



PLANT DEWI

Lle Mae Teuluoedd yn Bwysig
Where Families Matter

ANNUAL REPORT 2022-2023

English



ADRODDIAD BLYNYDDOL 2022-2023

Cymraeg



Meithrin Gobaith

ESGOBAETH TYDDEWI
DIOCESE of ST DAVIDS



Growing Hope

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PLANT DEWI

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

A MESSAGE FROM OUR MANAGER

This was Plant Dewi's 20th year - 20 years of development, 20 years of working in communities and 20 years of supporting families across the diocese of St Davids.

Between April 2022 and March 2023, 2562 families accessed support via the Plant Dewi groups, Carmarthenshire and Ceredigion Family Centres and Baby Bundle Bank. This is a total of 6339 individuals over the 12-month period.

22 projects were delivered directly by Plant Dewi's 37 members of staff which include 7 Family Centres, 2 county wide Family Centre Networks (totalling 17 centres), 6 Families Together groups, 3 Young Parents groups, 2 Dads Work projects, 1 Nursery setting and the Baby Bundle Bank which now has 6 hubs across the diocese.

The 20th celebrations began in May when Bishop Joanna blessed the Plant Dewi anniversary candle that then began its tour around the diocese, visiting each of the projects on its way before a fun day at St Davids Cathedral in September. 100's of people joined in the celebration and raised money for the project through the grand raffle.

Over 120 families also enjoyed a fun day hosted in partnership with the Botanic Gardens during the October half term where they had opportunities to take part in a range of activities including pond dipping, marshmallow roasting, messy play, arts and crafts and a walk around the gardens. An event we hope to run again next year.

Plant Dewi welcomed a large number of supporters to Christ Church, Carmarthen in January to say a big thank you to everyone for their involvement and commitment to enabling Plant Dewi to continue to support families across the three counties.

Following a couple of years of living in very uncertain times through the pandemic, this was our full year of resuming 'normal', however, it also came with new challenges around the cost of living crisis. This has been a challenge for the charity as well as families who access our services. However, we continue to adapt the way we do things and what we offer to ensure that we can meet the needs of families who are facing ongoing challenges.

Catrin Eldred, Manager



Plant Dewi Men's Project

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

Highlights

- This year the project supported the local foodbank growing and donating 100kg of potatoes, together with leeks and other vegetables.
- 20 cycles were upcycled and given to fathers and their children providing sustainable transport and activities for fathers and their children.
- Afterschool sessions delivered in local primary schools offered fathers and their children exciting activities with food. These included shelter building, fires and food, Lego and craft.

Sessions Delivered

Fathers had an opportunity to share and learn new skills through a variety of activities provided Tuesday to Thursday during school hours. Activities were offered for fathers and their children through the Dad & Me project in afterschool sessions as well as during the school holidays.

Gardening, woodworking and metalworking were offered through the Growing Hope Project which provided food for the local foodbank, cycle maintenance through



the upcycling/recycling bike project, and a variety of additional skills through various community projects. Fathers were encouraged to keep active and well through cycling, walking and participating in regular physical activities.

“ My emotions are up and down at the moment - the group gives me a reason to keep going each day ”

Plant Dewi Men's Project

“

Regular sessions made it possible for me to chat about my relationship breakdown and difficult contact arrangements

”

Overview of the year

Restrictions from the pandemic disappeared and the project harvested from the hard work undertaken by the fathers, and leeks, onions, potatoes and lettuce were distributed around the foodbank outlets in Pembrokeshire.

Holidays sessions were attended by fathers and their families and families, dug up potatoes, planted new vegetables, enjoyed meals cooked together outdoors, made bread and enjoyed craft and nature hunts.

Simple nutritious meals were provided in the drop-in sessions and free produce made available, as hardships wrought by the pandemic and ensuing crisis, saw a sharp increase in food bank support and energy support schemes.

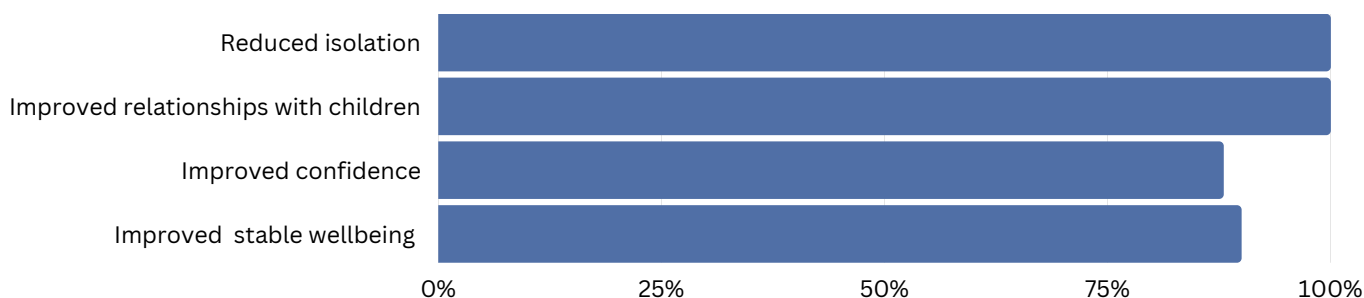
Improvements to support production such as increasing potato planters, crop rotation, irrigation and path improvements

were undertaken, and a large shelter was also 'kick-started' by a group of volunteers from the council - the fathers completing between gardening tasks.

Many fathers and children have enjoyed receiving upcycled bikes from the project. Many skills were learnt this year 'on site' and in the community such as installing park benches and painting.



Outcomes





Young Parents' Project

Young Parents' hubs provide friendship networks, peer-support, develop future aspirations and support young parents in their new caring role as well as young people.

Highlights

- Seeing a rise in the number of young dads attending the project and giving them the skills and confidence to enjoy fatherhood.
- Recipe packs have been a huge success. Simple recipes with step-by-step instructions have encouraged families to eat healthy and save money.
- Making stronger connections with the local communities, working together with community halls, local charity shops and other voluntary organisations.

Work across the Diocese

Young parent hubs are delivered in Ammanford and Crosshands in Carmarthenshire and Pembroke Dock in Pembrokeshire. This also encompasses surrounding villages in those 3 areas. During the summer a pop up hub was delivered in Pontyberem supporting outdoor play to young parent families. Project workers also work 1:1 with young parents in their home or wherever they feel comfortable throughout the 2 counties. In the last year we have been



devoted to supporting families with the rise in cost of living with sessions around budgeting and ways of reducing spending.

“Having the recipe packs has brought the joy back in cooking and encouraged us to eat healthy”

Young Parents' Project

“YP group has helped me in socialising with other parents my age. I always hated the thought of playgroups because of the constant judgement from some older mums over myself being a young parent”

Sessions Delivered

Sessions have involved, craft through mindfulness, volunteering project, gardening at the dads' project allotment, parenting bitesize sessions, digital workshops, intergenerational project, designing tote bags, emotional and wellbeing discussions, budgeting workshops, outdoor messy play and supporting young parents on a 1:1 basis with their emotional wellbeing.

Overview of the year

Project workers have worked hard to encourage families back into group after the pandemic. We have received many new referrals in Carmarthenshire and have therefore had to move to a larger venue in Ammanford.

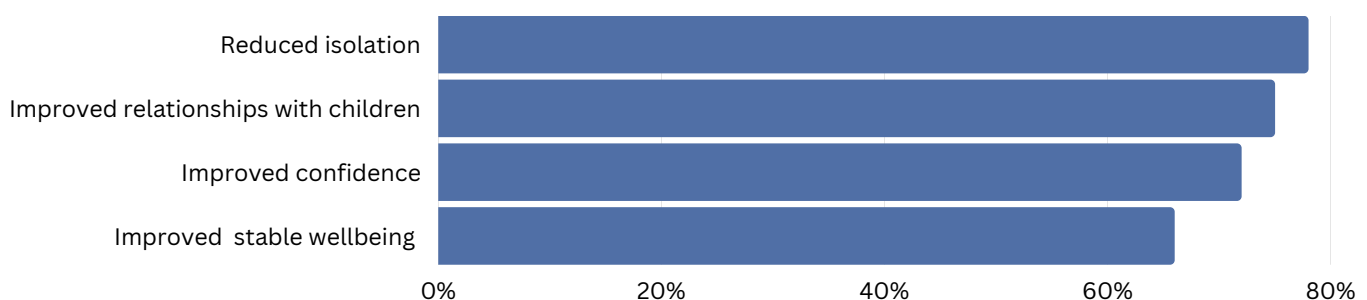
We have seen a rise in food parcels and

Baby bundle requests, so we have been providing more support around benefits, budgeting and working closely with CAB to address these issues.

The recipe packs have been a huge success and helped alleviate the stress of the weekly food bill. Young parents have spent time with the dads' project at their allotment learning how to 'grow your own'



Outcomes





Families Together Groups

The groups engage with parents to create an extended family to support family life, integrating isolated families into their local community.

Highlights

- Taking the families on outings to the Dinosaur Park and Saundersfoot and providing opportunities to attend fun days in the Botanic Gardens Pembroke Dock and Cefneithin.
- Parents reporting how happy they are that their children's speech and language has developed through attending the sessions.
- Providing families with substantial food and fun activities through the Summer of Fun and Warm Space grants.

Work across the Diocese

Weekly sessions were delivered in the six groups. The four groups in Carmarthenshire; Cwmgors, Crosshands, Llandeilo and Newcastle Emlyn saw an increase in attendance due to close working partnerships with local schools, health services, and other community projects.

Pembrokeshire – the two groups based in Pembroke Dock and the Mount Estate played an integral role in supporting



families with the increase in the cost of living, providing hot breakfasts and lunches during the weekly sessions.

“ *I feel so grateful to staff who have helped me and my son. He has become more confident with interacting and joining in activities* **”**

Families Together Groups

“

I don't know what I would have done without this group. I was so lonely, I've made friends, I've got someone to talk to now

”

Sessions Delivered

Sessions have included Language and Play, Zumbini, Forest Schools, Wellbeing and Relaxation, Moo Music, Messy Play, and Music with Mummy. Visit from the Fire service, local PCSO's, Health Visitors, Action for Children and Winter fuel Poverty and Budgeting have helped to address the needs of families. Christingle services were held and families joined Plant Dewi in celebrating its 20th year.

Overview of the year

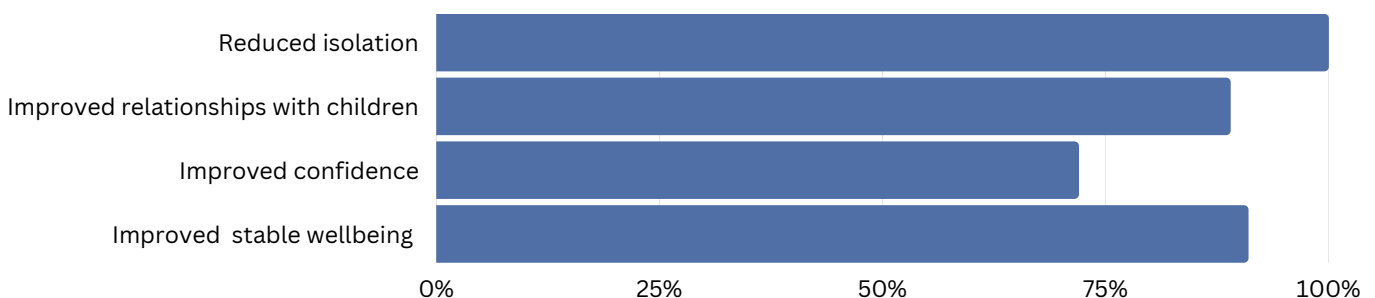
Throughout the year the six groups have been a vital resource in the community; families created strong friendships and children were given opportunities to play and socialise together - something that they had missed out on over the pandemic. Parents were supported with their



wellbeing and their concerns on child development were addressed. With the increase in the cost of living, referrals from staff to local food banks and other low-cost food providers played an integral role in supporting the families over the last year.

We were proud to welcome a group member who have a moving tribute at Plant Dewi Thank You event in January.

Outcomes





Baby Bundle Bank

The Baby Bundle Bank makes life easier for parents in challenging circumstances by providing the resources and equipment needed to welcome their baby into the family.

Highlights

- **240 bundles have been given to families across the diocese**
- Two new bases were found - The base in Carmarthen moved from St John's Church to Ty Ni Family centre and a new base in Bethlehem Chapel, Pwll Trap, St Clears was established
- Funding was successful in the last quarter of the year to provide extra staffing hours to support the project

Work across the Diocese

There are six Baby Bundle bases in the diocese - three in Carmarthenshire - Crosshands (Impact 242), Carmarthen (Ty Ni Family Centre) and Pwll Trap (Bethlehem Chapel). The two in Ceredigion are based in St Anne's Church Penparcau and Lampeter Family Centre and the base in Pembrokeshire is in Steynton Hall. Over the year five volunteers have worked with staff to collect and sort out resources and deliver the bundles to professionals and families in need.



The Mothers' Union groups in the dioceses have generously contributed to the project, regularly providing clothing, toiletries and resources.

“ *Knowing I was having a baby bundle made it so much easier, I was so worried about getting things, it made me less anxious* ”

Baby Bundle Bank

“

You have no idea how much this means to me. I'm a health care worker and I've been so worried, I can't thank you enough!

”

Families received bundles due to a number of reasons – low income, the increase in the cost of living, debt, mental health, domestic abuse, terminal illness and homelessness were some of the issues reported. 55% of parents who received bundles were under 26.

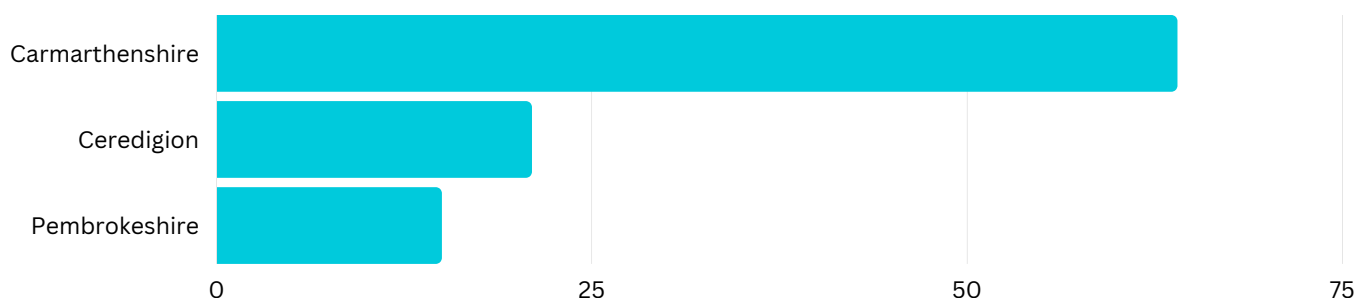
Overview of the year

Over the year large quantities of donations have been received from a variety of groups and individuals. Funding and monetary donations allowed us to purchase larger items such as mattresses, sterilisers and stair gates. Referrals have been received from Health visitors,



Midwives, Domestic Abuse teams, Social Services, Flying Start, Tim Teulu, Perinatal, Schools, Next Step, Parent and Family support, Home Start, Jet Wales Remploy and Pobol Care. Self-referrals via the website, email and Facebook were also received. Between January 23 – March 23, eighty bundles were given out, the highest number in a quarter since the project began.

Referrals





Betws Family Centre 'Ty Tyfu'

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

Highlights

“Friendly, inviting centre who care about those that use the service and are always nonjudgmental.”

- Our Community is central to everything we do in the centre we work with Betws Rugby Club, Betws Primary School, Babanod Eco, Swansea University, La Leche League and many more organisations.
- Cooking Packs and Lunch Club continue to be very popular and families comment on the fact they help them lower their weekly food bill during the cost of living crisis.
- Linking with Annwyl Fan Care Home and setting up weekly visits; the residents look forward to seeing the families and the benefits to both parties are numerous.

Sessions delivered

- Baby & Toddler Language and Play
- Community sessions in Betws Primary School
- Inter-Generational Project with Annwyl Fan
- Tool Shed Workshop with Foothold Cymru
- Baby Massage
- Cook and Play
- Free Play and Crafts
- Cooking Packs
- Walking Group
- Active Story Time
- Antenatal Courses
- Breastfeeding Group



- Babanod Eco Reusable Nappy Library
- Messy and Sensory Play
- Sensory Room Bookings
- Drama Workshops
- Trips and Visits
- Therapy Dog Session
- Outdoor Activities and Play Sessions
- Toy Exchange
- Santa 1-1s and Christmas Party

Betws Family Centre 'Ty Tyfu'

“

They go above and beyond to make you and your child feel at home, they're good listeners and look out for your personal needs.

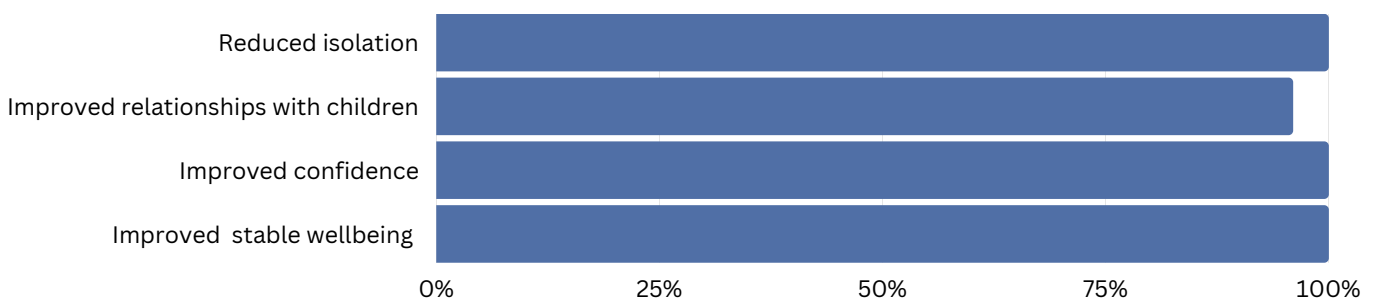
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Overview of the year

This year we have focused on using the centre but also utilising community venues. Baby Massage, Baby language and Play and Toddler Language and Play proved popular with families and many children benefitted from attending these sessions. December 2022 saw two additional staff members starting at the centre and the ability to expand the service for an extra day. We have focused on our core values and rebuilding the support and nurturing that we provide the families. We have returned to more of a drop in service where families can turn up without booking which has meant that more people have been able to benefit from the service as they need to. We have strengthened our links with the wider community working alongside many local organisations and running walking groups, active and outdoor play sessions in the flower park and other green areas of the village. We have a wide variety of sessions meaning there is something to suit everyone from messy play in the rugby club to small intimate baby massage groups.



Outcomes





Borth Community Hub

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

Highlights

- Our outdoor Summer Of Fun days in play area of Ysgol Craig Yr Wylfa were very popular again this year with a total of 186 children attending.
- Borth Carnival week was back in full force. We ran the Family Fun Day and then our first intergenerational Walking group in the Carnival itself as well as our community café on the field.
- Our Outdoor Play sessions in the Hub garden are always a fun way to round off the week.

Sessions delivered

For new parents and their babies we had Bumps and Babies, Baby Massage, Walking4Wellbeing walks. For those with energetic toddlers and their parents we ran Borth Actif in Borth Community Hall, Outdoor Play sessions in our Hub garden and Language and Play sessions.

The week ended with our intergenerational, pay as you feel Community Café.

Throughout the winter months we ran a weekly Warm Welcome Space all day on Fridays. Our oldest participants were in their 90s and the youngest only a few weeks old.



During the summer holidays we ran two whole days of outdoor activities each week for families with 0-11 year olds. These included games, messy play as well as craft and bug hunts.

“I love coming to this course. It's actually changing things at home for us”. (Family Links course)

Borth Community Hub

“*‘XXX and me are really enjoying the LAP sessions and all the brilliant things you do to keep them interesting’*”

Overview of the year

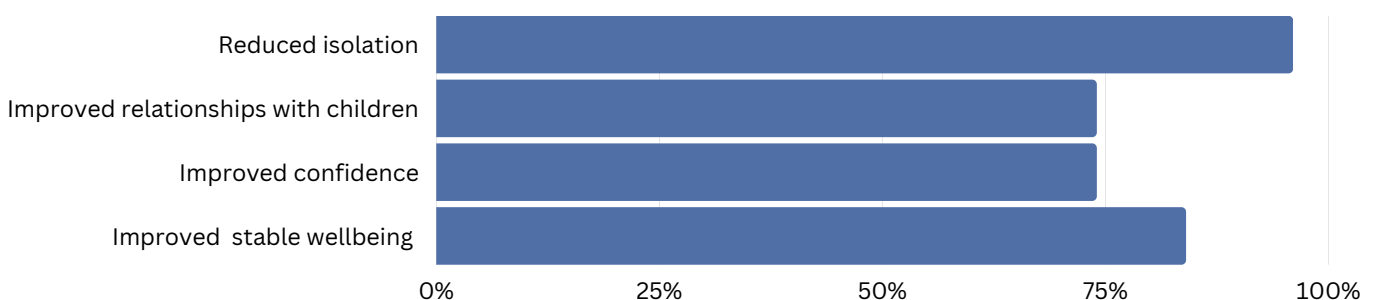
Once again it’s been a busy year in the Hub. We have delivered such a wide range of activities and loved the fact that a lot of our regular activities that could take place once again. These included our weekly activities as well as our Santa’s grotto and Borth Carnival activities and our face to face parenting courses.

Together with our JoAlice { Pathfinder } we ran two busy courses - Incredible Babies and Family Links.

We had missed our intergenerational activities during the pandemic and everyone has enjoyed the thriving community café. Here we have celebrated birthdays for people of all ages as well as the Coronation and the Platinum Jubilee as well as running several fund raisers for the Red Cross Appeals for Ukraine and The Earthquake appeal.



Outcomes



Tŷ MAIR



Canolfan Deuluol - Family Centre

Burry Port Family Centre

Our approach, working in partnership with families, empowering both parents/carers and children, strengthening resilience and communities.

