

tanio

CONNECTING CARERS

A time out for people with caring responsibilities to enjoy friendly conversation.
Food and arts activities in a warm and supportive environment.
It's all free and anyone who is over 18 and has caring responsibilities is welcome.

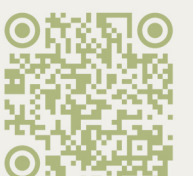
Seibiant i bobl â chyfrifoldebau gofalu i fwynhau sgwrs gyfeillgar.
Gweithgareddau celfyddydol a bwyd mewn amgylchedd cynnes a chefnogol.
Mae'r cyfan am ddim ac mae croeso i unrhyw un sydd dros 18 oed ac sydd â chyfrifoldebau gofalu.



Mental Health Matters Wales, Union Offices,
Quarella Road Bridgend, CF31 1JW
Pob Dydd Iau / Thursdays | 10:00 - 12:00

Rydym am leihau pob rhwystr i bresenoldeb, felly os oes angen help arnoch gyda chostau teithio neu os oes gennych unrhyw ofynion mynediad, rhowch wybod i ni.

We want to reduce all barriers to attendance, so if you need help with travel costs or have any access requirements, please let us know.



AMDANI

Ymddiriedolaeth
Ddiwylliannol
Cultural Trust
awen

BRIDGEND

MENTAL HEALTH
MATTERS WALES

awmpas

Cyngor Celfyddydau Cymru
Arts Council of Wales

ARIENNIR GAN
Y LOTERI
LOTTERY FUNDED

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