



**A Welsh version of Caring Times is available. Mae fersiwn Saesneg o Amser Gofalu ar gael.**

## Double celebration kicks off Carers' Week 2019 in style

A special event celebrating the work of both schools and services in supporting carers took place in Penarth at the beginning of Carers' Week in June.

The Carers Trust South East Wales Accreditation Awards celebrate and acknowledge the work both schools and organisations in South Wales have done to support carers.

The Young Carers in Schools programme works to ensure young carers get the right help and support they need to learn, and works in partnership with health boards, local authorities and carers' services to ensure young carers and their families get the right support.

Lowri Owen, a young carer from Ysgol Gymraeg Bro Morgannwg, said: "I think it's great that the school has had recognition for its work in supporting young carers like me. This accreditation will help give young carers the confidence to come forward and say that they are carers and to ask for help if they need it."



*Jane Rowlands-Mellor and Sarah Davies receiving their accreditation from Sian Salkeld, CTSEW*



*Whitmore High receiving their 'Beyond the Basics' award from Gareth Howells*

And our Carer Friendly Accreditation scheme aims to improve, share and recognise support for carers in health and social care services.

Jane Rowlands-Mellor, former Lead Nurse Patient Experience at Cardiff and Vale University Health Board said: "It was such a privilege to have attended the event yesterday to share the celebrations with those receiving the Young Carers in Schools and Carer Friendly Awards. It was wonderful that our three Information and Support Centres and wards B6 and B4 Haematology received Carer Friendly Accreditation. A huge thank you to all the carers and staff who have made this happen and I hope that many more wards and areas receive this accreditation in the future. This accreditation aligns perfectly to the ongoing work being undertaken in the Health Board to implement the principles of 'Johns Campaign'."

**Carers' Week 2020 will take place between 8-14 June.**

# Carers Rights Day 2019



Carers' Rights Day (CRD) makes carers aware of their rights (especially

benefits), at the end of November. This year, CRD will take place on Thursday 21 November 2019 and Carers UK are encouraging organisations to focus on:

- Making carers aware of their rights.

The Carers UK website will have more information [www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day](http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day) Every year, more than 2 million people become carers. Many struggle to navigate the maze of services and entitlements, and miss out on financial and practical support.

And it's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of their entitlements.

- Letting carers know where to get help and support. Caring can present all kinds of challenges. We want every carer to know where to turn for advice, information and support, whether in their local community or online.
- Raising awareness of the needs of carers. Carers' Rights Day raises awareness of the needs of carers with the public, decision makers and professionals, helping us realise our vision of a society that respects, values and supports carers.

## Meals on Wheels in the Eastern Vale



Cardiff Council's successful Meals on Wheels service is expanding to provide meals to residents in the Vale of Glamorgan.

At a time when around a quarter of UK local authorities have stopped offering a Meals on Wheels service to elderly and vulnerable people since 2014, Cardiff's service is bucking the trend and growing to ensure even more customers, including carers, in the area can enjoy hot, nutritious food delivered to their homes.

For seven days a week, 365 days a year, friendly drivers can now deliver to customers in eastern parts of the Vale of Glamorgan, including Dinas Powys, Sully, Llandough, Penarth and Wenvoe. As well as providing lunchtime meals that cater for a variety of diets and conditions, the team also carries out a caring welfare check on customers.

Customers can be referred by family, friends, neighbours, or health or social care professionals and must meet

one of the following criteria:

- Having difficulty preparing a meal safely
- Liable to self-neglect or would eat an inappropriate diet without the service
- Unable to shop for food
- Have a mental or physical disability
- Needing support due to recovery from hospitalisation or illness; carer illness or holiday, or bereavement.

The service is not just for the elderly - the youngest Meals on Wheels customer is 20 while the oldest is 102-years-old. Customers can choose when and how often they would like to receive meals.

For more information about the service, visit [www.cardiff.gov.uk/mealsonwheels](http://www.cardiff.gov.uk/mealsonwheels) or [www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=7058](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=7058) or ring **02920 537080**.

## International Older People's Day Free Event



The Vale 50+ Forum are holding a free event between **10am-3pm** on **Tuesday 1 October** to celebrate International Older People's Day at CF61 (formerly the Llantwit Major Youth Centre), Station Road, Llantwit Major, CF61 1ST.

**There will be stalls and performances from:**

- **Atal Y Fro**
- **Welsh Air Ambulance**
- **Atlantic College Choir**
- **Safer Vale**
- **Woody's Lodge**

As well as interactive activities such as line dancing, tai chi and walking football.

For more information or queries please contact the Vale 50+ Forum

via telephone **01446 709779** or email **OPF@valeofglamorgan.gov.uk**

## Cardiff and Vale Integrated Family Support Team (IFST)



**Cardiff & Vale Integrated Family Support Team**

The Cardiff and Vale Integrated Family Support Team support the needs of vulnerable families in crisis across Cardiff and the Vale of Glamorgan. We are here to help support families who are having problems with substance misuse which has an impact on the welfare of children.

We help some of the most vulnerable families in Cardiff and the Vale of Glamorgan by supporting them to stay together by empowering them to take positive steps to improve their lives. Through dedicated programmes such as **CRAFT\*** the professional team work with families to recognise the changes that are needed to take control of their lives once again.

**\*CRAFT** Programme - **C**ommunity **R**einforcement and **F**amily **T**raining - Family support services

Substance misuse affects the person you love, but it also affects their carer.

It can really hurt to see someone you love struggling with a drug or alcohol problem. What do you do for the best? What do you say, how do you support them and look

after yourself? These are all questions that many people have or struggle to answer - this is where we come in.

CRAFT Programme is a free informal and relaxed therapeutic programme, designed especially for family members, partners and friends. We are dedicated to helping family and friends create positive change for themselves and for their loved ones who are struggling with their substance use problems.

It has been widely evaluated and the results have shown that it can help family members improve their own lives, help their loved one reduce, or even stop their substance misuse by helping them into an appropriate support service

If you think you could benefit from this programme and would like to book a place or simply would like to find out more information please get in touch with us directly on:

Telephone: **029 2087 3567**  
e-mail: **[craft@cardiff.gov.uk](mailto:craft@cardiff.gov.uk)**  
website **[www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=2046](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=2046)**



# Disability Sport Directory



My name is Simon Jones. I am the Disability Sport Wales Development Officer for the Vale of Glamorgan Council and I am based in the Healthy Living Team and work alongside my colleagues to help increase physical activity levels of all residents throughout the Vale.



One of my main aims to link with local community sport clubs so we can offer a wide range of activities in different settings, these range from disability specific to inclusive sessions. A large majority of the clubs are run by volunteers who do an amazing job in offering a wide range of sport and physical activities, including: Vale Accessible Cycling Club, Barry Town Utd PDFC, Motion Control Dance and many many more.

