



Cymru Ifanc  
Young Wales

Hydref 2016

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](mailto:info@childreninwales.org.uk).

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Doeth am Iechyd Cymru: Diogelu yfory drwy helpu heddiw

Prosiect ymchwil arloesol yw Doeth am Iechyd Cymru a gynlluniwyd i ddeall iechyd y

genedl yn well.

Mae pobl sy'n byw yn Abertawe a'r ardaloedd amgylchynol yn cael eu hannog i gymryd rhan â'r prosiect Doeth am Iechyd Cymru, y mwyaf o'i fath yn Ewrop. Mae'r prosiect yn astudiaeth ymchwil gyfrinachol ar gyfer pobl 16 oed a hyn sy'n byw yng Nghymru. Defnyddir y wybodaeth iechyd fanwl a gesglir drwy'r astudiaeth i helpu'r GIG i gynllunio ar gyfer y dyfodol a gwella iechyd a lles cenedlaethau'r dyfodol.

Ewch i [wefan Llywodraeth Cymru](#) am ragor o wybodaeth.

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## Ymchwiliad i Waith Ieuenctid, Medi 2016

Dyma yw ymateb Plant yng Nghymru i Ymchwiliad Cynulliad Cenedlaethol Cymru i ymgynghoriad Gwaith Ieuenctid.

Mae'r ymgynghoriad yn anelu at adolygu effeithiolrwydd strategaeth a pholisi Llywodraeth Cymru o ran gwaith ieuenctid. Gofynnodd yr ymgynghoriad am dystiolaeth ar y pwyntiau canlynol:

- Mynediad pobl ifanc at wasanaethau gwaith ieuenctid
- Effeithiolrwydd strategaeth a pholisi Llywodraeth Cymru ar waith ieuenctid
- Ariannu gwaith ieuenctid
- Unrhyw fater arall a ystyrir yn berthnasol i'r ymgynghoriad.

Cliciwch [yma](#) i gael gwybod rhagor.

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## Vaughan Gething yn lansio cynllun newydd ar gyfer iechyd meddwl

Mae'r Ysgrifennydd Iechyd, Vaughan Gething AC, wedi lansio cynllun darpariaeth newydd i wella iechyd meddwl a lles yng Nghymru.

Strategaeth trawslywodraethol, deng mlynedd yw Gyda'n Gilydd dros Iechyd Meddwl i wella iechyd meddwl a lles yng Nghymru. Mae'r strategaeth yn nodi 10 maes blaenoriaeth ar gyfer gwella gwasanaethau a bydd yn cael ei gweithredu drwy gynlluniau darparu tair blynedd. Mae'r cynllun ar gyfer 2016-19, yn dilyn y cynllun cyntaf ar gyfer 2012-15, ac mae'n cynnwys ystod o amcanion uchelgeisiol, megis:

- Cymorth amgenach ar gyfer pobl ifanc, yn arbennig y rhai hynny sydd mewn perygl o gael profiadau plentyndod anffafriol
- Gweithredu i ymdrin â hunanladdiad a hunan-niwed
- Nodau i sicrhau bod y grwpiau mewn perygl uwch o broblemau iechyd meddwl yn derbyn y gofal sydd ei angen arnynt, megis merched beichiog a'r rhai hynny sy'n rhieni am y tro cyntaf.

Ewch i [wefan Llywodraeth Cymru](#) am ragor o wybodaeth.

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Comisiwn y Cynulliad Cenedlaethol yn llofnodi addewid Amser i

## Newid Cymru

Mae Cynulliad Cenedlaethol Cymru wedi llofnodi addewid Amser i Newid Cymru i ddod â'r stigma sy'n gysylltiedig â phroblemau iechyd meddwl yn y gweithle i ben.

Arwyddwyd yr addewid ar Ddiwrnod Iechyd Meddwl y Byd [10 Hydref] gan Joyce Watson AC, Comisiynydd y Cynulliad sydd â chyfrifoldeb dros gydraddoldeb a staff y Comisiwn, a Claire Clancy, Prif Weithredwr a Chlerc y Cynulliad. Nod yr addewid a drefnwyd gan elusennau Gofal, Hafal a Mind Cymru yw annog sefydliadau i ymrwmo i fynd i'r afael â stigma a gwahaniaethu ar sail iechyd meddwl.

Ewch i [wefan Cynulliad Cenedlaethol Cymru](#) i gael gwybod rhagor.

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## Blansio Peering Ahead

***Cydweithrediad rhwng NYAS a Voices from Care  
Hydref 20ed 11.15-13.00, Adeilad y Peirhead, Caerdydd a nawdd gan Joyce  
Watson AC***

Hoffai NYAS a Voices from Care eich gwahodd i ddathlu lansiad eu prosiect newydd ar y cyd - Peering Ahead, a chroesawu Sally Holland, Comisiynydd Plant Cymru, fel prif siaradwr.

