



PENSIONERS GUIDE

for Torbay Residents

Kevin Foster MP

A **FREE** information
booklet from your local
Member of Parliament

Dear Resident,

Our bay has and will continue to be a great place to live, work and retire.

However, especially since Covid, we've all become more aware of the need to have access to the local support on offer and close ties to others in our community. That's why I've put together this short information guide, to make sure you can access all of the support and information that you're entitled to.

Whether it's finding out what support the Government has to offer pensioners, groups you can join to spend more time with others, or useful contacts you might not be aware of. If you have any questions, please don't hesitate to contact me at kevin@kevinfoster.com or phone 01803 214 989.

Best Wishes,

Kevin

Kevin Foster
Member of Parliament for Torbay



COST OF LIVING SUPPORT

Your local council has a number of discretionary support schemes to help the people who need it most.

This includes the Crisis Support Scheme, which is for those left struggling to pay for essentials due to an unexpected change in circumstances, and Discretionary Housing Support for those in certain circumstances who struggle to pay their rent.

Additional discretionary support is also available for households living in park homes, use heating oil, or are on heat networks.

For more details and to check whether you are eligible for this funding, visit:

torbay.gov.uk/benefits/cost-of-living

PENSIONERS COULD RECEIVE OVER £3,000

If you're of State Pension Age and on a low income you could qualify for Pension Credit.

The average Pension Credit payment is worth more than £3,000 a year and it is possible to qualify even if you own your own home or have savings.

Eight million pensioner households who receive the Winter Fuel Payment are now also receiving an extra £300.

And if you receive Disability Living Allowance or Attendance Allowance, you could receive £150.

Check you're eligible by visiting gov.uk/pension-credit-calculator





WINTER FUEL PAYMENT

If you were born before 26 September 1956 you could get between £250 and £600 to help you pay your heating bills in the winter.

If you receive State Pension, Pension Credit, Disability Living Allowance amongst other forms of benefits you do not need to apply. You can find out more about whether you need to apply here [gov.uk/winter-fuel-payment/how-to-claim](https://www.gov.uk/winter-fuel-payment/how-to-claim).

TORBAY COMMUNITY HELPLINE

The Torbay Community Helpline is open to the people of Torbay to request help, volunteer their assistance or refer anyone they believe/know needs help.

Examples of the support they provide includes, but is not limited to, financial advice, mental health support, foodbank referrals and befriending, all provided by several community groups and statutory services around Torbay. The helpline (01803 446022) is available:

- Mondays – Fridays:
10am–1pm & 3–6pm
- Saturdays: 11:30am–12:30pm
- Sundays: Closed

The Torbay Community Helpline is operated by staff, volunteers, associates and partners of Torbay Communities, with funding from the National Lottery Community Fund and the Government's Office for Civil Society. You can also contact the helpline online at: bit.ly/torbayhelpline.



GET INVOLVED!

If you want to get out and about more, make some new friends, or discover a new hobby, there are loads of ways to get involved in the community here in Torbay. Here are a few examples:

1. The Precinct Centre, St Marychurch

The Precinct Centre, located next to the Parish Church of St Mary The Virgin is a purpose built community hub for the over 50s, with plenty of activities on offer, alongside a chance to simply enjoy a hot drink with friends. Call 01803 329105 or visit precinctcentre.com for more details.

2. Torbay Armed Forces & Veterans Breakfast Club

Meets 9am every Saturday at Paignton Rugby Club, Queens Road, Paignton for a full English breakfast and plenty of comradeship.

3. Torbay U3A

A unique and exciting organisation providing life-enhancing, life-changing opportunities to those who are retired

or semi-retired who want to keep active in mind and body. Monthly meetings are held on the second Wednesday of each month (2.00 pm for 2.15 pm start) at Central Church, Tor Hill Road, Torquay TQ2 5RN.

4. Paignton (Great Western Road) & Torquay Library (Lymington Road)

A range of activities are on offer at our local libraries, in addition to the chance to borrow a book or read a newspaper. They are a community hub with lots of groups meeting there, plus free wifi and public access computers are available if needing to get online. For more details call 01803 208300 (Torquay) or 01803 714460 (Paignton)

5. Welcome Space – St Matthias Church, Babbacombe Road, Torquay, TQ1 1HW.

12 – 3:30pm Every Wednesday with Tea, Coffee, Cakes & Soup available.



SUPPORT IN OUR COMMUNITY

If you're struggling financially, with loneliness, health issues, or anything else – you don't need to suffer alone.

There are lots of places where you can receive support in our community, or just speak to a friendly face.

- **Torbay Council Main Switchboard**
01803 201201
- **Age UK Torbay**
01803 555 181
- **Torbay Community Helpline**
01803 446022
- **Citizens Advice Torbay**
0808 2787859
- **Veterans UK helpline**
0808 1914 2 18
- **Police Non-Emergency**
101
- **Samaritans**
116 123 (free from any phone)



I hope that you found this guide useful,
but if you have any other questions,
please don't hesitate to get in touch.

Kevin Foster

Member of Parliament for Torbay

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