

Are you looking for other people with dementia to talk to?

There is a regular get-together for people, in and around Ammanford, who have a diagnosis of dementia, to:

- discuss our concerns together.
- share, learn from and support each other.
- just talk, be together and have fun!
- with tea, coffee, and biscuits.



Where:

The Meeting Room
Glanavon Retirement Housing,
Park Street, SA18 2EX.

When:

Drop in Tuesday
between 1pm and 3pm

Please email for further information, directions or to have a chat about what we can do together: Email: dwfn@peter-clark.com

We particularly need help from Cymro Cymreig and somebody who is keen on social media and blogging.

If you don't have dementia but can help, please also get in touch.

Ydych chi'n chwilio am bobl eraill â dementia i siarad â nhw?

Mae cyfarfod rheolaidd i bobl, yn Rhydaman a'r cyffiniau, sydd â diagnosis o ddementia, i:

- trafod ein pryderon gyda'n gilydd.
- rhannu, dysgu oddi wrth a chefnogi ei gilydd.
- dim ond siarad, bod gyda'n gilydd ac efallai y byddwn yn cael hwyl hefyd!
- cael te, coffi a bisgedi



Ble?

Yr Ystafell Gyfarfod
Tai ymddeoliad Glanafon
Stryd y Parc, SA18 2EX.

Pryd?

Dydd Mawrth, galw heibio
rhwng 1pm a 3pm

Anfonwch e-bost ataf i gael rhagor o wybodaeth, cyfarwyddiadau teithio neu i gael sgwrs am yr hyn y gallwn ei wneud gyda'n gilydd: E-bost: dwfn@peter-clark.com

Mae angen help arbennig gan Gymro Cymraeg, a rhywun sy'n hoffi cyfryngau cymdeithasol a blogio.

Os nad oes gennych ddementia ond y gallwch chi helpu, cysylltwch â ni hefyd.