



Cardiff & Vale of Glamorgan Regional Safeguarding Board

Information Fact Sheet

The COVID-19 pandemic and the social distancing restrictions resulting from it have taken a huge toll on people's wellbeing and mental health. It is now more important than ever that we look out for each other.

Don't assume that someone else will take responsibility. You could help to save someone's life. If you are worried or have any concerns about yourself or a neighbour then you must report it. Inside we have included some information on who you can contact in order to safeguard yourself and others.



Are you worried about your own, or someone else's drinking or drug taking?

If so, the below organisations can help you:

Cardiff Alcohol and Drug Team - provides help, support, counselling and community care for people whose lives are affected by substance use	02920 468555 / 029 2078 8300	https://www.cardiff.gov.uk (search Alcohol/ Drugs)
E-DAS - point of contact for anyone who feels that they have an issue with any substance in both Cardiff and the Vale of Glamorgan	07880 784626 taith@cgl.org.uk	https://covuhb.nhs.wales/our-services/e-das/
CGL Change Grow Live - they can help you with challenges including drugs and alcohol, housing, justice, health and wellbeing	0300 300 7000	https://www.changegrowlive.org/
DAN 24/7 - Wales Drug and Alcohol Helpline. This is a bilingual telephone helpline providing a single point of contact for anyone wanting further information and/or help relating to drugs or alcohol	0800 633 5588	https://dan247.org.uk/

Are you, or do you know of someone who you think is being abused or neglected?

If so, the below organisations can help you:

Women's Aid - exists to stop violence against women and girls and to support survivors	029 2046 0566	https://www.womensaid.org.uk
BAWSO - committed to providing advice, services and support to black minority ethnic communities and individuals in Wales who are affected by abuse, violence and exploitation. They are available 24 hours a day 7 days a week	0800 731 8147 info@bawso.org.uk	https://bawso.org.uk/
Llamau - they can help you if you are sofa surfing, in an abusive relationship or at risk of becoming homeless	029 2023 9585 enquiries@llamau.org.uk	https://www.llamau.org.uk/
RISE Cardiff - there to support, advocate and provide places of safety for any women (and her children) who are experiencing or at risk of domestic violence/abuse.	029 2046 0566	https://rise-cardiff.cymru/
Atal Y Fro - helping families break the cycle of domestic violence and abuse	01446 744755	https://atalyfro.org
Live Fear Free Helpline - they can provide help and advice to anyone experiencing domestic abuse, anyone who knows someone who needs help. For example, a friend or a family member. Available 24 hours a day 7 days a week	Call: 0808 80 10 800 Text: 07860 077333 info@livefearfreehelpline.wales	https://gov.wales/live-fear-free



Are you worried about a child living in Cardiff/Vale of Glamorgan area who may have been or is the victim of abuse and/or neglect?

If so, then please contact:

Cardiff

Multi-Agency Safeguarding Hub (MASH)	02920 536490
Out of Office Hours: Emergency Duty Team	02920 788570

Vale of Glamorgan

Intake and Family Support Team	01446 725202
Out of Office Hours: Emergency Duty Team	02920 788570

Have you been, or are you a victim of abuse? Do you know someone who you think is being abused?

If so, then please contact:

Vale of Glamorgan Adult Services	01446 700111
Cardiff Adult Safeguarding	02922 330888
Out of Hours: Emergency Duty Team	02920 788570

Are you, or are you concerned about someone being financially abused?

If so, then please contact:

Wales Illegal Money Lending Unit – they operate a 24 hour confidential helpline and you can report concerns about a money lender to them 0300 123 3311

The Money Advice Service – a free, independent service. Contact them if you need advice on clearing your debts, reducing your spending or have credit questions 0800 138 7777

County Lines Services for Children and Young People

County lines is a term used to describe gangs and organised criminal networks involved in transferring illegal drugs into one or more areas. They tend to use children or vulnerable adults to move and store the drugs and money. Are you, or is someone you know involved in this? If so don't wait, report it:

St Giles Trust – They offer early involvement and support for young people, their families and communities who are affected by gangs and serious violence. 020 7708 8000 <https://www.stgilestrust.org.uk>

Crimestoppers – helping to keep people, families and communities Safe in the UK 0800 555 111 <https://www.crimestoppers-uk.org>

Are you concerned about your own or a neighbour's mental health or wellbeing?

