South Wales Police and Crime Commissioner's Victims Fund

Impact Report 2017

INTRODUCTION

The South Wales Police and Crime Commissioner's Victims Fund was established in 2016 to support new or existing projects and specialist services that work with individuals and their family members who have been directly or indirectly affected by crime. The Fund was keen to support innovative ideas of projects that would complement existing support services for victims.

In June 2016 a participatory grant making event was held in Heronston Hotel, Bridgend where thirteen of the twenty nine organisations who had submitted applications were invited to 'pitch' their ideas to an audience made up of other organisations working in the same or similar fields, professionals and a decision making panel made up of members of the South Wales Police and Crime Commissioner's team, members of the public who had themselves been victims of crime, other experts and professionals involved in grant making and victim support.

The event was an opportunity to share experiences, stories and expertise, a chance to network, to create stronger connections with fellow organisations, and explore issues and solutions beyond their usual remit. Wendy Evans, Lead for Victim Services at the Police and Crime Commissioner's Office, encouraged this information sharing, and encouraged the audience to engage by asking questions of presenters, to engender greater understanding of projects and reflection on ways to improve and grow for the future.

Empowerment and the sharing of experiences for positive, practical change was a recurring theme of the event. Lucy Holmes, speaker for Port Talbot and Afan Women's Aid, explained how 'Material Girls', the organisation's social enterprise, enabled domestic abuse victims '**to flourish**', through '**breaking the cycle**' of violence, gaining skills and making friends. Similarly, Valley & Vale Community Arts aimed to make the '**victim into the director**', taking control of their own stories through the creative process.

The following projects were successful with funding:

Port Talbot and Afan Women's Aid

'Material Girls' is a textile recycling programme which provides voluntary experience, develops aspirations and produce a creative setting for women who have suffered domestic abuse to build friendships.

Cardiff Women's Aid

Through group sessions, one-to-one meetings and the development of online and phone text-based support resources, the project aims to assist medium-risk Public Protection Notice referrals from Victim Support through recovery interventions.

Valley and Vale Community Arts

'Creativity for Recovery' will present workshops and group projects for young people and adults affected by crime, aimed at exploring the needs and concerns of the individuals themselves in a collaborative process. Run by trained facilitators, the scheme will use a creative, activity-based approach to consider themes raised in an open, expressive setting.

Women's Aid Rhondda Cynon Taff

By establishing drop-in and signposting services, the project would aim to highlight awareness of abusive behaviour, recognition of early warning signs of abuse, and create supportive social networks amongst those persons who are likely to be at higher risk to break the cycle of violence.

Welsh Women's Aid

The 'Survivors Participation Project' will undertake peer mentoring for survivors of abuse in Cardiff, through group sessions and training to inform and empower women, with their experiences at the heart of the course. The project will reconnect women to their local communities, encouraging participation in the community to challenge and improve responses to domestic abuse.

Community Music Wales

The Theatr Fforwm workshops, in partnership with Welsh Women's Aid 'Children Matter' programme, will encourage and engage children who have been subject to violence or crime to explore issues of domestic abuse and express themselves in a positive, open environment in Cardiff. This will raise self-confidence and assist them in discussing issues and create understanding with friends and families.

Unity Group Wales

Expanding and conserving support for LGBT hate crime victims for Swansea, Neath and Port Talbot is the primary interest of the project. Part-time support workers will host comprehensive well-being sessions to enable victims to cope with the emotional effects of hate crime and provide individual and familial support. Additionally, the project will allow for increased educational and school visits run by the Group in order to raise awareness and break down barriers.

Ynys Saff Sexual Assault Referral Centre; Cardiff and Vale

The Sexual Violence Recovery Toolkit is a written guide for individuals who have experienced sexual abuse and exploitation. The twelve week programme in Cardiff will provide information for participants to develop positive lifestyle-coping strategies in order to avoid relapse and contribute to their own health and well-being on a long-term basis.

Safer Wales Ltd

The 'Dyn Project' is aimed at increasing awareness of appropriate agencies for gay, bisexual, heterosexual and transgender men who have experienced domestic abuse, and a commitment to develop the service beyond Cardiff and into South Wales. Through support from Independent

Domestic Violence Advocates, who advise on housing needs and legal guidance, and close links to relevant victim support services, the project will act as a first point of contact for those in need, and increase their safety and wellbeing.

Safer Merthyr Tydfil

Establishing long-term relationships between Volunteer Mentors and service users, the project encourages domestic abuse sufferers through one-to-one sessions and peer mentoring to build confidence, reduce isolation and promote safe and healthy wellbeing plans. This will provide victims with a dedicated and helpful support unit.

IMPACT

All ten groups completed a monitoring and evaluation form to explain how the work undertaken had benefitted those who had taken part in the project. Projects worked directly with more than 2,000 victims of crime and their families, with an indirect link much wider than this and also supported at least 100 volunteers to learn new skills and gain qualifications, make new friends and feel more valued within the community.

Safer Merthyr's mentoring programme is one such project where volunteering has been a prominent aspect of its work. One of the Mentors reported:

'I enjoy both volunteering and mentoring. It gives me the feeling that I am making a difference helping and supporting others when they need it. For me personally it gave me confidence and a sense of achievement as well as meeting new people which I needed in my life. I was also put on training courses, safeguarding, substance misuse and human trafficking which I have thoroughly enjoyed.'

The project funded with **Welsh Women's Aid** was piloting a SEEdS (Survivors Empowering and Education Services) model of participation which provided female victims of violence and abuse in Cardiff and the Vale opportunities to acquire accredited training and skills to enable them to deliver a Survivor Participation Project. The project works to harness survivors existing skills, knowledge and local experience to enable them to participate in a variety of roles with the ultimate aim of empowering & educating services to improve their responses to violence and abuse.

