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| **Mudiad Organisation** | **Awdurdod Lleol****Local Authority** | **Swm y grant****Grant amount** | **Crynodeb o'r prosiect:** | **Project summary:** |
| Rassau Resource Community Centre CIC | Blaenau Gwent | £83,491 | Dros dair blynedd, bydd Canolfan Adnoddau Rasa yn defnyddio £83,491 i ddatblygu eu gweithgareddau a'u gwasanaethau presennol megis gweithgareddau/darpariaeth teulu a phlant, boreau coffi, gweithgareddau iechyd a lles, digwyddiadau cymunedol a sesiynau galw heibio ar gyfer cymorth iechyd meddwl a chyflogaeth. Bydd 900 o bobl o'r gymuned leol sy'n cynnwys ystod eang o grwpiau yn elwa ar well mynediad at wasanaethau a fydd yn cynyddu eu lles meddyliol a chorfforol. | Over three years, Rassau Resource Centre will use £83,491 to develop their current activities and services such as family and children activities/provision, coffee mornings, health & well-being activities, community events and drop-in sessions for mental health and employment support. 900 people from the local community which includes a wide range of groups will benefit from improved access to services which will increase their mental and physical wellbeing. |
| The Wyndham Vowles Community Centre | Blaenau Gwent | £4,396 | Bydd Canolfan Vowles Wyndham ym Mlaenau Gwent yn defnyddio £4,396 i osod band eang yn eu canolfan a phrynu gliniadur ac argraffydd fel y gall mwy o bobl a grwpiau ddefnyddio'r ganolfan. Bydd hefyd yn galluogi dosbarthiadau yn y ganolfan i gael eu ffrydio ar-lein fel y gall y gymuned fanteisio arnynt o gartref, gan gyrraedd mwy o bobl yn y gymuned.  | The Wyndham Vowles Centre in Blaenau Gwent will use £4,396 to install broadband at their centre and purchase a laptop and printer so that more people and groups can use the centre. It will also enable classes at the centre to be streamed online so that the community can access them from home, reaching more people in the community.  |
| Cwm Taf Morgannwg University Health Board | BridgendPen-y-bont ar Ogwr | £5,000 | Bydd Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg ym Mhen-y-bont ar Ogwr yn defnyddio £5,000 i roi cymorth i gleifion sydd â salwch iechyd meddwl difrifol, a chleifion sy'n agosáu at ddiwedd eu hoes, drwy efelychwyr cyswllt dynol arloesol. Bydd hyn yn gwella ansawdd y gofal a'r cysur i gleifion. | Cwm Taf Morgannwg University Health Board in Bridgend will use £5,000 to provide support to patients with severe mental health illness, and patients nearing the end of life, through innovative human contact simulators. This will improve the quality of care and comfort for patients. |
| The Parish Trust | CaerphillyCaerffili | £10,000 | Bydd Ymddiriedolaeth y Plwyf yng Nghaerffili yn defnyddio £10,000 i sefydlu clwb cinio ar gyfer y gymuned gyfan. Bydd y clwb yn rhoi cyfle i bobl gymdeithasu a datblygu cyfeillgarwch, creu cyfleoedd gwirfoddoli ac i sefydliadau cymunedol lleoliadol godi ymwybyddiaeth o'r hyn maen nhw’n ei wneud. | The Parish Trust in Caerphilly will use £10,000 to establish a lunch club for the whole community. The club will provide an opportunity for people to socialise and make friendships, create volunteering opportunities and for location community organisations to raise awareness of what they do. |
| ACE (Action in Caerau and Ely) | CardiffCaerdydd | £8,596 | Bydd ACE (Action in Caerau and Ely) yng Nghaerdydd yn defnyddio £8,596 i weithio gyda gwirfoddolwyr a grwpiau lleol i adfywio gardd fach segur i'w defnyddio gan y gymuned gyfan. Bydd yr ardd yn cael ei defnyddio i dyfu ffrwythau a llysiau, cynnal gweithgareddau addysgol ac i'r gymuned gynnal digwyddiadau a gweithgareddau gyda chymorth cydlynydd prosiect.  | ACE (Action in Caerau and Ely) in Cardiff will use £8,596 to work with local volunteers and groups to regenerate a small disused garden for use by the whole community. The garden will be used to grow fruit and vegetables, hold educational activities and for the community to hold events and activities with the help of a project coordinator.  |
