

CYNNWYS

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Manylion yn nhrefn y wyddor am y cymorth sydd ar gael

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Cyflwyniad



Ydych chi'n edrych ar ôl rhywun? Aelod agos o'r teulu efallai, neu ffrind, sy'n sâl, yn fregus neu'n anabl? Rhywun na allan nhw fyw adref heb y cymorth ymarferol neu emosiynol di-dâl gennych chi? Mae'r llyfryn hwn ar gyfer gofalwyr di-dâl o bob oed, a'i nod yw dangos iddyn nhw lle gallan nhw droi am help.

Yn aml, mae'n anodd gwybod lle i ddechrau chwilio am gymorth heb sôn am ei gael. Ein gobaith ydi y bydd y llyfryn hwn yn helpu eich rhoi ar y trywydd iawn, trwy eich cyfeirio at wybodaeth, cefnogaeth a chymorth sydd ar gael i bob gofalwr.

Mae'r llyfryn hwn yn cynnwys gwybodaeth am bob math o wahanol sefydliadau, ynghyd ag enwau a chyfeiriadau cyswllt a rhifau ffôn. Os na fydd yr asiantaeth benodol yn gallu rhoi cymorth uniongyrchol i chi, byddant yn gwneud eu gorau i'ch rhoi mewn cyswllt â rhywun fydd yn gallu helpu.

Rydym wedi ceisio cynnwys pob gwybodaeth a all fod yn berthnasol i'r rhan fwyaf o ofalwyr. Ni allwn honni bod ein rhestr yn cynnwys popeth. Os nad ydych yn gallu dod o hyd i beth rydych yn chwilio amdano, cysylltwch â Lester Bath, Swyddog Cefnogi Gofalwyr Oedolion Cyngor Gwynedd, a fydd yn hapus i wneud ymholiadau ar eich rhan a'ch cyfeirio at y sefydliad perthnasol.

Swyddog Cefnogi Gofalwyr - Lester Bath

 01286 679742

 Gofalwyr@gwynedd.llyw.cymru



Sut i ddefnyddio'r llyfryn hwn

Mae manylion am y gwasanaethau a'r cymorth sydd ar gael i'w gweld yn y Gwasanaethau A-Y sy'n cychwyn ar dudalen 7. Mae'r wybodaeth sydd yno wedi ei osod yn nhrefn yr wyddor o dan benawdau sydd naill ai'n ddisgrifiadau o natur y cymorth (ee budd-daliadau neu drafnidiaeth gyhoeddus), neu'n enwau'r sefydliadau sy'n cynnig y cymorth.

Os ydych chi eisoes yn gwybod beth sydd arnoch ei angen, gallwch chwilio'n uniongyrchol amdano yn y Gwasanaethau A-Y. Fodd bynnag, gan y gall enwau llawer o'r sefydliadau hyn fod yn ddiethr i lawer o bobl, gallai fod werth ichi daro golwg sydyn ar y mynegai thematig hwn yn gyntaf.

Er mwyn gwneud y gwaith o chwilio yn haws, mae'r holl wahanol fathau o gymorth wedi cael eu dosbarthu o dan wahanol themâu yn y mynegai. O dan bob pennawd thematig mae rhestr o sefydliadau neu ddiffiniad mwy penodol o'r math o help sy'n cael ei gynnig. Am fwy o wybodaeth y cyfan sydd angen ichi ei wneud yw chwilio o dan y teitl hwnnw yn y Gwasanaethau A-Y sy'n cychwyn ar dudalen 7.

Adfocatiaeth/Cyngor annibynnol

Age Cymru Gwynedd a Môn
Cynllun ar Bopeth (CAB)
Cynllun Adfocatiaeth Iechyd Meddwl

Cynllun Adfocatiaeth Iechyd Meddwl
Cymdeithas Adfocatiaeth a Chynghori
Gogledd Cymru (NWAAA)
Shelter Cymru

Anifeiliaid Anwes

Cinnamon Trust

Argyfyngau

Gwasanaeth Tu Allan i Oriau
Meddygon Teulu
Potel werdd yn yr oergell
Triniaeth ddeintyddol mewn argyfwng

Tîm Argyfwng Tu Allan i Oriau
(Gwasanaethau Cymdeithasol)
Y Samariaid

Arian

Age Cymru Gwynedd a Môn
Cymorth Canser Macmillan
Cyngor ar Bopeth (CAB)
Canolfan Byd Gwaith
Family Fund
GOV.UK

Budd-daliadau
Gwasanaeth Cynnal Gofalwyr
Parkinson's UK
Pwer Atwrnai Parhaol
Taliadau Uniongyrchol

Cymorth gyda bywyd bob dydd

Age Cymru Gwynedd a Môn
Cymorth Canser Macmillan
Dŵr Cymru

Nyth
Teleofal
The Outside Clinic

Cymorth gyda thai, addasiadau ac offer

Archwiliad Diogelwch Tân yn y Cartref
CIL De Gwynedd
Cyd Storfa

Cyngor Gwynedd
Gofal a Thrwsio
Shelter Cymru

Cymorth gan y sector statudol

AGC
Casglu sbwriel
Cyngor Iechyd Cymuned
Cyngor Gwynedd
GOV.UK

Timau Gwasanaethau Cymdeithasol
Cyngor Gwynedd
Timau Adnoddau Cymunedol
Llinell Gymorth GIG 24 awr
Tîm Derbyn Cyfeiriadau Plant

Cymorth gan y trydydd sector (sector gwirfoddol)

Age Cymru Gwynedd a Môn
Gofalwyr Cymru
Gwasanaeth Cynnal Gofalwyr
Mantell Gwynedd

Shelter Cymru
Y Groes Goch
Ymddiriedolaeth Gofalwyr Gofal
Groesffyrdd Gogledd Cymru

Dewisiadau eraill i ofalu yn y cartref

AGC Age Cymru	Bupa
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Gofal Iliniarol

Cymorth Canser Macmillan Hosbis Dewi Sant	Hosbis yn y Cartref Gwynedd a Môn Marie Curie
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Gofalu am blentyn sydd ag anabledd

Cymdeithas y Deillion Gogledd Cymru	Gwasanaeth Awtistiaeth Integredig
Cymdeithas Genedlaethol i Blant	Gwasanaeth Cynnal Gofalwyr
Byddar (NDCS)	Mencap Cymru
Cymdeithas Syndrom Down	RNIB Cymru
Cyswllt Teulu	Scope
Derwen	SENSE
Family Fund	SNAP Cymru
Tîm Derbyn Cyfeiriadau Plant	

Gofalu amdanoch eich hun

Canolfan Byd Gwaith	Gofalwyr Cymru
Cwrs Rhaglen Hunan Rheoli Clefydau	Gwasanaeth Cynnal Gofalwyr
Cronig	Y Samariaid

Gofalu am rywun sydd ag anabledd dysgu

Anheddau	Llinell Gymorth Anabledd Dysgu Cymru
Cymdeithas Syndrom Down	Mencap Cymru
Gwasanaeth Awtistiaeth Integredig	Scope
Gwasanaeth Cynnal Gofalwyr	

Gofalu am rywun sydd â chyflwr cronig tymor hir

ARMA	Diabetes UK Cymru
Cymdeithas MS	Epilepsi Cymru
Cwrs Rhaglen Hunan Rheoli Clefydau	Epilepsy Action Cymru
Cronig	Headway Gwynedd
Cymdeithas Cefnogi ME a CFS Cymru (WAMES)	Myaware (Mysasthenia Gravis)
Cymru versus Arthritis	Sefydliad Prydeinig yr Ysgyfaint (BLF)
	Y Gymdeithas Strôc

Gofalu am rywun sydd â dementia/clefyd niwro-ddirwyiol

Age Cymru Gwynedd a Môn	Dementia UK
Bupa	Gwasanaeth Cynnal Gofalwyr
Cymdeithas Alzheimer - Dementia Connect	Linell Cymorth Dementia Cymru
Cymdeithas Clefyd Huntingdon	Parkinson's UK
Cymdeithas Clefyd Motor Niwron	TIDE
DEEP Unedig Dwyfor a Meirionnydd	Ymddiriedolaeth Gofalwyr Gofal
DementiaGo	Croesffyrdd Gogledd Cymru

Gofalu am rywun sy'n oeddrannus

Age Cymru Gwynedd a Môn	Ymddiriedolaeth Gofalwyr Gofal
Gwasanaeth Cynnal Gofalwyr	Groesffyrdd Gogledd Cymru
The Outside Clinic	Timau Adnoddau Cymunedol

Gofalu am rywun sydd â phroblemau iechyd meddwl

Beat (Anhwylderau bwyta)	Gwasanaeth Cynnal Gofalwyr
CAIS	Hafal
C.A.L.L.	Timau Iechyd Meddwl Cymunedol
Caniad	Unllais
Cynllun Adfocatiaeth Iechyd Meddwl	

Gofalu am rywun sydd ag anabledd corfforol

Allwedd toiledau cyhoeddus ar gyfer yr anabl	RNIB Cymru
CIL De Gwynedd	Scope
Cymdeithas y Deillion Gogledd Cymru	SENSE
Deafblind Cymru	SHINE
Gwasanaeth Cynnal Gofalwyr	Y Ganolfan Arwyddo-Golwg-Sain

Gofalu am rywun sydd â phroblemau camddefnyddio sylweddau

Alcohol Change	Linell Gymorth Cymru ar Gyffuriau
CAIS	ac Alcohol (DAN 24/7)
Caniad	

Gofalwyr ifanc

Gweithredu dros Blant Meic
Gwasanaeth Gwybodaeth i Deuluoedd Tros Gynnal Plant

Hamdden

Age Cymru Gwynedd a Môn Holidays for All
Allwedd Toiledau Cyhoeddus Llyfrgelloedd
Cerdyn Sinema Noddfa
Gwasanaeth Cynnal Gofalwyr

Materion cyfreithiol

Cyngor ar Bopeth (CAB) Pwer Atwrnai Parhaol
Shelter Cymru (Tai)

Pan mae'r gofalu'n dod i ben

Caffi Colled Gwasanaeth Cynnal Gofalwyr
Gofalwyr Cymru (Carers UK) Gofal mewn Galar Cruse

Trafnidiaeth

Bathodyn Glas Cynllun Motability
Bws Barbara O Ddrws i Ddrws
Cymrod Trafnidiaeth gyhoeddus
Cludiant Ysbyty

Gwasanaethau - o A i Y



Manylion, yn nhrefn yr wyddor,
am y cymorth sydd ar gael

Age Cymru

Mae gan Age Cymru wybodaeth defnyddiol i ofalwyr, a'r sawl maent yn gofalu amdanynt, pan mae angen ystyried symud i gartref gofal. Mae ganddynt lyfrynnau am ddim am sut i ddod o hyd i gartref gofal da, sut i ariannu'r gofal, a sut i helpu rhywun i symud i mewn. Mae'r llyfrynnau ar gael ar eu gwefan neu gellir cael copïau trwy gysylltu gyda hwy:

☎ **08000 223 444** • ✉ advice@agecymru.org.uk
🌐 www.ageuk.org.uk/cymru/information-advice/

Age Cymru Gwynedd a Môn

Age Cymru Gwynedd a Môn, elusen annibynnol, yw'r darparwr annibynnol mwyaf yn lleol sy'n darparu gwasanaethau ar gyfer pobl 50+ yng Ngwynedd a Môn. Ers Mehefin 2017 mae'r elusen yn gweithio o'r Cartref yn Bontnewydd, ar gyrion Caernarfon.

Mae Age Cymru Gwynedd a Môn yn cynnig amrywiaeth o wasanaethau cefnogol yn y Gymraeg a'r Saesneg, gyda'r nod o fynd i'r afael ag unigrwydd, gwella llesiant emosiynol, corfforol a chyffredinol pobl.

☎ **01286 677711** • ✉ info@acgm.co.uk
🌐 www.ageuk.org.uk/cymru/gwyneddamon/

Alcohol Change

Eu nod yw sicrhau bod pobl yn deall mwy am alcohol a beth yw yfed yn synhwyrol. Mae'n cynnig gwybodaeth am amrywiaeth o bynciau sy'n ymwneud ag alcohol, ac yn rhannu gwybodaeth am wasanaethau alcohol lleol.

☎ **020 3907 8480** • ✉ contact@alcoholchange.org.uk
🌐 <https://alcoholchange.org.uk>

Maen nhw hefyd yn cynnig cyngor ar yfed yn synhwyrol drwy'r wefan

🌐 www.yfeddoethcymru.org.uk

Allwedd i doiledau cyhoeddus ar gyfer yr anabl

Mae'r Cynllun Allwedd Cenedlaethol (NKS) yn cynnig mynediad annibynnol i bobl anabl i doiledau cyhoeddus ledled Prydain, gyda 9,000 o doiledau addas wedi eu gosod â chlo NKS.

Am dâl bychan, gallwch dderbyn un o allwedd 'Radar' hyn gan Gyngor Gwynedd i agor drws i bob toiled cyhoeddus ar gyfer yr anabl. I wybod mwy am sut y gallwch gael allwedd, cysylltwch â Galw Gwynedd ar **01766 771000** - maent ar gael o Siopau Gwynedd.

Anheddau Cyf

Mae Anheddau Cyf yn ddarparwr gofal cymdeithasol di-elw, sy'n cefnogi oedolion yn eu cymunedau. Maent yn gweithio'n agos gydag asiantaethau a sefydliadau eraill i gynllunio gwasanaethau sy'n canolbwyntio ar anghenion yr unigolyn.

☎ **01248 675910** • ✉ post@anheddau.co.uk
🌐 www.anheddau.co.uk

Archwiliad Diogelwch Tân yn y Cartref

Bydd y Gwasanaeth Tân yn ymweld â chi yn eich cartref i gynnig cyngor am sut i wneud eich cartref yn ddiogel a, lle bo hynny'n briodol, gosod larwm mwg am ddim.

☎ **0800 169 1234**
🌐 www.nwales-fireservice.org.uk/keeping-you-safe/at-home

ARMA (Cynghrair Arthritis a Chyhyr-ysgerbydol)

Mae gan ARMA grŵp lleol yng ngogledd Cymru sef NW ARMA.

☎ **0203 561 1978** • ✉ Nwarma2007@gmail.com
🌐 <http://www.wales.uk/sitesplus/861/page/80614>

Arolygiaeth Gofal Cymru (AGC)

Mae AGC yn gyfrifol am reoleiddio ac arolygu sefydliadau sy'n darparu gofal cymdeithasol, gwasanaethau blynyddoedd cynnar a gwasanaethau cymdeithasol yng Nghymru. Os yn chwilio am ddarpariaeth addas, gellir gweld adroddiad am sefydliadau unigol ar eu gwefan.

☎ **0300 062 5609** • ✉ AGC@llyw.cymru
🌐 <https://arolygiaethgofal.cymru>

Bathodyn Glas

Mae'r Bathodyn Glas yn darparu parcio hygrych (weithiau am ddim) ar gyfer pobl anabl; mae hyn yn ddibynol ar gyrraedd meini prawf penodol. Rhaid gwneud cais newydd am Fathodyn Glas bob tair blynedd.

☎ **01766 771000** • 🌐 **www.gwynedd.llyw.cymru**

Beat

Mae Beat yn darparu llinellau cymorth, cymorth ar-lein, gan gynnwys fforwm gofalwyr, a rhwydwaith o grwpiau hunangymorth i helpu oedolion a phobl ifanc i oresgyn eu hanwylderau bwyta.

