



“ Gwnes i gysylltu CYMORTH i ddod o hyd i weithgaredd dydd y gallwn i'w wneud yn fy nghadair olwyn ger fy nghartref. Gwnaethom ni ddod o hyd i glwb gwyh gyda staff hyfryd. ”

“ I contacted ASSIST to find a day time activity session that I could access in my wheelchair near to home. We found a great club with lovely staff. ”

Rydym yn darparu gwybodaeth a chyngor ar amrediad eang o fathau o gymorth i bobl ym Mhowys sy'n 18 neu'n hyn.

Gallwch ddod o hyd i ni ar-lein neu siarad ac aelod cyswllt ar y rhif isod.

We provide information and advice on a wide range of support for people in Powys who are aged 18 or over.

You can find us online or speak to a contact officer on the number below.

CYMORTH ASSIST

Gwasanaeth Gwybodaeth Gofal Cymdeithasol i Oedolion
Adult Social Care Information Service

0345 602 7050

FOR MORE INFORMATION CONTACT

cymorth@powys.gov.uk | assist@powys.gov.uk | www.powys.gov.uk

