



**CARERS CONNECT  
GROUP** for carers of people living with dementia

**This is a 10 week group running at YMa Pontypridd,  
(Rhondda Room), 28 Taff St., Pontypridd. CF37 4TS**

**Every Wednesday from 16th April - 18th June 2025**

**10:30 a.m. - 12:00 p.m.**

A chance to discuss shared experiences and share tips and coping strategies. There will also be some sessions where guest speakers will be discussing subjects such as nutrition, mindfulness, communication changes, loss and grief and many more topics.

We will be running an activity group alongside, in a separate room, which the person you care for is more than welcome to attend at the same time.

Please secure your place by emailing:

[effro@platform.org](mailto:effro@platform.org)

or telephoning: **0300 3035918**

or book online at [www.effro.eventbrite.co.uk](http://www.effro.eventbrite.co.uk)

# Grwp Cyswilt Gofalwyr

Ar gyfer gofalwyr pobl sy'n byw gyda dementia

Cwrs 10 wythnos yn rhedeg yn YMa Pontypridd,  
(Rhondda Room), 28 Taff St., Pontypridd. CF37 4TS

Dydd Mercher 16 Ebrill 2025 – DyddMercher 18 Mehifin 2025

10:30 - 12:00 y.p.

Cyfle I rhannu profiadau a thipiau a'r strategeithau dygymod. Bydd rai sesynau gyda siaradwyr gwadd yn trafod pynciau fel ymwybyddiaeth, maeth, galar, dulliau cyfarthrebu a sawl pwnc arall.

Byddwn yn rhedeg y gweithgaredd mewn cyd yn ystafell arall ble bydd croeso l'r person yr ydych yn gofalu amdano fod yna ar yr un amser.

I sicarhau lle ebostwch:

[effro@platform.org](mailto:effro@platform.org)

neu ffoniwch : 0300 3035918

neu archebu arline: [effro.eventbrite.co.uk](https://www.eventbrite.co.uk)