RARE resources WALES



5 Cymorth a gwybodaeth i'ch plentyn

5 Support and information for your child

Mae Rare Resources yn gasgliad o ganllawiau gwybodaeth i deuluoedd sydd wedi cael diagnosis o gyflwr genetig neu brin yn ddiweddar, sydd ar y daith at ddiagnosis, neu sydd wedi cael gwybod bod cyflwr eu plentyn mor brin fel na fyddant yn cael diagnosis efallai.

Datblygwyd y canllawiau Rare Resources mewn cydweithrediad rhwng Genetic Alliance UK a theuluoedd yng Nghymru. Mae'r canllawiau'n rhoi dolenni at ffynonellau gwybodaeth a chymorth dibynadwy, ac yn cynnwys 'awgrymiadau da' gan deuluoedd eraill.

Mae Rare Resources yn cynnwys y canllawiau canlynol:

1. Eglurhad o gyflyrau genetig, prin a heb ddiagnosis
2. Y daith at ddiagnosis
3. Defnyddio'r GIG yng Nghymru
4. Cymorth a gwybodaeth i rieni a gofalwyr
5. Cymorth a gwybodaeth i'ch plentyn
6. Cyfeiriadur gwybodaeth sy'n rhoi manylion y gwasanaethau cymorth sydd ar gael yng Nghymru

Gellir lawrlwytho'r canllawiau Rare Resources o bit.ly/rareresourceswales

Er mwyn gofyn am gopi caled o unrhyw un o'r canllawiau Rare Resources, cysylltwch â Genetic Alliance UK ar contactus@geneticalliance.org.uk neu 0300 124 0441.

Rare Resources is a collection of information guides for families who have recently received a diagnosis of a genetic or rare condition, are on the journey to a diagnosis, or have been told their child's condition is so rare they might not get a diagnosis.

The Rare Resources guides have been developed in collaboration between Genetic Alliance UK and families in Wales. The guides provide links to reliable sources of information and support, and contain 'top tips' from other families.

Rare Resources contains the following guides:

1. Genetic, rare and undiagnosed conditions explained
2. The journey to diagnosis
3. Using the NHS in Wales
4. Support and information for parents and carers
5. Support and information for your child
6. Information directory detailing support services available in Wales

The Rare Resources guides can be downloaded from bit.ly/rareresourceswales

To request a hard copy of any of the Rare Resources guides, please contact Genetic Alliance UK at contactus@geneticalliance.org.uk or 0300 124 0441.

GENETIC ALLIANCE UK

RARE resources WALES

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5.1 Cefnogi eich plentyn

5.1 Supporting your child



Os oes gan eich plentyn gyflwr genetig, prin neu heb ddiagnosis, mae'n debyg y bydd ganddo'r hawl i ryw fath o gymorth.

If your child has a genetic, rare or undiagnosed condition it is likely that they will be entitled to some kind of support.

Gall y cymorth hwn fod yn gymorth ymarferol fel cymhorthion a chyfarpar, neu'n gymorth i gael cyfleoedd i chwarae a chael hwyl.

Weithiau, pan fydd gan blentyn cyflwr prin iawn, neu fod y plentyn heb gael diagnosis, gall y rhieni boeni y bydd hi'n anodd iddynt fynd at y gwasanaethau sydd eu hangen ar eu plentyn.

Nid felly mohoni – yng Nghymru, dylech allu cael gwybodaeth a chymorth ar sail anghenion eich plentyn, nid y diagnosis.

Yn yr adran hon cewch0 wybodaeth am y cymorth sydd ar gael, sut i gael gafael arno, a manylion ble allwch chi gael rhagor o wybodaeth.

This can include practical help such as aids and equipment, or support to access play and fun opportunities.

Sometimes, when a child has a very rare condition, or if a child is undiagnosed, parents can be worried that they may find it difficult to access the services their child needs.

This is not the case – in Wales, you should be able to access information and support based on your child's needs, not their diagnosis.

In this section you will find information about support available, how to access it and details of where further information can be found.

5.2 Siarad efo eich plentyn am ei gyflwr genetig, prin neu heb ddiagnosis

5.2 Talking to your child about their genetic, rare or undiagnosed condition



Yn aml, bydd teuluoedd yn poeni am yr effaith y gall plentyn sydd â chyflwr genetig, prin neu heb ddiagnosis ei gael arnyn nhw a'u brodyr a'u chwiorydd.

Families often worry about the impact having a child with a genetic, rare or undiagnosed condition may have on them and their siblings.

Os yw'n briodol, efallai y byddwch chi eisiau siarad efo eich plentyn ac unrhyw frodyr a chwiorydd am ei gyflwr genetig, prin neu heb ddiagnosis.

Gwnewch beth sy'n teimlo'n iawn i chi. Mae pob teulu yn wahanol ac nid oes un ffordd gywir neu anghywir o angenrheidrwydd i siarad efo eich plant am y cyflwr.

Rydym wedi rhoi rhywfaint o gyngor isod i chi allai fod yn ddefnyddiol, ond chi yn aml fydd yr arbenigwr ar gyflwr eich plentyn a sut mae'n effeithio arno a'i frodyr a'i chwiorydd. Felly chi fydd yn gwybod orau sut i siarad efo eich plant.

If appropriate, you may wish to talk to your child and their siblings about their genetic, rare or undiagnosed condition.

Do what feels right for you. Every family is different and there isn't necessarily a right or wrong way to talk to your children about their condition.

We have provided some tips you might find helpful below, but you will often be the expert in your child's condition and how it affects them and their siblings and will therefore know how best to talk to your children.

Cyngor Gan Rieni

Cymryd eich amser

Cyn i chi fynd ati i siarad efo eich plentyn, rhowch amser i chi'ch hun ddod i ddeall y cyflwr a beth mae'n ei olygu. Mae rhai elusennau sy'n benodol i un cyflwr wedi datblygu adnoddau i rieni ac efallai bod rhai penodol hefyd i helpu gael sgwrs efo eich plant.

Os nad oes adnodd sy'n benodol i gyflwr eich plentyn chi, gallwch edrych ar eraill i roi syniad o sut allwch chi roi gwybodaeth sy'n hawdd i'w deall.

Defnyddio adnoddau

Mae llawer o sefydliadau i gleifion wedi cynhyrchu gwybodaeth i blant. Mae llawer o lyfrau a thaflenni sy'n egluro geneteg a chyflyrau genetig mewn ffordd sy'n hwyliog ac yn hawdd i'w deall.

Chwiliwch ar y we am lyfrau plant a darllen adolygiadau gan rieni eraill. Mae llawer o grwpiau i gleifion wedi cynhyrchu taflenni neu adnoddau eraill i egluro cyflwr neilltuol.

