



Support for RCT Staff

Sometimes, we all need a bit of extra help

Sometimes in life we may experience challenging situations. As an RCT staff member, there is lots of support available to help you, but you can start by...

Looking after yourself! Are you...

Getting enough sleep?

The NHS recommends we get 7-9 hours per night.

Eating well?

What is your diet like?

Exercising?

The NHS recommends we do 150 minutes of exercise per week.

Practising gratitude?

Notice the good things in your life.

Keeping in touch?

If you can't be together physically, message, video call or phone your loved ones!

Speak in confidence...

to a trained Counsellor or support specialist 24/7, 365 days a year.



☎ 0800 023 9387

Access impartial, confidential advice & services on a range of different issues.

vivup.yourcareap.co.uk?CODE=109868

Vivup staff benefits...

Offering a wide range of financial benefits for staff including lifestyle savings, salary sacrifice schemes, financial education and more!



<https://vivup.co.uk/organisations/5260-rhondda-cynon-taf-council-rctcbc-lgps/employee/dashboard>



Online Wellbeing Workshops

Lets talk well-being workshop recordings cover a wide variety of topics such as sleep, finances, menopause and more.

For support accessing The Source:

☎ 01443 570040

✉ thesource@rctcbc.gov.uk

For more information and a list of further support available check out

Wellbeing for Staff Booklet



Take control of YOUR health and well-being...

rhonddacouncil.yourcarewellbeing.net

Online health assessments, well-being risk factors, create & review health goals and create positive lifestyle habits (Some services are NOT available).



RCT Occupational Health

☎ 01443 494003

✉ ohuqueries@rctcbc.gov.uk

Self refer for Physiotherapy or Counselling or confidential support here (use guest login):

<https://rctcbc.my.cority.com/#/login>

RCT Council Staff (private group)

Affinity Connect

A range of free workshops to boost your financial well-being.

<https://affinityconnect.event-administration.co.uk/menu/rhondda-cynon-taf-county-borough-council-menu.html>





Cefnogaeth i staff RhCT

Weithiau mae angen ychydig o gymorth ychwanegol arnon ni.

O dro i dro yn ein bywydau, mae'n bosibl y byddwn ni'n wynebu sefyllfaoedd heriol. Â chithau'n aelod o staff RhCT, mae llawer o gefnogaeth ar gael i'ch helpu chi, ond gallwch ddechrau drwy...

Gofalu amdanoch chi eich hun! Ydych chi'n...

Cael digon o gwsg?

Mae'r GIG yn argymhell ein bod ni'n cael 7-9 awr o gwsg bob nos.

Bwyta'n dda?

Beth yw'ch deiet?

Gwneud ymarfer corff?

Mae'r GIG yn argymhell ein bod ni'n gwneud 150 munud o ymarfer corff yr wythnos.

Rhoi diolchgarwch ar waith?

Sylwch ar y pethau da yn eich bywyd.

Cadw mewn

cysylltiad ag eraill?

Os nad oes modd i chi gwrdd wyneb yn wyneb, anfonwch neges, galwch eich anwyliad ar fideo, neu ffoniwch nhw!

Siaradwch yn gyfrinachol...

â Chwnselydd neu arbenigwr cefnogaeth unrhyw adeg o'r dydd neu'r nos, bob diwrnod o'r flwyddyn.



☎ 0800 023 9387

Mae modd i chi gael cyngor a gwasanaethau diduedd, cyfrinachol ar ystod o wahanol faterion.

vivup.yourcareap.co.uk?CODE=109868

Buddion Vivup i staff...

Mae ystod eang o fuddion ariannol ar gael i staff gan gynnwys arbedion cyffredin, cynlluniau ildio/aberthu cyflog, addysg ariannol a rhagor!

<https://vivup.co.uk/organisations/5260-rhondda-cynon-taf-council-rctcbc-igps/employee/dashboard>



Deiwch i ni
SIARAD...



Gweithdai Lles Ar-lein

Yn y recordiadau o weithdai Gadewch i ni siarad am les, mae ystod eang o bynciau'n cael sylw, fel cwsg, cyllidebu, y menopos a rhagor.

I gael cymorth wrth gyrchu The Source:

☎ 01443 570040

✉ thesource@rctcbc.gov.uk

I gael rhagor o wybodaeth a rhestr o'r gefnogaeth ychwanegol sydd ar gael, bwriwch olwg ar **Y Llyfryn Lles Staff**



Cymerwch reolaeth dros EICH iechyd a'ch lles...

rhonddacouncil.yourcarewellbeing.net

Asesiadau iechyd ar-lein, ffactorau sy'n peryglu lles, creu nodau iechyd a'u hadolygu a chreu arferion bywyd bob dydd cadarnhaol (Dyw rhai gwasanaethau DDIM ar gael).



Iechyd Galwedigaethol RhCT

☎ 01443 494003

✉ YmholiadaulechydaLles@rctcbc.gov.uk

Hunanatgyfeiriwch ar gyfer ffisiotherapi, cwnsela neu gefnogaeth gyfrinachol yma (defnyddiwch fanylion mewngofnodi ymwelydd):

<https://rctcbc.my.cority.com/#/login>

RCT Council Staff (private group)

Affinity Connect

Ystod o weithdai rhad ac am ddim i roi hwb i'ch lles ariannol.

<https://affinityconnect.event-administration.co.uk/menu/rhondda-cynon-taf-county-borough-council-menu.html>

