

# A-Z



# Cyfeirio Cymorth i Ddysgwyr Learner Support Signposting

Author: Learner Services Dept.  
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## **Cyflwyniad**

Rydym yn cydnabod y gall sawl ffactor gael effaith ar allu dysgwr i astudio a bod yn rhaid i iechyd a lles personol ddod gyntaf bob amser.

Er y gwnawn ni ein gorau i gefnogi dysgwyr yn yr ystafell ddosbarth, bydd wastad amser pan fydd angen arweiniad arbenigol. I'r perwyl hwn, mae'r mynegai hwn yn darparu man cychwyn i gyfeirio dysgwyr at gymorth arbenigol. Nid yw'n rhestr gyflawn o gwbl ac felly dylid ei defnyddio ar y cyd â ffynonellau gwybodaeth eraill.

## **Introduction**

We recognise that many factors can impact on a learner's ability to study and that personal health and wellbeing must always come first.

Whilst we will do all it can to support learners in the classroom, there will be times when specialist guidance is required. To this end this index sets out to provide a starting point for learner signposting to specialist support. It is by no means an exhaustive list and therefore should be used in conjunction with other information sources.

## **Ymwadiad**

Mae'r sefydliad wedi ceisio sicrhau bod y wybodaeth a restrir yma yn gywir. Fodd bynnag, ni fyddwn yn derbyn cyfrifoldeb am unrhyw golled, niwed nac anghyfleustra allai godi o ganlyniad i unrhyw ddefnydd neu ddiffyg gallu i ddefnyddio unrhyw wybodaeth neu ddolenni i wefannau o fewn y mynegai hwn.

Nid ydym yn cymryd unrhyw gyfrifoldeb dros gynnwys gwefannau cysylltiedig. Ni ddylid cymryd bod cynnwys unrhyw ddolen yn gymeradwyaeth o unrhyw fath gan ein sefydliad o'r wefan gysylltiedig nag unrhyw gysylltiad gyda'i gweithredwyr. Ymhellach, nid oes gennym reolaeth dros argaeledd y tudalennau cysylltiedig.

Roedd y wybodaeth a gynhwysir yn gywir ar yr adeg y'i diweddarwyd: 1 Awst 2017.

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The information enclosed was accurate at the time of update: 1st August 2017.

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### **Costau ffôn**

Sylwer, er bod rhai o'r rhifau ffôn a restrir yn y mynegai hwn yn rhad ac am ddim, efallai bydd angen i chi dalu rhywfaint o gost eich ffôn llinell tir neu ffôn symudol. Gellir dod o hyd i restr o gostau galwadau'r DU yn:

<https://www.gov.uk/costau-galwadau>

### **Phone charges**

*Please be aware that although some phone numbers listed in this index are free you may incur a charge from your landline or mobile phone. A list of UK call charges can be found at:*

[www.gov.uk/call-charges](http://www.gov.uk/call-charges)

## **Cyngor I'r rhai o dan 25 oed | Advice for under 25s**

### **The Sprout**

Gwefan ryngweithiol sy'n annog creadigrwydd a chyswllt uniongyrchol tra'n darparu gwybodaeth am weithgareddau a gwasanaethau sydd ar gael i bobl ifanc yng Nghaerdydd.

<http://thesprout.co.uk/cymraeg/>

An interactive website that encourages creativity and direct involvement while providing information on activities and services available to young people in Cardiff.

<http://www.thesprout.co.uk>

### **MEIC Cymru**

Llinell gymorth gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc. Yn rhad ac am ddim ac ni fydd yn ymddangos ar y bil ffôn.

<https://www.meiccymru.org/cym/>

**Rhif Ffôn am ddim:** 080 880 23456

**Neges destun:** 84001

Advocacy, information and advice helpline for children and young people. Free and won't show up on phone bill.

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

**Freephone:** 080 880 23456

**Text:** 84001

### **GISDA**

Cynnig cymorth i bobl ifanc 14-25 oed yng Ngogledd Orllewin Cymru i wella ansawdd eu bywyd fel nad ydynt o dan anfantais oherwydd eu tlodi.

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

**Cyfeiriad y Brif Swyddfa:** 22/23 Y Maes,  
Caernarfon, Gwynedd, LL55 2NA

**Rhif Ffôn:** 01286 671153

Offer support to young people aged 14-25 in North West Wales to improve their quality of life so they aren't disadvantaged because of poverty.

[www.gisda.org/eng/index.html](http://www.gisda.org/eng/index.html)

**Address of Head Office:** 22/23 Y Maes,  
Caernarfon, Gwynedd, LL55 2NA

**Tel:** 01286 671153

## Comisiynydd Plant Cymru / Children's Commissioner for Wales

Hyrwyddo hawliau plant a phobl ifanc yng Nghymru. Yn cynnig cyngor a chefnogaeth rhad ac am ddim a chyfrinachol hefyd.

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

Comisiynydd Plant Cymru  
Ty Ystumllwynarth, Ffordd Phoenix,  
Llansamlet, Abertawe, SA7 9FS

**Llinell Cyngor a Chymorth:**

01792 765600

**E-bost Cyngor a Chymorth:**

[advice@childcomwales.org.uk](mailto:advice@childcomwales.org.uk)

**Rhif rhadffon plant a phobl ifanc:**

0808 801 1000

**Neges destun:** 80 800 gan ddechrau eich neges gyda 'COM'.

Championing the rights of children and young people in Wales. Also offers a free and confidential advice and support service.

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

Children's Commissioner for Wales  
Oystermouth House, Phoenix Way,  
Llansamlet, Swansea, SA7 9FS

**Advice and Support line:**

01792 765600

**Advice and Support email:**

[advice@childcomwales.org.uk](mailto:advice@childcomwales.org.uk)

**Children and young people's freephone number:** 0808 801 1000  
**Text:** 80 800 and start your message with 'COM'.

## Mabwysiadu | Adoption

### After Adoption

Asiantaeth mabwysiadu wirfoddol yn gweithio yn Lloegr a Chymru i gynorthwyo pawb sydd wedi eu heffeithio gan fabwysiadu.

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

**Rhif Ffôn:** 0800 0568 578

**E-bost:**

[information@afteradoption.org.uk](mailto:information@afteradoption.org.uk)

A voluntary adoption agency working in England and Wales to help all those affected by adoption.

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

**Tel:** 0800 0568 578

**Email:**

[information@afteradoption.org.uk](mailto:information@afteradoption.org.uk)

### St David's Children Society

Darparu gwasanaethau mabwysiadu i bawb yng Nghymru a Swydd Henffordd. Siaradwch yn gyfrinachol ag ymarferwr mabwysiadu arbenigol.

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

**Rhif Ffôn:** 029 20667007

**E-bost:** [info@stdavidscs.org](mailto:info@stdavidscs.org)

Provides adoption services to all of Wales and Herefordshire. Talk in confidence to a specialist adoption practitioner.

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

**Tel:** 029 20667007

**Email:** [info@stdavidscs.org](mailto:info@stdavidscs.org)

## TALKadoption

Gweithio gyda phobl o 7-25 oed yn Ne a Gorllewin Cymru, ac yn cynnal grwpiau yng Nghaerdydd sy'n darparu cyfleoedd i gwrdd a chymdeithasu gyda phobl eraill sydd wedi eu mabwysiadu.

[www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales](http://www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales)

Rhif Ffôn: 01267 231287 / 07807 703060

E-bost: ruthletten@afteradoption.org.uk

Works with adopted people aged 7-25 in South and West Wales, and runs groups in Cardiff which provide opportunities to meet and socialise with other adopted people.

[www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales](http://www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales)

Tel: 01267 231287 / 07807 703060

Email: ruthletten@afteradoption.org.uk

## Prentisiaethau | Apprenticeships

### Llywodraeth Cymru / Welsh Government

Gwefan sy'n darparu cyngor ar wneud cais am brentisiaethau i unrhyw un sydd dros 16 oed ac yn byw yng Nghymru ond nad ydynt mewn addysg amser llawn.

<http://gov.wales/topics/educationandskills/skillsandtraining/apprenticeships/?skip=1&lang=cy>

Website provides apprenticeship application advice to anyone who is over 16, living in Wales and not in full-time education.

<http://gov.wales/topics/educationandskills/skillsandtraining/apprenticeships/?lang=en>

### Careers Wales

Darparu cyngor ac arweiniad ar sut i wneud cais am brentisiaeth. Os byddwch chi'n ffonio ar eich ffôn symudol, fe wnawn nhw eich ffonio nôl yn rhad ac am ddim.

[www.careerswales.com/cy/](http://www.careerswales.com/cy/)

Rhif Ffôn: 0800 028 4844 / 029 2090 6800

E-bost:

[www.careerswales.com/en/contact-us/email-us/](http://www.careerswales.com/en/contact-us/email-us/)

Provides advice and guidance on how to apply for an apprenticeship.  
If you ring on your mobile, they will call you back for free.

[www.careerswales.com](http://www.careerswales.com)

Tel: 0800 028 4844 / 029 2090 6800

Email:

[www.careerswales.com/en/contact-us/email-us/](http://www.careerswales.com/en/contact-us/email-us/)

## Awtistiaeth | Autism

### ASD Info Wales

Y safle cenedlaethol ar gyfer Anhwylderau ar y Sbectrwm Awtistig, (ASD) wedi ei anelu at y rhai hynny sy'n gweithio gyda phlant ac oedolion sydd ag ASD.

[http://www.asdinfowales.co.uk/home.php?page\\_id=1&setLanguage=4](http://www.asdinfowales.co.uk/home.php?page_id=1&setLanguage=4)

Rhif Ffôn: 029 2046 8652

E-bost: [ASDinfo@WLGA.gov.uk](mailto:ASDinfo@WLGA.gov.uk)

The national site for Autistic Spectrum Disorders (ASD), aimed at those working with children and adults with ASD.

[http://www.asdinfowales.co.uk/home.php?page\\_id=1&setLanguage=1](http://www.asdinfowales.co.uk/home.php?page_id=1&setLanguage=1)

Tel: 029 2046 8652

Email: [ASDinfo@WLGA.gov.uk](mailto:ASDinfo@WLGA.gov.uk)

### The National Autistic Society

Darparu gwybodaeth, cymorth a gwasanaethau arloesol i bobl sydd ag awtistiaeth.

<http://www.autism.org.uk/>

Tudalen Fforwm y Gymuned:

<http://community.autism.org.uk/>

Llinell Gefnogi: 0808 800 4104

Provide information, support and pioneering services for autistic people.

<http://www.autism.org.uk/>

Community Forum Page:

<http://community.autism.org.uk/>

Support Line: 0808 800 4104

## Budd-daliadau | Benefits

Mae gwefan GOV.UK yn darparu gwybodaeth ac arweiniad ar ystod o fudd-daliadau.

