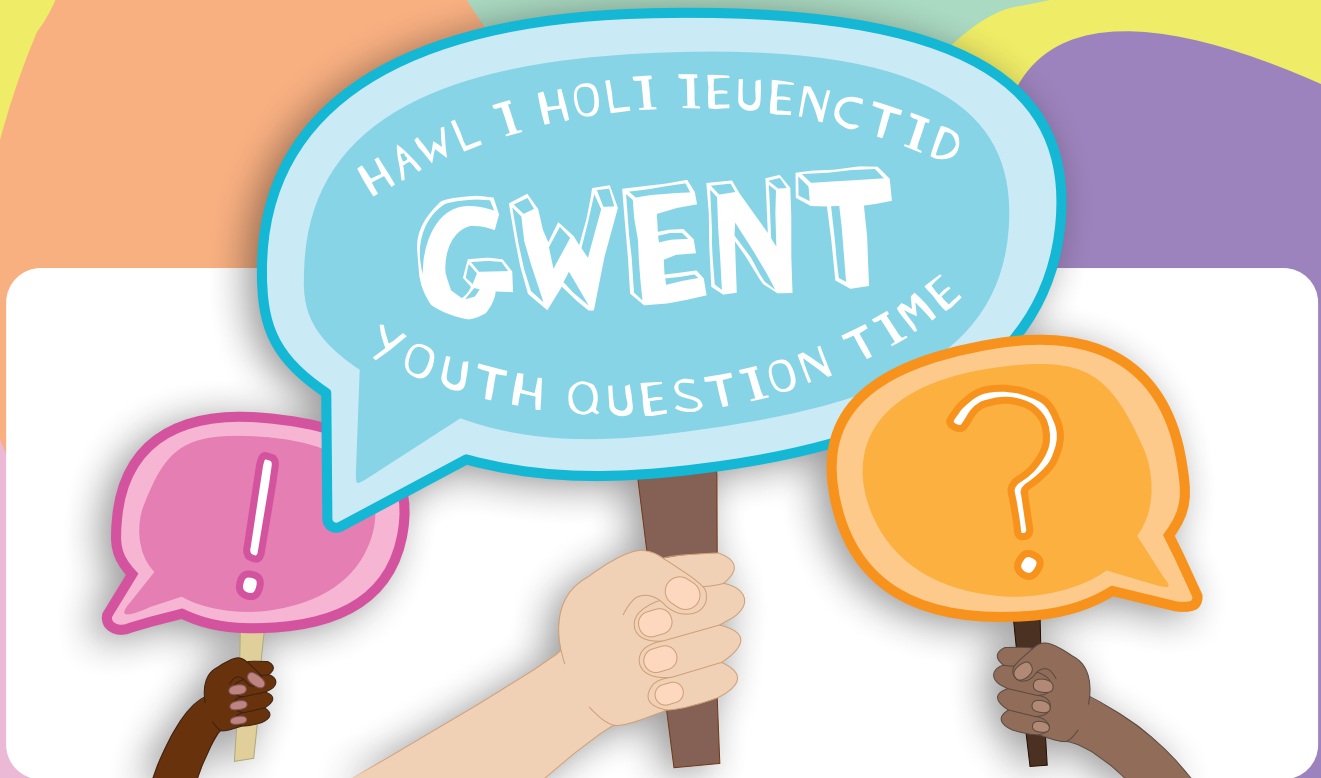


Meet Our Panellists...



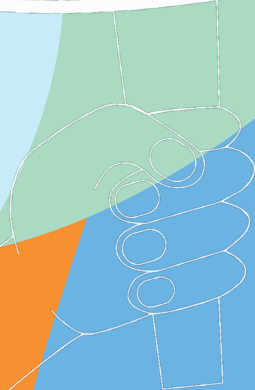
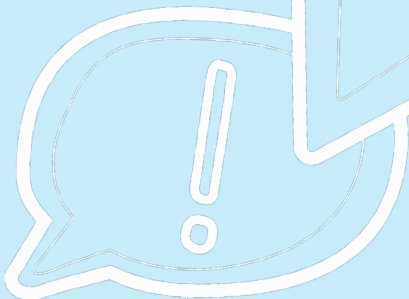
Ein Panel...



HAWL I HOLI IEUENCTID

GWENT

YOUTH QUESTION TIME



Contents | Cynnwys

Page | Tudalen

1-2	Meet the panellists Ein Panel
3-4	Jeff Cuthbert
5-6	Pam Kelly
7-8	Rebecca Stanton
9-10	Kelly Harris
11-12	Chris Hunt
13-14	Dr Rachel Evans
15-16	Teams Backgrounds Cefndir Timau
17-18	Housekeeping Rules Rheolau'r Sesiwn
19	How to get involved in Youth Forums Sut i gymryd rhan mewn Fforymau Ieuenctid
20	Helplines Llinellau Cymorth

Say hello to... ↓

● Policing

● Tackling Discrimination
And Hate Crime

● Mental Health

● Safe and Healthy
Relationships



Jeff Cuthbert

Police and Crime
Commissioner for Gwent

 @GwentPCC



Pam Kelly

Chief Constable
for Gwent

 @Gwentpolice



Dr Rachel Evans

Clinical Psychologist

 @GwentCommPsych



Rebecca Stanton

Regional Transformation
for Children's Mental
Health and Wellbeing

 @rkent_mys



Chris Hunt

Community Cohesion
Coordinator

 @torfaencouncil



Kelly Harris

Business Development
and Participation Lead

 @brook_sexpositive

 @BrookCharity

Dywedwch helo wrth...



