

Ydych chi'n gofalu am rywun?

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:



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 Service
0300 0200 002**

**E-bost/Email: info@carmarthenshirecarers.org.uk
www.carmarthenshirecarers.org.uk**



Cyngor Sir
CEREDIGION
County Council

**Gofalwyr
Ceredigion
Carers**

**Gwasanaeth Gofalwyr Ceredigion
Ceredigion Carers Service
01545 574000**

**E-bost/Email: contact-socservs@ceredigion.gov.uk
www.ceredigion.gov.uk/carers**



**croesffyrdd
hafal
crossroads**

**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**



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



**Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership**