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Useful Information

Age Cymru is a national charity providing information relevant to older people. Age Cymru can also provide leaflets on a wide range of topic including bereavement, dementia, avoiding scams and making a will. www.ageuk.org.uk/cymru

Advice Line: 0300 303 44 98 **General enquiries:** enquiries@agecymru.org.uk

Age Connects Cardiff and Vale is a local charity providing a range of services, including Shopping service, Friendship and practical help, Wellbeing Centre, Community and Care Home Advocacy service, Welfare (benefits) Rights (Vale only) and nail cutting services (a charged for service).

www.ageconnectscardiff.org.uk **Tel:** 029 2068 3600

Age Connects Morgannwg a local charity providing services in RCT, including Community Service and support, Information and Advice and nail cutting (a charged for service).

www.ageconnectsmorgannwg.org.uk **Tel:** 01443 490650

CEA the card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

www.ceacard.co.uk **Email:** info@ceacard.co.uk

Tel: 01244 526 016

Textphone: 18001 01244 526 016

Carers Wales provides advice and support for carers:

www.carersuk.org/wales/ **Tel** 029 2081 1370 **Email:** Info@carerswales.org

Citizens Advice provide information and advice for money, benefit, housing or employment problems.

RCT: www.carct.org.uk **Tel:** 01443 409284 Monday to Friday 9:30 to 15:30

Cardiff and Vale www.cacv.org.uk **Tel:** 0808 278 7925

Crossroad Care provides services designed to enable carers to have a break from their caring responsibilities and have time to be themselves.

Crossroads Care Cwm Taf **Tel:** 01443 480484

Crossroads Cardiff and the Vale www.cardiffvalecrossroads.org.uk **Tel:** 029 2057 7300

Email: cardiff.vale@crossroads.org.uk

Cruse Bereavements Services offer support after the death of a loved one.

To make a referral contact:

RCT: 01685 876020 **Cardiff and Vale:** 29 2022 6166

DWP benefits www.gov.uk

Attendance Allowance is for claimants over 65. Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. It's paid at 2

different rates and how much you get depends on the level of care that you need because of your disability. You do not have to have someone caring for you in order to claim. **Tel:** 0800 731 0122
Textphone: 0800 731 0317

Carers Allowance is for claimants who care for someone at least 35 hours a week and they get certain benefits. **Tel:** 0800 731 0297. **Textphone** 0800 731 0317

Employment Support Allowance is for claimants of working age. If you are ill or have a health condition or disability that limits your ability to work you may be able to get New Style Employment and Support Allowance (ESA). **Tel:** 0800 328 5644 (choose option 3). **Textphone:** 0800 328 1344 (choose option 3)

Pension Credit Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

Personal Independence Payment is for claimants under the age of 65. Personal Independence Payment (PIP) can help you with the extra costs of having a long-term physical or mental health condition or disability. The amount you get depends on how your condition affects you, not the condition itself. You'll be assessed by a health professional to work out the level of help you can get. **Tel:** 0800 917 2222 **Textphone:** 0800 917 7777

Local authorities offer a wide range of services to older people, including bus pass and blue badge applications, adult social services, carer needs assessment, council tax and housing benefit support.

Rhondda Cynon Taff: www.rctcbc.gov.uk **Tel:** 01443 425005

Cardiff City and County Council: www.cardiff.gov.uk **Tel:** 029 2087 2087

Vale of Glamorgan: www.valeofglamorgan.gov.uk **Tel:** 01446 700111

Hynt cardholders are entitled to a ticket free-of-charge for a personal assistant or carer at all the theatres and arts centres participating in the scheme. www.hynt.co.uk

Email: info@hynt.co.uk **Help desk:** 01244 526001 **Textphone:** 18001 01244 526001

To apply for a Hynt card one of the following conditions will need to apply to you.

- Enhanced or Standard PIP Daily Living Component
- High or Middle rate DLA Care Component
- High Rate Attendance Allowance
- Certificate of Visual Impairment
- War Disablement Pension
- Armed Forces Independence Payment (AFIP)
- Direct Payments
- Social Services Care Package
- Continuous Healthcare Package
- Dual Sensory impairment

Pharmacies the majority of local pharmacies offer a prescription collection service from local GPs. Pharmacies can also offer a prescription delivery service (usually free of charge) to patients who are housebound. Please contact your local pharmacy for details.