GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Datganiad i'r Wasg / Press Release

6 Rhagfyr 2010

'Robins' yn ennill Gwobr Cyfeillio

Roedd Gwirfoddolwyr Ward ym Mwrdd Iechyd Prifysgol Betsi Cadwaladr wrth eu bodd yn derbyn Gwobr Prosiect Cyfeillio yn Seremoni Gwobrwyo Cynorthwyo Taith Bywyd diweddar yng Nghaerdydd. Mae'r wobr yn cydnabod unigolion a sefydliadau sydd wedi gwneud gwahaniaeth i fywydau pobl trwy wasanaethau mentora a chyfeillio. Aeth tri 'Robin' i Gaerdydd gyda Vicky Russell, Rheolwr Gwasanaethau Corfforaethol, wedi i'r cynllun gwirfoddoli ar ward gyrraedd y rhestr fer. "Roedden ni'n nerfus iawn yn enwedig ar ôl clywed am y cynlluniau cyfeillio eraill oedd ar y rhestr fer. Roedden ni'n teimlo ein bod mewn cystadleuaeth o safon uchel iawn, ond pan gyhoeddwyd bod ein tîm ni wedi ennill roedden ni wrth ein boddau" meddai Vicky.

Mae Cynllun Gwirfoddoli ar Ward yn darparu cefnogaeth cyfeillio i gleifion mewnol yn Ysbyty Glan Clwyd ac yn ysbytai Cymuned Bae Colwyn, Dinbych, Rhuthun a Llangollen. Mae'r 'Robins', fel y maent yn cael eu hadnabod, hefyd yn darparu cefnogaeth i gleifion yn yr Uned Llygaid yn Ysbyty H M Stanley, yng Nghanolfan Canser Gogledd Cymru ac yn Uned Seiciatreg Ablett. Hefyd, yn ddiweddar am yr ail waith, derbyniodd y cynllun wobr Buddsoddi mewn Gwirfoddolwyr, sef safon ansawdd i sefydliadau sy'n cefnogi gwirfoddoli.

Mae'r gwobrau Mentora a Chyfeillio yn rhan o ymgyrch genedlaethol, a elwir yn Cynorthwyo Taith Bywyd, i ddathlu a chefnogi nifer o unigolion a sefydliadau sy'n mynd i'r afael â thlodi ac eithrio cymdeithasol trwy fentora a chyfeillio. Mae mentoriaid a chyfeillion fel arfer yn wirfoddolwyr sydd wedi eu hyfforddi ac yn cael eu cefnogi gan elusennau a sefydliadau i roi cefnogaeth un i un i bobl agored i niwed neu risg. Mae mentora a chyfeilio ers tro yn cael eu cydnabod fel agweddau grymus a chost effeithiol o helpu pobl i gyflawni eu potensial yn llawn ac osgoi ymddygiad niweidiol neu hyd yn oed troseddol.

Dywedodd Steve Matthews, Prif Weithredwr Sefydliad Mentora a Chyfeillio, a drefnodd y gwobrau: "Mae unigolion, prosiectau, y sawl sy'n cyllido a chomisiynwyr ar draws Cymru wedi dangos sut y gall mentoriaid a chyfeillio newid bywydau pobl. Maent yn helpu'r bobl mwyaf agored i niwed yn ein cymdeithas, o'r ifanc iawn i'r hen iawn, i ddelio gyda gwir anawsterau a sialensiau. Cafwyd nifer fawr o enwebiadau ar gyfer y gwobrau, gyda llawer o bobl a phrosiectau yn cael eu henwebu gan aelodau o'r cyhoedd. Roedd yn anodd iawn i'r beirniaid ddewis rhwng cymaint o enghreifftiau o ragoriaeth, felly hoffwn longyfarch pawb a gyrhaeddodd y rhestr fer, a'r rhai a enillodd gan eu bod i gyd yn bobl arbennig iawn.

