







A photograph of an elderly woman and man looking at something together. The woman is on the left, wearing glasses and a blue top. The man is on the right, wearing glasses and a blue patterned shirt.

Are you one of the thousands of people in the UK who are living with sight and hearing loss?

Deafblind UK is a national charity supporting people with sight and hearing loss, enabling them to live the lives they want.

If you or someone you know is affected by reduced sight and hearing, we can help by:

-  Answering your questions about sight and hearing loss
-  Enabling social interaction and companionship
-  Supporting carers, friends and family of those with sight and hearing loss
-  Providing expertise, information and advice
-  Supporting your rights through casework and advocacy
-  Providing care and support at home
-  Teaching you how to get the most out of technology
-  Giving you a break in our accessible holiday accommodation

 0800 132 320

 info@deafblind.org.uk

 07950 008870

 www.deafblind.org.uk









 DBUKCharity

 @DeafblindUK

Ydych chi'n un o'r miloedd o bobl yn y DU sy'n byw gyda nam ar eich golwg a'ch clyw?

Mae Deafblind Cymru yn elusen genedlaethol sy'n cefnogi pobl sydd â nam ar eu golwg a'u clyw, er mwyn eu galluogi i fyw'r bywyd y maen nhw'n ei ddymuno.

Os ydych chi neu rywun yr ydych yn ei adnabod wedi ei effeithio gan nam ar ei olwg a'i glyw, gallwn ni helpu drwy:

-  Ateb eich cwestiynau am nam ar olwg neu glyw
-  Galluogi rhyngweithio cymdeithasol a chwmnïaeth
-  Cefnogi gofalwyr, ffrindiau a theuluoedd y rheini sydd â nam ar eu golwg a'u clyw
-  Darparu arbenigedd, gwybodaeth a chyngor
-  Cefnogi eich hawliau trwy waith achos ac eiriolaeth
-  Darparu gofal a chymorth yn y cartref
-  Eich addysgu ynghylch sut i wneud y mwyaf o dechnoleg
-  Rhoi hoe i chi yn ein llety gwyliau hygyrch

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