



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board





Lleol - manylion cyssyllt uchod.  
at Llawyfr y Gofalwyr. Mae copi ar gael drwy gyflyaru â ch Awdurdod  
i gael gwyloddaeth am fudd-daliadau, lfnansau a grantiau cyfeiriwch  
www.nhsdirect.wales.nhs.uk

gwasanaethau iechyd lleol. Ewch i <http://>  
gwybodaeth iechyd am ystod eang o gyflyrau, trinieithau a  
chi'n telim o'n sail ac yn ansicr ynglyn â beth i'w wneud, neu i gael  
dydd, bob diwrnod o'r flwyddyn. Cewch ffoni 0845 46 47 os ydych  
Gwasanaeth cyngor a gwyloddaeth am iechyd sydd ar gael 24 awr y  
**NHS Direct Wales**

Rhif Ffon 029 2087 2087, e-bost [c2c@cardiff.gov.uk](mailto:c2c@cardiff.gov.uk) neu ewch i  
**Cardiff Council - Connect 2 Cardiff (C2C)**

neu ewch i [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)  
Rhif Ffon 01446 700111, e-bost [c1v@valeofglamorgan.gov.uk](mailto:c1v@valeofglamorgan.gov.uk)

Vale of Glamorgan Council - Contact OneVale (C1V)  
**Local Authority:**

Rhif Ffon 01446 741706, e-bost [enquiries@gvs.wales](mailto:enquiries@gvs.wales) neu ewch i  
a datblygiad cymunedol ym Mro Morgannwg.

Mae'n hyrwyddo, datblygu a chefnogi camau gwirfoddol, gwirfoddoli  
**Glamorgan Voluntary Services (GVS)**

enquiries@c3sc.org.uk neu ewch i [www.c3sc.org.uk](http://www.c3sc.org.uk)  
cylidio a llywodraethu. Rhif ffon 029 2048 5722, e-bost  
arbenigol i sefydliadau trydydd sektor lleol ar faterion gan gynnwys  
Mae'n darparu cyngor, cymorth, hyfforddiant a gwyloddaeth  
**Cardiff Third Sector Council (C3SC)**

5692 neu e-bost cardiffandvalle.careers@wales.nhs.uk  
sy'n gyflyddi a gofalwyr. Rhif ffon 029 2074 5307, 029 2074  
gwell cymorth a gwyloddaeth i ofalwyr. Ar gyfer unrhyw ymholaethau  
yn gweithio gydag awdurdodau lleol a sefydliadau gwirfoddol i roi  
**Cardiff and Vale University Health Board**

Cyflitadau defnyddiol:

## Useful contacts:

### **Cardiff and Vale University Health Board (UHB)**

Works with local authorities and voluntary organisations to provide  
carers with better support and information. For any carer-related  
enquiries telephone 029 2074 5307, 029 2074 5692 or email  
[cardiffandvale.carers@wales.nhs.uk](mailto:cardiffandvale.carers@wales.nhs.uk)

### **Cardiff Third Sector Council (C3SC)**

Provides specialist advice, support, training and information to local  
third sector organisations on issues including funding and  
governance. Telephone 029 2048 5722, email  
[enquiries@c3sc.org.uk](mailto:enquiries@c3sc.org.uk) or visit [www.c3sc.org.uk](http://www.c3sc.org.uk)

### **Glamorgan Voluntary Services (GVS)**

Promotes, develops and supports voluntary action, volunteering and  
community development in the Vale of Glamorgan.  
Telephone 01446 741706, email [enquiries@gvs.wales](mailto:enquiries@gvs.wales) or visit  
[www.gvs.wales](http://www.gvs.wales)

### **Local Authority:**

#### **Vale of Glamorgan Council - Contact OneVale (C1V)**

Telephone 01446 700111, email [c1v@valeofglamorgan.gov.uk](mailto:c1v@valeofglamorgan.gov.uk)  
or visit [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

### **Cardiff Council - Connect 2 Cardiff (C2C)**

Telephone 029 2087 2087, email [c2c@cardiff.gov.uk](mailto:c2c@cardiff.gov.uk) or visit  
[www.cardiff.gov.uk](http://www.cardiff.gov.uk)

### **NHS Direct Wales**

A health advice and information service available 24 hours a day,  
every day of the year. You can call 0845 46 47 if you are feeling ill  
and are unsure of what to do, or for health information on a wide  
range of conditions, treatments and local health services. Visit  
[www.nhsdirect.wales.nhs.uk/](http://www.nhsdirect.wales.nhs.uk/)

For information on benefits, allowances and grants please refer to the  
Carers' Handbook. A copy is available by contacting your Local  
Authority - contact details above.

## **Do you look after someone who is ill, frail or disabled?**

Many carers do not recognise themselves as carers because they see their role as being a spouse, partner, sibling, parent, child, friend or neighbour. They are doing what comes naturally - caring for someone who needs them.

Each caring situation, carer and cared for person is unique; there is no such thing as a typical carer. Carers can live in the same house as the person they care for or live nearby or a distance away. Carers are not paid a wage to provide support and are sometimes referred to as unpaid or informal carers.

Caring can be rewarding but it can also affect your home life, work life, free time and your relationship with the person you care for.

There are a number of services available in the Vale of Glamorgan and Cardiff to support you in your role as a carer, as well as maintaining your own health and wellbeing. The organisations listed in this booklet offer information, advice and support to carers in a range of situations.

If your needs are more substantial and are likely to require input from social services, the way to access carers support is through a Carers' Assessment from your local council. If you are over the age of 18, this will look at your needs and the support that may be available, including a break from caring, access to training, access to carers' events and directing to relevant services.

Carers under 18 years of age can also have an assessment and may be directed to specific services which are funded to provide support for younger carers.

Wasanabetau penodol a arfennir i roi cymrorth i bodol iau.  
Cafft gofaliwr o dan 18 aseisiad hefyd a gelir eu cyfeirio at

at y gwasanabetau perthnasol.  
gwaith gofaliu, hyfforddiant, digwyddiadau i ofaliwr ac atgyfeiriadau  
angheiniou ar cymorth a llai fod ar gael, gan gyrrwys seblaint o'r  
Os ydych chi dros 18 oed, bydd yr aseisiad hwn yn ystyried eich  
cymorth i ofaliwr yw gwasanabetau cymdeithasol, y ffordd o gael  
angen cyfraniad yw gwasanabetau yn fyw sylweddol a chod yn debygol o fod  
o'r alywr mewm amrywiaeth o sefydliodedd.

yn y llyfr hwn yn cynnig gwyloddaeth, cyngor a chenogaeth i  
chynnal eich iechyd a'ch lles eich hun. Mae'r sefydliadau a restir  
i'ch cyngorlwyd yn eich swyddogaeth fel gofaliwr, yn ogystal â  
Mae nifer o wasanabetau ar gael ym Mro Morgannwg a Chwarteredd  
sawl yr ydych yn gofaliu amdanon.

Gall gofaliu roi boddhad ond gall hefyd effeithio ar eich bywyd  
carterf, eich bywyd gwaith, eich amser rhudd a'ch perthynas gyda'r  
gwaith a chyfeirir at ynt wethiau fel gofaliwr di-dal neu anffurfiol.  
gerllaw neu'n bell i ffwrdd. Nid yw gofaliwr yn cael cyfling i ddarparu  
gofaliwr fyw yn yr un ty a'r sawl y maent yn gofaliu amdanon neu fyw  
Mae pob sefydla o'r alywr, pob gofaliwr a phob unigolyn sy'n derbyn  
hangen.  
gwneud yr hyn sy'n dod yn natural - gofaliu am rywun sydd eu  
rhiant, plentyn, ffriad neu gyrrwaging yw eu swyddogaeth. Maeant yn  
eu bod yn teimlo mai bod yn wr/gwrraig, partner, brwd/chwær,

A ydych chi'n gofaliu am rywun sy'n sâl, yn eiddil neu'n anabl?

## Pwy all roi cyfomorth i chi ym Mro Morgannwg a Charedydd?

**4Winds**  
Cannolfan andoddau iechyd meddwl a arwainir gan y delyniddwr. Ar agor saith diwrnod yr wythnos ac yn cynnig cyflieedd i gael cyfawilt cymedithasol, cyfaill cefnogaol, cefnogaeth emosional, cyfomorth galwedig aethol a gwybodaeth am faterion sy'n gyflymliedig a gogoch iechyd meddwl.

**Action on Hearing Loss Cymru**  
Mae'n darparu ystod eang o wasanaethau ar gyfer pobl sy'n fyddar ac yn drwm eu cylw. Mae'r gwasanaethau'n cynnwys gofali a chyfomorth, cyflogaeth, gwybodaeth am bob agwedd ar golli cylw a thintiwys, sesiynau galw heibio i gael trwsio cyfomorth cylw a i wella bywyd bob dydd pobol. Rhif Ffon 029 2033 3034, e-bost [wales@hearingloss.org.uk](mailto:wales@hearingloss.org.uk) neu ewch i [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

**Adult and Community Learning (Vale of Glamorgan)**  
Mae'n cynnal amrywiaeth o Gyrsiau Dysgu Oedolion a'r Gymuned mewn canolfannau ledled Bro Morgannwg. Mae Cyrsiau Get Back on Track ar gael AM DDIM i helpu i fethrin sgliau a hyder. Rhif Ffon 01446 733762, e-bost [Palmerstoncentre@valeofglamorgan.gov.uk](mailto:Palmerstoncentre@valeofglamorgan.gov.uk) neu ewch i [www.gbotfree.org](http://www.gbotfree.org) Mae Cyrsiau'r Fro yn cynnig amrywiaeth o gyrsiau Hamdden a gwethdai undyd i hybu sgliau ac iechyd a lles. Rhif Ffon 01446 773831, e-bost [valecourses@valeofglamorgan.gov.uk](mailto:valecourses@valeofglamorgan.gov.uk) neu ewch i [www.valecourses.org](http://www.valecourses.org)

## Who can help you in the Vale and Cardiff?

### 4Winds

Provides a user-led, mental health resource centre. Open seven days a week, provides opportunities for social contact, peer support, emotional support, vocational support and information on mental health issues. Telephone 029 2038 8144 or email [contact@4winds.org.uk](mailto:contact@4winds.org.uk)

### Action on Hearing Loss Cymru

Provides a wide range of services for deaf and hard of hearing people. These include care and support, employment, information on all aspects of hearing loss and tinnitus, hearing aid repair drop-ins, Hear to Meet social groups, on-line services and products to enhance people's daily lives. Telephone 029 2033 3034, email [wales@hearingloss.org.uk](mailto:wales@hearingloss.org.uk) or visit [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

### Adult and Community Learning (Vale of Glamorgan)

Provides a range of Adult and Community Learning Courses at centres across the Vale of Glamorgan. Get Back on Track FREE Courses help build skills and confidence. Telephone 01446 733762, email [Palmerstoncentre@valeofglamorgan.gov.uk](mailto:Palmerstoncentre@valeofglamorgan.gov.uk) or visit [www.gbotfree.org](http://www.gbotfree.org) Vale Courses offer a variety of Leisure courses and one day workshops to promote skills and health and wellbeing. Telephone 01446 773831, email [valecourses@valeofglamorgan.gov.uk](mailto:valecourses@valeofglamorgan.gov.uk) or visit [www.valecourses.org](http://www.valecourses.org)

### Adult Autism Advice

A service specifically developed to provide low-level support, information and signposting to adults with High Functioning Autism or Asperger's Syndrome in Cardiff and the Vale who do not meet the criteria to access traditional support services. You do not need a diagnosis to contact Adult Autism Advice. Telephone 01446 731105, email [adultautismadvice@valeofglamorgan.gov.uk](mailto:adultautismadvice@valeofglamorgan.gov.uk) or visit [www.valeofglamorgan.gov.uk/autism](http://www.valeofglamorgan.gov.uk/autism)

## **Advocacy Matters (Wales)**

Provides advocacy services for adults with a learning disability and/or Autism Spectrum Conditions. We also provide advocacy services for parents with learning disabilities involved in child protection and child care procedures as well as our Victim Assist Project for adults with a learning disability who have been the victim of a crime.

Telephone 029 2023 3733, email [info@advocacymatterswales.co.uk](mailto:info@advocacymatterswales.co.uk) or visit [www.advocacymatterswales.co.uk](http://www.advocacymatterswales.co.uk)

## **Advocacy Support Cymru**

Delivers independent advocacy services in parts of South and Mid Wales. Provides Independent Mental Health Advocacy (IMHA), Independent Mental Capacity Advocacy (IMCA) and Community Mental Health Advocacy.

Telephone 029 2054 0444 or email [info@ascymru.org.uk](mailto:info@ascymru.org.uk)

## **Age Connects Cardiff and the Vale**

Provides a range of services for older people in Cardiff and the Vale. These include: Ageing Well programme, nail cutting, social activities, advocacy including advocacy for people affected by cancer, Good Neighbour Scheme, hospital discharge service, safeguarding programmes, welfare rights, Money Wise service, volunteering and Advant-Age Products. Telephone 029 2068 3600 for general enquiries, 029 2240 0029 for social activities in Cardiff, 01446 795549 for the Good Neighbour Scheme in the Vale and 029 2068 3693 for the hospital discharge service.

Visit [www.age-concern-cardiff.org.uk](http://www.age-concern-cardiff.org.uk)

## **Age Cymru**

Provides free, confidential and expert information and advice to older people, their families, friends, carers and professionals throughout Wales. Offers a range of support for carers, including advice on welfare benefits, care provision, care needs and eligibility criteria. Telephone 08000 223 444 or email [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

[concern-cardiff.org.uk](http://concern-cardiff.org.uk)

gyfer y gwasanaeth ryddhau cleifion o ysbystai. Ewch i [www.age-.org.uk](http://www.age-.org.uk)

gyfer Y Cyflwyn Gymydog Da ym Mro Morganwg a 029 2068 3693 ar

Ffon 029 2068 3600 ar gyfer ymholiadau cyffredinol, 029 2240 0029 ar

gwasanaeth Moneg Wise, gwirfoddoli a Chynhyrchion Advant-Age. Rhif

Da, gwasanaeth ryddhau cleifion, rhagleni gan ganser, Cyflwyn Gymydog

ewinodd, gwelthgareddau cymedithasol, eriolaeith gan gyntwys

Fro. Mae'r gwasanaethau i bobl hyn yng Nghaerdydd ar

Yn darparu amwyieith o gwasanaethau i bobl sydd wedi eu hefeli i ddioleu, hawliau llies,

## **Age Connects Cardiff and the Vale**

Rhif Ffon 029 2054 0444 neu [e-post.info@ascymru.org.uk](mailto:e-post.info@ascymru.org.uk)

Meddwl Gymunedol.

