

## AVOW Success With Homeless In Wrexham

At the beginning of December 2010, AVOW's SURF and SURE projects launched a successful appeal for donations for the homeless, due to a lack of funding. Donated during the following weeks; £500 cash and cheques, 20 sleeping bags and enough food, presents and warm clothing for 50 people. During the cold Christmas



week, the AVOW volunteers and the Elms team organised a party at the Elms which included a buffet for the homeless and service users.

With the food provided the team were able to provide food parcels for the homeless for the following three weeks. The food parcels contained easily prepared foods such as cup-a-soup, energy bars and hot drinks.

Using the money that was donated by the public the AVOW volunteers and the Elms team put together a large number of crisis packs containing sleeping bags, flasks, foil blankets



and wind up torches. These packs will be given to people that present themselves as homeless when there are no beds available.

Donations are gratefully received all year round, and can be posted or dropped off at AVOW.

For further information please contact Richard Hanmer on **07837708871** or Peter Jones on **07854052593**.

## AVOW IIP Success

AVOW has been successful in being awarded the Investors in People Award for the next three years following a successful evaluation in December.

Investors in People is a flexible and easy to use quality standard which helps organisations transform their business performance through recognising the support provided to staff and volunteers. The scheme is split into a number of Frameworks allowing organisations to assess the various strengths in the management and development of staff and volunteers.

If you would like to have more information about the scheme contact [Victoria.milner@avow.org](mailto:Victoria.milner@avow.org)

## STOP PRESS

Beat the Recession

Save money on your office and mobile telephone calls with AVOW Charity Line.

For more details email [info@avow.org](mailto:info@avow.org)

AVOW welcomes Victoria Milner as our new Business Support Manager.



INVESTORS IN PEOPLE



FundRaising  
Standards Board

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## Facts and Figures

### Voluntary Sector in Wrexham County Borough:

- 18,500 Volunteers - Total Value of Volunteer time is an estimated £129 Million.
- 1,900 Voluntary Organisations.
- 1,000 Paid Staff.
- Contributions to local GDP is £218 Million.

(Mapping the Contribution of the Wrexham Voluntary Sector 2003)

### Association of Voluntary Organisations in Wrexham:

- Throughout 2010, there has been 44528 visits and 147771 pages viewed on the AVOW website.
- AVOW publicised 29 Newsletters last year. A total of 15,000 copies distributed during 2010.
- Over 2,000 electronic newsletters were downloaded from the AVOW website in 2010.
- The Volunteer Centre has interviewed 762 volunteers since April 2010.

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# Who's Who at AVOW

## Staff

<b>John Gallanders</b>	Chief Officer	<b>Emma Hart</b>	Peer Mentoring Development Officer
<b>Katherine Jones</b>	Payroll & Finance Supervisor	<b>Lacey Ellis</b>	Health, Social Care and Well-being Administrative Assistant
<b>Luke Howson</b>	Payroll & Finance Supervisor (Maternity Cover)	<b>John Ramm</b>	Centre for Independent Living Volunteer
<b>Carole Johnson</b>	Payroll & Finance Supervisor (Maternity Cover)	<b>Ann Vaughan</b>	Volunteer Centre Manager
<b>Audrey Bulcock</b>	Payroll & Accounts Assistant	<b>Vicky Hand</b>	Volunteer Centre Recruitment Officer
<b>Victoria Milner</b>	Business Support Manager	<b>Lynsey Edwards</b>	Youth Volunteering Development Officer
<b>Ken Rowlands</b>	Liaison Officer	<b>Beth Vaughan</b>	Engagement Gateway Local Advisor & Investing in Volunteers Assessor/Advisor
<b>Kate Davies</b>	Senior Administration Officer	<b>Peter Jones</b>	Substance Misuse Volunteer Co-ordinator
<b>Geraint Davies</b>	Marketing & Communications Data Officer	<b>Jessica Jones</b>	Volunteer Centre General Assistant
<b>Darren Tomkins</b>	General Assistant	<b>Ceri Ord</b>	Carers Information Service Support Co-ordinator
<b>Natasha Manuel</b>	General Assistant	<b>Marie Gibson</b>	Carers Information Service Support Worker
<b>Joanne Evans</b>	General Assistant	<b>Lorraine Baylis</b>	Carers Information Service Support Worker
<b>Richard Sciesinski</b>	Caretaker	<b>Christopher Langford</b>	Carers Information Service Administrative Assistant
<b>Janet Williams</b>	Health and Social Care Manager	<b>Cathryn Williams</b>	Community Development Manager
<b>Julie Cooper</b>	Health & Social Care Development Officer	<b>Heather Hicks</b>	Funding & Advice Officer
<b>Laura Williams</b>	Children & Young People's Development Officer	<b>Lynda Williams</b>	Grants Officer
<b>Jenny Jones</b>	Carers Information Service Support Worker & Children & Young People's Research Officer	<b>Rafat Arshad-Roberts</b>	Overcoming Barriers Development Officer
<b>Bernard Roberts</b>	Older People's Development Officer	<b>Lisa Jones</b>	Community Buildings Development Officer
<b>Richard Hanmer</b>	Service User Involvement Co-ordinator	<b>Karl Moore</b>	Community Development Administrative Assistant
<b>Deri Jones</b>	Health, Social Care and Well-being Administrative Officer	<b>Yvonne Palmer</b>	Development Officer
<b>Margaret Clark</b>	Parenting Intervention Worker		
<b>Julie Rigby</b>	Our Joint Plan Consultation Officer		

## Trustees

<b>Dr Mervyn Rosenberg</b>	Trustee and Chair of AVOW	<b>Barbara Roxburgh</b>	Trustee
<b>Nick Colbourne</b>	Trustee & Company Secretary of AVOW	<b>Anne Ryan</b>	Trustee
<b>Margaret Bryden</b>	Trustee	<b>Gail Thomas</b>	Trustee
<b>David Galley</b>	Trustee	<b>Rosemarie Williams</b>	Trustee
<b>Moira Jones</b>	Trustee	<b>G Raymond Jones</b>	Trustee
<b>Ken Jones</b>	Trustee		
<b>Wendy Smith</b>	Trustee	<b>John Carr</b>	Co-opted
		<b>Cllr Joan Lowe</b>	WCBC Observer

# AVOW Christmas Reception

AVOW's Christmas Reception was held at the Catrin Finch Centre, Glyndwr University.

In his Christmas Address, AVOW's Chair (Mervyn Rosenberg), referred to the work undertaken by AVOW throughout the year and to the services provided by AVOW for the public in the County Borough of Wrexham. He welcomed, and thanked, representatives from AVOW's Members, Licencees, and Partner Groups, the Local Authority, Education Bodies and NHS Trust, together with the local Members of Parliament and Welsh Assembly Members for their support of the Voluntary Sector in Wrexham.

In particular he warmly thanked volunteers in Wrexham for their dedicated work and assistance, both generally and through the Volunteer Centre at Ty AVOW.



Guests at the Reception included, The Mayor (Councillor James A Kelly, KSG) and Mayoress (Mrs Elizabeth Kelly) of Wrexham County Borough, and The High Sheriff of Clwyd (Lady Janet Jones) and Lord Barry Jones.

For more information please visit [www.avow.org](http://www.avow.org).

**AVOW's Annual General Meeting will be held on Friday 15th July 2011  
at the Catrin Finch Centre, Glyndwr University.**

**AVOW's Christmas Reception will be held on the Friday 16th December 2011.**

## Grants Awarded

At AVOW's Christmas Reception nine local voluntary organisations were awarded grants of between £600 and £5,000 from the Wrexham Community Facilities and Activities Fund which is administered by AVOW. The cheques were presented to representatives of the organisations by the Mayor of Wrexham (Councillor James A Kelly, KSG).

The Welsh Assembly Government's Community Facilities and Activities Programme provide the funding for the Scheme and since the Programme commenced in 2000 more than one million pounds has been allocated by AVOW for local projects.

The aim of the fund is to provide funding for voluntary and community groups in Wrexham for capital projects (e.g. equipment, new facilities, refurbishment works etc.). From April 2011 the amount available for allocation is being reduced by Government from £100,000 to £60,000 per year.

The organisations that received grants were:-

Garden Village Bowling Club	£5,000
Oliver Jones Memorial Hall	£1,225
Overton W I	£1,000
Gresford Trust	£3,000
Friends of Nant Mill	£3,000
Gresford Sailing Club	£600
Wrexham Amateur Athletics Club	£3,000
H.A.C.K.	£1,500
Black Park Community Centre	£1,823

The Grants Panel comprises representatives of the volunteering community and private sector in Wrexham and is Chaired by Wendy Smith, Trustee of AVOW.

Application forms (and further information) are available from AVOW Tel: Lynda Williams **01978 312556** or e-mail [lynda.williams@avow.org](mailto:lynda.williams@avow.org) or visit [www.avow.org](http://www.avow.org)

# Wrexham Volunteer Centre



STRUGGLING TO FIND VOLUNTEERS TO HELP WITH ONE OFF EVENTS? FUNDRAISING DAYS? YES! Then you need the help of the...

Wrexham Volunteer Centre has set up an opportunity (the Wrexham Volunteer Action Crew) whereby volunteers who are happy to be contacted, sometimes at short notice, to help organisations with one off events & fundraising activities.

So if you've got a one off opportunity coming up and you're looking for help, why not give us a call and we'll get the Volunteer Action Crew on board!

supermarket bag packing

event stewarding

fun runs and sports days

community clear-up days

For further information or to sign your organisation up please contact:  
Lynsey Edwards at AVOW on **01978 312556** or email: [lynsey.edwards@avow.org](mailto:lynsey.edwards@avow.org)

## Volunteer Star Awards

### What is the Volunteer Star Awards?

The aim of the programme is to reward and recognise the effort and time spent by volunteers volunteering in Wrexham County Borough.

### What will I receive if I register on the programme?

Volunteers will receive certificates after the following number of hours:

- ★ 10 Hours Sapphire Award
- ★ 50 Hours Ruby Award
- ★ 100 Hours Bronze Award
- ★ 200 Hours Silver Award
- ★ 500 Hours Gold Award
- ★ Long Service Award (nominated by the organisation)



### How long does it take?

There is no time limit to gaining the certificates. We can even back date up to 6 months worth of volunteering hours as long as your organisation can support your claim.

### Do I have to write long reports or keep a huge portfolio to get the award?

No! You'll be far too busy volunteering to do lots of paperwork so we keep it short and simple! You will have a simple timesheet where you briefly record the work you do for each session, where you did it and how many hours you completed in that session. Your Placement Supervisor will authorise your timesheet. Once you have reached one of the awards milestones i.e. 10 hours, bring the authorised sheet back to the Volunteer Centre and we will record your hours and arrange for you to receive your award.

### OK I'm interested, what do I do now?

To register on the programme all you have to do is call **01978 312556** or send an e-mail to Lynsey: [lynsey.edwards@avow.org](mailto:lynsey.edwards@avow.org).

Canolfan Gwirfoddolwyr Wrexham



Wrexham Volunteer Centre

# Health and Social Care

## Young People's Groups Receive Funding

AVOW, in partnership with the Wrexham Youth Service, have recently been able to award over £81,000 to voluntary and community groups working with young people. The funding came as part of the National Youth Service Strategy for Wales from the Welsh Assembly Government aimed at developing Youth Support Services across the country.

The monies fell into two separate streams: groups could apply for amounts up to £10,000 under a capital element and £2,000 under a revenue element, with each grant aimed at increasing people participating in youth services in a number of ways.

The capital grant was focussed on structural or technological improvements that would encourage greater participation. The Bitesize Youth Theatre, for example, received money to improve their technical equipment.

The revenue element was geared towards developing new skills and opening avenues of participation for the children and young people of Wrexham. BAWSO intend to use their funding to

encourage children from diverse backgrounds to get more involved in community life by setting up their own forum.

In October 2010 applications were invited from all organisations and groups working with young people in Wrexham. A multi-agency Grant Panel was convened a month later comprising of a young person and representatives from the voluntary and statutory sectors.

