



Cymorth i Ferched Cymru
Welsh Women's Aid

Rhoi Merched a Phlant yn Gyntaf
Putting Women & Children First

Welsh Women's Aid
Annual Report
2015–2016

About Welsh Women's Aid

Welsh Women's Aid is the national charity in Wales working to end domestic abuse and all forms of violence against women.

We support a national network of independent domestic abuse and violence against women specialist services, working together to provide lifesaving support to survivors of violence and abuse - women, children, men, families - and delivering innovative early intervention and prevention in local communities. We also run a national training service, and our 'Children Matter' preventative project supports professionals to help children and young people and to prevent abuse in every local authority in Wales.

We also deliver direct services including the Wales Live Fear Free Helpline, and refuge and advocacy services in Colwyn Bay and Wrexham.

We have been at the forefront of shaping coordinated community responses and practice in Wales since 1978, by campaigning for change and providing advice, consultancy, support and training to deliver policy and service improvements. All our policy work, consultancy, training and advocacy is informed by the experiences and needs of survivors of violence and abuse.

Where to get help



Live Fear Free Helpline

Providing confidential support and information on domestic abuse, sexual violence and violence against women in Wales

Llinell Gymorth Byw Heb Ofn

Darparu gwybodaeth a chefnogaeth cyfrinachol ynghylch trais domestig, trais rhywiol a thrais yn erbyn merched yng Nghymru

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Search for 'Welsh Women's Aid'

Message of thanks

...from our Chair, Maria Thomas

Entering my sixth year as a Trustee of Welsh Women's Aid, I have seen our influence and scope grow significantly over the past year.

We were very proud to secure the Welsh Government Live Fear Free contract for delivering helpline support for survivors of sexual violence and domestic abuse. We provided advice and support to commissioners across Wales, in their development of needs assessments, strategies and commissioning plans. Most importantly, we saw the support to our member organisations strengthen and flourish, we established a network of independent associates to provide capacity building support for services, and we coordinated national feedback from survivors to inform Welsh Government priorities.

This annual report sets out some of our achievements through 2015-2016. We couldn't do this work without the support of our funders and supporters, as it is they who collectively make our vital services across Wales possible.

I would also like to thank our dedicated team of Trustees. We embarked on a major recruitment drive this year, and I've been privileged to work with seven new Trustees, who joined our existing four Trustees, and we now have a strong and exceptional skillset to lead Welsh Women's Aid over the next few years.

The Board is extremely thankful for the dedication and commitment of our staff team and volunteers, led by our CEO. It is through their hard work and dedication that Welsh Women's Aid continues to lead the way in Wales and collectively contributes to our shared goal of ending domestic abuse and all forms of violence against women.



...from our CEO, Eleri Butler

We remain committed to our goal of achieving a world without domestic abuse and all forms of violence against women. Rooted in discrimination and inequality between women and men, we firmly believe domestic abuse and all forms of violence against women are predictable and preventable. Legislation that we helped shape (the *'Violence Against Women Domestic Abuse and Sexual Violence (Wales) Act 2015'*), now requires public services to prevent violence against women in all they do which, together with a focus on the well-being of future generations, now provides the foundation to make real lasting change in Wales.

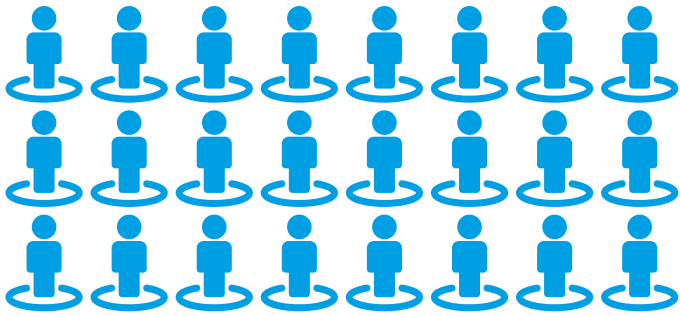
Our services have a vital contribution to make to achieving prevention, as well as to early intervention, protection and support. This year, we've worked in partnership to develop the Change that Lasts model to address violence against women prevention and early intervention in Wales. By focussing on needs and strengths, on changing behaviour in communities and in agencies, we can make a real difference to survivors' long term recovery and independence.

My thanks go to those who make change possible: our funders, our highly skilled team of staff and volunteers, Trustees, and our national network of specialist services. Most of all, thanks to the support and expertise of survivors who inform our work. We are committed to ensuring Government and public services deliver survivors' recommendations for action to meet needs and to end abuse.

But change takes time and the demand for our services continues to grow. 1 in 3 women in Wales will experience violence and abuse at some point, and 1 UK woman is killed every 3 days from fatal male violence. If you support our plans to achieve change that lasts for survivors, then please join our movement, by becoming an ambassador or supporter, to help us prevent violence and abuse and improve the lives of current and future generations.



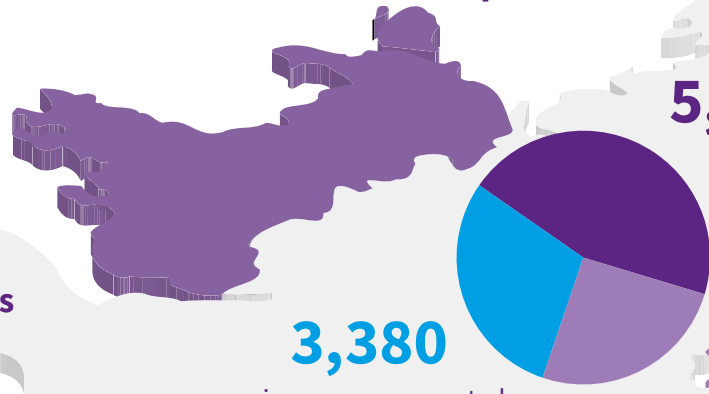
Our achievements in 2015/16



24
member organisations providing specialist services across Wales

11,512

survivors were supported by specialist services in Wales



5,159
 survivors were supported by community outreach service; 4,252 women, 726 children/young people, 181 men

3,380
 survivors were supported by floating support services

2,973
 survivors were supported in refuges



28,392

calls and emails to our national helpline (Live Fear Free) which provides a safe, confidential support for survivors of sexual violence and domestic abuse;

14,066 survivors supported by the helpline (through direct calls and through professionals calling on their behalf) and 2,973 survivors (2,063 women, 868 children/young people, 42 men) supported to access refuge-based services in Wales



693

subscribers to our briefings, policy updates and newsletters
+6% from the year before



1,640

people following us through Twitter and Facebook
+5% from the year before

1 in 3 women will experience violence and abuse at some point, and two women a week on average are killed by their partner or ex-partner

1 in 7 children and young people will have experienced living with domestic violence

It's estimated there are 140 victims of female genital mutilation a year and up to 100 victims of forced marriage a year in Wales

Domestic abuse costs Wales £303.5m annually, its human and emotional cost totals an additional £522.9m



'Light a Candle' march to
Llandaff Cathedral

Prevention: education and awareness to change attitudes & behaviour

Violence against women, domestic abuse and sexual violence are a cause and consequence of inequality between men and women, and linked to other intersectional inequalities. This year we have continued to deliver prevention work through education, training, and raising public awareness about violence and abuse, equality and human rights.

To commemorate the **International Day for the Elimination of Violence against Women and following 16 Days of Action to end gender-based violence (November 25-December 10)**, we joined forces with Bawso and other services, survivors, and local multi-faith and community groups, to raise awareness of violence and abuse in local communities by supporting the annual 'Light a Candle' march and multi-faith services in North and South Wales.

Each year, there is strong support from Welsh Assembly Members to raise awareness of violence against women, domestic abuse and sexual violence. In November 2015 and throughout the '16 days', we called on cross-party Assembly Members to pledge their support to end violence against women, in order to raise the profile on social media of the need to prevent violence and abuse.



Leighton Andrews
— Minister for Public Services

16 Days of Activism Against Gender-Based Violence Campaign
NOVEMBER 25 - DECEMBER 10



In 2015-2016, after significant consultation and advice from Welsh Women's Aid and others, the Welsh Government enacted the ground-breaking **Violence Against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015** and appointed a new National Advisor for Violence against Women, other forms of Gender-Based Violence, Domestic Abuse and Sexual Violence. This legislation provides

a significant step-change in our efforts to prevent violence against women in Wales, as it requires public services to prevent violence against women in all they do. Together with a focus on the well-being of future generations, this legislation and accompanying strategy and policy framework now provides the foundation to make real lasting change for current and future generations in Wales.

Welsh Women's Aid National Training Service is an accredited Agored Cymru centre and delivers high-quality training to a wide range of professionals across Wales to enable services to improve practice and meet survivors' needs.

'It was a rare opportunity for many organisations to get together to discuss violence against women & women's issues in general.'

'Very informative and in places challenging. Good opportunity for returning and exploring difficult topics. Potentially offers opportunity to influence future policy change across Wales.'

In November 2015, as part of our national education and training programme, we held a national partnership seminar focussing on the primary prevention of violence against women. Over 80 professionals from across Wales joined us, and together with a panel of expert speakers we discussed best practice in relation to promoting women's equality, promoting prevention amongst children and young people, preventing rape and sexualised violence, bystander initiatives in education and community settings, and how specialist services work to achieve prevention in communities across Wales.



100% of attendees would recommend the seminar to their colleagues

This year, we established a national partnership with specialist services to maximise our reach and delivery, and in response to feedback from survivors of abuse, women who have experienced abuse are now involved in training development.

‘If professionals could hear women in a group, know what it’s like. They get trained but they don’t really hear the woman who’s gone through it. Maybe women can be filmed and agencies can hear what it’s really like for us.’

— Survivor, Focus Group

As a partnership, we also successfully secured the Welsh Government national ‘Ask and Act’ Train the Trainer contract, to ensure all public authorities are equipped to identify and respond to violence against women, domestic abuse and sexual violence across Wales.

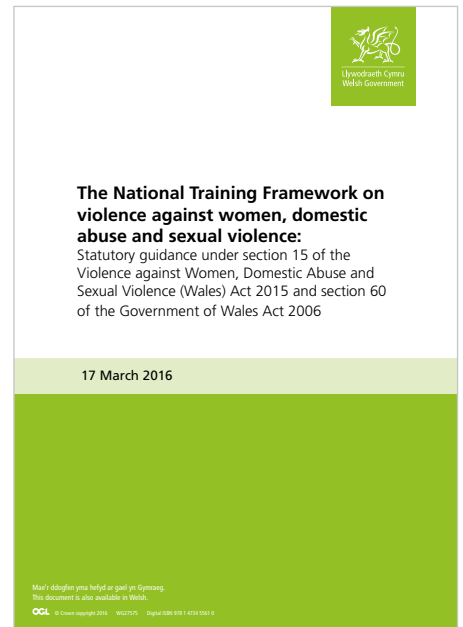
This contract is a central component of the Welsh Government’s National Training Framework, which aims to create more consistent support for those who experience violence against women, domestic abuse and sexual violence and an unflinching standard of service throughout public and third sector services across Wales.

‘The course has been excellent, informative, educational and supportive. A large volume of information delivered in a clearly, understandable manner. I feel I have benefited from the past two days and feel confident in providing training to colleagues.’

‘I thoroughly enjoyed the course, I felt at ease with the trainer and the group. Gained much knowledge and confidence to enable me to take the information forward and educate my colleagues.’

At the end of the year, we were delighted to welcome Professor Evan Stark to Wales, who conceptualised coercive control and advised the UK Government on its criminalisation. We organised a sell-out two-day event which examined how health, social care, housing, police, specialist services, and other professionals in Wales should identify and respond to coercive control. It was attended by over 150 delegates, including 70 representatives from South Wales Police.

100% of those who responded said their knowledge of coercive control had increased because of this event.



Professor Evan Stark

‘Very informative day, with excellent speakers. Extremely positive that coercive control is now widely recognised amongst agencies.’

— Day One Delegate



Our well-established **Children Matter** prevention project aims to improve services to children and young people affected by the adverse experiences of domestic abuse and sexual violence in childhood, to encourage early intervention and prevention by professionals, and promote healthy and equal relationships, consent and respect amongst all children and young people.

Our team wrote and supported the production of the *Good Practice Guide: A Whole Education Approach to Violence against Women, Domestic Abuse and Sexual Violence in Wales*, published by Welsh Government in 2015. We also worked in partnership to produce a toolkit of effective resources for educational establishments to assist schools and further education services to deliver a whole education approach to prevention and respond effectively to children and young people who need support.