Eriolaeith Capasiti Meddylol Annibynnol, (IMCA) ac Eriolaeith Iechyd

Chanolborth Cymru. Yn darparu Eriolaeith lechyd Meddwl Annibynnol,

Mae'n cyflwyno gwasanaethau eriolai annibynnol mewn rhannau o Dde a

## **Advocacy Support Cymru**

[www.advocacymatterswales.co.uk](http://www.advocacymatterswales.co.uk)

sydd ag anabledd dysgu sydd wedi dioddef trasedd. Rhif Ffon 029 2023

3733, e-post [info@advocacymatterswales.co.uk](mailto:info@advocacymatterswales.co.uk) neu ewch i

gofal plant yn ogystal â'r Prosiect Cyfmoth i Ddiodefwr i Oedolion

neni sydd ag anableddau dysgu sy'n rhani o achosion amddiffyn plant a

y Sbeccwm Awtistaeth. Rydym hefyd yn darparu gwasanaethau eriolai i

Gwasanaeth eriolai i oedolion sydd ag anabledd dysgu a/neu Gyflyrau ar

## **Advocacy Matters (Wales)**

[www.valeofglamorgan.gov.uk/autism](http://www.valeofglamorgan.gov.uk/autism)

adultautismadvicce@valeofglamorgan.gov.uk neu ewch i

Awtistaig. Rhif Ffon 01446 731105, e-post

tradodiadol. Nid oes angen diagnoesi i gysylltu â Chymorth i Oedolion

bodloni'r meini prawf er mwyn defnyddio gwasanaethau cyfmoth

welthrebol neu Syndrom Asperger yng Nghaerdydd ar Fro nad ydylt yn

gwybodaeth a chyfeiriadau i oedolion sydd ag Awtistaeth Uchel-

Gwasanaeth sydd wedi ei ddatblygu'n benodol i roi cymorth iefel isel,

## **Adult Autism Advice**

**Age Cymru Advice**  
Gwybodaeth a chyngor cyfrinacchol ac arbenigol am ddim i bobl hyn,  
eu teuluoedd, eu friediau, eu gofaliwr a gwreithwyr proffesiynol  
ledled Cymru. Cyngor amrywieth o gymorth i ofaliwr, gan gynnwys  
cyngor ar fudd-daliadau llais, darpariaeth gofal, a nheneiniol gofal a  
meini prawf cymrwysedd. Rhif Ffôn 08000 223 444 neu e-bost  
advice@agecymru.org.uk

**Alzheimer's Society – Cardiff and the Vale**  
Cefnogaeth i bobl sydd â dementa, eu teuluoedd a'u gofaliwr. Mae  
Ty Hapus yn Heol Holton, Y Barry (Rhif Ffôn 01446 738024) a  
Llys Oldwell Pen-y-lan, Caerdydd (Rhif Ffôn 029 2043 4960) yn  
gyrrig Gwasanaeth Gofal Dydd arbennigol. Rydym hefyd yn cynnig  
gwybodaeth a chymorth, grwpiau, caffis dementa, cymorth  
gymanedol, hyfforddiant ac ati sydd wedi eu cyllunio i gyrrhwyso  
pobl sy'n byw gyda dementa.  
www.alzheimers.org.uk  
E-bost southeastwales@alzheimers.org.uk neu ewch i

**Armed Forces Community Covenant**  
I gydn-filiwr, yn gwasanaethu aelodau o'r Lloedd Arfog a'u  
teuluoedd â phryderon am iechedyd meddwl, iechedyd, tai ac  
ystriathau llais eraill. Rhif Ffôn Bro Morgannwg 01446 700111  
neu ewch i <http://www.valeofglamorgan.gov.uk/en/living/army-forces-army-forces-covenant.aspx>  
Rhif Ffôn Caerdydd 029 2087 2087 neu ewch i  
<https://www.cardiff.gov.uk/ENG/Your-Council/Armed-Forces-Covenant/Pages/default.aspx>

## **Alzheimer's Society – Cardiff and The Vale**

Supports people with dementia, their families and carers. Both **Ty Hapus in Holton Road, Barry** (Telephone 01446 738024) and **Oldwell Court in Penylan, Cardiff** (Telephone 029 2043 4960) offers a specialist Day Care Service. We also offer information and support, groups, dementia cafes, community support, training etc. designed to support people who are living with dementia. Email [southeastwales@alzheimers.org.uk](mailto:southeastwales@alzheimers.org.uk) or visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Armed Forces Community Covenant**

For veterans, serving members of the Armed Forces and their families for concerns about mental health, health, housing and other welfare considerations. For the Vale telephone 01446 700111 or visit <http://www.valeofglamorgan.gov.uk/en/living/army-forces-army-forces-covenant.aspx>  
For Cardiff telephone 029 2087 2087 or visit <https://www.cardiff.gov.uk/ENG/Your-Council/Armed-Forces-Covenant/Pages/default.aspx>

## **Arthritis Care**

Supporting individuals with arthritis and their families through our 'Living Well with Arthritis' programme and our 'Young People and Families' service. We are the largest UK charity working with and for all people who have arthritis. Telephone the free helpline 0808 800 4050 (open Monday - Friday), 029 2044 4155, email [wales@arthritis.org.uk](mailto:wales@arthritis.org.uk) or visit [www.arthritis.org.uk](http://www.arthritis.org.uk)

## **Barnardo's Community Link Service**

Supports children and young people who have learning disabilities by providing short break services. Telephone 029 2057 1910, email [community.links@barnardos.co.uk](mailto:community.links@barnardos.co.uk) or visit [www.barnardos.org.uk](http://www.barnardos.org.uk)

## **Barry RAF Association**

Provides advice, support and friendship to the ex-RAF community and their dependants living within the Vale. Telephone 01446 740522, email [geoff@horton.co.uk](mailto:geoff@horton.co.uk) or 01446 790610, email [sonja.booo@btinternet.com](mailto:sonja.booo@btinternet.com) or 029 2084 4893, email [jmjamesmason433@googlemail.com](mailto:jmjamesmason433@googlemail.com)

## **Bipolar UK**

Supports individuals with bipolar, their families and carers. Services for carers include a one-to-one mentoring scheme, self-help groups and a web-based discussion forum. Telephone 01633 244244, email [walesinfo@bipolaruk.org.uk](mailto:walesinfo@bipolaruk.org.uk) or visit [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

## **Blind Veterans UK**

No One Alone campaign is reaching out to ex-Service men and women who are now battling severe sight loss and who could be eligible for support but do not realise it. Regardless of how a veteran lost their sight or when they served, Blind Veterans UK can help. If you are a vision impaired ex-Service man or woman, or care for someone who is, telephone 0800 389 7979 or visit [www.noonealone.org.uk](http://www.noonealone.org.uk)

## **Bobath Children's Therapy Centre Wales**

Provides specialist Bobath therapy to children throughout Wales who have cerebral palsy. Bobath therapists provide a trans-disciplinary approach combining physiotherapy, occupational therapy and speech and language therapy.  
Telephone 029 2052 2600 or email [info@bobathwales.org](mailto:info@bobathwales.org)

## **Breast Cancer Care**

Offers a range of free services for anyone affected by breast cancer. They bring people together, provide information and support and campaign for improved standards of care.  
Telephone 029 2023 4070 or email [cym@breastcancercare.org.uk](mailto:cym@breastcancercare.org.uk)

## **British Heart Foundation Cymru**

Plays a leading role in the fight against disease of the heart and circulation. Telephone 029 2038 2368 or email [Wales@bhf.org.uk](mailto:Wales@bhf.org.uk)

hanno, ffoniwch 0800 389 7979 neu ewch i [www.noonealone.org.uk](http://www.noonealone.org.uk) nam ar eich gofali sydd os ydych chi'n gofali am rywun yn y sefydla

lle, gall Blaen Vetterans UK helpu. Os ydych chi'n gynt-filwr sydd â sywedolli hyunny. Pa bynnag ffordd y collodd cy-n-filwr ei olyng ac yn Mae sawl un a allai fod yn gyflymwyd i gael cymorth, ond nad ydylt yn sy'n gynt-filwr ac sydd bellach yn dioddef o nam ddirfola'r ar eu gofali.

Mae mygyrch No One Alone yn rhoi cymorth i ddyniion a menywod

## **Blind Veterans UK**

neu ewch i [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk) lein. Rhif Ffôn 01633 244244, e-bost [walesinfo@bipolaruk.org.uk](mailto:walesinfo@bipolaruk.org.uk) cyflawni mentorau un i un, grwpiau hunangymorth a ffowrm draddod ar- teuluoedd a'u gofaliwr. Mae'r gwasanaethau i ofaliwr yn cynnwys Mae'n cefnogi unigolion sydd ag anhwylidr ddebegynol, eu

## **Bipolar UK**

2084 4893, e-bost [jmjamessason433@google-post.com](mailto:jmjamessason433@google-post.com) neu 01446 790610, e-bost [sonja.booy@btinternet.com](mailto:sonja.booy@btinternet.com) neu 029 Morgannwg. Rhif Ffôn 01446 740522, e-bost [geoff@horton.co.uk](mailto:geoff@horton.co.uk) Mae'r darparu cymgor, ceffnogaeth a chyfeillgarwch i'r gymuned a afereid fod yn yr RAF a'r rhai sy'n addiwyndu armynt sy'n bwy ym Mro

## **Barry RAF Association**

www.barnardos.org.uk  
 Mae'r darparu cymunedau dysgu drwy ddarparu gwasanaethau seblifiant byr. Rhif Ffôn 029 2057 1910, e- post [community.links@barnardos.co.uk](mailto:community.links@barnardos.co.uk) neu ewch i www.barnardos.org.uk  
 Mae'n cefnogi plant a phobl ifanc sydd ag anabeddau dysgu drwy ddarparu gwasanaethau seblifiant byr. Rhif Ffôn 029 2057 1910, e- post [community.links@barnardos.co.uk](mailto:community.links@barnardos.co.uk) neu ewch i www.barnardos.org.uk  
 Mae'n cefnogaeth a phobl ifanc sydd ag anabeddau dysgu drwy ddarparu gwasanaethau seblifiant byr. Rhif Ffôn 029 2057 1910, e- post [community.links@barnardos.co.uk](mailto:community.links@barnardos.co.uk) neu ewch i www.barnardos.org.uk

## **Barnardo's Community Link Service**

wales@arthritis-care.org.uk neu ewch i [www.arthritis-care.org.uk](http://www.arthritis-care.org.uk) dydd Llin - Gwener), 029 2044 4155, e-bost llei pobl sydd ag arthriti. Rhif Ffôn am dyddim 0808 800 4050 (ar agor Thelluodd). Ni yw'r elusen fywaf yn y DU sy'n gweithio gydag ac er rhaglen, Bywn Dda gydag Arthriti, a'n gwasanaeth i Bobi Ifanc a Mae'n cefnogi unigolion sydd ag arthriti a'u teuluoedd drwy ein llei pobl sydd ag arthriti. Rhif Ffôn am dyddim 0808 800 4050 (ar agor dydd Llin - Gwener), 029 2044 4155, e-bost Wales@arthritis-care.org.uk neu ewch i www.arthritis-care.org.uk

## **Arthritis Care**

**Bobaeth Children's Therapy Centre Wales**  
 Mae'n darparu therapi Bobaeth arbennigol i blant ym mhob cwr o Gymru sydd â pharlys yr ymnenydd. Mae therapydiddion Bobaeth yn defnyddio dull traws-ddisgyblaeithol gan gyfluno fisioterapi, therapi galwedigaethol a thherapi iâith a llefydd.

**Breast Cancer Care**  
 Mae'n cynnig amrywiaeth o wasanaethau am ddim i unrhyw un yr effeithir armynt gan ganser y fro. Mae'n ynni bod â phobl ynghyd, yn darparu gwybodaeth a chethogaeith ac yn ymgrychu dros well safonau gofali. Rhif Ffon 029 2023 4070 neu e-bost cym@breastcancercare.org.uk

**British Heart Foundation Cymru**  
 Mae gan y sefydliad ran arwainiol yn fwydr yn erbyn clefyd y galon a chychediad. Rhif Ffon 029 2038 2368 neu e-bost Wales@bhf.org.uk  
**British Legion Poppy Calls**  
 Os ydych chi'n cael trafferth gydag atgyweiriadau bychan o gwmpas ty ac addasiadau bach yn eich cartref ac yn gyflywyd i gael ein cymrwth, mae'n bosibl y gallai'r Lleny Brydeinig Frenhinol eich helpu gyda'n gwasanaeth fan atgyweiro a elwir yn Poppy Calls.

