



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

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](https://twitter.com/iCAV_SNTEAM)

Useful Information



ERIC - Continence
eric.org.uk



Wellbeing
cavyoungwellbeing.wales



Neurodevelopmental Service
cavyoungneurodevelopment.wales



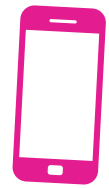
Healthier Families
nhs.uk/healthier-families



Sleep & Mental Health
nhs.uk/every-mind-matters



Keeping me well
keepingmewell.com



Parent Line



Give them time



Cardiff Family Gateway



Need a Dentist?
Cardiffandvale.gds@wales.nhs.uk

Free practical tips and expert advice for all your parenting challenges
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
03000 133 133



GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board



Gwybodaeth Ddefnyddiol



ERIC - Ymataliaeth
eric.org.uk



Lles
cavyoungwellbeing.wales



Y Gwasanaeth Niwroddatblygiadol
cavyoungneurodevelopment.wales



Teuluoedd Iachach
nhs.uk/healthier-families



Cwsg ac Iechyd Meddwl
nhs.uk/every-mind-matters



Cadw Fi'n Iach
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



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
03000 133 133



Angen Deintydd?

Cardiffandvale.gds@wales.nhs.uk