● Plismona

● Mynd i'r afael â Gwahaniaethu a Throsedd Casineb

● Iechyd Meddwl

● Cydberthnasau Diogel ac Iach



Jeff Cuthbert

Comisiynydd yr Heddlu a Throsedd Gwent

 @GwentPCC



Pam Kelly

Prif Gwnstabl Heddlu Gwent

 @Gwentpolice



Dr Rachel Evans

Seicolegydd Clinigol

 @GwentCommPsych



Rebecca Stanton

Pennaeth Rhanbarthol Rhaglen Drawsnewid: Iechyd Meddwl a Lles Plant a Phobl Ifanc

 @rkent_mys



Chris Hunt

Cyd-gysylltydd Cydlyniant Cymunedol

 @torfaencouncil



Kelly Harris

Arweinydd Datblygu a Chyfranogaeth Busnes

 @brook_sexpositive

 @BrookCharity

Jeff Cuthbert

Police and Crime Commissioner for Gwent

Tell us a bit about your role?

I have always been motivated by social justice and public service and my current post embraces both those key principles. Previous to my current role I had a successful career as an engineer, worked with the Welsh Joint Educational Committee (WJEC) and I was the National Assembly Member for Caerphilly from 2003 to 2016 which included three years as a Welsh Government Deputy Minister and Minister.

During that time I had some responsibility for liaising with the police and with the Police and Crime Commissioners. Due to this I had a reasonable understanding of the role fulfilled by a commissioner which led me to put my name forward and I was lucky to be elected by the people of Gwent.

What inspires you?

I am inspired by the ability to make life better for communities and citizens. We live in difficult economic times, I want to make a positive difference to the wellbeing of citizens. I draw inspiration from some of the great social reformers of our ages such as Nelson Mandela who was able to bring about a huge change in his country without the friction and violence seen elsewhere in the world.

What makes you proud?

I'm proud to see new police officers at their Passing Out Parades and their enthusiasm that they have at the start of their new career. I am pleased that my former role as a Welsh Minister has made an impact on communities and public bodies in Wales. I was the minister that introduced the Wellbeing of Future Generations Bill to the National Assembly and I am proud to see how the Act has become a key part of partnership working in Wales.

What advice would you give your 15 year old self?

It is a very long time since I was 15! Life was very different for individuals then. My main piece of advice is to always take opportunities when they come along – as long as they are the things you want to do. It's wise to be cautious – but sometimes you have to be bold and go for it!



 @GwentPCC

Jeff Cuthbert

Comisiynydd yr Heddlu a
Throsedd Gwent

Dywedwch ychydig wrthym ni am eich rôl?

Rydw i bob amser wedi cael fy nghymell gan gyfiawnder cymdeithasol a gwasanaeth cyhoeddus, ac mae fy swydd bresennol yn cofleidio'r ddwy egwyddor allweddol hynny. Cyn fy swydd bresennol, cefais yrfa lwyddiannus fel peiriannydd, bûm yn gweithio gyda Chydbwyllgor Addysg Cymru (CBAC), a bûm yn Aelod Cynulliad ar gyfer Caerffili rhwng 2003 a 2016, a oedd yn cynnwys tair blynedd fel Dirprwy Weinidog a Gweinidog Llywodraeth Cymru.

Yn ystod y cyfnod hwnnw, roedd gen i rywfaint o gyfrifoldeb dros gysylltu 'r heddlu a'r Comisiynwyr Heddlu a Throseddu. Oherwydd hyn, roedd gen i ddealltwriaeth resymol o swyddogaeth y comisiynydd ac arweiniodd hyn ataf yn cynnig fy enw ac roeddwn i'n ffodus i gael fy ethol gan bobl Gwent.

Beth sy'n eich ysbrydoli chi?

Rwyf i wedi fy ysbrydoli gan y gallu i wneud bywyd yn well i gymunedau ac i ddinasyddion. Rydym yn byw mewn cyfnod economaidd anodd, rwyf i'n awyddus i wneud gwahaniaeth cadarnhaol i les dinasyddion. Rwy'n cael fy ysbrydoli gan rai o ddiwygwyr cymdeithasol mawr ein hoes fel Nelson Mandela a lwyddodd i sicrhau newid enfawr yn ei wlad heb y drwgdeimlad a'r trais a welir mewn mannau eraill yn y byd.

Beth sy'n gwneud i chi deimlo balchder?

