



Community Services Department
SOCIAL SERVICES

Support For Carers

**Do you look after someone?
Do you help a relative,
neighbour or friend?**



Contents

	Page
What you can expect from us	3
Who is a Carer?	3
You have a right to an assessment if.....	4
What is your assessment for?	5
What sort of things can we offer that might help you?	6
How much will it cost?	7
What happens after you have had a Carers' Assessment?	7
How can you get further information?	8
Comments, Complaints, Compliments.....	8
Useful Contacts...	9
Further information can also be found on the following websites:	12

What you can expect from us

- To be treated with courtesy and respect
- To be treated as an individual and be listened to
- Respect for your racial and ethnic origin, your gender, age, disability, sexual orientation and religious beliefs
- Respect for your privacy and confidentiality
- To receive information and services to meet your needs
- To listen and respond to your comments or complaints about any services you receive from us

Who is 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.

Carers are good at coping - they get on with what needs to be done, finding ways to sort things out. Sometimes Carers are worried about asking for help which may make life a little easier. This may be because they do not have information about where to go to get help, or believe that they should manage on their own. Anything which helps to make caring easier, will help Carers continue to look after their relative or friend.

If you are a Carer you may be able to get help from us to support you to continue to look after the person(s) you care for.

To work out what services would be helpful in your caring situation, we need to discuss:

- The help the person you care for needs
- The type and amount of help you are giving at the moment
- The services we may provide

The way this is done is called a 'Carers Assessment'.

You have a right to an assessment if.....

- You are 16 and over and look after someone aged 18 years or over on a regular basis; or
- You are a parent-carer of a disabled child who is aged under 18 years; or
- You are under 18 years old and look after someone aged over 18 years.

If you are aged over 18 years, our Adult Services will arrange your Carers Assessment. If you would like further information please contact:

Contact and Information Centre (CIC)

Telephone: 01446 731100
Text: 07966 026541
Minicom: 01446 742245
Fax: 01446 721980
E-mail: CIC@valeofglamorgan.gov.uk
Address: CIC, PO Box 83, Barry, CF63 8YR

If you are a parent-carer and would like further information please contact:

Children with Disabilities Team

Telephone: 01446 725202

If you are under 18 years old and look after someone aged over 18 years and would like further information please contact:

First Contact Team

Telephone: 01446 725202

What is your assessment for?

The assessment aims to help you discuss what you need. This can happen even if the person you care for refuses help and/or if they refuse an assessment of their own needs. This assessment is called a 'Unified Assessment' for people aged over 18 years and an 'Assessment of Children and their Families' for people aged under 18 and Parent-carers.

Your Carers Assessment is your opportunity to tell us about the things that would make caring easier for you.

Some things you may want to think about:

- Do you get enough sleep?
- Is your health affected by your caring responsibilities?
- Are you able to get out and about?
- Do you get any time for yourself?
- Are your other relationships affected by your caring responsibilities?
- Do you want information about benefits, tax and your rights relating to your caring?
- Is the person you care for getting enough help?
- Are you worried you may have to give up work?

What sort of things can we offer that might help you?

Assessment, Information and Advice

We can:

- Help you think and talk through your caring responsibilities (this can lead to a Carers Assessment)
- Help you get help from your GP/District Nurse/Occupational Therapist/Housing Services
- Help to put you in touch with other groups and organisations who understand about caring e.g. the Carers Centre, Age Concern, Scope, and other similar organisations that can offer you practical and emotional support
- Provide information and advice, for example on benefits, income and your rights
- Help you get legal advice you may need
- Offer ways to help you develop your skills

Services

After you have had a Carers Assessment we can consider:

- Arranging a community alarm system
- Organising meals delivered at home
- Helping with household tasks
- Providing small pieces of equipment
- Arranging activities for the person you care for
- Arranging other services that give you a break - respite, day/night sitting or befriending

Everyone has different needs and there may be things not listed above that would help you care or keep you well. Please talk to us about this: we may be able to help.

