COVID-19 Update: 23rd April

In tonight's COVID-19 round-up of the day from Cardiff Council: increasing demand for Cardiff Market home deliveries; the music service plays on; and the launch of MindHub to support the health and wellbeing of children and young people.

Opening hours changing at Cardiff Market as essential food traders focus on home deliveries

Cardiff Market is temporarily reducing its opening hours as essential food traders continue to focus on providing home delivery services during the COVID-19 pandemic.

The Market will now only open to the public on Saturday morning's, from 8am until midday.

Entrance and exit is via the Trinity Street entrance, so that the market team can control the number of customers entering the building and ensure a safe queuing system.

Cabinet Member for Investment and Development, Cllr Russell Goodway said: "Low footfall in the city centre during the ongoing lockdown has had an obvious impact on footfall at the market."

"These temporary changes will allow the traders to maintain their focus on the delivery side of their businesses, free up council staff for other duties, and make sure those who do want to shop at the market, can continue to do so."

Traders remaining open are:

E Ashton (Fishmongers) Limited

Ashton's, who have been part of Cardiff Market since its opening in 1891, are offering a fresh counter service and a free delivery service across the city. They are Wales' largest independent fishmongers and their highly skilled fishmongers can offer the best and widest selection of fish to its customers. Please call their order line on 029 2022 9201 for free delivery.

JT Morgan Butchers

JT Morgan Butchers, which was established in 1861, is a family run butcher which boasts accolades from the likes of Rick Stein, Raymond Blanc and Angela Gray. They provide a range of high quality meats, including salt marsh lamb. Please contact JT Morgan's order line on 029 2038 8434 for delivery.

K Blackmore & Sons Butchers

Blackmore Butchers have a reputation for quality meats and unusual cuts. They have been part of the market for many years and have a loyal band of customers. From quality aged beef cuts, to goat meat and pigs heads, Blackmore Butchers offer a quality butchery service. Please call 029 2039 0401 for information on their delivery service.

Sullivans Fruit & Veg (HOME DELIVERIES ONLY)
Sullivans Fruit and Veg are a family run, independent greengrocer with over 50 years' experience. Sullivans offer fruit and veg boxes along with normal orders and offer a free delivery service on orders over £10. They also supply milk, eggs and nets of logs for wood burners as part of their delivery service. Place orders online via:
www.cardiffgreengrocer.com

The music plays on for Cardiff's young musicians

Young musicians from Cardiff and the Vale of Glamorgan can continue to learn, practice and enjoy music during the current health crisis.

Cardiff Council and the Vale of Glamorgan Music Service has developed a host of new digital ways to deliver music tuition, one to one lessons and rehearsals.

Staff have adapted to new ways of working, organising virtual get-togethers and practices so that bands, choirs and orchestras can continue to play together as well as providing opportunities for families to enjoy music together.

Emma Coulthard Head of Service said: "Music unites us all and is the best wellbeing tool I know.
"We are delighted to be able to keep our pupils playing and excited to be embracing new technology to reach even more pupils."

Cabinet Member for Education, Employment and Skills, Cllr Sarah Merry said: "In these unusual and challenging times, music can really help to keep spirits up and provide a much needed sense of togetherness.

"The music service have worked hard to ensure children and young people can continue with their music tuition, which is sure to be a valuable and enjoyable way to pass time during school closures."

Launch of MindHub supports health and wellbeing of children and young people

Cardiff Youth Council in partnership with Cardiff Youth Service and Cardiff and Vale University Health Board have developed a website to support children and young people with emotional and mental health and wellbeing issues in this difficult and challenging time.

The website, called MindHub at www.mindhub.wales, is an on-line portal to services that support children and young people with emotional and mental health and wellbeing issues. Children and young people identified that to get the help they need on-line it takes on average, 16 clicks on pages or links. They wanted to decrease the number clicks people needed to make and so MindHub was developed and the creation of this website has reduced this to 3.