Highlights

- Project Manager nominated and won “Key Worker of the Year” a local Town Mayor initiative.
- Re-profiled our budget and opened an additional session on a Monday, positive start to the week, mindfulness, resilience building and positive affirmation activities.
- Attracting high numbers of families and building meaningful relationships.

Sessions delivered

Mondays -started the week on a positive, calm note.

Tuesdays- Baby Group - Baby Massage and Baby Language and Play, an integrated group for under ones.

Wednesdays -Actif outdoor play to develop gross motor skills, Creche support to parents, enabling them to access bespoke courses, talks, accredited training, and parenting courses.

Homework Club



Thursdays-outreach in Kidwelly, Dads Together in Burry Port, Toddler Language & play, Mens shed Cymru
Fridays- Community Walks.

“ Y croeso a’r teimliad o gymuned.
Diolch am bopeth ! GWYCH.
Cymorth a gofal hyfryd. Ni’n
gwerthfawrogi y lle yn fawr iawn ”

Burry Port Family Centre

“

Thank you for a lovely day, we would never have come to the beach, impossible for me to watch the twins and my son on my own

”

Overview of the year

At the beginning of the year some families struggled with the reopening of the community, still required smaller groups, telephone support and one to one service. We have continued to keep groups to limited times, more focused sessions based on feedback from families.

Needs we are identifying differ greatly, previously pockets of the community were defined as impoverished, we experience families openly discussing the cost of living and the impact this has on their quality of life.

We have partnership worked with new organisations, building better community cohesion and inclusive support for families.

Taken time to develop and enhance our outdoor space with plants and seasonal produce.

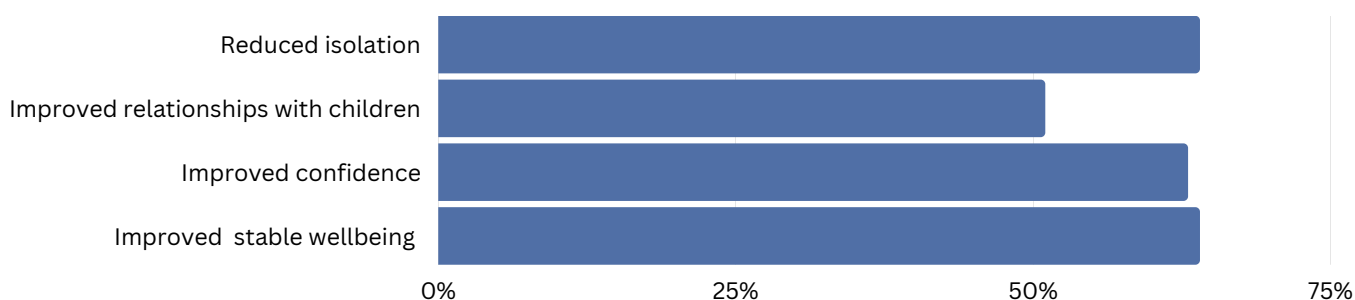
Provided families with trips and days out.

Supported a higher number of volunteers and students have returned on placement.

Burry Port Family Centre and its outreach is depended on, is needed, and wanted, it provides so much for so many, a smile, a cuppa, a hello – a service that people trust and want to be involved with.



Outcomes





Felinfoel Family Centre

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

Highlights

- As the cost of living crisis hit we were very pleased to be able to provide families with free monthly trips and special events e.g. a pumpkin patch so that families did not miss out
- We were also able to help with the cost of living by creating a craft course for parents designed to save money e.g. Christmas gifts
- A project that was initially designed to reduce waste also helped by redistributing surplus food and sharing resources e.g. toys

Sessions delivered

Regular weekly sessions on the timetable this year included: Baby Group; Crawlers and Cruisers Group; Toddler/LAP Group; Family Fun Club and parent courses and workshops. In July we added the Fareshare food redistribution scheme to our timetable. Ongoing digital work included our Resource Sharing whatsapp group and a Money Saving Tips whatsapp group.

We were able to add 2 x Baby Massage courses to the above and also co-facilitate a Parenting Puzzle course with



Action for Children.

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

“The family centre has helped me gain confidence in being able to take my kids out. They helped financially by providing free trips.”

Felinfoel Family Centre

“

“I suffer with social anxiety so these trips have made me push through my anxiety so that myself and children can have an amazing time”

”

Overview of the year

The year 2022/2023 was a year of changing priorities for the families we serve. We began the year with plans to respond to a parent consultation which clearly indicated that recovery from the isolation suffered during lockdowns was the highest need. Parents wanted “more” time in sessions to “catch up” on what children had “missed out” on emotionally and socially. We responded by lengthening our play sessions and by submitting funding bids based on this recovery.

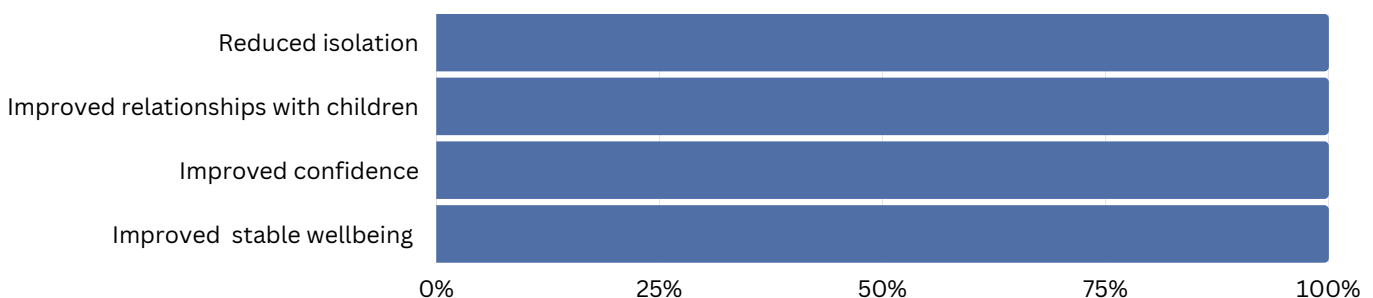
However, as the cost of living crisis hit, it became clear that the priority of needs were changing. Thankfully two of our existing funding pots were already compatible with providing activities to help



Disappointing funding news in October led to a period of financial insecurity for the centre which was thankfully addressed by March leading to security in 23/24.

In March we said farewell to a key staff member who has been with us for 14 years who will be greatly missed! We wish her every success in her exciting new venture!

Outcomes





Garnant Family Centre 'Tots Ty Ni'

Garnant Family Centre is a registered charity providing free support and activities for all

Highlights

- During the Summer Holidays we provided weekly play sessions for families in Parc Golwg Yr Aman. 45 families with 78 children enjoyed a variety of play experiences
- Providing Toy Appeal families with a chicken or Turkey(their choice) for Christmas dinner.
- Our skills session at the garden enabled families to create small boats together, using tools, such as hand drills, saws, hammers etc

Sessions delivered

There were 5 sessions of Play in The Park @ Mugga, in Parc Golwg -Yr- Aman over the summer holidays. This involved providing rich play experiences using loose parts, large tuff trays which contained a different medium each week, such as play foam, play dough, moon dough and slime. We also provided nature/outdoor activities and crafts. The sessions were free and took place alongside Actif Sir Gar and with the support of Cwmamman Community Centre. Our regular weekly cohort of



sessions have included Bumps to Babies, Outreach Toddler and Siblings, our Community Garden Toddler Group, Kitchen Sciences and our Bookworm ASD group.

“ I’ve was able to take the children out to the events you have held, especially Folly Farm, unaffordable and logistically impossible without you’ ”

Garnant Family Centre 'Tots Ty Ni'

“

It has proved vital for supporting both myself and my daughter with social interaction

”

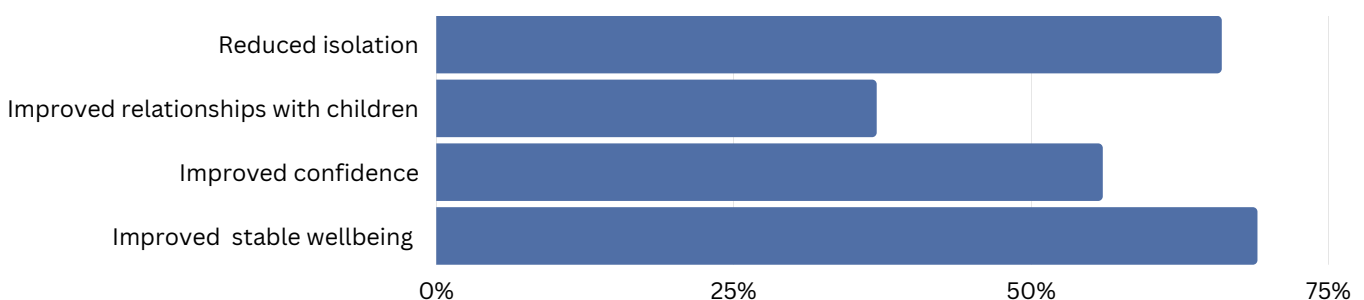
Overview of the year

Over the year, we have provided a lot of support to families in addition to our regular sessions. Parents since the pandemic have spoken a lot more openly about their own mental health issues so we have responded to this with staff doing Decider Skills training, which helps us to give parents coping skills for their emotions. We do a lot of work on self-care, encouraging parents to talk about small things they may have done to look after themselves, such as just stopping and having a cup of tea and taking the time to enjoy that cup of tea. We do a lot of outdoor crafts and gardening with families and many of them have begun to grow plants at home. During the winter we received funding from the council to provide a warm space for families who needed it.



The Citizens Advice Bureau have given us a computer on which parents can access support and advice quickly, one parent was able to get benefits she wasn't aware she was entitled to.

Outcomes





Jig-so Childrens Centre

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

Highlights

- Well attended with parents from different areas. Mixture of younger and older parents coming together, swapping ideas - making new friendship groups.
- Created an environment at Jig-so of activities parents wouldn't do at home - messy play, cooking etc.
- Giving parents ideas of sensory themed items/play they don't need to spend money on. Making a sensory board, playing in front of mirrors with hats and glasses and using fairy lights.

Sessions delivered

Sensory room/ sensory tents at every session. Along with many sensory resources. Sound, visual, touchy feely, gross and fine motor skills covered. Messy play -sand, water, playdough, music and movement, mirror play, curiosity play.

Lending library of resources available to all parents to take items home and use.

Calming relaxed baby area along with outdoor play meant parents have had the freedom to join in at their own pace.



“ One mum put her baby in the tray of mess: - Gave me confidence to do the same with my child. ”

Jigso Childrens Centre

“

“Fantastic idea using household objects for musical play. My son enjoyed so much and played longer than normal.”

”

Overview of the year

During the year we have had a steady flow of families. We have seen a rise in under 1's attending. Parents have enjoyed the different sensory areas we have created at each session. Every session has been different.

Parents have taken many ideas from the sessions and continued the play at home - buying sand pits, putting water into saucepans and some cups and bowls - to even creating sensory corners in their own homes.

The sensory room was a very relaxing safe space for parents and children of all ages and abilities.

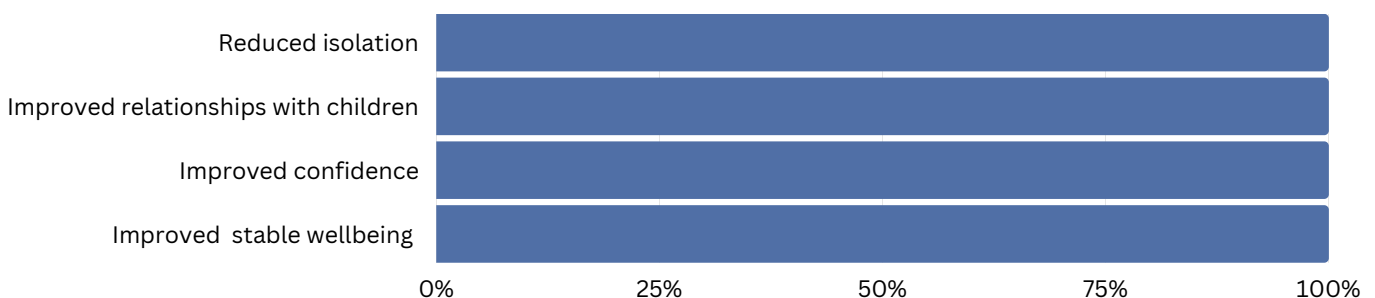
Some children would come to the session and head straight into the room. Some children just needed 5 minutes in there and were happy to come out and play with other resources.

Parents who attended the sessions went on to attend other Jig-so sessions and make new friendship groups.

The resources has engaged some children in their language skills -learning colours, cause and effect



Outcomes





Lampeter Family Centre

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

Highlights

- Families enjoyed various trips over the summer visiting Aberaeron, Fantasy farm and St David's cathedral fun day.
- Our families thoroughly enjoyed dressing up as kings and queens at the party held to celebrate the kings coronation.
- We continue to have a strong relationship with Llys Pedr sheltered Housing and it was great to see them attending our Plant Dewi celebration party.

Sessions delivered

Bumps to babies-sessions where pregnant mums and parents with young babies' chat and seek advice and support.

Stay and Play-free play session

Arts and Crafts- various themes

Baby Massage

Sensory and Messy Play

Zumbini (Zumba for kids)

Language and Play - Little Stars

Mindfulness sessions

Swimming



Welcome Warm Space, a warm space for families to get together and have a hotmeal together

Out and about - Buggy walks

“ Thank you so much to Lampeter Family Centre for sorting this lovely trip to fantasy farm for us all ”

Lampeter Family Centre

“

The centre has helped my daughter to see a different culture and learn new things.

”

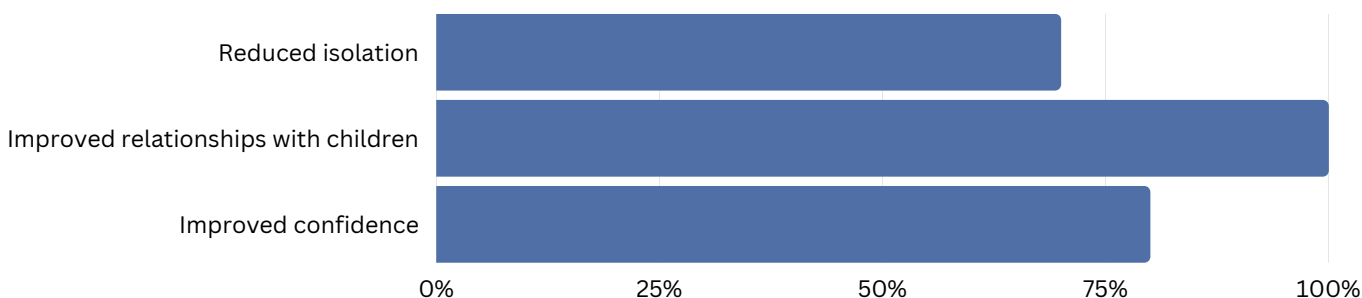
Overview of the year

After a delay due to the pandemic, September finally saw the official opening of the family centre in its new location. The community came together in a party celebration, where lots of cake was eaten and much fun was had by all. Children enjoyed numerous trips; Fantasy Farm, Aberaeron, Moody Cow, the local fire station to name but a few. Staff and families enjoyed celebrating the 20-year anniversary of Plant Dewi at St David's cathedral fun day. Our out and about sessions have been very popular, and links have been made with the wider community including visits to the local sheltered accommodation, which built strong intergenerational relationships. Celebratory events took place to commemorate important events in the calendar such as Christmas and Easter.



During the winter months we ran a successful lunch club every Wednesday where a hot, nutritious meal was provided. Families appreciated the warm space and enjoyed the interaction with others. We look forward to many new experiences in the year ahead.

Outcomes



Llandysul Family Centre

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

Highlights

- Inspired by the series of sessions with Arts4wellbeing developing outdoor play sessions and connecting with the natural environment through our senses.
- Thanks to the Summer of fun we were able to visit the Cardigan Island Farm park with a total of 52 parents and children.
- Following on from a Gro Brain toddlers parenting course in January we held a course in the evening for the Dads from the group.

Sessions delivered

We held a weekly session for parents and babies under the age of 1. Alongside Flying Start we offered a six week "Little Stars" course, followed by a series of "Messy Play" sessions for sensory play and exploration.

Language and communication focused sessions have been "Babbling Babies", and "Language and Play" courses with Flying Start, and weekly story and song and play sessions.

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



and explore sessions.

During the year we also held a First Aid session, Christmas party, and had visits from Pace, Workways, and WWDAS.

“ Lots of weaning advice and taster session, advice about routines, lots of positive comments and encouragement.”

Llandysul Family Centre

“

We really appreciated the trip to the Botanical Gardens. It was lovely and we would not be able to afford to go.

”

Overview of the year

It has been a busy year in Llandysul, we have continued regular sessions and developed new ones with families.

Throughout Spring and summer families enjoyed outdoor sessions with Arts4wellbeing and Tir Coed in the park and the woodland trust Coed y Foel. Following these sessions we developed our own programme of sessions, “Play and Explore” to give ideas and build confidence to explore the natural environment with children.

In the summer families joined us in the community garden at Yr Ardd, we enjoyed picking vegetables, making bug hotels and other activities. We will be returning next summer to further develop our plot and explore more activities.

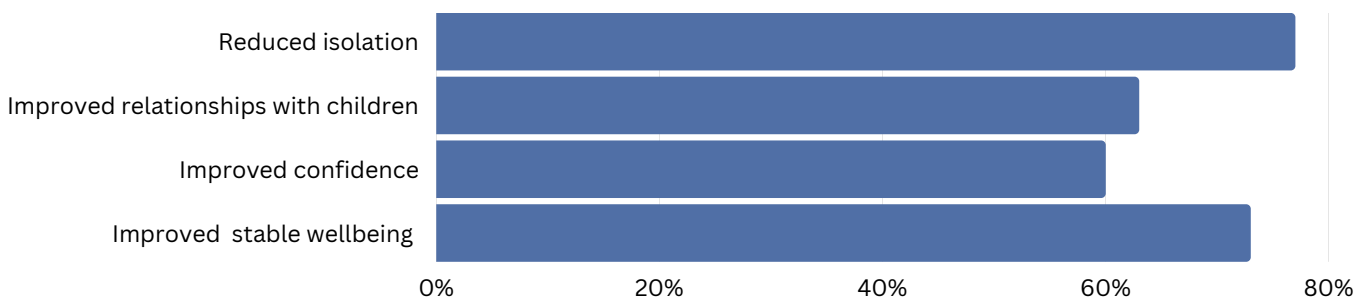


We secured Summer of Fun funding which enabled us to visit Cardigan Island Farm Park and hold more sessions with Arts4wellbeing.

In the Autumn our Popular Zumbini sessions returned, the group visited a local care home twice in the year to share Zumbini with the residents. Families have attended story and song sessions with Cymraeg i Blant too.

We have held three parenting courses this year, including a course for Dads.

Outcomes





Llanybydder Family Centre

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

Highlights

- The Family Centre celebrated its 21st operational year, supporting families with a party, where we were able to invite the community into the Centre
- Engaging with the community ~ participating in Christmas events, Intergenerational sessions, sessions at Llanybydder Primary School and winning first prize at Llanybydder Carnival!
- Being able to help with the cost-of-living crises, through providing families with children's clothes, food donations, foodbank referrals, and free sanitary products

Sessions delivered

Cylch Ti a Fi ~ Outdoor Play

Bumps & Baby Group ~ Stay & Play

Peter Walker Baby Massage

Language & Play

Coffee, Cake & Catch up

School Readiness ~ Crafts

Cooking ~Physical ~ Actif-i-ti

Cymraeg i Blant

Menter Iaith

Rubba Bubba with Rach

Arts 4 Wellbeing

Zumbini



First Aid skills

Intergenerational sessions

Theme Days: Seaside & Princess & Pirates

Trips: Norwood Gardens, Aberaeron RAY

Play Day, Krazy Horses

“ *Llanybydder Family Centre has helped me feel less lonely and gave me a purpose, it literally saved my life* ”

Llanybydder Family Centre

“

Going to the centre is like a home from home. A safe place that me and my son can go and relax. Learn and play. The staff go above and beyond to accommodate my sons ADHD.

”

Overview of the year

Our over-arching aim is to support families through the many difficulties they may face, to promote and enhance the relationship between the adult and child through working together in different sessions, and to ensure children have as many new experiences as possible during their early years.

As we emerged from a difficult, unprecedented, global pandemic our service was more important to our families than ever.

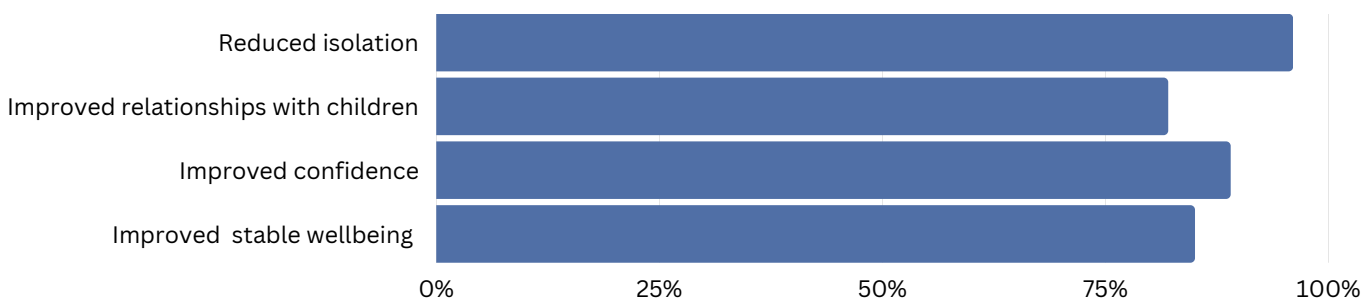
Families reported feeling isolated, and we went the extra mile in welcoming families, both familiar and new, back through our doors, to support and encourage friendships which would ultimately extend outside of our doors.

