

Gwobrau Addysg  
Oedolion 2020

# Ysbrydoli!<sup>TM</sup> Inspire!<sup>TM</sup>

Adult Learning  
Awards 2020

Wythnos  
Addysg Oedolion  
—  
Adult Learners'  
Week

NEWID DY STORI | CHANGE YOUR STORY



Llywodraeth Cymru  
Welsh Government

**L&W** SEFYDLIAD DYSGU A GWAITH  
LEARNING AND WORK INSTITUTE



# Rhagair / Introduction

Gwobrau Addysg  
Oedolion 2020

Ysbrydoli!<sup>TM</sup>  
Inspire!

Adult Learning  
Awards 2020

## Kirsty Williams

Y Gweinidog Addysg / Minister for Education

**Bu 2020 yn flwyddyn ddigynsail. Mae pawb ohonom wedi profi newidiadau yn ein bywydau ac i rai, bu newid dybryd yn ein hamgylchiadau o ddydd i ddydd. Oherwydd hynny mae'r straeon a ddarllenwch yn y llyfryn hwn hyd yn oed yn fwy hynod ac yn dangos yn union mor anhygoel yw'r hyn a gyflawnodd ein dysgwyr yng Nghymru.**

Mae dysgu gydol oes yn agos at fy nghalon ac rwy'n meddwl fod heriau'r pandemig coronafeirws yn wir wedi dangos pwysigrwydd parhau i ddatblygu addysg a sgiliau. O ysgol gartref i wersi ar-lein a chyrsiau ar gyfer gweithwyr ar gyfnod ffyrlo, rydym wedi gweld pobl yn cymryd rhan mewn dysgu mewn gwahanol ffyrdd. Gyda'r Sefydliad Dysgu a Gwaith fe wnaethom ddatblygu llwyfan dysgu ar-lein o dros 800 o gyrsiau rhad ac am ddim, ac yn ystod yr Wythnos Addysg Oedolion, a gynhaliwyd ym mis Medi eleni, gydag amrywiaeth o ddosbarthiadau meistr, digwyddiadau byw a phodlediadau ar bwnc dysgu gydol oes.

Bydd sicrhau fod gan bobl o bob oed fynediad i amrywiaeth o gyrsiau addysg a sgiliau yn ein galluogi i sicrhau adferiad o'r pandemig, a hefyd greu economi cenedlaethol lle caiff cyflogaeth, cyfoeth a ffyniant eu lledaenu'n fwy cyfartal ar draws Cymru. Mae'r cyfnod anhygoel o heriol hwn eisoes wedi dangos talent, ymrwymiad a gwytnwch enfawr darparwyr hyfforddiant a dysgu wrth gefnogi unigolion yma yng Nghymru. Ymdrechion fel hyn, ac ymdrechion y dysgwyr eu hunain, fydd yn helpu i sicrhau y byddwn yn dod allan o'r argyfwng hwn yn gryfach nag erioed.

Mae'r straeon a ddarllenwch yn y llyfryn hwn yn ymwneud â grŵp amrywiol a diddorol tu hwnt o bobl o amrywiaeth eang o gefndiroedd. Mae eu rhesymau dros ddysgu i gyd yn unigol; ond yr hyn sydd ganddynt yn gyffredin yw eu hegni, eu dewrder a'u huchelgais i newid eu bywydau ac i lwyddo weithiau yn yr amgylchiadau anoddaf oll.

Mae'n anrhydedd gennyf gymryd rhan yn yr ymgyrch yma a hoffwn ymestyn fy llonyfarchiadau twymgalon i'r holl enillwyr y gwobrau a'r sawl a enwebwyd. Dymuniadau gorau oll iddynt ar gyfer y dyfodol.

**Kirsty Williams**  
Gweinidog Addysg

**2020 has been an unprecedented year. We have all experienced a change to life as we know it and for some, our daily circumstances have changed drastically. It's because of this that the stories you'll read in this booklet are even more extraordinary and highlight just how incredible the achievements are of our learners in Wales.**

Lifelong learning is close to my heart and I think the challenges of the coronavirus pandemic have really demonstrated the importance of continuing to develop education and skills. From home-schooling to online lessons and courses for furloughed workers, we have seen people engage with learning in different ways. With the Learning and Work Institute we developed an online learning platform of over 800 free courses, and during Adult Learners' Week, which took place in September this year, we ran a range of masterclasses, live events and podcasts all dedicated to lifelong learning.

Ensuring people of all ages have access to a range of education and skills courses will enable us not only to bounce back from this pandemic, but to create a national economy which sees employment, wealth and prosperity spread more equally across Wales. This incredibly challenging period has already highlighted the talent, commitment and incredible resilience of training and learning providers in supporting individuals here in Wales. It's efforts like these, and the efforts of learners themselves, that will help ensure we emerge from this crisis stronger than ever.

The stories you will read in this booklet are about a diverse, fascinating group of people who come from a wide variety of backgrounds. Their reasons for learning are all individual; but what they have in common is their drive, their courage and their ambition to change their lives and to succeed sometimes against the most difficult of odds.

I am honoured to be involved in this campaign and would like to extend my heartfelt congratulations to all of the award winners and nominees. I wish them every success for the future.

**Kirsty Williams**  
Minister for Education



# Rhagair / Foreword

**David Hagendyk**

Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith  
Director for Wales, Learning and Work Institute



## Llongyfarchiadau i Enillwyr Gwobrau Ysbrydoli! Addysg Oedolion 2020



**Mewn amgylchiadau arferol byddem wedi ymgynnll mewn un ystafell i ddathlu llwyddiannau anhygoel enillwyr Gwobrau Ysbrydoli! Addysg Oedolion. Yn lle hynny bu ein dathliadau yn rhai rhithiol a chawsom ein gorfodi i roi sylw i'r unigolion a phrosiectau gwych hyn arlein.**

Yr hyn nad yw'n wahanol yw fod pob enillydd yn engrhaift fydd yn ysbrydoli nifer ddirifedi o unigolion eraill ym mhob rhan o Gymru, ac nad yw hi byth yn rhy hwyr i newid eich stori. Mae pob enillydd yn dangos buddion addysg oedolion, yn cynnwys sicrhau sgiliau i ganfod swydd, meithrin hyder a hunan-barch, gwella iechyd a llesiant, a gwneud bywyd yn well i'ch teulu.

Mae'r Sefydliad Dysgu a Gwaith wedi dadlau'n gyson am fwy o fuddsoddiad mewn cyfleoedd i ddysgu ac i'r rhain fod yn hyblyg a chael eu hadeiladu o amgylch bywydau unigolion, teuluoedd a chymunedau. Fodd bynnag, gyda chost economaidd a chymdeithasol y pandemig yn parhau i gynyddu, ni fu'r achos dros fuddsoddiad mewn dysgu gydol oes erioed yn gryfach. Bydd helpu oedolion i ailhyfforddi neu roi cyfleoedd i bobl wneud a chadw cysylltiadau yn hanfodol i ffyniant ac iechyd Cymru yn y dyfodol.

Dyma'r amser i adeiladu'r hawl i ddysgu gydol oes a'i wireddu ar gyfer pob cymuned yng Nghymru.

Rydym yn ddiolchgar tu hwnt am gefnogaeth barhaus Llywodraeth Cymru ar gyfer Gwobrau Ysbrydoli! a hefyd yr Wythnos Addysg Oedolion, yn ogystal â'r Brifysgol Agored yng Nghymru, Addysg Oedolion Cymru, Agored Cymru a'r Ganolfan Dysgu Cymraeg Genedlaethol am noddi gwobrau. Ni allai'r gwobrau hyn ddigwydd heb eu cefnogaeth a gyda'u nawdd gallwn roi sylw i'r enillwyr gwobrau a defnyddio eu straeon i ysbrydoli a chymhell eraill.

Unwaith eto, llongyfarchiadau i'r holl enillwyr gwobrau a'r rhai a gafodd eu henwebu ac a oedd ar y rhestr fer am y gwobrau. Daliwch ati i rannu eich straeon a rhoi hyder i eraill ymuno a symud ymlaen.

Pob lwc i bawb ohonoch ar gyfer eich camau nesaf. Bydd eich teithiau dysgu wedi rhoi hyder i chi yn eich galluoedd, yr awydd i barhau i ddysgu a'r sgiliau a'r rhwydweithiau fydd yn eich cefnogi wrth i ni ganfod ein ffordd drwy'r cyfnod anodd hwn.

**David Hagendyk**

Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith Cymru

*Cefnogwyd Gwobrau Ysbrydoli!  
Addysg Oedolion 2020 gan  
Agored Cymru, y Ganolfan  
Dysgu Cymraeg Genedlaethol, Y  
Brifysgol Agored yng Nghymru ac  
Addysg Oedolion Cymru.*





## Congratulations to the 2020 Inspire! Adult Learner Award Winners

**Under normal circumstances we would have gathered together in person to celebrate the incredible achievements of our Inspire! Adult Learner Award winners. Instead our celebrations have been virtual, and we have been forced to highlight these fantastic individuals and projects online.**

What isn't different is that every winner is an inspiring example to countless other individuals all over Wales, and that it is never too late to change your story. Every winner shines a light on the benefits for adults from learning, including gaining the skills to find a job, building your confidence and self-esteem, improving your health and well-being, and making life better for your family.

At Learning and Work Institute we have consistently argued for more investment in opportunities to learn and for these to be flexible and built around the lives of individuals, families, and communities. However, with the economic and social cost of the pandemic continuing to rise, the case for investment in lifelong learning has never been stronger. Helping adults to retrain or providing opportunities for people to make and keep connections will be vital for Wales' future prosperity and health.

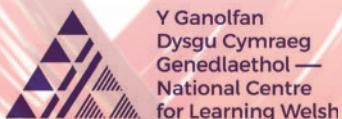
Now is the time to build the right to lifelong learning and to make it a reality for every community in Wales.

We are incredibly grateful for the continued support of Welsh Government for both the Inspire! Awards and for Adult Learners' Week, as well as to our award sponsors, The Open University in Wales, Adult Learning Wales, Agored Cymru, and the National Centre for Learning Welsh. Without their support these awards couldn't take place and with their sponsorship we are able to highlight the award winners and use their stories to inspire and motivate others.

Once again, well done to all award winners and to those nominated and shortlisted for these awards. Please continue to share your stories and give confidence to others to join in and move forward.

Good luck to you all for your next steps. Your learning journeys will have given you confidence in your abilities, the appetite to continue learning and the skills and networks which will support you as we find our way through these difficult times.

**David Hagendyk**  
Director for Wales, Learning and Work Institute



*The Inspire! Adult Learning Awards 2020 have been supported by Agored Cymru, National Centre for Learning Welsh, The Open University in Wales and Adult Learning Wales*

# Emma Williams

## Enillydd Prif Wobr Ysbrydoli! Dysgwr y Flwyddyn Inspire! Adult Learner of the Year

**ENWEBWYD GAN:** Prifysgol Glyndŵr Wrecsam  
**NOMINATED BY:** Wrexham Glyndŵr University

Roedd Emma Williams wedi gadael cartref erbyn iddi fod yn 14 oed. Cafodd broblemau gyda'i iechyd meddwl a dibyniaeth, a bu'n ddigartref yn ei harddegau. Dywedodd, "Roeddwn i'n teimlo mai oes o galedi oedd o fy mlaen." Ar ôl llawer o flynyddoedd anodd, bu'n ddigon dewr i gerdded i mewn i ganolfan adfer ym Mae Colwyn, o'r enw Touchstones 12. Dywedodd "Roedd coleg drws nesaf i'r ganolfan. Dechreuais gyda rhywbeth bach - ychydig o gyrsiau cyflogadwyedd i gadw fy meddwl yn brysur. Fe newidiodd fy mywyd."

Wrth gael help gyda'i dibyniaeth, gwnaeth Emma gais am swydd fel gweithiwr cymorth adfer a threuliodd y ddwy flynedd nesaf fel gweithiwr achos, gan helpu eraill i ddelio â'u problemau dibyniaeth eu hunain. Roedd yn ergyd pan ddaeth y swydd honno i ben, ond fe'i gwnaeth hi'n fwy penderfynol byth i ddysgu a gwnaeth gais i fynd i'r brifysgol. Gan ddychwelyd at y cymwysterau roedd hi wedi llwyddo i'w cael

yn ei hugeiniau, ynghyd â'r cyrsiau newydd roedd hi wedi'u cwblhau, llwyddodd Emma i wneud cais i ddechrau astudio ar gyfer gradd mewn Gwyddoniaeth Fforensig. Meddai: "Ddeng niwrnod wedyn, roeddwn i'n eistedd yn fy narlith Cemeg Cwantwm cyntaf. Dwi wedi dioddef dipyn gyda syndrom ffugio. Does dim llawer o'r myfyrrwyr yn dod o gefndir tebyg i fi – ond dwi mor benderfynol." Yn ystod ei hastudiaethau fe wnaeth Emma ddarganfod bod ganddi anghenion ychwanegol. "Pan ydych chi'n ei chael yn anodd credu ynddoch eich hun, mae'r bobl o'ch cwmpas yn gwneud byd o wahaniaeth. Fe wnaeth y gefnogaeth a gefais gan fy anwyliaid a fy nhiwtoriaid hefyd fy helpu i ganfod fy angerdd a fy llais."

Dros y pum mlynedd nesaf cwblhaodd ei gradd mewn Gwyddoniaeth Fforensig, TAR, ac ar hyn o bryd mae hi'n cwblhau gradd Meistr mewn Anthropoleg Fforensig a Bioarchaeoleg. Ar ôl cymhwys o fel athrawes, bu'n addysgu ar y cwrws gradd Gwyddoniaeth Fforensig ac mae bellach yn gyfathrebwr gwyddoniaeth i Techniquest yn y gogledd. "Nawr dwi'n annog merched i astudio gwyddoniaeth fel fi," meddai.

"Y peth dwi fwyaf balch ohono yw Maisie, fy merch, sydd wrthi'n astudio ar gyfer ei Lefel A. Mae hi'n fyngweld i'n dod adref weithiau ar ôl gwneud dwy swydd ac yn eistedd wrth fwrdd yr ystafell fwyta i astudio ac mae hi'n gwneud yr un peth â fi. Mae hi'r un mor benderfynol â'i mam. Dwi eisiau profi i'm merch y gall hi wneud unrhyw beth y mae hi'n benderfynol o'i wneud – yn union fel fi."

**Meddai:** "Fe ddywedodd rhywun wrthyf na fyddwn i wedi byw'n hirach na 30 oed pe bawn i wedi parhau i fyw fy mywyd fel oeddwn i. Ac eto, dwi'n nabod cymaint o bobl sydd wedi bod trwy lawer gwaeth. Os galla i ysbrydoli o leiaf un person neu ddangos i rywun sy'n ei chael hi'n anodd bod modd trawsnewid eich bywyd drwy addysg, yna mae'r cyfan yn werth yr ymdrech."





**"I was told I wouldn't live past 30 if I continued to live my life like I did. Yet I know so many people who have been through worse. If I can inspire at least one person that you can change your life through education, then it's all worth it."**

**Emma Williams had left home by the age of 14, experiencing problems with her mental health and addiction, she found herself homeless in her teens. She says, "I felt like I was destined for a life of hardship." After many difficult years she had the courage to walk into a recovery centre in Colwyn Bay, called Touchstones 12. She says, "There was a college next door to the facility. I started off small with a few employability courses to keep my mind busy. It was life-changing."**

While gaining help with her addiction, Emma applied for a job as a recovery support worker and spent the next two years as a case worker, helping others deal with their own problems with addiction. Being made redundant from the job she loved was a blow, but she used the opportunity to fuel her determination for learning and applied to university. Returning to qualifications she had gained in her 20s and with the new courses she had completed, Emma was able to apply to start studying for an undergraduate degree in Forensic Science. She says: "Ten days later, I was sat in my first Quantum Chemistry lecture. I've suffered majorly with imposter syndrome, not many of the students have had similar backgrounds

– but I am so determined." During her studies Emma discovered she had additional needs, "When you struggle to believe in yourself, the people around you make all the difference. The support I had, not only from my loved ones but my tutors too, helped me find my passion and my voice."

Over the next five years she completed her undergraduate degree in Forensic Science, a PGCE, and is in the process of completing a Masters in Forensic Anthropology and Bioarchaeology. After qualifying as a teacher, she taught on the undergraduate Forensic Science degree and is now a science communicator for Techniquest in North Wales. "Now I encourage girls to study science like me," she said.

"My proudest achievement is Maisie, my daughter, currently studying for her A levels. She sees me come home sometimes after working two jobs and sit at the dining room table to study and just copies me. She has that same grit about her. I want to prove to my daughter that she can do anything she puts her mind to – just like me."

# Kierran James

## Gwobr Newid Bywyd a Chynnydd Life Change & Progression Award

**ENWEBWYD GAN:** Coleg Caerdydd a'r Fro  
**NOMINATED BY:** Cardiff & Vale College

**Saith mlynedd ar ôl cael ei ryddhau o'r Fyddin ar seiliau meddygol, mae Kierran James wedi ennill gradd anrhydedd dosbarth cyntaf mewn Cynnal a Chadw Awyrennau.**

Ymunodd Kierran â'r fyddin pan oedd yn 16 oed a heb y gefnogaeth a'r teimlad o bwrvpas a gâi gyda'r Fyddin, dechreuodd ei iechyd meddwl ddioddef, a chafodd ddiagnosis o iselder a gorbryder. Ar ôl blynyddoedd yn symud o swydd i swydd, roedd o wedi colli ei ffordd. Meddai Kierran: "Y Fyddin oedd yr unig beth oedd yn gyfarwydd i fi. Roedd llawer o fy mherthnasau yn y Fyddin ac roeddwn i wastad wedi dychmygu fy hun yn mynd o swydd i swydd o fewn y Fyddin. Mae'n ffordd o fyw ac mae'n teimlo fel teulu felly roedd cael hynny i gyd yn diflannu'n sydyn yn anodd iawn ymdopi ag ef. "Roedd bywyd ar ôl hynny'n reit ddigalon, bues yn gweithio mewn nifer o dafarndai ond wnes i ddim llwyddo i aros yn unman."

Daeth gobaith yn ôl i fywyd Kierran pan gyfarfu â'i bartner; fe wnaeth ei helpu i gamu yn ôl ac ail-werthuso ei yrfa. Dywedodd, "Roeddwn i'n gwybod bod angen i mi ennill cymwysterau os oeddwn am gael gyrfa newydd. Yn y Fyddin roeddwn yn hyfforddi i fod yn beilot drôn UAV ac mae gen i ddiddordeb yn y diwydiant awyrennau ers cyn cof, felly penderfynais wneud cais am y cwrs Trwydded 'A' yng Ngholeg Caerdydd a'r Fro. Rhoddodd y cwrs hwn bwrvpas i mi."

Roedd dychwelyd i ddysgu yn her i Kierran, a ddywedodd, "Roeddwn i wastad wedi cysylltu dysgu â'r amser anodd ges i yn yr ysgol pan fu nhad farw." Yn ystod ei amser ar y cwrs, cafodd ddiagnosis o ddyslecsia nad oedd neb wedi sylwi arno yn yr ysgol. "Roeddwn i bob amser wedi teimlo bod gwaith ysgol yn waith caled ond ar ôl deall pam roeddwn i'n cael trafferth a gwneud newidiadau bach fel argraffu gwaith ar bapur melyn roeddwn i'n gallu cadw i fyny â'r gwaith yn y dosbarth yn well."

**"Fe hoffwn annog unrhyw un nad ydynt yn credu yn eu hunain i gymryd y cyfle i feddwl am yr hyn yr hoffent ei gyflawni. Mae cefnogaeth ar gael, gall unrhyw un gyflawni beth bynnag y mae eu bryd ar ei wneud. Weithiau nid yw nes ymlaen byth yn dod, gwnewch e'n awr"**

Ffynnodd Kierran yn yr amgylchedd dysgu yma ac ar ôl cwblhau ei Lefel 2 a 3 mewn modiwlau Trwydded A aeth ymlaen i astudio ar gyfer gradd mewn cynnal a chadw awyrennau. Dywedodd Kay Davies, ei diwtor: "Rwyf wedi gweld ei drawsnewidiad o fod yn ddysgwr Addysg Bellach ar gwrs ymarferol yn bennaf Peirianeg Awyrennau i ddysgwr Addysg Uwch hyderus ar gwrs academaidd iawn".

Ers hynny, mae Kierran wedi siarad mewn ffeiriau gyrfaoedd, wedi ymgymryd â rôl arweinydd tîm ar brosiectau grŵp a sicrhau'r internaeth gyntaf erioed mewn cwmni cynnal a chadw awyrennau a hyfforddi, Caerdav - sy'n adnabyddus oherwydd ei gysylltiadau gyda Bruce Dickinson o Iron Maiden.

"Roedd Bruce yn siarad mewn cynhadledd ac es i ato i ofyn am rywfaint o brofiad gwaith - pe baech wedi dweud hynny wrtha i bum mlynedd yn ôl, fyddwn i wedi chwerthin! Mae cefnogaeth ar gael a byddwn yn annog pobl i rannu eu problemau a'u nodau hefyd oherwydd fe fydd pobl yn eich helpu i ddod o hyd i ffordd drwyddi."





**“I would like to encourage any individual who doesn't believe in themselves, to take this opportunity to think about what they would like to achieve. The support is out there, anyone can achieve whatever they put their mind to. Sometimes later becomes never, do it now!”**

### **Seven years after being medically discharged from the Army, Kierran James has achieved a first-class honours degree in Aircraft Maintenance.**

Kierran had joined the Army at the age of 16 and without the purpose and structure he had whilst serving, his mental health suffered, and he was diagnosed with depression and anxiety. After years moving from job to job, he felt he had no direction. He says, “The Army was all I'd ever known. A lot of my family members were in the Army. It's a way of life and like a family so to have that suddenly taken away from you really messes with your head. Life afterwards was bleak, I had lots of jobs in pubs which I couldn't hold down.”

Kierran found hope when he met his partner, she helped him to take a step back and re-evaluate his career, he says, “I knew if I wanted to find a new career, I needed to get the qualifications. Whilst in the Army I was training to be a UAV drone pilot and have always had a passion for the aviation industry, so I decided to apply for the 'A' Licence course at Cardiff and Vale College. This course gave me purpose.”

Returning to education was a challenge for Kierran, who says, “I had always associated learning with the tough time I had in school after my father died.” Whilst on the course he was diagnosed with dyslexia

which hadn't been picked up at school. “I had always felt like it was an upward struggle at school but after understanding why I struggled and making small changes like printing work out on yellow paper this allowed me to keep up with the class.”

Kierran thrived in this learning environment, after completing a Level 3 in A Licence modules he went on to study a degree in aircraft maintenance. His tutor, Kay Davies, comments, “I have witnessed his transformation from an FE learner on the mainly practical Aircraft Engineering course to that of a successful and now confident HE learner on a highly academic course.”

Moving forward, Kierran has mentored other learners, he's spoken at careers fairs, taken on the role as team leader on group projects and secured the first ever internship at aircraft maintenance and training company, Caerdav - famously run by Iron Maiden's Bruce Dickinson.

“Bruce was talking at a conference and I just asked him outright for some work experience - if you had told me that five years ago, I would have laughed! There is support out there and I would encourage anyone to share their problems and also their goals as people will help you find a way through.”

# Canolfan Dysgu y Priordy The Priory Learning Centre

Gwobrau Addysg  
Oedolion 2020

Ysbrydoli!<sup>TM</sup>  
Inspire!

Adult Learning  
Awards 2020

## Gwobr Cau'r Bwlch Closing the Gap Award

ENWEBWYD GAN: Canolfan Dysgu'r Priordy  
NOMINATED BY: The Priory Learning Centre

Mae Canolfan Dysgu y Priordy, yn seiliedig yn Ysgol Gynradd Monkton yn Sir Benfro, yn gweithio gyda theuluoedd o gymunedau lleol Sipsi, Roma a Theithwyr ac yn cynnig amrywiaeth o gyrsiau pwrpasol i'w hannog i barhau i addysg uwchradd.

Ar hyn o bryd, mae 80% o ddisgyblion Sipsi, Roma a Theithwyr yn mynychu ysgol uwchradd o'r ysgol gynradd - y ffigur uchaf yn hanes y Ganolfan. Dywedodd Kellie Bellmaine, sy'n gweithio yng

Nghanolfan Dysgu y Priordy ynghyd â'r athrawes arweiniol Claire Arnold: "Gwyddom fod disgwl i lawer o blant Sipsi, Roma a Theithwyr helpu eu rhieni gyda gwraith, felly mae'r Priordy yn fwy hyblyg am bresenoldeb nag ysgolion prif ffrwd. Mae Claire wedi datblygu maes llafur newydd yn canolbwytio ar bynciau mwy galwedigaethol ac ers hynny mae presenoldeb wedi cynyddu ynghyd â nifer y cymwysterau sy'n cael eu hennill."

Mae'r Priordy yn cydweithio gydag Ysgol Monkton, sy'n rhedeg Addysg Oedolion Launch, i gynnig cyrsiau pwrpasol ar gyfer anghenion y gymuned. Fel canlyniad, mae mwy na 3,000 o aelodau, llawer ohonynt yn rhieni, wedi ymrestru ar gyrsiau gyda 200 yn gweithio at gymwysterau lefel gradd.

Ychwanegodd Kellie: "Mae'r berthynas rhwng disgyblion wedi gwella, mae mwy o blant Sipsi, Roma a Theithwyr yn cymryd rhan yng Ngwobr Dug Caeredin, sy'n dangos ymddiriedaeth yn glir a bydd rhieni'n dod i weld Claire a finnau am help gyda phob math o bethau, fel ceisiadau am drwyddedau gyrru.

Mae Ellie Murphrey, 16 oed, yn aelod o Senedd leuenctid Cymru yn cynrychioli pobl ifanc Sipsi, Roma a Theithwyr yng Nghymru. Dywedodd: "Nid dim ond disgyblion ac athrawon sydd yn ein dosbarth, rydym yn un teulu mawr. Oni bai am y Priordy, fyddwn i ddim lle'r wyl i heddiw; fyddwn i ddim yn aelod o Senedd leuenctid Cymru neu'n hyderus yn siarad yn gyhoeddus."

