

WELLBEING CONNECTORS

Wellbeing Connectors aim to:

- **Improve social and emotional wellbeing.**
- **Promote independence.**
- **Reduce social and emotional isolation and loneliness.**
- **Help people feel part of the community.**
- **Coordinate appropriate support services to facilitate positive outcomes for complex cases.**
- **Provide Information and advice on suitable community groups and activities.**

We also work alongside various partner organisations, health & social care professionals who are able to provide the right help and support to meet your individual needs.

If you are 18+ and want to get connected please contact Wellbeing Connectors:

www.caerphilly.gov.uk/wellbeingconnectors

Email: caerphillycares@caerphilly.gov.uk

Tel: **01443 811490**

Text: **SUPPORT to 07537 414 443**

and a member of the Caerphilly Cares Team will call you back.



Dewis Cymru

Have choice and take control



CYSYLLTWYR LLES

Nod Cysylltwyr Lles yw:

- **Gwella lles cymdeithasol ac emosiynol.**
- **Meithrin annibyniaeth.**
- **Lleihau ynysigrwydd ac unigrwydd cymdeithasol ac emosiynol.**
- **Helpu pobl i deimlo fel rhan o'r gymuned.**
- **Cydlynu gwasanaethau cymorth priodol i hwyluso canlyniadau cadarnhaol ar gyfer achosion cymhleth.**
- **Darparu gwybodaeth a chyngor ar grwpiau a gweithgareddau cymunedol addas.**

Rydyn ni hefyd yn gweithio ochr yn ochr â gwahanol fathau o sefydliadau partner a gweithwyr iechyd a gofal cymdeithasol proffesiynol sy'n gallu darparu'r cymorth cywir i ddiwallu'ch anghenion unigol.

Os ydych chi'n 18 oed a hŷn ac eisiau cymorth, cysylltwch â Chysylltwyr Lles:

www.caerffili.gov.uk/cysylltwyrilles

E-bost: GofaluAmGaerffili@caerffili.gov.uk

Ffôn: **01443 811490**

Tecstio: **CYMORTH i 07537 414 443**

a bydd aelod o'r Tîm Gofalu am Gaerffili yn eich ffonio chi'n ôl.



Dewis Cymru

Cael dewis a chymryd rheolaeth

