

# OUR ARTHRITIS HELPLINE

## EIN LLINELL GYMORTH ARTHRITIS

**CALL US FOR FREE 0800 5200 520**  
**FFONIWCH NI AM DDIM 0800 5200 520**

**Lines open from 9am - 8pm,  
Monday - Friday (Excluding bank holidays).**  
**Mae'r llinellau ar agor rhwng 9am - 8pm,  
Dydd Llun-Dydd Gwener (ac eithrio gŵyl y banc).**



**You don't need to face arthritis alone. Our advisors can help provide information and advice for your specific need.**

**Does dim angen i chi wynebu arthritis ar eich pen eich hun. Gall ein cyngorwyr helpu i ddarparu gwybodaeth a chyngor ar gyfer eich anghenion penodol.**

**✉ [helpline@versusarthritis.org](mailto:helpline@versusarthritis.org)**

**Please note we do not have Welsh speaking Helpline advisors however we are able to provide a translation service if required.**  
**Noder nad oes gennym gyngorwyr Llinell Gymorth sy'n siarad Cymraeg, ond fe allwn ddarparu gwasanaeth cyfieithu os oes angen**

**CYMRU  
VERSUS  
ARTHRITIS**

Important: Please note that our advisors are not medically trained and aren't able to offer individual medical advice. We also recommend that individuals speak with their GP or another healthcare professional for one-to-one medical advice. Calls are recorded for training and quality purposes.  
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Pwysig: Nodwch nad yw ein cyngorwyr wedi derbyn hyfforddiant meddygol ac ni allant gynnig cyngor meddygol personol. Argymhellwn fod unigolion hefyd yn siarad â'u meddyg teulu neu weithiwr iechyd proffesiynol arall am gyngor meddygol personol. Caiff y galwadau eu recordio at ddibenion hyfforddiant ac ansawdd.  
Elusen Gofrestredig yng Nghymru a Lloegr Rhif. 207711, yn Yr Alban Rhif. SC04115