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| **Mudiad Organisation** | **Awdurdod Lleol****Local Authority** | **Swm y grant****Grant amount** | **Crynodeb o'r prosiect:** | **Project summary:** |
| Cwm Community Care | Blaenau Gwent | £1,350 | Bydd Cwm Community Care ym Mlaenau Gwent yn defnyddio £1,350 i uwchraddio Gardd Goffa'r Glowyr yng Nghwm drwy blannu blodau a bywyd gwyllt ac atgyweirio meinciau fel y gall y gymuned leol barhau i fwynhau'r ardal. | Cwm Community Care in Blaenau Gwent will use £1,350 to upgrade their Miners Remembrance Garden in Cwm by planting flowers and wildlife and repairing benches so that the area can continue to be enjoyed by the local community. |
| Llanhilleth Miners Institute LtdSefydliad Glowyr Llanhiledd Cyf | Blaenau Gwent | £10,000 | Bydd Sefydliad Glowyr Llanhiledd Cyf ym Mlaenau Gwent yn defnyddio £10,000 i ddarparu clwb gweithgareddau haf i blant yn ystod gwyliau'r haf. | Llanhilleth Miners Institute Ltd in Blaenau Gwent will use £10,000 to deliver a summer activity club for children during the summer holidays. |
| Pen y Cwm Special SchoolYsgol Arbennig Pen y Cwm | Blaenau Gwent | £8,000 | Bydd Ysgol Arbennig Pen y Cwm ym Mlaenau Gwent yn defnyddio £8,000 i greu gardd synhwyraidd i'w defnyddio gan ddisgyblion a'r gymuned ehangach. | Pen y Cwm Special School in Blaenau Gwent will use £8,000 to create a sensory garden for use by pupils and the wider community. |
| The Wyndham Vowles Community CentreCanolfan Gymunedol Wyndham Vowles | Blaenau Gwent | £2,500 | Bydd Canolfan Gymunedol Wyndham Vowles ym Mlaenau Gwent yn defnyddio £2,500 i brynu cynhyrchion glanhau a PPE i sicrhau bod y ganolfan gymunedol yn parhau i fod yn lle diogel i fynychu. | The Wyndham Vowles Community Centre in Blaenau Gwent will use £2,500 to purchase cleaning products and PPE to ensure that the community centre continues to be a safe place to attend. |
| Breathe Creative Community Interest Company | CardiffCaerdydd | £9,970 | Bydd Breathe Creative Community Interest Company yng Nghaerdydd yn defnyddio £9,970 i gynnig sesiynau therapi celfyddydau creadigol i bobl sy'n profi problemau iechyd meddwl difrifol, i'w hannog i fod yn weithgar yn gymdeithasol a siarad am eu pryderon. | Breathe Creative Community Interest Company in Cardiff will use £9,970 to offer creative arts therapy sessions for people who are experiencing severe mental health issues, to encourage them to become socially active and talk about their anxieties. |
| British Youth CouncilCyngor Ieuenctid Prydain | CardiffCaerdydd | £10,000 | Bydd Cyngor Ieuenctid Prydain yn defnyddio £10,000 i hyfforddi cant o hyrwyddwyr cymunedol ledled Cymru i nodi camau gweithredu lleol ar newid hinsawdd. Byddant hefyd yn cynnal uwchgynhadledd genedlaethol i drafod y mater. | British Youth Council will use £10,000 to train one hundred community champions across Wales to identify local actions on climate change. They will also host a national summit to discuss the issue. |
| Cathays & Central Youth and Community ProjectProsiect Ieuenctid a Chymunedol Cathays a’r Canol | CardiffCaerdydd | £10,000 | Bydd Canolfan Ieuenctid a Chymunedol Cathays a’r Canol yng Nghaerdydd yn defnyddio £10,000 i rannu neuadd er mwyn creu ystafelloedd ychwanegol ar gyfer eu clybiau ieuenctid a'u grwpiau cymunedol. | Cathays & Central Youth and Community Centre in Cardiff will use £10,000 to partition a hall to create additional rooms for their youth clubs and community groups. |