☎ **0808 801 0677 (llinell gymorth)** • ✉ **help@b-eat.co.uk**

☎ **0808 801 0811 (llinell myfyrwyr)**

☎ **0808 801 0711 (llinell ieuentid)** • ✉ **fyp@b-eat.co.uk**

☎ **0300 123 3355**

✉ **info@b-eat.co.uk** • 🌐 **www.b-eat.co.uk**

Budd-daliadau

Lwfans Gofalwr - dyma'r prif fudd-dal ar gyfer gofalwyr sydd dros 16 mlwydd oed, sydd yn ddigyflog neu ar incwm isel ac sy'n treulio 35 awr neu fwy bob wythnos yn gofalu am rywun sy'n derbyn budd-daliad anabledd penodol. Nid yw Lwfans Gofalwr yn fudd-daliad ar sail prawf modd ac nid yw ar gael i bobl sydd yn derbyn pensiwn y wladwriaeth. Cysylltwch â'r Uned Lwfans Gofalwr - **0800 731 0297**

Credyd Pensiwn - mae hyn yn gwarantu lefel incwm penodol i bobl dros 66 mlwydd oed, Cysylltwch â'r Gwasanaeth Pensiwn - **0800 99 1234**

Taliad Tanwydd y Gaeaf - dyma daliad blynyddol tuag at danwydd y gaeaf i bobl dros 66 mlwydd oed. Cysylltwch â'r Llinell Taliadau Tanwydd y Gaeaf - **0800 731 0160**

Credyd Cynhwysol - ar gyfer pobl rhwng 16 a 66 mlwydd oed sydd ar incwm isel nad ydynt yn gweithio neu sy'n gweithio am lai na 16 awr yr wythnos. Cysylltwch â'r Llinell Gymorth Credyd Cynhwysol - **0800 012 1888** - neu ceisiwch ar-lein **www.gov.uk/apply-universal-credit**

Budd-dal Tai - cynorthwyo gyda thaliadau rhent os ydych ar incwm isel. Cysylltwch â'r Cyngor - **01286 682689**

Gostyngiadau ac Ad-daliadau Treth y Cyngor - mae gostyngiadau ac ad-daliadau ar gael os ydych yn byw ar eich pen eich hun, ar incwm isel neu os ydych yn gofalu am rywun sy'n dioddef o anabledd dysgu/salwch meddwl. Hefyd mae'n bosibl hawlio gostyngiad o un band prasio yn eich Treth Cyngor e.e. bydd eiddo Band C yn cael bil Band B, os yw'r eiddo wedi ei addasu tu mewn i rywun ag anabledd sylweddol a pharhaol sy'n byw yn yr eiddo e.e. ystafell ymolchi ychwanegol; mae'n rhaid bod yr addasiad yn hanfodol neu'n bwysig iawn i lesiant y person anabl. Cysylltwch ag Adran Treth y Cyngor - **01286 682689**

Benthyciad Trefnu - nid oes modd cael benthyciad argyfwng bellach ond os oes angen i chi geisio am fenthyciad ar gyfer nwyddau i'ch cartref neu eich costau bwy, cysylltwch â'r Ganolfan Byd Gwaith - **0800 169 0240**

Lwfans Gweini - ar gyfer pobl dros 66 mlwydd oed sydd angen cymorth gyda gofal personol oherwydd anabledd. Telir hwn ar raddfa wahanol, yn ddibynnol ar y gofal angenrheidiol. Cysylltwch â'r Adran Gwaith a Phensiynau - **0345 605 6055**

Tal Salwch Statudol (SSP) a Budd-dal Analluogrwydd - ar gyfer pobl rhwng 16 a 66 mlwydd oed nad ydynt yn gallu gweithio oherwydd salwch. Cysylltwch â'r Ganolfan Byd Gwaith - **0800 012 1888**

Lwfans Byw i'r Anabl (DLA) - hawliau newydd ond ar gyfer plant sydd ag anableddau difrifol ac sydd angen cymorth gyda gofal personol a symudedd. Cysylltwch â'r Adran Gwaith a Phensiynau - **0800 121 4600**

Taliad Annibyniaeth Bersonol (PIP) - mae dwy elfen i'r taliad, sef elfen bywyd bod dydd ac elfen symudedd. Mae'r ddwy elfen yn cynnwys dwy gyfradd. Cysylltwch â'r Adran Gwaith a Phensiynau (DWP) - Ceisiadau PIP - **0800 917 2222** - Holiadau - **0800 121 4423**

Bupa

Mae Bupa wedi cyhoeddi canllawiau am ddementia, gofal a chartrefi gofal, sy'n cynnwys amrywiaeth eang o gyngor a gwybodaeth. Mae copïau ar gael o wefan Bupa.

 **0333 920 5178**

 www.bupa.co.uk/individuals/care-homes/request-a-guide

Bws Barbara Gwynedd

Gwasanaeth arbennig ar gyfer defnyddwyr cadair olwyn na all drosglwyddo o gadair i gerbyd. Mae'r cerbydau wedi'u haddasu'n arbennig ac wedi eu lleoli yn Aberdyfi, Cricieth, Dolgellau a Bangor. Gellir eu benthyc am hyd at wythnos a gall teulu, ffrindiau a gofalwyr eu gyrru, gyda amodau penodol. Ni chodir tâl sefydlog ond mae rhoddion gan ddefnyddwyr yn hanfodol i gadw'r gwasanaeth i fynd.

☎ **07484 223696** • 🌐 **www.barbarabusgwynedd.com**

Caffi Colled

Gofod diogel i ddod at ein gilydd am sgwrs, 'panad, rhannu profiadau, anogaeth, nerth a dealltwriaeth. Dydd Mawrth olaf y mis 10am-12pm yn Nhŷ Doctor, Nefyn. Cysylltiad: Parch Sara Roberts.

☎ **07967 652981** • ✉ **sara@bromadryn.church**

CAIS

Mae CAIS yn gwneud newidiadau cadarnhaol i fywydau pobl y mae cyffuriau ac alcohol yn effeithio arnynt ar draws gogledd Cymru drwy amrywiaeth o wasanaethau a chefnogaeth, yn y gred y gall pobl newid.

☎ **01492 863000** • ✉ **enquiries@cais.org.uk** • 🌐 **www.cais.co.uk**

C.A.L.L. (Llinell Gymorth Iechyd Meddwl)

Mae'n cynnig cefnogaeth emosiynol a gwybodaeth ar iechyd meddwl a materion cysylltiedig. Gall unrhyw un sy'n pryderu am eu iechyd meddwl eu hunain neu iechyd meddwl perthynas neu ffrind, gael mynediad at y gwasanaeth C.A.L.L. Mae'r llinell gymorth yn cynnig gwasanaeth gwranddo cyfrinachol a gwasanaeth cefnogi.

☎ **0800 132 737** • Tecstiwch 'help' i **81066**
🌐 **www.callhelpline.org.uk**

Caniad

Mae Caniad wedi ei gomisiynu gan Fwrdd Cynllunio Ardal Gogledd Cymru a Bwrdd Iechyd Prifysgol Betsi Cadwaladr i gynnig gwasanaeth cynhwysfawr i bobl sydd â phrofiad o ddefnyddio'u gwasanaethau, neu eu gofalwyr, gyda'r nod o'u cynnwys yn eu gwaith. Fel rhan o'r gwasanaeth maent yn cynnal cyfarfodydd gwybodaeth ar gyfer defnyddwyr gwasanaethau a gofalwyr ar bedwerydd dydd Mawrth y mis yng Nghanolfan Lôn Abaty, Bangor, rhwng 1pm a 3pm.

☎ 07970 436209 (iechyd meddwl) • ✉ donna.jones@caniad.org.uk
☎ 07436 037615 (camddefnydd sylweddau)
✉ steph.jones@caniad.org.uk • 🌐 https://caniad.org.uk/

Canolfan Byd Gwaith

Os ydych yn gofalu am rywun ac eisiau mynd yn ôl i'r gwaith neu gyfuno gwaith â thâl gyda'ch cyfrifoldebau gofalu, mae cymorth ar gael gan eich Canolfan Byd Gwaith lleol, gan gynnwys cyngor ar fudd-daliadau a gwybodaeth ar sut i fanteisio ar ofal amgen ar gyfer y sawl yr ydych yn gofalu amdano.

☎ 0800 012 1888

Casglu Sbwriel

Mae Cyngor Gwynedd yn cynnig gwasanaeth cymorth casglu i helpu pobl sy'n cael anhawster wrth symud eu biniau. Mae ffurflenni cais ar gael gan Gyngor Gwynedd a bydd angen i'ch meddyg teulu dystio eich bod yn gymwys i dderbyn y gwasanaeth hwn. Os ydych yn gymwys, bydd y criwiau bin yn casglu'r bin o'ch gardd ac yn ei ddychwelyd ar ôl ei wagio.

☎ 01766 771000

✉ galwgywnedd@gwynedd.llyw.cymru • 🌐 www.gwynedd.llyw.cymru

Cerdyn Sinema

Mae'r cerdyn yn caniatáu mynediad am ddim i ofalwyr sy'n mynd i'r sinema gyda daliwr cerdyn. Rhaid i sawl sydd piau'r cerdyn fod yn derbyn budd-daliadau anabled neu wedi ei gofrestru'n ddall.

☎ 01244 526016 • 🌐 www.ceacard.co.uk

CIL De Gwynedd

Pwrpas CIL yw cynnal a hwyluso bywydau pobl anabl yng Ngwynedd trwy ddatblygu eu hannibyniaeth a'u hyder er mwyn iddynt allu gwneud dewisiadau addas ynglŷn â'u bywydau.

Maent hefyd yn helpu unigolion i gael mynediad at wybodaeth a gwasanaethau.

☎ 01766 514 249

✉ admin@cildegwynedd.co.uk

🌐 www.cildegwynedd.co.uk

Cinnamon Trust

Cynorthwyo gydag anifeiliaid anwes pan mae pobl hŷn neu bobl sydd ag afiechyd terfynol yn methu gofalu amdanynt. Bydd gwirfoddolwyr lleol yn cael eu defnyddio pan fo hynny'n bosibl.

☎ **01736 757900** • ✉ ctadamin@cinnamon.org.uk • 🌐 www.cinnamon.org.uk

Cludiant Ysbyty

Mae gwasanaethau cludo cleifion ar gael i bobl sydd â chyflwr iechyd neu anabledd sy'n eu hatal rhag gallu defnyddio cludiant cyhoeddus. Gall perthynas neu ofalwr fynd gyda'r bobl sydd angen gofal trwy gydol y daith neu os oes anawsterau cyfathrebu.

☎ **0300 123 2317**

Cwrs Hunan Rheoli Clefydau Cronig (CDSMP)

Mae'r cwrs hwn, gaiff ei gynnal yn lleol, ar gyfer unrhyw un sy'n byw gyda chyflwr iechyd tymor hir a gofalwyr. Mae'n cynnwys cyfres o chwe sesiwn 2½ awr, un sesiwn yr wythnos am chwe wythnos; mae'r cwrs yn rhad ac am ddim. Gall pobl â chyflyrau cronig a gofalwyr hefyd gael mynediad i'r cwrs ar-lein.

☎ **03000 852286** • ✉ eppcymru.bcuhb@wales.nhs.uk
🌐 www.wales.nhs.uk/sites3/w-home.cfm?orgid=537

Cyd Storfa

Os oes darn o offer (e.e. hoist) wedi torri/ddim yn gweithio, mae angen cysylltu gyda Cyd Storfa fydd yn cysylltu gyda cwmni sydd yn mynd allan yr un diwrnod fel arfer i'w drwsio.

☎ **01248 682523** Llun i Gwener 8.30-4.30pm
☎ **01978 758111** rhif allan o oriau

Cymdeithas Alzheimer - Dementia Connect

Mae Cymdeithas Alzheimer yn darparu gwasanaeth i bobl â dementia, ac i'r rhai sy'n gofalu amdanynt, ynghyd â phobl broffesiynol yn y maes iechyd, gofal cymdeithasol, y trydydd sector a'r sector annibynnol.

☎ **0300 222 1122** (llinell gymorth) • 🌐 www.alzheimers.org.uk

Mae Dementia Connect yn cefnogi pobl sydd â diagnosis o dementia, eu teulu/gofalwyr, a phobl sydd heb ddiagnosis o ddementia ond sydd yn poeni

am eu cof ac eisiau cefnogaeth am y cam nesaf. Mae'r gefnogaeth ar gael yn cynnwys helpu pobl i ddeall mwy am symptomau, edrych ar strategaethau ymdopi gyda gofalwyr, gwneud cysylltiadau gyda gwasanaethau cefnogi eraill, a pharatoi ar gyfer y dyfodol.

☎ **0333 150 3456** • ☎ **0300 094 7400 (Ilinell Gymraeg)**
✉ **Dementia.Connect@alzheimers.org.uk**

Cymdeithas Cefnogi ME a CFS Cymru (WAMES)

Mae Cymdeithas Cefnogi ME a Chronic Fatigue Syndrome Cymru (WAMES) yn gweithio i wella bywydau dioddefwyr, eu teuluoedd a'r gofalwyr. Mae eu gwasanaethau'n cynnwys cefnogi pobl ifanc ag ME, darparu gwybodaeth yn y Gymraeg a'r Saesneg ar gyfer pobl ag ME a'u teuluoedd, a chynorthwyo grwpiau lleol.

☎ **029 2051 65061 (Ilinell gymorth)** • ✉ **helpline@wames.org.uk**
📄 **www.wames.org.uk/cms-cymraeg/gofalwyr**

Cymdeithas Clefyd Huntingdon

Mae Cymdeithas Clefyd Huntingdon yn elusen gofrestrdig sy'n cefnogi pobl sydd wedi'u heffeithio gan y clefyd. Maent yn darparu gwybodaeth a chyngor i deuluoedd, ffrindiau a gweithwyr proffesiynol yn ogystal.

☎ **01492 549162** • ✉ **alwena.potter@hda.org.uk**
☎ **0151 331 5444 (Prif swyddfa)** • 📄 **http://hda.org.uk**

Cymdeithas Clefyd Motor Niwron

Mae'r gymdeithas yn cynnig ystod o wasanaethau i gefnogi unigolion sy'n byw gyda'r clefyd a'u gofalwyr, ynghyd â gweithwyr proffesiynol gofal cymdeithasol.

☎ **0345 3751 824 (Grŵp Gogledd Orllewin Cymru)**
📄 **www.mndnorthwestwales.org/cymraeg/index.html**
MND Connect
☎ **0808 802 6262 (Ilinell gymorth)** • 📄 **www.mndassociation.org**

Cymdeithas Cynghori ac Adfocatiaeth Gogledd Cymru (NWAAA)

Hyrwyddo a darparu cyngor ac eiriolaeth i bobl sy'n wynebu anfantais, gan gynnwys gofalwyr.

☎ **01248 670852** • ✉ **enquiry@nwaaa.co.uk**
📄 **www.nwaaa.co.uk/cy/cartreg**

Cymdeithas y Deillion Gogledd Cymru

Mae'r gwasanaethau yn cynnwys gwasanaeth trawsgrifio Braille a CD, sgiliau byw bod dydd a hyfforddiant symudedd, budd-daliadau, grantiau, canolfan adnoddau a hyfforddiant TG.

☎ **01248 353604** • 🌐 www.facebook.com/nwsb.org.uk/

Cymdeithas Genedlaethol i Blant Byddar (NDCS)

Dyma'r brif elusen sy'n ceisio creu byd heb rwystrau i blant a phobl ifanc byddar. Mae'r gymdeithas yn cynnig gwaith cefnogi i deuluoedd sydd â phlentyn sydd wedi colli ei glyw, boed yn llwyr neu'n rhannol.

☎ **01248 670139** • ✉ jill.bartlett@ndcs.org.uk
☎ **0808 800 8880** (llinell gymorth) • 🌐 www.ndcs.org.uk

Cymdeithas MS

Mae'n cynnig gwasanaeth i'r rhai sy'n cael eu heffeithio gan MS. Gall gynnwys arian grant ar gyfer offer a gwasanaethau hanfodol, ystod o wybodaeth, rhwydwaith cefnogi i ofalwyr, a digwyddiadau gwybodaeth.
Cangen Gwynedd ac Ynys Môn

☎ **01758 720708** - Susannah Robinson
☎ **07527 887227** • ✉ srcpl@btconnect.com

Cenedlaethol

☎ **020 8438 0700**

✉ msscymru@mssociety.org.uk

☎ **0808 800 8000**(llinell ffôn genedlaethol MS Llun-Gwener 9am-7pm)

✉ helpline@mssociety.org.uk • 🌐 www.mssociety.org.uk/contact-us/cymru

Cymdeithas Syndrom Down Cymru

Yn darparu gwybodaeth a chefnogaeth ar bob agwedd o fyw gyda Syndrom Down.

