

Gwobrau Tiwtor  
Oedolion 2019

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

Adult Tutor  
Awards 2019



Llywodraeth Cymru  
Welsh Government



# Cyflwyniad / Introduction

**Mae'n bleser mawr gennyf gyflwyno  
Gwobrâu Ysbrydoli! Tiwtor y Flwyddyn  
ar gyfer 2019.**

Mae dysgu gydol oes yn bwysig tu hwnt i mi. Rwyf eisiau gweld Cymru lle mae dysgu yn ffordd o fyw. Rwyf eisiau i ddysgwyr o bob oed ddod yn **uchelgeisiol a galluog, mentrus a chreadigol, moesegol a gwybodus ac iach a hyderus**. Rydym angen y tiwtoriaid addysg oedolion gorau oll i alluogi ein dysgwyr i gyflawni'r dyheadau hyn.

Mae enillwyr eleni yn rhagori yn eu meysydd. Yn ogystal â bod yn diwtoriaid eithriadol, maent hefyd yn bobl sy'n ysbrydoli. Maent yn dod â'r byd o'u cwmpas i'w hystafell ddosbarth drwy ddatblygiadau mewn technoleg ddigidol neu drwy fynychu digwyddiadau a chystadlaethau. Maent yn gwneud y dysgu yn real, perthnasol a chyfoes. Maent yn gwneud yn siŵr fod eu dysgwyr nid yn unig yn ennill y sgiliau maent eu hangen ond eu bod hefyd yn cael hwyl ac yn datblygu cariad at ddysgu sy'n parhau'n hir ar ôl i'r cwrs ddod i ben.

Yn un o'r enwebiadau, disgrifiwyd fod un tiwtor wedi rhoi 'gobaith' i'w myfyrwyr. Am beth hynod i fedru ei wneud. Gall dysgu drawsnewid bywydau, ac mae addysgu da yn hollo sylfaenol i hyn.

Mae'r Gwobrâu hyn yn gyfle gwych i ni arddangos rhai o'n goreuon, i wobrwo'r rhai y mae eu hagwedd a'u hegni yn wirioneddol ysbrydoledig ac i gydnabod yr effaith y gall dysgu gydol oes ei gael ar ein bywydau.

I'r holl diwtoriaid a enwebwyd neu a enillodd wobrau eleni, hoffwn ddweud diolch yn fawr iawn a llonygfarchiadau.

**Kirsty Williams AC**  
Gweinidog dros Addysg

***It gives me great pleasure  
to introduce the Inspire!  
Tutor of the Year Awards for 2019***

Learning throughout life is extremely important to me. I want a Wales where learning is a way of life. I want learners of all ages to become **ambitious and capable, enterprising and creative, ethical and informed and healthy and confident**. To enable our learners to fulfil these aspirations, we need the very best adult learning tutors.

This year's winners are exemplars in their fields. They are not only exceptional tutors, they are also inspirational people. They bring the world around them into their classroom through advances in digital technology, or through attending events and competitions. They make the learning real, relevant and topical. They make sure their learners not only acquire the skills they need, but that they have fun and that they develop a love of learning that continues long after their course has ended.

In one of the nominations, one tutor was described as having given their students 'hope'. What a remarkable thing to be able to do. Learning can transform lives, and good teaching is absolutely fundamental to this.

These Awards are a fantastic opportunity for us to showcase some of our very best, to reward those whose attitude and energy is truly inspiring and to recognise the impact lifelong learning can have on our lives.

To all the tutors who were nominated or won awards this year, I would like to say a huge thank you and congratulations.

**Kirsty Williams AM**  
Minister for Education



**Mae'r Sefydliad Dysgu a Gwaith unwaith eto'n falch iawn i gynnal Gwobrau Ysbrydoli! Tiwtoriaid mewn cysylltiad â Phartneriaeth Addysg Oedolion Cymru, Colegau Cymru, y Ganolfan Dysgu Cymraeg Genedlaethol, NTfW a Phrifysgolion Cymru.**

Mae Gwobrau Ysbrydoli! Tiwtoriaid yn rhannu a dathlu straeon a llwyddiannau ein henillwyr ac enwebiadau gwych. Gwyddom fod ein tiwtoriaid, darlithwyr a thimau staff ehangach yn mynd yr ail filltir bob dydd yng Nghymru benbaladr i helpu dysgwyr o bob oed ac o bob cefndir i gyflawni eu potensial.

Dim ond ciplun yw'r gwobrau hyn o'r gwaith gwych sy'n mynd rhagddo yn ein colegau, prifysgolion, gweithleoedd a chymunedau ac maent yn adlewyrchu sector sydd, er gwaethaf pwysau parhaus ar gyllidebau ac ar amser, yn parhau i ddarparu cyfleoedd dysgu ardderchog.

Mae Gwobrau Ysbrydoli! yn gyfle i ddweud diolch. Maent hefyd yn gyfle i adnewyddu ein galwadau am fuddsoddiad mewn dysgu gydol oes ac yng ngwerth ehangach addysg oedolion ar gyfer unigolion a chymunedau. O baratoi pobl ifanc ar gyfer y dyfodol, helpu oedolion i sicrhau cynnydd mewn gwaith ac ail-sgilio neu'n syml roi ail gyfle i oedolion mewn addysg a dysgu ar gyfer boddhad personol, dylai dysgu gydol oes fod unwaith eto yn flaenoriaeth i'n cenedl.