| Elderfit Community Interest Company | CardiffCaerdydd | £9,800 | Bydd Elderfit Community Interest Company yng Nghaerdydd yn defnyddio £9,800 i ailgyflwyno dosbarthiadau ymarfer corff wyneb yn wyneb i bobl hŷn, i'w helpu i wella eu symudedd a lleihau cwympiadau. | Elderfit Community Interest Company in Cardiff will use £9,800 to reintroduce face to face exercise classes for older people, to help them improve their mobility and reduce falls. |
| Hayaat Women TrustYmddiriedolaeth Merched Hayaat | CardiffCaerdydd | £10,000 | Bydd Ymddiriedolaeth Merched Hayaat yng Nghaerdydd yn defnyddio £10,000 i gynnig gweithdai a hyfforddiant wythnosol i helpu pobl dduon, Asiaidd a lleiafrifoedd ethnig i ddatblygu eu sgiliau technoleg digidol, gyda'r bwriad o gael gwaith yn y dyfodol. | Hayaat Women Trust in Cardiff will use £10,000 to offer weekly workshops and training to help black, Asian and minority ethnic people develop their digital technology skills, with a view to gaining future employment. |
| Herbert Thompson Primary SchoolYsgol Gynradd Herbert Thompson | CardiffCaerdydd | £9,950 | Bydd Ysgol Gynradd Herbert Thompson yng Nghaerdydd yn defnyddio £9,950 i greu siop 'Talu fel y mynnwch’ i alluogi teuluoedd sy'n profi tlodi i gael gafael yn haws ar fwyd fforddiadwy, iach a maethlon. | Herbert Thompson Primary School in Cardiff will use £9,950 to create a 'Pay as you feel' shop to enable families experiencing poverty to access affordable, healthy and nutritious food more easily. |
| Menter Caerdydd | CardiffCaerdydd | £80,500 | Bydd Menter Caerdydd yn defnyddio £80,500 i gyflwyno rhaglen o weithgareddau wedi'u hanelu at bobl hŷn a phobl sydd wedi ymddeol, gan ddarparu cyfleoedd i wella eu rhyngweithio cymdeithasol drwy gyfrwng y Gymraeg a lleihau teimladau o unigrwydd ac arwahanrwydd. | Menter Caerdydd will use £80,500 to deliver a programme of activities aimed at older and retired people, providing opportunities to improve their social interaction through the medium of Welsh and reducing feelings of loneliness and isolation. |
| Oasis Cardiff | CardiffCaerdydd | £9,900 | Bydd Oasis Caerdydd yn defnyddio £9,900 i fynd â cheiswyr lloches a ffoaduriaid ar deithiau wedi’u cefnogi i feysydd o ddiddordeb, i roi cyfle iddynt feithrin cydberthnasau, datblygu eu hyder a'u sgiliau iaith, ac i godi ymwybyddiaeth o ddiwylliant Cymru. | Oasis Cardiff will use £9,900 to take asylum seekers and refugees on supported trips to areas of interest, to give them the opportunity to build relationships, develop their confidence and language skills, and to raise awareness of Welsh culture. |
| Ray of Light Wales Cancer Support | CardiffCaerdydd | £319,780 | Bydd Ray of Light Wales Cancer Support yn defnyddio £319,780 i atgyfnerthu ac ymestyn ei wasanaeth Just ASK (Mynediad, Cymorth a Charedigrwydd) i gleifion canser a'u gofalwyr. Byddant yn datblygu ac yn gwella eu hystod o ymatebion digidol ac yn paratoi ar gyfer cymorth wyneb yn wyneb yn y pen draw. Ymhlith yr offer cymorth mae therapïau cyfannol, cymorth dros y ffôn ac ar-lein, côr canser, eiriolaeth a chefnogaeth, a chyfarfodydd lles. | Ray of Light Wales Cancer Support will use £319,780 to consolidate and extend its Just ASK service (Access, Support & Kindness) to cancer patients and their carers. They will develop and improve their range of digital responses and prepare for eventual face to face support. Amongst the support tools are telephone and online support, holistic therapies, a cancer choir, advocacy and support, and wellbeing meetings. |
| The David Cotterill FoundationSefydliad David Cotterill | CardiffCaerdydd | £9,990 | Bydd Sefydliad David Cotterill yng Nghaerdydd yn defnyddio £9,990 i ddarparu sgiliau bywyd a sesiynau ymwybyddiaeth iechyd meddwl i deuluoedd incwm isel. | The David Cotterill Foundation in Cardiff will use £9,990 to provide life skills and mental health awareness sessions for low income families. |
