

“Ro'n i'n poeni am fy nghymydog sy'n ei chael hi'n anodd delio 'r pethau beunyddiol yn y cartref.

Cysylltais CYMORTH a wnaethon nhw gymryd sylw o fy mhryderon a gwrando arnaf.”

“I was worried about my neighbour who is struggling with daily living at home.

I contacted ASSIST who took details of my concern and listened to me.”

Rydym yn darparu gwybodaeth a chynghor 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

