

Mis	Pwnc	Adnoddau
Ionawr 2021	<p>Diogelwch ac Iechyd Meddwl</p> <p>At bwy allech chi droi i dderbyn cymorth pellach?</p> <p>Ble allech chi ddod o hyd i wybodaeth bellach ynglŷn ag iechyd meddwl iach?</p> <p>Sut ydych yn cadw'n heini?</p>	<p>llesprentis@urdd.org</p> <p>https://icc.gig.cymru/gwasanaethau-a-thimau/bywyd-actif/</p> <p>https://charliewaller.org/information/wellbeing-at-work/how-to-manage-your-mental-health-working-from-home</p> <p>CAMHS / S-CAMHS - Child and Adolescent Mental Health Services: https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescentmental-health-services-camhs/</p> <p>MIND – Mental health charity in England and Wales: https://www.mind.org.uk/ https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/</p> <p>Support for older people and parents / carers: https://www.mind.org.uk/information-support/coronavirus/free-online-cbt-tool-silvercloud/</p> <p>Youngminds – Advice and support for children and young people under 25: https://youngminds.org.uk/resources/</p> <p>Talk To Me Too Wales – Suicide and Self Harm Prevention Strategy for Wales: http://www.talktometoo.wales/resources/</p> <p>Time To Change – Social movement working to change the way we all think and act about mental health problems: https://www.time-to-change.org.uk/resources</p> <p>Young Wales / Cymru Ifanc / Cyfle Cymru – Pan-Wales support: http://www.youngwales.wales/index.php/priority-areas/well-being</p> <p>ACES – Collaboration Information and Support: https://www.aceawarewales.com/about</p> <p>Cymru Well Wales – Cross-Sector support to improve health in Wales: https://www.cymruwellwales.org/about</p>

		<p>Dewis Wales – Online Resource Finder: https://www.dewis.wales/ https://www.dewis.wales/the-place-for-wellbeing-in-wales</p> <p>Heads Above The Waves – Not-for-profit organisation that raises awareness of depression and self-harm in young people: https://hatw.co.uk/resources/</p> <p>My Discombobulated Brain – Charity to tackle the stigma associated with mental health https://mydiscombobulatedbrain.com/</p>
Chwefror 2021	Diogelwch ar-lein	<p>Adnoddau Repository - Cadw'n ddiogel ar-lein - Hwb (gov.wales)</p> <p>So you got naked online guide for children with SEND Internet Matters</p> <p>Online Safety Information and Tips Microsoft</p>
Mawrth 2021	<p>Ymwybyddiaeth PREVENT</p> <p>Cwestiynau posib i ysgogi sgwrs gyda'r dysgwr:</p> <ul style="list-style-type: none"> - Beth yw dy ddealltwriaeth o'r term PREVENT? - Beth yw dy dyletswydd di ynglŷn a PREVENT? <p>A oes unrhyw beth yn gysylltiedig gyda PREVENT wedi dal eich sylw yn y newyddion? (modd gofyn iddyn nhw dod a esiamp os hoffech?)</p>	<p>Hyfforddiant i aseswyr (os nad ydych wedi gwneud yn barod) FOL: All courses (foundationonline.org.uk)</p> <p>Hyfforddiant i ddysgwyr ac aseswyr YOU HAVE ACCESSED THE E-LEARNING TRAINING ON PREVENT</p> <p>Hefyd – gwelwch y rhaglen sesiynau ar waelod o ddogfen.</p>
Ebrill 2021	Cadw'n iach	Sesiynau lles Adran Chwaraeon yr Urdd - gwelery poster ar waelod y ddogfen

Pynciau Trafod Adolygiadau + Sesiynau a gweithdai agored

		<p>Yn ychwanegol, mae modd i ddysgwyr MM mynychu y gweithdai canlynol gyda prentisiaid yr Urdd.</p> <p>01/04/21 – Gweithdy Cymhelliant 16:30-18:00 22/04/21 – Gweithdy Anawsterau Dysgu 16:30-18:00</p> <p>I bwcio, cysylltwch gyda rhodriwilliams@urdd.org neu sionedeleri@urdd.org</p>
Mai 2021	Dewisiadau ariannol	<p>money-advice-services.pdf (citizensadvice.org.uk)</p> <p>Yn ychwanegol, mae modd i ddysgwyr MM mynychu y gweithdai canlynol gyda prentisiaid yr Urdd.</p> <p>13/05/21 – Gweithdy Datblygiad Proffesiynol 16:30-18:00 22/04/21 – Gweithdy PREVENT 16:30-18:00</p> <p>I bwcio, cysylltwch gyda rhodriwilliams@urdd.org neu sionedeleri@urdd.org</p>

RHAGLEN #PROSIECTLLES
Pob Dydd Mercher 19:00 dros Zoom

Chwaraeon

#PROSIECTLLES

Ymunwch â'n cyfres o sesiynau lles digidol gydag arwyr chwaraeon Cymru.

Join our series of digital wellbeing sessions with Welsh sporting heroes.

www.urdd.cymru/chwaraeon

Ymuno â'n sesiynau:

- Anabledd Mewn Chwaraeon gyda Aled Davies MBE** - 10/03/2021
- Ioga gyda Aleds Donovan** - 17/03/2021
- Cydraddoldeb mewn Chwaraeon gyda Elinor Snowsill** - 24/03/2021
- Bwyta'n iach gyda Beca Lyne-Pirkis** - 31/03/2021
- Ffitrwydd gyda Cadi Fôn** - 07/04/2021

Logo's Wales chwaraeon cymru | **Llywodraeth Cymru Welsh Government**