

# Gofalwyr y Fro Vale Carers

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Please scroll down for Welsh / Sgrolwch i lawr am Gymraeg

Hello.

We've been unable to produce Caring Times since the beginning of the year but hope to restart publication in 2021.

Many of our sources of information and support have gone on-line as a result of Covid-19 while some are managing to provide a limited service face to face.

We thought it would be helpful to colleagues and carers in our community to gather together some of the information we have been using over recent months to help carers and signpost them to potential support.

This is only a snapshot of the services available. More can be found by:

**Searching Dewis Cymru to find services to support carers in the Vale of Glamorgan:**

[Services to support carers](https://www.dewis.wales/SearchResults.aspx?q=carers&p=1&loc=&geo=&d=5&t=&e=&c=&a=W06000014&o=&st=1&sf=)

<https://www.dewis.wales/SearchResults.aspx?q=carers&p=1&loc=&geo=&d=5&t=&e=&c=&a=W06000014&o=&st=1&sf=>

Dewis Cymru **is THE place** to go if you want information or advice about your well-being – or want to know how you can help somebody else.

When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to **you**.

We've got information that can help you think about what matters to you, and we've also got information about people and services in your area that can help you with the things that matter to you.

**Or calling The Carers Gateway on Tel: 02921 921024**

The Cardiff and Vale Carers Gateway provides information and support to unpaid carers in Cardiff and the Vale of Glamorgan.

The aim of the service is to improve the quality of life for carers, and the cared for, in Cardiff and the Vale, helping carers to make the most of their life alongside their caring role and maintain their independence.

The team work with carers and professionals across the region to help carers with things like:

- Understanding what support is available for carers across the region
- Supporting people to access local services
- Identifying new services that are needed to help carers
- Raising awareness of who carers are and the issues they may face
- Providing training and development opportunities for carers

Stay safe and well

Carers Services Team

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## Are winter lockdowns and social distancing measures affecting your wellbeing?

If you're struggling to stay positive during the pandemic, you are not alone. Many carers are feeling overwhelmed and lonely as a result of lockdowns and social distancing due to the COVID19 pandemic.

Here are some ideas to help you take care of yourself:

- **Be kind to yourself.** Don't be hard on yourself if you're feeling frustrated and fed up with the demands of caring. You're doing a great job in really difficult times so don't feel guilty about finding time for yourself.
- **Share your worries with others.** Find the time for regular contact with friends and family members. If you can't meet up in person, make time for regular phone calls.
- **Get outdoors as much as possible.** Wrap up warm and take a walk. There are lots of benefits to walking during the winter months. Walking is good exercise and it can also help beat depression.
- **Find quiet time.** If life feels hectic and you're juggling caring with family, work and other responsibilities, find time for quiet. Take a bath or find a quiet space at home to have a cuppa and put your feet up, even if it's just for a few minutes.
- **Find ways to relax and be creative.** If you feel you are struggling to pass the time during lockdown, try a new activity like colouring, baking, DIY, yoga or an online exercise class. Keep your mind active by reading, doing puzzles or listening to podcasts.
- **Take care with news and information.** It's important to stay informed with news and current affairs relating to the pandemic but too much can feel overwhelming. Take your information from trusted sources such as Public Health Wales and don't 'overload' yourself with too much information.

When you're feeling low try to remember that **things will get better**. There is always someone who can help if you're feeling desperate and overwhelmed. Contact [www.mind.org.uk](http://www.mind.org.uk) Tel: 0300 123 3393 or call the Samaritans free, any time day or night on 116 123.

# Physical Activity and Carers



## Disability Sports Wales

There are a number of home work out videos and activities for younger people to take part in at the Disability Sports Wales

<https://www.youtube.com/channel/UC00NJ85E3UurrikAzqHp5A>



## Live Yoga and Zumba Sessions – Free of charge

Get Out Get Active is a UK wide programme aimed at increasing physical activity levels.

In Wales we have three GOGA officers who are currently providing weekly Yoga and Zumba Sessions. They're free to attend but people have to register before hand.

<https://m.facebook.com/GOGAWalesCymru/#> =



## Vale Sports and Play Development

The team have a number of activities aimed at children 12 and under.

Facebook – <https://m.facebook.com/valesportsplay>

Instagram – <https://www.instagram.com/valeplayteam/>

Twitter - <https://twitter.com/ValeSportsTeam>



## Wales National Exercise Referral Scheme

The scheme aims to help anyone who has or is at risk of developing a chronic disease.

The scheme provides an opportunity for patients to attend a group exercise programme designed to improve mobility and quality of life.

The scheme has been supported by the Welsh Government, Welsh Local Government Association, Later Life Training, Chartered Society of Physiotherapy, Local Authorities, Public Health Wales and Local Health Boards.

**The only way to get a place on the scheme is to be referred by a health professional, this could be a GP, practice nurse or a condition specific Physiotherapist.**

<https://www.wlga.wales/national-exercise-referral-scheme-ners>



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## Online Activities for Carers

# MeTime



### Carers UK Me Time

Is a chance for unpaid carers to do something for their own enjoyment. These online sessions, funded by the Welsh Government, are a place where carers can get involved in a range of activities including group viewings of the great wonders of the world, arts, music, physical exercise, relaxation and mindfulness and so much more.