“Rydym eisiau integreiddiad ac eisiau i bob teulu gyflawni eu potensial. Felly, mae'n bwysig deall anghenion y gymuned, ennill eu hymddiriedaeth a chreu cyfleoedd pwrpasol i lenwi'r bylchau.”



“

**"We want integration and we want every family to reach their potential. So, it's important to understand the needs of the community, gain their trust and create tailored opportunities to fill the gaps."**



**The Priory Learning Centre, based in Monkton Primary school works with families from the local Gypsy, Roma and Traveller communities and offers a tailored range of courses to encourage them to continue to secondary education.**

Currently 80% of Gypsy, Roma and Traveller pupils attend secondary school from primary school – the highest figure in the history of the Centre. Kellie Bellmaine, who works at the Priory Learning Centre along with lead teacher Claire Arnold, said: "We know a lot of Gypsy, Roma and Traveller children are expected to help their parents with work, so The Priory is more flexible on attendance than mainstream school. Claire has developed a new syllabus focusing on more vocational subjects, and since then attendance has increased along with the number of qualifications being gained."

The Priory works in tandem with Monkton School, which runs Launch Adult Learning, to offer adult education courses tailored to the needs of the

community. As a result, more than 3,000 community members, many of them parents, have enrolled on courses with 200 working towards degree-level qualifications.

Kellie continued: "The relationships between pupils have improved, more Gypsy, Roma and Traveller children are taking part in the Duke of Edinburgh Award, which is a huge show of trust and parents will come to see Claire and me for help with all sorts of things, like driving licence applications."

Ellie Murphrey, 16, sits on the Welsh Youth Parliament representing young Gypsy, Roma and Traveller people in Wales. She said: "Our class isn't just made up of pupils and teachers, together we're one big family. If it wasn't for The Priory I wouldn't be where I am today; I wouldn't be involved with the Welsh Youth Parliament or confident with my public speaking."

# Chloe Young

## Gwobr Mewn i Waith Into Work Award

ENWEBWYD GAN: WeMindTheGap  
NOMINATED BY: WeMindTheGap

Ddwyr flynedd yn ôl, roedd Chloe Young o'r Wyddgrug yn rhy ofnus i adael ei chartref ei hun oherwydd gorbryder ac iselder difrifol ac anhwylder bwyta yr oedd wedi bod yn brwydro yn ei erbyn ers pan oedd yn 17 oed. Meddai: "Mae fy mywyd wedi bod fyny ac i lawrr. Ar fy ngwaethaf, byddwn yn ei chael hi'n anodd dod allan o'r gwely i fynd â fy merch i'r ysgol. Doedd gen i ddim hyder - doedd gen i ddim byd ar ôl i'w roi. Doeddwn i ddim yn gweld pwrpas siarad am fy iechyd meddwl achos roeddwn i'n teimlo nad oedd unrhyw beth a fyddai'n gallu cael gwared ar fy mhrofiadau."



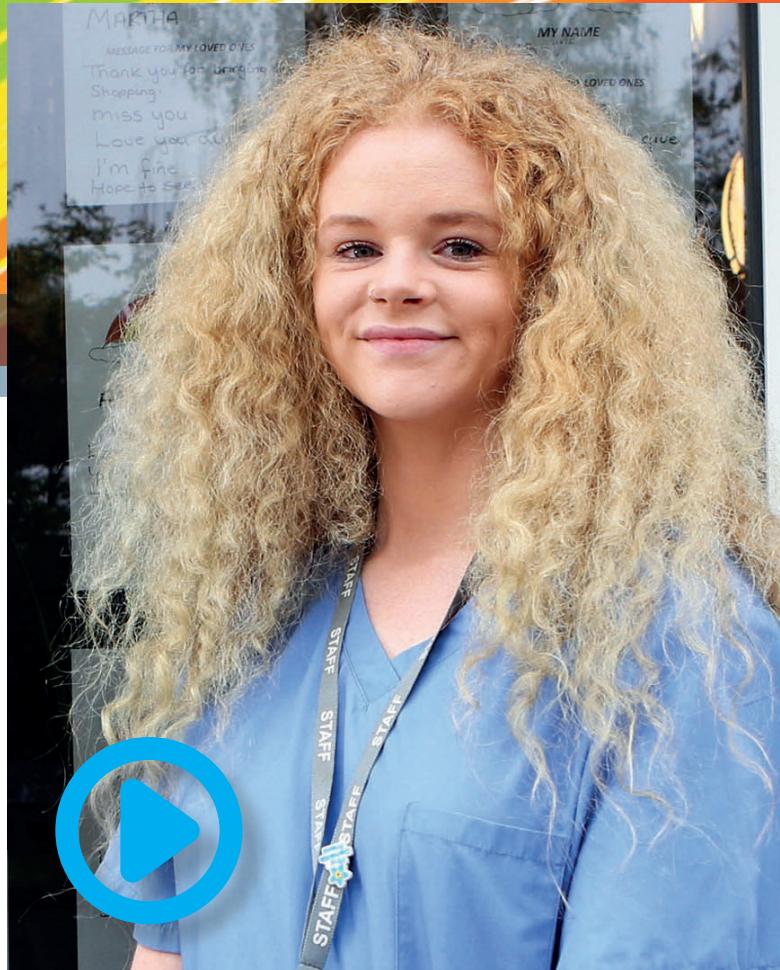
“

"Roedd dechrau fy hyfforddiant fel troi golau ymlaen eto yn fy mywyd. Fe wnaeth y cyfleoedd a gefais yn y chwe mis hwnnw newid fy mywyd. Roeddwn eisiau bywyd gwell i fi a fy merch. Fe wnes ddeall mewn dim o dro fod yn rhaid i mi dderbyn y gorffennol er mwyn symud ymlaen."

Cafodd Chloe ei chyfeirio at raglen WeMindTheGap, cynllun sy'n darparu mentora bywyd, profiad gwaith a mynediad at gyflogaeth. Meddai: "Pan ddechreuaus fy hyfforddiant, roeddwn i'n teimlo fel bod rhywun wedi aildanio'r golau yn fy mywyd. Cefais gyfleoedd yn ystod y chwe mis hynny a newidiodd fy mywyd. Roeddwn i eisiau bywyd gwell i fi a'm merch. Fe ddeallais yn fuan iawn bod rhaid derbyn y gorffennol er mwyn symud ymlaen. Gallwn deimlo'r cyffro'n tyfu gyda phob lle newydd roeddwn i'n gweithio ynddo a gyda phob sgil newydd roeddwn i'n ei dysgu, a hynny ar ôl bod mor swil wrth gerdded i mewn i'm lleoliad gwaith cyntaf."

Pan raddiodd Chloe, gofynnwyd iddi rannu ei phrofiadau gyda menywod ysbrydoledig eraill ar ei chwrs, noddwyr elusennau, rheolwyr lleoliadau, ffrindiau a theulu. "Roeddwn i'n ysgwyd, ac yn methu ynganu fy ngeiriau'n iawn wrth i mi ddarllen fy arraith i ystafell o tua 200 o bobl. Roeddwn i mor emosiynol, fe ddechreuaus i grio - allwn i ddim credu bod gen i'r hyder i'w wneud. Roeddwn i'n gwybod y gallwn ddangos yr hyn oedd yn bosib i'r bobl a oedd yn fy amau, a dwi wedi llwyddo i wneud hynny.

Arweiniodd ei lleoliad ar gyfer gwasanaethau cymdeithasol fel gweithiwr cymorth i'r henoed at swydd barhaol." Dwi wrth fy modd gyda'r gwaith ac mae wedi bod yn newid byd i fi. Mae gan fy merch tua 20 o neiniau a theidiau anrhyydeddus, maen nhw wrth eu boddau'n clywed amdani. Fe wnaeth hyn i mi sylweddoli fy mod i eisiau gofalu am bobl. Mae fy mos yn dweud fod gen i'r potensial i fod yn uwch reolwr, ond dwi eisiau mynd i'r brifysgol ac astudio nyrsio. Es i draw i weld fy nain yr wythnos diwethaf ac roedd hi'n dweud pa mor iach dwi'n edrych. Dwi'n bwyta'n well, dwi'n cymdeithasu, mae gen i swydd dwi wrth fy modd â hi, mae gen i gar a dwi'n aros am ddyddiad ar gyfer fy mhrawf gyrru."



**Just two years ago, Chloe Young was too afraid to leave her own home due to severe anxiety and depression and an eating disorder she'd battled since she was 17. She said: "My life was a rollercoaster. At my lowest I would struggle to get out of bed to take my daughter to school. I had no confidence - there was nothing left of me to give. I didn't see the use in talking about my mental health as I felt there was nothing that would take away my experiences."**

Chloe was referred to WeMindTheGap programme, which provides life coaching, work experience and access to employment. She said: "Starting my traineeship was like a light was turned back on in my life. The opportunities I had in those six months were life changing. I wanted a better life for me and my daughter, I soon understood that I had to accept the past in order to move forward. I could feel my excitement bubbling at each new place I worked and each new skill I picked up, after walking into my first work placement being so shy."



**"Starting my traineeship was like a light was turned back on in my life. The opportunities I had in those six months were life changing. I wanted a better life for me and my daughter. I soon understood that I had to accept the past in order to move forward."**

When Chloe graduated, she was asked to share her experiences with other inspirational women on her course, charity sponsors, placement managers, friends and family. "I was shaking, stuttering as I read my speech to a room full of 200 people. I was so emotional I burst into tears - I couldn't believe I had the confidence to do it. I knew I would show the people who doubted me, and I have."

Her placement for social services as a support worker for the elderly led to permanent work. "I absolutely love it, it's been the making of me. My daughter has about 20 honorary grandmas and grandpas, they love hearing about her. I realise that I want to take care of people, my boss says I have potential to be a senior manager, but I want to go to university and study nursing. I went to see my nan last week and she said how healthy I'm looking. I'm eating better, I socialise, I have a job I love, a car and I'm waiting for a date to take my driving test."

# Jamie Evans

## Gwobr Iechyd a Llesiant Health & Wellbeing Award

**ENWEBWYD GAN:** Addysg Oedolion Cymru  
**NOMINATED BY:** Adult Learning Wales

Oherwydd teimladau o iselder a gorbryder, roedd Jamie Evans yn dueddol o ynysu ei hun oddi wrth eraill, cymaint felly nes byddai wythnosau'n mynd heibio heb unrhyw gyswilt dynol. Dywedodd: "Dechreuais ddioddef gorbryder yn fy ardegau. Roedd gen i broblemau iechyd a oedd yn effeithio arna i bob dydd, a olygai fy mod yn colli'r ysgol, a dyna lle dechreuodd y cyfan." Cafodd Jamie ddiagnosis o glefyd Crohn, a daeth ei orbryder yn rhwystr enfawr, gan ei atal rhag gweithio, cymdeithasu a gweld unrhyw un y tu allan i'w gartref.

"Ar fy ngwaethaf, fyddwn i ddim yn codi o'r gwely, ddim yn 'molchi na bwyta. Fyddwn i ddim yn ateb fy ffôn pan oedd fy nheulu'n ffonio a byddwn yn gwneud esgusodion pan fyddai ffrindiau yn fy ngwahodd i allan, felly roion nhw'r gorau iddi yn y diwedd. Roeddwn i wedi bod yn ddi-waith ers 10 mlynedd oherwydd fy ngorbryder, fy iselder a phroblemau iechyd, a doedd gen i ddim ddyheadau na chynlluniau at y dyfodol - dim ond goroesi o ddydd i ddydd oeddwn i. Cefais boenladdwyr ar bresgripsiwn, ond dechreuais ddibynnu mwy a mwy arynn nhw, a'u cymryd nhw'n amlach gan 'mod i'n teimlo mor anhapus. Yn y pen draw, pan nad oedden nhw'n ddigon, troais at gyffuriau cryfach ac aeth fy mhroblemau o ddrwg i waeth. Fe wnaeth fy ngweithiwr cymorth camddefnyddio sylweddau neilltuo mentor cymheiriaid i mi."

Cafodd daflen am gwrs Seicoleg 12 wythnos gydag Addysg Oedolion Cymru, a oedd yn cael ei gynnal mewn partneriaeth ag elusen iechyd meddwl New Horizons, a chofrestrodd amdano. "Ar y diwrnod cyntaf, sefais y tu allan i'r dosbarth am tua 20 munud yn edrych ar y drws, yn arswyo cyn mynd i mewn. Roeddwn i'n swp sâl yn poeni, a bu bron i mi fynd adref. Ond cliciodd rhywbeth y tu mewn i mi, a gorfodais fy hun i fynd i'r dosbarth. Roedd fy nosbarth cyntaf yn anhygoel. Roeddwn i'n teimlo gartrefol ar unwaith, ac yn edrych ymlaen at y dosbarth nesaf - roeddwn i'n ysu i ddysgu mwy."

Pan oedd y cwrs yn dod i ben, doedd Jamie ddim yn teimlo'n barod i roi'r gorau iddi ac fe gofrestrodd ar ddosbarth Troseddeg gyda'r un tiwtor, er bod angen teithio 40 munud i'r cwrs. Ymhen ychydig wythnosau, roedd ar drydydd cwrs Magu Hyder, y bu'n dilyn tri chwrs yr wythnos, cyn cofrestru yn y pen draw i wneud cwrs Mynediad yn y Dyniaethau a gwyddorau cymdeithasol yng Ngholeg y Cymoedd.

