

RHAGLEN DATBLYGU'R GWEITHLU GOFAL CYMDEITHASOL CYMRU

SOCIAL CARE WALES WORKFORCE DEVELOPMENT PROGRAMME

Rhifyn 41 – Issue 41 Mawrth – March 2026

Cwrs Cymraeg Sylfaenol ar gyfer Darparwyr Gofal Cymdeithasol Allanol



Basic Welsh Course for External Social Care Providers

Yn dilyn llwyddiant ein cwrs Cymraeg Sylfaenol dros y ddwy flynedd ddiwethaf, rydym yn falch o'i gynnig eto i Ddarparwyr Gofal Cymdeithasol Allanol.

Bydd y cwrs yn cael ei gyflwyno ar-lein ar y dyddiadau isod. Bydd angen i chi fynychu pob un o'r 3 sesiwn.

- 17/07/2026, 10:00–12:00
- 24/07/2026, 10:00–12:00
- 31/07/2026, 10:00–12:00

Bydd y sesiynau hyn yn darparu ymadroddion Cymraeg sylfaenol, cyfarchion a therminoleg i chi.

Bydd y cwrs hefyd yn cyfeirio'n uniongyrchol at gwrs hunan-astudio ar-lein y Ganolfan Genedlaethol, 'Gofal a Chysur yn Gymraeg'. Gallwch gwblhau'r cwrs yn unol a'ch amserlen chi, a bydd yn darparu mwy o dermau hanfodol ar gyfer y sector Gofal Cymdeithasol.

Mae pob sesiwn wedi'i chynllunio i'ch galluogi i gyflawni gwaith a chyfathrebu yn yr iaith. Erbyn diwedd y cwrs, byddwch yn gallu llunio brawddegau syml bob dydd, trafod pynciau proffesiynol a hamdden cyffredin, a chael mynediad at dermau ac ymadroddion sy'n benodol i'r sector.

Amcanion:

- Dysgu'r pethau sylfaenol i chi yn y Gymraeg
- Eich galluogi i siarad a defnyddio'r iaith gan gychwyn ar y daith i fod yn rhugl
- Cyflwyno termau allweddol y sector Gofal Cymdeithasol

Os hoffech mynychu'r cwrs, e-bostiwch dysgu@ceredigion.gov.uk

Following the success of our Basic Welsh course over the past two years, we are pleased to offer it again to External Social Care Providers.

The course will be delivered online on the dates below. You will need to attend all 3 sessions.

- 17/07/2026, 10:00–12:00
- 24/07/2026, 10:00–12:00
- 31/07/2026, 10:00–12:00

These sessions will provide you with basic Welsh phrases, greetings, and terminology.

The course will also refer directly to the National Centre's online self-study course, 'Care and Comfort in Welsh'. This can be completed in accordance with one's own timetable, and will provide further specialist terms and phrases for the Social Care sector.

Each session is designed to enable you to do things and communicate in the language. By the end of the course, you will be able to form simple day-to-day sentences, discuss common professional and recreational topics, and have access to sector specific terms and phrases.

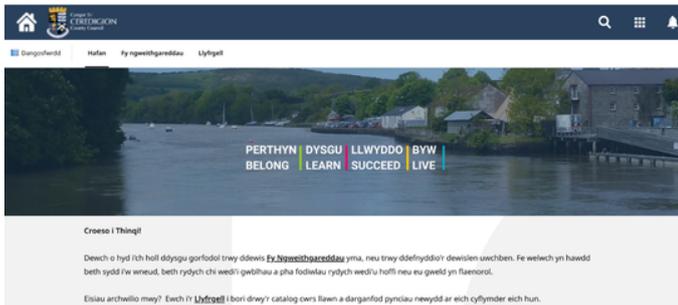
Objectives:

- Give you the basics in Welsh
- Get you talking and using the language and start you on your journey towards fluency
- Introduce key terms to the Social Care sector

If you would like to attend the course, please email dysgu@ceredigion.gov.uk



Platform eDdysgu Newydd – Thinqi



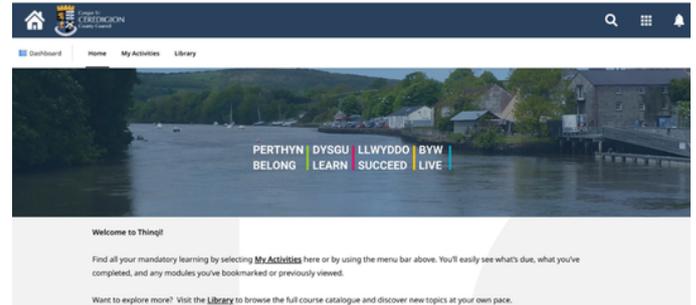
Lansiwyd ein plattform eDdysgu newydd, Thinqi, ym mis Ionawr ac mae'n cynnig amrywiaeth eang o fodiwlau.

