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## MANYLION CYSWLLT CYMORTH LLES / WELLBEING SUPPORT CONTACT DETAILS

Cwnsela/Counselling	<a href="https://www.area43.co.uk/referrals/self-referral-form/">https://www.area43.co.uk/referrals/self-referral-form/</a>
Ebost Cymorth Lles i'r Disgyblion / <i>Emails for pupil needing emotional support:</i>	BI/Yr 7 <a href="mailto:Gofal7@penweddig.ceredigion.sch.uk">Gofal7@penweddig.ceredigion.sch.uk</a> BI/Yr 8 <a href="mailto:Gofal8@penweddig.ceredigion.sch.uk">Gofal8@penweddig.ceredigion.sch.uk</a> BI/Yr 9 <a href="mailto:Gofal9@penweddig.ceredigion.sch.uk">Gofal9@penweddig.ceredigion.sch.uk</a> BI/Yr 10 & 11 <a href="mailto:Gofal10a11@penweddig.ceredigion.sch.uk">Gofal10a11@penweddig.ceredigion.sch.uk</a> BI/Yr 12 & 13 <a href="mailto:Gofal12a13@penweddig.ceredigion.sch.uk">Gofal12a13@penweddig.ceredigion.sch.uk</a>
Linc ar gyfer wefannau lles / <i>Link to wellbeing websites</i>	<a href="https://padlet.com/epage6/3do4w7wox2nb">https://padlet.com/epage6/3do4w7wox2nb</a>
Adnoddau BBC / <i>BBC Resources</i>	<a href="https://www.bbc.co.uk/mediacentre/latestnews/2020/bbc-keeping-nation-informed-educated-entertained">https://www.bbc.co.uk/mediacentre/latestnews/2020/bbc-keeping-nation-informed-educated-entertained</a>
Cyswllt Arweinyddion Cynnydd a Lles i rieni / <i>Contact to Progress Leaders for parents</i>	Arweinydd Cynnydd BI/Yr 12 & 13 Progress Leader <a href="mailto:bl12a13@penweddig.ceredigion.sch.uk">bl12a13@penweddig.ceredigion.sch.uk</a> Arweinydd Cynnydd BI/Yr 10 & 11 Progress Leader <a href="mailto:bl10a11@penweddig.ceredigion.sch.uk">bl10a11@penweddig.ceredigion.sch.uk</a> Arweinydd Cynnydd BI/Yr 9 Progress Leader <a href="mailto:bl9@penweddig.ceredigion.sch.uk">bl9@penweddig.ceredigion.sch.uk</a> Arweinydd Cynnydd BI/Yr 8 Progress Leader <a href="mailto:bl8@penweddig.ceredigion.sch.uk">bl8@penweddig.ceredigion.sch.uk</a> Arweinydd Cynnydd BI/Yr 6 & 7 Progress Leader <a href="mailto:bl6a7@penweddig.ceredigion.sch.uk">bl6a7@penweddig.ceredigion.sch.uk</a>
Cynghorydd Gyrfa / <i>Careers Adviser</i>	<a href="mailto:carwen.hughes-jones@gyrfacymru.com">carwen.hughes-jones@gyrfacymru.com</a>