



Ionawr 2019

This briefing is bilingual, [click here for the English version](#).

Croeso i gylchlythyr Cymru Ifanc

Gwaith cyfranogi yw Cymru Ifanc wedi'i gynnal gan Blant yng Nghymru a'n sefydliadau partner, a chaiff ei ariannu gan Lywodraeth Cymru.

Bydd Cymru Ifanc yn sicrhau bod lleisiau plant a phobl ifanc yn cael eu clywed am faterion sy'n bwysig iddynt hwy, a bod y materion hyn yn cael eu clywed gan Lywodraeth Cymru'n arbennig.

Fesul mis byddwn yn dod â'r newyddion diweddaraf i chi, yn cynnwys diweddariadau am y gwaith sy'n cael ei wneud gan fforymau a grwpiau eraill ledled Cymru.

Os hoffech gyfrannu unrhyw beth, e-bostiwch info@childreninwales.org.uk.



Contents

1. [Aelodau Senedd Ieuenctid y DU yn cael cydnabyddiaeth am areithiau grymus](#)
2. [Plant yn Mynd â Thlodi Bwyd y DU i'w Dwylo Eu Hun ac yn Teithio i San Steffan i Rannu Storiâu Go lawn ag Aelodau Seneddol](#)
3. [£7 miliwn ar gyfer CAMHS a dull gweithredu sy'n cynnwys yr ysgol gyfan i wella iechyd meddwl](#)
4. [Sesiynau clwb hoci newydd i bobl 7 oed ac yn hyn ag anabledau](#)
5. [Ymchwiliad i weithgarwch corfforol ymhlith plant a phobl ifanc](#)

Aelodau Senedd leuenctid y DU yn cael cydnabyddiaeth am areithiau grymus

Mae aelodau Senedd leuenctid y DU wedi cael eu cydnabod am gyfraniadau ardderchog i drafodaethau'r Ty Cyffredin a gynhaliwyd ar 09 Tachwedd 2018.

Mae Senedd leuenctid y DU yn mynd i'r Ty Cyffredin unwaith y flwyddyn i ddadlau'r materion a ddewiswyd yn ystod yr ymgyrch Gwneud Eich Marc. Mae pobl ifanc o bedair cenedl y DU yn trafod y materion a ddewiswyd yn yr un modd ag y mae Aelodau Seneddol sy'n gwasanaethu ar hyn o bryd; trwy areithiau yn y blwch pleidleisio, ac o'r meinciau cefn gan aelodau.

Yn 2014, sefydlwyd Gwobr Paul Boskett am areithiau rhagorol er cof am Paul Boskett MBE, i gydnabod cyfraniadau rhagorol at ddadleuon.

Bu i Aelod Senedd leuenctid y DU dros Derbyshire, Alex McDermott, ennill y wobwr am ei araith agoriadol yn y blwch pleidleisio ar bleidleisio yn 16 oed. Cafodd Cormac Savage, Aelod Senedd leuenctid dros Dde Down yng Ngogledd Iwerddon ei gydnabod am ei gyfraniad mainc cefn ar oresgyn digartrefedd.

Bu i Samuel Taylor, Aelod Senedd leuenctid dros Flanaeu Gwent a chadeirydd Bwrdd Prosiect Pobl Ifanc Cymru Ifanc, ennill y wobwr am ei araith ar ostwng yr oedran pleidleisio i 16.

Nododd Samuel yr oedran pleidleisio is yn yr Alban a chynlluniau i'w ostwng yng nghenedloedd datganoledig eraill, gan gynnwys Cymru, a galwodd ar ei gydweithwyr yn y Tyi uno i gefnogi'r ymgyrch ar draws y DU.

Gallwch ddarllen mwy am y wobwr ar [wefan Senedd leuenctid y DU](#), yn ogystal â gwyllo'r cyfraniadau buddugol yn llawn.

