



**Grwpiau Cymunedol - Canolbarth a De Ceredigion**

**Community Support Groups - Mid and South Ceredigion**

| Pentref/Tref<br>Village/Town | Gweithgaredd / Activity                                                                                                                                                                                                                                                                                                                                                                                                         | Cefnogaeth yn y Gymuned<br>Community Support                                             | Cysylltiad/au / Contacts                                                            |
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| <b>ABERAERON</b>             | <p>Mae Cynllun Cymunedol Aberaeron ar gyfer <u>COVID19</u> bellach wedi'i weithredu'n llawn gyda 18 o gydlynwyr parth a byddin o wirfoddolwyr</p> <p>The Aberaeron Community Plan for COVID19 is now fully implemented with 18 zone co-ordinators and an army of volunteers.</p> <p>For further information please contact /Am rhagor o wybodaeth cysylltwch â</p> <p>Elizabeth Evans<br/>Elizabeth.Evans@ceredigion.gov.uk</p> | <p>Cynllun Cymunedol Aberaeron COVID-19</p> <p>Aberaeron Community Plan for COVID-19</p> | <p>Elizabeth Evans</p> <p>07775 638625</p> <p>Elizabeth.Evans@ceredigion.gov.uk</p> |
| <b>ABERARTH</b>              |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                          | <p>Elizabeth Evans</p> <p>07775 638625</p> <p>Elizabeth.Evans@ceredigion.gov.uk</p> |

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| <b>BETWS<br/>BLEDRWS</b> | Siopa<br>Casglu prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Bro'r Dderi<br><br>Bro'r Dderi YFC         | Elliw – 07581 422471<br><br>Lowri – 07979 937733<br><br>Lisa – 07908 799806<br><br>Aron – 07375 511556                                                         |
| <b>BWLCHLLAN</b>         | Siopa<br>Casglu prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Llangeitho<br><br>Llangeitho YFC           | Bleddyn McAnulty Jones 07815538340<br><br>Mali Iolo Davies - 07837675940<br><br>Meirian Morgan - 07582754725                                                   |
| <b>CELLAN</b>            | Siopa<br>Casglu prescripsiwn/meddyginiaeth<br>Sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat                               | CFFI Llanddewi Brefi<br><br>Llanddewi Brefi YFC | Llyr Davies 07772194786<br><br>Mared Lloyd Jones<br>07496884408<br><br>Caryl Haf – 07091994078<br><br>Daniel Williams 07792732588<br><br>Iwan/Elan 07896471729 |
| <b>CILCENNIN</b>         |                                                                                                                                         | Grŵp Cefnogi Cymuned<br>Dyffryn Aeron           | Wyn Maskell – 01570 471241<br>07855 123666                                                                                                                     |

| CILIAU AERON | Cydllynwyr Cymunedol yn cynnig help i breswylwyr na allant fynd i siopa na chasglu presgripsiynau os ydych yn un o'r categorïau:                                                                                          | Cyngor Cymuned Ciliau Aeron | Ardal/Area           | Enw Name | Rhif Ffon Phone |
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|              | 1. Rydych chi'n hunan-ynysu oherwydd eich bod o fewn categori'r llywodraeth o fod yn agored i niwed - hynny yw, os ydych chi dros 70 oed neu os oes gennych gyflwr iechyd sylfaenol ac nad oes gennych gefnogaeth deuluol |                             | Rhiwgoch Henfynyw    | Marc     | 07500381642     |
|              | 2. Os yw'ch cartref cyfan yn hunan-ynysu oherwydd bod gan un neu fwy ohonoch symptomau                                                                                                                                    |                             | Derwen Gam / Oakford | Carys    | 07887802497     |
|              | Community Co-ordinators will be offering help to residents who cannot go shopping or collect prescriptions if:                                                                                                            |                             | Llwyncelyn           | Frances  | 01545580452     |
|              | 1. You are self-isolating because you are within the government category of being vulnerable – which is if you are over 70 or have an underlying health condition and you have no family support                          |                             | Ffosyffin            | Gerallt  | 01545571595     |
|              | 2. If your whole household is self-isolating because of one or more of you have symptoms                                                                                                                                  |                             | Ffosyffin            | Garym    | 07805356504     |
|              |                                                                                                                                                                                                                           |                             | Ciliau Aeron         | Arwel    | 01570471358     |
|              |                                                                                                                                                                                                                           |                             | Cilcennin            | Ray      | 07966531066     |