Rwy'n falch o weld swyddogion heddlu newydd yn eu seremonïau graddio a'r brwdfrydedd sydd ganddyn nhw wrth ddechrau eu gyrfa newydd. Rwy'n falch bod fy swydd flaenorol yn Weinidog Cymru wedi cael effaith ar gymunedau a chyrff cyhoeddus yng Nghymru. Fi oedd y Gweinidog a gyflwynodd y Bil Llesiant Cenedlaethau'r Dyfodol i'r Cynulliad Cenedlaethol ac rwy'n falch o weld sut y mae'r Ddeddf wedi dod yn rhan allweddol o weithio mewn partneriaeth yng Nghymru.

Pa gyngor fydddech chi'n ei roi i chi eich hun pan oeddech chi'n 15 oed?

Mae'n amser hir iawn ers yr oeddwn i'n 15! Roedd bywyd yn wahanol iawn bryd hynny. Y prif ddarn o gyngor sydd gen i yw manteisio ar bob cyfle - cyn belled â'u bod nhw'n bethau yr ydych chi eisiau eu gwneud. Mae'n ddoeth bod yn wylriadwrus - ond weithiau mae'n rhaid i chi fod yn fentrus a mynd amdani!



 @GwentPCC

Pam Kelly

Chief Constable for Gwent



Tell us a bit about your role?

I trained to be a teacher before joining Policing, but whilst I was at College I became a Special Constable. A Special Constable is a volunteer Police Officer- as soon as I got involved I knew that I wanted to make a difference for communities and joined Policing. What I realised very quickly was that Policing was a job that could help vulnerable people and keep communities safe. I was always interested in being a Detective and for most of my career I have been a Detective. I have nearly 28 years service...and I would do it all over again!

What inspires you?

The work that my Officers and staff undertake inspires me. Every day Officers save lives, help people and make a difference to communities. The public don't get to hear about half that they do... but I am proud and inspired by their commitment and professionalism. Most people run away from danger..our Officers and emergency workers run towards danger to help the public and save life...now that it inspiring!

What makes you proud?

Wales makes me proud. When I see the way our communities work together through good and difficult times... I am very proud of being a part of Wales and having the privilege of leading a Public Service- Gwent Police whilst working with excellent agencies who genuinely want to make a difference... makes me proud. One of our Force Values is "To Be Proud" as I think we have a lot to be proud of as a Service and as a community here in Wales.

What advice would you give your 15 year old self?

My advice to my 15 year old self would be to "Follow your Dreams" to "run your own race in life" and don't worry about making mistakes. Sometimes our biggest problem is that we doubt ourselves..be bold and above all..enjoy every minute of life! Humour and kindness are always important.



 @GP_CCKelly

Pam Kelly

Prif Gwnstabl Heddlu Gwent

Dywedwch ychydig wrthym ni am eich rôl!

Hyfforddais i fod yn athro cyn ymuno â'r maes Plismona, ond tra'r oeddwn yn y coleg dechreuais wirfoddoli fel Cwnstabl Gwirfoddol ac roeddwn yn gwybod yn syth fy mod i eisiau gwneud gwahaniaeth i gymunedau ac ymunais â'r Heddlu. Sylweddolais yn gyflym fod plismona yn swydd oedd yn gallu helpu pobl agored i niwed a chadw cymunedau'n ddiogel. Roedd gen i ddi-ddordeb mewn bod yn dditectif erioed ac rwyf wedi bod yn dditectif am y rhan fwyaf o fy ngyrfa. Rwyf wedi bod yn gwasanaethu ers bron i 28 mlynedd. a byddwn yn gwneud y cyfan eto!

Beth sy'n eich ysbrydoli chi?

Mae'r gwaith mae fy swyddogion a staff yn ei wneud yn fy ysbrydoli i. Bob dydd mae swyddogion yn achub bywydau, helpu pobl a gwneud gwahaniaeth i gymunedau. 'Dyw'r cyhoedd ddim yn cael clywed am hanner y gwaith maen nhw'n ei wneud. ond mae eu hymroddiad a'u proffesiynoldeb yn gwneud i mi deimlo'n falch ac yn fy ysbrydoli i. Mae'r rhan fwyaf o bobl yn dianc rhag perygl. mae ein swyddogion ni a gweithwyr y gwasanaethau brys yn rhedeg tuag at berygl i helpu'r cyhoedd ac i achub bywyd. mae hynna'n ysbrydoli rhywun!

Beth sy'n gwneud i chi deimlo balchder?

Mae Cymru'n gwneud i mi deimlo balchder. Pan rwy'n gweld y ffordd mae ein cymunedau'n gweithio gyda'i gilydd trwy gyfnodau da ac anodd. rwyf yn falch iawn i fod yn rhan o Gymru ac i gael y ffrind o arwain gwasanaeth cyhoeddus - Heddlu Gwent - a gweithio gydag asiantaethau rhagorol sydd yn daer dros wneud gwahaniaeth. Un o werthoedd ein llu yw "Bydd yn Falch" achos rwy'n credu bod gennym ni lawer i fod yn falch ohono fel gwasanaeth ac fel cymuned yma yng Nghymru.

Pa gyngor fydddech chi'n ei roi i Pam Kelly yn 15 oed?

