



## Not all medicine comes in a bottle

### The importance of short break services

Tŷ Hafan and Tŷ Gobaith's **Family Voices Survey** found that:

**100%**

of families accessed the hospices' short break services; and



**94%**

identified these services as essential to them, with many noting that **Tŷ Hafan and Tŷ Gobaith are the only source of short break services they can access.**

We know that short break services help to keep families from breaking point. It allows parent carers to spend time with one another, to be with their other children or simply to recharge their batteries. For many, this can be the difference between their family staying together or not.

Short breaks, whether at the hospices, in the community, or at the home, also provide a chance for the children themselves to experience new opportunities and have fun - via our play, music and hydrotherapy services.

**This is the right of every child.**

Despite the clear importance of short break services both for the family and the children, families tell us that there is insufficient support made available by our statutory partners across Wales. Disagreements over funding and financial responsibility leaves too many families in limbo.

“ Tŷ Hafan is the only help outside my family that I have ever been offered. ”

As Wales' only children's hospices Tŷ Hafan and Tŷ Gobaith wish to give a voice to these families who are struggling to get the support they desperately need. Our shared goals are as follows:

- 1 Every family of a child with a life-limiting condition will have support and access to appropriate short break services within their locality** – providing those unpaid parent carers with a much-needed break from their caring duties, and enabling the child opportunities to live a full life.
- 2** Wales' local authorities, regional partnership boards and local health boards to work closely with Tŷ Hafan and Tŷ Gobaith, who are expertly placed to support them in discharging their statutory duties to provide short breaks to children with life-limiting conditions.

“ If Tŷ Gobaith wasn't there I don't know what we'd have done. ”

hope house  
 tŷ gobaith  
 children's hospices

tŷ hafan

Registered with  
**FUNDRAISING  
 REGULATOR**

Tŷ Gobaith: Registered Charity Number 1003859. Registered in Wales 2588103  
 Tŷ Hafan: Registered Charity Number 1047912. Registered in Wales 3077406

“ It is our lifeline ... it is like our 999 call. ”

## Nid yw meddyginiaeth ar ffurf potel yn unig

### Pwysigrwydd gwasanaethau seibiant byr

Bu i **Arolwg Lleisiau Ein Teuluoedd** Tŷ Hafan a Tŷ Gobaith ganfod bod:

**100%**

o deuluoedd wedi manteisio ar wasanaethau seibiant byr yr hosbisau; a bu i



**94%**

ddatgan fod y gwasanaethau hyn yn hanfodol iddyn nhw, gyda sawl un yn datgan mai **Tŷ Hafan a Tŷ Gobaith ydy'r unig ffynhonnell gwasanaethau seibiant byr mae modd iddyn nhw fanteisio arnyh.**

Fe wyddom fod gwasanaethau seibiant byr yn cynorthwyo teuluoedd rhag rhoi'r ffidil yn y to. Mae'n gyfle i rieni sy'n ofalwyr dreulio amser gyda'i gilydd, treulio amser gyda'u plant eraill neu fwynhau hoe fach. I sawl un, gallai hyn atal eu teuluoedd rhag gwahanu.

Mae seibiannau byr, boed y rheiny mewn hosbisau, yn y gymuned, neu yn y cartref, yn cynnig cyfle i'r plant eu hunain fwynhau cyfleoedd newydd a chael hwyl – drwy ein gwasanaethau chwarae, cerddoriaeth a hydrotherapi. **Mae hyn yn hawl y dylai pob plentyn feddu arni.**

Er gwaethaf pwysigrwydd amlwg gwasanaethau seibiant byr i'r teulu a'r plant, mae teuluoedd yn dweud nad oes cymorth digonol gan ein partneriaid statudol ledled Cymru. Mae anghydfodau ynghylch cyllid a chyfrifoldeb ariannol yn golygu fod llawer gormod o deuluoedd yn mynd yn angof.

**Tŷ Hafan ydy'r unig sefydliad sydd wedi cynnig cymorth imi y tu hwnt i fy rheulu fy hun.**

Gan mai Tŷ Hafan a Tŷ Gobaith ydy'r unig hosbisau plant yng Nghymru, maen nhw'n dymuno cynnig llais i'r teuluoedd hyn sy'n trafferthu i fanteisio ar y cymorth sydd ei angen arnyh nhw'n ddifrifawr. Dyma ein nodau ar y cyd:

**1 Bydd teulu pob plentyn gyda chyflwr sy'n cyfyngu eu bywydau'n derbyn cymorth a chyfle i fanteisio ar wasanaethau seibiant byr priodol yn eu hardal.**

Bydd y gwasanaethau hyn yn fodd i'r rhieni sy'n ofalwyr di-dâl fanteisio ar seibiant sydd fawr ei angen o'u dyletswyddau gofalu a chynnig cyfleoedd i'r plant fyw bywyd i'r eithaf.

**2** Mae awdurdodau lleol, byrddau partneriaeth ranbarthol a byrddau iechyd lleol Cymru'n cydweithio'n agos gyda Tŷ Hafan a Tŷ Gobaith, sydd mewn sefyllfa arbenigol i'w cefnogi i gyflawni eu dyletswyddau statudol er mwyn cynnig seibiannau byr i blant gyda chyflyrau sy'n cyfyngu eu bywydau.

**Pe bai Tŷ Gobaith ddim ar gael, buasem ni wedi bod ar goll.**

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**Mae'n llinell gymorth inni ... mae'n cyfateb i alwad 999 inni.**