

## Befriending Scheme

### Aims & Objectives

The aim of the scheme is to alleviate isolation and loneliness amongst deaf and hard of hearing people. To improve the confidence of people with a hearing loss, to encourage them to meet other people and join in social activities and so reduce stress and anxiety. To encourage greater independence and improve their quality of life.

### How will this be achieved?

North Wales Deaf Association employs a befriender who visits deaf and hard of hearing people on a regular basis.

The befriender may accompany deaf and hard of hearing people to visit deaf and hard of hearing clubs, lip reading classes and other appropriate groups.

Ensures they are aware of the full range of services available to deaf and hard of hearing people in their area.

Funding for this project has been received from the Morgan Foundation.

**Clients** will include people across the whole range of hearing loss from Hard of Hearing, Deafened, Profoundly Deaf sign language users and Deafblind - anyone who is feeling isolated as a result of their hearing loss. As the funding is limited, priority will be given to clients who have additional needs and have no relatives living locally.

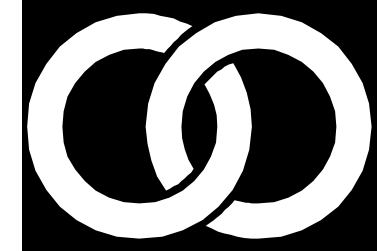
Clients will live in North Wales and can join the scheme by contacting North Wales Deaf Association.

### Activities you may like to take part in include:

- Social shopping
- Go out for cup of coffee
- Attend a local club
- Occasional group outings

### What you can achieve

- You will gain in confidence and independence
- Find out how to overcome day to day problems
- You may meet other people who have similar problems to yourself or have even already overcome these problems.
- You will have fun and enjoy yourself.



## Befriending Scheme

*Supporting Deaf, Deafened, Hard of Hearing and Deafblind people across North Wales.*

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# Cynllun Cyfeillio

## Nodau ac Amcanion

Amcan y cynllun yw lliniaru unigrwydd a bod ar wahân ymysg pobl fyddar a thrwm eu clyw. Gwella hyder pobl gydag amhariad clyw, i'w hannog i gyfarfod â phobl eraill ac ymuno mewn gweithgareddau cymdeithasol ac felly lleihau straen a phryder. I hybu rhagor o annibyniaeth a gwella ansawdd eu bywyd.

## Sut y bydd hyn yn cael ei gyflawni?

Mae Cymdeithas y Byddar Gogledd Cymru yn cyflogi gwirfoddolwyr wedi'u hyfforddi'n briodol i ymweld â phobl fyddar a thrwm eu clyw yn rheolaidd.

Gall gwirfoddolwyr fynd gyda phobl fyddar a thrwm eu clyw glybiau'r byddar a thrwm eu clyw, dosbarthiadau darllen gwefusau a grwpiau addas eraill.

Sicrhau eu bod yn ymwybodol o'r holl amrediad o wasanaethau sydd ar gael i'r byddar a thrwm eu clyw yn eu hardal hwy.

Derbyniwyd cyllid ar gyfer y prosiect hwn gan y Morgan Foundation

Bydd y Cleientiaid yn cynnwys pobl ar draws holl ystod nam ar y clyw o Drwm eu Clyw, Wedi Byddaru, Cwbl Fyddar yn defnyddio iaith arwyddo a'r Byddar-Ddall — unrhyw un sy'n teimlo'n unig o ganlyniad i'w diffyg clyw. Gan fod cyllid yn brin, rhoddir blaenoriaeth i gleientiaid sydd ag anghenion ychwanegol a sydd heb deulu'n byw'n agos

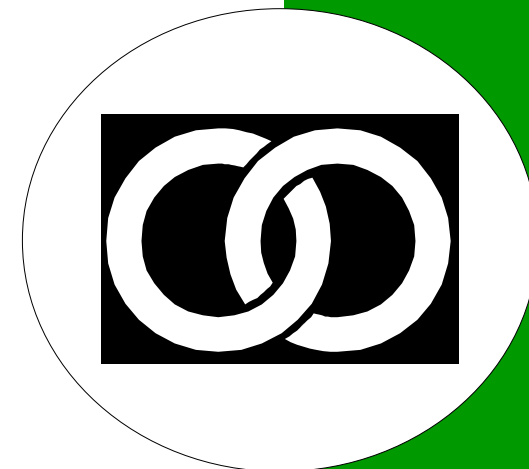
Bydd y cleientiaid yn byw yng Ngogledd Cymru a gallant gael mynediad i'r cynllun drwy gysylltu â Chymdeithas y Byddar Gogledd Cymru.

## Mathau o weithgareddau y byddech yn medru cymryd rhan ynddynt:

Siopa cymdeithasol  
Mynd allan am banded o goffi  
Mynychu clwb lleol  
Tripiâu achlysurol fel grŵp

## Beth allwch chi ei gyflawni

Gweld cynnydd yn eich hunan-hyder ac annibyniaeth  
Darganfod sut i oresgyn problemau dyddi ddydd  
Gallwch gyfarod pobl eraill sydd gyda phroblemau tebyg i'ch rhai chi neu sydd eisoes wedi goresgyn y problemau hyn  
Byddwch yn cael hwyl a mwynhan eich hun



## Cynllun Cyfeillio

*Cynnal Pobl Fyddar, Wedi Byddaru, Trwm eu Clyw a Byddar-Ddall ar draws Gogledd Cymru.*

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