Hawl i gael budd-dal

[Sut a phryd caiff eich budd-daliadau eu talu](#)

Budd-dal i deuluoedd (Saesneg)

[Childcare and the Sure Start Maternity grant](#)

Gofalwyr ac Anabledd (Saesneg)

[Disability Living Allowance, Carers Allowance and Employment and Support Allowance](#)

Budd-daliadau plant (Saesneg)

[Information about claiming and when benefits stop](#)

The GOV.UK website provides advice and guidance on a range of benefits.

[Benefit entitlement](#)

[When and how benefit payments are made](#)

[Benefit for Families](#)

[Childcare and the Sure Start Maternity grant](#)

[Carers and Disability](#)

[Disability Living Allowance, Carers Allowance and Employment and Support Allowance](#)

[Child benefit](#)

[Information about claiming and when benefits stop](#)

|  |   |
|--|---|
| Budd-daliadau marwolaeth (Saesneg)<br><a href="#"><u>Widowed Parent's Allowance, Bereavement and Funeral Payment</u></a> | Death benefits<br><a href="#"><u>Widowed Parent's Allowance, Bereavement and Funeral Payment</u></a>                      |
| Gwresogi a Thai (Saesneg)<br><a href="#"><u>Winter Fuel Payment and Cold Weather Payment</u></a>                         | Heating & Housing<br><a href="#"><u>Winter Fuel Payment and Cold Weather Payment</u></a>                                  |
| Lwfans Ceisio Gwaith a budd-dal Incwm Isel<br><a href="#"><u>Income Support, Budgeting Loans and Pension Credit</u></a>  | Jobseeker's Allowance and Low Income benefit<br><a href="#"><u>Income Support, Budgeting Loans and Pension Credit</u></a> |
| Credydau Treth (Saesneg)<br><a href="#"><u>Working Tax Credit, Child Tax Credit and when they stop</u></a>               | Tax Credits<br><a href="#"><u>Working Tax Credit, Child Tax Credit and when they stop</u></a>                             |
| Llinell gymorth Lwfans Byw i'r Anabl<br><b>Rhif Ffôn:</b> 0345 712 3456<br><b>Neges destun:</b> 0345 722 4433            | Disability Living Allowance helpline<br><b>Tel:</b> 0345 712 3456<br><b>Text:</b> 0345 722 4433                           |
| Llinell gymorth Lwfans Mynychu<br><b>Rhif Ffôn:</b> 0345 605 6055<br><b>Neges destun:</b> 0345 604 5312                  | Attendance Allowance helpline<br><b>Tel:</b> 0345 605 6055<br><b>Text:</b> 0345 604 5312                                  |

## Profedigaeth | Bereavement

### Bereavement Advice Centre

Gwefan a llinell gymorth sy'n cynnig gwybodaeth a chyngor ymarferol ar faterion sy'n codi ar ôl marwolaeth rhywun agos.

[www.bereavementadvice.org](#)

**Rhif Ffôn:** 0800 634 9494

Website and helpline which offer practical information and advice on the issues that arise after the death of someone close.

[www.bereavementadvice.org](#)

**Tel:** 0800 634 9494

### Cruse Bereavement Care

Cynnig cwnsela, cefnogaeth, cymorth a chyngor i'r rhai sydd wedi cael profedigaeth.

[www.cruse.org.uk](#)

[http://www.cruse.org.uk/wales](#)

**Rhif Ffôn:** 0808 808 1677

Offer counselling, support, help and advice to the bereaved.

[www.cruse.org.uk](#)

[http://www.cruse.org.uk/wales](#)

**Tel:** 0808 808 1677

**Gingerbread (Single parents)**

**See Parenting**

### **Hope Again**

Gwefan profedigaeth i bobl ifanc, yn darparu cefnogaeth ar ôl marwolaeth rhywun agos.

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

**Rhif Ffôn:** 0808 808 1677

Dydd Llun - Dydd Gwener 9.30y.b-5y.p

**E-bost:** [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

A bereavement website for young people, providing support after the death of someone close.

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

**Tel:** 0808 808 1677

Monday - Friday 9.30am-5pm

**Email:** [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

## **Bwlio mewn amgylchedd dysgu | Bullying in the learning environment**

### **Oedolion**

Os ydych, fel oedolyn sy'n dysgu, yn profi neu'n dyst i ymddygiad sy'n sarhaus neu'n fygythiol, dylech adrodd am ddigwyddiadau o'r fath i'ch tiwtor fel y gellir ymdrin â'r mater yn gynnar.

Os hoffech drafod unrhyw fater yn gyfrinachol, ffoniwch ein Prif Swyddfa ar 02920 235277 a gofynnwch i gael siarad gydag aelod o'n tîm gwasanaethau dysgwyr neu anfonwch e-bost at:

[LearnerServices@addysgoedolion.cymru](mailto:LearnerServices@addysgoedolion.cymru)

### **Adults**

If as an adult learner you experience or witness behaviour that is offensive or threatening, you should report such incidents to your tutor so that it can be dealt with early on.

If you would like to discuss any matter confidentially please call our Head Office on 02920 235277 and ask to talk to a member of our learner services team or email:

[LearnerServices@adultlearning.wales](mailto:LearnerServices@adultlearning.wales)

### **Plant**

Dylid codi achosion o fwlio sy'n cynnwys plant ar lefel leol yn gyntaf bob tro. Gellid cyfeirio digwyddiadau bwlio yn yr ysgol at yr Awdurdod Lleol os nad yw'r ysgol yn datrys y sefyllfa yn fodhaol.

### **Children**

Cases of bullying involving school children should always be raised at a local level in the first instance. Incidents of school based bullying can be referred to the Local Authority if the school does not resolve the situation satisfactorily.

## **Cardiff Against Bullying**

Darparu cymorth a chefnogaeth i unrhyw un sydd wedi ei effeithio gan fwlio.

**E-bost:** [CAB@Cardiff.gov.uk](mailto:CAB@Cardiff.gov.uk)

Provides help and support for anyone affected by bullying.

**Email:** [CAB@Cardiff.gov.uk](mailto:CAB@Cardiff.gov.uk)

## **Bullying UK**

Darparu cefnogaeth a chyngor ar-lein gan dîm arbenigol i bob aelod o'r teulu.

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

**Rhif Ffôn:** 0808 800 2222

Provides live online support and advice from an expert team to all members of the family.

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

**Tel:** 0808 800 2222

## **Bullies Out**

Darparu cymorth, cefnogaeth a gwybodaeth i'r rheini sydd wedi eu heffeithio gan fwlio.

[www.bulliesout.com](http://www.bulliesout.com)

**Rhif Ffôn:** 02920 492 169 (Swyddfa'n unig, nid llinell gymorth)

**Pe byddai'n well gennych siarad gyda rhywun dros y ffôn, gallwch ffonio**

**Childline ar:** 0800 1111

Provide help, support and information to those affected by bullying.

[www.bulliesout.com](http://www.bulliesout.com)

**Tel:** 02920 492 169 (Office only, not a helpline)

**If you would prefer to speak to someone over the phone, you can call Childline on:** 0800 1111

## **NSPCC**

Darparu cyngor i ddioddefwyr a rhieni plant sy'n profi bwlio dros y we.

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/) /

<https://www.nspcc.org.uk/fighting-for-childhood/what-we-stand-for/wales>

Provides advice for victims and parents of children experiencing Cyberbullying.

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/) /

<https://www.nspcc.org.uk/fighting-for-childhood/what-we-stand-for/wales>

**E-bost:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Hefyd yn darparu SignVideo gan ddefnyddio laith Arwyddion Prydain

**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Also provides SignVideo using British Sign Language.



**Yn poeni am blentyn? Ffoniwch: 0808 800 5000 (24/7)**

**Worried about a child? Call: 0808 800 5000 (24/7)**

Cyngor ar Fwlio yn y gweithle gan [www.gov.uk](http://www.gov.uk) ar gyfer oedolion sy'n profi bwlio yn y gweithle.

Nid yw bwlio ei hunan yn erbyn y gyfraith, ond mae aflonyddu yn erbyn y gyfraith.

Workplace bullying advice from [www.gov.uk](http://www.gov.uk) for adults experiencing workplace bullying.

Bullying itself isn't against the law, but harassment is.

## ACAS

Gwasanaeth Cynghori, Cymodi a chyflafareddu. Darparu llinell gymorth. Gwasanaeth cyfnewid testun ar gael i gwsmeriaid sydd â nam ar eu clyw neu eu lleferydd.

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

**Rhif Ffôn:** 0300 123 1100

**Ffôn testun:** 18001 0300 123 1100

Advisory, Conciliation and Arbitration Service. Provide an advice helpline. Text relay service available for customers with a hearing or speech impairment.

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

**Tel:** 0300 123 1100

**Textphone:** 18001 0300 123 1100

## Dogfennau cyngor gwrth fwlio ar gael gan Lywodraeth Cymru

Parchu eraill: canllawiau gwrth-fwlio:

<http://gov.wales/topics/educationandskills/publications/circulars/antibullying/?jsessionid=0AC919B380A9C81C97B8E999537CE998?skip=1&lang=cy>

## Anti-bullying advice documents available from Welsh Government

Respecting others anti-bullying guidance:  
<http://gov.wales/topics/educationandskills/publications/circulars/antibullying/%3bsessionid=0AC919B380A9C81C97B8E999537CE998?lang=en>

Taflenni gwrth fwlio i rieni a phlant:

<http://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/are-you-being-bullied/?skip=1&lang=cy>

<http://gov.wales/topics/educationandskills/schoolshome/parents/is-your-child-being-bullied/?skip=1&lang=cy>

Anti-bullying leaflets for parents and children:

<http://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/are-you-being-bullied/?lang=en>

<http://gov.wales/topics/educationandskills/schoolshome/parents/is-your-child-being-bullied/?lang=en>

## Byddardod | Deafness

### British Deaf Association

Yn sefyll dros gydraddoldeb, mynediad a rhyddid dewis i bobl fyddar.

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

**Rhif Ffôn:** 02076 974140

**Neges destun:** 07795 410 724

**Galwad Fideo:** ooVoo / Skype:  
bda.britdeafassoc

**E-bost:** [bda@bda.org.uk](mailto:bda@bda.org.uk)

Stand for equality, access and freedom of choice for deaf people.

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

**Tel:** 02076 974140

**Text:** 07795 410 724

**Videocall:** ooVoo / Skype:  
bda.britdeafassoc

**Email:** [bda@bda.org.uk](mailto:bda@bda.org.uk)

### NDCS (National Deaf Children's Society)

Darparu rhwydwaith o gefnogaeth i rieni sydd â phlant byddar ledled Cymru.

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

**Rhif Ffôn:** 0808 800 8880

Provide a network of support for parents with deaf children throughout Wales.

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

**Tel:** 0808 800 8880

### North Wales Deaf Association

Cefnogi pobl fyddar, clustfyddar, trwm eu clyw a dall a byddar ledled Gogledd Cymru, a'u teulu, ffrindiau, gofalwyr a chydweithwyr.

