



# Join our Carmarthen Carers Group

 Adferiad, 16 Queen Street, Carmarthen, SA31 1JT

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 Carmarthen 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.

**Every Monday excluding Bank Holidays**

**2pm - 4pm**

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



# Ymunwch â'n Grŵp Gofalwyr Caerfyrddin

 Adferiad, 16 Heol y Frenhines, Caerfyrddin, SA31 1JT

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

Ymunwch â'n grŵp cyfeillgar yng Nghaerfyrddin am banded a sgwrs lle gallwch gael mynediad at wybodaeth a chyingor gan ein staff ar sut y gallwn eich cefnogi fel gofalwr.

**Bob dydd Llun ac eithrio Gwyliau Banc**

**2pm - 4pm**

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