



# Join our Llandoverly Carers Group

 **Llandoverly Youth and Community Centre**  
**Gerwyn House, 19 Market Square, Llandoverly SA20 0AB**

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 Llandoverly 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 Last Thursday of Every Month**

**12pm - 2pm**

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



# Ymunwch â'n Grŵp Gofalwyr Llanymddyfri

 **Canolfan Ieuenctid a Chymunedol Llanymddyfri**  
**Gerwyn House, 19 Sgwâr y Farchnad, Llanymddyfri SA20 0AB**

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

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

**Dydd Iau Olaf Bob Mis**

**12pm - 2pm**

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