MAMWLAD

Y FFERM, EICH CARTREF, EICH BYWYD.

Gwasanaeth ymweld â chartrefi a gynigir yn rhad ac am ddim i helpu'r gymuned ffermio yng Nghymru i barhau i fyw yn ddiogel ac annibynnol yn eu cartrefi.

Gofal a Thrwsio ym Mhowys
Care & Repair in Powys

Powys age Cymru

Llywodraeth Cymru
Welsh Government

Caiff prosiect Mamwlad ei gyflwyno gan Gofal a Thrwsio ym Mhowys ac Age Cymru Powys a'i ariannu gan Lywodraeth Cymru.

Mae'n wasanaeth i helpu pobl dros 50 oed yn y gymuned ffermio - p'un ai'n ffermwyr, gweithwyr fferm neu wedi ymddeol o ffermio - i barhau i fyw'n ddiogel ac annibynnol yn eu cartrefi ac i fynd i'r afael ag unigrwydd ac arwahanrwydd.

SUT FEDRWN NI HELPU?

Bydd Gofal a Thrwsio ym Mhowys yn neilltuo amser i siarad gyda chi am eich cartref ac yn rhoi cyngor ar opsiynau i addasu, atgyweirio a chynnal a chadw eich cartref, p'un ai ydych yn berchen arno neu yn ei rentu.

Byddwn yn cynnig Asesiad Cartref Iach yn rhad ac am ddim i'ch helpu i ymdopi'n well ac aros yn ddiogel, cynnes a saff sy'n cynnwys:

- Atal syrthio, baglu a llithro.
- Gwiriad diogelwch tân.
- Effeithiolrwydd ynni.
- Diogelwch cartrefi.

Gallai ein tîm Mân Addasiadau ein hunain wneud gwaith a gytunir a gall hefyd gael ei ariannu gan grantiau.

GALLWN HEFYD HELPU DRWY:

- Eich cyfeirio at ein tîm technegol neu therapydd galwedigaethol.
- Canfod cyllid.
- Canfod contractwr dibynadwy.
- Rhoi cyngor a thechnegol a chymorth i drefnu gwaith.
- Rhoi gwybodaeth ar gynnydd a gwirio eich bod yn hapus gyda'r gwaith a wnaed.

Gall Age Cymru Powys gynnal gwasanaeth cyfrinachol rhad ac am ddim i wirio budd-daliadau a rhoi cymorth wrth lenwi ffurflen budd-daliadau lles.

Mae gennym hefyd fynediad i wasanaethau eraill i'ch helpu i gysylltu gyda phobl eraill. Gall y gefnogaeth hon gynnwys:

- Gwasanaethau cyfeillio.
- Cymorth gyda iechyd meddwl i ostwng straen.
- Cefnogaeth leol ar gyfer help ymarferol o amgylch y cartref.
- Cynllunio nodau bywyd ar gyfer pan fyddwch yn hŷn a chynllunio ar gyfer y dyfodol.
- Eiriolaeth a'ch cefnogi i sicrhau y caiff eich dymuniadau eu clywed.

I gael mwy o wybodaeth ar brosiect Mamwlad a'r prosiectau sydd ar gael, neu i gael sgwrs gyfrinachol, cysylltwch â ni:

AGE CYMRU POWYS

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MAMWLAD

THE FARM, YOUR HOME, YOUR LIFE.

A free home visiting service to help the farming community in Powys to stay living at home safely and independently.

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Care & Repair in Powys

Powys age Cymru

Llywodraeth Cymru
Welsh Government

The Mamwlad project, funded by the Welsh Government is delivered by Care & Repair in Powys and Age Cymru Powys.

It is a service to help people over 50 in the farming community whether a farmer, farm worker or retired from farming to stay living at home safely and independently and to tackle loneliness and isolation.

HOW CAN WE HELP?

Care & Repair in Powys will take time to talk to you about your home and give advice on options to adapt, repair and maintain your home whether owned or rented.

We will offer a free Healthy Home Assessment helping you to manage better and stay safe, warm and secure which includes:

- Falls, trips and slips prevention.
- Fire Safety check.
- Energy efficiency.
- Home safety and security.

Agreed works could be carried out by our own Minor Adaptations team and can also be funded by grants.

WE CAN ALSO HELP BY:

- Referring you to our technical team or an Occupational Therapist.
- Finding funding.
- Finding a reliable contractor.
- Providing technical advice and assistance in arranging work.
- Giving progress updates and check you are happy with the work done.

Age Cymru Powys can undertake a free confidential benefits check service and provide assistance with completing welfare benefit forms.

We also have access to other services to help you connect with others. This support may include:

- Befriending services.
- Mental Health support to reduce stress.
- Local support for practical help around the home.
- Later life goals planning and preparing for the future.
- Advocacy and supporting you to get your wishes heard.

For more information on the Mamwlad project and services available or for a confidential chat please contact us:

AGE CYMRU POWYS

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