For more information please contact Laura Williams, Children and Young People's Development Officer, on **01978 312556** or email: [laura.williams@avow.org](mailto:laura.williams@avow.org) or visit: [www.avow.org](http://www.avow.org).



The Mayor with some of the grant beneficiaries at AVOW's Christmas Reception

## 'Our Joint Plan'

The Welsh Assembly Government requires organisations like Wrexham County Borough Council and the National Health Service to set out plan to improve things for children, young people and their families. It is also necessary to plan properly to provide health and social care services for all people who need them, and to support people to take care of their own health.

This year in Wrexham things were made much simpler by incorporating into one plan all of the things we hope to achieve. Contained in a succinct **forty-two** page document, titled *Our Joint Plan*, it aims to improve the well-being of all the people of Wrexham through working with

various organisations as partners. An outcome is a broad definition that builds a picture of what aims will look like if and when they are achieved.

The consultation period, which ended on 30<sup>th</sup> January 2011, provided ordinary members of the public with an opportunity to have their say on what they thought of the *Plan*. AVOW was at the forefront in ensuring ordinary citizens were engaged in this process with Consultation Officer Julie Rigby collecting responses from meetings and events across Wrexham.

[Continued on next page.](#)

## ‘Our Joint Plan’ - Continued

While consultation officially ended on 30<sup>th</sup> January 2011, the pinnacle of the exercise was undoubtedly the consultation event a fortnight earlier. “It’s been great” **said Julie**, of AVOW after the event “We’ve had over seventy people through the doors today: from members of the public to charitable organisations and health professionals; a great cross-section of society.”

Following the consultation period, the *Plan’s* authors will set about synthesising the original document with the responses. The final version will be made available from **30<sup>th</sup> March** this year.

The plan has nine outcomes:



## Informing the Development of Public Policy

It is vital that people are supported to get their voices heard when local and national government offers up the opportunity to comment on the latest round of proposals. Through running consultation workshops, assisting citizen and voluntary sector representatives and working closely with service partners, the AVOW Health and Social Care Department works tirelessly to make this happen.

We have a number of representatives on health, social care and children’s service partnerships and working groups representing the needs and concerns of service users and voluntary organisations. And, unlike many regions in Wales, our representatives’ job descriptions compel them to report back to our health and social care forums and liaise directly with other charities, service users and carers. This ensures that there is an on-going check and balance for local decision making.

However consultations are our particular forte. The public engagement process can appear complicated and inaccessible to the very people they are designed to target, which in turn leads to them becoming disenfranchised from decisions affecting them directly. Through organising workshops and facilitating meetings, we are able to ensure important legislative changes are brought before as wide a forum as possible.

While the benefit of full and frank consultation is evidenced in worthy reform, it is rarely an incentive in itself. Our seasoned experience of working with particular groups also allows us to understand how best to engage them.

“We get young people involved in issues affecting them by linking it directly to them” says Laura, our Children and Young People’s Development Officer “awarding exercise equipment to their youth club based on the number of youngsters responding has proven highly successful.”

The recent response to the Department of Work and Pensions Disability Living Allowance Reform workshop organised for the Accessible Wrexham Group by AVOW demonstrated the value of bringing together a diverse range of interests in a well facilitated session. “We had a range of opinions and information put forward and have been able to draft an excellent formal response to the consultation.”

For more information on how you can get involved and get your voice heard please contact Julie Cooper, our Health and Social Care Development Officer on **01978 317089** or email: [julie.cooper@avow.org](mailto:julie.cooper@avow.org) or visit: [www.avow.org](http://www.avow.org).

# Community Development Overcoming Barriers Service



## Are You Out Of Work?

AVOW has now launched its new service supporting individuals currently out of employment to champion the voice of those that experience barriers to volunteering or employment because of characteristics such as age, gender, out-dated skills and/ or work experience etc.

The service will encourage and support individuals through a development plan, training courses and shadowing sessions to help build confidence and skills ready for further learning, volunteering or employment placements. Individuals will determine the support received depending on their personal goals.

Individuals interested in improving their skills whilst, educating voluntary and employment organisations about the barriers they impose, should apply to enrol on the initiative and embrace the opportunity to make a difference.

For further information detailing how you can enrol on this opportunity, please contact Rafat Arshad-Roberts the Overcoming Barriers Development Officer within the Community Development Department on **01978 317096** or **01978 312556** or email: [rafat.arshad-roberts@avow.org](mailto:rafat.arshad-roberts@avow.org).



## The Equine Project

The AVOW Equine project ended on the 28th February 2011. Over the last 23 months the Equine Safety Officer has helped raise the profile of equestrian road users in rural Wrexham.

Events and awareness raising sessions have been held to promote a better understanding of the needs of equestrians who use the roads of rural Wrexham. Many of these events have been held in partnership with the HACK Horse Sanctuary, the Equine Welfare Officer at Wrexham County Borough Council, the Equine Department of Yale College and North East Wales Bridleways.

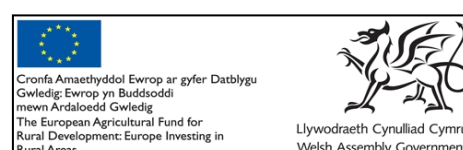


It is hoped that the following events that were supported by the Equine Project will be held in 2011 organised by the HACK Horse Sanctuary:

- Fun Ride at Alyn Waters County Park,
- Have a Go Show
- Rid Wrexham of Ragwort.

Three Riding centres within the Wrexham area held British Horse Society, Riding and Road Safety tests; Broughton Hall Farm, Overleigh Equestrian Centre and Springhill Farm Riding Stables. The Equine Safety Officer thanks all the centres and their staff and the British Horse Society (BHS) examiners for the encouragement and help they gave to all the volunteers who took part and congratulates all who passed the test. Overleigh Equestrian Centre and Springhill Farm Riding Stables will continue to hold the BHS tests during 2011, and if you are interested in taking your BHS Riding & Road Safety test then please contact the centres direct. Alternately if wish to pursue an equestrian qualification BHS or NVQ then contact Yale College Equine Department direct.

Three 'Wrexham Riding Routes' have been developed in partnership with WCBC and our consultants Groundwork Wrexham and Flintshire. These routes are on unclassified roads and located in and around the following areas of high equine activity: Gyfelia, Horsemans Green, Coedpoeth and Moss Valley.



# Regional Low Cost Training Programme



## Association of Voluntary Organisations in Wrexham



### Courses at AVOW

**Health and Safety in the Workplace (CIEH) – Thursday, 17th March, 2011 – 9.30 am to 4.30 pm**  
**Ty AVOW, 21 Egerton Street, Wrexham [No Lunch Provided]**  
**Registration and Refreshments at 9.20am**

(CIEH Accreditation will be awarded to successful candidates (assessment optional)).  
Please note that this course is £45 per participant. AVOW members receive 10% off all courses.

**Food Hygiene - Level 2 (CIEH) – Tuesday, 24th May, 2011 – 9.30 am to 4.30 pm**  
**Ty AVOW, 21 Egerton Street, Wrexham [No Lunch Provided]**  
**Registration and Refreshments at 9.20am**

(CIEH Accreditation will be awarded to successful candidates (assessment optional)).  
Please note that this course is £45 per participant. AVOW members receive 10% off all courses.

**Emergency First Aid at Work (CIEH) – Thursday, 16th June, 2011 – 9.30 am to 4.30 pm**  
**Ty AVOW, 21 Egerton Street, Wrexham [No Lunch Provided]**  
**Registration and Refreshments at 9.20am**

(CIEH Accreditation will be awarded to successful candidates (assessment optional)).  
Please note that this course is £45 per participant. AVOW members receive 10% off all courses.

If you would like to attend any of the courses offered at AVOW, please contact the Training Team on  
**01978 312556** or email [communitycourses@avow.org](mailto:communitycourses@avow.org)

## Flintshire Local Voluntary Council



### Courses in Flintshire:

**Coaching and Mentoring – Thursday, 17 March, 2011 – 10.00 am to 3.00 pm**  
**Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold.**

Learn the benefits of coaching, coaching styles and how to help people focus on goals. Please note that this course is £20 per participant.

If you would like to attend any of the courses offered at FLVC, please contact Sue Williams on  
**01352 744000** or email [sue.williams@flvc.org.uk](mailto:sue.williams@flvc.org.uk)

*'The first time I chaired a meeting it was a disaster so I signed up to attend a "Chairing skills" training course at AVOW. I wanted to learn to be an effective chair and better understand my role. The trainer taught us techniques on controlling meetings, producing agendas, health and safety aspects and encouraging all members of committees to have their turn at contributing at meetings. Since attending the training, I have felt more confident chairing meetings as I now have the knowledge and skills needed to be an effective chair.'*



## Courses in Denbighshire:

### Running a Community Building – Wednesday, 2 March, 2011 – 10.30 am to 3.30 pm Naylor Leyland Centre, Ruthin

Develop an understanding of the key tasks, responsibilities and costs of running a community building. Please note that this course is £20 per participant.

### Fit for Funding – Monday, 7 March, 2011 – 10.30 am – 3.30 pm Wellington Road Community Centre, Rhyl

Learn methods to improve the chances of funding applications being successful, how to write effective funding applications and build relationships with grant givers. Please note that this course is £20 per participant.

If you would like to attend any of the courses offered at DVSC, please contact Bronwen Issac on **01824 702441** or email [bronwen@dvsc.co.uk](mailto:bronwen@dvsc.co.uk)

## North East Wales Funders Fair

A Funders Fair where voluntary organisations can obtain advice on raising funds for their group, is being held on the 18th May 2011. Numerous organisations, both regional and national, have been invited and just some of those that have confirmed attendance so far include the Big Lottery Fund, Millennium Stadium Charitable Trust, Coalfields Regeneration Trust, Heritage Lottery Fund, and local Landfill Community Fund operators, Cory Environment Trust and WREN.

The fair will give community groups, voluntary organisations, and social enterprises, the chance to chat to major funders direct, and explore a variety of funding streams.

This is an ideal opportunity to see what funding is available, and discuss the likelihood of attracting grants for specific projects. Some exhibitors will also be able to give advice on any current opportunities for training, fundraising and other areas of support.

Don't miss this **free** event, which will take place on Wednesday 18<sup>th</sup> May 2011, at the Memorial Hall, Wrexham between 10am and 3pm.

For further Details please contact Heather Hicks on **01978 312556** or E-mail: [heather.hicks@avow.org](mailto:heather.hicks@avow.org)

## HSE Launches New Initiative for Charitable Organisations

The Health and Safety Executive (HSE) is the national independent watchdog for health, safety and illness within the workplace.

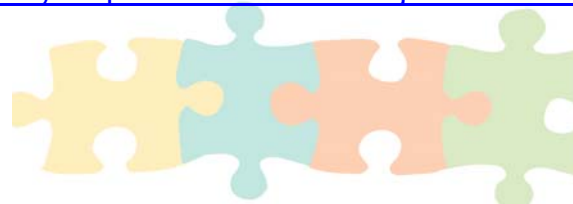
The HSE responsibility lies in independent regulation and it acts in the public interest to reduce work-related death and serious injury across all of Great Britain's workplaces.

Risk assessments are a legal requirement that all employers, including charity organisations are required to conduct. These assessments are used to give consideration to the risks that may be present to both the employee and other members of the public.

As part of a consultation process, the HSE is seeking the views and comments on a recently launched assessment tool aimed specifically at voluntary organisations and low risk charity shops. It is hoped that the tool will help charitable shops and organisations conduct risk assessments.

Further details of the consultation can be found here:

<http://records.hse.gov.uk/connect.ti/charityshopriskassess/view?objectId=25235>



## Report Hate Crime at AVOW

### Hate hurts. Report it

**Have you ever been singled out and harassed because of who you are, or what you believe in? Or more to the point, who people think you are or think you believe in?**

If the answer is 'yes', you need to know about the Anti Hostility Project. Delivered by Wrexham Community Safety Partnership, the scheme is looking to ramp up awareness of 'hate crime.'

In other words, any incident where the victim, witness or any other person feels that perceived faith, gender, sexual orientation, race, ethnicity or disability was a factor.