As a result of this project, survivors and their families have benefitted as services and providers become increasingly aware of their needs resulting in increased safety and earlier access to needs led support. In their awareness raising work, SEEdS participants are approached by survivors disclosing for the first time who have been encouraged to speak out through hearing their direct testimonies. The impact of seeing survivors as visible and affecting positive change in communities is highly apparent and has resulted in victims who might not access services coming forward to seek support.

'I say I'm a 'SEEdS Survivor Representative' like I'm wearing a badge of honour. I used to be ashamed of the domestic abuse and sexual violence I lived through. SEEdS empowers and enables us all to stand up and inform services to make the positive changes and to provide the support we wish we had. It's already making a big difference.' – SEEdS participant.

Both of these projects were so successful that they have received further funding to continue to deliver their invaluable work through 2017/18.

A number of key outcomes were seen to have occurred across all projects. This impact was seen by project workers who work closely with victims, by their wider support network including family and friends as well as by the beneficiaries and service users themselves. Outcomes included:

- Increased confidence
- Feeling less isolated
- Improved resilience and feeling better able to face the future
- Increased skillsets
- Improved self esteem and feelings of self worth
- Stronger relationships and support networks
- Increased feelings of health & well-being
- Feeling safer and more secure

The project with **Cardiff Women's Aid** is a new innovative, intervention project designed to deliver risk reduction and safety planning (RISE) with female victims of domestic abuse who have not met the criteria for support with a specialist Independent Domestic Violence Advisor (IDVA). Person-centred safety plans are constructed by the clients and clients are encouraged to explore various situations in which the safety of themselves and their children may be compromised, how to manage and reduce the risk. Potential escalation was identified in 17 victims who attended RISE which enabled each of these to access immedaite specialist intervention and support from the IDVA service. There is a strong possibility that these 17 victims would have remained under the radar until further incidents had occurred which could have been fatal.

Valley & Vale Community Arts '*Creativity for Recovery'* project supported both individuals and family members who had been both directly and indirectly affected by crime. The project provided therapeutic creative sessions in a safe and supportive space, where they could creatively explore and express a range of issues. Sessions helped people to find healthy coping mechanisms to increase their wellbeing and mental health. That's not me is a film created as part of one of the workshops.

Domestic Violence Recovery Toolkit Workshops was the project funded within **Ynys Saff, Cardiff and Vale SARC.** Delivered over 12 weeks it is a group programme that uses a trauma informed and a psycho-educational approach to enable clients to move forward from the trauma of experiencing sexual violence. It supports participants to develop positive lifestyle coping strategies, restoring a sense of safety and enabling people to return to active citizenship. One client reported: ***"The group setting was absolutely ideal. One to one counselling doesn't work for me and I find it a bit patronising. (As a group) I felt less of a victim, and didn't feel alone."*** Another: ***"This course helped me come to terms with many aspects. I feel more able to cope and not feel so alone."***

Unity Group Wales received funding from the South Wales Police and Crime Commissioner's Victims Fund to support Lesbian, Gay, Bi-sexual and Transgender (LGBT) people and their families who have been victims of hate crime. The effects of hate crime can last for a long time, especially if suffered repeatedly. Many people find it helps to talk to someone who understands, the Unity Group Wales service has been effective in providing an empathetic service. The project has found that people want to speak to someone that isn't the police, sometimes just to air their grievance and vent their frustrations. The

project has worked hard to become more visible by basing itself in supermarkets, on the street etc. Pop up locations were selected where there is high footfall in an attempt to breakdown barriers and encourage people to share their stories. Sadly, many of those who were spoken to were not even aware that the abuse they were experiencing was classified as hate crime.

Material Girls is **Port Talbot and Afan Women's Aid's** textile recycling social enterprise that empowers women with new skills and confidence. This project is an essential part of Port Talbot and Afan Women's Aids' service. Enabling women to live happy successful lives, free from abuse.

Many of the women who volunteer with Material Girls are unemployed or stay at home mums who find themselves in a low mood or suffering from mental health issues due to abuse. Being involved in the project can give women personal satifaction and purpose to their lives.

Women who are/have been involved with Material Girls have been able to reject un-healthy relationship's ending the cycle of Domestic Abuse, due to gaining new skills and confidence to live life independantly.

Maria first started volunteering for Material Girls in October 2016. Maria had left her husband of many years and moved to Port Talbot to be with her family, in hope of a happier life. However, after living alone for a while Maria became depressed, isolated and suffered with suicidal thoughts. At this point Maria was being supported by Port Talbot and Afan Women's Aid Community and Outreach team who decided to refer her to The Material Girls Project.

After coming along to weekly volunteer sessions Maria began to flourish, regaining her confidence and finally believing in herself. Since then, Maria has gained new skills along with a new group of close friends. Although Maria admits she still has her 'bad days' she always pushes herself to attend Material Girls, knowing that having a chat and a cuppa with friends will make her feel a lot better.

Maria now attends Material Girls as often as possible and is always happy to help staff with fundraising events. Maria gives her all to Material Girls and is a valued member of the team. Maria was recently awarded a millennium certificate from PTAWA for completing over two hundred volunteer hours. Along with that, Maria has now taken on the role as Volunteer Coordinator, coordinating sessions and introducing new volunteers to the project. Maria quoted that: ***"I don't know where I'd be now if It wasn't for PTAWA's services, I feel I finally have a sense of belonging."***

Women's Aid Rhondda Cynon Taff received funding to run the SAFE project providing drop in, outreach support and group workshops for women affected by domestic abuse. Victims engaging with the project have a variety of support needs including mental health, drug and alcohol, low self confidence, social isolation along with practical needs including support with housing, legal, debt management, health.

