



**Do you look after  
someone?**

**Support Groups for Carers  
in the Vale of Glamorgan**



This information may also be provided, by request, in other languages and in other formats. Please contact the Policy & Information Team on 01446 704814, or e-mail: [socialcareinfo@valeofglamorgan.gov.uk](mailto:socialcareinfo@valeofglamorgan.gov.uk) to make arrangements. Minicom number: 01446 742245.

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## **Do you look after someone?**

Whether you have a husband or wife with dementia, a child with a disability or an elderly neighbour that you help with daily tasks, then you are a carer. A 'Carer' is a person who provides unpaid help on a regular basis to a relative, neighbour or friend who is unable to manage at home due to sickness, age or disability.

Caring for someone can be a very rewarding experience, but it can also be very stressful. One of the things you may find beneficial to help relieve stress and/or provide emotional support is meeting others who are in a similar situation.

There are a number of support groups for carers in the Vale of Glamorgan. Some are aimed at carers of people with a particular condition while others are open to all carers.

We have listed in this booklet a range of Carers Groups with brief information about each of them. If you are unsure which group would be most suitable for you to attend please call the:

**Carers Development Officer** at the Vale of Glamorgan Council on:

**Tel:** 01446 704604 or contact the group directly using the details we have provided.

## **Support Groups for people caring for someone with a learning disability**

COFFEE MORNINGS AND INFORMATION EVENTS organised by the **Parents Federation**

- Coffee and a natter
- Share information
- Guest Speakers on a range of topics

Week 1 - Barry YMCA

Week 2 - Cardiff, Canton House

Weekly drop in sessions will take place at the above venues. This will be an opportunity for parents and carers to get together and share information. Guest speakers are invited on a range of topics.

Please call Hasina at the Parents Federation office for further information:

**Tel:** 02920 227800

**Email:** [hasina@parentsfed.org](mailto:hasina@parentsfed.org)

## **Support Groups for people looking after someone with Dementia**

### **Crossroads in the Vale (EMI)**

Crossroads run a variety of different support groups in the Vale of Glamorgan:

- Carers Social Group - This is for carers and the person you care for and there is one run in Barry, Penarth and Llantwit Major. The groups meet once a month and may involve social outings.
- Carers Support Group - This is for carers only and is run in Penarth and Barry. Both groups meet once per month and provide support to carers in their role, with guest speakers and a chance to share experiences.
- Cameo Group - This group is for carers and ex-carers only whose role has ceased as your loved one has entered residential care or has died. These groups are run throughout the Vale.

For further information on the support groups or other services Crossroads provide please call:

**Tel:** 02920 700057

### **Alzheimers Society**

The Alzheimers Society run a support group in the Vale of Glamorgan for carers of people with dementia on St Barracs Ward at Barry hospital.

The Alzheimers Society also run a telephone support service for carers in the Vale who find it difficult to leave the house.

For further information on this service or the support groups please call:

**Tel:** 02920 521872

## **Support Groups for people looking after someone with a mental health problem**

### **Hafal**

There is currently one support group in the Vale of Glamorgan, at the Amy Evans Centre in Barry, for carers of people with a mental health problem. Hafal are now looking at setting up more groups in various locations around the Vale, and would love to hear from any carers who would like to access these.

For further information or to express your interest please call:

**Tel:** 07989 473375

## **Support Groups for carers of people with a physical disability**

### **Headway**

Headway run a support group for carers and people with acquired brain injury living in South East Wales. Meetings are held quarterly and they also arrange outings.

**Tel:** (029) 20577707

### **Multiple Sclerosis Wales**

The Multiple Sclerosis Society are in the process of setting up a telephone and email based carers network that will put carers in contact with one another, specifically aimed at carers who live in rural areas or are unable to leave the house.

For more information contact: MS Carers Network Wales on

**Tel:** 07778 834837 or email: [mscarers-wales@mssociety.org.uk](mailto:mscarers-wales@mssociety.org.uk)

### **Penarth and District Stroke Support Group**

This is a support group for people who have had a stroke and their carers.

Meetings are held at Trinity Community Centre, Woodland Place, Penarth on the 1st and 3rd Thursday of each month, between 5.30 and 7.30 p.m. The group can provide transport to and from the meeting and organise a number of community based activities.

For further information call:

**Tel:** 029 2051 2105

### **Support Groups for someone looking after a child with a disability**

#### **Sunshine Club**

The Sunshine Club run a support group for parent/carers of children and young people with special needs, either learning or physical.

They meet every Monday morning 10.30 - 12.30, at the Western Vale Integrated Childrens Centre and all parent/carers are welcome. From time to time they invite guest speakers if parents ask for them. They are soon to open a sensory suite at the centre that will be available to all parents.