The sessions will be run from August to March 2021, with at least two sessions every week, at various times during the day, evenings and at weekends. These sessions will be updated regularly on our website.

Find out more here: <https://www.carersuk.org/wales/help-and-advice/me-time>

## Carers UK Care for a Cuppa

Weekly sessions, where unpaid carers are invited to join us for a chat with other carers and to hear from organisations across Wales about the ways they support carers and their loved ones.

Find out more here: [Carers UK](https://www.carersuk.org)

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## Flu Vaccinations

### Public Health Wales urges eligible people in Wales to have free flu vaccine.

Flu (also known as influenza) can be serious, particularly for those who are older or have a health condition and are more vulnerable to complications as a result of the flu. Having a flu vaccine every year is one of the most effective ways to protect against flu.

In addition to groups previously eligible, for this season's flu programme, new groups have been added to the eligible list. The new eligible groups include household contacts on the NHS shielded list and people with a learning disability. People aged 50 and over may also be offered a free NHS flu vaccine later in a phased approach later in the season.

Vaughan Gething, Minister for Health and Social Services, said: "This year we are extending the flu vaccine to more people than ever before. Flu spreads very easily and anyone can catch it. However, it is especially dangerous to people that are more vulnerable, such as those with long term health conditions and pregnant women.

I understand that some people may be concerned about going to their community pharmacy or GP surgery to get their vaccine because of COVID-19, but surgeries and pharmacies will be following the latest safety practices"

This flu season, arrangements may be different due to Novel Coronavirus (COVID-19). For the latest information, visit [www.beatflu.org](https://www.beatflu.org) or [www.curwchffliw.org](https://www.curwchffliw.org)

To help stop flu and other viruses spreading, remember to 'Catch it, Bin it, Kill it.'



The best way to stop flu spreading is to get vaccinated. If you haven't been vaccinated this winter, ask your GP, surgery or local pharmacy for advice.

GIG Cymru NHS Wales  
www.beatflu.org

Ieddyd Cyhoeddus Cymru  
Public Health Wales  
CURWCH FFLIW BEAT FLU

## Carer Shopping / Medications / Prescriptions / Local Services

Many shops and services have adapted new ways of working and now offer online request services, delivery services and more. Some examples include:

- GP surgeries offer online prescription requests and will fax the prescription to your chosen Pharmacy directly.
- Pharmacies are increasing their delivery services so medications and even essential items you can buy in the pharmacy can be delivered to your door. Contact your Pharmacy to enquire what they offer and how to arrange it.
- Pharmacies can arrange to order collect and deliver your repeat prescriptions without you needing to do anything. Please contact your local Pharmacy to discuss your needs with them.
- Local greengrocers, butchers and shops are offering free contact-free delivery to your door. Contact your local businesses to enquire.
- You can order fresh or frozen meals to be delivered to your door or to a loved one/friend/neighbour

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**FOODS**

**Wiltshire Farm Foods**

Telephone: 01244 836786

Email: [chester@wiltshirefarmfoods.co.uk](mailto:chester@wiltshirefarmfoods.co.uk)

Website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

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### Oakhouse Foods

Telephone: 0333 370 2517

Website: <https://www.oakhousefoods.co.uk/contacts>

Email: [n.wales@oakhousefoods.co.uk](mailto:n.wales@oakhousefoods.co.uk)



If you are working from home and need a change of scenery, some local pubs and cafes are offering 'DESKS' for the day. For a small fee you can work at a socially distanced desk, with free wifi and usually includes lunch and unlimited tea / coffee.

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## Carer Wellbeing



### Carers Trust South East Wales Counselling Service

The Cardiff and Vale Carers Gateway provides information and support to unpaid carers in Cardiff and the Vale of Glamorgan. The aim of the service is to improve the quality of life for carers, and the cared for, in Cardiff and the Vale, helping carers to make the most of their life alongside their caring role and maintain their independence.

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- Providing training and development opportunities for carers

**Telephone:** 02921 921024

**Email:** [Gateway@ctsew.org.uk](mailto:Gateway@ctsew.org.uk)

**Website:** <https://www.ctsew.org.uk/cardiff-and-the-vale-carers-gateway>

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## Breathe:

### Breathe Free Counselling Sessions

A number of fully funded counselling sessions, up to 8 per person, are available online and over the phone. COVID-19 has had a big impact on many people's lives, including financial stresses, relationship difficulties, bereavement, isolation and loneliness. In response to the pandemic, we have secured several sources of funding to provide professional support to those facing challenges with their mental health.

**Telephone:** 02920 440 191

**Email:** [hello@breathe-uk.com](mailto:hello@breathe-uk.com)

**Website:** <https://breathe-uk.com/funded-free-counselling/>

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### Samaritans - telephone and online chat support



"If you need someone to talk to, we listen. We won't judge or tell you what to do."

**Website:** <https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/>



## Well-Appy

We provide support for mental health and emotional wellbeing through use of a smartphone based App and WhatsApp messaging support from an experienced mental health support worker.

