

Give us a call



Helpu chi helpu'ch hunain

50+

Positive ACTION
GWEITHRED Bositif

Helping you to help yourself

01443 864277

50plus@caerphilly.gov.uk

@50plus_Agewell

Caerphilly Over 50



CCBC Main Information line: 01443 815588

Citizen Advice Bureau: 03444 77 20 20

Supporting People: 01443 864548

Meals on Wheels: 01443 864055

Disability Can Do: 01495 233 555

Age Cymru Gwent: 01633 240 190

Energy Saving Advice: 0800 085 4145

Fire Safety Checks: 0800 1691 234



Feeling isolated or lonely?

Phone the Community Connectors:

0808 100 2500



Drop in and we'll sort it out

CCBC Customer Services centres:

Bargeod, Caerphilly, Blackwood,
Pontllytyn, Risca, Newbridge and
Penallta House (Ystrad Mynach)



Don't DIY. Give us a try

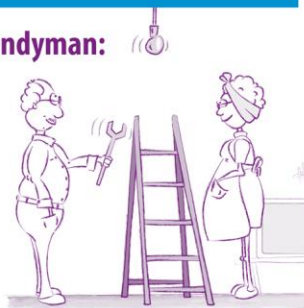
Care & Repair Handyman:

01495 321091

CCBC Housing

Handyman -

Contact your local
housing office



Do you care? But no time to spare

Caring for Carers

01495 233218



Online information and services

Dewis Cymru - Information that can help you think about what matters to you, along with information about local organisations and services that can help! www.dewis.wales/home



Dewis Cymru

Have choice and take control

Next time it could be a real emergency

Community Alarm

01443 873663



Reporting scams and rogue traders

Consumer advice line

03454 040506



Is someone caring for you? They may be entitled to attendance allowance which is not means tested or income related



Are you one of the 94,000 pensioners not claiming your £34 pension credit?



Minor health issues

Talk to your
pharmacy or
NHS Direct

NHS Direct:

0845 4647



Safeguarding issues

CCBC Social Services:

0808 100 2500

Live Fear Free Help line:

0808 801 0800

Police Emergency: 999

Police Non-emergency: 101



Handy gadgets within your reach

Aids and adaptations

Information and advice

Assistance Free Phone:

0808 100 2500



Your voice counts

Caerphilly
Over 50 forum

www.caerphillyover50.co.uk

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