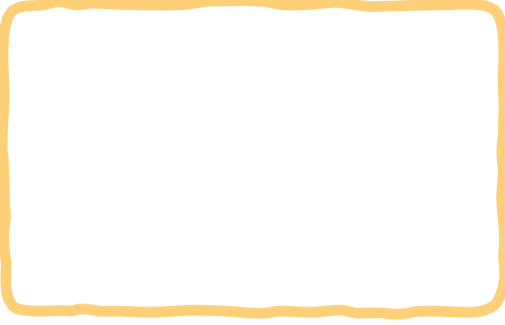


Canllaw cyflym i fod yn wirfoddolwr sy'n ymweld â theuluoedd

- Rhaid i chi fod yn rhiant neu â phrofiad fel rhiant.
- Fel gwirfoddolwr gyda Home-Start, byddwch chi'n cynorthwyo teuluoedd trwy ymweld â nhw yn eu cartrefi am rhyw ddwyawr, unwaith yr wythnos.
- Dylech chi fod yn gallu rhoi o leiaf chwe mis o'ch amser i Home-Start.
- Ni ddylech fod yn rhywun sy'n barnu eraill a dylech fod yn deall y pwysau a ddaw wrth fagu teulu.
- Bydd rhaid i chi fynychu ein Cwrs Paratoi Gwirfoddolwyr am ddim gyda gwirfoddolwyr newydd eraill cyn cwrrd â'ch teulu cyntaf.
- Telir treuliau yn ystod hyfforddiant a thra'r ydych chi'n cynorthwyo teulu, a gallech chi gael help gyda chostau gofal plant hefyd.
- Pe dymunwch, fe allech chi ddewis cael eich hyfforddiant wedi'i gydnabod yn ffurfiol trwy achrediad gan y Rhwydwaith Coleg Agored.
- Rhaid i chi ddeall bod y cymorth a roddwch i deuluoedd yn gwbl gyfrinachol.
- Bydd rhaid i chi gael gwiriad manylach y Swyddfa Cofnodion Troseddol.
- Byddwch chi'n cael cymorth gan eich Home-Start lleol tra byddwch chi'n ymweld â theuluoedd.

Sut alla i gael gwybod mwy am fod yn wirfoddolwr Home-Start?

Cysylltwch â'ch Home-Start lleol am sgwrs anffurfiol:



Ewch i'n gwefan i gael gwybod mwy ac i chwilio am eich Home-Start lleol: www.home-start.org.uk

Ffoniwch ein llinell ddi-dâl: 0800 068 63 68

Mae miloedd o wirfoddolwyr Home-Start yn ymweld â theuluoedd yn eu cartrefi bob wythnos ar hyd a lled y DU, gan gynorthwyo rhieni sy'n wynebu amgylchiadau o bob math fel unigrwydd, profedigaeth, genedigaethau lluosog, salwch, anabledd neu rieni sy'n cael trafferth ymdopi â chyfrifoldebau rhieni. Maent yn darparu cefnogaeth ymarferol, emosïynol a diduedd ac yn helpu i godi hyder y teulu a'u gallu i ymdopi. Mae gan Home-Start fwy o wasanaethau a mwy o wirfoddolwyr yn cynorthwyo mwy o deuluoedd nag unrhyw elusen arall sy'n cynorthwyo teuluoedd arall yn y DU.

Cefnogir pob prosiect Home-Start gan Home-Start UK, sy'n darparu hyfforddiant i staff, gwirfoddolwyr ac ymddiriedolwyr, gwybodaeth a chanllawiau am lywodraethu, materion cyfreithiol ac adnoddau dynol a chymorth i godi arian a chyfathrebu.

Swyddfa gofrestrdig:

Home-Start UK

2 Salisbury Road, Leicester, LE1 7QR

Ffôn: 0116 233 9955 Ffacs: 0116 233 0232

E info@home-start.org.uk

Home-Start UK, cwmni cyfyngedig drwy warant, rhif cwmni 5382181. Elusen gofrestrdig yng Nghymru a Lloegr, rhif cofrestrdig 1108837.

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**Home
Start**

Cefnogaeth a chyfeillgarwch
i deuluoedd
Support and friendship
for families

Volunteer08

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**Cefnogaeth a
CHYFEILLGARWCH
i DEULUOEDD**

...canllaw ar **wirfoddoli**
gyda Home-Start



www.home-start.org.uk
rhadffôn: 0800 068 63 68

A quick guide to becoming a home visiting volunteer

- You must be a parent or have parenting experience.
- As a Home-Start volunteer you will support a family by visiting them at home for around two hours, once a week.
- You should be able to commit at least six months of your time to Home-Start.
- You should have a non-judgemental attitude and understand about the pressures of bringing up a family.
- You will have to attend our free Volunteer Preparation Course with other new volunteers before meeting your first family.
- Expenses are paid during training and while you support a family, and help with childcare costs may also be available.
- If you want to, you may be able to take up the option of your training being formally recognised through accreditation with the Open College Network.
- You must understand that your support for families is completely confidential.
- You will have to undergo a criminal record check at enhanced level.
- You will be supported by your local Home-Start during the time you are visiting families.

