



Llywodraeth Cymru
Welsh Government



Darllen, Adnoddau a Chymorth Pellach

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Cynnwys

1 Cymorth i Ddioddefwyr-Oroeswyr

2 Adnoddau Defnyddiol

Adnoddau Ar-lein

Fideo

Llyfrau

Casgliadau Cyfnodolion Academaidd

4 Darllen Pellach a Chyfeiriadau

Cymorth i Ddioddefwyr-Oroeswyr



Llinell Gymorth Byw Heb Ofn yw llinell gymorth genedlaethol 24/7 Llywodraeth Cymru i oroeswyr, ni waeth beth fo'u hunaniaeth.

Byw Heb Ofn: www.bywhebofn.llyw.cymru

Llinell Gymorth Byw Heb Ofn: 0808 8010 800

Efallai y byddai'n well gan oroeswyr gwrywaidd gysylltu â Phrosiect Dyn:

Dyn Cymru: www.dynwales.org

Llinell **Gymorth Dyn Cymru** ar gyfer cymorth a chyngor ar **029 2034 9970** (ar agor o ddydd Llun i ddydd Gwener, 10:00am – 4:00pm)

Llinell Gyngor i Ddynion (Respect)

Cymorth ac eiriolaeth i ddioddefwyr-oroeswyr gwrywaidd cam-drin.

Llinell Gymorth: 0808 8020327

Gwefan: mensadvice.org.uk

Llinell Ffôn Respect

Cymorth ac arweiniad i gyflawnwyr cam-drin domestig sydd am ymdrin â'u hymddygiadau.

Llinell Gymorth: 0808 8024040

BAWSO

Cymorth ac eiriolaeth i ddioddefwyr-oroeswyr Du a lleiafrifedig cam-drin.

Llinell Gymorth: 0800 7318147

E-bost: referrals@bawso.org.uk

GALOP

Cymorth i bobl LHDTC+ sydd wedi cael eu cam-drin ac wedi dioddef trais.

Llinell Gymorth: 0800 999 5428

E-bost: help@galop.org.uk

Cymorth Arbenigol i Deuluoedd VESTA

Cymorth i wladolion Gwlad Pwyl sy'n dioddef trais a/neu gam-drin domestig.

Llinell Gymorth: 07545075093

Gwefan: vestasfs.org

The Traveller Movement

Help a chymorth i fenywod o'r gymuned Sipsiwn, Roma a Theithwyr.

Llinell Gymorth: 0754 1637 795

Adnoddau Defnyddiol



Adnoddau Ar-lein

Sefydliad Safe & Together™

Gwybodaeth bellach, blogiau, podlediadau, erthyglau a hyfforddiant.

www.safeandtogetherinstitute.com/resources/

Cymorth i Ferched Cymru

Yr elusen genedlaethol yng Nghymru sy'n gweithio i roi terfyn ar drais yn erbyn menywod a merched. Ffederasiwn o sefydliadau arbenigol, y mae gwasanaethau cymorth arbenigol lleol yn aelodau ohonynt. Ymchwil, ymgyrchoedd, gwybodaeth a rheoli llinell gymorth genedlaethol Cymru ar gyfer cam-drin domestig, Byw heb Ofn (sydd ar agor ac am ddim i unrhyw un ni waeth beth fo'i hunaniaeth rhywedd).

Mae gan Cymorth i Ferched yn Lloegr, yr Alban a Gogledd Iwerddon gyfoeth o adnoddau hefyd.

www.welshwomensaid.org.uk/cy/about/

Rights of Women

Elusen sy'n darparu cyngor cyfreithiol ar y rheng flaen i fenywod sy'n dioddef pob math o drais yn erbyn menywod a merched yng Nghymru a Lloegr. Canllawiau cyfreithiol ac ymchwil/ymgyrchoedd academiaidd.

www.rightsofwomen.org.uk/

Centre for Women's Justice

Elusen sy'n herio achosion o wahaniaethu yn y system gyfiawnder mewn perthynas â thrais gan ddynion yn erbyn menywod a merched. Ymchwil, ymgyrchu dros bolisiau a gwybodaeth.

www.centreforwomensjustice.org.uk/home

Adnoddau | Respect

Cymorth i oroeswyr a chyflawnwyr gwrywaidd cam-drin domestig. Llyfrgell o adnoddau academiaidd a gwybodaeth bellach, gan gynnwys llinellau cymorth i gyfeirio unigolion at wasanaethau priodol.

www.respect.org.uk/pages/resources

Adnoddau a chyhoeddiadau LHDTC+ – Galop

Cymorth i bobl LHDTC+ sydd wedi cael eu cam-drin. Llyfrgell o adroddiadau a chyhoeddiadau, gwybodaeth bellach a llinell gymorth i gyfeirio unigolion at wasanaethau priodol.

www.galop.org.uk/resources-publications/

BAWSO

Ymchwil, eiriolaeth a gwasanaeth cymorth arbenigol ar gyfer dioddefwyr-oroeswyr Du a Lleiafrifiedig cam-drin domestig a cham-drin ar sail anrhydedd, fel y'i gelwir (priodas dan orfod, anffurfio organau cenhedlu benywod, trais ar sail anrhydedd). Yn cynnwys gwybodaeth, adroddiadau a llinell gymorth genedlaethol i gyfeirio unigolion at wasanaethau priodol.

www.bawso.org.uk/en/

Karma Nirvana

Elusen arbenigol sy'n eirioli dros ddioddefwyr-oroeswyr trais ar sail anrhydedd, fel y'i gelwir. Yn cynnwys llinell gymorth genedlaethol, gwybodaeth bellach a data ystadegol.

www.karmanirvana.org.uk/

(Sipsiwn) Romani, Roma a Theithwyr Gwyddelig

Domestic Abuse and Sexual Violence – The Traveller Movement

www.travellermovement.org.uk/domestic-abuse-and-sexual-violence

Fideo

Human Rights in Domestic Abuse Proceedings – YouTube

www.youtube.com/watch?v=-0dpRfm4MCc

Llyfrau

- David Mandel *“Stop Blaming Mothers and Ignoring Fathers: How to Transform the Way We Keep Children Safe from Domestic Violence”*.
- Evan Stark *“Coercive Control: How Men Entrap Women in Personal Life”*.
- Jane Monckton-Smith *“In Control: Dangerous Relationships and How They End in Murder”*
- Emma Katz *“Coercive Control in Children’s and Mothers’ Lives”*.
- Besel van der Kolk *“The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma”*.

Casgliadau Cyfnodolion Academaidd

Mae'r casgliadau canlynol yn darparu ymchwil gyfredol a adolygwyd gan gymheiriaid yn rheolaidd mewn perthynas â cham-drin domestig.

- Violence Against Women (International) – SageJournals
- Journal of Gender-Based Violence – Bristol University Press
- Journal of Interpersonal Violence – SageJournals
- Journal of Family Violence – Springer
- Child Abuse Review – Wiley Online Library
- The British Journal of Social Work – Oxford Academic
- Social Work – Oxford Academic

Darllen Pellach a Chyfeiriadau



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