Issue 4
Spring 2024

Cyfle Cymru

Healthy WORKING Wales

Newsletter

66,000 hours committed by Cyfle Cymru mentors

CYFLE CYMRU has provided invaluable support to more than 4,200 people with experience of substance misuse and mental health issues throughout Wales since being established 18 months ago.

The Welsh Government funded project has also delivered more than 66,000 hours of effective one-on-one peer mentoring, with in excess of 3,900 participants achieving at least one positive outcome during the first eighteen months.

Many hundreds have already achieved formal qualifications – and more than two hundred participants are now actively seeking work with the help of our dedicated employment advisors.

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66,000 hours committed by Cyfle Cymru mentors

Out of Work Service

The programme – which helps participants develop confidence and access training, qualifications and work experience – is part of the Welsh Government's Out of Work Service and is delivered in the North Wales, Dyfed, Swansea Bay, Powys and Cardiff & Vale of Glamorgan areas.

Associate Director for Employment & Mentoring Marian Williams said the milestone statistics proved Cyfle Cymru offered much-needed support to those in need.

"Cyfle Cymru is already changing lives for people with experience of substance misuse and mental health problems in Wales," she said.

"Our teams across Wales have registered thousands of participants, and helped our participants gain in excess of 800 qualifications and complete more than 3,700 non-accredited courses.

"We've also been visible in our communities – making a contribution to the areas in which we live and work while developing brand new skills. More than 700 of our participants have completed volunteering and more than 200 are now actively looking for work with our support.

Life-changing

"These are wonderful achievements – and we look forward to helping even more people to make potentially lifechanging choices as they progress their journeys to recovery over the coming months and years.

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Peer Mentor Story

My name is Clara Meaden, I started working as peer mentor for Adferiad Recovery on the Cyfle Cymru project in October 2023.

Previously I worked for 12 years for a local newspaper/media group, in Digital Advertising.

I am also a wife and mother to my two daughters and have a pet dog.

Around 2020 I became unwell with my mental health and used drinking alcohol as a way of trying to self medicate/mask this. Unfortunately, the drinking made my mental health deteriorate, which resulted in me drinking more; it just become a vicious circle.

In 2021 I made the decision that I did really want to stop drinking. I did this with the support of substance use services. After a couple of failed attempts, I managed to stop drinking and have stayed sober since. Not drinking had a positive effect on my mental health.

In around 2022 I decided I wanted to do something for myself again, besides being a wife and a mother, but I didn't know what that was, or what it would look like, that's when I came across Cyfle.

I first started coming along to the drop-in sessions in Rhyl, it felt great not being judged. I then signed up as a volunteer, shortly after this a position became available as a Peer Mentor for Conwy. After some encouragement from my Keyworker at the time, I applied for the position, and luckily got the job!

I really enjoy the job, as it gives me a chance to give something back, and help other people, who are where I was to move forward. Everyone's recovery from poor mental health and addiction is different, but it's about being there for people, showing them what support is available and letting them make informed choices about their recovery and future. It's a privilege to be part of this.

Client Story

In the early months of 2023, she took a significant step forward in her journey toward personal growth and wellbeing by signing up for Cyfle Cymru. Struggling with her mental health, she was determined to break free from its grasp by embracing a more active and engaging lifestyle.

Eager to connect with others, she joined a local women's group, gradually emerging from her shell as she found friends and support within the community.

During this transformative period, she not only made strides in her social life but also demonstrated a commitment to self-improvement. Her efforts resulted in the completion of IHASCO certificates, showcasing her dedication to acquiring new skills and knowledge. Additionally, she embarked on a part-time college journey, pursuing a subject she is passionate about. The decision to further her education not only opened doors to personal fulfilment but also marked a significant achievement on her path to recovery.

The peak of her accomplishments occurred in September when she triumphantly completed a 10k run. This achievement, once unimaginable to her just a year prior, symbolizes the tremendous progress she has made in overcoming obstacles and pushing her boundaries. Her journey exemplifies resilience, determination, and the transformative power of taking proactive steps toward personal wellbeing and fulfilments.

Lot 1 - North Wales

Our team in North Wales have been offering weekly drop-in sessions across the six counties and lots of volunteering opportunities at venues such as: Gwrych Castle, Welsh Mountain Zoo, National Trust-managed Erddig / Felin Puleston near Wrexham, Bodnant Gardens and Wepre Park in Flintshire! We also maintain allotments in both Colwyn Bay and St Asaph. We have also been running music and football session across the six counties.

