



Llywodraeth Cymru
Welsh Government



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800

ffôn • tecst • sgwrsio byw • ebost
call • text • live chat • email

llyw.cymru/bywhebofn
gov.wales/livefearfree

Ddylai neb deimlo'n
ofnus gartre

Home shouldn't be
a place of fear

Pecyn partneriaid – Diweddarwyd ym mis Awst 2021
Partner pack – Updated August 2021

Byw Heb Ofn
Ymgyrch Covid-19
Live Fear Free
Covid-19 Campaign

Gwybodaeth i bartneriaid

I rai, bydd treulio mwy o amser gartref drwy gydol y pandemig Covid-19 wedi cynyddu eu perygl o gam-drin domestig, trais rhywiol a rheolaeth drwy orfodaeth, a gwneud iddynt deimlo'n fwy ynysig fyth. Efallai bod y cyfyngiadau'n llacio, ond nid yw pawb yn rhydd rhag trais a chamdriniaeth. Gallai mwy o amser wedi'u hynysu gartref fod wedi cynyddu pŵer a rheolaeth camdriniwr, felly mae'n bwysig ein bod yn parhau i roi gwybod i bobl yng Nghymru fod cymorth cyfrinachol, rhad ac am ddim, ar gael trwy Byw Heb Ofn.

Mae'r ymgyrch **Ddylai neb deimlo'n ofnus gartre** yn parhau i roi gwybod i'r rhai sydd mewn perygl trais a cham-drin domestig fod cymorth ar gael, 24 awr y dydd, 7 diwrnod yr wythnos, gan Byw Heb Ofn. Mae sawl ffordd o gysylltu â'r llinell gymorth Byw Heb Ofn a cheisio cymorth, cyngor a chefnogaeth – dros y ffôn, sgwrsio byw, tecst neu e-bost.

Rydym hefyd eisiau sicrhau bod pobl sy'n pryderu efallai bod rhywun maen nhw'n ei adnabod yn dioddef camdriniaeth yn gallu cysylltu â'r llinell gymorth hefyd. Ar gyfer y cam gweithredu hwn, rydym wedi adnewyddu ein hasedau creadigol ar gyfer yr ymgyrch paid cadw'n dawel i roi gwybod i bawb yng Nghymru sut a ble i gael cymorth os ydynt yn pryderu am rywun.

Rydym yn hysbysebu ar fagiâu fferyllfa, Spotify, ar y radio, ar y teledu ac ar sianeli cyfryngau digidol a chymdeithasol unwaith eto. Rydym eisiau atgoffa pobl o'r cymorth a'r cyngor am ddim sydd ar gael a'u cyfeirio at y **wefan** a'r llinell gymorth Byw Heb Ofn 0808 80 10 800.

Mae pobl sy'n dioddef cam-drin domestig, trais rhywiol a rheolaeth drwy orfodaeth yn gallu bod yn anodd eu cyrraedd. Bydd eich help yn ein galluogi i gynyddu ymwybyddiaeth o'r cymorth a'r cyngor sydd ar gael drwy rannu gwybodaeth ar draws eich sianeli a'ch rhwydweithiau.

Gallwch lawrlwytho'r asedau yma neu yma



Trais yn erbyn menywod, cam-drin domestig a thrais rhywiol – hyfforddiant ar-lein

Os ydych mewn sefyllfa i helpu, rydym eisiau i chi allu adnabod yr arwyddion. Rydym eisiau rhannu sut gall cymorth gael ei roi'n ddiogel, p'un a yw hynny gan wirfoddolwr sy'n cynorthwyo pobl fregus, contractwr, gweithiwr gwasanaethau post neu gynorthwy-ydd. Dyna pam rydym wedi sicrhau bod ein modiwl dysgu ar-lein ar drais yn erbyn menywod, cam-drin domestig a thrais rhywiol (VAWDASV) ar gael i bawb.

Mae ein hyfforddiant ar-lein 45 munud ar gael trwy fewngofnodi fel gwestai ar –
<https://learning2.wales.nhs.uk/course/view.php?id=71>

Diolch am eich cymorth hyd yma.

Os oes gennych unrhyw gwestiynau, adborth neu os hoffech drafod cyfle penodol i ni rannu'r ymgyrch, cysylltwch â ni ar **VAWDASV@llyw.cymru**

Information for partners

For some, spending more time at home throughout the Covid-19 pandemic will have increased their risk of domestic abuse, sexual violence and coercive control, and even greater isolation. Restrictions may be easing, but not everyone is free from violence and abuse. More time at home in isolation may have increased an abuser's power and control, so it's important that we continue to let people in Wales know that free, confidential help is available via Live Fear Free.