Hundreds of professionals were trained and supported to deliver the **S.T.A.R suite of services** in specialist services, youth services, pupil referral units, family services, youth justice and offender management services, and the training enabled **8,586 children and young people** to access support through the programmes. As a result:

- 95% children reported increased information about domestic abuse so that they can make informed choices in the future
- 92% children reported knowing where to go if they experienced domestic abuse
- 90% said they had the resources to feel safer following the programmes

The 'Children Matter Practitioners' eForum' was launched this year, which provides a secure online space for practitioners working with children and young people to access support and guidance, share resources and best practice, and network with other professionals across Wales.

Young people commit to engaging in healthy relationships after attending S.T.A.R Young People Programme

Tell somebody
Talk to people
do not hide

I pledge to not accept any
abuse or harmful activity from
anyone and tell someone I
trust if anything happens.

I Pledge to stand up and speak
about Domestic abuse when ever it is
happening. and show respect
to the people it is happening
to.

☹️ ⚔️ ☹️
Boys shall not be sexually
abusive to girls they should
be kind and friendly.

24 specialist member organisations provide lifesaving and life-changing services across Wales, for survivors of violence and abuse

Provision: Supporting specialist services across Wales

In 2015 we supported the specialist sector in Wales by delivering the Wales National Quality Service Standards, implementing a programme of capacity building and by providing advice and information. We also developed data and information gathering procedures to improve the evidence base for the effectiveness and impact of specialist service provision in Wales.

‘I can’t praise Women’s Aid enough, they gave me knowledge about my rights and options’

— Survivor, Focus Group

Specialist services for survivors include refuge-based services that deliver refuge-based support, floating support and community outreach support; rape crisis, support and counselling; independent advocacy and ‘one stop shop’ women’s centres. These third sector services aim to deliver needs-led, strengths-based, gender responsive, trauma informed support. They have four decades of experience in protecting, supporting and empowering survivors and their children, and they work to prevent violence and abuse from starting and escalating. Specialist services are provided by specialised staff with in-depth knowledge of violence against women, domestic abuse and sexual violence.

‘I wasn’t allowed friendships and children weren’t allowed friendships. So the women I got to know through [support services] are so important to me now, I’ve made really strong friendships which I wasn’t allowed to do before’

— Survivor, Focus Group



In Wales, we coordinate the **Welsh Women's Aid National Quality Service Standards accreditation** for domestic abuse/violence against women services, supported by Welsh Government, which provides a set of accredited quality service standards for service providers, funders and commissioners. The standards are assessed by highly skilled and qualified independent assessors and reviewed by a national panel which includes independent members, including survivors.



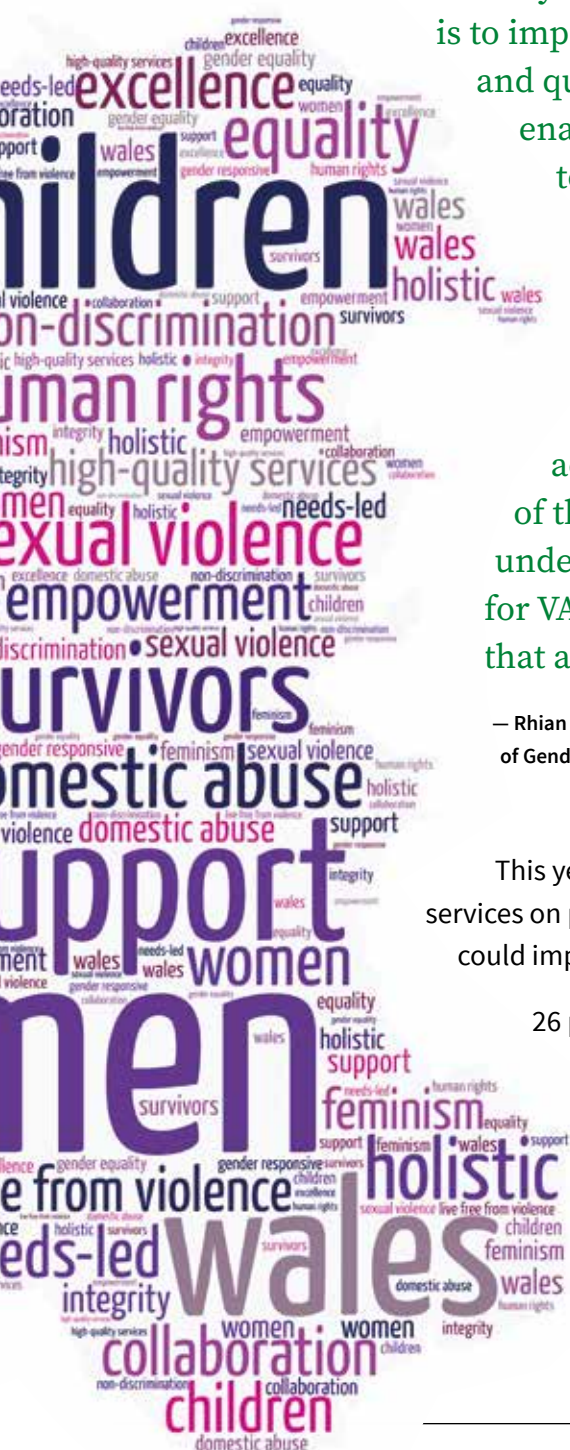
The National Quality Service Standards supports the aims of the Violence Against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015 in its duty to ensure services commissioned by the public sector in Wales are of a high quality. Continued roll-out of the standards will take place throughout 2016.

‘One of my key responsibilities as National Adviser is to improve the consistency, coordination and quality of service provision across Wales enabling individuals, wherever they live, to access inclusive, high quality services that meet their needs. The Welsh Women's Aid National Quality Service Standards provide a framework of evidence based, quality assurance for the provider, commissioner and individual accessing the services. The introduction of the Quality Service Standards should underpin sustainable commissioning models for VAWDASV services; providing a quality mark that all providers should aspire to achieve’

— Rhian Bowen-Davies, National Advisor for Violence against Women, other forms of Gender-Based Violence, Domestic Abuse and Sexual Violence, 2015.

This year we continued to update specialist services on policies and procedural changes which could impact on their service delivery.

26 policy and practice updates were sent throughout 2015-16 to specialist member services in Wales, and over 150 visits and contacts were made with specialist services to discuss their service needs and offer support.





Support to our members included delivering a national seminar on improving support for transgender survivors of domestic abuse. Led by an expert panel of speakers with experience

in developing and delivering LGBT+ services and policies, this seminar looked at how professionals can mitigate the barriers trans survivors face in accessing support, and how to improve responses to help survivors get the support they need.

We also promoted and provided training on our national Transgender Policy and Procedural Guidance and shared best practice on delivering gender responsive services.

We continued to **provide a national voice for specialist services** by representing their experiences to government and policy makers. Our aim is to make sure that the changes specialist services advocate in order to meet survivors' needs inform national policy and practice developments.

24 consultation responses were submitted, informed by our membership of specialist services

In Wales, we collectively made a real impact on the content of the ***Violence Against Women, Domestic Abuse and Sexual Violence (Wales) Act***, and also contributed feedback in order to strengthen the Renting Homes (Wales) Act; the refreshed Equality Objectives; the Raising the Ambitions and Educational Attainment of Children who are Looked After in Wales Guidance; the Statutory Guidance for the Well-being of Future Generations (Wales) Act 2015; the Refugee and Asylum Seekers Delivery Plan; guidance on Managing The Night-Time Economy; the Together for Mental Health Delivery Plan; and contributed to the 2015-17 Welsh Government Budget consultation.

At Westminster, our work on non-devolved issues included submitting evidence to the Westminster All Party Parliamentary Group on Domestic Violence Parliamentary Hearing on Family Courts, Home Affairs Select Committee Prostitution Inquiry, and the Home Office consultation on Introducing a Stalking Protection Order. We continue to raise issues such as the impact of cuts to Legal Aid, and benefit changes on survivors and supported housing providers such as refuges.



In 2015-16, Welsh Women's Aid began our **Save Refuges, Save Lives campaign** that calls for specialist services' funding in Wales to be protected by government and local authorities.

Developed in partnership with specialist services and informed by data on the sustainability of funding and demand for services, we produced a campaign toolkit and promoted the need for a model of sustainable funding for specialist services.

The evidence collected was submitted in written and oral evidence to the National Assembly for Wales Finance Committee, and was raised multiple times by Assembly Members in subsequent debates.

'The women in this service saved my life. I couldn't cope and they gave me my life back. I was living in an unreal situation and they understood. They made me feel less isolated and helped me find myself again.'

— Survivor, Focus Group

'The refuges... break down the isolation, get you out of the situation, and believe you. Even though we're all from different backgrounds they're holding us all because they know what we've been through. I don't know what would happen if they weren't here.'

— Survivor, Focus Group

In 2016, we joined forces with UK Women's Aid Federations to campaign against proposed changes to funding supported housing, and we have since welcomed the UK Government statement that domestic abuse refuges will be exempt from the Local Housing Allowance cap on housing benefit rates in supported accommodation, until 2019/20. Over two thirds of refuges in Wales would have been forced to close if the cap to housing benefit had been introduced.

'Children need to know what's wrong and right in relationships, what's acceptable, and what help is available – what services there are. It needs to be age appropriate, in primary school – it should be compulsory and not out of choice as parents and some children may not get it. As they get older, in secondary schools, boys already hit girls in school, for the sake of it and no-one challenges it. It needs to continue all the way through university.'

— Survivor, Focus Group

1,518 (57%) women referred to refuge-based support were accommodated and supported, and 41 (45%) of men referred to refuge-based support were accommodated and supported.

388 survivors were unable to access refuge space when they needed help, as there was no space available where and when they needed it.

Of 2,060 women referred to refuge services' floating support services, 1,613 (78%) women were supported. 29 men were referred and 22 (76%) were supported. In 2015-16, 123 women were on a waiting list to access support.

Of 4,091 women referred to refuge services' community outreach services, 2,960 (72%) women were supported. 153 men were referred and 119 (78%) men were supported. Referrals included 646 children and young people, of whom 385 (56%) children and young people were directly supported.

Protection and support: needs-led and strengths-based

In 2015-16 we continued to support survivors through the Wales Live Fear Free Helpline, and deliver needs-led strengths-based refuge, advocacy and community outreach services in Colwyn Bay and Wrexham.

14,066 survivors were supported by the Helpline service, representing 74% of all calls to the Helpline

The **Live Fear Free Helpline** continued to provide a 24 hour a day, 365 days per year, multilingual helpline service for survivors and anyone seeking information or support relating to sexual violence, domestic abuse and other forms of violence against women.

This year, the Helpline received 28,392 requests for help through calls and email contacts. This represents a 7% increase in call volume in the last six months in comparison to the previous year and a 43% increase in help-seeking emails.

As well as calls from survivors, the Helpline received calls from professionals and concerned others seeking assistance and help on behalf of survivors. This includes services seeking access to refuge spaces for survivors through our UK Refuges OnLine system, managed in partnership with UK Women's Aid Federations.

Of survivors who provided feedback on the service:

- 91% survivors reported feeling safer following contact with the helpline
- 93% survivors reported an improvement in their emotional well-being following helpline contact
- 98% survivors reported being referred to appropriate support services
- 98% survivors reported that they had accessed specialist support and information which enabled them to make informed choices.

'Thank you very much. It was such a help to speak to someone that understands and was sensitive to my needs.'

'Nice to know that there's someone at the end of the phone to talk to me.'



In 2015/16, the Helpline was awarded the nationally recognised quality standard which defines and accredits best practice in helpline work for the third time.

Welsh Women's Aid Wrexham and Colwyn Bay

Services support survivors and their children who have experienced physical, psychological, emotional, sexual and/or financial abuse, and other types of violence against women. The services provide information, practical help, advocacy and support for women, children and young people to help survivors meet their needs, build on their strengths, and enable them to achieve independence and freedom from abuse in the longer term.

- 113 survivors were referred for refuge-based support in Wrexham and Colwyn and of these, 39 women with 48 children were able to be accommodated and supported. 805 survivors accessed our 'one stop shop' services that included group work, individual advice and support sessions, advocacy and support in going through the courts, drop-ins and peer support. Support plans included

support to access other services, such as substance misuse recovery support, housing, solicitors, police and health services.