Pan nad oes gan eich plentyn ddiagnosis

Os nad oes gan eich plentyn ddiagnosis, efallai y byddai'n dda o beth gwylio fideo 'Ellie's Story' gan SWAN UK efo eich plentyn. bit.ly/elliesstory

Mae hanes Ellie, ar ffurf animeiddiad, yn egluro pam bod plant yn gallu bod heb ddiagnosis. Mae gan SWAN UK hefyd daflenni gwybodaeth y gall rhieni eu defnyddio fel canllaw i helpu egluro beth mae'n ei olygu i fod heb ddiagnosis.

Top Tips From Parents

Take your time

Before you talk to your child, allow yourself time to understand the condition and what it means. Some condition specific charities have developed resources designed for parents and there may also be specific ones to help have conversations with your children.

If there is not a condition specific resource for your child's condition, looking at others may be helpful to give an idea of how you can provide easy to understand information.

Use resources

Many patient organisations have produced information for children. There are many books and leaflets that explain genetics and genetic conditions in a fun and easy to understand way.

Search online for children's books and check reviews from other parents. Many patient groups have produced leaflets or other resources to explain a particular condition.

When your child doesn't have a diagnosis

If your child doesn't have a diagnosis you might find it helpful to watch SWAN UK's video, 'Ellie's Story' with your child. bit.ly/elliesstory

Ellie's story, which is in the form of an animation, explains why children can be undiagnosed. SWAN UK also has information leaflets which parents can use as a guide to help explain what it means to be undiagnosed.

Gadael i'ch plentyn arwain y sgwrs

Efallai bod y cyflwr yn drysu neu'n llethu eich plentyn neu ei frodyr a'i chwiorydd. Efallai bod ganddynt gwestiynau am y cyflwr neu wedi dweud rhywbeth wrthych chi, neu wrth rywun arall, allai brocio sgwrs am agweddau ar y cyflwr.

Efallai y bydd hi'n haws neu'n fwy priodol i chi gael sgwrs efo eich plant pan fyddwch chi'n gwybod fod ganddynt bryderon neu gwestiynau, yn hytrach na'ch bod chi'n eu llethu nhw neu chi'ch hunan, neu'n ceisio mynd i'r afael â'r cyflwr fel un pwnc mawr. Er hynny, gallech chi hefyd ddweud wrthynt bod croeso iddynt siarad efo chi unrhyw bryd am unrhyw ofnau neu bryderon sydd ganddynt.

Siarad a chyfarfod â theuluoedd eraill

Drwy siarad a chyfarfod ag eraill sydd mewn sefyllfa debyg, gall hyn wneud i chi deimlo'n llai unig a'ch helpu chi i weld nad ydych chi ar eich pen eich hun. Os oes teuluoedd eraill wedi mynd drwy brofiad tebyg, efallai y byddant yn gallu rhoi cyngor i chi ar yr hyn weithiodd iddyn nhw wrth siarad efo'u plant am y cyflwr.

Gall fod yn help i blant gael cyfle i gyfarfod neu siarad â phlant neu frodyr a chwiorydd eraill fel y gallant gael rhywun i uniaethu â nhw. Canolbwyntiwch ar beth sy'n bwysig i'ch plant chi. Ceisiwch ofalu eich bod chi yno'n gefn iddynt ar gyfer y pethau sydd bwysicaf iddynt (er enghraifft, mynd i'w gwylio mewn chwaraeon, treulio amser yn chwarae eu hoff gêm.)

Annog chwarae

Dysgwch gemau a gweithgareddau i'r plant y gallant eu gwneud efo'u brawd neu'u chwaer sydd â chyflwr prin, genetig neu heb ddiagnosis.

Dweud wrth yr ysgol

Rhowch wybod i'r ysgol am unrhyw newidiadau yn y cartref fel bod y rheiny sy'n rhan o addysg eich plentyn yn gallu cefnogi y gorau gallant.

Gofyn am gyngor

Os oes gan eich plentyn ddiagnosis, efallai eich bod chi'n gweld cwnselydd genetig a gallwch drafod sut allech chi siarad efo eich plentyn a'i frodyr a'i chwiorydd am y cyflwr. Gall hyn olygu bod eich plentyn yn bresennol mewn apwyntiad ble mae'r diagnosis yn cael ei egluro.

Bydd cwnselwyr genetig yn gallu helpu i weld y lefel o wybodaeth sydd ei hangen ar eich plentyn. Efallai byddant hefyd yn gallu rhoi adnoddau i chi a'ch cyfeirio at grwpiau cymorth all fod yn llefydd gwych i gael gwybodaeth, cyngor ac adnoddau.

Let your children lead the conversation

Your child or their siblings may feel confused or overwhelmed by the condition. They may have questions about the condition or have said something to you or someone else that might prompt a conversation about aspects of the condition.

You might find it easier or appropriate to have a conversation with your children when you know that they have concerns or questions rather than overwhelming them or yourself or trying to tackle their condition as a whole subject. However, you could also let them know that they can talk to you at any time about any worries or concerns they might have.

Talk to and meet other families

Talking and meeting up with others who are in a similar situation can reduce your feelings of isolation and help you to feel less alone. If other families have gone through a similar experience they might be able to offer tips on what has worked for them when talking to their children about their condition.

It can also be helpful for children to have a chance to meet or talk to other children or siblings so that they can have someone that they can relate to. Focus on what is important to your children. Try to ensure you are there for the things that are most important to them (for example, going to watch them in a sporting match, spending time playing with their favourite game).

Encourage play

Teach children games and activities that they can do with their brother or sister affected by a rare, genetic or undiagnosed condition.

Keep school informed

Keep the school up to date on any changes at home so those involved in your child's education can best support them.

Seek advice

If your child has a diagnosis you may be seeing a genetic counsellor and you can discuss with them how you might talk to your child and their siblings about their condition. This might include your child being present at an appointment where the diagnosis is explained.

Genetic counsellors will be able to help gauge the level of information needed for your child. They might also be able to provide you with resources and signpost to support groups which can be an excellent source of information, advice and resources.

5.3 **Cefnogi brodyr a chwiorydd**

5.3 **Supporting siblings**



Yn ôl gwaith ymchwil yn adroddiad 'Rare Disease UK' dan y teitl 'understanding children and young people's experiences', mae brodyr a chwiorydd yn deall cryn dipyn am ofal y plentyn, ac yn datblygu sgiliau empathi a thosturi.

Research from Rare Disease UK's report 'understanding children and young people's experiences' shows that siblings typically understand a great deal about their brother's or sister's care, and develop skills in empathy and compassion.

Gall fod yn anodd bod yn frawd neu'n chwaer i blentyn sydd â chyflwr genetig, prin neu ddiagnosis. Gall brodyr a chwiorydd wynebu heriau ymarferol ac emosiynol.

Yn ogystal â phoeni am eu brawd neu eu chwaer, mae brodyr a chwiorydd hefyd yn poeni am eu rhieni neu ofalwyr oherwydd eu bod nhw'n gwybod y gallant deimlo 'dan straen' neu'n 'ofnus' hefyd. Nid yw'n anghyffredin i frodyr a chwiorydd orfod treulio tipyn o'u hamser mewn ysbytai, neu'n aros efo aelodau eraill o'r teulu. Gall olygu bod brodyr a chwiorydd yn methu cael amser o werth efo'u rhieni a'u brawd neu chwaer. Efallai eu bod yn methu achlysuron a digwyddiadau arbennig, fel pen blwyddi a gwyliau.