Encouraging people to report incidents is a key part of raising awareness. However, not everyone is comfortable talking to official bodies like the police or the council, so there are several 'third party reporting centres' based at community venues in Wrexham.

One of these centres is at Ty Avow. Any report received is treated in strict confidence and details don't have to be passed to the police if the person reporting the incident doesn't want them to.

They also get to check the information they provide before the incident is recorded and, if they don't want any support or action taken, the details are just used to help record the level of incidents and inform future efforts to tackle this type of harassment.

More information on the Anti Hostility Project can be found at:

[www.wrexham.gov.uk/english/council/one-wrexham/antihate.htm](http://www.wrexham.gov.uk/english/council/one-wrexham/antihate.htm)

Further information on third party reporting centres in Wrexham can be found at:

[www.wrexham.gov.uk/assets/pdfs/onewrexham/third\\_party\\_reporting\\_centres.pdf](http://www.wrexham.gov.uk/assets/pdfs/onewrexham/third_party_reporting_centres.pdf)

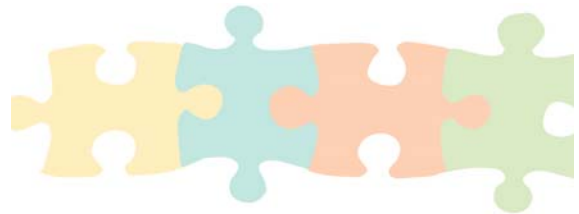
Or telephone AVOW on **01978 312556**

## Raising Awareness of Hate Crime and Incidents in Wales

Race Equality First are looking for people to share their views and experiences of hate crime and hate-related incidents in Wales, by participating in a survey that forms an important part of the All Wales Hate Crime Project.

The research team are seeking information on hate crimes and minor incidents, including criminal acts and low level, persistent incidents such as harassment.

If you would like to take part in the survey, please register your email at the survey website: [www.waleshatecrimeresearch.com](http://www.waleshatecrimeresearch.com)



### 2011 Census

The next census in England and Wales is on 27 March 2011. It's all about planning ahead. The census, a rich source of statistics, affects all of us in one way or another, as decisions about the communities we live in take place all the time. Census statistics allow everyone to focus on accurate details, for careful decision making tomorrow and into the Future. Census data describes areas and highlights local need for services like schools, roads and hospitals.

From 4 March 2011, [www.census.gov.uk](http://www.census.gov.uk) is the gateway to online help and completing the online questionnaire.

#### Census helpline:

Wales: **0300 0201 130**

Text relay for hard of hearing (England / Wales):  
**18001 0300 0201 160**



Do you care for a relative, friend or neighbour who may have a disability, long-term illness or be struggling with the effects of old age? Could these people manage without your help?

Wrexham Carers Service, based at AVOW, work with Carers across the County of Wrexham, to ensure they are given advice, support and guidance on any issues that may affect their caring role. We offer this support in a variety of ways:

- Carers Information Packs
- Monthly Carers support groups
- Weekly Carer drop in session
- Information on local & national support
- Free 1-2-1 counselling sessions
- Training Opportunities
- Free Therapeutic massage and reflexology
- Social events
- Quarterly newsletters

Discounted Leisure & Fitness Scheme with Wrexham County Borough Council

Signposting to a range of organisations who may be able to offer specific support to you or the person you care for including: Parkinsons Society, Stroke Association, Alzheimers Society and National Autistic Society, among many others.

To access any of these services please contact us to register your details with us, we will then add you to our mailing list. In the meantime if you would like any further information, advice or support, please contact us on the telephone number below or simply pop in for a chat.

There is a drop in every Monday morning at AVOW 10am- 12noon.

You will find us at Ty AVOW, 21 Egerton Street, Wrexham, LL11 1ND.

Telephone: **01978 318812** or email: [carers@avow.org](mailto:carers@avow.org)

“The service is brilliant, very informative and friendly”

“I feel the service is run really well. It’s nice to know that support is available for us carers, should we need help. Thank you.”

“I feel more is being done for carers now it has been taken over, and based in AVOW. Keep up the good work”

# Charity Commission

## Local networking could help find partners

Collaborating with other charities works and brings real benefits, small charities have said in a new report published by the Charity Commission.

The research shows collaboration is more likely to happen and more likely to succeed when charities network and get to know each other first. In response, the Commission is encouraging charity trustees to consider getting to know potential local partners, since many charities who had not collaborated said it was because they had never been approached.

The report, '*Strength in numbers – small charities' experience of working together*', published by the charity regulator is based on a survey of 2,500 charities with incomes of less than £250,000, as well as in-depth interviews with charities and sector experts. 91% of charities on the Commission's register have an income of £250,000 and under, with a combined income of £4 billion.

The research shows that the main factors contributing to successful collaborations were the quality of the pre-existing relationship with their charity partner (55%) and the compatibility of organisational aims, values and mission (52%). Key ingredients for successful collaboration included effective leadership, planning and communication.

The report showed that amongst the charities that had collaborated:

- Nearly half (45%) of charities surveyed said they had collaborated with at least one other charity over the past two years; most commonly sharing information, joint fundraising and sharing equipment.
- 82% of charities that had collaborated with others felt that it had been successful. 29% thought it had been 'very' successful.
- 84% of the collaborating charities reported benefits, ranging from maintaining or improving services, enhancing reputation, and identifying cost reductions and increased access to funding opportunities.
- The main driver of collaboration was the presence of other charity partners in the local area with similar aims and objectives. Many charities were also motivated by a desire to improve services and reduce duplication.

- Small charities that had faced challenges such as organisational growth and extra demand for services were more likely to have collaborated. Of the charities surveyed that had not yet collaborated;

- 46% said there had been no need for them to do so, or that they had not been convinced of the benefits of collaboration

- Over a third (34%) said they had no appropriate charity partners

- 30% said they had never been approached by another charity interested in collaborating. Where charities had encountered difficulties when collaborating, the most common were a lack of funding, resources or expertise, or differences in personalities or working cultures. A significant proportion of charities that had or had not collaborated felt they would need future support in order to enhance or get started with collaboration.

**Dame Suzi Leather, Chair of the Charity Commission said;**

**“Small charities are saying that collaboration works and brings real benefits; to themselves, and most importantly, to their beneficiaries. There’s a lot to be said for a ‘charity begins at home’ approach, with charities getting to know other local organisations that they might be able to work with. Some charities haven’t collaborated because they have never been approached. So, don’t wait; be the one to make the first move, and increase the sense of local people working together for local causes. This survey is useful for trustees of charities because it gives clear detail about what drives successful collaborations, and what sorts of issues they may need to anticipate and prepare for. There are lessons here too for larger organisations; now, more than ever charities should be planning to collaborate.”**

*Strength in numbers – small charities' experience of working together* – is available under embargo from the Charity Commission Press Office or on the Commission's website.

For more information please visit Charity Commission's website at [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk).

# AVOW Wrexham Savers Loyalty Card

AVOW have linked up with the Wrexham Saver Card as a means of providing support to Voluntary and Community Organisations, their staff and volunteers. The offers, incentives and discounts that are provided through the Saver Card will help everyone save money and you will be supporting the local area every time the card is used in any of the businesses. The card is accepted by over 150 businesses in Wrexham and offers and promotions are available on Food and Drink, Leisure Activities, Shopping, Property Services and much more.

## How do I use my new AVOW Wrexham Savers loyalty card?

You can register your card online at [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk) - make sure you use the register card button and not order a new card. If you are asked for your address you are using the wrong form. We recommend that to receive our weekly email of latest offers you add – [offers@wrexhamsavers.co.uk](mailto:offers@wrexhamsavers.co.uk) to your safe sender list or your address book. Look out for our stickers and offer boards at participating businesses or ask their staff for details of latest offers. Or if you are looking for something specific ask a friend with internet access to print off the details of relevant offers.



### Consumer Testimonial:

Since acquiring a Wrexham Savers card - between March and July 2010 my family have saved over £200.00, at the same time as supporting Wrexham businesses.”

If you have family or friends who require a Wrexham Savers card , they can order one online at [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk).

Find out more about AVOW at [www.avow.org](http://www.avow.org) or tel **01978 312556** or email [info@avow.org](mailto:info@avow.org)

Find out more about Wrexham Savers at [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk) or tel **01978 851014** or email [info@wrexhamsavers.co.uk](mailto:info@wrexhamsavers.co.uk)

## Become a member of AVOW

### *Show support for the work we achieve by becoming a member.*

New incentives are being offered to AVOW members in recognition for their commitment and contribution to the third sector. Incentives can now be accessed in the form of discounted training courses and free room hire for AGM's of voluntary and community organisations.

As members, organisations can also contribute to the direction of AVOW (which is the umbrella body for voluntary and community organisations in Wrexham) promote themselves in the regular AVOW marketing initiatives, hire equipment such as projectors and make the most of the room and photocopying facilities. Members can also access the wide range of advice and support provided by the various AVOW teams; Business Support, Payroll Service, Community Development, Health and Social Care and Carers.

Are you interested in becoming a member of AVOW?

You can request a membership form either by ringing **01978 312556**, emailing [Reception2@avow.org](mailto:Reception2@avow.org) or by calling in.

More details can be found on the web at [www.avow.org](http://www.avow.org)

# Cherdyn Arbedion Wrecsam AVOW

Mae AVOW wedi cysylltu gyda Cherdyn Arbedion Wrecsam er mwyn cynorthwyo Mudiadau Gwirfoddol a Chymunedol, eu staff a'u gwirfoddolwyr. Bydd y cynigion, y cymhellion a'r disgowntiau a roddir drwy'r Cerdyn Arbedion yn helpu pawb i arbed arian a byddwch hefyd yn cefnogi'r ardal leol bob tro y defnyddir y cerdyn mewn unrhyw un o'r busnesau. Mae'r cerdyn yn cael ei dderbyn gan dros 150 o fusnesau yn Wrecsam ac mae'r cynigion ar gael ar Fwyd a Diod, Gweithgareddau Hamdden, Siopa, Gwasanaethau Eiddo a llawer mwy.

**Sut ydwi'n defnyddio fy ngherdyn arbedion Wrecsam AVOW newydd?**

Dylech gofrestru eich cerdyn ar-lein yn [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk) – cofiwch ddefnyddio'r botwm cofrestru cerdyn a phaidio ag archebu cerdyn newydd. Os gofynnir i chi am eich cyfeiriad, rydych yn defnyddio'r ffurflen anghywir. Rydym yn argymhell, er mwyn derbyn ein e-bost wythnosol a'r cynigion diweddaraf, eich bod yn ychwanegu [offers@wrexhamsavers.co.uk](mailto:offers@wrexhamsavers.co.uk) at eich rhestr antonwyr diogel neu at eich llyfr cyfeiriadau. Chwiliwch am ein sticer! a'n bwrdd cynigion yn y busnesau sy'n cymryd rhan, neu gofynnwch i'w staff am fanillion y cynigion diweddaraf. Neu, os ydych yn chwilio am rywbeth penodol, gofynnwch i ffrind gyda mynediad i'r we argraffu'r manylion ar gynigion.



## Geirda gan Ddefnyddiwr:

“Ers cael fy ngherdyn Cynilwyr Wrecsam, rhwng Mawrth a Gortennat 2010 mae fy nheulu wedi cynnillio dros £200.00, tra'n cefnogi busnesau yn Wrecsam ar yr un pryd.”

Os oes gennych deulu neu ffrindiau sydd angen cerdyn Cynilwyr Wrecsam arnynt,

mediant archebu un ar-lein yn [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk).

I gael gwibod mwy am AVOW ewch i [www.avow.org](http://www.avow.org) neu ffoniwch **01978 312556** neu e-bostiwch [info@avow.org](mailto:info@avow.org) I gael gwibod mwy am Gynilwyr Wrecsam ewch i [www.wrexhamsavers.co.uk](http://www.wrexhamsavers.co.uk) neu ffoniwch **01978 851014** neu e-bostiwch [info@wrexhamsavers.co.uk](mailto:info@wrexhamsavers.co.uk)

# Dod yn Aelod o AVOW

**Dangoswch eich cymorth i'r gwaith a wawn drwy ymaeoli.**

Mae cymhellion newydd yn cael eu cynnig i aelodau o AVOW i gydabod eu hymrwymiad a'u cyfraniad i'r trydydd sector. Gall mudiadau gwirfoddol a chymunedol yn awr gael gafael ar gymhellion ar ffurf cyrsiau hyfforddiant rhatach a llogi ystafelloedd am ddim i gynnal eich Cyfarfoddyd Cyffredinol Blynyddol.

