

'CONNECTING CARERS'

Looking after a family member, friend or neighbour?

Want to take control of how you and they are supported?

We would like to connect you to people in Bridgend who want that too.

We can help you be part of a community where you can:

- Meet other people in a similar position
- Take charge of the way you and the people you look after are supported
- Use technology to meet, chat and share experiences
- Arrange fun social activities.

'Connecting Carers' brings people together in a caring, supportive community where you have the power to plan how you look after yourselves and each other.

Call Paula at the Wales Co-operative Centre on 07776 961253, paula.lunnon@wales.coop or www.facebook.com/BridgendConnectingCarers.

Wales Co-operative Centre is not a care provider. We are independent organisation working with people, communities and enterprises to improve lives and livelihoods. Connecting Carers is busy working across Bridgend with the support of Bridgend County Borough Council.

'CYSYLLTU GOFALWYR'

Gofalu am aelod o'r teulu, ffrind neu gymydog?

Eisiau rheoli sut rydych chi a nhw'n cael eich cefnogi?

Rydyn ni eisiau eich cysylltu â phobl ym Mhen-y-bont ar Ogwr sydd eisiau hynny hefyd.

Gallwn eich helpu i fod yn rhan o gymuned ble mae modd:

- Cyfarfod pobl eraill mewn sefyllfa debyg
- Rheoli'r ffordd rydych chi a'r bobl rydych yn gofalu amdanynt yn cael eich cefnogi
- Defnyddio technoleg i gyfarfod, sgwrsio a rhannu profiadau
- Trefnu gweithgareddau cymdeithasol llawn hwyl.

Mae 'Cysylltu Gofalwyr' yn dod â phobl at ei gilydd mewn cymuned ofalgar, gefnogol lle mae gennych chi'r grym i gynllunio sut rydych chi'n gofalu am eich hunain a'ch gilydd.

Ffoniwch Paula yng Nghanolfan Cydweithredol Cymru ar 07776 961253 neu e-bostiwch paula.lunnon@wales.coop, neu www.facebook.com/BridgendConnectingCarers

Nid yw Canolfan Cydweithredol Cymru yn ddarparwr gofal. Rydym yn sefydliad annibynnol sy'n gweithio gyda phobl, cymunedau a mentrau i wella bywydau a bywoliaeth: www.cymru.coop. Mae 'Cysylltu Gofalwyr' yn brysur yn gweithio ledled Pen-y-bont ar Ogwr gyda chefnogaeth Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr.