

PAID STOPIO DYSGU | NEVER STOP LEARNING



L&W SEFYDLIAD DYSGU A GWAITH
LEARNING AND WORK INSTITUTE

Rhagair/Introduction

Jeremy Miles

Gweinidog y Gymraeg ac Addysg
Minister for Education and Welsh Language

Mae'n faint eich croesawu i Wobrau Ysbrydoli! Addysg Oedolion.
Mae'r Gwobrau yn gyfle gwych i arddangos llwyddiannau grŵp amrywiol o bobl sydd bob un yn arddangos angerdd, ymroddiad ac egni i fanteisio ar y cyfleoedd newid bywyd a roddir gan addysg i ddod yn ddinasyddion gweithgar a llewyrchus.

Mae'r straeon hynod yn y llyfryn hwn yn ein hatgoffa y gall dysgu, a'r cyfleoedd yn deillio o hynny, fod mewn amrywiaeth o ddulliau. Gall gefnogi rhagolygon cyflogaeth a gwella llesiant, a gall hefyd feithrin ymdeimlad o berthyn, cynyddu hyder a helpu'r rhai o'ch amgylch i wella eu rhagolygon hwythau yn eu tro. Rwy'n sicr y byddwch chi, fel fi, yn cael eich ysbrydoli gan brofiadau ein henillwyr a'u hangerdd am ddysgu.

Dylai pawb ohonom gael y cyfle i ddysgu ar hyd ein bywydau. Rwyf eisiau i Gymru ddod yn genedl ail gyfle, lle nad yw hi byth yn rhy hwyr i ddysgu, ac y gall pawb ddatblygu a llwyddo mewn bywyd. Fis Ebrill nesaf caiff y Comisiwn Addysg Drydyddol ac Ymchwil ei lansio, fydd yn gyfrifol am ddysgu ar draws y system ôl-16. Yn greiddiol iddo mae dyletswydd i hyrwyddo dysgu gydol oes a sicrhau fod mwy o gyfleoedd ar gael.

Mae'r Gwobrau hyn yn nodi dechrau ymgyrch yr Wythnos Addysg Oedolion, sy'n rhedeg rhwng 18 a 24 Medi. Rwy'n sicr y bydd y llu o ddigwyddiadau a gynhelir ledled y wlad yn annog llawer mwy o bobl i gymryd y camau cyntaf hynny ar daith newydd i wella eu bywydau.

Mae eich straeon yn arddangos gwerth cefnogi a gweithio gyda'n gilydd i roi cyfle i bawb ddod y bobl yr anelant fod mewn bywyd. Hoffwn ddiolch i'r holl ddarparwyr, sefydliadau a mudiadau sydd wedi eich helpu ar eich llwybr ac edrychaf ymlaen at weithio gyda phob un ohonoch wrth i ni adeiladu'r sylfeini ar gyfer mwy o lwyddiant.

I bawb ohonoch a gaiff eich cydnabod neu a enwebwyd heddiw, hoffwn eich llongyfarch a dymuno'r gorau i chi ar gyfer y dyfodol.





It is a privilege to welcome you to the Inspire! Adult Learning Awards. The Awards are a wonderful opportunity to showcase the accomplishments of a diverse group of people each demonstrating passion, commitment and drive to seize the life-changing opportunities learning brings to become active and prosperous citizens.

The extraordinary stories you will read in this booklet remind us that learning, and the opportunities arising from it, can take a variety of forms. While it can support employment prospects and improve wellbeing, it can also instil a sense of belonging, build confidence and help those around you to improve their own prospects in turn. I am sure that you, like me, will find our winners experiences and their passion for learning truly inspirational.

We should all have the opportunity to learn throughout our lives. I want Wales to become a nation of second chances, where it is never too late to learn, and everyone can develop and succeed in life. Next April sees the launch of the Commission for Tertiary Education and Research, which will be responsible for learning across the post-16 system. At its centre is a duty to promote lifelong learning and ensure that more opportunities are available.

These Awards mark the start of the Adult Learners' Week campaign, which runs from the 18th to the 24th of September. I am sure the many events being held nationwide will encourage many more people to take those first steps on a new journey to improve their lives.

Your stories demonstrate the value of supporting and working with each other to give everyone the chance to become the people they aspire to be in life. I would like to thank all the providers, institutions, and organisations who have helped you on your path and I look forward to working with all of you all as we build the foundations for greater success.

To all of you being recognised or who were nominated today, I offer my congratulations and the best of luck in the future.



Rhagair / Foreword

Joshua Miles

Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith
Director for Wales, Learning and Work Institute

Croeso i Wobrau Ysbrydoli! Addysg Oedolion, 2023.

Rydyn ni'n dewis dysgu am lawer o resymau; i wella ein rhagolygon gyrrfa, ar gyfer ein hiechyd neu les, i wneud i ni deimlo'n fwy hyderus neu hyd yn oed oherwydd bod gennym ddiddordeb mewn pwnc penodol. Mae gan bob un ohonom y potensial i ddysgu rhywbeth newydd, ac wrth wneud hynny byw bywyd mwy bodlon.

Y ffordd orau o gyfleo pŵer dysg yw trwy straeon pobl Cymru eu hunain. Mae rhaglen Gwobrau Ysbrydoli! yn rhoi cyfle i glywed gan amrywiol unigolion, prosiectau cymunedol a sefydliadau yng Nghymru sydd wedi ymrwymo i ddysgu gydol oes.

Hoffwn ddweud llonygarchiadau mawr i'r enillwyr sy'n cael eu hanrhodeddu heno. Rydych chi i gyd yn hysbyseb i'r newid trawsnewidiol y gall dysgu ei gael, a diolch hefyd i'r rhai a enwebodd ddysgwyr neu sefydliad ar gyfer gwobr. Mae angen eiriolwr mewn enwebwr i greu enillydd.

Mae llawer o'r enwebiadau a gawn ar gyfer y gwobrau yn dangos, yn wyneb adfyd a gwrthdaro, fod addysg yn allweddol i oresgyn rhwystrau, magu hyder, a symud ymlaen i fyw bywyd iach a llewyrchus. Felly am bob enillydd a glywch heno, cofiwch fod yna nifer o straeon eraill i'w hadrodd yn ogystal.

Mae eleni'n flwyddyn arwyddocaol ar gyfer addysg oedolion wrth i ni ddechrau'r cyfnod pontio tuag at y Comisiwn ar Addysg Drydyddol ac Ymchwil (CTER) fel y corff cyfrifol ar gyfer cyflwyno addysg oedolion yn y dyfodol. Yr uchelgais wrth wraidd

y newid hwn yw gwneud llwyddiant yr enillwyr y byddwch yn eu clywed heno yn ddigwyddiad bob dydd – i wneud Cymru'n Genedl Ail Gyfle lle nad yw byth yn rhy hwyr i ddysgu. Dymunaf yn dda iddynt yn ymdrech hon.

Dim ond oherwydd cefnogaeth ein partneriaid y mae Gwobrau Ysbrydoli! yn bodoli. Yn benodol, hoffwn ddiolch i Lywodraeth Cymru am eu hymrwymiad hir sefydlog i'r gwobrau. Hoffwn hefyd ddiolch i'r rhwydwaith ehangach o sefydliadau sy'n gwneud Cymru'n wlad lle mae dysgu o bwys. Y Brifysgol Agored yng Nghymru, y Ganolfan Dysgu Cymraeg Genedlaethol, Agored Cymru, Addysg Oedolion Cymru | Addysg Oedolion Cymru, Cymwysterau Cymru a Grŵp Cymwysterau ac Asesu AIM.

Mae straeon enillwyr y gwobrau eleni yn bwerus ac yn unigryw – maen nhw i gyd yn rhannu'r un rhinweddau: grymuso, gwydnwch, ac ymrroddiad i beidio byth â rhoi'r gorau i ddysgu. Rydyn ni'n byw mewn byd cythryblus ac mae'r gobaith o achosi newid yn fythol bresennol. Dysgu yw'r arf gorau i'n helpu i lywio drwy'r cynnwrf. Fel y dywedodd Raymond Williams, mae'n ein helpu i ddeall newid, i addasu i newid ac yn y pen draw i siapio newid er ein lles ein hunain.

Diolch i'n henillwyr gwobrau, enwebeion ac enwebwyr am ddangos i ni bwysigrwydd dysgu trwy gydol ein bywydau.

Joshua Miles

Cyfarwyddwr Sefydliad Dysgu a Gwaith Cymru

Noddwyd Gwobrau Ysbrydoli! Addysg Oedolion gan y Brifysgol Agored yng Nghymru, Addysg Oedolion Cymru, Agored Cymru, Grŵp Cymwysterau ac Asesu AIM, y Ganolfan Dysgu Cymraeg Genedlaethol, Cymwysterau Cymru a Llywodraeth Cymru

The Inspire! Adult Learning Awards have been sponsored by The Open University in Wales, Adult Learning Wales, Agored Cymru, AIM Qualifications and Assessment Group, the National Centre for Learning Welsh, Qualifications Wales and Welsh Government.





Welcome to the 2023 Inspire! Adult Learning Awards

We learn for many reasons; to improve our career prospects, for our health or wellbeing, to make us feel more confident or even just because we're interested in a particular subject. Everyone of us has the potential to learn something new and in doing so live a more fulfilled life.

The best way to illustrate the power of learning is through the stories of the people of Wales themselves. The Inspire! Awards provide an opportunity to hear from a diverse set of individuals, community projects and organisations in Wales committed to lifelong learning.

I'd like to say a huge congratulations to the winners being honoured this evening. You're all a real advert for the transformational change learning can have. And a thank you to those who nominated a learner or an organisation for an award. It takes an advocate in a nominator to make a winner possible.

Many of the nominations we receive for the awards illustrate that in the face of adversity and conflict, education is key to overcoming barriers, building confidence, and moving forward to lead a more healthy and prosperous life. So for every winner you hear from tonight, please bear in mind that there are countless other stories still to be told.

This year is a significant one for adult learning as we begin the transition towards the new Commission on Tertiary Education and Research (CTER) being the responsible body for future delivery of adult learning. The ambition behind this change is to make the success of the winners you'll hear tonight

an everyday occurrence – to make Wales a Second Chance Nation where it's never too late to learn. I wish them well in this endeavour.

The Inspire! Awards are only possible because of the support of our partners. In particular, I would like to thank the Welsh Government for their long-standing commitment to the awards. I'd also like to thank the broader network of organisations that make Wales a country where learning matters. The Open University in Wales, the National Centre for Learning Welsh, Agored Cymru, Addysg Oedolion Cymru | Adult Learning Wales, Qualifications Wales and AIM Qualifications and Assessment Group.

The stories of this year's award winners are powerful and unique – they all share the same qualities: empowerment, resilience, and a dedication to never stop learning. We live in a turbulent world and the prospect of change being done to us is ever present. Learning is the ultimate tool to help us navigate through the turbulence. As Raymond Williams said, it helps us to understand change, to adapt to change and ultimately to shape change for our own benefit.

Thank you to our award winners, nominees and nominators for showing us the importance of learning throughout our lives.

Joshua Miles
Director for Wales, Learning and Work Institute



Trefn y Digwyddiad / Order of Ceremony

- 6.30pm Cinio
- 7.45pm Seremoni Wobrwyd a gyflwynir gan Nia Parry, Cyflwynydd Teledu a Thwtor
- 7.50pm Anerchiad Croeso gan Joshua Miles,
Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith
- 8.00pm **Cyflwyniad Gwobrau Ysbrydoli! Addysg Oedolion Rhan 1**
Gwobr Sgiliau Gwaith - Emma Howells
Gwobr Dechrau Arni - Dysgu Cymraeg - Steven Wright
Gwobr Dysgu ar gyfer Gwell Iechyd - Rachel Parker
Gwobr Oedolyn Ifanc - Harley Clements
Gwobr Gwneuthurwyr Newid Gweithle - Bwrdd Iechyd Addysgu Powys
Gwobr Newid Bywyd a Chynnydd - Elinor Ridout
- Egwyl: Rechoir**
- Cyflwyniad Gwobrau Ysbrydoli! Addysg Oedolion Rhan 2**
Gwobr Heneiddio'n Dda - Jan Wallace
Gwobr Gorffennol Gwahanol: Rhannu Dyfodol - Walid Musa Albuqai
Gwobr Sgiliau Hanfodol Bywyd - Grŵp Dynion yn Gyntaf Pobl y Fro
Gwobr Effaith Gymunedol Hywel Francis - Teuluoedd yn Dysgu Gyda'i Gilydd CAVC
Gwobr Llwyddiant Oes
- 9.30pm Anerchiad y Gweinidog:
Jeremy Miles AS, Gweinidog y Gymraeg ac Addysg
- 9.45pm Sylwadau cloi ar ran cefnogwyr Gwobrau Ysbrydoli! Addysg Oedolion
Vicky Jones, Dirprwy Gyfarwyddwr, y Brifysgol Agored yng Nghymru



Cyflwynir gan/Hosted by:

Nia Parry

Cyflwynydd Teledu a Thiwtor
TV Presenter and Tutor



6.30pm Dinner

7.45pm Award Ceremony hosted by
Nia Parry, TV Presenter and Tutor

7.50pm Welcome Address by Joshua Miles,
Director for Wales, Learning and Work Institute

8.00pm Inspire! Learning Awards Presentation Part 1

Skills for Work Award - Emma Howells

Starting Out - Welsh Beginner Award - Steven Wright

Learning for Better Health Award - Rachel Parker

Young Adult Learner Award - Harley Clements

Workplace Change Makers Award - Powys Teaching Health Board

Life Change and Progression Award - Elinor Ridout

Interval: Rechoir

Inspire! Learning Awards Presentation Part 2

Ageing Well Award - Jan Wallace

Different Past: Shared Futures Award - Walid Musa Albuqai

Essential Skills for Life Award - Vale People First Men's Group

Hywel Francis Community Impact Award - Families Learning Together CAVC

Lifetime Achievement Award

9.30pm Ministerial Address:
Jeremy Miles MS, Minister for Education and Welsh Language

9.45pm Closing remarks on behalf of the Inspire! Awards supporters:
Vicky Jones, Deputy Director The Open University in Wales

Emma Howells

ENWEBWYD GAN / NOMINATED BY:

PRP Training



Roedd Emma Howells yn rhedeg ei busnes langylchu a chlustogwaith ei hun pan gyrraeddodd y cyfnod clo cenedlaethol cyntaf. Collodd ei busnes dros nos a dechreuodd edrych ar lwybrau gwahanol o gyflogaeth.