You may prefer to talk to someone else about caring and carers assessments; someone who is independent of the Council. The staff at the Carers Centre, Conway Road, Canton (Tel: 029 2022 1439), are independent and may be able to help you.

How much will it cost?

There is no charge for a carers assessment, information or advice. Services that may be arranged following a carers assessment may attract a charge in accordance with the Fairer Charging guidance (a leaflet is available telling you about this). Respite care provided in a residential setting will attract a charge, this will either be a set cost or the cost will be assessed in accordance with the cared for person's financial circumstances. We will discuss any charges with you when services are being planned to help you decide on the services you need.

What happens after you have had a Carers Assessment?

After your needs have been discussed and agreed with you, we will arrange for these to be met. The services to be provided will be considered alongside the needs of the person you care for.

If you receive any of the services mentioned on page 6 to meet your needs, we will arrange to talk to you to find out if they are helping you, or if any changes need to be made. This is called a 'Review' and will take place a few weeks after you begin to get the service(s).

How can you get further information?

If you would like further information or a Carers Assessment please ring the Contact and Information Centre (CIC) on telephone 01446 731100 or see page 4 for other ways to contact them. Social work teams are also based in hospitals.

When you speak with our staff, you will be asked for some basic information about yourself and the person you look after. Many enquiries can be answered straight away but if further help is required a written record will be made of your enquiry and, if appropriate, will be passed on to a member of staff who will become your named contact worker.

Comments, Complaints, Compliments.....

To help us improve our work with you we would like to know what you think about our services. Please let us know how you feel. If you are unhappy about how we work with you it is important for us to know as soon as possible. When you tell us your comments we will try and put things right straight away. If you are still unhappy with the response you can use our Complaints Procedure.

Please ask for our Complaints leaflet, which explains what you need to do next.

Useful Contacts...

<p>ABCD Contact: Rebecca Watkins Telephone: 029 2025 0055 This is a group for black and minority ethnic children with disabilities and/or chronic illnesses. They organise various condition based and/or specific cultural support groups for parents/carers.</p>	<p>Age Concern Information, advocacy, practical and emotional support. Telephone: 029 2070 4626</p>
<p>Alzheimer's Society- Cardiff and Vale Contact: Kim Pena Telephone: 029 2052 1872 E-mail: enquiries@alzheimers-society.org Organise various groups for carers of people with Alzheimer's or related dementia.</p>	<p>Benefits Enquiry Line 0800 882 200 Information on benefits.</p>
<p>British Red Cross</p> <p>Carers Respite Service, for carers of older people and carers of individuals aged 18 & over with physical disabilities. 02920 566458</p> <p>Medical loan service, which hires out a variety of medical & daily living aids equipment on a short term loan basis. 02920 236534</p> <p>Transport & escort service, which provides transport to enable individuals to make essential journeys. 01633 267131.</p>	

<p>Carers' Centre (Cardiff & The Vale) 029 20221439 Information, advice, advocacy & support for Carers.</p>	<p>Carers Development Project 029 2034 0022 Enabling Carers to have a voice</p>
<p>Carers Wales 029 2081 1370 Information for Carers</p>	<p>Citizens Advice Bureau 0845 1203756 fax: 01446 722794 General Information and Advice</p>
<p>Disability Wales Disability Information Line 029 2088 7325 info@dwac.demon.co.uk</p>	<p>Hafal 01446 733331 Advice, information and support for Carers and people experiencing mental ill health. Organise meetings for carers of people with severe mental illness.</p>
<p>Headway Contact: Julie Smith 029 2057 7707 E-mail: enquiries@headwaycardiff.freesev e.co.uk Organise 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 etc.</p>	<p>Health Information Wales 0800 665 544 Information on self help groups</p>
<p>Housing Advice Centre 01446 709500 Information and advice on housing issues.</p>	<p>NHS Direct Wales Help Line 0845 4647 www.nhsdirect.nhs.uk</p>

