

Cyngor Gwasanaeth Synhwyraidd- Anghenion Gweld
Sensory Service Advice – Visual Impairment



Mae'r Gwasanaeth Synhwyraidd yn gweithio'n agos gyda plant ac oedolion ifanc, eu teuluoedd, gweithwyr iechyd a staff mewn ysgolion ar ôl cael diagnosis.

Disgyblion a teuluoedd sydd yn byw gyda Nam ar y Golwg

Yn ystod y cyfnod heriol ac anodd yma mi fydd yr athrawes arbenigol ar gyfer anghenion gweld dal i weithio'n anghysbell / o bell drwy ffonio, tecstio, ebostio a mynychu cyfarfodydd ar "Skype" ayyb. Bydd cyswllt agos dal i fod rhwng y gwasanaeth a'r Cydlynnydd Anghenion Ychwanegol a'r adrannau iechyd arbennigol megis Offthalmoleg. Bydd cyswllt uniongyrchol rhwng y gwasanaeth a'r teuluoedd.

Athrawes Arbennigol (QTVI) : Mrs Mair Anwen Jones
Ebost cyswllt: mair.anwen.jones@pembrokeshire.gov.uk

Adran Offthalmoleg GIG Hywel Dda

Gweler y wefan isod am wybodaeth pellach a datganiadau i'r wasg am gofal llygaid yn ystod y Pandemig:

<https://biphdd.gig.cymru/newyddion/datganiadau-ir-wasg/mynediad-at-ofal-llygaid-yn-ystod-y-pandemig-covid-19/>

Swyddogion Cyswllt Clinig y Llygaid (ECLO)

Mae gan bob Sir Swyddog Cyswllt Clinig y Llygaid.
Yn Sir Benfro, y Swyddog yw Mr Derek Edwards.
Ebost: derek.edwards@rnib.org.uk
Ffon Symudol: 07884 362827

Gwybodaeth cyffredinol am y Clinigau Llygaid:

<https://www.rnib.org.uk/cy/cymorth-mewn-clinigau-llygaid>

Optegyddion yng Nghymru:

Mae gwasanaeth yr Optegydd ar gau yng Nghymru, a dim ond ar agor mewn argyfwng yn unig o achos pandemig Covid-19.

Pwy sydd ar qael yn SIR BENFRO?

Specsavers, 3 Dimond Street, South Pembroke dock SA72 6JA
01646 623090

Specsavers, 4 Bridge Street, Haverfordwest, Pembrokeshire, SA61 2AL
01437 767788

M.N.Charlton Optometrists, 27 West Street, Fishguard, Pembs, SA65 9AL
01348 873234

N & S Williams Opticians – Gwasanaeth “Domiciliary”
01267 290009

Cyngor ar gyfer Deillion Cymru – Pecyn gwybodaeth i deuluoedd i’w lawrlwytho

Gwybodaeth cyffredinol cymunedol a meddygol i deuluoedd a plant sydd ag anghenion gweld.

http://www.wcb-ccd.org.uk/coronavirus/word_documents.php

RNIB

Gwefan RNIB Cymru = <https://www.rnib.org.uk/cy/wales-cymru-1>

Llinell Gymorth: ffôn: 0303 123 9999

E-bost: helpline@rnib.org.uk

British Blind Sport

Gwefan Chwaraeon Prydeinig i’r Deillion: <https://britishblindsport.org.uk/stay-in-work-out/>

Syniadau a cymorth i genfogi pobl gyda cadw’n heini yn ystod y Pandemig.

#StayInWorkOut

Apiau

- [Be My Eyes app](#) – yn rhoi cyswllt uniongyrchol gyda gwirfoddolwyr (sydd dros 17 oed) drwy alwad fideo neu “smart phone” i ateb eu cwestiynau a cynnig help.
- [TapTapSee](#) yn app sydd yn defnyddio y camera ar y ffon a’r uwchseinydd llais sydd ar y ffon I ddweud yn union beth sydd o flaen yr unigolyn sydd yn ddall. Mae’ app yn rhoi cymorth drwy darllen bwydlennau, disgrifio llun, gwirio dyddiadau terfyn bwyd, enwi lliw eitem neu’n rhoi cyfarwyddiadau.

