

ORGANISATIONS TO CONTACT:

Mid and North Powys Mind **01597 824 411 / 07539 870 010**

Community Connectors **01597 828 649**

Contact your community connector in Powys and let them know your local area for local support, information and advice

Age Concern Powys **01597 825 908**

Age Concern UK **0800 678 1602**

Age Concern Check and Chat **08000 223 444**

Age Concern are setting up a weekly chat system for older people living on their own. Please ring the above number to set this up

Samaritans **116 123 / 0330 094 5717**

Red Cross **0344 871 11 11**

Builth Wells:

Ashfield Community Enterprise, Howey **01597 829 689**

Ashfield provide a hot meal service, delivered to your home. 2 course meal for £3 per person. They ask for a donation for delivery. Ring for details of meals, when they run, to book and to check they cover your area

Builth Wells Community Support **01982 553 004**

Knighton:

Knighton Community Hub **01547 428 088**