Ms Jane McIlveen (Cyswllt Gogledd Cymru)

☎ **01492 621066** • ☎ **07703 714740**

✉ janemcilveen@downs-syndrome.org.uk

☎ **0333 1212 300** (llinell gymorth)

🌐 www.downs-syndrome.org.uk

Cymorth Canser Macmillan

Cynnig cefnogaeth ymarferol, feddygol ac ariannol a phwyso am gwell gofal cancer. Mae Canolfan Gwybodaeth a Chefnogaeth Macmillan yng nghyntedd Ysbyty Gwynedd yn darparu gwybodaeth 24/7 a chefnogaeth 9am-4pm os yw aelod o staff ar gael:

 **01248 384902** •  **dave.roberts@wales.nhs.uk**
Cenedlaethol
 **0808 808 0000 (9.00 - 20.00)** •  **www.macmillan.org.uk**

Cymrod

Cefnogaeth drafndiaeth ar gyfer pobl anabl, pobl hŷn a phobl fregus yn ardal Dwyfor.

 **01758 614311**





Cymru Versus Arthritis (Gofal Arthritis Cymru gynt)

Darparu gwybodaeth, cefnogaeth a hyfforddiant grymuso i bobl ag arthritis, trwy gyhoeddiadau, pwyntiau gwybodaeth a chysiau hunan-reoli; maent yn ymgychu dros wasanaethau gwell. Mae ganddynt ganghennau ledled Cymru.

 **0800 756 3970** •  **cymru@versusarthritis.org**
 **0800 5200 520 (llinell gymorth 9am-8pm)** •  **www.versusarthritis.org**



Cyngor ar Bopeth (CAB)

Mae Cyngor ar Bopeth yn helpu pobl i ddatrys eu problemau cyfreithiol, ariannol, neu unrhyw broblem arall drwy ddarparu gwybodaeth a chyngor rhad ac am ddim.

 **0345 450 3064 (llinell gymorth leol i drigolion Gwynedd)**
 **03444 772020 (llinell gymorth genedlaethol)**
 **admin@cabgwynedd.cymru** •  **www.cabgwynedd.cymru**

CYNGOR GWYNEDD

Gweler Timau Adnoddau Cymunedol Gwynedd, Tîm Derbyn Cyfeiriadau Plant Gwynedd, Tîm Iechyd Meddwl Cymunedol, Tîm Tu Allan i Oriau

Am ymholiadau cyffredinol:
 **01766 771000**
 **www.gwynedd.llyw.cymru**

Cyngor Iechyd Cymuned (CIC)

Gwasanaeth Adfocatiaeth Annibynnol ar gyfer cwynion am y gwasanaeth iechyd. Os oes gennych sylw neu gŵyn am wasanaethau iechyd, gall Cyngor Iechyd Cymuned Betsi Cadwaladr eich cefnogi drwy roi gwybodaeth a chyngor ar yr opsiynau sydd ar gael i gleifion a'u gofalwyr. Mae'r math o gymorth sydd ar gael yn cynnwys gwneud gwaith ymchwil angenrheidiol, ysgrifennu llythyrau ar eich rhan ac eich cefnogi mewn cyfarfodydd.

 **01248 679284** •  **complaints@waleschc.org.uk**
 **www.walesnhs.uk/sitesplus.900.hafan**

Cynllun Adfocatiaeth Iechyd Meddwl

Gwasanaeth annibynnol am ddim sy'n gweithio gydag oedolion er mwyn sicrhau bod hawliau'r unigolyn yn cael eu diogelu a'r llais yn cael ei glywed.

 **01248 670450 (peiriant ateb 24 awr)**
 **advocacy@mhas.org.uk** •  **www.advocacyscheme.co.uk**






Cynllun Motability

Mae'r cynllun yn galluogi pobl anabl i gyfnewid naill ai eu Cyfran Symudedd Cyfradd Uwch y Taliad Annibyniaeth Bersonol/Lwfans Byw i'r Anabl neu eu Hatodiad Symudedd Pensiynwyr Rhyfel i gael car, cadair olwyn â motor neu sgwter.

 **01279 635999** •  **www.motability.co.uk**


Cyswllt Teulu

Darparu cyngor, gwybodaeth a chefnogaeth i rieni holl blant anabl.

 **029 2039 6624** •  **cymru@contact.org.uk**
 **0808 808 3555 (llinell gymorth rhadffôn)**
 **helpline@contact.org.uk** •  **www.contact.org.uk**

Deafblind Cymru

Mae Deafblind Cymru yn elusen genedlaethol sy'n cefnogi pobl sydd â nam ar eu golwg a'u clyw. Maent yn darparu arbenigedd, gwybodaeth a chyngor o bob math. Swyddog Allgymorth - Gogledd Orllewin Cymru: Gwenda Hughes

 **07884 658027** •  **Gwenda.Hughes@deafblind.org.uk**
 **0800 132 320** •  **info@deafblind.org.uk**
 **www.deafblind.org.uk**

DEEP UNEDIG Dwyfor a Meirionnydd

Cynhelir cyfarfodydd lleol DEEP (Dementia Engagement and Empowerment Project) bob deufis yn Theatr y Ddraig yn Abermaw. Mae'r cyfarfodydd yn rhoi cyfle i bobl sy'n byw gyda dementia, gofalgwyr a gweithwyr proffesiynol yn ne Gwynedd ddod at ei gilydd i drafod pynciau amrywiol, rhannu gwybodaeth a chymryd rhan mewn gweithgareddau. Mae'n rhad ac am ddim ac yn cynnwys cinio.

Am fwy o wybodaeth, cysylltwch ag Emma Quaek trwy e-bostio

emmajaynequaek@gwynedd.llyw.cymru

neu ffonio

01766 510932/ 07768 988095

DementiaGo

Mae DementiaGo yn rhaglen o weithgareddau corfforol i gefnogi a gwella ansawdd bywyd pobl sy'n byw gyda dementia a'u teuluoedd/gofalgwyr. Mae dosbarthiadau yn cael eu cynnal ledled Gwynedd lle gall pobl gymryd rhan mewn ymarfer corff ysgafn i helpu i wella cryfder, cydbwysedd a chyd-drefniant, yn ogystal â gweithgareddau eraill fel tenis bwrdd a Boccia. Mae rhan olaf y dosbarth yn cynnwys paned a sgwrs.

Am fwy o wybodaeth, cysylltwch ag Emma Quaek trwy e-bostio

emmajaynequaek@gwynedd.llyw.cymru

neu ffonio

01766 510932/ 07768 988095

Dementia UK

Elusen genedlaethol sydd wedi ymrwymo i wella ansawdd bywyd pawb mae dementia yn effeithio arnynt. Mae Admiral Nursing DIRECT yn llinell gymorth genedlaethol, a ddarperir gan Nyrsys Admiral profiadol ac a gefnogir gan yr elusen Dementia UK. Mae'n cynnig cyngor ymarferol a chefnogaeth emosiynol i bobl mae dementia yn effeithio arnynt.

 **020 8036 5400**

 **info@dementiauk.org**

 **0800 888 6678 (llinell gymorth)**

 **help@dementiauk.org**

 **www.dementiauk.org**

Derwen - Tîm Integredig Plant

Gwasanaeth integredig ar gyfer plant a phobl ifanc; mae'n cynnwys seicolegwyr clinigol, nyrsys cymunedol datblygiad plant, gweithwyr cymdeithasol a gwasanaeth cefnogol.

 **01286 674686 (Arfon)** •  **01758 704429 (Dwyfor)**
 **01341 424503 (Meirionnydd)** •  **Derwen@gwynedd.llyw.cymru**

Diabetes UK Cymru

Gweithio i godi ymwybyddiaeth, gwella gofal a chynnig cymorth, cefnogaeth a gwybodaeth i bobl sydd â diabetes a'u teuluoedd ledled Cymru.

 **029 2066 8276** •  **wales@diabetes.org.uk**
 **www.diabetes.org.uk/in_your_area/cymru**

Dŵr Cymru

Mae Dŵr Cymru yn gweithredu cynllun o'r enw 'Help U' sy'n cynnig taliadau llai ar gyfer aelwydydd cymwys sydd ar incwm isel/sydd â theuluoedd mawr a/neu aelod o'r teulu sydd â chyflwr meddygol sy'n galw am ddefnyddio swm sylweddol o ddŵr ychwanegol.

Mae pobl sy'n gwneud cais am Gymorth Dŵr Cymru 'WaterSure Cymru' oherwydd bod rhywun yn y cartref gyda chyflwr meddygol yn cael eu rhoi ar gofrestr gwasanaethau ychwanegol a bydd Dŵr Cymru yn darparu'r cartref gyda chyflenwad amgen yn ystod argyfyngau.

 **0800 052 6058** •  **www.dwrcymru.com**

Epilepsi Cymru

Mae Epilepsi Cymru yn bodoli i wella bywydau pawb yng Nghymru sydd wedi cael eu heffeithio gan epilepsi. Maent yn cynorthwyo pobl gydag epilepsi, eu teuluoedd a'r gofalmwyr drwy ddarparu cefnogaeth, cyngor a gwybodaeth, ac yn hyrwyddo grwpiau cefnogol lleol. Lynne Pearce yw'r gweithiwr maes gogledd Cymru.

 **07525 806511**
 **Lynnepearce@epilepsy.wales**
 **0800 228 9016**
 **info@epilepsy.wales**
 **www.epilepsy.wales**

Epilepsy Action Cymru

Mae Epilepsy Action Cymru yn cynnig cyngor, gwybodaeth a gwasanaethau cymorth ar gyfer 32,000 o bobl yng Nghymru sydd ag epilepsi. Maent wedi sefydlu grwpiau cymorth lleol ym Mangor a Phorthmadog. Y gobaith yw lansio rhwydweithiau cymorth i deuluoedd yng Nghymru i gysylltu teuluoedd gyda'i gilydd. Trefnir gweithdai ar epilepsi a'r cof ac ar epilepsi ac iselder.

☎ **07739 093211** • ✉ jpaterson@epilepsy.org.uk

Cenedlaethol

☎ **01633 253407** • ✉ asivapatham@epilepsy.org.uk

🌐 www.epilepsy.org.uk/cymru

Family Fund

Mae 'Family Fund' yn sefydliad annibynnol sy'n rhoi grantiau i helpu teuluoedd incwm isel sy'n gofalu am blentyn gydag anabledd dwys. Gall teuluoedd â phlant o dan 17 oed sy'n bodloni'r meini prawf ymgeisio am grantiau unwaith y flwyddyn.

☎ **01904 550055** • ✉ info@familyfund.org.uk • 🌐 www.familyfund.org.uk

Gofal mewn Galar Cruse

Rhoi cefnogaeth emosiynol un i un, sesiynau cwnsela a gwybodaeth.

☎ **01492 536577**

☎ **0808 808 1677 (linell gymorth genedlaethol)**

✉ helpline@cruse.org.uk • 🌐 www.crusebereavementcare.org.uk

Gofal a Thrwsio Gwynedd a Môn (o dan rheolaeth Canllaw)

Maent yn ymateb i anghenion tai pobl hŷn neu bobl fregus trwy eu galluogi i fyw yn annibynnol yn eu cymunedau, gan ddarparu'r gwasanaethau canlynol:

- **Gofal a Thrwsio Gwynedd a Môn:** Gwasanaeth rhad ac am ddim i bobl 60 oed a drosodd i'w cyngori a chefnogi i gynnal, gwella neu addasu eu cartrefi. Yn benodol yn yr sector breifat, ac wedi'w ariannu'n bennaf gan Lywodraeth Cymru.

Mae **Canllaw** yn rhoi:

- **Gwasanaeth Addasu Cartrefi:** Gwasanaeth sy'n cynnig addasiadau priodol yng nghartrefi pobl hŷn neu bobl fregus, er mwyn iddynt gynnal eu hannibyniaeth.

- Gwasanaeth Technegol: Gwasanaeth proffesiynol o ddylunio, cynllunio, archwilio a goruchwylio gwaith adeiladu, boed gwaith mawr neu fach. Yn gwasanaethu cleientiaid sy'n bobl hŷn neu bobl fregus.

 **0300 111 3333**

 gofalathrwsio@gofalathrwsio.org •  www.gathmon.org

Gofalwyr Cymru

Mae Gofalwyr Cymru yn rhan o Carers UK. Maent yn darparu gwybodaeth a chynghor i ofalwyr ar eu hawliau ac unrhyw gymorth sydd ar gael iddynt. Maent hefyd yn ymgyrchu i wella bywydau gofalwyr.

 **02920 811 370** •  www.carersuk.org/wales

 **0808 808 7777** Llinell gynghori 10am-2pm & 2pm-4pm Mercher ac Iau

GOV.UK

Gwefan swyddogol Llywodraeth y DU gydag amryiaeth eang o bynciau gan gynnwys materion gofalwyr a gwybodaeth am arian, trethu a budd-daliadau.

 www.gov.uk

Gwasanaeth Awtistiaeth Integredig

Mae'r Gwasanaeth Awtistiaeth Integredig yn cynnig cefnogaeth mewn cydweithrediad ag amrywiaeth o gyrrff o fewn y gymuned.

 **01352 702090**

 NW.IAS@flintshire.gov.uk

 www.ASDinfoWales.co.uk

Gwasanaeth Cynnal Gofalwyr

Sefydliad trydydd sector lleol sy'n rhoi clust i wrando, gwybodaeth a chefnogaeth i bobl sy'n gofalu am berthnasau, ffrindiau neu gymdogion. Mae ganddynt hefyd gynllun ysbaid i ofalwyr sy'n cael ei gynllunio o gwmpas anghenion y gofalwr unigol. Gall y sefydliad helpu gofalwyr i gael mynediad at eu hawliau a gwneud cais i gronfeydd lles am grantiau ar gyfer eitemau hanfodol.

 **01248 373797**

 help@carersoutreach.org.uk

 www.carersoutreach.org.uk

Gwasanaeth Gwybodaeth i Deuluoedd

Mae Gwasanaeth Gwybodaeth i Deuluoedd (GGD) yn cynnig gwybodaeth arbenigol yn rhad ac am ddim i drigolion Gwynedd a phobl broffesiynol. Bydd y GGD yn rhoi arweiniad ar ofal plant, gwasanaethau cefnogol, pobl ifanc a materion teuluol. Rydym yn cadw rhestr o ddarparwyr gofal plant cofrestredig e.e. gwarchodwyr plant, meithrinfeydd a Cylchoedd Meithrin - mae rhain i'w gweld ar ein safle we.

 **01248 352436 M: 07976 623816**

 **GGTGwyneddFIS@gwynedd.llyw.cymru**

 **<http://www.ggd.cymru>**

Ty Cegin, Rhodfa Penrhyn, Maesgeirchen, Bangor, Gwynedd LL57 1LR
Facebook - Gwynedd Ni

Gwasanaeth y Tu Allan i Oriau Meddygon Teulu Gogledd Cymru

 **0300 123 5566**

Gweithredu dros Blant

Mae Prosiect Gofalwyr Ifanc Gwynedd yn darparu gwasanaeth cefnogol i blant a phobl ifanc rhwng 8-18 mlwydd oed sy'n helpu neu'n edrych ar ôl aelod o'r teulu sy'n sâl neu'n anabl. Mae hyn yn cynnwys gofalu am rywun gyda phroblemau iechyd meddwl ac/neu'n camddefnyddio sylweddau.

 **01248 364614**

 **maria.bulkeley@actionforchildren.org.uk**

 **www.actionforchildren.org.uk**

Hafal

Dyma'r prif sefydliad yng Nghymru sy'n gweithio gydag unigolion sy'n gwella o salwch meddwl difrifol, a'u teuluoedd. Mae Hafal yn darparu amrywiaeth o wasanaethau, ac yn rhoi rhoi llais i ddefnyddwyr wrth gynllunio gwasanaethau iechyd meddwl.

 **01766 513800**

 **gwynedd@hafal.org**

 **www.hafal.org**

Headway Gwynedd

Cangen o Headway UK, sy'n elusen a sefydlwyd i roi cymorth a chefnogaeth i bobl sydd wedi doddef anaf i'r ymennydd a'u gofalwyr a'u teuluoedd. Maen nhw'n cynnal cyfarfodydd cymorth misol yng Nghaernarfon ar ail ddydd Sadwrn y mis ac yn Llwyngwrl ar bedwerydd dydd Sadwrn y mis - croeso i bawb. Ni chynhelir cyfarfodydd yn ystod mis Awst.