'Dywedodd fy mab wrtha' i yn ddiweddar ei fod wedi methu parti pen blwyddyn flynyddoedd yn ôl oherwydd fod ei frawd yn yr ysbyty. Roedd hyn wir yn ei boeni, ond doeddwn i heb sylweddoli ar y pryd.'
Rhiant oedolyn ifanc â niwroffibromatosis

I rieni neu ofalwyr, gall fod yn anodd cael y cydbwysedd rhwng bodloni anghenion eu plentyn sydd â chyflwr genetig, prin neu heb ddiagnosis ac anghenion unrhyw blant eraill sydd ganddynt.

'Rwy'n poeni am fy mhlant eraill/mhlentyn. Sut maen nhw'n cael profiad o gymdeithas ac yn delio gydag anwybodaeth. Pa gymorth sydd ar gael iddynt deimlo'n bwysig ac o bwys?'
Aelod gweithdy

Brodyr neu chwiorydd sy'n ofalwyr

Gall brawd neu chwaer fod yn 'ofalwr ifanc' os ydynt yn rhoi gofal i'ch plentyn chi sydd â chyflwr genetig, prin neu heb ddiagnosis.

Yng Nghymru, mae gan ofalwyr ifanc yr hawl i gymorth dan y Ddeddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014. Mae'r Ddeddf yn ystyried bod y brawd neu'r chwaer yn ofalwr ifanc os yw o/hi rhwng 16 a 25 oed. Dylai gofalwyr ifanc gael asesiad ac mae ganddynt yr hawl i gael gofal a chymorth gan eu cyngor lleol.

Being the sibling of a child with a genetic, rare or undiagnosed condition can be difficult. Siblings can face both practical and emotional challenges.

As well as worrying about their brother or sister, siblings also worry about their parents or carers because they know they can feel 'stressed' or 'scared' too. It is not uncommon for siblings to have to spend a lot of their time in hospitals, or staying with other family members. It can mean that siblings miss out on precious time with their parents and brother or sister, and that they may miss out on special occasions and events, like birthdays and holidays.

'My son recently told me that he had missed out on a birthday party years ago because his brother was in hospital. It really bothered him, but I didn't realise at the time.'
Parent of a young adult with neurofibromatosis

For parents or carers, making sure the needs of their child with a genetic, rare or undiagnosed condition and the needs of their siblings are met, can be hard to balance.

'I worry about my other children/child. How they experience society and navigate ignorance. What support is there for them to feel valued and important?'
Workshop participant

Siblings as carers

A sibling may be a 'young carer' if they provide care for your child who has a genetic, rare or undiagnosed condition.

In Wales, young carers are entitled to support under the Social Services & Wellbeing (Wales) Act 2014. The sibling is considered a young carer in the Act if they are between the ages of 16-25. Young carers should receive an assessment and have a right to receive a care and support plan from their local council.

Rhaid gwneud asesiad cyfansawdd o fewn 42 diwrnod gwaith i'r atgyfeiriad i sicrhau ymateb amserol i anghenion plentyn. Wrth asesu gofalwr ifanc sydd rhwng 16 a 25 oed, rhaid i'r asesiad gynnwys asesiad o unrhyw bontio y mae'r gofalwr yn debygol o'i wneud i addysg bellach neu uwch, cyflogaeth neu hyfforddiant, rŵan neu yn y dyfodol.

'Mae'n rhaid iddo fynd i'r ysbyty drwy'r amser. Y tro hwn, rydym ni wedi bod yn byw yno am un ar ddeg mis. 'Rydw i'n aros wrth ei ochr. Pan fydd dad yn y gwaith, mi fydda' i'n cysgu ar lawr yr ysbyty.
Mae bywyd yn anodd. Mae'n anodd mynd i'r ysbyty pob diwrnod ac 'rydw i'n mynd yn sâl car yn teithio nôl a 'mlaen i'r ysgol pob diwrnod.
Ac mae'n rhaid i mi godi yn fuan iawn er mwyn cyrraedd yr ysgol ar amser oherwydd mae'n bell iawn o'r ysbyty. Mae'n anodd oherwydd bod mam a dad yn mynd yn drist weithiau oherwydd y straen.'
Brawd/chwaer plentyn sydd â chyflwr prin

Mae gan ofalwyr ifanc hefyd yr hawl i gael cynllun cymorth a gofal gan eu cyngor lleol. Rhaid i gynlluniau gofal a chymorth i ofalwyr ifanc ac oedolion ifanc sy'n ofalwyr ddefnyddio iaith briodol fel bod gofalwyr ifanc ac oedolion ifanc sy'n ofalwyr yn gallu bod yn rhan lawn o'r broses gynllunio. Rhaid i bob cynllun cymorth i ofalwyr gael dyddiad adolygu. Yn achos plentyn, ni ddylai dyddiad yr adolygiad fod yn fwy na chwe mis.

'Mae fy nghanolfan gofalwyr yn cynnal grŵp cymorth i frodyr a chwiorydd – mae fy mechgyn i wir yn edrych ymlaen at fynd yno.'
Aelod gweithdy

Cysylltwch â'r ganolfan gofalwyr sy'n lleol i chi am wybodaeth am hawliau gofalwyr ifanc a'r broses ar gyfer cael datganiad i ofalwr ifanc.

Pwy sy'n cynnig cymorth i frodyr a chwiorydd?

Mae Contact yn elusen i deuluoedd sydd â phlant anabl. Maent wedi datblygu canllaw i frodyr a chwiorydd sydd yn llawn gwybodaeth ddefnyddiol:
bit.ly/rrcontactsibling

Gallwch lawr lwytho'r canllaw ar wefan Contact neu ffonio'r llinell gymorth ar 0808 808 3555 i gael copi.

Mae SIBS yn elusen yn y DU sy'n rhoi gwybodaeth am gefnogi brodyr a chwiorydd plant ac oedolion anabl. Ar eu tudalen we, fe gewch nifer o adnoddau i'w lawr lwytho:
bit.ly/rrsiblings

Mae canolfannau gofalwyr lleol yn rhoi gwybodaeth a chymorth i frodyr a chwiorydd a gofalwyr ifanc. Efallai bod grwpiau cymorth neu ddiwrnodau hwyliog i frodyr a chwiorydd yn eich ardal chi.

A comprehensive assessment must be made within 42 working days of a referral to ensure a timely response to a child's needs. When assessing a young carer who is aged between 16 and 25, the assessment must include an assessment of any current or future transitions the carer is likely to make into further or higher education, employment or training.

