

| Service numbers Cardiff | Service numbers Vale |
|--|--|
| Age Cymru 08000 223 444 (will call at regular intervals over the age of 70) | Age Cymru 08000 223 444 (will call at regular intervals over the age of 70) |
| Cardiff Council 02920 872087 | Vale of Glamorgan Council 01446 700111 |
| Cardiff and the Vale Memory Team 02920 716971 | Cardiff and the Vale Memory Team 02920 716971 |
| Social Services 029 2023 4234 | Social Services 01446 700111 |
| Care and Repair 02920 473337 | Care and Repair 02920 473337 |
| Dementia Connect 0333 1503456 | Dementia Connect 0333 1503456 |
| Silver line - for the over 50s 0800 470 8090 | Silver Line - for the over 50s 0800 470 8090 |
| Samaritans 0330 094 5717 | Samaritans 0330 094 5717 |