Ar ôl gweithio yn y sector gofal yn flaenorol, cafodd swydd mewn cartref gofal pan oedd y pandemig COVID-19 ar ei anterth. Roedd ymroddiad Emma i'w swydd newydd fel cynorthwydd gofal iechyd yn golygu y bu'n rhaid iddi symud allan o'i chartref i ddiogelu aelodau bregus o'i theulu. Bu'n dilyn nifer o ddiplomâu i barhau ei dysgu tra'r oedd yn y gweithio yn y cartref gofal.

Symudodd Emma o fod yn Gynorthwydd Gofal Iechyd i ddod yn Ddirprwy Reolwr Cartref Gofal. Bu heriau, ar ôl iddi gael diagnosis o ddyslecsia pan oedd yn yr ysgol, Roedd Emma wedi datblygu strategaethau i reoli ei anhawster dysgu pan oedd yn astudio am ei Diplomâu Lefel 2 a Lefel 3 mewn Gofal Cymdeithasol Oedolion gydag addasiadau tebyg i amser ychwanegol a gorchuddion sgrin.

Yn ei swydd fel cynorthwydd gofal iechyd canfu Emma gariad at ddysgu a gyda chefnogaeth PRP Training mae wedi cofrestru ar nifer o grysiau ar amrywiaeth o bynciau, yn cynnwys seicoleg. Penderfynodd wneud cais pan ddaeth swydd wag Dirprwy Reolwr ar gael yn y cartref gofal.

"Roedd yn eithaf dewr mewn gwirionedd pan rwy'n meddwl amdano. Fe wnes feddwl 'Rwy'n gwthio fy

nghyflle nawr ond rydw i angen hyn ac rydw i'n mynd amdani'. Felly fe wnes i ac fe wnes ei chael. O'r diwedd roeddwn yn adeiladu gyrfa."

Mae uwch reolwyr Cartref Gofal Ashdale wedi sylweddoli ar ddymuniad Emma i ddysgu a'i hetheg gwaith.

Dyweddodd ei rheolwr Neil James:

"O ddechrau'r daith, nid yw Emma wedi dangos dim byd heblaw angerdd, ymroddiad, trugaredd ac empathi. Roedd hynny'n wych gan ein bod yn ymaflyd gyda ffordd wahanol iawn o weithio oherwydd y pandemig. Mae gan Emma ddawn naturiol ac fe wnaeth ei dymuniad i ddysgu a datblygu arwain y ffordd at ei dyrchafiad cyntaf i fod yn gydlynnydd gofal. Fe wnaeth ddefnyddio'r un etheg gwaith yn y swydd honno ac fel canlyniad mae Emma yn awr yn eistedd yn falch wrth fy ochr fel fy nirprwy reolwr."

Fel dirprwy reolwr mae Emma yn ymwneud â rhedeg y cartref gofal ond yn dal i oruchwyllo gofal ar y coridorau, gan gefnogi'r cynorthwywyr gofal iechyd gyda'u gwaith. Mae'n medru parhau i ddysgu yn ei swydd newydd ac ar fin dechrau cymhwyster Lefel 4 Gofal Cymdeithasol Oedolion.

"Mae'r Lefel 4 yn ymchwilio deddfau a deddfwriaeth, polisiau a gweithdrefnau a'r agwedd honno y swydd. Felly mae'n fwy o reoli, sy'n dangos mwy o fy ngwaith dydd i ddydd yn awr. Mae'n her, ond rwy'n dysgu bob eiliad o'r dydd. Fe hoffwn barhau i ddatblygu i fod y gorau y gallaf fod."

"Mae'n heriol ond rwy'n dysgu bob eiliad o'r dydd. Fe hoffwn barhau i ddatblygu i fod y gorau y gallaf fod."

“It’s challenging, but I’m learning every second of the day. I’d like to continue progressing to be the best I can be.”

Emma Howells was running her own upcycling and upholstery business when the first national lockdown came. She lost her business overnight, and began looking at different avenues of employment.

Having previously worked in care, she secured a job in a care home at the height of the COVID-19 pandemic. Emma's commitment to her new job as a healthcare assistant meant she had to move out of her home to protect vulnerable family members. While working in the care home throughout the pandemic, she pursued several diplomas to continue her learning.

Emma has progressed from a Healthcare Assistant to become Deputy Care Home Manager. There have been challenges, having been diagnosed with dyslexia in school, Emma has developed strategies to manage her learning difficulty whilst studying for her Level 2 and Level 3 Adult Social Care Diplomas with adjustments such as additional time and screen covers.

In her role as a healthcare assistant, Emma found a love for learning and supported by PRP Training, she enrolled on several courses on a range of topics, including psychology. When an opening for Deputy Manager came up at the care home she decided to apply.

“It was quite ballsy actually when I think about it. I thought, ‘I’m pushing my chances now, but I need this and I’m going for it’. So I did, and I got it. I was finally building a career.”

Senior management at Ashdale Care Home has recognised Emma's desire to learn, and her work ethic. Her manager, Neil James, commented:

“From the start of her journey, Emma showed nothing but passion, dedication, compassion, and empathy which was very refreshing as we were battling a very different way of working due to the pandemic. Emma has a natural gift, and her desire to learn and develop led the way to her first promotion to care coordinator. She applied the same work ethic to that role, and as a result Emma now sits proudly beside me as my Deputy Manager.”

As Deputy Manager, Emma is involved in the running of the care home, but she still oversees care on the corridors and supporting the healthcare assistants in their roles. She is able to continue learning in her new role and is about to start a Level 4 Adult Social Care qualification.

“The Level 4 investigates the laws and legislation, policies, procedures, and that aspect of the role. So it is more managerial, which reflects more of my day-to-day now. It’s challenging, but I’m learning every second of the day. I’d like to continue progressing to be the best I can be.”



Steven Wright



ENWEBWYD GAN / NOMINATED BY:

Dysgu Cymraeg Morgannwg
Learn Welsh Glamorgan

Symudodd Steven Wright o Awstralia i Gymru. Bu'n gynllunydd ffasiwn cyn dechrau gyrrfa mewn addysgu a symud i swydd darlithydd ym Mhrifysgol De Cymru, cyn ei benodi i'w swydd bresennol fel Pennaeth Pwnc Ffasiwn Marchnata a Fotograffiaeth.

Dyweddodd Steven: "Roeddwn wedi ymweld â Chymru ychydig o weithiau o'r flaen, felly roeddwn yn gwybod mod i'n caru'r wlad. Roedd ethos yr ysgol yn apelio ataf ar unwaith pan gefais gynnig swydd ym Mhrifysgol De Cymru. Roeddwn wrth fy modd gyda'r syniad o feithrin talent yn lleol ac roedd yn teimlo fel mwy o her i symud i wlad oedd â diwylliant mor neilltuol."

Roedd heriau wrth symud, meddai. "Fe symudais i Gymru yr un pryd ag roedd y Deyrnas Unedig yn gadael Ewrop. Roedd angen i mi addasu wrth symud i'r Cymoedd a doeddwn i ddim yn teimlo mod i'n perthyn i ddechrau. Roeddwn yn eithaf beirniadol o'r iaith a dim yn deall ei phwysigrwydd mewn gwirionedd."

Pan ddechreuodd y cyfnod clo cenedlaethol cyntaf oherwydd Covid 19, penderfynodd Steven ei ddefnyddio fel cyfle i ddysgu mwy am hanes Cymru. "Roeddwn yn gwybod fod angen i mi gynnwys yr iaith hefyd er mwyn dysgu mwy am Gymru. Roeddwn hefyd newydd gwrdd â fy mhartner, sy'n siarad Cymraeg fel iaith gyntaf ac yn gryf iawn dros yr iaith, felly fe wnes gofrestru ar gyfer cwrs ar-lein gyda Dysgu Cymraeg Morgannwg. Mae dysgu Cymraeg wedi fy helpu i ddeall y bobl, y diwylliant a'r wlad yn llawer gwell. Rwy'n gwerthfawrogi o'r newydd

sut beth yw hi i deimlo fy mod gartre yng Nghymru ac yn teimlo'n aruthrol o falch i fyw yn y wlad yma."

Bu Steven yn dysgu Cymraeg am dair blynedd ac mae'n diolch i'r Gymraeg am y cynnydd yn ei yrfa.

Yn ei swydd bresennol mae'n edrych ar ffyrdd y gall Prifysgol Cymru gysylltu gydag ysgolion, Llywodraeth Cymru a chynlluniau lleol. Ychwanegodd Steven: "Rydw i'n dysgu Cymraeg ers tair blynedd ac wedi gweld sut mae fy myfyrwyr a chydweithwyr yn ffynnu pan ydyn ni'n cynnwys y Gymraeg yn ein gwaith."

Ychydig flynyddoedd yn ôl fe wnaeth greu Clwb Ffasiwn ar gyfer pobl ifanc 14-17 oed i ddylunio a chreu eitemau ffasiwn, cwrdd a chymdeithasu yn Gymraeg a dysgu am y diwydiant drwy gyfrwng y Gymraeg. Oherwydd fod llawer o gyrsiau yn Saesneg, roedd yn rhoi lle iddynt gyfuno eu hiaith gyntaf gyda'u hangerdd.

Meddai Steven: "Mae llawer o swyddi yng Nghymru yn gweld y Gymraeg fel sgil ddymunol ac ar ôl cael gwersi, mae wedi gwneud gwahaniaeth enfawr. Yr allwedd i ddysgu yw rhoi cynnig arni a pheidio ofni gwneud camgymeriad. Mae dysgu Cymraeg wedi fy helpu i wneud cysylltiadau ystyrlon gyda phobl na fyddwn efallai wedi siarad gyda nhw o'r blaen ond oherwydd eu bod wedi fy nghlywed yn siarad yr iaith, maen nhw yn teimlo'n fwy cysurus ac yn fodlon dechrau sgwrs gyda fi. Mae dysgu Cymraeg wedi newid fy mywyd ac mae'r dyfodol yn gyffrous."

"Yr allwedd i ddysgu yw rhoi cynnig arni a pheidio ofni gwneud camgymeriad. Mae dysgu Cymraeg wedi fy helpu i wneud cysylltiadau ystyrlon gyda phobl na fyddwn efallai wedi siarad gyda nhw o'r blaen."

“

The key to learning is to give it a go and not be afraid to get it wrong. Learning Welsh has helped me make meaningful connections with people that I wouldn't have necessarily spoken to before.”

Steven Wright moved from Australia to Wales, he'd been a fashion designer before starting a career in teaching and moved to take up a job as a lecturer at the University of South Wales, where he progressed to his current position as Head of Subject for Fashion Marketing and Photography.

Steven said: “I had previously visited Wales a few times before, so I knew I loved the country. When I got offered the role at the University of South Wales, the school's ethos immediately appealed to me. I loved the idea of nurturing talent locally and it felt like more of a challenge to take myself to a country that had such a distinct culture.”

The move did come with challenges, he says “I moved to Wales just as we came out of Europe, moving to the Valleys took some adjusting, and at first, I felt like I didn't belong. I found myself becoming quite critical of the language and I didn't really understand its importance.”

When the first national lockdown came because of Covid 19, Steven decided to use it as an opportunity to learn more about the history of Wales. “I knew that to learn more about Wales, I needed to embrace the language too. I'd also recently met my partner who is a fluent Welsh speaker and a huge champion of the language, so I signed up to an online course with Learn Welsh Glamorgan. Learning Welsh has helped me understand the people, the culture and the country a lot more. I've got a new-found appreciation of what it's like to feel at home in Wales, and I feel immensely proud to live in this country.”

Steven has been learning Welsh for three years and has credited his Welsh language skills for the progress he has made in his career.

In his current role, he looks at ways the University of South Wales can connect with schools, the Welsh Government, and local initiatives. Steven continued: “In the three years that I have been learning Welsh, I have seen how my students and colleagues thrive when Welsh is integrated into what we do.”

A few years ago, along with team of people, he created Clwb Ffasiwn, a club for 14 – 17-year-olds to design and create fashion items, meet and socialise in Welsh, and learn the trade through the Welsh language. Because many courses are in English it provided a space for them to combine their first language with their passion.

Steven said: “Lots of jobs in Wales see the Welsh language as a desirable skill and having now had lessons, it has made all the difference. The key to learning is to give it a go and not be afraid to get it wrong. Learning Welsh has helped me make meaningful connections with people that I wouldn't have necessarily spoken to before, but because they have heard me speak the language, they feel more at ease and willing to delve into conversation with me. Learning Welsh has changed my life and I'm excited for the future.”



The Open University
Y Brifysgol Agored
Wales Cymru



Y Ganolfan
Dysgu Cymraeg
Genedlaethol —
National Centre
for Learning Welsh



Rachel Parker

ENWEBWYD GAN / NOMINATED BY:

Addysg Oedolion Cymru |
Adult Learning Wales



Cafodd Rachel Parker ei geni i fywyd cartref cythryblus gyda rhieni oedd yn gaeth i alcohol a heb fawr o gefnogaeth bryd hynny ar gyfer ei datblygiad a'i haddysg. Ar ôl iddi fynd i ofal, gadawodd yr ysgol yn ifanc a chanfod dihangfa mewn cyffuriau ac alcohol. Ar ôl blynnyddoedd o gaethiwed, mae Rachel bellach yn lân ac ar ei ffordd i gyflawni ei breuddwyd o ddod yn gwnselydd.

