

MY LIFE. MY RIGHTS.

- Give us more chances in life
- We want more choice
- Listen to us
- Treat us as adults
- Treat us with dignity and respect



MY COMMUNICATION

- Make everything easy to read
- Use pictures
- Everyone is different – find out what works and use it
- Don't rush us



MY SUPPORT

- Give us the support we need
- Make sure we can trust you and get to know you



MY COMMUNITY

- My community
- Make us welcome
- Take time to listen
- Give us paid jobs
- Help us travel independently



MY CHARTER

People with learning disabilities want the same things as everyone does.
Here's our Charter – written by people with learning disabilities in West Wales.

SIGN UP!

MY HEALTH

- We want access to GPs and hospitals like everyone
- But extra help when we need it
- Like annual health checks
- And staff trained by us



MY INDEPENDENCE

- Take time – don't rush us
- Hate crime and bullying must stop
- We want choice about how we live and where we live
- We will stand up for our rights – you can help us!



MY SOCIAL LIFE

- We want to get out and about
- Evenings and weekends too
- We want people to welcome us and take time to understand us



MY RELATIONSHIPS

- We want the right to enjoy friendships, relationships and sex, just like everyone
- We want the right to have a family



FY MYWYD I. FY HAWLIAU I.

- Rhoi mwy o gyfleoedd i ni mewn bywyd
- Rydyn ni am gael mwy o ddewis
- Gwrandewch arnon ni
- Cael ein trin fel oedolion
- Cael ein trin gydag urddas a pharch



FY NGHYFATHREBU I

- Gwnewch bopeth yn hawdd i'w ddarllen
- Defnyddiwch luniau
- Mae pawb yn wahanol – darganfyddwch beth sy'n gweithio a'i ddefnyddio
- Peidiwch â'n rhuthro



FY NGHEFNOGAETH I

- Rhowch i ni'r gefnogaeth y mae arnon ni ei hangen
- Gwnewch yn siŵr ein bod yn gallu ymddiried ynddoch chi
- A dod i'ch nabod chi



FY NGHYMUNED I

- Gwnewch i ni deimlo'n gartrefol
- Cymerwch amser i wrando
- Rhowch swyddi â thâl i ni
- Helpwch ni i deithio'n annibynnol



FY SIARTER I

Mae pobl ag anableddau dysgu eisiau'r un pethau â phawb arall.
Dyma ein Siarter – wedi'i hysgrifennu gan bobl ag anableddau dysgu yng Ngorllewin Cymru.

COFRESTRU!

