

A Guide for Children and Young People who are Looked After



Social Services



Cyngor Bwrdeisdref Sirol
Blaenau Gwent
County Borough Council



**Canllawiau ar gyfer Plant a Phobl
Ifanc sy'n Derbyn Gofal**

Mae hyn yn gynllun ysgrifenedig sy'n rhoi manylion sut y caiff eich anghenion iechyd eu diwallu.

Beth yw Cynllun Iechyd?



Mae 'PEP' yn gynllun addysg personol. Mae hyn yn gynllun a ysgrifennwyd am eich addysg. Cytunwyd ar dargedau yn y cynllun yma i chi weithio tuag atynt yn yr ysgol. Caiff unrhyw gefnogaeth ychwanegol a all helpu yn yr ysgol hetyd eu cynnwys yn y cynllun.

Beth yw PEP?

Mae cynllun gofal yn ddogfen y bydd eich gweithiwr cymdeithasol yn ei hysgrifennu am eich bywyd bob dydd a chynlluniau ar gyfer y dyfodol. Bydd hyn yn dweud beth yw'r cynllun hirdymor ar eich cyfer (cynllun parhaus) ac yn rhoi manylion cynlluniau ar gyfer eich iechyd, addysg, crefydd, diwylliant a hobiau. Mae'r cynllun gofal hetyd yn rhoi manylion beth yw'r cynlluniau i chi weld eich teulu a ffriindiau.

Beth yw Cynllun Gofal?

Mae hyn yn golygu fod Ewasanaethau Cymdeithasol wedi trefnu i chi fyw gyda rhywun heb law eich rhieni. Weithiau caiff plant pobl ifanc sy'n byw gyda gofaliwyr maeth, mewn gofal preswyl neu gydag aelodau eraill o'u teulu eu galw'n blant sy'n Derbyn Gofal (LAC). Mae rhai plant yn derbyn gofal ar ol cytuno gyda'u rhieni ac mae'r rhai plant yn derbyn gofal oherwydd bod llyso wedi penderfynu mai dyma'r cynllun gorau ar eu cyfer (gan roi gorchymyn Gofal Interim neu Lawm).

Beth mae 'Derbyn Gofal' yn ei olygu?

What does being 'Looked After' mean?

This means that Social Services has arranged for you to live with someone other than your parents. Sometimes children/ young people who live with foster carers, in residential care, or with other family are referred to as Looked After Children (LAC). Some children become looked after with the agreement of their parents and some children become looked after because the Court has decided this is the best plan for them (granting an Interim or full Care Order).

What is a Care and Support Plan?

A care and support plan is a document that your social worker will write about your day to day life and future plans with you. This will say what the long term plan is for you (permanence plan) and details plans for your health, education, religion, culture and hobbies. The care and support plan also details what the plans are for you to see your family and friends.

What is a PEP?

A 'PEP' is a Personal Educational Plan. This is a written plan about your education. In this written plan targets are agreed for you to work towards at school. Any extra support that may help at School is also written in this plan.



What is a Health Plan?

This is a written plan that details how your health needs will be met.

What is a Looked After Children (LAC) review?

This is a meeting where you and people involved in your life meet to think about your Care Plan and think about any changes that might be needed to the plan. At a LAC review all of your Care Plan will be discussed this includes thinking about where you live, education (PEP), health (Health Plan) and family contact.

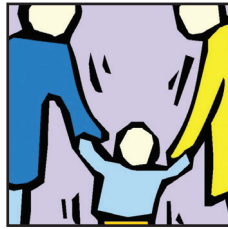
Meet the People responsible for a Child's Care and Support Plan...

Social Worker

It is your social worker who is responsible for planning with you and visiting you regularly where you live to make sure you are well looked after and have all your needs meet.

Your Carers

Your carers are responsible for looking after you. Your carer/s will provide a safe and comfortable home for you with lots of support and care. If your carers are foster carers they have support from their own social worker who is called a supervising social worker.



LAC Nurse

Your LAC nurse will visit you where you are living and check that your health needs are being met. He/she will write down a plan for keeping you healthy (Health Plan) and give advice and support. He/she will then visit you at least every year to update your health plan.

Beth yw adolygiad Plant sy'n Derbynn Gofal (LAC)?

