

Wythnos
Addysg Oedolion

Adult Learners'
Week

Gwobrau Addysg
Oedolion 2025

Ysbrydoli!
Inspire!

Adult Learning
Awards 2025



PAID STOPIO DYSGU | NEVER STOP LEARNING

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



Llywodraeth Cymru
Welsh Government

Cyflwyniad / Introduction

Vikki Howells AS/MS

Y Gweinidog Addysg Bellach ac Uwch
Minister for Further and Higher Education

Mae Gwobrau Dysgu Oedolion Ysbrydoli! yn achlysur gwirioneddol arbennig sy'n cydnabod llwyddiannau eithriadol a theithiau rhyfeddol dysgwyr o oedolion ledled ein gwlad. Rwyf wrth fy modd yn dathlu eich llwyddiannau, wrth i ni dynnu sylw haeddiannol iawn at rym dysgu gydol oes a'r effaith trawsnewidiol y mae'n ei gael ar unigolion, teuluoedd a chymunedau.

Mae'r digwyddiad heno yn erbyn cefndir ysbrydoledig Wythnos Addysg Oedolion, a gynhelir rhwng 15 a 21 Medi. Mae Wythnos Addysg Oedolion yn ddathliad cenedlaethol ac yn gyfle i gydnabod a hyrwyddo'r rhai sydd wedi manteisio ar addysg ar wahanol gyfnodau o fywyd, boed yn dychwelyd i astudio ar ôl blynyddoedd lawer, yn caffael sgiliau newydd ar gyfer y gweithle neu'n mwynhau dysgu yn unig.

Wrth wraidd Wythnos Addysg Oedolion mae'r gred bod dysgu yn daith gydol oes, sy'n agored i bawb, waeth beth fo'u hoedran, cefndir neu amgylchiadau. Trwy gydol yr wythnos, rydym yn tynnu sylw at ddysgu i oedolion gan rannu profiadau'r rhai sydd wedi goresgyn rhwystrau, herio eu hunain a dechrau ar lwybrau newydd. Mae storïau enillwyr wobrau eleni yn dystiolaeth sy'n ysbrydoli yn fawr o'r gwytnwch, dewrder a phosibiliadau diderfyn y mae addysg yn eu datgloi.

Fel y Gweinidog Addysg Bellach ac Uwch, rwyf wedi gweld dros fy hun y gwahaniaeth

mawr y mae addysg oedolion yn ei wneud. Mae'n agor drysau, yn adeiladu hyder ac yn grymuso unigolion i gyrraedd eu potensial. Mae'n cryfhau ein cymunedau, yn cyfoethogi ein cymdeithas ac yn ysgogi cynnydd cenedlaethol.

Nid yn unig mae'r storïau y byddwch yn eu clywed heno yn hanes buddugoliaethau personol, ond yn fodd grymus o atgoffa o'r hyn sy'n bosibl pan fyddwn yn cefnogi, annog a buddsoddi mewn addysg oedolion. I bob enwebai ac enillydd: mae eich cyflawniadau yn ein hysbrydoli ni i gyd ac yn goleuo'r llwybr i eraill ei ddilyn.

Gadewch i ni barhau i hyrwyddo achos dysgu gydol oes i bawb, nid yn unig trwy Wythnos Addysg Oedolion ond ymhell tu hwnt.

Diolch yn fawr, a llongyfarchiadau i bawb sy'n cymryd rhan.





The Inspire! Adult Learning Awards is a truly special occasion that recognises the extraordinary achievements and remarkable journeys of adult learners across our country. I am delighted to celebrate your achievements, as we shine a well-deserved spotlight on the power of lifelong learning and the transformative impact it has on individuals, families, and communities.

This evening's event is set against the inspiring backdrop of Adult Learners' Week, which takes place from 15th-21st September. Adult Learners' Week is a national celebration, an opportunity to acknowledge and champion those who have embraced education at different stages of life, whether returning to study after many years, acquiring new skills for the workplace, or pursuing knowledge purely for the joy of learning.

At the heart of Adult Learners' Week lies the belief that learning is a lifelong journey, open to all, regardless of age, background, or circumstance. Throughout the week, we shine a light on adult learning, amplifying the voices of those who have overcome barriers, challenged themselves, and forged new paths. The stories of this year's award winners are deeply inspiring testimonies to resilience, courage, and the boundless possibilities that education unlocks.

As Minister for Further and Higher Education, I have witnessed first-hand the profound difference that adult education makes. It opens doors, builds confidence, and empowers individuals to reach their potential. It strengthens our communities, enriches our society, and drives our national progress.

The stories you'll hear this evening are not just tales of personal triumph, but powerful reminders of what is possible when we support, encourage, and invest in adult learning. To every nominee and award recipient: your achievements inspire us all and illuminate the path for others to follow.

Let's continue to champion the cause of lifelong learning for everyone, not only through Adult Learners' Week but far beyond.

Thank you, and congratulations to all involved.



Joshua Miles

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

Croeso i Wobrau Ysbrydoli! Addysg Oedolion 2025

Dathliad o lwyddiant, a hefyd wytnwch, ailddyfeisio a grym dysgu gydol oes. Eleni, rydym yn ymgynnull yn adeilad eiconig Neuadd y Brangwyn yn Abertawe, gofod mor llawn o hanes a diwylliant â'r straeon a anrhyddeddwn yn y digwyddiad hwn.

Mae Abertawe yn Ddinas Dysg UNESCO gyda thraddodiad balch o addysg oedolion sy'n ymestyn o fudiadau addysg gweithwyr i gynlluniau dysgu cymunedol llewyrchus heddiw. Mae'n lle perffaith i ddathlu sut mae addysg yn parhau i rymuso unigolion a chryfhau ein cymunedau ledled Cymru.

Ar draws Cymru, mae pobl yn ailddarganfod dysgu mewn ffyrdd sy'n trawsnewid eu bywydau, teuluoedd a chymunedau. Nid dychwelyd i addysg oherwydd fod yn rhaid iddynt wnaeth y dysgwyr a ddathlwn heno – fe ddaethant oherwydd iddynt ddewis gwneud hynny. Maent wedi cymryd camau dewr i oresgyn rhwystrau, herio disgwyliadau a chreu dyfodol newydd ar eu cyfer eu hunain. Wrth wneud hynny, maent wedi goleuo'r ffordd i eraill ddilyn.

Mae addysg oedolion yn greiddiol i Gymru deg, ddeinamig a hyderus. Mae'n cryfhau ein economi, yn cefnogi iechyd a llesiant gwell ac yn cyfoethogi bywyd dinesig a diwylliannol. P'un ai yw hynny drwy ennill cymwysterau, canfod hyder newydd neu ddim ond er mwyn darganfod cariad at ddysgu, mae'r effaith yn cyrraedd ymhell tu hwnt i'r ystafell ddosbarth.

Rydym yn falch i weithio'n agos gyda Llywodraeth Cymru, Medr a rhwydwaith eang o ddarparwyr a phartneriaid i gefnogi

diwylliant dysgu gydol oes sydd ar agor i bawb. Mae eu hymroddiad yn helpu i adeiladu system sy'n gweithio ar draws oedrannau, cefndiroedd a phrofiadau – un sy'n cydnabod y ffyrdd amrywiol y mae pobl yn dysgu a'r gwerth unigryw y maent yn dod ag ef.

Fel y dywedodd Raymond Williams, un o feddylwyr mwyaf dylanwadol Cymru, unwaith:

"Bod yn wirioneddol radical yw gwneud gobaith yn bosibl, yn hytrach na gadael i anobaith argyhoeddi."

Mae'r ysbryd hwnnw o obaith yn fyw ym mhawb a enwebwyd ac enillydd a anrhyddedir. Mae straeon hyn yn fwy na dim ond ysbrydoliaeth; maent yn ein hatgoffa am yr hyn sy'n bosibl pan fydd dysgu yn hygyrch, yn cael ei gefnogi, a'i ddathlu.

Diolch i bob dysgwr sydd wedi rhannu eu taith gyda ni, ac i'r tiwtoriaid, mentoriaid, sefydliadau a chymunedau a helpodd i wneud y teithiau hynny yn bosibl. Mae eich gwaith yn newid bywydau mewn ffyrdd sy'n tonni mas – weithiau mewn ffyrdd na fyddwn byth yn eu gweld.

Gobeithio y byddwch yn teimlo egni newydd, yn falch ac wedi eich atgoffa o rym dysgu – nid dim ond fel gweithred unigol, ond fel rhywbeth sy'n llunio dyfodol Cymru.

Joshua Miles

Cyfarwyddwr Cymru, Sefydliad Dysgu a Gwaith

Trefnir Gwobrau Ysbrydoli! Addysg Oedolion gan y Sefydliad Dysgu a Gwaith ac maent yn cael eu noddi gan Lywodraeth Cymru, ACT, Addysg Oedolion Cymru, Agored Cymru, Grŵp Cymwysterau ac Asesu AIM, y Ganolfan Dysgu Cymraeg Genedlaethol a'r Brifysgol Agored yng Nghymru

The Inspire! Adult Learning Awards are co-ordinated by Learning and Work Institute and sponsored by the Welsh Government, ACT, Adult Learning Wales, Agored Cymru, AIM Qualifications and Assessment Group, the National Centre for Learning Welsh and The Open University in Wales.



Welcome to the 2025 Inspire! Adult Learning Awards

A celebration of not just achievement, but resilience, reinvention, and the lifelong power of learning. This year, we gather in the iconic Brangwyn Hall in Swansea, a space as full of history and culture as the stories we honour at this event.

Swansea is a UNESCO Learning City, with a proud tradition of adult education that stretches from the workers' education movements to today's thriving community learning initiatives. It's the perfect place to celebrate how education continues to empower individuals and strengthen our communities across Wales.

Across Wales, people are rediscovering learning in ways that transform their lives, families, and communities. The learners we celebrate tonight didn't return to education because they had to - they came because they chose to. They took brave steps to overcome obstacles, challenge expectations, and create new futures for themselves. In doing so, they've lit the way for others to follow.

Adult learning sits at the heart of a fair, dynamic, and confident Wales. It strengthens our economy, supports better health and wellbeing, and enriches civic and cultural life. Whether it's through gaining qualifications, finding new confidence, or simply discovering a love of learning, the impact reaches far beyond the classroom.

We're proud to work closely with the Welsh Government, Medr, and a wide network of providers and partners to support a lifelong learning culture that is open to all. Their commitment is helping to build a system that works across ages, backgrounds, and experiences - one that recognises the diverse ways people learn and the unique value they bring.

As Raymond Williams, one of Wales's most influential thinkers, once said:

"To be truly radical is to make hope possible, rather than despair convincing."

That spirit of hope is alive in every nominee and winner being honoured. These stories aren't just inspiring; they're reminders of what's possible when learning is accessible, supported, and celebrated.

Thank you to every learner who shared their journey with us, and to the tutors, mentors, organisations, and communities who helped make those journeys possible. Your work changes lives in ways that ripple outward - sometimes in ways we never see.

We hope you feel energised, proud, and reminded of the power of learning - not just as an individual act, but as something that shapes the future of Wales.