Ni all dim o hyn ddigwydd heb weithlu a gaiff ei werthfawrogi, ei wobrwo'n deg a'i gefnogi a gobeithiwn fod y gwobrau hyn yn rhan fach o gydnabod cyfraniad ymarferwyr ac yn gam tuag at greu gweithlu sydd yn cael y gefnogaeth maent ei hangen i newid bywydau er gwell.

**David Hagendyk**  
Cyfarwyddwr Cymru  
Sefydliad Dysgu a Gwaith

## Rhagair / Foreword

**Learning and Work Institute are delighted to once again host the Inspire! Tutor Awards in association with the Adult Learning Partnership Wales, Colleges Wales, the National Centre for Learning Welsh, NTfW and Universities Wales.**

The Inspire! Tutor Awards share and celebrate the stories and successes of our fantastic winners and nominees. We know that every day across Wales our tutors, lecturers, and wider staff teams go above and beyond to help learners of all ages and from all backgrounds achieve their potential.

These awards are just a snapshot of the amazing work taking place in our colleges, universities, workplaces and communities and they reflect a sector that despite continued pressure on budgets and on time, are continuing to deliver excellent learning opportunities.

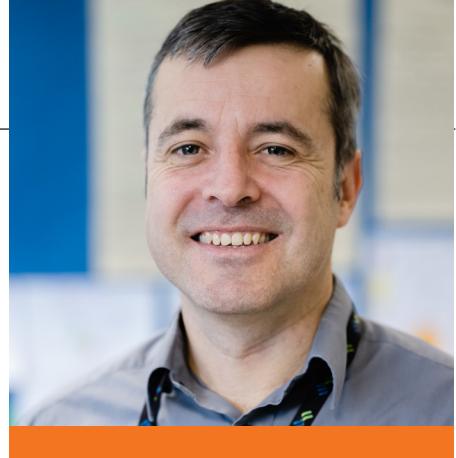
The Inspire! Awards are a chance to say thank you. It is also a chance to renew our calls for investment in lifelong learning and in the wider value of adult education for individuals and communities. From preparing young people for the future, helping adults to progress in work and re-skill, or simply giving adults a second chance at education and learning for personal fulfilment, lifelong learning needs to once again be a priority for our nation.

None of this can happen without a workforce that is valued, fairly rewarded and supported and we hope these awards are just a small part of recognising the contribution that practitioners make and a step towards creating a workforce that has the support they need to change lives for the better.

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

# Daniel Dyboski-Bryant

Coleg Menai, Grŵp Llandrillo Menai



**“Mae pawb ar eu hennill pan mae pawb yn dysgu a byw'n dda. Dyna'r dyfodol rwyf eisiau byw yn ddo a magu fy mhlant yn ddo.”**

Caiff Daniel ei ddisgrifio fel tiwtor ysbrydoledig sydd bob amser yn edrych am ffyrdd newydd ac arloesol i ymgysylltu a chefnogi carfan amrywiol o ddysgwyr. Fel athro ESOL, dywedodd “Rwy'n ystyried fy hun yn ffodus iawn i fod yn diwtor i grŵp mor ysbrydoledig a chynnes o ddysgwyr, gyda straeon bywyd rhyfeddol. Mae gweld fy nysgwr yn mynd ymlaen i fod yn hapus, wedi setlo ac yn llwyddiannus gyda'u teuluoedd a'u bywydau yn brofiad gwerth chweil iawn.”

Daeth Taesar Matouk i fyw yng Nghymru o Syria. Dywedodd, “Rwy'n dysgu Saesneg ac am fywyd ym Mhrydain, ac mae Daniel wedi bod yn help mawr iawn i mi. Fe wnaeth fy helpu i gynnal arddangosiad coginio ar gyfer aelodau'r gymuned er mwyn iddynt ddysgu am fwyd Syria. Rwy'n awr wedi pasio fy mhrawf theori gyrru ac wedi cael swydd ran-amser.”

Bu Daniel yn gweithio yng Ngholeg Menai am 13 mlynedd ac yn ystod y cyfnod hwn mae wedi ennill mwy o gymwysterau proffesiynol, gan ddatblygu ei rôl yn y coleg o fewn tîm hyfforddi athrawon TESOL yn ogystal ag arwain ar weithdai entrepeneuriad a datblygu cynigion arloesedd. Mae'n cynnig sesiynau galw heibio wythnosol lle gall staff yn y coleg gael cefnogaeth a hyfforddiant ac mae'n cyflwyno sesiwn hanner awr o ymwybyddiaeth ofalgar yn ei amser ei hun sydd ar agor i'r holl staff.

