

# Age Cymru Advice

## 08000 223 444

Free, confidential and expert  
information and advice on matters  
affecting the over 50s in Wales

- Welfare Benefits
- Pensions
- Dementia
- Bereavement
- Staying Safe
- Disability
- Care Homes
- Rights
- Local Services
- Help at Home
- Wills
- Housing
- Scams
- Work & Learning
- Retirement
- Health
- Consumer
- Physical Activity
- Money
- Legal
- Saving Energy
- Community
- Travel & Lifestyle
- Social Care

Email: [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

Web: [agecymru.org.uk/advice](http://agecymru.org.uk/advice)

 [facebook.com/agecymru](https://facebook.com/agecymru)

 [twitter.com/agecymru](https://twitter.com/agecymru)