

# **Y Gwasanaeth Niwroddatblygiadol**

**SESIWN CYSYLLTWYR CYMUNEDOL**

Libby Williams  
Joanne Challenger  
Sarah Halliday



# Pwy ydym ni?



Prosiect **peilot** a ariennir gan Lywodraeth Cymru.

**Cefnogi** teuluoedd/gofalwyr plant 0-11 oed sydd **ar y rhestr aros** i gael asesiad Niwroddatblygiadol

Cyfeirio at **wasanaethau** a **chymorth** y gellir cael mynediad atynt **heb ddiagnosis ffurfiol**

Cyflwyno **sesiynau galw heibio** sy'n benodol i'ch ardal **leol**



# **Gwasanaethau + Cymorth**

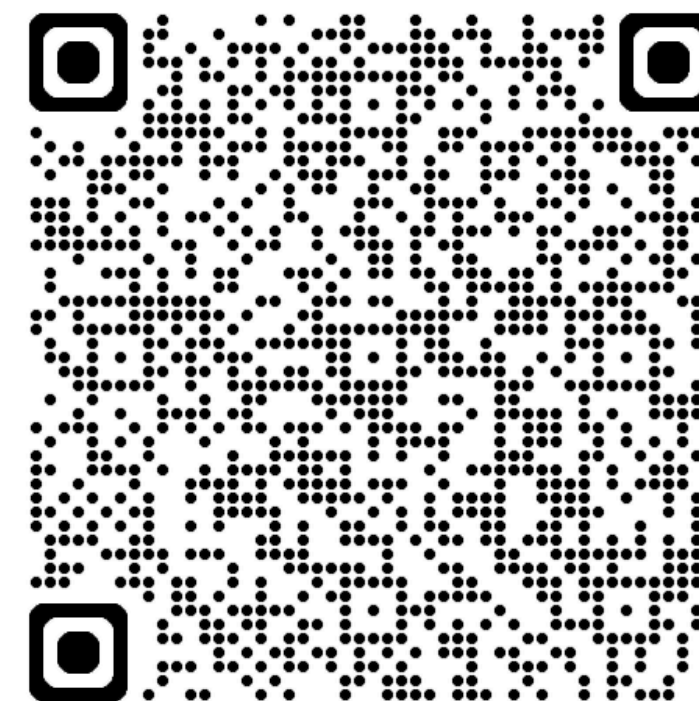
**BRO MORGANNWG**

01

## Teuluoedd yn Gyntaf

Llinell Gyngor Teuluoedd yn Gyntaf yw'r pwynt cyswllt cyntaf ar gyfer rhieni, gofalwyr a gweithwyr proffesiynol sydd â phlant 0-18 oed sy'n byw ym Mro Morgannwg, neu sy'n gweithio gyda nhw.

[Llinell Gyngor Teuluoedd yn Gyntaf](http://vleofglamorgan.gov.uk)  
([vleofglamorgan.gov.uk](http://vleofglamorgan.gov.uk))



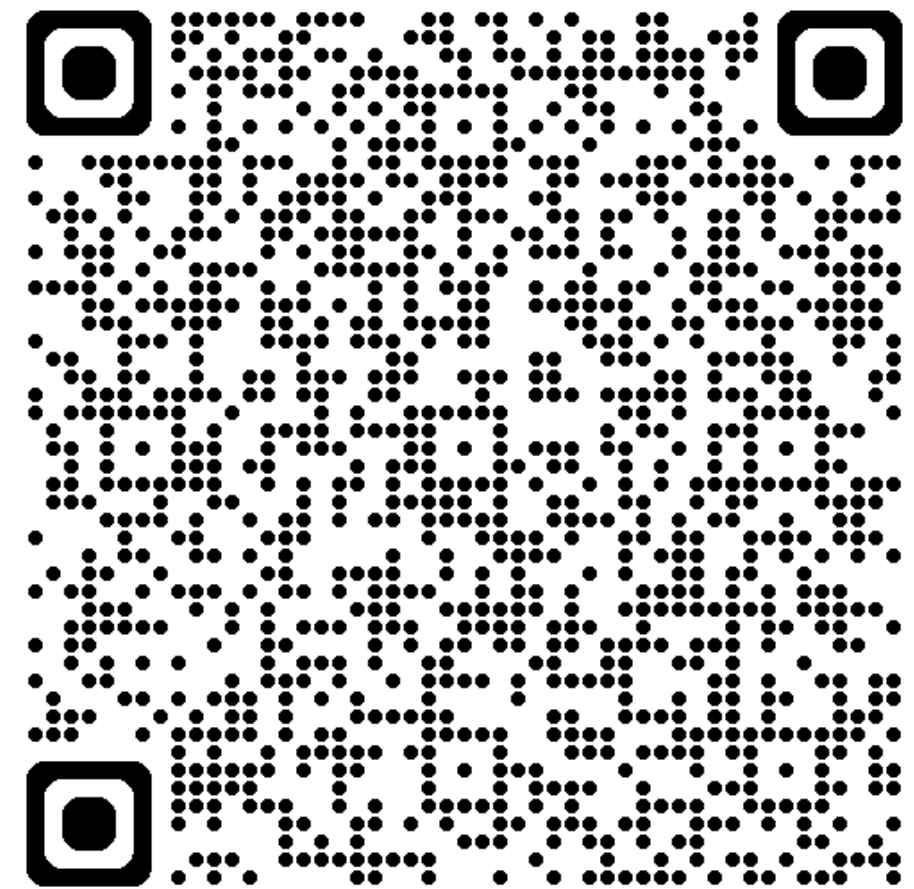


02

## Y Mynegai

Gweithio gyda'n gilydd i roi'r wybodaeth ddiweddaraf i deuluoedd am wasanaethau, cefnogaeth a gweithgareddau i blant a phobl ifanc ag anableddau neu anghenion ychwanegol ledled Bro Morgannwg.

