RHAGLEN DATBLYGU'R GWEITHLU GOFAL CYMDEITHASOL CYMRU

SOCIAL CARE WALES WORKFORCE DEVELOPMENT PROGRAMME

Rhifyn 42 – Issue 42 Mehefin – June 2026

Modiwlau eDdysgu Newydd ar gael ar Thinqi

I gefnogi Cynllun Gweithredu Cymru Wrth-hiliol Llywodraeth Cymru, mae Gofal Cymdeithasol Cymru wedi datblygu cyfres o fodiwlau eDdysgu sydd wedi'u cynllunio i helpu staff i fyfyrio ar wrth-hiliaeth a sut mae'n berthnasol i ymarfer bob dydd.

Mae'r modiwlau'n ymdrin â phynciau fel:

- Effaith hiliaeth
- Deall micro-ymosodiadau
- Gofal diwylliannol priodol

Y modiwlau gwrth-hiliaeth:

- **Modiwl 1: Chwalu Mythau Cymreig**
- **Modiwl 2: Ystyriwch yr iaith rydych chi'n ei defnyddio**
- **Modiwl 3: Yr Effaith ar Ofal Cymdeithasol**
- **Modiwl 4: Ystyriwch Eich Ffordd o Feddwl**
- **Modiwl 5: Ehangu Ein Gorwelion a Pharhau â'r Daith**
- **Canllaw i Reolwyr**

Mae'r modiwlau hyn ar gael ar Thinqi yn y Llyfrgell o dan 'Gofal Cymdeithasol / Gwaith Cymdeithasol'.

New eLearning Modules Available on Thinqi

In support of the Welsh Government's Anti-Racist Wales Action Plan, Social Care Wales has developed a suite of eLearning modules designed to help staff reflect on anti-racism and how it applies to everyday practice.

The modules cover topics such as:

- The impact of racism
- Understanding microaggressions
- Culturally appropriate care

The anti-racism modules:

- **Module 1: Busting Welsh Myths**
- **Module 2: Check Your Language**
- **Module 3: The Impact on Social Care**
- **Module 4: Check Your Thinking**
- **Module 5: Broadening Our Horizons and Continuing the Journey**
- **Managers' Guide**

These modules are available on Thinqi in the Library under 'Social Care / Social Work'.

Modiwlau eDdysgu Eraill ar gael ar Thinqi

Mae'r modiwlau eDdysgu canlynol hefyd ar gael ar Thinqi:

- Profiadau Niweidiol yn ystod Plentyndod 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
- Gofal Personol
- Diogelu Oedolion sydd mewn Perygl o Ddioddef 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 nad oes gennych gyfrif Thinqi ac yr hoffech gael mynediad at y modiwlau uchod, e-bostiwch dysgu@ceredigion.gov.uk

Other eLearning Modules Available on Thinqi

The following eLearning modules are also available on Thinqi:

- Adverse Childhood Experiences and Trauma-Informed Practice 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
- 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 don't have a Thinqi account and would like to access the above modules, please email dysgu@ceredigion.gov.uk

Hyfforddiant Ymwybyddiaeth HIV Am Ddim

Mae Terrence Higgins Trust Cymru yn falch o gyhoeddi lansiad cwrs hyfforddiant ar-lein newydd, am ddim, ar gyfer gweithwyr yn y sector gofal cymdeithasol yng Nghymru.

Datblygwyd yr hyfforddiant mewn partneriaeth â Gofal Cymdeithasol Cymru er mwyn sicrhau bod lleisiau a phrofiadau pobl sy'n byw gyda HIV yng Nghymru yn ganolog i'r hyfforddiant ar gyfer staff sy'n gofalu am bobl sy'n byw gyda HIV yn y gymuned ac mewn cartrefi gofal ledled Cymru.

Nod y cwrs yw codi ymwybyddiaeth a dealltwriaeth o HIV, sut mae'n cael ei basio ymlaen a'r neges Ni all basio ymlaen (Anghanfyddadwy = Anhrosglwyddadwy). Mae hyn yn cefnogi staff i ddarparu gofal rhagorol i bobl sy'n byw gyda HIV sy'n cael mynediad at gymorth ar hyn o bryd ac yn y dyfodol.

Mae'r hyfforddiant ar gael yn Gymraeg ac yn Saesneg ac mae'n cynnwys:

- Ffeithiau am HIV
- Triniaeth HIV
- Gweithio'n ddiogel
- Gofalu am bobl yn y gymuned ac mewn cartrefi gofal preswyl

Gellir cael mynediad at yr hyfforddiant ar wefan Terrence Higgins Trust Cymru.

Free HIV Awareness Training

Terrence Higgins Trust Cymru is pleased to announce the launch of a new free online training course for workers in the social care sector in Wales.

The training has been developed in partnership with Social Care Wales to ensure that the voices and experiences of people living with HIV in Wales are central to the training for staff caring for people living with HIV in communities and in care homes across Wales.