Fel aelodau, gall mudiadau hefyd gyfrannu at y cyfeiriad y mae AVOW (sy'n gorff ymbarél i fudiadau gwirfoddol a chymunedol yn Wrecsam) yn symud ynddo, hyrwyddo eu hunain drwy brosiectau marchnata cyson AVOW, llogi cyfarpar fel taliunyddion a gwneud y mwyafr o'r cyfllusterau llunogio a'r ystafelloedd. Gall aelodau hefyd gael gafael ar ystod eang o gynngor a chymorth sy'n cael eu darparu gan yr amrywioi dimau yn AVOW; Cymorth Busnes, Datblygu Cymunedol, Iechyd a Gofal Cymdeithasol, a Gofalwyr.

Oes diddordeb gennych mewn dod yn aelod o AVOW?

Gallwch ofyn am ffurflen aelodaeth nail ai drwy ffonio **01978 312556**, e-bostio [Reception2@avow.org](mailto:Reception2@avow.org) neu drwy alw heibio. Mae mwy o fanillion ar y wefan yn [www.avow.org](http://www.avow.org)

## Gallai rhwydweithio lleol helpu i gael hyd i bartneriaid

Mae cydweithio ag elusennau eraill yn gweithio ac yn cynnig manteision mawr, meddal elusennau bach mewn adroddiad newydd a gyhoeddwyd gan y Comisiwn Elusennau.

Mae'r ymchwil yn dangos bod cydweithio yn fwy tebygol o ddiwydd ac yn fwy tebygol o lwyddo pan fydd elusennau'n rhwydweithio ac yn dod i adnabod ei gilydd yn gyntaf. Mewn ymateb, mae'r Comisiwn yn annog ymddiriedolwyr elusen i ystyried dod i adnabod darpar bartneriaid lleol gan fod nifer o elusennau oedd heb gydweithio yn dweud mair rheswm am hynny oedd oherwydd nad oedd unrhyw un wedi gofyn iddynt gydweithio â nhw.

Mae'r adroddiad, *'Mewn undod mae nerth - profiad elusennau bach o gydweithio'*, a gyhoeddwyd gan y rheoleiddwyr elusennau yn seiliedig ar arolwg o 2,500 o elusennau sydd ag incwm o lai na £250,000, yn ogystal â chyfweiliadau manwl ag elusennau ac arbenigwyr sector. Mae gan 91% o elusennau ar gofrestr y Comisiwn incwm o £250,000 a llai, gydag incwm cyfunol o £4 biliwn.

Dengys yr ymchwil mair prif ffactorau sy'n cyfrannu at gydweithio llwyddiannus oedd ansawdd y berthynas bresennol â'u helusen bartner (55%) a nodau, gwerthoedd a chenhadath cylyn y sefydliadau (52%). Roedd y cynhwysion allweddol ar gyfer cydweithio llwyddiannus yn cynnwys arweinyddiaeth, cynllunio a chyfathrebu effeithiol.

Yn ôl yr adroddiad, ymysg yr elusennau oedd wedi cydweithio:

- Dywedodd bron hanner (45%) o'r elusennau a arolygwyd eu bod wedi cydweithio ag o leiaf un elusen arall dros y ddwy flynedd ddiwethaf; rhannu gwybodaeth, codi arian ar y cyd a rhannu offer oedd yn fwyaf cyffredin.
- Teimlai 82% o elusennau oedd wedi cydweithio ag eraill iddo fod yn llwyddiannus. Teimlai 29% iddo fod yn llwyddiannus 'iawn'.
- Dywedodd 84% o elusennau oedd yn cydweithio bod manteision i hynny, yn amrywio o gynnal neu wella gwasanaethau, gwella enw da, ac adnabod sut i leihau costau a chynyddu mynediad i gyfluoedd ariannu.
- Y prif gymhelliant i gydweithio oedd presenoldeb partneriaid elusen eraill yn yr ardal leol sydd â nodau ac amcanion tebyg. Roedd nifer o elusennau hefyd wedi'u cymhell gan awydd i wella gwasanaethau a lleihau dyblygu.

- Roedd elusennau bach oedd wedi wnebu siatensiau megis twf sefydliadol a galw ychwanegol am wasanaethau yn fwy tebygol o gydweithio.
- O'r elusennau a arolygwyd oedd heb gydweithio eto:
- Dywedodd 46% na fu unrhyw angen iddynt wneud hynny, neu ni chawsant eu darbwyllo am fantasion cydweithio
- Dywedodd dros un rhan o dair (34%) nad oes unrhyw bartneriaid elusen priodol ganddynt
- Dywedodd 30% nad oedd unrhyw elusen arall wedi gofyn iddynt gydweithio â nhw

Pan oedd elusennau wedi cael problemau wrth gydweithio, yr anawsterau mwyaf cyffredin oedd diffyg cyllid, adnoddau neu arbenigedd, neu personoliaethau neu ddiwylliaannau gweithio gwahanol. Teimlai cyfran sylweddol o elusennau oedd wedi neu oedd heb gydweithio y byddai angen cymorth arnynt yn y dyfodol er mwyn gwella neu gychwyn cydweithio.

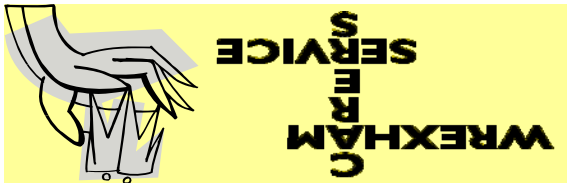
**Dywedodd y Fonesig Suzi Leather, Cadeirydd y Comisiwn Elusennau:**

"Mae elusennau bach yn dweud bod cydweithio'n gweithio ac yn cynnig manteision mawr iddyn nhw eu hunain, ac yn bwysicach o'i, i'w buddiolwyr. Mae llawer i'w ddweud dros yr agwedd 'nid hael ond hael gartref', gydag elusennau yn dod i adnabod sefydliadau lleol eraill y gallent gydweithio â nhw. Nid yw rhai elusennau wedi cydweithio oherwydd ni ofynnwyd iddynt wneud hynny erioed. Felly, peidiwch ag aros, cymerwch yr awenau a chymrwch y cam cyntaf er mwyn cynyddu'r ymdeimlad o bobl leol yn gweithio gyda'i gilydd dros achosion lleol.

Mae'r arolwg hwn yn ddefnyddiol i ymddiriedolwyr elusennau oherwydd mae'n rhoi manylion clir ynghylch yr hyn sydd y tu ôl i gydweithio llwyddiannus, a pha fathau o faterion y bydd angen iddynt eu rhagweld o bosib a pharatoi ar eu cyfer. Mae gwersi yma hefyd i sefydliadau mwy; nawr, mwy nag erioed, dylai elusennau fynd ati i gynllunio ar gyfer cydweithio."

Mae *Mewn undod mae nerth - profiad elusennau bach o gydweithio* - ar gael o dan waharddiad gan Swyddfa'r Wasg y Comisiwn Elusennau neu ar wefan y Comisiwn.

Gweler [www.comisiwnelusennau.gov.uk](http://www.comisiwnelusennau.gov.uk) am wybodaeth bellach.



A ydych yn gofalu am berthynas, ffrind neu gymydog a allai fod ganddynt anabled, salwch tymor hir neu'n brwydro yn erbyn effeithiau heneiddio? A allai'r bobl hyn ymdopi heb eich cymorth chi?

Mae Gwasanaeth Gofalwyr Wrecsam, sydd wedi eu lleoli yn AVOW, yn gweithio gyda Gofalwyr ledled Sir Wrecsam i sicrhau eu bod yn derbyn cynngor, cefnogaeth ac arweiniad ar unrhyw faterion a allai effeithio ar eu rôl ofalu. Rydym yn cynnig y cymorth hwn mewn amryw o ffyrdd:

Pecynnau Gwybodaeth i Ofalwyr  
Grwpiau cymorth misol i Ofalwyr

Seswn galw hebio wythnosol i Ofalwyr

Gwybodaeth am gymorth lleol a chenedlaethol

Sesynau cwnsela 1-2-1 di-dâl

Cyflioedd i hyfforddi

Masaj therapïtig ac adweitheg di-dâl

Digwyddiadau cymdeithasol

Cylichlythrau chwarterol

Cynllun Hamdden a Ffitrwydd drwy ddisgownt gyda Chynngor Bwrdeistref Siroi Wrecsam

Gwasanaeth i'ch cyfeirio ymlaen at ystod o fudiadau a allai gynnig cymorth penodol i chi neu i'r

person yr ydych yn gofalu amdanynt, gan gynnwys: Y Gymddeithas Parkinsons, Y Gymddeithas Strôc,

Y Gymddeithas Alzheimer's a'r Gymddeithas Awstistaeth Genedlaethol, i enwi dim ond rhai.

I gael gatael ar unrhyw un o'r gwasanaethau hyn cysylltwch gyda ni i gofrestru eich manylion gyda ni,

byddwn ni yn a'n eich ychwanegu at ein rhestr bostio. Yn y cyfamser os hoffech dderbyn mwy o

wybodaeth, cynngor neu gymorth, cofiwch ein ffonio ar y rhif isod neu alw hebio am sgwrs.

Cynhelir sesiwn alw hebio bob bore Dydd Llun yn AVOW 10am-12noon.  
Ein cyfeiriad yw Ty AVOW, 21 Stryd Egerton, Wrecsam, LL11 1ND.

ffôn: **01978 318812** neu e-bost: [careers@avow.org](mailto:careers@avow.org)

“Mae'r gwasanaeth yn wych, yn llawn gwybodaeth ac yn gyfeillgar”

“Rwyf yn teimlo bod y gwasanaeth yn cael ei reddeg yn anhygoel o dda. Mae'n braf gwybod bod yna gymorth ar gael i ni fel gofalwyr, os oes ei angen arnom. Diolch yn fawr.”

“Rwyf yn teimlo bod mwy yn cael ei wneud dros ofalwyr yn awr y mae rhywun newydd yn ei reddeg, ac mae wedi'i leoli yn AVOW. Dalwch ati gyda'r gwaith da”

# Ryportio Troseddau Casineb yn AVOW

Mae casau'n brifo. Ryportiwch o.

**A ydych erioed wedi cael rhywun yn pigo arnoch oherwydd pwy ydych, neu oherwydd yr hyn yr ydych yn credu ynddo? Neu'n fwy perthnasol, yr hyn y mae pobl yn ei feddwl ydych neu'n meddwl eich bod yn ei gredu ynddo?**

Os ydych, mae angen ichi gael gwybod am y Prosiect Gwrth-elyniadaeth. Mae'n cael ei ddarparu gan Bartneriaeth Diogelwch Cymunedol Wrecsam ac mae'r cynllun am godi ymwybyddiaeth o 'droseddau casineb'.

Mewn geiriau eraill, unrhyw ddigwyddiad lle mae'r dioddefwr, y tyst neu unrhyw berson arall yn teimlo bod ei ffydd, rhyw, tueddial rhywiol, hill, tarddiad ethnig neu anabledd yn ffactor. Mae cymell pobl i ryportio digwyddiadau yn rhan bwysig o godi ymwybyddiaeth. Ond nid yw pawb yn gyffwrddus yn siarad gyda chyrff swyddogol fel yr heddlu neu'r cyngor, felly mae yna nifer o 'ganoifannau ryportio trydydd parti' mewn lleoliadau cymunedol ar draws Wrecsam.

