

HAFAN DEWI SANT THERAPI DYDD LLANDUDNO/BANGOR

BETH SYDD AR GAEL ?

Therapiau Cyflenwol



Tylino, Reiki, Adweitheg, Aromatherapi, Aciwbigo, Therapi Grisial.

Therapi celf



Gwnewch gelf a gwaith creadigol heb fewnbwn meddygol neu fewnbwn nyrsio. 'Does dim rhaid ichi fod yn artist i gymryd rhan.

Cynllunio at y dyfodol



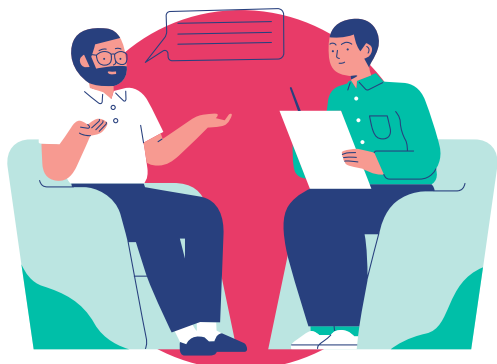
Trafodaethau pwysig ynghylch dymuniadau yn y dyfodol wedi'u hwyluso mewn amgylchedd diogel.

Ffisiotherapi



Yn helpu i gynnal neu adfer eich iechyd corfforol trwy ddiagnosis, addysg, rheoli symptomau ac adferiad.

Therapi Galwedigaethol



Asesu anawsterau gweithredol, cymhorthion/offer addas, gan eich galluogi i aros mor annibynnol â phosibl.

Rheoli Symptomau



Bydd rheoli symptomau y gallech fod yn eu dioddef yn cael ei ddarparu gan ein tîm meddygol ymroddedig.

Grwpiau Cefnogi



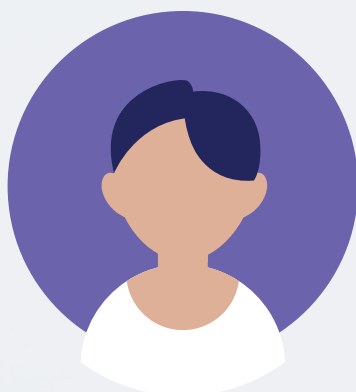
Angen rhywfaint o gefnogaeth? Grwpiau cymorth gofalwyr, Cwnsela, Grwpiau Ymlacio, Grwpiau blinder, gorbryder a diffyg anadl ar gael.

Gweithiwr Cymdeithasol



Cewch ddefnyddio Gweithiwr Cymdeithasol a fydd yn rhedeg clinigau penodol i gynghori ar gymorth cymdeithasol, ag cyngor ariannol.

PWY SY'N GALLU DOD ?



Unrhyw un sy'n byw â salwch sy'n byrhau bywyd

PWY SY'N CAEL EICH CYFEIRIO ?



Meddyg teulu, nyrs arbenigol, oncolegydd, nyrs ardal ac unrhyw weithiwr gofal iechyd proffesiynol arall.

St David's Hospice – Llandudno, Abbey Rd, Llandudno, Conwy, North Wales. LL30 2EN
Hafan Dewi Sant – Bangor, Ysbyty Gwynedd, Bangor, Gwynedd LL57 2DH

Hafan Dewi Sant – (01492) 879058

HAFAN DEWI SANT DAY THERAPY LLANDUDNO/BANGOR

WHAT'S ON OFFER ?

Complimentary therapies



Massage, Reiki, Reflexology,
Aromatherapy,
Crystal Therapy.

Art therapy



Undertake art and creative work
without medical or nursing input.
You don't have to be an artist to
participate.

Future planning



Important discussions
about future wishes
facilitated in a safe
environment.

Physiotherapy



Helps to maintain or restore your
physical health through diagnosis,
education, symptom management,
rehabilitation & acupuncture.

Occupational therapy



Assessment of functional difficulties,
suitable aids/equipment, enabling you
to remain as independent as possible.

Symptom Control



Management of symptoms
you may be experiencing will
be provided by our dedicated
medial team.

Support groups



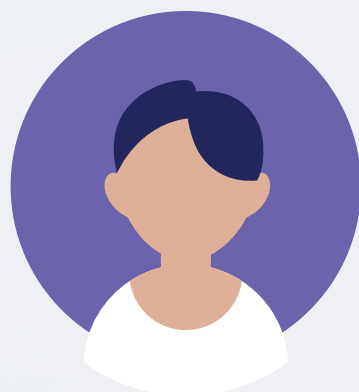
Need some support?
Carer support groups, Counselling,
Relaxation groups, Fatigue, anxiety
and breathlessness groups available.

Social worker



You can have access to our
Social Workers who will run
specific clinics to advise on
social support and provide
guidance/ support for financial
matters.

WHO CAN ATTEND ?



Anyone living with a life limiting illness

WHO CAN REFER YOU ?



GP, specialist nurse, oncologist, district nurse
& any other health care professional.

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