- In Colwyn Bay, 139 women and 89 children and young people were supported through our community outreach services; dedicated support for children and young people was also provided to an additional 151 children.
- In Wrexham, 544 women, 178 children and young people, and 18 men were supported through independent advocacy and community outreach services.

'You have helped me so much. Now it's time for me to do things on my own.'

— Survivor, Focus Group

'Exceptional support-gives me a chance to be heard. I now have a voice.'

— Survivor, Focus Group

100%

of survivors surveyed felt safer after receiving support

96%

of survivors reported an improvement in their confidence

99%

of survivors reported that they were coping with their experiences better following support

Direct services also deliver a range of groups for survivors with the aim of reducing isolation, empowering survivors to develop informal support networks, providing recreational and learning opportunities, developing healthy relationships and creating safe spaces where women can develop their self-confidence and assertiveness. This year, 65 sessions were delivered directly benefitting 95 women.

'I've enjoyed the support of people who understand what I've been through, Thank you!'

— Survivor, Focus Group

'Everyone listens and understands you through their personal experiences, no judgement, just support. I took annual leave from work every week, the most useful use of annual leave, ever!'

— Survivor, Focus Group

'Women need more group support because it helps break down the belief that it's only me going through this, it reduces our isolation it helps us make connections that this is common – whether we've experienced sexual abuse, emotional or mental torture or physical beating, it helps us name it so we can move on, we need more groups.'

— Survivor, Focus Group



Partnerships: working together to place survivors central, deliver on survivors' recommendations, and achieve 'change that lasts'

Our work to involve and place survivors central in partnership working and policy making continued and was strengthened this year. We also continued to work in partnership to promote the principles and approach behind the new 'Change that Lasts' partnership model to achieve earlier intervention in response to violence against women, domestic abuse and sexual violence in Wales.

Understanding how survivors of domestic abuse, sexual violence and other forms of violence against women use and experience public services is key to improving the effectiveness of prevention, protection and support services and systems in Wales.

Through 2015/16, we developed our **national survivor engagement work** and organised numerous survivor focus groups in Wales to inform responses to violence against women, domestic abuse and sexual violence by services and the community.

Between January and March 2016, 66 survivors of violence and abuse attended focus groups across Wales, organised by Welsh Women's Aid

'Government should hear from women, women who've been through it, on an ongoing basis otherwise they'll come up with these ideas that won't work. Any of us could ... there's enough of us who've gone through it so we can help.'

— Survivor, Focus Groups

and led by an independent facilitator, to find out how survivors experience public services and hear their recommendations for improved practice and national strategy priorities. The report from these groups – ***"Are you listening and am I being heard? A report of the recommendations of survivors of violence against women, domestic abuse and sexual violence in Wales"*** - was presented to the National Advisory Board and Welsh Government in 2016, and circulated to commissioners across Wales.

We are committed to ensuring the recommendations made by survivors who took part are addressed nationally.

'All organisations need to listen to us and take us seriously. I was one of them who used to say why doesn't she leave? or how can she leave her kids?but you go through it and you hear other women's stories and you understand.'

— Survivor, Focus Groups

Survivors identified 10 key recommendations for Welsh Government and public services

1. Dedicated specialist services for children and young people impacted by or experiencing domestic abuse, sexual violence, FGM, forced marriage, sexual exploitation or harassment, available in every area.
.....
2. Specialist domestic abuse and sexual violence services for survivors that are accessible and resourced to meet the needs of specific survivor groups, available in every area.
.....
3. Improved awareness of and response to violence against women, domestic abuse and sexual violence by professionals involved in the family justice system (CAFCASS Cymru, judges and court personnel, contact centres), and safe child contact with parents/ carers following separation, in cases of domestic abuse and sexual violence.
.....
4. Accessible 'refuge service' support in every area, accompanied by safe, affordable, longer-term housing options for survivors of abuse, that provide flexibility, choice and meet survivors' needs.
.....
5. Women's groups and peer support available in every area, to reduce isolation and maximise independent spaces that increase confidence, esteem, and empowerment.
.....
6. Protection and support for all survivors who have no recourse to public funds, to ensure equal access to safety, support, protection and justice, and finances to live independently, irrespective of survivors' immigration and residency status.
.....
7. Counselling and therapeutic services for survivors that is available, in every area, when needed, is age-appropriate, and helps build resilience and recovery from abuse.
.....
8. Greater focus on stopping perpetrators' behaviour and holding them to account by public services, and where violence and abuse involves coercive control, action by public services to ensure perpetrators leave and end abusive relationships.
.....
9. Improved training for all services on all aspects of violence against women, domestic abuse and sexual violence, informed by survivors' experiences.
.....
10. Preventing violence against women, domestic abuse and sexual violence from happening in the first place, through compulsory prevention education in all schools and colleges, increasing awareness of the issues and the help available in local communities across Wales.



Rachel Williams, Survivor Ambassador for the Welsh Women's Aid Children Matter project:

'I've been saying for ages that healthy relationships should be taught to all young people, children need to know there is help out there. If children have been brought up in an abusive household they need to be taught that it is not normal and that there is help available. When there are two women a week dying from domestic violence and around 1 in 5 children have been exposed to domestic abuse, that's not good enough, we need to do more.'

During the last year, we have also **worked with young people** on a joint project with Professor Emma Renold at Cardiff University, NSPCC Wales and the Children's Commissioner for Wales, to develop and deliver a young people's guide to a whole education approach to prevention.

AGENDA – to be launched in 2016 - is a resource developed by young people for children and young people, and includes a programme of activities and resources to be used with children and young people in schools and communities.

Survivors repeatedly tell us that public services still fail to listen to survivors, meet their needs, and support them to achieve long term recovery, independence and freedom from abuse.

The gateway to support is often an assessment of 'risk' the perpetrator poses to survivors, with the majority of survivors not deemed 'high risk' falling through gaps in services, resulting in a growing crisis of unmet need. A risk-based approach is not early intervention, fails to support recovery and independence, and has not achieved an overall reduction in domestic abuse.

Working in partnership with Women's Aid in England to develop a new service model - **Change that Lasts**- we aim to put the strengths and needs of women at the centre of decisions about them and their families.

Change that lasts: *every point of interaction with
It should not be missed, and should never add*

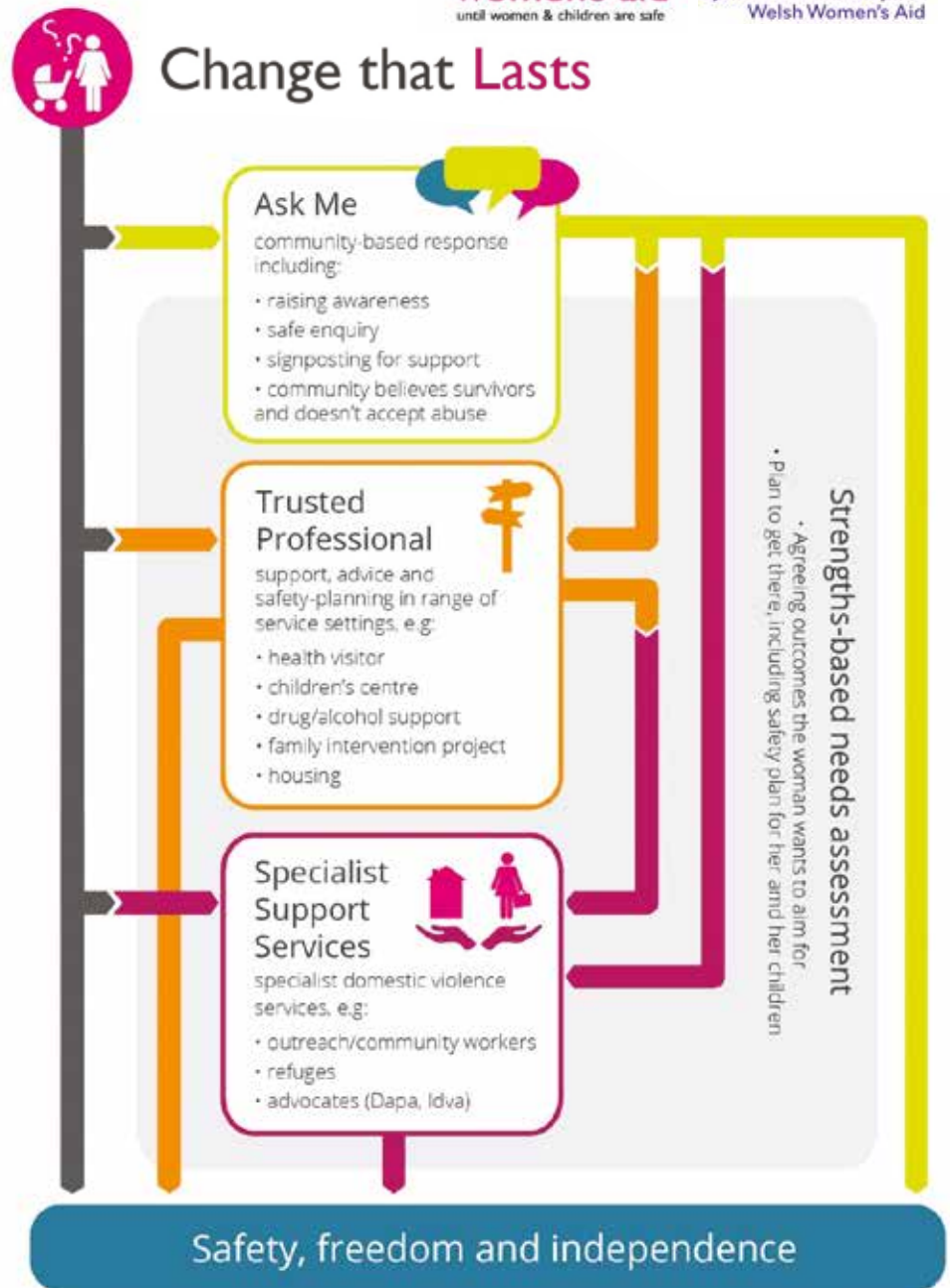
Our work in 2015-16 has included promoting the principles and approach to achieve change that lasts, across Wales, to ensure early intervention and prevention remains central to addressing violence against women, domestic abuse and sexual violence.

Thanks to funding from the Welsh Government for resourcing the development of the model, and Lankelly Chase Foundation for enabling us to develop a systems-change approach, we have secured partnership funding from the Westminster Government and Comic Relief, via Women's Aid in England, to pilot maximising safe disclosure points in local communities from 2016 (the 'Ask Me Scheme'). This will include a strong evaluation element to evidence the approach.

'Women in Wales have told us how important it is for local communities to understand domestic abuse, sexual violence and all forms of violence against

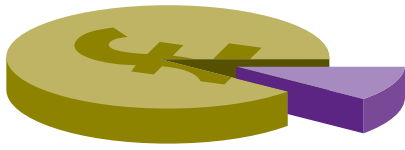
women. It's vitally important they have effective routes to maximise disclosure in local communities, to access safety and support. Wales provides a unique opportunity to pilot a new approach to early intervention and prevention, so that community knowledge and resilience is strengthened, professionals are trained to ask and act, and specialist services are maximised to meet survivors increasingly complex needs whilst building on their strengths'.

— Eleri Butler, Chief Executive of Welsh Women's Aid



...with a survivor is an opportunity for intervention. ...to the huge barriers survivors already face.

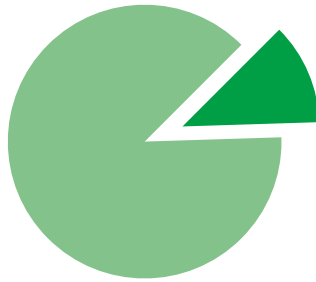
How we spend our money



Welsh Women's Aid spends 88p in every pound on charitable activities

88%

on work to end domestic abuse and all forms of violence against women



12%

on business support, fundraising & governance

Join us and support our work

Become a Welsh Women's Aid individual or organisational supporter

If you support our goal of ending domestic abuse and all forms of violence against women, for a small monthly membership fee you can join us as an individual or organisational supporter and keep updated on what we do and help support our campaigns and awareness raising work.

Support us fundraise, raise awareness or make a donation

Could you support our vital work across Wales? Any fundraising activity large or small would be warmly welcomed by our team – dinner parties, cake sales, sporting events or quiz nights are just some of the ways our individual supporters can help us with our vital work. We can support you along the way – just get in touch.

Alternatively, by making a cash donation you will help contribute to our vital work across Wales which helps save the lives of survivors and children in Wales.

