

Carer Factsheet

Transport

Blue Badge Scheme

The Blue Badge scheme helps those who are disabled park closer to their destination. For more information contact Cardiff Council's Blue Badge helpline on 029 2087 3232 or Contact One Vale on 01446 700111. Information is also available on the councils' websites.

Outpatient Appointments

An ambulance to attend an outpatient appointment can be booked either through your GP practice or through the Non-Emergency Transport Centre. When booking transport for the first time, call 0800 32 82 332 between 8.30 am to 6 pm on weekdays. To book subsequent appointments, this can either be arranged by the clinic or you can call 0300 100 00 12 between 8 am and 5 pm weekdays.

The person needing the transport must meet certain criteria, for example:

- need a stretcher for the journey
- need continual support to walk
- receive regular dialysis or cancer treatment

Entitlement will be established when you contact the transport booking centre. If you are not eligible, information on alternative transport providers will be offered.

Community Transport

- **Voluntary Emergency Service Transport (VEST)** – a dedicated bus service for elderly, disabled and housebound people from their home to anywhere in Cardiff including transport to GP appointments. They also run a dial a bus service that take people from their homes into Cardiff City Centre for a small cost. Call 029 2049 0335.



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- **East Vale Community Transport** – community transport for those who live in east Vale of Glamorgan and who have difficulty accessing regular transport services. Call 029 2070 5138.
- **Greenlinks** – Transport for people living in the rural Vale of Glamorgan. You must register to be a member of the scheme and book a trip 24 hours in advance. Call 0800 294 1113.
- **Dinas Powys Voluntary Concern** – provide community transport for the elderly and people with disabilities. Call 029 2051 3700.

Public Transport

Traveline Cymru provides up to the minute information about bus and train timetables, helps with planning your journey and gives advice on current disruptions. Contact 0800 464 00 00 or go to www.traveline.cymru.

People aged 60 or older and disabled people receive free travel on local bus services in Wales. Disabled people who need assistance to travel may also be allowed to take a companion with them for free. Contact the Vale Council on 01446 700111 or Cardiff Council on 029 2087 2087 for more information. Information is also available on the councils' websites.

UHW Park and Ride

UHW offer a Park and Ride service. The shuttle bus is every twenty minutes with the first bus leaving Pentwyn (East Park and Ride) at 6.30 am and the last bus leaving UHW (Multi-Storey) at 7.45 pm. The service costs £2 for patients and visitors. The full timetable is available on www.cardiffbus.com.

Shopmobility

Shopmobility provide powered wheelchairs or scooters and manual wheelchairs to people with limited mobility, enabling them to shop and use other facilities in a town or city centre. For more information about Cardiff Shopmobility call 029 2039 9355.

Motability

The Motability scheme enables disabled people exchange their mobility allowance to lease a new car, powered wheelchair or scooter. Call 0300 456 4566 or www.motability.co.uk for more information.

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**

Trafnidiaeth

Cynllun Bathodyn Glas

Mae'r cynllun Bathodyn Glas yn helpu'r rhai hynny sy'n anabl i barcio'n agosach at eu cyrchfan. Am fwy o wybodaeth cysylltwch â llinell gymorth Bathodyn Glas Cyngor Caerdydd ar 029 2087 3232 neu Cyswllt Un Fro ar 01446 700111. Mae gwybodaeth ar gael ar wefanau'r cyngor.

Apwyntiadau Cleifion Allanol

Gellir archebu ambiwlans i fynychu apwyntiad claf allanol un ai drwy eich meddyg teulu neu drwy'r Ganolfan Trafnidiaeth Nad Ydynt ar Frys. Wrth archebu trafndiaeth am y tro cyntaf, ffoniwch 0800 32 82 332 rhwng 8.30am a 6pm yn ystod yr wythnos waith. I gadw lle mewn apwyntiadau dilynol, gall y clinig drefnu hyn neu gallwch ffonio 0300 100 12 rhwng 8 a 5pm yn ystod yr wythnos.

