

**YOUTH WORK CHANGES LIVES**



# Newsletter

May 2020

## COVID 19. Youth Cymru Chair Statement

Hello to all our members, during what can only be called unprecedented times! As Chair of Youth Cymru, I wanted to drop you all a quick note to thank you for all of the work that you are currently undertaking to keep young people safe and well as with over twenty-five years' experience of working with young people, I have never experienced anything like this! I also wanted to reassure you that all of our staff team are working incredibly hard to keep you informed of key developments that can support your work with young people. We are aware that each and every one of you have had to work very differently, thinking outside of the box to ensure you are able to support and reach as many young people as you can, and I just wanted to take this time to assure you that all of us at Youth Cymru are here to support you every step of the way.

As youth provision has had to close, youth workers and youth support workers have had to adapt and deliver services to all young people, which are essential services for those in need. Youth Services are always a front-line service for young people, but even more so during the during the Covid-19 pandemic. A recent article in the Guardian recognises the value Young People place upon regular contact with Youth Workers and Youth Support Workers, and how services are looking to change and develop going forward. You can read more about how these are helping young people nationally and locally [here](#). Most importantly, this is a time when we are all working together to support young people and keep them safe and well. This newsletter provides an overview of some of the services and projects we deliver, which include 'Reach Out' 'Digital Exclusion and our 'Energy Saving' project, with many more detailed on our website [here](#). To ensure you are kept up to date with key developments to support your work with young people during this critical time, please subscribe to the Welsh Government Youth Work Newsletter (details below). Before I bid you all a fond farewell, I would like to remind you not to underestimate the power of your work and its contribution to helping young people and communities during this very challenging time.

Keep smiling and supporting young people,

Emma Chivers

Chair of Youth Cymru

## Support for LGBT+ young people during Covid-19

Youth Cymru were proud to add our name to a message to LGBT+ children and young people, alongside LGBT+ youth organisations from across the UK and Ireland. We know that lockdown is particularly difficult for LGBT+ young people who live with people who do not accept or respect their identity.

Youth Cymru, along with a network of LGBT+ youth organisations, want LGBT+ young people to know that we are still here to support you.

Our Belong group for trans, non-binary and questioning young people (aged 17-25), run in partnership with The Amber Project, is continuing to operate, with weekly sessions taking place online. Young people have taken part in games and quizzes and have redeveloped their group agreement to reflect meeting digitally.

[CLICK HERE FOR FURTHER RESOURCES](#)

## Supporting People with Criminal Record

On the 9th of June Jamie Grundy will be hosting a Online webinar training course to support people with criminal record, for more information click [HERE](#)

## Reach Out

The issue of loneliness is bigger than ever due to the Coronavirus and our ReachOut hubs have been working hard bringing their communities together during Covid-19. The team have been taking part in #AskAYouthWorker every week, where we have been answering questions and sharing resources around self-care, mental health and making connections during Covid-19. You can take part via Youth Cymru's Instagram and Kirstie (@kirstiecymru) and Rachel (@Rachel\_Benson4) twitters. [READ MORE](#)



## Energy Saving Trust

Youth Cymru is running a new project called 'SAVE YOUR ENERGY'.

This project will work with young people to educate and train them to engage with energy issues, providing the understanding, tools, personal support and resources that they need to make better informed choices and decisions regarding energy.

[READ MORE](#)

## Our Bright Future

Youth Cymru are delighted to be working with Our Bright Future to support their policy and advocacy work in Wales.

Our Bright Future is an ambitious and innovative partnership led by The Wildlife Trusts which brings together the youth and environmental sectors.

[READ MORE](#)

## Youth Cymru are delivering online training

Be Internet Citizens is an educational programme created by Google and YouTube Creators for Change designed to teach media literacy, critical thinking and digital citizenship, encouraging young people to be positive voices online and increasing their resilience.

During this pandemic, Youth Cymru are able to deliver FREE online Train the Trainer training to Youth Workers and online workshops direct to young people. If you are interested please contact [wenna@youthcymru.org.uk](mailto:wenna@youthcymru.org.uk) or call 01443 827840.



## Welsh Government Youth Work Newsletter

To keep up to date with Youth Work news and events, subscribe to the Welsh Government Youth Work Newsletter (now sent out fortnightly): <https://gov.wales/subscribe-youth-work-newsletter>



## Digital Resources for the Third and Youth Sector in Wales

A resource of digital tools, tips and strategies to enable the third and youth sector in Wales to work better digitally. Maintained by ProMo-Cymru on behalf of the Interim Youth Work Board's Digital Youth Work Advisory Group and supported by CWVYS, Urdd, Swansea MAD, Welsh Government and local authorities in Wales. Click [HERE](#) for more information

## Are you working with young people who are digitally excluded / unable to access Covid-19 information online?

### What

The Children, Young People and Education Committee would like to understand the Covid-19 impact on children, young people and education and have released a digital channel to invite views from organisations and young people – you can find out more about this online route [here](#). However the Committee is also keen to hear directly from young people who may not be able to access online provisions.