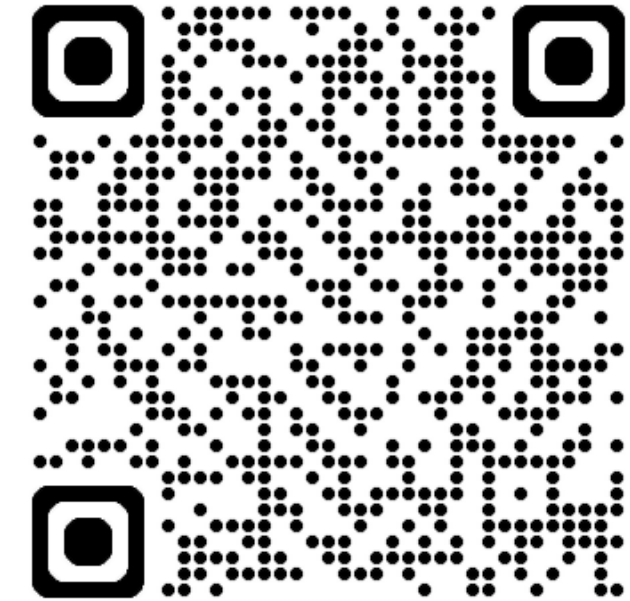
[Y Mynegai](http://valeofglamorgan.gov.uk)  
[\\_ \(valeofglamorgan.gov.uk\)](http://valeofglamorgan.gov.uk)



# Grwpiau Cymunedol



[www.apcymru.org.uk](http://www.apcymru.org.uk)



<https://valueinthevale.com/charities/life/?lang=cy>

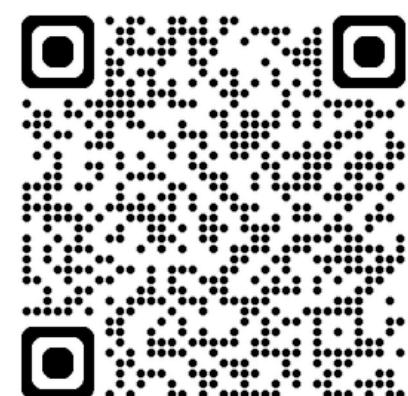
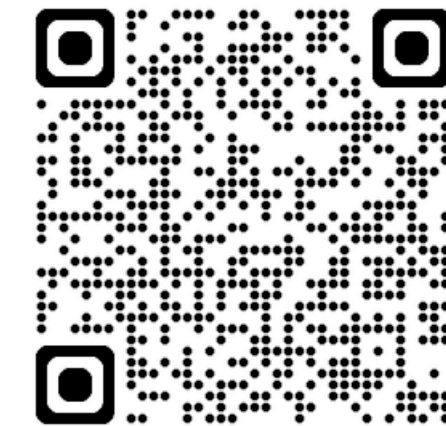
# Cymorth gydag Ymddygiad Heriol

Gweminar deall ymddygiad sy'n herio.



**Behaviour  
Support Hub**

[behavioursupporthub.org.uk](http://behavioursupporthub.org.uk)



**The Challenging  
Behaviour Foundation**

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

# Cymorth gyda Chyfathrebu

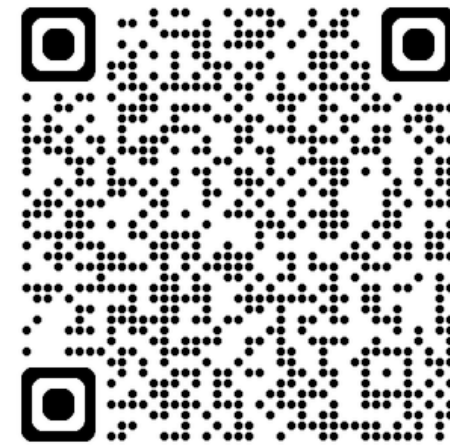
Therapi Iaith a Lleferydd i Blant



**Cadw Fi'n Iach**

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

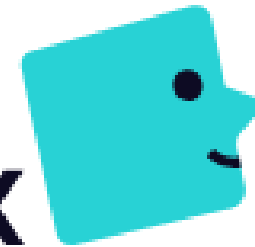
[keepingmewell.com/cy/gwasanaethau-  
cefnogi-plant/therapi-iaith-a-leferydd-i-  
blant/](https://keepingmewell.com/cy/gwasanaethau-cefnogi-plant/therapi-iaith-a-leferydd-i-blant/)



**Afasic**  
voice for life

[www.afasic.org.uk/slcn/](http://www.afasic.org.uk/slcn/)

**Speech and  
Language UK**



Changing young lives.

[speechandlanguage.org.uk/help-for-families/](https://speechandlanguage.org.uk/help-for-families/)





# Therapi Galwedigaetho



<https://keepingmewell.com/cy/gwasanaethau-cefnogi-plant/therapi-galwedigaethol-i-blant-a-phobl-ifanc/>

Rydym wedi datblygu adnoddau i rymuso teuluoedd, gyda syniadau a chyngor, yn ogystal â chynhyrchu dau weithdy fideo 30 munud:

Deall sut mae plant yn datblygu galwedigaet

Deall sut mae plant yn defnyddio eu synhwyrau i reoleiddio ar gyfer dysgu a chwarae.

Sganiwch y cod QR hwn i ddarganfod mwy am ein gwasanaeth

Occupational Therapy for Children & Young People  
Therapi Galwedigaethol i Blant a Phobl Ifanc



# Llinell Gyngor

Rhif ffôn: 02921 836888

**Pwy all gael mynediad at y Llinell Gyngor:** Rhieni, athrawon, gweithwyr iechyd neu ofal cymdeithasol proffesiynol plant a phobl ifanc sy'n byw yng Nghaerdydd a'r Fro ac sydd eisiau darganfod sut i ddatblygu sgiliau galwedigaethol a chyfrannu atynt.