There is a Disability Sport Directory available on the Vale of Glamorgan council's website (see [www.valeofglamorgan.gov.uk/Documents/Enjoying/Sports%20Development/Disability%20Sport/English-Disability-Directory-2019-.pdf](http://www.valeofglamorgan.gov.uk/Documents/Enjoying/Sports%20Development/Disability%20Sport/English-Disability-Directory-2019-.pdf)) which offers over 50

different opportunities, all of the activities have contact details so you can speak to the clubs directly.

My job has a lot of flexibility so I can work with a wide range of organisations, these

include: Carers Forums, Social Services, Schools, Day Centres, basically anyone who has links with disabled people.

Even though my job title has the word "Sport" in, I am keen to explore ways in which carers increase their physical activity levels. I am happy to promote or help set up any physical activity, examples of this in the Vale are Tai Chi, Walking Groups and Walking Football.

If you're a carer looking to get more active, please get in contact and I will be happy to help. [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)  
**01446 704728**

## Manual Handling Training

The next MH course for carers will take place on Friday 29 November 2019 and will be held between 9.30am - 3.30pm at Unit 5 Business Service Centre, Hood Road, Barry, CF62 5QN. Please ring **01446 704604** or email [Carersservices@valeofglamorgan.gov.uk](mailto:Carersservices@valeofglamorgan.gov.uk) if you would like to attend.

One of the carers who attended the last course in June shares her experience:

*"Thank you so much for the opportunity to attend the course, my sister Rachel and I found it very informative and useful. We were given a lot of practical demonstrations regarding how to use equipment like slide sheets, car swivel seat, and car door bar to help mum and dad get in and out of the house. The lady training that day was very knowledgeable and had a good practical understanding regarding the problems we encounter due to her nursing background.*

*She showed me how to handle the wheelchair correctly and how to get it in and out of the car*

*with minimal strain to my back. The booklet provided was very useful and gave a lot of detail regarding back care advice.*

*The chance to discuss practical problems and our individual caring experiences was invaluable and was a good "stress release". Mum has noticed the difference when I ease her out of her seat to a standing position just using my "palm!" (palm of my hand).*

*My sister is looking to order a number of aids to help at home and found the correct websites with the help of our trainer, Elspeth.*

*I was impressed that we came away with a professional looking certificate to confirm attendance.*

*I would strongly recommend carers attend because the training is "hands-on", practical and a workshop style where you can watch equipment being used correctly and learn techniques to improve safe handling".*

# Penarth Friendship Cafe

Dementia Friendly Penarth



Gyfeillgar Phenarth Dementia

All are welcome to attend the Friendship Café at Trinity Church, Stanwell Road, Penarth, CF64 3EN. The café meets on the third Thursday of the month and runs from 10.30am until 12.00 noon.

Whilst all are welcome, this café will be a welcoming space for people living with dementia, their family, friends and carers.

*The next cafes will take place on:*

Thursday 17 October 2019

Thursday 21 November 2019

Thursday 19 December 2019

Come along for friendship, a great cuppa and fun!

(there is a nominal charge of 50p for a cup of tea/coffee) We are delighted to be running, optional, arts and craft sessions at the café for those of you who are feeling creative.

No need to book – just come along on the day. If you have any questions, then feel free to call Phil Batchelor, Chairman, Dementia Friendly Penarth tel **02920 569483**

# Pedal Power – we care about carers.

Pedal Power provides the opportunity for a truly positive experience through our inclusive cycling. By offering a wide variety of bikes, trikes, accessories and expertise, our aim is to ensure that everybody, including carers, can enjoy the benefits of cycling. And let's not underestimate these benefits! Engaging in any physical exercise is proven to help a multitude of existing conditions (physical and mental) and can also be preventative.

Sometimes it's easier if we come to you – our cycling officers can bring bikes direct to venues. We recently fulfilled one lovely lady's wish to cycle again after 50 years, by taking some side-by-sides to the residential home! We are also currently running Barry Bike Club, a weekly session funded by Vale of Glamorgan Housing,

where local children can learn to ride and improve their skills. Although we are Cardiff based, we are more than happy to take a variety of our bikes and trikes to where they are needed.

We appreciate how challenging caring and supporting others can be, so we make sure that all our staff and volunteers are welcoming and friendly – someone you can turn to and talk to. We have a lovely café on site where we are currently developing our Carers' Information Corner. Our idea is to make somewhere you can easily pick up on useful contact details and websites and we want to highlight this with an Information Fayre in the autumn (date to be confirmed).

We recognise that everybody's requirements are different and here at Pedal Power we want carers to know they are coming to a place where they are welcomed and where we will help if we can. Don't forget, our membership arrangement means carers go free! There's no need to feel isolated – we're open 7 days a week so call in and see how Pedal Power can make a positive difference to your life.

Details on our website

[www.cardiffpedalpower.org](http://www.cardiffpedalpower.org) or ring **02920 390713**



# Welcome to Maggie's Cardiff



Maggie's is now open offering free practical, emotional and social support to people with cancer and their carers across south east Wales, no matter where you live or receive treatment. Simply drop-in at any time - you're always welcome.

## About Maggie's

When a person is diagnosed with cancer, there are many questions that need answering. Whilst medical teams based in NHS hospitals focus on giving the best possible medical care, they simply do not have time to answer all of the overwhelming questions that come when someone you care for is told they have cancer. At Maggie's we do. Our programme of support includes financial advice, nutrition workshops, stress management, art therapy, tai chi and yoga. More information can be found

on the *whats on* section on our webpage

[www.maggiescentres.org/our-centres/maggies-cardiff/](http://www.maggiescentres.org/our-centres/maggies-cardiff/)

## Support for you

If you're caring for someone with cancer, we can help support you. Caring for someone else may affect your ability to work. We can help you to find out more about your rights as a carer, alternative working arrangements and support available to you in the workplace. Drop in for advice from our qualified staff, come and join a relaxation session to help manage stress, find a support group where you can meet people in a similar situation - you can even just pop-in for a cup of tea, a friendly face and a moment to gather your thoughts. You don't need an appointment and everything is free. Whatever you need, we're here.

## Where we are

Maggie's is built in the grounds of Velindre Cancer Centre in Whitchurch, Cardiff CF14 2TL. We have a car park at the back of our building and we're open **Monday to Friday from 9am to 5pm**

To find out more about Maggie's pop in, call us on **02922 408024** or email [cardiff@maggiescentres.org](mailto:cardiff@maggiescentres.org)

## GIG BUDDIES

If you find it difficult to get to events and gigs a Gig Buddy can make this possible for you. It's all down to you to tell us what kind of Buddy you want!

Gig Buddies specifically focuses on events that happen in the evenings, such as concerts, in order to break the many barriers that stop people with a learning disability going out at night and staying up late. These barriers include lack of support, or inflexible support that forces people to leave events early. Other obstacles include transport, confidence, safety, and accessibility of venues and events. Most importantly, Gig Buddies are free to choose what their 'gig' is and when and where they

want to go. A 'gig' can be a concert or a festival, but it can also be a rugby match, a trip to a museum or theme park, or a visit to the beach. Your Gig Buddy could be a Football Buddy, a Bowling Buddy, a Rambling Buddy, a Quiz Buddy, a Roller Skating Buddy, a Surfing Buddy. Our Gig Buddies team are Kai Jones and Kylie Smith as Project Coordinators and Lyndsey Richards as Project Manager.