Children’s social skills needed building on – quite understandably after consecutive lockdown periods, and our Language & Play, Cylch Ti a Fi, and Stay & Play sessions allowed children the freedom, along with the guidance, to develop these.

Working with guidance from the local primary school, we helped transition our children to school with our School Readiness sessions.



Outcomes





Morfa Family Centre

Morfa Family Centre provides a warm friendly space for families with preschool children.

Highlights

- Brynteg Farm. The trip was very interactive, and families loved it. Best trip families had ever been on. Also made connections with a local farm.
- Lunch Club has started back and has become a bit of a weaning club along with helping families in the cost-of-living crisis.
- Working with Chwarae Anibendod delivering interactive messy play sessions. Children loved getting involved.

Sessions delivered

Baby Group

Toddler Group

Physical Play

First Aid with Parents

Stay and Play

Lunch Club

Story Telling

Song Time

Messy Play

Chwarae Anibendod

Trips to Folly Farm, Manor Wildlife Park, Tenby, Brynteg Farm, St Fagans, Dinosaur Park, Cathedral Day in St Davids and a Softplay Centre.



“Best day of my life” quote from one of the children attending Brynteg Farm trip.

Morfa Family Centre

“

“I make sure, after my maternity leave, I have Thursday and Fridays off work so I can attend groups every week”

”

Overview of the year

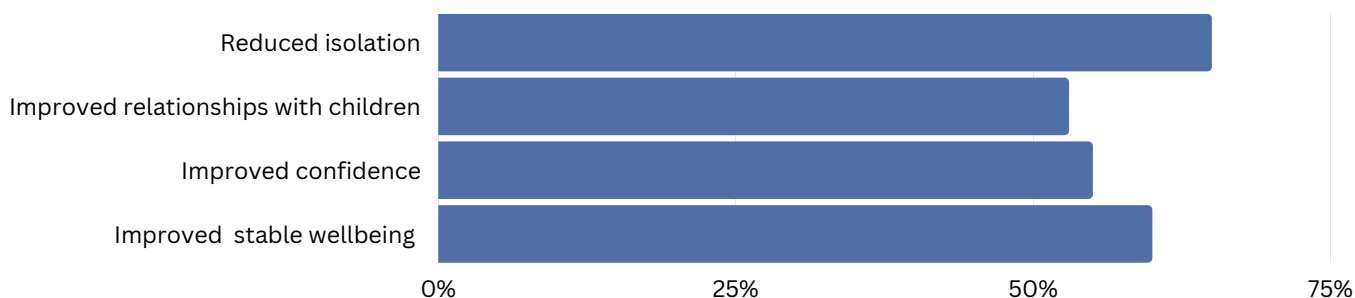
All restrictions, following the pandemic, have now been lifted. This has brought many challenges to the centre. Families are still fearful especially those who are expecting or have young babies. The centre has responded and coped well with the challenges, getting children and parents interacting and enjoying time together socialising again.

Organised trips out have helped children to explore the world again and socialise with their peers. Parents have gained confidence and opened up to the world around them. Friendships and peer support groups have been built which have been sorely missed during the pandemic especially for first time parents.

Children born during the pandemic have missed out on the stimulation of social groups so it has been lovely to see these children thrive and develop during the sessions and trips delivered.



Outcomes





Pencader Family Centre

We are a rural family centre that supports new, old, and extended families with children 0-11yrs within our community

Highlights

- Trips to folly farm, Manor Park, Botanic gardens, St David's Cathedral, Christmas trip to Cross Hands and Llandysul park.
- Celebrations; Easter egg hunt and party, Queens 70th Platinum Jubilee, village carnival, Halloween party, Christmas party, Christmas dinner.
- Creating a 4ft high paper mâché elephant named Elfed, with the families, who has been donated to Skanda Vale where he know lives in the main temple.

Sessions delivered

Language and Play

Story telling

Arts projects throughout the School holidays

Willow weaving

Working with clay

Glass painting

Loads of messy play

Outdoor play

Cooking with children and adults

Breakfast & Lunch clubs

Safety around the home,

Basic child first aid for parents/carers



At Christmas 29 toy bags and 15 food hampers were delivered

“ I feel so relaxed when we come here, whatever my problems there is always someone to listen and help ”

Pencader Family Centre

“

The best thing about coming here are the friendly staff and the freedom for my children to choose what they like to do.

”

Overview of the year

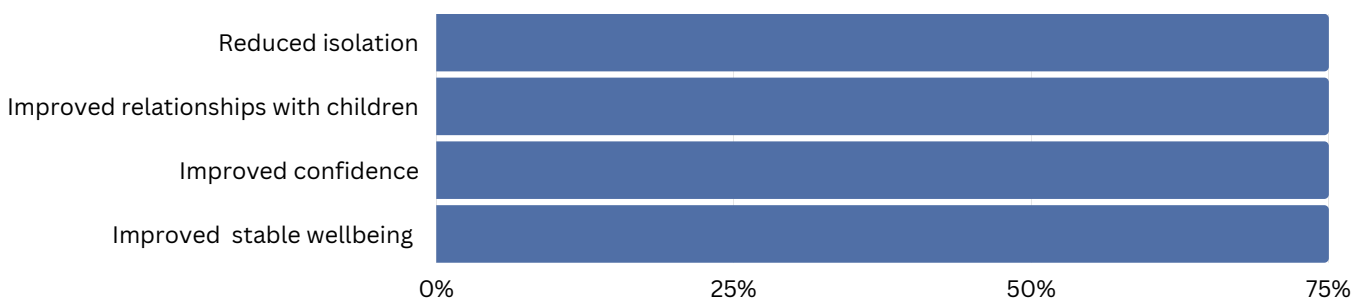
It has been a struggle at times, finding the confidence to get out and about, although people have said they feel isolated, they also talk about depression and cannot be bothered to go anywhere, parents and children are finding it very hard to socialise. Children have fallen behind with their learning and development. But looking to the

future, we are hoping to increase our numbers of new families while supporting our long-term families, by introducing new courses/activities for adults as well as the children, especially during school holidays where we have been busy. We went on several successful trips out. We have had several art/craft projects on the go which included completing Elfed the Elephant which went on to win first prize in local show and has now been donated to



Skanda Vale. This was our gift for all the support they have given us and our families for many years with food hampers. In January, after 17 years Trevor Winn retired as the co-ordinator. We wish him all the best for the future.

Outcomes





RAY Ceredigion Family Centre

The Centre is a safe, welcoming, encouraging space for families with young children to come and get together in a relaxed environment. Engage with others and encourage their children's developmental milestones to widen.

Highlights

- Nyth y Fron, Breastfeeding support group- a session developed and created by 3 volunteer mums. Professional advice given.
- Family Links Parenting programme- 2 parents successfully completed the 10 week programme which focuses on supporting parents across a wide range of parenting challenges.
- Outreach Family Centre - Over the summer of 2022 we attended 2 local communities offering hours of fun, over 300 hundred attended from babies to grandparents.

Sessions delivered

- Stay and Play
- Baby sensory
- Baby massage
- Move and Groove
- Out and About
- Little Stars
- Babbling Babies
- Summer of fun
- Weaning sessions
- Just for Me with Simone
- Nyth Y Fron- Breastfeeding group
- Family Links- parenting programme
- Home from Home club



“I have enjoyed taking my son to the Baby Sensory sessions. It has been beneficial for both of us. I enjoy the social aspect of the session.”

RAY Ceredigion Family Centre

“#### loves her Monday sessions at RAY. There is a welcoming atmosphere, and the staff are amazing.”

Overview of the year

On the success of the previous year, more and more families have been attending. Parents really appreciated being able to get out of the house and bring their children to a safe and secure environment.

Over the winter months we offered a “Home for Home club” to our parents where they could be at the centre for the whole day, had a hot healthy meal and time socialise with others.

In partnership with Pathfinder, we have delivered “Little stars” and “Baby weaning”.



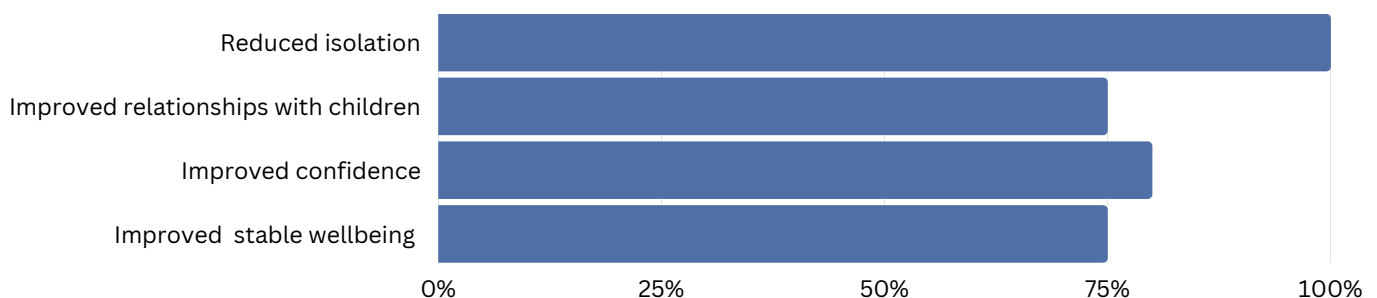
Babbling Babbies has been delivered - a 4-week programme to support speech and language. Birth trauma counselling was offered, and it supported 6 parents.

4 more staff were trained in delivering Family Links- Parenting programme.

The outside area has been developed into a Wildlife Garden which is a great hit with the little ones as it includes a play mud kitchen.

The Family Centre continues to support families from a wide geographical area in the mid county.

Outcomes





St Pauls Family Centre

We provide a warm and welcoming environment, which is free of charge, for families with children up to 11 years of age.

Highlights

- Families had the opportunity to visit, Folly Farm, Porthcawl, St Fagans, Margam Park, St David's and The Botanic Gardens as well as outings to local parks and beaches.
- During the year we had 127 new families register and attend sessions.
- Working with partner organisations to deliver family events such as, Summer Sports Day, Connecting to Nature, Christmas around the World, National Play Day, and Christingle Service.

Sessions delivered

- Baby groups (specifically for babies under 1 year) & Toddler sessions
- Play & Learn - for children in Primary School and their parents/carers. The sessions have enabled children to have support with homework whilst enjoying making new friends and taking part in a variety of activities
- Family Fun sessions during the school holidays. These sessions have included several trips which have been low cost or free of charge.
- Language & Play Courses



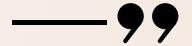
- Baby Massage
- Cooking on a budget
- Adult courses & crèche facility.

“ We love coming every week to socialise, we love the arts and crafts and messy play. ”

St Pauls Family Centre



Staff are phenomenal, proud to be part of the St Paul's family. Fantastic activities for babies and amazing days out.



Overview of the year

Throughout the year staff have continued to deliver sessions through term time and school holidays. Term time sessions have focussed on pre-school age children, supporting with topics such as baby massage, weaning, sensory & messy play. The toddler groups have supported the transition to nursery/school by modelling daily routines such as song & story time, eating healthy snacks and promoting physical activity and enhancing speech and language. The Language & Play proved to be very popular with the Christmas theme sessions having 20 families attend with continued attendance throughout the year.

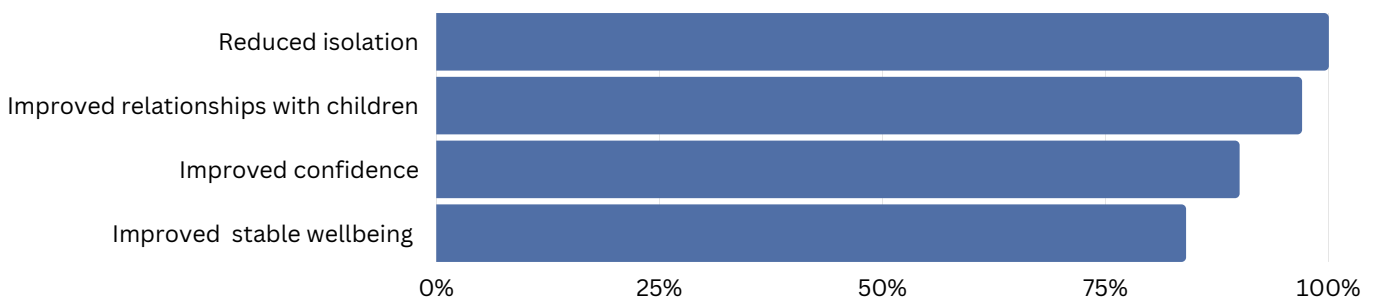


School age children and parents/carers

had the opportunity to attend Play & Learn and Family Fun sessions these included trips/outings/outdoor sessions and activities at the centre. The Welsh Government's "Summer of Fun" funding was a great addition for these sessions.

Continued partnership working has been very positive and the centre has worked with the following partners; The Family Centre Network, Llanelli Multicultural Network, Flying Start, Bro Lliedi Youth, Ty Gwyn Community Church, Arts 4 Wellbeing, and the Transforming Tyisha Team.

Outcomes





St Pauls Nursery

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

Highlights

- We had an excellent report from the 'Care Inspectorate Wales'.
- Being invited to pilot the new Flying Start 'Speech and Language Development' project.
- Good feedback from parents showing their appreciation of the Nursery.

Sessions delivered

Parents were welcome talk to staff members before and/or after each session. This allows the parents to express any issues or concerns for their child's development or be given reassurance from a member of staff.

We started to follow the 'New Curriculum Wales for Nurseries' guidelines.

The children visited the local primary school for a picnic, this enabled them to have a better transition to school and helps them to gain positive experiences of their new surroundings.



The Nursery Manager met with the Head Teacher to share information about the children who were due to start to support the transition to school.

“Thank you for everything, such a warm welcome and such friendly staff”

St Pauls Nursery

“

“I’m so happy with the care given to my child, happy with the staff and with the variety of child led activities”

”

Overview of the year

Prior to starting in the nursery, families were encouraged to take part in the family centre ‘Toddler Group’, this helped the children to familiarise themselves with the setting.

The staff strived to provide a happy, caring, stimulating and friendly environment. Staff worked alongside children to support play, learning and developing at their own pace.

The children have been on local walks to experience the wider community. This has allowed them to experience the outdoor environment which also covers all seven areas of learning. The staff supported the children daily in activities and when weather permitted the classroom experiences were taken outdoors



We have worked well with partner organisations such as Flying Start, Early Years Wales, Care Inspectorate Wales, Designed to Smile, Healthy Pre-school, and the local primary school.

Outcomes

- Staff have observed children and followed the Foundation Phase Profile (FPP).
- Many of the newer children have not had opportunities to be part of baby or toddler groups. Over the past year 25% were below their expected FPP in toilet training and speech and language. However, 75% had increased their personal and social development.
- 100% have increased physical , behavioural regulation, emotional wellbeing and response to others.



Tregaron Family Centre

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

Highlights

- Supported lots of new first time mums this year offering them parenting programs, support and a warm friendly space to socialise and make new friends.
- Made the sessions more appealing to Dads with an amazing 16 dads attending our sessions this year.
- Opened up warm spaces sessions to the public which have been running since November offering hot free meals, with over 20 families regularly attending.

Sessions delivered

Trips to Denmark Farm, Fantasy Farm, St Davids cathedral, Moody Calf, CIC bird farm Celebration events; Christingle service, Christmas party,

Summer BBQ, Plant Dewi 20 year anniversary party

Bakery project sent out to 34 families

Story book and prop bags sent out to 21 families

Language & Play, Incredible years

Stay and play, Warm spaces, Zumbini,

Babbling babies, Craft sessions

Mindfulness Art, Bring your baby fitness



Park play, Baby massage, Community art projects, Consultation Day, Arts for wellbeing, Nature walk, Theatrical workshop

“ ‘Sessions are inclusive for all ages. We are very fortunate to have access to such a great service’ ”

Tregaron Family Centre

“

'Very grateful to have the family centre and Karli! All sessions offered are vital for families to get out and about and socialise'

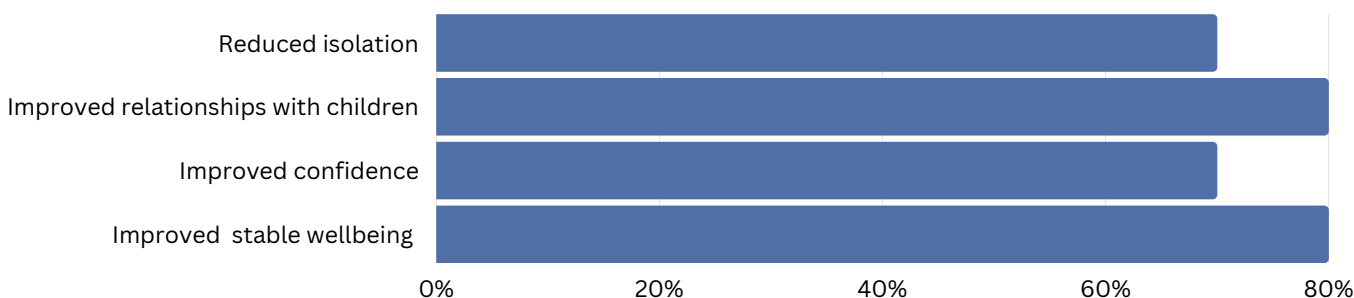
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Overview of the year

We welcomed a new family support staff member who has been an asset to the team. We moved buildings, securing storage space, and a large hall to accommodate the increase in families attending. This has been a fantastic space to work from. It's local, there's good parking and a large hall to hold all our indoor sessions. Risk assessments were done and Safety precautions were put in place to reduce the risk and provide a safe place for families. Outdoor sessions were held to provide different experiences to the families attending, e.g forest school sessions, park play, outdoor walks. Coach trips were provided to help families that don't have access to transport and therefore unable to attend these places with limited transport available in such a rural area. Warm spaces sessions were put on for the families and opened up to the community to provide a warm meal and a warm space to help during the cost of living crisis. Bakery Packs and book bags were distributed to families to support those who were unable to access sessions at the hall.



Outcomes





Tumble Family Centre

Supporting families with children aged 0-11 years in and around the Gwendraeth Valley since 2002

Highlights

- Being able to take local families on trips for the first time since lockdown was lifted
- Offering drop in sessions to our families and welcoming larger numbers of families into our centre
- Securing new premises to be able to continue to provide a service within our community

Sessions delivered

Tumble family centre has run a regular timetable of babi a fi, language & play, and baby massage sessions over the past year. Alongside these, we have facilitated baby sensory sessions for babies aged 0-12 months. These sessions now run weekly and offer families the opportunity to experience a variety of sensory rich activities within the family centre. We have developed a close relationship with the local community council, and we organise and run a programme of school holiday play sessions for children aged up to 11



years from a local community venue every holiday period. These sessions are important for families who are not able to afford other playschemes.

“ *Before I found the family centre I barely left the house, now I have made new friends and feel more myself again* ”

Tumble Family Centre

“

“I have triplets and hate going to these places on my own, I couldn't manage without help I get from the staff”

”

Overview of the year

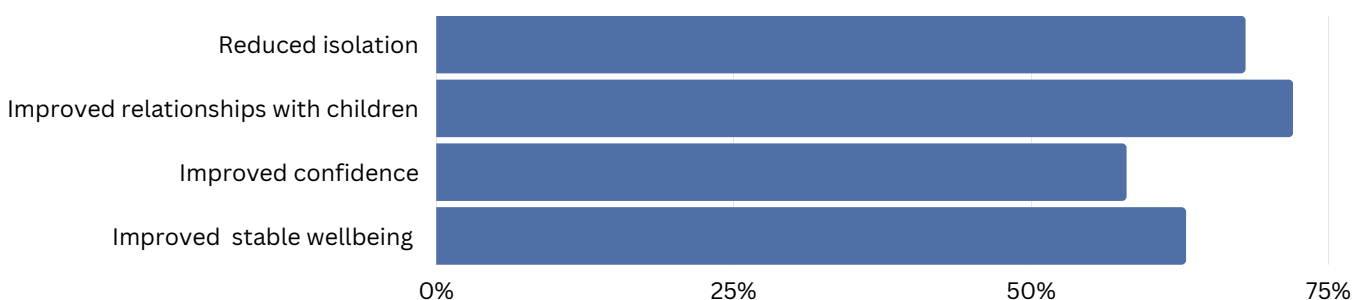
The family centre has had a difficult year with the flooding of our premises, and ongoing funding issues. However, with the support of our local community and Plant Dewi, we have secured new premises and funding to enable the family centre to continue providing a service for local families.

Over the past year, we have continued to offer a variety of play opportunities and have forged strong links with other community groups and work together with them to provide a wealth of experiences for families for free. We are working together with a local social supermarket and have been able to support a number of local families with access to low cost food and



grocery items, this has been particularly important over the past 6 months as families have been faced with rising food, fuel and bills costs. The family centre is looking forward to continuing to work within the community and developing new and existing sessions, opportunities and support for the families within the Gwendraeth Valley.

Outcomes





Ty Hapus Family Centre

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

Highlights

- It has been lovely to see the Family Centre thriving with families old and new. Strong links with other agencies, friendships and support networks created.
- Wellbeing funding opportunities enabled so many families attending the Family Centre to enjoy coach trips to the dinosaur park, Tenby and Pembrey country park.
- We loved working with other organisations through the year to provide families with opportunities, support and several fun days.

Sessions delivered

Throughout the year we offered regular sessions such as, Language and play for babies and toddlers, outdoor play and walks, Stay and play, cuppa and a chat, baby massage and weekly cooking packs. Additionally, we were able to offer several trips and fun days including, coach trips to the Dinosaur Park and Pembrey country park, celebration days and soft play and outdoor activity days.

We also linked with other agencies such as, Guiding Star Journey, Chwarae Anibendod, Art4wellbeing, Rubba Bubba,



Threshold-DAS, Ps..Parties, Crazy Clayton, Flying start Plant Dewi, Carmarthenshire learning and Action for children to provide celebratory, educational and fun sessions for families.

