

Student Council Conference Report 2019

MERTHYR TYDFIL
COUNTY BOROUGH COUNCIL

On March 13th 2019 we held a joint secondary and primary student council conference for our children and young people to discuss a theme of the Cwm Taf PSB's Wellbeing Plan- loneliness and isolation and what it means to us.

There was representation from both secondary and primary schools as well as our special school. This included representation from English and Welsh medium schools, faith schools and pupils for whom English is an additional language. The conference was held at Merthyr College, where as usual we were well looked after. The event coincided with the National Big Sing Day and we were able to take part in this with choirs from our schools. Music is said to be a great way to improve wellbeing. Being part of a choir is one way to feel less isolated and lonely.

Ian Davy, representing PSB, took us through their plans for combating loneliness; a cross cutting objective of the of Cwm Taf Well-being Plan, from Cwm Taf PSB.



The plan aims to help people

- feel more connected
- less (socially) isolated
- feel less lonely, and
- have increased feelings of well-being / happiness

What we know...

- Some people live away from others and do not mix much, meaning they spend a lot of time alone but this does not always mean that they **feel** lonely or cut off (isolated).

- While some people may have a large circle of friends, family and neighbours **but** may still experience feelings of loneliness or feel isolated from those around them.
- Feelings of loneliness and/or isolation can affect everyone – whatever their age, gender or background.
- Some 'transition' points in life can increase the chances of feeling lonely or isolated, like changing school, going through adolescence, family changes and losing a loved one.
- Feeling lonely or isolated can affect our health. We may not sleep as well, struggle with feelings of stress and the problems that that can bring.

Recent headlines say things like:

- "Today's teenagers are the loneliest yet"

But the statistics are confusing. Data shows an increase in mental ill health in young people – in this linked to feelings of loneliness?

- "Social media causes loneliness"

Do we agree? Does social media help or hinder?

Whatever the reason for feeling lonely, we need to know how we can help ourselves, and others. Feeling part of a group can help. Things that can bring people together are:-

- Hobbies and activities, including music and sports.
- Peer support and mentoring (a school buddy)

- Having places to go, youth clubs and community centres.
- Support and having someone to talk to – friends and family.
- Knowing where to ask for help and information.

What are some of the barriers?

- Some people struggle to admit feelings of loneliness or isolation – struggle to admit to being different or not.
- Getting to groups, activities and services often needs money and transport, things that (young) people can struggle with.
- People tend to think of older people when they think of those at risk of feeling lonely or isolated and so, usually, services are created with them in mind.

So what next?

How can we better understand what makes (young) people feel lonely and/or isolated?

How we can work together to tackle the causes and improve resilience?

How can we get more people to talk about feeling lonely and/or isolated?

The day gave us an opportunity to think about what loneliness might mean to somebody and for us to reflect on our times of isolation and how we could address these. Sometimes we can be in a room full of people but still feel lonely. It is about how we respond to these and how resilient we are and able to help ourselves and others.

We were treated to an inspirational presentation from Tom Evans who talked about experience of isolation and loneliness. He shared childhood experiences of numerous hospital visits and of feeling that his childhood has been robbed from him. Tom feels that loneliness can play trick on your levels of self-worth. The reality is that everyone has something to be proud of and everyone is worth something. Tom aptly said that loneliness is not so much a feeling of being alone, but more a feeling that no one cares. We may look happy on the outside, but nobody knows how we are feeling on the inside. Growing up can be scary but growing up with no friends can be even more daunting. We all need friends; someone to share a problem with... a problem shared is a problem halved. For Tom it was sport that helped him to come to terms with his disability and helped him to make friends. It gave him a sense of belonging.



The seven Well-being goals

A prosperous Wales - where everyone has jobs and there is no poverty

A resilient Wales - where we are prepared for things like floods and individual resilience

A healthier Wales - where everyone is healthier and are able to see the doctor when they need to; and more able to help themselves

A more equal Wales - where everyone has an equal chance whatever their background

A Wales of cohesive communities -

where communities can live happily together

A Wales of vibrant culture and a thriving Welsh language - where we have lots of opportunities to do different things and where lots of people can speak Welsh

A globally responsible Wales - where we look after the Environment and think about other people around the World.

Youth Service

The team were asked to be part of the CYP conference with a focus on loneliness and social isolation. Each lead was given a workshop theme and ours was:

*'A Wales
of cohesive
communities
– where
communities
can live happily
together'*

We were grateful to take part in the conference as it directly relates to the work we undertake with young people and their families across the Borough and look forward to taking part in future events. We undertook the workshop twice over the day and it contained the following.

Introductions and ice breaker

We introduced ourselves to the groups and undertook ice breaker bingo as follows:

Try to get 5 in a row by finding classmates with the qualities on the board below!
Write their initials in the boxes.

ICEBREAKER

B**I****N****G****O**

Has a pet

Has a
sisterPrefers
Coke to
PepsiHas a
Facebook
accountWho plays
on their
Xbox/Play-
StationFavourite
colour is
redWho has
a hobbyIs the baby
in their
familyDoesn't
have a
petSomeone
born the
same year
as youIs left
handedHas a
brother**Free
Space**Who likes
the winterWalks to
schoolCatches
the bus to
schoolWho likes
ice creamWatches
reality TVDoesn't
like
cheeseWho likes
the
summerWho has
a fear of
spidersLoves
pizzaPrefers KFC
to
McDonaldsFavourite
colour is
pinkWho
doesn't like
ice cream

The game encourages young people to talk to each other and find out information and common interests within the group. All participants engaged well in this game



What is loneliness?

We explained to the groups that we would be discussing loneliness today and thinking of solutions for dealing with lonely feelings. There is nothing wrong with being on your own if you are comfortable with it. People usually describe feeling lonely for one of two reasons:

- They simply don't see or talk to anyone very often
- Or
- Even though they are surrounded by people they don't feel understood or cared for.