Mae ymchwilio Rhith-Wirionedd mewn Addysg Bellach a Dysgu laith yn faes datblygu y mae Daniel wedi ei arloesi. Dechreuodd Daniel ddefnyddio ei offer ei hun i dreialu Rhith-Wirionedd yn yr ystafell ddosbarth, mae wedi creu adhoddau a chynnwys newydd ar gyfer y llwyfan, yn bennaf ar gyfer dysgwyr ESOL. Gall dysgwyr ymweld â'r meddyg neu'r deintydd yn rhithiol, gan eu paratoi ar gyfer sefyllfaeodd bywyd go iawn.

Dyweddodd, “Rwy'n credu fod gan y dechnoleg y potensial i ennyd diddordeb pobl mewn addysg mewn ffyrdd hollol newydd. Gobeithiaf y bydd y gwaith hwn yn effeithio ar ddysgwyr a fyddai fel arall yn ei chael yn anodd cael mynediad i addysg a hyfforddiant. Mae addysg yn i bawb - ond daeth llawer i gredu nad yw'n weithredol ar eu cyfer nhw. Gadewch i ni eu helpu i ail-gysylltu gyda dysgu gydol oes a newid eu meddyliau.”

**“When everyone is learning and living well, we all stand to benefit. That's the future I want to live in and raise my kids in.”**

Daniel is described as an inspirational tutor who is always looking for new and innovative ways of engaging and supporting a diverse cohort of learners. As an ESOL teacher, he says, “I consider myself very fortunate to be a tutor to such an inspiring and warm group of learners, with such humbling life stories. Seeing my learners go on to be happy, settled and successful with their families and lives is deeply rewarding.”

Taeser Matouk settled in Wales from Syria, he says, “I am learning English and about living in the UK with Daniel. He has helped me very much, he helped me to do a cooking demonstration for members of the community so that they were able to learn about Syrian food. I have now passed my driving theory test and I have got a part-time job.”

Daniel has worked at Coleg Menai for 13 years and during this time he has gained further professional qualifications, developing his role in the college within the TESOL teacher training team as well as leading on entrepreneurship workshops and developing innovation proposals. He offers weekly drop-in sessions where staff in the college can access support and training and in his own time delivers a weekly half hour mindfulness session open to all staff.

Exploring Virtual Reality in FE and Language Learning is an area of development which Daniel has pioneered. Daniel first starting using his own equipment to trial VR in the classroom, he's created new resources and content for this platform, primarily for the use of ESOL learners. Learners can visit the doctor or dentist virtually, preparing them for real life situations.

He says, “I believe this technology has the potential to engage people with education in completely new ways. I hope this work will impact on learners who otherwise struggle with accessing training and education. Education is everyone's birth right - but many have come to believe that doesn't apply to them. Let's help them re-engage with lifelong learning and change their minds.”



# Philippa Gibson

**Prifysgol Aberystwyth, Cymraeg i Oedolion  
Aberystwyth University, Welsh for Adults**

**“Mae tiwtora yn golygu gwneud cymaint ag y gallaf i helpu pob unigolyn i lwyddo.”**

Dysgodd Philippa Gibson Gymraeg fel oedolyn a dros y 30 mlynedd diwethaf mae wedi datblygu ei sgiliau i ddod yn diwtor Cymraeg dalentog, gan ddatblygu'r rhaglen ddysgu yn lleol a'i hyrwyddo o fewn y gymuned o amgylch Aberteifi a De Ceredigion.

Dyweddodd, "Wedi dysgu Cymraeg yn oedolyn, rwy'n cael boddhad o ddysgu'r iaith i eraill a'u gweld yn camu ymlaen i ddod yn rhan o'r gymdeithas Gymraeg leol" Mae llawer o'i myfyrwyr wedi llwyddo i ddysgu Cymraeg i'w defnyddio yn eu bywyd bob dydd yn eu cymunedau ac mae rhai wedi cystadlu yn yr Eisteddfod Genedlaethol: mae dau wedi cyrraedd rownd derfynol gwobr Dysgwyr y Flwyddyn ac yn Eisteddfod 2019 enillodd dau o'i myfyrwyr y prif wobrau llenyddol ar gyfer dysgwyr - y Gadair am Farddoniaeth a'r Tlws Rhyddiaith.

Mae llwyddiant ei haddysgu'n deillio o'r cyfleoedd dysgu anffurfiol mae wedi'u llunio. Mae'n annog myfyrwyr i ysgrifennu ar gyfer y papur bro lleol ac mae Philippa yn cefnogi ei dysgwyr i fynychu llawer o weithgareddau gan gynnwys grŵp cerdded Cymraeg, dramâu a chyngħerddau Cymraeg a chymdeithasau Cymraeg.

Mae arloesedd yn amlwg yn ei dulliau addysgu - mae cynllun Pontio yn galluogi siaradwyr Cymraeg i gwrdd a sgwrsio'n anffurfiol gyda grwpiau bach o ddau neu dri o ddysgwyr fel rhan o'u sesiynau ffurfiol. Mae'n rhoi o'i hamser i ganfod, cydlynu a threfnu gwirfoddolwyr i gefnogi'r sesiynau hyn.