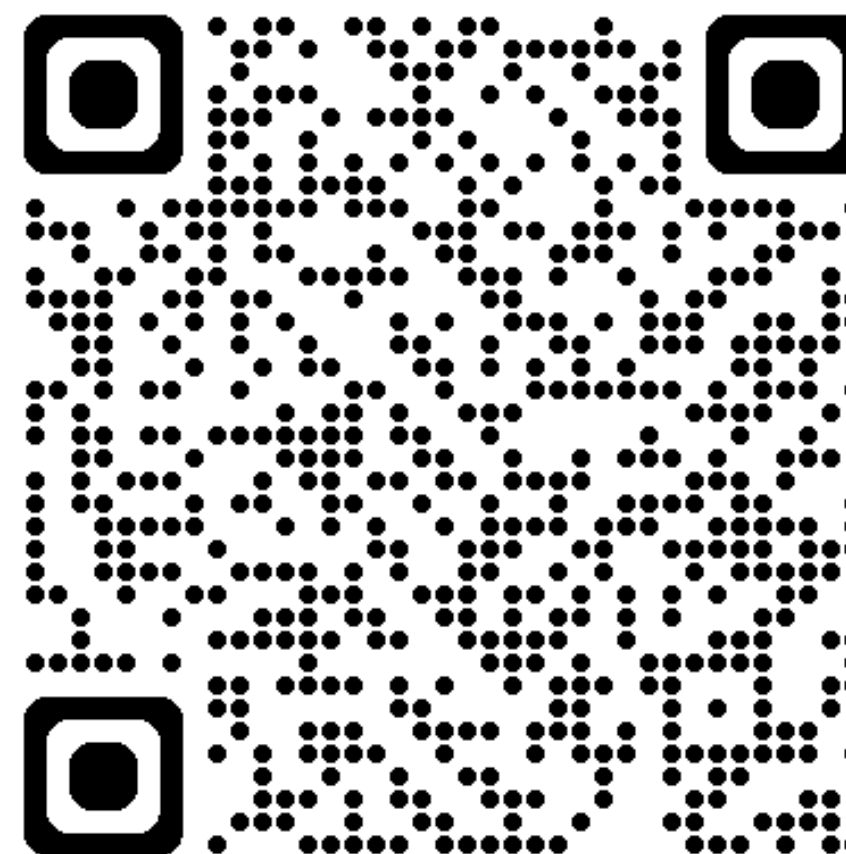
**Beth alla i ei ddisgwyl:** Byddwch yn siarad â therapydd galwedigaethol a fydd yn anelu at roi cyngor ymarferol, strategaethau, gwybodaeth cyfeirio a chymorth i chi er mwyn eich galluogi chi a'ch plentyn i ddatblygu sgiliau byw bob dydd.



Cyn i chi ffonio, sganiwch y cod QR i ddarganfod mwy am therapi galwedigaethol i blant a phobl ifanc ac i gael mynediad at ein hadnoddau ar-lein.

**Pryd mae'r Llinell Gyngor ar gael:** Dydd Mawrth a dydd Iau rhwng 12.00 a 2.00pm

# Cymorth gydag Addysg

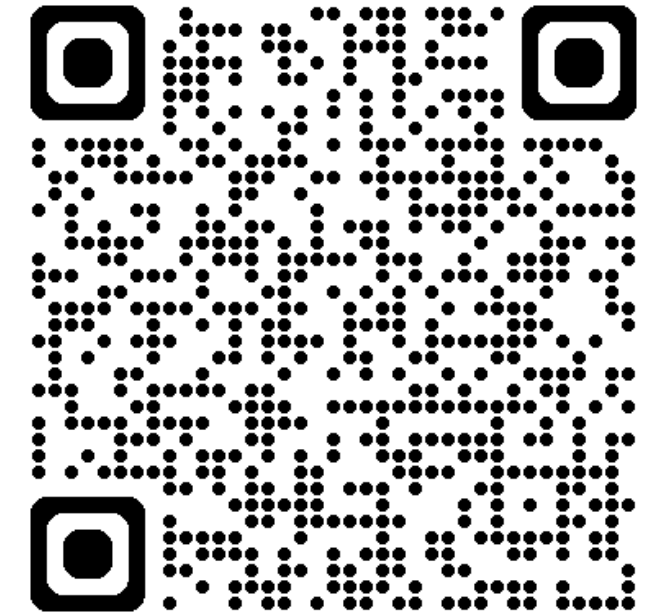


[www.snapcymru.org](http://www.snapcymru.org)