Our trainers have been busy delivering sessions which include stepping towards employment, CV and cover letter writing, Interview skills, job searching, Self-Worth and Wellbeing, Sleep Better, and substance misuse awareness training.

Lot 3 - Dyfed

On the 5th of September Peer Mentor Leanne, attended a gaming event with a young service user in our Llanelli office. The service user had previously been quite difficult to engage with as she feels very isolated and spends her days online gaming. She has always thought that she would never be able to gain employment in the gaming industry due to not having any GCSE's. However, after speaking to the facilitator (who led the gaming event) and learning that he did not have any GCSE's either but has still managed to gain other qualifications and now creates VR games/videos for some famous brands and companies – she came away feeling very inspired and confident in her skills. She has now started looking into work in this area being supported by her peer mentor and is slowly building a profile to show prospective employers.

"I also had my first chance to experience VR headset games and was amazed at how realistic it is…. I have now purchased one…for the children of course." Leanne

Lot 4 - Swansea Bay

In Spring 2024, Cyfle Cymru hosted various events, including Easter cookery classes and the Street Football Wales Tournament, showcasing community support. We celebrated International Women's Day and St. David's Day, honouring women's contributions and Welsh heritage. Additionally, our Neath charity shop, The Gathering Place, offers volunteering opportunities for clients to build confidence while giving back, allowing them to take home 5 clothing items as a gesture of appreciation.

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Lot 6 - Powys

The Powys team have been doing some amazing volunteering activities such as Princess Leisure Park, litter pick at the Llandrindod Wells Lake, Poppy Appeal, Incredible Edible Gardening (Community Garden) and also Gift boxes for Woman's Shelter. We delivered refuge presents, wrapped, and donated by friends of Cyfle and Kaleidoscope and business around Newtown and Welshpool. We managed to get donations and fill over 100 shoe boxes of presents for women and children and hand delivered to the Brecon headquarters.

We have also had Cyfle Volunteer and service users joining CEO Martin and Kaleidoscope team lead Emily Reeves at the Welshpool 10K. We have also delivered first aid training done by one of our own team members in Powys.

Lot 7 – Cardiff & Vale of Glamorgan

Lot 7 has already had an exciting start to 2024! The team onboarded our new Activities and Events Coordinator, Aron Cowdy, who has hit the ground running, bringing back daily well-being and volunteering opportunities such as dog walking and 'cooking on a budget' classes.

As the Lot 7 team looks toward the new financial year, we hope Cyfle Cymru's impact will continue to grow in Cardiff and the Vale, being recognized as a safe, empathic space, that offers a wrap-around approach to peer mentorship.

Volunteering with Cyfle Cymru

Cyfle Cymru provides clients across Wales with various opportunities to take part in volunteering activities. Some of the volunteering opportunities that clients have had the opportunity to take part in since October 2022 have included:

- *Gardening/Grounds maintenance at a residential recovery unit.*
- *Various Christmas craft sessions with the finished creations being donated to various charitable causes.*
- *Crafting and installing bird and bat boxes with local Wildlife Trusts to help the support local wildlife.*

Volunteering provides our clients with many benefits, including:

- ***Building*** confidence.
- ***Developing*** skills.
- Meeting new people and ***forming*** new friendships.
- ***Giving*** back to the community.
- ***Providing*** structure and routine.

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Cyfle Cymru in Numbers!

We have had great success since the new Cyfle Cymru project started in October 2022! Here we present some of our registration and outcome data from our first 9 months:

Between Jan 2024 - March 2024, we received:

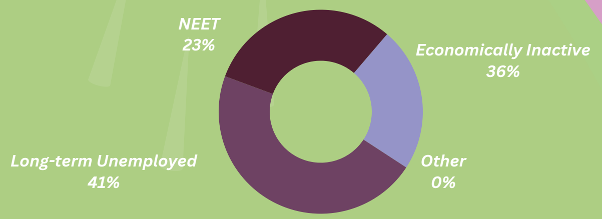
1046 referrals resulting in **840** registrations...

Giving us an impressive conversion rate of...