| The Dusty Shed | CardiffCaerdydd | £9,949 | Bydd y Dusty Shed yng Nghaerdydd yn defnyddio £9,949 i gynnig gwybodaeth a chyfarfodydd cymdeithasol ddwywaith yr wythnos i bobl hŷn sy'n ynysig, yn anabl neu'n profi salwch meddwl. | The Dusty Shed in Cardiff will use £9,949 to offer twice-weekly information and social meet ups for older people who are isolated, disabled, or experiencing mental ill health. |
| Theatre Versus Oppression | CardiffCaerdydd | £280,000 | Bydd Theatre Versus Oppression yn defnyddio £280,000 i weithio gyda phobl yng Nghaerdydd y mae digartrefedd yn effeithio arnynt, gan ddefnyddio technegau theatr gymhwysol i archwilio materion a achosir gan bandemig COVID-19, yn ogystal â materion sy'n bodoli eisoes sydd wedi gwaethygu. Bydd y prosiect ‘Behind the Mask’ yn cyflwyno rhaglen o weithdai rhithiol ac wyneb yn wyneb a fydd yn creu lle diogel i bobl drafod materion sy'n effeithio ar eu bywydau, tra'n cael eu cefnogi gan eu cyfoedion. | Theatre Versus Oppression will use £280,000 to work with people affected by homelessness in Cardiff, using applied theatre techniques to explore issues caused by the COVID-19 pandemic, as well as pre-existing issues which have been exacerbated. The ‘Behind the Mask’ project will deliver a programme of virtual and face to face workshops which will create a safe space for people to discuss issues affecting their lives, whilst being supported by their peers. |
| WFA South Wales BranchCangen De Cymru WFA | CardiffCaerdydd | £4,024 | Bydd Cangen De Cymru WFA ym Mro Morgannwg yn defnyddio £4,024 i alluogi pobl hŷn i gymryd rhan yn eu gweithgareddau drwy eu cefnogi i fynd ar-lein. | WFA South Wales Branch in the Vale of Glamorgan will use £4,024 to enable older people to take part in their activities by supporting them to get online. |
| Young People Rewiring Mental Health Cyf | CardiffCaerdydd | £3,500 | Bydd Young People Rewiring Mental Health Cyf yng Nghaerdydd yn defnyddio £3,500 i greu podlediadau ar gyfer pobl ifanc y mae COVID-19 wedi effeithio'n andwyol ar eu hiechyd meddwl. | Young People Rewiring Mental Health Cyf in Cardiff will use £3,500 to create podcasts for young people whose mental health has been detrimentally impacted by COVID-19. |
| Abergwili Community Orchard/GardenPerllan/Gardd Gymunedol Abergwili | CarmarthenshireSir Gaerfyrddin | £1,000 | Bydd Perllan/Gardd Gymunedol Abergwili yn Sir Gaerfyrddin yn defnyddio £1,000 i wneud gwelliannau i'r llwybrau ar y safle, gan sicrhau bod y berllan yn hygyrch i bawb. | Abergwili Community Orchard/Garden in Carmarthenshire will use £1,000 to make improvements to the paths at the site, ensuring that the orchard is accessible to all. |
| Mess Up the Mess Theatre Company Ltd | CarmarthenshireSir Gaerfyrddin | £444,634 | Bydd Mess Up the Mess Theatre Company Ltd yn Sir Gaerfyrddin yn defnyddio £444,634 i ddod â phobl ifanc amrywiol at ei gilydd i wella eu lles eu hun, tra'n gweithio gyda'i gilydd i greu dyfodol mwy cadarnhaol i'w cymunedau. Bydd y prosiect 'Yfory' yn gwella lles pobl ifanc 11-25 oed ar draws de Cymru drwy weithgareddau sy'n seiliedig ar ddrama. | Mess Up the Mess Theatre Company Ltd in Carmarthenshire will use £444,634 to bring diverse young people together to improve their individual wellbeing, whilst working together to create a more positive future for their communities. The 'Yfory' project will improve the wellbeing of young people aged 11-25 across south Wales through drama-based activities. |