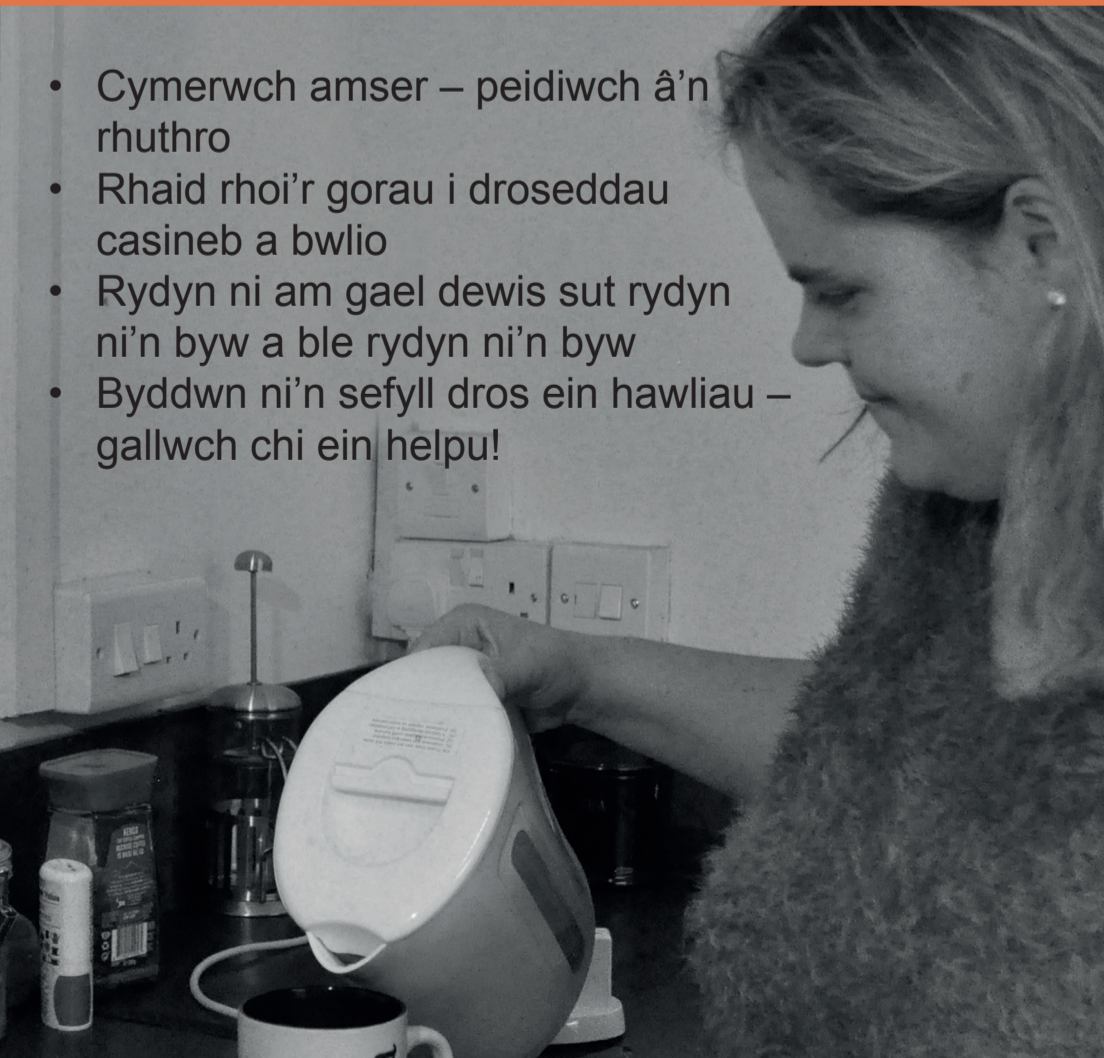
FY IECHYD I

- Rydyn ni am weld meddygon teulu ac ysbytai fel pawb arall
- Ond help ychwanegol pan fydd ei angen arnon ni
- Fel archwiliadau iechyd blynyddol
- A staff wedi'u hyfforddi gennym ni



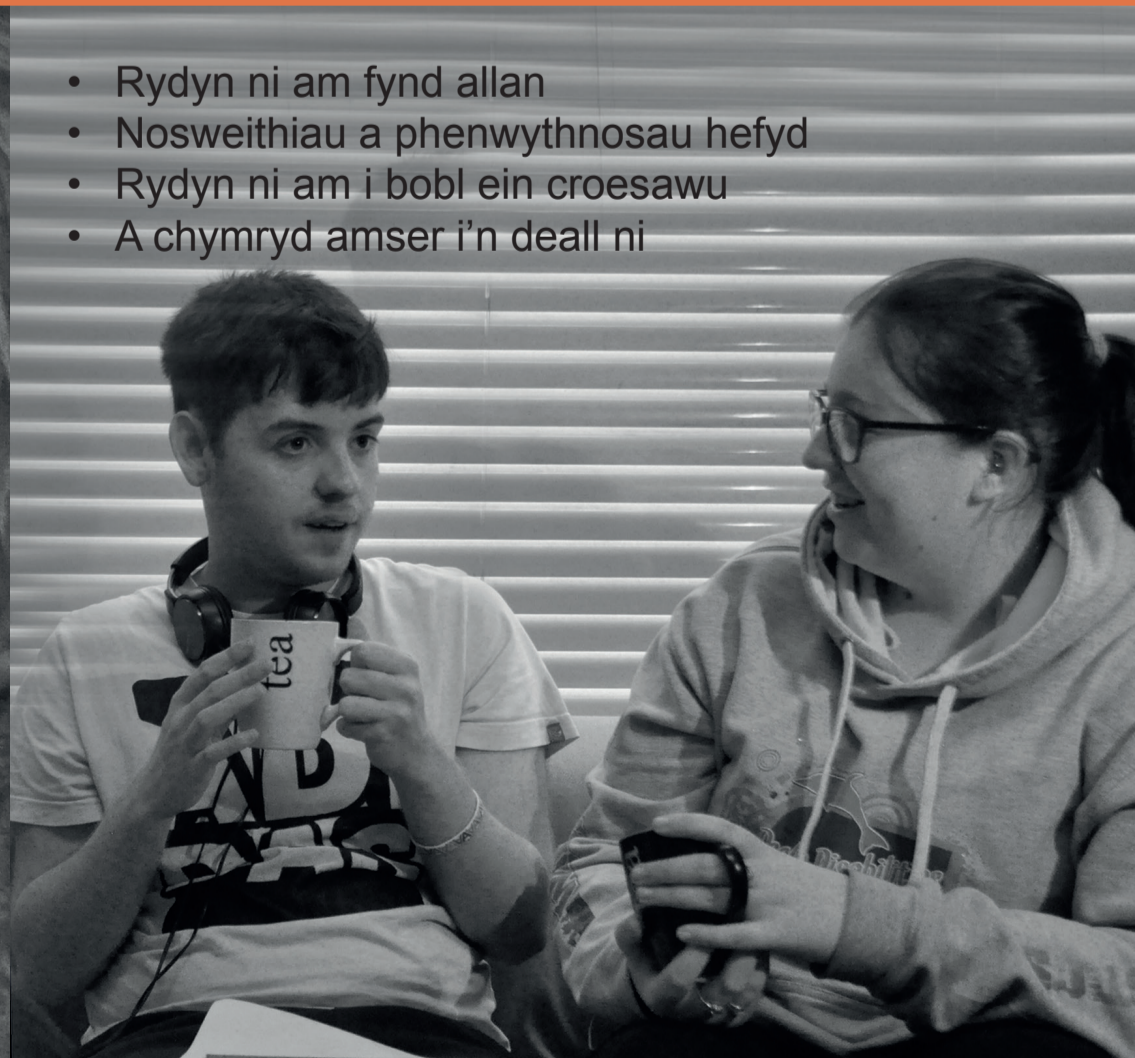
FY ANNIBYNIAETH I

- Cymerwch amser – peidiwch â'n rhuthro
- Rhaid rhoi'r gorau i droseddau casineb a bwlio
- Rydyn ni am gael dewis sut rydyn ni'n byw a ble rydyn ni'n byw
- Byddwn ni'n sefyll dros ein hawliau – gallwch chi ein helpu!



FY MYWYD CYMDEITHASOL I

- Rydyn ni am fynd allan
- Nosweithiau a phenwythnosau hefyd
- Rydyn ni am i bobl ein croesawu
- A chymryd amser i'n deall ni



FY MHERTHNASOEDD I

- Rydyn ni am gael yr hawl i fwynhau cyfeillgarwch, perthynas a rhyw, yn union fel pawb arall
- Rydyn ni am gael yr hawl i gael teulu