“ They plan wonderful activities for us to do. We always feel very welcome and always have so much fun. ”

Ty Hapus Family Centre

“

I love the support & friendliness me & my daughter get from this place! It's priceless & without it we'd really suffer!

”

Overview of the year

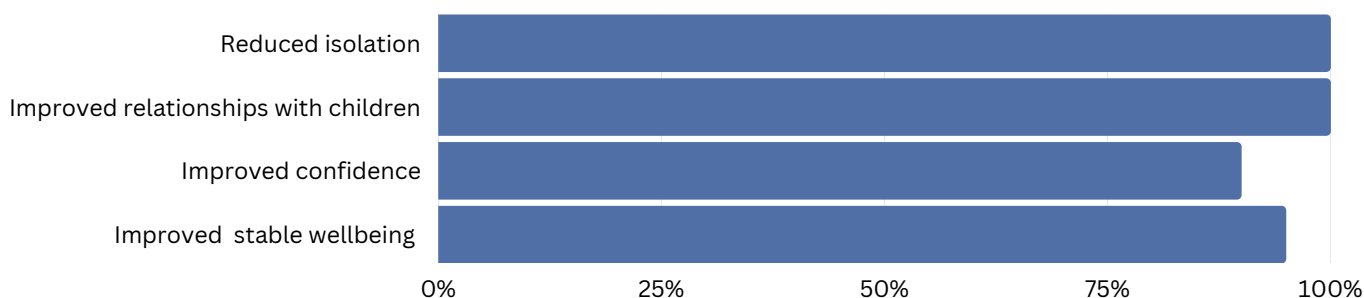
Following a year of uncertainty and increased anxiety due to the pandemic, it was amazing to be able to return to our regular unrestricted sessions. The sessions were delivered both indoors and outdoors and included fun, educational sessions such as, Language and play for babies and toddlers, stay and play and baby massage.

We gratefully received funding from Children in Need, Awards for all, Garfield Weston, Families First/Flying Start and Postcode community trust. Further funding from FF/FS and Carmarthenshire County council enabled us to provide a fantastic summer of additional fun sessions, trips and fundays to support families' emotional wellbeing, and weekly cooking packs to help ease the cost-of-living burden.



Additional support was delivered via various parenting courses and workshops, in partnership with other organisations. From observations and feedback, the children loved the stories, songs, messy and sensory play and families valued the social network the family centre created. Throughout the year the anxieties and feelings of isolation many families faced lessened and children's language, resilience and social skills increased.

Outcomes



THANK YOU

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



Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi

WcVA
CGGC



Landfill Disposals Tax Communities Scheme



Cyngor Sir
CEREDIGION
County Council



DR DEWI
DAVIES

WILLIAMS
BROWN HILL
CHARITY



2022-23

LOOKING FORWARD

Following a busy year of overcoming the pandemic and celebrations, we look forward with hope and joy as we continue to serve the communities across the diocese and support those families who need us most. We know that many are living in challenging situations and our aim is to provide services that adapt to their ever changing needs. With a full team of workers, we look forward to meeting up more to share good practice, explore the impact we are making across the diocese and consider the vision for the future of Plant Dewi

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

www.plantdewi.org.uk



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



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



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



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



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



Tabl Cynnwys

CYNNWYS

- | | |
|-----|---------------------------------|
| 01. | Trosolwg |
| 02. | Prosiect Dynion |
| 04. | Prosiect Rhieni Ifanc |
| 06. | Cynllun Teuluoedd Gyda'n Gilydd |
| 08. | Banc Bwndel Babi |
| 10. | Canolfan Deulu Betws |
| 12. | Canolfan Gymunedol Borth |
| 14. | Canolfan Deulu Porth Tywyn |
| 16. | Canolfan Deulu Felinfoel |
| 18. | Canolfan Deulu Garnant |
| 20. | Canolfan Blant Jig-so |
| 22. | Canolfan Deulu Llambed |
| 24. | Canolfan Deulu Llandysul |
| 26. | Canolfan Deulu Llanybydder |
| 28. | Canolfan Deulu Morfa |
| 30. | Canolfan Deulu Pencader |
| 32. | Canolfan Deulu RAY Ceredigion |
| 34. | Canolfan Deulu St Pauls |
| 36. | Meithrinfa St Pauls |
| 38. | Canolfan Deulu Tregaron |
| 40. | Canolfan Deulu Y Tymbl |
| 42. | Canolfan Deulu Tŷ Hapus |
| 44. | Diolch |
| 45. | 2022 - 2023 |

PLANT DEWI

Amcan Plant Dewi yw meithrin teuluoedd a chryfhau cymunedau drwy alluogi teuluoedd i wneud newidiadau cadarnhaol yn eu bywydau, gan gynnig gobaith ac ymdeimlad o berthyn, ledled Esgobaeth Tyddewi.

NEGES GAN EIN RHEOLWR

Dyma 20fed blwyddyn Plant Dewi – 20 mlynedd o ddatblygiad, 20 mlynedd o weithio gyda chymunedau ac 20 mlynedd o gefnogi teuluoedd ledled Esgobaeth Tyddewi.

Rhwng Ebrill 2022 a Mawrth 2023, cafodd 2562 o deuluoedd gefnogaeth drwy gyfrwng grwpiau Plant Dewi, Canolfannau Teulu Sir Gaerfyrddin a Cheredigion a'r Banc Bwndel Babi. Dyma gyfanswm o 6339 unigolyn dros gyfnod o 12 mis.

Cafodd 22 prosiect eu cyflwyno'n uniongyrchol gan 37 aelod o staff Plant Dewi, sy'n cynnwys 7 Canolfan Deulu, 2 Rwydwaith Canolfannau Teulu ledled y sir (sef cyfanswm o 17 canolfan), 6 grŵp Teuluoedd Gyda'n Gilydd, 3 grŵp Rhieni Ifanc, 2 brosiect Gwaith Tadau, 1 lleoliad Meithrin a'r Banc Bwndel Babi, sydd â 6 chanolfan ledled yr esgobaeth bellach.

Dechreuodd dathliadau'r 20 mlwyddiant ym mis Mai wrth i'r Esgob Joanna fendithio kannwyll ddathlu Plant Dewi a ddechreuodd ar ei thaith o gwmpas yr esgobaeth wedi hynny, gan ymweld â phob un o'r prosiectau yn eu tro cyn cyrraedd y diwrnod hwyl yn Eglwys Gadeiriol Tyddewi ym mis Medi. Ymunodd cannoedd o bobl yn y dathliadau gan godi arian ar gyfer y prosiect drwy gyfrwng raffl fawreddog.

Cafodd dros 120 o deuluoedd gyfle i fwynhau diwrnod hwyl a drefnwyd mewn partneriaeth â'r Ardd Fotaneg yn ystod hanner tymor mis Hydref lle cafwyd cyfleoedd i gymryd rhan mewn amrywiaeth o weithgareddau yn cynnwys pysgota pwl, rhostio malws melys, chwarae anniben, celf a chreffft a mynd am dro o gwmpas y gerddi. Y gobaith yw gallu cynnal yr un digwyddiad eto'r flwyddyn nesaf.

Croesawodd Plant Dewi nifer awr o gefnogwyr i Eglwys Crist, Caerfyrddin ym mis Ionawr i ddiolch o galon i bawb am eu cyfraniad a'u hymroddiad i alluogi Plant Dewi i barhau i gefnogi teuluoedd ledled y tair sir.

Wedi blwyddyn neu ddwy digon ansicr yn sgil y pandemig, hon oedd ein blwyddyn gyntaf o weithredu'n 'normal', er i heriau newydd godi yn sgil yr argyfwng costau byw. Mae hyn wedi bod yn her i'r elusen yn ogystal â'r teuluoedd sy'n defnyddio ein gwasanaethau. Serch hynny, rydym yn parhau i addasu'n ffyrdd o weithredu a'r hyn yr ydym yn cynnig er mwyn sicrhau ein bod ni'n cyflenwi anghenion y teuluoedd sy'n wynebu heriau parhaus.

Catrin Eldred, Rheolwr



Prosiect Dynion Plant Dewi

Mae tadau'n cyfarfod â ffrindiau newydd, yn mwynhau amser gyda'i gilydd, yn cadw'n iach, yn gofalu am ei gilydd ac yn cefnogi'r gymuned.

Uchafbwyntiau

- Eleni, cefnogodd y prosiect y banc bwyd lleol gan dyfu a chyfrannu 100kg o dato, yn ogystal â chennin a llysiau eraill.
- Cafodd 20 beic eu huwchgylchu a'u rhoi i dadau a'u plant gan ddarparu dull cynaliadwy o deithio a gweithgareddau ar gyfer tadau a'u plant.
- Cynigiwyd gweithgareddau cyffrous a bwyd i dadau a'u plant drwy sesiynau ar ôl ysgol mewn ysgolion cynradd lleol. Roedd y rhain yn cynnwys adeiladu llochesi, tanau a bwyd, Lego a chreffft.

Y Sesiynau a Gynhaliwyd

Cafodd tadau'r cyfle i rannu a dysgu sgiliau newydd drwy gyfrwng amrywiol weithgareddau a gynhaliwyd o ddydd Mawrth i ddydd Iau yn ystod oriau ysgol. Cynigiwyd gweithgareddau ar gyfer tadau a'u plant drwy'r prosiect Dad a Fi mewn sesiynau ar ôl ysgol yn ogystal ag yn ystod gwyliau'r ysgol.

Cynigiwyd garddio, gwaith coed a gwaith metel drwy gyfrwng Prosiect Growing Hope, a oedd yn darparu bwyd ar gyfer y banc bwyd lleol, gwasanaeth cynnal a chadw beiciau drwy'r prosiect



uwchgylchu/ailgylchu beiciau, ac amrywiaeth o sgiliau ychwanegol drwy gyfrwng amrywiol brosiectau cymunedol. Anogwyd tadau i gadw'n brysur ac yn iach drwy feicio, cerdded a chymryd rhan mewn gweithgareddau corfforol cyson..

“Mae'r emosiynau'n anwadal iawn ar hyn o bryd - mae'r grŵp yn rhoi rheswm i fi gadw i fynd bob dydd.”

Prosiect Dynion Plant Dewi

“

“Mae'r sesiynau cyson wedi'i gwneud hi'n bosibl i fi sgwrsio am fethiant fy mherthynas a'r trefniadau cyswllt anodd.”

”

Trosolwg o'r Flwyddyn

Diflannodd y cyfyngiadau a welwyd yn sgil y pandemig a chafwyd cynhaeaf llwyddiannus wedi gwaith caled gan y tadau, gyda chennin, winwns, tato a letys yn cael eu dosbarthu i leoliadau banciau bwyd yn Sir Benfro.

Mynychodd tadau a'u teuluoedd sesiynau gwyliau, gan dynnu tato, plannu llysiau newydd, mwynhau prydau bwyd wedi'u coginio ar y cyd yn yr awyr agored, gwneud bara a mwynhau crefftau a helfeydd natur.

Darparwyd prydau bwyd syml a maethlon mewn sesiynau galw i mewn, lle'r oedd cynnyrch ffres ar gael hefyd, gan fod y cyni sy'n wynebu llawer yn sgil y pandemig a'r argyfwng dilynol, wedi arwain at gynnydd sydyn yn y galw am gymorth gan y banciau bwyd a chynlluniau cefnogi ynni.

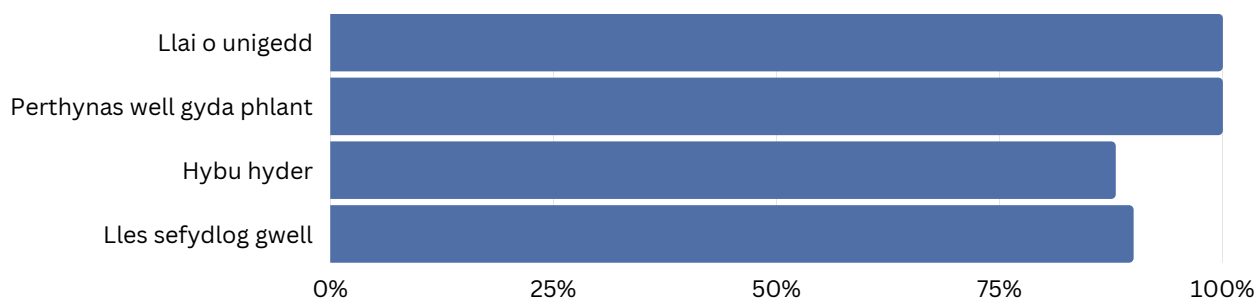
Gwnaed gwelliannau er mwyn cefnogi'r

gwaith o dyfu cynnyrch, megis cynyddu nifer y planwyr tato, cylchdroi cnydau, gwella dyfrio a llwybrau, a rhoddwyd hwb hefyd i'r gwaith o greu cysgodfan mawr gan grŵp o wirfoddolwyr o'r cyngor - gyda'r tadau'n cwblhau'r gwaith rhwng tasgau garddio.

Mae llawer o dadau a phlant wedi mwynhau derbyn beiciau wedi'u hailgylchu o'r prosiect. Dysgwyd llawer o sgiliau eleni 'ar y safle' ac yn y gymuned, megis gosod meinciau mewn parciau a pheintio.



Canlyniadau





Prosiect Rhieni Ifanc

YMae'r hybiau Rhieni Ifanc yn cynnig rhwydweithiau cyfeillgarwch, cefnogaeth gan gyfoedion, yn datblygu uchelgais i'r dyfodol ac yn cefnogi rhieni ifanc yn eu rôl newydd fel gofalwyr yn ogystal â fel pobl ifanc.

Uchafbwyntiau

- Gweld cynnydd yn nifer y tadau ifanc sy'n mynychu'r prosiectau a rhoi'r sgiliau a'r hyder iddyn nhw fwynhau bod yn dad.
- Mae'r pecynnau ryseitiau wedi bod yn llwyddiant ysgubol. Mae ryseitiau syml cam wrth gam wedi annog teuluoedd i fwyta'n iach ac arbed arian.
- Creu cysylltiadau cryfach â'r gymuned leol, gweithio ar y cyd â neuaddau cymunedol, siopau elusen lleol a sefydliadau gwirfoddol eraill.

Work across the Diocese

Caiff hybiau rhieni ifanc eu cynnal yn Rhydaman a Crosshands yn Sir Gaerfyrddin a Doc Penfro yn Sir Benfro. Mae'r rhain hefyd yn cwmpasu pentrefi cyfagos yn y tair ardal. Yn ystod yr haf cynhaliwyd canolfan bop-yp ym Mhontyberem yn cefnogi chwarae y tu allan ar gyfer teuluoedd rhieni ifanc. Mae gweithwyr prosiect hefyd yn gweithio ar lefel 1:1 gyda rhieni ifanc yn eu cartrefi neu ble bynnag roedden nhw'n teimlo'n fwyaf cyfforddus ledled y 2 sir. Yn ystod y flwyddyn ddiwethaf rydym wedi ymroi i



gefnogi teuluoedd yn sgil y cynnydd yng nghostau byw drwy gynnal sesiynau'n ymwneud â chyllidebu a ffyrdd o leihau gwariant.

“ Mae'r pecynnau ryseitiau wedi dod â'r pleser nôl i goginio ac wedi ein hannog i fwyta'n iach ”

Prosiect Rhieni Ifanc

“Mae'r grŵp Rhieni Ifanc wedi fy helpu i gymdeithasu â rhieni eraill o'r un oed â fi. Roedd yn gas gen i feddwl am fynd i gylchoedd chwarae oherwydd beirniadaeth barhaus rhai mamau hŷn ohona i fel rhiant ifanc.”

Y Sesiynau a Gynhaliwyd

Mae sesiynau wedi cynnwys crefft drwy ymwybyddiaeth ofalgar, prosiect gwirfoddoli, prosiect garddio yn rhandir y tadau, sesiynau rianta cam wrth gam, gweithdai digidol, prosiect rhwng y cenedlaethau, cynllunio bagiau tote, trafodaethau emosiwn a lles, gweithdai cyllidebu, chwarae anniben yn yr awyr agored a chefnogi rhieni ifanc gyda'u lles emosiynol ar sail 1:1.

Trosolwg o'r flwyddyn

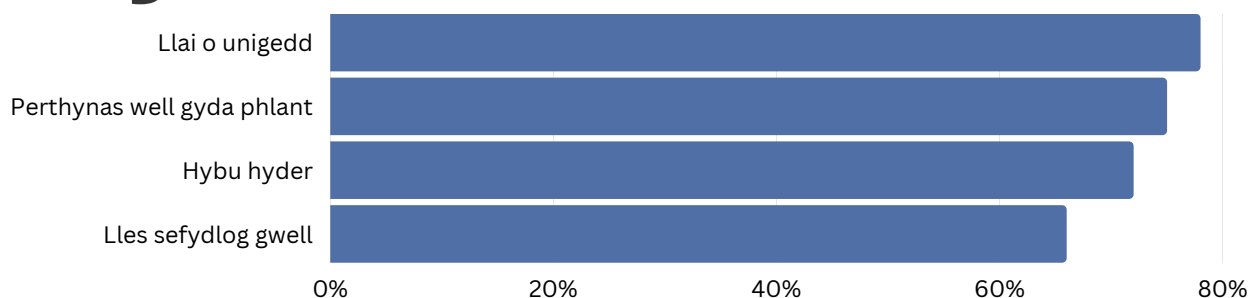
Mae gweithwyr prosiect wedi gweithio'n galed i annog teuluoedd i ymuno â grwpiau unwaith eto wedi'r pandemig. Rydym wedi derbyn nifer o gyfeiriadau newydd yn Sir Gaerfyrddin felly rydym wedi gorfod symud i leoliad newydd mwy yn Rhydaman.



Gwelwyd cynnydd yn nifer y ceisiadau am barseli bwyd a Bwndel Babi, felly rydym wedi bod yn cynnig mwy o gefnogaeth yn ymwneud â budd-daliadau, cyllidebu a gweithio'n agos gyda CAB i ddelio â'r materion yma.

Mae'r pecynnau ryseitiau wedi bod yn llwyddiant ysgubol ac wedi helpu i leihau'r baich ar y bil bwyd wythnosol. Mae rhieni ifanc wedi treulio amser gyda'r prosiect tadau yn eu rhandir yn dysgu sut i dyfu eu llysiau eu hun.

Canlyniadau





Grwpiau Teuluoedd Gyda'n Gilydd

Mae'r grwpiau'n ymwneud â rhieni er mwyn creu teulu estynedig i gefnogi bywyd teuluol, integreiddio teuluoedd ynysig i'w cymuned leol.

Uchafbwyntiau

- Mynd â'r rhieni ar ymweliadau i'r Parc Dinosoriaid yn Saundersfoot a chynnig cyfleoedd iddyn nhw fynychu dyddiau hwyl yn yr Ardd Fotaneg, Doc Penfro a Chefneithin.
- Rhieni'n sôn am eu hapusrwydd o weld llefaredd ac iaith eu plant yn datblygu o fynychu'r sesiynau.
- Darparu bwyd sylweddol a gweithgareddau'n llawn hwyl i deuluoedd drwy gyfrwng grantiau Haf o Hwyl a Warm Spaces.

Gwaith ledled yr Esgobaeth

Cynhaliwyd sesiynau wythnosol gan y chwe grŵp. Gwelodd pedwar grŵp Sir Gaerfyrddin; Cwmgors, Crosshands, Llandeilo a Chastellnewydd Emlyn gynnydd yn nifer y mynychwyr yn sgil partneriaeth waith agos ag ysgolion lleol, gwasanaethau iechyd, a phrosiectau cymunedol eraill.

Sir Benfro - chwaraeodd grwpiau Doc Penfro a Mount Estate rôl greiddiol wrth gefnogi teuluoedd gyda'r cynnydd yng



nghostau byw, gan ddarparu brecwast a chinio poeth yn ystod y sesiynau wythnosol.

“ Rwy'n teimlo mor ddiolchgar i'r staff sydd wedi fy helpu i a'r mab. Mae e'n fwy hyderus nawr wrth gymryd rhan ac ymuno â gweithgareddau. ”

Grwpiau Teuluoedd Gyda'n Gilydd

Y Sesiynau a Gynhaliwyd

Mae sesiynau wedi cynnwys Iaith a Chwarae, Zumbini, Ysgolion y Goedwig, Lles ac Ymlacio, Cerddoriaeth Moo Music, Chwarae Anniben, a Cherddoriaeth gyda Mam. Roedd ymweliadau gan y gwasanaeth Tân, Swyddog Cymorth Cymunedol yr Heddlu, Ymwelwyr Iechyd, Action 4 Children a Thlodi Tanwydd y Gaeaf a Chyllidebu wedi helpu i fynd i'r afael ag anghenion teuluoedd. Cynhaliwyd gwasanaethau Nadolig ac ymunodd teuluoedd i ddathlu 20 mlwyddiant Plant Dewi.

Trosolwg o'r flwyddyn

Drwy gydol y flwyddyn mae'r chwe grŵp wedi bod yn adnodd cymunedol hanfodol; llwyddodd teuluoedd i ddatblygu cyfeillgarwch agos a chafodd plant gyfle i chwarae a chymdeithasu gyda'i gilydd - rhywbeth oedd ar goll o'u bywydau yn ystod y pandemig. Cefnogwyd lles rhieni

ac aethpwyd i'r afael â'u gofidiau ynghylch datblygiad eu plant. Gyda'r cynnydd mewn costau byw, chwaraeodd atgyfeiriadau gan staff ar gyfer banciau bwyd a darparwyd bwyd cost isel eraill ran greiddiol wrth gefnogi teuluoedd yn ystod y flwyddyn ddiwethaf.

Roeddem yn falch iawn i groesawu aelod o'r grŵp a dalodd deyrnged deimladwy yn ystod digwyddiad Diolch Plant Dewi ym mis Ionawr.

