

Clywch Ein Lleisiau!



Cwm Taf Morgannwg
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board



Caneuon a drama grymus wedi'u hysbrydoli gan straeon go iawn o'r gymuned.

www.ctmregionalpartnershipboard.co.uk/hear-our-voices

Croeso i Clywch Ein Lleisiau!

Mae Bwrdd Partneriaeth Rhanbarthol Cwm Taf Morgannwg yn falch iawn o'ch croesawu i'r digwyddiad hwn.

Rydyn ni'n un o blith saith Bwrdd Partneriaeth Rhanbarthol yng Nghymru a sefydlwyd fel rhan o'r Ddeddf Gwasanaethau Cymdeithasol a Llesiant (Cymru).

Rydyn ni'n dwyn ynghyd iechyd, gofal cymdeithasol, trydydd sector, addysg, tai, partneriaid annibynnol a phobl â phrofiadau byw, i wella iechyd, gofal cymdeithasol a llesiant pobl sy'n byw yn Rhondda Cynon Taf, Pen-y-bont ar Ogwr a Merthyr Tudful.

Ein nod yw gwneud gwahaniaeth i fywydau pobl drwy'u cynnwys, gwranddo arnyn nhw a gweithredu gyda'n gilydd i drawsnewid y ffordd y bydd gwasanaethau'n cael eu cyflenwi.

Ymysg ein grwpiau blaenoriaeth mae pobl awtistig; plant a phobl ifanc; pobl hŷn a'r rhai a effeithir gan ddementia; pobl ag anableddau dysgu; pobl sy'n defnyddio gwasanaethau iechyd meddwl; pobl ag anableddau corfforol a nam ar y synhwyrau; a gofawyr di-dâl.

Drwy feddu ar ddealltwriaeth rhyngom am heriau, rhwystrau ac anghenion, gallwn sicrhau fod gan bobl fynediad i'r gwasanaethau a'r gefnogaeth gywir.

Mae 'Clywch Ein Lleisiau!' yn gasgliad o berfformiadau drama a chaneuon a ysbrydolwyd gan ystod o straeon cymunedol.

Fel Bwrdd Partneriaeth Rhanbarthol, rydyn ni eisiau rhoi llwyfan i bobl sy'n byw yn ein cymunedau i fwydo gwybodaeth i benderfyniadau am iechyd, gofal cymdeithasol a llesiant mewn modd ystyrlon, er mwyn i'w llais allu gael ei werthfawrogi, ei dderbyn a'i glywed.

Rydyn ni wedi bod yn gweithio'n agos gyda'n cymunedau i ddatblygu ein Hasesiad Anghenion y Boblogaeth i lywio pa wasanaethau iechyd, gofal cymdeithasol a llesiant sydd eu hangen yn ein cymunedau, a'r ystod o gefnogaeth a gwasanaethau sydd eu hangen i ateb y galw hwnnw.

Cefndir

Yn ystod hydref 2021, fe wnaethon ni gydweithio gyda Byrddau Gwasanaeth Cyhoeddus Cwm Taf a Phen-y-bont ar Ogwr ar raglen ‘100 dydd o ymgysylltu’.

Roedd hyn yn golygu gweithio gyda’n preswylwyr a’n grwpiau cymunedol i wrando arnynt a deall eu hanghenion a’u profiadau. Bydd yr wybodaeth hon yn dylanwadu ar gynllunio a gwelliannau ym maes gwasanaethau iechyd, gofal cymdeithasol a llesiant dros y pum mlynedd nesaf.

Cafodd o leiaf 1,183 o breswylwyr ledled Cwm Taf Morgannwg eu hymgysylltu drwy gyfrwng sawl dull gwahanol, gan gynnwys pecynnau offer ymgysylltu, trafodaethau grŵp, sioe deithiol, arolwg ar lein a chyfres o ddiwyddiadau ‘hac-a-thon’.

Fe roddodd yr ‘hac-a-thonau’ gyfle i bobl (yn weithwyr proffesiynol a phreswylwyr) gyfle i gydweithio gyda chyfansoddwyr caneuon, artistiaid, beirdd a storiwyr i rannu’u profiadau mewn modd ystyrlon.

