

COVID-19 Update: 13th May

In today's COVID-19 update from Cardiff Council: a new partnership to continue support for vulnerable children during the crisis; and guidance from the Welsh Government on lockdown regulations in Wales.

Partnership approach supports Cardiff's vulnerable children

Professionals from a range of Health, Education and Children's Services teams have joined together to ensure children with complex disabilities and medical needs can continue to receive the support they need, during COVID-19.

The multi-agency group has been established to provide pupils and their families with access to services, advice and support from a number of health care, education and children's services professionals.

In addition, a triage service has been developed which families and professionals can refer into for children with healthcare needs, so that the correct level of advice and support can be accessed.

The group meets weekly and includes school staff, social workers, clinical psychologists, occupational therapists, speech and language therapists, community nurses, paediatricians, special needs health visitors, dieticians and physiotherapists.

Cardiff Council's Cabinet Member for Education, Employment and Skills, Cllr Sarah Merry said: "Our teams have worked hard to set up and establish the running of this multi-agency approach which is proving to have a positive impact on pupils and their families, ensuring that they can access all the care and support they need in one location, whilst still maintaining measures to reduce the spread of infection.

"It is positive to see an extensive range of professionals, all working together to ensure children and young peoples' needs are being met in a holistic way during the COVID-19 response and supporting our families."

Cabinet Member for Children and Families, Cllr Graham Hinchey said: "The global health crisis is an unnerving time for all of us but particularly our most vulnerable children and young people. For those with complex medical or learning needs, this disruption to routine and to the normal day-to-day care they receive could be upsetting and have a damaging effect on wellbeing. This excellent example of collaborative working, is ensuring that the best care and support continues during these difficult times."

Rose Whittle, Directorate Manager for Community Child Health at Cardiff and Vale University Health Board said: "It has been really positive to see how our multidisciplinary clinical teams have responded to the current crisis, looking for innovative solutions and working collaboratively with colleagues from Education and Social Care. This has helped to deliver a multi-agency response to support the wellbeing of children and young people with complex disabilities and medical needs, ensuring a responsive service to families. Thank you to everyone involved, it really is partnership working at its very best."

Welsh Government Coronavirus Regulations

The Welsh Government is responsible for the public health response to the coronavirus in Wales.

It is doing this by exercising its legal powers to take measures to prevent or slow the spread of coronavirus, and by supporting NHS Wales.

New rules are now in force, which mean you must stay at home to save lives and protect the NHS. These rules may differ to other parts of the UK, so it is important you understand them.

Stay at home. Save lives. Protect the NHS.

You can:

- Go out for exercise. Please see the **exercise guidance** for more information: <https://gov.wales/leaving-home-exercise-guidance>
- Travel to work, provided your place of work remains open and you cannot work from home.
- Go out to buy food, medicines, or other supplies, but you should stay at least 2m away from other people. Please see the **business closures guidance** for more information: <https://gov.wales/leaving-home-exercise-guidance>
- Go out to your garden, yard, garage or shed.
- Visit your GP or local health services, including the dentist.
- Provide care or help to a vulnerable person. This includes getting food and medicines for them.
- Help the NHS by donating blood.
- Leave your house to avoid injury or illness or to escape the risk of harm.
- Leave your house to attend a **funeral** if you are responsible for organising the funeral, if you are invited by the organiser, or if you are the carer of any person attending the funeral: <https://gov.wales/attending-funerals-during-coronavirus-pandemic>

You must not:

- Gather in a group of more than 2 people in a public place, unless you live with them, or they are your carer.
- Travel or be outside without a reasonable excuse. A reasonable excuse includes the examples listed above.

Read more here:

<https://gov.wales/coronavirus-regulations-guidance>

Diweddariad COVID-19: 13 Mai

Yn y diweddariad ar COVID-19 a gafwyd heddiw gan Gyngor Caerdydd: partneriaeth newydd er mwyn parhau â'r gefnogaeth i blant sy'n agored i niwed yn ystod yr argyfwng; a a canllawiau gan Lywodraeth Cymru ar reoliadau'r cyfyngiadau symud yng Nghymru.

Dull partneriaeth yn cefnogi plant agored i niwed Caerdydd

Mae gweithwyr proffesiynol o amrywiaeth o dimau iechyd, addysg a gwasanaethau plant wedi dod at ei gilydd i sicrhau bod plant ag anableddau ac anghenion meddygol cymhleth yn gallu parhau i gael y cymorth sydd ei angen arnynt, yn ystod COVID-19.

Sefydlwyd y grŵp amlasiantaeth i alluogi disgyblion a'u teuluoedd i gyrchu gwasanaethau, cyngor a chymorth gan nifer o weithwyr proffesiynol ym meysydd gofal iechyd, addysg a gwasanaethau plant.

Hefyd, datblygwyd gwasanaeth brysbennu y gall teuluoedd a gweithwyr proffesiynol atgyfeirio atynt i blant ag anghenion gofal iechyd, fel bod modd defnyddio'r lefel gywir o gyngor a chymorth.

Mae'r grŵp yn cyfarfod bob wythnos ac mae'n cynnwys staff ysgol, gweithwyr cymdeithasol, seicolegwyr clinigol, therapyddion galwedigaethol, therapyddion lleferydd ac iaith, nyrsys cymunedol, pediatregwyr, ymwelwyr iechyd anghenion arbennig, deietegwyr a ffisiotherapyddion.