Bydd pob enillydd rhanbarthol yn cael eu henwebu ar gyfer Gwobrau Cydnabyddiaeth Cenedlaethol Mentora a Chyfeillio 2010 yn Llundain; bydd enwau'r enillwyr yn cael eu cyhoeddi ar 15fed Rhagfyr 2010.

Am fwy o wybodaeth cysylltwch â: Joanna Tann, Rheolwr Gwirfoddolwyr Ward, Ysbyty Glan Clwyd ar Joanna.tann@wales.nhs.uk neu trwy ffonio 01745 445471 neu
Sara Render, Jessica Mangan neu Frances Amissah yn Swyddfa'r Wasg, *Cynorthwyo Taith Bywyd* ar slj@kinrossrender.com <mailto:slj@kinrossrender.com> neu trwy ffonio 020 7592 3100.

DIWEDD

Am fwy o wybodaeth cysylltwch â Desg y Wasg ar 01248 384776.

Yn y llun (o'r chwith i'r dde) - Huw Lewis AC, Dirprwy Weinidog Plant. Sue Owens – Robin, Val Parker – Robin, Vicky Russell – Rheolwr Gwasanaethau Corfforaethol a Linda Stevens – Robin.

Photographed are (left to right) - Huw Lewis AM, Deputy Minister for Children. Sue Owens - Robin, Val Parker - Robin, Vicky Russell- Corporate Services Manger, and Linda Stevens – Robin.

6 December 2010

'Robins' Win Befriending Award

Ward Volunteers at Betsi Cadwaladr University Health Board were thrilled to be awarded a coveted Befriending Project Award at the recent Supporting Life's Journeys Award Ceremony in Cardiff. The awards recognise individuals and organisations that have made a difference to people's lives through mentoring and befriending services. Three "Robins" travelled to Cardiff with Vicky Russell, Corporate Services Manager, after the ward volunteer scheme was shortlisted. "We were very nervous especially after hearing about the other shortlisted befriending schemes as we could see we were up against a very high standard indeed, but when our scheme was announced as the winner we were overjoyed" said Vicky.

The Ward Volunteer Scheme provides befriending support to inpatients in Glan Clwyd Hospital and Colwyn Bay, Denbigh, Ruthin and Llangollen Community Hospitals. Robins, as they are affectionately known, also provide support for patients in the Eye Unit at HM Stanley, the North Wales Cancer Centre and in the Ablett Psychiatric Unit. The scheme was also recently awarded Investing in Volunteers for the second time, a quality standard for organisations supporting volunteering.

The Mentoring and Befriending awards are a part of a national campaign, called 'Supporting Life's Journeys', to celebrate and support the many individuals and organisations who help to address poverty and social exclusion through mentoring and befriending. Mentors and befrienders are usually volunteers who are trained and supported by a range of charities and organisations to give one on one support to vulnerable or at risk people. Mentoring and befriending have long been recognised as powerful and cost effective approaches to helping people achieve their full potential and avoid damaging or even criminal behaviour.

Steve Matthews, Chief Executive of the Mentoring and Befriending Foundation, which organized the awards, says: "Individuals, projects, funders and commissioner across Wales have demonstrated how mentoring and befriending can transform people's lives. They help the most vulnerable people in our society, from the very young to the very old, cope with real difficulties and challenges. We had huge numbers of entries to the awards, with many people and projects being nominated by members of the public. It was really difficult for the judges to choose between so many diverse examples of excellence, so we really would like to congratulate all those who made the shortlist; and those who ultimately won they are all incredibly special."

All regional winners be entered for the National Mentoring and Befriending Recognition Awards 2010 in London, the winners of which will be announced on December 15th 2010.

For further information contact: Joanna Tann, Ward Volunteers Manager at Glan Clwyd Hospital at Joanna.tann@wales.nhs.uk or by telephone on 01745 445471
or
Sara Render, Jessica Mangan or Frances Amissah at the *Supporting Life's Journey* Press Office at slj@kinrossrender.com or by telephone on 020 7592 3100.

For further information please contact the BCU Press Desk on 01248 384776.