Daeth y digwyddiadau hyn â’r rhwystrau a’r heriau lluosog a wynebir yn ddyddiol gan bobl yn fyw, gan ysbrydoli syniadau ar gyfer creu newid.

Cafodd sawl cân a stori eu hysgrifennu yn ystod y digwyddiadau.

Roedden ni eisiau rhoi sylw eang i’r profiadau hyn, a bellach rydym wedi amserlennu chwe sioe – ac rydych chi’n mynychu un ohonynt heddiw!

Gobeithio y gallwn, drwy ddod â phobl â phrofiadau byw, gweithwyr proffesiynol a phobl sy’n gwneud penderfyniadau at ei gilydd, gydweithio i yrru newidiadau cadarnhaol yn eu blaenau.

Perfformiad heddiw

Bydd y prif berfformiad yn para tua 45 munud, a bydd yn ymdrin â sawl thema gan gynnwys:

Unigrwydd ac ynysrwydd

Iechyd meddwl

Seibiant a chefnogaeth

Cyfathrebu a rhannu gwybodaeth

Annibyniaeth, dewis, llais a rheolaeth

Cysylltiadau cymunedol

Bydd pob thema’n cael ei chynrychioli gan gân, perfformiad drama byr neu ffilm. Mae hyn er mwyn ein cysylltu ni â’r profiad a thanio dealltwriaeth a thrafodaethau ystyrlon o gwmpas yr heriau a wynebir gan bobl.

Bydd ail ran y digwyddiad yn cynnwys cyfle i drafod, ac i bawb ohonom ymrwymo i weithredu’n gadarnhaol mewn rhyw ffordd i sicrhau y gall pobl fyw bywydau hapusach, iachach a mwy annibynnol.

Mae’r llyfryn hwn yn cynnwys geiriau caneuon a ysgrifennwyd gyda’n cymunedau yn ystod ein digwyddiadau. Mae croeso i chi ymuno ar unrhyw adeg.

Os ydych chi’n cael eich effeithio gan unrhyw un o’r materion a drafodir heddiw, dewch i gael sgwrs ag aelod o’n tîm a gallwn ddarparu gwybodaeth ychwanegol a’ch cyfeirio at wasanaethau.

Diolch unwaith eto am ddod yma heddiw, a gobeithio y byddwch chi’n mwynhau’r perfformiad.

Here With Me / Yma Gyda Fi

Pennill 1

Time passes slowly when I’m lonely
Ticking down the hours until I see my friends again
And it might not be long but I don’t feel that strong
What’s killing me is not knowing when

Cytgan

So give me a call, give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we’ve planned
It’s not enough that you’re an image on a screen
I need you here with me

Pennill 2

The deeper the rut the harder to get out
Sometimes I’m calling out for help but nobodies about
I feel powerless to change it but I’m breaking down my cages
They lock me in with all my fear and doubt

Cytgan

So give me a call give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we’ve planned
It’s not enough that you’re an image on a screen
I need you here with me

Pont

Ohh, feels like dying a little bit each day
Ohhh, you’re the only thing that makes it all okay

Cytgan

So give me a call give me anything at all
Let me look into your eyes and see they shine just like mine
I long to hold your hand and do all the things we’ve planned
It’s not enough that you’re an image on a screen
I need you here with me.

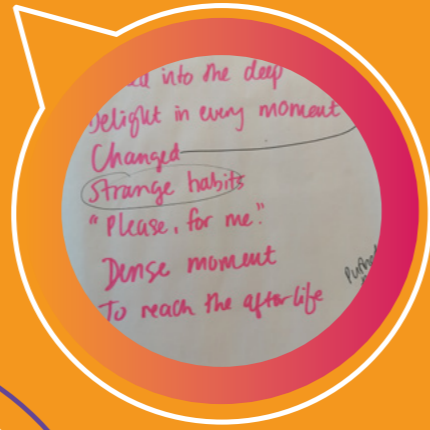


“Am wn i fod y cyfnod clo wedi rhoi ymdeimlad i bawb ohonom ynghylch sut deimlad yw bod yn unig ac ynysig. Mae angen pobl ac ymwneud â’n gilydd ar bawb i fynd drwy ein bywyd.”



