

BDOCT

BWRDD

DIOGELU OEDOLION CWM TAF

MAE MATERION DIOGELU O BWYS I BAWB

CTSAB

CWM TAF

SAFEGUARDING ADULTS BOARD

SAFEGUARDING IS EVERYONE'S BUSINESS



Beth yw Diogelu?

Nod diogelu yw atal cam-drin oedolion sydd mewn risg, ac amddiffyn y rheiny sydd wedi cael eu camdrin.

Pwy yw'r oedolion sydd mewn perygl... Ydw i'n oedolyn mewn perygl?

Mae oedolyn sy mewn perygl yn rhywun sydd angen cymorth gyda'i les corfforol neu emosiynol ac sydd, o ganlyniad, yn gallu bod yn agored i niwed. Efallai y bod angen cymorth gyda thasgau byw bob dydd megis angen cymorth gyda bwyta, gwisgo, rheoli arian neu yn mynd allan o'r tŷ.

Cam-drin... Ydy e'n amlwg?

Gall cam-drin ddigwydd mewn sawl ffordd:

- **Cam-drin corfforol** – bwrw, cicio neu ataliad gormodol
- **Seicolegol** Bygwth niwed neu waradwydd, rheoli cydberthnasau ac ynysu
- **Rhywiol** Gweithgareddau rhyw yn erbyn yr ewyllys, gan gynnwys cyffwrdd
- **Cam-drin ariannol** – gan gynnwys twyll neu ddylanwadu ar faterion eiddo neu ewyllysiau
- **Esgeulustod** Methiant â diwallu anghenion beunyddiol oedolyn sy'n destun risg

Beth ddylwn i ei wneud?

Os ydych chi'n amau bod person mewn perygl uniongyrchol o niwed, ffoniwch **999** a siarad â'r Heddlu.

Os ydych chi wedi dioddef cam-drin (neu'n dal i ddioddef), neu os ydych chi'n adnabod rhywun sydd, yn eich barn chi, yn cael ei gam-drin, cysylltwch â'n Carfan Ymateb ar Unwaith ar:

Safeguarding – What is it?

Safeguarding is about preventing the abuse of adults at risk and protecting those who have been subject to abuse.

Who is an adult at risk...

Am I an adult at risk?

An adult at risk is someone who needs support with their physical or emotional wellbeing, who as a result may be considered vulnerable. They may need assistance with everyday living tasks. Some examples of this could be requiring assistance with eating, dressing, managing money or going out of the house.

Abuse... Would I see it?

Abuse can take many forms;

- **Physical** Hitting, kicking, undue restraint
- **Psychological** Threats of harm or humiliation, controlling relationships and isolation
- **Sexual** Unwanted sexual activity, including touching
- **Financial** Theft, fraud or applying pressure around property or wills
- **Neglect** Failure to meet the everyday needs of the adult at risk

What should I do?

If you suspect a person is in immediate risk of harm call **999** and speak to the police.

If you have been or still are the victim, or you know someone who you think is being abused, contact the First Response Team on:

Rhondda Cynon Taf: 01443 425003

Merthyr Tudful / Merthyr Tydfil: 01685 725000

Oriau agor / Opening Hours: **Dydd Llun - Dydd Gwener / Monday - Friday 8.30am - 5.00pm**

Carfan ar Ddyletswydd ar gyfer Argyfyngau y Tu Allan i Oriau Swyddfa / Out of Hours Emergency Duty Team Office:

01443 743665

www.cwmtafsafeguarding.org