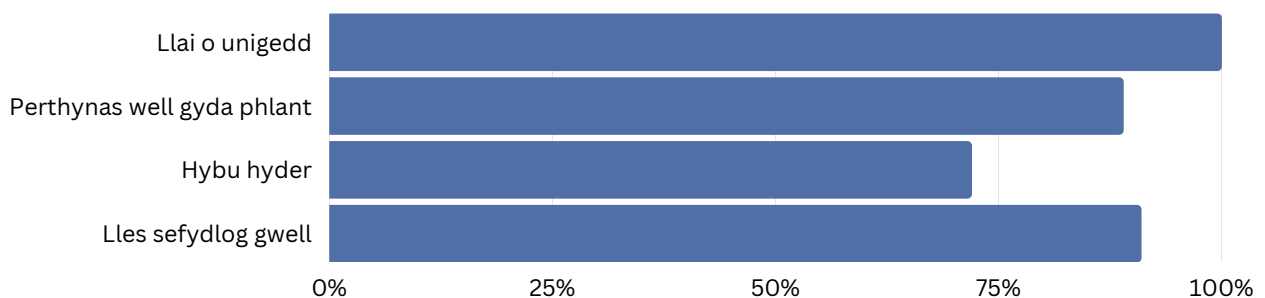
“

Dwi ddim yn gwybod ble fyddwn i heb y grŵp yma. Roeddwn i mor unig, a nawr dwi wedi gwneud ffrindiau ac mae gyda fi rywun i siarad â nhw.

”



Canlyniadau





Banc Bwndel Babi

Mae'r Banc Bwndel Babi yn gwneud bywyd yn haws i rieni mewn amgylchiadau heriol drwy ddarparu'r adnoddau a'r cyfarpar sydd angen arny'n nhw wrth groesawu eu babi i'r teulu.

Uchafbwyntiau

- Cyflwynwyd 240 bwndel i deuluoedd ledled yr esgobaeth.
- Cafwyd dau lleoliad newydd - Symudodd lleoliad Caerfyrddin o Eglwys Sant Ioan i Ganolfan Deulu Tŷ Ni a sefydlwyd lleoliad newydd yng Nghapel Bethlehem, Pwll Trap, San Clêr.
- Roedd digon o gyllid ar gael yn ystod chwarter olaf y flwyddyn i gynnig oriau ychwanegol i staff er mwyn cefnogi'r prosiect.

Gwaith ledled yr Esgobaeth

Ceir chwe lleoliad Bwndel Babi o fewn yr esgobaeth - tri yn Sir Gaerfyrddin - Crosshands (Impact 242), Caerfyrddin (Canolfan Deulu Tŷ Ni) a Phwll Trap (Capel Bethlehem). Lleolir y ddau yng Ngheredigion yn Eglwys y Santes Anne, Penparcau ac yng Nghanolfan Deulu Llambod tra bod lleoliad Sir Benfro yn Neuadd Steynton. Yn ystod y flwyddyn mae pum gwirfoddolwr wedi gweithio gyda staff i gasglu a rhoi trefn ar adnoddau a chyflwyno bwndeli i weithwyr a theuluoedd mewn angen.



Mae grwpiau Undeb y Mamau o fewn yr esgobaeth wedi cyfrannu'n hael i'r prosiect, gan ddarparu dillad, pethau ymolchi ac adnoddau'n gyson.

“Roedd gwybod 'mod i'n cael derbyn bwndel babi'n gwneud pethau gymaint yn haws. Roeddwn i'n becho cymaint am brynu pethau, ond gwnaeth hynny fi'n llai pryderus.”



Canolfan Deulu 'Tŷ Tyfu' Betws

Rydyn ni'n meithrin teuluoedd ac yn atgyfnerthu'r gymuned leol, yn datblygu a chysylltu teuluoedd er mwyn cyfoethogi lles a chyfleoedd mewn bywyd.

Uchafbwyntiau

“Canolfan gyfeillgar, ddeniadol sy'n gofalu am y rhai sy'n defnyddio'r gwasanaeth a byth yn feirniadol.”

- Mae ein Cymuned yn ganolog i bopeth rydyn ni'n ei wneud yn y ganolfan. Rydyn ni'n cydweithio â Chlwb Rygbi Betws, Ysgol Gynradd Betws, Babanod Eco, Prifysgol Abertawe, La Leche League a nifer o sefydliadau eraill.
- Mae'r Pecynnau Coginio a'r Clwb Cinio yn dal i fod yn hynod boblogaeth gyda theuluoedd yn cyfeirio at y ffaith eu bod yn eu helpu i leihau eu bil bwyd wythnosol yn ystod yr argyfwng costau byw.
- Datblygu cysylltiad â Chartref Gofal Annwyl Fan a threfnu ymweliadau wythnosol; mae'r preswylwyr yn edrych ymlaen at weld y teuluoedd ac mae'r buddion i bawb yn niferus.

Y Sesiynau a Gynhaliwyd

- Llyfrgell Clytiau Golchadwy Babanod Eco
- Chwarae Anniben a Synhwyrdd
- Archebu Lle yn yr Ystafell Synhwyrdd
- Gweithdai Drama
- Teithiau ac Ymweliadau
- Sesiynau Therapi Cŵn
- Gweithgareddau Awyr Agored a Sesiynau Chwarae
- Cyfnewidfa Deganau
- 1-1 gyda Santa a Pharti Nadolig
- Iaith a Chwarae Babi & Phlant Bach
- Sesiynau cymunedol yn Ysgol Gynradd Betws
- Prosiect Pontio'r Cenedlaethau gydag Annwyl Fan
- Gweithdy Sied Offer gyda Foothold Cymru
- Tyllino Babi
- Coginio a Chwarae
- Chwarae Rhydd a Chrefftau
- Pecynnau Coginio
- Grwpiau Cerdded
- Amser Stori Bywiog
- Cyrsiau Cyn-geni
- Grŵp Bwydo o'r Fron.



Canolfan Deulu 'Tŷ Tyfu' Betws

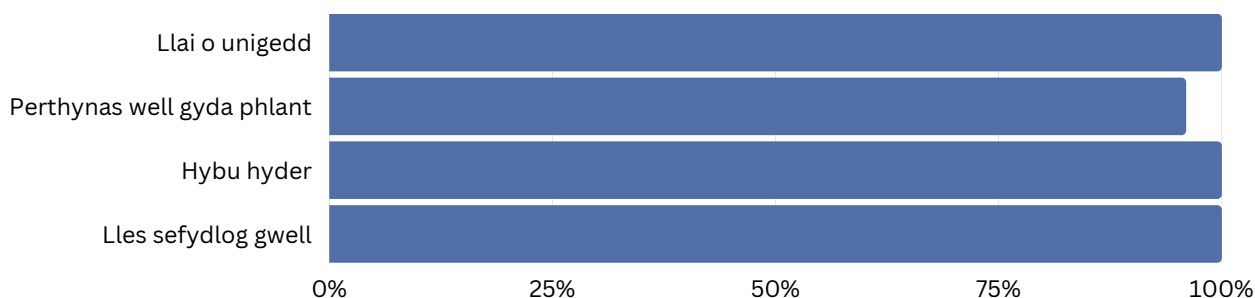
“Maen nhw'n mynd y filltir ychwanegol er mwyn gwneud i chi a'ch plentyn deimlo'n gartrefol. Maen nhw'n dda iawn am wrando ac yn gofalu am eich anghenion personol.”

Trosolwg o'r flwyddyn

Eleni rydyn ni wedi canolbwyntio ar ddefnyddio'r ganolfan ond hefyd ar ddefnyddio lleoliadau cymunedol. Roedd Tyllino Babi, Iaith a Chwarae Babi ac Iaith a Chwarae Plant Ifanc yn boblogaidd gyda theuluoedd, gyda llawer o blant yn elwa o fynychu'r sesiynau yma. Dechreuodd dau aelod ychwanegol o staff yn y ganolfan ym mis Rhagfyr 2022 a'n galluogi i ehangu'r gwasanaeth am ddiwrnod ychwanegol. Rydyn ni wedi canolbwyntio ar ein gwerthoedd sylfaenol ac ar ailadeiladu'r gefnogaeth a'r gwaith meithrin rydyn ni'n eu darparu i'r teuluoedd. Rydyn ni'n cynnig gwasanaeth galw i mewn unwaith eto gan roi'r cyfle i deuluoedd ddod atom heb drefnu ymlaen llaw sy'n golygu fod mwy o bobl yn gallu elwa o'r gwasanaeth yn ôl y galw. Llwyddwyd i gryfhau ein cysylltiadau â'r gymuned ehangach drwy weithio ar y cyd â nifer o sefydliadau lleol a chynnal grwpiau cerdded, sesiynau bywiog a chwarae yn yr awyr agored yn y parc blodau ac ardaloedd gwyrdd eraill yn y pentref. Mae amrywiaeth eang y sesiynau rydyn ni'n eu cynnig yn golygu fod rhywbeth ar gyfer pawb o chwarae anniben yn y clwb rygbi i grwpiau bach tyllino babi agos atoch.



Canlyniadau





Canolfan Gymunedol Borth

Mae rhywbeth ar gyfer pawb yn ein Canolfan Deulu. Bob wythnos rydyn ni'n cynnig amrywiaeth eang o weithgareddau i hybu plentyndod hapus a theuluoedd llewyrchus. Croeso i bawb.

Uchafbwyntiau

- Unwaith eto, roedd ein dyddiau Haf o Hwyl tu allan ym maes chwarae Ysgol Craig Yr Wylfa yn hynod boblogaidd gyda chyfanswm o 186 o blant yn mynychu.
- Roedd Wythnos Garnifal Borth yn ei hanterth eto. Ni oedd yn gyfrifol am y Diwrnod Hwyl i'r Teulu ac yna ein Grŵp Cerdded ar gyfer bob cenhedlaeth yn y Carnifal ei hun yn ogystal â rhedeg caffi cymunedol ar y maes ei hun.
- Mae ein sesiynau Chwarae Tu Allan yng ngardd y Ganolfan yn sbort bob amser ac yn ffordd hwyliog o gloi'r wythnos.

Y Sesiynau a Gynhaliwyd

Cynhaliwyd Boliau a Babis (Bumps and Babies), Tyllino Babi, a theithiau cerdded Walking 4 Wellbeing ar gyfer rhieni newydd. Ar gyfer rhieni â chanddyn nhw blant bach egniol, cynhaliwyd Borth Actif yn Neuadd Gymunedol Borth, sesiynau Chwarae Tu Allan yng ngardd y Ganolfan a sesiynau Iaith a Chwarae.

Daeth yr wythnos i ben gyda'n Caffi Cymunedol talu fel y mynnwch ar gyfer bob cenhedlaeth.

Drwy gydol misoedd y gaeaf, cynhaliwyd Warm Welcome Space yn wythnosol drwy'r



dydd ar ddydd Gwener. Roedd y mynychwyr hynaf yn eu 90au a'r ieuengaf ond yn rai wythnosau oed.

Yn ystod gwyliau'r haf, cynhaliwyd dau ddiwrnod llawn o weithgareddau awyr agored bob wythnos ar gyfer teuluoedd plant rhwng 0-11 oed. Ymysg y gweithgareddau yma roedd gemau, chwarae anniben yn ogystal â chrefftau a helfeydd pryfed.

Canolfan Gymunedol Borth

"Dwi wrth fy modd yn dod ar y cwrs yma. Mae wir yn newid pethau i ni gartref." (cwrs Family Links)

Trosolwg o'r flwyddyn

Unwaith eto mae hi wedi bod yn flwyddyn brysur yn y Ganolfan. Rydym wedi darparu amrywiaeth eang o weithgareddau ac wrth ein bodd â'r ffaith y gallai llawer o'n gweithgareddau cyson gael eu cynnal unwaith eto. Mae'r rhain yn cynnwys ein gweithgareddau wythnosol yn ogystal ag ogof Santa a gweithgareddau yng Ngharnifal Borth a'n cyrsiau rhianta wyneb yn wyneb.

Ar y cyd â JoAlice { Pathfinder } cynhaliwyd dau gwrs prysur - Incredible Babies a Family Links.

Roedd pawb wedi gweld colli'r gweithgareddau rhwng y cenedlaethau yn ystod y pandemig ac mae pawb wedi mwynhau'r caffî cymunedol llewyrchus.

bYma rydyn ni wedi dathlu penblwyddi pobl o bob oed yn ogystal â'r Coroni a'r Jiwibili Platinwm heb sôn am gynnal sawl digwyddiad codi arian ar gyfer Apêl Wcráin y Groes Goch a'r Apêl Daeargryn.

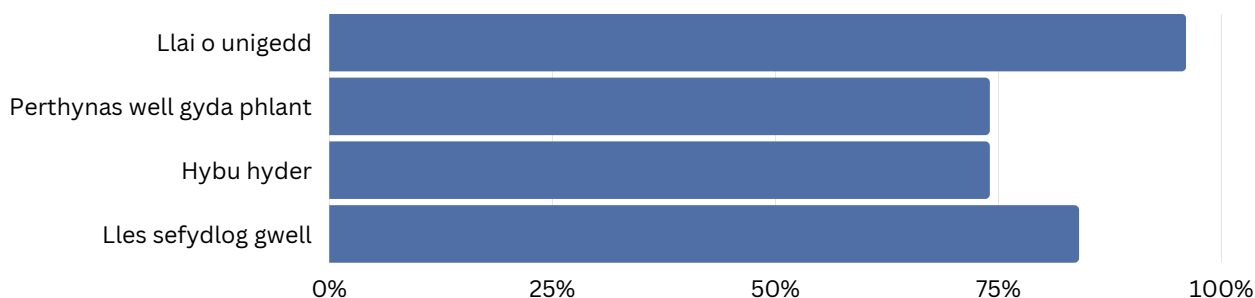


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"Mae XXX a minnau wir yn mwynhau'r sesiynau LAP a'r holl bethau gwych rydych chi'n eu gwneud i'w cadw nhw'n ddiddorol"

”

Canlyniadau



TŶ MAIR



Canolfan Deuluol - Family Centre

Canolfan Deulu Porth Tywyn

Ein hymagwedd yw gweithio mewn partneriaeth â theuluoedd, grymuso rhieni/gofalwyr a phlant, a chryfhau gwydnwch a chymunedau.

Uchafbwyntiau

- Enwebwyd ac enillodd y Rheolwr Prosiect wobr "Gweithiwr Allweddol y Flwyddyn" dan fenter leol Maer y Dref.
- Ailbroffilio ein cyllideb ac agor sesiwn ychwanegol ar ddydd Llun, dechrau cadarnhaol i'r wythnos, ymwybyddiaeth ofalgar, a gweithgareddau datblygu gwytnwch ac agwedd gadarnhaol.
- Denu nifer fawr o deuluoedd a datblygu perthnasoedd ystyrlon.

Y Sesiynau a Gynhaliwyd

Dydd Llun - dechrau'r wythnos ar nodyn cadarnhaol, tawel.

Dydd Mawrth - Grŵp Babi - Tylino Babi ac Iaith a Chwarae Babi, grŵp integredig ar gyfer rhai dan flwydd oed.

Dydd Mercher - Chwarae bywiog tu allan er mwyn datblygu sgiliau echddygol bras, cefnogaeth Creche ar gyfer rhieni i'w galluogi i ddilyn cyrsiau mynediad pwrpasol, sgysiau, hyfforddiant cydnabyddedig, a chysiau rhianta. Clwb Gwaith Cartref.

Dydd Iau - Estyn Allan yng Nghydweli, Tadau Gyda'n Gilydd ym Mhorth Tywydd,



Iaith a Chwarae Plant Bach, Sied Dynion Cymru.

Dydd Gwener - Teithiau Cerdded Cymunedol.

“ Y croeso a'r teimliad o gymuned.
Diolch am bopeth ! GWYCH.
Cymorth a gofal hyfryd. Ni'n
gwerthfawrogi y lle yn fawr iawn ”

Canolfan Deulu Porth Tywyn

“

Diolch am ddiwrnod arbennig. Fydden ni ddim wedi dod i lan y môr - mae'n amhosibl i fi gadw llygad ar yr efeilliaid a'r mab ar fy mhen fy hun.

”

Trosolwg o'r flwyddyn

Ddechrau'r flwyddyn roedd rhai teuluoedd yn wynebu heriau wrth i'r gymuned ailagor, ac roedd galw o hyd am grwpiau bach, cefnogaeth dros y ffôn a gwasanaeth un i un. Rydyn ni wedi parhau i gadw grwpiau i amseroedd cyfyngedig, gyda sesiynau mwy penodol yn seiliedig ar adborth gan deuluoedd.

Ddechrau'r flwyddyn roedd rhai teuluoedd yn wynebu heriau wrth i'r gymuned ailagor, ac roedd galw o hyd am grwpiau bach, cefnogaeth dros y ffôn a gwasanaeth un i un.

Rydyn ni wedi parhau i gadw grwpiau i amseroedd cyfyngedig, gyda sesiynau mwy penodol yn seiliedig ar adborth gan deuluoedd.

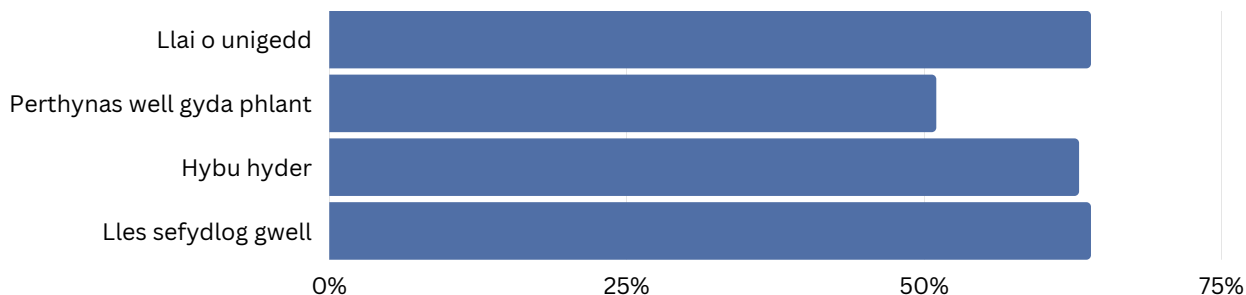


Treuliyd amser yn datblygu a gwella ein gofod allanol gyda phlanhigion a chynnyrch tymhorol. Trefnu teithiau ac ymweliadau dydd ar gyfer teuluoedd.

Cefnogwyd nifer uwch o wirfoddolwyr ac mae myfyrwyr wedi dychwelyd ar brofiad gwaith.

Mae dibyniaeth ar weithwyr a Chanolfan Deulu Porth Tywyn, ac yn wir, mae galw amdanynt, am eu bod yn cynnig cymaint i lawer o bobl, yn cynnwys gwên, disied, a helô - gwasanaeth y mae pobl yn ymddiried ynddo ac yn dymuno bod yn rhan ohono.

Canlyniadau





Canolfan Deulu Felinfoel

Sefydlwyd Canolfan Deulu Felinfoel yn 2003 er mwyn cynnig cefnogaeth anffurfiol i deuluoedd Felinfoel a'r ardal gyfagos.

Uchafbwyntiau

- Yn sgil yr argyfwng costau byw, roedden ni'n falch iawn i allu darparu teithiau misol yn a digwyddiadau arbennig i deuluoedd e.e. cae pwmpenni er mwyn sicrhau had oedd teuluoedd ar eu colled.
- Llwyddwyd hefyd i helpu gyda chostau byw drwy greu cwrs crefftiau ar gyfer rhieni gyda'r nod o arbed arian e.e. anrhegion Nadolig.
- Helpodd prosiect a gynlluniwyd yn wreiddiol i leihau gwastraff hefyd drwy aiddosbarthu bwyd dros ben a rhannu adnoddau e.e. teganau.

Y Sesiynau a Gynhaliwyd

Ymysg y sesiynau wythnosol cyson ar yr amserlen eleni roedd: Grŵp Babi; Grŵp Cropwyr a Chrwydriad; Grŵp Plant Bach/LAP; Clwb Hwyl i'r Teulu a chyrsiau a gweithdai ar gyfer rhieni. Ym mis Gorffennaf ychwanegwyd cynllun aiddosbarthu bwyd Fareshare i'n hamserlen. Gwelwyd parhau â'n gwaith digidol drwy gyfrwng grŵp Rhannu Adnoddau ar WhatsApp a grŵp Cyngor Arbed Arian ar WhatsApp.

Llwyddwyd i ychwanegu 2 gwrs Tyllino Babi i'r uchod a hwyluso cwrs Parenting



Puzzle ar y cyd ag Action 4 Children.

Ychwanegwyd teithiau misol a digwyddiadau arbennig megis discos a phartïon yn ogystal â Dyddiau Teulu a gwibdeithiau yn ystod gwyliau'r ysgol.

“Mae'r Ganolfan Deulu wedi fy helpu i fagu hyder i fynd â'r plant allan am dro. Fe wnaethon nhw helpu'n ariannol drwy ddarparu teithiau rhad ac am ddim.”

”

Canolfan Deulu Felinfoel

Trosolwg o'r flwyddyn

Blwyddyn o newid blaenoriaethau ar gyfer y teuluoedd rydyn ni'n eu gwasanaethau oedd y flwyddyn 2022/2023. Dechreuodd y flwyddyn gyda chynlluniau i ymateb i'r ymgynghoriad â rhieni a nododd yn glir mai'r brif flaenoriaeth oedd yr angen i lenwi'r bwlch a ddatblygodd yn sgil yr arwahanrwydd a wynebwyd yn ystod y cyfnodau clo. Roedd rhieni eisiau "mwy" o amser mewn sesiynau i "ddal i fyny" â'r hyn roedd plant swedi ei "golli" yn emosiynol a chymdeithasol. Mewn ymateb i hynny, cafodd ein sesiynau chwarae eu hymestyn a gwnaed ceisiadau am gyllid yn seiliedig ar yr angen yma.

Serch hynny, cawsom ein taro gan yr argyfwng costau byw, a daeth hi'n glir fod y flaenoriaeth o safbwynt anghenion yn newid. Yn ffodus iawn roedd gyda ni ddwy ffrwd arian eisoes a oedd yn

faddas i'w defnyddio ar gyfer darparu gweithgareddau i helpu.

