

# 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 anhwylyd neu hefo anabledd



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

Mae help i'w gael.

Ewch i [www.llyw.cymru/hawliau-gofalwyr](http://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](http://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](mailto:info@wcdyc.org.uk)



Cyfyngau 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.



Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board



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.



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Do you care for a family member or friend?

Help is available.

Visit [www.gov.wales/carers-rights](http://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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- ael asesiad cynnig os ydych chi'n edrych fel gofalwr
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- 1-1 cymorth
- grwpiau a teithiau hwyl
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"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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