

REIGATE STEPPING STONES

Last updated 7th June 2010

USEFUL TELEPHONE NUMBERS

TELEPHONE CRISIS HELPLINE

WHEN IS THE HELPLINE AVAILABLE:

Out of Hours: 5.00pm - 9.00am Monday to Friday, 24 hours cover at weekend including Bank Holidays. If the lines are engaged the call will be diverted to an answer-phone which will enable people to leave contact details and someone will return the call within half an hour.

In-Hours the phone will be answered by staff based in the Redhill Crisis House, but the call will be directed to the respective day time Community Mental Health Team/Service who can provide support/undertake a crisis screening assessment role.

Out of hours Service for people with mental health problems in Surrey and North East Hampshire. In times of crisis or distress please call

0300 456 83 42

ASSERTIVE OUTREACH TEAM (WINGFIELD)

01737 275960

REHABILITATIONS & RECOVERY TEAM (WINGFIELD)

01737 275960

EAST SURREY CRISIS ASSESSMENT & TREATMENT TEAM
(CATT) – KINGSFIELD CENTRE

01737 281057

EARLY INTERVENTION IS PSYCHOSIS (EIIP) WINGFIELD

01737 275960

MARGARET LAURIE HOUSE

01737 277724

BENEFITS/SUPPORT SERVICES

SAMARITANS (24 HOURS)

08457 909090

SANE LINE

08457 678000

CAB BENEFITS

01483 765282

DISABILITYH LIVING ALLOWANCE HELPLINE

0845 712 3456

BENEFITS FOR PEOPLE WITH DISABILITIES

(FREEPHONE) 0800 88 22 00
(FREE TEXT) 0800 24 33 55

NHS DIRECT

0845 4647

DISABILITY ALLIANCE

(VOICE AND MINICOM)
(NOT AN ADVICE LINE)

0207 247 8776

Disability Alliance
Universal House
88-94 Wentworth Street
London, E1 7SA

Email contacts: For general enquiries: office.da@dial.pipex.com

DIAL UK (DISABILITY INFORMATION AND ADVICE LINE) 01302 310123

COMMUNITY DEBT ADVICE 01737 217308

Free confidential advice is offered if you have money problems.
It is important to ring first to make an appointment which could be
in the evening. www.communitydebtadvice.co.uk
Community Debt Advice,
40-44,
Church Street,
Reigate, Surrey. RH2 0AJ

NATIONAL DEBTLINE (FREEFONE) 0808 808 4000
(Confidential advice for people with debt problems)

CAB 01737 774141
(Surgery is held at Woodhatch Community Centre every Thursday morning
between 10.00am and 1.00pm. Appointment must be made beforehand by telephone.)

ALCOHOL AND DRUG MISUSE SERVICES

RESPOND

(A local free confidential and non-judgement service to people with drug/
alcohol problems in East Surrey. It can provide treatment, advice and
information and support for carers/relatives. People can self refer by
telephone. 01372 379739

DRINK LINE (24 HOURS A DAY) (FREEPONE) 0800 917 8282

ALCOHOLICS ANONYMOUS 0845 7697555

RELEASE (DRUG ABUSE) 0845 4500215

NARCOTICS ANONYMOUS 0207 7300 009

DRUGS – FRANK (FREEPONE) 0800 77 66 00

HOUSING

SHELTERLINE (FREEPHONE) 0808 800 444

CHERCHEFELLE HOUSING ASSOCIATION LTD. 01737 244312
Enterprise Court, 3 Mill Street, Redhill, Surrey RH1 6PA or 01737 247225
Email addresses: info@cfha.org.uk or mail@cfha.org.uk
Outreach service supplied

RAVEN HOUSING TRUST 01737 272401
29 Linkfield Lane, Redhill, Surrey. RH1 1SS
Outreach service supplied

MEDICATION

KINGSFIELD PHARMACY 01737 281033/5

PHARMACY HELPLINE 01737 281034

MAUDSLEY SECOND OPINION SERVICE 020 8776 4418

BEREAVEMENT

CRUSE BEREAVEMENT CARE

0870 167 1677

HELP SHOP

REDHILL HELP SHOP

26/28 Cromwell Road, Redhill

01737 276000

REIGATE HELP SHOP

TOWN HALL, CASTLEFIELD ROAD, REIGATE

01737 789824

REIGATE & BANSTEAD BOROUGH COUNCIL

FOR ALL ENQUIRIES

01737 276000

EMERGENCIES AFTER HOURS

076 9939 1689

BENEFITS

01737 276497

CARELINE

This no longer exists any people requiring medical help and support are recommended to contact their GPs, GPs' out of hours, NHS Direct 0845 4647 or PALS 01737 214842.

OTHER ORGANISATIONS

REIGATE & REDHILL YMCA FITNESS CENTRE,

Prince's Road,
Redhill, Surrey.
RH1 6JJ

TEL 01737 779979

WEBSITE: www.ymcaredhill.com Email: admin@ymcaredhill.com

FIT FOR LIFE – WE BELIEVE EVERYBODY CAN EXERCISE!

LEATHERHEAD CLUBHOUSE – MARYFRANCES TRUST

23 The Crescent,
Leatherhead,
Surrey. KT22 8DY

TEL: 01372 375400

WEBSITE: www.maryfrancestrust.org.uk Email: clubhouse@maryfrancestrust.org.uk

SUTTON MENTAL HEALTH FOUNDATION

63 Downs Road,
Belmont,
Sutton,
SM2 5NR

TEL: 020 8770 0172

ACTIVITIES, COFFEE SHOP, ADVICE

FOCUS –

Lucy Darlow,
Surrey & Borders Partnership Nhs Trust,
Oaklands House,
Coulsdon Road,
Caterham,
Surrey. CR3 5YA

TEL: 01883 383707

Email: lucy.darlow@sabp.nhs.uk

Forum of Carers and People who Use Services

Arranges meetings which enable users, carers and people who are interested to discuss their opinions and views.

CATERHAM SOCIAL GROUP,

Caterham United Reformed Church,
Harestone Hill,
Caterham,
Surrey. CR3 6SX

Second and fourth Tuesdays in the month. Time 1.30pm – 3.30pm

Contact person: Wanda Clarke 01883 344364

BUSES 4U – www.buses4u.org.uk

Buses 4U is a completely flexible type of local bus service that has no fixed route or timetable. The route and timings of the bus are determined by the requests made by would be passengers. This is a service for people who do not have access to other bus or rail services. Annual membership of £15.00 plus fares for each journey. (It is interesting to note that this service can take wheelchairs.)

SURREY PCT PALS – Free and informal help and advice that is completely confidential. They can also help guide you through different services available, represent your views and answer any questions or concerns you may have about local healthcare.

PALS West - Joanne Chapman

01483 443628

Email: palswest@sabp.nhs.uk

PALS East - Nikki Green

01372 204191

Email: palseast@sapb.nhs.uk

RADAR (NATIONAL KEY SCHEME) - The National Key can be purchased that costs from £3.50 and there is also a book that can be bought to go with this. The key opens seven thousand locked public toilets around the U.K.

RADAR, 12 City Forum, 250 City Road, London. EC1V 8AF

Tel: 020 7250 3222

Email: radar@radar.org.uk

Website: www.radar.org.uk