Plant yn Mynd â Thlodi Bwyd y DU i'w Dwylo Eu Hun ac yn Teithio i San Steffan i Rannu Storiâu Go lawn ag Aelodau Seneddol

Fersiwn fyrrach yw hon o ddatganiad i'r wasg a ysgrifennwyd gan y Sefydliad Bwyd. Mae'r fersiwn lawn ar gael ar ein [gwefan](#). Mae Plant yng Nghymru wedi gweithio mewn partneriaeth â Children in Northern Ireland, Children in Scotland, Fixers, a Synnwyr Bwyd Cymru. Mae'r Ymchwiliad yn cael ei gyd-drefnu gan Y Sefydliad Bwyd ac academyddion ym Mhrifysgol Leeds Beckett. Gallwch weld rhagor o wybodaeth ar [wefan y Sefydliad Bwyd](#).

Dydd Iau 17 Ionawr 2019

- Heddiw mae grwp o blant a phobl ifanc o bob rhan o'r DU yn teithio i Dy'r Arglwyddi i rannu eu profiadau o dlodi bwyd â phwyllgor yr [Ymchwiliad i Ddyfodol Bwyd Plant](#).

Bydd Aelodau Seneddol, arglwyddi ac arbenigwyr cymdeithas sifil yn clywed yn uniongyrchol oddi wrth naw 'llysgennad bwyd' sydd rhwng 10 ac 20 mlwydd oed, sydd wedi teithio o Gymru, Lloegr a'r Alban i agor sgrysiâu â gwneuthurwyr polisi yn San Steffan. Mae'r bobl ifanc yn gobeithio y bydd eu gwaith gyda'r Ymchwiliad i Ddyfodol

Bwyd Plant yn amlygu natur dreiddiol ansicrwydd bwyd yn y DU maent yn dweud ei fod yn effeithio ar bob agwedd ar eu bywydau, er gwaethaf eu cred bod gan bawb hawl i fwyta'n iawn ac i ofyn am gymorth heb gael eu barnu.

Mae safbwyntiau ac argymhellion y plant ar gael mewn [adroddiad](#) newydd gan Fixers, sydd wedi gweithio gyda 300 o bobl ifanc er mwyn deall sut mae ansicrwydd bwyd yn effeithio arnynt a pha newid mae ei angen yn eu barn nhw. Daw'r adroddiad wrth i'r Foneddiges Emma Thompson ymuno â'r Ymchwiliad fel llysgennad a galw am atebion i effaith ansicrwydd bwyd ar iechyd corfforol, meddyliol ac emosiynol plant, eu llesiant cymdeithasol a'u perfformiad yn yr ysgol.

ASTUDIAETH ACHOS

Corey McPartland, 15, Darwen

"Mae anabledd gan fy mam, mae hi'n dioddef o epilepsi sy'n golygu ei bod hi'n methu mynd yn agos at sosban boeth achos gallai losgi ei hunan os bydd hi'n cael ffit yn sydyn. Mae'n golygu fy mod i'n glanhau ac yn edrych ar ôl fy mrodyr iau yn gyson, sy'n naw a deuddeg oed. Dwi'n coginio iddyn nhw bron bob dydd ac mae ffrind gen i sy'n gwneud y rhan fwyaf o'r siopa bwyd i mi.

"Doeddwn i ddim wedi sylweddoli fy mod i'n dioddef tlodi bwyd, mae bod heb ddigon o fwyd yn normal i fi. Ond wedyn dechreuas i sylweddoli bod gan fy ffrindiau arian i'w wario ar fwyd a doedd dim gen i.

"Dwi eisiau herio'r stigma am dlodi bwyd ac annog pobl eraill i gael sgysiau amdano fe. Dwi'n teimlo bod gen i'r pŵer i wneud newidiadau nid yn unig yn f'ardal leol i ond yn genedlaethol.