How can I find out more about becoming a Home-Start volunteer?

Contact your local Home-Start for an informal chat:



Visit our website to find out more and locate your local Home-Start: www.home-start.org.uk

Call our free information line: 0800 068 63 68

Across the UK thousands of Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

All Home-Start schemes are supported by Home-Start UK, which provides training for staff, volunteers and trustees, information and guidance on governance, legal and human resources issues and help with fundraising and communications.

Registered office:

Home-Start UK

2 Salisbury Road, Leicester, LE1 7QR

T 0116 233 9955 F 0116 233 0232

E info@home-start.org.uk

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**SUPPORT
and FRIENDSHIP
for families**

...a guide to **volunteering**
for Home-Start



www.home-start.org.uk
Freephone: 0800 068 63 68

Gwirfoddolwch gyda Home-Start a gwneud gwahaniaeth i deulu yn eich cymuned

...ateb eich cwestiynau

Beth yw Home-Start?

Elusen sy'n gweithredu ledled Prydain yw Home-Start sydd â phrosiectau mewn cannoedd o gymunedau lleol. Rydym yn recriwtio ac yn hyfforddi gwirfoddolwyr i helpu teuluoedd sydd â phlant ifanc. Mae ein gwirfoddolwyr, sydd â phrofiad o fod yn rhieni, yn cynorthwyo rhieni eraill trwy ymweld â nhw yn eu cartrefi am awr neu ddwy bob wythnos. Rydym yn cynnal grwpiau teuluol arbennig hefyd ac yn trefnu digwyddiadau cymdeithasol i deuluoedd.

Pa fath o deuluoedd fyddwn i'n eu helpu?

Gall pob math o deuluoedd gael anhawster i ymdopi am bob math o resymau, efallai oherwydd salwch neu anabledl sydd gan blentyn neu oherwydd salwch ôl-enedigol, profedigaeth neu unigrwydd. Yn Home-Start, rydym yn cynorthwyo unrhyw riant sydd â phlant ifanc sy'n gofyn am ein help a daw'r teuluoedd yr ydym yn eu cefnogi, fel ein gwirfoddolwyr, o bob math o gefndiroedd.

All fy nghymorth a'm cyfeillgarwch wneud gwahaniaeth go iawn?

Mae pob rhiant yn gwybod bod y blynyddoedd cynnar hynny cyn i blant fynd i'r ysgol yn hanfodol ym mywyd plentyn, ac yn Home-Start rydym yn credu bod cyfraniad rhieni'n hollbwysig wrth i greu plentyndod diogel i'w plant. Ond weithiau, mae angen ychydig o help arnynt i wneud hyn...eich help **chi**.



Volunteer for Home-Start and make a difference to a family in your community

...your questions answered

What is Home-Start?

Home-Start is a national charity with schemes in hundreds of local communities. We recruit and train volunteers to help families with young children. Our volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours each week. We also run special family groups and hold social events for families.

What kind of families would I be helping?

All kinds of families can find it hard to cope for all sorts of reasons, maybe because of the illness or disability of a child or because of post-natal illness, bereavement or loneliness. At Home-Start we support any parent with young children who asks for our help and our supported families, like our volunteers, come from all walks of life.

Can my support and friendship really make a difference?

All parents know that those early years before children go off to school are vital in a child's life and at Home-Start we believe parents have the key role in creating a secure childhood for their children. It's just that sometimes they need a bit of help...**your** help.



Beth fyddwn i'n ei wneud fel gwirfoddolwr?

Fel rheol, byddwch yn ymweld â theulu yn eu cartref eu hunain unwaith yr wythnos am awr neu ddwy. Y teulu fydd yn penderfynu sut byddwch chi'n helpu mewn gwirionedd. Efallai mai rhywun i siarad â nhw fydd rhai ei angen ... tra bod eraill angen cymorth mwy ymarferol, megis help gyda chynllunio a choginio pryd bwyd, darllen i'r plant, mynd i'r parc lleol neu gael gwybodaeth am wasanaethau lleol.

Oes angen unrhyw gymwysterau arnaf i fod yn wirfoddolwr?

Yr unig 'gymhwyster' gwirioneddol sydd ei angen yw profiad o fagu plant. Mae agwedd gyfeillgar a chymwynasgar yn hanfodol, yn ogystal â dealltwriaeth o'r pwysau sydd ar rieni. Rydym yn gwerthfawrogi pobl sy'n osgoi barnu eraill; pobl a fydd yn parhau'r ffaith eu bod wedi cael eu gwahodd i gartref teulu; pobl a fydd yn trin mam neu dad yn gyfartal.

Yw'r gwirfoddolwyr yn cael unrhyw hyfforddiant?