Different / Gwahanol

“ ”



Pennill 1

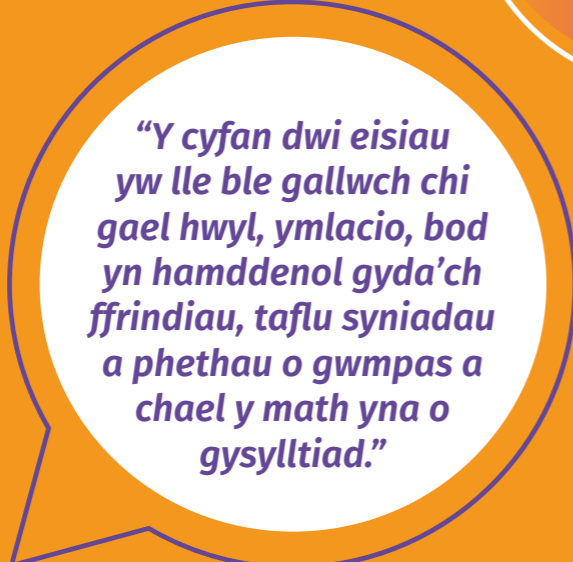
I'm not going out
I find it hard to deal
Watch it all through a screen
Am I even real

Pennill 2

The planet is full of doubt
Taking time to heal
All the days feel the same
When's the big reveal?

Cytgan

Everything is different
The whole world has changed
You'd think it would unmake me
But I've just stayed the same

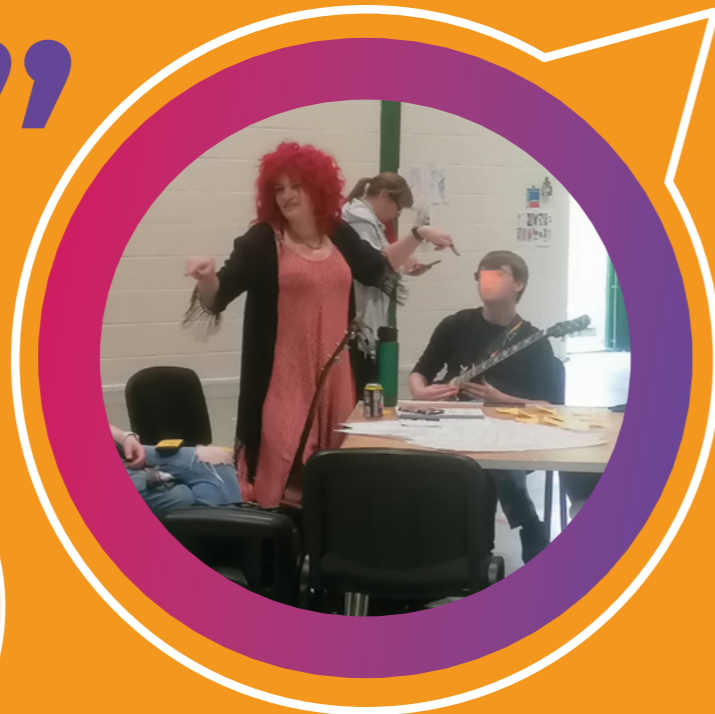


“ ”

Pennill 3

Now the time has come
And I can finally breathe
I'm no longer left behind
Something set me free

“ ”



Cytgan x3



The River / Yr Afon

Pennill 1

Flowing, twisting round the bend
Slowly discovering who I am
In the distance, dark clouds are forming
Could this, could this be a warning

Byrdwn 1

Storm overwhelming, raining, pouring
Lightning Striking and thunder roaring
Crisis is here, my banks are breaking

Cytgan 1

Which way will I turn, and where will I go?
All choices seem lost to me
Who will come and hear my plea
How much longer must I wait?
I feel like I'm bursting,
It won't be long till I'm overflowed,
I just need some hope

