

# CONTACT

**CARERS** Wales  
the voice of carers

Winter 2007 Newsletter

## Carers Wales Annual Members Conference 2007

**In October we held our Annual Members Conference at the Metropole Hotel in Llandrindod Wells. Members came together to hear about our achievements during the last year, our campaigning work and to agree future priorities.**

Part of the conference was dedicated to consulting carers in Wales on what they felt the main issues were that should be fed into the UK Government's review of the National Strategy for Carers. All responses have been typed up and sent to Carers UK to include in their overall response.

Small working groups were formed, facilitated by a Carers Wales committee member. The groups were asked to consider what would make a difference to carers lives and the person they care for.



Members Audience



discussions

### Here are some of the responses

- Carers Allowance to everyone over 30 hours
- Suitable short and long term breaks
- Respite - quality respite, emergency respite - without breaks the carer becomes ill and another patient appears at the GPs surgery
- Individual budgets - the control of budgets
- Tax credits to enable carers to buy in services to enable them to work
- Recognition of the hidden costs associated with disability which affects the income of the carer and the disabled person
- Flexible home care (can be too rigid)
- Continuity of care workers for the cared for
- Recognition of the carer as the primary carer to be seen as a key partner when other services are involved
- Carers UK to keep fighting to get the overlapping benefit rule scrapped

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### Carers Wales

**River House,  
Ynysbridge Court,  
Cardiff CF15 9SS  
Tel: 029 2081 1370  
Email: [Info@carerswales.org](mailto:Info@carerswales.org)  
[www.carerswales.org](http://www.carerswales.org)**

Registered Office:  
32-36 Loman Street, Southwark, London, SE1 0EE  
Tel: 020 7490 8818 Fax: 020 7490 8824

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Carersline: 0808 808 7777

# Achieving change for carers

**Carers Wales held a very successful policy conference on Wednesday 24th October 2007 that brought together 120 people from a wide range of different backgrounds including carers, policy makers, service providers from health and social services and carers' workers.**



*James Lockwood & Delyth Lloyd-Williams*

The audience heard first hand experiences from James Lockwood, a young carer and Delyth Lloyd-Williams a parent carer who both spoke very eloquently

and honestly about their own caring experiences and what they felt needed to change to support them.



*Professor Luke Clements*

Professor Luke Clements spoke about the law relating to carers, and Dame Denise Platt DBE who is the Chair of the Commission for Social Care Inspection spoke about how social care services need to change to meet the needs of more people and provide better quality care to meet the real needs of families.



*Dame Denise Platt*

The afternoon focus was on what needs to change for working carers and we were very grateful that Shirley Bowen,

Director of Swansea Carers Centre stepped in at the last moment as the original carer, Pat McCarthy, was ill. She spoke about the difficulties she faced in the past about managing and juggling work with her caring role. She also explained how the Carers Centre support their own staff.

Angharad Davies, Public Affairs Manager with BT spoke about the business case for supporting carers and gave good practice examples such as flexible working and

home working which meets the needs of carers and helps increase efficiency.

Imelda Redmond, Chief Executive, Carers UK spoke about the campaigning work of the organisation, the New Deal for Carers and what the next steps need to be to make change happen.

## Some comments

"A very worthwhile day"

"Really well organised with excellent speakers"

"It demonstrates how far we still have to go to achieve a truly joined up service between health, social care and voluntary agencies"

"The speakers were all very good, in particular the carers"

"An informative and interesting day - plenty to think about, plenty to talk about and loads of work to do!!"

"Thought the talk by the two carers really hit home what a carers' life is all about. Keep on campaigning"

"It was interesting and heart breaking"

"Both as an employer and a 3rd sector trustee I will take back information given"

"Plenty to take note of and continue with further action"

"Well done James!!"

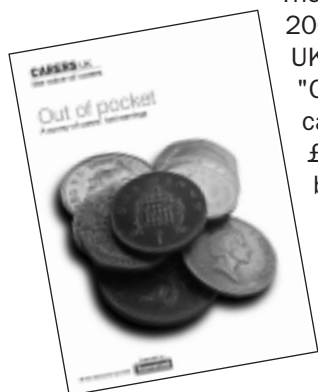
"Carer speakers fantastic"

"Would have preferred a speaker from CCSIW instead of CSCI although Dame Denise Platt was an excellent speaker"

# Carers Rights Day 7th December 2007



**An unprecedented 253 groups took part in events throughout Wales - an increase of 188 on last year.**



The theme of Carers Rights Day 2007 was Caring Costs and Carers UK launched a new report called "Out of pocket" which showed that carers in Wales lose about £10,000 a year on average because of giving up work or being forced to reduce their hours. Currently one in five carers give up work to care and many more reduce their hours or pass up promotion opportunities. A reduced

income not only means it is more difficult to make ends meet, it increases the risk of social exclusion for carers and their families (particularly any children they have) as they are less likely to be able to afford leisure and social activities. Carers are also less able to save for their own retirement or their own future care needs.

In seeking to quantify the financial cost of caring, Carers UK surveyed nearly 3000 carers in January 2007 as part of the Real Change not Short Change campaign. The evidence presented in the report is based on previously unpublished statistics from the same survey and shows the level of earnings that carers lose because of their caring responsibilities.

When asked how much earnings they had lost in the last year by giving up work, reducing their hours or taking a more junior position, those caring for the highest number of hours (more than 50 hours) lost out most. Carers in England lost an average £11,370, followed by Scotland £11,291, Wales £10,192 and Northern Ireland £8,215. The report also details figures for different caring scenarios by age, number of hours caring etc and the number of working carers for each local authority area and concludes with the support that working carers need. The report can be downloaded from our website [www.carerswales.org](http://www.carerswales.org). If you require a paper copy please contact the office on 029 2081 1370.



Jane Sanders and Family

## Jane Sanders

"I am a full time carer for my son Ben, aged 22 who has Downs Syndrome, Rhys, aged 20 who has diabetes and my husband Eifion who is visually impaired, diabetic and has other disabilities. I also

have a daughter Katie.

Up until 1995, with the support of my mother I had a career as a State Enrolled Nurse, then my mother passed away. Things changed overnight, up until that time we needed no input from Social Services and managed to cope well as a family. I worked in a small hospital where everyone was aware of my situation. My colleagues were very supportive but the management were less than sympathetic and eventually, through their lack of flexibility and understanding, I felt I had no option other than to resign. This badly affected our finances and my future pension and we are in considerable debt that we can't afford to repay. I can't help feeling that if my employer was more sympathetic and social services provided adequate support I could have continued to work and our situation could have been so much different".

## Tim Heaps - West Wales

"I gave up work in September 2004 as a Commercial Credit Manager within a telecommunications company based in Caterham and moved to Wales to become a carer for my elderly mother (Rhoda Heaps) who turned 84 earlier this year. My mum has incurred health problems and is no longer able to live or cope on her own in a small village in Pembrokeshire.

Before I gave up work I earned over £25,000 a year. I now claim Carers Allowance and work part-time. My employment is more valuable to me as a means of social interaction, financially I would actually be no worse off if I gave up work. But then you lose employment history. If I increased my hours and earned even £1 over the current £95 earnings limit I would lose certain benefits like all my Carers Allowance and have to pay council tax.