<p>Parents Federation 029 2022 7800 Support for disabled people and their families.</p>	<p>Penarth & Vale Crossroads EMI Contact: Fiona Guthrie 029 2070 0057 E-mail: care@crossroads-vale.org.uk Organise regular meetings for carers and former carers of people with an EMI problem. Meetings are held in various places throughout the Vale.</p>
<p>South East Wales Dementia Careline Contact: Wendy Edwards 029 2052 9848 Organise a monthly Carers Support group.</p>	<p>Stroke Association 029 2052 1728 Information, Support and Advice.</p>
<p>Sunshine Club Contact: Kay Griffiths 01446 793866 Meetings for parent carers of children with special needs. Group meets on Mondays (all holidays except Christmas) 10am - 12 noon at St Illtyd's Family Centre, Llantwit Major. Open to carers and former carers.</p>	<p>Tenovus Cancer Information Centre 029 2019 6100 Information for people who have cancer and their carers.</p>
<p>Thrive Contact: Fay Bowring 07950 592657 The meetings are for families of children with special needs and are held in Cardiff. Group also arrange day trips.</p>	<p>Vale Carers Group Contact: Christine McTavish 01446 741144 Meetings are held in Barry on the last Tuesday of every month. Meetings are open to carers in any caring situation and also former carers. The group also organise various events, days out etc throughout the year which are open to carers and the person they care for.</p>

Further information can also be found on the following websites:

www.carers.gov.uk
Central government

www.doh.gov.uk/carers.htm
Department of Health

www.valeofglamorgan.gov.uk/carers

www.wales.gov.uk/subicarersnew/index.htm
Welsh Assembly Government

Carers Development Officer on
Tel: 01446 704604

This information may also be provided, by request, in other languages, in larger print, tape or in simplified version. Please contact the Policy and Information Team on tel: 01446 704814 to make arrangements.

CS/32/DEC05



**Adran Gwasanaethau Cymunedol
GWASANAETHAU CYMDEITHASOL**

Cymorth I Ofalwyr

A ydych yn gofalu am rywun?

**A ydych yn helpu perthynas,
cymydog neu ffrind?**



Cynnwys

	Tudalen
Yr hyn y gallwch ei ddisgwyl gennym	3
Pwy sy'n Ofalwr?	3
Mae gennych yr hawl i gael asesiad os.....	4
Beth yw diben eich asesiad?	5
Pa fath o bethau y gallwn eu cynnig a allai fod o gymorth i chi?	6
Faint fydd yn ei gostio?	7
Beth fydd yn digwydd ar ôl i chi gael Asesiad Gofalwr?	7
Sut mae modd i chi gael gwybodaeth bellach?	8
Sylwadau, Cwynion, Canmoliaeth.....	8
Cysylltiadau Defnyddiol ...	9
Yn ogystal, gellir cael gwybodaeth ychwanegol ar y gwefannau canlynol:	12

Yr hyn y gallwch ei ddisgwyl gennym

- Cael eich trin gyda chwarteisi a pharch
- Cael eich trin fel unigolyn a byddwn yn gwrando arnoch
- Parch tuag at eich cefndir hiliol ac ethnig, eich rhyw, eich oedran, eich anabledd, eich tueddfryd rhywiol a'ch credoau crefyddol
- Parch tuag at eich preifatrwydd a'ch cyfrinachedd
- Cael gwybodaeth a gwasanaethau sy'n bodloni eich anghenion
- Gwrando ar eich sylwadau neu'ch cwynion am unrhyw wasanaethau a gewch gennym ac ymateb iddynt

Pwy sy'n Ofalwr?

Mae Gofalwr yn rhywun sy'n darparu help di-dâl yn rheolaidd i berthynas, cymydog neu ffrind nad ydynt yn gallu ymdopi yn eu cartref oherwydd salwch, oedran neu anabledd.