Pennill 2

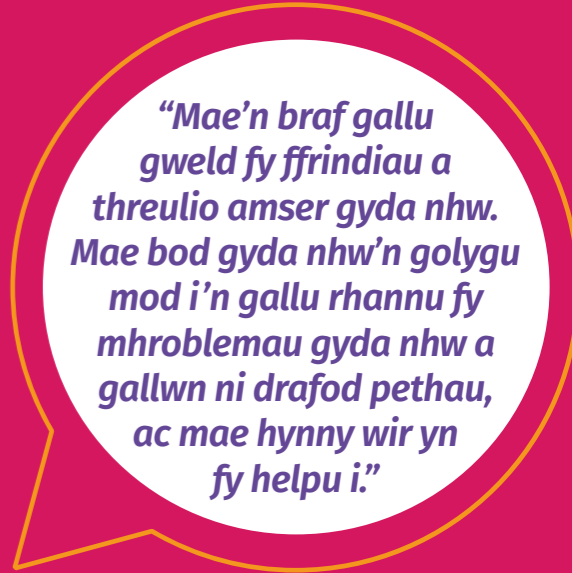
I'm forever changing, my path is my own
I don't fit into a box, show me where I need to go,
I can't do this alone, come help this river grow
Restore my banks, repair my soul
Return me to a steady flow

Byrdwn 2

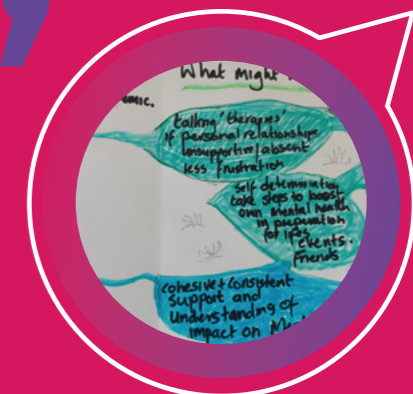
Storm withdrawing, rain stops pouring
Sun is shining a new day dawning
Crisis averted, my banks are blooming

Cytgan 2

I know where to turn, I know where to go
Choices are open to me
You came and listened to my plea
No longer have to wait
I feel heard and restored
I feel I can go on some more
Now hope is at my door (x3)



“ ”



“ ”

Y Cylch Cyfathrebu Llawn ar gyfer pobl ag anabledd dysgu

Ym mis Ionawr 2021, comisiynodd Bwrdd Partneriaeth Rhanbarthol Cwm Taf Morgannwg sefydliad Pobl Yn Gyntaf Cwm Taf a phrosiect Mae Ein Llais Yn Cyfri / Our Voice Matters i ymgymryd â darn o waith ymchwil i'r dulliau cyfathrebu a ffafrir fwyaf gan bobl ag anabledd dysgu ar draws Merthyr Tudful a Rhondda Cynon Taf.

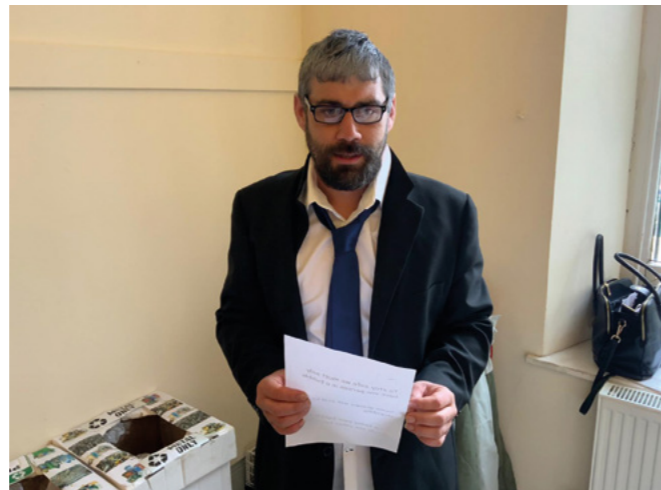
Yn ogystal, comisiynwyd Pobl Yn Gyntaf Pen-y-bont ar Ogwr i wneud darn tebyg o waith gyda phobl oedd ag anabledd dysgu yn sir Pen-y-bont.

