

## PROSIECT YMGYSYLLTU ADDYSG



### Beth yw Gofalwr Ifanc?

Mae Gofalwr Ifanc yn rhywun rhwng 5 - 25 oed sy'n helpu i roi cymorth i annwylyn oherwydd salwch, anabled, problem iechyd meddwl neu sy'n camddefnyddio alcohol a chyffuriau

### Beth all effeithio ar Ofalwr Ifanc mewn Addysg:

- Teimlo dan straen / yn orbryderus
- Dim amser i wneud gwaith cartref
- Cael eich bwlio
- Methu canolbwyntio oherwydd gofid neu flinder
- Llai o amser gyda ffrindiau
- Methu mynychu gweithgareddau allgyrsiol

### Beth y gallwn ni ei wneud:

- Cysylltu â staff ysgolion, colegau a phrifysgolion i adnabod a chefnogi Gofalwyr Ifanc
- Cynorthwyo pobl ifanc mewn addysg sydd â chyfrifoldebau gofalu
- Cymorth 1 i 1 ynghylch rolau gofalu pan fydd ei angen
- Atgyfeiriadau at asiantaethau eraill a all helpu gyda materion penodol
- Mynediad at ein prosiectau CEY ac YAC eraill, er mwyn cael mynychu Clybiau Ieuenctid, Dyddiau Allan, a Gwibdeithiau Preswyl

Codi ymwybyddiaeth ofalwyr ifanc i ddisgyblion a staff

Grwpiau cefnogi disgyblion

Mynediad i gerdyn adnabod ofalwyr ifanc

Pwynt cyswllt i ofalwyr ifanc



**Gofalwyr Ifanc**

Cyfeirio at wasanaethau allanol

Rhywle i ofalwyr ifanc gael amser iddyn nhw eu hunain

Cyfle i gwrdd â gofalwyr ifanc eraill

Gweithio gyda staff yr ysgol a'r coleg i ddarparu cymorth

Swyddfa: 0300 0200 002

Rhys: 07971 597 164

Justine: 07971 597 297

E-bost: [youngcarers@ctcww.org.uk](mailto:youngcarers@ctcww.org.uk)

[www.ctcww.org.uk](http://www.ctcww.org.uk)



@cey\_yac



@ceyyac

## EDUCATION ENGAGEMENT PROJECT



### What is a Young Carer?

A Young Carer is someone between the ages of 5 - 25 who help to support a loved one due to sickness, disability, mental health, or alcohol and drug misuse

### What can affect a Young Carer in Education:

- Feeling stressed / anxious
- Not having time for homework
- Being bullied
- Not being able to concentrate through worry or being tired
- Having less time with friends
- Unable to attend extra curricular activities

### What We Can Do:

- Link with schools, colleges, and university staff to identify and support Young Carers
- Support young people with caring responsibilities in education
- 1-2-1 support around caring roles when it's needed
- Referrals to other agencies who can help with specific issues
- Access to our other CEY & YAC projects to access Youth Clubs, Days Out, and Residential Trips

Raising pupil and staff Young Carer awareness

Pupil support groups

Young carer ID Card access

Point of contact for young carers to talk



Young Carers

Signposting to external agencies

Somewhere for young carers to have time to themselves

Opportunity to meet with other young carers

Work with school and college staff to provide support

Office: 0300 0200 002  
Rhys: 07971 597 164  
Justine: 07971 597 297  
Email: [youngcarers@ctcww.org.uk](mailto:youngcarers@ctcww.org.uk)  
[www.ctcww.org.uk](http://www.ctcww.org.uk)



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