



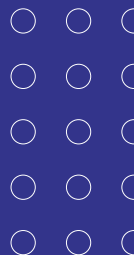
# Connecting Families: Neurodevelopmental Support in RCT

Information brought to you by:



**Behaviour  
Support Hub**

**NHS**





## About Us

We're a warm and welcoming parent-led charitable organisation, here for parent carers in Wales navigating the unique journey of raising neurodiverse children.

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*"Nice to know I'm not alone and that I'm supported".*

Parent

### Our Mission

Since 2014, we've been empowering parent carers with early intervention and ongoing support, with no formal diagnosis needed.

### What We Offer

**Diverse Support** - From training programmes to online workshops, peer support meetings, and one-to-one sessions, we've got a range of services to meet your needs.

**Inclusive Support** - No formal diagnosis is required. Our inclusive services are for everyone on the neurodiverse journey.

### Our Focus

**Positive Mental Health** - We're all about boosting positive mental health and self-care for parent carers, tackling stigma head-on.

**Celebrating Diversity** - Each person is unique, and we celebrate that individuality, inspiring parent carers to embrace their children's qualities.

### Our Unique Approach

**Tailored Support** - We tailor our services to each family's specific needs, combining early interventions with long-term support.

**Breaking Isolation** - Say goodbye to social isolation! Our strong peer support network connects parent carers, fostering a sense of community.

**Bridging the Gap** - We bridge the gap between informal and formal help, linking families with resources and professionals for resilience and improved mental health.

**Join us in creating a supportive, diverse, and empowered community for you and your family!**

# One-to-One Support

Your Unique Journey Starts Here!

Join us online, over the phone, or at our friendly Pontypridd Training Hub—it's all about what suits you best.

Our team truly gets it! We're parents of neurodiverse children too, so we understand the unique challenges you're facing as parent carers. Let us help create positive outcomes with schools and support agencies.

## What We Offer

Our sessions are all about you—personalised to meet your specific needs. Meet the team, who bring expert guidance and a friendly approach to each session. We work together to find solutions that align with your goals.

### What's next?

Contact us through our website, give us a call or complete our referral form.

***"We feel in a much better place as parents, with more confidence and have gained strategies to help".***

Parent

# Peer Support Groups

Connecting You on Your Journey!

Join the heart warming community at Behaviour Support Hub.

We host weekly Parent Carer Peer Support Groups in your local community and at our Pontypridd Training Hub. At the Behaviour Support Hub, we're all about making connections with fellow parent carers – because sharing the journey is what we are about.

## What We Offer

Come together for advice, support, and information in a safe space to chat and make friends. Our meetings create a real community, pushing back against any unfair stigmas parent carers might face. Enjoy insights from regular guest speakers. No hassle, no booking. No diagnosis or booking is required.

### What's next?

Drop by! Check out our Facebook page or visit our website for more information.

***"I have learnt a lot and you have all been really welcoming, made me feel I could ask anything".***

Parent



# Workshops

Dive into Knowledge!

## What We Offer

Join us in this friendly journey of learning and empowerment. We've got you covered with a bunch of engaging workshops lasting 2–3 hours. Our workshops are hosted in person, online and no diagnosis is required, so everyone can join in!

**Understanding Autism:** Uncover Autism and discover supportive approaches.

**Understanding ADHD:** Boost your knowledge about ADHD, from diagnosis to positive strategies.

**Managing Meltdowns:** Explore causes and stages, building a toolbox to minimise their impact.

**What is Challenging Behaviour:** Decode challenging behaviours, and find positive ways to manage them.

**Siblings:** Understand the impact on siblings and support the neurotypical child.

**Pathological Demand Avoidance (PDA):** Get insights into PDA behaviours and effective strategies.

**Executive Functioning:** Learn about Executive Functioning and practical strategies for daily life.

**ALN Overview:** Navigate school support for Additional Learning Needs with confidence.

**Sensory Processing:** Grasp sensory processing and ways to positively support sensory needs.

***“Best course I have been on and I have been on A LOT”.***

Parent

***“I didn’t expect to have such in-depth information about subjects that I felt would affect myself and my family”.***

Parent

## What’s next?

Book directly on our website or complete our referral form to join our waiting list.

# Professionals & Schools

Unlocking Positive Change Together. Empowering Schools and Professionals for Success!