Fel rhan o ymchwil Cwm Taf, cyflogwyd unigolyn ag anabledd dysgu fel hwylusydd y prosiect i helpu i lywio'r prosiect ac ymgysylltu â chyfoedion.

Yn y pen draw, cyfranogodd cyfanswm o 28 o bobl ag anabledd dysgu yn y gwaith ymchwil a gellir gweld y canfyddiadau a'r argymhellion yn yr adroddiad isod.

Wrth gyd-gynhyrchu adroddiad yr ymchwil, teimlai pobl ag anabledd dysgu nad oedd modd cyfleu'n llawn yr hyn a ddysgwyd ganddynt am gyfathrebu mewn adroddiad ysgrifenedig, a gofynnion nhw i ffilm gael ei gwneud i helpu pobl eraill i ddeall eu canfyddiadau a'u hargymhellion.

Gallwch weld yr adroddiad llawn drwy sganio'r cod QR isod.



Walk in Our Shoes / Cerddwch Yn Ein Hesgidiau

Pennill 1

I'm feeling alone
On my own at home
No-one to talk to
Nowhere to go

Pennill 2

Filling in forms
All the time
I need support
But I can't get online

Byrdwn

There's a lot of blame
And everyone's the same
But we're all in this together
Let's hope it's not forever!

Cytgan

How can we change?
What can we do?
Imagine the best life
For me and for you

Ask what we want
Walk in our shoes
It's all to gain
You've got nothing to lose

Pennill 3

Working together
We'll get you through
Connection is key
With everything we do

Pennill 4

No matter the service
We all work with pride
We're partners, not rivals
We're on the same side

Cytgan x2



“Mae ein cân yn ymwneud â'r rhwystrau sy'n atal cysylltiadau ar lefel bersonol neu broffesiynol. Ateb i'r problemau hyn yw cyfathrebu da, a bydd hyn yn helpu i ddarparu gwell gwasanaethau.”





Strength Enough / Digion Cryf

Pennill 1

The day is long and heavy but I won't complain
This isn't what I asked for but how can I turn away?
And there's no-one else to do it so it's the only way

Cytgan

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me strength enough

Pennill 2

There's always something tripping me, the time's never enough
What's left over is for me to stop and catch my breath
Before I have to start it up again

Cytgan

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me strength enough

Pont

It's a lot of work to live how i do
Every chore and stress and worry is multiplied by two
While I look after someone else I still have to look after myself

Pennill 3

Can you hear what I'm saying? I need help that's more than prayer
Try my best not to lose myself some days barely there
But this is me reaching out as a carer who needs care

Cytgan

Sometimes thank you is just a look in the eye
We can't always find the words but they're somewhere there inside
I would do it anyway because this work is built from love
So give me rest, give me space,
Give me rest, give me space
Give me strength enough

"If I was talking to another unpaid carer, I'd say, 'asking for help isn't a weakness'...we can all be one team."



“



“

”

No Space / Dim Lle

Pennill 1

No Space - My head is like a full suitcase
Loads of covid cases
Many sad faces
No Time - relationships not working
everybody failing
friendships are fading

Byrdwn

Life has changed, we need support
Someone to listen, someone to talk
Life's hard, we need hope
We need a star, to guide us home

Cytgan

No Space - heads not working
No Space - top thoughts are hurting
No Space - brains exploding
No Space - there's no space
No Space - heads not working
No Space - top thoughts are hurting
No Space - brains exploding
No Space - for my mind

Pennill 2

No Life - My heart is like an empty room
Stuck inside the house
No-one in the classroom
No Grade - afraid I'm going to fail
My skin is turning pale
Think I might just bale

Byrdwn

Cytgan



“ ”



“ ”

Kindness in lockdown / Caredigrwydd y Cyfnod Clo (cerdd)

Kindness, what does it mean to you?
Is it something of significance, or taken for granted day after day?
What does kindness look like, as many of us struggle to feel okay?
A smile. A wave.
A simple nod of acceptance as we claim,
'We are in this together, so don't hide away'
'I see you, we've got this' as we continue to endure and not stray.