Esboniodd Rachel: "Roedd cyffuriau ac alcohol yn mynd â fi allan o fy realaeth ond roedd yn atal fy nhwf ac yn cyfyngu fy mhotensial". Daeth Rachel yn fam ifanc yn 18 oed pan anwyd ei merch Holly, a gafodd ei geni yn ddall a gydag anabledau difrifol eraill. Roedd yn anodd iddi roi lefel y gofal roedd Holly ei angen tra'i bod hi ei hun yn gaeth. Ar ôl colli gwarchodaeth o Holly aeth bywyd Rachel ar chwâl, gyda'i chaethiwed yn drech.

Er ei chaethiwed, roedd Rachel yn breuddwydio am yrfa lle medrai helpu eraill. Roedd yn edmygu ei chwnselwyr ar gamddefnyddio sylweddau. "Ar hyd fy nhriniaeth fe fyddwn yn aml yn meddwl, pe gallwn aros yn lân, efallai y gallwn wneud eu gwaith nhw ryw ddydd."

Sylwodd Rachel fod pobl yn ei chael yn agos atynt ac y byddent yn mynd ati yn gysion am eu problemâu, a'i bod bob amser yn rhoi amser i wrando. "Gwaetha'r modd, nid oeddwn mewn unrhyw sefyllfa i hyfforddi i ddod yn gwnselydd pan oeddwn yn gaeth fy hun", esboniodd.

Flynnyddoedd wedyn, unwaith y gallodd Rachel ddod yn lân ac aros yn sobr, galodd ddechrau meddwl am hyfforddi a throi ei bywyd o gwmpas. Mae'n cofio: "Wnes i ddim erfyn ar fy nghwnselydd i fy helpu i fynd i rehab nes y deallais fod fy ffordd o fyw yn fy lladd. Diolch byth, fe

wnaeth ddod o hyd i'r cyllid ac rwy'n credu iddi achub fy mywyd."

Yn 2017 dechreuodd hyfforddi gydag Addysg Oedolion Cymru. Dywedodd Nicola Holmes, a enwebodd Rachel am y wobr: "Mae stori Rachel yn un o benderfyniad, ymroddiad a thwf personol. Mae wedi cael llawer o broblemau yn ystod ei thaith, a chafodd weithiau ddyddiau pan oedd yn amau hi ei hun. Eto nid wyf erioed wedi cwrdd â rhywun oedd mor benderfynol i wneud newid, nid yn unig ar gyfer ei dyfodol ei hun ond hefyd ar gyfer pawb sydd angen cefnogaeth yn union fel yr oedd hi yr holl flynyddoedd hynny yn ôl."

Nawr, yn sobr ers naw mlynedd, bu Rachel yn gwnselydd cymwysedig am flwyddyn, ar ôl cwblhau dros 100 awr o gwnsela i ennill ei diploma. "Roedd cymhwysyo yn deimlad swreal, roeddwn ar ben fy nigon ac mor falch o fi fy hun," meddai Rachel.

Mae'n gweithio'n rheolaidd ar linell gymorth Narcotics Anonymous, a dywedodd "Rydw i eisiau cwnsela pobl oherwydd mod i eisiau rhoi yn ôl, dydw i ddim eisiau bod yn niwsans i gymdeithas."

Fe wnaeth ffydd Rachel ei chadw'n gryf drwy'r holl golledion a ddioddefodd, yn cynnwys marwolaeth ei march Holly ddwy flynedd ar ôl i Rachel ddod yn sobr.

Symudodd ymlaen drwy ei diplomâu Lefel 2 a 3, ac mae wedi gohirio astudio am ddiploma Lefel 4 tra'i bod yn cymryd amser i drin ei chyflyrau iechyd. Mae'n parhau'n eiriolydd cryf dros addysg oedolion, gan ddweud "Mae'n rhaid i chi fynd amdani a rhoi'r cyfle hwnnw i chi eich hun. Rydych yn mynd i gwrdd â phobl newydd, gwneud ffrindiau newydd a dysgu llawer amdanoch eich hun a'r byd o'ch cwmpas."

"Rydw i eisiau cwnsela pobl oherwydd mod i eisiau rhoi yn ôl, dydw i ddim eisiau bod yn niwsans i gymdeithas."

“

I want to counsel people because I want to give back, I don't want to be a nuisance to society.”

Rachel Parker was born into a chaotic home life with alcoholic parents and little support at the time for her development and schooling. After being taken into care, she left school at a young age and found her escape in drugs and alcohol. After years of addiction, Rachel is now clean, and on her way to achieving her dream of becoming a counsellor.

She explains: "Drugs and alcohol took me out of my reality, but it was stunting my growth and limiting my potential." Rachel became a young mother at 18 after giving birth to her daughter Holly who was born blind and had other severe disabilities. It was difficult for her to provide the level of care Holly needed while she was in active addiction. After losing custody of Holly, Rachel's life spiralled, with her addiction taking over.

Despite her addiction, Rachel had dreams of a career where she could help others. She looked up to her substance misuse counsellors: "Throughout my treatment I would often think to myself, if I could stay clean, perhaps I could do their job one day."

Rachel noticed that people found her approachable and would regularly go to her with their problems, which she always made time to listen to. "Sadly, I was in no position to train to become a counsellor while living in active addiction." She explained.

Years later, once Rachel was able to get herself clean and remain sober, she was able to start thinking about training and turning her life around. She remembers: "It wasn't until I began to realise that my lifestyle was killing me, that I begged my counsellor for help to get me into rehabilitation. Thankfully, she secured the funding, and I believe she saved my life."

In 2017, she began training with Addysg Oedolion Cymru | Adult Learning Wales. Nicola Holmes, nominated Rachel for the award said: "Rachel's story is one of determination, dedication, and personal growth. She's had

many setbacks during her journey, and at times had days when she doubted herself. Yet I have never met someone so determined to make a change, not only for their own future but for all those who need support just like she did all those years ago."

Now, nine years sober, Rachel has been a qualified counsellor for a year, having completed over 100 hours of counselling to pass her diploma. "Qualifying felt surreal, I was ecstatic and so proud of myself." Says Rachel.

She works regularly at the Narcotics Anonymous helpline, saying "I want to counsel people because I want to give back, I don't want to be a nuisance to society."

Rachel's faith has kept her strong throughout the many losses she's endured, including the death of her daughter Holly two years after she became sober.

She has progressed through her Level 2 and 3 diplomas, studying for a Level 4 diploma has been placed on hold while she takes time to deal with her health conditions. She remains a strong advocate for adult learning, saying, "You've got to go for it and give yourself that opportunity. You're going to meet new people, make new friends, and learn a lot about yourself and the world around you."



Harley Clements



ENWEBWYD GAN / NOMINATED BY:

Coleg Sir Gâr

Cafodd Harley Clements ei bwlio yn yr ysgol gynradd, gan edrych am ddechrau newydd symudodd i ysgol uwchradd wahanol, ac ymunodd â grŵp o ffrindiau gan fod yn awyddus i wneud argraff i osgoi cael ei bwlio eto ac arweiniodd hyn at drafferth.

Dyweddodd, "Fe waethygodd y pethau roedden ni'n ei wneud ac arwain at ddod i gysylltiad gyda'r heddlu. Erbyn i mi fod yn ddigon dewr i gerdded bant, roeddwn eisoes wedi sefyll fy TGAU a dim ond cael a chael wnes i basio'r rhai roeddwon wirioneddol eu hangen. Wnes i ddim dechrau mwynhau addysg nes i mi ddechrau yn y coleg."

Gwnseth y profiad o golli ei thad-cu hi yn fwy penderfynol a chynyddu ei ffocws i newid ei llwybr. "Fe wnaeth gweld fy nhad-cu yn yr ysbyty a gweld pobl yn gofalu amdano wneud i mi sylweddoli pa mor werth chweil yw swydd nyrsio. Roeddwn wedi astudio gwasanaethau cyhoeddus yn y coleg ac am dipyn roeddwon yn meddwl mod i eisiau astudio nyrsio oedolion. Ond fe wnaeth COVID-19 newid pethau i fi. Roeddem bob amser wedi bod ag anifeiliaid anwes pan oeddwn yn blentyn ond fe wnes ofalu llawer mwy amdanyn nhw yn ystod y pandemig. Roeddwn yn ymlacio pan oeddwn gyda nhw felly fe benderfynais mod i eisiau cyfuno fy niddordeb mewn nyrsio gyda fy nghariad at anifeiliaid."

Gwelodd y newid hwn mewn ffordd o feedwl, ynghyd â goresgyn heriau ei phlentyndod, Harley yn dechrau mwynhau addysg am y tro cyntaf. Rhagorodd yn fuan a dywedodd, "Roedd rhyddid coleg yn gweddu i mi a roeddwn yn mwynhau'r dewis pynciau. Pan nad oedd gen i wersi, roeddwn yn medru mynd gartref at fy rhieni, brawd a chwaer a wnaeth i gyd fy nghefnogi ac maent wedi fy ysbrydoli i symud ymlaen."

Graddiodd Harley o Brifysgol Cymru Y Drindod Dewi Sant gyda gradd mewn Gofal a Llesiant Anifeiliaid ac mae newydd ddechrau ar swydd newydd yn gweithio yn y diwydiant gofal anifeiliaid.

"Unwaith yr oedd gen i yrfa dan sylw, roeddwn yn gwybod nad oedd yn rhy hwyr i newid fy nyfodol. Cefais glod trebl yn y coleg a roddodd y credydau UCAS roedden eu hangen i fynd i brifysgol.

"Ni ddylwn erioed fod wedi gwrando ar y bobl oedd yn dweud na fedrwn ei gwneud hi. Wrth edrych i'r dyfodol, rwy'n bwriadu dal i symud ymlaen drwy lefelau addysg ac ennill cymwysterau yn y proffesiwn milfeddygol."

Mae Steph Rees yn Ddarlithydd Arweiniol yng Ngholeg Sir Gâr a hi oedd tiwtor personol Harley yn ystod ei hamser yn y Brifysgol. Dywedodd:

"Byddwn yn dweud mai'r allwedd i lwyddiant yw bod yn amyneddgar a gwybod na fyddwch yn ei chael hi'n iawn y tro cyntaf bob amser. Rydw i'n edmygu Harley yn fawr iawn. Ni fu ei thaith i lwyddiant yn rhwydd ond mae wedi profi i'w hunan ac eraill fod gwaith caled a phenderfyniad yn talu ar ei ganfed. Soniodd Harley wrthyf yn gyfrinachol am ei blynnyddoedd addysg cynnar ac ers hynny mae wedi bod yn agored ac yn fodlon addasu i newid a chyngor. Roedd yn cynhyrchu gwaith lefel clod yn barhaus yn y brifysgol ac mae wedi llwyddo i ganfod swydd oherwydd ei hymroddiad. Bu hon yn daith hir ac emosiol yn Harley ond yn bendant iawn mae hi'n fenyw ifanc ddibynadwy ac ymroddedig a fydd yn mynd ymlaen i gyflawni pethau rhyfeddol."

"Unwaith yr oedd gen i yrfa dan sylw, roeddwn yn gwybod nad oedd yn rhy hwyr i newid fy nyfodol. Cefais glod trebl yn y coleg a roddodd y credydau UCAS roedden eu hangen i fynd i brifysgol."

“

“

I wish I had never listened to the people who told me I couldn't do it. Looking forward, I plan to continue progressing through the levels of education and gaining certifications in the veterinary profession.”

Harley Clements was bullied at primary school, looking for a fresh start she moved to a different secondary school. She joined a group of friends that she was keen to impress to avoid being bullied again and this led to trouble.

She says, “The things we were doing became a lot worse and resulted in clashes with the police. By the time I had the courage to walk away, I had already sat my GCSEs and only just passed the ones that I really needed. It wasn't until I started college that I eventually started to enjoy education.”

The experience of losing her grandad made her more determined and focused to change her path. “Seeing my grandad in hospital and watching people care for him made me realise how rewarding a job in nursing could be. At college I studied public services, and for a while I thought I wanted to study adult nursing. But COVID-19 was the turning point for me. We always had pets growing up, but during the pandemic I cared for them a lot more. I found being around them relaxing and decided I wanted to combine my interest in nursing with my love for animals.”

This change in mindset, combined with overcoming her childhood challenges, saw Harley starting to enjoy education for the first time. She quickly excelled and says, “The freedom of college really suited me, and I enjoyed the choice of subjects. I was able to go home during my free periods to my parents, brother and sister who all supported me and have inspired me to push forward.”

Harley has graduated from the University of Wales Trinity Saint David (UWTSD) with an Animal Care and Welfare Degree and has recently started a new job working in the animal care industry.

“Once I had a career in mind, I knew it wasn't too late to change my future. I earned a triple distinction at college which gave me the UCAS credits I needed to go to university.

“I wish I had never listened to the people who told me I couldn't do it. Looking forward, I plan to continue progressing through the levels of education and gaining certifications in the veterinary profession.”

Steph Rees is a Lead Lecturer at Coleg Sir Gâr and was Harley's personal tutor during her time at UWTSD. She said:

“I'd say the key to success is being patient and knowing you won't always get it right the first time around. I look at Harley in complete admiration. Her journey to success hasn't been easy but she's proved to herself and others that hard work and determination pays off. Harley confided in me about her early learning years and since then, she has been open and adaptive to change and advice. She continually produced distinction-level work at university and has successfully found employment because of her commitment. This has been a long and emotional journey for Harley, but without a doubt, she is a dependable and dedicated young woman who will go on to achieve amazing things.”



