



CONTACT DIRECTORY OF

SUPPORT SERVICES



Cyngor **Abertawe**
Swansea Council

Additional Learning Support at Gower College Swansea



Coleg Gŵyr Abertawe
Gower College Swansea

It is our mission to ensure that, by using a person-centred approach, we can identify and support the individual needs of all our students.

At Gower College Swansea, we have a team of highly trained professionals available across all campuses. Support is tailored to individual needs, and we place the student voice at the centre of everything we do.

For example, our **Learning Support team** will ensure that the transition from school to College is a smooth one. Transition events include College taster days, open evenings, parent/carer individual visits, and keep warm events during the summer.

Our **Neurodiversity team** includes specialist teachers whose role is to support learners with a neurodiverse condition i.e. attention deficit hyperactivity disorder (ADHD), autism, dyslexia, dyscalculia, developmental coordination disorder (DCD)/dyspraxia and developmental language disorder (DLD). Each faculty at the College has a designated Neurodiversity Support Specialist (NSS) and our Neurodiversity Centres provide a quiet space in which to work.

Our **Independent Living Skills department** is made up of around 160 students with varying abilities and needs. We work on a curriculum that is designed to meet learners' desired outcomes and aspirational goals.

We also have an **Assistive Technology Coordinator** who ensures that learners' technology needs are met when it comes to specialist equipment such as adapted desktop PCs or reading and writing software.

01792 284000 gcs.ac.uk/aln



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tlcwales
fostering





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UNDERSTANDING RIGHTS, ADVOCACY AND FINANCIAL SUPPORT

MENCAP Cymru

Providing information needed to understand the rights of people with a learning disability and to support them to access services or challenge decisions.

 <https://wales.mencap.org.uk>

 0800 8000 300

InfoEngine

Online directory of third sector (voluntary/ community) services covering all of Wales. You can search for services relevant to your issue.

 <https://en.infoengine.cymru/>


Working Families

Information for working parents and carers on their employment rights, tax credits and in work benefits. This includes a section especially for parents of disabled children.

 <https://www.workingfamilies.org.uk/advice-information>

Turn to Us

If you are ill, injured or have a disability, there may be benefits, grants or other financial support available to you.

 www.turn2us.org.uk

Swansea Council for Voluntary Service


The umbrella organisation for voluntary activity throughout Swansea – supporting, developing and representing voluntary organisations, volunteers and communities in the County.

 scvs@scvs.org.uk

 01792 544000

My child has a disability

Information for parents and carers of disabled children and young people in Swansea.

 <https://www.swansea.gov.uk/article/5491/my-child-has-a-disability>

Direct Payments

Sums of money given by the Local Authority to buy your own care services or support instead of getting services provided by the Local Authority.

 <https://www.swansea.gov.uk/directpaymentsFAQs>

SNAP Cymru

Offers free and independent information, advice and support to help get the right education for children and young people with all kinds of Additional Learning Needs and disabilities.

🌐 www.snapcymru.org

☎ 0808 801 0608

Ethnic Youth Support Team (EYST)

Aiming to support BME young people to reach their full potential through a holistic, targeted and culturally sensitive youth programme including qualified youth workers, innovative youth activities and a youth and community centre.

🌐 <https://eyst.org.uk>

☎ 01792 466980

Touchstone Support Services

Specialists in providing support pathways for individuals and families in need.

✉ Sophie.evans@touchstone-ss.co.uk

Sophie.evans@touchstone-ss.co.uk

☎ 07958022406

Ategi

Providing person-centred support to people who need support to live their best life. This may be due to a physical/learning disability, mental ill-health, homelessness or addictions or moving on from children's services.

✉ info@ategi.co.uk

☎ 01443 484400

SPEECH, LANGUAGE AND COMMUNICATION NEEDS

AFASIC (Parent Helpline)

Afasic supports and provides information for families with children and young people who have Speech, Language and Communication Needs (SLCN) with a focus on Developmental Language Disorder (DLD). Afasic Parent Helpline offers a 'listening ear' for parents to discuss their child's SLCN needs during their opening hours.

🌐 www.afasic.org.uk

☎ **Parent Helpline 0300 666 9410**

(Monday & Wednesday 10.30am – 4.00pm)

ELKLAN

Training to support children's language and learning.

🌐 www.elklan.co.uk

☎ 01208 841450

Raising Awareness of Developmental Language Disorder

Information about DLD and resources for family, friends and professionals.

🌐 <https://radld.org>

Speech and Language UK – The Communication Trust

Links for professionals for online CPD courses, guidance, resources and strategy documents.

🌐 <https://speechandlanguage.org.uk/talking-point/for-professionals/the-communication-trust/>

I Can

Children's communication charity. Offers accredited training for professionals, books and DVDs for parents and practitioners. I CAN also helps parents and practitioners by providing information and resources through the I CAN Help Enquiry Service, via the Talking Point Website.

🌐 <https://www.icancharity.org.uk/i-can-help/>

Swansea Dyslexia Club

A group for dyslexic young people from age 8 to 18 who live in Swansea.

✉ dyslexiaclub@icloud.com

🌐 **Facebook group**

PHYSICAL AND COMPLEX

Stepio Conductive Education Wales

Specialised neuro-rehabilitation helping children and adults with complex needs and neurological conditions, such as cerebral palsy, dyspraxia, head injury, Stroke, MS, Parkinsons.

✉ stepioce@gmail.com

☎ 07785272143

Cerebra

A charity set up to help improve the lives of children with brain related conditions through research, education and directly supporting children and their carers.

🌐 www.cerebra.org.uk

Therapy for Swansea Kids

Supporting children who attend Hafan y Mor through provision of therapeutic equipment and events.

🌐 **Facebook**

WhizzKids

Provide high-quality equipment tailored for children and young people who need wheelchairs, organise free events for families and support schools with staff training and wheelchair skills sessions for children.

🌐 <https://whizz-kids.org.uk>

☎ 07867128154

Abilities in me

A registered charity, who write stories based on real families and the child's condition to promote inclusion and acceptance. Due to visit Swansea schools in 2024 to deliver disability awareness workshops with children and training for staff.

🌐 <https://theabilitiesinme.com>

David Smith -

Paralympic Champion in Boccia

David has a vision to support all primary schools within the UK to make PE more accessible and inclusive. He is keen to visit primary/secondary schools in Swansea to introduce himself, share his experiences and introduce the game of Boccia to your learners. This is a really exciting, free opportunity for all learners, but particularly those who find some mainstream PE lessons difficult to access.

✉ smithy2389@gmail.com

☎ 07515 271055

Swansea Boccia Club

LC2 Sports Hall – Friday 4.00 – 5.30pm

U14s and adults with complex needs will require supervision/support.

Reach

The leading charity in the UK providing support for children with an upper limb difference and their families. Website also offers teacher training and classroom resources to celebrate and embrace difference.

🌐 <https://reach.org.uk>

Limbpower

Offers physical activities, sport and art activities for individuals with limb difference and amputees

🌐 www.limbpower.com

☎ 07502276858

Neuro-muscular Care Advisor

Supporting families with children diagnosed with Neuromuscular disorder (NMD) - a very broad term encompassing a range of conditions that impair the functioning of the muscles. Donna and team provide awareness training to schools to understand the needs of learners with a neuromuscular condition.

✉ Donna.Richards4@wales.nhs.uk

NAC Well-Being

Supporting the emotional wellbeing of children and adults with severe and profound intellectual disabilities.

🌐 <https://nacwellbeing.org>

Hands up for Downs

A parent run support group and charity for children with Down's Syndrome and their parents/carers.

✉ handsupfordowns@outlook.com

🌐 **Facebook group**

Down's Syndrome Association Wales

An information service on all aspects of living successfully with Downs Syndrome. We provide a bespoke training service for anyone working with people with Down's Syndrome living in Wales.

🌐 www.downssyndrome.org.uk/wales

ACCESSIBILITY

RADAR

Radar keys open more than 9000 accessible toilets in the UK. Available to purchase from Civic Centre, Swansea.

☎ 01792 636000

Crelling Harnesses

A company offering a full range of seatbelts and harnesses for children and adults with additional needs.

🌐 www.crelling.com

Ability Swing Victoria Park Swansea

Accessible with a radar key, a swing designed specifically for children and young people who use wheelchairs.

Hynt

A national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer for visitors with a specific access requirement and their Carers or Personal Assistants.

🌐 <http://www.hynt.co.uk/en/about/what-is>

AccessAble

Detailed access information to thousands of venues across the UK - shops, pubs, restaurants, cinemas, theatres, railway stations, hotels, universities, hospitals and more.

🌐 <http://www.accessable.co.uk>

Changing Places Facilities

Changing Places facilities have extra space for disabled people and their carers and a height adjustable changing bench and harness.

🌐 www.changing-places.org/find

Caswell Bay Beach Wheelchair

Two floating beach wheelchairs can be hired for free at Caswell Bay from Surfability but prior booking is essential. Please state you are enquiring regarding beach wheelchair hire.

☎ 01792 368 482

MENTAL HEALTH AND EMOTIONAL WELL-BEING

Mentally Healthy Schools

Brings together information, advice and resources to help primary schools understand and promote children's mental health and well-being with an aim to increase staff awareness, knowledge and confidence to support pupils.

🌐 <https://www.mentallyhealthyschools.org.uk>

School Counselling Swansea

Counselling for children and young people in Swansea between the ages of 5 and 25.

🌐 <https://www.exchange-counselling.com>

Mental Health Resources

The SCVS Mental Health Development Service publishes a range of resources for people in Swansea with mental health issues and those who support them.

🌐 <https://www.scvs.org.uk/m-health>

Holistic Steps Swansea

Mental health well-being training, workshops and consultancy, reflexology and life coaching.

☎ 07779 990874

✉ holisticsteps@gmail.com

Charlie Waller Trust

Mental health training, resources and consultancy with a focus on children and young people.

🌐 www.charliewaller.org

☎ 01635 869754

Family & Therapy

(Counselling for all in Llŵchwr)

Accessible mental health and well-being support for age 7+ via GP and self-referrals for those struggling with mental health issues in Gorseinon, Gowerton, Loughor or Penyrheol.

✉ aileen@familyandtherapy.co.uk

🌐 www.familyandtherapy.co.uk

☎ 07759 094879

Child and Adolescent Mental Health Services (CAMHS)

Mental health support for children and young people.

☎ 01639 862744

Burns by your side

Charity that brings therapy dogs into schools to promote learners' wellbeing. Initially set up for children to read to the dogs, but are able to visit schools for learners to spend time with the dogs.