Uwch Swyddog Synhwyrdd – Gofal Cymdeithasol OEDOLION a THEULUOEDD

Am wybodaeth cyffredinol am wasanaethau (nid gwasanaethau addysgiadol) sydd yn Sir Benfro i helpu teuluoedd ac oedolion, cysylltwch â:

E-bost: Tracy.Martin-Smith@pembrokeshire.gov.uk

Cyngor Gwasanaeth Synhwyrdd- Anghenion Gweld
Sensory Service Advice – Visual Impairment



Students with a visual impairment and their families

During this time the Sensory Team -Vision will continue to offer support via email, text, "Skype" and phone or via your SENCO at school. Links will still be in place with the Specialist NHS departments. There will also be continued direct support between the QTVI and the families.

Specialist VI Teacher (QTVI) – Mrs Mair Anwen Jones
Email: mair.anwen.jones@pembrokeshire.gov.uk

NHS Hywel Dda Ophthalmology Department

Please see the NHS web link below for up to date information and press-releases during the COVID-19 pandemic:

<https://hduhb.nhs.wales/news/press-releases/accessing-eye-care-during-the-covid-19-pandemic/>

Eye Care Clinic Liaison officer (ECLOs)

Every County should have an ECLO.

In Pembrokeshire, the ECLO is Mr Derek Edwards.

Ebost: derek.edwards@rnib.org.uk
Mobile: 07884 362827

General Support from eye clinics:

<https://www.rnib.org.uk/wales-cymru-how-we-can-help/support-eye-clinics>

Optometry Practices in Wales - COVID-19

Optometrist practices in Wales are closed to all but emergency eye care needs due to the Corona virus pandemic.

LIST OF OPTICIANS OPEN DURING THE COVID-19 IN PEMBROKESHIRE:

Specsavers, 3 Dimond Street, South Pembroke dock SA72 6JA
01646 623090

Specsavers, 4 Bridge Street, Haverfordwest, Pembrokeshire, SA61 2AL
01437 767788

M.N.Charlton Optometrists, 27 West Street, Fishguard, Pembs, SA65 9AL
01348 873234

N & S Williams Opticians - Domiciliary Service
01267 290009

Wales Council for the Blind - Community Support booklets to download

Patient-focused booklets of support in the community are available in Word format for each local authority. These booklets give contact details for support in the community and lists of optometrists open for urgent eye care.

http://www.wcb-ccd.org.uk/coronavirus/word_documents.php

RNIB

[RNIB website](#)

- Helpline:phone: 0303 123 9999
- email: helpline@rnib.org.uk

British Blind Sport

[Stay in Work Out from the British Blind Sport website](#)

With current Government advice recommending against non-essential contact and all unnecessary travel, British Blind Sport is joining with Sport England and encouraging our VI service users to #StayInWorkOut.

Apps

- [Be My Eyes app](#) connects a person (17yrs+) with sight loss to a sighted volunteer or company representative through a live video call on their smart phone, and then receives visual assistance from that person on whatever they need.
- [TapTapSee](#) is a mobile camera application designed specifically for blind and visually impaired users, TapTapSee utilizes your device's camera and VoiceOver functions to take a picture or video of anything and identify it out loud for you. Questions asked can be anything, but are often tasks such as checking expiry dates, distinguishing between products or colours, reading information or instructions, navigating and using equipment, with calls typically lasting from 30 seconds to a minute

Adult Social Care – Senior Sensory Officer

Contact Mrs Tracy Martin-Smith for information and advice about Pembrokeshire non-education services for families and adults.

Email: Tracy.Martin-Smith@pembrokeshire.gov.uk