

STAY AT HOME



AROS ADREF

PROTECT OUR
NHS



AMDDIFFYN EIN
GIG

SAVE LIVES



ACHUB BYWYDAU



Alex Davies-Jones MP

Mick Antoniw AM

Working together for Pontypridd

CORONAVIRUS KEY INFORMATION FOR CONSTITUENTS

Health services:

- Check symptoms online at: nhsdirect.wales.nhs.uk
- Stay at home if you have symptoms, call 111 in an emergency
- Mental health support: Age Cymru: 08000 223444 / Samaritans: 116 123 Domestic Abuse Hotline: 0808 2000 247

RCT Council services:

- Free school meals - apply online at rctcbc.gov.uk for direct payments
- Volunteer locally to support the vulnerable - apply online at rctcbc.gov.uk
- Vulnerable adults with no friends/family to support them - call 01443 425020

Employment issues:

- You may be entitled to **Universal Credit**, check <https://www.gov.uk/universal-credit> or call: 0800 328 5644
- **Self-employed workers** may be eligible to claim for a taxable grant - call: 0800 015 9559
- Your employer may be able to claim for 80% of the **salaries of retained workers** - check with ACAS: 0300 123 1100
- The Welsh Government has announced a package of support worth £1.4bn for small businesses - apply online at rctcbc.gov.uk Businesses of all sizes can also apply to a Wales-only £500m resilience fund set up by the Welsh Government.

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Gweithio gyda'n gilydd dros Bontypridd

GWYBODAETH ALLWEDDOL AM GORONAFEIRWS ETHOLWYR

• **Gwasanaethau Iechyd:**

- Gwiriwch symptomau ar-lein yn: nhsdirect.wales.nhs.uk
- Arhoswch adref os oes gennych chi symptomau, ffoniwch 111 mewn argyfwng
- Cymorth Iechyd Meddwl: Age Cymru: 08000 223444 / Samariaid: 116 123 Llinell Gymorth Cam-drin Domestig: 0808 2000 247

Gwasanaethau Cyngor RhCT:

- Prydau ysgol am ddim – gwnewch gais ar-lein yn rctcbc.gov.uk am daliadau uniongyrchol
- Gwirfoddolwch yn lleol i gefnogi pobl fregus – gwnewch gais ar-lein yn rctcbc.gov.uk
- Oedolion bregus heb ffrindiau/teulu i'w cefnogi – ffoniwch 01443 425020

Materion cyflogaeth:

- Efallai bod gennych chi hawl i Gredyd Cynhwysol, ewch i <https://www.gov.uk/universal-credit> neu ffoniwch: 0800 328 5644
- Gall gweithwyr hunangyflogedig fod yn gymwys i hawlio grant trethadwy - ffoniwch: 0800 015 9559
- Efallai y bydd eich cyflogwr yn gallu hawlio 80% o gyflogau gweithwyr sy'n cael eu cadw – holwch ACAS: 0300 123 1100
- Mae Llywodraeth Cymru wedi cyhoeddi pecyn cymorth gwerth £1.4 biliwn ar gyfer busnesau bach – gwnewch gais ar-lein yn rctcbc.gov.uk
- Gall busnesau mawr a bach wneud cais hefyd i gronfa gydnherthedd Cymru yn unig gwerth £500 miliwn a sefydlwyd gan Lywodraeth Cymru.

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