Armed Forces Community Covenant

Information about services available

www.conwy.gov.uk/communitycovenant

CVSC www.cvsc.org.uk | Grŵp Llandrillo Menai | Conwy Cyngor Bwrdeistref Sirol County Borough Council | Community Covenant | GIG Cymru NHS Wales | The Royal British Legion | Royal Air Force | Blind Veterans UK | Army Be the Best Regular & Territorial | Royal Navy | Department for Work & Pensions

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01 Health and Wellbeing

Veterans Wales

A service running as part of the NHS as a pilot in Wales. The primary aim is to improve the mental health and well-being of veterans. The secondary aim is to achieve this through the development of sustainable, accessible and effective services that meet the needs of veterans with mental health and wellbeing difficulties who live in Wales.

Mae'r gwasanaeth yn cael ei gynnal fel rhan o'r GIG fel cynllun peilot yng Nghymru. Y prif nod yw gwella iechyd meddwl a lles cyn-filwyr. Y nod eilaidd yw cyflawni hyn drwy ddatblygu gwasanaethau cynaliadwy, hygyrch ac effeithiol sy'n diwallu anghenion cyn-filwyr gydag anawsterau iechyd meddwl a lles sy'n byw yng Nghymru.

- **029 2074 2062**
- **www.veteranswales.co.uk**

NHS - Military Healthcare

Healthcare information for military personnel and veterans, including getting treatment and contacts.

Gwybodaeth gofal iechyd ar gyfer gweithwyr milwrol a chyn filwyr, gan gynnwys cael triniaeth a manylion cyswllt.

- **0800 032 6258**
- **www.nhs.org.uk**

NHS

Armed Forces Free Swimming

Conwy County Borough Council provides free swimming during public sessions for serving members and veterans of the armed forces.

Nofio am Ddim y Lluoedd Arfog -Mae Cyngor Bwrdeistref Sirol Conwy yn cynnig nofio am ddim i aelodau a chyn aelodau'r lluoedd arfog yn ystod sesiynau nofio cyhoeddus.

- **www.conwy.gov.uk**

CONWY
CYNGOR BWRDEISTREF SIROL
COUNTY BOROUGH COUNCIL

01 Health and Wellbeing

Army of Angels

The Army of Angels is a UK Military Charity that provides direct and indirect support to members of the UK's armed forces who have been injured, physically or mentally, while serving their country in conflicts around the world.

Elusen filwrol yn y DU yw Army of Angels sy'n darparu cefnogaeth uniongyrchol ac anuniongyrchol i aelodau Lluoedd Arfog y DU sydd wedi'u hanafu, yn gorfforol neu'n feddyliol, wrth wasanaethu ar ran eu gwlad yn y gwrthdaro o gwmpas y byd

- **01684 274 577**
- **www.armyofangels.org.uk**

Big White Wall

Big White Wall is an online community of people who are experiencing common mental health problems who are supported to self-manage their own mental health.

Mae'r Big Wal White yn gymuned o bobl sy'n dioddef problemau iechyd meddwl cyffredin ac yn cael cymorth i hunan-reoli eu hiechyd meddwl eu hunain.

- **020 7060 1677**
- **www.bigwhitewall.com**

Blind Veterans UK

We give all blind veterans access to the finest quality of services to help them discover life beyond sight loss. This includes providing lifelong welfare support, rehabilitation, training, long-term nursing, residential and respite care.

Rydym yn rhoi mynediad i bob cyn-filwr dall i wasanaethau o'r radd flaenaf i'w helpu i ddarganfod bywyd ar ôl colli eu golwg. Mae hyn yn cynnwys darparu cymorth lles, ailsefydlu, hyfforddiant, nyrsio tymor hir, gofal preswyl a seibiant.

- **020 7723 5021**
- **www.blindveterans.org.uk**

01 Health and Wellbeing

Blue Apple Heroes

Meet with Veterans and offer support this is varied and might be anything from housing, to assisting them with counselling, employment, or just day to day living.

Cyfle i gyfarfod Cyn-filwyr a chael cefnogaeth. Gall hyn amrywio a gall ymwneud ag unrhyw beth o dai, i gymorth gyda chwnsela, cyflogaeth, neu fywyd bob dydd.

- **07803 349 682**
- **www.blueappleheroes.org.uk**

British Limbless Ex-Serviceman's Association (BLESMA)

BLESMA is a national charity that directly supports all of our Service men and women who have lost limbs and the use of limbs or the loss of eyesight in the honourable service of our country.

Mae BLESMA yn elusen genedlaethol sy'n cefnogi dynion a merched o'r lluoedd arfog sydd wedi colli breichiau a choesau, defnydd eu breichiau a'u coesau neu wedi colli eu golwg wrth wasanaethu ein gwlad.

- **020 8590 1124**
- **www.blesma.org**

Combat Stress

Combat Stress works with Veterans of the British Armed Forces, and members of the Reserve Forces, through effective treatment and support for mental health problems.

Mae Combat Stress yn gweithio gyda chyn aelodau'r Lluoedd Arfog ym Mhrydain, ac aelodau'r Adfyddin, trwy roi triniaeth effeithiol a chefnogaeth ar gyfer problemau iechyd meddwl.

- **01372 587000**
- **www.combatstress.org.uk**

01 Health and Wellbeing

Cruse Bereavement Care

Cruse Bereavement Care exists to promote the well being of bereaved people and to enable anyone suffering bereavement caused by death to understand their grief and cope with their loss.

Pwrpas Gofal Profedigaeth Cruse yw hyrwyddo lles pobl sydd wedi dioddef profedigaeth a galluogi unrhyw un sy'n dioddef profedigaeth a achosir gan farwolaeth i ddeall eu galar ac ymdopi â'u colled.

- **08444 779 400**
- **www.cruse.org.uk**

DMWS (Defence Medical Welfare Service)

DMWS provides practical and emotional welfare support to military personnel, veterans, their registered dependants and entitled civilians while they are in hospital, rehabilitation or recovery centres. Referrals can be made to our North Wales Welfare Team from services, organisations, hospitals, military units or the individual can contact our team directly.

Mae'r DMWS yn darparu cefnogaeth ymarferol ac emosiynol i bersonél milwrol, eu dibynyddion cofrestredig a sifiliaid cymwys mewn meysydd gweithredol ac anweithredol tra byddant yn yr ysbyty, canolfannau adsefydlu neu ganolfannau adfer.

- **01244 650929**
- **www.dmws.org.uk**

Hafan Cymru

We aim to prevent abuse and promote independence by providing temporary supported housing and a wide range of floating services for single people, single parents with families and children. Telephone and face to face support.

Ein nod yw atal cam-drin a hybu annibyniaeth trwy ddarparu tai â chymorth dros dro ac ystod eang o wasanaethau symudol i bobl sengl, rhieni sengl gyda theuluoedd a phlant. Cefnogaeth dros y ffôn ac wyneb yn wyneb.

- **01267 225555**
- **www.hafancymru.co.uk**

01 Health and Wellbeing

North Wales Advice and Advocacy

To promote and provide advice and advocacy for people facing disadvantage through disability, illness, age or social exclusion, who live in particular but not exclusively, in North Wales.

Hyrwyddo a darparu cyngor ac eiriolaeth i bobl sy'n wynebu anfantais oherwydd anabledd, salwch, oedran neu eithriad cymdeithasol, sy'n byw yn benodol, ond nid yn gyfan gwbl, yng Ngogledd Cymru.

- **01248 670852**
- **www.nwaaa.co.uk**

North Wales Deaf Association

We offer advice, benefits checks, communication support, equipment advice, home visit and referral to relevant agencies support as well as BSL & Lipreading classes support to people who are hard of hearing, deafened, deaf blind and profoundly Deaf.