Dyma beth fyddwn i'n ei ddweud wrthyf fi fy hun yn 15 oed - "Dilyna dy freuddwyd". "Torra dy gŵys dy hun mewn bywyd" a phaid â phoeni am wneud camgymeriadau. Weithiau, ein problem fwyaf yw ein bod ni'n amau ein hunain. bydd yn ddewr ac yn bwysicach na dim. mwynha bob munud o dy fywyd! Mae hiwmor a charedigrwydd yn bwysig bob amser.



HEDDLU
GWENT
POLICE



@GP_CCKelly

Rebecca Stanton

Regional Head of Transformation Programme: Children and Young Peoples' Mental Health and Wellbeing



Tell us a bit about your role?

My role manages some of the new family and young people programmes. As they are new we are testing them to make sure we can increase and improve the support we offer in the community, and I also help other mental health services to think about how they could link up and work together.

What inspires you?

Listening to people and their stories.

I hope my work improves young people/families access Mental Health Support services in Gwent, and that stops people of all ages from feeling confused by the system that is hard to understand.

I also hope that there become more and more options for young people to access a wide range of Mental Health Support services and that they are provided earlier.

What makes you proud?

Supporting others and making changes for the better.

What advice would you give your 15 year old self?

Don't be so hard on yourself!

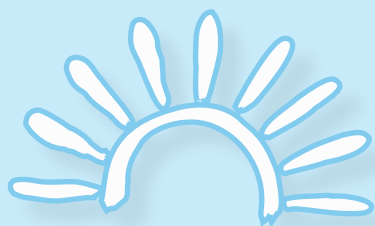


GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



@rkent_mys



Rebecca Stanton

Pennaeth Rhanbarthol Rhaglen
Drawsnewid: Iechyd Meddwl a
Lles Plant a Phobl Ifanc



Dywedwch ychydig wrthym ni am eich rôl?

Rwyf yn rheoli rhai o'r rhaglenni newydd ar gyfer teuluoedd a phobl ifanc. Gan eu bod nhw'n newydd rydym yn eu profi nhw i wneud yn siŵr ein bod ni'n gallu cynyddu a gwella'r cymorth rydym yn ei gynnig yn y gymuned. Rwyf hefyd yn helpu gwasanaethau iechyd meddwl eraill i ystyried sut gallan nhw gysylltu â'i gilydd a chydweithio.

Beth sy'n eich ysbrydoli chi?

Gwranddo ar bobl eraill a'u hanesion. Rwyf yn gobeithio bod fy ngwaith yn gwella mynediad pobl ifanc/teuluoedd at wasanaethau Iechyd Meddwl yng Ngwent, a bod hynny'n rhwystro pobl o bob oedran rhag cael eu drysu gan y system a theimlo ei bod yn anodd ei deall. Rwyf hefyd yn gobeithio y bydd mwy a mwy o opsiynau i bobl ifanc gael mynediad at amrywiaeth eang o wasanaethau cymorth Iechyd Meddwl a'u bod nhw'n cael eu darparu'n gynharach.

Beth sy'n gwneud i chi deimlo balchder?

Cefnogi pobl eraill a gwneud newidiadau er gwell.

Pa gyngor fydddech chi'n ei roi i chi eich hun yn 15 oed?

Paid â bod mor llawdrwm arnat ti dy hun!

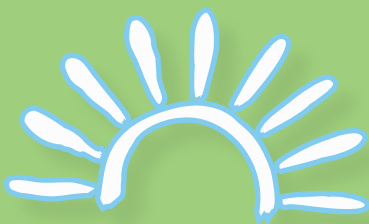


GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



@rkent_mys



Kelly Harris

Arweinydd Datblygu a
Chyfranogaeth Busnes



Tell us a bit about your role?

My job is role is to work across Wales in schools and youth organisations to provide sexual health, relationships and well-being education for children and young people. It is also part of my job role to make sure we are involving young people in our work to make sure we are working on things which is important to young people.

What inspires you?

It sounds cliché but young people! I started off as a young people accessing youth services in my local community and it changed my life. I knew at 16 that I wanted to make a difference for other young people and become a youth worker – so I did! Going to into schools and youth organisations to discuss sexual health and seeing how important the education is to young people always inspires me because they always tell me how important the information is to their lives!


What makes you proud?

Seeing the brilliant campaigns and projects young people work on. The dedication, desire and commitment that young people show to improving their local communities and wider afield is inspirational. I am also really proud of the work which I did in my old job helping to establish the Welsh Youth Parliament.

What advice would you give your 15 year old self?

It is ok to change your mind! I think society expects young people to have their whole lives planned by the age of 20, but actually there is no rush. Take opportunities to explore the things which you enjoy and don't be afraid to change your mind along the way!



 @Brook_SexPositive
 @BrookCharity



Kelly Harris

Business Development and Participation Lead

Dywedwch ychydig wrthym ni am eich rôl?

Fy rôl i yw gweithio ar draws Cymru mewn ysgolion a sefydliadau ieuenctid i roi addysg iechyd rhywiol, cydberthnasau a lles i blant a phobl ifanc. Rhan o fy rôl i hefyd yw gwneud yn siŵr ein bod yn cynnwys pobl ifanc yn ein gwaith er mwyn i ni sicrhau ein bod yn gweithio ar y pethau sy'n bwysig iddyn nhw.

