



# Eich Machynlleth Iach

## FFISIOTHERAPI

Oeddch chi'n gwybod y gallwch chi hunan gyfeirio at ffisiotherapi os yw poenau yn effeithio ar eich bywyd bob dydd? Mae'r arbenigwyr ar sut mae esgyrn a chyhyrau'n gweithio, yn gallu helpu chi i wella anhwylderau cyffredin eraill a achosir gan broblemau cymalau a chyhyrau.

Ar gyfer apwyntiad, cwblhewch y ffurflen sydd i'w gweld drwy: [www.biapowys.cymru.nhs.uk/human-atgyfeirio-ffisiotherapi](http://www.biapowys.cymru.nhs.uk/human-atgyfeirio-ffisiotherapi) neu casglwch un yn yr ysbty.

## HELP EIN GILYDD

Mae cymaint o lwybrau i'w dilyn ym Machynlleth os oes angen math gwahanol o gymorth arnoch i gynnal iechyd meddwl, emosiynol a chorfforol da.

Gall Cysylltwyr Cymunedol CMGP eich rhoi mewn cysylltiad â sefydliadau gwirfoddol a grwpiau cymorth i'ch cefnogi. Byddant yn gweithio gyda chi i gael mynediad at y gwasanaethau, cefnogaeth a gwybodaeth leol gywir, megis gweithgareddau cymunedol, trafnidiaeth, budd-daliadau, cyflyrau iechyd, lles, tai, unigrwydd a llawer mwy. Cysylltwch â nhw trwy [01597 828649](mailto:01597 828649) neu [community.connectors@pavo.org.uk](mailto:community.connectors@pavo.org.uk)

Mae yna lawer o asiantaethau'r sector gwirfoddol wedi'u lleoli yng Nghanolfan Gofal Machynlleth a'r Cylch, Forge Road, Machynlleth SY20 8EQ:

**Machynlleth, Cymuned sy'n Gyfeillgar i Dementia** - Mae Caffi Côf yn cwrdd yn y Clwb Bowlio ar ddydd Mawrth cyntaf pob mis rhwng 10 ac 11yb. Ffôn [01686 688034](tel:01686 688034).

Mae **CAMAD** yn darparu cefnogaeth gymunedol gan gynnwys Pryd ar Glud, cludiant ysbty, gofal traed a chlybiau cinio. Cysylltwch â nhw ar [01654 700071](mailto:01654 700071) [swyddfa@camad.org.uk](mailto:swyddfa@camad.org.uk)

Ffoniwch 999 ar gyfer cyflyrau sy'n bygwth bywyd sydd angen sylw meddygol ar unwaith:

- Tagu
- Poen yn y Frest
- Mynd yn anymwybodol
- Colli gwaed
- Anaf difrifol
- Amheuaeth o strôc

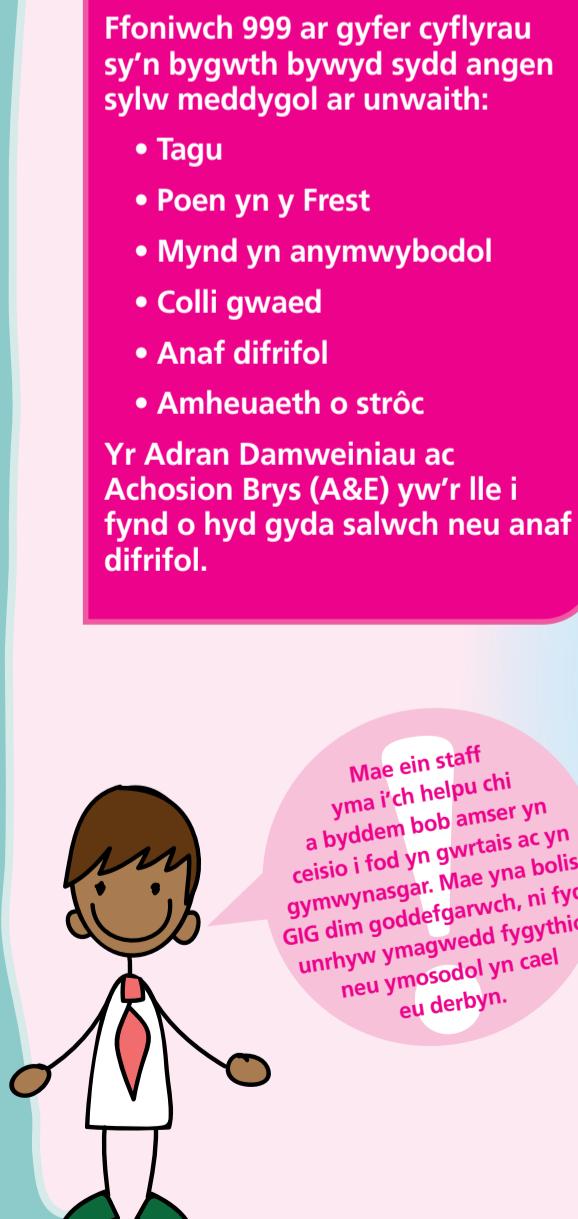
Yr Adran Damweiniau ac Achosion Brys (A&E) yw'r lle i fynd o hyd gyda salwch neu anaf difrifol.



