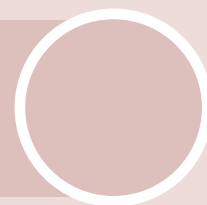


A ydych chi'n edrych ar ôl rhywun?

Gwybodaeth ddefnyddiol i bobl o bob oed sy'n gofalu am deulu, ffrindiau neu gymdogion yng Ngwynedd.



A ydych chi'n edrych ar ôl rhywun?



A ydych yn blentyn, person ifanc neu'n oedolyn sy'n gofalu am rywun sy'n sâl neu'n anabl?

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Ymwrthodiad

Er y gwnaed pob ymdrech i wneud yn siwr bod cynnwys y llyfryn hwn yn gywir pan gafodd ei gyhoeddi, ni all Partneriaeth Gofalwyr Gwynedd dderbyn unrhyw gyfrifoldeb am wallau, diffygion, safon y wybodaeth neu'r gwasanaethau a ddarperir gan gyrff eraill; ni allwn chwaith argymhell cynhyrchion neu wasanaethau.



A ydych chi'n edrych ar ôl rhywun?

1. Ydych chi'n ofalwr?

Gofalwr yw rhywun sy'n edrych ar ôl perthynas neu ffrind sy'n sâl, sy'n fregus neu sy'n anabl, na allant fyw gartref heb dderbyn cefnogaeth ymarferol neu emosiynol di-dâl gennych chi. **Pan yn cyfeirio at ofalwyr yn y llyfryn hwn, golygir gofalwyr di-dâl o bob oed a chefnidir oni nodir yn wahanol.**

Beth bynnag fo'ch sefyllfa, nid yw'n rhesymol i unrhyw un ddisgwyl i chi fod yn ofalwr heb gymorth. Gall hwn fod yn gymorth ymarferol, e.e. seibiant, rhywfaint o wybodaeth, cyngor ar fudd-daliadau a gwasanaethau y gallech fod yn gymwys i'w derbyn, ac ati, neu glust i wrando pan fyddwch angen siarad.

Mae canfod a derbyn cymorth yn gallu bod yn anodd ac weithiau, mae hi'n anodd gwybod ble i ddechrau. Mae'r llyfryn gwybodaeth hwn wedi'i ddylunio i'ch cynorthwyo chi fel gofalwr. Ni all roi'r ateb i bob dim i chi, fodd bynnag, bydd yn eich cyfeirio at rywfaint o wybodaeth, cefnogaeth a chymorth sydd ar gael i ofalwyr.

Mae'r daflen hon yn cynnwys gwybodaeth ynghylch sawl sefydliad, enwau a chyfeiriadau cyswllt a rhifau ffôn. Os nad oes modd i unrhyw berson neu asiantaeth benodol roi cymorth uniongyrchol i chi, byddant yn gwneud eu gorau i'ch rhoi mewn cyswllt â rhywun fydd yn gallu helpu.

Os oes gennych chi unrhyw bryderon neu anghenion cefnogaeth – corfforol neu emosiynol – peidiwch â'u cadw i chi eich hun. Weithiau, gall pobl broffesiynol wneud camgymeriad trwy gymryd yn ganiataol eich bod yn gwybod am bethau, felly gwnewch yn siwr eich bod yn **gofyn!**

2. Gofalwyr Ifanc

Weithiau, mae plant a phobl ifanc yn dod yn ofalwyr hefyd. Efallai eich bod o dan 18 oed eich hun ac yn cwblhau tasgau sylweddol o ran gofalu neu dasgau yn y cartref gan fod gennych riant, brawd, chwaer, perthynas arall neu ffrind sy'n dioddef o:

- Anabledd corfforol
- Problem iechyd meddwl neu anabledd dysgu
- Salwch hirdymor neu derfynol
- Problemau gyda'u defnydd o gyffuriau neu alcohol

Mae gennych hawl i ofyn am asesiad o'ch anghenion fel gofalydd. Gallwch gysylltu â'r Tîm Derbyn Cyfeiriadau Plant er mwyn gwneud hunan gyfeiriad ar **01758 704455**. Bydd y tîm yn ystyried eich sefyllfa ac efallai yn gwneud asesiad o'ch anghenion. Byddent yn ystyried os gallent roi cymorth i chi yn eich rôl o ofalu.

Gallwch hefyd gysylltu â 'Gweithredu dros Blant' sy'n rhedeg prosiect gofalwyr ifanc yng Ngwynedd. Gallant eich cynghori a darparu gwasanaethau ar ran Cyngor Gwynedd. Gallwch gysylltu â nhw drwy ffonio **01248 364614** neu drwy e-bost **gwyneddyoungcarers@actionforchildren.org.uk**

Os ydych yn yr ysgol, mae'n bwysig bod yr ysgol yn gwybod am eich sefyllfa. Gallant eich cefnogi. Dylech siarad am eich sefyllfa gyda rhywun yn yr ysgol, fel eich athro cofrestru neu unrhyw aelod staff sympathetig arall.



3. Cefnogaeth a gwybodaeth ar gael

Asesiadau gofalwyr

Mae'n ddyletswydd ar Wasanaethau Cymdeithasol yr awdurdod lleol i ddarparu asesiad o anghenion gofalwyr o ran cefnogaeth yn eu rôl fel gofalwr, pan wneir cais am asesiad. Gall gofalwyr gynnwys unrhyw un sy'n ymwneud â gofal a chefnogi, yn cynnwys teulu, ffrindiau neu gymdogion. Fodd bynnag, yn sgil meini prawf cymhwyster y Cyngor, nid yw pob gofalwr yn gymwys i dderbyn gwasanaeth uniongyrchol gan yr adran Gwasanaethau Cymdeithasol neu asiantau eraill sydd dan gontract gan y Cyngor i ddarparu gwasanaethau, ond mae ffynonellau eraill o gefnogaeth ar gael.



Mae asesiad gofalwyr yn edrych ar anghenion gofalwyr. Gall y gefnogaeth sydd ar gael gynnwys: seibiant o ofalu, mynediad at hyfforddiant, gwahoddiadau i ddigwyddiadau gofalwyr a chyfeirio at wasanaethau perthnasol. Gallwch chi dderbyn asesiad, hyd yn oed os nad yw'r person yr ydych yn gofalu amdano wedi derbyn asesiad o'i anghenion ei hun.

Meddyliwch ymlaen llaw ynghylch beth fyddai'n gwneud bywyd yn haws, a pha gynlluniau y byddech yn hoffi eu rhoi yn eu lle pe byddai argyfwng.

I wneud cais am asesiad, ffoniwch Dîm Cyngori ac Asesu Gwasanaethau Cymdeithasol Gwynedd ar **01286 682888** neu os yw'n ymwneud â mater iechyd meddwl cysylltwch â'r Tîm Iechyd Meddwl:

Arfon: 01248 363470
Dwyfor / Meirionnydd: 01766 510011

Argyfwng

Os bydd argyfwng y tu allan i oriau arferol ac angen cymorth Gwasanaethau Cymdeithasol arnoch, cysylltwch â'r Tîm Tu Allan i Oriau ar **01248 353551**.

Os ydych yn gweld bod gofalu yn y cartref yn gynyddol anodd, efallai y byddai'r sawl yr ydych yn gofalu amdano yn cael budd o gymorth ychwanegol yn y cartref neu seibiant. Am ragor o wybodaeth ynghylch yr opsiynau gofal sydd ar gael, gofynnwch am asesiad gan wasanaethau cymdeithasol Cyngor Gwynedd ar **01286 682888**.

Ffynonellau Gwybodaeth

Mae nifer o fudiadau a all ddarparu gwybodaeth briodol ac amserol i chi, gan gynnwys:

- Gwasanaethau Cymdeithasol
- Gwasanaethau Iechyd
- Mudiadau'r Trydydd Sector
- Gwasanaethau Llyfrgelloedd

A ydych chi'n edrych ar ôl rhywun?

Gwasanaethau Cymdeithasol

Os oes gennych chi gyswllt gyda gweithiwr cymdeithasol, cofiwch eu holi am unrhyw wybodaeth a allai eich helpu i ofalu. Hefyd mae gwybodaeth ar gael ar wefan Gwasanaethau Cymdeithasol.

Gwasanaethau Iechyd

Bydd eich meddygfa a'i staff yn ffynhonnell dda o wybodaeth. Gallwch holi eich meddyg teulu neu un o'r nyrsys. Mae'n bosibl y bydd taflenni a llyfrynau defnyddiol ar gael yno. Hefyd mae gan Ysbyty Gwynedd stondin wybodaeth, ac mae'n werth holi staff yn y clinigau neu ar y wardiau.

Mudiadau'r Trydydd Sector

Mae nifer o fudiadau'r trydydd sector yn darparu gwybodaeth berthnasol i ofalwyr a gofalwyr ifanc e.e. Gwasanaeth Cynnal Gofalwyr a Gweithredu Dros Blant. Mae rhai mudiadau yn cynorthwyo pobl ag afiechyd penodol ac mae ganddynt wybodaeth benodol all helpu gofalwyr hefyd e.e. Cymdeithasau Strôc, Alzheimer, Parkinson a Hafal. Gweler rhagor o wybodaeth a manylion cyswllt yn y cyfeirlyfr A-Y.

Gwasanaethau Llyfrgelloedd

Mae gan bob llyfrgell yng Ngwynedd gasgliad o lyfrau am ofalu; mae rhai wedi'u hysgrifennu gan ofalwyr. Hefyd bydd ffeiliau gwybodaeth ar gael yn 2013. Yn ogystal gellir cael mynediad i gyfrifiaduron a'r we yn rhad ac am ddim - mae llawer o fforymau ar-lein sydd yn bwrpasol i ofalwyr a fydd efallai o gymorth i chwi.

Cymorth ar gael drwy'r Gwasanaethau Cymdeithasol

Gofal Cartref (cymorth yn y cartref)

Gall hyn gynnwys cymorth gyda thasgau gofal personol megis ymolchi neu wisgo a chymorth gydag adferiad sylfaenol er mwyn datblygu sgiliau a chynorthwyo pobl i fyw mor annibynnol â phosib yn y gymuned. Weithiau, gall cymorth gyda thasgau domestig fod ar gael i'r gofalwr.

Ysbaid/Gwasanaeth Eistedd (seibiant byr)

Mae ysbaid yn rhoi seibiant i chi, gyda rhywun arall yn edrych ar ôl y person yr ydych yn gofalu amdano. Gall hyn ddigwydd yn eich cartref neu rywle arall. Gellir cynnig ysbaid trwy dderbyn asesiad gan y gwasanaethau cymdeithasol.

Taliadau Uniongyrchol

Mae Taliadau Uniongyrchol yn cynnig cyfle i bobl wneud eu trefniadau gofal eu hunain. Yn lle derbyn gwasanaethau gan y Cyngor, gallwch ddewis derbyn yr arian a phrynu'r gwasanaethau rywle arall – sy'n rhoi mwy o ddewis a rheolaeth i chi ac i'r sawl yr ydych yn gofalu amdano. Am ragor o wybodaeth, cysylltwch â'r Tîm Cyngori ac Asesu Gwasanaethau Cymdeithasol Gwynedd ar **01286 682888**.



A ydych chi'n edrych ar ôl rhywun?

Teleofal

Mae'r system Teleofal yn cynnwys defnyddio sensoriaid yn y cartref; mae'r defnydd o'r offer yn gallu cynorthwyo pobl i fyw yn annibynnol yn eu cartrefi eu hunain. Gall y sensoriaid anfon rhybudd awtomatig i ganolfan fonitro sy'n weithredol 24/7 mewn argyfwng. Yna, cysylltir gyda'r bobl briodol er mwyn rhoi cymorth. Gall sensoriaid ddarganfod nifer o broblemau yn y tŷ megis argyfwng, llifogydd, tân, adnabod tymheredd eithafol yn dangos bod y gwres neu'r popty wedi ei adael ymlaen, gall gydnabod fod defnyddwyr wedi crwydro o'r tŷ neu efallai wedi cael codwm. Mae offer 'stand alone' ar gael sy'n danfon y rhybuddion i alwr (pager) gofalwyr yn y cartref yn hytrach na'r ganolfan fonitro, felly gall Teleofal gefnogi gofalwyr yn eu cartrefi. Am ragor o wybodaeth, cysylltwch â'r Tîm Cyngori ac Asesu Gwasanaethau Cymdeithasol Gwynedd ar **01286 682888**.



Yn syml, mae Teleofal yn rhoi tawelwch meddwl i ofalwr fod cymorth ar gael pe byddai angen, a hefyd yn caniatáu iddynt gysgu'n dda neu fynd i siopa, gan wybod y byddant yn cael eu galw os bydd eu hangen.

Gofal Preswyl a Nyrsio

Os nad oes modd i chi barhau i ofalu yn y cartref, efallai eich bod angen ystyried gofal preswyl neu nyrsio. Mae cartrefi nyrsio yn cynnig lefel uchel o gefnogaeth i bobl gydag anghenion iechyd cymhleth neu ymddygiad heriol, tra bod cartrefi preswyl yn cynnig lefel is o gefnogaeth ar gyfer pobl sy'n fwy annibynnol. Er mwyn gweld a oes modd i chi gael cymorth gyda'r ffioedd, bydd angen i'r sawl yr ydych yn gofalu amdano dderbyn asesiad ariannol. Fodd bynnag, os oes modd i'r sawl yr ydych yn gofalu amdano dalu'r costau ei hun, gallwch gysylltu â'r cartref yn uniongyrchol. Mae'r Arolygiaeth Gofal a Gwasanaethau Cymdeithasol hefyd yn darparu gwybodaeth ynghylch cartrefi gofal (gweler A-Y ar ddiwedd y llyfryn).

Talu am wasanaethau

Os yw'r person yr ydych yn gofalu amdano yn cael ei asesu fel bod angen gwasanaethau, yn dibynnu ar ei sefyllfa ariannol, efallai y gofynnir iddo/iddi gyfrannu at y costau, hyd at uchafswm o £50 yr wythnos.

Meini Prawf Cymhwyster

Mae'r Cyngor yn ceisio darparu gwasanaethau i'r rhai sydd â'r angen mwyaf. Er mwyn gwneud hyn, mae'n defnyddio meini prawf cymhwyster ble y mae anghenion pobl yn cael eu hasesu fel critigol, sylweddol, cymedrol neu isel. Ar hyn o bryd, cynigir gwasanaethau i'r rhai hynny sydd yn y band critigol neu sylweddol. Nid yw meini prawf cymhwyster yn seiliedig ar incwm – maent yn seiliedig ar angen y person am gefnogaeth.

Os ydych yn cael eich asesu fel rhywun nad yw'n gymwys am ofal iechyd neu gymdeithasol, cynigir cyngor a gwybodaeth i chi ynghylch cefnogaeth arall gan sefydliadau gwirfoddol a phreifat. Rhestrir rhai o'r sefydliadau hyn yn rhan A-Y y llyfryn hwn, ac fe nodir a oes modd i chi gysylltu â nhw'n uniongyrchol am gefnogaeth ai peidio.

A ydych chi'n edrych ar ôl rhywun?

Cymorth ar gael drwy'r Gwasanaeth Iechyd

Mae cymorth ar gael i chi, fel gofalwr, a'r person yr ydych yn gofalu amdano, gan wasanaethau iechyd lleol fel meddygon teulu, ysbytai ac iechyd cymunedol.

Meddygfa Meddygon Teulu

Sicrhewch fod eich meddyg teulu yn gwybod eich bod yn ofalwr - bydd nodi hyn ar eich cofnodion yn egluro pam eich bod angen gwneud apwyntiad ar adeg benodol neu angen ymweliad cartref, er enghraifft. Mae gennych yr hawl i gael ymweliad cartref os nad ydych yn gallu mynd i'r feddygfa.

Trefnwch apwyntiad dwbl os ydych chi a'r person yr ydych yn gofalu amdano angen mwy o amser gyda'r meddyg teulu. Mae hefyd yn syniad da paratoi ar gyfer yr apwyntiad drwy ysgrifennu unrhyw gwestiynau sydd gennych fel nad ydych yn anghofio unrhyw beth.

Gellir yn awr drefnu apwyntiadau ar-lein drwy ddefnyddio'r safle gwe newydd Fy Iechyd Ar-lein. Mae'r apwyntiad yn cael ei gadarnhau ar-lein felly nid oes angen ffonio'r feddygfa o gwbl. Gellir hefyd ganslo apwyntiadau ar-lein. Y cyfan sydd angen ei wneud er mwyn defnyddio'r gwasanaeth hwn yw cofrestru eich manylion gydag eich meddygfa (bydd angen i chi ddarparu prawf o hunaniaeth).

Os nad ydych yn hyderus ynglŷn â darparu gofal meddygol i'r person yr ydych yn gofalu amdano, gallwch ofyn i'ch meddygfa leol am hyfforddiant ychwanegol.

Fel gofalwr mae gennych hawl i frechiad blynyddol rhag y fflw. Dylai hyn gael ei gynnig i chi yn awtomatig os ydych wedi cofrestru fel gofalwr â'r feddygfa.

Gofal a ariennir gan GIG

Os na all y gwasanaethau cymdeithasol ddiwallu anghenion gofal iechyd y person rydych yn gofalu amdano, yna gallent fod â'r hawl i dderbyn pecyn gofal a ddarperir gan y GIG. Mae hyn yn cynnwys llety a chefnogaeth nyrsio a ddarperir yn y cartref neu mewn cartref nyrsio. Am fwy o wybodaeth cysylltwch â'ch meddyg teulu / gweithiwr cymdeithasol neu, os yw'r person yr ydych yn gofalu amdano yn yr ysbyty, staff y ward. Os yw hyn yn wir, rydych yn parhau â hawl i asesiad gofalwr gan y gwasanaethau cymdeithasol.

Fferyllwyr

Mae'r rhan fwyaf o fferyllwyr yn cynnig nifer o wasanaethau i gefnogi gofalwyr a'r sawl y maent yn gofalu amdano. Maent yn cynnig gwasanaeth ail-bresgripsiwn ble anfonir yr ail-bresgripsiwn yn syth i'r fferyllfa sy'n golygu y gall y gofalwr/ claf gasglu'r feddyginiaeth pan fydd yn barod. (Mae angen i'r gwasanaeth hwn gael ei drefnu i ddechrau drwy'r feddygfa). Mae rhai fferyllwyr yn cynnig gwasanaeth danfon i'r cartref.

Mae'r holl fferyllwyr yn cynnig adolygiad meddyginiaeth flynyddol. Mae ganddynt hefyd y cyfleusterau i gynnig ymgynghoriadau preifat ar feddyginiaeth ar unrhyw adeg.



A ydych chi'n edrych ar ôl rhywun?

Ysbytai a Chlinigau

O dan y Mesur Strategaethau ar gyfer Gofalwyr (Cymru) 2010, mae'r gyfraith yn nodi bod yn rhaid i staff iechyd mewn clinigau ac ysbytai ymgynghori â chi fel gofalwr ac i gynnig cefnogaeth i chi yn eich rôl fel gofalwr (er y gallai hyn olygu dim ond eich cyfeirio chi at sefydliadau a all helpu).

Os bydd y sawl yr ydych yn gofalu amdano yn cael ei dderbyn i'r ysbyty, efallai y byddwch yn dymuno parhau i helpu gyda'u gofal neu efallai byddai'n well gennych adael i staff y ward wneud hynny, ond naill ffordd neu'r llall, mae gennych yr hawl i gael gwybod am eu cyflwr a'u triniaeth.

Cyn rhyddhau unrhyw un sydd angen gofal, rhaid i gynllun rhyddhau fod yn ei le, sy'n cynnwys cynllun gofal pan fydd y claf yn cyrraedd gartref. Fel gofalwr, dylid ymgynghori â chi am hyn ac ymarfer da fyddai i'r cynllunio ddechrau cyn gynted â phosibl, er mwyn sicrhau bod popeth sydd ei angen yn ei le cyn i'r claf gael ei ryddhau o'r ysbyty.

Gall y cynllun rhyddhau gynnwys beth sy'n digwydd ar y diwrnod rhyddhau; unrhyw asesiad sydd ei angen; cludiant adref; pecyn gofal; offer; addasiadau i'r cartref; cysylltiad â gweithwyr iechyd proffesiynol; apwyntiadau dilynol i gleifion allanol.

Cefnogaeth arall sydd ar gael

Cwmsela

Dyma gyfle i drafod eich problemau gyda rhywun sydd wedi'u hyfforddi i'ch cynorthwyo i weld pethau mewn goleuni gwahanol a dod o hyd i ffyrdd o'ch cynorthwyo i ymdopi neu wneud newidiadau cadarnhaol. Gallwch drafod bron unrhyw beth, er enghraifft, ymddeoliad, unigrwydd, pryder, straen, teimlo fel nad ydych yn gallu ymdopi, perthnasau teuluol poenus, galar a hunanladdiad. Mae'r gwasanaeth hwn yn gyfrinachol yn llwyr. Cysylltwch â'ch meddyg teulu, ac unrhyw fudiad perthnasol a rhestrir yn y A-Y ar ddiwedd y llyfryn.

Grwpiau Cefnogi

Mae grwpiau cefnogi yn rhoi cyfle i chi gyfarfod gofalwyr eraill sy'n deall beth sydd ynghlwm â gofalu, rhannu arbenigedd, gwybodaeth, pwyntiau defnyddiol a chyfle i ymlacio a gwneud ffrindiau. Mae'n bosibl mynd â'r person yr ydych yn gofalu amdano gyda chi i rai o'r grwpiau hyn.

Potel Werdd yn yr oergell

Dyma botel fach blastig y gall rhywun roi copi o bresgripsiwn y claf ynddi. Mae labeli gyda chroesau gwyrdd arnynt, a dylai un ohonynt fod ynghlwm i ble bynnag y mae'r 'botel' yn cael ei chadw (fel arfer yn yr oergell) a'r llall ar ba bynnag ddrws fyddai'r gwasanaethau brys yn mynd i mewn i'r tŷ. Mae'r gwasanaethau brys yn ymwybodol o'r cynllun a gallant ddod o hyd i'r botel i fynd gyda'r claf i'r ysbyty pan nad oes unrhyw un arall yn y tŷ.

Mae'r poteli gwyrdd ar gael gan feddygfeydd teulu yn Arfon a Dwyfor a changhennau o Fferyllfeydd Rowlands neu Wasanaeth Cynnal Gofalwyr (gweler A-Y).



A ydych chi'n edrych ar ôl rhywun?

Talking Labels

Dyfais sydd ar gael mewn canghennau o Boots. Mae'r fferyllydd yn darllen y cyfarwyddiadau ar ddyfais sy'n cael ei gosod ar dop y bocs meddyginiaeth a gallwch eu clywed drwy wasgu'r botwm ar y ddyfais. Mae'n gadael i bobl ag amhariad golwg wybod sawl tabled sydd angen eu cymryd a phryd i'w cymryd. Mae hefyd yn egluro unrhyw newidiadau i'r presgripsiwn arferol. Mae'n rhad ac am ddim.

Adfocatiaeth

Mae yna nifer o sefydliadau sy'n cynnig gwasanaethau adfocatiaeth a all fod o gymorth i chi fel gofalwr ac i'r sawl yr ydych yn gofalu amdano. Mae'r gwasanaethau cymdeithasol yn darparu gwasanaeth adfocatiaeth annibynnol a generig i holl ddefnyddwyr gwasanaeth oedolion a'u gofalcwyr yng Ngwynedd, (ac eithrio unigolion gyda phroblemau iechyd meddwl) sydd wedi cael asesiad gofal cymdeithasol, waeth beth yw canlyniad yr asesiad. Fel arall, gweler yr A-Y am fanylion sefydliadau trydydd sector a all helpu.

