

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

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

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.



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.

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.

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!

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.

Friday 9th June 2023, 10am - 3pm

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

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.



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.

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.

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!

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.

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.

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!