The SAFE project worker supported the family in the wider sense especially as there were children involved. Client A had disclosed that her eldest child, a boy aged 12, had started to show aggression and frustration. He was annoyed at his father and worried for his mother. She also described how her other child, a girl aged 9, had 'gone quiet' since her dad had been arrested. She was 'clingy' and it was a struggle to send her to school as she was upset about leaving her mum all day. The project worker signposted both children into other support services more relevant to their individual needs. Client A visibly relaxed knowing that her children could also be supported.

The work funded through this programme has also had a wider impact for groups and for the professionals working with victims affected by a variety of crimes.

The Dyn project within **Safer Wales** provides support to male victims of domestic abuse via a helpline, advocacy and by raising awareness. The grant has helped Safer Wales build capacity within the Dyn project to help more men who are unable to access support services across South Wales. The Safer Wales Dyn project works with men to increase their safety, provide listening, emotional support and help them access other services and advice including; legal, court process, housing, police and mental health services.

Since the award of this grant the Safer Wales Dyn project has been working with S4C Pobol-y-Cwm team who have produced a storyline featuring a male victim of domestic abuse. The Safer Wales Dyn project contacted a male we supported who shared his experiences with the cast and production crew to inform the storyline. The Safer Dyn project advised on all scripts to ensure that the storyline is realistic and the project has recieved promotion which included the promotion of the Dyn project helpline.

The Safer Wales Dyn project produced a joint press release with Pobol-y-Cwm to highlight the male domestic abuse storyline including a quote from the Safer Wales Dyn project which appeared in the Daily Post and Western Mail. The actor who plays the male victim Geraint Todd was also interviewed on S4C Heno programme and mentioned the service.

Community Music Wales was awarded a grant to run a project in partnership with theatre company Theatr Fforwm. The project was split into two sections, one section was heavily focussed on engaging with and training staff from Women's Aid organisations and other organisations working with victims of crime, the other was offered to young victims of crime as a safe space to discuss their feelings, engage with their peers and to have fun where they can escape day to day trauma.

A total of twelve trainees took part in the training. The trainees engaged well in the training and gained a good understanding of the basic principles of Forum Theatre, a working knowledge of how to devise forum theatre pieces and explored how forum theatre can work in their practice/ workplace. **'This was an extremely fulfilling week; physically and mentally challenging. I also really enjoyed working in such a mixed aged group and hearing everyone's different and similar perspectives.'** Sarah, Freelance Tutor.
Asked 'What was the best/most useful thing about the project?' Sian said **'Gaining an understanding of what forum theatre is and how it could work with the young people I work with.'**

Many of the participants expressed an interest in completing additional training to gain more confidence in leading arts workshops.

The young people worked with through the second part of the project were predominantly young people affected by parental domestic abuse and who, due to their vulnerability had become susceptable to bullying. The young people had mainly confidence issues which meant they did not have the opportunity to speak out and express themselves in a safe environment which lead to bottled up issues and emotions. We found that lack of trust of adults and the 'system' was the biggest problem and through the first few days, we spent a lot of time building up trust and ensuring it was a nurturing and safe environment.

Some of the young people in the group were also vulnerable to cyber bullying and coersion into 'sexting'. Some had fallen into this trap due to a severe lack of confidence in saying no. Therefore, much of the project was also aimed at building up their confidence and expanding their social/ community networks to put them in a position of support and strength.

CONCLUSION

This Fund has proved extremely successful, with all of the groups citing positive outcomes and increased demand for services as a result of the projects. Many of the projects were able to obtain further funding from local authorities and other funders by evidencing the need for their work. Only two of the projects funded were successful with further funding, the majority did not apply although it is inclear if this is because they were successful with funding from another source.

Cronfa Dioddefwyr Comisiynydd yr Heddlu a Throseddu De Cymru

Adroddiad ar Effaith, 2017

RHAGYMADRODD

Sefydlwyd Cronfa Dioddefwyr Comisiynydd yr Heddlu a Throseddu De Cymru yn 2016 i gefnogi prosiectau a gwasanaethau arbenigol newydd neu gyfredol sy'n gweithio ag unigolion ac aelodau'u teulu yr effeithiwyd yn uniongyrchol neu'n anuniongyrchol arnynt gan drosedd. Roedd y Gronfa'n awyddus i gefnogi syniadau arloesol prosiectau fyddai'n cydategu gwasanaethau cymorth presennol ar gyfer dioddefwyr.

Ym mis Mehefin, 2016, fe gynhaliwyd digwyddiad cynnig grantiau cyfranogol yng Ngwesty'r Heronston , Pen-y-bont ar Ogwr lle y gwahoddwyd tri ar ddeg o'r naw ar hugain o sefydliadau oedd wedi cyflwyno ceisiadau er mwyn hyrwyddo'u syniadau gerbron cynulleidfa oedd yn cynnwys sefydliadau eraill sy'n gweithio yn yr un meysydd neu mewn meysydd cyffelyb, gweithwyr proffesiynol a phanel llunio penderfyniadau oedd wedi'i ffurfio o aelodau tîm Comisiynydd yr Heddlu a Throseddu De Cymru, aelodau o'r cyhoedd oedd eu hunain wedi bod yn ddioddefwyr trosedd, arbenigwyr eraill a gweithwyr proffesiynol sy'n cymryd rhan mewn cynnig grantiau a rhoi cymorth i ddioddefwyr.

Roedd y digwyddiad yn gyfle i rannu profiadau, hanesion ac arbenigedd, yn gyfle i rwydweithio, i greu cysylltiadau cryfach â chyd-sefydliadau, ac i archwilio materion a datrysiadau sydd y tu hwnt i'w cylch gwaith arferol. Gwnaeth Wendy Evans, Arweinydd dros Wasanaethau Dioddefwyr yn Swyddfa Comisiynydd yr Heddlu a Throseddu, annog rhannu gwybodaeth yn y modd hwn, ac fe anogodd y gynulleidfa i gymryd rhan drwy ofyn cwestiynau i gyflwynwyr er mwyn meithrin mwy o ddealltwriaeth o brosiectau a myfyrio ar ffyrdd o wella a thyfu ar gyfer y dyfodol.