### Why

The Committee is keen to identify and work with key organisations and partner to ensure that the experiences of young people from across Wales are sought and heard. Ideally, we would be looking to draw on some of this information to inform evidence sessions over the weeks ahead.

### When

The Call for Views a rolling inquiry. We're hoping to receive views/questions/experiences over time, to inform the questions posted and scrutiny undertaken. The first scrutiny session was held with the Minister for Education

It would be great to be able to pose issues raised directly by children and young people at these sessions. More will follow in the coming weeks. You can see the schedule as its confirmed [here](#).

We realise, however, that frontline services have an enormous workload at the moment. As such, we would be grateful for views as and when they emerge.

### How to get involved

If you are working with children or young people that may like to contribute their thoughts and experiences, or ask a Welsh Government Minister about the decisions made that are having an effect on them during this time, please email [catherine.mckeag@assembly.wales](mailto:catherine.mckeag@assembly.wales) to discuss how to best collect and collate this response.

If you are not a member of Youth Cymru please see our website for free membership. We will add you to our mailing list and you will receive our newsletter with all the latest information.

We will have new and exciting projects ahead, so please keep in touch.

Youth Cymru  
Unit D  
Upper Boat Business Centre  
Treforest  
Rhondda Cynon Taff  
CF37 5BP

Tel:  
01443 827840

Email:  
mailbox@youthcymru.org.uk

Website:  
youthcymru.org.uk

Twitter:  
@youthcymru

Facebook:  
facebook.com/youthcymru

## Our Member Organisations across Wales



MAE GWAITH IEUENCTID YN NEWID BYWYDAU



# Cylchlythur

Mai 2020

COVID 19. Datganiad Cadeirydd Youth Cymru

Helo i'n holl aelodau, yn ystod yr hyn na ellir ond ei alw'n amseroedd digynsail! Fel Cadeirydd Youth Cymru, roeddwn i eisiau gollwng nodyn cyflym i chi i gyd i ddiolch i chi am yr holl waith rydych chi'n ei wneud ar hyn o bryd i gadw pobl ifanc yn ddiogel ac yn ogystal â gyda dros bum mlynedd ar hugain o brofiad o weithio gyda phobl ifanc, nid wyf erioed wedi profi unrhyw beth fel hyn! Roeddwn hefyd eisiau rhoi sicrwydd ichi fod pob un o'n tîm staff yn gweithio'n hynod o galed i'ch hysbysu am ddatblygiadau allweddol a all gefnogi'ch gwaith gyda phobl ifanc. Rydym yn ymwybodol bod pob un ohonoch wedi gorfod gweithio'n wahanol iawn, gan feddwl y tu allan i'r bocsi i sicrhau eich bod chi'n gallu cefnogi a chyrraedd cymaint o bobl ifanc ag y gallwch, ac roeddwn i eisiau cymryd yr amser hwn i'ch sicrhau. bod pob un ohonom yn Youth Cymru yma i'ch cefnogi chi bob cam o'r ffordd.

Gan fod y ddarpariaeth ieuencid wedi gorfod cau, mae gweithwyr ieuencid a gweithwyr cymorth ieuencid wedi gorfod addasu a darparu gwasanaethau i bob person ifanc, sy'n wasanaethau hanfodol i'r rhai mewn angen. Mae'r Gwasanaethau Ieuencid bob amser yn wasanaeth rheng flaen i bobl ifanc, ond hyd yn oed yn fwy felly yn ystod y pandemig Covid-19. Mae erthygl ddiweddar yn y Guardian yn cydnabod y gwerth y mae Pobl Ifanc yn ei roi ar gyswllt rheolaidd â Gweithwyr Ieuencid a Gweithwyr Cymorth Ieuencid, a sut mae gwasanaethau'n edrych i newid a datblygu wrth symud ymlaen. Gallwch ddarllen mwy am sut mae'r rhain yn helpu pobl ifanc yn genedlaethol ac yn lleol [YMA](#). Yn bwysicaf oll, mae hwn yn amser pan ydym i gyd yn gweithio gyda'n gilydd i gefnogi pobl ifanc a'u cadw'n ddiogel ac yn iach. Mae'r cylchlythur hwn yn darparu trosolwg o rai o'r gwasanaethau a'r prosiectau rydym yn eu darparu, sy'n cynnwys 'Reach Out' 'Allgáu Digidol a'n Prosiect' Arbed Ynni', gyda llawer mwy i ddarllen ar ein gwefan [yma](#). Er mwyn sicrhau eich bod yn cael y wybodaeth ddiweddaraf am ddatblygiadau allweddol i gefnogi'ch gwaith gyda phobl ifanc yn ystod yr amser tyngedfennol hwn, ymrwymwch i Gylchlythur Gwaith Ieuencid Llywodraeth Cymru (manylion isod). Cyn imi ffarwelio â chi i gyd, hoffwn eich atgoffa i beidio â bychanu pŵer eich gwaith a'i gyfraniad at helpu pobl ifanc a chymunedau yn ystod yr amser heriol iawn hwn.