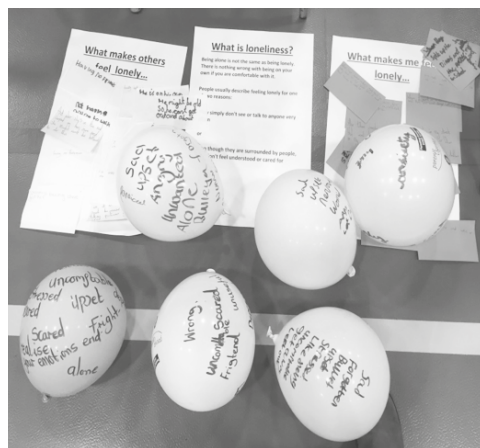
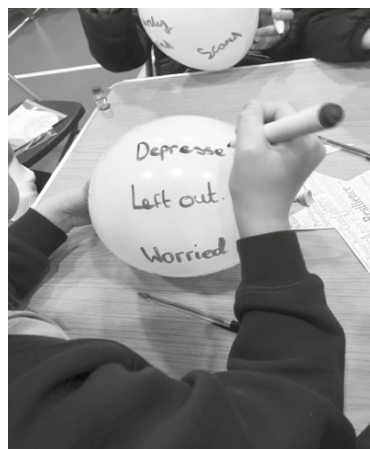
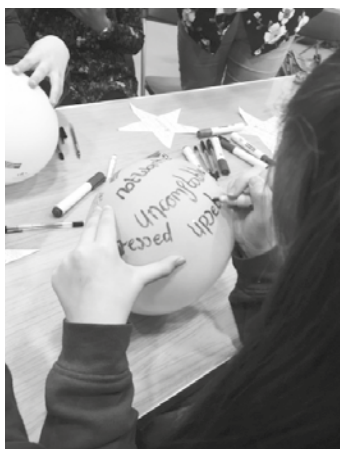
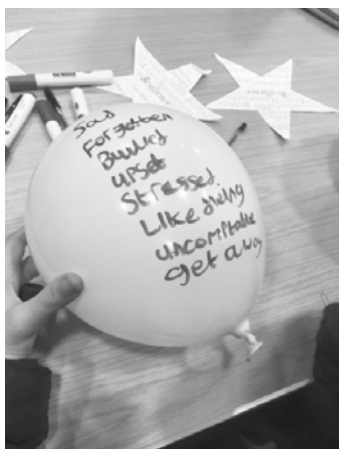
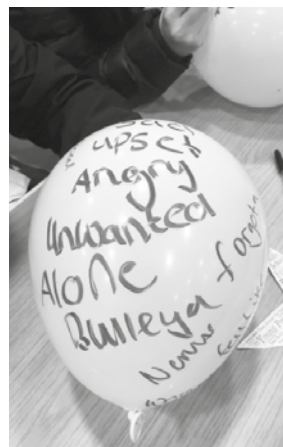
What makes me feel lonely?

We asked the young people to think of the things that make them feel lonely and to write it on pink post it notes. Some of the answers included:

'People leaving me'
'When I was alone before and no-one cared for me'
'When people in my street leave me out or nobody talks to me'
'When our dinner tables got split'
'When I went on a school trip and [my friends] left me'
'When I can't sit by my friends at lunchtime if there are no seats left'
'I feel lonely when I have nobody to talk to. I also feel Lonely when I can't be included'
'When my brother [who has ASD] has a meltdown in public'
'When there's no-one in my house'
'When people started shouting at me then made me leave'
'When I'm alone at night'
'I feel lonely when my friends don't play with me'
'Missing my dad because he passed away'
'Not having anyone to talk to'
'When no-one plays with me'
'Having nobody to play with; when I'm left out and nobody talks to me'
'I feel lonely if my brother doesn't want to play with me.'
'When I am left out'
'When my friends don't play with me'
'I have not many friends'
'When people say stuff that isn't true about me or my personal life'
'When no-one cared for me or wanted to play with me'
'When one of my friends broke up with me'
'When our dinner tables got split and I had to sit with Year 2 and had nobody to talk to'
'When there is not enough space to sit by my friends.'
'People making fun of me because they had skins and I didn't in Fortnite'
'Being lonely in school'
'When no-one helps'
'When I SATS tests'
'When I went to a competition without my mam and dad'

Feelings of loneliness

We spoke about how well the young people could identify what makes themselves and others around them feel lonely. We asked the young people to write the feelings in marker pen on a balloon.



Pink Elephants

We undertook an exercise where we asked the children to look at a picture of a pink elephant and tell us what they saw. They commented on the elephants colour, wings, eyes, smile etc. We then asked the children to close their eyes and not think about the elephant; not to think about its colour, wings, eyes, smile etc. We then asked the children to open their eyes and asked who thought about the elephant. All of the children thought about the elephant and even though they tried hard they couldn't get the elephant out of their minds. We did this exercise to highlight that even if we try to not think about something that worries us like loneliness it doesn't mean that it goes away. Sometimes we need to take action in order for things to get better.



Taking action

We asked the children to come up with ideas of how to tackle our own loneliness. Here are some of their ideas:

- Talk to a friend
- Join a group such as after school club, sport club, youth club, drama, chess etc
- Have time to think
- Tell a family member like my parents, grandparents or siblings
- Do something fun, like go on my Xbox or PS4
- Find somebody to talk to
- Do a hobby
- Talk to a pet / play with a pet
- Write it down and maybe bury it
- Socialise with others
- Make new friends
- Spend time with family, play with younger siblings, cousins
- Go to the park and get some fresh air
- Ask someone to play
- Ask an adult to help or for advice, like a teacher
- Exercise
- Always be yourself
- Be creative; colour, make something like slime
- Play with someone who doesn't have others to play with
- Build up your confidence
- Listen to your favourite music
- Eat / drink something yummy
- Read books

How Merthyr Tydfil could tackle loneliness

We asked the children to come up with ideas of how their community, Merthyr Tydfil could tackle loneliness. Here are some of their ideas:

- Have more groups for people to join such as cooking, chess, sports, dance, youth clubs, after school clubs, youth forum
- Volunteering projects
- Having a school counsellor to talk to
- School staff that take notice
- Talk to others who are lonely and help them

- A worry box in every classroom, that teachers check (good for children who don't like to speak up)
- Using a worry monster
- Being a friend to others
- Having a 'buddy' scheme in school or peer mentor
- Having more time to play

We gave the young people a 'Chatterbox' tool that they could take away and use when they feel lonely and need to take action. We also gave them a Youth Support Team key ring that says,

'I am capable, I am strong, if I can believe in myself I can turn my dreams into a plan and my plan into a reality.'

As the children could establish that they knew how to address loneliness we decided that there was no need for them to hold onto the feeling associated with loneliness anymore. They captured those feelings on the balloons so naturally the way to get rid of them was.... To pop them!

Loud and proud and happy that when we feel lonely we know exactly what to do.