Roedd grymuso a rhannu profiadau ar gyfer newid cadarnhaol, ymarferol yn un o themâu'r digwyddiad a gododd dro ar ôl tro. Eglurodd Lucy Holmes, llefarydd dros Gymorth i Fenywod Port Talbot ac Afan, sut roedd 'Material Girls', sef menter gymdeithasol y mudiad, wedi galluogi dioddefwyr camdriniaeth ddomestig '**i ffynnu**' drwy '**chwalu cylch**' trais, datblygu sgiliau ac ennill cyfeillion. Yn yr un modd, anelai Celfyddydau Cymuned Cwm a Bro at wneud y '**dioddefwr yn gyfarwyddwr'**, gan ddechrau rheoli'u storïau eu hunain drwy'r broses greadigol.

Roedd y prosiectau a ganlyn yn llwyddiannus â chyllid:

Cymorth i Fenywod Port Talbot ac Afan
Mae 'Material Girls' yn rhaglen ailgylchu tecstilau sy'n darparu profiad gwirfoddol, yn datblygu dyheadau ac yn creu lleoliad creadigol i ferched sydd wedi dioddef camdriniaeth ddomestig i fagu cyfeillgarwch.

Cymorth i Fenywod Caerdydd
Drwy sesiynau grŵp, cyfarfodydd un i un a thrwy ddatblygu adnoddau cymorth ar-lein a chymorth drwy negeseuon testun ffôn, nod y prosiect yw cynorthwyo atgyfeiriadau Rhybuddion Amddiffyn y Cyhoedd risg canolig gan Cymorth i Ddioddefwyr drwy ymyriadau adfer.

Celfyddydau Cymuned Cwm a Bro
Bydd 'Creadigrwydd ar gyfer Adferiad' yn cyflwyno gweithdai a phrosiectau grŵp i bobl ifanc ac oedolion yr effeithiwyd arnynt gan drosedd, ac mae wedi'i anelu at archwilio anghenion a phryderon yr unigolion eu hunain mewn proses gydweithredol. Ac yntau'n cael ei weithredu gan hwyluswyr hyfforddedig, fe fydd y cynllun yn defnyddio dull creadigol, wedi'i seilio ar weithgareddau o weithredu i ystyried themâu a godwyd mewn sefyllfa agored, lawn mynegiant.

Cymorth i Fenywod Rhondda Cynon Taf
Drwy sefydlu sesiynau galw heibio a dangos y ffordd, fe fyddai'r prosiect yn anelu at amlygu ymwybyddiaeth o ymddygiad sy'n gamdriniol, yn adnabod arwyddion rhybudd cynnar o gamdriniaeth, ac yn creu rhwydweithiau cymdeithasol cefnogol ymysg y personau hynny sy'n debygol o fod mewn risg uchel i chwalu'r cylch trais.

Cymorth i Ferched Cymru
Bydd y 'Prosiect Cyfranogiad Goroeswyr' yn ymgymryd â mentora gan gymheiriaid ar gyfer goroeswyr camdriniaeth yng Nghaerdydd, drwy sesiynau grŵp a hyfforddiant i hysbysu ac i rymuso merched, gyda'u profiad wrth graidd y cwrs. Bydd y prosiect yn ailgysylltu merched â'u cymunedau lleol, gan annog cyfranogi yn y gymuned i herio ac i wella ymatebion i gamdriniaeth ddomestig.

Cerdd Gymunedol Cymru
Bydd gweithdai Theatr Fforwm, mewn partneriaeth â rhaglen 'Children Matter' gan Gymorth i Fenywod Cymru, yn annog ac yn ennyn diddordeb plant sydd wedi bod yn destun trais neu drosedd i archwilio materion camdriniaeth ddomestig ac i fynegi'u hunain mewn amgylchedd cadarnhaol, agored yng Nghaerdydd. Bydd hyn yn codi hunanhyder ac yn eu cynorthwyo i drafod materion o bwys ac i greu dealltwriaeth gyda chyfeillion a theuluoedd.

Grŵp Undod Cymru
Ehangu a chadw cefnogaeth i ddioddefwyr troseddau casineb LGBT yn Abertawe, Castell Nedd a Phort Talbot yw prif ddiddordeb y prosiect. Bydd gweithwyr cymorth rhan amser yn cyflwyno sesiynau llesiant cynhwysfawr i alluogi dioddefwyr i ymdopi ag effeithiau emosiynol trosedd casineb ac i ddarparu cymorth unigol a theuluol. Yn ychwanegol, bydd y prosiect yn caniatáu ar gyfer mwy o ymweliadau addysgol ac ymweliadau ag ysgolion a weithredir gan y Grŵp er mwyn codi ymwybyddiaeth ac i chwalu rhwystrau.

Canolfan Atgyfeirio Ymosodiadau Rhywiol Ynys Saff; Caerdydd a'r Fro
Mae Pecyn Cymorth Adferiad o Drais Rhywiol yn ganllaw ysgrifenedig ar gyfer unigolion sydd wedi profi camdriniaeth a chamfanteisio rhywiol. Bydd y rhaglen ddeuddeg wythnos yng Nghaerdydd yn darparu gwybodaeth i gyfranogwyr all datblygu strategaethau cadarnhaol i ymdopi â ffordd o fyw er mwyn osgoi llithro yn ôl ac i gyfrannu at eu hiechyd a'u lles eu hunain dros yr hirdymor.

