



Newsletter



Learning Disability Week 2020

Learning Disability Week 2020 will take place online from 15 to 21 June. The theme of the week is the importance of friendships during lockdown. Due to the coronavirus pandemic, we have all been living in lockdown. This means that many people with a learning disability are feeling isolated, as they have been unable to see their friends and families.

We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.

We want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time.

[For more information](#)



Cynhelir Wythnos Anableddau Dysgu 2020 #TeuluMencap

arlein rhwng 15 a 21 Mehefin

a'r thema yw

pwysigrwydd cyfeillgarwch yn ystod y cyfyngiadau symud.



Oherwydd y pandemig coronafeirws, mae pawb yn cydymffurfio â'r cyfyngiadau symud. Mae hyn yn golygu bod llawer o bobl sydd ag anableddau dysgu'n teimlo'n unig, oherwydd dydyn nhw ddim yn gallu gweld eu ffrindiau na'u teuluoedd.

Rydym yn gwybod bod pobl gydag anableddau dysgu yn profi lefelau uchel o unigrwydd ac ynysrwydd cymdeithasol a bydd hyn yn gwaethu yn ystod y cyfyngiadau symud.

Rydym eisiau dangos pwysigrwydd cyfeillgarwch i helpu i fynd i'r afael ag unigrwydd, yn ogystal ag archwilio'r gwahanol ffyrdd o gynnal cyfeillgarwch yn ystod y cyfnod anghyffredin hwn.

Yn aml anwybyddir anghenion cyfeillgarwch pobl sydd ag anableddau dysgu dwys

a lluosog (PMLD), efallai oherwydd eu hanawsterau cyfathrebu.

Fodd bynnag, mae pobl sydd â PMLD yn gallu ffurfio perthnasau,

gwneud penderfyniadau a chyfathrebu gydag eraill drwy leisio,

cyffwrdd ac ymddygiadau anllafar megis mynegiad wyneb ac ystumiau



Mae gan bobl sydd ag Anableddau Dysgu yn hawl i ddatblygu cyfeillgarwch a mwynhau bywyd cymdeithasol, fel pawb arall

Pam fod cyfeillgarwch yn bwysig i bobl sydd ag anawsterau dysgu:

Mwy o hyder a hapusrwydd: Gall bywyd cymdeithasol gweithredol helpu pobl sydd ag anableddau dysgu i fod yn hapusach, yn rhan o rywbeth a theimlo'n werthfawr.

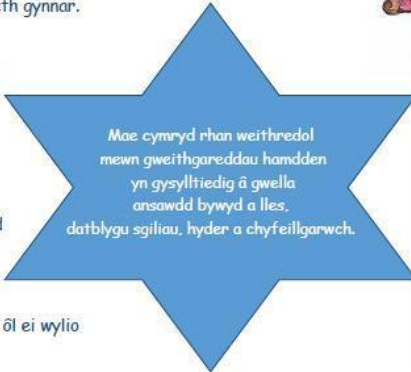
Lleihau unigrwydd: Gall cyfeillgarwch helpu i leihau unigrwydd. Mae unigrwydd yn gysylltiedig â nifer o beryglon iechyd, megis iselder, pwysedd gwaed uchel a risg uwch o farwolaeth.

Gwella iechyd: Mae tystiolaeth yn awgrymu bod cael mwy o gyfeillgarwch o ansawdd gwell yn gysylltiedig ag iechyd corfforol gwell a llai o risg o farwolaeth gynnar.



Sut i gysylltu â ffrindiau yn ystod y cyfyngiadau symud:

- 📺 Galwad Fideo
- 📧 Ysgrifennu llythyrâu /anfon cardiau
- 📞 Dathlu achlysuron hapus
- 👉 Gwneud gweithgareddau ar-lein
- 🗣️ Dywedwch wrthynt eu bod yn rhan bwysig o'ch bywyd
- 📺 Dysgu sgil/hobi newydd gyda'ch gilydd
- 👉 Gwnewch rhywbeth creadigol i'ch ffrindiau.
- 👉 Siaradwch â nhw am sut yn ydych yn teimlo
- 👉 Gwylwch ffilm/gyfres deledu a siaradwch amdano ar ôl ei wyllo
- 👉 Cynnal picnic yn eich gerddi dros alwad fideo
- 👉 Rhwch lun ohonoch chi a'ch ffrind mewn ffram
- 👉 Gwnewch Jar Syniadau - awgrymiadau o beth i'w wneud gyda'ch gilydd ar ôl i'r cyfyngiadau symud ddod i ben.