If so, the below organisations can help you:



Cardiff Mind – there to make sure that anyone with a mental health problem has somewhere to turn to for support	02920 402040	https://cardiffmind.org/
Community Advice and Listening Line (CALL) – offers emotional support and information on Mental Health and related matters	0800 132737	https://www.callhelpline.org.uk
The Samaritans – there for anyone who's struggling to cope and who needs someone to listen to	02920 344022 / 116 123	https://www.samaritans.org/
Hafal Cardiff – support individuals and families coping with, and recovering from serious mental illness by providing information, advice and support	029 2056 5959	https://www.hafal.org/in-your-area/cardiff/
Cardiff Wellbeing Support Service – provide one-to-one mentoring by own Health & Wellbeing Mentors to those that need it, helping them to access the right support they need. They support customers to access advice, activities, events, training opportunities and any other provision to help meet their wellbeing needs	029 2087 1071 (option 3) wellbeingTeam@cardiff.gov.uk	https://www.facebook.com/CardiffWellbeing https://www.twitter.com/Car_Wellbeing
Mental Health Matters Wales – aim to provide the best support to people affected by mental health, their families and carers	01656 767045 / 01656 651450 admin@mhmwales.org.uk	https://www.mhmwales.org.uk/
Carers Trust South East Wales provide information and support to unpaid carers in Cardiff and the Vale of Glamorgan. The service aims to improve the quality of life for carers, and the cared for, in Cardiff and the Vale, helping carers to make the most of their life alongside their caring role and maintain their independence	01495 769996	https://www.ctsew.org.uk/cardiff-and-the-vale-carers-gateway
Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. Dementia Support Workers provide advice, information and support for people living with dementia, their families and carers, in coping with living with dementia and preparing for the future. Support may be offered in person (face-to-face), over the phone, or in writing.	029 2043 4960/ 07563 554068	https://www.alzheimers.org.uk/local-dementia-connect

If you have any concerns and think it's an emergency, dial 999 or 101 if it isn't an emergency.

Ydych chi'n prydernu am eich iechyd meddwl neu'ch lles eich hun neu'ch cymdogaeth? If so, the below organisations can help you:



<p>https://cardiffmind.org/</p>	<p>02920 402040</p>	<p>Mind Caerdydd - yn sicrhau bod gan unrhyw un sydd â phroblem iechyd meddwl rywle i fynd am gymorth</p>
<p>https://www.callhelpline.org.uk</p>	<p>0800 152737</p>	<p>Llinell Wrando a Chymorth Cymunedol (CALL) - mae'n cynnig gymorth emosiynol a gwybododeth am iechyd meddwl a materion cysylltiedig</p>
<p>https://www.samaritans.org/</p>	<p>02920 344022 / 116 123</p>	<p>Y Samaritaid - gyno i unrhyw un sy'n ei chael hi'n anodd ac sydd angen rhywun i wrando arno</p>
<p>https://www.hafal.org/cy/yn-eich-ordal-chi/</p>	<p>029 2056 5959</p>	<p>Hafal Caerdydd - yn cefnogi unigolion a theuluoedd sy'n gmdopi â salwch meddwl diffriol, ac yn gwella ohono drwy ddarparu gwybododeth, cynnig a chefnogaeth</p>
<p>https://www.facebook.com/CardiffWellbeing</p>	<p>029 2087 1071 (opsiwn 3)</p>	<p>Gwasanaeth Cymorth Lles Caerdydd - yn cynnig mentora un wrth un gan fentoriad iechyd a Lles personol i'r rhai sydd ei angen, gan eu helpu i gael gafael ar y cymorth cywir sydd ei angen arnynt. Mae'n helpu cwsmeriaid i gael gafael ar gynigwr, gweithgareddau, digwyddiadau, cyfleoedd hyfforddi ac unrhyw ddarpariaeth arall i helpu i ddiwallu eu hanghenion lles</p>
<p>https://www.timlles.com/</p>	<p>TimLles@caerdydd.gov.uk</p>	<p>Mental Health Matters Wales - anelu at ddarparu'r gymorth gorau i bobl y mae iechyd meddwl yn effeithio arnynt, ynghyd â'u theuluoedd a'u gofalfwyr</p>
<p>https://www.cts.wales.uk/cardiff-and-the-valley</p>	<p>01495 769996</p>	<p>Mae Ymddiriedolaeth Gofalfwyr De-ddwyrain Cymru yn rhoi gwybododeth a chymorth i ofalfwyr di-dal yng Nghaerdydd a Bro Morgannwg. Nod y gwasanaeth yw gwella ansawdd bywyd gofalfwyr, a'r rheiny sy'n derbyn gofa, yng Nghaerdydd a'r Fro, gan helpu gofalfwyr i fwyhau bywyd cymaint â phosibl ochr yn ochr a'u rôl gofalu ac i gynnal eu hanniyniaeth</p>
<p>https://www.dzheimers.org.uk/local-dementia-connect</p>	<p>07563 554068</p>	<p>Cymdeithas Alzheimer's yw prif elusen gymorth ac gymchwil y DU ar gyfer pobl â dementia, eu theuluoedd a'u gofalfwyr. Mae Gweithwyr Cymorth Dementia yn darparu cynnig, gwybododeth a chymorth i bobl sy'n byw gyda dementia, eu theuluoedd a'u gofalfwyr, wrth ymddopi â byw gyda dementia a pharatoi ar gyfer y dyfodol. Ceillir cynnig cymorth yn bersonol (wngneb yn wngneb), dros y ffôn, neu'n ysgrifenedig.</p>



