Wythnos Addysg Oedolion

Adult Learners' Week

Gwobrau Addysg Oedolion 2024

Ysbrydoli!™ Inspire!™

Adult Learning Awards 2024

PAID STOPIO DYSGU | NEVER STOP LEARNING

Llywodraeth Cymru
Welsh Government

L&W SEFYDLIAD DYSGU A GWAITH
LEARNING AND WORK INSTITUTE

Cyflwyniad/Introduction

Lynne Neagle
Gweinidog y Gymraeg ac Addysg
Cabinet Secretary for Education

Fy mraint yw eich croesawu i Wobrau Ysbrydoli! Addysg Oedolion eleni lle'r ydym yn dathlu llwyddiannau rhyfeddol unigolion y mae eu dewrder, gwytnwch ac ymroddiad i ddysgu wedi siapio, nid yn unig eu bywydau hwy eu hunain, ond hefyd y cymunedau y maent yn rhan ohonynt.

Mae dysgu oedolion yn rym pwerus. Mae'n galluogi unigolion i drawsnewid eu dyfodol, gan gynnig ail gyfle, cyfleoedd newydd a'r posibilrwydd o ddatgloi potensial sydd heb ei ddefnyddio. Mae llawer o bobl yn dilyn addysg bellach er gwaethaf heriau sylweddol, boed yn bersonol, proffesiynol neu ariannol. Ac eto, dro ar ôl tro, mae oedolion sy'n dysgu yn profi bod dyfalbarhad, angerdd ac awch am wybodaeth yn gallu goresgyn y rhwystrau sydd ar eu ffordd.

Mewn byd sy'n newid yn gyflym, lle mae'r gofynion ar unigolion a diwydiannau'n newid yn gyson, ni fu dysgu gydol oes erioed yn bwysicach. Mae'r sgiliau, y gallu i addasu a'r hyder a geir trwy addysg oedolion yn helpu i sicrhau bod pobl yn gallu goroesi ond hefyd ffynnu yn wyneb y newidiadau hyn. Dyma gonglfaen symudedd cymdeithasol a chymdeithas fwy teg.

Rwyf am i Gymru ddod yn genedl lle mae addysg yn hawl yn hytrach na braint a dylai fod mor amrywiol â'r dysgwyr y mae'n eu gwasanaethu.

Dylem ni i gyd gael y cyfle i ddysgu trwy gydol ein bywydau a bydd gan y comisiwn addysg drydyddol newydd, Medr, fydd â chyfrifoldeb am gyllido a chynllunio'r system ôl 16, ddyletswydd i hyrwyddo dysgu gydol oes gyda chyfleoedd i bobl gymryd rhan mewn amrywiaeth eang o astudiaethau a lleoliadau addysgol ar draws Cymru.

Heno rydym yn tynnu sylw at y rhai sydd wedi derbyn grym dysgu, o gefndiroedd amrywiol ac yn erbyn y ffactorau yn aml. Mae eu llwyddiannau yn dyst i natur drawsnewidiol addysg ac maent yn ein hatgoffa nad yw hi fyth yn rhy hwyr i ddysgu, tyfu a llwyddo.

Yn ychwanegol rydym hefyd yn dathlu ymdrechion diflino addysgwyr, sefydliadau a chefnogwyr sy'n gwneud i'r hanesion yma am lwyddiant fod yn bosibl. Mae eich ymroddiad yn ein hysbrydoli ni i gyd.

Mae'r Gwobrau hyn yn nodi dechrau'r ymgyrch Wythnos Addysg Oedolion, sy'n rhedeg rhwng 9 a 15 Medi ac rwy'n siŵr y bydd llawer o'r digwyddiadau sy'n cael eu cynnal yn genedlaethol yn annog llawer mwy o bobl, gan gynnwys y rhai ohonoch sydd yma heno, i gael eich hysbrydoli gan y rhai a enwebwyd i gymryd y cam cyntaf tuag at ddysgu.

Llongyfarchiadau a phob lwc yn y dyfodol i bawb a dderbyniodd gydnabyddiaeth neu enwebiad heddiw.

It is my privilege to welcome you to this year's Inspire! Adult Learning Awards where we celebrate the remarkable achievements of individuals whose courage, resilience, and dedication to learning have shaped not only their own lives but also the communities they are part of.

Adult learning is a powerful force. It enables individuals to transform their futures, offering second chances, new opportunities, and the possibility to unlock untapped potential. Many people pursue further education despite significant challenges, whether personal, professional, or financial. Yet, time and time again, adult learners prove that perseverance, passion, and a thirst for knowledge can overcome obstacles in their way.

In a rapidly changing world, where the demands on individuals and industries shift constantly, lifelong learning has never been more important. The skills, adaptability, and confidence gained through adult education help ensure that people not only survive but thrive in the face of these changes. It is the cornerstone of social mobility and a more equitable society.

I want Wales to become a nation where education is a right rather than a privilege, and it should be as diverse as the learners it serves.

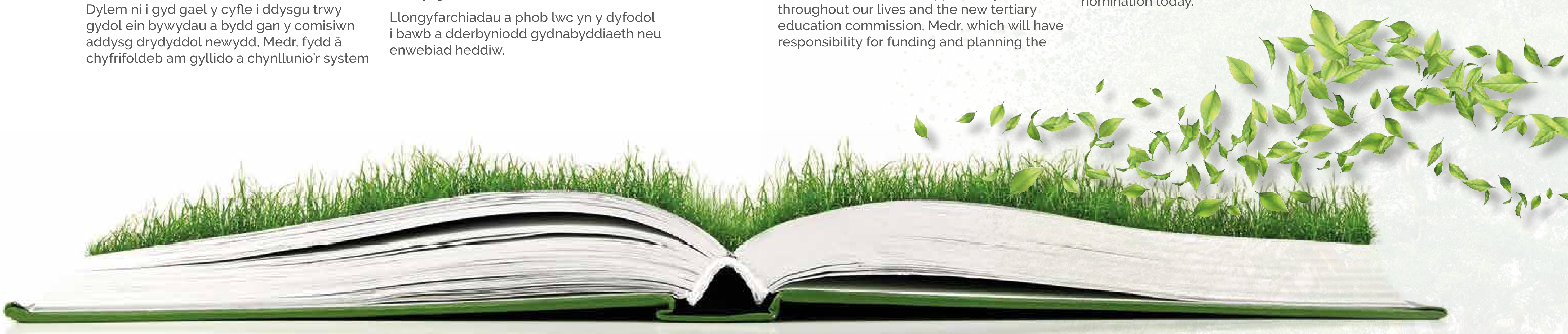
We should all have the opportunity to learn throughout our lives and the new tertiary education commission, Medr, which will have responsibility for funding and planning the post-16 system, will have a duty to promote lifelong learning with opportunities for people to engage in a wide variety of studies and educational settings across Wales.

This evening, we shine a light on those who have embraced the power of learning, from various backgrounds often against all odds. Their achievements are a testament to the transformative nature of education, and they remind us that it is never too late to learn, grow, and succeed.

In addition, we also celebrate the tireless efforts of educators, institutions, and supporters who make these success stories possible. Your dedication inspires us all.

These Awards mark the start of the Adult Learners' Week campaign, which runs from 9 -15 September and I am sure the many events being held nationwide will encourage many more people, including those of you here tonight, to be inspired by our nominees to take that first step towards learning.

Congratulations and best of luck in the future to everyone who received recognition or nomination today.



Rhagair/Foreword

Joshua Miles

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

Croeso i Wobrau Ysbrydoli! Addysg Oedolion 2024

Mae'n bleser mawr gennyf eich croesawu i Wobrau Ysbrydoli! Addysg Oedolion 2024.

Mae Gwobrau Ysbrydoli! Addysg Oedolion yn cydnabod llwyddiant dysgwyr a sefydliadau sydd wedi dangos dewrder, dyfalbarhad a brwdfrydedd eithriadol ar eu teithiau dysgu. Maen nhw wedi goresgyn heriau sylweddol fel problemau iechyd, diweithdra, diffyg hyder, neu gyfrifoldebau gofalu, ac wedi trawsnewid eu bywydau trwy ddysgu. Maen nhw hefyd wedi ysbrydoli eraill i ddilyn yn ôl eu traed ac wedi gwneud gwahaniaeth cadarnhaol yn eu cymunedau.

Cyfleoedd dysgu gydol oes

Mae dysgu yn daith gydol oes a all gyfoethogi ein bywydau mewn nifer o ffyrdd. Gall ein helpu i ddatblygu sgiliau newydd, cael cymwysterau, gwella ein cyflogadwyedd, gwella ein hiechyd a llesiant a chyfrannu at ein cymdeithas.

Mae Gwobrau Dysgu Oedolion Ysbrydoli! yn dathlu amrywiaeth y cyfleoedd dysgu sydd ar gael yng Nghymru, o addysg a hyfforddiant ffurfiol i ddysgu anffurfiol yn y gymuned. Boed yn ddysgu iaith newydd, cael sgiliau digidol, gwirfoddoli neu ddilyn diddordeb creadigol, mae rhywbeth i bawb ei fwynhau a chael budd ohono.

Meithrin tirwedd polisi cefnogol

Fel Cyfarwyddwr Cymru y Sefydliad Dysgu a Gwaith, rwy'n falch o weithio gyda Llywodraeth Cymru a'n partneriaid i gefnogi dysgu gydol oes i bawb, ac i gyfrannu at ddiwylliant o ddysgu yng Nghymru. Credwn bod dysgu oedolion yn chwarae rhan allweddol wrth gyflawni'r weledigaeth o genedl ddwyieithog ffyniannus, wydn ac iach.

Croesawn fuddsoddiad Llywodraeth Cymru mewn amrywiaeth o bolisïau a rhaglenni i hyrwyddo a hwyluso dysgu oedolion. Rydym hefyd yn croesawu cyflwyno Medr, y corff newydd i oruchwylio cyllido a rheoleiddio addysg ôl-orfodol yng Nghymru. Fel sefydliad â dyletswydd statudol i hyrwyddo dysgu gydol oes, mae Medr yn rhan o ymrwymiad Llywodraeth Cymru i wneud Cymru yn wlad lle caiff pawb gyfle i ddysgu ar hyd eu bywydau, beth bynnag eu cefndir neu amgylchiadau.

Cydnabod dysgwyr gwych

Hoffwn longyfarch pawb sydd wedi ei enwebu a holl enillwyr Gwobrau Ysbrydoli! Addysg Oedolion 2024, a diolch iddynt am rannu eu straeon llawn ysbrydoliaeth â ni. Byddwn hefyd yn hoffi diolch i'r tiwtoriaid, mentoriaid, darparwyr, cyflogwyr a sefydliadau sydd wedi cefnogi'r dysgwyr ar hyd y ffordd, ac sydd wedi gwneud y gwobrau hyn yn bosibl. Rydych chi yn ffynhonnell ysbrydoliaeth i ni i gyd, a dylech fod yn falch iawn o'ch llwyddiannau.

Rwy'n gobeithio y byddwch yn mwynhau Gwobrau Ysbrydoli! Addysg Oedolion 2024, a dymunaf y gorau i chi yn eich ymdrechion wrth ddysgu yn y dyfodol.

Joshua Miles
Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith

Welcome to the 2024 Inspire! Adult Learning Awards

It is my great pleasure to welcome you to the 2024 Inspire! Adult Learning Awards.

The Inspire! Adult Learning Awards recognise the achievements of learners and organisations, who have demonstrated remarkable courage, perseverance, and enthusiasm in their learning journeys. They have overcome significant challenges, such as health issues, unemployment, low confidence, or caring responsibilities, and have transformed their lives through learning. They have also inspired others to follow in their footsteps and have made a positive difference in their communities.

The opportunities of lifelong learning

Learning is a lifelong journey that can enrich our lives in many ways. It can help us to develop new skills, gain qualifications, enhance our employability, improve our health and well-being, and contribute to our society.

The Inspire! Adult Learning Awards celebrate the diversity of learning opportunities available in Wales, from formal education and training to informal and community-based learning. Whether it is learning a new language, gaining digital skills, volunteering, or pursuing a creative hobby, there is something for everyone to enjoy and benefit from.

Fostering a supportive policy landscape

As the Director for Wales at Learning and Work Institute, I am pleased to work with the Welsh Government and our partners to support lifelong learning for all, and to contribute to a culture of learning in Wales. We believe that adult learning plays a crucial role in achieving the vision of a prosperous, resilient, healthy, and bilingual nation.

We welcome the Welsh Government's investment in a range of policies and programmes to promote and facilitate adult learning. We also welcome the introduction of Medr, the new body to oversee the funding and regulation of post-compulsory education in Wales. As an organisation with a statutory duty to promote lifelong learning, Medr is part of the Welsh Government's commitment to making Wales a country where everyone has the opportunity to learn throughout their lives, regardless of their background or circumstances.

Recognising fantastic learners

I would like to congratulate all the nominees and winners of the 2024 Inspire! Adult Learning Awards, and to thank them for sharing their inspiring stories with us. I would also like to thank the tutors, mentors, providers, employers, and organisations who have supported the learners along the way, and who have made these awards possible. You are an inspiration to us all, and you should be very proud of your achievements.

I hope you enjoy the 2024 Inspire! Adult Learning Awards, and I wish you all the best for your future learning endeavours.

Joshua Miles
Director for Wales, Learning and Work Institute

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, Prifysgolion 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, Universities Wales and Welsh Government.