4. Iechyd a Hamdden

Edrych ar ôl eich hun

Nid yw wastad yn hawdd adnabod eich hun fel gofalwr, ac i chi ac eraill (yn cynnwys y sawl yr ydych yn gofalu amdano), dderbyn fod gennych anghenion eich hun, e.e. cefnogaeth, cymorth, dealltwriaeth a seibiant o'ch rôl fel gofalwr.

Os ydych yn gofalu amdano chi eich hun, rydych yn fwy tebygol o aros yn iach a gallu parhau i gynorthwyo'r sawl yr ydych yn gofalu amdano. Yn aml, mae gofalcwyr a oedd yn ei chael yn anodd ar y dechrau, gan feddwl na fyddai modd iddynt ymdopi o gwbl, yn teimlo'n llawer mwy hyderus ar ôl ychydig fisoedd os ydynt yn derbyn digon o gefnogaeth a chymorth.

Efallai y byddai aelodau eraill o'r teulu, ffrindiau neu gymydog, yn fodlon eich cynorthwyo o bryd i'w gilydd, fel bod modd i chi gymryd seibiant o'ch rôl fel gofalwr.

Edrychwch ar ôl eich iechyd eich hun - ceisiwch gael noson dda o gwsg, bwytwch ddiet iach a gwnewch ychydig o ymarfer corff. Derbyniwch y cymorth sydd ar gael i chi gan deulu, ffrindiau a gwasanaethau gwirfoddol a statudol.

Mae eich meddyg yn fan cychwyn da ar gyfer gwybodaeth a chefnogaeth. Dywedwch wrth eich meddyg teulu eich bod yn ofalwr; oherwydd mae hi'n bosibl nad yw'n ymwybodol o hyn. Siaradwch am unrhyw broblemau sydd gennych, yn enwedig os ydych yn teimlo dan straen neu'n boenus. Bydd modd i'ch meddyg teulu eich cyfeirio at wasanaethau gofal cymdeithasol a sefydliadau eraill allai fod o gymorth.

Seibiant o ofalu

Mae nifer o sefydliadau trydydd sector yn cynnig digwyddiadau cymdeithasol ar gyfer gofalcwyr a gofalcwyr ifanc yn ardal Gwynedd, fel y gallwch gymryd seibiant o ofalu. Gweler A –Y am wybodaeth sut i gysylltu.



A ydych chi'n edrych ar ôl rhywun?

Cerdyn Sinema (CEA)

Am ffi flynyddol fechan, mae'r cerdyn hwn yn rhoi'r hawl i'r perchennog gael un tocyn am ddim i'r sawl sy'n mynd â nhw i'r sinema. Bydd perchennog y cerdyn angen cyflwyno prawf i ddangos eu bod yn derbyn Lwfans Byw i'r Anabl/ Taliad Annibyniaeth Bersonol neu Lwfans Gweini, neu fod yn berson dall cofrestredig. Am ragor o wybodaeth, cysylltwch â **0845 123 1292**.

Cynllun Cyfeirio Ymarfer Cenedlaethol

Mae'r cynllun hwn ar gyfer y rhai dros 17 mlwydd oed, a fyddai'n elwa o fynediad i raglen ymarfer corff dan oruchwyliaeth i wella iechyd a lles. Gall buddion gynnwys rheoli pwysau, lleihau pwysedd gwaed, lleihau straen a phryder. Siaradwch â'ch meddyg teulu/ nyrs am wybodaeth bellach.

Seibiant i Ofalwyr Ymddiriedolaeth Saga

Mae'r ymddiriedolaeth hon yn dyfarnu gwyliau rhad ac am ddim ar gyfer gofalwr a ffrind, gan gynnwys arian gwario a gofal seibiant os oes angen. Rhaid i ofalwyr fod dros 50 oed, wedi bod yn gofalu am dros flwyddyn a heb gael toriad sylweddol yn ystod y cyfnod hwnnw. Gall gofalwyr naill ai enwebu eu hunain neu gael eu henwebu. Am ragor o fanylion ewch i'w safle we **www.saga.co.uk/care/carers-trust** neu ffonio **01303 77421**.

Gwyliau yn y Cotswolds a Torbay

Mae Carers Holidays yn cynnig gwyliau mewn carafannau ar safleoedd Hoburne Holidays yn y Cotswold's a Torbay am bris gostyngol i ofalwyr. Mae ganddynt garafannau wedi'u haddasu'n llawn ar gyfer pobl mewn cadair olwyn neu sydd â phroblemau symudedd. Mae croeso i unrhyw ofalwr fynd ar wyliau yno naill ai gyda'r sawl sy'n derbyn gofal neu ffrindiau neu ar ei ben ei hun. Mae'r cyfleusterau ar y safleoedd yn cynnwys pyllau nofio, sawna, caffi, bwyty a bar ag adloniant gyda nos. Cysylltwch â **0117 965 2365** neu e-bostiwch **info@carersholidays.org.uk** neu ewch i **www.carersholidays.org.uk**

5. Gwaith, hyfforddiant a chysiau

Gofalwyr sy'n Gweithio

Mae nifer o ofalwyr eisiau parhau i weithio am resymau ariannol, ac er mwyn cael seibiant o ofalu. Gyda chefnogaeth ychwanegol gan y gwasanaethau cymdeithasol, y sefydliadau gwirfoddol a statudol a'ch cyflogwr, efallai y byddwch yn ei chael yn haws cael cydbwysedd rhwng y ddau. Siaradwch gyda'ch cyflogwr am weithio'n hyblyg.

Hyfforddiant

Yn ogystal â chysiau hyfforddi penodol i ofalwyr, os ydych yn ystyried dychwelyd i'r gwaith, efallai yr hoffech ychwanegu at eich sgiliau. Efallai yr hoffech gymryd rhan mewn cyrsiau er mwyn hamddena hefyd. Mae sawl ffordd o ddysgu, er enghraifft, dysgu o bell, cyrsiau ar y We neu ysgol ddydd/nos. Mae'r Brifysgol Agored yng Nghymru yn cynnig dysgu o bell hyblyg rhan-amser fel y gallwch astudio o'ch cartref, o gwmpas y gofalu ac ymrwymadau eraill, a gweithio tuag at gymwysterau cydnabyddedig. Am wybodaeth bellach cysylltwch â'r Brifysgol Agored ar **029 2047 1170**.



A ydych chi'n edrych ar ôl rhywun?

Cyrsiau

"Edrych ar fy Ôl". Mae EPP Cymru yn cynnig y cwrs hwn i ofalwyr. Fe'i cynhelir yn y gymuned leol i unrhyw un mewn rôl gofalu. Mae'r cwrs yn cael ei gynnal am 2½ awr yr wythnos am gyfnod o 6 wythnos. Mae cyrsiau eraill ar gael ar-lein, os na allwch eu mynychu'n bersonol. Gweler yr A-Y am fanylion cyswllt.

Dychwelyd i'r gwaith

Os hoffech gyfuno eich rôl gofalu â gwaith cyflogedig, mae Canolfan Byd Gwaith yn cynnig ystod o hyfforddiant a chymorth ariannol os ydych am ddechrau neu aildechrau gweithio ar unrhyw adeg. Mae ganddynt ymgynghorwyr sydd wedi'u hyfforddi i ddeall anghenion gofalwyr a gallent siarad â chi am yr hyn sydd ar gael. Am ragor o wybodaeth ewch i www.gov.uk/moving-from-benefits-to-work/help-for-parents-and-carers neu cysylltwch â'ch Canolfan Gwaith lleol i drefnu apwyntiad i weld ymgynghorydd. Ni fydd yn effeithio ar eich budd-daliadau ac nid oes rhwymedigaeth i wneud unrhyw beth arall.

6. Materion Ariannol

Efallai eich bod chi, neu'r sawl yr ydych yn gofalu amdanynt, yn gymwys i dderbyn cymorth ariannol - yn ddibynnol ar oedran, anghenion ac incwm. Gallwch un ai gysylltu â'r sefydliadau statudol yn uniongyrchol neu ofyn am gyngor gan sefydliad gwirfoddol e.e. Age Cymru neu Gyngor ar Bopeth.

Mae gan yr Adran Gwaith a Phensiynau (DWP) linell gymorth gyfrinachol, rhad ac am ddim, ar gyfer pobl ag anableddau a gofalwyr - **0800 88 22 00**. Mewn rhai achosion, mae'n bosibl iddynt wneud ymweliad cartref er mwyn rhoi cyngor, gwybodaeth, cwblhau ceisiadau budd-dal ac ati i bobl na all gysylltu â hwy fel arall.

Yn ogystal, efallai y gallwch dderbyn cymorth ariannol gan elusennau a sefydliadau buddiannol sy'n cynnig benthychiadau a grantiau i'ch cynorthwyo i dalu am bethau na fydd cynlluniau eraill yn eu hariannu. Gallai mudiad trydydd sector megis Gwasanaeth Cynnal Gofalwyr eich cynorthwyo â hyn.

Os ydych yn gofalu am ddefnyddiwr Gwasanaethau Cymdeithasol gall yr Uned Hawliau Lles gynnig gwasanaeth cynhwysfawr i chi ar y materion hyn, yn ogystal â sicrhau eich bod yn ceisio am yr hyn sy'n ddyledus i chi. Cysylltwch â **01766 771000**.

Budd-daliadau i ofalwyr:

Lwfans Gofalwyr - dyma'r prif fudd-dal ar gyfer gofalwyr sydd dros 16 mlwydd oed ar incwm isel ac sy'n treulio 35 awr neu fwy bob wythnos yn gofalu am rywun sy'n derbyn budd-dal anabledd penodol. Cysylltwch â'r Uned Lwfans Gofalwr - **0845 608 4321** neu Linell Ymholiadau Budd-daliadau - **0800 88 22 00**



A ydych chi'n edrych ar ôl rhywun?

Budd-daliadau i chi a'r sawl yr ydych yn gofalu amdanynt:

Credyd Pensiwn - mae hyn yn gwarantu lefel incwm penodol i bobl dros 60 mlwydd oed. Cysylltwch â'r Gwasanaeth Pensiwn - **0800 99 12 34**

Taliad Tanwydd y Gaeaf – dyma daliad blynyddol tuag at danwydd y gaeaf i bobl dros 60 mlwydd oed. Cysylltwch â'r Llinell Taliadau Tanwydd y Gaeaf – **08459 15 15 15**

Cymhorthdal Incwm – ar gyfer pobl rhwng 16 a 59 mlwydd oed sydd ar incwm isel, nad ydynt yn gweithio neu sy'n gweithio am lai na 16 awr yr wythnos. Cysylltwch â'r Ganolfan Byd Gwaith - **0800 012 1888**

Budd-dal Tai – cynorthwyo gyda thaliadau rhent os ydych ar incwm isel. Cysylltwch â'r Cyngor – **01286 682689** neu **0800169 9729** (os ydych dros 60 mlwydd oed)

Gostyngiadau ac Ad-daliadau Treth y Cyngor – mae gostyngiadau ac ad-daliadau ar gael os ydych yn byw ar eich pen eich hun, ar incwm isel neu os ydych yn gofalu am rywun sy'n dioddef o anabledd meddyliol / salwch meddwl. Cysylltwch ag Adran Treth y Cyngor – **01286 682689** neu **0800169 9729** (os ydych dros 60 mlwydd oed)

Cronfa Gymdeithasol / Grant Gofal Cymunedol – yn darparu taliadau lwmp swm, grantiau a benthyciadau ar gyfer costau annisgwyl i bobl ar incwm isel. Cysylltwch â'r Ganolfan Byd Gwaith – **0845 603 2713**

Benthyciad Argyfwng

Os ydych am wneud cais am fenthyciad argyfwng ar gyfer nwyddau i'ch cartref neu eich costau byw, cysylltwch â'r Ganolfan Byd Gwaith – **0800 587 5986**

Lwfans Gweini – ar gyfer pobl dros 65 mlwydd oed sydd angen cymorth gyda gofal personol oherwydd anabledd. Telir hwn ar raddfa wahanol, yn ddibynnol ar y gofal angenrheidiol. Cysylltwch â'r Adran Gwaith a Phensiynau – **0845 712 34 56**

Y Cynllun Motability – mae hwn yn rhoi cymorth i logi / prynu car, sgwter/cadair olwyn â motor i bobl sy'n derbyn budd-daliadau anabledd penodol. Ar gyfer y Cynllun Motability, cysylltwch â Motability Operations – **01279 635666**

Tâl Salwch Statudol (SSP) a Lwfans Cyflogaeth a Chymorth – ar gyfer pobl rhwng 16 a 65 mlwydd oed nad ydynt yn gallu gweithio oherwydd salwch. Cysylltwch â'r Ganolfan Byd Gwaith – **0800 055 66 88**

Lwfans Byw i'r Anabl (DLA) – ar gyfer pobl sy'n iau na 65 mlwydd oed, yn cynnwys plant sydd ag anableddau difrifol ac sydd angen cymorth gyda gofal personol a symudedd. Cysylltwch â'r Adran Gwaith a Phensiynau – **08457 123456**



A ydych chi'n edrych ar ôl rhywun?

D.S. Mae Llywodraeth San Steffan yn bwriadu disodli Lwfans Byw i'r Anabl gyda Thaliad Annibyniaeth Bersonol newydd (PIP), a fydd yn cael strwythur a phroses asesu newydd. Bydd PIP yn cael ei gyflwyno yn 2013 a 2014.

Taliad Annibyniaeth Bersonol (PIP) – gan ddechrau ym mis Ebrill 2013, bydd PIP wedi disodli DLA'n llwyr erbyn diwedd 2016. Bydd dwy elfen iddo, fel DLA, sef elfen gofal ac elfen symudoledd. Dau gategori fydd gan yr elfen gofal, yn wahanol i'r tri sydd gan DLA.

7. Materion cyfreithiol

Weithiau, mae angen i ofalwyr gymryd cyfrifoldeb dros faterion ariannol a chyfreithiol y sawl y maent yn gofalu amdanynt. Gall cynllunio ymlaen llaw arbed amser, ymdrech ac arian. Mae'r pethau y gallech fod angen ymdrin â hwy yn cynnwys:

Cyfrifon Banc a Chymdeithasau Adeiladu – gellir newid cyfrifon i gyfrifon ar y cyd neu gallwch lunio 'Mandad Trydydd Parti'. Cysylltwch â'r banc neu gymdeithas adeiladu berthnasol.

Pŵer Atwrnai Parhaol – Dyma broses gyfreithiol sy'n galluogi person i roi cyfrifoldeb ar rywun arall i wneud penderfyniadau ar eu rhan ynghylch materion ariannol. Ers mis Hydref 2007, dan Ddeddf Galluedd Meddyliol, mae Pŵer Atwrnai Parhaol yn rhoi pŵer i wneud penderfyniadau ynghylch materion iechyd hefyd. Am fwy o wybodaeth, cysylltwch â'r "Office of the Public Guardianship" – **0300 456 0300**. Yn ogystal, gallai mudiadau trydydd sector fod o gymorth. Gweler yr A-Y am fanylion cyswllt.

Gwneud Ewyllys

Mae ewyllys yn gofnod ysgrifenedig o'r hyn fydd yn digwydd i eiddo ac arian person wedi marwolaeth. Gall person ysgrifennu ei ewyllys ei hun; fodd bynnag, os nad yw'n cael ei ysgrifennu yn iawn, gall problemau godi. Mae'n well cysylltu â chyfreithiwr neu ysgrifennwr ewyllysiau. Cysylltwch â'r Society of Will Writers ar **0800 838270** neu Gymdeithas y Gyfraith ar **020 7242 1222** am ragor o gyngor neu wybodaeth.

Cyngor Cyfreithiol

Mae cyngor cyfreithiol ar gael am ddim gan Gyngor ar Bopeth. Gallent eich cynorthwyo i leoli gwybodaeth gyfreithiol a gwasanaethau cynghori rhad neu am ddim, eich rhoi mewn cyswllt â chyfreithiwr arbenigol, eich cynorthwyo i dderbyn cymorth cyfreithiol (cymorth tuag at gostau cyfreithiol), cynhyrchu taflenni gwybodaeth a chynnig llinell gymorth annibynnol a chyfrinachol dros y ffôn sy'n rhad ac am ddim. Gweler yr A -Y am fanylion cyswllt.

Sefydlu ymddiriedolaeth

Os ydych yn gofalu am blentyn sâl neu anabl, efallai y byddwch eisiau meddwl am sefydlu cronfa ymddiriedolaeth, lle mae ymddiriedolwyr yn gyfrifol am reoli'r ymddiriedolaeth a chyflawni eich dymuniadau. Dylech gysylltu â chyfreithiwr i gael cyngor a gwybodaeth bellach neu gallai aelod o Society of Will Writers roi cymorth (gweler uchod am fanylion cyswllt).



8. Cynnal ac addasu eich cartref

Cymhorthion ac Addasiadau

Gall defnyddio offer arbennig a/neu addasu ble yr ydych yn byw ei gwneud yn haws i chi ofalu am rywun gartref ac iddynt hwy barhau i fyw yno. Mewn rhai amgylchiadau efallai bydd angen i chi ystyried a yw'ch cartref presennol yn addas ai peidio i fodloni anghenion y person yr ydych yn gofalu amdano.

Mae'r cymhorthion a'r offer y gellir eu darparu yn cynnwys cytleri sy'n hawdd gafeael ynddynt, ffyn, comôd, offer i godi uchder y gwely, baglau, reiliau, hoist, esgidiau orthopaedig, offer i godi uchder cadeiriau, sgwteri, fframiau cerdded, cadeiriau olwyn a gwelyau y gellir eu haddasu. Gall y rhain i gyd fod o gymorth i fyw o ddydd i ddydd.

Gallwch gael cymhorthion ac addasiadau trwy:

Gwasanaethau Cymdeithasol - Bydd therapyddion galwedigaethol yn gallu rhoi cyngor i chi ar gymhorthion ac addasiadau, megis rheiliau, hoist, offer i godi uchder cadeiriau. Cysylltwch â Thîm Cyngori ac Asesu ar **01286 682888** am asesiad.

Gwasanaethau Iechyd – comôd, ffyn, cadeiriau olwyn, gwelyau y gellir eu haddasu ac ati. Fodd bynnag, mae'n rhaid i chi gael eich cyfeirio gan feddyg teulu neu nyrs at yr Adran Ffisiotherapi Cymunedol.

Siopau – mae nifer o siopau symudedd ble y gellir prynu cymhorthion ac offer ar gyfer byw o ddydd i ddydd. Mae'r rhain wedi eu rhestru yn y llyfr ffôn, e.e. Byw Bywyd – **01286 830101** neu CIL De Gwynedd **01766 514249**

Y Groes Goch Brydeinig – maent yn rhoi benthyg cadeiriau olwyn, offer i orffwys y cefn arnynt, seddi ar gyfer y bath, potiau gwely, comôd, ffyn ac ati, am ffi fechan – **01248 364677**.

Efallai y gallwch chi neu'r person yr ydych yn gofalu amdano dderbyn grant i dalu, neu gyfrannu at gost trwsio, gwella neu addasu eich cartref. Mae rhai grantiau yn rhai profi modd neu mae amodau'n gysylltiedig â nhw, felly sicrhewch eich bod yn deall cyn cytuno fod unrhyw waith yn cael ei wneud. Mae rhai o'r grantiau tai sydd ar gael yn cynnwys:

Grantiau Cyfleusterau i'r Anabl - ar gyfer pobl gydag anabledau a'u gofalwyr er mwyn gwneud cartrefi yn fwy addas i fyw ynddynt. Mae gofyn derbyn asesiad gan therapydd galwedigaethol cymwys cyn cael Grant Cyfleusterau i'r Anabl. Cysylltwch â Thîm Cyngori ac Asesu Gwasanaethau Cymdeithasol Cyngor Gwynedd **01286 682888**.

Cynllun Effeithlonrwydd Ynni Cartref (Nyth)

Mae'r cynllun hwn yn hwyluso gosod mesurau effeithlonrwydd ynni megis gwres canolog, boeleri neu insiweiddio'r llofft. I ganfod os ydych yn gymwys, ffoniwch Radffôn 0808 808 2244. Mae cyngor hefyd ar gael ar arbed ynni; rheoli arian; gwneud yn siŵr eich bod ar y cynllun tanwydd gorau i chi ac a oes gennych hawl i



A ydych chi'n edrych ar ôl rhywun?

unrhyw fudd-daliadau i gynyddu eich incwm.

Canolfan Cyngori Effeithlonrwydd Ynni Gogledd Cymru - yn darparu gwasanaeth annibynnol er mwyn i chi arbed arian ar eich biliau ynni, gan gynnwys cyngor ar broblemau gyda biliau; dod o hyd i'r cyflenwyr ynni rhataf; ffyrdd o arbed ynni heb newid eich ffordd o fyw; datrys problemau insiwleiddio a gwresogi - Llinell rhadffôn **0800 954 0658**

Gofal a Thrwsio

Mae Gofal a Thrwsio yn cynnig cyngor a chefnogaeth i bobl 60 mlwydd oed a throsodd ac i bobl gydag anableddau yng Ngwynedd i wneud gwelliannau i'w cartrefi. Nid yw'r gwasanaeth hwn ar gael i denantiaid cymdeithasau tai. I wybod mwy, cysylltwch â **01766 510160**

9. Trafnidiaeth

Mae cael mynd allan am dro yn gallu gwneud byd o wahaniaeth i ofalwyr. Gallwch ddefnyddio'r rhan symudedd o'r Lwfans Byw i'r Anabl /Taliad Annibyniaeth Bersonol tuag at y cynllun Motability.

Ceir preifat

Motability

Mae Motability yn galluogi pobl ag anableddau i ddefnyddio eu lwfans symudedd, a ariennir gan y llywodraeth, i brynu car, cadair olwyn â motor neu sgwter newydd. Am fwy o fanylion, ffoniwch **01279 635999**.

Y Cynllun Bathodyn Glas

Mae'r cynllun yn galluogi pobl gydag anawsterau cerdded difrifol gael budd o barcio mewn mannau wedi'u dynodi ar gyfer pobl gydag anableddau. Ar gyfer ffurflen gais, cysylltwch â Galw Gwynedd ar **01766 771000** neu lawr lwythwch ffurflen o safle **www.gwynedd.gov.uk**. Fel arall, gallwch ymweld â safle 'Siop un Stop' i godi ffurflen.

Siop Gwynedd Pwllheli – Swyddfa Ardal Dwyfor, Ffordd y Cob, Pwllheli

Siop Gwynedd Dolgellau – Swyddfa Ardal Meirionnydd, Cae Penarlâg, Dolgellau

Siop Gwynedd Arfon – Swyddfa'r Cyngor, Stryd y Jêl, Caernarfon

Mae bathodynau glas ar gael hefyd drwy safle gwe **www.direct.gov.uk/bluebadge**

Teithio i'r ysbyty ac oddi yno

Os na allwch chi neu'r sawl yr ydych yn gofalu amdanynt gyrraedd yr ysbyty ar gyfer apwyntiad, gallwch drefnu trafndiaeth trwy'r gwasanaeth trafndiaeth ysbyty. Rhaid i chi drefnu hyn o leiaf un wythnos cyn yr apwyntiad. I ganfod p'un ai ydych yn gymwys ai peidio, cysylltwch â **0845 607 6181**



A ydych chi'n edrych ar ôl rhywun?

