

COVID-19 Update: 6th July

In today's COVID-19 update from Cardiff Council: a child-Friendly version of Cardiff's COVID-19 Recovery Strategy has been produced; how the NHS Wales Test, Trace, Protect service works; a public reminder not to put unwanted kitchen knives in general waste or recycling bags; and Amazing Grace! Little Superhero vs Lazy Litterers.

Child-Friendly version of Cardiff's COVID-19 Recovery Strategy

As set out in our vision for a Child Friendly Cardiff:
Cardiff is 'a great place to grow up'.

- A city with children and young people at its heart, where the voices, needs and rights of all children and young people are respected.
- A city where all children and young people, regardless of belief, ethnicity, background or wealth are safe, healthy, happy and able to share in the city's success

To achieve this, we have produced an accessible child-friendly version of the city's Recovery Strategy.

You can read more and download the strategy here:

<https://www.childfriendlycardiff.co.uk/resources/covid-19-recovery-strategy/>

How the NHS Wales Test, Trace, Protect service works

Test

Contact tracing relies on people taking a test as soon as they possibly can. As soon as anybody develops the symptoms of coronavirus infection they should arrange to immediately take a test and they should self-isolate with their household members.

<https://gov.wales/apply-coronavirus-test>

Trace

On receiving a positive result you will be asked to support the NHS Wales Test, Trace, Protect service by reporting your recent contacts so that they can be contacted and notified to self-isolate and take a test if they develop symptoms. This will help stop the spread of the virus.

Close contact means:

- Someone you've been within 1 metre of, for more than 1 minute
- Someone you've been within 2 metres of, for more than 15 minutes

A contact is someone who you may, or may not, live with who you have been in close proximity with, someone who has been within one metre of you and with whom you've had a face-to-face conversation, or skin to skin physical contact, somebody that you have coughed on, or somebody that has had other forms of contact with you, within one metre for one minute or longer.

Someone that you have travelled in a vehicle with, who has been seated near you on public transport.

It is really important that everybody who is the contact of a positive case, should self-isolate for 14 days. This is because they could be harbouring the virus, whether they have symptoms or not, and they could pass the virus on to other people. Other members of the contact's family do not need to self-isolate.

Protect

These steps are in additions to the existing guidance about regular, frequent handwashing and maintaining social distance. Those things are really important for everybody in order to stop the transmission of the virus. By working together, we will all help to keep Wales safe.

Trace your movements. Stop the spread. Together we'll keep Wales safe

<https://gov.wales/coronavirus>

Public reminder not to put unwanted kitchen knives in general waste or recycling bags

The safest way to dispose of old kitchen knives is to take them to your local Recycling Centre and put them in the scrap metal bins.

They should NOT go in your recycling bags or general waste.

Book your visit to the Recycling Centre here:

<https://www.cardiff.gov.uk/ENG/resident/Rubbish-and-recycling/recycling-centres/visiting-a-recycling-centre/Pages/default.aspx>

Amazing Grace! Little Superhero vs Lazy Litterers

Ask a 9-year-old what they'd like for their birthday or Christmas and their reply is likely to be tech based or a fun (and inevitably loud!) toy.



However, kind-hearted nine year old Grace from Birchgrove, told her dad that this year she was asking Father Christmas for...a litter picker.

Gareth Wakeham, Grace's dad, says, "Grace told me that when we go for our walks she doesn't like to see the rubbish all over the floor and the damage it's doing to the environment."

"She said she'd like to take a litter picker with her and a rubbish bag in order to clean up on our walks."

With Grace's birthday falling at the end of June during lockdown, a birthday party with her friends out of the question, so her caring dad turned to Cardiff Council for help.

Gareth wrote an email to Councillor Daniel De'Ath, The Rt. Hon. The Lord Mayor of Cardiff, asking if he could help make his daughter's birthday a very special one, by providing a litter picker for her.

Councillor Daniel De'ath, The Rt. Hon. The Lord Mayor of Cardiff, says, "Grace is a wonderful example of someone who, even at a young age, is making a huge difference in her community and a positive impact on our environment."

"Many thanks to Graham, Grace's dad, for getting in touch. We hope that Grace had a great birthday."

He continues, "We are extremely proud and thankful to our residents and volunteers who give up their spare time to collect litter, especially at this difficult time."

"It is so unfortunate that a minority of people believe it is acceptable to litter and we are grateful to those of you who demonstrate that you Love Where You Live."

"I'd also like to extend our thanks to our Council's street cleansing teams and dedicated litter-pickers who continue to work extremely hard to keep Cardiff tidy."

Grace says, "I asked for the litter picker because I want to make the world a cleaner place."

"When I saw all the rubbish in parks and Cardiff Bay, I couldn't believe it. I shook my head at the photos and said "Why?""

