

COVID-19 Update: 20th May

In today's COVID-19 update from Cardiff Council: paving the way to sustained and positive change for rough sleepers; carers benefit from access to counselling and wellbeing resources; trainee chef team serve up meals for vulnerable people; and Bute Park's plants donation to community groups makes it onto national TV.

Rapid response paves way to sustained and positive change

The rapid response of Cardiff Council and its homeless services partners to safeguarding vulnerable individuals on the streets during the COVID-19 outbreak has begun to reap significant benefits.

The number of people sleeping rough in the city has dropped to single figures while more and more clients have been receptive to positive interventions from services, particularly substance misuse services, that can help get their lives back on track.

More than 140 clients have been housed in the two hotels acquired by the Council in March to ensure people living in emergency accommodation and those on the streets were protected and cared for during the pandemic and could self-isolate effectively.

The shipping container homes the council has developed as temporary accommodation for families have been used as isolation units for any homeless individuals displaying coronavirus symptoms, while substance misuse services have been adapted quickly to meet clients' needs during the pandemic.

Support has included regular nurse-led clinics at the hotels and existing hostels, access to rapid prescribing services and the use of the new and improved drug substitute, Buvidal.

Cabinet Member for Housing and Communities, Cllr Lynda Thorne, said: "There's no doubt the Coronavirus outbreak presented our services with tough challenges and we needed to move very fast to help people off the streets into safe, self-contained accommodation. Our teams pulled out all the stops and are doing a tremendous job throughout this difficult time.

"Only five very entrenched rough sleepers remain on the streets now, and our outreach team will continue to work with these individuals, but when you consider that only a few months ago the figure was in the 80s, this is a huge achievement and one that must be sustained into the future.

"The lockdown period has created a unique set of circumstances and provided us with a real opportunity to engage with clients who up until now have been very hard to reach and resistant to offers of help.

"The lack of begging opportunities in the city centre has meant clients cannot afford to buy drugs or alcohol and have responded more positively to the support available to assist them off the streets for good. Many more people have begun treatment

programmes because they have been unable to fund the harmful addictions that have prevented them from coming off the streets in the past.

“I know that many concerned people think that they are helping if they give to someone begging, however in most cases this money will only help that person to maintain a harmful lifestyle. Cardiff’s homeless partnership is doing amazing work to help people transform their lives and the public can help with this work by giving to one of our partner charities or to Give Differently, rather than to those begging on the street.

“We’ve come a long way in a short time and want to ensure that this change continues by carrying on working with individuals to prevent a return to the streets, to begging and to substance abuse once current measures are lifted.”

The Council has been reviewing homelessness services for single people, particularly those with very complex needs, for a number of months and has been learning from best practice in the UK and abroad to develop a range of future accommodation and support options.

Cllr Thorne added: “Our longer term planning was already underway before the current health emergency, but we can build on the success over the past few months to make a real change for the better in people’s lives.

“There’s been a radical shift in the uptake of services that can change people’s lives and these past few weeks have demonstrated the success that can be achieved in tackling homelessness if the right accommodation and support is available.

“There can be no going back. We must focus on recovery and maintaining the significant progress made over this period.”

Find out about how you can support charities working with homeless individuals here:

<https://www.cardiff.gov.uk/ENG/resident/Housing/rough-sleeping/how-you-can-help/Pages/default.aspx>

Carers given access to counselling and wellbeing resources

To support the emotional and mental wellbeing of key workers in the care sector across Cardiff, the Council has extended access to Care First, the counselling service for staff directly employed by the authority, to the city’s care workforce.

Around 3,500 people are employed in the sector in the city’s 21 nursing and 54 residential homes and 100 supported living accommodation schemes and the Council recognises the importance of looking after the wellbeing of everyone who works in this sector throughout these difficult days.

Care First is a 24/7 service, offering a full Employee Assistance Programme, which includes counselling, and a range of wellbeing support services.

Trainee chef team serve up meals for vulnerable people

Young trainee chefs at Cardiff Council's Youth Foods, a joint initiative with the GMB union to provide catering and food service training to young people not in education, employment or training, have provided more than 11,500 hot meals and 12,000 sandwich and cake packs to vulnerable people during the COVID-19 crisis.

The 10-strong team, which is based at County Hall, have ensured clients at the extra emergency accommodation for homeless individuals in the city, as well as the elderly in the city, have been well-fed throughout the crisis by preparing the nutritious food, which is then delivered by the Council's Meals on Wheels team.

Bute Park's plants donation featured on national TV

Our team at Bute Park donated 3,000 plants to the community – and the project featured on BBC1 last night.

The plants were destined to go to waste due to COVID-19, but with the help of community growing groups, they've been distributed across the city.