Mae hwn yn gyfarfod lle byddwch chi a'r bobl eraill sy'n rhan o'ch bywyd yn cwrdd i feddwl am eich Cynllun Gofal a meddwl am unrhyw newidiadau sydd eu hangen i'r Cynllun. Mewn adolygiad LAC caiff eich holl Gynllun Gofal ei drafod; mae hyn yn cynnwys meddwl am bier ydych yn byw, addysg (PEP), iechyd (Cynllun Techyd) a chyswilt gyda'ch teulu.

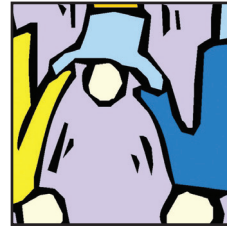
Y bobl sy'n gyfrifol am Gynllun Gofal plentyn...

Gweithiwr Cymdeithasol

Eich gweithiwr cymdeithasol sy'n gyfrifol am gynllunio ar eich siwr eich bod yn cael gofal da ac y caiff eich holl anghenion eu diwallu.

Eich Gofalwyr

Eich gofalwyr sy'n gyfrifol am ofalu amdanoch. Bydd eich gofalwyr/gofalwyr yn rhoi cartref diogel a chysurus i chi gyda llawer o gefnogaeth a gofal. Os yw'ch gofalwyr yn rhieni maeth, byddant yn cael cefnogaeth gan eu gweithiwr cymdeithasol eu hunain a elwir yn weithiwr cymdeithasol gornuchwyllo.



Nyrs LAC

Bydd eich nyrs LAC yn ymweld â chi lle'r ydych yn byw ac yn gwirio fod eich anghenion iechyd yn cael eu diwallu. Bydd yn ysgrifennu cynllun ar gyfer eich cadw'n iach (Cynllun Techyd) ac yn rhoi cynngor a chefnogaeth. Bydd yn ymweld â chi o leiaf unwaith y flwyddyn i ddiweddaru eich cynllun gofal.

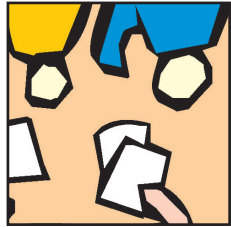
Cydllynydd Addysg a Mentorïaid LAC

Bydd eich Cydllynydd Addysg LAC yn gwneud yn siŵr fod gennyhych Gynllun Addysg Personol (PEP) ac yn helpu i wneud yn siŵr y caiff eich anghenion addysg eu diwallu. Mae'n bosibl y gall drefnu i fentor LAC eich ceftnogi gyda'ch dysgu os teimlir bod angen hynny. Mae mentor LAC yn rhywun sy'n ymweld â phlentyn am awr yr wythnos yn yr ysgol neu ble maent yn byw gan roi help ychwanegol iddynt gyda'u gwaith ysgol.

Swyddog Adolygu Annibynnol (IRO)

Mae'ch IRO yn weithiwr cymdeithasol nad yw'n ymwneud â chynllunio dydd i ddydd ar eich cyfer. Mae'n rhaid i'ch IRO wirio fod eich Cynllun Gofal yn iawn i chi a bod eich anghenion yn cael eu diwallu.

Bydd eich IRO yn cadeirio eich cyfarfoddydd adolygu LAC a gwneud yn siŵr fod eich barn chi a'r bobl yn eich bywyd yn cael ei chilywed. Os yw'r IRO yn meddwl fod angen newid rhywbeth yn y Cynllun Gofal, byddant yn siarad gyda'ch gweithiwr cymdeithasol (a'u rheolwyr) i ofyn am newidiadau.



Cyflwyno eich hawliau...

Mae gan bob plentyn a pherson ifanc hawliau. Dyma rai o'ch hawliau tra byddwch yn derbyn gofal:

- ▶ Cael eich amddiffyn rhag anaf, camdriniaeth a thrais
- ▶ Teimlo'n ddiogel
- ▶ Bod â safon dda o fyw yn cynnwys rhywle i fyw, bwyd a dillad
- ▶ Cael addysg dda
- ▶ Cael eich magu'n iach

LAC Education Co-ordinator & Mentors

Your LAC Education Co-ordinator will make sure you have a Personal Education Plan (PEP) and help make sure your education needs are met. It is possible that she will be able to arrange a LAC mentor to support you with your learning if this is needed. A LAC mentor is someone who visits a child for an hour a week at School or where they live giving them some extra help with their school work.