Joshua Miles

Director for Wales, Learning and Work Institute

Trefn y Digwyddiad / Order of Ceremony

- 6.00pm Cyrraedd a derbyniad gyda diodydd
- 6.30pm Cinio
- 8.00pm Seremoni wobrwyo a gyflwynir gan
Nia Parry, Cyflwynydd Teledu a Thiwtor
- 8.05pm Anerchiad croesawu
Kelly Fountain, Cadeirydd, Partneriaeth Addysg Oedolion Abertawe
- 8.15pm Anerchiad y Gweinidog
Julie James AS, Y Cwnsler Cyffredinol a'r Gweinidog Cyflawni
- 8.25pm **Rhan 1 Cyflwyno Gwobrau Ysrydoli! Addysg Oedolion**
Gwobr Dysgu ar Gyfer Gwell Iechyd - Mandy Price
Gwobr Siaradwr Cymraeg Newydd - Foo Seng Thean
Gwobr Heneiddio'n Dda - Gloria Beynon
Gwobr Sgiliau Gwaith - Will Hougham
Gwobr Hywel Francis am Effaith Gymunedol - Grŵp Dysgu Rhieni,
Ysgol Uwchradd Cathays, Caerdydd
- 9:05pm **Egwyl: Perfformiad unigol**
- 9.15pm **Rhan 2 Cyflwyno Gwobrau Ysrydoli! Addysg Oedolion**
Gwobr Sgiliau Hanfodol Bywyd - Janine Price
Gwobr Rhannu Dyfodol - Hamdi Abdalkareem Abdalla Abdalrhman
Gwobr Newid Bywyd - Ida Aldred
Gwobr Newid Bywyd - Michael Cook
Gwobr Llais Dysgwyr - Gina Powell
Gwobr Oedolyn Ifanc - Osian Lloyd
- 10.05pm **Anerchiad ar ran cefnogwyr Gwobrau Ysbrydoli! Addysg Oedolion**
Michelle Matheron, Cyfarwyddwr Cynorthwyol, Materion Allanol,
Y Brifysgol Agored yng Nghymru
- 10.10pm **Cloi**
Joshua Miles, Cyfarwyddwr Cymru,
Sefydliad Dysgu a Gwaith



Cyflwynir gan/Hosted by: Nia Parry

Cyflwynydd Teledu a Thiwtor
TV Presenter and Tutor



- 6.00pm** Arrival and drinks reception
- 6.30pm** Dinner
- 8.00pm** Award Ceremony hosted by
Nia Parry, TV Presenter and Tutor
- 8.05pm** Welcome address
Kelly Fountain, Chair, Swansea Adult Learning Partnership
- 8.15pm** Ministerial address
Julie James MS, Counsel General and Minister for Delivery
- 8.25pm** **Inspire! Adult Learning Awards Presentation Part 1**
Learning for Better Health Award - Mandy Price
New Welsh Speaker Award - Foo Seng Thean
Ageing Well Award - Gloria Beynon
Skills for Work Award - Will Hougham
Hywel Francis Award for Community Impact - Parent Learning Group,
Cathays High School
- 9:05pm** **Interval: Solo performance**
- 9.15pm** **Inspire! Adult Learning Awards Presentation Part 2**
Essential Skills for Life Award - Janine Price
Shared Futures Award - Hamdi Abdalkareem Abdalla Abdalrhman
Life Change Award - Ida Aldred
Life Change Award - Michael Cook
Learner Voice Award - Gina Powell
Young Adult Learner Award - Osian Lloyd
- 10.05pm** Address on behalf of the Inspire! Awards supporters
Michelle Matheron, Assistant Director, External Affairs,
The Open University in Wales
- 10.10pm** Closing remarks
Joshua Miles, Director for Wales, Learning and Work Institute

Mandy Price

ENWEBWYD GAN / NOMINATED BY:

Coleg Sir Gâr



Ni allai arwyddair Mandy Price "Get up and show up" fod yn fwy addas.

Y diwrnod ar ôl cael ei thynnu oddi ar beiriant anadlu ar ôl cael ei derbyn i'r ysbyty am y tro cyntaf, eisteddai yn yr uned gofal dwys yn cwblhau cyflwyniad am ei Gradd Baglor mewn Gwyddoniaeth mewn Lles ac Ymddygiad Anifeiliaid. Ddau ddiwrnod ar ôl cael ei rhyddhau o'r ysbyty, dychwelodd i astudio yng Ngholeg Sir Gâr yng Nghaerfyrddin.

Mae gan Mandy epilepsi a chyflyrau meddygol eraill ac mae'n gofalu am ei phartner a'i mab, sydd ag anghenion cymhleth. Ac eto mae'n canfod amser i astudio a chefnogi plant fel gwirfoddolwr darllen Burns by Your Side gyda'r ci cefnogi dysgu, Daisy.

Roedd Mandy yn yr ysbyty am y trydydd tro wedi iddi ddychwelyd o wlad Groeg. Lle'r oedd hi a phump o fyfyrwyr eraill wedi bod yn gweithio ar Brosiect Ymchwil Cadwraeth Crwban Môr Pendew. Mae'r daith i wella wedi bod yn anodd, gan ei gorfodi i adael cwblhau ei gradd hyd y flwyddyn academiaidd nesaf.

"Rwyf wedi bod yn dyst fy hun o sut mae addysg wedi bod yn rym trawsnewidiol ym mywyd Mandy - yn ffynhonnell grym, gan ei galluogi i harneisio ei chryfderau

a sianelu ei hangerdd yn ymdrechion ystyrlon," dywedodd y ddarlithwraig Stephanie Rees. "Mae ganddi ysbryd cryf iawn a phenderfyniad i ffynnu er gwaethaf y cymhlethdodau yn ei bywyd personol."

Datblygodd diddordeb Mandy mewn astudiaethau yn gysylltiedig ag anifeiliaid ar ôl ymuno â grŵp gwirfoddolwyr yn Many Tears Animal Rescue.

Er gwaethaf amau ei gallu academig ei hun, fe gyflawnodd Radd Sylfaenol mewn Gwyddor Anifeiliaid ac mae wedi symud ymlaen i BSc erbyn hyn. Mae Mandy yn bwriadu parhau ei hastudiaethau, gan gynnwys Gradd Meistr mewn Iechyd Meddwl Plant a Phobl Ifanc a hyfforddiant ychwanegol i gyflawni cyrsiau cymorth cyntaf anifeiliaid anwes a fydd yn ei symud tuag at gael cyflogaeth.

"Bydd cwblhau fy Ngradd Meistr yn rhoi hunaniaeth i mi tu hwnt i fy nghyfrifoldebau fel mam a gofalwr," meddai. "Rwy'n benderfynol na fydd fy epilepsi yn fy niffinio. Heb y cwrs gradd, nid wyf yn gwybod ar ba lwybr y byddai fy iechyd meddwl a chorfforol."

"Rwy'n benderfynol na fydd fy epilepsi yn fy niffinio. Mae cwblhau fy ngradd yn rhoi hunaniaeth i mi tu hwnt i fy nghyfrifoldebau fel mam a gofalwr."





"I am determined to not let my epilepsy define me. Completing my degree gives me an identity outside of my mum and carer responsibilities."



Mandy Price's motto "Rise up and show up" could not be more apt.

The day after being removed from a ventilator on her first hospital admission, she sat in the intensive care unit completing a presentation for her Bachelor of Science Degree in Animal Welfare and Behaviour. Two days after her hospital discharge, she returned to study at Coleg Sir Gâr in Carmarthen.

Mandy has epilepsy and other medical conditions and cares for her partner and son, who has complex needs. Yet she finds time to study and support children as a Burns by Your Side reading volunteer with learning support dog, Daisy.

Mandy's third hospital stay followed her return from Greece, where she and five other students worked on a Loggerhead Sea Turtle Conservation Research Project. Her recovery has been arduous, forcing her to delay completing her degree until the next academic year.

"I have witnessed first-hand how education has served as a transformative force in Mandy's life - a source of empowerment, enabling her to harness her strengths and channel her passion into meaningful endeavours," said lecturer Stephanie Rees. "She has an indomitable spirit and sheer determination to thrive despite the complexities of her personal life."

Mandy became interested in animal related studies after joining a support group and becoming a volunteer at Many Tears Animal Rescue.

Despite doubting her own academic ability, she achieved a Foundation Degree in Animal Science and has now progressed to a BSc. Mandy intends to continue her studies, including a Master's Degree in Children and Young People's Mental Health and additional training to deliver pet first aid courses which will move her towards securing employment.

"Completing my Master's degree would give me an identity outside of my mum and carer responsibilities," she said. "I am determined to not let epilepsy define me. Without the degree course, I really do not know what path my mental and physical health would have taken."



Foo Seng Thean

ENWEBWYD GAN / NOMINATED BY:

Dysgu Cymraeg - Ardal Bae Abertawe

Learn Welsh - Swansea Bay Area



Cyrhaeddodd Foo Seng Thean Abertawe gyda'i deulu i ddechrau bywyd newydd yn 2015. Er ei fod yn siaradwr Saesneg hyderus, fe aeth i deimlo'n rhwystredig o fod yn methu sgwrsio yn iaith frodorol ei gartref mabwysiedig ac roedd yn benderfynol o ddysgu Cymraeg.

"Mae hen ddywediad yn dweud 'Er mwyn ffynnu mewn lle newydd rhaid i chi fabwysiadu ei draddodiadau a'i ffordd o fyw', meddai Foo Seng. "Felly dyna'n union wyf fi'n ei wneud, dysgu Cymraeg gyda fy meibion, eu helpu gyda'u gwaith cartref ac ysgrifennu sylwadau Cymraeg mewn dyddiadur. Nawr, pan fydd arnyn nhw angen eu hysbrydoli, maen nhw'n dod ata' i.

"Mae'n hwyl – canu gyda'n gilydd, rhannu'r hyn yr ydym yn ei ddysgu, sefydlu diwrnod Cymraeg gartref. Mae fy nith o Singapore hyd yn oed yn fy ngalw yn ei Hewythr Cymreig!"

Cychwynnodd ei daith yn fuan ar ôl cyrraedd Cymru, tra'r oedd yn gweithio i Ganolfan Amlddiwylliannol y Tsieineaidd yng Nghymru, fe'i derbyniwyd ar y cwrs Cymraeg yn y Gweithle a drefnwyd gan Ardal Bae Abertawe Dysgu Cymraeg Prifysgol Abertawe.

Ond ni wnaeth Foo Seng stopio gyda dim ond dysgu'r iaith. Roedd am drochi ei hun yn llawn yn niwylliant

Cymru sydd wedi ei arwain i ymuno â Chôr y Dysgwyr fu'n perfformio yn Eisteddfod Genedlaethol 2024.

"Synnodd yr aelodau at fy ynganiad o'r Gymraeg," meddai Foo Seng. "Rwyf wedi gwirioni ar harddwch yr iaith."

Mae Foo Seng yn defnyddio ei brofiad i ysbrydoli cymunedau eraill o leiafrifoedd ethnig i groesawu'r Gymraeg i'w bywydau bob dydd. Cafodd ei gyfweld gan raglen Heno S4C ac mae'n awr yn hyrwyddo defnyddio'r Gymraeg yng nghyfathrebiadau, negeseuon cyfryngau cymdeithasol a digwyddiadau swyddogol y Gymdeithas y Tseiniaid yng Nghymru.

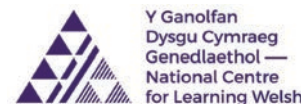
Fe wnaeth tiwtor Foo Seng, Emyr Jones, ei annog i ganu gyda Chôr y Dysgwyr, dywedodd "Fe wnaeth gymryd y cyfle i ddysgu Cymraeg ac roedd yn awyddus a brwdfrydig o'r dechrau cyntaf, nid dim ond yn y dosbarthiadau, ond hefyd wrth ategu at ei ddysgu tu allan i'r dosbarth trwy'r ap Duolingo. Bydd yn sefyll yr Arholiad Sylfaenol yn 2026."

Cred Foo Seng mai dim ond newydd ddechrau mai ei daith gyda'r Gymraeg ac ychwanegodd: "Nid wyf yn rhugl eto – ond rydwi ar y ffordd!"

