

For more information please complete and return this slip to

**Contact a Family Wales**

**1st Floor, The Exchange Building, Mount Stuart Square, Cardiff, CF10 5EB**

- Add my name to the Contact a Family Wales mailing list
- Send me \_\_\_ Contact a Family posters to put up locally
- Send me \_\_\_ Contact a Family leaflets to distribute locally
- I am a parent     I am a professional

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

- I am a carer/relative/friend of a disabled child, please send me an information pack. I need information on \_\_\_\_\_

- Please send me information on Contact a Family's Directory and other publications.

(contact us or visit [www.cafamily.org.uk/wales](http://www.cafamily.org.uk/wales) for a full list of our publications)

**contact a family**  
for families with disabled children  
incorporating  
**The Lady Hoare Trust**

**Answering your enquiries** information on specific conditions and their support groups, local services, benefits, education and many other matters

**Publications**

*Wales Newsletter* containing information about different services and events across Wales  
*Factsheets* on subjects such as benefits, fathers, holidays, siblings, education and much more.  
*Share an Idea* the UK magazine includes news on groups around the UK with a key theme for each issue

**Contact a Family Directory of Specific Conditions and Rare Syndromes** this has information on over 1000 specific conditions, together with their family support networks. It is available in a paper version, on CD-Rom and on our internet site

**Parent workshops** Training days for parents of disabled children – examples include coping with challenging behaviour, fathers and dealing with professionals.

**Supporting local parents groups** We have a database of local groups and contacts in Wales. As well as providing support and information to existing parent support groups we can assist parents in developing new support groups

**Volunteer Local Area Representatives** all parents of children with special needs, our volunteers are very knowledgeable about services and support in their local area.

**Policy and campaigning work** raising the needs of disabled children and their families with the National Assembly for Wales and in other policy fora

[www.cafamily.org.uk/wales](http://www.cafamily.org.uk/wales)

The Exchange Building  
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e-mail [wales@cafamily.org.uk](mailto:wales@cafamily.org.uk)  
UK Freephone Helpline 0808 808 3555

Sut mae **Cyswilt Teulu** yn helpu teuluoedd efo plant anabl



- gwybodaeth
- gweithdai
- ymgyrchu
- cysylltu

**cyswilt teulu**  
i deuluoedd gyda phlant anabl  
ymgorffori'r  
**Ymddiriedolaeth Lady Hoare**

Am fwy o wybodaeth cwblhewch a dychwelwch y ffurflen yma i

**Cyswllt Teulu Cymru**  
**Llawr 1af, Adeilad y Cyfnewidfa, Sgwâr Mount**  
**Stuart, Caerdydd, CF10 5EB**

- Ychwanegwch fy enw i rhestr bostio Cyswllt Teulu Cymru
- Anfonwch \_\_\_ posteri Cyswllt Teulu ata fi i rhoi i fyny yn lleol
- Anfonwch \_\_\_ taflenni Cyswllt Teulu ata fi i ddsbarthu yn lleol
- Rydw i'n rhiant  Rydw i'n gweithiwr proffesiynol

Enw \_\_\_\_\_

Cyfeiriad \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Côd Post \_\_\_\_\_

- Rwyf i'n gofalwr/perthynas/ffrind i blentyn anabl. Anfonwch pecyn gwybodaeth ataf os gwelwch yn dda. Mae angen gwybodaeth arna i amdano
- Anfonwch gwybodaeth am Cyfarwyddiadur Cyswllt Teulu a cyhoeddiadau arall ata fi os gwelwch yn dda.

(cysylltwch a ni neu ymwelwch a [www.cafamily.org.uk/wales](http://www.cafamily.org.uk/wales) am rhestr llawn o'n cyhoeddiadau)

**cyswllt teulu**

i deuluoedd gyda phlant anabl

ymgorffori'r

**Ymddiriedolaeth Lady Hoare**

**Ateb eich ymholiadau** gwybodaeth am gyflyrau arbennig a'i grwpiau cefnogol, gwasanaethau lleol, budd-daliadau, addysg a llawer o faterion eraill.

### Cyhoeddiadau

**Cylchlythyr** yn cynnwys gwybodaeth am wahanol gwasanaethau a digwyddiadau ar draws Cymru  
**Taflenni ffeithiau** ar bynciau fel budd-daliadau, tadau, gwyliau, siblingiaid ac addysg  
**Share an Idea** Cylchgrawn y DG sy'n cynnwys newyddion ar grwpiau o amgylch y DG gyda thema allweddol ym mhob cyhoeddiad

**Cyfarwyddiadur Cyswllt Teulu o Gyflyrau Penodol a Syndromau Anghyffredin** yn cynnwys gwybodaeth am dros 1000 o gyflyrau penodol, ynghyd a'i rhwydweithiau cysylltiedig teuluol. Mae hi ar gael mewn fersiwn papur, ar CD-ROM ac ar ein safle wê

**Gweithdai rieni** diwrnodau hyfforddi i rieni o blant anabl—pynciau yn cynnwys ymdopi ag ymddygiad annodd, tadau ac ymdrin a phobl broffesiynol

**Cefnogi grwpiau rhieni lleol** mae gennym bas ddata o grwpiau lleol a chysylltiadau yng Nghymru. Ar ben darparu cefnogaeth a gwybodaeth i grwpiau rhieni sydd mewn bod, allwn ni rhoi cymorth i rieni mewn datblygu grwpiau cefnogol newydd

**Cynrychiolwyr Gwirfoddol Ardaloedd Lleol** i gyd yn rhieni i blant efo anghenion arbennig mae'n gwirfoddolwyr yn wybodus iawn o wasanaethau a chymorth yn eu hardaloedd lleol.

**Gwaith polisi ac ymgyrchu** yn codi anghenion plant anabl a'i deuluoedd efo Cynulliad Cenedlaethol Cymru ac mewn fforymau polisi eraill.

[www.cafamily.org.uk/wales](http://www.cafamily.org.uk/wales)

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e-bost [wales@cafamily.org.uk](mailto:wales@cafamily.org.uk)  
Llinell Cymorth Di-Dal y DG 0808 808 3555

How **Contact a Family** helps families with disabled children



- information
- workshops
- campaigning
- linking

**contact a family**

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incorporating

**The Lady Hoare Trust**