Cymru Ifanc
Young Wales

Chwefror 2017

This briefing is bilingual, click here for the English version.

Croeso i gylchlythyr Cymru Ifanc

Gwaith cyfranogi yw Cymru Ifanc wedi'i gynnal gan Blant yng Nghymru a'n sefydliadau partner, a chaiff ei ariannu gan Lywodraeth Cymru.

Bydd Cymru Ifanc yn sicrhau bod lleisiau plant a phobl ifanc yn cael eu clywed am faterion sy'n bwysig iddynt hwy, a bod y materion hyn yn cael eu clywed gan Lywodraeth Cymru'n arbennig.

Fesul mis byddwn yn dod â'r newyddion diweddaraf i chi, yn cynnwys diweddariadau am y gwaith sy'n cael ei wneud gan fforymau a grwpiau eraill ledled Cymru.

Os hoffech gyfrannu unrhyw beth, e-bostiwch info@childreninwales.org.uk.

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Swyddfa Hawliau Plant a Phobl Ifanc Sir Benfro

Beth yw'r Swyddfa Hawliau Plant a Phobl Ifanc?
Mae'r Swyddfa Hawliau Plant a Phobl Ifanc yn gweithio i gyflawni newid cadarnhaol i blant a phobl ifanc sy'n byw yn Sir Benfro. Rydym ni'n gweithio gyda llawer o fforymau ieuenctid gwahanol yn Sir Benfro i alluogi plant a phobl ifanc i gael llais mewn penderfyniadau sy'n ymwneud â'u bywydau.

Mae Cynulliad Ieuenctid Sir Benfro yn cael ei hwyluso gan y Swyddfa Hawliau Plant a Phobl Ifanc, a'i nod yw bod yn llais i bobl ifanc yn Sir Benfro trwy greu cyfleoedd i gyfranogi mewn penderfyniadau ynghylch materion sy'n effeithio ar fywydau pobl ifanc Sir Benfro.

Mae gan blant a phobl ifanc hawl i gael eu clywed, a dylid gwrando ar eu barn a'u safbwyntiau wrth wneud penderfyniadau ynghylch gwasanaethau iddyn nhw a phethau eraill sy'n effeithio ar eu bywydau.

Faint o bobl sy'n ymwneud â Chynulliad Ieuenctid Sir Benfro?
Mae'r cynulliad ieuenctid yn cynnwys rhyw 35 o bobl ifanc frwd 14-25 oed o Sir Benfro.

Sut galla i fod yn rhan o'r Cynulliad Ieuenctid?
Mae aelodau'n cael eu hethol i Gynulliad Ieuenctid Sir Benfro o gynghorau ysgol uwchradd a fforymau/cynghorau ieuenctid Sir Benfro:

- Mae'r fforymau ardal/cynghorau ieuenctid yn: Aberdaugleddau, Doc Penfro, Abergwaun, Hwlffordd, Dinbych-y-pysgod a Neyland
- Fforwm Ieuenctid Young Voices for Choices i bobl ifanc ag anableddau
- Junior Safeguardians (bwrdd lleol diogelu plant iau Sir Benfro)
- Fforwm gofalwyr ifanc

Ewch i wefan Cymru Ifanc am ragor o wybodaeth.

Arolwg Amgueddfa Cymru

Mae Amgueddfa Cymru, Barnardos Cymru, Llamau, ProMo-Cymru ac Ymddiriedolaeth y Tywysog yn cydweithio i ddatblygu ffyrdd gall pobl ifanc gymryd rhan yn sut mae'r amgueddfeydd yn cael eu rhedeg.

Mae gennym ddiddordeb penodol ym marnau pobl ifanc sydd ddim yn meddwl bod amgueddfeydd yn llefydd iddyn nhw neu sydd ddim yn gweld dyfodol yn gweithio mewn amgueddfa neu sectorau diwylliannol fel arall.

I ddysgu am farn a phrofiadau pobl ifanc o amgueddfeydd, rydym wedi creu arolwg.
Rydym yn gwobrwyo taleb Love 2 Shop £50 i un person lwcus fydd yn cael ei ddewis ar hap.

