



PLANT DEWI

Lle Mae Teuluoedd yn Bwysig
Where Families Matter

ANNUAL REPORT 2023-2024

English



ADRODDIAD BLYNYDDOL 2023-2024

Cymraeg



Meithrin Gobaith

ESGOBAETH TYDDEWI
DIOCESE of ST DAVIDS



Growing Hope

CONTENTS

Table of Contents

01.	Overview
02.	Mens Project
04.	Young Parents' Project
06.	Families Together Groups
08.	Baby Bundle Bank
10.	Betws Family Centre
12.	Borth Community Hub
14.	Burry Port Family Centre
16.	Felinfoel Family Centre
18.	Garnant Family Centre
20.	Jigso Childrens Centre
22.	Lampeter Family Centre
24.	Llandysul Family Centre
26.	Llanybydder Family Centre
28.	Morfa Family Centre
30.	Pencader Family Centre
32.	RAY Ceredigion Family Centre
34.	St Pauls Family Centre
36.	St Pauls Nursery
38.	Tregaron Family Centre
40.	Tumble Family Centre
42.	Ty Hapus Family Centre
44.	Thank You
45.	2024 - 2025



PLANT DEWI

At Plant Dewi our objective is to nurture families and strengthen communities by empowering families to bring about positive changes in their lives, giving hope and a sense of belonging, across the Diocese of St Davids.

A MESSAGE FROM OUR MANAGER

Yet another year has flown by and so much has been going on at our groups and centres across the Diocese of St Davids. 2885 families have accessed our projects over the past year – 2610 adults, 3341 children, which is a total of 5951 individuals between April 2023 and March 2024. We would like to thank each and every one for visiting us, engaging with us and working with us. 263 referrals were also made to the Plant Dewi Baby Bundle Bank, a slight increase on the previous year, demonstrating that more and more families are in need of support due to the rising cost of living with those receiving bundles being so grateful for the wonderful items they are given.

Plant Dewi employ 37 members of staff who work across 6 Families Together Groups, 3 Young Parents' Groups, the Pembroke Dock Dads Project, Baby Bundle and 7 Family Centres. There are also a further 9 Family Centres across Ceredigion and Carmarthenshire that are independent of Plant Dewi, but sit within the network of family centres.

A big thank you to all staff and volunteers who contribute to the work that goes on at the groups, centres and Baby Bundle Bank, as well as all of those who work hard behind the scenes to enable it all to happen – we are so fortunate to have such a committed and skilled team. During the past year, we celebrated 5 member of staff reaching their 20-year milestone, with each one receiving a gift of thanks for their dedicated service to Plant Dewi - such an amazing achievement. We have also had opportunities to raise awareness of our work through welcoming Simon Lloyd, Chief Executive, The Representative Body of the Church in Wales, Cefin Campbell, Member of the Senedd for Mid and West Wales, and Julie Morgan, Deputy Minister for Social Services, to visit projects and showcase what we do and Radio Cymru broadcast a Plant Dewi service on Mothering Sunday. Thank you to all for visiting and supporting.

Collectively, there is such a wide variety of activities and sessions arranged for families such as baby massage, messy play, crafts, physical activities, story and song, outdoor walks, parenting programmes, visits from other agencies, short courses, cooking, gardening, mindfulness and wellbeing, outings and trips as well as one to one support on a range of issues, and it really would be impossible to list them all. However, this report highlights the exceptional work that has been going on to provide holistic support to families, ensuring that children and their parents are offered quality time to enjoy together and to create memories that will last a lifetime.

Catrin Eldred, Manager



Plant Dewi Men's Project

Fathers meet new friends, enjoy time together, keep well, look out for each other and support the community.

Highlights

- 28 cycles supplied to fathers, children and their families to support active travel, physical wellbeing and memories together.
- Fresh food produce, including potatoes, leeks and onions supplied to the local foodbank and to families associated with the project.
- Dad & Me 'Bike Bus' encouraged fathers and children to cycle to school together, keep active and encourage green travel.

Sessions Delivered

The project offers a variety of sessions throughout the year Tuesday to Thursday including the school holidays.

Regular sessions include gardening in the Growing Hope Project, cycle maintenance, carpentry, metalwork, and physical activities such as walking and cycling.

'Dad & Me' afterschool sessions run throughout the year in partnership with local primary schools. Activities include craft, cooking, gardening, camping and Lego sessions.



Additional sessions include family Wednesdays that offer food and fun in the holidays, visits to other projects to learn and share skills and activities that support other

“Attending the project has helped me to stay afloat and keep me going each day”

Plant Dewi Men's Project

“

Made new friends and I haven't felt so alone with my problems

”

Overview of the year

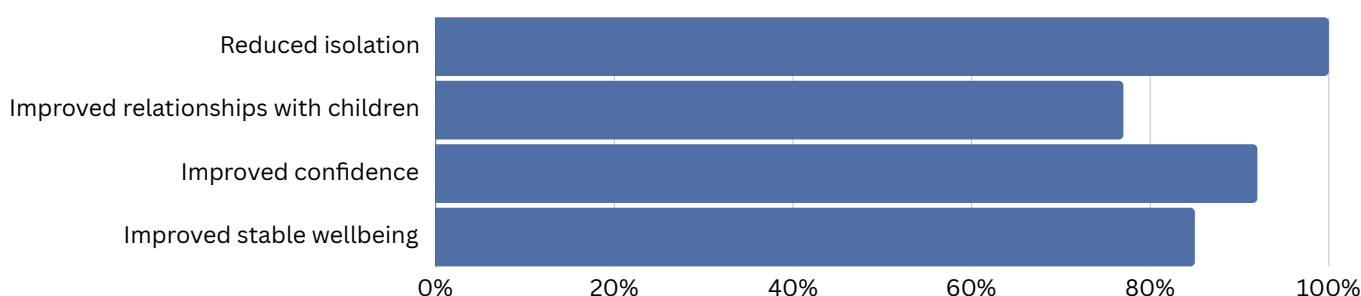
A sunny spring in April 2023 meant we were able to continue our planting and garden infrastructure with gusto. A good first crop and harvest provided the foodbank with fresh produce. Paths were extended and ground cleared to make more growing space. Bikes were upcycled and recycled throughout the year and found new homes with fathers and children.

A memorable sponsored cycle ride in July celebrated the work of the dads and food project and raised funds for the project. The summer allowed for outdoor activities, and we enjoyed great summer family and 'Dad & Me' sessions. Food was harvested and new trees and fruit planted, and food and craft added to the fun.



The dry spell ended however, causing issues with the harvest. We battled to adapt by building planters and raised beds and by the end of March we had planted new crops. We've supported the local community and formed new partnerships sharing and learning new skills, making new friends as the project continues to develop.

Outcomes





Young Parents' Project

Young Parent work provides friendship networks, peer-support, develop future aspirations and support young parents in their new caring role as well as young people.

Highlights

- Expanding the project in Carmarthenshire by planning the opening of 2 new hubs in Llandovery and Carmarthen.
- Seeing young parents grow in confidence after engaging in our volunteering project.
- Creating community-based learning in groups.

Work across the Diocese

We deliver craft through mindfulness as regular sessions where young parents can express creativity, promote positive thoughts and emotions in a safe environment.

Various workshops have been delivered by Stop it Now (online safety), Mothers' Union (baby memory blankets) and Trinity College (craft). The latter culminated in a graduation day at the university.

Parents have thoroughly enjoyed trips to soft play areas and Folly Farm.

Throughout the summer months we offered messy/outdoor play and in Pembrokeshire there were gardening/craft sessions at Greenlinks Farm with the dads' project.



Sessions Delivered

Throughout the year, staff have delivered sessions on cooking, craft, Easter Egg Hunt, Team Building and have continued to support volunteers on the Volunteering Project.

“I am thankful for the training and courses I completed while volunteering.”

Young Parents' Project

“I will always recommend this group to young parents and encourage them to get out and visit the group because it will have such a positive impact on you and especially your children.”

Overview of the year

It has been a busy year for the Young Parent Project delivering groups and one to one work across two counties. Young parents have told us that the groups are the highlight of their week, a safe place for them to make new friends, be listened to and receive support.

We have seen a rise in pregnant young parents that have been referred to the project and it has been important to build a support network for them before baby is born.

The Trinity College community learning sessions culminated in a graduation day at

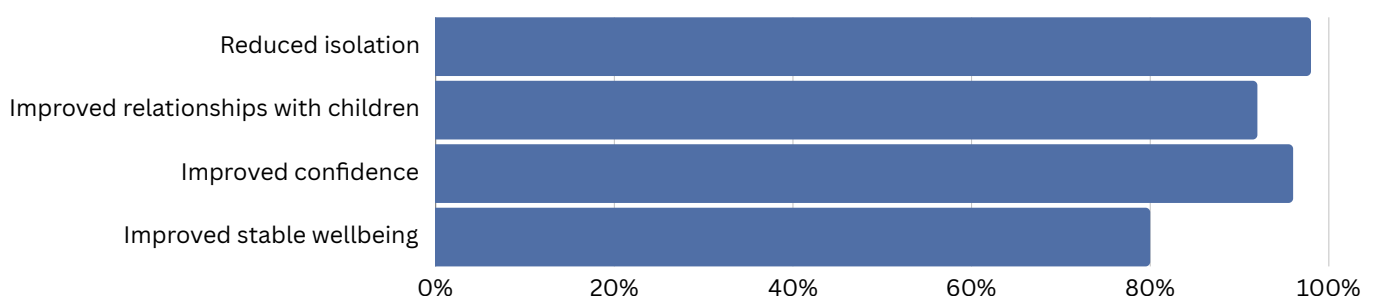


the university for the young parents. This was a lovely day out, and they felt a great sense of achievement.

The Volunteering Project has helped young parents to gain confidence and access training. Some parents have undertaken manual handling, and safeguarding training is planned for spring 2024.

Pembroke Dock hub came to an end because parents moved on to volunteering/employment. However, this allowed for the research and planning of two new hubs.

Outcomes





Families Together Groups

The Families Together groups provide a safe, friendly and welcoming space for families to enjoy and spend quality time together.

Highlights

- There has been an increase in the number of dads attending the sessions. Some come along with their partners, others are happy to attend on their own.
- AFIA, a Mothers' Union scheme made it possible for fifty one families to visit Folly Farm
- Connections with new partner agencies in Pembrokeshire, Carmarthenshire and Neath and Port Talbot

Work across the Diocese

Sessions Delivered

Along with the regular crafts and language and play sessions, parents and children enjoyed Moo Music, messy play, zumbini, gardening activities, Mad Science workshops, Christmas crafts and Christingle services. Outings to Clerkenhill and Folly Farm and picnics in the local park were enjoyed. Families took part in fundraising events, a local community art project and visits from local dental practices and Pet Therapy. Celebratory events such as Mother's Day, Chinese New Year, and The



King's Coronation were celebrated and courses included Parenting Puzzle with Action For Children, Cooking with Ein Cegin and Welsh language with Clwb Cwtsh

“ If I didn't come to these sessions, I would be at home. I look forward to every Monday now, it's the best day of the week ”

Families Together Groups

“

My son loves coming here, he has learnt to play, sing and interact with other children which really helped when he started school

”

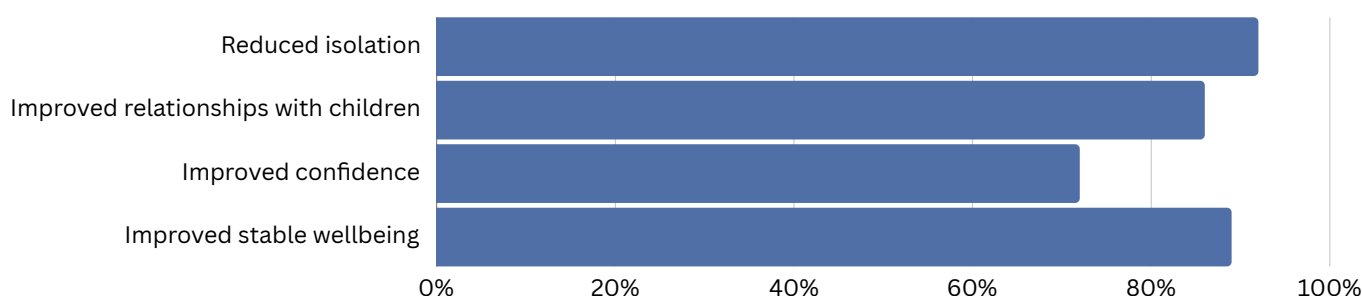
Overview of the year

Close working connections with schools, community resources and other family support service increased attendance in the six family groups. Working with new partner agencies allowed us to provide families with new experiences and also enabled us to address family and



individual needs. Families in Pembrokeshire were fortunate to receive soup makers and were provided with weekly ingredients for twelve weeks thanks to Pembrokeshire Frame. With the increase in the cost of living, referrals to food banks and the Baby Bundle Bank played an essential role in supporting families over the year. Vital funding allowed us to offer families breakfasts and lunches during sessions and also a warm place for the parents and children to be together. Successful funding gave families an opportunity to visit The National Botanic Gardens of Wales where they were able to explore and enjoy the facility. Parents learnt lifelong skills from the courses they attended and both staff and parents have a greater knowledge of family support resources that are available in the community. Strong connections and friendships have been created with both families and agencies.

Outcomes





Baby Bundle Bank

Provides essential resources for families who are finding it difficult to source essential items for their baby.

Highlights

- 263 bundles have been provided to families across the diocese
- Close working partnerships have been created with Baby Banks in Swansea and Cardiff
- The act of kindness and generosity of people donating to the project is overwhelming.

Work across the Diocese

Parenting is the most wonderful and exciting journey, but we know it can come with lots of challenges, so we are here to support those who are struggling and facing hardships by providing resources to help ease the journey ahead.

We ensure that families receive their bundles in plenty of time and if needed, we will deliver to their home.



Sorting out donations on a weekly basis is a mammoth task, but volunteers undertook training to ensure good quality bundles are given to each family.

“ ‘I was heavily pregnant and wasn’t prepared at all. There were so many things I didn’t know I needed as a first-time mum’ ”

Baby Bundle Bank

“

'What an amazing service, they go above and beyond to support families'

”

Overview of the year

The impact that the rise in the cost of living has had on families is evident with the increase in referrals that we have had over the year. Referrals have been received from a large number of agencies and individuals have contacted the organisation directly requesting essential resources and equipment.

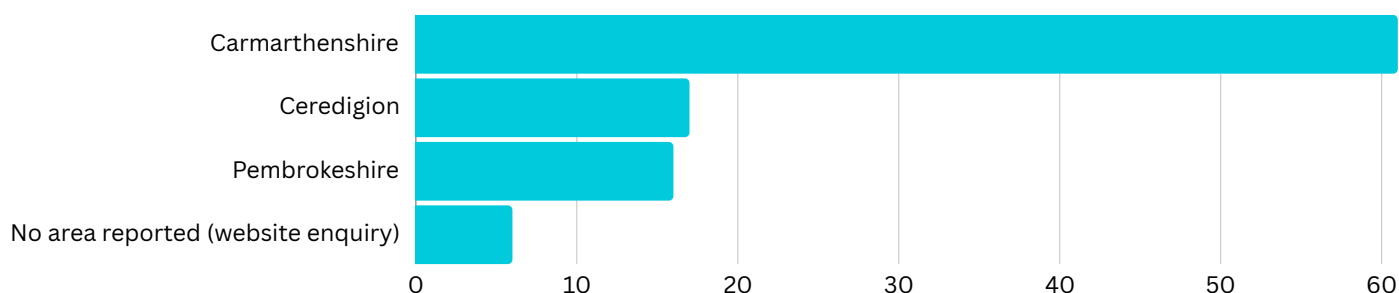


Further outreach has taken place in all the counties and as a result new organisations and services have referred to the project.

Storage bins have been purchased for the two main bases, Crosshands and Carmarthen, making it easier for staff and volunteers to identify seasonal and age appropriate clothing.

We have a new volunteer in Ceredigion who is helping our current volunteer with sorting clothes and putting together bundles. All volunteers have worked so hard for the project and we are eternally grateful for their support to Plant Dewi and to the families of the Diocese.

Referrals





Betws Family Centre 'Ty Tyfu'

We nurture families and strengthen the local community, developing and connecting families so that wellbeing and life chances are enhanced.

Highlights

- We have had a team of warm, friendly approachable staff – we have created a community of support for our families where everyone felt valued and welcome.
- We helped families' budgets by providing surplus food, cooking packs and lunch clubs. Families said this was a huge support financially.
- We have been part of the wider community running groups in various locations including the Rugby Club, Flower park and sensory garden, Betws Primary School and Annwyl Fan Carehome.

Sessions delivered

Weekly, we have delivered Language and Play, Baby Massage, visits to Annwyl Fan, Caring Cuppa and Chat, Sensory and Messy Play, Outdoor Play and Cooking Packs.

Sessions with other organisations include; Babanod Eco Reusable Nappy Library, La Leche League Breastfeeding Group and Sensory Play days with HV assistant.

Courses we've co-facilitated have been Antenatal with FS Midwives, Ioga Babi with Cymraeg i Blant, Clwb Cwtsh Welsh Lessons, Paediatric First Aid, Parenting Puzzle with Action for Children, Sewing



Session with Foothold and Y Sied Cookery Course.

Over Christmas, Easter and holidays we ran a variety of fun and engaging activities.

“I absolutely love the centre and the staff they have become an extended part of the family.”

Betws Family Centre 'Ty Tyfu'

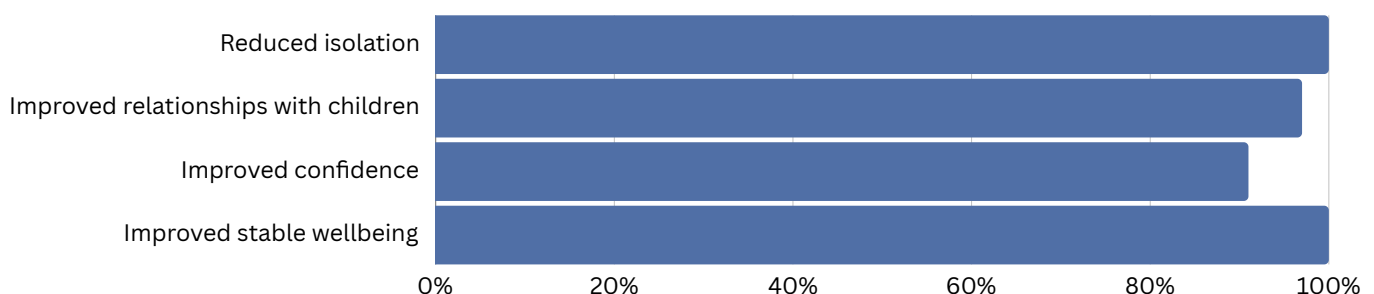
“Coming to the family centre is like coming home! We love having a safe space to go to be ourselves.”

Overview of the year

Throughout the year we have provided a variety of activities and sessions for families with something to suit everyone. This year as a centre we have taken time to focus on parent wellbeing with time for a cuppa and chat becoming an invaluable session where parents feel listened to and given a moment. Parents have also loved creating keepsake cards and canvasses of little ones hand and foot prints. We are seeing daily the challenges of the current cost of living crisis, with many families telling us they are worrying about money. With this in mind, focus over the school holidays has been affordable experiences for families with trips to Mountain View Ranch, St Fagans and Llyn Llech Owain, Actif, Messy and Free play sessions, a Summer Fayre and a visit from Party Ponies. Our toy exchange ran through the whole of November this year with people bringing and taking toys as they wanted; families loved that this was free and also a more environmentally friendly way to do Christmas.



Outcomes





Borth Community Hub

There's something for everyone in our Family Centre. Each week we offer a wide range of activities to promote happy childhoods and thriving families. Everyone welcome.

Highlights

- 15th Birthday of Borth Family Centre. In September we celebrated 15 years of Borth Family Centre. It was lovely to see some of our first families come back to join in the celebrations as well as lots of new faces.
- Borth Carnival, Borth Fest and Intergenerational Art Exhibitions - Busy events for us last year. We won second prize for our Walking Group and over 350 people came to our Carnival Family Fun Day.
- Summer of Fun Ysgol Craig Yr Wylfa - Busy outdoor sessions for families with children aged 0 to 11 years throughout the school summer holidays in the amazing outdoor area at Borth School.

Sessions delivered

We ran a nurturing weekly Bumps and Babies group offering support and advice for families across this important peri natal period. Weekly Borth Actif sessions ticked the box for families with lively energetic toddlers. Our Little Lunch Club brought everyone together once a week for delicious homecooked food, weaning and menu planner advice as well as a whole range of fun language and play activities. Fridays Outdoor Play in our Hub garden rounded off the week.



During the summer holidays we ran Outdoor Play Sessions for families aged 0 to 11 years outside Borth School.

Borth Community Hub

[Child] has thrived both socially and emotionally through coming to the Little Lunch Club. Its been such a relief to see. I've got to know other parents and feel I have somewhere to turn to when I need advice and support

Overview of the year

Another busy year for us in Borth Family Centre.

We joined in so many community events this year which were back better than ever. These events brought different sessions in the Hub together as well as bringing different community groups together. We have taken part in intergenerational art exhibitions in

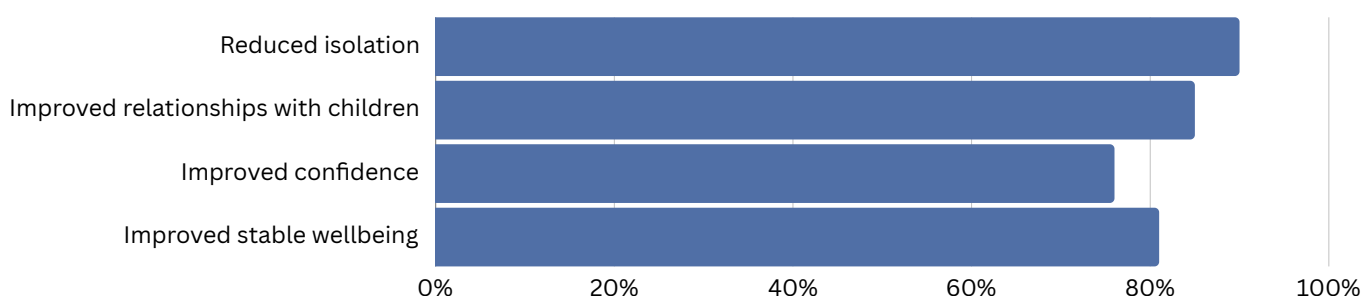
Star of The Sea and everyone in the Hub has come together to create our Carnival Walking Group , Borth Fest Scarecrows and to make our Family Fun Day such a successful outdoor event.

We have worked hard at improving our vegetable growing area in the Hub garden and have continued to support families with our Clothes Hub and Book Swap whilst also helping the planet.