Trefn y Digwyddiad/ Order of Ceremony

Cyflwynir gan/Hosted by:

Nia Parry

Cyflwynydd Teledu a Thiwtor
TV Presenter and Tutor

6.30pm Cinio

7.45pm Seremoni Wobrwyo a gyflwynir gan
Nia Parry, Cyflwynydd Teledu a Thwtor

7.50pm Anerchiad Croeso ar ran cefnogwyr Gwobrau Ysbrydoli! Addysg Oedolion
Ben Lewis, Director, Cyfarwyddwr, Y Brifysgol Agored yng Nghymru

8.00pm Cyflwyniad Gwobrau Ysbrydoli! Addysg Oedolion Rhan 1

Gwobr Sgiliau Gwaith - Isaac Fabb

Gwobr Dysgu ar gyfer Gwell Iechyd - Cymeradwyaeth Uchel - Alan Hardie

Gwobr Dysgu ar gyfer Gwell Iechyd - Eve Salter

Gwobr Newid Bywyd a Chynnydd - Cymeradwyaeth Uchel - Lucy Willis

Gwobr Newid Bywyd a Chynnydd - Daniel Morgan

Gwobr Hywel Franis am Effaith ar y Gymuned - Hyb Cymunedol Cwmpawd

Egwyl

Cyflwyniad Gwobrau Ysbrydoli! Addysg Oedolion Rhan 2

Gwobr Oedolyn Ifanc - Sophie Dey

Gwobr Dechrau Arni - Dysgu Cymraeg - Daniel Minty

Gwobr Gwneuthurwyr Newid Gweithle - Partneriaeth Dysgu Ymddiriedolaeth Arloesi / UNISON Cymru

Gwobr Gorffennol Gwahanol: Rhannu Dyfodol - Inas Alali

Gwobr Heneiddio'n Dda - Tony Morton

Gwobr Sgiliau Hanfodol Bywyd - Stephen Reynolds

9.45pm Anerchiad y Gweinidog
Lynne Neagle, AS, Ysgrifennydd y Cabinet dros Addysg

9.55pm Sylwadau cloi
Joshua Miles, Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith

6.30pm Dinner

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

7.50pm Welcome address on behalf of the Inspire! Awards supporters
Ben Lewis, Director, The Open University in Wales

8.00pm Inspire! Learning Awards Presentation Part 1

Skills for Work Award - Isaac Fabb

Learning for Better Health Award – Highly Commended - Alan Hardie

Learning for Better Health Award - Eve Salter

Life Change and Progression Award – Highly Commended - Lucy Willis

Life Change and Progression Award - Daniel Morgan

Hywel Francis Award for Community Impact - Compass Community Hub

Interval

Inspire! Learning Awards Presentation Part 2

Young Adult Learner Award - Sophie Dey

Starting Out - Welsh Beginner Award - Daniel Minty

Workplace Change Makers Award - Innovate Trust / UNISON Cymru Wales Learning Partnership

Different Past: Shared Futures Award - Inas Alali

Ageing Well Award - Tony Morton

Essential Skills for Life Award - Stephen Reynolds

9.45pm Ministerial Address:
Lynne Neagle, MS, Cabinet Secretary for Education

9.55pm Closing remarks
Joshua Miles, Director for Wales, Learning and Work Institute

Enillydd Gwobr Sgiliau Gwaith 2024

Skills for Work Award Winner 2024

Isaac Fabb

ENWEBWYD GAN / NOMINATED BY:

Coleg Gŵyr Abertawe

Gower College Swansea

Wynebodd Isaac Fabb rai o'r heriau bywyd caletaf ac mae'n awr yn ddysgwr sy'n ysbrydoli sy'n esiampl i bobl ifanc yn cychwyn ar eu gyrfaoedd.

Mae'r dyn 22 mlwydd oed, a gafodd ddiagnosis o anhwylder diffyg canolbwyntio a gorfywiogrwydd (ADHD) yn 17 oed, wedi goresgyn caethiwed i gyffuriau a cholli ei frawd yng nghyfraith i orddibyniaeth i ragori fel saer coed talentog.

Fe wnaeth y cyfrifoldeb o ddod yn dad yn ei arddegau ei ysgogi i newid ei fywyd. "Wrth edrych yn ôl nawr, rwy'n sylweddoli bod yr heriau wedi gwirioneddol fy helpu i ganolbwyntio a bod yn fwy penderfynol i wneud yr hyn yr oeddwn am ei wneud," dywedodd Isaac o Abertawe.

Er gwaethaf yr heriau hyn a gadael yr ysgol heb unrhyw gymwysterau ffurfiol, roedd Isaac yn benderfynol o gael gyrfa, ac, yng nghanol caethiwed i sylweddau, yn ddi-ildio aeth ati i ymgeisio am gyrsiau coleg amrywiol.

Ar ôl ychydig o geisiadau aflwyddiannus, oherwydd ei gyflwr yn bennaf, fe wrthododd roi'r ffidil yn y to a chafodd le ar gwrs adeiladu aml-sgil yng Ngholeg Gŵyr Abertawe.

Ffynnodd ar y cwrs a flwyddyn yn ddiweddarach sicrhaodd waith gyda Chyngor Dinas Abertawe fel prentis saer, gan gyflawni ei nod o weithio yn yr yrfa o'i ddewis gan ddal i ddysgu.

Roedd dysgu yn ei waith yn gweddu'n well i Isaac, a llwyddodd i gael canlyniadau eithriadol a hefyd ei TGAU mathemateg wrth gwblhau ei gwrs aml-grefft.

Trwy gyflawni'r hyn yr oedd yn ei feddwl oedd yn gamp amhosibl arweiniodd, hyn at iddo gael ei enwi yn Brentis Cwrs Sylfaen y Flwyddyn, a'i gyflogwr yn ei ymgorffori yn ei dîm cyflogadwyedd sy'n annog pobl ifanc i ystyried prentisiaethau.

Ar hyn o bryd mae'n gwneud ei Lefel 3 a rhagwelir y bydd ei farc yn rhagoriaeth ddwbl ac mae mewn trafodaethau i ddilyn HNC mewn Rheolaeth Adeiladu.

Meddai Isaac: "Er bod y daith bum mlynedd yn anwastad, rwy'n awyddus iawn i barhau a derbyn yr her nesaf.

"Gallaf ddweud bod gwybod fy mod yn mynd i fod yn dad mor ifanc wedi fy nghymell ymlaen i droi cefn ar fy nghaethiwed i gyffuriau ond hefyd i sefyll ar fy nhraed i fod yr oedolyn ifanc yr oedd angen i mi fod. Er bod rhai meini tramgwydd, nid oedd dim yn rhoi mwy o foddhad na chyflawni gyrfa yr oeddwn yn meddwl ar un adeg ei bod ymhell tu hwnt i'm cyrraedd."

Gyda dyfodol disglair o'i flaen yn awr, mae Isaac yn anelu at gyrraedd y brig yn ei broffesiwn ac mae wedi ennill digon o barch ar hyd y ffordd.

Dywedodd Medi Williams, Arbenigwr Cais Masnachol yng Ngholeg Gŵyr Abertawe: "Fe wnes i enwebu Isaac ar ran y coleg oherwydd ei fod yn ddysgwr sy'n ysbrydoli sydd wedi dod yn esiampl i'r rhai allai fod wedi meddwl nad yw addysg oedolion iddyn nhw."

> *"Er bod rhai meini tramgwydd, nid oedd dim yn rhoi mwy o foddhad na chyflawni gyrfa yr oeddwn yn meddwl ar un adeg ei bod ymhell tu hwnt i'm cyrraedd. Wrth edrych yn ôl nawr, rwy'n sylweddoli bod yr heriau wedi gwirioneddol fy helpu i ganolbwyntio a bod yn fwy penderfynol i wneud yr hyn yr oeddwn am ei wneud."*

> *"Although there were stumbling blocks, there was nothing more rewarding than achieving a career that I once thought was well beyond my reach. Looking back now, I realise that the challenges truly helped me focus and be more determined to do what I wanted to do."*

Isaac Fabb has faced some of the toughest life challenges and is now an inspirational learner who is a role model for young people starting out in their careers.

The 22-year-old, who was diagnosed with attention deficit hyperactivity disorder (ADHD) at 17, has overcome drug addiction and the loss of his brother-in-law to addiction, to excel as a talented carpenter.

The responsibility of becoming a teenage father motivated him to change his life. "Looking back now, I realise that the challenges truly helped me focus and be more determined to do what I wanted to do," said Swansea-based Isaac.

Despite these challenges and leaving school with no formal qualifications, Isaac was determined to gain a career and, against a backdrop of addiction, he relentlessly applied for various college courses.

After a couple of unsuccessful attempts, largely down to his condition, he refused to give up and gained a place on a multi-skill construction course with Gower College Swansea.

He flourished, and a year later secured employment with Swansea City Council as an apprentice carpenter, achieving a goal of working within his chosen career whilst learning.

On-the-job learning proved a better fit for Isaac, gaining outstanding results and also achieving his maths GCSE whilst completing his multi-trade course.

Achieving what he thought was an impossible feat led to the college naming him as their Foundation Apprentice of the Year, and his employer incorporating him into their employability team that encourages young people to consider apprenticeships.

He is now undertaking his Level 3 with predicted grades of a double distinction and is in discussion to undertake an HNC in Construction Management.

Isaac reflected: "Though the five-year journey was bumpy, I am eager to continue and embrace the next challenge.

"I can say that knowing I was going to be a father at such an early age spurred me to not only kick the addiction but to stand up to be the young adult I needed to be. Although there were stumbling blocks, there was nothing more rewarding than achieving a career that I once thought was well beyond my reach."

With a bright future now ahead of him, Isaac is aiming to reach the top of his profession and has earned plenty of respect along the way.

Medi Williams, Commercial Bid Specialist at Gower College Swansea, said: "I nominated Isaac on behalf of the college because he is an inspirational learner who has become a role model for those who may not have thought adult education was them."

Alan Hardie

ENWEBWYD GAN / NOMINATED BY:

Gwasanaeth Dysgu Gydol Oes Sir a Dinas Abertawe

City & County of Swansea Lifelong Learning Service

Mae penderfyniad Alan Hardie i barhau yn gadarnhaol a chadw ei ymennydd yn brysur ar ôl dioddef strôc ddwy flynedd yn ôl yn 56 oed yn ysbrydoli pawb sy'n dod ar ei draws.

Ar y dechrau roedd y strôc wedi gadael Alan, 57, â gwendid ar ei ochr dde ac anawsterau siarad ysgafn. Mae'n parhau ei therapi ei hun i wrthweithio yn erbyn ei anawsterau symud.

Roedd yn teimlo'n ynysig nes iddo ymuno â dosbarth ysgrifennu i oedolion oedd yn cael ei redeg gan Wasanaeth Dysgu Gydol Oes Dinas a Sir Abertawe yn Llyfrgell Gorseinon y llynedd.

Clywodd am y dosbarth trwy Grŵp Goroeswyr Strôc Abertawe a dywed bod ysgrifennu am ei strôc a'r anhwylder straen ôl-drawmatig (PTSD) wedi bod yn "eithriadol o gathartig".

Mae Alan wedi bod yn dioddef o PTSD ers mwy na 30 mlynedd ers iddo fynd at ddamwain erchyll ar y draffordd pan oedd yn Dechnegydd Meddygol yn y Fyddin. Combat Stress, elusen iechyd meddwl cyn-filwyr, wnaeth roi diagnosis y cyflwr iddo, a wnaeth ei adael yn isel iawn.

Roedd wedi gwasanaethu cyn hynny gyda Chorfflu Meddygol Brenhinol y Fyddin, gan gymhwyso fel Uwch Nyrs Staff cyn dychwelyd i fywyd tu allan i'r lluoedd a dod yn Gynghorydd Genetig i'r GIG, swydd yr oedd wrth ei fodd ynddi hyd at ei strôc.

"Mae ysgrifennu Alan yn dod o'r galon, yn ddoniol ac weithiau yn dorcalonnus," dywedodd ei diwtor dosbarth ysgrifennu Carolyn Jones, a wnaeth ei enwebu.

"Ysgrifennodd am ei brofiad o gael strôc ac effaith hynny arno ef a'i wraig, Kath. Fel yr oedd yn darllen ei waith i ni, roeddem yn chwerthin a chrio yn eu tro.

"Mae wedi gorfod derbyn ymddeol yn gynnar, rhywbeth nad oedd yn ei ddisgwyl ar y pwynt hwn yn ei fywyd. Hyd yn oed ar ddyddiau pan nad yw'n teimlo'n dda, mae'n llawn positifrwydd ac mae'n mynd at bob tasg ysgrifennu'n llawn pwrpas. Mae Alan yn garedig a chefnogol i aelodau eraill y dosbarth bob amser."

Ar ôl y strôc, roedd Alan yn benderfynol o beidio â gadael i negyddiaeth reoli ei feddyliau. "Peidiwch â'm camddeall, roedd hyn yn ddigwyddiad trawmatig, ond roedd yn rhaid i mi ei dderbyn a symud ymlaen," dywedodd.

"Roeddwn eisiau gweithgaredd nad oedd ganddo unrhyw gysylltiad â'm strôc, a fyddai'n cadw fy meddwl yn effro a'm symud allan o fod yn ynysig trwy gyfarfod pobl wahanol. Mae cychwyn ar y cwrs ysgrifennu creadigol wedi normaleiddio fy mywyd, gan fod gennyf yn awr gysylltiadau cymdeithasol pwysig, cyfeillgarwch newydd ac rwy'n dysgu ar yr un pryd.

"Gobeithio, rhyw ddydd, y gallaf ysgrifennu am fy mhrofiad o gael strôc ac annog aelodau o Grŵp Goroeswyr Strôc Abertawe i rannu eu profiadau hefyd i helpu eraill mewn sefyllfa debyg."

> *"Mae cychwyn ar y cwrs ysgrifennu creadigol wedi normaleiddio fy mywyd, gan fod gennyf yn awr gysylltiadau cymdeithasol pwysig, cyfeillgarwch newydd ac rwy'n dysgu ar yr un pryd."*

> *"Starting the creative writing course has normalised my life, as I now have important social interactions, new friendships and I'm learning at the same time."*

Alan Hardie's determination to remain positive and keep his brain active after suffering a stroke two years ago at the age of 56 is inspiring everyone who comes into contact with him.

The stroke initially left Alan, 57, with right-sided weakness and mild speech difficulties. He continues his own therapy to counter mobility difficulties.

He felt isolated until he joined a creative writing class for adults run by the City & County of Swansea Lifelong Learning Service at Gorseinon Library last year.

He heard about the class from Swansea Stroke Survivors Group and says writing about his stroke and post-traumatic stress disorder (PTSD) has been "extremely cathartic".

