



## **Advice from your local NHS**

If you are experiencing physical issues, including breathlessness, coughing or wheezing from smoke inhalation, **book an appointment with your GP**. If you need healthcare advice and do not have a GP or your GP surgery is closed, dial the **NHS helpline 111**.

Order your **regular medicines** in the usual way via your GP. Please let your GP know which pharmacy (chemist) you want the prescription to be sent to. If you run out of your medicines you can also go to a pharmacy and ask for an emergency supply.

Visit **NHS Choices** for more information: [www.nhs.uk](http://www.nhs.uk)

## **Other services available to you**

**Westway Sports Centre, Crowthorne Road, W10 6RP** for access to GPs, district nurses, mental health professionals, and support on housing, money, health, food and social care services at the centre. Face to face support available 24/7. Please use the numbers below if unable to get to the centre.

**Grenfell Tower Fire Response Team: Mental Health Services** for support with your emotional wellbeing.

**Tel:** 0800 0234 650 (line open 24/7). **Email:** [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net) / **TypeTalk:** contact 18001 0800 0234 650.

**Red Cross** for support including housing, emergency funds, tracing family / friends.  
**Tel:** 0800 4589472 (line open 24/7).

**Samaritans** for confidential emotional support.

**Tel:** 116 123 (line open 24/7). You can also **text** on 07725 90 90 90.

**Cruse Bereavement Care** for support for bereaved adults, young people or children.

**Tel:** 0808 808 1677 (line open Monday to Friday 9.30am to 5pm with extended hours to 8pm on Tuesdays, Wednesdays and Thursdays). **Email:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk).

**Muslim Bereavement Support Service** 020 3468 7333 [info@mbss.org.uk](mailto:info@mbss.org.uk)  
[www.mbss.org.uk](http://www.mbss.org.uk)

**Gardens of Peace Muslim Cemetery** 020 8502 6000 (open 8am to 6.45pm – 7 days a week) [www.gardens-of-peace.org.uk](http://www.gardens-of-peace.org.uk) [info@gardens-of-peace.org.uk](mailto:info@gardens-of-peace.org.uk)

**RBKC social workers' team** for support with housing, child-care, clothing, finances.  
**Tel:** 020 7361 3013 (line open 24/7).

**Government enquiry line** for enquiries about benefits

**Tel:** 020 7941 6661 / 020 7941 6634 (line open 8am to 6.30pm, Monday to Friday).

**RBKC housing line** for free legal and housing advice for Grenfell Tower residents.

**Tel:** 020 7361 3008 (line open 24/7).

**Shelter** for free legal and housing advice.

**Tel:** 0344 515 1540 (line open 8am to 8pm weekdays, 8am to 5pm weekends).