Bwrdd Iechyd Addysgu Powys

Powys Teaching Health Board



ENWEBWYD GAN / NOMINATED BY:

Y Brifysgol Agored yng Nghymru

The Open University in Wales

Arferai Bwrdd Iechyd Addysgu Powys ei chael yn anodd recriwtio a chadw staff nysrio oherwydd diffyg cyfleoedd yn yr ardal, gan olygu fod llawer yn gorfol gadael y sir i gael eu gradd nysrio.

Sylweddolodd Katelyn Falvey, Pennaeth Dylunio Sefydliaid a Thrawsnewid Gweithlu Bwrdd Iechyd Addysgu Powys, hyn a bu'n gweithio gyda'r Brifysgol Agored yng Nghymru a'r comisiynwyr ar ddull gweithredu ar y cyd i sicrhau opsiwn i ymgeiswyr gymryd swyddi a'u gradd nysrio yn lleol.

Meddai Katelyn: "Oherwydd ein bod yn ardal wledig helaeth, a'r ffaith nad oes gennym brifysgol yn yr ardal, roeddem yn ei chael yn anodd cynnig cyfleoedd academaidd lefel gradd i bobl ym Mhowys. Roedd hyn yn golygu fod ein gallu i ddenu a chadw nysys newydd gymhwysyo yn heriol. Yn aml byddai pobl o'r gymuned leol yn dewis gadael y sir i chwilio am addysg bellach ar draws Cymru, neu hyd yn oed ar draws y ffin i Loegr, ac ni fyddent yn dod yn ôl am flynyddoedd lawer, os byth."

I drin hyn fe wnaeth Bwrdd Iechyd Addysgu Powys a'r Brifysgol Agored yng Nghymru sicrhau cyllid ychwanegol gan y bwrdd iechyd a chytundeb i ddefnyddio cyllid Llywodraeth Cymru yn wahanol i recriwtio pobl o'r tu mewn i Bowys i swyddi hyfforddi newydd ar dâl ar gyfer nysys.

Cafodd y cynllun ymateb cadarnhaol gan y gymuned leol gyda nifer fawr o geisiadau. Ychwanegodd Katelyn: "Roedd mor llwyddiannus oherwydd na fu opsiwn tebyg o'r blaen. Roedd swyddi hyfforddiant Darpar Nysys yn golygu fod gan yr ymgeiswyr oedd yn flaenorol wedi cael rhwystrau wrth fynd i'r brifysgol yn awr ddarpariaeth leol i

astudio a hyfforddi a chael eu talu ar yr un pryd. Fe wnaeth cymysgedd go iawn o bobl wneud cais. Roedd gennym bobl ifanc yn ymadael â'r ysgol a hefyd bobl fwy aedd fed gyda chartrefi a theuluoedd nad oedd ganddynt y dewis iadael."

Yn ddiweddar lansiodd y Bwrdd Iechyd ei Academi Dysgu Iechyd a Gofal, sy'n rhan o gynllun Cymru-gyfan i gynyddu mynediad lleol i addysg, hyfforddiant a datblygu ar draws y sector iechyd a gofal cymdeithasol.

O fewn yr academi newydd hon, datblygwyd ystafelloedd sgiliau clinigol ac efelychu a ddefnyddir i gynyddu dysgu a datblygiad y gweithlu clinigol, yn cynnwys darpar nysys.

"Mae gan lawer o'n nysys dan hyfforddiant ymrwymiadau, a hefyd nid yw rhai pobl eisiau byw mewn dinas a maent yn hapusach mewn ardal wledig. Roedd felly yn bwysig i ni gynnig datrysiaid lleol, creu swyddi hyfforddi Darpar Nysys ynghyd â chefnogaeth fugeiliol gadarn ac amgylchedd sy'n cefnogi ac yn ychwanegu at brofiad dysgu y myfyrwyr.

Roedd tîm Hwylusydd Addysg Ymarfer Powys yn ganolog i lwyddiant y prosiect a chawsant eu hysgogi i helpu cefnogi'r myfyrwyr a'u goruchwylwyr ac aseswyr ymarfer.

"Mae'r aelodau staff hyn yn hanfodol wrth sicrhau fod y myfyrwyr yn cael profiad gwirioneddol gadarnhaol yn ystod eu blynnyddoedd fel nysys dan hyfforddiant ym Mhowys. Maent yn gweithio'n galed i sicrhau fod y myfyrwyr yn cael mynediad i leoliadau dysgu ymarferol rhagorol ym Mhowys yn ogystal darparu cymorth bugieiliol amserol i'n myfyrwyr lleol a myfyrwyr ar ymweliad", meddai Katelyn.

"Roedd swyddi hyfforddiant newydd Darpar Nysys yn golygu fod gan ymgeiswyr a gafodd rwystrau blaenorol i fynd i brifysgol ddarpariaeth leol i astudio a hyfforddi a chael eu talu ar yr un pryd."

66

“The new Aspiring Nurse training roles meant that candidates who previously encountered barriers to accessing university now had a local provision to study and train while getting paid.”



“

Powys Teaching Health Board had previously struggled to recruit and retain nursing staff because of the lack of opportunities in the area, resulting in many having to leave the county to gain their nursing degree.

Katelyn Falvey, Powys Teaching Health Board's Head of Organisational Design and Workforce Transformation, acknowledged this and worked with The Open University in Wales and the commissioners on a joint approach to secure an option for candidates to take up employment and their nursing degree locally.

Katelyn said: "Because of our large rural setting, and the fact we don't have a university within our footprint, we were struggling to offer degree-level academic opportunities for people within Powys. This meant that our ability to attract and retain newly qualified nurses was challenging. Often people from within the local community would opt to leave the county in search of further education across Wales, or even across the border to England, and they wouldn't come back for many years, if ever."

To address this, Powys Teaching Health Board and The Open University in Wales secured additional health board funding and the agreement to use Welsh Government funding differently to recruit people from within Powys into newly created, paid nurse training roles.

The initiative has generated a positive response from the local community with a large number of applications. Katelyn continued: "It was so successful because there hadn't been an option available like it before. The new Aspiring Nurse training roles meant that candidates who previously encountered barriers to accessing university now had a local provision to study and train while getting paid. We had a real mixture of people applying. We had school leavers, right through to more mature people with homes and families who didn't have the option to leave."

The Health Board has recently launched its Health & Care Academy of Learning which is part of a Wales-wide initiative to increase local access to education, training and development across the health and social care sector.

Within this newly developed academy, a clinical skills and simulation suite was developed which is used to enhance the learning and development of the clinical workforce, including aspiring nurses.

"Lots of our student nurses have commitments, and some people also just don't want to live in a city and are more content in a rural setting. It was therefore important to us to offer a local solution, creating the new Aspiring Nurse training roles along with robust pastoral support and an environment that supported and enhanced the students' learning experience."

The Powys Practice Education Facilitator team were integral to the success of the project and were mobilised to help support the students and their practice supervisors and assessors.

"These staff members are invaluable in ensuring the students have a really positive experience during their years as student nurses in Powys. They work hard to ensure the students get access to excellent practical learning placements in Powys as well as providing timely pastoral support to our local and visiting students," said Katelyn.



Elinor Ridout

ENWEBWYD GAN / NOMINATED BY:

Prifysgol Caerdydd
Cardiff University



Bu farw Will, ail blentyn Elinor, yn sydyn pan oedd yn 13 oed o salwch prin ac aciwt. Yn dilyn marwolaeth Will, roedd Elinor yn awyddus i ailddechrau ei bywyd ac roedd eisiau cael effaith gadarnhaol fel gwaddol i'w mab.

Ar ôl gweithio'n flaenorol fel nyrs meithrinfa a swyddog cymorth rhieni a gofalwyr, roedd gofalu am bobl eraill eisoes yn rhywbeth yr oedd Elinor yn angerddol amdano. Fodd bynnag, yn dilyn ei phrofiad yn yr ysbyty a'r tu allan gyda Will, roedd eisiau helpu mwy o blant difrifol wael fel ef, felly dechreuodd ar radd nyrsio.

Nawr, ddwy flynedd a hanner yn ddiweddarach, mae Elinor wedi cwblhau blwyddyn gyntaf BSc Nyrsio (Plant) ym Mhrifysgol Caerdydd.

Dri mis ar ôl colli Will, roedd Elinor yn cael trafferthion gyda theimladau o ddiffyg diben ac yn awyddus i gael swydd a fyddai'n gwneud gwahaniaeth go iawn. Esboniodd: "Roedd fy mab William yn grwt bach hardd a phrysur, oedd hefyd ag anawsterau dysgu ac epilepsi. Ar ôl ei golli roedd angen i mi fod yn brysur a gwneud rhywbeth gwahanol. Roeddwn mor bryderus am fy merch a'i galar, ac roeddwn eisiau bod yn fodel rôl iddi.

"Roeddwn eisiau gwneud rhywbeth cadarnhaol yn enw Will ac fe wnes gais am y cwrs Llwybr i radd mewn gofal iechyd ym Mhrifysgol Caerdydd. Roedd yn galluogi myfyrwyr aedd fed fel fi i ennill y cymwysterau a'r wybodaeth sydd eu hangen i ddechrau gradd nyrsio."

Mae gradd nyrsio Elinor yn adeiladu ar ei phrofiad blaenorol o weithio yn y maes gofal ond mae hefyd yn ei galluogi i gael mwy o effaith ar fywydau plant fel Will, diolch i'r cymwysterau y bydd yn eu hennill. Dywedodd:

"Rwy'n gwybod y byddai Will mor falch ac mae medru helpu cleifion ac ymdrechu i roi'r gofal y dylai teuluoedd ei gael mewn ysbyty yn gymaint o ffocws i fi."

I'w chefnogi ei hunan a'i merch pan oedd yn astudio, dechreuodd Elinor weithio mewn siop siocled. "Roedd gweithio yn y siop yn well i fi pan oeddwn yn astudio. Fel nyrs feithrin ni fyddwn yn gorffen tan 6pm ond gallwn adael y siop am 5pm a chyrraedd y brifysgol erbyn 6:30pm ar gyfer fy narlithoedd.

"Rhoddodd y Llwybr gefndir gwirioneddol dda i fi ar gyfer fy ngradd nyrsio ond rwyf hefyd wedi cwrdd â chynifer o bobl o bob cefndir sydd bellach yn ffrindiau da.

Ar ôl gorffen lleoliadau mewn ysbyty plant ac fel ymwelydd iechyd a nyrsio ysgol, penderfynodd Elinor y byddai'n hoffi gweithio ar wardiau cyffredinol plant am nawr.

"Byddwn wrth fy modd i fod y nyrs sy'n gwneud gwahaniaeth cadarnhaol i blant a'u teuluoedd, yn union fel mae cynifer o nyrsys wedi gwneud gwahaniaeth i ni dros y blynnyddoedd," meddai.

Drwy rannu ei stori mae Elinor yn gobeithio ysbrydoli eraill i gael yr hyder i ail-adeiladu eu bywydau ar ôl colled.

"Rwy'n hoff iawn o'r syniad y gallai fy stori roi'r hyder i rywun fynd ati i newid neu anelu am rhywbeth cadarnhaol yn dilyn eu sefyllfa anodd eu hunain.

"Cefais yn bendant fy ysbrydoli o ddarllen straeon pobl eraill oedd wedi ymdrechu i ganfod rhywbeth cadarnhaol ar ôl colli plentyn. Eu nod nhw oedd helpu eraill, a dyna fy nod innau hefyd."

"Byddwn wrth fy modd i fod y nyrs sy'n gwneud gwahaniaeth cadarnhaol i blant a'u teuluoedd."

“

I would love to be the nurse who makes a positive difference to children and their families.”

Elinor's second child Will, passed away suddenly when he was 13 years old, from a rare and acute illness. Following Will's death, Elinor was keen to restart her life and wanted to make a positive impact as a legacy to her son.

Having previously worked as a nursery nurse, and parent carer support officer, looking after others was something Elinor was already passionate about. However, following her experience in and out of hospital with Will, she wanted to help more seriously ill children like him, so she started a nursing degree.

Now, two and a half years on, Elinor has completed the first year of a BSc Nursing (Child) degree at Cardiff University.

Three months after Will passed, Elinor struggled with feelings of lack of purpose and was keen to pursue a role that made a real difference.

She explained: “My son William was a beautiful, busy little boy who also had learning difficulties and epilepsy. When he passed away I needed to be busy and do something different. I was so worried about my daughter and her grief, and I wanted to be a role model to her. I wanted to pursue something positive in Will's name and applied for the Pathway to a degree in healthcare at Cardiff University. It allowed mature students like me to gain the qualifications and knowledge needed to start a nursing degree.”

Elinor's nursing degree builds on her previous experience working in care but allows her to make a greater impact on the lives of children like Will, thanks to the qualifications she will gain. She said: “I know Will would be so proud, and being able to help patients and striving to give the care that families should receive in hospital is such a focus for me.”

To support herself and her daughter while she studied, Elinor began working in a chocolate shop. “Working in the shop was better for me while I was studying. As a nursery

nurse, I wouldn't finish until 6pm, but I could leave the shop at 5pm and get to uni for 6:30pm for my lectures. The Pathway gave me a really good background for my nursing degree, but I've also met so many people from all walks of life who are now good friends.”

Having completed placements at a children's hospital and in health visiting and school nursing, Elinor has decided that she'd like to work on the general children's wards for now.

“I would love to be the nurse that makes a positive difference to children and their families, just as so many nurses have made a difference to us over the years,” she said.

By sharing her story, Elinor hopes to inspire others to have the confidence to rebuild their lives after loss.

“I love the idea that my story could provide someone with the confidence to pursue a change or to aim for something positive following their own difficult situation.

I definitely took inspiration from reading the stories of others who had endeavoured to find a positive after losing a child. Their aim was to help others, and so is mine.”



