

Quick Reference Numbers

Gas leaks:	0800 111 999
Water emergencies:	0800 052 0130
Police: (non emergency)	01656 655 555
Check out an unexpected caller from one of the following companies by phoning:	
SWALEC:	0800 622 838
Welsh Water	0800 281 141
British Telecom:	0800 321 999
Gas/Electricity meter-readers:	0800 169 4667

Information about the campaign is available on audio tape or CD. A free copy may be obtained from Bridgend Public Health Team 01656 754431/ 754481.

More details about “**Keep Well This Winter**” can be obtained from NHS Direct Wales on 0845 46 47 or visit the websites www.kwtw.org.uk and Bridgend Local Health Board www.bridgendlhb.wales.nhs.uk

Keep Safe Continued....

Crime Prevention Officers carry out free home security checks and provide advice. Tel. 01656 679514 or 679542

Care and Repair provides information and help for older home-owners on repairs, adaptations and grants. Rapid Response Adaptation Programme available. Also a Handy Person Service for small jobs around the home. Tel. 01656 648417

Do you look after someone who is ill, elderly or has a disability? For information or support contact **Bridgend Carers Centre** on 01656 658479

Lifeline is the local community alarm service. Current cost is £2 per week. Tel. 01685 384489

Contact your gas and electricity suppliers to be entered onto their **Priority Service Register** – this entitles people over 60 or who have a disability to free services such as gas safety checks, special controls/adaptors for appliances, redirection of bills to carer, meter-reading, meter-moving and password schemes. Alternatively Energywatch can register you on

your behalf. Tel. 0845 906 0708. Energywatch can also help you shop around for cheaper gas/electricity

Welsh Water keeps an Additional Needs Register with similar services. Tel: 0800 052 0145 for an application form

Reduce unwanted marketing calls by registering with the **Telephone Preference Service**. Tel. 0845 070 0707 or see: www.tpsonline.org.uk. Reduce junk mail by registering with the **Mailing Preference Service**. Tel. 020 7291 3310 or see: www.mpsonline.org.uk

Consumer Direct Wales can give advice on doorstep selling as well as other issues. Tel. 0845 4040506.

This leaflet is also available in Welsh. Please call for information on Tel: 01656 754431



KEEP WELL THIS WINTER



In Bridgend County Borough

Useful Information For Older People

Keep Well This Winter is a Welsh Assembly Government campaign which runs from September to February. It provides information for people aged 65 and over to enable them to keep well during the winter months.

Keep Well

Eating well and keeping active can lead to better physical and mental health

Keep a well-stocked food cupboard in case of illness or bad weather. Frozen foods keep well and retain much of their nutrient content – contact 01656 754431 for a free leaflet

Get your annual flu jab and pneumococcal immunisation if you are over 65, have certain health problems or care for someone – contact your GP for further information

Swimming is free for the over 60's at council pools. Passes available by completion of an application form. Telephone Bridgend Recreation Centre on 01656 657491

Walk your way to health and join a weekly Thursday morning walk at various locations throughout the Borough. Telephone Groundwork Bridgend & Neath Port Talbot on 01656 727800 for more information and a timetable of walks

Dental check-ups and eye tests are free to people over 60. People on a low income may apply for **Help with Health Costs** such as paying for glasses and dental treatment by completing form HC1W available from Jobcentres, NHS Dentists or Tel. 0800 555 777

NHS Direct can provide health advice 24 hours a day on 0845 46 47

To find an **NHS dentist** contact the Local Health Board on 01656 754400. For emergency dentistry for people not registered with a dentist call the Welsh Dental Helpline on 0845 601 0128

Age Concern Morgannwg provide a free advocacy service Tel: 01656 669288 and a Hospital Discharge Service for people aged 50+ for 6-8 weeks after they have left hospital. Tel: 01656 752164

Keep Warm

Try to keep your rooms heated to a **temperature of 18°C - 21°C**

Home Energy Efficiency Scheme (HEES) grants worth up to £3600 are available for insulation, draught-proofing, security measures and heating systems for people aged 80+ regardless of income. Also for people aged 60-79 who receive a benefit such as Pension Credit, Council Tax Benefit, Attendance Allowance or various others. Partial grants may be available for homeowners not receiving benefits. Tel. 0800 316 2816

Energy Suppliers also have partial grants available for insulation for those not eligible for HEES

Independent information, advice and benefit checks are available by telephone and email for people over 60 from **Age Concern Bridgend and District** Tel. 01656 785910

Saving energy saves money. Call the **Energy Efficiency Advice Centres** for more information. Tel. 0800 512 012

If you have difficulty paying fuel bills don't forget the winter fuel payment is provided to help you, or contact the **Home Heat Helpline**. Tel. 0800 33 66 99

The **Citizen's Advice Bureau** can also provide advice and benefit help, Tel. 01656 654951(Bridgend) or 01656 734662 (Maesteg)

Free legal advice is available from **CLS Direct**. Tel. 0845 345 4345

Keep Safe

Avoid slips and trips: consider installing better lighting and adaptations such as grab rails. Don't clutter up floors and stairs

The **Social Services Department** of Bridgend County Borough offer support to people in the community. They help people with chronic health problems, disabilities and sight or hearing impairments. They may arrange care services, aids and adaptations. To request an assessment contact the Duty Desk on 01656 642279

Help the Aged HandyVan scheme provides free home security devices and smoke alarms for people over 60 who have less than £20,000 in savings. Tel. 01255 473999

South Wales Fire Service carries out free home fire safety risk assessments and fit free smoke alarms. Tel. 0800 328 1830