Trafnidiaeth Gymunedol

Bws Barbara Gwynedd - dyma wasanaeth yn arbennig ar gyfer rhai na all symud o'u cadair i mewn i gerbyd. I wybod mwy, cysylltwch â **01766 522756**

Cymrod – yn darparu cefnogaeth gyda thrafnidiaeth i bobl gydag anableddau, pobl hŷn a phobl fregus yn ardal Dwyfor – **01758 614311**

O Ddrws i Ddrws – gwasanaeth ar gyfer pobl hŷn neu bobl gydag anableddau nad ydynt yn gallu cyrraedd trafndiaeth gyhoeddus – **01758 721777**

Gwasanaeth Trafnidiaeth a Hebrwng y Groes Goch – ar gael i unrhyw un sy'n ei chael hi'n anodd teithio. Am ragor o wybodaeth, cysylltwch â **01248 351103**

Trafnidiaeth Gyhoeddus

Traveline Cymru

Gwasanaeth gwybodaeth trafndiaeth gyhoeddus. Ei ddiben yw cynnig "Siop un Stop" ar gyfer gwybodaeth teithio yng Nghymru, gan gynnwys bws, bws moethus, trênn, a fferi. Gallent eich helpu i gynllunio eich taith, drwy ddarparu amserlenni ac ati. Gallent hefyd ddarparu manylion cyswllt cwmnïau bysiau a threnau fel y gallwch gysylltu â hwy yn uniongyrchol am ragor o wybodaeth, e.e. oes gan fysiau ar lwybr penodol fynediad hwylus i gadeiriau olwyn. Am ragor o wybodaeth cysylltwch â hwy ar **0871 200 22 33**, neu ewch i **www.traveline-cymru.info**.

Teithio ar y Bws am Ddim

Mae pobl dros 60 mlwydd oed a phobl gydag anableddau yn cael teithio am ddim ar yr holl wasanaethau bws lleol yng Nghymru. Os na all y sawl yr ydych yn gofalu amdano deithio ar ei ben ei hun, gallant wneud cais am docyn bws cyd-deithiwr a gall y person hwnnw deithio gyda nhw am ddim. Cysylltwch â'r Cyngor – **01286 682 831**

Gwasanaethau Trên

Darperir y rhan fwyaf o wasanaethau trênn yng Nghymru gan Arriva. Maent yn anelu at wneud eu trenau'n addas i ddefnyddwyr cadair olwyn. Mae ganddynt lyfryn ar gael "Making Rail Accessible - Helping Older & Disabled Passengers", er mwyn derbyn copi, cysylltwch â **0870 9000 722**, neu lawr lwythwch gopi o **www.arrivatrainswales.co.uk**

Am ymholiadau teithio ffoniwch **08457 484950 (0845 6050600 Ffôn testun)**, am gymorth i gwsmeriaid anabl, ffoniwch **0845 3003005 (0845 6050600 Ffôn testun)**

Cerdyn Trênn i Bobl Anabl

Am ffi flynyddol, mae'r cerdyn rheilffordd yn caniatáu i berchennog y cerdyn ac un oedolyn deithio gyda hwy gael 1/3 oddi ar y rhan fwyaf o docynnau trênn ledled Prydain Fawr. Am ragor o wybodaeth am y cerdyn rheilffordd, cysylltwch â **0845 605 0525**.



10. Gwybodaeth ddefnyddiol arall

Allwedd i Doiledau Cyhoeddus ar gyfer yr Anabl

Mae'r Cynllun Allwedd Cenedlaethol (NKS) yn cynnig mynediad annibynnol i bobl anabl i doiledau cyhoeddus ledled y wlad. Mae 9,000 o doiledau addas ar draws y DU wedi eu gosod â chlo NKS.

Am ffi fechan, gallwch dderbyn un o allweddau 'Radar' hyn gan Gyngor Gwynedd i agor y drws i bob toiled cyhoeddus ar gyfer yr anabl. I wybod mwy am sut y gallwch gael allwedd, cysylltwch â Galw Gwynedd ar **01766 771000**.

Profion llygaid/clyw yn y cartref

Gellir cael profion llygaid GIG am ddim yn y cartref i bobl dros 60 mlwydd oed os na allant ymweld ag optegydd stryd fawr. Cysylltwch â 'Home Vision Care' ar **01745 851159**. Mae'r 'Outside Clinic' hefyd yn cynnig profion llygaid a chlyw i rai sydd â hawl, ffoniwch **0800 85 44 77**.

Gwasanaeth Llyfrgell

Os oes rhywun yn gaeth i'r tŷ neu os ydych yn ofalwr llawn amser, gall y Gwasanaeth Llyfrgell ddod at eich drws bob pedair wythnos. Mae gan y llyfrgell lyfrau amrywiol ar gyfer gofalwyr, rhai wedi'u hysgrifennu gan ofalwyr, a allai fod yn ddefnyddiol i chi. Cysylltwch â'ch llyfrgell leol am fanylion pellach, neu ffoniwch **01286 679465** neu **01341 422771**, neu e-bostiwch **llyfrgell@gwynedd.gov.uk**.

Trwydded Deledu

Mae pobl dros 75 mlwydd oed yn gymwys i gael trwydded am ddim. Gall pobl sydd naill ai'n ddall neu sydd â nam difrifol ar eu golwg gael gostyngiad o 50% ar gost eu trwydded deledu. Am fwy o wybodaeth cysylltwch â Thrwyddedu Teledu - **0300 790 6135**.

Cymorth Dŵr Cymru

Gallwch gael gostyngiad yn eich bil dŵr os ydych ar fudd-daliadau penodol, neu os oes gennych gyflwr meddygol penodol. Cysylltwch â **0800 052 0145**.

Rhifau Cyswllt Mewn Argyfwng

Mewn argyfwng ffoniwch **999** neu **112** (ambiwylans, heddlu, tân)

Gwasanaeth Meddygol Tu Allan i Oriau

Gwasanaeth meddygol brys rhwng 6:30pm – 8:00am ddyddiau'r wythnos a thrwy'r dydd ar benwythnosau a Gwyliau Cyhoeddus – **0300 123 5566**

Galw Iechyd Cymru

Gwasanaeth ffôn 24 awr sy'n darparu cyngor a gwybodaeth – **0845 4647**



A ydych chi'n edrych ar ôl rhywun?

Tîm Argyfwng Tu Allan i Orlau (Gwasanaethau Cymdeithasol)

Darparu gwasanaeth ar gyfer argyfyngau gwaith cymdeithasol sy'n digwydd y tu allan i oriau swyddfa arferol –
01248 353551

11. Gofalu hyd y diwedd

Gofalu am Rhywun sy'n Dioddef o Salwch Terfynol

Nid yw gofalu am rywun sy'n marw yn beth hawdd. Fodd bynnag, gall rhoi gofal i'r person roi'r cyfle i chi ddweud ffarwel mewn ffordd hynod arbennig. Eich dewis chi yw gwneud hyn ai peidio, felly, meddyliwch os yw rhoi'r gofal yn mynd i fod yn rhy anodd i chi; siaradwch gyda'ch meddyg teulu, gweithiwr cymdeithasol neu fudiad gofalwyr. Os yw unrhyw un o'ch anghenion gofal yn debygol o newid, gofynnwch am asesiad. Gallech fod yn gymwys am gymorth ariannol yn ogystal. Mae proses i wneud cais yn gynt yn bodoli ar gyfer pobl y mae eu disgwyliad oes yn llai na chwe mis.



Pan fo'r sawl yr ydych yn gofalu amdano'n marw

Efallai eich bod yn teimlo fod gennych gant a mil o bethau i'w gwneud, ond mae'n bwysig rhoi amser i chi eich hun ymdrin â'ch emosiynau, gan ei bod yn debygol y byddwch mewn sioc hyd yn oed os oeddech wedi paratoi eich hun. Os hoffech siarad am eich teimladau, cysylltwch â Cruse sy'n darparu cymorth am ddim i bobl sydd wedi cael profedigaeth – **0844 5617856**

Cofrestru marwolaeth

Pan fydd rhywun yn marw yn y cartref, mae'n rhaid cysylltu â'u meddyg teulu neu'r Gwasanaeth y Tu Allan i Orlau Meddygon Teulu i gael Tystysgrif Feddygol a rhybudd ffurfiol. Mae'n rhaid cofrestru'r farwolaeth o fewn pum diwrnod yn Swyddfa'r Gofrestr a byddant yn darparu Tystysgrif Claddedigaeth neu Amlosgi ar gyfer y trefnwyr angladdau, a thystysgrif marwolaeth.

Cymorth gyda chostau angladd

Gall angladdau fod yn ddrud, felly mae'n bwysig gwirio'r gost derfynol cyn dechrau gwneud trefniadau. Mae'n werth gwirio i weld a oes unrhyw yswiriant neu gynllun cynilo yn bodoli i helpu tuag at y costau. Caiff cost yr angladd ei gymryd o ystâd y person ymadawedig. Gan ddibynnu ar yr amgylchiadau, mae'n bosibl y cewch help tuag at gost yr angladd gan yr Adran Gwaith a Phensiynau. Os nad ydych yn gallu cael help tuag at gostau angladd, gallech ofyn i'r trefnwyr angladdau a yw'n bosibl eu talu mewn rhannau.

Bywyd ar ôl Gofalu

Efallai y byddwch yn darganfod, gan nad ydych yn ofalwr mwyach, fod gennych fwy o amser i wneud pethau. Gallwch ymuno â grŵp, dychwelyd i'r gwaith neu ymgymryd â hyfforddiant neu waith gwirfoddol. Beth bynnag fo'ch penderfyniad, byddwch yn garedig efo chi eich hun, gan y gallech fod yn teimlo'n fregus iawn yn dilyn marwolaeth rhywun sy'n agos atoch chi. Bydd y Gwasanaeth Cynnal Gofalwyr yn cefnogi gofalwyr sydd wedi cofrestru â hwy am ddwy flynedd yn dilyn profedigaeth.

A ydych chi'n edrych ar ôl rhywun?

12. Cwynion

Hwyrach y byddwch yn teimlo weithiau fod angen i chi gwyno am y gwasanaethau rydych wedi'u derbyn, neu wedi methu â'u derbyn, gan y sector statudol.

Os ydych yn anhapus gyda'r gwasanaeth rydych yn ei dderbyn gan Wasanaethau Cymdeithasol Gwynedd, gallwch gysylltu â'r Swyddog Gofal Cwsmer ar **01286 679549 / 01286 679223**.

Os ydych yn anhapus gyda gwasanaeth ysbyty, clinigau neu wasanaethau cymunedol megis nyrs ardal, gallwch gysylltu â'r Rheolwr Cwynion yn Ysbyty Gwynedd i drafod. Gallwch gysylltu â'r Uned Gwynion ar **01248 384194**.

Os ydych yn anhapus gyda'ch meddygfa, deintydd GIG, fferyllfa neu optegydd, dylech gysylltu â'r Uned Gwynion yn Ysbyty Gwynedd ar y rhif ffôn uchod. Hefyd, gall Cyngor Iechyd Cymuned Betsi Cadwaladr eich cefnogi drwy ddarparu gwybodaeth a chynghor ar y dewisiadau sydd ar gael i gleifion a'u gofalwyr. Gallwch gysylltu â hwy ar **01248 679284**.



13. Cyfeirlyfr A-Y o wasanaethau ar gyfer gofalwyr yng Ngwynedd

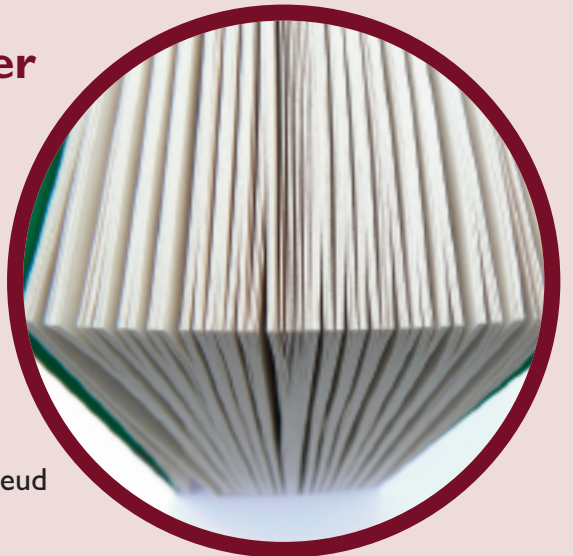
Mae'r cyfeirlyfr A -Y hwn yn atodiad i'r Llawlyfr Gofalwyr Gwynedd.

Rydym wedi ceisio cynnwys gwybodaeth fydd yn berthnasol i'r rhan fwyaf o ofalwyr. Fodd bynnag, nid yw hon yn rhestr gynhwysfawr. Os nad ydych yn gallu dod o hyd i beth rydych yn chwilio amdano yma, cysylltwch â Lester Bath, Swyddog Cefnogi Gofalwyr Oedolion a Phlant Cyngor Gwynedd, a fydd yn hapus i wneud ymholiadau ar eich rhan a'ch cyfeirio at y sefydliad perthnasol.

Swyddog Cefnogi Gofalwyr – Lester Bath

☎ 01286 679742

✉ LesterBath@gwynedd.gov.uk



A ydych chi'n edrych ar ôl rhywun?

Canllaw yn nhrefn yr wyddor i ddod o hyd i fudiadau perthnasol yn y cyfeirlyfr A-Y (cofiwch edrych ar hanner cyntaf y llyfryn hefyd)

Adfocatiaeth/Cyngor annibynnol

Age Cymru Gwynedd a Môn
Avalon Advice
Cyngor ar Bopeth (CAB)
Cynllun Adfocatiaeth Iechyd Meddwl
Cyngor ac Eiriolaeth Gogledd Cymru Shelter Cymru

Anifeiliaid anwes

Cinnamon Trust

Argyfyngau

Gwasanaeth Tu Allan i Orlau Meddygon Teulu
Triniaeth ddeintyddol mewn argyfwng
Tîm Argyfwng Tu Allan i Orlau (Gwasanaethau Cymdeithasol)
Y Samariaid

Arian

Age Cymru Gwynedd a Môn
Avalon Advice
Llinell Ymholiadau Budd-daliadau
Cymorth Cancer Macmillan
Cyngor ar Bopeth (CAB)
Canolfan Byd Gwaith
Family Fund
GOV.uk
Gwasanaeth Cynnal Gofalwyr
Nyth

Cymorth gyda bywyd bob dydd

Age Cymru Gwynedd a Môn
Cymorth Cancer Macmillan
Cymorth Dŵr Cymru
Nyth
Teleofal
The Outside Clinic

Cymorth gyda thai, addasiadau ac offer

Archwiliad Diogelwch Tân yn y Cartref
Cyngor Gwynedd
Gofal a Thrwsio
Shelter

Cymorth gan y sector statudol

AGGCC
Casglu ysbwriel
Cyngor Iechyd Cymuned
Cyngor Gwynedd
GOV.uk
Gwasanaethau Cymdeithasol –
Tîm Cyngori ac Asesu Oedolion
Tîm Derbyn Cyfeiriadau Plant

Cymorth gan y trydydd sector (sector gwirfoddol)

Age Cymru Gwynedd a Môn
Cynhalwyr Cymru
Ffrindia'
Gofal
Gofal Groesffyrdd Gogledd Cymru
Gwasanaeth Cynnal Gofalwyr
Mantell Gwynedd
Shelter
Y Groes Goch

Dewisiadau eraill i ofalu yn y cartref

AGGCC
Counsel and Care

Gofal lliniarol

Cymorth Cancer Macmillan
Gofal Cancer Marie Curie
Hosbis yn y Cartref Gwynedd

Gofalu am blentyn sydd ag anabledd

Cymdeithas y Deillion Gogledd Cymru
Cymdeithas Genedlaethol i Blant Byddar (NDCS)
Cymdeithas Syndrom Down
Cyswllt Teulu
Derwen
Family Fund
Grŵp Cefnogi Asperger /Awtistiaeth
Gwynedd a Môn
Gwasanaeth Cynnal Gofalwyr
Jig-So
Mencap Cymru

A ydych chi'n edrych ar ôl rhywun?

RNIB Cymru
Scope Cymru
SENSE
SHINE Cymru
SNAP Cymru
Tîm Derbyn Cyfeiriadau Plant Gwynedd

Gofalu amdanoch chi eich hun!

Canolfan Byd Gwaith
Carewell
Cwrs Edrych ar fy Ôl (LAM)
Gwasanaeth Cynnal Gofalwyr
Y Samariaid

Gofalu am rywun sydd ag anabledd dysgu

Anheddau
Cymdeithas Syndrom Down
Grŵp Cefnogi Asperger /Awtistiaeth Gwynedd a Môn
Gwasanaeth Cynnal Gofalwyr
Llinell Gymorth Anabledd Dysgu Cymru
Mencap Cymru

Gofalu am rywun sydd â chyflwr cronig tymor hir

Cymdeithas MS
Cwrs Rhaglen Hunan Reoli Clefydau Cronig
Cymdeithas Myasthenia Gravis
Diabetes UK Cymru
Epilepsy Action Cymru
Gofal Arthritis Cymru
Grŵp ME Canolbarth a Gorllewin Cymru
Headway Gwynedd
Sefydliad Prydeinig yr Ysgyfaint
Y Gymdeithas Strôc

Gofalu am rywun sydd â dementia/clefyd niwro-ddirwyiol

Age Cymru Gwynedd a Môn
Bupa
Cymdeithas Alzheimer
Cymdeithas Clefyd Huntington
Cymdeithas Clefyd Motor Niwron
Dementia UK
Gwasanaeth Cynnal Gofalwyr

Llinell Gymorth Dementia Cymru
Parkinson's UK

Gofalu am rywun sy'n oedrannus

Age Cymru Gwynedd a Môn
Counsel and Care
Gwasanaeth Cynnal Gofalwyr
The Outside Clinic

Gofalu am rywun sydd â phroblem iechyd meddwl

Beat (Anhwylderau bwyta)
CAIS
C.A.L.L
Cynllun Adfocatiaeth Iechyd Meddwl
EDIT (Anhwylderau bwyta)
Hafal
Tîmau Iechyd Meddwl Cymunedol
Unllais

Gofalu am rywun sydd ag anabledd corfforol

CIL De Gwynedd
Cymdeithas y Byddar Gogledd Cymru
Cymdeithas y Deillion Gogledd Cymru
Gwasanaeth Cynnal Gofalwyr
Scope Cymru
SENSE
SHINE Cymru

Gofalu am rywun sydd â phroblem camddefnyddio sylweddau

Alcohol Concern Cymru
CAIS
Llinell Gymorth Cymru ar Gyffuriau ac Alcohol

Gofalwyr ifanc

Gweithredu dros Blant
Gwynedd Ni
Meic
Tros Gynnal
Young Carers net

A ydych chi'n edrych ar ôl rhywun?

Hamdden

Age Cymru Gwynedd a Môn
Gwasanaeth Cynnal Gofalwyr
Cerdyn Sinema

Materion cyfreithlon

Cyngor ar Bopeth (CAB)
Shelter

Pan mae'r gofalu'n dod i ben

Cynhalwyr Cymru (Carers UK)
Gwasanaeth Cynnal Gofalwyr
Gofal mewn Galar Cruse

Trafnidiaeth

Bathodyn Glas
Bws Barbara
Cymrod
Cynllun Motability
Cludiant Ysbyty
O Ddrws i Ddrws

Age Cymru Gwynedd a Môn

Age Cymru yw prif elusen genedlaethol Cymru sy'n gweithio i wella bywydau pob person hŷn. Dylai pob person hŷn allu byw bywyd iach a chyflawn, cael incwm digonol, cael mynediad i wasanaethau o ansawdd uchel a chael y cyfle i lunio eu dyfodol eu hunain. Mae'n rhoi llais cyhoeddus i bobl hŷn ac yn ymdrechu i godi ymwybyddiaeth o'r materion sydd o bwys iddynt.

Eiriolaeth

Mae Age Cymru Gwynedd a Môn wedi lansio gwasanaeth eiriolaeth newydd i ddiogelu pobl hŷn yng ngogledd Cymru drwy gefnogi, cynrychioli a sicrhau bod eu llais yn cael ei glywed.

☎ 01286 677711

✉ info@acgm.co.uk

🌐 www.ageuk.org.uk/cymru/gwyneddamon/

Alcohol Concern Cymru

Gweithio i sicrhau bod pobl yng Nghymru yn deall mwy am alcohol a beth yw yfed yn synhwyrol. Mae'n darparu gwybodaeth am amrywiaeth o bynciau sy'n ymwneud ag alcohol ac yn cyfeirio at wasanaethau alcohol lleol.

☎ 029 2022 6746

✉ acwales@alcoholconcern.org.uk

🌐 www.alcoholconcern.org.uk/cymru

Hefyd yn cynnig cyngor ar yfed yn synhwyrol drwy'r wefan

🌐 www.yfeddoethcymru.org.uk

Anheddau Cyf

Mae Anheddau Cyf yn ddarparwr gofal cymdeithasol nad yw'n gwneud elw, sy'n cefnogi oedolion yn eu cymunedau. Maent yn gweithio'n agos gydag asiantaethau a sefydliadau eraill sy'n ceisio gwella a datblygu gwasanaethau sy'n bodloni anghenion a dyheadau unigolion. Mae'r gwasanaeth sy'n cael ei gyflwyno i bob unigolyn yn seiliedig ar gynllun sy'n canolbwyntio ar yr unigolyn hwnnw.

☎ 01248 675 910

✉ post@anheddau.co.uk • 🌐 www.anheddau.co.uk

A ydych chi'n edrych ar ôl rhywun?

Archwiliad Diogelwch Tân yn y Cartref

Bydd y Gwasanaeth Tân yn ymweld â chi yn eich cartref i gynnig cyngor ar sut i wneud eich cartref yn ddiogel a lle bo hynny'n briodol yn gosod larwm mwg am ddim.

☎ 0800 169 1234

Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru (AGGCC)

Mae AGGCC yn annog gwelliannau ym meysydd gofal cymdeithasol, y blynyddoedd cynnar a gwasanaethau cymdeithasol yng Nghymru. Fel rhan o'r rheoliadau maent yn arolygu gwasanaethau ac yn cyhoeddi canfyddiadau ar ffurf adroddiadau. Gallwch chwilio yn ein cyfeiriadur o'r gwasanaethau rheoledig i ganfod gwasanaeth neu i weld adroddiad er mwyn eich cynorthwyo i wneud penderfyniad.

☎ 0300 062 5609

✉ CSSIW.North@wales.gsi.gov.uk

🌐 www.wales.gov.uk

Avalon Advice CIC

Cymorth gyda phroblemau cyflogaeth, materion tai, budd-daliadau lles, hawliau defnyddwyr, cyngor ar ddyledion a mwy.

☎ 01248 361911

✉ advice@avalonadvice.info

🌐 www.avalonadvice.info

Bathodyn Glas

Mae'r Bathodyn Glas yn darparu parcio hygyrch (weithiau am ddim) ar gyfer pobl anabl; mae hyn yn ddibynnol ar gyrraedd meini prawf penodol. Rhaid gwneud cais newydd am Fathodyn Glas bob tair blynedd.

☎ 01766 771000

🌐 www.gwynedd.gov.uk

Beat

Mae Beat yn darparu llinellau cymorth, cymorth ar-lein, gan gynnwys fforwm gofalwyr, a rhwydwaith o grwpiau hunangymorth (gweler EDIT ar gyfer y grŵp yng Ngwynedd) i helpu oedolion a phobl ifanc i oresgyn eu anhwylderau bwyta.

☎ 0845 634 1414 (Llinell Gymorth)

✉ help@b-eat.co.uk

🌐 www.b-eat.co.uk

☎ 0845 634 7650 (Llinell Ieuenctid)

Text 07786 20 18 20

✉ fyp@b-eat.co.uk

☎ 0300 123 3355

✉ info@b-eat.co.uk

Beat Cymru

☎ 01597 823505

Swyddog Prosiect Gogledd Cymru

☎ 07854 239655

✉ n.jones@b-eat.co.uk

A ydych chi'n edrych ar ôl rhywun?

Bupa

Mae Bupa wedi cyhoeddi canllaw 'Gofalu am rywun sydd â dementia', sy'n cynnwys ystod eang o gyngor ar ddementia a chyfeiriadur o gysylltiadau defnyddiol am gymorth, cefnogaeth a chyngor pellach. Gellir cael copïau drwy wefan Bupa.