**Rhif Ffon (am ddim) 0800 032 0306**  
 Rhif Ffon (am ddim) 0800 032 0306  
 Mae'n darparu nrys, cyngorwyr budd-dailadau a chwseala drwy llinell Gwylt Sefydliad Prydeinig yr Ysgyfaint. Cyngeler grwpiau Anadlu effeithir armynt gan gyflwr yr Ysgyfaint i unrhyw un yr Rhodd lleol i bobl sydd â chyllyrâu'r Ysgyfaint. Ffoniwr y llinell gyromrh 03000 030 555 neu e-bost www.blf.org.uk/Page/ Looking-after-someone-with-lung-disease

**British Lung Foundation**  
 Mae'n darparu nrys, cyngorwyr budd-dailadau a chwseala drwy effeithir armynt gan gyflwr yr Ysgyfaint. Cyngeler grwpiau Anadlu Rhodd lleol i bobl sydd â chyllyrâu'r Ysgyfaint. Ffoniwr y llinell gyromrh 03000 030 555 neu e-bost www.blf.org.uk/Page/ Looking-after-someone-with-lung-disease

**British Polio Fellowship Cardiff & Vale**  
 Support group for polio affected people and their carers.  
 Email coral.williams44@sky.com or visit [www.britishpolio.org](http://www.britishpolio.org)

**British Red Cross**  
 Provides a range of services in Cardiff and the Vale.  
 The **Community Support Service** provides time-limited person centred support for people aged 50 and above to help them to maintain independence and to improve confidence using an individually tailored action plan. Telephone 07921 404327 or email [CardiffValeCSS@redcross.org.uk](mailto:CardiffValeCSS@redcross.org.uk)  
 The **Mobility Aids Service** provides short term loans of medical equipment, such as wheelchairs, for people with a disability or illness. Telephone 08444 122756

**Cardiff Advice (Citizens Advice Cardiff and Vale, Diverse Cymru and Speakeasy Advice)**  
 Provides free, independent, confidential and impartial advice on all issues to include debt, housing and welfare benefits. Visit the offices at Central Library, The Hayes, Cardiff or at Broad Street, Barry. Telephone 03444 77 2020 for advice or visit [www.citizensadvicecardiffandvale.org.uk](http://www.citizensadvicecardiffandvale.org.uk) or [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for times and locations of drop in services

**British Legion Poppy Calls**  
 If you're having trouble with those small household repairs and minor adaptations around your home and you're eligible for our help, The Royal British Legion might be able to help you through our handy van service known as Poppy Calls.  
 Telephone (free) 0800 032 0306

**British Lung Foundation**  
 Provides nurses, benefits advisers and also counselling via the BLF Helpline for anyone affected by a lung condition. Runs local Breathe Easy groups for people with lung conditions and their carers.  
 Telephone the helpline 03000 030 555 or visit [www.blf.org.uk/Page/ Looking-after-someone-with-lung-disease](http://www.blf.org.uk/Page/ Looking-after-someone-with-lung-disease)

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Cardiff and Vale Action for Mental Health

Working to progress mental health services by service user, carer and third sector involvement. For information and involvement in older people's mental health services contact the Nexus Project. For further information, access to a Directory of Mental Health Services and **DIRECTIONS**, the carers' handbook about older people's mental health, telephone 029 2022 2200, email mail@cavamh.org.uk or visit [www.cavamh.org.uk](http://www.cavamh.org.uk)

Cardiff and Vale of Glamorgan Community Health Council

Independent Statutory NHS 'Patients' Watchdog' that represents the interests of local patients and public in the NHS. We visit NHS premises and ensure patients have a good experience, oversee any service change proposals and provide a free and independent Advocacy Services which offers support, advice and guidance when someone has any concerns regarding the treatment given by the NHS. Telephone 02920 377407, email [cavog.chieffofficer@waleschc.org.uk](mailto:cavog.chieffofficer@waleschc.org.uk) or visit [www.communityhealthcouncils.org.uk/cardiffandvale](http://www.communityhealthcouncils.org.uk/cardiffandvale)

Cardiff and Vale University Health Board

Works with local authorities and voluntary organisations to provide carers with better support and information. For any carer-related enquiries telephone 029 2074 5307, 029 2074 5692 or email [cardiffandvale.carers@wales.nhs.uk](mailto:cardiffandvale.carers@wales.nhs.uk)

**Putting Things Right – raising a concern about the NHS**

If you are not happy with care or treatment provided by or for the NHS in Wales or have any other concerns you think the NHS should know about, contact the Cardiff and Vale University Health Board Concerns Team. For concerns, complaints or compliments telephone 029 2074 2202 or email [concerns@wales.nhs.uk](mailto:concerns@wales.nhs.uk)

## **Seasonal flu vaccinations**

Seasonal flu vaccination is available FREE for all unpaid carers in Cardiff & the Vale, from your GP surgery or participating pharmacies. Flu vaccine is recommended annually to keep you and the person you look after well during the autumn and winter, and is available from October onwards each year.

**Cymru and Speakeasy Advice** ([Citizens Advice](http://www.citizensadvice.org.uk)) Cardifft and Vale, Diverse  
Mae'n darparu cyngor annibynnol, cyfrinachol a diiduedd am ddim ar bob mwyd gan gyntaf ymddyngiadau llies. Galwch i mewn ir swyddfeydd yn y Llyfrgell Ganolog, Yr Aes, Caerdydd neu Broad Street, Y Barri. Ffôn 0344 77 2020 ! gael cyngor neu e Welch ! [www.citizensadvicecardiffandvalle.org.uk](http://www.citizensadvicecardiffandvalle.org.uk) neu  
www.citizensadvice.org.uk ! gael amseroedd a lleoliadau y gwasanaethau galw heibio.

**Cardiff and Vale Action for Mental Health**  
Mae'n gweithio i ddathlu gwasanaethau iechyd meddwl drwy gyfranogiad defnyddwyr gwasanaethau, gofaliwyd a'r trydded sectedr. I gael rhagor o wybodaeth ac i gymryd rhan mewn gwasanaethau iechyd pobl hyn, iechyd pobl hyn, gysylltwch â Phrosiect Nexus. I gael rhagor o wybodaeth, i gael defnyddio Cyfeiriad Gwasanaethau lechyd Meddwl a **DIRECTIONS**, llawlyfr gofaliwyd ynglŷn ag iechyd meddwl pobl hyn, Rhif Ffôn 029 2022 2200, e-bost mail@cavamh.org.uk neu ewch i [www.cavamh.org.uk](http://www.cavamh.org.uk)

Mae'n darparu ystod o wasanaethau yng Nghaerdydd a'r Ffro. Mae'r Gwasanaeth Gymorth Gymanedol yn rhoi cyrnod i amser cymhlethol i bobl dros 50 oed er mwyn eu helpu i fyw'n annibynnol a metiethrin eu hydfer gyda chynllun gweithredu wedi ei deliwr a unigolyn. Rhif Ffôn 07921 404327 neu e-bost [CardiffVALECSS@redcross.org.uk](mailto:CardiffVALECSS@redcross.org.uk)

Mae'r Gwasanaeth Gymorth Gwynebol yn rhoi gwynebol i bobl sydd ag meddygol am gyflwrâu byr, megis cadefiriau olwyn, i bobl sydd ag anabedd neu salwch. Rhif Ffôn 08444 122756

Cardiff and Vale of Glamorgan Community Health Council

Cwm Gwarchod Annibynnol Stratudol ar gyfer Cymuned y Gîg, sy'n cynrychioli buddion cleifion lleol a'r Cyhoedd yn y Gîg. Byddwn yn ymwedlu safleoedd y Gîg ac yn sicrhau bod cleifion yn cael profiad da, yn goruchwyllo unrhyw gynwigion i newid y gwasanaeth ac yn darpau Gwasanaethau Eiriol Annibynnol am dim sy'n

Cymhlyg yng Nghymru, cyngor a chwilio i ddarparu parhaidiadau a pham i gylch yng Nghymru, gan ymddygu'r ddiwyllion a'u gwaith i gylch yng Nghymru.

Cardiff and Vale University Health Board

Ymholaiddau sy'n gysylltiedig â gofaliwr, ffônïwch 029 2074 5307,  
029 2074 5692 neu amfonwch e-bost!

**Gweithio i Wellia - mynegi Pryder ynglych y GIG**

gwaith y gair i'eu ar ei lach yng Nghymru neu os oes gennych chi  
bydderion eraill yr ydych yn teimlo y dylai'r GIG wybod amdanuynt,  
cysylltwch â Thim Pryderon Bwrdd Iechyd Prifysgol Caerdydd a'r  
Fro. Ar gyfer Pryderon, cwyntion neu ganmoliaeth, ffoniwch 029  
2074 2202, neu anfonwch e-bost i concerms@wales.nhs.uk  
**Brechlyn ffliw tymhorol**  
Mae brechlyn ffliw tymhorol ar gael AM DDIM! bob gofaliwr di-dai  
yng Nghaerdydd a'r Fro, ym meddygra eich meddyg teulu neu'r  
fferylfydd sy'n cymryd rhain. Argymhellir eich bod yn cael brechlyn  
ffiliw bob blwyddyn er mwyn eich cadw chi ar sawl yr ydych yn  
gofalau amdano yn iach yn ystod yr hydref a'r gaer, ac mae ar gael  
o fis Hydref ymlaen bob blwyddayn.

# Cardiff Food Bank

Provides emergency food to help and support those suffering financial hardship and who are facing the reality of being unable to feed themselves or their families. To access the foodbank you must be referred by a partner organisation or professional and given a voucher. Telephone 029 2048 4120, email [info@cardiff.foodbank.org.uk](mailto:info@cardiff.foodbank.org.uk) or visit [www.cardiff.foodbank.org.uk](http://www.cardiff.foodbank.org.uk)

Cardiff City FC Foundation – Disability & Health

Provides sporting opportunities for individuals with disabilities. Five separate impairment specific sessions run every week that cater for learning disability, Down's Syndrome, deaf and hearing impaired, physical disabilities and wheelchair users. Sessions are suited to all ability levels and are designed to utilise the physical, mental and social benefits sport has to offer. Telephone 07538 813049, email [josh.law@cardiffcityfc.org.uk](mailto:josh.law@cardiffcityfc.org.uk) or visit <http://cardiffcityfcfoundation.org.uk>

**Cardiff Institute for the Blind**

Provides local services and lifelong support, so that blind and partially sighted people in South Wales can live independently and make the most of their lives. We work with closely with RNIB Cymru to make every day better for people affected by sight loss. Telephone 029 2039 8900, email [michelle@cibi.org.uk](mailto:michelle@cibi.org.uk) or visit [www.cibi.co.uk](http://www.cibi.co.uk)

Cardiff Mind

Promotes positive mental wellbeing through empowering and supporting people to access opportunities to give them independence and quality of life.

Telephone 029 2040 2040 or email [admin@cardiffmind.org](mailto:admin@cardiffmind.org)

## **Cardiff Older Persons Forum**

Improves the lives of older people and minority ethnic elders in Cardiff. Telephone 029 2087 2647, email [alucas@cardiff.gov.uk](mailto:alucas@cardiff.gov.uk) or visit [www.cardiffopstrategy.co.uk/](http://www.cardiffopstrategy.co.uk/)

## **Cardiff People First**

A self-advocacy and community advocacy organisation, run by people with a learning disability.  
Email [cardifpeople1st@btconnect.com](mailto:cardifpeople1st@btconnect.com)  
or visit [www.cardifpeoplefirst.org.uk](http://www.cardifpeoplefirst.org.uk)

## **Cardiff Third Sector Council (C3SC)**

Provides specialist advice, support, training and information to local third sector organisations on issues including funding and governance. Telephone 029 2048 5722, email [enquiries@c3sc.org.uk](mailto:enquiries@c3sc.org.uk) or visit [www.c3sc.org.uk](http://www.c3sc.org.uk)

## **Cardiff Young Carers**

Gofal i chi provides support for young people aged 5 – 18 who have caring responsibilities. Referrals can be made by schools, other agencies, counsellors or self-referrals with the carer/parent being made aware of and agreeing to the referral. We offer group work and creative activities. Some examples of the work we offer are around identifying feelings, how to express feelings, confidence, self-esteem, communication, coping strategies, support networks, resilience, risk. Telephone 029 2036 0556 or email [steph.jones@actionforchildren.org.uk](mailto:steph.jones@actionforchildren.org.uk)

## **Care & Repair Cardiff and the Vale**

Provides expert advice, support and practical assistance to help older people and their carers to repair, adapt and maintain their homes. Telephone 029 2047 3337 or email [careandrepair@crcv.org.uk](mailto:careandrepair@crcv.org.uk)

## **Carers' Services (Local Authority contacts)**

Contact your local council for information and advice on services and training available within the Vale and Cardiff.

For the Vale telephone 01446 700111, email [c1v1@valeofglamorgan.gov.uk](mailto:c1v1@valeofglamorgan.gov.uk)  
or visit [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers)

For Cardiff telephone 029 2087 2087, email [c2c@cardiff.gov.uk](mailto:c2c@cardiff.gov.uk) or visit [www.cardiff.gov.uk/carers](http://www.cardiff.gov.uk/carers)

Mae'n darparu bwd mewm argyfwng i helpu a chynorthwy o'r bobl sy'n dioddef o galedi arianol ac sy'n wŷnnebu'r realiti o fethu â bwydo eu hunain na'u teuluodd. Er mwyn ddefnyddio banc bwd, rhaid i chi gael eich cyfeiriad gan sefydliad partner neu weithwir proffesiynol a chael tocyn. Rhif Ffon 029 2048 4120, e-bost [info@cardiff.foodbank.org.uk](mailto:info@cardiff.foodbank.org.uk) neu ewch i [www.cardiff.foodbank.org.uk](http://www.cardiff.foodbank.org.uk)

Mae'n darparu llaw meddygol cadarnhaol drwy roi'r gym a'r gefnogaeth i bobl faintesio ar gyflleoedd a fydd yn rhoi annibyniaeth ac ansawdd bwyd da iddynit. Rhif Ffon 029 2040 2040 neu e-bost [admin@cardiffmind.org](mailto:admin@cardiffmind.org)

Mae'n darparu gwasanaethau lleol a chymorth oes, er mwyn i bobl annibyniol a byw eu bywyd i'r eithaf. Rydym yn gweithio'n agos i ddal a'r rhai sydd â nam ar eu goleg ym Ne Cymru fyw'n e Welch i [www.cibl.co.uk](http://www.cibl.co.uk) golwg. Rhif Ffon 029 2039 8900, e-bost [michelle@cibl.org.uk](mailto:michelle@cibl.org.uk) neu gydag RNIB Cymru i wneud pob diwrnod yn well i bobl sy'n colli eu annibyniol a byw eu bywyd i'r eithaf. Rydym yn gweithio'n agos i ddal a'r rhai sydd â nam ar eu goleg ym Ne Cymru fyw'n Mae'n darparu gwasanaethau lleol a chymorth oes, er mwyn i bobl annibyniol a byw eu bywyd i'r eithaf. Rydym yn gweithio'n agos i ddal a'r rhai sydd â nam ar eu goleg ym Ne Cymru fyw'n

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**Cardiff People First**  
Sefydliad hunaneriol ac eirialaeth gymunedol, sy'n cael ei rhedeg gan bobl sydd ag anabledd dylgwylod. E-bost: cardiffpeoplefirst@btconnect.com  
neu ewch i [www.cardiffpeoplefirst.org.uk](http://www.cardiffpeoplefirst.org.uk)

**Cardiff Third Sector Council (C3SC)**  
Mae'n darparu cyngor arbennigol, cymorth, hysforeddiant a gwybodaeth i sefydliadau trydydd sektor lleol ar faterion gan gynnwys cyllid a llywodraethu. Rhif Ffon 029 2048 5722, e-bost: enquires@c3sc.org.uk neu ewch i [www.c3sc.org.uk](http://www.c3sc.org.uk)

**Cardiff Young Carers**  
Mae Gofal i chi yn rhoi cymorth i bobl ifanc 5-18 oed sydd â chyflifioldebau gofali. Gelir gwneud atgyfeiriadau gan ysgolion, y gofawr/rhian yn ymwybodol o'r atgyfeiriad ac yn cytuno iddo. Asiantateithau eraill, cwssebwyr neu hunanatgyfeirio gan sicrhau bod Rydym yn cynnig gwath grwp a gwethgareddau creidiadol.