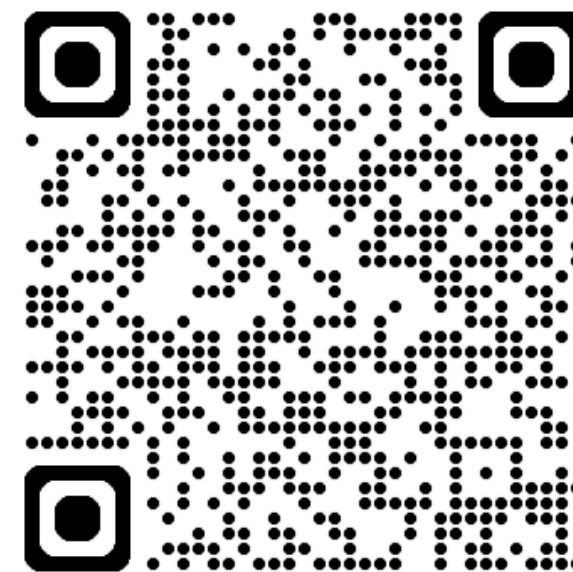
0808 801 0608



# Cymorth gyda Chwsg



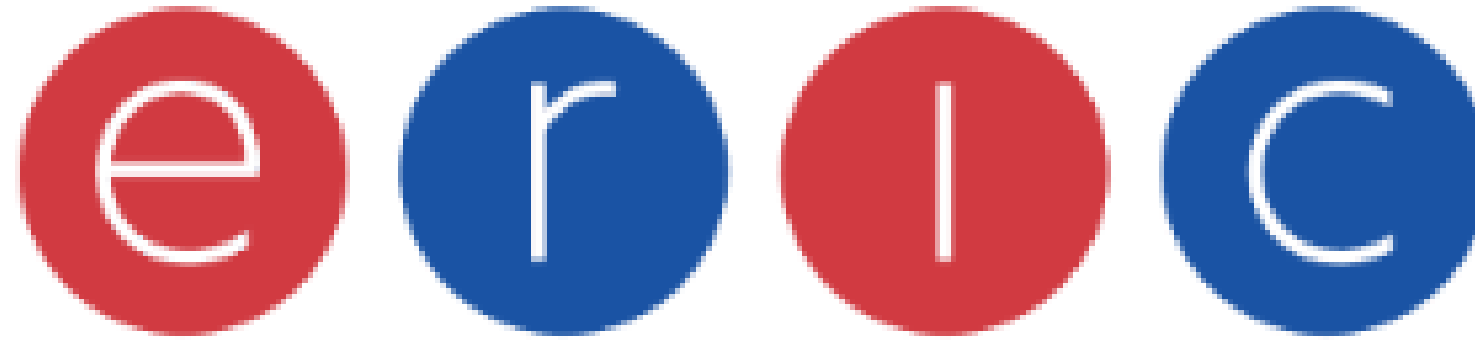
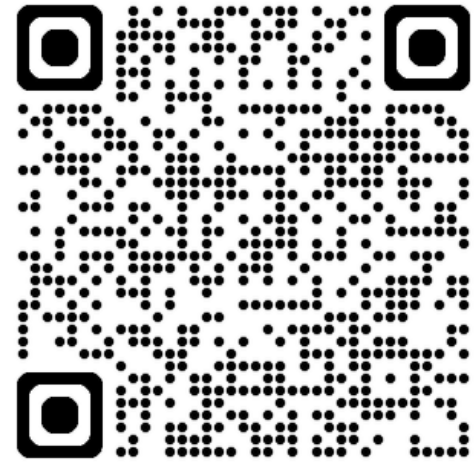
[cerebra.org.uk/get-advice-support/sleep-advice-service/](https://cerebra.org.uk/get-advice-support/sleep-advice-service/)



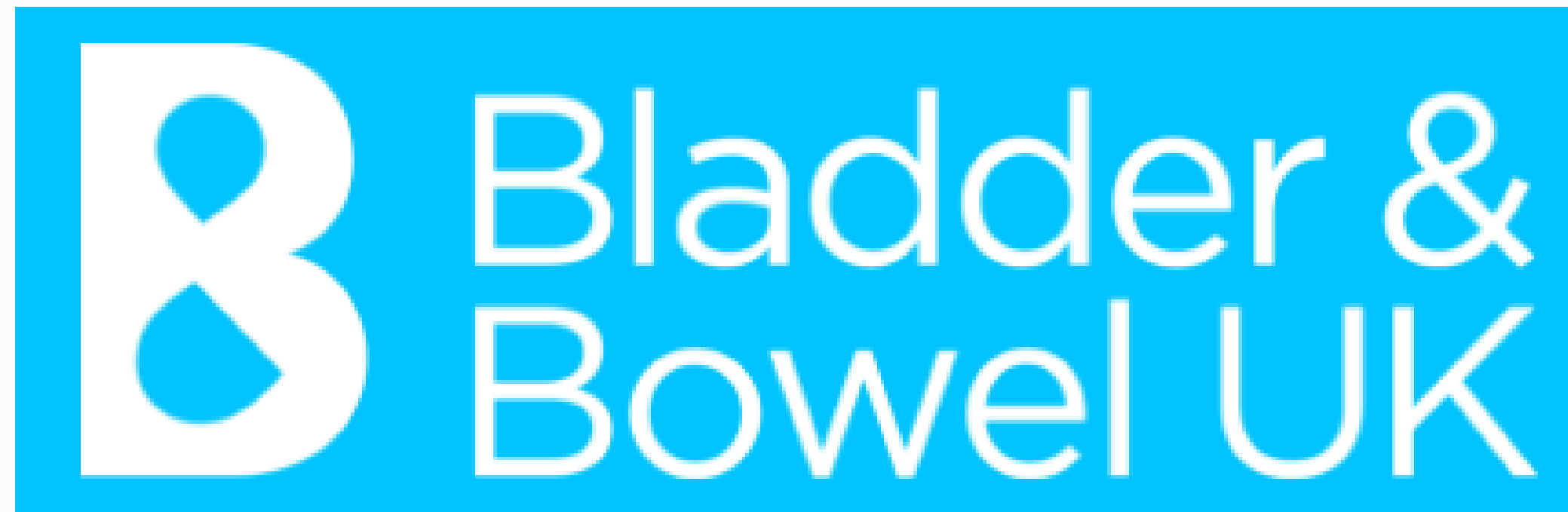
[thesleepcharity.org.uk/information-support/children/](https://thesleepcharity.org.uk/information-support/children/)



# Cymorth gyda Defnyddio'r Toiled



The Children's Bowel & Bladder Charity  
[eric.org.uk/children-with-additional-needs/](http://eric.org.uk/children-with-additional-needs/)



[www.bbuk.org.uk/children-young-people/](http://www.bbuk.org.uk/children-young-people/)

# Lles a chymorth i rieni/gofalwyr



Caerdydd a'r Fro  
Cardiff and Vale  
**Coleg Adfer a Lles**  
Recovery &  
Wellbeing College

<https://bipcaf.gig.cymru/ein-gwasanaethau/croeso-i-coleg-adfer-a-lles-caerdydd-ar-fro/>