**Telephone: 07964 858095**

**Email: [tanymaen@btinternet.com](mailto:tanymaen@btinternet.com)**

**Website: <https://www.tanymaen.org.uk/>**

## Handy Apps for Smart Phones

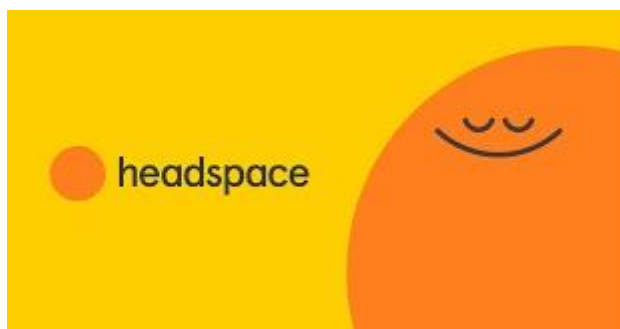
### Calm

Sometimes, taking just 5 or 10 minutes for yourself is difficult but it is always important.

Below are just a few examples of some apps that can provide focus for your 'me time' and help you manage stress and anxiety.

**Calm** – for meditation and sleep

**Website: <https://www.calm.com/>**



**Headspace** – for meditation, mindfulness and sleep

**Website: [Headspace](https://www.headspace.com/)**

**Mind Ease** - reduce anxiety and stress using short, evidence-based exercises

**Facebook: [Mind Ease App](https://www.facebook.com/mind.ease.app/)**

### EPP Cymru

NHS Education Programmes for Patients FREE online courses in 2020 /21:

- Living Well with a Health Problem (or caring for a friend or relative)
- Living Well with Pain
- Living Well with Diabetes



**To Book a place:**

**Phone : 02920 335403**

**Email: [Epp.Info.cav@wales.nhs.uk](mailto:Epp.Info.cav@wales.nhs.uk)**

**Text: "interested" and your name to 0787 097 9860**





## ACTIVATE YOUR LIFE

Free Online Self-help Course



### Activate Your Life

NHS FREE on line course "Activate Your Life" for over 16's. Designed to help you understand your feelings and cope with day to day life. This free course is designed to help you improve your mental health and wellbeing.

Feeling worried or anxious can have a big impact on your health and for some people life can be particularly difficult.

**Website:** <https://phw.nhs.wales/services-and-teams/activate-your-life/>

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### Stepiau

The Primary Mental Health Support Service (PMHSS) is a FREE service for people of all ages living with mental health difficulties such as stress, anxiety, or depression. The service covers all areas of Cardiff and the Vale of Glamorgan. It is provided by the NHS and is free of charge.



**Website:** <http://www.stepiau.org/>

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## Assisted Holidays

### Dementia Adventure

Supporting people with dementia to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives.

By raising funds they significantly reduce the cost of fully supported dementia holidays. They can also provide free dementia training for family carers and do research into the benefits of outdoor activity.

Dementia Adventure provide domestic holidays and their brochure for 2020 includes Cornwall, Devon, the Isle of Wight, the Lake District, Maldon, Norfolk, Kielder Water, Yorkshire, The Peak District and Newtown in Wales.

For more information you can contact Dementia Adventures on:

**Tel: 01245 237548**

**Emails:** [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

**Website:** <https://dementiaadventure.co.uk/>



## Limitless Travel

Limitless Travel is a specialist holiday provider for people with a wide range of mobility restrictions and disabilities. The Limitless Travel team is made up of people who have disabilities themselves, and people who have specialist knowledge about disabilities.

Limitless Travel are the only UK holiday provider to take fully qualified care staff on each holiday. When you making a booking with Limitless Travel, they will ask a series of questions so that we can fully understand the situation, answer any questions you might have about care, and to identify your exact needs and requirements.

Limitless Travel provide holidays both in the UK and abroad. For more information you can contact them on:

**Tel: 0800 711 7135**

**Email: [holidays@limitlesstravel.org](mailto:holidays@limitlesstravel.org)**

**Website: <https://www.limitlesstravel.org/>**



## Enable Holidays

Enable offers carefully selected holidays to meet varying requirements. They can help you find, plan and arrange a holiday to suit your individual needs. They assess each resort, hotel and apartment featured in their brochure to ensure it is accessible and suitable for travellers with mobility impairments.

They have recently been voted the Best Accessible Travel Provider for four years running by the Silver Travel Awards.

For more information you can contact them on:

**Tel: 0121 281 0701**

**Email: [enquiries@enableholidays.com](mailto:enquiries@enableholidays.com)**

**Website: <https://www.enableholidays.com/>**

## Revitalise

Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers. They currently run three accessible holiday centres, Jubilee Lodge in Chigwell, Essex. Netley Waterside House in Southampton and Sandpipers in Southport. There is plenty to do at the centres and excursions can be arranged to visit tourist destinations.

**Tel: 0303 303 0145**

**Website: <https://revitalise.org.uk/>**



Helo.

Nid ydyn ni wedi gallu cyhoeddi Gwasg Gofal ers dechrau'r flwyddyn ond rydyn ni'n gobeithio ailddechrau cyhoeddi yn 2021.

Mae llawer o'n ffynonellau gwybodaeth a chymorth bellach yn darparu gwasanaeth ar-lein o ganlyniad i Covid-19 ac mae rhai eraill yn llwyddo i ddarparu gwasanaeth wyneb yn wyneb cyfyngedig.

