

Support groups and charities

As part of being a 'Friend' you could help the person you're supporting connect with support groups that are relevant to them. This could help them get support for a health condition or help them connect with people from a similar background to them to combat isolation and loneliness.

Health related organisations

Alzheimer's Society

Dementia Connect, from Alzheimer's Society, is a personalised support service for people with dementia, their carers, families and friends. The service connects people affected by dementia with free support and advice, currently available by phone and online.

Referral form:

<https://www.alzheimers.org.uk/referralform>

Here is the contact telephone number and email address:

0333 150 3456

Dementia.connect@alzheimers.org.uk

Asthma UK

<https://www.asthma.org.uk/>

British Heart Foundation

<https://www.bhf.org.uk/information-support>

British Lung Foundation

Can provide advice on COPD:

<https://www.blf.org.uk/>

Cystic Fibrosis Trust

<https://www.cysticfibrosis.org.uk/>

Dementia UK

Have a helpline run by Admiral Nurses

<https://www.dementiauk.org/get-support/coronavirus-covid-19/>

Diabetes UK

<https://www.diabetes.org.uk/>

Macmillan Cancer Support

<https://www.macmillan.org.uk/>

Motor neurone disease foundation

<https://www.mndassociation.org/about-mnd/>

MS Society

Specialist charity for Multiple sclerosis

<https://www.mssociety.org.uk/>

Multiple Sclerosis Trust

<https://www.mstrust.org.uk/>

National AIDS Trust

<https://www.nat.org.uk/>

Parkinson's UK

<https://www.parkinsons.org.uk/>

Terrence Higgins Trust

HIV and sexual health charity

<https://www.tht.org.uk/>

BAME organisations

BAWSO

An all Wales organisation providing generic and specialist services including training, the provision of temporary accommodation for those affected or are at risk of domestic abuse and all forms of violence such as Female Genital Mutilation, Forced Marriage, Honour Based Violence, Human trafficking and modern slavery.

<http://www.bawso.org.uk>

Diverse Cymru

Diverse Cymru is a unique Welsh charity committed to supporting people faced with inequality and discrimination because of: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation

<https://www.diverseecymru.org.uk/>

Race Council Cymru

<http://www.racecouncilcymru.org.uk>

Tai Pawb

Tai Pawb promotes equality and social justice in housing in Wales. We believe that all people have the right to access good quality housing and homes in cohesive and safe communities.

<https://www.taipawb.org/>

LGBT organisations

Diverse Cymru

Diverse Cymru is a unique Welsh charity committed to supporting people faced with inequality and discrimination because of: age, disability, gender reassignment, marriage and civil partnership, pregnancy

and maternity, race, religion or belief, sex and sexual orientation

<https://www.diverseecymru.org.uk/>

Stonewall Cymru

<https://www.stonewall.org.uk/>

LGBT Cymru helpline

<https://www.lgbtcymru.org.uk/>

Armed Forces organisations

There are many military charities and associations that can provide information, advice and additional resources.

Veterans Gateway for support

Veterans' Gateway is the first point of contact for Veterans, their families and carers seeking support. You can get their advice 24 hours a day via their helpline (0808 802 1212) or online via self-help guides.

www.veteransgateway.org.uk

Royal British Legion

The Royal British Legion supports serving members of the Royal Navy and Royal Marines, British Army, Royal Air Force, Reservists, veterans and their families. Their support starts after 7 days of service and continues long after life in the Armed Forces. The Royal British Legion helps Veterans young and old transition into civilian life, helping with employment, financial issues, respite and recovery, through to lifelong care and independent living.

<https://www.britishlegion.org.uk/>

SSAFA

The oldest national charity supporting people serving in the three Armed Forces, Veterans and their families. It provides a wide variety

of support in an appropriate and timely way: advice services on a range of financial, health and other issues, practical help to obtain mobility and specialist equipment, household goods for formerly homeless Veterans, support for Veterans with mental health needs and mentoring for Veterans during transition to civilian life. www.ssafa.org.uk

Condition specific support

Charities such as Blind Veterans UK and Blesma, The Limbless Veterans provide one to one support, specialist equipment and arrange social activities for people with specific conditions who have served in the military, including those in residential care. You can contact them for funding of equipment or support workers if you have any eligible residents.

<https://www.blindveterans.org.uk/>

<https://blesma.org/>

Help for Heroes

Help for Heroes provides a range of support and services for wounded, injured and sick serving (Regular and Reserves) and ex-serving personnel who have suffered illness or injuries in the service of the Nation. Help for Heroes does this through services such as:

Help for Heroes Recovery Centres in Pontypridd, Tidworth, Catterick, Colchester and Plymouth

Help for Heroes Hidden Wounds (psychological wounds)

Help for Heroes Welfare support

Help for Heroes grants to individuals and other charitable agencies

Help for Heroes Fellowships of 'Band of Brothers' and 'Band of Sisters'

<https://www.helpforheroes.org.uk/>

Tel: 0845 6731760

Woody's Lodge

A charity providing safe spaces for armed service Veterans, recent leavers, reservists and those who served in the emergency services, to socialise and access a wide range of health and social services. They also provide support for families and carers.