🌐 <https://johnburnsfoundation.org>

Er Dy Les Di

Welsh and bilingual health and wellbeing resources.

🌐 **Facebook**

Swansea MIND

Early intervention, group workshops, information and one-to-one support for emotional wellbeing. Supported self help sessions for ages 11-18.

✉ admin@swanseamind.org.uk

Platform

The mental health and social change charity. Working with people experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and well-being in the places they live.

✉ connect@platform.org

☎ 01792 763350

Adenydd

A local charity that aims to help schools, practitioners and families to understand and support children who have experienced adverse childhood experiences.

🌐 www.adenydd.org

The Hangout

The HangOut is the only fully approved Welsh Hub for the world renowned charity TheHorseCourse. We deliver intensive equine interventions for young people, through referral, who are suffering from anxiety or other mental health issues with an increased risk of social isolation.

✉ thehangoutwales@gmail.com

Facing the Challenge

Facing the Challenge is a team that works with children with learning disabilities whose behaviour can challenge the people around them. The team includes a psychologist, behaviour specialists, nurses and assistant behaviour specialists. The psychologist working at Facing the Challenge is the Clinical Lead for the team.

The psychologist works alongside the other team members to help children, families, carers and other professionals to work out why the children's behaviour can sometimes become challenging. Then, they all work together to think of ways to support the children to help them feel better, which often means that their behaviour becomes less challenging for everyone. If you think that the Facing the Challenge team may be able to help your child, please talk to their community paediatrician or social worker about a referral.

Skybound Therapies

Tailored support to help improve the quality of life for individuals with learning, behavioural or emotional difficulties.

✉ info@skyboundtherapies.co.uk

Brook

The only national charity to offer both clinical sexual health services, education and wellbeing services for young people. Delivering RSE training to teachers, sessions with young people and supporting schools to develop effective plans and policies.

🌐 <https://www.brook.org.uk/education/>

Trauma Informed Schools

TISUK is a community interest company, passionate about changing children's lives through inspirational training for schools and communities, ensuring mentally healthy cultures for all.

✉ info@traumainformedschools.co.uk

☎ 01752 278477

Tidy Minds

A mental health and well-being website for young people in Neath Port Talbot and Swansea, launched to help young people understand any negative feelings they may be experiencing and find the right advice and support.

🌐 <https://tidyminds.org.uk>

Challenging Behaviour Foundation

A UK charity focussed on the needs of people with severe learning disabilities whose behaviour challenges, and their families.

🌐 support@theCBF.org.uk

☎ 0300 666 0126

SENSORY IMPAIRMENTS

SENSE

For everyone living with complex disabilities.

Sense is here to help people communicate and experience the world.

🌐 www.sense.org.uk

NDCS

National Deaf Children's Society – support for every deaf child, no matter what their level or type of deafness or how they communicate.

🌐 www.ndcs.org.uk

RNIB

Royal National Institute of Blind People – UK leading sight-loss charity and the largest community of blind and partially sighted people.

🌐 www.rnib.org.uk/wales-cymru-1

The Swansea Centre for Deaf People

Helping the deaf community through a variety of events and activities.

🌐 Website under construction

✉ manager@swanseadeafcentre.org.uk

✉ BSLclassesbslswansea@gmail.com

🌐 Facebook

Talking Hands

A place for families, organisations of Deaf/Hard of Hearing children to share information on services and education.

🌐 Facebook

Guide Dogs

Support for finding ways to live actively, independently and well with sight loss, including: Guide Line – telephone support for advice and guidance for a parent, child or family member.

✉ information@guidedogs.org.uk

☎ 0800 7811444

My Time to Play

A programme of fun and supportive small group sessions (either in person or virtual), led by our Habilitation Specialists. Each session typically includes activities of music and movement, sensory play, crafts and stories.

☎ 0800 7811444

Thomas Pocklington Trust

Empowering blind and partially-sighted students to make the most of the key moments in their education, from starting secondary school, through to entering employment.

✉ info@pocklington.org.uk

☎ 020 8995 0880

Victa

Providing services for children and young adults who are blind / partially sighted.

✉ admin@victa.org.uk

☎ 01908 240831

Swansea Deaf Education Team Home Page

Information and resources to support families of deaf children.

🌐 <https://sites.google.com/hwbcymru.net/deafeducationteam/home>

SUPPORT FOR PARENT CARERS AND SIBLINGS

Swansea Parent Carer Forum

A commissioned partner of the Local Authority but acting as an independent organisation whose purpose is to strategically influence change by co-producing services for parent carers of children, young people and adults with disabilities or additional needs. To enable disabled children, young people and adults and their families to have a voice at the centre of decision making and also providing coffee mornings, training, and workshops for parent carers.

✉ info@swanseapcf.org.uk

🌐 <https://swanseapcf.org>

The Early Help Hub

The main point of contact for advice and support about the well-being of children, young people and their families. The Hubs have multi-agency partnership links to ensure the correct support for the family is accessed at the right time.

🌐 www.swansea.gov.uk/article/5815/

Early-Help-Hubs

☎ 01792 635400

Parents Voices in Wales

Social enterprise company supporting parents and carers with an online network, resources and signposting to services.

Carers Needs Assessments

Parents/carers are entitled to an assessment of their own needs, whether or not the person they care for is receiving any social care services. They can request a Carer's Needs Assessment at any time, even if the person they care does not want any help from Social Services or if they are already getting help.

✉ singlepointofcontact@swansea.gov.uk

☎ Single Access Point 01792 635700

Joining the Dots Parent Carers

Online community of parent carers of a child, young person or adult with additional needs. A forum to ask advice relating to health, social care, education and the practicalities and challenges of everyday life.

Swansea Carers Centre

A specialist voluntary organisation providing support to carers across Swansea. They support those who care for others with an illness or disability by providing welfare benefit advice, access to grants and special funds, counselling, support groups, training and social events.

🌐 www.swanseacarerscentre.org.uk

☎ 01792 653344

Army Families Federation Additional Needs

Supporting military families to navigate additional learning needs.

✉ additionalneeds@aff.org.uk

☎ 07552861983

CONTACT

Contact Wales produces a wide range of information for families on topics such as ALN, dealing with debt and transition. Welsh language publications also available.

🌐 <https://contact.org.uk/wales>

SIBs

A UK charity representing the needs of siblings of disabled people.

🌐 www.sibs.org.uk

Parent Talk +

Long term online 1:1 support for parents and carers who have children with additional needs. Parents and carers will receive individual support over 60-90 minute phone or video sessions. This is also available in Welsh.

🌐 <https://parents.actionforchildren.org.uk>

Unwind

A service that offers referred parents/carers of children with complex health needs or disabilities aged up to 18, a two-night short break in a fully equipped static caravan in North Gower. Referrals can be made by Health Professionals. Social Services, Education and Swansea Parent Carer forum.

✉ nptswanshortbreaks@actionforchildren.org.uk

☎ 01792 813522

Rhieni Dros Addysg Gymraeg

Charity aiming to make Welsh education opportunities easily accessible to all children and young people in Wales.

🌐 www.rhag.cymru

TLC Wales Fostering

Independent fostering agency offering long/short-term, shared cared respite and parent and child placements across Wales.

☎ 01269 846371

Western Bay Adoption Service

Offering support to not only adopters going through the process (before and after) but also to adopted children and young people, and those who have been affected by adoption.

🌐 www.westernbayadoption.org

☎ 0300 365 2222

LEISURE AND PLAY OPPORTUNITIES

SCOPE

Information and play resources for parents of disabled children.

🌐 www.scope.org.uk/family-services

Sky Badger

A charity that finds help and adventure for disabled children and their families all over the UK which includes everything from disabled sports clubs, to sibling groups to 'make a wish' charities.

🌐 <https://skybadger.co.uk>

The Family Fund

Helps families with severely disabled children and young people aged 17 and under – they give grants for things that make life easier and more enjoyable such as washing machines, driving lessons, computers and holidays.

🌐 www.familyfund.org.uk

Play and Leisure Opportunity Library

A registered charity providing specialist toys and leisure equipment for children and adults with a disability in a lending library service.

🌐 www.plol.org.uk/index.html

🌐 [Instagram @swanseaplol](#)

☎ 07546 267486

Circus Eruption

A charity using circus skills as a vehicle to challenge self-perceived and imposed limits enabling people to realise and believe in their own potential.

🌐 www.circuseruption.co.uk

☎ 01792 795778

Interplay

A project aiming to integrate young people aged 2-19 with additional needs into play and leisure opportunities.

🌐 www.interplay.org.uk

☎ 01792 561119

LocalAid

✉ amanda@localaid.co.uk

☎ 01792 898117 / 07846204358

Raises awareness of needs and aspirations of young people with special needs. Organisation provides specialist equipment, arranges travel support, specialist services and activities for young people with severe learning difficulties and challenging behaviour in our local communities. The website highlights the large number of projects they run – including:

Dyversity Group

A leisure opportunity on Monday evenings 5-7pm for children with ASD and their siblings.

Mixtup

Youth club for 11-25 year olds with mixed abilities. Mixtup also provides opportunities for trips, activities and support for members outside of these core youth club sessions.

✉ mixtupswansea@gmail.com

☎ 07543 273891

Friends of the Young Disabled

A Swansea charity which provides a centre for the young disabled and other members of the community to meet and use its facilities to promote learning opportunities, engage in social activities and have fun.

🌐 **Facebook**

Surfability

Surfing lessons and experiences for people with ALN due to disability, illness, injury or learning difficulties at Caswell Bay beach.

✉ info@surfabilityukcic.org

☎ 07517 230427

Bikeability Wales

A cycling opportunity for all to enjoy. Cycle sessions available each week, with bikes and trikes to suit all ages and abilities.

🌐 www.bikeabilitywales.org.uk

☎ 07584044284 / 07968109145

Swansea Bay and Beyond ALN Activities and Events

Online community, run by volunteers to signpost local events and activities that are available for children and adults with additional needs and their carers.

🌐 **Facebook**

Ty Hapus Swansea Soft Play

Additional Needs sessions for children with ALN and their siblings – Sunday mornings.

🌐 www.tyhapusplay.co.uk

☎ 01792 585490

The Cinema Exhibitors Association Card

A national card that can be used to verify the holder is entitled to one free ticket for a person accompanying them to the cinema.

🌐 www.ceacard.co.uk

☎ 0845 1231292

Dimensions Autism Friendly Screenings

Autism friendly cinema screenings every month

🌐 www.dimensions-uk.org

Park Lives

Multi-sports, fitness sessions, skate and street-sports, parkour and much more! Get active, meet new friends – completely free and all welcome.