This is now - what about the future? My future is bleak as I am registered disabled and I'm 47. There is little work in the area as Pembrokeshire has been identified by the government as one of the most deprived counties or regions in the nation.

The system seems weighted against carers but we save the economy so much money. I do not resent any minute that I spend looking after mum but I do resent the way that a carer is treated unjustly as a second class person. I just feel like I'm being taken for granted by the Government of Wales and Westminster. This is not about politics, this is about survival".

# Carers Save the UK £87 Billion

**New research by Carers UK in September, "Valuing Carers - Calculating the value of unpaid care", shows that the value of unpaid support provided by carers in the UK has now reached a staggering £87 billion a year. Wales has the biggest increase 62% in the value of unpaid care in comparison with 52% for the rest of the UK. In Wales the value of support is £5.69 billion a year.**

The rise in the value of carers' support can be put down to three things.

1. The number of carers providing "significant" amounts of care has risen owing to health and social care failing to keep up with demand.
2. Although more hours of care are being provided in the community the statutory services are providing it to fewer people because of their increasingly complex needs
3. The costs of replacement care have gone up.

Carers UK has estimated that by 2037, the number of carers needed is set to increase by around 60%, or an extra 3.4 million carers. The amount of care that needs to be provided is set to grow with the growing ageing population and predictions that people will be in poor health for longer and need higher levels of care. At the same time the number of family members or friends able to provide this unpaid care is likely to decrease.

The dramatic rise in the value of carers' support is a clear warning to politicians and policy makers in Wales that they must take urgent action to increase the range and quality of services and ensure that disabled people and carers are not barred from taking up the services that they need because they cannot afford them or because the range and quality of services is not available or unacceptable.

A copy of the full report can be downloaded from our website at the following link  
<http://www.carersuk.org/Policyandpractice/Research>  
 or if you don't have access to the internet by contacting Carers Wales on 029 2081 1370

# Real Change Not Short Change



*Protesting outside Parliament*

On the 7th November 2007, two carers from Wales were part of a group representing the UK's six million carers delivered the "Real change, not short change" postcards to No. 10 Downing Street. Over 8000 carers sent postcards to Gordon Brown.

The campaign's aim is to overhaul the benefits system to give carers a decent standard of living and enable them to work if they wish. The postcards contained clear messages from carers and will send a clear statement about what needs to change at the heart of Government. This is important at a time when Gordon Brown has made carers a priority by setting up a Standing Commission on carers and is reviewing the National Strategy for Carers. Thank you to everyone who completed the postcards.



*Imelda Redmond Chief Executive, Carers UK (centre) with carers Dave Burgess (right) and Dai Rees (left) and two other carers.*

# Are you paying too much Council Tax?

**Most properties are liable for council tax but some are exempt (you don't have to pay anything) while others may be entitled to discounts.**

**Properties which are exempt include those which are:**

**Left empty because the resident is:**

- in hospital;
- in a residential home;
- in a nursing home;
- living somewhere else to receive personal care;
- left unoccupied because the resident is a carer and is living in someone else's home in order to provide care;
- occupied only by someone with a "severe mental impairment" such as dementia.

This means that if you are staying with someone to look after them and your property is empty, you will not have to pay Council Tax on your property or if someone is staying with you so that you can look after them and their property is empty then they will not have to pay Council tax.

## Discounts and rebates

If the property that you live in is not exempt from Council Tax, you may still get a discount. In setting the council tax bill for a property there is an assumption that there are two or more adults in residence. If there is only one resident then a 25% discount applies. Persons in certain specified groups, including carers are not taken into account and are "invisible" when looking at the number of adults in residence.

Carers, amongst some other people, are considered "invisible" if they are living with and caring for a disabled person who is not their wife, husband, cohabitant or a child under 18. The disabled person must receive the higher rate of Attendance Allowance or Disability Living Allowance care component and the carer must be providing an average of at least 35 hours a week of care. The carer does not have to be getting Carers Allowance. More than one person can be classed as a carer.

The person who is liable for the Council Tax must apply for the rebate, not the "invisible" person.

There are also other discounts and reductions for properties which are occupied by someone with a disability.

There are two discount schemes:

- 1. Material reduction scheme**
- 2. Disability reduction scheme**

There are also rebates available for individuals on low incomes and other council tax benefits that you may be able to claim. If you receive income support you can apply for a full rebate.

This brief article is intended for general guidance and should not be treated as a complete and authoritative statement of the law. If you think that you may be entitled to a Council Tax reduction, contact your local council. Carers Wales also has booklets on Council Tax. Call us on 029 2081 1370 for your free copy.

con't...

### Carol Harrison - Llandudno

"I, and my husband Barrie have been caring for our daughter Dawn for 42 years. We recently moved from Shropshire to Wales and applied to the local authority for a Council Tax discount. The authority agreed a 25% discount. I phoned Carers Wales having previously received help from then and queried whether we should now receive a higher rate as Barrie also shares the caring responsibilities for Dawn. Armed with the information I challenged them. The local authority sent an official around who agreed that the 50% discount applied. Having visited he also agreed that as Dawn uses an additional room because of her disability. We also qualified for a Material Reduction Scheme and lowered the Council Tax band of our property. Thanks to Carers Wales we also received a Council Tax rebate".

### Wynn Rees - Neath Port Talbot

"I look after my elderly mother who is mentally infirm and is no longer able to live independently. My father was admitted to hospital in October 2006 and sadly passed

away in December 2006. I left my flat in Swansea and moved in with mum to look after her. I called Carers Wales as I was concerned about having to pay Council Tax on my unoccupied flat and I was given information over the phone and written information by post which I used to contact the Council. My Council Tax in Swansea has been suspended from the time I moved in with mum until circumstances change, I was also given a 3 month rebate from Swansea for the Council Tax that I paid since I left the flat.

Now living in Neath with mum armed with information I received, I contacted the Council Tax department at Neath Port Talbot Council and found out that since my father was admitted to hospital my mother was exempt from paying any council tax as she is mentally infirm and is classed as invisible. Since I moved in we now receive a 50% reduction on the Council Tax bill as we are both classed as invisible. To put the icing on the cake we also received a £1143 rebate. I am grateful to Carers Wales for their help and information".

## Keep counting carers

**In the 2001 Census, for the first time ever, a question on carers was included. This provided unprecedented reliable knowledge about carers on a local and national level. It is becoming a distinct possibility that the question about carers may be lost in the next Census in 2011. Carers Wales and Carers UK are campaigning to make sure this doesn't happen**

The carer figures from the last Census provided valuable information that enabled local authorities to develop better services for the carers and the people they look after. Without this information local authorities and health bodies will no longer have a reliable information source on which to accurately plan future services.

The carers question is vulnerable because the Census Office have decided they want to restrict the size of the census to encourage more people to fill it in. Deciding which questions to be included will be a long process which includes public consultation and discussions with the Government.

The issue was recently raised in a debate in the

House of Lords and local groups of carers around the country are starting to get involved in the campaign. It is vital that we know how many carers there are in the UK. It's not too late to write to Ivan Lewis, the Minister for Carers and Social Care and to the Office for National Statistics and ask them to Keep Counting Carers. During debates in the Welsh Assembly, Ministers have supported the retention of the carers question but we must keep up pressure for their support.