Dyweddodd, "Mae tiwtora yn golygu gwneud cymaint ag y gallaf i helpu pob unigolyn i lwyddo trwy oresgyn unrhyw broblemau, boed yn wahanol broblemau dysgu neu ddefnyddio eu hyder neu anwybodaeth am gyfleoedd i ddefnyddio eu Cymraeg."

**“Tutoring means doing as much as I can to help each individual to succeed.”**

Philippa Gibson learnt Welsh as an adult and over the last 30 years she has developed her skills to become a talented Welsh tutor, developing the learning programme locally and promoting it within the community around Cardigan and South Ceredigion.

She says, "Having learnt Welsh as an adult, I gain satisfaction from teaching the language to others and see them moving on to become a part of the local Welsh community." Many of her students have succeeded in learning Welsh to use it in their everyday lives in their communities and some have competed in the National Eisteddfod. Two have reached the final round of the Learner of the Year award, and at the 2019 Eisteddfod two of her students won the top literary prizes for learners – the Chair for Poetry and the Prose Medal.

The success in her teaching is built upon the opportunities which she has created for immersion in informal learning opportunities. Students are encouraged to write for the local community paper and Philippa supports her learners to access many activities including a Welsh-language walking group, Welsh plays and concerts and Welsh-language societies.

Innovation is evident in developing her teaching methods - the Pontio Scheme enables Welsh speakers to meet and talk informally with small groups of two or three Welsh learners as part of their formal sessions. She commits time to enlisting, co-ordinating and arranging volunteers to support these sessions.

She says, "Tutoring means doing as much as I can to help each individual to succeed by overcoming any barriers, whether they are specific issues relating to learning, lack of confidence or knowledge about opportunities to use their Welsh."

# Suzanne McCabe

Cyfeiriadur Awtistiaeth  
The Autism Directory



***"Fy nod yw bod y tiwtor gorau y gallaf fod, gan ddysgu bob amser gan yr unigolion rwy'n cwrdd â nhw."***

***"I aspire to be the best tutor that I can be, forever learning from the individuals that I meet."***

Mae Suzanne McCabe yn datblygu ac yn cyflwyno hyfforddiant a chefnogaeth pwrpasol ar gyfer oedolion awtistig ledled De Cymru ac mae ei hangerdd, ymroddiad a gweledigaeth yn gwneud gwahaniaeth i lawer o fywydau.

Gan gynllunio hyfforddiant ar gyfer oedolion awtistig a'u teuluoedd i atal teimladau o arwahanrwydd cymdeithasol, mae wedi creu a chefnogi grwpiau cymdeithasol wythnosol. Bu'r effaith yn enfawr, gan alluogi oedolion awtistig i ddatblygu cyfeillgarwch a pherthnasoedd priodol a gostwng effaith unigrwydd ac arwahanrwydd. Dywedodd, "Mae bod yn diwtor yn fwy na dim ond swydd. Mae'n ffodd o rymuso oedolion i gyflawni eu nodau unigol hyd yn oed os yw profiadau dysgu'r gorffennol wedi eu gwneud yn ofnus ac yn amau eu hunain."

Mae Suzanne hefyd yn ganolog wrth ddatblygu a chyflwyno hyfforddiant ar gyfer busnesau i roi cyngor ar addysgu eu hamgylchedd i gefnogi gweithwyr a chwsmeriaid gydag awtistiaeth. "Mae llawer o'r oedolion rwy'n cwrdd â nhw'n teimlo'n ynysig, eu bod yn eu camddeall cael ac yn rhwystredig na all cyflogwyr weld manteision cyflogi person gydag awtistiaeth."

Mae ei gwaith wedi galluogi cwmniau fel Marks & Spencer i adolygu eu gweithdrefnau mynediad i waith ac mae hyfforddiant a chyngor pwrpasol yn golygu y galodd gweithwyr cyflogedig barhau â'u cyflogaeth drwy wneud addasiadau rhesymol.

Cafodd llwyddiant ei gwaith ei gydnabod gan yr Adran Gwaith a Phensiynau a ofynnodd am ymestyn yr hyfforddiant. Mae Suzanne erbyn hyn yn cyflwyno Rhaglen Cyflogaeth Awstisiaeth 8-wythnos yn swyddfeydd yr Adran Gwaith a Phensiynau yng Nghasnewydd, Cas-gwent, Pont-y-pŵl a Chwmbbrân. Mae'r sesiynau'n canolbwytio ar ysgrifennu CV, sgiliau cyfweld a llythrennedd yn ogystal â magu hyder, rhywymethio cymdeithasol a hunan-werth.

Dyweddodd, "Mae dysgu yn digwydd dros oes ac ni chaiff ei ddiffinio gan eich 16 mlynedd cyntaf mewn addysg. Fy nod yw bod y tiwtor a'r mentor gorau y gallaf fod, gan ddysgu drwy'r amser gan yr unigolion rwy'n cwrdd â nhw."

Suzanne McCabe develops and delivers bespoke training and support for autistic adults throughout South Wales and her passion, commitment and vision is making a difference to many lives.