🌐 www.parklives.com

☎ 01792 635483

The Rising Stars Theatre Group

A theatre company that strives to put the ability into disability.

✉ risingstarstheatreco@hotmail.com

Disability Sport Wales

🌐 www.disabilitysportwales.com/en-gb/join-in/clubs

More than 170 clubs around the country have achieved Insport Club Ribbon Standard or higher – providing inclusive and disability-specific opportunities for sport and physical activity.

Search by postcode for clubs nearby which include:

Swansea City Bravehearts

The oldest and largest disability football club in Wales. Established in 2000, a pan disability club run by a group of volunteers.

✉ braveheartsfootball@gmail.com

☎ 07828 060788

Swansea Stingrays

Pan disability swimming club.

☎ **Wendy Thomas 01792 613313**

Swansea Community Farm

Offering volunteering opportunities for children and adults, play activities, training and support to get into work. Visitors are welcome to explore the grounds, meet the animals and see how food is produced. Professional services for well-being and environment.

✉ info@swanseacommunityfarm.org.uk

☎ 01792 587384

Swansea Wellbeing Centre

With an exceptional team of highly experienced teachers, therapists and practitioners, the centre offers a wonderful array of affordable and accessible wellbeing experiences for people from all walks of life through a collection of classes, clinics, courses, workshops, talks, therapies and treatments.

✉ centre@wellbeingswansea.co.uk

☎ 01792 732071

Ospreys Wheelchair Rugby Team

For children 8-17 years old with ALN (not only wheelchair users) and their family members / friends.

✉ dale2467@outlook.com

☎ **Dale Williams (Head Coach) 07539303423**

Pontardawe ASD Football Academy

A football academy run in Pontardawe, Swansea for children with ASD and other learning difficulties.

🌐 info@tjaccountancy.com / Facebook Group

☎ **07468 537427**

Positive Outcome Play Service (POPS)

Supports children and young people with disabilities from birth to 18 years old, providing opportunities for the children to have fun, while developing social, communication and practical life skills. Referrals come from the Childcare Disability Team, but other professionals can also refer if their assessment highlights the need for the service.

🌐 Kristina.harris@actionforchildren.org.uk

EARLY YEARS AND CHILDCARE

Swansea Family Information Service (FIS)

Free, impartial information on a wide range of childcare, children's, family support and family related issues and where relevant a signposting service.

🌐 <https://www.swansea.gov.uk/fis>

☎ **01792 517222**

Stepping Stones

Provides services for pre-school children and their families who have an emerging or diagnosed disability. This facility is available to all families in Swansea who are referred by health professionals.

☎ **Action for children 01792 477130 / 07971095655**

ELI Project

Provide love and comfort to families with additional needs by hosting events in safe environments where they can come together and connect with others.

🌐 <https://eliproject.org>

KidStop

Pre-school parent and toddler group with coffee and cake run by ELI project.

🌐 <https://eliproject.org/kidstop>

Early Years Early Help

Offering holistic support to families with younger children from Early Years to age 11. Service can also provide early intervention for children focussing on language skills, play and behaviour support.

Referral completed via online link:

🌐 www.swansea.gov.uk/practitionerreferral

Family Centres and Children Centres in Swansea

Offering a range of playgroups, outdoor and sensory play session for children and families. Bookable sensory rooms available for all ages.

Mountain View Children's Centre – Mayhill Surgery SA1 6TD

A range of playgroups and classes for all ages and abilities including:

- Little Stars Stay and Play Group – ALN Support Group
- Mini Movers - A fun, lively class to develop children's physical and social skills

☎ **01792 468584**

Swansea Children's Centre, Penlan SA5 7AZ

A range of playgroups and classes for all ages and abilities including:

- Little Stars Stay and Play Group – ALN Support Group
- Mini Movers - A fun, lively class to develop children's physical and social skills

☎ **01792 572060**

Rainbow Rockets

Small group sessions, offered in 6 weekly blocks, for pre-school children with emerging or identified ALN.

Faith in Families, Bonymaen Community Cwtch.

☎ **07872993147**

Tiny Happy People

Online advice and support for early speech, language and communication skills development.

🌐 www.bbc.co.uk/tiny-happy-people

Superkids

(Swansea's Children Centre – Penlan SA5 7AZ)

Structured therapeutic sessions for pre-school children with emerging or identified ALN and their families. Professional referral required (or parent self-referral) by telephone.

☎ **01792 572060**

HEALTH

ERIC The Children's Bowel and Bladder Charity

🌐 www.eric.org.uk

Epilepsy Wales

Aiming to improve the lives of everyone affected by the condition.

🌐 www.epilepsy.wales/

☎ 0800 2289016

Community Dental Service

Provides dental care for vulnerable people of all ages. Wherever possible, treatment will be provided at a CDS clinic close to home but in some cases travel may be necessary. The CDS clinic in Port Talbot Resource Centre has access for disabled people and specialised dental equipment available.

☎ 01792 517838

Swan UK Cymru

Support for families who have a child with a syndrome without a name. Some children affected by a syndrome without a name might be described as having global developmental delay or failure to thrive. They might have learning disabilities and/or physical disabilities. They can sometimes have complex medical needs and may have epilepsy. Some children may not have any learning disabilities but be physically disabled whilst others are physically unaffected but have learning disabilities. Children affected by a syndrome without a name can have a range of different symptoms and each child is likely to be affected differently.

🌐 www.undiagnosed.org.uk

Barod

Providing high-quality, free and confidential telephone support and guidance to anyone who is affected by drug or alcohol use, either their own or someone else's, and raising awareness about the ways we can all help to reduce the harm caused by substance use.

🌐 <https://barod.cymru/get-help-now/>

☎ Self-referral 01792 530719 / 0808 808 2234

Beat Eating Disorders

Offering support to people affected by eating disorders, as well as parents, siblings and other carers. Welsh language support also available.

✉ waleshelp@beateatingdisorders.org.uk

☎ 0808 801 0433

Diabetes UK

Information and resources, including local group support for children with Type 1 Diabetes and their families.

🌐 www.diabetes.org.uk

☎ 0345 123 2399

Candy Free Kids 2023

Swansea and District children's diabetes support group – supporting children with Type 1 Diabetes.

🌐 **Facebook Group**

Swansea Bay Fibromyalgia Support Group

Information and friendship for fibromyalgia sufferers in Swansea, Gower, Neath and Port Talbot.

🌐 <https://swanseabayfibro.wordpress.com>

AUTISM

Jigsaw Group

An Autistic Spectrum group for parents and families.

✉ kath.protheroe@asdes.org.uk

☎ 07484715478

National Autistic Society Cymru

Providing a wide range of personalised support services for people on the autistic spectrum, their families and carers.

🌐 <https://www.autism.org.uk/what-we-do/wales>

National Autistic Society Swansea

A support network and growing community for autistic people, their parent/carers and family and friends.

🌐 NAS.SwanseaBranch.nas.org.uk

☎ 07825 280274

Swansea Autism Movement

To fundraise and connect with other families in Swansea who have a young person with an ASD diagnosis.

🌐 **Swansea Autism Movement CiC | Facebook**

Chinese Autism Support

A project committed to advocate for the Chinese ethnic Autistic children and their families in South Wales.

✉ autism@chineseinwales.org.uk

☎ 01792 469919

Discovery Swansea University: Inside Out

Creative volunteers who provide and support activities for children and young people with ASD.

🌐 <https://discoverysvs.org>

☎ 01792 295743

Autism Wales *previously ASDInfo Wales

Website run by the National Autism Team – funded by Welsh Government. A resource aimed at helping to improve the lives of autistic people in Wales. Includes resources for schools, children and young people, their parents and/or carers. All resources are also available in Welsh.

🌐 <https://autismwales.org>

ADHD

Advance ADHD

Penny Kennedy - Certified and accredited ADHD coach and trainer.

🌐 www.advanceadhd.com

☎ 07807 889079

Calon ADHD Project

Aiming to provide support in the form of activities, workshops, and training to young people with a diagnosis or on the pathway of ADHD/ADD.

✉ calonadhdproject@gmail.com

YOUNG ADULTS AND FURTHER EDUCATION

Swansea Young Adult Carers Project

Young Adult Carers, are young people aged 16-25 who provide unpaid care to a relative, family member or friend who cannot cope without their help. Swansea YAC are a transition project that supports the young carers through from children's services to adult services.

🌐 www.swansecarerscentre.org.uk

☎ 01792 653344

Careers Wales

Help to plan your career, prepare to get a job, find and apply for the right apprenticeships, courses and training.

🌐 <https://careerswales.gov.wales>

Gower College

A range of full time and part time courses are available, tailored to students with learning difficulties, additional needs and/or behavioural difficulties.

🌐 <https://www.gcs.ac.uk/independent-living-skills>

Swansea University Disability Office

Provides professional information and guidance services for disabled students, those with specific needs and or medical conditions from the point of application to graduation. Part of Inclusive Student Support Services.

🌐 <https://www.swansea.ac.uk/disability>

Western Bay Integrated Autism Service

The Integrated Autism Service (IAS) supports autistic adults and their parents/carers in Western Bay (which includes Swansea, Neath Port Talbot and Bridgend).

✉ SBU.WBIAS@Wales.nhs.uk

☎ 01639 862936

CanDo Hub UK

A training provision catering for adults with ALN and disabilities, inclusive fitness classes and ALN Specific classes in Swansea.

🌐 www.candohub.co.uk

☎ 07794 579017

SHINE Cymru

Support for young adults with ASD and moderate to complex learning difficulties and/or disabilities.

✉ info@shinecymru.co.uk

☎ 01792 446810

Vibe Youth

A youth organisation based in Swansea that provides a meaningful and relevant source of support and personal development for children and young people.

🌐 <https://vibeyouth.co.uk>

☎ 01792 805012

Info-Nation

Youth Social Services - Info-Nation is Swansea's one-stop shop for young people, offering information, advice and support.

✉ info-nation@swansea.gov.uk

☎ 01792 484010

Kooth

Free, welcoming and confidential way for young people aged 11-18 to access emotional well-being and early intervention mental health support.

Counselling sessions run 365 days a year and can be booked in advance or accessed as drop-in instant text based chats.

🌐 <https://www.kooth.com/>

(Create an account by selecting log-in)

Llamau

The leading homelessness charity in Wales, supporting the most vulnerable young people and women.