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Mae Camad Pathways yn grŵp cymorth lles emosiynol ac iechyd meddwl ym Machynlleth. Maent yn cwrdd ar ddydd Mawrth a dydd lau 1 i 4pm yng Nghanolfan Gofal Machynlleth a'r Cylch. Cysylltwch â nhw ar [Path@camad.org.uk](mailto:Path@camad.org.uk) neu [01654 700071](tel:01654 700071)

Mae Hafal Crossroads Powys yn darparu cymorth ymarferol, gwybodaeth, cyngor a chefnogaeth i Ofalwyr di-dâl. Darganfyddwch fwy ar [01874 610346](tel:01874 610346) neu [www.crossroadsmww.org.uk](http://www.crossroadsmww.org.uk)

Mae Ponthafren yn darparu gwasanaethau allgymorth iechyd meddwl hanfodol, gan gynnwys cyfarfod grŵp rheolaidd a chefnogaeth trwy eu prosiect 1 i 1. Maent hefyd yn darparu ymwelliadau cartref ag aelodau mwyaf ynysig a bregus y gymuned, a fyddai'n ei chael hi'n anodd cyrchu eu gwasanaethau eraill yng Ngogledd Powys.

Mae Cyngor Canolbarth Cymru yno i roi help llaw i chi gyda phroblemau a chymhlethdodau bywyd bob dydd. [01654 700192](tel:01654 700192) [enquiries@advicemidwales.org.uk](mailto:enquiries@advicemidwales.org.uk)

Mae Dyfi Dial a Ride yn darparu gwasanaethau cludo lleol am brisiau rhesymol. [01654 700136](tel:01654 700136) [dyfivalleydialaride@yahoo.com](mailto:dyfivalleydialaride@yahoo.com)

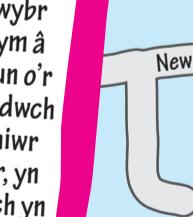
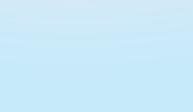
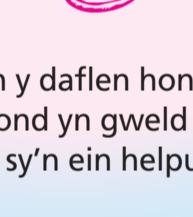
Clwb Traed Machynlleth [01654 700071](tel:01654 700071) [office@camad.org.uk](mailto:office@camad.org.uk)

Bydd Clwb Coesau Machynlleth yn dechrau yn gynnar Haf 2020, am fwy o fanylion ffoniwch [01654 705238](tel:01654 705238) [office@camad.org.uk](mailto:office@camad.org.uk)

Credu, Siop Elusen a Chanolfan Gofalwyr ym Machynlleth, 38 Heol Maengwyn, SY20 8DT Machynlleth [01654 703926](tel:01654 703926) [shops@credu.cymru](mailto:shops@credu.cymru)

## EICH MEDDYG TEULU

Wrth gwrs, mae'r meddyg teulu yn dal i fod ar gael pan fyddwch eu hangen. Ond, drwy ystyried y dewisiadau eraill yn y daflen hon yn gyntaf, rydych yn helpu i sicrhau maent ond yn gweld y bobl hynny sy'n wirioneddol eu hangen, sy'n ein helpu ni i gyd yn y pen draw.