**Care & Repair Cardiff and the Vale**  
Mae'n darparu cyngor arbennigol, cymorth a chyngor i helpu pobl hy'n â'u gofawr i drwsio, addasu a chynnal eu cartrefi. Rhif Ffon 029 2047 3337 neu e-bost: carersandrepairs@crcv.org.uk

**Carers Services (Local Authority contacts)**  
Cysylltwch â'i ch yngor lleol i gael gwybodaeth a chyngor am wasanaethau a hyfforddiant sydd ar gael ym Mro Morganwg a Chareddydd. Rhif Ffon Bro Morganwg 01446 700111, e-bost: c1v@valoefglamorgan.gov.uk neu ewch i [www.valoefglamorgan.gov.uk/careers](http://www.valoefglamorgan.gov.uk/careers) Rhif Ffon Careddydd 029 2087 2087, e-bost: C2C@cardiff.gov.uk neu ewch i [www.valeofglamorgan.gov.uk/careers](http://www.valeofglamorgan.gov.uk/careers) Rhif Ffon Careddydd 029 2087

**Carers Trust Wales**  
Information, advice and support for unpaid carers in Wales.  
Telephone 029 2009 0087, email [wales@carers.org](mailto:wales@carers.org) or visit [www.carers.org/wales](http://www.carers.org/wales)

**The Castaways**  
A social club for older people living independently in the Vale of Glamorgan, meets Mondays and Fridays, 11am - 2.30pm at the Castleland Drop In Centre, Belvedere Crescent, Barry.  
Telephone 01446 734387

**Cinnamon Trust**  
Help with pets when the elderly and terminally ill are unable to look after them. Telephone 01736 757900 or visit [www.cinnamon.org.uk](http://www.cinnamon.org.uk)

**Citizens Advice Cardiff and Vale**  
Provides free, independent, confidential and impartial advice on all issues to include debt, housing and welfare benefits. Visit the offices at Central Library, The Hayes, Cardiff or at Broad Street, Barry. Telephone 03444 77 2020 for advice or visit [www.citizensadvicecardiffandvale.org.uk](http://www.citizensadvicecardiffandvale.org.uk) or [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for times and locations of drop in services

## **Community Transport Services:**

**Dinas Powys Voluntary Concern** - Provides a transport service in particular to the elderly and people with disabilities for residents in the Dinas Powys area only. Telephone 029 2051 3700 or email [dpvc@btinternet.com](mailto:dpvc@btinternet.com)

**East Vale Community Transport** - Provides transport for local organisations, mainly the elderly and disabled in the East Vale area. Telephone 029 2070 5138 or email [eastvale.ct06@virgin.net](mailto:eastvale.ct06@virgin.net)

**Greenlinks** - Serving residents of the Vale for shopping trips, social visits, day trips or hospital visits. Telephone 0800 294 1113 or email [greenlinks@valeofglamorgan.gov.uk](mailto:greenlinks@valeofglamorgan.gov.uk)

**Hospital Transport Service** - Service provides help to certain patients to get to their hospital or clinic appointment. Telephone 0800 32 82 332

**Voluntary Emergency Service Transport** - Provides a comprehensive transport service for those residents of Cardiff and the Vale of Glamorgan who because of age, illness or disability have difficulty using conventional public transport. Telephone 029 2049 0335, email [vest@talktalk.net](mailto:vest@talktalk.net) or visit [www.vestcardiff.talktalk.net](http://www.vestcardiff.talktalk.net)

## **Contact the Elderly**

A national charity solely dedicated to tackling loneliness and social isolation among older people. Telephone 01792 862702 or email [info@contact-the-elderly.org.uk](mailto:info@contact-the-elderly.org.uk)

## **Credit Union**

Cardiff & Vale Credit Union is a mutual savings and loans society that provides straightforward, affordable financial services for the people who live or work in Cardiff or the Vale of Glamorgan. Telephone 029 2087 2373, email [info@cardiffcu.com](mailto:info@cardiffcu.com) or visit [www.cardiffcu.com](http://www.cardiffcu.com)

**Careers Trust Wales**  
neu ewch ! [www.careers.org/wales](http://www.careers.org/wales)  
Rhif Ffon 029 2009 0087, e-bost [wales@careers.org](mailto:wales@careers.org)

Gwybodaeth, cyngor a chymorth i ofalwyd di-dai yng Nghymru.

**The Castaways**

Cilwch cynddelwchol ! bobl hyn sy'n byw'n annibynnol ym Mro Morgrannwg sy'n cyfarfod ddydd Llun a Dydd Gwener, 11 am - 2.30pm yng Nghannolfan Galw Helebia Castelland, Belvedere Crescent, Y Bar. Rhif Ffon 01446 734387

**Cinnamon Trust**  
Cymorth gydag annifeliad a newes pan fydd pobl oedranus a phobl sy'n derbyn wael yn methu a gofalu amdanuyt. Rhif Ffon 01736 757900 neu ewch ! [www.cinnamon.org.uk](http://www.cinnamon.org.uk)

**Citizens Advice Cardiff and Vale**  
 Mae'n darparu cyngor annibynnol, cyfrinachol a diiduedd am ddim ar bob mwyter gan gynnwys dyledion, tai a budd-daliadau lles.  
 Galwch i mewn i'r swyddfaedd yn y Llyfrgell Ganolog, Yr Aes,  
 Caerdydd neu Broad Street, Y Bar. Ffôn 03444 77 2020 ! gael  
 cyngor neu ewch ! [www.citizensadvicecardiffandvale.org.uk](http://www.citizensadvicecardiffandvale.org.uk) ! gael amserodd a lleoliadau galw heibio.

**Dinas Powys Voluntary Concern** – Yn darparu gwasanaeth  
Commuinity Transport Services:  
Rhif Ffôn 029 2051 3700 neu e-bost dpvc@btinternet.com  
anableddau yn ardal Dinas Powys yn unig.  
cludiant yn arbennig ar gyfer yr henod a phobl sydd ag  
East Vale Community Transport - Cludiant i sefydliadau lleol, yr  
Rhif Ffôn 029 2070 5138 neu e-bost eastviale.ct06@virgin.net  
**Greenlinks** – Yn gwasanaethu trigoillion Bro Morgannwg.  
henod a'r anabl yn benna'r, yn ardal Dwyrai Bro Morgannwg.  
Rhif Ffôn 029 2070 5138 neu e-bost eastviale.ct06@virgin.net  
**Hospital Transport Service** - Darperir cymorth i rai cleifion  
gyrraedd i apwyntadau ysbty neu'r clinic. Rhif Ffôn 0800 32 82  
332  
**Voluntary Emergency Service Transport** - Gwasanaeth cludiant  
cyngorysfawr i drigoillion Careddydd a Bro Morgannwg sy'n cael  
anhwastwr i ddifynddio cludiant cyhoeddus gontenisiynol.  
Rhif Ffôn 029 2049 0335, e-bost vest@talktalk.net neu ewch i  
www.vestcardiff.talktalk.net  
**Contact the Elderly**  
Elusen genedlaethol sy'n ymroddedig i fynd i'r safel ag unigrywedd  
ac arwahanwydd cymdeithasol mysg pobl hy'n. Rhif Ffôn 01792  
862702 neu e-bost info@contact-the-elderly.org.uk  
**Credit Union**  
Cymdeithas gyngillion a benthygciadau gydfuddianol yw Undeb  
Credyd Careddydd a'r Fro sy'n cynllig gwasanaethau syml,  
fforddriadwy i'r bobl sy'n byw neu'n gweithio yng Nghaerdydd neu  
Ffôr Morgannwg. Rhif Ffôn 029 2087 2373, e-bost  
info@cardiffcu.com neu ewch i www.cardiffcu.com

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

Provides practical and emotional support for those with late-life dementia and depression, and their family carers. Support includes domiciliary care, social groups and day centre provision for those with care needs, and social and support groups and a free counselling service for carers. Telephone 029 2070 0057, email business@crossroads-vale.org.uk or visit [www.crossroads-vale.org.uk](http://www.crossroads-vale.org.uk)

## **Cruse Bereavement Care**

Cruse exists to help and support all those affected by bereavement - including children. Cruse offers one to one support, counselling, group support and friendship groups. Telephone 029 2022 6166 or email cardiff@cruse.org.uk

## **Deafblind Cymru**

Offers specialist services and human support to people with combined sight and hearing loss and their carers. We offer peer support groups and a befriending service across Wales. Telephone 029 2060 1471 or email rhiannon.crocombe@deafblind.org.uk

## **Diabetes UK**

Gives support to all diabetics, their carers, families and friends throughout Cardiff. Telephone 029 2073 4827 or email stephensims241@btinternet.com

## **DICE (Disability Inclusion in Community Education)**

Provides three separate discrete programmes of learning for adults with either an experience of mental health issues, a physical/sensory impairment or a learning difficulty. Recreational courses are also available in Cardiff and the Vale for adults with a learning disability. Telephone 029 2023 1652 or email jithomas@cardiff.gov.uk

## **Dimensions Cymru**

Provides personalised support to people who have a learning disability and/or autism, including outreach, transitional support and supported living. Telephone 0300 303 9030, email [dimensionscymru@dimensions-uk.org](mailto:dimensionscymru@dimensions-uk.org) [ceri.meloy@dimensions-uk.org](mailto:ceri.meloy@dimensions-uk.org), [lisa.morgan@dimensions-uk.org](mailto:lisa.morgan@dimensions-uk.org) or visit [www.dimensions-uk.org](http://www.dimensions-uk.org)

## **Dinas Powys Voluntary Concern**

Helps support and improve the quality of life of the elderly and people with disabilities who live in the Dinas Powys area. Telephone 029 2051 3700, email [dpvc@btinternet.com](mailto:dpvc@btinternet.com) or visit [www.dpvc.org.uk](http://www.dpvc.org.uk)

## **Disability Wales**

The national association of disabled people's organisations, striving to achieve the rights, equality and independence of disabled people in Wales. Telephone 029 2088 7325, email [info@disabilitywales.org](mailto:info@disabilitywales.org) or visit [www.disabilitywales.org](http://www.disabilitywales.org)

## **District Nurse Service (DNS)**

The DNS can be contacted via the Comms Hub, now known as the Customer Care Centre (CCC) on 029 2044 4501

## **Diverse Cymru**

Our Advice Team offers free and impartial advice and advocacy to help people challenge discrimination, secure their rights and obtain services that they need. Telephone 029 2036 8888, email [advice@diverse.cymru](mailto:advice@diverse.cymru) or visit [www.diversecymru.org.uk](http://www.diversecymru.org.uk)

## **Down's Syndrome Association**

Provides information and counselling for people with Down's Syndrome, their families and carers. Telephone 0845 2300372 or visit [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

[jithomas@cardiff.gov.uk](mailto:jithomas@cardiff.gov.uk)

Morgrannwg. Rhif Ffon 029 2023 1652 neu e-bost hefyd i oedolion sydd ag anabledd dysgu. Mae crysiau hamdden ar gael synhwyrau neu anhawster dysgu. ynghyd a phrifolad o faterion iechyd meddygol, nam corfforol/nam ar y darparu tar rhaglen ddysgu ar wahân i oedolion sydd â DICe (Disability Inclusion in Community Education)

[stephenisms241@btinternet.com](mailto:stephenisms241@btinternet.com)

Rhif Ffon 029 2073 4827 neu e-bost teuluaedd a'u ffriau ym mho'r han o Gaeiddydd. yn rhoi cymorth i bawb sy'n dioddef o ddiabetes, eu gofaliwr, eu

**Diabetes UK**

[rhianon.crocombe@deafblind.org.uk](mailto:rhianon.crocombe@deafblind.org.uk)

Rhif Ffon 029 2060 1471 neu e-bost cyfaill cefnogaol a gwassenacth cyfeillio ledled Cymru. coll eu gollwg a'u clwyd, a'u gofaliwr. Rydym yn cynnig grwpiau yn cynnig gwassenacthau arbennigol a chymorth dynol i bobl sy'n Deafblind Cymru

[cardiff@cruse.org.uk](mailto:cardiff@cruse.org.uk)

Cyfeillgarwch. Rhif Ffon 029 2022 6166 neu e-bost cynnig cymorth unigol, cwsesla, cymorth grŵp a grwpiau arwynt gan brofedigacth - gan gyrrnwys plant. Mae Cruse yn Mae Cruse yn bodoli i roi cymorth a chefnogaeth i bawb yr effeithir

**Cruse Bereavement Care**

[www.crossroads-vale.org.uk](http://www.crossroads-vale.org.uk)

e-bost business@crossroads-vale.org.uk neu ewch i am ddilim i ofaliwr. Rhif Ffon 029 2070 0057, ogystal â grwpiau cymdeithasol a chymorth a gwassenacth cwsesla amdanwyd. Mae'r cymorth yn cynnwys gofal yn y cartref, grwpiau demantia ac iselder yn hwy'r mewn bywyd a'r teulu sy'n gofalu yn darparu cymorth ymarferol ac emosiynol i bobl sydd â Crossroads in the Vale (EMI)

**Dimensions Cymru**  
Yn darparu cymorth personol i bobl sydd ag anabledd dysgu a/neu awtisiatech, gan gyrru'nwys allgymrwyth, cymorth pontio a byw â chymorth. Rhif Ffôn 0300 303 9030, e-bost [dimensionscymru@dimensions-uk.org](mailto:dimensionscymru@dimensions-uk.org), ceri.meloy@dimensions-uk.org, lisamorgan@dimensions-uk.org neu ewch i [www.dimensions-uk.org](http://www.dimensions-uk.org)