[www.deafassociation.btck.co.uk](http://www.deafassociation.btck.co.uk)

**Rhif Ffôn:** 01492 530013

**Neges destun:** 07719 410355

**E-bost:** [info@deafassociation.co.uk](mailto:info@deafassociation.co.uk)

Supports all deaf, deafened, hard of hearing and deafblind people across North Wales, and their family, friends, carers and colleagues.

[www.deafassociation.btck.co.uk](http://www.deafassociation.btck.co.uk)

**Tel:** 01492 530013

**Text:** 07719 410355

**Email:** [info@deafassociation.co.uk](mailto:info@deafassociation.co.uk)

### CSeeker

Gwasanaeth archebu i bobl fyddar a thrwm eu clyw neu eu gofalwyr i ddod o hyd i bobl broffesiynol gwasanaeth iaith.

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

**Neges destun:** 07988 050 863

**E-bost:** [bookings@cseeker.co.uk](mailto:bookings@cseeker.co.uk)

**Skype:** cseekerbookings

Booking service for deaf and hard of hearing people or their carers to find appropriate language service professionals.

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

**Text:** 07988 050 863

**Email:** [bookings@cseeker.co.uk](mailto:bookings@cseeker.co.uk)

**Skype:** cseekerbookings

## Trais yn y Cartref | Domestic Violence

### Live Fear Free (formerly All Wales Domestic Abuse and Sexual Violence Helpline)

Cefnogaeth i'r rhai hynny sy'n profi - neu sydd wedi profi - cam-drin yn y cartref neu gam-drin rhywiol, neu sy'n poeni am ffrind neu berthynas sy'n profi cam-drin yn y cartref neu drais rhywiol.

24 awr y dydd, 7 diwrnod yr wythnos.

<http://livefearfree.gov.wales/?skip=1&lang=cy>

**Rhif Ffôn:** 0808 80 10 800

**E-bost:** [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

Support for those who are experiencing – or have experienced- domestic abuse or sexual violence, or are worried about a friend or relative who is experiencing domestic abuse or sexual violence.

24 hours a day, 7 days a week.

<http://livefearfree.gov.wales/?lang=en>

**Tel:** 0808 80 10 800

**Email:** [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

**Deialwch 999 bob tro mewn  
argyfwng**

**Always dial 999 in an  
emergency**

## Cam-drin yn y cartref - Merched | Domestic abuse - Women

### Black Association of Women Step Out (BAWSO)

Darparu cefnogaeth arbenigol i gymunedau Ethnig Du a Lleiafrifol, a hefyd i bobl sydd wedi eu masnachu a'r rhai hynny sy'n profi neu dan fygythiad o briodas orfodol a Llurguniad Genitalia Benywaid.

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

**Cyfeiriad:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB

**Rhif Ffôn:** Caerdydd - 02920 644 633

Casnewydd - 01633 213213

**Llinell Gymorth 24 awr:** 0800 731 8147

**E-bost:** [info@bawso.org.uk](mailto:info@bawso.org.uk)

Provides specialist support to Black and Minority Ethnic (BME) communities, and also to people who have been trafficked and those experiencing or at risk of forced marriage and Female Genital Mutilation.

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

**Address:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB

**Tel:** Cardiff - 02920 644 633

Newport - 01633 213213

**24Hr Helpline:** 0800 731 8147

**Email:** [info@bawso.org.uk](mailto:info@bawso.org.uk)

## Women's Aid Cardiff

Darparu cefnogaeth i unrhyw un sydd wedi eu heffeithio gan drais yn y cartref.

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

16 Moira Terrace, Adamsdown  
Caerdydd, CF24 0EJ

Rhif Ffôn: 02920 460 566

Provides support for anyone affected by domestic violence.

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

16 Moira Terrace, Adamsdown  
Cardiff, CF24 0EJ

Tel: 02920 460 566

## Atal Y Fro (Formerly Vale of Glamorgan Women's Aid)

Darparu cefnogaeth i ferched a phlant o fewn Bro Morgannwg sydd wedi profi, neu sydd yn profi, Trais yn y Cartref.

<https://atalyfro.wordpress.com/>

Rhif Ffôn: 01446 744755

Provide support for women and children within the Vale of Glamorgan who have experienced, or are experiencing Domestic Violence.

<https://atalyfro.wordpress.com/>

Tel: 01446 744755

## Welsh Women's Aid

Darparu gwasanaethau i ferched a phlant sydd wedi profi neu sydd yn profi trais yn y cartref.

[www.welshwomensaid.org.uk/cy/](http://www.welshwomensaid.org.uk/cy/)

Rhif Ffôn: 0808 80 10 800

E-bost: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

Provides services for women and children who have experienced or are experiencing domestic abuse.

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

Tel: 0808 80 10 800

Email: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)



**Deialwch 999 bob tro  
mewn argyfwng**

**Always dial 999 in an  
emergency**

## Trais yn y cartref - Dynion | Domestic abuse - Men

### The Dyn Project

Darparu cefnogaeth gyfrinachol, heb fod yn feirniadol, i ddynion sy'n profi trais yn y cartref gan bartner.

<http://www.dynwales.org>

**Rhif Ffôn:** 0808 801 0321

Mae pob galwad i'r llinell hon yn rhad ac am ddim ac yn gyfrinachol.

**E-bost:** support@dynwales.org

Provides confidential, non-judgemental support to men experiencing domestic abuse from a partner.

<http://www.dynwales.org>

**Tel:** 0808 801 0321

All calls to this line are free & confidential.

**Email:** support@dynwales.org

### Men's Advice Line

Llinell gymorth gyfrinachol i ddynion sy'n profi trais yn y cartref.

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

**Rhif Ffôn am ddim:** 0808 801 0327

**E-bost:** info@mensadviceline.org.uk

Confidential helpline for men experiencing domestic violence.

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

**Freephone:** 0808 801 0327

**Email:** info@mensadviceline.org.uk

### Galop (formerly Broken Rainbow)

Yn cynnig llinell gymorth gyfrinachol ar gyfer trais yn y cartref i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws gan bobl Lesbiaidd, Hoyw, Deurywiol a Thraws sydd wedi eu hyfforddi.

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

**Rhif Ffôn:** 0800 999 5428

**E-bost:** help@galop.org.uk

Offers a confidential LGBT domestic abuse helpline run by trained LGBT people.

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

**Tel:** 0800 999 5428

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

### Respect Phoneline

Llinell gymorth gyfrinachol yn cynnig cyngor, gwybodaeth a chefnogaeth i'ch rhwystro rhag bod yn dreisgar tuag at eich partner.

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

**Rhif Ffôn am ddim:** 0808 8024040

**E-bost:** info@respectphoneline.org.uk

Confidential helpline offering advice, information and support to stop you being violent and abusive to your partner.

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

**Freephone:** 0808 8024040

**Email:** info@respectphoneline.org.uk

## The Hideout

Wedi ei greu i helpu plant a phobl ifanc i ddeall trais yn y cartref a sut i weithredu'n bositif os yw'n digwydd iddyn nhw.

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



Created to help children and young people understand domestic abuse and how to take positive action if it is happening to them.

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

**Deialwch 999 bob tro  
mewn argyfwng**

**Always dial 999 in an  
emergency**

## Anhwylderau Bwyta | Eating Disorders

### BEAT

Darparu gwybodaeth, cefnogaeth a chymorth ledled y DU i bobl sydd wedi eu heffeithio gan anhwylderau bwyta.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

**Rhif Ffôn:** 0345 634 1414

**E-bost:** [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

**Rhif Ffôn (pobl ifanc):** 0345 634 7650

**E-bost (pobl ifanc):** [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Provides information, support and help across the UK to people affected by eating disorders.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

**Tel:** 0345 634 1414

**Email:** [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

**Tel (young people):** 0345 634 7650

**Email (young people):** [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

## Cydraddoldeb | Equality

### Diverse Cymru

Darparu gwasanaethau sy'n hyrwyddo cydraddoldeb a byw'n annibynnol.

<https://www.diversecymru.org.uk/cy/>

**Rhif Ffôn:** 02920 368888

**E-bost:** [info@diverse.cymru](mailto:info@diverse.cymru)

Provides services that promote equality and independent living.

[www.diversecymru.org.uk](https://www.diversecymru.org.uk)

**Tel:** 02920 368888

**Email:** [info@diverse.cymru](mailto:info@diverse.cymru)

## Race Council Cymru (RCC)

Dod â sefydliadau allweddol ynghyd i weithio tuag at ddileu gwahaniaethu hiliol ac i hyrwyddo cyfle cyfartal a chysylltiadau hiliol.

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

**Rhif Ffôn:** [07872059085](tel:07872059085) ; [07838360979](tel:07838360979)

**E-bost:** [info@racecouncilcymru.org.uk](mailto:info@racecouncilcymru.org.uk)

Brings together key organisations to work towards the elimination of racial discrimination and the promotion of equality of opportunity and race relations.

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

**Tel:** [07872059085](tel:07872059085) ; [07838360979](tel:07838360979)

**Email:** [info@racecouncilcymru.org.uk](mailto:info@racecouncilcymru.org.uk)

## Anawsterau Perthnasoedd Teuluol | Family Relationship Difficulties

### Counselling Directory

Darparu gwasanaeth i gysylltu pobl sydd wedi eu heffeithio gan achosion o gam-drin, iselder neu broblemau â pherthynas gyda chefnogaeth broffesiynol.

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Provides a service to connect people affected by cases of abuse, depression or relationship issues, to professional support.

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### National Family Mediation

Darparu cefnogaeth i bobl sy'n mynd trwy'r profiad o wahanu, ysgaru neu eisiau cyfathrebu â chynbartner a'u plant.

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

Provides support for people going through a separation, divorce, or wanting to maintain communication with an ex-partner and their children.

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

### Relate

Darparu ystod o wasanaethau i gynorthwyo gyda pherthnasoedd rhwng cyplau a theuluoedd.

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

**Rhif Ffôn:** 0300 100 1234

Provides a range of services to help with couples' and families' relationships.

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

**Tel:** 0300 100 1234

## Llamau

Darparu cyngor tai a chyfryngu teuluol. Gweithio gyda phobl ifanc ddigartref a merched sy'n agored i niwed yng Nghymru.

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

### Cyfeiriad y Brif Swyddfa:

23 Cathedral Road, Cardiff, CF11 9HA

Rhif Ffôn: 029 2023 9585

Vale of Glamorgan

Cyfeiriad: 236 Holton Road, Barry CF63 4HS

Rhif Ffôn: 01446 748852

Provides housing advice and family mediation. Works with homeless young people and vulnerable women in Wales.

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

### Address of Head Office :

23 Cathedral Road, Cardiff, CF11 9HA

Tel: 029 2023 9585

Vale of Glamorgan

Address: 236 Holton Road, Barry CF63 4HS

Tel: 01446 748852

## Banc Bwyd | Foodbanks

### The Trussell Trust (U.K)

[www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

Rhif Ffôn: 01722 580180

E-bost: [enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)

[www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

Tel: 01722 580180

Email: [enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)

## Arian i Unigolion | Funding for Individuals

### The Prince's Trust

Cefnogi pobl o 13-30 oed sydd allan o waith, a'r rhai hynny sy'n cael trafferth yn yr ysgol ac mewn perygl o gael eu gwahardd. [www.princes-trust.org.uk Funding for individuals](http://www.princes-trust.org.uk Funding for individuals)

Rhif Ffôn: 0800 842 842

Neges destun: text "Call me" to 07983 385418, and we will return your call within 24 hours.