## What We Offer

### To Professionals

Join our friendly Behaviour Support Hub workshops to enhance your skills and knowledge. We cover diverse topics to support professionals and their clients.

Whether you want to boost your expertise, aid families, or foster positive change, our workshops offer current resources and practical tips. Let's make a positive impact together!

### To Schools

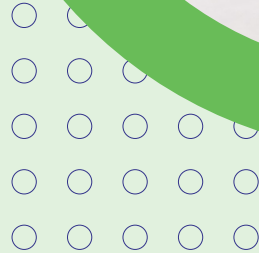
We're here to support RCT schools with tailored training for neurodiverse children. Our engaging programmes cover important topics:

- Tackling challenging behaviours in the classroom.
- Supporting pupils with Executive Functioning differences.
- Understanding sensory impacts on children with additional needs and reducing triggers.
- Enhancing social communication for improved emotional well-being.
- Gaining insights into the parent perspective on home-school communication.
- Building positive relationships for better outcomes, considering key education changes in Wales.

Our workshops are also available to schools and professionals.

## What's next?

Contact us through our website, drop us an email or complete our referral form.



***“Excellently delivered and engaging, very knowledgeable practitioners”.***

Teacher



# Freelance & Collaborative Support

## What We Offer

We've joined forces with various partner organisations to offer personalised support, making a positive impact on the RCT community and enhancing the lives of families navigating neurodevelopmental challenges.

**Counselling with MIND:** Supporting parent carers with counselling services to nurture mental well-being.

**Counter Force CIC for Parent Carers:** Tackling child-parent violence with one-to-one support in de-escalation and self-defence.

**Have Fun Get Fit CIC:** Helping children manage strong emotions through fitness and nutrition. Specialising in supporting neurodiverse young people, they offer individualised one-on-one coaching to boost confidence and build relationships.

**Luna Play Therapy:** Specialising in attachment-focused and trauma-informed support, dedicated to rebuilding lives after stress and adversity. They pride themselves on integrating emotional, physical, and sensory health into therapy plans for children, young people, and their caregivers in a safe environment.

\*All subject to funding.

***“Working in partnership with Behaviour Support Hub to help Parents/Carers deal with physical outbursts from a child is an absolute privilege. From each Parents/Careers first session to their last, we have watched them grow in confidence and heard from them directly that the techniques they have learnt from Counter Force training has not only worked, but has also had a positive impact in their family home.”***

Counter Force CIC  
for Parent Carers

## What's next?

For more information, contact us through our website or drop us an email.

Check out these helpful resources that tackle the Cost of Living crisis, offering support and assistance to families dealing with financial challenges.



**Water Sure Wales Tariff**  
Financial support with water bills



**Warm Home Discount**  
Financial support with electricity bills



**Carers Allowance**  
Financial support if you care for someone at least 35 hours a week



**Disability Living Allowance**  
Financial support for children under 16 living with a disability



**Council Tax Reductions**  
You may be entitled to a council tax reduction if you or your child is disabled



**Radar Key**  
A Radar Key enables access to accessible public toilets for disabled people



**Disabled Person Travel Card**  
Transport for Wales Travel card apply online



**Disabled Person with a Companion Travel Card**  
If you are unable to travel alone, apply online



**CEA Card**  
Receive a complimentary ticket for disabled people who need to be accompanied to the cinema



**Hynt Card**  
Receive a complimentary ticket for disabled people who need to be accompanied to the theatre



**Energy Saving Trust**  
Quick tips to save energy



**Citizens Advice RCT**  
Free independent, confidential, impartial advice on money, benefits, housing, employment, legal, health and debt



**Food Banks RCT**  
Location of all foodbanks within RCT



**Blue Badge**  
Apply for a parking permit online



**Discounts For Carers**  
Discounts, cashback and vouchers for carers and carer workers

# Discover organisations tailored for those on the neurodevelopmental pathway. They've got some fantastic resources and support to offer.