Click here to watch (at 18m55s):

www.bbc.co.uk/iplayer/episode/m000jf9t

Diweddariad COVID-19: 20 Mai

Yn y diweddariad ar COVID-19 a gafwyd heddiw gan Gyngor Caerdydd: ymateb cyflym yn paratoi'r ffordd i newid parhaus a chadarnhaol; gweithiwr gofal cael mynediad i adnoddau cwnsela a lles; tîm cogyddion dan hyfforddiant yn gweini prydau bwyd i bobl agored i niwed; ac mae Parc Bute wedi rhoi blanhigion.

Ymateb cyflym yn paratoi'r ffordd i newid parhaus a chadarnhaol

Mae ymateb cyflym Cyngor Caerdydd a'i bartneriaid gwasanaethau digartrefedd i ddiogelu unigolion sy'n agored i niwed ar y strydoedd yn ystod argyfwng COVID-19 wedi dechrau dwyn buddion sylweddol.

Mae nifer y bobl sy'n cysgu ar y stryd yn y ddinas wedi gostwng i ffigurau sengl ac mae mwyfwy o gleientiaid wedi bod yn barod i dderbyn ymyriadau cadarnhaol gan wasanaethau, yn enwedig gwasanaethau camddefnyddio sylweddau, sy'n gallu helpu i roi eu bywydau yn ôl ar y trywydd iawn.

Mae mwy na 140 o gleientiaid wedi cael eu cartrefu yn y ddau westy a gaffaelwyd gan y Cyngor ym mis Mawrth er mwyn sicrhau bod pobl sy'n byw mewn llety brys a'r rhai ar y strydoedd yn cael eu diogelu a'u gwarchod yn ystod y pandemig, a gallent ynysu eu hunain yn effeithiol.

Mae'r cartrefi cynwysyddion llongau mae'r Cyngor wedi'u datblygu fel llety dros dro i deuluoedd wedi cael eu defnyddio fel unedau ynysu ar gyfer unrhyw unigolion digartref sy'n arddangos symptomau coronafeirws, ac mae gwasanaethau camddefnyddio sylweddau wedi'u haddasu'n gyflym i ddiwallu anghenion cleientiaid yn ystod y pandemig.

Mae'r cymorth wedi cynnwys clinigau rheolaidd dan arweiniad nyrsys yn y gwestai a'r hosteli presennol, mynediad at wasanaethau rhagnodi cyflym a'r defnydd o'r cyffur newydd a gwell yn lle Buvidal.

Dyweddodd yr Aelod Cabinet dros Dai a Chymunedau, y Cynghorydd Lynda Thorne: "Heb os nac onibai mae pandemig y coronafeirws wedi rhoi heriau anodd i'n gwasanaethau ac roedd angen i ni symud yn gyflym iawn i helpu i symud pobl oddi ar y strydoedd i lety diogel, hunangynhwysol. Roedd ein timau'n gwneud eu gorau glas ac maent yn gwneud gwaith arbennig trwy gydol y cyfnod anodd iawn.

"Dim ond pum cysgwr cyndyn iawn sy'n weddill ar y strydoedd nawr, a bydd ein tîm allgymorth yn parhau i weithio gyda'r unigolion hyn, ond pan ystyrir y bu'r ffigur yn yr 80au dim ond ychydig fisoedd yn ôl, mae hyn yn gamp aruthrol ac yn un mae'n rhaid ei chynnal i'r dyfodol.

"Mae'r cyfyngiadau symud wedi creu set unigryw o amgylchiadau ac wedi rhoi cyfle gwirioneddol i ni ymgysylltu â cheientiaid sydd hyd yma wedi bod yn anodd iawn eu cyrraedd ac yn amharod derbyn cynigion o gymorth.

"Mae diffyg cyfleoedd i gardota yng nghanol y ddinas wedi golygu nad yw cleientiaid yn gallu fforddio prynu cyffuriau neu alcohol ac maen nhw wedi ymateb yn fwy cadarnhaol i'r cymorth sydd ar gael i'w helpu oddi ar y strydoedd am byth. Mae llawer mwy o bobl wedi dechrau rhaglenni triniaeth am nad ydynt wedi gallu ariannu eu dibyniaeth niweidiol sydd wedi'u hatal rhag dod oddi ar y strydoedd yn y gorffennol.

"Rwy'n gwybod bod llawer o bobl sy'n bryderus yn credu eu bod yn helpu os byddant yn rhoi i rywun sy'n cardota; fodd bynnag, yn y rhan fwyaf o achosion, bydd yr arian hwn ond yn helpu'r person hwnnw i gynnal ffordd niweidiol o fyw. Mae partneriaeth ddigartrefedd Caerdydd yn gwneud gwaith anhygoel i helpu pobl i weddnewid eu bywydau a gall y cyhoedd helpu gyda'r gwaith hwn drwy roi i un o'n helusennau partner neu i CAERedigrydd, yn hytrach nag i'r rhai sy'n cardota ar y stryd.