🌐 www.llamau.org.uk

☎ 029 2023 9585

YMCA Swansea

YMCA Swansea transforms communities so that young people can truly belong, contribute and thrive. YMCA Swansea aims to tackle poverty, improve health and wellbeing, promote equality and diversity and improve the life of children, young people and communities in Swansea and surrounding areas.

✉ info@ymcaswansea.org.uk

☎ 01792 652032

The Roots Foundation Wales

A volunteer-led registered charity, supporting young people in care, care leavers, those in kinship care and their carers. Our aim is to create a support network for those who have experience of the care system.

✉ admin@therootsfoundationwales.org.uk

☎ 01792 584254

BEREAVEMENT

Cruse UK (Bereavement Support) Wales

Bereavement support for adults, children and young people when someone has died.

🌐 <http://www.cruse.org.uk>

✉ helpline@cruse.org.uk

☎ 0808 8081677

Maggie's Bereavement Support

Online grief support and resources – or call in to the local Maggie's centre in Singleton Hospital.

✉ swansea@maggies.org

☎ 01792 200000



SHINE Cymru

Cefnogaeth i oedolion ifanc ag ASA ac anawsterau dysgu a/neu anabledau cymedrol i gymhleth.

✉ info@shinecymru.co.uk

☎ 01792 446810

Vibe Youth

Sefydliad ieuencid a'i ganolfan yn Abertawe

sy'n darparu ffynhonnell cefnogaeth a datblygiad personol ystyron a pherthnasol i blant a phobl ifanc.

🌐 <https://vibe youth.co.uk>

☎ 01792 805012

Info-Nation

Gwasanaethau Cymdeithasol Ieuencid - Info-

Nation yw stop dan yr unto Abertawe i bobl ifanc, ac mae'n cynnig gwybodaeth, cyngor a chefnogaeth.

🌐 info-nation@swansea.gov.uk

☎ 01792 484010

Kooth

Ffordd groesawgar, gyffrinachol am ddim i bobl

ifanc 11 i 18 oed gael gafael ar gymorth iechyd meddwl ymyrraeth gymhar a chefnogaeth ar gyfer

lles emosiynol.

Cynhellir sesiynau cwnsela 365 niwrnod y flwyddyn a gellir eu harchebu ymlaen llaw neu gallant fod yn

sgyrsiau galw hebio ar ffurf negeseuon testun yn y fan a'r lle.

🌐 <https://www.kooth.com/> (Gallwch greu cyfrif drwy ddewis mewngofnodi)

Llaman

Prif elusen ddigatreded Cymru, sy'n cefnogi'r

bobl ifanc a'r menywod mwyaf agored i niwed.

🌐 www.llaman.org.uk

☎ 029 2023 9585

YMCA Abertawe

Mae YMCA Abertawe yn trawsnewid cymunedau

fel y gall pobl ifanc deimio eu bod wir yn perthyn, yn cyfrannu ac yn ffynnu. Mae YMCA Abertawe

yn bwriadu mynd i'r afael â thlodi, gwella iechyd a lles, hyrwyddo cydraddoldeb ac amrywiaeth a

gwella bywydau plant, pobl ifanc a chymunedau yn Abertawe a'r cyffiniau.

✉ info@ymcaswansea.org.uk

☎ 01792 652032



Sefydliad Roots Cymru

Elusen a arwehir gan wirododolwyr sy'n cefnogi pobl ifanc mewn gofai, y rhai sy'n gadael gofai a'r rheini sy'n derbyn gofai gan berthynas (gofai carennydd). Ein nod yw creu rhwydwaith cefnogi

i'r rheini a chanddynt brofiad o'r system ofal.

✉ admin@therootsfoundationwales.org.uk

☎ 01792 584254

PROFEDIAGAETH

Cruse UK (Cymorth Profediagaeth) (Cymru)

Cymorth profediagaeth i oedolion, plant a phobl ifanc pan fydd rhywun wedi marw.

🌐 <http://www.cruse.org.uk>

✉ helpline@cruse.org.uk

☎ 0808 8081677

Cymorth Profediagaeth Maggie's

Cymorth ac adnoddau profediagaeth ar-lein - neu galwch hebio'r ganolfan Maggie's leol yn Ysbyty

Singleton.

🌐 swansea@maggies.org

☎ 01792 200000

ODOLION IFANC AC ADDSG BELLACH

Prosiect Gotfalwyr sy'n Oedolion

Ifanc Abertawe

Mae Gotfalwyr sy'n Oedolion Ifanc yn bobl ifanc 16-25 oed sy'n darparu gofal di-dâl i berthynas, aelod o'r teulu neu frind na all ymddopi heb eu cymorth. Mae GOI Abertawe yn brosiect pontio sy'n cefnogi'r gotfalwyr Ifanc drwy'r broses bontio o wasanaethau plant i wasanaethau oedolion.

www.swansaeacarercentre.org.uk

☎ 01792 653344

Gyfra Cymru

Mae'n darparu cymorth i gynllunio'ch gyfra, eich paratoi i gael swydd, dod o hyd i'r penfisiâthau, y cyrsiau a'r hyfforddiant cywir ac ymgaisio amdanynt.

<https://gyfracycymru.llyw.cymru>

Coleg Gwyr

Mae ystod o gyrisiau llawn amser a rhan-amser ar gael, wedi'u teilwra i ffitrwyrr ag anawsterau dysgu, angenhion ychwanegol a/neu anawsterau ymddygiadol.

<https://www.gcs.ac.uk/independent-living-skills>

Swyddfa Anabled Pritysgol Abertawe

Mae'n darparu gwasanaethau gwybodaeth ac arweiniad profesiynol i ffitrwyrr anabl, y rheini ag angenhion penodol a/neu gyflyrau mwyddogol o'r adeg y gwneir cais hyd at raddio. Rhan o'r Gwasanaethau Cymorth i Ffitrwyrr cynhwysol.

www.swansae.ac.uk/cy/

gwasanaethau-cymorth-i-ffitrwyrr/

Gwasanaeth Awstiaeth Integredig Baer Gorllewin

Mae'r Gwasanaeth Awstiaeth Integredig (GAI) yn cefnogi oedolion awtistig a'u rhieni/gofalwyr ym Mae'r Gorllewin (sy'n cynnwys Abertawe, Castell-nedd Fort Talbot a Phen-y-bont ar Ogwr).

SBU.WBIAS@Wales.nhs.uk

☎ 01639 862936

Cando Hub UK

Darpariaeth hyfforddiant sy'n darparu ar gyfer oedolion ag ADY ac anabledau, dosbarthiadau ffitrwydd cynhwysol a dosbarthiadau sy'n bendodol i bobl ag ADY yn Abertawe.

www.candohub.co.uk

☎ 07794 579017

Cymdeithas Genedlaethol

Awstiaeth Cymru

Mae'n darparu ystod eang o wasanaethau cefnogi personol i bobl ar y sbectwm awtistig, eu teuluoedd a'u gofalwyr.

<https://www.autism.org.uk/what-we-do/wales>

Cymdeithas Genedlaethol Awstiaeth

Rhydwai'n cefnogi a chymuned sy'n tyfu ar gyfer pobl awtistig, eu rhieni/gofalwyr, teuluoedd a ffrindiau.

NAS.SwansaeBranch.nas.org.uk

☎ 07825 280274

Mudlad Awstiaeth Abertawe

I godi arian a chyrsylltu â theuluoedd eraill yn Abertawe a chanddynt berson ifanc sydd wedi'i ddiagnosio ag ASA.

[Swansae Autism Movement CIC | Facebook](https://www.facebook.com/SwansaeAutismMovementCIC)

Discovery Pritysgol Abertawe: Inside Out

Gwiffodolwyr creadigol sy'n darparu ac yn cefnogi gweithgareddau i blant a phobl ifanc ag ASA.

<https://discoverysvs.org>

☎ 01792 295743

Awstiaeth Cymru *ASDInfo Wales gynt

Gwefan a gynhellir gan y Tim Awstiaeth Genedlaethol - fe'i harnennir gan Lywodraeth Cymru. Adnodd sydd â'r nod o helpu i wella Bywydau pobl awtistig yng Nghymru. Mae'n cynnwys adnoddau ar gyfer ysgolion, plant a phobl ifanc, eu rhieni a/neu ofalwyr.

Mae'r holl adnoddau ar gael yn Gymraeg hefyd.

<https://autismwales.org/cy/>

ADHD

Advance ADHD

Penny Kennedy - hyfforddwr ADHD ardstyedig ac achrededig.

www.advanceadhd.com

☎ 07807 889079

Prosiect ADHD Calon

Ei nod yw darparu cefnogaeth ar ffurf gweithgareddau, gweithdai a hyfforddiant i bobl ifanc sydd ar wylwr ADHD/Anhwylder Diffyg Canolbwytio neu sydd wedi'u diagnosio â'r cyflwr.

calonadhdproject@gmail.com

Superkids (Canolfan Blant Abertawe -

Penlan SAS 7AZ)

Sesiynau therapiwtig strwythuredig i blant cyn oed

ysgol ag ADY sy'n dod i'r amwng neu a nodwyd

(neu gall rhiant hunanatyfneirio) dros y ffôn.

☎ 01792 572060

IECHYD

ERIC - Eiusen y Coluddion a'r

Bledren y Plant

☎ www.eric.org.uk

Epilepsi Cymru

Ei nod yw gwella bywydau pawb y mae'r cyflwr yn

effeithio arnynt.

☎ www.epilepsy.cymru/

☎ 0800 2289016

Gwasanaeth Deinyddol Cymunedol

Mae'n darparu gofal deinyddol i bobl agored i

niwed o bob oed. Lle bynnag y bo modd, darperir

triniaeth mewn clinig GDC yn agos i gartref ond

mewn tai achosion efallai bydd angen teithio.

Mae gan glinig y GDC yng Nghanoftan Adnoddau

Port Talbot fynedfa i bobl anabl ac mae cyfarpar

deinyddol arbenigol ar gael.

☎ 01792 517838

Swan UK Cymru

Cefnogaeth i deuluoedd a chanddynt bletyn a

syndrom heb enw. Mae'n bosib y disgrifir rhai plant

y mae syndrom heb enw'n effeithio arnynt fel plant

sydd ag oedi mewn datblygiad cyffredinol neu

fehtiant i ffynnu. Efallai bod ganddynt anabledau

dysgu a/neu anabledau corfforol. Weithiau mae

ganddynt anghenion meddygol cymhleth ac

efallai epilepsi! Mae'n bosib na fydd gan rai plant

unrhyw anabledau dysgu ond maent yn gorfforol

anabl tra bod eirall yn iawn yn gorfforol ond mae

ganddynt anabledau dysgu. Gall fod gan blant y

mae syndrom heb enw'n effeithio arnynt ystod o

sympptomau gwahanol ac mae'n debygol yr effeithi

ar bob plentyn yn wahanol.