The importance of the need to support children and young people to be part of developments, which ensures meaningful and effective solutions, is central to the work of Cardiff Youth Service. It also plays a key role in the lives of children & young people who live here, and Cardiff's efforts towards becoming a Unicef Child Friendly City.

Diweddariad COVID-19: 23 Ebrill

Yn y diweddariad COVID-19 a ddarparwyd gan Gyngor Caerdydd heno: galw cynyddol am ddanfoniadau cartref Marchnad Caerdydd; y gwasanaeth cerddoriaeth yn dal ati; a lansio MindHub i gynorthwyo ag iechyd a lles plant a phobl ifanc.

Newid oriau agor Marchnad Caerdydd wrth i fasnachwyr bwyd hanfodol ganolbwyntio ar ddanfoniadau cartref

Mae marchnad Caerdydd yn lleihau ei horiau agor dros dro wrth i fasnachwyr bwyd hanfodol barhau i ganolbwyntio ar ddarparu gwasanaethau danfoniadau cartref yn ystod pandemig COVID-19.

Dim ond ar fore Sadwrn y bydd y farchnad yn agor erbyn hyn, o 8am tan ganol dydd.

Mae'r fynedfa a'r allanfa drwy Heol y Drindod, er mwyn i dîm y farchnad allu rheoli nifer y cwsmeriaid sy'n dod i mewn i'r adeilad a sicrhau system ciwio ddiogel.

Dywedodd yr Aelod Cabinet dros Fuddsoddi a Datblygu, y Cynghorydd Russell Goodway: "Mae nifer isel y cwsmeriaid yng nghanol y ddinas yn ystod y cyfnod cloi wedi cael effaith amlwg ar nifer y cwsmeriaid yn y farchnad."

"Bydd y newidiadau dros dro hyn yn galluogi'r masnachwyr i barhau i ganolbwyntio ar ochr gyflenwi eu busnesau, yn rhyddhau ein staff ar gyfer dyletswyddau eraill, a pharhau i wneud yn siŵr bod y rhai sydd eisiau siopa yn y farchnad yn gallu parhau i wneud hynny."

Masnachwyr sy'n aros ar agor yw:

E Ashton (Fishmongers) Limited
Mae Ashton's, sydd wedi bod yn rhan o Farchnad Caerdydd ers ei hagor yn 1891, yn cynnig gwasanaeth cownter ffres a danfoniadau am ddim ledled y ddinas. Ashton's yw gwerthwyr pysgod annibynnol mwyaf Cymru, ac mae eu gwerthwyr pysgod medrus yn gallu cynnig y dewis gorau a mwyaf eang o bysgod i'w gwsmeriaid. Ffoniwch eu llinell archebu ar 029 2022 9201 i gael danfoniad am ddim.

JT Morgan Butchers
Mae JT Morgan Butchers, a sefydlwyd yn 1861, yn fusnes teuluol sydd wedi cael canmoliaeth gan bobl fel Rick Stein, Raymond Blanc ac Angela Gray. Maent yn darparu amrywiaeth o gigoedd o safon uchel, gan gynnwys cig oen morfa heli. Cysylltwch â llinell archebu JT Morgan ar 029 2038 8434 i holi am ddanfoniadau.

K Blackmore & Sons Butchers
Mae gan Blackmore Butchers enw da am gynnig cigoedd o safon a thoriadau anarferol. Maent wedi bod yn rhan o'r farchnad ers blynyddoedd lawer ac mae ganddynt lawer o gwsmeriaid ffyddlon. O doriadau cig eidion o safon, i gig gafr a phen moch, mae cigyddion Blackmore yn cynnig gwasanaeth cigyddiaeth heb ei ail. Ffoniwch 029 2039 0401 i gael gwybodaeth am ddanfoniadau.

