



**Gwasanaeth Cynnal Gofalwyr**  
**Bydd grŵp rhieni plant ac oedolion**  
**gyda anghenion ychwanegol**  
**yn cael ei gynnal**

**Nos Lun 15 Hydref am 7.30**  
**Yn Ysgol Hafod Lon**

Am fwy o wybodaeth ac i gadarhau eich presenoldeb  
cysylltwch â Gwyneth Roberts,  
Cynnal Gofalwyr ☎ 01248 370797  
ebost - [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

**Croeso cynnes i bawb**



**Carers Outreach Service**  
**The next support group for**  
**parents of children and adults**  
**with additional needs**  
**will be held on**

**Monday 15 October at 7.30 at**  
**Ysgol Hafod Lon**

For further information and to confirm your presence  
please contact Gwyneth Roberts,  
Carers Outreach ☎ 01248 370797  
email - [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

**A warm welcome to all**