

# CYNHALWYR IFAINC

# YOUNG CARERS

Rhondda Cynon Taf



Ydych chi'n berson ifainc hyd at 25 oed, sy'n gofalu am aelod o'r teulu?

Are you a young person aged up to 25 looking after a family member?

## GALLWN NI HELPW!!

Cysylltwch â'r Gwasanaeth Cynhalwyr Ifainc

CarfanCynhalwyrIfainc@rctcbc.gov.uk  
youngcarerssupportteam@rctcbc.gov.uk  
01443 668839

## WE CAN HELP!!

Contact the Young Carers Service

Cynhalwyr Ifainc 



STRONG HERITAGE | STRONG FUTURE  
RHONDDA CYNON TAF  
TREFTADAETH GADARN | DYFODOL SICR

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