Un o'r canoifannau hynny yw Ty AVOW. Mae unrhyw beth sy'n cael ei ryportio'n cael ei drin yn gwbl gyfrinachol ac nid oes raid inni basio'r manylion i'r heddlu os nad yw'r person sy'n ryportio am inni wneud hynny. Gallwch hefyd wirio'r wybodaeth cyn i'r digwyddiad gael ei gofnodi ac, os ydych yn penderfynu nad ydych am i'r peth fynd yn ei flaen, defnyddir y manylion i helpu i gofnodi lefel y digwyddiadau ac i oleuo ein hymdrechion i ddeilio gyda'r math yma o harasio yn y dyfodol.

Am fwy o wybodaeth am y Prosiect Gwrth-elyniadaeth, ewch i:  
[www.wrexham.gov.uk/english/council/one.wrexham/antinate.htm](http://www.wrexham.gov.uk/english/council/one.wrexham/antinate.htm)  
[www.wrexham.gov.uk/assets/pdfs/onewrexham/thirdpartyreportingcentres.pdf](http://www.wrexham.gov.uk/assets/pdfs/onewrexham/thirdpartyreportingcentres.pdf)

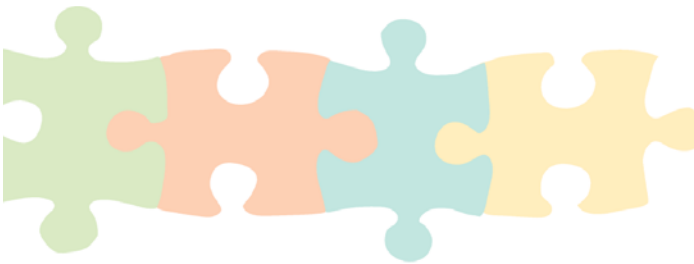
Neu ffoniwch AVOW ar 01978 312556

# Codi Ymwybyddiaeth o Droseddau Casineb

Mae *Race Equality First* yn chwilio am bobl i rannu eu barn a'u profiadau o droseddau casineb a digwyddiadau casineb yng Nghymru, drwy gymryd rhan mewn arolwg sy'n rhan bwysig o'r Prosiect Troseddau Casineb Cymru Gyfan.

Mae'r tîm ymchwil am gasglu gwybodaeth am droseddau casineb a mân ddigwyddiadau, gan gynnwys digwyddiadau troseddol a digwyddiadau parhaus, lefel isel fel harasio.

Os hoffech gymryd rhan yn yr arolwg hwn, dylech gofrestru eich e-bost ar wefan yr arolwg yn [www.waleshatecriteresearch.com](http://www.waleshatecriteresearch.com)



## Cyfrifiad 2011



Cynhelir y cyfrifiad nesaf ar gyfer Cymru a Lloegr ar 27 Mawrth 2011. Mater o gynllunio ymlaen llaw yw'r cwbl. Mae'r cyfrifiad, sy'n ffynhonnell doreithiog o ystadegau, yn effeithio arnom i gyd mewn rhyw ffordd neu'i gilydd, oherwydd bod penderfyniadau am y cymunedau lle'r ydym yn byw yn cael eu gwneud drwy'r amser. Mae ystadegau'r cyfrifiad yn golygu bod pawb yn gallu canolbwyntio ar fanylion cywir, a gwneud penderfyniadau gofalus ar gyfer yfory ac i'r dyfodol. Mae data'r cyfrifiad yn disgrifio ardaloedd ac yn tynnu sylw at yr angen lleol am wasanaethau fel ysgolion, ffyrdd ac ysbysai. O'r 4 Mawrth 2011 ymlaen, [www.census.gov.uk](http://www.census.gov.uk) yw'r porth i gael gafael ar gymorth ar-lein a llenw'r hollidur ar-lein.

**Llinell Gymorth y Cyfrifiad:**  
Cymru: 0300 0201 130

Trosglwyddo testun i rai sy'n drwm eu clyw (Cymru / Lloegr): 18001 0300 0201 160

Rhedeg Adeilad Cymunedol – Dydd Mercher, 2 Mawrth, 2011 – 10.30am tan 3.30pm

Canolfan Naylor Leyland, Rhuthun.

Dowch i ennill dealltwriaeth o'r prif dasgau, y cyfrifoldebau a'r gost o reddeg adeilad cymunedol.

Addas ar gyfer Arian – Dydd Lun, 7 Mawrth, 2011 – 10.30am tan 3.30pm

Canolfan Gymunedol Wellington Road, Y Rhyl

Dowch i ddysgu sut i wella eich siawns o fod yn llwyddiannus wrth ymgaisio am gyllid, sut i ysgrifennu ceisiadau effeithiol am gyllid a sut i greu perthynas gyda chyrrff grantiau.

Os hoffech fynychu unrhyw un o'r cyrsiau sy'n cael eu cynnig gan Gyngor Gwasanaethau Gwirfoddol Sir Ddinbych, ffoniwch Bronwen Issac ar 01824 702441 neu e-bostiwch [bronwen@dvsc.co.uk](mailto:bronwen@dvsc.co.uk)

## Ffair Gyllidwyr Gogledd Ddwyrain Cymru

Bydd Ffair Cyllidwyr, lle gall mudadau gwirfoddol gael gafael ar gynngor ar sut i godi arian i'w grŵp, yn cael ei chynnal ar 18 Mai. Mae amryw byd o fudiadau, rhanbarthol a chenedlaethol, wedi cael eu gwahodd ac ymhlith dim ond rhai sydd wedi cadarnhau y byddant yno mae Cronfa'r Loteri Fawr, Ymddiriedolaeth Elusenol Stadium y Mileniwm, Ymddiriedolaeth Adfywio'r Meysydd Gio, Cronfa'r Loteri Dreftadaeth, a gweithredwyr Cronfa Gymunedol Tirlenwi Ieol, Ymddiriedolaeth Amgylchedd Cory a WREN.

Bydd y ffair yn rhoi cyfle i grwpiau cymunedol, mudadau gwirfoddol, a mentrau cymdeithasol gael sgwrs gyda'r prif gyffwrdd cyllido'n uniongyrchol, a thrafod amrywiaeth o ffrydiau ariannu. Mae hwn yn gyfle gwych i weld pa gyllid sydd ar gael, ac i drafod pa mor debygol fyddai prosiectau penodol o gael grant. Bydd rhai arddangoswyr hefyd yn gallu rhoi cynngor ar y cyfleoedd sydd ar gael ar hyn o bryd i hyfforddi, codi arian a meysydd cymorth eraill.

Felly peidiwch da chi â cholli'r digwyddiad **di-dâl** hwn, a gynhelir ar ddydd Mercher 18 Mai 2011 yn y Neuadd Goffa, Wrecsam rhwng 10am a 3pm.

Am fwy o fanylion ffoniwch Heather Hicks ar 01978 312556 neu e-bostiwch : [heather.hicks@avow.org](mailto:heather.hicks@avow.org)



Rhedeg Adeilad Cymunedol – Dydd Mercher, 2 Mawrth, 2011 – 10.30am tan 3.30pm

Canolfan Naylor Leyland, Rhuthun.

Dowch i ennill dealltwriaeth o'r prif dasgau, y cyfrifoldebau a'r gost o reddeg adeilad cymunedol.

Addas ar gyfer Arian – Dydd Lun, 7 Mawrth, 2011 – 10.30am tan 3.30pm

Canolfan Gymunedol Wellington Road, Y Rhyl

Dowch i ddysgu sut i wella eich siawns o fod yn llwyddiannus wrth ymgaisio am gyllid, sut i ysgrifennu ceisiadau effeithiol am gyllid a sut i greu perthynas gyda chyrrff grantiau.

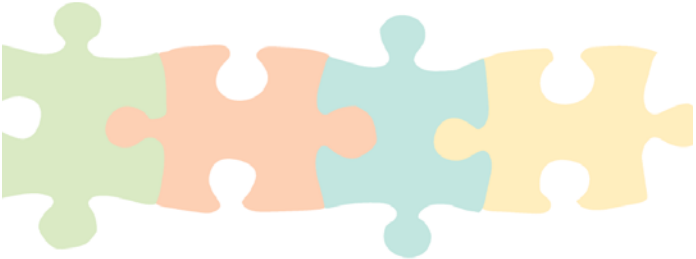
Os hoffech fynychu unrhyw un o'r cyrsiau sy'n cael eu cynnig gan Gyngor Gwasanaethau Gwirfoddol Sir Ddinbych, ffoniwch Bronwen Issac ar 01824 702441 neu e-bostiwch [bronwen@dvsc.co.uk](mailto:bronwen@dvsc.co.uk)

## Menter Newydd i Fudiadau Elusenol

Yr Awdurdod Gweithredol Iechyd a Diogelwch yw'r corff gwarchod cenedlaethol ac annibynnol ar gyfer iechyd, diogelwch a salwch yn y gweithle. Yr Awdurdod sy'n gyfrifol am reoleiddio annibynnol ac mae'n gweithio er budd y cyhoedd i leihau marwolaethau ac anafiadau difficol yn y gweithle ar draws Prydain i gyd.

Mae asesiadau risg yn un o'r gofynion cyfreithiol sy'n rhaid i bob cyflogwr, gan gymwys mudadau elusenol, eu gwneud. Defnyddir yr asesiadau hyn i ystyried y risgiau a allai fod yn bresennol i'r gweithiwr ac i aelodau eraill o'r cyhoedd. Fel rhan o'r broses ymgynghori, mae'r Awdurdod yn gofyn am farn a sylwadau ar offeryn asesu a lanswyd yn ddiweddar, sydd wedi'i anelu'n benodol at gyrrff gwirfoddol a siopau elusen risg isel. Y gobathir yw y bydd yr offeryn hwn yn helpu siopau a chyrrff elusenol i wneud eu hasesiadau risg.

Mae mwy o fanylion ar yr ymgynghoriad ar gael yma: <http://records.nse.gov.uk/connect.tl/charityshopriskassess/view?objectid=25235>



*'Mynychais gwrs hyfforddi sgiliau cadeirio yn AVOW i helpu i wella fy sgiliau a'm gwymbodaeth wrth gadeirio cyfarfoddydd is-grwpiau oherwydd y tro cyntaf imi gadeirio cyfarfod, roedd yn drychineb. Roeddwn am ddysgu i fod yn gadeirydd effeithiol ac i ddeall fy rôl. Dysgodd yr hyfforddwr dechnegau inni ar reoli cyfarfoddydd, cynhyrchu agenda, agweddau iechyd a diogelwch ac annog holl aelodau'r pwyllgorau i gymryd eu tro yn cyfrannu at gyfarfod. Ers mynd ar y cwrs hyfforddi, rwyf wedi teimlo'n fwy hyderus yn cadeirio cyfarfoddydd oherwydd bellach mae'r wybodaeth a'r sgiliau gennyf i fod yn gadeirydd effeithiol.'*

Os hoffech fynychu unrhyw un o'r cyrsiau sy'n cael eu cynnig gan Gyngor Gwirfoddol Lleol Sir y Fflint, ffoniwch Sue Williams ar **01352 744000** neu e-bostiwch [sue.williams@flvc.org.uk](mailto:sue.williams@flvc.org.uk)

Dowch i ddysgu am fanteision hyfforddi, dulliau o hyfforddi a sut y gallwch helpu pobl i ganolbwyntio ar gyrraedd eu nod.

**Hyfforddi a Mentora – Dydd Iau, 17 Mawrth, 2011 – 10.00am tan 3.00pm**  
**Corlan, Uned 3, Parc Busnes Yr Wyddgrug, Ffordd Wrecsam, Yr Wyddgrug.**



Cyrsiau yn Sir y Fflint:

### Cyngor Lleol Gwirfoddol Sir y Fflint

Os hoffech fynychu unrhyw un o'r cyrsiau sy'n cael eu cynnig yn AVOW, ffoniwch y Tim Hyfforddi ar **01978 312556** neu e-bostiwch [communitycourses@avow.org](mailto:communitycourses@avow.org)

(Bydd Achradiad gan CIEH yn cael ei ddylfarnu i ymgeiswyr llwyddiannus (mae asesiad yn ddewisol). Cofiwch fod y cwrs hwn yn costio £45 y pen. Bydd aelodau o AVOW yn derbyn disgownt o 10% oddi ar y cyrsiau.