Cymru Ddiogelach Cyf

Mae'r 'Prosiect Dyn' wedi'i anelu at gynyddu ymwybyddiaeth o asiantaethau priodol ar gyfer dynion hoyw, deurywiol, heterorywiol a thrawsrywiol sydd wedi profi camdriniaeth ddomestig, ac ymrwymiad i ddatblygu'r gwasanaeth y tu hwnt i Gaerdydd ac i Dde Cymru. Drwy gefnogaeth gan Eiriolwyr Trais Domestig Annibynnol, sy'n cynghori ar anghenion tai a chanllawiau cyfreithiol, a chysylltiadau agos â gwasanaethau cymorth i ddioddefwyr perthnasol, fe fydd y prosiect yn gweithredu fel man cyswllt cyntaf i'r rheiny sy'n anghenus, ac yn cynyddu eu diogelwch a'u lles.

Merthyr Tudful Mwy Diogel

Gan sefydlu perthnasoedd dros yr hirdymor rhwng Mentoriaid Gwirfoddol a defnyddwyr y gwasanaeth, mae'r prosiect yn annog dioddefwyr camdriniaeth ddomestig drwy sesiynau un i un a mentora gan gymheiriaid i fagu hyder, i leihau arwahanrwydd ac i hyrwyddo cynlluniau lles diogel ac iach. Bydd hyn yn darparu uned gymorth bwrpasol a llawn cymorth i ddioddefwyr.

EFFAITH

Cwblhaodd pob un o'r deg grŵp ffurflen fonitro a gwerthuso i egluro sut roedd y gwaith a wnaed wedi bod o fudd i'r rheiny oedd wedi cymryd rhan yn y prosiect. Gweithiai prosiectau yn uniongyrchol â mwy na 2,000 o ddioddefwyr troseddau a'u teuluoedd, gyda chysylltiad anuniongyrchol sy'n llawer ehangach na hyn ac a oedd hefyd yn cynorthwyo o leiaf 100 o wirfoddolwyr i ddysgu sgiliau newydd ac i ennill cymwysterau, i ennill cyfeillion newydd ac i deimlo'u bod yn cael eu gwerthfawrogi fwy yn y gymuned.

Mae rhaglen fentora **Merthyr Mwy Diogel** yn un prosiect o'r fath lle mae gwirfoddoli wedi bod yn agwedd amlwg o'i gwaith. Adroddodd un o'r Mentoriaid:

'Fe wnes fwynhau gwirfoddoli a mentora, ill dau. Mae'n rhoi'r teimlad imi fy mod yn gwneud gwahaniaeth gan helpu a chynorthwyo eraill pan fo arnynt ei angen. I mi yn bersonol, fe roddodd hyder ac ymdeimlad o gyflawniad, yn ogystal â chyfarfod â phobl newydd roedd arnaf eu hangen yn fy mywyd. Fe'm rhoddwyd hefyd ar gyrsiau hyfforddi, amddiffyn, camddefnyddio sylweddau a masnachu pobl, rwyf wedi'i fwynhau'n llwyr.'

Roedd y prosiect, a gyllidwyd gyda **Cymorth i Fenywod Cymru**, yn treialu model SEEdS (Gwasanaethau Grymuso ac Addysg i Oroeswyr) o gyfranogi oedd yn darparu cyfleoedd i ddioddefwyr benywaidd trais a chamdriniaeth yng Nghaerdydd a'r Fro i gaffael hyfforddiant a sgiliau achrededig i'w galluogi i gyflawni Prosiect Cyfranogiad Goroeswyr. Mae'r prosiect yn gweithio i harneisio sgiliau, gwybodaeth a phrofiad lleol presennol goroeswyr i'w galluogi i gymryd rhan mewn amrywiaeth o rolau gyda'r nod yn y pen draw o rymuso ac addysgu gwasanaethau i wella'u hymatebion i drais a chamdriniaeth.

O ganlyniad i'r prosiect hwn, mae goroeswyr a'u teuluoedd wedi elwa wrth i wasanaethau a darparwyr ddod yn gynyddol ymwybodol o'u hanghenion, gan arwain at fwy o ddiogelwch a mynediad cynharach at gymorth a arweinir gan anghenion. Yn eu gwaith o godi ymwybyddiaeth, cysylltir â chyfranogwyr Gwasanaethau Grymuso ac Addysg i Oroeswyr gan oroeswyr sydd wedi'u hannog i ddatgelu am y tro cyntaf drwy siarad yn agored drwy glywed eu tystiolaethau uniongyrchol. Mae'r effaith o weld goroeswyr mor weladwy ac yn creu newid cadarnhaol mewn cymunedau yn amlwg iawn ac mae wedi arwain at ddioddefwyr na fyddent efallai'n defnyddio gwasanaethau yn camu ymlaen i chwilio am gymorth.

'Rwy'n dweud fy mod yn 'Gynrychiolydd Goroeswyr SEEdS' fel petawn yn gwisgo bathodyn anrhydedd. Arferwn â bod â chywilydd o'r gamdriniaeth ddomestig a'r trais rhywiol yr euthum drwyddynt. Mae SEEdS yn ein grymuso a'n galluogi ni oll i sefyll i fyny ac i hysbysu

gwasanaethau i wneud y newidiadau cadarnhaol ac i ddarparu'r cymorth y byddai'n dda gennym petai o gennym. Mae o eisoes yn gwneud gwahaniaeth mawr' - cyfranogwr SEEdS.

Roedd y ddau brosiect hyn mor llwyddiannus fel eu bod wedi derbyn rhagor o gyllid i barhau i gyflawni'u gwaith gwerthfawr drwy 2017/18.

