

## Employers, GPs and other health professionals

Our service can help people in the early stages of sickness absence to get the support they need to go back to work earlier.

We welcome referrals from GPs, health professionals and employers.

We can also help employers access a range of free support to improve your workplace practices.

Call us on **01745 369561** for more information.

**Web:** [www.rhylcitystrategy.co.uk](http://www.rhylcitystrategy.co.uk)

## Cyflogwyr, Doctoriaid, a staff iechyd proffesiynol eraill

Fedrith ein gwasanaeth helpu'r sawl sy'n y cyfnod cynnar o absenoldeb salwch i dderbyn y gefnogaeth sydd angen i ddychwelyd yn ôl i gwaith yn gynt.

Gall Doctoriaid, staff iechyd proffesiynol eraill, a chyflogwyr gyfeirio atom.

Hefyd, fedrwn helpu cyflogwyr gael mynediad i ystod o wasanaethau cefnogaeth rhad ac am ddim er mwyn gwella ymarfer o fewn y gweithle.

Ffoniwch ni ar **01745 369561** am fwy o wybodaeth.

**Gwefan:** [www.rhylcitystrategy.co.uk](http://www.rhylcitystrategy.co.uk)



## How do I access the Fit for Work Service?

You can be referred to us by your GP, a health professional or your employer, or you can refer yourself.

To make an appointment with us, call us on **01745 369561** or drop in to see us at the West Rhyl Primary Care Centre.

Or, you can make an appointment with your GP who will be able to put you in touch with us.

**Phone:** 01745 369561

**Email:** [fitforwork@rhylcitystrategy.co.uk](mailto:fitforwork@rhylcitystrategy.co.uk)

**Web:** [www.rhylcitystrategy.co.uk](http://www.rhylcitystrategy.co.uk)



## Sut ydw i'n cysylltu gyda'r Gwasanaeth Iach i Weithio?

Fedrwch gael eich cyfeirio atom gan eich Doctor, aelod o staff iechyd proffesiynol, eich Cyflogwr, neu fedrwch gyfeirio eich hun.

I wneud apwyntiad gyda ni, fffoniwch **01745 369561** neu dewch i'n gweld yng Nghanolfan Iechyd Gorllewin Rhyl.

Fedrwch hefyd wneud apwyntiad gyda'ch Doctor a mi wnaiff o neu hi rhoi chi mewn cysylltiad gyda ni.

**Ffoniwch:** 01745 369561

**Ebost:** [fitforwork@rhylcitystrategy.co.uk](mailto:fitforwork@rhylcitystrategy.co.uk)

**Gwefan:** [www.rhylcitystrategy.co.uk](http://www.rhylcitystrategy.co.uk)



*Gwasanaeth Iach i Weithio*  
*Fit for Work Service*



**Iechyd a lles i  
bobl sy'n gweithio**

**Health and wellbeing  
for working people**

## Fit for Work Service

Are you employed or self-employed?

Do you have a health problem that is keeping you off work, or causing problems while at work?

Do you live or work in the Rhyl, Abergele, Pensarn, or Colwyn Bay area?

Are you unsure where to go for advice & support?

Our Fit for Work Service provides free and confidential support to help people with health problems get back to work.

Our professional service offers advice and support in a safe and friendly environment.



## Gwasanaeth Iach i Weithio

Ydych chi'n gweithio neu'n hunan-gyflogedig?

Oes gennych broblemau iechyd sy'n eich cadw o'r gwaith, neu yn creu trafferthion tra yn gwaith?

Ydych yn byw neu gweithio yn ardal Rhyl, Abergele, Pensarn neu Bae Colwyn?

Ydych yn ansicr lle i fynd am gyngor a chefnogaeth?

Mae ein Gwasanaeth Iach i Weithio yn cynnig cefnogaeth gyfrinachol rhad ag am ddim i helpu bobl gyda problemau iechyd i ddychwelyd i weithio.

Mae'n gwasanaeth proffesiynol yn cynnig cefnogaeth a chynngor mewn amgylchedd saff a chyfeillgar.

Gwasanaeth Iach i Weithio  
Fit for Work Service



## Employees/Self-employed

We can help you get the support you need to get back to work, including:

- giving you help and advice;
- helping you deal with stress;
- making sure you get the NHS support and treatment you need;
- putting you in touch with other services, including debt advice services; and
- talking to your employer on your behalf.



## Gweithwyr/Hunan-Gyflogedig

Fedrnw eich helpu i dderbyn y gefnogaeth ydych ei angen i fynd yn ôl i weithio, yn cynnwys:

- Rhoi help a cyngor;
- Helpu ddelio gyda straen;
- Sicrhau eich bod yn derbyn y gefnogaeth a thriniaeth ydych angen gan y GIC;
- Eich cyfeirio at wasanaethau eraill, yn cynnwys gwasanaeth cyngor dyled; a
- Siarad gyda'ch cyflogwr ar eich rhan.