Roedden ni'n meddwl y byddai'n ddefnyddiol i gydweithwyr a gofalwyr yn ein cymuned pe bydden ni'n casglu at ei gilydd rywfaint o'r wybodaeth rydyn ni wedi bod yn ei defnyddio yn ystod y misoedd diwethaf i helpu gofalwyr ac i'w cyfeirio at gymorth posibl.

Dim ond ciplun o'r gwasanaethau sydd ar gael yw hyn. Gellir dod o hyd i fwy trwy:

### **Chwilio Dewis Cymru i ddod o hyd i wasanaethau i gefnogi gofalwyr ym Mro Morgannwg:**

[Gwasanaethau i gefnogi gofalwyr](https://www.dewis.wales/SearchResults.aspx?q=carers&p=1&loc=&geo=&d=5&t=&e=&c=&a=W06000014&o=&st=1&sf=)

<https://www.dewis.wales/SearchResults.aspx?q=carers&p=1&loc=&geo=&d=5&t=&e=&c=&a=W06000014&o=&st=1&sf=>

Dewis Cymru **yw'r lle** i fynd ato os oes angen gwybodaeth neu gyngor arnoch am eich lles - neu os ydych chi eisiau gwybod sut y gallwch helpu rhywun arall.

Nid eich iechyd yn unig rydyn ni'n siarad amdano pan fyddwn yn siarad am eich lles. Rydyn ni'n siarad am bethau fel lle rydych chi'n byw, pa mor ddiogel rydych chi'n teimlo, mynd allan, a chadw mewn cysylltiad â theulu a ffrindiau.

Nid yw dau berson yr un fath ac mae lles yn golygu gwahanol bethau i wahanol bobl. Felly mae Dewis Cymru yma i'ch helpu i gael gwybod mwy am yr hyn sy'n bwysig i **chi**.

Mae gennym wybodaeth a all eich helpu i feddwl am yr hyn sy'n bwysig i chi, ac mae gennym hefyd wybodaeth am bobl a gwasanaethau yn eich ardal all eich helpu gyda'r pethau sy'n bwysig i chi.

### **Neu ffoniwch y Porth Gofalwyr ar Ffôn: 02921 921024**

Mae Porth Gofalwyr Caerdydd a'r Fro yn rhoi gwybodaeth a chymorth i ofalwyr di-dâl yng Nghaerdydd a Bro Morgannwg.

Nod y gwasanaeth hwn yw gwella ansawdd bywyd gofalwyr, a'r rheiny sy'n derbyn gofal, yng Nghaerdydd a'r Fro, gan helpu gofalwyr i fwynhau bywyd cymaint â phosibl ochr yn ochr â'u rôl gofalu ac i gynnal eu hannibyniaeth.

Mae'r tîm yn gweithio gyda gofalwyr a gweithwyr proffesiynol ledled y rhanbarth i helpu gofalwyr gyda phethau fel:

- Deall pa gymorth sydd ar gael i ofalwyr
- Cefnogi pobl i fanteisio ar wasanaethau lleol
- Nodi gwasanaethau newydd sy'n angenrheidiol i helpu gofalwyr
- Codi ymwybyddiaeth o bwy yw'r gofalwyr a'r problemau y maent yn eu hwynebu
- Cynnig cyfleoedd hyfforddi a datblygu i ofalwyr

Cadwch yn ddiogel ac yn iach

Tîm y Gwasanaethau Gofalwyr

# Ydy cyfnodau cloi'r gaeaf a'r mesurau ymbellhau cymdeithasol yn effeithio ar eich lles?

Os ydych yn cael trafferth aros yn bositif yn ystod y pandemig, nid ydych ar eich pen eich hun. Mae llawer o ofalwyr yn teimlo wedi'u gorlethu ac yn unig oherwydd y cyfnodau cloi a'r mesurau ymbellhau cymdeithasol sydd ar waith o ganlyniad i bandemig COVID19.

Dyma rai syniadau i'ch helpu i ofalu amdanoch chi eich hun:

- **Byddwch yn garedig wrthoch chi'ch hun.** Peidiwch â bod yn llawdrwm arnoch chi eich hun os ydych yn teimlo'n rhwystredig ac os ydych wedi cael llond bol ar ofynion gofalu. Rydych yn gwneud yn wych mewn cyfnod anodd iawn felly peidiwch â theimlo'n euog am gael amser i chi eich hun.
- **Rhannwch eich pryderon gydag eraill.** Dewch o hyd i'r amser i gysylltu'n rheolaidd â ffrindiau ac aelodau o'ch teulu. Os na allwch gwrdd â nhw wyneb yn wyneb, gwnewch amser i'w ffonio.
- **Ewch allan gymaint â phosibl.** Gwisgwch yn gynnes ac ewch am dro. Mae llawer o fanteision i gerdded yn ystod misoedd y gaeaf. Mae cerdded yn ffordd dda o ymarfer corff a gall hefyd helpu i drechu iselder.
- **Amser tawel.** Os yw bywyd yn brysur iawn a'ch bod yn ceisio cydbwysu cyfrifoldebau teuluol, gwaith a chyfrifoldebau eraill, rhowch amser i'ch hun i ymlacio. Cewch fath neu chwiliwch am le tawel yn eich cartref i gael paned a rhoi eich traed i fyny, hyd yn oed os yw am gwpl o funudau'n unig.
- **Dewch o hyd i ffyrdd o ymlacio a byddwch yn greadigol.** Os ydych yn diflasu yn ystod y cyfnod cloi, rhowch gynnig ar weithgaredd newydd fel lliwio, pobi, gwaith y cartref, ioga neu ddsbarth ymarfer corff ar-lein. Rhowch hwb i'ch meddwl trwy ddarllen, gwneud posau neu wrando ar bodlediadau.
- **Byddwch yn ofalus gyda'r newyddion a gwybodaeth.** Mae'n bwysig cael y wybodaeth ddiweddaraf am y pandemig ond gall gormod o'r wybodaeth honno eich gorlethu. Cymerwch eich gwybodaeth o ffynhonnell y gellir ymddiried ynddi fel Iechyd Cyhoeddus Cymru a pheidiwch â darllen gormod o wybodaeth.