## PHYSIOTHERAPY



Did you know you can self refer to physiotherapy if aches and pains are affecting everyday life?

The experts in how bones and muscles work, they can help you get to the bottom of other common ailments caused by joint and muscular problems.

The form can be found at the GP's as well.

For an appointment just fill in the form which can be found at: [www.powysthb.wales.nhs.uk/physiotherapy-self-referral](http://www.powysthb.wales.nhs.uk/physiotherapy-self-referral) or pick one up at the hospital.



## HELPING EACH OTHER

There are so many paths to follow in Machynlleth if you need a different kind of support to maintain good mental, emotional and physical health.

PAVO Community Connectors can put you in touch with voluntary organisations and support groups to support you. They will work with you to access the right local services, support and information, such as community activities, transport, benefits, health conditions, wellbeing, housing, loneliness and much more. Contact them via [01597 828649](tel:01597 828649) or [community.connectors@pavo.org.uk](mailto:community.connectors@pavo.org.uk)

There are many voluntary sector agencies based at Machynlleth & District Care Centre, Forge Road, Machynlleth SY20 8EQ:

**Machynlleth a Dementia Friendly Community** - Memory Cafe meets at Bowling Club on the first Tuesday of every month from 10 to 11am. Tel [01686 688034](tel:01686 688034).

**CAMAD** Camad provides community support including Meals on Wheels, hospital transport, foot care and lunch clubs. Contact them at [01654 700071](tel:01654 700071) [office@camad.org.uk](mailto:office@camad.org.uk)

Of course, the GP is still available when you need them. But, by considering the alternatives in this leaflet first, you are helping to ensure that they only see those people that really need them, which helps us all in the long run.

Our staff are here to help you and will always try to be polite and helpful. There is an NHS zero tolerance policy, any form of threatening or aggressive behaviour towards any NHS staff will not be tolerated.



Call 999 for life-threatening conditions that need immediate medical attention:

- Choking
- Chest pain
- Blacking out
- Blood loss
- Serious injury
- Suspected stroke

A&E is still the place to go for serious illness or injury.

# Your Healthy Machynlleth

**Camad Pathways** is an emotional wellbeing and mental health support group in Machynlleth. They meet on Tuesdays & Thursdays 1 to 4pm at Machynlleth & District Care Centre. Contact them on [pathways@camad.org.uk](mailto:pathways@camad.org.uk) or [01654 700071](tel:01654 700071)

**Hafal Crossroads Powys** provides practical help, information, advice and support to unpaid Carers. Find out more on [01874 610346](tel:01874 610346) or [www.crossroadsmww.org.uk](http://www.crossroadsmww.org.uk)

**Ponthafren** provide vital mental health outreach services, including regular group meet-ups and support through their 1-2-1 project. They also provide home visits to the most isolated and vulnerable members of the community, who would struggle to access their other services in North Powys.

**Advice Mid Wales** is there to give you a helping hand with the problems and complexities of everyday life. [01654 700192](tel:01654 700192) [enquiries@advicemidwales.org.uk](mailto:enquiries@advicemidwales.org.uk)

**Dyfi Dial a Ride** provide local transportation services at reasonable rates. [01654 700136](tel:01654 700136) [dyfivalleydialaride@yahoo.com](mailto:dyfivalleydialaride@yahoo.com)

**Machynlleth Foot Club** [01654 700071](tel:01654 700071)

**Machynlleth Leg Club** will be starting up early summer 2020, for more details ring [01654 705238](tel:01654 705238) [office@camad.org.uk](mailto:office@camad.org.uk)

**Credu, Charity Shop and Carers Hub** in Machynlleth, 38 Heol Maengwyn, SY20 8DT Machynlleth [01654 703926](tel:01654 703926) [shops@credu.cymru](mailto:shops@credu.cymru)

## YOUR GP

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