"Fe wnes i gwrdd â chymaint o bobl newydd a dechreuodd fy ngorbryder ddiflannu'n raddol. Roeddwn i'n mwynhau fy hun ac roedd gen i deimlad cadarnhaol braf y tu mewn i mi. Roedd gen i bwras mewn bywyd."

**"Roeddwn i'n arfer ofni'r anhysbys, ond bellach yn y dosbarth, rwy'n cwrdd â phobl newydd ac yn gwybod bod pawb yn mynd drwy eu pethau eu hunain ac yn delio â phroblemau eu hunain. Dw i wedi elwa cymaint ar ddysgu, y tu hwnt i bob disgwyl. Nid dim ond gwybodaeth am bwnc o'r dosbarthiadau, ond sgiliau gwerthfawr, hunan-gred, gwydnwch, cyfeillgarwch ac iechyd meddwl gwell".**

“

**“I used to have the fear of the unknown, but now going into class, I meet new people and know that everyone is going through their own things and dealing with problems of their own. I've got so much more out of learning not just the subject knowledge from the classes, but valuable skills, self-belief, resilience, friendship and better mental health”.**



**Jamie Evans' depression and anxiety saw him isolate himself from others, to a point where he would go weeks without human contact. He said: "I started suffering with anxiety when I was a teenager. I had health problems that were affecting me daily, which meant I was missing school, and that's where it all began." Jamie was diagnosed with Crohn's disease and his anxiety became a huge barrier, stopping him from working, socialising and seeing anyone outside of his home.**

"At my lowest, I wouldn't get out of bed, I wouldn't wash, I wouldn't eat. I wouldn't answer my phone and I would make excuses when friends invited me out. I had been out of work for 10 years because of my health problems, and I had no aspirations, I was just surviving day to day. I had been prescribed painkillers but began relying on them more and more because I was so unhappy. Eventually, when they weren't enough, I turned to stronger drugs and my problems really started to spiral. I was assigned a peer mentor through my substance misuse support worker."

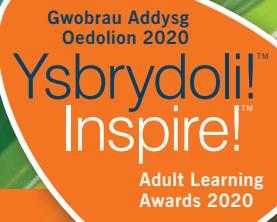
He was given a leaflet about a 12-week Psychology course with Adult Learning Wales, run in partnership with New Horizons mental health charity, and he signed up. "On the first day, I stood outside the class for about 20 minutes looking at the door, terrified to go in. My anxiety was though the roof, I felt sick and I almost turned around. But something inside of me had clicked and I forced myself into the class. My first class was amazing. I immediately felt at home and the classes couldn't come quick enough – I just wanted to learn more."

When the course was coming to an end, Jamie didn't feel ready to stop, and enrolled on a Criminology class with the same tutor, despite it being a 40-minute drive away. After a few weeks, he was on a third course in Confidence Building, before eventually enrolling onto an Access course in Humanities and Social Science at Coleg y Cymoedd.

"I met so many new people and my anxiety just seemed to melt away. I was enjoying myself and had a constant positive feeling inside of me. I felt like I had a purpose in life."

# Gwobr Prosiect Cymunedol Community Project Award

## The Community Impact Initiative



Mae'r Community Impact Initiative (Cii) yn fenter gymdeithasol sydd â'r nod o wella cymunedau lleol drwy ddatblygu sgiliau allweddol sydd eu hangen ar gyfer gwaith drwy ailwampio adeiladau gwag. Dywedodd Trystan Jones, y Prif Weithredwr: "Prif nod y prosiect hwn yw cefnogi ein cymuned leol drwy helpu pobl i ddatblygu eu sgiliau personol a'u sgiliau cyflogadwyedd fel y gallant wneud dewisiadau bywyd cadarnhaol. Drwy ein gwaith gobeithiwn nid yn unig i ddatblygu sgiliau newydd ar gyfer oedolion ledled Cymru, ond hefyd ddod ag adeiladau gwag yn ôl yn fyw."



**"Prif nod y prosiect hwn yw cefnogi ein cymunedau lleol drwy helpu pobl i ddatblygu eu sgiliau personol a'u sgiliau cyflogadwyedd fel y gallant wneud dewisiadau bywyd cadarnhaol. Drwy ein gwaith gobeithiwn nid yn unig i ddatblygu sgiliau newydd ar gyfer oedolion ledled Cymru, ond hefyd ddod ag adeiladau gwag yn ôl yn fyw."**

Mae Cii yn cyflogi dau diwtor mewn sgiliau adeiladu sy'n goruchwyliau'r prosiect ac yn gweithio gyda phlymwyd a thrydanwyr trwyddedig i osod dŵr a thrydan yn ddiogel yn yr adeiladau. Ar ôl eu gorffen caiff y tai eu gwerthu a bydd unrhyw elw a dderbyniwyd o'r gwerthiant yn mynd yn ôl yn uniongyrchol i brynu'r tŷ nesaf.

Dywedodd Trystan: "Mae ein tîm yn gwella eu hiechyd a'u lles ac yn dysgu llu o sgiliau, o blastro i deilsio a phopeth yn y canol. Mae'r prosiect yn golygu gwahanol bethau i wahanol bobl a chawsom geisiadau gan ddysgwyr 15 oed lan at 70 oed. Roedd gennym un fenyw, a gollodd ei gŵr ac eisiau datblygu ei sgiliau DIY a helpu'r gymuned yr un pryd. Roedd gennym ddyn ifanc y bu ei rieni ei fawr pan oedd yn ifanc, roedd yn teimlo'n ynysig ac yn aml yn mynd am ddyddiau heb weld neb a daeth atom yn dymuno datblygu ei sgiliau cyfathrebu a gwneud ffrindiau."

Ymunodd Jade Davies â'r rhaglen yn 2019, fel mam sengl i ddau o blant ifanc, cafodd Jade hi'n anodd sicrhau mwy o gyfleoedd dysgu neu gyflogaeth tra'n cydbwysa ei bywyd cartref. Dywedodd: "Roedd y cwrs yn bendant yn gymhelliant i mi ac fe roddodd yr hyder i mi ymwneud gyda phobl newydd o bob math o wahanol gefndir. Gallais ffurio cyfeillgarwch ac ehangu fy rhwydwaith, rhywbeth na fyddwn wedi bod yn ddigon hyderus i'w wneud bedwar mis yn ôl." Mae Jade yn awr wedi cael cynnig swydd lawn-amser fel Swyddog Llesiant y Cii.

Mae Cii yn gweithredu ar draws De Cymru ar hyn o bryd, ac wedi gweithio'n ddiweddar yng Nghastell Nedd, Merthyr Tudful a Phont-y-pŵl gyda nodau twf hirdymor i ymestyn ei orchudd daearyddol ar draws y Deyrnas Unedig.



“

**The aim of this project is to support our local communities through helping people improve their health and wellbeing and develop their personal and employability skills so they can make positive life choices. Through our work we not only develop new skills for adults across Wales, but also bring empty properties back to life.”**

The Community Impact Initiative (the Cii), is a social enterprise that aims to improve local communities by developing the key skills needed for work through the renovation of empty properties. Trystan Jones, Chief Executive, said: “The aim of this project is to support our local communities through helping people develop their personal and employability skills so they can make positive life choices. Through our work we not only develop new skills for adults across Wales, but also bring empty properties back to life.”

The Cii employs a team of construction tutors who oversee the project and work with licensed plumbers and electricians to safely install water and electric into the properties. Once complete, houses are sold and any profit received from the sale goes directly back into the purchase of the next house.

Trystan said: “Our participants improve their health and wellbeing and learn a range of skills, from plastering to tiling and everything in between. The project means different things to different people and we've had applications from learners aged 15 right up to 70 years old. We had one lady, who lost her husband and wanted to develop her DIY skills and help the community at the same time. We've had a young man whose parents died at a young age, he felt isolated and often went days without

seeing anyone and came to us looking to develop his communication skills and make friends.”

Jade Davies joined the programme in 2019, as a single mother of two young children, Jade had found it difficult to secure further learning opportunities or employment while balancing her homelife. She said: “The course definitely motivated me, and it gave me confidence interacting with new people from different backgrounds. I was able to form friendships and expand my network, something I wouldn't have been confident enough to do four months ago.” Jade has now been offered a full-time role as a Wellbeing Officer with the Cii.

The Cii currently operates across South Wales, having recently worked in Neath, Merthyr Tydfil and Pontypool with long-term aspirations to extend its geographical coverage across the UK.

# Alisha Morgan

## Gwobr Oedolyn Ifanc Young Adult Award

ENWEBWYD GAN: Coleg Y Cymoedd  
NOMINATED BY: Coleg Y Cymoedd

Mae Alisha Morgan yn ofalwraig llawn amser i'w mam, sydd â nifer o gyflyrau meddygol gan gynnwys dementia cynnar. Yn 17 oed, roedd Alisha yn delio gyda'i hiechyd meddwl ei hun ac oherwydd hynny ac am ei bod hi'n gofalu am ei mam, roedd hi'n teimlo nad oedd ganddi ddewis ond gadael ei chwrs coleg. Cofrestrodd ar gwrs hyfforddi cymorth cyntaf iechyd meddwl, a helpodd hyn hi i ddod o hyd i fecanweithiau ymdopi ar gyfer yr hyn yr oedd yn mynd drwyddo.

Wrth ddilyn y cwrs hwnnw, llwyddodd i ddod o hyd i'r cymorth i fynd yn ôl i'r coleg, ar ôl cael ei hysbrydoli gan y gofal y mae hi a'i brawd a'i chwaer yn ei roi i'w mam.

Meddai Alisha: "Roedd gen i lawer o brofiad o falu am rywun sy'n sâl iawn, felly fe feddyliais i



am dy fam dwyt ti ddim yn meddwl am y tasgau rwyt ti'n eu gwneud drwy'r dydd, rwyt ti'n eu gwneud nhw heb feddwl."

Roedd hi'n benderfynol o ddilyn gyrfa lwyddiannus, ac mae hi bellach yn gweithio tuag at ei Diploma Lefel 3 mewn lechyd a Gofal Cymdeithasol yng Ngholeg y Cymoedd ac yn gobeithio bod yn nyrs iechyd meddwl i blant.

Meddai: "Mae'r coleg mor gefnogol. Mae popeth yn parhau i fod yn dipyn o her ac ambell ddiwrnod dwi'n eistedd yn y dosbarth gan wybod fy mod i'n mynd i gael galwad ffôn i ddweud bod mam wedi gwaethyg, neu'n meddwl am y moddion sydd angen i mi eu trefnu. Ond maen nhw'n hyblyg iawn ac yn deall sut mae pethe gartref."

Yn ogystal â gofalu am ei mam a mynd i'r coleg yn llawn amser, mae Alisha wedi sefydlu Clwb ieuenctid Glynrhedynog ar gyfer pobl ifanc, gan gynnwys y rhai sydd wedi colli anwyliaid i hunanladdiad.

Meddai: "Ar fy ngwaethaf, yn syth ar ôl i'n ffrind teulu farw, roeddwn i'n gofalu am fy mam ac yn ceisio dal ati gyda'm gwaith coleg. Doeddwn i byth yn mynd allan a doedd gen i ddim bywyd cymdeithasol gwerth sôn amdano. Doedd dim llawer o gyfle i mi siarad gydag unrhyw un am yr hyn roeddwn i'n mynd drwyddo."

Mae'r clwb ieuenctid ar gael i bobl ifanc 11 i 25. Meddai "Mae trefnu'r clwb ieuenctid yn rhoi rhywfaint o amser a lle i mi ar fy mhen fy hun i sgwrsio â gofalwyr eraill neu bobl sy'n ceisio ymdopi â galar. Yr unig beth dwi'n gyfarwydd ag ef mewn bywyd yw bod yn ofalwr ifanc. Mae'n anodd weithiau, ond mae'n rhaid dal ati."

“

"Dwi am fod yn nyrs plant sy'n arbenigo ym maes iechyd meddwl. Fe fydda i'n parhau i ddal ati er mwyn gwneud fy mam yn falch."

“

**“I want to be a paediatric nurse specialising in mental health. I will keep on pushing to make my mum proud.”**



**Alisha Morgan, is a full-time carer for her mother, who has a number of medical conditions including early onset dementia. At 17, Alisha had her own mental health challenges and paired with looking after her mum, felt she had no choice but to leave her college course. She enrolled on a mental health first aid training course, which helped her find coping mechanisms for what she was going through.**

That course led to her finding the support to go back to college, inspired by the care she and her siblings give to her mum.

Alisha said: "I had lots of experience taking care of someone who was really ill, so I thought why not make healthcare my career? I was fascinated by all the theory and science of it all. When you're caring for your mother you don't think about the tasks you do throughout the day, you just get on with it."

Determined to forge a successful career, she is now working towards a Level 3 Health and Social Care at Coleg y Cymoedd with plans to be a paediatric mental health nurse.

She said: "The college is so supportive. It's still really challenging and there are days when I sit in class knowing I'm going to get a phone call to say mum has taken a turn for the worse, or I'm thinking about the medication I need to organise. But they're really flexible and understand my homelife."