**Snap Cymru**  
Charity based in Wales offering free, independent information, advice and support regarding education



**MIND Cwm Taf Morgannwg**  
Free Mental Health support for those living in RCT



**Interlink RCT**  
Providing community advice, promoting wellbeing and volunteering. Supporting people and organisations to connect and work together better



**Valleys Kids**  
A charity that provides essential support, advice and opportunities to people of all ages in Rhondda Cynon Taf



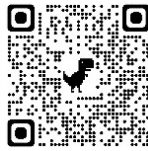
**ASD Rainbows**  
A charity that offers family support for families affected by Autism Spectrum Disorder and related conditions



**Carers Support RCT**  
Carers Support RCT offers services for caregivers of all ages, including support groups, counselling, information resources and more



**Eye to Eye**  
Eye to Eye Counselling Service is a free counselling service for children and young people across RCT



**Outside Education & Training**  
Outside is an award-winning company based in South Wales, specialising in Autism and related conditions



**National Autistic Society**  
Advice and guidance about Autism and the challenges autistic people and their families face



**The ADHD Foundation**  
Advocating for and actively improving the life chances of those living with and impacted by ADHD



**PDA Society**  
Information, training and support for PDA people, parents, carers, and professionals



**Cynon Valley Pals**  
Play and leisure services for children with disabilities



**Barnardos's Wales**  
Support for families across Wales; including a helpline and online support



**Integrated Autism Service (Adults)**  
A specialist service designed to provide assessment and support

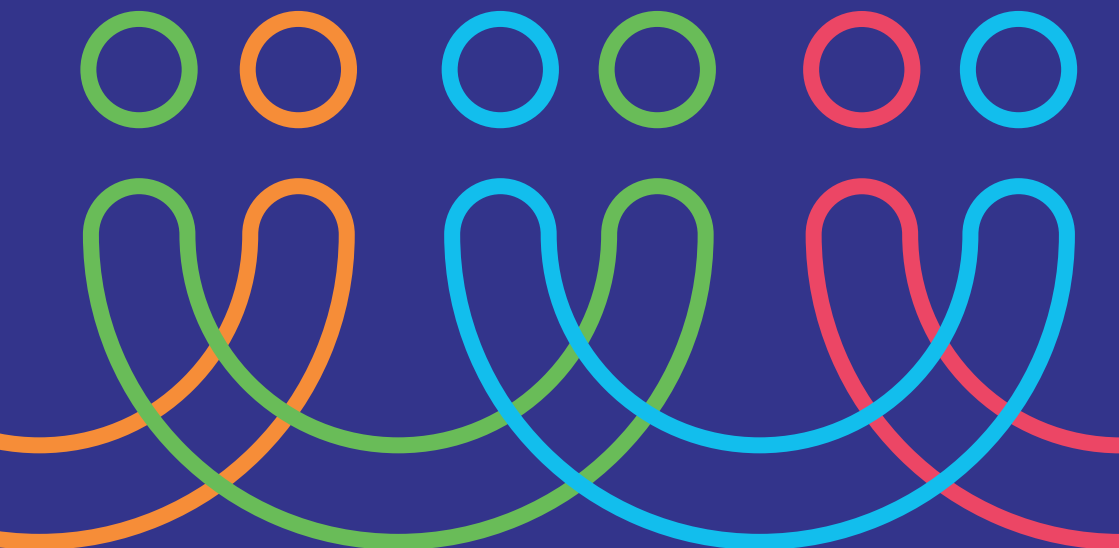


**RCT Family Information Service**  
Providing advice, and support to children and young people, parents, carers and families

## Take a look at this helpful list of contact details for essential services.

Organisation	Contact	Services
Multi-agency Support Hub (MASH) RCT	01443 490120	Safeguarding concerns
Neurodevelopmental Service (NDT) Cwm Taf	01685 351026	Assess and diagnose children with ASD, ADHD and Tourettes
Child and Adolescent Mental Health (CAMHS) Cwm Taf	01443 443008	Assess and diagnose children with mental health conditions
Resilient Families Service (RFS) RCT	rfs@rctcbc.gov.uk	RCT council's bespoke support to families
Access and Inclusion Service	01443 744344	Access and Inclusion Service works with and provides support to children and young people who have special educational needs (SEN)/ additional learning needs (ALN) or are vulnerable learners
Educational Psychologist Parent Helpline	EPS@rctcbc.gov.uk	This service enables parents to access psychological support without having to wait for a school visit





# Connect with us

Your journey with  
BSH starts here!

Access our services by using the  
online referral form or scan here  
to get started!