Cyfeiriad: Prince's Trust House, 9 Eldon Street, London, EC2M 7LS

Supports 13-30 year olds who are unemployed, and those struggling at school and at risk of exclusion.

[www.princes-trust.org.uk Funding for individuals](http://www.princes-trust.org.uk Funding for individuals)

Tel: 0800 842 842

Text: text "Call me" to 07983 385418, and we will return your call within 24 hours.

Address: Prince's Trust House, 9 Eldon Street, London, EC2M 7LS

## NUS Cymru

Erthygl ar-lein yn amlinellu pa gyllid sydd ar gael yng Nghymru.  
(Cyhoeddwyd yn 2013).

[www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/](http://www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/)

Online article outlining what funding is available in Wales.

(Published 2013).

[www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/](http://www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/)

## Student Finance Wales

Os ydych yn bwriadu astudio ar un o'n cyrsiau lefel uwch, neu os ydych yn meddwl am wneud cais am le mewn coleg neu brifysgol, efallai byddwch yn gymwys i ymgeisio am gyllid gan Gyllid Myfyrwyr Cymru.

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

Rhif Ffôn: 0300 200 4050

If you intend to study one of our higher level courses or you are thinking of applying to college or university you may be eligible to apply for funding from Student Finance Wales.

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

Tel: 0300 200 4050

## Llinellau Cymorth | Helplines

### Samaritans

Cefnogaeth llinell ffôn 24 awr, e-bost, llythyr ac wyneb yn wyneb i bobl sy'n dioddef anhawster emosiynol.

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

<http://www.samaritans.org/your-community/samaritans-yng-nghymru>

**Cyfeiriad:** 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF

**Llinell Gymorth:** 116 123

**Iaith Gymraeg:** 0808 164 0123 (O 7y.p i 11y.p yn unig, 7 diwrnod yr wythnos)

**Llinell Gymorth Caerdydd:**

02920 344 022

**Neges destun:** Drwy lawrlwytho ap Next Generation Text (NGT).

**E-bost:** jo@samaritans.org

**Ysgrifennu at Samariad**

24-hour phone line, email, letter and face-to-face support for people in emotional difficulty.

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

<http://www.samaritans.org/your-community/samaritans-ireland-scotland-and-wales/samaritans-work-wales>

**Address:** 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF

**National Helpline:** 116 123

**Welsh Language Line:** 0808 164 0123 (from 7pm - 11pm only, 7 days a week)

**Local Helpline for Cardiff:**

02920 344 022

**Text:** By downloading the Next Generation Text (NGT) service app.

**Email:** jo@samaritans.org

**Writing to Samaritan**

Os ydych yn ei chael hi'n anodd siarad am eich problemau ac yn fwy cyffyrddus yn ysgrifennu pethau, beth am ysgrifennu atom? Ein cyfeiriad yw:  
Freepost RSRB-KKBY-CYJK  
Chris  
PO Box 9090  
STIRLING FK8 2SA

If you find it difficult to talk about your problems and are more comfortable writing things down, why not drop us a line? Our address is:  
Freepost RSRB-KKBY-CYJK  
Chris  
PO Box 9090  
STIRLING FK8 2SA

### **Lesbian, Gay, Bisexual Helpline**

Gwasanaeth rhad ac am ddim i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws yng Nghymru i wrthbwys o teimladau o ynysu cymdeithasol a chryfhau cysylltiadau rhwng cymunedau bobl Lesbiaidd, Hoyw, Deurywiol a Thraws.

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

**Cyfeiriad:** LGBT Cymru Helpline

C/o 92 Corporation Avenue

Llanelli, SA15 3SR

**Rhif Ffôn:** 0800 840 2069

(7– 9y.p Dydd Llun ac Dydd Mercher gyda peiriant ateb)

**E-bost:** [line@lgbtcymruhelpline.org.uk](mailto:line@lgbtcymruhelpline.org.uk)

A free service for LGBT people in Wales to counteract feelings of individual social isolation and strengthen connections between LGBT communities.

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

**Address:** LGBT Cymru Helpline

C/o 92 Corporation Avenue

Llanelli, SA15 3SR

**Rhif Ffôn / Tel:** 0800 840 2069

(7– 9pm Monday & Wednesday with answerphone facility)

**Email:** [line@lgbtcymruhelpline.org.uk](mailto:line@lgbtcymruhelpline.org.uk)

### **Tenovus Cancer Care**

Darparu cefnogaeth i'r rhai hynny sy'n dioddef o ganser a'u teuluoedd.

<http://www.tenovuscancercare.org.uk/tenovus/cymraeg/>

**E-bost:** [info@tenovuscancercare.org.uk](mailto:info@tenovuscancercare.org.uk)

**Llinell Cefnogaeth:** 0808 808 1010

Provides support for those suffering with cancer, and their families.

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

**Email:** [info@tenovuscancercare.org.uk](mailto:info@tenovuscancercare.org.uk)

**Support Helpline:** 0808 808 1010

# Tai | Housing

## Llamau

Darparu cyngor tai a chyfryngu teuluol.  
Gweithio gyda phobl ifanc ddigartref a  
merched sy'n agored i niwed yng  
Nghymru.

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

### Cyfeiriad y Brif Swyddfa:

23 Cathedral Road, Cardiff, CF11 9HA

Rhif Ffôn: 029 2023 9585

Provides housing advice and family  
mediation. Works with homeless young  
people and vulnerable women in Wales.

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

### Address of Head Office :

23 Cathedral Road, Cardiff, CF11 9HA

Tel: 029 2023 9585

## The Basement @ 53 (formerly Housing Options Project)

I bobl ifanc 16-21 oed.

**Cyfeiriad:** The Basement @ 53 Charles  
Street Cardiff CF10 2GD

**Rhif Ffôn:** 029 2087 3570

**E-bost:** [thebasement@llamau.org.uk](mailto:thebasement@llamau.org.uk)

For young people aged 16-21.

**Address:** The Basement @ 53 Charles  
Street Cardiff CF10 2GD

**Tel:** 029 2087 3570

**Email:** [thebasement@llamau.org.uk](mailto:thebasement@llamau.org.uk)

## JIGSO@236

Darparu hawliau tai a lles i bobl ifanc o 16-  
25 sydd angen tai.

**Rhif Ffôn:** 01446 748852

**E-bost:** [jigso@llamau.org.uk](mailto:jigso@llamau.org.uk)

**Cyfeiriad:** JIGSO@236 Holton Road, Barry,  
Vale of Glamorgan CF63 4HS

Provides housing and welfare rights advice  
for young people aged 16-25 in housing  
need.

**Tel:** 01446 748852

**Email:** [jigso@llamau.org.uk](mailto:jigso@llamau.org.uk)

**Address:** JIGSO@236 Holton Road, Barry,  
Vale of Glamorgan CF63 4HS

## Shelter Cymru

Cyngor annibynnol ar dai.

<http://sheltercymru.org.uk/cy/>

**Llinell Gymorth:** 0345 075 5005

Dydd Llun - Dydd Gwener 9.30yb-4.00yp

Independent housing advice.

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

**Helpline:** 0345 075 5005

Monday - Friday 9.30am-4.00pm

## Cymdeithasau Tai | Housing Associations

### Charter Housing Association

**Cyfeiriad:** Exchange House, The Old Post Office, High St, Newport ,NP20 1AA  
**Rhif Ffôn:** 01633 212375

**Address:** Exchange House, The Old Post Office, High St, Newport ,NP20 1AA  
**Tel:** 01633 212375

### Family Housing Association (Wales) Ltd

**Cyfeiriad:** 43 Walter Road,  
Swansea, SA1 5PN  
**Rhif Ffôn:** 01792 460192  
**E-bost:** [info@fha-wales.com](mailto:info@fha-wales.com)

**Address:** 43 Walter Road,  
Swansea, SA1 5PN  
**Tel:** 01792 460192  
**Email:** [info@fha-wales.com](mailto:info@fha-wales.com)

### Mid Wales Housing Association Ltd

**Cyfeiriad:** Ty Canol House, Ffordd Croesawdy, Newtown, SY16 1AL  
**Rhif Ffôn:** 0300 111 3030  
Dydd Llun - Dydd Gwener 9yb-5yp  
**Cyswllt Argyfwng Tu Allan i Oriau:**  
0300 111 3030  
**E-bost:** [info@mid-walesha.co.uk](mailto:info@mid-walesha.co.uk)

**Address:** Ty Canol House, Ffordd Croesawdy, Newtown, SY16 1AL  
**Tel:** 0300 111 3030  
Monday - Friday 9am-5pm  
**Emergency out of Hours Tel:**  
0300 111 3030  
**Email:** [info@mid-walesha.co.uk](mailto:info@mid-walesha.co.uk)

### North Wales Housing - Bangor Office

**Cyfeiriad:** 30 Dean Street, Bangor,  
Gwynedd LL57 1UR,  
**Rhif Ffôn:** 01248 370227

**Address:** 30 Dean Street, Bangor,  
Gwynedd LL57 1UR,  
**Tel:** 01248 370227

### Taff Housing Association

**Cyfeiriad:** Alexandra House/307-315  
Cowbridge Rd East, Cardiff CF5 1JD  
**Rhif Ffôn:** 029 2025 9100 / 0800 121 6064

**Address:** Alexandra House/307-315  
Cowbridge Rd East, Cardiff CF5 1JD  
**Tel:** 029 2025 9100 / 0800 121 6064

### United Welsh

Y Borth, 13 Beddau Way, Caerphilly,  
CF83 2AX  
**Rhif Ffôn:** 029 2085 8100 / 0800 294 0195  
(Opsiwn 2 = Taliadau, Option 3 = Ymholiad  
cyffredinol)  
**E-bost:** [tellmemore@unitedwelsh.com](mailto:tellmemore@unitedwelsh.com)

Y Borth, 13 Beddau Way, Caerphilly,  
CF83 2AX  
**Tel:** 029 2085 8100 / 0800 294 0195  
(Option 2 = Payments, Option 3 = General  
enquiry)  
**Email:** [tellmemore@unitedwelsh.com](mailto:tellmemore@unitedwelsh.com)

## **Wales & West Housing Association Ltd**

### **Prif Swyddfa**

**Cyfeiriad:** Archway House, 77 Parc Ty Glas,  
Llanishen, Cardiff CF14 5DU

**Rhif Ffôn:** 0800 052 2526

**E-bost:** [contactus@wwha.co.uk](mailto:contactus@wwha.co.uk)

### **Swyddfa Gorllewin Cymru**

Cwrt y Llan, Church Lane, Castell Newydd  
Emlyn, SA38 9AB

### **Swyddfa Gogledd Cymru**

Tŷ Draig, Parc Dewi Sant, Ewloe Glannau  
Dyfrdwy, CH5 3DT

### **Head Office**

**Address:** Archway House, 77 Parc Ty Glas,  
Llanishen, Cardiff CF14 5DU

**Tel:** 0800 052 2526

**Email:** [contactus@wwha.co.uk](mailto:contactus@wwha.co.uk)

### **West Wales Office**

Cwrt y Llan, Church Lane, Newcastle  
Emlyn, SA38 9AB

### **North Wales Office**

Tŷ Draig, Parc Dewi Sant, Ewloe Glannau  
Dyfrdwy, CH5 3DT

## **Diogelwch ar y We | Internet Safety**

Cyngor i rieni ynglŷn â sut i wneud y we yn  
fwy diogel i'r teulu i gyd

Advice for parents on how to make the  
internet safer for all the family.

