

Digwyddiad Ymgysylltu â Rheolwyr Pobl

People Manager Engagement Event



25 Mehefin/June 2025



Rhaglen Programme

Croeso, Jake Morgan, Cyfarwyddwr Cymunedau	9.30am/1.30pm	Welcome, Jake Morgan, Director for Communities
Catherine Evans, Uwch-reolwr, Performiad a Thrawsnewid Digidol	9.45am/1.45pm	Catherine Evans, Senior Manager, Performance and Digital Transformation
Lluniaeth	11.00am/3.00pm	Refreshments
Cydnabyddiaeth i Weithwyr	11.15am/3.15pm	Employee Recognition
Mae eich Iechyd yn Bwysig - Hywel Thomas/Mari A Jones	12:15pm/4.15pm	Your Health Matters – Hywel Thomas/Mari A Jones
Sylwadau Clo, Jake Morgan, Cyfarwyddwr Cymunedau	12.25pm/4.25pm	Closing Remarks, Jake Morgan, Director for Communities

Jake Morgan

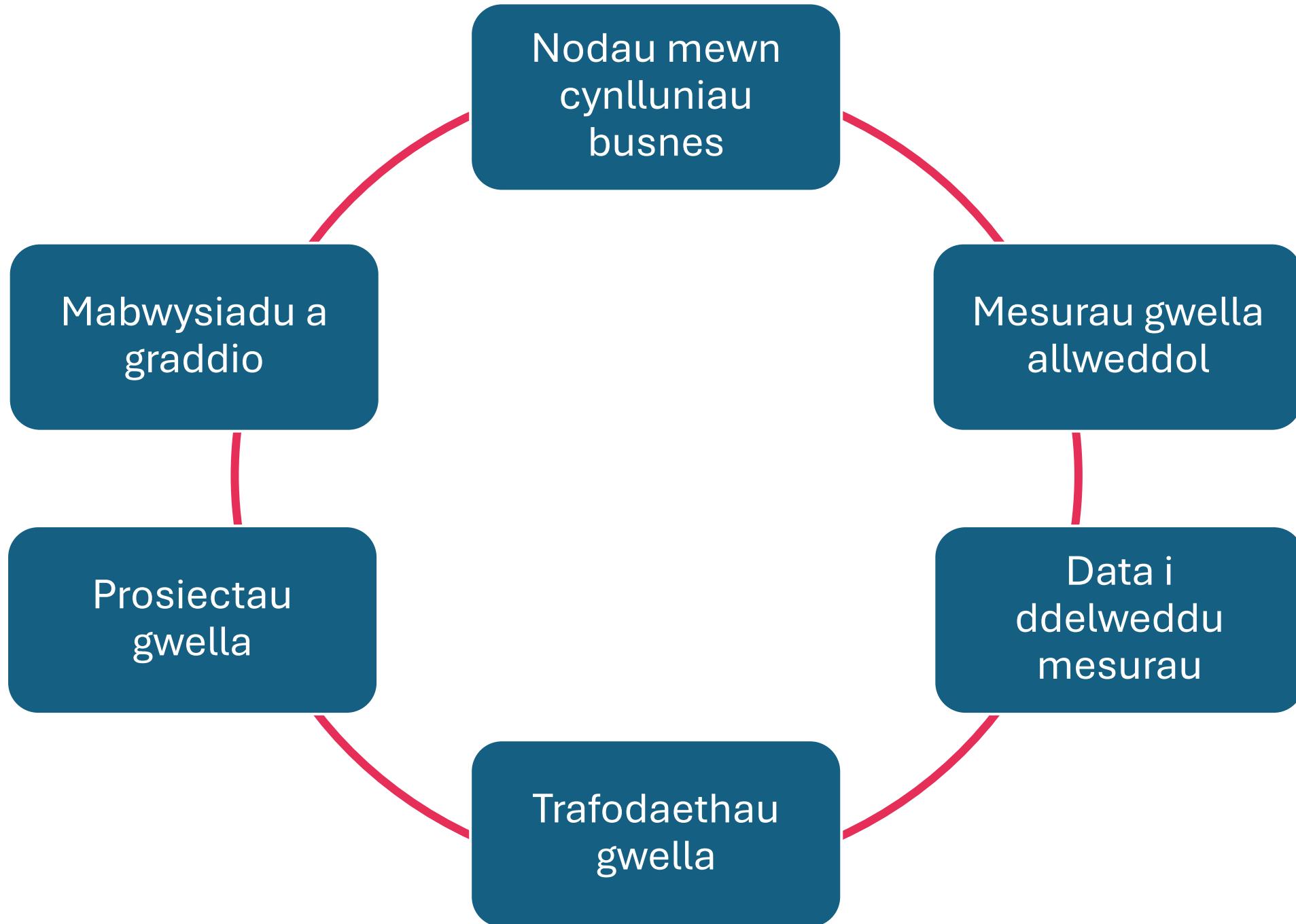
Cyfarwyddwr Cymunedau

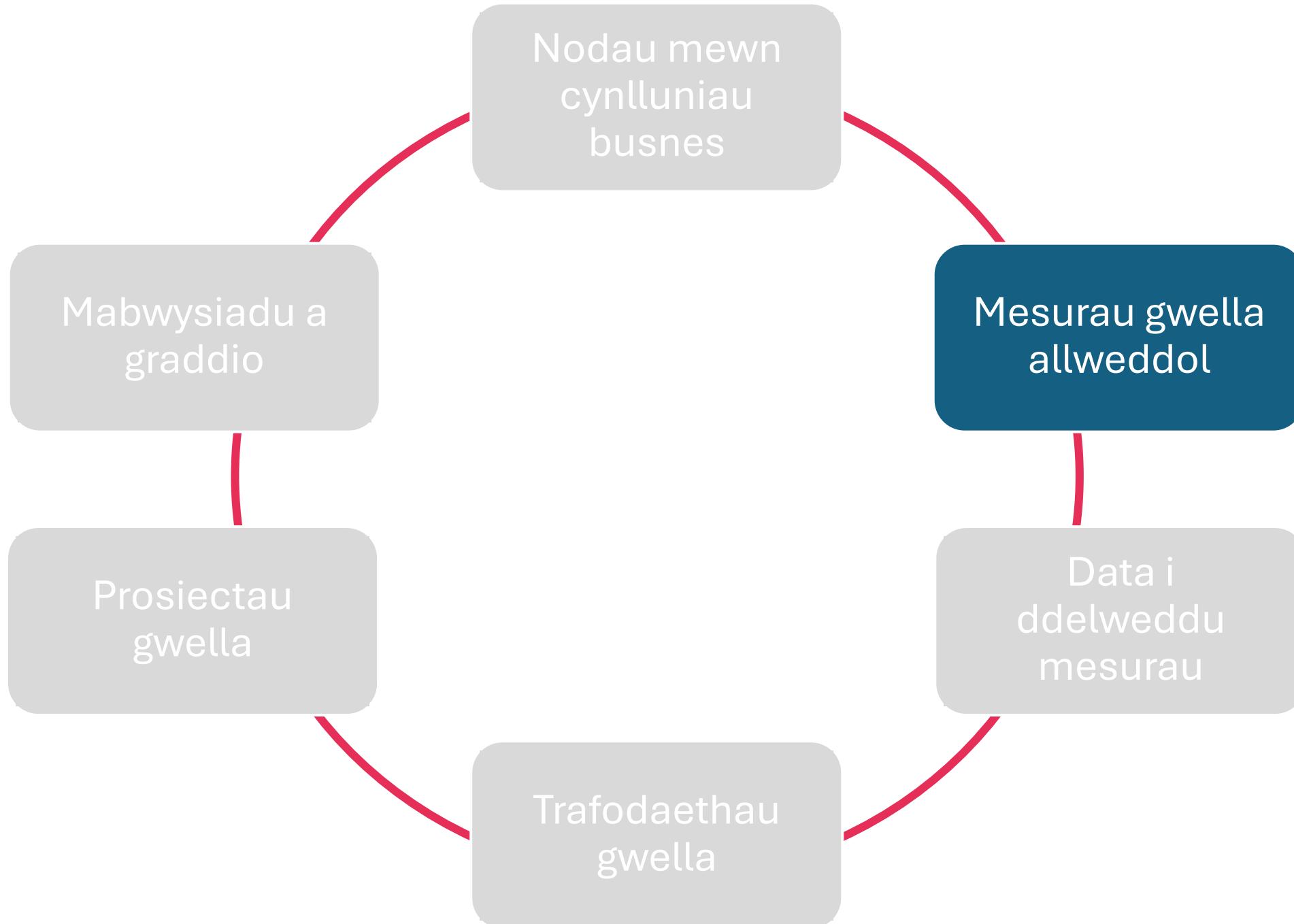
Director for Communities



Catherine Evans
Uwch-reolwr
Perfformiad a Thrawsnewid Digidol
Senior Manager
Performance &
Digital Transformation