The sessions at Borth Family Centre have brought happiness to our family it gives [my child] confidence and me a supportive community of friends

Outcomes





Burry Port Family Centre

Canolfan Deuluol Burry Port Family Centre - A familiar and trusted presence in the local community.

Highlights

- Shed's and Beyond have built us a "Kindness Bench" which is proudly placed in a quiet corner on the yard for conversations.
- We have been working with local midwives, bringing back Parent Craft classes to the community, promoting our service, sharing timetables.
- Expanded our service into the community of Mynydd Y Garreg working in partnership with community Health Visitors.

Sessions delivered

Mondays start the week on a positive, calm note. Tuesday Baby Group - Baby Massage and LAP feeding support from Health Professionals. Wednesday -Actif outdoor play to develop skills. Wednesday afternoons -Creche support to parents, enabling them to access bespoke courses, talks, accredited training. Homework Club and Multiply.Thursday outreach in Kidwelly and Dads Together in Burry Port for males to access support. Thursday afternoons -Toddler Language



and Play, Sheds and Beyond intergenerational men's group. Friday-community warm space and staff-led community walks, Midwife-led Parent Craft classes.

“ Such a welcoming place for children and adults. A great range of activities and services. Burry wouldn't be the same without the service they provide ”

Burry Port Family Centre

“

*Having a place that is welcoming to bring * has been amazing for her confidence and development. Also helps to get out of the house*

”

Overview of the year

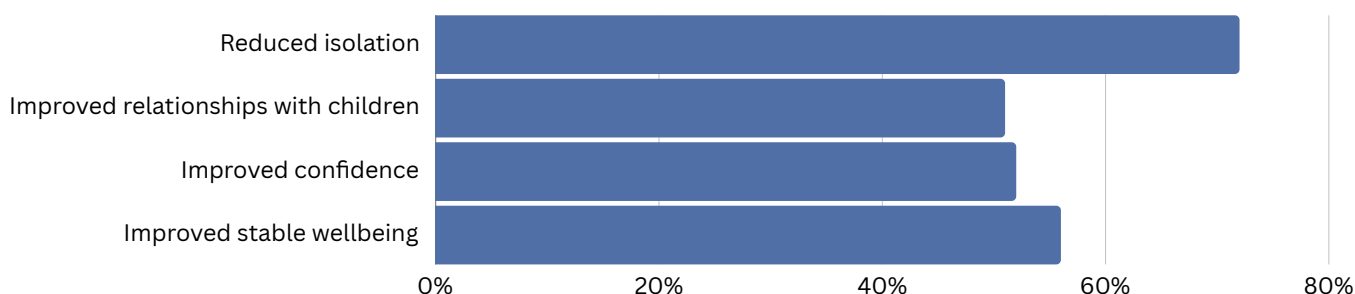
The cost of living crisis has featured heavily this year and we have supported wherever possible. We have grown our own vegetables, pumpkins for carving and soup making for warm space lunches, have delivered cinema days and cooked homemade popcorn. We have encouraged families to go outdoors and lent wet weather clothing.

We visited the local free Light House Library who have gifted books for LAP. In November we facilitated a re-gifting day, for families in the run up to Christmas, we have set up themed photo shoot opportunities throughout the year, encouraged families to sign up for the community shop and fridge initiatives, as well as access the clothing bank managed



by volunteers in St Mary's church. We have opened our doors to facilitate community support reducing travel costs. We have hosted Health Visitor clinics, CAMHS young people support and Early Years Additional Learning Needs Team client meetings. We have brought in external partners for parenting courses, upskilling and bespoke learning opportunities. Trips, events and days a plenty. Lots of partnership working.

Outcomes





Felinfoel Family Centre

Felinfoel Family Centre was established in 2003 to provide informal family support to the families of Felinfoel and surrounding area.

Highlights

- We have been able to continue our Cost of Living support with FareShare food parcels, resource sharing, crafts and family activities designed to save families money.
- We created an additional play area within our Baby Groups to communicate key messages from the "Talk with Me" campaign.
- We have worked hard on improving our bilingual offer with the creation of a culture and language display board and increased Welsh phrases and songs within our sessions.

Sessions delivered

Regular weekly sessions on the timetable this year included: Baby Group, Toddler/LAP Groups, Family Fun Club, a Courses/workshops slot and a weekly Fareshare (food redistribution) scheme. Ongoing digital work included our Resource Sharing and Money Saving Tips WhatsApp groups. We were able to provide time on our timetable for Flying Start to host an antenatal group and are pleased that this will be ongoing. We were also able to host a Parenting Puzzle course with Action for Children.



Monthly trips and special events like discos and parties were added along with Family Days and trips during school holidays.

“We’re so grateful for everything the staff have done for all the children, we all really enjoy attending here.”

”

Felinfoel Family Centre

“Not only does attending help my son but attending helps myself too. I can't thank them enough for everything they do.”

Overview of the year

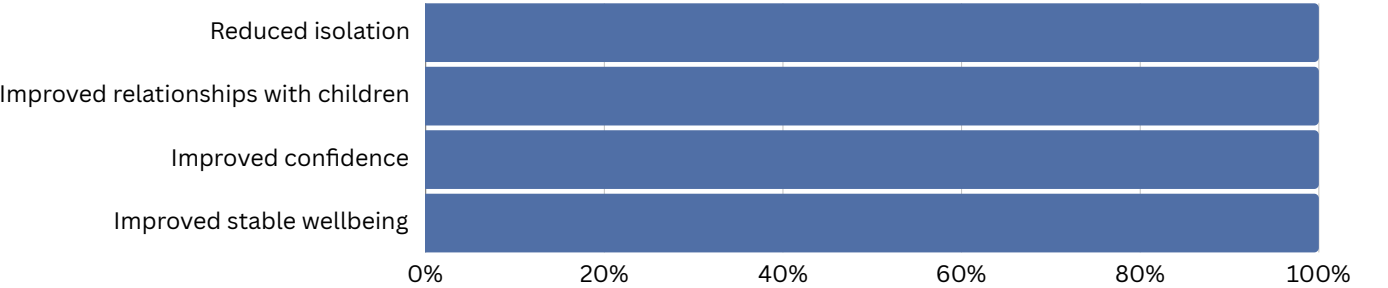
The beginning of 2023/2024 saw us welcoming a new playworker who quickly became part of our team. We had a large focus on cost of living in this year, with projects that helped make food and activities more affordable for our families. We were really pleased to welcome back a volunteer who cooks a homecooked meal for our families after school every Wednesday.

Another project we delivered in this year was to help increase the school readiness of the pre-school children that attend our groups. As such, we developed a larger focus on creating a language rich environment within our play sessions. This included utilising the welsh government “Talk with me” campaign aswell as introducing more welsh and finally sending home activities such as treasure hunts or recipes to extend the language of the session.

Funding within this year was thankfully secure, however, the need to plan to secure funds is ever present with funding for 24/25 and beyond taking priority by the end of the year.



Outcomes





Garnant Family Centre 'Tots Ty Ni'

A registered charity providing free sessions and support for all Families with children aged 0-11yrs

Highlights

- A visit from the Heart Drummers gave families an opportunity to learn new rhythms and do some freestyle drumming together.
- At our Easter fun day families spent time with ponies and rabbits, participated in an Easter Egg Hunt and toasted hot cross buns over the fire.
- A lovely Christingle was facilitated by Reverend Susan Barnett. Families enjoyed making their own Christingle oranges with her, while she explained it's meaning.

Sessions delivered

Sarah Walton of Stop It Now, facilitated 2 sessions, on Digital Safety for children and awareness around sexual abuse. She managed to inform parents while at the same time leaving them feeling they now had the skills to deal with these difficult situations if they should arise.

We have provided 35 sessions of Bumps to Babies where families have access to child development information. There have been 34 sessions of Toddler and Sibling Group, outreach sessions, focused on physical activities. 36 Hidden Garden



sessions have allowed families to participate in gardening, cooking and outside play.

“ The sessions are a fantastic opportunity to enjoy songs and stories with baby. They provide a lovely bonding experience. ”

Garnant Family Centre 'Tots Ty Ni'

“

Feeling more confident with my parenting, knowing it isn't only me having x, y or z issues.

”

Overview of the year

Funding from the Lottery for Betws and Garnant Family Centres has increased the amount we've worked together and shared resources, such as in the summer holidays, where trips and other activities were facilitated together. We also participated with other organisations in the Hwyl y Cwm, in the local park, providing activities throughout the summer.

Due to Lottery funding, we were able to employ an Outdoor Activities Worker who does activities at both Centres. With Garnant they've been able to add extra Outdoor play experiences to our Hidden Garden Group and to our kitchen science plus after school session.

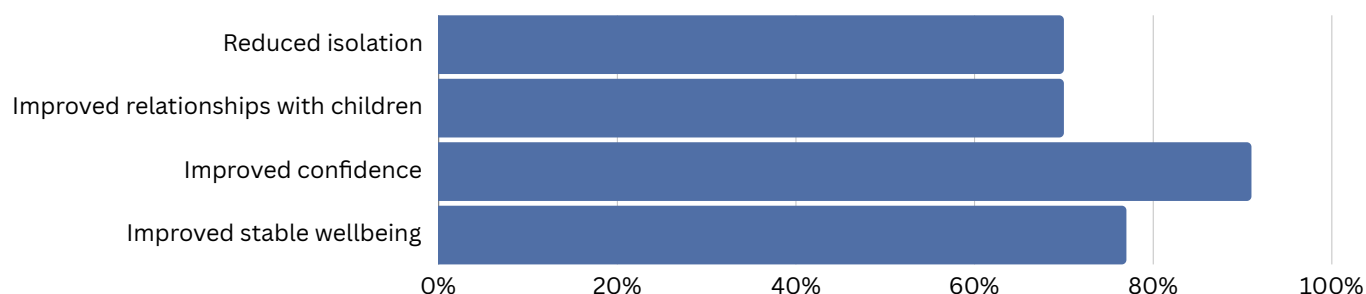
Through the Kitchen science group, families have enjoyed exploring a range of experiments together, using ingredients that you can find in the kitchen.

In response to families reporting to us that they did not meet the criteria for NHS Healthy Food Start vouchers but were still struggling with the cost-of living, we created and gave out 66 Healthy Food Packs to support families.

Members of the Community have enjoyed our Gardening Group on a Tuesday morning.



Outcomes





Jig-so Childrens Centre

Jig-So provides a safe, friendly, non-judgemental environment for families and children, of all abilities, at the Centre and other locations.

Highlights

- Celebrating Jig-So's 31st Anniversary - with a party in November and more importantly, by continuing to provide support to families through the year.
- Working with parents to develop their confidence to try different activities during sensory sessions, and then try them at home. Particularly with messy play.
- Using funding from other sources to successfully deliver two food projects, in partnership with the Food Bank and a CIC.

Sessions delivered

Weekly "Chat & Play" sessions during term-time at Llechryd Coracle Hall, with Flying Start.

Regular weekly Sensory sessions at Jig-So's Centre in Cardigan.

One-off sessions/events, including:

an Easter-themed play session, several sensory family walks from Cardigan to Cilgerran Wildlife Centre, a visit to the National Botanic Gardens, and play sessions in the park.



We ran an 11-week Family Links course for 8 families, for which we provided a creche.

Jig-So's sessions are excellent at providing for my son's allergies. So many different toys, crafts, colouring etc, Brilliant. Diolch.

Jigso Childrens Centre

“

Being a mum can be lonely. Jig-So gets me out of the house to interact with other mums. It has helped me a lot.

”

Overview of the year

During the year we saw an increase in the number of families attending our sessions, and an increase in those struggling to make ends meet.

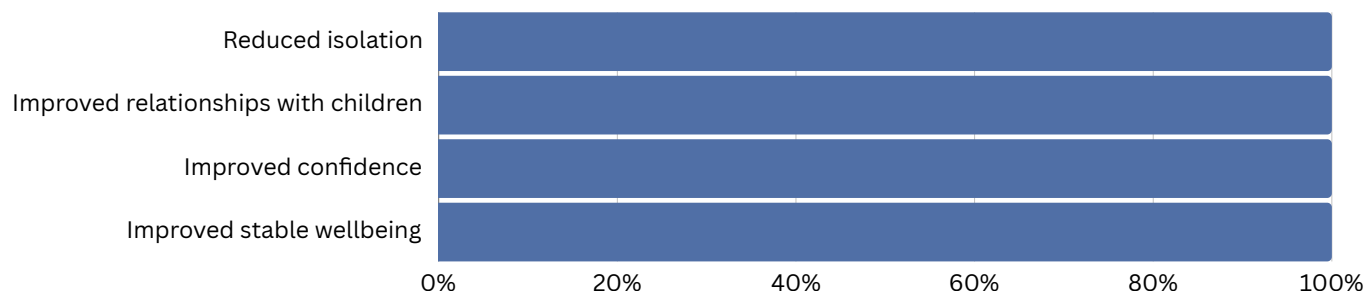
In April 2023 we moved to a new premises, with lower overhead costs. It was a hectic period, but with the help of volunteers and friends, old and new, we continued to run sessions and support families.

We had built a bespoke sensory room in the old premises, which we were disappointed to leave behind. But we set up a sensory tent in our new home, and worked with families to provide alternative support. We have plans to build a dedicated sensory room in our new premises.



Our 31st birthday party gave us the opportunity to reflect on what Jig-So has achieved, and meant to so many people, over the last 30 years. We have been touched by the personal stories so many people have shared with us - and by how much support we've received over a challenging period.

Outcomes





Lampeter Family Centre

We provide a warm and friendly setting for families and young children where they can enjoy activities and build relationships.

Highlights

- We began running Bright Stars sessions for children with additional learning needs. Parents have appreciated being around families with similar parenting needs for their children.
- A weekly Lunch Club is always well attended and enjoyed by all. A free vegetarian meal is provided and parents are keen to offer menu ideas.
- Our families enjoyed preparing flags and banners to take part in the St. David's Day Parade through Lampeter which was a great experience for all involved.

Sessions delivered

Mark Making – helping children with their pre-school physical and cognitive development.

Stay & Play – free play session.

Bright Stars – suitable for families with children who have Additional Learning Needs, irrespective of whether they have an official diagnosis or not.

Swimming – meeting at the local swimming pool to assist families with more than one child or parents who don't feel confident in the water.



Out & About – walks around the local community

Bumps to Babies – supporting families through pregnancy, birth and beyond

Lunch Club – A free weekly lunch club for families to enjoy.

“Picnic in the park was so much fun, thank you for all the preparation, we really appreciate it.”

Lampeter Family Centre

“

'We love the centre; we always have a warm welcome and lots of support. My son actively asks to come.'

”

Overview of the year

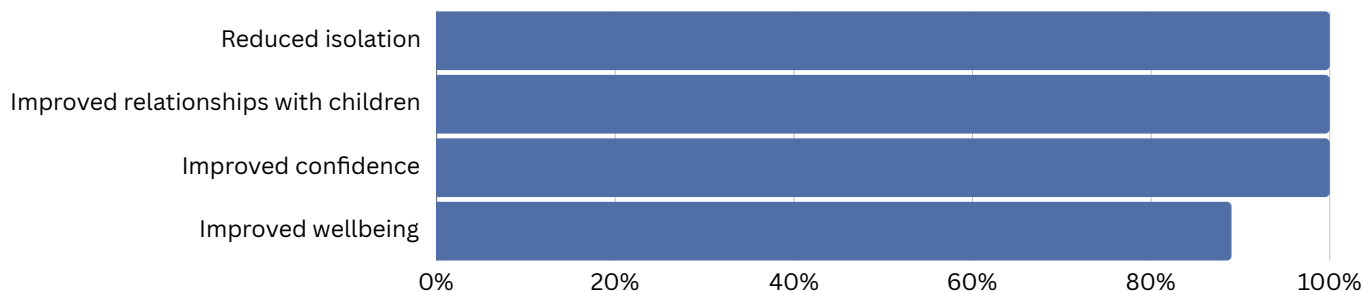
The cost-of-living crisis is having a big impact on our families' financial situations once again, a big concern for many. Families have enjoyed attending our weekly lunch club where they enjoy a free, hot meal and also the opportunity to sit around a table to chat to others. Children and their parents have been keen to try new foods and looking at menu ideas.

It has been an absolute pleasure watching our families grow in confidence whilst attending the swimming sessions, lots of fun was had by everyone.

Out and about sessions have been popular and well attended. These sessions have given us a great opportunity to engage with the local community and families have enjoyed exploring the local area. These sessions have been particularly useful as we've had a few new families move into Lampeter.



Outcomes



Llandysul Family Centre

We offer a warm and welcoming place where families can build support networks, gain confidence, and learn new skills.

Highlights

- This year we have worked collaboratively with Flying Start and the Midwives service to develop a series of preparation for parenthood sessions for expectant parents.
- We have continued our project developing outdoor play and exploration. Working with the multiply project families are developing the family centre garden.
- We were visited by Julie Morgan MS. She attended a session in the centre, speaking with parents and finding out about the work that we do to support families in the area.

Sessions delivered

We continued a weekly session for parents and babies under the age of 1 alongside Flying Start, this includes sessions on feeding, weaning and first aid and babbling Babies language and communication sessions.

In conjunction with Cymraeg i blant and Clwb Cwtsh we have been able to provide sessions focussed on learning and using the Welsh language.

We offered a weekly Zumbini session for Physical play and weekly outdoor play



and explore sessions.

Working in conjunction with Flying Start parents have completed parenting courses in Incredible years, Family Links and Grobrain.

“I’ve learnt loads, these 8 weeks have got me back on track and I’ve also had a giggle on the way.”

Llandysul Family Centre

“

All of the outdoor sessions are a real highlights for us, providing wonderful company, brilliant activities and great memories for my daughter's childhood.

”

Overview of the year

Another busy year in Llandysul, we have increased our reach of families and continued to develop the range of activities offered.

Throughout Spring and summer, we focussed on outdoor activities through our “play and explore” sessions in the park, the woodland trust area Coed y Foel and the community garden at Yr Ardd. Building on families confidence to use the local environment and develop a connection with nature.

In the summer we returned to Cardigan Island Farm Park, visited the Ray Ceredigion play day and enjoyed more sessions with Arts4wellbeing thanks to funding from Flying Start. We also

attended the Llandysul carnival and Coronation celebration events.

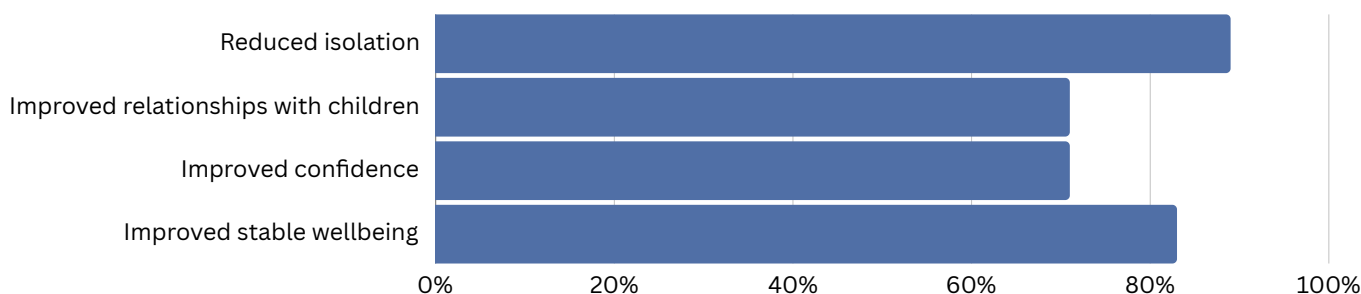
In the Autumn, Zumbini sessions returned and they are now held in the Calon Tysul leisure centre. This has made the sessions more accessible for a wider range of families.

We have held three parenting courses, Incredible Years, Family Links and Grobrain.

Families have been able to use the pass for the National Botanic Gardens. This has been very popular with lots of positive feedback.



Outcomes





Llanbydder Family Centre

A relaxed, friendly environment offering support to families with children aged 0-11 in Llanbydder and its wide surrounding areas.

Highlights

- Being able to give our families and children new experiences, through several trips and days out over the year.
- It was tremendous fun being heavily involved in the local community, supporting different village events with our families .
- Giving our families a holistic approach to family life through working with lots of different agencies and organisations.

Sessions delivered

Cylch Ti a Fi ~ Language & Play ~ School Readiness ~ Toddler Groups ~ Bumps & Babies ~ Peter Walker Developmental Baby Massage ~ Physical/Sports sessions ~ Crafts & Messy Play ~ Stay & Play ~ Coffee, Cake & Catch up

Hot Chocolate & Pyjama party ~ Spotty Party ~ Celebrating Welsh Language Music Day and Book Trust Cymru's Big Welsh Rhyme Time ~ First Aid with St John Ambulance Service ~ Citizens Advice sessions



“ *The family centre has helped us integrate our little ones into the community in a lively and friendly way.* **”**

Llanybydder Family Centre

“

Friendly, welcoming and supportive. Amazing staff and great facilities suitable for all children.

”

Overview of the year

Llanybydder Family Centre has had a very busy year. While maintaining a full timetable of fun events, we have also been able to explore a lot of our local area through trips and days out, which has been a great help to our families during these difficult financial times.

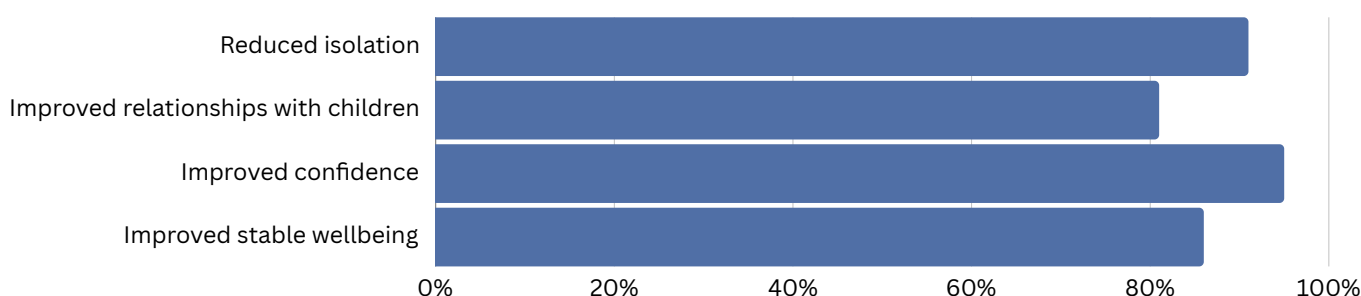
The Family Centre has encouraged families to attend local events, such as the Village Carnival and Christmas Party. Families have appreciated the Centre being present at these events – it means that they don't have to attend alone and can engage with community life with no pressure or anxieties.

