

Come and chat with Age Cymru.

Are you a **carer**? Our **Carers Project** provides support to unpaid carers, sharing our one-stop-shop guide and encouraging you to share your experiences with us.

Want to know more about your **human rights**? We'll be showing our new short, animated film and talking with you about your rights as an older person.

Find out more about our services, from **Tai Chi** classes to **advocacy and advice**.

All welcome. We want to hear about the issues that matter to you.

Light
refreshment
will be
provided

Ararat Baptist Church
Cardiff, CF14 1PT

Wednesday 18 May 2022
10:00 – 13:00

Age Cymru and Carers Trust Wales are working in partnership to develop person-centered service models to identify, and better meet the needs of older carers and carers of people living with dementia, funded by the Welsh Government Sustainable Social Services Third Sector Grant.

Our Human Rights Project has been funded by the Welsh Government, as part of the investment into making Wales age friendly, and achieving the vision set out in Age Friendly Wales: Our Strategy for an Ageing Society.

Age Cymru is a registered charity 1128436. Company limited by guarantee and registered in Wales and England 6837284. Registered office address Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff CF24 5TD. © Age Cymru 2022.



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government