

MY CHARTER

People with learning disabilities want the same things as everyone does.

Here's our Charter – written by people with learning disabilities in West Wales.

Will you sign up to say:

- » You agree?
- » You'll try to make it happen, in your work, your family and your community?



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CEREDIGION
County Council



COLEG Sir Benfro
Pembrokeshire COLLEGE

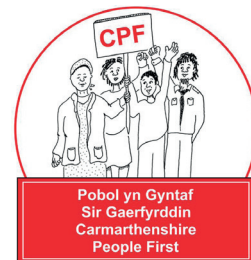


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Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership



MY LIFE. MY RIGHTS.

We want:

- » **More chances in life.**
- » **More choice.**
- » **To be listened to.**
- » **To be treated as adults.**
- » **To be given dignity and respect.**
- » **You to keep our information private.**



MY COMMUNITY. MY RELATIONSHIPS.

We want:

- » To be able to travel independently.
- » Help to understand money so we have more control.
- » To train other people in what our lives are like – we're the experts.
- » To get involved with our community.
- » To have paid jobs.
- » We want the right to enjoy friendships, relationships and sex, just like everyone.
- » We want the right to have a family.



MY SOCIAL LIFE

We want:

- » **To go places everyone goes and to be welcome.**
- » **To do stuff evenings and weekends.**
- » **The right to enjoy friendships, relationships and sex as we choose.**
- » **People to welcome us and understand what we need when we are out.**
- » **To have more info about what's going on.**



MY SUPPORT

We want:

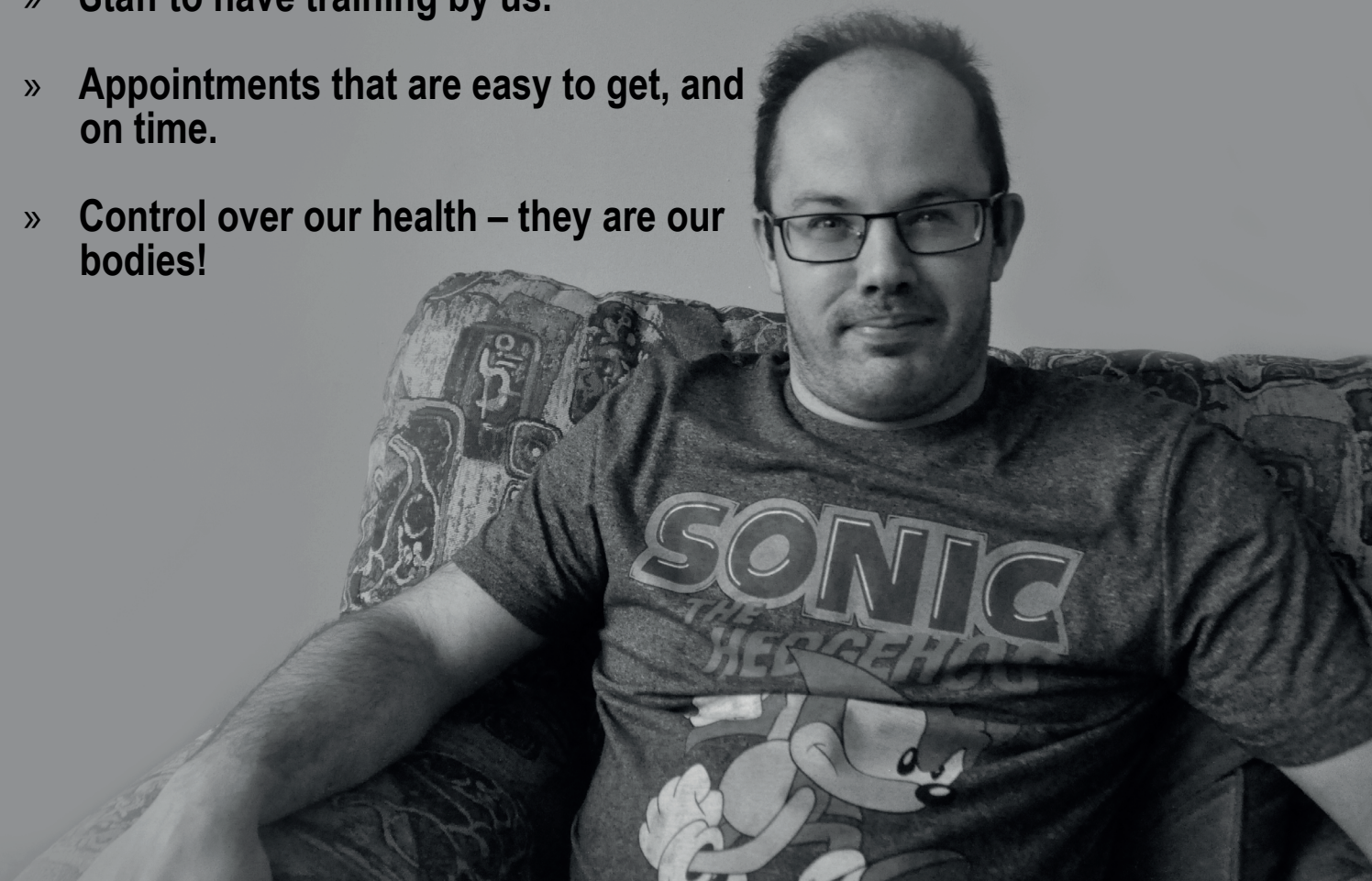
- » **Help to follow our dreams.**
- » **To train staff who work with us.**
- » **To get to know people who support us.**
- » **To trust people to do what they say.**
- » **Access to advocacy.**