Pan fyddwch yn teimlo'n isel, ceisiwch gofio y **bydd pethau'n gwella**. Mae rhywun bob amser yn gallu helpu os ydych chi'n teimlo'n anobeithiol ac wedi'ch gorlethu. Cysylltwch â [www.mind.org.uk](http://www.mind.org.uk) Ffôn: 0300 123 3393 neu ffoniwch Y Samariaid am ddim, unrhyw amser, ddydd neu nos ar 116 123.

## Gweithgarwch Corfforol a Gofalwyr



Sianel YouTube <https://www.youtube.com/channel/UC00NJ85E3UurrikAzqHpv5A>

Mae nifer o fideos a gweithgareddau ymarfer corff gartref i bobl iau gymryd rhan ynddynt yn Sianel YouTube DSW.

## Sesiynau Yoga a Zumba Byw – Am ddim

Mae Get Out Get Active yn rhaglen ledled y DU sydd â'r nod o gynyddu lefelau gweithgarwch corfforol.

Yng Nghymru mae gennym dri swyddog GOGA sydd ar hyn o bryd yn darparu Sesiynau Yoga a Zumba wythnosol. Maen nhw am ddim i'w mynychu ond mae'n rhaid i bobl gofrestru o flaen llaw. **Facebook – Get out Get Active Wales:** <https://www.facebook.com/GOGAWalesCymru/>

Codi Allan Get Out  
Bod yn Egniol Get Active





## Datblygu Chwaraeon a Chwarae'r Fro

Mae gan y tîm nifer o weithgareddau ar gyfer plant 12 oed ac iau.

Facebook – <https://en-gb.facebook.com/valesportsplay>

Instagram – <https://www.instagram.com/valeplayteam/>

Twitter - <https://twitter.com/ValeSportsTeam>

## Cynllun Cenedlaethol Cymru i Atgyfeirio Cleifion i Wneud Ymarfer Corff



Nod y cynllun yw helpu unrhyw un sydd â chlefyd cronig neu sydd mewn perygl o ddatblygu clefyd o'r fath. Mae'r cynllun yn rhoi cyfle i gleifion fynychu rhaglen ymarfer corff grŵp sydd â'r nod o wella symudedd ac ansawdd bywyd. Cefnogwyd y cynllun gan Lywodraeth Cymru, Cymdeithas Llywodraeth Leol Cymru, Hyfforddiant Diweddarach mewn Bywyd, y Gymdeithas Ffisiotherapi Siartredig, Awdurdodau Lleol, Iechyd Cyhoeddus Cymru a Byrddau Iechyd Lleol. *Yr unig ffordd o gael lle ar y cynllun yw cael eich cyfeirio gan weithiwr iechyd proffesiynol, gallai hyn fod yn feddyg teulu, nyrs practis neu'n Ffisiotherapydd sy'n benodol i gyflwr.*

Gwefan: <https://www.wlga.cymru/national-exercise-referral-scheme-ners>

## Gweithgareddau Ar-lein i Ofalwyr

# MeTime



'Carers UK Me Time' - mae hyn yn gyfle i ofalwyr di-dâl wneud rhywbeth er eu mwynhad eu hunain. Mae'r sesiynau ar-lein hyn, a ariennir gan Lywodraeth Cymru, yn fan lle gall gofalwyr gymryd rhan mewn amrywiaeth o weithgareddau gan gynnwys gwyllo pethau fel rhyfeddodau mawr y byd mewn grwpiau, y celfyddydau, cerddoriaeth, ymarfer corff, ymlacio ac Ymwybyddiaeth Ofalgar a llawer mwy.

Cynhelir y sesiynau rhwng Awst a Mawrth 2021, gydag o leiaf ddwy sesiwn bob wythnos, ar wahanol adegau yn ystod y dydd, gyda'r nos ac ar benwythnosau. Caiff y sesiynau hyn eu diweddarau'n rheolaidd ar ein gwefan.

