Helo, ni yw Home Start Cymru
Hi, we’re Home Start Cymru

HOME START Cymru

Mae Home Start Cymru yma i gefnogi teuluoedd yn emosiynol, adeiladu gwytnwch, hyrwyddo perthnasoedd iach a grymuso rhieni i roi’r dechrau gorau posibl mewn bywyd i’w plant.

Gyda'n gilydd, rydym yn:

- Grymuso rhieni a meithrin gwytnwch.
- Cryfhau perthnasoedd rhiant-plentyn
- Gwella iechyd corfforol ac emosiynol teuluoedd.
- Cysylltu rhieni a’u teuluoedd â’r gymuned leol i sicrhau nad ydyn nhw byth yn teimlo’n ynysig neu’n unig.
- Helpu i leihau straen yn sgil gwrthdaro teuluol.

Mae gwirfoddolwyr a staff yn cydweithio â theuluoedd gan gynnig cymorth hyblyg, tosturiol, emosiynol a chyfrinachol.

Rydym yn rhedeg gwasanaethau ar draws y mwyafrif o ardaloedd awdurdodau lleol Cymru.

Sut gallwn ni helpu?

Gallwn gefnogi teuluoedd yn eu cartrefi eu hunain neu yn y gymuned leol gan gynnig cefnogaeth emosiynol i adeiladu gwytnwch, hyder a hunan-barch.

Rydym yn cynnig cymorth i rieni a gofalwyr mewn nifer o wahanol ffyrdd:

- Ymweliad cartref
- Cefnogaeth gymunedol
- Cefnogaeth cyfoedion
- Cefnogaeth grŵp
- Rhaglenni cymorth wedi'u targedu

Gallwch hunangyfeirio os teimlwch fod angen cymorth ychwanegol arnoch. Neu os yw'n well gennych, cysylltwch â ni'n uniongyrchol a gallwn rannu ymhellach sut i gael eich cyfeirio at ein gwasanaeth. Os oes gennych ddiddordeb mewn gwirfoddoli neu godi arian i ni, cysylltwch â ni. Byddem wrth ein bodd yn clywed gennych.

Gwybodaeth Bellach

Os oes gennych unrhyw gwestiynau am Home-Start Cymru, neu os hoffech ragor o wybodaeth am ein gwasanaethau cymorth yn eich ardal, sganiwch y cod QR trosodd neu e-bostiwch: **info@homestartcymru.org.uk neu ffoniwch ni ar 0333 880 0014**.

Home Start Cymru is here to support families emotionally, to build resilience, promote healthy relationships and empower parents to provide their children with the best possible start in life.

Together, we:

- Empower parents and build resilience.
- Strengthen parent-child relationships
- Improve families' physical and emotional health.

Connect parents and their families to the local community to ensure they never feel isolated or alone.

Help reduce stress from family conflict.

Volunteers and staff work together with families offering flexible, compassionate, emotional and confidential support.

We run services across the majority of local authority areas in Wales.

How we help

We can support families in their own homes or in the local community offering emotional support to build resilience, confidence and self esteem.

We know each family has their own unique, individual needs so we'll work with you to find out how we can best support you.

We offer support to parents and carers in a number of different ways:

Home visiting

- Community support
- Peer support
- Group support
- Targeted support programmes

You can self-refer if you feel like you need some additional support. Or if you prefer, get in touch with us directly and we'll tell you more about how to be referred to our service. If you're interested in volunteering or fundraising for us, get in touch. We'd love to hear from you.

Further Information

If you have any questions about Home-Start Cymru, or would like more information about our support services in your area, scan the QR code overleaf or email:

info@homestartcymru.org.uk or call us on 0333 880 0014.

Registered Charity: 1105577 Company Number: 5199118

homestartcymru.org.uk