-  01443 492624
-  07562 223697
-  [info@behavioursupporthub.org.uk](mailto:info@behavioursupporthub.org.uk)

[www.behavioursupporthub.org.uk](http://www.behavioursupporthub.org.uk)

**Main Office:**  
Grove House  
Part of 1 Gelliwastad Road,  
Pontypridd, CF37 2BP

**Training Hub:**  
33 Gelliwastad Road,  
Pontypridd, CF37 2BN



# Cysylltwch â ni!

Mae eich taith gyda  
BSH yn dechrau yma!

Gyrhwch ein gwasanaethau  
trwy ddefnyddio'r ffurflen  
atgyfeirio ar-lein. Cliciwch yma!  
ddechrau!



Prif Swyddfa:

Ty Grove  
Rhan o 1 Heol Gelliwastad,  
Pontypridd, CF37 2BP

Hwb Hyfforddiant:  
33 Heol Gelliwastad,  
Pontypridd, CF37 2BN

[www.behaviouralsupporthub.org.uk](http://www.behaviouralsupporthub.org.uk)

 [info@behaviouralsupporthub.org.uk](mailto:info@behaviouralsupporthub.org.uk)

 07562 223697

 01443 492624



## Edrychwch ar y rhestr ddefnyddiol hon o fanylion cyswllt ar gyfer gwasanaethau hanfodol.

Organisation	Contact	Services
Hwb Amliaantaeth ar gyfer Diogelu	01443 490120	Pryderon diogelu
Gwasanaethau Niroddeblygiadol Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg	01685 351026	Aseu a gwneud diagnosis o blant ag ASD, ADHD a Tourettes
Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAMHS) Cwm Taf	01443 443008	Aseu a rhoi diagnosis i blant a chylfyrâu iechyd meddwl
Y Gwasanaeth Teuluoedd Cydnherth	fts@rctbc.gov.uk	Cefnogaeth bwrpasol Cyngor RhCT i deuluoedd
Y Gwasanaeth Mynediad a Chynhwysiant	01443 744344	Mae'r Gwasanaeth Mynediad a Chynhwysiant yn gweithio gyda ac yn darparu cymorth i blant a phobl ifanc sydd ag anghenion addysgol arbenig (AA) / anghenion dysgu ychwanegol (ADY) neu sy'n ddysgwyr agored i niwed
Llinell Gymorth Rhieni Seicolegydd Addysg	EPS@rctbc.gov.uk	Mae'r gwasanaeth hwn yn galluogi rhieni i gael mynediad at gymorth seicolegol heb orfod aros am ymweiliad ysgol

**Darganfyddwch sefydliadau sydd wedi'u teiwlra ar gyfer y rhai ar y llwybr niwrod-ddatblygiadol. Mae ganddyn nhw adnoddau a chefnogaeth wych i'w cynnig.**



**Snap Cymru**  
Elusen wedi'i lleoli  
yngh Nghymru sy'n  
cynnig gwybodaeth,  
cynghor a chymorth,  
ambynnol am ddim  
ynghylch addysg



**MIND Cwm Taf  
Morgannwg  
Cymorth Iechyd**  
Maddwl am ddim  
i'r rhai sy'n byw yn  
RhCT



**Interlink RCT**  
Darparu cynghor  
cymunedol,  
hwyddo lles a  
gyfwrddoelli. Cefnogi  
pobl a sefydliadau  
i gysylltu a gweithio  
gyda'i gilydd yn well



**Plant y Cymoedd  
Mae Plant y  
Cymoedd yn elusen  
sy'n darparu  
cefnogaeth, cynghor  
hanfodol i bobl  
o bob oed yn  
Rhonda Cynon Taf**



**ASD Rainbows**  
Mae ASD Rainbows  
yn elusen sy'n cynnig  
cefnogaeth deulol  
i deuluoedd sydd  
wed'u heffeithio  
gan Anhwyllder  
y Sbectrwm  
Awtistaeth a  
chylltrau cysylltiedig



**Cymorth i Oralwyr  
RhCT**  
Mae Cymorth  
Oralwyr RhCT  
yn cynnig  
gwasanaethau i  
ofalwyr sy'n rhoi  
gofal o bob oed,  
gan gynnwys  
gmpiau cymorth,  
cwsnela, adnoddau  
gwybodaeth a myy



**Eye to Eye**  
Mae Gwasanaeth  
Cwsnela Eye to  
Eye yn wasanaeth  
cwsnela am ddim i  
biant a phobl ifanc  
ledled RhCT