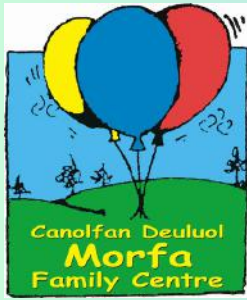


We have continued observing and planning for children's needs. Strong links with the local school mean that we have been able to try and tackle any issues that they have identified with incoming pupils. We have also worked with the adults of the family to overcome any difficulties they may be facing.

We are proud to work with parents, and strengthen their relationships with their children, helping to solidify family foundations.

Outcomes





Morfa Family Centre

Morfa Family Centre provides a welcoming safe space for families with children aged between 0-11 years.

Highlights

- Local Community Visits. Trips to splash park and beach. Positive feedback from families. Bringing families together as one community.
- Cooking Packs have been a great addition to our timetable. They support confidence in making healthy meals from scratch and help families in the cost-of-living crisis.
- Working with Clwb Cwtch delivering Welsh lessons to families to support the Government's Welsh speaking initiative.

Sessions delivered

Baby Group for 0-walking

This group includes Story Telling, Song Time, Messy Play, Sensory session and crafts keepsakes.

Stay and Play is our free play toddler open access group, which includes a very popular lunch club.

Clwb Cwtch - Welsh course held at Llanelli Library.

Morfa Meal Packs was a new addition to our timetable. This has had a huge take up and is supporting families through the cost-of-living crisis.



Other one off sessions included;

Disney Party

Morfa Movie Night

Trips to Splash Park, Llanelli Beach, Maes Y Gors Family Fun Day, Sports Day, National Botanic Garden of Wales.

“A reason to get up and get out!”

Morfa Family Centre

“Before attending Morfa I felt isolated, stuck in a bubble. Now, I’m enjoying motherhood and see I wasn’t alone.”

Overview of the year

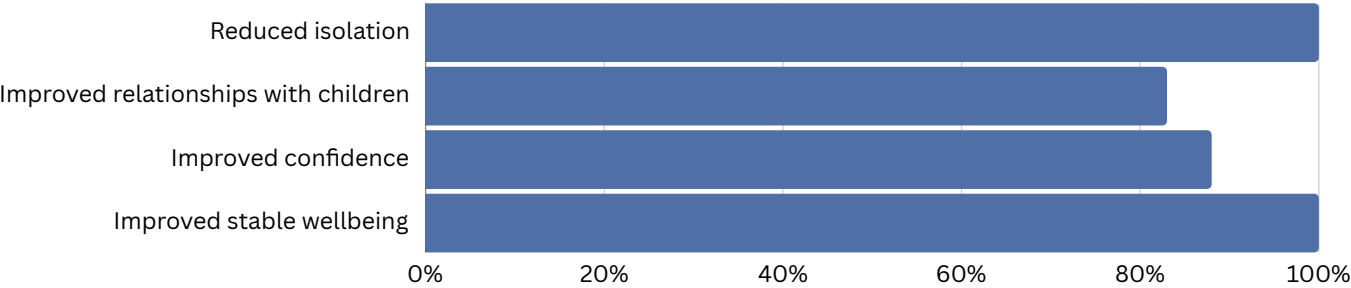
The cost-of-living crisis is impacting our users financial stability. At Morfa we offer a warm, child friendly and comfortable place to meet other parents, seek support and access to agencies for help and advice. Our Centre has open access on a Friday for flexibility for our families routines and needs.

We have initiated a cooking pack collection weekly, that supports families and meets Article 27 of the UNCRC that relates to adequate standard of living. The cooking packs have attracted new families into our centre.



Organised trips out in our local community have helped children to explore, learn through play and socialise with others. Parents have built beautiful friendships and kept their costs down. Some of our wonderful trips have been in partnership with St Pauls Family Centre.

Outcomes





Pencader Family Centre

Supporting families of all ages with support, activities, wellbeing within the village community.

Highlights

“The family centre staff helped me get into training with coleg sir gar to do my NVQ3 CCLD.”

- Working with outside organisations to benefit everyone in our community e.g. Nacro, Arts for Wellbeing, Foothold Cymru, Coleg Sir Gar and many more.
- We started an afternoon club from 3pm-5pm every Wednesday for children aged 7-11 years old to attend afterschool. This has been a great success.
- We are open throughout the school holidays where we do loads of activities and we do a main summer trip. This year we went to the Dinosaur Park in Tenby.

Sessions delivered

Drop in

Nacro third Thursday every month

Arts and craft sessions

Adult craft sessions Wednesday mornings

Lunch club every Thursday

Christmas cake course over 4 weeks

Foothold Cymru cooking-slow cookers and pancakes.

The crib every Tuesday

LAP and parenting advice/support given

Stay and play sessions

Tummy time and play for babies who are not yet walking.



Story time with Menter, Christmas party and full Christmas dinner. School holiday fun. arts crafts and ball games in the park. Easter egg hunt. Trip to dinosaur park.

Pencader Family Centre

“

I felt so isolated, going to the centre has built my confidence and made some great friendships along the way. thank you

”

Overview of the year

We have had a successful year seeing new families as well as old families this year, a increase of dads and even a great granddad attending. We went on a trip to the Dinosaur park in Tenby and botanic gardens courtesy of Plant Dewi.

We have served over 300 free breakfasts to children and their parents and over 200 free lunches to children.

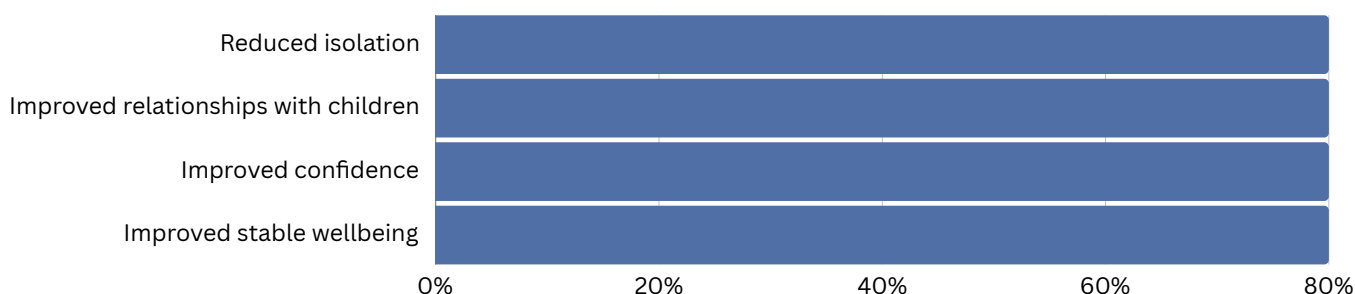
We ran a Christmas cake course and made 14 cakes and decorated them. Had a Christmas party with presents from Santa, full Christmas dinner with all the trimmings. 20 toy bags and 15 food hampers were delivered to families for Christmas. 25 families were supported with our clothes and toy swap.

12 cookery sessions were delivered, plus 2 sessions from foothold Cymru. 40 stay and play sessions took place. Connect Carmarthenshire came to support everyone in the community. Arts and craft sessions were held most days. Now we have lots of new babies that are all around the same age attending the centre.

School holiday were really busy with lots to do. For such a small village we are well supported.



Outcomes





RAY Ceredigion Family Centre

RAY Family Centre provides free activities for parents, carers and children on Mondays, Tuesdays and Wednesdays through term time and school holidays. School holiday activities welcome older siblings along with the babies and pre-schoolers.

Highlights

- The Family Links parenting programme made a huge difference to the lives of 6 families.
- Over the summer we delivered Family Centre Open Access play van in 2 local communities. We had 72 families attend and 56 of them were new families, some of whom are now attending our RAY Family Centre sessions in Aberaeron.
- Mudiad Meithrin offered Welsh classes (Clwb Cwtsh) for families. Free creche was provided.

Sessions delivered

• RAY Stay and Play drop in • Baby sensory • Baby massage • Babbling Babies with SAL team • Nyth Y Fron- Breastfeeding group • Family Links 10-week nurturing parenting programme • Merry Maker • Zumbini with Sam • Out and About • Cymraeg I blant- Mudiad Meithrin

• Mini Movers • 'Clwb Cwtsh' Mudiad Meithrin- Welsh classes for parents and carers • Open access Family Centre play van in the community- Llanrhystud and Llanon • Messy Play • Story Time • Baby Club



“Everyone has been wonderful, we’re so lucky to have RAY in our lives.”

RAY Ceredigion Family Centre

“

“As a grandmother I love bringing G. We both enjoy, we are immersed in the welsh language, meeting new friends within a happy positive supportive environment for both of us!”

”

Overview of the year

Another year has passed and what a busy one it has been.

At the beginning of the year, we managed to offer Zumbini to our families. It was such a triumph, well attended and plenty of Dads attended with their little ones.

Over the Easter holidays we put on an Easter party, offering lots of art and crafts, party food and an Easter Egg hunt. We even had a visit from the Easter Bunny.

After that we introduced our Story time sessions. We enjoyed reading various books, using puppets and even made our own props. The Gruffalo was a big hit.

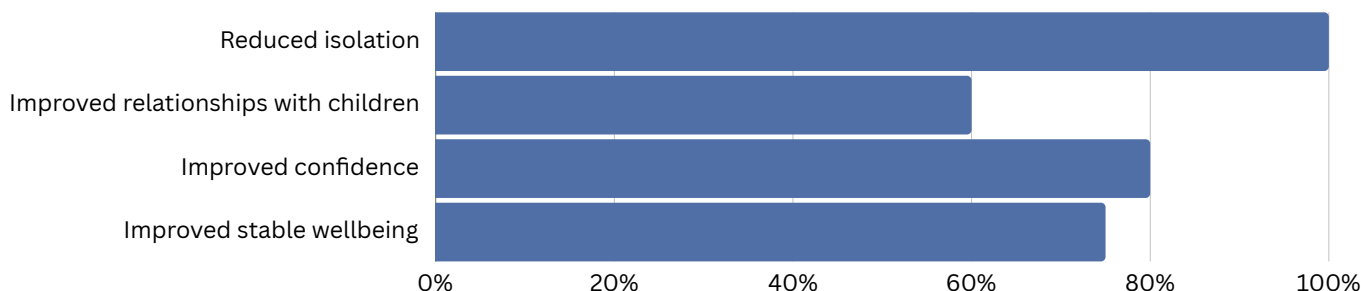


We introduced a session just for messy play. A lot of fun was had, plenty of exploring different textures with food and textiles.

Our Nyth Y Fron Breastfeeding Support group is still going strong with our numbers increasing each week.

In partnership with Mudiad Meithrin, we ran Cymraeg i Blant and ‘Clwb Cwtsh’. The ‘Clwb Cwtsh’ sessions were very well attended with plenty of parents wanting to learn basic Welsh. The free creche was a great help.

Outcomes





St Pauls Family Centre

We provide a warm and welcoming environment for families and children up to the age of 11 years.

Highlights

- Being chosen by the Chair of Carmarthenshire County Council as one of three Charities of the year to benefit from fundraising and donations.
- Updating our playroom by using neutral colours and adding more wooden furniture and resources. Providing children and families with a calming environment to play & learn.
- Children and families enjoyed outings and sessions in local green spaces, we also visited Barry Island, Tenby, St Fagans, Porthcawl and the National Botanic Gardens.

Sessions delivered

Cooking Together for children and families with the Healthy Pre Schools Practitioner and Hywel Dda.

Multiply sessions with Coleg Sir Gar, parents enhanced their maths skills through art & craft activities.

Welsh sessions delivered by Clwb Cwtch.

Engagement sessions with Communities for Work+ where parents took part in craft workshops and budgeting.

Baby & Toddler groups. Stay & Play, Baby Massage, Language & Play.



Active stories & outdoor play.

Sensory/messy play/arts & crafts.

Trips and outings.

Play & Learn, Parenting programmes & crèche facilities.

“St Paul's allowed me to connect with other parents in similar situations. It's our safe haven”

St Pauls Family Centre

“St Paul’s is a safe, homely & welcoming family centre that allows my baby to thrive with his friends”

Overview of the year

We’ve had yet another busy year at the Family Centre. We have seen a big rise in attendance at our Baby Group and staff have welcomed a total of 107 new families over the past 12 months. Activities in the Baby & Toddler groups have provided new opportunities for families to experience sensory & messy play, song and story times, whilst making new friendships.

We have adapted our outdoor area enabling families to have access to sheltered outdoor space even in wet and cold weather. This has been a great addition.

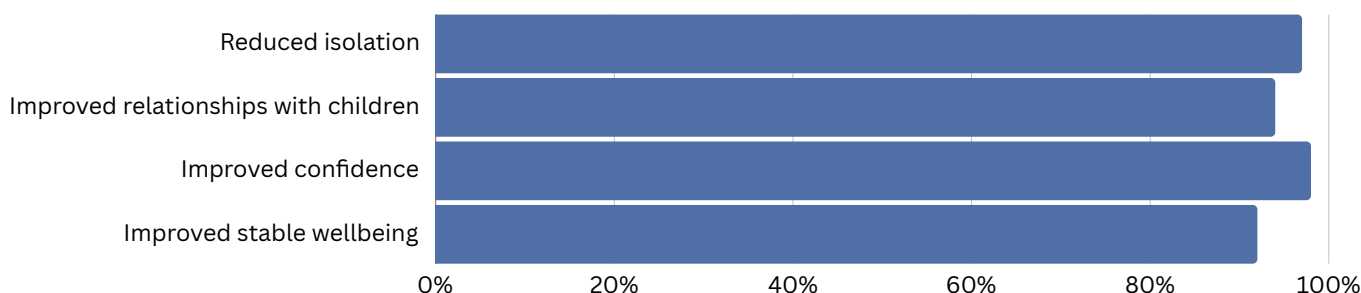
We have worked collaboratively with organisations and attended Llanelli Pride, National Play day Celebrations and Community sessions at Llanelli Goods

Shed. We have delivered joint activities with Flying Start, Foothold, The Transforming Tyisha team, Llanelli Multicultural Network, Communities for Work +, Coleg Sir Gar, The Family Information Childcare & Play Team and Hywel Dda.

We have also worked in partnership with Felinfoel and Morfa Family Centres and held a very successful Christmas Party. We look forward to more joint events.



Outcomes





St Pauls Nursery

St Paul's Nursery is a 'Flying Start' programme that provides care for local children aged 2 to 3 years.

Highlights

- We were able to secure funding to refurbish the garden area, and now have two outdoor classrooms and new decking.
- Funding secured for a complete make-over of the playroom décor and resources , which is now nature themed as recommended in the Wales early years curriculum.
- Excellent feedback from parents showing their appreciation and support of the Nursery and highlighting how much their child/children love the staff.

Sessions delivered

We have followed the 'New Curriculum Wales for Nurseries' guidelines. This helped to ensure that we are providing the best possible provision for the children's development of key skills, emotional health, independence, and self-confidence. Indoor and outdoor activities were delivered daily whatever the weather. The children visited the local school for a picnic. This enabled them to have a better transition to school and helped them to gain positive experiences of their new surroundings. Regular visits to the playground were popular, as was the Family Centre's Christingle service.



Families also enjoyed being part of the Family Centre's summer events.

"I love the 'small group' environment where my daughter can actually be taken care of properly"

St Pauls Nursery

“

The staff make us all feel welcome and look after my child as if he was one of their own

”

Overview of the year

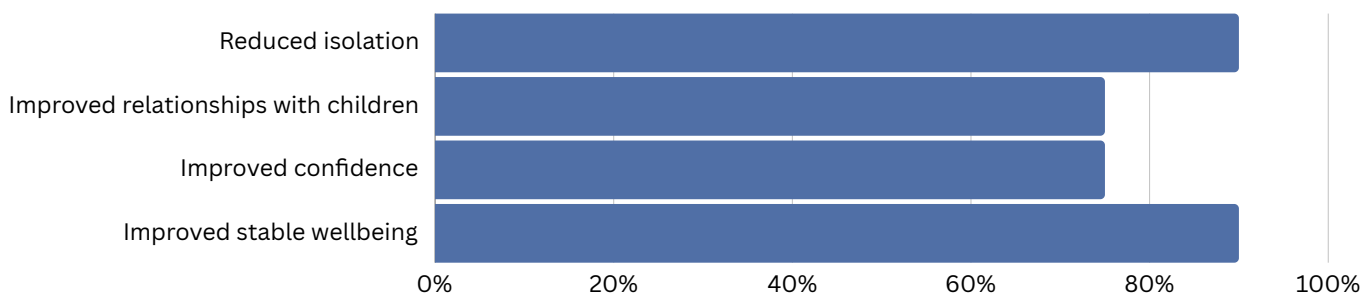
Each child has accessed the Core Vocabulary Programme which is a Flying Start recommendation, it is taught with small groups of children in order to develop language skills it is working well to encourage the children's speech and language in a fun, social environment. All children's speech was improved by the time they transitioned to school.

Staff have observed children, each child has their own tracker and information gets recorded to help ensure that we can provide the 'next steps' in their development. 90% of children usually reach their expected outcomes, we have found that many of the children who show delayed speech, and communication, are the ones with low attendance. Over the past year 10% were below their expected outcomes. Families were encouraged to take part in the Family Centre 'Toddler Group', this helped the children to gain more communication skills and to familiarise themselves with the setting.

Staff have provided a caring, stimulating, friendly environment and worked alongside children to support play, learning and developing at their own pace.



Outcomes





Tregaron Family Centre

Tregaron Family Centre offer a non-judgemental, open access quality service to develop the skills and nurturing capacity of families

Highlights

- Successfully secured 7 grants with Ceredigion Community Fund, Garfield Weston, National Grid, CAVO, The National Lottery and Foyle foundation.
- We saw an increase in attendance with an amazing 21 dads/Grandads attending our sessions this year.
- Upskilling workshops were held to bring the community together and share skills and knowledge giving us the opportunity to develop and broaden community relationships.

Sessions delivered

162 sessions were held in total supporting 122 families. Sessions such as, Language and Play, warm spaces, upskilling workshops, Active kids, Zumbini/Zumba kids, Family Links course, Little Stars, Stay and play, Story and Rhyme Time, Baby massage, Sensory baby, art and craft sessions, park plays, picnic walks, farm trips, Forest School, Messy play, fundraisers, Christmas and summer parties and play days. All sessions proved really successful with lots of families attending them all.



"A life line for us, going above and beyond to help, helping my mental health and financially, providing free services."

Tregaron Family Centre

Overview of the year

We welcomed a new volunteer, who has been an asset to the team.

We worked closely with pathfinder and provided a range of courses such as Family Links, Language and Play, Little Stars, and Baby massage.

Outdoor sessions were held to provide different experiences to the families attending, e.g Forest School sessions, park play, outdoor walks.

Transport was provided for off site trips to help families that don't have access to transport.

Due to funding secured our Warm spaces sessions were able to carry on for the families and the community to help during the cost of living crisis. This has been extremely well attended since we started it back in November 2022. Book bags and sports packs were distributed. Upskilling workshops were held bringing the community together and has given us the opportunity to work with lots of new local organisations, businesses and groups.

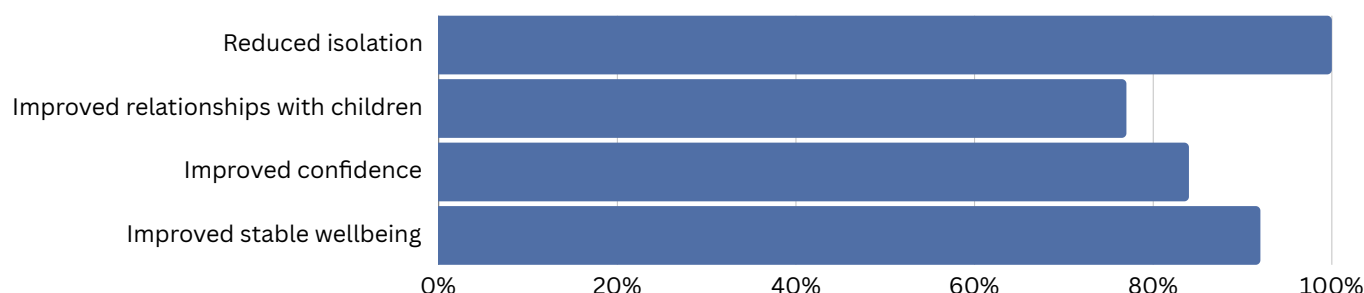
“

“Amazing! As someone not originally from the area it has helped me get to know other mums and feel supported.”

”



Outcomes





Tumble Family Centre

Providing support, friendship and activities for families with children aged 0-16 throughout the Gwendraeth Valley

Highlights

- Expansion of our services to include a weekly junior club for children aged 9-11 years
- Families had a wonderful summer trip to Barry Island, the sun shone all day and great fun was had by all
- Our summer family fun day was a great success, welcoming families old and new to the family centre

Sessions delivered

Tumble Family Centre has delivered weekly bumps to babies, stay & play, and sensory play sessions. Provided support and facilitated a range of play activities for families and their pre school children to enjoy on a regular basis. Alongside this, we also started a junior after school club every Tuesday afternoon during term time for children aged 9-11 years. The centre staff organise games, play activities, outings and skills sessions for the children to participate in. The children particularly enjoyed learning CPR and basic first aid.



This year, we organised trips to the National Botanic Gardens, Barry island and Llyn Llech Owain with the families all having a great time.

“The centre is just so friendly, I tried other groups, but felt out of place. We love coming here, its like a home from home”

”

Tumble Family Centre

“

“We’ve had so much help, my parents have both passed away, there’s no one else. I know I can just pop in or message and the staff are there for me.”

”

Overview of the year

The past year here at Tumble Family Centre has been one of fun, friendship, and growth. Working in partnership with the local community and organisations we have developed new groups, organised community fun days and started a new junior youth club.

The family centre has settled into their new home in the heart of the community and are continuing to work alongside the community council to offer local families a warm, safe space to play, learn, and access support.

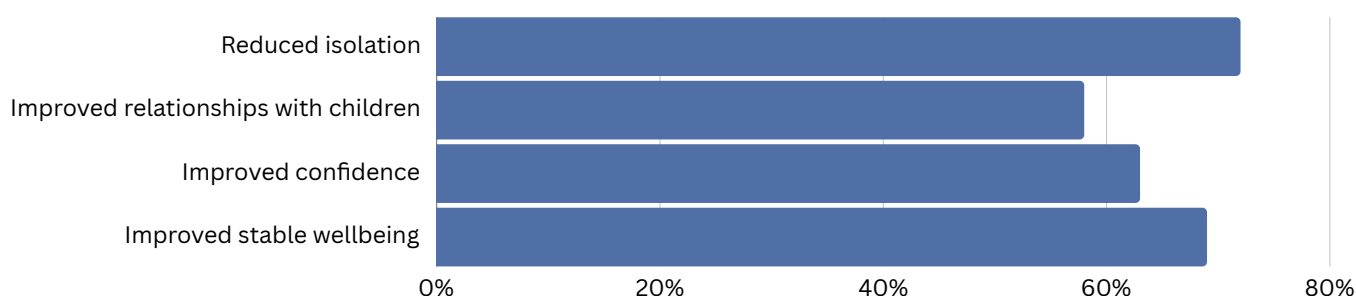
Our families have enjoyed regular sessions such as toddler play groups, baby groups and sensory play. Alongside these, we have offered trips, outings and play days during school holiday periods.