**Dinas Powys Voluntary Concern**  
Yn helpu i gynorthwyo a gwella ansawd bwyd yr henoedd a phobl sydd ag anableddau sy'n bw� yn ardal Dinas Powys. Rhif Ffôn 029 2051 3700, e-bost [dpvc@btconnect.com](mailto:dpvc@btconnect.com) neu ewch i [www.dpvc.org.uk](http://www.dpvc.org.uk)

**Disability Wales**  
Cymdeithas genedlaethol sefydliadau pobl anabl, sy'n gwethio i ennill hawlau, cydraddoldeb ac annibynieth i bobl anabl yng Nghymru. Rhif Ffôn 029 2088 7325, e-bost [info@disabilitywales.org](mailto:info@disabilitywales.org) neu ewch i [www.disabilitywales.org](http://www.disabilitywales.org)

**District Nurse Service (DNS)**  
Gellir cysylltu â'r Gwasanaeth Nyrs Ardal drwy'r Ganolfa'n Gysefbl ar 029 2044 4501

**Div erse Cymru**  
Mae ein Tim Cyngor yn cynnig cyngor ac erioleth addiudedd am ddim i helpu pobl i herio gwahaniaethu, i sicrhau eu hawlau a chael y gwasanaethau aingennheidiol. Rhif Ffôn 029 2036 8888, e-bost [advice@diverse.cymru](mailto:advice@diverse.cymru) neu ewch i [www.diversecymru.org.uk](http://www.diversecymru.org.uk)

**Down's Syndrome Association**  
Yn darparu gwybodaeth a chwseila i bobl sydd â Syndrom Down, eu teluoddedd a'u gofaliwr. Rhif Ffôn 0845 2300372 neu ewch i [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

## Easy Read Health Wales

An accessible bilingual website designed to help people with a learning disability and their families find easy read information about health and wellbeing. Telephone 029 2068 1177 or visit [www.easyreadhealthwales.org.uk](http://www.easyreadhealthwales.org.uk)

## NHS Education Programmes for Patients (EPP Cymru)

Looking after your own physical and mental health while caring. Free NHS Workshops of 2 hours and/or 6 week courses of 2½ hours a week. Telephone 029 2033 5403, email [carol.stingl@wales.nhs.uk](mailto:carol.stingl@wales.nhs.uk) or visit [www.eppwales.org](http://www.eppwales.org)

## Entry to Drug and Alcohol Services (EDAS)

Single access point into substance misuse treatment and support including support for those affected by someone else's use of drugs or alcohol. Telephone 0300 300 7000

## Epilepsy Wales

Provides support, information and advice to people affected by and living with epilepsy. Support groups available in Penarth and Barry. Telephone 01978 312 325, freephone 0800 228 9016 or email [epilepsywales@aol.com](mailto:epilepsywales@aol.com)

## FACT – Families Achieving Change Together (Vale)

A service which supports families to overcome difficulties, make positive changes and signposts to a range of services. Telephone 01446 729640 or visit [www.valeofglamorgan.gov.uk/familiesfirst](http://www.valeofglamorgan.gov.uk/familiesfirst)

## FAN Friends and Neighbours

FAN Groups are hour long weekly meetings that bring people together in a spirit of friendship. If you enjoy meeting others or are feeling a little lonely you will be sure of finding a warm welcome. Telephone 07880 630553, email [fanofficer@ymail.com](mailto:fanofficer@ymail.com) or visit [www.thefancharity.org](http://www.thefancharity.org)

## **Friendly Trust**

Provides advice and practical help to disabled people including people with learning disabilities and their carers in the management of current assets and future inherited resources. Telephone 029 2022 5200, email [alison@friendlytrust.org.uk](mailto:alison@friendlytrust.org.uk) or visit [www.friendlytrust.org.uk](http://www.friendlytrust.org.uk)

## **Friends & Neighbours**

A senior citizen group for the over 50s based in the Vale which meet monthly at Beryl Road Pioneer Hall, Barry from 2pm to 4pm and have a varied programme of social activities throughout the year. The group aims to provide a meeting place for those who are lonely and isolated and just want to make friends and have social interaction. Telephone 01446 400044

## **George Thomas Hospice Care**

George Thomas Hospice Care (GTHC) is a charity and the major provider of free consultant-led specialist home based palliative care for those suffering from cancer and other terminal illnesses and their families in Cardiff. The multi-disciplinary team includes specialist doctors, nurses, occupational therapists, physiotherapists, day centre activities, counselling, complementary therapies and welfare rights and social workers. Patients can be referred by general practitioners, hospital doctors, other healthcare professionals or self-referrals by patients and their families/carers.

Telephone 029 2052 4150, email [info@gthc.org.uk](mailto:info@gthc.org.uk) or visit [www.gthc.org.uk](http://www.gthc.org.uk)

## **Glamorgan Voluntary Services (GVS)**

Promotes, develops and supports voluntary action, volunteering and community development in the Vale of Glamorgan and surrounding area. Telephone 01446 741706, email [enquiries@gvs.wales](mailto:enquiries@gvs.wales) or visit [www.gvs.wales](http://www.gvs.wales)

## **Group 617**

A support group for service veterans who suffer with Post Traumatic Stress Disorder (PTSD). Telephone 07871 936195

bost [fanofficer@mail.com](mailto:fanofficer@mail.com) neu ewch | [www.thefriendlytrust.org](http://www.thefriendlytrust.org)  
byddwch yn siwr o galen croeso cynnes. Rhif Ffôn 07880 630553, e  
mwyau hau cyfarfod eraill neu os ydych chi'n temi lo braid y nifig,  
at ei gilydd yn uol ag ysbryd cyfeiligarwch. Os ydych chi'n

Mae Grwpiau FAN yn gyfarfod y ddwr wythnosol sy'n dod â phobl  
familiesfirst

## **FAN Friends and Neighbours**

Ffoniwch 01446 729640 neu ewch | [www.valeofglamorgan.gov.uk/](http://www.valeofglamorgan.gov.uk/)  
newid cadarnhaol a chyfeirio at amrywiadeth o wasanaethau.  
Gwasanaeth sy'n cefnogi teuluoedd i orsgyr unanstertau, gwneud  
FACT - Families Achieving Change Together (Vale)

9016 neu e-bost [epilepsywales@aol.com](mailto:epilepsywales@aol.com)

Mhenarth ar Barri. Rhif Ffôn 01978 312 325, rhadffon 0800 228  
gan epilepsi ac sy'n byw ydár cyflwr. Grwpiau cymorth ar galent ym  
yr dardparu cymorth, gwybodaeth a chyngor i bobl yr effeithir arnynt

## **Epilepsy Wales**

Rhif Ffôn 0300 300 7000  
ddefnydd rhywun arall o gyffuriau neu alcohol.  
syweddau gan gynnwys cymorth i'r rheil yr effeithir arnynt gan  
Pwynt mynediad sengl i driniaeth a chyngor camddefnyddio  
entry to Drug and Alcohol Services (EDAs)

ewch | [www.eppwales.org](http://www.eppwales.org)  
Rhif Ffôn 029 2033 5403, e-bost [carol.stingl@wales.nhs.uk](mailto:carol.stingl@wales.nhs.uk) neu  
wythnos o 2½ awr wythnos.

Gweithdai am ddim gan Y GIG am ddywya awr/a/neu gyrsiau 6  
yn gofalu am eich iechyd corfforol a meddygol eich hun wrth ofali.  
NHS Education Programme for Patients (EPP Cymru)

ewch | [www.iechydawdiddedallcymru.org.uk](http://www.iechydawdiddedallcymru.org.uk)  
hawdd ei darllen am iechyd a llies. Rhif Ffôn 029 2068 1177 neu  
sydd ag anabledd dysgu a'u teuluoedd dodd o hyd i wyoed aeth  
Gwefan ddywiethog hawdd ei defnyddio a gylluniwyd i helpu pobol  
Easy Read Health Wales/Iechyd Hawdd ei Ddeall Cymru

**Friendly Trust**  
Yn darparu cyngor a chymorth ymarferol i helpu pobl annibol sydd  
ag anableddau dysgu a'u gofaliwyd i reoli asedau presennol ac  
adnoddau a effeiddir yn y dyfodol. Rhif Ffon 029 2022 5200, e-  
post alision@friendlytrust.org.uk

**Friends and Neighbours**  
Grwp ar gyfer trigoedd hyn dros 50 oed sy'n byw ym Miro  
Morganwg sy'n cymunedig bob mis yn Pioneer Hall Beryl Road, Y  
Bart i 2pm i 4pm ac mae ganddynt raglen amrywiol o

**George Thomas Hospice Care**  
Mae Gofal Hosbis George Thomas yn elusen ac yn brif ddarparwr  
gofal lliniarol arbennigol am ddin yn y cartref a arwennir gan ffeddyg  
ymgyngħħorol ir-rahî sy'n diodder o ganser ac afiechydien tefyiol  
erai l'au teuledgeed yng Nghaerdydd. Mae'r tîm amldisgyblaeħi yn  
cynwys meddygjoni arbennigol, urysies, therapydiddiun  
galwedigħażżeħol, fisiotherapydiddiun, gweithgareddau yn y għanol fan  
didd, cunsela, therapi u cyflenwol a hawla li es għewiħi  
għmedietħasol. Caiff meddygjoni tenu, meddygjoni ysbjati a

**Glamorgan Voluntary Services (GVS)**  
Hixxu addu, datblygu a chefnog i għwirfoddu, għwirfoddu  
a datblygħiadd cymunedol ym Miro Morganwg a'r ardal gyfagoxi.  
Rhif Ffon 01446 741706, e-post enquities@gvs.wales neu ewch i  
www.gvs.wales  
Rhif Ffon 01446 741706, e-post enquities@gvs.wales neu ewch i  
a datblygħiadd cymunedol ym Miro Morganwg a'r ardal gyfagoxi.  
Hixxu addu, datblygu a chefnog i għwirfoddu, għwirfoddu  
Group 617

Trawma. Rhif Ffon 07871 936195.

## Hafal Family Support Service

Carer and family support for anyone caring for someone with a serious and enduring mental illness. Includes practical and emotional support. One to one and Carer group support available. Telephone 01446 733331, 07580 792168 or email julie.pickin@hafal.org

## Headway Cardiff

Provides support and services to people affected by Acquired Brain Injury (ABI) throughout south east Wales. Services include a specialist day centre, monthly and weekly social groups, counselling, carers support, information and support. Telephone 029 2057 7707 email info@headwaycardiff.org.uk or visit www.headwaycardiff.org.uk

## The Henna Foundation

The Henna Foundation (formally known as All Wales Saheli Association) is a third sector registered charity, committed to strengthening families within the Muslim Community. Telephone 029 2049 6920 or email info@hennafoundation.org

## Index of Disabled Children and Young People

Providing information and advice to parent/carers of disabled children and young people aged 0 – 18 years in the Vale. Children can sign up to the 'Index' and they will then receive regular information on services, activities, groups and support for disabled children and their families in the Vale. The Index is part of the Family Information Service. Telephone 01446 704704, email disabilityindex@valeofglamorgan.gov.uk or visit www.valeofglamorgan.gov.uk/disabilityindex

## ISSA Wales

ISSA Wales supports the social, emotional and spiritual wellbeing of BME and Muslim communities in Wales by using a culturally sensitive person centred approach that empowers our service users and challenges barriers and stigma that remain within society. Telephone 029 2034 5294 or email info@issa-wales.org

## **Journeys (part of Gofal)**

Supports people suffering from depression by providing a free counselling service, courses, peer support groups and information. Telephone 029 2069 2891, email journeysinfo@gofal.org.uk or visit [www.journeysonline.org.uk](http://www.journeysonline.org.uk)

## **Learning Disability Wales**

A national charity representing the learning disability sector in Wales. We offer information, advice, training and support. Telephone 029 2068 1160, email [enquiries@ldw.org.uk](mailto:enquiries@ldw.org.uk) or visit [www.ldw.org.uk](http://www.ldw.org.uk)

## **Macmillan Cymru**

We provide a range of services including practical, medical and financial support and push for better cancer care. Telephone 0808 808 0000

## **Macmillan Information and Support Centre, University Hospital of Wales, Health Park, Cardiff**

Provides information on services such as counselling, self help and support and benefits advice. Open Monday to Friday 8.30am to 4.30pm. Telephone 029 2074 5655

## **Marie Curie**

Provides care and support through terminal illness. Telephone 029 2042 6000, the National Helpline on 0800 090 2309, or visit [www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help)

## **Marie Curie Caring for Carers Project**

Supporting families and friends caring for someone living with a terminal illness. Telephone 029 2042 6023 or email Susan.Court@mariecurie.org.uk

## **Marie Curie Helper Service**

Trained, dedicated volunteers who provide emotional and practical support to individuals and families living with a terminal illness. Volunteers can visit someone at their home, go out somewhere or talk over the phone. Telephone 0845 073 8596 or email [southwaleshelper@mariecurie.org.uk](mailto:southwaleshelper@mariecurie.org.uk)

## **Hafal Family Support Service**

Cymorth i ofaliwr a threu i gwasanaethau am rywun sydd â safwch ac emosyntol. Mae'r gwasanaeth yn cynnwys cymorth ymaffreol meddwl parhaol. Mae'r gwasanaeth yn gofalu am rywun sydd â safwch ofaliwr. Rhif Ffon 01446 733331, 07580 792168 neu e-bost julie.pickin@hafal.org

## **Headway Ceredigion**

Mae'n cynnig cymorth a gwasanaethau i bob sydd wedi cael cynnwys canolfan ddydd arbenigol, grwpau cymdeithasol misol ac wylnosol, cwsnefa, cymorth i ofaliwr, gwybodaeth a chefnogaeth. Rhif Ffon 029 2057 7707 e-bost [info@headwaycardiff.org.uk](mailto:info@headwaycardiff.org.uk)

## **The Henna Foundation**

Mae'r Henna Foundation (a oedd dan yr enw All Wales Saheli Association yn flawnorol) yn elusen tryddyd sector sy'n ymroi i gryffau teuluodd yn y Gymuned Ffslimaid. Rhif Ffon 029 2049 6920 neu e-bost [info@henナfoundation.org](mailto:info@henナfoundation.org)