MY HEALTH

We want:

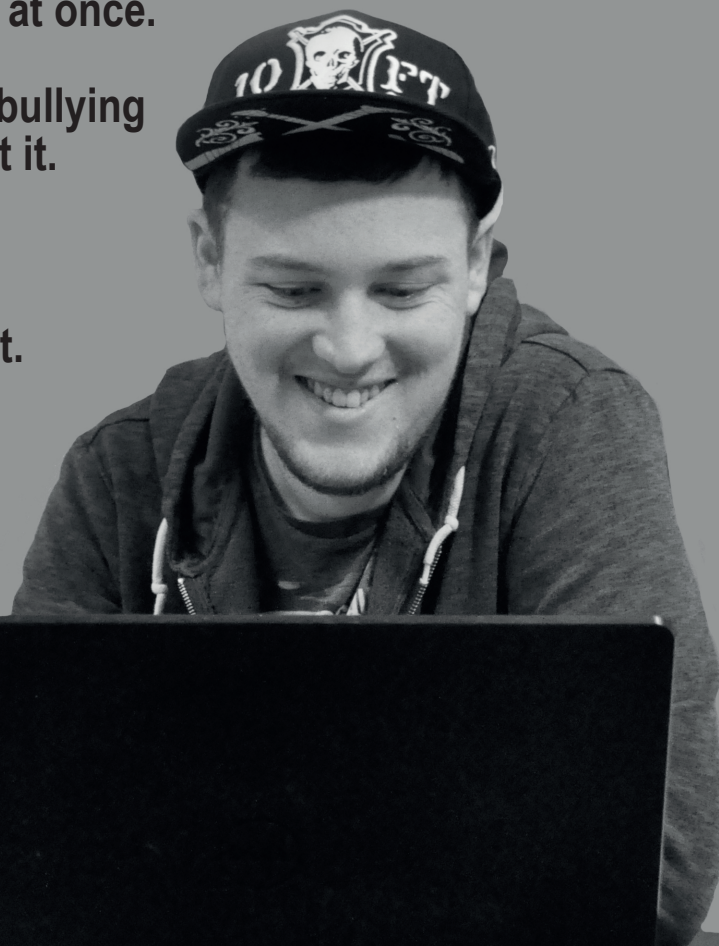
- » **The healthcare we need from GPs and hospitals.**
- » **A health check every year.**
- » **Staff to have training by us.**
- » **Appointments that are easy to get, and on time.**
- » **Control over our health – they are our bodies!**



MY INDEPENDENCE

We want:

- » You to give us space – not too much at once.
- » To feel safe – help us find out about bullying and hate crime, and what to do about it.
- » Time to think for ourselves.
- » Support to live on our own if we want.
- » More support when we are parents.
- » To stand up for our rights!