Sullivans Fruit & Veg (DANFONIADAU CARTREF YN UNIG)
Mae Sullivans Fruit and Veg yn fusnes teuluol, annibynnol gyda dros 50 o flynyddoedd o brofiad. Mae Sullivans yn cynnig bocsys ffrwythau a llysiau ar ben eu harchebion arferol ac yn cynnig gwasanaeth danfon am ddim ar gyfer archebion dros £10. Maent hefyd yn cyflenwi llaeth, wyau a choed ar gyfer stofiau llosgi coed fel rhan o'u gwasanaeth danfoniadau. Archebwch ar-lein drwy: www.cardiffgreengrocer.com

Ymlaen â'r gân i gerddorion ifanc Caerdydd

Mae cerddorion ifanc Caerdydd a'r Fro yn gallu parhau i ddysgu, ymarfer a mwynhau cerddoriaeth yn ystod yr argyfwng iechyd sydd ohoni.

Mae Gwasanaeth Cerdd Cyngor Caerdydd a Bro Morgannwg wedi datblygu nifer o ddulliau digidol o gyflwyno hyfforddiant cerddorol, gwersi un i un ac ymarferion.

Mae staff wedi addasu i'r dulliau newydd o weithio, gan drefnu cyfarfodydd ac ymarferion rhithwir fel y gall bandiau, corau a cherddorfeydd barhau i gyd-chwarae yn ogystal â chynnig cyfleoedd i deuluoedd fwynhau cerddoriaeth gyda'i gilydd.

Dywedodd Emma Coulthard, Pennaeth y Gwasanaeth: "Mae cerddoriaeth yn uno pawb ac o ran lles yr unigolyn alla i ddim meddwl am unrhyw beth arall sy'n well. "Rydym mor falch o allu sicrhau bod ein disgyblion yn gallu parhau i chwarae ac yn gyffro i gyd o fod yn defnyddio technoleg newydd i gyrraedd hyd yn oed mwy o ddisgyblion."

Dywedodd yr Aelod Cabinet dros Addysg, Cyflogaeth a Sgiliau, y Cynghorydd Sarah Merry: "Yn y cyfnod anarferol a heriol hwn, gall cerddoriaeth wir helpu i godi calon a chyfleu ymdeimlad o fod yn un sydd ei angen yn fawr.

"Mae'r gwasanaeth cerddoriaeth wedi gweithio'n galed i sicrhau y gall plant a phobl ifanc barhau gyda'u hyfforddiant cerddoriaeth, sy'n sicr o fod yn ffordd werthfawr a phleserus o wario amser tra bydd yr ysgolion ar gau."

Lansio MindHub i gynorthwyo ag iechyd a lles plant a phobl ifanc

Mae Cyngor Ieuenctid Caerdydd, mewn partneriaeth â Gwasanaeth Ieuenctid Caerdydd a Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, wedi datblygu gwefan i gynorthwyo plant a phobl ifanc â phroblemau emosiynol ac iechyd meddwl yn ystod y cyfnod anodd a heriol hwn.

Mae'r wefan, o'r enw MindHub yn www.mindhub.wales, yn borth ar-lein i wasanaethau sy'n cynorthwyo plant a phobl ifanc â phroblemau emosiynol, iechyd meddwl a lles. Roedd plant a phobl ifanc wedi nodi, er mwyn cael yr help sydd ei angen arnynt ar-lein, bod angen clicio 16 gwaith ar dudalennau neu ddolenni. Roeddent am leihau nifer y cliciau yr oedd angen i bobl eu gwneud ac felly datblygwyd MindHub ac mae creu'r wefan hon wedi lleihau nifer y cliciau i 3.

Mae pwysigrwydd yr angen i gynorthwyo plant a phobl ifanc i fod yn rhan o ddatblygiadau, sy'n sicrhau atebion ystyrlon ac effeithiol, yn ganolog i waith Gwasanaeth Ieuenctid Caerdydd. . Mae hefyd yn chwarae rhan allweddol ym mywydau plant a phobl ifanc sy'n byw yma, ac ymdrechion Caerdydd tuag at fod yn Ddinas sy'n Dda i Blant UNICEF.