Loneliness and Sport

By Tomas Rhys Evans

Thomas Rhys Evans gave a very inspiring and humbling presentation on loneliness and how sport has helped him.

Background

- Childhood- isolating
- Brain injury- unable to take part in activities like his peers
- Ability to engage in sport non existent
- Loads of physiotherapy
- Bone Marrow transplant
- Loneliness plays tricks on you

My sport background

- Relearn skills
- Cycling has had a positive effect on me.
- Sport has improved my mental health, self-esteem, cardiovascular exercise, physical health, and immune health.
- It's not just a sport to me it's a way of life.

Contact with Disability Sport Merthyr

- Heard about Disability Sport Merthyr via word of mouth
- His previous loneliness and isolation diminished as his sense of belonging grew.

Sunday Paralympic club

- Sunday Paralympic club has had a positive impact on me
- Everyone is going through similar things

Disability Sport Merthyr Forum

- Tomas is now the Chairman of the forum.
- The forum can improve participation in sport.
- Disability doesn't have to be a barrier to sport.

Volunteering

- Volunteering has helped me to
 - o develop skills
 - o have a sense of purpose
 - o and provide mental stimulation.
- Support a worthwhile cause.

How has sport benefited me

- Sport has helped my physical and mental health
- Sport has been a form of escapism

Active wheels

- Loneliness and isolation affects most people with a disability at some point
- What can I do?
 - o Join a club
 - o Get active
- Cycling has been my saviour
 - o We all come together for a ride
 - o Others can join too

Loneliness

- o Loneliness and Isolation can affect us on many levels
- o Emotional loneliness
- o Psychological loneliness
- o Cultural loneliness
- o Social loneliness.

Report of workshops run by Spectacle Theatre Ltd on Wednesday 13th March 2019

The Student conference focussed on the Wellbeing of Future Generations Act.

It was run from 9.30am-1.00pm and was held at Merthyr College.

The focus of the day was around **isolation and loneliness**.

Spectacle delivered two workshops for thirteen pupils, 6 and 7 in respective session

They were from a mix of primary and secondary schools from the Merthyr area.

Each workshop started with 'getting to know you games' introducing the staff and pupils to each other.

The introduction games established a level of trust and rules for the workshop.

The central scene for the workshop was of a pupil of the young peoples age who had received a text via a group chat to meet with friends in a local space.

The pupil was also aware of other messages that did not welcome them attending this meeting.

Did they go ? Did their lack of esteem prevent them from attending?

How would they deal with this situation?

This simple scene allowed the young people to reveal a lot about their own and others sense of loneliness and isolation.

The responses from young people ranged from self-harm and even suicidal thoughts due to loneliness.

They all had experienced in differing ways being made isolated because of others behaviour.

They all knew the importance and the difficulties of talking with a trusted person , be it an parent or teacher or other.

One member of the group on hearing of another young person's experience at school expressed that the person could always speak with her. This was sincerely conveyed and I believe built a trust between the two girls from their school.

We then asked the students to complete the following tick box questionnaire and then used this as a basis for a discussion to bring the workshop to a close.

All participants were asked to respond to the following questions.
There were thirteen (13) written Responses

How often do you feel that you have no one to talk to ?

How often do you feel that you have no one to talk to ?									
Hardly ever or never	10	Some of the Time	3	Often	0				
How often do you feel left out ?									
Hardly ever or never.	5	Some of the Time	7	Often	1				
How often do you feel alone ?									
Hardly ever or never.	7	Some of the Time	5	Often	1				
How often do you feel lonely ?									
Often	2	Some of the Time	2	Occasionally	5	Hardly ever	3	Never	1

The pupils were thanked for their involvement, their honesty and sincerity in how open they were in discussing the topic. They were offered the opportunity to say anything or ask anything about the workshop.

General comments - they enjoyed it. They liked the opportunity to talk about the subject and share their thoughts and feelings, they liked playing out the scene. They felt new media contributed negatively and positively towards isolation and loneliness. They felt this is an important topic for people of their age. Spectacle spoke with staff from schools about some comments raised during the workshop.

Staff were aware of one pupil but not about another's feelings and challenges. The staff member will be offering support to the young person.

Steve Davis 19 03 2019

Workshop One

Volunteer Workshop

Loneliness and Isolation

How can loneliness and isolation affect someone?

- Low Self-esteem
- Depressed
- Not Wanted
- Sad
- Empty
- Suicidal
- Self-Harm
- Shut Yourself Away

What is your understanding of volunteering?

- Helping charities
- Helps people who are lonely/suicidal
- Helps with confidence

Do you think volunteering is an answer to tackling loneliness and isolation?

- YES!!
- Provides support to someone with a health condition
- Make you feel happy
- Brave – but did I do the right thing
- Get out of the house
- Engaging with people
- Feel better about yourself
- Feel proud – achieving something
- Confidence
- Improves health

What are the benefits of volunteering? (What do volunteers get out of it?)

- Health
- Confident
- More Active
- Comfortable talking to people
- Mentoring other volunteers
- Making them feel better about themselves
- Training
- Makes you feel useful
- Giving something back
- Gives you a purpose
- Become more social
- Be happy
- Give you structure
- Fun

Does volunteering improve lives?

- YES
- See previous answers

Workshop Two

Volunteer Workshop

Loneliness and Isolation

How can loneliness and isolation affect someone?

- Depressed
- Same routine
- Boredom
- Scared
- Anxious
- Miserable
- Health/Mobility
- Isolated
- Lonely
- Trapped

What is your understanding of volunteering?

- Visiting people
- Try something out
- Improve yourself
- Giving something back without being paid
- Getting people engaged in the community
- Gives people a chance to do different things

Do you think volunteering is an answer to tackling loneliness and isolation?

- Yes it helps because...
- More Sociable
- Engaged in the community
- Satisfaction
- Happy
- Friends
- Experience
- Rewarding
- Distraction
- Gain confidence
- Structure
- Exciting
- Worth something

What are the benefits of volunteering? What do volunteers get out of it?

- Proud
- Good feelings
- Relieved
- Sense of purpose
- Sense of belonging
- Motivation
- A change
- Structure
- Working Experience
- Better job in future
- Shows what a person you are

- Get training
- Expenses paid
- People could look after you
- Supported
- Respect
- You could get recognised
- Sense of being wanted
- Rewarded
- Value
- Appreciated
- Feel better





Gweithdy Dau

Gweithdy Gwirfoddoli

Unigrwydd a Theimlo'n Ynysig

Sut all unigrwydd a theimlo'n ynysig effeithio ar rywun?

