

NEWS FROM CARDIFF AREA BRANCH 144

General Interest

I trust that price rises for Council Tax, Gas and Electricity, Water and other essential services you were dreading were not quite as bad as you may have feared. If this is not the case, please ensure that you are claiming all the benefits you are entitled to. Pension Credit is the main benefit many of you may be eligible for. It is about thirteen times the amount we have all lost through the withdrawal of the Winter Fuel Allowance so as well as helping with your fuel bills it would go a long way to covering rises in Council Tax, Water and other areas. Applications can be made at www.gov.uk/pension-credit or alternatively telephone 0800 99 1234.

Age UK continue to be active on our behalf. They held an event in Parliament on 6 May where they had the opportunity to speak directly to MP's so that they could listen, learn and champion better policies for healthy ageing.

NFOP Welfare Fund

The NFOP Welfare Fund provides grants for assistance on a case-by-case basis, with the replacement or provision of items to help with changes to an individual's circumstances. An application form is available on the website at www.nfop.org.uk or by telephoning 01582 721652. They may also be able to advise you where they cannot assist directly.

Social Diary Dates:

All members are invited to attend our monthly coffee morning at the Heath Community Hall off King George V Drive East on the first Tuesday of each month from **10.30 – 12.30**, any friends you may wish to bring will be most welcome. If you are interested in joining us on any forthcoming trip that may be arranged, please ring Sandra on the number below. It is often not possible to advise you at short notice by way of this newsletter of proposed trips so it is helpful if we have your phone number to enable us to contact you.

BRANCH CONTACTS

Mrs Sandra Williams – Social Secretary 029 20215119

Mr David (DJ) Williams – Welfare Representative – 07894458225

Mr Peter Watts – Treasurer – 02929 531005