Goods and funds can also be donated to local services which will aide survivors and children recover from the abuse. Many local services operate on limited budgets and survivors often contact them for help without access to funds, clothing or toiletries.

For further information on our current membership packages, on helping us raise awareness and support for our work, or to find out how to fundraise or make a donation, please contact admin@welshwomensaid.org.uk

With thanks...



Our specialist services members 2015/16

Aberconwy Domestic Abuse Service	Carmarthen Domestic Abuse Service	Port Talbot and Afan Women's Aid
Amman Valley Women's Aid	Cyfannol Women's Aid	Radnorshire Women's Aid
Gorwel - Anglesey Domestic Abuse Service and De Gwynedd Domestic Abuse Service	Domestic Abuse Safety Unit (DASU)	Women's Aid RCT
Atal Y Fro	Glyndwr Women's Aid	Safer Wales
Bangor & District Women's Aid	Hafan Cymru	Swansea Women's Aid
Bawso	Llanelli Women's Aid	West Wales Domestic Abuse Services
Clwyd Alyn Housing Association (CAHA) Women's Aid	Montgomeryshire Family Crisis Centre	
Calan Domestic Violence Services (Calan DVS)	Newport Women's Aid	
Cardiff Women's Aid	North Denbighshire Domestic Abuse Service (NDDAS)	

Company registration number: 7483469
Registered charity number: 1140962



Cymorth i Ferched Cymru
Welsh Women's Aid

Rhoi Merched a Phlant yn Gyntaf
Putting Women & Children First

Cymorth i Ferched Cymru
Adroddiad Blynyddol
2015–2016

Cymorth i Ferched Cymru

Cymorth i Ferched Cymru yw'r elusen genedlaethol yng Nghymru sy'n gweithio i ddileu cam-drin domestig a phob math o drais yn erbyn menywod.

Rydym ni'n cefnogi rhwydwaith genedlaethol o wasanaethau arbenigol annibynnol ar gyfer cam-drin domestig a thrais yn erbyn menywod, sy'n cydweithio i ddarparu gwasanaethau achub bywyd i oroeswyr trais a cham-drin – menywod, dynion, plant, teuluoedd – ac yn cyflenwi ymyrraeth gynnar arloesol a gwasanaethau ataliol mewn cymunedau lleol. Rydym ni hefyd yn rhedeg gwasanaeth hyfforddi cenedlaethol ac mae ein prosiect ataliol Mae Plant yn Bwysig yn cynorthwyo gweithwyr proffesiynol i helpu plant a phobl ifanc i atal cam-drin ym mhob awdurdod lleol yng Nghymru.

Rydym ni hefyd yn cyflenwi gwasanaethau uniongyrchol gan gynnwys Llinell Gymorth Byw Heb Ofn Cymru, a gwasanaethau loches ac eiriolaeth ym Mae Colwyn a Wrecsam.

Ers i ni gael ein sefydlu yn 1978, rydym ni wedi bod ar y blaen yn siapio ymatebion ac ymarfer cymunedol cydlynol yng Nghymru drwy ymgyrchu dros newid a darparu cyngor, ymgynghoriaeth, cymorth a hyfforddiant i gyflenwi gwelliannau polisi a gwasanaeth. Caiff ein holl waith polisi, ymgynghori, hyfforddiant ac eiriolaeth ei lywio gan brofiadau ac anghenion goroeswyr trais a cham-drin.

Ble i gael cymorth



Live Fear Free Helpline

Providing confidential support and information on domestic abuse, sexual violence and violence against women in Wales

Llinell Gymorth Byw Heb Ofn

Darparu gwybodaeth a chefnogaeth cyfrinachol ynghylch trais domestig, trais rhywiol a thrais yn erbyn merched yng Nghymru

0808 80 10 800

Tŷ Pendragon
Plas Caxton
Pentwyn
Caerdydd
CF23 8XE

T: 02920 541551

E: admin@welshwomensaid.org.uk

W: www.welshwomensaid.org.uk



@WelshWomensAid



Chwiliwch am
'Cymorth I Ferched Cymru'

Neges o ddiolch

...gan ein Cadeirydd, Maria Thomas

Wrth ddechrau ar fy chweched flwyddyn fel Ymddiriedolwr Cymorth i Ferched Cymru, rwyf i wedi gweld ein dylanwad a'n cwmpas yn tyfu'n sylweddol dros y flwyddyn ddiwethaf.

Roeddem ni'n falch iawn i sicrhau contract Byw Heb Ofn Llywodraeth Cymru ar gyfer cyflenwi cefnogaeth llinell gymorth i oroeswyr trais rhywiol a cham-drin domestig. Rhoddom ni gyngor a chefnogaeth i gomisiynwyr ledled Cymru i ddatblygu asesiadau angen, strategaethau a chynlluniau comisiynu. Yn bwysicaf oll, gwelsom y gefnogaeth i'n haelod-sefydliadau'n cryfhau ac yn ffynnu, sefydlom ni rwydwaith o gysylltiadau annibynnol i ddarparu cymorth i adeiladu capasiti ein gwasanaethau a chydlynom ni adborth cenedlaethol gan oroeswyr i lywio blaenoriaethau Llywodraeth Cymru.

Mae'r adroddiad blynyddol hwn yn disgrifio rhai o'n llwyddiannau yn ystod 2015-2016. Ni fyddem yn gallu gwneud y gwaith hwn heb gymorth ein cyllidwyr a'n cefnogwyr, a nhw gyda'i gilydd sy'n sicrhau bod ein gwasanaethau hanfodol ar draws Cymru'n bosibl.

Hoffwn ddiolch i'n tîm ymroddgar o Ymddiriedolwyr. Cynhaliom ni ymgyrch recriwtio mawr eleni, a bu'n fraint cael gweithio gyda saith Ymddiriedolwr newydd a ymunodd â'r pedwar oedd eisoes gennym ni, ac erbyn hyn mae gennym set sgiliau cryf ac eithriadol i arwain Cymorth i Ferched Cymru dros y blynyddoedd nesaf.

Mae'r Bwrdd yn hynod o ddiolchgar am ymroddiad ac ymrwymiad ein holl dîm o staff a gwirfoddolwyr, dan arweiniad ein Prif Weithredwr. Diolch i'w gwaith caled a'u hymroddiad nhw mae Cymorth i Ferched Cymru'n parhau i arwain y ffordd yng Nghymru a gyda'i gilydd yn cyfrannu at ein nod cyffredin sef dileu cam-drin domestig a phob math o drais yn erbyn menywod.



...gan ein Prif Weithredwr, Eleri Butler

Rydym ni'n parhau gyda'n nod o gyflawni byd heb gam-drin domestig a phob math o drais yn erbyn menywod. Mae gwreiddiau cam-drin domestig a phob math o drais yn erbyn menywod i'w gweld mewn camwahaniaethu ac anghydraddoldeb rhwng menywod a dynion, a chredwn eu bod yn rhagweladwy ac y gellir eu hatal. Mae deddfwriaeth yr helpom ni ei siapio (Deddf Trais yn erbyn Menywod Cam-drin Domestig a Thrais Rhywiol (Cymru) 2015), bellach yn ei gwneud yn ofynnol i wasanaethau cyhoeddus atal trais yn erbyn menywod ym mhopeth a wnânt, sydd, ynghyd â ffocws ar lesiant cenedlaethau'r dyfodol, bellach yn sail ar gyfer newid gwirioneddol yng Nghymru.

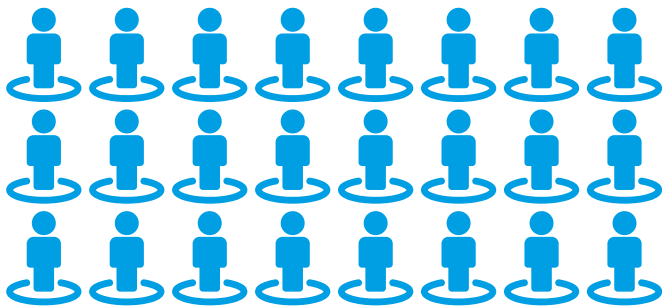
Mae gan ein gwasanaethau gyfraniad hanfodol i'w wneud i gyflawni atal, yn ogystal ag ymyrraeth gynnar, diogelu a chymorth. Eleni, rydym ni wedi gweithio mewn partneriaeth i ddatblygu model Newid sy'n Para i atal trais yn erbyn menywod ac ymyrraeth gynnar yng Nghymru. Drwy ganolbwyntio ar anghenion a chryfderau, ar newid ymddygiad mewn cymunedau ac asiantaethau, gallwn wneud gwahaniaeth i adferiad tymor hir ac annibyniaeth goroeswyr.

Hoffwn ddiolch i'r rheini sy'n sicrhau bod newid yn bosibl: ein cyllidwyr, ein tîm medrus o staff a gwirfoddolwyr, Ymddiriedolwyr, a'n rhwydwaith genedlaethol o wasanaethau arbenigol. Yn bennaf, diolch i gymorth ac arbenigedd goroeswyr sy'n llywio ein gwaith. Rydym ni wedi ymrwymo i sicrhau bod y Llywodraeth a gwasanaethau cyhoeddus yn cyflawni argymhellion goroeswyr ar gyfer gweithredu i ddiwallu anghenion a dileu cam-drin.

Ond mae newid yn cymryd amser ac mae'r galw am ein gwasanaethau'n parhau i dyfu. Bydd 1 menyw ym mhob 3 yn profi trais a cham-drin ar ryw adeg, a chaiff 1 fenyw ei lladd bob 3 diwrnod oherwydd trais gan wryw. Os ydych chi'n cefnogi ein cynlluniau i gyflawni newid sy'n para, ymunwch â'n mudiad drwy ddod yn llysgennad neu'n gefnogwr, i'n helpu ni i atal trais a cham-drin a gwella bywydau'r genhedlaeth hon a chenedlaethau'r dyfodol.



Ein llwyddiannau yn 2015/16



24

o aelod-sefydliadau'n cynnig gwasanaethau arbenigol ar draws Cymru

11,512

o orosywyr wedi'u cynorthwyo gan wasanaethau arbenigol yng Nghymru:

5,159

o orosywyr wedi'u cynorthwyo gan y gwasanaeth allgymorth cymunedol; 4252 o fenywod, 726 o blant a phobl ifanc, a 181 o ddyinion.

3,380

o orosywyr wedi'u cynorthwyo gan wasanaeth cymorth symudol

2,973

o orosywyr wedi'u cynorthwyo mewn lloches



28,392

O alwadau a negeseuon ebost i'n llinell gymorth genedlaethol (Byw heb Ofn) sy'n darparu cymorth diogel, cyfrinachol i orosywyr trais rhywiol a cham-drin domestig;

14,066 o orosywyr wedi'u cynorthwyo gan y llinell gymorth (drwy alwadau uniongyrchol a gweithwyr proffesiynol yn galw ar eu rhan) a 2,973 o orosywyr (2,063 o fenywod, 868 o blant a phobl ifanc, 42 o ddyinion) wedi'u cynorthwyo i gael gwasanaethau lloches yng Nghymru



693

O danysgrifwyr i'n briffiadau, diweddariadau polisi a chylchlythyrau, cynnydd o

+6% ar y flwyddyn flaenorol

1,640



O bobl yn ein dilyn drwy Twitter a Facebook, cynnydd o

+5% ar y flwyddyn flaenorol

Bydd 1 menyw ym mhob 3 yn profi trais a cham-drin ar ryw adeg ac ar gyfartaledd caiff dwy fenyw yr wythnos eu lladd gan bartner neu gynbartner

Bydd 1 ym mhob 7 plentyn a pherson ifanc wedi byw gyda cham-drin domestig

Amcangyfrifir bod 140 yn dioddef anffurfio organau cenhedlu benywod bob blwyddyn a bod hyd at 100 priodas dan orfod bob blwyddyn yng Nghymru

Mae cam-drin domestig yn costio £303.5m y flwyddyn yng Nghymru. Mae ei gost ddyinol ac emosiynol yn £522.9m ychwanegol



Atal: addysg ac ymwybyddiaeth i newid agweddau ac ymddygiad

Gorymdaith 'Golau Canwyll' i Eglwys Gadeiriol Llandaf

Mae trais yn erbyn menywod, cam-drin domestig a thrais rhywiol yn achos ac yn ganlyniad i anghydraddoldeb rhwng menywod a dynion, ac yn gysylltiedig ag anghydraddoldebau croestoriadol. Eleni rydym ni wedi parhau i gyflawni gwaith ataliol drwy addysg, hyfforddiant a chodi ymwybyddiaeth gyhoeddus am drais a cham-drin, cydraddoldeb a hawliau dynol.