## **Index of Disabled Children and Young People**

Mae'r darparu gwybodaeth a chyngor i reini/gofaliwr plant a phobl anabl 0-18 oed ym Mro Morgannwg. Caiff plant gofrestu gyda'r Myngai a byddant wedyn yn derbyn gwybodaeth reolaidd am wasanau, gweithgareddau, grwpiau a chymorth i blant anabl a'u teluodd ym Mro Morgannwg. Mae'r Myngai yn rhian o'r Gwasanaeth Gwybodaeth i Deuluoedd. Rhif Ffon 01446 704704, e-bost disabilityindex@valo glamorgan.gov.uk

## **ISSA Wales**

Mae ISSA Cymrn i ceffnogi llies cymdeithasol, emosyntol ac ysbrydol cymuendau Pobl Dduon a Lleiafrifedd Ethnig a Mwslimaid yng Nghymru drwy ddefnyddio dull diwyllianol sennol sy'n canolbwytio ar yr unigolyn ac yn herio rhwystrau a stigma sy'n dal yn defnyddwyr y gwasanaethau ac yn herio rhwystrau a stigma sy'n dal yn bodoli yn y gymuned. Rhif Ffon 029 2034 5294 neu e-bost info@issa-wales.org

**Journeys (part of Gofal)**  
 Mae'n cefnogi pobl sy'n diodder o i selder drwy roi gwasanaeth  
 cwnseala, crysiau, grwpiau cyffail cefnogaol a gwyloddaeth am ddim.  
 Rhyfod Ffon 029 2069 2891, e-bost journeysinfo@gofal.org.uk neu  
 ewch i [www.journeysonline.org.uk](http://www.journeysonline.org.uk)

**Macmillan Cymru**  
 Rydym yn darparu amrywiaeth o wasanaethau gan gynnwys  
 cyrorth ymarferol, meddygol ac arainnol ac yn ymgynchiu am well  
 gofal canser. Rhyfod Ffon 0808 808 0000

**Hospital of Wales, Heath Park, Cardiff**  
 Mae'n darparu gwybodaeth am wasanaethau meigis cwsela,  
 hunangymorth a chyrraedd a chyngor ar fudd-daliadau. Ar agor  
 ddydd Llun i ddydd Gwener 8.30am i 4.30pm. Rhyfod Ffon 029 2074  
 5655

**Marie Curie**  
 Mae'n darparu gofal a chyrraedd drwy salwch terynol.  
 Rhyfod Ffon 029 2042 6000, Linell Gyrraedd Genedlaethol 0800 090  
 2309, neu ewch i [www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help)

**Marie Curie Caring for Carers Project**  
 Mae'n cyrraedd ymddygo i friodiadau a thheuluodd sy'n gofalu am rywun sy'n  
 byw gyda salwch terynol. Rhyfod Ffon 029 2042 6023 neu e-bost  
 Susan.Court@mariecurie.org.uk

## **ME Support in Glamorgan**

Supports people with Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS) and their carers.  
 Telephone 029 2076 2347, email [mesigwales@gmail.com](mailto:mesigwales@gmail.com) or visit [www.mesupportinglamorgan.co.uk](http://www.mesupportinglamorgan.co.uk)

## **Mind in the Vale of Glamorgan**

Advice, information and support for carers of people experiencing mental ill health. Telephone 01446 730792 or visit [www.mindinthevale.org.uk](http://www.mindinthevale.org.uk)

## **Motor Neurone Disease Association**

Provides support to local people with MND and their carers.  
 Telephone 08457 626 262

## **Multiple Sclerosis Society**

Support for all people with or affected by MS including emotional support, small grants, information and local meetings and activities. Telephone 029 2167 8922, email [Katie.cooke@mssociety.org.uk](mailto:Katie.cooke@mssociety.org.uk) or 029 2030 8257, email [anthony.wiggins@ntlworld.com](mailto:anthony.wiggins@ntlworld.com)

## **The National Autistic Society Cymru**

Offers support and services to people affected by autism.  
 Telephone 029 2062 9310, the National Helpline on 0808 800 4104, email [Cymru@nas.org.uk](mailto:Cymru@nas.org.uk) or visit [www.autism.org.uk](http://www.autism.org.uk)

## **National Deaf Children's Society**

Offers free information and support to families who have a child with any kind of hearing loss. Telephone 0808 800 8880 or visit [www.ndcs.org.uk](http://www.ndcs.org.uk)

## **Nest**

Nest is the Welsh Government's fuel poverty scheme, open to all householders in Wales. Nest provides advice on saving energy, money management, fuel tariffs and benefit entitlement. In addition to advice, if you own or privately rent your home and someone you live with receives a means tested benefit, you may also be eligible for free home improvements. Telephone 0808 808 2244 or visit [www.nestwales.org.uk](http://www.nestwales.org.uk)

## NHS Direct Wales

A health advice and information service available 24 hours a day, every day of the year. You can call on 0845 46 47 if you are feeling ill and are unsure of what to do, or for health information on a wide range of conditions, treatments and local health services. Visit [www.nhsdirect.wales.nhs.uk/](http://www.nhsdirect.wales.nhs.uk/)

## Parkinson's UK

Provides support and information for anyone affected by Parkinson's. Telephone 0344 225 3784, Freephone confidential helpline 0808 800 0303 or email [wales@parkinsons.org.uk](mailto:wales@parkinsons.org.uk)

## Parents Federation

Supports parents, carers and relatives of disabled children and adults with a learning disability. Also produces learning disability specific information and arranges workshops and events. Our 'Where You Stand' guide is an invaluable reference guide for parents, carers, disabled children and adults with learning disabilities in Cardiff and the Vale of Glamorgan.

Telephone 029 2056 5917, email [admin@parentsfed.org](mailto:admin@parentsfed.org) or visit [www.parentsfed.org](http://www.parentsfed.org)

## Pedal Power

Accessible cycling and cycle hire. Have specially adapted bikes and will do an assessment for people with disabilities. Telephone 029 2039 0713, email [info@cardiffpedalpower.org](mailto:info@cardiffpedalpower.org) or visit [www.cardiffpedalpower.org](http://www.cardiffpedalpower.org)

## Penarth Live at Home Scheme

Offers a lunch club, befriending service, arranges day trips and provides an advocacy service for older people. Telephone 029 2071 2516 or email [penarthlahs@talktalk.net](mailto:penarthlahs@talktalk.net)

## Primary Mental Health Support Service (PMHSS)

Provides support to carers experiencing common mental health issues like stress, anxiety and low mood. Anyone can attend our open access courses without a referral. Speak to your GP to be referred to the team for further support. Visit [www.stepiau.org](http://www.stepiau.org)

**Marie Curie Helper Service**  
Gwirfoddoliwr ymroddedig sydd wedi eu hyfforddi sy'n darparu gyda safonol ac ymarferol i unigolion a theuluoedd sy'n bwys carref, mynd allan i rywle neu sgrwsi dros y ffôn.  
Rhif Ffon 0845 073 8596 neu e-bost

**ME Support in Glamorgan**  
Cymorth i bobl sydd â Myalgic Encephalomyelitis (ME) a Syndrom Blidder Cronig a'u gofaliwr. Rhif Ffon 029 2076 2347, e-bost mesigwales@gmail.com neu e-wch i  
[www.mesupportinglamorgan.co.uk](http://www.mesupportinglamorgan.co.uk)  
Mind in the Vale of Glamorgan  
Cygner, gwybodaeth a chymorth i'r rhai sy'n gofalu am bobl sy'n dioddef salwch meddwl. Rhif Ffon 01446 730792 neu e-wch i  
[www.mindinthewale.org.uk](http://www.mindinthewale.org.uk)

**Motor Neurone Disease Association**  
 Mae'n darparu chymorth i bobl leol sydd â Chlefyd Niwronau Motor a'u gofaliwr. Rhif Ffon 08457 626 262  
Cymorth i bobl sy'n dioddef o MS neu y mae MS yn effeithio arnynt, gan gydnwys cymrwth emosyngol, granniau bychan, gwybodaeth a chyfarwydd a gwethgareddau lleol. Rhif Ffon 029 2167 8922 e-bost Katie.cooke@msociety.org.uk neu 029 2030 8257, e-bost anthony.wiggin@nworld.com  
**Multiple Sclerosis Society**  
 Mae'n cynllig cymrwth a gwasanaethau i bobl yr effeithir arnynt gan awtisiatech. Rhif Ffon 029 2062 9310, Y Llinell Gymorth  
The National Autistic Society Cymru  
Genedlaethol 0808 800 4104, e-bost [Cymru@nas.org.uk](mailto:Cymru@nas.org.uk) neu e-wch i [www.autism.org.uk](http://www.autism.org.uk)

Mae'n cefnogi rhieni, gofaliwr a pherthnasau plant anabl ac  
ar gyfer anabeddau dysgu hefyd a threfnir gwethdai a  
digwyddiadau. Mae ein canllaw, Blie Rydych yn Seffyl, yn ganllaw  
anabeddau dysgu yng Nghaerdydd a Bro Morgannwg. Rhif Ffon  
029 2056 5917, e-bost admin@parentsfed.org neu ewch i  
www.parentsfed.org

### Parents Federation

Mae'n darparu cymrwth a gwybodaeth i unrhyw un yr effeithir  
armynt gan glafyd Parkinson's. Rhif Ffon 0344 225 3784, llinell  
gymorth rhadffon gyfrinachol 0808 800 0303 neu e-bost  
wales@parkinsons.org.uk

Gwasanaeth cyngor a gwybodaeth sydd ar gael 24 awr y dydd,  
bob diwrnod o'r flwyddyn. Cewch ffonio 0845 46 47 os ydych chi'n  
teimlo'n safi ac yn ansicr ynglyn â beth i'w wneud, neu i gael  
gwybodaeth iechyd am ystod eang o gyflyrau, triniaethau a  
http://www.unhsdirect.wales.nhs.uk

### NHS Direct Wales

Nest yw cyflun tloidi tanwydd Llywodraeth Cymru, sydd ar agor i  
arbod ynni, rheoli arlun, tariffau tanwydd a hawl i fudd-daliadau.  
Yn ogystal â chyngor, os ydych chi'n berchen ar eich carterf neu'n  
rhennu eich carterf yn breifat a bod rhywun sy'n byw yn yr un ty'n  
derbyn budd-dal ar sail prawf modd, mae'n bosibl y bydd genynnch  
hawl i gael addasiadau i'ch carterf am ddilim hefyd. Rhif Ffon 0808  
808 2244 neu ewch i www.nestwales.org.uk

Mae'n cynnig gwybodaeth a chymorth am ddilim i deuluoedd sydd  
a phlenydd sy'n dioddef o unrhyw fath o nam ar y cylw. Rhif Ffon  
0808 800 8880 neu ewch i www.ndcs.org.uk

### National Deaf Children's Society

### Prostate Cymru

<http://www.prostatecymru.com/>

### Recovery Cymru

A peer support and mutual aid organisation providing support to  
people who are in or seeking recovery from drug or alcohol  
problems. For the Barry office, telephone 01446 734220, for  
Cardiff telephone 029 2022 7019 or visit  
[www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)

### Recovery Road

Provides support to families and carers of people affected by  
sleeping pills, other benzodiazepines and antidepressant  
dependency and withdrawal through a helpline service and our  
website. Visit [www.recovery-road.org](http://www.recovery-road.org)

### Riverside Advice

Provides a holistic welfare rights and debt advice service, from  
enquiries and signposting to specialist case work and  
representation. Telephone 029 2034 1577,  
email [barbara.kerridge@riverside-advice.co.uk](mailto:barbara.kerridge@riverside-advice.co.uk) or visit  
[www.riverside-advice.co.uk](http://www.riverside-advice.co.uk)

### Royal British Legion

Provides practical care, advice and support to the Armed Forces  
family - service, ex-service and their dependents. Telephone  
08457 725 725

### Royal Voluntary Service

Our volunteers deliver personal and practical support to help older  
people stay independent at home, active in their local community  
and to live the life they want to every day. Telephone 029 2002  
7855, email [cardiffvalerchub@royalvoluntaryservice.org.uk](mailto:cardiffvalerchub@royalvoluntaryservice.org.uk)  
or visit [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

## RNIB Cymru

Provides a wide range of services including help and information for employment issues, benefit checks and advice, help and support with technology and getting online, children and family support, education and transitions support, emotional support, accessible information, telephone support groups as well as campaigning to make every day better for blind and partially sighted people. Telephone 029 2082 8500 or email cymru@rnib.org.uk

## RNIB Eye Clinic Liaison

The RNIB has an Eye Clinic Liaison Officer who works directly with people with low vision, deteriorating vision, sight loss or impending sight loss, and their carers. The support is both practical and emotional and is offered at the University Hospital of Wales, Cardiff. Telephone 029 2074 6860 or email ruth.rhydderch@cibi.co.uk

## Samaritans

Provides a safe, confidential and non-judgemental listening service 24 hours a day, 7 days a week to anyone who may be in distress. Telephone the helpline service on 08457 909090, email @samaritans.org or call into the office at Green Street, Bridgend

## School Nurses and Health Visitors for young carers

Work with other professionals supporting young carers. Overall the aim is to reduce the chances of young carers being isolated, excluded and discriminated against by helping them overcome barriers to receiving health, education and other support services. Telephone 029 2093 2604

## Scope

Provides a range of support, information and advice services to disabled people and their families and carers. Telephone 0781 2082031, the national advice helpline on 0808 800 3333 or email maizie.elfin@scope.org.uk

Ewch i [www.recovery-road.org](http://www.recovery-road.org)

wasanach llinell gyromorff a h gwefan.