- Iselder
- Yr un hen drefn
- Diflastod
- Ofn
- Gorbryder
- Di-hwyl
- Iechyd / Symudedd
- Theimlo'n ynysig
- Unig
- Wedi'i gaethiwo

Beth yw eich dealltwriaeth chi o wirfoddoli?

- Ymweld â phobl
- Rhoi cynnig ar rywbeth
- Gwellia eich hun
- Rhoi rhywbeth yn ôl heb gael eich talu
- Cael pobl yn y gymuned i ymgysylltu
- Rhoi cyfle i bobl wneud pethau gwahanol

Ydych chi'n meddwl bod gwirfoddoli'n ateb i'f tynnd i'r afael ag unigrwydd a theimlo'n ynysig?

- Ydw, mae'n helpu achos
- Mwy Cymdeithasol
- Ymgysylltu yn y gymuned
- Boddhad
- Hapus
- Ffrindiau
- Profiad
- Bodloni
- Profiad
- Rhywbeth i dynnu eich sylw
- Magu hyder
- Strwythur
- Cyffrous
- Gwerth rhywbeth

Beth yw buddion gwirfoddoli? Beth gaiff gwirfoddolwyr allian ohono?

- Balchder
- Teimladau da
- Rhyddhad
- Synnwyr o bwrpas
- Synnwyr o berthyn
- Cymhelliant
- Newid
- Strwythur
- Profiad gwaith
- Gwell swydd yn y dyfodol
- Dangos sut berson ydych chi

- Cael hyfforddiant
- Costau'n cael eu talu
- Gallai pobl ofalu ar eich ôl
- Cael eich cefnogi
- Parch
- Gallech gael cydnabyddiaeth
- Synnwyr o gael eich eisiau
- Cael eich gwobrwyo
- Gwrth
- Cael eich gwerthfawrogi
- Teimlo'n well

Roedd pob un ohonynt yn ymwybodol o bwysigrwydd ac anhawster siarad â rhywun y gallent ymddiried ynddo, boed hwnnw'n riant, athro neu'n rhywun arall.

O glywed profiad rhywun arall yn yr ysgol, dywedodd un aelod o'r grŵp y gallai'r unigolyn hwnnw bob amser siarad â hi. Roedd hyn yn ddifffuant ac adeiladwyd ymdeimlad o ymddiriedaeth rhwng y ddwy ferch o'r ysgol.

Gofynnwyd i'r disgyblion gwblhau'r holiadur isod a defnyddiwyd hyn fel sail ar gyfer dwyn y gweithdy i ben.

Gofynnwyd i bob cyfranogwr ymateb i'r cwestiynau isod.

Cafwyd tri ar ddeg (13) o ymatebion ysgrifenedig

Pa mor aml y byddwch yn teimlo nad oes gennych neb i siarad ag ef?									
Byth	10	Weithiau	3	Yn aml	0				
Pa mor aml y byddwch yn teimlo eich bod yn cael eich gadael allan?									
Bron byth	5	Peth o'r	7	Yn aml	1				
neu byth		amser							
Pa mor aml y byddwch yn teimlo'n nysig?									
Bron byth	7	Peth o'r	5	Yn aml	1				
neu byth		amser							
Pa mor aml y byddwch yn teimlo'n unig?									
Yn aml	2	Peth o'r	5	Weithiau	5	Bron byth	3	Byth	1
		amser							

Diochwyd i'r disgyblion am eu cyfranogiad a'u gonestrwydd wrth drafof y pwnc mor agored. Rhoddwyd cyfle iddynt ddweud neu ofyn unrhyw beth ynghylch y gweithdy.

Sylwadau cyffredinol – roeddent wedi mwynhau. Roeddent yn hoffi cael cyfle i siarad am y pwnc a rhannu eu teimladau. Roeddent yn hoffi'r olygfa. Roeddent yn teimlo fod y cyfryngau cymdeithasol yn cyfrannu'n negyddol ac yn gadarnhauol at ynysrwydd ac unigrwydd. Roeddent yn teimlo ei fod yn bwnc pwysig ar gyfer pobl ifanc o'u hoed.

Siaradodd Spectacle â staff yr ysgolion a chafwyd rhai sylwadau ynghylch y gweithdy.

Roedd staff yn ymwybodol o deimladau un disgybl ond nid am deimladau a heriau disgybl arall. Bydd yr aelod o'r staff yn cynnig cymorth i'r person ifanc.

Gweithdy Un

Gweithdy Gwirfoddoli

Unigrwydd a Theimlo'n Ynysig

Sut all unigrwydd a theimlo'n ynysig effeithio ar rywun?

- Hunan barch isel
- Iselder
- Neb ei eisiau
- Trist
- Gwag
- Hunanladdol
- Niweidio ei hun
- Cau ei hun i ffwrdd

Beth yw eich dealltwriaeth chi o wirfoddoli?

- Helpu elusennau
- Helpu pobl sy'n unig / hunanladdol
- Helpu â hyder

Ydych chi'n meddwl fod gwirfoddoli'n ateb i'f fynd i'r afael ag unigrwydd a theimlo'n ynysig?

- YDWii
- Darparu cefnogaeth i rywun â chyflwr iechyd
- Eich gwneud i deimlo'n hapus
- Dewr – ond a wnes i'r peth iawn
- Mynnd allan o'r tŷ
- Ymgysylltu â phobl
- Teimlo'n well amdanoch chi'ch hun
- Teimlo'n falch – cyflawni rhywbeth
- Hyder
- Gwellia iechyd

Beth yw buddion gwirfoddoli? (Beth gaiff gwirfoddolwyr allan ohono?)

- Iechyd
- Hyder
- Mwy Actif
- Cyfforddus wrth siarad â phobl
- Mentora gwirfoddolwyr eraill
- Eu gwneud i deimlo'n well am eu hunain
- Hyfforddi
- Eich gwneud i deimlo'n ddefnyddiol
- Rhoi rhywbeth yn ôl
- Rhoi mwy o bwrpas i chi
- Dyfod yn fwy cymdeithasol
- Bod yn hapus
- Rhoi strwythur i chi
- Hwyl

A yw gwirfoddoli'n gwellia bywydau?

