










## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru



Mae Tîm Awtistiaeth Rithwir Cymru wedi'i sefydlu i ddarparu gwybodaeth, cyngor ac arweiniad cywir, defnyddiol a diweddar yn ystod argyfwng COVID-19 i bobl awtistig Cymru, rhieni a gofalwyr pobl awtistig a gweithwyr proffesiynol. Trwy gyfarfodydd rhithwir, mae'r Grŵp yn nodi themâu allweddol, gwybodaeth, cyngor ac arweiniad o amrywiaeth o ffynonellau. Defnyddir hwn i goladu a lledaenu gwybodaeth am y materion 'mwyaf dybryd' mewn ffordd hawdd ei defnyddio a hygyrch. Mae'r ddogfen hon yn darparu rhestr o'r adnoddau a adnabuwyd gan y grŵp. Mae'r rhestr wedi'i chategoreiddio i'r categorïau canlynol; Gwybodaeth gyffredinol, Pontio, Asesiadau Rhithiol, Iechyd Meddwl, Adnoddau ar gyfer rhieni / gofalwyr, Adnoddau ar gyfer oedolion Awtistig, Lles, Profiadau Awtistig.


## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru- Gwybodaeth Gyffredinol

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Gwybodaeth gyffredinol	National Autistic Society	<a href="#">Coronavirus</a>	Gwefan	Darparu'r arweiniad diweddaraf ar coronafirws a gwybodaeth ddefnyddiol
02.	Gwybodaeth gyffredinol	GOV.UK	<a href="#">Coronavirus Information Service on WhatsApp</a>	Gwefan	
03.	Gwybodaeth gyffredinol	The National Development Team for Inclusion	<a href="#">Autistic People and Coronavirus</a>	pdf	 Autistic People and Coronavirus.pdf
04.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Coordination of medicines delivery during the COVID-19 pandemic</a>	Gwefan	
05.	Gwybodaeth gyffredinol	Ymddiriedolaeth GIG Gwasanaethau Ambiwylans Cymru	Infoburst Arbennig - Diweddariad Coronavirus	Gwefan	 WAST_Special-Coronavirus-Info-Burst-FINAL
06.	Gwybodaeth gyffredinol	Autistic & Unapologetic	<a href="#">Autism and COVID-19: How to support autistic people</a>	Gwefan	Gwybodaeth ac awgrymiadau ar sut i gefnogi pobl awtistig trwy'r pandemig cyfredol
07.	Gwybodaeth gyffredinol	Beyond Words	<a href="#">Free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic</a>	Gwefan	Senarios amrywiol wedi'u esbonio trwy ddarluniau sy'n berthnasol i'r pandemig cyfredol
08.	Gwybodaeth gyffredinol	Tîm Awtistiaeth Cenedlaethol	<a href="#">Physical distancing not social distancing</a>	pdf	Esboniad defnyddiol o ystyr 'pellter cymdeithasol'
09.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Children's social services during the COVID-19 pandemic: guidance</a>	Gwefan	

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
10.	Gwybodaeth gyffredinol	Adran Iechyd a Gofal Cymdeithasol	<a href="#">Responding to COVID-19: the ethical framework for adult social care</a>	Gwefan	
11.	Gwybodaeth gyffredinol	Unite against COVID-19 New Zealand Government	<a href="#">Advice about staying at home and self-isolating</a>	Gwefan	
12.	Gwybodaeth gyffredinol	Gofal Cymdeithasol Cymru	<a href="#">Resources for professionals supporting people with learning disabilities through the pandemic</a>	Gwefan	Dolenni i wefannau defnyddiol gydag adnoddau ar gyfer gweithwyr proffesiynol sy'n cefnogi pobl ag anableddau dysgu
13.	Gwybodaeth gyffredinol	Age Cymru	Llinell Gymorth	Rhif ffon	08000 223 444
14.	Gwybodaeth gyffredinol	SchudioTV	<a href="#">Health &amp; Social Wellbeing Courses</a>	Gwefan	Cyrsiau ar-lein am ddim ar Fideo gan gynnwys Paratoi Plant Awtistig a AAA ar gyfer mynd yn ôl i'r ysgol
15.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Leaving home to exercise: guidance</a>	Gwefan	
16.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">The decision framework for the next phase of education and childcare</a>	Gwefan	
17.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Apply for a coronavirus test</a>	Gwefan	
18.	Gwybodaeth gyffredinol	Pobl yn Gyntaf Cymru Gyfan	<a href="#">The Effect of the Coronavirus Pandemic on People with Learning Disabilities Across Wales</a>	Pdf	 The-Effect-of-the-Coronavirus-Pandemic-o
19.	Gwybodaeth gyffredinol	British Association for Supported Employment	<a href="#">New DWP guidance on Access to Work</a>	Gwefan	
20.	Gwybodaeth gyffredinol	EASPD	<a href="#">The Impact of COVID-19 on Disability Services in Europe</a>	pdf	 impact_of_covid-19_on_disability_services



Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
21.	Gwybodaeth gyffredinol	Tim Awtistiaeth Cenedlaethol	<a href="#">Coronavirus – Where we are now in Wales</a>	Dogfen Word	  Coronavirus-Where- we-are-in-Wales-For-we-are-in-Wales-Cym
22.	Gwybodaeth gyffredinol	Care Quality Commission	<a href="#">Understanding the impact of coronavirus on autistic people and people with a learning disability</a>	Gwefan	
23.	Gwybodaeth gyffredinol	Huffington Post	<a href="#">Face Masks Could Cause ‘Serious Challenges’ For Some Canadians</a>	Gwefan	
24.	Gwybodaeth gyffredinol	Future Learn	<a href="#">Various Courses</a>	Gwefan	Free online courses from universities and specialist organisations.
25.	Gwybodaeth gyffredinol	Pwyllgor Gwasanaethau Ambiwlans Brys	<a href="#">NHS Wales Mental Health &amp; Learning Disability Coordinating Centre</a>	Gwefan	An interim Gwefan to support the coordination of advice for Health Boards, Llywodraeth Cymru and delivery partners during the Coronavirus event.
26.	Gwybodaeth gyffredinol	Ysgol Seicoleg Prifysgol Caerdydd	<a href="#">Mental Health and Wellbeing of adults in the UK during the COVID-19 pandemic- Research</a>	Gwefan	Research study invite
27.	Gwybodaeth gyffredinol	NHS England and NHS Improvement	Clinical guide for front line staff to support the management of patients with a learning disability, autism or both during the coronavirus pandemic	pdf	 C0031_Specialty-guide_LD-and-coronavirus-v1_-24-March.pdf
28.	Gwybodaeth gyffredinol	NHS England and NHS Improvement	Legal guidance for Mental Health, learning disability and autism, and specialised commissioning services supporting people of all ages during the coronavirus pandemic	pdf	 C0072-MHLDA-Covid-19-Guidance-Legal-300320.pdf
29.	Gwybodaeth gyffredinol	NHS England and NHS Improvement	Workforce guidance for Mental Health , learning disabilities and autism, and specialised commissioning services during the coronavirus pandemic	pdf	 NHS England Workforce Guidance.pdf
30.	Gwybodaeth gyffredinol	Arolygiaeth Gofal Cymru	<a href="#">Notifications of deaths of residents related to COVID-19 in adult care homes: 1 March to 29 May 2020</a>	Gwefan	

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
31.	Gwybodaeth gyffredinol	Tîm Awtistiaeth Cenedlaethol	<a href="#">Coronavirus – Where we are now in Wales</a>	pdf	 Coronavirus-Where-we-are-in-Wales-Cym
32.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Shielding people can meet others and exercise outdoors</a>	Gwefan	
33.	Gwybodaeth gyffredinol	Iechyd Cyhoeddus Cymru	<a href="#">PHW Advisory Note- use of Personal Protective Equipment</a>	Gwefan	
34.	Gwybodaeth gyffredinol	All Wales Forum of Parents & Carers of People with Learning Disabilities	<a href="#">Living with the COVID-19 pandemic: Learning Disability Family Carers in Wales – ‘what matters’ to us?</a>	pdf	 Life-in-Lockdown-for-LD-Families-in-Wale
35.	Gwybodaeth gyffredinol-Digital Inclusion	Newyddion BBC	<a href="#">Coronavirus: Here's how you can stop bad information from going viral</a>	Gwefan	
36.	Gwybodaeth gyffredinol-Digital Inclusion	Cyngor Sir Gar	<a href="#">Beware of coronavirus-related fraud and scams</a>	Gwefan	
37.	Gwybodaeth gyffredinol-Digital Inclusion	National Cyber Security Centre	<a href="#">Stay home. Stay connected. Stay Cyber Aware</a>	Gwefan	
38.	Gwybodaeth gyffredinol-Digital Inclusion	Learn My Way	<a href="#">Learn how to use the internet</a>	Gwefan	




Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
39.	Gwybodaeth gyffredinol- Digital Inclusion	Learning Disability Wales	<a href="#">Easy Read- How to use Zoom</a>	Gwefan	 <a href="#">How-to-use-Zoom.pdf</a> f
40.	Gwybodaeth gyffredinol- Digital Inclusion	doteveryone	<a href="#">Better Care in the Age of Automation: Data, skills &amp; culture for a better care system</a>	Gwefan	
41.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Contact tracing system for Wales rolled-out</a>	Gwefan	
42.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Shielding people can meet others and exercise outdoors</a>	Gwefan	
43.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">“Check in, Catch Up, Prepare for summer and September” – all schools in Wales to enter next phase</a>	Gwefan	
44.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Contact tracing information</a>	Tudalen Facebook	
45.	Gwybodaeth gyffredinol	Arolygiaeth Gofal Cymru	<a href="#">We welcome your ideas on how care homes can safely enable families to visit</a>	Gwefan	
46.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Contact tracing system for Wales rolled-out</a>	Gwefan	
47.	Gwybodaeth gyffredinol	Arolygiaeth Gofal Cymru	<a href="#">We welcome your ideas on how care homes can safely enable families to visit</a>	Gwefan	
48.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Seeking views on Wales’ recovery</a>	Tudalen Facebook	
49.	Gwybodaeth gyffredinol	Canolfan Gwirfoddolwyr Sir y Fflint	<a href="#">Voluntary Work Skills Accredited Course</a>	Tudalen Facebook	
50	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Guidance published to help schools, colleges and childcare settings</a>	Gwefan	

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
51.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Find out about free school meals during the coronavirus outbreak</a>	Gwefan	
52.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">COVID-19 workforce risk assessment tool</a>	Gwefan	
53.	Gwybodaeth gyffredinol	Hidden Disabilities Sunflower Lanyard Scheme	<a href="#">Face covering exempt card</a>	Gwefan	
54.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">School and community-based counselling operating toolkit</a>	Gwefan	
55.	Gwybodaeth gyffredinol	Llywodraeth Cymru	<a href="#">Coronavirus regulations: frequently asked questions</a>	Gwefan	




## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru - Pontio

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Pontio	Barry Carpenter Education	<a href="#">A Recovery Curriculum' - a think piece from Barry Carpenter CBE</a>	pdf	 recovery-curriculum-loss-and-life-for-our-
02.	Pontio	AutSide Education and Training	<a href="#">Autism Espana: Transition and employment for Autistic people</a>	Fideo	Gwybodaeth ar sut i gefnogi pobl awtistig trwy gyfnod pontio - Donna Sharland
03.	Pontio	AutSide Education and Training	<a href="#">Autism Espana: Autism, employment, gender</a>	Fideo	Gwybodaeth am bobl awtistig a chyflogaeth - Emma Durman
04.	Pontio	SchudioTV	<a href="#">Preparing Autistic &amp; SEND Children for going back to school</a>	Fideo	Cwrs fideo ar-lein am ddim
05.	Pontio	Reachout ASC	<a href="#">Coronavirus, home &amp; School and Transition resources</a>	Gwefan	Adnoddau a thafleuni gwaith amrywiol wedi'u teilwra i'r pandemig cyfredol
06.	Pontio	Raft Psychology	<a href="#">Return to school- A Trauma informed approach</a>	Gwefan	
07.	Pontio	SchudioTV	<a href="#">The Big Transitions for Autistic and SEND Pupils after Lockdown</a>	Gwefan	Cwrs fideo ar-lein am ddim
08.	Pontio	Llywodraeth Cymru	<a href="#">Resilience plan for the Post-16 sector: coronavirus</a>	Gwefan	
09.	Pontio	Bi-Borough Educational Psychology Consultation	Transition, Recovery and Learning- Nursery and Primary Schools	Dogfen Word	 Transition,%20Recov ery%20and%20Learn




Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
10.	Pontio	Bi-Borough Educational Psychology Consultation	Transition, Recovery and Learning	Dogfen Word	 Transition,%20Recovery%20and%20Learn
11.	Pontio	Helen Etherington	Back to School Social Story	Dogfen Word	 Back%20to%20School%20Social%20Story
12.	Pontio	Helen Etherington	Transition Document- Coming back after Covid	Dogfen Word	 Coming%20back%20after%20COVID.docx
13.	Pontio	Sea Inclusion and Safeguarding	<a href="#">The many problems of returning to school</a>	Gwefan	Gwybodaeth gyffredinol a phethau i'w hystyried pan fydd plant yn dychwelyd i'r ysgol
14.	Pontio	Young Minds	<a href="#">Find your Feet: Transitioning to Secondary School</a>	Gwefan	Adnoddau ffilm i blant yn pontio i ysgolion uwchradd
15.	Pontio	Coleg Sir Gar	<a href="#">Virtual Open Day 30 June 2020</a>	Gwefan	
16.	Pontio	Anne Marie McKigney + NAT	<a href="#">Returning to School Summer Term 2020</a>	Dogfen Word	

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru – Aseidiadau Rhithwir


Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Aseidiadau Rhithwir	Autism at Kingwood	Systematic Review: Use of Telehealth in Autism Diagnosis	Dogfen Word	 Systematic-Review-r eferences-online-asse
02.	Aseidiadau Rhithwir	WPS	Remote Assessments Guidelines- A review providing a comprehensive outline of general issues to inform using assessments remotely	pdf	 WPS - remote assessment guideline:
03.	Aseidiadau Rhithwir	WPS	Assessment validity considerations- A document providing guidance and considerations for testing during COVID-19	pdf	 WPS - Assessment Validity Consideration
04.	Aseidiadau Rhithwir	ARC	<a href="#">Reading the Mind in the Eyes Test</a>	Gwefan	Mynediad am ddim i brofion y gellir eu lawrlwytho gan gynnwys profion 'Mind in the Eyes'

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru – Iechyd Meddwl

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Iechyd Meddwl	Every Mind Matters	<a href="#">Coronavirus and Wellbeing</a>	Gwefan	Cyngor ac awgrymiadau ymarferol i'ch helpu i ofalu am eich Iechyd Meddwl a Lles.
02.	Iechyd Meddwl	C.A.L.L.	<a href="#">Mental Health Helpline for Wales</a>	Gwefan	Ffôn am ddim: 0800 132 737 neu tecstiwch <b>help</b> i 81066
03.	Iechyd Meddwl	Mental Health Foundation	<a href="#">Coping with coronavirus: a guide for young people</a>	Gwefan	
04.	Iechyd Meddwl	Psychology Tools	<a href="#">Resources on the psychological impact of lockdown</a>	Gwefan	Adnoddau gan gynnwys papurau ymchwil a barn, gwefannau, dogfennau polisi a thafleenni
05.	Iechyd Meddwl	Ysgol Seicoleg Prifysgol Caerdydd	<a href="#">Mental Health and Wellbeing of adults in the UK during the COVID-19 pandemic- Research</a>	Gwefan	Gwahoddiad i astudiaeth ymchwil
06.	Iechyd Meddwl	CWP NHS Foundation Trust	If an autistic person is in distress or crisis	PNG	 Davidson CHECK 2020.PNG
07.	Iechyd Meddwl-Pryder	Anxiety UK	<a href="#">Blog</a>	Gwefan	Safle blog Anxiety UK
08.	Iechyd Meddwl-Pryder	Newyddion BBC	<a href="#">Coronavirus: How to manage Anxiety and OCD during the pandemic</a>	Gwefan	
09.	Iechyd Meddwl-Pryder	Newyddion BBC	<a href="#">Coping with coronavirus Anxiety</a>	Gwefan	
10.	Iechyd Meddwl-Galar	Thinking Person's Guide to Autism	<a href="#">Autistic Grief Is Not Like Neurotypical Grief</a>	Gwefan	
11.	Iechyd Meddwl-Galar	Indiana University Bloomington	<a href="#">Supporting Individuals on the Autism Spectrum Coping with Grief and Loss through Death or Divorce</a>	Gwefan	
12.	Iechyd Meddwl-Galar	Psychology Today	<a href="#">Navigating Grief and Loss as an Autistic Adult</a>	Gwefan	