☎ **07881 347544** • ✉ ffion.jones@headway.org.uk

☎ **0808 800 2244** (llinell gymorth)

✉ helpline@headway.org.uk • 🌐 www.headway.org.uk

Hosbis Dewi Sant

Gofal diwedd oes arbenigol i oedolion sy'n glaf a'u teuluoedd ar draws siroedd Conwy, Gwynedd ac Ynys Môn. Mae eu Huned Gofal Dydd yn darparu gofal claf, gwasanaethau profedigaeth a chwswela, tra bo'u Huned Cleifion Mewnol yn cynnig rheoli symptomau, gofal ysbaid a gofal diwedd oes.

Mae ganddynt grŵp cymorth i ofalwyr gael cymorth gan weithwyr proffesiynol a chyfle i gyfarfod gofalwyr eraill, hefyd i dderbyn gwybodaeth a sgiliau i ofalu am yr anwylyd gartref. Mae'r Grŵp Cymorth Gofalwyr yn cyfarfod bob yr ail ddydd Mercher rhwng 10am-12pm yng Nghanolfan Therapi Hosbis Dewi Sant. Cysylltiadau: Joanna Hughes (Gweithiwr Cymdeithasol) a Sue Hughes (Cwsweler Canolfan Therapi Hosbis Dewi Sant), est 245 ar y rhif ffôn isod.

☎ **01492 879058** • ✉ enquiries@stdavidshospice.org.uk

🌐 www.stdavidshospice.org.uk

Hosbis yn y Cartref Gwynedd ac Ynys Môn

Cynnig gwasanaethau ar gyfer pobl sydd ag afiechydon sy'n bygwth bywyd. Darperu nyrsio yn y cartref a nyrsio dydd yn yr hosbis (Hafan) ynghyd â chlinigau therapi cyflenwol.

☎ **01286 662772** • 🌐 www.hospiceathomega.co.uk

Holidays for All

Mae Holidays for All yn grŵp o gwmnïau arbenigedd arweiniol y DU sydd yn cynnig gwyliau hygyrch yn y DU a thramor. Os yw hoe fach, seibiant o ofalu neu wyliau dramor i bobl ag anabledd, gall Holidays for All helpu.



☎ **0845 124971** • 🌐 www.holidaysforall.org

Llinell Gymorth Anabledd Dysgu Cymru

 **0808 808 1111 10am-6pm (Llun-Gwener),
10am-4pm (penwythnosau a gwyliau banc)**
 helpline.wales@mencap.org

Llinell Gymorth Cyffuriau ac Alcohol Cymru (DAN 24/7)

Llinell gymorth ddwyieithog rhad ac am ddim sy'n darparu un pwynt cyswllt ar gyfer unrhyw un yng Nghymru sy'n dymuno cael gwybodaeth ychwanegol neu gymorth mewn perthynas â chyffuriau neu alcohol. Yn cynorthwyo unigolion, eu teuluoedd a'u gofalwyr i gael gafael ar wasanaethau lleol a rhanbarthol priodol.

 **0808 808 2234**
Tecstiwch DAN ac unrhyw gwestion i 81066
 www.dan247.org.uk

Llinell Gymorth Dementia Cymru

Cynnig cefnogaeth emosiynol i unrhyw un o unrhyw oed, sy'n gofalu am rywun sydd â dementia, yn ogystal ag aelodau eraill o'r teulu neu ffrindiau.

Mae ganddynt gronfa data cynhwysfawr o wasanaethau a all fod o gymorth a gall hefyd gyflenwi taflenni hunangymorth ac asiantaethau eraill yn rhad ac am ddim. Mae'r galwadau ffôn am ddim ac nid yw'r galwr angen rhoi unrhyw fanylion personol.

 **0808 808 2235** •  www.dementiahelpline.org.uk

Llinell Gymorth GIG (Gwasanaeth Iechyd Gwladol) 24 awr

 **0845 4647**

Llyfrgelloedd

Os oes rhywun yn gaeth i'r tŷ neu os ydych yn ofalwr llawn amser, gall y Gwasanaeth Llyfrgell ddod at eich drws bob pedair wythnos. Mae gan y llyfrgell lyfrau amrywiol ar gyfer gofalwyr, rhai wedi'u hysgrifennu gan ofalwyr, a allai fod yn ddefnyddiol i chi. Cysylltwch â'ch llyfrgell leol am fanylion pellach, neu ffoniwch **01286 679465** neu **01341 422771**, neu e-bostiwch llyfrgell@gwynedd.llyw.cymru neu gallwch wneud cais ar-lein www.gwynedd.llyw.cymru/cy/Trigolion/Llyfrgelloedd-ac-archifau/Llyfrgelloedd-ac-archifau.aspx

Mantell Gwynedd

Y corff a’ mbarél’ ar gyfer mudiadau trydydd sector a grwpiau cymunedol yng Ngwynedd. Mae’n gallu sicrhau llais annibynnol i sefydliadau trydydd sector ac yn hwyluso nifer o rwydweithiau. Mae’n gyswllt rhwng sefydliadau trydydd sector a statudol a gall rannu gwybodaeth yn gyflym ac effeithiol i gynulleidfa eang. Hefyd maent yn recriwtio gwirfoddolwyr, ac mae ganddynt wybodaeth am fudiadau lleol, grwpiau cymunedol a grwpiau cefnogi.

☎ **01286 672626** • ✉ [ymholiadau@mantellgwynedd.com](mailto:yhmholiadau@mantellgwynedd.com)

☎ **01341 422575**

✉ dolgellau@mantellgwynedd.com • 🌐 www.mantellgwynedd.com

Marie Curie

Mae’r Gwasanaeth Nyrsio Marie Curie ar gael ar draws gogledd Cymru, yn gofalu am bobl sydd ag anghenion gofal lliniarol neu yn derfynol wael gyda chanser neu salwch eraill. Mae nyrsys Marie Curie yn darparu gofal yn y cartref dros nos o 10pm tan 7am. O bryd i’w gilydd gallant ddarparu gofal yn ystod y dydd. Mae’r gwasanaeth hwn yn rhad ac am ddim i gleifion, eu teuluoedd a’u gofalgwyr. Y nyrs ardal sy’n cyfeirio ar gyfer y gwasanaeth hwn.

☎ **0800 634 4520** • 🌐 www.mariecurie.org.uk

Mae’r Gwasanaeth Nyrsio Marie Curie hefyd yn darparu gwasanaeth Ymateb Cyflym Gofal Lliniarol, sydd yng nghartref y claf. Mae’r gwasanaeth hwn yn cael ei ddefnyddio gan deulu, cleifion, neu ofalgwyr drwy’r gwasanaeth Meddygon Teulu y Tu Allan i Oriau drwy ffonio:

☎ **0300 123 5566**

Meic

Gwybodaeth genedlaethol, llinell cyngor a chefnogaeth ar gyfer plant a phobl ifanc hyd at 25 mlwydd oed yng Nghymru. Hefyd yn cynnig gwybodaeth a gwasanaeth adnoddau i rieni a gofalgwyr.

☎ **0808 802 3456**

Tecst 84001

🌐 www.meiccymru.org

Mencap Cymru

Mae Mencap Cymru yn llais dros anabledd dysgu yng Nghymru. Mae popeth maent yn ei wneud yn ceisio sicrhau bod pobl ag anabledd dysgu yn cael eu gwerthfawrogi'n llawn, eu cynnwys a'u clywed.

Mae Cefnogaeth Annibynnol a Galluogi (WISE) Mencap Cymru yn wasanaeth sy'n cael ei ariannu gan Lywodraeth Cymru ac ar gael i bawb yng Nghymru. Maent yn gallu rhoi gwybodaeth ichi ddeall hawliau pobl ag anabledd dysgu, cefnogaeth i gael mynediad at wasanaethau a/neu herio penderfyniadau.

 **0800 8000 300 9am-5pm (Llun-Gwener, ar gau gwylliau banc)**

 **information.wales@mencap.org.uk** •  **helpline.wales@mencap.org.uk**

 **www.mencap.org.uk/wales**

Myaware (Cymdeithas Myasthenia Gravis gynt)

Mae'r gymdeithas yn cynnig cefnogaeth i bobl sydd â'r cyflwr myasthenia a'u teuluoedd, gan gynyddu ymwybyddiaeth gyhoeddus a meddygol a chodi arian ar gyfer ymchwil. Maent yn cyhoeddi cylchgrawn pedair gwaith y flwyddyn o'r enw MGA News. Mae llyfrynau a thafleuni ar gael ar gyfer pobl sydd â'r cyflwr, eu teuluoedd, ffrindiau, gofawlyr ac ymarferwyr meddygol o Brif Swyddfa'r Gymdeithas. Cysylltwch â'r gweithiwr cefnogol (gweler isod) am fanylion Cangen Gogledd Cymru.

Gweithiwr Cefnogol Gogledd Orllewin: **Karl Parr**

 **07395 794063** •  **karl.parr@myaware.org**

Cenedlaethol

 **01332 290219**

 **0800 919922 (Rhadffôn DU)**

 **www.myaware.org**

Noddfa

Mae Noddfa yn Mhenmaenmawr, Conwy, yn croesawu gofawlyr ac yn cynnig cyfle i ymlacio a mwynhau prydferthwch y môr a'r bryniau. Mae'n bosibl mynd yno pan fydd gofawlyr eraill yno neu ar amserau eraill. Bydd Noddfa yn gwneud pob ymdrech i ddarparu llety ar gyfer y dyddiadau sy'n addas i'r gofawlyr. £50 y dydd yw'r gost (2019) i ofalwyr am lety a phob pryd bwyd.

 **01492 623473**

 **noddfapen@aol.com**

Nyth

Cyngor a gwybodaeth i bobl sy'n poeni am y gost o wresogi eu cartrefi. Hefyd, os ydych yn gymwys, pecyn o welliannau ynni-effeithlon i'r cartref am ddim, fel boeler newydd, gwres canolog neu inswleiddio.

☎ **0808 808 2244** • ☎ **0300 456 2655** (o ffôn symudol)

🌐 www.nyth.llyw.cymru/cy

O Ddrws i Ddrws

Gwasanaeth yn ardal Dwyfor ar gyfer pobl hŷn a phobl anabl sy'n methu cyrraedd cludiant cyhoeddus.

☎ **01758 721777**

Parkinson's UK

Mae'n cynnig cefnogaeth a chymorth cyfrinachol un-i-un i unrhyw un mae clefyd Parkinson yn effeithio arnynt.

Gweithiwr Cefnogol a Gwybodaeth Gogledd Orllewin Cymru: Catrin Shorney-Jones

☎ **0844 225 3787** • ✉ cshorney-jones@parkinsons.org.uk

🌐 www.parkinson.org.uk

Potel Werdd yn yr oergell

Dyma botel fach blastig y gall rhywun roi copi o bresgripsiwn y claf ynddi. Mae labeli gyda chroesau gwyrdd arnynt, a dylai un ohonynt fod yn ynghlwm i ble bynnag y mae'r 'botel' yn cael ei chadw (fel arfer yn yr oergell) a llall ar ba bynnag ddrws fyddai'r gwasanaethau brys yn mynd i mewn i'r tŷ. Mae'r gwasanaethau brys yn ymwybodol o'r cynllun a gallant ddod o hyd i'r botel i fynd gyda'r claf i'r ysbyty pan nad oes unrhyw un arall yn y tŷ.

Mae'r poteli gwyrdd ar gael o stondin gwybodaeth yn Ysbyty Gwynedd neu Swyddog Cefnogi Gofalwyr Oedolion, Cyngor Gwynedd, ar **01286 679742** neu Gofalwyr@gwynedd.llyw.cymru

Pwer Atwrnai Parhaol

Dyma broses gyfreithiol sy'n galluogi person i roi cyfrifoldeb ar rywun arall i wneud penderfyniadau ar eu rhan ynghylch materion ariannol, Ers mis Hydref 2007, dan Ddeddf Galluedd Meddyliol, mae Pŵer Atwrnai Parhaol yn

rhoi pŵer i wneud penderfyniadau ynghylch materion iechyd hefyd. Am ragor o wybodaeth, cysylltwch â'r 'Office of the Public Guardianship' - **0300 456 0300**

RNIB Cymru

Mae'n wasanaeth ar gyfer pawb sy'n cael ei effeithio gan golli golwg. Mae cefnogaeth ar gael i deuluoedd sydd â phlentyn sy'n ddall neu'n rhannol ddall gan gynnwys rhai ag anabledau lluosog.

Gweithiwr Cefnogol Plant a Theuluoedd: **Jennifer Collins**

☎ **07776 284068** • ✉ **CYPF.Mailbox@rnib.org.uk**

📄 **www.rnib.org.uk/practical-help/children-young-people-and-families**

☎ **0303 123 9999 (llinell gymorth)** • 📄 **www.rnib.org.uk/our-services**

Scope

Mae llinell gymorth Scope yn cynnig cyngor diduedd ac annibynnol a chefnogaeth am ddim ar faterion sydd yn bwysig i bobl ag anabled a'u teuluoedd.

☎ **0808 800 3333 (linell gymorth 9am-5pm Llun i Gwener)**

✉ **helpline@scope.org.uk** • 📄 **www.scope.org.uk**

Sefydliad Prydeinig yr Ysgyfaint

Sefydliad Prydeinig yr Ysgyfaint (BLF) yw'r unig elusen yn y DU sy'n ymwneud â phob clefyd ar yr ysgyfaint. Mae'r grŵp 'Breath Easy' yng Nghymru yn rhan o'r gefnogaeth sy'n cael ei gynng gan y sefydliad. Mae cyfarfodydd cyfeillgar y 'Breath Easy' ar gyfer claf, ffrindiau, teulu a gofalwyr fel ei gilydd.

☎ **03000 030 555 (linell gymorth)**

✉ **enquiries@blf-uk.org** • 📄 **www.blf.org**

Sense

Elusen genedlaethol sy'n cefnogi ac yn ymgyrchu dros blant ac oedolion sy'n fyddar ac yn ddall. Maent yn darparu cymorth wedi'i deilwra, cyngor a gwybodaeth yn ogystal â gwasanaethau arbenigol i holl bobl ddall a byddar, eu teuluoedd, gofalwyr a gweithwyr proffesiynol sy'n gweithio gyda nhw.

☎ **a ffôn testun 0300 330 9258**

✉ **info@sense.org.uk**

📄 **www.sense.org.uk/**

Shelter Cymru

Llinell gymorth Llun - Gwener 9.30am - 4pm ar gyfer cyngor ar dai, gwasanaethau cymdeithasol a gwaith eiriolaeth.

☎ 0345 075 5005 • 🌐 www.sheltercymru.org.uk/cy/

SHINE

Cefnogi pobl gyda spina bifida a/neu hydrocephalus.

☎ 01733 555988 • ✉ firstcontact@shinecharity.org.uk
🌐 www.shinecharity.org.uk/wales-region/wales-region

SNAP Cymru

Cefnogi teuluoedd plant efo anghenion dysgu ychwanegol.

☎ 02920 348988 • ☎ 0801 801 0608 (llinell gymorth)
✉ yholiadau@snapcymru.org • 🌐 www.snapcymru.org/?lang=cy

Taliadau Uniongyrchol

Mae Taliadau Uniongyrchol yn cynnig cyfle i bobl wneud eu trefniadau gofal eu hunain. Yn lle derbyn gwasanaethau gan y Cyngor, gallwch ddewis derbyn yr arian a phrynu'r gwasanaethau rywle arall - sy'n rhoi mwy o ddewis a rheolaeth i chi a'r sawl yr ydych yn gofalu amdano. Dylid nodi bod rhaid i'r person yr ydych yn gofalu amdano gael cynllun gofal a chymorth i'ch gwneud yn gymwys i'w dderbyn a buasai'n rhaid ichi gysylltu gyda'ch **TIM ADNODDAU CYMUNEDOL** (gweler isod) lleol i wneud ymholiadau.