Mae'r modiwlau eDdysgu canlynol ar gael ar Thinqi ar hyn o bryd:

- Profiadau Niweidiol yn ystod Plentynod ac Ymarfer sy'n Ystyriol o Drawma yng Nghymru
- Ymwybyddiaeth o Ofalwyr
- Cydraddoldeb ac Amrywiaeth
- Ymwybyddiaeth Hylendid Bwyd
- Iechyd a Diogelwch ar gyfer Sefydliadau Allanol
- Atal a Rheoli Heintiau
- Trin a Thrafod ar gyfer Gweithwyr Gofal: Gwrthrychau
- Trin a Thrafod ar gyfer Gweithwyr Gofal: Pobl
- Ymwybyddiaeth o'r Ddeddf Galluedd Meddyliol
- Gofal Personol
- Diogelu Oedolion sydd mewn Perygl o Ddiodef Troseddau Bregusrwydd
- Sut i Ddarparu Meddyginiaethau yn Ddiogel
- Diogelu Plant ac Oedolion Grŵp A
- Sefydlu Cyfamod y Lluoedd Arfog
- Deall Anhwylder Diffyg Canolbwyntio a Gorfywiogrwydd (ADHD)
- Deall Awtistiaeth
- Deall Cyfathrebu Effeithiol ac Awtistiaeth
- Deall Asesiad ac Awtistiaeth
- Deall Syndrom Tourette
- Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn
- Trais yn Erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol
- Ymwybyddiaeth o'r Iaith Gymraeg

Os hoffech i'ch staff gael mynediad at y plattform, e-bostiwch dysgu@ceredigion.gov.uk gyda'u henwau, eu teitlau swydd a'u cyfeiriadau e-bost.

New eLearning Platform – Thinqi



Our new eLearning platform, Thinqi, launched in January and offers a wide range of modules.

The following eLearning modules are currently available on Thinqi:

- Adverse Childhood Experiences and Trauma-Informed Practices in Wales
- Carer Aware
- Equality and Diversity
- Food Hygiene Awareness
- Health and Safety for External Organisations
- Infection Prevention and Control
- Manual Handling for Care Workers: Objects
- Manual Handling for Care Workers: People
- Mental Capacity Act Awareness
- Personal Care
- Protecting Individuals at Risk of Vulnerability Crimes
- Safe Administration of Medicines
- Safeguarding Children and Adults Group A
- The Armed Forces Covenant Induction
- Understanding ADHD
- Understanding Autism
- Understanding Effective Communication and Autism
- Understanding Assessment and Autism
- Understanding Tourette Syndrome
- United Nations Convention on the Rights of the Child
- Violence Against Women, Domestic Abuse & Sexual Violence
- Welsh Language Awareness

If you would like your staff to have access to the platform, please email dysgu@ceredigion.gov.uk with their names, job titles and email addresses.

RHAGLEN DATBLYGU'R GWEITHLU GOFAL CYMDEITHASOL CYMRU SOCIAL CARE WALES WORKFORCE DEVELOPMENT PROGRAMME

Wythnos Gwaith Cymdeithasol 2026



Social Work Week 2026

Cynhelir Wythnos Gwaith Cymdeithasol o ddydd Llun 16 Mawrth i ddydd Gwener 20 Mawrth 2026, gan ddod â phobl at ei gilydd i ddatlu gwaith cymdeithasol.

Yn ystod yr wythnos, bydd Gofal Cymdeithasol Cymru yn cynnal cyfres o ddigwyddiadau am ddim sy'n canolbwyntio ar gydbwyso risg a hawliau, gweithio gyda'n gilydd i sicrhau canlyniadau gwell, a datblygu a chynnal ymarfer hyderus. Mae'r digwyddiadau yn agored i unrhyw un sydd â diddordeb mewn gwaith cymdeithasol.

Y Digwyddiadau:

- **Gwaith cymdeithasol ym maes gwasanaethau iechyd meddwl – ydyn ni'n ddewr?**
16/03/2026, 10:00–11:30
- **'Y pethau bach sy'n bwysig' – meithrin perthnasoedd ymddiriedus gydag unigolion, teuluoedd a gofalwyr**
16/03/2026, 13:30–15:00
- **Mewn undod mae nerth – gweithio amlasiantaethol mewn cyd-destun diogelu**
17/03/2026, 10:00–11:30
- **Yr hyn rydyn ni'n brwydro i'w gadw: dal gafael ar galon gwaith cymdeithasol mewn byd sy'n newid**
17/03/2026, 13:00–15:00
- **Gwaith cymdeithasol yn yr oes ddigidol: cydbwyso hawliau a risgiau**
18/03/2026, 10:00–11:15
- **O'r galon: archwilio effaith ymarfer sensitif i'r Gymraeg wrth ddatblygu gofal ystyrlon sy'n canolbwyntio ar berthnasoedd**
18/03/2026, 13:00–15:00
- **'Beth, pam a sut' chwilfrydedd proffesiynol**
19/03/2026, 09:30–12:30
- **Yr arweinydd chwilfrydig: cryfhau'r broses o wneud penderfyniadau a hyder**
20/03/2026, 09:30–12:30

Am fwy o wybodaeth ac i archebu lle, ewch i [wefan Gofal Cymdeithasol Cymru](#).