Mae Gofalwyr yn gallu ymdopi'n dda - maent yn gwneud yr hyn y mae angen ei wneud, gan ddarganfod ffyrdd o ddatrys problemau. Weithiau, bydd Gofalwyr yn gofidio ynghylch gofyn am yr help a allai wneud eu bywydau ychydig yn haws. Gallai hyn fod oherwydd nad oes ganddynt wybodaeth ynghylch at bwy i droi am help, neu efallai eu bod yn credu y dylent ymdopi ar eu pen eu hunain. Bydd unrhyw beth sy'n helpu i wneud gofalu yn haws, yn helpu Gofalwyr i barhau i ofalu am eu perthynas neu ffrind.

Os ydych yn Ofalwr, efallai y byddwch yn gallu cael help gennym i'ch cynorthwyo i barhau i ofalu am y person(au) yr ydych yn gofalu amdanynt.

Er mwyn darganfod pa wasanaethau fyddai o gymorth yn eich sefyllfa ofalu, bydd angen i ni drafod:

- Yr help y mae ei angen ar yr unigolyn yr ydych yn gofalu amdanynt
- Math a chyfanswm yr help yr ydych yn ei roi ar hyn o bryd
- Y gwasanaethau y gallwn eu darparu

Gwneir hyn trwy gyfrwng 'Asesiad Gofalwr'.

Mae gennych yr hawl i gael asesiad.....

- Os ydych yn 16 oed neu'n hyn ac yn gofalu'n rheolaidd am rywun sy'n 18 oed neu'n hyn; neu
- Os ydych yn rhiant sy'n gofalu am blentyn anabl dan 18 oed; neu
- Os ydych dan 18 oed ac yn gofalu am rywun sy'n 18 oed neu'n hyn.

Os ydych dros 18 oed, bydd ein Gwasanaethau Oedolion yn trefnu eich Asesiad Gofalwr. Os hoffech unrhyw wybodaeth bellach, cysylltwch â:

Canolfan Gyswilt a Gwybodaeth (CIC)

Rhif Ffôn: 01446 731100
Testun: 07966 026541
Minicom: 01446 742245
Ffacs: 01446 721980
E-bost: CIC@valeofglamorgan.gov.uk
Cyfeiriad: CIC, Blwch Post 83, Y Barri, CF63 8YR

Os ydych yn rhiant sy'n ofalwr ac os hoffech unrhyw wybodaeth bellach, cysylltwch â'r:

Tîm Plant sydd ag Anableddau

Rhif ffôn: 01446 725202

Os ydych dan 18 oed ac yn gofalu am rywun dros 18 oed ac os hoffech unrhyw wybodaeth bellach, cysylltwch â'r:

Tîm Cyswllt Cyntaf

Rhif ffôn: 01446 725202

Beth yw diben eich asesiad?

Nod yr asesiad yw eich helpu i drafod yr hyn y mae ei angen arnoch. Gall hyn ddigwydd hyd yn oed os bydd y person yr ydych yn gofalu amdanynt yn gwrthod help a/neu os byddant yn gwrthod asesiad o'u hanghenion. Gelwir yr asesiad hwn yn 'Asesiad Unedig' i bobl dros 18 oed ac yn 'Asesiad i Blant a'u Teuluoedd' i bobl dan 18 oed a Rhieni sy'n gofalu.

Eich Asesiad Gofalwr yw'ch cyfle chi i ddweud wrthym am y pethau a fyddai'n gwneud gofalu yn haws i chi.

Rhai pethau i chi eu hystyried:

- A ydych yn cael digon o gwsg?
- A yw'ch cyfrifoldebau gofalu yn effeithio ar eich iechyd?
- A ydych yn gallu mynd allan?
- A ydych yn cael unrhyw amser i'ch hun?
- A yw'ch cyfrifoldebau gofalu yn effeithio ar eich perthnasoedd eraill?
- A ydych yn dymuno cael gwybodaeth am fudd-daliadau, treth a'ch hawliau o ran gofalu?
- A yw'r person yr ydych yn gofalu amdanynt yn cael digon o help?
- A ydych yn gofidio y bydd yn rhaid i chi roi'r gorau i weithio efallai?

Pa fath o bethau y gallwn eu cynnig a allai fod o gymorth i chi?

