

Ydych chi'n gofalu am rywun?

Os ydych chi'n rhoi gofal, di-dâl, yn rheolaidd i berthynas, ffrind neu gymydog na allai ddod i ben â phethau heb eich cymorth chi, yna fe allwch gael gwybodaeth, cyngor a chymorth gan:



Do you look after someone?

If you regularly care for a relative, friend or neighbour who could not manage without your help and you don't get paid for it, you can get information, advice and assistance from:



Gwasanaeth Gwybodaeth Gofalwyr Sir Gâr Carmarthenshire Carers Information Service

01267 230791

E-bost / Email: carersincarms@adferiad.org

www.adferiad.org.uk



Gwasanaeth Gofalwyr Ceredigion Ceredigion Carers Services

01545 574000

E-bost / Email: contact-socservs@ceredigion.gov.uk

www.ceredigion.gov.uk/carers



Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr Sir Benfro

Pembrokeshire Carers Information and Support Services

01437 611002

E-bost / Email: pciss@adferiad.org

www.adferiad.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

Cyflawni Newid Gyda'n Gilydd
Delivering Change Together