## **UK Safer Internet Centre**

Darparu llinell gymorth i bobl broffesiynol  
sy'n gweithio gyda phlant a phobl ifanc yn  
y DU ar broblemau diogelwch ar lein.

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

**Rhif Ffôn:** 0844 381 4772 / 0844 800 2382

**E-bost:** [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk) /  
[enquiries@saferinternet.org.uk](mailto:enquiries@saferinternet.org.uk)

Provides a helpline for professionals  
working with children and young people  
in the UK with online safety issues.

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

**Tel:** 0844 381 4772 / 0844 800 2382

**Email:** [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk) /  
[enquiries@saferinternet.org.uk](mailto:enquiries@saferinternet.org.uk)

## **Childnet international**

Sefydliad dielw yn gweithio i gynorthwyo i  
wneud y we yn lle da a diogel i blant.

[www.childnet.com](http://www.childnet.com)

**Rhif Ffôn:** [+44 \(0\)20 7639 6967](tel:+44(0)2076396967)

**E-bost:** [info@childnet.com](mailto:info@childnet.com)

Non-profit organisation working to help  
make the internet a great and safe place  
for children. [www.childnet.com](http://www.childnet.com)

**Phone:** [+44 \(0\)20 7639 6967](tel:+44(0)2076396967)

**Email:** [info@childnet.com](mailto:info@childnet.com)

## NSPCC

Darparu cyngor ac offer i helpu i gadw plant yn ddiogel ar-lein.

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety)

Provides advice and tools to help keep children safe online.

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety)

## Anableddau ac Anawsterau Dysgu | Learning Disabilities and Difficulties

### Advocacy Matters Wales

Elusen yn Ne Cymru sy'n helpu oedolion sydd ag anabledd dysgu neu syndrom Asperger i ddweud eu dweud.

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

**Rhif Ffôn:** 029 20 233733 9yb – 5yp  
Dydd Llun - Dydd Gwener  
**E-bost:** info@advocacymatterswales.co.uk

South Wales based charity helping adults with a learning disability or Asperger syndrome to have a say.

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

**Tel:** 029 20 233733 9am – 5pm  
Monday to Friday  
**Email:** info@advocacymatterswales.co.uk

### Cardiff Dyslexia Action Cymru

Cynnig hyfforddiant, cyngor, asesiadau seicolegol a thiwtora arbenigol amlsynhyraidd i blant ac oedolion.

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

**Cyfeiriad:** 14-18 City Rd, Cardiff, CF24 3DL  
**Rhif Ffôn:** 02920 481122  
**E-bost:** cardiff@dyslexiaaction.org.uk

Offers training, advice, psychological assessments and specialist multisensory tuition for children and adults.

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

**Address:** 14-18 City Rd, Cardiff, CF24 3DL  
**Tel:** 02920 481122  
**Email:** cardiff@dyslexiaaction.org.uk

### SNAP Cymru

Prosiect Cynghori Anghenion Arbennig.  
Darparu cyngor annibynnol i deuluoedd sydd â phlant anabl.

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

**Rhif Ffôn:** 02920 348 990  
**Llinell Gymorth:** 0845 120 3730  
**Llinell gymorth ffôn symudol:**  
0345 120 3730

Special Needs Advisory Project.  
Provides independent advice for families with disabled children.

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

**Tel:** 02920 348 990  
**Helpline:** 0845 120 3730  
**Helpline from a mobile:**  
0345 120 3730

## Where you stand

Darparu gwybodaeth i rieni, gofalwyr, plant anabl ac oedolion sydd ag anawsterau dysgu yng Nghaerdydd a Bro Morgannwg.

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

Provides information for parents, carers, disabled children and adults with learning difficulties in Cardiff and the Vale of Glamorgan.

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

## Cyngor Cyfreithiol | Legal Advice

### Citizens Advice

Darparu cyngor ar bwy all helpu gyda chostau cyfreithiol.

<https://www.citizensadvice.org.uk/cymraeg/>

Provides advice on who can help with legal costs.

<https://www.citizensadvice.org.uk/wales/>

**Llinell Gymorth:** 0345 345 4345

**Galw yn ôl:** Gallwch dectrio 'cymorth cyfreithiol' a'ch enw i 80010 a bydd ymgynghorydd yn ei eich galw yn ôl o fewn 24 awr.

**Helpline:** 0345 345 4345

**Call back:** You can text 'legalaid' and your name to 80010 and an adviser will call you back within 24 hours.

### LawWorks

Darparu cyngor cyfreithiol yn rhad ac am ddim.

[www.lawworks.org.uk/clinics](http://www.lawworks.org.uk/clinics)

Provides free legal advice.

[www.lawworks.org.uk/clinics](http://www.lawworks.org.uk/clinics)

## Iechyd Meddwl | Mental Health

### Bipolar UK

Cefnogi unigolion sy'n dioddef o gyflwr bipolar yn ogystal â'u teuluoedd a'u gofalwyr.

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

**Rhif Ffôn :** 0333 323 3880

9y.b. – 5y.p. Dydd Ilun – Dydd Gwener

**E-bost:** [info@bipolaruk.org](mailto:info@bipolaruk.org)

Supports individuals with the condition of bipolar, as well as their families and carers.

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

**Tel:** 0333 323 3880

9am - 5pm Monday to Friday

**Email:** [info@bipolaruk.org](mailto:info@bipolaruk.org)

## C.A.L.L

Llinell Gymorth a Gwrando Gymunedol.  
Llinell gymorth iechyd meddwl i Gymru ar gyfer unrhyw un sy'n poeni am eu hiechyd meddwl eu hunain neu iechyd perthynas neu gyfaill.

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

**Llinell Gymorth:** 0800 132 737

**Neges destun:** 'help' yna'r manylion yr ydych eu hangen 181066 (Byddant yn ymateb o fewn 12 awr)

Community Advice and Listening Line.  
A mental health helpline for Wales, for anyone concerned about their own mental health or that of a relative or friend.

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

**Helpline:** 0800 132 737

**Text:** 'help' followed by the details you require to 81066 (There is a 12 hour window on response time)

## Gofal

Darparu ystod o wasanaethau i bobl sydd â phroblemau iechyd meddwl.

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

**Rhif Ffôn:** 01656 647722

**E-bost:** [enquiries@gofal.org.uk](mailto:enquiries@gofal.org.uk)

Provides a range of services to people with mental health problems.

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

**Tel:** 01656 647722

**Email:** [enquiries@gofal.org.uk](mailto:enquiries@gofal.org.uk)

## Mind

Darparu cymorth, cyngor a chefnogaeth i roi grym i unrhyw un sy'n dioddef problem iechyd meddwl.

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

**Llinell Wybodaeth:** 0300 123 3393

**Neges destun:** 86463

**E-bost:** [info@mind.org.uk](mailto:info@mind.org.uk)

Provides help, advice and support to empower anyone experiencing a mental health problem.

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

**Info Line:** 0300 123 3393

**Text:** 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

## NO PANIC

Darparu gwybodaeth a chyngor i ofalwyr a phobl sy'n dioddef o Banic, Gorbryder, Ffobia, Anhwylader Gorfodaeth Obsesiynol ac effaith dod oddi ar Dawelyddion.

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

**Llinell gymorth gyfrinachol:**

0844 967 4848 (10y.b. - 10y.p. Pob dydd)

**Rhif Argyfwng:** 01952 680 835

Provides information and advice to carers and people with Panic, Anxiety, Phobias, Obsessive Compulsive Disorders and the effects of Tranquilliser withdrawal.

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

**Confidential helpline:**

0844 967 4848 (10am - 10pm every day)

**Crisis Number:** 01952 680 835

**Llinell Gymorth** 13-20 oed:  
0330 606 1174  
Dydd Llun - Dydd Gwener, 3y.p.- 6y.p

**Helpline** 13-20 year olds:  
0330 606 1174  
Mon – Fri, 3pm-6pm

### Young Minds

Gweithio i wella lles emosiyol a meddyliol plant a phobl ifanc.

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

Rhif Ffôn: 0207 089 5050

**Llinell Gymorth i Rieni:** 0808 802 5544

E-bost: [ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk)

Works to improve the emotional wellbeing and mental health of children and young people.

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

Tel: 0207 089 5050

Parents' helpline: 0808 802 5544

Email: [ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk)

### Welsh Dementia Helpline

Sy'n cynnig cefnogaeth, gwybodaeth a chyfeirio at unrhyw un sy'n byw gyda dementia neu'n gofalu am aelod o'r teulu neu gyfaill gyda dementia.

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

Rhif Ffôn: 0808 808 2235

Offers support, information and signposting for anyone who is living with dementia or caring for a family member or friend with dementia.

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

Tel: 0808 808 2235

## Magu plant | Parenting

### Action for Children Wales

Darparu cefnogaeth i blant a rhieni.

[www.actionforchildren.org.uk/what-we-do/support-for-families/](http://www.actionforchildren.org.uk/what-we-do/support-for-families/)

**Cyfeiriad:** St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN  
**Rhif Ffôn:** 029 2022 2127  
**E-bost:** [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Providing support for children and parents.  
[www.actionforchildren.org.uk/what-we-do/support-for-families/](http://www.actionforchildren.org.uk/what-we-do/support-for-families/)

**Address:** St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN  
**Tel:** 029 2022 2127  
**Email:** [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

### Family Rights Group (Keeping children safe in their families)

Darperir cyngor i rieni yng Nghymru a Lloegr sydd â phlant anghenus, mewn perygl neu yn y system ofal.

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

**Llinell Gymorth:** 0808 801 0366

Provide advice for parents in England and Wales whose children are in need, at risk or are in the care system.