Beth sy'n eich ysbrydoli chi?

Mae'n swnio'n ystrydebol, ond pobl ifanc! Dechreuais fel person ifanc yn cael mynediad at wasanaethau ieuenctid yn fy nghymuned leol ac fe newidiodd fy mywyd i. Roeddwn i'n gwybod pan oeddwn i'n 16 fy mod i eisiau gwneud gwahaniaeth i bobl ifanc eraill a gweithio fel gweithiwr ieuenctid - felly dyna beth wnes i! Mae mynd i ysgolion a sefydliadau ieuenctid i drafod iechyd rhywiol a gweld pa mor bwysig yw'r addysg i bobl ifanc yn fy ysbrydoli i achos maen nhw'n dweud wrtha'i bob tro pa mor bwysig yw'r wybodaeth i'w bywydau nhw!

Beth sy'n gwneud i chi deimlo balchder?

Gweld yr ymgyrchoedd a'r prosiectau gwych mae pobl ifanc yn gweithio arny'n nhw. Mae'r ymroddiad, yr awydd a'r ymrwymiad mae pobl ifanc yn ei ddangos er mwyn gwella eu cymunedau lleol ac yn ehangach yn ysbrydoledig. Rydw i'n falch iawn o'r gwaith a wnes i yn fy hen swydd yn helpu i sefydlu Senedd Ieuenctid Cymru hefyd.

Pa gyngor fydddech chi'n ei roi i chi eich hun yn 15 oed?

Mae'n iawn i ti newid dy feddwl! Dwi'n credu bod cymdeithas yn disgwyl i bobl ifanc fod wedi cynllunio eu bywydau cyfan erbyn iddyn nhw gyrraedd 20 oed, ond 'does dim brys. Manteisia ar gyfleoedd i archwilio'r pethau rwyf ti'n eu mwynhau a phaid â bod ofn newid dy feddwl!



@Brook_SexPositive



@BrookCharity



Chris Hunt

Community Cohesion
Coordinator

Tell us a little bit about your role?

As Regional Cohesion Coordinator I, along with a small team, support the Welsh Government's Community Cohesion agenda across Caerphilly, Blaenau Gwent and Torfaen local authorities, this includes supporting opportunities that help foster good relationships within communities, as well as embedding Community Cohesion within existing policy areas of local government.

Our work also involves supporting authorities with the asylum dispersal schemes, refugee resettlement programmes, as well as delivering anti-discrimination activities targeted towards schools and youth groups.

We are also responsible for developing campaigns and programmes designed to support and encourage a more tolerant Wales - which includes working with community groups that help address and combat intolerances and hate within communities.

What inspires you?

Throughout my time in my current role, I have had the opportunity to develop projects that have helped to champion equality and promote tolerance for example whether school twinning projects or through the team's anti-discrimination workshop programme- these opportunities focus on the similarities between different communities and explore how we can be influenced by the media to view others in a negative way. Recently we have seen a rise in racism. We have seen it in sport - on the football field and in communities. This which shows us how important it is to continue to challenge all forms of discrimination, prevention is so important especially by working with children and young people to help create a Wales that is more welcoming to all for future generations.

What makes you proud?

I'm proud to work for the authority in the role that I do. As a member of the LGBT community, I can also empathise with the feeling of not always fitting in - particularly when I was growing up - so I try to champion equalities in everything I do.

What advice would you give your 15 year old self?

In the words of one of my favour tracks... Everybody's Free by Baz Luhrmann
"Don't worry about the future Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing Bubble gum"



TORFAEN
COUNTY
BOROUGH



BWRDEISTREF
SIROL
TORFAEN

 @torfaencouncil

Chris Hunt

Cyd-gysylltydd Cydlyniant Cymunedol

Dywedwch ychydig wrthym ni am eich rôl?

Fel Cyd-gysylltydd Cydlyniant Rhanbarthol rydw i, a thîm bach, yn cefnogi agenda Cydlyniant Cymunedol Llywodraeth Cymru ar draws awdurdodau lleol Caerffili, Blaenau Gwent a Thorfaen. Mae'r gwaith yma'n cynnwys cefnogi cyfleoedd sy'n helpu i feithrin cydberthnasau da mewn cymunedau, yn ogystal â chorffori Cydlyniant Cymunedol ym meysydd polisi presennol llywodraeth leol.

Mae ein gwaith yn ymwneud â chefnogi awdurdodau gyda chynlluniau gwsgariad lloches, rhaglenni adleoli ffoaduriaid, yn ogystal â darparu gweithgareddau gwrth-wahaniaethu wedi'u targedu at ysgolion a grwpiau ieuenctid. Rydym hefyd yn gyfrifol am ddatblygu ymgyrchoedd a rhaglenni sydd wedi cael eu cynllunio i gefnogi ac annog Cymru fwy oddefgar - sy'n cynnwys gweithio gyda grwpiau cymuned sy'n helpu i roi sylw i anoddefgarwch a chasineb mewn cymunedau a mynd i'r afael â hynny.

