Plentyndod hapus a diogel

Mae Gweithredu dros Blant yn amddiffyn ac yn cefnogi plant a phobl ifanc drwy ddarparu gofal ymarferol ac emosiynol, sicrhau bod eu lleisiau'n cael eu clywed, ac ymgyrchu i wella eu bywydau'n barhaol.

Safe and happy childhood

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

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Reflect

Sir Gaerfyrddin, Powys, Sir Benfro, Ceredigion
Carmarthenshire, Powys, Pembrokeshire, Ceredigion

Action for Children
Gweithredu dros Blant

Adfyfyrio Reflect

Rydym yn cefnogi menywod ag un plentyn neu ragor wedi'i dynnu o'u gofal, wedi'i roi mewn gofal maeth, wedi'i fabwysiadu, neu am gael ei dynnu ei pan gaiff ei eni.

We support women who have one or more child removed from their care, placed in foster care, adopted or due to be removed at birth.

GWEITHIO MEWN PARTNERIAETH Â:
WORKING IN PARTNERSHIP WITH:

Cyngor Sir Gâr Carmarthenshire County Council
Cyngor Sir CEREDIGION County Council
Powys

Agored a gonest

Rydym yn gweithio un-i-un gyda menywod, i fynd i'r afael â heriau'r gorffennol a'r presennol er mwyn eu helpu i deimlo'n fwy cadarnhaol am y dyfodol. Rydym yn sensitif, parchus a chydymdeimladol. Rydym yn gwrando ac rydym yn onest.

Gyda'n gilydd, rydym yn gweithio gyda menywod i wneud y canlynol:

- Datblygu cadernid emosiynol.
- Rhannu gwybodaeth a chyngor am atal cenhedlu ac iechyd rhyw.
- Gwella hyder a hunanddisgyblaeth.
- Meithrin rhwydweithiau cymdeithasol.
- Datblygu sgiliau bywyd.
- Dysgu sgiliau ar gyfer aros yn ddiogel.
- Defnyddio cyfleusterau ac adnoddau cymunedol.

Rydym hefyd yn cefnogi menywod i fynychu apwyntiadau, megis adolygiadau plant sy'n derbyn gofal, apwyntiadau meddygol, ymweliadau cyswllt, achosion llys a chyfarfodydd cyfreithiol.

Open and honest

We work with women one-to-one, addressing past and current challenges to help them feel more positive about their future. We are sensitive, respectful and understanding. We listen and we are honest.

Together, we work with women to:

- Build emotional resilience.
- Share information and advice on birth control and sexual health.
- Improve confidence and self-esteem.
- Build social networks.
- Develop life skills.
- Teach skills to stay safe.
- Access community facilities and resources.

We also support women to attend appointments, such as looked after children (LAC) reviews, medical appointments, contact visits, court proceedings and legal meetings.

Yn eu geiriau hunain

"Os ydw i eisiau sgwrs, mae hi bob amser ar gael i mi. Weithiau rwy'n dod i'w gweld hi ,neu mae hi yn dod draw i fy nhŷ i. Weithiau, mae hi'n mynd â fi am goffi. Wnes i gwrdd â'r bobl wnaeth fabwysiadu fy mechgyn ac maen nhw'n bobl garedig iawn ac yn hapus i gael y bechgyn. Y mis nesaf, mae hi'n dair blynedd ers i mi golli'r bechgyn. Rwyf wedi gwneud newidiadau yn fy mywyd, ac rwy'n benderfynol o beidio â gwneud yr un camgymeriadau eto."

Menyw a gafodd gymorth gan Reflect

"Ar hyn o bryd, mae C yn cefnogi dynes fregus rwy'n gweithio gyda hi, ac mae wedi gweithio bob awr o'r dydd a'r penwythnos yn sicrhau bod y ddynes yn ddiogel a bod y risgiau sy'n gysylltiedig â hi yn cael eu rheoli cystal â phosibl. Mae C yn dwymgalon a chyfeillgar, ond mae hefyd yn agored a chlir. Mae hyn yn gweithio'n dda gyda'n cleientiaid gan eu bod yn gwerthfawrogi gonestrwydd a dull uniongyrchol."

Gweithiwr cymdeithasol sy'n gweithio gyda Reflect

In their words:

"If I need a chat, she is always there for me. Sometimes I come in to see her or she comes to my house. Sometimes she takes me for a coffee. I met the boys' adopters and they are really nice people and happy to have the boys. It will be three years next month since I lost the boys. I have made changes in my life and I'm determined not to make the same mistakes again."

Woman helped by Reflect

"C currently supports a vulnerable lady that I am working with and has worked all hours of the day and weekend to ensure that this lady is safe and the risks relating to her are managed as best as possible. C is warm and friendly but also straight and clear, this approach works very well with our clients who value honesty and the direct approach."

Social worker working with Reflect