Mae cynllun Peering Ahead yn sicrhau fod pobl ifanc yn defnyddio'r profiadau maent wedi'u byw i ddylanwadu ar wneuthurwyr polisi a chynnal hyfforddiant/cyflogaeth ystyrlon trwy raglenni mentora a chymorth i ieuencid dan arweiniad cymheiriaid. Lleolir y rhaglenni hyn yn lleol ac yn y gymuned. Bydd NYAS yn arwain y gwaith o ddatblygu cynllun Mentora Cyfoedion ar gyfer pobl ifanc 15-25 mlwydd oed sydd â phrofiad o dderbyn gofal, a gaiff eu mentora gan bobl ifanc 18-25 mlwydd oed. Mae Voices yn arwain y gwaith o gynorthwyo pobl ifanc i ddylanwadu ar bolisi ac ymgyrchu ynghylch materion sy'n berthnasol iddynt.

Fe'ch gwahoddir i'r lansiad i ddysgu rhagor am y fenter gyffrous hon a sut gallai eich sefydliad chi gyfranogi.

Anfonwch gadarnhad ccab i [tobia.harty@nyas.net](mailto:tobia.harty@nyas.net).

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**Cymru Ifanc**  
**Young Wales**

October 2016

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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](mailto:info@childreninwales.org.uk).



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## Healthwise Wales: Protect tomorrow by helping today

Healthwise Wales is an innovative research project designed to better understand the health of the nation.

People living in Swansea and the surrounding areas are being encouraged to get involved with the Healthwise Wales project, the largest of its kinds in Europe. The project is a confidential research study of people aged 16 and over living in Wales. The in-depth health knowledge gained through the study will be used to help the NHS plan for the future and improve the health and well-being of future generations.

Visit the [Welsh Government website](#) for more information.

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## Inquiry into Youth Work, September 2016

This is Children in Wales' response to the National Assembly for Wales' Inquiry into Youth Work consultation.

The consultation aims to review the effectiveness of Welsh Government's strategy and policy with regards to youth work. The consultation requested evidence on the following points:

- Young people's access to youth work services
- The effectiveness of Welsh Government's strategy and policy on youth work
- Youth work funding
- Any other issues considered relevant to the consultation.

Click [here](#) to find out more.

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## Vaughan Gething launches new plan for mental health

Health Secretary, Vaughan Gething AM, has launched a new delivery plan to improve mental health and well-being in Wales.

Together for Mental Health is a ten year, cross government strategy to improve mental well-being in Wales. The strategy sets out ten priority areas for service improvement and will be implemented through three year delivery plans. This plan covers 2016-19, following on from the first plan for 2012-15, and contains a range of ambitious objectives, including:

- Improved support for young people, particularly those at risk of adverse childhood experiences
- Action to address suicide and self-harm
- Goals to ensure groups at higher risk of mental health issues receive the care they need, such as pregnant women and those in early parenthood.

Visit the [Welsh Government website](#) to find out more.

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## National Assembly Commission signs Time to Change Wales pledge

The National Assembly for Wales has signed the Time to Change Wales pledge to end the stigma attached to mental health issues in the workplace.

The pledge was signed on World Mental Health Day [10 October] by the Assembly Commissioner with responsibility for equalities and Commission Staff, Joyce Watson AM, and the Chief Executive and Clerk of the Assembly, Claire Clancy. The pledge, organised by Welsh charities Gofal, Hafal and Mind Cymru, aims to get organisations to commit to tackling mental health discrimination and stigma.

Visit the [National Assembly for Wales website](#) to find out more.

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## Peering Ahead Launch

***A joint collaboration between NYAS and Voices from Care  
20th October 11.15-13.00, The Pierhead, Cardiff with sponsorship from  
Joyce Watson AM***

NYAS and Voices from Care invite you to celebrate the launch of their new joint project - Peering Ahead, and welcome Sally Holland, Children's Commissioner for Wales, as key note speaker.

The Peering Ahead scheme ensures young people use their lived experiences to influence policy makers and to gain and sustain meaningful training/employment through local and community based youth peer-led mentoring and support programmes. NYAS are taking the lead on developing a Peer Mentoring scheme for care experienced young people aged 15 to 25 who will be mentored by 18 to 25 year olds. Voices are taking the lead in supporting young people to influence policy and campaign about issues relevant to them.

You are invited to the launch to find out more about this exciting initiative and how your organisation may be able to get involved.

Please RSVP asap to [tobia.harty@nyas.net](mailto:tobia.harty@nyas.net).

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