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# Taking Care Over the Winter



## 2025-26



# Welcome

By preparing ahead for the Winter, the cold months can pass a little easier. In this booklet we will be offering you some support - from keeping warm, to getting more money in your pocket, to community support - something for everyone to make this Winter easier.

*“Winter can be a long and turbulent time for many of us as the days get shorter and the cost of living increases. This is a directory that contains information about what is available to help you, where to go to get more help and information about how each of us can have more money in our pocket.”*



**Cllr Nia Jeffreys**  
Leader of Cyngor  
Gwynedd



**Cllr Menna Trenholme**  
Deputy Council Leader



**Cllr Dilwyn Morgan**  
Cabinet Member for  
Adults, Health and  
Well-being



**Cllr Medwyn Hughes**  
Cabinet Member for  
Economy and Community

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Cyngor Gwynedd supports a number of partners in our communities through the SPF Resilience Scheme. This is a booklet that provides information about the different support available.



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# 5 Tips

1. Get your chimney swept

2. Make arrangements for someone to come over to check your heating system and boiler

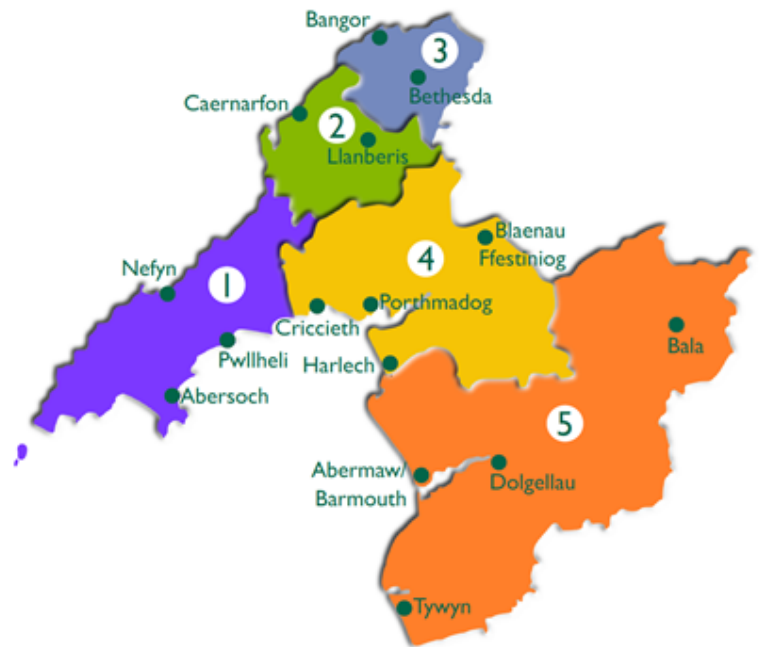
3. What about writing down important phone numbers in an easy-to-reach place?

4. Make every Tuesday 'Test It Tuesday', and check your fire alarms.

5. Have your seasonal flu jab

# Community Resources Team

**Supporting Gwynedd  
adults to live full and  
safe lives in our  
communities**



## **Caernarfon Community Resources Team**

**Tel:** 01286 679099 [On-line form](#)

**E-mail:** oedolioncaernarfon@gwynedd.llyw.cymru

## **Bangor Community Resources Team**

**Tel:** 01248 363240 [On-line form](#)

**E-mail:** oedolionbangor@gwynedd.llyw.cymru

## **Eifionydd/North Meirionnydd Community Resources Team**

**Tel:** 01766 510300 [On-line form](#)

**E-mail:** oedolioneifionydd/gogmeirionnydd@gwynedd.llyw.cymru

## **South Meirionnydd Community Resources Team**

**Tel:** 01341 424572 [On-line form](#)

**E-mail:** oedoliondemeirionnydd@gwynedd.llyw.cymru

## **Llŷn Community Resources Team**

**Tel:** 01758 704099 [On-line form](#)

**E-mail:** oedolionllyn@gwynedd.llyw.cymru

# Mental Health Support

**Mental Health Teams (CMHT)**

**Arfon** 01286 682880

**South Gwynedd** 01766 772599

**NHS Mental Health Service**

111 then option #2

## **Mental Health**

Mental health problems can affect anyone at any time. Cyngor Gwynedd's mental health teams, led by social services, offer support and social services to support individuals over 18 years old, and their carers, with their mental health needs. There are many groups and organisations in Gwynedd that could help and support you with your mental health. You can find information about groups that are local to you on the Dewis Cymru website:

### **Dewis Cymru: Mental Health**

Support booklets are also available in your local library: **Read Well Books on Prescription: Mental Health.**

## **Mental Health Social Services – Cyngor Gwynedd**

Cyngor Gwynedd has two teams of social workers and support workers to assist individuals with their mental health needs.

### **We can:**

- provide information, advice and social support for people with mental health needs
- help you to obtain personal support to assist you to live as independently as possible
- offer advice and share the contact details of useful organisations
- support carers.

### **We cannot:**

- provide services in emergencies (for emergency services, phone 111, then choose option 2)
- provide medication (contact your GP or Community Mental Health Team (NHS))

## Contact us

If you feel that you or anyone else needs this support, ask your doctor to refer you to us.

Or contact one of our teams directly (Self-referral):

- **South Gwynedd Social Services Mental Health Team** (9am - 5pm, Monday to Friday) [South Gwynedd area map](#) **01766 772599**
- **Arfon Social Services Mental Health Team** (9am - 5pm, Monday to Friday) [Arfon Area Map](#) **01286 682880**
- Out of hours number - 01248 353 551
- [On-line form: contacting the Mental Health Team](#)
- **It is essential that the individual has given their consent before they can be referred to the service.**

## Emergency Service

Emergency Mental Health support is available from NHS Wales, 24 hours a day, 7 days a week. **Phone 111 and choose option 2**

## Mental Health.

## Further information

- [Help with Young People's Mental Health](#)
- [Worried about dementia](#)
- [Grief and bereavement](#)

## Useful links

- **Time to talk** (support for Adults and Children)
- **Gorwel** (support for victims of domestic abuse or support for people at risk of losing their home and homelessness prevention)
- **Felin Fach Centre** (Pwllheli Community Hub)
- **Tan y Maen Centre, Blaenau Ffestiniog**
- **Tan y Maen Centre, Dolgellau**
- **Abbey Road Centre, Bangor** (support for Adults)
- **Samariaid Cymru** (helpline, e-mail or chat)
- **Meddwl.org** (Welsh-medium Mental Health support)
- **Parabl** (talking therapy for North Wales)
- **Papyrus** (24-hour suicide prevention helpline 0800 068 4141)
- **C.A.L.L** (24-hour helpline 0800 132 737)
- **Dewis Cymru** (Directory to find various useful services)
- **DPJ Foundation** (support for individuals in the field of agriculture)
- **Hafal Porthmadog** (Adferiad) Mental Health support for individuals and their families)

