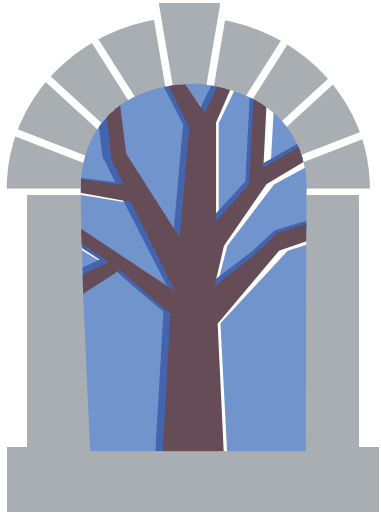


NODDFA ABERAERON

MENTAL HEALTH SUPPORT



We  care!
Come & talk to us

Noddfa British Legion Hall,
Oxford Street, Aberaeron

Phone **01545 571537**

Email **NoddfaAberaeron@gmail.com**

Noddfa

A support centre for people who have or have had, mental health problems.

Open on Tuesdays and Thursdays we meet, chat and provide opportunities to take part in various activities such as...

- Dominoes •Carpet Bowls
- Arts and Crafts
- Visits to places of interest
- Theatre, Cinema and shopping Trips.

Membership is by referral from your Doctor, Support Worker or Community Psychiatric Nurse.

Do you feel...

Anxious
Depressed
Unworthy
Low self esteem
Stigmatised
Lonely

Do you want to feel...

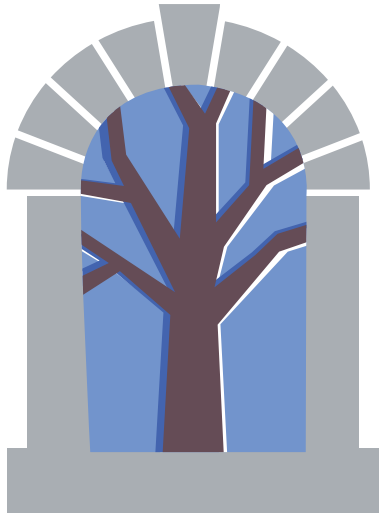
Peace of mind
Happy
Part of a group
Worthwhile
High self esteem
Self confident

**Come and join us
and meet new friends.**

Patron: **Dr. M. Helen Herbert**
MBE, MBBS, FRCGP, DPM

NODDFA ABERAERON

CEFNOGAETH IECHYD MEDDWL



yr♥ydym
yn gofalu
Dewch i siarad a ni

Noddfa British Legion Hall,
Oxford Street, Aberaeron

Ffôn 01545 571537

E-bost NoddfaAberaeron@gmail.com

Noddfa

Canolfan yw Noddfa i bobol sydd wedi dioddef, neu yn dioddef o broblemau iechyd meddwl.

Mae'r ganolfan ar agor ar Ddydd Mawrth a Ddydd Iau. Yr ydym yn cyfarfod, siarad a darparu cyfle i gymryd rhan mewn gweithgareddau amrywiol fel...

- Dominos •Bowlio carped
- Celf a chrefft
- Ymweliadau â manau o ddiddordeb
- Theatr, Sinema a Teithiau siopa

Mae aelodaeth trwy eich cyfeirio gan eich Gweithiwr Cefnogi, Meddyg, neu Nyrs Seiciatrig Gymunedol.

ydych chi'n teimlo...

Bryderus
Isel ysbryd
Annheilwng
Hunan-barch isel
Euog
Unig

ydych chi eisiau teimlo...

Tawelwch meddwl
Yn hapus
Yn rhan o grwp
Yn deilwng
Yn hunan-barchus
Yn hunan hyderus

**Dewch i ymuno â ni i gyfarfod
â ffrindiau newydd.**

Noddwr: Dr. M. Helen Herbert
MBE, MBBS, FRCGP, DPM