

# CYNGOR CYMUNED LLANISMEL ST ISHMAEL COMMUNITY COUNCIL



## HERE TO HELP

We know that COVID-19 will mean changes to all of our lives over the next few weeks and the St Ishmael Community Council would like to encourage you all to look out for your friends and neighbours during this time, and ensure that anyone needing to self-isolate has a support network in place.

We understand that this is not always possible or that your usual support system may be unavailable. As a means of ensuring that those affected do not go without vital supplies, St Ishmael Community Council is aiming to co-ordinate a volunteer response providing practical help for those affected.

Practical support will include shopping for food, collecting medication, dog walking, posting letters and other errands required for day to day living. We would also like to offer our services to anyone who may be self-isolating and would appreciate keeping in touch with someone over the phone.

If anyone is prepared to volunteer, with all or any of these tasks, please contact me on 07825 003648 or you can email [clerk.stishmaelscc@gmail.com](mailto:clerk.stishmaelscc@gmail.com) or contact Cllr Gloria Squires on 01267 267477.

**If you need our help, please contact Julie on 07825 003648 or Gloria on 01267 267477 and we will do our best to assist you.**

## YMA I HELPU

Rydym yn gwybod y bydd COVID-19 yn golygu newidiadau i'n bywydau dros yr wythnosau nesaf a hoffem ni'r Cyngor Cymuned Llanismel eich annog i gyd gadw llygad am eich ffrindiau a'ch cymdogion yn ystod yr amser hwn, a sicrhau bod gan unrhyw un sydd angen hunan-ynysu rwydwaith cymorth ar waith.

Rydym yn deall nad yw hyn bob amser yn bosibl neu efallai na fydd eich system cymorth arferol ar gael. Fel fordd o sicrhau nad yw rhai yn mynd heb gyflenwadau hanfodol, mae'r Cyngor Cymuned Llanismel yn anelu at gydlyn ymateb gwirfoddolwyr gan ddarparu help ymarferol i'r rhai y effeithir arnynt.

Bydd y cefnogaeth ymaferol yn cynnwys siopa am fwyd, casglu meddyginiaeth, cerdded cwn, postio llythyrau a chyfeilionadau eraill sy'n ofyrnol ar gyfer byw o dydd i dydd. Hoffem hefyd gynnig ein gwasanaethau i unrhyw un a allai fod yn hunan-ynysu ac y fyddent yn gwerthfawrogi cadw mewn cysylltiad a rhywun dros y ffon.

Os oes unrhyw un yn barod i wirfoddoli, gydag unrhyw un o'r tasgau hyn, cysylltwch a mi ar 07825 003648, neu gallwch e-bostio [clerk.stishmaelscc@gmail.com](mailto:clerk.stishmaelscc@gmail.com), neu cysylltwch a Gloria ar 01267 267477.

**Os oes angen ein help, cysylltwch a Julie ar 07825 003648 neu Gloria ar 01267 267477 a byddwn yn gwneud ein gorau i'ch cynorthwyo.**

Thank you / Diolch,

**Julie Rees Clark / Clerc**

**Cllr Michael Jones – Chair / Cllr Michael Jones - Cadeirydd**