

Cyngor ar gyfer pan fyddwch yn cyrraedd adref

Advice for when you get back home

Torrwch yr wybodaeth ganlynol allan
a'i harddangos fel nodyn i'ch atgoffa:

Cut out the following and display as
a reminder:



Pan fyddwch chi'n
cyrraedd adref:



1. **Golchwch** eich dwylo
2. Taflwch eich **mwgwd** neu golchwch ef (os gellir ei olchi)
3. **Glanhewch / sychwch** unrhyw eitemau a brynwyd
4. Glanhewch / sychwch **arwynebau** ac **eitemau** rydych chi wedi cyffwrdd â nhw
5. **Ymlaciwch a myfyriwch**



When you get
back home:



1. Wash your **hands**
2. Dispose of or wash your **mask** (if washable)
3. **Cleanse / wipe** purchased items
4. Cleanse / wipe **surfaces** and **items touched**
5. **Relax**

Ar ôl i chi ddilyn y cyngor ymarferol, gwnewch yn siŵr eich bod chi'n eistedd i lawr, yn ymlacio ac yn cydnabod yr hyn rydych chi wedi'i gyflawni!

Once you have followed the practical advice make sure you sit down, relax and recognise what you have achieved!

Myfyriwch ar eich taith

(gallwch ysgrifennu'ch meddyliau i lawr isod, neu mewn dyddiadur os bydd hyn yn ddefnyddiol i chi):

Reflect on your outing

(you can write down your thoughts below or in a diary if you find this helpful):

Beth aeth yn dda? / Think about what went well?

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Beth allech chi ei wella neu ei newid pan fyddwch chi'n mynd allan nesaf? Think about things you could improve or change about your next outing?

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Ble allwch chi fynd nesaf? / Where can you visit next?

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Oes angen i chi siarad am eich profiad o fynd allan neu rannu'ch profiad?

Ydych chi'n adnabod pobl rydych chi'n teimlo'n hapus i gysylltu â nhw i drafod eich profiad?

Mae'n bosibl y bydd y rhifau canlynol yn ddefnyddiol i chi drafod eich profiad:

Do you need to talk about or share your experience of going out?

Have you got people that you feel comfortable to contact to discuss your experience?

The following numbers may helpful to discuss your experience:

**Age Connect Wales:
01443 490650**

**CALM
0800 58 58 58**

Hoffech chi rannu eich profiad trwy ysgrifennu darn byr (blog)? Gallai hyn gefnogi pobl eraill a allai fod yn profi anawsterau tebyg.

Os felly, cysylltwch ag Age Connect Wales drwy ffonio: 01443 490650

Would you like to share your experience by writing a short account (a blog) as this may support other people who may be experiencing similar difficulties?

If so, please contact Age Connect Wales on: 01443 490650

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