

### Gweminarau Diogelu Plant rhag Cam-drin Rhywiol

#### Arwyddion a Dangosyddion Cam-drin Plant yn Rhywiol

11/11/2026, 09:00–10:30

Mae'r sesiwn hon yn cyflwyno'r Tabled Arwyddion a Dangosyddion ac yn rhoi cyfle i'w ddefnyddio'n ymarferol. Ei nod yw rhoi'r wybodaeth a'r hyder i weithwyr proffesiynol weithredu pan fydd ganddynt bryderon am blentyn.

Yn dilyn y weminar, gallwch ddisgwyl cael:

- Y gallu i adeiladu darlun o bryderon pan fyddwch yn poeni bod plentyn yn cael ei gam-drin yn rhywiol, neu wedi cael ei gam-drin yn rhywiol
- Mwy o wybodaeth am arwyddion emosiynol, ymddygiadol a chorfforol cam-drin rhywiol ac ymddygiad rhywiol camdriniol, yn ogystal â'r ffactorau sy'n cynyddu bregusrwydd plant i'r math hwn o niwed
- Mwy o hyder wrth adnabod, trafod, archwilio a chyfleu pryderon bod plentyn yn cael ei gam-drin yn rhywiol

#### Siarad â Phlant am Gam-drin Rhywiol

11/11/2026, 11:00–12:30

Nod y weminar hon yw helpu i roi'r wybodaeth a'r hyder i weithwyr proffesiynol weithredu, gan ddefnyddio Canllaw'r Ganolfan Cam-drin Plant yn Rhywiol (CSA Centre) ar Gyfathrebu â Phlant.

Yn dilyn y weminar, gallwch ddisgwyl cael:

- Mwy o ymwybyddiaeth a dealltwriaeth o'r rhwystrau y mae plant yn eu hwynebu wrth ddatgelu camdriniaeth
- Gwell dealltwriaeth o'r ymddygiadau proffesiynol a all roi'r hyder i blant siarad am eu profiadau
- Mwy o wybodaeth a hyder ynglŷn â sut i ymateb pan fydd plentyn yn datgelu ei fod wedi cael ei gam-drin

I archebu lle ar un neu'r ddwy weminar uchod, e-bostiwch [dysgu@ceredigion.gov.uk](mailto:dysgu@ceredigion.gov.uk)

### Safeguarding Children from Sexual Abuse Webinars

#### Signs and Indicators of Child Sexual Abuse

11/11/2026, 09:00–10:30

This session introduces the Signs and Indicators Template and provides an opportunity to use it in practice. It aims to give professionals the knowledge and confidence to act when they are concerned about a child.

Following the webinar, you can expect to have:

- The ability to build a picture of concerns when you are worried a child is being, or has been, sexually abused
- Greater knowledge of the emotional, behavioural and physical signs of sexual abuse and sexually abusive behaviour, and the factors that increase children's vulnerability to this form of harm
- Greater confidence in identifying, discussing, exploring and communicating concerns that a child is being sexually abused

#### Speaking to Children about Sexual Abuse

11/11/2026, 11:00–12:30

This webinar aims to help give professionals the knowledge and confidence to act, using the CSA Centre's Communicating with Children Guide.

Following the webinar, you can expect to have:

- Increased awareness and understanding of the barriers children face in telling
- A greater understanding of the professional behaviours that can give children the confidence to speak out
- Increased knowledge and confidence in how to respond when a child tells of their abuse

To book a place on one or both of the above webinars, please email [dysgu@ceredigion.gov.uk](mailto:dysgu@ceredigion.gov.uk)



## Sesiynau DEEP Am Ddim



## Free DEEP Sessions

Mae Gofal Cymdeithasol Cymru yn gweithio mewn partneriaeth â Datblygu Ymarfer a Gyfoethogir gan Dystiolaeth (DEEP) ac yn cynnig ystod o gyfleoedd dysgu a datblygu ar-lein am ddim rhwng mis Hydref a mis Rhagfyr.

Mae DEEP yn ddull cyd-gynhyrchu o gasglu, archwilio a defnyddio mathau amrywiol o dystiolaeth mewn dysgu a datblygu trwy ddefnyddio dulliau stori a deialog.

Gall defnyddio dulliau DEEP gefnogi pobl sy'n gweithio ar draws gwaith cymdeithasol a gofal cymdeithasol gyda'r ddealltwriaeth a'r offer sydd eu hangen i ddarparu gofal a chymorth sy'n canolbwyntio ar berthnasoedd.

