

Important Phone Numbers

It is a good idea to write down important telephone numbers so that they are all in the same place and you can then access them easily. Here are a few suggestions to get you started, just add those that are important to you.

Aftercare (Social) Worker's Name & Tel No:.....

LAC Social Worker's Name & Tel No:.....

Doctor's Name & Tel No:.....

Out of hours number:.....

Dentist's Name & Tel No:.....

Local Accident and Emergency Department:

Address.....

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Number.....

Manager/Work Name & Tel No:.....

College/Tutor Name & Tel No:

Connexions PA Name & Tel No:.....

Landlord's Name & Tel No:.....

Floating Support Provider's Name & Tel No:.....

Gas Supplier's Name & Tel No:.....

Electricity Supplier's Name & Tel No:.....

Water & Sewage Company Name & Tel No:.....

Bank/Building Society Name & Tel No:.....

Benefits Helpline Tel No:.....