☎ www.undiagnosed.org.uk

Barod

Darperir cefnogaeth ffôn ac arweiniad am ddim

o ansawdd uchel i unrhyw un y mae defnyddio

cyffurau neu alcohol yn effeithio arno, naill ai

eu defnydd eu hunain o'r sylweddau hyn, neu

dddefnydd person arall ohonynt. Mae hefyd yn

cynyddu ymwybyddiaeth ynghylch y ffyrdd y

gallwn ni i gyd helpu i leihau'r niwed a achosir gan

gamddefnyddio sylweddau.

☎ <https://barod.cymru/get-help-now/>

☎ Hunanatyfneirio 01792 530719 /

0808 808 2234

Beat Eating Disorders

Mae'n cynnig cefnogaeth i bobl y mae

anhwylderau bwyta'n effeithio arnynt, yn ogystal

â rhieni, brodyr, a chwiorydd a gofaluwyr eraill. Mae

cefnogaeth yn y Gyrraeg ar gael hefyd.

☎ waleshelp@beateatingdisorders.org.uk

☎ 0808 801 0433

Diabetes UK

Gwyboddech ac adnoddau, gan gynnwys cymorth

gnw lleol i blant â Diabetes Math 1 a'u teuluoedd.

☎ www.diabetes.org.uk

☎ 0345 123 2399

Candy Free Kids 2023

Gnwp cymorth diabetes plant Abertawe a'r Cylch -

cefnogi plant â Diabetes Math 1.

☎ Grwp Facebook

Gwyboddech a chyfeillgarwch i ddiodedefwyr

ffibromyalgia yn Abertawe, Gwyr, Castell-nedd a

Phort Talbot.

☎ <https://swanseabayfibro.wordpress.com>

AWTISTIAETH

Y Grwp Cefnogi Awtistaeth Tseineidd

Prosiect sydd wedi ymrwymo i gefnogi plant

Awsttig ethnig Tseineidd a'u teuluoedd yn Ne

Cymru.

☎ autism@chineseinwales.org.uk

☎ 01792 469919

Grwp Jig-so

Gnwp Sbectrwm Awsttig i rieni a theuluoedd.

☎ kath.protheroe@asdes.org.uk

☎ 07484715478

Fferm Gynunedol Abertawe

Cynning cyflieoedd gwirfoddoli i blant ac oedolion, gweithgareddau chwarae, hyfforddiant a chefnogaeth i gael gwaith. Mae croeso i ymwelwyr archwilio'r tiroedd, cyfarfod a'r anffiliaid a gweld sut mae bwyd yn cael ei gynhyrchu. Gwasanaethau proffesiynol ar gyfer lles a'r amgylchedd.

☎ 01792 587384

✉ info@swanseacommunityfarm.org.uk

Canolfan Les Abertawe

Mae'r ganolfan hon sydd â thim eithriadol o athrawon, therapïddion ac ymarferwyr profiadol, yn cynnig casgliad gwych o broffadau lles fforddiadwy a hygyrch i bobl o bob cefndir drwy gassliad o ddosbarthiadau, clinigau, cyrsiau, gweithdai, sgyrsiau, therapïau a thirniathau.

✉ centre@wellbeingswansea.co.uk

☎ 01792 732071

Y BLYNYDDOEDD CYNNAR A GOFAL PLANT

Gwasanaeth Gwybodaeth i Deuluoedd (GGD) Abertawe

Darpartr gwypodaeth am ddim, o safon a diduedd am amrywiaeth o faterion gofal plant, plant, cefnogaeth i deuluoedd a theuluoedd ynghyd â gwasanaeth cyfeirio priodol.

✉ <https://www.swansea.gov.uk/tis>

☎ 01792 517222

Cam wrth Gam

Mae'n darparu gwasanaethau i blant cyn-ysgol ag anabedd sy'n datblygu neu sydd wedi'i ddiagnosio. Mae'r cyfustser hwn ar gael i bob teulu yn Abertawe sy'n cael eu hatgyfeirio gan weithwyr iechyd proffesiynol.

☎ Action for children 01792 477130

ELI Project

Mae'n darparu cariad a chysur i deuluoedd ag anghenion ychwanegol trwy gynnal digwyddiadau gyllydd a chysylltu ag eraill.

✉ <https://eliproject.org>

Kidstop

Gnwp rhieni a phlant cyn-ysgol gyda choffi a theisen a gynhellir gan ELI Project.

✉ <https://eliproject.org/kidstop>

Cymorth Cynnar i'r Blynnyddoedd Cynnar

Mae'n cynnig cefnogaeth gyfanmoll i deuluoedd a phlant iau o'r Blynnyddoedd Cynnar hyd at 1 oed. Gall y gwasanaeth hefyd ddarparu ymryniad cynnar i blant sy'n canolbwyntio ar sgiliau iatth, chwarae a chefnogaeth ar gyfer ymddygiad. Cwblhœir atgyfeiriad drwy ddolen ar-lein:

✉ www.abertawe.gov.uk/atgyfeiriadgdanganymarferydd

Canolfannau i Deuluoedd a Chanolfannau Plant yn Abertawe

Mae'n cynnig amrywiaeth o grwpiau chwarae, plant a theuluoedd. Ystafelloedd synhwyraidd y plant a theuluoedd. Ystafelloedd synhwyraidd y gellir eu harcheibu ar gyfer pob oedran.

Canolfan Blant Golwg y Mynydd, Meddygfa

☎ 01792 541670

Amrywiaeth o ddosbarthiadau a grwpiau chwarae i bob oedran a gallu, gan gynnwys:

- Grwp Aros a Chwarae 'Little Starts' - grwp cefnogi ADY
- 'Mini Movers' - dosbarth difyr a bywiog i ddatblygu sgiliau corfforol a chymdeithasol plant

☎ 01792 468584

Canolfan Blant Abertawe, Pen-ian SA5 7AZ

Amrywiaeth o ddosbarthiadau a grwpiau chwarae i bob oedran a gallu, gan gynnwys:

- Grwp Aros a Chwarae 'Little Starts' - grwp cefnogi ADY
- 'Mini Movers' - dosbarth difyr a bywiog i ddatblygu sgiliau corfforol a chymdeithasol plant

☎ 01792 572060

Rainbow Rockets

Sesiynau gnwp bach, a gynigir mewn blociau o 6 wythnos, ar gyfer plant cyn oed ysgol sydd ag ADY sy'n dod i'r amlywg neu a nodwyd.

☎ 07872993147

Tiny Happy People

Cyngor a chyymorth ar-lein ar gyfer datblygu sgiliau lleferdd, iatth a chyfatirebu cynnar.

✉ www.bbc.co.uk/tiny-happy-people

Chwarae Medal - Ty Hapus Abertawe
Sesiynau Anghenion Ychwanegol i blant ag ADY a'u brodyr a'u chwiordd - boreau Sul.
www.tyhapusplay.co.uk
01792 585490

The Cinema Exhibitors Association Card
Cerdyn cenedlaethol y gellir ei ddefnyddio i writio bod gan y deliadau hawl i un tocyndd am ddim i berson sy'n mynd gydag ef i'r sinema.
www.ceacard.co.uk
0845 1231292

Dangosiadau sy'n addas ar gyfer
Awstiaeth cymdeithas Dimensions UK
Dangosiadau sinema misol sy'n addas ar gyfer awstiaeth
www.dimensions-uk.org
Park Lives
Aml-chwaraeon, sesiynau ffurfiwydd, sgierffyrddio a chwaraeon stryd, Parkour a llawer mwy! Byddwch yn egniol, ewch i gwrd a ffirndiau newydd - mae'r cyfan am ddim ac mae croeso i bawb.
www.parklives.com
01792 635483

Grwp Theatr The Rising Stars
Cwmni theatr sy'n ymdrech i roi'r gallu i mewn i anallu.
risingstars@hotmail.com
Chwaraeon Anabedd Cymru
www.disabilitysports.wales.com/cy-gb/
ymuno/clybiau
Mae mwy na 170 o glybiau o gwmpas y wlad wedi cyflawni Safon Rhuban Clwb Imsport neu'n uwch - gan ddarparu cyfleoedd chwaraeon a gweithgawch corfforol cynhwysol yn benodol i'r rheini ag anabedd ar gyfer.

Chwaraeon Anabedd Cymru
Swansea City Bravehearts
Y clwb pêl-droed anabedd hynaf a mwyaf yng Nghymru. Clwb pan-anabedd a sefydlwyd yn 2000, sy'n cael ei rdedeg gan grwp o wirfoddolwyr.
braveheartsootball@gmail.com
07828 060788

Swansea Stingrays
Clwb noffio pan-anabedd.
Wendy Thomas 01792 613313

Localaid
amanda@localaid.co.uk
01792 898117 / 07846204358

Mae'n cynyddu ymybyddiaeth o anghenion a dyheadau pobl ifanc ag anghenion arbenigol, yn

Mae'r sefydliad yn darparu offer arbenigol, yn trefnu cymorth teithio, gwasanaethau arbenigol a gweithgareddau i bobl ifanc ag anawsterau dysgu difrifol ac ymddygiad heriol yn ein cymunedau brosiectau maen nhw'n eu cynnal - gan gymwys: **Dyversity Group**
Cyflie hamdden bob nos Lun, 5pm - 7pm i blant ag ASA a'u brodyr a'u chwiordd.

Mixtup
Clwb ieuencid i bobl ifanc 11-25 oed a galluoedd cymysg. Mae Mixtup hefyd yn darparu cyfleoedd ar gyfer teithiau, gweithgareddau a chefnogaeth i aelodau y tu allan i'r sesiynau clwb ieuencid craidd hyn.
mixtupswansea@gmail.com
07543 273891

Friends of the Young Disabled
Eiwsen yn Abertawe sy'n darparu canolfan i bobl ifanc anabl ac aelodau eraill o'r gymuned cyfleoedd a defnyddio i chyfluesterau i hyrwyddo cyfleoedd dysgu, cymryd rhan mewn gweithgareddau cymdeithasol a chael hwyli.
[Facebook](https://www.facebook.com/youngdisabledswansea)

Surfability
Gwersi a phroffadau syrffio i bobl ag ADY yn sgili anabedd, salwch, anat neu anawsterau dysgu ar draeth Bae Caswell.
info@surfabilityuk.co.uk
07517 230427

Bikeability Wales
Cyflie beicio i bawb ei fynyhau. Mae sesiynau beicio ar gael bob wythnos, gyda beiciau a theisgiau sy'n addas i bob oedran a gallu.
www.bikeabilitywales.org.uk
0758404284 / 07968109145

Swansea Bay and Additional Needs Activities and Events
Cymuned ar-lein, sy'n cael ei rdedeg gan wirfoddolwyr i gyfeirio digwyddiadau a gweithgareddau lleol sydd ar gael i blant ac oedolion ag anghenion ychwanegol a'u gofalwyr.
[Facebook](https://www.facebook.com/swanseaactivities)

CONTACT

Mae Contact Wales yn cynhyrchu ystod eang o wybodaeth i deuluoedd ar bynciau fel ADY, delio â dyfed a phontio. Mae cyhoeddadau Cymraeg ar gael hefyd.