I goffáu'r **Diwrnod Rhyngwladol i Ddileu Trais yn erbyn Menywod ac yn dilyn 16 Diwrnod o Weithredu i ddileu trais ar sail rhywedd (Tachwedd 25 - Rhagfyr 10)**, ymunom ni â BAWSO a gwasanaethau eraill, goroeswyr a grwpiau aml-ffydd a chymunedol, i godi ymwybyddiaeth o drais a cham-drin mewn cymunedau lleol drwy gefnogi gorymdaith flynyddol 'Golau Canwyll' a gwasanaethau aml-ffydd yng ngogledd a de Cymru.

Bob blwyddyn, ceir cefnogaeth gref gan Aelodau Cynulliad i godi ymwybyddiaeth o drais yn erbyn menywod, cam-drin domestig a thrais rhywiol. Ym mis Tachwedd 2015 a thrwy gydol y '16 Diwrnod' buom yn galw ar Aelodau Cynulliad o bob plaid i addunedu eu cefnogaeth i ddileu trais yn erbyn menywod, er mwyn codi proffil yr angen i atal trais a cham-drin ar y cyfryngau cymdeithasol.



Leighton Andrews, y Gweinidog
— Gwasanaethau Cyhoeddus

16 Days of Activism Against Gender-Based Violence Campaign
NOVEMBER 25 - DECEMBER 10



Yn 2015-2016, ar ôl ymgynghori sylweddol a derbyn cyngor gan Cymorth i Ferched Cymru ac eraill, cyflwynodd Llywodraeth Cymru ddeddf arloesol Trais yn erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol (Cymru) 2015 a phenodwyd Cyngorydd Cenedlaethol newydd ar gyfer Trais yn erbyn Menywod, pob math o Drais ar sail Rhywedd, Cam-drin Domestig a Thrais Domestig. Mae'r ddeddfwriaeth hon yn gam sylweddol yn ein

hymdrechion i atal trais yn erbyn menywod yng Nghymru, gan ei gwneud yn ofynnol i wasanaethau cyhoeddus atal trais yn erbyn menywod ym mhopeth maent yn ei wneud. Ynghyd â ffocws ar lesiant cenedlaethau'r dyfodol mae'r ddeddfwriaeth hon a'r strategaeth a'r fframwaith polisi atodol bellach yn sail ar gyfer sicrhau newid sy'n para i'r genhedlaeth hon a chenedlaethau'r dyfodol yng Nghymru.

Mae Gwasanaeth Hyfforddiant Cenedlaethol Cymorth

i Ferched Cymru yn ganolfan achrededig Agored Cymru sy'n cyflenwi hyfforddiant o ansawdd uchel i amrywiaeth eang o weithwyr proffesiynol ar draws Cymru er mwyn galluogi gwasanaethau i wella eu hymarfer a diwallu anghenion goreswyr.

'Roedd yn gyfle prin i lawer o sefydliadau ddod at ei gilydd i drafod trais yn erbyn menywod a materion yn ymwneud â menywod yn gyffredinol.'

'Addysgiadol iawn a heriol hefyd mewn mannau. Cyfle da i ddychwelyd a thrafod pynciau anodd. Gallai gynnig cyfle i ddylanwadu ar newidiadau polisi yn y dyfodol ar draws Cymru'

Ym mis Tachwedd 2015, fel rhan o'n rhaglen genedlaethol o addysg a hyfforddiant, cynhaliwyd seminar partneriaeth cenedlaethol yn canolbwyntio ar ymyrryd sylfaenol o ran trais yn erbyn menywod. Ymunodd dros 80 o weithwyr proffesiynol o bob rhan o Gymru â ni, a gyda phanel o siaradwyr arbenigol, trafodwyd ymarfer gorau o ran hyrwyddo cydraddoldeb menywod, hybu atal ymhlith plant a phobl ifanc, atal trais a thrais rhywiol, mentrau gwyllyddyddion mewn lleoliadau addysg a chymunedol, a sut mae'r gwasanaethau arbenigol yn gweithio i gyflawni atal mewn cymunedau ar draws Cymru.

Eleni, sefydlom ni bartneriaeth genedlaethol gyda gwasanaethau arbenigol i gynyddu ein cwmpas a'n cyflenwi, ac mewn ymateb i



Byddai 100% o'r rhai oedd yn bresennol yn argymhell y seminar i'w cydweithwyr

adborth gan oroeswyr cam-drin, mae menywod sydd wedi profi cam-drin bellach yn rhan o'r gwaith datblygu hyfforddiant.

'Pe bai gweithwyr proffesiynol yn gallu clywed menywod mewn grŵp, gwybod sut beth yw e. Maen nhw'n cael eu hyfforddi ond dydyn nhw ddim wir yn clywed y fenyw sydd wedi bod drwyddo. Efallai y gallen ni ffilmio menywod a gallai asiantaethau glywed sut beth yw e mewn gwirionedd i ni.'

— Goroeswr, Grŵp Ffocws

Fel partneriaeth, llwyddom ni hefyd i sicrhau contract cenedlaethol Hyfforddi'r Hyfforddwr 'Gofyn a Gweithredu' Llywodraeth Cymru, i sicrhau bod yr holl awdurdodau cyhoeddus yn gallu adnabod ac ymateb i drais yn erbyn menywod, cam-drin domestig a thrais rhywiol ar draws Cymru.

Mae'r contract hwn yn elfen ganolog o Fframwaith Hyfforddi Cenedlaethol Llywodraeth Cymru, sy'n ceisio creu cymorth mwy cyson i'r rheini sy'n profi trais yn erbyn menywod, cam-drin domestig a thrais rhywiol a safon gwasanaeth di-feth drwy holl wasanaethau cyhoeddus a thrydydd sector Cymru.

'Bu'r cwrs yn rhagorol, addysgiadol, addysgol a chefnogol. Cyflwynwyd llawer o wybodaeth yn glir a dealladwy. Rwy'n teimlo i mi elwa o'r ddau ddiwrnod diwethaf ac yn hyderus i ddarparu hyfforddiant i gydweithwyr.'

'Fe fwynheais i'r cwrs yn fawr, roeddwn yn gyfforddus gyda'r hyfforddwr a'r grŵp. Cefais lawer o wybodaeth a'r hyder i'm galluogi i fynd â'r wybodaeth ymlaen ac addysgu fy nghydweithwyr.'

Ar ddiwedd y flwyddyn, roedd yn bleser croesawu'r Athro Evan Stark i Gymru, sef yr un a greodd y cysyniad o reolaeth gymhellol ac a gynghorodd Llywodraeth y DU ar ei gwneud yn drosedd. Trefnom ni ddigwyddiad deuddydd yn edrych ar sut y dylai gwasanaethau iechyd, gofal cymdeithasol, tai, heddlu ac arbenigol ynghyd â gweithwyr proffesiynol eraill yng Nghymru adnabod ac ymateb i reolaeth gymhellol. Daeth dros 150 o gynrychiolwyr, gan gynnwys 70 o Heddlu De Cymru.

Dywedodd 100% o ymatebwyr bod eu gwybodaeth am reolaeth gymhellol wedi cynyddu yn sgil y digwyddiad hwn.



The National Training Framework on violence against women, domestic abuse and sexual violence:

Statutory guidance under section 15 of the Violence against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015 and section 60 of the Government of Wales Act 2006

17 March 2016

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.
The document is also available in Welsh.
OCLC: 1208669989, 1208670000, 1208669989, 1208670000



Professor Evan Stark

'Diwrnod addysgiadol iawn, a siaradwyr rhagorol. Cadarnhaol iawn bod rheolaeth gymhellol bellach yn cael ei chydabod ymhlith asiantaethau.'

— Cynrychiolydd Diwrnod Un



Mae ein prosiect atal **Mae Plant yn Bwysig** sydd wedi'i hen sefydlu yn ceisio gwella gwasanaethau i blant a phobl ifanc sydd wedi'u heffeithio gan brofiadau niweidiol cam-drin domestig a thrais rhywiol yn ystod eu plentyndod, annog ymyrraeth gynnar ac atal gan weithwyr proffesiynol, a hyrwyddo perthynasau iach a chydrradd, cydsyniad a pharch ymhlith plant a phobl ifanc.

Ysgrifennodd a chefnogodd ein tîm y Canllaw Arferion Da: Dull Addysg Gyfan o fynd i'r afael â Thrais yn erbyn Menywod, Cam-drin Domestig a thrais Rhywiol yng Nghymru, a gyhoeddwyd gan Lywodraeth Cymru yn 2015. Gweithiom ni mewn partneriaeth hefyd i greu pecyn cymorth o adnoddau effeithiol i sefydliadau addysg er mwyn cynorthwyo ysgolion a gwasanaethau addysg bellach i gyflwyno agwedd addysg gyflawn at atal ac ymateb yn effeithiol i blant a phobl ifanc sydd angen cymorth.

Hyfforddwyd cannoedd o weithwyr proffesiynol a'u cynorthwyo i gyflwyno **Gwasanaethau S.T.A.R** mewn gwasanaethau arbenigol, gwasanaethau ieuencid, unedau cyfeirio disgyblion, gwasanaethau teuluol, cyfiawnder ieuencid a rheoli troseddwyd, a llwyddodd yr hyfforddiant i alluogi **8,586 o blant a phobl ifanc** i gael cymorth drwy'r rhaglen. O ganlyniad:

- dywedodd 95% o blant fod ganddyn nhw fwy o wybodaeth am gam-drin domestig, fyddai'n eu galluogi i wneud dewisiadau gwybodus yn y dyfodol
- dywedodd 92% o blant eu bod yn gwybod ble i fynd os oedden nhw'n profi cam-drin domestig
- dywedodd 90% fod ganddyn nhw'r adnoddau i deimlo'n fwy diogel yn dilyn y rhaglenni

Lansiwyd 'eFforwm Ymarferwyr Mae Plant yn Bwysig' eleni, sy'n cynnig man diogel ar-lein i ymarferwyr sy'n gweithio gyda phlant a phobl ifanc gyrchu cymorth ac arweiniad, rhannu adnoddau ac ymarfer gorau, a rhwydweithio gyda gweithwyr proffesiynol eraill ar draws Cymru.

Mae pobl ifanc yn ymrwmo i gynnal perthynas iach ar ôl mynychu Rhaglen S.T.A.R i Bobl Ifanc

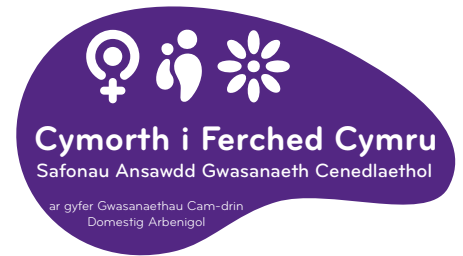
Tell somebody
Talk to people
do not hide

I pledge to not accept any
abuse or harmful activity from
anyone and tell someone I
trust if anything happens.

I Pledge to stand up and speak
about Domestic abuse when ever it is
happening. and show respect
to the people it is happening
to.

☹️ ⚔️ ☹️
Boys shall not be sexually
abusive to girls they should
be kind and friendly.

Yng Nghymru, rydym ni'n cydlynu **achrediad Safonau Ansawdd Gwasanaeth Cenedlaethol** Cymorth i Ferched Cymru ar gyfer gwasanaethau cam-drin domestig/trais yn erbyn menywod, gyda chefnogaeth Llywodraeth Cymru, sy'n darparu set o safonau ansawdd gwasanaeth achrededig i ddarparwyr gwasanaeth, cyllidwyr a chomisiynwyr. Caiff y safonau eu hasesu gan aseswyr annibynnol hynod fedrus a chymwysedig a'u hadolygu gan banel cenedlaethol sy'n cynnwys aelodau annibynnol, gan gynnwys goroeswyr.



Mae'r Safonau Ansawdd Gwasanaeth Cenedlaethol yn cefnogi nodau Deddf Trais yn erbyn Menywod Cam-drin Domestig a Thrais Rhywiol (Cymru) 2015 yn ei dyletswydd i sicrhau bod gwasanaethau a gomisiynir gan y sector cyhoeddus yng Nghymru yn rhai ansawdd uchel. Bydd y safonau'n parhau i gael eu cyflwyno drwy gydol 2016.