Alan has also suffered from PTSD for more than 30 years since attending a harrowing motorway accident as an Army Combat Medical Technician. The condition, which left him very depressed, was diagnosed by Combat Stress, the veterans' mental health charity.

He had previously served with the Royal Army Medical Corps, qualifying as a Senior Staff Nurse before returning to civvy street and becoming an NHS Genetic Counsellor, a job he loved until his stroke.

"Alan's writing is heartfelt, funny and at times heart-breaking," said his creative writing class tutor Carolyn Jones, who nominated him.

"He has written about his experience of having a stroke and the impact on him and on his wife, Kath. As he was reading his work to us, we were by turns laughing and crying.

"He has had to come to terms with early retirement, something he was not expecting at this point in his life. Even on days when he doesn't feel well, he radiates positivity and approaches each writing task with purpose. Alan is unfailingly kind and supportive to the other class members."

After the stroke, Alan was determined not to let negativity dominate his thoughts. "Don't get me wrong, this was a traumatic event, but I had to accept it and move on," he said.

"I wanted an activity that was totally unrelated to my stroke, which would keep my mind active and move me out of isolation by meeting different people. Starting the creative writing course has normalised my life, as I now have important social interactions, new friendships and I'm learning at the same time.

"Hopefully, one day, I can write about my stroke experience and encourage members of the Swansea Stroke Survivors Group to share their experiences as well to help others in a similar situation."

Enillydd Gwobr Dysgu ar gyfer Gwell Iechyd 2024

Learning for Better Health Award Winner 2024

Eve Salter

ENWEBWYD GAN / NOMINATED BY:

Coleg Caerdydd a'r Fro

Cardiff and Vale College

Cred Eve Salter, sy'n fenyw wydn, ei bod wedi paratoi at ddysgu yn well fel oedolyn nag yr oedd hi erioed yn ei harddegau ac mae'n awr yn datblygu gyrfa i gynnig gwell bywyd iddi hi a'i theulu.

Yn rhiant sengl yn ei harddegau, roedd yn teimlo ei bod yn cael ei gadael ar ôl wrth i'w ffrindiau fynd i'r coleg neu brifysgol, gan gael swyddi a chyfleoedd da yn y pen draw.

Trwy boeni am ei rhagolygon gyrfa yn y dyfodol ac oherwydd y cyfrifoldeb o fod yn rhiant mor ifanc dioddefodd Eve iselder difrifol. Gadawodd rhai penderfyniadau bywyd hi ag anhwylder straen ôl-drawmatig a niweidiodd ei hyder a'i hunan-barch.

Ar ôl cyfnod hir yn gwella, dychwelodd at addysg yn ei 30au i ennill TGAU a magodd yr hyder i gychwyn cymhwyster Lefel 2 Gweinyddu Busnes gyda Choleg Caerdydd a'r Fro. Cwblhaodd y cymhwyster ddau fis yn gynnar ac mae wedi symud ymlaen i Lefel 3.

Mae Eve, 32, gweinyddydd busnes i Iechyd Cyhoeddus Cymru, wedi symud ymlaen i gyflog Band 4 yn y gwaith, ar ôl dau ddyrchafiad ac mae wedi bod â'i llygad ar gymhwyster mewn cynllunio digwyddiadau, sy'n rhan allweddol o'i gwaith.

"Os nad ydych chi'n ofalus fel mam ifanc gallwch golli eich hunaniaeth ond mae mynd yn ôl i ddysgu wedi fy helpu i newid popeth," dywedodd. "Dim ond nawr bod fy merch yn hŷn y mae gennyf y cyfle i feddwl am fy ngyrfa. Rwyf am fod yn esiampl dda iddi hi ac ysbrydoli mamau ifanc eraill i wneud yr un peth.

"Mae mynd yn ôl i addysg yn oedolyn yn frawychus ac fe allwn fod wedi teimlo fy mod ar ôl pawb arall. Ond, gydag aeddfedrwydd a phrofiad bywyd ar fy ochr, mae wedi bod yn daith ddiddorol a chyffrous ar adeg yn fy mywyd pan wyf yn teimlo fy mod yn hollol barod ac wedi ymrwymo i ddysgu.

"Mae cefnogaeth ac absenoldebau astudio gan Iechyd Cyhoeddus Cymru wedi fy ngalluogi i gwblhau'r gwaith heb boeni am ofal plant. Heb y gefnogaeth hon a chyfle i ddysgu yn y gwaith, ni fyddwn yn y sefyllfa yr wyf ynddi heddiw."

Dywedodd ei henwebydd Michele Gate, gynt o Goleg Caerdydd a'r Fro: "Mae ymrwymiad diwyro Eve i dwf personol a'i hangerdd heintus am ddysgu wedi gadael marc annileadwy ar y rhai o'i chwmpas.

"Yr hyn sy'n gwneud Eve yn wahanol i'w ei hangerdd dros helpu eraill, fel rhan o'r cyfraniad ehangach y mae'n ei wneud yn ei swydd yn Iechyd Cyhoeddus Cymru i gefnogi newid i wella bywydau eraill. Mae ei gwaith yn cefnogi meysydd allweddol yn yr adran gofal sylfaenol, gan gynnwys cefnogi cynhwysiad iechyd ac anghyfartaledd."

> *"Yn fam ifanc gallwch golli eich hunaniaeth ond mae mynd yn ôl i ddysgu wedi fy helpu i newid popeth, dim ond nawr bod fy merch yn hŷn y mae gennyf y cyfle i feddwl am fy ngyrfa. Rwyf am fod yn esiampl dda iddi hi ac ysbrydoli mamau ifanc eraill i wneud yr un peth."*

> *"As a young mother, you can lose your identity but returning to learning has really helped to turn everything around, it's only now that my daughter is older that I have the opportunity to think about my career. I want to set a good example to her and inspire other young mums to do the same."*

The Open University Y Brifysgol Agored Wales Cymru

Addysg Oedolion Cymru Adult Learning Wales

Resilient Eve Salter believes she's better prepared to learn as an adult than she ever was as a teenager and is now developing a career to provide a better life for herself and her family.

As a single parent teenager, she felt left behind as her friends went to college or university, eventually getting good jobs and opportunities.

Worrying about her future career prospects and the responsibility of being a parent at such a young age drove Eve into severe depression. Some life choices left her with post-traumatic stress disorder which damaged her confidence and self esteem.

After a long recovery, she returned to education in her 30s to complete GCSEs and plucked up the courage to begin a Level 2 Business Administration qualification with Cardiff and Vale College. She completed the qualification two months early and has progressed to Level 3.

Eve, 32, a Public Health Wales business administrator, has progressed to a Band 4 salary at work, after two promotions and is considering a qualification in event planning, a key part of her job.

"If you're not careful as a young mother, you can lose your identity but returning to learning has really helped to turn everything around," she said. "It's only now that my daughter is older that I have the opportunity to think about my career. I want to set a good example to her and inspire other young mums to do the same.

"Going back to education as an adult is scary and may have felt like I was behind everyone else. However, with maturity and life experience on my side, it has been an interesting and exciting journey at a time in my life when I feel completely ready and committed to learn.

"Support and study leave from Public Health Wales, has enabled me to complete the work without worrying about childcare. Without this support and a work-based learning opportunity, I wouldn't be in the position I am in today."

Her nominator Michele Gate, formerly of Cardiff and Vale College, said: "Eve's unwavering commitment to personal growth and her infectious passion for learning has left an indelible mark on those around her.

"What sets Eve apart is her passion for helping others, as part of the wider contribution she makes in her role at Public Health Wales to support change for the betterment of others. Her work supports critical areas within the primary care division, including supporting health inclusion and inequalities."

Cymeradwyaeth Uchel – Gwobr Newid Bywyd a Chynnydd 2024
Highly Commended - Life Change and Progression Award

Lucy Willis

ENWEBWYD GAN / NOMINATED BY:

Coleg Caerdydd a'r Fro – Dysgu fel Teulu
Cardiff and Vale College - Family Learning

"Mewn byd lle gall heriau yn aml foddi breuddwydion, mae taith Lucy Willis yn sefyll yn dyst i rym gwytnwch a phenderfyniad."

Dyna ddywedodd Nikki Workman-Smith, Tiwtor Cwrs Dysgu fel Teulu Coleg Caerdydd a'r Fro, a enwebodd Lucy am Wobr Ysbrydoli!

"O wynebu problemau yn gynnar yn ei bywyd i ymddangos fel llusern o ysbrydoliaeth, mae stori Lucy yn un o ddyfalbarhad diwyro a thrawsnewidiad dwys," ychwanegodd.

Ar ôl gadael addysg yn 15 oed a bod yn rhiant a hithau'n byw mewn hostel, cymerodd Lucy gyfres o swyddi rhan-amser i gael dau ben llinyn ynghyd, ond roedd yn dioddef o orbryder ac iselder.

Daeth y trobwynt pan gyfarfu â Leanne Rutter, Swyddog Cyswllt Teuluoedd yn Ysgol Gynradd Bryn Hafod, Llanrhymni.

Cyflwynodd Leanne Lucy i Ddysgu fel Teulu ac fe wnaeth ei hyder a'i hysgogiad gynyddu'n fawr wrth iddi gwblhau cyfres o gyrsiau. Sicrhaodd swydd wirfoddol fel Cynorthwyydd Dysgu yn yr ysgol oedd wedi datblygu yn swydd fel Technegydd Cinio.

Gan anelu at fod yn Gynorthwyydd Dysgu, mae'n gobeithio dechrau cwrs Gofal Plant Lefel 3.

"Roeddwn wrth fy modd yn yr ysgol, ond ar ôl i mi ddod yn feichiog, bu'n rhaid i mi adael a daeth fy addysg i ben," dywedodd Lucy, "Dros yr 20 mlynedd diwethaf fe wnaeth fy hyder yn fy ngallu fy hun – tu hwnt i fod yn fam – grebachu'n fawr iawn, felly mae cwblhau'r cyrsiau yma wedi bod yn drawsnewidiol.

"Rwy'n teimlo'n falch o'r hyn yr wyf wedi ei gyflawni. Mae wedi rhoi hwb i'm hunan-barch a'm gallu i ganolbwyntio - ac yn bwysicaf oll mae wedi rhoi ffrindiau newydd i mi. Am y tro cyntaf mewn blynyddoedd, rwy'n cymdeithasu ac yn mwynhau fy mywyd. Mae gennyf basbort; rwy'n helpu i redeg clwb llyfrau ac rwy'n rhan o'r Gymdeithas Rhieni Athrawon newydd yn yr ysgol. Mae'n teimlo fel petai fy mywyd wedi dechrau."

Disgrifiodd Lucy'r rhaglen Dysgu fel Teulu fel "golau arweiniol" ac "achubiaeth", gan gynnig llygedyn o obaith i'r rhai sydd ar goll ac yn ansicr o'u dyfodol.

"Gyda phob cwrs, rwy'n cael gwared ar haen o amheuaeth ac ansicrwydd, gan ddod i'r golwg yn gryfach a mwy sicr ohonof fy hun.

"I unrhyw un sy'n gaeth i rigol neu'n cael trafferth y dyddiau yma, rwy'n cynnig y geiriau yma o anogaeth: "Nid ydych ar eich pen eich hun. Gyda'r gefnogaeth iawn a phenderfyniad, gall hyd yn oed y nos dywyllaf glirio a chynnig gwawr ar ddiwrnod newydd. Ymddiriedwch yn y daith, derbyniwch y cyfleoedd sy'n dod ar eich traws a pheidiwch byth â thanbrisio gwytnwch yr ysbryd dynol".

> *"Rwy'n teimlo'n falch o'r hyn yr wyf wedi ei gyflawni. Mae wedi rhoi hwb i'm hunan-barch a'm gallu i ganolbwyntio - ac yn bwysicaf oll mae wedi rhoi ffrindiau newydd i mi. Mae gennyf basbort; rwy'n helpu i redeg clwb llyfrau ac rwy'n rhan o'r Gymdeithas Rhieni Athrawon newydd yn yr ysgol. Mae'n teimlo fel petai fy mywyd wedi dechrau."*

> *"I feel proud of what I've achieved. It's boosted my self-esteem and focus – and most importantly has given me new friends. I've got a passport; I'm helping to run a book club and I'm part of the new school Parent Teacher Association. It feels like my life has started."*

"In a world where challenges can often overshadow dreams, Lucy Willis' journey stands as a testament to the power of resilience and determination."

So says Nikki Workman-Smith, Cardiff and Vale College (CAVC) Family Learning Course Tutor, who nominated Lucy for an Inspire! Award.

"From facing adversities early in life to emerging as a beacon of inspiration, Lucy's story is one of unwavering perseverance and profound transformation," she added.

Leaving education at 15 and navigating parenthood whilst living in a hostel, Lucy took on a series of part-time jobs just to make ends meet, she struggled with anxiety and depression.

The turning point came when she met Leanne Rutter, Family Liaison Officer at Bryn Hafod Primary School, Llanrumney.

Leanne introduced Lucy to Family Learning and her confidence and motivation soared as she completed a series of courses. She secured a voluntary post as a Teaching Assistant in the school which has developed into a job as a Dinner Technician.

Aiming to become a Teaching Assistant, she hopes to start a Level 3 Childcare course.

"I always loved school, but when I fell pregnant, I was forced to leave and stopped my education," said Lucy, "Over the last 20 years, my confidence in my own abilities – outside being a mum – massively diminished, so completing these courses has been transformative.

"I feel proud of what I've achieved. It's boosted my self-esteem and focus – and most importantly has given me new friends. For the first time in years, I'm socialising and enjoying my life. I've got a passport; I'm helping to run a book club and I'm part of the new school Parent Teacher Association. It feels like my life has started."

Lucy described the Family Learning programme as a "guiding light" and a "lifeline", offering a glimmer of hope to those lost and unsure of a future for themselves.

"With each course, I shed a layer of doubt and insecurity, emerging stronger and more self-assured.

"To anyone who is stuck in a rut or struggling at the moment, I offer these words of encouragement: 'You are not alone. With the right support and determination, even the darkest of nights can give way to the dawn of a new day. Trust in the journey, embrace the opportunities that come your way and never underestimate the resilience of the human spirit."