Beth sy'n eich ysbrydoli chi?

Trwy gydol fy amser yn fy rôl bresennol, rwyf wedi cael y cyfle i ddatblygu prosiectau sydd wedi helpu i hyrwyddo cydraddoldeb a hybu goddefgarwch, er enghraifft trwy brosiectau gefeillio ysgolion neu drwy raglen gweithdai gwrth-wahaniaethu'r fîm. Mae'r cyfleoedd hyn yn canolbwyntio ar yr hyn sy'n debyg rhwng gwahanol gymunedau ac archwilio sut gallwn gael ein dylanwadu gan y cyfryngau i weld pobl eraill mewn ffordd negyddol.

Yn ddiweddar rydym wedi gweld cynnydd mewn hiliaeth. Rydym wedi ei weld yn y byd chwaraeon - ar y cae pêl-droed ac mewn cymunedau. Mae hyn yn dangos i ni pa mor bwysig yw parhau i herio pob math o wahaniaethu. Mae atal hiliaeth mor bwysig, yn arbennig trwy weithio gyda phlant a phobl ifanc i helpu i greu Cymru sy'n fwy croesawgar i bawb ar gyfer cenedlaethau'r dyfodol.

Beth sy'n gwneud i chi deimlo balchder?

Rydw i'n falch o weithio i'r awdurdod yn y swydd rwy'n ei gwneud. Fel aelod o'r gymuned LGBT, gallaf gydymdeimlo gyda'r teimlad o beidio ffitio i mewn bob tro - yn arbennig pan oeddwn i'n tyfu i fyny - felly rydw i'n ceisio hyrwyddo cydraddoldeb ym mhob peth rydw i'n ei wneud.

Pa gyngor fydddech chi'n ei roi i chi eich hun yn 15 oed?

Yng ngeiriau un o'm hoff draciau... Everybody's Free gan Baz Luhrmann
"Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing Bubble gum".



TORFAEN COUNTY BOROUGH  BWRDEISTREF SIROL TORFAEN

 @torfaencouncil

Dr Rachel Evans

Clinical
Psychologist

Tell us a little bit about your role?

I am a team lead within the Child and Family Community Psychology team work closely with Dr. Rhiannon Cobner - one of last year's panellists.

I work two days a week. I work with the NHS child and family psychology and therapies service, based in St Cadoc's. We sit separately to CAMHS, under the management of psychology. Child and Family Community Psychology is all about developing the conditions to support children and young people's wellbeing. We believe that it is the situations we are in, and the level of supportive relationships at that time that determine how we feel, in terms of our mental health and wellbeing - as well as influencing how we respond to distress and difficulty.

I also work in partnership with Gwent Police Operation Quartz teams (East and West Gwent). Helping to support police officers work to support children and young people at risk of childhood sexual exploitation and/or criminal exploitation.

What inspires you?

Working with young people is inspiring to me. I am passionate about involving children and young people our work. I am also inspired by the people that have supported me, in both personal and professional ways to want to offer support and care for others.

What makes you proud?

When I feel I have contributed to the development of something good. In work, I'm proud when I act in a way that matches my values or when I get positive feedback from colleagues, families and others. In my own life, I'm proud when those I care about do things that matter to them. I am proud of myself when I look after my own mental health and wellbeing e.g., asking for help or saying no etc.

What advice would you give your 15 year old self?

It's ok not to be ok and it's also ok to be ok. In tough times - this is not your fault. There are things that you will learn and people that you will meet that will make life enjoyable and worthwhile. You are enough.



Seicoled
Cymunedol Plant
a Theuluoedd



Child & Family
Community
Psychology



@GwentCommPsych

Dr Rachel Evans

Seicolegydd
Clinigol

Dywedwch ychydig wrthym ni am eich rôl?

Rwy'n arweinydd tîm gyda'r tîm Seicoleg Plant a Theuluoedd yn y Gymuned ac yn gweithio'n agos gyda Dr Rhiannon Cobner - un o aelodau'r panel y llynedd.

Rwy'n gweithio dau ddiwrnod yr wythnos. Rwy'n gweithio gyda gwasanaeth seicoleg a therapïau plant a theuluoedd y GIG yn St Cadoc. Rydym ar wahân i CAMHS, dan reolaeth Seicoleg. Mae Seicoleg Plant a Theuluoedd yn y Gymuned yn ymwneud â datblygu'r amodau i gefnogi lles plant a phobl ifanc. Rydym yn credu mai'r sefyllfaoedd rydym ynddyn nhw, a lefel y cydberthnasau cefnogol ar y pryd, sy'n gyfrifol am sut rydym yn teimlo, o ran ein hiechyd meddwl a lles - yn ogystal â dylanwadu ar sut rydym yn ymateb i ofid ac anhawster.

Rwyf hefyd yn gweithio mewn partneriaeth gyda thimau Ymgyrch Quartz Heddlu Gwent (Dwyrain a Gorllewin Gwent), yn helpu swyddogion heddlu i roi cymorth i blant a phobl ifanc mewn perygl o gam-fanteisio rhywiol a/neu gam-fanteisio troseddol yn ystod plentyndod.