Designing training for autistic adults and their families to combat feelings of social isolation, she has created and supported weekly social groups. The impact has been overwhelming enabling autistic adults to develop appropriate friendships and relationships and reducing the effects of loneliness and isolation. She says, "Tutoring is more than a job, it's a way of empowering adults to reach their individual goals even if past learning experiences have made them fearful and self-doubting."

Suzanne is also instrumental in developing and delivering training to businesses, to provide advice on adapting their environment to support employees and customers with autism. "Many of the adults that I meet feel isolated, misunderstood and frustrated that employers are unable to see the benefits of employing a person with autism."

Her work has enabled companies like Marks & Spencer to review their access to work procedures and tailored training and advice means that employees have been able to continue their employment through the reasonable adjustments made.

The success of this work has been recognised by DWP who have requested that the training is rolled out. Suzanne now delivers an 8-week Autism Employment Programme in DWP offices throughout Newport, Chepstow, Pontypool and Cwmbran. The sessions focus on CV writing, interview skills and literacy as well as building confidence, social interaction and self-worth.

She says, "Learning happens over a lifetime and is not defined by your first 16 years in education. I aspire to be the best tutor and mentor that I can be, forever learning from the individuals that I meet."



# Mary Murray

## Dysgu Oedolion yn y Gymuned Torfaen Torfaen Adult Community Learning

**“Mae cynifer o bobl wedi cael profiadau gwael, fy ngwaith i yw dadwneud hyn. Defnyddiaf fy llwybr dysgu fy hun i’w hannog i ymuno mewn dosbarthiadau.”**

Mae Mary Murray yn diwtor Sgiliau Hanfodol a TGAU Rhifedd gydag enw da am ragoriaeth. Mae ei dosbarthiadau bob amser yn llawn ac mae dysgwyr yn gofyn am gael mynchy u ei sesiynau oherwydd iddynt glywed amdanyst gan ffrindiau, perthnasau neu gymdogion.

Er mai ei huchelgais oedd bod yn athrawes mathemateg, dilynnodd Mary llwybr gyrra gwahanol ond ar ôl mynchy dosbarthiadau addysg oedolion i wella ei sgiliau cyfrifiadurol, cafodd ei hysbrydoli i feedwl y gallai addysgu oedolion. Ar ôl gwirfoddoli mewn dosbarth mathemateg, enillodd dystysgrif TAR a chyflawni ei nod.

Daeth Mary y person mynd-ati yn Dysgu Oedolion yn y Gymuned Torfaen ar gyfer tiwtoriaid mathemateg i gael cyngor ac arweiniad ar reoli ystafell ddosbarth, dulliau cyflwyno ac ansawdd. Mae'r gefnogaeth hon yn ymestyn i tiwtoriaid y tu allan i'r fwrdeistref a ddaw ati i ddatblygu eu darpariaeth eu hunain. Dywedodd, "Fe nghenhadaeth yw dangos i ddysgwyr y gall mathemateg fod yn hwyl ac nid y pwnc brawychus y credent ei fod pan oeddent yn yr ysgol. Nid yn unig y bydd yn helpu i gadw eu meddyliau'n effro, bydd hefyd yn rhoi rhyngweithio cymdeithasol. I rieni mae'n ffordd o gadw lan gyda'u plant ac mae'n aml yn arwain dysgwyr i feedwl mwy am eu gyrfaoedd."

Mae llawer o enghreifftiau o ddysgwyr sydd wedi cyflawni a symud ymlaen i lefelau uwch o ddysgu - nid oedd gan un dysgwr unrhyw gymwysterau, ar ôl ymuno â dosbarth Mary symudodd ymlaen i'r dosbarth TGAU, cafodd radd yn ddiweddarach ac mae ganddi bellach swydd mewn ysgol. Daeth y dysgwr yma'n eiriolwr rhagorol dros addysg oedolion ac mae'n annog y rhieni yn yr ysgol i ddychwelyd i ddysgu.

Nid ennill cymwysterau yw'r unig fesur o lwyddiant Mary ac mae llawer o'i dysgwyr wedi sicrhau sgiliau bywyd pwysig. Mae effaith ei gwaith yn amlwg yn y dysgwr nad yw mwyach yn gorfol gofyn i weithwyr siop gymryd arian o'i phwrs oherwydd na fedrai weithio mas faint o arian i roi neu'r dysgwr a all ddarllen amserlen ac yn treulio llai o amser yn y safle bws yn gobeithio y daw'r bws cywir.

**“So many people have had bad experiences, it's my job to undo this. I use my own learning path to encourage them to join classes.”**

Mary Murray is an Essential Skills and GCSE numeracy tutor with a well-established reputation for excellence. Her classes are always full, and learners request to attend her sessions because they've heard about her from friends, family or neighbours.

Despite always wanting to be a maths teacher, Mary pursued a different career path but after attending adult learning classes to improve her computer skills she was inspired to think she could teach adults. After volunteering in a maths class, she gained a PGCE and achieved her goal.

Mary has become the go-to person in Torfaen Adult Community Learning for maths tutors to gain advice and guidance on classroom management, delivery methods and quality. This support extends to tutors outside of the borough who come to her to develop their own provision.