| Pencader Family CentreCanolfan Deuluol Pencader | CarmarthenshireSir Gaerfyrddin | £10,000 | Bydd Canolfan Deuluol Pencader yn Sir Gaerfyrddin yn defnyddio £10,000 i gynnal sesiynau bob pythefnos i rieni a phlant cyn oed ysgol sy'n teimlo'n unig ac yn ynysig. | Pencader Family Centre in Carmarthenshire will use £10,000 to run biweekly sessions for parents and pre-school children who feel lonely and isolated. |
| Borth Community HubHyb Cymunedol Borth | Ceredigion | £360,277 | Bydd Hyb Cymunedol Borth yn defnyddio £360,277 dros dair blynedd i barhau â'u gwaith yng nghymuned y Borth a'r ardal gyfagos yng Ngheredigion, gan ddarparu ystod gyfannol o gymorth. Mae hyn yn cynnwys cymorth i rieni plant hyd at 11 oed, gwaith ieuenctid, Men’s Shed, gweithgareddau ystyrlon i'r henoed a'r rhai â phroblemau colli cof neu fath o ddementia, yn ogystal â gweithgareddau sy'n pontio'r cenedlaethau tra'n cynyddu cyfleoedd gwirfoddoli hefyd. | Borth Community Hub will use £360,277 over three years to continue their work in the community of Borth and its surrounding area in Ceredigion, delivering a holistic range of support. This includes family support for parents of children up to 11 years, youth work, a Men’s Shed, meaningful activities for the elderly and those with memory loss issues or a form of dementia, as well as intergenerational activities whilst also increasing volunteering opportunities. |
| Prifysgol Aberystwyth / Aberystwyth University | Ceredigion | £269,674 | Dros bum mlynedd bydd Prifysgol Aberystwyth yn defnyddio £269,674 i sefydlu'r gofod a'r llwyfan parhaol, dwyieithog, pwrpasol cyntaf dan arweiniad yr ifanc, i bobl ifanc 11-25 oed yn yr Hen Goleg. Mae’r Hen Goleg yng nghanol tref Aberystwyth ac o fewn pellter cerdded i'r gorsafoedd bysiau a threnau. Mae hyn yn cynnwys cyflogi gweithiwr ieuenctid a fydd yn gweithio gyda phobl ifanc, gwasanaethau statudol a'r trydydd sector i ddarparu a hwyluso gweithgareddau sy'n helpu i feithrin sgiliau, gwydnwch ac ymdeimlad o gymuned, yn enwedig o ystyried effaith COVID-19. Bydd y gweithgareddau'n cael eu cyd-gynllunio a'u datblygu gan bobl ifanc. | Over five years Aberystwyth University will use £269,674 to establish the first permanent, bilingual, dedicated youth-led space and platform for young people aged 11-25 at the Old College. The Old College is located in Aberystwyth town centre and is within walking distance of the bus and train stations. This includes employing a youth worker who will work with young people, statutory services and the third sector to deliver and facilitate activities that help build skills, resilience and sense of community, particularly considering the impact of COVID-19. The activities will be co-designed and developed by young people. |
| TGP Cymru | Conwy | £10,000 | Bydd Tros Gynnal Plant yng ngogledd Cymru yn defnyddio £10,000 i greu adnoddau a chymorth hawdd eu deall i bobl ifanc am eu hawliau mewn tai. Byddant yn gallu cael gafael ar y wybodaeth drwy'r cyfryngau cymdeithasol. | Tros Gynnal Plant in north Wales will use £10,000 to create easy to understand resources and support for young people about their rights in housing. They will be able to access the information through social media. |
| The Denbigh WorkshopGweithdy Dinbych | DenbighshireSir Ddinbych | £10,000 | Bydd Gweithdy Dinbych yn defnyddio £10,000 i ddarparu Ysgol Haf y celfyddydau creadigol cynhwysol i blant a phobl ifanc o'r gymuned i hybu lles, adeiladu rhwydweithiau newydd a chadarnhaol a datblygu sgiliau bywyd. | The Denbigh Workshop will use £10,000 to provide an inclusive creative arts Summer School to children and young people from the community to boost wellbeing, build new and positive networks and develop life skills. |