Enillydd Gwobr Newid Bywyd a Chynnydd 2024

Life Change and Progression Award Winner 2024

Daniel Morgan

ENWEBWYD GAN / NOMINATED BY:

Sgil Cymru

Gall newid gyrfa yn 38 oed o swydd am oes gyfforddus ym myd manwerthu i ansicrwydd y diwydiant ffilm ymddangos yn ffolineb, ond dywed Dan Morgan mai dyma'r newid callaf a wnaeth erioed.

Mewn mater o wythnosau, aeth Dan o Orseinon, o reoli cyllidebau o filiynau lawer o bunnoedd a goruchwylio staff mewn swydd reoli yn Tesco, i gymryd archebion cinio ar setiau cynhyrchu gan weithwyr proffesiynol 15 mlynedd yn iau nag ef, ond nid yw wedi difaru o gwbl.

Cychwynnodd taith y siaradwr Cymraeg rhugl gyda BA mewn Ymarfer Cyfryngau Proffesiynol o Athrofa Abertawe yn 2007, yna sefydlodd ei fusnes ffotograffiaeth ei hun am dair blynedd.

Yna gwnaeth y penderfyniad poenus i gamu allan o'r byd creadigol ac i fanwerthu, gan symud i reoli o fewn 18 mis a threulio'r 11 mlynedd nesaf yn creu enw da am fod yn llawn cymhelliant, yn wydn a chydweithredol, gan gael profiad mewn arwain ac ymgysylltu â thimau.

Ond roedd ei ddyhead am gael gyrfa ar sail ei awch artistig yn swnian o'i fewn.

Dywedodd: "Roeddwn yn credu bod y cyfle i ddilyn fy angerdd trwy gydol fy oes o weithio yn y diwydiant ffilm wedi hen fynd. Roedd gennyf gysur sicrwydd swydd, pensiwn a gwyliau penodol gyda Tesco, ond nid dyna oeddwn i ei eisiau o'm bywyd, felly fe wnes i ddechrau edrych beth oedd ar gael."

Roedd Dan yn meddwl bod ei oedran yn ei erbyn wrth iddo geisio datblygu gyrfa yn y diwydiant ffilm. Nid oedd unrhyw gyfyngiadau oedran ar Brentisiaeth CRIW Sgil Cymru, arweiniodd hyn at benderfyniad a newidiodd ei fywyd yn Chwefror 2022.

Mae Nadine Roberts, Pennaeth Hyfforddiant Sgil Cymru yn cofio: "Roedd y risg o newid gyrfa yn 38 yn anferth, ond rydym mor falch o Dan am brofi ei fod yn bosibl."

Ei flas cyntaf o gynhyrchu ar y Brentisiaeth Cyfryngau Creadigol a Digidol oedd lleoliad tri mis fel rhedwr i Gorilla, cwmni ôl-gynhyrchu mwyaf Cymru.

Yna daeth lleoliad fel hyfforddai sain ar *On the Edge* Channel 4, cyn i Dan ffynnu ar ddrama £84 miliwn Disney/Hulu HETV, *Black Cake*, gan weithio fel cynorthwyydd cynhyrchu i ddysgu sut y cyrhaeddodd y sioe y llinell gychwyn.

Ei leoliad olaf gyda CRIW oedd fel rhedwr cynhyrchiad ar ddrama ITV, *Until I Kill You* ac, ar ôl cwblhau ei brentisiaeth, bu'n gweithio fel cynorthwyydd rheolwr cynhyrchu ar *Casualty* y BBC, ysgrifennydd cynhyrchiad ar ddrama sombi newydd Sianel 4, *Generation Z*, Dr Who y BBC ac yna cydlynydd cynhyrchu cynorthwyol ar ffilm lawn newydd Craig Roberts, The Scurry.

"Roeddwn yn credu bod y cyfle i ddilyn fy angerdd trwy gydol fy oes o weithio yn y diwydiant ffilm wedi hen fynd. Fe gymerodd 15 mlynedd yn hwy nag yr oeddwn wedi gobeithio, ond yn 40 mlwydd oed, o'r diwedd rwyf lle'r oeddwn i fod."

"I believed that the opportunity to follow my lifelong passion of working in the film industry had long since gone. It took 15 years longer than I'd hoped, but at 40 years young, I'm finally where I'm meant to be."

Changing careers at the age of 38 from a comfortable job-for-life in the world of retail to the uncertainty of the film industry may seem foolhardy, but Dan Morgan says it is the wisest move he has ever made.

In a matter of weeks, Gorseinon-based Dan went from managing multi-million-pound budgets and overseeing staff in a Tesco management role, to taking lunch orders on production sets from professionals 15 years his junior, but he hasn't regretted a single day.

The fluent Welsh speaker's journey started with a BA in Professional Media Practice from Swansea Institute in 2007, followed by establishing his own photography business for three years.

He then made the painful decision to step out of the creative world and into retail, moving up to management within 18 months and spending the next 11 years building a reputation for being motivated, resilient and collaborative, gaining experience in leading and engaging teams.

But the burning desire to make a career from his artistic appetite nagged from within.

He said: "I believed that the opportunity to follow my lifelong passion of working in the film industry had long since gone. I had the comfort of job security, pension and fixed holidays with Tesco, but it just wasn't what I wanted from my life, so I started to look at what was available."

Dan thought that age was against him as he sought to develop a career in the film industry. Sgil Cymru's CRIW Apprenticeship did not have any age barriers, this led to his life-changing decision in February 2022.

Nadine Roberts, Sgil Cymru's Head of Training, recalls: "The risks involved in changing career at 38 were enormous, but we're so proud of Dan in proving that it is possible."

His first taste of production on the Creative and Digital Media Apprenticeship was a three-month placement as a runner with Gorilla, Wales' largest post production company.

A placement followed as a sound trainee on Channel 4's *On the Edge*, before Dan flourished on the Disney/Hulu HETV £84 million drama Black Cake, working as a production assistant to learn how the show was brought to the starting line.

His last placement with CRIW was as a production runner on the ITV drama *Until I Kill* You and, on completing his apprenticeship, he worked as production manager assistant on BBC's Casualty, production secretary on Channel 4's new zombie drama *Generation Z*, BBC's *Dr Who* and then assistant production co-ordinator on Craig Roberts' new feature film, *The Scurry*.

Enillydd Gwobr Hywel Francis am Effaith ar y Gymuned

Winner of the Hywel Francis Award for Community Impact

Hyb Cymunedol Cwmpawd
Compass Community Hub

Mae'r angen cynyddol i ddarparu hyfforddiant a chefnogaeth i unrhyw un 16 oed a hŷn ar draws ardal Cyngor Bwrdeistref Sirol Merthyr Tudful wedi arwain at ganolfan ddysgu flaengar sydd wedi ymgysylltu â mwy na 1,000 o bobl yn y flwyddyn ddiwethaf yn unig.

Ail-frandiwyd Hyb Cymunedol Cwmpawd yn Ebrill 2023 ac mae'r ganolfan yn y Gurnos wedi ehangu mynediad i breswylwyr yn yr ardal leol, gan fabwysiadu dull hyblyg i estyn allan i'r gymuned.

Roedd y lansiad yn digwydd yr un pryd â chyfraniad o arian cyfalaf ar gyfer adnewyddu gan Lywodraeth Cymru a wnaeth droi un bloc hyfforddi yn llety byw â chymorth i bobl ifanc yn gadael gofal. Roedd hyn yn helpu i'w dwyn yn nes at ddysgu a chynnydd gyda'r Hyb ar eu trothwy.

Mae amrywiaeth o hyfforddiant a chymorth yr Hyb yn helpu dysgwyr i gynyddu eu sgiliau cysylltiedig â gwaith, gwneud cysylltiadau, gwella eu hyder a chael cyngor a chefnogaeth. Cynigir gweithdai, cyrsiau a digwyddiadau cymunedol ar ddyddiau ac amseroedd amrywiol trwy gydol yr wythnos. Mae'r holl gyrsiau, gweithdai a chymorth am ddim.

Mae'r cyfleuster yn unigryw yn y fwrdeistref gan nad oes unrhyw gyfleuster dysgu oedolion arall yn cynnig siop un stop o'r fath sy'n cynnwys ardaloedd adeiladu, gweithdai cerameg, canolfan TG, hyfforddiant manwerthu a dwy ystafell hyfforddi fawr.

Dywedodd Leanne Williams o Hyb Cymunedol Cwmpawd: "Mae'r tîm wedi gweithio'n galed i sefydlu amrywiaeth o gyrsiau ac i ddatblygu cynnig sy'n newid yn gyson sy'n annog pawb i ryw ffurf ar addysg oedolion, beth bynnag yw eu lefel, diddordeb a gallu, gan gynnwys rhai a all fod yn niwro-wahanol, fod â phroblemau iechyd meddwl neu ychydig iawn o sgiliau."

Mae gan y prosiect hefyd fentor i gyn-droseddwyr i roi cymorth iddynt wrth symud ymlaen yn eu bywydau, gan leihau'r risg o ail-droseddu trwy gael mynediad at ddysgu a chyflogaeth gynaliadwy.

Derbynnir mwy na 100 o atgyfeiriadau bob mis gan naill ai sefydliadau partner neu unigolion ac mae mwy na hanner y dysgwyr wedi cwblhau cymhwyster ffurfiol.

Lluniwyd perthynas â darparwyr eraill fel Prifysgol De Cymru ac Addysg Oedolion Cymru i ddarparu rhai o'r rhaglenni dysgu o'r Hyb.

Mae'r cynlluniau ar gyfer y dyfodol yn cynnwys caffi cymunedol lle gall unigolion anabl ag anawsterau dysgu wirfoddoli, gweithio a dysgu ym maes lletygarwch ac arlwyo.

Mae hefyd awch i ddarparu gweithdai "Cwmpawd yn y Gymuned" mewn adeiladau cymunedol eraill ar draws Merthyr Tudful.

> *"Mae'r tîm wedi gweithio'n galed i sefydlu amrywiaeth o gyrsiau ac i ddatblygu cynnig sy'n newid yn gyson sy'n annog pawb i ryw ffurf ar addysg oedolion, beth bynnag yw eu lefel, diddordeb a gallu, gan gynnwys rhai a all fod yn niwrowahanol, â phroblemau iechyd meddwl neu ychydig iawn o sgiliau."*

> *"The team has worked hard to build up a range of courses and to develop an ever-changing offer that encourages everyone into some form of adult learning, whatever their levels, interest and abilities, including some who may be neuro divergent, have poor mental health or low skills."*

The Open University
Y Brifysgol Agored
Wales Cymru

The growing need to provide training and support to anyone aged 16 and over across the Merthyr Tydfil County Borough Council area has led to an innovative learning centre that has engaged with more than 1,000 people in the past year alone.

Compass Community Hub was rebranded in April 2023 and the Gurnos-based operation has widened access to residents in the local area, adopting a flexible approach to reach out to the community.

The launch coincided with an injection of capital funding for refurbishment from Welsh Government that converted one training block into supported living accommodation for young people leaving care. This helped to bring them closer to learning and progression with The Hub located right on their doorstep.

The Hub's range of training and support helps learners to build their work-related skills, make connections, improve their confidence and get advice and support. Workshops, courses and community events are offered on various days and times throughout the week. All courses, workshops and support are free.

The facility is unique within the borough as no other adult learning centre offers such a one-stop-shop which includes construction areas, ceramics workshops, an IT suite, retail training and two large training rooms.

Leanne Williams, from Compass Community Hub, said: "The team has worked hard to build up a range of courses and to develop an ever-changing offer that encourages everyone into some form of adult learning, whatever their levels, interest and abilities, including some who may be neuro divergent, have poor mental health or low skills."

The project also has an ex-offender mentor to support them in moving forward in their lives, reducing the risk of reoffending through access to learning and sustainable employment.

More than 100 referrals are received every month from either partner organisations or individuals, and more than half of the learners have completed a formal qualification.

Relationships have been built with other providers such as the University of South Wales and Adult Learning Wales to deliver some of their learning programmes from The Hub.

Plans for the future include a community café where disabled individuals with learning difficulties can volunteer, work and learn in the field of hospitality and catering.

There is also an appetite to deliver "Compass in the Community" workshops at other community buildings right across Merthyr Tydfil.

Enillydd Gwobr Oedolyn Ifanc 2024

Young Adult Learner Award Winner 2024

Sophie Dey

ENWEBWYD GAN / NOMINATED BY:

Grŵp Colegau NPTC

NPTC Group of Colleges

Mae Sophie Dey yn "barod i herio'r byd" a chyflawni ei breuddwyd o ddod yn nyrs, ar ôl profi plentyndod heriol iawn.

Wedi ei maethu yn dair oed, fe'i mabwysiadwyd ddwy flynedd yn ddiweddarach ac yn y diwedd roedd yn cael ei haddysgu gartref, heb arholiadau ffurfiol, o 10 oed ymlaen gan y rhieni wnaeth ei mabwysiadu.

"Er fy mod yn gallu dysgu gartref, roedd rhwystrau o ran fy natblygiad cymdeithasol ac emosiynol a wnaeth fy ngadael yn bryderus iawn yn gymdeithasol ac roedd fy hyder yn brin iawn," esboniodd Sophie, 19, sy'n byw ger Llandrindod.

Ar ôl i'r gwasanaethau cymdeithasol ymwneud â'i hachos, cofrestrodd Sophie yng Nghampws Aberhonddu Grŵp Castell-nedd Port Talbot yn Ionawr 2023, y gwnaeth ei ddisgrifio fel "cychwyn fy nhaith addysgol gyffrous".

Yn fuan ar ôl ei phen-blwydd yn 18 oed, gadawodd ei theulu mabwysiedig a symud at ofalwr maeth blaenorol, gyda chymorth y gwasanaethau cymdeithasol a thiwtoriaid y coleg.

"Ers gadael cartref, mae bywyd wedi newid yn fawr er gwell ac rwyf nawr yn barod i herio'r byd!" dywedodd.

Mae Sophie wedi cwblhau cyfres o gymwysterau Mathemateg a Saesneg, gan gynnwys TGAU, a chwrs Lefel 2 Iechyd, Gofal Cymdeithasol a Gofal Plant Cyfun.