## Clinical Mental Health Service

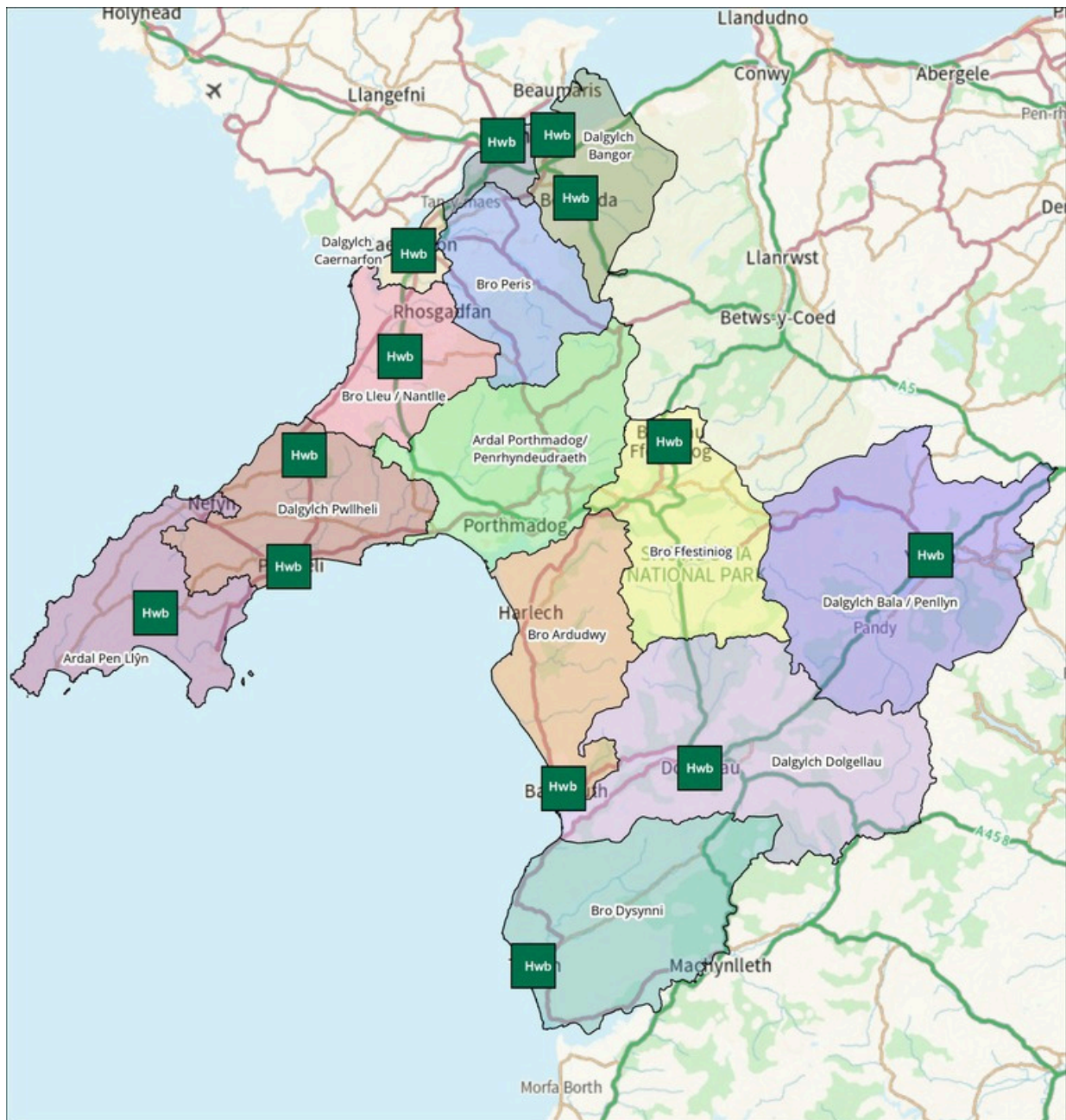
Individuals who receive/ or who need clinical mental health support will continue to receive it from the Health Board (BCUHB), either at Hergest Unit, Ysbyty Gwynedd (Arfon Area) or Ysbyty Alltwen (South Gwynedd Area):

- Hergest Unit, Ysbyty Gwynedd, Bangor, Gwynedd 03000 840306
- Ysbyty Alltwen, Tremadog, Porthmadog, Gwynedd 03000 850027

Individuals with clinical and social mental health needs will receive support from both services.

# Community Hubs

You can also receive help and support through the community hub in your local area. The details of each hub are on the next page.



## Caernarfon Hub

**Location:** Porthi Dre, Ty Seiont, Ffordd Santes Helen, **Caernarfon, LL55 2YD**

**E-mail:** [Desk.porthidre@outlook.com](mailto:Desk.porthidre@outlook.com)

**Contact Number:** 01286 532222

## Bala Catchment Area Hub

**Location:** Canolfan Henblas, 22-24 Stryd Fawr, **Y Bala**, Gwynedd, LL23 7AG

**E-mail:** [canolfanhenblas@gmail.com](mailto:canolfanhenblas@gmail.com)

**Contact Number:** 01678 521796

## Dyffryn Nantlle Catchment Area Hub

**Location:** Yr Orsaf, Storfa Muriau, Heol y Dwr, **Penygroes**, Gwynedd, LL54 6LP

**E-mail:** [llio@yrsaf.cymru](mailto:llio@yrsaf.cymru) / [\\_post@yrsaf.cymru](mailto:_post@yrsaf.cymru)

**Contact Number:** 07529 224989

## Bro Ffestiniog Catchment Area Hub

**Location:** Y Dref Werdd, 5 Stryd fawr, **Blaenau Ffestiniog**

**E-mail:** [rhian@drefwerdd.cymru](mailto:rhian@drefwerdd.cymru) / [marged@drefwerdd.cymru](mailto:marged@drefwerdd.cymru)