MY COMMUNICATION

We want:

- » You to make things easy to read.
- » Letters and leaflets we can understand – keep it simple!
- » You to find out what works for us – we are all different.
- » To speak for ourselves.
- » Time to think and answer – don't rush!



FY SIARTER

Mae pobl ag anableddau dysgu eisiau'r un pethau â phawb arall.

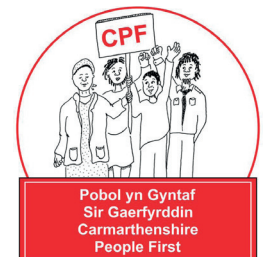
Dyma ein Siarter – wedi'i hysgrifennu gan bobl ag anableddau dysgu yng Ngorllewin Cymru.

Wnewch chi ymrwymo i ddweud:

- » Ydych chi'n cytuno?
- » Byddwch chi'n ceisio gwneud iddo ddigwydd, yn eich gwaith, eich teulu a'ch cymuned?



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FY MYWYD I. FY HAWLIAU I.

Rydyn ni am:

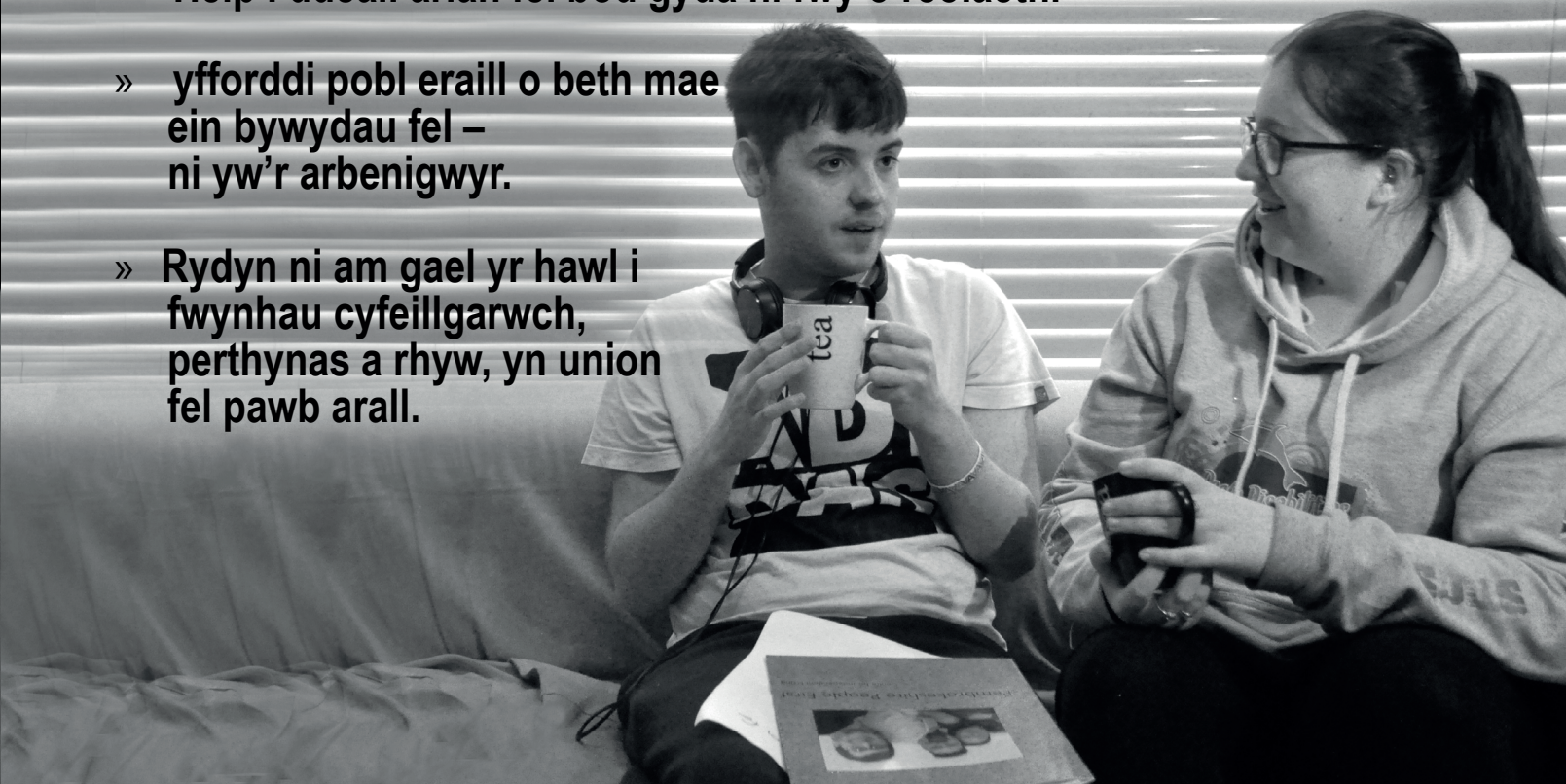
- » Fwy o gyfleoedd mewn bywyd.
- » Fwy o ddewis.
- » Gael gwrandawriad.
- » Gael ein trin fel oedolion.
- » Gael urddas a pharch.
- » I chi gadw ein gwybodaeth yn breifat.