80%

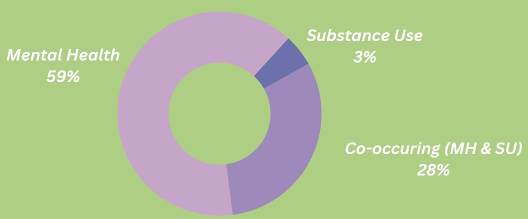
Employment Status

Out of all registrations to date, most participants are long-term unemployed.



Lead Need

Out of all registrations to date, the most common lead need is mental health



Welsh Language

355 registered participants are fluent Welsh speakers.

Between Oct 2022 - June 2023, our Peer Mentors supported...

198 clients to complete job searches.

3 client to enter full-time education or training.

157 clients to gain a work-relevant certification.

37 clients to enter employment.

132 clients to complete volunteering.

680 clients to gain a non-accredited certification.

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About Cyfle Cymru

Unlocking potential	Opening doors	Creating opportunities

Cyfle Cymru is a service which helps people with substance misuse issues and/or mental health conditions into work, education or training.

How can we help?

Cyfle Cymru provides the support you need to find the right job, training opportunity or qualifications.

- ***one-to-one guidance from a peer mentor*** who can draw on their own experience of substance misuse, recovery and/or mental health conditions.
- ***specialist employment support***, including training courses, volunteering opportunities and help and advice on how to search and apply for jobs.

Who is eligible?

We can support you towards and into work if:

- you are aged ***16 to 24*** and not in employment, education or training.
- you are aged ***25 or over*** and long term unemployed or economically inactive.
- you live in ***Cardiff & Vale of Glamorgan***, ***Dyfed***, ***North Wales***, ***Powys*** or ***Swansea Bay***.
- you are in ***recovery*** from substance misuse and/or mental health issues.

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Rhifyn 4
Gwanwyn 2024

Cyfle Cymru
Cymru iach ar WAITH

Cylchlythyr

66,000 o oriau wedi'u hymrwymo gan fentoriaid Cyfle Cymru

Bu i CYFLE CYMRU gynnig cefnogaeth amhrisiadwy i dros 4,200 o bobl sydd wedi dioddef trafferthion gyda chamddefnyddio sylweddau ac iechyd meddwl ledled Cymru ers sefydlu 18 mis yn ôl.

Bu i'r prosiect, sydd wedi ei ariannu gan Llywodraeth Cymru, gynnig dros 66,000 awr o sesiynau mentora cyfoedion un i un llwyddiannus. At hyn bu i dros 3,900 o bobl oedd yn rhan o'r cynllun elwa o o leiaf un deilliant cadarnhaol yn ystod y deunaw mis cyntaf.

Mae cannoedd eisoes wedi ennill cymwysterau ffurfiol ac erbyn hyn mae dros ddau gant unigolyn yn ceisio dod o hyd i waith gyda help ein cynghorwyr gwaith ymroddgar.

66,000 o oriau wedi'u hymrwymo gan fentoriaid Cyfle Cymru

Gwasanaeth Allan o Waith

Mae'r cynllun, sy'n rhoi hwb i hyder pobl ac yn eu helpu i fanteisio ar hyfforddiant a phrofiad gwaith yn ogystal ag ennill cymwysterau, yn rhan o Wasanaeth Allan o Waith Llywodraeth Cymru. Caiff y cynllun ei gynnig mewn ardaloedd yng Ngogledd Cymru, Dyfed, Bae Abertawe, Powys a Caerdydd a Bro Morgannwg.

Bu i gyfarwyddwr cyswllt ar gyfer cyflogaeth a mentora, Marian Williams, ddweud fod yr ystadegau cerrig milltir yn dystiolaeth fod Cyfle Cymru yn cynnig cefnogaeth sydd wir ei angen i'r bobl mewn angen.

"Mae Cyfle Cymru eisoes yn newid bywydau'r rheiny sydd wedi dioddef trafferthion gyda chamddefnyddio sylweddau ac iechyd meddwl yng Nghymru," dywedodd.

"Aeth ein timau ledled Cymru ati i gofrestru miloedd o bobl a helpu'r rheiny oedd yn rhan o'r cynllun i ennill dros 800 o gymwysterau a chwblhau dros 3,700 o gyrsiau heb eu hachredu.