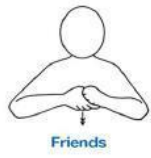


Mae cymryd rhan weithredol mewn gweithgareddau hamdden yn gysylltiedig â gwella ansawdd bywyd a lles, datblygu sgiliau, hyder a chyfeillgarwch.

Fight for you.
Respect you.
Include you.
Encourage you.
Need you.
Deserve you.
Stand by you.



Learning Disability Week 2020
 will take place online #MencapFamily from the
 15th to the 21st June
 The theme is



The importance of friendships during lockdown!

Due to the coronavirus pandemic, we are all currently living in lockdown. This means that many people with a learning disability are feeling isolated, as they are unable to see their friends and families.

We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.

We want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time.

The friendship needs of people with profound and multiple learning disabilities (PMLD) are often ignored, perhaps due to their communication difficulties. However, people with PMLD are capable of forming relationships, making choices and communicating with others through vocalisation, touch and non-verbal behaviours such as facial expression and gestures



Why are friendships important to people with a learning disability:

More happiness and confidence: Having an active social life can help people with a learning disability to feel happier, included and valued

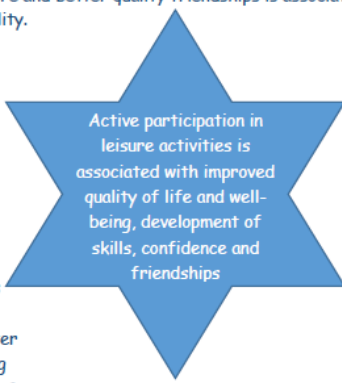
Reduce loneliness: Friendships also help to reduce loneliness. Loneliness is linked to a number of health risks, such as depression, high blood pressure and higher mortality risk.

Improved health: Evidence suggests that having more and better quality friendships is associated with better physical health and lower risk of early mortality.



How to connect with friends during lock down:

- ✚ Video calling
- ✚ Write letters/ send card's
- ✚ Celebrating happy occasions
- ✚ Doing activities online
- ✚ Tell them how important they are in your life
- ✚ Learn a new skill/ hobby together
- ✚ Get creative make something for your friends
- ✚ Talk about how you are feeling with them
- ✚ Watch a film/ TV series and chat about it after
- ✚ Have a picnic in your gardens over video calling
- ✚ Put a photo of you and your friend in a picture frame
- ✚ Make an Idea Jar- suggestions of what to do together when Lockdown is over!



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Wythnos Anableddau Dysgu 2020 #TeuluMencap

Pwysigrwydd cyfeillgarwch yn ystod y cyfyngiadau symud.

FFRINDIAU



CYSYLLTWCH Â FFRINDIAU

Ffoniwch ffrind neu drefnu galwad fideo

Trefnwch gyfarfod grŵp ar-lein

Anfonwch lythyr

hug
Cofleidiwch y bobl sy'n byw yn eich tŷ

BYDDWCH YN GAREDIG

Siaradwch am eich teimladau

Be kind online.

CADWCH MEWN CYSYLLTIAD Â FFRINDIAU

gifts
Gwnewch anrheg i ffrind neu berthynas

Gwnewch gynllun ar gyfer y dyfodol

Gwnewch restr o'ch ffrindiau

help
Gofynwch am GYMORTH i gadw mewn cysylltiad gyda'ch ffrindiau

Rhannwch jôc gyda ffrind

Gwnewch lun i'ch ffrind

Pobwch gacen ar gyfer cymydog neu ffrind

Cwrdd gydag un ffrind y tu allan, arhoswch 2 medr ar wahân

Gwnewch restr o amseroedd hapus sy'n eich gwneud yn hapus

 presents
LEARNING DISABILITY WEEK 2020
 15-21 June

Learning Disability Week 2020 #MencapFamily
 The importance of friendships during lockdown!

FRIENDS


CONNECT WITH FRIENDS


Video call or phone a friend


Arrange a group online meeting


Send a letter


hug
 Hugs for people living in your house


BE KIND



 Talk about your feelings
 I FEEL
 SAD

Be Kind online.


STAY IN TOUCH WITH FRIENDS


gifts
 Make a gift for a friend or relative


Make a future plan


Make a list of your friends


help
 Ask for HELP to get in touch with friends


Share a joke with a friend


Draw a picture for a friend



 Bake a cake for a neighbour or friend

Meet one friend outside, stay 2 meters apart



 Make a list of happy times that make you smile

Created by Mai Rees, Learning Disability Nurse, ROC, ST Christopher's School, BCUHB

And finally.....

Friends at school
Friends at school can play and share.
Friends at school are kind and fair.
Friends at school will talk to you
When you're feeling sad and blue.
Friends at school are big and small.
Friends at school are best of all.

