



**Useful Telephone Numbers for  
People over 50 in Chesham**

**Emergency Numbers**

Police—Fire—Ambulance **999**

**Non-Emergency Police**

**0845 850 5505**

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**Chesham Action Volunteers ChAV**

Emergency Assistance - only during extreme weather **0800 988 3961**

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**Fire Risk Check**

Free fire risk check made of your home **01296 744477**

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**Gas Leaks**

**0800 111 999**

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**Age Concern**

General Information & Advice **01296 431127**

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**Affordable Warmth**

Grants may be available to warm your home **0800 107 0044**

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**Telecare**

Equipment to enable you to stay in your home safely **08453 70 80 90**

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**Buckinghamshire Safeguarding Vulnerable Adults**

If you or anyone you know is being mistreated **0800 137 915**

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**NHS Buckinghamshire**

24 hour 7 days a week health advice and information **0845 46 47**

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**BCC Adult Social Care**

Information on receiving care in your home **01296 387912**

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**British Red Cross**

Free service for when you are discharged from hospital **01865 225597**

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**Mediation Buckinghamshire**

Free help with neighbourhood and family disputes **01494 520821**

<b>Chiltern District Council Housing Services</b> Information & Advice on housing; home loans for repairs, aids and adaptations; handyperson service	<b>01494 732026</b>
<b>Chiltern District Council Environmental Health</b> Information, advice and assistance on problems in your neighbourhood environment	<b>01494 732058</b>
<b>Trading Standards</b> For problems with purchases	<b>01296 431911</b>
<b>Chiltern Citizens Advice Bureau CAB</b> Free independent information & advice - benefits, housing, legal, debt, consumer issues etc	<b>0845 092 0137</b>
<b>Buckinghamshire Mind</b> Day services, friendship & support for mental & emotional well-being	<b>01494 771131</b>
<b>Bucks Vision</b> Advice, equipment, social clubs for those with sight loss	<b>01296 487556</b>
<b>Alzheimer's Society</b> Information, social events, friendship & support, for carers too	<b>01494 670909</b>
<b>BCC Home Library Service</b> Books, spoken word, music, magazines, DVDs delivered free to the housebound	<b>07734 334 506</b>
<b>Carers Bucks</b> Supporting unpaid family carers	<b>01494 463536</b>
<b>Community Impact Bucks CIB</b> Supporting all aspects of volunteering	<b>01895 837545</b>
<b>Chesham Over 50s Positive Action Group COPAG</b> Members social meetings & community action	<b>01494 783691</b>
<b>Chess Valley U3A</b> No qualifications required and none given Members share knowledge and experience, social events	<b>01494 722140</b>
<b>Chesham Leisure Centre</b> Stay fit and healthy - seniors welcome	<b>01494 791779</b>
<b>Simply Walk</b> Improve your health and meet new friends Organised free walks graded to different abilities	<b>01494 421736</b>
<b>Age Well Information Point</b> Great website for information for over 50's in Buckinghamshire	<b><a href="http://www.agewellinformationpoint.co.uk">www.agewellinformationpoint.co.uk</a></b>