FY NGHYMUNED I. FY MHERTHNASOEDD I.

Rydyn ni am:

- » **Allu teithio'n annibynnol.**
- » **Gymryd rhan yn ein cymuned.**
- » **Gael swyddi cyflogedig.**
- » **Help i ddeall arian fel bod gyda ni fwy o reolaeth.**
- » **yfforddi pobl eraill o beth mae ein bywydau fel – ni yw'r arbenigwyr.**
- » **Rydyn ni am gael yr hawl i fwynhau cyfeillgarwch, perthynas a rhyw, yn union fel pawb arall.**



FY MYWYD CYMDEITHASOL I

Rydyn ni am

- » **Fynd i lefydd mae pawb yn mynd iddyn nhw – a chael croeso.**
- » **Wneud pethau gyda’r nos ac ar benwythnosau.**
- » **Gael mwy o wybodaeth am yr hyn sy’n mynd ymlaen.**
- » **I bobl ein croesawu a deall yr hyn sydd angen arnon ni pan fyddwn ni allan.**
- » **Yr hawl i fwynhau cyfeillgarwch, perthynas a rhyw yn ôl ein dewis.**



FY NGHEFNOGAETH I

Rydyn ni am

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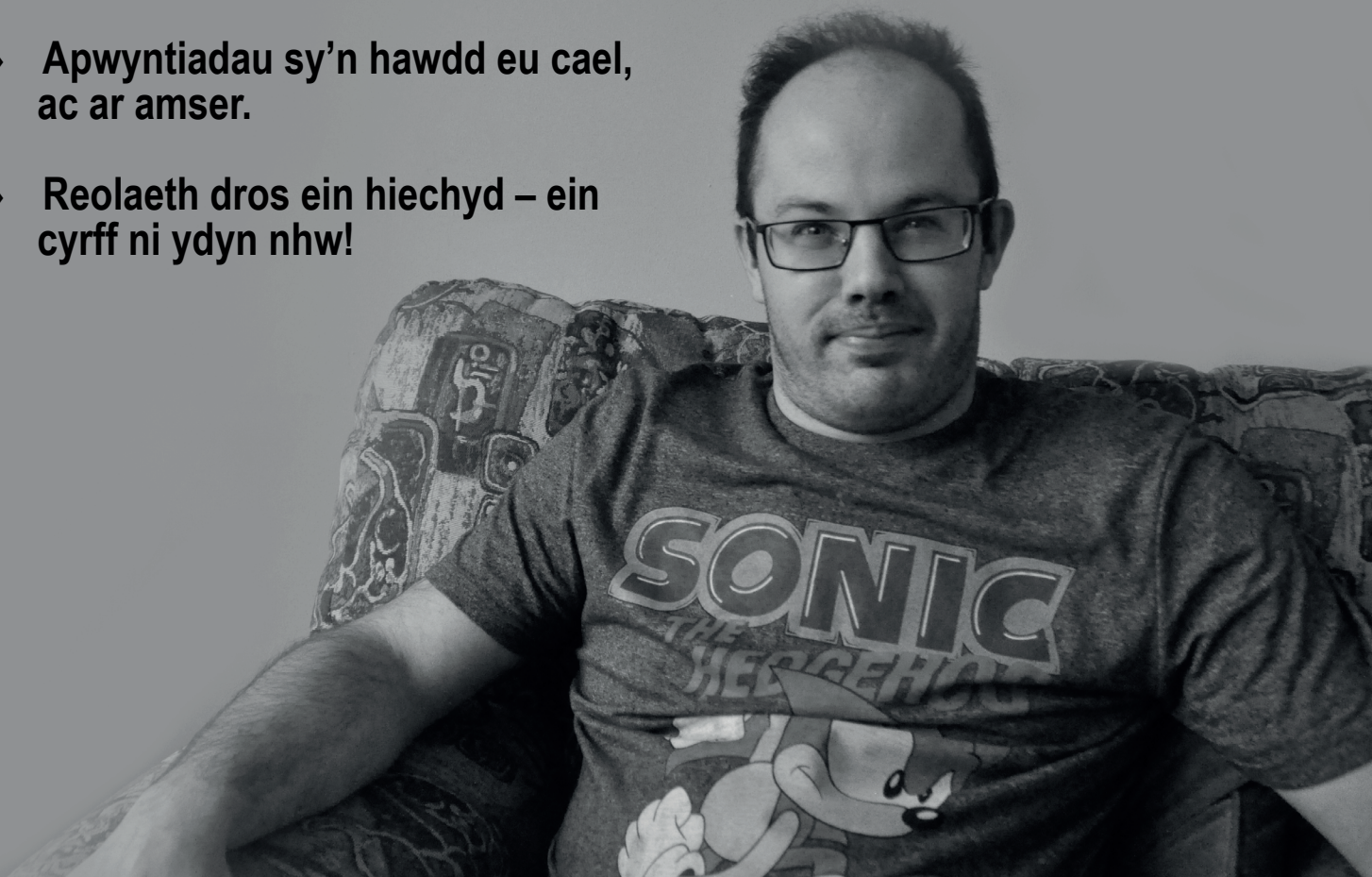
- » Help i ddilyn ein breuddwydion.
- » Hyfforddi staff sy'n gweithio gyda ni.
- » Ddod i 'nabod pobl sy'n ein cefnogi.
