Support for children and young people

CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

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Cyfannol Women's Aid offers a range of 1:1 and group-based support options in Blaenau Gwent, Monmouthshire, Newport, Torfaen and the wider Gwent area for children who have experienced domestic abuse or sexual violence.

Our support for children and young people builds upon individual strengths to minimise the impact of adverse childhood experiences and improve lifelong well-being.

Refuge

We support up to 40 women with children in refuges across Gwent. Family refuges include playrooms and outdoor play areas, with regular organised activities available.

Mentoring

Mentoring offers opportunities for children and young people to channel their energy into positive activities and projects.

Mentors are matched with children based on their interests, skills and personalities. They provide 'problem-free time', encouraging the child to find their strengths and make positive changes.

Groupwork

We offer gender-specific groups for young people aged 11 to 16 who have experienced or witnessed domestic abuse.

Groups are mentor, support worker, or peer-led, with a focus on building self-esteem and communication skills, and supporting emotional development and healthy relationships.

Young Person's Independent Domestic Violence Advisors

Cyfannol has a specialist advocacy service across Gwent, for young people aged 11-18 affected by domestic abuse and identified as at high risk of serious harm.

This service is for young people who have grown up in households where domestic abuse is present, and young people who are/have experienced violence or threats of violence in their own relationships (intimate or other).

Parent and child support groups

We offer groupwork for children aged 7-11 and their non-abusive caregiver, aimed at improving communication after domestic violence has ended.

Children are supported to feel safe, express their feelings in a healthy way, and learn how to communicate more positively with their non-abusive parent/carer.

Child to parent violence support

The Break4Change programme supports families to make positive changes. It is suitable for young people aged 11-16, along with their parents/carers.

The programme is designed for young people who are willing to change how they communicate with each other and want to improve their relationships.

In Blaenau Gwent and Newport, the interventions above are delivered through our Ar Trac project, a partnership project which spans 10 counties of Wales.

Horizon sexual violence support

Our Horizon sexual abuse counselling service is available to anyone over the age of 9 who has experienced any kind of sexual violence at any time in their lives.

Our Independent Sexual Violence Advisors provide personalised support to young people, offering emotional and practical support, and information and help around the legal process for those who choose to report.

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To make a referral:

To refer into one of these services, make an enquiry or find out more, call us on
03300 564456

or contact your local team:

Blaenau Gwent & Newport
artrac@cyfannol.org.uk

Torfaen
torfaen@cyfannol.org.uk

Monmouthshire
monmouthshire@cyfannol.org.uk

Horizon sexual violence support
horizon@cyfannol.org.uk

www.cyfannol.org.uk **@Cyfannol**

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Together we are stronger

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I wneud atgyfeiriad:

I atgyfeirio i un o'r gwasanaethau hyn, i wneud ymholiad neu i ddysgu rhagor, ffoniwch ni ar
03300 564456

neu cysylltwch â'ch tîm lleol:

Blaenau Gwent a Chasnewydd
artrac@cyfannol.org.uk

Torfaen
torfaen@cyfannol.org.uk

Sir Fynwy
monmouthshire@cyfannol.org.uk

Cymorth trais rhywiol Horizon
horizon@cyfannol.org.uk

www.cyfannol.org.uk **@Cyfannol**

@Cyfannol **@CyfannolWAid**

Gyda'n gilydd rydym yn gryfach

Rhif Elusen Gofrestredig 1045890 Rhif Cwmni Cyf 2995805

Ymgynghorwyr Trais Domestig Annibynnol Pobl Ifanc

Mae gan Cyfannol wasanaeth eiriolaeth arbenigol ledled Gwent, ar gyfer pobl ifanc 11-18 oed, yr effeithir arnynt gan gam-drin domestig ac sydd wedi'u nodi'n risg uchel o niwed difrifol.