"Mae'n hwyl dysgu Cymraeg gyda fy meibion, eu helpu gyda'u gwaith cartref ac ysgrifennu sylwadau Cymraeg mewn dyddiadur. Nawr, pan fydd arnyn nhw angen eu hysbrydoli, maen nhw'n dod ata' i."



"It's fun learning Welsh with my sons, helping them with their homework and writing Welsh comments in a daily journal. Now, when they need inspiration, they come to me."



Foo Seng Thean arrived in Swansea with his family to start a new life in 2015. Despite being a confident English speaker, he soon became frustrated at being unable to converse in the native language of his adopted home and was determined to learn Welsh.

"There is an old saying 'To prosper in a new place you must embrace its traditions and way of life,'" said Foo Seng. "So that's exactly what I am doing, learning Welsh with my sons, helping them with their homework and writing Welsh comments in a daily journal. Now, when they need inspiration, they come to me.

"It's fun – singing together, sharing our learning, establishing a Welsh day at home. My niece from Singapore even calls me her Welsh uncle!"

His journey began soon after arriving in Wales, while working for the Chinese in Wales Association's Multi-Cultural Hub, he was accepted onto the Welsh in the Workplace course organised by Swansea University's Learn Welsh Swansea Bay Area.

But Foo Seng didn't stop with just learning the language. He wanted to immerse himself fully into Welsh culture which has led to him joining the Learners Choir who performed at the 2024 National Eisteddfod.

"My Welsh pronunciation surprised the members," said Foo Seng. "I have been blown away by the beauty of the language."

Foo Seng is using his experience to inspire other ethnic minority communities to welcome the Welsh language into their daily lives. He has been interviewed by S4C's Heno programme and now promotes the use of Welsh in communications, social media posts and official events from the Chinese in Wales Association.

Foo Seng's tutor, Emyr Jones encouraged him to sing with the Learners Choir, he said, "He seized the opportunity to learn Welsh and was keen and enthusiastic from the very start, not just in classes but also in supplementing his learning outside the classroom through the Duolingo app. He'll sit the Foundation Exam in 2026."

Foo Seng believes his Welsh language journey has only just begun and added: "I am not fluent yet – but I am on the way!"



Gloria Beynon

ENWEBWYD GAN / NOMINATED BY:

CYCA - Cysylltu Ieuenctid,
Plant ac Oedolion

CYCA - Connecting Youth,
Children & Adults



Agorodd ei hymddeoliad fyd cyfan o ddysgu oedolion a gwirfoddoli cymunedol i Gloria Beynon. Yn gymhorthydd dysgu wedi ymddeol mae wedi rhoi ei bywyd i ofalu am eraill, boed hynny'n fagu ei phlant ei hun, gofalu am ei hwyrion a'i hwyrresau neu wasanaethu fel presenoldeb cadarn yn ei chymuned.

Yn hytrach na gweld ei hoedran fel cyfyngiad, mae Gloria wedi ei dderbyn fel cyfle, gan brofi bod dysgu gydol oes, nid yn unig yn bosibl, ond yn drawsnewidiol hefyd.

Erbyn hyn mae'n Hyrwyddwr Gwirfoddolwyr Cymunedol yn Cysylltu Ieuenctid Plant ac Oedolion (CYCA) yn Llanelli, mae'n defnyddio ei phrofiad a'i sgiliau newydd i rymuso eraill trwy arwain gweithdy Coginio ar Gyllideb Dyn i famau ifanc, gan eu helpu i baratoi prydau maethlon ac ymestyn eu cyllideb ymhellach.

Yn ystod haf 2024, roedd Gloria yn chwarae rhan allweddol ym mhrosiect tloedi bwyd Lles y Bwyd CYCA, gan gefnogi teuluoedd mewn angen trwy eu helpu i baratoi 301 o brydau.

"Roedd ei phresenoldeb cynnes a'i gallu i gysylltu gyda rhieni, yn neilltuol y rhai ag anghenion dysgu ychwanegol, yn ei gwneud yn rhan werthfawr o'r cynllun," meddai Lianna Davies, mentor Gloria yn CYCA. "Erbyn hyn mae'n rhedeg sesiynau coginio wythnosol yn annibynnol - gan ymdrin â'r cynllunio, llunio cyllideb, siopa a chyflwyno heb gymorth gan y staff."

Cychwynnodd ei thaith gyda CYCA pan oedd ei hŵyr yn mynychu eu meithrinfa Dechrau'n Deg. Yn awyddus i gymryd rhan, fe ddilynodd y cwrs Chwarae Sgyrsiol, a daniodd ei diddordeb mewn dysgu ac ymwneud cymunedol.

Wedi ei chalonogi gan ei hangerdd newydd, cychwynnodd Gloria ar gwrs Gwytnwch Lefel 1 Agored Cymru ac mae wedi mynd ymlaen i gwblhau chwech o gyrsiau wedi eu hachredu gan gynnwys Datblygiad Plentyn, Diogelu, Rheoli Gorbryder a Deall Straen.

"Mae bod yn rhan o CYCA wedi cael effaith anferth ar fy mywyd i a bywyd fy ŵyr," meddai Gloria. "Yn bersonol mae wedi bod yn anhygoel mynd allan o'r tŷ, cysylltu gydag oedolion eraill a chymryd rhan mewn cyrsiau sy'n ffitio o gwmpas fy ymrwymiadau."

"Mae dysgu wedi ailddreffro fy meddwl tu hwnt i ofal plant, gan roi hwb i'm hyder a'm llesiant cyffredinol. Mae gwirfoddoli wedi fy nghyflwyno i gymaint o deuluoedd gwych ac mae CYCA wedi rhoi hyder i'm hŵyr i ffynnu ymhlith ei gyfoedion. Mae'n brofiad gwych y byddwn yn ei argymhell i unrhyw un o unrhyw oedran."



"Mae dysgu wedi ailddreffro fy meddwl tu hwnt i ofal plant, gan roi hwb i'm hyder a'm llesiant cyffredinol, ac mae gwirfoddoli yn brofiad gwych y byddwn yn ei argymhell i unrhyw un o unrhyw oedran."



“Learning has reawakened my mind beyond childcare, boosting my confidence and overall wellbeing, and volunteering is a fantastic experience that I would recommend to anybody of any age.”



Retirement has opened a whole new world of adult learning and community volunteering for Gloria Beynon. A retired teaching assistant she has devoted her life to caring for others, whether that was raising her own children, nurturing her grandchildren or serving as a steady presence within her community.

Rather than seeing age as a limitation, Gloria has embraced it as an opportunity, proving that lifelong learning is not just possible, but transformative.

Now a Community Volunteer Ambassador at Connecting Youth Children and Adults (CYCA) in Llanelli, she uses her experience and newfound skills to empower others by leading a Cooking on a Budget workshop for young mothers, helping them prepare nourishing meals and stretching their budgets further.

During the summer of 2024, Gloria played a key role in the CYCA's Lles Y Bwyd food poverty project, supporting families in need by helping to prepare 301 meals.

"Her warm presence and ability to connect with parents, particularly those with additional learning needs, made her an invaluable part of the initiative," said Lianna Davies, Gloria's mentor at CYCA. "She now independently runs weekly cooking sessions - handling the planning, budgeting, shopping and delivery with no staff assistance."

Her journey with CYCA began when her grandson attended their Flying Start nursery. Eager to engage, she participated in their Conversational Play course, which sparked an interest in learning and community involvement.

Encouraged by her rediscovered passion, Gloria embarked on an accredited Agored Cymru Level 1 Resilience course and has gone on to complete six accredited courses including Child Development, Safeguarding, Managing Anxiety and Understanding Stress.

"Being a part of CYCA has had an enormous impact on both my life and my grandson's," said Gloria. "Personally, it's been incredible to get out of the house, connect with other adults and take part in courses that fit around my commitments."

"Learning has reawakened my mind beyond childcare, boosting my confidence and overall wellbeing. Volunteering has introduced me to so many wonderful families and CYCA has given my grandson the confidence to thrive among his peers. It's a fantastic experience that I would recommend to anybody of any age."



Will Hougham

ENWEBWYD GAN / NOMINATED BY:

Sgil Cymru



Roedd Will Hougham newydd gychwyn ar ei yrfa yn y diwydiant sgrin pan gychwynnodd y cyfnod clo byd-eang o ganlyniad i'r pandemig COVID 19, gan greu ansicrwydd i filiynau o weithwyr y Deyrnas Unedig a roddwyd ar ffyrlo.

Ond penderfynodd y cwmni lle'r oedd yn dysgu ei grefft fel technegydd effeithiau arbennig, Real SFX, ddefnyddio'r amser i adeiladu ar gyfer y dyfodol, gyda Will yn ganolog i'w 'swigen waith'.

"Wrth edrych yn ôl, rwy'n ystyried fy hun yn lwcus i fod wedi parhau i weithio yn ystod yr amser hwnnw pan oedd bron bawb arall yr oeddwn yn ei adnabod yn methu gwneud hynny," meddai Will.

"Fe wnes i helpu i symud gweithdai oedd yn golygu bod y cyfleuster Real SFX newydd yn barod pan wnaeth cynrychiadau ddechrau ffilmio eto. Rhoddodd y cyfle i mi gael profiad ymarferol gwerthfawr gydag amrywiol fathau o offer a fu'n rhan fawr o gael fy nghyflogi gan y cwmni ar ôl gorffen fy mhrentisiaeth."

Mae gyrfa Will wedi ffynnu. Mae'r props a'r rigiau arbenigol y mae wedi eu creu wedi cael eu defnyddio ar sioeau teledu erbyn hyn. Mae hefyd wedi cwblhau cyrsiau

mewn ardystio peiriannau codi a chwrs Lefel 1 Diogelwch a Thrin Effeithiau Ffrwydron Arbennig, y ddau'n werthfawr i'w wneud yn haws ei gyflogi yn y diwydiant.

Mae Will hefyd wedi rhannu'n hyn a ddysgodd trwy fentora'r genhedlaeth nesaf o brentisiaid Real SFX.

Mae cwblhau ei brentisiaeth wedi helpu Will i ddatblygu fel unigolyn, "Mae llunio gyrfa wedi fy helpu i newid fy mywyd," dywedodd. "Rwyf yn awr yn teimlo'n llawer mwy hyderus o'm sgiliau fy hun fel technegwr ac mae fy hyder mewn sefyllfaoedd cymdeithasol yn cyfarfod a sgwrsio gydag eraill wedi gwella'n fawr."

Cefnogodd Sgil Cymru daith ddysgu Will ac mae ei benderfyniad wrth hyrwyddo prentisiaethau ymhlith eraill sy'n cychwyn yn y diwydiant wedi gwneud argraff neilltuol arnynt.

"Nid yn unig roedd gwaith caled a pharodrwydd i addasu Will o fudd i'w dwf personol ond mae hefyd wedi cefnogi'r tim yn Real SFX yn fawr," dywedodd Sue Jeffries, asesydd arweiniol a Rheolwr Gyfarwyddwr Sgil Cymru.

"Mae llunio gyrfa drwy fy mhrentisiaeth wedi bod o help go iawn i fi. Rwyf yn awr yn teimlo'n llawer mwy hyderus o'm sgiliau fy hun fel technegwr ac mewn sefyllfaoedd cymdeithasol yn cyfarfod asgwrsio gydag eraill."



"Building a career through my apprenticeship has really helped me. I now feel much more confident with my skills as a technician and in social situations when interacting with others."



act. als

Will Hougham had just started his career in the screen industry when the global lockdown started as a result of the COVID 19 pandemic, creating uncertainty for millions of UK workers who were placed on furlough.

But the company where he was learning his trade as a special effects technician, Real SFX, decided to use the time to build for the future, with Will very much at the heart of their 'work bubble'.

"Looking back, I consider myself lucky to have continued to work during that time when just about everyone else I knew was unable to," said Will.