”

What's that I hear?
The sound of laughter ringing far and near
What does kindness sound like in a world full of fear?
A knock at the door, a call on the phone,
The pings of text messages, emails, and an army of volunteers.
'Just checking in' or 'how are you today'
Conversation fills the air as we continue to clap and cheer.
On a Thursday night at 8pm sharp, thank you key workers,
Thank you, thank you, you are all stars.



Mmmmm.... The smell of freshly baked cakes,
Or a bouquet of fresh flowers,
What does kindness smell like in a time when we can't give handshakes?
Freshly mown grass of a person in shielding,
So that they can enjoy some well-deserved breaks.
Relax, feet up, but let's all stay safe.
A daily wellbeing walk to re-discover nature,
Those places of beauty we often forsake,
A now essential lifeline in which we can partake.

“ ”



Wait.... Who is this I see?
Foodbanks, doorstep deliveries, hundreds of food parcels being given out for free.
What does kindness taste like as we reach for a nice cup of tea?
Barbecue burgers and sausages out in the sun,
Handmade packed lunches delivered effortlessly.
For those who are struggling, isolated and alone,
It tastes like reassurance, comfort and relief
As they didn't need to leave the house to face a shopping spree.

So, as we stay at home and reflect on the government's plea,
Let's think about what kindness feels like for you and for me.
As we look forward to the day we can embrace unity,
A warm hug of a family member we are so desperate to see.
That day is coming, so don't lose all hope.
That day is coming when we can all shout, yippee!
And when that day arrives let us all agree,
That kindness is important and we should make it a priority!



Caredigrwydd

Pennill 1

Damp from all the tears
Bleak, grey and full of fears
Shattered from all the screaming
Have people stopped believing

Byrdwn 1

Something's missing, what do we need?
Some hope, compassion to set me free

Cytgan (Saesneg)

You can find me in a family
Or even through a charity
Why not grab a cup of tea
And come and show kindness with me

Cytgan (Cymraeg)

Ffeindio fi mewn teulu
Neu hyd yn oed trwy elusen
Paned o de mewn cwmni
Dangos caredigrwydd

Pennill 2

Life is not always perfect
But kindness makes it worth it
There's no rainbow without rain
There's nothing to lose and all to gain

Byrdwn 2

Something was missing, what know what we need
Some hope compassion has set me free

Cytgan (Saesneg)

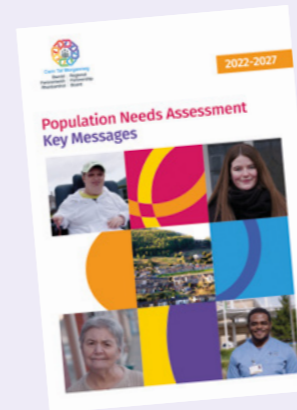
Cytgan (Cymraeg)

Pennill 3

Life can be full of joy
Pan da ni yn neud bach mwy
A simple act small or big
Dewisiwch I fod yn caredig, yn caredig

Cytgan (Saesneg)

Cytgan (Cymraeg)



Darllen ein Hasesiad Anghenion y Boblogaeth

Gallwch ddarllen crynodeb o Aseiad Anghenion Poblogaeth Cwm Taf Morgannwg drwy sganio'r cod isod.

Mae cyfeiriad y wefan isod hefyd os yw'n well gennych gael mynediad fel hyn. Fel arall, ysgrifennwch y manylion cyswllt sydd orau gennych ar y darn o bapur yng nghefn y llawlyfr hwn, a byddwn ni'n ei rannu gyda chi gan ddefnyddio'r dull hwnnw. www.ctmregionalpartnershipboard.co.uk/useful-documents



Dyddiadau ar y gweill

Rydyn ni eisiau sicrhau y cewch chi gyfle i gymryd rhan yn ein gwaith i'r dyfodol.

Yn ystod yr hydref byddwn ni'n cynnal cyfres o ddigwyddiadau creadigol a elwir yn 'hac-a-thonau' i ddod â phobl â phrofiadau byw at ei gilydd gyda gweithwyr proffesiynol.

Yn ystod yr hac-a-thonau, byddwn ni'n trafod heriau allweddol sy'n wynebu ein cymunedau ac yn ceisio adnabod ffydd o'u datrys gyda'n gilydd.

