



Carmarthenshire Celebrates ...

Autism Wellbeing Cymru

“I would like to put forward Autism Wellbeing Cymru as a Carmarthenshire Lockdown Legend for their ongoing support to both autistic adults, autistic parents and parents of autistic children and teens. Since the beginning of lockdown, and before, they have offered their phone number and email support, and have established Facebook support groups for autistic adults and parents of autistic children. They have also written and produced a whole range of very helpful documents that have been of much benefit to autistic people struggling with various issues during the lockdown. They are the only people that have been available throughout this difficult time, offering their unpaid time, to deliver ongoing care and support. Thank you Rorie Fulton, Kate Richardson and Emma Reardon”. **CAVS Salutes You**

The support offered has been especially relevant most importantly, because they have had an autistic individual consulting and writing the many COVID-19 support documents.

E.g. Supporting an autistic child or young person preparing to adjust to the “new normal” after Covid- 19 social distancing measures have been lifted.

E.g. Supporting people who find PPE distressing

Ways autistic people may soothe themselves
Support to manage Grief
Visiting a hospital



#LockdownLoyalty #Thank You

Community Recognition
-Anonymous



Sir Gâr yn Dathlu ...

Lles Awtistiaeth Cymru:

“Hoffwn gyflwyno Lles Awtistiaeth Cymru fel Arwr Cyfnod Cloi Sir Gâr am eu cefnogaeth barhaus i oedolion awtistig, rhieni awtistig a rhieni plant a phobl ifanc awtistig. Ers dechrau'r cyfnod cloi, a chyn hynny, maen nhw wedi cynnig eu rhif ffôn a'u cefnogaeth e-bost, ac wedi sefydlu grwpiau cymorth Facebook ar gyfer oedolion awtistig a rhieni plant awtistig. Maent hefyd wedi ysgrifennu a chynhyrchu nifer eang o ddogfennau defnyddiol iawn sydd wedi bod o fudd mawr i bobl awtistig sy'n cael trafferth gyda materion amrywiol yn ystod y cyfnod cloi. Nhw yw'r unig bobl sydd wedi bod ar gael trwy gydol yr amser anodd hwn, gan gynnig eu hamser di-dâl, i ddarparu gofal a chefnogaeth barhaus. Diolch Rorie Fulton, Kate Richardson ac Emma Reardon”.

Mae CAVS yn eich Cyfarch



#Teyrngarwch #Diolch

**Cydnabyddiaeth Gymunedol
- Dienw**

Mae'r gefnogaeth a gynigiwyd wedi bod yn arbennig o berthnasol, oherwydd eu bod wedi cael unigolyn awtistig yn ymgynghori ac yn ysgrifennu'r nifer o ddogfennau cymorth COVID-19.

e.e. Cefnogi plentyn neu berson ifanc awtistig sy'n paratoui i addasu i'r "normal newydd" ar ôl i fesurau pellhau cymdeithasol Covid-19 gael eu codi.

e.e. Cefnogi pobl sy'n teimlo bod PPE yn drallodus

Ffyrdd y gall pobl awtistig lleddfau eu hunain. Cefnogaeth i rheoli Galar Ymweld ag ysbyty