

Connecting Carmarthenshire is a new preventative support service based in Carmarthenshire offering free advice, signposting & support to anybody within the county.

Our team of specialists are working within your community.

Get in touch & discover how they can assist with anything from housing & benefits support to helping you build meaningful social or wellbeing connections that will positively impact your life.



unpaid
carers
support



older people
& physical
disabilities
support



mental
health
support



housing
related
support
**aged 16+*



learning
disabilities &
autism
support

Eligibility

The service is available to people aged 18+* who live in the county.

Get in touch

To find out more about Connecting Carmarthenshire or to access free support:

 0800 917 6255  www.connectcarmarthenshire.org.uk

 connectingcarmarthenshire@poblgroup.co.uk
Gwendraeth, Llanelli or Amman areas only

 communityhub@nacro.org.uk
Carmarthen North or West areas only

C cysylltu | sir gar

Mae Cysylltu Sir Gâr yn wasanaeth cymorth ataliol newydd sydd wedi'i leoli yn Sir Gâr sy'n cynnig cyngor a chymorth am ddim i bobl sy'n byw ledled y Sir.

Mae ein tîm o arbenigwyr yn gweithio o fewn eich cymuned.

Cysylltwch â nhw i ddarganfod sut y gallant eich cynorthwyo gydag unrhyw beth o dai i fudd-daliadau neu i'ch helpu i adeiladu cysylltiadau cymdeithasol y gall effeithio'n gadarnhaol ar eich lles.



cymorth l ofalwyr di-dal



cymorth pobl hyn ac iau ag anableddau



cymorth iechyd meddwl



cymorth cysylltiedig a thai
**oed 16+*



cymorth anableddau dysgu ac awtistiaeth.

Cymhwysedd

Mae'r gwasanaeth ar gael i bobl 18+ oed sy'n byw yn y sir sydd yn angen cymorth neu gwybodaeth.

Cysylltu

I gael gwybod rhagor am Cysylltu Sir Gâr neu i gael cymorth am ddim:

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Ardaloedd Gwendraeth, Llanelli neu Aman

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Ardaloedd Gogledd neu Orllewin Sir Gaerfyrddin



Nacro