



# Join our Tumble Carers Group

 **Tumble Hall, Heol-Y-Neuadd, Tumble, Llanelli SA14 6HR**

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 Tumble 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 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 Tymbi

 Heol-Y-Neuadd, Tymbi, Llanelli SA14 6HR

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

Ymunwch â'n Grŵp Tymbi 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 Mawrth Bob Mis**

**10am - 12pm**

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