For more information contact:

**Tel:** 01446 793866

## **Support Groups for all carers**

### **Carers UK Vale of Glamorgan Branch**

We are a friendly group of carers and ex carers who meet on the last Tuesday of every month in Salem Baptist Church, Beryl Road, Barry. You can come alone or with the person you care for. We have guest speakers and arrange social events throughout the year.

If you would like further information please ring:

**Tel:** 01446 406263



**GWASANAETHAU CYMDEITHASOL**

# **A ydych yn gofalu am rywun?**

**Grwpiau Cefnogi i Ofalwyr ym  
Mro Morgannwg**



Mae'r wybodaeth hon ar gael hefyd mewn ieithoedd a fformatiau eraill drwy holi. Ffoniwch y Tîm Polisi a Gwybodaeth ar 01446 704814 neu anfonwch neges e-bost i: [socialcareinfo@valeofglamorgan.gov.uk](mailto:socialcareinfo@valeofglamorgan.gov.uk) er mwyn gwneud trefniadau. Y rhif minicom yw: 01446 742245

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## **A ydych yn gofalu am rywun?**

Os oes gennych ŵr neu wraig â dementia, plentyn ag anabledd neu gymydog oedrannus yr ydych yn ei helpu â thasgau dyddiol, rydych yn ofalwr. Gofalwr yw rhywun sy'n rhoi cymorth di-dâl rheolaidd i berthynas, cymydog neu gyfaill sy'n methu ymdopi adref oherwydd salwch, henaint neu anabledd.

Gall gofalu am rywun fod yn fraint, ond gall hefyd achosi straen aruthrol. Un o'r pethau a allai eich helpu i leihau'r straen ac/neu ddarparu cefnogaeth emosiynol yw cwrdd ag eraill sydd mewn sefyllfa debyg.

Ceir nifer o grwpiau cefnogi i ofalwyr ym Mro Morgannwg. Mae rhai wedi'u hanelu at rai sy'n gofalu am bobl â chyflwr arbennig tra bo eraill yn agored i unrhyw ofalwyr.

Yn y llyfryn hwn, ceir rhestr o Grwpiau Gofalwyr a rhywfaint o wybodaeth am bob un. Os ydych yn ansicr ynglŷn â pha grŵp fyddai fwyaf addas i chi ffoniwch y:

**Swyddog Datblygu Gofalwyr yng Nghyngor Bro Morgannwg:**

**Ffôn:** 01446 704604 neu cysylltwch â'r grŵp yn uniongyrchol drwy ddefnyddio'r manylion a ddarperir.

## **Grwpiau cefnogi i bobl sy'n gofalu am rywun ag anabledd dysgu**

BOREAU COFFI A DIGWYDDIADAU LLEDAENU GWYBODAETH  
a drefnir gan **Ffederasiwn y Rhieni**

- Sgwrs dros goffi
- Rhannu gwybodaeth
- Siaradwyr Gwadd ar amryw o bynciau

Wythnos 1 - YMCA y Barri      Wythnos 2 - Caerdydd - Tŷ Treganna

Bydd sesiynau galw heibio wythnosol yn cael eu cynnal yn y lleoliadau uchod, gan roi cyfle i rieni a gofalwyr ymgynnull a rhannu gwybodaeth. Gwahoddir siaradwyr i drafod amrywiaeth o bynciau.

Ffoniwch Hasina yn Ffederasiwn y Rhieni am fwy o wybodaeth

**Ffôn:**            02920 227800  
**E-bost:**        [hasina@parentsfed.org.uk](mailto:hasina@parentsfed.org.uk)

## **Grwpiau cefnogi i rai sy'n gofalu am rywun â dementia**

### **Crossroads In The Vale (EMI)**

Mae Crossroads yn cynnal amrywiaeth o grwpiau cefnogi ym Mro Morgannwg:

- Grŵp Cymdeithasol i Ofalwyr - Dyma grwp ar gyfer gofalwyr a'r unigolyn yr ydych yn gofalu amdano. Cynhelir grŵp cymdeithasol yn y Barri, Penarth a Llanilltyd Fawr. Bydd y grwpiau'n cyfarfod unwaith y mis ac weithiau'n cynnal teithiau cymdeithasol.
- Grŵp Cefnogi Gofalwyr - Dyma grŵp i ofalwyr yn unig a gynhelir ym Mhenarth a'r Barri. Bydd y ddau grŵp yn cyfarfod unwaith y mis ac yn rhoi cymorth i ofalwyr yn eu rôl, gan dderbyn siaradwyr gwadd a rhoi cyfle i ofalwyr rannu eu profiadau.
- Grŵp Cameo - Dyma grŵp i ofalwyr a chyn-ofalwyr yn unig, nad ydynt yn gofalu am unrhyw un bellach gan fod y sawl fu'n derbyn gofal wedi mynd i ofal preswyl neu wedi marw. Cynhelir y grwpiau hyn ym mhob rhan o'r Fro.