Our new youth provision has proved very popular, and we are excited to be able to expand our service to offer local young people a safe space to make new friends, learn new skills and develop their independence skills.

We would like to thank our families, volunteers and local community for their continued support and look forward to next year!



Outcomes





Ty Hapus Family Centre

Providing valuable opportunities and experiences that empower individuals to improve their lives and the lives of their families and their community.

Highlights

- Observing the Family Centre thriving with families old and new, and witnessing many friendships and strong support networks created.
- Parents and children have gained many skills, knowledge and support from the range of courses and workshops offered through working in partnership with other agencies.
- Creating a nurturing environment that fosters happiness and growth for both children and families, enabling them to thrive in the activities and opportunities we offer.

Sessions delivered

Throughout the year we offered regular sessions such as, Language and Play baby and toddler groups, outdoor play and walks, Stay and Play, baby massage and fortnightly visits to a local care home.

Additionally, we offered several trips and fun days including a coach trip to Pembrey Country Park, celebration days and parties and activity days in the community.

We also linked with other agencies such as, Flying Start, Plant Dewi, Family Learning Carmarthenshire, Communities



for Work, Clwb Cwtsh, New2U, Carmarthenshire County Council, Sero, Multiply Project, and Foothold Cymru to provide a range of supportive, educational and fun sessions for families.

“They provide so many fun and educational opportunities for families. Attending the centre is the highlight of my week.”

Ty Hapus Family Centre

“

I felt isolated and anxious, struggling with post-natal depression. The family centre became a lifeline for me and my children.”

”

Overview of the year

Our weekly baby and toddler groups and Stay and Play sessions were delivered both indoors and outdoors and included fun, educational activities that supported the overall development, resilience and social skills of children, and helped reduce family isolation and anxieties.

Observations and feedback showed us that the children loved the stories and songs, and the messy and sensory play, and families valued the social network the family centre created.

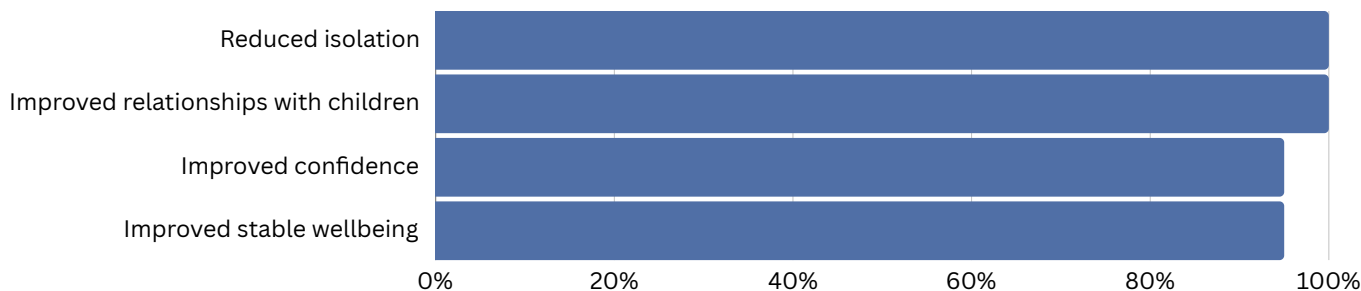
Consultations with families helped us recognise that many families were experiencing increased anxiety due to the cost-of-living crisis. We were able to

support them by organising various courses and workshops, in partnership with other organisations. This included; a budgeting course, nutrition and healthy meals on a budget workshops, and employment support sessions. We also provided free trips and fun days, and offered donations of clothes, books, toys, nappies and sanitary products.

We gratefully received funding from Children in Need, Postcode Community Trust, Garfield Weston, TK Maxx and Homesense Foundation, Persimmon Homes, Tesco/Groundwork UK, Families First/Flying Start and The Mayor's Race.



Outcomes



THANK YOU

A big thank you to all the funders that have supported Plant Dewi and the family centres during the year. We also thank our dedicated trustees, staff, volunteers, partner organisations and supporters that make it possible to reach out to so many families across Carmarthenshire, Pembrokeshire and Ceredigion.



2024-25

LOOKING FORWARD

Following another busy year of working in the communities which need us the most, we look forward to continuing with our vital services that bring families together and develop these to ensure they are meeting local needs. We are facing times of change with increased demand on services and greater challenges in attracting grants, however, we will continue to work with our valued commissioners and funding bodies to build on our offer to families across the diocese.

To find out more visit our website.....

www.plantdewi.org.uk



www.plantdewi.org.uk/our-work/dads-project/



www.plantdewi.org.uk/our-work/young-parents-project/



www.plantdewi.org.uk/our-work/families-together-groups/



www.plantdewi.org.uk/our-work/baby-bundle-bank/



www.plantdewi.org.uk/our-work/family-centres/



Tabl Cynnwys

CYNNWYS

01.	Trosolwg
02.	Prosiect y Dynion
04.	Prosiect Rhieni Ifanc
06.	Grwpiau Teuluoedd Gyda'n Gilydd
08.	Banc Bwndel Babi
10.	Canolfan Deuluol Betws
12.	Canolfan Gymunedol Borth
14.	Canolfan Deuluol Porth Tywyn
16.	Canolfan Deuluol Felin-foel
18.	Canolfan Deuluol Garnant
20.	Canolfan Blant Jig-So
22.	Canolfan Deuluol Llambed
24.	Canolfan Deuluol Llandysul
26.	Canolfan Deuluol Llanybydder
28.	Canolfan Deuluol Morfa
30.	Canolfan Deuluol Pencader
32.	Canolfan Deuluol RAY Ceredigion
34.	Canolfan Deuluol St Paul
36.	Meithrinfa St Paul
38.	Canolfan Deuluol Tregaron
40.	Canolfan Deuluol y Tymbl
42.	Canolfan Deuluol Tŷ Hapus
44.	Diolch
45.	2024 - 2025

PLANT DEWI

Yn Plant Dewi, ein nod yw meithrin teuluoedd a chryfhau cymunedau drwy rymuso teuluoedd i sicrhau newidiadau cadarnhaol yn eu bywydau, gan roi gobaith ac ymdeimlad o berthyn iddyn nhw, ar draws Esgobaeth Tyddewi.

NEGES GAN EIN RHEOLWR

Mae blwyddyn arall wedi hedfan heibio ac mae cymaint wedi bod yn digwydd yn ein grwpiau a'n canolfannau ar draws Esgobaeth Tyddewi. Mae 2885 o deuluoedd wedi manteisio ar ein prosiectau dros y flwyddyn ddiwethaf - 2610 o oedolion, 3341 o blant, sy'n gyfanswm o 5951 o unigolion rhwng Ebrill 2023 a Mawrth 2024. Hoffem ddiolch i bawb am ymweld â ni, ymgysylltu â ni a gweithio gyda ni. Gwnaed 263 o atgyfeiriadau hefyd i Fanc Bwndel Babi Plant Dewi, cynnydd bychan o gymharu â'r flwyddyn flaenorol, gan ddangos bod angen cymorth ar fwy a mwy o deuluoedd gan fod costau byw yn cynyddu, gyda'r rhai sy'n derbyn bwndeli mor ddiolchgar am yr eitemau hyfryd a roddir iddynt.

Mae Plant Dewi yn cyflogi 37 aelod o staff sy'n gweithio ar draws 6 Grŵp Teuluoedd Gyda'n Gilydd, 3 Grŵp Rhieni Ifanc, Prosiect Tadau Doc Penfro, Bwndel Babi a 7 Canolfan Deuluol. Mae yna hefyd 9 Canolfan Deuluol arall ar draws Ceredigion a Sir Gaerfyrddin sy'n annibynnol ar Plant Dewi, ond sy'n eistedd o fewn y rhwydwaith o ganolfannau teuluol.

Diolch yn fawr iawn i'r holl staff a gwirfoddolwyr sy'n cyfrannu at y gwaith sy'n digwydd yn y grwpiau, y canolfannau a'r Banc Bwndel Babi, yn ogystal â phawb sy'n gweithio'n galed y tu ôl i'r llenni i alluogi'r cyfan i ddigwydd - rydym mor ffodus i gael tim mor ymroddedig a medrus. Fe wnaethom hefyd ddatlu 5 aelod o staff yn cyrraedd y garreg filltir 20 mlynedd gan dderbyn rhodd o ddiolch am eu gwasanaeth ymroddedig i Plant Dewi. Yn ystod y flwyddyn ddiwethaf, rydym wedi cael cyfleoedd i godi ymwybyddiaeth o'n gwaith trwy groesawu Simon Lloyd, Prif Weithredwr, Corff Cynrychiolwyr yr Eglwys yng Nghymru, Cefin Campbell, Aelod o'r Senedd dros Ganolbarth a Gorllewin Cymru, a Julie Morgan, Dirprwy Weinidog Gwasanaethau Cymdeithasol, i ymweld â phrosiectau ac arddangos yr hyn a wnawn, a gwnaeth Radio Cymru ddarlledu gwasanaeth Plant Dewi ar Sul y Mamau. Diolch i bawb am ymweld a chefnogi.

Gyda'i gilydd, mae amrywiaeth mor eang o weithgareddau a sesiynau wedi'u trefnu ar gyfer teuluoedd fel massage babanod, chwarae blêr, crefftau, gweithgareddau corfforol, stori a chân, teithiau awyr agored, rhaglenni magu plant, ymweliadau gan asiantaethau eraill, cyrsiau byr, coginio, garddio, ymwybyddiaeth ofalgar a lles, gwibdeithiau yn ogystal â chymorth un-i-un ar ystod o faterion - byddai wir yn amhosibl eu rhestru i gyd. Fodd bynnag, mae'r adroddiad hwn yn tynnu sylw at y gwaith eithriadol sydd wedi bod yn digwydd i ddarparu cefnogaeth gyfannol i deuluoedd, gan sicrhau bod plant a'u rhieni'n cael amser o ansawdd i'w fwynhau gyda'i gilydd ac i greu atgofion a fydd yn para oes.

Catrin Eldred, Rheolwr



Prosiect Dynion Plant Dewi

Tadau'n cwrdd â ffrindiau newydd, mwynhau amser gyda'i gilydd, cadw'n iach, gofalu am ei gilydd a chefnogi'r gymuned.

Uchafbwyntiau

- Rhoddwyd 28 beic i dadau, plant a'u teuluoedd i gefnogi teithio llesol, lles corfforol ac i greu atgofion gyda'i gilydd.
- Rhoddwyd cynnyrch bwyd ffres, gan gynnwys tatws, cennin a winwns, i'r banc bwyd lleol ac i deuluoedd sy'n gysylltiedig â'r prosiect.
- Roedd y 'Bws Beicio' Dad a Fi yn annog tadau a phlant i feicio i'r ysgol gyda'i gilydd, cadw'n heini ac annog teithio gwydd.

Sesiynau a Ddarparwyd

Mae'r prosiect yn cynnig amrywiaeth o sesiynau drwy gydol y flwyddyn o ddydd Mawrth i ddydd Iau gan gynnwys gwyliau'r ysgol.

Mae'r sesiynau rheolaidd yn cynnwys garddio yn y Growing Hope Project, cynnal a chadw beiciau, gwaith coed, gwaith metel, a gweithgareddau corfforol fel cerdded a beicio.

Cynhelir sesiynau ar ôl ysgol 'Dad a Fi' drwy gydol y flwyddyn mewn partneriaeth ag ysgolion cynradd lleol. Mae'r gweithgareddau'n cynnwys sesiynau



crefft, coginio, garddio, gwersylla a Lego. Mae'r sesiynau ychwanegol yn cynnwys Dydd Mercher i'r Teulu sy'n cynnig bwyd a hwyl yn ystod y gwyliau, ymweliadau â phrosiectau eraill i ddysgu a rhannu sgiliau, a gweithgareddau sy'n cefnogi eraill

“Mae'r prosiect wedi fy helpu i gadw fy mhen uwchben yr wyneb - mae'n fy nghadw i fynd bob dydd”

Prosiect Dynion Plant Dewi

“Wedi gwneud ffrindiau newydd, a dydw i ddim wedi teimlo mor unig gyda fy mhroblemau”

Trosolwg o'r flwyddyn

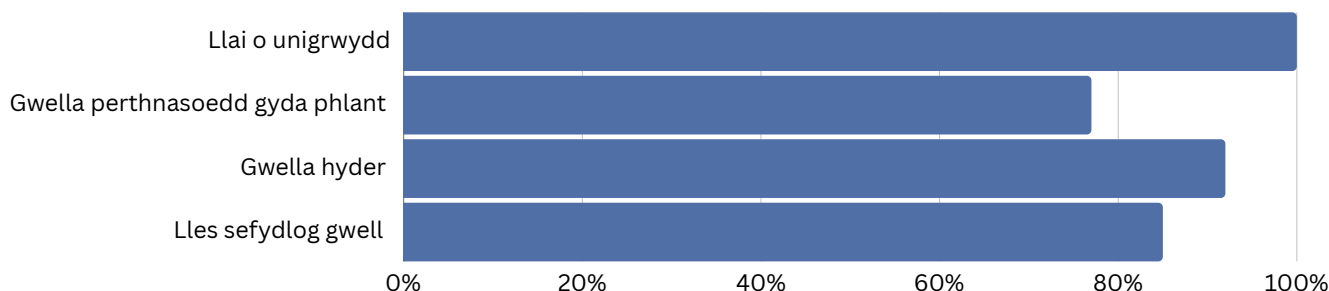
Gwnaeth y gwanwyn heulog ym mis Ebrill 2023 olygu ein bod wedi gallu parhau â'n plannu a seilwaith yr ardd gydag awch. Gwnaeth cnwd a chynhaeaf cyntaf da ddarparu cynnyrch ffres i'r banc bwyd. Estynnwyd y llwybrau a chliriwyd y tir i wneud mwy o le tyfu. Cafodd beiciau eu huwchgylchu a'u hailgylchu drwy gydol y flwyddyn a dod o hyd i gartrefi newydd gyda thadau a phlant.

Cafwyd taith feicio noddedig gofiadwy ym mis Gorffennaf yn dathlu gwaith y tadau a'r prosiect bwyd ac i godi arian ar gyfer y prosiect. Daeth yr haf gyda gweithgareddau awyr agored, ac fe wnaethon ni fwynhau sesiynau teuluol a 'Dad a Fi' gwydros dros yr haf. Cynaeafwyd bwyd a phlannwyd coed a ffrwythau newydd, ac roedd y sesiynau bwyd a chrefft yn ychwanegu at yr hwyl.



Fodd bynnag, daeth y cyfnod sych i ben, gan achosi problemau gyda'r cynhaeaf. Buom yn brwydro i addasu trwy adeiladu planwyr a gwelyau uchel ac erbyn diwedd mis Mawrth roeddem wedi plannu cnydau newydd. Rydym wedi cefnogi'r gymuned leol a ffurfio partneriaethau newydd gan rannu a dysgu sgiliau newydd, gan wneud ffrindiau newydd wrth i'r prosiect barhau i ddatblygu.

Canlyniadau





Prosiect Rhieni Ifanc

Mae'r gwaith Rhieni Ifanc yn darparu rhwydweithiau cyfeillgarwch, cymorth gan gyfoedion a chyfleoedd i ddatblygu dyheadau ar gyfer y dyfodol, ac yn cefnogi rhieni ifanc yn eu rôl ofalu newydd ac fel pobl ifanc.

Uchafbwyntiau

- Ehangu'r prosiect yn Sir Gaerfyrddin drwy gynllunio'r broses o agor 2 ganolfan newydd yn Llanymddyfri a Chaerfyrddin.
- Gweld rhieni ifanc yn magu hyder ar ôl cymryd rhan yn ein prosiect gwirfoddoli.
- Creu grwpiau dysgu cymunedol.

Gwaith ar draws yr Esgobaeth

Rydym yn darparu crefft drwy ymwybyddiaeth ofalgar ar ffurf sesiynau rheolaidd lle gall rhieni ifanc fynegi eu creadigrwydd a hybu meddyliau ac emosiynau cadarnhaol mewn amgylchedd diogel.

Cyflwynwyd gweithdai amrywiol gan Stop it Now (diogelwch ar-lein), y Mothers' Union (blancedi atgofion babanod) a Choleg y Drindod (crefft). Daeth yr olaf i ben gyda diwrnod graddio yn y brifysgol.

Mae rhieni wedi mwynhau teithiau i ardaloedd chwarae meddal a Folly Farm yn fawr.

Trwy gydol misoedd yr haf fe wnaethon ni gynnig chwarae blêr/awyr agored ac yn Sir Benfro cynhaliwyd sesiynau



garddio/crefftau yn Greenlinks Farm gyda phrosiect y tadau.

Sesiynau a Ddarparwyd

Drwy gydol y flwyddyn, mae staff wedi cyflwyno sesiynau coginio, crefft, Helfa Wyau Pasg, Adeiladu Tim a pharhau i gefnogi gwirfoddolwyr ar y Prosiect Gwirfoddoli.

“Rwy'n ddiolchgar am yr hyfforddiant a'r cyrsiau a gwblheais wrth wirfoddoli.”

Prosiect Rhieni Ifanc

Trosolwg o'r flwyddyn

Mae wedi bod yn flwyddyn brysur i'r Prosiect Rhieni Ifanc sy'n darparu grwpiau a gwaith un-i-un ar draws dwy sir. Mae rhieni ifanc wedi dweud wrthym mai'r grwpiau yw uchafbwynt eu hwythnos - lle diogel iddynt wneud ffrindiau newydd, cael clust i wrando a derbyn cefnogaeth.

Rydym wedi gweld cynnydd yn nifer y rhieni ifanc beichiog

sydd wedi cael eu cyfeirio at y prosiect ac mae wedi bod yn bwysig adeiladu rhwydwaith cymorth ar eu cyfer cyn i'r babi gael ei eni.

Daeth sesiynau dysgu cymunedol Coleg y

Drindod i ben gyda diwrnod graddio

yn y brifysgol ar gyfer rhieni ifanc. Roedd hwn yn ddiwrnod gwych a chawsant ymdeimlad gwych o gyflawniad.

Mae'r Prosiect Gwirfoddoli wedi helpu rhieni ifanc i fagu hyder a chael mynediad at hyfforddiant. Mae rhai rhieni wedi ymgymryd â chodi a chario, ac mae hyfforddiant diogelu wedi'i gynllunio ar gyfer gwanwyn 2024.

Daeth canolfan Doc Penfro i ben am fod rhieni wedi symud 'mlaen i wirfoddoli/cyflogaeth. Fodd bynnag, gwnaeth hyn roi'r cyfle i ni ymchwil a chynllunio dwy ganolfan newydd.

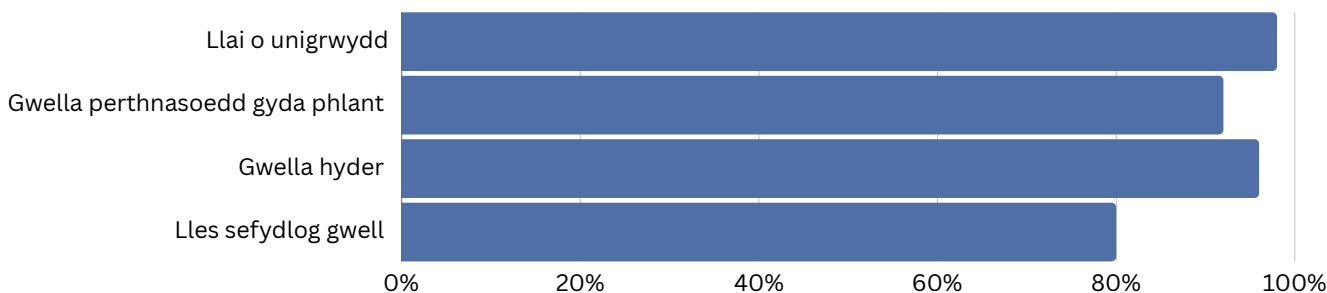
“

Byddaf bob amser yn argymhell y grŵp hwn i rieni ifanc ac yn eu hannog i fynd mas ac ymweld â'r grŵp oherwydd bydd yn cael effaith mor gadarnhaol arnoch chi ac yn enwedig eich plant.

”



Canlyniadau





Grwpiau Teuluoedd Gyda'n Gilydd

Mae'r grwpiau Teuluoedd Gyda'n Gilydd yn darparu lle diogel, cyfeillgar a chroesawgar i deuluoedd fwynhau a threulio amser o ansawdd gyda'i gilydd.

Uchafbwyntiau

- Bu cynnydd yn nifer y tadau sy'n mynychu'r sesiynau. Mae rhai yn dod gyda'u partneriaid, mae eraill yn hapus i fynychu ar eu pennau eu hunain
- Diolch i AFIA, cynllun gan y Mothers' Union, bu'n bosib i 51 o deuluoedd ymweld â Folly Farm
- Cysylltiadau gydag asiantaethau partner newydd yn Sir Benfro, Sir Gaerfyrddin a Chastell-nedd Port Talbot

Gwaith ar draws yr Esgobaeth

Sesiynau a Ddarparwyd

Ynghyd â'r crefftau a'r sesiynau iaith a chwarae rheolaidd, gwnaeth rhieni a phlant fwynhau Moo Music, chwarae blêr, zumbini, gweithgareddau garddio, gweithdai Gwyddoniaeth Wyllt, crefftau Nadolig a gwasanaethau Cristingl. Mwynhawyd tripiâu i Clerkenhill a Folly Farm a phicnics yn y parc lleol. Cymerodd teuluoedd ran mewn digwyddiadau codi arian, prosiect celf gymunedol lleol, ymweliadau gan bractisau deintyddol lleol a Therapi Anifeiliaid Anwes. Dathlwyd digwyddiadau fel Sul y Mamau, y Flwyddyn Newydd



Tsieineaidd, a choroni'r brenin ac roedd y cyrsiau'n cynnwys Pos Rhianta gyda Gweithredu Dros Blant, Coginio gydag Ein Cegin a'r Gymraeg gyda Clwb Cwtsh.

