



DIWRNOD HAWLIAU gofalwyr 2018

Ydych chi'n helpu i ofalu am aelod o'ch teulu neu ffrind?
Os ydych, ymunwch â ni ...

Dysgwch fwy am eich hawliau a chael y gefnogaeth y mae gennych hawl iddi

i Gwasanaethau Cyngor Sir Ceredigion

- Atebion i broblemau cludiant
- Iechyd a lles
- Cyngor am gyflogaeth a budd-daliadau
- Diogelwch y rhyngrwyd ac ar-lein
- A llawer mwy



- Eich hawliau a'ch taliadau uniongyrchol
- Gwneud cysylltiadau cymunedol
- Lles ac iechyd meddwl
- Ymwybyddiaeth o ddementia
- Cyngor cyfreithiol ac ariannol am ddim



- Cawl, te a choffi am ddim

Os hoffech ddod ac nid ydych yn siŵr sut y gallwch gyflawni hynny, ffoniwch ni a gwnawn ein gorau i'ch helpu chi i ddod o hyd i'r gefnogaeth gywir.

Uned Gofalwyr Ceredigion:

Ffôn: 01970 633564

E-bost: unedgofalwyr@ceredigion.gov.uk



GIG
NHS
Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Cyngor Sir
CEREDIGION
County Council



Ddydd Gwener

30 Tachwedd

10:30yb - 3:30yp

Prifysgol Aberystwyth

Yr Hen Goleg

Stryd y Brenin

Aberystwyth

SY23 2AU

Croeso i bawb - fynd a dod fel y mynnant



carers RIGHTS DAY 2018

Do you help care for a family member or friend?
If you do, join us ...

Learn more about your rights and get the support you are entitled to

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- Ceredigion County Council services
- Transport solutions
- Health & wellbeing
- Employment & benefit advice
- Internet & online safety
- plus lots more



- Your rights & direct payments
- Making community connections
- Wellbeing & mental health
- Dementia awareness
- Free legal & financial advice



- Free cawl, bread, tea & coffee

If you would like to come but are not sure how you can make that happen, please give us a call and we will try to help find the right support.

Ceredigion Carers Unit:

Telephone: 01970 633564

Email: carersunit@ceredigion.gov.uk



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Cyngor Sir
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County Council



Friday

30 November

10:30am - 3:30pm

Aberystwyth University

The Old College

King Street

Aberystwyth

SY23 2AU

Everybody welcome - stay for as little or as long as you like