Cymdeithas Y Byddar Gogledd Cymru -Rydym yn cynnig cyngor, gwiriadau budd-daliadau, cymorth cyfathrebu, cyngor offer, ymweliad cartref a chyfeirio at asiantaethau perthnasol yn ogystal â BSL a dosbarthiadau darllen gwefusau, cefnogaeth i bobl sy'n drwm eu clyw, wedi eu byddaru, yn fyddar ddall a hollol fyddar.

- **01492 563470**
- **www.deafassociation.btck.co.uk**

Talking 2 Minds

Talking2Minds' ethos was 'Veterans helping Veterans'. That ethos remains to this day although, as Post Traumatic Stress Disorder (PTSD) and other severe stress-related conditions such as Stress, Fear and Anxiety and Anger Issues affect all sectors of society.

Ethos 'Talking2Minds' oedd 'Cyn-filwyr yn helpu Cyn-filwyr'. Mae'r ethos hwnnw'n parhau hyd heddiw, oherwydd mae Anhwylder Straen Wedi Trawma (PTSD) a chyflyrau eraill sy'n gysylltiedig â straen difrifol, fel Straen, Ofn a Phryder a Materion Tymer yn effeithio ar bob sector o'r gymdeithas.

- **07917 126 708/0151 2219402**
- **www.talking2minds.co.uk**

The Ripple Pond

The Ripple Pond groups are here for family members of those who have been impacted by events experienced, be that by physical injury or emotional trauma, while serving in the Armed Forces, however long ago and in whatever conflict or manner.

Mae'r grwpiau Ripple Pond yma i deuluoedd y rhai sydd wedi'u effeithio gan ddigwyddiadau, boed hynny drwy anaf corfforol neu drawma emosiynol, tra'n gwasanaethu yn y Lluoedd Arfog, waeth pa mor hir yn ôl, ac ym mha bynnag wrthdaro neu fodd.

- **07968 310 329 / 07748 364 675**
- **www.theripplepond.co.uk**

02 Education, Training and employment

Career Transition Partnership

The Ministry of Defence (MOD) has a partnership agreement with Right Management, global career development and outplacement specialists. This helps eligible personnel leaving the Armed Forces to make a successful transition to civilian employment in a suitable second career which is appropriate to their skills, knowledge and aspirations.

Partneriaeth Newid Gyrfa -Mae gan Y Weinyddiaeth Amddiffyn gytundeb partneriaeth gyda Right Management, arbenigwyr byd-eang datblygu gyrfa ac adleoli. Mae hyn yn rhoi cymorth i bersonél cymwys y Lluoedd Arfog newid i gyflogaeth sifilaidd yn llwyddiannus i ail yrfa addas sy'n briodol ar gyfer eu sgiliau, gwybodaeth a dymuniadau

- **0207 469 6661**
- **www.ctp.org.uk**

CivvyStreet Partnership

CivvyStreet Partnership is a website for serving and former members of the UK Armed Services and their dependants. It offers free information and advice about resettlement into civilian life, learning and work.

Mae'r CivvyStreet Partnership yn wefan ar gyfer aelodau a chyn-aelodau Lluoedd Arfog y DU a'u dibynyddion. Mae'n cynnig gwybodaeth a chyngor am ddim am adsefydlu i fywyd sifil, addysg a gwaith.

- **0800 169 4073**
- **www.civvystreet.org**

Community & Voluntary Support Conwy

Volunteering is an excellent way to gain experience in different work areas, learn skills and meet new people. It is a great way to engage with the community you live in. There are many exciting volunteering opportunities in lots of organisations across Conwy which CVSC can support you to apply for.

