

# Carer Factsheet

## Work and Leisure

### Working Carers

You may want to carry on working for financial reasons, as well as to have time away from your caring role. Extra support from social services, voluntary and statutory organisations and your employer may make it easier for you to balance working and caring.

You may not feel comfortable talking to your employer about your caring responsibilities, but employers value skilled, experienced and committed members of staff, so it is in their interest to accommodate your needs. The ways in which your employer may be able to help include:

- Allowing you to ring home to check on the person you care for
- A guaranteed parking space
- Ability to go home during lunchtime
- Flexible working/job sharing

Legislation called the Work and Families Act allows carers the right to request flexible working.

If you need to take some time off work you may be able to take special or compassionate leave, and extended periods may be taken as unpaid leave or a career break. This allows you to keep your options open and return to your job. However, working part-time or taking unpaid leave can affect your redundancy or maternity rights. You can discuss balancing working and caring with your manager, personnel officer or union representative.

For more information about your rights in the work place you can also contact Carers Wales on 0808 808 7777 or visit their website [www.carersuk.org/wales](http://www.carersuk.org/wales)

## Adult Education and Training

You may want to train because you are thinking of returning to work and want to top up your skills, learn strategies for looking after yourself or for leisure. There are many ways to learn, for example distance-learning, courses on the internet or day/night school. The Open University, for example, has funding for carers via its Carers Project. If you don't want to commit yourself to a course, there are a range of taster sessions you can try which are usually free or low cost. Check the local press and library for details or contact your local Adult Education Centre.

## Volunteering

If you would like to work but do not want to commit yourself to employment or training, you might like to consider volunteering. This provides an opportunity to introduce you back to work and build your confidence and skills. To find out more contact your local Volunteer Bureau.

## Exercise and Leisure

The list below outlines a few ideas of opportunities available:

- **Cinema Pass** – if you accompany a disabled person to the cinema you may be entitled to a cinema pass. There is a small annual administration cost but you are then entitled to free cinema entry. For more information call 0845 123 1292 or visit [www.ceacard.co.uk](http://www.ceacard.co.uk).
- **Walking in the Vale** is a great way to relax and possibly something you and the person you care for can enjoy together. Short, guided walks are organised by Valeways at various locations all year round. Contact on 01446 749000.
- **Walking for Health** is a series of organised led walks throughout the city, designed to encourage Cardiff's residents to exercise more. Contact on 029 2087 3633 or go to [www.outdoorcardiff.com](http://www.outdoorcardiff.com).
- **Hynt** is a network which is helping to ensure a consistent offer from theatres and arts centres for people who need the support of an assistant or carer to go to the theatre due to impairment or specific access requirements. Your local theatre or arts centre should be able to help you with most queries about this scheme or go to [www.hynt.co.uk](http://www.hynt.co.uk).
- **Events and Activities** will either be organised by your local authority or they will be aware of many events and activities which you can attend and join in with. Ask for a list of upcoming events. Libraries and newspapers are another good source of information about what's on.

Mae'r ddogfen hon ar gael yn Gymraeg. This document is available in Welsh.

This factsheet is produced by Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board. Every effort has been made to make sure the information is correct and up to date.

# Taflen Ffeithiau Gofalwr

## Gwaith a Hamdden

### Gofalwyr sy'n Gweithio

Mae'n bosibl y byddwch am barhau i weithio am resymau ariannol, yn ogystal a chael amseri ffwrdd o'ch gwaith yn gofalu. Gall cymorth ychwanegol gan y gwasanaethau cymdeithasol a sefydliadau statudol a'ch cyflogwr ei gwneud yn haws i chi cydbwyso gweithio a gofalu.

Efallai na fyddwch yn teimlo'n gyfforddus yn siarad â'ch cyflogwr am eich cyfrifoldebau gofalu, ond mae cyflogwyr yn gwerthfawrogi aelodau staff medrus, profiadol ac ymrwymedig, felly mae er budd iddynt i ddygymod â'ch anghenion. Gall eich cyflogwr roi cymorth i chi drwy ddulliau sy'n cynnwys:

- Eich gadael i ffonio adref i wirio am y person sydd yn eich gofal
- Man parcio wedi ei warantu
- Y gallu i fynd adref amser cinio
- Gweithio hyblyg/rhannu swydd

Mae deddfwriaeth a elwir yn Ddeddf Gwaith a Theuluoedd yn galluogi gofalwyr i wneud cais i gael gweithio'n hyblyg.