Cerdyn Sgorio Gwasanaethau Cymdeithasol a Thai

Ein Gweledigaeth: 'dechrau'n dda', 'byw'n dda' a 'heneiddio'n dda'

Ansawdd a Diogelwch

Yn 2025 / 26, ein nod yw darparu gwasanaethau diogel a chydymffurfiol

Profiad Pobl

Yn 2025 / 26 mae gennym uchelgais i gael gwasanaethau rhagorol gyda chanlyniadau da

Adnoddau

Yn 2025 / 26 mae gennym uchelgais i ddarparu gwasanaethau sy'n effeithlon ac yn gynaliadwy yn ariannol

Y Gweithlu

Yn 2025 / 26 mae gennym uchelgais i ddenu a chadw gweithlu effeithiol, ymgysylltiedig sy'n cael ei cefnogi.

Ansawdd a Diogelwch: Ein nod yw darparu gwasanaethau diogel a chydymffurfiol

- Asesiadau **risg Tân**
- **Gwaith adferol Tân wedi'i gwblhau**
- **Adroddiadau Cyflwr y Gosodiadau Trydanol (EICRs)** o fewn dyddiad a'u cyflwyno i ddeiliad y contract
- Gwella'r % o wasanaethu o fewn dyddiad ar gyfer yr holl **elfennau gwresogi**
- Cwblhau ymyriadau mewn **Sefydliadau Busnes Bwyd Risg Uchel**
- Lleihau'r amseroedd aros ar gyfer **Gwybodaeth, Cyngor a Chymorth**
- Cynyddu nifer y **gofalwyr di-dâl** sy'n cael mynediad at gymorth
- Lleihau'r nifer mewn **Ilety dros dro** a'r gost gysylltiedig

Adnoddau: Darparu gwasanaethau sy'n effeithlon ac yn gynaliadwy yn ariannol

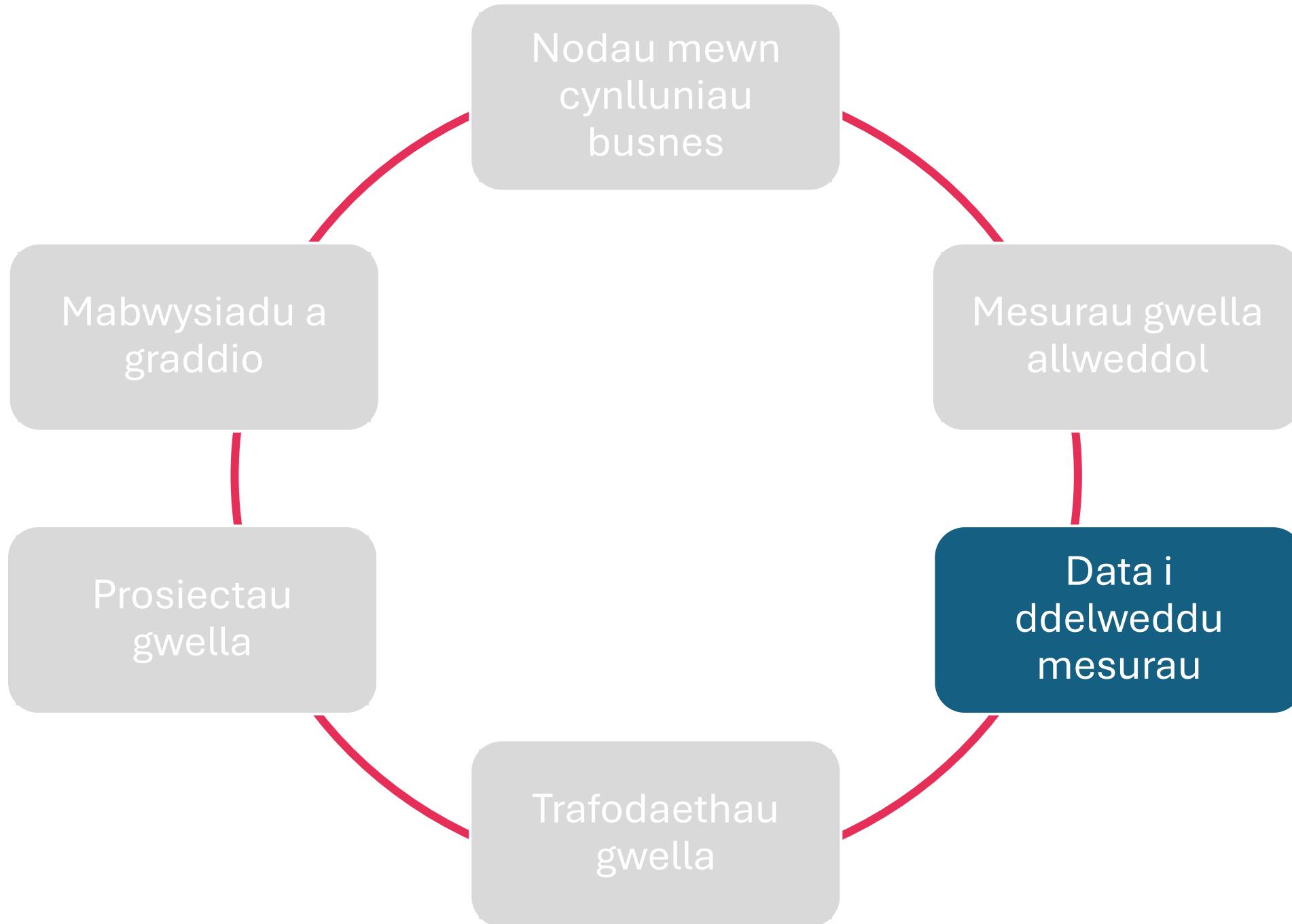
- Cynyddu nifer yr **unedau llety** a ddatblygwyd
- Cynyddu **incwm** ac aelodaeth **campfeydd a nofio**
- Rheoli **gwariant o fewn y gyllideb a ddyrannwyd**
- Cyflawni'r % o ran **arbedion cyllideb**
- Gwella **cyfraddau deiliadaeth**
- Lleihau'r **ôl-ddyledion rhent** fel % o'r debyd
- Gwella lefelau o ran **adennill dyledion**
- Lleihau nifer a chost **atgyweiriadau brys**
- Lleihau nifer yr **hawliadau atgyweirio**
- Lleihau'r # o **dai gwag**

- Gwella'r % o gwynion gofal cymdeithasol sy'n derbyn ateb rheoledig o fewn yr amserlenni statudol
- Nifer y **Canmoliaeth** a dderbyniwyd

Y Gweithlu: Denu a chadw gweithlu effeithiol, ymgysylltiedig sy'n cael ei cefnogi

- Lleihau diwrnodau Cyfwerth ag Amser Llawn a gollwyd fesul Cyfwerth ag Amser Llawn oherwydd **salwch staff**
- **Cyfradd trosiant** (lefel is-adrannol)
- Gwella'r % o staff sydd wedi cael **arfarniad** yn ystod y 12 mis blaenorol
- Gwella'r % o staff sy'n cwblhau **hyfforddiant gorfodol** (gan gynnwys diogelu)
- Lleihau nifer yr oriau a'r gost sy'n gysylltiedig â **gweithwyr asiantaeth**
- **Arolwg Staff:** Mae fy syniadau a'm barn yn cael eu clywed a'u defnyddio i wella'r ffordd y mae pethau'n cael eu gwneud, rwy'n gwybod beth sy'n digwydd ar draws y sefydliad, rwy'n derbyn cydnabyddiaeth neu ddiolch gan eraill yn rheolaidd am wneud gwaith da, rwy'n gwybod beth mae fy rheolwr yn ei ddisgwyl gennyf fi. (Arolwg staff chwarterol – grŵp ffocws staff i weithio i fyny)

Pa fetrigau sy'n bwysig i'ch tîm?