- YDY
- Gweler atebion blaenorol

- Gosod "bocs beco" ym mhob ystafell ddosbarth ac sy'n cael ei tsheco gan athrawon (mae hyn yn dda i blant sydd ddim yn hoffi codi'u llais)
- Defnyddio "bwystfi beco"
- Bod yn ffrind i eraill
- Cael cynllun "bydi" yn yr ysgol neu fentor cymheiriaid
- Cael mwy o amser i chwarae

Rhoesom yr offeryn "Chattebox" i'r bobl ifanc fel y gallent ei gymryd i ffwrdd gyda nhw a'i ddefnyddio pan fyddant yn teimlo'n unig ac angen gweithred. Fe wnaethon ni hefyd roi torch allwedd y Tim Cy-morth Ieuenctid iddyn nhw sy'n dweud,

'Rwy'n alluog, rwy'n gryf. Os gallaf gredu ynof fy hun, gallaf droi fy mreuddwydion yn gynllun a'm cynllun yn realiti.'

Gan fod y plant wedi sefydlu eu bod yn gwybod sut i fynd i'r afael ag unigrwydd, penderfynwyd nad oedd angen iddynt ddal gafael ar y teimlad sy'n gysylltiedig ag unigrwydd mwyaach. Fe wnaethant nodi'r teimladau hynny ar y balwms, felly'r ffordd naturiol i gael gwared â nhw oedd ... eu popio!

Bloeddiwn ein bod yn falch ac yn hapus o wybod yn union beth i'w wneud pan deimlwn yn unig.

Unigrwydd a Chwaraeon

Gan Tomas Rhys Evans

Rhoddod Thomas Rhys Evans gyflwyniad ysbrydoleidig a gostyngedig ar unigrwydd a sut y mae chwaraeon wedi bod yn gymorth iddo.

Cefndir

- Plentyndod- ynysol
- Niwed i'r ymenydd – methu cyfranogi mewn gweithgareddau fel ei gyfoedion
- Methiant i gyfranogi mewn chwaraeon
- Llauer o ffisiotherapi
- Trawsblaniad mēr esgryn
- Unigrwydd yn chwarae triciau â chi

Fy nghefndir mewn chwaraeon

- Aiddysgu sgiliau
- Mae seiclo wedi cael effaith gadarnhaol arnat
- Mae chwaraeon wedi gwella fy iechyd meddwl, hunanhyder, ymarfer cardiofasgwlaidd, iechyd corfforol a fy imiwnedd
- Mae'n fwy na chwaraeon i mi – mae'n ffordd o fyw.

Cyswllt â Chwaraeon Anabled Merthyr

- Wedi clywed pobl yn siarad am Chwaraeon Anabled Merthyr
- Diflannodd yr ymdeimlad blaenorol o unigrwydd ac ynysrwydd wrth i'w ymdeimlad o berthyn ddatblygu.

Clwb Paralympaidd Dydd Sul

- Mae Clwb Paralympaidd Dydd Sul wedi cael effaith gadarnhaol arnat
- Mae pawb yn mynd trwy broffadau tebyg

Fforwm Chwaraeon Anabled Merthyr

- Tomas yn awr yw Cadeirydd y fforwm
- Gall y fforwm wella cyfranogiad mewn chwaraeon
- Nid oes rhaid i anabled fod yn rhwystri i chwaraeon

Gwifrodoli!

- Mae gwifrodoli wedi fy nghynorthwyo i
o ddatblygu sgiliau
o cael ymdeimlad o bwrpas
o darparu ysgogiad meddyliol
• Cefnogwch achos da.

Sut mae chwaraeon wedi bod o fudd i mi!

- Mae chwaraeon wedi bod yn gymorth i fy iechyd corfforol a meddwl
- Mae chwaraeon wedi bod yn ddihangfa

Active wheels

- Mae unrwydd ac unrwydd yn effeithio'r mwyafrif o unigolion sydd ag anablad ar ryw adeg neu'i gilydd
- Beth allai wneud?
o Ymuno â chlwb
o Bod yn weithgar
• Mae seiclo wedi bod yn achubiaeth
o Rydym yn dod at ein gilydd i seiclo
o Gall eraill ymuno hefyd

Unrwydd

- o Gall unrwydd ac unrwydd effeithio arnom ar nifer o wahanol lefelau
o Unrwydd emosïynol
o Unrwydd seicolegol
o Unrwydd diwyllïannol
o Unrwydd cymdeithasol.

Adroddiad ar weithdai a gynhaliwyd gan Theatr Spectacle Cyf Ddydd Mercher 13 Mawrth 2019

Canolbwyntiodd y gynhadledd i fyfyrwyr ar Ddeddf Llesiant Cenedlaethau'r Dyfodol. Cafodd ei gynnal rhwng 9.30am a 1.00pm yng Ngholeg Merthyr. Roedd ffocws y diwrnod ar **unrwydd ac unrwydd**.

Darparodd Spectacle ddau weithdy ar gyfer 13 disgyblion; 6 a 7 o ddisgyblion mewndau sesiwn. Roeddent o wahanol ysgolion cynradd ac uwchradd yn ardal Merthyr. Dechreuodd pob gweithdy â gemau 'dod i adnabod ein gilydd' gan gyflwyno staff a disgyblion. Sefydlodd y gemau ymdeimlad o ymddiriedaeth gan osod rheolau'r gweithdy.

Yr olygfa ganolog ar gyfer y gweithdy oedd disgybl ifanc, yr un oed â disgyblion y gweithdy a dderbyniodd neges destun drwy sgwrs grŵp yn gofyn iddo gwrdd â ffirindiau yn lleol.

