

Ydych chi, neu ydych chi'n adnabod rhywun mewn angen,
neu'n hunanynysu yn ystod y cyfnod anodd ac ansicr hwn?

Mae nifer o bobl o fewn Sir Conwy yn barod i helpu:

Siopa | Casglu presgripsiwn | Codi'r ffôn am sgwrs | Anghenion eraill

Darganfyddwch beth sydd ar gael o fewn eich cymuned:



0 1 4 9 2 5 7 5 5 4 4

Llinell ar agor rhwng 9:00am a 5:00pm



Are you, or do you know someone in need, or self-isolating
during this difficult and uncertain time?

There are a number of people within
Conwy County ready to help with:

Shopping | Collecting prescriptions | Picking up the phone for a chat | Other needs

Find out what is available within your community

0 1 4 9 2 5 7 5 5 4 4

Lines open between 9:00am and 5:00pm

