

CARERS TRUST

Crossroads
West Wales



Time Together Short Breaks for Carers



Do you look after someone?

Do you look after a relative, neighbour or friend and struggle to find time for yourself?



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Our Time Together Project understands that having a break from caring can make a positive difference to unpaid carers' health and wellbeing and your ability and willingness to continue caring.

Our specialist staff could help you to access a range of short breaks options with or without the person that you care for.

What type of short break would suit your needs?

Let us help you to build a personalised, flexible, and responsive short break to help recharge your batteries.



Carers can access a range of grants to fund short break opportunities with friends or family as well as smaller microgrants for self-care activities to improve their health and wellbeing and quality of life.



Free Wellbeing Activities

We will also be offering a programme of Wellbeing Activities for carers to meet up with other carers, both with and without the persons they care for, to relax and recharge.



Why not make an appointment today to talk to our Short Breaks Officer and start to plan your break?

We are open Monday to Thursday
9am - 5pm & Friday 9am - 4.30pm

For more information contact us on:

 **0300 0200 002 (FREE)**

 **info@ctcww.org.uk**

 **www.ctcww.org.uk**

YMDDIRIEDOLAETH GOFALWYR

Croesffyrdd
Gorllewin Cymru



Amser Gyda'n Gilydd Sebiannau Byr i Ofalwyr



Ydych chi'n gofalu am rywun?

Ydych chi'n gofalu am berthynas, cymydog neu ffrind ac yn cael trafferth dod o hyd i amser i chi'ch hun?



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Mae ein Prosiect Amser Gyda'n Gilydd yn deall y gall cael seibiant o ofalu wneud gwahaniaeth cadarnhaol i iechyd a lles gofalwyr di-dâl, a'ch gallu a'ch parodrwydd i barhau i ofalu. Gall ein staff arbenigol eich helpu i gael mynediad at amrywiaeth o opsiynau ar gyfer sebiannau byr gyda'r person rydych yn gofalu amdano a hebdo.

Pa fath o seibiant byr fyddai'n gweddu i'ch anghenion?

Gadewch i ni eich helpu i drefnu seibiant byr personol, hyblyg ac ymatebol, i helpu i ailwefru eich batris.



Gall gofalwyr gael mynediad at ystod o grantiau i ariannu cyfleoedd i gael seibiant byr gyda ffrindiau neu aelodau'r teulu, yn ogystal â micro grantiau llai ar gyfer gweithgareddau hunanofal i wella eu hiechyd a'u lles, ac ansawdd eu bywyd.



Gweithgareddau Lles **AM DDIM**

Byddwn hefyd yn cynnig rhaglen o Weithgareddau Lles er mwyn i ofalwyr gwrdd â gofalwyr eraill, gyda'r bobl maent yn gofalu amdanynt a hebdynt, er mwyn ymlacio ac ailwefru'r batris.



Beth am wneud apwyntiad heddiw i siarad â'n Swyddog Sebiannau Byr a dechrau trefnu eich seibiant?

Rydym ar agor o ddydd Llun i ddydd Iau
9yb-5yh a dydd Gwener 9yb-4.30yh

Cysylltwch â ni am fwy o wybodaeth ar:

0300 0200 002 (AM DDIM)

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