



THE BRACKEN TRUST

CANCER SUPPORT CENTRE

SUPPORTING PEOPLE AFFECTED BY CANCER

Whether you are a cancer patient, waiting a confirmed diagnosis, a cancer survivor, or someone close to you has been affected by cancer, we can help.



The Bracken Trust provides highly professional support and services in an informal, warm and welcome environment. All of our staff are professionally qualified.

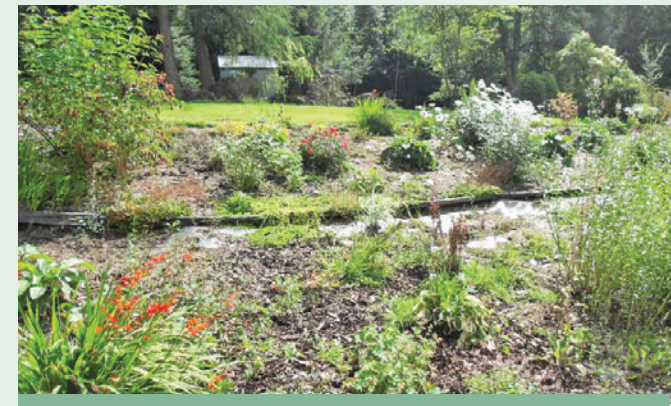
If you or someone close to you has been affected by cancer, we can help. You can take as much or as little help from The Trust as you wish. We do not charge for our services.

We can offer:

- Information, support and advice from qualified nursing staff.
- Complementary body therapies.
- Counselling services.
- A range of social and healthy living activities and information days.
- The opportunity to have a Holistic Needs Assessment (HNA) completed which can help you tailor the care and support you need.

The Trust also has hubs in:

- Llani Pop Up Centre, 16-17 Longbridge Street, Llanidloes SY18 6EE on the last Monday of the month (10a.m. – 4p.m.)
- The Community Centre in Knighton on the 1st Monday of the month (12 – 4p.m.) (Unless it is a Bank Holiday – when it is the second Monday)
- The GP Practice in Llanwrtyd Wells on the 3rd Wednesday of each month (12 – 4p.m.)



Opening Times

Monday to Friday: 9.00am - 5.00pm

www.brackentrust.org.uk

Location of The Bracken Trust

From the mini roundabout on the A483 in Llandrindod Wells, turn into Spa Road East (signposted to County Hall). Continue for approximately ½ a mile passing Cefnlllys School (note the 20 mph zone), Woodlands and Hillside Lane on the right. The Bracken Trust is the next entrance on the right.

Company No 3206048. Charity No 1059668
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YMDDIRIEDOLAETH BRACKEN CANOLFAN CYMORTH CANSER

YN CEFNOGI POBL Y MAE CANSER WEDI EFFEITHIO ARNYN NHW

Boed yn glaf â chanser, yn rhywun sy'n aros am ddiagnosis wedi'i gadarnhau, yn rhywun sydd wedi goroesi canser neu sydd â rhywun agos atoch chi y mae canser wedi effeithio arny'n nhw, gallwn ni helpu.



Mae'r Bracken Trust yn darparu cymorth a gwasanaethau hynod broffesiynol mewn amgylchedd anffurfiol, cynnes a chroesawgar. Mae gan bob un o'n staff gymwysterau proffesiynol.

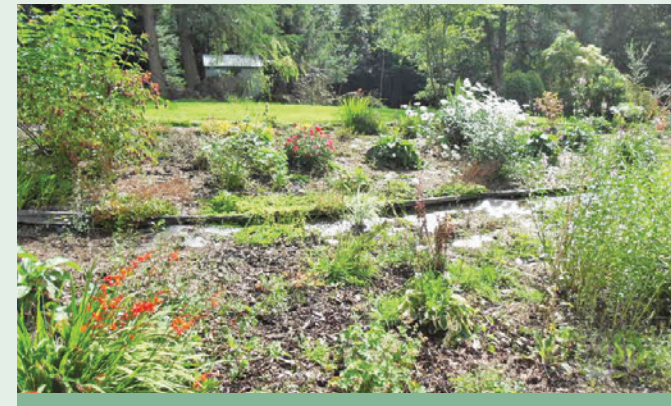
Os ydy canser wedi effeithio arnoch chi, neu ar rywun sy'n agos atoch chi, gallwn ni helpu. Gallwch chi gymryd cymaint, neu gyn lleied, o help ag y mynnoch oddi wrth Yr Ymddiriedolaeth. Dydyn ni ddim yn codi tâl am ein gwasanaethau.

Gallwn ni gynnig:

- Gwybodaeth, cymorth a chyngor oddi wrth staff nyrsio cymwysedig.
- Therapiau corff cyflenwol.
- Gwasanaethau cwnsela.
- Amrywiaeth o weithgareddau cymdeithasol a gweithgareddau byw'n iach, a diwrnodau gwybodaeth.
- Y cyfle i gael Asesiad o Anghenion Holistaidd (HNA) wedi'i gwblhau sy'n gallu'ch helpu i deilwra'r gofal a'r cymorth sydd eu hangen arnoch chi.

Mae gan yr Ymddiriedolaeth hybiau hefyd yn:

- Siop Wib Llani, 16 – 17 Longbridge Street, Llanidloes SY18 6EE ar ddydd Llun diwethaf y mis (10a.m. – 4p.m.)
- Y Ganolfan Gymunedol yn Nhrefyclo ar ddydd Llun 1af y mis (12 – 4p.m.) (Oni bai ei bod hi'n Wyl y Banc – os felly mae ar yr ail ddydd Llun)
- Y Feddygfa yn Llanwrtyd ar 3ydd dydd Mercher y mis (12 – 4p.m.)



Amseroedd Agor

Dydd Llun i ddydd Gwener: 9.00am - 5.00pm

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Lleoliad yr Ymddiriedolaeth Bracken

O'r cylchfan bach ar yr A483 yn Llandrindod, trowch i mewn i Spa Road East (ag arwyddbost i Neuadd y Sir). Ewch ymlaen am ryw ½ milltir heibio i Ysgol Cefnllys (sylwch ar y parth 20 m.y.a.), gyda Woodlands a Hillside Lane ar y dde. Mae'r Ymddiriedolaeth Bracken trwy'r fynedfa nesaf ar y dde.

Elusen gofrestredig rhif: 1059668. Rhif cofrestru'r cwmni: 3206048
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