'He has to go into hospital all the time. This time we have lived there for eleven months. I stay by his side. When my dad is at work I sleep on the floor in hospital.
Life is hard. It's hard going to hospital every day I get travel sick travelling to and from school every day. And I have to get up really early so I can get to school on time because it's a long way from the hospital. It's hard because mam and dad get sad sometimes because of stress.'
Sibling of a child with a rare condition

Young carers also have a right to receive a care and support plan from their local council. Care and support plans for young and young adult carers must use appropriate language so that young and young adult carers are able to fully participate in the planning process. All support plans for carers must have a review date. In the case of a child, the date of review must not exceed six months.

'My carers centre runs a support group for siblings – my boys really look forward to going along.'
Workshop participant

Contact your local carers' centre for information on young carers' rights and the process for obtaining a young carer statement.

Who offers sibling support?

Contact is a charity for families with disabled children. They have developed a Siblings guide which is full of helpful information:
bit.ly/rrcontactsibling

The Siblings guide can be downloaded on the Contact website or you can call the free helpline on 0808 808 3555 to receive a copy.

SIBS is a UK charity that provides information on supporting siblings of disabled children and adults. Their webpage provides a number or resources which can be downloaded:
bit.ly/rrsiblings

Local carer's centres can provide information and support for siblings and young carers. There may be support groups or fun days for siblings in your local area.


PITCHSIDE
PITCHSIDE

5.4 Pa gymorth sydd gan eich plentyn yr hawl i'w gael?

5.4 What support is your child entitled to?



Y Ddeddf Gwasanaethau Cymdeithasol a Llesiant 2014 yw'r fframwaith cyfreithiol ar gyfer darparu gwasanaethau cymdeithasol yng Nghymru. Yn lleol, mae byrddau diogelu plant rhanbarthol yn cydlynu a sicrhau gwaith i gefnogi lles ein plant a'n pobl ifanc drwy gynnig y cymorth iawn ar yr adeg iawn gan y bobl iawn.

The Social Services and Well-being Act 2014 is the legal framework for social service provision in Wales. At a local level, regional safeguarding children boards co-ordinate and ensure work to support the wellbeing of our children and young people, by offering the right help at the right time from the right people.

Efallai bydd angen mwy o gymorth arbenigol ar blant sydd â chyflyrau genetig, prin neu heb ddiagnosis i roi sylw i anghenion sy'n arbennig o sylweddol, cymhleth neu luosog.

Bydd y rheiny sydd yn rhan o ofal eich plentyn yn adnabod ac yn ystyried anghenion fel hyn, gan weithio mewn partneriaeth â phlant, pobl ifanc a theuluoedd drwy asesu anghenion.

Asesu anghenion

Mae'n rhaid i asesiad anghenion asesu anghenion plentyn y mae arno 'angen gofal a chymorth.' Mater i'r awdurdod lleol yw penderfynu ar hyd a lled yr asesiad.

Rhaid i asesiadau ystyried:
- Amgylchiadau yr unigolyn
- Deilliannau personol yr unigolyn
- Y rhwystrau rhag cyflawni'r deilliannau hyn
- Y risgiau os nad yw'r deilliannau hyn yn cael eu cyflawni
- Cryfderau a galluoedd yr unigolyn

Ar ddiwedd yr asesiad, os gwelir bod yna anghenion cymwys yna rhaid i'r awdurdod lleol fodloni'r anghenion hyn drwy roi cymorth mewn amryw o ffyrdd. Gall y rhain gynnwys rhoi llety mewn cartref gofal, gofal neu gymorth yn y cartref neu'r gymuned, cymhorthion ac addasiadau, cwnsela ac eirioli, ond nid ydynt wedi'u cyfyngu i'r rhain.

Children with genetic, rare or undiagnosed conditions may need more specialist support to address particularly significant, complex or multiple needs.

Such needs will be identified and considered by those involved in the care of your child, working in partnership with children, young people and families through a needs assessment.

A needs assessment

A needs assessment has the duty to assess the needs of a child 'in need of care and support'. It is up for the local authority to decide how wide and how deep the assessment ranges.

Assessments must consider:
- The person's circumstances
- The person's personal outcomes
- The barriers to achieving these outcomes
- The risks if these outcomes are not achieved
- The person's strengths and capabilities

If on completion an assessment finds eligible needs, the local authority must meet these needs by providing assistance in multiple ways. These can include, but are not limited to, accommodation in a care home, care or support at home or in the community, aids and adaptions, and counselling and advocacy.

Cymorth Gofal yn y Gymuned

Fel arfer, eich cyngor lleol sy'n darparu cymorth ymarferol i'ch plentyn. Mae'n bwysig eich bod chi pob tro yn holi eich cyngor lleol chi am y gwasanaethau y gallwch fod â'r hawl iddynt.

Mae cynghorau lleol gwahanol yn darparu eu gwasanaethau mewn gwahanol ffyrdd a gallant amrywio'n sylweddol ar draws Cymru.

Pa gymorth a gwasanaethau allai fod ar gael gan fy nghyngor lleol?

Bydd gan bob plentyn ei anghenion unigryw ei hun. Mae eich cyngor lleol yn gyfrifol am ddarparu gwybodaeth am y gwasanaethau maent yn eu cynnig a gweithio gyda eich teulu i weld pa wasanaethau sydd angen arnoch chi. Dyma'r gwasanaethau y gall eich plentyn fod â'r hawl iddynt gan eich cyngor lleol, ond nid ydynt yn gyfyngedig i'r rhain:

- Gofal a chymorth yn eich cartref – er enghraifft, cymorth efo ymolchi a gwneud prydau
- Cyfarpar ac addasiadau i'ch cartref – er enghraifft, cyfarpar a fydd yn gwneud bywyd o ddydd i ddydd yn haws. Efallai y byddwch chi'n gallu cael addasu eich cartref i siwtio anghenion eich plentyn
- Cymorth a gofal dydd – gall eich awdurdod lleol ddarparu amryw o weithgareddau hamdden, galwedigaethol ac addysgiadol i'ch plentyn chi

Er mwyn deall anghenion eich plentyn, bydd eich cyngor lleol yn gofyn i chi gael asesu anghenion eich plentyn cyn y byddant yn darparu gwasanaethau gofal ar eich cyfer chi.

Beth os fydd anghenion fy mhlentyn yn newid?

Gallwch ofyn am gael ail asesu eich anghenion unrhyw bryd os byddwch chi'n teimlo nad yw'r gwasanaethau rydych chi'n eu cael yn bodloni anghenion eich plentyn rhagor. Yn dibynnu ar ganlyniad yr ail asesiad, gall y cyngor lleol gynyddu, newid neu leihau'r gwasanaethau a gewch chi.

Pwy arall all helpu efo cymhorthion a chyfarpar?

Eich cyngor lleol sy'n gyfrifol am ddarparu cymhorthion a chyfarpar ar gyfer byw o ddydd i ddydd ac anghenion nad ydynt yn rhai meddygol. Er mwyn gweld beth allech chi fod â'r hawl i'w gael, cysylltwch â'ch cyngor lleol.

Eich bwrdd iechyd lleol sy'n gyfrifol am ddarparu cyfarpar i fodloni anghenion nyrsio neu feddygol.