"I helped to move workshops which meant that the new Real SFX facility was ready for when productions began filming again. It gave me the opportunity to gain invaluable hands-on experience with various types of equipment which played a big role in me being employed by the company on completion of my apprenticeship."

Will's career has flourished. Specialist props and rigs that he has created have been used on television shows. He has also completed courses in forklift certification and a Level 1 Special Explosive Effects Safety & Handling course, both valuable to make him more employable in the industry.

Will has also shared his learning experiences by mentoring the next generation of Real SFX apprentices.

Completing his apprenticeship has helped Will to develop as an individual, "Building a career has really helped me to make a change in my life," he said. "I now feel much more confident with my own skills as a technician and have greatly improved my confidence in social situations, meeting and talking with others."

Sgil Cymru have supported Will's learning journey and have been particularly impressed by his determination to promote apprenticeships among others starting out in the industry.

"Will's hard work and adaptability not only benefitted his personal growth but also greatly supported the team at Real SFX," said Sue Jeffries, Lead Assessor and Managing Director of Sgil Cymru.



Grŵp Dysgu Rhieni - Ysgol Uwchradd Cathays Parent Learning Group - Cathays High School

ENWEBWYD GAN / NOMINATED BY:

Addysg Oedolion Cymru
Adult Learning Wales

Mae'r rhieni sy'n mynychu'r Grŵp Dysgu amlddiwylliannol yn Ysgol Uwchradd Cathays yng Nghaerdydd yn cael cyfartaledd o 120 o gymwysterau yn flynyddol sydd wedi helpu bron eu hanner i ddod o hyd i waith.

Datblygodd y grŵp, a ffurfiwyd yn 2014, bartneriaeth lwyddiannus gyda Addysg Oedolion Cymru i ddangos manteision addysg oedolion, i fenywod a'u teuluoedd yn neilltuoel.

Trwy ymdrin ag anghenion y gymuned, mae'r bartneriaeth yn grymuso rhieni trwy gynnig cysiau wedi eu hachredu a heb eu hachredu, gan gynnwys llythrennedd, rhifedd, digidol, gofal plant, sgiliau creadigol a choginio.

Mae'r sgiliau a'r hyder y maent yn eu datblygu yn eu helpu i gefnogi addysg eu plant a thyfu'n bersonol a phroffesiynol.

Aeth bron i 50 o fenywod yn ôl i waith mewn sectorau amrywiol. Mae eu hannibyniaeth economaidd yn cynyddu incwm y teulu ac yn gwella ansawdd eu bywydau yn gyffredinol yn sylweddol.

Helpodd y bartneriaeth ddysgu l gynyddu sgiliau a meithrin hyder, ymhlith menywod o gefndiroedd diwylliannol amrywiol yn neilltuoel. Siaredir mwy na 65 o ieithoedd gwahanol gan rieni sy'n mynychu'r grŵp a daw 43% o'r disgyblion yn yr ysgol o deuluoedd sy'n gymwys am brydau ysgol am ddim.

"Mae effeithiau pellgyrhaeddol y cynllun dysgu oedolion hwn yn rhai diriaethol a thrawsnewidiol," dywedodd Jayne



Ireland, rheolwr rhanbarthol Addysg Oedolion Cymru, a enwebodd y grŵp am y wob. "Trwy rymuso'r menywod hyn i oresgyn rhwystrau ac ailymuno â'r gweithlu, nid yn unig mae'r Grŵp Dysgu Rhieni o fudd i deuluoedd unigol ond hefyd mae'n cyfrannu sgiliau a thalentau gwerthfawr at yr economi leol."

Dywedodd y tiwtor Christina Roy, sydd hefyd yn gydlynnydd dysgu teuluol Ysgol Uwchradd Cathays: "Mae helpu rhieni i gefnogi eu plant i ddysgu'n well a datblygu eu hunain i fod yn hyderus, medrus a hunan-ddibynnol yn rhoi boddhad mawr."

Mae'r grŵp hefyd yn codi ymwybyddiaeth am atal diabetes a chyflyrau ar y galon mewn cymunedau sydd â risg uwch, ac mae wedi mwy na dyblu'r nifer sy'n cymryd brechiadau i 42%.

Dysgodd y rhieni sy'n dysgu sgiliau newydd trwy wirfoddoli, gan gynnwys prosiectau Cymunedol Caerdydd Lân ac mewn clwb brecwast. Dywedodd un rhiant: "Rwyf wedi dilyn y cwrs i wella fy sgiliau ymarferol a chyfathrebu. Maen nhw wedi fy helpu i weithio gyda'm plant sydd yn un o'm nodau."

Ychwanegodd Christina: "Heblaw ennill cymwysterau i ddatblygu eu hunain, mae'r holl ddysgwyr yn teimlo eu bod wedi helpu ei gilydd i greu gwell cymuned i bawb. Trwy rannu ein gwybodaeth, profiad a phositifrwydd, byddant yn tyfu."

"Mae helpu rhieni i gefnogi eu plant i ddysgu a datblygu eu hunain i fod yn hyderus, medrus a hunan-ddibynnol yn rhoi boddhad. Trwy rannu gwybodaeth a phositifrwydd, mae pawb yn cyfrannu at gymuned gryfach, fwy cefnogol."



"It's rewarding to help parents support their children to learn and develop themselves to be confident, skilled and self-dependent. By sharing knowledge and positivity, everyone contributes to a stronger, more supportive community."



Parents attending the multi-cultural Learning Group at Cathays High School in Cardiff achieve an average of 120 qualifications annually which have helped nearly half of them to find employment.

The group which formed in 2014, has developed a successful partnership with Adult Learning Wales to demonstrate the benefits of adult education, particularly for women and their families.

Addressing the needs of the community, the partnership empower parents by offering both accredited and non-accredited courses, including literacy, numeracy, digital, childcare, creative and cookery skills.

The skills and confidence gained help them to support their children's education and grow personally and professionally.

Almost 50 women have gone back to work in various sectors. Their economic independence raises family income and significantly improves their overall quality of life.

The learning partnership has helped to build skills and foster confidence, particularly among women from diverse cultural backgrounds. More than 65 different languages are spoken by parents attending the group and 43% of the school learners come from families eligible for free school meals.

"The ripple effects of this adult learning initiative are tangible and transformative, said Jayne Ireland, Adult Learning Wales' Regional Manager, who nominated the group for the award. "By empowering these women to overcome barriers and rejoin the workforce, the Parent

Learning Group is not only benefiting individual families but also injecting valuable skills and talent into the local economy."

Tutor Christina Roy, who's also Cathays High School's Family Learning Co-ordinator, said: "It's very rewarding to help parents to support their children to learn better and develop themselves to be confident, skilled and self-dependent."

The group also raises awareness about preventing diabetes and heart conditions in communities who are at higher risk, and has more than doubled the uptake of immunisation vaccines to 42%.

Parent learners have gained new skills by volunteering, including Clean Cardiff Community projects and at a breakfast club. One parent said: "I have taken the courses to improve my practical and communication skills. They have helped me to work with children which is one of my goals."

Christina added: "Besides gaining qualifications to develop themselves, all learners feel they have helped each other to make a better community for all. By sharing our knowledge, experience and positivity, they will grow."



Janine Price

ENWEBWYD GAN / NOMINATED BY:

Cyngor Caerdydd - Addysg Oedolion Caerdydd
Cardiff Council - Adult Learning Cardiff



Ar ôl gadael yr ysgol gydag ychydig o gymwysterau a dod yn fam yn ifanc, nid oedd Janine Price yn credu y gallai ganfod ffordd i yrfa.

Gyda'i hunanhyder yn brin, credai'r fam 36 oed bod y cyfle i gyflawni ei breuddwydion yn mynd heibio. Ond sgwrs gydag un o athrawon ei phlant wnaeth ei hannog i archwilio cyfleoedd addysg oedolion. Erbyn hyn mae Janine yn ffynnu fel oedolyn sy'n dysgu, yn benderfynol o fod yn batrwm i'w phlant a'i golygon ar yrfa lawn amser mewn addysg.

"Cyflwynodd athro yn ysgol fy mhylant fi i raglen Addysg Oedolion Cyngor Caerdydd," meddai Janine. "Fe wnes i gwblhau cwrs coginio i gychwyn gyda Multiply ac yna dechreuais y cwrs Rheoli Ymddygiad Plant gyda nhw."

Fe welodd ei thiworiaid ei photensial a'i hawydd yn fuan iawn, ar ôl esbonio ei bod am ddod yn gymhorthydd cefnogi dysgu, fe'i cyfeiriwyd at yr Academi Dysgu, lle mae wedi ffynnu.

Mae Janine wedi cwblhau amrywiaeth o wahanol gyrsiau ac mae ar hyn o bryd ar ganol astudio Seicoleg Plant Lefel 2 a Helpu Plentyn gyda Mathemateg. Mae'n bwriadu symud ymlaen i gyrsiau eraill.

"Rwyf hefyd wedi dechrau cwrs mathemateg i ddatblygu fy sgiliau sylfaenol fy hun ymhellach, ac rwyf yn

wirioneddol falch o hynny," ychwanegodd Janine.

"Ers cael fy nghyflwyno i'r tim Addysg Oedolion, mae fy hyder wedi cynyddu llawer ac rwyf wedi cyfarfod llawer o bobl newydd ar hyd y ffordd, rhywbeth yr oeddwn yn cael trafferth i'w wneud cyn hynny. Rwyf wedi dod o hyd i gariad ac angerdd at ddysgu eto."

Dywedodd Rob Peters, y Swyddog Hyfforddi Addysg Oedolion: "Roeddwn yn dysgu Janine ar y cwrs Cefnogi Addysgu a Dysgu mewn Ysgolion a thrwy gydol fy amser gyda hi, roedd yn fyfyrwraig ddelfrydol.

"Roedd Janine yn awyddus i ddysgu, yn llawn cymhelliant ac yn ymgysylltu'n dda gyda mi, ond hefyd gyda'r cwrs a'r holl ddysgwyr eraill. Roedd yn rhoi boddhad gweld ei sgiliau a'i hyder yn parhau i ffynnu ym mhob sesiwn."

Gan fod ganddi swydd wirfoddol eisoes yn ei hysgol leol, mae nod Janine o ddod yn gymhorthydd cefnogi dysgu llawn amser yn fyw iawn.

"Fy neges i eraill yw nad ydych ar eich pen eich hun ar y daith hon, felly estynnwch allan a defnyddio'r help sydd ar gael," dywedodd "Nid ydych fyth yn rhy hen i ail fynd i mewn i addysg a chyrraedd y lle'r ydych am fod.

"Weithiau bydd bywyd yn mynd o ffordd ac mae'n iawn cael saib ond cofiwch pam eich bod wedi cychwyn ar y daith hon bob amser a pheidio â rhoi'r gorau iddi."

"Nid ydych fyth yn rhy hen i ail fynd i mewn i addysg a chyrraedd y lle'r ydych am fod. Fe wnaeth cynyddu sgiliau hanfodol fel mathemateg roi hwb i'm hyder a newid fy mywyd – felly estynnwch allan, defnyddiwch yr help sydd ar gael, a chofiwch nad ydych ar eich pen eich hun."



"You're never too old to re-enter education and get where you want to be. Building essential skills like maths, boosted my confidence and changed my life – so reach out, use the help available, and remember you're not alone."



Having left school with few qualifications and becoming a mum at a young age, Janine Price didn't think she could find a way into a career.

With low self-confidence, the 36-year-old believed that the opportunity to fulfil her dreams was passing her by. But it was a conversation with one of her children's teachers that encouraged her to explore adult learning opportunities. Janine is now thriving as an adult learner, determined to be a sparkling role model to her children with her sights firmly fixed on a full-time career in education.