<https://www.carersuk.org/cy/wales/>

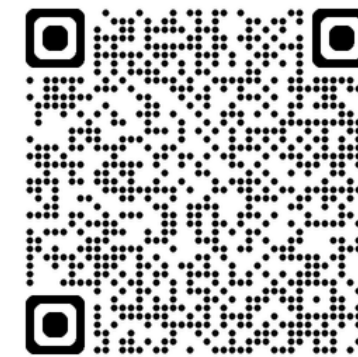


Parents' Ffederasiwr  
Federation Rhien

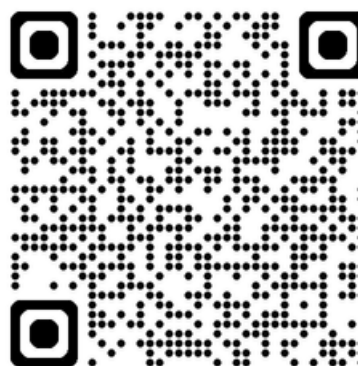
[www.parentsfed.org](http://www.parentsfed.org)



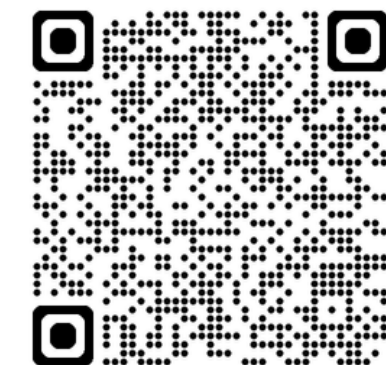
family  
lives



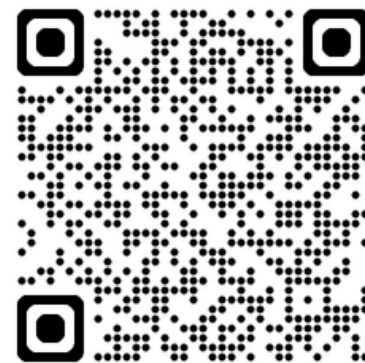
[www.affinityhub.uk/1/Welcome.html](http://www.affinityhub.uk/1/Welcome.html)



Changing childhoods.  
Changing lives.



[www.barnardos.org.uk/get-support/services/childrens-autism-support-service-vale-glamorgan](http://www.barnardos.org.uk/get-support/services/childrens-autism-support-service-vale-glamorgan)



<https://parents.actionforchildren.org.uk/about/parent-talk-cymru/>



Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service



**contact** For families  
with disabled children



**Cyswilt Cymru**

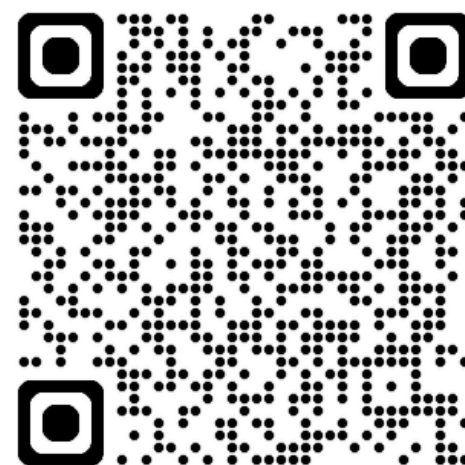
**Llinell Gymorth 0808 808 3555**

**Eventbrite**



**Clust Gwandro**

Cefnogaeth emosiynol i  
rieni/gofalwyr.



Gweithdai am ddim i rieni/gofalwyr.

[www.eventbrite.co.uk/cc/contact-cymru-3039619](http://www.eventbrite.co.uk/cc/contact-cymru-3039619)



**YDYCH CHI’N RHIANT OFALWR SY’N DIODDEF?**

**Mae ein gwasanaeth Adeiladu Gwydnwch AM DDIM yma i chi!**

Rydym yn darparu cefnogaeth emosiynol, cyngor a syniadau  
i’ch helpu i ymdopi.

Mae apwyntiadau am ddim, cyfrinachol a dros y ffôn neu ar-lein gydag un o’n  
cynghorwyr cymorth teuluol cyfeillgar.

**Cefnogaeth emosiynol | Adeiladu gwytnwch  
Cyfeirio at wasanaethau lleol | Cael eich ysgogi!**

Mae ein cynghorwyr i gyd yn rhieni i blant a phobl ifanc ag anableddau, ac mae  
ganddynt lwyth o brofiad proffesiynol.

I ddarganfod mwy, cysylltwch â

 [sophie.barker@contact.org.uk](mailto:sophie.barker@contact.org.uk)  07990 234 440





Ffurflen hunangyfeirio



**Ydych chi angen cefnogaeth gydag iechyd emosiynol a meddyliol eich plentyn?**



**Rydym yn cynnig cefnogaeth a chlust i wrando i'ch helpu i lywio lles ac iechyd meddwl eich teulu. Rydym ni'n darparu:**

- Cefnogaeth un i un cyfrinachol am ddim gan riant wirfoddolwr hyfforddedig dros 6 i 8 wythnos
- Cyngor, arweiniad a chyfeirio yn ogystal â mynediad at wasanaethau ar-lein a chymorth grŵp

**I gael rhagor o wybodaeth am y gwasanaeth hwn, e-bostiwch [CharlotteW@familylives.org.uk](mailto:CharlotteW@familylives.org.uk) neu ffoniwch 07739 788115**

**Rydym yn adeiladu bywydau teuluol gwell gyda'n gilydd**

**CYPF PPIT**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

**f @familylives**



Mae Family Lives wedi'i gofrestru fel cwmni cyfyngedig drwy warant yng Nghymru a Lloegr Rhif 3817762. Rhif elusen gofrestredig 1077722. Cyfeiriad cofrestredig: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD





Uywodraeth Cymru  
Welsh Government

C.A.L.L.