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| <b>CILIAU AERON</b> | Siopa<br>Casglu prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Felinfach<br><br>Felinfach YFC | David Heath – 07807926107<br><br>Huw Jones – 07432593277<br><br>Ianto Jones – 07482249358<br><br>Alaw Fflur Jones – 07482249358<br><br>Alaw Mair Jones – 07583174318<br><br>Bleddyn Thomas – 07495992107<br><br>Gwern Thomas – 01570471456<br><br>Sioned Owens – 07837625120<br><br>Mared Jones – 07527618253 |
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| <b>CILIAU AERON</b> |  | Grŵp Cefnogi Cymuned Dyffryn Aeron | Wyn Maskell – 01570 471241<br>07855 123666 |
| <b>CRIBYN</b>       |  | Grŵp Cefnogi Cymuned Dyffryn Aeron | Wyn Maskell – 01570 471241<br>07855 123666 |
| <b>DIHEWYD</b>      |  | Grŵp Cefnogi Cymuned Dyffryn Aeron | Wyn Maskell – 01570 471241<br>07855 123666 |
| <b>FELINFACH</b>    |  | Grŵp Cefnogi Cymuned Dyffryn Aeron | Wyn Maskell – 01570 471241<br>07855 123666 |

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| <b>FELINFACH</b> | Siopa<br>Casglu prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Felinfach<br><br>Felinfach YFC | David Heath – 07807926107<br><br>Huw Jones – 07432593277<br><br>Ianto Jones – 07482249358<br><br>Alaw Fflur Jones – 07482249358<br><br>Alaw Mair Jones – 07583174318<br><br>Bleddyn Thomas – 07495992107<br><br>Gwern Thomas – 01570471456<br><br>Sioned Owens – 07837625120<br><br>Mared Jones – 07527618253 |
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| <b>LLANARTH</b>                                                                              | Casglu a dosbarthu meddygyniaeth<br><br>Collect and deliver medication                                                                                                                                                                                         | Grŵp Gwirfoddolwyr Llanarth<br><br>Llanarth Volunteer Group                              | Cyng / Cllr Bryan Davies<br><br>07976298015                                        |
| <b>LLANARTH</b>                                                                              | Siopa Bwyd – Hanfodol<br><br>Essential Shopping                                                                                                                                                                                                                | Grŵp Gwirfoddolwyr Llanarth<br><br>Llanarth Volunteer Group                              | Alun Davies<br><br>07912 769635<br><br>Raywyn Law<br><br>01545 580008              |
| <b>LLANBEDR PONT STEFFAN</b><br><br><b>LAMPETER a’r ardal gyfagos / and surrounding area</b> | Siopa bwyd<br>Casglu Meddygyniaeth<br>Sgwrs Ffôn<br>Cerdded y Ci<br>Unrhywbeth arall yn Llanbed ar ardal gyfagos<br><br>Food shopping<br>Collect prescriptions<br>Talk on the phone<br>Walk the dog<br>Anything else in Lampeter town and the surrounding area | Grŵp Cefnogaeth Cymunedol Coronafeirws Llanbed<br><br>Lampeter Coronavirus Support Group | Dinah Mullholand<br><br>01570 423174<br><br><br>Rachel Stelmach<br><br>07799884835 |

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| <b>LLANBEDR PONT STEFFAN</b><br><br><b>LAMPETER</b> | Siopa bwyd<br>Casglu Meddyginiaeth<br>Sgwrs Ffôn<br>Unrhywbeth arall yn ardal Llanbed<br><br>Food shopping<br>Collect prescriptions<br>Talk on the phone<br>Anything else in the Lampeter area | CFFI Cwmann<br><br>Cwmann YFC           | Gwawr Bowen 07814 327985<br><br>Sian Elin Williams 07813539832<br><br>Alpha Evans 07944 277240<br><br>Lowri Davies 07908 599469<br><br>Ellie Thomas 0749 5721095 |
| <b>LLANBEDR PONT STEFFAN</b><br><br><b>LAMPETER</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat!                                                     | CFFI Bro'r Dderi<br><br>Bro'r Dderi YFC | Elliw – 07581 422471<br><br>Lowri – 07979 937733<br><br>Lisa – 07908 799806<br><br>Aron – 07375 511556                                                           |