| Cae Rhug Holistic FarmFferm Holistaidd Cae Rhug | FlintshireSir y Fflint | £9,900 | Bydd Fferm Holistaidd Cae Rhug yn yr Wyddgrug yn defnyddio £9,900 i ddod ag aelodau o'r gymuned at ei gilydd i rannu sgiliau a dysgu am dyfu ffrwythau a llysiau at eu defnydd eu hunain. | Cae Rhug Holistic Farm in Mold will use £9,900 to bring members of the community together to share skills and learn about growing fruit and vegetables for their own use. |
| North East Wales Chinese Women's AssociationCymdeithas Menywod Tsieineaidd Gogledd Ddwyrain Cymru | FlintshireSir y Fflint | £10,000 | Bydd Cymdeithas Menywod Tsieineaidd Gogledd Ddwyrain Cymru yn defnyddio £10,000 i gynnig amrywiaeth o raglenni gweithgareddau iach ac ymgysylltiol i'r gymuned i wella lles, mynediad at gymorth dwyieithog ac integreiddio cymunedol. | North East Wales Chinese Women's Association will use £10,000 to offer a range of healthy and engaging activity programmes to the community to improve wellbeing, access to bilingual support and community integration. |
| RainbowBiz CIC | FlintshireSir y Fflint | £10,000 | Bydd RainbowBiz CIC yn Sir y Fflint yn defnyddio £10,000 i barhau i gynnal prosiect garddio cymdeithasol ar gyfer lles cymunedol ac i leddfu straen gofalwyr. | RainbowBiz CIC in Flintshire will use £10,000 to continue to run a social gardening project for community wellbeing and to relieve carers' stress. |
| SEAS Sailability | Isle of AngleseyYnys Môn | £10,000 | Bydd SEAS Sailability ar Ynys Môn yn defnyddio £10,000 i gynnal rhaglen o weithgareddau cychod a hwylio dros yr haf i bobl ag anableddau a'u teuluoedd i rannu profiadau a gwella lles. | SEAS Sailability on the Isle of Anglesey will use £10,000 to run a programme of boating and sailing activities over the summer for people with disabilities and their families to share experiences and improve wellbeing. |
| Mudiad Meithrin | Merthyr TydfilMerthyr Tudful | £9,715 | Bydd Mudiad Meithrin Cyf yn defnyddio £9,715 i gynnal sesiynau chwarae i blant o fewn cymunedau Teithwyr, Sipsiwn a Roma ym Merthyr Tudful a Phont-y-pŵl, i helpu i hyrwyddo a chryfhau eu perthynas â'r Gymraeg. | Mudiad Meithrin Cyf will use £9,715 to run play sessions for children within the Traveler, Gypsy and Roma communities in Merthyr Tydfil and Pontypool, to help promote and strengthen their relationship with the Welsh language. |
| Port Talbot Town Football Club LimitedClwb Pêl-droed Tref Port Talbot Cyfyngedig | Neath Port TalbotCastell-nedd Port Talbot | £10,000 | Bydd Clwb Pêl-droed Tref Port Talbot Cyfyngedig yng Nghastell-nedd Port Talbot yn defnyddio £10,000 i wneud gwelliannau i'w hystafell gyfarfod a ddefnyddir gan y gymuned leol. | Port Talbot Town Football Club Limited in Neath Port Talbot will use £10,000 to make improvements to their meeting room, which is used by the local community. |
| Vernon Place Community HubCanolfan Gymunedol Vernon Place | Neath Port TalbotCastell-nedd Port Talbot | £10,000 | Bydd Canolfan Gymunedol Vernon Place yng Nghastell-nedd Port Talbot yn defnyddio £10,000 i barhau i ddarparu gwasanaeth banc bwyd hanfodol i breswylwyr, ac i wneud i’w cyfleuster gydymffurfio â COVID-19 i'w ddefnyddio gan y gymuned leol yn y dyfodol. | Vernon Place Community Hub in Neath Port Talbot will use £10,000 to continue providing an essential foodbank service for residents, and will make their facility COVID-19 compliant for future use by the local community. |