The **Home shouldn't be a place of fear** campaign continues to let those at risk of violence and domestic abuse know that help is available, 24 hours a day, 7 days a week via Live Fear Free. There are a number of ways to get in touch with the Live Fear Free helpline and seek help, advice and support – by telephone, live chat, text or email.

We also want to make sure that people who are concerned that someone they know may be experiencing abuse can also contact the helpline. For this phase of activity we have refreshed our bystander campaign creatives to let everyone in Wales know how and where to get help if they are concerned about someone.

We are again running adverts on Spotify, radio, TV, pharmacy bags, digital and social media channels. We want to remind people of the free support and advice available and direct them to the **website** and the Live Fear Free helpline 0808 80 10 800.

People affected by domestic abuse, sexual violence and coercive control can be hard to reach. Your help will allow us to raise awareness of the support and advice that is available by sharing information across your channels and networks.

You can download campaign assets here



Violence against women, domestic abuse and sexual violence – online training

We want anyone in a position to help to be able to recognise the signs. We want to share how help can be given safely, whether that is a volunteer assisting vulnerable people, a contractor, a postal service worker or an assistant. That is why we have made our violence against women, domestic abuse and sexual violence (VAWDASV) online learning module accessible to all.

Our 45 minute online training can be accessed through guest log on –

<https://learning2.wales.nhs.uk/course/view.php?id=71>

Thank you for your support so far.

If you have any questions, feedback or would like to discuss a specific opportunity for us to share the campaign, please contact us at **VAWDASV@gov.wales**

Asedau'r ymgyrch

Mae asedau ar gyfer yr ymgyrch wedi cael eu datblygu ymhellach ac maen nhw ar gael i chi eu rhannu â'ch rhwydweithiau. Mae'r holl asedau'n cyfeirio pobl at y gwahanol ffyrdd y gallant gael cymorth a chefnogaeth gan Byw Heb Ofn. **Rydym wedi diweddarau'r pecyn hwn ag asedau creadigol diweddaraf yr ymgyrch, negeseuon wedi'u diweddarau a negeseuon ychwanegol.**

Rhowch wybod i ni a allwch gefnogi a rhannu ein hymgyrch ac, os felly, rhowch wybod i ni ble rydych yn ei rhannu. Rydym wedi cynnwys negeseuon cyfryngau cymdeithasol yn y pecyn hwn. Os byddwch yn rhannu negeseuon, tagiwch ni ac ychwanegwch ein hashnod #BywHebOfn. Gofynnwn i chi ein dilyn ni ar **Twitter** a hoffi ein tudalen **Facebook**, os nad ydych eisoes yn gwneud hynny.

Gallwch lawrlwytho'r asedau yma



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Mae help ar gael, ddydd a nos

Campaign assets

Campaign assets have been further developed and are available for you to share with your networks. All assets signpost people to the different ways they can access help and support from Live Fear Free. **We have updated this pack with the campaign's latest creatives, messages have been updated and new messages added.**

Please can you let us know if you are able to support and share our campaign and, if you are, let us know where you are sharing. We have included social media messaging in this pack. If you share messages, please tag us and include our hashtag #LiveFearFree. If you are not doing so already, could we ask that you follow us on **Twitter** and like our **Facebook** page.

You can download campaign assets here 



The graphic features the Welsh Government logo (Llywodraeth Cymru / Welsh Government) and the Live Fear Free Helpline logo (Linell Gymorth / Byw Heb Ofn) with the phone number 0808 80 10 800. Below the logos, the text reads "Home shouldn't be a place of fear". The central illustration shows four houses of different colors (grey, white, pink, and blue) with speech bubbles above them labeled "domestic abuse", "coercive control", and "sexual violence". A tall blue apartment building is on the right. At the bottom, it says "Help is available 24/7".

Asebau'r ymgyrch

<p>Dwi'n gwybod doeddet ti ddim yn credu mai dy fusnes di oedd...</p> 	<p>...ond diolch am ofyn "wyt ti'n iawn?".</p>	<p>Ddylai neb deimlo'n ofnus gartre</p> <p>Paid cadw'n dawel am drais a cham-drin</p>	<p>Os wyt ti neu rywun rwyf ti'n ei 'nabod yn dioddef trais neu gamdriniaeth, mae help ar gael, ddydd a nos.</p> <p>Sgwrsia â ni am ddim ac yn gyfrinachol.</p>	 <p>Llinell Gymorth Live Fear Byw Heb Ofn Free Helpline 0808 80 10 800 ffôn • tecst • sgwrsio byw • ebost call • text • live chat • email</p> <p>llyw.cymru/bywhebofn</p> <p>#BywHebOfn</p>  <p>Llywodraeth Cymru Welsh Government</p>
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Ddylai neb deimlo'n ofnus gartre