📄 <https://www.bupa.co.uk/individuals/care-homes/request-a-guide>

Bws Barbara Gwynedd

Mae hwn yn wasanaeth arbennig ar gyfer defnyddwyr cadair olwyn na all drosglwyddo o gadair i gerbyd. Mae cerbydau wedi'u haddasu'n arbennig wedi eu lleoli yn Aberdyfi, Cricieth a Dolgellau. Gellir eu benthyg am hyd at wythnos a gall teulu, ffrindiau a gofalwyr eu gyrru, yn amodol ar gyfyngiadau penodol. Ni chodir tâl sefydlog ond mae rhoddion gan ddefnyddwyr yn hanfodol i gadw'r gwasanaeth i fynd.

☎ 01766 522756

📄 www.barbarabusgwynedd.com

CAIS

Mae CAIS yn gwneud newidiadau cadarnhaol i fywydau pobl sy'n cael eu heffeithio gan gyffuriau ac alcohol ar draws gogledd Cymru drwy amrywiaeth o wasanaethau a chefnogaeth, yn y gred y gall pobl newid.

Mae CAIS hefyd yn cynnig gwasanaeth Camddefnyddio Sylweddau Pobl Ifanc (YPSMS) i bobl ifanc, fel arfer o dan 22 mlwydd oed, sy'n cael problemau gyda chamddefnyddio sylweddau ac sy'n byw yng Ngwynedd neu yn Ynys Môn.

☎ 084506 12112 (Llinell Gymorth)

Swyddfa Ranbarthol Gogledd-Orllewin Cymru

☎ 01286 671005

✉ caernarfon@cais.org.uk

📄 www.cais.co.uk

C.A.L.L. (Llinell Gymorth Iechyd Meddwl)

Mae C.A.L.L. (Community and Advice Listening Line) yn cynnig cefnogaeth emosiynol a gwybodaeth / llenyddiaeth ar iechyd meddwl a materion cysylltiedig. Gall unrhyw un sy'n pryderu am eu hiechyd meddwl eu hunain neu am iechyd meddwl perthynas neu ffrind gael mynediad at y gwasanaeth C.A.L.L. Mae'r llinell gymorth yn cynnig gwasanaeth gwrando cyfrinachol a gwasanaeth cefnogi.

☎ 0800 132 737

Tecstiwch 'help' i 81066

📄 callhelpline.org.uk

Canolfan Byd Gwaith

Os ydych yn gofalu am rywun ac eisiau mynd yn ôl i'r gwaith neu gyfuno gwaith â thâl gyda'ch cyfrifoldebau gofalu, mae cymorth ar gael gan eich Canolfan Byd Gwaith lleol, gan gynnwys cyngor ar fudd-daliadau a gwybodaeth ar sut i fanteisio ar ofal ysbaid ar gyfer y person rydych yn edrych ar eu hôl.

☎ 0845 604 3719

Carewell

Mae Carewell yn bartneriaeth rhwng Bupa, Carers UK a MEND. Eu nod yw helpu gofalwyr a'r bobl y maent yn gofalu amdanynt i wneud newidiadau cadarnhaol i fod yn hapusach ac yn iachach. Mae'r wefan yn cynnig gwybodaeth, awgrymiadau a chyngor gan ofalwyr ac arbenigwyr iechyd. Mae copi o'r Llawlyfr Carewell ar gael

A ydych chi'n edrych ar ôl rhywun?

am ddim drwy'r safle we neu drwy ffonio'r rhif rhadffôn.

☎ 0800 011 4777

🌐 www.carewelluk.org

Casglu Sbwriel

Mae Cyngor Gwynedd yn cynnig gwasanaeth cymorth casglu i helpu pobl sy'n cael anhawster wrth symud eu biniau. Mae ffurflenni cais ar gael gan Gyngor Gwynedd a bydd angen i'ch meddyg teulu dystio eich bod yn gymwys i dderbyn y gwasanaeth hwn. Os ydych yn gymwys, bydd y criwiau bin yn casglu'r bin o'ch gardd ac yn ei ddychwelyd ar ôl ei wagio.

☎ 01766 771 000

✉ galwggwynedd@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

Cerdyn Sinema

Mae'r cerdyn hwn yn caniatáu mynediad am ddim i ofalwyr sy'n mynd i'r sinema gyda deilydd cerdyn. Rhaid i'r sawl sydd piau'r cerdyn fod yn derbyn budd-daliadau anabledd neu wedi ei gofrestru'n ddall.

☎ 0845 123 1292

🌐 www.ceacard.co.uk

CIL De Gwynedd

Pwrpas CIL yw cynnal a hwyluso bywydau pobl anabl yng Ngwynedd gan ddatblygu eu hannibyniaeth a'u hyder, er mwyn iddynt allu gwneud dewisiadau addas ynglŷn â'u bywydau.

Yr amcan yw gwella safon bywyd oedolion sydd ag anabledd corfforol, lleihau arwahanrwydd, dibyniaeth, a cheisio hwyluso'r broses o ddatblygu'r bobl hyn tuag at fywyd mwy annibynnol. Pwrpas hyn yw byw yn ddiogel a bodlon, bod yn rhan effeithiol o'r gymuned, a chael mynediad at wybodaeth a gwasanaethau. Mae tair adran yma: Cyfleusterau, Cludiant a Mynediad.

☎ 01766 514249.

✉ chairman@cildegwynedd.co.uk

🌐 www.cildegwynedd.co.uk

Cinnamon Trust

Cynorthwyo gydag anifeiliaid anwes pan mae pobl hŷn neu bobl sydd ag afiechyd terfynol yn methu gofalu amdanynt. Bydd gwirfoddolwyr lleol yn cael eu defnyddio pan fo hynny'n bosibl.

☎ 01736 757 900

✉ ctadmin@cinnamon.org.uk

🌐 www.cinnamon.org.uk

Cludiant Ysbyty

Mae gwasanaethau cludo cleifion ar gael i bobl sydd â chyflwr iechyd neu anabledd sy'n eu hatal rhag gallu defnyddio cludiant cyhoeddus. Gall perthynas neu ofalwr fynd gyda'r bobl sydd angen gofal trwy gydol y daith neu os oes anawsterau cyfathrebu.

☎ 0845 607 6181

A ydych chi'n edrych ar ôl rhywun?

Counsel and Care

Dyma elusen genedlaethol sy'n gweithio gyda phobl hŷn, eu teuluoedd a'u gofalwyr i'w helpu i gael y gofal a'r gefnogaeth orau. Darperir cyngor ar ystod o faterion gofal yn y gymuned, gan gynnwys canfod a thalu am ofal, budd-daliadau lles a rhyddhau o'r ysbyty. Mae llyfryn rhad ac am ddim o'r enw 'The Care Home Handbook' ar gael.

☎ 020 7241 8522 (i archebu cyhoeddiadau)

☎ 0845 300 7585 (Llinell gyngor)

✉ advice@counselandcare.org.uk

🌐 www.counselandcare.org.uk

Cwrs Edrych ar Fy Ôl (LAM)

Mae'r cwrs ar gyfer oedolion sy'n gofalu am rywun sy'n dioddef o gyflwr iechyd tymor hir neu anabledd. Mae'n ymwneud â chymryd amser i ofalu am eich anghenion iechyd eich hun. Ei nod yw eich helpu i gymryd mwy o ofal am eich sefyllfa a gwneud gwahaniaeth i ansawdd eich bywyd. Mae'r cwrs yn gyfres o chwe sesiwn 2½ awr, un sesiwn yr wythnos am chwe wythnos; mae'r cwrs yn rhad ac am ddim.

☎ 01286 674236

✉ epp@gwyneddhealth.org

🌐 www.eppwales.org

Cwrs Hunan Reoli Clefydau Cronig (CDSMP)

Mae'r cwrs hwn, gaiff ei gynnal yn lleol, ar gyfer unrhyw un sy'n byw gydag unrhyw gyflwr iechyd tymor hir. Ei nod yw helpu cyfranogwyr i reoli symptomau, delio gyda straen a phryder, ymlacio, bwyta'n iach ac ymarfer. Mae'r cwrs yn cynnwys cyfres o chwe sesiwn 2 ½ awr, un sesiwn yr wythnos am chwe wythnos; mae'r cwrs yn rhad ac am ddim. Gall pobl â chyflyrau cronig a gofalwyr hefyd gael mynediad i'r cwrs ar-lein.

☎ 01286 674236

✉ epp@gwyneddhealth.org

🌐 www.eppwales.org

Cymdeithas Alzheimer

Mae'r Gymdeithas Alzheimer yn darparu gwasanaeth i bobl â dementia, ac i'r rhai sy'n gofalu amdanynt ynghyd â phobl broffesiynol yn y maes iechyd, gofal cymdeithasol a'r trydydd sector a'r sector annibynnol.

☎ 01248 671125 / 01248 671137

✉ NorthWestWales@alzheimers.org.uk

☎ 0845 300 0336 (Llinell Gymorth Alzheimer)

🌐 www.alzheimers.org.uk

Cymdeithas y Byddar Gogledd Cymru (NWDA)

Mae'r gymdeithas yn cefnogi pobl fyddar, pobl sydd wedi'u byddaru, pobl trwm eu clyw a phobl sy'n fyddar a dall, yn ogystal â'u teuluoedd, ffrindiau, gofalwyr a chydweithwyr. Mae'r gwasanaethau'n cynnwys cyngor a chymorth, arddangosiadau offer, asesu a chyflenwi, dosbarthiadau darllen gwefusau, gwasanaethau cyfathrebu a chylchlythyr chwarterol.

☎ 01492 563 470

Ffacs: 01492 593 781

Minicom: 01492 563 475

Testun: 07719 410 355

A ydych chi'n edrych ar ôl rhywun?

✉ info@deafassociation.co.uk
📞 www.deafassociation.co.uk

Cymdeithas Clefyd Huntington

Mae Cymdeithas Clefyd Huntington yn elusen gofrestredig yn y DU sy'n cefnogi pobl sydd wedi'u heffeithio gan glefyd Huntington (HD). Maent hefyd yn darparu gwybodaeth a chynghor i deuluoedd, ffrindiau a gweithwyr proffesiynol gofal iechyd sy'n cefnogi teuluoedd sydd wedi'u heffeithio gan glefyd Huntington.

Ymgynghorydd Gofal Rhanbarthol ar gyfer Gogledd Cymru: Alwena Potter

☎ 01492 549 162

✉ alwena.potter@hda.org.uk
☎ 0151 331 5444 (Prif swyddfa)
📞 http://hda.org.uk/

Cymdeithas Clefyd Motor Niwron

Mae'r gymdeithas yn cynnig ystod o wasanaethau i gefnogi unigolion sy'n byw gyda'r clefyd MN a'u gofalwyr, ynghyd â gweithwyr proffesiynol gofal cymdeithasol.

Ymgynghorydd Datblygu Gofal Rhanbarthol: Kevin Thomas

☎ 0845 3751 824

(Cangen Gwynedd ac Ynys Môn)

MND Connect (Llinell gymorth)

☎ 08457 626 262

📞 www.mndassociation.org

Cymdeithas y Deillion Gogledd Cymru

Mae'r gwasanaethau yn cynnwys gwasanaeth trawsgrifio Braille a CD, sgiliau byw bob dydd a hyfforddiant symudedd, budd-daliadau, grantiau, Canolfan Adnoddau a hyfforddiant TG.

☎ 01248 353 604

✉ admin.nwsb@btconnect.com
📞 www.nwsb.org.uk

Cymdeithas Genedlaethol i Blant Byddar (NDCS)

Dyma'r brif elusen sy'n ymroddedig i greu byd heb rwystrau i blant a phobl ifanc byddar. Mae'r gymdeithas yn cynnig gwaith cefnogi teulu i deuluoedd sydd â phlentyn sydd wedi colli ei glyw, boed yn llwyr neu'n rhannol.

☎ 01248 670 139

Llinell gymorth 0800 800 8880

✉ jill.bartlett@ndcs.org.uk
📞 www.ndcs.org.uk

Cymdeithas MS

Cynigir gwasanaeth i'r rhai yr effeithir arnynt gan MS. Gall hyn gynnwys arian grant ar gyfer offer a gwasanaethau hanfodol, ystod lawn o lenyddiaeth gwybodaeth, rhwydwaith cefnogi i ofalwyr, a digwyddiadau gwybodaeth.

Cangen Gwynedd ac Ynys Môn

☎ 01758 720 708 - Susannah Robinson

A ydych chi'n edrych ar ôl rhywun?

☎ 07527887227

✉ srcpl@btconnect.com

Cenedlaethol

☎ 0808 800 8000 (Llinell ffôn genedlaethol MS Llun-Gwener 9.00yb - 9.00yh)

☎ 02920 786 676

✉ helpline@mssociety.org.uk

🌐 www.mssociety.org.uk/cymru

Cymdeithas Myasthenia Gravis

Mae'r gymdeithas yn cynnig cefnogaeth i myasthenics a'u teuluoedd, gan gynyddu ymwybyddiaeth gyhoeddus a meddygol a chodi arian ar gyfer ymchwil. Darperir cylchgrawn chwarterol o'r enw MGA News. Gellir cael llyfrynau a thaflenni ar gyfer myasthenics, eu teuluoedd, ffrindiau, gofalwyr ac ymarferwyr meddygol o'r Brif Swyddfa. Cysylltwch â'r trefnydd rhanbarthol (gweler isod) am fanylion Cangen Gogledd Cymru.

Trefnydd Rhanbarthol Sir Gaerhirfryn a Gogledd Cymru: Sarah Sanders

☎ 07809 647459

✉ Sarah.sanders@mga-charity.org

Cenedlaethol

☎ 01332 290 219

☎ 0800 919 922 (Rhadffôn DU)

🌐 www.mga-charity.org

Cymdeithas Syndrom Down Cymru

Darperir gwybodaeth a chefnogaeth ar bob agwedd o fyw gyda Syndrom Down.

Ms Jane McIlveen (Cyswllt Gogledd Cymru)

☎ 01492 621 066

☎ 07703714740

🌐 www.downs-syndrome.org.uk

Cymorth Cancer Macmillan

Darparu cefnogaeth ymarferol, feddygol ac ariannol ac yn pwysu ar gyfer gwell gofal cancr.

☎ 0808 808 00 00

🌐 www.macmillan.org.uk

Cymorth Dŵr Cymru

Mae Dŵr Cymru yn gweithredu cynllun o'r enw 'Cymorth Dŵr Cymru' sy'n cynnig taliadau llai ar gyfer aelwydydd cymwys sydd ar incwm isel/ sydd â theuluoedd mawr a / neu aelod o'r teulu sydd â chyflwr meddygol sy'n galw am ddefnyddio swm sylweddol o ddŵr ychwanegol ac sy'n gymwys i dderbyn budd-daliadau neu gredydau treth.

Mae pobl sy'n gwneud cais am Gymorth Dŵr Cymru oherwydd bod rhywun yn y cartref gyda chyflwr meddygol yn cael eu rhoi ar gofrestr gwasanaethau ychwanegol a bydd Dŵr Cymru yn darparu'r cartref gyda chyflenwad amgen yn ystod ymyriadau brys.

☎ 0800 052 0145

☎ 0800 052 6058 (Cymraeg)

🌐 www.dwrcymru.com

A ydych chi'n edrych ar ôl rhywun?

Cymrod

Darperir cefnogaeth drafnidiaeth ar gyfer pobl anabl, phobl hŷn a phobl fregus yn ardal Dwyfor.

☎ 01758 614311

Cyngor ar Bopeth (CAB)

Mae Cyngor ar Bopeth yn cynorthwyo pobl i ddatrys eu problemau cyfreithiol, ariannol neu unrhyw broblem arall drwy ddarparu gwybodaeth a chynghor rhad ac am ddim.

☎ 0845 421 6670

☎ 0845 450 3064 (llinell gymorth leol)

☎ 08444 772 020 (llinell gymorth genedlaethol)

✉ admin@cabgwynedd.org.uk

🌐 www.cabgwynedd.org.uk

Cyngor Gwynedd

Llun-Gwener

☎ 01766 771 000

🌐 www.gwynedd.gov.uk

Cyngor Iechyd Cymuned (CIC)

Gwasanaeth Adfocatiaeth Annibynnol ar gyfer cwynion GIG.

Os oes gennych sylw neu gŵyn am wasanaethau iechyd, gall Cyngor Iechyd Cymuned Betsi Cadwaladr eich cefnogi drwy ddarparu gwybodaeth a chynghor ar yr opsiynau sydd ar gael i gleifion a'u gofalwyr. Mae'r ystod o gymorth sydd ar gael yn cynnwys gwneud gwaith ymchwil angenrheidiol, ysgrifennu llythyrau ar eich rhan ac eich cefnogi chi mewn cyfarfodydd.

☎ 01248 679 284

✉ complaints@bcchc.org.uk

🌐 www.bcchc.org.uk

Cynhalwyr Cymru

Mae Cynhalwyr Cymru yn rhan o Carers UK. Maent yn darparu gwybodaeth a chynghor i ofalwyr ar eu hawlau ac unrhyw gymorth sydd ar gael iddynt. Maent hefyd yn ymgychu i wella bywydau gofalwyr.

☎ 02920 811 370

☎ 0808 808 7777 Llinell gynghori 10 -2 & 2-4 Mercher ac Iau

🌐 www.carersuk.org/wales

Cynllun Adfocatiaeth Iechyd Meddwl

Gwasanaeth annibynnol am ddim sy'n gweithio gydag oedolion er mwyn sicrhau bod hawlau'r unigolyn yn cael eu diogelu a'i lais yn cael ei glywed.

☎ 01248 353 343 (24 awr peiriant ateb)

🌐 www.advocacyscheme.co.uk

Cynllun Motability

Mae'r Cynllun Motability yn galluogi pobl anabl i gyfnwio naill ai eu Cydran Symudedd Cyfradd Uwch y Lwfans Byw i'r Anabl / Taliad Annibyniaeth Bersonol neu eu Atodiad Symudedd Pensiynwyr Rhyfel i gael car, cadair olwyn bweredig neu sgwter.

A ydych chi'n edrych ar ôl rhywun?

☎ 0845 456 4566

🌐 www.motability.co.uk

Cyswllt Teulu

Darparu cyngor, gwybodaeth a chefnogaeth i rieni holl blant anabl.

☎ 02920 396 624

Llinell gymorth rhadffôn 0808 808 3555

✉ helpline@cafamilly.org.uk

🌐 www.cafamilly.org.uk

Dementia UK

Dyma elusen genedlaethol, wedi ymrwymo i wella ansawdd bywyd i bawb yr effeithir arnynt gan ddementia. Mae Admiral Nursing DIRECT yn llinell gymorth genedlaethol, a ddarperir gan Nyrsys Admiral profiadol ac a gefnogir gan yr elusen Dementia UK. Mae'n cynnig cyngor ymarferol a chefnogaeth emosiynol i bobl sydd wedi'u heffeithio gan ddementia.

☎ 0845 257 9406

✉ direct@dementiauk.org

🌐 www.dementiauk.org

Mae Dementia UK hefyd yn cefnogi Uniting Carers, rhwydwaith cenedlaethol o gyn-ofalwyr, teulu a ffrindiau bobl yr effeithir arnynt gan ddementia.

☎ 020 7874 7225

✉ carers@dementiauk.org

Derwen –Tîm Integredig Plant

Gwasanaeth integredig ar gyfer plant a phobl ifanc anabl yn cynnwys seicolegwyr clinigol, nyrsys cymunedol datblygiad plant, gweithwyr cymdeithasol a gwasanaeth cefnogol.

☎ 01286 674 686 (Arfon)

☎ 01758 701 000 (Dwyfor)

☎ 01341 424 503 (Meirionnydd)

✉ Derwen@gwynedd.gov.uk

Diabetes UK Cymru

Gweithio i godi ymwybyddiaeth, gwella gofal a chynnig cymorth, cefnogaeth a gwybodaeth i bobl sydd â diabetes a'u teuluoedd ledled Cymru.

☎ 029 2066 8276

✉ wales@diabetes.org.uk

🌐 www.diabetes.org.uk/cymru

EDIT (Eating Disorders in Transition)

Dyma grŵp hunangymorth sy'n cyfarfod bob nos Fercher o 7 - 9 pm yng nghanolfan Abbey Road, Bangor. Ni chynhelir cyfarfodydd yn ystod mis Awst.

Am ragor o wybodaeth cysylltwch â

☎ 07514400213 – Emma Llun 7 -9 pm a Mercher 5 – 7 pm

✉ edit.bangor@hotmail.co.uk

🌐 www.b-eat.co.uk/beat-cymru

A ydych chi'n edrych ar ôl rhywun?

Epilepsy Action Cymru

Mae Epilepsy Action Cymru yn darparu cyngor, gwybodaeth a gwasanaethau cymorth ar gyfer y 32,000 o bobl yng Nghymru sydd ag epilepsi. Maent hefyd yn ceisio cryfhau llais pobl ag epilepsi drwy ymgyrchu i wella gwasanaethau epilepsi a chodi ymwybyddiaeth am y cyflwr. Mae cynlluniau ar y gweill i sefydlu grŵp cymorth lleol ym Mhorthmadog. Y gobaith yw lansio rhwydweithiau cymorth i deuluoedd yng Nghymru i gysylltu teuluoedd gyda'i gilydd. Trefnir gweithdai ar epilepsi a'r cof ac ar epilepsi ac iselder. Y nod yw galluogi pobl i reoli eu cyflwr trwy eu helpu i ddeall fod yna strategaethau y gallant eu defnyddio i'w helpu i wneud hynny.

☎ 01633 253 407

✉ asivapatham@epilepsy.org.uk

🌐 www.epilepsy.org.uk/cymru

Family Fund

Mae 'Family Fund' yn sefydliad annibynnol sy'n rhoi grantiau i helpu teuluoedd incwm isel sy'n gofalu am blentyn anabl iawn. Gall teuluoedd â phlant o dan 17 oed sy'n bodloni'r meini prawf ymgeisio am grantiau unwaith y flwyddyn.

☎ 08449 744 099

✉ info@familyfund.org.uk

🌐 www.familyfund.org.uk

Ffrindia'

Mae Ffrindia' yn brosiect cyfeillio ar gyfer trigolion Gwynedd dros 50 mlwydd oed sydd angen cwmni neu hwb i'w hyder.

☎ 01286 685 929 Nia Haf (Arfon)

✉ nia@mantellgwynedd.com

☎ 01286 685 928 Dawn Thomas (Dwyfor)

✉ dawn@mantellgwynedd.com

☎ 01341 422 575 Gwenlli Haf (Meirionnydd)

✉ gwenlli@mantellgwynedd.com

🌐 www.mantellgwynedd.com

Gofal

Mae'r Groes Goch Brydeinig gyda chymorth tîm o wirfoddolwyr hyfforddedig yn cynnig gwasanaeth ymgyfeillio a galluogi i bobl dros 50 mlwydd oed yng ngogledd Cymru.

☎ 01745 828360

✉ GofalNorthWales@redcross.org.uk

Gofal Arthritis Cymru

Yn darparu gwybodaeth, cefnogaeth a hyfforddiant ymrymuso i bobl ag arthritis, trwy gyhoeddiadau, pwyntiau gwybodaeth a chyrsiau hunan-reoli ac ymgyrchoedd ar gyfer gwasanaethau gwell. Mae ganddynt ganghennau ledled Cymru sy'n darparu cymorth cymdeithasol.

☎ 02920 444155

✉ wales@arthritiscare.org.uk

☎ 0808 800 4050 10yb-4yh yn ystod yr wythnos (Llinell Gymorth)

✉ helplines@arthritiscare.org.uk

🌐 www.arthritiscare.org.uk

A ydych chi'n edrych ar ôl rhywun?

Gofal Croesffyrdd Gogledd Cymru

Mae Gofal Croesffyrdd yn elusen gofrestredig fel asiantaeth gofal cartref i oedolion a phlant. Eu hamcan yw rhoi seibiant i ofalwyr o bob oed drwy ddefnyddio gweithwyr cefnogol gofal proffesiynol sydd wedi'u hyfforddi i ddarparu gofal emosiynol, ymarferol a phersonol.