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| <b>LLANDDEWI BREFI</b>       | <p>Siopa<br/>Casglu<br/>prescripsiwn/meddyginiaeth<br/>Sgwrs</p> <p>Food Shopping<br/>Collect prescriptions<br/>Chat</p> | <p>CFFI Llanddewi Brefi</p> <p>Llanddewi Brefi YFC</p> | <p>Llyr Davies 07772194786</p> <p>Mared Lloyd Jones<br/>07496884408</p> <p>Caryl Haf – 07091994078</p> <p>Daniel Williams 07792732588</p> <p>Iwan/Elan 07896471729</p> |
| <b>LLANFAIR<br/>CLYDOGAU</b> | <p>Siopa<br/>Casglu<br/>prescripsiwn/meddyginiaeth<br/>Sgwrs</p> <p>Food Shopping<br/>Collect prescriptions<br/>Chat</p> | <p>CFFI Llanddewi Brefi</p> <p>Llanddewi Brefi YFC</p> | <p>Llyr Davies 07772194786</p> <p>Mared Lloyd Jones<br/>07496884408</p> <p>Caryl Haf – 07091994078</p> <p>Daniel Williams 07792732588</p> <p>Iwan/Elan 07896471729</p> |

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| <b>LLANGEITHO</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael<br>sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Llangeitho<br><br>Llangeitho YFC                       | Bleddyn McAnulty Jones 07815538340<br><br>Mali Iolo Davies - 07837675940<br><br>Meirian Morgan - 07582754725                                                                              |
| <b>LLANGEITHO</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill<br><br>Food Shopping<br>Collect prescriptions<br>Any other matter    | Grŵp Cymunedol Llangeitho<br><br>Llangeitho Community Group | Dafydd Iolo Davies<br>07812920421<br><a href="mailto:Dafiolo1@gmail.com">Dafiolo1@gmail.com</a><br><br>Daniel Thomas<br>07980212080<br><a href="mailto:mellten@me.com">mellten@me.com</a> |
| <b>LLANGYBI</b>   | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael<br>sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Bro'r Dderi<br><br>Bro'r Dderi YFC                     | Eiliw – 07581 422471<br><br>Lowri – 07979 937733<br><br>Lisa – 07908 799806<br><br>Aron – 07375 511556                                                                                    |

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| <b>LLANGYBI</b> | <p>Cymorth gyda siopa neu gasglu prescriptiwn ac ati</p> <p>Help with shopping or collecting prescriptions etc</p> | <p>Cyngor Cymuned Llangybi</p> <p>Llangybi Community Council</p> | <p>Mrs Michelle Jones</p> <p>01570 493521</p> <p>07789224769</p> <p>e.bost / e.mail</p> <p>clerkllangybi@gmail.com</p> |
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| <b>LLANSANTFFRAED</b> | <p>Cynllun Cymorth Llan-non, Llansantffraed a Nebo</p> <p>Dan ofal Cyngor Cymuned Llansantffraed</p> <p>Cymorth: Mo'yn nwyddau hanfodol e.e. Boyd a phresgripsiynau</p> <p>Sit: 6 tîm o wirfoddolwyr wedi'u rhannu fesul 6 ardal; ac rydym wedi dosbarthu taflen yn mhob tŷ yn yr ardal i gynnig cefnogaeth i bobl sy'n hunanynysu.</p> <p>Cyswllt: Lowri Jones<br/> <a href="mailto:lowrifron@hotmail.co.uk">lowrifron@hotmail.co.uk</a> 07792 031786</p> <p>Llan-non, Llansantffraed and Nebo Buddy Scheme</p> <p>Operated by the Llansantffraed Community Council</p> <p>Assistance: Fetching essential goods e.g. food and prescriptions</p> | <p>Cyngor Cymuned Llansantffraed<br/>Community Council</p> | <p>Lowri Jones</p> <p>07792 031786</p> <p>lowrifron@hotmail.co.uk</p> |
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|                  | <p>How: 6 teams of volunteers serving 6 areas; and we have distributed a leaflet to every home offering support to people who are self-isolating.</p> <p>Contact: Lowri Jones.<br/> <a href="mailto:lowrifron@hotmail.co.uk">lowrifron@hotmail.co.uk</a> 07792 031786</p> |                                            |                                                                  |
| <b>LLANWENOG</b> | <p>Siopa<br/> Casglu meddyginiaeth<br/> Sgwrs</p> <p>Shopping<br/> Collect prescriptions<br/> Chat!</p>                                                                                                                                                                   | <p>CFFI Llanwenog</p> <p>Llanwenog YFC</p> | <p>Lauren Jones 07532423541</p> <p>Sioned Davies 07790856475</p> |
| <b>LLANWNEN</b>  | <p>Siopa<br/> Casglu meddyginiaeth<br/> Sgwrs</p> <p>Shopping<br/> Collect prescriptions<br/> Chat!</p>                                                                                                                                                                   | <p>CFFI Llanwenog</p> <p>Llanwenog YFC</p> | <p>Lauren Jones 07532423541</p> <p>Sioned Davies 07790856475</p> |

