



Rhywun sydd yno i'ch helpu

Cymorth pan ydych ei angen os ydych chi neu rywun rydych yn gofalu amdanynt yn byw â salwch angheuol

Gwyddwn y gall pethau bychain wneud gwahaniaeth mawr - fel cael rhywun i sgwrsio â nhw dros baned o de, eich helpu i gyrraedd apwyntiad, neu fod yn glust i wrando.

Holwch ni am ein Cynorthwywyr gwirfoddol hyfforddedig. Fe gyfatebwn chi â gwirfoddolwr ymroddedig a all ymweld â chi adref, mynd allan gyda chi i rywle neu siarad gyda chi dros y ffôn – i gyd am ychydig oriau bob wythnos. Cysylltwch â ni nawr os dymunwch gael gefnogaeth gan ein gwasanaeth am ddim yn Cymru.

Ffôn / Phone:

0800 3047407

Ebost / Email:

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mariecurie.org.uk/helper

Someone who's there to help you

Support when you need it if you or someone you care about is living with a terminal illness

We know that little things can make a big difference – like having someone to chat to over a cup of tea, help you get to an appointment, or just be there as a friendly ear.

Ask us about our trained Helper volunteers. We'll match you with a dedicated volunteer who can visit you at home, go out somewhere with you or talk to you over the phone – all for a few hours each week.

Contact us now if you'd like support from our free service in Wales.

