

Support for neuro-diverse people in Conwy & Denbighshire

If you are neuro-diverse* or if you are a parent or carer of an neuro-diverse person we want to hear your views

Have your say about the things that matter to you

- ✓ There are more people diagnosed as neuro-diverse. There is better understanding of autism and other neuro-diversity and the impact of being neuro-diverse.
- ❖ BUT, it can still be difficult for neuro-diverse people. Not everyone has a good understanding of what it is like to be neuro-diverse.
- ❖ Neuro-diverse people can't always get the right support or do the things they want to do. It can also be difficult sometimes as a Parent or Carer.
- We want to know about your experiences as a neuro-diverse person (or as someone who cares for a neuro-diverse person).

At Venue Cymru, you can tell us what you think by

- ✓ chatting with someone
- ✓ writing down your feedback in public for other people to see
- ✓ writing down your feedback in private
- ✓ recording what you think

STAND North Wales CIC, Conwy & Denbighshire Councils will use this information to identify how to make improvements for neuro-diverse people and their parents or carers.

These are the things we want you to tell us about...

- **GOOD STUFF - What works well?** Tell us about your positive experiences
- **GAPS - What would you like to see more of?** Tell us about the things that would help you with your own wellbeing.
- **WORRIES – what are the biggest challenges** for you as a neuro-diverse person (or as a parent or carer)? What causes problems / worries for you?
- **BARRIERS** - Is there anything that **stops you / the person you care for from taking part** in things? What can be done about this?
- **IMPROVEMENTS** - If you could **change one thing to make your community better** for you (& / or the person you support) what would it be?
- **MESSAGES** - If you could give **one message** about autism and neuro-diversity to other people, what would it be?

Come along to the Gwych room at Venue Cymru on 2nd November 2023

*Neurodiversity refers to the different ways a person's brain processes information.

Cymorth i bobl niwro-amrywiol yng Nghonwy a Sir Ddinbych

Os oes gennych chi niwroamrywiaeth* neu os ydych chi'n rhiant neu'n ofalwr unigolyn niwro-amrywiol, yna mae arnom ni eisiau clywed eich barn chi

Dywedwch eich dweud am y pethau sy'n bwysig i chi

- ✓ Mae mwy a mwy o bobl yn cael diagnosis o niwroamrywiaeth ac mae yna well dealltwriaeth o awtistiaeth a chyflyrau niwroamrywiaeth eraill, ac effaith hynny.
- ❖ OND, mae pethau'n dal yn gallu bod yn anodd i bobl â niwroamrywiaeth. Dim pawb sydd â dealltwriaeth dda o sut beth ydi bod yn niwro-amrywiol.
- ❖ Dydi pobl niwro-amrywiol ddim bob tro yn cael y gefnogaeth gywir nac yn gallu gwneud y pethau sydd arnyn nhw eisiau. Gall hefyd fod yn anodd i rieni a gofalwyr.
- Mae arnom ni eisiau gwybod am eich profiadau chi fel unigolyn niwro-amrywiol (neu fel rhiant neu ofalwr unigolyn niwro-amrywiol).

Yn Venue Cymru fe allwch chi ddweud eich dweud drwy

- ✓ Sgwrsio efo rhywun
- ✓ Ysgrifennu eich adborth yn gyhoeddus i bobl eraill gael ei weld
- ✓ Ysgrifennu eich adborth yn breifat
- ✓ Recordio eich geiriau

Bydd STAND Gogledd Cymru CBC a Chynghorau Conwy a Sir Ddinbych yn defnyddio'r wybodaeth yma i nodi gwelliannau er budd pobl niwro-amrywiol a'u rhieni a'u gofalwyr.

Hoffem glywed...

- **PETHAU DA – be' sy'n gweithio'n dda?** Rhowch wybod i ni am eich profiadau cadarnhaol.
- **BYLCHAU – Beth hoffech chi weld mwy ohono?** Dywedwch wrthym ni pa bethau fyddai'n helpu eich lles.
- **PRYDERON – be' 'di'r her fwyaf** i chi fel unigolyn niwro-amrywiol (neu riant / gofalwr)? Beth sy'n achosi problemau / poen meddwl i chi?
- **RHWYSTRAU – Oes unrhyw beth yn eich rhwystro chi neu'r unigolyn rydych chi'n gofalu amdano rhag cymryd rhan** mewn pethau? Beth ellir ei wneud ynghylch hyn?
- **GWELLIANNAU – Petaech yn gallu newid un peth i wneud eich cymuned yn well** i chi (a / neu i'r unigolyn rydych chi'n ei gefnogi), beth fyddai hynny?
- **NEGESEUON – Petaech yn gallu rhoi un neges** am awtistiaeth a niwroamrywiaeth i bobl eraill, beth fyddai'r neges honno?

Dewch draw i ystafell Gwych yn Venue Cymru ar 2 Tachwedd 2023

*Mae niwroamrywiaeth yn cyfeirio at y ffyrdd gwahanol y mae ymennydd unigolyn yn prosesu gwylbodaeth.