### What you can do

Write a letter to your local MP and AM saying why you think carers should be counted in the census asking them for their support. Further information on our campaign and how to get involved can be found on our website at [www.carersuk.org/newsandcapmains/keepcountingcarers/whatyoucando](http://www.carersuk.org/newsandcapmains/keepcountingcarers/whatyoucando). If you do not have access to the internet please call the office on 029 2081 1370 and we will be happy to send you the information and a template letter to send.

# ACE National Action for Carers and Employment

**December 31st 2007 saw the end of a hugely successful initiative that has improved life for carers struggling to combine paid work with their caring responsibilities.**

ACE National (Action for Carers and Employment) was a major collaborative project, led by Carers UK. The UK partners included government departments, employers, local authorities, health bodies, trade unions, carers and carers organisations, including Carers Wales. There were also partners from other European countries such as Italy, the Netherlands, Estonia and Latvia. The project was funded through the European Social Fund EQUAL Community Initiative programme.

The overall aim of the project was to make lasting changes for working carers. The first part of the project focussed on helping carers get back into work and encouraging employers to provide better support in the workplace. The second part of the project was to improve care services so that they were geared to the needs of carers who wanted to continue in or return to work.

The successes of the ACE project, particularly in policy changes, were much greater than originally expected. Some of the key achievements have been:

- The Carers (Equal Opportunities) Act 2004
- Employers for Carers, a partnership of business and ACE National, which has promoted the development of carer support policies in the workplace.
- The Work and Families Act to extend the right to request flexible working for carers. This came into effect in April 2007.
- The “New Deal for Carers”

In Wales, Carers Wales worked to influence and challenge Assembly policies affecting carers of working age such as charging for care services, improving the quality and quantity of care services. We also worked with employers.

We want carers to have the same right as everyone else to an ordinary life – a fair level of income, access to support to protect their health and well being and access to the world of work, leisure and education. So even though the ACE project has finished, carers and employment continues to be a key priority for Carers Wales in our fight for equality for carers.

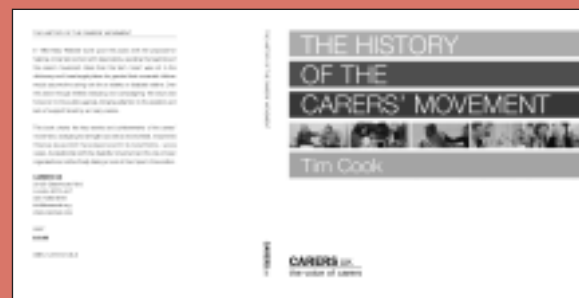
*The Action for Carers and Employment (ACE National) Development Partnership is part funded by the European Social Fund under the EQUAL Community Initiative*

**ACE National**  
action for carers and employment  
led by **CARERS UK**

## The history of the Carer's movement

Author Tim Cook has written The History of the Carers' Movement which charts the key events and achievements throughout the last 40 years. Published by Carers UK, this book examines three key issues which have played a part in its overall history - young carers, its relationship with the disability movement and the role of carer organisations before finally taking a look at the impact of devolution.

Priced at £10, the book can be ordered online at [www.carersuk.org](http://www.carersuk.org) or by calling 0845 241 0963.



# Profile

## Cardiff Branch

**The Cardiff Branch of Carers UK was originally set up by Doreen Mapelson and Audrey Davey in 1983 and was the only Branch in Wales with the remaining Branches following later. In the early days the Branch played its part in the campaign for Invalid Care Allowance for married women, other achievements over the years have included:**

- Publishing three editions of a booklet "Helping Gran",
- Wrote and acted scenes to illustrate carers lives for groups, conferences, college training courses and social services departments,
- With a £5000 grant from the lottery made and sold a video "A Carers World" which went all over the country and abroad with an information pack,
- Actively campaigned for the first two Carers Acts and had meetings with MPs
- Campaigned for the setting up of Carers Wales
- Supported the setting up of the Vale of Glamorgan Branch and gave them a £1000 contribution to help them launch
- Prior to the Assembly sat on Welsh Office Committees setting up the first Carers Strategy in Wales
- Responded to every consultation brought out concerning carers in Wales and sent representatives to consultation events
- An information stall is held monthly at the University Hospital of Wales to contact new carers

Dr Sheila Curran MBE the current Chairperson of the Branch was recognised and awarded the MBE for her work with carers and epilepsy. The Branch are still active campaigners for carers' rights and have a membership of around 80 and meet the second Thursday of every month between 7pm-9pm at Pembroke House in Canton. All carers are welcome to attend, meetings vary from social interaction activities to talks from specific speakers.

The Branch are aware that the Committee and members are getting older and were delighted when Jason Tynan (aged 31) recently joined the Branch and is keen to get involved in activities and in particular, the campaigning side of the work. He has been caring since he was 15 and is incensed that carers are not properly valued or recognised. He would like to encourage carers, particularly those of working age, to come forward and join him to become active within the branch. Jason realises however that a lot of people have working commitments alongside their caring responsibilities and may find it difficult to attend meetings on a regular basis. With that in mind Jason would initially like to hear from people who may be interested in getting involved via e-mail with a view to developing a network of like-minded carers within the branch. He can be contacted in the first instance by e-mail at [jasontynan@yahoo.com](mailto:jasontynan@yahoo.com)



*Doreen Mapelson*



*Dr Sheila Curran MBE*

The Action for Carers and Employment (ACE National) Development Partnership is part funded by the European Social Fund under the EQUAL Community Initiative Programme

# CYSWLLT

**CYNHALWYR** Cymru  
llais cynhalwyr

**HAF** 2007 Cylchlythyr

## Cynhadledd Flynyddol Aelodau Cynhalwyr Cymru 2007

**Ym mis Hydref cynhaliwyd ein Cynhadledd Flynyddol i Aelodau yng Ngwesty'r Metropole, Llandrindod. Daeth aelodau ynghyd i glywed am lwyddiannau'r flwyddyn ddiwethaf a'n hymgyrchoedd ac i drafod blaenoriaethau ar gyfer y dyfodol.**

Neilltuwyd rhan o'r gynhadledd i ymgynghori â chynhalwyr Cymru ar y prif faterion a ddylai gael sylw yn adolygiad Llywodraeth y DU o'r Strategaeth Genedlaethol ar gyfer Gofalwyr. Anfonwyd yr ymatebion at Carers UK i'w cynnwys yn eu hymateb cyffredinol.

Ffurfiwyd gweithgorau bach, dan ofal aelod o bwyllgor Cynhalwyr Cymru.

Gofynnwyd iddynt beth fyddai'n newid bywydau cynhalwyr a'r unigolion sy'n derbyn gofal ganddynt.



