

Alzheimer's Society Cymru,

Sir Gaerfyrddin, Ceredigion a Sir Benfro



Diweddariadau yr Ardal

- Dementia Connect, ein cynnig gwasanaeth allweddol bellach yn cael ei ddarparu wyneb yn wyneb - lle bo angen ac yn ddiogel i wneud hynny.
- Rydym yn parhau i dderbyn atgyfeiriadau i'n rhaglenni gwybodaeth rithwir: Carers Information and Support Programme and Live Well with Dementia. Byddwn yn edrych i drefnu rhaglenni wyneb yn wyneb yn y flwyddyn newydd.
- Mae'r gwasanaeth Companion Calls a gyflwynwyd oherwydd y pandemig, yn parhau.
 - Darperir y gwasanaeth gan wirfoddolwyr dros y ffôn, gan roi cwmniâeth reolaidd i bobl â dementia a gofalwyr.



Ein Gwasanaethau

Dementia Connect

Cefnogaeth unigol i un, a ddarperir gan Gynghorwyr Dementia Cymunedol.

Carers Information and Support Programme (CrISP)

Rhaglen bedair wythnos i ofalwyr, i ddysgu am symptomau, strategaethau ymdopi a materion cyfreithiol ac ariannol.

Live Well with Dementia (LWWD)

Rhaglen bedair wythnos i bobl â dementia yn y camau ddysgu am ddementia a sut i fyw'n dda.

Companion Calls

Cwmniâeth ffôn rheolaidd a ddarperir gan wirfoddolwyr - ar gyfer pobl â dementia a gofalwyr.

Singing for the Brain

Sesiynau canu i bobl y mae dementia a'u gofalwyr yn effeithio arnynt.

Cysylltu



E: donna.jenkins@alzheimers.org.uk

F: 03300 947 400 or 07753 303126

G: www.alzheimers.org.uk

[Facebook.com/alzheimerssocietycymru](https://www.facebook.com/alzheimerssocietycymru)

[Twitter.com/alzSocCymru](https://twitter.com/alzSocCymru)



Alzheimer's Society Cymru

Carmarthenshire, Ceredigion and Pembrokeshire



Area Updates

- Dementia Connect, our key service offer is now being delivered face to face – where required and safe to do so.
- We are continuing to accept referrals to our virtual information programmes: Carers Information and Support Programme, and Live Well with Dementia. We will be looking to arrange face to face programmes in the new year.
- The Companion Call service that was introduced because of the pandemic, is continuing.
 - The service is delivered by volunteers over the telephone, giving regular companionship to people with dementia and carers.



Our Services

Dementia Connect

One to One individualised support, delivered by Community-based Dementia Advisers.

Carers Information and Support Programme (CrISP)

Four-week programme for carers, to learn about symptoms, coping strategies and legal and financial matters.

Live Well with Dementia (LWwD)

Four-week programme for people with dementia in the stages to learn about dementia and how to live well.

Companion Calls

Regular, telephone companionship delivered by volunteers – for people with dementia and carers.

Singing for the Brain

Singing sessions for people affected by dementia and their carers.

Getting in touch



E: donna.jenkins@alzheimers.org.uk

T: 0333 150 3456 or 07753 303126

W: www.alzheimers.org.uk

Facebook.com/alzheimerssocietycymru

Twitter.com/alzSocCymru

