



“ Fel gofalwr llawn amser, d’oes gen i ddim llawer o amser i fi fy hunan. Cysylltais **CYMORTH** ac fe wnaethon nhw gynnis asesiad gofalwr i mi.

Nawr, mae gen i amser ac ymunais chlwb rhedeg. ”

“ As a full time carer, I get very little time to myself. I contacted **ASSIST** and was offered a carers assessment.

I now have time and joined a running club. ”

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

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