## Cymorth Niwroamrywiol drwy Linell Gymorth C.A.L.L. Cymru

### Neurodivergence support via the C.A.L.L. Helpline Wales

Os oes gennych bryderon neu ofidiau yn ymwneud â niwroamrywiaeth – ffoniwch neu anfonwch neges destun i Linell Gymorth C.A.L.L. sydd bellach yn darparu llinell wrando sy'n lle diogel, cyfrinachol i siarad am materion yn ymwneud â niwrowahaniaeth. Gallwch hefyd gael eich cyfeirio at lenyddiaeth neu wybodaeth gwasanaeth i gefnogi unigolion niwroamrywiol, eu teuluoedd a'u ffrindiau.

Mae modd defnyddio Llinell Iaith ddehongli i gefnogi galwyr sy'n methu (neu sy'n ffafrio peidio) siarad Cymraeg neu Saesneg.

If you have any worries or concerns relating to neurodivergence – ring or text the C.A.L.L. Helpline who are now providing a confidential listening line which is a safe space to talk about matters relating to neurodivergence. You can also be signposted to literature or service information to support neurodivergent individuals, their families and friends.

An interpretation service Language Line can be used to support callers who cannot (or prefer not to) speak English or Welsh.



**Text/Testun: Help a / Help to: 81066**



**0800 132 737**



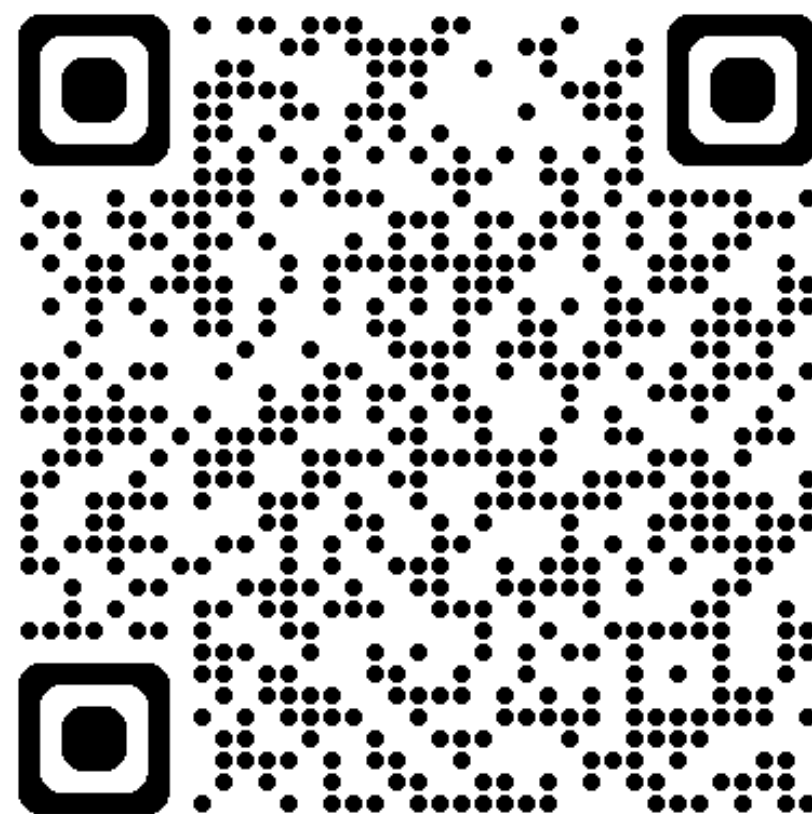
**callhelpline.org.uk**



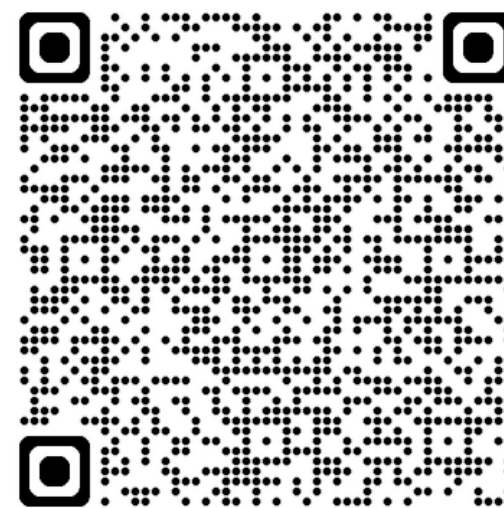
Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service

