

# CAFE COFIO



FREE SERVICE FOR CARERS & THOSE THEY CARE FOR

**Come along and:**

- Have a tea/coffee in a relaxed and welcoming atmosphere
- Learn more about services for people with memory problems and where you can get help
- Meet and talk to people in a similar situation
- Receive practical and emotional support
  - Take part in various activities

## SESSIONS WILL TAKE PLACE EVERY WEEK:

THE BULL, LLANGFNI, 2-4 pm, TUESDAYS  
DINORBEN HOTEL, AMLWCH, 2-4 pm, WEDNESDAYS  
VALLEY HOTEL, VALLEY, 1-3 pm, THURSDAYS

If you need more information, please ring our Head Office:

**01492 542212**

Carers Trust North Wales Crossroads Care Services,  
Office Suite 39 & 40, Quinton Hazell Enterprise Parc, Glan Y Wern Rd, Colwyn Bay LL28 5BS  
Charity Registration No: 1119142, CSSIW No: WO30001450

email: [northwales@nwcrossroads.org.uk](mailto:northwales@nwcrossroads.org.uk) [www.nwcrossroads.org.uk](http://www.nwcrossroads.org.uk)



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GWASANAETH AM DDIM I OFALWYR A'R RHEINY Y GOFALANT AMDANYNT

## Dewch draw i:

- Gael paned mewn awyrgylch groesawgar a di-straen
- Ddysgu mwy am wasanaethau i bobl sydd â phroblemau cofio ac ymhle y gallwch gael cymorth
- Gwrdd a sgwrsio gyda phobl mewn sefyllfa debyg
  - Dderbyn cefnogaeth ymarferol ac emosiynol
  - Gymryd rhan mewn amrywiol weithgareddau

### BYDD SESIYNAU BOB WYTHNOS:

THE BULL, LLANGFNI, 2-4 pm, BOB DYDD MAWRTH  
GWESTY'R DINORBEN, AMLWCH, 2-4 pm, BOB DYDD MERCHER  
GWESTY'R VALLEY, FALI, 1-3 pm, BOB DYDD IAU

Os byddwch angen rhagor o wybodaeth, ffoniwch ein Prif Swyddfa ar:

**01492 542212**

Ymddiriedolaeth Gofalwyr Gogledd Cymru Gwasanaethau Gofal Croesffyrdd,  
Ystafelloedd Y Swyddfa 39 a 40, Parc Menter Quinton Hazell, Ffordd Glan Y Wern, Bae Colwyn LL28 5BS  
Rhif Cofrestru'r Elusen: 1119142, Rhif AGGCC: WO30001450

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