PLANT DEWI

Lle Mae Teuluoedd yn Bwysig

Where Families Matter

ANNUAL REPORT 2025-2026

English

ADRODDIAD BLYNYDDOL 2025-2026

Cymraeg

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"At Plant Dewi, our vision is a future where all families in West Wales reach their full potential, live in thriving communities and raise happy, confident children."

PLANT DEWI

A MESSAGE FROM OUR MANAGER

It has been another exceptionally busy and productive year for Plant Dewi. Throughout 2025–2026, we have continued to support families across Carmarthenshire, Ceredigion and Pembrokeshire, responding to growing demand while remaining committed to ensuring that families have access to welcoming spaces, practical support and opportunities to connect with others.

During the year, 3,208 families accessed our groups and centres, involving 3,482 adults and 4,472 children. In addition, 289 Baby Bundles were distributed to families in need, providing essential items and helping to ease financial pressures for those experiencing hardship. These figures demonstrate both the scale of need within our communities and the vital role that Plant Dewi continues to play in supporting families across the Diocese of St Davids.

A significant achievement this year was securing a three-year grant of £398,078 from The National Lottery Community Fund's People and Places programme for our Carmarthenshire groups. We were delighted to celebrate this important milestone at a special event in Ammanford, where Ann Davies MP joined us as our guest of honour. This investment has enabled the development of three new Families



Together Groups, further extending our reach and impact. Plant Dewi now supports a total of 11 Families Together Groups across Carmarthenshire and Pembrokeshire, with an additional new group commissioned by Pembrokeshire County Council.

We were also pleased to be successful in the tender process for the Ceredigion Family Centre Network, securing the contract for at least a further two years. This provides stability for families and communities across the county and recognises the quality and effectiveness of the support delivered by our dedicated staff and volunteers.

The year has provided many opportunities to celebrate and showcase the work of Plant Dewi. In April, we were delighted to welcome Dawn Bowden MS to the Burry Port Family Centre, providing an opportunity to highlight the positive impact of our services on local families.
Fundraising and community engagement have also been important priorities this year. In May 2025, a team of staff, Diocesan Council for Social Responsibility members and supporters completed a 26-mile sponsored walk from Walton East to St Davids, raising much-needed funds and awareness for Plant Dewi.



Our annual Family Fun Day at the National Botanic Garden of Wales was once again a tremendous success, attracting hundreds of parents and children and generating extremely positive feedback.

Plant Dewi has continued to play an active role in the Diocese's Year of Children, Youth and Families, strengthening relationships with churches and increasing engagement in communities across the Diocese. These links are helping us build stronger partnerships and extend the reach of our work to even more families. We were also pleased to contribute activities for children and families as part of the Diocese of St Davids Freedom Festival at the end of the summer.

A particularly special occasion was the Plant Dewi service held at St David's Church, Abergwili, attended by the Bishop of St Davids. The service celebrated the achievements of Plant Dewi and recognised the tremendous contribution of staff, volunteers, trustees and supporters who have helped the organisation grow and flourish over the years.

We were also honoured to join colleagues at Tir Dewi in celebrating their tenth anniversary. The special Harvest Service held at Carmarthen Mart provided an opportunity to recognise a decade of valuable support and service to rural communities and to celebrate the close relationship between our organisations.



The festive season brought further opportunities to engage with our communities through the Bishop's Christmas event at Llys Esgob and a Christmas concert that welcomed people of all ages.

Through our Baby Bundle Christmas Appeal, we were also able to provide gifts to families who received Baby Bundles during December, helping to bring additional joy and support at a time when many households experience increased financial pressures.

The annual Carmarthen Support Group Coffee Morning, attended by the then Mayor of Carmarthen, Heledd ap Gwynfor, was another wonderful opportunity to celebrate community support and raise funds for our work.

This year also brought sadness to the Plant Dewi family with the passing of our dear friend and longstanding supporter, Sulwyn Thomas, in December 2025. Sulwyn was a passionate advocate for Plant Dewi and a valued supporter of our work for many years. His warmth, generosity and commitment to helping families will be remembered fondly by all who knew him. He is greatly missed, and we remain grateful for the contribution he made to the organisation and the communities we serve.

As with many organisations in the voluntary sector, we have faced challenges during the year. Recruitment has been particularly difficult for low-hours roles, and funding continues to be a significant concern, with rising operational costs and increasing demand for services occurring alongside reduced availability of grant funding. Despite these challenges, the commitment, resilience and creativity of our staff, volunteers and trustees have enabled us to continue delivering valuable support to families across our communities.

Plant Dewi – where families matter.

Catrin Eldred, Manager

Plant Dewi Dads Project

Highlights

Sessions at the plot have been great for me – they give me a reason to get out and forget my problems for a while'

- Our Polycrub build, from foundations to near completion - developing team building and practical skills with the dads.
- 'Dad & Me' fun is growing and reaching more junior schools in South Pembrokeshire with our afterschool sessions.
- 'Dr Bike' session at the plot supporting sustainable transport and sharing bike maintenance skills, keeping families on the move.

OVERVIEW OF THE YEAR

The Dads Project continues to encourage fathers to network and support one another through a range of activities based at our local base at Greenlinks CIC, working in partnership with local schools and supporting community activities and projects that benefit local people in Pembrokeshire.

We've offered a wide variety of activities this year including gardening, carpentry, welding, bike maintenance and DIY type skills to name a few. The learning, physical activities and socialising have supported the well-being of fathers.

Activities for fathers and children have continued to have a strong focus as we seek to offer opportunities for fathers with their children to have fun together and create memories.



Our main activity on the Growing Hope gardening plot has been to construct our robust polycarbonate polytunnel, the Polycrub, which is nearing completion. The structure will help mitigate some of our climate challenges. This will in turn support the provision of food to fathers and the foodbank as well as creating a great learning environment for years to come.

Young Parents' Project

Highlights

> *This group has been a lifeline. Before joining, I didn't have any friends.*

- It was so heartwarming and such a wonderful surprise to see so many young parents supporting the Plant Dewi lottery launch event.
- The increase in one-to-one referrals in Carmarthenshire highlights just how strong the need is locally.
- The change in young parent venue in Carmarthen and the increase in 1-1 referrals has led to improved and consistent attendance.

OVERVIEW OF THE YEAR

At the beginning of the year, the uncertainty around funding was a significant concern for the team. However, we were able to relax over the summer after receiving the fantastic news that our lottery application had been successful.

Since then, the project has gone from strength to strength in Carmarthenshire, with increasing numbers attending the Ammanford group and a steady rise in one-to-one referrals. Our two project workers have played a key role in this growth, working hard on outreach and providing young parents with the support they need.

Although the Carmarthen group was



initially slow to attract new families, relocating to a more suitable venue has made a clear difference, with young parents now engaging more readily.

Following consultation with the young parents, a wide range of activities has been delivered from craft sessions and mindfulness to language and play, cooking, baby massage and team-building. Most importantly, staff have been able to offer a listening ear when parents need to talk, providing support through challenging times.

Highlights

> *The group has made a big difference to our routine and given us something positive to attend.*

- Lottery funding enabled us to sustain Cwmgors and Crosshands Family Groups while launching three new groups countywide, expanding support and strengthening families across our communities.
- There are currently eleven Families Together Groups
- Family Group local organised events have allowed us to become better known in the community.

OVERVIEW OF THE YEAR

We started the year with some uncertainty about funding, but by summer we had fantastic news that we would have ongoing support for our groups, plus investment to grow into new areas. That vote of confidence has energised our team and communities, making 2025 a year to celebrate. It's been especially uplifting to see family participation rising across the counties, showing just how valued this support is.

During the year, eleven Family Groups were delivered across our communities. Groups in Tenby, Haverfordwest, Llandeilo and Newcastle Emlyn continued to operate with support from local authority funding. The groups in Pembroke Dock and The Mount were



sustained through funding from the Henry Smith Charity.

Thanks to our successful National Lottery bid, we were able not only to maintain provision in Cwmgors and Crosshands, but also to expand our reach by opening new groups in Brynaman, Llandovery and Whitland. This growth enabled us to bring sessions to even more families, strengthening support networks and increasing access to early-years and family-focused activities across the region.

Baby Bundle Bank

Highlights

> *I was so happy and the word I want to use is relieved.*

- Working in partnership with an upcycling group to ensure the project is well equipped, while promoting recycling, sustainability, and a healthier environment for local communities.
- Successfully secured two years of funding with the Masonic Foundation.
- Becoming part of the Baby Bundle Alliance has been hugely beneficial to the project. It has given staff valuable insight into other Baby Banks across the country, fostering shared expertise and helping to build stronger partnerships.

OVERVIEW OF THE YEAR

The Baby Bundle project had another productive year, with 289 bundles distributed to parents in need across three counties, including Gwaun Cae Gurwen.

After the closure of the Crosshands base, the project successfully relocated to the Plant Dewi office. This move has been highly beneficial, with the redesigned space improving workflow, supporting smoother delivery, and increasing the visibility of resources. As a result, public awareness has grown and referrals and donations have risen.

The project continues to rely on dedicated volunteers. Eight volunteers now support the service across the diocese: one in Pembrokeshire, one in Ceredigion, two in Newcastle Emlyn, and four at the Carmarthen base. Their commitment ensures families receive timely and compassionate support while helping the project respond to increasing demand.



Staff and professionals have also worked collaboratively throughout the year, sharing information and coordinating support. This strong teamwork ensures families receive consistent, high-quality care when they need it most.

Betws Family Centre 'Ty Tyfu'

Highlights

> *"Somewhere I can turn up looking a mess and feeling my worst but still feel supported and welcomed."*

- The centre provides a trusted, welcoming community where children learn through play, families access support, build friendships, reduce isolation and grow together.
- Seasonal events include Easter, Summer and Christmas activities, bringing families together to celebrate and reducing social isolation through shared experiences.
- Ongoing food support, lunch clubs and practical help for families, is helping to reduce pressure from the cost of living and improve wellbeing locally.

OVERVIEW OF THE YEAR

We have continued to provide vital support to families in Betws and surrounding areas. Throughout the year, we delivered a consistent programme of weekly sessions for babies, toddlers and parents and holiday provision for families. These activities have provided safe, welcoming spaces where children can learn and develop, while parents and carers build confidence and connections with others.

We have focused on reducing social isolation, improving wellbeing and ensuring families could access affordable opportunities to learn, play and connect. Our lunch club and family activities help bring people together while promoting healthy lifestyles and positive relationships. We also provided practical support to



families experiencing financial pressures through signposting, surplus food distribution and free activities.

Partnership working is a key strength, enabling us to offer a programme of support and maximise opportunities for families. Volunteers played an essential role in the success of the centre, contributing their time, skills and enthusiasm. Despite ongoing challenges facing many families, the centre remained a welcoming, trusted space where families felt supported, connected and empowered.

Highlights

My little one has come out of her shell so much. She's made friends, built confidence and always leaves smiling

- Our creative, intergenerational, nature-based art activity was enjoyed by some 20 families.
- 45 families enjoyed coming to see Santa in his grotto. We included an ALN time too which was very popular.
- Amazing, busy and popular fun day....huge support from volunteers to make it happen.

OVERVIEW OF THE YEAR

It's been another busy year at Borth Family Centre. We have spent a lot of time at our nature hub "Ynyslas" enjoying nature activities, crafts, bug hunts, nature walks and storytime.

Our Lego Club, which focused on emotional support has gone from strength to strength and we now incorporate outside activities as well as some cooking – all themed around Lego.

We have been able to support our families weekly with Borth Actif, Outdoor Play, Little Lunch Club and Bumps & Babies. We have also been able to run a successful Family Links Course – helping strengthen parenting skills and family



wellbeing, as well as Baby Massage, which helps with attachment and bonding.

Our special events are always much appreciated in the community from Fun Days to Santa's Grotto, and Preloved Clothes and Toy events.

So many of our activities are supported by our volunteers. We are so grateful for their support, without whom we wouldn't be able to run the number and variety of sessions for our families.

Burry Port Family Centre

Highlights

> *I love my time at the sessions, the support is amazing from other mums and the wonderful staff*

- Partnership working with Midwives, 37 mothers-to-be and 8 partners had the opportunity to access support in their community
- Pobl funding supported 56 families to visit Cardiff Museum to visit the "Tom Bones" Mammoth and St Fagans, learning lots about our heritage
- Community Cookery Workshops supported 20 families to cook with fresh ingredients and learn to use air fryers

OVERVIEW OF THE YEAR

Continued to build on the foundations of becoming a whole community support, relocated the Kidwelly group to the Parish Rooms. Phoenix Garden Services donated vegetable and flower plants for our community space, supporting families to understand where our food comes from. Families had the opportunity to attend the Plant Dewi National Botanic Gardens event, which was a wonderful day. Working with the Men's Shed has provided us with fruit trees in our community space, Asda Foundation funded the project. We proactively sought and secured funding for project work and core costs and launched a Creative Corner afterschool session, and supported homeschooled children.



Building on our partnership working, we collaborated with Flying Start and Threshold on courses, facilitated space for local ALN Co-ordinators, Child Psychologists and CAMHS. Re-gifting events were held, which sustainably passed on clothing, toys and equipment. We continue to be part of the Carmarthenshire Family Centre Network ensuring best practice for the families and communities we support. We delivered trips, days out and much more, creating positive memories in so many ways.

Felinfoel Family Centre

Highlights

"A place of calm. The staff are ready to support everyone. Thank you for everything you have done for me"

- We continue to work together collaboratively with St Pauls and Morfa Family Centres - opening up new and exciting opportunities for the Family Centre and its families.
- A lovely Christmas Tree lights event for families was made possible through working together with the Meithrin, ICC staff, Primary School and local councillors.
- The Coordinator trained in Trauma Informed Practice – both validating and challenging our way of working - with new opportunities to turn learning into practice.