As well as caring for her mum and going to college full time, Alisha set up Ferndale Youth Club for young people, including those who have lost loved ones to suicide.

She said: "At my lowest, just after our family friend had died, I was caring for my mum and trying to keep afloat with my college work. I became extremely depressed. I never went out and didn't have much of a social life, there weren't many opportunities for me to talk about what I was going through."

The youth club is open to people aged 11 to 25, she said: "Running the youth club gives me some time and space on my own to chat to other carers or people dealing with grief. Being a young carer is all I know. It is hard sometimes, but you have to just keep going."

# Y Teulu Smith

## The Smith Family

### Gwobr Dysgu fel Teulu

### Family Learning Award

**ENWEBWYD GAN:** Dysgu Bro Ceredigion  
**NOMINATED BY:** Dysgu Bro Ceredigion

Penderfynodd dwy genhedlaeth o'r teulu Smith ddysgu iaith Arwyddion Prydeinig (BSL) i'w helpu i gyfathrebu gyda Krsna, pan aeth yn holol fyddar fel babi. Mae'r teulu wedi cwblhau cymwysterau i BSL Lefel 1 a Lefel 2 ac maen nhw'n bwriadu symud ymlaen i Lefel 3. Meddai Alex, y fam-gu, "Roedden ni eisiau dechrau dysgu BSL fel teulu fel y byddai gan Krsna iaith lawn i gyfathrebu ynddi."

Roedd rhieni Krsna eisiau iddo gael ei drochi yn niwylliant pobl fyddar o oed cynnar. Dechreuon nhw ddysgu BSL pan oedd e'n fabi ac fe lwyddon nhw i drefnu iddo dreulio amser gyda phobl fyddar eraill yn eitha' cyflym. "Does dim modd i unrhyw blentyn ddod yn rhugl mewn iaith oni bai ei fod yn gallu cael profiad o'r iaith honno'n cael ei defnyddio'n rhugl o'i gwmpas. Roedd yn bwysig iawn i ni allu cyfathrebu'n llawn gydag e, ei gynnwys mewn sgyrsiau teuluol a'i helpu gyda BSL."

Fe wnaethant ddysgu BSL eu hunain gartref gan ddefnyddio llyfrau ac adnoddau ar-lein. Pan gafodd dosbarthiadau lefel mynediad eu sefydlu yn lleol, fel rhan o'r rhaglen Dysgu Bro, wnaethon nhw ddim oedi cyn cofrestru. Aeth Alex yn ei blaen: "Gall dysgu BSL fod yn ddrud iawn felly rydyn ni'n teimlo'n hynod ddiolchgar am y cyfle hwn. Pe bai mwy o gyllid ar gael, byddai mwy o deuluoedd yn gallu cefnogi aelodau o'r teulu sy'n fyddar drwy ddysgu BSL.

Ers cwblhau'r cwrs mae Josey, sy'n ewythr i Krsna, wedi defnyddio ei sgiliau BSL i wirfoddoli. Meddai: "I

“

"Mae unrhyw fath o ddysgu yn eich ehangu ac yn helpu i'ch gwneud yn berson mwy cyflawn. Rydyn ni wedi dod yn ffrindiau da gyda'r bobl eraill oedd yn dysgu gyda ni, ond yn bwysicaf oll rydyn ni'n gallu cyfathrebu â Krsna."

gychwyn, roeddwn i'n nerfus am ddechrau'r cwrs, ond mae fy hyder wedi gwella'n aruthrol ac erbyn hyn dwi'n benderfynol o barhau a chwblhau'r cymhwyster Lefel 3."

Mae modrybedd Krsna, Naomi a Laura, wedi gweithio'n galed er mwyn cynnwys pobl fyddar mewn gwyliau maen nhw'n eu trefnu. Dywedodd y ddwy: "Mae pobl fyddar dan anfantais fawr yn y gymuned o bobl sy'n clywed. Rydyn ni'n credu y dylai pawb ddysgu BSL; mae dysgu iaith fel oedolyn yn her ond byddwn yn ei argymhell i unrhyw un."





“

**"Any kind of learning expands you and helps to make you a more rounded person. We've made some great friendships with the other people we learned with, but most importantly we're able to communicate with Krsna."**

**Two generations of the Smith Family made the decision to learn British Sign Language (BSL) to help them communicate with nine-year-old Krsna, who became profoundly deaf as a baby. The family have completed iBSL Level 1 and Level 2 qualifications and are planning to progress to Level 3. Grandmother, Alex Smith said, "We wanted to start learning BSL as a family so that Krsna would have a full language in which to communicate."**

Krsna's parents, wanted him to be immersed in Deaf culture from an early age. They started learning BSL when he was a baby and quickly arranged for him to spend time with other Deaf people. "No child can become fluent in a language unless they can experience it being used fluently around them. It was really important to us to be able to communicate with him, include him in family conversations and support him in his BSL."

They started by teaching themselves BSL at home using books and online resources. When entry-level classes were set up locally as part of the Dysgu Bro community learning programme, they signed up right away. Alex says; "Learning BSL can be very expensive so we feel incredibly grateful for this opportunity. If there was more funding available, more families would be able to support Deaf family members by learning BSL.

Since completing the course, Krsna's uncle Josey, has used his BSL skills to volunteer, he said: "I was initially nervous to start the course, but my confidence has improved massively and now I'm determined to keep going and complete my Level 3 qualification."

Krsna's aunties, Naomi and Laura, have worked to involve Deaf people in festivals they organise. They said: "Deaf people are hugely disadvantaged within the hearing community. We think everyone should learn BSL, learning a language as an adult is challenging but I would recommend it to anyone."

# Chawan Ali

Gwobrau Addysg  
Oedolion 2020

Ysbrydoli!<sup>TM</sup>  
Inspire!

Adult Learning  
Awards 2020

## Gwobr Gorffennol Gwahanol: Rhannu Dyfodol Different Past: Shared Futures Award

ENWEBWYD GAN: Coleg Cambria  
NOMINATED BY: Coleg Cambria

Bu'n rhaid i Chawan Ali ffoi o lrac yn 2015 gyda'i rhieni a'i thri brawd iau er mwyn dod o hyd i le diogel ar ôl blynnyddoedd o ymladd. Dim ond yn ysbeidiol roedd hi wedi cael addysg yn ei mamwlad ac ychydig iawn o Saesneg oedd ganddi, a bu'n rhaid i'r ferch, oedd yn 16 oed ar y pryd, frwydro i gael statws ffaodur wrth geisio setlo i'w bywyd newydd yn Wrecsam. Meddai: "Roeddwn i mor ofnus; dwi'n cofio cerdded drwy neuaddau'r ysgol a doedd gen i ddim syniad beth oedd yn digwydd. Roeddwn i'n dweud ie neu na fel ateb i bopeth ond doeddwn i ddim wir yn deall dim byd. Mewn neuadd yn llawn cannoedd o fyfyrwyr, doeddwn i erioed wedi teimlo mor unig."



“

"Dwi bellach yn ddiogel ac yn cael cefnogaeth, ac yn cael yr un cyfleoedd â'r rhan fwyaf o bobl ifanc a dwi'n ddiolchgar iawn. Dwi'n parhau i weithio'n galed er mwyn bod yn esiampl o fenyw gref i weddill y teulu. Pan fydd pobl yn clywed fy stori, dwi eisiau dweud wrthyn nhw am beidio byth â rhoi'r gorau iddi. Dwi eisiau dweud wrthyn nhw am beidio â gadael i brofiadau gwael bywyd eu hatal rhag symud ymlaen. Trwy weithio'n galed, gallwch frwydro dros eich bywyd chi a bywyd pobl eraill."

Cofrestrodd Chawan ar gwrs Saesneg i Siaradwyr leithoedd Eraill (ESOL) Mynediad 2, ac mae hi'n dweud bod hynty wedi agor llawer o ddrysau. Heb gymwysterau TGAU, aeth Chawan ymlaen i gwblhau cwrs Kickstart yng Ngholeg Cambria ac ar hyn o bryd mae hi'n astudio Lefel 3 lechyd a Gofal Cymdeithasol a Lefel 2 ESOL. Mae hi'n gobeithio sefyll ei harholiadau a pharhau ar ei chwrs Lefel 3 - ei breuddwyd yw bod yn fydwraig.

Mae Chawan yn gofalu am ei mam sy'n dioddef o sawl cyflwr meddygol hirdymor, yn helpu ei theulu gydag apwyntiadau, ffurflenni banc a chyfieithu dogfennau o ysgol ei brawd. Yn ogystal â gweithio mewn cartref gofal a mynd i'r coleg, mae'n aelod o gymuned Ffoaduriaid a Cheiswyr Lloches Wrecsam ac mae hi'n cynnal sesiynau galw heibio yn Eglwys Fethodistaidd Wrecsam a hefyd yn ymgyrchu.

Meddai: "Mae ennill cymwysterau wedi newid fy mywyd, mae gen i ddyfodol nawr - rhywbeth dwi wedi breuddwydio amdano ers blynnyddoedd. Dwi'n parhau gyda'r gwaith achos dwi eisiau gwneud gwahaniaeth. Nid dim ond i fi ond i eraill sydd mewn sefyllfa debyg."

Meddai Lianne Walley, tiwtor ESOL yng Ngholeg Cambria; "Mae Chawan yn ysbrydoliaeth i ni gyd. Drwy ei gwaith gyda'r rhwydwaith VOICES, grŵp annibynnol o geiswyr lloches a ffaoeduriaid sy'n hunaneirioli er mwyn codi ymwybyddiaeth ac annog newid cadarnhaol, mae Chawan wedi siarad yn y Senedd gan gynrychioli'r rhai sydd mewn sefyllfa oedd tebyg. Mae'n enghraift anhygoel o waith caled ac ymroddiad, mae ei chynnydd yn Coleg Cambria yn dangos yr hyn y gellir ei gyflawni drwy fod yn benderfynol."

“

**“I am now safe and supported, with the same opportunities most young people have and I am so thankful. I continue to work hard to be the strong woman for my family. When people hear my story, I want to tell them to never give up. I want to tell them not to let the bad experiences in your life stop you moving forward, with hard work you can fight for your life and those of others.”**



**Chawan Ali had to flee Iraq in 2015 with her parents and three younger brothers to find safety after years of fighting. With limited English and sporadic schooling in her own country, the then 16-year-old had to fight for refugee status, while trying to settle into a new life in Wrexham. She said: “I was so scared; I remember walking through the halls of the school not knowing what was going on. I would only answer yes or no but I really didn’t understand anything. In a hall full of hundreds of students, I had never felt so alone.”**

Chawan enrolled on an Entry 2 English for Speakers of Other Languages (ESOL) course, which she says opened a lot of doors. Without GCSEs Chawan went on to complete a Kickstart course at Coleg Cambria and is currently studying Level 3 Health and Social Care and Level 2 in ESOL. She hopes to sit her exams and continue onto a Level 3 and progress further to realise her ambition to become a midwife.

Chawan looks after her mum who suffers with several long-term medical conditions, helps her family

with appointments, bank forms and translating documents from her brothers' school. As well as working at a care home and attending college, she's a member of the Wrexham Refugee and Asylum Seeker community and runs drop-in sessions at Wrexham Methodist Church as well as campaigning.

She said: "Gaining qualifications has changed my life, I have a future now – something which I have dreamed about for years. I keep working because I want to make a difference. Not only for me but for others in a similar situation."

Lianne Walley, ESOL tutor at Coleg Cambria said; "Chawan is truly inspirational. Through her involvement with the VOICES network, an independent group of asylum seekers and refugees who self-advocate to raise awareness and positive change, Chawan has spoken at the Senedd representing those in similar situations. She is an amazing example of hard work and commitment; her progress at Coleg Cambria is testament to what can be achieved with determination."

# Joseff Gnagbo

## Dechrau Arni: Gwobr Dysgu Cymraeg Starting Out: Welsh Beginner Award

ENWEBWYD GAN: Cyngor Ffoaduriaid Cymru  
NOMINATED BY: Welsh Refugee Council

Cafodd Joseff Gnagbo ei fagu ar y Traeth Ifori, ond bu'n rhaid iddo geisio lloches yng Nghymru oherwydd aflonyddwch gwleidyddol. Meddai: "Roedd fy mamwlad o dan warchae ac roedd o'n frawychus. Roedd yna lawer o ymladd, felly roedd yn rhaid i fi ffoi i rywle diogel. Doeddwn i'n gwybod dim am Gaerdydd heb sôn am Gymru. Y cyfan roeddwn i wedi'i glywed oedd ei fod yn lle gwyrdd iawn, nad oedd gormod o bobl yma a bod y trigolion yn neis iawn. Dwi wedi byw ymhob cwr o'r byd ac wedi addo i fi fy hun y byddwn i bob amser yn dysgu iaith fridorol y wlad yr oeddwn ynddi."

Fe wnaeth Joseph drochi ei hun yn niwylliant Cymru, gan ddod yn rhugl yn y Gymraeg ac mae bellach yn addysgu Cymraeg sylfaenol i geiswyr lloches eraill. Roedd wedi gweithio fel ieithydd yng ngorllewin Affrica, yn siarad Ffrangeg, Swahili, Eidaleg, Rwsieg, Almaeneg ac Arabeg hefyd.

