

Are you an older person or do you
care for an older person?

Do you work with older people?

Would you like to find out about community groups,
activities and services in your area?

Your local Community Coordinator can signpost you!

Cynon

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Taff

Merthyr
Town

Community Coordinators:

- Provide information, advice and signpost older people to local community groups, activities and services in their area
- Work in partnership with communities, agencies and services to support older people
- Support older people to live independent lives within their communities
- Raise awareness of community and voluntary sector services

Want to know more? Call or email your local Community Coordinator today!

**Ydych chi'n berson hŷn neu a ydych yn
gofalu am berson hŷn?**

Ydych chi'n gweithio gyda phobl hŷn?

**A hoffech gael gwybod am grwpiau cymunedol,
gweithgareddau a gwasanaethau sydd ar gael yn eich ardal?**

Gall eich Cydlynnydd Cymunedol Lleol cyfeirio chi!

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Taf

Leostant
Town

Cydlynwyr Cymunedol:

- Darparu gwybodaeth, cyngor a chyfeirio pobl hŷn i grwpiau cymunedol, gweithgareddau a gwasanaethau lleol yn eu hardal
- Gweithio mewn partneriaeth â chymunedau, asiantaethau a gwasanaethau i gefnogi pobl hŷn
- Cefnogi pobl hŷn i fyw bywydau annibynnol yn eu cymunedau
- Codi ymwybyddiaeth o wasanaethau'r sector cymunedol a gwirfoddol

Eisiau gwybod mwy? Ffoniwch neu e-bostiwch eich Cydlynnydd Cymunedol Lleol heddiw!