**Contact Number:** 07435 290553 / 07443 794790

## Botwnnog Catchment Area Hub

**Location:** Canolfan Fenter Congl Meinciau, **Botwnnog**, Pwllheli, LL53 8RA

**E-mail:** [post@conglmeinciau.org.uk](mailto:post@conglmeinciau.org.uk)

**Contact Number:** 01758 770000

## Llanaelhaearn Catchment Area Hub

**Location:** Canolfan Y Babel, Llanaelhaearn, LL54 5AL

**E-mail:** [Lynda.cox@llanaelhaearn.com](mailto:Lynda.cox@llanaelhaearn.com) / [moelfrefawr@gmail.com](mailto:moelfrefawr@gmail.com)

**Community Connector:** [robyn.jones3@wales.nhs.uk](mailto:robyn.jones3@wales.nhs.uk)

## Pwllheli/Nefyn Hub

**Location:** Canolfan Felin Fach Cyf. Stryd Penlan, **Pwllheli**, Gwynedd

**E-mail:** [info@canolfanfelinfach.com](mailto:info@canolfanfelinfach.com)

**Contact Number:** 01758 701611

## Dyffryn Ogwen Catchment Area Hub

**Location:** Partneriaeth Ogwen, 57 High Street, **Bethesda**, Bangor, Gwynedd, LL57 3AE

**E-mail:** [partneriaeth@ogwen.org](mailto:partneriaeth@ogwen.org)

**Contact Number:** 01248 602131

## Barmouth Catchment Area Hub

**Location:** Hwb Cymunedol Abermaw, Stryd y Parc, Abermaw, LL42 1PH

**E-mail:** revdawnandcarol@btinternet.com

**Contact Number:** 07827813421

## Bangor City Hub (and Maesgeirchen)

**Location:** Ffordd Gwynedd, Bangor, LL57 1DT

**Bangor City Council Website - Bangor City Hub**

**Contact Number:** 01248 352421

## Dolgellau Hub

**Location:** Lle'n y Dre! Llyfrgell Rydd, Dolgellau, Gwynedd, LL40 1EY

**E-mail:** niawynevans@gwynedd.llyw,cymru

**Contact Number:** 07795180338

## Tywyn Hub

**Location:** Eglwys y Bedyddwyr Tywyn, Stryd Fawr, Tywyn, LL36 9AF

**E-mail:** hwb@tywynbaptistchurch.org.uk

**Contact Number:** 01654 711752

## Bro Peris

**Location:** Tŷ Llundain, Cwm Y Glo, LL55 4DT

**Contact Number:** 01286 872014

You can contact your community hub for information about local activities and support. You can make an appointment via your local community hub to have a local 1:1 session with:

**CAB - Citizens' Advice Bureau**



**Welfare Advocate - Cost-of-living Advisory Officers**

**Digital Gwynedd - 1:1 support with information and digital technolog**



# Mantell Gwynedd

## **Ffrindia' Newydd (New Friends) Scheme**

This scheme is a voluntary buddy scheme to support individuals in the community who are experiencing loneliness, promoting their self-confidence and independence. The main objective of the scheme is to recruit and support volunteers to befriend individuals over the age of 50 who need some company, a confidence boost or support to reconnect with their community.

Ffrindia' Newydd offers friendly conversation, support to go out for a walk or use public transport and support to take part in local clubs or activities. Ffrindia' Newydd volunteers do not provide personal care, manage financial matters on a daily basis or offer transport to health appointments. Social services, third sector organisations, social prescribing teams, family or friends can refer individuals to us who would benefit most from this scheme. Self-referral is also an option.