Roedd mynd i Ganolfan Oasis yng Nghaerdydd y diwrnod ar ôl iddo gyrraedd Cymru yn help mawr, meddai, ynghyd â'r ap 'Say Something in Welsh' wnaeth ei diwtor awgrymu y dylai ddefnyddio. Dilynodd Joseff gyrsiau gyda Dysgu Cymraeg Caerdydd hefyd, sy'n cael eu cynnal gan Brifysgol Caerdydd ar ran y Ganolfan Dysgu Cymraeg Genedlaethol.

“

"Mae dysgu wedi rhoi cymaint o hyder i mi. Trueni na wnes i ddechrau dysgu Cymraeg pan oeddwn i'n iau ond gyda gwaith caled ac ymarfer gall unrhyw ei wneud o. Dwi wrth fy modd gyda'r Gymraeg a dwi eisiau brwydro dros barhad yr iaith gymaint ag unrhyw Gymro brodorol. Mae'n bwysig i'r wlad a dylai barhau'n iaith fyw."

Mae Joseff bellach yn gweithio fel gofalwr, cyfieithydd ac athro, ac mae'n gwirfoddoli i Gymdeithas yr iaith. Mae hefyd yn rhoi sesiynau blasu Cymraeg sy'n para hanner awr yng Nghyngor Ffoaduriaid Cymru – ar ôl i ddysgwyr gael awr o hyfforddiant Saesneg.

Aeth ymlaen i ddweud: "Roedd rhai o'm tiwtoriaid yn amheus am ychwanegu'r Gymraeg at y cyrsiau Saesneg. Roedden nhw'n meddwl y gallai ddrysú pobl. Ond gan fod cymaint o arwyddion yn Gymraeg a bod pobl yn siarad yr iaith, dwi'n meddwl ei bod yn bwysig gwybod y pethau sylfaenol, yn enwedig os ydych chi'n chwilio am waith neu os oes gennych chi blant sy'n mynchyu ysgolion dwyieithog. Dwi am barhau i ddatblygu fy sgiliau ac wrth fy modd yn cerdded drwy'r canolfannau lle dwi'n gwirfoddoli a chlywed ceiswyr lloches a ffaouriaid yn dweud diolch!"





“Learning has given me so much confidence. I wish I had started learning Welsh when I was younger but with hard work and practice anyone can do it. I love Welsh and am fighting for its survival just as much as a native Welsh person, it’s important to the country and should live on.”



**Joseff Gnagbo was brought up on the Ivory Coast but due to unrest was forced to seek asylum in Wales. He said: "My homeland was under siege, it was scary. There was a lot of fighting, so I was forced to flee to safety. I didn't know anything about Cardiff let alone Wales, all I had heard was that it's very green, less crowded and the people are really nice. I've lived all over the world and promised myself I would always learn the native language of the country I was in."**

Joseff immersed himself in the culture of Wales, he's become fluent in the language and is now teaching other asylum seekers basic Welsh. He worked as a linguist in his West African home and also speaks French, Swahili, Italian, Russian, German and Arabic.

Attending the Oasis Centre in Cardiff the day after he arrived in Wales helped, he said, along with the 'Say Something in Welsh' app suggested by his tutor. He also followed courses with Learn Welsh Cardiff, run by Cardiff University on behalf of the National Centre for Learning Welsh.

Joseff now works as a carer, a translator and a teacher, and volunteers for Cymdeithas yr Iaith, the Welsh Language Society. He also gives half-hour Welsh language taster sessions at the Welsh Refugee Council – after learners have had an hour of English tuition.

He continued: "Some of my tutors were sceptical about adding Welsh to the English courses, they thought it may confuse people. But as so many signs are in Welsh and people speak the language, I think it's important to know the basics, especially if you're looking for work or have children attending bilingual schools. I want to continue developing my skills and I love walking through the centres where I volunteer and hearing asylum seekers and refugees saying diolch!"

# Rhaglen Datblygu Gyrfa Cenedl Hyblyg 2

## Agile Nation 2 Career Development Programme

### Gwobr Sgiliau Gwaith Skills at Work Award



Ers iddi gael ei lansio yn 2015, mae Rhaglen Datblygu Gyrfa Cenedl Hyblyg 2 Chwarae Teg wedi helpu'r sawl sy'n cymryd rhan i sicrhau cynnydd cyflog o fwy na £3 miliwn rhwng 2015 a 2019.

Mae'r raglen addysg oedolion 12-wythnos yn darparu ar gyfer menywod o gefndiroedd a diwydiannau amrywiol, gan eu cefnogi i weithio tuag at eu nodau gyrfa tra'n ennill cymwysterau cydnabyddedig drwy'r Sefydliad Arweinyddiaeth a Rheolaeth.

Cafodd y cwrs ei gwblhau gan fwy na 2,700 o fenywod hyd yma. Dywedodd Rina Evans, uwch bartner cyflenwi Chwarae Teg: "Daw menywod atom o wahanol sectorau, ar wahanol lefelau a chamau yn eu gyrfaoedd, ond unwaith y maent yn dod ynghyd yn y sesiynau grŵp, maen nhw'n sylweddoli bod llawer o'r heriau sy'n wynebu menywod yn y gweithle yr un fath".

Mae Dyfarniad Lefel 2 Ymgyrraedd at Arwain, cwrs mwyaf poblogaidd Chwarae Teg, yn anelu i gau'r bwlch hwnnw a chynyddu cynrychiolaeth menywod mewn swyddi arweinyddiaeth.

Ychwanegodd Rina: "Mae menywod yn gwneud arweinwyr gwych, ond mae llawer o fenywod sy'n dod atom yn dioddef o syndrom ffugio - maent yn teimlo nad yw'r cymwysterau ganddynt i fod mewn swyddi arwain. Weithiau gall dychwelyd i addysg fel oedolyn a chael cymhwyster arwain i gydnabod

hynny help i roi hyder iddynt wthio ymlaen a chyflawni eu nodau.

Gorffennodd Gemma Williams, cynghorydd ecoleg a bioamrywiaeth Dŵr Cymru, y rhaglen yn 2018 a chafodd ddychwafiat ddwywaith ers hynny. Dywedodd: "Cenedl Hyblyg 2 oedd y cyfle cyntaf a gefais i weithio ar fy natblygiad personol. Mae wedi agor cynifer o ddrysau i fi. Cyn i mi orffen y cwrs hwn, byddai swyddi'n dod lan a byddwn yn tanbrisio fy hun a pheidio gwneud cais amdanynt. Byddwn yn darbwyllo fy hunan nad oedd y sgiliau na'r profiad cywir gen i, ond fe roddodd hyn yr hyder a'r gallu i fi i gredus ynof fy hun.



"Rwy'n credu'n gryf mewn dysgu gydol oes. Pan ewch o addysg lawn-amser i waith, ac wrth i chi fynd ymlaen yn eich gyrfa, bydd y sgiliau sydd angen i chi eu datblygu yn newid felly bydd bob amser angen i ddal ati i ddysgu."



“

**"I'm a big believer in learning throughout your life. When you go from full-time education into work, and as you progress in your career, the skills you need to develop will change so there will always be a need to keep learning."**

**Since it was launched in 2015, Chwarae Teg's Agile Nation 2 Career Development Programme has helped participants to gain a collective pay rise of more than £3million.**

The 12-week adult learning programme caters for women from diverse backgrounds and industries, supporting them to work towards their career goals while gaining recognised qualifications through the Institute of Leadership and Management.

The course has so far been completed by more than 2,700 women. Rina Evans, senior delivery partner at Chwarae Teg, said "Women come to us from different sectors, at different levels and stages in their careers, but once they come together in the group sessions, they realise that a lot of the challenges facing women in the workplace are the same."

Chwarae Teg's most popular course, the Level 2 Aspiring Leaders Award aims to increase the representation of women in leadership positions.

Rina added: "Women make great leaders, but a lot of women who come to us suffer with imposter syndrome – they feel they aren't qualified to be in leadership positions. Sometimes going back into education as an adult and having that recognised with a leadership qualification helps give them the confidence to push ahead and achieve their goals.

Gemma Williams, ecology and biodiversity advisor at Welsh Water, completed the programme in 2018 and has since been promoted twice. She said: "Agile Nation 2 was the first opportunity I had to work on my personal development. It's opened so many doors for me. Before completing this course, jobs would come up and I would sell myself short and not apply for them. I would convince myself I didn't have the right skills or experience, but this gave me confidence and ability to believe in myself.

# Ralph Handscomb

## Gwobr Heneiddio'n Dda Ageing Well Award

**ENWEBWYD GAN:** Dysgu Oedolion yn y Gymuned Merthyr Tudful  
**NOMINATED BY:** Adult Community Learning Merthyr Tydfil

Bu Ralph Handscomb, sy'n dod o Ferthyr Tudful ac sydd wedi ymddeol, yn helpu pobl i chwilio am swyddi yn ystod y cyfnod clo, mae'n ddysgwr ac yn wirfoddolwr sy'n gweithio gyda Dysgu Oedolion yn y Gymuned Cyngor Bwrdeistref Sirol Merthyr Tudful yn Y Coleg ym Merthyr ac yn y Ganolfan Gwaith a Mwy yn y dref.

Meddai Ralph: "Dwi wedi bod â diddordeb brwd mewn cyfrifiaduron erioed. Ond ar ôl pasio saith Lefel O yn y 70au, doedd dim llawer o gyfleoedd i mi yn y diwydiant, felly tyfodd fy niddordeb gryn dipyn ar ôl i ni gael ein cyfrifiadur desg cyntaf gartref yn 1996. Fues i'n mynd i ddosbarthiadau nos ac roeddwn i wedi synnu pa mor wahanol oedd hynny i'm profiad yn yr ysgol oherwydd fod pobl eisiau bod yno go iawn! Roedd yn brawf bod modd i chi barhau

i ddysgu, yn eich amser eich hun ac o gwmpas ymrwymiadau teuluol.

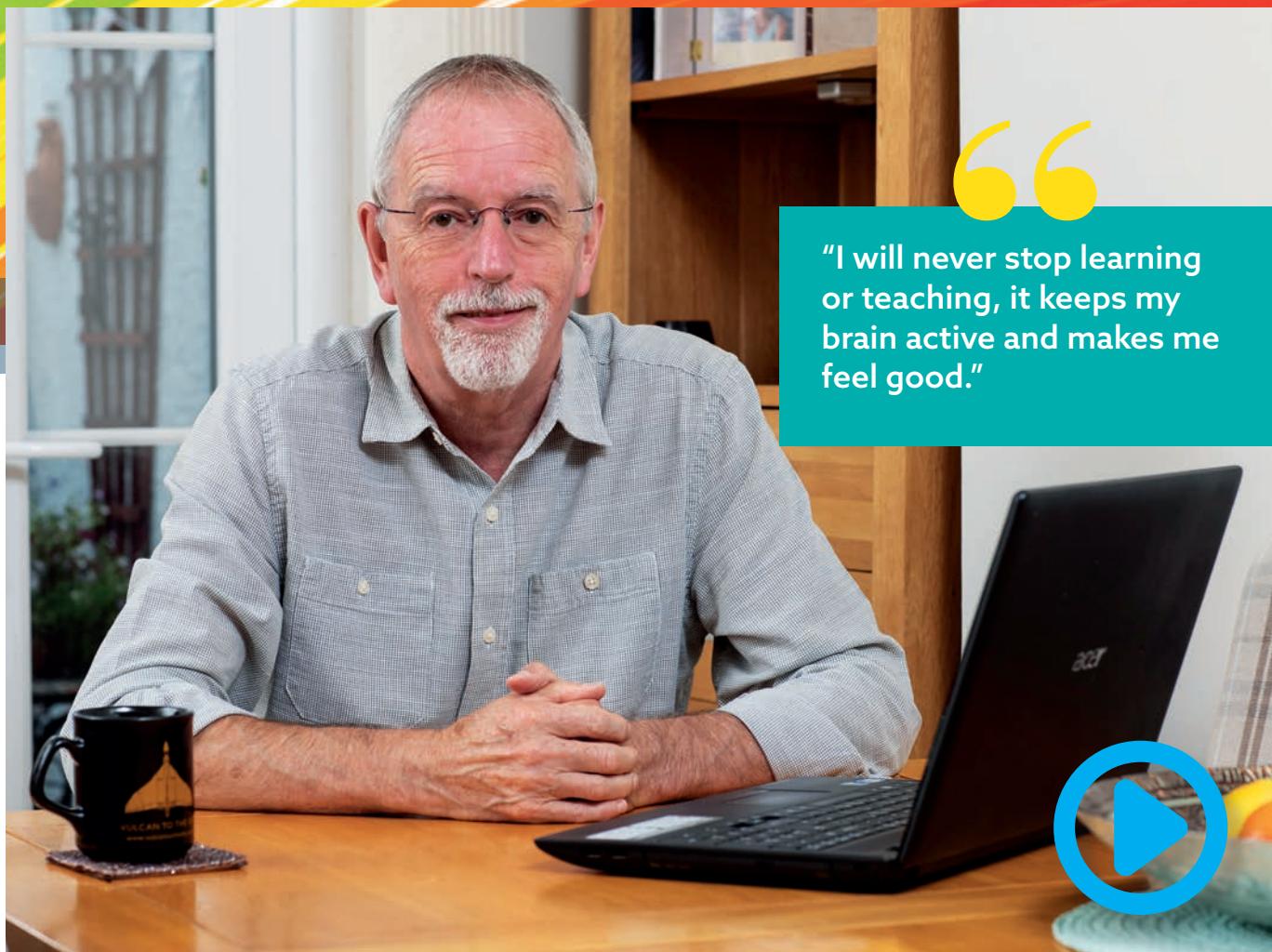
Meddai Ralph: "Dwi wedi dod â'm sgiliau digidol i bob swydd dwi wedi'i gwneud, hyd yn oed fel gyrrwr bws roeddwn i'n helpu pawb yn y swyddfa i ddigideiddio ac ailwampio'r systemau llwybrau a thocynnau. Ar ôl ymuno â'r gwasanaeth sifil roedd y ffaith 'mod i wedi gwneud dosbarthiadau nos a chael cymwysterau yn gyfrifol am dri dyrchafiad o fewn y gwasanaeth sifil ond ar ôl 18 mlynedd roedd hi'n bryd i mi ymddeol. Fe wnes i dreulio peth amser o amgylch y tŷ, ond roedd fy ngwraig am i mi wneud rhywbeth i lenwi'r amser - ac achos 'mod i o dan draed."