Asesu, Gwybodaeth a Chyngor

Gallwn:

- Eich helpu i ystyried a thrafod eich cyfrifoldebau gofal (gall hyn arwain at Asesiad Gofalwr)
- Eich helpu i gael help gan eich Meddyg Teulu/Nyrs Ardal/Therapydd Galwedigaethol/Gwasanaethau Tai
- Eich helpu i gysylltu â grwpiau a sefydliadau eraill sy'n deall am ofalu e.e. y Ganolfan Ofalwyr, Age Concern, Scope a sefydliadau tebyg eraill sy'n gallu cynnig cymorth ymarferol ac emosiynol i chi
- Darparu gwybodaeth a chyngor i chi, er enghraifft ynghylch budd-daliadau, incwm a'ch hawliau
- Eich helpu i gael cyngor cyfreithiol y mae ei angen arnoch efallai
- Cynnig ffyrdd i'ch helpu i ddatblygu eich sgiliau

Gwasanaethau

Ar ôl i chi gael Asesiad Gofalwr, gallwn ystyried:

- Trefnu system larwm gymunedol
- Trefnu bod prydau yn cael eu dosbarthu i'r cartref
- Eich helpu i gyflawni tasgau yn y ty
- Darparu darnau bach o offer
- Trefnu gweithgareddau ar gyfer yr unigolyn yr ydych yn gofalu amdanynt
- Trefnu gwasanaethau eraill sy'n rhoi egwyl i chi - seibiant, gofalu yn ystod y dydd/nos neu ffurfio cyfeillgarwch

Mae gan bawb wahanol anghenion ac efallai na restrir yr holl bethau a fyddai'n eich helpu i ofalu neu i gadw'n iach, uchod. A fyddech gystal â thrafod hyn gyda ni: efallai y byddwn yn gallu helpu.

Efallai y bydd yn well gennych drafod gofalu ac asesiadau gofalwyr gyda rhywun arall; rhywun sy'n annibynnol o'r Cyngor. Mae'r staff yn y Ganolfan Ofalwyr, Conway Road, Canton (Rhif ffon: 029 2022 1439), yn annibynnol ac efallai y byddant yn gallu eich helpu.

Faint fydd yn ei gostio?

Ni chodir tâl am asesiad, gwybodaeth na chyngor i ofalwyr. Efallai y codir tâl am wasanaethau a drefnir yn dilyn asesiad gofalwr, yn unol â'r arweiniad Codi Tâl Tecach (mae taflen ar gael sy'n esbonio hyn i chi). Codir tâl am ofal seibiant a ddarperir mewn lleoliad preswyl, bydd hon yn gost benodol neu asesir y gost yn unol ag amgylchiadau ariannol y person sy'n cael gofal. Byddwn yn trafod unrhyw daliadau gyda chi pan fyddwn yn cynllunio gwasanaethau er mwyn eich helpu i benderfynu ar y gwasanaethau y mae eu hangen arnoch.

Beth fydd yn digwydd ar ôl i chi gael Asesiad Gofalwr?

Ar ôl trafod ar eich anghenion a chytuno arnynt gyda chi, byddwn yn trefnu bod y rhain yn cael eu bodloni. Ystyrir y gwasanaethau a fydd yn cael eu darparu ochr yn ochr ag anghenion y person yr ydych yn gofalu amdanynt.

Os byddwch yn cael unrhyw rai o'r gwasanaethau y cyfeiriwyd atynt ar dudalen 6 i ddiwallu eich anghenion, byddwn yn trefnu ein bod cael sgwrs gyda chi i weld a ydynt yn eich helpu, neu a oes angen gwneud unrhyw newidiadau. Gelwir hyn yn 'Adolygiad' ac fe'i cynhelir ychydig wythnosau ar ôl i chi ddechrau cael y gwasanaeth(au).

Sut mae modd i chi gael gwybodaeth bellach?