| Active Angel's Group Ltd | NewportCasnewydd | £9,183 | Bydd Active Angel's Group Ltd yn defnyddio £9,183 i gynnal rhaglen hyfforddi sy'n canolbwyntio ar wella sgiliau a chyflogadwyedd ugain o bobl ifanc yng Nghasnewydd drwy ddarparu cymorth a chyrsiau achrededig. | Active Angel’s Group Ltd will use £9,183 to run a traineeship programme focused on improving the skills and employability of twenty young people in Newport by providing support and accredited courses. |
| Exiles Together | NewportCasnewydd | £10,000 | Bydd Exiles Together yng Nghasnewydd yn defnyddio £10,000 i gynnal gwersi hunanamddiffyn i wella iechyd, lles a hyder menywod du, Asiaidd a lleiafrifoedd ethnig. | Exiles Together in Newport will use £10,000 to run self-defence lessons to improve the health, wellbeing and confidence of black, Asian and minority ethnic women. |
| Awdurdod Parc Cenedlaethol Arfordir Penfro / Pembrokeshire Coast National Park Authority | PembrokeshireSir Benfro | £339,891 | Bydd y prosiect Roots to Recovery yn defnyddio £339,891 dros dair blynedd i gefnogi pobl sydd ag iechyd meddwl gwael, drwy ddarparu cyfleoedd gwirfoddoli wedi’u cefnogi a mynediad i weithgarwch grŵp awyr agored ym Mharc Cenedlaethol Arfordir Penfro a’r cyffiniau. Bydd gweithgareddau'n helpu pobl i ddatblygu sgiliau newydd, magu hyder, cwrdd â phobl newydd ac o ganlyniad gwella eu lles a'u hansawdd bywyd cyffredinol. | The Roots to Recovery project will use £339,891 over three years to support people who have poor mental health, by providing supported volunteering opportunities and access to outdoor group activity in and around the Pembrokeshire Coast National Park. Activities will help people develop new skills, build confidence, meet new people and as a result improve their overall wellbeing and quality of life. |
| Berriew Community CouncilCyngor Cymuned Aberriw | Powys | £10,000 | Bydd Cyngor Cymuned Aberriw ym Mhowys yn defnyddio £10,000 i adnewyddu'r toiledau cyhoeddus yn y pentref, gan eu gwneud yn hygyrch i bawb. | Berriew Community Council in Powys will use £10,000 to renovate the public toilets in the village, making them accessible to all. |
| Between the TreesRhwng y Coed | Powys | £9,990 | Bydd Rhwng y Coed yn defnyddio £9,990 i gynnig rhaglen o weithgareddau awyr agored a gwirfoddoli cadwraeth ar gyfer cymunedau pobl dduon, Asiaidd a lleiafrifoedd ethnig sy'n wynebu rhwystrau i fwynhau'r amgylchedd naturiol. | Between the Trees will use £9,990 to offer a programme of outdoor activities and conservation volunteering for black, Asian and minority ethnic communities who face barriers to enjoying the natural environment. |
| Cain Valley Tech Repair C.I.C. | Powys | £6,700 | Bydd Cain Valley Tech Repair C.I.C. ym Mhowys yn defnyddio £6,700 i gynnig gwasanaeth atgyweirio gwirfoddol ar gyfer TG, ffonau ac eitemau trydanol, wedi'u targedu at bobl sydd wedi'u hynysu neu mewn tlodi. | Cain Valley Tech Repair C.I.C. in Powys will use £6,700 to offer a voluntary repair service for IT, phones, and electrical items, targeted at people who are isolated or in poverty. |
| Clatter Community Centre LimitedCanolfan Gymunedol Clatter Cyfyngedig | Powys | £9,250 | Bydd Canolfan Gymunedol Clatter Cyfyngedig ym Mhowys yn defnyddio £9,250 i greu ystafell gyfarfod ac ystafell TG yn neuadd y pentref, i'w defnyddio gan y gymuned leol. | Clatter Community Centre Limited in Powys will use £9,250 to create a meeting room and IT suite in the village hall, for use by the local community. |
| Mach Maethlon | Powys | £99,952 | Bydd Mach Maethlon ym Machynlleth yn defnyddio £99,952 dros ddwy flynedd a hanner i gynyddu gwydnwch bwyd lleol. Byddant yn gwella tegwch bwyd drwy gefnogi pobl leol i dyfu, coginio a bwyta bwydydd a dyfir yn lleol. | Mach Maethlon Limited, based at Machynlleth, will use £99,952 over two and a half years to increase local food resilience, and improve food equity through supporting local people to grow, cook and eat locally grown foods. |