Aeth Ralph yn ôl i'r "ysgol" gan gwblhau'r Wobr mewn Addysg a Hyfforddiant (Lefel III), sydd nawr yn caniatáu iddo rannu ei sgiliau a'i brofiad drwy ei waith gwirfoddoli. Meddai: "Dwi wedi mwynhau helpu pobl gyda chyfrifiaduron erioed. Yr hyn dwi'n ei hoffi yw'r foment honno pan mae'r cyfan yn clicio yn eu pen nhw neu pan maen nhw'n dweud yr 'aaaa' hynny sy'n dangos eu bod wedi sylweddoli faint o amser y gallan nhw ei arbed."

Aeth Ralph ymlaen: "Mae dysgu wedi fy helpu i drwy gydol fy ngyrfa ac erbyn hyn dwi'n hapus iawn fy mod i'n gallu helpu eraill. Mae bron bopeth ar-lein erbyn hyn, a gall fod yn greulon i'r rhai sy'n teimlo'n ddihyder - mae hyd yn oed cofrestru yn y Ganolfan Waith i gyd yn ddigidol, yn ogystal â chwilio am swydd. Dwi wrth fy modd yn gweld fy nysgwyr yn pasio ac yn magu hyder a gweld drysau'n agor iddyn nhw - yn bersonol ac yn broffesiynol. Unwaith mae'r fflam ddysgu wedi tanio ac yn llosgi mae'r dysgwyr yn sicr o gyflawni, a does dim ffordd o fesur y balchder dwi'n ei deimlo."

"Fydda i byth yn rhoi'r gorau i ddysgu nac addysgu. Mae'n cadw'r ymennydd yn effro ac yn gwneud i mi deimlo'n dda.

Gwobrau Addysg  
Oedolion 2020  
**Ysbrydoli!**  
Inspire!<sup>TM</sup>  
Adult Learning  
Awards 2020



**"I will never stop learning or teaching, it keeps my brain active and makes me feel good."**

**Retiree Ralph Handscomb has helped people search for jobs during lockdown, he's a learner and a volunteer working with Adult Community Learning at The College in Merthyr as well as the town's JobCentre Plus.**

Ralph said: "I have always been fascinated by computers. But with my seven O Level passes from the 70s, there were limited options in the industry, so my interest really began to grow when we got our first computer at home in 1996. I took evening classes and was surprised how different it was to my school experience because people actually wanted to be there! It just showed you can continue learning, in your own time and around your family commitments."

Ralph said: "I tried to bring my digital skills into every job I had, even as a bus driver I helped others to digitise and worked on the route and ticketing systems. After joining the civil service my night classes and qualifications resulted in three promotions but after 18 years I retired.

I spent some time working around the house, but my wife wanted me to do something to fill my time - and to get me out from underneath her feet."

Ralph returned to "school" completing the Award in Education and Training (Level III), which now enables him to share his skills and experience through his voluntary work. He said: "I've always enjoyed helping people with computers. It's that lightbulb moment where it all clicks for them or that 'ah' sound when they realise how much time they can save."

Ralph continued: "Learning has helped me throughout my career and now I'm happy that I can help others. Most things these days are online, and it can be cruel to those who are intimidated by it - at the JobCentre even just registering is all digital as well as actually looking for a job. I take pride in seeing my learners pass, gain confidence, and finding doors opening for them personally and professionally. Once that learning flame ignites and burns the learners will achieve, and that pride is immeasurable."



## Diolch i'n partneriaid gwerthfawr am eu cefnogaeth barhaus

## Thank you for the continued support from our valued partners



Mae pawb ohonom yn y Brifysgol Agored yng Nghymru yn falch tu hwnt i barhau i gefnogi Gwobrau Ysbrydoli! a gaiff eu cydlynun gan y Sefydliad Dysgu a Gwaith mewn partneriaeth gyda Llywodraeth Cymru a llawer o bartneriaid eraill.

Flwyddyn ar flwyddyn, cawn ein swyno gan y straeon gwych a glynn o'r Gwobrau Ysbrydoli! Yn ddifeth, mae'r enwebedigion a'r enillwyr yn ysbrydoliaeth i ni yn ein gwaith, a hoffwn dalu teyrnged iddyn nhw a'u hymrwymiad.

Mae Gwobrau Ysbrydoli! yn dathlu pobl wirioneddol hynod a ddefnyddiodd ddysgu i gyflawni pethau gwych iddynt eu hunain a'u teuluoedd, eu cymunedau a'u gweithleoedd. Mae'r Gwobrau hefyd yn dangos pa mor wych yw gym dysgu a sut y gall newid bywydau.

Ein cenhadaeth yn y Brifysgol Agored yng Nghymru yw agor addysg i bawb - pwy bynnag ydynt, ble bynnag maent yn byw neu beth bynnag eu hamgylchiadau. Credwn y dylai dysgu fod yn daith gydol oes, barhaus - nid rhywbeth mai dim ond un cyfle a gawn arni.

Dyna pam ein bod yn falch i weithio gyda'r Sefydliad Dysgu a Gwaith - oherwydd bod ein dau sefydliad yn rhannu cred ac ymrwymiad ym mhwysigrywedd addysg oedolion, nid dim ond i unigolion ond ar gyfer ein cymdeithas gyfan.

Gall a mae dysgu yn newid bywydau, ac mae Gwobrau Ysbrydoli! yn dystiolaeth o hynny. Ar ran fy holl gydweithwyr yn y Brifysgol Agored yng Nghymru, hoffwn gynnig fy llonygarchiadau twymgalon i bawb a enwebwyd a'r enillwyr, a diolch i'r Sefydliad Dysgu a Gwaith.

Louise Casella

Cyfarwyddwr Y Brifysgol Agored yng Nghymru

All of us at The Open University in Wales are extremely proud to continue to support the Inspire! Awards, which are coordinated by the Learning and Work Institute in partnership with the Welsh Government and many others.

Year on year, we are blown away by the quite exceptional stories we hear from the Inspire! Awards. Without fail, the nominees and winners are an inspiration to us in the work that we do, and I pay tribute to them and to their commitment.

The Inspire! Awards celebrate some truly remarkable people who have used learning to achieve great things for themselves and their families, their communities, and their workplaces. The Awards show how awesome and lifechanging the power of learning is.

Our mission at the OU in Wales is to open up education to everyone - no matter who they are, where they come from, or what their circumstances. We believe that learning should be a lifelong, continuous journey - not something we get just one chance at.

That's why we're proud to work with the Learning and Work Institute - because our two organisations share a belief in and a commitment to the importance of adult learning, not just to individuals but the whole of our society.

Learning can and does change lives, and the Inspire! Awards are a testament to that. On behalf of all my colleagues at the OU in Wales, I offer my heartfelt congratulations to all nominees and winners, and our thanks to the Learning and Work Institute.

Louise Casella

Director of The Open University in Wales





Mae tîm Agored Cymru yn falch i barhau ein cysylltiad hirsefydlog gyda Gwobrau! Ysbrydoli. Cynhelir y gwobrau hyn ar yr amser mwyaf anarferol a heriol yn ein hanes. Gwelsom yr argyfwng coronafeirws yn effeithio'n ddifrifol ar ddyfarniadau TGAU a Lefelau ! a chlywsom straeon torcalonnus am ddysgwyr yn wynebu tralod gwirioneddol. Fodd bynnag, yn Agored Cymru rydym yn falch ein bod wedi parhau i wobrwyd dysgwyr o bob oed ac mewn amrywiaeth o osodiadau gyda chymwysterau sy'n eu galluogi i sicrhau cynnydd a symud ymlaen.

Mae cynnydd a dysgu newid bywyd yn sylfaen i bopeth mae Agored Cymru yn sefyll drosto. Dyna pam ein bod fel Corff Dyfarnu yng Nghymru yn parhau i weithio gyda'r Sefydliad Dysgu a Gwaith i ddathlu straeon llwyddiant. Mae Gwobrau Ysbrydoli! yn ymwneud â dysgwyr o bob oed yn cyflawni pethau gwych, yn aml yn erbyn y ffactorau. Rydym yn falch y gall ein cymwysterau chwarae rhan bwysig wrth gydnabod eu llwyddiannau.

Ni fu dysgu gydol oes erioed yn bwysicach wrth i ni barhau i ganfod ein ffordd drwy ansicrwydd 2020 a thu hwnt.

Mae'r rhwydwaith addysg a hyfforddiant yng Nghymru yn grif ac yn cynnwys darparwyr sydd â'r unig nod o helpu dysgwyr i gyflawni eu huchelgais. Dysgu am hwyl, dysgu fel hob, dysgu ar gyfer gwaith, neu ddysgu i greu cyfleoedd ar lefelau uwch o addysg - beth bynnag yw'r diben, mae Agored Cymru yn sefyll dros yr hawl i addysg gydol oes a hyfforddiant ansawdd uchel. Mae'r gweithgareddau hyn yn hollbwysig i'r economi, ar gyfer iechyd a llesiant, ac i'n cymunedau.

Mae Agored Cymru yn parhau i ddyfarnu miloedd o gymwysterau i ddysgwyr bob blwyddyn. Deallwn mai dim ond un agwedd o'r buddion i ddysgwyr yw cymhwyster, ond mae'n hanfodol fod dysgwyr yn derbyn cydnabyddiaeth o'u llwyddiannau. Mae Gwobrau Ysbrydoli! yn cynnig cyfle gwerthfawr arall i gydnabod y llwyddiannau hyn drwy ddathlu rhai o'r straeon dysgwyr mwyaf grymus yng Nghymru.

Llongyfarchiadau i holl enillwyr gwobrau a phob lwc gyda'ch dyfodol!

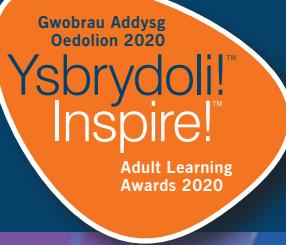
The team at Agored Cymru are proud to continue our longstanding association with the Inspire! Awards.

These awards are happening during the most abnormal and challenging time in our history. We have seen the awards of GCSE and A-levels severely impacted by the coronavirus crisis, and we have heard distressing stories of learners facing real adversity. However, at Agored Cymru we are pleased that we have continued to award learners of all ages, and in a variety of settings qualifications that are enabling them to progress and move forwards.

Progression and lifechanging learning underpins everything that Agored Cymru stands for. This is the reason that as a Welsh Awarding Body we continue to work with the Learning and Work Institute to celebrate success stories. The Inspire! Awards are about learners of all ages achieving great things, often against the odds. We are proud that our qualifications can play an important part in recognising their achievements.

Lifelong learning has never been more important as we continue to negotiate the uncertainties of 2020 and beyond. The education and training network in Wales is strong and made up of providers whose only aim is to help learners achieve their goals. Learning for fun, learning as a hobby, learning for work, or learning to create opportunities in higher levels of education - whatever the purpose Agored Cymru stands up for the right to high quality lifelong education and training. These activities are vital for the economy, for health and wellbeing, and for communities.

Agored Cymru continues to award thousands of qualifications to learners every year. We understand that a qualification is only one aspect of the overall benefits felt by learners, but it is vital that learners receive recognition of their achievements. The Inspire! Awards offer a further valuable opportunity to recognise these achievements through celebrating some of the most powerful learner stories in Wales. Congratulations to every winner of an award and the very best of luck with your future!



# Diolch i'n partneriaid gwerthfawr am eu cefnogaeth barhaus

## Thank you for the continued support from our valued partners



Fel cefnogwr i'r Wythnos Addysg Oedolion a Gwobrau Ysbrydoli! ers blynnyddoedd, rydym yn falch iawn unwaith eto i ddathlu llwyddiannau'r rhai a enwebwyd a'r enillwyr.

