



Join our Ammanford Carers Group

 **Tŷ Aman, 2 High Street, Ammanford, SA18 2LY**

Do you care for a family member, friend, or neighbour? Would you like to meet up with people in a similar situation?

Join our friendly Ammanford group for a cuppa and a chat where you can access information & advice from our staff on how we can support you as a carer.

The Third Wednesday of Every Month

10am - 12pm

For further information, please contact us on: **0333 121 1332**
or email: **carersincarms@adferiad.org**



Ymunwch â'n Grŵp Gofalwyr Rhydaman

 **Tŷ Aman, 2 Stryd Fawr, Rhydaman, SA18 2LY**

Ydych chi'n gofalu am aelod o'r teulu, ffrind, neu gymydog?. Hoffech chi gwrdd â phobl mewn sefyllfa debyg?

Ymunwch â'n Grŵp Rhydaman cyfeillgar i gael bachog a sgwrs lle gallwch gyrchu gwybodaeth a chynghor gan ein staff ar sut y gallwn eich cefnogi fel gofalwr.

Trydydd Dydd Mercher Bob Mis

10am - 12pm

Am ragor o wybodaeth, cysylltwch â ni ar: **0333 121 1332**
neu e-bostiwch: **carersincarms@adferiad.org**