

Unpaid Carers Connect over Coffee



Are you an unpaid carer, looking after someone who lives in the Vale of Glamorgan?



MEET

other unpaid carers



MINGLE

over afternoon tea, and



HEAR!

about ways you can develop your skills and knowledge either for your own interest or to support the person you care for.

March 30th 2023

at Barry Memorial Hall
between 1pm and 6pm



A number of organisations who can provide aids, adaptations, knowledge and skills development will be available to share information on their services.

Take advantage of our specialist's knowledge of equipment to help you stay safe and independent, find out what development opportunities are coming up and available to you.

There will also be organisations there who provide information and advice on a range of services and support for unpaid carers relating to benefits and finance.

Professionals who support unpaid carers are also welcome to browse the stalls and join us for a cup of tea.

Entry is Free, but if you are an unpaid carer and would like to book an afternoon tea, please contact us before Monday 20th March 2023 to make a reservation:

Email carersservices@valeofglamorgan.gov.uk Phone 01446 704851

Gofalwyr di-dâl yn Cysylltu dros Goffi



Ydych chi'n ofalwr di-dâl, yn gofalu am rywun sy'n byw ym Mro Morgannwg?



GWRDD

â gofalwyr di-dâl eraill



SIARAD

dros de prynhawn, a



CHLYWED

am ffyrdd y gallwch ddatblygu eich sgiliau a'ch gwybodaeth naill ai er eich diddordeb eich hun neu i gefnogi'r person rydych chi'n gofalu amdano?

dym yn cynnal digwyddiad ar gyfer gofalwyr di-dâl ar

30 Mawrth 2023

yn Neuadd Goffa'r Barri

Rhwng 1pm a 6pm

VALE of GLAMORGAN



Mae nifer o sefydliadau sy'n gallu darparu cymhorthion, addasiadau, gwybodaeth a datblygu sgiliau i rannu gwybodaeth am eu gwasanaethau.

Manteisiwch ar wybodaeth ein harbenigedd am offer i'ch helpu i gadw'n ddiogel ac yn annibynnol, canfod pa gyfleoedd datblygu sydd ar y gweill ac ar gael i chi.

Bydd sefydliadau yno hefyd sy'n rhoi gwybodaeth a chynghor am amrywiaeth o wasanaethau a chymorth i ofalwyr di-dâl sy'n ymwneud â budd-daliadau a chyllid.

Mae croeso hefyd i weithwyr proffesiynol sy'n cefnogi gofalwyr di-dâl bori drwy'r stondinau ac ymuno â ni am banded o de.

Mae mynediad am ddim, ond os ydych yn ofalwr di-dâl ac os hoffech archebu te prynhawn, cysylltwch â ni cyn dydd Llun 20 Mawrth 2023 i wneud archeb:

E-bost carersservices@valeofglamorgan.gov.uk Ffôn 01446 704851