

CYNGOR TREF LLANBEDR PONT STEFFAN / LAMPETER TOWN COUNCIL
TAFLEN WYBODAETH ARGYFWNG COVID-19 EMERGENCY INFORMATION LEAFLET



Darperir y daflen hon i'ch helpu ddod o hyd i unrhyw gymorth sydd angen arnoch yn ystod yr argyfwng presennol. Mae eich cyngor tref wedi rhyddhau arian i nifer o fudiadau sy'n darparu cymorth yn lleol fel bod mwy o adnoddau ar gael.

This leaflet will guide you to any assistance you may need during the current emergency. Your town council has also released emergency funds to local organisations offering help so that more resources are available.

Cymorth gyda siopa neu gasglu moddion ac ati /
Help with shopping or collecting medicines etc

Cwmann YFC - Gwawr Bowen (07814 327985) - Sian Elin Williams (07813 539832) - Alpha Evans (07944 277240) - Lowri Davies (07908 599469) - Ellie Thomas (07495 721095)

Bro Dderi YFC - Eiliw (07581 422471) - Lowri (07979 937733) - Lisa (07908 799806) - Aron (07375 511556)

Cefnogaeth Coronfeirws Llambled / *Lampeter Coronavirus Support* – 07799884835
www.facebook.com/groups/710463783094284/ - lampetercvsg@gmail.com

Ffynonellau eraill o gymorth (All helpu gyda nwyddau a bwyd mewn argyfwng) /
Other sources of support (including food and basic necessities)

Camfan (01570 421190 louise.jenkins@poblgroup.co.uk) - Ceredigion Homestart (01570 218546 homestartaberaeron@gmail.com) - Canolfan Deuluol Llambled/*Lampeter Family Centre* (01570 423847)

Banc Bwyd Llambled / *Lampeter Food Bank* (07582905743) Bydd angen cael eich cyfeirio gan / *You will need to be referred by:* CAB, Camfan, Cyngor Ceredigion Council, Meddyg/*Doctor*, Homestart, Canolfan Deuluol/*Family Centre*, Eglwysi lleol/*local churches*

Cyngor / Advice

Age Cymru Ceredigion (01239 615777 staff@agecymruceredigion.org.uk) - Shelter Cymru (sheltercymru.org.uk 08000 495 495) – Cyngor ar Bopeth/*Citizen's Advice Bureau* (enquiries@cabceredigion.org 03444772020)

Cyngor Sir Ceredigion / Ceredigion County Council

www.ceredigion.gov.uk/preswylwr - www.ceredigion.gov.uk/resident - 01545 570881
(Rhif ffôn Gwasanaethau Cymdeithasol mewn argyfwng yn unig / *in an emergency only call Social Services on Social Services: 0300 4563554*)

www.ceredigion.gov.uk/resident/coronavirus-covid-19/list-of-resources-in-ceredigion/
www.ceredigion.gov.uk/preswylwr/coronafeirws-covid-19/rhestr-o-adnoddau-yng-gheredigion/

AROS ADREF – ACHUB BYWYDAU / STAY AT HOME – SAVE LIVES

Fferyllfeydd/Pharmacies

Lloyds (01570 422596), Boots (01570 422568), Adrian Thomas (01570 422566)

Siopau Bwyd/Food Shops

Co-op (01570 422167), Sainsbury's (01570 419270), Premier (01570 421990), Watson and Pratts (01570 424403), Mark Lane Bakery (01570 422 420), Becws (07779 277314), Jones Butcher (01570 422414), Mulberry Bush (01570 423317), Ladybug (07832 922541), 6 Nations Fruit and Veg (07375664397)

Cludo Prydiau Poeth/Hot Meal Deliveries

Mark Lane Bakery (01570 422 420) – Yr Hedyn Mwstard/*The Mustard Seed* (01570 423344)

Banciau/Banks

Mae banciau Barclays , Lloyds a HSBC a Chymdeithas Adeiladu'r Principality ar agor ar oriau cyfyngedig. Mae Banc Lloyds ar gau dros dro / *Barclays,, Lloyds, HSBC and Principality Building Society are open on limited hours.*

Gwybodaeth Iechyd Cyhoeddus/Public Health Information

Llywodraeth Cymru/*Welsh Government* - www.gov.wales/safe-help

Galw Iechyd Cymru/*NHS Direct Wales* - www.nhsdirect.wales.nhs.uk - 0845 46 47

Iechyd Cyhoeddus Cymru/*Public Health Wales* - www.phw.nhs.wales

Newyddion/News

Clonc 360 Blog - clonc.360.cymru/2020/blog-coronafeirws-clonc360/

Os oes angen cymorth arnoch gallwch gysylltu â Chlerc y Dref

If you need help you can contact the Town Clerk to be put in touch with support

01570 423880 – clerc@lampeter-tc.gov.uk

**Mae angen cymorth arna i a dwi'n methu dod allan –
cysylltwch â Chlerc y Dref ar fy rhan os gwelwch yn dda**

***I need help and cannot come out – please contact the
Town Clerk on my behalf***

01570 423880 – clerc@lampeter-tc.gov.uk

Dangoswch yn eich ffenestr i gael help mewn argyfwng/
Display in your window to get help in an emergency

www.lampeter-tc.gov.uk