☎ 0845 605 0115

✉ northwales@nwcrossroads.org.uk

🌐 www.carers.org

Gofal mewn Galar Cruse

Darperir cefnogaeth emosiynol un i un, sesiynau cwnsela a gwybodaeth.

☎ 08445 617 856

✉ helpline@cruse.org.uk

🌐 www.crusebereavementcare.org.uk

Gofal a Thrwsio Gwynedd

Cyngor a chefnogaeth ar addasiadau i'r cartref (rheiliau, rampiau, lifft grisiau ayyb)

☎ 01766 510160

✉ gofalathrwsio@gofalathrwsio.org

🌐 www.gofalathrwsio.org

GOV.UK

Gwefan swyddogol Llywodraeth y DU gydag ystod eang o bynciau gan gynnwys materion gofalwyr a gwybodaeth am arian, trethi a budd-daliadau.

🌐 www.gov.uk

Grŵp Cefnogi Asperger/Awtistiaeth Gwynedd a Môn

Mae'r grŵp hwn yn cael ei redeg gan wirfoddolwyr sy'n darparu cefnogaeth i unigolion ag Anhwylderau Sbectrwm Awtistig (ASD), eu rhieni a'u gofalwyr trwy drefnu cyfarfodydd, trampolinio a sesiynau nofio, siaradwyr a gweithdai.

☎ 01248 364 015

✉ almed6@btinternet.com

🌐 www.asperger-autismsupport.org.uk

Grŵp ME Canolbarth a Gorllewin Cymru

Grŵp o gleifion a gofalwyr sy'n cefnogi ei gilydd drwy ddod ynghyd, newyddlen, ffôn ac e-bost.

☎ 01970 636 515

✉ tony@midwalesmegroup.org.uk

🌐 www.midwalesmegroup.org.uk

Gwasanaeth Adfocatiaeth a Chynghori Gogledd Cymru (NWAAA)

Hyrwyddo a darparu cyngor ac eiriolaeth i bobl sy'n wynebu anfantais

☎ 01248 670 852

✉ enquiry@nwaaa.co.uk

🌐 www.nwaaa.co.uk

A ydych chi'n edrych ar ôl rhywun?

Gwasanaeth Cynnal Gofalwyr

Sefydliad gwirfoddol lleol sy'n darparu clust i wrando, gwybodaeth a chefnogaeth i bobl sy'n gofalu am berthnasau, ffrindiau neu gymdogion, gan gynnwys cefnogaeth unigol drwy ymweliadau cartref, cynllunio ar gyfer y dyfodol, cyfleoedd cymdeithasol a grwpiau cymorth, iechyd a sesiynau lles a chylchlythyr chwarterol. Gall y sefydliad helpu gofalwyr i gael mynediad at eu hawliau a gwneud cais i gronfeydd lles am grantiau ar gyfer eitemau hanfodol.

☎ 01248 370797 (Bangor)

☎ 01766 772956 (Penrhyndeudraeth)

✉ help@carersoutreach.org.uk

🌐 www.carersoutreach.co.uk

Gwasanaeth y Tu Allan i Orlau Meddygon Teulu Gogledd Cymru

☎ 0300 123 5566

Gweithredu dros Blant

Prosiect Gofalwyr Ifanc Gwynedd

Mae Prosiect Gofalwyr Ifanc Gwynedd yn darparu gwasanaeth cefnogol i blant a phobl ifanc rhwng 5-18 mlwydd oed sy'n byw yng Ngwynedd ac sy'n helpu neu'n edrych ar ôl aelod o'r teulu sy'n sâl neu'n anabl. Mae hyn yn cynnwys gofalu am rywun gyda phroblemau iechyd meddwl ac/neu'n camddefnyddio sylweddau.

Prosiect Taith

Gwasanaeth cefnogaeth i Ofalwyr Oedolion Ifanc a'u teuluoedd. Mae gofalwyr oedolion ifanc yn bobl ifanc 16-25 oed sydd â chyfrifoldebau gofalu. Efallai y byddant yn gofalu am rywun sy'n sâl neu'n anabl, neu gyda phroblem iechyd meddwl neu broblem camddefnyddio sylweddau.

☎ 01248 364614

✉ maria.bulkeley@actionforchildren.org.uk

🌐 www.actionforchildren.org.uk

Gwynedd Ni

Gwasanaeth gwybodaeth ar gyfer plant, pobl ifanc a'u teuluoedd.

☎ 01286 675570

✉ Gwynedd-Ni@gwynedd.gov.uk

🌐 www.gwynedd-ni.org.uk

Hafal

Hafal yw'r prif sefydliad yng Nghymru sy'n gweithio gydag unigolion sy'n gwella o salwch meddwl difrifol, a'u teuluoedd. Mae Hafal yn darparu ystod o wasanaethau gan gynnwys cefnogaeth a chynghor uniongyrchol, cefnogaeth mewn argyfwng, cyswllt ag eraill drwy eiriolaeth dros y ffôn, cefnogaeth mewn sefyllfa grŵp, cyflwyniadau ar gyfer ymglyffio, a chyflogaeth a phrosiectau hyfforddiant. Mae Hafal hefyd yn rhoi llais ddefnyddwyr wrth gynllunio gwasanaethau iechyd meddwl.

☎ 01766 513 800

✉ gwyneddarosfa@hafal.org

🌐 www.hafal.org

A ydych chi'n edrych ar ôl rhywun?

Headway Gwynedd

Mae Headway Gwynedd yn gangen o Headway UK sy'n elusen a sefydlwyd i roi cymorth a chefnogaeth i bobl sydd wedi'u heffeithio gan anaf i'r ymennydd a'u gofalwyr a'u teuluoedd. Mae llawer o achosion posibl o anaf i'r ymennydd, ee cwmp, damwain ffordd, tiwmor, strôc, gwaedlif ar yr ymennydd a gwenwyn monocsid carbon. Cynhelir cyfarfodydd cymorth misol yng Nghaernarfon ar yr ail Sadwrn y mis ac yn Abermaw ar bedwerydd dydd Sadwrn y mis - croeso i bawb.

Ni chynhelir cyfarfodydd yn ystod mis Awst neu fis Rhagfyr.

☎ 01248 360 303 (helpline)

✉ headwaygwynedd@gmail.com

✉ brian.audrey@btinternet.com

🌐 www.headway.org.uk

Hosbis yn y Cartref Gwynedd

Cynigir gwasanaethau ar gyfer pobl sydd ag afiechydon sy'n bygwth bywyd. Darperir nyrsio yn y cartref a nyrsio dydd yn yr hosbis (Hafan) ynghyd â chlinigau therapi cyflenwol.

☎ 01286 662772

🌐 www.gwyneddhospice.co.uk

Independent Age

Yn darparu gwasanaeth cyngor a gwybodaeth genedlaethol i bobl hŷn, eu teuluoedd a gofalwyr, gan ffocysu ar dri o feysydd hanfodol: gofal cymdeithasol, budd-daliadau lles a gwasanaethau cyfeillio.

☎ 0845 262 1864 (10am – 4pm. Monday to Friday)

🌐 www.independentage.org

Jigso (Gwasanaeth Cefnogi Teulu Barnardo's Cymru)

Mae Jigso yn wasanaeth cymorth i deuluoedd â phlant a allai fod ag anabledd neu anghenion ychwanegol. Mae Jigso yn darparu cymorth unigol i famau, tadau a phob oedolion arwyddocaol ym mywydau plant. Mae Jigso yn darparu gwybodaeth a theuluoedd cyfeirio at asiantaethau perthnasol. Yn ogystal â darparu cymorth unigol, mae Jigso'n cynnal cyrsiau rhieni a grwpiau cymorth.

☎ 01766 832 546

✉ cabanbach@barnardos.org.uk

🌐 www.barnardos.org.uk

Llinell Gymorth Anabledd Dysgu Cymru

☎ 0808 8000 300

Llinell Gymorth Cyffuriau ac Alcohol Cymru

Llinell gymorth ddwyieithog am ddim sy'n darparu un pwynt cyswllt ar gyfer unrhyw un yng Nghymru sy'n dymuno cael gwybodaeth ychwanegol neu gymorth mewn perthynas â chyffuriau neu alcohol. Bydd y llinell gymorth yn cynorthwyo unigolion, eu teuluoedd a'u gofalwyr i gael gfael ar wasanaethau lleol a rhanbarthol priodol.

☎ 0800 6 33 55 88

Tecstiwch DAN ac unrhyw gwestiwn i 81066

🌐 www.dan247.org.uk

A ydych chi'n edrych ar ôl rhywun?

Llinell Gymorth Dementia Cymru

Mae'r llinell gymorth yn cynnig cefnogaeth emosiynol i unrhyw un o unrhyw oed, sy'n gofalu am rywun sydd â dementia, yn ogystal ag aelodau eraill o'r teulu neu ffrindiau. Bydd y gwasanaeth hefyd yn helpu ac yn cefnogi'r rhai sydd wedi cael diagnosis o ddementia.

Mae ganddynt gronfa ddata cynhwysfawr o wasanaeth a all fod o gymorth a gall hefyd gyflenwi taflenni hunangymorth ac asiantaethau eraill yn rhad ac am ddim. Mae'r galwadau ffôn am ddim ac nid yw'r galwr angen rhoi unrhyw fanylion personol.

☎ 0808 808 2235

📞 callhelpline.org.uk/Dementia-Helpline.asp

Llinell Gymorth GIG 24 awr

☎ 0845 46 47

Llinell Ymholiadau Budd-daliadau

Mae'r llinell ymholiadau am ddim yn rhoi cyngor cyffredinol ar fudd-daliadau ar gyfer gofalwyr a phobl ag anableddau.

☎ 0800 882 200

Mantell Gwynedd

Elusen gofrestredig a chwmni cyfyngedig trwy warant yw Mantell Gwynedd sy'n anelu i gryfhau a hyrwyddo grwpiau gwirfoddol a chymunedol ac yn datblygu gweithgareddau gwirfoddol yng Ngwynedd. Mae gennym restr o'r rhan fwyaf o asiantaethau gwirfoddol.

☎ 01286 672 626

✉ ymholiadau@mantellgwynedd.com

☎ 01341 422 575

✉ dolgellau@mantellgwynedd.com

📞 www.mantellgwynedd.com

Marie Curie

Mae'r Gwasanaeth Nyrsio Marie Curie ar gael ar draws gogledd Cymru, yn gofalu am bobl sydd ag anghenion gofal lliniarol neu yn derfynol wael gyda chanser neu salwch eraill. Mae Nyrsys Marie Curie yn darparu gofal yn y cartref dros nos o 10pm tan 7am. O bryd i'w gilydd gallant ddarparu gofal yn ystod y dydd. Mae gofal nyrsio yn cael ei roi i'r claf yn ogystal â chynghor ymarferol ac emosiynol a chefnogaeth i'r claf a'u teulu. Mae'r gwasanaeth hwn yn rhad ac am ddim i gleifion, eu teuluoedd a'u gofalwyr. Y nyrs ardal sy'n cyfeirio ar gyfer y gwasanaeth hwn.

☎ 0800 63 44 520

📞 www.mariecurie.org.uk

Mae'r Gwasanaeth Nyrsio Marie Curie hefyd yn darparu gwasanaeth Ymateb Cyflym Gofal Lliniarol, sydd hefyd ar gael ar draws rhai ardaloedd o Ogledd Cymru rhwng 10pm – 7am i ddarparu gofal brys ar fyr rybudd yng nghartref y claf. Mae'r gwasanaeth hwn yn cael ei ddefnyddio gan deulu, cleifion neu ofalwyr drwy'r gwasanaeth Meddygon Teulu y Tu Allan i Orlau drwy ffonio 0300 123 55 66; byddwch yn cael eich brysennu gan nyrs ac yna'ch cyfeirio at y tîm Ymateb Brys Marie Curie.

A ydych chi'n edrych ar ôl rhywun?

Meic

Gwybodaeth genedlaethol, llinell cyngor a chefnogaeth ar gyfer plant a phobl ifanc yng Nghymru. (Hefyd yn cynnig gwybodaeth a gwasanaeth adnoddau i rieni a gofalwyr).

☎ 080880 23456

Text 84001

🌐 www.meiccymru.org

Mencap Cymru

Maent yn ymgyrchu a darparu gwasanaethau a chymorth i bobl ag anawsterau dysgu a'u teuluoedd. Mae cynghorydd rhanbarthol yng Ngwynedd, a chynigir gwasanaethau sy'n cynnwys cyngor a gwybodaeth, ymweliadau cartref, budd-daliadau cymorth, ewyllysiau am ddim a seminarau ymddiriedolaethau, gwybodaeth am grwpiau lleol, gwasanaeth galw-i-mewn ar draws Gwynedd, ac eiriolaeth. Mae rhai o'u horiau craidd yn ymroddedig i weithio gyda phobl ifanc rhwng 14 a 24 sydd ag anhawster dysgu.

☎ 07500 046922

✉ jones.shelley@mencap.org.uk

Llinell gymorth anabledd dysgu

☎ 0808 808 1111 10am – 6pm (Llun-Gwener), 10am – 4pm (penwythnosau a gŵyl y banc)

✉ helpline@mencap.org.uk

✉ help.wales@mencap.org.uk

🌐 www.mencap.org.uk

Nest (rhadffôn)

Cyngor a gwybodaeth i'r sawl sy'n poeni am y gost o wresogi eu cartrefi.

☎ 0800 512 012 (o linell tir)

☎ 0300 456 2655 (o ffon symudol)

🌐 www.nestwales.org.uk

O Ddrws i Ddrws

Gwasanaeth ar gyfer pobl hŷn a phobl anabl sy'n methu cyrraedd cludiant cyhoeddus.

☎ 01758 721777

Parkinson's UK

Mae Parkinson's UK yn cynnig cefnogaeth a chymorth cyfrinachol un-i-un i unrhyw un a effeithir gan glefyd Parkinson. Gall hyn gynnwys y wybodaeth ddiweddaraf am Parkinson; cymorth emosiynol i deuluoedd a gofalwyr; gwybodaeth a chymorth gyda budd-daliadau a'r broses o wneud cais, gwybodaeth am wasanaethau lleol, gan gynnwys nyrsys arbenigol Parkinson, cysylltiadau â gwasanaethau eraill Parkinson's UK, megis y wefan, llinell gymorth adnoddau, gwybodaeth, a changhennau lleol a grwpiau cefnogi.

Gweithiwr Cefnogol a Gwybodaeth Gogledd Orllewin Cymru: Gill Wills

☎ 0844 225 3787

✉ g.wills@parkinsons.org.uk

🌐 www.parkinsons.org.uk

A ydych chi'n edrych ar ôl rhywun?

RNIB Cymru

Mae gwasanaeth cefnogi teulu RNIB Cymru ar gael i deuluoedd sydd â phlentyn sy'n ddall neu'n rhannol ddall, gan gynnwys y rhai ag anableddau lluosog. Mae'r gwasanaeth yn seiliedig ar anghenion unigol ac yn cynnwys y teulu cyfan, e.e. neiniau a theidiau, brodyr a chwiorydd ac ati.

Gweithiwr Cefnogol Plant a Theuluoedd: Jennifer Jones

☎ 07776 284068

✉ Jennifer.jones@rnib.org.uk

Scope

Mae gwasanaeth 'Scope Response' yn wasanaeth rhad ac am ddim sy'n cynnig gwybodaeth, cyngor a chefnogaeth i bobl sydd â pharlys yr ymennydd, eu teuluoedd a'u gofalwyr. Mae'r Gweithiwr Ymateb Rhanbarthol yn gweithio yn lleol gyda phobl o bob oed. Gall y gwasanaeth gynnwys ymweliadau cartref neu gyngor dros y ffôn a chymorth i sicrhau bod y person anabl, eu teuluoedd a gofalwyr yn cael mynediad i wasanaethau lleol ac yn derbyn cefnogaeth i ddiwallu eu hanghenion.

☎ 0808 800 3333

✉ response@scope.org.uk

🌐 www.scope.org.uk

Sefydliad Prydeinig yr Ysgyfaint

Sefydliad Prydeinig yr Ysgyfaint (BLF) yw'r unig elusen yn y DU sy'n ymwneud â phob clefyd ar yr ysgyfaint. Mae'r grŵp Breath Easy (BE) yng Nghymru yn rhan o'r gefnogaeth a ddarperir gan BLF. Mae gwneud ffrindiau a chwrdd â phobl yn bwysig iawn – mae cyfarfodydd cyfeillgar y BE ar gyfer cleifion, ffrindiau, teulu a gofalwyr fel ei gilydd.

☎ 01792 455764

☎ 03000 030 555 (Llinell Gymorth)

✉ wales@blf-uk.org

🌐 www.lunguk.org

Sense

Mae Sense yn elusen genedlaethol sy'n cefnogi ac yn ymgyrchu dros blant ac oedolion sy'n fyddar ac yn ddall. Maent yn darparu cymorth wedi'i deilwra, cyngor a gwybodaeth yn ogystal â gwasanaethau arbenigol i holl bobl ddall a byddar, eu teuluoedd, gofalwyr a gweithwyr proffesiynol sy'n gweithio gyda nhw.

☎ 0845 127 0066 neu 020 7520 0972

Ffôn testun: 0845 127 0066 neu 020 7520 0972

Ffacs: 0845 127 0061

✉ info@sense.org.uk

🌐 www.sense.org.uk/

Shelter Cymru

Llinell gymorth 24 awr ar gyfer cyngor ar dai, gwasanaethau cymdeithasol a gwaith eiriolaeth.

☎ 0845 075 5005

✉ advicenorth@sheltercymru.org.uk

A ydych chi'n edrych ar ôl rhywun?

SHINE CYMRU

Cefnogi pobl gyda Spina Bifida a Hydrocephalus.

☎ 01248 724 944

✉ bryn.roberts@shinecharity.org.uk

🌐 www.shinecharity.org.uk

📱 www.facebook.com/shineukcharity

SNAP Cymru

Cefnogi teuluoedd plant sydd ag anghenion dysgu ychwanegol.

☎ 01248 674 999

☎ 0845 120 3730 (llinell gymorth)

✉ helpline@snapcymru.org

🌐 www.snapcymru.org

Teleofal

Mae offer teleofal yn darparu rhybudd os bydd rhywun yn syrthio neu'n mynd yn sâl ac yn cynnig tawelwch meddwl i'r gofalwr, a fydd yn caniatáu iddynt gysgu'n dda neu fynd i siopa, gan wybod y byddant yn cael eu galw os bydd eu hangen.

☎ 01286 682 888

✉ cao@gwynedd.gov.uk

The Outside Clinic

Profion llygaid a phrofion clyw am ddim yn y cartref ar gyfer y rhai dros 60 mlwydd oed na all mwyach ymweld â'r optegydd stryd fawr ar ben ei hun.

☎ 0800 85 44 77

✉ info@outsideclinic.com

🌐 www.outsideclinic.com

Tîm Cyngori ac Asesu Oedolion Gwasanaethau Cymdeithasol Gwynedd

Yn darparu gwasanaethau ar gyfer oedolion sy'n dioddef o salwch, anabledd corfforol neu anabledd dysgu dros 18 mlwydd oed, pobl hŷn sy'n fregus neu'n sâl; pobl sy'n dioddef o broblemau cof a gofalwyr. Gall hefyd helpu os oes pryderon ynghylch lles neu ddiogelwch unigolyn.

Llun - Gwener 9.00 – 5.00

☎ 01286 682 888

✉ cao@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

Tîm Derbyn Cyfeiriadau Plant Gwynedd

Mae'r tîm yn gyfrifol am dderbyn holl gyfeiriadau'r gwasanaeth plant a theuluoedd.

☎ 01758 704 455

✉ cyfeiriadauplant@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

A ydych chi'n edrych ar ôl rhywun?

Timau Iechyd Meddwl Cymunedol

Mae'r timau iechyd meddwl cymunedol yn cynnig cymorth proffesiynol i bobl â phroblemau iechyd meddwl difrifol a'u perthnasau neu eu gofawyr. Cynigir gwahanol fathau o gymorth gan aelodau'r tîm yn bersonol. Mae enghreifftiau'n cynnwys - ymyriadau seicolegol, meddyginiaeth, gweithwyr cefnogol, gwasanaethau dydd, gofal preswyl / nyrsio a chefnogaeth emosiynol ac ymarferol. Gall staff hefyd gael mynediad i wasanaethau iechyd meddwl eraill.

Arfon: ☎ 01248 363470

Dwyfor / Meirionnydd: ☎ 01766 510 011

Tîm Tu Allan i Oriau

Gwasanaeth argyfwng gwasanaethau cymdeithasol a digartrefedd ar gyfer cynghorau Gwynedd ac Ynys Môn.

☎ 01248 353551

Triniaeth Ddeintyddol mewn Argyfwng

Rhaid i bob apwyntiad gael ei wneud drwy Galw Iechyd Cymru. Mae rhai clinigau lle nad oes angen apwyntiad. Cysylltwch â'r rhif isod i gael manylion o glinigau yn eich ardal chi.

☎ 0845 46 47

Tros Gynnal Plant (Gwasanaethau Hawliau Plant Gogledd Cymru)

Gweithio gyda phlant a phobl ifanc i hyrwyddo a gwireddu eu hawliau trwy ystod o brosiectau, hyfforddi ac ymgyrchu.

☎ 07956 53184 (Manon Evans) 07931 507720 (Gwion Llwyd)

✉ northwalescrs@trosgynnal.org.uk

Unllais

Mae Unllais yn darparu cymorth i'r sector gwirfoddol, defnyddwyr gwasanaeth a gofawyr a sefydliadau sy'n gweithio ym maes iechyd meddwl. Mae'r sefydliad yn gweithio i ddatblygu a hwyluso cyfranogiad defnyddwyr gwasanaethau a gofawyr wrth gynllunio, cyflwyno, monitro a gwerthuso gwasanaethau iechyd meddwl. Mae'r wefan Unllais yn cynnwys y newyddion diweddaraf am iechyd meddwl, adroddiadau, hyfforddiant, a chyfleoedd cyfranogi ac mae ganddo gyfeiriadur cynhwysfawr o wasanaethau iechyd meddwl sy'n cwmpasu'r gogledd.

Cysylltwch â: Swyddog Cyswllt Defnyddwyr Gwasanaeth a Gofawyr

☎ 01248 353 777

✉ admin@unllais.co.uk

🌐 www.unllais.co.uk

Y Groes Goch

Mae'r Groes Goch yn darparu gofal tymor byr yn eich cartref yn dilyn mynediad i'r ysbyty. Mae'r gwasanaeth a gynigir ar gael am hyd at chwe wythnos. Mae'r gwirfoddolwyr hyfforddedig yn ategu'r cymorth y gall gweithwyr iechyd cymdeithasol a chymunedol ei ddarparu a fydd yn eich helpu i adennill eich annibyniaeth drwy wasanaeth wedi'i deilwra at eich anghenion penodol.

Maent hefyd yn gallu darparu offer megis cadeiriau olwyn ar fenthyciad tymor byr.

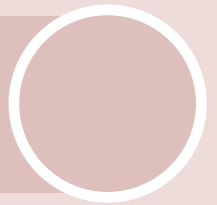
☎ 01248 364 677

☎ 07899913203

✉ hwilliams@redcross.org.uk

🌐 www.redcross.org.uk

A ydych chi'n edrych ar ôl rhywun?



Y Gymdeithas Strôc

Mae'r Gymdeithas Strôc yn helpu i oroeswyr strôc a'u teuluoedd ymdopi â phob agwedd o fywyd ar ôl strôc. Mae'r gwasanaethau yng Ngwynedd yn cynnwys cymorth cyfathrebu, adnabod strategaethau a gweithio ar gynlluniau cymorth personol i bobl sydd gydag anawsterau cyfathrebu yn dilyn strôc. Mae yna wasanaeth gwybodaeth, cyngor a chefnogaeth sy'n darparu asesiad holistig o anghenion ar ôl strôc er mwyn darparu'r lefel o gefnogaeth sydd ei hangen ar bob unigolyn i addasu eu bywyd ar ôl strôc. Gellir cael mynediad at y gwasanaethau hyn drwy gyfeiriad gan y GIG.