She says, "My mission is to show learners that maths can be fun and not the scary subject they thought it was at school. Not only will it keep their minds active, but it will provide social interaction. For parents it's a way of keeping up with their children and often leads learners to think more about their careers."

There are many examples of learners who have achieved and moved onto higher levels of learning – one learner had no qualifications, after joining Mary's class she progressed to take the GCSE, later gained a degree and now has a job in a school. This learner has become a great advocate for adult learning and encourages the parents at the school to return to learn.

Gaining qualifications isn't the only measure of Mary's success and many of her learners have gained important life skills. The impact of her work is evident in the learner who no longer hands over her purse because she couldn't work out how much money to give the shop assistant, or the learner who can read a timetable and spends less time at the bus stop hoping the right bus will come along.



# Rameh O'Sullivan

Prifysgol Metropolitan Caerdydd, Ehangu Mynediad  
Cardiff Metropolitan University, Widening Access

*"I mi mae addysgu am wneud gwahaniaeth i fywyd rhywun."*

Mae Rameh O'Sullivan yn addysgu yn y gymuned ar draws Caerdydd. Yn wreiddiol yn athrawes Technoleg Gwybodaeth, camodd i mewn i gyflwyno'r paratoadau ar gyfer y System Profi Saesneg Ryngwladol (IELTS) a dros y pum mlynedd ddiwethaf mae wedi gwella a datblygu'r cwrs, a ddaeth mor boblogaidd erbyn hyn fel y sefydlwyd dau ddosbarth ychwanegol.

Dyweddodd, "Rwy'n mwynhau cymhell ac annog fy nysgwyr i gyflawni eu nodau, eu mentora i greu digon o hyder fel y gallant fedi manteision dysgu gydol oes."

Gan gysylltu gydag adrannau Saesneg ac Ehangu Mynediad y Brifysgol i ddatblygu'r cwrs, mae Rameh yn ysbrydoli ei myfyrwyr i gynyddu eu sgiliau iaith i IELTS lefel 6 iddynt symud ymlaen i addysg uwch.

Ffaoduriaid a cheiswyr lloches yw llawer o'i myfyrwyr sy'n aml wedi ffoi o amgylchiadau anodd, rhoi'n dioddef trawma a heb lawer o ffydd mewn pobl. Mae Rameh yn arbenigo mewn rhoi croeso iddynt gyda'i hagwedd bwyllog a chadarnhaol. Yn aml mae ganddi fyfyrwyr o nifer o wledydd, gyda gwahanol ieithoedd a lefelau sgiliau Saesneg o fewn un dosbarth ond maent i gyd yn ffynnu mewn amgylchedd cefnogol. Mae gan lawer o'r myfyrwyr gymwysterau uchel yn eu mamwlad ond ni allant barhau gyda'u haddysg na'u swyddi oherwydd diffyg sgiliau iaith. Mae Rameh yn rhoi gobaith iddynt ac mae ei dull medrus yn sicrhau y gall pob dysgwr symud ymlaen i gyflawni ei nod.

Dyweddodd un o'i dysgwyr, "Mae gan Rameh ddawn ryfedadol, hi yw'r athrawes fwyaf ysbrydoledig ac ysgogol a gefais erioed. Roedd yn credu ynof pan na fedrwn hyd yn oed ymddiried ynof fy hun i fod yn dda am unrhyw beth. Fe basiais fy holl arholiadau er fy ofnau a fy mhanic - ni wnaf byth anghofio llais darbwylol Rameh."

Yn y pum mlynedd ddiwethaf, cafodd pump o fyfyrwyr Rameh eu derbyn ar raglenni israddedigion a dywedant i'w dosbarthiadau newid eu bywydau. Dywedodd, "Rwy'n gofeithio rhoi'r hyder i ddysgwyr beidio rhoi lan. Mewn byd ansicr yn llawn heriau, mae pawb eisiau gwella eu bywydau. Addysg yw'r ffordd fwyaf effeithlon i helpu cyflawni hyn a mwynhau bywyd gwerth chweil."

*"Teaching for me is about making a difference to someone's life."*

Rameh O'Sullivan teaches in the community across Cardiff. Originally teaching IT, she stepped in to deliver the Preparation for International English Language Testing System (IELTS) and over the last five years she has improved and developed the course, which has now become so popular two extra classes have been established.

She says, "I enjoy motivating and encouraging my learners to achieve their goals, mentoring them to create enough confidence so that they can reap the rewards of lifelong learning."

Linking with the University's English Language and Widening Access departments to develop the course, Rameh inspires her students to bring their language skills up to an IELTS level 6 for them to progress to higher education.

Many of her students are refugees and asylum seekers and have often fled from difficult circumstances, some suffering from trauma and with limited trust in people. Rameh is expert at making them feel welcome with her calm and positive attitude. She often has students from several countries, with different languages and levels of English language skills, within one class, but they all thrive in a supportive environment. Many students are highly qualified in their home countries but are not able to continue with their education or jobs due to their lack of language skills, Rameh gives them hope and her skilled approach ensures that each learner is able to move forward to achieve their goals.