The course aims to raise awareness and understanding of HIV, how it is passed on and the message Can't Pass It On (Undetectable = Untransmittable). This supports staff to provide excellent care to people living with HIV who may access support now and in the future.

The training is available in Welsh and English and covers:

- The facts about HIV
- HIV treatment
- Working safely
- Caring for people in the community and in residential care homes

The training can be accessed on the Terrence Higgins Trust Cymru website.

Ffordd: Adnodd Lles Newydd

Mae Addysg a Gwella Iechyd Cymru (AaGIC) wedi lansio Ffordd, adnodd lles cenedlaethol newydd sydd wedi'i gynllunio'n benodol ar gyfer y rhai sy'n gweithio mewn gwasanaethau iechyd meddwl ledled Cymru.

Mae Ffordd yn cynnig mynediad cyflym at:

- Offer ac adnoddau lles
- Canllawiau ar gyfer digwyddiadau heriol (e.e., cwestau, hunanladdiad cleifion, digwyddiadau diogelu)
- Deunyddiau adeiladu gwydnwch
- Rhwydweithiau a chymunedau ymarfer
- Cyfeirio at gefnogaeth leol ledled Cymru

Mae Ffordd ar gael ar wefan AaGIC.

Ffordd: A New Wellbeing Resource

Health Education and Improvement Wales (HEIW) has launched Ffordd, a new national wellbeing resource designed specifically for those working in mental health services across Wales.

Ffordd offers quick access to:

- Wellbeing tools and resources
- Guidance for challenging events (e.g. inquests, patient suicide, safeguarding incidents)
- Resilience-building materials
- Networks and communities of practice
- Signposting to local support across Wales

Ffordd is available on the HEIW website.

HYFFORDDIANT SYDD AR Y GWEILL

Hyfforddiant Rhithwir

- **Canabis a Sgrinio**
  18/06/2026, 12:30–16:30
- **Diogelu Plant Grŵp B**
  01/07/2026, 09:30–15:30
  08/09/2026, 09:30–15:30
- **Deall Eiriolaeth Broffesiynol Annibynnol**
  13/07/2026, 09:30–10:30
- **Diogelu Oedolion Grŵp B**
  14/07/2026, 09:30–15:30
  11/09/2026, 09:30–15:30
- **Alcohol a Sgrinio**
  16/07/2026, 09:30–13:30
- **Cyflwyniad i Parkinson’s**
  15/09/2026, 10:00–11:00
- **Ymwybyddiaeth Sylfaenol o Gamddefnyddio Sylweddau**
  16/09/2026, 09:30–16:00

Hyfforddiant Wyneb yn Wyneb

- **Gweithio gydag Oedolion y mae Trawma yn ystod Plentyndod yn dal i Effeithio Arnynt gan ddefnyddio Realiti Rhithwir**
  25/06/2026, 10:00–13:00, Penmorfa, Aberaeron
- **Cyfryngau Cymdeithasol, Plant a Phobl Ifanc gan ddefnyddio Realiti Rhithwir**
  17/07/2026, 10:00–16:00, Penmorfa, Aberaeron
- 24/09/2026, 09:30–15:30, Penmorfa, Aberaeron
- **Cyflwyniad i Brofiadau Niweidiol yn ystod Plentyndod gan ddefnyddio Realiti Rhithwir**
  23/09/2026, 09:30–12:30, Penmorfa, Aberaeron
- **Arferion sy'n Ystyriol o Drawma gan ddefnyddio Realiti Rhithwir**
  23/09/2026, 13:00–16:00, Penmorfa, Aberaeron

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

FORTHCOMING TRAINING

Virtual Training

- **Cannabis and Screening**
  18/06/2026, 12:30–16:30
- **Safeguarding Children Group B**
  01/07/2026, 09:30–15:30
  08/09/2026, 09:30–15:30
- **Understanding Independent Professional Advocacy**
  13/07/2026, 09:30–10:30
- **Safeguarding Adults Group B**
  14/07/2026, 09:30–15:30
  11/09/2026, 09:30–15:30
- **Alcohol and Screening**
  16/07/2026, 09:30–13:30
- **An Introduction to Parkinson’s**
  15/09/2026, 10:00–11:00
- **Basic Substance Misuse Awareness**
  16/09/2026, 09:30–16:00

Face-to-Face Training

- **Working with Adults with Unresolved Childhood Trauma using Virtual Reality**
  25/06/2026, 10:00–13:00, Penmorfa, Aberaeron
- **Social Media, Children & Young People using Virtual Reality**
  17/07/2026, 10:00–16:00, Penmorfa, Aberaeron
  24/09/2026, 09:30–15:30, Penmorfa, Aberaeron
- **Introduction to Adverse Childhood Experiences using Virtual Reality**
  23/09/2026, 09:30–12:30, Penmorfa, Aberaeron
- **Trauma Informed Practice using Virtual Reality**
  23/09/2026, 13:00–16:00, Penmorfa, Aberaeron

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

dysgu@ceredigion.gov.uk
01970 633949
ceri.ceredigion.gov.uk/learning/cy/
ceri.ceredigion.gov.uk/learning/