I gwblhau'r arolwg ac am gyfle i ennill y wobr, cer i: http://www.surveygizmo.com/s3/3313552/Amgueddfa-Cymru

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Helo, Jesse ydw i a dwi'n 11 blwydd oed - dwi hefyd yn ofalwr ifanc sy'n edrych ar ôl fy mam

Mae Jesse Ormond yn fachgen nodweddiadol 11 blwydd oed sy'n hoffi cael hwyl fel chwarae pêl-droed gyda'i ffrindiau neu wylio ei hoff ffilmiau ar y teledu. Mae hefyd yn ofalwr ifanc sydd, ynghyd â'i chwaer 8 mlwydd oed Layla, yn edrych ar ôl ei fam sydd â nam ar ei golwg. I farcio Diwrnod Ymwybyddiaeth Gofalwyr Ifanc (26 Ionawr) mae Jesse wedi bod yn siarad am ei brofiad o fod yn ofalwr ifanc a sut mae Gweithredu dros Blant yn ei helpu ef a Layla.

Mae Jesse a Layla o Ddoc Penfro wedi bod yn ofalwyr ifanc am bedair blynedd ers i'w mam ddatblygu'r anhwylder ac maent wedi cael eu cefnogi gan wasanaeth Gweithredu dros Blant Gofalwyr Ifanc Sir Benfro am flwyddyn.

Meddai Jesse: *'Ers i'n mam ddatblygu nam ar ei golwg, mae fy chwaer, Layla, a finnau'n edrych ar ei hôl hi cymaint ag y gallwn ni bob dydd. Rydyn ni'n didoli'r dillad i'w golchi, llwytho a dadlwytho'r peiriant golchi llestri ac yn gwneud ein brecwast ein hunain yn y bore cyn ysgol. Dwi hefyd yn tywys mam o gwmpas y dref, gan ei helpu hi gyda'i siopa a gwneud yn siwr ei bod hi'n cyrraedd ei hapwyntiadau ysbyty yn Hwlffordd yn ddiogel. Mae hyn yn gallu cymryd llawer o amser ac weithiau dwi'n cyrraedd adref jest cyn amser gwely ond dwi'n iawn gyda hynny.'*

'Mae'r grwp gofalwyr ifanc wir yn dda achos dwi'n cael mynd i Oakwood! Dwi'n cael tipyn yn fwy o amser i chwarae felly mae'n seibiant mawr i mi. Felly os oes unrhyw un arall yn fy sefyllfa i, mae'n bwysig iawn gweld a oes unrhyw help ar

gael fel rydyn ni'n ei gael gan Gofalwyr Ifanc Sir Benfro.'

Cliciwch yma i gael gwybod rhagor.

Arolwg FySenedd: Sut y gallwn wella eich profiad o wasanaethau busnes Cynulliad Cenedlaethol Cymru?

Yng Nghynulliad Cenedlaethol Cymru, rydym yn barhaus yn ceisio deall yn well sut i gynnwys rhagor o bobl Cymru yn amlach ym musnes y Cynulliad, a sut i wella profiad y rheiny sydd yn cymryd rhan, yn awr ac yn y dyfodol.

Gan fod aelodau o'ch sefydliad wedi ymgysylltu â'r Cynulliad yn y gorffennol drwy waith pwyllgor, byddem yn hoffi gwybod mwy am eu profiadau. Mae Strategaeth Comisiwn y Cynulliad ar gyfer 2016-2021 yn cydnabod bod y ffordd y mae pobl yn ymgysylltu â'r amgylchedd gwleidyddol yn newid, ac mae galw cynyddol am dryloywder a gwybodaeth hygyrch. Wrth i ni barhau i ymdrechu i fodloni'r disgwyliadau hyn ac i ragori arnynt a gwneud newidiadau sylweddol i'r ffordd yr ydym yn cynhyrchu, yn rheoli ac yn defnyddio gwybodaeth am waith y Cynulliad, rydym wedi ymrwymo i ddeall anghenion pobl Cymru.

Byddem felly yn ddiolchgar pe baech yn rhoi o'ch amser i gwblhau'r arolwg hwn ac yn ei rannu â'ch cydweithwyr ac yn eu hannog hwythau i wneud yr un peth. Ni ddylai gymryd mwy na 15 munud i gwblhau'r arolwg. Yn gyfnewid, os dymunwch, byddwn yn rhoi adborth ar sut y byddwn yn bwrw ymlaen â'ch syniadau o ran sut y gallwn wella, yn ogystal â rhoi cyfle i chi gymryd rhan mewn gweithgareddau yn y dyfodol i wella ein gwasanaethau i chi.

Mae'r arolwg yn cau ddydd Gwener 24
Chwefror: https://www.surveymonkey.co.uk/r/LSJZBNC

Wyt ti'n mwynhau ysgrifennu? Wedi gadael gofal? Mae Coram Voice yn lansio ei gystadleuaeth ysgrifennu creadigol i bobl ifanc sydd â phrofiad o ofal!