Cyngor Gwasanaethau Gwirfoddol Conwy -Mae gwirfoddoli yn ffordd wych o gael profiad mewn gwahanol feysydd gwaith, dysgu sgiliau a chyfarfod pobl newydd. Mae'n ffordd wych o ymgysylltu â'r gymuned rydych yn byw ynddi. Mae llawer o gyfleoedd gwirfoddoli cyffrous mewn llawer o sefydliadau ledled Conwy y gall CGGC eich cefnogi i wneud cais amdanynt.

- **01492 534091**
- **www.cvsc.org.uk**

02 Education, Training and employment

Digital Conwy Project

Digital Conwy are offering FREE courses for you to be able to learn how to do all of these useful things online so why not give it a try!

Mae Conwy Ddigidol yn cynnig cyrsiau AM DDIM i chi fedru dysgu sut i wneud pob un o'r pethau defnyddiol hyn ar-lein, felly beth am roi cynnig arni!

- **01492 534091**
- **www.communities2point0.org.uk/profile-digital-conwy-digidol**

High Ground

High Ground provide weekly residential stays in safe, rural locations throughout the UK where professional experts provide training and skills required for different land-based jobs and careers. Support is offered by other service leavers and veterans and practical demonstrations form a core element of the experience weeks.

Mae HighGround yn darparu seibiant preswyl wythnosol mewn lleoliadau diogel, gwledig ledled y DU lle bydd arbenigwyr proffesiynol yn darparu'r hyfforddiant a'r sgiliau sydd eu hangen ar gyfer gwahanol swyddi a gyrfaoedd ar y tir. Mae cefnogaeth yn cael ei roi gan bobl eraill sydd wedi gadael y gwasanaeth a chyn-filwyr a bydd arddangosiadau ymarferol yn elfen graidd o'r wythnos o brofiad.

- **07951 495 272**
- **www.highground-uk.org**

Jobs and Careers in Conwy
Swyddi a Gyrfaoedd yng Nghonwy

The council advertises all its current job vacancies on its website. On the website you can view and download our latest job advertisements, including job descriptions, person specifications and application forms.

Mae'r cyngor yn hysbysebu pob un o'i swyddi gwag presennol ar ei wefan. Yma, mae modd i chi weld a lawrlwytho ein hysbysebion diweddaraf am swyddi gwag, gan gynnwys swydd-ddisgrifiadau, manylion am unigolion a ffurflenni cais.

- **www.conwy.gov.uk**

03 Housing

Local Housing Associations

Housing Associations are non-profit making, independent bodies which build and manage accommodation and provide support to those in housing need.

Cymdeithasau Tai Lleol -Mae Cymdeithasau Tai yn gwneud nid er elw, cyrff annibynnol sy'n adeiladu a rheoli llety ac yn darparu cefnogaeth i'r rhai sydd mewn angen am dai.

- **Clwyd Alyn: 01745 536800 www.clwydalyn.co.uk**
- **North Wales Housing: 01492 572727 www.nwha.org.uk**
- **Cartrefi Conwy: 0300 124 0040 www.cartreficonwy.org**
- **Wales and West Housing: 0800 052 2526 www.wwha.co.uk**
- **Tai Clwyd: 0300 111 2122 www.taiclwyd.com**

Nest

NEST is the Welsh Government's new Fuel Poverty Scheme. The scheme replaces the former Home Energy Efficiency Scheme (HEES Wales) and aims to assist households who are 'fuel poor' by improving the energy efficiency of their home with advice and help such as free insulation and more energy efficient boilers.

Nyth (NEST) ydi Cynllun Tlodi Tanwydd newydd Llywodraeth Cymru. Daw'r cynllun yn lle'r hen Gynllun Effeithlonrwydd Ynni Cartref (HEES Cymru) ac mae'n ceisio cynorthwyo aelwydydd 'tlawd eu tanwydd' trwy wella effeithlonrwydd ynni eu cartref.

- **0800 512 012**
- **www.nestwales.org.uk**

Shelter Cymru

Shelter Cymru offers free independent legal advice on a variety of housing problems including rent arrears, evictions, disrepair and mortgage difficulties as well as homelessness.

