

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
www.adferiad.org.uk



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

E-bost / Email: clic@ceredigion.gov.uk
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
www.ctcww.org.uk/services/carers-support-pembrokeshire



www.carerssupportwestwales.org



Cyflawni Newid Gyda'n Gilydd
Delivering Change Together