Mae help ar gael, ddydd a nos

Campaign assets

<p>I know you thought it was none of your business ...</p>  <p>...but thank you for asking "are you ok?".</p>	<p>Home shouldn't be a place of fear</p> <p>Don't be a bystander to violence or abuse</p>	<p>If you or someone you know is experiencing violence or abuse, help is available 24/7.</p> <p>Chat to us free and confidentially.</p>	 <p>Live Fear Free Helpline Llinell Gymorth Byw Heb Ofn 0808 80 10 800 call • text • live chat • email ffôn • tecst • sgwrsio byw • ebost</p> <p>gov.wales/livefearfree</p> <p>#LiveFearFree</p>  <p>Llywodraeth Cymru Welsh Government</p>
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Llywodraeth Cymru
Welsh Government



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Home shouldn't be a place of fear



Help is available 24/7

Postiadau cyfryngau cymdeithasol

Rydym wedi llunio rhai postiadau cyfryngau cymdeithasol i'ch helpu i gefnogi'r ymgyrch ar draws eich sianeli. Os byddwch yn rhannu negeseuon, tagiwch ni a chynnwys ein hashnod #BywHebOfn. Mae croeso i chi deilwra'r rhain i'ch cynulleidfa. Sylwch ar yr eiconau nesaf at bob postiad sy'n dangos os yw hyd y postiad yn addas ar gyfer Facebook, Twitter, neu'r ddau:

Negeseuon cyffredinol



Wrth i'r cyfyngiadau ar ein bywydau pob dydd gael eu llacio, gall trais a chamdriniaeth ddiwydd gartref o hyd, gwaetha'r modd. Os wyt ti mewn perygl camdriniaeth, neu'n pryderu am rywun, fe all di gyrraedd Byw Heb Ofn trwy decst, e-bost neu we-sgwrs fyw: llyw.cymru/bywhebofn



Nid yw cam-drin domestig bob amser yn golygu trais corfforol – fe all fod yn ynysu, cam-drin geiriol neu reoli eich arian. Gall Byw Heb Ofn helpu:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llynellgymorthbywhebofn.cymru

🖱 Sgwrsio byw llyw.cymru/bywhebofn

Social media posts

We've put together some social media posts to help you support the campaign across your channels. If you share messages, please tag us and include our hashtag #LiveFearFree. Please feel free to tailor these for your audience. Please note the icons next to each post which show if the length of the post is suitable for Facebook, Twitter, or both:

General messages



As restrictions to our daily lives are relaxed, sadly violence and abuse can still take place at home. If you're at risk of abuse, or concerned about someone, you can reach Live Fear Free by text, email or live web chat: gov.wales/livefearfree



Domestic abuse doesn't always mean physical violence - it can be isolating, verbal abuse or controlling your money. Live Fear Free can help:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

🖱 Live chat gov.wales/livefearfree



Os wyt ti'n pryderu dy fod di, neu rywun rwyt ti'n ei 'nabod, mewn perygl trais domestig neu gamdriniaeth, mae llinell gymorth @BywHebOfn yma i ti. Fe all di gysylltu unrhyw bryd, ddydd a nos, a bydd cymorth ar gael.
llyw.cymru/bywhebofn



If you are concerned that you, or someone you know, is at risk of domestic violence or abuse, the @LiveFearFree helpline is here for you. You can get in touch any time, day or night, and support will be available.
gov.wales/livefearfree



Cefnogwch eich gweithwyr y mae cam-drin domestig yn effeithio arnyn nhw. Dilynwch ein cwrs hyfforddi ar-lein 45 munud fel y gallwch adnabod arwyddion cam-drin, a gwybod sut gallwch helpu mewn ffordd ddiogel ac amserol:
<https://learning2.wales.nhs.uk/course/view.php?id=71>



Support your employees affected by domestic abuse. Complete our 45 minute online training course so that you can recognise the signs of abuse, and know how you can help in a safe, timely way: <https://learning2.wales.nhs.uk/course/view.php?id=71>



Mae llinell gymorth Byw Heb Ofn yn cynorthwyo pobl sydd mewn perthynas gamdriniol i gael yr help maen nhw ei angen. Cysyllta â @BywHebOfn #BywHebOfn i gael cyngor cyfrinachol, am ddim
☎ 0808 80 10 800
✉ Tecst 0786 007 7333
✉ E-bost info@llinellgymorthbywhebofn.cymru
💻 Sgwrsio byw llyw.cymru/bywhebofn



The Live Fear Free helpline is supporting people in abusive relationships to find the help they need. For confidential advice contact @LiveFearFree #LiveFearFree
☎ 0808 80 10 800
✉ Tecst 0786 007 7333
✉ Email info@livefearfreehelpline.wales
💻 Live chat gov.wales/livefearfree



Pryderu y gallai llacio'r cyfyngiadau olygu bod cyn-bartner yn gallu cysylltu â ti, dy stelcian neu dy aflonyddu'n haws? Gall Byw Heb Ofn helpu:
☎ 0808 80 10 800
✉ Tecst 0786 007 7333
✉ E-bost info@llinellgymorthbywhebofn.cymru
💻 Sgwrsio byw llyw.cymru/bywhebofn



Concerned that easing of restrictions may mean that an ex-partner is more able to contact, stalk or harass you? Live Fear Free can help:
☎ 0808 80 10 800
✉ Tecst 0786 007 7333
✉ Email info@livefearfreehelpline.wales
💻 Live chat gov.wales/livefearfree



Efallai bod y cyfyngiadau'n llacio, ond nid yw pawb yn rhydd rhag trais a chamdriniaeth.