Er mwyn gweld beth allech chi fod â'r hawl i'w gael, cysylltwch â'ch meddyg teulu neu glinigydd arbenigol sy'n rhan o ofal eich plentyn. Efallai y byddwch chi hefyd yn gallu cael cymorth gan elusennau a chyrff trydydd sector i dalu am gymhorthion a chyfarpar. Cysylltwch â'r ganolfan gofalwyr sy'n lleol i chi am wybodaeth.

Community Care Support

Practical help for your child is generally provided by your local council. It is important that you always check with your own local council about the services that you may be entitled to.

Different local councils provide their services in different ways and there can be significant variation across Wales.

What support and services might be available from my local council?

Every child will have their own unique needs. Your local council has responsibility for providing information on the services that they offer and working with your family to identify what services you need. Services that your child may be entitled to from your local council include, but are not limited to:

- Care and support in your home – for example, help with washing and making meals
- Equipment and adaptations for your home – for example, equipment that will make day-to-day living easier. You may also be able to get your home adapted to suit your child's needs
- Day care and support – your local authority may provide a range of recreational, occupational and educational activities for your child

To understand your child's needs, your local council will require you to have your child's needs assessed before they will provide care services for you.

What if my child's needs change?

You can ask for a reassessment of your needs at any time if you feel the services you are getting no longer meet your child's needs. Depending on the outcome of the reassessment, the local council may increase, change or reduce the services you are provided with.

Who else can help with aids and equipment?

Your local council is responsible for providing aids and equipment for daily living and non-medical needs. To find out what you may be entitled to, contact your local council.

Your local health board is responsible for providing equipment to meet nursing or medical needs.

To find out what you may be entitled to, contact your GP or specialist clinician involved in your child's care. You may also be able to access support from charities and third sector organisations to pay for aids and equipment. Contact your local carers' centre for information.

Pwy all fy helpu i wneud addasiadau i fy nghartref?

Gall fod angen gwneud rhai addasiadau i'ch cartref er mwyn ei wneud yn fwy hwylus i'ch plentyn. Efallai y gallwch gael cymorth ariannol tuag at gostau gwneud hyn.

Yng Nghymru, gall y cynllun Hwyluso gynnig grantiau os ydych chi'n berchennog tŷ neu'n denant preifat ac eisiau addasiadau i fodloni anghenion eich plentyn. Mae addasiadau ar dair lefel. Gellir gwneud addasiadau bach am ddim ac efallai bydd angen i chi gyfrannu tuag at addasiadau mwy. Efallai y byddwch chi'n gallu cael Grant Cyfleusterau i'r Anabl gan eich cyngor lleol i dalu am rywfaint o gost addasiadau, neu'r cwbl.

Os mai rhentu eich tŷ ydych chi, bydd angen i'ch landlord gytuno cyn fod unrhyw addasiadau yn cael eu gwneud. Mae'n bwysig ystyried eich hawliau tenantiaeth yn hyn o beth.

Efallai y gallwch hawlio cymorth os ydych chi'n denant tŷ cyngor lleol neu gymdeithas dai.

Gall cyrff trydydd sector hefyd roi cyngor ar grantiau all fod ar gael i wneud addasiadau i'r cartref.

Who can help me make adaptations to my home?

It may be necessary to make some adaptations to your home to make it more accessible for your child. You may be able to access financial support towards the costs of doing this.

In Wales, the ENABLE scheme may provide grants if you are a homeowner or private tenant and require adaptations to meet the needs of your child. There are three levels of adaptations. Small adaptations may be made free of charge and larger ones may require a contribution from you. You may be able to get a Disabled Facilities Grant, to cover some or all of the cost of adaptations, from your local council.

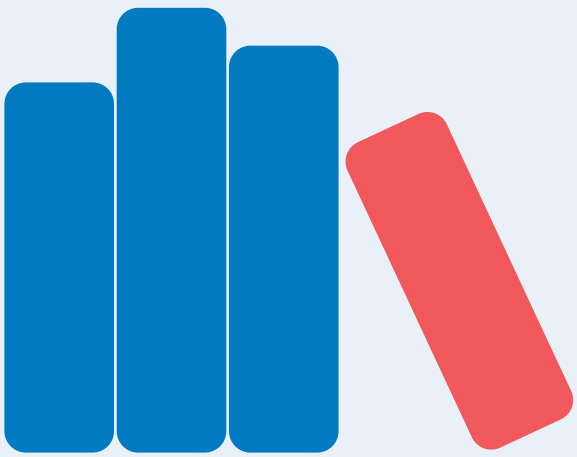
If you rent your home, you will need your landlord's agreement before any adaptations are carried out. It is important to consider your tenancy rights with regards to this.

You may be eligible for assistance if you are a local council or housing association tenant. Speak to your local council.

Third sector organisations can also provide advice on grants that may be available for home adaptations.

5.5 Ysgol ac Addysg

5.5 School and education



Bydd gan y rhan fwyaf o ysgolion Gymhorthydd Cymorth Ychwanegol i Ddysgu sy'n gyfrifol am gydlynu gwasanaethau ar gyfer anghenion cymorth ychwanegol.

Most schools will have an Additional Support for Learning Assistant responsible for coordination services for additional support needs.

Mae'n syniad da dod yn gyfarwydd â beth yw cymorth ychwanegol i ddysgu a chael cyngor ar beth mae'n ei olygu i chi a'ch plentyn.

Gwneud 'cyfaill addysg'

Ceisiwch feithrin perthynas gref ag athro/athrawes eich plentyn neu bennaeth yr ysgol neu'r Cymhorthydd Cymorth Ychwanegol i Ddysgu. Mae'n bwysig cael rhywun sy'n deall anghenion eich plentyn ac yr ydych chi'n teimlo'n gyfforddus yn siarad â fo/hi.

Os yw eich plentyn yn siarad, yna ceisiwch ei annog i siarad am ei brofiadau o'r ysgol.

Gall plant sydd â chyflyrau genetig, prin neu heb ddiagnosis weld bod yr ysgol yn lle ychydig yn heriol weithiau. Efallai bod hyn oherwydd eu hanawsterau dysgu, eu perthynas efo cyd-ddisgyblion, neu fod eu hanghenion iechyd ddim yn cael eu bodloni'n iawn. Mae'n syniad da holi eich plentyn yn rheolaidd sut mae'n teimlo am yr ysgol a beth allai fod yn well.

Rhannu gwybodaeth

Mae'n bwysig bod ysgol eich plentyn yn deall beth sy'n digwydd ym mywyd eich plentyn fel y gall gefnogi eich plentyn yn iawn. Rhowch wybod i'ch ysgol am unrhyw adroddiadau a gewch chi yn sgil asesiadau proffesiynol, newidiadau yng nghyflwr meddygol neu anghenion eich plentyn a dweud wrth yr ysgol am unrhyw anghenion cymorth emosiynol sydd gan eich plentyn.