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

**Helpline:** 0808 801 0366

Dydd Llun - Dydd Gwener, 9.30y.b.- 3.00y.p  
**Cyfeiriad:** Second Floor, The Print House,  
18 Ashwin Street, London E8 3DL

Monday to Friday 9.30am – 3.00pm  
**Address:** Second Floor, The Print House, 18  
Ashwin Street, London E8 3DL

### Flying Start

Darparu gwasanaethau cefnogi i blant o 0-3 oed a'u teuluoedd sy'n byw mewn ardal o dan anfantais yng Nghymru.  
**Gwybodaeth:** <http://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/flyingstart/?skip=1&lang=cy>

Provides support services to children aged 0-3 and their families living in disadvantaged areas within Wales.  
**Information:** <http://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/flyingstart/?lang=en>

### Gingerbread (Single parents)

Darparu cefnogaeth i rieni sengl.  
<https://gingerbread.org.uk/content/462/Gingerbread-Wales>  
**Cyfeiriad:** Titan House, Cardiff Bay Business Centre, Titan Road, Ocean Park, Cardiff CF24 5BS  
**Rhif Ffôn:** 029 2047 1900  
**E-bost:** [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Providing support for single parents.  
<https://gingerbread.org.uk/content/462/Gingerbread-Wales>  
**Address:** Titan House, Cardiff Bay Business Centre, Titan Road, Ocean Park, Cardiff CF24 5BS  
**Tel:** 029 2047 1900  
**Email:** [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

### TAF (Team Around the Family)

Gweithio mewn partneriaeth sy'n caniatáu i'r holl deulu dderbyn cefnogaeth gydlynol.  
Cydlynir TAF o fewn pob awdurdod lleol; felly nid oes pwynt cyswllt Cymru-gyfan. Bydd angen i chi ymchwilio'r rhyngrwyd i weld os yw TAF yn weithredol yn eich ardal.

Partnership working that allows the whole family to receive co-ordinated support.  
TAF is co-ordinated within each local authority; therefore there is no all Wales contact point. You will need to search the internet to see if TAF operates in your area.

## Beichiogrwydd, Erthyliad a Cham-esgor | Pregnancy, Abortion and Miscarriage

### NHS Choices

Eich iechyd, eich dewis

[www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx)

Your health, your choice

[www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx)

### British Pregnancy Advisory Service

Darparu cymorth i ferched sy'n feichio  
heb gynllunio hynny, neu sy'n dewis  
peidio parhau â'u beichiogrwydd.

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

Rhif Ffôn: 03457 30 40 30

E-bost: [info@bpas.org](mailto:info@bpas.org)

Provides help to women with an  
unplanned pregnancy, or a pregnancy  
they choose not to continue with.

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

Tel: 03457 30 40 30

Email: [info@bpas.org](mailto:info@bpas.org)

### Stillbirth and Neonatal Death Society (SANDS)

Cefnogi unrhyw un sydd wedi ei effeithio  
gan farwolaeth babi.

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

[www.cardiff-sands.co.uk](http://www.cardiff-sands.co.uk)

Rhif Ffôn: 0207 436 5881

E-bost: [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

cardiffsands@hotmail.co.uk

Supports anyone affected by the death of  
a baby.

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

[www.cardiff-sands.co.uk](http://www.cardiff-sands.co.uk)

Tel: 0207 436 5881

E-mail: [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

cardiffsands@hotmail.co.uk

## Euogfarn(au) Blaenorol | Prior Conviction(s)

### Euogfarn(au) Blaenorol

Sut i ddod o hyd i waith, addysg neu  
hyfforddiant gydag euogfarn droseddol

[www.gov.uk/exoffenders-and-employment](http://www.gov.uk/exoffenders-and-employment)

### Prior Conviction(s)

How to find employment, education or  
training with a criminal conviction

[www.gov.uk/exoffenders-and-employment](http://www.gov.uk/exoffenders-and-employment)

## Carchardai a Bod ar Brawf | Prisons and Probation

[www.gov.uk/browse/justice/prisons-probation](http://www.gov.uk/browse/justice/prisons-probation)

## Ffoaduriaid a Cheiswyr Lloches | Refugees and Asylum Seekers

### The Welsh Refugee Council

Y brif asiantaeth sy'n gweithio dros ffaoaduriaid a cheiswyr lloches yng Nghymru.

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

**Cyfeiriad:** 120-122 Broadway,  
Cardiff, CF24 1NJ

**Rhif Ffôn:** 029 2048 9800

The lead agency working for refugees and asylum seekers in Wales.

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

**Address:** 120-122 Broadway,  
Cardiff, CF24 1NJ

**Tel:** 029 2048 9800

## Hunan-niweidio | Self Harm

### NHSN

Cynnig gwasanaethau cefnogaeth, cyngor ac eiriolaeth i bobl sydd wedi eu heffeithio gan hunan-niweidio yn uniongyrchol neu mewn rôl ofalu.

**E-bost:** support@nshn.co.uk

**Fforwm ar-lein:** [www.nshn.co.uk](http://www.nshn.co.uk)

Offers support, advice and advocacy services to people affected by self harm directly or in a care role.

**Email:** support@nshn.co.uk

**Online forum:** [www.nshn.co.uk](http://www.nshn.co.uk)

### Mind Cymru

Gwefan sy'n helpu i egluro hunan-niweidio, gan gynnwys rhesymau posibl a sut i chwilio am driniaeth a chefnogaeth.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

Website which helps to explain self-harm, including possible causes, and how to access treatment and support.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

## Iechyd Rhywiol | Sexual Health

### Family Planning Association (FPA)

Darparu cymorth, cyngor a gwybodaeth ar bynciau iechyd meddwl.

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

**Ffeindiwch glinig cyfagos:**

[www.fpa.org.uk/find-a-clinic](http://www.fpa.org.uk/find-a-clinic)

Provides help, advice and information on issues of sexual health.

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

**Find a clinic near you:**

[www.fpa.org.uk/find-a-clinic](http://www.fpa.org.uk/find-a-clinic)

## NHS Wales

Cynnig cynllun Cerdyn-C i'r rhai o dan 25 oed sy'n rhoi mynediad i gyngor iechyd rhywiol rhad ac am ddim a chyfrinachol a chondomau am ddim ledled Cymru.

[www.wales.nhs.uk/sitesplus/888/page/59781](http://www.wales.nhs.uk/sitesplus/888/page/59781)

Offers a C-Card scheme for under 25s, which gives access to free, confidential sexual health advice and free condoms across Wales.

[www.wales.nhs.uk/sitesplus/888/page/59781](http://www.wales.nhs.uk/sitesplus/888/page/59781)

## National AIDS Trust (NAT)

Gweithio i drawsnewid ymateb cymdeithas i HIV.

[www.nat.org.uk/default.aspx](http://www.nat.org.uk/default.aspx)

**Rhif Ffôn:** 0207 814 6767

Dydd Llun - Dydd Gwener 9 y.b - 5y.p

**E-bost:** info@nat.org.uk

Dedicated to transforming society's response to HIV.

[www.nat.org.uk/default.aspx](http://www.nat.org.uk/default.aspx)

**Tel:** 0207 814 6767

Monday - Friday 9 am-5pm

**Email:** info@nat.org.uk

## HIV Aware

Darparu cyngor i'r rhai hynny sy'n poeni eu bod o bosibl wedi rhoi eu hunain mewn perygl, neu eisiau cyngor ynglŷn â sut i ddiogelu eu hunain ac eraill.

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

**E-bost / Email:** info@nat.org.uk

Provides advice for those worried that they may have put themselves at risk, or want advice about how to protect themselves and others.

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

**E-bost / Email:** info@nat.org.uk

## Brook

Darparu gwasanaethau, cymorth a chyngor iechyd rhywiol i bobl ifanc o dan 25 oed.

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

Provides sexual health services, support and advice to young people under 25.

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

## Twlsyn Brook 24/7:

<https://www.brook.org.uk/our-services/ask-brook-a-question-24-7>

## Ask Brook 24/7 Tool :

<https://www.brook.org.uk/our-services/ask-brook-a-question-24-7>

## Cyngor Arweiniol Arbenigol | Specialist Guidance Advice

### Citizens Advice Bureau

Yn cynnig cyngor rhad ac am ddim, cyfrinachol a didueedd ar ystod o bynciau.  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Llinell Cyngor: 03444772020

Offers free, confidential and impartial advice on a range of subjects.  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Advice Line: 03444772020

### LawWorks

Darparu cyngor cyfreithiol di-dâl ac yn galluogi mynediad i gyfiawnder.  
<https://www.lawworks.org.uk/legal-advice-individuals>

Provides pro bono legal advice and enables access to justice.  
<https://www.lawworks.org.uk/legal-advice-individuals>

### Speakeasy Advice Centre

Darparu cyngor a chynrychiolaeth gyfreithiol rhad ac am ddim i bobl sy'n cael problemau gyda dyled a budd-daliadau lles mewn ardaloedd dan anfantais yn Ne Ddwyrain Cymru.

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

Rhif Ffôn: 029 2045 3111

E-bost: [info@speakeeasyadvice.co.uk](mailto:info@speakeeasyadvice.co.uk)

Provides free legal advice and representation for people struggling with debt and welfare benefits in deprived areas of South East Wales.  
[www.speakeeasyadvice.co.uk](http://www.speakeeasyadvice.co.uk)

Tel: 029 2045 3111

Email: [info@speakeeasyadvice.co.uk](mailto:info@speakeeasyadvice.co.uk)

## Camddefnyddio Sylweddau (cyffuriau), Ysmygu ac Alcohol | Substance Misuse (drugs), Smoking and Alcohol

### Al-Anon

Darparu cefnogaeth i unrhyw un y mae ei fywyd yn cael/wedi cael ei effeithio gan rywun arall yn yfed.

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Llinell Gymorth: 020 7403 0888

Provides support to anyone whose life is – or has been – affected by someone else's drinking.

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Helpline: 020 7403 0888

## DAN

Llinell gymorth rhad ac am ddim ar gyffuriau ac alcohol i unrhyw un yng Nghymru sydd eisiau rhagor o wybodaeth neu gymorth.

[www.dan247.org.uk](http://www.dan247.org.uk)

Rhif Ffôn: 0808 808 2234

Neges destun 'DAN': 81066

A free bilingual drug and alcohol helpline for anyone in Wales wanting further information or help.

[www.dan247.org.uk](http://www.dan247.org.uk)

Tel: 0808 808 2234

Text 'DAN' to: 81066

## Frank National Drugs Helpline

Llinell gymorth 24 awr yn rhoi cyngor cyfeillgar, cyfrinachol i ddefnyddwyr cyffuriau, defnyddwyr toddyddion, eu ffrindiau, eu teuluoedd a gofalwyr.

[www.talktofrank.com](http://www.talktofrank.com)

Llinell Gymorth: 0300 123 6600

Neges destun: 82111

A 24 hour helpline providing friendly, confidential advice to drug users, solvent users, their friends, families and carers.

[www.talktofrank.com](http://www.talktofrank.com)

Helpline: 0300 123 6600

Text: 82111

## Drinkline

Darparu cyngor a gwybodaeth i rai sy'n ffonio ac sy'n poeni am faint y maen nhw neu aelodau o'u teuluoedd neu ffrindiau yn ei yfed.

[www.drinksmarter.org/drinkline](http://www.drinksmarter.org/drinkline)

Llinell Gymorth: 0300 123 1110

Provides advice and information to callers worried about their own drinking, or that of family or friends.