## **A Helping Hand to Volunteer:**

The main objective of the scheme is to provide one-to-one support to individuals who have additional support needs, and who may benefit from volunteering support. The support is an extension of our existing brokerage service where our dedicated officer guides individuals throughout the volunteering process, matching them with suitable placements, support to complete forms, site visits, and most of all to lend a helping hand by attending the initial occasions with volunteers.

The aim of the project is to:

- Inspire individuals with additional support needs to volunteer by showcasing the wide range of opportunities available.
- Support local organisations by pairing them with dedicated volunteers.
- Enhance the personal and professional development of volunteers through guidance, training and mentoring.

# Living in Social Housing?

You can receive various support from your housing association, including support to pay bills and other support.

## Adra

**Tel:** 0300 123 8084

**E-mail:** ymholiadau@adra.co.uk



## North Wales Housing (NWAH)

**Tel:** 01492 572727

**E-mail:** customerservice.mailbox@nwaha.org.uk



## Grŵp Cynefin

**Tel:** 0300 111 2122

**E-mail:** post@grwpcynefin.org



# Gwynedd Libraries

Your Local Library offers help in many ways:

- A Warm Welcome - Cuppa and games.
- If you do not have electricity, the library is available as a warm space.
- Advice from Welfare Advocate
- Digital Support Sessions/Digital Support in the Home
- National Databank Scheme

For more information, visit the website: **Libraries and Archives** and choose your local library.





# Libraries Supporting...



## Cost of Living and Welfare Support

We can offer support towards the cost of living and welfare – including assisting with forms for Bus Passes, Pension Credit and Universal Credit.

Our Library staff can refer you to our Welfare Advocates if you need further advice.



## Warm Spaces

Gwynedd Libraries offers a warm welcome to everyone, with our doors open for taking part in various activities including board games, jigsaw puzzles, as well as craft, chess and reading clubs. We also offer warm tea for our users during these times.



## Free Period Products

Gwynedd residents can order a free eco-friendly period pack through their local Library. These are available by collecting from the library or via our home delivery service.



## Free SIM cards

As part of the National Databank Scheme, we can provide free SIM cards and data vouchers for individuals to help with costs of living, finding work and education.

## THEORY TEST PRO

Practising for your driving test? Access the 'Theory Test Pro' website for free at your local library or at home via your Library account!

## Testing kits for sexually transmitted infections

Discreet testing kits for sexually transmitted infections (STIs) are available for free at Bangor and Caernarfon Libraries.



## 1:1 Digital Support

A Librarian can help you with your digital skills and to use a computer or devices such as tablets and smart phones. They can also visit your home if you are unable to visit your local library



## Home Delivery Service

The Gwynedd Library Service offers a monthly home delivery service if you find it difficult to visit the library for any reason or are caring full-time for another person.

## PETHA

LLYFRGELL PETHA : A LIBRARY OF THINGS

## 'The Library of Things'

An opportunity to borrow and share (rather than purchase) everyday items. Through this, people can save money, save space and reduce waste and the carbon footprint.



# More money in your pocket

Anyone can fall behind with bills, but it's never too late to ask for help. Here's some information about the grants, payments and financial support available to help you.

## Important points to remember

- Claim the benefits that you are entitled to. Phone Advicelink Cymru on 0808 250 5700 (free helpline) or visit the government website
- Contact your suppliers / creditors to discuss your concerns if you are having problems paying your bills.
- Be careful/cautious of scammers and loan sharks.



## Pension Credit

Pension Credit provides additional money to help you with your living costs if you are over the State Pension age and on a low income.

You may receive additional support if you are a carer, are disabled, or are responsible for a child or young person.

Pension Credit is completely separate to your State Pension.

You can receive Pension Credit even if you have other income, savings or if you own your own home.

**If you receive Pension Credit, you can also get extra help, such as:**

- Housing Benefit if you are renting the property you live in.
- An automatic payment of Winter Fuel Payment.
- Support for Mortgage Interest if you own the property you live in.
- Council Tax Reduction.
- Free TV licence if you are 75 years old or older.
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you receive a specific type of Pension Credit.
- Help with your heating costs via the Warm Homes Discount Scheme.