Gwelwyd fod nifer o ganlyniadau allweddol wedi digwydd ledled yr holl brosiectau. Gwelwyd yr effaith hon gan weithwyr y prosiectau sy'n gweithio'n agos â dioddefwyr, gan eu rhwydwaith cymorth ehangach, yn cynnwys teulu a chyfeillion, yn ogystal â chan y buddiolwyr a defnyddwyr y gwasanaeth eu hunain. Roedd canlyniadau'n cynnwys:

- Cynnydd mewn hyder
- Teimlo'n llai ynysig
- Gwell gwytnwch a theimlo'n fwy galluog i wynebu'r dyfodol
- Mwy o setiau o sgiliau
- Gwell hunan-barch a theimladau a hunanwerth
- Cysylltiadau a rhwydweithiau cymorth cryfach
- Cynnydd mewn teimladau o iechyd a lles
- Teimlo'n ddiogelach ac yn sicrach

Mae'r prosiect gyda **Cymorth i Fenywod Caerdydd** yn brosiect ymyrraeth arloesol a gynlluniwyd i gyflawni gostyngiad mewn risg a chynllunio diogelwch (RISE) gyda dioddefwyr benywaidd camdriniaeth ddomestig nad ydynt wedi bodloni'r meini prawf ar gyfer cymorth gyda Chynghorydd Trais Domestig Annibynnol (IDVA) arbenigol. Caiff cynlluniau diogelwch sy'n canolbwyntio ar y person eu datblygu gan y cleientiaid, ac fe anogir cleientiaid i archwilio amrywiol sefyllfaoedd, lle y gall eu diogelwch nhw'u hunain a'u plant gael ei beryglu, i reoli ac i leihau'r risg. Nodwyd gwaethygiad dichonol mewn 17 o ddioddefwyr a fynychodd RISE, a alluogodd bob un o'r rhain i gael at ymyrraeth a chymorth arbenigol ar unwaith gan wasanaeth IDVA. Mae yna bosibilrwydd cryf y byddai'r 17 o ddioddefwyr hyn wedi aros allan o olwg tan roedd yna ragor o ddigwyddiadau wedi digwydd a allai fod wedi bod yn angheuol.

Gwnaeth prosiect '*Creativity for Recovery*' **Celfyddydau Cymuned Cwm a Bro** gynorthwyo unigolion ac aelodau teulu yr effeithiwyd yn uniongyrchol ac yn anuniongyrchol arnynt gan drosedd. Darparodd y prosiect sesiynau creadigol therapiwtig mewn man diogel a chefnogol, lle y gallant archwilio a mynegi'n greadigol ystod o faterion. Helpodd sesiynau bobl i ganfod mecanweithiau ymdopi iach i gynyddu'u lles a'u hiechyd meddwl. Ffilm yw That's not me a grewyd fel rhan o un o'r gweithdai.

Gweithdai Pecyn Cymorth Adferiad o Drais Domestig oedd y prosiect a ariannwyd o fewn **Ynys Saff, Canolfan Atgyfeirio Ymosodiadau Rhywiol Caerdydd a'r Fro.** Gan gael ei chyflawni dros 12 wythnos, mae'n rhaglen grŵp sy'n defnyddio dull gweithredu wedi'i hysbysu gan drawma ac sy'n seico-addysgol i alluogi cleientiaid i fwrw ymlaen â'u bywydau o'r trawma o brofi trais rhywiol. Mae'n cynorthwyo cyfranogwyr i ddatblygu strategaethau ymdopi ffordd o fyw cadarnhaol, gan adfer ymdeimlad o ddiogelwch a galluogi pobl i ddychwelyd at ddinasyddiaeth weithredol. Adroddodd un cleient: ***"Roedd gosodiad y grŵp yn hollol ddelfrydol. Nid yw cwnsela un i un yn gweithio i mi, ac rwy'n ei ganfod braidd yn nawddoglyd. (Fel grŵp), fe deimlwn yn llai o ddioddefwr, ac ni theimlwn ar fy mhen fy hun."*** Cleient arall: ***"Gwnaeth y cwrs hwn fy helpu i***

ddod i delerau â llawer agwedd. Rwy'n teimlo'n fwy galluog i ymdopi ac nid wyf yn teimlo cymaint ar fy mhen fy hun."

Derbyniodd **Grŵp Undod Cymru** gyllid gan Gronfa Dioddefwyr Comisiynydd yr Heddlu a Throseddu De Cymru i gefnogi pobl Lesbaidd, Hoyw, Deurywiol a Thrawsrywiol (LGBT) a'u teuluoedd sydd wedi bod yn ddioddefwyr trosedd casineb. Gall effeithiau trosedd casineb bara am amser maith, yn enwedig os caiff ei dioddef droeon. Mae llawer o bobl yn canfod ei fod o gymorth siarad â rhywun sy'n deall. Mae gwasanaeth Grŵp Undod Cymru wedi bod yn effeithiol gyda darparu gwasanaeth llawn empathi. Canfu'r prosiect fod ar bobl eisiau siarad â rhywun nad ydyw'n heddwas, weithiau dim ond i wyntyllu'u cŵyn ac i fwrw'u rhwystredigaethau. Mae'r prosiect wedi gweithio'n galed i ddod yn fwy gweladwy drwy leoli'i hun mewn archfarchnadoedd, ar strydoedd, ac yn y blaen. Dewiswyd lleoliadau codi'n gyflym lle mae yna lawer o fynd a dod ar droed, mewn ymdrech i chwalu rhwystrau ac i annog pobl i rannu'u hanesion. Trist adrodd bod llawer o'r rheiny y siaradwyd â nhw heb hyd yn oed fod yn ymwybodol bod y gamdriniaeth roeddynt yn ei phrofi wedi'i chategoreiddio fel trosedd casineb.

Material Girls yw menter gymdeithasol ailgylchu tecstilau **Cymorth i Fenywod Port Talbot ac Afan** sy'n grymuso merched â sgiliau a hyder newydd. Mae'r prosiect hwn yn rhan hanfodol o wasanaeth Cymorth i Fenywod Port Talbot ac Afan. Mae'n galluogi merched i fyw bywydau dedwydd, llwyddiannus, heb eu llyffetheirio gan gamdriniaeth.

