



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

SN contact numbers

EAST Cardiff School Nursing Team: 029 218 33114

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



Give them time



Free practical tips and expert advice
for all your parenting challenges
gov.wales/parenting-give-it-time



Cardiff Family Gateway



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



Need a Dentist?

Cardiffandvale.gds@wales.nhs.uk



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



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Rhifau cyswllt Nyrsio Ysgol

Tîm Nyrsio Ysgol DWYRAIN Caerdydd: 029 218 33114

Tîm Nyrsio Ysgol GORLLEWIN Caerdydd: 029 218 32204

Tîm Nyrsio Ysgol Y FRO: 014 467 04114

E-bost y Tîm Nyrsio/Imiwneiddio Ysgol: Cavuhbschoolnursing@wales.nhs.uk

iCAV_SNTEAM

Gwybodaeth Ddefnyddiol



ERIC - Ymataliaeth

eric.org.uk



Lles

cavyoungwellbeing.wales



**Y Gwasanaeth
Niwrddatblygiadol**

cavyoungneurodevelopment.wales



Teuluoedd Iachach

nhs.uk/healthier-families



Cwsg ac Iechyd Meddwl

nhs.uk/every-mind-matters



Cadw Fi'n Iach

keepingmewell.com



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



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