Daliwch ati i wenu a chefnogi pobl ifanc,

Emma Chivers

Cadeirydd Youth Cymru

**MAE GWAITH IEUENCTID YN NEWID BYWYDAU**

## Cefnogaeth i bobl ifanc LGBT + yn ystod Covid-19

Roedd Youth Cymru yn falch o ychwanegu ein henw at neges i blant a phobl ifanc LGBT +, ochr yn ochr â sefydliadau ieuenctid LGBT + o bob rhan o'r DU ac Iwerddon. Rydym yn gwybod bod hi'n amswer arbennig o anodd i bobl ifanc LGBT + sy'n byw gyda phobl nad ydyn nhw'n derbyn neu'n parchu eu hunaniaeth. Mae Youth Cymru, ynghyd â rhwydwaith o sefydliadau ieuenctid LGBT +, eisiau i bobl ifanc LGBT + wybod ein bod yn dal yma i'ch cefnogi.

Mae ein grŵp Belong ar gyfer pobl ifanc traws, di-ddeuaidd a rhai sydd yn cwestiynu (17-25 oed), a gynhelir mewn partneriaeth â The Amber Project, yn parhau i weithredu, gyda sesiynau wythnosol yn cael eu cynnal ar-lein. Mae pobl ifanc wedi cymryd rhan mewn gemau a chwisiau ac wedi ailddatblygu eu cytundeb grŵp i adlewyrchu cyfarfod yn ddigidol. [CLICIWCH YMA AM FWY O WYBODAETH](#)

### Supporting People with Criminal Record

Ar y 9fed o Fehefin bydd Jamie Grundy yn cynnal Cwrs hyfforddi gweminar ar-lein i gefnogi pobl sydd â chofnod troseddol, i gael mwy o wybodaeth cliciwch [YMA](#)

## Reach Out

Mae mater unigrwydd yn fwy nag erioed oherwydd y Coronavirus ac mae ein hybiau ReachOut wedi bod yn gweithio'n galed i ddod â'u cymunedau ynghyd yn ystod Covid-19. Mae'r tîm wedi bod yn cymryd rhan yn #AskAYouthWorker bob wythnos, lle rydyn ni wedi bod yn ateb cwestiynau ac yn rhannu adnoddau ynghylch hunanofal, iechyd meddwl a gwneud cysylltiadau yn ystod Covid-19. Gallwch chi gymryd rhan trwy twitters Youth Cymru's Instagram a Kirstie (@kirstiecymru) a Rachel (@Rachel\_Benson4) [MWY](#)

## Energy Saving Trust

Mae Youth Cymru yn cynnal prosiect newydd o'r enw 'ARBEDWCH EICH YNNI'. Bydd y prosiect hwn yn gweithio gyda phobl ifanc i'w haddysgu a'u hyfforddi i ymgysylltu â materion ynni, gan ddarparu'r ddealltwriaeth, yr offer, y gefnogaeth bersonol a'r adnoddau sydd eu hangen arnynt i wneud dewisiadau a phenderfyniadau mwy gwybodus ynghylch ynni. [DARLLENWCH MWY](#)

## Our Bright Future

Mae Youth Cymru yn falch iawn o weithio gyda Our Bright Future i gefnogi eu gwaith polisi ac eiriolaeth yng Nghymru.

Mae Our Bright Futurer yn bartneriaeth uchelgeisiol ac arloesol dan arweiniad yr Wildlife Trust sy'n dod a sectorau ieuenctid ac amgylcheddol at ei gilydd [DARLLENWCH MWY](#)

## Mae Youth Cymru yn darparu hyfforddiant ar-lein

Mae Be Internet Citizens yn raglen addysgol a grëwyd gan Google a YouTube Creators for Change a ddyluniwyd i ddysgu llythrennedd cyfryngau, meddwl beirniadol a dinasyddiaeth ddigidol, gan annog pobl ifanc i fod yn lleisiau cadarnhaol ar-lein a chynyddu eu gwytnwch.

