

Befriending Life Links - Guidance for referring agencies

Supporting people to develop "Life Links" through a formal befriending process

Our Befriending Life Links project operates across Carmarthenshire, Ceredigion and Pembrokeshire and aims to support people over the age of 50 who, for whatever reason, have become socially isolated, withdrawn, have lost their confidence or just have a low sense of wellbeing and want to be more independent and to engage meaningfully with their local community.

The aim of the project is to support individuals to do the things they enjoy doing, to live the life they want to live, to support them to regain their independence and to empower them to take control of their own lives.

We work with individuals who might have been fully independent 6 or 8 months ago but have become socially isolated or lost their confidence for any one of a number of reasons. Some people might become isolated due to health issues, a stay in hospital, bereavement or for other reasons. Whatever someone's situation we will work with them to encourage and support them to regain their independence.

Key to the success of the project is promoting independence and community re-engagement. Our dedicated team of staff and volunteers support individuals to regain their independence and support them to access and re-engage with their local community so that once our support ends they have the confidence to engage with their community independently.

Due to the nature of the project, support is time limited to a maximum of 6 months. From the outset we agree goals with each client that they would like to achieve over the next 6 months and we work with them, empower them and support them to achieve those goals:

For some it might be that they were completely independent before the Covid Pandemic but after a year in isolation they have become detached from their community and rely on other people to do their shopping or to complete other tasks for them. If that person wishes to have some support rebuilding their confidence so that they feel comfortable going shopping themselves then we will work with them and support them to rebuild their confidence.

We might have an individual who has recently lost a partner and wishes to learn new skills, maybe small daily tasks that their partner used to undertake but these tasks have now fallen upon them. Our volunteers can support them to learn new skills as well as supporting them to engage with others who might be in a similar situation.

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With regard to project criteria and eligibility, obviously individuals referred into the project need to be in a position where they want to regain independence and engage with their community within the next 6 months as well as being physically able to become independent. If someone has daily carers supporting them with their daily living, we need to ascertain if that person can realistically be supported to regain their independence over the coming months.

It is also important to remember that Befriending Life Links is not a "Check Up and Chat" service. If someone is lonely and just wants someone to phone them for a chat once a week with no focus on promoting their independence or supporting them to re-engage with their community then we are not the appropriate service for them. Due to the high level of support eligible individuals receive from the project we are limited to the number of people we can support at any one time, so it is important that we support the people who will really benefit from the project and who are determined (with support from BLL) to make positive changes in their own lives.

Due to the Covid pandemic, our support has been limited to one to one telephone and Zoom support for individuals as well as online zoom activities for groups of people. As of 26th April 2021 we do not have any plans to introduce face to face support any time soon so all remote support will continue for the foreseeable future.

We run weekly social and activity zoom sessions for groups of people across Carmarthenshire, Ceredigion and Pembrokeshire as well as our twice weekly "Today's The Day" themed sessions which offers clients the opportunity to socialise with like minded people and learn from professionals on a whole range of topics as well as just doing something fun each week. Our zoom sessions aim to support people to interact with each other and socialise in a safe and controlled environment with a view of them later going on to engage with other community services, social groups and activity groups.

The criteria for accessing our online Zoom groups far less specific than for our one to one support. Anyone over the age of 50, regardless of their situation can access our activity groups and for people who might not meet the criteria for one to one support, joining one of our online groups could be a viable alternative. To enable us to support as many people as possible, access to the groups is also time limited to 6 months maximum. Age Cymru Dyfed's Digital Inclusion Project can support people to access the Zoom groups who might not be tech savvy and we also have a limited number of Android Tablets available for short term loan.

For further information about Befriending Life Links and the groups we run across each county, please contact your local BLL Coordinator.