Mae Shelter Cymru yn cynnig cyngor cyfreithiol annibynnol am ddim ar amrywiaeth o broblemau tai, gan gynnwys ôl-ddyledion rhent, troi allan, diffyg atgyweirio ac anawsterau morgais yn ogystal â digartrefedd

- **0845 075 5005**
- **www.sheltercymru.org.uk**

04 Advice

Age Concern Cymru

Age Concern North Wales Central provide services for people over 50 including advice, signposting, advocacy, welfare rights and IT home tutoring.

Mae Age Concern Gogledd Cymru Canolog yn darparu gwasanaethau i bobl dros 50, gan gynnwys cyngor, cyfeirio, eiriolaeth, hawliau lles a thiwtora TG yn y cartref.

- **01745 816947**
- **www.ageuk.org.uk/cymru**

Army Families Federation

AFF is independent of the Army and offers confidential advice. We will deal with your enquiry without revealing your identity.

Mae Ffederasiwn Teuluoedd y Fyddin yn annibynnol o'r Fyddin ac yn cynnig cyngor cyfrinachol. Byddwn yn ymdrin â'ch ymholiad heb ddatgelu pwy ydych chi

- **0797 497 0696**
- **www.aff.org.uk**

CAIS

CAIS is a registered charity and leading voluntary sector provider of personal support services in Wales. We help people who are having problems with addictions, mental health, personal development and employment – as well as offering assistance and information to their families and friends

Mae CAIS yn elusen gofrestredig ac yn ddarparwyr blaenllaw yn y sector gwirfoddol yng Nghymru o wasanaethau cefnogi personol. Rydym yn rhoi cymorth i bobl sy'n cael problemau o ran bod yn gaeth i alcohol a chyffuriau, ac o ran iechyd meddwl, datblygiad personol a chyflogaeth – ynghyd â chynnig cymorth a gwybodaeth i'w teuluoedd a'u cyfeillion.

- **01492 863007**
- **www.cais.co.uk**

04 Advice

Citizens Advice Bureau

The Citizens Advice Bureau provides a free, confidential, impartial and independent advice service on a wide range of subjects as well as specialist advice on debt and welfare benefits. We provide out reach services including - Gyffin Surgery, Llanfairfechan Surgery, Llansannan, Cerrigydrudion and Betws y Coed Surgery.

Rydym yn darparu cyngor annibynnol, cyfrinachol, diduedd am ddim i bawb am eu hawliau a'u cyfrifoldebau.

- **08444 77 20 20**
- **www.citizensadvice.org.uk**

Defence Discount Service

The Defence Discount Service - the only official Ministry of Defence (MOD) discount service and also home of the DEFENCE PRIVILEGE CARD. The services allows members of the Armed Forces, their families and Veterans to make savings both online and on the high street.

Y Defence Discount Service - unig wasanaeth gostyngiadau swyddogol y Weinyddiaeth Amddiffyn (MOD) a hefyd mae'n gartref i'r DEFENCE PRIVILEGE CARD. Mae'r gwasanaethau yn caniatáu i aelodau'r Lluoedd Arfog, eu teuluoedd a Chyn-filwyr wneud arbedion ar-lein ac ar y stryd fawr.

- **01509 233446**
- **www.defencediscountservice.co.uk**

Invicta Foundation

Our aim is to make services accessible to those that can benefit from them. We also provide a series of respite houses around the country for the families to use when the wounded soldier (marine, or airman) is discharged from clinical care of hospital.

Ein nod yw sicrhau bod gwasanaethau ar gael i'r rhai all elwa arnynt. Rydym hefyd yn darparu amryw o dai seibiant o amgylch y wlad i'r teuluoedd eu defnyddio pan fydd y milwr clwyfedig (neu fôr-filwr, neu awyrennwr) yn cael ei ryddhau o ofal clinigol yr ysbyty.