Rydym yn rhoi blaenoriaeth uchel i recriwtio, ymsefydlu, hyfforddi a chynorthwyo'n gwirfoddolwyr i gyd. Cewch eich cynorthwyo yn ystod eich hyfforddiant a thrwy gydol cyfnod eich cyswllt â theuluoedd. Mae Cwrs Paratoi uchel ei barch Home-Start wedi'i achredu gan y Rhwydwaith Coleg Agored. Os bydd eich prosiect yn cynnig yr achrediad hwn, byddwch chi'n gallu cael credydau trwy gael eich hyfforddiant Home-Start wedi'i gydnabod yn ffurfiol.

Pa fudd fyddai gwirfoddoli i Home-Start yn ei roi i mi?

Gwybod eich bod wedi helpu; cynyddu'ch hunan-barch a'ch hyder; hyd yn oed eich galluogi i fynd gam yn agosach at swydd. Darllenwch stori Philippa

A allaf helpu heb ymweld â theuluoedd?

Gallwch. Mae'r prosiectau angen gwirfoddolwyr i helpu rhedeg grwpiau teulu a gweithgareddau cymdeithasol ac i helpu codi arian hefyd. Mae angen ymddiriedolwyr gwirfoddol arnynt hefyd i'w helpu i reoli eu gwaith.

As a volunteer what would I actually do?

Usually you visit a family in their own home once a week for a couple of hours. How you help is really down to the family itself. Some might need someone to talk to... others may need more practical support with meal planning and cooking, reading to the children, going to the local park, or finding out about local services.

Do I need any qualifications to be a volunteer?

The only real 'qualification' is experience of bringing up children. Friendliness and a caring attitude are essential as well as an understanding of the pressures of parenting. We value people who don't judge others; people who will respect the fact that they have been invited into a family's home; people who will treat a mother or father as an equal.

Do volunteers get any training?

Yes, we give high priority to the recruitment, induction, training and support of all our volunteers. You will be supported during your training and throughout your contact with families. Home-Start's highly rated Preparation Course is also accredited by the Open College Network. If your scheme offers this accreditation you will be able to gain credits through formal recognition of your Home-Start training.

What would I get out of volunteering for Home-Start?

Knowing you have helped; a boost to your self-esteem and confidence; even a foot on the ladder towards a job. See what Philippa says in her story.....

Can I help without visiting families?

Yes. Schemes also need volunteers to help run family groups and social activities and to help raise funds. They also need volunteer trustees to help manage their work.



Philippa, mam i dri o blant a gwirfoddolwr gyda Home-Start ...

“ Roedd Home-Start yn apelio ataf am ei fod yn elusen sy'n ymroddedig i'r teulu. Roeddwn yn teimlo bod gennyf lawer o brofiad yn hynny o beth ac felly'n gallu cyfrannu rhywbeth.

Pan gwrrdais â'm teulu cyntaf teimlais yn agos atynt yn syth. Er iddynt ofyn i mi roi cymorth ymarferol, daeth yn amlwg yn fuan iawn bod angen cymorth emosiynol ar y fam hefyd. Cymrodd rai misoedd iddi ddod allan o'i chragen, ac roeddwn yn credu fod hynny'n gam mawr iawn ymlaen.

Teimlo eich bod yn helpu rhywun, dyna'r peth gorau. Gall bod yn wirfoddolwr fod yn straen emosiynol ar brydiau, ond mae yna adegau cofiadwy hefyd; er enghraifft, pan fydd plentyn yn eich teulu Home-Start yn dweud wrthy ch ei fod yn eich caru...mae'n teimlo'n wych.

Fel gwirfoddolwr Home-Start nid wyf byth yn teimlo wedi fy ynysu. Rwy'n rhan o dîm ac rwy'n gwybod y gallaf gysylltu â'm trefnydd Home-Start unrhyw bryd am gefnogaeth os byddaf yn cael unrhyw anawsterau. Mae bod yn wirfoddolwr gyda Home-Start wedi bod yn brofiad cadarnhaol iawn i mi.

pan fydd plentyn yn dweud wrthy ch ei fod yn eich caru...mae'n teimlo'n wych



Philippa, a mother of three and a Home-Start volunteer...

“ Home-Start appealed to me because it was a charity devoted to the family. I felt I had a great deal of experience in this and therefore something to offer.

When I met my first family I immediately warmed to them. Although I was asked to give practical help, it soon became apparent that the mother needed emotional support as well. It took some months for her to talk about this, and it really felt like a breakthrough.

The most obvious reward is the sense of helping people. Being a volunteer can occasionally be emotionally draining, but there are also poignant moments; for example when a child in your Home-Start family tells you he loves you, or the mother says she doesn't know how she would manage without you, it feels wonderful.

As a Home-Start volunteer I never feel isolated. I am part of a team and know that if I encounter any difficulties I can contact my Home-Start organiser at any time for support. I have found being a volunteer for Home-Start an extremely positive experience.

when a child tells you he loves you... it feels wonderful