*Cynulleidfa'r Aelodau*



*trafodaeth*

### Dyma rai o'r ymatebion

- Lwfans Gofalwr i bawb sy'n gofalu am fwy na 30 awr
- Seibiannau tymor byr a hirdymor addas
- Seibiant o safon a seibiant brys. Heb seibiant bydd iechyd y cynhaliwr yn dioddef sy'n golygu claf arall i feddygon teulu.
- Cyllidebau unigol – rheoli cyllidebau
- Credydau treth er mwyn i gynhalwyr brynu gwasanaethau fel eu bod yn gallu gweithio
- Cydnabyddiaeth o'r costau cudd sy'n gysylltiedig ag anabledd sy'n effeithio ar enillion y cynhaliwr a'r unigolyn anabl
- Gofal cartref hyblyg (gall fod yn rhy gaeth)
- Cysondeb o ran gweithwyr gofal ar gyfer y sawl sy'n derbyn gofal
- Cydnabyddiaeth mai'r cynhaliwr yw'r prif gynhaliwr a'i fod yn bartner allweddol pan fo gwasanaethau eraill yn darparu gofal hefyd
- Carers UK i barhau i frwydro dros ddileu'r rheol yn ymwneud â budd-daliadau sy'n gorgyffwrdd

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### Cynhalwyr Cymru

**Ty'r Afon,  
Ynysbridge Court,  
Caerdydd CF15 9SS  
Ffôn: 029 2081 1370  
Ebostr: [Info@carerswales.org](mailto:Info@carerswales.org)  
[www.cynhalwycymru.org](http://www.cynhalwycymru.org)**

Swyddfa Gofrestredig:  
32-36 Loman Street, Southwark, London. SE1 0EE  
Ffôn: 020 7490 8818 Facs: 020 7490 8824

Carers UK, cwni cofrestredig cyfyngedig trwy warrant  
rhif 864097  
Rhif elusen gofrestrdig 246329

Gan obeithio bod manylion y nwyddau a'r  
gwasanaethau y sonnir amdanynt yn y cylchlythyr hwn  
yn gywir, ni all CGC yng Nghymru argemell eu  
defnyddio.

Paratowyd y cylchlythyr hwn gyda chymorth Cynulliad  
Genedlaethol Cymru.

Produced by Carrick for Carers Wales © Carers UK  
2008

Carersline: 0808 808 7777

# Cyflawni newid i gynhalwyr

**Ar ddydd Mercher 24 Hydref 2007, cynhaliodd Cynhalwyr Cymru gynhadledd bolisi lwyddiannus iawn a ddaeth â 120 o bobl o gefndiroedd amrywiol ynghyd, gan gynnwys cynhalwyr, gwneuthurwyr polisi, darparwyr gwasanaeth o'r sector iechyd a gwasanaethau cymdeithasol a gweithwyr dros gynhalwyr.**



*James Lockwood & Delyth Lloyd-Williams*

Cafodd y gynulleidfa glywed profiadau James Lockwood, cynhaliwr ifanc, a Delyth Lloyd-Williams, cynhaliwr sy'n rhiant.

Siaradodd y ddau yn

huawdl ac yn onest am eu profiadau gofalu eu hunain a'r hyn roedden nhw'n meddwl oedd angen ei newid er mwyn eu cefnogi.



*Yr Athro Luke Clements*

Siaradodd yr Athro Luke Clements am y gyfraith mewn perthynas â chynhalwyr, a siaradodd y Fonesig Denise Platt DBE, Cadeirydd y Comisiwn Arolygu Gofal Cymdeithasol, am sut roedd angen i'r gwasanaethau gofal cymdeithasol newid er mwyn diwallu anghenion mwy o bobl a darparu gofal o ansawdd gwell i ddiwallu anghenion gwirioneddol teuluoedd.



*Dame Denise Platt*

Canolbwynt y prynhawn oedd beth sydd angen ei newid ar

gyfer cynhalwyr mewn gwaith, ac rydym yn ddiolchgar iawn i Shirley Bowen, Cyfarwyddwr Canolfan Cynhalwyr Abertawe, am gymryd lle'r cynhaliwr gwreiddiol, Pat McCarthy a oedd yn sâl, ar fyr rybudd. Siaradodd am yr anawsterau y mae wedi eu hwynebu yn y gorffennol wrth geisio rheoli a chyfuno ei gwaith a'i rôl gofalu. Esboniodd hefyd sut mae'r Ganolfan Cynhalwyr yn cefnogi ei staff ei hunan.

Siaradodd Angharad Davies, Rheolwr Materion Cyhoeddus gyda BT, am yr achos busnes dros gefnogi cynhalwyr a rhoddodd enghreifftiau o arferion da, megis gweithio'n hyblyg a gweithio o gartref, a oedd yn diwallu anghenion cynhalwyr ac yn helpu i gynyddu effeithlonrwydd.

Siaradodd Imelda Redmond, Prif Weithredwr Carers UK, am waith ymgyrchu'r sefydliad, y Fargen Newydd i Gynhalwyr a beth ddylai'r camau nesaf fod i weithredu newid.

## Rhai sylwadau

"Diwrnod gwerth chweil"

"Wedi'i drefnu'n dda gyda siaradwyr ardderchog"

"Mae'n dangos pa mor bell i ffwrdd rydym o gyflawni gwasanaeth gwirioneddol di-fwlch rhwng y sector iechyd, gofal cymdeithasol ac asiantaethau gwirfoddol."

"Roedd y siaradwyr yn dda iawn, yn arbennig y cynhalwyr"

"Diwrnod addysgiadol a diddorol – digon i feddwl amdano, digon i siarad amdano a digonedd o waith i'w wneud!!"

"Roedd areithiau'r ddau gynhaliwr yn drawiadol tu hwnt a chrëwyd darlun clir o'r math o fywyd sydd gan gynhalwyr. Daliwch ymlaen â'r ymgyrch"

"Roedd yn ddiddorol ac yn dorcalonnus"

"Fel cyflogwr ac ymddiriedolwr 3ydd sector, byddaf yn mynd â'r wybodaeth yn ôl gyda mi"

"Digonedd i gymryd sylw ohono ac i barhau i weithredu yn ei gylch"

"Da iawn James!!"

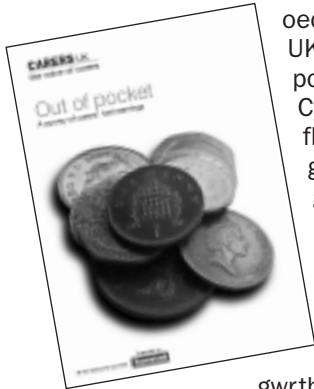
"Roedd y cynhalwyr a siaradodd yn ffantastig"

"Byddai'n well gennyf fod wedi cael siaradwr o Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru yn lle'r Comisiwn Arolygu Gofal Cymdeithasol, ond roedd y Fonesig Denise Platt yn siaradwraig ardderchog"

# Diwrnod Hawliau Cynhalwyr 7 Rhagfyr 2007



**Bu 253 o grŵpiau, y nifer mwyaf erioed, yn cymryd rhan mewn digwyddiadau am diwrnod hawllaw Cynhalwgr 2007 ledled Cymru - cynnydd o 188 ar y llynedd.**



Thema Diwrnod Hawliau Cynhalwyr oedd Costau Gofal a lansiodd Carers UK adroddiad newydd, "Out of pocket," sy'n dangos fod cynhalwyr Cymru ar eu colled o tua £10,000 y flwyddyn ar gyfartaledd yn sgil rhoi gorau i'w swydd neu gael eu gorfodi i weithio llai o oriau. Ar hyn o bryd mae un o bob pum cynhaliwr yn rhoi'r gorau i'w waith er mwyn darparu gofal ac mae llawer mwy yn cwtogi eu horiau neu'n

gwrthod cyfleoedd i gael dyrchafiad yn y gwaith. Mae incwm is yn golygu ei bod hi'n fwy anodd cael dau ben llinyn ynghyd, mae'n cynyddu'r risg o allgau cymdeithasol ymysg cynhalwyr a'u teuluoedd, yn arbennig plant, ac maent yn llai tebygol o allu fforddio gweithgareddau hamdden a chymdeithasol. Hefyd, mae cynhalwyr yn llai tebygol o allu cynilo ar gyfer eu hymddeoliad neu ar gyfer eu hanghenion gofal eu hunain yn y dyfodol.