Cafwyd newyddion siomedig o safbwynt ariannu ym mis Hydref a arweiniodd at ansicrwydd ariannol i'r ganolfan. Llwyddwyd i oresgyn hynny'n ffodus erbyn mis Mawrth gan arwain at sicrwydd yn 23/24.

Ym mis Mawrth, ffarweliwyd ag aelod allweddol o staff a oedd wedi bod gyda ni ers 14 mlynedd, ac a fydd yn gadael bwlch mawr! Dymunwn bob llwyddiant iddi yn ei menter newydd, gyffrous.

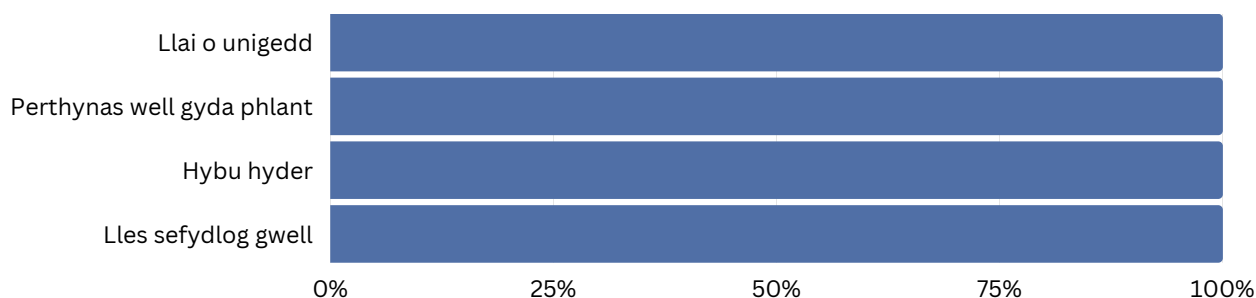
“

"Rwy'n dioddef o orbryder cymdeithasol felly mae'r teithiau yma wedi 'ngorfodi i i wthio drwy fy ngorbryder a sicrhau 'mod i a'r plant yn cael amser wrth ein bodd."

”



Canlyniadau





Canolfan Deulu 'Tots Tŷ Ni' Garnant

Mae Canolfan Deulu Garnant yn elusen gofrestrdig sy'n cynnig cefnogaeth a gweithgareddau rhad ac am ddim i bawb.

Uchafbwyntiau

- Yn ystod Gwyliau'r Haf cynhaliwyd sesiynau chwarae wythnosol ar gyfer teuluoedd ym Mharc Golwg-Yr-Aman. Cafodd 45 teulu â 78 o blant gyfle i fwynhau amrywiaeth o brofiadau chwarae.
- Darparu teuluoedd yr Apêl Teganau â chyw iâr neu dwrci (eu dewis nhw) ar gyfer cinio Nadolig.
- Cafodd teuluoedd gyfle gydweithio i greu cychod bach, gan ddefnyddio offer megis driliau llaw, llifiau a morthwylion ayb.

Y Sesiynau a Gynhaliwyd

Cafwyd 5 sesiwn Chwarae yn y Parc @ Mugga, ym Mharc Golwg-Yr-Aman yn ystod gwyliau'r haf. Cynigiwyd profiadau chwarae amrywiol gan ddefnyddio darnau rhydd, hambyrddau twff oedd yn cynnwys cyfrwng gwahanol bob wythnos, megis ewyn chwarae, toes chwarae, toes tywod a sleim. Rydym hefyd yn cynnig gweithgareddau natur/awyr agored a chrefftau. Roedd y sesiynau'n rhad ac am ddim ac fe'u cynhaliwyd ar y cyd ag Actif Sir Gâr a chyda chefnogaeth Canolfan Gymunedol Cwmaman. Ymysg ein cohort



wythnosol cyson o sesiynau mae Boliau a Babis (Bumps to Babies), Outreach Toddler and Siblings, ein Grŵp Gardd Gymunedol ar gyfer Plant Bach, Gwyddoniaeth y Gegin a'n grŵp Llyfrbry ASD.

“Ro'n i'n gallu mynd â'r plant allan i'r digwyddiadau oedd yn cael eu cynnal, yn enwedig Fferm Folly, a fyddai wedi bod yn amhosib i fi ar lefel ymarferol ac ariannol heblaw amdanoch chi.”

'Tots Tŷ Ni' Canolfan Deulu Garnant

“

Mae wedi cynnig cefnogaeth hanfodol i fi fy hun a'm merch o safbwynt ymgysylltiad cymdeithasol.

”

Trosolwg o'r flwyddyn

Yn ystod y flwyddyn, rydyn ni wedi cynnig llawer o gefnogaeth i deuluoedd yn ogystal â'n sesiynau arferol. Ers y pandemig, mae rhieni wedi sôn yn fwy agored o lawer am yr heriau iechyd meddwl sy'n eu hwynebu nhw felly rydyn ni wedi ymateb drwy gynnig hyfforddiant Sgiliau Penderfynu i'n staff, sy'n ein helpu ni i gynnig sgiliau ymdopi ag emosiynau i'n rhieni. Rydyn ni'n gwneud llawer o waith ar sail hunanofal, annog rhieni i

drafod mân bethau y gellid eu gwneud i ofalu amdany'n nhw eu hunain, megis oedi am ychydig a chael disied o de a threulio amser yn mwynhau'r ddisied honno.

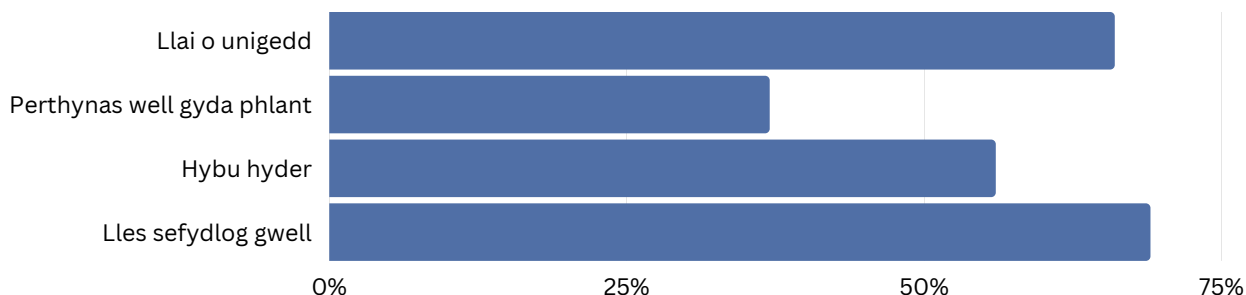
Rydyn ni'n gwneud llawer o grefftiau awyr a gored a garddio gyda theuluoedd ac mae llawer ohony'n nhw bellach wedi dechrau tyfu planhigion gartref. Yn ystod y gaeaf, rydyn ni'n derbyn nawdd gan y cyngor er

mwyn darparu man cynnes ar gyfer teuluoedd sydd angen hynny.

Mae gwasanaeth Cyngor Am Bopeth wedi rhoi cyfrifiadur i ni er mwyn i rieni allu cael gafael ar gefnogaeth a chynghor yn gyflym. Llwyddodd un rhiant i sicrhau budd-daliadau nad oedd hi'n ymwybodol fod ganddi hawl arny'n nhw.



Canlyniadau





Canolfan Blant Jig-so

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

Uchafbwyntiau

- Mae llawer o rieni o wahanol ardaloedd yn mynychu. Cyfuniad o rieni ifanc a hŷn yn dod at ei gilydd, yn cyfnewid syniadau – yn creu grwpiau ffrindiau newydd.
- Creu amgylchedd o weithgareddau yn Jig-so o weithgareddau na fyddai rhieni'n eu gwneud gartref – chwarae anniben, coginio ayb.
- Cynnig syniadau i rieni ynglŷn ag eitemau thematig/chwarae nad oes angen gwario arian arnyn nhw. Creu bwrdd synhwyraidd, chwarae â hetiau a sbectolau o flaen y drych a defnyddio goleuadau mân.

Y Sesiynau a Gynhaliwyd

Ystafell synhwyraidd/pebyll synhwyraidd ym mhob sesiwn, yn ogystal â nifer o adnoddau synhwyraidd. Ymdrin â sŵn, y gweledol, cyffwrdd a theimlo, sgiliau echddygol bras a manwl. Chwarae anniben – tywod, dŵr, toes chwarae, cerddoriaeth a symud, chwarae â drych, chwarae chwilfrydig.

Mae llyfrgell fenthyg o adnoddau ar gael i bob rhiant i fynd ag eitemau gartref i'w defnyddio.

Mae rhieni wedi cael y rhyddid i ymuno yn ôl eu dymuniad a'u gofyn nhw eu hunain



drwy ddefnyddio'r ardal fabi dawel ac ymlaciol yn ogystal â'r ardal chwarae tu allan.

"Rhoddodd un fam ei babi yn yr hambwrdd anniben:- Rhoddodd hyn yr hyder i fi wneud yr un peth gyda 'mhentyn fy hun"

Canolfan Blant Jig-so

“

“Mae defnyddio offer cyffredin o’r tŷ ar gyfer creu cerddoriaeth yn syniad gwych. Gwnaeth fy mab fwynhau cymaint gan chwarae am gyfnod hirach nag arfer.”

”

Trosolwg o’r flwyddyn

Yn ystod y flwyddyn, cafwyd llif cyson o deuluoedd. Gwelwyd cynnydd yn y nifer o blant dan 1 yn mynychu. Mae rhieni wedi mwynhau’r gwahanol ardaloedd synhwyraidd rydyn ni wedi’u creu ar gyfer bob sesiwn. Mae bob sesiwn wedi bod yn wahanol.

Mae rhieni wedi cymryd llawer o syniadau o’r sesiynau a pharhau i’w chwarae gartref – prynu pyllau tywod, arllwys dŵr i sosbenni ac ambell gwpan a phowlen – a hyd yn oed creu corneli synhwyraidd yn eu cartrefi eu hunain.

Roedd yr ystafell synhwyraidd yn ofod diogel a hynod dawel ar gyfer rhieni a phlant o bob oed a gallu i ymlacio.

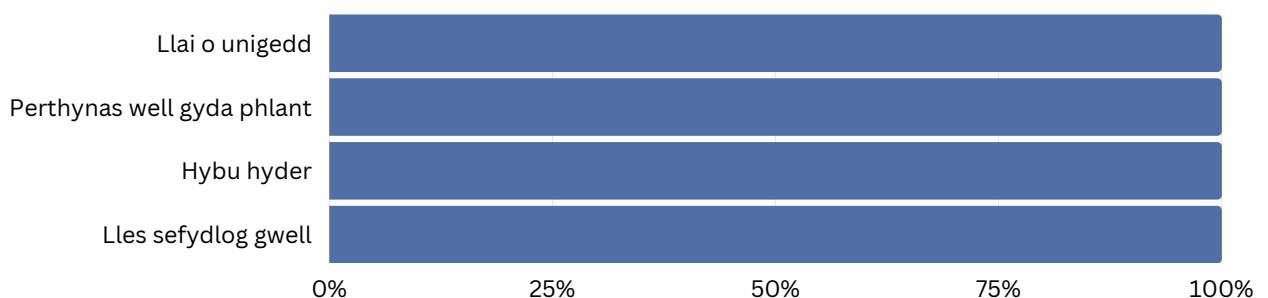
Byddai rhai plant yn dod i’r sesiwn ac yn mynd yn syth i mewn i’r ystafell. Dim ond rhyw 5 munud fyddai angen ar rai o’r plant i mewn yno cyn dod allan yn hapus i chwarae gydag adnoddau eraill.

Aeth rhieni fu’n mynychu’r sesiynau ymlaen i fynychu sesiynau Jig-so eraill a gwneud grwpiau o ffrindiau newydd.

Mae’r adnoddau wedi tanio sgiliau iaith rhai o’r plant – gan ddysgu lliwiau, achos ac effaith.



Canlyniadau





Canolfan Deulu Llambed

Rydyn ni'n darparu lleoliad cynnes a chyfeillgar ar gyfer teuluoedd a phlant ifanc lle gallan nhw fwynhau gweithgareddau a datblygu perthnasoedd.

Uchafbwyntiau

- Mae teuluoedd wedi mwynhau amrywiol wibdeithiau yn ystod yr haf gan ymweld ag Aberaeron, Fferm Fantasy a diwrnod hwyl Eglwys Gadeiriol Tyddewi.
- Fe wnaeth ein teuluoedd fwynhau gwisgo gwisgoedd ffansi brenhinoedd a breninesau yn y parti i ddathlu coronîr Brenin.
- Mae gennym berthynas agos o hyd â chartrefi gwarchodol Llys Pedr ac roedd hi'n hyfryd eu gweld nhw'n mynychu ein parti dathlu Plant Dewi.

Y Sesiynau a Gynhaliwyd

Boliau a Babis – sesiynau lle mae mamau beichiog a rhieni â babanod ifanc yn sgwrsio ac yn ceisio cyngor a chefnogaeth.

Aros a Chwarae – sesiwn chwarae rad ac am

Celf a Chrefft – themâu amrywiol

Tylino babi

Chwarae Synhwyraidd ac Anniben

Zumbini (Zumba ar gyfer plant)

Iaith a Chwarae – Little Stars

Sesiynau ymwybyddiaeth ofalgar

Nofio



Croeso Man Cynnes, man cynnes ar gyfer teuluoedd i ddod at ei gilydd a chael pryd o fwyd poeth gyda'i gilydd

O gwmpas y lle – Mynd am dro â choetsis.

“Diolch o galon i Ganolfan Deulu Llambed am drefnu'r trip hyfryd i Fferm Fantasy i ni.”

Canolfan Deulu Llambed

“

Mae'r ganolfan wedi helpu fy merch i weld diwylliant newydd a dysgu pethau newydd.

”

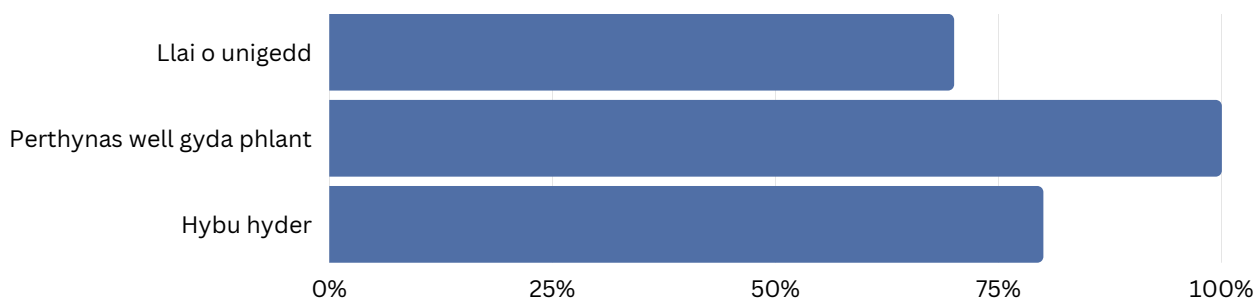
Trosolwg o'r flwyddyn

Wedi oedi yn dilyn y pandemig, gwelwyd agoriad swyddogol y Ganolfan Deulu yn ei lleoliad newydd ym mis Medi. Daeth y gymuned at ei gilydd i ddathlu mewn parti, lle cafwyd cyfle i fwyta llu o gacennau a mwynhau'n fawr iawn. Cafodd y plant gyfle i fwynhau nifer o wibdeithiau; Fferm Fantasy, Aberaeron, Moody Cow, yr orsaf dân leol i enwi ond ychydig. Cafodd y staff a'r teuluoedd gyfle i fwynhau dathlu 20 mlwyddiant Plant Dewi yn ystod diwrnod hwyl Plant Dewi yn Eglwys Gadeiriol Tyddewi. Mae ein sesiynau mynd am dro wedi bod yn hynod boblogaidd, a datblygwyd cysylltiadau gyda'r gymuned ehangach yn cynnwys ymweliadau â'r llety cysgodol lleol, lle datblygwyd perthnasoedd cadarn rhwng y cenedlaethau. Cynhaliwyd digwyddiadau i ddathlu digwyddiadau pwysig yn y calendr megis y Nadolig a'r Pasg.



Yn ystod misoedd y gaeaf, cynhaliwyd clwb cinio llwyddiannus bob dydd Mercher, lle darparwyd pryd o fwyd maethlon. Roedd teuluoedd yn gwerthfawrogi'r lleoliad cynnes ac yn mwynhau'r ymwneud ag eraill. Edrychwn ymlaen at fwynhau profiadau newydd amrywiol yn ystod y flwyddyn sydd i ddod.

Canlyniadau



Cynigiwn leoliad cynnes a chroesawgar lle y gall teuluoedd ddatblygu rhwydweithiau cefnogol, ennill hyder, a dysgu sgiliau newydd.

Uchafbwyntiau

- Ysbrydoliaeth gan y gyfres o sesiynau gydag Arts 4 Wellbeing yn datblygu sesiynau chwarae yn yr awyr agored a chysylltu â'r amgylchedd naturiol drwy gyfrwng ein synhwyrâu.
- Gyda diolch i Haf o Hwyl, llwyddwyd i ymweld â pharc Fferm Ynys Aberteifi gyda chriw o 52 o rieni a phlant.
- Yn dilyn cwrs rhianta plant bach Gro Brain ym mis Ionawr, cynhaliwyd cwrs gyda'r nos ar gyfer Tadau'r grŵp.

Y Sesiynau a Gynhaliwyd

Cynhaliwyd sesiwn wythnosol ar gyfer rhieni a babanod dan 1 oed. Yn ogystal â Dechrau Da, cynigiwyd cwrs chwech wythnos "Little Stars", wedi'i ddilyn gan gyfres o sesiynau "Chwarae Anniben" ar gyfer chwarae ac archwilio synhwyradd.

Ymysg y sesiynau iaith a chyfathrebu cynhaliwyd cyrsiau "Clebran Baban", a "Iaith a Chwarae" gyda Dechrau Da, a sesiynau stori a chân wythnosol.

Cynigiwyd sesiynau Zumbini wythnosol ar gyfer chwarae corfforol a sesiynau chwarae ac archwilio awyr agored



wythnosol.

Yn ystod y flwyddyn hefyd, cynhaliwd sesiwn Cymorth Cyntaf, parti Nadolig, a chafwyd ymweliadau gan Pace, Workways a WWDAS.

“Llawer o gyngor am ddiddyfnu a sesiwn flasu, cyngor am drefn, llawer o sylwadau cadarnhaol ac anogaeth.”

”

Canolfan Deulu Llandysul

“

Fe wnaethon ni wir werthfawrogi'r wibdaith i'r Ardd Fotaneg. Roedd yn fendigedig a fydden ni ddim wedi gallu fforddio mynd.

”

Trosolwg o'r flwyddyn

Bu'n flwyddyn brysur Llandysul. Rydyn ni wedi parhau â sesiynau cyson a datblygu rhai newydd gyda theuluoedd.

Drwy gydol y gwanwyn a'r haf, mae teuluoedd wedi mwynhau sesiynau awyr agored gydag Arts 4 Wellbeing a Tir Coed yn y parc a'r ymddiriedolaeth coetir yng Nghoed y Foel. Yn dilyn y sesiynau yma, rydym wedi datblygu ein rhaglen ein hunain o sesiynau, "Chwarae ac Archwilio" er mwyn cynnig syniadau a datblygu hyder i archwilio'r amgylchedd naturiol gyda phlant.

Yn ystod yr haf, ymunodd teuluoedd â ni yn yr ardd gymunedol Yr Ardd, gan fwynhau casglu llysiau, creu gwestai ar gyfer chwilod a



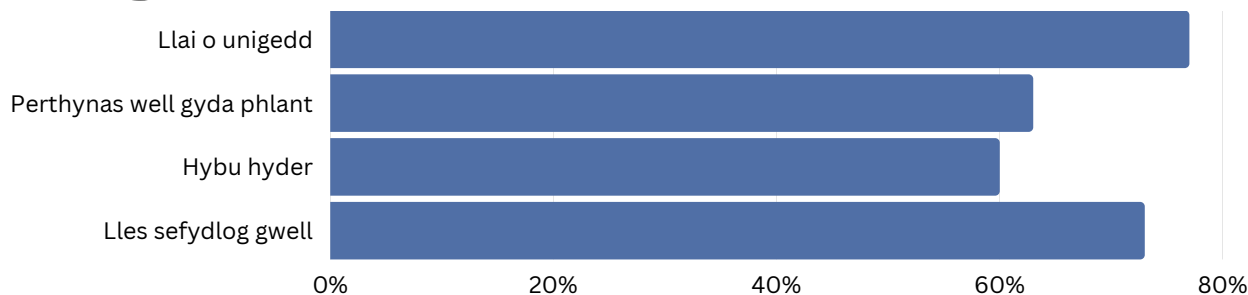
gweithgareddau eraill. Byddwn yn dychwelyd yn ystod yr haf flwyddyn nesaf i ddatblygu ein llain o dir ymhellach ac arbrofi gyda mwy o weithgareddau.

Llwyddom i sicrhau nawdd Haf o Hwyl a'n galluogodd i ymweld â Pharc Fferm Ynys Aberteifi a chynnal mwy o sesiynau gydag Arts 4 Wellbeing.

Dychwelodd ein sesiynau Zumbini poblogaidd yn ystod yr hydref. Ymwelodd y grŵp â'r cartref gofal lleol ddwywaith yn ystod y flwyddyn i roi'r cyfle i'r preswylwyr ymuno yn y Zumbini. Mae teuluoedd wedi mynychu sesiynau stori a chân hefyd gyda Cymraeg i Blant.

Cynhaliwyd tri chwrs rhianta eleni, yn cynnwys ein cwrs ar gyfer Tadau.

Canlyniadau





Canolfan Deulu Llanybydder

Amgylchedd ymlaciol, gyfeillgar sy'n cynnig cefnogaeth i deuluoedd â phlant rhwng 0-11 oed yn Llanybydder a'r ardaloedd cyfagos.