Mae'r elusen hawliau plant charity Coram Voice wedi cyhoeddi bod 'Voices' yn ôl, y gystadleuaeth ysgrifennu i bobl ifanc sydd â phrofiad o ofal, am ail flwyddyn. Cafodd y gystadleuaeth ei lansio ar 9 Ionawr 2017 gyda'r thema 'Dechreuadau Newydd'. Mae Coram Voice yn gofyn i blant a phobl ifanc dynnu ysbrydoliaeth o newid yn eu bywydau neu gyfleoedd maen nhw wedi eu cael i roi cynnig ar rywbeth newydd.

Mae tri chategori oedran i'r gystadleuaeth: ysgol gynradd, ysgol uwchradd a gadawyr gofal, gyda gwobr ychwanegol arbennig i blant mudol sydd mewn gofal neu wedi gadael gofal. Mae ceisiadau, sy'n gallu cael eu cyflwyno ar-lein yn coramvoice.org.uk/voices-2017 o **9 Ionawr tan 21 Chwefror**, yn gallu cael eu hysgrifennu mewn unrhyw arddull ysgrifenedig gan gynnwys cerddi, straeon byrion neu erthyglau papur newydd, a hynny mewn dim mwy na 500 o eiriau.

Ewch i wefan Cymru Ifanc am ragor o wybodaeth.

Annog rhieni ac athrawon Cymru i glicio ar ddiogelwch y rhyngrwyd ar Ddiwrnod Defnyddio'r Rhyngrwyd yn Fwy Diogel

Gallai pobl ifanc Cymru fod mewn mwy o berygl o seibr fwlio a pheryglon eraill ar lein oni bai ein bod ni'n eu helpu i fod yn ddiogel ar lein, yn ôl Llywodraeth Cymru.

Ar hyn o bryd mae miloedd o blant Cymru'n cael eu bwlio a mwy a mwy yn dioddef o seibr fwlio. Mae Llywodraeth Cymru'n taclo hyn drwy ei ymgyrch gwrth fwlio, Mater i Bawb yw Bwlio.

I godi ymwybyddiaeth o bwysigrwydd diogelwch ar lein, bydd Llywodraeth Cymru'n cynnal digwyddiad yn y Senedd ar Ddiwrnod Defnyddio'r Rhyngrwyd yn Fwy Diogel (Dydd Mawrth 7 Chwefror 2017) pan fydd Ysgrifennydd y Cabinet dros Addysg, Kirsty Williams, yn lansio Parth Diogelwch Ar-lein ar Hwb, llwyfan dysgu digidol cenedlaethol Cymru.

Lle penodol ar Hwb yw'r Parth Diogel Ar-lein i gadw plant yn ddiogel ar lein. Bydd yn cyfeirio'r rhai sy'n ymdrin ag effeithiau bwlio ar lein neu sydd ag unrhyw bryderon ynghylch cadw'n ddiogel ar lein at y gwasanaethau cymorth priodol.

Canfyddwch ragor yma.

Ymgynghoriad Dewis Cymru

Mae gwefan Dewis Cymru yn cynnwys tudalennau gwybodaeth genedlaethol ac adnodd traws sector 'cyfeirlyfr gwasanaethau' sy'n ceisio darparu gwybodaeth ynglyn â sut y gall pobl gynnal neu wella eu lles, ac am sefydliadau a all eu helpu.

Ar hyn o bryd, mae Dewis Cymru yn cadw gwybodaeth ynglyn â lles ar gyfer oedolion. Mae'r adran gyfredol dan y teitl 'plant a theuluoedd' yn cynnwys swm cymharol fychan o wybodaeth ar gyfer rhieni, teuluoedd a'r rhai sy'n gweithio gyda nhw.

Nod y broses ymgynghori yw archwilio sut y gall Dewis Cymru gynnwys tudalennau gwybodaeth genedlaethol am blant a phobl ifanc i'w defnyddio gan deuluoedd a gweithwyr proffesiynol.