- **01206 617001**
- **078801896009**
- **www.theinvictafoundation.org.uk**

04 Advice

Naval Families Federation

The Naval Families Federation represents the views and concerns of Royal Navy and Royal Marines personnel and their family members on the issues that affect them as part of a Naval family.

Mae Ffederasiwn Teuluoedd y Llynges yn cynrychioli barn a phryderon aelodau'r Llynges Frenhinol a'r Môr-filwyr Brenhinol a'u teuluoedd ar faterion sy'n effeithio arnyn nhw fel rhan o deulu Llynges.

- **023 9265 4374**
- **www.nff.org.uk**

PSS - Person Shaped Support

PSS is a social enterprise that works across the UK. We have one key purpose: to help people get the most from life, whether this is at home, in their families, in their health and well-being

Mae'r PSS yn fenter gymdeithasol sy'n gweithio ar draws y DU. Mae gennym un diben allweddol: helpu pobl i gael y gorau o fywyd, boed hynny gartref, gyda'u teuluoedd, eu hiechyd a'u lles neu o fewn eu rhwydweithiau cymorth ehangach.or within their wider support networks.

- **0151 702 5555**
- **www.psspeople.com**

RAF Families Federation

The RAF Families Federation represents the views and concerns of RAF personnel and their family members on the issues that affect them as part of a RAF family. Whether you are in uniform yourself or a spouse, a partner, a parent, a child or a sibling of a member of the RAF, we are here to act on your behalf.

Mae Ffederasiwn Teuluoedd y Llu Awyr Brenhinol yn cynrychioli barn a phryderon aelodau'r Llu Awyr Brenhinol a'u teuluoedd ar faterion sy'n effeithio arnyn nhw fel rhan o deulu'r Llu Awyr. Dim ots a ydych yn gwisgo'r wisg eich hun neu a ydych yn ŵr/wraig, partner, rhiant, plentyn neu frawd neu chwaer i aelod o'r Llu Awyr, rydym yma i weithredu ar eich rhan.

- **01780 781650**
- **www.rff.org.uk**

04 Advice

Relate

Relationship support for Armed Forces Personnel, veterans, their partners and families Relate helps over 150,000 people each year. We will help you whether you are married or not and whatever your age, race, personal beliefs, sexual orientation or social background.

Cefnogaeth perthnasau ar gyfer aelodau o'r Lluoedd Arfog, cyn aelodau, eu partneriaid a'u teuluoedd. Mae Relate yn helpu dros 150,000 o bobl bob blwyddyn. Byddwn yn eich helpu p'un a ydych yn briod ai peidio a beth bynnag yw eich oed, hil, credoau personol, tueddfryd rhywiol neu gefndir cymdeithasol.

- **01492 533920**
- **www.relate.org.uk**

Royal British Legion

The Royal British Legion is the UK's leading Service charity. We provide practical care, advice and support to serving members of the Armed Forces, veterans of all ages and their families.

Y Lleng Brydeinig Frenhinol yw elusen flaenllaw'r Deyrnas Unedig ar gyfer y Lluoedd. Rydym yn darparu cyngor, cefnogaeth a gofal ymarferol i aelodau cyfredol y Lluoedd Arfog, cyn-filwyr o bob oed a'u teuluoedd.

- **08088028080**
- **www.britishlegion.org.uk**

Royal Voluntary Service (RVS)

Royal Voluntary Service wants to help create a society where everyone feels valued and involved whatever their age.

Gwasanaeth Brenhinol Gwirfoddol -Mae'r Gwasanaeth Brenhinol Gwirfoddol yn dymuno creu cymdeithas lle bo pawb yn teimlo yn werthfawr ac yn rhan ohoni beth bynnag fo'u hoedran.

- **08456080122**
- **www.royalvoluntaryservice.org.uk**

04 Advice

Service Personnel and Veterans Agency

The Service Personnel & Veterans Agency (SPVA) provides pay, pension and support services to both military personnel and the veterans community, directly serving around 900,000 members of the Armed Forces community.