Data ar gyfer Cerdyn Sgorio



% of fire risk assessments up to date



Managers
Opinion

HPSP

Increase the % of fire risk assessments up to date (Sheltered Scheme Complexes, Communal Blocks and Walk-ups)

	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25	Mar-25	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	Jan-26	Feb-26	Mar-26
Total							405	405	405	405	405	405	405	406	406									
Total Valid							47	58	97	108	113	182	228	263	329									
Total %							12%	14%	24%	27%	28%	45%	56%	64%	81%									

of fire risk assessments up to date



Comments

Steady progress is being made toward full FRA compliance. Currently, 81% of buildings have a valid Fire Risk Assessment (FRA) in place. All remaining assessments are scheduled to be completed by the end of August, ensuring 100% compliance.

Communities Directorate Scorecard: Our vision and key goals

Social Services & Communities Directorate: Our vision: 'start well', 'live well' and 'age well'



Contents

Summary

Quality & Safety

- Fire risk assessments
- Fire remedial works
- Electrical Installation Condition Reports (EICRs)
- Lifting operations and lifting equipment regulations (LOLER)
- Heating Servicing
- Completed hygiene interventions at High Risk Food Businesses
- Completed standards interventions at High Risk Food Businesses
- Audit & inspection actions
- Wait times for Information, Advice and Assistance
- Unpaid carers accessing support
- Number in temporary accommodation and cost

Work Force

- % Staff sickness absence rate
- Turnover rate
- Staff appraisals
- Staff mandatory training
- Agency workers
- Staff survey scores

Peoples Experience

- Net promoter score (Leisure)
- Housing repairs service satisfaction
- Complaints: Adult Social Care Stage 1 & 2
- Complaints: Children Services stage 1 & 2
- Compliments

Resources

- Residential care, Home care, direct payments, supported living
- New accommodation units
- Gym and Swim income
- Spend against allocated budget
- Budget savings achieved
- Occupancy rates
- Rent arrears
- Debt recovery
- Emergency and urgent repairs
- Disrepair claims
- Housing voids

[Home](#)

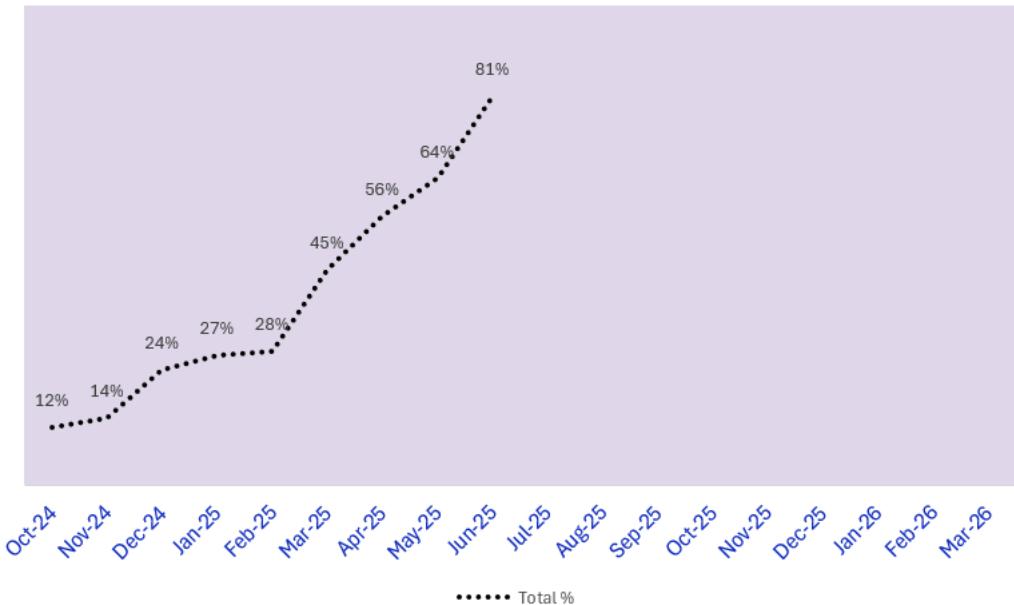
[Responsible Officers Source](#)

[Summary](#)

[\(QS\)-% Heat Serv.](#)

[\(QS\) - EICR](#)

% of fire risk assessments up to date

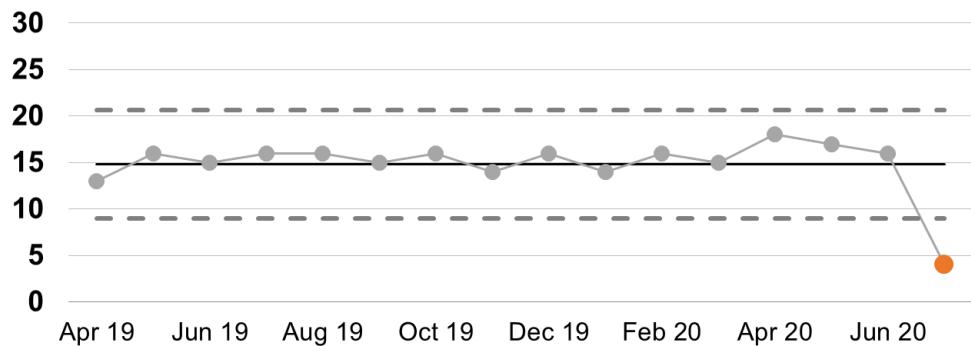


Trosolwg: Beth yw SPC (Rheoli Proses Ystadegol)

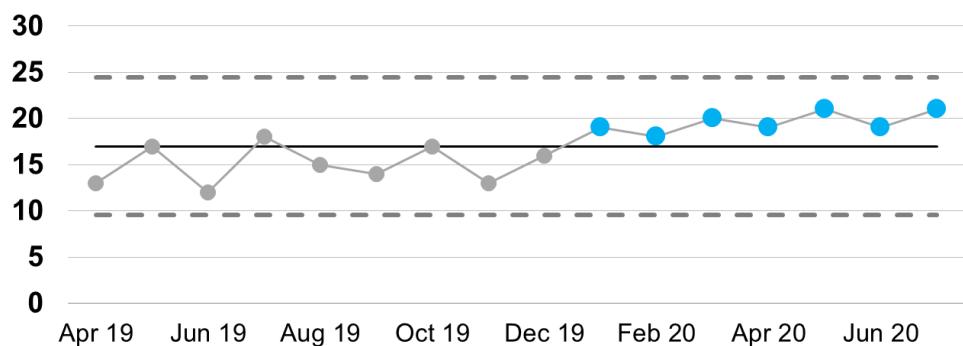
- Mae siart SPC, neu siart Rheoli Proses Ystadegol, yn offeryn a ddefnyddir i fonitro newid dros amser.
- Mae'n helpu i wahaniaethu rhwng amrywiad ar hap ac amrywiad nad yw ar hap, gan ganiatáu ar gyfer nodi pryd mae proses "allan o reolaeth" ac yn gofyn am sylw.
- Gall plotio data dros amser helpu i wneud penderfyniadau gwell.