| Mid & North Powys MindMIND Canolbarth a Gogledd Powys | Powys | £99,828 | Bydd MIND Canolbarth a Gogledd Powys yn Llandrindod yn defnyddio £99,828 dros ddwy flynedd i ddarparu cymorth iechyd meddwl arbenigol un-i-un a darllediadau lles dros Facebook. Bydd y prosiect yn galluogi pobl i ddod yn fwy gwydn a rheoli heriau'r dyfodol. | Mid and North Powys MIND based at Llandrindod Wells will use £99,828 over two years to deliver one-to-one specialist mental health support and blended Facebook wellbeing broadcasts. The project will enable people to become more resilient and manage future challenges. |
| Radiate Arts C.I.C. | Powys | £9,973 | Bydd Radiate Arts CIC yn defnyddio £9,973 i barhau i gynnal cyfres o weithdai creadigol wedi'u cynllunio a'u harwain gan gyfranogwyr ym Mhowys ar gyfer cyn-filwyr sy'n byw gyda PTSD, i helpu gyda'u lles meddyliol a'u hadferiad. | Radiate Arts CIC will use £9,973 to continue running a series of participant-planned and led creative workshops in Powys for veterans who live with PTSD, to help with their mental wellbeing and rehabilitation. |
| Travol Community TransportTrafnidiaeth Gymunedol Travol | Rhondda Cynon Taf (RCT) | £9,996 | Bydd Trafnidiaeth Gymunedol Travol yn Rhondda Cynon Taf yn defnyddio £9,996 i barhau i gefnogi Banc Bwyd Pontypridd gyda'u gwasanaeth dosbarthu parseli bwyd yn ystod pandemig COVID-19. | Travol Community Transport in Rhondda Cynon Taf will use £9,996 to continue supporting Pontypridd Foodbank with their food parcel delivery service during the COVID-19 pandemic. |
| BAME Mental Health Support CICCymorth Iechyd Meddwl BAME CIC | SwanseaAbertawe | £9,800 | Bydd Cymorth Iechyd Meddwl BAME CIC yn Abertawe yn defnyddio £9,800 i ddosbarthu bwyd a darparu cludiant i apwyntiadau ar gyfer eu cymuned yn dilyn pandemig COVID-19. | BAME Mental Health Support CIC in Swansea will use £9,800 to distribute food and provide transport to appointments for their community following the COVID-19 pandemic. |
| Fforestfach Scout GroupGrŵp Sgowtiaid Fforestfach | SwanseaAbertawe | £10,000 | Bydd Grŵp Sgowtiaid Fforestfach yn Abertawe yn defnyddio £10,000 i adnewyddu eu hadeilad fel y gallant gynnal gweithgareddau ar gyfer eu cymuned leol. | Fforestfach Scout Group in Swansea will use £10,000 to renovate their building so they can run activities for their local community. |
| Friends of Coed Gwilym Park | SwanseaAbertawe | £89,000 | Bydd Friends of Coed Gwilym Park yn defnyddio £89,000 i ddatblygu tŷ clwb cymunedol newydd ym Mharc Coed Gwilym yng Nghlydach, ger Abertawe, gan wella'r cyfleusterau yn y parc a darparu lle i gyfarfod, cysgodi a chymdeithasu. Bydd gweithgareddau ysgol, nosweithiau cyflwyno a digwyddiadau cymdeithasol yn cael eu cynnal yn y clwb, gyda'r cyfleuster ar agor i'r cyhoedd bob dydd. | Friends of Coed Gwilym Park will use £89,000 to develop a new community club house at Coed Gwilym Park in Clydach near Swansea, enhancing the facilities in the park and providing a place to meet, shelter and socialise. School activities, presentation evenings and social events will take place at the club house, with the facility being open to the public daily. |