Contact Details:

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Cyfeillio'n Cysylltu Bywydau - Canllawiau ar gyfer asiantaethau atgyfeirio

Cefnogi pobl i ddatblygu "Cysylltu Bywydau" trwy broses gyfeillio ffurfiol

Mae ein prosiect Cyfeillio'n Cysylltu Bywydau yn gweithredu ledled Sir Gâr, Ceredigion a Sir Benfro a'i nod yw cefnogi pobl dros 50 oed sydd, am ba reswm bynnag, wedi dod yn ynysig yn gymdeithasol, wedi tynnu'n ôl, wedi colli eu hyder neu ag ymdeimlad isel o lesiant ac eisiau bod yn fwy annibynnol ac ymgysylltu'n ystyrion â'u cymuned leol.

Nod y prosiect yw cefnogi unigolion i wneud y pethau maen nhw'n mwynhau eu gwneud, i fyw'r bywyd maen nhw eisiau ei fyw, i'w cefnogi i adennill eu hannibyniaeth a'u grymuso i reoli eu bywydau eu hunain.

Rydym yn gweithio gydag unigolion a allai fod wedi bod yn gwbl annibynnol 6 neu 8 mis yn ôl ond sydd wedi dod yn ynysig yn gymdeithasol neu wedi colli eu hyder am unrhyw un o nifer o resymau. Efallai y bydd rhai pobl yn cael eu hynysu oherwydd materion iechyd, arhosiad yn yr ysbyty, profedigaeth neu am resymau eraill. Beth bynnag yw sefyllfa rhywun, byddwn yn gweithio gyda nhw i'w hannog a'u cefnogi i adennill eu hannibyniaeth.

Mae hyrwyddo annibyniaeth ac ail-ymgysylltu â'r gymuned yn allweddol i lwyddiant y prosiect. Mae ein tîm ymroddedig o staff a gwirfoddolwyr yn cefnogi unigolion i adennill eu hannibyniaeth a'u cefnogi i gael mynediad i'w cymuned leol ac ail-ymgysylltu â hi fel bod ganddyn nhw'r hyder i ymgysylltu â'u cymuned yn annibynnol unwaith y bydd ein cefnogaeth yn dod i ben.

Oherwydd natur y prosiect, mae'r gefnogaeth wedi'i chyfyngu i 6 mis ar y mwyaf. O'r cychwyn cyntaf rydym yn cytuno ar nodau gyda phob cleient yr hoffent eu cyflawni dros y 6 mis nesaf ac rydym yn gweithio gyda nhw, yn eu grymuso ac yn eu cefnogi i gyflawni'r nodau hynny:

I rai efallai eu bod yn gwbl annibynnol cyn Pandemig Covid ond ar ôl blwyddyn wedi ynysu maent wedi dod ar wahân i'w cymuned ac yn dibynnu ar bobl eraill i wneud eu siopa neu i gwblhau tasgau eraill ar eu cyfer. Os yw'r unigolyn hwnnw'n dymuno cael rhywfaint o gefnogaeth i ailadeiladu ei hyder er mwyn teimlo'n gyffyrddus yn mynd i siopa ar ei ben ei hun yna byddwn yn gweithio gyda'r unigolion ac yn ei gefnogi i ailadeiladu ei hyder.

Efallai fod gennym unigolyn sydd wedi colli partner yn ddiweddar ac sy'n dymuno dysgu sgiliau newydd, efallai tasgau bach dyddiol yr oedd eu partner yn arfer eu cyflawni ond mae'r tasgau hyn bellach wedi disgyn arnynt. Gall ein gwirfoddolwyr eu cefnogi i ddysgu sgiliau newydd yn ogystal â'u cefnogi i ymgysylltu ag eraill a allai fod mewn sefyllfa debyg.

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O ran meini prawf a chymhwyster prosiect, yn amlwg mae angen i unigolion a gyfeiriwyd at y prosiect fod mewn sefyllfa lle maent eisiau adennill annibyniaeth ac ymgysylltu â'u cymuned o fewn y 6 mis nesaf yn ogystal â gallu dod yn annibynnol yn gorfforol. Os oes gan rywun ofalwyr dyddiol yn eu cefnogi gyda'i fywyd beunyddiol, mae angen i ni ddarganfod a ellir cefnogi'r unigolyn hwnnw'n realistig i adennill ei annibyniaeth dros y misoedd nesaf.

