

Index by category

General Healthcare

Accidents and emergencies	2
Ashford Hospital	8
Clinics	17
Community Hospitals	18
Day Hospital (Holloway Unit)	22
Dentist	23
Dental access service centre	23
District nurses	25
Health centres	34
Health promotion service West Surrey	35
Health visitors	36
Message in a Bottle	46
Minor Injuries and Treatment Centres	47
NHS Direct	49
Occupational Therapy Services	49
Physiotherapy	51
Prescription	52
Social Services	56
Social Services at Ashford Hospital	56
Speech and Language Therapy	57

Health Related Problems and Support

Alzheimer's	7
Alzheimer's drop in	8
Asthma	9
Ataxia	9
Breathe Easy Spelthorne	11
Cameo	12
Cancer	12
MacMillian Cancer Relief	12
Cerebral Palsy	15
Continence	18
Day Care	20
Diabetes UK	23
Dystonia society	25
Epilepsy	27
Forgetfulness	31

Huntingtons disease.....	39
Hydrocephalus	39
Hypothermia	39
Mental Health Services for Older People	45
Migrane	47
Motor Neurone Disease	48
Multiple Sclerosis Society	48
Muscular Dystrophy	48
Spina Bifida and Hydrocephalus.....	60
Spinal Injuries.....	60
The Stroke Association.....	61
The Stroke Information Service.....	61
<u>Eyesight</u>	
Blindness.....	10
Eye Tests	29
Guide Dogs for the Blind.....	34
International Glaucoma Association.....	42
R.N.I.B (Royal National Institute of the Blind).....	54
Surrey Association for the Visually Impaired (SAVI) 61	61
Talking Newspapers.....	62
<u>Transport</u>	
Bus passes	11
Spelthorne Accessible Transport (Spelride).....	57
Transport.....	62
<u>Churches and Religion</u>	
Churches.....	15
Religion	53
<u>Health and Fitness</u>	
Evergreens.....	28
Exercise Referral Scheme.....	28
Extend	29
Pilates.....	51
Walking for Health	65

<u>Financial Issues</u>	
Benefits Agency	10
Direct Payments	13
Disabled facilities grants	24
Financial assistance	30
Grants	34
Income Support	30
House Proud.....	30
Housing Renewal Grant	31
Wireless for the Bedridden	68
<u>Help in home</u>	
Domestic help	25
Home Care Service.....	37
Pest control services	50
<u>Good Neighbours Schemes</u>	
Ashford Helping Hands	32
Care in Shepperton	33
Sunbury Neighbours	33
S.I.G.N.S. (Stanwell Good Neighbours Scheme)	33
<u>Gardening</u>	
Allotments	6
Garden Refuse	52
<u>Emotional support</u>	
Al-anon.....	5
Alcoholics anonymous	6
Carers Support Spelthorne	14
Civil Service Retirement Fellowship	17
Cruse – Bereavement Care	19
Gamblers Anon	32
Samaritans.....	54
SCOPE	55
TASHA Foundation	62
Victim Support Spelthorne	64

<u>Accommodation and Alternatives to Current Home</u>	
Housing	38
Sheltered Housing.....	55
Residential Care.....	53
Respite Care	53
 <u>Help with shopping</u>	
Shopmobility	55
 <u>Practical Help with Change</u>	
Adaptation & Equipment.....	3
Care and Repair Spelthorne	13
Red Cross	52
 <u>Meals</u>	
Spelthorne Meals service (Meals on Wheels)	45
 <u>Life Line</u>	
Alarms	5
Spelthorne Personal Alarm Network (SPAN)	58
 <u>Advice and Information</u>	
Age Concern Information line	4
Age Concern Surrey	4
Age Concern Spelthorne	4
Almshouses	6
AMIIS.....	8
Citizens Advice Bureau (CAB).....	16
DAIRS.....	22
Disability Information Service	24
Help the Aged	37
Information for Older People Living in Spelthorne	42
Next of Kin	49
Pension Service	50
Power of Attorney	78
Road Safety	54
 <u>Registered Disabled</u>	
R.A.D.A.R.....	52
Spelthorne Crossroads.....	58
Disabled drivers – blue badges	24

Education

Adult Education – Spelthorne Area	3
University of the Third Age	63

Voluntary Associations

One to One (North West Surrey)	50
Spelthorne Volunteer Bureau	65
Spelthorne Volunteer Drivers	59
VASD (Voluntary Association for Surrey disabled) 64	
Voluntary Action in Spelthorne	64
Volunteer Bureau	65

Local Information

Councillors	19
Police	51
Voting	65
Independent Living Services	39

Energy and Utilities

Electricity	26
Energy Efficiency	27
Home Energy Efficiency Scheme (HEES)	27
National Energy Action (NEA)	27
EnergyCare Network	27
Gas	32
Heating (The Priority Service Register)	36
Water	67
Winter Warmth	68

Recreation

Community Centre	18
Day Centres	20
Darby and Joan	19
Hairdressing	34
Holidays	37
Spelthorne Leisure Centre	41
Sunbury Leisure Centre	41
Leisure and Recreation	42
Libraries	43
TV licence	63

