

Support and Information Coffee morning sessions For parents and carers of disabled children under 18 years' old Last Thursday of the Month 10.00 am - 12.00pm Amman Centre Margaret Street Ammanford SA18 2NP

From time to time we will have professionals in house to give advice, information and training.

Thursday 26th January: Louise McCartney PACE project

Thursday 23rd February Carwyn Tywn (WISE workshop) Lisa Hagley Iechyd Da

Thursday 30th March Catherine Stone (Cerebra) Sleep workshop.

Please join us for coffee/tea & biscuits' and a friendly chat: Amanda Roberts Children's Information Officer from the Family Adviser Service Mencap Cymru (FAS). Also meet other parents who can share their own experiences, knowledge and where you can help support one another.

Having the **information, advice and support** will not only empower you; it will help you and your families conquer social barriers, and help you gain inclusion and equality, and stamp out injustice.

Mencap Cymru is here to give you confidential and accurate information, Support and Advice. The main aim is to ensure your **needs are being met** and making you aware of your rights and entitlements.

We can help signpost you to other organizations with issues on **Health, Education, Benefits, Housing, Challenging Behavior, Diet, Sleep Patterns** etc, and help plan for the future.

Our coffee mornings are **solely here for you**, they are informal and are aimed to be in a relaxed atmosphere. It is somewhere where you can chill and have time out from your everyday busy lives.

Please note, there are a few steps to access the venue.

Should you require any further information or directions, please contact Amanda on (01267)232256 ext 306 or Mob: 07795016524

email: amanda.roberts@mencap.org.uk

**Bore goffi wybodaeth a chyfnogaeth.
I rhieni a gofalwr plant anabl dan 18 oed.
Dydd iau olaf pob mis 10am-12pm.
Canolfan Amman. Stryd Margaret
Rhydaman SA18 2NP.**

Dydd Iau 26ain. O Ionawr :- Louise McCartney prosiect PACE.

Dydd Iau 23eg. O Chwefror :- Carwyn Tywyn (gweithdy WISE).

Dydd Iau 30ed. O Fawrth :- Catherine Stone (Cerebra) gweithdy gwsg.

Os gwelwch yn dda ymunwch â ni am goffi, bisgedi / te a sgwrs gyfeillgar gyda Amanda Roberts Swyddog Gwybodaeth Plant' Gwasanaeth Ymgynghorol Teuluol, Mencap Cymru (FAS). Gallwch gyfarfod hefyd â rhieni eraill sy'n gallu rhannu eu profiadau, eu gwybodaeth a byddiwch yn gallu helpu a chefnogi eich gilydd.

Bydd cael y wybodaeth, y cyngor a'r gefnogaeth nid yn unig yn eich grymuso; bydd yn eich helpu chi a'ch teuluoedd I goncro rhwystrau cymdeithasol, ac yn eich helpu i ennill cynhwysiant a chydaddoldeb, a chael gwared ar anghyfiawnder.

Mencap Cymru yma i roi gwybodaeth, cymorth a chyngor cyfrinachol a chywir i chi. Y prif nod yw sicrhau bod eich anghenion yn cael eu diwallu a'ch gwneud chi'n ymwybodol o'ch hawliau.

Gallwn eich helpu a'ch cyfeirio at sefydliadau eraill ynglyn â materion Iechyd, Addysg, Budd-daliadau, Tai, Ymddygiad Heriol, Deit, Patrymau Cysgu ac ati, a chynllunio cymorth ar gyfer y dyfodol.

Mae ein boreau coffi yma i chi yn bersonol ac maent yn anffurfiol ac yn cael eu hanelu at fod mewn awyrgylch hamddenol. Mae'n rhywle lle gallwch ymlacio a chael amser allan o'ch bywydau prysur beunyddol.

Nodwch, bod grisiau I gael mynediad I'r adeilad.

Os bydd amoch angen unrhyw wybodaeth neu gyfarwyddiadau pellach, cysylltwch ag Amanda ar (01267) 232256 ext 306 neu anfonwch

e-bost Mob 07795016524 amanda.roberts@mencap.org.uk