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
13.	Iechyd Meddwl-Galar	Psychology Today	<a href="#">How to Help Young People With Grief and Loss During COVID-19</a>	Gwefan	
14.	Iechyd Meddwl-Trawma	Action Trauma	<a href="#">Stephen Porges profile</a>	Gwefan	Proffil Stephen W. Porges, Ph.D. gwyddonydd Prifysgol Nodedig ym Mhrifysgol Indiana a chyfarwyddwr sefydledig o'r Consortiwm Ymchwil Straen Trawmatig
15.	Iechyd Meddwl-Trawma	The National Institute for the Clinical Application of Behavioural Medicine	<a href="#">The Polyvagal Theory for Treating Trauma</a>	pdf	 The Polyvagal Theory of Treating Trauma.pc
16.	Iechyd Meddwl	Mental Health Foundation	<a href="#">Black, Asian and Minority Ethnic (BAME) communities</a>	Gwefan	
17.	Iechyd Meddwl	The Mental Health and Wellbeing Show	<a href="#">Mental Health Online: Youth</a>	Gwefan	
18.	Iechyd Meddwl	Young Minds	<a href="#">Racism and Mental Health</a>	Gwefan	
19.	Iechyd Meddwl	Beacon House	<a href="#">Covid-19 Support Resources</a>	Gwefan	
20.	Iechyd Meddwl	The Black, African and Asian Therapy Network	<a href="#">Well-Being, Health and Healing Resources in response to Covid 19 and the recent killings in the US</a>	Gwefan	
21.	Iechyd Meddwl	Young Minds	<a href="#">How I'm coping with Anxiety about going back to work</a>	Gwefan	
22.	Iechyd Meddwl	Young Minds	<a href="#">Racism and my Mental Health</a>	Gwefan	

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru – Adnoddau rhieni/ gofalwyr

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Rhieni/ gofalwyr	Easterseals	<a href="#">COVID-19 Social Story</a>	Gwefan	
02.	Rhieni/ gofalwyr	ELSA support	<a href="#">COVID-19 Social Story</a>	pdf	
03.	Rhieni/ gofalwyr	Mind	<a href="#">Coronavirus and your Anxiety – for young people</a>	Gwefan	Gwybodaeth i bobl ifanc ar edrych ar ôl eich lles yn ystod coronafirws ac ymdopi â newidiadau i'ch bywyd.
04.	Rhieni/ gofalwyr	ChatterPack	<a href="#">FREE Speech and language, OT, and many other SEND resources for families and schools</a>	Gwefan	
05.	Rhieni/ gofalwyr	CBBC Newsround	<a href="#">Autism: 11-year-old Elliott gives us his lockdown tips</a>	Gwefan	
06.	Rhieni/ gofalwyr	The Guardian	<a href="#">What lockdown with my autistic son has taught me about life</a>	Gwefan	
07.	Rhieni/ gofalwyr	Gwasanaeth Gwybodaeth i Deuluoedd Sir Gar	<a href="#">Team Camau Bach Resources</a>	Gwefan	Awgrymiadau arweiniad ac adnoddau i gefnogi teuluoedd
08.	Rhieni/ gofalwyr	Seirrah Therapies	<a href="#">De-escalating techniques for defusing meltdowns</a>	Gwefan	
09.	Rhieni/ gofalwyr	CAMHS Resources Downloads	<a href="#">Downloadable self-help guides</a>	Gwefan	
10.	Rhieni/ gofalwyr	Jon Burgerman	<a href="#">Everybody Worries: A picture book for children who are worried about Coronavirus</a>	Gwefan	
11.	Rhieni/ gofalwyr	Mencap	<a href="#">What is a learning disability?</a>	Fideo YouTube	
12.	Rhieni/ gofalwyr	Speech Therapy in Real Life	<a href="#">Free Speech &amp; Language Therapy guides and resources</a>	Gwefan	
13.	Rhieni/ gofalwyr	Wales Maternity and Neonatal Network	<a href="#">10 Top Tips to support parents and carers of babies and young children (suitable from birth – 4 ) at home</a>	pdf	 <b>Top ten Tips - Covid 19 - 10 tips - a4 (Engli</b>