Mae hefyd yn bwysig cofio nad gwasanaeth "Dal i Fyny a Sgwrsio/Check Up and Chat" yw Cyfeillio'n Cysylltu Bywydau. Os yw rhywun yn unig a dim ond eisiau i rywun eu ffonio am sgwrs unwaith yr wythnos heb unrhyw ffocws ar hyrwyddo eu hannibyniaeth na'u cefnogi i ail-ymgysylltu â'u cymuned, nid dyma'r gwasanaeth priodol ar eu cyfer. Oherwydd lefel uchel y gefnogaeth y mae unigolion cymwys yn ei chael o'r prosiect rydym yn gyfyngedig i nifer y bobl y gallwn eu cefnogi ar unrhyw un adeg, felly mae'n bwysig ein bod yn cefnogi'r bobl a fydd wir yn elwa o'r prosiect ac sy'n benderfynol (gyda chefnogaeth gan CCB) i wneud newidiadau cadarnhaol yn eu bywydau eu hunain.

Oherwydd pandemig Covid, mae ein cefnogaeth wedi cael ei chyfyngu i gefnogaeth ffôn a chefnogaeth Zoom i unigolion yn ogystal â gweithgareddau Zoom ar-lein i grwpiau o bobl. Ar 26 Ebrill 2021 nid oes gennym unrhyw gynlluniau i gyflwyno cefnogaeth wyneb yn wyneb ar unrhyw adeg yn fuan felly bydd yr holl gymorth o bell yn parhau hyd y gellir rhagweld.

Rydym yn cynnal sesiynau Zoom cymdeithasol a gweithgaredd wythnosol ar gyfer grwpiau o bobl ledled Sir Gâr, Ceredigion a Sir Benfro yn ogystal â'n sesiynau ar thema "Heddiw yw'r Diwrnod/Today's The Day" ddwywaith yr wythnos sy'n cynnig cyfle i gleientiaid gymdeithasu â phobl o'r un anian a dysgu gan weithwyr proffesiynol ar ystod eang o bynciau yn ogystal â gwneud rhywbeth hwyliog bob wythnos. Nod ein sesiynau Zoom yw cefnogi pobl i ryngweithio â'i gilydd a chymdeithasu mewn amgylchedd diogel a rheoledig gyda'r bwriad iddyn nhw symud ymlaen yn nes ymlaen i ymgysylltu â gwasanaethau cymunedol, grwpiau cymdeithasol a grwpiau gweithgaredd eraill.

Mae'r meini prawf ar gyfer cyrchu ein grwpiau Zoom ar-lein yn llawer llai penodol nag ar gyfer ein cefnogaeth un i un. Gall unrhyw un dros 50 oed, waeth beth fo'u sefyllfa, gael mynediad i'n grwpiau gweithgaredd ac i bobl na fyddent efallai'n cwrdd â'r meini prawf ar gyfer cefnogaeth un i un, gallai ymuno ag un o'n grwpiau ar-lein fod yn ddewis arall posibl. Er mwyn ein galluogi i gefnogi cymaint o bobl â phosibl, mae mynediad i'r grwpiau hefyd wedi'i gyfyngu i 6 mis ar y mwyaf. Gall Prosiect Cynhwysiant Digidol Age Cymru Dyfed gefnogi pobl i gael mynediad at y grwpiau Zoom nad ydynt efallai'n frwd yn dechnegol ac mae gennym hefyd nifer gyfyngedig o Lechi Android ar gael i'w benthg yn y tymor byr.

I gael rhagor o wybodaeth am Gyfeillio'n Cysylltu Bywydau a'r grwpiau rydyn ni'n eu rhedeg ar draws pob sir, cysylltwch â'ch Cydlynnydd CCB lleol.

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