Mae'n symud ymlaen i'r cymhwyster Lefel 3 Iechyd a Gofal Cymdeithasol ynghyd â Bagloriaeth Cymru uwch, gyda'r nod o ddilyn Prentisiaeth mewn Nyrsio gan mai ei huchelgais i'w naill ai mynd yn nyrs iechyd meddwl neu nyrs plant.

"Petawn yn rhoi cyngor i unrhyw berson ifanc arall sydd wedi profi trawma yn eu bywydau, byddwn yn dweud wrthynt nad yw'r ffaith eich bod wedi cael dechrau caled i'ch bywyd yn eich diffinio fel person," ychwanegodd Sophie.

"Mynnwch yr hyder i ddilyn eich diddordebau, credoau a'ch angerdd er mwyn datblygu i'r fersiwn orau ohonoch eich hun a phrofi eich bod yn gallu ei wneud, eich bod yn llwyddiannus ac yn awr mae holl gyfleoedd y byd ar gael i chi."

Dywedodd Claire Bumford, darlithydd Sophie: "Mewn dros 25 mlynedd o addysgu, nid wyf yn meddwl fy mod erioed wedi dod ar draws menyw ifanc sy'n ysbrydoli cymaint â Sophie. Mae am fod yn nyrs, oherwydd, yn ei geiriau ei hun 'fe fyddai'n braf helpu pobl eraill'. Mae'r cynildeb yna yn crynhoi Sophie.

"Mae hi'n astudio yn y coleg i wireddu ei breuddwyd gobeithio, er gwaethaf y ffaith ei bod wedi mynd trwy newidiadau mawr yn ei bywyd nifer o weithiau. Nid oes gennyf amheuaeth y bydd Sophie yn llwyddo ac yn ennill y cymwysterau y mae arni eu hangen i gyflawni ei breuddwyd."

> *"Fy nghyngor i unrhyw berson ifanc arall sydd wedi profi trawma yn eu bywydau yw nad yw'r ffaith eich bod wedi cael dechrau caled i'ch bywyd yn eich diffinio fel person. Mynnwch yr hyder i ddilyn eich diddordebau, credoau a'ch angerdd er mwyn datblygu i'r fersiwn orau ohonoch eich hun."*

> *"My advice to any other young person who has experienced trauma in their lives is, just because you have had a rough start, it doesn't define you as a person. Have the confidence to pursue your hobbies, beliefs and passions in order to become the best version of yourself."*

Sophie Dey is "ready to take on the world" and achieve her dream of becoming a nurse, having experienced a very challenging childhood.

Fostered at the age of three, she was adopted two years later. She was home schooled, without formal exams, from the age of 10 by her adoptive parents.

"Whilst I was able to learn at home, there were barriers to my social and emotional development which left me both socially anxious and greatly lacking in confidence," explained Sophie, 19, who lives near Llandrindod Wells.

Following the involvement of social services, Sophie enrolled at NPTC Group's Brecon Campus in January 2023, which she described as "the start of my exciting educational journey."

Soon after her 18th birthday, she left her adoptive family and moved in with a previous respite foster carer, supported by social services and college tutors.

"Life has drastically changed for the better and I am now ready to take on the world!" she said.

Sophie has completed a series of Maths and English qualifications, including GCSEs, and a Level 2 Combined Health, Social and Childcare course.

She is progressing to the Level 3 Health and Social Care qualification alongside an advanced Welsh Baccalaureate, with the aim of doing an Apprenticeship in Nursing. She has an ambition to become either a mental health or children's nurse.

"If I were to give advice to any other young person who has experienced trauma in their lives, I would say just because you have had a rough start, it doesn't define you as a person," added Sophie.

"Have the confidence to pursue your hobbies, beliefs and passions in order to become the best version of yourself and prove that you can do it, that you are successful and now the world is your oyster."

Claire Bumford, Sophie's lecturer, said: "In over 25 years of teaching, I don't think I have ever come across such an inspirational young lady. She wants to become a nurse because, in her own words, 'it would be nice to help other people'. That understatement sums up Sophie.

"She's studying at college to hopefully make her dream a reality, despite having had several major upheavals in her life. I have no doubt that Sophie will succeed and gain the qualifications she needs to achieve her dream."

Enillydd Gwobr Dechrau Arni – Dysgwyr Cymraeg

Starting Out - Welsh Beginner Award Winner 2024

Daniel Minty

ENWEBWYD GAN / NOMINATED BY:

Dysgu Cymraeg Caerdydd

Learn Welsh Cardiff

"I now work through the medium of Welsh, helping communities in the area to use the language outside the classroom. This is one of the biggest cultural changes in my life. I am so grateful for this and want to help others to do the same thing as me."

The Open University / Y Brifysgol Agored / Wales Cymru

Y Ganolfan Dysgu Cymraeg Genedlaethol — National Centre for Learning Welsh

"Trochwch eich hun yng nghyfoeth y Gymraeg – bydd y profiad yn newid eich bywyd."

Profodd Daniel Minty drawsnewidiad diwylliannol ers dechrau dysgu Cymraeg yn 2022. Mae Daniel, sy'n byw yng Nghaerdydd, wedi mynd o wybod dim ond ychydig eiriau o Gymraeg i siarad yr iaith wyth awr y dydd, bum diwrnod yr wythnos fel Swyddog Datblygu Cymunedol Menter Iaith Casnewydd.

Mae'n disgrifio cael y swydd eleni fel un o "lwyddiannau mwyaf fy mywyd".

"Ar ôl dysgu Cymraeg am 18 mis, rwyf yn gweithio nawr trwy gyfrwng y Gymraeg, yn helpu cymunedau yn yr ardal i ddefnyddio'r iaith tu allan i'r dosbarth," dywedodd. "Dyma un o'r newidiadau diwylliannol mwyaf yn fy mywyd. Rwyf mor ddiolchgar am hyn ac am helpu eraill i wneud yr un peth â fi."

Wedi ei fagu yng Nghwm Rhymni, roedd Daniel yn falch o fod yn Gymro ond yn anaml yr oedd yn clywed y Gymraeg yn cael ei siarad yn y gymuned nag yn yr ysgolion yr oedd yn eu mynychu.

Trwy wirfoddoli yng Ngŵyl Sŵn yng Nghaerdydd yn 2014 a gwrando ar gerddoriaeth Gymraeg fe ail daniwyd ei ddiddordeb. Creodd wefan dan yr enw Minty's Gig Guide i hyrwyddo gigiau Cymraeg ar draws De Cymru a rhedodd nifer o ymgyrchoedd llwyddiannus.

Mae wedi cyflwyno gyda Bethan Elfyn ar BBC Radio Wales, ar ôl gweithio i'r gorfforaeth fel cynorthwyydd darlledu yn y gorffennol.

Cofrestrodd Daniel ar gwrs Mynediad Cymraeg ym Medi 2022 ac nid yw wedi edrych yn ôl. Llwyddodd i gael y cymhwyster Sylfaen, mae'n gweithio tuag at y lefel Canolradd ac mae'n bwriadu symud ymlaen i'r lefel Uwch.

Dywed bod ganddo "ddyled fawr" i'w diwtoriaid Elin Prys Davies a Meilyr ap Ifan yn Dysgu Cymraeg Caerdydd a Nigel Rees yng Ngholeg Sir Gâr am eu hanogaeth a'u hangerdd dros yr iaith.

Yn awyddus i rannu ei angerdd ei hun dros y Gymraeg, mae wedi helpu dysgwyr eraill trwy drefnu grwpiau sgwrsio anffurfiol a darllen a hyd yn oed ysbrydoli ei chwaer a'i frawd yng nghyfraith i ddysgu'r iaith.

Elin wnaeth annog Daniel i ymgeisio am swydd gyda Menter Iaith Casnewydd a'i enwebu ar gyfer y wobr hon.

"Yn ddiamau mae dysgu Cymraeg wedi trawsnewid bywyd Daniel," dywedodd. "Mae'n unigolyn llawn egni sy'n ysbrydoli pawb o'i gwmpas i ddysgu Cymraeg. Mae ei frwdfrydedd yn heintus. Ei nod yw hybu, annog ac ysbrydoli preswylwyr Casnewydd i ddysgu Cymraeg, defnyddio'r sgiliau iaith sydd ganddynt, a mwy na dim, gwirioni ar yr iaith a mwynhau ei siarad."

"Rwyf yn gweithio nawr trwy gyfrwng y Gymraeg, yn helpu cymunedau yn yr ardal i ddefnyddio'r iaith tu allan i'r dosbarth. Dyma un o'r newidiadau diwylliannol mwyaf yn fy mywyd. Rwyf mor ddiolchgar am hyn ac am helpu eraill i wneud yr un peth â fi."

"Immerse yourself in the richness of the Welsh language – the experience will change your life."

Daniel Minty has experienced a cultural transformation since starting to learn Welsh in 2022. Daniel, who lives in Cardiff, has gone from knowing only a few words of Welsh to speaking the language eight hours a day, five days a week as Menter Iaith Casnewydd's Community Development Officer.

He describes securing the job this year as one of the "biggest successes of my life".

"After learning Welsh for 18 months, I now work through the medium of Welsh, helping communities in the area to use the language outside the classroom," he said. "This is one of the biggest cultural changes in my life. I am so grateful for this and want to help others to do the same thing as me."

Brought up in the Rhymney Valley, Daniel was proud to be Welsh but rarely heard the language being spoken in the community or in the schools he attended.

Volunteering at Sŵn Festival in Cardiff in 2014 and listening to Welsh language music rekindled his interest. He created a website called Minty's Gig Guide to promote Welsh-language gigs across South Wales and ran a series of successful campaigns.

He has presented with Bethan Elfyn on BBC Radio Wales, having previously worked for the corporation as a broadcast assistant.

Daniel enrolled on a Welsh language Entry course in September 2022 and hasn't looked back. He achieved the Foundation qualification, is working towards Intermediate level and plans to progress to Advanced level.

He says he's "greatly indebted" to his tutors Elin Prys Davies and Meilyr ap Ifan at Learn Welsh Cardiff and Nigel Rees at Coleg Sir Gâr for their encouragement and passion for the language.

Keen to share his own passion for Welsh, he has helped other learners by organising informal chat and reading groups and even inspired his sister and brother-in-law to learn the language.

It was Elin who encouraged Daniel to apply for a job with Menter Iaith Casnewydd and nominated him for the award.

"Undoubtedly, learning Welsh has transformed Daniel's life," she said. "He's an energetic individual who inspires everyone around him to learn Welsh. His enthusiasm is infectious. His aim is to promote, encourage and inspire the residents of Newport to learn Welsh, use the language skills they have and, more than anything, to delight in the language and enjoy speaking it."

Enillydd Gwobr Newidiadau Gweithle 2024

Workplace Change Makers Award Winner 2024

Partneriaeth Dysgu Ymddiriedolaeth Arloesi / UNISON Cymru

Innovate Trust / UNISON Cymru Wales Learning Partnership

Arweiniodd awgrym gan aelod o staff yn mynychu cwrs at bartneriaeth newydd arloesol sy'n rhoi sgiliau cynhwysol i'w chydweithwyr sy'n cael ei darparu ar draws rhan anferth o Dde Cymru.

Sefydliad cefnogi'r anabl nid er elw yw'r Ymddiriedolaeth Arloesi sy'n rhoi gwasanaethau trwy Fro Morgannwg, Rhondda Cynon Taf a Chaerdydd.

Roedd un o'r gweithwyr ar weminar a drefnwyd gan ei hundeb, Cronfa Ddysgu Undebau UNISON Cymru (WULF) ac yn dilyn hyn, gofynnodd a ellid darparu'r cwrs i fwy o'i chydweithwyr.

Mae prosiect WULF UNISON, a ariennir gan Lywodraeth Cymru, wedi ymrwymo i ddarparu gweminarau a chyrsiau wyneb yn wyneb i weithwyr gofal cymdeithasol, mewn partneriaeth â chyflogwyr a thrwy ei rhaglen gweminar trwy Gymru gyfan.

Gweithiodd Jenny Griffin, o UNISON, yn glos gyda'r rheolwyr i negodi rhaglen o gyrsiau, sy'n cael eu cyflwyno yn amser gwaith gyda'r staff yn cael eu talu a'u rhyddhau i'w mynychu.

"Mae'r cytundeb yn dangos i'n haelodau bod y cyflogwr am weithio gyda'r undeb i roi blaenoriaeth i ddysgu ac mae'n dangos nad rhywbeth am un tro yn unig oedd y cyrsiau – mae dysgu yn mynd i ddigwydd trwy'r amser nawr," dywedodd Jenny.

Cyflwynwyd cam cychwynnol y tri chwrs Lefel 1 Iaith Arwyddion Prydain gan Addysg Oedolion Cymru trwy gydol 2023, gyda chwrs Lefel 2 dilynol i alluogi staff i barhau i ddatblygu eu sgiliau newydd. Roedd y cyrsiau hyn wedi eu cyd-ariannu gan y prosiect WULF a'r cyflogwr, gyda 68 o ddysgwyr yn cymryd rhan.

Yr ail gam oedd cyflwyno cyrsiau Rheoli Amser a Rheoli Sgyrsiau Anodd a wnaed i'r diben, wedi eu hariannu trwy gynnig dysgu i aelodau'r undeb yn unig. Arweiniodd hyn at gynnydd yn aelodaeth yr undeb, gan roi diogeliad undeb i fwy o weithwyr a mynediad at gyrsiau coleg UNISON.

Mae'r Ymddiriedolaeth Arloesi yn awr wedi penodi dau gynrychiolydd dysgu undeb newydd i gefnogi cydweithwyr a sicrhau bod dysgu dan arweiniad yr undeb yn rhan o'i DNA.

Dywedodd Donna Miller, Rheolwr Hyfforddiant Ymddiriedolaeth Arloesi: "Mae'r adborth wedi bod yn gadarnhaol iawn gyda'n dysgwyr yn nodi bod eu sgiliau newydd wedi cael derbyniad twymgalon gan unigolion sy'n defnyddio ein gwasanaethau, gan gynyddu hyder a gwella cyfathrebu."