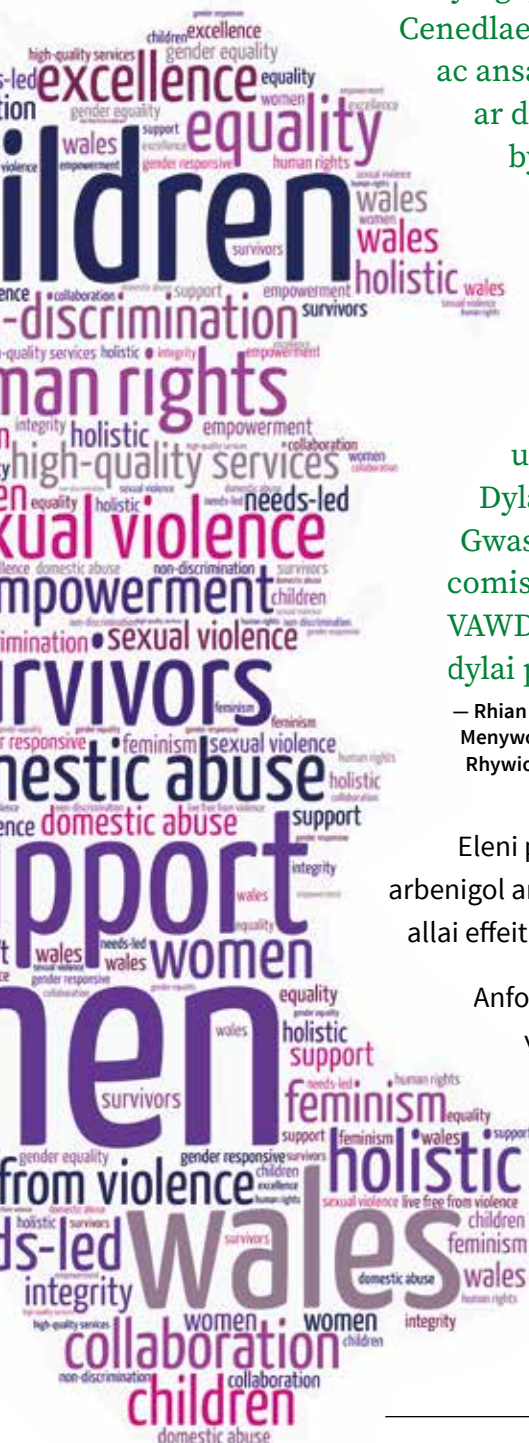
'Un o fy nghyfrifoldebau allweddol fel Cynghorydd Cenedlaethol yw gwella cysondeb, cydlynu ac ansawdd y ddarpariaeth gwasanaeth ar draws Cymru i alluogi unigolion, ble bynnag maen nhw'n byw, i fanteisio ar wasanaethau cynhwysol, ansawdd uchel sy'n diwallu eu hanghenion. Mae Safonau Ansawdd Gwasanaeth Cenedlaethol Cymorth i Ferched Cymru yn cynnig fframwaith o sicrwydd ar sail tystiolaeth i'r darparwr, y comisiynydd a'r unigolyn sy'n defnyddio'r gwasanaethau.

Dylai cyflwyno'r Safonau Ansawdd Gwasanaeth fod yn sail ar gyfer modelau comisiynu cynaliadwy ar gyfer gwasanaethau VAWDASV; gan ddarparu nod ansawdd y dylai pob darparwr weithio at ei gyflawni'

— Rhian Bowen-Davies, Cynghorydd Cenedlaethol ar gyfer Trais yn erbyn Menywod, mathau eraill o Drais ar sail Rhywedd, Cam-drin Domestig a Thrais Rhywiol, 2015.

Eleni parhawyd i ddiweddarau ein gwasanaethau arbenigol ar bolisiâu a newidiadau gweithdrefnol a allai effeithio ar gyflenwi eu gwasanaethau.

Anfonwyd 26 o ddiweddariadau polisi ac ymarfer yn ystod 2015-16 at aelod-wasanaethau arbenigol yng Nghymru, a chafwyd dros 150 o ymweliadau a chysylltiadau gyda gwasanaethau arbenigol i drafod eu hanghenion gwasanaeth a chynnig cymorth.





Roedd hyn yn cynnwys seminar cenedlaethol ar wella cymorth i orosywyr cam-drin domestig trawsrywiol. Dan arweiniad panel o siaradwyr arbenigol oedd â phrofiad o ddatblygu a chyflenwi gwasanaethau

a pholisïau LGBT+, trafododd y seminar sut gall gweithwyr proffesiynol liniaru'r rhwystrau mae goroeswyr trawsrywiol yn eu hwynebu wrth gyrchu cymorth, a sut i wella ymatebion i helpu goroeswyr i gael y cymorth sydd ei angen arnynt.

Buom hefyd yn hybu ac yn hyfforddi ar ein Polisi a Chanllaw Gweithdrefnol Trawsrywiol cenedlaethol ac yn rhannu ymarfer gorau ar gyflenwi gwasanaethau yn ymateb i rywedd.

Parhaom ni i **gynnig llais cenedlaethol i wasanaethau arbenigol** drwy gyfleu eu profiadau i'r llywodraeth a gwneuthurwyr polisi. Ein nod yw sicrhau bod y newidiadau mae gwasanaethau arbenigol yn galw amdanynt i ddiwallu anghenion goroeswyr yn llywio datblygiadau polisi ac ymarfer cenedlaethol.

Cyflwynwyd 24 ymateb ymgynghoriad, wedi'u llywio gan ein haelodau sy'n wasanaethau arbenigol

Yng Nghymru, gyda'n gilydd fe gawsom effaith wirioneddol ar gynnwys Deddf Trais yn erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol (Cymru), a chyfrannwyd adborth er mwyn gwella Deddf Rhentu Cartrefi (Cymru); yr Amcanion Cydraddoldeb ar eu newydd wedd; canllawiau Codi Uchelgais a Chyrhaeddiad Addysgol Plant sy'n Derbyn Gofal yng Nghymru; y Canllawiau Statudol ar gyfer Deddf Llesiant Cenedlaethau'r Dyfodol (Cymru) 2015; Cynllun Cyflenwi Ffoaduriaid a Cheiswyr Lloches; arweiniad ar Reoli Economi'r Nos; Cynllun Cyflenwi Gyda'n Gilydd Dros Iechyd Meddwl; a chyfrannu at yr ymgynghoriad ar Gyllideb 2015-17 Llywodraeth Cymru.

Yn San Steffan, roedd ein gwaith ar faterion heb eu datganoli'n cynnwys cyflwyno tystiolaeth i Wrandawriad Seneddol ar Lysoedd Teuluol Grŵp Hollbleidiol Seneddol San Steffan ar Drais Domestig, Ymchwiliad y Pwyllgor Dethol Materion Cartref ar Buteindra, ac ymgynghoriad y Swyddfa Gartref ar gyflwyno Gorchymyn Diogelu Stelcio. Rydym ni'n parhau i godi materion fel effaith toriadau i Gymorth Cyfreithiol a newidiadau i fudd-daliadau ar orosywyr a darparwyr llety â chymorth fel llochesi.



lyn 2015-16, dechreuodd Cymorth i Ferched Cymru ein **hymgyrch Achub Llochesi, Achub Bywydau** sy'n galw am ddiogelu cyllid y llywodraeth ac awdurdodau lleol i wasanaethau arbenigol yng Nghymru.

Mewn partneriaeth gyda gwasanaethau arbenigol a gyda chymorth data ar gynladwyedd cyllid a galw am wasanaethau, llunio ni becyn cymorth i'r hymgyrch gan hybu'r angen am fodel o gyllid cynaliadwy i wasanaethau arbenigol.

Cyflwynwyd y dystiolaeth a gasglwyd mewn tystiolaeth ysgrifenedig a llafar i Bwyllgor Cyllid Cynulliad Cenedlaethol Cymru, ac fe'i codwyd sawl tro gan Aelodau Cynulliad mewn trafodaethau dilynol.

'Y menywod yn y gwasanaeth hwn achubodd fy mywyd i. Doeddwn i ddim yn gallu ymdopi ac fe roddon nhw fy mywyd yn ôl i fi. Roeddwn i'n byw mewn sefyllfa afreal ac roedden nhw'n deall. Gwnaethon nhw i fi deimlo'n llai ynysig a helpon nhw fi i fy ffeindio fy hun unwaith eto.'

— Goroeswr, Grŵp Ffocws

'Mae'r llochesi'n chwalu'r ynysu, yn eich cael chi allan o'r sefyllfa, ac maen nhw'n eich credu chi. Er ein bod ni i gyd o gefndiroedd gwahanol maen nhw'n ein dal ni i gyd am eu bod yn gwybod beth rydyn ni wedi bod drwyddo. Wn i ddim beth fyddai'n digwydd pe na baen nhw yma.'

— Goroeswr, Grŵp Ffocws

Yn 2016, ymunom ni â Ffederasiynau Cymorth i Ferched y DU i ymgyrchu yn erbyn newidiadau arfaethedig i gyllido tai â chymorth, ac ers hynny rydym ni wedi croesawu datganiad Llywodraeth y DU y caiff llochesi cam-drin domestig eu heithrio o'r cap ar gyfraddau budd-dal tai'r Lwfans Tai Lleol mewn llety â chymorth tan 2019/20. Byddai dros ddwy ran o dair o'r llochesi yng Nghymru wedi'u gorfodi i gau, pe bai'r cap ar fudd-dal tai wedi'i gyflwyno.

'Mae angen i blant wybod beth sy'n anghywir a beth sy'n iawn mewn perthynas, beth sy'n dderbyniol a pha help – pa wasanaethau – sydd ar gael. Mae angen iddo fod yn briodol i'r oed, yn yr ysgol gynradd – dylai fod yn orfodol ac nid yn fater o ddewis oherwydd efallai na fydd rhieni a rhai plant yn ei gael. Wrth iddyn nhw dyfu'n hŷn, yn yr ysgol uwchradd, mae bechgyn eisoes yn taro merched yn yr ysgol, er ei fwyn ei hun, a does neb yn herio hyn. Mae angen i hyn barhau'r holl ffordd drwy'r brifysgol.'

— Goroeswr, Grŵp Ffocws

Lletywyd a chynorthwywyd 1,518 (57%) o fenywod a gyfeiriwyd at gymorth lloches, a lletywyd a chynorthwywyd 41 (45%) o ddynion a gyfeiriwyd at gymorth lloches.

Roedd 388 o oroeswyr yn methu â chael lle mewn lloches pan oedd angen cymorth arnynt, am nad oedd lle ar gael i ddiwallu eu hangen.

O 2,060 o fenywod a gyfeiriwyd at wasanaethau cymorth symudol llochesi, cynorthwywyd 1613 (78%) o fenywod. Cyfeiriwyd 29 o ddynion a chynorthwywyd 22 (76%). Yn 2015-16, roedd 123 o fenywod ar restr aros am gymorth.

O 4,091 o fenywod a gyfeiriwyd at wasanaethau allgymorth cymunedol llochesi, cynorthwywyd 2,960 (72%) o fenywod. Cyfeiriwyd 153 o ddynion a chynorthwywyd 119 (78%). Roedd y cyfeiriadau'n cynnwys 646 o blant a phobl ifanc, ac o'r rhain cafodd 385 (56%) o blant a phobl ifanc eu cynorthwyo'n uniongyrchol.

Diogelu a chymorth: dan arweiniad anghenion ac ar sail cryfderau

Yn 2015-16 fe barhaom ni i gefnogi goroeswyr drwy Llinell Gymorth Byw heb Ofn Cymru, a chyflenwi gwasanaethau lloches, eiriolaeth a chymunedol dan arweiniad anghenion ac ar sail cryfderau ym Mae Colwyn a Wrecsam.

Cafodd 14,066 o oroeswyr gymorth gan wasanaeth y Llinell Gymorth, sef 74% o'r holl alwadau i'r llinell gymorth

Parhaodd **Llinell Gymorth Byw heb Ofn** i ddarparu llinell gymorth 24 awr y dydd, 365 dydd y flwyddyn, amlieithog i oroeswyr ac unrhyw un sy'n ceisio gwybodaeth neu gymorth yn ymwneud â thrais rhywiol, cam-drin domestig a mathau eraill o drais yn erbyn menywod.

Eleni, derbyniodd y Llinell Gymorth 28,392 o geisiadau am gymorth drwy alwadau a chyswllt ebost. Mae hyn yn gynnydd o 7% yn y nifer o alwadau dros y chwe mis diwethaf o'i gymharu â'r flwyddyn flaenorol a 43% o gynnydd mewn negeseuon ebost yn ceisio cymorth.

