

## Beth yw anabledd dysgu?

Golyga anabledd dysgu gallu deallusol llai ac anhawster gyda gweithgareddau beunyddiol - er enghraifft tasgau yn y cartref, cymdeithasu neu reoli arian - sy'n effeithio ar rywun am eu bywyd cyfan. Mae pobl ag anabledd dysgu yn tueddu i gymryd mwy o amser i ddysgu a gallai fod angen cymorth arnynt i ddatblygu sgiliau newydd, deall gwybodaeth gymhleth a rhyngweithio â phobl eraill. Gallwch ddarganfod mwy am ddysgu anabledd ar ein gwefan yn [mencap.org.uk](http://mencap.org.uk).

## A wnewch chi ein helpu ni i godi arian i gynnal Criw Clên?

Gwerthfawrogwn yr holl gefnogaeth a dderbyniwn yn fawr iawn, boed yn rhodd fach neu fawr - mae pob ceiniog yn gwneud gwahaniaeth. Mae yna nifer o ffyrdd y gallwch chi helpu:

Gwnewch gyfraniad ar ein tudalen JustGiving sef: [www.justgiving.com/fundraising/MencapCymruNationalTrustProject](http://www.justgiving.com/fundraising/MencapCymruNationalTrustProject)

- Annog eich man gwaith i ddod yn bartner 'Elusen y Flwyddyn' gyda Mencap Cymru.
- Cynnal Te Parti Mawr Mencap neu noson gwis.
- Trefnu taith gerdded noddedig, rhedeg neu awyr blymio.
- 'Gwneud peth eich hun' - byddwn yn dwlu clywed rhai o'ch syniadau am godi arian.

I ddarganfod mwy, cysylltwch:  
[community.fundraising@mencap.org.uk](mailto:community.fundraising@mencap.org.uk)

**Gyda'n gilydd, medrwn newid bywydau, ffurfio agweddau ac ysbrydoli.**

Registered with/Cofrestrwyd gyda'r



Rhif elusen gofrestredig 222377 (Lloegr a Chymru); SC041079 (Alban) 2018.084  
Mae'r Ymddiriedolaeth Genedlaethol yn elusen gofrestredig annibynnol rhif 205846  
Registered charity number 222377 (England and Wales); SC041079 (Scotland) 2018.084  
The National Trust is an independent registered charity number 205846



Ymddiriedolaeth  
Genedlaethol  
National Trust

# Trust Buddies Criw Clên

In partnership with National Trust Wales  
Mewn partneriaeth ag Ymddiriedolaeth  
Genedlaethol Cymru

Helping people with a  
learning disability live  
an active, fulfilling life.

Helpu pobl ag anabledd  
dysgu i fyw bywyd actif  
a llawn.

**mencap cymru**

Llais anabledd dysgu.  
The voice of learning disability

## What is Trust Buddies?

Trust Buddies is an exciting new project that will create volunteering opportunities for people with a learning disability and autism at National Trust Places in Wales.

The joint project between Mencap Cymru and National Trust Wales could make a life-changing difference to many people across the country – and positively influence society’s attitudes towards learning disability.

**But we can’t put this ambition into action without your support. We need to raise £45,000 to run Trust Buddies and make the biggest possible impact.**

## Why is Trust Buddies needed?

Right now, barriers stand in the way of people with a learning disability living an active, fulfilling life. These include:

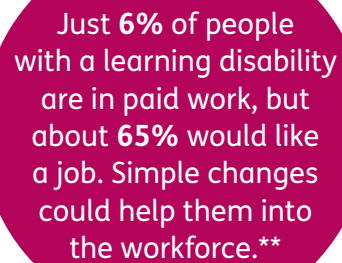
- lack of awareness amongst the public
- access to local authority day services is being reduced
- limited employment opportunities for people with learning disabilities or autism.

As you can imagine, this has serious consequences: almost 1 in 3 people with a learning disability spend less than 1 hour a day outside of their home\*.

We want every person with a learning disability to live the life they choose. Trust Buddies can play a vital role in making this a reality.

\*Mencap survey of 18-35-year-olds with a learning disability that revealed almost 1 in 3 are stuck at home on a Saturday.

\*\* (Guardian, 2017)



Just 6% of people with a learning disability are in paid work, but about 65% would like a job. Simple changes could help them into the workforce.\*\*

## The difference you can make

### Change lives

Trust Buddies will enable people with a learning disability to:

- develop new skills and greater confidence
- avoid isolation, meet people and develop friendships
- enhance their employability prospects.

### Shape attitudes through direct contact

The project will increase contact between people with a learning disability and the public, which is one of the most effective ways of improving people’s understanding of learning disability.

### Inspire

The learnings gained from this project will help National Trust places and other organisations across the UK better understand how to deliver inclusive volunteering roles.

## Meet Hayden

Hayden, aged 26, has autism and is passionate about history. With Mencap Cymru’s support he pursued this interest by becoming a volunteer assistant tour guide at Newton House, Dinefwr, a National Trust site, in 2015.

Hayden saw this as a fantastic chance to develop, telling us “I want to learn as much as possible.” Volunteering has enabled Hayden to improve his communication skills, build confidence and achieve greater independence. More recently, he began giving tours alone without support. “I feel valued and listened to when I have new ideas” he says.

Looking ahead, Hayden would like to find paid employment, and there is no doubt that his experience with National Trust Wales has set him on the right path to achieving this goal.

