

Getting advice

If the person you're helping is aged 50 or over and needs advice, please ask them to call Age Cymru Advice on 08000 223 444, available 9:30am to 4:30pm, Monday to Friday, or email advice@agecymru.org.uk or visit www.agecymru.org.uk/advice

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.

If the person you're supporting is aged under 50, please ask them to call Citizens Advice on **03444 77 20 20** or visit their website www.citizensadvice.org.uk/wales/

They could also get help or advice from support groups or charities that are relevant to them: [Support groups and charities](#)

Ceisio cyngor

Os yw'r unigolyn yr ydych chi'n ei gefnogi yn 50 oed neu'n hŷn ac angen cyngor, gofynnwch iddo gysylltu ag Age Cymru Advice ar 08000 223 444, ar gael rhwng 9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost advice@agecymru.org.uk
www.agecymru.org.uk/advice

Mae Age Cymru yn ymrwymedig i ddarparu'r gwasanaeth gwybodaeth a chyngor blaenaf i bobl hŷn yng Nghymru. Ein nod yw darparu gwybodaeth a chyngor effeithiol, hygyrch o ansawdd dda gan gynnig gwasanaeth diduedd, cyfrinachol a rhad ac am ddim. Gall Age Cymru gynorthwyo pobl hŷn eu hunain, eu teuluoedd, cyfeillion, gofalwyr neu arbenigwyr.

Os yw'r unigolyn yr ydych chi'n ei gefnogi dan 50 oed, gofynnwch iddo gysylltu â Cyngor ar Bopeth ar **03444 77 20 20** neu fynd i'w gwefan <https://www.citizensadvice.org.uk/wales/>

Gall unigolion hefyd gael cymorth neu gyngor gan grwpiau cefnogi neu elusennau sy'n berthnasol iddynt: Grwpiau cefnogi ac elusennau