"I hope people will take care as lockdown is starting to lift."

"Before lockdown, I did a speech about litter in school and I really wish others would just put rubbish in the bin instead of throwing it on the floor."

Thank you for being such a fantastic Litter Champion, Grace.

We hope you had a very happy birthday.

For the latest information on community groups and Litter Champions, please visit the Keep Wales Tidy website www.keepwalestidy.cymru. Further guidance on litter picking during the COVID-19 lockdown can be found on the www.keepcardifftidy.com website.

Diweddariad COVID-19: 6 Gorffennaf

Yn y diweddariad ar COVID-19 a gafwyd heddiw gan Gyngor Caerdydd: fersiwn gyfeillgar i blant o strategaeth adfer y ddinas; sut mae gwasanaeth Profi, Olrhain, Diogelu GIG Cymru yn gweithio; nodyn i'ch atgoffa i beidio rhoi cyllyll cegin nad oes mo'u heisiau mwyach mewn bagiau gwastraff neu ailgylchu cyffredinol; a Grace fach yn Stopio Sbwriela!

Fersiwn gyfeillgar i blant o strategaeth adfer y ddinas

Fel y disgrifir yn ein gweledigaeth ar gyfer Caerdydd sy'n dda i blant Mae Caerdydd yn lle gwych i dyfu i fyny.

- Dinas gyda phlant a phobl ifanc wrth ei chalon, lle mae lleisiau, anghenion a hawliau pob plentyn a person ifanc yn cael eu parhau.
- Dinas lle mae pob plentyn a pherson ifanc, waeth beth fo'u cred, ethnigrwydd, cefndir neu gyfoeth yn ddiogel, iach, hapus ac yn gallu rhannu yn llwyddiant y ddinas.

Er mwyn cyflawni hyn rydym wedi gwneud fersiwn hygyrch, gyfeillgar i blant o strategaeth adfer y ddinas

Darllenwch fwy yma:

<https://www.childfriendlycardiff.co.uk/cy/adnoddau/covid-19-strategaeth-adfer/>

Sut mae gwasanaeth Profi, Olrhain, Diogelu GIG Cymru yn gweithio

Profi

Mae olrhain cysylltiadau yn dibynnu ar bobl yn cael prawf gynted ag y gallant. Cyn gynted ag y bydd unrhyw berson yn datblygu symptomau haint y coronafeirws dylai drefnu i gael prawf ar unwaith a dylai hunanynysu ynghyd ag aelodau ei aelwyd.

<https://llyw.cymru/gwneud-cais-i-gael-prawf-coronafeirws>

Olrhain

O gael canlyniad cadarnhaol gofynnir i chi gefnogi gwasanaeth Profi, Olrhain, Diogelu GIG Cymru drwy adrodd am eich cysylltiadau diweddar er mwyn gallu cysylltu â nhw a'u hysbysu i hunanynysu a chael prawf os byddant yn datblygu symptomau. Bydd hyn yn helpu i atal y feirws.

Ystyr cysylltiadau agos yw:

- Rhywun rydych chi wedi bod o fewn 1 metr iddo, am fwy nag 1 funud
- Rhywun rydych chi wedi bod o fewn 2 fetr iddo, am fwy na 15 munud

Cysylltiad yw rhywun rydych yn byw neu nad ydych yn byw gydag ef ond rydych wedi bod o fewn pellter agos iddo, rhywun sydd wedi bod o fewn 1 metr i chi ac rydych wedi cael sgwrs wyneb yn wyneb ag ef, neu gyswllt corfforol croen wrth groen, rhywun rydych wedi pesychu arno, neu rywun sydd wedi cael mathau eraill o gysylltiad â chi, o fewn un metr am un funud neu fwy.

Rhywun rydych chi wedi teithio mewn cerbyd ag ef, sydd wedi bod yn eistedd yn agos i chi ar drafnidiaeth gyhoeddus.

Mae'n hynod bwysig bod pawb sy'n gysylltiad i achos positif yn hunanynysu am 14 diwrnod. Mae hynny oherwydd y gallant gario'r feirws, p'un a ydyn nhw â symptomau ai peidio, a gallent drosglwyddo'r feirws i bobl eraill. Nid oes angen i aelodau eraill o deulu'r cysylltiad hunanynysu.

Diogelu

Mae'r camau hynny yn ychwanegol at y canllawiau presennol o ran golchi dwylo'n rheolaidd ac yn aml a chadw pellter cymdeithasol. Mae'r pethau hynny'n wirioneddol bwysig i bawb er mwyn atal trosglwyddiad y feirws. Drwy weithio gyda'n gilydd, byddwn i gyd yn helpu i gadw Cymru'n ddiogel.

