

Support and Information coffee morning first Monday of every Month

For parents and carers of disabled children under 18 years' old

10.00 am - 12.00pm Excel Bowling Alley Johnstown, Carmarthen SA31 3BP

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

Monday 6th February: Catherine Stone Cerebra (Sleep workshop) Lisa Hagley Iechyd Da

Monday March 6th Carwyn Tywyn (WISE workshop).

Please join us for coffee/tea & biscuits' and a friendly chat: Amanda Roberts Children's Information Officer Family Adviser Service Mencap Cymru (FAS) and Helen Davies, Children's Disability Team. 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 coffi wybodaeth a chyfnogaeth bob Ddydd Llun cyntaf y Mis

I rhieni a gofalwr plant anabl dan 18 oed.

10.00am-12.00pm.

Ali fowlio Excel. Johnstown. Caerfyrddin. SA31 3BP.

Dydd Llun 6ed. O Chwefror :- Catherine Stone (Cerebra) gweithdy gws & Lisa Hagley - Iechyd da.

Dydd Llun 6ed o Fawrth :- Carwyn Tywyn gweithdy WISE.

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) a Helen Davies, Tîm Anabledd Plant. 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 awryglch 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