Mae rhagor o wybodaeth yma:

<https://www.carersuk.org/wales/help-and-advice/me-time>

**Carers UK Care for a Cuppa** - dyma sesiynau wythnosol, lle gwahoddir gofalwyr di-dâl i ymuno â ni i gael sgwrs gyda gofalwyr eraill ac i glywed gan sefydliadau ledled Cymru am y ffyrdd y maent yn cefnogi gofalwyr a'u hanwyliaid. **Mae rhagor o wybodaeth yma:** <https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales>

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# Brechiad y Ffliw



## Iechyd Cyhoeddus Cymru yn annog pobl gymwys yng Nghymru i gael brechiad am ddim rhag y ffliw

Gall y ffliw fod yn ddifrifol, yn enwedig i'r rhai sy'n hŷn neu sydd â chyflwr iechyd ac sy'n fwy agored i gymhlethdodau o ganlyniad i'r ffliw. Mae cael brechlyn ffliw bob blwyddyn yn un o'r ffyrdd mwyaf effeithiol o amddiffyn rhag y ffliw.

Yn ogystal â grwpiau a oedd gynt yn gymwys, ar gyfer rhaglen ffliw'r tymor hwn, mae grwpiau newydd wedi'u hychwanegu at y rhestr gymwys. Mae'r grwpiau cymwys newydd yn cynnwys cysylltiadau cartref ar restr hunan-warchod y GIG a phobl sydd ag anabledd dysgu. Efallai y bydd pobl 50 oed a throsodd hefyd yn cael cynnig brechlyn ffliw am ddim gan y GIG, mewn dull gweithredu fesul cam yn ddiweddarach yn y tymor.

Dywedodd y Gweinidog dros Iechyd a Gwasanaethau Cymdeithasol, Vaughan Gething:

"Eleni rydym yn ymestyn y brechlyn ffliw i fwy o bobl nag erioed o'r blaen. Mae'r ffliw'n lledaenu'n hawdd iawn a gall unrhyw un ei ddal. Fodd bynnag, mae'n arbennig o beryglus i bobl sy'n fwy agored i niwed, megis y rheini sydd â chyflyrau iechyd hirdymor a menywod beichiog.

Deallaf y gallai rhai pobl boeni am fynd i'w fferyllfa gymunedol neu feddygfa meddyg teulu i gael eu brechlyn oherwydd COVID-19, ond bydd meddygfeydd a fferyllfeydd yn dilyn yr arferion diogelwch diweddaraf"

Efallai bydd trefniadau'n wahanol y tymor hwn oherwydd y Coronafeirws Newydd (COVID-19). Am y wybodaeth ddiweddaraf, ewch i [www.beatflu.org](http://www.beatflu.org) neu [www.curwchffliw.org](http://www.curwchffliw.org)

Er mwyn helpu i atal y ffliw a feirysau eraill rhag lledaenu, cofiwch 'Ei Ddal, Ei Daflu, Ei Ddifa.'



## Siopa gan Ofalwyr / Meddyginiaethau / Presgripsiynau / Gwasanaethau Lleol

Mae llawer o siopau a gwasanaethau wedi mabwysiadu ffyrdd newydd o weithio ac maent bellach yn cynnig gwasanaethau cais ar-lein, gwasanaethau dosbarthu a mwy. Mae enghreifftiau'n cynnwys:

- Mae Meddygfeydd Teulu yn cynnig ceisiadau presgripsiwn ar-lein a byddant yn ffacio'r presgripsiwn yn uniongyrchol i'ch Fferyllfa ddewisol.
- Mae fferyllfeydd yn cynyddu eu gwasanaethau dosbarthu fel y gellir dosbarthu meddyginiaethau, a hyd yn oed eitemau hanfodol y gallwch eu prynu yn y fferyllfa, i'ch drws. Cysylltwch â'ch Fferyllfa i holi beth maen nhw'n cynnig a sut i drefnu hyn.
- Gall fferyllfeydd drefnu i archebu, casglu a darparu eich presgripsiynau eildro heb fod angen i chi wneud unrhyw beth. Cysylltwch â'ch Fferyllfa leol i drafod eich anghenion gyda nhw.
- Mae siopau llysiâu, cigyddion a siopau lleol eraill yn cynnig dosbarthu am ddim i'ch drws. Cysylltwch â'ch busnesau lleol i holi.
- Gallwch archebu prydau ffres neu wedi'u rhewi i'w dosbarthu i'ch drws neu i anwyliaid/ffrind/cymydog

**WILTSHIRE**

EST. **FARM** 1991

**FOODS**

### Wiltshire Farm Foods

Ffôn: 01244 836786

E-bost: [chester@wiltshirefarmfoods.co.uk](mailto:chester@wiltshirefarmfoods.co.uk)

Gwefan: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

### Oakhouse Foods

Ffôn: 0333 370 2517

Gwefan: <https://www.oakhousefoods.co.uk/contacts>

E-bost: [n.wales@oakhousefoods.co.uk](mailto:n.wales@oakhousefoods.co.uk)

Os ydych yn gweithio gartref ac angen ychydig o newid, mae rhai tafarndai a chaffis lleol yn cynnig 'DESGIAU' am y diwrnod. Am ffi fach gallwch weithio wrth ddesg sydd wedi'i ymbellhau yn gymdeithasol, gyda wifi am ddim ac fel arfer mae'n cynnwys cinio a the / coffi diderfyn.