"Buom hefyd yn gweithio yn ein cymunedau, yn cyfrannu at yr ardaloedd yr ydym yn byw a gweithio ynddyn nhw wrth ddatblygu sgiliau newydd sbon. Bu i dros 700 o'n cleientiaid gwblhau waith gwirfoddol ac mae dros 200 wrthi'n ceisio dod o hyd i waith gyda'n cefnogaeth ni.

Newid byd

"Mae'r rhain yn llwyddiannau arbennig ac rydym yn edrych ymlaen at helpu mwy fyth o bobl i wneud dewisiadau wnaiff newid eu bywydau o bosib wrth iddyn nhw fynd rhagddi i wella yn ystod y misoedd a blynyddoedd nesaf."

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Stori Mentor Cymheiriaid

Fy enw i ydi Clara Meaden, a dechreuais weithio i Adferiad Recovery ar y prosiect Cyfle Cymru ym mis Hydref 2023.

Cyn hynny, roeddwn wedi gweithio am 12 mlynedd mewn Hysbysebu Digidol i grŵp papur newydd / cyfryngau lleol.

Rwyf hefyd yn wraig ac yn fam i ddwy ferch, ac mae gen i gi anwes.

Tua 2020 deuthum yn sâl gyda'n iechyd meddwl, gan ddefnyddio alcohol fel ffurf o hunan-feddyginiaeth ac i guddio hyn. Yn anffodus, fe arweiniodd yr yfed i ddirywiad yn fy iechyd meddwl, a arweiniodd i mi i yfed mwy, a daeth yn gylch dieflig.

Yn 2021, fe wnes i'r penderfyniad fy mod i eisiau rhoi stop ar yr yfed go iawn. Gwnes hyn gyda chefnogaeth y gwasanaethau defnydd sylweddau. Wedi dau gais aflwyddiannus, llwyddais i roi'r gorau i'r yfed, ac rwyf wedi aros yn sobr ers hynny. Cafodd peidio yfed effaith bositif ar fy iechyd meddwl.

Tua 2022, pendefynais fy mod eisiau gwneud rhywbeth i mi fy hun eto, ar wahân i fod yn wraig ac yn fam, ond doeddwn i ddim yn gwybod beth o'n i am ei wneud, neu sut fyddai'n edrych, a dyma pryd ddois i ar draws Cyfle.

Dechreuais ddod draw i'r sesiynau galw i mewn yn Y Rhyl, ac fe deimlai'n wych i beidio cael fy marnu. Ymunais wedyn fel gwirfoddolwr, ac yn fuan wedyn daeth safle ar gael fel Mentor Cymheiriaid yng Nghonwy. Wedi ychydig o anogaeth gan fy ngweithiwr allweddol ar y pryd, ceisiais am y swydd ac roeddwn yn ddigon ffodus i'w chael!

Rwy'n mwynhau'r swydd yn fawr, ac mae'n rhoi'r cyfle i mi i roi rhywbeth yn ôl, ac i helpu pobl eraill sydd yn yr un sefyllfa yr oeddwn i ynddi, i symud ymlaen. Mae adferiad pawb o iechyd meddwl gwael neu gaethiwed yn wahanol, ond mae'n ymwneud â bod yno i bobl, i ddangos iddynt pa gefnogaeth sydd ar gael a gadael iddynt wneud penderfyniadau gwybodus am eu hadferiad a'r dyfodol. Mae'n fraint cael bod yn rhan o hyn.

Stori Cleient

Ym misoedd cynnar 2023, cymerodd gam sylweddol ymlaen yn ei thaith tuag at ei thŵf a'i llesiant personol trwy gofrestru ar gyfer Cyfle Cymru.

Roedd yn cael trafferth gyda'i hiechyd meddwl, ond yn benderfynol ei bod am dorri'n rhydd o'i afael trwy ymafael mewn ffordd o fyw mwy actif ac ymgysylltiol. Yn awyddus i gysylltu gydag eraill, ymunodd â grŵp merched yn lleol, gan ymddangos, yn raddol, o'i chragen wrth iddi ddod o hyd i ffrindiau a chefnogaeth o fewn y gymuned.

Yn ystod y cyfnod trawsnewidiol hwn, gwnaeth nid yn unig gamau yn ei bywyd cymdeithasol ond dangosodd hefyd ei hymrwymiad i wella ei hun. Arweiniodd ei hymdrechion i gwblhau ei thystysgrifau IHASCO, gan ddangos ei hymroddiad i gaffael sgiliau a gwybodaeth newydd.

