

# NEED HELP?

In **debt** and need some help?

Threatened with eviction or having **housing** problems?

**Benefits** been assessed incorrectly?

If you claim any of the following benefits you are ENTITLED to FREE legal aid!

- Income Support
- Income Based Job Seekers Allowance
- Guarantee State Pension Credit

Independent help and advice surgeries are being held in your area, contact one of the advice providers below for more details.

(You may be entitled to free advice if you are on other benefits or have a low income, your local advice provider will be able to inform you whether this is the case)

## PEMBROKESHIRE

Organisation	Type of Advice Available	Telephone
Hains & Lewis (Haverfordwest)	Debt	01437 764593
Layton & Co (Haverfordwest)	Welfare Benefits	01437 766 671
Lowless & Lowless (Pembroke Dock)	Debt, Housing, Welfare Benefits, Mental Health	01646 681529 (Pembroke Dock)
(Tenby and Haverfordwest)	Mental Health	01437 769444 (Haverfordwest) 01834 842122 (Tenby)
Pembroke & District CAB (Pembroke Dock)	Debt and Welfare Benefits	0845 6018421
Shelter Cymru (Monkton, Haverfordwest, Pembroke Dock, Milford Haven)	Housing	For days, times and locations phone: 01874 624722

# ANGEN HELP?

Mewn **dyled** ac angen help?

Dan fygythiad colli eich cartref neu'n cael problemau **tai**?

**Budd-daliadau** wedi eu hasesu'n anghywir?

Os ydych yn hawlio unrhyw un o'r budd-daliadau hyn mae gennych HAWL i gymorth cyfreithiol **DI-DÂL!**

- Cymorth Incwm
- Lwfans Ceiswyr Swydd Incwm-Seiliedig
- Credyd Pensiwn

Cynhelir cymorthfeydd help a chyngor annibynnol yn eich ardal, cysylltwch gydag un o'r darparwyr cyngor isod am fwy o fanylion.

(Efallai y byddwch gyda'r hawl i gael cyngor am ddim os rydych ar fudd-daliadau eraill neu gydag incwm isel. Gall eich darparwr cyngor rhoi gwybod i chi os hyn yw'r achos.)

## SIR BENFRO

Sefydliad	Math o Cyngor ar Gael	Ffôn
Hains & Lewis (Haverfordwest)	Dyled	01437 764593
Layton & Co (Haverfordwest)	Budd-daliadau	01437 766 671
Lowless & Lowless (Pembroke Dock)	Iechyd meddwl, Tai, Dyled & Budd-daliadau,	01646 681529 (Pembroke Dock) 01437 769444 (Haverfordwest)
(Tenby and Haverfordwest)	Iechyd meddwl	01834 842122 (Tenby)
Pembroke & District CAB (Pembroke Dock)	Dyled & Budd-daliadau	0845 6018421
Shelter Cymru (Monkton, Haverfordwest, Pembroke Dock, Milford Haven)	Tai	Ar gyfer dyddiadau, amserau a lleoliadau ffoniwch 01874 624722