

BDOCT

BWRDD
DIOGELU OEDOLION CWM TAF

Diogelu Oedolion mewn perygl



Mae materion
diogelu o bwys
i bawb



Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board



STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFADWETH GADARN | DYFODOL SICR



MERTHYR TYDFIL
County Borough Council
Cynghor Bwrdeistref Sirol
MERTHYR TYDFUL



Rhondda Cynon Taf



Gwasanaeth Prawf
Cenedlaethol
National Probation
Service



Cwmni Adsefydlu Cymunedol
Cymru
Wales
Community Rehabilitation Company



PRISAF
PROBATION



VOLUNTARY ACTION
MERTHYR TYDFIL
GWETHREDU GWYFODDOL
MERTHYR TYDFUL



Beth yw Diogelu?

Nod diogelu yw atal cam-drin oedolion sydd mewn risg, ac amddiffyn y rheiny sydd wedi cael eu camdrin.

Pwy yw'r oedolion sydd mewn perygl... Ydw i'n oedolyn mewn perygl?

Mae oedolyn sy mewn perygl yn rhywun sydd angen cymorth gyda'i les corfforol neu emosiynol ac sydd, o ganlyniad, yn gallu bod yn agored i niwed. Efallai y bod angen cymorth gyda thasgau byw bob dydd megis angen cymorth gyda bwyta, gwisgo, rheoli arian neu yn mynd allan o'r tŷ.

Cam-drin... Ydy e'n amlwg?

Gall cam-drin ddigwydd mewn sawl ffordd:

- **Cam-drin corfforol** – bwrw, cicio neu ataliad gormodol
- **Seicolegol** Bygwth niwed neu waradwydd, rheoli cydberthnasau ac ynysu
- **Rhywiol** Gweithgareddau rhyw yn erbyn yr ewyllys, gan gynnwys cyffwrdd
- **Cam-drin ariannol** – gan gynnwys twyll neu ddylanwadu ar faterion eiddo neu ewyllysiau
- **Esgeulustod** Methiant â diwallu anghenion beunyddiol oedolyn sy'n destun risg

Beth ddylwn i ei wneud?

Os ydych chi'n amau bod person mewn perygl uniongyrchol o niwed, ffoniwch **999** a siarad â'r Heddlu.

Os ydych chi wedi dioddef cam-drin (neu'n dal i ddioddef), neu os ydych chi'n adnabod rhywun sydd, yn eich barn chi, yn cael ei gam-drin, cysylltwch â'n Carfan Ymateb ar Unwaith ar:

Rhondda Cynon Taf:

01443 425003

Merthyr Tudful:

01685 725000

Oriau agor:

Dydd Llun - Dydd Gwener
8.30am - 5.00pm

Carfan ar Ddyletswydd ar gyfer
Argyfyngau y Tu Allan i Oriau
Swyddfa:

01443 743665

Am ragor o wybodaeth ewch:
www.cwmtafsafeguarding.org

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DIOGELU OEDOLION CWM TAF

CTSAB

CWM TAF
SAFEGUARDING ADULTS BOARD

Safeguarding Adults at Risk



Safeguarding is
Everyone's
Responsibility



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Cwm Taf
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Safeguarding – What is it?

Safeguarding is about preventing the abuse of adults at risk and protecting those who have been subject to abuse.

Who is an adult at risk...

Am I an adult at risk?

An adult at risk is someone who needs support with their physical or emotional wellbeing, who as a result may be considered vulnerable. They may need assistance with everyday living tasks. Some examples of this could be requiring assistance with eating, dressing, managing money or going out of the house.

Abuse - Would I see it?

Abuse can take many forms such as;

- **Physical** Hitting, kicking or using undue restraint
- **Psychological** Threats of harm or humiliation, controlling relationships and isolation
- **Sexual** Unwanted sexual activity, including touching
- **Financial** Theft, fraud or applying pressure around property or wills
- **Neglect** Failure to meet the everyday needs of the adult at risk

What should I do?

If you suspect a person is in immediate risk of harm call **999** and speak to the police.

If you have been, or still are a victim, or you know someone who you think is being abused, contact the First Response Team on:

Rhondda Cynon Taf:
01443 425003

Merthyr Tydfil:
01685 725000

Opening Hours:
Monday - Friday
8.30am - 5.00pm

Out of Hours
Emergency Duty Team:
01443 743665

For further information please visit:
www.cwmtafsafeguarding.org

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