Jan Wallace

ENWEBWYD GAN / NOMINATED BY:

Addysg Oedolion Cymru |
Adult Learning Wales



Yn 81 oed mae Jan Wallace yn cadw ei meddwl yn heini diolch i'w chariad o ddysgu. Efallai fod pobl eraill ei hoed eisiau bywyd tawel, ond mae brwd frydedd Jan wedi gwneud argraff ar ei thiwtoriaid gyda'i gallu i dderbyn gwybodaeth newydd.

Ar ôl ymddeol o addysgu, bu Jan yn gweithio'n lleol mewn siop gan ymddeol yn derfynol wyth mlynedd yn ôl. Mae'n mwynhau herio ei hunan, dysgu pethau newydd a chadw ei meddwl yn brysur. Mae Jan wedi ymuno â chlybiau a grwpiau lleol, sy'n helpu i gyfrannu at wneud ffrindiau a chysylltiadau cymdeithasol, ac mae'n mwynhau cyfnewid syniadau.

"Dros y blynnyddoedd rwyf wedi manteisio ar gyfleoedd i ehangu fy ngwybodaeth o hanes, fy niddordeb arbennig. Mae dysgu pethau newydd yn gwneud i mi deimlo'n gadarnhaol ac yn helpu i ostwng straen bywyd bob dydd," meddai Jan.

Esboniodd, "Rwyf wedi manteisio ar gyrsiau ar-lein ond mae'n llawer gwell gen i fynychu dosbarthiadau gyda thiwtor sy'n cyfarwyddo'r broses ddysgu. Mae hyn yn rhoi cyfle i ddysgu gan arbenigwr a hefyd yn galluogi'r holl ddosbarth i ofyn cwestiynau ac mae'n cyfrannu at glywed barn wahanol."

Mae Jan hefyd yn cymryd rhan mewn cymdeithasau hanes lleol ac yn gwirfoddoli yng Nghastell Aberteifi, lle mae'n mwynhau esbonio hanes y castell i ymwelwyr, gan ddefnyddio hiwmor i gynorthwyo eu dealltwriaeth bod hanes yn ymweud â phobl a'u ffordd o fyw yn ogystal ag am adeiladau.

Dyweddodd Ralph Haeussler, Tiwtor mewn Archaeoleg a Hanes yn Addysg Oedolion Cymru: "Ers y tro cyntaf i mi gwrdd â Jan gwnaeth argraff arnaf gyda'i brwd frydedd, ei gwybodaeth a'i hymgysylltu beirniadol. Beth bynnag y deunydd neu'r cyfnod hanesyddol, mae Jan yn arddangos gwybodaeth ac arbenigedd sy'n cynyddu'n barhaus yn ogystal â'r gallu i feddwl yn feirniadol."

“Gobeithiaf y gallaf barhau i fynychu dosbarthiadau yn lleol – yn ogystal â bod yn gyfleus, maent yn agor byd newydd llawn ysbrydoliaeth a phosibiliadau.”

“

I hope that I will be able to continue attending classes locally- not only are they convenient, but they open up a whole new world of inspiration and possibilities.”



The Open University
Y Brifysgol Agored
Wales Cymru

At the age of 81, Jan Wallace, keeps herself mentally fit thanks to her love of learning. Others her age may want a quiet life, but Jan's enthusiasm has impressed her tutors with her capacity to take on new knowledge.

After retiring from teaching, Jan worked locally in retail, finally retiring eight years ago. She enjoys challenging herself, learning new things and keeping her mind active. Jan has joined clubs and local groups, which help contribute to making friends and social interaction, and she enjoys the exchange of ideas.

“I have taken opportunities over the years to widen my knowledge of history, my special interest. Learning new things makes me feel positive and helps to reduce the stresses of everyday life,” said Jan.

She explains, “I have taken advantage of online courses, but I much prefer to attend classes with a tutor who directs the learning process. This provides not only an opportunity to learn from an expert but also enables

questions to be asked by the entire class and contributes to hearing different opinions.”

Jan also engages with local history societies and volunteers at Cardigan Castle, where she enjoys explaining the history of the castle to visitors, using humour to assist their understanding that history is not just about buildings, but about the people and their way of life.

Ralph Haeussler, Tutor in Archaeology and History at Addysg Oedolion Cymru | Adult Learning Wales said “Since the very first time I met Jan, I was impressed by her enthusiasm, her knowledge, and her critical engagement. Whatever the material or historical period, Jan demonstrates an ever-increasing knowledge and expertise as well as the capacity for critical thinking.”



Walid Musa Albuqai

ENWEBWYD GAN / NOMINATED BY:

Coleg Gŵyr Abertawe
Gower College Swansea



Cafodd Walid Musa Albuqai ei fagu yn Syria ond cafodd ei orfodi i ffoi o'r wlad gyda'i wraig a'i dair merch ddeng mlynedd yn ôl oherwydd y rhyfel. Roedd wedi gweithio ar fferm pan oedd yn ifanc ac wedyn fel rheolwr warws a gweithiwr ffatri ond roedd wedi'i chael yn anodd cael swydd barhaol oherwydd y rhyfel parhaus.

Dywedodd Walis: "Oherwydd y sefyllfa yn Iwerddon, Libanus a Syria, rhoddodd y Cenhedloedd Unedig y dewis i deuluoedd fel ni i symud i Brydain. Ni wnaeth pawb symud, ond penderfynodd fy rheulfa a finnau mai dyma'r peth iawn i'w wneud. Dywedwyd wrthym y byddem yn symud i Abertawe ac roeddwn i'n edrych ymlaen oherwydd nad oeddwn erioed wedi bod yng Nghymru o'r blaen. Rwyf wrth fy modd yma oherwydd y bobl a'r traethau hardd. Mae'n ddinas gyfeillgar iawn ac rwy'n ddiolchgar iawn mod i wedi dod o hyd i waith."

Ychydig iawn o Saesneg oedd gan Walid pan gyrraeddodd Abertawe. Roedd yn cael anhawster gyda gramadeg sylfaenol a strwythur brawddegau felly dechreuodd astudio Saesneg Lefel Mynediad 1 Saesneg fel Ail Iaith (ESOL) yng Ngholeg Gŵyr Abertawe.

"Prin iawn oedd fy Saesneg pan symudais i Brydain gyntaf. Fe wnaeth fy ngweithwyr cymorth roi llawer o help i mi ac fe wnes wirfoddoli mewn siop elusen i ymarfer fy Saesneg a dechrau gwneud ffrindiau gyda phobl yn y gymuned leol", meddai.

Drwy fynychu dosbarthiadau yn rheolaidd, astudio tu allan i'r dosbarth a manteisio ar gyfleoedd i ymarfer siarad Saesneg, gallodd Walid ddatblygu ei sgiliau iaith.

Manteisiodd hefyd ar adnoddau ar-lein yn cynnwys gwersi gramadeg ac apiau i barhau i ddysgu tu allan i'w ddosbarthiadau.

"Mae fy merched yn 13, 9 a 6 oed. Maent yn mynd i ysgolion cyfrwng Saesneg ac maent hefyd wedi fy helpu i wella fy Saesneg. Maen nhw, ynghyd â fy ngwraig, yn fy ysbyrdoli bob dydd ac maent wedi fy annog i wireddu fy mreuddwydion.

Mae Walid nawr wedi gorffen ESOL Lefelau 1 a 2 a gwnaeth cais am nifer o swyddi, yn cynnwys swydd gyrru bws gyda FirstBus. Roedd ei angerdd am yrru a'i sgiliau iaith yn amlwg iawn yn ei gyfweliad, a chafodd y swydd.

"Rwyf wrth fy modd yn gweithio fel gyrrwr bys. Yn ymarferol, nid oedd yr arholiad yn rhy anodd ond roedd y prawf damcaniaeth yn anodd. Fyddwn i ddim wedi medru gwneud y cyfweliad heb fy sgiliau mewn Saesneg. Cefais fy ngyrfa diolch i'r dosbarthiadau hynny."

Mae Walid yn awr yn edrych i'r dyfodol ac yn gobeithio cwbllhau ESOL Lefel 3 cyn ail-hyfforddi fel hyfforddwr gyrru. Dywedodd, "Byddwn yn hoffi annog pobl eraill i ddychwelyd i ddysgu a gwireddu eu huchelgais, pa bynnag mor heriol y gall ymddangos. Fy nghyngor yw gweithio'n galed a peidio byth rhoi lan. Does dim yn amhosibl os ewch amdani. Rwy'n gyffrous wrth feddwl i ble aiff fy nhaith â fi wrth i mi barhau i wneud fy ffodd tuag at fy nodau a gwneud gwahaniaeth i'r gymuned."

"Mae dysgu Saesneg wedi fy helpu i wireddu fy mreuddwydion. Nid oes dim byd yn amhosibl os ydych yn mynd amdani. Mae'r dyfodol yn gyffrous wrth i mi barhau i symud tuag at fy nodau a gwneud gwahaniaeth i'r gymuned."

66

“

“Learning English has helped me to turn my dreams into a reality. Nothing is impossible if you put your mind to it. I continue to make my way towards my goals and making a difference in my community.”

Walid Musa Albuqai grew up in Syria but was forced to flee the country with his wife and three daughters ten years ago because of the war. He'd worked on a farm during his early years and later as a warehouse manager and factory worker but struggled to find a permanent role due to the ongoing conflict.

Walid said: “Because of the situation in Jordan, Lebanon and Syria, the United Nations gave families like mine the option to move to the UK. Not everyone moved, but my family and I decided it was the right thing to do. We were told we'd be moving to Swansea, and I was excited because I had never been to Wales before. I love it here because of the people and the beautiful beaches. It's a very friendly city and I've been able to find work which I'm very grateful for.”

When he first arrived in Swansea, Walid spoke very little English. He struggled with basic grammar and sentence structure, so he started studying Entry Level 1 English as a Second Language (ESOL) at Gower College Swansea.

“When I first moved to the UK my English was very basic. My support workers helped a lot, and I volunteered at a charity shop to practice my English and start making friends with people in the local community.” He said.

By attending classes regularly, studying outside of class and taking opportunities to practice speaking English, Walid was able to develop his language skills. He also took advantage of online resources including grammar lessons and apps to continue learning outside of his classes.

“My daughters are thirteen, nine and six. They go to English-language schools and have also

helped me to improve my English. They, along with my wife, inspire me every day and have encouraged me to turn my dreams into a reality.”

Walid has now completed ESOL Levels 1 and 2 and he applied for a number of jobs including a bus driver role with FirstBus. His passion for driving and language skills shone through during the interview, and he got the job.

“I absolutely love working as a bus driver. Practically, the exam wasn't too difficult, but the theory test was hard. I wouldn't have been able to do the interview without my English skills. I owe my career to those classes.”

Walid is now looking ahead to the future and hoping to complete ESOL Level 3 before re-training as a driving instructor. He says, “I would like to encourage others to return to learning and pursue their goals, no matter how challenging it may seem. My advice is to work hard and never give up. Nothing is impossible if you put your mind to it. I am excited to see where my journey takes me as I continue to make my way towards my goals and making a difference in my community.”



Grŵp Dynion Pobl yn Gyntaf y Fro Vale People First Men's Group

ENWEBWYD GAN / NOMINATED BY:

Addysg Oedolion Cymru |
Adult Learning Wales

Mae Grŵp Dynion Pobl yn Gyntaf y Fro, a ffurfiwyd yn 2012, yn cynnig lle diogel i ddynion yn y gymuned ddysgu sgiliau bywyd newydd a chysylltu gyda'i gilydd.

Caiff y sesiynau eu cynnal yn wythnosol mewn canolfan gymunedol yn y Barri a maent yn rhoi cyfre i ennill cymwysterau, gwneud ffrindiau newydd a thrafod materion sy'n bwysig iddynt.

Mae'r dynion yn amrywio o 18 i 60+ o ran oed, ac mae rhai yn byw gyda gwahanol gyflyrau yn cynnwys awtistiaeth, parlys yr ymennydd, sgitsoffrenia ac iselder. Gyda'r sesiwn bedair awr wythnosol mor boblogaidd, sefydlwyd rhestr aros a ffurfiwyd ail grŵp i ateb y galw.

Caiff y grŵp ei redeg ar y cyd gan y tiwtoriaid Liz Marriott a Joanne Price. Esboniodd Joanne: "Rydyn ni'n dechrau pob sesiwn drwy groesawu pawb, siarad am newyddion da neu unrhyw broblemau ac yna symud ymlaen i wahanol bynciau."

Mae rhai o'r pynciau y rhoddir sylw iddynt yn cynnwys rheoli dicter ac ymdopi gydag emosiynau, trin arian, ailgylchu, paratoi bwyd, cymorth digidol a sgiliau bywyd eraill tebyg i reoli amser.

Gwelodd llawer o aelodau'r grŵp gynnydd mawr yn eu hyder o fynychu'r sesiynau ac aeth rhai ymlaen i wifoddoli neu ddysgu darllen ac ysgrifennu. Caiff sesiynau eu defnyddio i drafod pynciau galwedigaethol, ond mae'r grŵp hefyd yn rhoi amgylchedd ar gyfer datblygu sgiliau cymdeithasol a chyfeillgarwch.

Meddai Joanne: "Mae llawer o'r dynion yn dioddef o unigrwydd, felly mae dod i'r sesiynau yn golygu eu bod yn mynd allan o'r tŷ a siarad gyda phobl, mae'n rhoi



ymdeimlad o gwmniaeth a lle diogel. Mae mudiadau eraill yn dod atom yn aml i drafod gwahanol bynciau tebyg i ieichyd rhywiol dynion – help na fyddent efallai yn gofyn amdano ar ben eu hunain. Ysgrifennu yw un o'r prif sgiliau a addysgwn ac yn ddiweddar fe wnaeth un aelod ddysgu sut i ysgrifennu A fawr, ac Ashleigh yw enw ei chwaer, gall y pethau lleiaf wneud gwahaniaeth mawr."