"Rydym wedi dod yn bell iawn mewn cyfnod byr ac eisiau sicrhau bod y newid hwn yn parhau drwy barhau i weithio gydag unigolion er mwyn atal dychwelyd i'r strydoedd, i gardota ac i gamddefnyddio sylweddau ar ôl i'r mesurau presennol gael eu codi."

Mae'r Cyngor wedi bod yn adolygu gwasanaethau digartrefeddedd ar gyfer pobl sengl, yn arbennig y rhai ag anghenion cymhleth iawn, am nifer o fisoedd ac mae wedi bod yn dysgu o arfer gorau yn y DU a thramor i ddatblygu amrywiaeth o opsiynau llety a chymorth yn y dyfodol.

Ychwanegodd y Cynghorydd Thorne, "Roedd ein cynllunio tymor hwy eisoes ar y gweill cyn yr argyfwng iechyd presennol, ond gallwn adeiladu ar y llwyddiant dros y misoedd diwethaf i wneud newid gwirioneddol er gwell ym mywydau pobl.

"Bu newid sylfaenol yn nifer y bobl sy'n manteisio ar wasanaethau sy'n gallu newid bywydau pobl ac mae'r wythnosau diwethaf hyn wedi dangos y llwyddiant y gellir ei gyflawni o ran mynd i'r afael â digartrefedd os yw'r llety a'r cymorth iawn ar gael.

"Ni ellir mynd yn ôl. Mae'n rhaid i ni ganolbwyntio ar adferiad a chynnal y cynnydd sylweddol a wnaed dros y cyfnod hwn."

Dysgwch am sut y gallwch gefnogi elusennau sy'n gweithio gydag unigolion digartref yma: <https://www.cardiff.gov.uk/ENG/resident/Housing/rough-sleeping/how-you-can-help/Pages/default.aspx>

Gweithiwr gofal cael mynediad i adnoddau cwnsela a lles

I gefnogi lles emosiynol a meddyliol gweithwyr allweddol yn y sector gofal ledled Caerdydd, mae'r Cyngor wedi ymestyn mynediad i Care First, y gwasanaeth cwnsela ar gyfer staff a gyflogir yn uniongyrchol gan yr awdurdod, i weithlu gofal y ddinas.

Cyflogir tua 3,500 o bobl yn y sector yn 21 cartref nyrsio, 54 cartref preswyl a 100 cynllun llety byw â chymorth y ddinas ac mae'r Cyngor yn cydnabod pwysigrwydd gofalu am les pawb sy'n gweithio yn y sector hwn drwy gydol y dyddiau anodd hyn.

Mae Care First yn wasanaeth 24/7 sy'n cynnig Rhaglen Cymorth Gweithwyr Iawn, sy'n cynnwys cwnsela, ac amrywiaeth o wasanaethau cymorth lles.

Tîm cogyddion dan hyfforddiant yn gweini prydau bwyd i bobl agored i niwed

Mae cogyddion ifanc dan hyfforddiant ym Menter Bwydydd Ieuenctid Cyngor Caerdydd, menter ar y cyd ag undeb y GMB i ddarparu hyfforddiant arlwyo a gwasanaeth bwyd i bobl ifanc nad ydynt mewn addysg, cyflogaeth na hyfforddiant, wedi darparu mwy na 11,500 o brydau poeth a 12,000 o becynnau brechdan a chacen i bobl agored i niwed yn ystod yr argyfwng COVID-19.

Mae'r tîm o 10, sydd wedi'i leoli yn Neuadd y Sir, wedi sicrhau bod cleientiaid yn y llety brys ychwanegol ar gyfer unigolion digartref yn y ddinas, yn ogystal â'r henoed yn y ddinas, wedi cael eu bwydo'n dda trwy gydol yr argyfwng trwy baratoi'r bwyd maethlon, a ddarperir wedyn gan dîm Pryd ar Glud y Cyngor.

Parc Bute wedi rhoi blanhigion

Mae ein tîm ym Mharc Bute wedi rhoi 3,000 o blanhigion i'r gymuned – ac roedd y project ar BBC One neithiwr!

Roedd y planhigion i fynd yn wastraff oherwydd COVID-19 ond gyda help grwpiau tyfu cymunedol, cawsant eu dosbarthu ar draws y ddinas.

(18m55s):

www.bbc.co.uk/iplayer/episode/m000jf9t