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
14.	Rhieni/ gofalwyr	The Blinks	<a href="#">Books to Support The Emotional Lles Of Children &amp; Young People</a>	Gwefan	
15.	Rhieni/ gofalwyr	Cyngor Sir Powys	<a href="#">What Anxiety can look like in children</a>	Delwedd	
16.	Rhieni/ gofalwyr	Cyngor Sir Powys	<a href="#">How to support an anxious child</a>	Delwedd	
17.	Rhieni/ gofalwyr	Various authors around the world	<a href="#">FREE resources for coping during Covid-19 for special educators, therapists and families working with individuals who have developmental disabilities</a>	Gwefan	
18.	Rhieni/ gofalwyr	ABUHB Specialist CAMHS	<a href="#">A collection of digital stories for children</a>	Fideo YouTube	
19.	Rhieni/ gofalwyr	KCL/ Maudsley Charity/ South London and Maudsley NHS	<a href="#">Families Under Pressure</a>	Gwefan	Ffilmiau byr gan gynnwys awgrymiadau a thriciau syml, wedi'u llunio gan ymchwilwyr ac arbenigwyr Iechyd Meddwl y GIG, sy'n cael eu cefnogi gan wyddoniaeth ac y profwyd eu bod yn gweithio gyda theuluoedd.
20.	Rhieni/ gofalwyr	Cariad	<a href="#">Resources from Cariad a tertiary Neurodevelopmental service (Specialist CAMHS, Aneurin Bevan University Health Board)</a>	Fideo YouTube	
21.	Rhieni/ gofalwyr	NHS Lanarkshire Children and Young People, Occupational Therapy	<a href="#">Sensory Based Activities</a>	Tudalen Facebook	



Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
22.	Rhieni/ gofalwyr	The Hearing & Speech Centre	<a href="#">Helpful tips for encouraging speech at home!</a>	Tudalen Facebook	
23.	Rhieni/ gofalwyr	Autism Little Learners	<a href="#">FREE social story resources</a>	Gwefan	
24.	Rhieni/ gofalwyr	Cyngor Sir Gar	<a href="#">Secondary Schools- what to expect when going back</a>	Tudalen Facebook	

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru – Adnoddau i oedolion awtistig

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Oedolion awtistig	Age Cymru	<a href="#">Coronavirus Information for Older People</a>	Gwefan	
02.	Oedolion awtistig	AutSide	<a href="#">Social story for Coronavirus, Self-Isolation and Staying Healthy</a>	Tudalen Facebook	
03.	Oedolion awtistig	Mencap Cymru	Llinell Gymorth Anabledd Dysgu Cymru	Rhif ffon	0808 8000 300
04.	Oedolion awtistig	Mencap	<a href="#">Coronavirus: Guidance to help you stay safe and well</a>	Gwefan	Gwybodaeth am sut i gadw'n ddiogel ac yn iach yn ystod yr achosion o coronafirws (COVID-19), gan gynnwys arweiniad ynghylch pellhau cymdeithasol, hunan-ynysu ac osgoi sgamiau.
05.	Oedolion awtistig	Get Self Help	<a href="#">Free CBT Worksheets</a>	Gwefan	Many downloadable worksheets
06.	Oedolion awtistig	Mindful	<a href="#">Getting started with mindfulness</a>	Gwefan	
07.	Oedolion awtistig	Aneurin Bevan UHB	<a href="#">Easy Read Resources</a>	Gwefan	Various easy read support leaflets
08.	Oedolion awtistig	Mencap	<a href="#">Mencap's Video channel, including simple exercise Videos, film reviews and recommendations, 'Show Quizness' episodes and much more</a>	YouTube Fideo	
09.	Oedolion awtistig	The Mighty	<a href="#">A safe, supportive community for people facing health challenges and the people who care for them</a>	Gwefan	
10.	Oedolion awtistig	Business Disability Forum	<a href="#">Coronavirus and disability: What you need to know</a>	Gwefan	
11.	Oedolion awtistig	BBC News	<a href="#">Coronavirus: 'One click and we were worse off' after universal credit claim</a>	Gwefan	
12.	Oedolion awtistig	Jason Stephenson	<a href="#">Calming Video for guided sleep meditation</a>	YouTube Fideo	



Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
13.	Oedolion awtistig	Tîm Awtistiaeth Cenedlaethol	<a href="#">Grounding Exercises</a>	Delwedd	
14.	Oedolion awtistig	Scottish Commission for Learning Disability	<a href="#">COVID-19 Guided Self-help Booklet Series</a>	Gwefan	
15.	Oedolion awtistig	Ace Anglia	<a href="#">Easy Read: How To Fideo Call Using WhatsApp On Your Phone</a>	Gwefan	
16.	Oedolion awtistig	The WEA: Adult Learning Within Reach	<a href="#">FREE online courses and Activities for adults</a>	Gwefan	