Am fwy o wybodaeth, cysylltwch â Crossroads ar:

**Ffôn:** 02920 700057

### **Y Gymdeithas Alzheimer**

Mae'r Gymdeithas Alzheimer yn cynnal grwp cefnogi ym Mro Morgannwg ar gyfer rhai sy'n gofalu am bobl â dementia yn Ward St Barracs yn ysbyty'r Barri.

Mae'r Gymdeithas Alzheimer hefyd yn cynnal gwasanaeth cefnogi dros y ffôn i ofalwyr y Fro sy'n ei chael hi'n anodd gadael y ty.

Am fwy o wybodaeth ynglyn â'r gwasanaeth neu'r grwpiau cefnogi, ffoniwch:

**Ffôn:** 02920 521872

## **Grwpiau cefnogi i rai sy'n gofalu am rywun â phroblemau iechyd meddwl**

### **Hafal**

Ar hyn o bryd, cynhelir un grŵp cefnogi ym Mro Morgannwg yng Nghanolfan Amy Evans yn Y Barri i rai sy'n gofalu am rywun a phroblemau iechyd meddwl. Mae Hafal yn ystyried ffurfio mwy o grwpiau mewn amryw o leoliadau drwy'r Fro. Rydym yn awyddus iawn i glywed gan ofalwyr fyddai'n dymuno mynychu'r grwpiau hynny.

Am fwy o wybodaeth neu i fynegi diddordeb,

**Ffôn:** 07989 473375

## **Grwpiau cefnogi i rai sy'n gofalu am bobl ag anabledd corfforol**

### **Headway**

Mae Headway yn cynnal grŵp cefnogi i ofalwyr a phobl sydd wedi cael niwed i'r ymennydd sy'n byw yn ne ddwyrain Cymru. Cynhelir cyfarfodydd bob chwarter yn ogystal â theithiau.

**Ffôn:** (029) 20577707

### **Multiple Sclerosis Cymru**

Mae'r Multiple Sclerosis Society ar fin sefydlu rhwydwaith ffôn ac e-byst i ofalwyr a fydd yn eu galluogi i gysylltu â'i gilydd. Bydd y gwasanaeth yn cael ei anelu'n bennaf at ofalwyr sy'n byw mewn ardaloedd gwledig neu sy'n methu gadael eu cartref.

Am fwy o wybodaeth, cysylltwch â: MS Carers Network Cymru ar

**Ffôn:** 07778 834 837 neu drwy  
**e-bost:** [mscarers-wales@mssociety.org.uk](mailto:mscarers-wales@mssociety.org.uk)

### **Grwp Cefnogi Ddioddefwyr Strôc Penarth a'r Cylch**

Dyma grŵp cefnogi i bobl sydd wedi cael strôc a'u gofalwyr.

Cynhelir cyfarfodydd yng Nghanolfan Gymuned Trinity, Woodland Place, Penarth ar ddydd lau cyntaf a thrydydd dydd lau, rhwng 5.30. a 7.30 p.m. Gall y grwp ddarparu cludiant i'r cyfarfod ac yn ôl ac mae'r grŵp yn trefnu nifer o weithgareddau cymunedol.

A fwy o wybodaeth ffoniwch:

**Ffôn:** 029 2051 2105

### **Grwpiau cefnogi i rai sy'n gofalu am blentyn ag anabledd**

#### **Clwb Sunshine**

Mae Clwb Sunshine yn cynnal grwp cefnogi i rieni/gofalwyr plant a phobl ifanc ag anghenion arbennig, boed y rheiny'n anghenion addysgol neu gorfforol.

Bydd y clwb yn cyfarfod bob bore Llun am 10.30 - 12.30, yng Nghanolfan Gyfun y Plant Gorllewin y Fro, a chroesewir pob rhiant/gofalwr. O dro i dro, gwahoddir siaradwr ar gais rhieni. Yn fuan, bydd ystafelloedd synhwyrdd yn agor yn y ganolfan a fydd ar gael i'r holl rieni.

Am fwy o wybodaeth cysylltwch â:

**Ffôn:** 01446 793866

## **Grwpiau cefnogi i unrhyw ofalwyr**

### **Carers UK Cangen Bro Morgannwg**

Rydym yn grŵp o ofalwyr a chyn-ofalwyr cyfeillgar sy'n cyfarfod ar ddydd Mawrth olaf y mis yn Eglwys Bedyddwyr Salem, Beryl Road, Y Barri. Gallwch ddod ar eich pen eich hun neu gyda'r unigolyn yr ydych yn gofalu amdano. Rydym yn gwahodd siaradwyr ac yn trefnu gweithgareddau cymdeithasol drwy gydol y flwyddyn.

Am fwy o wybodaeth ffoniwch:

**Ffôn:** 01446 406263