Rheolau SPC

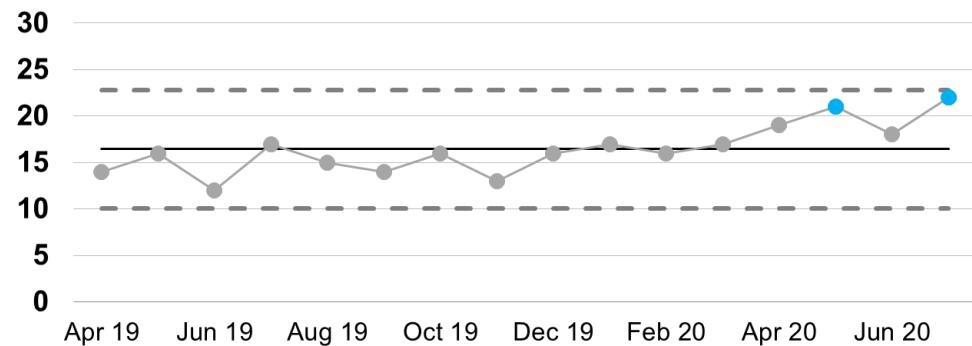
A single point outside the process limits



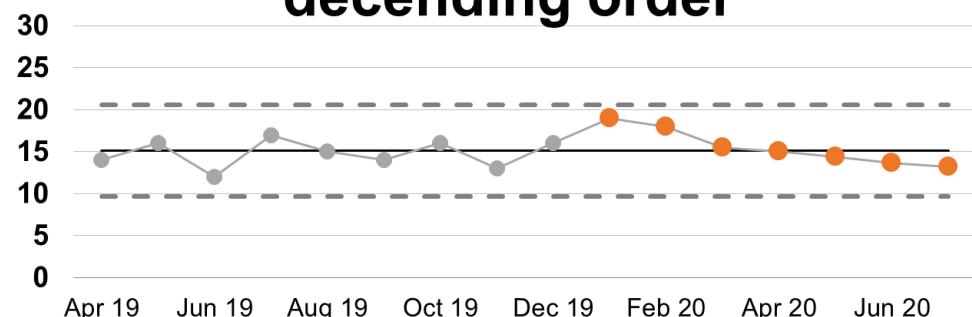
A shift of points above / below the mean



Two out of three points close to a process limit



A run of points in consecutive ascending or descending order



**Sut ydych chi'n mesur y metrigau sy'n
bwysig i'ch tîm?**

Cymorth / Hyfforddiant Data

Coleg Sir Gar Courses

Page updated: 06/06/2023



Course Directory

Browse the full list of courses available to book onto

C



Expression
Fill in this form
course you

Short Courses on Microsoft Excel (other versions of Excel are available) (Fully funded for all)

Excel 2021 - Course 1 - Introduction and Basics
Excel 2021 - Course 2 - Cells and Worksheets
Excel 2021 - Course 3 - Views and Layout
Excel 2021 - Course 4 - Formatting and Proofing
Excel 2021 - Course 5 - Formulas and Functions
Excel 2021 - Course 6 - Presenting Data Visually
Excel 2021 - Course 7 - Sharing and Validating Data 2
Excel 2021 - Expert - Advanced Charting and Data Analysis
Excel 2021 - Expert - Advanced Functions, Consolidating and Auditing
Excel 2021 - Expert - Advanced Formulas, Macros and External Data
Excel for Business Analysts
Pivot Tables for Beginners
Advanced PivotTables in Excel

2 Hours 20 Minutes

2 Hours 20 Minutes

3 Hours

3 Hours 15 Minutes

3 Hours 15 Minutes

2 Hours 10 Minutes

2 Hours 10 Minutes

2 Hours 45 Minutes

2 Hours 45 Minutes

3 Hours 30 Minutes

7 Hours

5 Hours 30 Minutes

7 Hours 30 Minutes



Cymorth / Hyfforddiant Data

Presenting Data

[START COURSE](#)

The screenshot shows a user interface for a data presentation course. On the left is a sidebar with a blue header containing the title 'Presenting Data' and a white button labeled 'START COURSE'. The main area displays two slides. The top slide is titled 'What are infographics?' and features a large blue header, a text block about the benefits of infographics, and a callout pointing to a Welsh Libraries infographic. The bottom slide is titled 'Presenting Data' and lists several topics: 'What is Presenting Data?', 'Presenting Numbers', 'Tables', 'Charts', 'Maps', 'Infographics' (which is highlighted), and 'Data presentation tools'. It also includes a progress bar at '0% COMPLETE'.

What are infographics?

Infographics are a great way to present information visually. They simplify complex data, making it easier to understand by using colours, images, and icons. This helps grab the audience's attention and keeps them engaged.

Infographics are also easy to share on platforms like social media, making them a cost-effective tool for spreading key messages. They can attract viewers to explore more detailed content, such as a website or report.

WELSH LIBRARIES

more detailed content, such as a website or report.

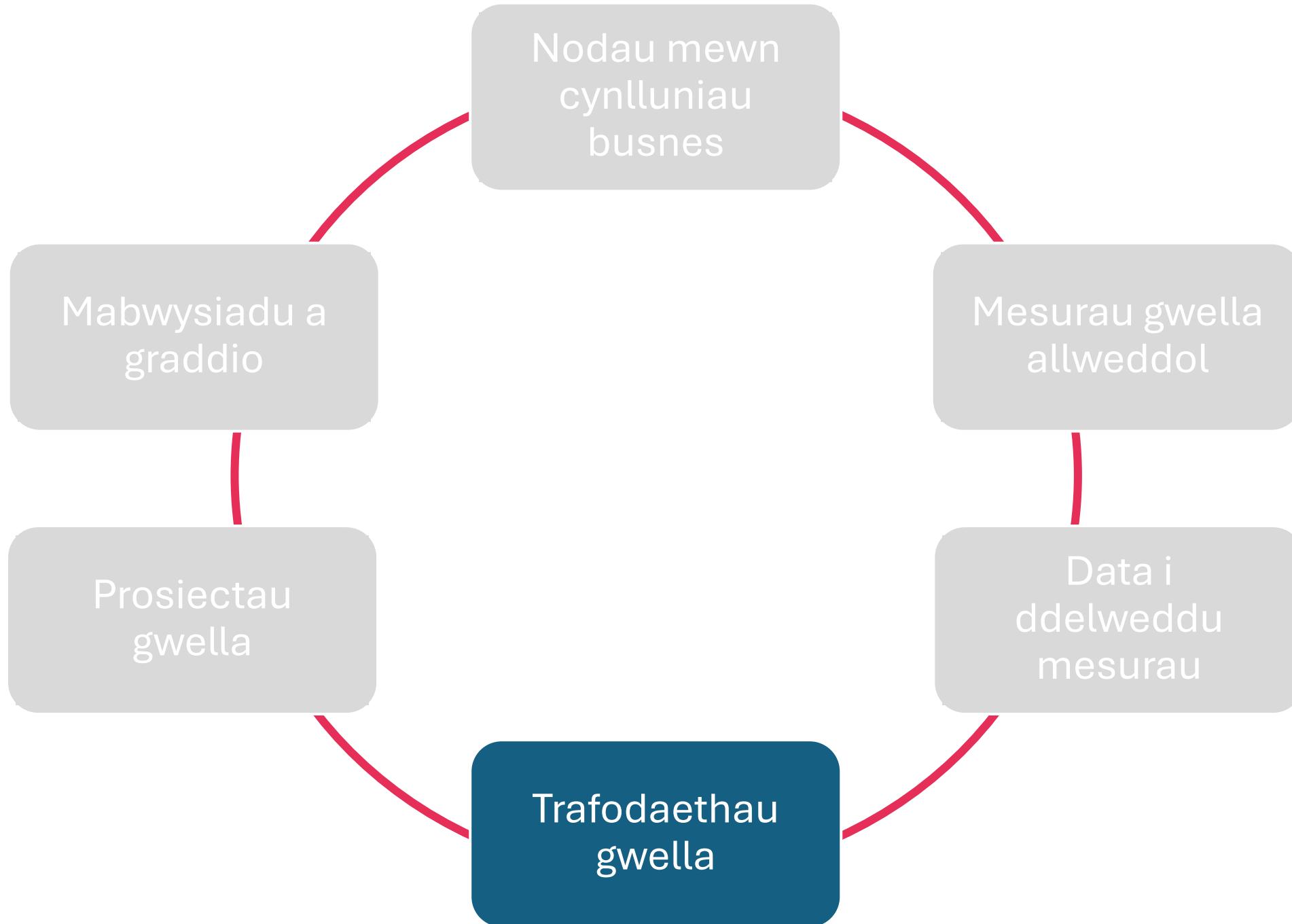
WELSH LIBRARIES

13,505,470 Visits were made to Welsh public libraries
The equivalent of filling the Millennium Stadium over 181 times
LIBRARIES ARE FREE TO JOIN TOO!

