

Mae grwpiau paned a sgwrs Epilepsy Action yn agored i unrhyw un sy'n byw gydag epilepsi, eu partneriaid, eu rhieni neu'u gofalwyr.

Ewch i: epilepsy.org.uk/coffee-and-chat

Epilepsy Action coffee and chat groups are open to anyone living with epilepsy, their partners, parents or carers.

Visit: epilepsy.org.uk/coffee-and-chat

Beth allwch chi ei ddisgwyl?

- Croeso cynnes gan ein gwirfoddolwyr
- Rhywle i siarad a gwranddo
- Dealltwriaeth
- Cyngor a gwybodaeth
- Cyfle i wneud ffrindiau

Mae croeso i chi alw heibio i un neu ddau gyfarfod neu ddod yn aelod rheolaidd o'r grŵp.

What can you expect?

- A warm welcome from our volunteers
- Space to talk and listen
- Understanding
- Advice and information
- A chance to make friends

Feel free to just drop in for one or two meetings or become a regular member of the group.



Paned a sgwrs

Mae grŵp Tywyn yn cwrdd yn:

**Salt Marsh Café Bar, Hen Neuadd y Farchnad,
College Green, Tywyn LL36 9BY**

Ar ddydd Mawrth cyntaf y mis rhwng 1pm a 3pm

Am ragor o wybodaeth cysylltwch â:

Jan Paterson, Gweithiwr datblygu dwyieithog Gogledd Cymru
07739 093 211 jpaterson@epilepsy.org.uk

Coffee and chat

Tywyn group meets at:

**Salt Marsh Café Bar, The Old Market Hall,
College Green, Tywyn LL36 9BY**

On the first Tuesday of the month
from 1pm to 3pm

For more information contact:

Jan Paterson
North Wales bilingual development worker
07739 093 211
jpaterson@epilepsy.org.uk

Epilepsy Action

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