

COVID-19 Update: 3rd June

In the latest COVID-19 update from Cardiff Council: reaction to today's Welsh Government announcement on schools reopening; a generous donation of 200 mobile phones to Cardiff Council's homeless service; continuing to provide for period dignity; and supporting young people's mental health and wellbeing.

Careful and planned; Support for Cardiff schools in preparation for June 29th

Responding to the announcement by the Education Minister today, Cabinet Member for Education, Employment and Skills, Cllr Sarah Merry, said: "Many children across the city will be missing their friends, teachers and the routine which school provides. I also know that although many families are struggling with working from home and home educating, there will be parents and staff who have concerns about children returning to school and we will be working to address that.

"Today's announcement by Welsh Government provides a carefully managed opportunity for children and young people to return to their schools, as they check-in, catch-up and prepare for September. It does not mean that all pupils will return on June 29th. There will need to be significantly fewer pupils in school at any one time which means that for much of the week most pupils will continue to be at home.

"It will however, mean that all pupils will have the opportunity to spend some time in their school before the summer break, to catch up with teachers and see first-hand how different their school experience will be with physical distancing in place and a careful regime of cleaning and contact limitation.

"We will continue to work with Welsh Government as we continue preparations for this, and we look forward to seeing the guidance which is being released next week. Over the coming weeks we will continue to support our schools, ensuring the health and wellbeing of our staff, pupils and their families, with the emphasis on building confidence and reducing anxiety.

"At the same time I welcome the news that parents will not be penalised if they do not wish their children to return at this point and that the Minister was clear that children and teachers who are shielding or living with those who are shielding are not expected to return to school at the moment."

Every little helps supporting the vulnerable

A generous donation of 200 mobile phones to Cardiff Council's homeless service is supporting vulnerable individuals on their journey away from the streets.

Tesco Mobile have provided the devices, each with pre-loaded credit, so that individuals in emergency accommodation can keep in touch with their support workers.

The current health emergency has presented services with a unique opportunity to better engage with homeless individuals in the city.

More than 140 people are now staying in the additional emergency accommodation the Council sourced to safeguard those who had been sleeping on the streets during the COVID-19 emergency and many more clients than before are willing to accept help, particularly substance misuse support.

Providing clients with mobile phones enables the Multi-Disciplinary outreach team (MDT), to be better connected with individuals, providing reassurance during this anxious time and reminding them about appointments for medical and other services.

Clients can also receive counselling with the MDT counsellors over the phone or via video chat, which also helps with social distancing measures at this time.

Cabinet Member for Housing and Communities, Cllr Lynda Thorne, said: “The current situation has allowed us to make great strides with our clients experiencing homelessness. There are only a handful of people still sleeping rough in the city and more people are taking the opportunity to move off heroin and onto to treatment programmes that can keep them on track towards rebuilding their lives.

“We are determined to build on this success and not see people drawn back to the harmful lifestyle of rough sleeping, begging to fund a habit and substance abuse.

“We are extremely grateful to Tesco Mobile for their very generous donation which will help our teams stay in touch with clients more easily.

“Members of the MDT can check on clients’ welfare more regularly and give them the support they need on this journey. The increase in the amount of people coming off drugs means many more psychological issues are coming to the fore and clients are in urgent need of therapy and counselling.”

You can read the full story here:

<https://www.cardiffnewsroom.co.uk/releases/c25/23998.html>

Support provided to address period dignity during school closures

Cardiff Council continues to address period dignity, despite schools being closed due to COVID-19.

All female pupils in years 7 to 13 who currently receive Free School Meals, will be provided with financial support so that they can purchase feminine hygiene products.

The scheme, funded by Welsh Government’s Period Dignity in Schools grant and administered by the Council’s Free School Meals team, will provide a £15 voucher per pupil to cover the summer term.

Cabinet Member for Education, Employment and Skills, Cllr Sarah Merry said: “As part of our period dignity programme, students are provided with free period products

in school but with schools currently closed, it is important young women and girls do not miss out.

“This scheme will ensure those who need it most will still benefit and illustrates Cardiff’s commitment addressing period poverty in our communities and helping to tackle stigma.”