Independent Reviewing Officer (IRO)

Your IRO is a social worker who is not involved in the day to day planning with you. Your IRO has to check that your Care Plan is right for you and that your needs are being met.

Your IRO will chair your LAC review meetings and make sure you and the people in your life are being listened too.



If the IRO thinks something in the Care Plan needs to change they will talk to your social worker (and their managers) to ask for changes to be made.

Introducing your rights...

All children and young people have rights, some of the your rights while being looked after

- ▶ To be protected from harm, abuse and violence
- ▶ To feel safe
- ▶ To have a good standard of living including somewhere to live, food and clothing
- ▶ To have a good education
- ▶ To grow up healthy

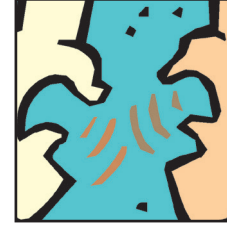
- ▶ To see people who are important to you (unless there is a reason why this can't happen)
- ▶ To have pocket money
- ▶ To have your views, wishes and feelings listened to when decisions are being made about you
- ▶ To talk to someone independent
- ▶ To see information kept about you
- ▶ To know your rights and entitlements
- ▶ To ask questions
- ▶ To make a complaint

What is Advocacy?

All children & young people who are looked after have the right to an advocate. An advocate is somebody who is independent and works just for YOU!

An advocate can meet with you to discuss their role and explain how they can help you. An advocate can:

- ▶ Provide you with independent support & advice
- ▶ Listen to your views, wishes and feelings
- ▶ Support you at meetings
- ▶ Tell others how you are feeling
- ▶ Identify your rights
- ▶ Help you have your say about things that are important to you
- ▶ Help you access information
- ▶ Get something stopped, started or changed
- ▶ Help you make a complaint



- ▶ Gweld pobl sy'n bwysig i chi (os nad oes rheswm pam na all hyn ddigwydd)
- ▶ Cael arian pced
- ▶ Cael rhywun yn gwrrando ar eich barn, dymuniadau a theimladau pan weir penderfyniadau amdanoch
- ▶ Siarad gyda rhywun sy'n annibynnol
- ▶ Gweld gwybodaeth a gedwir amdanoch
- ▶ Gwybod eich hawliau
- ▶ Gofyn cwestiynau
- ▶ Gwneud cwyn
- ▶ Gweld pobl sy'n bwysig i chi (os nad oes rheswm pam na all hyn ddigwydd)
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- ▶ Gwybod eich hawliau
- ▶ Gofyn cwestiynau
- ▶ Gwneud cwyn
- ▶ Mae gan bob plentyn a pherson ifanc sy'n derbyn gofal yr hawl i gael eiriolydd. Eiriolydd yw rhywun sy'n annibynnol ac yn gweithio drosoch CHI yn unig!
- ▶ Gall eiriolydd gyfarfod gyda chi i drafod eu rôl ac esbonio sut y gallant eich helpu. Gall eiriolydd:
- ▶ Roi cefnogaeth a chynghor annibynnol
- ▶ Gwrrando ar eich barn, dymuniadau a theimladau
- ▶ Eich cefnogi mewn cyfarfoddydd
- ▶ Dweud wrth bobl eraill sut ydych yn teimlo
- ▶ Dynodi eich hawliau
- ▶ Eich helpu i ddweud eich barn am bethau sy'n bwysig i chi!
- ▶ Eich helpu i gael mynediad i wybodaeth
- ▶ Atal, dechrau neu newid rhywbeth
- ▶ Eich helpu i wneud cwyn

Beth yw Eiriolaeth?

Eich hawl i gwyno



Os ydych yn anhapus gyda rhywbeth, neu'n teimlo fod rhywbeth yn annheg, mae gennych hawl i wneud cwyn. Gall eirioilydd, eich gweithiwr cymdeithasol neu oedolyn arall yn eich bywd eich helpu i wneud cwyn.
Mae gan y Gwasanaethau Cymdeithasol Swyddog Cwynion sy'n cydlynu unrhyw gwynion a gaiff eu gwneud.

