

Hello!

If you are self-isolating with Coronavirus I can help!

My name is: _____

I live locally at: _____

My phone number is: _____

I am normally available at these times:

Mon-Fri _____

Weekends _____

I can help with:

Shopping: Yes / No

Cooking: Yes / No

Collecting prescriptions: Yes / No

Dog walking: Yes / No

Other tasks (just ask!): Yes / No

Just call or text me and I'll do my best to help you (for free!)

I will not enter your home - so I will ring your doorbell and leave your items on your doorstep.

Please make sure that you have money available to pay for your shopping.

Coronavirus is contagious. Avoid physical contact! Keep your distance from others. Catch your coughs and sneezes! Wash your hands regularly.

Google 'NHS Wales Coronavirus' for advice. You can also telephone 111 for assistance - but NHS Wales asks that you do not call if your symptoms are mild.

This postcard is designed to bring together people who live on the same street. Be wary of strangers from further away.



Helo!

Os ydych chi'n hunan-ynysu gyda Coronafeirws gallaf helpu!

Fy enw i yw: _____

Rwy'n byw yn lleol yn: _____

Fy rhif ffôn yw: _____

Rwyf fel arfer ar gael ar yr adegau hyn:

Llun-Gwener _____

Penwythnos _____

Gallaf helpu gyda:

Siopa: Ydw / Nac ydw

Coginio: Ydw / Nac ydw

Casglu presgripsiynau: Ydw / Nac ydw

Cerdded cŵn: Ydw / Nac ydw

Tasgau eraill (gofynwch!): Ydw / Nac ydw

Ffoniwch neu anfonwch neges destun ataf a gwnaf fy ngorau i'ch helpu (am ddim!)

Ni fyddaf yn mynd i mewn i'ch cartref - felly byddaf yn canu cloch eich drws ac yn gadael eich eitemau ar stepen eich drws.

Gwnewch yn siŵr bod gennych arian ar gael i dalu am eich siopa.

Mae Coronafeirws yn heintus. Mae angen osgoi cyswllt corfforol! Cadwch eich pellter oddi wrth eraill. Daliwch pob peswch! Golchwch eich dwylo yn rheolaidd.

Googlwch 'GIG Cymru Coronafeirws' am gyngor. Gallwch hefyd ffonio 111 i gael cymorth - ond mae GIG Cymru yn gofyn i chi beidio â galw os yw'ch symptomau'n ysgafn.

Mae'r cerdyn post hwn wedi'i gynllunio i ddod â phobl sy'n byw ar yr un stryd ynghyd. Byddwch yn wylriadwus o ddieithriaid o ymhellach i ffwrdd.





Volunteer instructions

1. Fill in your details overleaf
2. Indicate overleaf the services you can provide (deleting yes or no, as appropriate)
3. Post to houses on your street
4. Don't worry if some of your neighbours are also posting these. The more the merrier!
5. Be sure to have some ID to hand, so the self-isolator can check who you are.
6. Help the best you can! Good luck - and thank you!

For the Self-isolator

1. You have a neighbour able to help you if you are self-isolating!
2. Ring the number he or she has provided - and explain what you need.
3. Please be ready to pay for any shopping
4. Don't let the volunteer into your house. You are self-isolating!
5. For health advice, see overleaf for the information available from NHS Wales.

This postcard is published by Radyr and Morganstown Community Council for use by volunteer helpers during the Coronavirus outbreak. The work undertaken by volunteers is done independently of the Council.



Cyfarwyddiadau i'r gwirfoddolwr

1. Llenwch eich manylion drosodd
2. Nodwch drosodd y gwasanaethau y gallwch eu darparu (gan ddileu ie neu na, fel y bo'n briodol)
3. Postiwch i dai ar eich stryd
4. Peidiwch â phoeni os yw rhai o'ch cymdogion hefyd yn postio'r rhain. Gorau po fwyaf!
5. Gwnewch yn siŵr bod gennych ID wrth law, fel y gall yr hunan-ynysydd wirio pwy ydych chi.
6. Helpwch y gorau y gallwch chi! Pob lwc - a diolch!

Ar gyfer yr Hunan-ynysydd

1. Mae gennych gymydog sy'n gallu'ch helpu chi!
2. Ffoniwch y rhif y mae ef neu hi wedi'i ddarparu - ac esboniwch yr hyn sydd ei angen arnoch chi.
3. Byddwch yn barod i dalu am unrhyw siopa.
4. Peidiwch â gadael y gwirfoddolwr i mewn i'ch tŷ. Rydych chi'n hunan-ynysu!
5. Am gyngor iechyd, gweler drosodd am y wybodaeth sydd ar gael gan GIG Cymru.

Cyhoeddir y cerdyn post hwn gan Gyngor Cymuned Radyr a Threforgan i'w ddefnyddio gan gynorthwyr gwirfoddol yn ystod yr argyfwng Coronafeirws. Gwneir gwaith pob gwirfoddolwr yn annibynnol o'r Cyngor.