"A teacher at my children's school introduced me to Cardiff Council's Adult Learning programme," said Janine. "I first completed a cooking course with Multiply and then started the Managing Children's Behaviour course with them."

Her potential and drive were quickly recognised by her tutors and, after explaining that she wanted to become a learning support assistant, she was signposted to the Teaching Academy, where she has flourished.

Janine has completed a range of different courses and is currently in the middle of studying Child Psychology Level 2 and Helping a Child with Maths. She intends to progress to other courses.

"I have also started a maths course to further develop my own basic skills, which I am really proud of," Janine added. "Since being introduced to the Adult Learning team, my confidence has grown a lot and I've met many new people along the way, which is

something I struggled to do beforehand. I've found a love and passion for learning again."

Rob Peters, Adult Learning Training Officer, said: "I taught Janine on the Supporting Teaching and Learning in Schools course and throughout my time with her, she was a model student.

"Janine was eager to learn, highly motivated and engaged well with not only myself, but the course and all the other learners. It was rewarding to see her skills and confidence continue to thrive in each session."

With a volunteering position already secured at her local school, Janine's goal of becoming a full-time learning support assistant is very much alive.

"My message to others is that you're not alone in this journey, so please reach out and use the help that's available," she said. "You're never too old to re-enter education and get to where you want to be."



Hamdi Abdalkareem Abdalla Abdalrhman



ENWEBWYD GAN / NOMINATED BY:

Canolfan Dysgu Gydol Oes
Prifysgol Cymru

Cardiff University Centre for
Lifelong Learning

Wrth dyfu mewn rhanbarth o Sudan lle'r oedd gofal iechyd ac adnoddau addysgol yn brin, datblygodd Hamdi Abdalrhman ddealltwriaeth ddofn o rym trawsnewidiol addysg.

Gydag anogaeth ei fam, daeth yn aelod cyntaf o'i deulu, pentref a'r gymuned wledig i gymhwyso yn feddyg.

Ar ôl llwyddo i gael gradd feddygol, roedd Hamdi yn rheoli ystafell argyfwng yn Ysbyty Clustiau Trwyn a Gwddf Khartoum ac yn ymarfer meddygaeth glinigol a llawfeddygaeth ar draws pum ysbyty gwahanol mewn taleithiau gwahanol yn Sudan.

Wrth weithio yn y swyddi hyn, fe wnaeth sylweddoli y gellid gwella ei sgiliau rheoli gofal iechyd. Ers cyrraedd Cymru, mae wedi cryfhau ei sgiliau rheoli a Saesneg trwy ddilyn cyrsiau Sgiliau Rheoli ac Arwain Hanfodol a Rheoli Prosiect ym Mhrifysgol Caerdydd, ac mae'n dweud bod hynny wedi "newid ei fywyd."

"Mae effaith y cyrsiau hyn wedi bod yn ddwys," meddai Hamdi. "Trwy integreiddio fy arbenigedd meddygol gyda sgiliau arwain a rheoli newydd, rwyf wedi gwella gwaith tîm a chynhyrchiant yn fy sefydliad. Rwy'n mwynhau gweithio yma yng Nghymru a rhyngweithio gyda chleifion a chydweithwyr."

Ar hyn o bryd mae Hamdi'n gweithio yn Uned Lawfeddygol Arhosiad Byr Ysbyty Athrofaol Cymru yng

Nghaerdydd ac mae'n gobeithio ailgymhwyso i ymarfer fel meddyg yn y Deyrnas Unedig y flwyddyn nesaf.

Ni fu ei daith mewn bywyd yn un heb heriau, gan gynnwys colli ei chwaer iau yn rhyfel cartref Sudan. "Dim ond cryfhau fy mhenderfyniad y mae'r helbulon hyn wedi ei wneud," pwysleisiodd. "Nid yn unig mae addysg wedi achub fy mywyd ond mae hefyd wedi tanio fy ymrwymiad i ddysgu gydol oes fel dull o greu newid ym mywydau pobl."

"Ni ddylai oedran, cefndir nag amgylchiadau fyth fod yn rhwystrau rhag dysgu. Mae dysgu gydol oes yn daith ddiddiwedd sy'n cyfoethogi twf personol a chyfleoedd proffesiynol."

Dywedodd ei enwebydd, Jemma Cox, tiwtor Dysgu Gydol Oes ym Mhrifysgol Caerdydd:

"Dengys stori Hamdi rym trawsnewidiol addysg a phwysigrwydd sicrhau bod cyfleoedd i ddysgu ar gael i bawb. Mae ei angerdd dros ddysgu a'i ymrwymiad a'i frwdfrydedd wedi disgleirio. Rydym yn siŵr y bydd yn parhau i ddisgleirio yn ei yrfa yn y dyfodol, ac yn gobeithio y bydd ei stori yn ysbrydoli eraill i ddychwelyd i'r dosbarth."

"Ni ddylai oedran, cefndir nag amgylchiadau fyth fod yn rhwystrau rhag dysgu. Mae dysgu gydol oes yn daith ddiddiwedd sy'n cyfoethogi twf personol a chyfleoedd proffesiynol."



"Age, background or circumstances should never be barriers to learning. Lifelong learning is an infinite journey that enriches both personal growth and professional opportunities."



Growing up in a region of Sudan with limited healthcare and educational resources, Hamdi Abdalrhman developed a deep understanding of the transformative power of education.

Encouraged by his mother, he became the first member of his family, village and the rural community to qualify as a doctor.

After achieving a medical degree, Hamdi managed an emergency room at Khartoum ENT Hospital and practised clinical medicine and surgery across five hospitals in different states of Sudan.

Working in these roles, he identified healthcare management skills that could be improved. Since arriving in Wales, he has enhanced his management and English language skills by taking courses in Essential Management and Leadership Skills and Project Management at Cardiff University, which he says have been "life-changing."

"The impact of these courses has been profound," said Hamdi. "By integrating my medical expertise with newly acquired leadership and management skills, I have improved teamwork and productivity within my organisation. I enjoy working here in Wales and interacting with patients and colleagues."

Hamdi currently works at the University Hospital of Wales Short Stay Surgical Unit in Cardiff and hopes to requalify to practice as a doctor in the UK next year.

His life journey has not been without its challenges, including the loss of his younger sister in the Sudan civil war. "These adversities have only strengthened my

resolve," he stressed. "Education has not only saved my life but fuelled my commitment to lifelong learning as a means of creating change in people's lives.

"By combining my medical expertise with advanced business and leadership skills, I aim to improve healthcare delivery systems on a large scale. My ultimate goal is to become an orthopaedic surgeon and a global surgery leader.

"Age, background or circumstances should never be barriers to learning. Lifelong learning is an infinite journey that enriches both personal growth and professional opportunities."

His nominator, Jemma Cox, a Lifelong Learning tutor at Cardiff University, said:

"Hamdi's story demonstrates the transformative power of education and the importance of making learning opportunities available to everyone. His passion for learning, commitment and enthusiasm has shone through. We are sure he will continue to shine in his future career, and hope his story inspires others to return to the classroom."



Ida Aldred

ENWEBWYD GAN / NOMINATED BY:

Dysgu Cymunedol Sir Fynwy
Monmouthshire Community Learning



Pan gamodd Ida Aldred i mewn i Glwb Swyddi Dysgu Cymunedol Cas-gwent gyntaf ym Mawrth 2024, roedd ar bwynt isel yn ei bywyd.

Roedd yn teimlo'n unig a di-rym a'i hiechyd meddyliol a chorfforol wedi dirywio ar ôl symud i'r dref yn ddiweddar a cholli ei swydd, cartref a char. Am bedwar degawd, roedd Ida wedi bod ofn mentro o'i phatrwm cyfforddus, gan fod ofn y byd fel lle dychrynlyd, roedd yn cael trafferth dod o hyd i'w diben mewn bywyd.

O symud ymlaen 18 mis mae Ida yn wirfoddolwr hyderus a gwydn erbyn hyn gyda chyfoeth o sgiliau a chymwysterau newydd sydd wedi trawsnewid ei bywyd ac yn cael effaith gadarnhaol ar fywydau pobl eraill.

"Mae fy nyled i gyd i'r Clwb Swyddi," meddai Ida. "Rwy'n cyfaddef fy mod wedi fy llorio braidd ar y dechrau, oherwydd ei fod yn hollol wahanol i unrhyw gwr cyflogaeth arall. Yn y pen draw, fe wnaeth glicio bod y Clwb Swyddi yn union yr hyn yr oedd yn honni ei fod, amgylchedd cefnogol lle'r oedd y rhai oedd yn mynychu gyda'i gilydd yn gallu cydweithio a chyfrannu at nodau unigol a'u nodau ar y cyd."

Cyflawnodd Ida gymhwyster Datblygu Dysgu, a wnaeth helpu i ddynodi ei gwybodaeth, sgiliau a nodweddion personol a'i chryfderau. Am y tro cyntaf roedd yn gallu gosod ei nodau mewn bywyd, gan arwain at gymhwyster Goresgyn Rhwystrau i Waith gan Agored Cymru.

Mae Ida hefyd yn dysgu Cymraeg ac mae'n wirfoddolwr hanfodol yn y Clwb Swyddi, ochr yn ochr â hyn mae'n hyrwyddo dysgu cymunedol ac yn cefnogi'r cwrs Saesneg i Siaradwyr Ieithoedd Eraill (ESOL) fel cynorthwyydd.

"Mae Ida yn barhaus yn gwtio ei hun allan o'r man lle mae'n gyfforddus i ddysgu pethau newydd, dysgu a thyfu," meddai ei thiwtor, Catrin Edwards. "Mae hi wastad yn cefnogi eraill yn y Clwb Swyddi ac mae wedi eu hannog i wthio eu hunain i ehangu eu gorwelion."

Newidiodd addysg oedolion fywyd Ida ac mae'n angerddol am helpu'r rhai nad ydynt yn siarad Saesneg i integreiddio, gan ddweud bod "rhannu diwylliant ac iaith, gan ddod o hyd i bethau newydd i'w gwerthfawrogi trwy bersectif gwahanol yn rhoi egni mawr."

Fel cam nesaf yn ei gyrfa, mae am ddilyn yr ardystiad TEFL (Addysgu Saesneg fel Iaith Dramor).

"Ers pan rwy'n cofio, nid wyf erioed wedi gweld fy hun â dyfodol, felly mae cael sylfaen i un, gwybod fy mod yn gallu addasu, datblygu a chyflawni pethau yr oeddwn i'n arfer breuddwydio amdanynt, mae fel cael ail fywyd, gyda'r holl bosibiliadau y mae hynny'n ei gynnig," ychwanegodd Ida.

"Ers pan rwy'n cofio, nid wyf erioed wedi gweld fy hun â dyfodol. Mae dysgu wedi rhoi'r sylfaen i mi gyflawni pethau yr oeddwn yn arfer breuddwydio amdanynt nhw. Mae fel cael ail fywyd gyda llu o bosibiliadau."



"Ever since I can remember, I've never seen myself with a future. Learning has presented me with the foundation to achieve things I used to only dream about. It's like being handed a second life with many possibilities."



When Ida Aldred first set foot into Job Club at Chepstow Community Learning in March 2024, she was at a low point in her life.

Feeling isolated and powerless, her mental and physical health had deteriorated, having recently moved to the town after losing her job, home and car. For four decades, Ida had been afraid to go outside her comfort zone, fearing the world as a terrifying place, she struggled to find her purpose in life.

Fast forward 18 months and Ida is now a confident and resilient volunteer armed with a wealth of new skills and qualifications that have transformed her life and is positively impacting the lives of others.