OVERVIEW OF THE YEAR

This year has been another busy year of endeavouring to provide as many positive experiences and opportunities as possible to allow families to connect and thrive.

As well as our busy drop in sessions which include: a weekly Baby Group which runs alongside a Health Visitor Clinic and focuses on supporting the bond between parent and child; bi-weekly toddler groups offering connection and development supporting activities and a weekly family fun club where families meet after school for socialising, play and a homecooked meal, the family centre has offered various special events and outings. These include a special VE day celebration, visits from some special



animals, a giant community advent calendar and trips to beaches, play areas and parks.

Parents have continued to come together to form friendships and learn new skills with workshops and courses in cooking, crafts, budgeting and even nail art.

We look forward to continuing to provide this connected community of families that helps so much with isolation and the wellbeing of both parent and child.

Garnant Family Centre 'Tots Ty Ni'

Highlights

> *Got me out of the house, helped me make new friends and helped me with my social anxiety.*

- We took part in a Narnia Festival, at a local event, where we provided crafts, with other organisations to help give a free Christmas experience, to families in the local community.
- We created lots of bubbles to our own mixture, which were popular both at outreach events and during summer activities at the Family Centre.
- Garnant Family Centre celebrated their 25th Anniversary by putting on lots of different activities for families. The children particularly enjoyed the circus skills.

OVERVIEW OF THE YEAR

2025-2026 has been a busy time for Garant Family Centre's 25-year Anniversary year. Our holiday activities included a range of fun and engaging physical play opportunities for children and families. The hall was filled with balancing boards, large spinning tops, blocks and tyres. Children enjoyed rolling the tyres across the floor, building towers and creating their own imaginative play experiences. In October, we also ran a Pumpkin Trail event. Despite wet weather, families enjoyed taking part in the trail and sharing baked potatoes together afterwards. We've done outreach events at different venues with other organisations over the Summer Holidays. where we provided free activities. Our



regular sessions have continued with Baby Massage, Bumps to Babies. At our Toddler and Baby Group Awel Aman Tawe attended, giving energy advice and support and during our Toddlers Garden Group, we've had cooking sessions with Foothold. A member of staff has provided Welsh language learning opportunities for families, while other staff members have delivered crèche provision to support the parents' participation in this session.

Jig-so Childrens Centre

Highlights

> *"The staff are amazing and they are the reason the sessions run so smoothly and everyone has fun "*

- Jig-So Out of School Summer activities. We supported over 400 families across the three counties in summer 2025 alone.
- Food Projects – Jig-So has been able to provide families with much needed support with food. We have provided food completely free of charge throughout the year in most of our sessions and families report this has helped with the cost and stress of providing food for their families.
- Events were held for Easter, Summer party, Halloween and Christmas. Our seasonal parties are a huge hit and a chance for the community to come together and celebrate.

OVERVIEW OF THE YEAR

During the 2025–2026 financial year, Jig-So Children's Centre kept things busy, fun and welcoming for families across the area. We continued to run our regular term-time drop-in play sessions for children aged 0–14, including Amser Chwarae at the centre on Tuesdays, our lively After School session at Bethania Chapel, and the Llechryd Chat and Play group delivered with Flying Start on Thursdays. These sessions gave children plenty of space to play, explore and make friends, while parents had a chance to connect and feel supported.

During the school holidays, we took play out into the community with our outreach sessions, offering families free, creative



activities in local venues. We also ran a range of hands-on courses for parents, from cooking workshops to woodworking and arts and crafts, helping build confidence and practical skills.

A real highlight this year was having a dedicated Volunteer Coordinator from July to December. Thanks to this support, we welcomed and retained ten brilliant volunteers who now play an important role in both centre-based and outreach sessions, adding energy, ideas and extra pairs of hands.

Lampeter Family Centre

> *Meeting other mums. My little one learning social skills with others her age. The lunch club is brilliant too.*

Highlights

- We successfully launched our Craft Café, where members of the community came together to enjoy crafts and share lunch.
- Work has begun on our garden, creating a space where we can grow herbs and vegetables together, with plans to incorporate our geodome.
- We have partnered with staff at Longwood Forest to deliver sessions throughout the year at both Longwood and the Family Centre.

OVERVIEW OF THE YEAR

Another busy and successful year at the centre saw the launch of our Creative Café sessions in partnership with Arts 4 Wellbeing. These sessions welcomed people of all ages from the local community, external agencies, and even visiting priests from Nigeria.

It was wonderful to see participants build new intergenerational relationships while learning craft skills, exploring their creativity, and trying new activities. Each week, everyone came together to enjoy a delicious lunch, creating opportunities for conversation, friendship, and a stronger sense of community.

When the weather allowed, we spent time in the garden building a geodome and developing our outdoor space. During visits to Longwood Forest, we created wooden planters in preparation for our edible garden project, which we look forward to continuing in the coming months.



We also enjoyed several memorable day trips, including visits to Cardigan Island Farm and the Botanical Gardens, giving participants the chance to learn, socialise, and enjoy new experiences together.

Llandysul Family Centre

Highlights

Attending groups is great for my mood which makes you feel more able to cope with day to day challenges.

- Families have enjoyed trips to Llanerchaeron, National Woollen Museum, and Cardigan Island Farm Park
- We have held popular creative sessions with Arts4Wellbeing and cooking sessions with Ein Cegin
- Families have benefitted from parenting courses including GroBrain and Family Links in collaboration with Flying Start.

OVERVIEW OF THE YEAR

It has been another busy year in Llandysul supporting a wide range of families across the community.

Through Spring and Summer we have continued to develop our outdoor activities with our weekly 'Play and Explore' sessions in the park, developing and strengthening families confidence and resilience to explore outdoor sensory and nature based activities with their children. We have made trips to Llanerchaeron, the National Woollen Museum and Cardigan Island Farm Park and were able to provide transport to families who needed it.

Families enjoyed taking part in Llandysul Carnival and RAY play day and have enjoyed making use of the family centre pass to the National Botanic Gardens.



Throughout the year we have held sessions with Arts4Welbeing and Ein Cegin Heritage Project.

Music and Movement and Zumbini sessions have continued at the Cricket Pavilion

We have worked together with Flying Start and local midwives to facilitate parenting and antenatal courses including GroBrain, Family Links and Preparation for Parenthood, helping to strengthen parenting skills and wellbeing.

Llanybydder Family Centre

Highlights

> *Always supportive and accepting of additional needs and emotional needs. Creates an inclusive and accepting culture at the centre .*

- Picnic yn y Parc summer event with Menter Sir Gar and Llanybydder Rugby Club attracted families for games, entertainment, stalls and community activities.
- Santes Dwynwen celebration with entertainer Lowri Sion, welcoming Llanybydder school foundation phase children, strengthening community links and encouraging Welsh-language participation.
- Pizza-making at the Welsh House, Carmarthen, where families met Wynne Evans and saw his MasterChef trophy, creating memorable experiences and confidence-building opportunities together.

OVERVIEW OF THE YEAR

Throughout 2025/26, Canolfan Deuluol Llanybydder Family Centre delivered a wide variety of activities supporting local families, children and the wider community. Weekly sessions included Stay & Play, Baby & Toddler Groups, Cylch Ti a Fi, Amser Chwarae, Big Sky, Cymraeg i Blant, Baby Massage, Tiny Talkers and Babbling Babies. Partnership working remained an important focus, with sessions delivered alongside organisations including Actif-i-ti, Ceredigion County Council, Plant Dewi and St John Ambulance.

Families benefited from trips, seasonal celebrations and community events designed to reduce isolation, improve wellbeing and strengthen relationships.



Activities included visits to Cardigan Island Farm Park, Llanerchaeron, Cors Caron Nature Reserve and Krazy Horses, alongside local events such as Llanybydder Carnival and community fun days. Intergenerational activities with Alltymynydd Nursing Home encouraged meaningful connections between children and older residents.

The year also saw continued support for Welsh language development and school transition, helping families build confidence, friendships and stronger community connections in a welcoming and inclusive environment.

Morfa Family Centre

Highlights

"The centre has been a massive support to my mental health, staff engaging and friendly! I'm glad I started coming.."

- Community visits, including trips to the Botanic Gardens, Y Ffwrnes and Pembrey Country Park, strengthened connections, with positive feedback and a stronger sense of community among families.
- Stay and Play Lunch Club offered free, child-led indoor and outdoor activities, giving children opportunities to explore while adults socialise and bond. Cooking Packs were supplied to provide a nutritious family meal weekly.
- Partnership with Actif Llanelli and neighbouring centres delivered fun physical activities. Outreach Project collaboration continued with St Pauls and Felinfoel Family Centres.

OVERVIEW OF THE YEAR

This year has provided a wide range of valuable opportunities for families within our community. Weekly baby groups supported new parents to connect, while Stay and Play Lunch Club sessions encouraged free play, social interaction and shared experiences. Cooking packs and wellbeing sessions, supported families with creativity, relaxation and managing the cost of living.

We worked in partnership with Actif Llanelli to deliver engaging activities and collaborative play sessions with neighbouring centres. Families also enjoyed trips to the National Botanic Gardens of Wales. Seasonal events such as the Summer



BBQ, Sports Day, Santa visit, Christmas Toy Swap with Tiny Tots Town Llanelli, and a panto trip to Y Ffwrnes, brought families together in celebration.

Additional activities included storytelling, messy play, sensory sessions including a sound bath experience led by Leanne Sound Bath Swansea. We are grateful for the continued funding support, which has enabled us to deliver inclusive, enriching experiences and improve wellbeing, confidence and family relationships.

RAY Ceredigion Family Centre

Highlights

> *Enjoy coming, great for the kids and us mums to meet and have a catch up. Loving that there is lunch provided*

- This year we have taken part the Healthy and Sustainable Pre-Schools Scheme, Working with our practitioner, to ensure our centre meets all their criteria
- We have had a very successful Parenting Nurture programme, Family Links, with 90% of the attendees completing the sessions
- Some of our families travel over 10 miles to attend our sessions at the centre

OVERVIEW OF THE YEAR

What a year we had this year!

We manage to offer plenty of different session for our ever-growing families at the centre. This included 2 fabulous trips. One to Cardigan Island Farm Park and the other to the Botanic Gardens. These outings have offered families two incredible opportunities to make ever-lasting memories without the stress of the financial strain. These experiences have been a breath of fresh air.

Over the summer we were offering some Open Access Community Play Van sessions in Llanrhystud and Llanon. Rain or shine we were there supporting the children's creativity, movement and social connections.



Throughout the year we have worked in partnership with various organisations from, Ceredigion Actif to Hywel Dda Public Health Team.

Alongside our fabulous staff we have had some amazing volunteers. Each come with their own attributes.

St Pauls Family Centre

Highlights

> *I can't speak highly enough of the Family Centre and the benefits it's had on my child and me*

- Our successful weekly Additional Learning Needs support group, "Wiggles & Giggles", provides support, play opportunities, and guidance for children and families.
- "Painting with Jules" fundraising events for adults, promoting community engagement, wellbeing, and raising funds to support family centre activities.
- Strengthened partnership working with Bigyn Primary School through weekly drop-in sessions held in the school nursery. Engaging with local families who do not currently access the family centre to attend our stay & Play activities

OVERVIEW OF THE YEAR



Throughout the year, we have worked in partnership with Felinfoel and Morfa Family Centres to deliver a variety of activities and support sessions for local families. These have included joint family trips, outreach activities, and cost of living workshops. We have also attended several community engagement events alongside a range of partner organisations, including the Transforming Tyisha Team.

Families have had opportunities to participate in a range of pre-school activities, including Tap, Tap & Chat, Baby Massage, and weekly lunch clubs, helping to reduce isolation and build supportive relationships within the community.

During the summer holidays, we successfully accessed the Nourish the Nation grant, enabling us to enhance our six-week holiday programme. Families enjoyed trips and outings with lunch packs, a six-week Cooking Together course, a Family Sports Day, and an End of Summer BBQ.

Families also joined in with Christmas celebrations, including our annual Christingle Service, children's party, and Llanelli Christmas Carnival. The new year saw the successful launch of our Additional Learning Needs support group, Wiggles & Giggles.

St Pauls Nursery

Highlights

Staff are supportive, dedicated and compassionate. My Daughter's confidence, curiosity and love for learning has flourished.

- Following our Care Inspectorate Wales inspection, we achieved Excellent in Children's Wellbeing and Leadership & Management, and Good in Environment and Care & Development.
- Through a successful Early Years & Childcare Capital Grant application, we replaced old wooden windows and doors throughout the building.
- We purchased a 6-seater buggy through the Flying Start Childcare Provider Fund, enabling staff and children to spend more time outdoors in the local community.

OVERVIEW OF THE YEAR

Throughout the year, we have continued to develop and enhance both our indoor and outdoor learning environments to support children's wellbeing, creativity, and development. Staff created a dedicated role play area within the lounge, introducing a new theme each term including a hospital, ice cream shop, and hairdressers. These experiences have encouraged imaginative play, communication, and social interaction.

The outdoor area has also been significantly improved with the addition of a larger mud kitchen area, providing children with more space to explore water, soil, pots, pans, and natural materials through sensory and exploratory play.



By purchasing the buggy, which the children know as the "St Paul's Bus", we have been able to visit the local park and school, nearby Home Bargains, the Post Office, and local green spaces. This has opened up new opportunities for children to explore and develop a sense of belonging within their community.

