

LIST OF USEFUL NUMBERS
ALL ARE 020 numbers except where stated
NUMBERS WERE CORRECT AT TIME OF COMPILATION

SELSDON CENTRE FOR THE RETIRED	8651 1111	HOSPITALS etc URGENT EMERGENCIES	111 999
CONTACT IN SELSDON	9651 4944	CROYDON UNIVERSITY HOSPITAL	8401 3000
CROYDON HEARING RESOURCE CENTRE	8686 0049	PURLEY WAR MEMORIAL HOSPITAL – MINOR INJURIES, OUTPATIENTS	8401 3000
CROYDON VOLUNTARY ASSN FOR THE BLIND	8668 2486	PARKWAY HEALTH CENTRE NEW ADDINGTON – MINOR INJURIES	8251 7225
CROYDON DISTRICT BRANCH FOR PARKINSON'S SUFFERERS	01737 355 487	EDRDIDGE ROAD HEALTH CENTRE – MOST REQUIREMENTS	3040 0800
CARERS' SUPPORT CENTRE	8649 9339 - option 1	HEALTHY LIVING HUB – HELD IN CENTRAL LIBRARY CROYDON	8253 1009
FORGET-ME-NOTS CAFE HELD IN ST MATTHEW'S CHURCH, CHICHESTER ROAD CROYDON ON 1ST SATURDAY EACH MONTH FROM 1P.M.-5P.M.	8916 3587 [ALZHEIMER'S SOCIETY]	SILVER FIT – ALL LEVELS OF FITNESS FOR OLDER PEOPLE	07721 419 519
MIND IN CROYDON [MENTAL HEALTH AND ADVICE]	8253 8205 / 8206	HEALTH WALKS IN CROYDON	8667 8415
SLAM – SOUTH LONDON AND MAUDSLEY MENTAL HEALTH TRUST MENTAL HEALTH AND OLDER ADULTS AND DEMENTIA ADVICE	3228 6000	DEMENTIA HELPLINE	0300 222 1122
PURLEY CROSS CENTRE ADVICE INFORMATION AND TRAINING	8668 4189	DEMENTIA FRIENDS	0845 306 0898
SMOKING ADVICE	0844 847 2787	SEE SELSDON LIBRARY NOTICE BOARD FOR TALKS THAT MAY BE OF INTEREST	

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