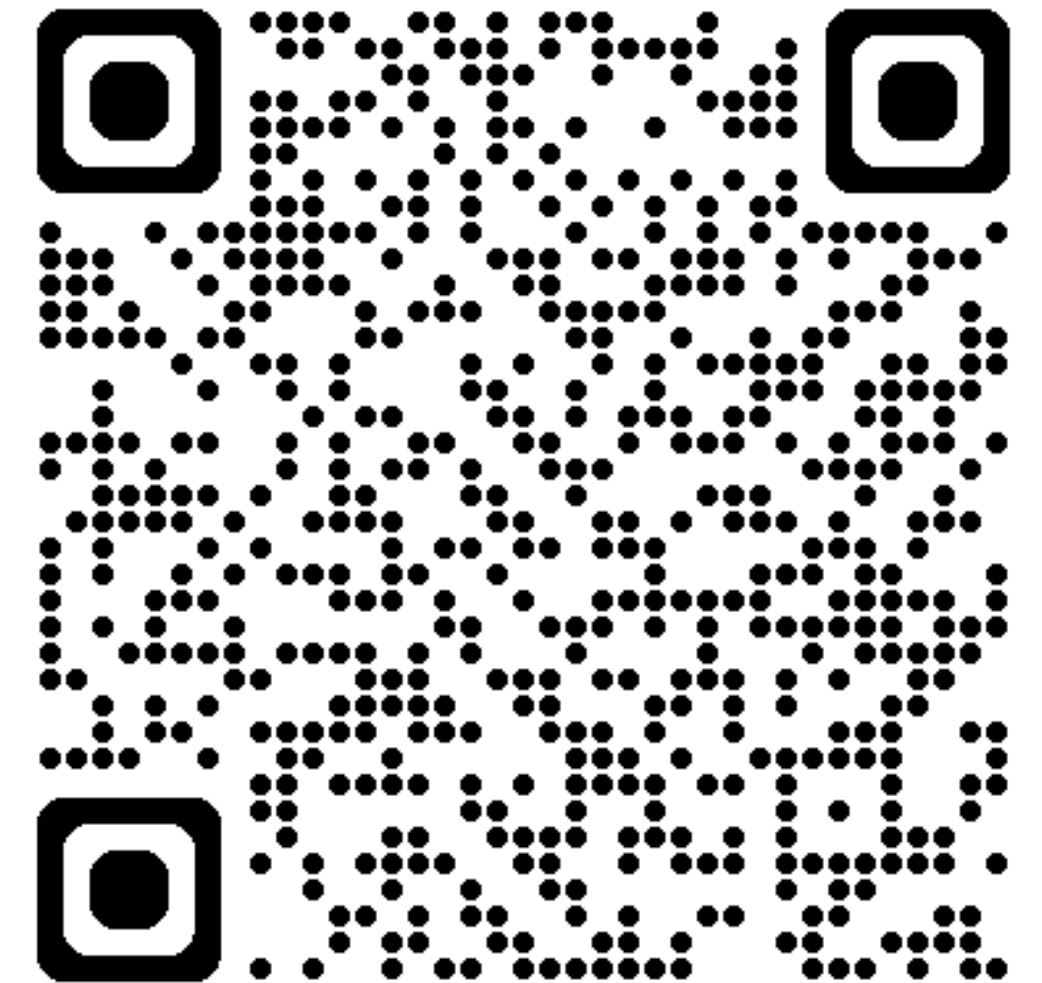


[neurodivergencewales.org/cy/](https://neurodivergencewales.org/cy/)



Sesiynau Cyngor  
Rhithwir i Rien i a  
Gofalwyr

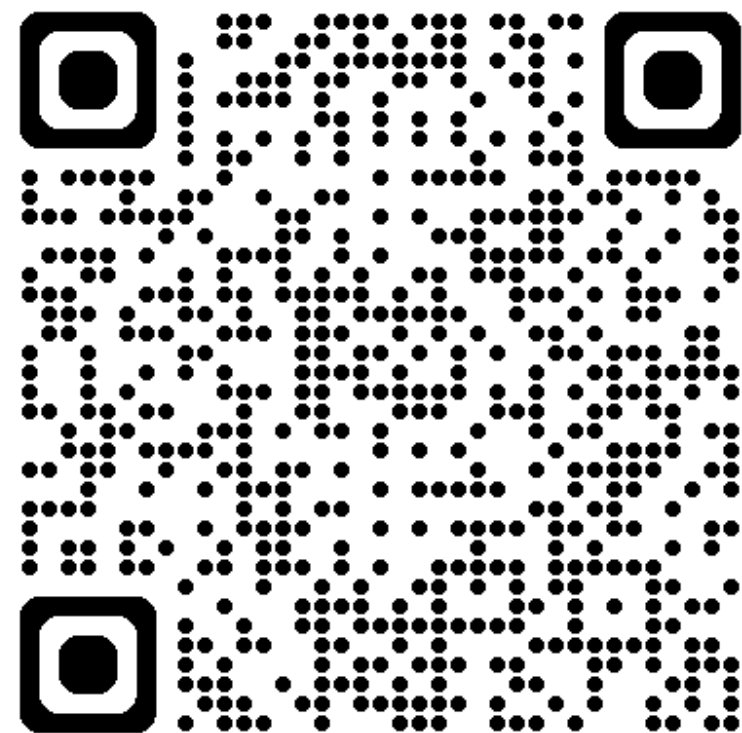




<https://www.adhdfoundation.org.uk/>

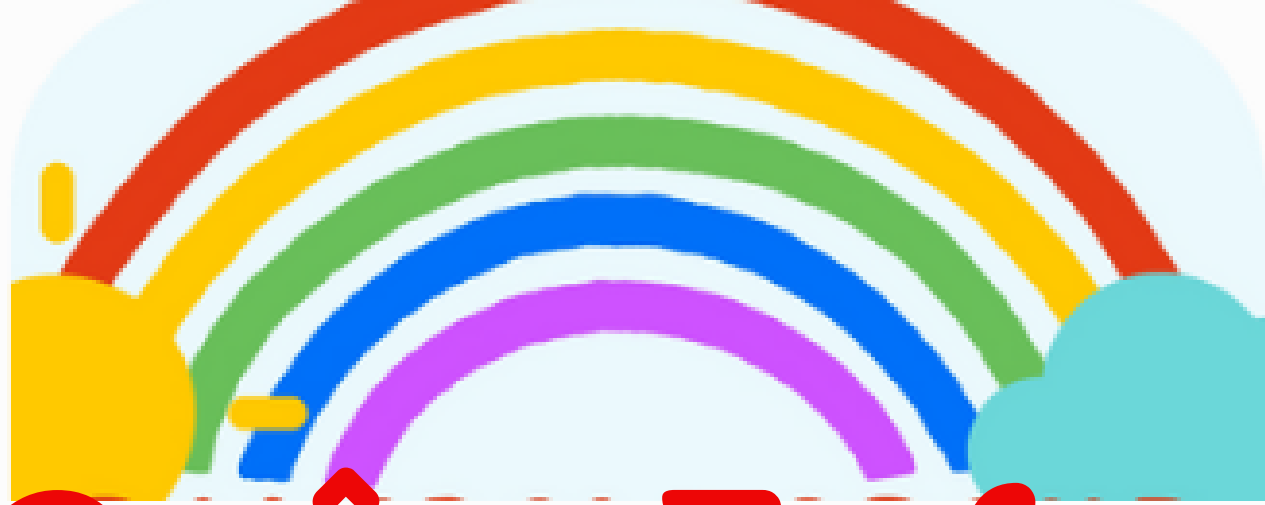


# HIDDEN disabilities

A square logo featuring a bright yellow sunflower with a dark brown center, set against a solid green background.

