

# Carers' Week 2023

**Do you look after or help  
to look after someone?**

This could be a family  
member, friend or a child  
with disabilities.

**Please contact us on:**

**01443 864658**

**01495 233234**

**01495 233218**

email: [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk)

to let us know if you are coming  
along and for further information  
about the event.



# Taflen Wythnos Gofalwyr 2023

Ydych chi'n gofalu am rywun  
neu'n helpu gofalu am rywun?

Gallai fod yn aelod o'r  
teulu, ffrind neu blentyn  
ag anableddau.

Cysylltwch â ni ar:

**01443 864658**

**01495 233234**

**01495 233218**

ebost: [carers@caerphilly.gov.uk](mailto:carers@caerphilly.gov.uk)

i gadarnhau y byddwch chi'n  
bresennol ac i gael rhagor o  
wybodaeth am y digwyddiad.



Please come and join us for  
Carers' Week 2023 at the  
following events / venues.



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## Saturday 3rd June 2023, 1pm - 4:30pm

**Spa day** - with afternoon tea served afterwards at **Bryn Meadows Golf & Spa** (8 carers only). Please contact us for more details and to request a place.

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## Monday 5th June 2023, 11am - 12:30pm

Drop in and meet the team at **Murray's Bargoed** and have a breakfast roll and hot drink. Please let us know if you would like to come.

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## Tuesday 6th June 2023, 2 - 4pm

Afternoon walk around **Morgan Jones Park, Caerphilly** - Come and meet with the team and enjoy a cake and hot drink to reward yourself for your walk!

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## Thursday 8th June 2023, 12 - 1:30pm

**Risca Carers' Group** - A chance to meet with us if you live in the Risca area and enjoy a cake and hot drink.

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## Friday 9th June 2023, 10am - 3pm

Information day for carers. Come and speak to various organisations at **Newbridge Memo** - Refreshments provided.

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## Sunday 11th June 2023, 12 - 6pm

### "Care"philly Fest at Blackwood RFC

- Join the team for a family day with live bands, food stalls, a magician, face painting, bouncy castle, photo booth and more!



**Ymunwch â ni ar gyfer Wythnos  
Gofalwyr 2023 yn y digwyddiadau  
/ lleoliadau canlynol.**



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**Dydd Sadwrn 3 Mehefin 2023, 1pm - 4:30pm**

**Diwrnod sba** - wedyn bydd te prynhawn yn cael ei weini. (8 o ofalwyr yn unig). Cysylltwch â ni i gael rhagor o fanylion ac i drefnu lle.

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**Dydd Llun 5 Mehefin 2023, 11am - 12:30pm**

Galwch heibio a chwrdd â'r tîm yn **Murray's Bargod**, a chael rhôl frecwest a diod boeth. Os hoffech chi ddod, rhowch wybod.

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**Dydd Mawrth 6 Mehefin 2023, 2 - 4pm**

Taith gerdded prynhawn o amgylch **Parc Morgan Jones, Caerffili**. Dewch i gwrdd â'r tîm a mwynhau cacen a diod boeth fel gwobr am eich taith gerdded!

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**Dydd Iau 8 Mehefin 2023, 12 - 1:30pm**

**Grŵp Gofalwyr Rhisga** - Cyfle i gwrdd â ni os ydych chi'n byw yn ardal Rhisga a mwynhau cacen a diod boeth.

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**Dydd Gwener 9 Mehefin 2023, 10am - 3pm**

Diwrnod gwybodaeth i ofalwyr. Dewch i siarad ag amrywiol sefydliadau yn **Neuadd Goffa Trecelyn**. Bydd lluniaeth yn cael ei darparu.

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**Dydd Sul 11 Mehefin  
2023, 12 - 6pm**

**Gŵyl Câr-ffli yng Nghlwb Rygbi Coed Duon.**

- Ymunwch â'r tîm am ddiwrnod i'r teulu gyda bandiau byw, stondinau bwyd, consuriwr, paentio wyneb, castell neidio, bwth tynnu lluniau a mwy!