Cardiff Council’s scheme to promote period dignity amongst girls and young women in primary and secondary schools was rolled out in March 2019.

The programme contributes to Cardiff’s commitment to becoming a Child Friendly City, where the views and priorities of children are at the heart of decision making.

Counselling team support young people’s mental health and wellbeing

The 2talk2 school based counselling team are continuing to deliver services to young people, aged 11 to 18, in Cardiff.

Our counsellors are working from home helping schools while they are closed by providing telephone based support for young people’s mental health and wellbeing.

They have created an online resource for young people on Instagram @cardiff2talk2. The team also came up with the idea of the mental health half marathon challenge and they are posting wellbeing activities and ideas as challenges.

We are working together with parents, schools and services like Primary Mental Health Support Service to reach and support as many young people as we can at this challenging and uncertain time.

Schools have been very positive about the team adapting their service to the challenges of Covid 19. In recent feedback many schools said how they found the service excellent and appreciate how responsive and supportive it has been.

You’ve always got someone at 2Talk2.
Phone: 029 22 330709

Diweddariad COVID-19: 3 Mehefin

Yn y diweddariad COVID-19 diweddaraf gan Gyngor Caerdydd: mae 200 o ffonau symudol wedi’u rhoi i wasanaeth digartref Cyngor Caerdydd i gefnogi unigolion sy’n agored i niwed wrth iddynt symud oddi ar y strydoedd; mae Cyngor Caerdydd yn parhau i ymdrin ag urddas mislif; a cefnogi ieched meddwl a lles pobl ifanc

Every Little Helps yn cefnogi pobl sy’n agored i niwed

Mae 200 o ffonau symudol wedi’u rhoi i wasanaeth digartref Cyngor Caerdydd i gefnogi unigolion sy’n agored i niwed wrth iddynt symud oddi ar y strydoedd.

Mae Tesco Mobile wedi darparu'r dyfeisiau, y mae credyd wedi'i roi ar bob un ohonynt, fel y gall unigolion mewn llety brys gadw mewn cysylltiad â'u gweithwyr cymorth.

Mae'r argyfwng iechyd presennol wedi cynnig cyfle unigryw i wasanaethau ymgysylltu'n well ag unigolion digartref yn y ddinas.

Mae mwy na 140 o bobl yn aros yn y llety brys ychwanegol y daethpwyd o hyd iddo gan y Cyngor er mwyn diogelu'r rheiny oedd yn cysgu ar y stryd yn ystod argyfwng COVID-19 ac mae llawer mwy o gleientiaid nag erioed yn fodlon derbyn help, yn benodol cymorth o ran camddefnyddio sylweddau.

Mae rhoi ffonau symudol i gleientiaid yn galluogi'r tîm allgymorth Amlddisgyblaethol i gysylltu'n well ag unigolion, gan roi sicrwydd iddynt yn ystod y cyfnod pryderus hwn a'u hatgoffa am apwyntiadau meddygol ac apwyntiadau eraill gyda gwasanaethau.

Hefyd gall cleientiaid gael eu cwnsela gan gwnselwyr y Tîm Amlddisgyblaethol dros y ffôn neu ar sgwrs fideo, sydd hefyd yn helpu gyda mesurau ymbellhau cymdeithasol.

Dywedodd yr Aelod Cabinet dros Dai a Chymunedau, y Cynghorydd Lynda Thorne: "Mae'r sefyllfa bresennol wedi'n galluogi i wneud cynnydd mawr gyda'n cleientiaid sy'n ddiartref. Dim ond llond llaw o bobl sy'n dal i gysgu ar y stryd yn y ddinas ac mae mwy o bobl yn dwyn ar y cyfle i stopio defnyddio heroin a dechrau rhaglenni triniaeth a all eu helpu i wneud y gwaith sydd ei angen i ailadeiladu eu bywydau.

"Rydym yn benderfynol o adeiladu ar y llwyddiant hwn a pheidio â gweld pobl yn cael eu denu'n ôl i ffordd niweidiol o fyw wrth gysgu ar y stryd, gan gardota er mwyn ariannu arfer camddefnyddio sylweddau.