Our contact email is: [gigbuddies@ldw.org.uk](mailto:gigbuddies@ldw.org.uk). We are also visible across social media platforms such as Facebook and Twitter.





## Launch of Adult Reading well Books on Prescription Scheme

From 26 June 2019, health professionals in Wales will be able to prescribe free library books to assist people in managing their mental health or dealing with difficult feelings and experiences in what experts behind the scheme are calling 'bibliotherapy'.

The Reading Well Books on Prescription for mental health scheme has been developed by The Reading Agency and public libraries, leading health organisations including the Royal College of Psychiatrists, Mind, the Royal College of General Practitioners, the British Psychological Society and the Royal College of Nursing, as well as individuals who have personal experience of mental health needs and their relatives and carers.

The scheme is being launched in Wales following its success in England which has seen 931,000 people borrow over 2 million Reading Well books from public libraries.

Free copies of the books will be available to members of the public to borrow from all

22 public library authorities in Wales from 26 June, as well as supporting promotional material including leaflets containing the booklist. The Reading Agency is working with Welsh Books Council to translate most of the books into Welsh and all programme materials are bilingual. The books can be recommended by a health professional and borrowed free of charge from a local library, or users can self-refer and borrow the titles as they would any other library book.

The collection of 37 books includes health information, self-help and inspirational personal stories such as Reasons to Stay Alive by award-winning author Matt Haig, which explores his personal experience of coming close to committing suicide at the age of 24, and The Recovery Letters, an anthology of heartfelt letters written by people who have recovered or are recovering from depression.

For more information about the Reading Well Books on Prescription for mental health visit: <https://reading-well.org.uk/wales>

## 'Time 4 More' Young Adult Carers Project in the Vale of Glamorgan



The 'Time 4 More' project will support young adult carers aged 16 -25 years old across Cardiff and the Vale of Glamorgan through 1-2-1 sessions, group work, training and respite. The project aims to support young adult carers through training, education and or employment. The YMCA will provide respite opportunities to ensure the carers have time out to socialise and meet other young adult in similar situations.



This is the first young adult carer's project in Cardiff and the Vale of Glamorgan and it is in high demand already. The YMCA will work on improving links within the Vale of Glamorgan to ensure young adult carers

are supported to reach their full potential.

If you want any further information please do not hesitate to contact Owain on either

[owain.dexter@ymcacardiff.wales](mailto:owain.dexter@ymcacardiff.wales) or [enquiries@ymcacardiff.wales](mailto:enquiries@ymcacardiff.wales) / 07966 834506

**Young Carers Awareness Day (YCAD) will be Thursday 30 January 2020**

and will focus on the importance of mental health. The aim of YCAD is to identify and raise awareness of the 800,000 young carers across the UK who are caring for a sick or disabled family member. More information and resources about this Day can be found at <https://carers.org/young-carers-awareness-day-2020> and events taking place locally (once known) will be shown at [www.valeofglamorgan.gov.uk/en/living/social\\_care/adult\\_services/Carers/Young-Carers.aspx](http://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Carers/Young-Carers.aspx)

## In the Spotlight – Faye Protheroe from Patient Experience Team (PET)



### Can you tell us what you will be doing in your new position in the PET?

I am a Patient Experience Support Advisor, I am job-sharing with Suzanne Becquer-Moreno who is providing me with great mentorship for the role. My focus within the PET is specifically the role of carers; how we can help to identify them and support them in the best way possible. I hope that by working together with the Local Authority and the Third Sector we can make a difference to those who care and in turn those who are cared for.

I am very excited about taking on this role. Having been a nurse in both hospital and community settings, I feel I have some insight into the daily struggles a carer can face. I know a lot of exciting developments are taking place with respect to recognising and supporting carers and I hope to be able to extend people's awareness of the help that is available to them. I am looking forward to going out and meeting people throughout Cardiff and the Vale, and hopefully making a difference.

### For those carers who are nervous about seeking help, what would you say to them?

There is a wealth of support available to people and from a wide range of areas; your local health board, local authority, and numerous charities. The services do not exist to judge your ability to care; they are all here to support you in your role and ensure that your health and wellbeing is maintained as much as the person you are caring for. All staff are extremely approachable and will help you in any way they can. No question is too small. Even if you do not require support at the moment, it can help to make these organisations aware that you are a carer, as if you do require help in the future it can enable services to be implemented more quickly.

### What are your favourite television programmes and films?

My choice of television and films is very wide-ranging. I do enjoy cwtching up on the sofa in the afternoon or evening and watching a good film. I like everything from romantic comedies, to sci-fi and action/adventure. One thing I do not particularly enjoy is horror.

I like real-life documentaries about human and animal life and varying cultures throughout the world. I am looking forward to Strictly Come Dancing coming back on our screens; it's a fun programme that the whole family can enjoy.

### What sort of music do you like?

I find I like different music for varying occasions and moods. I will also listen to music from a number of decades. I have a record player and enjoy putting on music from my dad's old record collection; I like the unfinished sound quality. I am very nostalgic when it comes to my music collection; I enjoy listening to music that evokes memories. I will listen to cheesy 80s and 90s pop but have also got a Led Zeppelin album in my collection.

### If you could invite five people, who would be your ideal dinner guests and why?

This is a difficult question. I would like to have Gene Kelly to sing to us and talk about the movies he made. Mickey Flanagan could make us laugh. Mary Berry could make us some lovely desserts. I would like Brian Cox to come to my dinner party so that he could explain all about the Universe and our place in it. Finally I would like to meet Malala Yousafzai, she is inspirational and I would love to know how she developed such confidence and self-belief. Ideally I would have liked to invite the Beatles to entertain us but that would be four of my five gone!

### How are Carers referred to the services we offer?

Carers can self-refer using the telephone number or email address below. We also receive referrals and queries from hospital staff members, GP Surgeries, and any local organisation requiring further advice. We are very approachable and available to answer all queries; we can also signpost people to more appropriate assistance if required.

Email: [Cardiffandvale.patientinformation@wales.nhs.uk](mailto:Cardiffandvale.patientinformation@wales.nhs.uk)

Alternatively I can be contacted directly at [Faye.protheroe@wales.nhs.uk](mailto:Faye.protheroe@wales.nhs.uk)  
Telephone: **02920 745307**





# Cyflweliad â Faye Protheroe ! Dim Profiad y Claf (PET)

Ydwn ei fwyhau'n arbenning yw ffilimiau arswyd. Rwy'n hoffi rhaglenni dogfen bywyd go iawn am fywyd pobl ac anffelliaid a diwyllianau amrywiol ledled y byd. Rwy'n edrych ymlaen at gael Strictly Come Dancing yn ôl ar y teledu; mae'n rhaglen hwyll gall y teulu cyfan ei mwynhau.