| Displaced People in Action (DPIA) | CardiffCaerdydd | £100,000 | Dros ddwy flynedd, bydd Displaced People in Action (DPIA) yn defnyddio £100,000 i ddarparu integreiddiad cymunedol a gweithgareddau llythrennedd iechyd penodol i geiswyr lloches a ffoaduriaid newydd gymhwyso ledled Caerdydd. Y nod yw gwella eu gallu i integreiddio i ddiwylliant Cymru a manteision ar wasanaethau cyhoeddus drwy weithdai wythnosol rheolaidd. | Over two years, Displaced People in Action (DPIA) will use £100,000 to deliver community integration and health literacy specific activities to asylum seekers and newly qualified refugees across Cardiff. The aim being to improve their ability to integrate into Welsh culture and access public services through regular weekly workshops. |
| Friends of Cymru Sickle Cell and Thalassaemia | CardiffCaerdydd | £99,916 | Dros ddwy flynedd, bydd Friends of Cymru Sickle Cell and Thalassaemia yn defnyddio £99,916 i ddarparu cymorth wedi'i deilwra a sensitif i bob teulu maen nhw’n gweithio gydag ef. Mae hyn yn cynnwys helpu i gael gafael ar hawliau lles, sicrhau y gallant gael trefn ar faterion tai, darparu cymorth gydag addysg eu plant, a'u helpu i sicrhau i fanteisio ar eu hawliau gofal iechyd gan gynnwys tra byddant yn yr ysbyty. | Over two years, Friends of Cymru Sickle Cell and Thalassaemia will use £99,916 to provide tailored and sensitive support to each family they work with. This includes helping to access welfare entitlements, ensuring they can get housing issues sorted, providing support with their children's schooling, and helping them access their health care rights including whilst in hospital. |
| Inside out Support Wales CIC | CardiffCaerdydd | £98,305 | Dros ddwy flynedd, bydd Inside Out Support Wales CIC yn defnyddio £98,305 i gefnogi cyn-droseddwyr, yn enwedig y rhai a ryddhawyd yn ddiweddar o'r carchar, i symud i hunangyflogaeth neu addysg. Nod y prosiect yw lleihau aildroseddu drwy ddarparu cymorth drwy fentor profiadol i'w helpu i ail-integreiddio i gymdeithas.  | Over two years, Inside Out Support Wales CIC will use £98,305 to support ex-offenders, especially those recently released from prison, to move into self-employment or education. The project aims to reduce reoffending by providing support through an experienced mentor to help them integrate into society.  |
| Ysgol Bro Banw | CarmarthenshireSir Gâr | £9,100 | Bydd Ysgol Bro Banw yn Sir Gaerfyrddin yn defnyddio £9,100 i greu gardd lle gall disgyblion, rhieni a'r gymuned ehangach ddod at ei gilydd i dyfu bwyd a dysgu am ffyrdd iach o fyw. | Ysgol Bro Banw in Carmarthenshire will use £9,100 to create a garden where pupils, parents, and the wider community can come together to grow food and learn about healthy lifestyles. |
| A4W Innovation CIC | Ceredigion | £9,900 | Bydd A4W Innovation CIC yng Ngheredigion yn defnyddio £9,900 i ail-lansio canolfannau cymunedol a arweinir gan wirfoddolwyr sy'n darparu gweithgareddau celfyddydau ar gyfer lles i bobl sydd wedi'u hynysu neu sydd mewn iechyd gwael. | A4W Innovation CIC in Ceredigion will use £9,900 to re-launch volunteer-led community hubs that provide arts for wellbeing activities for people who are isolated or in poor health. |
| ABERCONWY MISSION AREA | Conwy | £3,000 | Bydd ARDAL GENHADAETH ABERCONWY yng Nghonwy yn defnyddio £3,000 i barhau i ddarparu cymorth bwyd i'r gymuned sy'n profi anawsterau ariannol cynyddol, sefyllfaoedd brys, ac sy'n agored i niwed oherwydd COVID-19.  | ABERCONWY MISSION AREA in Conwy will use £3,000 to continue to provide food support to the community who are experiencing increased financial difficulties, emergency situations, and are vulnerable due to COVID-19.  |