Gan ystyried yr uchod, byddem yn gwerthfawrogi eich adborth ar ddatblygiadau arfaethedig adran plant a phobl ifanc Dewis Cymru. Byddem yn gwerthfawrogi'r cyfle i drafod yr ymgynghoriad gyda chi. Os yw'n bosibl, a allwn drefnu i naill ai aelod o'n tîm neu unigolyn cyswllt lleol ddod i'ch cyfarfod grwp i roi trosolwg o'r newidiadau arfaethedig a thrafod eich safbwyntiau? Rydym hefyd yn ceisio canfod awduron posibl ar gyfer unrhyw Dudalennau Gwybodaeth Genedlaethol am les plant a phobl ifanc a gallem drafod hyn gyda chi yn y cyfarfod.

Os nad ydych yn cyfarfod o fewn y mis nesaf, a fyddech gystal ag anfon yr ebost hwn ymlaen at unrhyw un a allai fod â diddordeb mewn cwlbhau'r arlowg hwn: www.surveymonkey.co.uk/r/YmgynghoriadDEWISCymru.

Gofynnwn i chi anfon yr hysbysiad hwn at eich tîm cyfathrebu i'w gyhoeddi ar

eich gwefan/cyfryngau cymdeithasol:

Cyfle i ennill Tabled drwy ddweud wrthym eich barn ynglyn â'r adran lles plant arfaethedig ar wefan Dewis Cymru: www.surveymonkey.co.uk/r/YmgynghoriadDEWISCymru

Nodwch y bydd yr ymgynghoriad yn dod i ben ar 28 Chwefror 2017.

Cymru Ifanc
Young Wales

February 2017

Welcome to the Young Wales newsletter

Young Wales is the participation work that is being run by Children in Wales and our partner organisations, and is funded by the Welsh Government.

Young Wales will ensure that children and young people are heard on issues that are important to them, and in particular that these issues are heard by the Welsh Government.

Each month we will bring you the latest news, including updates on the work that is being done by forums and other groups across Wales.

If you have anything you'd like to contribute, please email info@childreninwales.org.uk.

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Pembrokeshire Children and Young People's Rights Office

What is the Children & Young People's Rights Office?
The Children & Young People's Rights Office works to bring about positive change for children and young people living in Pembrokeshire. We work with lots of different youth forums in Pembrokeshire to enable children and young people to have a voice in decisions made about their lives.

Pembrokeshire Youth Assembly is facilitated by the Children & Young People's Rights Office and aims to be the voice of young people in Pembrokeshire by creating opportunities to participate in decision making on issues that impact upon the lives of Pembrokeshire's young people.

Children and young people have a right to be heard and their views and opinions should be listened to when making decisions about services for them and other things that affect their lives.

How many people are involved with Pembrokeshire Youth Assembly?
The youth assembly consists of approximately 35 enthusiastic young people from Pembrokeshire who are aged 14-25.

How can I become part of the Youth Assembly?
Members are elected onto the Pembrokeshire Youth Assembly from Pembrokeshire's secondary school councils and youth forums/councils:

- Area forums/youth councils are in: Milford Haven, Pembroke Dock, Fishguard, Haverfordwest, Tenby and Neyland
- Young Voices for Choices Youth Forum for young people with disabilities
- Junior Safeguardians (Pembrokeshire's junior local safeguarding children board)
- Young carers forum

Visit the Young Wales website to find out more.

Amgueddfa Cymru Survey

Amgueddfa Cymru, Barnardos Cymru, Llamau, ProMo-Cymru and The Prince's Trust are working together to develop ways in which young people can be involved in how museums are run.

We are particularly interested in the views of young people who do not think museums are for them or who do not see a future for themselves working in a museum or other cultural sectors.

To learn the opinions and experiences young people have of museums, we have put together a survey.

We are giving away £50 in Love 2 Shop vouchers for one lucky entrant chosen at random.

In order to complete the survey and enter the prize draw, please go to: http://www.surveygizmo.com/s3/3302884/Amgueddfa-Cymru-National-Museum-Wales

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Hi, I'm Jesse and I'm 11 years old - I'm also a young carer who looks after my mother

Jesse Ormond is a typical 11 year old boy who likes having fun like playing football with his friends or watching his favourite films on TV. He is also a young carer who, along with his 8 year old sister Layla, looks after his visually impaired mother. To mark Young Carers Awareness Day (26th January) Jesse has been talking about his experience of being a young carer and how Action for Children helps him and Layla.

Jesse and Layla from Pembroke Dock have been young carers for four years since their mother developed her condition and have been supported by Action for Children's Pembrokeshire Young Carers service for a year.