- » Ymddiried mewn pobl i wneud yr hyn maen nhw'n ei ddweud.
- » Fynediad at eiriolaeth.



FY IECHYD I

Rydyn ni am:

- » Y gofal iechyd sydd ei angen arnon ni gan feddygon teulu ac ysbytai.
- » Archwiliad iechyd bob blwyddyn.
- » Staff i gael hyfforddiant gennym ni.
- » Apwyntiadau sy'n hawdd eu cael, ac ar amser.
- » Reolaeth dros ein hiechyd – ein cyrff ni ydyn nhw!



FY ANNIBYNIAETH I

Rydyn ni am:

- » I chi roi gofod i ni – dim gormod ar unwaith.
- » Deimlo'n ddiogel – helpu ni i ddysgu am fwlio a throedd casineb, a beth i'w wneud amdano.
- » Amser i feddwl droson ni ein hunain.
- » Gymorth i fyw ar ein pennau ein hunain os ydyn ni'n dymuno hynny.
- » Fwy o gefnogaeth pan fyddwn ni'n rhieni.
- » Sefyll dros ein hawliau!



FY NGHYFATHREBU I

Rydyn ni am:

- » I chi wneud pethau'n hawdd i'w darllen.
- » Lythyrau a thaflenni y gallwn ni eu deall – cadwch e'n syml!
- » I chi ddarganfod beth sy'n gweithio i ni – rydyn ni i gyd yn wahanol.
- » Siarad droson ni ein hunain.
- » Amser i feddwl ac ateb – peidio â rhuthro!