**Pa fath o gerddoriaeth rydych yn ei hoffi?**

Rwy'n hoffi cerddoriaeth wahanol ar gyfer achlysuron a hwylliau amrywiol. Byddai i hefyd yn gwrandao ar gerddoriaeth o nifer o ddegawdau. Mae gen i chwaraewr recordiau ac yn mwynhau chwarae cerddoriaeth o gasgliad fy nhad o hen recordiau; rwy'n hoffi ansawdd y s n anoffenedig. Rwy'n hiraaethus iawn o ran fy nghasgliad cerddoriaeth; rwy'n mwynhau gwrandao ar gerddoriaeth sy'n ysgogi atgofion. Byddai'n gwrandao ar bop yr 80au a'r 90au ond mae hefyd gen i albwm Led Zeppeilin yn fy nghasgliad.

## Pe gallech chi wahodd pum person i gael te, pwy fydden nhw a pham?

Am gwestiwn anodd. Hoffwn i gael Gene Kelly yn canu i ni ac yn siarad am ei ffilimiau. Gallai Mickey Flanagan wneud i ni chwerthin. Gallai Mary Berry wneud pwdinau biasus i ni. Hoffwn i! Brian Cox ddod i'r parti fel gallai esbonio popeth sy'n ymwneud â'r Bydysawd a'n lle ynddo. Yn olaf hoffwn i gwrrd â Malala Yousofzai, mae hi'n ysbrydoleddig a byddwn i wrth fy modd o wybod sut magodd hi ei hyder a'i hunancred. Yn ddeffrydol, byddwn i wedi hoffi gwahodd y Beatles i'n diddanu ond dyna fyddai pedwar o fy ngwesteion wedi'u dewisi!

## Sut mae Gofalwyr yn cael eu hatgyfeirio at y gwasanaeth rydym yn eu cynnig?

Gall gofalwyr atgyfeirio eu hunain trwy ddefnyddio'r rhif ffôn neu'r cyfeiriad e-bost isod. Rydym ni hefyd yn cael atgyfeiriadau ac ymholiadau gan aelodau o staff ysbity, meddygfeydd teulu ac unrhyw sefydliad lleol sydd angen mwy o gynngor. Mae'n hawdd dod aton ni ac rydym ni ar gael i ateb yr holl ymholiadau; hefyd gallwn ni gyfeirio pobl at gymorth mwy priodol os oes angen.

E-bost: [Cardiffandvale.patientinformation@wales.nhs.uk](mailto:Cardiffandvale.patientinformation@wales.nhs.uk) Neu mae modd cysylltu â ni'n uniongyrchol yn [Faye.protheroe@wales.nhs.uk](mailto:Faye.protheroe@wales.nhs.uk) Ffôn: 02920 745307

**Allwch chi ddweud wrthyn ni am yr hyn y byddwch yn ei wneud yn rhan o'ch swydd newydd yn y PET?**

Rwy'n Gynghorydd Cymorth Profiad y Claf ac rwy'n rhannu'r swydd gyda Suzanne Bequer-Moreno sy'n fy mentora'n wch ar gyfer y rôl. Mae fy ffocws yn y PET ar rôl gofalwyr yn benodol; sut gallwn ni helpu i'w hadnabod a'u cefnogi yn y ffordd orau bosibl. Rwy'n gobethio, trwy gydweithio gyda'r Awdurdod Lleol a'r Trydydd Sector, y gallwn ni wneud gwahaniaeth i'r rheiny sy'n gofalu ac yn ei dro, y rheiny y gofallir amdany'n nhw.

Rwyf wedi fy nghyffro'n fawr am ymgyrdd â'r rôl hon. Wedi bod yn nyrs mewn lleoliadau ysbity a chymunedol, rwy'n teimlo bod gen i fewnwelediad i drafferthion dyddiol y gall gofalwyr eu hwynebu. Rwy'n gwytbod bod llawer o ddatblygiadau cyffrous ar y gwelill o ran hadnabod a chefnogi gofalwyr ac rwy'n gobethio gallu ehangu ymwybyddiaeth pobl o'r help sydd ar gael iddyn nhw. Rwy'n edrych ymlaen at gwrrd â phobl ledled Caerdydd a'r Fro a gobethio'n gwneud gwahaniaeth.

**Ar gyfer y gofalwyr hynny sy'n nerfus am geisio cymorth, beth fydddech chi'n ei ddweud iddyn nhw?**

Mae llawer o gymorth ar gael i bobl a gan ystod eang o sefydliadau; eich bwrdd iechyd lleol, eich awdurdod lleol a llawer o elusennau. Dydy'r gwasanaethau ddim yn bodoli i feiriadau eich gallu i ofalu; mae'n nhw i gyd ar gael i'ch cefnogi yn eich rôl ac i sicrhau bod eich iechyd a'ch llesiant yn cael eu cynnal cymaint â'r person rydych yn gofalu amdano. Mae'r holl aelodau o staff yn gyfeillgar iawn a byddan nhw'n eich helpu mewn unrhyw ffordd gallan nhw. Does dim un cwestiwn sy'n rhy fach. Hyd yn oes os nad oes angen cymorth arnoch chi ar hyn o bryd, gall helpu i wneud y sefydliadau hyn yn ymwybodol eich bod yn ofalwyr, oherwydd os bydd angen help arnoch chi yn y dyfodol gall galluogi gwasanaethau i gael eu gweithredu'n gyflymach.

**Beth yw'ch hoff raglenni teledu a ffilimiau?**

Mae fy hoff raglenni a ffilimiau'n amrywiol iawn. Rwy'n mwynhau cael cwtsh ar y softa yn y prynhau neu yn y nos i wylïo ffilim da. Rwy'n hoffi popeth o ffilimiau comedi rhamanantus, i ffilimiau gywddonias a llawn cyffro/antur. Un peth nad

# Lansio Cynllun Llyfrau ar Bresgripsiwn Darllen yn Well ! Oedolion

O 26 Mehefin 2019, bydd gweithwyr iechyd proffesiynol yng Nghymru yn gallu rhagnodi llyfrau llyfrgell am ddim i helpu pobl i reoli eu hiechyd meddwl neu i ddelfio gyda theimladau a phrofiadau anodd yn rhan o gynllun mae arbenigwyr yn ei alw'n 'bibliotherafi'.

Mae cynllun Llyfrau ar Bresgripsiwn Darllen yn Well er iechyd meddwl wedi'i ddatblygu gan yr Asiantaeth Ddarllen a llyfrgelloedd cyhoeddus, sefydladau iechyd blaenllaw gan gynnwys Coleg Brenhinol y Seiciatryddion, Mind, Coleg Brenhinol yr Ymarferwyr Cyffredinol, Cymdeithas Seicolegol Prydain a Choleg Brenhinol Nyrso, yn ogystal ag unigolion sydd wedi cael profiadau personol o anghenion iechyd meddwl a'u perthnasau a'u gofaliwyr.