**Cofrestru a Lluiniaeth am 9.20am**

**Tŷ AVOW, 21 Strŷd Egerton, Wrecsam [Ni fydd cinio ar gael]**  
**Cymorth Cynat Brys yn y Gweithle (CIEH) – Dydd Iau, 17 Mawrth, 2011 – 9.30am tan 4.30pm**

(Bydd Achradiad gan CIEH yn cael ei ddylfarnu i ymgeiswyr llwyddiannus (mae asesiad yn ddewisol). Cofiwch fod y cwrs hwn yn costio £45 y pen. Bydd aelodau o AVOW yn derbyn disgownt o 10% oddi ar y cyrsiau.

**Cofrestru a Lluiniaeth am 9.20am**

**Tŷ AVOW, 21 Strŷd Egerton, Wrecsam [Ni fydd cinio ar gael]**  
**Glendid Bwyd - Lefel 2 (CIEH) – Dydd Iau, 17 Mawrth, 2011 – 9.30am tan 4.30pm**

(Bydd Achradiad gan CIEH yn cael ei ddylfarnu i ymgeiswyr llwyddiannus (mae asesiad yn ddewisol). Cofiwch fod y cwrs hwn yn costio £45 y pen. Bydd aelodau o AVOW yn derbyn disgownt o 10% oddi ar y cyrsiau.

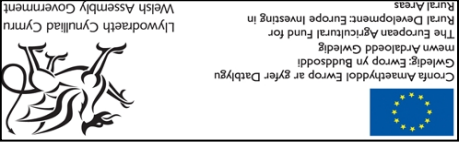
**Cofrestru a Lluiniaeth am 9.20am**

**Tŷ AVOW, 21 Strŷd Egerton, Wrecsam [Ni fydd cinio ar gael]**  
**Iechyd a Diogelwch yn y Gweithle (CIEH) – Dydd Iau, 17 Mawrth, 2011 – 9.30am tan 4.30pm**

Cyrsiau yn AVOW

**Y Rhaiglen Hyfforddiant**  
**Cymdeithas Mudiadau Gwirfoddol Wrecsam**





Mae tair canolfan Ferlota yn ardal Wrecsam wedi cael eu datblygu mewn partneriaeth â Chyngor Bwrdeistref Siroi Wrecsam a'n ymgyngorwyr Groundwork yn Gyfeilia, Horseman's Green, Coedpoeth a Moss Valley.

Mae digwyddiadau a sesiynau i godi ymwybyddiaeth Diogelwch Ceffylau ddiolch i'r canolfannau i gyd ac i'w staff a hefyd i arholwyr Cymdeithas Geffylau Prydain am eu hanogaeth a'r cymorth a roesant i'r gwirfoddolwyr a gymrodd ran, a llongyfarchiadau i dawb a basiodd. Bydd Canolfan Ferlota Overleigh a Stabiau Merlota Springfield Farm yn parhau i gynnal profion y BHS yn 2011, felly os oes gennych ddiddordeb mewn sefili prawf Merlota a Diogelwch ar y Ffyrdd y BHS, cysylltwch yn uniongyrchol gyda'r canolfannau hyn. Neu os ydych am astudio ar gyfer cymhwyster ceffylau'r BHS neu NVQ, cysylltwch yn uniongyrchol gyda'r Adran Geffylau yng Ngholeg Iâl.

Mae tair canolfan Ferlota yn ardal Wrecsam wedi cynnal profion Merlota a Diogelwch ar y Ffyrdd gan Gymdeithas Geffylau Prydain (BHS), y rhain oedd Fferm Broughton Hall, Canolfan Ferlota Overleigh a Stabiau Merlota Springfield Farm. Hoffai'r Swyddog Diogelwch Ceffylau ddiolch i'r canolfannau i gyd ac i'w staff a hefyd i arholwyr Cymdeithas Geffylau Prydain am eu hanogaeth a'r cymorth a roesant i'r gwirfoddolwyr a gymrodd ran, a llongyfarchiadau i Stabiau Merlota Springfield Farm. Hoffai'r Swyddog Diogelwch Ceffylau ddiolch i'r canolfannau i gyd ac i'w staff a hefyd i arholwyr Cymdeithas Geffylau Prydain am eu hanogaeth a'r cymorth a roesant i'r gwirfoddolwyr a gymrodd ran, a llongyfarchiadau i dawb a basiodd. Bydd Canolfan Ferlota Overleigh a Stabiau Merlota Springfield Farm yn parhau i gynnal profion y BHS yn 2011, felly os oes gennych ddiddordeb mewn sefili prawf Merlota a Diogelwch ar y Ffyrdd y BHS, cysylltwch yn uniongyrchol gyda'r canolfannau hyn. Neu os ydych am astudio ar gyfer cymhwyster ceffylau'r BHS neu NVQ, cysylltwch yn uniongyrchol gyda'r Adran Geffylau yng Ngholeg Iâl.

Y gobaith yw y bydd y digwyddiadau canlynol a gefnogwyd gan y Prosiect Ceffylau yn cael eu cynnal yn 2011 wedi eu trefnu gan Loches Geffylau HACK. Y rhain yw'r Reid Hwyl ym Mharc Siroi Dyfroedd Alyn, y Sioe Cynnyg Arni a Difa Llysiu'r Gingroen yn Wrecsam.



Daeth prosiect Ceffylau AVOW i ben ar 28 Chwefror 2011. Dros y 23 mis diwethaf, mae'r Swyddog Diogelwch Ceffylau wedi helpu i godi profili pobl sy'n merlota ceffylau ar y ffyrdd yn ardal wledig Wrecsam. Mae digwyddiadau a sesiynau i godi ymwybyddiaeth wledig. Cynhaliwyd llawer o'r digwyddiadau hyn mewn partneriaeth â Loches Geffylau HACK, y Swyddog Les Ceffylau yng Nghyngor Bwrdeistref Siroi Wrecsam, yr Adran Geffylau yng Ngholeg Iâl a Llywbrau Ceffylau Gogledd Ddwyrain Cymru.

## Y Prosiect Ceffylau

[Rafat.Arshad-Roberts@avow.org](mailto:Rafat.Arshad-Roberts@avow.org)



Am fwy o wybodaeth am sut y gallwch gofrestru ar gyfer y cyfie hwn, ffoniwch Rafat Arshad-Roberts y Swyddog Goresgyn Rhwystrau yn yr Adran Datblygu Cymunedol ar **01978 317096** neu **01978 312556** neu e-bostiwch:

Dylai unrhyw un sydd â diddordeb mewn gwella eu sgiliau, tra'n agor llygaid mudiadau gwirfoddol a chyflogwyr i'r rhwystrau a roddir yn llwbr y bobl hyn, ymgaisio i gofrestru ar gyfer y gwasanaeth a choleidio'r cyfie i wneud gwahaniaeth.

Bydd y gwasanaeth yn annog a helpu unigolion drwy gynllun datblygu, cyrsiau hyfforddi a sesiynau cysgodi i'w helpu i fagu mwy o hyder a sgiliau i'w paratoi ar gyfer addysg bellach, gwirfoddoli neu leoliadau gwaith. Yr unigolion fydd yn penderfynu pa gymorth fydd ei eisiau arnynt gan ddibynnu ar eu hamcanion personol.

Mae AVOW yn awr wedi lansio ei Wasanaeth newydd i helpu pobl sy'n ddi-waith ar hyn o bryd er mwyn cryfhau llais pobl sy'n profi rhwystrau i wirfoddoli neu gyflogaeth oherwydd nodweddion fel oed, rhyw, sgiliau sydd wedi dyddio a phrofiad gwaith ayb.

Ydych Chi'n Ddi-waith?

# Datblygu Cymunedol Goresgyn Rhwystrau - Gwasanaeth



# 'Ein Cyd-Gynllun' - Parhad

Er i'r ymgynghori ddod i ben yn swyddogol ar 30 Ionawr 2011, penllanw'r ymarfer yn ddi-os oedd yr ymgynghori bythefnos ynghynt. "Mae wedi bod yn wych" **meddai Julie** o AVOW ar ôl y digwyddiad "Rydym wedi cael saith-deg o bobl drwy'r drysau heddiw: o aelodau o'r cyhoedd i fudiadau elusennol a gweithwyr iechyd o'r profesiynol; trawsdoriad rhagorol o gymdeithas:"

Yn dilyn y cyfnod ymgynghori hwn o ddau fis, bydd awduron y *Cynllun* yn mynd ati i gyfuno'r ddogfen wreiddiol gyda'r ymatebion. Bydd y fersiwn derbyniol ar gael o'r **30 Mawrth** eleni.

## Goleuo Datblygu Polisi! Cyhoeddus

fforwm mor eang â phosibl.

Tra bod mantais ymgynghori llawn a didwyll yn cael ei gweld mewn newid teiliwng, pur anaml y mae hyn yn gymhellid ynddo'i hun. Drwy ein hir brofiad o weithio gyda grwpiau neilltuoel, rydym hefyd yn deall sut orau i ymgysylltu gyda nhw.

"Rydym yn cael pobl ifanc i gyfrannu at y pethau sy'n effeithio arnynt drwy eu cysylltu'n uniongyrchol gyda nhw" meddai Laura, ein Swyddog Datblygu Plant a Phobl Ifanc, "mae dyfarnu cyfarpar ymarfer corff i glwb ieuencid ar sail faint o bobl ifanc sy'n ymateb wedi profi i fod yn ethriadol lwyddiannus."

Mae'r ymateb diweddar i weithdy Diwygiol Lwfans Byw i'r Anabl gan yr Adran Gwath a Phensiynau a drefnwyd ar gyfer Grŵp Wrecsam Hygrch gan AVOW yn dangos pa mor werthfawr yw dod ag ystod amrywiol o fuddiannau at ei gilydd mewn un sesiwn wedi'i hwyluso'n dda. "Cawsom sawl gwahanol farn a gwyboddaeth a rydym wedi gallu drafftio ymateb ffurfiol rhagorol i'r ymgynghoriad."

Am fwy o wybodaeth am sut y gallwch gymryd rhan a lleisio eich barn chi, ffoniwch Julie Cooper, ein Swyddog Datblygu Iechyd a Gofal Gymdeithasol ar 01978 317089 neu e-bost: [Julie.Cooper@avow.org](mailto:Julie.Cooper@avow.org) neu ewch i'r wefan yn: [www.avow.org](http://www.avow.org).

Fodd bynnag, ymgynghori yw ein cryder arbennig ni. Gall y broses o ymgysylltu gyda'r cyhoedd ymddangos i fod yn gymhleth ac allan o gyrraedd yr union bobl y mae am eu targedu, sydd yn ei dro yn arwain at eu datgysylltu o'r penderfyniadau sy'n effeithio arnynt yn uniongyrchol. Drwy drefnu gweithdai a hwyluso cyfarfoddyd, gallwn sicrhau bod newidiadau deddfwriaethol pwysig yn cael eu dwyn gerbron

Mae genym nifer o gynrychiolwyr ar bartneriaethau a gweithgörau gwasanaethau iechyd, gofal gymdeithasol a phlant sy'n cynrychioli anghenion a phryderon defnyddwyr gwasanaeth a mudiadau gwirfoddol. Ac, yn wahanol i lawer o ardaloedd yng Nghymru, mae disgrifiadau swydd ein cynrychiolwyr yn eu cywell i adrodd yn ôl i'n fforymau iechyd a gofal gymdeithasol ac i gael cyswllt uniongyrchol gydag elusennau eraill, defnyddwyr gwasanaeth a gofalwyr. Mae hyn yn sicrhau bod penderfyniadau lleol yn rhai cytbwys a chytun.

yn gweithio'n ddiflino i wneud i hyn ddigwydd. Mae'r Adran Iechyd a Gofal Gymdeithasol AVOW weithio'n agos gyda phartneriaid gwasanaeth, dinasyddion a'r sector gwirfoddol a thrwy ymgynghori, helpu cynrychiolwyr o bllith ddiweddaraf o gynigion. Drwy gynnal gweithdai yn rhoi'r cyfie i wneud sylwadau ar y rownd barn pan fydd llywodraeth leol a chenedlaethol Mae'n hanfodol bod pobl yn cael cymorth i leisio

Mae gan y cynllun naw o ganlyniadau:



# Iechyd & Gofal Cymdeithasol Grŵp Pobl Ifanc yn Derby'n Cyllid

Mae AVOW, mewn partneriaeth â Gwasanaeth Ieuenctid Wrecsam, yn ddiweddar wedi gallu dyfarnu dros £81,000 i grwpiau gwirfoddol a chymunedol sy'n gweithio gyda phobl ifanc. Daeth y cyllid fel rhan o'r Strategaeth Genedlaethol ar gyfer y Gwasanaeth Ieuenctid yng Nghymru gan Lywodraeth y Cynulliad sy'n ceisio datblygu Gwasanaethau Cymorth Ieuenctid ar draws y wlad.

