

Creu Gwent Iachach

Yw'r cynllun strategol iechyd cyhoeddus i wella iechyd a
llesiant pobl Gwent ac i wneud hyn:

**MAE EICH ANGEN CHI a'ch syniadau i weld
sut y gallwn wneud hyn gyda'n gilydd!**

Mae digwyddiadau ymgysylltu cymunedol arbennig wedi eu trefnu ar
gyfer:

- **Pobl Hŷn:** 7^{ed} Awst
- **Gofalwyr:** 8^{ed} Awst
- **Cyn-Filwyr:** 13^{eg} Awst
- **Oedolion ag Anableddau Corfforol a/neu Nam
Synhwyraidd:** 14^{eg} Awst
- **Oedolion ag Anableddau Dysgu:** 15^{ed} Awst

Theatr y Congress, Cwmbrân

(cylchedau clyw a mynediad i'r anabl)

Digwyddiadau: 10.30 - 2.30

Gweinir te a coffi o 10AM. Darperir Cinio Bys a Bawd

Cysylltwch â Julia Osmond, Prif Ymarferydd Iechyd Cyhoeddus os
carech wybod mwy am y gwaith neu os carech fynychu un o'r
Digwyddiadau Ymgysylltu uchod.

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Building a Healthier Gwent

Is the 10 year public health strategic plan to improve the health and wellbeing of the population of Gwent, to do this:

WE NEED YOU and your ideas about how we can do this together!

Special community engagement events have been organised for:

- **Older People:** 7th August
- **Carers:** 8th August
- **Veterans:** 13th August
- **Adults with Physical Disabilities and/or Sensory Impairment:** 14th August
- **Adults with Learning Disabilities:** 15th August

Congress Theatre, Cwmbran

(hearing loops and disability access)

Events: 10.30 - 2.30

Teas and Coffees served from 10 AM. Buffet Lunch Provided

Please contact Julia Osmond, Principal Public Health Practitioner, if you would like to **BOOK A PLACE** to attend one of the above Engagement Events or would like to know more about this work.

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