



# YOU, ME, WE

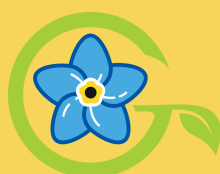
## BECOME A COMMUNITY LISTENER TODAY!



Listening to people's stories about their dementia care and support can help us understand their experiences and discover a way forward for change.

Let's take action step by step and hand in hand. Together, we can achieve better care for people living with dementia.

To find out more contact  
[ABB.PCCTdementia @wales.nhs.uk](mailto:ABB.PCCTdementia@wales.nhs.uk)



Gwent sy'n Deall Dementia  
Dementia Friendly Gwent



# CHI, FI, NI

## BETH AM DDOD YN WRANDÄWR CYMUNEDOL HEDDIW!



Gall gwrandao ar storïau pobl am eu gofal a chymorth dementia ein helpu i ddeall eu profiadau a darganfod ffordd ymlaen tuag at newid.

Gadewch i ni gamu ymlaen, cam wrth gam, law yn llaw. Gyda'n gilydd fe allwn sicrhau gofal gwell i bobl sy'n dioddef o ddementia.

I gael gwybod mwy cysylltwch ar:  
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