Tregaron Family Centre

Highlights

> *"It's so nice here, I always feel looked after when I come and I don't need to worry about anything."*

- Our hugely popular inter-generational warm spaces, served an incredible 1013 meals during the year and are now also attended by health visitor on a regular basis.
- Our very well attended Story/Rhyme Time and Sensory Play sessions, gave families opportunities and ideas to help support their children's speech and language development.
- Provided a variety of active sessions encouraging movement, physical and cognitive development and holistic family wellbeing including active play sessions, forest school, circus play day and zumbini.

OVERVIEW OF THE YEAR

We supported a large number of families throughout the year, including Dads and grandparents, creating a welcoming and friendly environment for all.

Supported by our dedicated volunteers, we provided a consistent and continuous service despite many staff changes during the year.

Warm Spaces continues to be hugely popular bring together families and the wider community to enjoy a free and nutritious meal.

We held sessions in a local residential home, building strong community connections.

Provided a vast array of activities to suit all ages throughout term time and school holidays. We enjoyed a fantastic summer party attended by 89 people including First Minister Eluned Morgan.



We welcomed many first-time mums in baby massage and sensory sessions. These have been very successful and are lovely way to introduce new parents to the centre.

The Health Visitor now attends our Stay and Play/Warm Spaces sessions every month so families have benefited from being able to freely access advice and support. Families have also developed new skills from attending a fully booked Babbling Babies course.

Tumble Family Centre

Highlights

> *I didn't leave the house after he was born, the groups have been a lifesaver*

- Securing capital funding to redevelop Dewi Sant Church Hall and create a new permanent home for the family centre
- Increasing our capacity to provide more sessions and activities for the families, children and young people in our community
- Participating in community events across the Gwendraeth Valley

OVERVIEW OF THE YEAR



2025/26 has been another positive and productive year for Tumble Family Centre. We have continued to provide a welcoming, inclusive space where children, young people and families can access support, play opportunities and community connections. Throughout the year we delivered a range of early years sessions, family activities, junior club provision, holiday programmes and community events. Our services helped families reduce isolation, build confidence, improve wellbeing and develop stronger relationships. We continued to work closely with local schools, health professionals, Plant Dewi and other community partners to ensure families could access the support they need. A significant achievement this year has been securing funding towards the redevelopment of Dewi Sant Church Hall. This project will create a modern, accessible community facility that will enable us to expand our services and ensure long-term sustainability for the organisation. We remain committed to supporting families across our community and look forward to building on this success in the coming year.

Ty Hapus Family Centre

Highlights

"A warm, welcoming space and supportive, informative groups with great activities and healthy snacks. Especially beneficial during the cost-of-living crisis."

- We celebrated the Family Centre's 30th anniversary with a party, bringing together past and present families, staff, volunteers and trustees.
- We renovated an outdoor area into an educational nature and wellbeing space, creating new opportunities for outdoor learning, play and wellbeing.
- We reduced barriers to participation through subsidised trips, events and transport, enabling more families to access enriching experiences and support.

OVERVIEW OF THE YEAR

The Family Centre continued to provide a welcoming and supportive environment for local families. Through regular sessions, activities and targeted support, families were able to reduce isolation, improve wellbeing, build confidence and skills, and strengthen relationships. Children and families accessed opportunities for social interaction, outdoor and well-being experiences, creative activities and learning through play, in a safe and inclusive setting.

Families enjoyed a variety of trips, seasonal events and community activities, including visits to parks, the Wetland Centre, Botanic Gardens, farms, beaches and local attractions. Minibus transport enabled more families to participate, helping to reduce barriers caused by limited transport and financial pressures.



Partnership working remained central to our approach, enabling families to access practical workshops, specialist services and additional support when needed.

Staff completed various training in physical literacy, understanding poverty, children's rights, manual handling and sensory processing.

We're incredibly grateful to our funders: Families First/Flying Start, the Masonic Charitable Foundation, Postcode Community Trust, Garfield Weston Foundation, Community Fund Wales and the GBI Fund.

SESSIONS


Forest School Sessions
Me AfterSchool
La Leche League Breastfeeding Group
Bumps and Babies
Role Play
One Heart Drummers
Lap
Tiny Talkers
Pancakes and Play
Well-being
Play and Explore
Take Away Veggie Dinner
Christmas Celebrations with Christingle Service
Little Explorers
Catch Up Pirate Funday
Animal Cwtch
Creative Café
River Picnic Betws Park
After School Club
Trip to Cardiff Museum
Food Redistribution
Cooking Packs
Stay
Drop In Cook and Play
Play
Trips
Pop-up Dre Twt
Role Play
Arts Wellbeing
Weekly Fareshare
Woodland Play Day
Stay and Play At The Baptist Church
Siarad a Paned
Easter Crafts and Cooking Session
Crafts
Borth Actif
Cuppa
Uv Disco
Gardening Sessions
Christmas Party
Ray Play Day
Christmas Disco
Trips
Stay and Play
Cinema
Amser Chwarae
Christmas Photoshoot Day
Nutrition and Wellbeing Sessions
Ben Lane Visit
PLANT DEWI
Cuppa Craft and Chat
Toy Exchange
Scheme
Whatsapp Groups
Sensory Play
Community Support Sessions
Toddler Garden Group
Science Funday
Clwb Cwtch
Tap Tap and Chat
Cuppa and Chat
Santa Sessions
Play Day
Family Links
Cook and Play Session Filmed For Bwyd Sir Gar
Food Network
Dre Twt
Family Fun Day
Yr Ardd
Pudsey Bear Visit
Drop In At Centre
Seasonal Crafts
Peek-a-Boo Course With Fs Parenting Team
Dinosaur Funday
Big Sky
Lunch Club
Crafts
Folly Farm Trip
Toddler Group
Llyn Llech Owain Picnic and Bug Hunt
Family Fun Club
Language and Play
Christmas Carolling Annwyl Fan
Bright Stars
Bumps To Babies
Trip To Botanic Garden
Paint With Sian
Baby Outdoor Play
Workshops Slot
Joint With Garnant Fc
Toddler Stay
Grobrain
Sing and Play At Annwyl Fan Care Home
Play
Messy Play
Mountain View Ranch Trip
Mark Making
Baby Yoga
Cinema Trips
Zumbini
Garden
Holiday Sessions
Cardigan Island Farm Park
Energy Advice
Lego Club
Story Telling
Christmas Canvasses
Warm Spaces
Buggies and Boots
Room On Broom Fun Day
Baby Massage
Moo Music
Cylch Ti A Fi
Lap
Baby Group
Arts
Dad

OUTCOMES

"I cannot fault this service, I've never experienced such fantastic, nuanced, welcoming, and holistic support work. Defend them with your lives."

I can't thank the team enough for their great care, encouragement and wonderful memories they have given us as a family.

Staff make us feel comfortable, they are non-judgemental, trustworthy and genuinely listen.

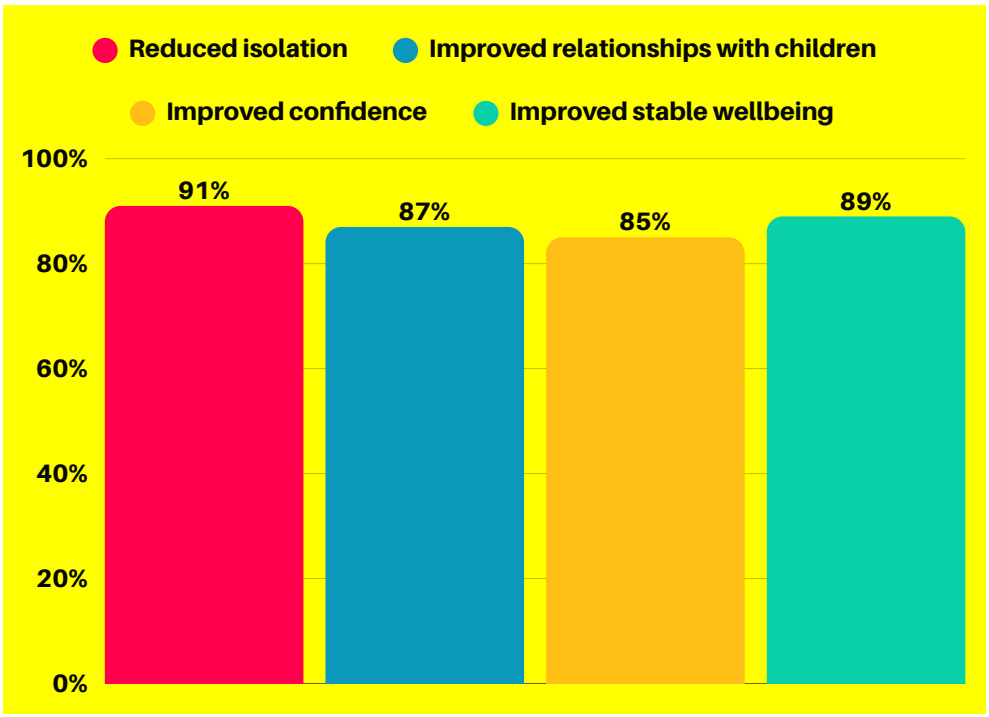
"The baby group supports crucial parent-child relationships."

"The support from the group helps you feel less lonely and anxious."

The parenting group I attended earlier in the year gave me useful tools (such as breathing exercises) which are handy

A safe place to visit and meet others, it's like the village that help your children grow up.

'Great to have sessions planned for me and my children – we had a great time, and my child keeps asking about the next session'



"Thank you you made such a difference when we came to group. We know as new parents we are not alone."

'The kids love participating in cooking, and it's fantastic to see them exploring new flavors and textures.'

Staff have been a super stars. Always so welcoming and no judgment whatsoever. Made me feel like I wasn't doing a bad job

"confidence building, friendship building, bringing the families and the community together"

The staff are amazing and just knowing support was there made me feel so much better

The staff are so supportive and genuinely care about our family.

The open day was lovely, I really enjoyed craft with my children, the food was yummy too

"I didn't even know this even existed, very pleased to have found this little haven".

Walking into a Jigso session meant walking into a room full of friends who supported each other non conditionally. Also the staff just seemed to know exactly what you needed. Whether it was a cuppa, some advice or just a moment to vent. Thankyou xx

I like coming to play with my friends after school and I love the tuck shop

The staff are amazing, I feel so welcomed and I'm normally very nervous but feel so relaxed and calm here

"I would never have thought my children would enjoy a museum we had the best day, thank you "

Gave me a break in routine. My day is happier since starting which makes him happier. I'm now more comfortable socialising.

PHOTOS






Hinduism
Sikhism











Canolfan Deuluol Y Tymbl
Tumble Family Centre
Canolfan Deuluol Y Tymbl
Tumble Family Centre


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.

Teuluoedd yn Gyntaf
Families First

Garfield Weston
FOUNDATION

EGIN
Cefnogi cymunedau i daclo newid hinsawdd
Supporting communities to tackle climate change

Dechrau'n Deg
Flying Start

Mothers' UNION
Christian care for families

Cenhadaeth Ffydd Llawenydd
Mission Faith Joy

Baby Bank Alliance.

Freemasons' Charity

Supported by players of People's Postcode Lottery
Awarded funds from Postcode Community Trust

TESCO

Cyngor Sir Ceredigion County Council

Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi
WCVA CGGC
Ariennir gan Lywodraeth Cymru Funded by Welsh Government
Landfill Disposals Tax Communities Scheme

Cyngor Sir Gâr Carmarthenshire County Council

CRONFA GYMUNEDOL COMMUNITY FUND

Community Foundation Wales

Cyngor Sir Penfro - Pembrokeshire County Council

The Henry Smith Charity
founded in 1628

2026-27

LOOKING FORWARD

Looking ahead, we remain ambitious and optimistic. Over the coming year, we will continue to enhance our use of the Views database to better capture and evidence our impact. We will also recruit a Volunteer Coordinator through funding from the WCVA Volunteering Wales grant, strengthening volunteer recruitment, training and retention across the organisation.

In addition, planning will begin for Plant Dewi's 25th anniversary in 2027, providing an exciting opportunity to celebrate the achievements of the past quarter century while implementing our Fundraising Strategy and looking confidently towards the future.
On behalf of everyone at Plant Dewi, we would like to thank our staff, volunteers, trustees, funders, partners, supporters, and of course the families, for their continued dedication and generosity. Their commitment makes our work possible, and together we continue to make a positive difference to the lives of children and families across West Wales.

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/

CYNNWYS

"Ym Mhlant Dewi, ein gweledigaeth yw dyfodol lle mae pob teulu yng Ngorllewin Cymru yn cyrraedd eu llawn botensial, yn byw mewn cymunedau llewyrchus ac yn magu plant hapus, hyderus."

Tabl Cynnwys

01. Trosolwg
04. Prosiect y Dynion
05. Prosiect Rhieni Ifanc
06. Grwpiau Teuluoedd Gyda'n Gilydd
07. Banc Bwndel Babi
08. Canolfan Deuluol Betws
09. Canolfan Gymunedol Borth
10. Canolfan Deuluol Porth Tywyn
11. Canolfan Deuluol Felin-foel
12. Canolfan Deuluol Garnant
13. Canolfan Blant Jig-So
14. Canolfan Deuluol Llambed
15. Canolfan Deuluol Llandysul
16. Canolfan Deuluol Llanybydder
17. Canolfan Deuluol Morfa
18. Canolfan Deuluol RAY Ceredigion
19. Canolfan Deuluol St Paul
20. Meithrinfa St Paul
21. Canolfan Deuluol Tregaron
22. Canolfan Deuluol y Tymbl
23. Canolfan Deuluol Tŷ Hapus
24. Sesiynau
25. Canlyniadau
26. Lluniau
27. Diolch
28. 2026 - 2027

PLANT DEWI

NEGES GAN EIN RHEOLWR

Mae wedi bod yn flwyddyn eithriadol o brysur a chynhyrchiol arall i Plant Dewi. Drwy gydol 2025–2026, rydym wedi parhau i gefnogi teuluoedd ar draws Sir Gaerfyrddin, Ceredigion a Sir Benfro, gan ymateb i'r galw cynyddol tra'n parhau i fod yn ymrwymedig i sicrhau bod gan deuluoedd fynediad at fannau croesawgar, cymorth ymarferol a chyfleoedd i gysylltu ag eraill.