| The Centre for African EntrepreneurshipY Ganolfan Entrepreneuriaeth Affricanaidd | SwanseaAbertawe | £198,600 | Bydd y Ganolfan Entrepreneuriaeth Affricanaidd yn defnyddio £198,600 dros dair blynedd i ddarparu cymorth lles a chymorth cyflogadwyedd pwrpasol i ffoaduriaid, ceiswyr lloches a'r gymuned pobl dduon, Asiaidd a lleiafrifoedd ethnig yn Abertawe a'r cyffiniau. Oherwydd COVID-19 mae'r gymuned wedi dioddef colled o enillion, mwy o unigedd a phroblemau iechyd meddwl a lles. Byddant yn helpu i ddatblygu sgiliau, gwybodaeth a phrofiad gwaith, yn cynorthwyo i chwilio am swyddi a pharatoi, ac yn gweithio gyda chyflogwyr i osod a chefnogi pobl i mewn i waith. | The Centre for African Entrepreneurship will use £198,600 over three years to deliver wellbeing support and bespoke employability support to refugees, asylum seekers and the black, Asian and minority ethnic community in Swansea and the surrounding area. Due to COVID-19 the community has suffered a loss of earnings, increased isolation and mental health and wellbeing issues. They will help develop skills, knowledge, and work experience, assist in job seeking and preparation and will work with employers to place and support people into employment. |
| Barry Rugby Football ClubClwb Rygbi Pêl-droed Barri | The Vale of GlamorganBro Morgannwg | £8,800 | Bydd Clwb Rygbi Pêl-droed Barri ym Mro Morgannwg yn defnyddio £8,800 i sefydlu clwb ieuenctid ddwywaith yr wythnos i bobl ifanc feithrin sgiliau meddal, ennill cymwysterau, ac osgoi ymddygiad gwrthgymdeithasol. | Barry Rugby Football Club in the Vale of Glamorgan will use £8,800 to establish a twice weekly youth club for young people to build soft skills, gain qualifications, and avoid anti-social behaviour. |
| Cardiff and Vale FibrofightersFibrofighters Caerdydd a'r Fro | The Vale of GlamorganBro Morgannwg | £1,100 | Bydd Fibrofighters Caerdydd a'r Fro yn y Barri yn defnyddio £1,100 i greu gardd awyr agored fach i bobl â myalgia wneud ymarfer corff ysgafn, cymdeithasu gyda'i gilydd, a thyfu bwyd iach. | Cardiff and Vale Fibrofighters in Barry will use £1,100 to create a small outdoor garden for people with myalgia to carry out gentle exercise, socialise together, and grow healthy food. |
| Sharon Full Gospel Church | Torfaen | £9,936 | Bydd eglwys Sharon Full Gospel Church yn Nhorfaen yn defnyddio £9,936 i sefydlu a chefnogi grwpiau yn eu cymuned i fynd i'r afael ag ymddygiad gwrthgymdeithasol a thlodi bwyd, ac i gefnogi teuluoedd ifanc sydd dan risg, lleihau allgáu cymdeithasol ac unigrwydd, a lleihau sbwriel. | Sharon Full Gospel Church in Torfaen will use £9,936 to set up and support groups in their community to tackle anti-social behaviour and food poverty, to support young families at risk, reduce social exclusion and loneliness, and reduce litter. |
| Adoption UK Charity | WideEang | £253,809 | Bydd Adoption UK Charity yn defnyddio £253,809 dros dair blynedd i ddarparu cymorth cymheiriaid a chymunedol i rieni sydd newydd fabwysiadu yn eu 1,000 diwrnod cyntaf. Pan fydd cymorth mabwysiadu statudol yn dod i ben, byddant yn darparu nifer o fecanweithiau a fydd yn cefnogi teuluoedd drwy'r cyfnod cychwynnol, a'r amser anoddaf yn aml iawn, yn ystod y broses fabwysiadu. Bydd gwirfoddolwyr sydd â phrofiad o lygad y ffynnon yn chwarae rhan bwysig wrth gefnogi aelodau newydd o'r gymuned drwy hyfforddiant, grwpiau cymorth, cyfeirio a gwybodaeth gyffredinol. | Adoption UK Charity will use £253,809 over three years to provide peer and community support to newly adoptive parents in their first 1,000 days. When statutory adoption support stops they will provide a number of mechanisms that will support families through the initial, and very often hardest time, during the adoption process. Volunteers with lived experience will play an important role in supporting new community members through training, support groups, signposting and general information. |