



Dewis Cymru
Have choice and take control



We have information that can help you think about what matters to you, along with information about local organisations and services that can help!

Mae gennym wybodaeth sy'n gallu'ch helpu i feddwl am beth sy'n bwysig i chi, yn ogystal â gwybodaeth am sefydliadau a gwasanaethau lleol sy'n gallu helpu!

When we talk about well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

Wrth sôn am lesiant, nid eich iechyd yn unig sydd dan sylw. Rydym ni'n sôn am bethau fel ble rydych yn byw, pa mor ddiogel rydych chi'n teimlo, mynd allan, a chadw mewn cysylltiad â'ch teulu a ffrindiau.

Being well Looking after someone
Managing your money Being safe
Being at home Being social
Children and families

Visit **Dewis.wales** to take control of your wellbeing! For support contact your Gwent Dewis Co-ordinator Alex Jones – 07966880170

Ewch i Dewis.wales i gymryd rheolaeth ar eich lles! Am gymorth cysylltwch â'ch Gwent Cydlynnydd Dewis