



Care & Repair  
Gofal a Thrwsio



## Is your home warm enough?

How Care & Repair can help older people in Wales keep their homes warm

Improving homes, Changing lives

Care & Repair Cymru is a registered charity:  
Charity number 1163542

## Why is a warm home important?

Older people spend between 70% and 90% of their time at home, so a warm home can go a long way to keeping you healthy and happy. As well as keeping you feeling well and mentally healthy, a warm home reduces the risk of falling and respiratory illnesses in your home.

You may worry about the cost of keeping your home well insulated, or that a new heating system is too expensive. In fact, with help from a Care and Repair Home Energy Officer, you could save money by getting tips and tricks on saving energy. We can help make energy efficiency improvements in your home, and we may be able to help with some of the costs involved.

A warm home does not have to cost you the earth.






## About Care & Repair

For over 40 years, Care & Repair has been trusted to help older people live in safe, warm and accessible homes.

Everyone in Wales has a local Care & Repair agency, with a friendly and experienced team who can help you live independently at home. Whether it is with small repairs to make your home safer, larger adaptations to make it more accessible, or support to claim benefits and grants, Care & Repair are here to help.

## How Care & Repair can help keep you warm

Our team of Home Energy Officers are experts at making sure your home is kept warm. We can:

-  Assess your home to make sure it's insulated and well-heated
-  Offer advice on ways to save energy
-  Help you to apply for benefits and grants to help you keep warm
-  Ensure that your heating system and appliances are safe
-  Help make improvements where there is damp and condensation
-  Help connect your home to a nearby mains gas connection
-  Link you to other Care & Repair services and support.



For a **FREE** healthy home check, call your local Care & Repair today on:  
**0300 111 3333**

[www.careandrepair.org.uk](http://www.careandrepair.org.uk)



Part of Enable -  
Support for Independent Living

find us on





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# A yw eich cartref yn ddigon cynnes?

Sut y gall Gofal a Thrwsio helpu pobl hŷn yng Nghymru i gadw eu cartrefi'n gynnes

Gwella cartrefi, Newid bywydau

Mae Care & Repair Cymru yn elusen gofrestrdig:  
Rhif elus 1163542

## Pam mae cartref cynnes yn bwysig?

Mae pobl hŷn yn treulio rhwng 70% a 90% o'u hamser gartref, felly gall cartref cynnes wneud llawer i'ch cadw'n iach ac yn hapus. Yn ogystal â'ch cadw i deimlo'n iach ac yn dda yn feddylol, mae cartref cynnes yn lleihau'r risg o gwmpo a salwch anadlol yn eich cartref.

Efallai y byddwch yn poeni am y gost o gadw eich cartref wedi'i inswleiddio'n dda, neu fod system wresogi newydd yn rhy ddrud. Yn wir, gyda chymorth Swyddog Ynni Cartref Gofal a Thrwsio, gallech arbed arian drwy gael awgrymiadau a thriciau ar arbed ynni. Gallwn helpu i wneud gwelliannau effeithlonrwydd ynni yn eich cartref, ac efallai y gallwn helpu gyda rhai o'r costau.

Does dim rhaid i gartref cynnes gostio'r ddaear i chi.

## Am Gofal a Thrwsio

Ers dros 40 mlynedd, mae pobl hŷn wedi ymddiried mewn Gofal a Thrwsio i'w helpu i fyw mewn cartrefi diogel, cynnes a hygyrch.

Mae gan bawb yng Nghymru asiantaeth Gofal a Thrwsio leol, gyda thîm cyfeillgar a phrofiadol a all eich helpu i fyw'n annibynnol gartref. P'un ai gydag atgyweiriadau bach i wneud eich cartref yn fwy diogel, addasiadau mwy i'w wneud yn fwy hygyrch, neu gymorth i hawlio budd-daliadau a grantiau, mae Gofal a Thrwsio yma i helpu.

## Sut y gall Gofal a Thrwsio helpu i'ch cadw'n gynnes

Mae ein tîm o Swyddogion Ynni Cartref yn arbenigwyr ar sicrhau bod eich cartref yn cael ei gadw'n gynnes. Gallwn:

- 🏠 Asesu eich cartref i wneud yn siŵr ei fod wedi'i inswleiddio a'i wresogi'n dda
- 🏠 Cynnig cyngor ar ffyrdd o arbed ynni
- 🏠 Eich helpu i wneud cais am fudd-daliadau a grantiau i'ch helpu i gadw'n gynnes
- 🏠 Sicrhau bod eich system ac offer gwresogi yn ddiogel
- 🏠 Helpu i wneud gwelliannau lle mae lleithder a chyddwysiad
- 🏠 Helpu i gysylltu eich cartref â chysylltiad nwy prif gyflenwad cyfagos
- 🏠 Eich cysylltu â gwasanaethau a chymorth arall gan Gofal a Thrwsio



I gael archwiliad cartref iach  
AM DDIM, ffoniwch eich Gofal  
a Thrwsio lleol heddiw ar:  
**0300 111 3333**

[www.careandrepair.org.uk](http://www.careandrepair.org.uk)



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Rhan o Hwyluso -  
Cymorth ar gyfer Byw Annibynnol

dewch o hyd i ni ar