[www.drinksmarter.org/drinkline](http://www.drinksmarter.org/drinkline)

Helpline: 0300 123 1110

## New Link Wales: Axis all Areas

Darparu cyngor a chefnogaeth i unigolion a theuluoedd o fewn cymunedau lleiafrifoedd ethnig du sydd wedi eu heffeithio gan y ffaith eu bod nhw neu rywun arall yn cymryd cyffuriau neu alcohol. Mae gwybodaeth ar gael mewn Saesneg, Urdu, Bengali, Arabeg, Somali, Ffrangeg a Farsi.

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

Rhif Ffôn: 02920 529002

Provides advice and support to individuals and families within black minority ethnic communities affected by their own or someone else's drug and alcohol misuse. Information is available in English, Urdu, Bengali, Arabic, Somali, French and Farsi.

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

Tel: 02920 529002

## **Cardiff Alcohol and Drug Team**

Darparu cymorth ymarferol, arweiniad, cwnsela a gofal yn y gymuned i bobl sydd â phroblemau cyffuriau ac alcohol a'u teuluoedd. Mae darpariaeth y Tîm Cwnsela yn cynnwys Caerdydd yn unig.

Rhif Ffôn: 029 20788300

Provides practical help, guidance, counselling and community care for people with drug and alcohol problems and their families.

Counselling Team provision only covers Cardiff.

Tel: 029 20788300

## **Inroads**

Darparu gwybodaeth, cyngor a chefnogaeth yn rhad ac am ddim a chyfrinachol i ddefnyddwyr cyffuriau ac alcohol, cyn-ddefnyddwyr, eu teuluoedd a'u ffrindiau yng Nghaerdydd.

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

Rhif Ffôn: 02920 407407

Provides free and confidential information, advice and support to drug and alcohol users, ex-users, their families and friends in Cardiff.

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

Tel: 02920 407407

## **Kaleidoscope Project**

Darparu cefnogaeth i bobl sydd â phroblemau â chyffuriau ac alcohol, drwy eu galluogi i wneud newidiadau positif yn eu bywydau.

[www.kaleidoscopoproject.org.uk/contact\\_us.asp](http://www.kaleidoscopoproject.org.uk/contact_us.asp)

Rhif Ffôn Cenedlaethol: 0845 450 6307

Provides support to people with drug and alcohol problems, enabling them to make positive changes in their lives.

[www.kaleidoscopoproject.org.uk/contact\\_us.asp](http://www.kaleidoscopoproject.org.uk/contact_us.asp)

National Tel: 0845 450 6307

## **Red-Button**

Provides information and advice about substance misuse to young people in Cardiff and the Vale.

[www.red-button.org/fruity](http://www.red-button.org/fruity)

Darparu gwybodaeth a chyngor am gamddefnyddio sylweddau i bobl ifanc yng Nghaerdydd a'r Fro.

[www.red-button.org/fruity](http://www.red-button.org/fruity)

## Hunanladdiad | Suicide

### Campaign Against Living Miserably (CALM)

Darparu cefnogaeth i ddynion dan 35 oed sy'n teimlo fel lladd eu hunain. Mae galwadau'n gyfrinachol ac yn ddienw.

[www.thecalmzone.net](http://www.thecalmzone.net)

**Rhif Ffôn:** 0800 58 58 58

**Neges destun:** dial 18001 + 0800 585858

Provides support to men under 35 who are feeling suicidal. Calls are confidential and anonymous.

[www.thecalmzone.net](http://www.thecalmzone.net)

**Tel:** 0800 58 58 58

**Text Relay:** dial 18001 + 0800 585858

### Students Against Depression (S.A.D)

Darparu cyngor a chymorth i fyfyrwyr ynglŷn â deall a goresgyn meddyliau am hunanladdiad.

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

Provides advice and help for students about understanding and surviving suicidal thoughts.

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

### Papyrus / Hope line UK

Darparu gwasanaeth i osgoi hunanladdiad ymhliith pobl ifanc, i bobl sy'n poeni amdanyn nhw'u hunain neu bobl y maent yn eu hadnabod.

[www.papyrus-uk.org/help-advice/about-hopelineuk](http://www.papyrus-uk.org/help-advice/about-hopelineuk)

**Rhif Ffôn:** 0800 068 41 41

Dydd Llun i ddydd Gwener 10y.b i 10y.p  
Penwythnos 2y.p i 10y.p

Provides a service for the prevention of young suicides, for people worried about themselves or someone they know.

[www.papyrus-uk.org/help-advice/about-hopelineuk](http://www.papyrus-uk.org/help-advice/about-hopelineuk)

**Tel:** 0800 068 41 41

Monday to Friday 10am to 10pm  
Weekend 2pm to 10pm

## Diweithdra | Unemployment

### SKILLS Gateway

Darparu cymorth proffesiynol gan Gynghorwyr Gyrfaoedd i helpu oedolion i adnabod sut y gallan nhw wella eu sgiliau a dechrau eu gyrfa.

[www.careerswales.com/en/skills-gateway/](http://www.careerswales.com/en/skills-gateway/)

**Rhif Ffôn:** 0800 028 4844

**Neges destun:** 0800 0029 489

Dydd Llun i ddydd Gwener, 9y.b i 6y.p

Provides professional help from Careers Advisors to help adults identify how they can improve their skills and kick start their career.

[www.careerswales.com/en/skills-gateway/](http://www.careerswales.com/en/skills-gateway/)

**Tel:** 0800 028 4844

**Text:** 0800 0029 489

Monday to Friday, 9am to 6pm

## **Universal Jobmatch**

Darparu cymorth i ddod o hyd i swydd.  
Mae'r gwasanaeth hwn yn gofyn i  
ddefnyddwyr gofrestru ar-lein.

[www.gov.uk/jobsearch](http://www.gov.uk/jobsearch)

Provides help with finding a job. This  
service requires users to register online.

[www.gov.uk/jobsearch](http://www.gov.uk/jobsearch)

## **Jobcentre Plus**

**Ffôn:** 0345 606 7890

**Ffôn testun:** 0345 605 5255,

**Llinell Saesneg:** 0345 606 0234

(Dydd Llun i ddydd Gwener, 8am i 6pm)

**Cysylltu â'ch Canolfan Byd Gwaith lleol**

**Ffôn:** 0345 604 4248

**Ffôn testun:** 0345 608 8551

**Llinell Saesneg:** 0345 604 3719

(Dydd Llun i ddydd Gwener, 8am i 6pm)

<http://los.direct.gov.uk/default.aspx?type=1&lang=cy>

**Tel:** 0345 606 0234

**Textphone:** 0345 605 5255

**Welsh language:** 0345 606 7890

(Mon to Fri, 8am to 6pm)

**Contact your nearest Jobcentre Plus**

**Tel:** 0345 604 3719

**Text:** 0345 608 8551

**Welsh language:** 0345 604 4248

(Mon to Fri, 8am to 6pm)

<http://los.direct.gov.uk/default.aspx?type=1&lang=en>

## **Ceisiadau newydd am fudd-dal**

**Ffôn:** 0800 012 1888

**Ffôn testun:** 0800 023 4888

**Llinell Saesneg:** 0800 055 6688

(Dydd Llun i ddydd Gwener, 8am i 6pm)

## **New benefit claims**

**Tel:** 0800 055 6688

**Textphone:** 0800 023 4888

**Welsh language:** 0800 012 1888

(Monday to Friday, 8am to 6pm)

## **Cefnogaeth i Ddioddefwyr | Victim Support**

### **BAWSO (Black Association of Women Step Out)**

Darparu cefnogaeth arbenigol i  
gymunedau Ethnig Du a Lleiafrifol, a hefyd  
i bobl sydd wedi eu masnachu a'r rhai  
hynny sy'n profi neu dan fygythiad o  
briodas orfodol a Llurguniad Genitalia  
Benywaidd. [www.bawso.org.uk](http://www.bawso.org.uk)

**Cyfeiriad:** 9 Cathedral Road, Cardiff,  
CF11 9HA.

**Rhif Ffôn Caerdydd:** 02920 644 633

**Rhif Ffôn Casnewydd:** 01633 213213

**Rhif Ffôn Cefnogi Dioddefwyr:**  
02920 578 408

Provides specialist support to Black and  
Minority Ethnic (BME) communities, and  
also to people who have been trafficked  
and those experiencing or at risk of forced  
marriage and Female Genital Mutilation.  
[www.bawso.org.uk](http://www.bawso.org.uk)

**Address:** 9 Cathedral Road, Cardiff,  
CF11 9HA.

**Tel Cardiff:** 02920 644 633

**Tel Newport:** 01633 213213

**Victim Support Tel:**  
02920 578 408

## Victim Support

Darparu gwasanaeth yn rhad ac am ddim i unrhyw un sydd wedi ei effeithio gan droedd a wnaed yn eu herbyn neu rywun maen nhw'n ei adnabod - pryd bynnag y digwyddodd y droedd neu p'un ai y'i hadroddwyd neu beidio.

[www.victimsupport.org.uk/what-we-do/local-services/wales](http://www.victimsupport.org.uk/what-we-do/local-services/wales)

**Llinell Gymorth:** 0808 1689 111

**De Cymru:** 0300 303 0161

**Gogledd Cymru:** 0300 303 0159

Provides free services to anyone affected by a crime committed against themselves or someone they know - regardless of when the crime happened or whether it was reported.

[www.victimsupport.org.uk/what-we-do/local-services/wales](http://www.victimsupport.org.uk/what-we-do/local-services/wales)

**Helpline:** 0808 1689 111

**South Wales:** 0300 303 0161

**North Wales:** 0300 303 0159

## Visa a Mewnfudo | Visa and Immigration

[www.gov.uk/browse/visas-immigration](http://www.gov.uk/browse/visas-immigration)

<https://www.gov.uk/government/organisations/uk-visas-and-immigration>

## Citizens Advice

Gallu helpu gyda phroblemau mewnfudo.

[www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems](http://www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems)

**Dod o Hyd i Gynghorydd Mewnfudo**

[www.gov.uk/find-an-immigration-adviser/search-for-an-adviser](http://www.gov.uk/find-an-immigration-adviser/search-for-an-adviser)

Can help with immigration problems.

[www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems](http://www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems)

**Finding an Immigration Advisor**

[www.gov.uk/find-an-immigration-adviser/search-for-an-adviser](http://www.gov.uk/find-an-immigration-adviser/search-for-an-adviser)

## Gwirfoddoli | Volunteering

### Volunteering Wales

Darparu ffordd gyflym o ddod o hyd i gyfleoedd gwirfoddoli.

<https://www.gwirfoddolicymru.net/>  
PDF o ganolfannau gwirfoddoli ledled Cymru: [www.volunteering-wales.net/uploads/volunteer\\_centre\\_contacts/Volunteer\\_Centre\\_contacts\\_eng.pdf](http://www.volunteering-wales.net/uploads/volunteer_centre_contacts/Volunteer_Centre_contacts_eng.pdf)

Provides a quick way to find volunteering opportunities.