Rodd y cyllid yn disgyrn i ddwy ffrwd wahanol: gallai grwpiau ymgeisio am symiau hyd at £10,000 o dan yr elfen gyfalaf, a £2,000 o dan yr elfen refeniw, gyda phob grant wedi'i anelu at gael mwy o bobl i gymryd rhan mewn gwasanaethau ieuenctid mewn nifer o ffyrdd.

Rodd y grant cyfalaf yn canolbwyntio ar welliannau strwythurol neu dechnolegol a tyddai'n cymhell pobl i gyfrannu mwy. Derbyniodd Theatr Ieuenctid Bitesize, er enghraifft, arian i wella eu cyfarpar theatrig technegol.

Rodd yr elfen refeniw wedi'i gerio tuag at ddatblygu sgiliau newydd ac agor drysau i gymell plant a phobl ifanc Wrecsam i gymryd rhan. Mae BAWSO yn bwriadu defnyddio eu

## 'Ein Cyd-Gynllun'

Mae Lywodraeth Cynulliad Cymru yn mynnu bod mudiadau fel Cyngor Bwrdeistref Sirol Wrecsam a'r Gwasanaeth Iechyd Gwladol yn paratoi cynllun i wella pethau i blant, pobl ifanc a'u teuluoedd. Mae hefyd angen cynllunio'n iawn i ddarparu gwasanaethau iechyd a gofal cymdeithasol i unrhyw un sydd ei angen arnynt, a chynorthwyo pobl i ofalu am eu hiechyd eu hunain.

Eleni yn Wrecsam, catfodd Bethau eu gwneud yn llawer haws drwy ymgortfori yr holl Bethau y gobethiwn eu cyflawni mewn un cynllun. Mewn un ddogfen gryno **pedwar-deg-dau** o dudalennau, o'r enw *Ein Cyd-Gynllun*, mae'n

harian nhw i annog plant o gefndiroedd amrywiol i chwarae mwy o ran ym mywyd y gymuned drwy sefydlu eu fforwm eu hunain.

Catfodd ceisadau eu gwahodd gan yr holl fudiadau a grwpiau sy'n gweithio gyda phobl ifanc yn Wrecsam ym mis Hydref. Catfodd banel grantiau aml-asiantaeth ei sefydlu fis yn ddiweddarach, yn cynnwys person ifanc a chynrychiolwyr o'r sectorau gwirfoddol a statudol.

Am fwy o wybodaeth, ffoniwch Laura Williams, y Swyddog Datblygu Plant a Phobl Ifanc ar 01978 312556 neu e-bost: [laura.williams@avow.org](mailto:laura.williams@avow.org) neu ewch i'r wefan yn: [www.avow.org](http://www.avow.org)



Y Maer gyda rhai o'r buddiolwyr yng Nghinio Nadolig AVOW

ceisio gwella lles pawb yn Wrecsam drwy weithio gyda gwahanol fudiadau fel partneriaid. diffiniadau uchelgeisiol o eang sy'n creu darlun o'n amcanion a phryd y cyflawnir hwyt.

Rodd y cyfnod ymgynghori, a ddaeth i ben ar 30 Ionawr 2011, yn rhoi cyflie i aelodau cyffredin o'r cyhoedd i ddweud eu dweud am y *Cynllun*. Roedd AVOW ar flaen y gad yn sicrhau bod dinasyddion cyffredin yn cymryd rhan yn y broses hon, gyda'n Swyddog Ymgynghori Julie Rigby yn casglu ymatebion o gyfarfoddydd a digwyddiadau ar draws Wrecsam.

Parhau ar yr tudalen nesaf.

# Canolfan Wirfoddoli Wrecsam



**CAEL TRAFFERTH DOD O  
HYD I WIRFODDOLWYR I HELPŪ GYDA  
DIGWYDDIADAU UN-TRO'N UNIG? IAI Yna**  
mae angen help.... arnoch

pacio bagiau mew  
archfarchnad

stiwario digwyddiadau

rhedeg am hwyl a diwrnodau  
chwareon

diwrnodau clirio'r gymuned

Mae Canolfan Wirfoddoli Wrecsam wedi sefydlu cyfie (set  
Criw Gweithredu Gwirfoddol Wrecsam) ar gyfer  
gwirfoddolwyr sy'n hapus i rywun gysylltu gyda nhw  
weithiau ar fyr rybudd i helpu mudiadau gyda  
digwyddiadau un-tro'n unig, a gweithgareddau codi arian.  
Felly os oes gennych gyfie un-tro'n unig ar fin digwydd a  
rydych yn chwilio am help, cofiwch ein ffonio a byddwn yn  
rhoi'r Criw Gweithredu Gwirfoddol ar waith!

Am fwy o wybodaeth neu i ymuno eich cyfluniant cysylltwch a:  
Lynsey Edwards at AVOW ar **01978 312556** neu e-bost: [lynsey.edwards@avow.org](mailto:lynsey.edwards@avow.org)

## Gwobrau Sêr Gwirfoddoli

### Beth yw'r Gwobrau Sêr Gwirfoddoli?

Nod y rhaglen yw gwobrwyo a chydabod yr  
ymdrechion a'r amser a gyfrannir gan wirfoddolwyr  
sy'n gwirfoddoli ym Mwrdeistref Sirol Wrecsam.

### Beth fyddat yn ei dderbyn drwy gofrestru ar y rhaglen?

Bydd gwirfoddolwyr yn derbyn tystysgrifau ar ôl y  
nifer ganlynol o oriau:



- ★ 10 Awr Gwobr Saffir
- ★ 50 Awr Gwobr Ruddem
- ★ 100 Awr Gwobr Efydd
- ★ 200 Awr Gwobr Arian
- ★ 500 Awr Gwobr Aur
- ★ Gwobr Gwasanaeth Maith  
(yn ôl enwebiad gan y mudiad)

### Pa mor hir y mae'n ei gymryd?

Nid oes cyfyngiad amser i ennill y tystysgrifau.  
Gallwn hyd yn oed fynd yn ôl hyd at weth 6 mis o  
oriau gwirfoddoli cyn belled ag y bo'ch mudiad yn  
gallu cefnogi hyn.

### A oes angen imi ysgrifennu adroddiadau maith neu gadw portffolio anferth i gael y wobr?

Nag oes! Byddwch yn llawer rhy brysus yn  
gwirfoddoli i wneud gormod o waith papur felly  
rydym yn cadw pethau'n gryno a symll y cwbl fydd  
genny'ch fydd taffien amser syml i gofnodi'n fyr y  
gwai'th a wne'ch ym mhob sesiwn, lle y  
digwyddodd a faint o oriau a wnaethoch yn y  
sesiwn honno. Bydd eich Goruchwyliwr Lleoliad yn  
awdurdodi eich taffien amser. Unwaith y byddwch  
wedi cyrraedd un o'r cerrig milltir ar gyfer y  
gwobrau, h.y. 10 awr, dowch â'ch taffien amser  
wedi'i hawdurdodi yn ôl i'r Ganolfan Wirfoddoli a  
byddwn ni'n cornodi eich oriau ac yn trefnu eich  
bod yn cael eich gwobr.

### law'n, mae gen i ddi-ddordeb, beth ddylwn i ei wneud nes a?

I gofrestru ar y rhaglen, y cwbl sydd angen i chi ei  
wneud yw ffonio **01978 312556** neu anton e-bost at  
Lynsey: [lynsey.edwards@avow.org](mailto:lynsey.edwards@avow.org).

Cynhaliwyd Cinio Nadolig AVOW yng Nghanoifan Catrin Finch, Pritysgol Glyn-dwr.

Yn ei Anerchiad Nadolig, cyfeiriodd Gadeirydd AVOW (Mervyn Rosenberg) at y gwaith a wnaed gan AVOW drwy gydol y flwyddyn ac at y gwasanaethau a ddarparwyd gan AVOW i'r cyhoedd ym Mrwrdeistref Siroi Wrecsam. Estynnodd groeso a diolchodd i gynrychiolwyr o bith Aelodau, Dalwyr Trwydded a Grwpiau Partner AVOW, yr Awdurdod Lleol, Cyff Addysg ac Ymddiriedolaeth y GIG, a hefyd i Aelodau Seneddol ac Aelodau o'r Cynulliad Cenedlaethol yn lleol am gefnogi'r Sector Gwifodol yn Wrecsam.

Yn enwedig, diolchodd yn gynnes i wifodolwyr yn Wrecsam am eu gwaith ymroddedig a'u cyorth parod, yn gyffredinol a thrwy'r Canolfan Wifodol yn Nhŷ AVOW.

## Grantiau i Fudiadau Gwifodol

Yng Nghinio Nadolig AVOW a, dyfarwyd grantiau rhwng £600 a £5,000 i naw o fudiadau gwifodol lleol gan Gronfa Gweithgareddau a Chyflusterau Cymunedol Wrecsam, sy'n cael ei gweinyddu gan AVOW. Cafodd y sicciau eu cyflwyno i gynrychiolydd o bith y mudiadau gan Faer Wrecsam (Y Cynghorydd James A Kelly, KSG).

Rhaglen Gweithgareddau a Chyflusterau Cymunedol Llywodraeth y Cynulliad sy'n rhoi'r cyllid ar gyfer y Cynllun hwn ac ers i'r Rhaglen ddechrau yn 2000, mae dros filiwn o bunnau wedi cael ei ddrynnu i brosiectau lleol gan AVOW.

Nod y gronfa yw rhoi cyllid i grwpiau gwifodol a chymunedol yn Wrecsam i redeg prosiectau cyfaliat (e.e. cyfarpar, cyflusterau newydd, gwaith ailwampio ayb). O Ebrill 2011 ymlaen, bydd y swm fydd ar gael i'w ddrynnu yn cael ei leihau gan y Llywodraeth, o £100,000 i £60,000 y flwyddyn.

### Cynhelir Cyfarfod Cyffredinol Blyneddol AVOW ar ddydd Gwener 15 Gorffennaf 2011

yng Nghanoifan Catrin Finch, Pritysgol Glyn-dwr.  
Cynhelir Cinio Nadolig AVOW ar ddydd Gwener 16 Rhagfyr 2011.

Am fwy o wybodaeth ewch i'r wefan yn [www.avow.org](http://www.avow.org).

Roedd y gwesteion yn y Cinio'n cynnwys Maer (Y Cynghorydd James A Kelly, KSG) a Maeres (Mrs Elizabeth Kelly) Bwrdeistref Siroi Wrecsam ac Uchel Siryf Clwyd (Y Fonesig Janet Jones) a'r Arglwydd Barry Jones.



£5,000	Ciwb Bowlio Garden Village
£1,225	Neuadd Goffa Oliver Jones
£1,000	Setylliad y Merched Owrtyn
£3,000	Ymddiriedolaeth Grestford
£3,000	Cyfeillion Melin Nant
£600	Ciwb Hwyllo Grestford
£3,000	Ciwb Athletwyr Amatur Wrecsam
£1,500	H.A.C.K.
£1,823	Canolfan Gymunedol Black Park

Y mudiadau a dderbyniodd grantiau oedd:-

Maer Panel Grantiau'n cynnwys cynrychiolwyr o bith y gymuned wifodol i'r sector preifat yn Wrecsam, ac yn cael ei gadeirio gan Wendy Smith, un o Ymddiriedolwyr AVOW.