Chyffuriau gwrtiasedd ar dabbledi cysgu, benzodiazepines a manynt gan ddiwyllwr pobl yr effeithir ar y ddiwyllwr, drwy Mae'n darparu cymorth i deuluoedd a gofaliwr pobl yr effeithir

Recovery Road

www.recoverycymru.org.uk

Careydd ffoniwch 029 2022 7019 neu ewch i

bobl sy'n gwellia neu eisiau gwella ar ol problemau cyffuriau neu alcohol. Ar gyfer swyddfa'r Barri ffoniwch 01446 734220 ar gyfer

sefydliad cymru a chyd-gyromorff sy'n rhoi cefnogaeth i bobl sy'n gwellia neu eisiau gwella ar ol problemau cyffuriau neu alcohol. Ar gyfer swyddfa'r Barri ffoniwch 01446 734220 ar gyfer

Recovery Cymru

<http://www.prostatecymru.com/>

Prostate Cymru

Ewch i [www.stepback.org](http://www.stepback.org)

at y tm i gael myw o gyromorff.

gyfeirio. Siaradwch âch Meddyg Teulu er mwyn cael eich gyfeirio unrhyw un fyndychu ein crysiau mynediad agored heb gael eu meddwl cyffredinol meges straen, pryder ac ysbryd isel. Cardiff Mae'n darparu cymorth i ofalwyd sy'n cael problemau iechyd Mae'n darparu cymorth i ofalwyd sy'n cael problemau iechyd

Primary Mental Health Support Service (PMHSS)

Rhif Ffon 029 2071 2516 neu e-bost [penarthhalls@talktalk.net](mailto:penarthhalls@talktalk.net)

ac yn darparu gwasanaeth cyfeilid, yn treftadaeth i bobl hyn.

Mae'n cynnig clwb ciniol, gwasanaeth cyfeilid, yn treftadaeth i bobl hyn.

Penarth Live at Home Scheme

info@cardiffpedalpower.org neu ewch i [www.cardiffpedalpower.org](http://www.cardiffpedalpower.org)

anableddau. Rhif Ffon 029 2039 0713, e-bost

haddasau'n arbennig ar gael a chynigir aseisiaid i bobl sydd ag

Gwasanaeth beicio a llögï beicio a hygrych. Beicio u wedi eu

Pedal Power

<p><b>RNIB Eye Clinic Liaison</b></p> <p>Mae gan yr RNIB Swyddog Cyflit a Chlinigau Llygaid sy'n gweithio'n unio'n ychydig o phobol sydd â golwg gwan, pobol y mae eu golwg yn dirywio, sy'n colli eu golwg neu sy'n agos at golli eu golwg, a'u gofaliwr. Mae'r cymorth yn ymarterol ac ymoseiniol ac fe'i cyngir yn Ysbyty Aithrofaol Cymru, Caerdydd. Rhif Ffon 029 2074 6860 neu e-bost ruth.rhydderch@rnib.co.uk</p>
<p><b>RNIB Cymru</b></p> <p>Mae'n darparu amrywiaeth eang o wasanaethau gan gyntwynys cymorth a gwyloddaeth am faterion cyflogaeth, gwiriaidau a chyngor budd-daliadau, cymorth a chefnogaeth gyda thechnoleg a defnyddio'r we, cefnogaeth i bobl a phlan ac i deuluoedd, cefnogaeth addysg a phoni, cefnogaeth emosiynol, gwyloddaeth hygyrch, grwpiau cymorth droi y ffôn yn oystafol a gyngrechu er ddail. Rhif Ffon 029 2082 8500 neu e-bost cymru@rnib.org.uk</p>
<p><b>Royal Voluntary Service</b></p> <p>Mae ein gwirfoddoliwr yn rhoi cymorth personol ac ymarterol i helpu pobl hyn i fod yn annibynnol yn eu cartrefi, yn weithgar yn eu cymuned leol a byw'r bywyd y maent eisianu ei fyw bob dydd. Rhif Ffon 029 2002 7855, e-bost cardiffvolunteering@royalvoluntarieservice.org.uk neu ewch i www.royalvoluntarieservice.org.uk</p>
<p><b>Royal British Legion</b></p> <p>Mae'n darparu gwasanaeth cyffannol sy'n rhoi cyngor ar hawliau llies a dylchedion, o ymholaiddau a chyfeiriad a thwth achos arbennigol a Afrog - milwyr, cyn-filwyr a'r rhai sy'n dibynnu armynt. Rhif Ffon 08457 725 725</p> <p><b>Riverside Advice</b></p> <p>Mae'n darparu gwasanaeth cyffannol sy'n rhoi cyngor ar hawliau chynrycholadeth. Rhif Ffon 029 2034 1577, e-bost barbara.kerridge@riverside-advice.co.uk neu ewch i www.riverside-advice.co.uk</p>

<p><b>SHINE</b></p> <p>Supports individuals and families as they face the challenges arising from spina bifida and hydrocephalus. Telephone 01656 864102, email wales@shinecharity.org.uk or visit <a href="http://www.shinecharity.org.uk">www.shinecharity.org.uk</a></p>
<p><b>SNAP Cymru</b></p> <p>Works with families, young people and professionals on issues regarding additional learning needs and disabilities. Telephone 0845 120 3730, email <a href="mailto:enquiries@snapcymru.org">enquiries@snapcymru.org</a> or visit <a href="http://www.snapcymru.co.uk">www.snapcymru.co.uk</a></p>
<p><b>Solace</b></p> <p>Offers free and confidential help to carers of older people with any form of dementia or mental health including telephone support line, call back service, one-to-one support, groups support, social groups, drop in service. Telephone 029 2052 9832</p>
<p><b>Soldiers, Sailors, Airmen and Families Association (SSAFA) - Forces Help</b></p> <p>Provides practical support and advice to military personnel that are currently serving, ex-serving and the families of both. Serving personnel and their families should contact 01446 797010. Ex-serving personnel and their families should contact 029 2038 3852</p>
<p><b>South East Wales Down's Syndrome Support Group</b></p> <p>Offers support, advice, events and social activities and promotes awareness of Down's Syndrome. Telephone 029 2089 2124</p>
<p><b>South Wales Fire and Rescue Service</b></p> <p>Do you or someone you care for have working smoke alarms at home? Can you hear the telephone or doorbell? Would you hear the smoke alarm? How would you or they get out if there was a fire? Keep your family safe! Call 0800 169 1234 or text 88365 to request a FREE Home Fire Safety Check.</p>

## **South Wales Myeloma Support Group**

Myeloma is a non-curable form of bone cancer. The support group for patients, partners, family and friends brings together people from all over South Wales. It takes the form of a speaker, a cup of tea and a sharing of experiences. Telephone 029 2047 1234, email [sheiladee@btinternet.com](mailto:sheiladee@btinternet.com) or visit [www.myeloma.org.uk](http://www.myeloma.org.uk)

## **Speakeasy Advice Centre**

Provides free legal advice and representation for people struggling with debt, welfare benefits, housing problems and fuel poverty. Telephone 029 2045 3111, email [info@speakeeasyadvice.co.uk](mailto:info@speakeeasyadvice.co.uk) or visit [www.speakeeasyadvice.co.uk](http://www.speakeeasyadvice.co.uk)

## **Stop Smoking Wales**

Free NHS service to help people quit smoking; provides a seven week evidence based behavioural support programme. To book an appointment telephone 0800 085 2219 or visit [www.stopsmokingwales.com](http://www.stopsmokingwales.com)

## **Substance Misuse Family Support Service**

Provides a range of structured support and interventions aimed at supporting whole families who are affected by substance misuse. Telephone 0300 300 7000

## **Sunshine Club**

Supports carers/parents of children and young people with special needs. Email [Kay.griffiths@live.co.uk](mailto:Kay.griffiths@live.co.uk)

## **Supporting People Team**

Supporting People is a service for the provision of housing related support. This is support that enables people to access and maintain their accommodation and includes help and advice to maximise benefits and budgeting, assistance with correspondence, signposting to other appropriate services and general counselling and emotional support. For the Vale telephone 01446 709793 or email [supportingpeople@valeofglamorgan.gov.uk](mailto:supportingpeople@valeofglamorgan.gov.uk)

For Cardiff telephone 029 2053 7353 or email [supportingpeople@cardiff.gov.uk](mailto:supportingpeople@cardiff.gov.uk)

**SNAP Cymru**  
enquiries@snapcymru.org neu ewch i [www.snapcymru.co.uk](http://www.snapcymru.co.uk)  
ychwanegol ac anableddau. Rhif Ffôn 0845 120 3730, e-bost  
profesiynol ar faterion sy'n gysylltiedig ag anghenion dysgu  
Mae'n gweithio gyda theuluoedd, pobl ifanc a gwethwyr

**SHINE**  
[www.shinecharity.org.uk](http://www.shinecharity.org.uk)  
e-bost [wales@shinecharity.org.uk](mailto:wales@shinecharity.org.uk) neu ewch i  
gyssylltiedig â spinia bifida a hydroseffalws. Rhif Ffôn 01656 864102,  
Cefnogaeth i unigolion a theuluoedd sy'n wneudwr hirau sy'n  
chyngor i bobl anabl a'u teuluoedd a'u gofalyr. Rhif ffon 0781  
2082031, y llinell gyromorff genedlaethol ar 0808 800 3333 neu e-  
bost i [mazie.effin@scope.org.uk](mailto:mazie.effin@scope.org.uk)  
Mae'n darparu amrywiath o wasanaethau cymorth, gwybodaeth a  
chylwg i bobl anabl a'u teuluoedd a'u gofalyr. Rhif ffon 0781  
2082031, y llinell gyromorff genedlaethol ar 0808 800 3333 neu e-

**Scope**  
erall. Rhif Ffôn 029 2093 2604  
dderbynn gwasanaethau iechyd, addysg a gwasanaethau cymorth  
o waithanifeithu yn eu herbynn drwy eu helppu i orsagyn rhwystaru i  
gofalyr ifanc yn telimoli unig, yn cael eu diystyr a lleihau'r perfform  
cefnogaeth i ofalyr ifanc. Y nod cyffredinol yw lleihau'r perfform bod  
Maeant yn gweithio gyda gwethwyr proffesiynol erall i roi  
**School Nurses and Health Visitors for Young carers**

**Samaritans**  
yn Stryd Werdd, Pen-y-bont ar Ogwr  
909090, e-bost [jo@samaritans.org](mailto:jo@samaritans.org) neu galwch i mewni i'r swyddfa  
fod mewni trallod. Ffoniwr yllenni galwch i mewni i'r swyddfa  
wedi'r 24 awr y dydd, 7 diwrnod yr wythnos i unrhyw un a sillai  
Gwasanaeth grwando diogel, cyflinachol nad yw'n barmu a

<b>Solace</b>	Mae'n cynnig cymorth cyfrinachol am ddim i bobl sy'n gofali am bobl hyn sydd ag unrhyw ffurt ar ddeimentia neu salwch meddwl gan gynnwys llinell gymporth, gwasanaeth ffonio'n ôl, cefnogaeth unigol, cefnogaeth grwp, grwpiau cymdeithasol, gwasanaeth galw heibio. Rhif Ffon 029 2052 9832
<b>Forces Help</b>	Mae'n cynnig cymorth a chyngor Ymafferoi i berseola i fyddin sy'n filiwr ac yn filiwr a theluonead y ddau. Dyli milwyr a'u tenuonead gyssylltu â 029 2038 3852
<b>South East Wales Down's Syndrome Support Group</b>	Mae'n cynnig cymorth a chyngor Ymafferoi i berseola i fyddin sy'n filiwr ac yn filiwr a theluonead y ddau. Dyli milwyr a'u tenuonead gyssylltu â 01446 797010. Dyli cy-n-filiwr a'u tenuonead cymdeithasol ac yn codi ymwyddiadaeth o Syndrom Down. Rhif Ffon 029 2089 2124
<b>South Wales Fire and Rescue Service</b>	A oes gennych chi neu rywun yr ydych yn gofali amdanuynt larymau mwg sy'n gwethio yn eich cartref? Allwch chi gilywed y ffôn neu gloch y drws? A fydd ech chi'n cylwed y larwm fwg? Sut y bydd ech chi'n gadawl y ty pe byddai tan? Cadwch eich tenu'n ddiogele! Ffoniwrch 0800 169 1234 neu anfonwch neses destun i 88365 er mwyn gofyn am Wiriad Diogelwch Tan yn y Cartref am DIM.
<b>South Wales Myeloma Support Group</b>	Mae'r ganser yn yr esgyrn nad oes modd ei wella yw Myeloma. Phobl o bob cwr o Dde Cymru ynghyd. Mae'n digwydd ar ffurf siaradwr, paned o de a rhannu profiadau. Rhif Ffon 029 2047 1234, e-bost sheiladee@btinternet.com neu ewch i www.myeloma.org.uk

## Tearing Your Hair Out

A support group run by carers of drug and alcohol misusers to give support, help and advice to other carers.  
Email [help@tearingyourhairout.co.uk](mailto:help@tearingyourhairout.co.uk) or visit [www.tearingyourhairout.co.uk](http://www.tearingyourhairout.co.uk)

## Telecare Services

Use a combination of sensors and other equipment to enable vulnerable people to live with greater independence and safety in their own home and community. They can raise a call for help if needed and offer support to carers in a range of ways.