Mae'r cynllun yn cael ei lansio yng Nghymru yn dilyn ei lwyddiant yn Lloegr sydd wedi cynnwys 931,000 o bobl yn benthycu mwy na 2 fillwn o llyfrau Darllen yn Well o llyfrgelloedd cyhoeddus. Bydd copïau am ddim o lyfrau ar gael i aelodau'r cyhoedd i'w benthycu o bob un o'r



Bydd project 'Amser am Fwy' yn cynnig cynhaliadaeth i ofalwyr ifanc 16-25 oed yng Nghaerdydd a'r Fro drwy sesiynau 1 wrth 1, gwaith grŵp, hyfforddi a chyfnodau o ysbaid. Nod y project yw helpu oedolion ifanc sy'n ofalwyr drwy hyfforddiant, addysg a/neu swyddi. Bydd y YMCA yn cynnig cyfleoedd ysbaid i sicrhau bod gofaliwyr yn cael cyflie i gymdeithasu a chwrrd ag oedolion eraill mewn sefylltaoedd tebyg.

Dyma'r project cyntaf i oedolion ifanc sy'n gofalu yng Nghaerdydd a Bro Morgannwg ac mae'r galw amdano'n sylweddol yn barod. Bydd yr YMCA yn gweithio i wella'u cysylltiadau o fewn Bro Morgannwg er mwyn sicrhau y bydd oedolion ifanc sy'n gofalu yn cael cynhaliadaeth a chyflie i gyflawni eu llawn botensial.

## Project Oedolion sy'n Ofalwyr Ifanc ym Bro Morgannwg, 'Amser am Fwy'



Os hoffech fwy o wybodaeth, mae croeso mawr i chi gysylltu ag Owain drwy unrhyw un o'r canlynol: [owain.dexter@ymcardiff.wales](mailto:owain.dexter@ymcardiff.wales) neu [ymcardiff.wales@ymcardiff.wales](mailto:ymcardiff.wales@ymcardiff.wales) / 07966 834506

**Dydd Iau 30 Ionawr 2020 fydd**

**Diwrnod Ymwybyddiaeth Gofaliwyr Ifanc (YCAD)** a bydd yn canolbwyntio ar bwysigrwydd iechyd meddwl. Bwriad YCAD yw nodi a chynyddu'r ymwybyddiaeth o'r 800,000 o ofalwyr ifanc ledled y DU sy'n gofalu am aelod o'u teulu sy'n sal neu anabl. Mae Diwrnod hwn yn <https://carers.org/young-carers-awareness-day-2020> a chaiff digwyddiadau lleol (unwaith y maent yn hysbys) eu dangos yn [https://www.valeofglamorgan.gov.uk/cy/lliving/social\\_care/adult\\_services/Carers/Young-Carers-Carers.aspx](https://www.valeofglamorgan.gov.uk/cy/lliving/social_care/adult_services/Carers/Young-Carers-Carers.aspx)

# Croeso i Maggie's Caerdydd



Mae Maggie's bellach ar agor yn cynnig cymorth cymdeithasol, emosïynol ac ymarferol am ddim i bobl sydd â chanser a'u gofalwyr ledled de-ddwyrain Cymru, ni waeth lle rydych yn byw neu'n cael triniaeth. Galwch hebio ar unrhyw amser – mae bob amser croesi i chi.

## Ynghych Maggie's

Pan fo person yn cael diagnosis o ganser, mae llawer o gwestiynau mae angen eu hateb. Er bod termau meddygol mewn ysbysat'r GIG yn canolbwyntio ar roi'r gofal meddygol gorau posibl, nid oes ganddynt amser i ateb yr holl gwestiynau llethol fydd gennyhych pan fo rhywun rydych yn gofalu amdano yn cael gwybod bod canser ganddo. Ym Maggie's, mae gennyn ni'n amser. Mae ein rhaglen gymorth yn cynnwys cynngor artianol, gweithdai ar faeth, rheoli straen, therapi celf, tai chi ac ioga. Mae mwy o wybodaeth yn yr adran *whats on* ar ein gwefan

## FFRINDIAU GIGIAU

Os cewch draffert h mynd i ddiwyddiadau a gigiau, gall Ffrind Gig yn gwneud hyn yn bosibl i chi. Chi sy'n dweud wrthon ni am y math o Ffrind yr hoffech ei gael!

Mae Ffrindiau Gigiau'n canolbwyntio'n benodol ar ddiwyddiadau sy'n digwydd yn y nosau megis cyngherddau, er mwyn chwaliu llawer o rwystrau sy'n stopio pobl sydd ag anabledyddysgu rhag mynd allan gyda'r nos ac aros yn effro'n hwyr. Mae'r rhwystrau hyn yn cynnwys diffyg cymorth, neu gymorth anhysbys sy'n gortodi pobl i adael diwyddiadau'n gyfnar. Mae rhwystrau eraill yn cynnwys triniaethau, hyder, ddogelwch a hygyrchedd lleoliadau a digwyddiadau. Yn bwysicaf oll, gall Ffrindiau

Gigiau ddewis lle a phryd yr hoffon nhw fynd. Gall gig fod yn gyngeredd neu yf, ond gallai hefyd fod yn gem rygbi, trip i amgueddfa neu barc thema, neu ymweliad â'r traeth. Gallai eich Ffrind Gig fod yn Ffrind Pêl-droed, Ffrind Bowlio, Ffrind Mynd am Dro, Ffrind Cwis, Ffrind Rhôl-sglefrio, Ffrind Stryffio. Ein tîm Ffrindiau Gigiau yw Kai Jones a Kylie Smith yn Gydylynwyr Projectau a Lyndsey Richards yn Rheolwr Projectau.

Ein cyfeiriad e-bost yw:

[gigbuddies@ldw.org.uk](mailto:gigbuddies@ldw.org.uk). Rydyn ni hefyd ar y cyfryngau cymdeithasol megis Facebook a Twitter.



I ddysgu mwy am Maggie's, dewch draw, ffoniwch ni ar **02922 408024** neu e-bostiwch [cardiff@maggiescentres.org](mailto:cardiff@maggiescentres.org)

**Ein lleoliad**  
Mae Maggie's yn nhiroedd Canolfan Ganser Feilindre yn yr Eglwys Newydd, Caerdydd, CF14 2TL. Mae gennyn ni faes parcio yng nghefn ein hadeliad ac rydyn ni ar agor o **ddydd Lun i ddydd Gwener o 9am tan 5pm.**

Os ydych yn gofalu am rywun sydd â chanser, gallwn ni eich cefnogi. Gall gofalu am rywun arall effeithio ar eich gallu i weithio. Gallwn ni eich helpu i ddysgu mwy am eich hawliau fel gofalu'r, trefniadau gweithio amgen a'r cymorth sydd ar gael i chi yn y gweithle. Galwch hebio i gael cynngor gan ein staff cymwys, dewch i gymryd rhan mewn sesiwn ymliacio i helpu i reoli straen, dewch o hyd i grŵp cymorth lle y gallwch gwrrd â phobl yn yr un sefyllfa – gallwch hyd yn oed ddod draw dim ond i gael paned o de, gweld wneb cyfeillgar ac i gael amser i gasglu eich meddyliau. Does dim angen apwyntiad arnoch ac mae popeth am ddim. Beth bynnag sydd ei angen arnoch, rydyn ni yma i chi.