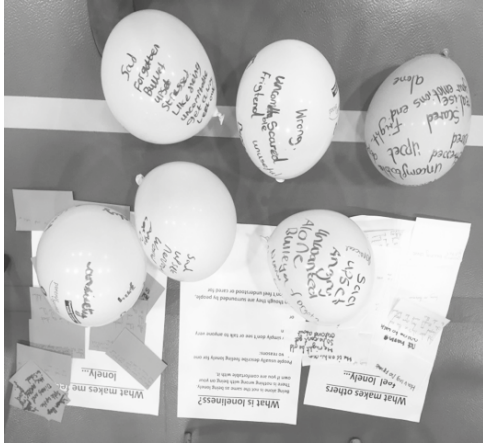
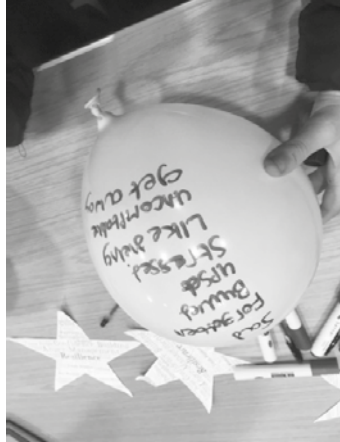
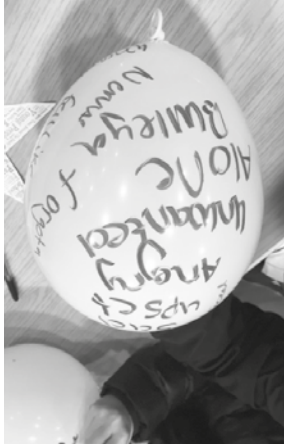
Roedd y disgybl hefyd yn ymwybodol o negeseuon eraill nad oedd yn croesawu'r ffaith ei fod wedi cael ei wahodd. A aeth? A wnaeth ei ddifffyg hunanhyder ei rwystro rhag mynd? Sut fydddech chi'n delio â'r sefyllfa?

Galluogodd yr olygfa symbl hon iddynt drafod eu teimladau hwy ynghylch unrwydd ac unrwydd.

Cafwyd ymatebion amrywiol gan y bobl ifanc - o hunan-niwedio ac hyd yn oed meddyliau o hunanladdiad yn sgil unrwydd. Roedd pob un ohonynt wedi cael profadau o deimlo'n ynysig yn sgil ymddygiad eraill.

Teimladau o Unigrwydd

Sonwyd eisoes am ba mor dda y gallai'r bobl ifanc nodi'r hyn sy'n gwneud iddyn nhw ac eraill o'u cwm-pas deimlo'n unig. Gofynnwn ni i'r bobl ifanc ysgrifennu'r teimladau mewn pen ffelt ar falŵn.



Eliffantod Pinc

Mewn ymarfer, gofynnwyd i'r plant edrych ar lun o eliffant pinc a sôn wrthynt am yr hyn oeddylt yn ei weld. Fe wnathant sylwadau ar liw'r eliffant, ei adenydd, ei lygaid, ei wên ac ati. Yna, gofynnwyd i'r plant gau eu llygaid a pheidio â meddwl am yr eliffant; i beidio â meddwl am ei liw, ei adenydd, ei lygaid, ei wên ac ati. Yna, gofynnwyd i'r plant agor eu llygaid a dwed pwy oedd yn meddwl am yd i'r eliffant. Roedd pob un o'r plant yn meddwl am yr eliffant ac er iddynt ymdrech'u'n galed, ni allent gael yr eliffant allan o'u meddyliau. Gwnaethom yr ymarfer hwn i dynnu sylw at y ffaith os ceiswn ymatal rhag meddwl am rywbeth sy'n ein poeni fel unigrwydd, nid yw'n golygu ei fod yn diflannu. Weithiau, mae angen i ni weithredu er mwyn i bethau wella.

Gweithredu

Gofynnwyd i'r plant gynig syniadau ar sut i fynd i'r afael â'n hunigrwydd ein hunain. Dyma rai o'u syniadau:

- Siaradwch â ffrind
- Ymunwch â grŵp fel clwb ar-ôl-ysgol, clwb chwaraeon, clwb ieuenctid, drama, gwyddbwyl ac ati
- Mynnwch amser i feddwl
- Dywedwch wrth aelod o'r teulu fel rhieni, neiniau a theidiau, neu frodyr a chwiorydd
- Gnewch rywbeth diffyr, fel mynd ar Xbox neu PS4
- Dewch o hyd i rywun i gael sgwrs
- Gnewch hobi
- Siaradwch/chwaraewch ag anifail anwes
- Ysgrifennwch amdano ac efallai ei gladdu
- Cymdeithaswch ag eraill
- Gnewch ffrindiau newydd
- Treuliwch amser gyda'r teulu, chwaraewch gyda brodyr a chwiorydd iau, cefndryd
- Ewch i'r parc a chael ychydig o awyr iach
- Gofynnwch i rywun chwarae
- Gofynnwch i oedolyn, fel athro, am gymorth neu gyngor
- Gnewch ymarfer corff
- Byddwch yn driw i'ch hunan bob amser
- Byddwch yn greaddigo: lliwio, gnewch rywbeth fel llysnafedd
- Chwaraewch â rhywun nad oes ganddo g i chwarae ag e
- Magwch eich hyder
- Gwrandewch ar eich hoff gerddoriaeth
- Bwyteuoch/yfwrch rywbeth biasus
- Darllenwch lyfrau

Y ffordd y gallai Morthyr Tudful fynd i'r afael ag unigrwydd

Gofynnwyd i'r plant gynig syniadau ar sut y gallai cymuned Morthyr Tudful fynd i'r afael ag unigrwydd. Dyma rai o'u syniadau:

- Cael mwy o grwpiau y gall pobl ymuno â nhw fel coginio, gwyddbwyl, chwaraeon, dawns, clybiau ieuenctid, clybiau ar-ôl-ysgol, fform ieuenctid
- Prosiectau gwirfoddoli
- Cael sgwrs â chwnselydd ysgol
- Cael staff ysgol sy'n cymryd sylw
- Siarad ag eraill sy'n unig a'u helpu



Beth yw unigrywdd?

Eglurwyd i'r grwpiau y byddem ni'n trafod unigrywdd heddiw ac yn meddwl am atebion i ddelio â theimladau o unigrywdd. Nid oes unrhyw beth o'i le mewn bod ar eich pen eich hun os ydych chi'n gyffyrddus â hyyny. Mae pobl fel arfer yn defnyddio un neu ddau reswm am deimlo'n unig:

- Yn syml, nid ydyn nhw'n gweld nac yn siarad ag unrhyw un yn aml iawn
- Er eu bod wedi'u hamgylchynu gan bobl, fe deimlant nad oes unrhyw yn eu deall nac yn hidio am-dany nhw.

Beth sy'n gwneud i mi deimlo'n unig?