**Outside Education &  
Training**  
Mae Outside yn  
gwmni arbryn  
sydd wedi'i leoli  
ar weisiaeth a'r  
heriau y mae  
sy'n arbentigo  
mewn Awtistaeth  
a chylltrau  
cysylltiedig



**National Autistic  
Society**  
Cynghor ac  
arweiniad am  
awtistaeth a'r  
heriau y mae  
teuluoedd yn eu  
hwynebu



**The ADHD  
Foundation**  
Ertol dros a gwella  
cyfleoedd bywyd y  
rhai sy'n byw gydag  
ADHD ac yr effeithir  
arnynt gan ADHD



**PDA Society**  
Mae Cymorth  
Gwybodaeth,  
hyfforddiant a  
chfnogaeth i  
bobl PDA,  
rhieni, gofalwyr  
a gweithwyr  
proffesiynol



**Cynon Valley Pals**  
Chwarae a  
gwasanaethau  
hamdden ar  
gyfer plant ag  
anablddau



**Barnardos's Wales**  
Cefnogaeth i  
llinell gymorth a  
gan gynnwys  
cefnogaeth ar-lein



**Awtistaeth Cymru  
(Cedolion)**  
Gwasanaeth  
deuluoedd ar  
arbenigol wedi'i  
asesiad a chymorth



**Gwasanaeth  
Deuluoedd RCT**  
Darparu cynghor  
biant a phobl ifanc,  
rhieni, gofalwyr a  
theuluoedd

Edrychwch ar yr adnoddau defnyddiol hyn sy'n mynd i'r atfael â'r argyfwng Costau Byw, gan gynnig cefnogaeth a chymorth i deulioedd sy'n delio â heriau ariannol.



**Tariff Teryn Bill -  
Watersure Cymru**  
Cymorth ariannol  
gyda biliau dŵr



**Cynllun Gostyngiad  
Cartrefi Cymes**  
Cymorth ariannol  
gyda biliau trydan



**Lwfans Gofalwr**  
Cymorth ariannol os  
ydych yn gofalu am  
rwydd am o leiaf 35  
owr yr wythnos



**Lwfans Byw i'r Anabl**  
Cymorth ariannol  
! blant dan 16 oed  
sy'n byw gydag  
anabed



**Gostyngiadau Treth  
Gyngor**  
Efallai y bydd  
gennyfch hawl i  
ostyngiad treth  
gyngor os ydych chi  
neudh pleny yn  
anabl



**Alwedd Radar**  
Mae Allwedd  
Radar yn galluogi  
mynediad i doliadau  
cyhoeddus hygyrch i  
bobl anabl



**Cerdyn Teffio  
Rhatach i Berson  
Anabl**  
Cerdyn Trafnidiaeth  
! Cymru gwneud  
cais ar-lein



**Cerdyn Teffio  
Rhatach i Berson  
Anabl gyda  
Chydymaith**  
Os na allwch deffio  
ar eich pen eich  
hun, gwneudh gais  
ar-lein



**Cerdyn CEA**  
Derdyn tocy  
am ddim i bobl  
anddi sydd angen  
cydymaith i'r sinema



**Cerdyn Hyn**  
Derdyn tocy  
am ddim i bobl  
anddi sydd angen  
cydymaith i'r theatr



**Energy Saving Trust**  
Awgrymiadau  
cyflym i arbed ynni



**Cyngor ar Bopeth  
RhCT**  
Cyngor anibynnol,  
cyfrinachol, diduedd  
am ddim ar orion,  
budd-doliadau,  
cyfrisogeth,  
cyfethiol, iechyd  
a dyled



**Banciau Bwyd RhCT**  
Lleoliad yr holl  
fantaiau bwyd o  
fewn RhCT



**Bathodyn Glas**  
Gwneud cais am  
drwydded parcio  
ar-lein



**Discounts For  
Carers**  
Disgowntiau, orion  
yn ôl a tholebau i  
ofalwyr a gweithwyr  
gotalwyr

# Llawrydd a Cydwethredol

## Yr Hyn a Gynigwn

Rydym wedi ymuno ag amrywiol sefydliadau partner i gynniig cefnogaeth bersonol, gan gael effaith gadarnhaol ar gymuned RhCT a gwella bywydau teuluoedd sy'n llywio heriau niwrod-ddatblygiadol.