Mae'r gwasanaeth hwn ar gyfer pobl ifanc sydd wedi tyfu i fyny mewn aelwydydd lle mae cam-drin domestig yn bresennol, a phobl ifanc sydd yn/sydd wedi profi trais neu fygythiadau o drais yn eu perthnasoedd eu hun (agos neu fel arall).

Grwpiau cymorth rhieni a phlant

Rydym yn cynnig gwaith grŵp i blant 7-11 oed a'u gofalwyr nad ydynt yn gamdriniol, gyda'r nod o wella cyfathrebiad ar ôl i gam-drin domestig ddod i ben.

Cefnogir plant i deimlo'n ddiogel, mynegi eu teimladau mewn ffordd iach, a dysgu sut i gyfathrebu'n fwy cadarnhaol â'r rhiant/gofalwr nad yw'n gamdriniol.

Cymorth trais o blant i rieni

Mae'r rhaglen Break4Change yn cefnogi teuluoedd i wneud newidiadau cadarnhaol – yn addas i bobl ifanc 11-16 oed gyda'u rhieni/gofalwyr.

Cynlluniwyd y rhaglen ar gyfer pobl ifanc sy' fodlon newid sut maen nhw'n cyfathrebu â'i gilydd ac sydd am wella'u perthnasoedd.

Ym Mlaenau Gweent a Chasnewydd, cyflwynir yr ymyriadau uchod trwy'n rhaglen Ar Trac, prosiect partneriaeth sy'n rhychwantu 10 sir yng Nghymru.

Cymorth trais rhywiol Horizon

Mae ein gwasanaeth cwnsela cam-drin rhywiol Horizon ar gael i unrhyw dros 9 oed sydd wedi cael profiad o unrhyw fath o drais rhywiol ar unrhyw adeg o'u bywydau.

Mae ein hymgynghorwyr trais rhywiol annibynnol yn darparu cymorth wedi'i bersonoleiddio i bobl ifanc, gan gynnig cymorth emosiynol ac ymarferol, a gwybodaeth a chymorth ynglŷn â'r broses gyfreithiol at gyfer y rhai sy'n dewis adrodd.

Cymorth i blant a phobl ifanc

Mae Cymorth i Fenywod Cyfannol yn cynnig ystod o opsiynau cymorth 1:1 a grŵp ym Mlaenau Gwent, Sir Fynwy, Casnewydd, Torfaen a'r ardal Gwent ehangach i blant sydd wedi profi cam-drin domestig neu drais rhywiol.

Mae cymorth ar gael i blant a phobl ifanc yn adeiladu ar gryfderau unigol i leihau effaith y profiadau niweidiol yn ystod plentyndod a gwella lles gydol oes.

Lloches

Rydym yn cefnogi hyd at 40 o fenywod â phant mewn llochesi ledled Gwent. Mae llochesi teuluol yn cynnwys ystafelloedd chwarae ac ardaloedd chwarae awyr agored, ac mae gweithgareddau wedi'u trefnu rheolaidd ar gael.

Mentora

Mae mentora yn cynnig cyfleoedd i blant a phobl ifanc i gyfeirio eu hegni i weithgareddau a phrosiectau cadarnhaol.

Mae mentoriaid yn cael eu paru gyda phlant yn seiliedig ar eu diddordebau, sgiliau a phersonoliaethau. Maent yn cynnig 'amser yn rhydd o broblemau', gan annog y plentyn i ddod o hyd i'w gryfderau a gwneud newidiadau cadarnhaol.

Gwaith grŵp

Rydym yn cynnig grwpiau rhywedd-benodol i ferched, bechgyn a phobl ifanc anneuaidd 11 i 16 oed sydd wedi profi neu fod yn dyst i gam-drin domestig.

Arweinir grwpiau gan fentoriaid, gweithwyr cymorth neu gyfoedion, ac maent yn canolbwyntio ar gynyddu hunan-barch a sgiliau cyfathrebu, a chefnogi datblygiad emosiynol a pherthnasoedd iach.

Cymorth i blant a phobl ifanc

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