

Ydych chi'n gofalu am rywun?
Are you looking after someone?



8-14 Mehefin 2020
8-14 June 2020

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:

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:

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|   | Gwasanaeth Gwybodaeth Gofalwyr Sir Gâr Carmarthenshire Carers Information Service 0300 0200 002 E-bost/Email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.uk |
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|  Gofalwyr Ceredigion Carers | Gwasanaeth Gofalwyr Ceredigion Ceredigion Carers Service 01545 574000 E-bost/Email: contact-socservs@ceredigion.gov.uk www.ceredigion.gov.uk/carers |
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|  | Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr Sir Benfro Pembrokeshire Carers Information and Support Service 01437 611002 E-bost/Email: pciss@hafal.org www.hafal.org/crossroads |
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For more information visit
carersweek.org