## Council Tax Reduction

Council Tax Reduction is a reduction in your Council Tax bill based on:

- your income
- the size of your family
- other adults living with you
- how much Council Tax you are required to pay

If you live in Gwynedd and believe that you could be eligible for a Council Tax Reduction, contact **budd-daliadau@gwynedd.llyw.cymru** or telephone **01286 682689**.

## Council Tax Exemptions/Discount

It is also possible to get a discount or exemption for your Council Tax if any of the following applies to you:

- You live alone
- You have a significant cognitive impairment
- You care for someone
- You have a disability

*\*This is not a full list, there are other exemptions*

For further information, please contact **trethcyngor@gwynedd.llyw.cymru** or telephone **01286 682700**.

## HelpU Tariff – Welsh Water



Are you living on a low income? The HelpU tariff helps low income households by capping the amount that you must pay for your water.

Do you live on your own, or don't use a lot of water? You could save money by installing a water meter.

Is your household income less than £50,000 a year? Is your expenditure higher than your income? You could be eligible for 3 months of free water, through the Cymuned scheme.

If you have received, or expect to receive the next cost-of-living payment or £301 from the Government, you could also have the right to save up to £200 on your annual water bill.

**For more information, visit [Help with your bills](#)**

**Or phone: 0800 052 0145**

**For more information about the practical help, support and advice available, visit the Cyngor Gwynedd website by scanning the code below or following this link:**

**[Cost-of-living Support](#)**





# Keeping Warm

**Even if it is not a hard winter, cold weather means that we are vulnerable to getting sick.**

- Try to wear layers of clothing, instead of a single layer of thick clothing.
- Use a hot water bottle or electric blanket in bed - don't use both at the same time.
- Try not to sit still for more than an hour if you are indoors.
- Keep your bedroom window closed at night as this is the coldest time of the day.
- Draw your curtains at night to keep the heat in.
- If you have not had your heating system serviced for over a year, you should get a professional to check that it is working efficiently throughout the winter.
- Some energy suppliers have a Priority Services Register which provides extra advice and support to older people during the winter.

## Warm Spaces



Is your house cold? Fancy a chat or a warm cuppa? Many locations across Gwynedd offers "Warm Spaces" for anyone to come in for some shelter, a chat or a cuppa.

You can find the Warm Spaces locations in your community by visiting the map by following this link:

### **Warm Spaces Map**

New locations will be added regularly.

Or if you need the information in a different format, contact:

[manaucroesocynnes@gwynedd.llyw.cymru](mailto:manaucroesocynnes@gwynedd.llyw.cymru)

## ECO 4 Flex

ECO 4 Flex is a scheme which helps people save energy and money on heating their homes. Do you own your own property or rent it privately? You could be eligible for home energy improvements:

### **For more information:**

Menai Heating: 01248 421 044

Baxter-Kelly: 0800 061 4991

City Energy/Consumer Energy Solutions: 02920 499183

Live Management Facilitate Limited (LMF): 0151 666 5300

Smart Energy Homes: 01291 901029

D K Hughes: 01617 468 000

# Nest

Nest is a Welsh Government Scheme which offers free advice and improvements to the home to help you save energy and money.

## Energy-saving advice

Their friendly advisers offer unbiased, free advice to help you reduce your energy bills and improve your health and well-being. This includes:

- finding the best energy and water tariff for your home
- benefits to boost your household income
- helping to reduce your carbon footprint
- advice on installing your own low-carbon technology



## Support with energy efficiency improvements to the home

The Nest scheme provides support with the installation of free energy efficiency improvements for your home, which could include a new heating system, solar panels or insulation.

You could be eligible for free home energy improvements if you meet the following three conditions:

- you own your own property or rent it privately
- you receive means-tested benefits or live in a low-income household
- your home has an Energy Performance Certificate (EPC) rate of 54 (E) or lower; or an EPC score of 68 (D) or lower and someone in your household has an eligible health condition.

If there is no hot water in your home, the scheme can provide boiler repairs or exchange your boiler at no cost for you.