Yn ystod y pandemig hwn, gall Youth Cymru ddarparu hyfforddiant Hyfforddi'r Hyfforddwr ar-lein AM DDIM i Weithwyr Ieuenctid a gweithdai ar-lein yn uniongyrchol i bobl ifanc. Os oes gennych ddiddordeb, cysylltwch â [wenna@youthcymru.org.uk](mailto:wenna@youthcymru.org.uk) neu ffoniwch 01443 827840.

**MAE GWAITH IEUENCTID YN NEWID BYWYDAU**

## Cylchlythur Gwaith Ieuenctid Llywodraeth Cymru

I gael y newyddion a'r digwyddiadau Gwaith Ieuenctid diweddaraf, tanysgrifiwch i Gylchlythur Gwaith Ieuenctid Llywodraeth Cymru (a anfonir bob pythefnos bellach): <https://gov.wales/subscribe-youth-work-newsletter>



## Adnoddau Digidol ar gyfer y Trydydd Sector Ieuenctid yng Nghymru

Mae adnodd o offer, awgrymiadau a strategaethau digidol i alluogi'r trydydd sector ac ieuenctid yng Nghymru i weithio'n well yn ddigidol. Yn cael ei gynnal gan ProMo-Cymru ar ran Grŵp Cynghori ar Waith Ieuenctid Digidol y Bwrdd Gwaith Ieuenctid Dros Dro a'i gefnogi gan CWVYS, Urdd, Abertawe MAD, Llywodraeth Cymru ac awdurdodau lleol yng Nghymru. Cliciwch [YMA](#) am fwy o wybodaeth

## Ydych chi'n gweithio gyda phobl ifanc sydd wedi'u gwahardd yn ddigidol / sy'n methu â chyrchu gwybodaeth Covid-19 ar- lein?

Beth

Hoffai'r Pwyllgor Plant, Pobl Ifanc ac Addysg ddeall effaith Covid-19 ar blant, pobl ifanc ac addysg ac maent wedi rhyddhau sianel ddigidol i wahodd barn gan sefydliadau a phobl ifanc - gallwch ddarganfod mwy am y llwybr ar-lein hwn [yma](#). Fodd bynnag, mae'r Pwyllgor hefyd yn awyddus i glywed yn uniongyrchol gan bobl ifanc nad ydynt efallai'n gallu cyrchu darpariaethau ar-lein.

Pam

Mae'r Pwyllgor yn awyddus i nodi a gweithio gyda sefydliadau a phartner allweddol i sicrhau bod profiadau pobl ifanc o bob rhan o Gymru yn cael eu ceisio a'u clywed. Yn ddelfrydol, byddem yn edrych ar dynnu rhywfaint o'r wybodaeth hon i lywio sesiynau tystiolaeth dros yr wythnosau i ddod.

Pryd

Rydym yn gobeithio derbyn barn / cwestiynau / profiadau dros amser, i lywio'r cwestiynau a bostiwyd a'r craffu a wnaed. Cynhaliwyd y sesiwn graffu gyntaf gyda'r Gweinidog Addysg

Byddai'n wych gallu codi materion a godwyd yn uniongyrchol gan blant a phobl ifanc yn y sesiynau hyn. Bydd mwy yn dilyn yn ystod yr wythnosau nesaf. Gallwch weld yr amserlen [YMA](#).

Sylweddolwn, fodd bynnag, fod gan wasanaethau rheng flaen lwyth gwaith enfawr ar hyn o bryd. Felly does dim brys mawr, ond cyn cynted a phosib

Sut i gymrud rhan

Os ydych yn gweithio gyda phlant neu bobl ifanc a allai hoffi gyfrannu eu syniadau a'u profiadau, neu ofyn i Weinidog Llywodraeth Cymru am y penderfyniadau a wneir sy'n cael effaith arnynt yn ystod y cyfnod hwn, os gwelwch yn dda e-bostiwch Catherine. [mckeag@senedd.wales](mailto:mckeag@senedd.wales) i drafod sut i gorau casglu a choladu ymateb hwn.

**MAE GWAITH IEUENCTID YN NEWID BYWYDAU**

Os nad ydych chi'n aelod o Youth Cymru ewch at ein gwefan i gael aelodaeth am ddim. Byddwn yn eich ychwanegu at ein rhestr bostio a byddwch yn derbyn ein cylchlythyr gyda'r holl wybodaeth ddiweddaraf.

Bydd gennym brosiectau newydd a chyffrous o'n blaenau, felly cadwch mewn cysylltiad.

Youth Cymru  
Uned D  
Canolfan Busnes Upperboat  
Treforest  
Rhondda Cynon Taff  
CF37 5BP

Ffôn:  
01443 827840

E-bost:  
mailbox@youthcymru.org.uk

Gwefan:  
youthcymru.org.uk

Trydar:  
@youthcymru

Facebook:  
facebook.com/youthcymru

## Ein Aelodau ledled Cymru