🌐 <https://contact.org.uk/wales>

SIBS

Elusen Brydeinig yw SIBS sy'n cynrychioli anghenion brodyr a chwiorydd pobl anabl.

🌐 www.sibs.org.uk

Parent Talk +

Cefnogaeth 1:1 tymor hir ar-lein i rieni a gofaliwyr sydd â phlant ag anghenion ychwanegol. Bydd rieni a gofaliwyr yn derbyn cefnogaeth unigol dros sesiynau ffôn neu fideo sy'n para 60-90 munud. Mae hyn hefyd ar gael yn Gymraeg

🌐 <https://parents.actionforchildren.org.uk>

Unwind

Gwasanaeth sy'n cynnig seibiant byr o ddwy

noson mewn carafâs sefydlog â'r holl gyfarpar yng

Ngogledd Gŵyr i rieni/ofaliwyr plant ag anghenion

iechyd neu anabledau cymhleth hyd at 18

oed, Gall gweithwyr iechyd profesiynol wneud

atgyfeiriadau. Y Gwasanaethau Cymdeithasol ac

Addysg a Fform Gofaliwyr sy'n Rhieni Abertawe

📧 npswanshorthbreaks@actionforchildren.org.uk

☎ 01792 813522

Rhieni Dros Addysg Gymraeg

Elusen sydd â'r nod o wneud cyfleoedd addysg

Gymraeg yn hygyrch i bob plentyn a pherson ifanc

Yng Nghymru.

🌐 www.thag.cymru

Maethu TLC Cymru

Asiantaeth faethu annibynnol sy'n cynnig

seibiantau tymor hir/byr, gofal a rennir a lleoliadau

i rieni a phlant ar draws Cymru.

☎ 01269 846371

Gwasanaeth Mabwysiadu Bae'r Gorllewin

Mae'n cynnig cefnogaeth i fabwysiadwyr sy'n

mynd drwy'r broses (cyn mabwysiadu ac wedi'u

hynny) a hefyd i blant a phobl ifanc sydd wedi'u

mabwysiadu a'r rheini y mae mabwysiadu wedi

effeithio arnynt.

🌐 www.westernbayadoption.org

☎ 0300 365 2222

CYFLEOEDD HAMPDEN A CHWARAE

SCOPE

Gwybodaeth ac adnoddau chwarae i rieni plant anabl.

🌐 www.scope.org.uk/family-services

Sky Badger

Elusen sy'n dod o hyd i help ac antur i blant anabl a'u teuluoedd ledled y DU sy'n cynnwys popeth o glybiau chwaraeon anabl, i grwpiau brodyr a chwiorydd i elusennau 'gwneud dymuniad'.

🌐 <https://skybadger.co.uk>

The Family Fund

Mae'n helpu teuluoedd â phlant a phobl ifanc 17 oed ac iau sydd ag anabledd difrifol - maen nhw'n rhoi grantiau ar gyfer peithau sy'n gwneud bywyd yn haws ac yn fwy pleseus fel peiriantau golchi, gwesi gyrru, cyfrifiaduron a gwyllau.

🌐 www.familyfund.org.uk

Play and Leisure Opportunity Library

Elusen gofrestedig sy'n darparu teganuau arbenigol ac offer hamdden i blant ac oedolion ag anabledd mewn gwasanaeth llyfrgell benthyca.

🌐 www.plol.org.uk/index.html

☎ 07546 267486

Circus Eruption

Elusen sy'n defnyddio sgiliau syrcaas fel cyfrwng i herio teirnyau hunanangrhyddedig a gosodedig sy'n galluogi pobl i wirieddu eu photensial eu hunain a chredu ynddo.

🌐 www.circuseruption.co.uk

☎ 01792 795778

Interplay

Prosiect sydd â'r nod o integreiddio pobl ifanc 2-19 oed sydd ag anghenion ychwanegol i gyfluoedd chwarae a hamdden.

🌐 www.interplay.org.uk

☎ 01792 561119

Guide Dogs

Cefnogaeth i ddod o hyd i ffyrdd o fyw'n weithredol, yn annibynnol ac yn dda gyda chollif gŵig, gan gymnws:

Guide Line – cefnogaeth dros y ffon ar gyfer cynigwr ac arweiniad i rieni, plentyn neu aelod o'r teulu.

✉ information@guidedogs.org.uk
☎ 0800 7811444

My Time to Play

Rhaglen o sesiynau grŵp difyr a chefnogol (naill ai wryneb yn ynwreb neu'n rithlwl) wedi'u harwain gan ein Harbenigwyr Cymhwysos. Mae pob sesiwn fel arfer yn cynnwys gweithgareddau cerddoraeth a symud, chwarae synhwyraidd, crefftau a straeon.

☎ 0800 7811444

Ymddiriedolaeth Thomas Pocklington

Mae'n gymysgusio myfyrwyr dall a rhanol ddall i wneud yn fawr o'r adegau allweddol yn eu hadddysg, o ddechrau ysgol uwchradd hyd at ddechrau clyfogaeth.

✉ info@pocklington.org.uk
☎ 020 8995 0880

Victoria

Mae'n darparu gwasanaethau i blant ac oedolion ifanc sy'n ddall/rhanol ddall.

✉ admin@victa.org.uk
☎ 01908 240831

CEFNOGAETH I OFALWYR SY'N RHIEINI A BRODYR A CHWIORYDD

Forwm Rhieni a Gofalwyr Abertawe

Partner a gomisiynwr gan yr Awdurdod Lleol ond yn gweithredu fel sefydliad annibynnol a'i ddiben yw dylanwadu'n strategol ar newid drwy gyd-lynyrhychu gwasanaethau i rieni sy'n gofalu am blant, pobl ifanc ac oedolion ag anabeddu neu anghenion ychwanegol. Galluogi plant, pobl ifanc ac oedolion anabl a'u teuluoedd i gael llais wrth wradd y proses o wneud penderfyniadau a hefyd darparu boreau coffi, hyfforddiant a gweithdai i rieni sy'n ofalwyr.

🌐 <https://swanseapct.org>

Y Ganolfan Cymorth Cynnar

Y prif bwynt cyswllt ar gyfer cynigwr a chefnogaeth ynghylch lles plant, pobl ifanc a'u teuluoedd. Mae gan y canolfannau gysylltiadau partneriaeth amlasiantaeth i sicrhau bod y teulu'n cael gatael ar y gefnogaeth gywir ar yr adeg gywir.

🌐 www.abertawe.gov.uk/
☎ 01792 635400

Parents Voices in Wales

Cwmni menter gymdeithasol sy'n cefnogi rhieni a gofalwyr gyda rhwydwaith ar-lein, adnoddau a chyfeirio at wasanaethau.

Asesadau Anghenion Gofalwyr

Mae gan rieni/ofalwyr hawl i asesiad o'u hanghenion eu hunain, p'un a yw'r person y

maent yn gofalu amdano'n derbyn unrhyw wasanaethau gofal gymdeithasol ai peidio. Gallant ofyn am Asesad Anghenion Gofalwyr ar unrhyw adeg, hyd yn oed os nad yw'r person y maent yn gofalu amdano am gael unrhyw gymorth gan y Gwasanaethau Cymdeithasol neu os yw eisoes yn cael help.

✉ MynediadIWybodaeth@abertawe.gov.uk
☎ Pwynt Mynediad Cyffredin 01792 635700

Joining the Dots Parent Carers

Cyfuned ar-lein o rieni sy'n gofalu am blentyn, person ifanc neu oedolyn ag anghenion ychwanegol. Forwm i ofyn am gyngor yn ymwneud ag iechyd, gofal cymdeithasol, addysg a phethau ymarferol a heriau bywyd pob dydd.

Canolfan Gofalwyr Abertawe

Sefydlid gwirfoddol arbenigol sy'n darparu cefnogaeth i ofalwyr ar draws Abertawe. Mae'n cefnogi'r rhieni sy'n gofalu am eraill sydd â salwch neu anabeddd drwy ddarparu cyngor ar fudd-

🌐 www.swanseacarercentre.org.uk
☎ 01792 653344

Anghenion Ychwanegol yr Army

Mae'n cefnogi teuluoedd milwrol i ymdopi ac ymddiriedolaeth ag anghenion dysgu ychwanegol.

✉ additionalneeds@aff.org.uk
☎ 07552861983

Platform

Yr elusen iechyd meddwl a newid cymdeithasol. Mae'n gweithio gyda phobl sy'n profi heriau gyda'u hiechyd meddwl, a chydychymunedau sydd am greu mwy o ymdeimlad a gysylltiad, perchnogaeht a eu lles yn y lleoedd y maen nhw'n byw.

✉ connect@platform.org

☎ 01792 763350

Adenydd

Elusen teol sy'n ceisio helpu ysgolion, ymarferwyr a theuluoedd i ddeall a chefnogi plant sydd wedi cael profiadau niweidiol yn ystod plentynod.

🌐 www.adenydd.org

Yr Hangout

Yr HangOut yw'r unig Hyb Cymreig cwbl gymeradwy ar gyfer yr elusen fyd-enwog TheHorseCourse.

Rydym yn darparu ymriadadau ceffylau dwys i bobl ifanc, trwy atgyfeirad, sy'n dioddef o bryder neu problemau iechyd meddwl eraill gyda risg uwch o

nyrsu cymdeithasol.