Jesse said: *'Since our mum became visually impaired, my sister, Layla and I look after her as much as we can every day. We sort out the washing, load and unload the dishwasher and make our own breakfasts in the morning before school. I also guide mum around town, helping her with her shopping and make sure she gets to her hospital appointments in Haverfordwest safely. This can take a lot of time and sometimes I get home just before bedtime but I'm ok with it.'*

'The young carers group is really good because I get to go to Oakwood! I get a bit more time to play so it's a big break for me. So if anyone else is in my position, it's really important to see if there's any help available like we get from Pembrokeshire Young Carers.'

Click here to find out more.

The MySenedd Survey: How can we improve your experience of the National Assembly for Wales' business services?

At the National Assembly for Wales, we are continuously seeking to better understand how to engage more of the people of Wales more often in the business of the Assembly and how to improve the experience of those who do engage, both now and in the future.

As members of your organisation have previously engaged with the Assembly through the work of a committee, we would like to understand more about their experiences.

The Assembly Commission's Strategy for 2016-2021 recognises that the way people engage with the political environment is changing and there are increasing demands for transparency and accessibility of information. As we continue to strive to meet and exceed these expectations and make significant changes in how we produce, manage and use information about the Assembly's work, we are committed to understanding the needs of the people of Wales.

We would therefore be grateful if you could kindly make the time to complete this survey and to and share it with your colleagues and encourage them to do the same. It should take no longer than 15 minutes to complete. In return, should you wish, we will provide you with feedback on how we will take forward your ideas for how we can improve, as well as giving you the opportunity to take part in future activities to improve our services to you.

The survey closes on Friday 24 February: https://www.surveymonkey.co.uk/r/LS9FDVJ

Do you enjoy writing? Care Leaver? Coram Voice is launching its creative writing competition for care-experienced young people!

The children's rights charity Coram Voice has announced the return of 'Voices', the writing competition for care-experienced young people, for a second year. The competition launched on 9 January 2017 with the theme 'New Beginnings'. Coram Voice is asking children and young people to draw inspiration from a change in their lives or opportunities they've experienced to try something new.

The competition is grouped into three age categories: primary school, secondary school and care leavers, with a special additional award for migrant children in

care or as care leavers. Entries, which can be submitted online at www.coramvoice.org.uk/voices-2017 from **9 January until 21 February**, can be in any written style including poems, short stories or newspaper articles, with a 500 word limit.

Visit the Young Wales website to find out more.

Parents and teachers in Wales encouraged to switch on to internet safety this Safer Internet Day

Young people in Wales could be at greater risk of cyber-bullying and other online risks unless we support young people to keep safe online, the Welsh Government has said.

Bullying currently affects thousands of children in Wales and instances of cyber-bullying are on the rise. The Welsh Government is attempting to tackle the issue through its anti-bullying campaign, Bullying is Everyone's Business.

To raise awareness of the importance of online safety, Welsh Government is holding an event at the Senedd on Safer Internet Day (Tuesday 7th February 2017) where Cabinet Secretary for Education, Kirsty Williams will be launching an Online Safety Zone on Hwb, the national digital learning platform for Wales.

The new Online Safety Zone is a dedicated area on Hwb designed to help keep children safe online. It will signpost those dealing with the effects of online bullying or any online safety issue towards appropriate support services.

Find out more here.

Dewis Cymru Consultation

The Dewis Cymru website contains national information pages and an all sector resource 'directory of services' which aims to provide information about how people can maintain or improve their well-being, and about organisations which can help them.

Currently, Dewis Cymru mostly holds well-being information for adults. The current section titled 'children and families' contains a relatively small amount of information for parents, families and those who work with them.
The consultation process aims to explore how Dewis Cymru might include national information pages about children and young people for use by families and professionals.

In view of the above, we would appreciate your feedback on the proposed developments of the children and young people section of Dewis Cymru. We would therefore welcome the opportunity to discuss the consultation with you. If possible,

please could we arrange for either a member of our team or a local contact to come to your team meeting to give an overview of the proposed changes and to discuss your views? We are also aiming to identify potential authors for any new National Information Pages about children and young people's well-being and we would be able to discuss this with you at the meeting.

If you are not meeting within the next month, please forward this email on to anyone who may be interested in completing the survey: www.surveymonkey.co.uk/r/dewiscypconsultation

Please can we also ask that you put the following message on your social media / website:

Chance to win a Tablet by telling us what you think about the proposed children's wellbeing section of Dewis Cymru: www.surveymonkey.co.uk/r/dewiscypconsultation.

Please kindly note that the consultation will close on February 28th 2017.

Young Wales - Cymru Ifanc | info@childreninwales.org.uk | 029 2034 2434 |