Ydych chi'n poeni am benty'n sy'n byw yn ardal Caerdydd/
Bro Morgannwg a allai fod wedi cael ei gam-drin a/neu ei
esgeuluso, neu sy'n cael ei gam-drin a/neu ei esgeuluso ar hyn o bryd?

Os felly, cysylltwch â:

Caerdydd
Canolfan Ddiogelu Amasiantaeth (MASH) Caerdydd
02920 536490
Y tu allian i oriau swyddfa: Tim Dyletswydd Argyfwng
02920 788570

Bro Morgannwg
Tim Derbyn a Chymorth i Deuluoedd
01446 725202
Y tu allian i oriau swyddfa: Tim Dyletswydd Argyfwng
02920 788570

Ydych chi wedi cael eich cam-drin, neu a ydych chi'n cael eich cam- drin ar hyn o bryd?

Ydych chi'n adnabod rhywun rydych chi'n amau ei fod yn cael ei gam-drin?

Os felly, cysylltwch â:

Gwasanaethau Oedolion Bro Morgannwg
01446 700111
Diogelu Oedolion Caerdydd
02922 330888
Y Tu Allian i Oriau: Tim Dyletswydd Argyfwng
02920 788570

Ydych chi'n cael eich cam-drin yn ariannol neu a ydych chi'n prydern am rhywun sy'n cael ei gam-drin yn ariannol?

Os felly, cysylltwch â:

Uned Benthycu Ariannol Anghyfreithlon Cymru – mae'n gweithredu llinell gymorth
gyfrinachol 24 awr a galwch roi gwjbod am bryderson ynglŷn â benthycw'r arian
0300 123 3311

Y Gwasanaeth Cynghori Ariannol - gwasanaeth amibynnol am ddim. Cysylltwch â
nhw os oes angen clyngor arnoch ar glirio'ch dyledion, lleihau eich gwariant neu os oes
gennyh gwestiynau ynglŷn â chredyd

Gwasanaethau Llinellau Cyffuriau ar gyfer Plant a Phobl Ifanc

Mae llinellau cyffuriau yn derm a ddefnyddir i ddisgrifio gangiau a rhydwethiau
troseddol cyfndrefnol sy'n gymneud â throsglwyddo cyffuriau anghyfreithlon i un
neu fwy o ardaloedd. Maent yn tueddu i ddefnyddio plant neu oedolion sy'n agored i
niwed i symud a storio'r cyffuriau a'r arian. Ydych chi, neu a oes rhywun rydych chi'n ei
adnabod yn gymneud â hyn? Os felly, peidiwch ag oedi, rhowch wjbod amdano:

Ymddiriedolaeth St Giles – Mae'n cynnig cyfranogiad
020 7708 8000
<https://www.stgilestrust.org.uk>

chymunedau y mae gangiau a thrais difrifol yn effeithio
arnynt.
cymor a chefnogaeth i bobl ifanc, eu teuluoedd a
chymunedau y mae gangiau a thrais difrifol yn effeithio

Crimestoppers – helpu i godw pobl, teuluoedd a
0800 555 111
<https://www.crimestoppers-uk.org>

chymunedau'n ddiogel yn fi DU

Ydych chi'n poeni am eich arferion gyfed neu gyffuriau eich hun, neu rai rhywun arall?

