

# 'CONNECTING CARERS'

**Do you look after a child with additional needs, a physical or learning disability?**

**Want more control of how you and they are supported?**

**We want to connect you to parents in Bridgend who want the same as you.**

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

- Control how you can help your child and yourself
- Share experiences and knowledge with friends you can talk to
- Organise fun activities where your child can flourish
- Use technology to meet, chat and stay in touch.

'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](mailto:paula.lunnon@wales.coop) or  
[www.facebook.com/BridgendConnectingCarers](http://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'

**Ydych chi'n gofalu am blentyn gydag anghenion ychwanegol, anabledd corfforol neu anabledd dysgu?**

**Ydych chi eisiau rhagor o reolaeth dros sut rydych chi a nhw'n cael eich cefnogi?**

**Rydyn ni eisiau eich cysylltu â rhieni ym Mhen-y-bont ar Ogwr sydd eisiau'r un peth â chi.**

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

- Rheoli sut gallwch helpu eich plentyn a chi'ch hun
- Rhannu profiadau a gwybodaeth gyda ffrindiau y gallwch siarad â nhw
- Trefnu digwyddiadau llawn hwyl lle gall eich plentyn ffynnu
- Defnyddio technoleg i gyfarfod, sgwrsio a chadw cysylltiad.

'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](mailto:paula.lunnon@wales.coop) neu [www.facebook.com/BridgendConnectingCarers](https://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](http://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