



Rhaglen Gwybodaeth a Chymorth i Gynhalwyr  
Carers Information and Support Programme

## Do you care for someone with dementia? Would you like to find out more about dementia?

Join us at our Carer Information and Support Programme on:  
**Wednesday 23rd October and Thursday 24th October 2019**  
**9.30am to 3.30pm**  
**At Hawthorn Leisure Centre, Pontypridd CF37 5LN**

You will be able to find out more about:

- Understanding dementia
- Supporting a person with dementia
- Local Services
- Legal and Financial affairs
- Looking after yourself

You will also be able to meet other Carers, gain support and share your experiences.

If you would like any further information, or to book a place please call the Carers Project on

**01443 281463**

or email

[carerssupportproject@rctcbc.gov.uk](mailto:carerssupportproject@rctcbc.gov.uk)



prosiect cynnal y cynhalwyr



RHONDDA CYNON TAF

# CrISP

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## Ydych chi'n gofalu am unigolyn â dementia? Hoffech chi gael gwybod rhagor am ddementia?

Ymunwch â ni yn ein hachlysur Rhaglen Gwybodaeth a Chymorth i Gynhalwyr:  
**Dydd Mercher 23 Hydref a dydd Iau 24 Hydref 2019**  
9.30am - 3.30pm

**Canolfan Hamdden y Ddraenen Wen, Pontypridd CF37 5LN**

**Cewch chi ragor o wybodaeth am y canlynol:**

- Deall dementia
- Cefnogi unigolyn â dementia
- Gwasanaethau lleol
- Materion cyfreithiol ac ariannol
- Gofalu amdanoch chi'ch hun

Bydd cyfle i chi hefyd gwrrdd â chynhalwyr eraill, cael cymorth a rhannu'ch profiadau.

Pe hoffech chi ragor o wybodaeth  
neu gadw lle, ffoniwch Gynllun  
Cynnal y Cynhalwyr ar

**01443 281463**

neu e-bostio  
[cynnalycynhalwyr@rctcbc.gov.uk](mailto:cynnalycynhalwyr@rctcbc.gov.uk)



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