"I owe it all to Job Club," said Ida. "I'll admit to being a bit overwhelmed at first, because it was completely different to any other employability course. Eventually, it clicked with me that Job Club was genuinely what it claimed to be, a supportive environment where fellow attendees could collaborate and contribute on collective and individual goals."

Ida achieved a Learning Development qualification, which helped to identify her knowledge, skills and personal qualities and strengths. For the first time, she could set out her life goals, leading to the Overcoming Barriers to Work qualification with Agored Cymru.

Ida is also learning Welsh and is a crucial volunteer at Job Club, alongside this she champions community learning and supports the English for Speakers of Other Languages (ESOL) course as an assistant.

"Ida continually pushes herself out of her comfort zone to learn new things, develop and grow," said her tutor, Catrin Edwards. "She always supports others in Job Club and has encouraged them to push themselves to expand their horizons."

Adult learning has changed Ida's life and she's passionate about helping non-English speakers to integrate, saying she finds it "very energising to share culture and language, finding new things to appreciate through different perspectives."

As a next step in her career, she wants to take the TEFL (Teaching English as a Foreign Language) certification.

I've never seen myself with a future, so to be presented with the foundation for one, to know that I can adapt, develop and achieve things that I used to only have daydreams about, it's like being handed a second life, with all the many possibilities that offers."



Michael Cook

ENWEBWYD GAN / NOMINATED BY:

Prifysgol Caerdydd Metropolitan
Cardiff Metropolitan University



Wedi gweithio fel pobydd a chogydd crwst yng Nghaerdydd, penderfynodd Michael Cook ddychwelyd at addysg i symud ei yrfa ymlaen.

Llwyddodd i gael cymwysterau cogydd a phobi ffurfiol i ddechrau yng Ngholeg Caerdydd a'r Fro (CAVC), yna gofynnodd ei ddarlithydd a oedd wedi ystyried addysgu a wnaeth ei ysbrydoli i barhau ei daith yn dysgu.

Ar ôl cwblhau Addysg a Hyfforddiant Ôl-Addysg Orfodol (PCET), cafodd gcontract rhan-amser yn cyflwyno'r rhaglen Prentisiaeth lau i fyfyrwyr ifanc.

Aeth yn ei flaen i gwblhau Gradd Meistr mewn Twristiaeth a Lletygarwch Rhyngwladol, trwy astudio ym Mhrifysgol Fetropolitan Caerdydd yr un pryd â'i ferch 25 oed, Livvy. Roedd wedi ei hannog i fynd i brifysgol i ddilyn ei breuddwyd o weithio fel rheolwr digwyddiadau.

Cred Michael bod dyslecsia wedi effeithio ar ei yrfa fel cogydd, ond, gan ei fod wedi bod wrth ei fodd yn rhannu ei sgiliau erioed, mae'n awr wedi ei ysgogi i helpu eraill, yn enwedig pobl ifanc sydd ag anawsterau dysgu tebyg i'w rai ef.

"Trwy gydol fy nhaith yn ôl i addysg, fe wnes i sylweddoli fy mod wedi osgoi dysgu yn fwriadol oherwydd fy nhrafferthion gyda dyslecsia," esboniodd Michael. "Roeddwn wedi darbwylllo fy hun nad oeddwn yn academiaidd nag yn ddigon deallus i lwyddo mewn amgylchedd addysgol."

"Nododd fy mhenderfyniad i chwilio am gymwysterau ffurfiol eiliad allweddol yn fy mywyd. Fe wnaeth yr hyfforddiant trylwyr gryfhau fy sgiliau coginio ac aildanio fy angerdd am ddysgu."

"Wrth i mi symud trwy'r cyrsiau, fe wnes i sylweddoli pwysigrwydd addysg wrth ddatgloi cyfleoedd newydd. Mae'n rhoi boddhad mawr gwylio myfyrwyr, yr ydych wedi eu hyfforddi a'u cefnogi, yn llwyddo."

Dywedodd Dr Elspeth Dale, o Brifysgol Fetropolitan Caerdydd, a enwebodd Michael am y wobwr: "Yr hyn sy'n gwirioneddol osod Mike ar wahân yw ei allu i gysylltu â'i fyfyrwyr ar lefel bersonol. Ar ôl bod ar daith addysgol heriol ei hun, mae'n deall y trafferthion a'r buddugoliaethau wrth gychwyn ar lwybr newydd."

"Nid yn unig mae wedi ail-siapio ei fywyd ei hun ond bydd yn cael effaith barhaus ar fywydau ei fyfyrwyr, cydweithwyr a'r gymuned addysgol ehangach."

Ychwanegodd Michael: "Mae addysg yn ffordd rymus allan o dlodi, ac fe fyddwn yn annog unrhyw un i ddal ar y cyfle ar unrhyw oedran. Byddaf yn parhau i addysgu, arwain ac ysbrydoli eraill."

"Roeddwn wedi osgoi dysgu am flynyddoedd oherwydd dyslecsia, ond fe wnaeth cael cymwysterau ffurfiol gryfhau fy sgiliau coginio ac aildanio fy angerdd. Mae addysg yn ffordd rymus allan o dlodi, ac fe fyddwn yn annog unrhyw un i ddal ar y cyfle - ar unrhyw oedran."



"For years I avoided learning due to dyslexia, but gaining formal qualifications sharpened my culinary skills and reignited my passion. Education is a powerful way out of poverty, and I'd encourage anyone to embrace it - at any age."



Having worked as a baker and pastry chef in Cardiff, Michael Cook decided to return to education to move his career forward.

Initially obtaining formal chef and bakery qualifications at Cardiff and Vale College (CAVC), his lecturer asked if he had ever considered teaching which inspired him to continue his learning journey.

After completing a Post-Compulsory Education and Training (PCET), he secured a part-time contract delivering the Junior Apprenticeship programme to young students.

He went on to study a Master's degree in International Tourism and Hospitality, studying at Cardiff Metropolitan University at the same time as his 25-year-old daughter, Livvy. He had encouraged her to go to university and pursue her dream of working as an events manager.

Michael believes dyslexia stunted his culinary career but, having always loved sharing his skills, he's now motivated to help others, particularly young people with similar learning difficulties to himself.

"Throughout my journey back into education, I realised that, for years, I had actively avoided learning due to my struggles with dyslexia," explained Michael. "I had convinced myself that I was not academic or intelligent enough to succeed in an educational environment."

"My decision to seek formal qualifications marked a pivotal moment in my life. The rigorous training sharpened my culinary skills and reignited my passion for learning."

"As I progressed through my courses, I realised the importance of education in unlocking new opportunities. It's very rewarding watching students, whom you have trained and supported, succeed."

Dr Elspeth Dale, from Cardiff Metropolitan University, who nominated Michael for the award, said: "What truly sets Mike apart is his ability to relate to his students on a personal level. Having navigated a challenging educational journey, he understands the struggles and triumphs of embarking on a new path."

"He has not only reshaped his own life but will make a lasting impact on the lives of his students, colleagues and the broader educational community."

Michael added: "Education is a way out of poverty and I would encourage anyone to embrace it at any age. I'll continue to teach, guide and inspire others."



Gina Powell

ENWEBWYD GAN / NOMINATED BY:

Coleg Caerdydd a'r Fro
Cardiff and Vale College



Pan wnaeth Gina Powell wirfoddoli fel cymhorthydd dysgu yn 2004, ni wnaeth ddychmygu pa mor ganolog fyddai Ysgol Gynradd Pencaerau, yng Nghaerdydd yn dod yn ei bywyd.

Cymerodd y swydd wirfoddol i fod yn "wyneb cyfarwydd, cyfeillgar wrth giatiau'r ysgol i deuluoedd i greu pont rhwng y cartref a'r ysgol".

Yn un oedd am hyrwyddo addysg oedolion, fe wnaeth Gina sicrhau gwaith cyflogedig yn yr ysgol yn fuan ac mae'n swyddog ymgysylltu â theuluoedd yno erbyn hyn. Mae'r "swydd ddelfrydol" yn gadael iddi gefnogi rhieni a theuluoedd.

Mae'n cysylltu gyda darparwyr addysg, gan gynnwys Coleg Caerdydd a'r Fro (CAVC) ac Addysg Oedolion Caerdydd, i gynnig cyfleoedd dysgu i rieni ac oedolion.

Yn ystod y ddwy flynedd ddiwethaf, mae 52 o oedolion wedi cwblhau cyrsiau dysgu fel teulu ac addysg oedolion, gyda rhai yn symud ymlaen i'r brifysgol.

"Wrth fod yn hyrwyddwr dysgu rwy'n dangos nad yw bywyd yn dod i ben wrth ddod yn rhiant – fe allant fod yn beth bynnag y maen nhw am ei fod! Rwyf wedi cerdded ar yr un llwybr â llawer o'r teuluoedd yr wyf yn eu cefnogi," meddai Gina, sy'n fam i dri ac yn fam-gu i bump.

"Efallai na wnaeth dysgu ddigwydd iddyn nhw pan oedden nhw'n iau ond nid yw hynny'n golygu ei bod hi'n rhy hwyr. Rwyf wedi dod i ddeall nad yw dysgu yn golygu dim ond cymwysterau; mae'n golygu hyder, perthyn ac agor drysau."

Yr hyn sy'n gwneud ei gwaith hyd yn oed yn fwy personol yw bod ei merched yn dysgu yn yr ysgol erbyn hyn, yr ysgol yr oedden nhw'n ei mynychu, ac mae ei hwyrion yn ddisgyblion.

"Rwy'n caru'r hyn yr wyf yn ei wneud, ac rwy'n caru'r ysgol. Mae'n fwy na gweithle i mi, dyma fy nghartref, fy hanes a'm calon!," esboniodd Gina.

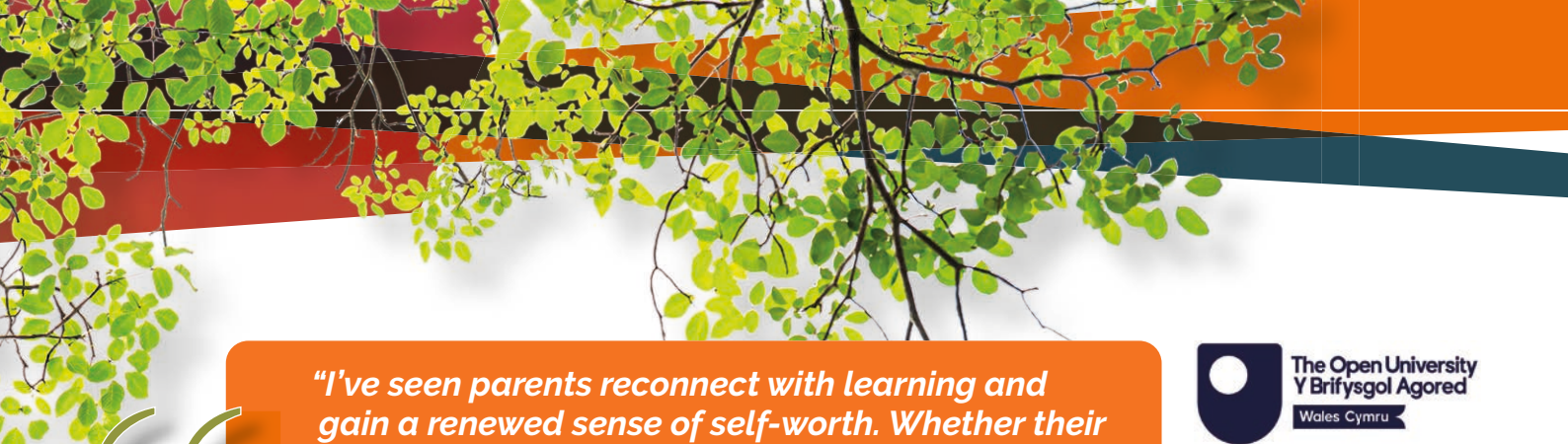
"Rwyf wedi gweld rhieni'n ailgysylltu â dysgu a chael ymdeimlad o hunanwerth o'r newydd. Boed yn anelu am y brifysgol neu ddim ond yr hyder i gymryd y cam cyntaf, rwyf yma i gerdded wrth eu hochrau, achos mae pob cam ymlaen o bwys.