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru - Lles

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Lles	Autism Lles Cymru	<a href="#">Top 10 Tips</a>	Tudalen Facebook	Deg awgrym gorau ar gyfer ymdopi â newidiadau oherwydd y pandemig
02.	Lles	Brown Girl Therapy	<a href="#">Coping with Coronavirus</a>	Tudalen Facebook	Deuoliaeth bywyd yn ystod y pandemig COVID-19- ffeithlun
03.	Lles	University College London	<a href="#">Self-help guide</a>	Gwefan	Dogfennau canllaw hunangymorth am ddim gan gynnwys rheoli pryder a hunanofal yn ystod pellter cymdeithasol
04.	Lles	South Wales Argus	<a href="#">Good news stories from Wales amid coronavirus lockdown</a>	Gwefan	
05.	Lles	Brené Brown	<a href="#">The Power of Vulnerability</a>	Tedtalks	Mae Brené Brown yn cyflwyno sgwrs ingol, ddoniol ar y pŵer o bregusrwydd
06.	Lles	ACAMH	<a href="#">Food Sensitivities and Proclivities – Episode 6 ‘Autism, a parents guide’ with Dr. Vicki Ford</a>	podcast	Podlediad lle mae Dr. Vicki Ford yn edrych ar sensitifrwydd a chyhoeddiadau bwyd, sut i adeiladu perthynas iach â bwyd wrth ddeall yr heriau i lawer o blant awtistig.
07.	Lles- Gweithgareddau	Autistic & Unapologetic	<a href="#">10 Lockdown Activities for Autistic People of All Ages and Abilities</a>	Gwefan	
08.	Lles- Gweithgareddau	Wizardsing World	<a href="#">Introducing Harry Potter At Home</a>	Gwefan	
09.	Lles- Gweithgareddau	Sianel 4	<a href="#">Learn to cook with Jamie Oliver</a>	Gwefan	
10.	Lles- Gweithgareddau	Maddie Moate	<a href="#">Learn about animals, travel and technology with Maddie Moate</a>	Gwefan	
11.	Lles- Gweithgareddau	Huw Aaron	<a href="#">Take Art Huw Aaron’s Welsh-language art classes</a>	Gwefan	
12.	Lles- Gweithgareddau	BBC Earth	<a href="#">Learn about our planet with BBC Earth Unplugged</a>	Gwefan	
13.	Lles- Gweithgareddau	Myleene Klass	<a href="#">Music classes with Myleene's Music Class</a>	Gwefan	

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
14.	Lles-Gweithgareddau	S4C	<a href="#">Learn about Wales' Legends on S4C's Stwnsh TV</a>	Gwefan	
15.	Lles-Gweithgareddau	Yahoo! Style	<a href="#">31 parent-approved indoor Activities to keep children occupied during lockdown</a>	Gwefan	
16.	Lles-Gweithgareddau	MyVLF	<a href="#">The online literary festival. Connecting readers and authors</a>	Gwefan	
17.	Lles-Gweithgareddau	Change 4 Life	<a href="#">Indoor Activities for kids</a>	Gwefan	
18.	Lles-Gweithgareddau	Llyfrgelloedd Abertawe	<a href="#">How to make a bug hotel</a>	Fideo	
19.	Lles-Gweithgareddau	The World of David Walliams	<a href="#">Elevesens: Story Reading</a>	Gwefan	
20.	Lles-Gweithgareddau	Joe Wicks	<a href="#">Daily PE Lesson</a>	YouTube Fideo	
21.	Lles-Gweithgareddau	Dilynwch yr enfys	<a href="#">Links for suggestions of fun and educational things to do at home with your children</a>	Tudalen Facebook	
22.	Lles-Gweithgareddau	National Geographic	<a href="#">At-home tools for parents of autistic children</a>	Gwefan	
23.	Lles-Gweithgareddau	BBC iPlayer	<a href="#">Bitesize Daily</a> <a href="#">Bitesize Dyddiol</a>	Gwefan	
24.	Lles-Gweithgareddau	Chwaraeon Cymru	<a href="#">Specialist resources aimed at improving children's physical and sport skills are being made available for free for use during the Coronavirus lockdown</a>	Gwefan	
25.	Lles-Gweithgareddau	Cardiff City FC	<a href="#">Bluebirds Ability: Online Activities</a>	Gwefan	
26.	Lles	Urban Zen Yoga & Movement	<a href="#">Yoga</a>	Tudalen Facebook	
27.	Lles	UCL-Institute of Education	<a href="#">Autistic adults are in silent crises during the Covid-19 lockdown</a>	pdf	