Yn ystod y flwyddyn, gwnaeth 3,208 o deuluoedd ddefnyddio ein grwpiau a'n canolfannau, gan gynnwys 3,482 o oedolion a 4,472 o blant. Yn ogystal, dosbarthwyd 289 o Fwndeli Babi i deuluoedd mewn angen, gan ddarparu eitemau hanfodol a helpu i leddfu pwysau ariannol i'r rhai sy'n profi caledi. Mae'r ffigurau hyn yn dangos maint yr angen yn ein cymunedau a'r rôl hanfodol y mae Plant Dewi yn parhau i'w chwarae wrth gefnogi teuluoedd ar draws Esgobaeth Tyddewi.

Un cyflawniad pwysig eleni oedd sicrhau grant tair blynedd o £398,078 gan raglen Pobl a Lleoedd Cronfa Gymunedol y Loteri Genedlaethol ar gyfer ein grwpiau yn Sir Gaerfyrddin. Roeddem yn falch iawn o ddathlu'r garreg filltir bwysig hon mewn digwyddiad arbennig yn Rhydaman, lle ymunodd Ann Davies AS â ni fel ein gwestai anrhydeddus.



Mae'r buddsoddiad hwn wedi galluogi tri Grŵp Teuluoedd Gyda'n Gilydd newydd, gan ymestyn ein cyrhaeddiad a'n heffaith ymhellach. Mae Plant Dewi bellach yn cefnogi cyfanswm o 11 o Grwpiau Teuluoedd Gyda'n Gilydd ar draws Sir Gaerfyrddin a Sir Benfro, gyda grŵp newydd ychwanegol wedi'i gomisiynu gan Gyngor Sir Penfro.

Roeddem hefyd yn falch o lwyddo yn y broses dendro ar gyfer Rhwydwaith Canolfannau Teulu Ceredigion, gan sicrhau'r contract am o leiaf ddwy flynedd arall. Mae hyn yn cynnig sefydlogrwydd i deuluoedd a chymunedau ledled y sir ac yn cydnabod ansawdd ac effeithiolrwydd y gefnogaeth a gynigir gan ein staff a'n gwirfoddolwyr ymroddedig.

Mae'r flwyddyn wedi arwain at lawer o gyfleoedd i ddathlu ac arddangos gwaith Plant Dewi. Ym mis Ebrill, roeddem yn falch iawn o groesawu Dawn Bowden AS i Ganolfan Deuluol Porth Tywyn, gan roi'r cyfle i ni dynnu sylw at effaith gadarnhaol ein gwasanaethau ar deuluoedd lleol.

Mae codi arian ac ymgysylltu â'r gymuned hefyd wedi bod yn flaenoriaethau pwysig eleni. Ym mis Mai 2025, cwblhaodd tîm o staff, aelodau'r Cyngor Esgobaethol dros Gyfrifoldeb Cymdeithasol a chefnogwyr daith gerdded noddedig 26 milltir o hyd o Ddwyrain Waltwn i Dyddewi, gan godi arian ac ymwybyddiaeth mawr eu hangen i Plant Dewi.



Roedd ein Diwrnod Hwyl i'r Teulu blynyddol yng Ngardd Fotaneg Genedlaethol Cymru unwaith eto yn llwyddiant ysgubol, gan ddenu cannoedd o rieni a phlant ac arwain at adborth hynod gadarnhaol.

Mae Plant Dewi wedi parhau i chwarae rhan weithredol ym Mlwyddyn Plant, Pobl Ifanc a Theuluoedd yr Esgobaeth, gan gryfhau perthnasoedd ag eglwysi a chynyddu ymgysylltiad mewn cymunedau ar draws yr Esgobaeth. Mae'r cysylltiadau hyn yn ein helpu i adeiladu partneriaethau cryfach ac ehangu cyrhaeddiad ein gwaith i hyd yn oed mwy o deuluoedd.

Roeddem hefyd yn falch o gyfrannu gweithgareddau i blant a theuluoedd fel rhan o Ŵyl Rhyddid Esgobaeth Tyddewi ar ddiwedd yr haf.

Un achlysur arbennig oedd gwasanaeth Plant Dewi, a gynhaliwyd yn Eglwys Dewi Sant, Abergwili, a fynychwyd gan Esgob Tyddewi. Roedd y gwasanaeth yn dathlu cyflawniadau Plant Dewi ac yn cydnabod cyfraniad aruthrol staff, gwirfoddolwyr, ymddiriedolwyr a ymddiriedolwyr a chefnogwyr sydd wedi helpu'r sefydliad i dyfu a ffynnu dros y blynyddoedd.

Cawsom hefyd yr anrhydedd o ymuno â chydweithwyr yn Nhir Dewi i ddathlu eu deng mlwyddiant. Rhoddodd y Gwasanaeth Cynhaeaf arbennig a gynhaliwyd ym Mart Caerfyrddin gyfle i gydnabod degawd o gefnogaeth a gwasanaeth gwerthfawr i gymunedau gwledig ac i ddathlu'r berthynas agos rhwng ein sefydliadau.



Daeth tymor yr ŵyl â chyfleoedd pellach i ymgysylltu â'n cymunedau drwy ddigwyddiad Nadolig yr Esgob yn Llys Esgob a chyngerdd Nadolig a groesawodd bobl o bob oedran.

Trwy ein Hapêl Nadolig Bwndel Babi, bu hefyd yn bosibl i ni roi anrhegion i'r teuluoedd a dderbyniodd Fwndeli Babi yn ystod mis Rhagfyr, gan helpu i ddod â llawenydd a chefnogaeth ychwanegol ar adeg pan mae llawer o aelwydydd yn profi mwy o bwysau ariannol.

Roedd Bore Coffi blynyddol Grŵp Cymorth Caerfyrddin, a fynychwyd gan Faer Caerfyrddin ar y pryd, Heledd ap Gwynfor, yn gyfle gwych arall i ddathlu cefnogaeth gymunedol a chodi arian ar gyfer ein gwaith.

Derbyniodd teulu Plant Dewi newyddion trist eleni hefyd gyda marwolaeth ein ffrind annwyl a'n cefnogwr hirsefydlog, Sulwyn Thomas, ym mis Rhagfyr 2025. Roedd Sulwyn yn eiriolwr brwd dros Plant Dewi ac yn gefnogwr gwerthfawr o'n gwaith am flynyddoedd lawer. Bydd ei gynhesrwydd, ei haelioni a'i ymrwymiad i helpu teuluoedd yn cael eu cofio gan bawb a oedd yn ei adnabod. Rydym yn ei golli'n fawr, ac rydym yn parhau'n ddiolchgar am y cyfraniad a wnaeth i'r sefydliad a'r cymunedau rydyn ni'n eu gwasanaethu.

Fel gyda llawer o sefydliadau yn y sector gwirfoddol, rydym wedi wynebu heriau yn ystod y flwyddyn. Mae recriwtio wedi bod yn arbennig o anodd ar gyfer rolau oriau isel,ac mae cyllid yn parhau i fod yn bryder sylweddol, gyda chostau gweithredol cynyddol a mwy o alw am wasanaethau ochr yn ochr â lleihad yn y cyllid grant sydd ar gael. Er gwaethaf yr heriau hyn, mae ymrwymiad, gwytnwch a chreadigrwydd ein staff, gwirfoddolwyr ac ymddiriedolwyr wedi ein galluogi i barhau i gynnig cefnogaeth werthfawr i deuluoedd ar draws ein cymunedau.

Plant Dewi – lle mae teuluoedd yn bwysig.

Catrin Eldred, Rheolwr

Prosiect Tadau Plant Dewi

Uchafbwyntiau

'Mae'r sesiynau yn y llain wedi bod yn wych i mi – maen nhw'n rhoi rheswm i fi fynd mas ac anghofio fy mhroblemau am gyfnod'

- Ein Polycrub, a adeiladwyd o'r sylfeini. Mae bron wedi'i gwblhau nawr – gan ddatblygu sgiliau adeiladu tîm a sgiliau ymarferol gyda'r tadau.
- Mae hwyl 'Dad a Fi' yn tyfu ac yn cyrraedd mwy o ysgolion iau yn Ne Sir Benfro gyda'n sesiynau ar ôl ysgol.
- Sesiwn 'Dr Beic' yn y llain yn cefnogi trafnidiaeth gynaliadwy a rhannu sgiliau cynnal a chadw beiciau, gan gadw teuluoedd i symud.

TROSOLWG O'R FLWYDDYN

MMae Prosiect y Tadau yn parhau i annog tadau i rwydweithio a chefnogi ei gilydd trwy ystod o weithgareddau wedi'u lleoli yn ein canolfan leol yn CBC Greenlinks, gan weithio mewn partneriaeth ag ysgolion lleol a chefnogi gweithgareddau a phrosiectau cymunedol sydd o fudd i bobl leol yn

Sir Benfro.

Rydym wedi cynnig amrywiaeth eang o weithgareddau eleni gan gynnwys garddio, gwaith coed, weldio, cynnal a chadw beiciau a sgiliau DIY i enwi ond rhai. Mae'r dysgu, gweithgareddau corfforol a chymdeithasu wedi cefnogi lles tadau.



Mae gweithgareddau ar gyfer tadau a phlant wedi parhau i gynnal ffocws cryf wrth i ni geisio cynnig cyfleoedd i dadau a'u plant gael hwyl gyda'i gilydd a chreu atgofion.

Ein prif weithgaredd ar y llain arddio Tyfu Gobaith oedd adeiladu ein polytwnnel polycarbonad cadarn, y Polycrub, sydd bron â'i gwblhau. Bydd y strwythur yn helpu i liniaru rhai o'n heriau hinsawdd. Bydd hyn yn ei dro yn cefnogi darparu bwyd i dadau a'r banc bwyd yn ogystal â chreu amgylchedd dysgu gwych am flynyddoedd i ddod.

Prosiect Rhieni Ifanc

> *Mae'r grŵp hwn wedi bod yn achubiaeth. Cyn ymuno, doedd gen i ddim ffrindiau.*

Uchafbwyntiau

- Roedd mor galonogol ac yn syndod gweld cymaint o rieni ifanc yn cefnogi digwyddiad lansio loteri Plant Dewi.
- Mae'r cynnydd mewn atgyfeiriadau un-i-un yn Sir Gaerfyrddin yn dangos pa mor gryf mae'r angen yn lleol.
- Mae'r newid yn y lleoliad i rieni ifanc yng Nghaerfyrddin a'r cynnydd mewn atgyfeiriadau 1-1 wedi arwain at bresenoldeb gwell a chyson.

TROSOLWG O'R FLWYDDYN

Ar ddechrau'r flwyddyn, roedd yr ansicrwydd ynghylch cyllid yn bryder sylweddol i'r tîm. Fodd bynnag, bu'n bosibl i ni ymlacio dros yr haf ar ôl derbyn y newyddion gwych bod ein cais loteri wedi bod yn llwyddiannus.

Ers hynny, mae'r prosiect wedi mynd o nerth i nerth yn Sir Gaerfyrddin, gyda nifer cynyddol yn mynychu grŵp Rhydaman a chynnydd cyson mewn atgyfeiriadau un-i-un. Mae ein dau weithiwr prosiect wedi chwarae rhan allweddol yn y twf hwn, gan weithio'n galed ar allgymorth a chynnig y gefnogaeth sydd ei hangen ar rieni ifanc.

Er bod grŵp Caerfyrddin wedi bod yn araf



i ddechrau yn denu teuluoedd newydd, mae symud i leoliad mwy addas wedi gwneud gwahaniaeth clir, gyda rhieni ifanc bellach yn fwy parod i ymgysylltu.

Ar ôl ymgynghori â'r rhieni ifanc, mae ystod eang o weithgareddau wedi'u cyflwyno, o sesiynau crefft a meddwlgarwch i iaith a chwarae, coginio, tylino babanod ac adeiladu tîm. Yn bwysicaf oll, mae staff wedi gallu cynnig clust i wrando i rieni, gan ddarparu cefnogaeth trwy gyfnodau heriol.

Grwpiau Teuluoedd Gyda'n Gilydd

Uchafbwyntiau

"Mae'r grŵp wedi gwneud gwahaniaeth mawr i'n trefn ac wedi rhoi rhywbeth cadarnhaol i ni fynychu."

- Gwnaeth arian y loteri ein galluogi i gynnal Grwpiau Teuluol Cwm-gors a Crosshands wrth lansio tri grŵp newydd ar draws y sir, gan ehangu cefnogaeth a chryfhau teuluoedd ar draws ein cymunedau.
- Ar hyn o bryd mae yna un ar ddeg o Grwpiau Teuluoedd Gyda'n Gilydd.
- Mae digwyddiadau lleol a drefnir gan Grŵp Teulu wedi caniatáu i ni ddod yn fwy amlwg yn y gymuned.

TROSOLWG O'R FLWYDDYN

Dechreuon ni'r flwyddyn gyda rhywfaint o ansicrwydd ynglŷn â chyllid, ond erbyn yr haf cawsom newyddion gwych; cefnogaeth barhaus i'n grwpiau, ynghyd â buddsoddiad i dyfu i ardaloedd newydd. Mae'r bleidlais honno o hyder wedi rhoi egni newydd i'n tîm a'n cymunedau, gan wneud 2025 yn flwyddyn o ddathlu. Mae wedi bod yn arbennig o galonogol gweld cyfranogiad teuluoedd yn cynyddu ar draws y siroedd, gan ddangos pa mor werthfawr yw'r gefnogaeth hon.