Cychwynnodd hefyd ar siwrnai rhan-amser yn y coleg, gan astudio pwnc mae hi'n angerddol amdano. Nid yn unig y bu i'r penderfyniad i ehangu ei haddysg agor drysau iddi i gyflawniad personol, ond nododd hefyd gyflawniad arwyddocaol ar ei llwybr i adferiad. Daeth uchafbwynt ei llwyddiannau ym mis Medi pan fu'n llwyddiannus wrth gwblhau ras redeg 10km. Roedd y cyflawniad hwn, oedd yn annychmygadwy iddi flwyddyn ynghynt, yn symbol o'r cynnydd anhygoel roedd hi wedi ei wneud i oresgyn rhwystrau ac i ehangu ei ffiniau. Mae ei siwrnai yn brawf o wytnwch, penderfyniad a phŵer trawsnewidiol cymryd camau gweithredol tuag at lesiant a chyflawniadau personol.

Lot 1 – Gogledd Cymru

Mae ein tîm yn Ngogledd Cymru wedi bod yn cynnig sesiynau galw heibio wythnosol ar draws y chwe sir, a llawer o gyfleoedd gwirfoddoli mewn lleoliadau megis Castell Gwrych, Y Sŵ Fynydd Gymreig; ac Erddig / Felin Puleston ger Wrecsam, Gerddi Bodnant a Pharc Gwepra yn Sir Y Fflint sydd oll o dan ofal Yr Ymddiriedolaeth Genedlaethol. Rydym hefyd yn cynnal rhandiroedd ym Mae Colwyn a Llanelwy.

Buom hefyd yn cynnal sesiynau cerddoriaeth a phêl-droed ar draws y chwe sir. Mae ein hyfforddwyr wedi bod yn brysur yn darparu sesiynau sy'n cynnwys hyfforddiant camu tuag at gyflogaeth, ysgrifennu CV a llythyr eglurhaol, sgiliau cyfweliad, chwilio am waith, hunan-werth a llesiant, cysgu'n well, a hyfforddiant ymwybyddiaeth camddefnydd sylweddau.

Lot 3 - Dyfed

Ar y 5ed o Fedi, mynychodd ein mentor cymheiriaid Leanne ddigwyddiad gemau cyfrifiadur gyda defnyddiwr gwasanaeth ifanc yn ein swyddfa yn Llanelli. Roedd y defnyddiwr gwasanaeth wedi bod yn eithaf anodd i ymgysylltu â hi'n flaenorol gan ei bod yn teimlo'n ynysig iawn ac yn treulio ei dyddiau yn chwarae gemau ar-lein. Roedd hi wastad wedi meddwl na fyddai'n gallu dod o hyd i gyflogaeth yn y diwydiant gemau oherwydd nad oedd ganddi unrhyw TGAU. Ond, yn dilyn sgwrs gyda'r hwylusydd (oedd yn arwain y digwyddiad gemau) a dysgu nad oedd ganddo ef unrhyw TGAU ychwaith ond roedd wedi gallu ennill cymwysterau eraill, ac erbyn hyn yn creu gemau/fideos VR ar gyfer brandiau a chwmnïau enwog – daeth oddi-yno yn teimlo ei bod wedi ei hysbrydoli ac yn hyderus yn ei sgiliau. Mae hi nawr wedi dechrau edrych i mewn i waith yn y maes hwn, yn cael ei chefnogi gan ei mentor cymheiriaid ac wrthi'n adeiladu proffil i'w ddangos i ddarpar gyflogwyr.

"Cefais hefyd fy nghyfle cyntaf i brofi gemau ar offer set pen VR ac wedi fy synnu pa mor realistig ydoedd.... Rwyf wedi prynu un erbyn hyn....ar gyfer y plant wrth gwrs". Leanne

Lot 4 - Bae Abertawe

Yng Ngwanwyn 2024, cynhaliodd Cyfle Cymru amryw o ddigwyddiadau, yn cynnwys dosbarthiadau coginio adeg Y Pasg a Thwrnament Pêl-droed Stryd Cymru, yn dangos y gefnogaeth gymunedol. Buom yn dathlu Diwrnod Rhyngwladol y Merched a Dydd Gŵyl Dewi, gan anrhydeddu cyfraniad merched a threftadaeth Gymreig. Hefyd, mae ein siop elusen yn Nghastell-nedd, The Gathering Place, yn cynnig cyfleoedd gwirfoddoli i gleientiaid i adeiladu eu hyder tra'n rhoi yn ôl, gan roi'r cynnig iddynt i fynd â 5 eitem o ddillad adref gyda hwy fel arwydd o'n diolchgarwch.