Os felly, gall y sefydliadau isod eich helpu chi:

Tim Alcohol a Chyffuriau Caerdydd - yn darparu cymorth, cefnogaeth, cwnsela a gofod i'n gymuned i bobl y mae defnyddio sylweddau yn effeithio ar eu bywydau	02920 468555 / 029 2078 8300	https://www.cardiff.gov.uk
E-DAS - pwnt cwsyllt i unrhyw un sy'n temtio bod ganddo broblem gydag unrhyw sylwedd yng Nghaerdydd a Bro Morgannwg	07880 784626	https://cavhuhb.nhs.uk/our-services/
CGL Change Grow Live - gall eich helpu gyda hertau gan gymwys cyffuriau ac alcohol, tai, cyfiawnder, iechyd a lles	0300 300 7000	https://www.changegrowlive.org/
DAN 24/7 Llinell Gymorth Cyffuriau ac Alcohol Cymru - Mae hon yn llinell gymorth ddwyieithog i unrhyw un sydd am geol rhagor o wybodaeth a/neu gymorth o ran cyffuriau neu alcohol	0800 653 5588	https://dan24.org.uk/

Ydych chi'n cael eich cam-drin neu eich esgeulso, neu a ydych chi'n adnabod rhywun rydych chi'n amau ei fod yn cael ei gam-drin neu ei esgeuluso?

Os felly, gall y sefydliadau isod eich helpu chi:

Cymorth i Fenywod - yn bodoli i atal trais yn erbyn menywod a merched ac i gefnogi goroeswyr	029 2046 0566	https://www.womensaid.org.uk
BAWSO - wedi'i rwmwngio i ddarparu cunngor, gwasanaethau a chymorth i gymunedau ac unigolion du a lleiafrifodded ethnig yng Nghymru sy'n profi camdriniaeth, trais a cham-frantisio. Mae ar gael 24 awr y dydd 7 diwrnod yr wythnos	0800 731 8147	https://bawso.org.uk
Llomanu - gall eich helpu os ydych chi'n mynd o softa, i softa, mewn perthynas gamdrin iol neu mewn perthgyl o fod yn ddigartref	029 2023 9585	https://www.llomanu.org.uk
RISE Cardiff - gyno i gefnogi, eirioli a darparu manau diogel i unrhyw fenywod (a'u plant) sy'n profi neu mewn perthgyl o drais/cam-drin domestig	029 2046 0566	https://rise-cardiff.cymru/
Atal y Fro - helpu teuluoedd i dorri'r cylch trais a cham-drin domestig	01446 744755	https://atalyfro.org
Llinell Gymorth Byw Heb Ofrn - gall roi cymorth a chunngor i unrhyw un sy'n profi cam-drin domestig, ac unrhyw un sy'n adnabod rhywun sydd angen help. Er enghraifft, ffrind neu aelod o'r teulu. Ar gael 24 awr y dydd, 7 diwrnod yr wythnos	Ffôn: 0808 80 10 800 Neges destun: 07860 077333	https://lliw.cymru/ http://pwj-heb-ofrn info@lwfearfreehelpline.wales



Maer pandemig COVID-19 ar gyfngiadau ymbeillhau cymdeithasol sy'n deillio ohono wedi cael effaith enfawr ar les ac iechyd meddwl pobl. Mae'n bwysicach nag erioed ein bod yn gofalu am ein gilydd.

Feidiwch a rhagdybio y bydd rhywun arall yn ysgwyddo'r baich. Gallach helpu i achub bywyd rhywun. Os ydych chi'n poeni neu os oes gennych unrhyw bryderson amdanoch chi'ch hun neu gymydog, una mae'n rhaid i chi roi gwybod amdanynt. Rydyn ni wedi cynwys gwybodaeth yn y daflen hon am bwy y gallwch gysylltu â nhw er mwyn diogelu eich hun ac eraill.

Taflen Wybodaeth

Bwrdd Diogelu Rhanbarthol
Caerdydd a Bro Morgannwg

Bwrdd Diogelu
Oedolion Rhanbarthol
Caerdydd a'r Bro Morgannwg
BDORHCaf
C&VRSAB
Cardiff & Vale of Glamorgan
Regional Safeguarding
Adults Board

Bwrdd Diogelu
Plant Rhanbarthol
Caerdydd a Bro Morgannwg
Cardiff and Vale of Glamorgan
Regional Safeguarding
Children Board