## Learn more

Further information:

- On-line: [Receive support with energy efficiency in your home from Nest](#)
- Over the phone: phone Nyth on Freephone 0808 808 2244 (Monday to Friday between 9am and 6pm)
- [Request a call-back from Nest](#)

# The Great British Insulation Scheme

If your heating system is relatively new, and you only need help with insulation, The Great British Insulation Scheme may be able to help you.

**For further information, please contact freephone: 0800 098 7950** or look at the Government's website: [Great British Insulation Scheme](#)

**For information or general advice on the above schemes, contact the Energy Team - Cyngor Gwynedd. They can help you if you are a customer with a key or card (pre-paid), or are having difficulties with the cost of oil, coal or LPG.**

**01766 771000**

**[tloditanwydd@gwynedd.llyw.cymru](mailto:tloditanwydd@gwynedd.llyw.cymru)**

**[www.gwynedd.llyw.cymru](http://www.gwynedd.llyw.cymru)**

# Winter Fuel Payment

If you were born before 22 September 1959, you could receive either £100 or £300 to help you pay your heating bills for the winter 2025 to 2026. This is called a 'Winter Fuel Payment'.

Most people will automatically receive the Winter Fuel Payment if **they are eligible**.

For more information, visit: **[Winter Fuel Payment](#)**.

## Social tariffs



### Broadband and phone packages

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit, and some other benefits. Some providers call them 'essential' or 'basic' broadband.

### How to apply?

You can apply for most tariffs online, or call your provider and ask for a change.

For more information, and to see a list of all available tariffs, see here: **[www.ofcom.org.uk](http://www.ofcom.org.uk)**.

# Food Banks and Community Food

**Food Banks across Gwynedd provide emergency food packs for people and families in need.**

## **Bangor Cathedral Food Bank**

**Location:** Canolfan yr Esgobaeth, Cathedral Close, Bangor, LL57 1RL (y tu ôl i'r Eglwys Gadeiriol)

**E-mail:** lesley.beckton@yahoo.co.uk

**[See details for Bangor Cathedral food bank](#)**

## **Arfon Food Bank**

**Location:** Canolfan Gwyrfai, Lôn Cae Ffynnon, Cibyn, Caernarfon, LL55 2BD

**E-mail:** info@arfon.foodbank.org.uk

**Contact Number:** 01286 673355

## **Barmouth**

**Location:** Ffordd y Brenin, Abermaw, LL42 1AD

**E-mail:** info@southgwynedd.foodbank.org.uk

**Contact Number:** 07973914599

## **Porthmadog, Penrhyndeudraeth, Bala, Dolgellau and Thywyn**

Emergency food parcels are available to collect from Porthmadog, Penrhyndeudraeth, Bala, Dolgellau and Tywyn.

**E-mail:** info@southgwynedd.foodbank.org.uk

**Contact Number:** 07973914599

## **Ffestiniog Food Bank**

For access to the food bank, you will need to go to the Dref Werdd office to obtain a referral.

**Location:** Neuadd yr Eglwys, Heol yr Eglwys, Blaenau Ffestiniog, LL41 3HB.

**Contact Number:** 07435290553

## **Pwllheli Food Bank**

**Location:** Eglwys San Pedr, Pwllheli, LL53 5DS

**E-mail:** pwllhelifoodbank@gmail.com

**Contact Number:** 07359356383

# Food Pantries

**Food Pantries usually distribute excess food from supermarkets and shops to local residents (also referred to as Porthi schemes, Fareshare schemes or other similar names).**

## **Hwb Blaenau Ffestiniog Dref Werdd (Community Fridge)**

**E-mail:** [rhian@drefwerdd.cymru](mailto:rhian@drefwerdd.cymru) / [marged@drefwerdd.cymru](mailto:marged@drefwerdd.cymru)

**Contact Number:** 07435290553 / 07443794790

**Dref Werdd, Blaenau Ffestiniog**

## **Hwb Penygroes, Yr Orsaf**

**E-mail:** [gwenllian.yrorsaf@gmail.com](mailto:gwenllian.yrorsaf@gmail.com)

**Contact Number:** 07529224989

**Yr Orsaf Penygroes**

## **Antur Llanaelhaearn**

**E-mail:** [Lynda.cox@llanaelhaearn.com](mailto:Lynda.cox@llanaelhaearn.com) / [moelfrefawr@gmail.com](mailto:moelfrefawr@gmail.com)