[www.maggiescentres.org/](http://www.maggiescentres.org/)  
[our-centres@maggies-cardiff/](mailto:our-centres@maggies-cardiff/)  
**Cefnogaeth i chi**





# Caffi Cyfeillgarwch Penarth



Gyfeillgar Phenarth Dementia

Croeso i bawb ddoed i'r Caffi Cyfeillgarwch yn Eglwys Trinity, Stanwell Road, Penarth, CF64 3EN Mae'r caffi ar drydydd dydd Iau bob mis o 10.30am tan 12.00pm.

Er bod croeso i bawb, bydd y caffi hwn yn lle croesaswgar i bobl sy'n byw gyda demensia, eu teulu, eu ffrindiau a'u gofaluwr.

*Bydd y caffis nesaf:*

Dydd Iau 17 Hydref 2019  
Dydd Iau 21 Tachwedd 2019  
Dydd Iau 19 Rhagfyr 2019

Does dim angen cadw lle – y cyfan mae angen gwneud yw dod ar y diwrnod. Os oes gennyhych unrhyw gwestiynau, wedyn croeso i chi ffonio Phil Batchelor, Cadeirydd Deall Demensia Penarth ar **02920 569483**

## Pedal Power

### – mae ein gofaluwr yn bwysig i ni.

Mae Pedal Power yn cynnig cyfle am brofiad gwirioneddol gadarnhaol trwy ein beicio cynhwysol. Trwy gynnig amrywiaeth eang o feiciau, treiciau, ategolion ac arbenigedd, ein nod yw sicrhau y gall pawb, gan gynnwys gofaluwr, twynhau manteisio beicio. Mae'r manteision hynny'n werth chwell! Profir bod cymryd rhan mewn ymarfer corff yn helpu nifer mawr o gyfilyrau (corfforol a meddwl) a gall atal cyfilyrau hefyd.

Wethiau mae'n haws os ydyn ni'n dod i chi – gall ein swyddogion beicio ddoed a beiciau'n uniongyrchol i leoliadau. Yn ddiweddar, gwnaethon ni fodloni dymuniad merch hyfryd i feicio eto ar ôl 50 o flynyddoedd, trwy fynd â beiciau a dwy sedd wrth ei gilydd i'r cartref preswyl! Ar hyn o bryd rydyn ni'n cynnal



Clwb Beicio'r Barri, sesiwn wythnosol a arennir gan Dai Bro Morgannwg, lle gall plant lleoli ddysgu sut i reidio a gwella eu sgiliau. Er rydyn ni wedi'n lleoli yng Nghaerdydd, rydyn ni'n fwy na hapus i fynd ag amrywiaeth o'n beiciau a'n treiciau i le bynnag sydd eu hangen. Rydyn ni'n gwerthfawrogi pa mor heriol mae gofalu am bobl eraill a'u cynorthwyo, felly rydyn ni'n sicrhau bod ein holl staff a gwirfoddolwyr yn groesaswgar ac yn gyfeillgar. Mae gennyh yn gaffi hyfryd lle rydyn ni'n datblygu ein Cornel Gydbodaeth o Ofaluwr ar hyn o bryd. Ein syniad yw creu rhywle lle gallwch gael manylion cyswllt a gwefannau defnyddiol ac rydyn ni am dynnu sylw at hyn gyda Ffair Wymbodaeth yn yr hydref (dyddiad i'w gadarnhau).

Rydyn ni'n cydnabod bod gofnyion pawb yn wahanol ac yma yn Pedal Power rydyn ni am i ofaluwr wybod eu bod yn dod i le lle byddan nhw'n cael eu croesawu a lle byddwn ni'n helpu os gallwn ni. Cofiwch fod gofaluwr yn cael aelodaeth am ddim! Does dim angen teimlo'n unig – rydyn ni ar agor 7 diwrnod yr wythnos felly dewch draw a gweld sut gall Pedal Power wneud gwahaniaeth cadarnhaol i'ch bywyd.

Mae manylion ar ein gwefan [www.cardiffpedalpower.org](http://www.cardiffpedalpower.org) neu ffoniwch **02920 390713**



Pedal Power  
the cycling charity for all  
yr eusien seicio i bawb

# Cyfeiriyltr Chwaraeon Anabled



cyning mwy na 50 o wahanol gyfleoedd, mae wrth yr holl weithgareddau fanylion cyswilt fellly gallwch siarad â'r clybiau'n uniongyrchol. Mae fy swydd yn hyblyg iawn fel galla' i weithio



gydag ystod eang o sefydliadau, mae'r rhain yn cynnwys: Forymau Gofalwyr, Gwasanaethau Cymdeithasol, Ysgolion, Canolfannau Dydd, yn y bôn, unrhyw un sy'n ymwneud â phobl anabl.

Er bod teitl fy swydd yn cynnwys y gwaith "Chwaraeon", dwi'n awyddus i feddlw am ffyrdd o gael mwy o ofalwyr i gymryd rhan mewn gweithgareddau corfforol. Dwi'n hapus hyrwyddo neu helpu i sefydlu unrhyw weithgaredd corfforol, enghrefftiau o hyn yn y Fro yw Tai Chi, Grwpiau Cerdded a Fêl-droed Cerdded. Os ydych yn ofalwr sydd am fod yn fwy actif, cysylltwch â mi a bydda' i'n hapus i'ch helpu. [sijones@valeofglamorgan.gov.uk](mailto:sijones@valeofglamorgan.gov.uk) 01446 704728

car ac allan ohoni heb straeio fy nghefn i ormod. Roedd y daffen a gafodd ei darparu'n ddefnyddiol iawn ac roedd ynddi lawer o fanyllion am gyngor gofalu am y cefn.

Roedd y cyflie i drafod problemau ymarferol a'n profiadau gofalu unigol yn werthfawr ac roedd yn ffordd dda o leihau straen. Mae fy mam wedi sylwi ar wahaniaeth wrth i fi ei symud o'i sedd i fod ar ei sefyll trwy ddefnyddio dim ond fy "nghledri" (cledr fy llaw).

Mae fy chwaer yn edrych ar archebu nifer o gymhorthion i helpu yn y cartref ac mae wedi dod o hyd i'r gwefannau cywir gyda help ein hyfforddwr, Elspeth. Cës i fy synnu i ni adael gyda thystysgrif â golwg profesiynol arni i gadarnhau ein presenoldeb. Byddwn ni'n argymhell yn gryf bod gofalwyr yn mynychu oherwydd bod yr hyfforddiant yn ymarferol a ffurf gweithdy lle gallwch wyllo offer yn cael ei ddefnyddio'n gywir a dysgu technegau i wella codi a chario diogel".