<https://www.woodyslodge.org/>

If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **08000 223 444**, available 9:30am to 4:30pm, Monday to Friday, or email advice@agecymru.org.uk

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **03444 77 20 20**, available 9am to 5pm, Monday to Friday, or visit

www.citizensadvice.org.uk/wales/

Grwpiau cefnogi ac elusennau

Fel rhan o fod yn 'Gyfaill', gallech helpu'r unigolyn yr ydych yn ei gefnogi i gysylltu â grwpiau cefnogi sy'n berthnasol iddo. Gallai hyn ei helpu i gael cefnogaeth gyda chyflwr iechyd neu ei helpu i gysylltu â phobl o gefndir tebyg iddo i drechu arwahanrwydd ac unigedd.

Sefydliadau cysylltiedig ag iechyd

Y Gymdeithas Alzheimer's

Mae Dementia Connect, o'r Gymdeithas Alzheimer's yn wasanaeth cefnogi teilwredig i bobl sydd â dementia, eu gofalwyr, teuluoedd a chyfeillion. Mae'r gwasanaeth yn cysylltu pobl sy'n cael eu heffeithio gan ddementia gyda chefnogaeth a chyingor am ddim sydd ar gael ar hyn o bryd dros y ffôn ac ar-lein.

Nid yw proses atgyfeirio rhywun at Dementia Connect wedi newid. Ewch i'n porth atgyfeirio yn: <https://www.alzheimers.org.uk/referralform>

Dyma'r rhif ffôn cyswllt a'r cyfeiriad e-bost:

0333 150 3456
Dementia.connect@alzheimers.org.uk

Asthma UK

<https://www.asthma.org.uk/>

Sefydliad Prydeinig y Galon

<https://www.bhf.org.uk/>

Sefydliad Prydeinig yr Ysgyfaint

Yn gallu rhoi cyngor ynglŷn â COPD:

<https://www.blf.org.uk/>

Ymddiriedolaeth Ffeibrosis Systig

<https://www.cysticfibrosis.org.uk/>

Dementia UK

Llinell gymorth gan Nyrsys Admiral (nyrsys Dementia arbenigol)

<https://www.dementiauk.org/>

Diabetes UK

<https://www.diabetes.org.uk/>

Cymorth Cancer Macmillan

<https://www.macmillan.org.uk/>

Ymddiriedolaeth afiechyd niwronau motor

<https://www.mndassociation.org/about-mnd/>

Cymdeithas MS

Elusen arbenigol ar gyfer Sglerosis ymledol

<https://www.mssociety.org.uk/>

Ymddiriedolaeth Sglerosis Ymledol

<https://www.mstrust.org.uk/>

Ymddiriedolaeth AIDS Genedlaethol

<https://www.nat.org.uk/>

Parkinson's UK

<https://www.parkinsons.org.uk/>

Ymddiriedolaeth Terrence Higgins

Elusen HIV ac iechyd rhywiol

<https://www.tht.org.uk/our-work/about-our-charity>

Sefydliadau'r cymunedau du, Asiaidd a lleiafrifoedd ethnig

BAWSO

Sefydliad ledled Cymru sy'n darparu gwasanaethau cyffredinol ac arbenigol gan gynnwys hyfforddiant, darparu llety dros dro i'r rheiny sydd wedi'u heffeithio gan gam-drin Domestig neu mewn risg ohono, a bob ffurf ar drais megis Anffurfio Organau Cenhedlu Benywod, Priodas dan Orfod, Trais ar sail Anrhydedd, Masnachu Pobl neu gaethwasiaeth fodern.

<http://www.bawso.org.uk>

Diverse Cymru

Mae Diverse Cymru yn elusen unigryw yng Nghymru sy'n ymroddedig i gefnogi pobl sy'n wynebu anghydraddoldeb a gwahaniaethu oherwydd: oedran, anabledd, ailbennu rhywedd, priodas neu bartneriaeth sifil, beichiogrwydd a mamolaeth, hil, crefydd neu gred, rhyw a chyfeiriadedd rhywiol.

<https://www.diverseecymru.org.uk/>

Race Council Cymru

<http://www.racecouncilcymru.org.uk>

Tai Pawb

Mae Tai Pawb yn hyrwyddo cydraddoldeb a chyfiawnder cymdeithasol yn y maes tai yng Nghymru. Rydym yn credu bod gan bawb yr hawl i gael mynediad at dai a chartrefi o ansawdd dda mewn cymunedau cydlynol a diogel.

<https://www.taipawb.org/>

Sefydliadau LGBT

Diverse Cymru

Mae Diverse Cymru yn elusen unigryw yng Nghymru sy'n ymroddedig i gefnogi pobl sy'n wynebu anghydraddoldeb a gwahaniaethu oherwydd: oedran, anabledd, ailbennu rhywedd, priodas neu bartneriaeth sifil, beichiogrwydd a mamolaeth, hil, crefydd neu gred, rhyw a chyfeiriadedd rhywiol.