| OUTSIDE LIVES LTD | DenbighshireSir Ddinbych | £10,000 | Bydd OUTSIDE LIVES LTD yn Sir Ddinbych yn gwella mynediad i'r safle i bobl sydd â heriau symudedd i ymgysylltu â gweithgareddau lles. Bydd £10,000 yn ariannu gwaith adeiladu, deunyddiau, gorbenion, cyhoeddusrwydd a lluniaeth gwirfoddol. | OUTSIDE LIVES LTD in Denbighshire will improve the access to the site for people with mobility challenges to engage with wellbeing activities. £10,000 will fund construction, materials, overheads, publicity, and volunteer refreshments. |
| 1125 CIC | FlintshireSir y Fflint | £99,860 | Dros dair blynedd, bydd 1125 CIC yn defnyddio £99,860 i ddarparu rhaglen wythnosol o weithgareddau ymgysylltu i bobl ifanc dan anfantais a phobl agored i niwed 11-25 mlwydd oed yn Sir y Fflint a'r cyffiniau a fydd yn eu galluogi i ddatblygu eu sgiliau i helpu i godi eu hunanhyder, gwella dyheadau, a chynyddu sgiliau cymdeithasol. Bydd y prosiect yn helpu i integreiddio pobl ifanc yn grwpiau ac yn gweithio ar sgiliau cyfathrebu trosglwyddadwy, gan ganolbwyntio ar eu cael yn iachach yn gorfforol ac yn feddyliol drwy weithgareddau a arweinir gan gymheiriaid a helpu eraill drwy roi yn ôl i'w cymuned. | Over three years, 1125 CIC will use £99,860 to provide disadvantaged and vulnerable young people aged 11-25 years in Flintshire and surrounding areas with a weekly programme of engagement activities that will enable them to develop their skills to help raise their self-confidence, improve aspirations, and increase social skills. The project will help integrate young people into groups and work on transferable communication skills, focusing on getting them physically and mentally healthier through peer-led activities and help others by giving back to their community. |
| Flintshire City of Sanctuary | FlintshireSir y Fflint | £5,000 | Bydd Dinas Noddfa Sir y Fflint yn ymestyn ei chefnogaeth i helpu ffoaduriaid o Syria i integreiddio i gymunedau lleol. Gyda £5,000 byddant yn darparu gweithgareddau fel clwb gwaith cartref a chlwb garddio.  | Flintshire City of Sanctuary will extend its support helping Syrian refugees to integrate into local communities. With £5,000 they will provide activities such as a homework club and a gardening club.  |
| North-East Wales Chinese Women's Association | FlintshireSir y Fflint | £5,800 | Bydd Sefydliad Merched Tsieineaidd Gogledd Ddwyrain Cymru yn Sir y Fflint yn hyrwyddo dealltwriaeth a chytgord ymhlith cymunedau yng ngogledd Cymru i fynd i'r afael â'r cynnydd mewn troseddau casineb sydd wedi’u gwaethygu gan COVID-19. Bydd £5,800 yn ariannu bwyd, arddangosiad tai chi, dawnswyr llew, llogi system sain, gwisgoedd, addurniadau, cyflwynydd, artistiaid, llogi lleoliad, a marchnata. | North-East Wales Chinese Women’s Organisation in Flintshire will promote understanding and harmony amongst communities in north Wales to combat the rise of hate crime exacerbated by COVID-19. £5,800 will fund food, tai chi demonstration, lion dancers, sound system hire, costumes, decorations, compere, artists, hire of venue, and marketing. |
| Cwmni Bro Antur Aelhaearn 1974 | Gwynedd | £5,000 | Bydd Cwmni Bro Antur Aelhaearn 1974 yng Ngwynedd yn defnyddio grant o £5,000 i agor a pharatoi siop bentref. Bydd y siop yn helpu trigolion i gael cynnyrch iach a lleol, yn rhoi cyfle i bobl gyfarfod a darparu cyfleoedd i bobl ddysgu Cymraeg mewn lleoliad ymarferol. | Cwmni Bro Antur Aelhaearn 1974 in Gwynedd will use a £5,000 grant to open and equip a village shop. The shop will help residents to access healthy, local produce, provide an opportunity for people to meet and provide opportunities for people to learn Welsh in a practical setting. |
| Lle Chi | Gwynedd | £10,000 | Bydd Lle 'Chi yng Ngwynedd yn defnyddio £10,000 i gynnig cyfleoedd i deuluoedd incwm isel lleol dderbyn gofal plant blynyddoedd cynnar nad yw wedi bod ar gael iddynt cyn hyn oherwydd pandemig COVID-19.  | Lle Chi in Gwynedd will use £10,000 to offer opportunities to local low-income families to receive early years childcare that has not been available to them before now because of the COVID-19 pandemic.  |
