

# Does your child have wee or poo problems?



**THESE SESSIONS WILL TAKE PLACE VIRTUALLY (ONLINE)**

**EVENING: FIRST TUESDAY OF MONTH (6 – 7 PM)**

**LUNCHTIME: FIRST FRIDAY OF EACH MONTH (12:30 – 13:30PM)**

Join an online parent/carer group for an educational session with Bladder and Bowel Assistant Practitioners, covering topics, from potty/toilet training, constipation and day/night-time wetting.

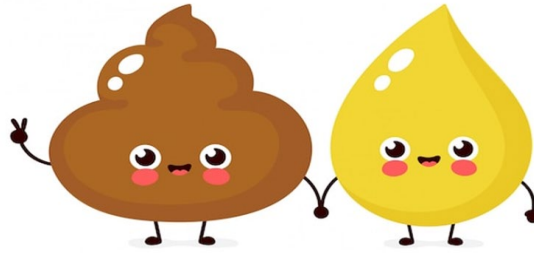
This workshop is only available to residents of Cardiff and Vale.

Please click on the QR code below

Thank you for showing an interest  
in our Wee and Poo (Bladder and  
Bowel) Workshop.



# A oes gan eich plentyn broblemau pi-pi neu pŵ?



**BYDD Y SESIYNAU HYN YN CAEL EU CYNNAL YN RHITHWIR (AR-LEIN)**

**GYDA'R NOS: DYDD MAWRTH CYNTAF BOB MIS (6 – 7 PM)**

**AMSER CINIO: DYDD GWENER CYNTAF BOB MIS (12:30 – 13:30PM)**

Ymunwch â grŵp rhieni/gofalwyr ar-lein ar gyfer sesiwn addysgol gydag Ymarferwyr Cynorthwyol y Bledren a'r Coluddyn, a fydd yn trafod pynciau fel hyfforddiant poti/toiled, rhwymedd a gwlychu yn ystod y dydd/nos.

Dim ond i drigolion Caerdydd a'r Fro y mae'r gweithdy hwn ar gael.

Gallwch glicio ar y cod QR isod

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GIG  
CYMRU  
NHS  
WALES

Iwrdod Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

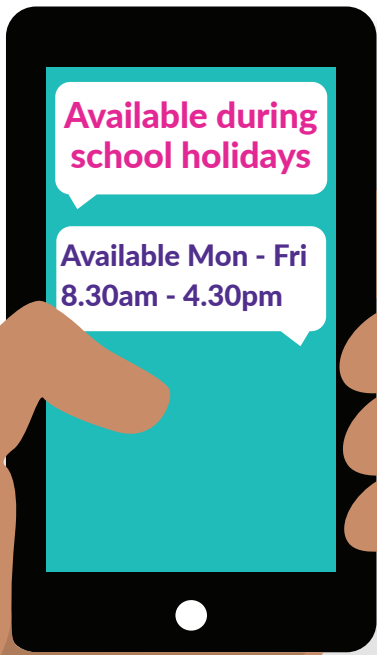


Nyrso Ysgol | School Nursing  
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

# parent line

If you're a parent or carer of a 5-16 Year Old  
Text your school nurse on  
**07312 263178**  
For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems. This won't be a diagnostic service but we can give advice on....



emotional wellbeing  
sleep day and  
healthy night time  
eating wetting  
soiling substance misuse  
relationships  
behaviour bullying  
online safety puberty



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We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



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# llinell rhieni

Os ydych yn rhiant neu'n ofalwr i blentyn 5-16 oed

Tecstiwch eich nyrs ysgol ar

**07312 263178**

Am gyngor a chymorth cyfrinachol

Bydd hwn yn wasanaeth testun i rieni gael mynediad at eu nyrs ysgol i helpu gydag ystod eang o broblemau iechyd. Ni fydd hwn yn wasanaeth diagnostig ond gallwn roi cyngor ar...