Mae llawer o'r merched sy'n gwirfoddoli â Material Girls yn ddi-waith neu'n famau sy'n aros gartref sy'n eu canfod eu hunain mewn ysbryd isel neu'n dioddef o faterion iechyd meddwl oherwydd camdriniaeth. Gall cymryd rhan yn y prosiect roi boddhad personol i ferched a rhoi diben i'w bywydau.

Mae merched sydd/wedi bod yn gysylltiedig â Material Girls wedi gallu gwrthod perthnasoedd afiach gan dorri'r cylch o Gamdriniaeth Ddomestig, o ganlyniad i ennill sgiliau a hyder newydd i fyw bywyd yn annibynnol.

Dechreuodd Maria wirfoddoli i Material Girls gyntaf ym mis Hydref, 2016. Roedd Maria wedi gadael ei gŵr a fu'n ŵr iddi am flynyddoedd lawer ac roedd wedi symud i Bort Talbot i fod gyda'i theulu, yn y gobaith o fywyd dedwyddach. Fodd bynnag, ar ôl bod yn byw ar ei phen ei hun am gyfnod, fe aeth Maria yn isel ei hysbryd, yn ynysig a dechreuodd ddioddef o feddyliau hunanddinistriol. Erbyn hyn, roedd Maria yn cael ei chefnogi gan dîm Cymuned ac Allgymorth Cymorth i Fenywod Port Talbot ac Afan, a benderfynodd ei hatgyfeirio i'r Prosiect Material Girls.

Ar ôl bod yn mynychu sesiynau gwirfoddoli wythnosol, fe ddechreuodd Maria ffynnu, gan adennill ei hyder ac o'r diwedd gredu ynddi ei hun. Ers hynny, mae Maria wedi ennill sgiliau newydd ynghyd â grŵp newydd o gyfeillion agos. Er bod Maria yn cyfaddef ei bod hi'n dal i gael ei 'dyddiau drwg', mae hi yn wastad yn gwthio'i hun i fynychu Material Girls, gan wybod y bydd cael sgwrs a phaned gyda chyfeillion yn gwneud iddi deimlo'n llawer gwell.

Mae Maria yn awr yn mynychu Material Girls mor aml â phosibl ac mae hi bob amser yn fodlon iawn helpu staff gyda digwyddiadau codi arian. Rhydd Maria ei phopeth i Material Girls ac mae hi'n aelod gwerthfawr o'r tîm. Dyfarnwyd tystysgrif mileniwm i Maria yn ddiweddar gan PTAWA am gwblhau dros ddau gant o oriau yn gwirfoddoli. Ynghyd â hynny, mae Maria yn awr wedi

dechrau ar y rôl fel Cydgysylltydd Gwirfoddolwyr, yn cydgysylltu sesiynau ac yn cyflwyno gwirfoddolwyr newydd i'r prosiect. Dyfynnodd Maria: *"Ni wn lle y byddwn yn awr pe na bai am wasanaethau PTAWA; rwy'n teimlo bod gen i o'r diwedd ymdeimlad o berthyn."*

Derbyniodd Cymorth i Fenywod Rhondda Cynon Taf gyllid i gynnal y prosiect SAFE sy'n darparu sesiynau galw heibio, cymorth allgymorth a gweithdai grwpiau ar gyfer merched yr effeithir arnynt gan gamdriniaeth ddomestig. Mae ar ddioddefwyr sy'n ymgysylltu â'r prosiect amrywiaeth o anghenion cymorth, yn cynnwys iechyd meddwl, cyffuriau ac alcohol, hunanhyder isel, arwahanrwydd cymdeithasol ynghyd ag anghenion ymarferol, yn cynnwys cymorth gyda materion tai, materion cyfreithiol, rheoli dyledion, iechyd.

Roedd gweithiwr prosiect SAFE yn cynorthwyo'r teulu yn yr ystyr ehangach, yn enwedig gan fod yna blant yn gysylltiedig. Roedd Cleient A wedi datgelu bod ei phlentyn hynaf, bachgen 12 oed, wedi dechrau dangos ymddygiad ymosodol a rhwystredigaeth. Roedd o'n flin gyda'i dad ac yn pryderu am ei fam. Disgrifiodd hi hefyd sut roedd ei phlentyn arall, geneth 9 oed, wedi 'mynd yn ddistaw' ers i'w thad gael ei arestio. Roedd hi'n mynd yn 'or-ddibynnol', ac roedd hi'n frwydr ei hanfon i'r ysgol, gan ei bod hi'n gofidio am adael ei mam drwy'r dydd. Dangosodd y gweithiwr prosiect y ffordd i'r ddau blentyn at wasanaethau cymorth eraill oedd yn fwy perthnasol i'w hanghenion unigol. Ymlaciodd Cleient A yn weledol gan wybod y gallai'i phlant hefyd gael eu cynorthwyo.

Mae'r gwaith a ariannwyd drwy'r rhaglen hon hefyd wedi cael effaith ehangach ar grwpiau ac ar y gweithwyr proffesiynol sy'n gweithio â dioddefwyr yr effeithiwyd arnynt gan amrywiaeth o droseddau.

Mae'r prosiect Dyn o fewn Cymru Ddiogelach yn darparu cymorth i ddioddefwyr gwrywaidd camdriniaeth ddomestig drwy linell gymorth, eiriolaeth a thrwy godi ymwybyddiaeth. Mae'r grant wedi helpu Cymru Ddiogelach i ddatblygu capasiti o fewn y prosiect Dyn i helpu mwy o ddynion nad ydynt yn gallu cael at wasanaethau cymorth ledled De Cymru. Mae prosiect Dyn Cymru Ddiogelach yn gweithio â dynion i gynyddu'u diogelwch, i wrando, i ddarparu cymorth emosiynol ac i'w helpu i gael at wasanaethau eraill ac at gyngor, yn cynnwys cyngor cyfreithiol, cyngor ar broses llysoedd, tai, yr heddlu a gwasanaethau iechyd meddwl.