Ni fedrai Mark Tierney ddarllen nac ysgrifennu pan ymunodd gyntaf ond ers hynny mae wedi dysgu a chaiff yn awr ei gyflogi fel swyddog ieichyd a llesiant y grŵp. Dywedodd "Rwyf wedi bod yn rhan o'r grŵp Dynion o'r cychwyn cyntaf, ac rwyf wrth fy modd. Rwy'n medru darllen ac ysgrifennu nawr, ac mae gen i swydd gyda'r grŵp. Dydych chi byth yn rhy hen i ddysgu ac mae'n well pan y medrwch gael hwyl ar yr un pryd. Roeddwn yn arfer teimlo'n ddiflas ac yn cwyno llawer, ond nawr rwy'n hapus bob amser."

Yn y dyfodol mae'r grŵp yn bwriadu dal ati i ymchwilio pynciau newydd ac annog dysgwyr i gefnogi pynciau fyddai'n ddefnyddiol iddynt. Caiff amser ei neilltuo hefyd ar gyfer cyrsiau heb achrediad, tebyg i sefydlu siop ffug i ddefnyddio sgiliau rheoli arian, paratoi bwyd a sgiliau cymdeithasol y dynion.

Meddai Joanne, "Rwy'n caru'r grŵp. Rydyn ni'n chwerthin nes ein bod yn ein dagrau yn ystod ein sesiynau ac mae mor braf gweld drosoch eich hun sut y gall sgiliau pobl wella."

"Rydyn ni'n chwerthin nes bod yn ein dagrau yn ein sesiynau, mae mor braf gweld sut mae eu sgiliau wedi gwella."

“

We laugh until we cry in our sessions,
it's so nice to see how their skills
have improved.”

Formed in 2012, Vale People First Men's Group offers men in the community a safe space to learn new life skills and connect with each other.

The sessions, which run weekly from a community centre in Barry, give members the opportunity to gain qualifications, make new friends, and discuss issues that are important to them.

Ages range from 18 to 60+, and some live with various conditions, including autism, cerebral palsy, schizophrenia, and depression. With the weekly four-hour session becoming so popular, a waiting list was started, and a second group formed to accommodate demand.

The group is run jointly by tutors, Liz Marriott and Joanne Price. Joanne explains: “We start each session with a quick check-in, talk about good news or any problems then move on to different subjects.”

Some of the topics covered include anger management and coping with emotions, budgeting, recycling, food preparation, digital support and other life skills such as time management.

Many group members have seen huge boosts to their confidence from attending the sessions, and some have gone on to start volunteer positions or have learnt to read and write. Sessions are not only used to discuss vocational topics, but the group also provides an environment for the development of social skills and friendships.

Joanne said: “A lot of the men suffer with loneliness, so coming to the sessions means they get out of the house and talk to people, it gives a sense of companionship and a safe

space. We often have other organisations come in and discuss different topics such as men's sexual health – help which they might not seek on their own. One of the main skills we teach is writing and one member recently learnt how to write a capital A, and his sister's name is Ashleigh - it can be the smallest things that can make a big difference.”

Mark Tierney couldn't read or write when he first joined but has since learnt and is now employed as the group's health and wellbeing officer. He said: “I have been a part of Men's Group from the beginning, and I love it. I can read and write now, and I have a job with the group. You are never too old to learn and it's better when you can have fun at the same time. I used to feel miserable, and I used to moan a lot but now I'm always happy.”

Moving forward, the group plans to carry on exploring new topics and encourages learners to suggest subjects they'd find useful. Time is also set aside for unaccredited courses, such as setting up a pretend shop to put the men's money management, food preparation and social skills into practice.

Joanne says: “I absolutely love the group. We laugh until we cry during our sessions and it's so nice to see first-hand how people's skills can improve.”



Teuluoedd yn Dysgu gyda'i Gilydd Families Learning Together



ENWEBWYD GAN / NOMINATED BY:

Cardiff and Vale College
Coleg Caerdydd a'r Fro

Mae'r rhaglen Teuluoedd yn Dysgu Gyda'i Gilydd yng Ngholeg Caerdydd a'r Fro yn cyflwyno dewis eang o gyrsiau ar gyfer oedolion a rhieni mewn dros 80 ysgol ledled Caerdydd a Bro Morgannwg.

Mae'r cyrsiau yn rhoi dulliau a gwybodaeth i deuluoedd I helpu rhieni I gefnogi eu plant I ddysgu ac ar yr un pryd yn datblygu eu sgiliau gydol oes eu hunain. Caiff pob cwrs ei deilwra I anghenion y teuluoedd ac mae'n cefnogi datblygu Llythrennedd, Rhifedd, Cymraeg, Siarad a Gwrando, Gwyddoniaeth, Sgiliau Digidol a Saesneg fel Ail Iaith.

Dyweddodd Wayne Carter o Goleg Caerdydd a'r Fro:

"Mae'r profiad o wrando ar ddysgwyr yn sôn am yr effaith a gafodd dysgu arnyn nhw. Yn ein sesiynau, mae llawer o'r oedolion yn siarad am y gobaith maent yn ei deimlo, y teimlad o berthyn y maent wedi'i ganfod a'u cyffro am y dyfodol."

Mae pob cwrs yn rhedeg am 10 wythnos, gyda thua tair awr o ddysgu bob wythnos a chaiff dosbarthiadau eu cynnal wyneb yn wyneb mewn ysgolion.

Yn ystod y pandemig fe wnaeth y tim addasu pob rhaglen fel y gallid eu cyflwyno ar-lein a datblygwyd darpariaeth newydd i helpu rhieni I gefnogi addysg eu plant. Roedd hyn yn cynnwys gemau addysgol newydd a chynorthwyo oedolion I gefnogi myfyrwyr Cyfnod Allweddol 3 ysgolion uwchradd. Llwyddiant allweddol y rhaglen yw'r cydweithio rhwng tiwtoriaid, yr ysgolion ac, yn bwysicaf oll, anghenion yr oedolion sy'n dysgu.

Meddai Wayne: "Mae'r ddarpariaeth yn cynnig ail gyfle ar gyfer oedolion I ddatblygu eu sgiliau eu hunain tra'n

cefnogi addysg eu plant. Yn ystod y rhaglen mae llawer o ddysgwyr yn siarad am y cyfleoedd y gwnaethant eu colli pan oeddent yn yr ysgol ac mae'r rhaglen wedi eu sbarduno ar gyfer eu taith eu hunain yn ôl I addysg bellach, hyfforddiant neu gyflogaeth. Mae teuluoedd yn dweud wrthym am ganlyniadau cadarnhaol y rhaglen tebyg I wella iechyd meddwl a llesiant, meithrin perthynas gadarnhaol gyda'u plant, rhieni eraill, eu hysgol leol a'u cymuned."

Rhwng y cyfnod Medi 2022 a mis Rhagfyr 2022, mae Teuluoedd yn Dysgu Gyda'i Gilydd wedi cyflwyno 158 cwrs mewn 81 ysgol ar draws Caerdydd a'r Fro, gyda 'dros 1,219 deuluoedd, 2313 i blant ac oedolion yn cymryd rhan.'

Ychwanegodd Wayne: "Mae'r tim yn gweld drostynt eu hunain beth yw oblygiadau'r argyfwng costau byw a gallant gefnogi eu dysgwyr yn ymarferol ac yn emosiynol."

Mae gan ysgolion bellach restr aros ar gyfer darpariaeth yn y dyfodol. Mae'r tim yn bwriadu parhau I hyrwyddo addysg oedolion I deuluoedd ac maent yn angerddol am greu ail gyfle ar gyfer pobl yn y cymunedau sydd dan fwyaf o anfantais.

"Mae'r rhaglen hon yn fwy nag am ddysgu: mae'n genhadaeth ddinesig. Cyfle I roi ail gyfle, I greu diwylliant o ddysgu ac I ddod â chymunedau mewn ardaloedd o'r angen uchaf at ei gilydd. Mae'n ymwneud â darparu cyfleoedd I ffynnu a byw mewn cymuned fwy cyfartal", meddai Wayne.

**"Mae'n gyfle I roi ail gyfleoedd,
I greu diwylliant o ddysgu a dod â
chymunedau at ei gilydd."**

“

“

“It’s an opportunity to provide second chances, to create a culture of learning and bring communities together.”

The Families Learning Together programme at Cardiff and Vale College delivers a wide range of courses for adults and parents in over 80 schools throughout Cardiff and the Vale of Glamorgan.

The courses provide families with the tools and knowledge to help parents support their children to learn whilst developing their own lifelong skills. Each course is tailored to the needs of the family cohort and supports the development of Literacy, Numeracy, Welsh, Speaking and Listening, Science, Digital Skills and English as a Second Language.

Wayne Carter from Cardiff and Vale College said: “It has been a humbling experience to listen to learners sharing stories of the impact learning has had on them. In our sessions, many of the adult learners talk about the hope that they feel, the sense of belonging they have found, and their excitement about their futures.”

Each course runs for 10 weeks, with approximately three hours of learning each week, and classes are held in-person within school settings.

During the pandemic, the team adapted all programmes so they could be delivered online, and new provision was developed to help parents support their children's education. This included creating new educational games and assisting adults to support Key Stage 3 secondary school students. The key success of the programme is the collaboration between tutors, the schools and more importantly the needs of the adult learners.

Wayne said: “The provision offers second chances for adults to develop their own skills whilst supporting their children's education. During the programme many learners talk of their missed opportunities when they

were at school and the programme has provided a spark for their own journey back into further education, training or employment. Families tell us about the positive outcomes of the programme such as; improved mental health and well-being, building positive relationships with their children, other parents, their local school and community.”

From the period September 2022 to July 2023, Families Learning Together has delivered 158 courses in 81 schools across Cardiff and the Vale, with over 1219 families engaged and 2313 children and adults participating.

Wayne continued: “The team see first-hand the implications of the cost-of-living crisis and can support their learners practically and emotionally.”

There is now a waiting list from schools seeking future provision, the team aim to continue promoting adult learning to families and are passionate about creating second chances for people in the most disadvantaged communities.

“The programme is not just about learning; it is a civic mission. An opportunity to provide second chances, to create a culture of learning and to bring communities in areas of the highest need together. It's about providing opportunities to prosper and to live in a more equal community,” said Wayne.



Llongyfarchiadau gan ein noddwyr a'n cefnogwyr

Congratulations from our sponsors and supporters



Mae pawb yn Agored Cymru yn aruthrol o falch i barhau ein cysylltiad hir-sefydlog gyda'r Sefydliad Dysgu a Gwaith a'r Gwobrau Ysbrydoli!

Mae gwobrau eleni yn dilyn y cyfnod mwyaf anarferol a heriol yn ein hanes ac mae'r pwysau ariannol ar ddysgwyr yn parhau i dyf.

Clywodd pob un o honom straeon sy'n ein hysbrydoli am sut mae dysgwyr wedi goresgyn adfyd a gwella eu bywydau drwy ddysgu. P'un a'i gawsoch eich enwebu, eich cynnwys ar y rhestr fer neu yn enillydd dylech fod yn anhygoel o falch o'ch llwyddiannau. Mae'n hanfodol fod dysgwyr yn derbyn cydnabyddiaeth am eu llwyddiannau.

Ein gweledigaeth yw galluogi unigolion o bob oedran a gallu i gyflawni'r sgiliau a'r cymwysterau maent eu hangen i gynyddu eu potensial i'r eithaf, cyfoethogi eu bywydau a chyfrannu at eu cymunedau ac economi gref.

Dyma'r rheswm fel Corff Dyfarnu Cymreig sy'n creu cymwysterau dwyieithog i ddiwallu anghenion Cymru a'i dysgwyr ein bod yn parhau i weithio gyda'r Sefydliad Dysgu a Gwaith i gydnabod llwyddiannus a dathlu straeon mor ryamus.

Everyone at Agored Cymru is immensely proud to continue our longstanding association with the Learning & Work Institute and the Inspire! Awards.

This year's awards follow the most abnormal and challenging times in our history and the financial pressure on learners continues to grow.

We have all heard inspirational stories of how learners have overcome adversity and improved their lives through learning. Whether you were nominated, shortlisted or a winner you should be incredibly proud of your achievements. It is vital that learners receive recognition for their achievements.

Our vision is to enable individuals of all ages and abilities to achieve the skills and qualifications they need to maximise their potential, enrich their lives and to contribute to their communities and a strong economy

This is the reason that as a Welsh Awarding Body creating bilingual qualifications to meet the needs of Wales and its learners we continue to work with the Learning and Work Institute to recognise achievements and celebrate such powerful stories.

Mae Gwobrau Ysbrydoli! yn ymwneud â dysgwyr o bob oed yn cyflawni pethau gwych, yn aml yn erbyn y ffactorau. Rydym yn falch fod gan ein cymwysterau ran mor bwysig mewn cydnabod eu llwyddiannau. Ni fu dysgu gydol oes erioed yn bwysicach wrth i ni barhau i negodi ansicrwydd.

Mae'r rhwydweithiau addysg a hyfforddiant yng Nghymru yn gryf ac yn cynnwys darparwyr sydd a'r unig nod o helpu dysgwyr i gyflawni eu nodau. Dysgu am hwyl, dysgu fel hobi, dysgu ar gyfer gwaith neu ddysgu i greu cyfleoedd mewn lefelau uwch o addysg. Beth bynnag y diben, mae Agored Cymru yn llwyr gefnogi'r hawl i ddysgu gydol oes ansawdd uchel sy'n hollbwysig ar gyfer yr economi, ar gyfer iechyd a llesiant ac ar gyfer cymunedau.

Llongyfarchiadau i bob enillydd Gwobr Ysbrydoli! a'r dymuniadau gorau oll ar gyfer y dyfodol!

Darren Howells
Prif Swyddog Gweithredol

The Inspire! Awards are about learners of all ages achieving great things, often against the odds. We are proud that our qualifications play such an important part in recognising their achievements. Lifelong learning has never been more important as we continue to negotiate the uncertainties.

