

Angen Help?

Mae cyngor a gwybodaeth ar gael yn y llefydd isod i'ch helpu chi. Cysylltwch.

Need Help?

Information and advice to help you is available from these organisations. Get in touch.



Pres, Dyled, a Budd-daliadau / Money, Debt and Benefits

CAB Gwynedd

0345 450 3064

www.cabgwynedd.cymru/cysylltu

Canolfan Byd Gwaith (Colli gwaith) / Job Centre (Facing Redundancy)

nmw.employmentteam@dwp.gov.uk

Canolfan byd Gwaith (Budd-daliadau) / Job Centre (Benefits)

www.gov.uk/browse/benefits



Gwaith a Swyddi / Work and Employment

Gwaith Gwynedd

01286 674 698 / 07980 923 934

GwaithGwynedd@gwynedd.llyw.cymru

Gyrfa Cymru / Careers Wales

0800 0284844

www.gyrfacymru.llyw.cymru



Tai / Housing

Adra

ymholiadau@adra.co.uk

0300 123 8084

Cynefin

0300 111 2122

post@grwpcynefin.org

Cyngor Gwynedd

01766 771 000 / 01286 685100

opsiynautai@gwynedd.llyw.cymru

Shelter

08000 495 495



Cyflenwadau / Utilities

Dwr Cymru (Biliau Fforddiadwy a HELP U Tariff) / Welsh Water (Affordable Bills and HELP U Tariff)

www.dwrcymru.com/en/Self-Service/Affordability.aspx

Biliau Ynni Tŷ (Warden Ynni) / Household Bills

0300 111 2122

A gall pethau fod yn anoddach yn ystod y cyfnod Coronafeirws. Felly codwch ffon am sgwrs, a cael gwybod pwy arall sydd o gwmpas i'ch helpu chi gyda pethau fel bwyd, iechyd, lles, straen, neu unrhyw beth arall sy'n eich poeni.

Coronavirus could make some situations harder. Pick up the phone for a chat, and for information on who is available to help you with things like food, health, wellbeing, stress and/or anything else that worries you.

Llinell Gymorth COVID Cyngor Gwynedd COVID Helpline

01766 711 000

<https://www.gwynedd.llyw.cymru/cy/Trigolion/Trigolion.aspx>

Cymorth Ariannol mewn Argyfwng / Financial Assistance in an Emergency

www.llyw.cymru/cronfa-cymorth-dewisol-daf (Cymraeg)

www.gov.wales/discretionary-assistance-fund-daf (Saesneg)