

# Age Cymru Advice: How can we help?



# We are Age Cymru.

Age Cymru is the leading charity for all older people in Wales. We campaign, we research and we fundraise to make sure we build a better life for all older people. We ensure older people's voices are heard, we challenge and change attitudes, we fight discrimination wherever we find it and we tackle elder abuse in all its forms.

## **Age Cymru**

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Cardiff CF24 5TD

**[www.agecymru.org.uk](http://www.agecymru.org.uk)**

Age Cymru is part of the Age UK network, which also includes Age NI and Age Scotland. There are also local Age Cymru partners across Wales.

This information leaflet has been prepared by Age Cymru and Age UK and contains general information on the range of information guides and factsheets only, which we hope will be of use to you. Nothing in this leaflet should be construed as the giving of specific advice and it should not be relied on as a basis for any decision or action. Neither Age Cymru, Age UK, nor any of their subsidiary companies or charities accept any liability arising from its use. We aim to ensure that the information is as up to date and accurate as possible, but please be warned that certain areas are subject to change from time to time.

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# Introduction

## **Age Cymru Advice: our information and advice service for matters affecting the over 50s in Wales**

Age Cymru Advice is committed to being the foremost information and advice service to older people in Wales. We aim to provide effective, accessible, high-quality information and advice while offering a free, impartial and confidential service. Age Cymru Advice can assist older people themselves, their family, friends, carers, or professionals.

## **Our freephone advice line**

If you want to talk to one of our expert advisers, in Welsh or English, call us on **08000 223 444**. The advice line is open between 9am and 5pm, Monday – Friday.

You can also email us at **[advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)** or visit our website at **[www.agecymru.org.uk/advice](http://www.agecymru.org.uk/advice)**

## **Local support**

The Age Cymru Advice line also acts as a gateway to our local services. Face to face support via local offices and home visits may be available to callers requiring additional or more specialised support.

## Free publications

Age Cymru, in partnership with Age UK, produces a range of free information guides and factsheets that provide useful advice on issues that affect the over 50s. Our guides provide an overview of a particular topic, whilst our factsheets provide more detailed, in-depth information. Whether you need the information for yourself, a relative or someone you care for, our range of publications will help you find the answers you're looking for.

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**To contact Age Cymru  
Advice, call free on  
08000 223 444 or visit  
[www.agecymru.org.uk/](http://www.agecymru.org.uk/)  
advice**

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# Information guides

Our free handy-sized guides are packed with accurate and up-to-date information to help people get to grips with the challenges that later life can throw at them.

The guides cover many topic areas such as:

- Health and Wellbeing
- Bereavement
- Social Care
- Income and Benefits
- Housing
- Legal & Consumer and more...

## How to order

- Call Age Cymru Advice on **08000 223 444**
- Email Age Cymru Advice at **[advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)**
- Visit **[www.agecymru.org.uk/advice](http://www.agecymru.org.uk/advice)** to read or download the full range
- Complete the order form in the centre of this leaflet

# Factsheets

Our free factsheets provide detailed information for those with a specific problem or for advisers working with people in later life.

As we continually review and update our library of over 80 publications, we recommend you contact us on **08000 223 444** or via **advice@agecymru.org.uk** or view the complete range on our website **[www.agecymru.org.uk/advice](http://www.agecymru.org.uk/advice)** to see the most current, up-to-date list of written resources.

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**Whether you need information for yourself, a relative or someone you care for, our written publications will help you find the answers you're looking for.**

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