**Cwmsela gyda MIND** - Cefnogi rhieni sy'n ofalwyr gyda gwasanaethau cwmsela i feithrin lles meddyliol.

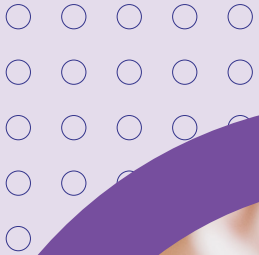
**Counter Force CIC ar gyfer Gofalwyr Rhieni** - Mynd i'r atfael a thrais plentyn-rhiant gyda cefnogaeth un-i-un wrth ddaed-ddwysau a hunan-amddiffyn.

**Cael Hwyl Cadw'n Heini! CIC** - Helpu plant i reoli emosiynau cryf trwy ffitrwydd a maeth. Yn arbenigo mewn cefnogi pobl ifanc niwroamrywiol, maent yn cynnig hyfforddiant unigol un-i-un i hybu hyder ac adeiladu perthnasoedd.

**Therapi Chwarae Luna** - Arbenigo mewn cefnogaeth sy'n canolbwyntio ar ymlyniadau ac yn seiliedig ar drawma, sy'n ymroddedig i alldeiliadu bywydau ar ol straeu ac adfyd. Maent yn ymatalchio mewn integreiddio iechyd emosiynol, corfforol a synhwyraidd i gynlluniau therapi ar gyfer plant, pobl ifanc a'u rhoddwyr gofal mewn amgylchedd diogel.

\*Pob un yn amodol ar gyllid

**Beth sydd nesaf?**  
Am fwy o wybodaeth, anfonwch e-bost atom.



*"Mae gweithio mewn partneriaeth â Hwb Cymorth Ymddygiad i helpu Rhieni/Gofalwyr i ddelio â thoriadau corfforol gan blentyn yn trainit aruthrol. O bob sesiwn gynntaf Rhieni/Gyrtaoedd i'w hola, rydym wedi eu gwyllo yn magu hyder ac wedi clywed ganddynyt yn uniongyrchol bod y technegau y maent wedi'u dysgu o hyfforddiant Counter Force nid yn unig wedi gweithio, ond hefyd wedi cael effaith gadarnhaol yng nghartref eu teulu"*  
Counter Force CIC ar gyfer rhieni sy'n ofalwyr

# Gweithwyr Profesiynol ac Ysgolion

Datgloi Newid Cadarnhaol Gyda'n  
Gilydd. Grymuso Ysgolion a  
Gweithwyr Profesiynol i Lwyddo!

## Yr Hyn a Gynigwim

### I Weithwyr Profesiynol

Ymunwch â'r gweithdai! Hwb Cymorth Ymddygiad  
cyfeillgar i wella eich sgiliau a'ch gwybodaeth.  
Rydym yn ymdrin â phynciau amrywiol i gefnogi  
gweithwyr profesiynol a'u cleientiaid.

F'un a ydych am roi hwb i'ch arbenigedd, helpu  
teuluoedd, neu feithrin newid cadarnhaol, mae  
ein gweithdai yn cynnig adnoddau cyfredol ac  
awgrymiadau ymarferol. Gadewch i ni gael  
effaith gadarnhaol gyda'n gilydd!

### I Ysgolion

Rydyn ni yma i gefnogi ysgolion RhCT gyda  
hyfforddiant wedi'i deilwra ar gyfer plant  
niwroamrywiol. Mae ein rhaglenni diddorol yn  
ymdrin â phynciau pwysig:

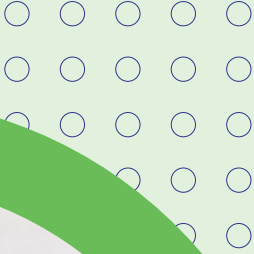
- Mynw i'r arfael ag ymddygiad heriol yn y dosbarth.
- Cefnogi disgyblion sydd â gwahanaiethau Gweithrediaeth Weithredol.
- Deall effeithiau synhwyrdd ar blant ag anghenion ychwanegol a lleihau sbardunau.
- Gwellu cyfathrebu cymdeithasol er mwyn gwella lles emosiynol.
- Cael mewnwleddiad i bersbectif rhieni ar gyfathrebu rhwyng y cartref a'r ysgol.
- Meithrin perthnasoedd cadarnhaol ar gyfer canlyniadau gwell, gan ystyried newidadau addysg allweddol yng Nghymru.