Bydd y person sydd angen cludiant angen cyrraedd meini prawf penodol, er enghraifft:

- angen gwely cludo ar gyfer y daith
- angen cymorth parhaus i gerdded
- derbyn dialysis neu driniaeth canser

Caiff hawl ei sefydlu pan fyddwch yn cysylltu â'r ganolfan archebu cludiant. Os nad ydych yn gymwys, caiff gwybodaeth am ddarparwyr cludiant eraill ei chynnig.

Trafnidiaeth Gymunedol

- **Gwasanaeth Cludiant Brys Gwirfoddol (VEST)** – gwasanaeth bws arbennig i henoed, yr anabl a'r rhai sy'n gaeth i'w tai o'u cartrefi i unrhyw le yng Nghaerdydd gan gynnwys cludiant i apwyntiadau gyda'r meddyg teulu. Maen nhw hefyd yn rhedeg gwasanaeth deialu bws sy'n mynd â phobl o'u cartrefi i Ganol Dinas Caerdydd am gost bychan. Ffoniwch 029 20490335.



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- **Cludiant Cymunedol Dwyrain y Fro** – cludiant cymunedol i'r rheiny sy'n byw yn nwyrain Bro Morgannwg sy'n ei chael yn anodd cyrchu gwasanaethau trafndiaeth arferol. Ffoniwch 029 2049 5138.
- **Greenlinks** – Cludiant i bobl yn byw yn y Fro wledig. Rhaid cofrestru i gael bod yn aelod o'r cynllun a chadw lle i fynd ar daith 24 awr ymlaen llaw. Ffoniwch 0800 294 1113.
- **Dinas Powys Voluntary Concern** – yn cynnig cludiant cymunedol i'r henoed a rhai ag anabledau Ffoniwch 029 2051 3700.

Trafnidiaeth Gyhoeddus

Mae Traveline Cymru yn cynnig gwybodaeth wedi ei ddiweddarau am amserlenni bysiau a threnau, yn eich helpu i gynllunio'ch taith ac yn rhoi cyngor ar y sefyllfa draffig bresennol. Cyswllt ar 0800 464 00 00 neu ewch i <https://www.outdoorcardiff.com/cy/>

Mae pobl sy'n 60 oed ac yn hŷn a phobl anabl yn derbyn teithio am ddim ar wasanaethau bysiau lleol yng Nghymru. Gall pobl anabl sydd angen cymorth i deithio gymryd cydymaith ar y daith gyda nhw am ddim. Cysylltwch â Chyngor y Fro ar 01446 700111 neu Gyngor Caerdydd ar 029 2087 2087 am fwy o wybodaeth. Mae gwybodaeth ar gael hefyd ar wefan y cyngor.

Parcio a Theithio Ysbyty Athrofaol Cymru

Mae Ysbyty Athrofaol Cymru yn cynnig gwasanaeth parcio a theithio. Mae'r bws gwennol yn mynd bob ugain munud gyda'r bws cyntaf yn gadael Pentwyn (Parcio a Theithio'r dwyrain) am 6.30am a'r bws olaf yn gadael maes parcio (aml-lawr) Ysbyty Athrofaol Cymru am 7.45pm. Cost y gwasanaeth yw £2 i gleifion ac ymwelwyr. Mae'r amserlen lawn i'w chael ar www.cardiffbus.com.

Shopmobility

Mae Shopmobility yn cynnig cadeiriau olwyn neu sgwteri â pheiriant a chadeiriau olwyn arferol i bobl â symudedd cyfyngedig, gan eu galluogi nhw i siopa a defnyddio cyfleusterau eraill mewn tref neu ganol dinas. I gael mwy o wybodaeth am Shopmobility Caerdydd ffoniwch 029 2039 9355.

Motability

Mae'r cynllun Motability yn galluogi pobl anabl i gyfnewid eu lwfans symudedd i brydlesu car newydd, cadair olwyn neu sgwter â pheiriant. Ffoniwch 0300 456 4566 neu www.motability.co.uk i gael mwy o wybodaeth.

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