



Nyrsio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

Rhifau cyswllt Nyrsio Ysgol

Tîm Nyrsio Ysgol DWYRAIN Caerdydd: 029 218 33114

Tîm Nyrsio Ysgol GORLLEWIN Caerdydd: 029 218 32204

Tîm Nyrsio Ysgol Y FRO: 014 467 04114

E-bost y Tîm Nyrsio/Imiwneiddio Ysgol: Cavuhbschoolnursing@wales.nhs.uk

iCAV_SNTEAM

Gwybodaeth Ddefnyddiol



ERIC - Ymataliaeth
eric.org.uk



Lles
cavyoungwellbeing.wales



**Y Gwasanaeth
Niwrddatblygiadol**
cavyoungneurodevelopment.wales



Teuluoedd Iachach
nhs.uk/healthier-families



Cwsg ac Iechyd Meddwl
nhs.uk/every-mind-matters



Cadw Fi'n Iach
keepingmewell.com



Padlet Nyrsio Ysgol



Mae Gwasanaeth Nyrsio Ysgolion wedi datblygu Padlet newydd, mae'r adnodd ar-lein hwn yn dod â gwahanol fathau o wybodaeth, cyngor a gwasanaethau cymorth dibynadwy at ei gilydd, gan gynnwys pynciau fel lles emosiynol, ffordd o fyw iach a ble i gael cymorth.



Porth i Deuluoedd Caerdydd



Mae'r Porth yn darparu gwybodaeth, cyngor a chymorth ar ystod eang o bynciau a meysydd ymholi megis cyngor ariannol, tai, budd-daliadau lles, ymddygiad plant, gofal plant, presenoldeb yn yr ysgol, iechyd a lles, cefnogaeth rhieni a llawer mwy.

cardiffamilies.co.uk

03000 133 133



Angen Deintydd?
Cardiffandvale.gds@wales.nhs.uk



Rhowch amser iddo



Awgrymiadau ymarferol a chyngor arbenigol am ddim ar gyfer eich holl heriau rhianta
gov.wales/parenting-give-it-time



**Gwasanaeth Teuluoedd
y Fro yn Gyntaf**



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Nyrso Ysgol | School Nursing
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SN contact numbers

EAST Cardiff School Nursing Team: 029 218 33114

WEST Cardiff School Nursing Team: 029 218 32204

VALE School Nursing Team: 014 467 04114

School Nursing Team/immunisation email: Cavuhbschoolnursing@wales.nhs.uk

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Useful Information



ERIC - Contenance
eric.org.uk



Wellbeing
cavyoungwellbeing.wales



Neurodevelopmental Service
cavyoungneurodevelopment.wales



Healthier Families
nhs.uk/healthier-families



Sleep & Mental Health
nhs.uk/every-mind-matters



Keeping me well
keepingmewell.com



School Nursing Padlet



The School Nursing Service has developed a new Padlet, this online resource brings together a range of trusted information, advice and support services, covering topics such as emotional wellbeing, healthy lifestyles and where to access help.



Cardiff Family Gateway



The Gateway provides information, advice and assistance on a wide range of topics and enquiry areas such as money advice, housing, welfare benefits, child behaviour, child care, school attendance, health and well-being, parental support and much more.

cardiffamilies.co.uk
03000 133 133



Give them time



Free practical tips and expert advice for all your parenting challenges
gov.wales/parenting-give-it-time



Vales Families First service



Need a Dentist?

Cardiffandvale.gds@wales.nhs.uk



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