Cadw cofnodion

Cadwch gofnod o'r cyfarfodydd a gewch chi efo ysgol eich plentyn i gadw golwg ar y pethau rydych chi wedi cytuno arnynt – cadwch gofnod o ddyddiadau cyfarfodydd, pwy oedd yn barod i helpu a beth sydd wedi gweithio orau i'ch plentyn chi.

It is a good idea to familiarise yourself with what additional support learning is and to get advice on what it means to you and your child.

Make an 'education ally'

Try to build a strong relationship with your child's teacher or their school's head teacher or Additional Support for Learning Assistant. Having someone who understands your child's needs and who you feel comfortable talking to is important.

If your child is verbal, encourage them to talk about their experiences of school

Children with genetic, rare or undiagnosed conditions can sometimes find school a bit challenging. This could be because of difficulties in learning, relationships with classmates or not having their health needs properly addressed. It is a good idea to regularly check in with your child about how they feel about school and what they think could be better.

Share Information

It's important that your child's school understands what is going on in your child's life so they can support your child correctly. Keep your school informed of any reports that you have had from professional assessments, changes in your child's medical condition or needs and let them know if your child has any emotional support needs.

Keep records

Keep notes of the meetings you have had with your child's school to keep track of the things that have been agreed – keep a note of meeting dates, who was helpful and what has worked best for your child.

Cyngor Gan Rieni - Ysgol ac Addysg

Dewch i 'nabod rhieni eraill – Ceisiwch feithrin perthynas efo rhieni eraill sy'n cael Cymorth Ychwanegol ar gyfer Dysgu. Mae'n ffordd dda i godi cyngor ar beth sydd wedi gweithio i eraill a sut i ddelio gydag unrhyw broblemau allai godi.

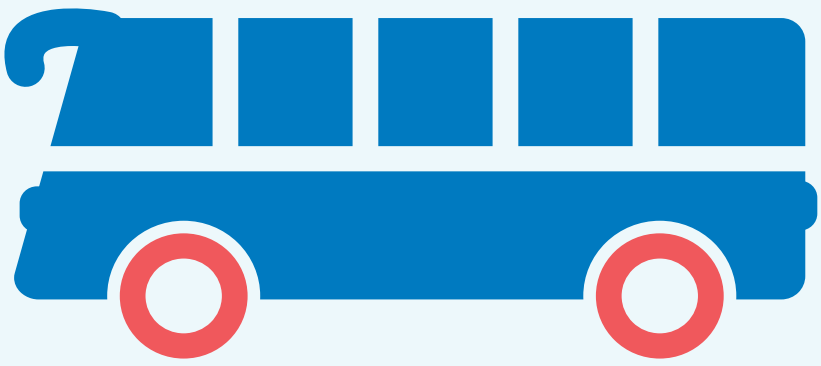
Top Tips From Parents - School and Education

Get to know other parents – Try to build relationships with other parents accessing Additional Support for Learning. It's a good way to pick up tips about what has worked for others and how to deal with any problems that might arise.



5.6 Teithio

5.6 Travel



Efallai bydd teuluoedd plant sydd â chyflwr genetig, prin neu heb ddiagnosis yn gallu cael cymorth fel eu bod nhw'n gallu teithio'n fwy hwylus efo'u plentyn.

Families with a child with a genetic, rare or undiagnosed condition may be able to access help to make travelling with their child a little easier.

Trafnidiaeth gyhoeddus

Gall cynghorau lleol ddarparu tocynnau neu dalebau bws am ddim neu am bris gostyngol ar gyfer plentyn anabl. Mewn ambell i ardal cyngor, gall gofalwyr hefyd fod â'r hawl i deithio am ddim neu am bris gostyngol. Mae'n dibynnu'n union ar y cyngor lleol yr ydych chi'n byw ynddo. Cysylltwch â'r cyngor lleol i weld beth sydd ar gael yn eich ardal chi.

Efallai y byddwch chi hefyd yn gallu cael cymorth efo costau teithio ar drenau efo'r Cerdyn Rheilffordd i Bobl Anabl.

Y Cynllun Bathodyn Glas

Gallwch wneud cais am gymorth efo parcio os ydych chi'n gofalu am blentyn sydd â chyflwr iechyd.

Efallai y gallwch gael cymorth efo parcio drwy'r cynllun bathodyn glas.

Gallwch edrych ar wefan Cyngor ar Bopeth i weld a ydych chi'n gymwys a sut i wneud cais, os felly.

Call eich Canolfan Cyngor ar Bopeth leol hefyd roi arweiniad ar sut i gwblhau'r cais.

Y Cynllun Motability

Efallai y gallwch cael les ar gar neu gael grant gwersi gyrru dan y cynllun Motability. Gallwch fod yn gymwys os yw eich plentyn yn cael lwfans byw i'r anabl neu daliadau annibyniaeth personol.

Mynd i'r ysgol

Gall cynghorau lleol ddarparu cludiant am ddim os oes gan eich plentyn anghenion cymorth ychwanegol penodol. Gallant hefyd ddarparu cludiant am ddim os oes gan eich plentyn broblem iechyd, er enghraifft problem symud. Cysylltwch â'ch cyngor lleol i weld a ydynt yn gallu eich cefnogi chi.

Public Transport

Local councils can provide free or discounted bus passes or vouchers for a disabled child. In some council areas, carers can also be entitled to free or discounted travel. What is available to you will depend on the local council you live in. Contact your local council to find out what is available in your area.

You may also be able to get help with the costs of train travel with the Disabled Persons Railcard.

The Blue Badge Scheme

You can apply for help with parking if you care for a child with a health condition.

You may be eligible for help with parking through the blue badge scheme.

You can find out whether you are eligible, and if so how to apply, on the Citizen's Advice Website.

Your local Citizen's Advice Bureau can also provide guidance on how to complete the application.

The Motability Scheme

You may be able to lease a car or qualify for a driving lessons grant under the motability scheme. You may be eligible if your child receives disability living allowance or personal independence payments.

Getting to school

Local councils may provide free transport if your child has certain additional support needs. They may also provide free transport if your child has a health issue, for example a mobility issue. Contact your local council to find out if they can support you.

5.7 Gofal Plant

5.7 Childcare



Mae llawer o opsiynau o ran gofal plant. Ym mhob lleoliad gofal plant, dylai bod cyfleusterau sydd yn darparu ar gyfer plant sydd â chyflyrau iechyd. Yn dibynnu ar anghenion eich plentyn, efallai y byddwch chi eisiau ystyried gwasanaethau gofal plant arbenigol penodol.

There are many options when it comes to childcare. All childcare facilities should include and feature facilities that cater for children with health conditions. Depending on your child's needs you may wish to consider specific specialist childcare services.

Mae'r Gwasanaeth Gwybodaeth i Deuluoedd yng Nghymru yn rhoi cyngor di-duedd a rhad ac am ddim yn eich ardal chi, gan gynnwys: meithrinfeydd, gofalwyr plant, cylchoedd chwarae a gofal tu allan i'r ysgol.

Oes rhaid i mi dalu am ofal plant?