Digwyddiadau sydd ar gael:

- **Cwrs Catalydd DEEP (10 sesiwn)**  
29/09/2026 - 15/12/2026, 09:30–12:30
- **Gwneud Penderfyniadau ar y Cyd**  
01/10/2026, 09:30–12:30
- **Egwyddorion DEEP**  
02/10/2026, 09:30–12:30
- **Gwahanol Ffyrdd o Archwilio Straeon**  
06/10/2026, 09:30–12:30
- **Y Fframwaith Synhwyrdd**  
07/10/2026, 09:30–12:30
- **Cymuned Ymholi**  
14/10/2026, 09:30–12:30
- **Pwyntiau Siarad**  
21/10/2026, 09:30–11:30
- **Eiliadau Hud ac Eiliadau Trasig**  
18/11/2026, 09:30–12:30
- **Mapio Effaith Crychdonni**  
19/11/2026, 09:30–12:30
- **Rhannu Tystiolaeth ar Sail Rhifau**  
25/11/2026, 09:30–12:30
- **Newid Mwyaf Arwyddocaol**  
26/11/2026, 09:30–12:30
- **PERCCI**  
03/12/2026, 09:30–10:30

Am ragor o wybodaeth ac i archebu lle ar unrhyw un o'r digwyddiadau uchod, ewch i [dudalen Digwyddiadau DEEP Gofal Cymdeithasol Cymru ar Eventbrite](#).

Social Care Wales is working in partnership with Developing Evidence Enriched Practice (DEEP) and are offering a range of free online learning and development opportunities between October and December.

DEEP is a co-production approach to gathering, exploring, and using diverse types of evidence in learning and development using story and dialogue-based methods.

Using DEEP approaches can support people working across social work and social care with the understanding and tools needed to deliver relationship-centred care and support.

Available events:

- **DEEP Catalysts Course (10 sessions)**  
29/09/2026 - 15/12/2026, 09:30–12:30
- **Making Collective Decisions**  
01/10/2026, 09:30–12:30
- **The DEEP Principles**  
02/10/2026, 09:30–12:30
- **Different Ways to Explore Stories**  
06/10/2026, 09:30–12:30
- **The Senses Framework**  
07/10/2026, 09:30–12:30
- **Community of Enquiry**  
14/10/2026, 09:30–12:30
- **Talking Points**  
21/10/2026, 09:30–11:30
- **Magic Moments and Tragic Moments**  
18/11/2026, 09:30–12:30
- **Ripple Effect Mapping**  
19/11/2026, 09:30–12:30
- **Sharing Number-Based Evidence**  
25/11/2026, 09:30–12:30
- **Most Significant Change**  
26/11/2026, 09:30–12:30
- **PERCCI**  
03/12/2026, 09:30–10:30

For more information and to book a place on any of the above events, please visit the [Social Care Wales DEEP Events page on Eventbrite](#).

# RHAGLEN DATBLYGU'R GWEITHLU GOFAL CYMDEITHASOL CYMRU

## SOCIAL CARE WALES WORKFORCE DEVELOPMENT PROGRAMME

### Codau Ymarfer Proffesiynol Newydd



Mae Gofal Cymdeithasol Cymru wedi diweddaru ei Godau Ymarfer Proffesiynol ar gyfer gweithwyr gofal cymdeithasol a chyflogwyr yng Nghymru i'w gwneud yn gliriach ac yn haws i'w dilyn.

Mae'r codau'n nodi'r hyn a ddisgwylir gan weithwyr a chyflogwyr, gan helpu i amddiffyn y cyhoedd a chynnal safonau uchel.

Am ragor o wybodaeth, ewch i [dudalen Codau Ymarfer Proffesiynol](#) ar wefan Gofal Cymdeithasol Cymru.

### New Codes of Professional Practice

Social Care Wales has updated its Codes of Professional Practice for social care workers and employers in Wales to make them clearer and easier to follow.

The codes set out what's expected of workers and employers, helping to protect the public and maintain high standards.

For further information, visit the [Codes of Professional Practice page](#) on the Social Care Wales website.