"Erbyn hyn rwyf hefyd yn cael cefnogi Swyddogion Ymgysylltu â Theuluoedd eraill a helpu i agor ein hysgol i ddysgu cymunedol ehangach. Pan fyddwn ni i gyd yn gweithio gyda'n gilydd, mae rhywbeth rhyfeddol yn digwydd: mae ein cymuned yn tyfu'n gryfach, yn fwy clos ac yn llawn o bosibiliadau."

Emma McIloughlin o CAVC a enwebodd Gina, dywedodd, "Mae ei thaith o fod yn fam i fod yn ddysgwr, yn weithiwr cyflogedig a hyrwyddwr addysg oedolion yn dangos y gall cael llais dros ddysgu greu newid sylweddol i'w theulu a'i chymuned. Mae hi'n weithredwraig newid allweddol."



"Rwyf wedi gweld rhieni'n ailgysylltu â dysgu a chael ymdeimlad o hunanwerth o'r newydd. Boed yn anelu am y brifysgol neu ddim ond yr hyder i gymryd y cam cyntaf, rwyf yma i gerdded wrth eu hochrau, achos mae pob cam ymlaen o bwys."



"I've seen parents reconnect with learning and gain a renewed sense of self-worth. Whether their goal is university or just the courage to take that first step, I'm here to walk alongside them, because every step forward matters."



When Gina Powell volunteered as a teaching assistant in 2004, she didn't imagine how pivotal Pencaerau Primary School, in Cardiff would become to her life.

She took on the voluntary role to be "a familiar, friendly face at the school gates for families to build a bridge between home and school."

An advocate for adult learning, Gina soon secured a paid job at the school where she's now a family engagement officer. The "dream role" allows her to support parents and families.

She liaises with learning providers, including Cardiff and Vale College (CAVC) and Adult Learning Cardiff, to bring learning opportunities to parents and adults.

Over the past two years, 52 adults have completed family and adult learning courses, with some advancing to university.

"Being a learning ambassador, I show that life doesn't end with being a parent – they can become whatever they want to be! I've walked in the same shoes as many of the families I support," said Gina, a mother to three and grandmother to five.

"Maybe learning didn't happen for them when they were younger but that doesn't mean it's too late. I've come to understand that learning isn't just about qualifications; it's about confidence, belonging and opening doors."

What makes her role even more personal is that her daughters now teach at the school, which they previously attended, and her grandchildren are pupils.

"I love what I do, and I love the school. It's more than my workplace, it's my home, my history and my heart," explained Gina.

"I've seen parents reconnect with learning and gain a renewed sense of self-worth. Whether their goal is university or just the courage to take that first step, I'm here to walk alongside them, because every step forward matters.

"Now, I also get to support other Family Engagement Officers and help open our school up to wider community learning. When we all work together, something amazing happens: our community grows stronger, closer and full of possibilities."

Emma McLoughlin from CAVC nominated Gina, she says, "Her journey from mum to learner, employee and an ambassador for adult learning demonstrates that having a voice for learning can create generational change for her family and community. She's a pivotal changemaker."



Osian Lloyd

ENWEBWYD GAN / NOMINATED BY:

Y Wallich

The Wallich



Collodd Osian ei fam pan oedd yn chwech oed, gadawodd yr ysgol yn 13 oed a mynd i'r system ofal flwyddyn yn ddiweddarach a chael ei hun yn ddigartref yn 17 oed.

Roedd wedi symud o'i dref enedigol ym Mlaenau Ffestiniog i Gaernarfon, ond roedd ei drawma o'i blentyndod yn dal gydag o, gan achosi gorbryder difrifol ac iselder.

Wrth symud i Gaerdydd yn 2019 i chwarae pêl-droed cychwynnodd ar daith drawiadol diolch i ymyrraeth Michael Sheen, yr actor amlwg o Gymru.

Cychwynnodd eu perthynas pan wnaeth Osian chwarae yng Nghwpan y Byd y Digartref yng Nghaerdydd, lle bu'n ymwneud â The Wallich, elusen ddigartrefedd ac i'r rhai sy'n cysgu allan.

"Roedd Michael yn gwneud llawer iawn gyda'r twrnament a hefyd roedd yn ymwneud â rhaglen ddogfen am fy nhaith a'm profiad i," meddai Osian. "Yn nes ymlaen roeddwn yn ddigartref eto ac mi es i ddigwyddiad tebyg i aduniad lle rhoddodd Michael araith rymus iawn.

"Siaradais gydag ef am fy sefyllfa a'r trafferthion yr oeddwn yn eu hwynebu ac fe wnaeth gyfarfod ag ychydig o bobl o The Wallich a wnaeth fy helpu wedyn o ran cartref a chyllid.

"Fe wnaeth ei garedigrwydd, doethineb a'i benderfyniad i helpu i ddod â digartrefedd i ben yng Nghymru fy ysbrydoli i wthio yn fy mlaen trwy amseroedd caled.

Daeth yn arwr i mi, yn ddylanwad mawr ar fy mywyd a wnaeth fy annog i ddysgu. Yn union ar yr adeg yr oeddwn yn dechrau colli gobaith, heb unrhyw un i droi ato, fo a The Wallich oedd fy llwyfan, fy nghefnogaeth ac ni anghofiaf eu cydymdeimlad fyth."

Erbyn hyn mae Osian yn dod i'r amlwg fel actor, ar ôl cymryd rhan yn 'The Story Project' The Wallich trwy Gymru ar ddechrau 2024, rhaglen hyfforddi 10 wythnos yn y theatr a'i cyflwynodd i fyd y llwyfan a'r sgrin.

Mae eisoes wedi ymddangos ar y llwyfan yn Theatr y Sherman a arweiniodd at ei ran broffesiynol gyntaf yng Nghaerdydd.

Dywedodd Rosie Seager, cydlynnydd celfyddydau creadigol yn The Wallich: "Mae Osian wedi trawsnewid ei fywyd trwy rym dysgu oedolion, gan ddangos cryfder, penderfyniad ac ymroddiad anhygoel i'w daith yn dysgu."

Ychwanegodd Osian: "Wnes i erioed feddwl y byddai gyrfa actio yn addas i 'rywun fel fi', ond dysgu oedolion gychwynnodd y daith hon i ddod yn actor, dysgu chwarae gitâr a bod yn greadigol."

"Wnes i erioed feddwl y byddai gyrfa actio ar gyfer 'rhywun fel fi', ond fe wnaeth addysg oedolion fy rhoi ar ben y ffordd i ddod yn actor a rhoi'r hyder i fi dyfu a bod yn greadigol. Mae wedi newid fy mywyd."

"I never thought a career in acting would be for 'someone like me', but adult learning started this journey to becoming an actor and gave me the confidence to grow and be creative. It's transformed my life."



Having lost his mother at the age of six, Osian dropped out of school at 13 and went into the care system a year later, finding himself homeless at 17.

He had moved from his home town of Blaenau Ffestiniog to Caernarfon, but carried his childhood trauma with him, causing crippling anxiety and depression.

Moving to Cardiff in 2019 to play football kickstarted a remarkable journey thanks to the intervention of Michael Sheen, the award-winning Welsh actor.

Their relationship began when Osian played in the Homeless World Cup in Cardiff, where he engaged with The Wallich, a homelessness and rough sleeping charity.

"Michael was heavily involved with the tournament and also became involved in a documentary about my own journey and experience," said Osian. "I later found myself homeless again and attended a reunion-type event where Michael gave a very empowering speech.

"I spoke to him about my situation and the struggles I faced and he met a couple of people from The Wallich who then helped me with housing and funding.

"His kindness, wisdom and determination to help end homelessness in Wales inspired me to push on through hard times. He became my idol, a huge influence in my life who encouraged me to learn. Just as I was losing hope, with no-one to turn to, he and The Wallich

were my platform, my support and I will never forget their compassion."

Osian is now a rising acting talent, having participated in The Wallich's Wales-wide 'The Story Project' at the start of 2024, a 10-week theatre-based training programme that introduced him to the world of stage and screen.

He has already appeared on the stage at the Sherman Theatre which led to his first professional production role in Cardiff.

Rosie Seager, Creative Arts Co-ordinator at The Wallich, said: "Osian has transformed his life through the power of adult learning, showing incredible strength, drive and commitment to his learning journey."

Osian added: "I never thought a career in acting would be for 'someone like me', but adult learning started this journey to becoming an actor, learning the guitar and being creative."





Yn ACT rydym yn credu mewn gwella bywydau trwy ddysgu ac mae pob enwebai yma heno yn brawf o'r mantra hwnnw.

Rydym wrth ein bodd i gefnogi'r gwobrau, yn enwedig y categori Sgiliau Gwaith, sy'n cydnabod y rhai sydd wedi dangos penderfyniad i wella eu hunain yn bersonol ac yn broffesiynol trwy eu dysgu.

Os ydych chi wedi ailhyfforddi ar gyfer swydd newydd, wedi dychwelyd i ddysgu ar ôl cyfnod i ffwrdd neu'n mynd i mewn i'r byd gwaith am y tro cyntaf, mae eich taith yn rhywbeth i fod yn falch ohono. Mae'r gwobrau hyn yn enghraifft berffaith bod dysgu yn gymaint mwy na

dim ond ennill cymwysterau, mae'n ymwneud â meithrin hyder ac archwilio cyfleoedd newydd.

Rydym yn cael ein hysbrydoli'n gyson gan y dysgwyr rydyn ni'n eu cwrdd, ac mae heno yn ddathliad o'ch holl gyflawniadau a'r dyfodol rydych chi'n parhau i'w adeiladu.

Llongyfarchiadau i bawb, rydym yn dymuno llwyddiant parhaol i chi yn beth bynnag a ddaw nesaf.

Richard Spear
Rheolwr Gyfarwyddwr
ACT

At ACT we believe in improving lives through learning and each nominee here tonight is proof of that mantra.

We're thrilled to be supporting the awards, particularly the Skills for Work category, which recognises those who have demonstrated determination to improve themselves personally and professionally through their learning.

Whether you've retrained for a new job, returned to learning after time away or are entering the world of work for the first time, your journey is something to be proud of. These awards are the perfect example that learning is so much more than just gaining qualifications,

it's about building confidence and exploring new opportunities.

We're constantly inspired by the learners we meet, and tonight is a celebration of all of your achievements and the futures you are continuing to build.

Congratulations to all, we wish you continued success in whatever comes next.

Richard Spear
Managing Director
ACT





Fel cefnogwr hirsefydlog i'r Wythnos Addysg Oedolion a Gwobrau Ysbrydoli! Addysg Oedolion, rydym yn falch unwaith eto i ddathlu llwyddiant hynod y sawl a gafodd eu henwebu ac enillwyr eleni.

Mae gan Addysg Oedolion Cymru hanes balch o helpu pobl o bob cefndir mewn cymunedau ledled Cymru – gan drawsnewid bywydau drwy gyfleoedd dysgu cynhwysol ac ysbrydoledig.

Mae'n hanfodol ein bod yn parhau i gefnogi, cydnabod a dathlu dysgu gydol oes. Mae'r gallu i ddysgu ac addasu gydol oes yn allweddol i adeiladu unigolion, gweithluoedd a chymunedau gwybodus, hyderus, iach a chydnerth.