Lot 6 – Powys

Mae tîm Powys wedi bod yn cymryd rhan mewn gweithgareddau gwirfoddoli anhygoel megis yn Princess Leisure Park, casglu sbwriel yn Llyn Llandrindod, Apêl y Pabi Coch, garddio Incredible Edible Gardening (Gardd Gymunedol) ac hefyd blychau anrheg ar gyfer lloches merched Woman's Shelter. Dosbarthwyd anrhegion i'r lloches wedi eu lapio ac wedi eu anrhegu gan gyfeillion Cyfle a Kaleidoscope a busnesau o gwmpas Y Drenewydd a'r Trallwng. Cawsom ddigon o gyfraniadau i lenwi dros 100 o focsys esgidiau gydag anrhegion ar gyfer merched a phlant gan eu dosbarthu â llaw i'r pencadlys yn Aberhonddu.

Ymunodd gwirfoddolwyr Cyfle a defnyddwyr gwasanaeth gyda'r prif swyddog gweithredol Martin, a thîm Kaleidoscope o dan arweiniad Emily Reeves, yn y 10K yn Y Trallwng. Rydym hefyd wedi darparu hyfforddiant cymorth cyntaf gan un o aelodau'n tîm ym Mhowys.

Lot 7 – Caerdydd a Bro Morgannwg

Mae Lot 7 wedi cael dechrau cyffrous i 2024 yn barod! Ymunodd ein Cydlynydd Gweithgareddau a Digwyddiadau newydd, Aron Cowdy, gyda'r tîm a bu'n brysur o'r cychwyn un yn dod â chyfleoedd llesiant a gwirfoddoli newydd yn ddyddiol, er engrhaifft cerdded cŵn a dosbarthiadau 'coginio ar gyllideb.'

Wrth i dîm Lot 7 edrych tuag at y flwyddyn ariannol newydd, gobeithiwn y bydd effaith Cyfle Cymru yn parhau i dyfu yng Nghaerdydd a Bro Morgannwg, ac y bydd yn cael ei adnabod fel gofod diogel empathig, sy'n cynnig ymagwedd gofleidiol i fentora cymheiriaid.

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Gwirfoddoli hefo Cyfle Cymru

Mae Cyfle Cymru yn rhoi cyfleoedd amrywiol i gleientiaid ledled Cymru i gymryd rhan mewn gweithgareddau gwirfoddoli. Mae rhai o'r cyfleoedd gwirfoddoli y mae cleientiaid wedi cael y cyfle i gymryd rhan ynddynt ers mis Hydref 2022 wedi cynnwys:

- *Garddio/cynnal a chadw tir mewn uned adferiad preswyl.*
- *Sesiynau crefft Nadolig gyda'r creadigaethau gorffenedig yn cael ei roi i achosion elusennol amrywiol.*
- *Crefftio a gosod bocsys adar ac ystlumod gydag Ymddiriedolaethau Byd Natur leol i helpu cefnogi byd natur leol.*

Mae gwirfoddoli yn darparu ein cleientiaid gyda nifer o fuddiannau, gan gynnwys:

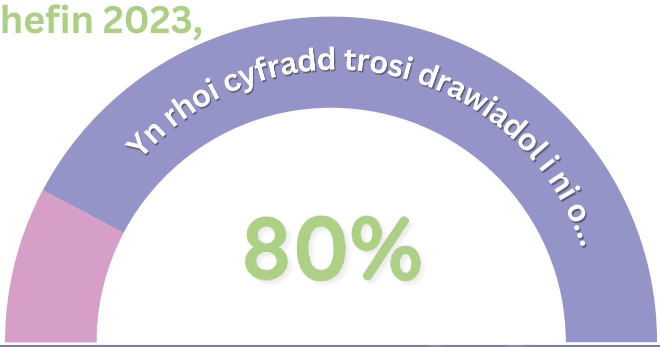
- ***Adeiladu*** hyder.
- ***Datblygu*** sgiliau.
- Cwrdd â phobl newydd a ***ffurfio*** cyfeillgarwch newydd.
- ***Rhoi*** yn ôl i'r cymuned.
- ***Darparu*** strwythur a threfn.