Llofnodwyd Cytundeb Dysgu Swyddogol yr hydref diwethaf i atgyfnerthu pwysigrwydd dysgu yn y gweithle. Mae wedi datblygu'n batrwm o ran sut y gall UNISON a chyflogwyr gofal cymdeithasol weithio gyda'i gilydd i sicrhau bod cyrsiau ar gael i ddysgwyr nad ydynt yn ddysgwyr traddodiadol.

Canmolwyd y bartneriaeth arloesol gan Reolwr Rhanbarthol UNISON, Andy Rutherford, a ddywedodd: "Mae gweithwyr gofal cymdeithasol yn ganolog i'n hundeb ac mae'r cynllun hwn yn cynyddu eu sgiliau a'u hyder gan helpu'r bobl, teuluoedd a chymunedau y mae'r Ymddiriedolaeth Arloesi yn eu cefnogi'n uniongyrchol."

> *"Mae gweithwyr gofal cymdeithasol yn ganolog i'n hundeb ac mae'r cynllun hwn yn cynyddu eu sgiliau a'u hyder gan helpu'r bobl, teuluoedd a chymunedau yn mae'r Innovate Trust yn eu cefnogi'n uniongyrchol."*

> *"Social care workers are at the heart of our union and this initiative builds their skills and confidence directly helping the people, families, and communities that Innovate Trust supports."*

The Open University
Y Brifysgol Agored
Wales Cymru

A suggestion from a staff member attending a course has led to a ground-breaking new partnership that is equipping her colleagues with inclusive skills now being delivered across a huge part of South Wales.

Innovate Trust is a not-for-profit disability support organisation supplying services throughout the Vale of Glamorgan, Rhondda Cynon Taf and Cardiff.

One employee engaged with a webinar organised by her union, UNISON's Wales Union Learning Fund (WULF) and following this, she asked if the course could be offered to more of her colleagues.

Unison's WULF project, funded by Welsh Government, is committed to providing social care workers with dedicated webinars and face-to-face courses, both in partnership with employers and through its all-Wales webinar programme.

Jenny Griffin, from UNISON, worked closely with management to negotiate a programme of courses, delivered in work time with staff paid and released to attend.

"The agreement shows our members that the employer wants to work with the union to prioritise learning and demonstrates that the courses weren't a one-off – learning is going to be happening all the time now," said Jenny.

An initial phase of three British Sign Language Level 1 courses were delivered by Adult Learning Wales throughout 2023, with a follow-on Level 2 course to enable staff to continue developing their new-found skills. These courses were co-funded by the WULF project and the employer, with 68 learners taking part.

The second stage was delivery of bespoke Time Management and Managing Difficult Conversations courses, funded through the union's exclusive member learning offer. This led to increased union membership, giving more workers union protection and access to UNISON college courses.

Innovate Trust has now appointed two new union learning representatives to support colleagues and ensure union-led learning is a part of its DNA.

Donna Miller, Innovate Trust Training Manager, said: "The feedback has been overwhelmingly positive with our learners reporting that their new skills have been warmly received by individuals who use our services, increasing confidence and improving communication."

An Official Learning Agreement was signed last autumn to reinforce the importance of workplace learning. It has become a model for how UNISON and social care employers can work together to make courses available to non-traditional learners.

The pioneering partnership has been praised by UNISON Regional Manager, Andy Rutherford, who said: "Social care workers are at the heart of our union and this initiative builds their skills and confidence directly helping the people, families, and communities that Innovate Trust supports."

Enillydd Gwobr Gorffennol Gwahanol: Rhannu Dyfodol 2024

Different Past: Shared Futures Award Winner 2024

Inas Alali

ENWEBWYD GAN / NOMINATED BY:

Prifysgol Metropolitan Caerdydd

Cardiff Metropolitan University

Mae'r gwrthdaro yn Syria wedi lladd dros 600,000 o bobl gyda miliynau wedi eu dadleoli ac yn dal heb rywle i'w alw yn gartref.

Gorfodwyd llawer i ffoi o'u gwlad ar ôl i'w bywydau gael eu bygwth, ac i Inas Alali, roedd yn rhaid iddi wneud hynny ar ei phen ei hun yn dilyn marwolaeth ei gŵr.

Roedd yr athrawes a'i dau blentyn ifanc yn wynebu dyfodol ansicr yn ei "hannwyl" wlad, gan ei gadael heb unrhyw ddewis ond chwilio am hafan ddiogel lle gallai ganfod diogelwch.

"Roeddwn wedi gweithio ym maes addysg ers 16 mlynedd yn fy Syria annwyl, ond ar ôl marwolaeth fy ngŵr ac i'r rhyfel gychwyn, roedd fy mywyd, a bywydau fy mhlant dan fygythiad," dywedodd Inas, a ddaeth i Gaerdydd yn 2019 trwy raglen ffoaduriaid y Cenhedloedd Unedig.

Penderfynodd ail ddeffro ei hangerdd dros addysg, ond er bod ganddi radd Saesneg, dim ond ail iaith oedd hi o hyd ac nid oedd yn ddigon da i addysgu yng Nghymru.

Felly fe wnaeth Inas ddwy flynedd o waith dysgu gwirfoddol i wella ei Saesneg, cyn mynd ati i ddychwelyd i addysgu amser llawn trwy ymgeisio am y Dystysgrif Myfyrwyr Graddedig Proffesiynol mewn Addysg Ôl Addysg a Hyfforddiant Gorfodol, sy'n ofyn ar gyfer unrhyw athro tramor sydd am ddod i mewn i system addysg ôl 16 Prydain.

Gwnaeth hanes ei chefndir argraff ar Brifysgol Metropolitan Caerdydd lle derbyniwyd hi i'w hamgylchedd gynhwysol yn groesawgar, gan roi cyfle iddi gymhwyso i addysgu addysg a hyfforddiant ôl 16.

Leanne Davies oedd ei thiwtor cwrs, sy'n cofio: "Roedd hi mor ddewr gan gynnig golwg i mi ar yr amgylchiadau ofnadwy oedd yn newid bywyd a ddaeth â hi i Gaerdydd.

"Roedd yn gadarnhaol trwy'r cyfan ac fe wnaeth ymgysylltu â nifer o wersi tiwtorial a pheirianweithiau cymorth i wella ei hun yn barhaus a chyrraedd y safon broffesiynol ofynnol i addysgu mewn addysg ôl 16."

Er mwyn cynnal ei theulu a thalu am eu llety, roedd gan Inas ddwy swydd ran-amser gan gynnwys dysgu Arabeg yng Nghanolfan Arabaidd Fayza, roedd yn jyglo hyn i gyd wrth iddi barhau i astudio.

Gyda chefnogaeth gan ei mentoriaid, mae wedi cwblhau ei horiau addysgu ffurfiol i gymhwyso ac erbyn hyn mae'n addysgu mathemateg i oedolion yn ACT Training, gan barhau i addysgu Arabeg yn rhan-amser.

Ar ôl gweld ei gwlad yn cael ei rhwygo'n ddarnau, mae Inas yn disgrifio Prifysgol Metropolitan Caerdydd fel "Prifysgol Noddfa" am fod yn "sefydliad amrywiol a chynhwysol iawn" ac mae'n ychwanegu y bydd yn parhau ei hastudiaethau i lunio dyfodol hyd yn oed yn well iddi hi a'i phlant.

"Roeddwn i yn un o'r rhai ffodus. Fe wnes i gyrraedd Caerdydd heb wybod llawer iawn am ddiwylliant Cymru. Ond mae Cymru wedi fy nghofleidio fel mam. Treuliais ddwy flynedd yn gwirfoddoli i wella fy hun ac i fod mewn sefyllfa lle gallwn gyfrannu at gymdeithas yma trwy ddod yn athro."

"I was one of the lucky ones. I arrived in Cardiff not really knowing much about Welsh culture. But Wales has embraced me like a mother. I spent two years volunteering to better myself and to be in a position where I could contribute to society here by becoming a teacher."

The Open University
Y Brifysgol Agored
Wales Cymru

Prifysgolion Cymru
Universities Wales

The Syrian conflict has killed over 600,000 people with millions more displaced and still without a place to call home.

Many have been forced to flee their country after their lives were threatened, and for Inas Alali, she had to do it alone following the death of her husband.

The schoolteacher and her two young children faced an uncertain future in her "beloved" country, leaving her with no option but to seek a safe haven where she could find safety.

"I worked in the field of education for 16 years in my beloved Syria, but after the death of my husband and the outbreak of war, my life, and the lives of my children, were under threat," said Inas, who found her way to Cardiff in 2019 through the United Nations refugee programme.

She decided to rekindle her passion for education, but despite holding a degree in English, it was a second language and not up to the standard for teaching in Wales.

So Inas undertook two years of volunteer teaching work to improve her English, before pursuing a return to full-time teaching by applying for the Professional Graduate Certificate in Education Post Compulsory Education and Training (PGCE PCET), a requirement for any overseas teacher wanting to enter the British post-16 education system.

Her back story impressed Cardiff Metropolitan University where she was embraced into their inclusive environment with open arms, allowing her to qualify to teach post-16 education and training.

Her course tutor was Leanne Davies who recalls: "She was so courageous and offered me an insight into the awful and life changing circumstances that had brought her to Cardiff.

"She remained positive throughout and engaged with many tutorials and support mechanisms to continually improve herself and reach the required professional standard to teach in post-16 education."

To support her family and pay for their accommodation, Inas held two part-time jobs including teaching Arabic at Fayza Arabic Centre, she juggled all of this whilst she continued to study.

With support from her mentors, she has completed her formal teaching hours to qualify and now teaches maths to adults at ACT Training, whilst continuing to teach Arabic part-time.

After seeing her country torn apart, Inas describes Cardiff Metropolitan University the "University of Sanctuary" for being a "very diverse and inclusive institution" and adds that she will continue her studies to build an even better future for her children and herself.

Enillydd Gwobr Heneiddio'n Dda 2024

Ageing Well Award Winner 2024

Tony Morton

ENWEBWYD GAN / NOMINATED BY:

Y Brifysgol Agored yng Nghymru

The Open University in Wales

"Thank you to The Open University, you have regenerated my soul!"

Mae Tony Morton wedi graddio gyda gradd mewn hanes yn 87 oed!

Dechreuodd y cyn brentis peirianneg Rolls Royce, a aeth ymlaen i ddod yn gyfarwyddwr ar grŵp o gwmnïau yng Ngogledd Orllewin Lloegr, astudio am radd yn ystod cyfnod clo y pandemig Covid dair blynedd yn ôl.

Roedd wedi cael ei hedfan yn ôl i'r Deyrnas Unedig o Bortiwgal ar frys ac roedd yn gaeth i'w fflat yng Nghaerdydd. Awgrymodd ei ferch a'i fab yng nghyfraith y byddai gradd yn ffordd dda iddo lenwi'r amser.

Yno y cychwynnodd taith ddysgu Tony yn ei wythdegau. Er ei fod yn gweld yr astudio a'r ymchwil yn ddiddorol, roedd ei sgiliau cyfrifiadurol 20 mlynedd allan ohoni.

Mae'n cofio: "Wrth i Covid ddechrau cloi'r Deyrnas Unedig, roeddwn ar goll. Roeddwn yn ddyn 84 oed prysur iawn ac nid oeddwn yn edrych ymlaen at gael fy nghaethiwo ac yn unig. Fe'm darbwyllwyd gan y teulu i gyflawni un o uchelgeisiau fy mywyd, a dechreuais astudio am radd gyda'r Brifysgol Agored a chychwyn ar fy nhaith ddarganfod rithwir."

Gyda chefnogaeth werthfawr ei ddarlithwyr cysylltiedig mewn gwersi tiwtorial a gyda'r adborth parhaus am ei asesiadau, llwyddodd Tony i loywi ei sgiliau TG ac astudio yn ogystal ag ehangu ei wybodaeth academaidd..

Gwnaeth ei thad gymaint o argraff ar ei ferch, Diane, fel ei bod wedi ei enwebu am y wobr.

"Rydym wedi bod yn dyst i'r trawsnewidiad y mae fy nhad wedi ei brofi trwy astudio gyda'r Brifysgol Agored," dywedodd.

"Er ei bod hi'n cymryd ddwywaith yr amser iddo wneud nodiadau, ysgrifennu ei aseiniadau a'r ymchwil, mae wrth ei fodd yn astudio ac yn dweud ei fod yn difaru na fyddai wedi gwneud hyn flynyddoedd yn ôl. Mae'n credu'n wirioneddol bod dysgu wedi ychwanegu blynyddoedd at ei oes ac mae'n tystio i hyn yn gyson. "Mewn archwiliad meddygol yn ddiweddar, roedd y meddyg yn cytuno bod cadw mor feddyliol effro, yn drefnus ac â diddordeb yn ei astudiaethau wedi helpu iechyd meddwl fy nhad, ei gof a'i lesiant yn gyffredinol."

"Y flwyddyn ddiwethaf, fe gerddodd ar hyd Wal Hadrian, a chyn hynny Clawdd Offa a chyn hynny hyd y Deyrnas Unedig, rhwng ei astudiaethau!"

Ar ôl mwynhau ehangu ei wybodaeth, dywed Tony bod y "clwyf hanes" wedi cael gafael arno ac mae'n bwriadu parhau i astudio.

"Rwy'n hyderus bod Covid, i mi'n bersonol, yn drobwynt yn fy mywyd, a fydd gyda help fy nhiwtoriaid rhyfeddol, yn arwain at seremoni raddio," ychwanegodd Tony.

"Diolch i ti, Brifysgol Agored, rwyt wedi adfywio fy enaid!"

Tony Morton has graduated with a degree in history at the age of 87!

The former Rolls Royce engineering apprentice, who went on to become director of a group of companies in Northwest England, began studying for a degree during the Covid pandemic lockdown three years ago.

He had been hastily flown back to the UK from Portugal and was confined to his Cardiff flat. His daughter and son-in-law suggested a degree would be good way to occupy his time.

There began Tony's learning journey as an octogenarian. Whilst he found the studying and research interesting, his computer skills were 20 years out of date.

