

USEFUL CONTACTS

Age Concern	01977 552114
Airedale Library	01977 724040
Castleford Library	01977 722085
Castleford Bowling Club	01977 553578
Castleford Swimming Pool	01977 722055
CISWO (Pontefract) advice, courses, etc	01977 703384
Councillors	01924 305115
Elder Abuse Response	0808 808 8141
Ferrybridge Bowling Club	01977 673269
Ferrybridge Community Centre	01977 979056
Glasshoughton Healthy Living Centre	01977 511234
Help the Aged Senior Line	0808 8006565
Knottingley Library	01977 722450
Knottingley Sports Centre	01977 722505
Metroline Information	0113 245 7676
National Rail Enquiries	08457 48 49 50
National Express	08705 80 80 80
Neighbourhood Action Line	0845 8 506 506
Normanton Jubilee Swimming Pool	01924 302475
P&C Talking Newspaper	01977 722755
Pontefract Library	01977 727651
Pontefract Swimming Pool	01977 722755
St Mary's Community Centre	01977 705341
Wakefield Metropolitan District Council	01924 306090
Yvette Cooper MP	01977 553388

The information included here was correct at time of printing.



NEWSLETTER FOR OLDER PEOPLE

Winter 2006/7



From Yvette Cooper,
MP for Pontefract, Castleford,
Knottingley & Normanton Common



A MESSAGE FROM YVETTE



Dear friend

Welcome to my latest newsletter containing useful information on local services, activities and entitlements for older people in Pontefract, Castleford, Knottingley and Normanton Common. As the weather gets colder, I particularly wanted to remind you of the Warm Front Grant which can help you insulate your house - keeping you warm and saving money on your energy bills too. If you have any questions about this or any other matter, please contact my office on 01977 553388.

Best wishes, 

HELP FOR YOU

FREE OFF-PEAK TRAVEL

All pensioners are entitled to **free off-peak travel** on local buses and **reduced fares** on all local trains. For more information call Metroline on **0113 245 7676**.

ACCESS BUS

AccessBus is a dial-a-ride, door-to-door bus service for people who find using conventional public transport difficult. You can get a registration form by telephoning the AccessBus enquiry line on **01274 304 297**.

FREE NHS SERVICES

If you are over 60 you are entitled to **free prescriptions and eye tests** and if you are over 65 you are entitled to a **free flu jab**.

FREE TV LICENCES

If you are over 75, take advantage of your **free TV Licence** by telephoning the TV Licensing Information Line on **0845 603 6999**.

CHANGES TO YOUR POSTAL VOTE

Anyone can apply to vote by post for all local or national elections.

However, before the next local elections in May 2007, new safeguards are going to be introduced to make the system more secure. You will now need to supply your signature and date of birth.

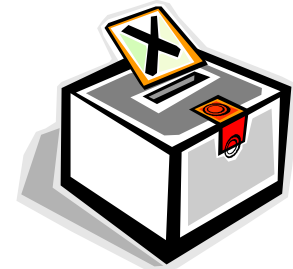
If you already vote by post, you will be sent a new postal voter registration form to complete in early 2007. It is very important you complete and return this form if you want to keep voting by post in the future. Please contact me if you do not receive your form.

If you would like any more information on postal voting either contact my office on **01977 553388**, or contact Electoral Services at Wakefield Metropolitan District Council:

Wakefield Electoral Services Office
Room 312
County Hall
Wakefield
WF1 2QW

Tel: **01924 305023**

Email: Elections@wakefield.gov.uk



Would you or someone you know like to be put on our mailing list to receive future newsletters directly?

Please give details below, tear off and send this page to:
Yvette Cooper MP, 2 Wesley Street, Castleford WF10 1AE
Tel: 01977 553388 or email coopery@parliament.uk

Name:

Address:

Post code:

Email:

TACKLING CRIME

Crimes against elderly people are rare but I know that many older people still feel at risk.

That's why I wanted to let you know about the **Five Towns Neighbourhood Policing Team (NPT)**. These dedicated bobbies on the beat work across our towns, helping the local communities of Pontefract, Castleford, Knottingley and Normanton Common to tackle:

- **Anti-social behaviour**
- **Criminal damage**
- **Vehicle/motorcycle nuisance**
- **Supply of controlled drugs**



Earlier this year the Team received a boost in the form of **four extra officers** who are now working hard with the local community to tackle crime and anti-social behaviour.

How to find out more

You can get in touch with the Five Towns NPT on **0845 606 0 606**, or you can e-mail them at **5towns.npt@westyorkshire.pnn.police.uk**.

I am in regular contact with Inspector Steve Lavelle who runs the team. So if you would prefer me to raise any issues or concerns you may have, please contact my office on **01977 553388**, or send me an e-mail at **coopery@parliament.uk**.