Dywedodd y Cynghorydd Sarah Merry, Aelod Cabinet dros Addysg, Cyflogaeth a Sgiliau Cyngor Caerdydd: "Mae ein timau wedi gweithio'n galed i sefydlu a chynnal dull amlasiantaeth sy'n cael effaith gadarnhaol ar ddisgyblion a'u teuluoedd, gan sicrhau y gallant fanteisio ar yr holl ofal a chymorth sydd eu hangen arnynt mewn un lleoliad, tra'n cynnal mesurau i leihau lledaeniad yr haint. "Mae'n dda gweld ystod helaeth o weithwyr proffesiynol, oll yn cydweithio i sicrhau bod anghenion plant a phobl ifanc yn cael eu bodloni mewn ffordd gyfannol yn ystod yr ymateb i COVID-19 ac yn cefnogi ein teuluoedd."

Dywedodd yr Aelod Cabinet dros Blant a Theuluoedd, y Cynghorydd Graham Hinchey: "Mae'r argyfwng iechyd byd eang yn adeg annifyr bob un ohonom ond yn benodol i blant a phobl ifanc agored i niwed. I'r sawl ag anghenion meddygol neu ddysgu cymhleth, mae'r tarfu hwn i ofal rheolaidd a beunydd yn gallu bod yn annifyr, gan gael effaith niweidiol ar les. Mae'r enghraifft ragorol hon o gydweithio yn sicrhau bod modd parhau i roi'r gofal a'r cymorth gorau yn ystod y cyfnod anodd hwn."

Dywedodd Rose Whittle, Rheolwr y Gyfarwyddiaeth Iechyd Cymunedol Plant ym Mwrdd Iechyd Prifysgol Caerdydd a'r Fro: "Bu'n wych gweld sut mae ein timau clinigol aml-ddisgyblaeth wedi ymateb i'r argyfwng hwn, gan edrych am atebion arloesol a chydweithio gyda chydweithwyr o Addysg a Gofal Cymdeithasol. Mae hyn wedi helpu i gyflawni ymateb amlasiantaeth i gefnogi lles plant a phobl ifanc ag anableddau cymhleth ac anghenion meddygol, gan sicrhau gwasanaeth ymatebol i deuluoedd. Diolch i bawb sy'n rhan ohono, dyma waith partneriaeth ar ei orau."

Rheoliadau Coronafirws Llywodraeth Cymru

Llywodraeth Cymru sy'n gyfrifol am yr agwedd iechyd cyhoeddus ar yr ymateb i'r coronafeirws yng Nghymru.

Mae'n gwneud hynny drwy arfer ei phwerau cyfreithiol i roi mesurau ar waith i atal y coronafeirws rhag lledaenu, neu i arafu hynny, a thrwy gefnogi GIG Cymru.

Mae rheolau newydd mewn grym erbyn hyn, sy'n golygu bod yn rhaid ichi aros gartref, er mwyn achub bywydau a diogelu'r Gwasanaeth Iechyd Gwladol (y GIG). Mae'n bosibl bod y rheolau hyn yn wahanol i'r rheolau mewn rhannau eraill o'r DU, felly mae'n bwysig eich bod yn eu deall.

Aros gartref. Diogelu'r GIG. Achub bywydau.

Cewch wneud y canlynol:

- Mynd allan i wneud ymarfer corff. Mae rhagor o **wybodaeth yn y canllawiau ar ymarfer corff**:
<https://llyw.cymru/gadael-y-cartref-i-wneud-ymarfer-corff-canllawiau>
- Teithio i'r gwaith, cyhyd â bod eich gweithle'n dal yn agored ac nad ydych yn gallu gweithio gartref.
- Mynd allan i brynu bwyd, moddion, neu nwyddau eraill, ond mae'n rhaid ichi gadw o leiaf 2 fetr rhyngoch chi a phobl eraill. Mae rhagor o wybodaeth yn y **canllawiau ar gau busnesau**:
<https://llyw.cymru/coronafeirws-covid-19-cau-busnesau-ac-adeiladau>
- Mynd allan i'ch gardd, iard, garej neu sied.
- Mynd i weld eich meddyg teulu neu ddefnyddio gwasanaethau iechyd lleol, gan gynnwys y deintydd.
- Rhoi gofal neu gymorth i berson sy'n agored i niwed. Mae hyn yn cynnwys mynd i 'nôl bwyd a moddion iddynt.
- Helpu'r Gwasanaeth Iechyd drwy roi gwaed.
- Gadael eich tŷ i osgoi anaf neu salwch neu i ddianc rhag perygl o niwed.
- Gadael eich tŷ i fynd i **angladd** os chi sy'n gyfrifol am drefnu'r angladd, os ydych yn cael gwahoddiad gan y sawl sy'n ei drefnu, neu os ydych yn gofalu am unrhyw un sy'n mynd i'r angladd:
<https://llyw.cymru/mynychu-angladdau-yn-ystod-pandemig-coronafeirws>

Peidiwch â gwneud y canlynol:

- Ymgynnull mewn grŵp o fwy na dau o bobl mewn man cyhoeddus, oni bai eich bod yn byw gyda nhw, neu oni bai mai nhw yw'ch gofalwyr.
- Teithio, neu fod y tu allan, heb esgus rhesymol. Mae esgus rhesymol yn cynnwys yr enghreifftiau a roddir uchod.

Darllenwch fwy yma:

<https://llyw.cymru/rheoliadau-coronafeirws-canllawiau? ga=2.94942363.60346768.1589365212-696505837.1584365984>