Bydd hyn yn adeiladu ar waith a ddigwyddodd eisoes, ac yn bwydo i mewn i'r cynlluniau gwaith rhanbarthol er mwyn i ni allu dechrau creu a gwella gwasanaethau er mwyn cwrdd ag anghenion.

Cofiwch y dyddiad

23rd Medi

Cydgynhyrchu cydgynhyrchiad

7th Hydref

Anabledau dysgu ac awtistiaeth

14th Hydref

Iechyd Meddwl

28th Hydref

Plant a phobl ifanc

4th Tachwedd

Pobl hŷn a thaclo unigrwydd ac ynysrwydd

11th Tachwedd

Hygyrchedd mewn iechyd a gofal cymdeithasol

18th Tachwedd

Gofalwyr di-dâl

Bydd cofrestru'n agor cyn bo hir.

Gallwch gofrestru i dderbyn mwy o wybodaeth drwy ymweld â'n gwefan www.ctmregionalpartnershipboard.co.uk/contact neu drwy lenwi'r ffurflen yng nghefn y llawlyfr hwn.



Diolch

Diolch i bawb sydd wedi cymryd rhan yn ein gwaith hyd yn hyn, ac sydd wedi rhannu'u straeon. Hoffem ddiolch yn ogystal i'r bobl ganlynol am eu gwaith wrth gefnogi Clywch Ein Llais!:

Cyfranogwyr yn y ffilm



Bethany Carter



Chloe Cannon



Geraint Evans



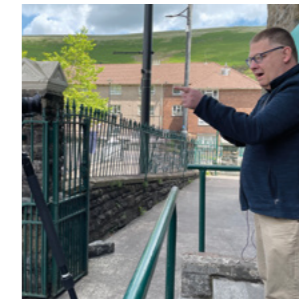
Jacqueline Hitchcock



Jenny Mushiringani Monjero



Kirsty Harley



Lee Jacobs



Lowri Morgan



Luke Takeuchi



Michelle Kazuh



Neil Hughes



Nia McInTosh



Paul Mears



Rebecca Goodhand



Sarah Mills



Sharon O'Brien



Steve Lawrence



Tanya Lang

Cynhyrchwyr Ffilm

Cerddorion a chyfansoddwyr caneuon



Joe Kelly



Catherine Razzell



Erin Williams Jones



Megan Jenkins



Maddie Jones



Tobias Robertson

**Awdur y sgrïpt
ac actor**

**Actor mewn
rôl gefnogol**



Tom Stupple



Hannah Lad



Cadw mewn cyswllt

Os hoffech i ni rannu crynodeb yr Asesiad Anghenion y Boblogaeth gyda chi mewn dull arall, llenwch y ffurflen gyswllt hon a'i rhoi yn y blwch post ar eich ffordd allan os gwelwch yn dda.

Enw cyntaf

Cyfenw

Byddai'n well gen i dderbyn gwybodaeth dros:

E-bost Fy nghyfeiriad e-bost yw:

Post Fy nghyfeiriad post yw:

Mynychu digwyddiad wyneb yn wyneb

Rhowch fanylion unrhyw anghenion hygrychedd os gwelwch yn dda

Polisi preifatrwydd

Rydyn ni'n cymryd eich preifatrwydd o ddifri. Gallwch weld manylion ynghylch sut rydyn ni'n rheoli eich data ar ein gwefan: www.ctmregionalpartnershipboard.co.uk/privacy-policy

Gallwch optio allan o'n cyfathrebiadau ar unrhyw adeg. Drwy gyflwyno'r ffurflen hon rydych chi'n cadarnhau eich bod chi'n hŷn na 13 oed. Rhaid i unrhyw un sy'n iau na 13 oed gael caniatâd gan ei riant neu warcheidwad cyn cyflwyno gwybodaeth.

Cafodd yr arddangosfa hon ei hariannu drwy gyfrwng y Gronfa Integreiddio Ranbarthol a Hwb Cydlynu Arloesi Rhanbarthol CTM.



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government