Ers i'r grant hwn gael ei ddyfarnu, mae prosiect Dyn Cymru Ddiogelach wedi bod yn gweithio â thîm Pobol y Cwm S4C, sydd wedi cynhyrchu rhediad stori sy'n cynnwys dioddefwr gwrywaidd camdriniaeth ddomestig. Cysylltodd prosiect Dyn Cymru Ddiogelach â dyn y gwnaethom ei gefnogi, a rannodd ei brofiadau â'r cast o actorion a'r criw cynhyrchu i oleuo'r rhediad stori. Cynghorodd prosiect Dyn Cymru Ddiogelach ar yr holl sgriptiau er mwyn sicrhau bod y rhediad stori'n realistig, ac mae'r prosiect wedi derbyn hyrwyddiad oedd yn cynnwys hyrwyddo llinell gymorth y prosiect Dyn.

Cynhyrchodd prosiect Dyn Cymru Ddiogelach ddatganiad i'r wasg ar y cyd â Phobol y Cwm i amlygu'r rhediad stori am gamdriniaeth ddomestig wrywaidd, yn cynnwys dyfyniad gan brosiect Dyn Cymru Ddiogelach a ymddangosodd yn y *Daily Post* a'r *Western Mail*. Cafodd yr actor sy'n chwarae rhan y dioddefwr gwrywaidd, Geraint Todd, hefyd ei gyfweld ar raglen Heno ar S4C ac fe grybwyllodd y gwasanaeth.

Dyfarnwyd grant i Cerdd Cymunedol Cymru i gynnal prosiect mewn partneriaeth â'r cwmni theatr, Theatr Fforwm. Rhannwyd y prosiect yn ddwy ran; roedd un rhan yn canolbwyntio'n daer ar ymgysylltu â, a hyfforddi staff o fudiadau Cymorth i Fenywod a mudiadau eraill sy'n gweithio â dioddefwyr trosedd, ac fe gynigiwyd y rhan arall i ddioddefwyr ifainc trosedd fel man diogel i drafod eu teimladau, i ymgysylltu â'u cyfoedion ac i gael hwyl lle y gallant ddianc trawma beunyddiol.

Cymerodd cyfanswm o ddeuddeg o hyfforddeion ran yn yr hyfforddiant. Ymgysylltodd yr hyfforddeion yn dda â'r hyfforddiant gan ennill dealltwriaeth dda o egwyddorion sylfaenol Theatr Fforwm, gwybodaeth ddigonol am sut i ddyfeisio darnau theatr fforwm ac archwilio sut y gall theatr fforwm weithio yn eu practis/gweithle. 'Roedd hon yn wythnos eithriadol o werth chweil; yn heriol yn gorfforol ac yn feddyliol. Gwnes hefyd wir fwynhau gweithio mewn grŵp oedran mor gymysg a chlywed safbwyntiau gwahanol a chyffelyb pawb' - Sarah, Tiwtor Ar Ei Liwt Ei Hun. Pan ofynnwyd iddi, 'Beth oedd y peth gorau/mwyaf defnyddiol am y prosiect?', fe ddywedodd Sian: 'Cael dealltwriaeth o'r hyn yw theatr fforwm a sut y gallai weithio â'r bobl ifanc rwy'n gweithio â nhw.'

Mynegodd llawer o'r cyfranogwyr ddiddordeb mewn cwblhau hyfforddiant ychwanegol i ennill mwy o hyder wrth arwain gweithdai celfyddydau.

Roedd y mwyafrif llethol o'r bobl ifanc y gweithiwyd â nhw drwy ail ran y prosiect yn bobl ifanc yr effeithiwyd arnynt gan gamdriniaeth ddomestig y rhieni ac a oedd, oherwydd eu natur agored i niwed, wedi dod yn dueddol i gael eu bwlio. Roedd gan y bobl ifanc gan mwyaf broblemau hyder, a olygai na chawsant y cyfle i siarad yn agored ac i fynegi'u hunain mewn amgylchedd diogel, sy'n arwain at broblemau ac emosiynau a gronnir. Canfuom mai'r broblem fwyaf oedd diffyg ymddiriedolaeth mewn oedolion ac yn y 'system', a thrwy'r ychydig ddyddiau cyntaf, fe dreuliom lawer o amser yn magu ymddiriedaeth a sicrhau ei fod yn amgylchedd gwarchodol a diogel.

Roedd rhai o'r bobl ifanc yn y grŵp hefyd yn agored i fwlio seiber ac i orfodaeth i anfon negeseuon 'secstio'. Roedd rhai wedi syrthio i'r fagl hon oherwydd diffyg hyder dybryd i ddweud 'Na'. Felly, roedd llawer o'r prosiect hefyd wedi'i anelu at fagu'u hyder ac ehangu'u rhwydweithiau cymdeithasol/cymunedol i'w rhoi mewn safle o gymorth a nerth.

CASGLIAD

Mae'r Gronfa hon wedi profi'n eithriadol o lwyddiannus, gyda'r holl grwpiau'n adrodd canlyniadau cadarnhaol a mwy o alw am wasanaethau o ganlyniad i'r prosiectau. Roedd llawer o'r prosiectau'n gallu cael rhagor o gyllid oddi wrth awdurdodau lleol a chyllidwyr eraill drwy roi tystiolaeth o'r angen am eu gwaith. Dim ond dau o'r prosiectau a gyllidwyd oedd yn llwyddiannus gyda rhagor o gyllid; ni wnaeth y mwyafrif ymgeisio er nad yw'n eglur a oedd hyn oherwydd iddynt lwyddo i gael cyllid o ffynhonnell arall.