You can also visit the Team's new website at **www.wypnpt.org** for lots of useful updates on what each town's police officers are up to.

NEIGHBOURHOOD ACTION LINE

Wakefield Council also runs the **Neighbourhood Action Line** for residents to report instances of nuisance or anti-social behaviour, like graffiti or fly tipping. You can also talk to them about road repairs, refuse collection or abandoned vehicles. The Neighbourhood Action Line is open 24 hours a day, seven days a week, on **0845 8 506 506**.

LOCAL ACTIVITIES

Monday	1.00pm - Monday Classic film at Cineworld, Xscape, Glasshoughton, £2.50 including tea and biscuits 3.00 - 4.00pm - 50+ swim session at Castleford swimming pool, £2.50/£1.40 with Activate*
Tuesday	11.30 - 1.00pm - Ballroom dancing at St Mary's Community Centre, Pontefract Afternoon – Line dancing at Ferrybridge Community Centre. Call 01977 676056 for exact times
Wednesday	1.15 - 3.00pm - Free amateur dramatics class at St Mary's Community Centre, Pontefract 3.30 - 4.30pm - 50+ swim session at Pontefract swimming pool, £2.50/£1.40 with Activate*
Thursday	11.15 - 12.15 - 50+ keep fit at Knottingley Sports Centre, £2.40 2.30 - 4.00pm - 50+ swim session at Normanton swimming pool, £2.50/£1.40 with Activate*
Friday	1.00 - 3.00pm - card craft class at St Mary's Community Centre, Pontefract 3.00 - 4.30pm - 50+ swim session at Pontefract swimming pool, £2.50/£1.40 with Activate*

Please contact individual venues to check details.

*ACTIVATE CARDS

Activate is a leisure card scheme offering discounts on a range of sporting activities. Activate cards cost £5.50 for people who are aged 60 or over. They are available from any Wakefield Metropolitan District Council Sports Centre or swimming pool.

WARM FRONT

It can get really cold round here in the winter months and fuel bills have risen a lot over the past couple of years. But the Government's **Warm Front Grant** could help you to heat and insulate your home, keeping you warm and saving you money.

The Warm Front Grant is a grant of up to **£2,700**, to help you pay for heating and insulation improvements in your home.

A Warm Front grant can help you pay for:

- **Loft insulation** to help cut your energy bills by £180 to £220 a year
- **Draft proofing** to reduce heat loss from your home by up to 20%
- **A British Standard 'jacket'** for your hot water tank, saving you on average £20 a year

Am I eligible?

If you are over sixty years old and receive support like Pension Credit or Housing Benefit you can apply for a Warm Front Grant.

What if I am not eligible?

Pensioners who are not eligible for a full Warm Front Grant can now register for the **Warm Front £300 Heating Rebate Scheme** which can be used to install a new central heating system in households which either have no existing heating system or one which does not work properly.

How do I apply?

To see if you are eligible for a Warm Front Grant contact the Warm Front team free on **0800 952 0600**.



WINTER FUEL PAYMENTS

If you are over 60, make sure you claim your £200 Winter Fuel Payment to help pay for your winter heating bills.

For more information call the helpline on **0845 915 1515**

PENSION CREDIT

Lots of pensioners in our towns already claim their Pension Credit. If your weekly income is less than **£114.05** or **£174.05** for a pensioner couple then make sure you apply for your Pension Credit too.

The Pension Credit will top up your weekly income, paying money directly into your bank account.

You may even be entitled to payments backdated for up to 12 months from the day you were first entitled.

Are you over 65?

If you are over 65 and have modest savings you may still be entitled to Pension Credit, so long as your income does not exceed **£159** or **£233** if you have a partner.

This could mean an extra **£17.88** a week for a single pensioner or an extra **£23.58** for a pensioner couple.

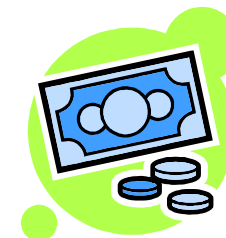
How do I apply?

I know the thought of applying for Pension Credit can be a daunting prospect.

But there is now a free phone service on **0800 99 1234** where an advisor can guide you through the application process. They can fill in the forms for you over the phone.

This phone line can also help you to claim other benefits, like Council Tax and Housing Benefit.

So don't forget to ask your advisor about what other benefits you may be entitled to.



THE ENERGY EFFICIENCY COMMITMENT

Energy suppliers, like British Gas and Npower, are now legally obliged to run their own schemes to promote energy efficiency.

So why not contact your local energy supplier to find out what grants and discounts are available, or contact my office on **01977 553388** for more information.