Cefnogaeth arall sydd ar gael i chi

Mae cefnogaeth ar gael gan y gwasanaethau canlynol:

▶ NYAS - Gwasanaeth Eirioleith Annibynnol

Mae cefnogaeth ar gael ar ddyddiau'r wythnos 9am - 8pm a dyddiau Sadwrn 10am - 4pm Rhadffôn 0808 808 1001 testiwch neu anfon e-bost i help@nyas.net

▶ MEIC - Llinell Gyfwrth Eirioleith, Gwybodaeth a Chyngor

Mae cefnogaeth ar gael 24 awr y dydd drwy ffonio 0808 802 3456 neu decstio 84001 neu sgwrs ar-lein yn

www.meiccymru.org

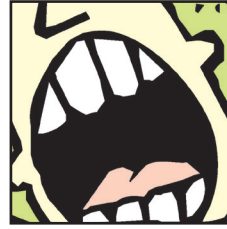
▶ KOOTH.com - Gwasanaeth Cyngor a Chwrsela Ar-lein

Mae cefnogaeth ar gael ar ddyddiau'r wythnos 12 canol-dydd - 10pm a phenwythnosau 4pm - 10pm yn

www.kooth.com

Mae gennych yr hawl i fynd at Gomisiynydd Plant Cymru. Gallwch ysgrifennu atynt hefyd yn y cyfeiriad hwn: Oystermouth House, Phoenix Way, Llansamlet, Abertawe SA7 9FS rhadffôn 0808 808 1000 neu ffonwch 01792 765601

Your Right to make a Complaint



If you are unhappy with something, or feel something is unfair you have the right to make a complaint. An advocate, your social worker or another adult in your life can help you make a complaint.

Social Services have a Complaints Officer who coordinates any complaints made.

Other support available to you

Support is available from the following services:

▶ NYAS - Independent Advocacy Service

Support is available on weekdays 9am - 8pm and Saturday 10am - 4pm Freephone 0808 808 1001 text or send an email to help@nyas.net

▶ MEIC - Advocacy, information & advice helpline

Support is available 24 hours a day by calling 0808 802 3456 or text 84001 or online chat at

www.meiccymru.org

▶ KOOTH.com - On line Advice and Counselling Service

Support is available on weekdays 12 noon - 10pm and weekends 4pm - 10pm at www.kooth.com

You have the right to approach the Children's Commissioner for Wales. They can be written too at this address Oystermouth House Phoenix Way Llansamlet Swansea SA79FS freephone 0808 801 1000 or tel 01792 765601

Personal to You... Names and Contact Details

You need to know the names and contact details of the relevant people to you:

	Name	Contact Number
Social Worker		
LAC Nurse		
LAC Education Co-ordinator		
Independent Reviewing Officer		
Complaints Officer		

Cysylltwch â'r Swyddog Gwybodaeth ar (01495) 354630 os gwehch yn dda os hoffech dderbyn y ffurflen hon yn electronig.
Taflen CS024-1 Ionawr 2018
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		Swyddog Cwynion
		Swyddog Adolygu Annibynnol
		Cydllynydd Addysg LAC
		Nyrs LAC
		Gweithiwr Gyndeithasol
Rhif Cyswilt	Enw	

Mae angen i chi wybod enwau a manylion cyswilt y bobl berthnasol i chi!

Personal ! Chi... Enwau a Manylion Cyswilt

To receive this information in Braille, large print or electronically please contact the Information Officer on (01495) 354630.
Leaflet CS024-1 January 2018
www.blaenau-gwent.gov.uk

Ffurien Adborth Gwasanaethau Cymdeithasol

Tafien Canllawiau ar gyfer Plant a Phobl Ifanc sy'n Derbyn Gofal

Beth yw eich barn am y datlen hon?

Gotynnwn i chi'n helpu drwy lenwi'r ffurien islaw a'i dychwelyd yn defnyddio'r cyfeiriad rhadpost.

Le a phryd gawsoch chi'r datlen hon?

A oedd trefn y datlen yn rhwydd ei ddilyn? Oedd Na

A oedd yr wybodaeth yn rhwydd ei deall? Oedd Na

A oedd yr wybodaeth yn ddefnyddiol? Oedd Na

Unrhyw sylwadau eraill:



Social Services Feedback Form

A Guide for Children and Young People who are Looked After Leaflet

What did you think about this leaflet?

Please help us by filling out the form below and return it using the freepost address.

When and where did you get this leaflet?

Was the layout of the leaflet easy to follow? Yes No

Was the information easy to understand? Yes No

Was the information useful? Yes No

Any other comments:

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