



# Key Contacts

Company	Advice Overall	Contact Details
Disabled Living Foundation	DLF is a national charity providing impartial advice, information and training on equipment for independent living	0845 130 9177 (helpline 10am-4pm weekdays) info@dlf.org.uk www.dlf.org.uk
Unforgettable.org	Products designed to aid a person living with Dementia	www.unforgettable.org 0203 322 9070 info@unforgettable.org
AT Dementia	Dementia advice and support	www.atdementia.org.uk 0115 748 4220 info@trentdsdc.org.uk
Specsavers	Free sight tests in homes and care homes for the elderly	www.specsavers.co.uk/stores/select-a-store 0800198 1132
Slipper Swap	Swap your old slippers for a new and safer pair!	www.hertfordshire.gov.uk/slipperswap 0300 123 4049
NHS Podiatry Service	Contact for any podiatry needs	www.hct.nhs.uk/our-services/podiatry-service
Parkinson's UK	Help and support with Parkinson's	www.Parkinsons.org.uk 0808 800 030
NHS Live Well	Guidance on Nutrition, Hydration and Physical Activity	www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx
Cancer Research	Support on stopping smoking	www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-to-stop-smoking





# Key Contacts

Company	Advice Overall	Contact Details
Hertfordshire Care Providers Association	Sharing best practice in care through partnership and information, advice and falls prevention training	<a href="http://www.hcpa.info/stopfalls">www.hcpa.info/stopfalls</a> 01707 536020 <a href="mailto:stopfalls@hcpa.info">stopfalls@hcpa.info</a>
Age UK	Information on falls prevention and exercise classes	<a href="http://www.ageuk.org.uk/falls">www.ageuk.org.uk/falls</a> 0800 169 6565
Agile	Physiotherapists specialising in working with older people	<a href="http://www.Agile.csp.org.uk">www.Agile.csp.org.uk</a>
British Association of Occupational Therapists	Professional and clinical information	<a href="http://www.Cot.co.uk">www.Cot.co.uk</a>
The Chartered Society of Physiotherapy	Be referred to a physiotherapist by your GP, self-refer or find a local private physio	<a href="http://www.Physio2u.co.uk">www.Physio2u.co.uk</a>
Drink Aware	Advice on alcohol	<a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a> 0207766 9900
Hertfordshire Action on Disability (HAD)	Disability equipment and advice	<a href="http://www.hadnet.org">www.hadnet.org</a> 01707 324 581
Hertfordshire Equipment Service (HES)	Equipment, furniture, assessments and maintenance	<a href="http://www.hertsdirect.org">www.hertsdirect.org</a> 01707 292 555
Hertfordshire Fire and Rescue Service	The Fire Service complete a 'Safe and Well Assessment' to identify any fall or safety hazards in your home	Book a visit online: <a href="http://www.hertfordshire.gov.uk/services/fire-and-rescue/">www.hertfordshire.gov.uk/services/fire-and-rescue/</a>
Herts Help	A network of community organisations in Hertfordshire working together	<a href="http://www.hertsdirect.org/hertshelp">www.hertsdirect.org/hertshelp</a> 0300 123 4044
Hertfordshire Independent Living Service	Provides a range of services to help older and vulnerable people stay happy, healthy, and independent	<a href="http://www.hertsindependentliving.org">www.hertsindependentliving.org</a> 0330 2000 103
National Osteoporosis Society	Help and support with Osteoporosis	<a href="http://www.Nos.org.uk">www.Nos.org.uk</a> 0808 800 0035