☎ 01286 671 145

☎ 01766 513 280

✉ llinoswyn.parry@stroke.org.uk

🌐 www.stroke.org.uk

Y Samariaid

Mae'r Samariaid yn darparu cymorth emosiynol cyfrinachol heb faru, 24 awr y dydd ar gyfer pobl sy'n profi teimladau o drallod neu anobaith, gan gynnwys y rhai a allai arwain at hunanladdiad.

☎ 08457 90 90 90

☎ Llinell Gymraeg: 0300 123 3011 (7pm-11pm yn unig, 7 diwrnod yr wythnos)

✉ jo@samaritans.org

🌐 www.samaritans.org

Young Carers Net

Cymuned gefnogol ar-lein i ofalwyr ifanc sydd â byrddau trafod ac ystafell sgwrsio. Hefyd yn cynnig cyngor i ofalwyr ifanc gan weithwyr ieuenctid cymwys.

🌐 www.youngcarers.net

Do you look after someone?

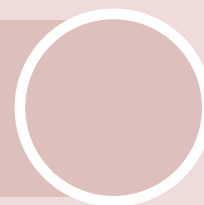
Useful information for people of all ages who care for family, friends or neighbours in Gwynedd



Gwynedd Carers Partnership



Do you look after someone?



Are you a child, young person or adult looking after someone who is ill, elderly and frail or disabled?

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Disclaimer

Whilst every effort has been made to ensure that the contents of this booklet are correct at the time of going to press, Gwynedd Carers Partnership cannot accept any liability for errors, omissions, quality of information or services provided by other organisations; nor can we recommend products or services.



Do you look after someone?

1. Are you a carer?

A carer is someone who looks after a relative or friend who is ill, frail or has a disability, who cannot manage to live at home without your practical or emotional unpaid support. When referring to carers in this booklet, it means unpaid carers of all ages and background, unless specified otherwise.

Whatever your situation, it is not reasonable for anyone to expect you to be a carer without help. This may be practical assistance, e.g. a break, some information, advice on benefits and services to which you may be entitled, etc. or someone to listen when you need to talk.

Finding and accepting help can be difficult and sometimes it is hard to know where to start. This information booklet is designed to help you as a carer. It cannot provide all the answers, however it will signpost you to some of the information, support and help that is available to carers.

This leaflet contains information about many organisations, contact names and addresses and telephone numbers. If any person or agency cannot help you directly, they will do their best to put you in touch with someone who can.

If you have any concerns or support needs – physical or emotional – don't keep them to yourself. Professionals can sometimes make the mistake of assuming you know about things, so please make sure you **ask!**

2. Young carers

Children and young people sometimes become carers too. You may be under 18 yourself and carrying out significant caring and household tasks because you have a parent, brother, sister, other relative or friend who:

- has a physical disability
- has a mental health problem or learning disability
- has a long-term or terminal illness
- has a problem with drug or alcohol use

You have the right to ask for an assessment of your needs as a carer. You can contact the Children's Duty Team to make a self-referral on **01758 704455**. The team will consider your situation and may arrange an assessment of your needs. They will consider whether or not they can provide any help for you in your caring role.

You can also contact Action for Children who run a young carers project in Gwynedd. They can give you advice and provide services on behalf of Gwynedd Council. You can contact them on **01248 364614** or e-mail **gwyneddyoungcarers@actionforchildren.org.uk**.

If you are at school, it is important that the school is aware of your situation. They can support you. You should discuss your situation with someone at the school, such as your register teacher or any other sympathetic member of staff.



Do you look after someone?

3. Support and Advice Available

Carers' assessments

The local authority Social Services Department has a duty, when requested, to provide an assessment of carers' needs with regard to support in their caring role. Carers can include anyone involved in care and support, including family, friends or neighbours. However, due to the Council's eligibility criteria, not all carers are eligible to receive direct service from the Social Services Department or other agencies contracted by the Council to provide services, but there are other sources of support available.

The carer's assessment looks at the needs of carers. Support that may be available includes: a break from caring, access to training, invitations to carers events and signposting to relevant services. You can have an assessment even if the person you care for has not had their own needs assessed.

Think beforehand about what would make life easier, and what plans you would want to put in place in case of an emergency.

To request an assessment contact Gwynedd Social Services Advice and Assessment team on **01286 682888**, or if relating to a mental health issue contact the Community Mental Health team:

Arfon: 01248 363470
Dwyfor / Meirionnydd: 01766 510011

Emergencies

If there is an emergency out of normal office hours you can contact the Out of Hours Team on 01248 353551

If you are finding caring at home increasingly difficult, the person you care for may benefit from extra help in the home or a break. For more information about what care options are available, request an assessment from Gwynedd Social Services on **01286 682888**.

Sources of Information

There are a number of organisations who can provide timely and appropriate information to you, including

- Social Services
- Health Services
- Third Sector Organisations
- Library Services



Do you look after someone?

Social Services

If you have contact with a social worker, remember to ask them about any information that could help you to care. There is also information available on the Social Services website.

Health Services

Your surgery and its staff will be a good source of information. You can ask your GP or one of the nurses. It's possible that useful leaflets and booklets will be available there. There is also an information desk in Ysbyty Gwynedd, and it is worth asking staff in the clinics or on the wards.

Third Sector Organisations

A number of third sector organisations provide relevant information to carers and young carers e.g. Carers Outreach Service and Action for Children. Some organisations help people with specific illnesses and they have specific information which can help carers as well e.g. Stroke Association, Alzheimer's Society, Parkinson's UK and Hafal. More information and contact details can be found in the A-Z Directory.

Library Services

Every library in Gwynedd has a collection of books about caring; some of them are written by carers. There will also be information files available in 2013. There is also free access to computers and the internet – there are many forums online that are specific for carers, which you may find useful.

Support available through Social Services

Home Care (help in the home)

This can include help with personal care tasks like washing or dressing and assist with basic rehabilitation to develop skills and to help people live as independently as possible in the community. Help with some domestic tasks can sometimes be available for the carer.

Respite/Sitting service (short breaks)

Respite offers you a break, with someone else looking after the person you care for. This can either take place in your own home or elsewhere. Respite can be offered through an assessment by social services.

Direct Payments

Direct Payments offer a way in which people can make their own care arrangements. Instead of receiving services from the Council you can choose to receive the money and buy the services elsewhere, giving you and the person you care for more choice and control. Contact the Gwynedd Social Services Advice and Assessment team on **01286 682888** for more information.



Do you look after someone?

Telecare

The Telecare system uses sensors in the home; use of the equipment can help people to live independently in their own homes. The sensors can send an automatic warning in an emergency to a 24/7 monitoring centre. They then contact the appropriate people and contacts in order to get help. Sensors can detect a number of problems in the house, such as an emergency, floods and fire; can recognise extreme temperature showing that the heating or the oven has been left on; they can detect that the user has wandered from the house or perhaps has fallen. Stand alone equipment is available which sends warnings to a pager to carers in the home rather than the monitoring centre, so Telecare is able to support carers in their homes. For more information, contact the Gwynedd Social Services Advice and Assessment Team on **01286 682888**.



Put simply, Telecare gives peace of mind to carers that help is available if needed, and also allows them to sleep soundly or go to the shops, knowing that they will be contacted if needed.

Residential and Nursing Care

If you are unable to continue caring at home, you may need to consider residential or nursing care. Nursing homes offer a high level of support for people with complex health care needs or challenging behaviour, whereas residential homes offer a lower level of support for people who are more independent. To see if you can get help with fees, the person you care for will need a financial assessment. However if they are able to cover the costs themselves, you can contact a home directly. The Care and Social Services Inspectorate also provides information about care homes, (see A-Z at end of booklet).

Paying for services

If the person you care for is assessed as needing services, depending on his/her finances, he/she may be asked to contribute towards the costs, up to a maximum of £50 a week.

Eligibility Criteria

The Council aims to provide their services to those in the greatest need. To do this they use eligibility criteria where people's needs are assessed as critical, substantial, moderate or low. Currently services are offered to those in the critical or substantial band. Eligibility criteria are not based on income, they are based on a person's need for support.

If you are assessed as not being eligible for health or social care you will be offered advice and information about other support from voluntary and private organisations. Some of these organisations are listed in the A-Z section of this booklet, where it is indicated whether or not you can contact them directly for support.

Do you look after someone?

Support available through the Health Services

Support for you, as a carer, and the person you care for, is available from local health services such as GPs, hospitals and community health.

GP Surgery

Check that your GP knows that you are a carer - noting this on your records will explain why you might need to make an appointment at a particular time or need a home visit for example. You have the right to a home visit if you are not able to get to the surgery.

Arrange a double appointment if you and the person you care for need more time with the GP. It is also a good idea to prepare for the appointment by writing down any questions you have so that you don't forget anything.

Appointments can now be made online using the new internet site My Health Online. The appointment is confirmed online so there is no need to 'phone the surgery at all. Appointments can also be cancelled online. All you need to do to use this service is to register your details at your GP surgery's reception (you will need to provide some proof of identity).

If you are not confident about providing medical care to the person you care for, you can ask your local surgery for extra training.

As a carer you are entitled to an annual 'flu vaccination. This should be offered to you automatically if you have registered as a carer with the surgery.

NHS funded care

If the health care needs of the person you care for cannot be met by social services then they may be entitled to a package of care provided by the NHS. This includes accommodation and nursing support provided at home or in a nursing home. For more information contact your GP/ social worker or, if the person you care for is in hospital, the ward staff. Should this be the case, you are still entitled to a carer's assessment from the social services.

Pharmacists

Most pharmacists offer a number of services to support carers and the person for whom they care. They offer a repeat prescription service whereby the repeat prescription is sent to them by the surgery, meaning that the carer/patient can go straight to the pharmacy to collect the medication when it is ready. (This service needs to be set up initially through the surgery). Some pharmacists may also offer a home delivery service.

All pharmacists offer an annual medication review. They also have the facilities to offer private consultations on medication at any time.



Do you look after someone?

Hospitals and Clinics

Under The Carers Strategies Measure (Wales) 2010, health staff in clinics and hospitals are legally obliged to consult with you as a carer and to offer you support in your caring role (although this might only mean signposting you to organisations who can help).

Should the person you care for be admitted to hospital, you may wish to continue to help with their care or you may prefer to let the ward staff do so, but either way you have the right to be informed about their condition and their treatment.

Prior to the discharge of someone who is need of care, a discharge plan must be in place which includes a care plan for when the patient arrives home. As a carer you should be consulted about this and best practice says that the discharge planning should begin as soon as possible after admission in order to ensure that everything needed is in place before the patient is actually discharged.

The discharge plan can include what happens on the actual day of discharge; any assessment needed; transport home; care package; equipment; adaptations to the home; contact with professional health workers; follow-up appointments at out-patients.

Other support available

Counselling

This is an opportunity to look at your problems with someone trained to help you see things in a different light and find ways to help you cope or make positive changes. You can discuss almost anything, for example; retirement, loneliness, anxiety, stress, feelings of not being able to cope, painful family relationships, grief and thoughts of suicide. Contact your GP or any of the relevant organisations listed in the A-Z at the end of the booklet.

Support Groups

Support groups provide an opportunity to meet other carers, who understand what is involved in caring, share expertise, information, tips and a chance to relax and make friends. It is possible to take the person you care for to some of these groups. See A-Z for details.

Green bottle in the fridge

This is a small plastic container in which one can put a copy of the patient's prescription. There are labels with green crosses on them, one of which should be attached to wherever the 'bottle' has been placed (usually in the 'fridge) and the other by whichever door the emergency services would enter the house. The emergency services are aware of the scheme and, in the event of there being no one else in the house, would find the bottle to accompany the patient to hospital.

Green bottles are obtainable from GP surgeries in Arfon and Dwyfor, branches of Rowlands Pharmacies or Carers Outreach Service (see A-Z)



Do you look after someone?

Talking Labels

A device which is available from branches of Boots. The pharmacist reads the instructions on to a device which slides into the top of the medication box and one can hear them by pressing the button on the device. It lets people with sight impairment know how many tablets are needed and when to take them. It also explains any changes to the usual prescription. It is free.

Advocacy

There are a number of organisations who offer advocacy services which can be of help both to you as a carer and to the person you care for. Social services provide a generic independent advocacy service for all adult service users and carers in Gwynedd, (except for individuals with mental health problems) who have received a social care assessment, regardless of its outcome. Otherwise please see the A-Z for details of third sector organisations who can help.

4. Health & Leisure

Looking after yourself

It isn't always easy to recognise yourself as a carer and for you and others (including the person you care for) to accept that you have needs of your own, e.g. support, help, understanding and a break from your caring role.

If you take care of yourself, you are more likely to stay healthy and able to continue helping the person you are caring for. Carers, who found it difficult at the outset and thought they would never manage, often feel more confident after a few months if they receive adequate support and help.

Maybe other family members, friends or perhaps a neighbour, would be willing to help occasionally so that you can take time off from your caring role.

Look after your own health – try to get a good night's sleep, eat a healthy diet and take some exercise. Accept whatever help is available from family, friends, voluntary and statutory services.

Your doctor is a good starting point for information and support. Tell your GP that you are a carer, as they may not necessarily know this. Talk through any issues you have, especially if you are experiencing stress or anxiety. Your GP will be able to refer you to social care services, counselling and other organisations that may be able to help.

A break from caring

A number of third sector organisations offer social events for carers and young carers in the Gwynedd area, so that you can take a break from caring. See A-Z for contact information.



Do you look after someone?

Cinema Exhibitors Association (CEA card)

For a small yearly fee this card entitles the holder to one free ticket for a person accompanying them to the cinema. The holder of the card will need to submit proof to show that they are in receipt of Disability Living Allowance/Personal Independence Payment or Attendance Allowance, or be a registered blind person. For more information please contact **0845 123 1292**.

National Exercise Referral Scheme

This scheme is for those over 17 years of age, who would benefit from access to a supervised exercise programme to improve health and wellbeing. Benefits can include weight management, reducing blood pressure, reducing stress and anxiety. Speak to your GP/practice nurse about being referred.

Saga Trust Breaks for Carers

This trust awards free holidays for a carer and a friend, including spending money and respite care if needed. The carer must be over 50 years of age, have been caring for over a year and not had a substantial break during that time. Carers can either nominate themselves or be nominated. For more details visit their website www.saga.co.uk/care/carers-trust or telephone **01303 77421**.

Holidays in the Cotswolds and Torbay

Carers Holidays offer holidays in caravans on Hoburne Holiday sites in the Cotswolds and Torbay at a reduced rate for carers. They have fully adapted caravans for people in wheelchairs or with mobility problems. Any carer is welcome to go on holiday there either with the person cared-for and/or with friends/family or by themselves. The facilities on the sites include swimming pools, sauna, café, restaurant and bar with entertainment in the evening. Contact **0117 965 2365** or e-mail info@carersholidays.org.uk or go to www.carersholidays.org.uk

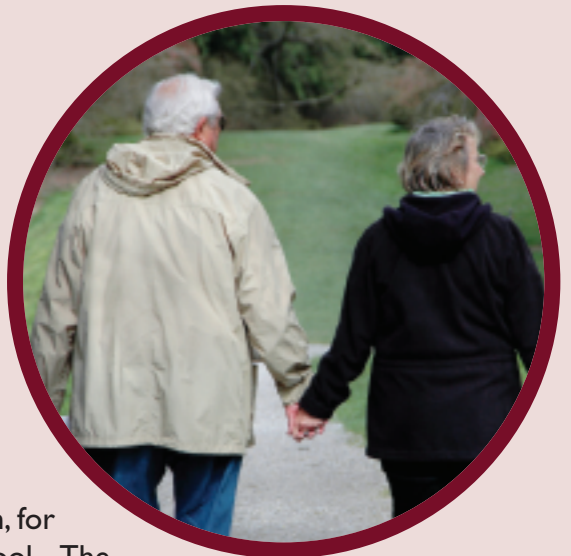
5. Work, training & courses

Working carers

Many carers want to carry on working for financial reasons, as well as to have time off from caring. With extra support from social services, voluntary and statutory organisations and your employer you may find it easier to balance the two. Talk to your employer about flexible working.

Training

As well as carer specific training courses, if you are thinking of returning to work you may wish to top up your skills. You may also wish to undertake courses for leisure. There are many ways to learn, for example distance learning, courses on the Internet or day/night school. The Open University in Wales, for instance, offers flexible part-time distance learning so you can study from home around your caring and other commitments and work towards recognised qualifications. For further information contact the Open University on **029 2047 1170**.



Do you look after someone?

Courses

EPP Cymru offers a course “Looking After Me” (LAM), for carers. It is held in the local community for anyone in a caring role. Courses are 2 ½ hours a week for 6 weeks. Other courses are available to do online, if you are unable to attend personally. See A-Z for contact details.

Returning to work

If you would like to combine your caring role with paid employment, Jobcentre Plus offers a range of training and financial help for you if you want to start or restart work at some point. They have advisers trained to understand carers' needs and they can talk to you about what is available. For more information go to www.gov.uk/moving-from-benefits-to-work/help-for-parents-and-carers or contact your local jobcentre to make an appointment to see an adviser. It won't affect your benefits and there's no obligation to do anything else.

6. Money Matters

You or the person you care for may be entitled to financial help – depending on age, needs and income. You can either contact the statutory organisations directly or seek advice from a voluntary organisation e.g. Age Cymru or the Citizens Advice Bureau.

The Department of Work and Pensions (DWP) have a free phone confidential helpline for disabled people and carers - **0800 88 22 00**. The DWP can do home visits to provide advice, information, complete benefit application forms etc, to customers who are unable to contact them by other means.

You may also be able to get financial support through charities and benevolent organisations, who offer loans and grants to help pay for things other schemes will not fund. A third sector organisation such as Carers Outreach Service may be able to help you with this.

The Welfare Rights department offer a comprehensive service on welfare rights issues for service users and prospective service users of the Social Services department, and also ensure that they claim the due benefits. Contact **01766 771000**.

Benefits for carers:

Carers Allowance – is the main benefit for carers over 16 years, who are on a low income and spend 35 hrs or more a week caring for someone getting certain disability benefits. Contact the Carer's Allowance Unit - **0845 608 4321** - or the Benefits Enquiry Line - **0800 88 22 00**

Benefits for you and the person you care for:

Pension Credit – guarantees a certain level of income for people over pensionable age. Contact the Pension Service – **0800 99 1234**



Do you look after someone?

Winter Fuel Payment – is an annual payment towards winter heating for people over pensionable age. Contact the Winter Fuel Payment Line – **08459 15 15 15**

Income Support – is for people aged between 16 and pensionable age, on a low income, who either don't work or work less than 16 hrs a week. Contact the Jobcentre Plus – **0800 055 6688**

Housing Benefit – helps with paying rent if you are on a low income. Contact the Council – **01286 682689 or 0800 169 9729** (if aged over 60)

Council Tax Discounts and Rebates – reductions and refunds are available if you live on your own, are on a low income or if you look after someone with a learning disability / mental illness. Contact the Council Tax department – **01286 682689 or 0800 169 9729** (if aged over 60)

Social Fund / Community Care Grant - provides lump sum payments, grants and loans for unexpected expenses for people on a low income. Contact the Jobcentre Plus – **0800 055 6688**

Crisis Loan - if you need to apply for a crisis loan for household items or living expenses, contact Job Centre Plus - **0800 032 7952**

Attendance Allowance – is for people over 65 years needing assistance with personal care because of disability. It is paid at different rates depending on the care required. Contact the Department of Work and Pensions – **0845 712 3456**

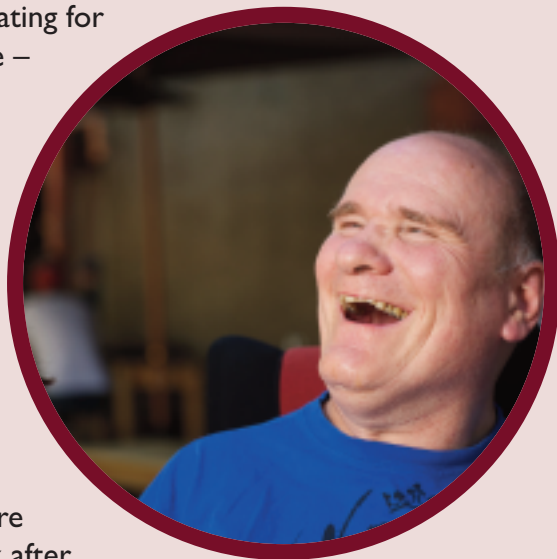
The Motability Scheme – this helps lease/buy a car, scooter/power wheelchair for people who get certain disability benefits. For the Car Scheme contact Motability Operations - **01279 635999**

Statutory Sick Pay (SSP) and Employment and Support Allowance – is for people aged between 16 and 65 years who are unable to work because of sickness. Contact the Jobcentre Plus – **0800 055 6688**

Disability Living Allowance (DLA) – is for people under 65 years, including children who are severely disabled and need help with personal care and mobility. Contact the Department of Work and Pensions – **0845 712 3456**

NB The Westminster Government plans to replace DLA with a new Personal Independence Payment (PIP), which will have a new structure and new assessment process. PIP will be introduced in 2013 and 2014.

Personal Independence Payment (PIP) – starting in April 2013, PIP will have completely replaced DLA by the end of 2016. There will be two components to it, like DLA, namely a care component and a mobility component. The care component will have two categories, unlike the three which DLA has.



Do you look after someone?

7. Legal matters

Carers sometimes need to take responsibility for the financial and legal affairs of the person they care for. Planning ahead can save time, effort and money. Things you may need to take care of include:

Bank and building society accounts

Accounts can be changed to joint accounts or you can take out a 'Third Party Mandate'. Contact the relevant bank or building society.

Lasting Power of Attorney

This is a legal procedure which enables a person to give someone else responsibility to make decisions about financial matters. Since October 2007, under the Mental Capacity Act, Lasting Power of Attorney also gives decision making powers on health matters. For more information, contact the Office of the Public Guardianship – **0300 456 0300**. Local third sector organisations may also be able to help. See A-Z for contact details.

Making a Will

A will is a written record of what happens to a person's property and finances after they die. A person can write their own will; however, if it is not done properly, there can be problems. It is better to contact a solicitor or a will-writer. Contact the Society of Will Writers on **0800 838270** or the Law Society on **020 7242 1222** for further advice or information.

Legal Advice

Free legal advice is available from the Citizens Advice Bureau. They can help locate free or low cost legal information and advice services, put you in contact with a specialist solicitor, help you access legal aid (help towards legal costs), produce information sheets and offer a free independent and confidential telephone helpline. See A-Z for details.

Setting up a trust

If you care for a sick or disabled child, you may want to think about setting up a trust fund, where trustees are responsible for managing the trust and carrying out your wishes. You should contact a solicitor for further advice and information or a member of the Society of Will Writers might also be able to help (see above for contact details).



Do you look after someone?

8. Maintaining and adapting your home

Aids and Adaptations

Using special equipment and/or adapting where you live can make it easier for you to care for someone at home and for them to continue living there. In some circumstances perhaps you will need to consider if your current home is suitable to cope with the needs of the person for whom you are caring?

The aids and equipment that can be provided include easy grip cutlery, walking sticks, commodes, bed raisers, crutches, grab rails, hoists, orthopaedic shoes, chair risers, scooters, walking frames, wheelchairs, and adjustable beds. All these can help with everyday living.

You can get aids and adaptations through:

Social Services

Occupational therapists will be able to advise you on aids and adaptations e.g. grab rails, hoists, chair risers. There is a disability equipment assessment centre in Dolgellau. Please contact **01286 682888** for an assessment.