"Dyw hi ddim yn iawn i bobl ifanc fod yn newynog... Drwy godi ein llais gallwn ni newid hyn. Wedi'r cyfan, does dim byd mor rymus â chlywed stori o geg sydd wedi dioddef newyn."

£7 miliwn ar gyfer CAMHS a dull gweithredu sy'n cynnwys yr ysgol gyfan i wella iechyd meddwl

Mae'r Gweinidog Iechyd, Vaughan Gething AC, wedi cyhoeddi y bydd Llywodraeth Cymru yn darparu buddsoddiad o £7 miliwn i weithredu eu hymateb i argymhellion adroddiad Mind Over Matter.

Y gobaith yw y bydd y cyllid yn adeiladu ar fuddsoddiad blaenorol mewn Gwasanaethau Iechyd Meddwl Plant a'r Glasoed (CAMHS) a chefnogi dull o weithredu ar lefel yr ysgol gyfan i wella iechyd meddwl a llesiant mewn ysgolion.

Mae'r buddsoddiad yn ychwanegol at £1.4m a fuddsoddiwyd mewn rhaglen o fewngymorth iechyd meddwl i ysgolion, mewn pedair ardal beilot yng Nghymru.

Gallwch ddarllen rhagor ar wefan Llywodraeth Cymru, [yma](#).

Sesiynau clwb hoci newydd i bobl 7 oed ac yn hyn ag anableddau

Mae Hoci Cymru wedi dod ynghyd ag Access Sport i gynniig cyfleoedd i unigolion ag anableddau sy'n 7+ oed chwarae hoci. Dywedodd Hoci Cymru:

"Rydym wedi dod ynghyd ag Access Sport i lansio'n llwybr Hoci cynhwysol, gan wella'r cyfleoedd i bob unigolyn gymryd rhan yn ein chwaraeon gwych. Rydym yn cymryd y daith i gefnogi'n clybiau a sefydliadau i adeiladu amgylcheddau cynhwysol, er mwyn i unigolion ag anabledd deimlo'n gyfforddus i chwarae hoci, gan sicrhau ein bod yn addasu'r gêm i fodloni anghenion unigol, a chynnig profiad o'r radd flaenaf. Credwn fod gan bawb yr hawl i fanteisio ar Hoci, ni waeth a oes ganddynt anabledd corfforol a dysgu.

"Mae rhan gyntaf ein taith Flyerz Hockey ar agor i unigolion ag anabledd dysgu, o 7+ oed. Rydym yn gwneud y cynnydd hwn i gefnogi datblygiad ein tîm ParaHoci cyntaf erioed yng Nghymru, a fydd yn gallu cystadlu mewn cystadlaethau Ewropeaidd.

"Mae'r addasiadau sy'n cael eu gwneud i'r gêm i gyd wedi'i seilio ar anghenion unigol, gan gynnwys addasu offer, maes llai o faint a llai o chwaraewyr mewn tîm.

"Os oes diddordeb gennych a hoffech chi gofrestru i'r Sesiynau Clwb, anfonwch e-bost at penarthflyerz@gmail.com, neu os oes gennych unrhyw ymholiadau cyffredinol, cysylltwch â Hannah.bevan@hockeywales.org.uk"

Cystadleuaeth ysgrifennu creadigol i blant sy'n derbyn gofal a'r sawl sydd wedi gadael gofal

Mae'r elusen dros gyfranogiad ac eiriolaeth plant sy'n derbyn gofal, Coram Voice, yn cynnal cystadleuaeth ysgrifennu creadigoli blant sy'n derbyn gofal a'r sawl sydd wedi gadael gofal.

Mae'r gystadleuaeth yn dod i ben ar 10^{fed} Chwefror 2019 a gall unrhyw un hyd at 25 blwydd oed sydd â phrofiad o'r system ofal wneud cais.