General Advice and Information

Beware of Bogus Callers	69
-------------------------------	----

Fitness and Exercise.....	70
Healthy Eating and Nutrition as you get Older.....	71
Hypothermia	75
Making a Will	76
Medicines	76
Pensions.....	78
Power of attorney.....	78
Preventing falls in the home	79
Safety in the home	82

index

Accidents and Emergencies	2
Adaptation and Equipment	3
Adult Education – Spelthorne area	3
Age Concern Information Line	4
Age Concern Spelthorne	4
Age Concern Surrey	4
Alarms (Personal)	5
Al-Anon	5
Alcoholics Anonymous	6
Allotments	6
Almshouses	6
Alzheimer's	7
Alzheimer's Drop In Group	8
AMIIS (Advocacy, Mediation and Independent Investigation Service)	8
Ashford Hospital	8
Asthma.....	9
Ataxia UK	9
Befriending Service	10
Benefits Agency	10
Bereavement	10
Blindness	10
Breathe Easy Spelthorne – British Lung Foundation	11
Bus Passes.....	11
Cameo.....	12
Cancer.....	12
Care	13
Care and Repair Spelthorne	13
Care and Support Services	14
Carers Support Spelthorne	14
Cerebral Palsy	15
Churches	15
Citizens Advice Bureau (CAB)	16
Civil Service Retirement Fellowship	17
Clinics	17
Community Centre	18
Community Hospitals	18
Continence.....	18
Councillors	19

Cruse - Bereavement Care	19
Darby and Joan	19
Day Care	20
Day Centres	20
Day Hospital (Holloway Unit).....	22
D.A.I.R.S (Disability Advice & Information Service for Runnymede And Spelthorne)	22
Death	23
Dentist	23
Dental Access Service Centre	23
Diabetes UK.....	23
Dial a Ride	23
Disabled	24
Drivers - Blue Badges	24
D.I.S.S (Disability Information Service, Surrey)	24
Disabled Facilities Grants	24
District Nurses	25
Domestic Help - Introductory Service	25
Dystonia Society	25
Elderly Persons Homes	26
Electricity	26
Energy Efficiency.....	27
Epilepsy.....	27
Evergreens.....	28
Exercise Referral Scheme.....	28
EXTEND (Exercise for people in retirement)	29
Eyesight / Eyetests	29
Financial Assistance.....	30
Forgetfulness	31
Gamblers Anonymous	32
Gas.....	32
Good Neighbours Schemes	32
Grants.....	34
Guide Dogs for the Blind Association.....	34
Hairdressing	34
Health	34
Health Centres	34
Health Promotion Service West Surrey	35
Health Visitors.....	36
Heating (The priority service register)	36
Help the Aged	37
Holidays	37

Home Care Service.....	37
Huntington's Disease.....	39
Hydrocephalus.....	39
Hypothermia.....	39
Independent Living	39
Indoor Activities	41
Information for Older People Living in Spelthorne	42
International Glaucoma Association (IGA).....	42
Leisure and Recreation.....	42
Libraries.....	43
Meals on Wheels (Spelthorne Meals Service)	45
Mental Health Services for Older People.....	45
Message in a Bottle.....	46
Migraine	47
Minor Injuries and Treatment Centres	47
Motor Neurone Disease.....	48
Multiple Sclerosis Society	48
Muscular Dystrophy	48
Next of Kin	49
NHS Direct.....	49
Occupational Therapy Services	49
One-to-One (North West Surrey)	50
Pension Service	50
Pest Control Services	50
Pilates	51
Physiotherapy.....	51
Police	51
Prescriptions	52
R.A.D.A.R.....	52
Red Cross	52
Refuse (Garden).....	52
Religion	53
Residential Care	53
Respite Care.....	53
Road Safety	54
RNIB (Royal National Institute of the Blind).....	54
Samaritans.....	54
Scope.....	55
Sheltered Housing	55
Shopmobility (Staines)	55
Social Services	56
Social Services at Ashford Hospital	56

Speech and Language Therapy	57
Spelthorne Accessible Transport (Spelride).....	57
Spelthorne Crossroads.....	58
Spelthorne Personal Alarm Network (SPAN)	58
Spelthorne Volunteer Bureau	59
Spelthorne Volunteer Drivers.....	59
Spina Bifida and Hydrocephalus	60
Spinal Injuries.....	60
Strokes	60
Surrey Association for the Visual Impairment (S.A.V.I.)	61
Talking Newspapers.....	62
TASHA Foundation	62
Transport.....	62
TV Licence	63
University of the Third Age	63
VASD (The Voluntary Association for Surrey Disabled)	64
Victim Support Spelthorne	64
Voluntary Action in Spelthorne (VAIS).....	64
Volunteer Bureau	65
Voting.....	65
Walking for Health Scheme	65
Water.....	67
Weight Management Scheme (West Surrey).....	67
Winter Warmth.....	68
Wills	68
Wireless for the Bedridden	68

General Advice and Information

Beware of Bogus Callers	69
Fitness and Exercise.....	70
Healthy Eating and Nutrition as you get older	71
Hypothermia	75
Making a Will	76
Medicines	76
Pensions.....	78
Power of Attorney	78
Preventing falls in the home	79
Safety in the Home	82

amendments

To enable us to keep the information in this directory as current as possible, please let us know if the printed details about your Organisation, Group or Service change. Complete the form below and return it to: Independent Living Services, Spelthorne Borough Council Knowle Green, Staines TW18 1XB

Tel: 01784 451 499

Organisation / Group / Service: _____

Category: _____

Amendments: _____

www.spelthorne.gov.uk

Independent Living

Spelthorne Borough Council
Knowle Green, Staines TW18 1XB
Telephone: 01784 446 389
Fax: 01784 446 448

The Council provides a large print version or cassette copy for blind and partially sighted residents and can offer help with interpretation. For more information on this or other Council services, please call 01784 451499.



The inserts in this publication have been produced for you on recycled paper by the Communications Team of Spelthorne Borough Council. December 2004