Os hoffech gael gwybodaeth bellach neu Asesiad Gofalwr, ffoniwch y Ganolfan Cyswllt a Gwybodaeth (CIC) ar 01446 731100 neu trowch at dudalen 4 i weld ffyrdd eraill o gysylltu â nhw. Mae timau gwaith cymdeithasol yn gweithio mewn ysbytai hefyd.

Pan fyddwch yn siarad gyda'n staff, gofynnir i chi am wybodaeth sylfaenol amdanoch chi a'r person yr ydych yn gofalu amdanynt. Gellir ateb nifer o ymholiadau yn syth ond os bydd angen help pellach, gwneir cofnod ysgrifenedig o'ch ymholiad ac os bydd hynny'n briodol, caiff ei drosglwyddo i aelod o staff a fydd yn dod yn weithiwr cyswllt i chi.

Sylwadau, Cwynion, Canmoliaeth.....

Er mwyn ein helpu i wella ein gwaith gyda chi, hoffwn gael gwybod eich barn am ein gwasanaethau. A fyddech gystal â rhoi gwybod i ni sut ydych yn teimlo. Os nad ydych yn fodlon â'r ffordd yr ydym yn gweithio gyda chi, mae'n bwysig ein bod yn cael gwybod yn syth. Os nad ydynt yn fodlon o hyd â'r ymateb, gallwch ddefnyddio ein Gweithdrefn Gwyno.

Gofynnwch am ein taflen Gwyno, sy'n esbonio'r hyn y bydd angen i chi ei wneud nesaf.

Cysylltiadau Defnyddiol.....

<p>ABCD Cyswllt: Rebecca Watkins Rhif ffôn: 029 2025 0055 Mae hwn yn grŵp i blant du ac o gefndiroedd ethnig sy'n meddu ar anabledau a/neu salwch cronig. Mae'n trefnu grwpiau cymorth amrywiol wedi'i seilio ar gyflyrau a/neu ddiwylliannau penodol i rieni sy'n ofalwyr.</p>	<p>Age Concern Gwybodaeth, Eiriolaeth, cymorth ymarferol ac emosiynol Rhif ffôn: 029 2070 4626</p>
<p>Cymdeithas Alzheimer - Caerdydd a'r Fro Cyswllt: Kim Pena 029 2052 1872 E-bost: enquiries@alzheimers-society.org Mae'n trefnu grwpiau amrywiol i ofalwyr pobl sy'n dioddef clefyd Alzheimer neu gorddryswch cysylltiedig.</p>	<p>Llinell Ymholiadau Budd-daliadau 0800 882 200 Gwybodaeth am fudd-daliadau</p>

<p>Y Groes Goch Brydeinig</p> <p>Gwasanaeth Seibiant i Ofalwyr, i ofalwyr pobl hŷn a gofalwyr unigolion 18 oed a throsodd sy'n meddu ar anabledau corfforol. 02920 566458</p> <p>Gwasanaeth benthyca meddygol, sy'n llogi amrywiaeth o offer cymhorthion byw dyddiol a meddygol yn y tymor byr. 02920 236534</p> <p>Gwasanaeth cludo a hebrwng, sy'n darparu cludiant i alluogi unigolion i wneud teithiau hanfodol. 01633 267131.</p>
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<p>Canolfan Ofalwyr (Caerdydd a'r Fro) 029 20221439 Gwybodaeth, cyngor, eiriolaeth a chymorth i Ofalwyr.</p>	<p>Prosiect Datblygu Gofalwyr 029 2034 0022 Rhoi llais i Ofalwyr</p>
<p>Gofalwyr Cymru 029 2081 1370 Gwybodaeth i Ofalwyr</p>	<p>Canolfannau Cyngori 0845 1203756 ffacs: 01446 722794 Gwybodaeth a Chyngor Cyffredinol</p>
<p>Disability Wales Llinell Wybodaeth am Anabledd 029 2088 7325 info@dwac.demon.co.uk</p>	<p>Hafal 01446 733331 Cyngor, gwybodaeth a chymorth i Ofalwyr a phobl sy'n wynebu salwch meddwl. Mae'n trefnu cyfarfodydd i ofalwyr pobl sy'n dioddef salwch meddwl difrifol.</p>
<p>Headway Cyswllt: Julie Smith 029 2057 7707 E-bost: enquiries@headwaycardiff.freemove.co.uk Mae'n trefnu grŵp cymorth i ofalwyr a phobl sy'n dioddef anaf cffaeledig i'r ymennydd ac sy'n byw yn Ne Ddwyrain Cymru. Cynhelir cyfarfodydd bob chwarter ac mae'n trefnu teithiau ac ati hefyd.</p>	<p>Health Information Wales 0800 665 544 Gwybodaeth am grwpiau hunangymorth</p>
<p>Canolfan Cyngor Tai 01446 709500 Gwybodaeth a chyngor ynghylch materion tai</p>	<p>Llinell Gymorth NHS Direct Cymru 0845 4647 www.nhsdirect.nhs.uk</p>