Social Work Week takes place from Monday 16 to Friday 20 March 2026, bringing people together to celebrate social work.

During the week, Social Care Wales will be hosting a series of free events that focus on balancing risk and rights, working together to achieve better outcomes, and developing and maintaining confident practice. The events are open to anyone with an interest in social work.

The Events:

- **Social work in mental health services – are we brave?**
16/03/2026, 10:00–11:30
- **'It's the little things' – building trusting relationships with individuals, families and carers**
16/03/2026, 13:30–15:00
- **Stronger together – multi-agency working in a safeguarding context**
17/03/2026, 10:00–11:30
- **What we fight to keep: holding onto the heart of social work in a changing world**
17/03/2026, 13:00–15:00
- **Social work in the digital age: balancing rights and risks**
18/03/2026, 10:00–11:15
- **O'r galon: exploring the impact of Welsh language sensitive practice in developing meaningful relationship-centred care**
18/03/2026, 13:00–15:00
- **The 'what, why and how' of professional curiosity**
19/03/2026, 09:30–12:30
- **The curious leader: strengthening decision-making and confidence**
20/03/2026, 09:30–12:30

For more information and to book your place, please visit the [Social Care Wales website](#).

HYFFORDDIANT SYDD AR Y GWEILL

FORTHCOMING TRAINING

Hyfforddiant Rhithwir

- **Gweithio gyda Thadau**
14/04/2026, 09:30–12:30
- **Diogelu Plant Grŵp B**
17/04/2026, 09:30–15:30 (Cyfrwng Cymraeg)
05/05/2026, 09:30–15:30
- **Diogelu Oedolion Grŵp B**
22/04/2026, 09:30–15:30 (Welsh Medium)
12/05/2026, 09:30–15:30
- **LGBTQ+ – Sut mae Darparu'r Gwasanaethau
a'r Cymorth Priodol**
06/05/2026, 09:30–13:00
- **Datblygiad Ymennydd Pobl Ifanc yn Ystod y
Glasoed a Defnydd Sylweddau**
06/05/2026, 09:30–16:00
- **Ymwybyddiaeth Sylfaenol o Gamddefnyddio
Sylweddau**
20/05/2026, 09:30–16:00

Hyfforddiant Wyneb yn Wyneb

- **Dehongli Dementia**
14/04/2026, 09:30–12:30, Penmorfa, Aberaeron
- **Ymwybyddiaeth o Droseddau sy'n ymwneud â
Chyllyll gan ddefnyddio Realiti Rhithwir**
23/04/2026, 10:00–16:00, Penmorfa, Aberaeron
- **Gweithio gydag Oedolion y mae Trawma yn
ystod Plentyndod yn dal i Effeithio Arnynt gan
ddefnyddio Realiti Rhithwir**
24/04/2026, 10:00–13:00, Penmorfa, Aberaeron
- **Cyflwyniad i Brofiadau Niweidiol yn ystod
Plentyndod gan ddefnyddio Realiti Rhithwir**
19/05/2026, 10:00–12:30, Penmorfa, Aberaeron
- **Arferion sy'n Ystyriol o Drawma gan
ddefnyddio Realiti Rhithwir**
19/05/2026, 13:30–16:00, Penmorfa, Aberaeron
- **Cyfrngau Cymdeithasol, Plant a Phobl Ifanc
gan ddefnyddio Realiti Rhithwir**
21/05/2026, 10:00–16:00, Penmorfa, Aberaeron

Am ragor o wybodaeth neu i archebu lle ar
gwrs, cysylltwch â:

Virtual Training

- **Working with Fathers**
14/04/2026, 09:30–12:30
- **Safeguarding Children Group B**
17/04/2026, 09:30–15:30 (Welsh Medium)
05/05/2026, 09:30–15:30
- **Safeguarding Adults Group B**
22/04/2026, 09:30–15:30 (Welsh Medium)
12/05/2026, 09:30–15:30
- **LGBTQ+ – How to Provide Appropriate
Services and Support**
06/05/2026, 09:30–13:00
- **Adolescent Brain Development and
Substance Use**
06/05/2026, 09:30–16:00
- **Basic Substance Misuse Awareness**
20/05/2026, 09:30–16:00

Face to Face Training

- **Dementia Interpreter**
14/04/2026, 09:30–12:30, Penmorfa, Aberaeron
- **Knife Crime Awareness using Virtual Reality**
23/04/2026, 10:00–16:00, Penmorfa, Aberaeron
- **Working with Adults with Unresolved
Childhood Trauma using Virtual Reality**
24/04/2026, 10:00–13:00, Penmorfa, Aberaeron
- **Introduction to Adverse Childhood
Experiences using Virtual Reality**
19/05/2026, 10:00–12:30, Penmorfa, Aberaeron
- **Trauma Informed Practice using Virtual
Reality**
19/05/2026, 13:30–16:00, Penmorfa, Aberaeron
- **Social Media, Children & Young People using
Virtual Reality**
21/05/2026, 10:00–16:00, Penmorfa, Aberaeron

For more information or to book onto a course,
please contact:



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