Uchafbwyntiau

- Dathlodd y Ganolfan Deulu ei 21ain blwyddyn weithredol eleni, gan gefnogi teuluoedd drwy drefnu parti, a roddodd gyfle i ni wahodd y gymuned i mewn i'r Ganolfan.
- Ymgysylltu â'r gymuned - cymryd rhan mewn digwyddiadau adeg y Nadolig, sesiynau rhwng y cenedlaethau, sesiynau yn Ysgol Gynradd Llanybydder ac ennill y wobr gyntaf yng Ngharnifal Llanybydder!
- Gallu helpu gyda'r argyfwng costau byw, drwy ddarparu dillad plant, bwyd, atgyfeiriadau banciau bwyd a nwyddau hylendid rhad ac am ddim i deuluoedd.

Y Sesiynau a Gynhaliwyd

Cylch Ti a Fi - Chwarae Tu Allan

Grŵp Boliau a Babis - Aros a Chwarae

Tylino Babi Peter Walker

Iaith a Chwarae

Coffi, Cacen a Chlonc

Paratoi ar gyfer yr Ysgol - Crefftau

Coginio - Corfforol - Actif-i-ti

Cymraeg i Blant

Menter Iaith

Rubba Bubba gyda Rach

Arts 4 Wellbeing

Zumbini



FSgiliau Cymorth Cyntaf

Sesiynau rhwng y cenedlaethau

Dyddiau Thema: Lan y Môr a

Thywysogesau a Môr-ladron

Gwibdeithiau: Gerddi Norwood, Diwrnod

Chwarae RAY, Krazy Horses.

“ Mae Canolfan Deulu Llanybydder wedi fy helpu i i deimlo'n llai unig a rhoi pwrpas i fi; yn wir, mae wedi achub fy mywyd. ”

Canolfan Deulu Llanybydder

“

Mae'r ganolfan fel ail gartref i fi. Man diogel lle gall fy mab a minnau fynd i ymlacio. Dysgu a chwarae. Mae'r staff yn hynod garedig wrth groesawu fy mab sydd ag ADHD.

”

Trosolwg o'r flwyddyn

Ein prif nod yw cefnogi teuluoedd yn wyneb nifer o anawsterau sy'n gallu eu hwynebu, hybu a chyfoethogi'r berthynas rhwng yr oedolyn a'r plentyn drwy gydweithio mewn gwahanol sesiynau, a sicrhau fod plant yn cael cymaint o brofiadau newydd â phosibl yn ystod eu blynyddoedd cynnar.

Wrth i ni weld golau ar ddiwedd y twnnel wedi cyfnod anodd, digynsail pandemig byd eang, roedd ein gwasanaeth yn bwysicach nag erioed i'n teuluoedd.

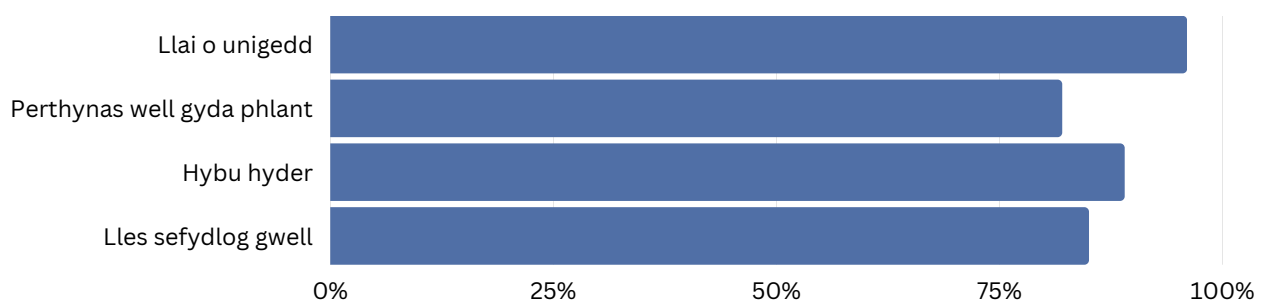
Nododd teuluoedd eu bod yn teimlo'n ynysig, ac fe aethon ni'r filltir ychwanegol i groesawu teuluoedd, yn gyfarwydd ac yn newydd, yn ôl drwy ein drysau, i gefnogi ac annog cyfeillgarwch a fyddai yn y pen draw yn ymestyn y tu hwnt i'n drysau ni.

Roedd angen datblygu sgiliau cymdeithasol plant - yn ddigon naturiol wedi cyfnodau clo olynol, a rhoddodd ein sesiynau Iaith a Chwarae, Cylch Ti a Fi, ac Aros a Chwarae ryddid i blant, yn ogystal ag arweiniad i ddatblygu'r rhain.

Gan ddefnyddio canllawiau gan yr ysgol gynradd leol, llwyddwyd i helpu plant i bontio i'r ysgol drwy gyfrwng ein sesiynau Parod i fynd i'r Ysgol.



Canlyniadau





Morfa Family Centre

Morfa Family Centre provides a warm friendly space for families with preschool children.

Uchafbwyntiau

- Fferm Brynteg. Roedd y wibdaith yn hynod rhyngweithiol, ac roedd teuluoedd wrth eu bod yno. Y wibdaith orau erioed i deuluoedd. Datblygwyd cysylltiad hefyd â fferm leol.
- Mae'r Clwb Cinio wedi aildechrau gan ddatblygu i fod yn dipyn o glwb diddyfnu yn ogystal â helpu teuluoedd gyda'r argyfwng costau byw.
- Gweithio gyda Messy Play i gyflwyno sesiynau chwarae anniben rhyngweithiol. Roedd plant wrth eu bodd yn cymryd rhan.

Y Sesiynau a Gynhaliwyd

Grŵp Babi

Grŵp Plant Bach

Chwarae Corfforol

Cymorth Cyntaf gyda Rhieni

Aros a Chwarae

Clwb Cinio

Adrodd Stori

Amser Cân

Messy Play

Chwarae Anniben

Gwibdeithiau i Fferm Folly, Parc Bywyd

Gwylt Manor, Dinbych y Pysgod, Fferm

Brynteg, San Ffagan, Parc Dinosoriaid,

Diwrnod yn Eglwys Gadeiriol Tyddewi a'r

Ganolfan Chwarae Meddal.



“Diwrnod gorau fy mywyd” dyfyniad gan un o'r plant a aeth ar y wibdaith i Fferm Brynteg.

Canolfan Deulu Morfa

“

Rwy'n gwneud yn siŵr, wedi cyfnod mamolaeth, 'mod i'n rhydd o'r gwaith ar ddydd Iau a dydd Gwener er mwyn i fi allu mynychu grwpiau bob wythnos.

”

Trosolwg o'r flwyddyn

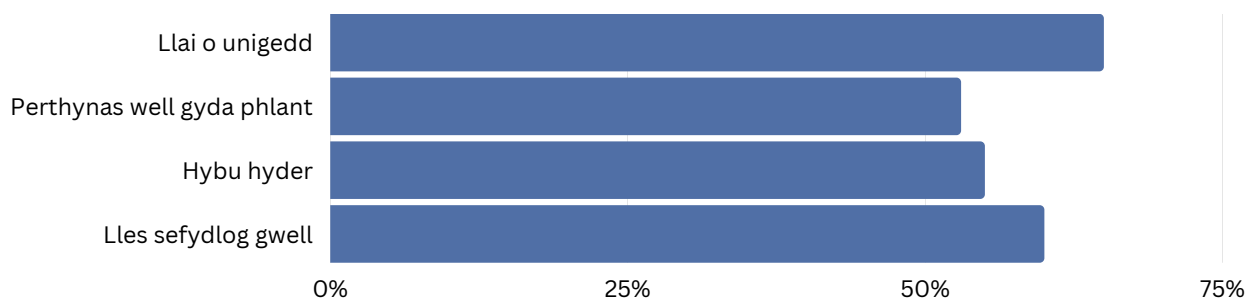
Codwyd yr holl gyfyngiadau ar ôl y pandemig. Arweiniodd hyn at lawer o heriau i'r ganolfan. Mae teuluoedd yn dal yn bryderus, yn enwedig y rhai sy'n disgwyl neu sydd â babanod ifanc. Mae'r ganolfan wedi ymateb ac wedi ymdopi'n dda yn wyneb y fath heriau, gan sicrhau fod plant a rhieni'n rhyngweithio ac yn mwynhau amser yn cymdeithasu gyda'i gilydd unwaith eto.

Mae trefnu gwibdeithiau wedi helpu plant i archwilio'r byd a chymdeithasu â chyfoedion unwaith eto. Mae rhieni wedi magu hyder ac wedi ymateb i'r byd o'u cwmpas. Datblygwyd cyfeillgarwch a grwpiau cefnogi cyfoedion - dau beth y gwelodd y rheini tro cyntaf eu heisiau'n fawr yn ystod y pandemig.



Mae'r plant a anwyd yn ystod y pandemig ar eu colled o safbwynt ysgogiad grwpiau cymdeithasol felly mae hi wedi bod yn braf iawn gweld y plant hynny'n ffynnu ac yn datblygu yn ystod y sesiynau a'r gwibdeithiau a drefnwyd.

Canlyniadau





Canolfan Deulu Pencader

Canolfan Deulu wledig yw hon sy'n cefnogi teuluoedd newydd, hen, ac estynedig gyda phlant rhwng 0-11 mlwydd oed o fewn ein cymuned.

Uchafbwyntiau

- Gwibdeithiau i Fferm Folly, Parc Manor, yr Ardd Fotaneg, Eglwys Gadeiriol Tyddewi, taith Nadolig i Crosshands a pharc Llandysul.
- Dathliadau; helpa wyau Pasg a pharti, Jiwbilí 70 mlynedd y Frenhines, carnifal y pentref, parti Calan Gaeaf, parti Nadolig, cinio Nadolig.
- Creu eliffant 4ft o uchder o'r enw Elfed, gan ddefnyddio papier mâché, gyda'r teuluoedd, a'i gyflwyno i Skanda Vale lle mae bellach yn byw yn y brif deml.

Y Sesiynau a Gynhaliwyd

Iaith a Chwarae

Adrodd stori

Prosiectau celf drwy gydol gwyliau'r Ysgol

Gwehyddu helyg

Gweithio gyda chlai

Peintio gwydr

Llawer o chwarae anniben

Chwarae tu allan

Coginio gyda phlant ac oedolion

Clybiau brecwast a chinio

Diogelwch yn y cartref

Cymorth cyntaf sylfaenol ar gyfer

rhieni/gofalwyr



Dosbarthu 29 bag o deganau a 15 hamper bwyd adeg y Nadolig.

“ Rwy'n teimlo'n hamddenol iawn wedi dod yma, beth bynnag y problemau sy'n fy wynebu mae rhywun yma bob amser i wrando a helpu. ”

Canolfan Deulu Pencader

“

Y peth gorau am ddod yma yw'r staff cyfeillgar a'r rhyddid i 'mhlant ddewis beth maen nhw'n dymuno gwneud.

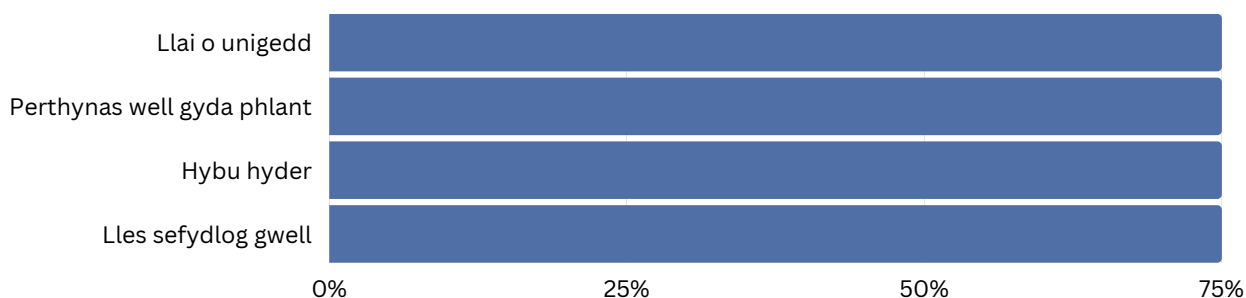
”

Trosolwg o'r flwyddyn

Bu'n her ar adegau, i deimlo'n ddigon hyderus i fentro allan, er bod rhai'n sôn eu bod yn teimlo'n ynysig, maen nhw hefyd yn sôn am iselder a'r diffyg awch i fynd i unman, ac mae rhieni'n ei chael hi'n anodd iawn i gymdeithasu. Ond o edrych i'r dyfodol, ein gobaith yw cynyddu nifer y teuluoedd newydd yn ogystal â chefnogi ein teuluoedd tymor hir, drwy gyflwyno cyrsiau/gweithgareddau newydd ar gyfer oedolion a phlant, yn enwedig yn ystod gwyliau'r haf, sy'n gyfnod prysur iawn. Fe aethon ni ar sawl gwibdaith lwyddiannus. Cynhaliwyd sawl prosiect celf a chreffft a oedd hefyd yn cynnwys cwblhau Elfed yr Eliffant, a gafodd y wobwr gyntaf mewn sioe leol, a sydd bellach wedi'i gyflwyno i Skanda Vale. Dyma ein rhodd ni fel gwerthfawrogiad o'r holl gefnogaeth y maen nhw wedi'i roi i ni drwy eu hamperi bwyd dros y blynyddoedd. Ym mis Ionawr, ymddeolodd Trevor Winn wedi 17 mlynedd fel cydlynnydd. Dymunwn y gorau iddo yn ei ymeddoliad.



Canlyniadau





Canolfan Deulu RAY Ceredigion

Mae'r ganolfan yn ddiogel, yn groesawgar, sy'n cynnig gofod ar gyfer teuluoedd â phlant ifanc i ddod at ei gilydd mewn amgylchedd hamddenol. Ymwneud ag eraill ac annog cerrig milltir datblygiadol plant.

Uchafbwyntiau

- Nyth y Fron - Grŵp Bwydo o'r Fron - sesiwn wedi'i chreu gan 3 mam sy'n gwirfoddoli. Rhoddir gwybodaeth broffesiynol.
- Rhaglen rianta Family Links - llwyddodd 2 riant i gwblhau'r rhaglen 10 wythnos sy'n canolbwyntio ar gefnogi rhieni drwy nifer helaeth o heriau rianta.
- Canolfan Deulu Outreach - yn ystod haf 2022, ymwelwyd â 2 gymuned leol er mwyn cynnig oriau o hwyl. Mynychodd dros 300, gan amrywio o fabanod i neiniau a theidiau.

Y Sesiynau a Gynhaliwyd

- Aros a Chwarae
- Synhwyrâu Babi
- Tyllino Babi
- Sesiwn symud Move and Groove
- Mynd Am Dro
- Sêr Bach Little Stars
- Clebran Baban
- Haf o Hwyl
- Sesiynau Diddyfnu
- Sesiwn Just for Me gyda Simone
- Nyth y Fron - grŵp bwydo o'r fron
- Rhaglen rianta - Family Links
- Clwb Home From Home



“ Rwy wedi mwynhau mynd â'r mab i sesiynau Synhwyrâu Babi. Maen nhw wedi bod yn fuddiol i'r ddau ohonom ni. Rwy'n mwynhau agwedd gymdeithasol y sesiynau ”

Canolfan Deulu RAY Ceredigion

“

Mae #### yn caru ei sesiynau dydd Llyn yn RAY. Mae yna awyrgylch groesawgar, ac mae'r staff yn anhygoel.

”

Trosolwg o'r flwyddyn

Ar sail llwyddiant y flwyddyn gynt, mae mwy a mwy o deuluoedd wedi bod yn mynychu. Mae rhieni wir yn gwerthfawrogi gallu mynd allan o'r tŷ a dod â'u plant i rywle diogel.

Yn ystod misoedd y gaeaf cynhaliwyd clwb "Home from Home" ar gyfer ein rhieni gan gynnig lle iddyn nhw yn y ganolfan drwy gydol y dydd, pryd o fwyd poeth ac amser i gymdeithasu gydag eraill.

Mewn partneriaeth â Pathfinder, rydym wedi cyflwyno "Sêr Bach" (Little Stars) a "Diddyfnu Babi".



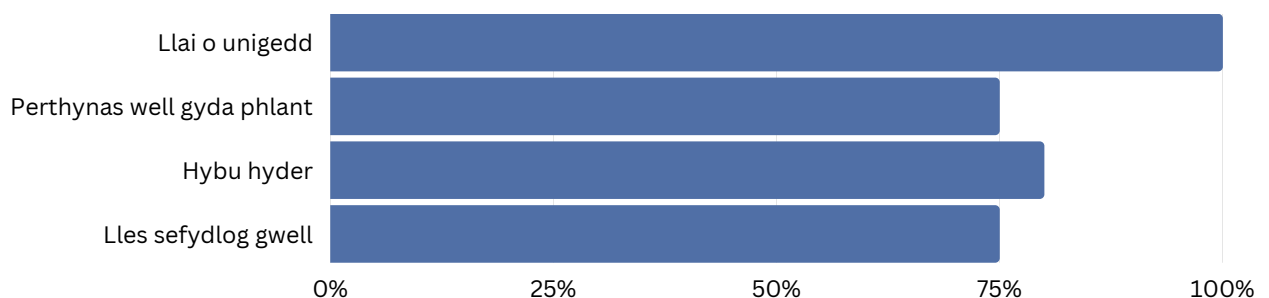
Cyflwynwyd "Clebran Baban" - rhaglen 3-4 wythnos i gefnogi llefaredd ac iaith. Cynigiwyd sesiynau cwnsela trawma ar enedigaeth, gan gefnogi 6 rhiant.

Hyfforddwyd 4 aelod ychwanegol o staff i gyflwyno rhaglen Rianta Family Links.

Mae'r ardal allanol wedi'i datblygu i fod yn Ardd Fywyd Gwylt sy'n plesio'r rhai bach yn fawr ac yn cynnwys cegin fwd ar gyfer chwarae.

Mae'r Ganolfan Deulu'n dal i gefnogi teuluoedd o ardal ddaearyddol eang yng nghanol y sir.

Canlyniadau





Canolfan Deulu St Paul's

Rydyn ni'n cynnig amgylchedd gynnes a chroesawgar, sy'n rhad ac am ddim, ar gyfer teuluoedd â phlant hyd at 11 oed.

Uchafbwyntiau

- Cafodd teuluoedd gyfle i ymweld â Fferm Folly, Porthcawl, San Ffagan, Parc Margam, Tyddewi a'r Ardd Fotaneg yn ogystal â mynd ar ymweliadau â pharciau a thraethau lleol.
- Yn ystod y flwyddyn, cofrestrodd a mynychodd 127 o deuluoedd newydd sesiynau
- Cydweithio â sefydliadau mewn partneriaeth i gyflwyno digwyddiadau megis Diwrnod Mabolgampau'r Haf, Cysylltu â Natur, Nadolig o gwmpas y Byd, Diwrnod Chwarae Cenedlaethol a'r Gwasanaeth Nadolig.

Y Sesiynau a Gynhaliwyd

- Grwpiau babi (yn enwedig ar gyfer babanod dan 1 oed) a sesiynau plant bach.
- Chwarae a Dysgu - ar gyfer plant o oed cynradd a'u rhieni/gofalwyr. Mae'r sesiynau wedi galluogi plant i dderbyn cefnogaeth gyda gwaith cartref wrth fwynhau gwneud ffrindiau newydd a chymryd rhan mewn amrywiol weithgareddau.
- Sesiynau Hwyl i'r Teulu yn ystod gwyliau'r ysgol. Mae'r sesiynau yma wedi cynnwys sawl gwibdaith rad ac am ddim neu gost isel.



- Cyrsiau Iaith a Chwarae
- Tyllino Babi
- Coginio ar gyllideb
- Cyrsiau oedolion a chyfleusterau crèche.

“Rydyn ni'n caru dod yma i gymdeithasu bob wythnos, yn caru celf a chrefft a chwarae anniben.”

Canolfan Deulu St Paul's

“

Mae'r staff yn eithriadol, yn falch i fod yn rhan o deulu St Paul's.

”

Trosolwg o'r flwyddyn

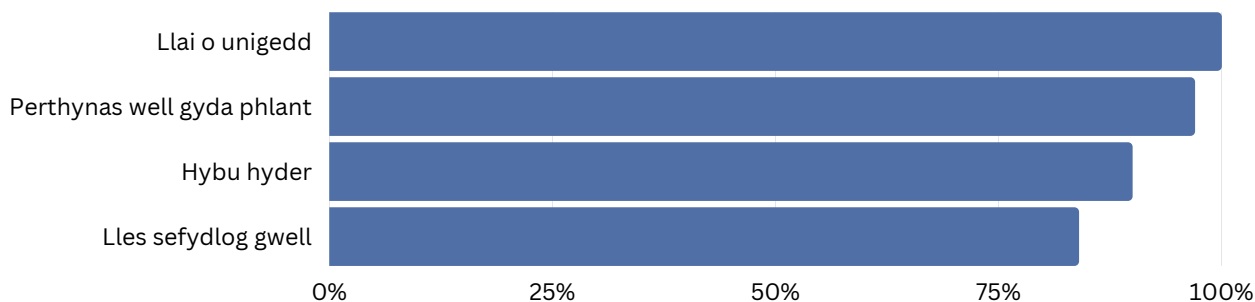
Drwy gydol y flwyddyn mae'r staff wedi parhau i gynnal sesiynau yn ystod y tymor ysgol a'r gwyliau. Mae'r sesiynau adeg y tymor wedi canolbwyntio ar blant dan oed ysgol, gan gefnogi drwy gyfrwng pynciau megis Tyllino Babi, diddyfnu, chwarae synhwyraidd ac anniben. Mae grwpiau'r plant bach wedi cefnogi'r gwaith pontio i'r cylch meithrin/ysgol drwy ddilyn trefn ddyddiol megis amser cân a stori, bwyta byrbrydau iach a hybu gweithgareddau corfforol a chyfoethogi llefaredd ac iaith. Roedd y sesiynau iaith a Chwarae'n boblogaidd iawn, gyda 20 teulu'n mynychu'r sesiynau thema Nadoligaidd ac yn parhau i fynychu drwy gydol y flwyddyn.