### Lles Gofalwyr

### Ymddiriedolaeth Gofalwyr Gwasanaeth Cwnsela De-ddwyrain Cymru

Mae Porth Gofalwyr Caerdydd a'r Fro yn darparu gwybodaeth a chymorth i ofalwyr di-dâl yng Nghaerdydd a Bro Morgannwg. Nod y gwasanaeth hwn yw gwella ansawdd bywyd gofalwyr, a'r rheiny sy'n derbyn gofal, yng Nghaerdydd a'r Fro, gan helpu gofalwyr i fwynhau bywyd cymaint â phosibl ochr yn ochr â'u rôl gofalu ac i gynnal eu hannibyniaeth.



Mae'r tîm yn gweithio gyda gofalwyr a gweithwyr proffesiynol ledled y rhanbarth i helpu gofalwyr gyda phethau megis:

- Deall pa gymorth sydd ar gael i ofalwyr
- Cefnogi pobl i fanteisio ar wasanaethau lleol
- Nodi gwasanaethau newydd sy'n angenrheidiol i helpu gofalwyr
- Codi ymwybyddiaeth o bwy yw'r gofalwyr a'r problemau y maent yn eu hwynebu
- Cynnig cyfleoedd hyfforddi a datblygu i ofalwyr

**Gwefan:** <https://www.ctsew.org.uk/cardiff-and-the-vale-carers-gateway>

**E-bost:** [Gateway@ctsew.org.uk](mailto:Gateway@ctsew.org.uk)

**Ffôn:** 02921 921024

# Breathe:

## Sesiynau Cwnsela Breathe Free am Ddim

Mae nifer o sesiynau cwnsela wedi'u hariannu'n llawn, hyd at 8 y person, ar gael ar-lein a thros y ffôn. Mae Covid-19 wedi cael effaith fawr ar fywydau llawer, gan gynnwys straen ariannol, anawsterau o ran perthnasau, galar, teimladau ynysig ac unigrwydd. Fel ymateb i'r pandemig, rydym wedi sicrhau sawl ffynhonnell arian er mwyn cynnig cymorth proffesiynol i'r rhai sydd yn wynebu heriau o ran eu hiechyd meddwl.

**Ffôn:** 02920 440 191

**E-bost:** [hello@breathe-uk.com](mailto:hello@breathe-uk.com)

**Gwefan:** <https://breathe-uk.com/funded-free-counselling/>

## Samariaid - cymorth sgwrsio dros y ffôn ac ar-lein

"Os oes angen rhywun arnoch i siarad â hwy, rydym yn gwranddo. Fyddwn ni ddim yn barnu nac yn dweud wrthoch chi beth i'w wneud."

**SAMARITANS**  
Cymru

**Gwefan:** <https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/>



## Well-Appy

Rydym yn darparu cymorth ar gyfer iechyd meddwl a lles emosiynol drwy ddefnyddio App a negeseua WhatsApp ar ffonau clyfar gan weithiwr cymorth iechyd meddwl profiadol.

**Ffôn:** 07964 858095

**E-bost:** [tanymaen@btinternet.com](mailto:tanymaen@btinternet.com)

**Gwefan:** <https://www.tanymaen.org.uk/>



## Appiau Defnyddiol ar gyfer Ffonau Clyfar

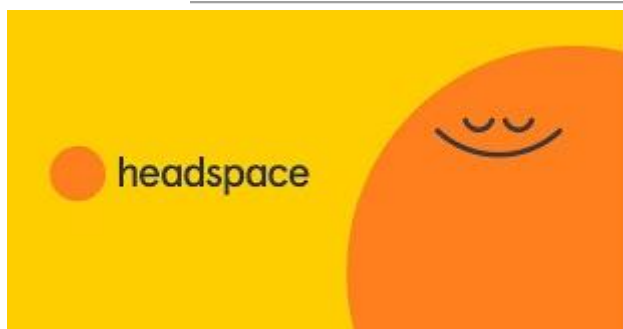
### Calm

Weithiau, mae neilltuo ond 5 neu 10 munud i chi'ch hun yn anodd, ond mae bob amser yn bwysig. Isod ceir ychydig o enghreifftiau o rai apiau a all roi ffocws ar gyfer eich 'amser i fi' a'ch helpu i reoli straen a phryder.



**Calm** – ar gyfer myfyrdod a chysgu

**Gwefan:** <https://www.calm.com/>



**Headspace** – ar gyfer myfyrdod, ymwybyddiaeth a chysgu

**Gwefan:** <https://www.headspace.com/>

**Mind Ease** - lleihau pryder a straen gan ddefnyddio ymarferion byr sy'n seiliedig ar dystiolaeth

**Facebook:** <https://www.facebook.com/MindEaseApp/>

### EPP Cymru

Cyrsiau Rhaglenni Addysg y GIG i Gleifion ar-lein AM DDIM yn 2020/21:

- Byw'n Dda gyda Phroblem Iechyd (neu ofalu am ffrind neu berthynas)
- Byw'n Dda gyda Phoen
- Byw gyda Diabetes



**I gadw lle:**

**Dros y ffôn: 02920 335403**

**E-bost:** [Epp.Info.cav@wales.nhs.uk](mailto:Epp.Info.cav@wales.nhs.uk)

**Tecstiwch:** "interested" a'ch enw i 0787 097 9860

**ACTIVATE  
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Free Online Self-help Course



### Activate your Life

Cwrs ar-lein AM DDIM gan y GIG "Ysgogi Eich Bywyd" i bobl dros 16 oed. Cynlluniwyd i'ch helpu i ddeall eich teimladau ac ymdopi â bywyd o ddydd i ddydd. Mae'r cwrs hwn am ddim ac mae wedi'i gynllunio i'ch helpu i wella eich iechyd meddwl a'ch lles. Gall teimlo'n bryderus gael effaith fawr ar eich iechyd ac i rai pobl gall bywyd fod yn arbennig o anodd.