He recalls: "As Covid began to lock up the UK, I was at a loss. I was a very active 84-year-old not looking forward to being locked up and lonely. Persuaded by family to fulfil one of my life's ambitions, I began to study a degree with the OU and set out on my virtual voyage of discovery."

With invaluable support from his associate lecturers at tutorials and with ongoing assignment feedback, Tony was able to refresh his IT and study skills as well as widen his academic knowledge.

Tony's daughter, Diane was so impressed by her dad that she nominated him for the award.

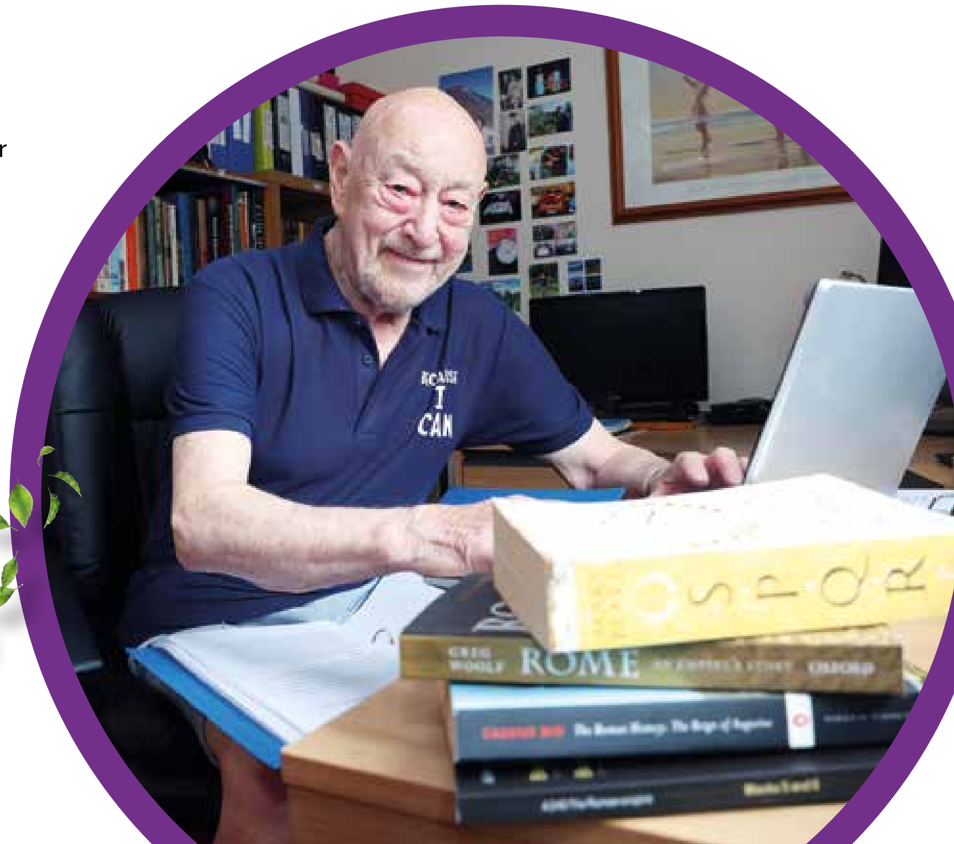
"We have witnessed the transformation that my father has experienced through studying with the OU," she said.

"Although it takes him twice as long to make notes, write assignments and research, he loves to study and says he wishes he had done this years ago. He truly believes that learning has added years to his life and continuously attests to this. "At a recent medical, the doctor agreed that keeping so mentally alert, organised and engaged with studies has helped dad's mental health, memory and general well-being."

"Last year, he walked Hadrian's Wall, before that Offa's Dyke and before that the length of the UK, in between studying!"

Having enjoyed broadening his knowledge, Tony says he has been bitten by the "history bug" and aims to continue studying.

"I am confident that Covid was, to me personally, a turning point in my life that, with help from my amazing tutors, will result in a degree ceremony," added Tony.



Enillydd Gwobr Sgiliau Hanfodol am Oes 2024

Essential Skills for Life Award Winner 2024

Stephen Reynolds

ENWEBWYD GAN / NOMINATED BY:

Undeb y GMB

GMB Union

Ysbrydolwyd Stephen Reynolds i gael cymorth i ddysgu darllen ac ysgrifennu ar ôl clywed siaradwr mewn Cyngres GMB yn sôn am ei heriau ei hun gyda llythrennedd.

Trodd Stephen, 46, o Gasnewydd, at dîm dysgu Undeb y GMB i ofyn am help a chafodd ddiagnosis o ddyslecsia difrifol a chyflyrau niwrowahanol eraill o bosibl, sy'n effeithio ar leferydd ac yn gwneud rhyngweithio cymdeithasol yn anodd.

Trwy sesiynau un i un gyda thiwtoriaid, mae yn awr yn dysgu i ddarllen ac ysgrifennu. Mae'n ategu at ei wersi llythrennedd wythnosol gyda gwaith cartref ac mae am wella ei sgiliau ddigon i allu anfon negeseuon testun a chael trwydded peiriant codi.

Pan gollodd ei swydd mewn siop Wilko, lle'r oedd wedi gweithio ers mwy nag 20 mlynedd, roedd Stephen yn poeni y byddai ei anallu i ddarllen ac ysgrifennu yn rhwystr rhag dod o hyd i waith, ond fe gafodd ei swydd bresennol yn Tomoe Valve Ltd, Casnewydd cyn pen wythnos.

Er mwyn ad-dalu am y gefnogaeth barhaus y mae'n ei chael, rhedodd Stephen ras 10k yn Ninbych-y-pysgod godi mwy na £1,500 i helpu dysgwyr dyslecsig eraill.

"Gadewais yr ysgol heb unrhyw gymwysterau a meddwl, oherwydd fy mod yn hŷn, na fyddwn i fyth yn gallu darllen ac ysgrifennu ac na fyddai unrhyw un yn fy helpu," meddai Stephen. "Newidiodd hynny pan glywais y siaradwr yng Nghyngres y GMB oedd wedi bod yn yr union yr un sefyllfa â mi. Fe wnaeth dysgu darllen ac ysgrifennu newid ei fywyd ac roeddwn am ddysgu i newid fy un i.

"Cefais help gan fy undeb ac fe wnaethant ddod o hyd i diwtor gwych i mi. Rwyf wrth fy modd yn dysgu, ni allaf aros am bob gwers ac rwyf am allu darllen biliau, negeseuon testun, papurau newydd, labeli a phethau mewn siopau, fel fy mod yn gallu siopa ar fy mhen fy hun.

"Rwyf hefyd am ddysgu digon fel fy mod yn gallu anfon negeseuon ar ffôn, oherwydd mae fy lleferydd yn wael ac ni allaf arddweud. Mae gennyf rwydwaith da o bobl o'm cwmpas sy'n fy nysgu a'm cefnogi. Hebddyn nhw fyddwn i ddim yma.

"Fy nghyngor i unrhyw un sy'n meddwl am ddysgu yw ewch a gwnewch hynny, peidiwch â bod ofn. Mae help allan yna i bobl fel fi."

Dywedodd Vincent Board o Undeb y GMB: "Wrth i Stephen barhau ar ei daith addysgol, mae'r trawsnewidiad ynddo o unigolyn swil i rywun sy'n angerddol dros ddysgu yn dyst i'w wytnwch a'i benderfyniad i oresgyn rhwystrau. Mae'n ysbrydoli eraill i ddilyn eu llwybrau eu hunain at hunan-welliant ac ymrymuso."

> *"Gadewais yr ysgol heb unrhyw gymwysterau a meddwl, oherwydd fy mod yn hŷn, na fyddwn i fyth yn gallu darllen ac ysgrifennu ac na fyddai unrhyw un yn fy helpu. Yna fe glywais y siaradwr yng Nghyngres y GMB oedd wedi bod yn yr union yr un sefyllfa â mi. Fe wnaeth dysgu darllen ac ysgrifennu newid ei fywyd ac roeddwn am ddysgu i newid fy un i."*

> *"I left school with no qualifications and thought, because I was older, I would never be able to read and write and no one would help me. Then I heard the speaker at the GMB Congress who had been in the same boat as me. Learning to read and write changed his life and I wanted to learn and change mine."*

The Open University Y Brifysgol Agored Wales Cymru

Stephen Reynolds was inspired to get support to learn to read and write after hearing a speaker at a GMB Congress talk about his own challenges with literacy.

Stephen, 46, from Newport, turned to GMB Union's learning team for help and was diagnosed with severe dyslexia and potentially other neurodiverse conditions, which impact his speech and make social interactions difficult.

Through one-on-one sessions with tutors, he is now learning to read and write. He supplements his weekly literacy learning lessons with homework assignments and wants to improve his skills enough to be able to send texts and obtain a forklift licence.

When he lost his job at a Wilko store, where he had worked for more than 20 years, Stephen feared that his inability to read and write would be a barrier to finding employment, but he secured his current post at Tomoe Valve Ltd, Newport within a week.

To repay the ongoing support he receives, Stephen completed a 10k run in Tenby to raise more than £1,500 to help other dyslexic learners.

"I left school with no qualifications and thought, because I was older, I would never be able to read and write and no one would help me," said Stephen. "That changed when I heard the speaker at the GMB Congress who had been in the same boat as me. Learning to read and write changed his life and I wanted to learn and change mine.

"I got help from my union and they found me a brilliant tutor. I love learning, can't wait for each lesson and want to be able to read bills, text messages, newspapers, labels and things in shops, so I can shop on my own.

"I also want to learn enough so that I can send messages on a phone, because my speech is poor and I cannot dictate. I have a good network of people around me who teach and support me. Without them I wouldn't be here.

"My advice to anyone thinking of learning is just go and do it, don't be afraid. There is help out there for people like me."

Vincent Board from GMB Union said: "As Stephen continues on his educational journey, his transformation from a reserved individual to a passionate advocate for learning serves as a testament to his resilience and determination to overcome obstacles. He is inspiring others to pursue their own paths to self-improvement and empowerment."

Llongyfarchiadau gan ein noddwyr a'n cefnogwyr
Congratulations from our sponsors and supporters

Agored Cymru

Mae pawb yn Agored Cymru yn hynod falch o barhau â'n cysylltiad hirsefydlog â'r Sefydliad Dysgu a Gwaith a'r Gwobrau Ysbrydoli!

Rydym ni i gyd wedi clywed straeon ysbrydoledig am sut mae dysgwyr wedi goresgyn profiadau niweidiol a gwella eu bywydau trwy ddysgu. P'un a gawsoch eich enwebu, eich rhoi ar y rhestr fer neu'n enillydd dylech fod yn hynod o falch o'ch cyflawniadau. Mae'n hanfodol bod dysgwyr yn cael cydnabyddiaeth am eu hymrwymiad i ddysgu a'u cyflawniadau.

Ein gweledigaeth yw galluogi unigolion o bob oed a gallu i ennill y sgiliau a'r cymwysterau sydd eu hangen arnynt i wneud y gorau o'u potensial, cyfoethogi eu bywydau a chyfrannu at eu cymunedau ac economi gref

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

Mae'r Gwobrau Ysbrydoli! yn ymwneud â dysgwyr o bob oed yn cyflawni pethau gwych, yn aml yn groes i bob disgwyl. Rydym yn falch bod ein cymwysterau yn chwarae rhan mor bwysig wrth gydnabod eu cyflawniadau. Ni fu dysgu gydol oes erioed mor bwysig.

Mae'r rhwydweithiau addysg a hyfforddiant yng Nghymru yn gryf ac yn cynnwys darparwyr â'u unig nod yw 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 fo'r pwrpas mae Agored Cymru yn llwyr gefnogi'r hawl i ddysgu gydol oes o ansawdd uchel sy'n hanfodol i'r economi, i iechyd a lles, ac i gymunedau.

Llongyfarchiadau i bob enillydd Gwobr Ysbrydoli! a dymuniadau gorau ar gyfer y dyfodol.

Rydych chi i gyd yn ysbrydoliaeth!

Darren Howells
Prif Swyddog Gweithredol

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

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 commitment to learning and 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 Learning and Work Institute to recognise achievements and celebrate such powerful stories.

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.

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.

You are all an inspiration!

Darren Howells
Chief Executive Officer

Addysg Oedolion Cymru
Adult Learning Wales

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 ac ymchwil arall yn dangos gwerth addysg hygyrch 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 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 anecdotaidd 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 ddifri, 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

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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 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

Gwobrau Ysbrydoli! Addysg Oedolion

Mae Prifysgolion Cymru yn falch i gefnogi Gwobrau Ysbrydoli! Addysg Oedolion.

Mae'n wych bod yn rhan o ddigwyddiad sy'n rhoi sylw i gamp anhygoel oedolion sy'n ddysgwyr ledled Cymru, ac sy'n cydnabod y gwytnwch, penderfyniad ac angerdd sy'n gyrru pobl i fynd ati i ddysgu ar bob cam o fywyd.

Ym Mhrifysgolion Cymru, rydym yn credu ym mhwysigrwydd dysgu gydol oes. Mewn byd sy'n newid yn gyflym, lle mae sgiliau newydd a gwybodaeth yn hanfodol ar gyfer twf personol a llwyddiant proffesiynol, mae addysg oedolion yn cynnig llwybr i gyfle, grymuso a chyflawniad. Nid dim ond mater o ennill cymwysterau yw hyn; mae'n ymwneud â thrawsnewid bywydau, adeiladu cymunedau a meithrin diwylliant o chwilfrydedd a gwelliant parhaus.

Mae'r rhai a enwebwyd ac a enillodd eleni wedi dangos ymroddiad eithriadol i'w teithiau dysgu. P'un ai'n goresgyn heriau personol, cydbwyso gwaith ac astudio neu ymdrechu i wneud gwahaniaeth yn eu cymunedau, mae'r hyn y gwnaethant ei gyflawni yn enghraifft ardderchog o ysbryd dysgu gydol oes.