Cewch ysgrifennu unrhyw beth a fynnwch ar yr amod ei fod ar thema 'Tyfu i fyny'. Gall fod yn stori fer, cerdd, rap, neu gân. Rhaid iddo beidio â bod dros 500 o eiriau. Mae'r gwobrau'n cynnwys cael eich cyhoeddi mewn llyfr sy'n dangos enillwyr y gystadleuaeth a hyd at £100 mewn talebau siopa.

Gallwch ddysgu mwy am y gystadleuaeth, yn ogystal â sut mae gwneud cais, ar [wefan Coram Voices](#).



Welcome to the Young Wales newsletter

Young Wales is the participation work that is being run by Children in Wales and our partner organisations, and is funded by the Welsh Government.

Young Wales will ensure that children and young people are heard on issues that are important to them, and in particular that these issues are heard by the Welsh Government.

Each month we will bring you the latest news, including updates on the work that is being done by forums and other groups across Wales.

If you have anything you'd like to contribute, please email info@childreninwales.org.uk.



Contents

1. [Members of UK Youth Parliament recognised for powerful speeches](#)
2. [Children Take UK Food Poverty into Their Own Hands and Journey to Westminster to Share Real Stories with MPs](#)
3. [£7 million funding for CAMHS and whole-school approach to improving mental health](#)
4. [New hockey club sessions for people with disabilities aged 7 and up](#)
5. [Creative writing competition for looked after children and care leavers](#)

Members of UK Youth Parliament recognised for powerful speeches

Members of UK Youth Parliament have been recognised for outstanding contributions to the House of Commons debates which took place on 09 November 2018.

The UK Youth Parliament sits in the House of Commons once a year to debate the issues chosen during the Make Your Mark campaign. Young people from the four nations of the UK debate the issues chosen in the same way as currently sitting MPs; through speeches at the ballot box, and from the backbench by members.

In 2014, the Paul Boskett Award for outstanding speeches was established in memory of Paul Boskett MBE, to recognise excellent debate contributions.

The Member of Youth Parliament for Derbyshire, Alex McDermott won the award for

his opening speech at the ballot box on votes at 16. Cormac Savage, Member of Youth Parliament for South Down in Northern Ireland was recognised for his backbench contribution on tackling homelessness.

Samuel Taylor, Member of Youth Parliament for Blaenau Gwent and chair of the Young Wales Young Person's Project Board, won the award for his speech on lowering the voting age to 16.

Samuel made note of the lowered voting age in Scotland and plans to lower it in other devolved nations, including Wales, and called on his colleagues in the House to unite behind the campaign across the UK.

You can read more about the award on the [UK Youth Parliament website](#), as well as watch the winning contributions in full.

Children Take UK Food Poverty into Their Own Hands and Journey to Westminster to Share Real Stories with MPs

This is a shortened version of a press release written by the Food Foundation, the full version of which can be found on our [website](#). Children in Wales has worked in partnership with Children in Northern Ireland, Children in Scotland, Fixers, and Food Sense Wales. The Inquiry is coordinated by The Food Foundation and academics at Leeds Beckett University. You can find more information at the [Food Foundation's website](#).

Thursday 17th January 2019

- Today a group of children and young people from across the UK are travelling to the House of Lords to share their experiences of food poverty with the [Children's Future Food Inquiry](#) committee.

MPs, peers and civil society experts will hear directly from nine 'food ambassadors' between the ages of 10 and 20-years-old, who have journeyed from England, Scotland and Wales to open conversations with policymakers in Westminster. The young people hope that their work with the Children's Future Food Inquiry will highlight the pervasive nature of food insecurity in the UK which they say affects every aspect of their lives, despite their belief that everyone has a right to eat properly and seek help without judgement.

The children's views and recommendations are available in a new [report](#) from Fixers, who have worked with 300 young people to understand how food insecurity affects them and what change they believe need to be made. The report comes as Dame Emma Thompson joins the Inquiry as an ambassador and calls for solutions to the impact that food insecurity has on children's physical, mental and emotional health, social wellbeing and school performance.