Teleofal- gwasanaeth a gynigir trwy Gyngor Gwynedd

Mae offer teleofal yn darparu rhybudd os bydd rhywun yn syrthio neu'n mynd yn sâl ac yn cynnig tawelwch meddwl i'r gofalwr, a fydd yn caniatáu iddynt gysgu'n dda neu fynd i siopa, gan wybod y byddant yn cael eu galw os bydd eu hangen.

☎ 01286 679059 • ✉ eiddo@gwynedd.llyw.cymru

The Outside Clinic

Profion llygaid a phroffion clyw am ddim yn y cartref ar gyfer y rhai dros 60 oed na all mwyach ymweld â'r optegydd stryd fawr ar ben ei hun.

☎ 0800 85 44 77 ✉ info@outsideclinic.com
🌐 www.outsideclinic.com

tide

Rhwydwaith drwy'r Deyrnas Unedig o ofalwyr a chyn ofalwyr pobl â dementia yw 'tide', o dan nawdd y Life Story Network. Mae'n galluogi gofalwyr a chyn-ofalwyr i gael llais torfol cryf, gan ddefnyddio'u profiad bywyd i godi ymwybyddiaeth o'u hanghenion unigryw, mynnu parch i'w hawliau a chael eu grymuso i ddylanwadau ar ymarfer polisi ac ymchwil ar bob lefel.

☎ **0151 237 2699** • ✉ **carers@tide.uk.net** • 🌐 **www.tide.uk.net**

Timau Adnoddau Cymunedol Gwynedd

Mae pum Tîm newydd wedi eu creu ar y cyd rhwng Gwasanaethau Cymdeithasol Cyngor Gwynedd, Bwrdd Iechyd Prifysgol Betsi Cadwaladr a mudiadau o'r trydydd sector. Mae'r timoedd yn rhoi gwasanaeth i oedolion sydd dros 18 oed sydd angen gofal a chefnogaeth, boed hyn oherwydd salwch, anabledd corfforol, problemau cof, pryder am ddiogelwch unigolyn ac ar gyfer pobl hŷn sy'n fregus neu sâl. Gellir cael cyngor ar gymhorthion ac addasiadau i'ch tŷ drwy'r Tîm hwn yn ogystal.

Maent yn rhoi gwasanaeth i ofalwyr sydd angen gofal a chefnogaeth sy'n golygu y gallwch ofyn am asesiad o'ch anghenion fel gofalwr. Mae'r timoedd hefyd yn rhoi gwybodaeth, cyngor a chymorth i helpu pobol ddatrys y pethau sy'n eu poeni cyn iddynt waethygu. Golyga helpu gofalwyr i weld pa gymorth sydd ar gael yn eich cymunedau. Gellir cysylltu ac un o'r timoedd isod sydd yn gweithredu yn eich ardal chi:

Llun - Gwener 9am - 5pm

Ardal Llŷn ☎ **01758 704099**

✉ **OedolionLlyn@gwynedd.llyw.cymru**

Ardal Caernarfon ☎ **01286 679099**

✉ **OedolionCaernarfon@gwynedd.llyw.cymru**

Ardal Bangor ☎ **01248 363240**

✉ **OedolionBangor@gwynedd.llyw.cymru**

Ardal Eifionydd-Gogledd Meirionnydd ☎ **01766 510300**

✉ **OedolionEifionydd/GogMeirionnydd@gwynedd.llyw.cymru**

Ardal De Meirionnydd ☎ **01341 424499**

✉ **OedolionDeMeirionnydd@gwynedd.llyw.cymru**

🌐 **www.gwynedd.llyw.cymru**

Gweler y map o'r timoedd uchod ar ddiwedd y ddogfen hon

Tîm Derbyn Cyfeiriadau Plant Gwynedd

Mae'r tîm yn gyfrifol am dderbyn holl gyfeiriadau'r gwasanaeth plant a theuluoedd ac yn asesu i weld a oes ganddynt angen cynllun gofal a chymorth. Mae'n cynnwys plant sydd angen eu diogelu, teuluoedd sydd angen cefnogaeth, plant ag anabledau a gwasanaeth gwybodaeth, cyngor a chymorth i deuluoedd gael mynediad at wasanaethau o fewn eu cymunedau.

☎ **01758 704455** • ✉ cyfeiriadauplant@gwynedd.llyw.cymru
🌐 www.gwynedd.llyw.cymru

Timau Iechyd Meddwl Cymunedol

Mae'r timau iechyd meddwl cymunedol yn cynnig cymorth proffesiynol i bobl â phroblemau iechyd meddwl difrifol a'u perthnasau neu eu gofalwyr. Mae enghreifftiau'n cynnwys - ymyriadau seicolegol, meddyginiaeth, gweithwyr cefnogol, gwasanaethau dydd, gofal preswyl/nyrsio a chefnogaeth emosiynol ac ymarferol. Mae'n rhaid ichi gael eich cyfeirio i'r gwasanaeth hwn drwy eich Meddyg Teulu.

Gogledd Gwynedd: ☎ **01248 363470** • De Gwynedd: ☎ **03000 852 407**

Tîm Tu Allan i Oriau

Gwasanaeth argyfwng gwasanaethau cymdeithasol a digartrefedd ar gyfer cynghorau Gwynedd ac Ynys Môn.

☎ **01248 353551**

Trafnidiaeth Cyhoeddus

Traveline Cymru

Gwasanaeth gwybodaeth trafndiaeth gyhoeddus. Ei ddiben yw cynnig 'siop un stop' ar gyfer gwybodaeth teithio yng Nghymru, gan gynnwys bws, trê'n a fferi. Gallent hefyd ddarparu manylion cyswllt cwmnïau bysiau a threnau fel y gallwch gysylltu â hwy yn uniongyrchol am ragor o wybodaeth, e.e. oes gan fysiau ar lwybr penodol fynediad hwylus i gadeiriau olwyn. Am ragor o wybodaeth cysylltwch â hwy ar **0800 464 0000**, neu ewch i www.cymraeg.traveline.cymru/travellers-with-a-disability

Teithio ar y Bws am Ddim

Mae pobl dros 60 mlwydd oed a phobl gydag anabled yn cael teithio am ddim ar yr holl wasanaethau bws lleol yng Nghymru.

Gwnewch cais ar-lein:

<https://tfw.gov.wales/cy/cerdynteithio> neu ewch at eich llyfrgell lleol. Ffurflenni papur ar gael o Gyngor Gwynedd neu drwy gysylltu gyda Trafnidiaeth Cymru cardiauteithio@trc.cymru neu **0300 303 4240**. Os na all y sawl yr ydych yn gofalu amdano deithio ar ei ben ei hyn, gallant wneud cais am docyn bws cydymaith gyda nhw am ddim. Cysylltwch â Cyngor Gwynedd - **01766 771000**

Gwasanaethau Trên

Darperir y rhan fwyaf o wasanaethau trên yng Nghymru gan Trafnidiaeth Cymru. Maent yn anelu at wneud eu trenau'n addas i ddefnyddwyr cadair olwyn. Mae ganddynt lyfr ar gael Gwasanaethau Rheilffyrdd Hygyrch Helpu Pobl Hŷn ac Anabl, er mwyn derbyn copi, cysylltwch â **0333 3211 202** neu lawr lwythwch gopi o <https://trctrenau.cymru/cy/teithwyr-ag-anabledau>

Am ymholiadau teithio ffoniwch **0333 3211 202**; am gymorth i gwsmeriaid anabl, ffoniwch **03330 050 051 (08457 585 469 ffôn testun)**

Cerdyn Trên i Bobl Anabl

Am ffi flynyddol, mae'r cerdyn rheilffordd yn caniatáu i berchennog y cerdyn ac un oedolyn deithio gyda hwy gael 1/3 oddi ar y rhan fwyaf o docynnau trên ledled Prydain Fawr. Am ragor o wybodaeth am y cerdyn rheilffordd, cysylltwch â **0345 605 0525** neu www.disabledpersons-railcard.co.uk

Triniaeth Ddeintyddol mewn Argyfwng

Rhaid i bob apwyntiad gael ei wneud drwy Galw Iechyd Cymru. Mae rhai clinigau lle nad oes angen apwyntiadau. Cysylltwch â'r rhif isod i gael manylion o glinigau yn eich ardal chi.

 **0845 46 47**

Tros Gynnal Plant

Gweithio gyda phlant a phobl ifanc i hyrwyddo a gwireddu eu hawliau trwy ystod o brosiectau, hyfforddi ac ymgyrchu ledled Cymru, gan gynnwys gwasanaeth adfocatiaeth yng ngogledd Cymru.

 **01286 238007**

 northwalesadvocacy@tgpcymru.org.uk

 www.tgp.cymru.org.uk

Unllais

Mae Unllais yn asiantaeth datblygu a hyfforddi sy'n ymfalchïo yn 'gweithio gydag eraill i roi pobl yng nghanol bywydau a gwasanaethau gwell.'

Mae Unllais yn ceisio hyrwyddo ymarfer da yng nghynllunio, darparu a monitro gwasanaethau. Mae'u hystod o wasanaethau wedi cael eu cynllunio i helpu elusennau a sefydliadau bach gryfhau a datblygu tra chadw eu gwerthoedd ac amcanion.

Cyswllt: Gweinyddwr y Cwmni

 **01745 872903**

 **office@unllais.co.uk** •  **www.unllais.co.uk**

Y Ganolfan Arwyddo-Golwg-Sain (NWDA gynt)

Mae'r gymdeithas yn cefnogi pobl fyddar, pobl sydd wedi'u byddaru, pobl drom eu clyw a phobl sy'n fyddar a dall, yn ogystal â'u teuluoedd, ffrindiau, gofawyr a chydweithwyr. Mae'r gwasanaethau'n cynnwys cyngor a chymorth, arddangosiadau offer, asesu a chyflenwi, dosbarthiadau darllen gwefusau, gwasanaethau cyfathrebu a chylchlythyr chwarterol.

 **01492 530013**

Ffacs: **01492 532615**

Ffôn testun: **01492 524983**

Testun (SMS): **07719 410355**

 **info@signsightsound.org.uk**

 **www.centrefsignsightsound.org.uk**

Y Groes Goch

Mae'r Groes Goch yn darparu gofal tymor byr yn eich cartref yn dilyn mynediad i'r ysbyty. Mae'r gwasanaeth sy'n cael ei gynnig ar gael am hyd at chwe wythnos. Mae'r gwirfoddolwyr sydd wedi eu hyfforddi yn ategu'r cymorth mae gweithwyr iechyd cymdeithasol a chymunedol yn ei gynnig i'ch helpu i adennill eich annibyniaeth drwy wasanaeth wedi'i deilwra at eich anghenion penodol.

Maent hefyd yn gallu darparu offer fel cadeiriau olwyn ar fenthyciad tymor byr.

 **01248 364677**

 **07899 913203**

 **hwilliams@redcross.org.uk**

 **www.redcross.org.uk**

Y Gymdeithas Strôc

Helpu pobl sydd wedi cael strôc a'u teuluoedd i ddygymod â phob agwedd o fywyd ar ôl strôc. Mae'r gwasanaeth gwybodaeth, cyngor a chefnogaeth yn darparu asesiad holistig o anghenion ar ôl strôc er mwyn darparu'r lefel o gefnogaeth sydd ei hangen ar bob unigolyn i addasu eu bywyd ar ôl strôc. Mae gan y Gymdeithas Strôc grwpiau a phrosiectau yn cael eu cynnal yng Ngwynedd hefyd i helpu pobl sydd wedi cael strôc i ennill hyder ac annibyniaeth ar ôl strôc. Am ragor o wybodaeth, cysylltwch â:

 **01286 671145**

 **07720 365228**

 jamie.scrase@stroke.org.uk

 www.stroke.org.uk

Ymddiriedolaeth Gofalwyr Gogledd Cymru:Gwasanaethau Gofal Croesffyrdd

Mae Ymddiriedolaeth Gofalwyr Gogledd Cymru: Gwasanaethau Gofal Croesffyrdd yn elusen gofrestredig fel asiantaeth gofal cartref i oedolion a phlant. Yr amcan yw rhoi seibiant i ofalwyr o bob oed drwy ddefnyddio gweithwyr gofal proffesiynol sydd wedi'u hyfforddi i ddarparu gofal emosiynol, ymarferol a phersonol.

 **01492 542212**


 northwales@nwcrossroads.org.uk

 www.cymraeg.nwcrossroads.org.uk

Y Samariaid

Mae'r Samariaid yn cynnig cymorth emosiynol cyfrinachol heb farnu, 24 awr y dydd i bobl sy'n profi teimladau o drallod neu anobaith, gan gynnwys y rhai a allai arwain at hunanladdiad.

 **116 123**

Llinell Gymraeg:  **0808 164 0123** (Llun 6pm - 1am; Mawrth 7pm - 11pm; Mercher 2pm - 6pm a 7pm -10pm; Iau 2pm - 6pm a 7pm - 1am; Gwener 7pm - 1am, Sadwrn 3pm - 1am; Sul 7pm-1am)

 jo@samaritans.org.uk

 www.samaritans.org.uk

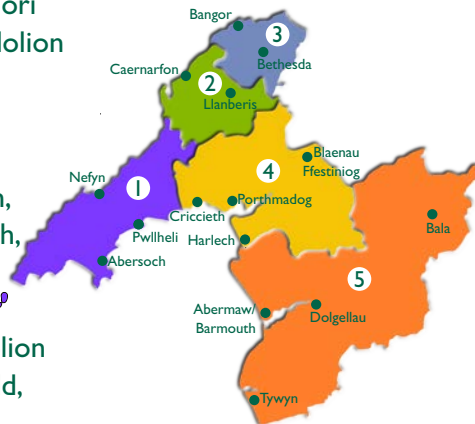
Map ardaloedd Timoedd Adnoddau Cymunedol

MANYLION CYSWLLT NEWYDD AR GYFER GWASANAETHAU GOFAL I OEDOLION

NEW CONTACT DETAILS FOR ADULT CARE SERVICES

Mae gwasanaeth newydd yn cymryd lle Tîm Cynghori ac Asesu Oedolion Gwynedd.

O hyn ymlaen, am wybodaeth, cyngor a chymorth ar gyfer oedolion yng Ngwynedd, cysylltwch â:



A new service is replacing the Gwynedd Adult Advice and Assessment Team.

From now on, for information, advice and assistance for adults in Gwynedd, please contact:

1 Llŷn 01758 704099
OedolionLlyn@gwynedd.llyw.cymru

2 Caernarfon 01286 679099
OedolionCaernarfon@gwynedd.llyw.cymru

3 Bangor 01248 363240
OedolionBangor@gwynedd.llyw.cymru

4 Eifionydd-Gogledd/North Meirionnydd 01766 510300
OedolionEifionydd/GogMeirionnydd@gwynedd.llyw.cymru

5 De/South Meirionnydd 01341 424499
OedolionDeMeirionnydd@gwynedd.llyw.cymru

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Introduction



Are you looking after somebody? A close member of the family perhaps, or a friend, who is ill, vulnerable or disabled? Someone who could not live at home without your practical or emotional help? This booklet is for unpaid carers of all ages in Gwynedd, and is aimed at signposting them to where they can turn for help.

It is often difficult to know where to begin looking for help, let alone finding it. We hope that this booklet will help put you on the right track, by directing you to the information, support and help that is available for all carers.

This booklet includes information about all kinds of different organisations, along with contact names and addresses and telephone numbers. Should the relevant organisation be unable to provide you with direct support, they will do their best to put you in touch with someone who can help.

We have sought to include all information that could be relevant for most carers. We cannot however claim that our list is exhaustive. If you cannot find what you are looking for, please contact Lester Bath, Adult Carer Support Officer, Gwynedd Council, who will be happy to make enquiries on your behalf and direct you to the relevant organisation.

Carer Support Officer - Lester Bath

 01286 679742

 Gofalwyr@gwynedd.llyw.cymru

November 2019



How to use this booklet

Full details about the services and support available can be found in the A-Z of services from page 7. The information there is set out in alphabetical order under headings that either thematic descriptions (eg benefits or public transport) or names of the organisations that offer the support.

If you already know what you require, you can look directly for it in the A-Z of services. However, as the names of many of these organisations may be unfamiliar to most people, you might benefit from looking through this thematic index as a first step.

