



**Are you aged between 14-25?
Do you help to care for a parent,
sibling, grandparent or other
family member?**

**If you answered YES to the above
questions you may be a young adult
carer.**

The R.O.O.T.S Project can support you in your education or employment through one to one and group support. We run a young adult carers group once a month where you can take part in trips and activities and meet other young people who have a caring role.

For this support please contact Rhian Bennett on:
01656 658479 / 07718 244087
Email: Rhian.bennett@bridgendcarers.co.uk



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HOW |
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**Wyt ti rhwng 14-25 oed?
Wyt ti'n helpu i ofalu am riant,
brawd, chwaer, mam-gu, tad-cu
neu aelod arall o'r teulu?**

**Os mai YDW yw'r ateb i'r cwestiynau
uchod, efallai dy fod yn oedolyn ifanc
sy'n ofalwr.**

Gall Prosiect R.O.O.T.S dy helpu di, gyda dy addysg neu dy waith, drwy ddarparu cymorth un i un a chymorth grŵp. Rydyn ni'n cynnal grŵp ar gyfer oedolion ifanc sy'n ofalwyr unwaith y mis. Mae'n gyfle i fynd ar deithiau, i gymryd rhan mewn gweithgareddau ac i gwrdd â phobl ifanc eraill sy'n ofalwyr.

**I gael y cymorth hwn, dylet ti gysylltu â Rhian Bennett ar:
01656 658479 / 07718 244087
E-bost: Rhian.bennett@bridgendcarers.co.uk**



Cofia ein hoffi ni ar Facebook:
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