Mae'r Service Personnel & Veterans Agency (SPVA) yn rhoi tâl, pensiwn a gwasanaethau cefnogi i weithwyr milwrol a'r gymuned cyn filwyr, gan wasanaethu tua 900,000 aelod o gymuned y Lluoedd Arfog.

- **08081914218**
- **www.veterans-uk.info**

Soldiers', Sailors' and Airman's Families Association (SSAFA)

We understand that your time in the Forces can have an impact, now and in the future. But the challenges everyone faces are different, so whatever the problem is, we'll find a way to solve it. Cymdeithas y Milwyr, Morwyr, Awyrenwyr a'u Teuluoedd

Rydym yn deall y gall eich cyfnod yn y Lluoedd Arfog gael effaith, yn awr ac yn y dyfodol. Ond mae'r her y mae pawb yn ei wynebu yn wahanol, felly beth bynnag fo'r broblem, fe ddown o hyd i ddull i'w datrys.

- **0845 241 7141**
- **www.ssafa.org.uk**

Trauma Risk Management for Veterans (T4V)

Services tailored for Marines TRiM for Veterans use a variety of existing organisations to support veterans. As well as the T4V Buddy Courses that are a new way of linking up with Royal Marines Veterans in your area.

Gwasanaethau wedi'u teilwra ar gyfer môr filwyr. Mae TRiM ar gyfer cyn aelodau yn defnyddio amryw o sefydliadau presennol i gefnogi cyn-filwyr. Hefyd, y cyrsiau Bydi T4V sy'n ffordd newydd o gysylltu â Chyn Fôr-filwyr Brenhinol yn eich ardal chi.

- **02392 62 5816**
- **www.trim4veterans.org**

05 Council Services

Armed Forces Free Swimming

Conwy County Borough Council provides free swimming during public sessions for serving members and veterans of the armed forces.

Nofio am Ddim y Lluoedd Arfog -Mae Cyngor Bwrdeistref Sirol Conwy yn cynnig nofio am ddim i aelodau a chyn aelodau'r lluoedd arfog yn ystod sesiynau nofio cyhoeddus.

- **www.conwy.gov.uk**

Conwy's Revenue and Benefits Assessment Service

The Revenue and Benefits Assessment Service provides an effective service for the collection of; National Non-Domestic Rates, Council Tax and Sundry Debts. The processing of Housing Benefit and Council Tax Reduction and Educations Grants (Free School Meals and School Uniform Grants).

Gwasanaethau Asesu Refeniw a Budd-daliadau - Mae'r Gwasanaeth Asesu Refeniw a Budd-daliadau yn darparu gwasanaeth effeithiol ar gyfer casglu; Trethi Annomestig Cenedlaethol, Treth y Cyngor a Mân Ddyledion. Mae'r gwasanaeth yn prosesu Budd-daliadau Tai a Budd-daliadau Treth y Cyngor a Grantiau Addysg (Cinio Ysgol am Ddim a Grantiau Gwisg Ysgol).

- **(01492) 576491**
- **www.conwy.gov.uk**

Conwy's Social Services

We provide social care to help people to live more independently. We work with adults and children who use our services, their families and carers, staff and other organisations to make sure our services are the best they can be.

Gwasanaethau Cymdeithasol Conwy -Rydym yn rhoi gofal cymdeithasol i helpu pobl i fyw yn fwy annibynnol. Rydym yn gweithio gyda'r oedolion a'r plant sy'n defnyddio ein gwasanaethau, eu teuluoedd a'u gofalwyr, staff a sefydliadau eraill i wneud yn siŵr ein bod yn cynnig gwasanaethau o'r safon orau posibl.

- **General Enquires for Adult Services: 01492 576333/**
- **General Enquires for Children's Services: 01492 575111**
- **www.conwy.gov.uk**