✉ thehangoutwales@gmail.com

Wynebu'r Her

Mae Wynebu'r Her yn dim sy'n gweithio gyda phlant ag anabedadau dysgu y gall eu hymddygiad herio'r bobl o'u cwmpas. Mae'r tîm yn cynnwys seicolegydd, arbenigwyr ymddygiad, nyrsys ac arbenigwyr ymddygiad cynorthwyl. Y seicolegydd sy'n gweithio yn Wynebu'r Her yw Arweingol Cllingol y tîm. Mae'r seicolegydd yn gweithio ochr yn ochr ag aelodau eraill y tîm i helpu plant, teuluoedd, gofawyr a gweithwyr proffesiynol eraill i weithio allan pam y gall ymddygiad y plant ddod yn heriol weithiau. Yna, maen nhw i gyd yn gweithio gyda'i gilydd i feddwl am ffyrdd o ddo o'r plant i'r helpu i deimio'n well, sy'n aml yn gofygu bod eu hymddygiad yn mynd yn llai heriol i bawb. Os ydych chi'n meddwl y gallat' r tîm Wynebu'r Her helpu eich plentyn, siaradwch â'i bediatregydd cymunedol neu weithwyr cymdeithasol am atgyfeirad.

Therapiau Skybound

Cymorth wedi'i deilwra i helpu i wella ansawdd bywyd unigolion ag anawsterau dysgu.

✉ info@skyboundtherapies.co.uk

Brook
Yr unig elusen genedlaethol i gynig gwasanaethau iechyd rhywiol cllingol a gwasanaethau addysg a lles i bobl ifanc. Darperir hyfforddiant ARhP'h i athrawon a sesiynau gyda phobl ifanc, a chefnogir ysgolion i ddatblygu cynlluniau a phobolisiau effeithiol.

🌐 <https://www.brook.org.uk/education/>

Trauma Informed Schools

Mae TISUK yn Gwrmi Buddannau Cymunedol sy'n rhwd am newid bywydau plant drwy hyfforddiant llawn ysbrydoliaeth i ysgolion a chymunedau, gan sicrhau diwyllianau sy'n feddyliol iach i bawb.

✉ info@traumainformedschools.co.uk

☎ 01752 278477

NAMAU SYNHWYRAIDD**SENSE**

I bawb sy'n byw gydag anabedadau cymhleth. Mae Sense yma i helpu pobl i gyfathrebu a phrofi'r byd.

🌐 www.sense.org.uk

NDCS

Y Gymdeithas Genedlaethol i Blant Byddar – cefnogaeth i bob plentyn byddar, waeth beth yw'r math o fyddar-dod neu'r lefel o fyddar-dod neu sut mae'n cyfathrebu.

🌐 www.ndcs.org.uk

RNIB

'Royal National Institute of Blind People' – prif elusen colligolwg y DU a'r gymuned fwyaf o bobl ddall a rhannol ddall.

🌐 www.rnib.org.uk/cy/nations/cymruwales/

Canolfan Pobl Fyddar Aberaw

Maent yn helpu'r gymuned fyddar drwy amrywiaeth o ddiwyddiadau a gweithgareddau.

🌐 **Gwefan yn cael ei chreu**

✉ manager@swansseadeacentre.org.uk

✉ **Dosbarthiadau BSL bsiswanssea@gmail.com**

🌐 **Facebook**

Talking Hands

Lle i deuluoedd, sefydlidiadau plant byddar/trwm eu clyw rannu gwyrboddaeht am wasanaethau ac addysg.

🌐 **Facebook**

HYGRCHEDD

RADAR

Mae allweddli radar yn agor mwy na 9000 o doliadau hygyrch yn y DL. Ar gael i'w prynu o'r Ganolan Ddiwedd, Abertawe.

☎ 01792 636000

🌐 www.crelling.com

ag anghenion ychwanegol.
dilogwch a harnestiau ar gyfer plant ac oedolion
Cwmni sy'n cynnig ystod lawn o wregysau

Crelling Harnesses

Hyfforddiant gweithdai ac ymgynghoraeth iechyd meddwl a lles, adweithieg a hyfforddiant bywyd.

☎ 07779 990874

✉ hollisticsteps@gmail.com

Hollistic Steps Swansea

🌐 <https://www.scvs.org.uk/m-health>

Meddwl a'r rhini! sy'n eu cefnogi.
gyfer pobl yn Abertawe sydd â phroblemau iechyd
SCVS yn cyhoeddi amrywiaeth o adnoddau ar

Adnoddau Iechyd Meddwl

Mae'r Gwasanaeth Datblygu Iechyd Meddwl

Hynt

Cynllun mynediad cenedlaethol sy'n gweithio

gyda theatrau a chanolfannau'r celfyddydau yng Nghymru i sicrhau bod cynnig cyson i ymwelwyr sydd â gofnyddiaid mynediad penodol a'u Gofalwyr neu Gynorthwyr Personol.

🌐 <http://www.hynt.co.uk/en/about/what-is-accessible>

Accessible

Gwybodaeth fanwl am fynediad i filioedd o

leoliadau ledled y DL - sicpau, tafarnadau, bwytai, sinemâu, theatrau, gorsatodded rheilffordd, gwستا, prifysgolion, ysbysdai a mwy.

🌐 <http://www.accessible.co.uk>

IECHYD MEDDWL A LLES EMOSIYNOL

Mentally Healthy Schools

Don't a gwybodaeth, cynnogor ac adnoddau ynghyd i helpu ysgolion cynradd i ddeall a hyrwyddo iechyd meddwl a lles plant gyda'r nod o o ymwybyddiaeth, gwybodaeth a hyder staff i gefnogi disgyblion.

🌐 <https://www.mentallyhealthyschools.org.uk>

Cwntasia mewn Ysgolion yn Abertawe

Cwntasia i blant a phobl ifanc yn Abertawe rhwng

5 a 25 oed.

🌐 <https://www.exchange-counselling.com>

Mind Abertawe

Ymyrryd yn gynnar, gweithdai grŵp, gwybodaeth a chefnogaeth un-i-un ar gyfer lles emosiynol.
Sesiynau hunanymorth â chefnogaeth i bobl ifanc

✉ admin@swanseamind.org.uk

🌐 Facebook

Adnoddau iechyd a lles Cymraeg a dwyieithog.

Er Dy Les Di

🌐 <https://johnburnsfoundation.org>

Burns by your side
Elusen sy'n dod â chwm therapi i mewn i ysgolion i hyrwyddo lles dysgwyr. Fe'i sefydlwyd i ddechrau er mwyn i blant ddarlïen i'r cwm, ond maent yn gallu ymweld ag ysgolion er mwyn i ddysgwyr dreulio amser gyda'r cwm.

Gwasanaethau Iechyd Meddwl Plant a Phobl Ifanc (CAMHS)

Cefnogaeth iechyd meddwl i blant a phobl ifanc.

☎ 01639 862744

✉ aileen@familyandtherapy.co.uk

Casllwchwr neu Benyrheol.

Cymorth iechyd meddwl a lles hygyrch i bobl 7+ oed drwy feddyg teulu a hunanatyfeiriadau i'r rhini! sy'n cael anhawster gyda phroblemau iechyd meddwl yng Ngorseion, Tre-gŵyr,

☎ 07759 094879

Family & Therapy (Cwntasia i Bawb yng

☎ 01635 869754

🌐 www.charliewaller.org

meddwl gyda ffocws ar blant a phobl ifanc.
Hyfforddiant, adnoddau ac ymgynghoraeth iechyd

Ymddiriedolaeth Charlie Waller

Stepio Conductive Education Wales

Newydd Chwaraeon LC2 – Dydd Gwener
4.00pm – 5.30pm
Bydd angen gornuchwyliaeth/cerfnogaeth ar blant dan 14 oed ac oedolion ag anghenion cymhleth.

Reach

Y brif elusen yn y DU sy'n darparu cerfnogaeth i blant sydd â gwahaniaeth i'w braich uchaf a'u teulioedd. Mae'r wefan hefyd yn cynnig hyfforddiant i athrawon ac adnoddau ystafell ddosbarth i ddathlu a derbyn gwahaniaeth.

🌐 <https://reach.org.uk>

Limbpower

Mae'n cynnig gweithgareddau corfforol, chwaraeon a gweithgareddau celf i unigolion â gwahaniaeth yn y traich neu'r goes a thrychhedigion.

🌐 www.limbpower.com

☎ 07502276858

Ymgynghorydd Gofal Niwroggyhyrol

Cefnogi'r teulioedd â phlant sydd wedi cael

diagnosis o anhwylder niwroggyhyrol (NMD) - term

eang iawn sy'n cwmmpasu ystod o gyfflyrau sy'n

amharu ar weithrediad y cyhyrau. Mae Donna

a'r tim yn darparu hyfforddiant ymwybyddiaeth

i ysgolion er mwyn iddynt ddeall anghenion

☒ Donna.Richards4@wales.nhs.uk

Tim Rygbi Cadair Olwyn y Gweilch

I blant 8-17 oed ag ADY (nid yn unig defnyddwyr

cadair olwyn) ac aelodau o'u teulu/ffrindiau.

☒ dale2467@outlook.com

☎ Dale Williams (Prif Hyfforddwr) 07539303423

NAC Well-Being

Mae'n cefnogi lles emosiynol plant ac oedolion ag anabledau deallusol difrifol a dwys.

🌐 <https://nacwellbeing.org>

Hands up for Downs

Gnwp cefnogi a gynhelir gan rieni ac elusen i blant

â Syndrom Down a'u rhieni/gofalwyr.

☒ handsupfordowns@outlook.com

Downs Syndrome Association - Cymru

Gwasanaeth gywoboddeith ar bob agwedd ar fyw'n

llwyddiantus gyda Syndrom Down. Rydym yn

darparu gwasanaeth hyfforddi pwrpasol i unrhyw

un sy'n gweithio gyda phobl â Syndrom Down

🌐 www.downssyndrome.org.uk/wales

Cerebra

Elusen a sefydlwyd i helpu i wella bywydau plant a chyfflyrau sy'n ymwneud â'r ymennydd drwy ymchwili, addysg a chefnogi plant a'u gofalwyr yn uniongyrchol.

🌐 www.cerebra.org.uk

Elusen Therapy for Swansea Kids

Mae'n cefnogi plant sy'n mynd i Hatân y Môr drwy ddarparu offer a digwyddiadau therapiwtig.

🌐 Facebook

Whizzkids

Mae't yn darparu offer o ansawdd uchel wedi'u

teiloru ar gyfer plant a phobl ifanc sydd angen

cadeiriau olwyn, yn trefnu digwyddiadau am ddim

i denlodedd ac yn cefnogi ysgolion gyda sesiynau

hyfforddiant staff a sgiliau cadair olwyn i blant.