Gallwch gael cymorth gan y llywodraeth i dalu am ofal plant 'cofrestredig'. Mae hyn yn golygu gofal plant sy'n cael ei ddarparu gan unigolion a sefydliadau sydd wedi'u cofrestru efo'r Arolygiaeth Gofal. Mae'r rhain yn cynnwys meithrinfeydd, cylchoedd chwarae, gofalwyr plant a darparwyr gofal tu allan i'r ysgol. Ewch ar wefan eich cyngor lleol i weld beth sydd ar gael yn eich ardal chi.

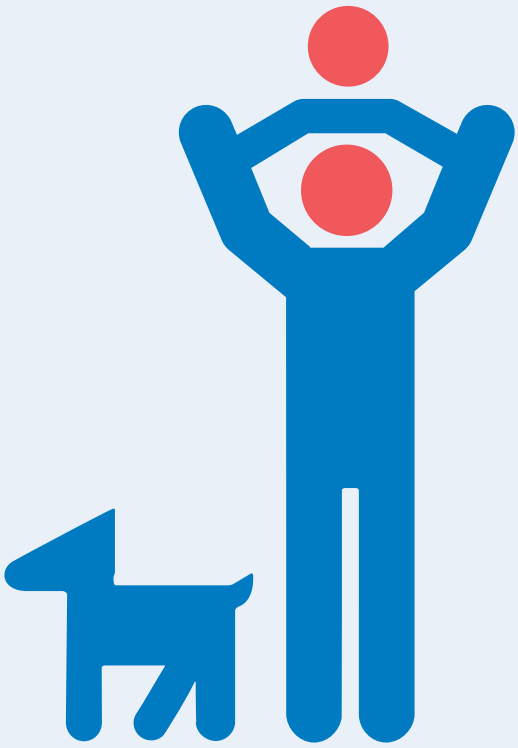
The Welsh Family Information Service provides free, impartial advice on childcare availability in your area including: nurseries, childminders, playgroups and out of school care.

Do I have to pay for childcare?

You can get help from the government to pay 'registered' childcare. This means childcare provided by individuals and organisations registered with the Care Inspectorate. These include nurseries, playgroups, childminders and out of school care providers. Visit your local council's website to find out what is available in your area.

5.8 Chwarae, cael hwyl a chymryd seibiant

5.8 Play, fun and taking a break



Mae chwarae yn rhan hanfodol o fywyd pob plentyn. Weithiau, gall fod yn anodd dod o hyd i gyfleoedd i blentyn sydd â chyflwr genetig, prin neu heb ddiagnosis i gael chwarae a chael hwyl. Er hynny, gall eich teulu fod â'r hawl i gael cymorth.

Play is an essential part of every child's life. Sometimes, for a child with a genetic, rare or undiagnosed condition, it can be difficult to find accessible play and fun opportunities. However, your family may be entitled to get help.

Pa weithgareddau chwarae a hwyl sydd ar gael i fy mhlentyn i?

Yn eich ardal leol, efallai bod nifer o glybiau chwaraeon a hamdden allai fod ar gael i'ch plentyn chi. Mae'n syniad da cysylltu â'r clwb yr ydych chi'n meddwl y byddai eich plentyn chi yn ei fwynhau ac egluro anghenion eich plentyn.

Yn aml iawn, mae'r rheiny sy'n gyfrifol am gynnal clwb yn gallu gwneud addasiadau rhesymol fel bod eich plentyn yn gallu cymryd rhan.

Gallwch gysylltu â'ch cyngor lleol, neu fynd i'ch llyfrgell neu ganolfan hamdden leol i gael gwybod mwy am yr hyn sydd ar gael yn eich ardal chi.

Efallai y byddwch chi eisiau mynd i glwb sy'n benodol i blant sydd ag anghenion ychwanegol. Gall eich cyngor lleol a'ch canolfan leol i ofalwyr roi manylion y rhai sydd yn eich ardal chi.

Tripiau undydd a llefydd i fynd

Mae nifer o fentrau a chyfleusterau sy'n rhoi cyfleoedd i gael chwarae neu fynd allan am y diwrnod ar draws Cymru.

Mae llawer o atyniadau i ymwelwyr yng Nghymru yn cynnig cynlluniau am bris gostyngol neu deithiau hygyrch i deuluoedd sydd eisiau'r rhain.

Ewch ar wefan ac i ganghennau lleol Croeso Cymru (bwrdd twristiaeth) i gael gwybodaeth am atyniadau hygyrch i dwristiaid a dyddiau allan yng Nghymru.

Mae'r Cerdyn CEA yn gynllun cerdyn cenedlaethol sydd wedi'i ddatblygu i sinemâu yn y DU gan Gymdeithas Sinema y DU. Mae'r Cerdyn yn rhoi modd i westeion anabl mewn sinema gael tocyn am ddim i rywun fynd efo nhw pan fyddant yn mynd i sinema sy'n rhan o'r cynllun. bit.ly/rrceacard

Seibiant byr a gofal seibiant

Mae gofalu am blentyn sydd â chyflwr genetig, prin neu heb ddiagnosis yn gallu bod yn llethol ar brydiau.

What play and fun activities are available to my child?

In your local area there may be a number of sport and hobby clubs that your child might be able to access. It is a good idea to get in touch with the club that you think your child might enjoy and explain your child's needs.

Quite often, reasonable adjustments can be made by those in charge of running a club so that your child can participate.

You can contact your local council, or visit your local library or leisure centre to find out more about what is on offer in your area.

You may wish to access a club that is specifically for children with additional needs. Your local council and your local carers' centre can provide details of those in your area.

Day trips and places to visit

There are a number of initiatives and facilities that provide opportunities for play or days out across Wales.

Many visitor attractions in Wales provide discount schemes or accessible tours to families who require them.

Visit Wales (Wales's national tourist board) provides information on its website and in its local branches about accessible visitor attractions and days out across Wales.

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association. The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. bit.ly/rrceacard

Short breaks and respite care

Caring for a child with a genetic, rare or undiagnosed condition can, at times, be a little overwhelming.

Gallai wneud lles i chi, a'ch partner, gael seibiant byr o'ch rôl yn gofalu.

Mae hyn yn cael ei alw'n seibiant byr neu'n ofal seibiant weithiau.

Gall seibiant byr neu ofal seibiant fod yn rhan hanfodol o'r cymorth cyffredinol sydd ei angen ar deuluoedd. Gallant roi seibiant i'ch plentyn o'i batrwm arferol a chyfle i gymryd rhan mewn gweithgareddau hwyliog, amser i orffwys ac ail-gyfnerthu, a chyfleoedd i dreulio amser ag eraill neu wneud beth sydd o ddiddordeb iddo.

