**Linc i wybodaeth ar gyfer gofalwyr ar ein gwefan**

[www.gwynedd.llyw.cymru/cy/Trigolion/Iechyd-a-gofal-cymdeithasol/Gofalwyr/Gofalwyr.aspx](http://www.gwynedd.llyw.cymru/cy/Trigolion/Iechyd-a-gofal-cymdeithasol/Gofalwyr/Gofalwyr.aspx)

**Gofalu am rywun sydd ag anabledd dysgu**

**Anheddau**

Mae Anheddau Cyf yn ddarparwr gofal cymdeithasol di-elw, sy’n cefnogi oedolion yn eu cymunedau. Maent yn gweithio’n agos gydag asiantaethau a sefydliadau eraill i gynllunio gwasanaethau sy’n canolbwyntio at anghenion yr unigolyn.

🕿 01248 675910

🖂 post@anheddau.co.uk

🖰 www.anheddau.co.uk

**Cymdeithas Syndrom Down**

Cymdeithas Down Syndrom Elusen yw’r unig elusen yn y DU sydd yn ymwneud â phob agwedd o syndrom Down. Maent yn amcanu helpu pobl â syndrom Down fyw bywydau sydd yn llawn ac yn werthfawr.

🕿 0333 1212 300 (llinell gymorth)

🖰 www.downs-syndrome.org.uk/wales

**Gwasanaeth Awtistiaeth Integredig**

Mae’r Gwasanaeth Awtistiaeth Integredig Gogledd Cymru yn darparu cefnogaeth mewn cydweithrediad ag ystod o gyrff o fewn y gymuned. Maent yn cynnig cefnogaeth i rieni a gofalwyr unigolion awtistig, gan gynnwys adnoddau ASDInfoWales; cefnogaeth a gwybodaeth ar ôl diagnosis a chyngor awydd-bostio, eu cefnogi wrth ofalu am eu plant, cynorthwyo oedolion i drefnu a datblygu sgiliau bywyd; cynorthwyo oedolion gyda dolenni i gyfleoedd hyfforddi a grwpiau cefnogol; cefnogaeth a chyngor o ran ymddygiadau heriol.

🕿 01352 702090

🖂 NW.IAS@flintshire.gov.uk

🖰 www.AutismWales.org

**Gwasanaeth Cynnal Gofalwyr**

Sefydliad trydydd sector lleol sy’n darparu clust i wrando, gwybodaeth a chefnogaeth i bobl sy’n gofalu am berthnasau, ffrindiau neu gymdogion. Mae ganddynt hefyd gynllun ysbaid i ofalwyr sy’n cael ei gynllunio o gwmpas anghenion y gofalwr unigol. Gall y sefydliad helpu gofalwyr i gael mynediad at eu hawliau a gwneud cais i gronfeydd lles am grantiau ar gyfer eitemau hanfodol.

🕿 01248 370797

🖂 help@carersoutreach.org.uk

🖰 www.carersoutreach.org.uk

**Llinell Gymorth Anabledd Dysgu Cymru**

🕿 0808 808 1111 (Opsiwn 3) 9am-3pm (Llun-Gwener)

🖂 helpline.wales@mencap.org

**Mencap Cymru**

Mae Mencap Cymru yn llais dros anabledd dysgu yng Nghymru. Mae popeth y maent yn ei wneud yn anelu at sicrhau bod pobl ag anabledd dysgu yn cael eu gwerthfawrogi’n llawn, eu cynnwys a’u clywed.

Mae Cefnogaeth Annibynnol a Galluogi (WISE) Mencap Cymru yn wasanaeth a ariannir gan Lywodraeth Cymru ac ar gael i bawb yng Nghymru. Maent yn gallu rhoi i chi’r wybodaeth sydd ei hangen i ddeall hawliau pobl ag anabledd dysgu a’r gefnogaeth i gael mynediad at wasanaethau neu herio penderfyniadau.

🕿 0800 8000 300 9am-5pm (Llun- Gwener, ar gau gwyliau banc)

🖂 information.wales@mencap.org.uk

🖂 helpline.wales@mencap.org.uk

🖰 www.wales.mencap.org.uk/cy

**Scope**

Mae llinell gymorth Scope yn cynnig cyngor diduedd ac annibynnol a chefnogaeth am ddim ar faterion sydd yn bwysig i bobl ag anabledd a’u teuluoedd.

🕿 0808 800 3333 (llinell gymorth 9yb tan 5yp Llun i Gwener)

🖂 helpline@scope.org.uk

🖰 www.scope.org.uk

**Link to information for carers on our website**

[www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Carers/Carers.aspx](http://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Carers/Carers.aspx)

**Caring for someone with a learning disability**

**Anheddau Cyf**

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

🕿 01248 675910

🖂 post@anheddau.co.uk

🖰 www.anheddau.co.uk

**Carers Outreach Service**

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

🕿 01248 370797

🖂 help@carersoutreach.org.uk

🖰 www.carersoutreach.org.uk

**Down’s Syndrome Association**

The Down’s Syndrome Association (DSA) is the only charity in the UK dealing with all aspects of Down’s syndrome. Its aim is to help people who have Down’s syndrome live full and rewarding lives.

🕿 0333 1212 300 (helpline)

🖰 www.downs-syndrome.org.uk/wales

**Integrated Autism Service**

The North Wales Integrated Autism Service provide support in partnership with a wide range of organisations in the community. They offer support to parents and carers of autistic individuals, including ASDinfoWales resources; post diagnostic information and support and signposting advice, support to understand and develop the child’s coping strategies, organising and life skills; links to training opportunities and support groups; support and advice in relation to challenging behaviours.

🕿 01352 702090

🖂 NA.IAS@flintshire.gov.uk

🖰 www.AutismWales.org

**Mencap Cymru**

Mencap Cymru is a voice for learning disability in Wales. Everything they do is about making sure people with a learning disability are valued equally, listened to and included.

Mencap Wales’ Independent Support and Empowerment (WISE) is a Welsh Government funded service available to everyone in Wales. Whether you’re a person with a learning disability, a family member or a friend, they can give you the information need to understand the rights of people with a learning disability and support to access services or challenge decisions.

🕿 0808 8000 300 9am-5pm (Monday to Friday, closed bank holidays)

🖂 information.wales@mencap.org.uk

🖂 helpline.wales@mencap.org.uk

🖰 www.mencap.org.uk/wales

**Wales Learning Disability Helpline**

🕿 0808 808 1111(Option 3) 9am -3pm (Monday to Friday)

🖂 helpline.wales@mencap.org