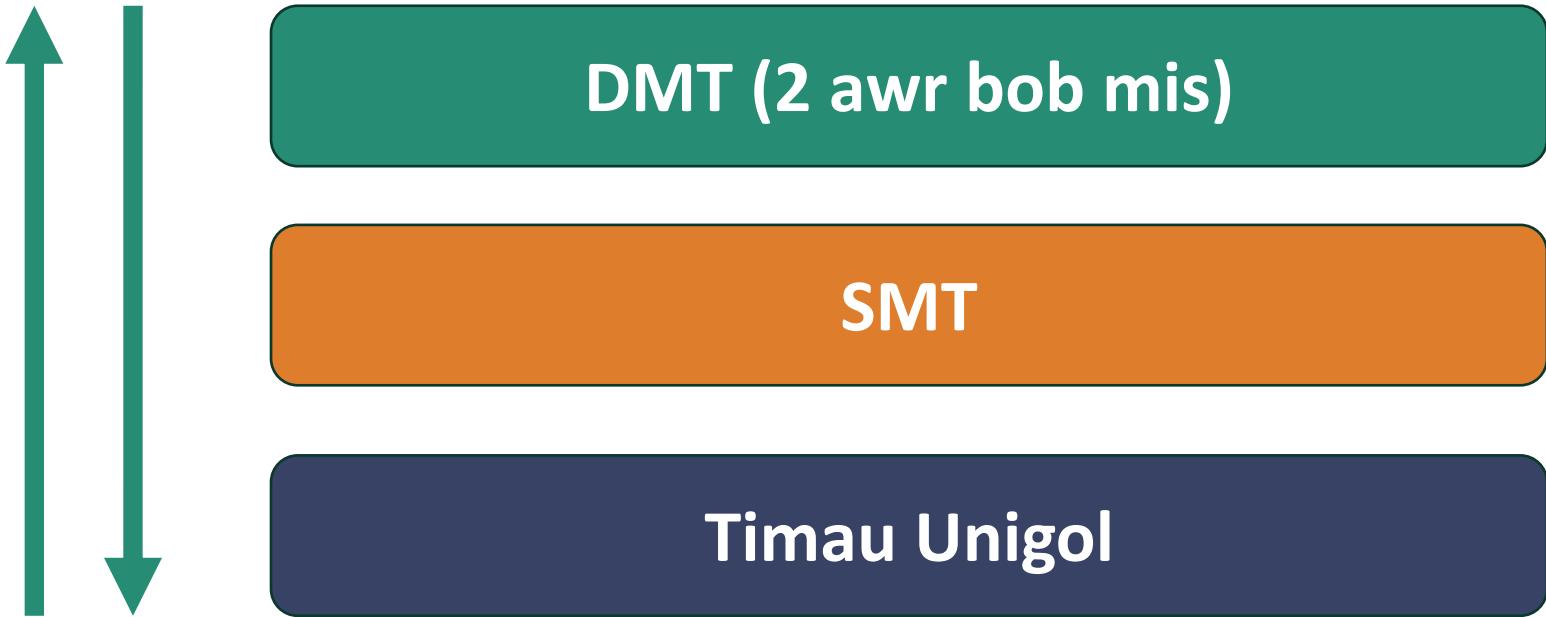
DIGITAL DELIGHT
OVER 10.1 MILLION BOOKS BORROWED FROM PUBLIC LIBRARIES IN WALES FOR FREE
OVER 250 TOP e-books
OVER 75,000 e-books
OVER 600,000 ACTIVE BORROWERS

Did you know?
LIBRARIES COST ON AVERAGE JUST 15 PENCE PER DAY TO RUN BUT THEY COST LESS THAN 1% OF CASH ON A PINT OF BEER!
TRY IT YOURSELF!
MANY LIBRARIES DON'T COST MONEY BUT YOU CAN JOIN THE LIBRARY AND GET A COVER PRICE OR EACH BOOK YOU BORROW. WHICH ONE HAVE YOU REACHED OVER A MONTH?

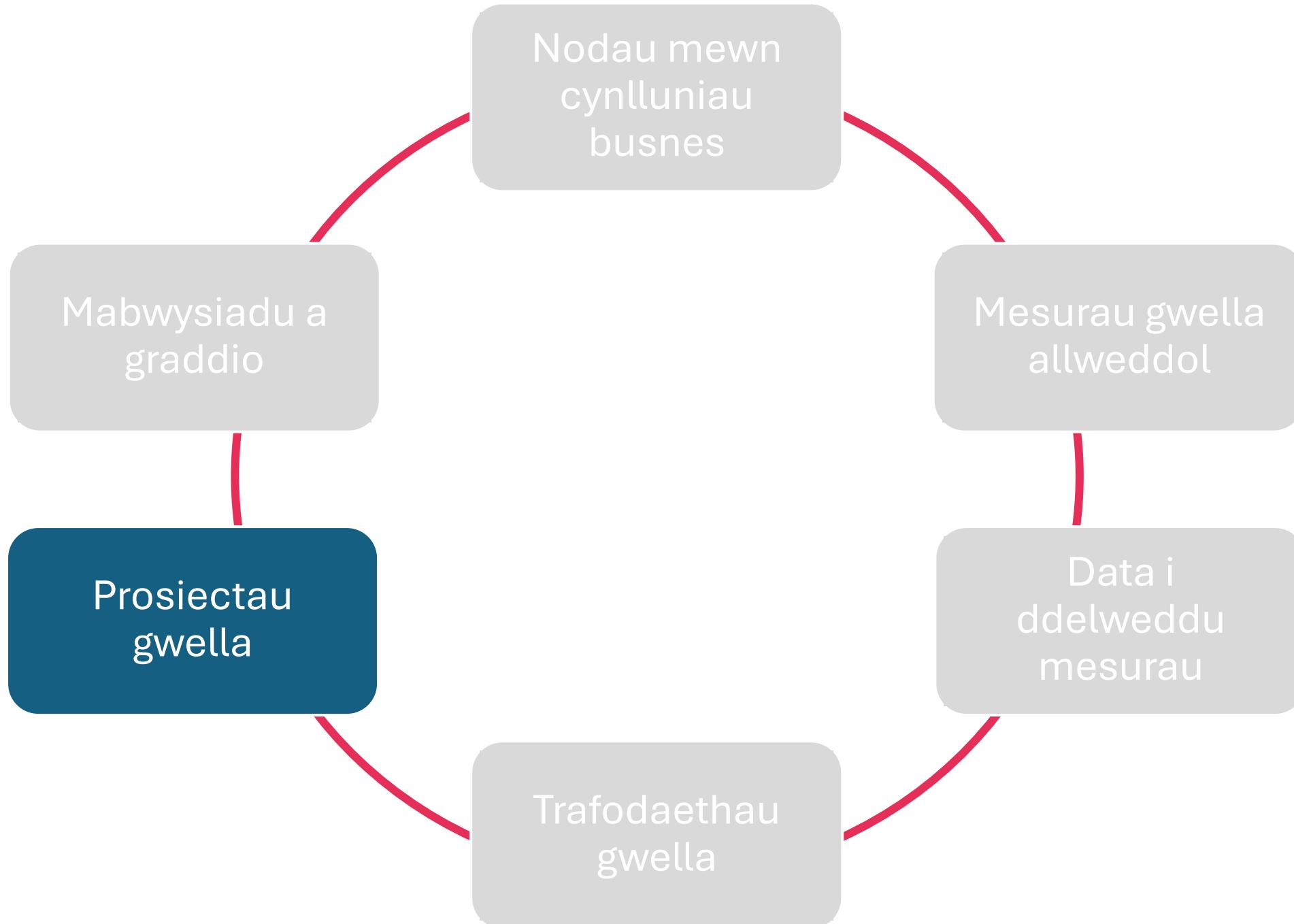
OVER 3,100 TERMINALS WITH FREE INTERNET ACCESS IN WELSH PUBLIC LIBRARIES



Trafodaethau Gwella



**Sut ydych chi'n neilltuo amser i drafod
perfformiad eich tîm?**



Trafodaethau Gwella Strwythuredig

- Mae'r templed canlynol yn offeryn gwella a ddatblygwyd gan Toyota.
- Gellir ei ddefnyddio ar gyfer datrys problemau, gwneud penderfyniadau, cynllunio neu adrodd ar fater penodol.
- Mae'n annog diffiniad clir o broblem, ei ddadansoddiad ac yn helpu i gefnogi camau gweithredu clir ar gyfer gwella
- Annog timau i wirioneddol ddeall y mater a sut y gellir ei ddatrys

Trafodaethau Gwella Strwythuredig

Teitl:

Arweinydd:

Cefndir a chyflwr cyfredol –

Beth, ble, pryd a pha mor fawr yw'r broblem?

