

Caring for Carers Cymru | Gofalu am Ofalwyr Cymru

Agenda

10:00 AM – 10:15 AM	The Lord of Mayor of Cardiff opens the event	Arglwydd Faer Caerdydd yn agor y digwyddiad
10:15 AM – 10:30 AM	Dr Claire Malcolm (The OU in Wales) welcomes you to the Carer's Marketplace	Dr Claire Malcolm (Y Brifysgol Agored yng Nghymru) yn eich croesawu chi i Farchnadle Gofalwyr
10:30 AM – 10:45 AM	Dr Dan Taylor (The OU in Wales): Celebrating Carers	Dr Dan Taylor (Y Brifysgol Agored yng Nghymru): Dathlu Gofalwyr
10:45 AM – 11:15 AM	Lightning talks from: Speech and Language, Occupational Therapy, Play Therapy	Sgyrsiau byrion gan: Therapi Iaith a Lleferydd, Therapi Galwedigaethol, Therapi Chwarae

11:15 AM – 11:30 AM	Refreshment Break	Egwyl Lluniaeth
11:30 AM – 12:15 PM	Lightning Talks: AP Cymru, Neurodiversity in Sport, Seeds of Hope	Sgyrsiau Byrion: AP Cymru, Niwroamrywiaeth mewn Chwaraeon, Seeds of Hope
12:15 PM – 12:30 PM	Joanne Thomas (Head of the Marion Centre): Building a Home/School Partnership	Joanne Thomas (Pennaeth Canolfan Marion): Meithrin Partneriaeth rhwng y Cartref/yr Ysgol
12:30 PM – 01:15 PM	Lunch Break	Egwyl Lluniaeth
01:15 PM – 02:00 PM	Dr Hayley Ness, Susan Stradling (OU in Wales): Practical Tips for Self-Care	Dr Hayley Ness, Susan Stradling (Y Brifysgol Agored yng Nghymru): Cyngorion Ymarferol ar gyfer Hunan-ofal
02:00 PM – 02:45 PM	Lightning Talks: Legal Advice & Carers Rights (HCB Solicitors, Carers Trust)	Sgyrsiau Byrion: Cyngor Cyfreithiol a Hawliau Gofalwyr (Cyfreithwyr

		HCB, Ymddiriedolaeth Gofalwyr)
02:45 PM – 03:00 PM	Refreshment Break	Egwyl Lluniaeth
03:00 PM – 03:15 PM	Self-Care Prize Draw: Karen Mills (AP) to announce winners	Raffl Hunan-ofal: Karen Mills (AP) i gyhoeddi'r enillwyr
03:15 PM – 03:30 PM	Dr Claire Malcolm (OU in Wales): Closing Address	Dr Claire Malcolm (Y Brifysgol Agored yng Nghymru): Anerchiad i Gloi
03:30 PM – 04:00 PM	Carers Marketplace remains open	Marchnadle Gofalwyr yn parhau ar agor