camddefnyddio sylweddau

**CWSG** gwlychu

diogelwch yn ystod  
**ar-lein**

baeddu y dydd

glasoed a'r nos

cydberthnasau

lles emosiynol **bwlio**

ymddygiad **bwyta'n iach**

Efallai y byddwn yn rhoi gwybod i rywun os ydym yn pryderu am eich diogelwch, ond byddem fel arfer yn siarad â chi yn gyntaf. Caiff eich negeseuon eu storio a gall staff gofal iechyd eraill sy'n dilyn yr un rheolau cyfrinachedd eu gweld. Ein nod yw ymateb i chi o fewn un diwrnod gwaith a dylech gael neges ar unwaith i gadarnhau ein bod wedi derbyn eich neges destun. Ni fydd negeseuon testun yn cael eu gweld y tu allan i oriau gwaith arferol. Os oes angen help arnoch cyn i chi glywed gennym, cysylltwch â'ch meddyg teulu, y ganolfan galw heibio agosaf neu ffoniwch 111. Nid yw ein rhif testun yn derbyn galwadau llais na negeseuon llun MMS. Rydym yn cefnogi negeseuon o rifau ffôn symudol y DU yn unig (nad yw'n cynnwys negeseuon a anfonir o linellau tir, rhifau ffôn symudol rhyngwladol a rhai apiau 'cuddio rhifau' ar ffonau symudol). Er mwyn atal y gweithiwr iechyd proffesiynol rhag anfon negeseuon atoch, tecstiwch STOP i'n rhif. Codir tâl am negeseuon ar eich cyfraddau arferol.

 ChatHealth



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## SN contact numbers

EAST Cardiff School Nursing Team: 029 218 3314

WEST Cardiff School Nursing Team: 029 218 32204

VALE School Nursing Team: 014 467 04114

School Nursing Team/immunisation email: Cavuhbschoolnursing@wales.nhs.uk

iCAV\_SNTEAM

# Useful Information



**ERIC - Continence**  
[eric.org.uk](http://eric.org.uk)



**Wellbeing**  
[cavyoungwellbeing.wales](http://cavyoungwellbeing.wales)



**Neurodevelopmental Service**  
[cavyoungneurodevelopment.wales](http://cavyoungneurodevelopment.wales)



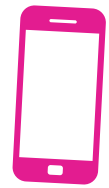
**Healthier Families**  
[nhs.uk/healthier-families](http://nhs.uk/healthier-families)



**Sleep & Mental Health**  
[nhs.uk/every-mind-matters](http://nhs.uk/every-mind-matters)



**Keeping me well**  
[keepingmewell.com](http://keepingmewell.com)



**Parent Line**



**Give them time**



**Cardiff Family Gateway**



**Need a Dentist?**

[Cardiffandvale.gds@wales.nhs.uk](mailto:Cardiffandvale.gds@wales.nhs.uk)

Free practical tips and expert advice for all your parenting challenges  
[gov.wales/parenting-give-it-time](http://gov.wales/parenting-give-it-time)

The Gateway provides information, advice and assistance on a wide range of topics and enquiry areas such as money advice, housing, welfare benefits, child behaviour, child care, school attendance, health and well-being, parental support and much more.

[cardiffamilies.co.uk](http://cardiffamilies.co.uk)  
03000 133 133



**GIG CYMRU NHS WALES**  
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Cardiff and Vale University Health Board



# Gwybodaeth Ddefnyddiol



**ERIC - Ymataliaeth**  
[eric.org.uk](http://eric.org.uk)



**Lles**  
[cavyoungwellbeing.wales](http://cavyoungwellbeing.wales)



**Y Gwasanaeth Niwroddatblygiadol**  
[cavyoungneurodevelopment.wales](http://cavyoungneurodevelopment.wales)



**Teuluoedd Iachach**  
[nhs.uk/healthier-families](http://nhs.uk/healthier-families)



**Cwsg ac Iechyd Meddwl**  
[nhs.uk/every-mind-matters](http://nhs.uk/every-mind-matters)



**Cadw Fi'n Iach**  
[keepingmewell.com](http://keepingmewell.com)



**Llinell Rhieni**



**Rhowch amser iddo**



Awgrymiadau ymarferol a chyngor arbenigol am ddim ar gyfer eich holl heriau rhianta  
[gov.wales/parenting-give-it-time](http://gov.wales/parenting-give-it-time)



**Porth i Deuluoedd Caerdydd**



Mae'r Porth yn darparu gwybodaeth, cyngor a chymorth ar ystod eang o bynciau a meysydd ymholi megis cyngor ariannol, tai, budd-daliadau lles, ymddygiad plant, gofal plant, presenoldeb yn yr ysgol, iechyd a lles, cefnogaeth rhieni a llawer mwy.

[cardifffamilies.co.uk](http://cardifffamilies.co.uk)  
03000 133 133



**Angen Deintydd?**

[Cardiffandvale.gds@wales.nhs.uk](mailto:Cardiffandvale.gds@wales.nhs.uk)

