



“Ers i mi golli fy ngr, rwyf wedi ei chael hi'n anodd mynd i lefydd.

Cysylltais CYMORTH a roddodd wybodaeth am gynllun trafnidiaeth gymunedol leol sy'n cael ei drefnu gan wirfoddolwyr.”

“Since losing my husband, I found it hard to get around.

I contacted ASSIST who gave me information about a local community transport scheme run by volunteers.”

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

