

# WHAT IS AN INDEPENDENT VISITOR?

NYAS run the independent visitors service. This is for children and young people who are in care and have little or no contact with their family members. The Independent Visitor is a person that becomes a friend to you. They visit you once a month and do things with you that you enjoy, this may be going to the cinema, walking, bowling etc. The Independent Visitor does not work for social services and you may want to talk to them about what is happening to you. You may not want to talk to them about what is happening and that is fine because they are there only to talk about what you want. This worker may see you over a long time if you wanted this, or you could stop seeing them at any time - you're in control!!

If you wish to talk to someone about having an independent visitor phone: 0800 616101.



# BETH YW YMWELYDD ANNIBYNNOL?

Rydym hefyd yn rhedeg gwasanaeth ymwelwyr annibynnol NYAS. Mae'r gwasanaeth hwn ar gyfer plant a phobl ifanc sydd mewn gofal a sydd â ychydig neu bron dim cysylltiad gydag aelodau o'u teuluoedd. Ymwelydd Annibynnol ydyw person sy'n dod yn ffrind i chi. Mae nhw'n ymweld â chi unwaith y mis a gwneud pethau gyda chi rydych yn mwynhau, fel mynd i'r sinema, cerdded, bowlio-deg ayb. Nid yw'r Ymwelydd Annibynnol yn gweithio i Wasanaethau Cymdeithasol ac efallai byddwch am siarad gyda nhw am beth sy'n digwydd i chi. Efallai ni fyddwch am siarad gyda nhw am beth sy'n digwydd ac mae hynny'n iawn, oherwydd mae nhw yno i siarad ond am beth rydych chi am siarad amdano. Mewn rhai amgylchiadau byddwch yn cwrdd y gweithiwr/wraig hyn dros gyfnod o flynyddoedd os rydych yn dymuno, neu gallwch roi stop ar yr ymweliadau pryd a mynnoch - chi sydd mewn rheolaeth!!!

Os rydych am siarad gyda rhywun am gael ymwelydd annibynnol ffoniwch: 0800 616101.

