# Transitions Service in Wales


### Support for young people aged between 14–25 who are blind or partially sighted

RNIB Cymru has dedicated workers who can provide one to one support, advice and guidance to young people with sight loss as they prepare for adulthood.

What is transition?

Transition basically means moving from one stage in your life to another. RNIB Cymru is here to support you and your family as you make decisions about:

* School
* Sixth form and Further Education
* Residential college
* University
* Voluntary work
* Employment.

As a young person with sight loss moves though education, you’ll find that many things change. The funding that pays for support, the professionals who deliver that support, and the way services are provided, are just a few of the changes that occur as you finish school and move on to the next stage of your life.

Our service aims to ensure that you have a specialist point of contact throughout your transition from school, all the way through to employment, to ensure that you can make informed decisions about your future.

### Support we can provide

#### While a young person is at school:

* We are able to provide advice about education options such as sixth form, college or residential college.
* We can give advice about school review meeting, and ensure that young people and families are fully prepared and able to get the most from the meeting.

#### At university or in preparation for going:

* We can give you information about the Disabled Students Allowance.
* We can help you prepare to move away from home.
* We can speak on your behalf if necessary.
* We can help find someone your own age, who has been away to university, to talk to about their experience.

#### If you would like to find employment or training:

* We can help you to improve your skills and knowledge as you move towards work, and will refer you to our specialist Employment Advisor who can help further when you are ready to apply for paid work.
* We can make sure you are aware of the support you are entitled to and advise on how to talk to employers about your sight loss.

#### If you are out of education or don’t know what to do:

* We can talk to you about all the options available.
* We can refer you onto other services who can also support you.

##### Parents are also welcome to contact us for guidance.

**Transitions Officer for North Wales**

**Rebecca Szekely**

Telephone: **07557 631 434**

Email: **rebecca.szekely@rnib.org.uk**

#### Transitions Officer for South Wales

##### Lyndsey McConnell

Telephone: **07789 924 647**

##### Email: lyndsey.mcconnell@rnib.org.uk

**For general enquiries about the transitions service**

Email: **transitionscymru@rnib.org.uk**

**RNIB Cymru offers a wide range of services for people with sight loss:**

* Rights, Advice and Information services
* Digital Technology assistance to get online
* Children and Family support and activities
* Transcription into accessible formats
* Eye Clinic Liaison Officers in hospitals and eye clinics
* Insight Radio – broadcasting by and for people with sight loss

#### For more information about RNIB Cymru contact us on

Telephone: **029 2082 8500** Email: **cymru@rnib.org.uk**Web: [**rnib.org.uk/wales**](http://rnib.org.uk/wales)

Facebook: [**facebook.com/RNIB.Cymru/**](http://facebook.com/RNIB.Cymru/)

Twitter: [**twitter.com/RNIBCymru**](http://twitter.com/RNIBCymru)

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# Gwasanaeth Pontio

yng Nghymru

### Cymorth i bobl ifanc rhwng 14 a 25 oed sy’n ddall neu â golwg rhannol

Mae gan RNIB Cymru weithwyr ymroddedig sy’n gallu darparu cymorth, cyngor ac arweiniad un i un i bobl ifanc sy’n colli eu golwg

wrth iddynt baratoi ar gyfer bywyd fel oedolion.

Beth yw pontio?

Mae pontio yn golygu symud o un cyfnod yn eich bywyd i un arall. Mae RNIB Cymru yma i’ch helpu chi a’ch teulu wrth i chi wneud penderfyniadau am:

* Yr Ysgol
* Y Chweched dosbarth ac Addysg Uwch
* Coleg preswyl
* Prifysgol
* Gwaith gwirfoddol
* Cyflogaeth.

Wrth i berson ifanc sy’n colli ei olwg symud drwy addysg, byddwch yn sylwi bod llawer o bethau yn newid. Yr arian sy’n talu am gymorth, y gweithwyr proffesiynol sy’n darparu’r cymorth hwnnw, a’r ffordd y caiff gwasanaethau eu darparu, yw rhai o’r ychydig newidiadau sy’n digwydd wrth i chi orffen yn yr ysgol a symud ymlaen i gam nesaf eich bywyd.

Nod ein gwasanaeth yw sicrhau bod gennych bwynt cyswllt arbenigol trwy gydol eich cyfnod pontio o’r ysgol, yr holl ffordd drwodd i gyflogaeth, er mwyn sicrhau y gallwch wneud penderfyniadau hyddysg am eich dyfodol.

### Cymorth y gallwn ei ddarparu

#### Tra bod person ifanc yn yr ysgol:

* Gallwn ddarparu cyngor am opsiynau addysg megis chweched dosbarth, coleg neu goleg preswyl.
* Gallwn roi cyngor am gyfarfod adolygu ysgol, a sicrhau bod pobl ifanc a’u teuluoedd yn gwbl barod ac yn gallu gwneud y gorau o’r cyfarfod.

#### Yn y brifysgol neu wrth baratoi ar gyfer mynd:

* Gallwn roi gwybodaeth i chi am y Lwfans Myfyrwyr Anabl.
* Gallwn eich helpu i baratoi i symud i ffwrdd o gartref.
* Gallwn siarad ar eich rhan os oes angen.
* Gallwn helpu i ddod o hyd i rywun o’r un oedran â chi, sydd wedi bod i ffwrdd i’r brifysgol, i siarad am y profiad.

#### Os hoffech ddod o hyd i waith neu hyfforddiant:

* Gallwn eich helpu i wella eich sgiliau a’ch gwybodaeth wrth i chi symud tuag at weithio, a byddwn yn eich atgyfeirio at ein Cynghorydd Cyflogaeth arbenigol a all roi help pellach pan fyddwch yn barod i gynnig am waith cyflogedig.
* Gallwn sicrhau eich bod yn ymwybodol o’r cymorth y mae gennych yr hawl i’w gael a rhoi cyngor ar sut i siarad â chyflogwyr am eich profiad o golli eich golwg.

#### Os nad ydych mewn addysg neu ddim yn gwybod beth i’w wneud:

* Gallwn siarad â chi am yr holl opsiynau sydd ar gael.
* Gallwn eich atgyfeirio at wasanaethau eraill a all eich helpu hefyd.

##### Mae croeso i rieni gysylltu â ni hefyd i gael cymorth.

**Swyddog Pontio Gogledd Cymru**

**Rebecca Szekely**

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#### Swyddog Pontio De Cymru

##### Lyndsey McConnell

Ffôn: **07789 924 647**

E-bost: **lyndsey.mcconnell@rnib.org.uk**

#### Ar gyfer ymholiadau cyffredinol am y

**gwasanaeth pontio**

E-bost: **transitionscymru@rnib.org.uk**

#### Mae RNIB Cymru yn cynnig ystod eang o wasanaethau i bobl sy’n colli eu golwg:

* Gwasanaethau Hawliau, Cyngor a Gwybodaeth
* Cymorth Technoleg Ddigidol i fynd ar-lein
* Cymorth a gweithgareddau Plant a Theuluoedd
* Trawsgrifio i fformatau hygyrch
* Swyddogion Cyswllt Clinig y Llygaid mewn ysbytai a

chlinigau llygaid

* Insight Radio – darlledu gan ac ar gyfer pobl sy’n colli eu golwg

#### Am ragor o wybodaeth am RNIB Cymru,

**cysylltwch â ni yn**

Ffôn: **029 2082 8500**

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Gwefan: **rnib.org.uk/cymru**

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