

# Teimlo eich bod yn cael eich eithrio?

Ydych chi wedi methu gwneud rhywbeth  
sy'n bwysig i chi am nad ydych chi'n  
defnyddio'r rhyngwrwyd?



## Er enghraifft:

Trefnu apwyntiadau gyda'ch meddyg teulu  
Gwasanaethau / ymgynghoriadau iechyd  
Dod o hyd i wybodaeth a chyngor  
Taliadau / arian  
Lleisio eich barn

Os felly, hoffem glywed gennych chi.

Cysylltwch â ni i rannu eich profiadau, ac i'n  
helpu ni i sicrhau bod pobl hŷn yn lleisio eu barn.

## Ffoniwch nawr:

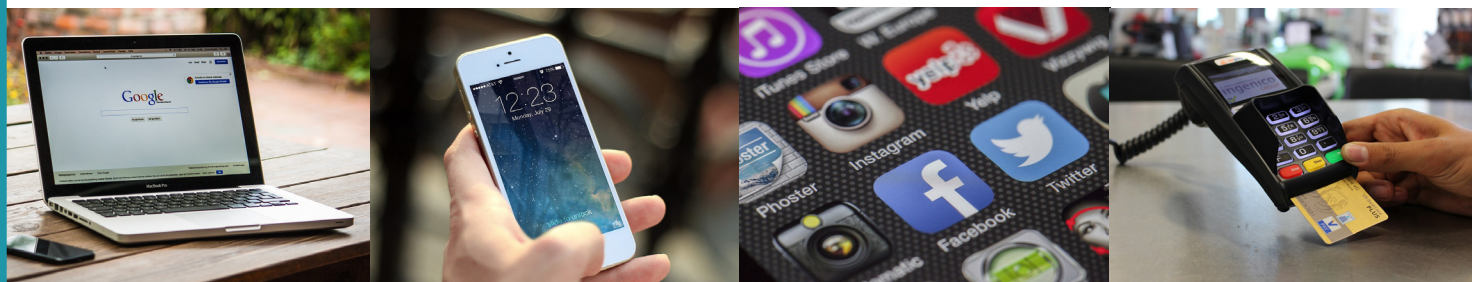
# 03442 640 670



Comisiynydd Pobl Hŷn Cymru  
Older People's Commissioner for Wales

# Feeling Excluded?

**Have you been unable to do something that matters to you because you don't use the internet?**



**For example:**

**Booking GP appointments  
Health consultations / services  
Finding information & advice  
Payments / finances  
Making your voice heard**

**If so, we want to hear from you.**

**Please get in touch to share your experiences,  
and help us ensure older people's voices are  
heard.**

**Call now:**

**03442 640 670**



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