To make it easier to look for what you need, all the various kind of support services have been classified under different themes in the index. Under each thematic heading there is a list of organisations or a more detailed description of the support that is available. For further information, you can simply look under that title in the A-Z of services that begins on page 7.

Advocacy/Independent advice

Age Cymru Gwynedd a Môn
Citizens Advice Bureau (CAB)
Mental Health Advocacy Scheme

North Wales ADVICE & Advocacy
Association (NWAAA)
Shelter Cymru

Alternatives to caring at home

Age Cymru
Bupa

CIW

Caring for a child with a disability

Carers Outreach Service	National Deaf Children Society
Contact a Family	North Wales Society for the Blind
Derwen	RNIB
Down's Syndrome Association	Scope
Family Fund	Sense
Gwynedd Children's Referral Team	SHINE
Integrated Autism Service	SNAP Cymru
Mencap Cymru	

Caring for someone with dementia/a neurodegenerative disease

Age Cymru Gwynedd a Môn	DementiaGo
Alzheimer' Society	Dementia UK
Bupa	Huntingdon's Disease Association
Carers Outreach Service	Moto Neurone Disease Association
Carers Trust Crossroads Care North Wales	Parkinson's UK
DEEP United Dwyfor & Meirionnydd	Tide
Dementia Connect	Wales Dementia Helpline

Caring for someone who is elderly

Community Resources Team	Carers Trust Crossroads Care
Age Cymru Gwynedd a Môn	North Wales
Carers Outreach Service	The Outside Clinic

Caring for someone with a learning disability

Community Resources Team	Integrated Autism Service
Anheddau	Mencap Cymru
Carers Outreach Service	Wales Learning Disability Helpline
Down's Syndrome Association	

Caring for someone with a long term chronic condition

ARMA	Headway Gwynedd
British Lung Foundation	MS Society
Chronic Condition Self Management Course	Myaware (Myasthenia Gravis Association)
Cymru Versus Arthritis	Stroke Association
Diabetes UK Cymru	Welsh Association of ME & CFS

Epilepsy Action Cymru
Epilepsy Wales

Support (WAMES)

Caring for someone with a mental health problem

Beat (Eating disorders)
CAIS
C.A.L.L.
Caniad

Community Mental Health Teams
Hafal
Mental Health Advocacy Scheme
Unllais

Caring for someone with a physical disability

Community Resources Team
Carers Outreach Service
Centre of Sign Sight Sound
CIL De Gwynedd
Deafblind Cymru
North Wales Society for the Blind

Public toilet key for the disabled
RNIB Cymru
Scope
Sense
SHINE

Caring for someone with a substance misuse problem

Alcohol Change
CAIS

Caniad
Wales Drug and Alcohol Helpline

Caring for yourself

Carers Outreach Service
Carers Wales
Chronic Disease Self Management
Course

Job Centre Plus
The Samaritans

Emergencies

Emergency dental treatment
Emergency Out of Hours Team
(Social Services)

GP Out of Hours Service
Green bottle in the fridge
The Samaritans

Finance

Age Cymru Gwynedd a Môn
Benefits
Citizens Advice Bureau
Carers Outreach Service

GOV.UK
Jobcentre Plus
Lasting Power of Attorney
Macmillan Cancer Support

Direct Payments
Family Fund

Parkinson's UK

Help from the statutory sector

CIW
Community Health Council
GOV.UK
Gwynedd Council
Community Resource Teams

Children's Referral and Intake Team
Community Resources Team
NHS 24 hour helpline
Refuse collections

Help from the third (voluntary) sector

Age Cymru Gwynedd a Mon
Carers Outreach Service
Carers Trust Crossroads Care North
Wales

Carers Wales
Mantell Gwynedd
The Red Cross
Shelter Cymru

Help with day to day living

Age Cymru Gwynedd a Môn
Macmillan Cancer Support
Nest

Outside Clinic
Telecare
Welsh Water

Legal matters

Age Cymru Gwynedd a Môn
C.A.B.

Shelter Cymru (Housing)
Lasting Power of Attorney

Leisure

Age Cymru Gwynedd a Môn
Carers Outreach Service
Cinema Pass

Holidays for All
Libraries

Palliative care

Hospice at Home Gwynedd & Anglesey
St David's Hospice

Macmillan Cancer Support
Marie Curie

Pet animals

Cinnamon Trust

Transport

Barbara Bus

Blue Badge

Cymrod

Hospital Transport

O Ddrws i Ddrws

Public Transport

Motability Scheme

When caring comes to an end

Bereavement Café (Caffi Colled)

Carers Outreach Service

Carers Wales (Carers UK)

Cruse Bereavement Care

Young carers

Action for Children

Family Information Service

Meic

Tros Gynnal Plant

A - Z of services

Details, in alphabetical order, of the support available

Action for Children - Gwynedd Young Carers Project

Gwynedd Young Carers Project provides a supportive service to children and young people, aged from 8-18 years, who live in Gwynedd, who look after or help to look after someone in their family who is unwell, disabled or living with mental health issues. They provide 1 to 1 support and group activities and also work with schools.

☎ **01248 364614 / 01248 353095**

✉ **gwyneddyoungcarers@actionforchildren.org.uk**

🌐 **www.actionforchildren.org.uk**

Age Cymru

Age Cymru has useful information if carers and/or those for whom they care, need to consider a move to a care home. They have free booklets on how to find a good care home, how to finance the care, and how to support someone to move in. The booklets are available on their website or copies can be obtained by phoning them.

☎ **08000 223 444**

✉ **advice@agecymru.org.uk**

🌐 **www.ageuk.org.uk/cymru/information-advice/**

Age Cymru Gwynedd a Môn

Age Cymru Gwynedd a Môn works with people over 50 in Gwynedd and Anglesey. Their services promote well-being initiatives to assist people over 50 and their carers, to live independently in their own homes, and to also be part of their community if they so wish. They offer information and advice and are regulated to offer personal care in the local community. Since 2017 the charity has been based at Y Cartref, Bontnewydd, on the outskirts of Caernarfon, where a day centre is based.

☎ 01286 677711 • ✉ info@acgm.co.uk
🌐 www.ageuk.org.uk/cymru.gwynedd/

Alcohol Change

Working to ensure that people understand more about alcohol and what is sensible drinking. Provides information on a range of subjects relating to alcohol, and share information about local alcohol services.

☎ 020 3907 8480 • ✉ contact@alcoholchange.org.uk

🌐 https://alcoholchange.org.uk

Also offers general sensible drinking tips through the website

🌐 www.drinkwisewales.org.uk

Alzheimer's Society - Dementia Connect

The Alzheimer's Society provides a service for people with dementia, and those who care for them, as well as professionals in the health and social care sectors and the third sector and the independent sector.

☎ 01248 671125 • ✉ northwaleslocality@alzheimers.org.uk

☎ 0300 222 1122 (helpline) • 🌐 www.alzheimers.org.uk

Dementia Connect supports people who have had a diagnosis of dementia, their family/carers, and people without a diagnosis of dementia but who are anxious about their memory and who want support for the next step. The support available includes helping people to understand more about their symptoms, looking at coping strategies with carers, making contacts with other support services, and preparing for the future.

☎ 0333 150 3456 • ☎ 0300 094 7400 (Ilinell Gymraeg)

✉ Dementia.Connect@alzheimers.org.uk

Anheddau Cyf

Anheddau Cyf is a non-profit making social care provider, supporting adults with support needs to live in the community. The service that is delivered to each individual is based upon their person centred plan. They work closely with agencies and other organisations to plan person-centred services.

☎ 01248 675910

✉ post@anheddau.co.uk

🌐 www.anheddau.co.uk

ARMA (Arthritis and Musculoskeletal Alliance)

ARMA has a local group in North Wales which is NW ARMA

✉ Nwarmas2007@gmail.com

📄 <http://www.wales.uk/sitesplus/861/page/80614>

ARMA DU

☎ 0203 561 1978

Barbara Bus Gwynedd

A special service for wheelchair users who cannot transfer from a chair to a vehicle. The vehicles have been specially adapted and are based in Aberdyfi, Criccieth, Dolgellau and Bangor. They can be loaned for up to a week and family, friends and carers can drive them, on specific terms. No set fee is charged, but donations from users are essential to keep the service going.

☎ 07484 223696 • 📄 www.barbarabusgwynedd.com

Beat

Beat provide a helpline, online help, including a carers forum, and a network of self-help groups to help adults and young people to overcome their eating disorders.

☎ 0808 801 0677 (helpline) • ✉ help@b-eat.co.uk

☎ 0808 801 0811 (student line) • ☎ 0808 801 0711 (youth line)

✉ fyp@b-eat.co.uk

☎ 0300 123 3355 • ✉ info@b-eat.co.uk • 📄 www.b-eat.co.uk

Benefits for you and the person for whom you care:

Carer's Allowance - this is the main benefit for carers who are over 16 years old, who are unwaged or on low income and who spend 35 hours or more per week looking after somebody who receives a specific disability benefit. Carer's Allowance is not a means tested benefit and is not available for people who receive state pension. Please contact the Carer's Allowance Unit - **0800 731 0297**

Pension Credit - guarantees a certain level of income for people aged 66 and over. Contact the Pensions Service - **0800 99 1234**

Winter Fuel Payment - is an annual payment towards winter heating for people over 66 years of age. Contact the Winter Fuel Payment Line - **0800 731 0160**

Universal Credit - is for people aged between 16 and 66 years old who are on a low income, who don't work or work less than 16 hours a week. Contact the Universal Credit Helpline - **0800 012 1888** - or apply online www.gov.uk/apply-universal-credit

Housing Benefit - helps with paying rent if you are on a low income. Contact the Council - **01286 682689**

Council Tax Discounts and Rebates - reductions and refunds are available if you live on your own, are on a low income, or if you look after someone with a learning disability / mental illness. It's possible to claim for the bill to be reduced by one valuation band, e.g. a property valued in Band C to be billed in Band B, if the property has been adapted internally for someone who is substantially and permanently disabled e.g. an extra bathroom; the adaptation must be essential or of major importance for the disabled person's wellbeing. Contact the Council Tax Department - **01286 682689**

Budgeting Loan - it is no longer possible to have a crisis loan, but if you need to apply for a loan for household items or living expenses, contact JobCentre Plus - **0800 169 0240**

Attendance Allowance - is for people over 66 years needing assistance with personal care because of disability. It is paid at different rates depending on the care required. Contact the Department of Work and Pensions - **0345 605 6055**

Statutory Sick Pay (SSP) and Incapacity Benefit - for people aged between 16 and 66 years of age who are unable to work because of sickness. Contact Jobcentre Plus - **0800 012 1888**

Disabled Living Allowance (DLA) - new claims only for children who are severely disabled and need help with personal care and mobility. Contact the Department of Work and Pensions - **0800 121 4600**

Personal Independence Payment (PIP) - there are two parts to the payment, namely the daily living part and the mobility part. The two parts include two rates. Contact the DWP - PIP Claims - **0800 917 2222** - Enquiries - **0800 121 4423**

Bereavement Café (Caffi Colled)

A safe space to come together for a chat, cuppa, share experiences, encouragement, strength and understanding. Last Tuesday morning in the month 10–12 in Tŷ Doctor, Nefyn. Contact: Rev Sara Roberts.

☎ 07967 652981 • ✉ sara@bromadryn.church

Blue Badge

The Blue Badge gives accessible (sometimes free) parking for disabled people; this is dependent on them fulfilling certain criteria. A new application for a Blue Badge must be made every three years.

☎ 01766 771000 • 🌐 www.gwynedd.llyw.cymru

British Lung Foundation

The British Lung Foundation (BLF) is the only UK charity covering all lung diseases. The Breath Easy (BE) groups in Wales are part of the support provided by BLF. Making friends and meeting people is very important - the friendly BE meetings are for patients, friends, family and carers alike.

☎ 03000 030 555 (helpline)
✉ enquiries@blf-uk.org • 🌐 www.blf.or

Bupa

Bupa have published guides for dementia, care and care homes, that include a wide range of advice and information. Copies are available on the Bupa website.

☎ 0333 920 5178
🌐 www.bupa.co.uk/individulas/care-homes/request-a-guide

CAIS

CAIS aims to make positive changes in the lives of people affected by drugs and alcohol, across North Wales, through a range of services and support, in the belief that people can and do change.

☎ 01492 863000 • ✉ enquiries@cais.org.uk • 🌐 www.cais.co.uk

C.A.L.L. (Mental Health Helpline)

C.A.L.L. (Community and Advice Listening Line) offers emotional support and information/literature on mental health and related matters. Anyone

concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. helpline offers a confidential listening and support service.

 **0800 132 737** • Text 'help' to 81066 •  www.callhelpline.org.uk

Caniad

North Wales Area Planning Board (APB) and Betsi Cadwaladr University Health Board (BCUHB) commission Caniad to provide an integrated service for people with an experience of using their mental health and/or substance misuse services, or their carers. As part of their service, they hold monthly meetings for service users and carers on the fourth Tuesday of every month in Abbey Road Centre, Bangor 1-3pm.

 **07970 436209 (mental health)** •  donna.jones@caniad.org.uk
 **07436 037615 (substance misuse)**
 steph.jones@caniad.org.uk •  [https://caniad.org.uk/](https://caniad.org.uk)

Care Inspectorate Wales (CIW)

CIW is responsible for the regulation and inspection of institutions that provide social care, early years and social services in Wales. If you are looking for a suitable provision, you can view inspection reports on their website.

 **0300 7900 126** •  CIW@gov.wales
 <https://careinspectorate.wales/>

Care and Repair Gwynedd a Môn (under the management of Canllaw)

They respond to the housing needs of older or vulnerable people by enabling them to live independently in their communities, by providing the following:

- Care and Support Gwynedd a Môn: A free advice service for people over 60 on how to maintain, improve and adapt their homes. This is specific to the private sector.

Canllaw provides:

- Home Adaptation Service: it offers suitable adaptations in the homes of older and vulnerable people, to enable them to maintain their independence.
- Technical Services: Professional service in designing, planning, inspecting and overseeing building work, be it large or small.

 **0300 111 3333** •  gofalathrwsio@gofalathrwsio.org
 www.gathmon.org

Carers Outreach Service

Carers Outreach Service is a registered charity committed to providing information and support to unpaid carers aged 18+ It provides a listening ear, information and support for people who look after relatives, friends or neighbours. The organisation can help unpaid carers to get their entitlements and apply to benevolent funds for grants for essential items. They're also able to support carers to have short breaks which are tailored around the individual's needs.

☎ **01248 370797** • ✉ help@carersoutreach.org.uk

🌐 www.carersoutreach.org.uk

Carers Trust North Wales Carers Crossroads Care Service

Carers Trust North Wales Crossroads Care Services is a charity which aims to improve the lives of unpaid carers by providing them with a respite from caring, allowing them time to themselves, knowing that the person for whom they care is in safe hands. The charity is registered with the CIW to provide personal care services to both adults and children.

☎ **01492 542212** • ✉ northwales@nwcrossroads.org.uk

🌐 www.carers.org

Carers Wales

Carers Wales is part of Carers UK. They provide information and advice to carers on their rights and help available to them. They also campaign for changes to improve carers' lives.

☎ **02920 811 370**

☎ **0808 808 7777** Advice line 10-2 & 2-4 Wednesday and Thursday

🌐 www.careruk.org/wales

Centre of Sign-Sight-Sound (formerly NWDA)

The association supports all deaf, deafened, hard of hearing and deaf-blind people, as well as their family, carers and colleagues. Services include advice and support, equipment demonstrations, assessment and supply, lip reading classes, communications services and a quarterly newsletter.

☎ **01492 530013**

Fax: **01492 532615** • Minicom: **01492 563475** • Text (SMS): **07719 410355**

✉ info@signsightsound.org.uk • 🌐 www.centreofsignsightsound.org.uk

Chronic Disease Self Management Course (CDSMP)

This course, held locally, is for anyone living with any long term health condition and for carers. The course involves a series of six sessions of 2½ hours, one session a week for six weeks; the course is free of charge. They also offer a course 'Building Emotional Resilience', which is one 2½ session.

☎ 03000 852286 • ✉ eppcymru@bcuhb@wales.nhs.uk
🌐 www.wales.nhs.uk/sites3/home.cfm?orgid=537

CIL De Gwynedd

The purpose of CIL (Centre for Independent Living) is to support and meet the needs of disabled adults in Gwynedd so that they can make independent and informed choices about their lives. They also help individuals to have access to all necessary information and services.