☎ 07867128154

🌐 <https://whizz-kids.org.uk>

Abilities in me

Elusen gofrestredig, sy'n ysgirfennu straeon yn

seiliedig ar denlodedd go iawn a chyffwr y plentyn

i hyrwyddo cynhywsiad a derbyniad. Disgwylir iddi

ymweld ag ysgolion Abertawe yn 2024 i gyffwyno

gweithdai ymwybyddiaeth o anabledd gyda phlant

a hyfforddiant i staff.

🌐 <https://theabilitiesinme.com>

David Smith - Pencampwr

Paralympaidd Boccia

Mae gan David weledigaeth i gefnogi pob ysgol

gyrnadd yn y DU i wneud Addysg Gofforol yn

fwy hygyrch a chynhywsol. Mae'n awyddus

i ymweld ag ysgolion cynradd/uchradd yn

Abertawe i gyffwyno i hun, rhannu ei brofiadau a

chyffwyno gêm Boccia i'ch dysgwyr. Mae hwn

yn gyfle cyffrous ac am ddim i bob dysgwr, ond

yn enwedig y rhieni sy'n ei chael hi'n anodd cael

mynediad at rai gwersi! Addysg Gofforol prif ffrwd.

☎ 07515 271055

☒ smithy2389@gmail.com

ANGHENION LLEFYRDD, IAITH A CHYFATHREBU

AFASIC (Llinell Gymorth i Rieni)

Mae Afasic yn cefnogi ac yn darparu gwybodaeth i deuluoedd a phlant a phobl ifanc sydd ag

Anghenion Llesydd, iaitb a Chyfathrebu (ALlCh) gyda ffocws ar Anhwyllder Datblygu Iaitb (ADl).

Mae Llinell Gymorth Rheni Afasic yn cynnig

'clust i wrando' i rieni dratod anghenion ALlCh eu

plenty'n yn ystod eu horau agor.

www.afasic.org.uk

Llinell Gymorth i Rieni - 0300 666 9410

(Dydd Lun a dydd Mercher 10.30am – 4.00pm)

ELKLAN

Hfforddiant i gefnogi iaitb a dysgu plant.

www.elkian.co.uk

01208 841450

Gynddu ymwybyddiaeth o Anhwyllder

Datblygu Iaitb

Gwybodaeth am ADl ac adnoddau i deuluoedd,

ffrindiau a gweithwyr profesiynol.

<https://radid.org>

Speech and Language UK – The

Communication Trust

Dolenni i weithwyr profesiynol ar gyfer cyrsiau

DPP ar-lein, canllawiau, adnoddau a dogfennau

strategaeth.

<https://speechandlanguage.org.uk/talking-point/for-professionals/the-communication-trust/>

I Can

Elusen cyfathrebu plant. Mae'n cynnig hyfforddiant

achrededig ar gyfer gweithwyr profesiynol, lllyfrau

a DVDs i rieni ac ymarferwyr. Mae l CAN hefyd

yn helpu rhieni ac ymarferwyr drwy ddarparu

gwybodaeth ac adnoddau drwy Wasanaeth

Ymholadau l CAN Help, drwy wefan Talking Point.

<https://www.icancharity.org.uk/i-can-help/>

Clwb Dyslecsia Abertawe

Grwp ar gyfer pobl ifanc dyslecsig rhwng 8 a 18

oed sy'n byw yn Abertawe.

[Grwp Facebook](#)

Taliadau Uniongyrchol

Symiau o artian a roddir gan yr Awdurdod Lleol i

brynu'ch gwasanaethau gofal neu gefnogaeth eich

hau yn hytrach na chael gwasanaethau a ddarperir

gan yr Awdurdod Lleol.

<https://www.abertawe.gov.uk/cwestynauCyffredinamDalladau>

Uniongyrchol

SNAP Cymru

Mae'n cynnig gwybodaeth, cynngor a chefnogaeth

ambynnol, am ddim i helpu i ddod o hyd i'r

addysg iawn ar gyfer plant a phobl ifanc a

phob math o anghenion addysgol arbenig

(AAA)/anghenion dysgu ychwanegol (ADY) ac

www.snapcymru.org

0808 801 0608

Tim Cefnogi Ieuenctid Ethnig (EYST)

Ei nod yw cefnogi pobl ifanc Ddu a Llaethriodd

Ethnig i gyrraedd eu llaw botesial drwy raglen

ieuenctid gyfannol wedi'i thargedu a rhaglen

ieuenctid sy'n ddiwyllianol sensitif, gan gynnwys

gweithwyr ieuenctid cymwysedig, gweithgareddau

ieuenctid arloesol a chanolfan ieuenctid a

chymunedol.

<https://eyst.org.uk>

01792 466980

Gwasanaethau Cefnogi Touchstone

Arbenigwyr mewn darparu llwybrau cymorth i

uniongion a theuluoedd mewn angen.

[Sophie Evans](mailto:Sophie.evans@touchstone-ss.co.uk)

Sophie.evans@touchstone-ss.co.uk

07958022406

Ategi

Mae'n darparu cefnogaeth sy'n canolbwyntio ar

yr uniongion i bobl y mae arnynt angen cefnogaeth

i fyw eu bywyd gorau. Gall hyn fod oherwydd

anabdedd corfforol/dysgu, atiechyd meddwl,

digartrefedd neu gaethiweid neu yn sgil symud

ymlaen o'r gwasanaethau plant.

info@ategi.co.uk

01443 484400

CYNNWYS

1	Deall Hawliau, Eiriolaeth a Chymorth Ariannol.....
1	Chymorth Ariannol.....
1	Anghenion Lloferdd, Iaitn a Chyfatrebu.....
2	a Chyfatrebu.....
2	Corfforol a Chymhleth.....
2	Hygyrchedd.....
4	lechyd Meddwl a Les Emosiynol.....
4	Namau Synhwyraidd.....
5	Cefnogaeth i Ofalwyr sy'n Rhieni! a Brodyr a Chworydd.....
6	Cyfluedd Hamdden a Chwarae.....
7	Y Blynyddoedd Cynnar a Gofal Plant.....
9	lechyd.....
10	Awstisiaeth.....
11	ADHD.....
11	Oedolion Ifanc ac Addysg Bellach.....
12	Profedigaeth.....

DEALL HAWLIAU, EIRIOLAETH A CHYMORTH ARIANNOL

MENCAP Cymru

Mae'n darparu gwybodaeth sydd ei hangen i ddeall hawliau pobl ag anabledd dysgu a'u cerfngi i gael mynediad at wasanaethau neu herio penderfyniadau.

🌐 <https://wales.mencap.org.uk>

☎ 0800 8000 300

InfoEngine

Cyfrifadur ar-lein o wasanaethau'r trydydd sector (gwrifodol/cyfuneddol) sy'n cwmpasu Cymru gyfan. Gallwch chwilio am wasanaethau sy'n berthnasol i'ch problem.

🌐 <https://en.infoengine.cymru/>

Working Families

Gwybodaeth i rieni sy'n gweithio a gofalwyr am eu hawliau cyflogaeth, credydau treth a budd-daliadau mewn gwaith. Mae hyn yn cynnwys adran yn arbennig i rieni plant anabl.

🌐 <https://www.workingfamilies.org.uk/>

advice-information

Turn to Us

Os ydych chi'n sâl, wedi'ch anafu neu os oes genny'ch anabledd, efallai bydd budd-daliadau, grantiau neu gymorth ariannol arall ar gael i chi.

🌐 www.turn2us.org.uk

Cyngor Gwasanaethau Gwrifodol

Abertawe

Y sefydliad ymbarél ar gyfer gweithgarwch gwirfoddol ledled Abertawe – mae'n cerfngi, yn datblygu ac yn cynrychioli mudiadau gwirfoddol, gwirfoddolwyr a chymuneddau yn y Sir.

✉ scvs@scvs.org.uk

☎ 01792 544000

Mae anabledd gan fy mhenty'n

Gwybodaeth i rieni a gofalwyr plant a phobl ifanc anabl yn Abertawe.

🌐 <https://www.abertawe.gov.uk>

maeAnableddGantfyMhenty'n



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Cymorth Dysgu Ychwanegol

Yng Ngholeg Gŵyr Abertawe



Coleg Gŵyr Abertawe
Gower College Swansea

Ein cenhadaeth yw sicrhau y gallw
nodi a chefnogi anghenion unigol ein
holl fyfyrwyr trwy ddefnyddio dull
sy'n canolbwyntio ar yr unigolyn.

Yng Ngholeg Gŵyr Abertawe, mae
gennym ddim o weithwyr proffesiynol
tra hyfforddedig ar bob un o'n
campysau. Mae cymorth wedi'i
delwira i anghenion unigol, ac
rwydym yn rhoi llais y myfyrwr wrth
wraidd popeth a wnamyn.

Er enghraifft, bydd ein **tim**
Cymorth Dysgu yn sicrhau bod y
pontio rhwng yr ysgol ar Coleg yn
llyfn. Mae digwyddiadau pontio yn
cynnwys diwrnodau biasu'r Coleg,
nosweithiau agored, ymweliadau
unigol i rieni/gofalwyr, a
digwyddiadau cadw'n gynnes
yn ystod yr haf.

Mae ein **tim Niwroamrywiaeth**
yn cynnwys athrawon arbenigol
sy'n cynorthwyo dysgwyr â chyflwr
niwroamrywiol h.y. anhwylder diffyg
canolbwyntio a gorffwioigrwydd
(ADHD), awtistiaeth, dystlecsia,
dyscalwlia, anhwylder cydlynu
datblygiadol (DCD)/dyspracia
ac anhwylder datblygu iaith
(DLD). Mae Arbenigwr Cymorth
Niwroamrywiaeth (NSS) gan bob
cyfadran yn y Coleg ac mae ein
Canolfannau Niwroamrywiaeth yn
darparu lleoedd tawel i weithio.

Mae ein **hadran Sgiliau Byw'n**
Annibynnol yn cynnwys tua 160 o
fyfyrwyr â galluoedd ac anghenion
amrwyiol. Rwydym yn gwethio ar
gwrwicwlwm sy'n ceisio bodoni
canlyniadau dymunol a nodau
dyheadol y dysgwyr.

Mae **Cydlunydd Technoleg**
Gynorthwyl gennym hefyd sy'n
sicrhau bod anghenion technoleg
y dysgwyr yn cael eu hateb o ran
offfer arbenigol megis cyfrifiaduron
pen brwd wedi'u haddasu neu
feddalwedd darllen ac ysgrifennu
arbenigol.

01792 284000 gcs.ac.uk/cy/ln

Sicrhau Eich Dyfodol





CYMORTH GWASANAETHAU

CYFEIRIADUR CYSYLLTIADAU