For services in the Vale of Glamorgan telephone 01446 700111 or email [c1v@valeofglamorgan.gov.uk](mailto:c1v@valeofglamorgan.gov.uk)

For services in Cardiff telephone 029 2087 2087 or email [c2c@cardiff.gov.uk](mailto:c2c@cardiff.gov.uk)

## Tenovus Cancer Care

Offers support, advice and treatment for anyone touched by cancer in the Vale of Glamorgan and across Wales. Telephone Freephone Support Line 0808 808 1010, email [post@tenovus.org.uk](mailto:post@tenovus.org.uk) or visit [www.tenovus.org.uk](http://www.tenovus.org.uk)

## Tros Gynnal Plant

Tros Gynnal Plant works with some of our country's most vulnerable and marginalised children and young people - these include children with disabilities, children with emotional health needs and children seeking asylum. Team Around the Family (TAF) in Cardiff aim to work with families to help them identify their strengths and needs and make their own family plans to guide them towards their goals. Telephone 029 2048 7816 or email [taf@trosgynnalplant.org.uk](mailto:taf@trosgynnalplant.org.uk)

## **Vale Counselling Service**

Provides a free counselling service for those over the age of 16 in the Vale of Glamorgan and surrounding areas. Sessions are offered at venues around the Vale. Referrals can be made by individuals themselves, GPs, psychiatrists, psychologists or social workers. Telephone 07592 417043, email [admin@valecounsellingservice.co.uk](mailto:admin@valecounsellingservice.co.uk) or visit [www.valecounsellingservice.co.uk](http://www.valecounsellingservice.co.uk)

## **Vale Family Support Service and Contact centre**

Provides a range of family support services for families within the Vale of Glamorgan. The Contact centre provides supervised contact for children and their families. All referrals are via Children's Services. Telephone 01446 724070, email [sue.malins@actionforchildren.org.uk](mailto:sue.malins@actionforchildren.org.uk) or visit [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

## **Vale 50+ Strategy Forum**

The forum ensures that the over fifties have a voice on any strategic plans, policies and service developments that affect them. Telephone 01446 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)

## **Vale Foodbank**

Helps to feed local people in crisis and will provide food packages for individuals and families that are struggling to put food on the table. Telephone 07879 562077, email [valefoodbank@ymail.com](mailto:valefoodbank@ymail.com) or visit [www.vale.foodbank.org.uk](http://www.vale.foodbank.org.uk)

## **Vale Insight**

Offers support and practical assistance to visually impaired people and their carers. Telephone 01446 795940

## **Vale People First**

A self-advocacy organisation for and led by people with a learning disability, that live, work or have a connection with the Vale of Glamorgan. Telephone 01446 724010, email [liz.davidson@learningdisabilitywales.org.uk](mailto:liz.davidson@learningdisabilitywales.org.uk) or visit [www.valepeoplefirst.org.uk](http://www.valepeoplefirst.org.uk)

**Speakeasy Advice Centre**  
Maen draparu cyngor cyfreithiol a chynrycholol am ddim i bobl sy'n bwydro gyda dyledion, budd-daliadau lleis, problemau tai a thodol tanwydd. Rhif Ffon 029 2045 3111, e-bost [info@speakeasyadvice.co.uk](mailto:info@speakeasyadvice.co.uk) neu ewch i [www.speakeasyadvice.co.uk](http://www.speakeasyadvice.co.uk)

**Stop Smoking Wales**  
Gwasanaeth am ddim gan y GIG i helpu pobl i roi'r gorau i smygyn; darperir rhaglen gymrwth ymddygiadol sath wthnos sy'n seiliedig ar dystiolaeth. Er mwyn treftu apwyntiad ffoniwch 0800 085 2219 hanellu at gefnogi teuluodd cyfan sy'n cael eu heffeithio gan gamddefnyddio sylweddau. Rhif Ffon 0300 300 7000 Mae'n darparu amrywiad o gymrwth ac myriadau sydd wedi eu anghenio arbening. E-bost Kay.griffiths@live.co.uk

**Sunshine Club**  
Maen draparu amrywiad o gymrwth ac myriadau sydd wedi eu anghenio arbening. E-bost Kay.griffiths@live.co.uk

**Supporting People Team**  
Mae Cefnogi Pobl yn wasanaeth sy'n darparu cymrwth sy'n gyffredinol a chefnog aeth emosiynol. Rhif Ffon Bro Morganwg 01446 709793 neu e-bost [RhifFfonCymru@valoeglamorgan.gov.uk](mailto:RhifFfonCymru@valoeglamorgan.gov.uk) Rhif Ffon Caerdydd 029 2053 7353 neu e-bost [SupportingPeople@cardiff.gov.uk](mailto:SupportingPeople@cardiff.gov.uk) Rhif Ffon Supporting People 01446 709793 neu e-bost [supportingpeople@cardiff.gov.uk](mailto:supportingpeople@cardiff.gov.uk)

**Tearing Your Hair Out** Grŵp cymorth a weithredir gan bobl sy'n gofali am chyngor i ofalwy'r erail. E-bost help@tearingyourhairout.co.uk neu gamddefnwyddwyr cyffuriau ac alcochol i roi cefnogaeth, cymorth a Defnyddir cyfluniaid o sylwyr yd迪ion ac offer arall i alluogi pobl sy'n agored i nived i fyw yn fwy annibynol a diogel yn eu cartref a'u angen a chynigir cymorth i ofalwy'r mewm amrywiaeth o ffydd. Rhif ffon gwawsanethau ym Mro Morgannwg 01446 700111 neu e-bost c1v@valoeglamorgan.gov.uk Benefits and promotes the welfare of the deaf and hard of hearing throughout Wales. Penarth Hard of Hearing Club welcome new members. Telephone 01443 485687 or email mail@wcdeaf.org.uk

**Telecare Services** ewch i www.tearinyourhairout.co.uk Rhif ffon gwawsanethau ym Mro Morgannwg 01446 700111 neu e-bost c2c@cardiff.gov.uk Make in cynnig cefnogaeth, cymgor a thriniaeth i unrhyw un yr effeithir arnynt gan gansen ym Mro Morgannwg a ledded Cymru. Lineil Gymorth Rhadffon 0808 808 1010, e-bost post@tenovous.org.uk Mae Tro Gynnal Plant yn gweithio gyda rhai o'r plant a'r bobl ifanc crynion - mae hy'n cynnwys plant sydd ag anableddau, plant sydd ag anghenion iechyd emosiyonal a phiant sy'n chwilio am noddfa. Nod Tim o Amgylch Y Teulu yng Nghaerdydd yw gweithio gyda hanghenion a gwneud eu cylliniadau teulu eu hunain a'u harwain theuliouedd er mwyn eu helpu i adnabod eu cryfderau a'u tag at eu hamcanion. Rhif Ffon 029 2048 7816 neu e-bost taf@trosgyunnalplant.org.uk

**ValePlus** Provides a day service for adults with a learning disability in Barry and the wider Vale of Glamorgan. We also run the Nova training shop and Cafe No 5 in High Street, Barry. Telephone 01446 746691 or visit [www.valeplus.org.uk](http://www.valeplus.org.uk)

**Valeways** Promotes country walking, hiking and rambling in the Vale. Also arranges easy walks with a walk leader for new walkers. Telephone 01446 749000 (limited office hours), email [info@valeways.org.uk](mailto:info@valeways.org.uk) or visit [www.valeways.org.uk](http://www.valeways.org.uk)

**Velindre Cancer Centre** Provides specialist cancer services and a range of information services for patients and carers including leaflets and access to support groups. Telephone 029 2061 5888 or visit [www.wales.nhs.uk/sites3/page.cfm?orgid=357&pid=4792](http://www.wales.nhs.uk/sites3/page.cfm?orgid=357&pid=4792)

**Veterans Mental Health Support Group** Support for veterans of the Armed Forces who have mental health problems. Telephone 029 2022 2200, email [matthew@cavmah.org.uk](mailto:matthew@cavmah.org.uk) or visit [www.cavmah.org.uk](http://www.cavmah.org.uk)

**Wales Council for Deaf People** Benefits and promotes the welfare of the deaf and hard of hearing throughout Wales. Penarth Hard of Hearing Club welcome new members. Telephone 01443 485687 or email [mail@wcdeaf.org.uk](mailto:mail@wcdeaf.org.uk)

**Wales Council for the Blind** Umbrella agency representing visual impairment within Wales, working to campaign, lobby and support the improvement of services for people with sight loss. Telephone 029 2047 3954, email [richard@wcb-ccd.org.uk](mailto:richard@wcb-ccd.org.uk) or visit [www.wcb-ccd.org.uk](http://www.wcb-ccd.org.uk)

## **WellChild**

There are thousands of children and young people in the UK living with a long-term or complex health condition. WellChild is the national charity working to ensure the best possible care and support for all these children and their families wherever they are and whenever they need it. To find out more about the Cardiff branch visit <https://www.wellchild.org.uk/families-area/connect-with-others/cardiff-wellchild-parent-group/>

## **Welsh Association of ME and CFS Support (WAMES)**

WAMES helpline provides information about a wide range of topics which affect people living with ME and CFS and those who care for them or provide services for them. We also signpost to other organisations for further information and/or advice. Open Monday – Friday 10am – 7pm. Telephone 029 2051 5061, email [helpline@wames.org.uk](mailto:helpline@wames.org.uk) or visit [www.wames.org.uk](http://www.wames.org.uk)

## **Welsh Widows and Widowers**

Offers support for people who have experienced bereavement. Telephone 077495 42858 or email [friends@welshwidows.co.uk](mailto:friends@welshwidows.co.uk)

## **Wiltshire Farm Foods**

Home delivery of healthy dietitian approved frozen meals. In addition to the standard range diets catered for include "free from", ethnic and pureed, soft and fork mashable meals for those with chewing and / or swallowing difficulties.

Telephone 029 2034 2008, email [Cardiff@wiltshirefarmfoods.co.uk](mailto:Cardiff@wiltshirefarmfoods.co.uk) or visit [www.wiltshirefarmfoods.co.uk](http://www.wiltshirefarmfoods.co.uk)

## **Vale Counselling Service**

Mae'n darparu gwasanaeth cwsela am ddilim i bobl sydd â nam ar eu golwg a'u gofaliwyd. Rhif Ffon 01446 795940

## **Vale Insight**

[www.vale.foodbank.org.uk](http://www.vale.foodbank.org.uk)

e-bost [valefoodbank@mail.com](mailto:valefoodbank@mail.com) neu ewch i bwdi. Rhif Ffon 07879 562077,

Mae'n helpu i fyddo pobl leol mewn argyfwng ac mae pecyniau bwdi ar gael i unigolion a theluedd sy'n bwydro i roi bwyd ar y bwdi.

## **Vale Foodbank**

[jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)

Mae'r fforwm yn sicrhau bod gan bobl sydd droš 50 lais ynglyn ag unrhyw gyrrilluniâu, polisiau a datblygiadau gwasanaethau strategol sy'n effeithio arnynt. Rhif Ffon 01446 709779 neu e-bost

## **Vale 50+ Strategy Forum**

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

sue.mallins@actionforchildren.org.uk neu ewch i drwy'r Gwasanaethau Plant. Rhif Ffon 01446 724070, e-bost

teruluedd gysylltu dan oruchwylleth. Pod cyfeirad yn digwyddi Mro Morganwg. Mae'r ganolfan Gysewilt yn lleoliad i blant a'u

Mae'n darparu amrywiadeth o wasanaethau cymorth i deliuedd ym Mae'r Family Support Service and Contact Centre

neu ewch i [www.valecounsellingservice.co.uk](http://www.valecounsellingservice.co.uk)

admin@valecounsellingservice.co.uk

cymdeithasol. Rhif Ffon 07592 417043, e-bost

Meddwyd Teulu, Seicilatydiddion, Seicolegwyd neu weithwyr

mewn lleoliadau ledled yr ardal. Caiff yr unigolion eu hunain, oed ym Mro Morganwg a'r ardaloedd cyfragos. Cyngir sesiynau

Mae'n darparu gwasanaeth cwsela am ddilim i bobl sydd droš 16

Sefydliad hunan-eiriolfi ar gyfer pobl ag anabedd dysgu, a  
arwennir ganddynt hefyd, sy'n byw, gweithio neu y mae  
ganddynt gysylltiad â Bro Morgannwg. Rhif Ffon 01446  
724010, e-bost [liz.davidsen@learningdisabilitywales.org.uk](mailto:liz.davidsen@learningdisabilitywales.org.uk)  
ewch i [www.valepeoplefirst.org.uk](http://www.valepeoplefirst.org.uk)

Vale People First

Sefydliad hunan-eiriolfi ar gyfer pobl ag anabedd dysgu, a  
arwennir ganddynt hefyd, sy'n byw, gweithio neu y mae  
ganddynt gysylltiad â Bro Morgannwg. Rhif Ffon 01446  
724010, e-bost [liz.davidsen@learningdisabilitywales.org.uk](mailto:liz.davidsen@learningdisabilitywales.org.uk)  
ewch i [www.valeplus.org.uk](http://www.valeplus.org.uk)

ValePlus

Mae'n cynnig gwasanaeth ddyd i oedolion sydd ag anabedd  
dysgu yn Y Bari ac ardal ehangach Bro Morgannwg. Rydym  
hefyd yn rhedeg siop hyfforddi Nova a Cafe No 5 ar y Stryd  
Fawr, Y Bari. Rhif Ffon 01446 746691 neu ewch i  
[www.valeplus.org.uk](http://www.valeplus.org.uk)

ValeWays

Mae'n hyrwyddo cerdded yng nghefn gwlad, heicio a chwyladro  
ym Mro Morgannwg. Hefyd yn treftu teithiau cerdded hawdd  
gydag arwenniyd ar gyfer cerddwyr newydd. Rhif Ffon 01446  
749000 (orau swyddfa cyflwynedig), e-bost  
[info@valeways.org.uk](mailto:info@valeways.org.uk) neu ewch i [www.valeways.org.uk](http://www.valeways.org.uk)

ValeCancer Care

Mae'n darparu gwasanaethau canser arbenigol ac amrywiol o  
talfenni a grwpiau cymorth. Rhif Ffon 029 2061 5888 neu ewch  
wasanaethau gwybodaeth i gleifion a gofaliwr gan gynnwys  
cymorth i gyn-filiwr y Lloedd Afrog sydd â phroblemau iechyd  
meddwl. Rhif Ffon 029 2022 2200, e-bost  
[veterans@cavmash.org.uk](mailto:veterans@cavmash.org.uk) neu ewch i [www.cavmash.org.uk](http://www.cavmash.org.uk)

Veterans Mental Health Support Group

Mae'n gweithio er budd ac i hyrwyddo lles pobl sy'n fyddar ac yn  
drwm eu clwylled Cymru. Mae Hard of Hearing Penarth yn  
croesawu aelodau newydd. Rhif Ffon 01443 485687 neu e-bost  
[mail@wcdeaf.org.uk](mailto:mail@wcdeaf.org.uk)

Wales Council for Deaf People

## Young Carers

'Time 4 Me' is one of the youth programs run by Cardiff YMCA, supporting Young Carers within the area of Cardiff & The Vale of Glamorgan. Young Carers are children and young people aged from 7 – 18 years, who take responsibility for someone who is ill, disabled, elderly, experiencing mental distress or affected by substance misuse or has substantial responsibility for caring for a sibling.

For East Cardiff, telephone 07971 3058330 or email  
[Julie.griffiths@cardifffymca.co.uk](mailto:Julie.griffiths@cardifffymca.co.uk)

For West Cardiff, telephone 07836 005255 or email  
[Laura.perriam@cardifffymca.co.uk](mailto:Laura.perriam@cardifffymca.co.uk)

For the Vale, telephone 07966 834506 or email  
[Carys.jenkins@cardifffymca.co.uk](mailto:Carys.jenkins@cardifffymca.co.uk)