“Byddwn i gartref heb y sesiynau hyn. Dwi'n edrych 'mlaen at bob dydd Llun erbyn hyn, dyma ddiwrnod gorau'r wythnos

”

Grwpiau Teuluoedd Gyda'n Gilydd

“

Mae fy mab wrth ei fodd yn dod yma, mae wedi dysgu i chwarae, canu a rhyngweithio â phlant eraill a helpodd yn fawr pan ddechreuodd yn yr ysgol

”

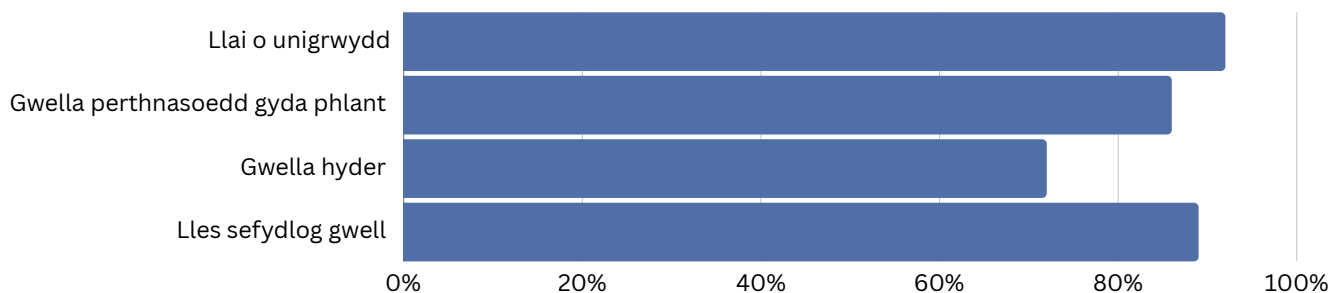
Trosolwg o'r flwyddyn

Gwnaeth cysylltiadau gweithio agos gydag ysgolion, adnoddau cymunedol a gwasanaeth cymorth i deuluoedd eraill gynyddu presenoldeb yn y chwe grŵp teuluol. Gwnaeth gweithio gydag asiantaethau partner newydd ein galluogi i ddarparu profiadau newydd i deuluoedd a



hefyd ein galluogi i fynd i'r afael ag anghenion teuluol ac unigol. Roedd teuluoedd yn Sir Benfro yn ffodus i dderbyn cwcers cawl a chawsant gynhwysion wythnosol am ddeuddeg wythnos diolch i Pembrokeshire Frame. Gyda'r cynnydd mewn costau byw, gwnaeth atgyfeiriadau at fanciau bwyd a'r banc bwndel babi chwarae rhan hanfodol wrth gefnogi teuluoedd dros y flwyddyn. Gwnaeth cyllid hanfodol ein galluogi i gynnig brecwast a chinio i deuluoedd yn ystod sesiynau a hefyd le cynnes i'r rhieni a'r plant fod gyda'i gilydd. Rhoddodd cais llwyddiannus am gyllid gyfle i deuluoedd ymweld â Gerddi Botaneg Cenedlaethol Cymru lle cawsant archwilio a mwynhau'r cyfleuster. Dysgodd rhieni sgiliau gydol oes o'r cyrsiau ac mae gan staff a rhieni fwy o wybodaeth am adnoddau cymorth i deuluoedd sydd ar gael yn y gymuned. Mae cysylltiadau a chyfeillgarwch cryf wedi'u creu gyda theuluoedd ac asiantaethau.

Canlyniadau





Banc Bwndel Babi

Yn darparu adnoddau hanfodol i deuluoedd sy'n ei chael hi'n anodd cael gafael ar eitemau hanfodol ar gyfer eu baban.

Uchafbwyntiau

- Mae 263 o fwndeli wedi eu darparu i deuluoedd ar draws yr esgobaeth
- Mae partneriaethau gwaith agos wedi'u creu gyda Banciau Babi yn Abertawe a Chaerdydd
- Mae caredigrwydd a haelioni pobl sy'n rhoi i'r prosiect yn anhygoel.

Gwaith ar draws yr Esgobaeth

Rhianta yw'r daith fwyaf rhyfeddol a chyffrous, ond gwyddom y gall ddod â llawer o heriau, felly rydym yma i gefnogi'r rhai sy'n ei chael hi'n anodd ac yn wynebu caledi trwy ddarparu adnoddau i hwyluso'r daith sydd o'u blaenau.

Rydym yn sicrhau bod teuluoedd yn derbyn eu bwndeli mewn digon o amser ac, os oes angen, byddwn yn eu dosbarthu i'w cartref.



Mae trefnu rhoddion yn wythnosol yn dasg enfawr, ond fe wnaeth gwirfoddolwyr ymgymryd â hyfforddiant i sicrhau bod bwndeli o ansawdd da yn cael eu rhoi i bob teulu.

“Roeddwn i'n tynnu at ddiwedd fy meichiogrwydd a doeddwn i ddim yn barod o gwbl. Roedd 'na gymaint o bethau doeddwn i ddim yn eu gwybod fel mam newydd”

Banc Bwndel Babi

“

'Am wasanaeth anhygoel, maen nhw'n mynd yr ail filltir i gefnogi teuluoedd'

”

Trosolwg o'r flwyddyn

Mae'r effaith y mae'r cynnydd mewn costau byw wedi'i chael ar deuluoedd yn amlwg drwy'r cynnydd mewn atgyfeiriadau rydym wedi'u cael dros y flwyddyn. Derbyniwyd atgyfeiriadau gan nifer fawr o asiantaethau ac mae unigolion wedi cysylltu â'r sefydliad yn uniongyrchol yn gofyn am adnoddau ac offernhanfodol.

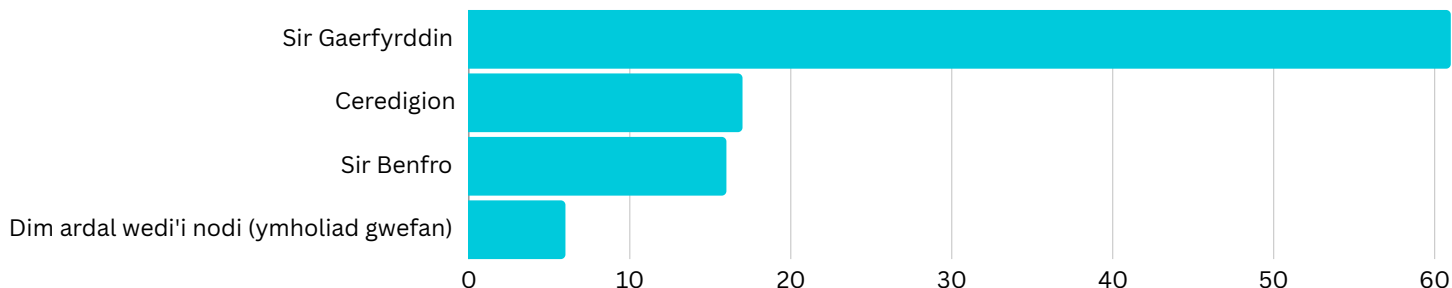


Mae allgymorth pellach wedi digwydd ym mhob un o'r siroedd ac o ganlyniad mae sefydliadau a gwasanaethau newydd wedi atgyfeirio at y prosiect.

Prynwyd biniau storio ar gyfer y ddwy brif ganolfan, Crosshands a Chaerfyrddin, gan ei gwneud hi'n haws i staff a gwirfoddolwyr ddod o hyd i ddillad tymhorol sy'n briodol i oedran y plentyn.

Mae gennym wirfoddolwr newydd yng Ngheredigion sy'n helpu ein gwirfoddolwr presennol i drefnu dillad a chreu bwndeli. Mae'r holl wirfoddolwyr wedi gweithio mor galed ar y prosiect ac rydym yn hynod ddiolchgar am eu cefnogaeth i Plant Dewi a theuluoedd yr Esgobaeth.

Atgyfeiriadau





Canolfan Deuluol Betws 'Tŷ Tyfu'

Rydym yn meithrin teuluoedd ac yn cryfhau'r gymuned leol, gan ddatblygu a chysylltu teuluoedd i wella eu lles a'u cyfleoedd bywyd.

Uchafbwyntiau

- Mae gennym dim o staff cynnes, cyfeillgar – rydym wedi creu cymuned o gefnogaeth i'n teuluoedd lle mae pawb yn teimlo eu bod yn cael eu gwerthfawrogi a'u croesawu.
- Fe wnaethom helpu teuluoedd i gyllidebu drwy ddarparu bwyd dros ben, pecynnau coginio a chlybiau cinio. Dywedodd teuluoedd fod hyn o gymorth enfawr iddynt yn ariannol.
- Rydym wedi cyfrannu at y gymuned ehangach hefyd, gan gynnal grwpiau mewn lleoliadau amrywiol gan gynnwys y Clwb Rygbi, y Parc Blodau a'r Ardd Synhwyrdd, Ysgol Gynradd Betws a Chartref Gofal Annwyl Fan.

Sesiynau a Ddarparwyd

Yn wythnosol, rydym wedi darparu iaith a Chwarae, Massage Babanod, ymweliadau ag Annwyl Fan, Paned a Sgwrs, Chwarae Synhwyrdd a Blêr, Chwarae Awyr Agored a Phecynnau Coginio. Mae'r sesiynau gyda sefydliadau eraill wedi cynnwys; Llyfrgell Cewynnau Ailddefnyddiadwy Babanod Eco, Grŵp Bwydo ar y Fron La Leche League a diwrnodau Chwarae Synhwyrdd gydag Ymwelydd Iechyd cynorthwyl.

Mae'r cyrsiau rydyn ni wedi'u cyd-hwyluso wedi cynnwys cwrs Cynenedigol gyda Bydwagedd Cymorth Teuluol, Ioga Babanod gyda Cymraeg i Blant, Gwersi



Cymraeg Clwb Cwtsh, Cymorth Cyntaf Pediatrig, Pos Rhianta gyda Gweithredu dros Blant, Sesiwn Wnïo gyda Foothold a Chwrs Coginio Y Sied.

Dros y Nadolig, y Pasg a'r gwyliau buom yn cynnal amrywiaeth o weithgareddau hwyl a difyr.

Canolfan Deuluol Betws 'Tŷ Tyfu'

Trosolwg o'r flwyddyn

Trwy gydol y flwyddyn rydym wedi darparu amrywiaeth o weithgareddau a sesiynau i deuluoedd gyda rhywbeth sy'n addas i bawb. Eleni fel canolfan rydym wedi neilltuo amser i ganolbwyntio ar les rhieni gydag amser Paned a Sgwrs yn dod yn sesiwn amhrisiadwy lle mae rhieni'n teimlo bod rhywun yn gwrando arnyn nhw a'u bod yn cael eiliad i'w hunain. Mae rhieni hefyd wedi bod wrth eu bodd yn creu cardiau cadw a chynfasau o brintiau dwylo a thraed eu plantos. Rydyn ni'n gweld heriau' argyfwng costau byw presennol bob dydd, gyda llawer o deuluoedd yn dweud wrthym eu bod yn poeni am arian. Gyda hyn mewn golwg, mae ffocws dros wyliau'r ysgol wedi bod ar brofiadau fforddiadwy i deuluoedd gyda theithiau i Mountain View Ranch, Sain Ffagan a Llyn Llech Owain, sesiynau chwarae Actif, Blêr a Rhydd, Ffair Haf ac ymweliad gan Party Ponies. Cynhaliwyd ein cyfnewidfadeganau drwy fis Tachwedd eleni gyda phobl yn rhoi a chymryd teganau fel y mynnont; roedd teuluoedd wrth eu boddau fod hyn am ddim, a hefyd yn ffordd fwy ecogyfeillgar o wneud y Nadolig.

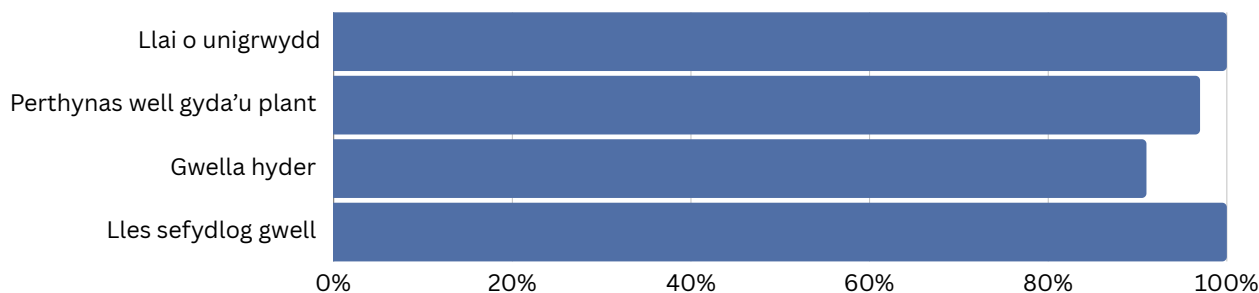
“

Mae dod i'r ganolfan deuluol fel dod adre! Rydyn ni wrth ein bodd yn cael lle diogel i fod yn ni ein hunain.

”



Canlyniadau





Canolfan Gymunedol Borth

Mae rhywbeth at ddant pawb yn ein Canolfan Deuluol. Bob wythnos rydym yn cynnig ystod eang o weithgareddau i hyrwyddo plentyndod hapus a theuluoedd ffyniannus. Mae croeso i bawb.

Uchafbwyntiau

- 15fed Pen-blwydd Canolfan Deuluol Borth. Ym mis Medi gwnaethom ddathlu 15 mlynedd o Ganolfan Deuluol Borth. Roedd yn hyfryd gweld rhai o'n teuluoedd cyntaf yn dychwelyd i ymuno yn y dathliadau yn ogystal â llawer o wynebau newydd.
- Carnifal y Borth, Gŵyl y Borth ac Arddangosfeydd Celf Pontio'r Cenedlaethau - Digwyddiadau prysur i ni y llynedd. Enillon ni ail wobwr am ein Grŵp Cerdded a daeth dros 350 o bobl i'n Diwrnod Carnifal Teuluol.
- Haf o Hwyl Ysgol Craig yr Wylfa - Sesiynau awyr agored prysur i deuluoedd â phlant 0 i 11 oed drwy gydol gwyliau'r haf yn yr ardal awyr agored anhygoel yn Ysgol y Borth.

Sesiynau a Ddarparwyd

Gwnaethom gynnal grŵp Bwmps a Babis wythnosol yn cynnig cymorth a chynghor i deuluoedd ar draws y cyfnod amenedigol pwysig hwn. Roedd y sesiynau wythnosol Borth Actif yn ticio'r bocs ar gyfer teuluoedd â phlant bach egnïol. Daeth ein Clwb Cinio Bach â phawb at ei gilydd unwaith yr wythnos i fwynhau bwyd cartref blasus, helpu gyda diddyfnu a chynnig cynghor ar gynllunio bwydlenni yn ogystal ag ystod eang o weithgareddau iaith a chwarae hwyl. Roedd ein hwythnosau'n dod i ben gyda



Chwarae Awyr Agored yng ngardd y Ganolfan ar ddydd Gwener.

Yn ystod gwyliau'r haf gwnaethom gynnal Sesiynau Chwarae Awyr Agored i deuluoedd 0 i 11 oed y tu allan i Ysgol y Borth.

Canolfan Gymunedol Borth

“

Mae [plentyn] wedi ffynnu yn gymdeithasol ac yn emosiynol trwy ddod i'r Clwb Cinio Bach. Mae wedi bod yn gymaint o ryddhad. Rydw i wedi dod i adnabod rhieni eraill ac yn teimlo bod gen i rywle i droi pan fydd angen cyngor a chefnogaeth arna i.

”

Trosolwg o'r flwyddyn

Blwyddyn brysur arall i ni yng Nghanolfan Deuluol Borth.

Fe wnaethon ni ymuno â chymaint o ddigwyddiadau cymunedol eleni, a oedd yn well nag erioed. Daeth y digwyddiadau hyn â gwahanol sesiynau'r Ganolfan ynghyd yn

ogystal â dod â gwahanol grwpiau cymunedol at ei gilydd. Rydym wedi cymryd rhan mewn arddangosfeydd celf sy'n pontio'r cenedlaethau yn Star of The Sea ac mae pawb yn y Ganolfan wedi dod at ei gilydd i greu Grŵp Cerdded Carnifal a Bwganod Brain Gŵyl y Borth ac i wneud ein Diwrnod Hwyl i'r Teulu yn ddigwyddiad awyr agored mor llwyddiannus. Rydym

wedi gweithio'n galed i wella ein hardal tyfu llysiau yng ngardd y Ganolfan ac wedi parhau i gefnogi teuluoedd gyda'n Canolfan Ddillad a'n Cyfnewidfa Lyfrau tra hefyd yn helpu'r blaned.

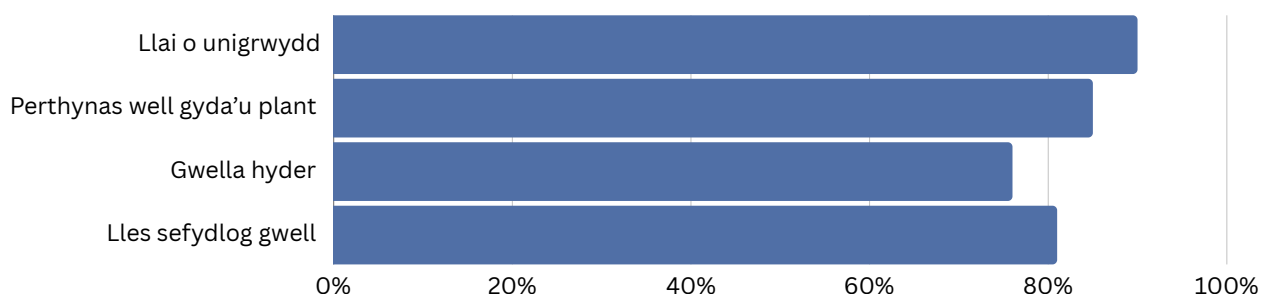


“

Mae'r sesiynau yng Nghanolfan Deuluol Borth wedi dod â hapusrwydd i'n teulu. Mae'n rhoi hyder i [fy mhlentyn] a chymuned gefnogol o ffrindiau i fi.

”

Canlyniadau





Canolfan Deuluol Porth Tywyn

Canolfan Deuluol Porth Tywyn - Presenoldeb cyfarwydd a dibynadwy yn y gymuned leol.

Uchafbwyntiau

- Mae Shed's and Beyond wedi adeiladu "Mainc Garedigrwydd" i ni sydd wedi'i gosod yn falch mewn cornel dawel ar yr iard i hwyluso sgysiau.
- Rydym wedi bod yn gweithio gyda bydwagedd lleol, gan ddod â dosbarthiadau Crefft Magu Plant yn ôl i'r gymuned, hyrwyddo ein gwasanaeth, rhannu amserlenni.
- Ehangwyd ein gwasanaeth i gymuned Mynydd y Garreg gan weithio mewn partneriaeth ag Ymwelwyr Iechyd cymunedol.

Sesiynau a Ddarparwyd

Mae dydd Llun yn dechrau'r wythnos ar nodyn tawel, positif. Grŵp Babanod Dydd Mawrth - Massage Babanod a chymorth bwydo LAP gan Weithwyr Iechyd Proffesiynol. Dydd Mercher - Chwarae awyr agored actif i ddatblygu sgiliau. Prynawn Mercher - Cymorth Creche i rieni, gan eu galluogi i gael mynediad at gysiau pwrpasol, sgysiau, hyfforddiant achrededig. Clwb Gwaith Cartref a Lluosi. Dydd Iau - Allgymorth yng Nghydweli a Tadau Ynghyd ym Mhorth Tywyn i ddynion gael cymorth. Prynawn dydd Iau - Iaith a Chwarae



Babanod, grŵp dynion rhyng-ghenedlaeth Sheds and Beyond. Dydd Gwener - gofod cynnes cymunedol a theithiau cerdded dan arweiniad staff, dosbarthiadau Crefft Magu Plant dan arweiniad Bydwagedd.

“Lle mor groesawgar i blant ac oedolion. Amrywiaeth eang o weithgareddau a gwasanaethau. Ni fyddai Porth Tywyn yr un peth heb y gwasanaeth maen nhw'n ei ddarparu.”

Canolfan Deuluol Porth Tywyn

Mae cael lle croesawgar i ddod â * wedi bod yn anhygoel i'w hyder a'i datblygiad. Hefyd yn helpu i'n cael ni mas o'r tŷ

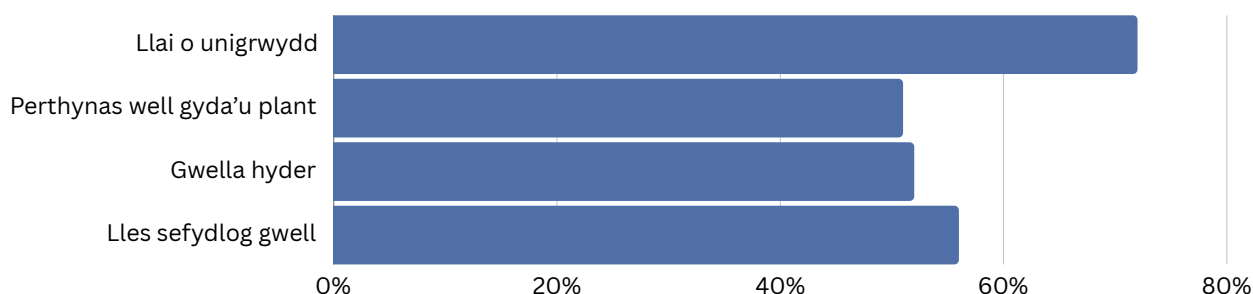
Trosolwg o'r flwyddyn

Mae'r argyfwng costau byw wedi bod yn nodwedd fawr eleni ac rydym wedi cefnogi pobl lle bynnag y bo modd. Rydym wedi tyfu ein llysiau ein hunain a phwmpenni i'w cerfio, gwneud cawl ar gyfer prydau yn ein mannau cynnes, trefnu diwrnodau sinema a choginio popcorn cartref. Rydym wedi annog teuluoedd i fynd allan i'r awyr iach a benthycu dillad tywydd gwlyb.

Gwnaethom ymweld â'r Lighthouse Library a roddodd lyfrau ar gyfer LAP. Ym mis Tachwedd fe wnaethom hwyluso diwrnod ail-roi i deuluoedd yn y cyfnod cyn y Nadolig, rydym wedi trefnu cyfleoedd lluniau thema trwy gydol y flwyddyn, annog teuluoedd i gofrestru ar gyfer y mentrau siop ac oergell gymunedol, yn ogystal â chael mynediad i'r banc dillad a reolir gan wirfoddolwyr yn Eglwys y Santes Fair. Rydym wedi agor ein drysau i hwyluso cymorth cymunedol gan leihau costau teithio. Rydym wedi cynnal clinigau Ymwelwyr Iechyd, cefnogaeth pobl ifanc CAMHS a chyfarfodydd cleientiaid Tîm Anghenion Dysgu Ychwanegol y Blynnyddoedd Cynnar. Rydym wedi dod â phartneriaid allanol i mewn i gynnal cyrsiau rhianta, uwchsgilio a chyfleoedd dysgu pwrpasol. Ymweliadau, digwyddiadau a diwrnodau di-ri. Llawer o waith partneriaeth.