| Age Well Hwyliog Môn | Isle of AngleseyYnys Môn | £9,098 | Bydd Age Well Hwyliog Môn ym Môn yn defnyddio £9,098 i gyflogi cydlynydd i barhau i gyflawni eu prosiectau. Bydd hyn yn cadw'r berthynas sydd wedi datblygu rhwng cymuned pobl hŷn yn ystod y pandemig, ac yn cefnogi gwirfoddolwyr i ddarparu amrywiaeth o weithgareddau. | Age Well Hwyliog Môn in Anglesey will use £9,098 to employ a coordinator to continue to deliver their projects. This will keep the relationships that have developed between the community of older people during the pandemic, and support volunteers to deliver a range of activities. |
| Unlock Your You | Isle of AngleseyYnys Môn | £10,000 | Bydd Unlock Your You ar Ynys Môn yn defnyddio £10,000 i lansio canolfan lles cymunedol a arweinir gan wirfoddolwyr i ddarparu cymorth iechyd meddwl i'r gymuned oherwydd COVID-19 hyd nes y derbynnir ymyriad proffesiynol. | Unlock Your You on Anglesey will use £10,000 to launch a volunteer-led community wellbeing hub to provide mental health support to the community due to COVID-19 until professional intervention is received. |
| Pwyllgor Lles Tegryn Welfare Committee | PembrokeshireSir Benfro | £49,000 | Bydd Pwyllgor Lles Tegryn yn defnyddio £49,000 i ddatblygu gofod cymunedol a maes chwarae ym mhentref Tegryn, Sir Benfro a fydd yn addas i bob grŵp oedran ddarparu man hamdden awyr agored diogel. Bydd yn cynnwys man agored ar gyfer gemau pêl, offer iard chwarae a phaneli synhwyraidd. | Pwyllgor Lles Tegryn Welfare Committee will use £49,000 to develop a community space and playground in the village of Tegryn, Pembrokeshire which will be suitable for all age groups to provide a safe outdoor recreation area. It will include an open area for ball games, playground equipment and sensory panels. |
| Cwmdu Village Hall | Powys | £8,690 | Bydd Neuadd Bentref Cwmdu ym Mhowys yn defnyddio £8,690 i ddarparu cyfleuster gwell, a fydd yn ehangu eu gallu i gynnig mwy o ddigwyddiadau i'r gymuned ehangach.  | Cwmdu Village Hall in Powys will use £8,690 to provide an improved facility, which will expand their ability to offer more events for the wider community.  |
| Guilsfield Community Bowling Club | Powys | £2,395 | Bydd Clwb Bowlio Cymunedol Guilsfield ym Mhowys yn defnyddio £2,395 i brynu llifoleuadau cludadwy i ganiatáu i weithgareddau cymdeithasol y gymuned gael eu cynnal yn yr awyr agored yn dilyn pandemig COVID-19.  | Guilsfield Community Bowling Club in Powys will use £2,395 to purchase portable floodlighting to allow the community’s social activities to take place outdoors following the COVID-19 pandemic. |
| Friends R Us Aberdare | Rhondda Cynon Taf (RCT) | £7,048 | Bydd Friends R Us Aberdâr yn Rhondda Cynon Taf yn darparu teithiau seibiant a gweithgareddau i'w haelodau sydd â chyflyrau iechyd meddwl, a'u gofalwyr, y mae eu cyflwr wedi'i waethygu gan bandemig COVID-19. Bydd £7,048 yn ariannu pantomeim a thocynnau sinema, a ffioedd atyniadau. | Friends R Us Aberdare in Rhondda Cynon Taf will provide respite trips and activities for their members with mental health conditions, and their carers, whose condition has been made worse by the COVID-19 pandemic. £7,048 will fund pantomime and cinema tickets, and attraction fees. |
| Gelligaled Park Community Action Group | Rhondda Cynon Taf (RCT) | £8,000 | Bydd Gelligaled Park Community Action Group yn Rhondda Cynon Taf yn defnyddio £8,000 i adeiladu ardal gemau aml-ddefnydd newydd ym Mharc Gelligaled a fydd yn caniatáu i aelodau'r gymuned gymryd rhan mewn amrywiaeth o weithgareddau hamdden ar gyfer pob oedran. | Gelligaled Park Community Action Group in Rhondda Cynon Taf will use £8,000 to construct a new multi-use games area at Gelligaled Park which will allow community members to engage in a range of leisure activities for all ages. |