Ym mis Ionawr 2007, cynhaliodd Carers UK arolwg o bron i 3000 o gynhalwyr i geisio cyfrif cost ariannol gofalu fel rhan o'r ymgyrch Real Change not Short Change. Mae'r dystiolaeth a geir yn yr adroddiad wedi'i seilio ar ystadegau o'r un arolwg sydd heb eu cyhoeddi o'r blaen ac mae'n dangos yr enillion y mae cynhalwyr yn eu colli oherwydd eu cyfrifoldebau gofalu.

Pan ofynnwyd i'r ymatebwyr faint o enillion yr oeddent wedi eu colli y llynedd oherwydd gorfod rhoi'r gorau i'w gwaith, lleihau eu horiau neu dderbyn swydd ar lefel is, y cynhalwyr oedd yn darparu'r gofal mwyaf, dros 50 awrn oedd mwyaf ar eu colled. Ar gyfartaledd, roedd cynhalwyr ar eu colled o £11,370 yn Lloegr, £11,291 yn yr Alban, £10,192 yng Nghymru a £8,215 yng Ngogledd Iwerddon. Mae'r adroddiad hefyd yn dangos ffigurau gyfer gwahanol sefyllfaoedd gofalu yn ôl oedran cynhalwyr, sawl awr o ofal y maent yn eu darparu a nifer y cynhalwyr sy'n gweithio ar gyfer pob awdurdod lleol a'r cymorth sydd ei angen ar gynhalwyr sy'n gweithio. Gellir lawrlwytho'r adroddiad o'n gwefan yn [www.carerswales.org](http://www.carerswales.org). Os oes angen copi papur arnoch, ffoniwch y swyddfa ar 029 2081 1370.



Jane Sanders and Family

## Jane Sanders

"Rwy'n gynhaliwr llawn amser i Ben, fy mab 22 oed sydd â Syndrom Down, Rhys, 20 oed sydd â diabetes ac Eifion y g?r sydd â nam ar ei olwg, diabetes ac anabledau eraill. Mae gennyf ferch

hefyd, sef Katie.

Hyd at 1995, gyda chymorth fy mam roeddwn yn gweithio fel nyrs restredig, ond bu farw fy mam. Cyn hynny, nid oedd angen cymorth y Gwasanaethau Cymdeithasol arnom ac roedden ni'n ymdopi'n dda fel teulu, ond newidiodd pethau dros nos. Roeddwn yn gweithio mewn ysbyty bach lle'r oedd pawb yn gwybod am fy amgylchiadau. Roedd fy nghydweithwyr yn gefnogol iawn ond nid felly'r rheolwyr ac o dipyn i beth, oherwydd eu diffyg hyblygrwydd a diffyg dealltwriaeth doedd gen i ddim dewis ond ymddiswyddo. Cafodd hyn effaith sylweddol ar ein sefyllfa ariannol a'm pensiwn yn y dyfodol ac mae gennym ddyled ariannol fawr na allwn ei dalu'n ôl. Pe bai fy nghyflogwr wedi bod yn fwy cefnogol a gwasanaethau cymdeithasol wedi darparu'r cymorth priodol gallwn fod wedi parhau i weithio a byddai ein sefyllfa'n wahanol iawn heddiw."

## Tim Heaps - y Gorllewin

"Ym mis Medi 2004 rhoddais y gorau i'm swydd fel Rheolwr Credyd Masnachol mewn cwmni telathrebu yn Caterham a symud i Gymru i ofalu am fy mam, Rhoda Heaps, sy'n 84 oed. Mae ei hiechyd yn bur wael ac ni all fyw nac ymdopi ar ei phen ei hun yn mewn pentref bach yn Sir Benfro bellach.

Roeddwn yn ennill dros £25,000 y flwyddyn cyn rhoi'r gorau i'm swydd. Bellach rwy'n hawlio Lwfans Gofalwr ac yn gweithio'n rhan-amser. Mae fy ngwaith yn bwysig i mi oherwydd ei fod yn gyfle i gymdeithasu ac ni fyddwn ar fy ngholled yn ariannol pe bawn i'n rhoi'r gorau i'm swydd. Ond byddai bwch yn fy nghyflogaeth. Pe bawn i'n gweithio mwy o oriau ac yn ennill ond £1 dros y trothwy enillion cyfredol o £95 buaswn yn colli rhai budd-daliadau fel y Lwfans Gofalwr ac yn gorfod talu'r dreth gyngor.

Beth am y dyfodol? Does dim llawer o ddyfodol oherwydd rwyf wedi fy nghofrestru'n anabl ac rwy'n 47 oed. Prin yw'r cyfleoedd gwaith ac mae'r ardal hon wedi ei dynodi'n un o ardaloedd mwyaf difreintiedig Cymru.

I bob golwg mae'r system yn cosbi cynhalwyr ond rydyn ni'n arbed arian sylweddol i'r economi. Nid wy'n gwarafun gofalu am fy mam ond rwy'n anhapus â chael fy nhrin yn eilradd. Mae Llywodraeth y Cynulliad a San Steffan yn cymryd ein gwaith yn ganiataol yn fy marn i. Nid mater o wleidyddiaeth yw hyn, ond mater o geisio byw."

# Cynhalwyr yn Arbed £87 Biliwn i'r DU

**Ym mis Medi, cynhaliwyd gwaith ymchwil newydd gan Carers UK "Valuing Carers - Calculating the value of unpaid care", sy'n dangos fod gwerth y cymorth di-dâl a ddarperir gan gynhalwyr y DU yn £87 biliwn y flwyddyn bellach. Cafwyd y cynnydd uchaf yng Nghymru sef 62% yng ngwerth y gofal di-dâl o'i gymharu â 52% ar gyfer gweddill y DU. Gwerth y cymorth yng Nghymru yw £5.69 biliwn y flwyddyn.**

Gellir priodoli'r cynnydd yng ngwerth cymorth cynhalwyr i dri pheth.

1. Mae nifer y cynhalwyr sy'n darparu gofal sylweddol wedi codi oherwydd nad yw gwasanaethau iechyd a gofal cymdeithasol yn gallu ateb y galw.
2. Er bod y ddarpariaeth gofal yn y gymuned wedi cynyddu, mae'r gwasanaethau statudol yn ei ddarparu i lai o bobl oherwydd bod eu hanghenion yn fwyfwy cymhleth.
3. Mae costau darparu gofal yn lle rhywun arall wedi cynyddu.