Cafodd plant oed ysgol a rhieni/gofalwyr gyfle i fynychu sesiynau Chwarae a Dysgu a Hwyl i'r Teulu, oedd yn cynnwys gwibdeithiau/ymweliadau/sesiynau awyr agored a gweithgareddau yn y ganolfan. Roedd nawdd "Haf o Hwyl" Llywodraeth Cymru'n ychwanegiad gwych i'r sesiynau yma.

Mae partneriaethau gwaith parhaus wedi bod yn gadarnhaol iawn ac mae'r ganolfan wedi gweithio gyda'r partneriaid canlynol; Rhwydwaith y Ganolfan Deulu, Rhwydwaith Amlhiliol Llanelli, Dechrau Da, Ieuenctid Bro Lliedi, Eglwys Gymunedol Ty Gwyn, Arts 4 Wellbeing, a Thim Trawsfurfio Tyisha.

Canlyniadau





Meithrinfa St Paul's

SSeilir Meithrinfa St Paul's ar raglen 'Dechrau Da' sy'n cynnig gofal ar gyfer plant lleol rhwng 2 a 3 oed.

Uchafbwyntiau

- Cawsom adroddiad arbennig gan 'Arolygiaeth Gofal Cymru'.
- Cael ein gwahodd i beilota cynllun newydd Dechrau Da 'Datblygiad Llefaredd ac Iaith'.
- Adborth da gan rieni'n dangos eu gwerthfawrogiad o'r Feithrinfa.

Y Sesiynau a Gynhaliwyd

Roedd croeso i rieni siarad ag aelodau'r staff cyn a/neu wedi bob sesiwn. Mae hyn yn rhoi cyfle i rieni sôn am unrhyw heriau neu ofidiau sy'n ymwneud â datblygiad eu plentyn neu dderbyn cysur gan aelod o staff.

Dechreuwyd dilyn canllawiau 'Cwricwlwm Newydd Cymru ar gyfer Meithrinfeydd'.

Ymwelodd y plant â'r ysgol gynradd leol i gael picnic, a oedd yn eu galluogi i bontio'n well draw i'r ysgol a'u helpu i gael profiadau cadarnhaol yn eu hamgylchedd newydd.



Cyfarfu Rheolwr y Feithrinfa â'r Pennaeth i rannu gwybodaeth am y plant oedd ar fin dechrau er mwyn cefnogi'r symud i'r ysgol.

“Diolch am bopeth. Roedd y croeso a'r staff mor arbennig.”

Meithrinfa St Paul's

“

Rwy mor hapus â'r gofal a dderbyniodd fy mhlentyn, yn hapus â'r staff â'r amrywiaeth o weithgaeddau sy'n cael eu harwain gan y plentyn.

”

Trosolwg o'r flwyddyn

Cyn dechrau yn y feithrinfa, cafodd teuluoedd eu hannog i gymryd rhan yn 'Grŵp Plant Bach' y Ganolfan Deulu. Helpodd hyn y plant i ymgysgu â'r lleoliad.

Gwnaeth y staff eu gorau i sicrhau amgylchedd hapus, gofalgar, ysgogol a chyfeillgar. Gweithiodd y staff ochr yn ochr â'r plant i gefnogi chwarae, dysgu a datblygu ar eu pwys a'u pastwn eu hunain.

Mae'r plant wedi bod ar deithiau cerdded lleol er mwyn profi'r gymuned ehangach. Mae hyn wedi caniatáu iddyn nhw gael profiad o'r amgylchedd awyr agored sydd hefyd yn ymwneud â sawl maes dysgu. Cefnogodd y staff y plant yn ddyddiol wrth ymwneud â gweithgareddau ac aethpwyd â phrofiadau'r dosbarth allan i'r awyr agored pan oedd y tywydd yn caniatáu.

Rydyn ni wedi gweithio'n dda mewn partneriaeth â sefydliadau megis Dechrau Da, Blynyddoedd Cynnar Cymru, Arolygiaeth Gofal Cymru, Cynllun Gwên, Cynllun Cyn-Ysgol Iach, a'r ysgol gynradd leol.



Canlyniadau

- Mae staff wedi sylwi ar blant ac wedi dilyn Proffil y Cyfnod Sylfaen (PCS).
- Nid yw llawer o'r plant mwy newydd wedi cael cyfle i gymryd rhan mewn grwpiau babi a phlant bach. Yn ystod y flwyddyn ddiwethaf, roedd 25% islaw'r PCS o safbwynt hyfforddiant tŷ bach a llefaedd ac iaith. Serch hynny, llwyddodd 75% i gynyddu eu datblygiad personol a chymdeithasol.
- Mae 100% wedi gwella eu lles corfforol ac emosiynol, rheolaeth ymddygiadol ac ymateb i eraill.



Canolfan Deulu Tregaron

Mae Canolfan Deulu Tregaron yn cynnig gwasanaeth safonol anfeirniadol, mynediad agored er mwyn datblygu sgiliau a hybu capasiti teuluoedd.

Uchafbwyntiau

- Cefnogi llawer o famau tro cyntaf eleni gan gynnig rhaglenni rhianta, cefnogaeth a lleoliad cynnes a chyfeillgar iddyn nhw allu cymdeithasu a gwneud ffrindiau newydd.
- Gwneud y sesiynau'n fwy apelgar i Dadau gydag 16 o dadau'n mynychu ein sesiynau eleni, sy'n anhygoel.
- Agor sesiynau manau cynnes i'r cyhoedd sydd wedi bod yn rhedeg ers mis Tachwedd gan gynnig prydau bwyd poeth yn rhad ac am ddim, gyda thros 20 teulu'n mynychu'n gyson.

Y Sesiynau a Gynhaliwyd

Gwibdeithiau i Fferm Denmark, Fferm Fantasy, Eglwys Gadeiriol Tyddewi, Moody Calf, Fferm Adar CIC.

Digwyddiadau dathlu; Gwasanaeth Nadolig, Parti Nadolig, Barbiciw Haf, parti dathlu 20 mlwyddiant Plant Dewi.

Cynllun becws ar gyfer 34 teulu.

Bagiau llyfr stori a phropiau wedi'u hanfon allan i 21 teulu.

Iaith a Chwarae, Blynyddoedd Anhygoel, Aros a Chwarae, Mannau Cynnes, Zumbini, Clebran Baban, Sesiynau Crefft, Celf Ymwybyddiaeth Ofalgar, Ffitrwydd Dewch



â'ch Babi Mindfulness Art, Chwarae Parc, Tyllino Babi, Prosiectau Celf Gymunedol, Diwrnod Ymgynghori, Celf er Lles, Taith Gerdded Natur, Gweithdy Theatrig.

“ Mae'r sesiynau'n gynhwysol ar gyfer pob oed. Rydyn ni'n ffodus iawn i gael mynediad i'r fath wasanaeth ardderchog. ”

Canolfan Deulu Tregaron

“

'Rydyn ni'n ddiolchgar iawn i gael y Ganolfan Deulu a Karli! Mae bob sesiwn sy'n cael eu cynnig yn hanfodol er mwyn i deuluoedd allu mynd allan a chymdeithasu.

”

Trosolwg o'r flwyddyn

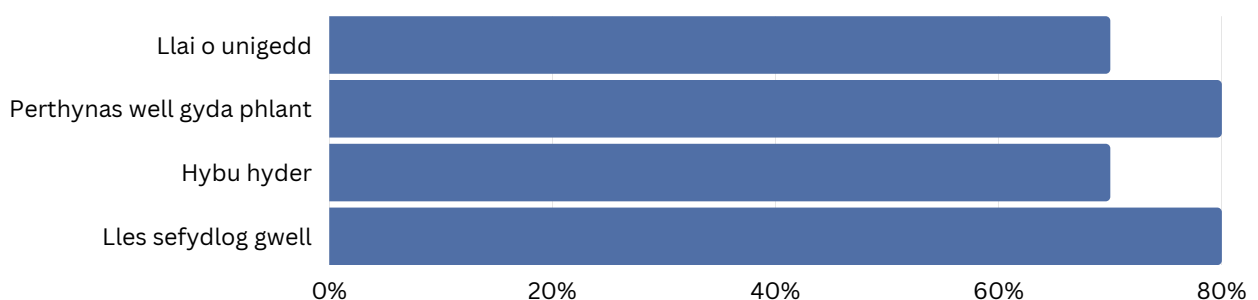
Cawsom gyfle i groesawu aelod cefnogi'r teulu newydd sydd wedi bod yn werthfawr iawn i'r tim. Rydym ni wedi symud i adeiladau newydd, gan sicrhau gofod ar gyfer storio, a neuadd fawr sy'n cynnig lle i'r nifer gynyddol o deuluoedd sy'n mynychu. Mae hwn wedi bod yn lleoliad gwych ar gyfer ein gwaith. Mae'n lleol, mae digon o le parcio a Neuadd fawr i gynnal ein holl sesiynau dan do. Cynhaliwyd asesiadau risg a

chafodd camau diogelu eu gweithredu er mwyn lleihau'r risg a chynnig man diogel i rieni. Cynhaliwyd sesiynau awyr agored er mwyn cynnig profiadau gwahanol i'r teuluoedd oedd yn mynychu, e.e. sesiynau ysgol y goedwig, chwarae yn y parc, a theithiau cerdded awyr agored. Trefnwyd tripiâu bws i helpu teuluoedd sydd heb fynediad i drafnidiaeth ac felly'n methu â

mynychu'r manau hyn yn sgil gwasanaeth trafndiaeth cyfyngedig mewn ardal mor wledig. Cyflwynwyd sesiynau manau cynnes ar gyfer teuluoedd ac i'r gymuned ehangach er mwyn cynnig pryd o fwyd poeth a man cynnes i'w helpu yn ystod yr argyfwng costau byw. Dosbarthwyd Pecynnau Becws a bagiau llyfrau i deuluoedd er mwyn cefnogi'r rhai sy'n methu dod i'r sesiynau yn y neuadd.



Canlyniadau





Canolfan Deulu Y Tymbl

Yn cefnogi teuluoedd â phlant rhwng 0-11 oed yng Nghwm Gwendraeth a'r cyffuniau ers 2002

Uchafbwyntiau

- Gallu mynd â theuluoedd lleol ar wibdeithiau am y tro cyntaf ers i'r cyfnod clo ddod i ben
- Cynnig sesiynau galw i mewn i'n teuluoedd a chroesawu nifer fwy o deuluoedd i mewn i'n canolfan
- Sicrhau lleoliad newydd er mwyn gallu parhau i gynnig gwasanaeth o fewn y gymuned

Y Sesiynau a Gynhaliwyd

Yn ystod y flwyddyn ddiwethaf, mae Canolfan Deulu Y Tymbl wedi cynnal amserlen gyson ar gyfer sesiynau Babi a Fi, Iaith a Chwarae a Tymino Babi. Yn ogystal â'r rhain, rydyn ni wedi hwyluso sesiynau synhwyraidd ar gyfer babanod rhwng 0-12 mis oed. Bellach, mae'r sesiynau yma'n cael eu cynnal yn wythnosol ac yn cynnig cyfle i deuluoedd gymryd rhan mewn amrywiaeth o weithgareddau synhwyraidd iawn o fewn y ganolfan deulu. Rydyn ni wedi datblygu perthynas agos â'r cyngor cymuned lleol, ac rydyn ni'n trefnu a chynnal rhaglen o



sesiynau chwarae yma yn ystod gwyliau'r ysgol ar gyfer plant hyd at 11 oed o'r gymuned leol. Mae'r sesiynau yma'n bwysig i deuluoedd sy'n methu fforddio cynlluniau chwarae eraill.

“ Cyn i fi ddod i wybod am y Ganolfan Deulu, prin yr oeddwn i'n gadael y tŷ. Ond nawr mae gen i ffrindiau newydd ac rwy'n teimlo'n debycach i fi fy hun eto. ”

Canolfan Deulu Y Tymbl

“

Mae gen i dripledi ac mae'n gas gen i fynd i'r mannau yma ar fy mhen fy hun. Allwn i ddim ymdopi heb yr help rwy'n ei dderbyn gan y staff.

”

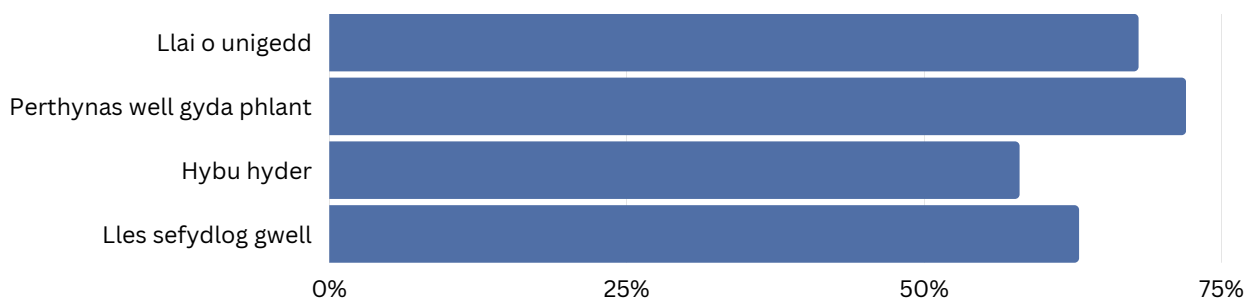
Trosolwg o'r flwyddyn

Mae hi wedi bod yn flwyddyn anodd i'r Ganolfan Deulu yn dilyn llifogydd yn yr adeilad, a heriau cyllido parhaus. Serch hynny, gyda chefnogaeth y gymuned leol a Plant Dewi, rydyn ni wedi llwyddo i sicrhau adeilad newydd a chyllid i alluogi'r Canolfan Deulu i barhau i gynnig gwasanaeth i deuluoedd lleol.

Yn ystod y flwyddyn ddiwethaf, rydyn ni wedi parhau i gynnig amrywiaeth o gyfleoedd chwarae ac wedi datblygu cysylltiadau agos â grwpiau cymunedol ac yn gweithio gyda nhw i ddarparu amrywiaeth o brofiadau'n rhad ac am ddim i deuluoedd. Rydyn ni'n gweithio ar y cyd ag archfarchnad gymdeithasol leol ac wedi gallu cefnogi nifer o deuluoedd lleol i gael gafael ar fwyd ac eitemau rhad. Mae hyn wedi bod yn hynod bwysig yn ystod y 6 mis diwethaf wrth i deuluoedd wynebu cynnydd ym mhris bwyd, tanwydd a biliau. Mae'r Ganolfan Deulu'n edrych ymlaen at barhau i weithio o fewn y gymuned a datblygu sesiynau newydd, cyfleodd a chefnogaeth yn ychwanegol at y sesiynau cyfredol, ar gyfer teuluoedd Cwm Gwendraeth.



Canlyniadau





Canolfan Deulu Tŷ Hapus

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

Uchafbwyntiau

- Mae hi wedi bod yn braf iawn gweld y Ganolfan Deulu'n ffynnu gyda theuluoedd hen a newydd. Llwyddwyd i ddatblygu cysylltiadau cryf ag asiantaethau eraill, a chreu rhwydweithiau cyfeillgarwch a chefnogi.
- Galluogodd cyfleoedd ariannu lles gymaint o rieni sy'n mynychu'r Ganolfan Deulu i fwynhau gwibdeithiau bws i'r Parc Dinosauriaid, Dinbych-y-pysgod, a Pharc Gwledig Penbre.
- Roedden ni wrth ein bodd yn gweithio gyda sefydliadau eraill drwy gydol y flwyddyn i ddarparu cyfleoedd, cefnogaeth a sawl diwrnod hwyl i deuluoedd.

Y Sesiynau a Gynhaliwyd

Drwy gydol y flwyddyn, llwyddwyd i gynnig sesiynau cyson megis Iaith a Chwarae ar gyfer babanod a phlant bach, chwarae a cherdded yn yr awyr agored, Aros a Chwarae, Paned a Chlonc, Tylino Babi a pheynnau coginio wythnosol.

Ymhellach, llwyddwyd i gynnig sawl gwibdaith a dyddiau hwyl yn cynnwys ymweliadau â'r Parc Dinosauriaid a Pharc Gwledig Penbre, dyddiau dathlu a gweithgareddau awyr agored a chwarae meddal.

Datblygwyd cysylltiadau ag asiantaethau eraill megis Guiding Star Journey,



Chwarae Anniben, Arts 4 Wellbeing, Rubba Bubba, Threshold-DAS, Ps..Parties, Crazy Clayton, Dechrau Da Plant Dewi, Dysgu Sir Gaerfyrddin ac Action 4 Children er mwyn cynnig sesiynau dathlu, addysgol a llawn hwyl i rieni.

“Maen nhw'n trefnu gweithgareddau ardderchog ar ein cyfer. Rydyn ni'n derbyn croeso mawr ac yn cael cymaint o sbort.”

”

Canolfan Deulu Ty Hapus

“

IRwy'n caru'r gefnogaeth a'r cyfeillgarwch mae fy merch a minnau'n ei dderbyn yma! Mae'n amhrisiadwy ac hebddo bydden ni'n dioddef!

”

Trosolwg o'r flwyddyn

Wedi blwyddyn ansicr a phryder cynyddol yn sgil y pandemig, roedd gallu dychwelyd i gynnal ein sesiynau arferol heb unrhyw gyfyngiadau'n brofiad anhygoel. Cyflwynwyd y sesiynau y tu fewn a thu allan, a chafwyd sesiynau hwyliog ac addysgol, megis Iaith a Chwarae ar gyfer babanod a phlant bach, Aros a Chwarae a Thyllino Babi.

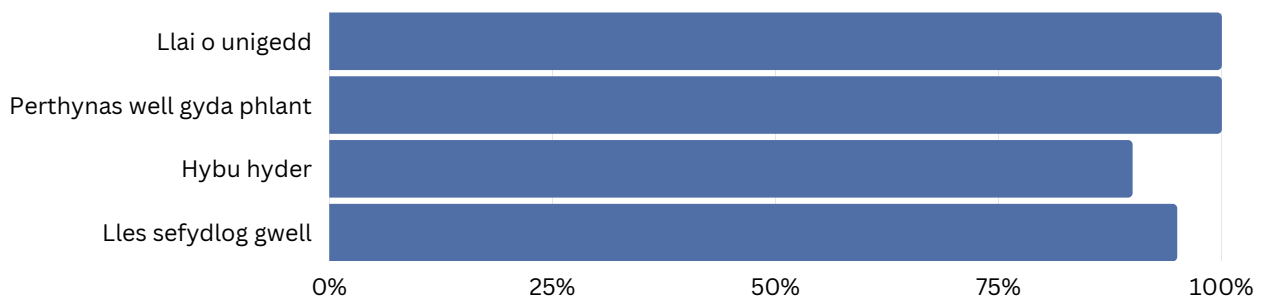
Roedden ni'n hynod o ddiolchgar i dderbyn nawdd gan Plant Mewn Angen, Awards for All, Garfield Weston, Teuluoedd yn Gyntaf/Dechrau Da ac Ymddiriedolaeth Gymunedol Côt Post. Galluogodd cyllid pellach oddi wrth FF/FS a Chyngor Sir Gâr ni i gynnig haf gwyd o sesiynau hwyliog ychwanegol, gwibdeithiau a dyddiau hwyl er mwyn cefnogi lles emosiynol teuluoedd,



a pheynnau coginio wythnosol er mwyn lleihau baich yr argyfwng costau byw.

Cyflwynwyd cefnogaeth ychwanegol drwy gyfrwng amrywiaeth o gyrsiau a gweithdai rheianta, mewn partneriaeth â sefydliadau eraill. Ar sail arsylwadau ac adborth, roedd y plant wrth eu bodd â'r storïau, caneuon, chwarae anniben a synhwyrdd ac roedd y teuluoedd yn gwerthfawrogi'r rhwydwaith gymdeithasol a grëwyd gan y Ganolfan Deulu. Yn ystod y flwyddyn, lleihau wnaeth pryder llawer o deuluoedd a'u hymdeimlad o fod ynysig a gwella wnaeth iaith, gwytnwch a sgiliau cymdeithasol y plant.

Canlyniadau



DIOLCH

Diolch o galon i bawb sydd wedi ariannu a chefnogi Plant Dewi a'r canolfannau teulu yn ystod y flwyddyn. Diolchwn hefyd i'n ymddiriedolwyr, staff, gwirfoddolwyr, sefydliadau mewn partneriaeth a chefnogwyr ymroddedig sy'n ei gwneud hi'n bosibl i estyn llaw i gymaint o deuluoedd ledled Sir Gaerfyrddin Sir Benfro a Cheredigion.



DR DEWI DAVIES

WILLIAMS BROWN HILL CHARITY



EDRYCH YMLAEN

Wedi blwyddyn brysur o oresgyn y pandemig a'r holl ddathliadau, edrychwn ymlaen yn hyderus ac yn hapus wrth i ni barhau i wasanaethu cymunedai ar hyd a lled yr esgobaeth a chefnogi'r teuluoedd hynny sydd ein hangen ni fwyaf. Gwyddom fod llawer yn byw mewn sefyllfaoedd heriol a'n nod yw cynnig gwasanaethau sy'n addasu i'w hanghenion cyfnewidiol. Gyda thim llawn o weithwyr, edrychwn ymlaen i gyfarfod yn amlach a rhannu arfer dda, pwysu a mesur yr effaith rydyn ni'n ei gael ym mhob cwr o'r esgobaeth ac ystyried gweledigaeth ar gyfer dyfodol Plant Dewi.

Er mwyn dysgu mwy, ewch i'n gwefan ...

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



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



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PLANT DEWI

Lle mae Teuluoedd yn Bwysig
Where Families Matter

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