| Menter Iaith Rhondda Cynon Taf | Rhondda Cynon Taf (RCT) | £10,000 | Bydd Menter Iaith Rhondda Cynon Taf yn defnyddio £10,000 i ddatblygu eu prosiect Medrau digidol sy'n pontio'r cenedlaethau ar hyn o bryd yn brosiect wyneb yn wyneb tra hefyd yn cadw'r elfen ddigidol. Bydd y prosiect yn darparu gweithdai iaith Gymraeg lle gall aelodau'r gymuned rannu eu sgiliau, dysgu sgiliau newydd a gweithio gyda darparwyr allanol i ddatblygu gweithdai newydd a fydd yn addas ar gyfer pob oedran.  | Menter Iaith Rhondda Cynon Taf will use £10,000 to evolve their current intergenerational digital Medrau project into a face-to-face project while also keeping the digital element. The project will provide Welsh language workshops where community members can share their skills, learn new skills and work with external providers to develop new workshops that will be suitable for all ages.  |
| Friends of Ravenhill Park | SwanseaAbertawe | £2,686 | Bydd Cyfeillion Parc Ravenhill yn Abertawe yn defnyddio £2,686 i brynu eitemau a fydd yn eu galluogi i gynnal gweithgareddau yn yr awyr agored a threfnu digwyddiad dathlu ar gyfer Jiwbilî Platinwm y Frenhines.  | Friends of Ravenhill Park in Swansea will use £2,686 to purchase items that will allow them to hold activities outdoors and organise a celebration event for the Queen’s Platinum Jubilee.  |
| The South Wales Multiple Sclerosis Therapy Centre Ltd | SwanseaAbertawe | £10,000 | Bydd South Wales Multiple Sclerosis Therapy Centre Ltd yn Abertawe yn defnyddio £10,000 i ddarparu gwasanaethau cwnsela a chyfeillgarwch i bobl ag MS a chyflyrau meddygol difrifol eraill. | The South Wales Multiple Sclerosis Therapy Centre Ltd in Swansea will use £10,000 to provide counselling and befriending services for people with MS and other severe medical conditions. |
| Montana Park Senior Citizens | SwanseaAbertawe | £3,650 | Bydd Montana Park Senior Citizens yn Abertawe yn defnyddio £3,650 i ddarparu tripiau dydd a bwffes fel cyfle i gymdeithasu ar gyfer aelodau sydd wedi bod yn ynysu yn ystod COVID-19. | Montana Park Senior Citizens in Swansea will use £3,650 to provide day trips and buffets as an opportunity to socialise for members who have been isolating during COVID-19. |
| Hourglass (Safer Ageing) | The Vale of GlamorganBro Morgannwg | £9,899 | Bydd Hourglass (Safer Ageing) yn defnyddio £9,899 i ddarparu clinigau cyngor dros dro a chymorth parhaus i bobl hŷn ledled Cymru sydd mewn perygl o niwed, camdriniaeth neu esgeulustod.  | Hourglass (Safer Ageing) will use £9,899 to provide pop up advice clinics and ongoing support for older people across Wales who are at risk of harm, abuse or neglect.  |
| St Cattwg's Village Hall | The Vale of GlamorganBro Morgannwg | £3,900 | Bydd Neuadd Bentref Llanmaes ym Mro Morgannwg yn defnyddio £3,900 i wneud mân atgyweiriadau i'w galluogi i ailagor fel cyfleuster i'r gymuned gyfan.  | St Cattwg’s Village Hall in the Vale of Glamorgan will use £3,900 to carry out minor repairs to enable them to re-open as a facility for the whole community.  |
| Hope Ministries Cwmbran | Torfaen | £8,500 | Bydd Hope Ministries Cwmbrân yn Nhorfaen yn defnyddio £8,500 i uwchraddio'r gegin yn eu canolfan adsefydlu fel y gall trigolion feithrin sgiliau coginio a chyflogadwyedd. | Hope Ministries Cwmbran in Torfaen will use £8,500 to upgrade the kitchen at their rehabilitation centre so that residents can gain cookery and employability skills. |
| Contact a Family | WrexhamWrescam | £7,908 | Bydd Contact a Family yn Wrecsam yn defnyddio £7,908 i roi cymorth a gwybodaeth i deuluoedd â phlant anabl drwy weithdai i fynd i'r afael â materion lles. | Contact a Family in Wrexham will use £7,908 to provide families with disabled children support and information through workshops to address wellbeing issues. |