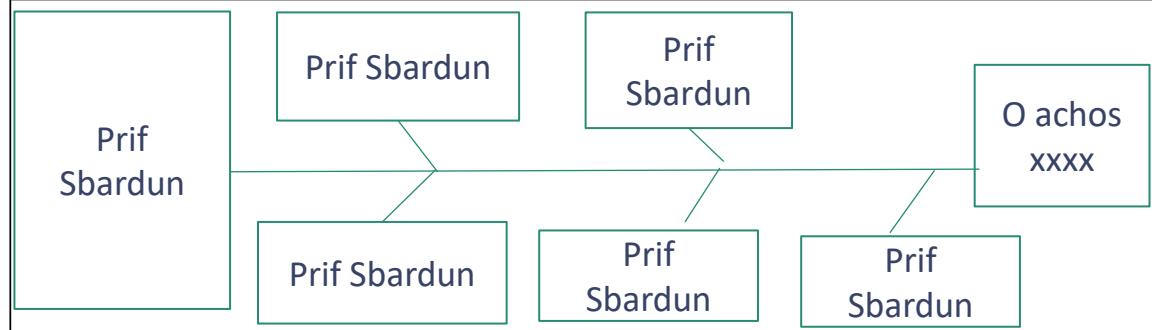
Nod: Beth yw ystyr da? a pha fetrigau fyddwch chi'n eu holrhain?

Cynllun gweithredu (Nodi atebion posibl a blaenoriaethu yn seiliedig ar werth a rhwyddineb gweithredu, camau gweithredu, perchnogion, dyddiadau cau a dyddiadau adolygu)

Perche
nnog Erbyn
Pryd

Wedi'i
gwblh
au
le/Na

Dadansoddiad Sylfaenol Achosion: Penderfynu ar ffactorau sy'n cyfrannu gan ddefnyddio offer dadansoddi achosion sylfaenol (Fish bone, 5 Pam, Taflu Syniadau)