Yn ystod y flwyddyn, cyflwynwyd un ar ddeg Grŵp Teuluol ar draws ein cymunedau. Parhaodd grwpiau yn Ninbych-y-pysgod, Hwlffordd, Llandeilo a Chastellnewydd Emlyn i weithredu gyda chefnogaeth cyllid awdurdod lleol. Cynhaliwyd y grwpiau yn



Noc Penfro a'r Mount trwy gyllid gan Elusen Henry Smith.

Diolch i'n cais llwyddiannus i'r Loteri Genedlaethol, bu'n bosibl i ni nid yn unig gynnal y ddarpariaeth yng Nghwm-gors a Crosshands, ond hefyd ehangu ein cyrhaeddiad drwy agor grwpiau newydd ym Mrynaman, Llanymddyfri a Hendy-gwyn ar Daf. Mae'r twf hwn yn ein galluogi i ddod â sesiynau i hyd yn oed mwy o deuluoedd, gan gryfhau rhwydweithiau cymorth a chynyddu mynediad i weithgareddau blynyddoedd cynnar a gweithgareddau sy'n canolbwyntio ar deuluoedd ledled y rhanbarth.

Banc Bwndel Babi

Uchafbwyntiau

> *'Roeddwn i mor hapus, y gair rydw i eisiau ei ddefnyddio yw rhyddhad.'*

- Gweithio mewn partneriaeth â grŵp uwchgylchu i sicrhau bod gan y prosiect ddigon o offer, tra'n hyrwyddo ailgylchu, cynaliadwyedd, ac amgylchedd iachach i gymunedau lleol.
- Llwyddwyd i sicrhau dwy flynedd o gyllid drwy'r Sefydliad Masonaidd.
- Mae dod yn rhan o'r Gynghrair Bwndel Babi wedi bod yn fuddiol iawn i'r prosiect. Mae wedi rhoi gwybodaeth a syniadau gwerthfawr i staff am Fanciau Babi eraill ledled y wlad, gan feithrin arbenigedd cyffredin a helpu i adeiladu partneriaethau cryfach.

TROSOLWG O'R FLWYDDYN

Cafodd y prosiect Bwndel Babi flwyddyn gynhyrchiol arall, gyda 289 o fwndeli wedi'u dosbarthu i rieni mewn angen ar draws tair sir, gan gynnwys Gwauncaegurwen.

Ar ôl cau canolfan Crosshands, symudodd y prosiect yn llwyddiannus i swyddfa Plant Dewi. Mae'r symudiad hwn wedi bod o fudd mawr, gyda'r gofod newydd yn gwella llif gwaith, cefnogi darpariaeth lyfnach, a gwella gweledded adnoddau. O ganlyniad, mae ymwybyddiaeth y cyhoedd wedi tyfu ac mae atgyfeiriadau a rhoddion wedi cynyddu.

Mae'r prosiect yn parhau i ddibynnu ar wirfoddolwyr ymroddedig. Mae wyth gwirfoddolwr bellach yn cefnogi'r gwasanaeth ar draws yr esgobaeth: un yn



Sir Benfro, un yng Ngheredigion, dau yng Nghastellnewydd Emlyn, a phedwar yng nghanolfan Caerfyrddin. Mae eu hymrwymiad yn sicrhau bod teuluoedd yn derbyn cefnogaeth amserol a thosturiol wrth helpu'r prosiect i ymateb i'r galw cynyddol.

Mae staff a gweithwyr proffesiynol hefyd wedi gweithio ar y cyd trwy gydol y flwyddyn, gan rannu gwybodaeth a chydlynu cymorth.Mae'r gwaith tîm cryf hwn yn sicrhau bod teuluoedd yn derbyn gofal cyson, o ansawdd uchel pan fydd ei angen arnynt fwyaf.

Canolfan Deulu Betws 'Tŷ Tyfu'

Uchafbwyntiau

> *Rhywle lle galla i fynd yn edrych a theimlo ar fy ngwaethaf ond cael fy nghefnogi a'm croesawu.*

- Mae'r ganolfan yn cynnig cymuned ddibynadwy, groesawgar lle mae plant yn dysgu trwy chwarae a lle mae teuluoedd yn cael cymorth, yn gwneud ffrindiau, yn lleihau unigrwydd, ac yn tyfu gyda'i gilydd.
- Digwyddiadau tymhorol gan gynnwys gweithgareddau'r Pasg, yr Haf a'r Nadolig, gan ddod â theuluoedd at ei gilydd i ddathlu a lleihau unigrwydd cymdeithasol trwy rannu profiadau.
- Cymorth bwyd parhaus, clybiau cinio a chymorth ymarferol i deuluoedd, gan helpu i leihau pwysau costau byw a gwella lles yn lleol.

TROSOLWG O'R FLWYDDYN

Rydym wedi parhau i ddarparu cymorth hanfodol i deuluoedd yn yr ardal. Gwnaethom gyflwyno rhaglen gyson o sesiynau wythnosol ar gyfer babanod, plant bach a rhieni trwyr flwyddyn. Mae'r gweithgareddau wedi cynnig lle gall plant ddysgu a datblygu, tra bod rhieni a gofalwyr yn magu hyder a cysylltu ag eraill.

Rydym wedi canolbwyntio ar leihau unigrwydd, gwella lles a sicrhau bod teuluoedd yn gallu cael mynediad at gyfleoedd fforddiadwy. Mae ein clwb cinio a'n gweithgareddau teuluol yn helpu i ddod â phobl at ei gilydd wrth hyrwyddo ffyrdd iach o fyw a pherthnasoedd cadarnhaol.

Gwnaethom hefyd gynnig cymorth ymarferol i deuluoedd sy'n profi pwysau



ariannol trwy atgyfeirio, dosbarthu bwyd dros ben, a gweithgareddau am ddim.

Mae gweithio mewn partneriaeth yn gryfder sy'n ein galluogi i gynnig rhaglen o gymorth a sicrhau cyfleoedd amryw i deuluoedd. Chwaraeodd gwirfoddolwyr ran hanfodol yn llwyddiant y ganolfan, gan gyfrannu eu hamser, eu sgiliau a'u brwdfrydedd. Gwnaeth y ganolfan barhau i fod yn ofod croesawgar, dibynadwy lle roedd teuluoedd yn teimlo eu bod yn cael eu cefnogi, eu cysylltu a'u grymuso.

Canolfan Gymunedol y Borth

Uchafbwyntiau

Mae fy mhlentyn wedi dod allan o'i chragen gymaint. Mae hi wedi gwneud ffrindiau, magu hyder a bob amser yn gadael yn gwenu

- Mwynhawyd ein gweithgaredd celf creadigol, a oedd yn pontio'r cenedlaethau ac yn seiliedig ar natur, gan ryw 20 o deuluoedd.
- Mwynhaodd 45 o deuluoedd ddod i weld Siôn Corn yn ei groto. Gwnaethom gynnwys amser ADY hefyd a oedd yn boblogaidd iawn.
- Diwrnod hwyl, prysur a phoblogaidd....cefnogaeth wych gan wirfoddolwyr i wneud iddo ddigwydd.

TROSOLWG O'R FLWYDDYN

Mae wedi bod yn flwyddyn brysur arall yng Nghanolfan Deulu Borth. Rydym wedi treulio llawer o amser yn ein canolfan natur, "Ynyslas", yn mwynhau gweithgareddau natur, crefftau, helfeydd pryfed, teithiau cerdded natur ac amser stori.

Mae ein Clwb Lego, a oedd yn canolbwyntio ar gefnogaeth emosiynol, wedi mynd o nerth i nerth ac rydym bellach yn cynnal gweithgareddau awyr agored yn ogystal â rhywfaint o goginio - i gyd ar thema Lego.

Rydym wedi gallu cefnogi ein teuluoedd yn wythnosol gyda Borth Actif, Chwarae Awyr Agored, Clwb Cinio Bach a Bwmps a Babis. Rydym hefyd wedi gallu cynnal



Cwrs Cysylltiadau Teuluol llwyddiannus – gan helpu i gryfhau sgiliau magu plant a lles teuluoedd, yn ogystal â Thylino Babanod, sy'n helpu gydag ymlyniad a bondio.

Mae ein digwyddiadau arbennig bob amser yn cael eu gwerthfawrogi'n fawr gan y gymuned, o Ddiwrnodau Hwyl i Groto Siôn Corn a digwyddiadau Dillad a Theganau Ail-law.

Mae cymaint o'n gweithgareddau yn cael eu cefnogi gan ein gwirfoddolwyr. Rydym mor ddiolchgar am eu cefnogaeth – hebddyn nhw fydden ni ddim yn gallu rhedeg ein sesiynau amrywiol i deuluoedd.

Canolfan Deuluol Porth Tywyn

Uchafbwyntiau

> *Rydw i wrth fy modd yn y sesiynau, mae'r gefnogaeth gan famau eraill a'r staff gwych yn anhygoel*

- Gwaith partneriaeth gyda Bydwragedd - cafodd 37 o ddarpar famau ac 8 o bartneriaid fynediad at gymorth yn eu cymuned.
- Gwnaeth cyllid Pobl gefnogi 56 o deuluoedd i ymweld ag Amgueddfa Caerdydd a'r Mamoth "Tom Bones" a Sain Ffagan i ddysgu am ein treftadaeth.
- Gwnaeth Gweithdai Coginio Cymunedol gefnogi 20 o deuluoedd i goginio gyda chynhwysion ffres a dysgu i ddefnyddio Ffrïwyr Aer.

TROSOLWG O'R FLWYDDYN

Parhawyd i adeiladu ar y sylfeini o ddod yn grŵp cymorth ar gyfer y gymuned gyfan a symudwyd grŵp Cydweli i Ystafelloedd y Plwyf. Rhoddodd Pheonix Garden Services blanhigion llysiau a blodau i'n gofod cymunedol, gan gefnogi teuluoedd i ddeall o le mae ein bwyd ni'n dod. Cafodd teuluoedd gyfle i fynychu digwyddiad Gerddi Botaneg Cenedlaethol Plant Dewi, diwrnod gwych. Mae gweithio gyda Mens Shed wedi rhoi coed ffrwythau i ni yn ein gofod cymunedol, a chefnogwyd y prosiect gan yr Asda Foundation. Gwnaethom geisio a sicrhau cyllid ar gyfer gwaith prosiect a chostau craidd. Lansiwyd sesiwn Cornel Greadigol ar ôl ysgol, a chefnogwyd plant sy'n cael eu haddysgu gartref.

Gwnaethom adeiladu ar ein gwaith partneriaeth, cydweithio â Dechrau'n Deg a



Threshold ar gyrsiau, hwyluso gofod ar gyfer Cydlynwyr ADY, Seicolegwyr Plant a CAMHS. Cynhaliwyd digwyddiadau ail-roi anrhegion, dillad, teganau ac offer. Rydym yn dal i fod yn rhan o Rwydwaith Canolfannau Teulu Sir Gaerfyrddin gan sicrhau arfer gorau i'r teuluoedd a'r cymunedau rydym yn eu cefnogi. Cynhaliwyd teithiau, diwrnodau allan a llawer mwy, gan greu atgofion cadarnhaol mewn cymaint o ffyrdd.

Canolfan Deuluol Felinfoel

Uchafbwyntiau

> "Lle o dawelwch. Mae'r staff yn barod i gefnogi pawb. Diolch am bopeth rydych chi wedi'i wneud i fi"

- Rydym yn parhau i gydweithio â Chanolfannau Teuluol St Paul a Morfa - gan arwain at gyfleoedd newydd a chyffrous i'r Ganolfan Deuluol a'i theuluoedd.
- Bu'n bosibl cynnal digwyddiad goleuadau Coeden Nadolig hyfryd drwy gydweithio â'r Meithrin, staff ICC, yr Ysgol Gynradd a chynghorwyr lleol.
- Hyfforddodd y Cydlynydd mewn Ymarfer sy'n Ystyriol o Drawma – gan ddilysu a herio ein ffordd o weithio – gyda chyfleoedd newydd i droi dysgu yn ymarfer.

TROSOLWG O'R FLWYDDYN

Mae eleni wedi bod yn flwyddyn brysur arall o ymdrechu i ddarparu cymaint o brofiadau a chyfleoedd cadarnhaol â phosibl i ganiatáu i deuluoedd gysylltu a ffynnu.

Yn ogystal â'n sesiynau prysur sy'n cynnwys: Grŵp Babanod wythnosol sy'n rhedeg ochr yn ochr â Chlinig Ymwelwyr Iechyd ac yn canolbwyntio ar gefnogi'r bond rhwng rhiant a phlentyn; grwpiau plant bach bob pythefnos sy'n cynnig gweithgareddau cysylltiad a chefnogi datblygiad a chlwb hwyl wythnosol i'r teulu lle mae teuluoedd yn cwrdd ar ôl ysgol i gymdeithasu, chwarae a mwynhau pryd o fwyd cartref, mae'r ganolfan deuluol wedi cynnig amrywiaeth o ddigwyddiadau a gwibdeithiau arbennig.



Mae'r rhain yn cynnwys dathliad diwrnod VE arbennig, ymweliadau gan rai anifeiliaid carbennig, calendr adfent cymunedol enfawr a theithiau i draethau, ardaloedd chwarae a pharciau.

Mae rhieni wedi parhau i ddod at ei gilydd i wneud ffrindiau a dysgu sgiliau newydd gyda gweithdai a chyrsiau mewn coginio, crefftau, cyllidebu a hyd yn oed celf ewinedd.

Edrychwn ymlaen at barhau i wasanaethu'r gymuned gysylltiedig hon o deuluoedd sy'n helpu cymaint gydag unigrwydd a lles y rhieni a'r plant.

