



# Join our Llanelli Carers Group

 **The Lantern Centre, Hall St, Llanelli SA15 3BB**

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 Llanelli 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 Second Tuesday 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 Llanelli

 **Canolfan Y Llusern, Stryd y Neuadd, Llanelli SA15 3BB**

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 yn Llanelli am banded a sgwrs lle gallwch gael mynediad at wybodaeth a chyngor gan ein staff ar sut y gallwn eich cefnogi fel gofalwr.

**Ail ddydd Mawrth pob mis**

**10am - 12pm**

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