

Ramadan Mubarak

রামাদান মোবারক

رمضان مبارك

Ramadan 2020 looks and feels very different this year, with places of worship remaining closed and communities observing their commitments at home, without the same opportunity for congregational prayers or breaking fast with family and friends. Thank you for staying indoors and continuing to support government measures to keep everyone safe.

We have put together some information that people may find useful during the next month, including guidance on food preparation and distribution, setting up simple social media groups to stay connected to friends and family, and the current social distancing guidance. **Please click on the following icons:**

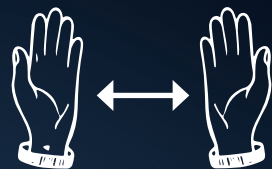
**Food Safety for
Community Cooking
and Foodbanks**



**Food Delivery
and Takeaway
Guidance**



Social Distancing



**Ramadan
at Home**



**Keeping
in Touch**

Hate Crime

Many communities are worried about experiencing hate crime. If you have been affected by hateful comments, or you hear or witness them, please report them so that we can support you.

Gwent Police: 101 or 999 in an emergency
Victim Support: 0300 3031982
reporthate.victimsupport.org.uk

Need support?

If you are experiencing hardship, need help to access food, family support or advice, you can contact Newport Council's Neighbourhood hubs on **Freephone 08081963482**



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Mae Ramadan 2020 yn edrych ac yn teimlo'n wahanol iawn eleni, gydag addoldai ar gau o hyd a chymunedau'n cyflawni eu hymrwymadau gartref, heb yr un cyfle i gyd-weddiö neu dorri'r ympryd gyda theulu a ffrindiau. Diolch am aros dan do ac am barhau i gefnogi mesurau'r llywodraeth i gadw pawb yn ddiogel.

Rydym wedi rhoi rhywfaint o wybodaeth at ei gilydd a allai fod yn ddefnyddiol i bobl yn ystod y mis nesaf, gan gynnwys canllawiau ar baratoi a dosbarthu bwyd, sefydlu grwpiau cyfryngau cymdeithasol syml i gadw mewn cysylltiad â ffrindiau a theulu, a'r cyfarwyddiadau presennol ar ymbellhau cymdeithasol. **Cliciwch ar yr eiconau canlynol:**

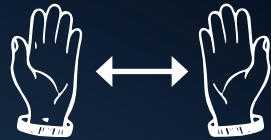
Diogelwch Bwyd
ar gyfer Coginio
Cymunedol a Banciau Bwyd



Canllaw ar
Ddosbarthu Bwyd
a Chludfwyd



Ymbellhau
Cymdeithasol



Ramadan
Gartref



Cadw
mewn
Cysylltiad

Trosedd Casineb

Mae llawer o gymunedau'n poeni am ddioddef o drosedd casineb. Os ydych wedi cael eich effeithio gan sylwadau atgas, neu os ydych yn eu clywed neu'n eu gweld, rhowch gwybod i ni fel y gallwn eich cefnogi.

Heddlu Gwent: 101 neu 999 mewn argyfwng
Cymorth i Ddioddefwyr: 0300 3031982
reporthate.victimsupport.org.uk

Angen cymorth?

Os ydych chi'n profi caledi neu fod angen help arnoch i gael mynediad at fwyd, cymorth i'r teulu neu gyngor, gallwch gysylltu â Chanolfannau Cymdogaeth Cyngor Casnewydd ar **radffôn 08081963482**