**Gwefan:** <https://icc.gig.cymru/gwasanaethau-a-thimau/bywyd-actif/>

## Stepiau



Mae'r Gwasanaeth Cymorth Iechyd Meddwl Sylfaenol yn wasanaeth AM DDIM i bobl o bob oed sy'n byw gydag anawsterau iechyd meddwl fel straen, pryder neu iselder. Mae'r gwasanaeth yn gweithio ym mhob rhan o Gaerdydd a Bro Morgannwg. Caiff ei gynnig gan y GIG ac mae am ddim.

Gwefan: <http://www.stepiau.org/>

## Gwyliau gyda Chymorth



### Antur Dementia

Yn cefnogi pobl sydd â dementia i fynd allan, cysylltu â natur, eu hunain a'u cymuned, a chadw ymdeimlad o antur yn eu bywydau.

Drwy godi arian maent yn lleihau'n sylweddol cost gwyliau dementia a gefnogir yn llawn. Gallant hefyd ddarparu hyfforddiant dementia am ddim i ofalwyr teuluol a gwneud gwaith ymchwil i fanteision gweithgarwch awyr agored.

Mae 'Dementia Adventure' yn darparu gwyliau domestig ac mae eu llyfryn ar gyfer 2020 yn cynnwys Cernyw, Dyfnaint, Ynys Wyth, Ardal y Llynnoedd, Maldon, Norfolk, Kielder Water, Swydd Efrog, Ardal y Copaon a'r Drenewydd yng Nghymru.

I gael rhagor o wybodaeth gallwch gysylltu â 'Dementia Adventures' ar:

**Ffôn: 01245 237548**

**E-bost: [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)**

**Gwefan: <https://dementiaadventure.co.uk/>**

## Limitless Travel



Mae 'Limitless Travel' yn ddarparwr gwyliau arbenigol i bobl sydd ag ystod eang o gyfyngiadau symudedd ac anableddau. Mae'r tîm 'Limitless Travel' yn cynnwys pobl sydd ag anableddau eu hunain, a phobl sydd â gwybodaeth arbenigol am anableddau.

'Limitless Travel' yw'r unig ddarparwr gwyliau yn y DU i fynd â staff gofal cwbl gymwysedig ar bob gwyliau. Pan fyddwch yn archebu lle gyda 'Limitless Travel', byddant yn gofyn cyfres o gwestiynau fel y gallwn ddeall y sefyllfa'n llawn, ateb unrhyw gwestiynau a allai fod gennych am ofal, ac i nodi eich union anghenion a gofynion.

Mae 'Limitless Travel' yn darparu gwyliau yn y DU a thramor. Cysylltwch â nhw am ragor o wybodaeth:

**Ffôn: 0800 711 7135**

**E-bost: [holidays@limitlesstravel.org](mailto:holidays@limitlesstravel.org)**

**Gwefan: <https://www.limitlesstravel.org/>**



## Enable Holidays

Mae 'Enable Holidays' yn cynnig gwyliau a ddewiswyd yn ofalus i fodloni gofynion amrywiol. Gallant eich helpu i ddod o hyd i wyliau, eu cynllunio a'u trefnu i gyd-fynd â'ch anghenion unigol. Maent yn asesu pob cyrchfan, gwesty a fflat sydd wedi'u cynnwys yn eu llyfryn er mwyn sicrhau eu bod yn hygyrch ac yn addas i deithwyr sydd â nam symudedd.

Yn ddiweddar fe'u pleidleisiwyd fel y Darparwr Teithio Hygyrch Gorau am bedair blynedd yn olynol gan y Silver Travel Awards.

Cysylltwch â nhw am ragor o wybodaeth:

**Ffôn: 0121 281 0701**

**E-bost:** [enquiries@enableholidays.com](mailto:enquiries@enableholidays.com)

**Gwefan:** <https://www.enableholidays.com/>

## Revitalise

Elusen genedlaethol sy'n darparu gofal seibiant mewn lleoliad gwyliau i bobl anabl a gofalywyr yw 'Revitalise'. Ar hyn o bryd maent yn rhedeg tair canolfan wyliau hygyrch, Jubilee Lodge yn Chigwell, Essex, Netley Waterside House yn Southampton a Sandpipers yn Southport. Mae digon i'w wneud yn y canolfannau a gellir trefnu teithiau i ymweld â chyrchfannau twristiaid.



Cysylltwch â nhw am ragor o wybodaeth:

**Ffôn: 0303 303 0145**

**Gwefan:** <https://revitalise.org.uk/>



[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk) / [www.bromorgannwg.gov.uk](http://www.bromorgannwg.gov.uk)



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