

# ‘Being a Friend’

## Who can be a ‘Friend’?

- Potentially anyone in Wales who is not self-isolating can be a ‘Friend’ if they know someone who needs support locally.
- You may already be a ‘Friend’

## Why is a ‘Friend’ necessary?

- Many people in Wales have family nearby who are their support during this time, but others, individuals or couples, who are social distancing, self-isolating or shielding and don’t have this support may need other people they know to help them.

## What would be the alternative without a ‘Friend’?

- People could become lonely and increasingly fearful, which could potentially have an adverse effect on their mental health.
- People could possibly be at greater risk of unscrupulous people they don’t know offering to ‘help’.
- People may go against advice to socially distance, self-isolate or shield – for example going to their pharmacist or having to use public transport to go shopping, potentially putting themselves at risk.
- There could be further unnecessary strain on the NHS and/or social services.

## How can you become a ‘Friend’?

- You need to be already known to the person you’re supporting (neighbour, friend etc).
- The person who needs support identifies the people they would like to help them.

Ideally, this is at least two ‘Friends’ in separate households.

- Once nominated as a ‘Friend’ you can:
  - o Access support on the ‘Friends’ information hub:  
[www.agecymru.org.uk/friend-in-need](http://www.agecymru.org.uk/friend-in-need)
  - o Register for updates on the ‘Friends’ information hub.
  - o Access information and support by calling Age Cymru Advice on 08000 223 444.

## What could a ‘Friend’ do to help?

Whilst following the social distancing rules and information in this guide, you could:

- Pick up groceries and shopping.
- Pick up prescriptions.
- Walk pets.
- Provide regular telephone contact and/or via online methods such as Skype or FaceTime.
- Assist people to get online, or to access services online – whilst socially distancing.
- Provide ideas of things that people can do that don’t involve going out, to keep them emotionally and physically well.
- Put people in touch with support groups, and other useful local services.
- Help people prepare for any eventualities that may arise.
- Provide reassurance with accurate and up to date information from Welsh Government and Public Health Wales.

# 'Bod yn Gyfaill'

## Pwy sy'n gallu bod yn 'Gyfaill'?

- O bosibl, gall unrhyw un yng Nghymru sydd ddim yn hunan-ynysu fod yn 'Gyfaill' os maent yn adnabod rhywun sydd angen cefnogaeth.
- Mae'n bosibl eich bod eisoes yn 'Gyfaill'

## Pam mae 'Cyfaill' yn angenrheidiol?

- Mae gan nifer o bobl yng Nghymru deulu cyfagos sy'n gefn iddynt yn ystod y cyfnod hwn, ond mae eraill, naill ai unigolion neu gyplau, sy'n ymbellhau'n gymdeithasol, hunan-ynysu neu'n amddiffyn eu hunain ac sydd heb y gefnogaeth hon angen pobl eraill maent yn eu hadnabod i'w helpu nhw.

## Sut beth fyddai bod heb 'Gyfaill'?

- Gallai pobl ddod yn unig a chynyddol ofnus, a allai gael effaith niweidiol ar eu hiechyd meddwl.
- O bosibl, gallai pobl fod mewn risg uwch o bobl ddiogwyddor nad ydynt yn eu hadnabod yn cynnig 'helpu'
- Gall pobl fynd yn erbyn y cyngor ymbellhau'n gymdeithasol, hunan-ynysu neu amddiffyn - er enghraifft, mynd at eu fferylllydd neu ddefnyddio trafndiaeth gyhoeddus i fynd i siopa, gan roi eu hunain mewn perygl o bosibl
- Gellir rhoi straen ychwanegol ddiangen ar y GIG a/neu wasanaethau cymdeithasol

## Sut allwch chi ddod yn 'Gyfaill'?

- Mae'n rhaid i chi adnabod yr unigolyn yr ydych chi'n ei gefnogi (Cymydog, cyfaill etc)
- Mae'r unigolyn sydd angen cymorth yn adnabod y bobl yr hoffent gael cymorth ganddynt. Yn ddelfrydol, golyga hyn o leiaf dau 'Gyfaill' mewn aelwydydd ar wahân.
- Unwaith y byddwch wedi'ch enwebu fel 'Cyfaill', cewch:
  - O gael cymorth ar yr hwb gwybodaeth 'Cyfeillion'; [www.agecymru.org.uk/friend-in-need](http://www.agecymru.org.uk/friend-in-need)
  - Cofrestru am ddiweddariadau.
  - Cael mynediad at wybodaeth a chefnogaeth drwy ffonio Age Cymru Advice ar 08000 223 444.

## Beth allai 'Cyfaill' wneud i helpu?

Wrth ddilyn y rheolau ymbellhau'n gymdeithasol a'r wybodaeth yn y canllaw hwn, gallech:

- Gasglu bwyd a siopa
- Casglu presgripsiynau
- Mynd ag anifeiliaid anwes am dro
- Darparu cyswllt dros y ffôn a/neu ddulliau ar-lein megis Skype neu FaceTime yn rheolaidd
- Cynorthwyo pobl i fynd ar-lein, neu gael mynediad at wasanaethau ar-lein - wrth ymbellhau'n gymdeithasol

- Darparu syniadau o bethau y gall pobl eu gwneud nad yw'n cynnwys mynd allan o'r tŷ, i'w cadw nhw'n iach yn emosiynol a chorfforol
- Rhoi pobl mewn cyswllt â grwpiau cefnogi, a gwasanaethau lleol defnyddiol eraill
- Helpu pobl i baratoi am unrhyw bosibiliadau a all godi
- Darparu sicrwydd gyda gwybodaeth fanwl gywir a diweddar gan Lywodraeth Cymru ac Iechyd Cyhoeddus Cymru