Health Services

Items are available such as commodes, walking sticks, wheelchairs, adjustable beds etc. However you need to be referred by a GP or nurse to the Community Physiotherapy Department.

Shops - there are a number of mobility shops where aids and equipment for daily living can be purchased. These are listed in the 'phone book, e.g. Byw Bywyd - **01286 830101** or CIL De Gwynedd **01766 514249**

British Red Cross – they loan wheelchairs, backrests, bath seats, bedpans, commodes, walking sticks etc. for a small fee. Contact **01248 364677**

You or the person you care for may be able to get a grant to pay for, or contribute towards, the cost of repairing, improving or adapting your home. Some grants are means tested or have conditions attached, so make sure you understand before agreeing to any work. Some of the housing grants available include:

Disabled Facilities Grants – for disabled people and their carers making homes more suitable to live in. A Disabled Facilities Grant requires an assessment by a qualified occupational therapist. Contact the Gwynedd Social Services Advice and Assessment team on **01286 682888** to be referred to an occupational therapist.

The Home Energy Efficiency Scheme (Nest)

This scheme facilitates the installation of energy efficiency measures such as central heating, boilers or loft insulation. To find out if you are eligible telephone Freephone **0808 808 2244**. Advice is also available on saving energy; money management; making sure you're on the best fuel tariff for you and if you are entitled to any benefits to boost your income.



Do you look after someone?

North Wales Energy Advice Centre - provides an independent service to save you money on your energy bills, including advice on sorting out billing difficulties; finding the cheapest energy suppliers; ways to save energy without changing life style; solving problems with heating and insulation - Freephone line **0800 954 0658**

Care and Repair

Care and Repair offer advice and support to people 60 years and over and to disabled people in Gwynedd to make improvements to their homes. This service is not available for housing association tenants. To find out more contact **01766 510160**

9. Transport

Getting out and about can make a big difference to carers. You can use the mobility component of Disability Living Allowance/Personal Independence Payment towards the Motability scheme.

Private car

Motability

Motability enables disabled people to use their government-funded mobility allowance to obtain a new car, powered wheelchair or scooter. For more details, phone **01279 635999**

The Blue Badge Scheme

This entitles people with severe walking difficulties to benefit from disabled parking. For an application form contact Galw Gwynedd on **01766 771000**, or download a form at **www.gwynedd.gov.uk**. Alternatively you can visit the "One Stop Shop" to pick up an application form.

Siop Gwynedd Pwllheli – Dwyfor Area Office, Ffordd y Cob, Pwllheli

Siop Gwynedd Dolgellau – Meirionnydd Area Office, Cae Penarlâg, Dolgellau

Siop Gwynedd Arfon – Council Offices, Shirehall Street, Caernarfon

Blue Badges are also available online at **www.direct.gov.uk/bluebadge**

Travel to and from hospital

If you or the person you care for are unable to get to a hospital appointment, you can organise transport through the hospital transport service. You must book at least one week before the appointment. To find out if you are eligible, contact **0845 607 6181**.

Community Transport

Barbara Bus Gwynedd – a service solely for wheelchair users who cannot transfer from chair to vehicle. To find out more contact **01766 522756**.



Do you look after someone?

Cymrod - providing transport support for disabled, older and vulnerable people in the Dwyfor area - **01758 614311**

O Ddrws i Ddrws – service for older or disabled people who are unable to reach public transport – **01758 721777**

The Red Cross Transport and Escort Service – available to anyone who finds it difficult to travel. For further information contact **01248 351103**

Public Transport

Traveline Cymru provide a public transport information service; their purpose is to offer a “One Stop Shop” for travel information in Wales, to include bus, coach, rail, and ferry. They can assist you with planning your journey, by providing you with timetables etc. They can also provide contact details of bus and rail companies so that you can contact them directly for further information e.g. whether or not the buses on a particular route have wheelchair friendly access. For further information contact them on **0871 200 2233**, or visit **www.traveline-cymru.info**

Free Bus Travel

People over 60 years and disabled people are entitled to free travel on all local bus services in Wales. If the person you care for cannot travel on their own, they can apply for a companion bus pass where a person can travel with them for free. Contact the Council on **01286 682831**

Train Services

Arriva provide most train services in Wales, and they do aim to make their trains accessible to wheelchair users. They have a guide available “Making Rail Accessible – Helping Older & Disabled Passengers”, for a copy phone **0870 9000 722**, or download a copy at **www.arrivatrainswales.co.uk**

For travel enquiries ring **08457 48 49 50 (0845 60 50 600 Text phone)**, for assistance for customers with disabilities ring **0845 300 3005 (0845 60 50 600 Text phone)**

Disabled Persons Railcard

For a yearly fee the railcard allows the cardholder and one adult travelling with them to get 1/3 off most rail fares throughout Great Britain. For more information about the railcard phone **0845 605 0525**.



Do you look after someone?

10. Other useful information

Key to Disabled Public Toilets

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. There are 9,000 accessible toilets across the UK fitted with the NKS lock.

For a small fee you can obtain one of these “Radar” keys from Gwynedd Council to unlock the door of participating disabled public toilets. To find out how to get one, contact Galw Gwynedd on **01766 771000**.

Home eye/hearing tests

Free NHS eye tests in your home are available to eligible over 60s if unable to visit a high street optician. ‘Phone Home Vision Care on **01745 851159**. The Outside Clinic also offer free eye and hearing tests to those entitled, contact **0800 85 44 77**.

Library Service

If someone is housebound or you are a full time carer, the Library Service can come to your door every four weeks. Contact your local library for further details, or ring **01286 679465** or **01341 422771**, or e-mail llyfrgell@gwynedd.gov.uk

TV Licence – people over 75 qualify for a free licence and people who are either blind or severely sight impaired can obtain a 50% discount on the cost of their TV licence. For more information contact TV Licensing – **0300 790 6135**.

Welsh Water Assist – A reduction in your water bill if you are on certain benefits, or if you have certain medical conditions. Contact **0800 052 0145**.

Emergency/Crisis Contact Numbers

In an emergency ‘phone **999** or **112** (ambulance, police, fire service)

Out of Hours Medical Service is available if you need urgent medical help between 6.30pm – 8.00am on weekdays and all day at weekends and on Public Holidays – **0300 123 5566**

NHS Direct Wales – 24 hour telephone advice and information line **0845 4647**

Out of Hours Social Services provides cover for social work emergencies that occur outside of normal office hours – **01248 353551**



Do you look after someone?

11. Caring to the end

Caring for someone who is terminally ill

Caring for someone who is dying isn't easy. However, providing care can give the opportunity for you to say goodbye in a very special way. It needs to be your choice, so if you think you would find it too hard, talk to your GP, social worker or carers organisation. If any of your care needs are likely to change, request a Unified and/or Carer's Assessment. You may also be entitled to financial help. There is a faster claiming process for people with a life expectancy of less than six months.

When the person you care for dies

It may feel as though there are 101 things to do, but it is important to give yourself time to deal with your emotions, as you'll most probably be in shock even if you were prepared. If you would like to talk about your feelings, contact a carers organisation or Cruse who offer free help to bereaved people - **0844 5617856**

Registering the death

When someone dies at home it is necessary to contact their GP or the GP Out of Hours Service to obtain a Medical Certificate and formal notice. The death must be registered within five days at the Register's Office and they will provide a Certificate of Burial or Cremation for the funeral directors, and a death certificate.

Help with funeral expenses

Funerals can be expensive, so it is important to check the final cost before starting to make arrangements. It is worth checking to see if there is any insurance or savings scheme in place to help towards the costs. The cost of the funeral is taken from the deceased person's estate. Depending on the circumstances help towards the cost of the funeral might be available from the Department of Work and Pensions. If you are unable to get help towards the funeral costs, you could ask the funeral directors whether or not it is possible to pay them by instalments.

Life After Caring - You may find out now that you are no longer a carer, you have more time on your hands. You can join a group, go back to work or undertake training or voluntary work. Whatever you decide, be kind to yourself as you may be feeling very vulnerable after the death of someone close to you. Carers Outreach Service will support carers, who have registered with them, for two years following a death.



Do you look after someone?

12. Making a complaint

You might sometimes feel that you have to complain about services you have received, or failed to receive, from the statutory sector.

If you are not happy with the service you receive, Gwynedd Social Services has a complaints procedure. You can request a copy from the Customer Care Officer **01286 679549 / 01286 679223**.

If you are not happy with hospital services, clinics or community services like district nursing, you can get in touch with the Complaints Manager at Ysbyty Gwynedd to talk about what happened. You can contact the Complaints Department on **01248 384194**

If you are not happy with something at a GP practice, NHS dentist, pharmacy or optician, or the Out of Hours GP service, you should contact the Complaints Department at Ysbyty Gwynedd on the above number. Also, the Betsi Cadwaladr Community Health Council can support you by providing information and advice on the options available to patients and their carers. Contact them on **01248 679284**.



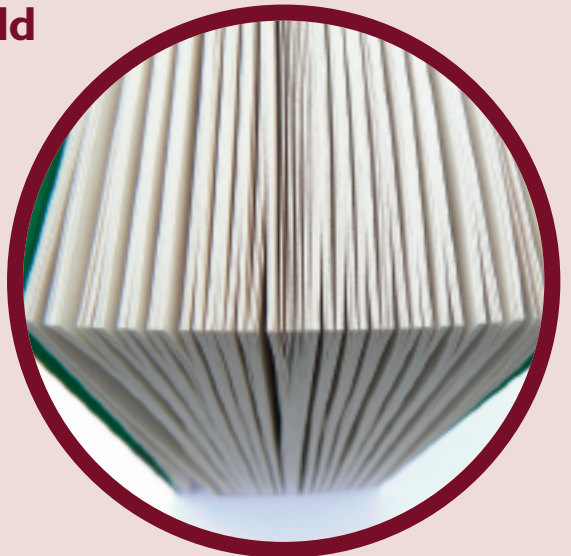
13. A-Z of services for carers in Gwynedd

We have tried to include the information that will be most relevant to the majority of carers. However, this is by no means an exhaustive list. If you are unable to find what you are looking for here, please contact Lester Bath, the Gwynedd Council Adult and Children Carers Support Officer who will be happy to make enquiries on your behalf and signpost you on to the relevant organisation.

Carers Support Officer - Lester Bath

☎ 01286 679742

✉ LesterBath@gwynedd.gov.uk



Do you look after someone?

Guide, in alphabetical order, to finding possible relevant organisations in A-Z (please remember to check the first half of the booklet as well)

Advocacy / Independent advice

Age Cymru Gwynedd a Môn
Avalon Advice
Citizens Advice Bureau (CAB)
Mental Health Advocacy Scheme
North Wales Advice & Advocacy
Shelter Cymru

Alternatives to caring at home

CSSIW
Counsel and Care

Caring for a child with a disability

Carers Outreach Service
Derwen
Down's Syndrome Association
Family Fund
Gwynedd & Anglesey Asperger/Autism Support Group
Gwynedd Children's Referral Team
Jigso
Mencap Cymru
National Deaf Children Society
North Wales Society for the Blind
Contact a Family
RNIB
Scope
Sense
SHINE
SNAP

Caring for someone with dementia/a neurodegenerative disease

Age Cymru Gwynedd a Môn
Alzheimer's Society
Bupa
Carers Outreach Service
Dementia UK
Huntingdon's Disease Association
Motor Neurone Disease Association
Parkinson's UK
Wales Dementia Helpline

Caring for someone who is elderly

Age Cymru Gwynedd a Môn
Carers Outreach Service
Counsel and Care
Independent Age
The Outside Clinic

Caring for someone with a learning disability

Anheddau
Carers Outreach Service
Down's Syndrome Association
Gwynedd & Anglesey Asperger/Autism Support Group
Mencap Cymru
Wales Learning Disability Helpline

Caring for someone with a long term chronic condition

Arthritis Care
British Lung Foundation
Chronic Condition Self Management Course
Diabetes UK Cymru
Epilepsy Action Cymru
Headway Gwynedd
Mid & West Wales ME Group
MS Society
Myasthenia Gravis Association
Stroke Association

Caring for someone with a mental health problem

Beat (Eating disorders)
CAIS
C.A.L.L
Community Mental Health Teams
EDIT (Eating disorders)
Hafal
Mental Health Advocacy Scheme
Unllais

Do you look after someone?

Caring for someone with a physical disability

Carers Outreach Service
CIL De Gwynedd
North Wales Deaf Association
North Wales Society for the Blind
Scope
Sense
SHINE
Caring for someone with a substance misuse problem
Alcohol Concern Cymru
CAIS
Wales Drug and Alcohol Helpline

Caring for yourself!

Carers Outreach Service
Carewell
Job Centre Plus
Looking After Me
The Samaritans

Young carers

Action for Children
Gwynedd Ni
Meic
Tros Gynnal Plant
Young Carers net

Emergencies

Emergency dental treatment
Emergency Out of Hours Team
GP Out of Hours Service
The Samaritans

Finance

Age Cymru Gwynedd a Môn
Avalon Advice
Benefits Enquiry Line
CAB
Carers Outreach Service
Direct Gov
Family Fund
Independent Age
Jobcentre Plus
Macmillan Cancer Support

Nest

Help from statutory sector

Community Health Council
CSSIW
Gov.uk
Gwynedd Children's Referral and Intake Team
Gwynedd Council
Gwynedd Social Services Adult and Assessment Team
Refuse collections

Help from third (voluntary) sector

Age Cymru Gwynedd a Môn
Carers Outreach Service
Carers Wales
Crossroads Care North Wales
Ffrindia'
Gofal
Mantell Gwynedd
The Red Cross
Shelter

Help with day to day living

Age Cymru Gwynedd a Môn
Macmillan Cancer Support
Nest
Outside Clinic
Telecare

Help with housing, adaptations and equipment

Care and Repair
Gwynedd Council
Home Fire Safety Checks
Shelter

Legal matters

Citizens Advice Bureau (CAB)
Shelter Cymru

Leisure

Age Cymru Gwynedd a Môn
Carers Outreach Service
Cinema Pass

Do you look after someone?

Palliative care

Gwynedd Hospice at Home
Macmillan Cancer Support
Marie Curie Cancer Care

Pet animals

Cinnamon Trust

Transport

Barbara Bus
Cymrod
O Ddrws i Ddrws
Motability Scheme

When caring comes to an end

Carers Outreach Service
Carers Wales (Carers UK)
Cruse Bereavement Care

Action for Children

Gwynedd Young Carers Project

Gwynedd Young Carers Project provides a supportive service to children and young people, aged from 5 -18 years, who live in Gwynedd who look after or help look after someone in their family who is unwell or disabled. This includes caring for someone who has mental health problems and/or misuses substances.

Project Taith

A support service for young adult carers and their families; young adult carers are young people aged 16-25 who have caring responsibilities. They may look after someone who is ill or disabled, has a mental health problem or a substance misuse problem.

☎ 01248 364 614 / 01248 353 095

✉ gwyneddyoungcarers@actionforchildren.org.uk

🌐 www.actionforchildren.org.uk

Age Cymru Gwynedd a Môn

Age Cymru is Wales' leading national charity working to improve the lives of all older people. All older people should be able to lead healthy and fulfilled lives, have adequate income, access to high quality services and the opportunity to shape their own future. Provides a public voice for older people and endeavours to raise awareness of the issues of importance to them.

Advocacy

Age Cymru Gwynedd a Môn has launched a new advocacy service to safeguard older people in North Wales by supporting, representing and ensuring their voice is heard.

☎ 01286 677711

✉ info@acgm.co.uk

🌐 www.ageuk.org.uk/cymru/gwyneddamon/

Alcohol Concern Cymru

Working to ensure that people in Wales understand more about alcohol and what is sensible drinking. Provides information on a range of subjects relating to alcohol and sign posting to local alcohol services.

☎ 029 2022 6746

✉ acwales@alcoholconcern.org.uk

🌐 www.alcoholconcern.org.uk/wales

Also offers general sensible drinking tips through the website

🌐 www.drinkwisewales.org.uk

Do you look after someone?

Alzheimer's Society

The North and West Wales area office of the society provides services for people with dementia and those who care for them.

☎ 01248 671125 / 01248 671137

✉ NorthWestWales@alzheimers.org.uk

☎ 0845 300 0336 (Alzheimer Helpline)

🌐 www.alzheimers.org.uk

Anheddau Cyf

Anheddau Cyf is a non-profit making social care provider, supporting adults with support needs to live in the community. Working closely with other agencies and organisations that also seek to improve and develop services that meet the needs and aspirations of individuals. The service that is delivered to each individual is based upon their person centred plan. This ensures that services are flexible and varied according to the needs of each individual.

☎ 01248 675910

✉ post@anheddau.co.uk

🌐 www.anheddau.co.uk

Arthritis Care Wales

Provides information, support and empowerment training for people with arthritis, through publications, information points and self-management courses; campaigns for improved services, and has branches throughout Wales that provide social support.

☎ 02920 444155

✉ wales@arthritiscare.org.uk

Helpline ☎ 0808 800 4050 10am-4pm weekdays

✉ helplines@arthritiscare.org.uk

🌐 www.arthritiscare.org.uk

Avalon Advice CIC

Help with employment problems, housing issues, welfare benefits, consumer rights, debt advice and more.

☎ 01248 361911

✉ advice@avalonadvice.info

🌐 www.avalonadvice.info

Barbara Bus Gwynedd

This is a service solely for wheelchair users who cannot transfer from chair to vehicle. Specially adapted vehicles are based in Aberdyfi, Criccieth and Dolgellau. They may be borrowed for up to a week and driven by family, friends and carers, subject to certain limitations. There are no fixed charges but donations from users are essential to keep the service running.

☎ 01766 522756

🌐 www.barbarabusgwynedd.com

Do you look after someone?

Beat

Beat provides helplines, online support, including a carers' forum, and a network of self-help groups (see EDIT for group in Gwynedd) to help adults and young people beat their eating disorders.

☎ 0845 634 1414 (Helpline)

✉ help@b-eat.co.uk

🖱 www.b-eat.co.uk

☎ 0845 634 7650 (Youthline)

Text 07786 20 18 20

✉ fyp@b-eat.co.uk

☎ 0300 123 3355

✉ info@b-eat.co.uk

Beat Cymru

☎ 01597 823505

North Wales Project Officer

☎ 07854 239655

✉ n.jones@b-eat.co.uk

Benefits Enquiry Line

This free enquiry line gives general advice on benefits for carers and people with disabilities.

☎ 0800 882 200

Blue Badge

The Blue Badge gives accessible (sometimes free) parking for disabled people; this is dependant on them fulfilling certain criteria. A new application for a Blue Badge must be made every 3 years.

☎ 01766 771000

🖱 www.gwynedd.gov.uk

British Lung Foundation

The British Lung Foundation (BLF) is the only UK charity covering all lung diseases. The Breath Easy (BE) groups in Wales are part of the support provided by BLF. Making friends and meeting people is very important - the friendly BE meetings are for patients, friends, family and carers alike.

☎ 01792 455764

☎ 03000 030 555 (Helpline)

✉ wales@blf-uk.org

🖱 www.lunguk.org

Bupa

Bupa have published Caring for someone with dementia, an 80 page guide which includes a wide range of advice on dementia and a directory of useful contacts for further help, support and advice. Copies can be requested on the Bupa website.

🖱 <https://www.bupa.co.uk/individuals/care-homes/request-a-guide>

Do you look after someone?

CAIS

CAIS aims to make positive changes in the lives of people affected by drugs and alcohol across North Wales through a range of services and support, in the belief that people can and do change.

CAIS also offer a Young Person Substance Misuse Service (YPSMS) to young people, typically under 22 years old, who are experiencing problems with substance misuse and who live in Gwynedd or Anglesey.

☎ 084506 12112 (Helpline)
North West Wales Regional Office
☎ 01286 671005
✉ caernarfon@cais.org.uk
🌐 www.cais.co.uk

C.A.L.L. (Mental Health Helpline)

C.A.L.L. (Community and Advice Listening Line) offers emotional support and information/literature on mental health and related matters. Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service.

☎ 0800 132 737
Text 'help' to 81066
🌐 callhelpline.org.uk

Care and Social Services Inspectorate Wales (CSSIW)

The CSSIW encourages the improvement of social care, early years and social services in Wales. Services are inspected as part of regulation, and findings are published as Inspection Reports. You can search the directory of regulated services to find a service or to view an inspection report to help you choose a service.

☎ 0300 062 5609
✉ CSSIW.North@wales.gsi.gov.uk
🌐 www.csiw.wales.gov.uk

Care and Repair Gwynedd

Advice and support on home adaptations (rails, ramps, stair lifts etc)

☎ 01766 510160
✉ gofalathrwsio@gofalathrwsio.org
🌐 www.careandrepair.org.uk/gwynedd/ or www.gofalathrwsio.org

Carers Outreach Service

This is a local voluntary organisation providing a listening ear, information and support for people who look after relatives, friends or neighbours, including individual support through home visits, planning for the future, social opportunities and support groups, health and well-being sessions and a quarterly newsletter. The organisation can assist carers to access their entitlements and apply to benevolent funds for grants for essential items.

☎ 01248 370797 (Bangor)
✉ help@carersoutreach.org.uk
☎ 01766 772956 (Penrhyndeudraeth)
🌐 www.carersoutreach.co.uk

Do you look after someone?

Carers Wales

Carers Wales is part of Carers UK. They provide information and advice to carers on their rights and help available to them. They also campaign for changes to improve carers' lives.

☎ 02920 811 370

☎ 0808 808 7777 Advice line 10 -2 & 2-4 Wednesdays & Thursdays

🌐 www.carersuk.org/wales

Carewell

Carewell is a partnership between Bupa, Carers UK and MEND. Their aim is to help carers and the people for whom they care, to make positive changes to be happier and healthier. The website offers information, tips and advice from carers and health experts. A free copy of The Carewell Handbook is obtainable through the website or by phoning the freephone number.

☎ 0800 011 4777

🌐 www.carewelluk.org

Chronic Disease Self Management Course (CDSMP)

This course, held locally, is for anyone living with any long term health condition.

It aims to help participants manage symptoms, deal with stress and anxiety, relax, eat healthily and exercise. The course involves a series of six sessions of 2½ hours, one session a week for six weeks; the course is free of charge. Both people with chronic conditions and carers can also access the course online.

☎ 01286 674236

✉ epp@gwyneddhealth.org

🌐 www.eppwales.org

CIL De Gwynedd

The purpose of CIL is to support and meet the needs of disabled adults in Gwynedd so that they can make independent and informed choices about their lives. The aim is to improve the lives of disabled people, reduce dependency and isolation, enable them to live safely and happily, participate in the community, and have access to all necessary information and services. Their main areas of activity are: Training and Education; Service and Information; Facilities, Transport, and Access.

☎ 01766 514 249

✉ chairman@cildegwynedd.co.uk

🌐 www.cildegwynedd.co.uk

Cinnamon Trust

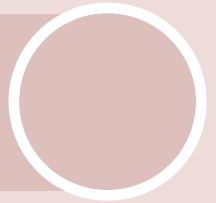
Help with pets when elderly and terminally ill people are unable to look after them. Local volunteers are used when possible.

☎ 01736 757 900

✉ ctadmin@cinnamon.org.uk

🌐 www.cinnamon.org.uk

Do you look after someone?



Cinema Pass

The Cinema Exhibitor's Card allows free cinema entry to carers accompanying a card holder. The card holder must be in receipt of qualifying disability benefits or be registered blind.

☎ 0845 123 1292

📧 www.ceacard.co.uk

Citizen's Advice Bureau (CAB)

The Citizens Advice service helps people resolve their legal, money and other problems by providing free information and advice.