Os oes angen cymryd amser o'r gwaith arnoch mae'n bosib y gallwch gael gwyliau arbennig neu dosturiol, a gellir cymryd cyfnodau estynedig o wyliau'n ddi-dâl neu gymryd hoe gyrfa. Mae hyn yn rhoi'r modd i chi gadw eich dewisiadau yn agored a dychwelyd i'ch swydd. Fodd bynnag, gall gweithio'n rhan-amser neu gymryd gwyliau di-dâl effeithio ar eich tâl diswyddo neu hawliau mamolaeth. Gallwch drafod cydbwyso gweithio a gofalu gyda'ch rheolwr, swyddog personél neu gynrychiolydd undeb.

Am fwy o wybodaeth am eich hawliau yn y gweithle gallwch hefyd gysylltu â Gofalwyr Cymru ar 0808 7777 neu fynd i'w gwefan [www.carersuk.org/wales](http://www.carersuk.org/wales)

### Addysg a Hyfforddiant Oedolion

Efallai y byddwch am hyfforddi os ydych yn ystyried dychwelyd i'r gwaith ac am ddiweddarau eich sgiliau, dysgu strategaethau er mwyn edrych ar ôl eich hun neu



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
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ar gyfer hamdden. Mae sawl ffordd y gallwch ddysgu, er enghraifft dysgu o bell, cyrsiau ar y rhyngwrwyd neu ysgol dydd/nos. Mae gan y Brifysgol Agored, er enghraifft, gyllid ar gyfer gofaluwr drwy gyfrwng ei Broiect Gofaluwr. Os nad ydych am ymrwymo i gwrs, mae ystod o sesiynau blasu y gallwch roi cynnig arnynt ac maent fel arfer am ddim neu'n gost isel. Gwiriwch y wasg leol a llyfrgelloedd am fanylion neu cysylltwch â'ch Canolfan Addysg Oedolion.

## Gwirfoddoli

Os carech weithio ond na allwch ymrwymo i gyflogaeth neu hyfforddiant, efallai y carech ystyried gwirfoddoli. Mae hyn yn rhoi cyfle i'ch cyflwyno yn ôl i waith ac adeiladu eich hyder a'ch sgiliau. I gael gwybod mwy cysylltwch â'ch Swyddfa Wirfoddoli leol.

## Ymarfer Corff a Hamdden

Mae'r rhestr isod yn amlinellu ychydig o syniadau am y cyfleoedd sydd ar gael.

- **Pàs Sinema** – os byddwch yn mynd yn gwmni i berson anabl i'r sinema efallai y bydd hawl gennych gael pàs sinema. Mae cost gweinyddol blynyddol bychan ond yna mae hawl gennych i gael mynediad am ddim. Am fwy o wybodaeth ffoniwch 0845 123 1292 neu ewch i [www.ceacard.co.uk](http://www.ceacard.co.uk).
- Mae **Cerdded yn y Fro** yn fodd gwych i ymlacio ac efallai yn rhywbeth y gallech chi a'r person yn eich gofal ei fwynhau ar y cyd. Caiff teithiau cerdded byr gydag arweinydd eu trefnu gan Valeways mewn amrywiol leoliadau drwy gydol y flwyddyn. Cyswllt ar 01446 749000.
- Mae **Cerdded Er Lles Iechyd** yn gyfres o deithiau cerdded wedi eu trefnu ym mhob cwr o'r ddinas, a ddyluniwyd i annog preswylwyr Caerdydd i ymarfer corff yn amlach. Cyswllt ar 029 2087 3633 neu ewch i [www.outdoorcardiff.com/cy/](http://www.outdoorcardiff.com/cy/).
- Mae **Hynt** yn rhwydwaith sy'n helpu i sicrhau cynnig cyson gan theatrau a chanolfannau celfyddydol ar gyfer pobl sydd angen cymorth cynorthwydd neu ofalydd er mwyn mynd i'r theatr oherwydd nam corfforol neu ofynion mynediad penodol. Dylai eich theatr neu ganolfan gelfyddydol leol allu eich helpu gyda'r rhan fwyaf o ymholiadau am y cynllun hwn neu fynd i [www.hynt.co.uk/cy/](http://www.hynt.co.uk/cy/).
- Bydd **Digwyddiadau a Gweithgareddau** un ai yn cael eu trefnu gan eich awdurdod lleol neu byddant yn ymwybodol o lawer o ddigwyddiadau a gweithgareddau y gallwch eu mynychu ac ymuno â nhw. Holwch am restr o ddigwyddiadau sydd ar y gweill. Mae Llyfrgelloedd a phapurau newydd yn ffynhonnell dda arall o wybodaeth ynghylch yr hyn sydd yn digwydd.

Mae'r ddogfen hon ar gael yn Saesneg. <0}

Cynhyrchir y ffeithlen hon gan Gyngor Caerdydd, Cyngor Bro Morgannwg a Bwrdd Iechyd Prifysgol Caerdydd a'r Fro