Mae Addysg Oedolion Cymru - y Coleg Cymunedol Cenedlaethol a'r mudiad democraidd ar gyfer addysg oedolion yn y gymuned yng Nghymru - yn benllanw dros 100 mlynedd o dreftadaeth, sydd i gyd yn llunio sut y gweithiwn heddiw. Mae gennym hanes balch o helpu pobl o bob cefndir, mewn cymunedau ym mhob rhan o Gymru - gan siapio bywydau a darparu dysgu sy'n ysbrydoli.

Mae'n hanfodol ein bod yn meithrin, cydnabod a dathlu sgiliau dysgu gydol oes i sicrhau gweithluoedd a chymunedau gwylbodus, hyblyg, deallus ac iach.

Mae Addysg Oedolion yn y Gymuned yn cefnogi ystod eang o ddarpariaeth dysgu ffurfiol ac anffurfiol ac mae'n hanfodol i bawb - yn neilltuol y rhai sydd anoddaf eu cyrraedd, ac sydd bellaf i ffwrdd o addysg a chyflogaeth. Mae ein gwaith ac ymchwil arall yn dangos gwerth addysg hygyrch, a sut y gall gwella sgiliau wneud gwahaniaeth go iawn i fywydau pellach.

Efallai fod dysgu yn fwy na dim ond meithrin sgiliau a gwylbodaeth o amgylch proffesiwn ac mae'n gynyddol bwysig bod yn berson cyflawn, i fod ag ymdeimlad o safbwyt, ac i fedru trosglwyddo profiadau dysgu i gynhyrchu syniadau newydd a ffyrrd o wneud pethau.

Mae cyfoeth o dystiolaeth wyddonol ac anecdotaidd fod dysgu o fudd i'r cof, deall iaith, datrys problemau a gwneud penderfyniadau. Mae dysgu yn helpu i gadw ein hymennydd i weithio'n dda, ac wrth i ni barhau i fyw'n hirach, rydym yn dod yn gynyddol fwy ymwybodol o'r budd hwn. Ni ddaw dysgu i ben wrth glwyd yr ysgol. Mewn gwirionedd, i lawer dim ond unwaith mae'r clwydi hynny ymhell y tu ôl iddynt y mae dysgu'n dechrau ac mae cymdeithas yn cael budd o hynny.

Llongyfarchiadau enfawr i holl enillwyr gwobrau Ysbrydoli! a'r rhai a enwebwyd - mwynhewch eich llwyddiant a mwynhewch y pwynt hwn ar eich taith barhaus - wrth i ni ganmol eich llwyddiannau a dathlu tapestri cyfoethog addysg oedolion a'i holl amrywiaeth.

As a long-standing supporter of Adult Learners' Week and the Inspire! Awards, we are delighted to once again celebrate the achievements of nominees and winners.

Addysg Oedolion Cymru | Adult Learning Wales - the National Community College and Democratic Movement for adult community learning in Wales - is the culmination of over 100 years of heritage, all of which shapes how we work today. We have a proud history of helping people from all walks of life, in communities across Wales - shaping lives and providing inspirational learning.

It is crucial that we nurture, recognise and celebrate the skill of learning over a lifetime to secure informed, flexible, intelligent and healthy workforces and communities.

Adult Community Learning (ACL) supports a wide range of formal, non-formal and informal learning provision and is essential for all - particularly those who are hardest to reach, and furthest away from education and employment. Our work and other research shows the value of accessible education and how enhancing skills makes a real difference to people's lives.

Learning is perhaps more than a matter of building skills and knowledge around a profession; it is increasingly important to be well-rounded, to have a sense of perspective, and to be able to transfer learning experiences into generating new ideas and ways of doing things.

There is a wealth of scientific and anecdotal evidence that learning benefits memory, understanding language, solving problems, and making decisions. Learning helps to keep our brains working well, and as we continue to live longer and longer, we become increasingly more aware of this benefit. Learning doesn't stop at the school gate. In fact, for many, learning only starts once those gates are far behind them and society is all the better for it.

Huge congratulations to all Inspire! award winners and nominees - enjoy your success and enjoy this point in your continued journey - as we applaud your achievements and celebrate the rich tapestry of adult learning and all its rich variety.



Y Ganolfan  
Dysgu Cymraeg  
Genedlaethol —  
National Centre  
for Learning Welsh

Mae dathlu llwyddiannau addysg oedolion yn helpu i ysbrydoli eraill i fynd ati i ddysgu ac mae'r Ganolfan Dysgu Cymraeg Genedlaethol yn falch iawn i gefnogi Gwobrau Ysbrydoli! eleni.

Mae dysgu sgil newydd yn rhoi hyder i bobl a gall agor drysau newydd o ran gyrrfa a diddordebau. Gall ymuno â dosbarth hefyd helpu pobl i gysylltu gyda'i gilydd.

Gwyddom fod pobl eisiau dysgu Cymraeg am lawer o resymau, p'un ai i gefnogi eu plant mewn addysg Gymraeg, ailgysylltu gyda'u gwreiddiau neu ehangu eu cyfleoedd swyddi. Mae rhoi dewis a hyblygrwydd i ddysgwyr pan ddaw i ddysgu yn hollbwysig. Caiff y rhan fwyaf o gyrsiau Cymraeg eu cynnal mewn dosbarthiadau rhithiol ar hyn o bryd, a chyflwynwyd cyrsiau 'cyfunol' newydd gyda gwersi dan arweiniad tiwtor mewn ystafell ddosbarth rhithiol neu 'real' gyda modiwlau hunan-astudio ar-lein.

Mae'r categori 'Dechrau Arni – Dysgwr Cymraeg' yn y Gwobrau Ysbrydoli! yn ffordd wych i ddathlu llwyddiannau'r rhai sy'n dechrau ar eu taith iaith. Gall fod angen hyder i gymryd yr ychydig gamau cyntaf hynny'n ôl i'r dosbarth, ond unwaith y byddant yno, bydd cyffro dysgu yn gafael yn fuan!

Dangosodd y flwyddyn ddiwethaf sut y gall pawb ohonom addasu i ffyrdd newydd o ddysgu er mwyn cyfoethogi ein bywydau, cryfhau ein sgiliau a chefnogi ein llesiant. Ein neges i ddysgwyr, ac i ddysgwyr Cymraeg yn neilltuol, yw manteisio ar bob cyfle i ddysgu ac ymarfer eich sgiliau newydd, yn cynnwys gweithgareddau ar-lein a rhithiol.

Celebrating the achievements of adult learners helps inspire others to take up the baton and the National Centre for Learning Welsh is delighted to support this year's Inspire! Awards.

Learning a new skill gives people confidence and can open new doors in terms of career and interests. Joining a class can also help people connect with each other.

We know that people want to learn Welsh for many reasons, whether to support children in Welsh-medium education, reconnect with their roots or widen their job opportunities.

Giving learners choice and flexibility when it comes to learning is all-important. Most Welsh courses are currently being held in virtual classrooms, while new 'blended' courses, which combine tutor-led lessons in a virtual or 'real' classroom with online self-study modules, have also been introduced.

The 'Starting out – Welsh Beginner' category in the Inspire! Awards is a great way to celebrate the achievements of those starting on their language journey. It can take confidence to take those first few steps into the classroom, but once there, the buzz of learning will soon take hold!

The past year has shown how we can all adapt to new ways of learning in order to enrich our lives, strengthen our skills and support our wellbeing. Our message to learners, and to Welsh learners in particular, is to take advantage of all opportunities to learn and practise your new skills, including online and virtual activities.

# Cwrdd ag Alumni y Gwobrau Ysbrydoli! Meet our Inspire! Awards Alumni

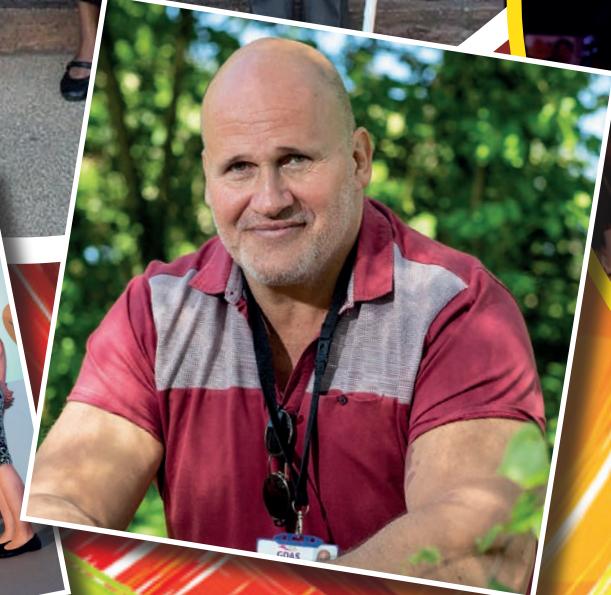


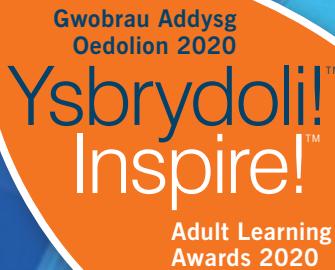
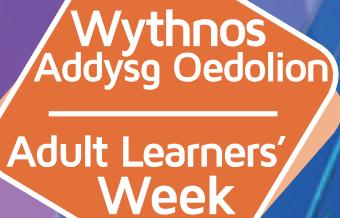
# Catrin Pugh

Enillydd / Winner  
Gwobr Cau Cathays  
for the Best Learning

## Parents Learning Group Cathays High School

Enillydd / Winner  
Gwobr Cau Cathays  
for the Best Learning





Caiff Gwobrau Ysbrydoli! eu dathlu fel rhan o'r Wythnos Addysg Oedolion, hyrwyddiad cenedlaethol o ddysgu gydol oes, a gaiff ei gydlynun gan y Sefydliad Dysgu a Gwaith mewn partneriaeth gyda darparwyr dysgu ledled Cymru.

Mewn ymateb i'r pandemig coronafeirws, newidiodd yr ymgrych i hyrwyddo a darpariaeth ar-lein ar gyfer cyrsiau, sesiynau blasu a dosbarthiadau meistr rhad ac am ddim. Rydym yn ddiolchgar i'r llu o bartneriaid a gyfrannodd gannoedd o gyrsiau newydd i llwyfan <https://adultlearnersweek.wales/cy/find-an-event/>

Mae'r llwyfan hwn yn cynnwys casgliad unigryw o adnoddau o ddysgu cymunedol, addysg bellach ac addysg uwch, darparwyr hyfforddiant, sefydliadau celfyddydol a gwirfoddol, TUC Cymru, undebau llafur a busnes. Rydym yn ddiolchgar iawn hefyd i Amgueddfa Cymru, BT ac Athletau Cymru am ychwanegu at yr amrywiaeth gyfoethog o gyfleoedd dysgu y bu modd i ni roi sylw iddynt.

Diolch i bob un o'n cyfranwyr ar gyfer cyfres <https://adultlearnersweek.wales/en/adult-learners-week-podcast-series/> a gyhoeddwyd ar gyfer yr Wythnos Addysg Oedolion. Wedi'i chyflwyno gan Nia Parry, mae'r gyfres yn ymchwilio straeon newid bywyd a heriau pobl sydd wedi dysgu sgiliau newydd pan oeddent yn hŷn.

Cefnogwyd Gwobrau Ysbrydoli! gan y Brifysgol Agored yng Nghymru, Addysg Oedolion Cymru, Agored Cymru a'r Ganolfan Dysgu Cymraeg Genedlaethol. Llawer o ddiolch i'r holl enillwyr gwobrau am rannu eu straeon ac i bawb a gyflwynodd enwebiadau.

The Inspire! Awards are celebrated as part of Adult Learners' Week, a nationwide promotion of lifelong learning, coordinated by Learning and Work Institute in partnership with learning providers across Wales.

In response to the coronavirus pandemic the campaign switched to online promotion and provision of free courses, tasters and masterclass activity. We are grateful to the many partners who contributed hundreds of free courses to the <https://adultlearnersweek.wales/en/find-an-event/>

This platform contains a unique collection of resources from community learning, further and higher education, training providers, arts and voluntary organisations, Wales TUC, trade unions and business. We are grateful too to the National Museum of Wales, BT and Welsh Athletics for adding to the rich variety of learning opportunities that we have been able to showcase.

Thank you to each of our contributors for the <https://adultlearnersweek.wales/en/adult-learners-week-podcast-series/> which was released for Adult Learners' Week. Hosted by Nia Parry, the series explores the lifechanging stories and challenges of people who have learnt new skills in later life.

The Inspire! Awards have been supported by The Open University in Wales, Adult Learning Wales, Agored Cymru and the National Centre for Learning Welsh. Many thanks to all award winners for sharing their stories and to all those who made nominations.

**L&W SEFYDLIAD DYSGU A GWAITH**  
LEARNING AND WORK INSTITUTE

S4C Media Centre, Parc Ty Glas, Llanishen,  
Cardiff Wales, CF14 5DU, UK.

[enquiries@learningandwork.org.uk](mailto:enquiries@learningandwork.org.uk)

[www.sefydliaddysguagwaith.cymru](http://www.sefydliaddysguagwaith.cymru) / [www.learningandwork.wales](http://www.learningandwork.wales)



Llywodraeth Cymru  
Welsh Government



Cronfa Gymdeithasol Ewrop  
European Social Fund