Mae Carers UK wedi amcangyfrif y bydd angen tua 60% yn fwy o gynhalwyr erbyn 2037, sef 3.4 miliwn yn fwy o gynhalwyr. Mae'r angen am ofal ar gynydd oherwydd bod y boblogaeth yn heneiddio a'r rhagolygon y bydd pobl yn dioddef o iechyd gwael am amser hwy ac felly angen mwy o ofal. Ar yr un pryd bydd nifer yr aelodau'r teulu neu ffrindiau sy'n gallu darparu'r gofal di-dâl hwn yn debygol o leihau.

Mae'r cynnydd aruthrol yng ngwerth cymorth cynhalwyr yn rhybudd clir i wleidyddion a gwneuthurwyr polisi yng Nghymru bod angen iddynt weithredu ar frys i wella amrywiaeth a safon y gwasanaethau a sicrhau nad yw pobl anabl a chynhalwyr yn cael eu rhwystro rhag cael gwasanaethau angenrheidiol am na allant eu fforddio neu nad yw amrywiaeth y gwasanaethau ar gael neu fod eu safon yn annerbyniol.

Gellir lawrlwytho copi o'r adroddiad llawn o'n gwefan yn <http://www.carersuk.org/Policyandpractice/Research>. Os nad oes gennych fynediad i'r we ffoniwch Cynhalwyr Cymru ar 029 2081 1370.

# Y Wybodaeth Ddiweddaraf am Ymgyrchu



*Protesting outside Parliament*

Ar 7 Tachwedd 2007, roedd dau gynhaliwr o Gymru'n rhan o grŵp a oedd yn cynrychioli'r chwe miliwn o gynhalwyr yn y DU a fu'n dosbarthu'r cardiau post "Real change, not short change" i 10 Stryd Downing. Anfonodd dros 8000 o gynhalwyr gardiau post at Gordon Brown.

Nod yr ymgyrch yw diwygio'r system fudd-daliadau er mwyn rhoi safon byw derbyniol i gynhalwyr a'u galluogi i weithio os ydynt yn dymuno. Roedd y cardiau post yn cynnwys negeseuon clir gan gynhalwyr a bydd yn anfon datganiad clir am y newid sylfaenol sydd ei angen yn y Llywodraeth. Mae hwn yn bwysig ar adeg pan fo Gordon Brown wedi rhoi blaenoriaeth i gynhalwyr trwy greu Comisiwn Sefydlog ar gynhalwyr ac mae'n adolygu'r Strategaeth Genedlaethol i Ofalwyr. Diolch i bawb a gwblhaodd y cardiau post.



*Imelda Redmond Prif Weithredwr, Cynhalwyr Du (canol) gyda Dave Burgess (chwith) a Dai Rees (dde) a dau cynhalwyr eraill*

# Ydych chi'n talu gormod o'r Dreth Gyngor?

Mae'n rhaid talu treth gyngor ar y rhan fwyaf o adeiladau, ond mae yna rai eithriadau (lle nad oes angen i chi dalu unrhyw beth) ac mae'n bosibl y gallai eraill fod yn gymwys i gael gostyngiad.

Mae'r eithriadau'n cynnwys adeiladau sydd:

Yn wag am fod y preswlydd:

- yn yr ysbyty;
- mewn cartref preswyl;
- mewn cartref nyrsio;
- yn byw rhywle arall er mwyn cael gofal personol;
- yn gynhaliwr ac yn byw yng nghartref rhywun arall er mwyn darparu gofal;
- yn rhywun sydd â "nam difrifol ar y meddwl" megis demensia.

Felly os ydych chi'n aros gyda rhywun er mwyn gofalu amdano a bod eich tŷ yn wag, ni fydd angen i chi dalu Treth Cyngor ar eich cartref. Yn yr un modd, os oes rhywun yn aros gyda chi fel y gallwch chi ofalu amdano, ni fydd angen iddo dalu'r Dreth Gyngor.

## Gostyngiadau ac ad-daliadau

Os nad yw'r adeilad yr ydych chi'n byw ynddo wedi'i eithrio o'r Dreth Gyngor, efallai gallwch chi gael gostyngiad. Wrth bennu cyfanswm y dreth gyngor ar gyfer eiddo, tybir bod o leiaf ddau oedolyn yn byw yno. Os mai dim ond un sy'n byw yno, gall yr unigolyn hwnnw gael 25% o ostyngiad. Nid yw pobl mewn grwpiau arbennig, gan gynnwys cynhalwyr, yn cael eu hystyried wrth edrych ar nifer yr oedolion sy'n byw mewn adeilad.

Nid yw cynhalwyr, ymhlith pobl eraill, yn cael eu hystyried os ydynt yn byw gydag, ac yn gofalu am rywun anabl sydd ddim yn wraig, yn ŵr iddynt nac yn cyd-fyw gyda nhw nac yn blentyn dan 18 oed. Rhaid bod yr unigolyn anabl yn derbyn cyfradd uwch y Lwfans Gweini neu gydran gofal Lwfans Byw i'r Anabl a rhaid bod y cynhaliwr yn darparu o leiaf 35 awr o ofal yr wythnos ar gyfartaledd. Nid oes rhaid i'r cynhaliwr fod yn derbyn y Lwfans Cynhalwyr. Gall mwy nag un unigolyn gael ei ystyried yn gynhaliwr.

Rhaid i'r unigolyn sy'n gyfrifol am dalu'r Treth Gyngor wneud cais am yr ad-daliad, nid yr unigolyn nad yw'n cael ei ystyried.

Mae yna ostyngiadau eraill yn berthnasol i eiddo sy'n gartref i rywun anabl.

Mae yna ddau gynllun gostyngiad:

- 1. Cynllun gostyngiad materol**
- 2. Cynllun gostyngiad anabled**

Mae yna ad-daliadau ar gael i unigolion ar incymau isel a budd-daliadau eraill y dreth gyngor y gallech chi eu hawlio o bosibl. Gallwch chi wneud cais am ad-daliad llawn os ydych chi'n derbyn cymhorthdal incwm.

Bwriedir yr erthygl fer hon fel canllaw cyffredinol yn unig ac ni ddylai gael ei thrin fel datganiad cyflawn ac awdurdodol o'r gyfraith. Os ydych chi'n credu y gallech chi fod yn gymwys i gael gostyngiad ar y Dreth Gyngor, cysylltwch â'ch cyngor lleol. Mae gan Gynhalwyr Cymru lyfrynnau am y Dreth Gyngor hefyd. Ffoniwch ni ar 029 2081 1370 i gael copi rhad ac am ddim.

