UmbrellaCymru

Services Guide

Umbrella Cymru
www.umbrellacymru.co.uk | 0300 3023670
07860 039527 | info@umbrellacymru.co.uk
Rhif Elusen Gorfrestredig | Registered Charity Number | 1160909

Emotional Support

The emotional support services we provide range in technique and by answering some initial questions and through discussions with our team, we tailor the support we can provide to give you exactly what you need.

Everyone is different and we recognise that to support people in the best way we can, we need to work with people individually to develop a service that helps them achieve their individual goals. We are flexible in approach, and will work hard to provide support how you want it, where you want it and when you need it.

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Information and Signposting

If you've got general questions about anything relating to gender and sexual diversity, identity or equality, we're on hand to help. If you don't feel you need any specific support services, but would like to ask us a question, then contact us and we'll either be able to give you the answer or signpost you to the person or organisation who can.

We're always working on our frequently asked questions (FAQs) section of our site which you can search to find the answer to your question. If you can't find what you're looking for, just get in touch with us and we'll help.

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Counselling

Need to work on something very specific? Maybe you feel that there's something you need more in-depth support with that you'd like to work through with a trained counsellor. We've got you covered. This could be trauma in your past, issues with self-esteem and confidence, impact of physical or emotional abuse or something else. We provide a range of counselling services directly and we work with a large network of external counsellors, so no matter what you need help with, we'll be able to pair you up with the right person for the job. We assess the needs of each client to make sure we're offering the best service we can, so even if you're unsure, just contact us and we'll help you get the support that's right for you.

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Advice and Guidance

Need more than just a bit of general information? We can help. If you need advice about something specific, what to do or how to do it, just contact us and we'll be happy to provide it.

Similarly, if you're looking for some guidance about something we can talk you through some options and ideas too. After all, we are specialists when it comes to gender and sexual diversity in Wales.

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Practical Support and Advocacy

Sometimes you don't need emotional support, but you might just be looking for some practical help. Sometimes this could be help to fill out some forms, or help with accessing other services or support from other agencies.

Sometimes you might just need us to help you get your point across to other service providers. Maybe you need us to explain your situation to others to help them understand or to improve your access to services that would help you. Contact us and let us know what you need, and we can explain how we might be able to act on your behalf or support you to speak up.

Cefnogaeth Emosiynol

Mae'r gwasanaethau cefnogaeth emosiynol a ddarparwn yn amrywiol o ran techneg a thrwy ateb rhai cwestiynau cychwynnol a thrwy drafod gyda'n tîm, byddwn yn teilwra'r gefnogaeth y gallwn ei darparu i roi'n union beth sydd ei angen arnoch i chi.

Mae pawb yn wahanol a sylweddolwn, er mwyn cefnogi pobl yn y ffordd orau a allwn, bod angen i ni weithio gyda phobl yn unigol er mwyn darparu gwasanaeth sy'n eu helpu i gwrdd â'u hamcanion unigol. Mae'n dulliau yn hyblyg, ac fe weithiwn yn galed i ddarparu cefnogaeth fel rydych chi am ei chael, ble rydych chi am ei derbyn a phryd y byddwch ei hangen.

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Gwybodaeth a Dangos y Ffordd

Os oes gennych chi gwestiynau cyffredinol ynglŷn ag unrhyw beth sy'n ymwneud ag amrywiaeth rhywiol a rhywedd, hunaniaeth neu gydraddoldeb, rydym yma i'ch helpu. Os ydych chi'n teimlo nad oes angen unrhyw wasanaethau cefnogi penodol arnoch, ond y byddech yn hoffi gofyn cwestiwn i ni, mae croeso i chi gysylltu a byddwn naill ai'n gallu rhoi'r ateb i chi neu ddangos y ffordd i chi gysylltu â'r person neu'r sefydliad fydd yn gallu ateb.

Rydym yn gweithio ar yr adran cwestiynau cyffredin (FAQ) ar ein gwefan yn barhaus a gallwch chwilio yno am yr ateb i'ch cwestiwn. Os na fyddwch yn gallu dod o hyd i'r ateb, cysylltwch â ni ac fe wnawn ni eich helpu.

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Cwnsela

Ydych chi angen gweithio ar rywbeth penodol iawn? Efallai eich bod yn teimlo yr hoffech gael cefnogaeth fwy manwl ar ryw fater ac y byddech yn hoffi gweithio gyda chwnselydd hyfforddedig. Gallwn ddarparu hyn i chi. Efallai bod rhyw drawma yn eich gorffennol, problemau gyda hunan-barch a hyder, effaith camdriniaeth corfforol neu emosiynol, neu rywbeth arall. Rydym yn darparu amrywiaeth o wasanaethau cwnsela yn uniongyrchol ac yn gweithio gyda rhwydwaith eang o gwnselwyr allanol, felly waeth beth fyddwch angen help yn ei gylch, byddwn yn gallu eich paru gyda'r person iawn ar gyfer y gwaith. Rydym yn asesu anghenion bob cleient i wneud yn siŵr ein bod yn cynnig y gwasanaeth gorau a allwn, felly hyd yn oed os nad ydych yn siŵr, cysylltwch â ni ac fe helpwn i gael y gefnogaeth sy'n iawn ar eich cyfer chi.

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Cyngor ac Arweiniad

Ydych chi angen mwy na dim ond ychydig o wybodaeth gyffredinol? Gallwn helpu.

Os bydd angen cyngor am rywbeth penodol arnoch, ar beth i'w wneud neu sut i'w wneud, cysylltwch â ni a byddwn yn hapus i'w ddarparu. Yn yr un modd, os ydych chi'n chwilio am arweiniad ar rywbeth, gallwn drafod opsiynau a syniadau gyda chi. Wedi'r cyfan, rydyn ni'n arbenigwyr mewn amrywiaeth rhywiol a rhywedd yng Nghymru.

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Cefnogaeth Ymarferol ac Eiriolaeth

Weithiau nid cefnogaeth emosiynol fydd ei hangen arnoch, ond cymorth ymarferol. Weithiau gallai hyn olygu help i lenwi ffurflenni, neu help i gael gafael ar wasanaethau eraill neu gefnogaeth gan asiantaethau eraill.

Weithiau byddwch angen ein help er mwyn gwneud eich pwynt i ddarparwyr gwasanaethau eraill. Efallai y byddwch am i ni esbonio eich sefyllfa i eraill i'w helpu i ddeall neu i wella eich gallu i ddefnyddio gwasanaethau fyddai'n eich helpu. Cysylltwch â ni a dywedwch wrthym beth sydd ei angen arnoch, a gallwn esbonio sut y gallwn weithredu ar eich rhan neu eich cefnogi i siarad drosoch eich hun.

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