Mae'r galwadau eraill a gaiff eu derbyn yn dod gan weithwyr proffesiynol neu bobl bryderus eraill sy'n ceisio cymorth a help ar ran goroeswyr, ac sy'n cynnwys gwasanaethau'n chwilio am lefydd mewn lloches i oroeswyr, drwy system Llochesi Ar-lein y DU, a gaiff ei rheoli mewn partneriaeth gyda Ffederasiynau Cymorth i Ferched y DU.

O'r goroeswyr a ddarparodd adborth ar y gwasanaeth:

- nododd 91% o oroeswyr eu bod yn teimlo'n fwy diogel ar ôl cysylltu â'r llinell gymorth
- nododd 93% o oroeswyr bod eu llesiant emosiynol wedi gwella ar ôl cysylltu â'r llinell gymorth
- nododd 98% o oroeswyr iddynt gael eu cyfeirio at wasanaethau cymorth priodol
- nododd 98% o oroeswyr eu bod wedi cael cymorth arbenigol a gwybodaeth a'u galluogodd i wneud dewisiadau gwybodus.

'Diolch yn fawr. Roedd yn gymaint o help cael siarad gyda rhywun sy'n deall ac oedd yn sensitif i fy anghenion.'

'Mae'n dda gwybod bod rhywun ar ben arall y ffôn i siarad gyda fi.'



Yn 2015/16, dyfarnwyd y safon ansawdd genedlaethol gydnabyddedig sy'n diffinio ac yn achredu ymarfer gorau mewn gwaith llinell gymorth am y trydydd tro.

Mae **Gwasanaethau Cymorth i Ferched Cymru**

Wrecsam a Bae Colwyn yn cynorthwyo goroeswyr a'u plant sydd wedi profi cam-drin corfforol, seicolegol, emosiynol, rhywiol a/neu ariannol, a mathau eraill o drais yn erbyn menywod. Mae'r gwasanaethau'n darparu gwybodaeth, cymorth ymarferol, eiriolaeth a chymorth i fenywod, plant a phobl ifanc, i helpu goroeswyr i gwrdd â'u hanghenion, adeiladu ar eu cryfderau a'u galluogi i gyflawni annibyniaeth a rhyddid rhag cam-drin yn y tymor hirach.

- Cyfeiriwyd 113 o oroeswyr am gymorth lloches yn Wrecsam a Cholwyn ac o'r rhain, roedd modd lletya a chynorthwyo 39 o fenywod a 48 o blant. Defnyddiodd 805 o oroeswyr ein gwasanaethau 'siop un stop' oedd yn cynnwys gwaith grŵp, sesiynau cyngor a chymorth unigol, eiriolaeth a chymorth drwy'r llysoedd, galw heibio a chymorth gan gymheiriaid. Roedd cynlluniau cymorth yn cynnwys

cymorth i ddefnyddio gwasanaethau eraill, fel gwasanaethau cymorth adfer o gamddefnyddio sylweddau, tai, cyfreithwyr, yr heddlu ac iechyd.

- Ym Mae Colwyn, cafodd 139 o fenywod a 89 o blant a phobl ifanc eu cynorthwyo drwy ein gwasanaethau allgymorth cymunedol; darparwyd cymorth penodol i blant a phobl ifanc hefyd i 151 o blant ychwanegol.
- Yn Wrecsam, cafodd 544 o fenywod a 178 o blant a phobl ifanc a 18 o ddynion eu cynorthwyo drwy wasanaethau eiriolaeth a chymunedol annibynnol.

'Rydych chi wedi fy helpu cymaint. Nawr mae'n bryd i fi wneud pethau ar fy mhen fy hun.'

— Goroeswr, Grŵp Ffocws

'Cymorth eithriadol - yn rhoi cyfle i fi gael fy nghlywed. Erbyn hyn mae gen i lais.'

— Goroeswr, Grŵp Ffocws

100%

o'r goroeswyr yn teimlo'n fwy diogel ar ôl derbyn cymorth

96%

o oroeswyr gynnydd yn eu hyder

99%

o oroeswyr eu bod yn ymdopi'n well â'u profiadau ar ôl cael cymorth

Mae gwasanaethau uniongyrchol hefyd yn darparu amrywiaeth o grwpiau i oroeswyr â'r nod o leihau ynysu, grymuso goroeswyr i ddatblygu rhwydweithiau cymorth anffurfiol, darparu cyfleoedd hamdden a dysgu; datblygu perthynasau iach a chreu manau diogel ble gall menywod ddatblygu eu hunanhyder a'u pendantrwydd. Eleni, cyflwynwyd 65 o sesiynau er budd uniongyrchol i 95 o fenywod.

'Rwyf i wedi cael cymorth gan bobl sy'n deall beth rwyf i wedi bod drwyddo, Diolch!'

— Goroeswr, Grŵp Ffocws

'Mae pawb yn gwrando ac yn eich deall drwy eu profiadau personol, dim beirniadaeth, dim ond cefnogaeth. Cymerais wyliau o'r gwaith bob wythnos, y defnydd gorau o wyliau erioed!'

— Goroeswr, Grŵp Ffocws

'Mae angen mwy o gymorth grŵp ar fenywod oherwydd mae'n helpu i gael gwared ar y gred mai dim ond fi sy'n mynd drwy hyn, mae'n lleihau ein hunigedd, mae'n ein helpu ni i wneud y cysylltiad bod hyn yn gyffredin – pa un a ydyn ni wedi profi cam-drin rhywiol, artaith emosiynol neu feddyliol neu guro corfforol, mae'n ein helpu ni i'w enwi felly gallwn ni symud ymlaen, mae angen rhagor o grwpiau'

— Goroeswr, Grŵp Ffocws



Partneriaethau: gweithio gyda'n gilydd i roi'r goroeswyr yn y canol, gweithredu ar argymhellion goroeswyr a chyflawni 'newid sy'n para'

Parhaodd a chryfhaodd ein gwaith i gynnwys a gosod goroeswyr yng nghanol gwaith partneriaeth a chreu polisi eleni. Parhaom ni hefyd i weithio mewn partneriaeth i hyrwyddo'r egwyddorion a'r agwedd sy'n sail i'r model partneriaeth newydd 'Newid sy'n Para' i gyflawni ymyrraeth gynharach mewn ymateb i drais yn erbyn menywod, cam-drin domestig a thrais rhywiol yng Nghymru.

Mae deall sut mae goroeswyr cam-drin domestig, trais rhywiol a mathau eraill o drais yn erbyn menywod yn defnyddio ac yn profi gwasanaethau cyhoeddus yn allweddol i wella effeithiolrwydd gwasanaethau a systemau atal, diogelu a chymorth yng Nghymru.

Drwy gydol 2015/16, buom ni'n datblygu ein gwaith ymgysylltu cenedlaethol gyda goroeswyr gan drefnu nifer o grwpiau ffocws i oroeswyr yng Nghymru i gyfrannu at ymatebion i drais yn erbyn menywod, cam-drin domestig a thrais rhywiol gan wasanaethau a'r gymuned.

Rhwng mis Ionawr a mis Mawrth 2016, daeth 66 o oroeswyr trais a cham-drin i grwpiau ffocws ar draws Cymru, wedi'u trefnu gan Cymorth i Ferched

'Dylai'r Llywodraeth glywed gan fenywod, menywod sydd wedi bod drwyddi, yn barhaus, neu fel arall byddant yn cael syniadau fydd ddim yn gweithio. Gall unrhyw un ohonon ni ... mae digon ohonon ni wedi bod drwyddi felly gallwn ni helpu'

— Goroeswr, Grŵp Ffocws

Cymru a'u harwain gan hwylusydd annibynnol, i ganfod sut mae goroeswyr yn profi gwasanaethau cyhoeddus a chlywed eu hargymhellion am well ymarfer a blaenoriaethau strategaeth cenedlaethol. Cyflwynwyd adroddiad y grwpiau hyn – **"Ydych chi'n gwranddo ac ydw i'n cael fy nghlywed?" - adroddiad ar argymhellion goroeswyr trais yn erbyn menywod, cam-drin domestig a thrais rhywiol yng Nghymru**" i'r Bwrdd Ymgynghorol Cenedlaethol ac i Lywodraeth Cymru yn 2016, a'i gylchredeg i gomisiynwyr ar draws Cymru.

Rydym ni wedi ymrwymo i sicrhau y caiff yr argymhellion a wnaed gan oroeswyr a gyfranogodd sylw cenedlaethol.

'Mae angen i bob sefydliad wrando arnon ni a'n cymryd ni o ddifri. Roeddwn i'n un o'r rheini oedd yn dweud pam na wnaiff hi adael? neu sut gall hi adael ei phlant? ... ond rydych chi'n mynd drwyddi ac yn clywed straeon pobl eraill ac rydych chi'n deall'

— Goroeswr, Grŵp Ffocws

Nododd goroeswyr 10 argymhelliad allweddol i Lywodraeth Cymru a'r gwasanaethau cyhoeddus

1. Gwasanaethau arbenigol penodol ar gael ym mhob ardal i blant a phobl ifanc a effeithir gan neu sy'n profi cam-drin domestig, trais rhywiol, FGM, priodas dan orfod, cam-fanteisio neu aflonyddu rhywiol.
.....
2. Gwasanaethau cam-drin domestig a thrais rhywiol arbenigol ar gael ym mhob ardal i oroeswyr, sy'n hygyrch ac yn derbyn adnoddau i ddiwallu anghenion grwpiau penodol o oroeswyr.
.....
3. Gwell ymwybyddiaeth ac ymateb i drais yn erbyn menywod, cam-drin domestig a thrais rhywiol gan weithwyr proffesiynol yn y system cyfiawnder teuluol (CAFCASS Cymru, barnwyr a phersonél y llys, canolfannau cyswllt) a chyswllt diogel i blant gyda rhieni/gofalwyr yn dilyn gwahanu, mewn achosion o gam-drin domestig a thrais rhywiol.
.....
4. Cymorth 'gwasanaeth lloches' hygyrch ym mhob ardal, ynghyd ag opsiynau cartrefu diogel, fforddiadwy, tymor hirach i oroeswyr cam-drin, sy'n cynnig hyblygrwydd, dewis ac sy'n diwallu anghenion goroeswyr.
.....
5. Grwpiau menywod a chymorth cymheiriaid ar gael ym mhob ardal, i leihau ynysu a chynyddu manau annibynnol sy'n gwella hyder, parch a grymuso.
.....
6. Diogelu a chymorth i'r holl oroeswyr nad ydynt yn gallu manteisio ar gyllid cyhoeddus er mwyn sicrhau mynediad cyfartal at ddiogelwch, cymorth amddiffyn a chyfiawnder, a chyllid i fyw'n annibynnol, beth bynnag yw statws mewnfudo a phreswyllo'r goroeswyr.
.....
7. Gwasanaethau cwnsela a therapiwtig i oroeswyr ar gael ym mhob ardal, fel bo'r angen, sy'n briodol i'r oedran ac yn helpu i adeiladu gwydnwch a gwella ar ôl cam-drin.
.....
8. Canolbwyntio mwy ar atal ymddygiad cyflawnwyr a'u dal i gyfrif gan y gwasanaethau cyhoeddus, a lle bo trais a cham-drin yn cynnwys rheolaeth gymhellol, gweithredu gan y gwasanaethau cyhoeddus i sicrhau bod cyflawnwyr yn gadael ac yn diweddu perthynasau camdriniol.
.....
9. Gwell hyfforddiant i'r holl wasanaethau ar agweddau ar drais yn erbyn menywod, cam-drin domestig a thrais rhywiol, dan arweiniad profiadau goroeswyr.
.....
10. Atal trais yn erbyn menywod, cam-drin domestig a thrais rhywiol rhag digwydd yn y lle cyntaf, drwy addysg ataliol orfodol ym mhob ysgol a choleg, cynyddu ymwybyddiaeth o'r materion a'r cymorth sydd ar gael mewn cymunedau lleol ar draws Cymru.



**Rachel Williams, Llysgennad Goroesi i Brosiect
Mae Plant yn Bwysig Cymorth i Ferched Cymru:**

'Rwyf i wedi bod yn dweud ers tro y dylid dysgu am berthynas iach i bobl ifanc, mae angen i blant wybod bod help ar gael. Os yw plant yn cael eu magu mewn cartref lle ceir cam-drin mae angen dysgu iddyn nhw nad yw hynny'n normal a bod help ar gael. Gyda dwy fenyw bob wythnos yn marw oherwydd trais domestig a thua 1 plentyn ym mhob 5 yn cael eu hamlygu i gam-drin domestig, dyw hynny ddim yn ddigon da, mae angen i ni wneud mwy.'

