



Information Sheet

# YOUR GUIDE TO USEFUL CONTACTS

## **Age Concern**

Provides information to older people, their families and those who work with them.  
020 8765 7200 [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

## **Age Concern Cymru**

Provides information to older people in Wales, their families and those who work with them.  
029 2043 1555 [www.accymru.org.uk](http://www.accymru.org.uk)

## **Alzheimer's Society**

Provides practical services and support for people with dementia and their carers.  
0845 300 0336 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Army Benevolent Fund**

Provides financial support to soldiers, former soldiers and their families in times of need.  
0845 241 4820 [www.armybenfund.org](http://www.armybenfund.org)

## **Care & Social Services Inspectorate Wales (CSSIW)**

Regulates and inspects care services in Wales.  
01443 848450 [www.cssiw.org.uk](http://www.cssiw.org.uk)

## **Care Quality Commission (CQC)**

Inspects and reports on care services in England.  
03000 616161 [www.cqc.org.uk](http://www.cqc.org.uk)

## **Citizens Advice Bureau (CAB)**

Provides free information and advice about legal, money and other problems. Look in the phone book for your local CAB. [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **Civil Service Benevolent Fund**

Provides help to families of deceased Civil Servants.  
0800 056 2424 [www.csbf.org.uk](http://www.csbf.org.uk)

## **Counsel and Care**

Provides advice, information and financial support to older people, their families and carers.  
0845 300 7585 [www.counselandcare.org.uk](http://www.counselandcare.org.uk)

## **Elderly Accommodation Counsel**

Helps older people make informed choices about their housing and care needs.  
020 7820 1343 [www.housingcare.org](http://www.housingcare.org)

## **Elizabeth Finn Care**

Helps older people who struggle to cope financially.  
020 7396 6700 [www.elizabethfinncare.org.uk](http://www.elizabethfinncare.org.uk)

## **Help the Aged**

Provides advice and information for older people and their carers on issues eg housing, health and finance.  
020 7278 1114 [www.helptheaged.org.uk](http://www.helptheaged.org.uk)

## **NAPA (National Association for the Providers of Activities for Older People)**

Provides information about activities in care homes.  
020 7078 9375 [www.napa-activities.co.uk](http://www.napa-activities.co.uk)

## **NHFA**

Provides advice to older people and their families on all the financial implications of paying for care.  
0800 99 88 33 [www.nhfa.co.uk](http://www.nhfa.co.uk)

## **NHS Direct**

Telephone and e-health information day and night.  
0845 4647 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## **Parkinson's Disease Society**

Supports people with Parkinson's and their families.  
0808 800 0303 [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## **Relatives and Residents Association (R&RA)**

Provides advice and support to older people needing or living in care and to their families and friends.  
020 7359 8148 [www.relres.org](http://www.relres.org)

## **Royal British Legion**

Provides support to those who have served and are serving in the Armed Forces and their dependants.  
08457 725 725 [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

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## **SSAFA (Soldiers, Sailors, Airmen & Families Association)**

Provides support for those serving or who have served in the Armed Forces, served and their families.  
0800 731 4880 [www.ssafa.org.uk](http://www.ssafa.org.uk)

## **Stroke Association**

Gives support and information to people who have had a stroke and their families.  
0845 3033 100 [www.stroke.org.uk](http://www.stroke.org.uk)

## Other Masonic Charities and Organisations

### **The Freemasons' Grand Charity**

A grant-making charity, to support people in need.

- Masonic Grants: for Masons and their families who are experiencing hardship.
- Non-Masonic Grants: supporting national charities.
- Other Masonic Charities: when justifiable needs arise, support for the other Masonic charities.

The Grand Charity also operates the Relief Chest Scheme, which helps Masonic organisations maximise the value of the funds they collect.

**020 7395 9261** [www.grandcharity.org](http://www.grandcharity.org)

### **Masonic Samaritan Fund (MSF)**

The Masonic Samaritan Fund is a grant making charity that supports Freemasons and their dependants who have an identified medical need and, faced with a long wait for treatment, are unable to afford their own private care.

**020 7404 1550** [www.msfund.org.uk](http://www.msfund.org.uk)

### **Royal Masonic Trust for Girls and Boys**

Assists Masonic families with financial hardship, by providing ongoing financial support to relieve poverty and advance education. The Trust also funds TalentAid for gifted young people from Masonic families and Choral Bursaries for young choristers. There are many other smaller funds that can help.

**020 7405 2644** [www.rmtgb.org](http://www.rmtgb.org)

### **Masonic Housing Association**

Provides sheltered housing for older people, in self-contained flats in purpose built schemes. They benefit from a Resident Warden/Manager and have communal facilities including lounges, gardens and well-equipped laundries. If you require further information, please contact the scheme directly.

**Hamilton Court** South Woodham Ferrers, Essex  
Resident Warden – Mrs Sue Walters, **01245 323743**

**Palmer Court** Wellingborough, Northamptonshire  
Scheme Manager – Mrs Jill Lett, **01933 273140**

**Prebendal Close** Aylesbury, Buckinghamshire  
Warden – Mrs Margaret Farrow, **01296 433511**

**Reading Court** Stratford Upon Avon, Warwickshire  
Warden – Mrs Pam Jowers, **01789 297301**

**Wilson Keys Court** Rugeley, Staffordshire  
Warden – Mrs Jayne Thacker, **01889 576544**

### **United Grand Lodge of England (UGLE)**

**020 7831 9811** [www.ugle.org.uk](http://www.ugle.org.uk)

### **Metropolitan Grand Lodge (MGL)**

**020 7539 2930** [www.metgl.com](http://www.metgl.com)

### **Grand Lodge of Scotland**

**0131 225 5577** [www.grandlodgescotland.com](http://www.grandlodgescotland.com)

## How to contact us

### **Royal Masonic Benevolent Institution**

60 Great Queen Street  
London  
WC2B 5AZ

**Phone.** 020 7596 2400

**Fax.** 020 7404 0724

**Email.** [enquiries@rmbi.org.uk](mailto:enquiries@rmbi.org.uk)

**Web.** [rmbi.org.uk](http://rmbi.org.uk)