Mae seibiant byr a gofal seibiant yn gallu dod mewn mwy nag un ffurf, gan gynnwys:

- Gwyliau neu wyliau gweithgareddau
- Gofal i'ch plentyn mewn canolfan ddydd (gall hyn fod yn ystod y dydd neu dros nos)
- Cynlluniau chwarae arbenigol neu glybiau ar ôl ysgol i'r plentyn rydych chi'n gofalu amdano
- Cyllid i chi wneud rhywbeth y byddech chi'n hoffi ei wneud, fel therapïau ymlacio neu fynd i'r sinema

Sut ydw i'n cael seibiant byr neu ofal seibiant?

Efallai y gallwch gael seibiant byr neu ofal seibiant drwy eich awdurdod lleol ac wrth gael asesiad o anghenion eich plentyn a'ch teulu.

Cysylltwch â'ch awdurdod lleol i holi am wybodaeth am eu gwasanaethau seibiant byr a gofal seibiant.

Mae llawer o elusennau a chyrff trydydd sector sy'n darparu seibiant, neu grantiau ar gyfer seibiant byr.

It might be good for you, and your partner, to have a short time away from your caring role.

This is sometimes called a short break or respite care.

Short breaks or respite can be an essential part of the overall support that families need, they can provide your child with a break from routine and an opportunity to participate in fun activities, time to rest and recharge, and opportunities to spend time with others or pursue personal interests.

Short breaks and respite care can come in many different forms including:

- Holiday or activity breaks
- Care for your child at a day centre (this may be during the day or an overnight stay)
- Specialist play schemes or after school clubs for the child that you care for
- Funding for you to do something you would like to do, such as relaxation therapies or going to the cinema

How do I access short breaks or respite care?

You may be able to access a short break or respite care through your local authority and by having an assessment of your child and family's needs.

Contact your local authority to ask for information on their short break or respite services.

There are many charities and third sector organisations that provide respite, or grants for short breaks.

Cyngor Gan Rieni - Chwarae a Hwyl

Meddyliwch yn rhad – Mae'n syndod faint o bethau y gallwch chi eu gwneud am ddim efo plant a phobl ifanc. Mae diwrnod o hwyl yn gallu bod mor syml â phacio picnic a rhai teganau a mwynhau diwrnod yn y parc lleol.

Peidiwch â mynd eich hun – Weithiau, mae'n braf cyfarfod â theuluoedd eraill. Mae'n gyfle i rannu rhai o'r cyfrifoldebau efo rhieni eraill, rhoi amser i'ch plentyn gael hwyl efo ffrindiau a chyfle i chi fwynhau eich hun hefyd!

Cynlluniwch – Mae'n syniad da cynllunio eich diwrnod neu wyliau o flaen llaw. Ymchwiliwch i'r atyniadau hwylus, lleoliad toiledau a chyfleusterau newid a llefydd ble gallwch chi hurio'r offer sydd ei angen yn hytrach na mynd â phopeth efo chi. Mae cynllunio yn gallu arbed cryn dipyn o amser a straen.

Top Tips From Parents - Play and fun

Think free – There are a surprising amount of free things to do with children and young people. A fun day out can be as simple as packing a picnic and some toys and enjoying a day at a local park.

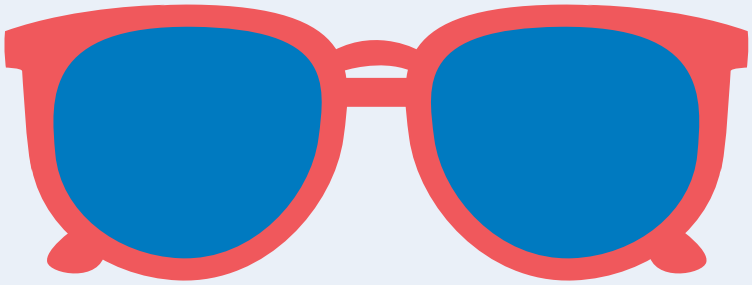
Don't do it alone – Sometimes it might be nice to meet up with other families. This is an opportunity to share some of the responsibilities with other parents, give your child time to have fun with friends and an opportunity to enjoy yourself too!

Plan – Planning your day out or holiday in advance is a good idea. Research accessible attractions, the location of toilets and changing facilities and places where you can hire the equipment you need rather than take it with you. Planning can save a lot of time and stress.



5.9 **Gwyliau**

5.9 **Holidays**



Gall teuluoedd sydd â phlant anabl gael cymorth gan gynghorau lleol. Gall rhai cynghorau roi grantiau tuag at gostau gwyliau, gall eraill gynnig gwyliau i lefydd o'ch dewis chi.

Families with disabled children may be entitled to help from local councils. Some councils may give grants towards holiday costs, others may offer holidays at places of your own choice.

PAMIS Breaks – Mae'r sefydliad PAMIS yn gallu rhoi cyngor ar gynllunio gwyliau a seibiant. Mae ganddynt ddau gyfleuster gwyliau hefyd y gallwch wneud cais i'w defnyddio:
bit.ly/rrpamisbreaks

Cronfa'r Teulu – Gall Cronfa'r Teulu helpu tuag at gostau gwyliau. Mae grantiau yn gyfraniad tuag at wyliau teulu efo'r plentyn, neu heb y plentyn.

Mae Cronfa'r Teulu yn gweithio gyda gwahanol ddarparwyr fel bod teuluoedd yn gallu dewis y gwyliau gorau iddyn nhw a'u teulu. Gall Cronfa'r Teulu helpu efo grantiau eraill i helpu plant a phobl ifanc gael gwneud gweithgareddau chwarae a hamdden:
01904 550 055
bit.ly/rrfamilyfund

Euan's Guide – Mae'r canllaw yn rhestru gwybodaeth am fynediad i leoliadau ar draws y DU a thu hwnt. Mae'r canllaw yn cynnwys gwybodaeth am doiledau hygyrch, mynediad cadair olwyn, dolenni clywed a llawer o nodweddion mynediad eraill:
0131 510 5106
bit.ly/rreuansguide

Contact – Mae Contact wedi creu llyfryn defnyddiol ar wyliau, chwarae a hamdden sydd â gwybodaeth gyffredinol a manylion am gyllid a chyfleusterau lleol. Gallwch ei lawr lwytho oddi ar y wefan:
bit.ly/rrcontactholidays

PAMIS Breaks – The organisation PAMIS can provide advice on planning holidays and respite. They also have two holiday facilities that you can apply to use:
bit.ly/rrpamisbreaks

Family Fund – Family Fund may be able to help towards holiday costs. Grants are a contribution towards family holidays with or without the child.

Family Fund works with a range of providers, so that families can choose the best holiday for themselves and their family. Family Fund may be able to help with other grants to help children and young people access play and leisure activities:
01904 550 055
bit.ly/rrfamilyfund

Euan's Guide – Euan's Guide lists access information for venues across the UK and beyond. Including information about accessible toilets, wheelchair access, hearing loops and multiple other access features:
0131 510 5106
bit.ly/rreuansguide

Contact – Contact has produced a helpful booklet on holidays, play and leisure with general information and details about funding and local facilities. It can be downloaded from their website:
bit.ly/rrcontactholidays

Eich **Nodiadau**

Your **Notes**


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