☎ 0845 421 6670

☎ 0845 450 3064 (Local helpline)

☎ 08444 772 020 (National helpline)

✉ admin@cabgwynedd.org.uk

📧 www.cabgwynedd.org.uk

Community Health Council (CHC)

Independent Advocacy Service for NHS Complaints

If you have a comment or complaint about health services, the Betsi Cadwaladr Community Health Council can support you by providing information and advice on the options available to patients and their carers. The range of help on offer includes doing necessary research, writing letters on your behalf and supporting you at meetings.

☎ 01248 679 284

✉ complaints@bcchc.org.uk

📧 www.bcchc.org.uk

Community Mental Health Teams

The community mental health teams offer professional help to people with serious mental health problems and their relatives or carers. Various forms of help are offered by team members personally. Examples include - psychological interventions, medication, support workers, day services, residential / nursing care and practical and emotional support. Staff can also access other local mental health services.

Arfon: ☎ 01248 363 470

Dwyfor / Meirionnydd: ☎ 01766 510 011

Contact a Family

Provides advice, information and support to the parents of all disabled children.

☎ 02920 396 624

Free helpline 0808 808 3555

✉ helpline@cafamilly.org.uk

📧 www.cafamily.org.uk

Do you look after someone?

Counsel and Care

This is a national charity working with older people, their families and carers to help them get the best care and support. Advises on a range of community care issues, including finding and paying for care, welfare benefits and hospital discharge. A free booklet entitled 'The Care Home Handbook' is also available.

☎ 020 7241 8522 (to order publications)

☎ 0845 300 7585 (advice line)

✉ advice@counselandcare.org.uk

🌐 www.counselandcare.org.uk

Crossroads Care North Wales

Crossroads Care is a charity registered as a domiciliary care agency for adults and children. Their objective is to give carers of all ages a break by using professional care support workers who are trained to deliver emotional, practical and personal care.

☎ 0845 605 0115

✉ northwales@nwcrossroads.org.uk

🌐 www.carers.org

Cruse Bereavement Care

Provides one to one emotional support, counselling sessions and information

☎ 08445 617 856

✉ helpline@cruse.org.uk

🌐 www.crusebereavementcare.org.uk

Cymrod

Provides transport support for disabled, older and vulnerable people in the Dwyfor area

☎ 01758 614311

Dementia UK

This is a national charity, committed to improving quality of life for all people affected by dementia.

Admiral Nursing DIRECT is a national telephone helpline, provided by experienced Admiral Nurses and supported by the charity Dementia UK. It offers practical advice and emotional support to people affected by dementia

☎ 0845 257 9406

✉ direct@dementiauk.org

🌐 www.dementiauk.org

Dementia UK also supports Uniting Carers, a national network of carers, former carers, family and friends of people affected by dementia.

☎ 020 7874 7225

✉ carers@dementiauk.org

Do you look after someone?

Derwen – Integrated Team for Disabled Children

Integrated service for disabled children and young people including clinical psychologists, child development community nurses, social workers and support service.

☎ 01286 674 686 (Arfon)

☎ 01758 701 000 (Dwyfor)

☎ 01341 424 503 (Meirionnydd)

✉ Derwen@gwynedd.gov.uk

Diabetes UK Cymru

Working to raise awareness, improve care and provide help, support and information for people with diabetes and their families across Wales.

☎ 029 2066 8276

✉ wales@diabetes.org.uk

🖱 www.diabetes.org.uk/wales

Down's Syndrome Association

Provides information and support on all aspects of living with Down's Syndrome to all who need it.

Ms Jane McIlveen (North Wales Contact)

☎ 01492 621 066

☎ 07703714740

🖱 www.downs-syndrome.org.uk

Emergency Dental Treatment

All appointments must be made through NHS Direct Wales. There are some clinics where no appointment is required. Contact the number below to find out details of clinics in your area.

☎ 0845 46 47

Emergency Out of Hours Team

Emergency Out of Hours Social Services and Homelessness Team for Gwynedd and Ynys Môn.

☎ 01248 353551

EDIT (Eating Disorders in Transition)

A self-help group meets every Wednesday evening from 7 - 9 pm at the Abbey Road Centre, Bangor. No meetings are held throughout August.

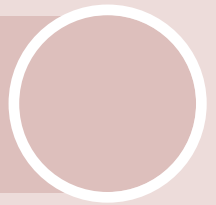
For more information contact

☎ 07514400213 – Emma on Mondays 7 -9 pm and Wednesdays 5 – 7 pm

✉ edit.bangor@hotmail.co.uk

🖱 www.b-eat.co.uk/beat-cymru

Do you look after someone?



Epilepsy Action Cymru

Epilepsy Action Cymru provides advice, information and support services for the estimated 32,000 people in Wales who have epilepsy. It also strives to strengthen the voice of people with epilepsy by campaigning to improve epilepsy services and raise awareness about the condition. There are plans to set up a local support group in Porthmadog. It is hoped to launch family support networks in Wales to link families together. Workshops on epilepsy and memory and epilepsy and depression are also organised. The aim is to enable people to better manage their condition by helping them understand that there are strategies they can use to help them do so.

☎ 01633 253 407

✉ asivapatham@epilepsy.org.uk

🌐 www.epilepsy.org.uk/cymru

Family Fund

The Family Fund is an independent grant-giving organisation helping low-income families caring for a severely disabled child. Families of children under the age of 17 who meet the criteria can apply for grants once a year.

☎ 08449 744 099

✉ info@familyfund.org.uk

🌐 www.familyfund.org.uk

Ffrindia'

Ffrindia' is a befriending project for Gwynedd residents aged over 50 who are in need of some company or a confidence boost.

☎ 01286 685 929 Nia Haf (Arfon)

✉ nia@mantellgwynedd.com

☎ 01286 685 928 Dawn Thomas (Dwyfor)

✉ dawn@mantellgwynedd.com

☎ 01341 422 575 Gwenlli Haf (Meirionydd)

✉ gwenlli@mantellgwynedd.com

🌐 www.mantellgwynedd.co

Gofal

The British Red Cross with the help of a team of trained volunteers offers a befriending and enabling service to people over 50 in North Wales.

☎ 01745 828360

✉ GofalNorthWales@redcross.org.uk

GOV.UK

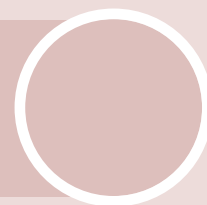
The official UK government website for citizens covers a wide range of topics including carers' issues and information about money, tax and benefits

🌐 www.gov.uk

GP Out of Hours Service

☎ 0300 123 5566

Do you look after someone?



Gwynedd & Anglesey Asperger/Autism Support Group

This group is run by volunteers who provide support to individuals with Autistic Spectrum Disorders (ASD), their parents and carers by organising meetings, trampolining and swimming sessions, speakers and workshops.

☎ 01248 364 015

✉ almed6@btinternet.com

🌐 www.asperger-autismsupport.org.uk

Gwynedd Council

Monday - Friday

☎ 01766 771 000

🌐 www.gwynedd.gov.uk

Gwynedd Children's Referral and Intake Team

The team is responsible for receiving all referrals for the Children and Families Service.

☎ 01758 704 455

✉ cyfeiriadauplant@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

Gwynedd Hospice at Home

Offers services for people with life threatening diseases. Provide home nursing, a day hospice (Hafan) and complementary therapy clinics.

☎ 01286 662772

🌐 www.gwyneddhospice.co.uk

Gwynedd Ni

Gwynedd information service for children, young people and their families.

☎ 01286 675570

✉ Gwynedd-Ni@gwynedd.gov.uk

🌐 www.gwynedd-ni.org.uk

Gwynedd Social Services Adult Advice and Assessment Team

Provides services for adults suffering from an illness, a physical disability or learning disability over the age of 18; older persons who are frail or ill; people suffering from memory problems and carers. Can also assist if there are concerns regarding the welfare or safety of an individual.

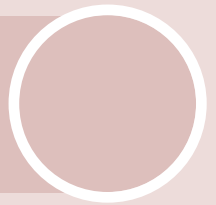
Monday to Friday 9.00 – 5.00

☎ 01286 682 888

✉ cao@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

Do you look after someone?



Hafal

Hafal is the principal organisation in Wales working with individuals recovering from severe mental illness, and their families. Hafal delivers a range of services including direct support and advice, support in a crisis, contact with others by phone, advocacy, support in a group setting, introductions for befriending, and employment and training projects. Hafal also gives clients a much-needed voice in the planning of mental health services.

☎ 01766 513 800

✉ gwyneddarosfa@hafal.org

🌐 www.hafal.org

Headway Gwynedd

Headway Gwynedd is a branch of Headway UK, a charity set up to give help and support to people affected by brain injury and their carers and families. There are many possible causes of brain injury, e.g. a fall, a road accident, tumour, stroke, brain haemorrhage and carbon monoxide poisoning.

Monthly support meetings are held in Caernarfon on the second Saturday of the month and in Barmouth on the fourth Saturday of the month – all welcome.

No meetings are held in August or December.

☎ 01248 360 303 (helpline)

✉ headwaygwynedd@gmail.com

✉ brian.audrey@btinternet.com

🌐 www.headway.org.uk

Home Fire Safety Checks

The Fire Service will visit you at home to offer advice on how to make your home safe and where appropriate will fit a free smoke alarm.

☎ 0800 169 1234

Hospital Transport

Patient Transport Services are available for people who have a health condition or disability that prevents them from using public transport. A relative or carer may be able to accompany people who need care throughout the journey or have communication difficulties.

☎ 0845 607 6181

Huntington's Disease Association

The Huntington's Disease Association is a UK registered charity which supports people affected by Huntington's disease (HD). Also provides information and advice to families, friends and healthcare professionals who support families affected by Huntington's disease.

Regional Care Advisor for North Wales: Alwena Potter

☎ 01492 549 162

✉ alwena.potter@hda.org.uk

☎ 0151 331 5444 (Head office)

🌐 http://hda.org.uk/

Do you look after someone?

Independent Age

Provide a national information and advice service for older people, their families and carers, focusing on three vital areas: social care, welfare benefits and befriending services.

☎ 0845 262 1864 (10am – 4pm. Monday to Friday)

🌐 www.independentage.org

Jigso (Barnardo's Cymru) Family Support Service

Jigso is a support service for families with children who may have a disability or additional needs. Jigso provides individual support to mothers, fathers and all significant adults in children's lives. Jigso provides information and signposts families to relevant agencies. As well as providing individual support Jigso runs parents' courses and support groups.

☎ 01766 832 546

✉ cabanbach@barnardos.org.uk

🌐 www.barnardos.org.uk

Jobcentre Plus

If you are caring for someone and want to go back to work or combine paid work with your caring responsibilities, there is help available from your local Jobcentre Plus, including benefits advice and information on how to access respite (replacement) care for the person you look after.

☎ 0845 604 3719

Looking After Me (LAM) course

This course is for adults who care for someone with a long-term health condition or disability. It is about taking time to look after your own health needs. It aims to help you take more control of your situation and make a difference to the quality of your life

The course involves a series of six sessions of 2½ hours, one session a week for six weeks; the course is free of charge.

☎ 01286 674 236

✉ epp@gwyneddhealth.org

🌐 www.eppwales.org

Macmillan Cancer Support

Provides practical, medical and financial support and pushes for better cancer care.

☎ 0808 808 00 00

🌐 www.macmillan.org.uk

Mantell Gwynedd

Mantell Gwynedd is a registered charity and company limited by guarantee that aims to strengthen and promote voluntary and community groups and develop voluntary action in Gwynedd. Holds a list of most voluntary organisations.

☎ 01286 672 626

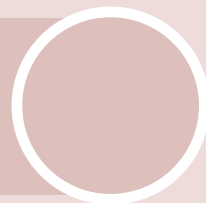
✉ ymholiadau@mantellgwynedd.com

☎ 01341 422 575

✉ dolgellau@mantellgwynedd.com

🌐 www.mantellgwynedd.com

Do you look after someone?



Marie Curie Cancer Care

The Marie Curie Nursing Service is available across North Wales, caring for people who have palliative care needs or are terminally ill with cancer or other illnesses. The Marie Curie Nurses provide care at home overnight from 10pm to 7am. Occasionally they can provide care during the day. Nursing care is given to the patient as well as practical and emotional advice and support for the patient and their family. This service is free to patients, their families and carers. Referral for this service is via the district nurse.

☎ 0800 63 44 520

📞 www.mariecurie.org.uk

The Marie Curie Nursing Service also provides a Palliative Care Rapid Response service, which is also available across certain areas of North Wales between 10pm - 7am to provide urgent care at short notice in a patient's home. This service is accessed by family, patients or carers through the Out of Hours GP service by phoning 0300 123 55 66; you will be triaged by a nurse and then referred to the Marie Curie Rapid Response team.

Meic

National information, advice and support line for children and young people in Wales. (Also offers information and resource service to parents and carers.)

☎ 080880 23456

Text 84001

📞 www.meiccymru.org

Mencap Cymru

Campaigns and provides services and support for people with learning difficulties and their families. There is a regional adviser in Gwynedd, and services offered include advice and information, home visits, benefits support, free wills and trusts seminars, information about local groups, drop-in surgeries across Gwynedd, and advocacy.

Some of their core hours are dedicated to working with young people aged between 14 and 24 who have a learning difficulty.

☎ 07500 046922

✉ jones.shelley@mencap.org.uk
Learning Disability Helpline

☎ 0808 808 1111 10am - 6pm (weekdays), 10am - 4pm (weekends & bank holidays)

✉ helpline@mencap.org.uk

✉ help.wales@mencap.org.uk

📞 www.mencap.org.uk

Mental Health Advocacy Scheme

A free and independent service that works with adults to ensure that the individual's rights are upheld and their voice is heard.

☎ 01248 353 343 (24 hour answer phone)

📞 www.advocacyscheme.co.uk

Do you look after someone?

The Mid and West Wales ME Group

Patients and carers support each other through get-togethers, a newsletter, phone and email.

☎ 01970 636 515

✉ tony@midwalesmegroup.org.uk

🌐 www.midwalesmegroup.org.uk

Motability Scheme

The Motability Scheme enables disabled people to exchange either their Higher Rate Mobility Component of Disability Living Allowance/ Personal Independence Payment or their War Pensioners' Mobility Supplement to obtain a new car, powered wheelchair or scooter.

☎ 0845 456 4566

🌐 www.motability.co.uk

Motor Neurone Disease Association

The Motor Neurone Disease Association offers a range of services to support people living with MND and their carers, and health & social care professionals.

Regional Care Development Adviser: Kevin Thomas

☎ 0845 3751 824

(Gwynedd & Ynys Môn Branch)

MND Connect (Helpline)

☎ 08457 626 262

🌐 www.mndassociation.org

Multiple Sclerosis Society

Offers those affected by MS the services of a dedicated support team, grant funding for essential equipment and services, a full range of information literature, a carers' support network, and information events.

Gwynedd and Môn Branch

☎ 01758 720 708 - Susannah Robinson

☎ 07527887227

✉ srcpl@btconnect.com

National

☎ 0808 800 8000 (MS National Helpline Weekdays 9.00am - 9.00pm)

☎ 02920 786 676

✉ helpline@mssociety.org.uk

🌐 www.mssociety.org.uk/wales

Do you look after someone?

Myasthenia Gravis Association

MGA offers support to myasthenics and their families, increasing public and medical awareness and raising funds for research. Provides a quarterly magazine called MGA News. Booklets and leaflets for the assistance of myasthenics, their families, friends, carers and medical practitioners can be obtained from Head Office.

Contact the regional organiser (see below) for details of the North Wales Branch.

Regional organiser Lancashire & North Wales: Sarah Sanders

☎ 07809 647459

✉ Sarah.sanders@mga-charity.org
National

☎ 01332 290 219

☎ 0800 919 922 (Freephone UK)

🌐 www.mga-charity.org

NHS 24 Hour Helpline

☎ 0845 46 47

National Deaf Children's Society (NDCS)

The National Deaf Children's Society (NDCS) is the leading charity dedicated to creating a world without barriers for deaf children and young people. The society offers family support work to families with a child with any hearing loss.

☎ 01248 670 139

Helpline 0808 800 8880

✉ jill.bartlett@ndcs.org.uk

🌐 www.ndcs.org.uk

Nest (freephone)

Advice and information for those worried about the cost of heating their home.

☎ 0800 512 012 (from landline)

☎ 0300 456 2655 (from mobile phone)

🌐 www.nestwales.org.uk

North Wales Advice and Advocacy Association (NWAAA)

Provides support advice and advocacy to people facing disadvantage.

☎ 01248 670 852

✉ enquiry@nwaaa.co.uk

🌐 www.nwaaa.co.uk

North Wales Deaf Association (NWDA)

The NWDA supports all deaf, deafened, hard of hearing and deaf-blind people, as well as their family, friends, carers and colleagues. Services include advice and support, equipment demonstrations, assessment and supply, lip reading classes, communications services and a quarterly newsletter.

☎ 01492 563 470 Fax: 01492 593 781

Minicom: 01492 563 475 Sms: 07719 410 355

✉ info@deafassociation.co.uk

🌐 www.deafassociation.co.uk

Do you look after someone?

North Wales Society for the Blind

Services include CD and Braille transcription service, daily living skills and mobility training, benefits advice, grants, Resource Centre and IT training.

☎ 01248 353 604

✉ admin.nwsb@btconnect.com

🌐 www.nwsb.org.uk

O Ddrws i Ddrws

Service for older or disabled people who are unable to reach public transport

☎ 01758 721777

Parkinson's UK Wales

Parkinson's UK Wales offers one-to-one and confidential support to anyone affected by Parkinson's disease including: up to date information on Parkinson's; emotional support for family and carers; information and assistance with benefits and the application process; information about local services, including the Parkinson's specialist nurses; links to other Parkinson's UK services, such as the helpline, website, information resources, & local branches and support groups.

North West Wales Information & Support Worker: Gill Wills

☎ 0844 225 3787

✉ g.wills@parkinsons.org.uk

🌐 www.parkinsons.org.uk

Refuse collections

Gwynedd Council offers an assisted collection service to help people who have difficulty moving their bins.

Application forms are available from Gwynedd Council and you will need your GP to certify that you are eligible for this service. If you are eligible, the bin crews will collect the bin from your garden and return it after emptying.

☎ 01766 771 000

✉ galwgywnedd@gwynedd.gov.uk

🌐 www.gwynedd.gov.uk

RNIB Cymru

RNIB Cymru's family support service is available to families with a child who is blind or partially sighted, including those with multiple disabilities. The service is based on individual needs and incorporates the whole family e.g. grandparents, siblings etc.

Children and Families Support Worker: Jennifer Jones

☎ 07776 284068

✉ Jennifer.jones@rnib.org.uk

Scope

'Scope Response' is a free service that offers information, advice and support to people with cerebral palsy, their families and carers. The Regional Response Worker works locally with people of all ages. The service can include home visits or telephone advice and support to ensure that the disabled person, their family and carers receive access to local services and support to meet their needs.

☎ 0808 800 3333

Do you look after someone?

✉ response@scope.org.uk
📞 www.scope.org.uk

Sense

Sense is a national charity that supports and campaigns for children and adults who are deaf-blind. Provides tailored support, advice and information as well as specialist services to all deaf-blind people, their families, carers and the professionals who work with them.

☎ 0845 127 0066 or 020 7520 0972
Textphone: 0845 127 0066 or 020 7520 0972
Fax: 0845 127 0061
✉ info@sense.org.uk
📞 www.sense.org.uk/

Shelter Cymru

24 hour helpline, housing advice, social services and advocacy work.

☎ 0845 075 5005
✉ advicenorth@sheltercymru.org.uk

SHINE Cymru

Supports people with spina bifida and hydrocephalus.

☎ 01248 724 944
✉ bryn.roberts@shinecharity.org.uk
📞 www.shinecharity.org.uk
📞 www.facebook.com/shineukcharity

SNAP Cymru

Supports families of children who have additional learning needs.

☎ 01248 674 999
☎ 0845 120 3730 (Helpline)
✉ helpline@snapcymru.org
📞 www.snapcymru.org

Telecare

Telecare equipment provides an alarm if someone falls or becomes ill and offers peace of mind to the carer, whether it allows them to sleep soundly or go shopping, they are secure in the knowledge that they will be alerted if they are needed.

☎ 01286 682 888
✉ cao@gwynedd.gov.uk

The Outside Clinic

Free home eye tests and hearing tests for the over 60s who can no longer visit the high street optician alone.

☎ 0800 85 44 77
✉ info@outsideclinic.com
📞 www.outsideclinic.com

Do you look after someone?

The Red Cross

The Red Cross provides short-term care in your home following an admission to hospital. The service offered is available for up to six weeks. The trained volunteers complement the help which social and community health workers may provide and are able to assist you to regain your independence through a service tailored to your specific needs.

They are also able to supply equipment such as wheelchairs on short term loan.

☎ 01248 364 677

☎ 07899913203

✉ hwilliams@redcross.org.uk

🌐 www.redcross.org.uk

The Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

☎ 08457 90 90 90

☎ Llinell Gymraeg: 0300 123 3011 (7pm-11pm yn unig, 7 diwrnod yr wythnos)

✉ jo@samaritans.org

🌐 www.samaritans.org

The Stroke Association

The Stroke Association helps stroke survivors and their families cope with all aspects of life after stroke. Services in Gwynedd include communication support, identifying strategies and working on personal support plans for people with communication difficulties post stroke and the information, advice and support service, which provides holistic assessment of needs post stroke to identify the level of support required for each individual to adapt with life after stroke. These services can be accessed through referral by the NHS.

☎ 01286 671 145 • ☎ 01766 513 280

✉ llinoswyn.parry@stroke.org.uk

🌐 www.stroke.org.uk

Tros Gynnal Plant (North Wales Children's Rights Service)

Works with children and young people to promote and realise their rights through a range of projects, training and campaigning.

☎ 07956 53184 (Manon Evans) 07931 507720 (Gwion Llwyd)

Freephone: 0800 058 2274.

✉ northwalescrs@trosgynnal.org.uk

Unllais

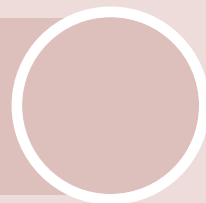
Unllais provides support to the voluntary sector, service users and carers and organisations working in the field of mental health. The organisation works to develop and facilitate service user and carer involvement in the planning, delivery, monitoring and evaluation of mental health services. The Unllais website contains the latest mental health news, reports, training, and involvement opportunities and has a comprehensive directory of mental health services covering north Wales.

Contact: Service User and Carer Liaison Officer

☎ 01248 353 777

✉ admin@unllais.co.uk • 🌐 www.unllais.co.uk

Do you look after someone?



Wales Dementia Helpline

The helpline offers emotional support to anyone of any age, who is caring for someone with dementia, as well as other family members or friends. The service will also help and support those who have been diagnosed with dementia.

They have a comprehensive database of service which may be able to help and can also supply self-help and agency leaflets free of charge. Calls are free and the caller need not give any personal details.

☎ 0808 808 2235

📞 callhelpline.org.uk/Dementia-Helpline.asp

Wales Drug and Alcohol Helpline

A free and bilingual telephone drugs helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol. The helpline will assist individuals, their families and carers to access appropriate local and regional services.

☎ 0800 6 33 55 88

Text DAN and question to 81066

📞 www.dan247.org.uk

Wales Learning Disability Helpline

☎ 0808 8000 300

Welsh Water Assist

Dŵr Cymru operates a scheme called 'Welsh Water Assist' which offers reduced charges for qualifying low income households who have large families and/or a family member with a medical condition that requires the use of a significant amount of extra water and are also on qualifying benefits or tax credits.

People who apply for Welsh Water Assist because someone in the household has a medical condition that requires extra water will also be placed on the Additional Services register and Dŵr Cymru will provide the household with an alternative supply during emergency interruptions.

☎ 0800 052 0145

📞 www.dwrcymru.com

Young Carers Net

A supportive online community of young carers with discussion boards and chat room. Also offers advice for young carers from qualified youth workers.

📞 www.youngcarers.net