

QEII Hospital / Lister Switchboard	01438 314 333
QVM Hospital	01438 841 800
Department of Work & Pensions	0345 604 3719
Police – Non-Emergencies / General Enquiries	101
Police - Emergencies	999
Meals on Wheels	0330 200 0103
Adult Social Services www.herordshire.gov.uk/services/Adult-Social-Services	0300 123 4042
Health Visitor Advice Line	0300 123 7572
Red Cross	0344 871 8000
Alcoholics Anonymous	0800 9177 650
Samaritans	116 123
CALM Helpline	0800 58 58 58
Stop Smoking Service	0800 389 3998
Action on Disability	01707 324 581
Herts County Council	0300 123 4040
Childline	0800 1111
Tenterfield Children’s Centre www.tenterfield.herts.sch.uk	01438 714 564
Herts Help www.hertsdirect.org/hertshelp	0300 123 4044
Non-Emergency Parent Hospital Transport www.hertsandwestessex.ics.nhs.uk	0345 605 1208
Community Transport www.communitytransportherts.org	01462 689 402
Welwyn & Hatfield CVS (including Community Transport)	01707 273 875
Age UK Herts	0300 345 3446
NHS Direct	111