Canolfan Deuluol Garnant 'Tots Tŷ Ni'

Uchafbwyntiau

> *"Wedi fy nghael i mas o'r tŷ, fy helpu i wneud ffrindiau newydd, a helpu gyda fy ngorbryder cymdeithasol"*

- Gwnaethom gymryd rhan mewn Gŵyl Narnia, mewn digwyddiad lleol, lle gwnaethom ddarparu crefftau gyda sefydliadau eraill i helpu i roi profiad Nadolig am ddim i deuluoedd yn y gymuned leol.
- Gwnaethon greu llawer o swigod gyda'n cymysgedd ein hunain. Roedden nhw'n boblogaidd mewn digwyddiadau allgymorth ac yn ystod gweithgareddau'r haf yn y Ganolfan Deuluol.
- Dathlodd Canolfan Deuluol Garnant ei 25 mlwyddiant trwy gynnal llawer o weithgareddau gwahanol i deuluoedd. Gwnaeth y plant fwynhau'r sgiliau syrcas.

TROSOLWG O'R FLWYDDYN

Mae 2025-2026 wedi bod yn gyfnod prysur ar gyfer 25 mlwyddiant Canolfan Deuluol Garnant. Gwnaeth gweithgareddau'r gwyliau gynnwys amrywiaeth o gyfleoedd chwarae corfforol hwyl a diddorol i blant a theuluoedd. Roedd y neuadd yn llawn byrddau cydbwyso, troellwyr mawr, blociau a theiars. Gwnaeth y plant fwynhau rholio'r teiars ar hyd y llawr, adeiladu tyrau a chreu eu profiadau chwarae dychmygus eu hunain. Ym mis Hydref, gwnaethom hefyd gynnal digwyddiad Llwybr Pwmpenni. Er gwaethaf y tywydd gwlyb, gwnaeth y teuluoedd fwynhau cymryd rhan yn y llwybr a rhannu tatws pôb gyda'i gilydd wedyn. Rydym wedi cynnal digwyddiadau allgymorth mewn gwahanol leoliadau gyda sefydliadau eraill dros y Gwyliau Haf, lle



gwnaethom gynnig gweithgareddau am ddim. Mae ein sesiynau rheolaidd wedi parhau gyda Thylino Babanod, O Fwmp i Fabi. Ymwelodd Awel Aman Tawe â'n Grŵp Plant Bach a Babanod gan roi cyngor a chymorth ynni ac, yn ystod ein Grŵp Garddio Plant Bach, cawsom sesiynau coginio gyda Foothold. Mae aelod o staff wedi cynnig cyfleoedd dysgu Cymraeg i deuluoedd, tra bod aelodau eraill o staff wedi cynnig crèche i gefnogi cyfranogiad rhieni yn y sesiwn hon.

Canolfan Blant Jig-so

Uchafbwyntiau

"Mae'r staff yn anhygoel - nhw yw'r rheswm pam mae'r sesiynau'n rhedeg mor llyfn ac mae pawb yn cael hwyl"

- Gweithgareddau haf Jig-So. Gwnaethom gefnogi dros 400 o deuluoedd ar draws y tair sir yn haf 2025 yn unig.
- Mae Prosiectau Bwyd Jig-So wedi gallu cynnig cefnogaeth werthfawr i deuluoedd o ran bwyd. Rydym wedi cynnig bwyd am ddim trwy gydol y flwyddyn yn y rhan fwyaf o'n sesiynau ac mae teuluoedd yn dweud bod hyn wedi helpu gyda'r gost a'r straen o ddarparu bwyd i'w teuluoedd.
- Digwyddiadau - Pasg, parti haf, Calan Gaeaf a'r Nadolig. Mae ein partïon tymhorol bob amser yn boblogaidd iawn ac yn gyfle i'r gymuned ddod at ei gilydd a dathlu.

TROSOLWG O'R FLWYDDYN

Yn ystod y flwyddyn, gwnaeth Canolfan Blant Jig-So gadw pethau'n brysur, hwyl a chroesawgar i deuluoedd ledled yr ardal. Gwnaethom barhau i gynnal ein sesiynau chwarae rheolaidd yn ystod y tymor i blant 0–14 oed, gan gynnwys Amser Chwarae yn y ganolfan, ein sesiwn ar ôl ysgol yng Nghapel Bethania, a grŵp Sgwrsio a Chwarae Llechryd gyda Dechrau'n Deg. Rhoddodd y sesiynau hyn ddigon o le i blant chwarae, archwilio a gwneud ffrindiau, tra bod rhieni'n cael cyfle i gysylltu a chael eu cefnogi.

Yn ystod y gwyliau ysgol, aethom â'r chwarae allan i'r gymuned gyda'n sesiynau n allgymorth, gan gynnig gweithgareddau creadigol am ddim i deuluoedd mewn lleol.



Gwnaethom hefyd redeg amrywiaeth o gyrsiau ymarferol i rieni, o weithdai coginio i waith coed a chelf a chrefft, gan helpu i feithrin hyder a sgiliau ymarferol.

Un uchafbwynt go iawn eleni oedd cael Cydlynydd Gwirfoddolwyr ymroddedig o fis Gorffennaf i fis Rhagfyr. Diolch i'r gefnogaeth hon, gwnaethom groesawu a chadw deg gwirfoddolwr gwych sydd bellach yn chwarae rôl bwysig mewn sesiynau yn y ganolfan ac mewn sesiynau allgymorth, gan ychwanegu egni, syniadau a phâr ychwanegol o ddwylo.

Canolfan Deuluol Llambed

Uchafbwyntiau

Cwrdd â mamau eraill. Mae fy mhlentyn yn dysgu sgiliau cymdeithasol gyda phlant eraill o'i hoedran hi.Mae'r clwb cinio yn wych hefyd.

- Gwnaethom lansio ein Caffi Crefft yn llwyddiannus, lle daeth aelodau o'r gymuned at ei gilydd i fwynhau crefftau a rhannu cinio.
- Mae gwaith wedi dechrau ar ein gardd, gan greu gofod lle gallwn ni dyfu perlysiau a llysiau gyda'n gilydd, gyda chynlluniau i ymgorffori ein geodom.
- Rydym wedi ffurfio partneriaeth â staff yng Nghoedwig Longwood i gyflwyno sesiynau drwy gydol y flwyddyn yn Longwood a'r Ganolfan Deuluol.

TROSOLWG O'R FLWYDDYN



Gwelodd blwyddyn brysur a llwyddiannus arall yn y ganolfan lansiad ein sesiynau Caffi Creadigol mewn partneriaeth ag Arts 4 Wellbeing. Croesawodd y sesiynau hyn bobl o bob oed o'r gymuned leol, asiantaethau allanol, a hyd yn oed offeiriaid a oedd yn ymweld o Nigeria.

Roedd yn wych gweld cyfranogwyr yn adeiladu perthnasoedd newydd rhwng y cenedlaethau wrth ddysgu sgiliau crefft, archwilio eu creadigrwydd, a rhoi cynnig ar weithgareddau newydd. Bob wythnos, daeth pawb at ei gilydd i fwynhau cinio blasus, gan greu cyfleoedd i sgwrsio, gwneud ffrindiau, ac adeiladu ymdeimlad cryfach o gymuned.

Pan oedd y tywydd yn caniatáu, gwnaethon dreulio amser yn yr ardd yn adeiladu geodom a datblygu ein gofod awyr agored. Yn ystod ymweliadau â Choedwig Longwood, gwnaethom greu planwyr pren i baratoi ar gyfer ein prosiect gardd fwyd, yr edrychwn ymlaen at weithio arno yn ystod y misoedd nesaf.

Gwnaethom hefyd fwynhau sawl taith undydd gofiadwy, gan gynnwys ymweliadau â Fferm Ynys Aberteifi a'r Gerddi Botaneg, gan roi cyfle i gyfranogwyr ddysgu, cymdeithasu a mwynhau profiadau newydd gyda'i gilydd.

Canolfan Deuluol Llandysul

Uchafbwyntiau

Mae'r grwpiau'n wych ar gyfer fy hwyliau – maen nhw'n gwneud i chi deimlo'n fwy parod i ymdopi â heriau o ddydd i ddydd.

- Mae teuluoedd wedi mwynhau teithiau i Lanerchaeron, Amgueddfa Wlân Cymru, Parc Fferm Ynys Aberteifi.
- Rydym wedi cynnal sesiynau creadigol poblogaidd gydag Arts4Wellbeing a sesiynau coginio gydag Ein Cegin.
- Mae teuluoedd wedi elwa o gyrsiau rhianta gan gynnwys GroBrain a Chysylltiadau Teuluol mewn cydweithrediad â Dechrau'n Deg.

TROSOLWG O'R FLWYDDYN

Mae hi wedi bod yn flwyddyn brysur arall yn Llandysul yn cefnogi amrywiaeth eang o deuluoedd ar draws y gymuned.

Trwy gydol y gwanwyn a'r haf rydym wedi parhau i ddatblygu ein gweithgareddau awyr agored gyda'n sesiynau 'Chwarae ac Archwilio' wythnosol yn y parc, gan ddatblygu a chryfhau hyder a gwytnwch teuluoedd i archwilio gweithgareddau synhwyraidd a natur awyr agored gyda'u plant. Rydym wedi mwynhau teithiau i Lanerchaeron, yr Amgueddfa Wlân Genedlaethol a Pharc Fferm Ynys Aberteifi a bu'n bosibl i ni gynnig trafnidiaeth i rai teuluoedd.

Gwnaeth y teuluoedd fwynhau cymryd rhan yng Ngharnifal Llandysul a diwrnod chwarae RAY a mwynhau defnyddio tocyn y ganolfan



deuluol i'r Gerddi Botaneg Cenedlaethol.

Drwy gydol y flwyddyn rydym wedi cynnal sesiynau gydag Arts4Welbeing a Phrosiect Treftadaeth Ein Cegin.

Mae sesiynau Cerddoriaeth a Symudiad a Zumbini wedi parhau yn y Pafiliwn Criced.

Rydym wedi cydweithio â Dechrau'n Deg a bydwragedd lleol i hwyluso cyrsiau rhianta a chynenedigol gan gynnwys GroBrain, Cysylltiadau Teuluol a Paratoi i Fod yn Rhiant, gan helpu i gryfhau sgiliau rhianta a lles.

Canolfan Deuluol Llanybydder

Uchafbwyntiau

> *Bob amser yn gefnogol ac yn ymateb i anghenion ychwanegol ac anghenion emosiynol. Mae 'na ddiwylliant cynhwysol a derbyngar yn y ganolfan.*

- Digwyddiad haf Picnic yn y Parc gyda Menter Sir Gâr a Chlwb Rygbi Llanybydder yn cynnwys gemau, adloniant, stondinau a gweithgareddau cymunedol.
- Dathliad Santes Dwynwen gyda'r ddiddanwraig Lowri Sion yn croesawu plant cyfnod sylfaen ysgol Llanybydder, gan gryfhau cysylltiadau cymunedol ac annog cyfranogiad drwy gyfrwng y Gymraeg.
- Gwneud pizza yn y Welsh House, Caerfyrddin, lle gwnaeth teuluoedd gyfarfod â Wynne Evans a gweld ei dlws MasterChef, gan greu profiadau cofiadwy gyda'i gilydd.

TROSOLWG O'R FLWYDDYN

Drwy gydol 2025/26, cynhaliodd Canolfan Deuluol Llanybydder amrywiaeth eang o weithgareddau yn cefnogi teuluoedd, plant lleol a'r gymuned ehangach. Roedd y sesiynau wythnosol yn cynnwys Aros a Chwarae, Grwpiau Babanod a Phlant Bach, Cylch Ti a Fi, Amser Chwarae, Cymraeg i Blant, Tylino Babanod, Siaradwyr Bach a Babbling Babies. Gwnaeth gwaith partneriaeth barhau i fod yn ffocws pwysig, gyda sesiynau'n cael eu cyflwyno ochr yn ochr â sefydliadau gan gynnwys Actif-i-ti, Cyngor Sir Ceredigion, Plant Dewi ac Ambiwlans Sant Ioan.

Gwnaeth teuluoedd fwynhau teithiau, dathliadau tymhorol a digwyddiadau cymunedol a gynlluniwyd i leihau unigrwydd, gwella lles a chryfhau perthnasoedd.

Roedd y gweithgareddau'n cynnwys



ymweliadau â Pharc Fferm Ynys Aberteifi, Llanerchaeron, Gwarchodfa Natur Cors Caron a Krazy Horses, ac hefyd digwyddiadau lleol fel Carnifal Llanybydder a diwrnodau hwyl cymunedol. Gwnaeth gweithgareddau gyda Chartref Nyrsio Alltymynydd annog cysylltiadau ystyrlon rhwng plant a thrigolion hŷn.

Yn ystod y flwyddyn hefyd gwelwyd cefnogaeth barhaus i ddatblygu'r Gymraeg a phontio mewn ysgolion, gan helpu teuluoedd i adeiladu hyder, cyfeillgarwch a chysylltiadau cymunedol cryfach mewn amgylchedd croesawgar a chynhwysol.

