

## Ydych chi'n gofalu am rywun?

Os uduch 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 and Support Service  
0333 1211 332

E-bost / Email: [carersincarms@adferiad.org](mailto:carersincarms@adferiad.org)  
[www.adferiad.org](http://www.adferiad.org)



Tîm Gofalwyr a Chymorth Cymunedol  
Carers and Community Support Team  
01545 574200

E-bost / Email: [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk)  
[www.ceredigion.gov.uk/carers](http://www.ceredigion.gov.uk/carers)



Cymorth Gofalwyr Sir Benfro  
GOFALU AM OFALWYR

Carers Support Pembrokeshire  
CARING FOR CARERS

Cymorth Gofalwyr Sir Benfro  
Carers Support Pembrokeshire  
Carers Trust Crossroads West Wales  
0300 0200 002

E-bost / Email: [carerssupportpems@ctcww.org.uk](mailto:carerssupportpems@ctcww.org.uk)  
[www.ctcww.org.uk/services/carers-support-pembrokeshire](http://www.ctcww.org.uk/services/carers-support-pembrokeshire)



[www.carerssupportwestwales.org](http://www.carerssupportwestwales.org)

