Benefits advice in England and Wales

In partnership with Citizens Advice Cardiff and Vale information and advice about all aspects of benefits is available including:

1. Working out the benefits you are entitled to and how they can be claimed
2. Helping you complete application forms
3. Dealing with complex cases and appeals against decisions

Call for free on: 0808 801 0620
For web chat and e-mail enquiries please visit: www.mndassociation.org/benefitsadvice