Gofynnwyd i'r bobl ifanc feddwl am y pethau sy'n gwneud iddyn nhw deimlo'n unig a'i ysgrifennu ar bost-it pinc. Roedd rhai o'r atebion yn cynnwys:

"Pobl yn fy ngadael!"
"Pan oen i'n unig o'r blaen a neb yn becsu amdana i"
"Pan yw pobl yn fy stryd yn fy anwybyddu i neu pan nad oes neb yn siarad â mi!"
"Pan gafodd ein byrddau cinio eu rhannu"
"Pan es i ar drip ysgol a chael fy ngadael [gan fy ffrindiau]"
"Pan na alla i eistedd ar bwys fy ffrindiau amser cinio os nad oes unrhyw seddi ar ôl"
"Rwy'n teimlo'n unig pan nad oes neb ar gael i gynnal sgwrs. Rwy'n teimlo'n unig hefyd pan na allaf gael fy nghynnwys"
"Pan fydd fy mrawd [sydd ag ASD] yn colli arno i hun yn gyhoeddus"
"Pan nad oes unrhyw un yn fy nh"
"Pan ddechreuodd pobl waeddu arna i a gwneud i mi adael"
"Pan fydda i ar ben fy hun yn y nos"
"Rwy'n teimlo'n unig pan na fydd fy ffrindiau yn chwarae gyda mi"
"Rwy'n hiraethu am fy nhad am ei fod wedi marw"
"Does gen i neb i siarad ag e"
"Pan nad oes unrhyw un yn chwarae â mi!"
"Pan nad oes unrhyw un yn siarad â mi!"
"Rwy'n teimlo'n unig pan nad yw fy mrawd am chwarae â mi."
"Pan fydda i'n cael fy eithrio"
"Pan na fydd fy ffrindiau'n chwarae â mi!"
"Does gen i ddim llawer o ffrindiau"
"Pan fydd pobl yn dwud anwired amdana i neu fy mywyd personol!"
"Pan nad oedd unrhyw un yn becsu amdana i neu am chwarae gyda mi!"
"Pan wnaeth un o fy ffrindiau dorri lan â fi!"
"Pan gafodd ein byrddau cinio eu rhannu gan orfodi fi i eistedd gyda Blwyddyn 2 heb neb i!"
"Pan nad oes digon o le i eistedd ar bwys fy ffrindiau"
"Pobl yn gwneud hwyl am fy mhen am fod gennyn nhw ddelweddau yn Fortnite a minnau ddim!"
"Bod yn unig yn yr ysgol!"
"Pan nad oedd unrhyw un yn helpu!"
"Pan wnes i sefyll profion TASau!"
"Pan es i i gystadlaeuath heb mam a dad!"

Beth sy'n gwneud i rai eraill deimlo'n unig?

Rhodddwyd cyfres o luniau i'r grwpiau ac fe'u gwelir isod. Gofynnwyd iddynt beth fyddai'n gwneud i'r bobl yn y lluniau neu rai eraill y gallant feddwl amdanynt, deimlo'n unig, a gofynnwyd iddynt ysgrifennu hynny ar bost-it gwyrdd. Dyma rai o sylwadau'r bobl ifanc:

"Achos nad oes unrhyw un yn deall"
"Bod gartre heb neb i siarad ag e a heb unrhyw ffrindiau o'i gwmpas"
"Does neb yn becsu amdano nac yn ymweld ag e"
"Am eu bod yn byw ar eu pennau'u hunain"
"Am ei fod yn hen ac yn methu mynd allan ac o gwmpas"

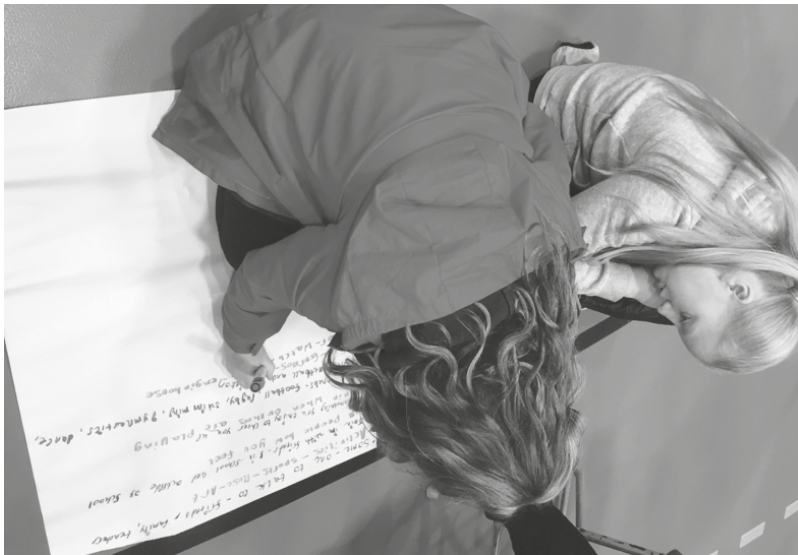
"Achos bod y wei-ffe! n methu"
"Chwalodd y gêm ac ni allai chwarae"
"Nid yw ei ffrindiau ar y gêm y mae'n chwarae"
"Nid yw'n siarad ag unrhyw un real nac yn cael awyr iach"

"Cael ei heithrio"
"Mae hi'n edrych yn drist"
"Achos bwls"
"Am fod pobl yn ymddwyn yn gas"
"Heb ffrindiau"

"Am eu bod yn rhy brysur i weld eu ffrindiau"
"Am eu bod yn mor brysur"
"Teulu anhapus"
"Does neb yn helpu'r fam"

"Does ganddi ddim ffrindiau go iawn"
"Am fod pobl ond eisiau rhywbeth oddi wrthi hi"
"Efallai ei bod hi'n swil o'r camera ond ni all ddweud na wrth luniau"
"Does ganddi hi neb i gerdded gyda hi"
"Does neb yno ar ei chyfer hi"

Roedd pob un ohonon ni'n cytuno bod rhai sefyllfaeodd yn peri i bawb deimlo'n unig. Mae gan y bobl ifanc ddealltwriaeth dda o unigrwydd pobl eraill.



Gwasanaeth Ieuencid

Gofynnwyd i'r Tîm fod yn rhan o'r Gynhadled Plant a Phobl Ifanc a fyddai'n rhoi'r ffocws ar unigrwydd ac arwahanrwydd cymdeithasol. Rhoddwyd thema gweithdy i bob arweinydd a'r un a gawsom ni oedd:

"Cymru o gymunedau cydlynus - lle gall cymunedau fyw'n hapus â'i gilydd."