Mae Dysgu Oedolion yn y Gymuned yn cefnogi ystod eang o ddysgu ffurfiol ac anffurfiol ac mae'n hanfodol ar gyfer pawb – yn arbennig y rhai sy'n wynebu'r rhwystrau mwyaf i addysg a chyflogaeth. Mae ein gwaith, wrth ochr ymchwil arall, yn parhau i ddangos gwerth dysgu hygyrch a sut y mae datblygu sgiliau a hyder yn gwneud gwahaniaeth go iawn i fywyd pobl.

Mae dysgu yn fwy na dim ond adeiladu gwybodaeth o amgylch proffesiwn. Mewn byd cynyddol gymhleth,

mae'r un mor bwysig i ddatblygu'r gallu i ystyried, cysylltu syniadau a rhoi dysgu ar waith mewn ffyrdd newydd a chreadigol.

Mae cyfoeth o dystiolaeth wyddonol ac anecdotaidd fod dysgu yn gwella'r cof, iaith, datrys problemau a gwneud penderfyniadau. Mae'n cadw ein hymennydd yn actif ac yn iach – ac wrth i ni fyw yn hirach, mae hyn yn dod yn fwyfwy pwysig. Nid moethusrwydd yw dysgu gydol oes – mae'n hanfodol. I lawer, nid yn yr ysgol mae dysgu yn dechrau, ond ymhell ar ôl hynny – ac mae cymdeithas yn gyfoethocach o'r herwydd.

Llongyfarchiadau i holl enillwyr Gwobrau Ysbrydoli! Addysg Oedolion a'r sawl a enwebwyd. Chi biau'r foment hon – mwynhewch eich llwyddiant ac ymfalchïo yn eich taith. Cymeradwywn yr hyn yr ydych wedi ei gyflawni a dathlu gryn newid bywyd addysg oedolion yn ei holl amrywiaeth a'i gyfoeth.

Kathryn Robson

Prif Weithredwr, Addysg Oedolion Cymru |
Adult Learning Wales

As a long-standing supporter of Adult Learners' Week and the Inspire! Adult Learning Awards, we are once again proud to celebrate the remarkable achievements of this year's nominees and winners.

Adult Learning Wales has a proud history of helping people from all walks of life, in communities across Wales – transforming lives through inclusive, inspirational learning opportunities.

It is crucial that we continue to nurture, recognise, and celebrate lifelong learning. The ability to learn and adapt throughout life is key to building informed, confident, healthy and resilient individuals, workforces, and communities.

Adult Community Learning (ACL) supports a wide range of formal, non-formal and informal learning, and is essential for everyone – especially for those who face the greatest barriers to education and employment. Our work, alongside other research, continues to demonstrate the value of accessible learning and how developing skills and confidence makes a real difference to people's lives.

Learning is more than building knowledge around a profession. In an increasingly complex world, it is just as important to develop the ability to reflect, connect ideas, and apply learning in new and creative ways.

There is a wealth of scientific and anecdotal evidence that learning enhances memory, language, problem-solving, and decision-making. It keeps our brains active and healthy – and as we live longer lives, this becomes ever more important. Lifelong learning is not a luxury – it is a necessity. For many, learning begins not at school, but well beyond it – and society is richer for it.

Huge congratulations to all Inspire! Adult Learning Award winners and nominees. This moment is yours – enjoy your success and take pride in your journey. We applaud your achievements and celebrate the vibrant, life-changing power of adult learning in all its diversity and richness.

Kathryn Robson

Chief Executive, Addysg Oedolion Cymru |
Adult Learning Wales

Llongyfarchiadau gan ein noddwyr a'n cefnogwyr

Congratulations from our sponsors and supporters



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 ieuchyd 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



Mae Grŵp Cymwysterau ac Asesu AIM yn falch iawn i fod yn noddwr Gwobrau Ysbrydoli! Addysg Oedolion unwaith eto a llongyfarchiadau gwresog i'r holl ddysgwyr eithriadol a gaiff eu cydnabod drwy'r dyddiad pwysig hwn yn y calendr addysg 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 neilltuoel 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 gyrfaedd a ddewisiant.

Kevern Kerswell

Prif Swyddog Gweithredol Grŵp, Grŵp Cymwysterau ac Asesiadau AIM.

AIM Qualifications and Assessment Group is delighted to once again 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 noddî'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 thiwrtoriaid 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 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 Ysbrydoli! Addysg Oedolion 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 dodî'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



Mae'n gyfnod cyffrous, gyda mwy a mwy o bobl yn mwynhau dysgu Cymraeg gyda'r Ganolfan Dysgu Cymraeg Genedlaethol, y corff arbenigol sy'n arwain y sector Dysgu Cymraeg.

Fe gwblhaodd 18,330 o bobl ein cyrsiau yn ystod blwyddyn academiaidd 2023-2024, cynnydd o 45% o gymharu â'r data swyddogol cyntaf a gyhoeddwyd ar gyfer 2017-2018, sef 12,700.

Mae'r twf yma yn adlewyrchu'r cynnydd yng ngwaith y Ganolfan. Yn ogystal â 1500 o gyrsiau sy'n cael eu cynnal bob blwyddyn mewn cymunedau ledled Cymru – wyneb yn wyneb ac yn rhithiol - mae cynlluniau penodol ar gyfer teuluoedd, pobl ifanc, y gweithlu addysg, y sector chwaraeon a'r byd lechyd a Gofal, ymhlith eraill. Mae hyn yn rhan o'r strategaeth i sicrhau bod y Gymraeg yn perthyn i ni i gyd, a bod croeso i bawb fwynhau dysgu a siarad yr iaith.

Wrth galon ein gweithgareddau, mae arbenigedd dysgu iaith y Ganolfan, a'n model dysgu llwyddiannus, sy'n rhoi un llwybr dysgu clir i ddod yn siaradwr Cymraeg.

Mae ein dysgwyr a'n siaradwyr newydd yn canmol eu cyrsiau a'u tiwtoriaid, ac yn croesawu pob cyfle i ddefnyddio eu Cymraeg, mewn llu o ddigwyddiadau dysgu anffurfiol sy'n cyfoethogi eu profiad dysgu.

Mae ennill sgil newydd yn rhoi hyder i chi, ac yn agor y drws ar bob math o gyfleoedd cyffrous, o wneud ffrindiau newydd, i ddewisiadau gyrfa, i ymgysylltu â'r gymuned.

Mae'r Ganolfan yn falch iawn o gefnogi'r Gwobrau Ysbrydoli! sy'n dathlu llwyddiannau oedolion o bob cefndir sydd wedi dilyn llwybrau amrywiol at addysg, a chael profiadau cadarnhaol sydd wedi newid eu bywydau.

Llongyfarchiadau i bawb sydd wedi cyrraedd y rhestr fer, ac i'r holl enillwyr – edrychwn ymlaen at noson arbennig o ddathlu ac o rannu straeon sy'n dangos gwir werth dysgu gydol oes.

Dona Lewis

Prif Weithredwr y Ganolfan Dysgu Cymraeg
Genedlaethol

It's an exciting time, as more and more people enjoy learning Welsh with the National Centre for Learning Welsh – the specialist body that leads the Learn Welsh sector in Wales.

During the 2023–2024 academic year, 18,330 people completed our courses – a 45% increase compared to the first official data published for 2017–2018, when the figure stood at 12,700.

This growth reflects the expansion in the Centre's work. In addition to 1,500 courses held each year in communities across Wales – both in-person and online – there are tailored programmes for families, young people, the education workforce, the sports sector, and health and care services, among others.

This forms part of the wider strategy to ensure the Welsh language belongs to us all, and that everyone is welcome to enjoy learning and speaking it.

At the heart of our work is the Centre's language expertise and our successful learning model, which provides one clear pathway to becoming a Welsh speaker.

Our learners and new speakers praise their courses and tutors and embrace every opportunity to use their Welsh in a wide range of informal learning activities that enrich their learning journey.

Gaining a new skill builds confidence and opens the door on all sorts of exciting opportunities – from making new friends, to career options, to engaging with the local community.

The Centre is proud to support the Inspire! Awards, which celebrate the achievements of adults from all backgrounds who have followed their own unique learning journeys – often gaining life-changing experiences along the way.

Llongyfarchiadau - Congratulations to all the nominees and winners. We're looking forward to a special evening of celebration and story-telling that show the true value of lifelong learning.

Dona Lewis

Chief Executive of the National Centre for Learning
Welsh



Wythnos
Addysg Oedolion

Adult Learners'
Week

Gwobrau Addysg
Oedolion 2025

Ysbrydoli!
Inspire!

Adult Learning
Awards 2025

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 o adnoddau o ddysgu cymunedol, addysg bellach ac addysg uwch, darparwyr hyfforddiant, sefydliadau celfyddydol a gwirfoddol, undebau llafur a busnes.

Caiff Gwobrau Ysbrydoli! Addysg Oedolion eu cydlynu gan y Sefydliad Dysgu a Gwaith a'u noddi gan Lywodraeth Cymru, ACT, Addysg Oedolion Cymru, Agored Cymru, Grŵp Cymwysterau ac Asesu AIM, y Ganolfan Dysgu Cymraeg Genedlaethol a'r Brifysgol Agored yng Nghymru.

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! Adult Learning Awards are co-ordinated by Learning and Work Institute and sponsored by the Welsh Government, ACT, Adult Learning Wales, Agored Cymru, AIM Qualifications and Assessment Group, the National Centre for Learning Welsh and The Open University in Wales.





Gwobrau Addysg
Oedolion 2025
Ysbrydoli!TM
Inspire!TM
Adult Learning
Awards 2025



Gwobrau Tiwtoriaid

Ysbrydoli!
Inspire!

Tutor Awards
2025

Gwobrau Ysbrydoli! Tiwtoriaid 2025: Enwebiadau yn agor yn fuan

Mae'r Gwobrau Ysbrydoli! Tiwtoriaid blynyddol yn dathlu gwaith hollbwysig tiwtoriaid a mentoriaid yng Nghymru. Byddwn yn rhoi cydnabyddiaeth i'r unigolion anhygoel o ymroddedig sy'n cyflenwi dysgu gydol oes, yn cyfrannu at genedlaethau'r dyfodol ac yn grymuso pobl i agor drysau, darganfod llwybrau newydd a thrawsnewid eu bywydau drwy addysg.

Byddwn yn gwahodd enwebiadau yn yr hydref ar gyfer tiwtoriaid a mentoriaid y mae eu hymroddiad, gwybodaeth a sgiliau addysgu wedi rhoi'r hyder a'r

cymhelliant i oedolion i gymryd rhan mewn dysgu a chreu bywydau bodlon a ffyniannus.

Mae'r gwobrau hyn yn gyfle i ddweud diolch yn fawr a dathlu rôl hanfodol tiwtoriaid wrth helpu Cymru i ddod yn genedl dysgu gydol oes.

Cadwch lygad ar agor am fwy o wybodaeth ar y gwobrau hyn yn yr hydref!
<https://www.sefydliaddysguagwaith.cymru/>

Inspire! Tutor Awards 2025: Nominations opening soon

The annual Inspire! Tutor Awards celebrate the vital work of tutors and mentors in Wales. We recognise the incredibly committed individuals who deliver lifelong learning, contribute to future generations, and empower people to open doors, discover new pathways, and transform their lives through education.

We'll be inviting nominations in the autumn period for tutors and mentors whose commitment, knowledge, and teaching skills have given adults the confidence and motivation to participate in learning and create more fulfilling, prosperous lives.

These awards are an opportunity to say thank you and celebrate the vital role tutors play in helping Wales become a nation of lifelong learning.

Keep an eye out for more information on the awards this autumn!
<https://www.learningandwork.wales/>



Wythnos
Addysg Oedolion
Adult Learners'
Week

Gwobrau Addysg
Oedolion 2025
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