

Support for the elderly



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

[Re-engage](#)

0800 716 543

Tackling loneliness in the elderly offering free calls to their call companions, social activity groups and one-to-one activities for over 75's.

[The silver line](#)

0800 4 70 80 90

24/7 service providing friendship, conversation and support for the elderly.

[Older people's commissioner for Wales](#)

03442 640 670

Offers support with services such as health, social care, community services or housing.

[Hourglass Cymru](#)

0808 808 8141

24/7, confidential and free line dedicated to stopping the harm and abuse of older people.

[Age UK](#)

0800 678 1602

Free to call advice line 365 days a year and their website has many services available covering social activities, transport, exercise and more.