Roeddem yn ddioleghar i gymryd rhan yn y gynhadled gan ei bod yn ymwneud yn uniongyrchol â'n gwaith ni gyda phobl ifanc a'u teuluoedd ledled y Fwrdeistref, ac rydyn ni'n edrych ymlaen at gymryd rhan mewn digwyddiadau eraill yn y dyfodol. Cynhaliwyd y gweithdy ddwywaith yn ystod y dydd ac mae'r materion a gododd wedi'u nodi isod.

Cyflwyniadau a Thorri'r Garw

Fe wnaethon ni gyflwyno ein hunain i'r grwpiau a chwarae bingo i dorri'r garw fel a ganlyn:
Mae'r gêm yn annog pobl ifanc i siarad â'i gilydd ac i ddarganfyd gwybodaeth am aelodau'r grŵp a'u diddordebau cyffredin. Gwnaeth bawb a gymerodd ran yn y gêm hon perfformio'n dda.



TORRI'R GARW

B
I
N
G
O

Ceisiwch gael 5 blwch yn olwynol trwy ddod o hyd i'ch cyd-ddisgyblion â'u nodweddion ar y bwrdd isodi! Ysgrifennwch eu llythrennau cyntaf yn y blychau.

Mae'n gando/i anifail anwes	Mae'n gando/i chwarae	Mae'n well gando/i Coke i Pepsi	Mae'n gando/i gyfrif Facebook	Mae'n chwarae Xbox/Play-Station
Mae'n gando/i hobi	Mae'n gando/i baban y teulu	Nid oes anifail anwes	Rhywun a anwyd yr un flwyddyn â chi	Rhywun sy'n cerdded i'r ysgol
Mae'n llawchwith	Mae'n gando/i trawd	Gofod  Rhydd	Rhywun sy'n hoffi'r gaear	Rhywun sy'n hoffi'r caws
Rhywun sy'n dal y bws i'r ysgol	Rhywun sy'n hoffi hufen iâ	Rhywun sy'n gwylio rhaglenni realiti ar y teledu	Rhywun sydd ddim yn hoffi haf	Rhywun sydd ddim yn hoffi hufen iâ
Rhywun sy'n ofni pryf copyn	Rhywun sy'n dwlu ar bitsas	Mae'n well gando/i KFC i McDonalds	Ei hoff liw yw pinc	Rhywun sydd ddim yn hoffi hufen iâ

amgylch y Byd.

Ar 13 Mawrth 2019, cynhaliwyd cynhadlodd cynngor myfyrwyr ar y cyd ar gyfer myfyrwyr uwchradd a chyrradd er mwyn rhoi cyfle i'n pobl ifanc drafod thema Cynllun Llesiant BGC Cwm Taf - unigrwydd ac ynysrwydd a'r hyn y maent yn eu golygu i ni.

Cafwyd cynrychiolaeth gan ysgolion cynradd ac uwchradd yn ogystal â'n hysgolion arbennig. Roedd hyn yn cynnwys cynrychiolaeth o ysgolion cyfrwng Cymraeg a Saesneg, ysgolion cred a gan ddisgyblion lle y mae'r Saesneg yn iaith ychwanegol iddynt. Cafodd y gynhadlodd ei chynnal yng Ngholeg Merthyr, ac yn ôl ei harfer, edrychodd y coleg ar ein hól. Roedd y digwyddiad yn cydreded â'r Diwrnod Canu Mawr Cenedlaethol / National Big Sing Day a chafodd corau o'n hysgolion gyflie i gyfranogi yn y diwrnod. Dywedir fod cerddoriaeth yn ffordd wych o wella llesiant. Mae bod yn rhan o gôr yn un ffordd o deimlo'n llai ynysig ac unig.

Aeth Ian Davy, a oedd yn cynrychioli'r BGC drwy eu cynlluniau i fynd i'r afael ag unigrwydd; un o amcanion trawsbyncio Cynllun Llesiant Cwm Taf, gan BGC Cwm Taf.

Nod y cynllun yw cynorthwyo pobl i deimlo

- fod ganddynt fwy o gysylltiad
- yn llai ynysig (yn gymdeithasol)
- yn llai unig a
- bod ganddynt ragor o deimladau o lesiant / hapusrwydd
- Mae rhai pobl yn byw bant oddi wrth eraill ac nid ydynt yn cymysgu llawer sy'n golygu eu bod yn treulio llawer o'u

hamser ar eu pennau eu hunain ond nid yw hyn bob amser yn golygu eu bod yn teimlo'n unig neu eu

- bod wedi cael eu torri allan (yn ynysig.)
- Gall rhai pobl gael cylch mawr o ffrindiau, teulu a chymdogaion ond gallant brofi deimladau o unigrwydd neu deimlo'n ynysig oddi wrth y sawl sydd o'u hamgylch.
- Gall teimladau o unigrwydd a/neu ynysrwydd effeithio ar bawb – beth bynnag boed eu hoed, eu rhywedd neu eu cefndiroedd.
- Gall rhai adegau 'pontio' mewn bywyd gynyddu'r tebygdirwydd o deimlo'n unig neu'n ynysig, fel newid ysgol, blynyddoedd yr arddedau, newidadau teuloi a cholli anwyliad.
- Gall teimlo'n unig neu'n ynysig gael effaith ar ein hiechyd. Efallai na fyddwn yn cysgu'n dda, y byddwn yn teimlo straen a'r problemau sy'n deillio o hynny.

Mae penawdau diweddar yn dweud pethau fel:

- "Mae pobl ifanc heddiw ymhlith y mwyafr unig"
- Ond mae'r ystadegau yn gymysgyl. Dengys data, gynnydd mewn afiechyd meddwl ymhlith pobl ifanc – ydi hyn yn gysylltiedig â theimladau o unigrwydd?

"Mae'r cyfringau cymdeithasol yn creu unigrwydd"

Ydy'n ni'n cytuno? Ydi'r cyfringau cymdeithasol yn gymorth neu'n rhwystro?

- Hobbies and activities, including music and sports.
- Peer support and mentoring (a school buddy)
- Beth bynnag bo'r rhesymau dros deimlo'n unig, mae angen i ni wybod sut allwn gynorthwyo'n hunain ac eraill. Gall teimlo'n rhan o grŵp fod o gymorth. Dyma bethau all ddod â phobl ynghyd:
- Didordebau a gweithgareddau gan gynnwys cerddoriaeth a chwaraeon.