Canolfan Deuluol Morfa

Uchafbwyntiau

> *"Mae'r ganolfan wedi bod yn help enfawr i'm hiechyd meddwl – mae'r staff yn groesawgar a chyfeillgar! Rwy'n falch fy mod i wedi dechrau dod."*

- Gwnaeth nifer o ymweliadau cymunedol, gan gynnwys teithiau i'r Gerddi Botaneg, Y Ffwrnes a Pharc Gwledig Pen-bre, gryfhau cysylltiadau, gydag adborth cadarnhaol ac ymdeimlad cryfach o gymuned ymhlith teuluoedd.
- Gwnaeth Clwb Cinio Aros a Chwarae gynnig gweithgareddau dan do ac awyr agored am ddim dan arweiniad y plant, gan roi cyfleoedd i blant archwilio tra bod oedolion yn cymdeithasu a bondio. Cynigiwyd Pecynnau Coginio i ddarparu pryd teuluol maethlon yn wythnosol.
- Gwnaeth ein partneriaeth ag Actif Llanelli a chanolfannau cyfagos ddarparu gweithgareddau corfforol hwyl. Cydweithiwyd ar Brosiect Allgymorth gyda Chanolfannau Teuluol St Paul a Felin-foel.

TROSOLWG O'R FLWYDDYN

Mae eleni wedi cynnig ystod eang o gyfleoedd gwerthfawr i deuluoedd yn ein cymuned. Gwnaeth grwpiau babanod wythnosol gefnogi rhieni newydd i gysylltu, tra bod Clwb Cinio Aros a Chwarae wedi annog chwarae rhydd, rhyngweithio cymdeithasol a rhannu phrofiadau. Gwnaeth pecynnau coginio a sesiynau lles gefnogi teuluoedd gyda chreadigrwydd, ymlacio a rheoli costau byw.

Gwnaethom weithio mewn partneriaeth ag Actif Llanelli i gynnal gweithgareddau diddorol a sesiynau chwarae cydweithredol gyda chanolfannau cyfagos. Gwnaeth teuluoedd hefyd fwynhau teithiau i Erddi Botaneg Cenedlaethol Cymru. Gwnaeth digwyddiadau tymhorol fel Barbeciw'r Haf, y Diwrnod



Chwaraeon, ymweliad Siôn Corn, Cyfnewid Teganau'r Nadolig gyda Tiny Tots Town Llanelli, a thaith panto i'r Ffwrnes ddod â theuluoedd at ei gilydd i ddathlu.

Roedd y gweithgareddau ychwanegol yn cynnwys adrodd straeon, chwarae anniben, a sesiynau synhwyraidd, gan gynnwys profiad baddon sain dan arweiniad Leanne o Sound Bath Swansea. Rydym yn ddiolchgar am y gefnogaeth ariannol barhaus sydd wedi ein galluogi i ddarparu profiadau cynhwysol, cyfoethog a gwella lles, hyder a pherthnasoedd teuluol.

Canolfan Deuluol RAY Ceredigion

Uchafbwyntiau

> *Rwy'n joio dod – mae'n wych i'r plant ac i ni famau gael cwrdd a chael sgwrs. Wrth fy modd bod cinio ar gael*

- Eleni rydyn ni wedi cymryd rhan yn y Cynllun Cyn-ysgol Iach a Chynaliadwy. Gweithio gyda'n hymarferydd i sicrhau bod ein canolfan yn bodloni eu holl feini prawf.
- Rydym wedi cynnal rhaglen Meithrin Rhieni lwyddiannus iawn - Cysylltiadau Teuluol, gyda 90% o'r mynychwyr yn cwblhau'r sesiynau.
- Mae rhai o'n teuluoedd yn teithio dros 10 milltir i fynychu ein sesiynau yma yn y ganolfan.

TROSOLWG O'R FLWYDDYN

Am flwyddyn rydyn ni wedi'i chael eleni.

Rydym yn llwyddo i gynnig digonedd o sesiynau gwahanol i'n teuluoedd, ac mae mwy a mwy ohonyn nhw'n dod i'r ganolfan. Roedd hyn yn cynnwys 2 daith wych.Un i Barc Fferm Ynys Aberteifi a'r llall i'r Gerddi Botaneg. Mae'r teithiau hyn wedi cynnig dau gyfle anhygoel i deuluoedd greu atgofion bythgofiadwy heb y straen ariannol. Mae'r profiadau hyn wedi bod yn chwa o awyr iach.



Dros y flwyddyn rydym wedi gweithio mewn partneriaeth â sefydliadau amrywiol, o Ceredigion Actif i Dîm Iechyd y Cyhoedd Hywel Dda.

Dros yr haf gwnaethom gynnig rhai sesiynau Fan Chwarae Gymunedol Mynediad Agored yn Llanrhystud a Llanon. Boed law neu hindda, roedden ni yno yn cefnogi creadigrwydd, symudiad a chysylltiadau cymdeithasol y plant.

Ochr yn ochr â'n staff gwych rydym wedi cael ein helpu gan rai gwirfoddolwyr anhygoel, sydd i gyd yn dod â'u rhinweddau eu hunain.

Canolfan Deuluol St Paul

Uchafbwyntiau

Alla i ddim rhoi digon o ganmoliaeth i'r Ganolfan Deuluol a'r effaith gadarnhaol y mae wedi'i gael ar fy mhlentyn a minnau

- Cyflwynwyd ein grŵp cymorth Anghenion Dysgu Ychwanegol wythnosol, "Wiggles & Giggles", gan ddarparu cefnogaeth, cyfleoedd chwarae, ac arweiniad i blant a theuluoedd.
- Digwyddiadau codi arian "Peintio gyda Jules" i oedolion, gan hyrwyddo ymgysylltu cymunedol, lles, a chodi arian i gefnogi gweithgareddau'r ganolfan deuluol.
- Cryfhau gwaith partneriaeth gydag Ysgol Gynradd Bigyn drwy sesiynau wythnosol a gynhelir ym meithrinfa'r ysgol i ymgysllltu gyda teuluoedd newydd.

TROSOLWG O'R FLWYDDYN

Drwy gydol y flwyddyn, rydym wedi gweithio mewn partneriaeth â Chanolfannau Teuluol Felin-foel a Morfa i gynnig amrywiaeth o weithgareddau a sesiynau cymorth i deuluoedd lleol. Mae'r rhain wedi cynnwys teithiau teuluol, gweithgareddau allgymorth, a gweithdai costau byw. Rydym hefyd wedi mynychu nifer o ddigwyddiadau ymgysylltu cymunedol ochr yn ochr ag amrywiaeth o sefydliadau partner, gan gynnwys Tîm Trawsnewid Tyisha.

Mae teuluoedd wedi cael cyfleoedd i gymryd rhan mewn amrywiaeth o weithgareddau, gan gynnwys Tap, Tap a Sgwrs, Tylino Babanod, a chlybiau cinio wythnosol, gan helpu i leihau unigrwydd ac adeiladu perthnasoedd cefnogol o fewn y gymuned.



Yn ystod y gwyliau haf, gwnaethom lwyddo i gael mynediad i'r grant Nourish the Nation, gan ein galluogi i wella ein rhaglen chwe wythnos. Gwnaeth teuluoedd fwynhau teithiau gyda phecynnau cinio, cwrs Coginio Gyda'n Gilydd chwe wythnos, Diwrnod Chwaraeon i'r Teulu, a Barbeciw Haf.

Ymunodd teuluoedd hefyd â dathliadau'r Nadolig, gan gynnwys ein Gwasanaeth Cristingl blynyddol, parti plant, a Charnifal Nadolig Llanelli. Yn ystod y flwyddyn newydd lansiwyd ein grŵp cymorth Anghenion Dysgu Ychwanegol, Wiggles & Giggles, yn llwyddiannus.

Meithrinfa St Paul

Uchafbwyntiau

Mae'r staff yn gefnogol, yn ymroddedig ac yn dosturiol. Mae hyder, chwilfrydedd a chariad fy merch at ddysgu wedi ffynnu.

- Yn dilyn ein harolwg gan Arolygiaeth Gofal Cymru, gwnaethom gyflawni Rhagoriaeth mewn Lles Plant ac Arweinyddiaeth a Rheolaeth, a Da yn y categori Amgylchedd a Gofal a Datblygu.
- Trwy gais llwyddiannus am Grant Cyfalaf Blynyddoedd Cynnar a Gofal Plant, gwnaethom osod ffenestri a drysau newydd ar draws yr adeilad.
- Gwnaethom brynu bygi 6 sedd trwy Gronfa Darparwyr Gofal Plant Dechrau'n Deg, gan alluogi staff a phlant i dreulio mwy o amser yn yr awyr agored yn y gymuned leol.

TROSOLWG O'R FLWYDDYN

Trwy gydol y flwyddyn, rydym wedi parhau i ddatblygu a gwella ein hamgylcheddau dysgu dan do ac awyr agored i gefnogi lles, creadigrwydd a datblygiad plant. Creodd staff ardal chwarae rôl bwrpasol yn y lolfa, gan gyflwyno thema newydd bob tymor gan gynnwys ysbyty, siop hufen iâ, a siop trin gwallt. Mae'r profiadau hyn wedi annog chwarae dychmygus, cyfathrebu, a rhyngweithio cymdeithasol.

Mae'r ardal awyr agored hefyd wedi'i gwella'n sylweddol drwy ychwanegu cegin fwd fwy o faint, gan roi mwy o le i blant archwilio gyda dŵr, pridd, potiau, sosbenni, a deunyddiau naturiol trwy chwarae synhwyraidd ac archwiliol.



Trwy brynu'r bygi, y mae'r plant yn ei alw'n "Fws St Paul", rydym wedi gallu ymweld â'r parc a'r ysgol leol, Home Bargains gerllaw, y Swyddfa Bost, a mannau gwyrdd lleol. Mae hyn wedi agor cyfleoedd newydd i blant archwilio a datblygu ymdeimlad o berthyn yn eu cymuned.

Canolfan Deuluol Tregaron

Uchafbwyntiau

"Mae mor braf yma, dwi bob amser yn teimlo'r gofal pan dwi'n dod a does dim angen i mi boeni am unrhyw beth."

- Parhawyd â'r mannau cynnes hynod boblogaidd, i bawb o bob oedran, gan weini 1013 o brydau yn ystod y flwyddyn. Mae nawr hefyd yn cael ei fynychu gan ymwelydd iechyd yn rheolaidd.
- Rhoddodd ein sesiynau Amser Stori/Rhigwm a Chwarae Synhwyraidd gyfleoedd a syniadau i deuluoedd i helpu i gefnogi datblygiad iaith a lleferydd eu plant.
- Cynigiwyd amrywiaeth o sesiynau egnïol; gan annog symudiad, datblygiad corfforol a gwybyddol, a lles teuluol cyfannol e.e. sesiynau chwarae actif, syrcas a Zumbini.

TROSOLWG O'R FLWYDDYN

Gwnaethom gefnogi nifer fawr o deuluoedd trwy gydol y flwyddyn, gan gynnwys Tadau a neiniau a theidiau, gan greu amgylchedd croesawgar a chyfeillgar i bawb.

Gyda chefnogaeth ein gwirfoddolwyr ymroddedig, gwnaethom ddarparu gwasanaeth cyson a pharhaus er gwaethaf llawer o newidiadau staff yn ystod y flwyddyn.

Mae Mannau Cynnes yn parhau i fod yn hynod boblogaidd, gan ddod a'r gymuned ehangach at ei gilydd i fwynhau pryd o fwyd maethlon am ddim. Gwnaethom gynnal sesiynau mewn cartref preswyl lleol, gan adeiladu cysylltiadau cymunedol cryf.

Gwnaethon fwynhau parti haf gwych a fynychwyd gan 89 o bobl gan gynnwys y Prif Weinidog Eluned Morgan.



Gwnaethom groesawu llawer o famau tro cyntaf mewn sesiynau tylino babanod a synhwyraidd. Mae'r rhain wedi bod yn llwyddiannus iawn ac maen nhw'n ffordd hyfryd o gyflwyno rhieni newydd i'r ganolfan. Mae'r Ymwelydd Iechyd bellach yn mynychu ein sesiynau Aros a Chwarae/Mannau Cynnes bob mis: mae teuluoedd wedi elwa o allu cael cyngor a chymorth am ddim.

Mae teuluoedd wedi datblygu sgiliau newydd drwy fynychu cwrs Babbling Babies, y llenwyd pob lle ynddo.

Canolfan Deuluol y Tymbl

Uchafbwyntiau

> *Wnes i ddim gadael y tŷ ar ôl iddo gael ei eni, mae'r grwpiau wedi bod yn achubiaeth*

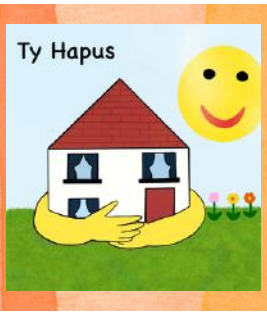
- Sicrhau cyllid cyfalaf i ailddatblygu Neuadd Eglwys Dewi Sant a chreu cartref parhaol newydd i'r ganolfan deuluol
- Cynyddu ein capasiti i ddarparu mwy o sesiynau a gweithgareddau i'r teuluoedd, plant a phobl ifanc yn ein cymuned
- Cymryd rhan mewn digwyddiadau cymunedol ar draws Cwm Gwendraeth

TROSOLWG O'R FLWYDDYN

Mae 2025/26 wedi bod yn flwyddyn gadarnhaol a chynhyrchiol arall i Ganolfan Deuluol y Tymbl. Rydym wedi parhau i gynnig gofod croesawgar, cynhwysol lle gall plant, pobl ifanc a theuluoedd gael mynediad at gymorth, cyfleoedd chwarae a chysylltiadau cymunedol. Trwy gydol y flwyddyn gwnaethom gyflwyno amrywiaeth o sesiynau blynyddoedd cynnar, gweithgareddau i'r teulu, darpariaeth clwb ieuenctid, rhaglenni gwyliau a digwyddiadau cymunedol. Mae ein gwasanaethau wedi helpu teuluoedd i deimlo'n llai unig, magu hyder, gwella lles a datblygu perthnasoedd cryfach. Gwnaethom barhau i weithio'n agos gydag ysgolion lleol, gweithwyr iechyd proffesiynol, Plant Dewi a phartneriaid



cymunedol eraill i sicrhau y gallai teuluoedd gael mynediad at y cymorth sydd ei angen arnynt. Un cyflawniad pwysig eleni oedd sicrhau cyllid tuag at ailddatblygu Neuadd Eglwys Dewi Sant. Bydd y prosiect hwn yn creu cyfleuster cymunedol modern, hygyrch a fydd yn ein galluogi i ehangu ein gwasanaethau a sicrhau cynaliadwyedd hirdymor. Rydym yn parhau'n ymrwymedig i gefnogi teuluoedd ar draws ein cymuned ac edrychwn ymlaen at adeiladu ar y llwyddiant hwn yn y flwyddyn i ddod.