Beth sy'n eich ysbrydoli chi?

Mae gweithio gyda phobl ifanc yn fy ysbrydoli i. Rwy'n angerddol dros gynnwys plant a phobl ifanc yn ein gwaith. Mae'r bobl sydd wedi fy nghefnogi yn fy ysbrydoli hefyd, yn bersonol ac yn broffesiynol, i fod eisiau cynnig cymorth a gofalu am bobl eraill.

Beth sy'n gwneud i chi deimlo balchder?

Pan fyddaf yn teimlo fy mod wedi cyfrannu at ddatblygu rhywbeth da. Yn y gwaith rwy'n falch pan rwy'n gweithredu mewn ffordd sy'n cyd-fynd â fy ngwerthoedd neu pan rwy'n cael adborth cadarnhaol gan gydweithwyr, teuluoedd ac eraill. Yn fy mywyd personol rwy'n falch pan mae'r bobl sy'n derbyn gofal gen i'n gwneud pethau sydd o bwys iddyn nhw. Rwy'n falch ohono'i fy hun pan rwy'n edrych ar ôl fy iechyd meddwl a lles fy hun e.e. gofyn am help neu ddweud na, ac ati.

Pa gyngor fydddech chi'n ei roi i chi eich hun yn 15 oed?

Mae'n iawn i beidio â bod yn iawn, ac mae hefyd yn iawn i fod yn iawn. Pan fydd pethau'n anodd - nid ti sydd ar fai. Byddi di'n dysgu pethau a chwrdd â phobl a fydd yn gwneud bywyd yn blesurus a gwerth chweil. Rwyf ti'n ddigon.



Seicoleg
Cymunedol Plant
a Theuluoedd



Child & Family
Community
Psychology

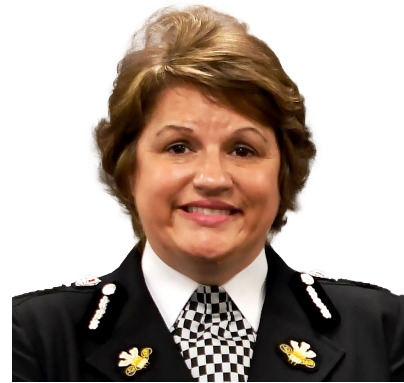
 @GwentCommPsych

Teams

Jeff Cuthbert
Policing | Plismona



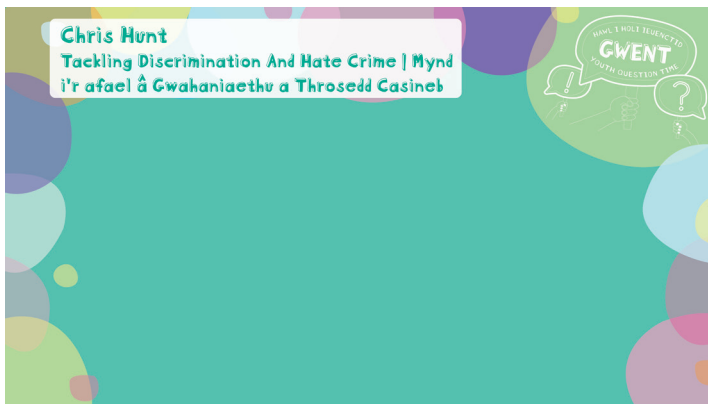
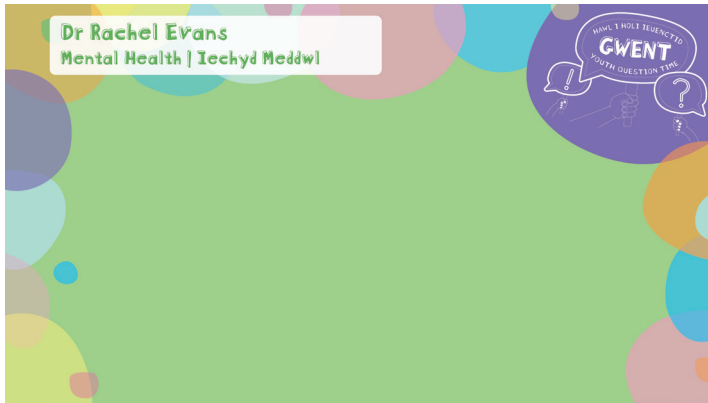
Pam Kelly
Policing | Plismona



Rebecca Stanton
Mental Health | Techyd Meddwl



Here are the Teams backgrounds assigned to each panel member, backgrounds will also be made available to other attendees.
| Dyma'r cefndiroedd Teams sydd wedi'u dynodi i bob aelod panel.
Bydd y cefndiroedd hefyd ar gael i fynychwyr eraill.



Housekeeping Rules



Thank you for joining today. This is your opportunity to ask our panel questions about things that are important to you. Thank you to everyone who has already submitted questions!



To ask a question please raise the hand at the top or bottom of your screen or type your question in the chat.



We will aim to answer as many questions as possible, if there are any that are unanswered, we will provide the answers after the event.



Please remember to be kind and treat everyone with respect.