Olrhain eich symudiadau. Atal y lledaeniad. Gyda'n gilydd byddwn yn cadw Cymru'n ddiogel

<https://llyw.cymru/coronafeirws>

Nodyn i'ch atgoffa i beidio rhoi cylllyll cegin nad oes mo'u heisiau mwyach mewn bagiau gwastraff neu ailgylchu cyffredinol

Y ffordd fwyaf diogel o gael gwared ar hen gyllyll cegin yw mynd â nhw i'ch Canolfan Ailgylchu leol a'u rhoi yn y biniau metel sgrap.

Ni ddylent gael eu rhoi yn eich bagiau ailgylchu neu wastraff cyffredinol.

Trefnwch eich ymweliad â'r ganolfan ailgylchu yma:

<https://www.cardiff.gov.uk/CYM/preswlydd/Sbwriel-ac-ailgylchu/canolfannau-ailgylchu/ymweld-a-chanolfan-ailgylchu/Pages/default.aspx>

Grace fach yn Stopio Sbwriela!

Gofynnwch i blentyn 9 oed beth a hoffai ei gael i'w ben-blwydd neu'r Nadolig ac mae'n debyg o ofyn am degan technolegol neu hwyl (a swnllyd!).



Ond, dywedodd Grace, merched fach garedig 9 oed o Lwynbedw, wrth ei thad ei bod eleni'n gofyn i Sion Corn am ... bigwr sbwriel.

Dywed Gareth Wakeham, tad Grace, "Dywedodd Grace wrthyf, pan fyddwn ni'n mynd am dro, nad yw hi'n hoffi gweld y sbwriel ar y llawr a'r difrod mae'n ei wneud i'r amgylchedd.

"Dywedodd yr hoffai fynd â phigwr sbwriel â hi a bag sbwriel i lanhau wrth i ni gerdded."

Gyda phen-blwydd Grace ar ddiwedd Mehefin yn ystod y cyfnod cloi, nid oedd parti pen-blwydd gyda'i ffrindiau, felly trodd ei thad gofalgar at Gyngor Caerdydd am help.

Ysgrifennodd Gareth e-bost at y Cynghorydd Daniel De'ath, Gwir Anrhydeddus Arglwydd Faer Caerdydd, gan ofyn a allai helpu i wneud pen-blwydd ei ferch yn un arbennig iawn, trwy roi pigwr sbwriel iddi.

Dywed y Cynghorydd Daniel De'ath, Gwir Anrh. Arglwydd Faer Caerdydd, "Mae Grace yn enghraifft wych o rywun sydd, hyd yn oed yn ifanc, yn gwneud gwahaniaeth enfawr yn ei chymuned ac yn cael effaith gadarnhaol ar ein hamgylchedd.

"Diolch yn fawr i Graham, tad Grace, am gysylltu. Gobeithiwn y cafodd Grace ben-blwydd gwych."

Mae'n parhau, "Rydym yn hynod o falch ac yn ddiolchgar i'n trigolion a'n gwirfoddolwyr sy'n rhoi o'u hamser sbâr i gasglu sbwriel, yn enwedig yn y cyfnod anodd hwn."

"Mae mor anffodus bod lleiafrif o bobl yn credu ei fod yn dderbyniol i daflu sbwriel ac rydym yn ddiolchgar i'r rhai ohonoch sy'n dangos eich bod yn caru lle rydych yn byw.

"Hoffwn ddiolch hefyd i dimau glanhau strydoedd ein Cyngor ac i gasglwyr sbwriel penodol sy'n parhau i weithio'n galed iawn i gadw Caerdydd yn daclus."

Dywed Grace, "Gofynnais i am y codwr sbwriel gan fy mod i am wneud y byd yn lle glanach.

"Pan welais i'r holl sbwriel mewn parciau ac ym Mae Caerdydd, doeddwn i ddim yn gallu credu'r peth. Roeddwn i'n ysgwyd fy mhen ac yn gofyn "Pam?""

"Gobeithio y bydd pobl yn fwy gofalus wrth i'r cyfnod cloi ddechrau cael ei lacio."

"Cyn y cyfnod cloi, gwnes i araith yn yr ysgol am sbwriel a byddwn i wir yn hoffi petai pobl yn rhoi eu sbwriel yn y bin yn hytrach na'i daflu ar y llawr."

Diolch am fod yn Ymgyrchydd Sbwriel mor wych.

Pen-blwydd hapus Grace.

I gael y wybodaeth ddiweddaraf am grwpiau cymunedol ac Ymgyrchwyr Sbwriel, ewch i wefan Cadwch Gymru'n Daclus www.keepwalestidy.cymru. Mae rhagor o arweiniad ar gasglu sbwriel yn ystod cyfyngiadau COVID-19 i'w gweld ar wefan <https://www.keepcardiffidy.com/cy/>.