

cefnogaeth a mwy • support and more
Gorwel

Cynllun Pobl Hŷn Môn



Mae Cynllun Pobl Hŷn Môn yn darparu cefnogaeth sy'n gysylltiedig â thai i bobl 55 oed a hŷn yn Ynys Môn, i alluogi pobl i fyw mor annibynnol â phosib.

Darperir y gwasanaeth 7 diwrnod yr wythnos, 9am – 5pm o Dydd Llun i Ddydd Gwener ac o 9:30am tan 12:30pm ar benwythnosau.

Gall y math o gefnogaeth a ddarperir gynnwys:

- Cymorth gyda sgiliau bywyd a sgiliau byw'n annibynnol
- Cymorth gyda rheoli dyledion yn cynnwys rhent a morgais
- Cymorth gydag addasiadau i wella hygyrchedd yn y cartref
- Cymorth i sefydlu cysylltiadau a gweithgareddau cymdeithasol a chymunedol
- Cynorthwyo gyda rheoli cyllid ac uchafu incwm, llunio a chadw at gyllideb a hawlio budd-daliadau lles
- Cymorth i fanteisio ar gyfleoedd addysg, hyfforddiant a chyflogaeth
- Cyngor a chefnogaeth i ddilyn ffordd o fyw iach ac egniol
- Cyfeirio at wasanaethau eraill lle bo'n briodol.

Ni fydd y prosiect yn:

- Darparu gofal personol megis siopa, ymolchi personol, cymorth gyda gwisgo na darparu prydau bwyd
- Rhoi meddyginiaeth o unrhyw fath
- Codi unrhyw un ar ôl syrthio (mae'n rhaid i ni alw'r gwasanaeth ambiwlans).
- Trin arian neu ddogfennau cyfreithiol ar ran defnyddwyr y gwasanaeth, aelodau'r teulu neu grŵp cymdeithasol

Pwy sy'n darparu'r gwasanaeth?

Darperir y cynllun gan Gorwel, sy'n darparu gwasanaethau cymorth i bobl fregus. Mae Gorwel yn rhan o Grŵp Cynefin.

Pwy sy'n ariannu'r gwasanaeth?

Ariennir y cynllun hwn gan Dîm Cefnogi Pobl Cyngor Sir Ynys Môn.

Cysylltu â ni

Am fwy o wybodaeth cysylltwch â Gorwel ar **0300 111 0226** neu e-bostiwch **poblhyn@gorwel.org**

Hen Argraffdy, Ffordd yr Efail,
Llangefni, Ynys Môn, LL77 7ER



Grŵp Cynefin
Mwy na thai • More than housing



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Môn Older People Project



The Môn Older People Project provides housing related support for people aged 55 years and over in Ynys Môn, to enable people to live as independently as possible.

Support is provided 7 days a week, 9am –5pm on weekdays and 9:30am -12:30pm on weekends.

The support provided may include:

- Assistance with life skills and independent living skills
- Assistance with managing rent, mortgage or other debts
- Assistance regarding adaptations to improve accessibility in the home
- Support in establishing community or social contacts and activities
- Assistance with managing finances and maximising income, budgeting and welfare benefits
- Support to access education, training and employment opportunities
- Advice and support to lead a healthy and active lifestyle
- Signposting to other services where appropriate

The project will not:

- Provide personal care such as shopping, personal bathing, help with dressing or providing meals
- Administer medication of any kind
- Pick anyone up following a fall (we have to summon the ambulance service)
- Handle cash or legal documents on behalf of a service users, family members or social group

Who delivers the service?

The scheme is provided by Gorwel, which support services for vulnerable people. Gorwel is part of Grŵp Cynefin.

Who funds the service?

This scheme is funded by Anglesey County Council Supporting People Team.

Contact us

For more information please contact the Gorwel's Office on

0300 111 0226

or email poblhyn@gorwel.org

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cefnogi pobl
supporting people
supporting independence
cefnogi annibyniaeth