"Rydym yn hynod ddiolchgar i Tesco Mobile am eu cyfraniad hael iawn a fydd yn helpu ein timau i aros mewn cysylltiad â chleientiaid yn haws.

"Gall aelodau'r Tîm Amlddisgyblaethol wirio lles cleientiaid yn fwy rheolaidd a rhoi iddynt y cymorth sydd ei angen arnynt ar y daith hon. Mae'r cynnydd yn nifer y bobl sy'n stopio defnyddio cyffuriau'n golygu bod mwy o faterion seicolegol yn dod i'r amlwg ac mae angen therapi a chwnsela ar gleientiaid ar frys."

Darllenwch fwy yma:

<https://www.newyddioncaerdydd.co.uk/releases/w66/23999.html>

Cymorth i ymdrin ag urddas mislif pan fo'r ysgolion ar gau

Mae Cyngor Caerdydd yn parhau i ymdrin ag urddas mislif, er gwaetha'r ffaith bod ysgolion ar gau oherwydd COVID-19.

Bydd pob disgybl benywaidd ym mlynnyddoedd 7 i 13 sy'n cael prydau ysgol am ddim ar hyn o bryd yn cael cymorth ariannol fel y gallant brynu cynhyrchion hylendid benywaidd.

Bydd y cynllun, a ariennir gan grant Urddas Mislif mewn Ysgolion Llywodraeth Cymru ac a weinyddir gan dîm Prydau Ysgol Am Ddim y Cyngor, yn darparu taleb £15 fesul disgybl ar gyfer tymor yr haf.

Dywedodd yr Aelod Cabinet dros Addysg, Cyflogaeth a Sgiliau, y Cynghorydd Sarah Merry: "Fel rhan o'n rhaglen urddas mislif, mae myfyrwyr yn cael cynhyrchion mislif di-dâl yn yr ysgol ond gydag ysgolion ar gau ar hyn o bryd, mae'n bwysig nad yw merched ifanc a genethod yn colli allan.

"Bydd y cynllun hwn yn sicrhau bod y rhai sydd ei angen fwyaf yn dal i elwa ac yn dangos ymrwymiad Caerdydd i fynd i'r afael â thlodi mislif yn ein cymunedau a helpu i fynd i'r afael â stigma."

Cafodd cynllun Cyngor Caerdydd i hyrwyddo urddas mislif ymhlith genethod a merched ifanc mewn ysgolion cynradd ac uwchradd ei gyflwyno ym mis Mawrth 2019.

Mae'r rhaglen hefyd yn cyfrannu at ymrwymiad Caerdydd i fod yn Ddinas sy'n Dda i Blant lle mae barn a blaenoriaethau plant wrth wraidd penderfyniadau.

Y tîm cwnsela yn cefnogi iechyd meddwl a lles pobl ifanc

Mae tîm cwnsela 2talk2, sydd wedi'i leoli mewn ysgolion, yn parhau i gynnig gwasanaethau i bobl ifanc 11 i 18 oed yng Nghaerdydd.

Mae ein cwnselwyr yn gweithio o gartref yn helpu ysgolion tra eu bod ar gau drwy gynnig cymorth dros y ffôn ar gyfer iechyd meddwl a lles pobl ifanc.

Maen nhw wedi creu adnodd ar-lein ar gyfer pobl ifanc ar Instagram @cardiff2talk2. Cafodd y tîm syniad gwych i drefnu her hanner marathon iechyd meddwl ac maen nhw'n postio gweithgareddau lles a syniadau fel heriau.

Rydym yn gweithio gyda rhieni, ysgolion a gwasanaethau fel y Gwasanaeth Cymorth Iechyd Meddwl Cynradd i gyrraedd a chefnogi cynifer o bobl ifanc ag y gallwn yn ystod yr adeg heriol ac ansicr hon.

Mae ysgolion wedi ymateb yn gadarnhaol iawn i'r tîm yn addasu eu gwasanaeth i heriau Covid-19. Mewn adborth a gafwyd yn ddiweddar, dywedodd llawer o ysgolion fod y gwasanaeth yn rhagorol yn eu barn nhw a'u bod yn gwerthfawrogi pa mor ymatebol a chefnogol mae wedi bod.

Mae yna bob amser glust i wrando yn 2talk2!
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