### Modiwlau eDdysgu



### eLearning Modules

Mae'r modiwlau eDdysgu canlynol ar gael ar Thingi:

- Profiadau Niweidiol yn ystod Plentyndod ac Ymarfer sy'n Ystyriol o Drawma yng Nghymru
- Gwrth-Hiliaeth (5 Modiwl)
- Ymwybyddiaeth o Ofalwyr
- Ymwybyddiaeth o Ddementia
- 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 Ddiodef Troseddau Bregusrwydd
- Sut i Ddarparu Meddyginiaethau yn Ddiogel
- Diogelu Plant ac Oedolion Grŵp A
- Deall Anhwylder Diffyg Canolbwytio a Gorfywigrwydd (ADHD)
- Deall Awtistiaeth (3 Modiwl)
- 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 Thingi ac yr hoffech gael mynediad at y modiwlau uchod, e-bostiwch [dysgu@ceredigion.gov.uk](mailto:dysgu@ceredigion.gov.uk)

The following eLearning modules are available on Thingi:

- Adverse Childhood Experiences and Trauma-Informed Practice in Wales
- Anti-Racism (5 Modules)
- Carer Aware
- Dementia Awareness
- 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
- Understanding ADHD
- Understanding Autism (3 Modules)
- 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 Thingi account and would like to access the above modules, please email [dysgu@ceredigion.gov.uk](mailto:dysgu@ceredigion.gov.uk)

## Hyfforddiant Rhithwir

- **Deall Eiriolaeth Broffesiynol Annibynnol**  
20/10/2026, 13:30–14:30
- **Diogelu Oedolion Grŵp B**  
21/10/2026, 09:30–15:30  
17/11/2026, 09:30–15:30
- **Ymwybyddiaeth Sylfaenol o Gamddefnyddio Sylweddau**  
11/11/2026, 09:30–16:00
- **Cyflwyniad i Fudd-daliadau Lles i Bobl 16 - 25 Oed**  
12/11/2026, 09:45–16:00
- **Diogelu Plant Grŵp B**  
18/11/2026, 09:30–15:30
- **Canabis a Sgrinio**  
08/12/2026, 09:30–13:30

## Hyfforddiant Wyneb yn Wyneb

- **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
- **Cyfyngau Cymdeithasol, Plant a Phobl Ifanc gan ddefnyddio Realiti Rhithwir**  
24/09/2026, 09:30–15:30, Penmorfa, Aberaeron
- **Ymwybyddiaeth o Ddementia gan ddefnyddio Realiti Rhithwir**  
25/09/2026, 09:30–13:00, Penmorfa, Aberaeron
- **Gofal Cathetr a Stoma**  
16/10/2026, 10:00–12:30, Penmorfa, Aberaeron
- **Gofal o ran Anymataliaeth a Briwiau Pwysu**  
16/10/2026, 13:00–15:30, Penmorfa, Aberaeron
- **Ymwybyddiaeth o Droseddau sy'n ymwneud â Chylllyll gan ddefnyddio Realiti Rhithwir**  
11/11/2026, 09:30–15:30, Penmorfa, Aberaeron

## Virtual Training

- **Understanding Independent Professional Advocacy**  
20/10/2026, 13:30–14:30
- **Safeguarding Adults Group B**  
21/10/2026, 09:30–15:30  
17/11/2026, 09:30–15:30
- **Basic Substance Misuse Awareness**  
11/11/2026, 09:30–16:00
- **Introduction to Welfare Benefits for 16 - 25 Year Olds**  
12/11/2026, 09:45–16:00
- **Safeguarding Children Group B**  
18/11/2026, 09:30–15:30
- **Cannabis and Screening**  
08/12/2026, 09:30–13:30

## Face-to-Face Training

- **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
- **Social Media, Children & Young People using Virtual Reality**  
24/09/2026, 09:30–15:30, Penmorfa, Aberaeron
- **Dementia Awareness using Virtual Reality**  
25/09/2026, 09:30–13:00, Penmorfa, Aberaeron
- **Catheter and Stoma Care**  
16/10/2026, 10:00–12:30, Penmorfa, Aberaeron
- **Incontinence and Pressure Area Care**  
16/10/2026, 13:00–15:30, Penmorfa, Aberaeron
- **Knife Crime Awareness using Virtual Reality**  
11/11/2026, 09:30–15:30, Penmorfa, Aberaeron

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

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

**dysgu@ceredigion.gov.uk**

**01970 633949**

**[ceri.ceredigion.gov.uk/learning/cy/](http://ceri.ceredigion.gov.uk/learning/cy/)**

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