

Are you 18 or under?

Do you care for someone with a disability or illness?

Then you may be a Young Carer

Do you need help or someone to talk to?
Local Young Carers project contacts:



Newport Young Carers
(Barnardo's)
01633 251192



Monmouthshire Young Carers
(Carers Trust South East Wales)
01495 367028



Blaenau Gwent Young
Carers
08000 323339



Caerphilly Young Carers
(Barnardo's)
01633 612712



Torfaen Young Carers
01495 762200



Ydych chi'n 18 oed neu'n iau?

Ydych chi'n gofalu am rywun ag anabledd neu salwch?

Yna, efallai eich bod chi'n Ofalwr Ifanc

Ydych chi angen help neu rywun i siarad gyda nhw?
Cysylltiadau prosiect Gofalwyr Ifanc Lleol:



Gofalwyr Ifanc Casnewydd
(Barnardo's)
01633 251192



Gofalwyr Ifanc Sir Fynwy
(Ymddiriedolaeth Gofalwyr De
Ddwyrain Cymru)
01495 367028



Gofalwyr Ifanc Blaenau
Gwent
08000 323339



Gofalwyr Ifanc Caerffili
(Barnardo's)
01633 612712



Gofalwyr Ifanc Torfaen
01495 762200