Mae ein gweithdai hefyd ar gael i ysgolion a gweithwyr profesiynol.

**"Wedi ei gyflawni a'i  
ymgyylltu'n rhagorol,  
ymarferwyr gwyrbodus  
iawn";**  
Athro

## Beth sydd nesaf?

Cysylltwch â ni drwy ein  
gwefan, arfonwch e-bost  
atom neu llenwch ein ffurflen  
atgyfeirio.



# Gweithdai

Plymio i Wybodaeth!

## Yr Hyn a Gynigwn

Ymunwch â ni ar y datth gyfeillgar hon o ddysgu a grymuso. Rydwn ni wedi meddwl am bopeth gyda nifer o weithdai diddorol yn parh 2-3 awr. Mae ein gweithdai yn cael eu cynnal yn bersonol, ar-lein ac nid oes angen diagnosis, felly gall pawb ymuno!

**Deall Awstiaeth:** Datgelu Awstiaeth a darganfydd dulliau cefnogol.

**Deall ADHD:** Rhwng hwb'ich gwybodaeth am ADHD, o ddiagnosis i strategaethau cadarnhaol.

**Rheoli Goffion:** Archwilio achosion a chamanu, gan adeiladu blwch offer i leihau eu heffafth.

**Beth yw Ymddygiad Heriol:** Dadgodio ymddygiad heriol, a dod o hyd i ffyrdd cadarnhaol o'u rheoli.

**Brodyr a chworiydd:** Deall yr effafth ar frodyr a chworiydd a chefnog'r plentyn niwronodweddiadol.

**Pathological Demand Avoidance (PDA):** Cael mewmleidiad i ymddygiadau PDA a strategaethau effeithiol.

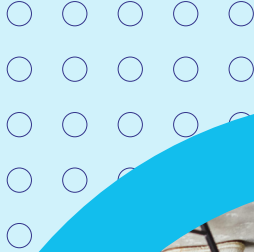
**Gweithrediad Gweithredol:** Dysgwch am Weithrediad Gweithredol a strategaethau ymarferol ar gyfer bywyd bob dydd.

**Trosolwg ADY:** Llywio cefnogaeth ysgol ar gyfer Anghenion Dysgu Ychwanegol yn hyderus.

**Prosesu synhwyraidd:** Cofael ar brosesu synhwyraidd a ffyrdd o gefnogi anghenion synhwyraidd yn gadarnhaol.

## Beth sydd nesaf?

Archebwrch yn uniongyrchol ar ein gwefan neu llenwch ein ffurflen atgyfeirio i ymuno â'n rhestr aros.



*“Y cwrs gorau i mi fod arno ac rydw i wedi bod ar LAWER!”*

Rhiant

*“Doeddwn i ddim yn disgwyl cael gwybodaeth mor fanwl am bynciau roeddwn i'n teimlo fyddai'n effeithio arnaf i fy hun a fy nhenu!”*

Rhiant

# Grwpiau Cefnogu Cyfoedion

Eich Cysylltu Ar Eich Tai!h1>

Ymunwch â'r gymuned galonogol yn ein Hwb  
Cefnogi Ymddygiad!

## Yr Hyn a Gynigiwn

Dewch ynghyd i gael cyngor, cefnogaeth  
a gwybodaeth mewn man diogel i sgwrsio  
a gwneud ffrindiau. Mae ein cyfartoddydd  
yn creu cymuned go iawn, gan wthio yn ôl  
rhiant-ofalwyr eu hwynebu. Mwynhewch  
femnweledadau gan siaradwyr gwadd  
rheolaidd. Dim traffferthion, dim bwcio. Nid  
oes angen gwneud diagnosis neu apwyntiad.

## Beth sydd nesaf?

Galwch heblol! Edrychwch ar ein  
tudalen Facebook neu ewch i'n  
gwefan am fwy o wybodaeth.

“Rwyf wedi dysgu  
llawer ac rydych chi  
i gyd wedi bod yn  
groesawgar iawn, wedi  
gwneud i mi deimlo  
y gallwn ofyn unrhyw  
beth”  
Rhiant

# Cefnogaeth Un-i-Un

Mae Eich Taih1 Unigrwy yn  
Cychwyn Ymai

Ymunwch â ni ar-lein, dros y ffon, neu yn ein  
Hwb Hyffordd! Pontypridd cyfeillgar—mae'n  
ymwneud â'r hyn sy'n gweddu orau i chi.