Fy enw i yw Simon Jones. Dwi'n Swyddog Datblygu Chwaraeon Anabled Cymru yng Nghyngor Bro Morgannwg a dwi'n gweithio yn y Tim Byw'n lach ac yn gweithio ochr yn ochr â fy nghydwethwyr i helpu i gynyddu nifer y trigolion yn y Fro sy'n cymryd rhan mewn gweithgareddau corfforol.

Un o fy mhrif nodau yw cysylltu â chybiau chwaraeon cymunedol lleol fel gallwn ni gynniig ystod eang o weithgareddau mewn gwahanol leoliadau, mae'r rhain yn amrywio o sesiynau ar anabledd penodol i sesiynau cynhwysol. Mae llawer o'r clybiau'n cael eu cynnal gan wirfoddolwyr sy'n gwneud gwaith gywch o ran cynniig ystod eang o weithgareddau corfforol a chwaraeon, gan gynnwys: Clwb Beicio Hygyrch y Fro, Clwb Fêl-droed Tref y Barri, Motion Control Dance a llawer mwy.

Mae Cyfeiriyltr Chwaraeon Anabled ar gael ar wefan cyngor Bro Morgannwg (gweler [www.valeofglamorgan.gov.uk/Documents/EnjoyingSports%20Development/Disability%20Sport/English-Disability-Directory-2019-.pdf](http://www.valeofglamorgan.gov.uk/Documents/EnjoyingSports%20Development/Disability%20Sport/English-Disability-Directory-2019-.pdf)) sy'n

Bydd y cwrs CC nesaf ddydd Gwener 29 Tachwedd 2019 rhwng 9.30am a 3.30pm yn Uned 5 Canolfan Gwasanaeth Busnes, Hood Road, y Barri, CF62 5QN: Ffoniwch 01446 704604 neu e-bostiwch [Carsservices@valeofglamorgan.gov.uk](mailto:Carsservices@valeofglamorgan.gov.uk) os hoffech fynychu. Rhannodd un o'r gofalwyr a ddaeth i'r cwrs diwethaf ym mis Mehefin ei phrofiad:

"Dioch yn fawr am y cyflie i ddod i'r cwrs, gwnes i a fy chwaer ei gael yn ddefnyddiol ac yn llawn gwyboddaeth. Gwelon ni llawer o arddangosiadau ymarferol o ran sut mae defnyddio offer megis cynfasau llithro, sedd car sy'n troi, bar drws car i helpu mam a dad i fynd i mewn i'r tîd ac allan ohono. Roedd y fferch hyfforddi ar y diwrnod yn wybodus iawn ac roedd ganddi ddeallwriaeth ymarferol dda o'r problemau rydyn ni'n eu hwynebu oherwydd ei hanes nyrso. Dangosodd i mi sut mae defnyddio'r gadair olwyn yn gywir a sut mae mynd i mewn i'r

# Cardiff and Vale Integrated Family Support Team (IFST)

Mae Tim Cymorth i Deuluoedd Cyfannol Caerdydd a'r Fro yn cefnogi anghenion teuluoedd sy'n agored i niwed mewn achos o argyfwng trwy Gaerdydd a Bro Morgannwg. Rydym yma i helpu i gefnogi teuluoedd sy'n wynebu problemau yn gysylltiedig â chamdddefnyddio sylweddau, sy'n effeithio ar lesiant plant. Rydym yn helpu rha'i o'r teuluoedd mwyaf agored i niwed yng Nghaerdydd a Bro Morgannwg wrth eu cynorthwyo i aros gyda'i gilydd trwy eu grymuso i gymryd camau cadarnhaol i wella eu bywyddau. Trwy raglenni at ddiben megis **CRAFT\***, mae'r tim profresiynol yn gweithio â theuluoedd i adnabod y newidiadau y mae eu hangen i gymryd rheolaeth dros eu bywyddau unwaith eto.

\*Rhaglen **CRAFT** – Atgyfnerthu Cymunedol a Hyfforddiant i Deuluoedd – gwasanaethau cymorth i deuluoedd Mae camdddefnyddio sylweddau'n effeithio ar y person rydych chi'n ei garu ond mae hefyd yn effeithio ar ei yrfa.

Gall gweld rhywun rydych chi'n ei garu yn dioddef â phroblem cyffuriau neu alcohol berïoes fawr. Beth fyddai orau i'w wneud? Beth ddylech ei ddwud, sut mae ei gefnogi a

gotau am eich hun? Dyma gwestiynau sydd gan lawer o bobl neu y maent yn ei chael yn anodd eu hateb, a dyma le gallwn ni helpu. Mae Rhaglen CRAFT yn rhaglen therapiwtig di-straen ac anffurfiol am ddim, sydd wedi ei dylunio'n arbennig ar gyfer aelodau teulu, partneriaid a chyfeillion. Rydym yn ymroi i helpu teuluoedd a chyfeillion i greu newid cadarnhaol i'w hunain a'r rhai maen nhw'n eu caru sy'n brwydro â phroblemau camdddefnyddio sylweddau. Mae wedi ei gwerthuso'n eang ac mae'r canlyniadau'n dangos y gall helpu aelodau'r teulu i wella eu bywyddau, helpu eu hanwilyd i leihau neu stopio camdddefnyddio sylweddau trwy ei helpu i fynd at wasanaeth cymorth priodol. Os ydych yn credu y gallech fanteisio gan y rhaglen hon a hoffech gadw lle neu os hoffech gael rhagor o wybodaeth yn unig, cysylltwch â ni'n uniongyrchol ar:

Ffôn: **029 2087 3567**  
 e-bost: **craft@caerdydd.gov.uk**  
 gwefan: **www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=2046**



**Digwyddiad Diwrnod Rhyngwladol Pobl Hŷn am Ddim**

Mae Fforwm 50+ y Fro yn cynnal digwyddiad am ddim rhwng 10am a 3pm ddydd Iau 1 Hydref i ddathlu Diwrnod Rhyngwladol Pobl Hŷn yn CF61 (Canolfan Ieuenctid Llanilltud Fawr yn gynt), Station Road, Llanilltud Fawr, CF61 1ST.

**Bydd stondinau a phefformiadau gan:**

- Atal Y Fro
- Côr Coleg yr Iwerydd
- Woody's Lodge
- Ambiwians Awyr Cymru
- Y Fro Fwy Diogel

Yn ogystal â gweithgareddau rhyngweithiol mewn dawnsio llinell, tai chi a phêl-droed cerdded. Am fwy o wybodaeth neu ymholiadau cysylltwch â Fforwm 50+ y Fro

ar **01446 709779** neu **OPF@valeofglamorgan.gov.uk**



# Diwrnod Hawliau i Ofalwyr 2019



Mae Diwrnod Hawliau i Ofalwyr (CRD) yn sicrhau bod gofalwyr yn ymwybodol o'u hawliau (budd-daliadau yn benodol) ar ddiwedd mis Tachwedd. Eleni, bydd CRD ddydd Iau 21 Tachwedd 2019 ac mae Carers UK yn annog sefydliadau i ganoibwntio ar.