☎ 01766 514249 • ✉ admin@cildegwynedd.co.uk
🌐 www.cildegwynedd.co.uk

Cinnamon Trust

Help with pets when elderly and terminally ill people are unable to look after them. Local volunteers are used when possible.

☎ 01736 757900 • ✉ ctadmin@cinnamon.org.uk • 🌐 www.cinnamon.org.uk

Cinema Pass

The Cinema Exhibitor's Card allows free cinema entry to carers accompanying a card holder. The card holder must be in receipt of certain benefits or be registered blind.

☎ 01244 526016 • 🌐 www.ceacard.co.uk

Citizens Advice (CAB)

The Citizens Advice service helps people resolve their legal, money and other problems by providing free information and advice.

☎ 0345 450 3064 (local helpline for Gwynedd residents)
☎ 03444 772020 (national helpline)
✉ admin@cabgwynedd.wales • 🌐 www.cabgwynedd.wales

Community Health Council (CHC)

Independent Advocacy Service for NHS Complaints

If you have a comment or complaint about health services, the Betsi Cadwaladr Community Health Council can support you by providing information and advice on the options available to patients and their carers. The range of help on offer includes doing necessary research, writing letters on your behalf and supporting you at meetings.

☎ **01248 679284** • ✉ **complaints@bcchc.org.uk**
🖱 **www.wales.nhs.uk/sitesplus.900.home**

Community Mental Health Teams

The community mental health teams offer professional help to people with serious mental health problems and their relatives or carers. Examples include psychological interventions, medication, support workers, day services, residential/nursing care and practical and emotional support. You can only access this service through a referral by your G.P.

North Gwynedd: ☎ **01248 363470** • **South Gwynedd:** ☎ **03000 852407**

Contact a Family

Provides advice, information and support to the parents of all disabled children.

☎ **02920 396624** • ☎ **0808 808 3555 (helpline)**
✉ **helpline@contact.org.uk** • 🖱 **www.contact.org.uk**

Cruse Bereavement Care

Provides one to one emotional support, counselling sessions and information.

☎ **01492 536577** • ☎ **0808 808 1677 (national helpline)**
✉ **helpline@cruse.org.uk** • 🖱 **www.crusebereavementcare.org.uk**

Cymrod

Provides transport support for disabled, older and vulnerable people in the Dwyfor area.

☎ **01758 614311**

Cymru Versus Arthritis (Gofal Arthritis Cymru gynt)

Provides information, support and empowerment training for people with

arthritis, through publications, information points and self-management courses; it also campaigns for improved services. They have branches throughout Wales that provide social support.

☎ **0800 756 3970** • ✉ cymru@versusarthritis.org
☎ **0800 5200 520 (9am-8pm weekdays helpline)**
🌐 www.versusarthritis.org

Deafblind Cymru

Deafblind Cymru is a national charity supporting people with sight and hearing loss. They provide expertise, information and advice; enable social interaction and companionship; support rights through casework and advocacy; give breaks in their accessible holiday accommodation; support carers, friends and family of those with sight and hearing loss, provide care and support at home.

Outreach Worker - North West Wales: Gwenda Hughes

07884 658027 • ✉ Gwenda.Hughes@deafblind.org.uk
☎ **0800 132 320** • ✉ info@deafblind.org.uk • 🌐 www.deafblind.org.uk

DEEP UNITED Dwyfor & Meirionnydd

DEEP (Dementia Engagement and Empowerment Project) run local bimonthly meetings at the Dragon Theatre in Barmouth. The meetings give people living with dementia, carers and professionals in South Gwynedd the opportunity to come together to discuss various topics, share information and partake in activities. It is free of charge and includes lunch.

For more information, contact Emma Quaeck by e-mailing

emmajaynequaeck@gwynedd.llyw.cymru or phoning
01766 510932/07766 988095

DementiaGo

DementiaGo is a physical activity programme to support and enhance quality of life for people living with dementia and their family/carers. There are classes delivered throughout Gwynedd where people can take part in gentle exercise to help improve strength, balance and co-ordination, as well as other activities such as table tennis and Boccia. There is a strong social element to the class as the last part of the class involves a cuppa and a chat.

For more information, contact Emma Quaeck by e-mailing

emmajaynequaeck@gwynedd.llyw.cymru or phoning
01766 510932/07766 988095

Dementia UK

This is a national charity, committed to improving quality of life for all people affected by dementia. Admiral Nursing DIRECT is a national telephone helpline, provided by experienced Admiral Nurses and supported by the charity Dementia UK. It offers practical advice and emotional support to people affected by dementia.

 **020 8036 5400** •  **info@dementiauk.org**
 **0800 888 6678 (helpline)**
 **help@dementiauk.org** •  **www.dementiauk.org**

Derwen - Integrated Team for Disabled Children

Integrated service, for disabled children and young people; it includes clinical psychologists, child development community nurses, social workers and support service.

 **01286 674686 (Arfon)** •  **01758 701000 (Dwyfor)**
 **01341 424503 (Meirionnydd)** •  **Derwen@gwynedd.llyw.cymru**

Diabetes UK Cymru

Working to raise awareness, improve care and provide help, support and information for people with diabetes and their families across Wales.

 **029 2066 8276** •  **wales@diabetes.org.uk**
 **www.diabetes.org.uk/in_your_area/wales**

Direct Payments

Direct Payments offer a way in which people can make their own care arrangements. Instead of receiving services from the Council, you can choose to receive money and buy the services elsewhere, giving you and the person you care for more choice and control. Please note, in order to be eligible, the person you care for has to have a “care and support” plan and you would need to contact your local Community Resource Team (see below) to make enquiries.

Down's Syndrome Associate

Provides information and support on all aspects of living with Down's Syndrome to all who need it.

Ms Jane McIlveen (North Wales contact)

 **01492 621066** •  **07703 714740**
 **0333 1212 300 (helpline)** •  **www.downs-syndrome.org.uk**

Emergency Dental Treatment

All appointments must be made through NHS Direct Wales. There are some clinics where no appointment is required. Contact the number below to find out details of clinics in your area.

 **0845 46 47**

Emergency Out of Hours Team


Emergency Out of Hours Social Services and Homelessness Team for Gwynedd and Anglesey.

 **01248 353551**

Epilepsy Wales

Epilepsy Wales exists to improve the lives of people in Wales affected by epilepsy. They assist people with epilepsy, their families and their carers by providing support, advice and information, and promoting local support groups. Lynne Pearce is the North Wales field worker.

 **07525 806511** •  Lynnepearce@epilepsy.wales

 **0800 228 9016**

 info@epilepsy.wales •  www.epilepsy.wales

Epilepsy Action Cymru

Epilepsy Action Cymru provides advice, information and support services for the estimated 32,000 people in Wales who have epilepsy. They have set up local support groups in Bangor and Porthmadog, and hope to launch family support networks in Wales to link families together.

Workshops on epilepsy and memory, and epilepsy and depression, are also organised. The aim is to enable people to better manage their condition by helping them understand that there are strategies they can use to help them do so.

 **07739 093211** •  jpaterson@epilepsy.org.uk
National

 **01633 253407** •  asivapatham@epilepsy.org.uk

 www.epilepsy.org.uk/cymru

Family Fund

The Family Fund is an independent grant-giving organisation helping low-income families caring for a severely disabled child. Families of children under the age of 17 who meet the criteria can apply for grants once a year.

☎ 01904 550055 • ✉ info@familyfund.org.uk • 🌐 www.familyfund.org.uk

Family Information Service

The Family Information Service (FIS) offers specialist information free of charge to the residents of Gwynedd and professionals. FIS will provide guidance on childcare, support services, young people and family issues. We keep a list of registered childcare settings e.g childminders, nurseries and Cylchoedd Meithrin - these can be viewed on our website.

☎ 01248 352436 M: 07976 623816

✉ GGTGwyneddFIS@gwynedd.llyw.cymru • 🌐 http://www.fis.wales
Ty Cegin, Rhodfa Penrhyn, Maesgeirchen, Bangor, Gwynedd LL57 1LR
Facebook - Gwynedd-Ni

GOV.UK

The official UK government website for citizens covers a wide range of topics including carers' issues and information about money, tax and benefits.

🌐 www.gov.uk

GP Out of Hours Service

☎ 0300 123 5566

Green bottle in the fridge

This is a small plastic container in which you can put a copy of the patient's prescription. There are labels with green crosses on them, one of which should be attached to wherever the 'bottle' has been placed (usually in the 'fridge) and the other by whichever door the emergency services would enter the house. The emergency services are aware of the scheme and, in the event of there being no one else in the house, would find the bottle to take with the patient to hospital. Green bottles are available from the information stand in Ysbyty Gwynedd or from the Carers Support Officer, Gwynedd Council.

☎ 01286 679742 • ✉ Gofalwyr@gwynedd.llyw.cymru

Gwynedd Community Resources Teams

Five new teams have been jointly created between Gwynedd Council Social Services, Betsi Cadwaladr University Health Board and organisations from the third sectors. They provide services for adults over the age of 18 who need care and support, whether this is because of illness, a physical disability, memory problems, concern over an individual's safety and for older people who are frail or ill. Advice can also be provided through this team on aids and adaptations for your home.

They provide a service for carers who need care and support, which means you can ask for an assessment of your needs as a carer. The teams also provide information, advice and support to help people solve their concerns before they get worse. This means helping carers to see what support is available in your communities. You can contact one of the teams which operates in your area, below:

Monday to Friday 9.00-5.00

Llyn area ☎ 01758 704099 • ✉ OedolionLlyn@gwynedd.llyw.cymru

Caernarfon area ☎ 01286 679099

✉ OedolionCaernarfon@gwynedd.llyw.cymru

Bangor area ☎ 01248 363240

✉ OedolionBangor@gwynedd.llyw.cymru

Eifionydd-North Meirionnydd area ☎ 01766 510333

✉ OedolionEifionydd/GogMeirionnydd@gwynedd.llyw.cymru

South Meirionnydd area ☎ 01341 424499

✉ OedolionDeMeirionnydd@gwynedd.llyw.cymru

🌐 www.gwynedd.llyw.cymru

Please see the map of the above teams at the end of this document.

Gwynedd Council - general enquiries

Monday - Friday

☎ 01766 771000 • 🌐 www.gwynedd.llyw.cymru

Gwynedd Children's Referral and Intake Team

The team is responsible for receiving all referrals for the Children and Families Service and for assessing whether they need a care and support plan. It includes children who need to be safeguarded, families who need support, children with disabilities and information, advice and assistance for families to enable them to have early help within their communities.

☎ 01758 704455 • ✉ cyfeiriadauplant@gwynedd.llyw.cymru
🌐 www.gwynedd.llyw.cymru

Hospice at Home - Gwynedd and Anglesey

Offer services for people with life threatening diseases. Provides home nursing, a day hospice (Hafan) and complementary therapy clinics.

☎ 01286 662772 • 🌐 www.hospiceathomega.co.uk

Hafal

Hafal is an organisation in Wales working with individuals recovering from severe mental illness, and their families. Hafal delivers a range of services including direct support and advice, support in a crisis, contact with others by phone, advocacy, support in a group setting, introductions for befriending, and employment and training projects. Hafal also gives clients a voice in the planning of mental health services.

☎ 01766 513800 • ✉ gwynedd@hafal.org • 🌐 www.hafal.org

Headway Gwynedd

Headway Gwynedd is a branch of Headway UK, a charity set up to give help and support to people affected by brain injury and their carers and families. There are many possible causes of brain injury, e.g. a fall, a road accident, tumour, stroke, brain haemorrhage, and carbon monoxide poisoning.

Monthly support meetings are held in Caernarfon on the second Saturday of the month and in Llwyngwril on the fourth Saturday of the month - all welcome.

☎ 07881 347544 • ✉ ffion.jones@headway.org.uk
☎ 0808 800 2244 (helpline) • ✉ helpline@headway.org.uk
🌐 www.headway.org.uk


Holidays for All

Holidays for All is a group of leading specialist UK companies who offer accessible holidays in the UK and overseas. If it's a short break, respite from caring or overseas holidays for people with a disability, Holidays for All can help.

☎ 0845 124971 mobile 'phone)
🌐 www.holidaysforall.org


Home Fire Safety Checks

The Fire Service will visit you at home on advice on how to make your home safe and, where appropriate, will fit a free smoke alarm.

 **0800 169 1234**

Hospital Transport

Patient transport services are available for people who have a health condition or disability that prevents them from using public transport. A relative or carer may be able to accompany people who need care throughout the journey or have communication difficulties.

 **0300 123 2317**

Huntingdon's Disease Association

The Huntingdon's Disease Association is a UK registered charity which supports people affected by Huntingdon's disease (HD). They also provide information and advice to families, friends, and healthcare professionals who support families affected by Huntingdon's disease.

Regional Care Advisor for North Wales: Alwena Potter

 **01492 549462** •  alwena.potter@hda.org.uk

 **0151 331 5444 (Head office)** •  <http://hda.org.uk>

Integrated Autism Service

The North Wales Integrated Autism Service provide support in partnership with a wide range of organisations in the community. They offer support to parents and carers of autistic individuals, including ASDinfoWales resources; post diagnostic information and support and signposting advice, support to understand and develop the child's coping strategies, organising and life skills; links to training opportunities and support groups; support and advice in relation to challenging behaviours.

 **01352 702090** •  NA.IAS@flintshire.gov.uk

 www.ASDinfoWales.co.uk

Joint Stores

If a piece of equipment (e.g. hoist) breaks/isn't working, contact the Joint Stores who will then contact the relevant company who will then come out to fix it – normally on the same day.

 **01248 682523 Monday to Friday 8.30-1630**

 **01978 758111 Out of hours number**

Jobcentre Plus

If you are caring for someone and want to go back to work or combine paid work with your caring responsibilities, there is help available from your local Jobcentre Plus, including benefits advice and information on how to access respite (replacement) care for the person you look after.

 **0800 012 1888**

Key to Disabled Public Toilets

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. There are 9,000 accessible toilets across the UK fitted with the NKS lock.

For a small fee, you can obtain one of these 'Radar' keys from Gwynedd Council to unlock the doors of participating public toilets. To find out how to get one, contact Galw Gwynedd on **01766 771000** - they are available from any Siop Gwynedd.

Libraries

If someone is housebound or you are a full time carer, the Library Service can come to your door every four weeks. The library has a variety of books for carers, some of them written by carers. Contact your local library for further details, or ring **01286 679465** or 01341 422771, or e-mail llyfrgell@gwynedd.llyw.cymru or you can make an application online

www.gwynedd.llyw.cymru/en/Residents/Libraries-and-archives/Mobile-library-and-home-library-service.aspx

Macmillan Cancer Support

Provides practical, medical and financial support and pushes for better cancer care. The Macmillan Information and Support Centre in the Ysbyty Gwynedd reception area provides information 24/7 and support 9.00-16.00 if a member of staff is available - contact details:

 **01248 384902** •  dave.roberts@wales.nhs.uk

National

 **0800 808 0000** •  www.macmillan.org.uk

Mantell Gwynedd

Mantell Gwynedd is an umbrella organisation for third sector organisations and community groups in Gwynedd. They are members of every strategic partnership in the county, including the local Public Services Board. They can ensure an independent voice for third sector organisations and facilitate a number of networks. They are a link between third sector and statutory organisations and can share information quickly and effectively to a wide audience. They also recruit volunteers, and they have information about local organisations, community groups and support groups.

☎ **01286 672626** • ✉ ymholiadau@mantellgwynedd.com
☎ **01341 422575** • ✉ dolgellau@mantellgwynedd.com
📞 www.mantellgwynedd.com

Marie Curie

The Marie Curie Nursing Service is available across North Wales, caring for people who have palliative care needs or are terminally ill with cancer or other illnesses. The Marie Curie nurses provide care at home overnight from 10pm to 7am. Occasionally they can provide care during the day. Nursing care is given to the patient as well as practical and emotional advice and support for the patient and their family. This service is free to patients, their families and carers. Referral for this service is via the district nurse.