## What is a learning disability?

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. You can find out more about learning disability on our website at [mencap.org.uk](http://mencap.org.uk).

## Will you help us raise the funds we need to run Trust Buddies?

We deeply appreciate all the support we receive, whether it's a small or large donation – every penny makes a difference. There are lots of ways you can help:

- Make a donation on our JustGiving page at: [www.justgiving.com/fundraising/MencapCymruNationalTrustProject](http://www.justgiving.com/fundraising/MencapCymruNationalTrustProject)
- Encourage your workplace to become a 'Charity Of The Year' partner with Mencap Cymru.
- Host a Mencap Big Tea Party or quiz night.
- Organise a sponsored walk, run or skydive.
- 'Do your own thing' - we'd love to hear some of your fundraising ideas.

To find out more, please get in touch:  
[community.fundraising@mencap.org.uk](mailto:community.fundraising@mencap.org.uk)

**Together we can change lives, shape attitudes and inspire.**



Hayden is showing his enthusiasm for the history of Dinefwr  
Hayden yn dangos ei frwdfrydedd ynglyn â hanes Dinefwr

## Beth yw Criw Clên?

Prosiect newydd cyffrous i bobl gydag anableddau dysgu ac awtistiaeth mewn Llefydd Ymddiriedolaeth Genedlaethol yng Nghymru.

Gallai'r prosiect ar y cyd rhwng Mencap Cymru ac Ymddiriedolaeth Genedlaethol Cymru wneud gwahaniaeth sy'n newid bywyd i nifer o bobl ar draws y wlad - ac yn dylanwadu'n gadarnhaol ar agweddau cymdeithas tuag at anabledd dysgu.

Ond ni fedrwn roi'r uchelgais hon ar waith heb eich cefnogaeth. Mae angen i ni godi **£45,000** i redeg Criw Clên a gwneud yr effaith fwyaf bosibl.

## Pam fod angen Criw Clên?

Ar hyn o bryd, mae rhwystrau'n atal pobl ag anabledd dysgu i fyw bywyd actif a llawn. Mae'r rhain yn cynnwys:

- Diffyg ymwybyddiaeth ymhlith y cyhoedd
- Mynediad i wasanaethau diwrnod awdurdod lleol yn cael ei leihau
- Cyfleoedd cyflogedig cyfyngedig i bobl gydag anableddau dysgu neu awtistiaeth.

Fel y gallwch ddychmygu, mae gan hyn ganlyniadau difrifol: mae bron i 1 o bob 3 o bobl ag anabledd dysgu yn treulio llai nag 1 awr y dydd y tu allan i'w cartref\*.

Rydym am i bob person ag anabledd dysgu fyw'r bywyd y maen nhw'n ei ddewis. Gall y Criw Clên chwarae rhan hanfodol wrth wneud hyn yn realiti.

\*Arolwg Mencap o bobl ifanc 18-35 oed ag anabledd dysgu a ddatgelodd bod bron i 1 o bob 3 yn aros gartref ar ddydd Sadwrn.

\*\* (Guardian 2017)

Dim ond **6%** o bobl gydag anabledd dysgu sydd mewn gwaith cyflogedig, ond byddai **65%** yn hoffi cael swydd. Byddai newidiadau syml yn eu helpu cael swydd.\*\*

## Y gwahaniaeth medrwy ei wneud

### Newid bywydau

Bydd Criw Clên yn galluogi pobl sydd ag anableddau dysgu i:

- ddatblygu sgiliau newydd a chael mwy o hyder
- atal unigedd, cwrdd â phobl newydd a datblygu cyfeillgarwch
- gwella eu rhagolygon cyflogadwyedd.

### Llunio agweddau drwy gyswllt uniongyrchol

Bydd y prosiect yn cynyddu cysylltiad rhwng pobl ag anabledd dysgu a'r cyhoedd, sef un o'r dulliau mwyaf effeithiol o wella dealltwriaeth pobl o anabledd dysgu.

### Ysbrydoli

Bydd yr addysg a geir o'r prosiect yma'n helpu llefydd yr Ymddiriedolaeth Genedlaethol a sefydliadau eraill ar draws y DU i ddeall yn well sut i gyflawni rolau gwirfoddoli cynhwysol.

## Cwrdd â Hayden

Mae gan Hayden, 26 oed, awtistiaeth ac mae'n angerddol am hanes. Gyda chymorth Mencap Cymru bu'n dilyn y diddordeb yma trwy ddod yn arweinydd taith cynorthwy-ydd gwirfoddol yn Nhŷ Newton, Dinefwr sef safle'r Ymddiriedolaeth Genedlaethol, yn 2015.

Gwelodd Hayden hyn yn gyfle gwych i ddatblygu. Dywedodd wrthym "Rwyf am ddysgu cymaint â phosib." Mae gwirfoddoli wedi galluogi Hayden i wella ei sgiliau cyfathrebu, meithrin hyder a sicrhau mwy o annibyniaeth. Yn fwy diweddar, dechreuodd roi teithiau ar ei ben ei hun heb gymorth. "Rwy'n teimlo fy mod yn cael fy ngwerthfawrogi ac mae pobl yn gwrando arnaf pan fydd gen i syniadau newydd" ychwanegodd.

Wrth edrych ymlaen, dymuna Hayden ddod o hyd i waith cyflogedig, ac nid oes un amheuaeth bod ei brofiad gydag Ymddiriedolaeth Genedlaethol Cymru wedi ei osod ar y llwybr cywir i wireddu ei freuddwyd.