[www.volunteering-wales.net](http://www.volunteering-wales.net)

PDF of volunteering centres across Wales:  
[www.volunteering-wales.net/uploads/volunteer\\_centre\\_contacts/Volunteer\\_Centre\\_contacts\\_eng.pdf](http://www.volunteering-wales.net/uploads/volunteer_centre_contacts/Volunteer_Centre_contacts_eng.pdf)

## WCVA (Wales Council for Voluntary Action)

Cyngor Gweithredu Gwirfoddol Cymru.  
Cynrychioli ac ymladd dros sefydliadau,  
gwirfoddolwyr a chymunedau gwirfoddol.

[www.wcva.org.uk/volunteering](http://www.wcva.org.uk/volunteering)

**Cyfeiriad:** Baltic House, Mount Stuart  
Square, Cardiff CF10 5FH  
**Rhif Ffôn:** 0800 288 8329

**Wales Council for Voluntary Action.**  
Represents and campaigns for voluntary  
organisations, volunteers and  
communities.

[www.wcva.org.uk/volunteering](http://www.wcva.org.uk/volunteering)

**Address:** Baltic House, Mount Stuart  
Square, Cardiff CF10 5FH  
**Tel:** 0800 288 8329

## C3SC (Cardiff Third Sector Council)

Cefnogi ymddiriedolwyr a gwirfoddolwyr  
yn eu gwaith, a hyrwyddo cyfleoedd i  
ddod yn wirfoddolwr.

[www.c3sc.org.uk](http://www.c3sc.org.uk)

**Rhif Ffôn:** (029) 2048 5722  
**E-bost:** [enquiries@c3sc.org.uk](mailto:enquiries@c3sc.org.uk)

Supports trustees and volunteers in their  
work, and promotes opportunities to  
become a volunteer

[www.c3sc.org.uk](http://www.c3sc.org.uk)

**Tel:** (029) 2048 5722  
**Email:** [enquiries@c3sc.org.uk](mailto:enquiries@c3sc.org.uk)

## Lles | Wellbeing

### Healthy Working Wales

Darparu cefnogaeth i gynorthwyo pobl  
oed gweithio yng Nghymru i gadw'n heini  
ac yn iach fel y gallan nhw aros mewn  
cyflogaeth neu fynd yn ôl i'r gwaith ar ôl  
cyfnod o salwch.

[www.healthyworkingwales.com](http://www.healthyworkingwales.com)

**Rhif Ffôn:** 0845 609 6006  
**E-bost:** [workplacehealth@wales.nhs.uk](mailto:workplacehealth@wales.nhs.uk)

Provides support to help people of  
working age in Wales to stay fit and  
healthy so they can remain in  
employment, or return to work following a  
period of ill health.

[www.healthyworkingwales.com](http://www.healthyworkingwales.com)

**Tel:** 0845 609 6006  
**Email:** [workplacehealth@wales.nhs.uk](mailto:workplacehealth@wales.nhs.uk)

### Health Challenge Wales

Yn cyfeirio aelodau o'r cyhoedd at  
wybodaeth neu weithgarwch sy'n eu  
cynorthwyo i wella eu hiechyd, gan  
gynnwys iechyd meddwl.

[http://www.heriechydymru.org/iechyd-meddwl-  
da-a-lles](http://www.heriechydymru.org/iechyd-meddwl-da-a-lles)

**Rhif Ffôn:** 02920 227744

Signposts members of the public to  
information or activity to help them  
improve their health, including mental  
health.

[www.healthchallengewales.org/mental-health-  
and-well-being](http://www.healthchallengewales.org/mental-health-and-well-being)

**Tel:** 02920 227744

## Cefnogaeth yn y gweithle | Workplace support

### TUC

Ymgrchu dros fargen deg yn y gwaith a chyflawnder cymdeithasol gartref a thramor.

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

Dewch o hyd i'r Undeb iawn i chi:

[www.tuc.org.uk/about-tuc/union-finder](http://www.tuc.org.uk/about-tuc/union-finder)

Campaign for a fair deal at work and for social justice at home and abroad.

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

Find the right Union for you:

[www.tuc.org.uk/about-tuc/union-finder](http://www.tuc.org.uk/about-tuc/union-finder)

### Cost Galwadau

Brasamcan yw'r costau isod. Gwiriwch gyda'ch darparwr ffôn i gael yr union gost, yn enwedig os ydych yn galw o dramor. Gall galwadau o ffon talu gostio mwy.

| Rhif yn dechrau gyda | Disgrifiad  | Cost pob munud o linellau daear (brasamcan)                | Cost pob munud o ffonau symudol (brasamcan)                |
|----------------------|---|--|--|
| 01                   | Rhifau daearyddol ar gyfer rhannau penodol o'r DU   | Hyd at 13c   | 3c i 55c   |
| 02                   |   |  |  |
| 03                   | Rhifau ledled y DU  | Hyd at 9c  | 3c i 55c   |
| 0345                 |   |  |  |
| 030                  | Sefydliau nid-er-elw, elusennau a chyrrf cyhoeddus  | Hyd at 10c   | 3c i 55c   |
| 0500                 | Gwasanaeth rhadffon   | Am ddim  | 7c i 40c   |
| 07                   | Ffonau symudol  | 10c i 20c  | 3c i 55c   |
| 070                  | Rhifau personol neu 'dilynnwch fi' a reoleiddir gan y <a href="#">Phone-paid Services Authority</a> | 4c i £3.40 (ac o bosib 51c yr alwad)                       | 30c i £2.50 (ac o bosib 51c yr alwad)                      |
| 0800                 | Gwasanaeth rhadffon   | Am ddim  | Am ddim  |
| 0808                 |   |  |  |
| 0843                 | Rhifau cyfradd busnes   | hyd at 7c a <a href="#">ghost mynediad</a> ech cwmni ffôn  | hyd at 7c a <a href="#">ghost mynediad</a> ech cwmni ffôn  |
| 0844                 |   |  |  |
| 0845                 |   |  |  |
| 0870                 | Rhifau cyfradd busnes a reoleiddir gan y <a href="#">Phone-paid Services Authority</a>              | hyd at 13c a <a href="#">ghost mynediad</a> ech cwmni ffôn | hyd at 13c a <a href="#">ghost mynediad</a> ech cwmni ffôn |
| 0871                 |   |  |  |
| 0872                 |   |  |  |

| Rhif yn dechrau gyda | Disgrifiad   | Cost pob munud o linellau daear (brasamcan)   | Cost pob munud o ffonau symudol (brasamcan)   |
|----------------------|--|---|---|
| 0873                 |  |   |   |
| 09                   | Rhifau cyfradd premiwm a reoleiddir gan y <a href="#">Phone-paid Services Authority</a>        | hyd at £3.60 a <u>chost mynediad</u> eich cwmni ffôn, a 5c i £6 yr alwad            | hyd at £3.60 a <u>chost mynediad</u> eich cwmni ffôn, a 5c i £6 yr alwad            |
| 101                  | Rhif yr Heddlu nad ydynt yn rhai brys  | 15c yr alwad  | 15c yr alwad  |
| 105                  | Llinell gymorth toriad pŵer ar draws y DU  | Am ddim   | Am ddim   |
| 111                  | Cyngor meddygol nad ydynt yn rhai brys   | Am ddim   | Am ddim   |
| 112                  | Gwasanaethau argyfwng  | Am ddim   | Am ddim   |
| 116                  | Rhifau rhadffon  | Am ddim   | Am ddim   |
| 118                  | Rhifau ymholiadau rhifau ffôn a reoleiddir gan y <a href="#">Phone-paid Services Authority</a> | hyd at £5 a <u>chost mynediad</u> eich cwmni ffôn, ac o bobis hyd at £6.98 yr alwad | hyd at £5 a <u>chost mynediad</u> eich cwmni ffôn, ac o bobis hyd at £6.98 yr alwad |
| 999                  | Gwasanaethau argyfwng  | Am ddim   | Am ddim   |

Cewch gyngor gan Ofcom os oes gennych broblemau gyda chostau galwadau neu filiau ffôn.  
<https://www.ofcom.org.uk/cymru/phones-telecoms-and-internet/advice-for-consumers>

## Call charges (English)

The costs below are approximate. Check with your phone provider to find out the actual cost, particularly if you're calling from abroad. Calls from payphones can cost more.

| Number starts with | Description                                     | Cost from landlines per minute (approximate) | Cost from mobiles per minute (approximate) |
|--------------------|---|--|--|
| 01                 | Geographic numbers for specific parts of the UK | up to 13p                                    | 3p to 55p                                  |
| 02                 |   |  |  |
| 03<br>0345         | UK-wide numbers                                 | up to 9p                                     | 3p to 55p                                  |
| 030                | Not-for-profit organisations,                   | up to 10p                                    | 3p to 40p                                  |

| <b>Number starts with</b>    | <b>Description</b>   | <b>Cost from landlines per minute (approximate)</b>  | <b>Cost from mobiles per minute (approximate)</b>  |
|------------------------------|--|--|--|
| charities and public bodies  |  |  |  |
| 07                           | Mobile numbers   | 10p to 20p   | 3p to 55p  |
| 070                          | Personal or ‘follow me’ numbers regulated by the <a href="#">Phone-paid Services Authority</a> | 4p to £3.40 (plus a possible 51p per call)   | 30p to £2.50 (plus a possible 51p per call)  |
| 0800<br>0808                 | Freephone service  | Free   | Free   |
| 0843<br>0844<br>0845         | Business rate numbers  | up to 7p and your phone company’s <a href="#">access charge</a>                                      | up to 7p and your phone company’s <a href="#">access charge</a>                                      |
| 0870<br>0871<br>0872<br>0873 | Business rate numbers regulated by the <a href="#">Phone-paid Services Authority</a>           | up to 13p and your phone company’s <a href="#">access charge</a>                                     | up to 13p and your phone company’s <a href="#">access charge</a>                                     |
| 09                           | Premium rate numbers regulated by the <a href="#">Phone-paid Services Authority</a>            | up to £3.60 and your phone company’s <a href="#">access charge</a> , plus 5p to £6 per call          | up to £3.60 and your phone company’s <a href="#">access charge</a> , plus 5p to £6 per call          |
| 101                          | Police non-emergency number  | 15p per call   | 15p per call   |
| 105                          | UK-wide power cut helpline   | Free   | Free   |
| 111                          | Non-emergency medical advice   | Free   | Free   |
| 112                          | Emergency services   | Free   | Free   |
| 116                          | Freephone numbers  | Free   | Free   |
| 118                          | Directory enquiry numbers regulated by the <a href="#">Phone-paid Services Authority</a>       | up to £5 and your phone company’s <a href="#">access charge</a> , plus possibly up to £6.98 per call | up to £5 and your phone company’s <a href="#">access charge</a> , plus possibly up to £6.98 per call |
| 999                          | Emergency services   | Free   | Free   |

Get advice from Ofcom if you have problems with call charges or phone bills.

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers>

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