



**Are you an unpaid carer in Carmarthenshire?  
Do you know your rights?  
Come and find out more about the support  
available to you.**

The North Carmarthenshire Older Adult Community Mental Health team and our third sector partners will be available to provide you with further information on your rights;

**15<sup>th</sup> November 2019 from 9am to 1pm**  
Llandybie Public Memorial Hall  
Woodfield Road, Llandybie, Ammanford, SA18 3UR

**Refreshments and Cake will be available.**

If you wish for further information about the day please contact Lydia Hayward on 01267 674042.  
Carers Information Service on 0300 0200 002 or email: [info@carmarthenshircarers.org.uk](mailto:info@carmarthenshircarers.org.uk)

**Ydych Chi yn gofalw ddi-dal yn Sir Caerfyrddin?  
Ydych Chi yn gwybod eich hawliau?  
Dewch i ddarganfod mwy am y gefnogaeth sydd ar gael i chi.**

Bydd y tim Iechyd Meddwl I oedolion hyn Gogledd Sir Caerfyrddin a partneriaid trydydd sector ar gael I darpary chi gyda fwy o wydodaeth am eich hawliau

**15ed o Tachwedd o 9yb hyd 1yp  
Neuadd Goffa Gyhoeddus Llandybie.**  
Heol Woodfield, Llandybie, Rhydaman, SA18 3UR

**Bydd lluniaeth a cacen ar gael**

Os ydych chi'n dymuno cael mwy o wybodaeth am y diwrnod, cysylltwch a Lydia Hayward ar 01267 674042  
Gwasanaeth gwybodaeth gofalwyr ar 0300 0200 022 neu E-bost: [info@carmarthenshircarers.org.uk](mailto:info@carmarthenshircarers.org.uk)



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



**Alzheimer's  
Research  
UK**

Make  
breakthroughs  
possible