The education and training networks in Wales are strong and consist of providers whose sole aim is to help learners achieve their goals. Learning for fun, learning as a hobby, learning for work, or learning to create opportunities in higher levels of education. Whatever the purpose Agored Cymru fully supports the right to high quality lifelong learning that is vital for the economy, for health and wellbeing, and for communities.

Congratulations to every winner of an Inspire! Award and the very best wishes for the future!

Darren Howells
Chief Executive Officer



Fel cefnogwr hirdymor Wythnos Addysg Oedolion a'r Gwobrau Ysbrydoli!, rydym yn hynod o falch unwaith eto i fedru dathlu llwyddiannau enwebeion ac enillwyr.

Mae gan Addysg Oedolion Cymru hanes balch o roi cymorth i bobl o bob cefndir, mewn cymunedau ledled Cymru - gan siapio bywydau a darparu dysgu ysbrydoledig.

Mae'n hanfodol ein bod yn meithrin, yn cydnabod ac yn dathlu sgiliau dysgu gydol oes er mwyn sicrhau gweithluoedd a chymunedau gwybodus, hyblyg, deallus ac iach.

Cefnoga Dysgu Oedolion yn y Gymuned ystod eang o ddarpariaeth dysgu ffurfiol, dysgu heb fod yn ffurfiol a dysgu anffurfiol sy'n hanfodol i bawb - yn enwedig y rhai sydd fwyaf anodd eu cyrraedd ac sydd bellaf i ffwrdd oddi wrth addysg a chyflogaeth. Mae ein gwaith ynghyd a sut mae gwella sgiliau yn gwneud gwahaniaeth gwirioneddol i fywydau pobl.

Efallai bod dysgu yn fwy na mater o feithrin sgiliau a gwybodaeth o amgylch proffesiwn; mae'n gynyddol

As a long-standing supporter of Adult Learners' Week and the Inspire! Awards, we are delighted to once again celebrate the achievements of nominees and winners.

Adult Learning Wales has a proud history of helping people from all walks of life, in communities across Wales - shaping lives and providing inspirational learning.

It is crucial that we nurture, recognise and celebrate the skill of learning over a lifetime to secure informed, flexible, intelligent and healthy workforces and communities.

Adult Community Learning (ACL) supports a wide range of formal, non-formal and informal learning provision and is essential for all - particularly those who are hardest to reach and furthest away from education and employment. Our work and other research shows the value of accessible education and how enhancing skills makes a real difference to people's lives.

Learning is perhaps more than a matter of building skills and knowledge around a profession; it is increasingly important to be well-rounded, to have a

bwysig i fod yn berson sydd wedi datblygu'n llawn ym mhob agwedd, i gael synnwyr o bersbectif a gallu trosglwyddo profiadau dysgu i greu syniadau a ffyrdd newydd o wneud pethau.

Mae cyfoeth o dystiolaeth wyddonol ac anecdotaid yn dweud bod dysgu o fudd i'r cof, i ddeall iaith, i ddatrys problemau a medru gwneud penderfyniadau. Mae dysgu yn helpu i gadw ein hymennydd i weithio'n dda, ac wrth i ni barhau i fyw'n hirach, ceir mwy o ymwybyddiaeth o'r buddion hyn. Nid yw dysgu yn dod i ben wrth gât yr ysgol. Yn wir, i lawer, dim ond pan fydd y gatiau wedi cau tu ôl iddynt bydd dysgu'n dechrau o ddfri, a bod hyn o fudd i'r gymdeithas ehangach.

Llongyfarchiadau i bawb o enwebeion ac enillwyr gwobrau Ysbrydoli! – mwynhewch eich llwyddiant a'r cyfnod yma yn eich taith barhaus – wrth i ni gymeradwyo eich cyflawniadau, ynghyd a dathlu'r tapestri cyfoethog ac amrywiol ym maes addysg oedolion.

Kathryn Robson
Prif Weithredwr, Addysg Oedolion Cymru |
Adult Learning Wales

sense of perspective and to be able to transfer learning experiences into generating new ideas and ways of doing things.

There is a wealth of scientific and anecdotal evidence that learning benefits memory, understanding language, solving problems, and making decisions. Learning helps to keep our brains working well, and as we continue to live longer and longer, we become increasingly more aware of this benefit. Learning doesn't stop at the school gate. In fact, for many, learning only starts once those gates are far behind them and society is all the better for it.

Huge congratulations to all Inspire! award winners and nominees – enjoy your success and enjoy this point in your continued journey - as we applaud your achievements and celebrate the rich tapestry of adult learning and all its rich variety.

Kathryn Robson
Chief Executive, Addysg Oedolion Cymru |
Adult Learning Wales



Mae Cymwysterau Cymru yn credu fod ymrwymiad i ddysgu gydol oes yn floc adeiladu hanfodol wrth gyflawni deilliannau cadarnhaol a thwf personol. Fel y rheoleiddiwr cymwysterau yng Nghymru, rydym yn llawn werthfawrogi'r ymrwymiad sydd ei angen ac yn dathlu llwyddiannau oedolion sy'n ddysgwyr. Dyna pam ein bod yn hynod falch i fod yn rhan o Wobrâu Ysbrydoli 2023. Fel sefydliad mae Cymwysterau Cymru yn cefnogi'r system cymwysterau yng Nghymru i ddatblygu cymwysterau hygrych a pherthnasol ar gyfer pob dysgwr ac yn anelu i lunio dyfodol cymwysterau gyda dysgwyr wrth galon popeth a wnawn. Rydym yn falch i fod yn rhan o'r system addysg yng Nghymru lle mae cyfle i bawb yn ymrwymiad ar draws sefydliadau a darparwyr dysgu. Mae cydnabod a gwobrwy o ymroddiad a phenderfyniad dysgwyr i gyflawni yn ysbrydoli unigolion a hefyd yn annog y rhai o'u cwmpas

ac nid o safbwyt unigol yn unig. Mae addysg oedolion yn arwain at hunan-wella, yn galluogi twf personol ac yn cefnogi iechyd a llesiant. Mae buddion hefyd yn cyrraedd datblygiad y teulu a'r gymuned yn ehangach a all yn ei dro feithrin twf ariannol a chefnogi'r economi lleol. Mae'n neilltuol o bwysig ein bod yn rhoi amser i ddathlu ein dysgwyr a chydnabod eu bod wedi dyfalbarhau a goresgyn rhwystrau i gyflawni eu nodau drwy'r amgylchiadau mwyaf anodd a heriol. Mae adnabod a chydnabod llwyddiant mor bwysig a hoffem fanteisio ar y cyfle hwn i longyfarch yr holl ddysgwyr ac yn neilltuol, i ddathlu gyda'r rhai sydd wedi ennill gwobr. Dymunwn bob lwc i chi ar gyfer y dyfodol.

Ashok Ahir

Cyfarwyddwr Cyfathrebu ac Ymgysylltu,
Cymwysterau Cymru

At Qualifications Wales we believe that a commitment to lifelong learning is a fundamental building block in achieving positive outcomes and personal growth. As the qualification regulator in Wales, we fully appreciate the commitment required and celebrate in the achievements of adult learners. Which is why we are delighted to be a part of the 2023 Inspire Awards. As an organisation Qualifications Wales supports the qualification system in Wales to develop accessible and relevant qualifications for all learners and aims to shape the future of qualifications with learners at the heart of all we do. We are proud to be part of the education system in Wales where opportunity for all is a commitment across organisations and learning providers. Recognising and awarding the dedication and determination of adult learners to achieve is not only inspiring for individuals but encourages those around them and not only from an individual perspective. Adult

learning leads to self-improvement, enables personal growth and supports health and wellbeing. Benefits also reach the family and wider community development which can in turn foster financial growth and support the local economy. It is important that we take the time to celebrate our adult learners and recognise that through the most difficult and challenging circumstances they have persevered and overcome adversity to achieve their goals. The recognition and acknowledgement of achievements is so important, and we would like to take this opportunity to congratulate all adult learners and in particular, to celebrate those who have won an award. We wish you the very best of luck for the future.

Ashok Ahir

Director of Communications and Engagement,
Qualifications Wales



Hoffem ni yng Ngrŵp Cymwysterau ac Asesu AIM ymestyn ein llongyfarchiadau i'r unigolion eithriadol sy'n derbyn gwobrâu am eu llwyddiannau gwych. Mae'r sawl a enwebwyd ar gyfer Gwobrâu Ysbrydoli! Addysg Oedolion yn wirioneddol arddangos grym ymroddiad a dyfalbarhad wrth sicrhau gwybodaeth a chynnydd.

Mae dysgu yn daith, taith sydd angen dewrder i groesawu heriau newydd a'r penderfyniad i oresgyn rhwystrau. Mae pob un o'r enillwyr wedi dangos y nodweddion hyn yn helaeth. Maent wedi dechrau ar lwybr twf a hunan-wella, ac mae'r gwobrâu hyn yn cydnabod ac yn cymeradwyo eu llwyddiannau hynod.

Mae stori o benderfyniad tu ôl i bob gwobr. Yr oriau rif y gwylt a dreuliwyd yn edrych ar lyfrau, y nosweithiau hwyr, y dyfalbarhad yn wyneb anawsterau. Ynghyd ag enillwyr ein gwobrâu rydym hefyd yn cydnabod mentoriaid, athrawon, perthnasau a chyfeillion sydd wedi cynnig cefnogaeth, anogaeth ac arweiniad ar hyd y daith. Ni ellir gorbwysleisio eu rôl wrth lunio'r dysgwyr hyn ac maent hwythau hefyd yn haeddu ein diolch calonnog.

We at AIM Qualifications and Assessment Group would like to extend our congratulations to the exceptional individuals who are receiving awards for their outstanding achievements. The Inspire! Adult Learners Awards' nominees truly demonstrate the power of dedication and perseverance in the pursuit of knowledge and advancement.

Learning is a journey, a journey that requires courage to embrace new challenges and the determination to overcome obstacles. Each of the winners has demonstrated these qualities in abundance. They have embarked on a path of growth and self-improvement, and these awards recognise and applaud their remarkable accomplishments.

Behind every award there lies a story of determination. The countless hours spent poring over books, the late nights, the persistence in the face of setbacks. We also recognise alongside our award winners stand mentors, teachers, family members, and friends who have offered support, encouragement, and guidance throughout this journey. Their role in shaping these learners cannot be underestimated, and they too deserve our heartfelt gratitude.

Mae'r gwobrâu hyn yn dyst o rym trawsnewidiol gwybodaeth a sgiliau newydd. Mae dysgu yn cynyddu ein huchelgais, yn ehangu safbwytiau ac yn ein trwytho gyda chymhelliant ac ysbrydoliaeth dyddiol.

Ar gyfer y rhai ohonom yng Ngrŵp Cymwysterau ac Asesu AIM, mae eich straeon yn hanfodol wrth ein hatgoffa am arwyddocâd dysgu. Bydd eich straeon yn ysbrydoli eraill. Maent yn ein hatgoffa, beth bynnag yw hunaniaeth, cefndir neu amgylchiadau person, fod dysgu yn braenaru'r ffordd i ddyfodol agored.

Mae'n anrhydedd i ni yng Ngrŵp Cymwysterau ac Asesu AIM fod yn rhan fach o Wobrâu Ysbrydoli! Addysg Oedolion eleni, llongyfarchiadau i'r holl ddysgwyr am eich llwyddiannau hynod.

Kevern Kerswell

Prif Swyddog Gweithredol y Ngrŵp, Ngrŵp Cymwysterau ac Asesu AIM

These awards serve as a testament to the transformative power of newfound knowledge and skills. Learning elevates our ambitions, broadens perspectives, and infuses us with daily motivation and inspiration.

For those of us at AIM Qualifications and Assessment Group, your stories serve as a vital reminder of the significance of learning. Your stories will inspire others. They remind us that, regardless of identity, background, or circumstances, learning paves the way to an open future.

We, at AIM Qualifications and Assessment Group, are honoured to be a small part of the Inspire! Adult Learning Awards this year, congratulations to all learners in your remarkable achievements.

Kevern Kerswell

Group CEO, AIM Qualifications and Assessment Group

Unwaith eto eleni, mae'r Brifysgol Agored yng Nghymru yn falch iawn i fod yn brif noddwr Gwobrau Addysg Oedolion Ysbrydoli!

Mae'r gwobrau hyn yn dyst i rym dysgu gydol oes, ac eleni fel pob blwyddyn, rydym wedi ein syfrdanu gan ymrwymiad a phenderfyniad dysgwyr a thiwtoriaid ymhob cwr o Gymru.

Hoffai pob un ohom yn y Brifysgol Agored yng Nghymru ddweud llonygarchiadau mawr i bawb a gafodd eu henwebu, eu cynnwys ar y rhestr fer ac a enillodd yn y gwobrau eleni.

Mae pob un ohonoch yn gwylod eisoes sut y gall dysgu newid bywydau. Ond yr hyn na fydd rhai yn ei sylweddoli efallai yw sut mae'r dysgu hwnnw o fudd i bawb.

Pan fod hyn yn oed un person yn dysgu, mae effaith y dysgu hwnnw yn cael ei theimlo yn eang. Mae teuluoedd yn cael cyfle i ddod at ei gilydd; mae cymunedau'n dod yn fwya cydlynol; ac mae'r economi'n tyfu'n gryfach.

A thu hwnt i hynny, mae eich profiadau chi yn ysbrydoli pob un ohom sy'n gweithio ym maes addysg i oedolion. Rydych yn ein hatgoffa ni pam fod yr hyn rydym yn ei wneud yn anghenraig, a rydych yn rhoi pwrras a phenderfyniad inni wrth ein gwaith.

Dylech fod yn aruthrol o falch o'r hyn yr ydych wedi'i gyflawni, eich cyfraniadau i'ch cymunedau a'r genedl, a'ch dysgu.