Offer Gwella – 5 pam



<https://youtu.be/BEQvq99PZwo>

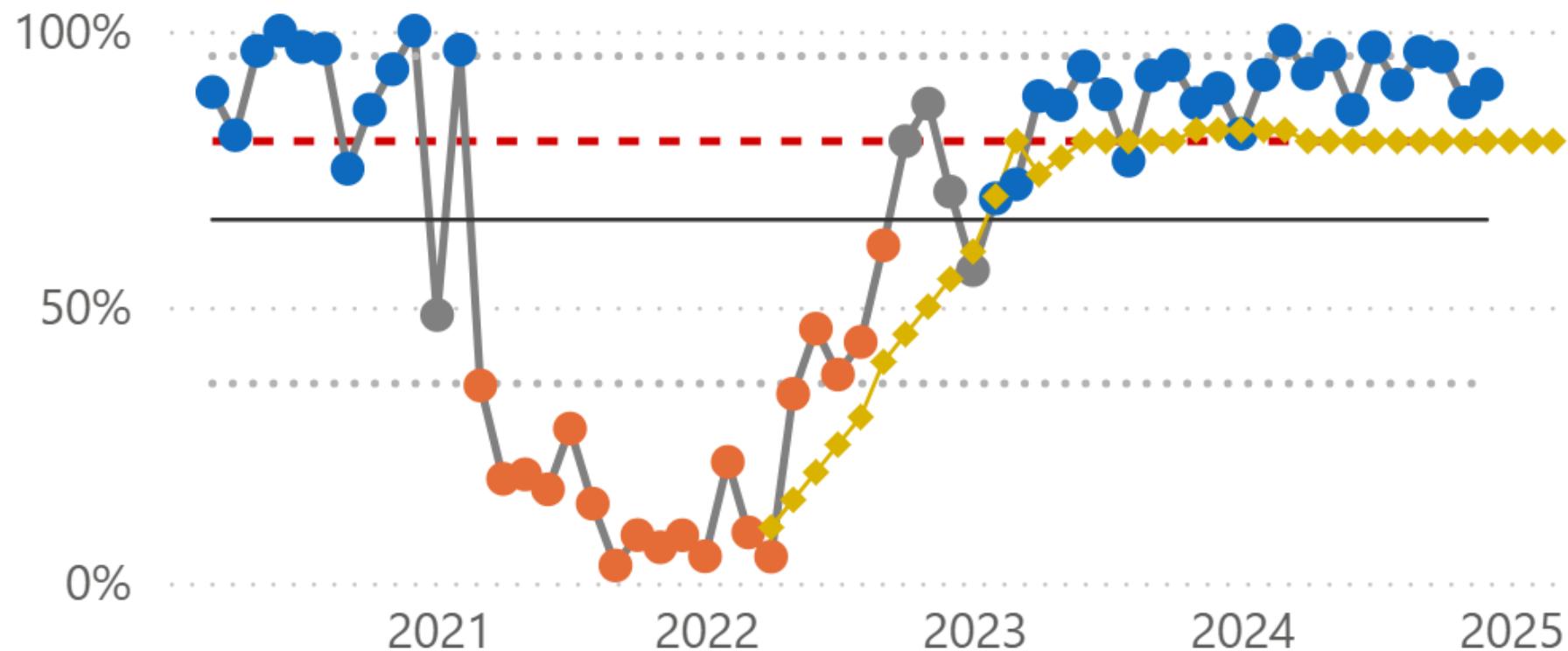
Enillion ymylol

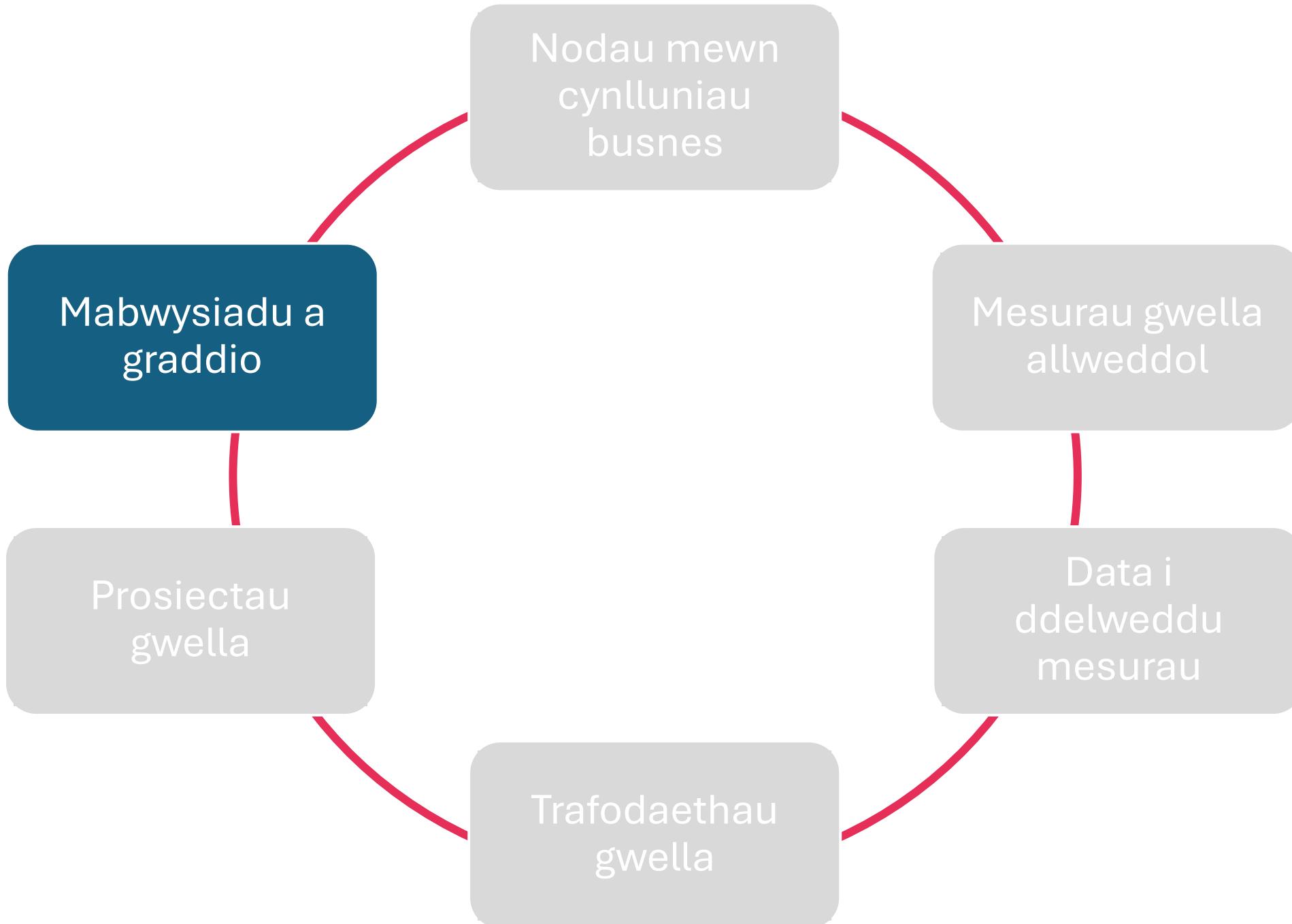


Sir Dave Brailsford - The 1% Factor

<https://www.youtube.com/watch?v=NQxYlu12ji8&feature=youtu.be>

% mental health assessments undertaken within 28 days (persons age 0-17)





Mabwysiadu a graddio



Cymraeg Audio / visual help A-Z of Services

Menu

Our people Latest News What's on MyView Hwb for schools Staff Forum I would like...

Our people / Communities / Performance and Digital Transformation Team

Performance and Digital Transformation Team

Page updated: 19/06/2025

The project and programmes team help to support the co-ordination and delivery of key strategic projects within the Communities Directorate.

The Team efficiently manage key projects, ensuring compliance with Welsh Government statutory returns, overseeing critical systems like housing and public protection, and leveraging data innovations such as AI to enhance service delivery.

MORE FROM COMMUNITIES



Meet the team



Project Management

This page provides some information on the projects that have been supported and delivered by the project team, and some useful tools for you to use if you're running a project.

MEET THE TEAM

PROJECT MANAGEMENT



Data

Within the Communities Directorate, we are on a journey to ensure that data is accessible, understood and utilised in decision making at all levels.

DATA



Systems and Performance Support

Training and support for systems used within the department of communities.

SYSTEMS & PERFORMANCE SUPPORT

Rate this page

Privacy Notices



Mabwysiadu a graddio: Data a Pherfformiad

Cyngor Sir Gâr
Carmarthenshire County Council
Ein Potol • Our people

Menu ☰

Our people / Communities / Performance and Digital Transformation Team / Data

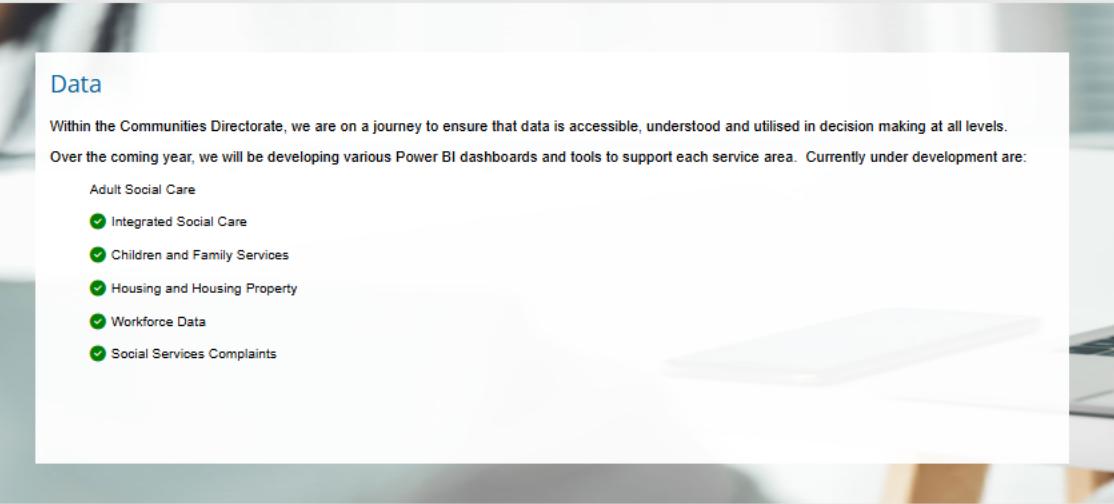
Data

Within the Communities Directorate, we are on a journey to ensure that data is accessible, understood and utilised in decision making at all levels. Over the coming year, we will be developing various Power BI dashboards and tools to support each service area. Currently under development are:

- Adult Social Care
- ✓ Integrated Social Care
- ✓ Children and Family Services
- ✓ Housing and Housing Property
- ✓ Workforce Data
- ✓ Social Services Complaints

Communities Departmental Scorecard

We are currently developing a Communities Departmental Scorecard, a strategic performance tool designed to track and evaluate progress against key objectives aligned to the Local Plan. The Scorecard enables teams to monitor performance, identify areas for development, and make informed, data-driven decisions. Performance data is collected monthly and Where performance metrics raise concerns, a focused 'deep dive' is conducted. Findings from these reviews are then presented back to the Performance Framework meeting. The performance tool will be updated monthly and will be available for all by clicking the icon below.



Performance Tool
June 2025



Training and Support

There are training and support resources to help you further in understanding data. Presenting data course via Learner Experience Platform and Learning Management System Thinki

LEARNING AND DEVELOPMENT

MORE FROM COMMU



Training and Support

There are training and support resources to help you further in understanding data. Presenting data course via Learner Experience Platform and Learning Management System Thinki

LEARNING AND DEVELOPMENT

Ymarfer

- Ymgymryd â Thrafodaeth Gwella Strwythuredig ar gyfer y mesur ar eich bwrdd
- Gweithio fel bwrdd neu weithio mewn parau i lunio cynllun gwella ar gyfer mesur
- Dewiswch rywun i roi adborth ar bwyntiau dysgu / gweithredu allweddol

Lluniaeth

Refreshments



Cydnabyddiaeth i Weithwyr

Employee Recognition



**Gwasanaethau Tai
Housing Services**

Rebecca Miller
Monika Zeberkiewicz
Gruff Rees

**Gwasanaethau
Hamdden /
Leisure Services**

Huw Jones
Vivienne Jones
Alison Moody

**Gofal Cymdeithasol i Oedolion
Adult Social Care**

Lukasz Lukasik
Sian Rowlands
Rebecca Mock

**Eiddo Tai a Phrosiectau Strategol
Housing Property & Strategic Projects**

Danielle Williams
Elaine Cummins

Cynrychiolwyr Adrannol Divisional Representatives

**Gwasanaethau Integredig
Integrated Services**

Maud Sinoia

**Cymorth Busnes a Chomisiynu
Business Support and Commissioning**

Vicki Bassett



Cydnabyddiaeth a Gwerthfawrogiad Personol



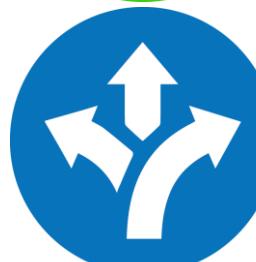
Personal Recognition
and Appreciation

Cydnabyddiaeth i Dimau



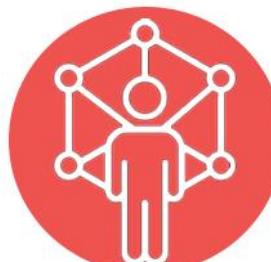
Team Recognition

Arferion Rheoli Hyblyg



Flexible Management
Practices

Eich Rôl fel Rheolwyr



Your Role as Managers



Cydnabyddiaeth a Gwerthfawrogiad Personol

Personal Recognition and Appreciation



**Who
Pwy**

**What
Beth**

**When and How
Pryd a Sut**

Why

Pam



Cydnabyddiaeth i Dimau

- Mae cydnabod y tîm yn bwysig!
- Gwneud Amser
- Cysylltu
- Buddion

Team Recognition

- Recognising the team is important!
- Making Time
- Connecting
- Benefits



Arferion Rheoli Hyblyg

1. Oriau Gwaith Hyblyg
2. Opsiynau Gweithio o Bell a Hybrid
3. Ymreolaeth o fewn y Swydd
4. Cynlluniau Datblygu Personol
5. Cydnabyddiaeth ac Adborth
6. Amgylchedd Gwaith Cefnogol



Flexible Management Practices

1. Flexible Working Hours
2. Remote and Hybrid Working Options
3. Job Autonomy
4. Personalised Development Plans
5. Recognition and Feedback
6. Supportive Work Environment



Eich Rôl fel Rheolwyr

Beth yw eich rôl fel rheolwr?