One of her learners says, "Rameh has a gift of awesomeness, she is the most inspiring and motivational teacher I have ever had. She believed in me when I could not even trust myself to be good at anything. I passed all my exams despite my fears and panics – I will never forget Rameh's convincing voice."

In the last five years, five of Rameh's students were accepted on undergraduate degree programmes and they describe her classes as life changing. She says, "I hope to give learners the confidence not to give up. In an uncertain world faced with many challenges, everyone wants to make their lives better. Education is the most effective way to help achieve this and enjoy a rewarding life."



## Laura Wheeler

Llamau Learning 4 Life

**"Mae angen meithrin perthynas gref ac ymddiriedaeth fel y gall dysgwyr fod yn agored am unrhyw rwystrau sy'n eu hwynebu."**

Mae Laura Wheeler yn diwtor ar Learning 4 Life, rhaglen addysg cyn-alwedigaethol sy'n cefnogi pobl ifanc na all gael mynediad i hyfforddiant prif ffrwd neu gyflogaeth oherwydd camddefnydd sylweddau, ymddygiad troseddu, digartrefedd neu broblemau iechyd meddwl.

"Nid yw'n ormodiaith dweud ei bod wedi achub bywydau gyda'i phroffesiynoldeb a'i gallu i drin sefyllfaeodd y byddai eraill wedi cerdded bant oddi wrthynt", meddai Lisa Gardiner, a enwebodd Laura.

Mae'r rhai sy'n dysgu gyda Laura wedi sicrhau nifer fawr o gymwysterau, gan symud ymlaen i addysg brif ffrwd a chyflogaeth. Mae'n adeiladu ymddiriedaeth, yn llwyddo i ganfod yr hyn maent yn angerddol amdano ac yn eu cefnogi i gredu ynddynt eu hunain. Allwedd i'r llwyddiant hwn yw'r ffordd mae Laura wedi creu rhwydwaith gref o weithwyr proffesiynol o'i hamgylch, gan weithio gyda llawer o wasanaethau i gefnogi pob person ifanc mewn ffordd holistig.

Roedd 'Anna' yn dawedog ac roedd ei phresenoldeb ysbeidiol yn arwydd fod problemau yn ei bywyd. Datgelodd maes o law ei bod mewn perthynas lle'r oedd yn cael ei cham-drin a chafodd ei gefnogi i symud i loches menywod tra'n parhau i gyflawni ei chymwysterau.

Roedd gan 'Joe' broblemau gyda iechyd meddwl a phryder, roedd yn anafu ei hunan ac yn cael cyfnodau o seicosis - cafodd ei gysylltu gyda'r gefnogaeth proffesiynol roedd ei hangen ac mae wedi symud ymlaen o gael ei gadw mewn ysbty er ei ddiogelwch ei hun i ddechrau yn y coleg a chredu fod ganddo ddyfodol.

Bu 'Adam' mewn gofal yn ogystal â symud o amgylch nifer o brosiectau byw â chymorth. Enillodd gymwysterau Sgiliau Hanfodol, er ei fod yn cael problemau gyda pherthnasoedd personol a chamddefnyddio sylweddau. Mae'n awr wedi dod o hyd i swydd ac yn gweithio i gael cymwysterau i'w alluogi i weithio mewn peirianneg sifil. Yn bwysig, mae'n cynnal ei denantiaeth ei hun ac wedi dod yn eiriolydd i bobl ifanc eraill a fu mewn gofal.

Dyweddodd Laura, "Rwy'n credu'n gryf y gall pobl ifanc, yn arbennig rai y dywedwyd wrthynt yn y dyfodol na fyddent byth yn gwneud dim ohoni, ddefnyddio dysgu i gyflawni eu potensial a bod yr hyn maent eisiau bod.

**"You need to build a strong and trusting relationship so that learners can be open about any barriers they are facing."**

Laura Wheeler is a tutor on Learning 4 Life, a pre-vocational education programme which supports young people unable to access mainstream training or employment due to substance misuse, offending behaviours, homelessness or mental health issues.

"It is no exaggeration to say that she has saved lives with her professionalism and ability to manage situations that others would walk away from", says Laura's nominator, Lisa Gardiner.

Those learning with Laura have achieved numerous qualifications, progressing onto mainstream education and employment. She builds trust, manages to find their passion and supports them to believe in themselves. A key to this success is the way in which Laura has created a strong network of professionals around her, working with many services to support each young person in a holistic way.

'Anna' was withdrawn, and her sporadic attendance signalled that there were issues in her life. She eventually disclosed that she was in an abusive relationship and was supported to move into a women's refuge while continuing to achieve her qualifications.

'Joe' struggled with mental health and anxiety, he was self-harming and had periods of psychosis – he was connected to the professional support he needed and has progressed from being sectioned for his own safety to starting college and believing he has a future.

'Adam' had been in care as well as moving around several supported living projects. He achieved Essential Skills qualifications, throughout this he struggled with personal relationships and substance misuse. He has now secured employment and is working towards qualifications to enable him to work in civil engineering. Importantly he's maintaining his own tenancy and he's become an advocate for other young people who have been in care.

