

Community Connectors

Our aim is to re-connect you with your community by helping you find suitable activities and groups, linking you to other people who have similar interests and encouraging you to participate within your community.

Community Connectors aim to:

- Promote well-being.
- Reduce social isolation.
- Help people feel part of their community.
- Promote independence.
- Provide information & 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 Community Connectors:
tel: **01443 811490** email: caerphillycares@caerphilly.gov.uk
www.caerphilly.gov.uk/communityconnectors

Please 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 Cymunedol

Ein nod yw eich ail-gysylltu â'ch cymuned drwy eich helpu i ddod o hyd i weithgareddau a grwpiau addas, eich cysylltu â phobl eraill sydd â diddordebau tebyg a'ch annog i gymryd rhan yn eich cymuned.

Mae Cysylltwyr Cymunedol yn bwriadu:

- Hyrwyddo lles.
- Lleihau unigedd cymdeithasol.
- Helpu pobl i deimlo fel rhan o'u cymuned.
- Hybu annibyniaeth.
- Darparu gwybodaeth a chyngor ar grwpiau a gweithgareddau cymunedol addas.

Rydym 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 ac eisiau cysylltu, cysylltwch â Chysylltwyr Cymunedol:

ffôn: **01443 811490** e-bost: caerphillycares@caerphilly.gov.uk

www.caerffili.gov.uk/CysylltwyrCymunedol

Tecstio 'Cymorth' i **07537 414 443** a fydd aelod o'r tim Gofalu am Caerffili yn eich ffonio chi yn ol.



Dewis Cymru

Cael dewis a chymryd rheolaeth