**Beth ydych chi'n mynd i'w
wneud?**

**Yn eich gwahanol leoliadau sut
ydych chi'n sicrhau bod yna
ddiwylliant o wneud mwy?**

Your Role as Managers

**What is your role as a
manager?**

What are you going to do?

**In your different settings how
do you ensure that there is a
culture of doing more?**



Mae Eich Iechyd yn Bwysig

Your Health Matters



Cefnogi Eich Tîm, Cryfhau Ein Cyngor – Pam Mae Eich lechyd yn Bwysig

Mae Eich lechyd yn Bwysig yn rhaglen newid ymddygiad 16 wythnos o hyd i helpu gweithwyr sydd mewn perygl o absenoldeb neu sy'n profi absenoldeb ar hyn o bryd oherwydd pryderon iechyd.

Supporting Your Team, Strengthening Our Council – Why Your Health Matters

Your Health Matters' is a 16-week behavioural change programme to help employees at risk of or currently experiencing absence due to health concerns.

Cyflwyniad

Introduction

- Mae rheolwyr yn chwarae rôl allweddol wrth leihau absenoldeb salwch a chefnogi llesiant staff.
- Mae eich lechyd yn Bwysig yn rhaglen strwythuredig sydd wedi'i thargedu ar gyfer pobl sy'n profi problemau sy'n gysylltiedig â diabetes, rhoi'r gorau i ysmygu, BMI uchel ac sydd eisiau gwella iechyd a llesiant cyffredinol.
- O fudd i chi, eich tîm, y staff, a'r cyngor yn ei gyfarwydd - *Mae Eich lechyd yn Bwysig yn mynd i'r afael â'r heriau hyn yn uniongyrchol.*
- Managers play a key role in reducing sickness absence and supporting staff well-being.
- *Your Health Matters* is a structured programme targeted at people experiencing issues linked to diabetes, smoking cessation, high BMI and wanting to improve general health and wellbeing.
- Benefit you, your team, the staff, and the council as a whole - *Your Health Matters* addresses these challenges head-on.



Sut mae'n gweithio? How does it work?

Rhaglen 16 wythnos sy'n cynnig:

- Hyfforddiant iechyd a llesiant dan arweiniad arbenigwyr
- Cymorth gyda rheoli pwysau, risg diabetes, rhoi'r gorau i ysmygu, a gweithgarwch corfforol
- Gosod nodau wedi'u personoli a chynllunio camau gweithredu
- Data mesuradwy

A 16-week programme offering:

- Expert-led health and well-being coaching
- Support with weight management, diabetes risk, smoking cessation, and physical activity
- Personalised goal setting and Action planning
- Measurable data



Manteision i CHI

Benefits to YOU

- ✓ **Cyfraddau Absenoldeb Llai** – Mae cymorth iechyd rhagweithiol yn arwain at lai o ddiwrnodau o salwch.
- ✓ **Gwell Cynhyrchiant** – Mae staff iachach yn fwy ymgysylltiedig ac effeithiol.
- ✓ **Gwell Morâl Tîm** – Mae amgylchedd gwaith cadarnhaol yn rhoi hwb i gymhelliant.
- ✓ **Gwell Cyfraddau Cadw Staff** - Mae gweithwyr yn teimlo eu bod yn cael eu cefnogi a'u gwerthfawrogi.
- ✓ **Arbedion Cost** – Mae costau absenoldeb is o fudd i'r cyngor cyfan.

- ✓ **Reduced Absence Rates** – Proactive health support leads to fewer sick days.
- ✓ **Improved Productivity** – Healthier staff are more engaged and effective.
- ✓ **Better Team Morale** – A positive work environment boosts motivation.
- ✓ **Stronger Retention** – Employees feel supported and valued.
- ✓ **Cost Savings** – Lower absence costs benefit the entire council.



Manteision i STAFF Benefits to STAFF

- ✓ **Asesiad ymlaen llaw i sicrhau'r ffit cywir**
- ✓ **Cymorth wedi'i bersonoli** – Canllawiau wedi'u teilwra i fynd i'r afael â'u hanghenion iechyd penodol.
- ✓ **Gwell Llesiant** - Gwell iechyd corfforol a meddyliol, sy'n arwain at fywyd hapusach.
- ✓ **Mwy o Hyder** - Mae nodau cyraeddadwy yn helpu i feithrin cymhelliant a hunan-barch.
- ✓ **Aelodaeth Actif Platinwm 1 mis** – mynediad i gyfleusterau Actif ac Actif Unrhyw Le
- ✓ **Gwelliannau Iechyd Hirdymor** – Arferion Cynaliadwy ar gyfer dyfodol iachach.

- ✓ **Pre-assessment to ensure the right fit**
- ✓ **Personalised Support** – Tailored guidance to address their specific health needs.
- ✓ **Improved Well-being** – Better physical and mental health, leading to a happier life.
- ✓ **Increased Confidence** – Achievable goals help build motivation and self-esteem.
- ✓ **1-month Platinum Actif membership** – access to Actif facilities & Actif Anywhere
- ✓ **Long-Term Health Improvements** – Sustainable habits for a healthier future.



Beth sydd angen i chi ei wneud?

What do you need to do?

- Nodi staff a allai fod mewn perygl o absenoldeb neu sydd i ffwrdd o'r gwaith ar hyn o bryd oherwydd salwch.
- Cyfeiriwch nhw at *Mae eich Iechyd yn Bwysig* – rydym yn delio â'r gweddill.
- Annog cyfranogiad a chefnogi eu taith lesiant
- Sesiynau galw heibio ac ar-lein i gael rhagor o wybodaeth
- Identify staff who may be at risk of absence or currently away from work due to health concerns mentioned
- Refer them to *Your Health Matters* – we handle the rest.
- Encourage participation and support their well-being journey
- Online and in person Drop ins for more information



**Gadewch i ni weithio
gyda'n gilydd i gadw ein
timau yn iach ac yn ffynnu.**



“

Erbyn diwedd 2023 roeddwon wedi
cael digon, ac roedd yn amser newid.
Fi oedd y trymaf i mi fod erioed ac yn
dioddef o bryder ac iselder.

Ers i'r rhaglen ddod i ben, mae fy
iechyd meddwl yn dda a'r gorau ers
blynnyddoedd.

Daeth y rhaglen ar adeg pan oeddwn
ei angen fwyaf a byddwn yn annog
unrhyw un i ymuno. Dydw i ddim yn
gwybod ble byddwn i
bod hebddo.

”

**Let's work together to
keep our teams healthy
and thriving.**



“

By the end of 2023 I'd had enough,
and it was time to change. I was the
heaviest I'd ever been and suffering
with anxiety and depression.

Since the programme has finished,
my mental health is good and the
best it has been years.

The programme came at a time
when I needed it the most and i
would encourage anyone to join. I
don't know where i would
be without it.

”



Jake Morgan

Cyfarwyddwr Cymunedau

Director for Communities



Adborth

Hoffem glywed eich barn ar
y digwyddiad. Os gwelwch yn dda a allech chi gymryd
cwpl o funudau i gwblhau'r ffurflen werthuso,
trwy sganio'r Cod QR neu ewch i:

<https://carmarthenshire.welcomesyourfeedback.net/revg9s>

Feedback

We would like to hear your views on
the event. Please could you take a
couple of minutes to complete an evaluation form,
by scanning the QR Code or visit:

<https://carmarthenshire.welcomesyourfeedback.net/revg9s>



Diolch
Thank you

sirgar.llyw.cymru
carmarthenshire.gov.wales