Mae ein tîm wir yn ei ddeddell! Rydlyn ni'n rhieni  
i blant niwroamrwyoli hefyd, felly rydlyn  
ni'n deall yr heriau unigrwy rydych chi'n eu  
hwynebu fel rhieni sy'n ofalwyr. Gadewch i ni  
helpu i greu canlyniadau cadarnhaol gydag  
ysgollion ac astiantaethau cymorth.

## Yr Hyn a Gynigiwn

Mae ein sesiynau i gyd amdanoch chi—  
wedi'u personoli i ddiwallu eich anghenion  
penodol. Cwrdd â'r tîm, sy'n dod ag  
arweiniad arbennigol a dull cyfeillgar o  
ymdrin â phob sesiwn. Rydlyn yn gweithio  
gyda'n gilydd i ddod o hyd i atebion sy'n cyd-  
fynd â'ch nodau.

## Beth sydd nesaf?

Cysylltwch â ni trwy ein gwefan,  
rhoch alwad i ni neu cwblhewch  
ein ffurflen atgyfeirio.

“Rydym yn teimlo  
mewn lle llawer gwell  
fel rhieni, gyda mwy  
o hyder ac wedi ennill  
strategaethau i helpu”  
Rhiant



# Amdanom Ni!

Rydym yn sefydliaid elusennol cynnes a chreosawgar dan arweiniad rhieni, sydd yma i rieni sy'n ofalwyr yng Nghymru, yn llywio'r daith unigryw o fagu plant niwroamrywiol.

*"Braf gwych bod nad ydwi i ar fy mhen fy hun a fy mod i'n cael fy nghefnogi!"*  
Rhiant

## Ein Cenhadaeth

Ers 2014, rydym wedi bod yn grymuso rhieni sy'n ofalwyr gydag ymyrraeth gynnar a chymorth parhaus, heb fod angen diagnosis ffurfiol.

## Yr Hyn a Gynigiwyd

**Cefnogaeth Amrywiol** - O raglenni hyfforddi i weithdai ar-lein, cyfarfoddydd cymorth cyfodeion, a sesiynau un-i-un, mae gennym amrywiaeth o wasanaethau i ddilwllu eich anghenion.

**Cefnogaeth Gynhwysol** - Nid oes angen diagnosis ffurfiol. Mae ein gwasanaethau cynhwysol ar gyfer pawb ar y daith niwroamrywiol.

## Ein Ffocws

**Iechyd Meddwl Positif** - Rydym ni'n hybu iechyd meddwl positif a hunanofal i rieni sy'n ofalwyr, gan fynd i'r afael â stigma yn uniongyrchol.

**Dathlu Amrywiaeth** - Mae pob person yn unigryw, ac rydym yn dathlu'r unigolaeth honno, gan ysbrydoli rhieni sy'n ofalwyr i gofreiddio rhinweddau eu plant.

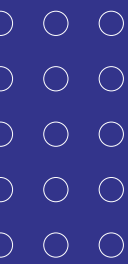
## Ein Dull Unigryw

**Cymorth wedi'i Deilwra** - Rydym yn telwra ein gwasanaethau i anghenion penodol pob teulu, gan gyfuno ymyrddau cynnar â chefnogaeth hirdymor.

**Tori Ymysu** - Dwedwch ffarwel wrth ymysu cymdeithasoli! Mae ein rhwydwaith cefnogi cymheiriaid cryf yn cysylltu rhieni sy'n ofalwyr, gan feithrin ymdeimlad o gymuned.

**Pontio'r Bwlch** - Rydym yn pontio'r bwlch rhwng cymorth anffurfiol a ffurfiol, gan gysylltu teuluoedd ag adnoddau a gweithwyr proffesiynol ar gyfer gwytnwch a gwell iechyd meddwl.

**Ymunwch â ni i greu cymuned gefnogi, amrywiol a grymus i chi a'ch teulu!**



**SHN**

Behaviour  
Support Hub



Gwybodaeth a gylfwynwyd i chi gan:

# Cysylltu Teuluoedd: Cymorth Niwrddatblygiadol yn RhCT