Maer ffurfienni cais (a mwy o wybodaeth) ar gael gan AVOW drwy ffonio Lynda Williams ar 01978 312556 neu e-bostio [Lynda.williams@avow.org](mailto:Lynda.williams@avow.org) neu drwy fynd i'r wefan yn [www.avow.org](http://www.avow.org)

<b>John Gallanders</b>	Pri Svyddog	<b>John Ramm</b>	Svyddog Intern Gwirfoddol y Ganoftan
<b>Katherine Jones</b>	Goruchwyliwr Cyflogau & Cyllid	<b>Ann Vaughan</b>	Byw'n Annibynnol
<b>Luke Howson</b>	Goruchwyliwr Cyflogau & Cyllid	<b>Vicky Hand</b>	Rheolwr y Ganoftan Wirfoddol
<b>Carole Johnson</b>	(Dros Gyfnod Mamolaeth) Goruchwyliwr Cyflogau & Cyllid	<b>Lynsey Edwards</b>	Svyddog Datblygu Gwirfoddolwyr Ifanc
<b>Audrey Bulcock</b>	(Dros Gyfnod Mamolaeth) Cynorthwy-ydd Cyflogau & Cyllid	<b>Beth Vaughan</b>	Cynghorwr Lleol y Porth Ymgysylltu & Aesydd / Cynghorwr Buddsoddi mewn Gwirfoddolwyr
<b>Victoria Milner</b>	Rheolwr Cymorth Busnes	<b>Peter Jones</b>	Cydgysylltydd Gwirfoddol Camddeffnyddio Sylweddau
<b>Ken Rowlands</b>	Svyddog Cyswilt	<b>Jessica Jones</b>	Svyddog Cynorthwyol y Ganoftan Wirfoddol
<b>Kate Davies</b>	Uwch Svyddog Gweinyddol	<b>Ceri Ord</b>	Cydgysylltydd Cymorth y Gwasanaeth Gwybodaeth i Ofalwyr
<b>Geraint Davies</b>	Svyddog Data Cyfathrebu & Marchnata	<b>Lorraine Baylis</b>	Gweithiwr Cymorth y Gwasanaeth Gwybodaeth i Ofalwyr
<b>Darren Tomkins</b>	Cynorthwy-ydd Cyffredinol	<b>Marie Gibson</b>	Gweithiwr Cymorth y Gwasanaeth Gwybodaeth i Ofalwyr
<b>Natasha Manuel</b>	Cynorthwy-ydd Cyffredinol	<b>Christopher Langford</b>	Rheolwr Datblygu Cymunedol Cynorthwy-ydd Gweinyddol y Gwasanaeth Gwybodaeth i Ofalwyr
<b>Joanne Evans</b>	Cynorthwy-ydd Cyffredinol	<b>Heather Hicks</b>	Svyddog Grantiau
<b>Richard Sciesinski</b>	Gofalwr Adelladau	<b>Rafat Arshad-Roberts</b>	Svyddog Datblygu Goresgyn Rhwystrau
<b>Janet Williams</b>	Rheolwr Iechyd & Gofal Cymdeithasol	<b>Lisa Jones</b>	Svyddog Datblygu Adeiladau Cymunedol
<b>Julie Cooper</b>	Svyddog Datblygu Iechyd & Gofal	<b>Kari Moore</b>	Cynorthwy-ydd Gweinyddol Datblygu Cymunedol
<b>Laura Williams</b>	Svyddog Datblygu Plant & Pobl Ifanc	<b>Yvonne Palmer</b>	Svyddog Datblygu Cymunedol
<b>Jenny Jones</b>	Gweithiwr Cymorth y Gwasanaeth Gwybodaeth i Ofalwyr & Pobl Swyddog Ymgynghori Ein Cyd-Gynllun		
<b>Bernard Roberts</b>	Svyddog Datblygu Pobl Hyn		
<b>Richard Hammer</b>	Cydgysylltydd Cymwys y Defnyddwyr		
<b>Deri Jones</b>	Svyddog Gweinyddol Iechyd, Gofal Cymdeithasol a Les		
<b>Margaret Clark</b>	Gweithiwr Ymyriadau Magu Plant		
<b>Julie Rigby</b>	Svyddog Ymgynghori Ein Cyd-Gynllun		
<b>Emma Hart</b>	Svyddog Datblygu Cyd-Fentora		
<b>Lacey Ellis</b>	Cynorthwy-ydd Gweinyddol Iechyd, Gofal Cymdeithasol a Les		
<b>Dr Mervyn Rosenberg</b>	Cadeirydd AVOW	<b>Barbara Roxburgh</b>	Ymddiriedolwr
<b>Nick Colbourne</b>	Ymddiriedolwr & Ysgrifennydd AVOW	<b>Anne Ryan</b>	Ymddiriedolwr
<b>Margaret Bryden</b>	Ymddiriedolwr	<b>Gail Thomas</b>	Ymddiriedolwr
<b>David Galley</b>	Ymddiriedolwr	<b>Rosemarie Williams</b>	Ymddiriedolwr
<b>Moira Jones</b>	Ymddiriedolwr	<b>G Raymond Jones</b>	Ymddiriedolwr
<b>Ken Jones</b>	Ymddiriedolwr	<b>John Carr</b>	Aelod wedi eu cyfethol
<b>Wendy Smith</b>	Ymddiriedolwr	<b>Cllr Joan Lowe</b>	Sylwedydd WCBC

## Ymddiriedolwyr

3	Pwy yw Pwy yn AVOW
4	Cinio Nadolig
4	Grantiau i Fudiadau Gwirfoddol
5	Criw Gwaith Gwirfoddol Wrecsam
5	Gwobrau Sêr Gwirfoddol
6	Grŵp Pobl Ifanc yn Derbyn Cyllid
6 / 7	Ein Cyd-Gynllun
7	Goleuo Datblygu Polisi Cyhoeddus
8	Goresgyn Rhwystrau - Gwasanaeth
8	Y Prosiect Ceffylau
9 / 10	Y Rhaglen Hyfforddiant
10	Ffair Gyllidwyr Gogledd Ddwyrain Cymru
10	Menter Newydd i Fudiadau Elusennol
11	Ryportio Troseddau Casineb yn AVOW
11	Codi Ymwybyddiaeth o Droseddau Casineb
11	Cyfrifiad 2011
12	Gwasanaeth Gofalwyr Wrecsam
13	Y Comisiwn Elusennau – Rhwydweithio Lleol
14	Cynilwyr Wrecsam
14	Dod yn Aelod o AVOW

## Ffeithiau a Ffigurau

### Y Sector Gwirfoddol ym Mrwrdeistref Siroi Wrecsam:

- 18,500 o Wirfoddolwyr – Cyfanswm Gwerth yr Amser Gwirfoddol yw tua £129 Millwn.
- 1,900 o Fudiadau Gwirfoddol.
- 1,000 o Staff Cyflogedig.
- Mae'r Cyfraniad i'r GDP lleol yn £218 Millwn (Mapio Cyfraniad y Sector Gwirfoddol yn Wrecsam 2003)

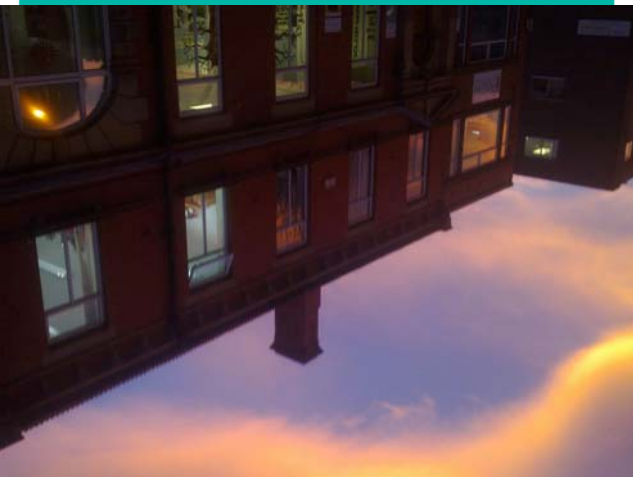
### Gymdeithas Mudiadau Gwirfoddol Wrecsam:

- Drwy gydol 2010, roedd 44528 wedi ymweld a 147771 o dudalennau wedi eu gwyllo ar wefan AVOW.
- Cyhoeddodd AVOW 29 o Gylichlythyrau y llynedd. Dosbarthwyd cyfanswm o 15,000 o gopiau yn ystod 2010.
- Cafodd dros 2,000 o gylichlythyrau electronig eu lawrwytho o wefan AVOW yn 2010.
- Mae'r Ganolfan Wirfoddol wedi cyflwyno 762 o wirfoddolwyr ers Ebrill 2010.



Tel/Ffon: 01978 312556  
Fax/Ffacs: 01978 352046  
info@avow.org  
www.avow.org

AVOW  
Ty AVOW  
21 Egerton Street  
Wrexham  
Wrecsam  
LL11 1ND





## Lwyddiant AVOW Gyda'r Digatref

Ar ddechrau Rhagfyr, lansiodd y prosiectau SURF a SURE sy'n cael eu rhedeg gan AVOW apêl lwyddiannus am roddion i bobl ddigatref, oherwydd diffyg cyllid. Yn yr wythnosau yn dilyn, rhoddwyd £500 mewn arian parod a sieciau, 20 o sachau cysgu a digon o fwyd, anrhegion a dillad cynnes ar gyfer 50 o bobl. Yn ystod wythnos oer y Nadolig, trefnodd AVOW a'r tîm Elms barti yn yr Eims a oedd yn cynnwys bwffe i bobl ddigatref a defnyddwyr gwasanaeth.



Gyda'r bwyd a roddwyd, roeddent yn gallu gwneud parseli bwyd i bobl ddigatref am dair wythnos. Roedd y parseli bwyd yn cynnwys bwydd hawdd eu paratoi fel cup-a-soup, bariau egni a diodydd poeth.

## Lwyddiant AVOW gyda Buddsoddwyr mewn Pobl

Mae AVOW wedi llwyddo i ennill y dyfarniad Buddsoddwyr mewn Pobl am y tair blynedd nesaf ar ôl cael gwerthusiad llwyddiannus ym mis Rhagfyr.

Mae Buddsoddwyr mewn Pobl yn safon hyblyg a hawdd i'w defnyddio sy'n helpu mudiadau i weddnewid eu perfformiad busnes drwy gydnabod y cyrnorth a roddir i staff a gwirfoddolwyr. Mae'r cynllun wedi'i rannu yn nifer o Framweithiau fel y gall mudiadau asesu amrywiol gryfderau y rheolwyr a datblygu eu staff a'u gwirfoddolwyr.

Os hoffech gael gwybod mwy am y cynllun, e-bostiwch [victoria.milner@avow.org](mailto:victoria.milner@avow.org)



Drwy ddefnyddio'r arian a roddwyd gan AVOW, paratodd y cyhoedd, paratodd a'r tîm Elms nifer fawr o becynnau argyfwng yn cynnwys sachau cysgu, ffasiâu, blancedi, ffoil a ffachlampau weindio. Bydd y rhain yn cael eu rhoi i rai sy'n cynnig eu hunain fel pobl ddigatref pan na fydd gwelyau ar gael iddynt.

Mae rhoddion yn cael eu croesawu'n ddiochgar gydol y flwyddyn, a gallwch eu postio neu alw heibio yn AVOW gyda'ch rhodd.

Am fwy o wybodaeth, ffoniwch Richard Hammer ar **07837708871** neu Peter Jones ar **07854052593**.

## NEWYDDION DIMEDDARAF

Am Guro'r Dirwasgiad?

Beth am arbed arian ar alwadau ffôn eich swyddfa a'ch ffonau symudol gyda Llinell Elusen AVOW.

Am fwy o fanylion e-bostiwch [info@avow.org](mailto:info@avow.org)

Mae AVOW yn croesawu Victoria Milner fel ein Rheolwr Cymorth Busnes newydd