Cyfle Cymru mewn Niferoedd!

Rydym wedi gael llwyddiant mawr ers i'r prosiect Cyfle Cyfartal newydd ddechrau ym mis Hydref 2022! Dyma rai o'n data cofrestru a deilliannau o'n 9 mis cyntaf:

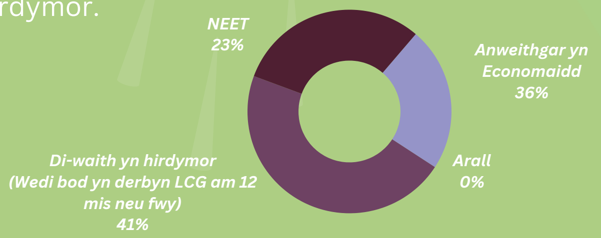
Rhwng Hydref 2022 – Fehefin 2023, derbyniasom:

1046 atgyfeiriad
yn arwain at
840 cofrestriadau...



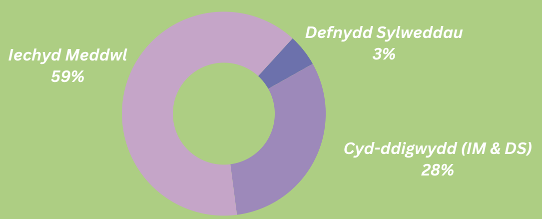
Statws Cyflogaeth

O'r holl gofrestriadau hyd yma, mae'r rhan fwyaf o gyfranogwyr yn ddi-waith yn yr hirdymor.



Prif Angen

O'r holl gofrestriadau hyd yma, yr angen arweiniol mwyaf cyffredin yw iechyd meddwl



Iaith Cymraeg

Mae 355 o gyfranogwyr cofrestredig yn siarad Cymraeg yn rhugl.

Rhwng Hydref 2022 – Fehefin 2023, cefnogodd ein Mentoriaid Cymheiriaid...

198 cleient i gwblhau chwiliadau gwaith.

3 cleient i gychwyn addysg neu hyfforddiant llawn amser.

157 cleient i gael ardystiad sy'n berthnasol i waith.

37 cleient i gychwyn cyflogaeth.

132 cleient i gwblhau gwirfoddoli.

680 cleient i ennill ardystiad heb ei achredu

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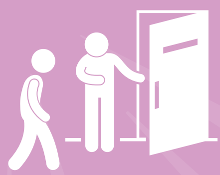
Am Cyfle Cymru

Rhyddhau potensial

Agor drysau



Creu cyfleoedd

Mae Cyfle Cymru yn wasanaeth sy'n helpu pobl sydd â phroblemau camddefnyddio sylweddau a/neu gyflyrau iechyd meddwl i gael gwaith, addysg neu hyfforddiant.

Sut gallwn ni helpu?

Mae Cyfle Cymru yn darparu'r cymorth sydd ei angen arnoch i ddod o hyd i'r swydd, cyfle hyfforddi neu gymwysterau cywir.

- ***cyngor un-i-un gan fentor cyfoedion*** sy'n gallu rhannu ei brofiad personol o gam-drin sylweddau, adferiad a/neu gyflwr iechyd meddwl.
- ***cefnogaeth cyflogaeth arbennigol***, gan gynnwys cyfleoedd gwirfoddoli, a chymorth a chyngor ynglyn â sut i chwilio ac ymgeisio am swyddi.

Pwy sy'n gymwys?

Gallwn eich cefnogi tuag at ac i mewn i waith os:

- ydych chi rhwng ***16 a 24*** oed ac nad ydych mewn addysg,
- ydych yn ***25 neu drosodd*** ac wedi bod yn ddi-waith tymor hir neu'n anweithgar yn economaidd.
- ydych yn byw yng ***Nghaerdydd*** a ***Bro Morgannwg***, ***Dyfed***, ***Gogledd Cymru***, ***Powys*** neu ***Fae Abertawe***.
- ydych mewn ***adferiad*** o gamddefnyddio sylweddau a/neu broblemau iechyd meddwl.

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