☎ **0800 634 4520** • 📞 www.mariecurie.org.uk

The Marie Curie Nursing Service also provides a Palliative Care Rapid Response service, which is available across North Wales between 10pm-7am to provide urgent care at short notice in a patient's home. This service is accessed by family, patients or carers through the Out of Hours GP service by phoning.

☎ **0300 123 5566**

Meic

National information, advice and support line for children and young people in Wales. (Also offers information and resource service to parents and carers).

☎ **0808 802 3456** • Text **84001** • 📞 www.meiccymru.org

Mencap Cymru

Mencap Cymru is a voice for learning disability in Wales. Everything they do is about making sure people with a learning disability are valued equally,

listened to and included.

Mencap Wales' Independent Support and Empowerment (WISE) is a Welsh Government funded service available to everyone in Wales. Whether you're a person with a learning disability, a family member or a friend, they can give you the information you need to understand the rights of people with a learning disability and support to access services or challenge decisions.

 **0808 8000 300 9am-5pm** (Monday to Friday, closed bank holidays)

 information.wales@mencap.org.uk

 helpline.wales@mencap.org.uk •  www.mencap.org.uk/wales

Mental Health Advocacy Scheme

A free and independent service that works with adults to ensure that the individual's rights are upheld and their voice is heard.

 **01248 670540 (24 hour answer phone)**

 advocacy@mmas.org.uk •  www.advocacyscheme.co.uk

Motability Scheme

The Motability Scheme enables disabled people to exchange the Higher Rate Mobility Component of their Personal Independence Payment/Disability Living Allowance or their War Pensioners' Mobility Supplement to obtain a new car, powered wheelchair or scooter.

 **01279 635999** •  www.motability.co.uk

Motor Neurone Disease Association

The Motor Neurone Disease Association offers a range of services to support people living with MND and their carers, and to health and social care professionals.

Regional Care Development Adviser: Kevin Thomas

 **0345 3751 324 (North West Wales Group)**

 www.mndnorthwestwales.org/index.html

MND Connect (helpline)

 **0808 802 6262** •  www.mndassociation.org

Multiple Sclerosis Society

Offers those affected by MS the services of a dedicated support team, grant funding for essential equipment and services, a full range of information

literature, a carers' support network, and information events.

Gwynedd and Môn Branch

☎ 01758 720708 - Susannah Robinson

☎ 07527 887227 ✉ srcpl@btconnect.com

National

☎ 0208 438 0700

✉ mscymru@mssociety.org.uk

☎ 0808 800 8000 (MS national helpline weekdays 9.00am–7.00pm)

✉ helpline@mssociety.org.uk

🌐 www.mssociety.org.uk/contact-us/cymru

Myaware (formerly Myasthenia Gravis Association)

The association offers support to myasthenics and their families, increasing public and medical awareness, and raising funds for research. Provides a quarterly magazine called MGA News. Booklets and leaflets for the assistance of myasthenics, their families, friends, carers and medical practitioners can be obtained from Head Office.

Contact the support worker (see below) for details of the North Wales Branch.
North Wales Support Worker: Karl Parr

☎ 07395 794063 • ✉ karl.parr@myaware.org

National

☎ 01322 290219 • ☎ 0800 919 922 (Freephone UK)

🌐 www.myaware.org

Nest

Advice and information for those worried about the cost of heating their home; also, if you are eligible, a packet of free energy efficiency improvements for the home, such as a new boiler, central heating or insulation.

☎ 01492 623473 • ✉ noddfapen@aol.com

NHS 24 Hour Helpline

☎ 0845 46 47

National Deaf Children's Society (NDCS)

The National Deaf Children's Society (NDCS) is the leading charity dedicated to creating a world without barriers for deaf children and young people. The

society offers family support work to families with a child with any hearing loss.

 **01248 670139** •  jill.bartlett@ndcs.org.uk
 **0808 800 8880 (helpline)** •  www.ndcs.org.uk

Noddfa

Noddfa in Penmaenmawr, Conwy, welcomes carers and offers a chance to relax and enjoy the beauty of the sea and the hills. It's possible to go there when there will be other carers there or at other times. Noddfa will make every effort to provide accommodation on the dates and times that suit the carer. The cost for carers is £50 a day (2019) for accommodation and full board.

 **01492 623473** •  noddfapen@aol.com

North Wales Advice and Advocacy Association (NWAAA)

Provides support, advice and advocacy to people facing disadvantage, including carers.

 **01248 670852** •  enquiry@nwaaa.co.uk •  www.nwaaa.wales

North Wales Society for the Blind

Services include CD and Braille transcription service, daily living skills and mobility training, benefits advice, grants, resource centre and IT training.

 **01248 353604** •  www.facebook.com/nwsb.org.uk/

O Ddrws i Ddrws

Service for disabled people in the Dwyfor area who are unable to reach public transport.

 **01758 721777**

Parkinson's UK

Parkinson's UK offers one-to-one and confidential support to anyone affected by Parkinson's disease, including: up to date information on Parkinson's; emotional support for family and carers; information and assistance with benefits and the application process; information about local services, including the Parkinson specialist nurses; links to other Parkinson's UK services, such as the helpline, website, information resources, local branches and support groups.

North West Wales Information and Support Worker: Catrin Shorney-Jones

Power of Attorney

This is a legal procedure which enables a person to give someone else responsibility to make decisions about financial matters. Since October 2007, under the Mental Capacity Act, Lasting Power of Attorney also gives decision making power on health matters. For more information, contact the Office of the Public Guardianship.

☎ 0300 456 0300

Public Transport

Traveline Cymru

Traveline Cymru provide a public transport information service; their purpose is to offer a 'one stop shop' for travel information in Wales, to include bus, coach, rail and ferry. They can assist you with planning your journey, by providing you with timetables etc. They can also provide contact details of bus and rail companies so you can contact them directly for further information e.g. whether or not the buses on a particular route have wheelchair friendly access. For further information, contact them on **0800 464 0000**, or visit www.traveline.cymru/travellers-with-a-disability

Free Bus Travel

People over 60 years of age and people with a disability can travel for free on all local bus services in Wales. Make an online application:

<https://tfw.gov.wales/travelcards> or go to your local library. Paper forms are available from Gwynedd Council or by contacting Transport for Wales travelcards@trw.wales or **0300 303 4240**. If the person you care for cannot travel on their own, they can apply for a companion bus pass where a person can travel with them for free. Contact Gwynedd Council - **01766 771000**

Train Services

Transport for Wales provide most train services in Wales, and they aim to make their trains accessible to wheelchair users. They have a guide available *Making Rail Accessible - Helping Older & Disabled Passengers*, for a copy phone **0333 3211 202** or download a copy at

<https://trctrenau.wales/passengerassistance/passengers-with-disabilities>

For travel enquiries, 'phone **0333 3211 202**; for assistance for customers

with disabilities, 'phone **03330 050 051 (08457 585 469 text phone)**

Disabled Persons Railcard

For a yearly fee, the railcard allows the cardholder and one adult travelling with them get 1/3 off most rail fares throughout Great Britain. For more information about the railcard, contact **0345 605 0525** or **www.disabledpersons-railcard.co.uk**

Refuse collections

Gwynedd Council offers an assisted collection service to help people who have difficulty moving their bins. Application forms are available from Gwynedd Council and you will need your GP to verify that you are eligible. If you are eligible, the bin crews will collect the bin from your garden and return it after emptying.

 **01766 771000**

 **galwgywnedd@gwynedd.llyw.cymru**

 **www.gwynedd.llyw.cymru**

RNIB Cymru

This is a service for anyone who's affected by sight loss. They also support families with a child who is blind or partially sighted, including those with multiple disabilities.

Children and Families Support Worker: Jennifer Collins

 **07776 284068** • **CYPF.Mailbox@rnib.org.uk**

<https://www.rnib.org.uk/practical-help/children-young-people-and-families>

0303 123 9999 (helpline)

<https://www.rnib.org.uk/our-services>

Scope

The Scope helpline provides free impartial and independent advice and support on issues which are important to disabled people and their families




 **0808 800 3333 (helpline 9am until 5pm Monday to Friday)**

 **helpline@scope.org.uk** •  **www.scope.org.uk**

Sense

Sense is a national charity that supports and campaigns for children and adults who are deaf-blind. Provides tailored support, advice and information as well

as specialist information to all deaf-blind people, their families, carers and the professionals who work with them.

 and textphone 0300 330 9258 •  info@sense.org.uk
 www.sense.org.uk/

Shelter Cymru

Helpline Monday - Friday 9.30am - 4.00pm, housing advice, social services and advocacy work.

 0345 075 5005 •  www.sheltercymru.org.uk

SHINE

Supports people with spina bifida and hydrocephalus.

 01733 555988 •  firstcontact@shinecharity.org.uk
 www.shinecharity.org.uk/wales-region/wales-region

SNAP Cymru

Supports families of children who have additional learning needs.

 02920 348998 •  0801 801 0608 (helpline)
 enquiries@snapcymru.org •  www.snapcymru.org

St David's Hospice

They provide specialist end of life care to adult patients and their families across the counties of Conwy, Gwynedd and Anglesey. Their Day Care Unit provides patient care, bereavement and counselling services, whilst their Inpatient Unit offers symptom control, respite and end of life care.

They have a support group for carers to gain support from professionals and a chance to meet other carers, and are also given information and skills to care for the loved one at home. The Carers Support Group meets every other Wednesday between 10-12 in the St David's Hospice Therapy Centre. Contacts: Joanna Hughes (Social Worker) and Sue Hughes (Counsellor St David's Hospice Therapy Centre) ext 245 on the 'phone number below.

 01492 879058 •  enquiries@stdavidshospice.org.uk
 www.stdavidshospice.org.uk

Telecare a service run by Gwynedd Council

Telecare equipment provides an alarm if someone falls or becomes ill and offers peace of mind to the carer, whether it allows them to sleep soundly or to go shopping, they are secure in the knowledge that they will be alerted if they are needed.

☎ **01286 682888** • ✉ eiddo@gwynedd.llyw.cymru

The Outside Clinic

Free home eye tests and hearing tests for the over 60s who can no longer visit the high street optician alone.

☎ **0800 854477** • ✉ info@outsideclinic.com
🌐 www.outsideclinic.com

The Red Cross

The Red Cross provides short-term care in your home following an admission to hospital. The service offered is available for up to six weeks. The trained volunteers complement the help which social and community health workers may provide and are able to assist you to regain your independence through a service tailored to your specific needs.

They are also able to supply equipment such as wheelchairs on short term loan.

☎ **01248 364677** • ☎ **07899 913203**
✉ hwilliams@redcross.org.uk • 🌐 www.redcross.org.uk

The Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. ☎ **116 123**

Welsh language line: **0808 164 0123** (Monday 6pm-1am, Tuesday 7pm-11pm, Wednesday 2pm-6pm and 7pm-10pm, Thursday 2pm-6pm and 7pm-1am, Friday 7pm-1am, Saturday 3pm-1am, Sunday 7pm-1am)

✉ jo@samaritans.org • 🌐 www.samaritans.org

The Stroke Association

The Stroke Association helps stroke survivors and their families cope with all aspects of life after stroke. The information, advice and support service

provides a holistic assessment of needs post stroke to identify the level of support required for each individual to adapt with life after stroke. These services can be accessed through referral by the NHS. The Stroke Association also has groups and projects running in Gwynedd to help stroke survivors regain confidence and independence post stroke.

 **01286 671145 • 07720 365228**

 **jamiescraze@stroke.org.uk •  www.stroke.org.uk**

tide

tide is a UK wide network of carers and former carers of people with dementia, hosted by the Life Story Network. Their mission is to be the voice, friend and future of all carers and former carers of people with dementia. tide enables carers and former carers to have a powerful collective voice, using their lived experience to raise awareness of their unique needs, have their rights respected and be empowered to influence practice, policy and research at all levels.

 **0151 237 2669**

 **carers@tide.uk.net**

 **www.tide.uk.net**

Tros Gynnal Plant

Works with children and young people to promote and realise their rights through a range of projects, training and campaigning, including an advocacy service in North Wales.

 **01268 238007**

 **northwalesadvocacy@tgpcymru.org.uk**

 **www.tgp.cymru.org.uk**

Unllais

Unllais is a development and training agency that prides itself on 'working with others to put people at the centre of better lives and services.'

Unllais provides support to the third sector, service users and carers and partner agencies working in North Wales and in particular in the field of mental health and wellbeing.

 **01745 872903**

 **office@unllais.co.uk**

 **www.unllais.co.uk**

Wales Dementia Helpline

The helpline offers emotional support to anyone of any age, who is caring for someone with dementia, as well as other family members or friends. The service will also help and support those who have been diagnosed with dementia.

They have a comprehensive database of services which may be able to help and can also supply self-help and agency leaflets free of charge, Calls are free and the caller need not give any personal details.

 **0808 808 2235**

 **www.dementiahelpline.org.uk**

Wales Drug and Alcohol Helpline (DAN 24/7)

A free and bilingual telephone drugs helpline providing a single point of contact for anyone in Wales wanting free information or help relating to drugs or alcohol. The helpline will assist individuals, their families and carers to access appropriate local and regional services.

 **0808 808 2234**

Text DAN and any question to 81066

 **www.dan247.org.uk**

Wales Learning Disability Helpline

 **0808 808 1111 10am-6pm (Monday to Friday),
10am-4pm (weekends and bank holidays)**

 **helpline.wales@mencap.org**

Welsh Association of ME and CFS Support (WAMES)

The Welsh Association of ME and CFS Support (WAMES) works in Wales to improve the lives of people with ME, CFS and PVFS, their families and carers. Their services include supporting young people with ME, providing information in Welsh and English for people with ME and their families, and supporting local groups.

 **02920 2051 5061 (helpline)**

 **helpline@warmes.org.uk**

 **www.warmes.org.uk/cms-english/carers/**

Welsh Water Assist

Welsh Water operates a scheme called 'Help U', which offers reduced charges for qualifying households who are on a low income/have large families and/or a family member with a medical condition that requires a significant amount of extra water, and are also on qualifying benefits or tax credits.

People who apply for Welsh Water Assist 'Watersure Cymru' because someone in the household has a medical condition that requires extra water will also be placed on the Additional Services register and Welsh Water will provide the household with an alternative supply during emergency interruptions.

 **0800 052 0145**

 **www.dwrcymru.com**

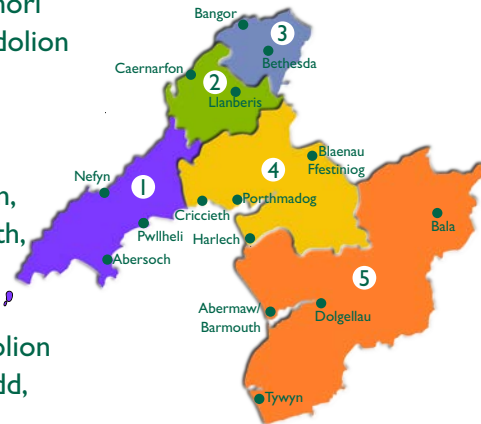
Area map of the Community Resource Teams

**MANYLION CYSWLLT NEWYDD AR GYFER
GWASANAETHAU GOFAL I OEDOLION**

**NEW CONTACT DETAILS FOR
ADULT CARE SERVICES**

Mae gwasanaeth newydd yn cymryd lle Tîm Cynghori ac Asesu Oedolion Gwynedd.

O hyn ymlaen, am wybodaeth, cyngor a chymorth ar gyfer oedolion yng Ngwynedd, cysylltwch â:



A new service is replacing the Gwynedd Adult Advice and Assessment Team.

From now on, for information, advice and assistance for adults in Gwynedd, please contact:

1 Llŷn 01758 704099
OedolionLlyn@gwynedd.llyw.cymru

2 Caernarfon 01286 679099
OedolionCaernarfon@gwynedd.llyw.cymru

3 Bangor 01248 363240
OedolionBangor@gwynedd.llyw.cymru

4 Eifionydd-Gogledd/North Meirionnydd 01766 510300
OedolionEifionydd/GogMeirionnydd@gwynedd.llyw.cymru

5 De/South Meirionnydd 01341 424499
OedolionDeMeirionnydd@gwynedd.llyw.cymru

www.gwynedd.llyw.cymru



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

