

War Disablement Pension

You may qualify if you have been injured or disabled during a time of war, or as a result of your service in the Armed Forces. To find out more call the Service Personnel & Veterans

Agency on **0800 169 2277**.

Winter Fuel Payments

The Winter Fuel Payment is an annual payment to help older people with their heating bills. The payment is worth £250 for pensioner households over 60, and £400 for those over 80 years of age. Most people will receive their payments automatically before Christmas each year but some people may have to claim.

To apply for Winter Fuel Payment please call: **08459 15 15 15**.

Home Energy Efficiency Scheme

Households over 60 who are in receipt of certain benefits and all households over 80 are eligible for a grant of up to £3,600 towards heating and insulation improvements.

Householders over 60 may be eligible for up to £500 towards energy efficiency improvements even if they are not receiving any benefits. For more information call freephone **0800 316 2815**.

Home Fire Safety Checks

Mid & West Wales Fire and Rescue Service offers free fire safety checks of your home, carried out by Firefighters from your local station. During the check, Firefighters will look at all areas at risk of fire in your home, and will advise you on the installation and maintenance of smoke alarms. To arrange your free check call freephone **0800 169**

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Useful Telephone Numbers

Age Concern Sir Gar - 01554 784080
Alzheimer's Society Sir gar - 01554 779364
Care & Repair Carmarthenshire - 01554 744300
Help for older or disabled homeowners
Carmarthenshire Crossroads - 01267 220046
Support for Carers
Caring for Carers
Carmarthenshire Local Health Board - 01554 744436
To register with NHS Dentist
CATCH-UP Limited - 01554 776850
Advice for people with a disability
Citizens' Advice Bureau - 01554 759626
Cruse Bereavement Care - 01267 235130
Dyfed-Powys Police (Non-emergency) 0845 330 2000
Home Heat Helpline - 0800 33 66 99
NHS Direct - 0845 46 47
The Pension Service - 0845 60 60 265/275 0845 60 60 275
Prince Philip Hospital - 01554 756567
RNIB Cymru - 029 2045 0440
Social Services - (Mental Health) - 01554 772768
Social Services - (Older People) - 01554 779621
Stroke Association - 0845 3033 100

Ways to Contact Nia

- Write to Nia at 6 Queen Victoria Road, Llanelli, SA15 2TL. Tel 01554 756374
- Write to Nia at House of Commons, London SW1A 0AA. Tel 0207 219 6102
- Visit Nia at one of her advice surgeries. Call 01554 756374 to make an appointment
- Email Nia at: griffithn@parliament.uk

Support services for older people in Llanelli



**By Nia Griffith MP
for Llanelli**

“Welcome to my guide to support and advice services for older people. There are many entitlements for older people and this guide outlines the main ones available and how to claim them. If you would like further information ring my Llanelli Office on 01554 756374.”

Nia Griffith MP

Pension Credit

The Pension Credit is an entitlement to ensure that everyone aged 60 or over receives an income of at least £124.05 per week if you are single, or £189.00 per week for a couple. It also makes sure that pensioners over 65 with small pensions or modest savings will be rewarded. This could be as much as £19.05 if you are single or £25.26 for a couple. To check if you are eligible for Pension Credit please call freephone **0800 991234**, 8am to 8pm Monday to Friday and 9am to 1pm Saturday.

Website: www.thepensionservice.gov.uk

Council Tax

Council Tax benefit helps to pay towards or cover your council tax bill whether you are renting, own your own home, or live rent free.

If you claim Pension Credit or Income Support, you should get a form to claim Council Tax Benefit with your application. However you do not have to be receiving Pension Credit to be eligible. Contact Carmarthenshire County Council free on 0800 288 9002 and they will calculate whether you qualify for Council Tax Benefit or email housing.benefits@carmarthenshire.gov.uk

Free Local Bus Travel

In Wales, if you're over 60, you're entitled to a free bus pass from your local authority. You can use it at any time of the day and are entitled to travel on all local bus services in Wales. The pass can also be used on some long-distance services. Applications can be made at Post Office branches and you will need proof of address and eligibility and 1 current passport-approved colour photograph.

Discount Driving Licences

If you are aged 70 or over, the DVLA has abolished the fee for a three year driving licence and you can renew your licence for free. The DVLA will send you a renewal form when your old licence is about to expire. For more information call the DVLA on **0870 240 0009** 8am to 8.30pm Monday to Friday and until 5.30pm on Saturdays.

Free Passports

Every British citizen born on or before 2nd September 1929 will no longer have to pay for a UK passport. This is to honour those who served to secure our nation's liberty and democracy. For more information call the Passport Advice Line on **0300 222 0000**

Free TV Licences

After the age of 75 you no longer have to pay for your TV licence. For more information please call the TV licence information helpline on **0844 800 6790**. Lines are open from 8.30am to 4.30pm, Monday to Friday.

Information for Carers

If you look after a loved one or a friend who cannot manage because of disability, illness or frailty, then you are a carer.

Carers Allowance is a benefit to help people who look after someone who is disabled. You don't have to be related to, or living with the person you are caring for. You may be able to get Carer's Allowance if you spend at least 35 hours a week caring for someone. Call **01554 744461** or **01267 236436** for more details and to obtain a claim form or visit

www.dwp.gov.uk/carersallowance

You have a right to a Carer's Assessment if you are providing regular and substantial care for someone for whom Social Services provide or could provide services. The Carer's Assessment establishes what help would be of use to you and the person you care for. To arrange a Carer's Assessment call **01656 642279**

Carers, or the person being cared for could be entitled to Attendance Allowance. This is for people aged 65 or over, who need help to look after themselves. If you would like to make a claim for Attendance Allowance call the DWP benefits enquiry line on **0800 88 22 00**

Nia supports Age Concern's calls for a quality care system

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