Canlyniadau





Canolfan Deuluol Felin-foel

Sefydlwyd Canolfan Deuluol Felin-foel yn 2003 i ddarparu cefnogaeth anffurfiol i deuluoedd Felin-foel a'r ardal gyfagos.

Uchafbwyntiau

- Rydym wedi gallu parhau â'n cymorth Costau Byw gyda pharseli bwyd FareShare, rhannu adnoddau, crefftau a gweithgareddau teuluol a gynlluniwyd i arbed arian i deuluoedd.
- Fe wnaethon ni greu man chwarae ychwanegol yn ein Grwpiau Babanod i gyfathrebu negeseuon allweddol o'r ymgyrch "Siarada gyda Fi."
- Rydym wedi gweithio'n galed ar wella ein cynnig dwyieithog drwy greu bwrdd arddangos diwylliant ac iaith a chyflwyno mwy o ymadroddion a chaneuon Cymraeg yn ein sesiynau.

Sesiynau a Ddarparwyd

Roedd sesiynau wythnosol rheolaidd ar yr amserlen eleni yn cynnwys: Grŵp Babanod, Grwpiau Plant Bach / LAP, Clwb Hwyl i'r Teulu, slot Cyrsiau/gweithdai a chynllun wythnosol Fareshare (ailddosbarthu bwyd). Roedd gwaith digidol parhaus yn cynnwys ein grwpiau WhatsApp Rhannu Adnoddau ac Arbed Arian. Bu'n bosibl i ni roi amser ar ein hamserlen i Dechrau'n Deg gynnal grŵp cynenedigol ac rydym yn falch y bydd hyn yn parhau. Bu'n bosibl i ni hefyd gynnal cwrs Pos Rhianta gyda Gweithredu dros



Blant. Ychwanegwyd tripiâu misol a digwyddiadau arbennig fel disgos a phartïon ynghyd â Diwrnodau Teuluol a theithiau yn ystod gwyliau'r ysgol.

“Rydyn ni mor ddiolchgar am bopeth mae'r staff wedi'i wneud i'r holl blant, rydyn ni i gyd yn mwynhau dod yma.”

Canolfan Deuluol Felin-foel

“—

"Mae mynychu nid yn unig yn helpu fy mab, mae'n fy helpu i hefyd. Alla i ddim diolch digon iddyn nhw am bopeth maen nhw'n ei wneud."

—”

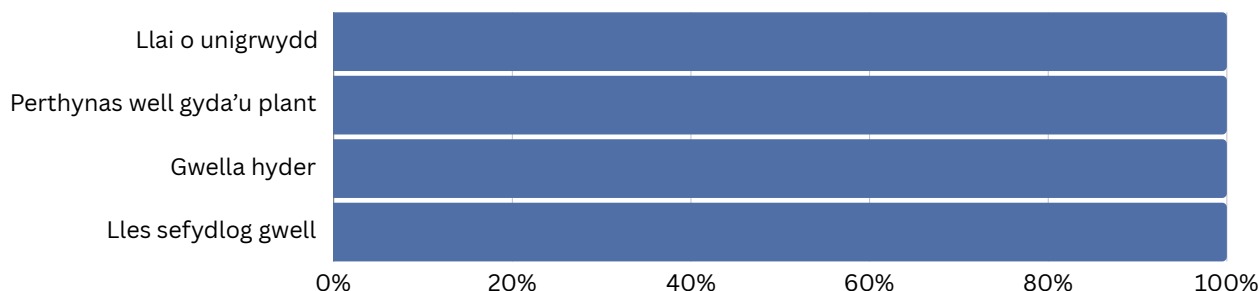
Trosolwg o'r flwyddyn

Ar ddechrau 2023/2024 cawsom groesawi gweithiwr chwarae newydd a ddaeth yn rhan o'n tîm yn gyflym. Cafwyd ffocws mawr ar gostau byw eleni, gyda phrosiectau a helpodd i wneud bwyd a gweithgareddau yn fwy fforddiadwy i'n teuluoedd. Roeddem yn falch iawn o ailgroesawu gwirfoddolwr sy'n coginio pryd o fwyd cartref i'n teuluoedd ar ôl ysgol bob dydd Mercher.

Prosiect arall a ddarparwyd gennym eleni oedd helpu i baratoi plant cyn-ysgol sy'n mynychu ein grwpiau ar gyfer yr ysgol. O'r herwydd, fe wnaethom ddatblygu ffocws mwy ar greu amgylchedd iaith cyfoethog yn ein sesiynau chwarae. Roedd hyn yn cynnwys defnyddio ymgyrch "Siarada gyda Fi" Llywodraeth Cymru yn ogystal â chyflwyno mwy o Gymraeg ac, yn olaf, anfon gweithgareddau adre, fel helfeydd trysor neu ryseitiau i ymestyn iaith y sesiwn. Diolch byth, roedd y cyllid yn ddiogel eleni. Fodd bynnag, mae angen cynllunio'n barhaus i sicrhau arian, gyda chyllid ar gyfer 24/25 a thu hwnt yn cael blaenoriaeth erbyn diwedd y flwyddyn.



Canlyniadau





Canolfan Deuluol Garnant 'Tots Tŷ Ni'

Elusen gofrestredig sy'n darparu sesiynau a chymorth am ddim i bob teulu â phlant 0-11 oed

Uchafbwyntiau

- Rhoddodd ymweliad gan Heart Drummers gyfle i deuluoedd ddysgu rhythmau newydd a gwneud ychydig o ddrymio dull rhydd gyda'i gilydd.
- Ar ddiwrnod hwyl y Pasg treuliodd teuluoedd amser gyda merlod a chwningod, cymryd rhan mewn Helfa Wyau Pasg a thostio teisennau croes dros y tân.
- Hwyluswyd Cristingl hyfryd gan y Parchedig Susan Barnett. Gwnaeth teuluoedd fwynhau gwneud eu horennau Cristingl eu hunain gyda hi, wrth iddi hi esbonio'r ystyr.

Sesiynau a Ddarparwyd

Hwylusodd Sarah Walton o Stop It Now, 2 sesiwn - Diogelwch Digidol i blant ac ymwybyddiaeth o gam-drin rhywiol. Llwyddodd i roi gwybodaeth i rieni gan hefyd wneud iddyn nhw deimlo bod ganddynt y sgiliau i ddelio â'r sefyllfaoedd anodd hyn os byddant yn codi.

Rydym wedi darparu 35 sesiwn Bwmps a Babis lle mae teuluoedd yn cael mynediad at wybodaeth am ddatblygiad plant. Cynhaliwyd 34 sesiwn Grŵp Babanod a Brodyr a Chwiorydd, sesiynau allgymorth sy'n canolbwyntio ar weithgareddau



corfforol. Mae 36 sesiwn Gardd Gudd wedi caniatáu i deuluoedd gymryd rhan mewn garddio, coginio a chwarae awyr agored.

“ Mae'r sesiynau'n gyfle gwych i fwynhau caneuon a straeon gyda'r babi. Maen nhw'n brofiad bondio hyfryd. ”

Canolfan Deuluol Garnant 'Tots Tŷ Ni'

“

*Teimlo'n fwy hyderus yn magu plant,
gan wybod nad ydw i ar fy mhen fy
hun gyda phroblemau x, y neu z.*

”

Trosolwg o'r flwyddyn

Mae cyllid gan y Loteri ar gyfer Canolfannau Teuluol Betws a Garnant wedi cynyddu'r swm rydyn ni'n ei gael ac rydyn ni wedi gweithio gyda'n gilydd a rhannu adnoddau, fel yn ystod gwyliau'r haf, pan hwyluswyd teithiau a gweithgareddau eraill gyda'n gilydd. Gwnaethom hefyd gymryd rhan gyda sefydliadau eraill yn Hwyl y Cwm, yn y parc lleol, gan ddarparu gweithgareddau drwy gydol yr haf.

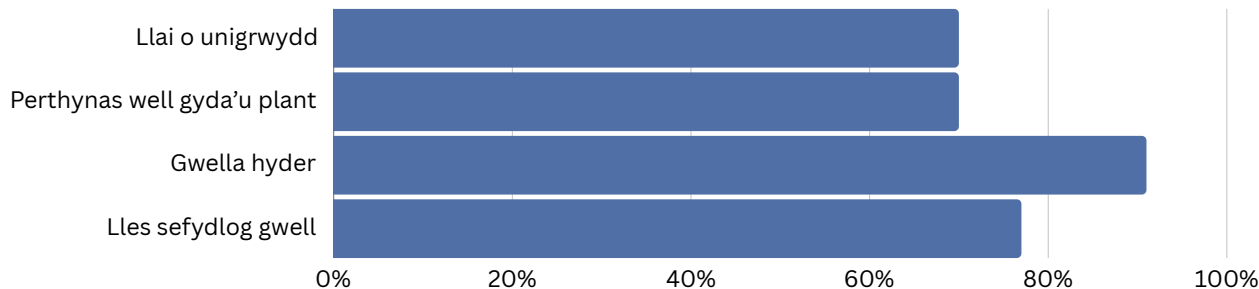
Oherwydd arian y Loteri, bu'n bosib i ni gyflogi Gweithiwr Gweithgareddau Awyr Agored sy'n cynnal gweithgareddau yn y ddwy Ganolfan. Yn Ngarnant maent wedi gallu ychwanegu profiadau chwarae ychwanegol yn yr awyr agored i'n Grŵp Gardd Gudd a'n grŵp Gwyddoniaeth Cegin, a sesiwn ar ôl ysgol.

Trwy'r grŵp Gwyddoniaeth Cegin, mae teuluoedd wedi mwynhau archwilio amrywiaeth o arbrofion gyda'i gilydd, gan ddefnyddio cynhwysion y gallwch ddod o hyd iddynt yn y gegin.

Mewn ymateb i deuluoedd yn dweud wrthym nad oeddent yn bodloni'r meini prawf ar gyfer talebau Cychwyn Bwyd Iach y GIG ond eu bod yn dal i gael trafferth gyda chostau byw, fe wnaethon ni greu a dosbarthu 66 o Becynnau Bwyd Iach i gefnogi teuluoedd. Mae aelodau'r gymuned wedi mwynhau ein Grŵp Garddio ar fore dydd Mawrth.



Canlyniadau





Canolfan Blant Jig-so

Mae Jig-So yn darparu amgylchedd diogel, cyfeillgar, anfeirniadol i deuluoedd a phlant o bob gallu, yn y Ganolfan ac mewn lleoliadau eraill.

Uchafbwyntiau

- Dathlu Pen-blwydd Jig-So'n 31 - gyda pharti ym mis Tachwedd ac yn bwysicach fyth, drwy barhau i ddarparu cefnogaeth i deuluoedd drwy gydol y flwyddyn.
- Gweithio gyda rhieni i fagu eu hyder i roi cynnig ar wahanol weithgareddau mewn sesiynau synhwyrdd, cyn rhoi cynnig arnynt gartref. Yn enwedig gyda chwarae blêr.
- Defnyddio cyllid o ffynonellau eraill i gyflawni dau brosiect bwyd, mewn partneriaeth â'r Banc Bwyd a CIC.

Sesiynau a Ddarparwyd

Sesiynau "Sgwrs a Chwarae" wythnosol yn ystod y tymor yn Neuadd Cwrwgl Llechryd, gyda Dechrau'n Deg.

Sesiynau synhwyrdd wythnosol rheolaidd yng Nghanolfan Jig-So yn Aberteifi.

Sesiynau/digwyddiadau untro, gan gynnwys:

sesiwn chwarae ar thema'r Pasg, nifer o deithiau cerdded synhwyrdd i'r teulu o Aberteifi i Ganolfan Bywyd Gwylt Cilgerran, ymweliad â'r Gerddi Botaneg Cenedlaethol, a sesiynau chwarae yn y



parc.

Cynhaliwyd cwrs Cysylltiadau Teuluol 11-wythnos ar gyfer 8 teulu, a darparwyd creche.

Mae sesiynau Jig-So yn ardderchog am ddarparu ar gyfer alergeddau fy mab. Cymaint o deganau, crefftiau, lliwio ac ati, gwyh. Diolch.

Canolfan Blant Jig-so

“

Gall bod yn fam fod yn unig. Mae Jig-So yn fy nghael i mas o'r tŷ i ryngweithio â mamau eraill. Mae wedi helpu lot.

”

Trosolwg o'r flwyddyn

Yn ystod y flwyddyn gwelsom gynnydd yn nifer y teuluoedd sy'n mynychu ein sesiynau, a chynnydd yn y rhai sy'n ei chael hi'n anodd cael dau ben llinyn ynghyd.

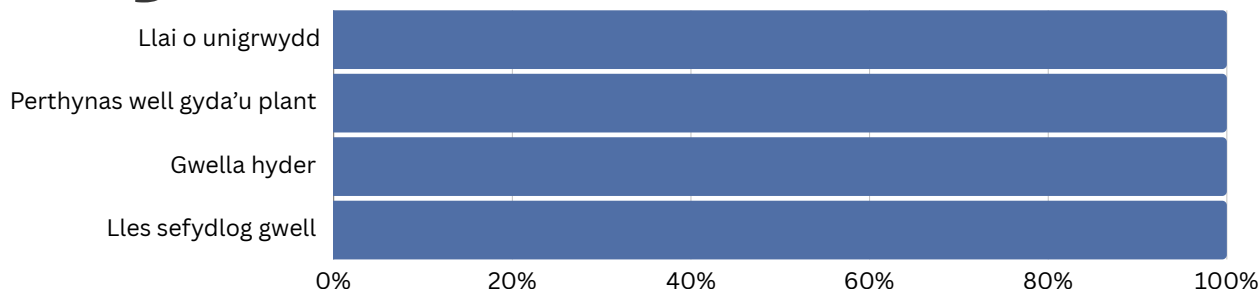
Ym mis Ebrill 2023 symudon ni i adeilad newydd, gyda gorbenion is. Roedd yn gyfnod prysur, ond gyda chymorth gwirfoddolwyr a ffrindiau, hen a newydd, fe wnaethom barhau i gynnal sesiynau a chefnogi teuluoedd.

Roeddem wedi adeiladu ystafell synhwyrdd bwrpasol yn yr hen safle, ac roeddem yn siomedig i'w gadael ar ôl. Ond fe wnaethon ni osod pabell synhwyrdd yn ein cartref newydd, a gweithio gyda theuluoedd i ddarparu cefnogaeth amgen. Mae gennym gynlluniau i adeiladu ystafell synhwyrdd bwrpasol yn ein hadeilad newydd.



Rhoddodd ein parti pen-blwydd yn 31 gyfle i ni fyfyrir ar yr hyn mae Jig-So wedi'i gyflawni dros y 30 mlynedd diwethaf, a beth mae'n ei olygu i gymaint o bobl. Rydym wedi cael ein cyffwrdd gan y straeon personol mae cymaint o bobl wedi'u rhannu â ni - a faint o gefnogaeth rydyn ni wedi'i chael dros gyfnod heriol.

Canlyniadau





Canolfan Deuluol Llambed

Rydym yn darparu lleoliad cynnes a chyfeillgar i deuluoedd a phlant ifanc lle gallant fwynhau gweithgareddau ac adeiladu perthnasoedd.

Uchafbwyntiau

- Dechreuon ni gynnal sesiynau Bright Stars ar gyfer plant ag anghenion dysgu ychwanegol. Mae rhieni wedi gwerthfawrogi bod o gwmpas teuluoedd ag anghenion rhianta tebyg i'w plant.
- Mae Clwb Cinio wythnosol bob amser yn denu digon o bobl ac yn cael ei fwynhau gan bawb. Darperir pryd llysieuol am ddim ac mae rhieni'n awyddus i gynnig syniadau ar gyfer y fwydlen.
- Gwnaeth ein teuluoedd fwynhau paratoi baneri i gymryd rhan yn yr Orymdaith Dydd Gŵyl Dewi drwy Lambed, a oedd yn brofiad gwych i bawb a gymerodd ran.

Sesiynau a Ddarparwyd

Gwneud Marciau - helpu plant gyda'u datblygiad corfforol a gwybyddol cynysgol.

Aros a Chwarae - sesiwn chwarae am ddim.

Bright Stars - addas ar gyfer teuluoedd sydd â phlant ag Anghenion Dysgu Ychwanegol, gyda neu heb ddiagnosis swyddogol.

Nofio - cyfarfod yn y pwll nofio lleol i gynorthwyo teuluoedd sydd â mwy nag un plentyn neu rieni sydd ddim yn teimlo'n hyderus yn y dŵr.



Mas Tu Fas - teithiau cerdded o amgylch y gymuned leol

Bwmps a Babis - cefnogi teuluoedd drwy feichiogrwydd, genedigaeth a thu hwnt

Clwb Cinio - Clwb cinio wythnosol am ddim i deuluoedd ei fwynhau.

“Roedd picnic yn y parc yn gymaint o hwyl, diolch am yr holl waith paratoi, rydyn ni'n ei werthfawrogi'n fawr.”

Canolfan Deuluol Llambed

“

'Rydyn ni'n caru'r ganolfan; rydyn ni bob amser yn cael croeso cynnes a llawer o gefnogaeth. Mae fy mab yn gofyn i ddod.'

”

Trosolwg o'r flwyddyn

Mae'r argyfwng costau byw yn cael effaith fawr ar sefyllfaoedd ariannol ein teuluoedd unwaith eto, sy'n bryder mawr i lawer. Mae teuluoedd wedi mwynhau mynychu ein clwb cinio wythnosol lle maen nhw'n mwynhau pryd o fwyd poeth am ddim a hefyd y cyfle i eistedd o gwmpas bwrdd i sgwrsio ag eraill. Mae plant a'u rhieni wedi bod yn awyddus i roi cynnig ar fwydydd newydd ac edrych ar syniadau ar gyfer y bwydlenni.

Mae wedi bod yn bleser pur gweld ein teuluoedd yn magu hyder wrth fynychu'r sesiynau nofio - cafodd pawb lawer o hwyl.

Mae'r sesiynau Mas Tu Fas wedi bod yn boblogaidd ac wedi'u mynychu'n dda.

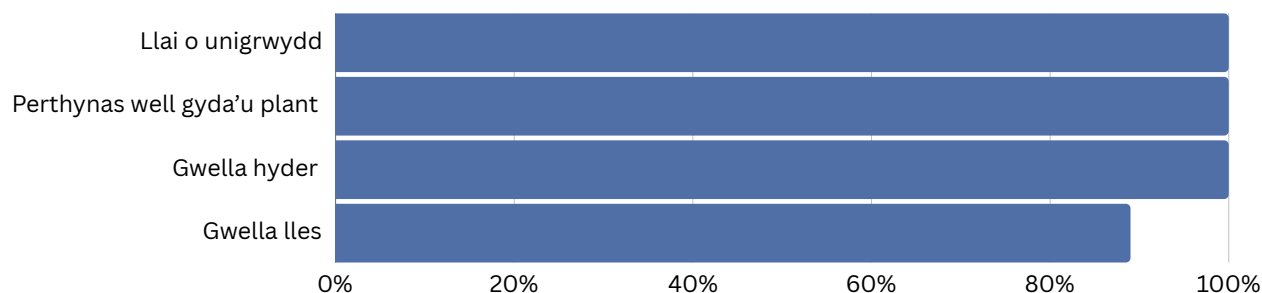
Mae'r sesiynau hyn wedi rhoi cyfle gwych i ni ymgysylltu â'r gymuned leol ac mae teuluoedd wedi mwynhau archwilio'r ardal leol.

Mae'r sesiynau hyn wedi bod yn

arbennig o ddefnyddiol gan ein bod wedi gweld rhai teuluoedd newydd yn symud i mewn i Llambed.



Canlyniadau



Canolfan Deuluol Llandysul

Rydym yn cynnig lle cynnes a chroesawgar lle gall teuluoedd adeiladu rhwydweithiau cymorth, magu hyder, a dysgu sgiliau newydd.

Uchafbwyntiau

- Eleni rydym wedi cydweithio â Dechrau'n Deg a'r gwasanaeth Bydwragedd i ddatblygu cyfres o sesiynau paratoi i fod yn rhiant ar gyfer rhieni beichiog.
- Rydym wedi parhau â'n prosiect gan ddatblygu chwarae ac archwilio awyr agored. Gan weithio gyda'r prosiect Lluosi mae teuluoedd yn datblygu gardd y ganolfan deuluol.
- Ymwelodd Julie Morgan AS â ni. Aeth i sesiwn yn y ganolfan, gan siarad â rhieni a dysgu am y gwaith rydym yn ei wneud i gefnogi teuluoedd yn yr ardal.

Sesiynau a Ddarparwyd

Gwnaethom barhau â sesiwn wythnosol i rieni a babanod dan 1 ochr yn ochr â Dechrau'n Deg, mae hyn yn cynnwys sesiynau ar fwydo, diddyfnu a chymorth cyntaf a sesiynau iaith a chyfathrebu Babbling Babies.

Mewn cydweithrediad â Cymraeg i Blant a Chlwb Cwtsh rydym wedi gallu darparu sesiynau sy'n canolbwyntio ar ddysgu a defnyddio'r Gymraeg.

Gwnaethom gynnig sesiwn Zumbini wythnosol ar gyfer chwarae corfforol a sesiynau chwarae ac archwilio awyr



agored wythnosol.

Gan weithio ar y cyd â Dechrau'n Deg mae rhieni wedi cwblhau cyrsiau rhianta ar y Blynnyddoedd Anhygoel, Cysylltiadau Teuluol a Grobrain.

“Rydwi wedi dysgu llwyth, mae'r 8 wythnos yma wedi fy rhoi yn ôl ar y trywydd iawn a dwi hefyd wedi cael cyfle i chwerthin ar hyd y ffordd.”

Canolfan Deuluol Llandysul

Trosolwg o'r flwyddyn

Blwyddyn brysur arall yn Llandysul - rydym wedi cynyddu ein cyrhaeddiad ac wedi parhau i ddatblygu'r ystod o weithgareddau a gynigir.

Drwy gydol y gwanwyn a'r haf, buom yn canolbwyntio ar weithgareddau awyr agored drwy ein sesiynau "chwarae ac archwilio" yn y parc, ardal Coed Cadw Coed y Foel a'r ardd gymunedol, Yr Ardd, gan adeiladu ar hyder teuluoedd i ddefnyddio'r amgylchedd lleol a datblygu cysylltiad â natur.

Yn yr haf fe wnaethom ddychwelyd i Barc Fferm Ynys Aberteifi, ymweld â diwrnod chwarae Ray Ceredigion a mwynhau mwy o sesiynau gydag Arts4wellbeing diolch i gyllid gan Dechrau'n Deg. Gwnaethom hefyd fynychu digwyddiadau dathlu carnifal a'r coroni yn Llandysul.

