

Advice, support and information

Community Guides

Local Authorities and Associations of Voluntary Organisations jointly produce community guides, which include details of the advice, support and social groups available in your area. Contact your Association of Voluntary Organisations or Local Authority to find out more.

Libraries

Your local library is a valuable community resource and will be able to provide you with great information and free access to the Internet. To find out what your library can do for you, pay it a visit or log on to the Libraries Wales website at www.library.wales.org

“If you give a man a fish you feed him for that day. If you teach him how to fish you feed him for life.”

Unknown author

Customer First Centres

Most Local Authorities have centres that provide trained advisors to deal with any enquiry about council services, for example, housing benefit, council tax benefit, refuse collection or street lighting. For further information contact your Local Authority.

Your Elected Representatives

(Local Community Councillor, Town Councillor, County Borough Councillor, Assembly Member). You can contact them either in person, on the phone, by writing a letter or by email. For further information contact your Local Authority or visit www.parliament.uk/about/contacting/mp.cfm House of Commons switchboard: 020 7219 3000

Lifelong Learning

Lifelong learning is a great way for individuals and groups to build their confidence to become active in their communities. Across Wales older people have access to a variety of both formal and informal learning opportunities. To find out what is available in your area contact your Local

Authority or Association of Voluntary Organisations.

The National Institute of Continuing Adult Education encourages adults of all ages to engage in learning. For more information visit their website at www.niace.org.uk or phone 02920 370900.

Help the Aged

Help the Aged in Wales works with older people, older people's forums, decision-makers and service providers to make sure that the specific needs of older people in Wales are recognised and addressed. Visit www.helptheaged.org.uk or phone 02920 346550.

Age Concern

Age Concern is a national charity working to improve the lives of older people. It has local offices throughout Wales, which can provide you with all kinds of advice, support and information. Go to www.accymru.org.uk or phone 029 2043 1555.

You can find a range of contact numbers and addresses in your local phone book or you can visit your library. The library will also help you access the internet free of charge.