Mae Prosiect Dementia a Gofalwyr Abertawe'n cynnig cyngor a chymorth i:

- unrhywun sy'n pryderu ynghylch ei gof,
- y rhai sy'n pryderu ynghylch aelod o'r teulu neu ffrind, ac
- y rhai sy'n gofalu am rywun sy'n byw gyda dementia

Mae'r prosiect yn cynorthwyo pobl sydd wedi cofrestru gyda Phractisiau Meddygon Teulu yn Abertawe.

Os ydych chi'n byw gyda dementia, fe allwn ni gynnig cyfeillachwr(aig) i ddarparu cymorth cymdeithasol fel y gallwch chi fynd i gymryd rhan mewn gweithgareddau, neu efallai dim ond i gael dysglaid a chlonc.

Os ydych chi'n byw gyda rhywun, neu'n gofalu am rywun sydd â dementia, cewch chi ymuno ag un o'n boreau coffi/ grwpiau cefnogol ni, lle gallwch chi sgwrsio â phobl mewn sefyllfa debyg.

Gallwn ni gynnig gwybodaeth hefyd am opsiynau seibiant, a'ch rhoi chi mewn cysylltiad â grwpiau cymunedol neu weithgareddau eraill.

TI ddysgu rhagor, cysylltwch ag:

Daisy McGlashan,
Gweithwraig y Prosiect Dementia a Gofalwyr, yn SCVS ar 07908 742718

neu ebostiwch i:
dementiasupport@scvs.org.uk neu daisy_mcglashan@scvs.org.uk

www.scvs.org.uk/sn-dem-carer-proj

Partneriaeth rhwng Clystyrau Meddygon Teulu Abertawe ac SCVS (Elusen Gofrestredig Rhif 1063242)

Llywodraeth Cymru
Welsh Government

Partneriaeth Ranbarthol Gorllewin Morgannwg | West Glamorgan Regional Partnership

Swansea

Dementia and Carer Project

Advice and support for those living with Dementia, and their Carers

Swansea Dementia and Carers Project offers advice and support to:

- anyone concerned about their memory,
- those concerned about a family member or friend, and
- those caring for someone living with dementia

The project supports people registered with GP Practices in Swansea.

If you live with dementia, we can offer a befriender to provide social support so you can go to activities, or to simply have a cuppa and a chat.

If you live with, or care for, someone with dementia, you can come to one of our supportive coffee mornings / groups, where you can chat to people in a similar position.

We can also offer information on respite options, and links to other community groups or activities.

To find out more, contact:

Daisy McGlashan,
Dementia and Carer Project Worker at SCVS on 07908 742718

or email:
dementiasupport@scvs.org.uk or daisy_mcglashan@scvs.org.uk

www.scvs.org.uk/sn-dem-carer-proj

A partnership between Swansea GP Clusters, and SCVS (Reg. Charity No. 1063242)

Llywodraeth Cymru
Welsh Government

Partneriaeth Ranbarthol Gorllewin Morgannwg
West Glamorgan Regional Partnership

Abertawe

Prosiect Dementia a Gofalwyr

Cyngor a chymorth i'r rhai sy'n byw gyda'u Gofalwyr