

# Social Groups

**Our social groups are the ideal opportunity to get out and about and have fun with friends. Where possible, we can even help with transport.**

- Meet new people
- Share experiences
- Enjoy a range of activities

To find out where your nearest social group is

☎ **0800 132 320**

✉ **07950 008870**

@ **info@deafblind.org.uk**



**Deafblind UK is a national charity supporting people with sight and hearing loss, enabling them to live the lives they want.**

Empowerment is at our heart; through our range of free services we help people to build their confidence and independence; continuing their lives beyond sight and hearing loss.

Losing your sight and hearing can be frightening. Our team of experts is here every step of the way to reassure, advise or just to be someone to turn to if there is no one else.

“Being part of the group means I have the chance to talk to people who experience the same everyday challenges that I do. It also gives me the opportunity to take part in activities and experiences that I would not have otherwise done.”

# Grwpiau Cymdeithasol

Ein grwpiau cymdeithasol yw'r cyfle delfrydol i fynd allan o'r tŷ a chael hwyl gyda ffrindiau. Lle y bo'n bosibl, gallwn ni hyd yn oed helpu gyda thrafnidiaeth.

- Cwrdd â phobl newydd
- Rhannu profiadau
- Mwynhau ystod o weithgareddau

Er mwyn cael gwybod ble mae eich grŵp cymdeithasol agosaf

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Mae Deafblind UK yn elusen genedlaethol sy'n cefnogi pobl sydd â nam ar eu golwg a'u clyw, er mwyn eu galluogi i fyw'r bywyd y maen nhw'n ei ddymuno.

Mae grymuso o bwys mawr i ni; trwy gyfrwng ein hystod o wasanaethau rhad ac am ddim, rydym yn helpu pobl i fagu eu hyder a'u hannibyniaeth; gan barhau â'u bywydau y tu hwnt i nam ar olwg a chlyw.

Gall colli eich golwg a'ch clyw fod yn brofiad brawychus. Mae ein tîm o arbenigwyr yma bob cam o'r ffordd i dawelu eich meddwl, eich cyngori neu i fod yma i chi os nad oes unrhyw un arall ar gael.

“Mae bod yn rhan o'r grŵp yn golygu fy mod yn cael cyfle i siarad â phobl sy'n profi'r un heriau dyddiol â fi. Mae hefyd yn rhoi'r cyfle i fi gymryd rhan mewn gweithgareddau a phrofiadau na fyddwn wedi dod ar eu traws fel arall.”