Yn yr hydref, dychwelodd y sesiynau Zumbini ac maent bellach yn cael eu cynnal yng nghanolfan hamdden Calon Tysul. Mae hyn wedi gwneud y sesiynau'n fwy hygyrch i ystod ehangach o deuluoedd. Rydym wedi cynnal tri chwrs rhianta - Blynnyddoedd Anhygoel, Cysylltiadau Teulu a Grobrain.

Mae teuluoedd wedi gallu defnyddio'r pas ar gyfer y Gerddi Botaneg Cenedlaethol. Mae hyn wedi bod yn boblogaidd iawn gyda llawer o adborth cadarnhaol.

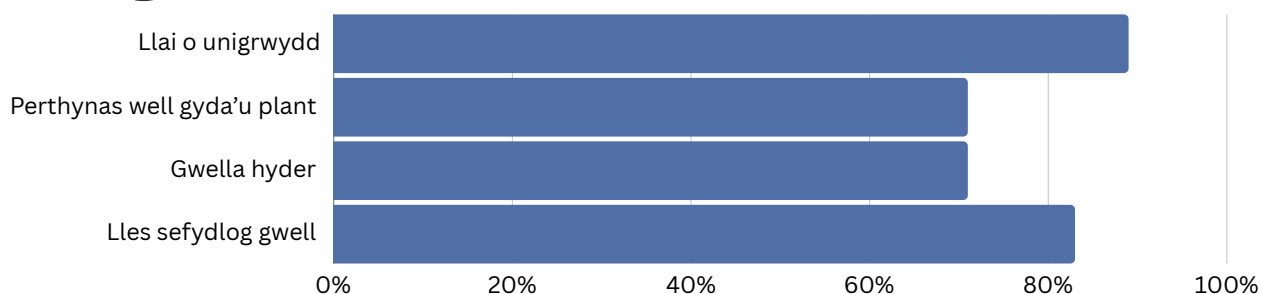
“

Mae'r holl sesiynau awyr agored wir yn uchafbwyntiau i ni - cwmni gwych, gweithgareddau gwych ac atgofion gwych ar gyfer plentyndod fy merch.

”



Canlyniadau





Canolfan Deuluol Llanybydder

Amgylchedd hamddenol, cyfeillgar sy'n cynnig cymorth i deuluoedd â phlant 0-11 oed yn Llanybydder a'r ardaloedd cyfagos.

Uchafbwyntiau

- Gallu rhoi profiadau newydd i'n teuluoedd a'n plant, drwy sawl taith a diwrnod allan dros y flwyddyn.
- Roedd hi'n llawer o hwyl cyfrannu at y gymuned leol, gan gefnogi gwahanol ddigwyddiadau pentref gyda'n teuluoedd.
- GRhoddwyd agwedd gyfannol i'n teuluoedd at fywyd teuluol drwy weithio gyda llawer o asiantaethau a sefydliadau gwahanol.

Sesiynau a Ddarparwyd

Cylch Ti a Fi ~ Iaith a Chwarae ~ Barod i'r Ysgol ~ Grwpiau Babanod ~ Bwmps a Babis ~ Peter Walker Developmental Baby Massage ~ sesiynau Corfforol/Chwaraeon ~ Crefftau a Chwarae Blêr ~ Aros a Chwarae ~ Coffi, Cacen a Chlonc
Parti Siocled Poeth a Phyjamas ~ Parti Smotiog ~ Dathlu Dydd Miwsig Cymru ac Amser Rhigwm Mawr Cymraeg
Ymddiriedolaeth y Llyfr ~ Cymorth Cyntaf gyda Gwasanaeth Ambiwlans Sant Ioan ~ Sesiynau Cyngor ar Bopeth



“ Mae'r ganolfan deuluol wedi ein helpu i integreiddio ein rhai bach i'r gymuned mewn ffordd fywiog a chyfeillgar. ”

Canolfan Deuluol Llanybydder

Cyfeillgar, croesawgar a chefnogol.
Staff gwych a chyfleusterau gwych
sy'n addas ar gyfer pob plentyn.

Trosolwg o'r flwyddyn

Mae Canolfan Deuluol Llanybydder wedi cael blwyddyn brysur iawn. Tra'n cynnal amserlen lawn o ddigwyddiadau hwyl, rydym hefyd wedi gallu darganfod llawer o'n hardal leol trwy deithiau a diwrnodau allan, sydd wedi bod o gymorth mawr i'n teuluoedd yn ystod y cyfnod ariannol anodd hwn.

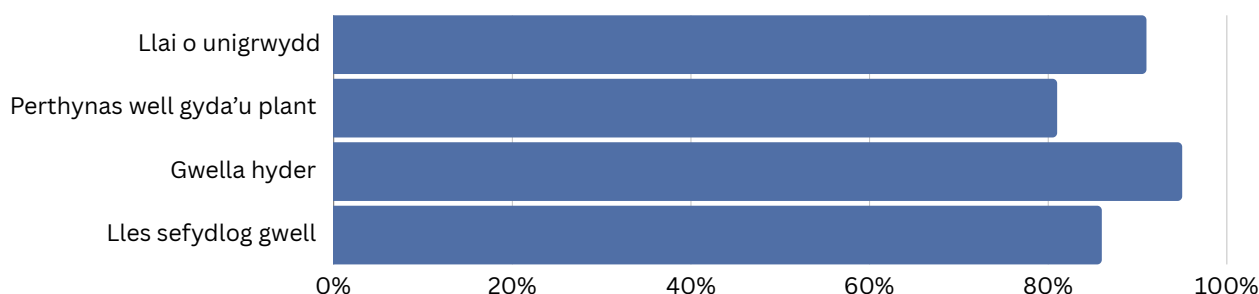
Mae'r Ganolfan Deuluol wedi annog teuluoedd i fynychu digwyddiadau lleol, fel Carnifal y Pentref a Pharti Nadolig. Mae teuluoedd wedi gwerthfawrogi bod y Ganolfan yn bresennol yn y digwyddiadau hyn - mae'n golygu nad oes rhaid iddyn nhw fynychu ar eu pennau eu hunain ac y gallant ymgysylltu â bywyd cymunedol heb unrhyw bwysau na phryderon.

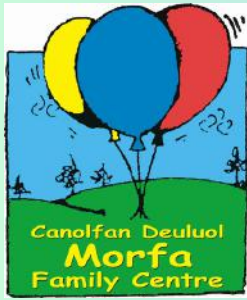


Rydym wedi parhau i arsylwi a chynllunio ar gyfer anghenion plant. Mae ein cysylltiadau cryf gyda'r ysgol leol yn golygu ein bod wedi gallu ceisio mynd i'r afael ag unrhyw broblemau y maent wedi'u nodi gyda disgyblion newydd. Rydym hefyd wedi gweithio gydag oedolion y teulu i oresgyn unrhyw anawsterau y gallent fod yn eu hwynebu.

Rydym yn falch o weithio gyda rhieni, a chryfhau eu perthynas â'u plant, gan helpu i wneud sylfeini teuluol yn gadarnach.

Canlyniadau





Canolfan Deuluol Morfa

Mae Canolfan Deuluol Morfa yn cynnig man diogel croesawgar i deuluoedd â phlant 0-11 oed.

Uchafbwyntiau

- Ymweliadau cymunedol lleol. Teithiau i barc sblasio a'r traeth. Adborth cadarnhaol gan deuluoedd. Dod â theuluoedd at ei gilydd fel un gymuned.
- Mae'r Pecynnau Coginio wedi bod yn ychwanegiad gwych i'n hamserlen. Maen nhw'n rhoi hwb i hyder wrth goginio prydau iach ac yn helpu teuluoedd yn yr argyfwng costau byw.
- Gweithio gyda Chlwb Cwtsh i gyflwyno gwersi Cymraeg i deuluoedd i gefnogi menter siaradwyr Cymraeg y Llywodraeth.

Sesiynau a Ddarparwyd

Grŵp Babanod 0-cerdded

Mae'r grŵp hwn yn cynnwys Adrodd Stori, Amser Canu, Chwarae Blêr, Sesiwn Synhwyraidd a chrefftau i'w cadw.

Aros a Chwarae yw ein grŵp mynediad agored chwarae rhydd i fabanod, sy'n cynnwys clwb cinio poblogaidd iawn.

Clwb Cwtsh - Cwrs Cymraeg a gynhelir yn Llyfrgell Llanelli.

Roedd Pecynnau Prydau Morfa yn ychwanegiad newydd i'n hamserlen. Mae hyn wedi bod yn fanteisiol iawn ac mae'n cefnogi teuluoedd drwy'r argyfwng costau byw.



Roedd sesiynau untro eraill yn cynnwys; Parti Disney

Noson Ffilmiau Morfa

Teithiau i'r Parc Sblasio, Traeth Llanelli, Diwrnod Hwyl Maes y Gors, Diwrnod Chwaraeon, Gardd Fotaneg Genedlaethol Cymru.

“Mae'n rheswm i godi a mynd allan!”

Canolfan Deuluol Morfa

“

"Cyn mynd i Ganolfan Morfa, roeddwn i'n teimlo'n unig, yn sownd mewn swigen. Nawr, dwi'n mwynhau bod yn fam ac yn gweld nad oeddwn i ar fy mhen fy hun."

”

Trosolwg o'r flwyddyn

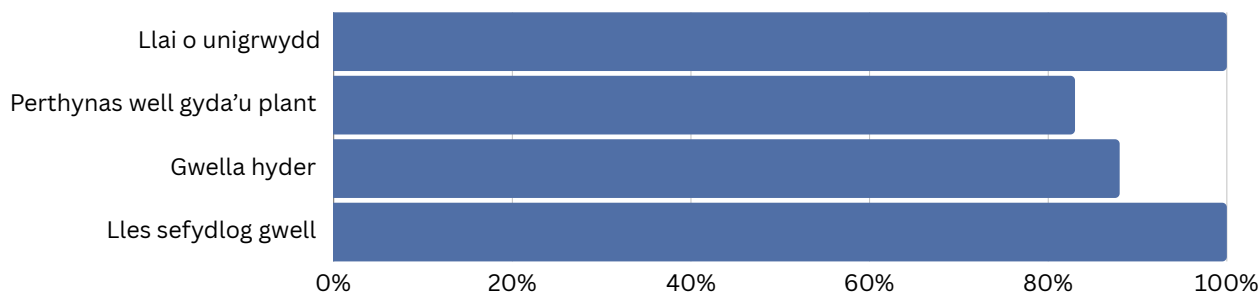
Mae'r argyfwng costau byw yn effeithio ar sefydlogrwydd ariannol ein defnyddwyr. Yng Nghanolfan Morfa rydym yn cynnig lle cynnes a chyfforddus i gwrdd â rhieni eraill, ceisio cefnogaeth a chael mynediad at asiantaethau i gael help a chynghor. Mae ein Canolfan yn cynnig mynediad agored ar ddydd Gwener i ddarparu ar gyfer arferion ac anghenion ein teuluoedd.

Rydym wedi cychwyn casgliad pecyn coginio wythnosol sy'n cefnogi teuluoedd ac yn cwrdd ag Erthygl 27 o'r CCUHP sy'n ymwneud â safon byw digonol. Mae'r pecynnau coginio wedi denu teuluoedd newydd i'n canolfan.



Mae teithiau wedi'u trefnu yn ein cymuned leol wedi helpu plant i archwilio, dysgu trwy chwarae a chymdeithasu ag eraill. Mae rhieni wedi adeiladu cyfeillgarwch ac wedi cadw eu costau i lawr. Mae rhai o'n teithiau gwych wedi bod mewn partneriaeth â Chanolfan Deuluol St Paul.

Canlyniadau





Canolfan Deuluol Pencader

Cefnogi teuluoedd o bob oed gyda chymorth, gweithgareddau, lles o fewn cymuned y pentref.

Uchafbwyntiau

- Gweithio gyda sefydliadau allanol er budd pawb yn ein cymuned e.e. Nacro, Arts 4 Wellbeing, Foothold Cymru, Coleg Sir Gâr a llawer mwy.
- Dechreuon ni glwb prynhawn rhwng 3pm a 5pm bob dydd Mercher i blant 7-11 oed ei fynychu ar ôl ysgol. Mae hwn wedi bod yn llwyddiant mawr.
- Rydym ar agor drwy gydol gwyliau'r ysgol ac yn gwneud llawer o weithgareddau, gan gynnwys prif daith yr haf. Eleni aethom i Barc Dinosoriaid Dinbych-y-pysgod.

Sesiynau a Ddarparwyd

Sesiwn galw heibio

Nacro ar drydydd dydd Iau y mis Sesiynau celf a chrefft

Sesiynau crefft i oedolion ar foreau Mercher

Clwb cinio bob dydd Iau

Cwrs cacennau Nadolig dros 4 wythnos

Coginio Foothold Cymru - poptai araf a chrempogau

The Crib bob dydd Mawrth

LAP a chynghor / cefnogaeth magu plant

Sesiynau Aros a Chwarae

Amser bola a chwarae i fabanod nad ydynt yn cerdded eto.



Amser stori gyda Menter, parti Nadolig a chinio Nadolig llawn. Hwyl gwyliau ysgol, celf a chrefft a gemau pêl yn y parc. Helfa wyau Pasg. Taith i'r Parc Dinosoriaid.

“ Fe wnaeth staff y ganolfan deuluol fy helpu i gael hyfforddiant gyda Choleg Sir Gâr i wneud fy NVQ3 CCLD. ”

—”



Canolfan Deuluol RAY Ceredigion

Mae Canolfan Deuluol RAY yn darparu gweithgareddau am ddim i rieni, gofalmwyr a phlant ar ddydd Llun, dydd Mawrth a dydd Mercher yn ystod y tymor a gwyliau ysgol. Mae gweithgareddau gwyliau ysgol yn croesawu brodyr a chworydd hŷn ynghyd â'r babanod a'r plant cyn-ysgol.

Uchafbwyntiau

- Gwnaeth y rhaglen magu plant Cysylltiadau Teuluol wahaniaeth enfawr i fywydau 6 theulu.
- Dros yr haf aeth fan chwarae Mynediad Agored y Ganolfan Deuluol i 2 gymuned leol. Daeth 72 o deuluoedd ac roedd 56 ohonynt yn deuluoedd newydd, gyda rhai ohonynt bellach yn mynychu sesiynau Canolfan Deuluol RAY yn Aberaeron.
- Gwnaeth Mudiad Meithrin gynig dosbarthiadau Cymraeg (Clwb Cwtsh) i deuluoedd. Darparwyd creche am ddim.

Sesiynau a Ddarparwyd

• Sesiwn galw heibio Aros a Chwarae RAY • Sesiwn synhwyraidd i fabanod • Massage Babanod • Babbling Babies gyda'r tîm SAL • Grŵp Bwydo ar y Fron Nyth y Fron • Rhaglen magu plant 10-wythnos Cysylltiadau Teuluol • Merry Maker • Zumbini gyda Sam • Mas Tu Fas • Cymraeg i Blant - Mudiad Meithrin • Mini Movers • 'Clwb Cwtsh' Mudiad Meithrin - dosbarthiadau Cymraeg i rieni a gofalmwyr • Fan chwarae mynediad agored y Ganolfan Deuluol yn ymweld â'r gymuned - Llanrhystud a Llanon • Chwarae Blêr • Amser Stori • Clwb Babanod



"Mae pawb wedi bod yn wych, ry'n ni mor lwcus i gael RAY yn ein bywydau."

Canolfan Deuluol RAY Ceredigion

Trosolwg o'r flwyddyn

Mae blwyddyn arall wedi pasio, ac am flwyddyn brysur. Ar ddechrau'r flwyddyn, fe lwyddon ni i gynnig Zumbini i'n teuluoedd. Roedd yn gymaint o lwyddiant, gyda llawer o bobl yn mynychu a digon o dadau yn bresennol gyda'u rhai bach.

Dros wyliau'r Pasg fe wnaethon ni gynnal parti Pasg, gan gynnig llawer o gelf a chrefft, bwyd parti a helpa wyau Pasg. Cawsom hyd yn oed ymweliad gan y Gwningen Pasg.

Ar ôl hynny fe wnaethon ni gyflwyno ein sesiynau Amser Stori. Fe wnaethon ni fwynhau darllen llyfrau amrywiol,

defnyddio pypedau a hyd yn oed wneud ein propiau ein hunain. Roedd y Gryffalo yn llwyddiant mawr. Fe wnaethon ni gyflwyno sesiwn ar gyfer chwarae blêr yn unig. Cafwyd llawer o hwyl, digon o archwilio gweadau gwahanol gyda bwyd a thecstilau. Mae grŵp Cymorth Bwydo ar y Fron Nyth y Fron yn dal i fynd yn gryf gyda'n niferoedd yn cynyddu bob wythnos.

Mewn partneriaeth â Mudiad Meithrin, gwnaethom redeg Cymraeg i Blant a 'Chlwb Cwtsh'. Daeth llawer o bobl i'r sesiynau 'Clwb Cwtsh' gyda digon o rieni eisiau dysgu Cymraeg sylfaenol. Roedd y creche am ddim yn help mawr.

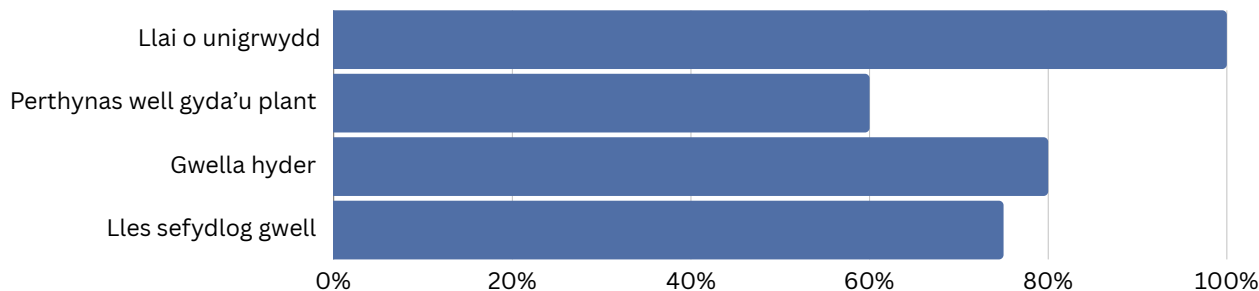
“

"Fel mam-gu dwi wrth fy modd yn dod â G. Mae'r ddau ohonon ni'n mwynhau, rydyn ni'n cael ein trochi yn yr iaith Gymraeg, gan gwrdd â ffrindiau newydd mewn amgylchedd cefnogol, cadarnhaol, hapus i'r ddau ohonom!"

”



Canlyniadau





Canolfan Deuluol St Paul

Rydym yn darparu amgylchedd cynnes a chroesawgar i deuluoedd a phlant hyd at 11 oed.

Uchafbwyntiau

- Cawsom ein dewis gan Gadeirydd Cyngor Sir Caerfyrddin fel un o dair elusen y flwyddyn i elwa o godi arian a rhoddion.
- Gwella ein hystafell chwarae trwy ddefnyddio lliwiau niwtral ac ychwanegu mwy o ddodrefn pren ac adnoddau. Rhoi amgylchedd tawel i blant a theuluoedd chwarae a dysgu.
- Gwnaeth plant a theuluoedd fwynhau triapiau a sesiynau mewn mannau gwyrdd lleol, ac fe wnaethom hefyd ymweld ag Ynys y Barri, Dinbych-y-pysgod, Sain Ffagan, Porthcawl a'r Gerddi Botaneg Cenedlaethol.

Sesiynau a Ddarparwyd

Coginio Gyda'n Gilydd ar gyfer plant a theuluoedd gyda'r Ymarferydd Cyn-Ysgol Iach a Hywel Dda.

Sesiynau Lluosi gyda Choleg Sir Gâr - gwnaeth rhieni wella eu sgiliau mathemateg drwy weithgareddau celf a chrefft.

Cynhelir sesiynau Cymraeg gan Clwb Cwtsh. Sesiynau ymgysylltu gyda Cymunedau am Waith+ lle cymerodd rhieni ran mewn gweithdai crefft a chyllidebu.

Grwpiau babanod a phlant bach. Aros a Chwarae, Massage Babanod, Iaith a



Chwarae. Storiâu gweithredol a chwarae yn yr awyr agored. Chwarae synhwyrdd/blêr/celf a chrefft. Teithiau a gwibdeithiau.

Chwarae a Dysgu, Rhaglenni Magu Plant a chyfleusterau crèche.

"Gwnaeth St Paul ganiatáu i mi gysylltu â rhieni eraill mewn sefyllfaoedd tebyg. Mae'n lle diogel i ni"

Canolfan Deuluol St Paul

Trosolwg o'r flwyddyn

Rydyn ni wedi cael blwyddyn brysur arall yn y Ganolfan Deuluol. Rydym wedi gweld cynnydd mawr yn nifer y bobl sy'n mynychu ein Grŵp Babanod ac mae staff wedi croesawu cyfanswm o 107 o deuluoedd newydd dros y 12 mis diwethaf. Mae gweithgareddau yn y grwpiau Babanod a Phlant Bach wedi rhoi cyfleoedd newydd i deuluoedd brofi chwarae synhwyrdd a blêr ac amser cân a stori wrth wneud ffrindiau newydd.

Rydym wedi addasu ein hardal awyr agored gan alluogi teuluoedd i gael mynediad i fannau awyr agored cysgodol, hyd yn oed mewn tywydd gwlyb ac oer. Mae hwn wedi bod yn ychwanegiad gwych.

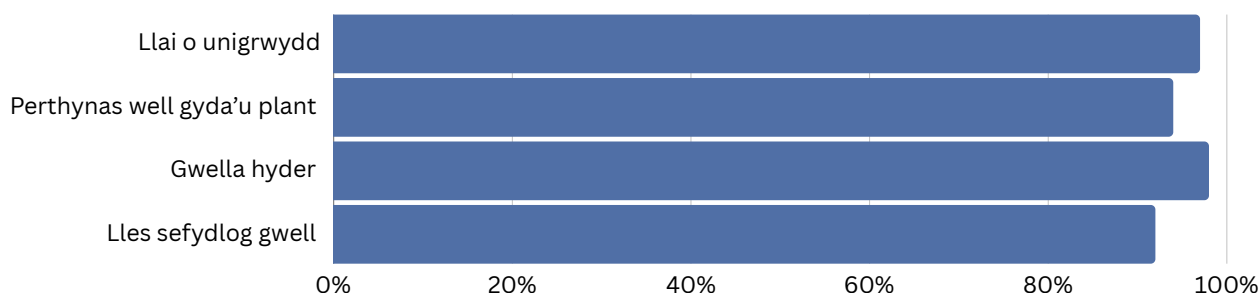
Rydym wedi cydweithio â sefydliadau a mynychu Pride Llanelli, Dathliadau'r Diwrnod Chwarae Cenedlaethol a esiynau Cymunedol yn Goods Shed Llanelli. Rydym wedi cyflwyno gweithgareddau ar y cyd gyda Dechrau'n Deg, Foothold, tîm Transforming Tyisha, Rhwydwaith Amlddiwylliannol Llanelli, Cymunedau am Waith +, Coleg Sir Gâr, Y Tîm Gwybodaeth i Deuluoedd, Gofal Plant a Chwarae, a Hywel Dda.