**Carol Harrison - Llandudno**

"Mae fy ngŵr, Barrie, a minnau wedi bod yn gofalu am ein merch, Dawn, am 42 o flynyddoedd. Fe symudon ni i Gymru'n ddiweddar o Swydd Amwythig a gwnaethom gais i'r awdurdod lleol am ostyngiad ar y Dreth Gyngor. Cytunodd yr awdurdod i roi 25% o ostyngiad i ni. Gan fy mod wedi cael help ganddynt o'r blaen, ffoniais Gynhalwyr Cymru a gofynnais a ddylem gael cyfradd uwch nawr gan fod Barrie'n rhannu'r gwaith o ofalu am Dawn gyda mi. Wedi i mi gael y wybodaeth, heriais yr awdurdod. Daeth swyddog o'r awdurdod lleol i'n gweld a chytunodd y dylem gael gostyngiad o 50%. Wedi iddo ddod i'n cartref, cytunodd ein bod yn gymwys am Gynllun Gostyngiad Materol hefyd gan fod Dawn yn defnyddio ystafell ychwanegol oherwydd ei hanabledd, ac felly gostyngwyd band y Dreth Gyngor ein heiddo. Diolch i Gynhalwyr Cymru, cawsom ad-daliad y Dreth Gyngor hefyd".

**Wynn Rees – Castell-nedd Port Talbot**

"Rwy'n gofalu am fy mam oeddrannus ac eiddil ei meddwl sy'n methu byw'n annibynnol bellach. Aeth fy nhad i mewn i'r ysbyty ym mis Hydref 2006 a bu farw ym mis Rhagfyr 2006.

Gadewais fy fflat yn Abertawe a symudais i fyw at mam i ofalu amdani. Ffoniais Cynhalwyr Cymru am fy mod yn poeni am orfod talu'r Dreth Gyngor ar fy fflat gwag. Cefais wybodaeth dros y ffôn a gwybodaeth ysgrifenedig drwy'r post a ddefnyddiais i gysylltu â'r Cyngor. Mae fy Nhreth Gyngor yn Abertawe wedi cael ei atal dros dro, o'r amser y symudais i fyw gyda mam i'r amser pan fydd fy amgylchiadau'n newid. Cefais ad-daliad o 3 mis hefyd gan Abertawe am y Dreth Gyngor roeddwn i wedi ei thalu ers gadael y fflat.

Nawr fy mod yn byw yng Nghastell-nedd gyda mam a bod gennyf y wybodaeth berthnasol, cysylltais ag adran y Dreth Gyngor Castell-nedd Port Talbot a chanfod nad oedd angen i mam dalu unrhyw dreth cyngor ers i'n nhad fynd i'r ysbyty am ei bod yn eiddil ei meddwl ac felly nid yw'n cyfrif at ddibenion cyfrifo'r Dreth Gyngor. Ers i mi symud, rydym yn cael 50% o ostyngiad ar bil y Dreth Gyngor gan fod y ddau ohonom yn cael ein diystyru wrth gyfrifo cyfanswm y dreth. I goroni'r cwbl, cawsom ad-daliad o £1143 hefyd. Rwy'n ddiolchgar i Gynhalwyr Cymru am eu help a'u gwybodaeth".

## Dal ati i Gyfrif Cynhalwyr

**Am y tro cyntaf erioed, roedd Cyfrifiad 2001 yn cynnwys cwestiwn am gynhalwyr. Darparodd hyn wybodaeth ddibynadwy nad oedd i gael yn flaenorol am gynhalwyr yn lleol ac yn genedlaethol. Mae'n bosiblwydd gwirioneddol na fydd y cwestiwn am Carers UK yn ymgyrchu er mwyn sicrhau na fydd hyn yn digwydd.**

Darparodd y ffigurau cynhalwyr yn y Cyfrifiad diwethaf wybodaeth werthfawr a alluogodd awdurdodau lleol i ddatblygu gwasanaethau gwell i gynhalwyr a'r unigolion y maent yn gofalu amdanynt. Heb y wybodaeth hon, ni fydd gan awdurdodau lleol na chyrrff iechyd ffynhonnell o wybodaeth ddibynadwy er mwyn cynllunio gwasanaethau'n gywir yn y dyfodol.

Mae'r cwestiwn am gynhalwyr yn y fantol am fod Swyddfa'r Cyfrifiad wedi penderfynu ei bod am gyfyngu maint y cyfrifiad er mwyn annog mwy o bobl i'w gwblhau. Bydd penderfynu ar ba gwestiynau i'w cynnwys yn broses hir a fydd yn cynnwys ymgynghori â'r cyhoedd a thrafod gyda'r Llywodraeth.

Codwyd y mater yn ddiweddar mewn trafodaeth yn

Nhŷ'r Arglwyddi ac mae grwpiau lleol o gynhalwyr ar hyd a lled y wlad yn dechrau cymryd rhan yn yr ymgyrch. Mae'n hanfodol ein bod yn gwybod faint o gynhalwyr sydd yn y DU. Nid yw'n rhy hwyr i ysgrifennu at Ivan Lewis, y Gweinidog dros Ofalwyr a Gofal Cymdeithasol yn San Steffan, ac i'r Swyddfa Ystadegau Gwladol a gofyn iddynt ddal ati i Gyfrif Cynhalwyr. Yn ystod trafodaethau yn y Cynulliad Cenedlaethol, mae Gweinidogion wedi bod o blaid cadw'r cwestiwn am gynhalwyr, ond rhaid i ni barhau i roi pwysau arnynt er mwyn sicrhau eu cefnogaeth.

**Beth allwch chi ei wneud**

Ysgrifennwch lythyr at eich AS ac AC lleol yn esbonio pam eich bod yn credu y dylai cynhalwyr gael eu cyfrif yn y cyfrifiad a gofynnwch iddynt am eu cefnogaeth. Gallwch gael mwy o wybodaeth am ein hymgyrch a sut i gymryd rhan ar ein gwefan yn [www.carersuk.org/newsandcapmagns/keepcountingcarers/whatyoucando](http://www.carersuk.org/newsandcapmagns/keepcountingcarers/whatyoucando). Os nad oes gennych chi fynediad i'r rhyngwyd, ffoniwch y swyddfa ar 029 2081 1370 a byddwn ni'n falch o anfon gwybodaeth a llythyr enghreifftiol atoch.

# ACE National

## Gweithredu Dros Gynhalwyr a Chyflogaeth

**Daeth menter hynod lwyddiannus sydd wedi gwella bywyd cynhalwyr sy'n ceisio cyfuno gwaith cyflogedig gyda'u cyfrifoldebau gofalu i ben ar 31 Rhagfyr 2007.**

Prosiect cydweithredol oedd ACE National (Gweithredu dros Gynhalwyr a Chyflogaeth) a oedd yn cael ei arwain gan Gynhalwyr y DU. Roedd partneriaid y DU yn cynnwys adrannau'r llywodraeth, cyflogwyr, awdurdodau lleol, cyrff iechyd, undebau llafur, cynhalwyr a mudiadau i ofalwyr, gan gynnwys Cynhalwyr Cymru. Bu partneriaid o wledydd Ewropeaidd eraill fel yr Eidal, yr Iseldiroedd, Estonia a Latfia yn cymryd rhan yn y fenter hefyd. Noddwyd y prosiect gan raglen Menter Gymunedol EQUAL Cronfa Gymdeithasol Ewrop.