Llongyfarchiadau i bawb a enwebwyd am wobr. Mae eich camp yn ysbrydoliaeth ac yn dyst o rym trawsnewidiol addysg. Edrychwn ymlaen at barhau ein cefnogaeth i addysg oedolion a chydweithio i sicrhau cyfleoedd hygyrch sy'n galluogi pobl i ddal ati i ddysgu gydol oes.

Kieron Rees
Cyfarwyddwr Cyfathrebu ac Ymgysylltu
Prifysgolion Cymru

Inspire! Adult Learning Awards

Universities Wales is proud to support the Inspire! Adult Learning Awards.

It's fantastic to be part of an event that shines a spotlight on the incredible achievements of adult learners across Wales, and that recognises the resilience, determination, and passion that drives people to pursue learning at every stage of life.

At Universities Wales, we believe in the importance of lifelong learning. In a rapidly changing world, where new skills and knowledge are essential for personal growth and professional success, adult education offers a pathway to opportunity, empowerment, and fulfilment. It is not just about gaining qualifications; it is about transforming lives, building communities, and fostering a culture of curiosity and continuous improvement.

This year's nominees and winners have demonstrated exceptional dedication to their learning journeys. Whether overcoming personal challenges, balancing work and study, or striving to make a difference in their communities, their achievements exemplify the spirit of lifelong learning.

Our congratulations to everyone nominated for an award. Your accomplishments are an inspiration, and a testament to the transformative power of education. We look forward to continuing our support for adult learning and working together to ensure accessible opportunities that allow people to keep on learning through life.

Kieron Rees
Director of Communications and Engagement, Universities Wales

Mae Grŵp Cymwysterau ac Asesiadau AIM yn falch iawn o fod yn noddwr i Wobrau Ysbrydoli! Addysg Oedolion ac rydym yn estyn ein llongyfarchion twymgalon i bawb o'r dysgwyr eithriadol a gydnabyddir trwy'r dyddiad pwysig hwn yn yr calendr dysgu oedolion. Dangosodd yr unigolion arbennig yma ymroddiad a dyfalbarhad rhyfeddol wrth geisio gwybodaeth a thwf personol. Maen nhw'n hyrwyddwyr dysgu ac yn amlygu popeth sy'n arbennig am ddysgu oedolion.

Yn Grŵp Cymwysterau ac Asesiadau AIM, rydym yn neilltuol o falch o ddathlu dysgwyr sy'n trawsnewid eu bywydau o ganlyniad i waith caled ac rydym yn falch bod ein cymwysterau ni yn chwarae rhan fach yn y broses o wneud i'r peth ddigwydd. Gall dysgwyr symud i addysg uwch o ganlyniad i ddiploma Mynediad AIM, llwyddo i gael swydd newydd trwy ein cymwysterau galwedigaethol neu wella eu llesiant trwy'r manteision y mae dysgu yn eu rhoi. Mae cymwysterau AIM yn rhoi cyfleoedd amhrisiadwy i unigolion ddatgloi eu potensial a gwireddu eu dyheadau personol a phroffesiynol. Mae Gwobrau Ysbrydoli! Addysg Oedolion yn dathlu llwyddiannau'r dysgwyr yma, a'r darparwyr rhyfeddol yng Nghymru sy'n gwneud i hynny ddigwydd.

Gobeithiwn y bydd eu llwyddiant yn ysbrydoli eraill i ddilyn yn ôl eu traed.

Credwn yng ngrym trawsnewidiol addysg, ac rydym wedi bod yn dyst iddo. Mae'n agor drysau, yn ehangu gorwelion ac yn grymuso unigolion i gyrraedd eu potensial llawn. Mae Gwobrau Ysbrydoli! Addysg Oedolion yn dathlu'r ysbryd hwn ac yn ysbrydoli eraill i gychwyn ar eu teithiau dysgu eu hunain. Yn aml mae'r teithiau yma yn dyst i ysbryd dynolryw, yn dangos y gallu i oresgyn heriau a chyflawni llwyddiant nodedig.

Tu ôl i bob gwobr mae stori o wytnwch, penderfyniad, a chred ddiwyro yn yr hunan. Rhoddwn glod i'r enillwyr am eu llwyddiannau gan gydnabod cefnogaeth amhrisiadwy eu mentoriaid, teuluoedd a ffrindiau.

Mae'n anrhydedd i ni fod yn rhan o ddigwyddiad sy'n gymaint o ysbrydoliaeth a dymunwn lwyddiant parhaus i'r enillwyr rhyfeddol yma yn y gyrfaoedd a ddewisiant.

Kevern Kerswell
Prif Swyddog Gweithredol Grŵp, Grŵp Cymwysterau ac Asesiadau AIM.

AIM Qualifications and Assessment Group is delighted to be a sponsor of the Inspire! Adult Learning Awards and we extend our heartfelt congratulations to all the exceptional learners recognised through this important date in the adult learning calendar. These outstanding individuals have demonstrated extraordinary dedication and perseverance in their pursuit of knowledge and personal growth. They are learning champions and exemplify everything that is special about adult learning.

At AIM Qualifications and Assessment Group, we are particularly proud to celebrate learners who transform their lives as a result of hard work and we are proud that our qualifications play a small part in making it happen. Learners may move into higher education as a result of an AIM Access diploma, achieve a new job through our vocational qualifications or improve their wellbeing through the benefits learning delivers. AIM qualifications provide invaluable opportunities for individuals to unlock their potential and pursue their personal and professional aspirations. The Inspire! Adult Learning Awards celebrate the achievements of these learners, and the amazing providers in Wales who make it happen.

We hope their success will inspire others to follow in their footsteps.

We believe in, and have witnessed, the transformative power of education. It opens doors, broadens horizons, and empowers individuals to reach their full potential. The Inspire! Adult Learning Awards celebrate this spirit and inspire others to embark on their own learning journeys. Often, these journeys are a testament to the human spirit, showcasing the ability to overcome challenges and achieve remarkable success.

Behind every award lies a story of resilience, determination, and unwavering belief in oneself. We commend the winners for their accomplishments and acknowledge the invaluable support of their mentors, families, and friends.

We are honoured to be part of such an inspiring event and wish all these remarkable winners continued success in their chosen careers.

Kevern Kerswell
Group CEO, AIM Qualifications and Assessment Group

The Open University
Y Brifysgol Agored
Wales Cymru

Mae'r Brifysgol Agored yng Nghymru yn falch iawn o fod wedi noddi'r Gwobrau Addysg Oedolion Ysbrydoli! ers sawl blwyddyn bellach. Rydym yn falch o barhau i gefnogi'r digwyddiad arbennig hwn unwaith eto eleni.

Mae'r straeon a glywn gan yr holl enwebeion yn atgoffâd pwerus o bwysigrwydd dysgu. Flwyddyn ar ôl blwyddyn, cawn ein hysbrydoli gan sut mae pobl yn defnyddio dysgu i drawsnewid eu bywydau, gwella eu llesiant, a chryfhau eu teuluoedd a'u cymunedau.

Rydym wedi ein syfrdanu gan ymrwymiad a phenderfyniad dysgwyr a thiwtoriaid ymhob cwr o Gymru.

Hoffai pob un ohonom yn y Brifysgol Agored yng Nghymru ddweud llongyfarchiadau 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 gwybod o brofiad personol eisoes sut y gall dysgu newid bywydau. Mae'r un mor bwysig cydnabod fod twf personol o fudd i bob un ohonom.

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

Mae eich profiadau chi yn ysbrydoli pob un ohonom sy'n gweithio ym maes addysg i oedolion: rydych yn ein hatgoffa pam fod yr hyn rydym yn ei wneud yn anghenraid. Rydych yn rhoi pwrpas a phenderfyniad inni.

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

Rydym ni yn y Brifysgol Agored yn noddwyr balch o'r Gwobrau Addysg Oedolion Ysbrydoli! yn union oherwydd fod y math o ddysgu rydych chi wedi bod yn ei wneud yn ganolog i'n cenhadaeth ni.

Mae 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 bydd yn 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.

Cymru ble gall pawb gyfrannu at ein llwyddiant cyffredin, a ble mae gan bawb gyfle i wireddu eu potensial.

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

Rydych chi nawr yn llysgenhadon dros ddysgu ymysg 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. Llongyfarchiadau unwaith eto ar eich llwyddiannau arbennig.

Ben Lewis
Cyfarwyddwr, Y Brifysgol Agored yng Nghymru

The Open University in Wales has been a proud sponsor of the Inspire! Adult Learning Awards for a number of years now. We are proud to continue our support for this fantastic event once again this year.

The stories we hear from the nominees are a powerful reminder of how important learning is. Year after year, we are inspired by how people use learning to transform their lives, improve their wellbeing, and strengthen their families and communities.

We are blown away by the commitment and determination of adult learners and tutors right across Wales.

All of us at The Open University in Wales would like to say a huge congratulations to everyone who has been nominated, shortlisted, and who won at this year's awards.

You all know from personal experience how learning can change lives. It is equally important to recognise that personal growth benefits us all.

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

Your experiences inspire all of us who work in adult education: you remind us why what we do matters. You give us a sense of purpose and determination.

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

It is precisely because the kind of learning you are doing is at the heart of our mission that we at The Open University are so proud to be sponsors of the Inspire! Adult Learning Awards.

Learning is 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 will continue to 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.

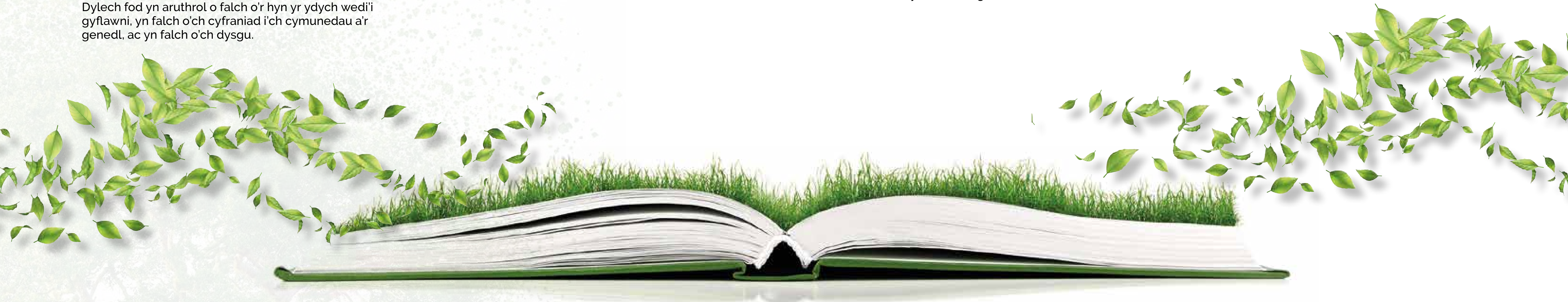
A Wales where everyone can contribute to our shared success, and where everyone is given the opportunity to realise their potential.

You are proof 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 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. Congratulations once again on your amazing achievements.

Ben Lewis
Director, The Open University in Wales



Y Ganolfan Dysgu Cymraeg Genedlaethol — National Centre for Learning Welsh

Mwynhau dysgu

Mae mwy o gyfleoedd nag erioed o'r blaen i fwynhau dysgu Cymraeg, ac mae'n braf gallu adrodd ar y bwrlwm sydd yn ein sector – bron i 17,000 o bobl yn cwblhau cyrsiau'r Ganolfan Dysgu Cymraeg Genedlaethol, a galw cynyddol am gyrsiau.

Mae dewis o ddulliau dysgu ar gael, gan gynnwys dosbarthiadau rhithiol, rhai wyneb-yn-wyneb a rhaglenni hunan-astudio ar-lein. Mae cynlluniau penodol hefyd ar gael ar gyfer teuluoedd, ffoaduriaid a cheiswyr lloches, pobl ifanc, a sectorau megis Iechyd a Gofal.

Mae dysgu Cymraeg – ac unrhyw sgil newydd – yn rhoi hyder i chi, ac yn agor y drws ar gyfleoedd o bob math i oedolion o bob oedran ac o bob cefndir, ac mae'r Ganolfan yn falch iawn o gefnogi'r gwobrau Ysbrydoli! eto eleni.

Mae'r Gwobrau yn gyfle i ddathlu llwyddiannau, tynnu sylw at fuddion dysgu gydol oes a chroesawu ac annog mwy fyth o oedolion i fentro ar ddysgu sgil newydd. Llongyfarchiadau i'r enillwyr ac i bawb sydd wedi'u henwebu – gadewch i ni gyd ddal ati ar ein siwrnai ddysgu!

Dona Lewis
Prif Weithredwr, Y Ganolfan Dysgu Cymraeg Genedlaethol

Enjoy learning

There are more opportunities than ever to enjoy learning Welsh, and I'm delighted to report that our sector is going from strength to strength, with almost 17,000 people completing National Centre for Learning Welsh courses, and a growing demand for training.

We have a choice of learning methods available – including both virtual and in-person classes and online self-study programmes. Specific schemes are also available for families, refugees and asylum seekers, young people, and sectors such as Health and Care.

Learning Welsh – and any new skill – gives you confidence, and opens the door on opportunities of all kinds for adults of all ages and backgrounds, and the Centre is delighted to support the Inspire! Awards again this year.

The Awards are an opportunity to celebrate success, highlight the benefits of lifelong learning and welcome and encourage even more adults to learn a new skill. Congratulations to the winners and nominees – let's all keep going on our learning journey!

Dona Lewis
Chief Executive, National Centre for Learning Welsh

Wythnos Addysg Oedolion — Adult Learners' Week

Gwobrau Addysg Oedolion 2024 — Ysbrydoli!™ Inspire!™ — Adult Learning Awards 2024

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 lwyfan. www.wythnosaddysgoedolion.cymru

Mae'r llwyfan hwn yn cynnwys casgliad unigryw o adnoddau o ddysgu cymunedol, addysg bellach ac addysg uwch, darparwyr hyfforddiant, sefydliadau celfyddydol a gwirfoddol, undebau llafur a busnes.

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

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

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

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, Adult Learning Wales, Agored Cymru, AIM Qualifications and Assessment Group, Universities 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 2024

Ysbrydoli!™ Inspire!™

Adult Learning Awards 2024

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Llywodraeth Cymru
Welsh Government