

## DFK Telephone Service: 07452 773788

Open 10am-2pm, 7 days a week,

On-hand to signpost people to sources of help and information. Also, to be a listening ear if you are feeling anxious, lonely or simply need to hear a friendly voice.

## DFK will also send updates on their:

**Facebook Page:** <http://facebook.com/dementiafriendlykeighley/>

**Website:** [www.dementiafriendlykeighley.org.uk](http://www.dementiafriendlykeighley.org.uk)

## Other services that you may wish to contact during this challenging time are:

Service	Contact Details
<b>NHS advice</b>	111 or <a href="http://111.nhs.uk/">111.nhs.uk/</a>
<b>First Response – Crisis Support</b> Bradford District Care NHS Foundation Trust	01274 221 181
<b>Adult &amp; Community Services - Access Team</b>	01274 618400
Local <b>Alzheimer's Society</b> Helpline	01274 586008 - (leave a message) <a href="mailto:bradford@alzheimers.org.uk">bradford@alzheimers.org.uk</a>
<b>National Dementia Helpline</b>	0300 222 11 22 - <a href="http://alzheimers.org.uk">alzheimers.org.uk</a>
<b>Carers Resource</b>	01756 700888
<b>The Silver Line – helpline for older people,</b> 24hrs a day providing info, friendship, & advice	0800 470 8090
<b>Age UK Bradford District</b>	01274 391190
<b>MIND</b>	0300 123 3393 or <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>Bradford Council</b> are offering help with: shopping, delivering a food parcel to eligible people, ringing for a chat and problem solving	01274 431000 - Also operating a food triage system, reducing demand on food banks
Concern about the safety of a vulnerable adult, report to <b>Safer Bradford</b> Immediate risk of harm call 999	Adults 01274 431077 (01274 431010 out of office hours) <a href="http://www.saferbradford.co.uk">www.saferbradford.co.uk</a>
<b>Cruse Bereavement Care</b>	National helpline: 0808 80801677 Craven and Bradford: 01756 797799
<b>Adult Social Care</b> Information and Advice Hub:	01274 435400
<b>The Memory Tree</b> "Phone Bob" service:	01274 583364
Telephone Support Service for <b>refugees and asylum</b> seekers and support with languages	01274 973805 07955 574482

You can also contact your own **GP Practice** should you need any medical help or advice in relation to any aspects of your health and well-being or that of someone you care for, or assistance regarding prescription medicines.

**Local Supermarket Schemes:** Providing variety of delivery & payment options, check their websites for details