A symbol for non-visible disabilities ([hdsunflower.com](https://hdsunflower.com))





# Grŵp Enfys

Ar gyfer plant o dan 5 oed sydd  
ag anghenion ychwanegol

Bob dydd Iau, 10 - 11:30am

Tŷ Robin Goch, Y Barri, CF63 1QB.

Cwrdd â ffrindiau newydd

Cymorth a gwybodaeth

Caneuon a rhigymau

Chwarae synhwyrdd

Chwarae meddal

Cerddoriaeth a symud

Yn ystod y tymor yn unig

07596 889100 / 01446 732 180

# Plant o dan 5 oed



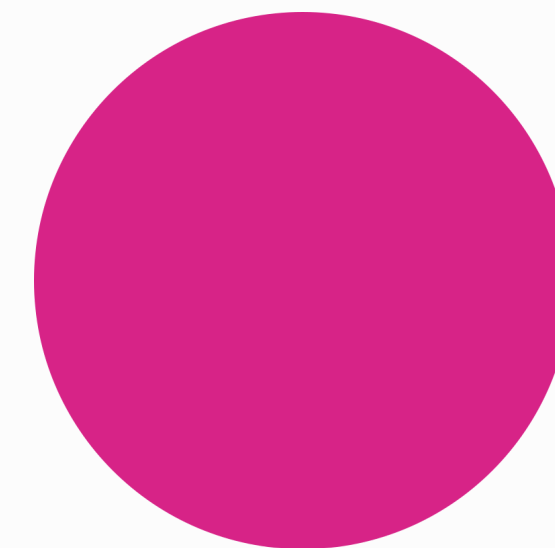
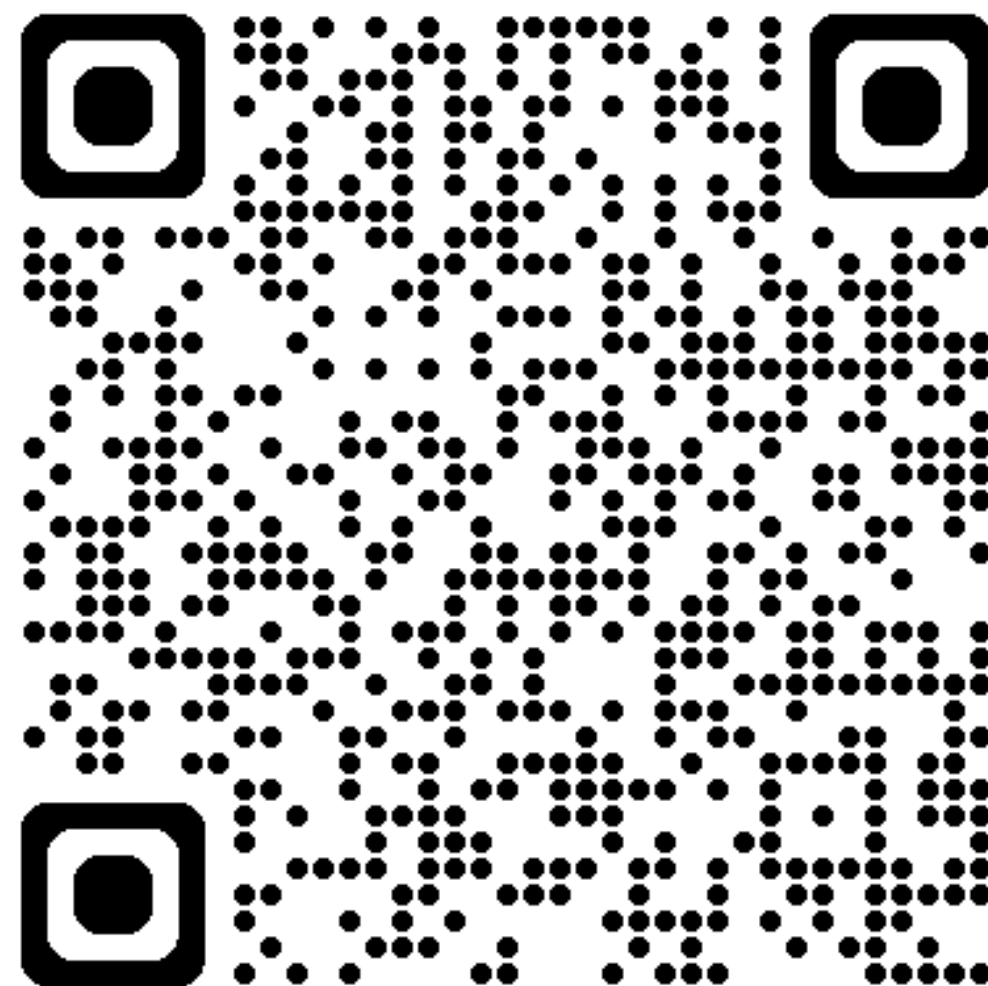
## Blynyddoedd Cynnar

## Tîm Anghenion Dysgu Ychwanegol



# Gwasanaeth Niwroddatblygiadol Neurodevelopmental Service

Cysylltwyr Cymunedol



Email:

[nd.communityconnections.cav@wales.nhs.uk](mailto:nd.communityconnections.cav@wales.nhs.uk)



Gwasanaeth **Niwroddatblygiadol**  
**Neurodevelopmental** Service

# Crynodeb

Mae cymorth ar gael tra byddwch ar y rhestr aros.

Nid oes angen i'ch plentyn fod â diagnosis er mwyn cael mynediad at y cymorth hwn.

# Diolch!

Community Connectors -  
Neurodevelopmental Drop-in Post  
Session Survey 2024