Os wyt ti neu rywun rwyd ti'n ei 'nabod mewn perygl, gall llinell gymorth @BywHebOfn helpu:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llynellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



Restrictions may be easing, but not everyone is free from violence and abuse.

If you or someone you know is at risk, the @LiveFearFree helpline can help:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Gallai trais a chamdriniaeth gartref barhau er bod y cyfyngiadau wedi llacio'n ddiweddar. Rydyn ni yma i helpu. Pan fydd yn ddiogel, fe all di decstio, e-bostio, sgwrsio ar-lein neu ffonio:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llynellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



Violence and abuse at home may continue despite the recent easing of restrictions. We are here to help. When safe to do so you can text, email, chat online or call:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Mae llinell gymorth Byw Heb Ofn ar agor bob dydd ar gyfer help a chynghor. Ddylai neb deimlo'n ofnus gartre. Mae help ar gael. Fe all di gysylltu â Byw Heb Ofn ddydd a nos.

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llynellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



The Live Fear Free helpline is open every day for support and advice. Home shouldn't be a place of fear. Support is available. You can get in touch with Live Fear Free 24/7:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Wyt ti'n credu bod cyflogai neu gydweithiwr mewn perygl camdriniaeth, trais neu reolaeth drwy orfodaeth? Cysyllta â #BywHebOfn ddydd a nos dros y ffôn neu drwy decst, e-bost neu we-sgwrs fyw:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llynellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



Think an employee or colleague is at risk of abuse, violence or coercive control? Contact #LiveFearFree 24/7 by phone, text, email or live webchat:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Os wyt ti'n dioddef trais neu gamdriniaeth gartref, rydyn ni'n deall y gallai fod yn anodd ceisio cymorth. Os nad wyt ti'n gallu siarad, cysyllta â @BywHebOfn 'yn ddistaw' trwy decst, e-bost neu sgwrsio byw dros y we: llyw.cymru/bywhebofn #BywHebOfn



If you are experiencing violence or abuse at home, we understand that reaching out for help may be difficult. If you can't talk, you can reach @LiveFearFree 'silently' by text, email or live web chat: gov.wales/livefearfree #LiveFearFree



Mae llinell gymorth Byw Heb Ofn ar gael ddydd a nos i BAWB sy'n dioddef camdriniaeth – gwryw, benyw, ifanc neu hen. Siarada â #BywHebOfn yn gyfrinachol:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llinellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



The Live Fear Free helpline is available 24/7 for ALL victims of abuse – whether you're male, female, young or old. Speak to #LiveFearFree in confidence:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Ddim yn barod i siarad am drais neu gamdriniaeth sy'n digwydd gartref? Mae'n iawn bod yn nerfus. Fe all di siarad â llinell gymorth arbenigol @BywHebOfn trwy sgwrsio byw unrhyw bryd, ddydd a nos. Mae Byw Heb Ofn yma i dy helpu. llyw.cymru/bywhebofn



Not ready to talk about violence or abuse taking place at home? It's ok to be nervous. You can speak to @LiveFearFree expert helpline via live chat at any time of any day. Live Fear Free is here to help you. gov.wales/livefearfree



Os wyt ti'n pryderu y gallai dy ffrind neu dy gymydog fod mewn perygl cam-drin domestig, fe all di siarad â #BywHebOfn ddydd a nos i gael cymorth cyfrinachol, am ddim:

☎ 0808 80 10 800

✉ Tecst 0786 007 7333

✉ E-bost gwybodaeth@llinellgymorthbywhebofn.cymru

💻 Sgwrsio byw llyw.cymru/bywhebofn



If you're concerned your friend or neighbour may be at risk of domestic abuse, you can speak to #LiveFearFree 24/7 for free, confidential support:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree

Diolch am eich cymorth parhaus

Os oes gennych unrhyw gwestiynau, adborth neu os hoffech drafod cyfle penodol i ni rannu'r ymgyrch, cysylltwch â ni ar **VAWDASV@llyw.cymru**

Thank you for your continuing support

If you have any questions, feedback or would like to discuss a specific opportunity for us to share the campaign, please contact us at **VAWDASV@gov.wales**