- Sicrhau bod gofalwyr yn ymwybodol o'u hawliau.

Bydd mwy o wybodaeth ar wefan Carers UK [www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day](http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day)

Bob bliwyddyn, bydd mwy na 2 filiwn o bobl yn dod yn ofalwyr. Mae llawer o ofalwyr yn cael trafferth o ran deall y gwasanaethau a'r hawliau sydd gael iddynt ac yn colli cymorth ariannol ac ymarferol.



## Pryd ar Glud yn Nwyrain y Fro

Mae gwasanaeth Pryd ar Glud llwyddiannus Cyngor Caerdydd yn ehangu i ddarparu prydau i drigolion ym Mro Morgannwg. Ar adeg pan fo tua chwarter o awdurdodau lleol y DU wedi stopio cynnig gwasanaeth Pryd ar Glud i'r henoed a phobl agored i niwed er 2014, mae gwasanaeth Caerdydd yn bod yn wahanol ac yn tyfu i sicrhau y gall mwy o gwsmeriaid, gan gynnwys gofalwyr, yn yr ardal fwyntau bwyd maethion a phoeth wedi'i anfon i'w cartrefi.

Am saith diwrnod yr wythnos, 365 diwrnod y flwyddyn, gall gyrrwyr cyfeillgar bellach anfon at gwsmeriaid yn rhannau dwyreiniol Bro Morgannwg, gan gynnwys Dinas Powys, Sili, Llandochoau, Penarth a Gwentf. Yn ogystal â chynnig prydau amser cinio wedi'u haddasu ar gyfer amrywiaeth o ddeietau a chyflyrau, mae'r tîm hefyd yn sicrhau llesiant cwsmeriaid. Gall cwsmeriaid gael eu hatgyfeirio gan deulu, ffrindiau, cymdogaion, neu weithwyr iechyd a gofal cymdeithasol proffesiynol a rhaid iddynt fodloni'r meini prawf canlynol:

- Cael trafferth paratoi pryd yn ddiogel
- Yn agored i hunan-esgeulustod neu yn bwyta deiet amhriodol heb y gwasanaeth
- Ddim yn gallu siopa am fwyd
- Ag anabledd meddwl neu gortforol
- Angen cymorth gan eu bod yn gwella wedi salwch neu gyfnod yn yr ysbty; salwch neu wyliau gofalwr, neu brofedigaeth.

- Ac nid yn unig y bobl sydd newydd ddechrau gofalu yw'r rhain – weithiau nid yw'r bobl hynny sydd wedi bod yn gofalu am flynyddoedd yn ymwybodol o'u hawliau hyd yn oed.
- Rhoi gwybod i ofalwyr lle i gael help a chymorth. Gall gofalu arwain at bob math o heriau. Rydym am i bob gofalwr wybod ble i droi i gael cyngor, gwyboddeith a chymorth, boed hynny yn eu cymuned leol neu ar-lein.
- Codi ymwybyddiaeth o anghenion gofalwyr. Mae Diwrnod Hawliau Gofalwyr yn cynyddu ymwybyddiaeth y cyhoedd, y bobl sy'n gwneud penderfyniadau a gweithwyr proffesiynol o anghenion gofalwyr, gan ein helpu i wireddu ein gwledigaeth o greu cymdeithas sy'n parchu, yn gwerthfawrogi ac yn cefnogi gofalwyr.



I gael mwy o wybodaeth am y gwasanaeth, ewch i <https://www.cardiff.gov.uk/CYM/preswlydd/Gwasanaethau-Cymdeithasol-a-Lles/Oedolion/pryd-ar-glud/Pages/default.aspx> neu <https://www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=7058> neu ffoniwch 02920 537080.

## Dau ddatihliad yn dechrau Wythnos Gofalwyr 2019 mewn steil

Bu digwyddiad arbennig yn dathlu gwaith ysgolion a gwasanaethau wrth gefnogi gofalwyr ym Mhenarth gofalwyr ym Wythnos ar ddechrau Wythnos Gofalwyr ym mis Mehefin.

Mae Gwobrau Achredu De-ddwyrain Cymru yr Ymddiriedolaeth Gofalwyr yn dathlu ac yn cydnabod y gwaith mae ysgolion a sefydliadau yn ne Cymru wedi!

wneud i gefnogi gofalwyr. Mae'r rhaglen Gofalwyr Ifanc mewn Ysgolion yn gweithio i sicrhau bod gofalwyr ifanc yn cael yr help iawn a'r cymorth sydd ei angen arnynt i ddysgu ac mae'n gweithio mewn partneriaeth â byrddau iechyd, awdurdodau lleol a gwasanaethau gofalwyr i sicrhau bod gofalwyr ifanc a'u teuluoedd yn cael y cymorth iawn.

Dyweddod Lowri Owen, gofalwr Ifanc o Ysgol Gyrraeg Bro Morgannwg: "Dwi'n meddwl ei bod yn wych bod yr ysgol wedi cael ei chydabod am ei gwaith wrth gefnogi gofalwyr ifanc fel fi. Bydd yr achrediad hwn yn helpu i roi hyder i ofalwyr ifanc i ddweud eu bod yn ofalwyr ac i ofyn am help os oes ei angen arny'n nhw."



Jane Rowlands-Mellor a Sarah Davies yn derbyn eu hachrediad gan Stan Salkeld, CTSEW



Ysgol Uwchradd Whitmore yn derbyn eu gwobr 'Beyond the Basics' gan Gareth Howells

Nod ein cynllun Achredu Deall Gofalwyr yw gwella, rhannu a chydabod cymorth ar gyfer gofalwyr yn y gwasanaethau iechyd a gofal cymdeithasol.

Dyweddod Jane Rowlands-Mellor, Prif Nyrs Profiad y Claf blaenorol ym Mwrdd Iechyd Prifysgol Caerdydd a'r Fro: "Roedd yn frain't fawr mynd i'r digwyddiad ddoe i rannu'r dathliadau gyda'r bobl hynny sy'n derbyn y Wobr Gofalwyr Ifanc mewn Ysgolion a'r Wobr Deall Gofalwyr. Roedd yn wych i'n tair Canolfan Wybodaeth a Chymorth a wardiau B6 a B4 – Haematoleg dderbyn Achrediad Deall Gofalwyr. Diolch yn fawr iawn i'r holl ofalwyr a staff sydd wedi gwneud i hyn ddigwydd a gobethio bydd llawer mwy o wardiau a meysydd yn derbyn yr achrediad hwn yn y dyfodol. Mae'r achrediad hwn yn cyd-fynd yn berrffaith â'r gwaith parhaol sy'n cael ei wneud yn y Bwrdd Iechyd i wellthredu egwyddorion 'Ymglyrch John'."

**Bydd Wythnos Gofalwyr 2020 rhwng 8 a 14 Mehefin.**