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| <b>LLWYNYGROES</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill cael<br>sgwrs<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Bro'r Dderi<br><br>Bro'r Dderi YFC | Elliw – 07581 422471<br><br>Lowri – 07979 937733<br><br>Lisa – 07908 799806<br><br>Aron – 07375 511556 |
| <b>LLWYNYGROES</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill<br><br>Food Shopping<br>Collect prescriptions<br>And anything else   |                                         | Sonia Rees<br><br>01570 493608<br><br>07854 360119                                                     |

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| <b>MYDROILYN</b> | Siopa Bwyd<br>Casglu Meddygyniaeth<br>Unrhyw fater arall<br><br>Shopping<br>Collect Prescriptions<br>Casglu meddyginiaeth<br>Anything else | CFFI MYDROILYN<br><br>MYDROILYN YFC                            | Heleddd Besent - 07805480916<br><br>Elen Skyrme - 07891135494<br><br>Angharad Evans -07875427671<br><br>Catrin Evans – 07908202648<br><br>Alaw Rees – 07557985249<br><br>Catrin Rees - 07428456568 |
| <b>MYDROILYN</b> | Casglu a dosbarthu<br>meddygyniaeth<br><br>Collect and deliver medication                                                                  | Cyng Bryan Davies<br><br>Cllr Bryan Davies                     | Cyng / Cllr Bryan Davies<br><br>07976298015                                                                                                                                                        |
| <b>MYDROILYN</b> | Siopa Bwyd – Hanfodol<br><br>Essential Shopping                                                                                            | Grŵp Gwirfoddoli Mydroilyn<br><br>Mydroilyn Volunteering Group | Dominic Bromley<br><br>01570 470748<br><br>Carol Thomas<br><br>01545 580898                                                                                                                        |

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| <b>OLMARCH</b> | <p>Siopa<br/>Casglu<br/>prescripsiwn/meddyginiaeth<br/>Unrhyw anghenion eraill cael<br/>sgwrs</p> <p>Food Shopping<br/>Collect prescriptions<br/>Chat!</p> | <p>CFFI Bro'r Dderi</p> <p>Bro'r Dderi YFC</p> | <p>Elliw – 07581 422471</p> <p>Lowri – 07979 937733</p> <p>Lisa – 07908 799806</p> <p>Aron – 07375 511556</p>     |
| <b>SILIAN</b>  | <p>Siopa<br/>Casglu<br/>prescripsiwn/meddyginiaeth<br/>Unrhyw anghenion eraill cael<br/>sgwrs</p> <p>Food Shopping<br/>Collect prescriptions<br/>Chat!</p> | <p>CFFI Bro'r Dderi</p> <p>Bro'r Dderi YFC</p> | <p>Elliw – 07581 422471</p> <p>Lowri – 07979 937733</p> <p>Lisa – 07908 799806</p> <p>Aron – 07375 511556</p>     |
| <b>SILIAN</b>  | <p>Siopa<br/>Casglu<br/>prescripsiwn/meddyginiaeth<br/>Unrhyw anghenion eraill cael<br/>sgwrs</p> <p>Food Shopping<br/>Collect prescriptions<br/>Chat!</p> | <p>Menter Silian</p>                           | <p>Margery Williams<br/>01570 422987</p> <p>Nikki Vousden<br/>01570 421417</p> <p>Eryl Evans<br/>01570 422443</p> |

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| <b>TALSARN</b> | Siopa<br>Casglu<br>prescripsiwn/meddyginiaeth<br>Unrhyw anghenion eraill<br><br>Food Shopping<br>Collect prescriptions<br>Chat! | CFFI Felinfach<br><br>Felinfach YFC   | David Heath – 07807926107<br><br>Huw Jones – 07432593277<br><br>Ianto Jones – 07482249358<br><br>Alaw Fflur Jones – 07482249358<br><br>Alaw Mair Jones – 07583174318<br><br>Bleddyn Thomas – 07495992107<br><br>Gwern Thomas – 01570471456<br><br>Sioned Owens – 07837625120<br><br>Mared Jones – 07527618253 |
| <b>TALSARN</b> |                                                                                                                                 | Grŵp Cefnogi Cymuned Dyffryn<br>Aeron | Wyn Maskell – 01570 471241<br><br>07855 123666                                                                                                                                                                                                                                                                |