

**Free advice on housing
and related issues for
people aged over 50 in
Carmarthenshire
and Pembrokeshire**

01267 225936

www.sheltercymru.org.uk

**Are you aged over 50 and
living in Carmarthenshire
or Pembrokeshire?**

**Are you having trouble
making ends meet, do
you have a housing issue
you would like to discuss,
or are you having difficulty
understanding or
accessing benefits?**

We hold drop-in sessions at community venues across the two counties. Please see our website or contact us for up to date information.

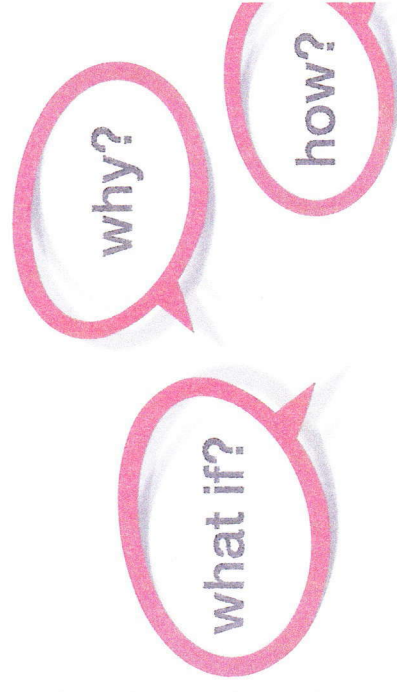
Shelter Cymru's Cyngor 50+ Advice project can help We can provide information, advice and support with

- + Improving current housing conditions
- + Finding accommodation
- + Welfare benefits
- + Debt
- + Money management, etc.
- + Financial Healthchecks

Or do you have some spare time and are interested in helping make a difference in your community?

We provide comprehensive training and support for people to become part of our team of volunteers providing advice and support in local communities.

If you need help or would like more information, please get in touch on **01267 225935 / 225936** or email fiftyplus@sheltercymru.org.uk



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