

"The love I received and the encouragement and peace along with many tears and laughs was incredible." **MIKE**

"Wynford. Mi rwyf yn arweinydd trugarog, yn ysbrydoliaeth i nifer ohonom. ..."**DAFYDD**

"Thank you for all the care and wisdom we have with you, I've learned a lot – every session is like learning to read a map to guide us..." **BETHAN**

Y GANOLFAN ADFERIAD
GYMUNEDOL SYDD Â DULL
"POB DIBYNIAETH"

**THE COMMUNITY BASED
RECOVERY CENTRE THAT
HAS AN "ALL ADDICTIONS"
APPROACH**

**STAFELL FYW
LIVING ROOM**

Crwys Chapel
77 Richmond Road
Cardiff CF24 3AR

Call us on 0779 646 4045
info@recovery-council.org

STAFELL FYW
**LIVING
ROOM**

**DIBYNIAETH.
EDRYCH AM
FFORDD ALLAN?**
www.stafell-fyw.uk

**ADDICTION.
LOOKING FOR
A WAY OUT?**
www.living-room.uk

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STAFELL FYW LIVING ROOM

An alcohol, drug (and other harmful behaviours) recovery day-care centre in Cardiff.

WE OFFER:

- A relaxed, loving and non-judgemental environment
- Tailored help to progress in your recovery at your own pace. You're in the driving seat!
- One to one counselling and various support groups
- Holistic therapies, employment support etc.

We welcome volunteers!

**Open the door
to a new life...**

Canolfan gofal dydd yng Nghaerdydd er mwyn adfer o ddibyniaeth ar alcohol, cyffuriau (ac ymddygiadau niweidiol eraill).

RYDYN NI'N CYNNIG:

- Amgylchedd anfeirniadol, cariadus a hamddenol
- Help wedi'i lunio'n bersonol a fesul cam yn ôl eich dymuniad - chi sy'n penderfynu!
- Cyngor un i un a grwpiau cefnogi amrywiol
- Therapiau holistaidd, cefnogaeth gwaith ayyb

Croesawn wirfoddolwyr!

**Agorwch y drws
i fywyd newydd...**

DONATION FORM / FFURFLEN RHODD

DETAILS OF DONOR / MANYLION Y RHODDWR

Full name / Enw llawn	
Address / Cyfeiriad	
Postcode / Côt post	

DONATION DETAILS / MANYLION EICH CYFRANIAD

I enclose a sum of / Amgaeaf y swm o:

as / yn ☐ Cash/Arian ☐ Cheque/Siec ☐ Standing order/Archeb Banc

To the / I Bwyllgor Apêl *Stafell Fyw / Living Room*

Name of donor / Enw'r rhoddwr

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- ☐ I want the Living Room to treat my donation as a Gift Aid donation
Dymunaf Stafell Fyw drin fy rhodd fel Rhodd Gymorth *giftaid it*
- ☐ I do not want the Living Room to treat my donation as a Gift Aid donation
Ni ddymunaf I Stafell Fyw drin fy rhodd fel Rhodd Gymorth

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Date / Dyddiad

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Address / Cyfeiriad

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BANK/BANK Bank Metro 23-05-80 RHIF/NO. 54892675 MATH/TYPE Business

The sum of / y swm o £ For/am months/years*
(* delete as appropriate / I'w ddileu fel yn briodol)

Starting from the (I ddechrau ar y) of/o (date and month/dyddiad a mis)

Name / Enw

Address / Cyfeiriad

Account no / Rhif eich cyfrif

Sort code / Côt didoli

Signature / Llofnod

Date / Dyddiad

PLEASE RETURN TO / DYCHWELER I

Stafell Fyw / Living Room, c/o Eglwys y Crwys / Crwys Church, 77 Richmond Road, Caerdydd / Cardiff CF24 3AR