Rydym ni yn y Brifysgol Agored yn noddwyr balch o'r Gwobrau Addysg Oedolion Ysbrydoli! yn union am fod y math o ddysgu rydych chi wedi bod wrthi'n ei wneud wrth galon ein cenhadaeth ni.

Dylai fod yn dysgu yn rhywbeth sydd ar gyfer pawb. Dylai fod yn agored ac yn hyblyg. Ni ddylai unrhyw un deimlo eu bod yn cael eu dal yn ôl oherwydd pwy ydyn nhw, o ble maen nhw'n dod, neu'r hyn yw eu bywyd nhw.

Dyna yw, a dyna ddylai parhau i fod, ein cenhadaeth genedlaethol: Cymru ble nid yw hi yw byth yn rhy hwyr i ddysgu, a ble does ond un cyfle i ni ddysgu, ond dau, tri, pedwar, a mwy o gyfleoedd gydol bywyd.

Rydych chi yn dystiolaeth i unrhyw un sydd arno ei hangen nad oes terfyn ar yr hyn gellir ei gyflawni pan fyddwch yn agor drws, pan fyddwch yn dodi'r gefnogaeth gwyr yn ei lle, a phan fyddwch yn rhoi'r cyfleoedd cywir i bobl.

Efallai nad ydych chi wedi sylweddoli, ond rydych chi nawr yn llysgenhadon dros ddysgu – ymmsg eich teulu a'ch ffrindiau, yn eich gweithleoedd, ac yn eich cymunedau. Da chi, rhannwch eich straeon yn eang a helpwch i ysbrydoli eraill i fanteisio ar y cyfle i ddysgu.

Diolch am ein galluogi ni i fod yn rhan o'ch taith, a llonygarchiadau unwaith eto ar eich llwyddiannau arbennig.

David Price
Cyfarwyddwr, Y Brifysgol Agored yng Nghymru



Once again this year, The Open University in Wales is proud to be the principal sponsor of the Inspire! Adult Learning Awards.

These awards are testament to the power of lifelong learning, and this year, like every year, we are blown away by the commitment and determination of adult learners and tutors right across Wales.

All of us at the OU in Wales would like to say a huge congratulations to everyone who was nominated, shortlisted, and who won at this year's awards.

All of you know how learning can change a person's life. But what some people might not realise is how that learning benefits all of us.

When even one person learns, the impact of that learning is felt much more widely. Families are given opportunities to bond; communities are made more cohesive; and our economy grows stronger.

And beyond that, your experiences inspire all of us who work in adult education: you remind why what we do is necessary and give us a sense of purpose and determination in our work.

You should be immensely proud of your achievements, of your contributions to your communities and the nation, and of your learning.

We at the OU are proud sponsors of the Inspire! Adult Learning Awards precisely because the kind of learning you've been doing is at the heart of our mission.

Learning should be for everyone. It should be open and flexible. No one should feel held back because of who they are, where they come from, or what their life looks like.

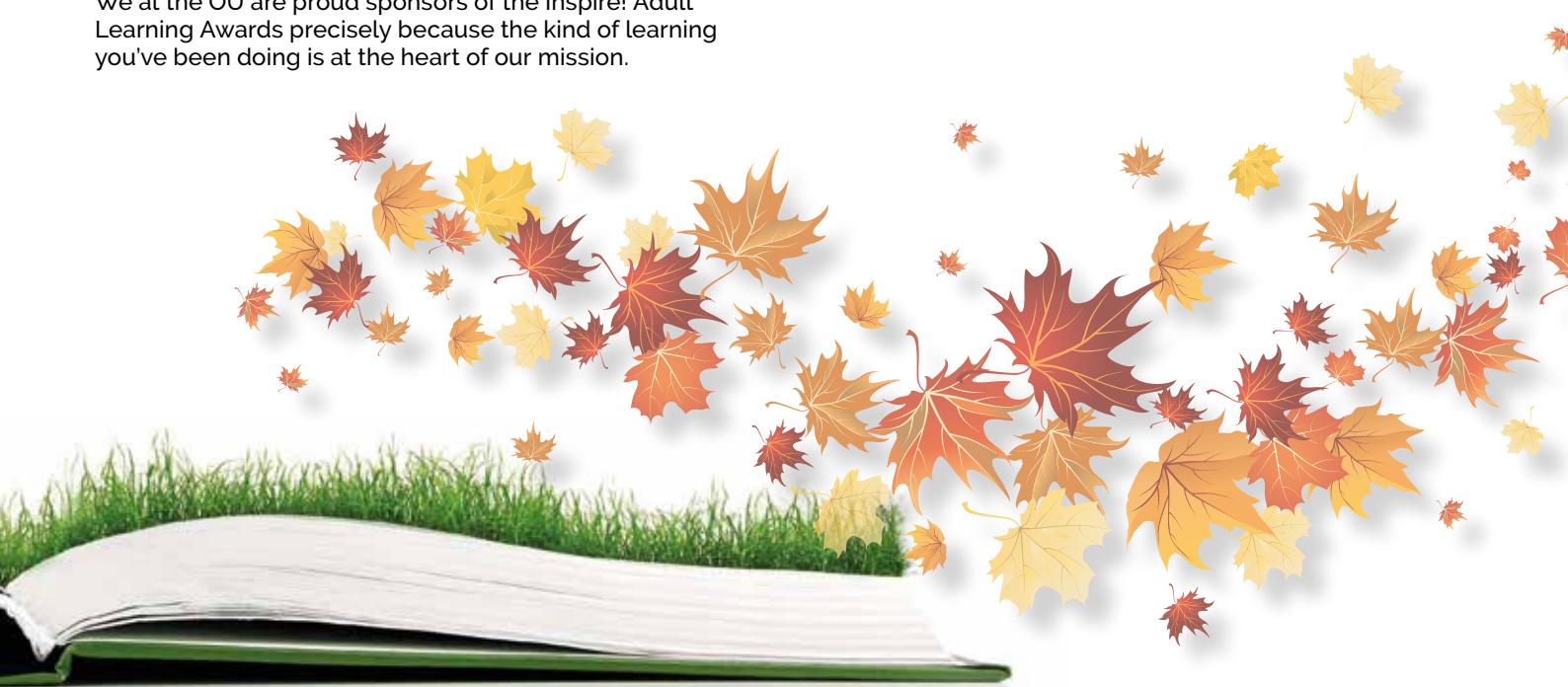
That is, and should continue be, our national mission: a Wales where it is never too late to learn, and where not one of us gets just one chance at learning, but two, three, four, and more chances throughout life.

You are proof to anyone who needs it that when you open the door, when you put the right support in place, when you give people the right opportunities, the sky is the limit.

You might not have realised it, but you are now ambassadors for learning – among your family and friends, in your workplaces, and in your communities. Please share your stories widely and help inspire others to seize the opportunity to learn.

Thank you for allowing us to be part of your journey, and congratulations once again on your amazing achievements.

David Price
Director, The Open University in Wales





Mae'r Ganolfan Dysgu Cymraeg Genedlaethol yn hynod falch o gefnogi'r Gwobrau Addysg Oedolion Ysbrydoli!

Mae'n wych clywed am y gwaith anhygoel sy'n cael ei wneud yn y maes addysg oedolion. Mae'r newid y gall sgil newydd ei wneud i fywyd oedolyn yn wefreiddiol a 'dyn ni'n sicr yn gweld hynny yn y sector Dysgu Cymraeg.

Mae ein dysgwyr yn dweud eu bod yn teimlo bod drws i fyd newydd wedi ei agor ar ôl dysgu Cymraeg – drws i ddiwylliant unigryw sydd ond yn bodoli yma yng Nghymru. O gerddoriaeth boblogaidd, i'r cyfryngau; digwyddiadau cenedlaethol i grwpiau cymdeithasol lleol, 'dyn ni'n clywed yn gyson pa mor falch yw'n dysgwyr o groesi'r bont i fod yn siaradwyr Cymraeg.

Ac mae gennym fwy o gyfleoedd nag erioed i ddysgu a mwynhau'r Gymraeg. 'Dyn ni'n sylweddoli pwysigrwydd cynnig gwersi mewn amrywiaeth o ffyrdd, gan gynnwys dosbarthiadau wyneb-yn-wyneb, rhai rhithiol a chyrsiau hunan-astudio ar-lein.

The National Centre for Learning Welsh is proud to support the Inspire! Adult Learning Awards.

It's fantastic to hear about the amazing work being done within adult education. The change a new skill can make to an adult's life is thrilling and we certainly see that within the Learn Welsh sector.

We often hear about people who feel that a door to a new world has been opened after learning Welsh - a door to a unique culture that exists only here in Wales. From popular music, to the media; national events to local community groups, we love to hear how proud our learners are to use and enjoy the Welsh language.

And there are more opportunities than ever to learn Welsh. We offer lessons in a variety of ways, including face-to-face settings, virtual classes and online self-study courses.

'Dyn ni'n denu cynulleidfaeodd newydd at yr iaith trwy ein cynlluniau yn y gwaith, gyda theuluoedd, ffoaduriaid a cheiswyr lloches, y gweithlu addysg a phobl ifanc. Mae miloedd yn dysgu gyda ni bob blwyddyn – tua 15,000 yn 2021-2022 – ac mae dros 600 o diwtoriaid a staff cefnogi yn gweithio yn y maes.

'Dyn ni'n falch o gynnig 'siop-un-stop' ar gyfer dysgu'r iaith – dysgucymraeg.cymru - sy'n cynnwys platform addysgu, chwiliwrw cyrsiau, system archebu a gwybodaeth gyffredinol amdanom ni yn y Ganolfan.

Os hoffech wybod mwy neu os dych chi eisiau dysgu Cymraeg, ewch i dysgucymraeg.cymu.

Llongyfarchiadau mawr i chi gyd a daliwch ati i ddysgu!

Dona Lewis

Prif Weithredwr, Y Ganolfan Dysgu Cymraeg
Genedlaethol

We attract new audiences to the language through our tailor-made programmes in the workplace, with families, refugees and asylum seekers, the education workforce and with young people. Thousands learn with us each year – over 15,000 in 2021-2022 – with around 600 tutors and support staff working in the sector.

We're pleased to provide a 'one-stop-shop' website for learning Welsh – learnwelsh.cymru - which includes a learning platform, course search engine, booking system and general information about us at the National Centre.

If you'd like to know more, or if you want to learn Welsh, then please visit learnwelsh.cymru

Llongyfarchiadau - huge congratulations to all the winners and nominees and keep on learning!

Dona Lewis

Chief Executive, National Centre for Learning Welsh

Wythnos Addysg Oedolion

Adult Learners' Week

Gwobrau Addyssg
Oedolion 2023

Ysbrydoli!™ Inspire!™

Adult Learning
Awards 2023

Caiff Gwobrau Ysbrydoli! eu dathlu fel rhan o'r Wythnos Addysg Oedolion, hyrwyddiad cenedlaethol o ddysgu gydol oes, a gaiff ei gydlynu gan y Sefydliad Dysgu a Gwaith mewn partneriaeth gyda darparwyr dysgu ledled Cymru.

Mae'r Wythnos Addysg Oedolion yn gynllun unigryw ar y cyd i hyrwyddo dysgu gydol oes gyda chyfuniad o gyrsiau, sesiynau blasur a chyngor ac arweiniad ar gael ar-lein ac wyneb yn wyneb. Rydym yn ddiolchgar i'r llu o bartneriaid a gyfrannodd gannoedd o gyrsiau newydd i llwyfan. www.adultlearnersweek.wales/?lang=cy

Mae'r llwyfan hwn yn cynnwys casgliad unigryw o adnoddau o ddysgu cymunedol, addysg bellach ac

The Inspire! Awards are celebrated as part of Adult Learners' Week, a nationwide promotion of lifelong learning, coordinated by Learning and Work Institute in partnership with the Welsh Government and learning providers across Wales.

Adult Learners' Week is a unique collaboration to promote lifelong learning with a combination of online and in person courses, tasters and advice and guidance. We are grateful to the many partners who contributed hundreds of free courses to the Adult Learners' Week platform. www.adultlearnersweek.wales

addysg uwch, darparwyr hyfforddiant, sefydliadau celfyddydol a gwirfoddol, TUC Cymru, undebau llafur a busnes.

Noddyd Gwobrau Ysbrydoli! Addysg Oedolion gan y Brifysgol Agored yng Nghymru, Addysg Oedolion Cymru, Agored Cymru, Grŵp Cymwysterau ac Asesu AIM, y Ganolfan Dysgu Cymraeg Genedlaethol, Cymwysterau Cymru a Llywodraeth Cymru

Llawer o ddiolch i'r holl enillwyr gwobrau am rannu eu straeon ac i bawb a gyflwynodd enwebiadau.

This platform contains a collection of resources from community learning, further and higher education, training providers, arts and voluntary organisations, trade unions and business.

The Inspire! Awards have been supported by The Open University in Wales, Addysg Oedolion Cymru | Adult Learning Wales, Agored Cymru, AIM Qualifications and Assessment Group, Qualifications Wales, the National Centre for Learning Welsh and Welsh Government.

Many thanks to all award winners for sharing their stories and to all those who made nominations.

**Wythnos
Addysg Oedolion**

**Adult Learners'
Week**

Gwobrau Addysg
Oedolion 2023

**Ysbrydoli!TM
Inspire!TM**

Adult Learning
Awards 2023

#paidstopiodysgu
#neverstoplearning

-  @LearnWorkCymru
-  @learningandworkinstitute
-  @learnworkcymru

**L&W SEFYDLIAD DYSGU A GWAITH
LEARNING AND WORK INSTITUTE**

7 Coopers Yard
Cardiff
CF10 5NB
+44(0)29 2037 0900
enquiries@learningandwork.org.uk
www.sefydliaddysguagwaith.cymru / www.learningandwork.wales



Llywodraeth Cymru
Welsh Government