**Contact Number:** 0778795388

**Llanaelhaearn Community**

## **Hwb Ogwen, Bethesda**

**E-mail:** [Hwb@ogwen.org](mailto:Hwb@ogwen.org)

**Contact Number:** 07862694163

## **Hwb Caernarfon, Porthi Dre**

**E-mail:** [Desk.porthidre@outlook.com](mailto:Desk.porthidre@outlook.com)

**Contact Number:** 01286 532222

**Hwb MaesNi, Maesgeirchen**

**E-mail:** [jess.silvester@mantellgwynedd.com](mailto:jess.silvester@mantellgwynedd.com)

**Contact Number:** 07990067245 / 07436530217

**Hwb Bermo/Tywyn (BOCG Bermo)**

**E-mail:** [info@southgwynedd.foodbank.org.uk](mailto:info@southgwynedd.foodbank.org.uk)

**Contact Number:** 07973914599

**Food for All, Fareshare Bangor**

**Contact Number:** 07436530217 (Only available to take calls on Sundays 10:00am-12:00am)

**Tywyn Community Fridge**

**E-mail:** [ffrijtywynfridge@gmail.com](mailto:ffrijtywynfridge@gmail.com)

**Tywyn Community Fridge**

**Y Fasged Fwyd**

**Location:** Carmel Village Hall

**E-mail:** [yfasgedfwyd@gmail.com](mailto:yfasgedfwyd@gmail.com)

**Y Fasged Fwyd**

**Pantri Llanrug**

**E-mail:** [clercclanrug@gmail.com](mailto:clercclanrug@gmail.com) /

[Cynghorydd.BeccaBrown@gwynedd.llyw.cymru](mailto:Cynghorydd.BeccaBrown@gwynedd.llyw.cymru) /

[Cynghorydd.BerwynParryJones@gwynedd.llyw.cymru](mailto:Cynghorydd.BerwynParryJones@gwynedd.llyw.cymru)

**Contact Number:** 07974193131 / 07917713099



# Extra Help

## **Age Cymru Gwynedd a Môn**

Age Cymru Gwynedd a Môn offers support to older people across Gwynedd.

**Tel: 01286 677711**

## **Worrying about taking your dog for a walk?**

A charity for older people and their pets. They have volunteers who could take your dog out for a walk for you in bad weather.

**Tel: 01736 757 900**

**[www.cinnamon.org.uk](http://www.cinnamon.org.uk)**

## **Worried about falls?**

The Telecare service provides equipment that could help

**Phone 01286 679 059**

## **Worried about your memory?**

Dementia Actif Gwynedd provides support for individuals with dementia and their families.

**Phone: 07768 988 095**

## **Gritting**

Teams will be working to grit roads and pavements. Nevertheless, it is difficult to reach everywhere. To let us know about a problem with ice or snow on the road.

**Phone: 01766 771000**

## **Care and Repair Gwynedd a Môn**

Care and Repair provides equipment and adaptations for your home. The team works across the whole of Gwynedd.

**Phone:** 01286 889360

**E-mail:** [gofalathrwsio@gofalathrwsio.org](mailto:gofalathrwsio@gofalathrwsio.org)

## **Help to travel**

You can apply for free travel when you are over 60 years old or at a discounted rate if you are disabled.

**You can apply on the Transport for Wales website**

## **Do you want books for your home?**

Remember about the library home delivery service. You can arrange this on the Cyngor Gwynedd website or by phoning:

**01286 679465 or 01341 422771**

## **Want to know what's on in the local area?**

Dewis.cymru have a website listing loads of local clubs and activities - go and have a look. Also, you can contact Mantell Gwynedd for this information

**Phone:** 01286 672626

## **Worried about an issue relating to older people?**

Gwynedd is working to become age-friendly; if anything is worrying you or if you'd like extra support, you can contact us via:

**E-mail:** [oedgyfeillgar@gwynedd.llyw.cymru](mailto:oedgyfeillgar@gwynedd.llyw.cymru)