Rydym hefyd wedi gweithio mewn partneriaeth â Chanolfannau Teuluol Felin-foel a Morfa ac wedi cynnal Parti Nadolig llwyddiannus iawn. Rydym yn edrych 'mlaen at fwy o ddigwyddiadau ar y cyd.

“Mae St Paul yn ganolfan deuluol ddiogel, gartrefol a chroesawgar sy'n caniatáu i'm babi ffynnu gyda'i ffrindiau.”



Canlyniadau





Meithrinfa St Paul

Mae Meithrinfa St Paul yn rhaglen 'Dechrau'n Deg' sy'n darparu gofal i blant lleol rhwng 2 a 3 oed.

Uchafbwyntiau

- Gwnaethom sicrhau cyllid i adnewyddu ardal yr ardd, ac erbyn hyn mae gennym ddwy ystafell ddosbarth awyr agored a decin newydd.
- Sicrhawyd cyllid i weddnewid yr ystafell chwarae a'r adnoddau, sydd bellach ar thema natur fel yr argymhellir yng nghwricwlwm blynyddoedd cynnar Cymru.
- Adborth ardderchog gan rieni yn dangos eu gwerthfawrogiad a'u cefnogaeth i'r Feithrinfa ac yn tynnu sylw at faint mae eu plentyn/plant yn caru'r staff.

Sesiynau a Ddarparwyd

Rydym wedi dilyn canllawiau'r 'Cwricwlwm Newydd i Gymru ar gyfer Meithrinfeydd'. Helpodd hyn i sicrhau ein bod yn cynnig y ddarpariaeth orau posibl ar gyfer datblygiad plant o ran sgiliau allweddol, iechyd emosiynol, annibyniaeth a hunanhyder. Darparwyd gweithgareddau dan do ac awyr agored yn ddyddiol beth bynnag fo'r tywydd. Ymwelodd y plant â'r ysgol leol am bicnic. Gwnaeth hyn eu galluogi i bontio'n well i'r ysgol a'u helpu i gael profiadau cadarnhaol o'u hamgylchedd newydd. Roedd yr ymweliadau rheolaidd â'r maes chwarae yn boblogaidd, yn ogystal â



wasanaeth Cristingl y Ganolfan Deuluol. Gwnaeth teuluoedd hefyd fwynhau bod yn rhan o ddigwyddiadau haf y Ganolfan Deuluol.

“Rydw i wrth fy modd â'r amgylchedd grŵp bach' lle mae modd gofalu am fy merch yn iawn”

Meithrinfa St Paul

“

Mae'r staff yn rhoi croeso cynnes i ni gyd ac yn gofalu am fy mhlentyn fel pe bai'n un o'u plant nhw eu hunain.

”

Trosolwg o'r flwyddyn

Mae pob plentyn wedi defnyddio'r Rhaglen Geirfa Graidd ar argymhelliad Dechrau'n Deg. Caiff ei haddysgu gyda grwpiau bach o blant er mwyn datblygu sgiliau iaith - mae'n gweithio'n dda i annog lleferydd ac iaith y plant mewn amgylchedd hwyl, cymdeithasol. Roedd lleferydd pob plentyn wedi gwella erbyn iddyn nhw symud i'r ysgol.

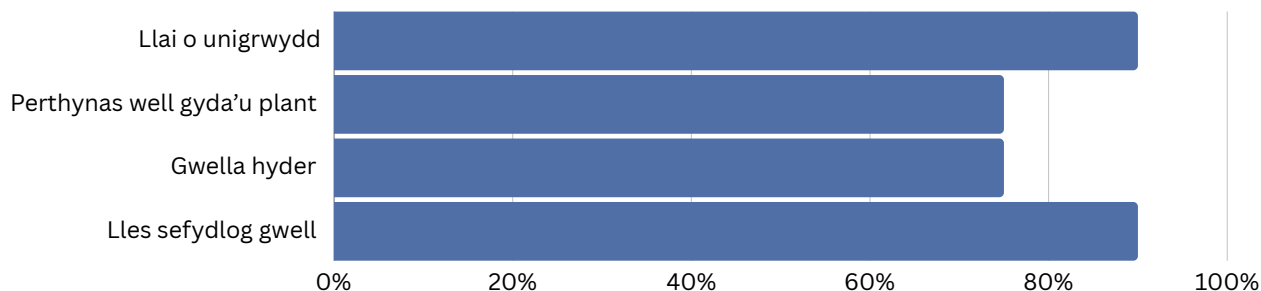
Mae staff wedi arsylwi ar blant, mae gan bob plentyn ei draciwr ei hun ac mae gwybodaeth yn cael ei chofnodi i helpu i sicrhau y gallwn gyflawni'r 'camau nesaf' yn eu datblygiad. Mae 90% o blant fel arfer yn cyrraedd eu canlyniadau disgwyledig - rydym wedi gweld mai'r plant sy'n dangos oedi wrth siarad a chyfathrebu yw'r rhai â phresenoldeb isel. Dros y flwyddyn



ddiwethaf roedd 10% yn is na'r canlyniadau disgwyledig. Anogwyd teuluoedd i gymryd rhan yng 'Ngrŵp Babanod' y Ganolfan Deuluol, a helpodd hyn y plant i ennill mwy o sgiliau cyfathrebu ac ymglyfarwyddo â'r lleoliad.

Mae'r staff wedi darparu amgylchedd gofalgarg, ysgogol a chyfeillgar ac wedi gweithio ochr yn ochr â phlant i gefnogi chwarae, dysgu a datblygu ar eu cyflymder eu hunain.

Canlyniadau





Canolfan Deuluol Tregaron

Mae Canolfan Deuluol Tregaron yn cynnig gwasanaeth mynediad agored anfeirniadol o ansawdd i ddatblygu sgiliau a meithrin gallu teuluoedd

Uchafbwyntiau

- Sicrhawyd 7 grant gyda Chronfa Gymunedol Ceredigion, Garfield Weston, y Grid Cenedlaethol, CAVO, Y Loteri Genedlaethol a Sefydliad Foyle.
- Gwelsom gynnydd yn nifer y bobl, gyda 21 o dadau/teidiau yn mynychu ein sesiynau eleni, sy'n wych.
- Cynhaliwyd gweithdai uwchsgilio i ddod â'r gymuned ynghyd a rhannu sgiliau a gwybodaeth gan roi'r cyfle i ni ddatblygu ac ehangu perthnasoedd cymunedol.

Sesiynau a Ddarparwyd

Cynhaliwyd cyfanswm o 162 sesiwn gan gefnogi 122 o deuluoedd. Sesiynau fel - laith a Chwarae, manau cynnes, gweithdai uwchsgilio, Plant Egniol, Zumbini/Zumba i blant, cwrs Cysylltiadau Teuluol, Little Stars, Aros a Chwarae, Stori a Rhigwm, Massage Babanod, Sesiynau Synhwyrdd i Fabanod, sesiynau celf a chrefft, chwarae yn y parc, teithiau picnic, teithiau fferm, Ysgol Goedwig, Chwarae Blêr, codi arian, partïon Nadolig a haf a diwrnodau chwarae. Bu'r holl sesiynau'n llwyddiannus iawn gyda llawer o deuluoedd yn eu mynychu i gyd.



"Achubiaeth i ni - yn mynd yr ail filltir i helpu, gan helpu fy iechyd meddwl a helpu'n ariannol drwy ddarparu gwasanaethau am ddim."

Canolfan Deuluol Tregaron

“

"Gwych! Fel rhywun sydd ddim yn wreiddiol o'r ardal mae wedi fy helpu i ddod i nabod mamau eraill a theimlo fy mod i'n cael fy nghefnogi."

”

Trosolwg o'r flwyddyn

Rydym wedi croesawu gwirfoddolwr newydd, sydd wedi bod yn gaffaeliad i'r tim.

Buom yn gweithio'n agos gyda Pathfinder gan ddarparu ystod o gyrsiau, fel Cysylltiadau Teuluol, Iaith a Chwarae, Little Stars, a Massage Babanod.

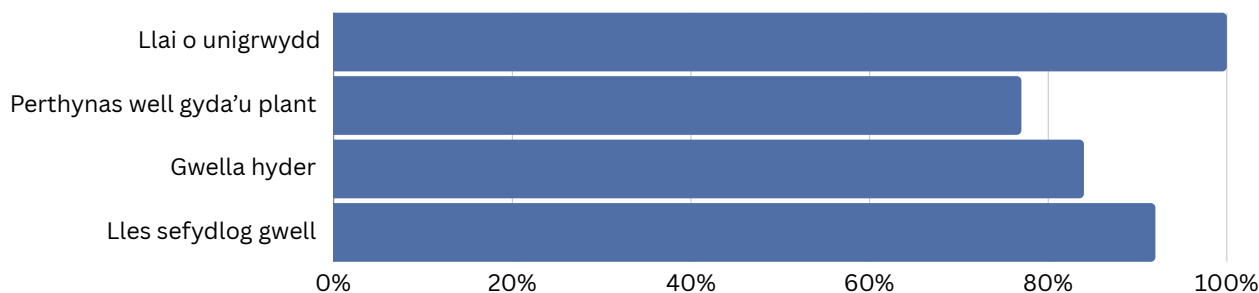
Cynhaliwyd sesiynau awyr agored i ddarparu profiadau gwahanol i'r teuluoedd a fynychodd, e.e. sesiynau Ysgol Goedwig, chwarae yn y parc, teithiau awyr agored.

Darparwyd cludiant ar gyfer teithiau oddi ar y safle i helpu teuluoedd nad oes ganddynt fynediad at drafnidiaeth.

Oherwydd y cyllid a sicrhawyd, bu'n bosibl i'n sesiynau Mannau Cynnes gario 'mlaen i'r teuluoedd a'r gymuned i helpu yn ystod yr argyfwng costau byw. Mae llawer o bobl wedi mynychu ers i ni ddechrau ym mis Tachwedd 2022. Dosbarthwyd bagiau llyfrau a pheccynnau chwaraeon. Cynhaliwyd gweithdai uwchsgilio gan ddod â'r gymuned at ei gilydd ac mae wedi rhoi cyfle i ni weithio gyda llawer o sefydliadau, busnesau a grwpiau lleol newydd.



Canlyniadau





Canolfan Deuluol y Tymbl

Darparu cymorth, cyfeillgarwch a gweithgareddau i deuluoedd â phlant 0-16 oed ledled Cwm Gwendraeth

Uchafbwyntiau

- Ehangu ein gwasanaethau i gynnwys clwb iau wythnosol i blant 9-11 oed.
- Cafodd teuluoedd drip haf gwych i Ynys y Barri - roedd yr haul yn tywynnu trwy'r dydd a chafodd pawb lawer o hwyl.
- Roedd ein diwrnod hwyl i'r teulu yn llwyddiant ysgubol, gan groesawu teuluoedd hen a newydd i'r ganolfan deuluol

Sesiynau a Ddarparwyd

Mae Canolfan Deuluol y Tymbl wedi cyflwyno sesiynau Bwmps a Babis, Aros a Chwarae, a Chwarae Synhwyrdd wythnosol. Darparwyd cefnogaeth a hwyluswyd ystod o weithgareddau chwarae i deuluoedd a'u plant cyn-ysgol yn rheolaidd. Ochr yn ochr â hyn, fe wnaethom hefyd ddechrau clwb iau ar ôl ysgol bob prynhawn dydd Mawrth yn ystod y tymor i blant 9-11 oed. Mae staff y ganolfan yn trefnu gemau, gweithgareddau chwarae, gwibdeithiau a sesiynau sgiliau i'r plant gymryd rhan ynddynt. Gwnaeth y plant fwynhau dysgu



CPR a chymorth cyntaf sylfaenol yn enwedig.

Eleni, trefnon ni deithiau i'r Gerddi Botaneg Cenedlaethol, Ynys y Barri a Llyn Llech Owain gyda'r teuluoedd i gyd yn cael amser gwych.

“Mae'r ganolfan mor gyfeillgar, fe wnes i drio grwpiau eraill, ond roeddwn i'n teimlo allan o le. Rydyn ni wrth ein bodd yn dod yma, fel ail gartref.”

”

Canolfan Deuluol y Tymbl

Trosolwg o'r flwyddyn

Mae'r flwyddyn ddiwethaf yma yng Nghanolfan Deuluol y Tymbl wedi bod yn un o hwyl, cyfeillgarwch a thwrf.

Gan weithio mewn partneriaeth â'r gymuned leol a sefydliadau rydym wedi datblygu grwpiau newydd, trefnu diwrnodau hwyl cymunedol a dechrau clwb ieuenctid iau newydd.

Mae'r ganolfan deuluol wedi setlo yn ei chartref newydd yng nghanol y gymuned ac yn parhau i weithio ochr yn ochr â'r cyngor cymuned i gynnig lle cynnes a diogel i deuluoedd lleol chwarae, dysgu a chael cymorth.

Mae ein teuluoedd wedi mwynhau sesiynau rheolaidd fel grwpiau chwarae plant bach, grwpiau babanod a chwarae synhwyrdd. Ochr yn ochr â'r rhain, rydym wedi cynnig gwibdeithiau, tripiâu a diwrnodau chwarae yn ystod gwyliau ysgol.

Mae ein darpariaeth ieuenctid newydd wedi bod yn boblogaidd iawn, ac rydym yn gyffrous i allu ehangu ein gwasanaeth i gynnig lle diogel i bobl ifanc leol wneud ffrindiau newydd, dysgu sgiliau newydd a datblygu eu hannibyniaeth.

Hoffem ddiolch i'n teuluoedd, gwirfoddolwyr a'r gymuned leol am eu cefnogaeth barhaus ac edrychwn ymlaen at y flwyddyn nesaf!

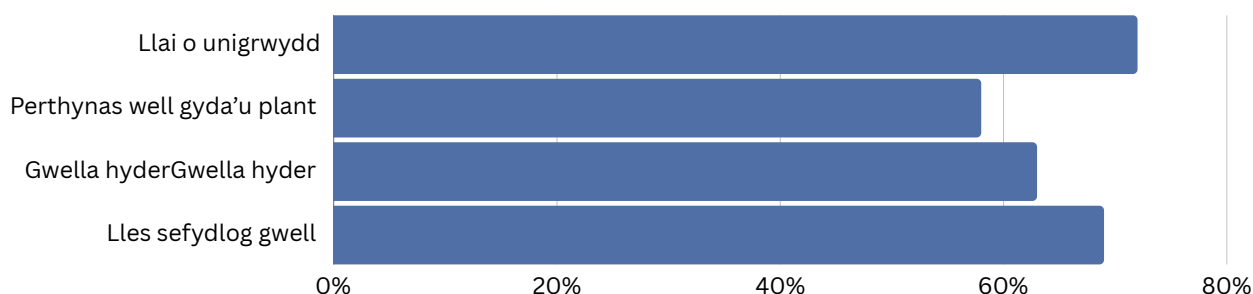
“

"Rydyn ni wedi cael cymaint o help, mae fy rhieni wedi marw, does neb arall. Dwi'n gwybod y galla i alw mewn neu anfon neges ac mae'r staff yno i mi."

”



Canlyniadau





Canolfan Deuluol Tŷ Hapus

Darparu cyfleoedd a phrofiadau gwerthfawr sy'n grymuso unigolion i wella eu bywydau a bywydau eu teuluoedd a'u cymuned.

Uchafbwyntiau

- Gwelwyd y Ganolfan Deuluol yn ffynnu gyda theuluoedd hen a newydd, a llawer o ffrindiau a rhwydweithiau cymorth cryf yn cael eu creu.
- Mae rhieni a phlant wedi ennill llawer o sgiliau, gwybodaeth a chefnogaeth o'r ystod o gyrsiau a gweithdai a gynigir trwy weithio mewn partneriaeth ag asiantaethau eraill.
- Creu amgylchedd meithringar sy'n meithrin hapusrwydd a thwf i blant a theuluoedd, gan eu galluogi i ffynnu yn y gweithgareddau a'r cyfleoedd a gynigiwn.

Sesiynau a Ddarparwyd

Trwy gydol y flwyddyn gwnaethom gynnig sesiynau rheolaidd fel grwpiau iaith a Chwarae i fabanod a phlant bach, chwarae awyr agored a theithiau cerdded, Aros a Chwarae, massage babanod ac ymweliadau bob pythefnos â chartref gofal lleol. Yn ogystal, rydym yn cynnig nifer o deithiau a diwrnodau hwyl gan gynnwys taith fws i Barc Gwledig Pen-bre, diwrnodau dathlu a phartïon a diwrnodau gweithgareddau yn y gymuned.

Fe wnaethom hefyd gysylltu ag asiantaethau eraill fel Dechrau'n Deg, Plant Dewi, Dysgu fel Teulu Sir



Gaerfyrddin, Cymunedau am Waith, Clwb Cwtsh, New2U, Cyngor Sir Caerfyrddin, Sero, Prosiect Lluosi, a Foothold Cymru i ddarparu amrywiaeth o sesiynau cefnogol, addysgol a hwyl i deuluoedd.

“Maen nhw'n cynnig cymaint o gyfleoedd hwyl ac addysgol i deuluoedd. Mynd i'r ganolfan yw uchafbwynt fy wythnos.”

Canolfan Deuluol Tŷ Hapus

Trosolwg o'r flwyddyn

Darparwyd ein grwpiau wythnosol i fabanod a phlant bach a sesiynau Aros a Chwarae dan do ac yn yr awyr agored ac roeddent yn cynnwys gweithgareddau addysgiadol hwyl a oedd yn cefnogi datblygiad cyffredinol, gwytnwch a sgiliau cymdeithasol plant, gan hefyd leihau unigedd a phryderon teuluoedd.

Dangosodd sylwadau ac adborth fod y plant wrth eu bodd â'r straeon a'r caneuon, a'r chwarae blêr a synhwyraidd, a bod teuluoedd yn gwerthfawrogi'r rhwydwaith cymdeithasol a grëwyd gan y ganolfan deuluol.

Fe wnaeth ymgynghoriadau â theuluoedd ein helpu i gydnabod bod llawer o deuluoedd yn dioddef mwy o orbryder oherwydd yr argyfwng

costau byw. Bu'n bosibl i ni eu cefnogi drwy drefnu cyrsiau a gweithdai amrywiol, mewn partneriaeth â sefydliadau eraill. Roedd hyn yn cynnwys; cwrs cyllidebu, gweithdai maeth a phrydau iach ar gyllideb, a sesiynau cymorth cyflogaeth. Fe wnaethon ni hefyd gynnig teithiau a diwrnodau hwyl am ddim, a chynnig rhoddion o ddillad, llyfrau, teganau, cewynnau a chynhyrchion mislif.

Gwnaethom dderbyn cyllid gan Plant Mewn Angen, Postcode Community Trust, Garfield Weston, TK Maxx a Homesense Foundation, Persimmon Homes, Tesco/Groundwork UK, Teuluoedd yn Gyntaf/Dechrau'n Deg a Ras y Maer.

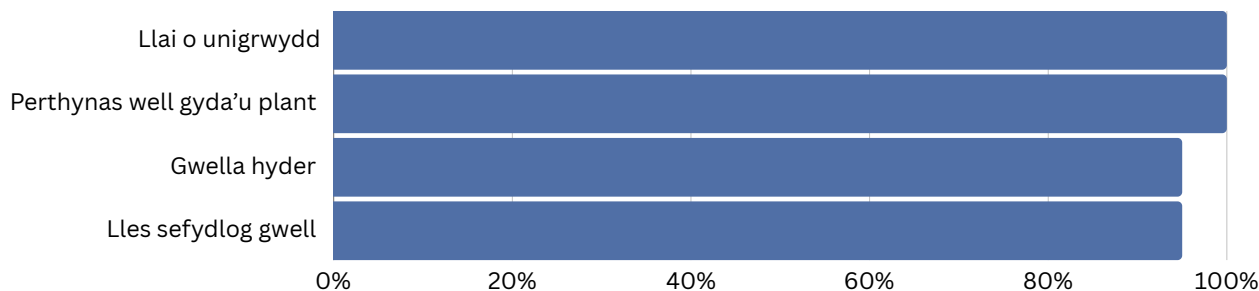
“

Roeddwn i'n teimlo'n unig ac yn bryderus, yn cael trafferth gydag iselder ôl-enedigol. Daeth y ganolfan deuluol yn achubiaeth i mi a fy mhlant.”

”



Canlyniadau



DIOLCH YN FAWR

Diolch yn fawr iawn i'r holl gyllidwyr sydd wedi cefnogi Plant Dewi a'r canolfannau teuluol yn ystod y flwyddyn. Rydym hefyd yn diolch i'n hymddiriedolwyr, staff, gwirfoddolwyr, sefydliadau partner a chefnogwyr ymroddedig sy'n ei gwneud hi'n bosibl estyn allan at gynifer o deuluoedd ledled Sir Gaerfyrddin, Sir Benfro a Cheredigion.



Cyngor Sir
CEREDIGION
County Council



2024-25

EDRYCH YMLAEN

Yn dilyn blwyddyn brysur arall o weithio yn y cymunedau sydd ein hangen fwyaf, edrychwn ymlaen at barhau â'n gwasanaethau hanfodol sy'n dod â theuluoedd ynghyd a datblygu'r rhain i sicrhau eu bod yn diwallu anghenion lleol. Rydym yn wynebu adeg o newid gyda mwy o alw ar wasanaethau a mwy o heriau wrth ddenu grantiau, fodd bynnag, byddwn yn parhau i weithio gyda'n comisiynwyr a'n cyrff cyllido gwerthfawr i adeiladu ar ein cynnig i deuluoedd ledled yr esgobaeth.

I ddysgu mwy ewch i'n gwefan.....

www.plantdewi.org.uk



www.plantdewi.org.uk/our-work/dads-project/



www.plantdewi.org.uk/our-work/young-parents-project/



www.plantdewi.org.uk/our-work/families-together-groups/



www.plantdewi.org.uk/our-work/baby-bundle-bank/



www.plantdewi.org.uk/our-work/family-centres/





PLANT DEWI

Lle Mae Teuluoedd yn Bwysig
Where Families Matter

Plant Dewi, 21 Stryd y Brenin, Caerfyrddin SA31 1BH.

Ffôn : 01267 221 551

Plant Dewi, 21 King Street, Carmarthen SA31 1BH.

Tel: 01267 2221551