<https://www.diverseecymru.org.uk/>

Stonewall Cymru

<https://www.stonewallcymru.org.uk/>

Llinell Gymorth LGBT Cymru

<https://www.lgbtcymru.org.uk/>

Sefydliadau'r Lluoedd Arfog

Mae nifer o elusennau a chymdeithasau milwrol a all ddarparu gwybodaeth, cyngor ac adnoddau ychwanegol.

Y Porth Cyn-filwyr am gefnogaeth

Y Porth Cyn-filwyr yw'r pwynt cyswllt cyntaf i gyn-filwyr, eu teuluoedd a'u gofawyr sy'n ceisio cefnogaeth. Gallwch gael cyngor ganddynt 24 awr y dydd drwy eu llinell gymorth **(0808 802 1212)** neu ar-lein drwy ganllawiau hunan-gymorth.

www.veteransgateway.org.uk

Y Llog Brydeinig Frenhinol

Mae'r Llog Brydeinig Frenhinol yn cefnogi aelodau gweithredol y Llynges Frenhinol a'r Môr-filwyr Brenhinol, y Fyddin Brydeinig, y Llu Awyr Brenhinol, milwyr wrth gefn, cyn-filwyr a'u teuluoedd. Mae eu cefnogaeth yn dechrau ar ôl 7 diwrnod o wasanaeth ac yn parhau yn hir ar ôl bywyd yn y Lluoedd Arfog. Mae'r Llog Brydeinig Frenhinol yn helpu cyn-filwyr ifanc a hen i bontio i fywyd sifil, gan helpu gyda chyflogaeth, materion ariannol, seibiant

ac adfer, drwodd i ofal gydol oes a byw'n annibynnol.

<https://www.britishlegion.org.uk/>

Cymdeithas y Milwyr, Morwyr, Awyrenwyr a'u Teuluoedd

Yr elusen genedlaethol hynaf yn cefnogi pobl sy'n gwasanaethu yn y tri Llu Arfog, Cyn-filwyr a'u teuluoedd. Mae'n darparu amrywiaeth eang o gefnogaeth mewn ffordd briodol ac amserol: gwasanaethau cynghori ynglŷn ag ystod o faterion ariannol, iechyd ac eraill, cymorth ymarferol i geisio cyfarpar symudedd ac arbenigol, nwyddau i'r cartref i Gyn-filwyr a oedd yn ddigartref, cefnogaeth i Gyn-filwyr sydd ag anghenion iechyd meddwl a mentora i Gyn-filwyr yn ystod y pontio i fywyd sifil.

www.ssafa.org.uk

Cefnogaeth i gyflyrau penodol

Mae elusennau megis Blind Veterans UK a Blesma, The Limbless Veterans yn darparu cefnogaeth un i un, cyfarpar arbenigol a threfnu gweithgareddau cymdeithasol i bobl sydd â chyflyrau penodol sydd wedi gwasanaethu yn y fyddin, gan gynnwys y rheiny mewn gofal preswyl. Gallwch gysylltu â nhw am gyllid ar gyfer cyfarpar neu weithwyr cefnogi os oes gennych unrhyw breswylwyr cymwys.

<https://www.blindveterans.org.uk/>

<https://blesma.org/>

Help for Heroes

Mae Help for Heroes yn darparu ystod o gefnogaeth a gwasanaethau i bersonél wedi'u clwyfo, anafu a sâl (Rheolaidd ac Wrth Gefn) a chyn-bersonél sydd wedi dioddef salwch neu anafiadau wrth wasanaethu'r Genedl. Mae Help for Heroes yn gwneud hyn drwy wasanaethau megis:

Canolfannau Adfer Help for Heroes ym Mhontypridd, Tidworth, Catterick, Colchester a Plymouth.

Help for Heroes Hidden Wounds (clwyfau seicolegol)

Cefnogaeth llesiant Help for Heroes Grantiau Help for Heroes i unigolion ac asiantaethau elusennol eraill

Cymdeithas 'Band of Brothers' a 'Band of Sisters' Help for Heroes

<https://www.helpforheroes.org.uk/>

Tel: 0845 6731760

Woody's Lodge

Elusen sy'n rhoi llefydd diogel i Gyn-filwyr y lluoedd arfog, ymadawyr diweddar, milwyr wrth gefn a'r rheiny sydd wedi gwasanaethu yn y gwasanaethau brys, gymdeithasu a chael gafael ar ystod eang o wasanaethau iechyd a chymdeithasol. Mae hefyd yn darparu cefnogaeth i deuluoedd a gofalwyr.

<https://www.woodyslodge.org/>

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth ac yn 50 oed neu'n hŷn, gall gysylltu ag Age Cymru Advice ar **08000 223 444**, ar gael rhwng 9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost advice@agecymru.org.uk

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth a dan 50 oed, gall gysylltu â Cyngor ar Bopeth ar **03444 77 20 20**, ar gael rhwng 9am a 5pm, ddydd Llun i ddydd Gwener, neu fynd i www.citizensadvice.org.uk/wales/