Amcan y prosiect oedd sicrhau newidiadau hirdymor i gynhalwyr mewn gwaith. Roedd rhan gyntaf y prosiect yn canolbwyntio ar helpu cynhalwyr i ddychwelyd i fyd gwaith ac annog cyflogwyr i roi mwy o gefnogaeth iddynt yn y gweithle. Ail ran y prosiect oedd gwella'r gwasanaethau gofalu fel eu bod yn diwallu anghenion y cynhalwyr hynny a oedd eisiau parhau i weithio neu ddychwelyd i fyd gwaith.

Cafodd prosiect ACE lawer mwy o lwyddiant na'r disgwyl, yn enwedig o ran newidiadau polisi. Dyma rai o'r cyflawniadau allweddol:

- Deddf Gofalwyr (Cyfle Cyfartal) 2004
- Partneriaeth rhwng busnesau ac ACE National, sydd wedi hyrwyddo datblygiad polisiâu cefnogi cynhalwyr yn y gweithle.
- Y Ddeddf Gwaith a Theuluoedd i ehangu'r hawl i wneud cais i weithio'n hyblyg i gynhalwyr. Daeth i rym ym mis Ebrill 2007.
- Y "Fargen Newydd i Gynhalwyr"

Yng Nghymru, aeth Cynhalwyr Cymru ati i herio a dylanwadu ar bolisiâu'r Cynulliad a oedd yn effeithio ar gynhalwyr o oedran gweithio, megis codi tâl am wasanaethau gofalu a gwella ansawdd y gwasanaethau gofalu a darparu mwy ohonynt. Buom yn gweithio gyda chyflogwyr hefyd.

Rydym am weld cynhalwyr yn cael yr un hawl i fywyd cyffredin ag sydd gan bawb arall –incwm teg, cymorth a fydd yn diogelu eu hiechyd a'u lles a mynediad i fyd gwaith, hamdden ac addysg. Felly, er bod prosiect ACE wedi dod i ben, mae cynhalwyr a chyflogaeth yn parhau i fod yn flaenoriaeth allweddol i Gynhalwyr Cymru yn ein brwydr am gydraddoldeb i gynhalwyr.

*Ariennir Partneriaeth Datblygu Gweithredu dros Gynhalwyr a Chyflogaeth (ACE) yn rhannol gan Gronfa Gymdeithasol Ewrop dan Raglen Menter Gymunedol EQUAL.*

**ACE National**  
action for carers and employment  
led by **CARERS UK**

## Hanes Mudiad y Cynhalwyr

Mae'r awdur Tim Cook wedi ysgrifennu The History of the Carers' Movement sy'n olrhain y digwyddiadau a'r cyflawniadau allweddol dros y 40 mlynedd ddiwethaf. Wedi ei gyhoeddi gan Carers UK, mae'r llyfr hwn yn archwilio tri mater allweddol sydd wedi bod yn ganolog – cynhalwyr ifanc, ei gysylltiad â'r mudiad anabled a swyddogaeth sefydliadau i hanes cynhalwyr y mudiad cyffredinol. Mae'r llyfr yn cloi gyda chipolwg ar effaith datganoli.

Gellir archebu'r llyfr am £10 ar-lein yn [www.carersuk.org](http://www.carersuk.org) neu drwy ffonio 0845 241 0963.



# Profile

## Cangen Caerdydd

**Sefydlwyd Cangen Caerdydd Carers UK yn wreiddiol gan Doreen Mapelson ac Audrey Davey ym 1983 a hon oedd yr unig Gangen yng Nghymru ar y pryd, gyda'r Canghennau eraill yn cael eu sefydlu'n ddiweddarach. Yn ystod y dyddiau cynnar, cymrodd y Gangen ran yn yr ymgyrch dros gael Lwfans Gofal Analluedd i fenywod priod. Dyma rai o'r llwyddiannau eraill dros y blynyddoedd:**

- Cyhoeddi tri argraffiad o'r llyfryn "Helping Gran",
- Ysgrifennu ac actio golygfeydd er mwyn dangos bywydau cynhalwyr i grwpiau, cynadleddau, cyrsiau hyfforddi colegau ac adrannau gwasanaethau cymdeithasol,
- Gyda grant o £5000 o'r loteri, cynhyrchu a gwerthu fideo "A Carers World" a gafodd ei anfon ledled y wlad a thramor gyda phegyn gwybodaeth,
- Ymgyrchu'n weithredol dros y ddwy Ddeddf Cynhalwyr gyntaf a chael cyfarfodydd gydag Aelodau Seneddol
- Ymgyrchu dros sefydlu Cynhalwyr Cymru
- Cefnogi sefydliad Cangen Bro Morgannwg, a rhoi £1000 o bunnau tuag at lansiad y gangen
- Cyn sefydlu'r Cynulliad, roedd ganddi le ar Bwyllgorau'r Swyddfa Gymreig yn sefydlu'r Strategaeth gyntaf i Gynhalwyr yng Nghymru
- Ymateb i bob ymgynghoriad yn ymwneud â chynhalwyr yng Nghymru, ac anfon cynrychiolwyr i ddigwyddiadau ymgynghori
- Cynnal stondin wybodaeth bob mis yn Ysbyty Athrofaol Cymru er mwyn cysylltu â chynhalwyr newydd

Cyflwynwyd yr MBE i Dr Sheila Curran, Cadeirydd cyfredol y Gangen, am ei gwaith gyda chynhalwyr ac epilepsi. Mae'r Gangen yn parhau i ymgyrchu'n frwd dros hawliau cynhalwyr ac mae ganddi tua 80 o aelodau sy'n cwrdd ar yr ail ddydd Iau o bob mis rhwng 7pm-9pm yn Pembroke House yn Nhreganna. Mae croeso i bob cynhaliwr fynychu ac mae'r cyfarfodydd yn amrywio o weithgareddau rhyngweithio cymdeithasol i areithiau gan siaradwyr arbennig.

Mae'r Gangen yn ymwybodol fod y Pwyllgor a'r aelodau'n heneiddio ac roedd pawb wrth eu bodd pan ymunodd Jason Tynan (31 oed) â'r Gangen yn ddiweddar. Mae Jason yn awyddus i gymryd rhan mewn gweithgareddau ac yn y gwaith ymgyrchu yn arbennig. Mae wedi bod yn gofalu ers oedd yn 15 ac mae'n hollol argyhoeddedig nad yw cynhalwyr yn cael eu gwerthfawrogi na'u cydnabod yn briodol. Hoffai annog cynhalwyr, yn arbennig y rheiny o oed gwaith, i ymuno ag ef i fod yn weithredol yn y gangen. Fodd bynnag, mae Jason yn sylweddoli bod gan lawer o bobl ymrwymadau gwaith ochr yn ochr â'u cyfrifoldebau gofalu a allai ei gwneud hi'n anodd iddynt fynychu cyfarfodydd yn rheolaidd. Gan ystyried hyn, hoffai Jason glywed gan bobl a allai fod â diddordeb mewn cymryd rhan trwy e-bost i ddechrau, gyda'r gobaiith o ddatblygu rhwydwaith o gynhalwyr tebyg yn y gangen. Gellir cysylltu ag ef i ddechrau trwy e-bost yn [jasontynan@yahoo.com](mailto:jasontynan@yahoo.com)



*Doreen Mapelson*



*Dr Sheila Curran MBE*

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