We will be recording the event for monitoring purposes, so we can provide feedback to you after the event. If you do not want to be seen in the session please turn your camera off.



Microphones will be muted when the panel are speaking. Unmute if you ask a question.

Don't forget to follow us @GwentPCC and tag:
@gwentpolice @rkent_mys
@GwentCommPsych @BrookCharity #GWENTYQT22



Rheolau'r Sesiwn



Diolch am ymuno heddiw. Dyma eich cyfle i ofyn cwestiynau i'n panel am bethau sy'n bwysig i chi. Diolch i bawb sydd eisoes wedi cyflwyno cwestiynau!



I ofyn cwestiwn, codwch y llaw ar frig neu waelod eich sgrin neu teipiwch eich cwestiwn yn y sgwrs.



Byddwn yn ceisio ateb cymaint o gwestiynau â phosibl, os bydd unrhyw gwestiynau heb eu hateb, byddwn yn darparu'r atebion ar ôl y digwyddiad.



Cofiwch fod yn garedig a thrin pawb gyda pharch.



Byddwn yn recordio'r digwyddiad at ddibenion monitro, er mwyn i ni allu darparu adborth i chi ar ôl y digwyddiad.



Os nad ydych chi eisiau cael eich gweld yn y sesiwn, trowch eich camera i ffwrdd.

Peidiwch ag anghofio ein dilyn ni a tagio:
@gwentpolice @rkent_mys
@GwentCommPsych @BrookCharity #GWENTYQT22



Get involved! | Cymerwch ran!

How to have your voice heard...

Youth Forums are a great way to have your voice heard and meet new people. Contact the following for more information...

| Sut i sicrhau bod eich llais yn cael ei glywed... Mae Fforymau Ieuenctid yn ffordd wych i'ch llais gael ei glywed a chwrdd â phobl eraill. Cysylltwch â'r canlynol i gael rhagor o wybodaeth...

Newport | Casnewydd

Newport Youth Forum | Fforwm Ieuenctid Casnewydd
Email | E-bost: Danielle.Rowlands@newportlive.co.uk
/Emma Ashmead Emma.Ashmead@newport.gov.uk
www.newportyouthcouncil.org.uk



Blaenau Gwent

Blaenau Gwent Youth Forum | Fforwm Ieuenctid Blaenau Gwent -
Email | E-bost: lissa.friel@blaenau-gwent.gov.uk



Caerphilly | Caerffili

Caerphilly Youth Forum | Fforwm Ieuenctid Caerffili -
Call | Ffoniwch Clare Jones: 07766502376
Instagram/Twitter: @youth4u1



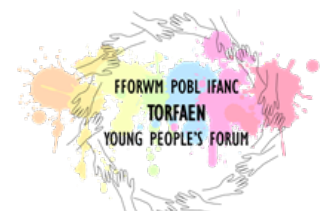
Monmouthshire | Sir Fynwy

Engage 2 Change -
Twitter: @e2c_mon



Torfaen

Torfaen Young People's Forum | Fforwm Pobl Ifanc Torfaen
Facebook: @TorfaenYPForum
Email | E-bost: rhiannon.bennett@torfaen.gov.uk



Helplines | Llinellau Cymorth

Melo

Young Person's Mental Health Toolkit

Meic Cymru

Information, advice and advocacy helpline for children and young people

@meiccymru

Call: 080880 23456

Text: 84001

Live Fear Free

24/7 advice and information for anyone affected by unhealthy relationships or domestic abuse

@LiveFearFree

Call: 0808 801 0800

Text: 07860077333

Llamau

Llamau is the leading homelessness charity in Wales, supporting the most vulnerable young people

@LlamauUK

Call: 029 2023 9585

Careers Wales

@CareersWales

Call: 0800 028 4844

National Hate Crime Report and Support Centre Wales

Tackling discrimination and Hate crime

Call: 0300 3011982

Young Minds- Coronavirus Support

Impact of covid-19 on young people

Text line support, Text YM to 85258

Melo

Adnoddau Lles Iechyd Meddwl i Bobl Ifanc

Meic Cymru

Llinell gymorth gyda gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc

@meiccymru

Ffoniwch: 080880 23456

Tecstiwch: 84001

Byw Heb Ofn

Cyngor a gwybodaeth 24/7 i unrhyw un sy'n cael ei effeithio gan gydberthynas nad yw'n iach neu gam-drin domestig

@LiveFearFree

Ffoniwch: 0808 801 0800

Tecstiwch: 07860077333

Llamau

Llamau yw'r brif elusen digartrefedd yng Nghymru, sy'n rhoi cyngor i'r bobl ifanc mwyaf agored i niwed

@LlamauUK

Ffoniwch: 029 2023 9585

Gyrfa Cymru

@CareersWales

Ffoniwch: 0800 028 4844

Canolfan Genedlaethol Adrodd am Droseddau Casineb a Chymorth Cymru

Mynd i'r afael â gwahaniaethu a throedd casineb

Ffoniwch: 0300 3011982

Young Minds - Cymorth Coronafeirws

Effaith Covid-19 ar bobl ifanc

Llinell destun, Tecstiwch YM at 85258