CASE STUDY

Corey McPartland, 15, Darwen

"My mum has got a disability, she suffers from epilepsy which means she cannot go near a hot pan as she may burn herself if she suddenly has a fit. It means I'm constantly cleaning and looking after my younger brothers, who are nine and twelve. I cook for them most days and I have a friend who does most of the food shopping for me.

"I didn't realise I was experiencing food poverty, to me not having enough food is my normal. But then I started to realise that my friends had money to spend on food and I didn't.

"I want to challenge the stigma around food poverty and encourage others to have conversations about it. I feel I have the power to make changes not only in my local area but nationally.

"It's not right young people go hungry... By speaking out we can change this. After all nothing is more powerful than hearing a story from a mouth that has experienced hunger."

£7 million funding for CAMHS and whole-school approach to improving mental health

Health Minister, Vaughan Gething AM has announced that the Welsh Government will provide £7 million investment to implement their response to the recommendations made in the Mind Over Matter report.

The funding is hoped to build on previous investment in Child and Adolescent Mental Health Services (CAMHS) and support a whole school approach to improve mental health and well-being in schools.

The investment is in addition to £1.4m invested in a programme of mental health in-reach support for schools, in four pilot areas in Wales.

You can read more at the Welsh Government's website, [here](#).

New hockey club sessions for people with disabilities aged 7 and up

Hockey Wales have partnered with Access Sport to provide opportunities for individuals with disabilities aged +7 to play hockey. Hockey Wales said:

"We have partnered with Access Sport, to launch our inclusive Hockey pathway, enhancing the opportunities for all individuals to play our wonderful sport. We are taking the journey to support our clubs and organisations in building inclusive environments, for individuals with a disability to feel comfortable in playing hockey, ensuring that we are adapting the game to meet individual needs, to provide a quality experience. We believe that everyone has the right to access Hockey, regardless if they have a physical and learning disability.

"The first part of our Flyerz Hockey journey is open to individuals with a learning disability, from aged 7+. We are making this progress to support the development of our first ever Wales ParaHockey team, that will be able to compete in European competitions.

"The modifications made to the game are all based on the individual needs, including adapted equipment, smaller pitch and less players in a team.

"If you are interested and would like to sign up to the Club Sessions, please email penarthflyerz@gmail.com, or if you have any general queries, contact

Creative writing competition for looked after children and care leavers

The participation and advocacy charity for looked after children, Coram Voice, is running a creative writing competition for looked after children and care leavers.

The competition ends on the 10th February 2019 and anyone up to 25 years old, who has experience of the care system can enter.

You can write anything you like so long as the theme is 'Growing up'. It can be a short story, a poem, rap, or song. It can't be longer than 500 words. The prizes include publication in a book showing off the competition winners and up to £100 in shopping vouchers.

You can find out more about the competition, as well as how to enter, on the [Coram Voices website](#).

Young Wales - Cymru Ifanc | info@childreninwales.org.uk | 029 2034 2434 |

Dewiswch yr wybodaeth rydych yn dymuno ei derbyn

I newid eich dewisiadau ac i ddweud wrthym ni pa negeseuon e-bost rydych yn dymuno eu derbyn, cliciwch '**Diweddarau Proffil**' isod.

I atal pob e-bost oddi wrth Plant yng Nghymru, cliciwch '**Datdanysgrifio**'.

Byddwch yn Ymwybodol: Os **cliciwch Datdanysgrifio**, byddwch yn datdanysgrifio o holl wybodaeth a negeseuon e-bost marchnata Plant yng Nghymru.

Choose the information you want to receive

To change your preferences and tell us which emails you want to receive, click '**Update Profile**' below.

To stop all e-mails from Children in Wales, click '**Unsubscribe**'.

Please, Be Aware: If you **click unsubscribe**, you will be unsubscribing from all Children in Wales information and marketing emails.