Laura says, "I strongly believe that young adults, particularly those who have been told in the past that they'd never amount to anything, can use learning to achieve their potential and be what they want to be."

# Llongyfarchiadau

i'r rhai a gyrhaeddodd rownd derfynol 2019 Gwobrau Ysbrydoli! Tiwtoriaid, gan gael cymeradwyaeth uchel yn eu categori.  
Diolch am rannu eich straeon.

## Congratulations

to our 2019 Inspire! Tutor Award finalists each highly commended in their category.  
Thank you for sharing your stories.

<b>Martin Treacy</b>	Y Brifysgol Agored yng Nghymru   The Open University in Wales
<b>Zora Jackman</b>	Prifysgol Caerdydd   Cardiff University
<b>Rachel Smith</b>	Prifysgol Caerdydd   Cardiff University
<b>Marion Phillips</b>	Coleg Ceredigion
<b>Anthony Davies</b>	Coleg Penybont   Bridgend College
<b>Nicola Grant-Rees</b>	Coleg Gŵyr Abertawe   Gower College Swansea
<b>Michelle Corker</b>	Coleg Penybont   Bridgend College
<b>Paula Berry</b>	Hyforddiant ACT   ACT Training
<b>Gareth Payne</b>	Coleg Gŵyr Abertawe   Gower College Swansea
<b>Hazel Ann Thomas</b>	Hyforddiant Cambrian   Cambrian Training
<b>Natasha Williams</b>	Cymdeithas Genedlaethol Awtistiaeth   National Autistic Society
<b>Lizzie Harris</b>	Y Wallich   The Wallich
<b>Katie Rappell</b>	Cyngor Caerdydd   Cardiff Council
<b>Kevin McNeil</b>	Addysg Oedolion Cymru   Adult Learning Wales
<b>Ann Tuhey</b>	Llamau Learning 4 Life
<b>Lyn Thomas</b>	Cyngor Bro Morgannwg   Vale of Glamorgan Council
<b>Catherine David</b>	Addysg Oedolion Cymru   Adult Learning Wales
<b>Stella Roe</b>	Hyforddiant ACT   ACT Training
<b>Non Edmunds</b>	Prifysgol Abertawe   Swansea University
<b>Dianne Norrell</b>	Dysgu Cymraeg Ceredigion, Powys a Sir Gaerfyrddin   Learn Welsh Ceredigion, Powys & Carmarthenshire
<b>Helledd Smith</b>	Coleg Penybont   Bridgend College
<b>Manon Williams</b>	Coleg Cambria

# Diolch/Thanks

Rydym yn ddiolchgar i'r sefydliadau ac unigolion niferus sy'n darparu ac yn cefnogi addysg oedolion ar draws Cymru.

Llawer o ddiolch i'n rhanddeiliaid a'n partneriaid am eu cefnogaeth i Wobrau Ysbrydoli! Tiwtoriaid.



Llywodraeth Cymru  
Welsh Government



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ADULT LEARNING  
PARTNERSHIP WALES



Universities  
Wales  
Prifysgolion  
Cymru

We are grateful to the many organisations and individuals delivering and supporting adult learning across Wales.

Many thanks to our stakeholders and partners for their support for the Inspire! Tutor Awards.



## Gwobrau Ysbrydoli! Addysg Oedolion 2020

Mae dysgu yn newid bywydau. Ymunwch â'n dathliad o ddysgu gydol oes a rhannu eich straeon.

Mae gennych tan ddiwedd mis Ionawr i gyflwyno eich enwebiadau am Wobrau Ysbrydoli! Rydym yn edrych am bobl, prosiectau cymunedol, teuluoedd, cymunedau, ysgolion a gweithleoedd yng Nghymru.

**Dyddiad cau: 31 Ionawr 2020**

Mae mwya o wybodaeth a manylion ar sut i enwebu ar ein gwefan: [www.learningandwork.wales](http://www.learningandwork.wales)

**“Dewisais godi un cam ar y tro, gan dderbyn y da gyda'r drwg. Cewch eich synnu faint y gallwch ei gyflawni – rwy'n gwybod hynny oherwydd i mi gyflawni fy mreuddwyd”**

Andrea Garvey,  
enillydd gwobr Ysbrydoli! Addysg Oedolion y Flwyddyn 2019.

## Inspire! Adult Learning Awards 2020

Learning changes lives. Join our celebration of lifelong learning and share your stories.

You have until end of January to enter your nominations for the Inspire! Awards. We are looking for people, community projects, families, communities, schools and workplaces in Wales.

**Closing date: 31 January 2020**

Visit our website for further information and details on how to nominate: [www.learningandwork.wales](http://www.learningandwork.wales)

**“I chose to rise one step at a time, accepting the good with the bad. You will be surprised at how much you can achieve – I know because I achieved my dream.”**

Andrea Garvey,  
Inspire! Adult Learner of the Year award winner 2019.

I gael mwy o wybodaeth ewch i:  
[www.sefydliaddysguagwaith.cymru](http://www.sefydliaddysguagwaith.cymru)

For more information go to:  
[www.learningandwork.wales](http://www.learningandwork.wales)

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