Canolfan Deuluol Tŷ Hapus

Uchafbwyntiau

"Gofod cynnes, croesawgar a grwpiau cefnogol, addysgiadol gyda gweithgareddau gwych a snacs iach. Mae'n arbennig o fuddiol yn ystod yr argyfwng costau byw."

- Gwnaethom ddathlu pen-blwydd y Ganolfan Deuluol yn 30 oed gyda pharti, gan ddod â theuluoedd, staff, gwirfoddolwyr ac ymddiriedolwyr o'r gorffennol a'r presennol ynghyd.
- Gwnaethom droi ardal awyr agored yn ofod natur a lles addysgol, gan greu cyfleoedd newydd ar gyfer dysgu awyr agored, chwarae a lles.
- Gwnaethom leihau rhwystrau i gyfranogiad trwy deithiau, digwyddiadau a thrafnidiaeth wedi'i sybsideiddio, gan alluogi mwy o deuluoedd i gael mynediad at brofiadau a chymorth gwerthfawr.

TROSOLWG O'R FLWYDDYN

Parhaodd y Ganolfan Deuluol i gynnig amgylchedd croesawgar a chefnogol i deuluoedd lleol. Trwy sesiynau, gweithgareddau a chymorth targedig rheolaidd, gwnaeth ein teuluoedd leihau unigrwydd, gwella eu lles, meithrin hyder a sgiliau, a chryfhau eu perthnasoedd. Cafodd plant a theuluoedd gyfleoedd rhyngweithio cymdeithasol, profiadau awyr agored a lles, gweithgareddau creadigol a dysgu trwy chwarae, mewn lleoliad diogel a chynhwysol.

Mwynhaodd teuluoedd amrywiaeth o deithiau, digwyddiadau tymhorol a gweithgareddau cymunedol, gan gynnwys ymweliadau â pharciau, y Ganolfan Gwlyptiroedd, y Gerddi Botaneg, ffermydd, traethau ac atyniadau lleol. Gwnaeth cludiant bws mini alluogi mwy o deuluoedd i gymryd rhan, gan helpu i leihau rhwystrau a achosir gan drafnidiaeth gyfyngedig a phwysau ariannol.



Gwnaeth gwaith partneriaeth barhau'n ganolog i'n dull gweithredu, gan alluogi teuluoedd i gael mynediad at weithdai ymarferol, gwasanaethau arbenigol a chymorth ychwanegol pan fo angen.

Cwblhaodd staff hyfforddiant amrywiol mewn llythrennedd corfforol, deall tlodi, hawliau plant, codi a chario, a phrosesu synhwyraidd.

Rydyn ni'n hynod ddiolchgar i'n cyllidwyr: Teuluoedd yn Gyntaf/Dechrau'n Deg, The Masonic Charitable Foundation, Postcode Community Trust, Sefydliad Garfield Weston, Cronfa Gymunedol Cymru a Chronfa GBI.

SESIYNAU


CHWARAE
CLWB CINIO BACH
CHWARAE ANNIBEN
CLWB LEGO
PARC FFERM YNYS ABERTEIFI
ZUMBINI CYNFASAU NADOLIG
O FWMP I FABI
PANED
TAITH WWT
TEITHIAU
BWMPS A BABIS
TAP TAP A SGWRS
AROS A CHWARAE YN EGLWYS Y BEDYDDWYR
CREFFTAU
PARTI NADOLIG
CANU A CHWARAE YNG NGHARTREF GOFAL CEFNOGWYR ANNWYL FAN
PANED
DISGO NADOLIG
AROS
ZUMBINI
CYNLLUN CLWB CINIO
CREFFT A SGWRS
TANWYDD
BORTH ACTIF
TEITHIAU
IAITH
CAFFI CREADIGOL
TEITHIAU SINEMA
PLANT DEWI
SIARADWYR BACH
DRE TWO
CYSYLLTIADAU TEULUOL
CHWARAE SYNHWYRAIDD
TYLINO BABANOD
SESIYNAU GARDDIO
AROS A CHWARAE
DIWRNOD HWYL I'R TEULU
EIN CEGIN
PECYNNAU COGINIO
CYNGOR YNNI AROS
SLOT GWEITHDAI
GRŴP PLANT BACH
AMSER CHWARAE
IAITH ANTURWYR BACH
CHWARAE AWYR AGORED
GRŴP BABANOD
SINEMA

CANLYNIADAU

Mae'r staff yn anhygoel, rwy'n teimlo croeso cynnes. Fel arfer, rydw i'n berson nerfus iawn ond rwy'n teimlo mor dawel fy meddwl yma.

Alla i ddim diolch ddigon i'r tîm am eu gofal gwych, eu hanogaeth a'r atgofion hyfryd maen nhw wedi'u rhoi i ni fel teulu.

Mae'r staff mor gefnogol a wir yn poeni am ein teulu ni.

"Mae'r gefnogaeth gan y grŵp yn eich helpu i deimlo'n llai unig a phryderus."

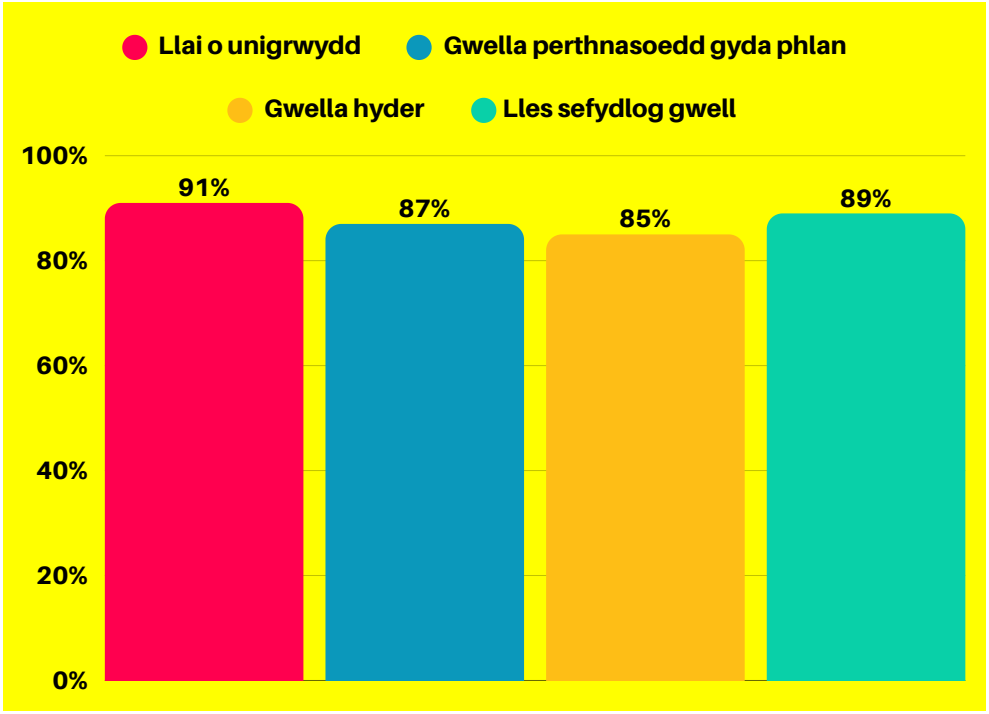
Rwy'n hoffi dod i chwarae gyda fy ffrindiau ar ôl ysgol ac rwy'n caru'r siop

"Fyddwn i byth wedi meddwl y byddai fy mhlant i'n mwynhau amgueddfa - cawson ni'r diwrnod gorau, diolch "

"Mae'r grŵp babanod yn cefnogi perthnasoedd hanfodol rhwng rhieni a phlant."

Mae'r staff yn sêr. Maen nhw bob amser mor groesawgar a byth yn barnu o gwbl. Fe wnaethon nhw i mi deimlo 'mod i'n gwneud yn iawn.

Rhoddodd y grŵp magu plant yn gynharach yn y flwyddyn dechnegau defnyddiol i mi (fel ymarferion anadlu) sy'n handi iawn



"Magu hyder, gwneud ffrindiau, dod a theuluoedd a'r gymuned at ei gilydd"

Mae'r staff yn gwneud i ni deimlo'n gyfforddus, maen nhw'n anfeirniadol, yn ddibynadwy a wir yn gwrando.

Mae'r staff yn anhygoel ac mae gwybod bod cefnogaeth ar gael yn gwneud i fi deimlo lot gwell

"Alla i ddim ffeindio bai gyda'r gwasanaeth. Dydw i erioed wedi profi gwaith cymorth mor wych, manwl, croesawgar a holistig. Amddiffynnwch nhw gyda'ch bywydau."

'Mae'n wych cael sesiynau sydd wedi'u cynllunio i fi a'r plant - cawson ni amser gwych, ac mae fy mhlentyn yn gofyn byth a hefyd am y sesiwn nesaf'

Lle diogel i ymweld a chwrdd ag eraill, mae fel pentref bach sy'n helpu'ch plant i dyfu i fyny.

Rhoddodd seibiant i mi o'r drefn arferol. Mae fy niwrnod yn hapusach ers dechrau, sy'n ei wneud e'n hapusach. Rydw i nawr yn fwy cyfforddus yn cymdeithasu.

Roedd y diwrnod agored yn hyfryd. Fe wnes i fwynhau crefft gyda fy mhlant ac roedd y bwyd yn flasus hefyd.

"Diolch i chi am wneud cymaint o wahaniaeth pan ddaethon ni i'r grŵp. Rydyn ni'n gwybod fel rhieni newydd nad ydyn ni ar ein pen ein hunain."

Roedd cerdded i mewn i sesiwn Jigso fel cerdded i mewn i ystafell lawn ffrindiau sy'n cefnogi ei gilydd drwy bopeth. Hefyd mae'r staff fel petaen nhw'n gwybod yn union beth sydd ei angen arnoch chi. O baned i ychydig o gyngor neu gyfle i rannu problemau. Diolch xx

'Mae'r plant wrth eu bodd gyda'r coginio, ac mae'n wych eu gweld nhw'n treio blasau a gweadau newydd.'

"Doeddwn i ddim yn gwybod bod hyn yn bodoli hyd yn oed. Rwy'n falch iawn o fod wedi dod o hyd i'r hafan fach hon."

LLUNIAU






Hinduism
Sikhism











Canolfan Deuluol Y Tymbl
Tumble Family Centre
Canolfan Deuluol Y Tymbl
Tumble Family Centre


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.

Teuluoedd yn Gyntaf
Families First

Garfield Weston
FOUNDATION

EGIN
Cefnogi cymunedau i daclo newid hinsawdd
Supporting communities to tackle climate change

Dechrau'n Deg
Flying Start

Mothers' UNION
Christian care for families

Cenhadaeth Ffydd Llawenydd
Mission Faith Joy

Baby Bank Alliance.

Freemasons' Charity

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CRONFA GYMUNEDOL COMMUNITY FUND

Community Foundation Wales

Cyngor Sir Penfro - Pembrokeshire County Council

The Henry Smith Charity
founded in 1628

2026-27

EDRYCH YMLAEN

Wrth edrych ymlaen, rydym yn parhau i fod yn uchelgeisiol ac optimistaidd. Dros y flwyddyn i ddod, byddwn yn parhau i wella ein defnydd o'r gronfa ddata Views i gofnodi a dangos tystiolaeth o'n heffaith yn well. Byddwn hefyd yn recriwtio Cydlynydd Gwirfoddolwyr drwy gyllid gan grant Gwirfoddoli Cymru CGGC, gan gryfhau recriwtio, hyfforddiant a chyfraddau cadw gwirfoddolwyr ar draws y sefydliad.

Yn ogystal, bydd cynllunio'n dechrau ar gyfer 25 mlwyddiant Plant Dewi yn 2027, gan roi cyfle cyffrous i ddathlu cyflawniadau'r chwarter canrif diwethaf wrth weithredu ein Strategaeth Codi Arian ac edrych yn hyderus tua'r dyfodol.

Ar ran pawb yn Plant Dewi, hoffem ddiolch i'n staff, gwirfoddolwyr, ymddiriedolwyr, cyllidwyr, partneriaid, cefnogwyr, ac wrth gwrs y teuluoedd, am eu hymroddiad a'u haelioni parhaus. Eu hymrwymiad nhw sy'n gwneud ein gwaith yn bosibl, a gyda'n gilydd rydym yn parhau i wneud gwahaniaeth cadarnhaol i fywydau plant a theuluoedd ledled Gorllewin Cymru.

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

www.plantdewi.org.uk/cy/hafan/

www.plantdewi.org.uk/cy/ein-gwaith/prosiect-y-tadau/

www.plantdewi.org.uk/cy/ein-gwaith/prosiect-rhieni-ifanc/

www.plantdewi.org.uk/cy/ein-gwaith/grwpiau-teuluoedd-gyda-gilydd/

www.plantdewi.org.uk/cy/ein-gwaith/banc-bwndel-babi/

www.plantdewi.org.uk/cy/ein-gwaith/canolfannau-teulu/

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