<p>Ffederasiwn Rhieni 029 2022 7800 Cymorth i bobl anabl a'u teuluoedd</p>	<p>EMI Crossroads Penarth a'r Fro Cyswllt: Fiona Guthrie 029 2070 0057 E-bost: care@crossroads-vale.org.uk Mae'n trefnu cyfarfodydd rheolaidd i ofalwyr a chyn ofalwyr pobl sy'n dioddef problem EMI. Cynhelir cyfarfodydd mewn mannau amrywiol ledled y Fro.</p>
<p>Llinell Ofal Gorddryswch De Ddwyrain Cymru Cyswllt: Wendy Edwards 029 2052 9848 Mae'n trefnu grŵp Cymorth misol i Ofalwyr.</p>	<p>Stroke Association 029 2052 1728 Gwybodaeth, Cymorth a Chyngor</p>
<p>Clwb Sunshine Cyswllt: Kay Griffiths 01446 793866 Cyfarfodydd i rieni sy'n ofalwyr plant sydd ag anghenion arbennig. Mae'r grŵp yn cyfarfod bob dydd Llun (trwy gydol y gwyliau ac eithrio Nadolig) 10am - 12 canol dydd yng Nghanolfan Deuluol St Illtyd, Llanilltud Fawr. Mae ar agor i ofalwyr a chyn ofalwyr.</p>	<p>Canolfan Gwybodaeth Cancer 029 2019 6100 Gwybodaeth i bobl sy'n dioddef cancer a'u gofalwyr</p>
<p>Thrive Cyswllt: Fay Bowring 07950 592657 Mae'r cyfarfodydd i deuluoedd plant sydd ag anghenion arbennig ac fe'u cynhelir yng Nghaerdydd. Mae'r grŵp yn trefnu teithiau dydd hefyd.</p>	<p>Grŵp Gofalwyr y Fro Cyswllt: Christine McTavish 01446 741144 Cynhelir cyfarfodydd yn y Barri ar ddydd Mawrth olaf pob mis. Mae'r cyfarfodydd yn agored i ofalwyr mewn unrhyw sefyllfa ofal a chyn ofalwyr hefyd. Gall y grŵp drefnu digwyddiadau amrywiol, diwrnodau allan ac ati trwy gydol y flwyddyn sy'n agored i ofalwyr a'r person y maent yn gofalu amdanynt.</p>

**Gellir gweld gwybodaeth bellach ar y gwefannau
canlynol hefyd:**

www.carers.gov.uk
Llywodraeth ganolog

www.doh.gov.uk/carers.htm
Adran Iechyd

www.valeofglamorgan.gov.uk/carers

www.wales.gov.uk/subicarersnew/index.htm
Llywodraeth Cynulliad Cymru

Swyddog Datblygiad Gofalwyr ar 01446 704604

Gellir darparu'r wybodaeth hon mewn ieithoedd eraill, mewn print
mwy, ar dâp neu fel fersiwn wedi'i symleiddio hefyd trwy wneud
cais. A fyddech gystal â chysylltu â'r Tîm Polisi a Gwybodaeth ar:
01446 704814 i wneud trefniadau.

CS/32/DEC05