



connecting
carmarthenshire

Cyngor Sir Gŵy
Carmarthenshire
County Council

Adferiad 
CCISS
Carmarthenshire Carers
Information and Support Service

Carer's Groups, Information Drop-In & Peer Support

Do you care for a family member, friend, or neighbour?
Would you like to meet up with people in a similar situation?

Join our friendly group for a cuppa and a chat where you can access information & advice from our staff on how we can support you as a carer.

Carmarthen

Adferiad Carmarthen.
Monday (weekly), 2pm-4pm

Ammanford

Tŷ Amman.
3rd Wednesday in the month
10am-12pm

Whitland

Whitland Town Hall.
1st Friday in the month
10am-12pm

Llandovery

Our Lady Catholic Church Hall.
The last Thursday in the month
12pm-2pm

Llanelli

The Lantern Centre.
2nd Tues in the month
10am-12pm

Tumble

Tumble Hall.
3rd Tuesday in the month
10am-12pm

 **Adferiad**

For further information, please contact us on:

0333 121 1332

or email: carersincarms@adferiad.org



 cysylltu
sir gar

 Cynghor Sir Gaer
Carmarthenshire
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Grwpiau Gofalwyr, Gwybodaeth Galw-Heibio, Cefnogaeth Cymheiriad

Ydych chi'n gofalu am aelod o'r teulu, ffrind neu gymydog?
Hoffech chi gyfarfod gyda phobl sydd mewn sefyllfa debyg?

Ymunwch â grŵp cyfeillgar am baned a sgwrs ble gallwch gael mynediad i
wybodaeth a chynghor gan ein staff ar sut y gallwn eich helpu fel gofalwr.

Caerfyrddin

Adferiad Caerfyrddin.
Dydd Llun (wythnosol), 2pm-4pm

Rhydaman

Tŷ Amman.
3ydd Dydd Mercher y mis
10am-12pm

Hendy-gwyn

Neuadd y Dref Hendy-gwyn.
Dydd Gwener 1st y mis
10am-12pm

Llanymddyfri

*Neuadd Eglwys Our Lady
Catholic Church Hall.*
Dydd Iau olaf y mis
12pm-2pm

Llanelli

Canolfan y Llusern.
2il Ddydd Mawrth y mis
10am-12pm

Y Tymbl

Neuadd Y Tymbl.
3ydd Dydd Mawrth y mis
10am-12pm

 **Adferiad**

Am wybodaeth bellach, cysylltwch â ni ar:

0333 121 1332

Neu e-bostiwch: carersincarms@adferiad.org