

GOFALWYR IFANC

Rhif Elusen: 1103712
Rhif Cwmni: 4779458



Beth yw gofalwyr ifanc?

Rhywyn o dan 18 sy'n gofalu
am eilod o'r teulu sy'n
anhwylus neu hefo anabledd



Ydych chi'n gofalu
am aelod o'ch teulu
neu ffrind?

Mae help i'w gael.

Evch i www.llyw.cymru/hawliau-gofalwyr
neu cysylltwch â'ch awdurdod lleol.

Do you care for a
family member
or friend?

Help is available.

Visit www.gov.wales/carers-rights
or contact your local authority.



"Gofalwyr Ifanc wedi
helpu mi oherwydd
dwi'n gallu cael amser i
fi fy hun a cael hhwyl
hefo pobl eraill."

Fel gofalwr ifanc mae gennych
yr hawl i:

- ael asesiad cynnig os ydych
chi'n edrych fel gofalwr

- cael eu hasesu

- derbyn cefnogaeth hefo
addysg a swyddi

- Hawliau yr Plant

01597 823800

info@wcdyc.org.uk



Cyfryngau
cymdeithasol

Be cymorth sy'n ar gael?

- 1-1 cymorth
- grwpiau a teithiau hwyl
- prosiect mento
cymheiriad



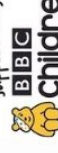
Y cardiau hyn yw
fordd o adnabod
gofalwyr ifanc.

Gallant cael ei
defnyddio mewn
ysgolion neu
mewn y
cymuned.



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Helping children and young people in Wales and across the world.

Steve Morgan
FOUNDATION

YOUNG CARERS

Charity Number: 1103712

Company Number: 4779458



What is a young carer?

Someone under the age of 18 who cares for a member of the family who is unwell or has a disability.



Ydych chi'n gofalu am aelod o'ch teulu neu ffrind?

Mae help i'w gael.

Evch i www.lywcymru/hawliau-gofalwyr neu cysylltwch â'ch awdurdod lleol.

Do you care for a family member or friend?

Help is available.

Visit www.gov.wales/carers-rights or contact your local authority.



"Young Carers has helped me because I can have time to myself and have fun with others."

As a young carer, you have a right to:

- be offered an assessment if you appear to be a carer
- be assessed as a carer
- receive support with education and employment
- all Rights of Children

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Our social media

What support is available?

- one to one support & having someone there to listen
- fun young carer / family groups & trips
- a Peer Mentor scheme
- young carer ID cards

These ID cards are a way of identifying young carers. They can be used in schools and within the community.



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HAWLIAU GOFALWYR IFANC

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Fel gofalwr ifanc mae gennych yr hawl i:

- ael asesiad cynnig os ydych chi'n edrych fel gofalwr
- cael eu hasesu
- derbyn cefnogaeth hefo addysg a swyddi
- Hawliau yr Plant

Beth yw gofalwyr ifanc?

Rhywyn o dan 18 sy'n gofalu am eilod o'r teulu sy'n anhwylyd neu hefo anabledd



Y cardiau hyn yw fordd o adnabod gofalwyr ifanc. Gallant cael ei defnyddio mmewn ysgolion neu mewn y cymuned.

Be cymorth sy'n ar gael?

- 1-1 cymorth
- grwpiau a teithiau hwyl
- prosiect mento cymheiriad

"Gofalwyr Ifanc wedi helpu mi oherwydd dwi'n gallu cael amser i fi fy hun a cael hhwyl hefo pobl eraill."

YOUNG CARERS RIGHTS

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What are the young carer rights?

- be offered an assessment if you appear to be a carer
- be assessed
- receive support with education and employment
- all Rights of Children

What is a young carer?

Someone under 18 who looks after a relative who is unwell or disabled.



These ID cards are a way of identifying young carers. They can be used in schools and within the community.

What support is available?

- 1-1 support
- fun young carer / family groups & trips
- a Peer Mentor scheme
- young carer ID cards

"Young Carers has helped me because I get to have free time to myself and have a laugh with other people. It has also made me a lot happier."



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