Dros y flwyddyn ddiwethaf, buom hefyd yn **cydweithio gyda phobl ifanc** ar brosiect gyda'r Athro Emma Renold ym Mhrifysgol Caerdydd, NSPCC Cymru a Chomisiynydd Plant Cymru, i ddatblygu a chyflwyno canllaw i bobl ifanc ar agwedd addysg gyfan at atal. Mae AGENDA – sydd i'w lansio yn 2016 – yn adnodd a ddatblygwyd gan bobl ifanc ar gyfer plant a phobl ifanc, ac mae'n cynnwys rhaglen o

weithgareddau ac adnoddau i'w defnyddio gyda phlant a phobl ifanc mewn ysgolion a chymunedau.

Mae goroeswyr yn dweud wrthym ni dro ar ôl tro bod y gwasanaethau cyhoeddus yn dal i fethu â gwrando ar oroeswyr, diwallu eu hanghenion a'u cefnogi i gyflawni adferiad tymor hir, annibyniaeth a rhyddid rhag cam-drin.

Y llwybr at gymorth yn aml yw asesiad o'r 'risg' mae'r cyflawnwr yn ei beri i oroeswyr, gyda'r mwyafrif o'r goroeswyr na phennir yn 'risg uchel' yn syrthio rhwng bylchau'r gwasanaethau, gan arwain at argyfwng cynyddol o angen sydd heb ei ddiwallu. Nid yw dull yn seiliedig ar risg yr un fath ag ymyrraeth gynnar, nid yw'n cefnogi adferiad ac annibyniaeth ac nid yw'n lleihau cam-drin domestig yn gyffredinol.

Gan weithio mewn partneriaeth gyda Cymorth i Ferched yn Lloegr i ddatblygu model gwasanaeth newydd – Newid sy'n Para – ein nod yw rhoi cryfderau ac anghenion menywod yng nghanol y penderfyniadau amdanyn nhw a'u teuluoedd.

Newid sy'n Para: mae pob pwynt cyswllt gyda
ac ni ddylai fyth ychwanegu at y rhwystrau

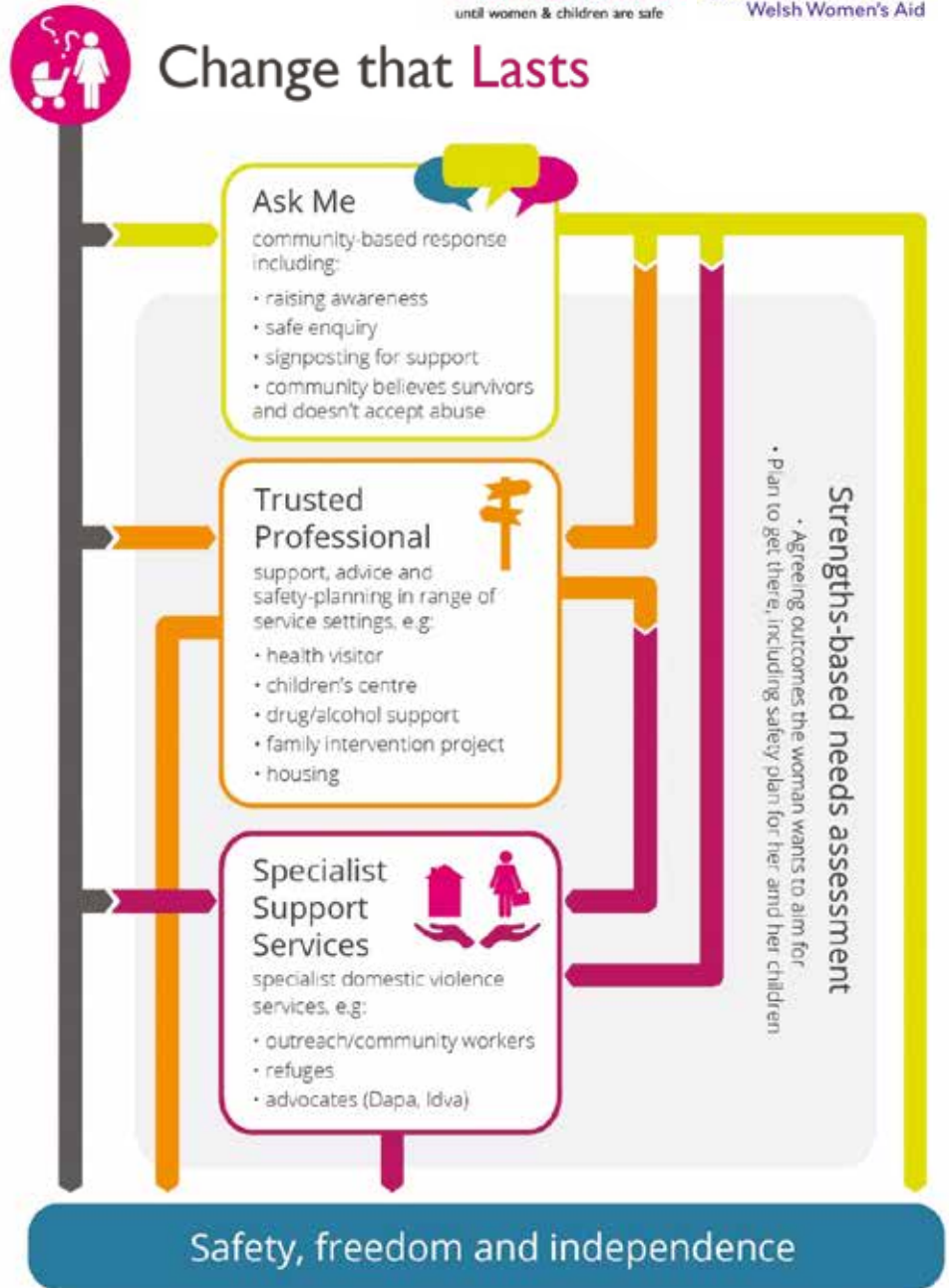
Mae ein gwaith yn 2015-16 wedi cynnwys hyrwyddo egwyddorion ac agwedd fydd yn cyflawni newid sy'n para ar draws Cymru, i sicrhau bod ymyrraeth gynnar ac atal yn parhau'n ganolog wrth fynd i'r afael â thrais yn erbyn menywod, cam-drin domestig a thrais rhywiol.

Diolch i gyllid gan Lywodraeth Cymru ar gyfer datblygu'r model a Sefydliad Lankelly Chase am ein galluogi i ddatblygu dull gweithredu i newid y system, rydym ni wedi sicrhau cyllid partneriaeth gan Lywodraeth San Steffan a Comic Relief, drwy Women's Aid yn Loegr, i beilota amlygu manau datgelu diogel mewn cymunedau lleol o 2016 (cynllun 'Holwch Fi') fydd yn cynnwys elfen gref o werthuso i dystio'r dull.

'Mae menywod yng Nghymru wedi dweud wrthym ni pa mor bwysig yw hi i gymunedau lleol ddeall cam-drin

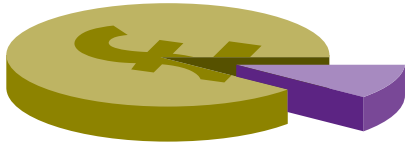
domestig, trais rhywiol a phob math o drais yn erbyn menywod. Mae'n hynod o bwysig bod ganddynt lwybrau effeithiol i wella datgelu mewn cymunedau lleol, er mwyn gallu sicrhau diogelwch a chymorth. Mae Cymru'n cynnig cyfle unigryw i beilota agwedd newydd at ymyrraeth gynnar ac atal, er mwyn cryfhau gwybodaeth gymunedol a gwydnwch, caiff gweithwyr proffesiynol eu hyfforddi i ofyn a gweithredu, a chynyddir gwasanaethau arbenigol i ddiwallu anghenion cynyddol gymhleth goroeswyr ac adeiladu ar eu cryfderau ar yr un pryd'

— Eleri Butler, Prif Weithredwr Cymorth i Ferched Cymru



goroeswr yn gyfle i ymyrryd. Ni ddylid ei gollu, enfawr mae goroeswyr eisoes yn eu hwynebu.

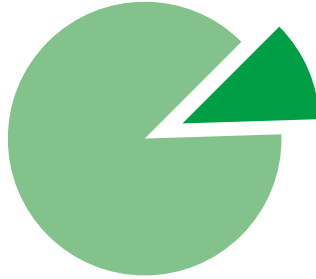
Sut rydym ni'n gwario'n harian



Mae Cymorth i Ferched Cymru yn gwario 88c ym mhob punt ar weithgareddau elusennol

88%

ar waith i ddileu cam-drin domestig a phob math o drais yn erbyn menywod



12%

ar gymorth busnes, codi arian a llywodraethu

Ymunwch â ni i gefnogi ein gwaith

Dewch yn gefnogwr Cymorth i Ferched Cymru unigol neu sefydliadol

Os ydych chi'n cefnogi ein nod o ddileu cam-drin domestig a phob math o drais yn erbyn menywod, am ffi aelodaeth fisol fach gallwch ymuno â ni fel cefnogwr unigol neu sefydliadol a chlywed y diweddaraf am yr hyn rydym ni'n ei wneud a helpu i gefnogi ein hymgyrchoedd a'n gwaith codi ymwybyddiaeth.

Helpwch ni i godi arian, codi ymwybyddiaeth neu wneud rhodd

A allech chi gefnogi ein gwaith hanfodol ar draws Cymru? Byddai ein tîm yn croesawu unrhyw weithgaredd codi arian, mawr neu fach - ciniawau, gwerthu cacennau, chwaraeon neu nosweithiau cwis yw rhai o'r ffyrdd mae ein cefnogwyr unigol yn gallu ein helpu ni gyda'n gwaith hanfodol. Gallwn ni eich helpu chi ar y ffordd - cysylltwch â ni.

Neu, drwy wneud rhodd ariannol byddwch yn helpu i gyfrannu at ein gwaith hanfodol ar draws Cymru sy'n helpu i achub bywydau goroeswyr a phlant yng Nghymru.

Gellir rhoi nwyddau ac arian hefyd i wasanaethau lleol fydd yn helpu goroeswyr a phlant i adfer ar ôl cam-drin. Mae llawer o wasanaethau lleol yn gweithredu ar gyllidebau cyfyngedig ac yn aml mae goroeswyr yn cysylltu â nhw am help heb arian, dillad neu daclau ymolchi.

I gael rhagor o wybodaeth am ein pecynnau aelodaeth cyfredol, helpu i godi ymwybyddiaeth a chefnogaeth i'n gwaith, neu i wybod sut i godi arian neu wneud rhodd, cysylltwch â admin@welshwomensaid.org.uk

Gyda diolch...



Ein haelodau o blith y gwasanaethau arbenigol 2015/16

Gwasanaeth Cam-drin Domestig
Aberconwy

Cymorth i Ferched Cwm Aman

Gorwel - Gwasanaeth Cam-drin
Domestig Ynys Môn a Gwasanaeth
Cam-drin Domestig De Gwynedd

Atal Y Fro

Cymorth i Ferched Bangor a'r Ardal

Bawso

Cymorth i Ferched Cymdeithas Tai
Clwyd Alyn (CAHA)

Gwasanaethau Trais Domestig Calan
(Calan DVS)

Cymorth i Ferched Caerdydd

Gwasanaeth Cam-drin Domestig
Caerfyrddin

Cymorth i Ferched Cyfannol

Uned Diogelwch Cam-drin
Domestig (DASU)

Cymorth i Ferched Glyndŵr

Hafan Cymru

Cymorth i Ferched Llanelli

Canolfan Argyfwng Teuluol Sir
Drefaldwyn

Cymorth i Ferched Casnewydd

Gwasanaeth Cam-drin Domestig
Gogledd Sir Ddinbych (NDDAS)

Cymorth i Ferched Port Talbot ac
Afan

Cymorth i Ferched Sir Faesyfed

Cymorth i Ferched RCT

Cymru Ddiogelach

Cymorth i Ferched Abertawe

Gwasanaeth Cam-drin Domestig
Gorllewin Cymru

Company registration number: 7483469
Rhif elusen cyfrestredig: 1140962