## Rhestr Adnoddau Tîm Awtistiaeth Rithwir Cymru - Profiadau Awtistig

Rhif	Thema	Sefydliad	Teitl	Cyfrwng	Gwybodaeth bellach
01.	Profiadau Awtistig	AutSide	<a href="#">Top tips for autistic people</a>	Fideo	
02.	Profiadau Awtistig	The Spin off TV	<a href="#">A different headspace: Six people on being neurodivergent during lockdown</a>	Gwefan	
03.	Profiadau Awtistig	Pryder UK	<a href="#">Thoughts from space on confinement and isolation (Guest post)</a>	Gwefan	
04.	Profiadau Awtistig	BBC Wales	<a href="#">Autism, coronavirus and me</a>	Gwefan	
05.	Profiadau Awtistig	Disability Wales	<a href="#">Lockdown Life</a>	Fideo	
06.	Profiadau Awtistig	Autcasts	<a href="#">Autistic Success, strengths, challenges and survival, and the impact of Covid-19 on life.</a>	Fideo	
07.	Profiadau Awtistig	BBC	<a href="#">1800 Seconds on Autism</a> <a href="#">Coronavirus Extra: Autism at the A&amp;E</a>	Podcast	
08.	Profiadau Awtistig	Young Minds	<a href="#">Coronavirus, autism and my lechyd Meddwl</a>	Gwefan	
09.	Profiadau Awtistig	Engage to Change	<a href="#">Gerraint's blog April 2020</a>	Blog	
10.	Profiadau Awtistig	Janine Booth	<a href="#">Various information</a> from Janine Booth's perspective	Gwefan	
11.	Profiadau Awtistig	NeuroInclusive	<a href="#">The Gatekeeping of Diagnostic Dinosaurs: Autism, neurophobia, confirmation bias, and internalized ableism</a>	Gwefan	
12.	Profiadau Awtistig	AutStims	<a href="#">Finding safe healthy stims</a>	Tudalen Facebook	
13.	Profiadau Awtistig	ITV News	<a href="#">Home workouts and trying to find a routine: My lockdown living with autism</a>	Gwefan	
14.	Profiadau Awtistig	Spectrum	<a href="#">Autistic in a pandemic: Stories from around the world</a>	Gwefan	

## Tîm Awtistiaeth Rhithwir Cymru

<b>Andrea Gray</b>	Arweinydd Datblygu Iechyd Meddwl Cymru, Gwella Cymru
<b>Anne Marie McKigney</b>	Seicolegydd Clinigol Ymgynghorol, BIP Aneurin Bevan
<b>Donna Sharland</b>	Outside Education and Training
<b>Dr Helen Matthews</b>	Seiciatrydd Ymgynghorol
<b>Emma Durman</b>	Outside Education and Training
<b>Frances Rees</b>	Tîm Awtistiaeth Cenedlaethol
<b>Helen Etherington</b>	Uwch Seicolegydd Addysg, Cyngor Sir Gar
<b>Helen O'Keefe</b>	Nyrs Arweinyddol Glinigol Niwroddatblygiadol, BI Dysgu Powys
<b>Holly Roberts</b>	Tîm Awtistiaeth Cenedlaethol
<b>Jim Wright</b>	ASD Lead, Adults, Torfaen CBC
<b>Keith Ingram</b>	ASD Lead Cardiff and the Vale Councils
<b>Kirsty Jones</b>	Rheolwr Cymorth Cynnar (0-25) Cyngor Sir Gar
<b>Michelle Fitton</b>	AD Lead and Manager CASS, Caerphilly CBC
<b>Sam Stone</b>	National Autism Society
<b>Sara Harvey</b>	Tîm Awtistiaeth Cenedlaethol
<b>Simon Moseley</b>	Seicolegwr Clinigol, BIP Betsi Cadwallader a Gwasanaeth Awtistiaeth Cenedlaethol Gogledd Cymru
<b>Sioned Thomas</b>	Tîm Awtistiaeth Cenedlaethol
<b>Wendy Thomas</b>	Tîm Awtistiaeth Cenedlaethol
<b>Willow Holloway</b>	Autistic UK a'r AWE Project