

Project Portfolio : MENTRO ALLAN : VENTURE OUT

The following is the portfolio of the 15 projects who have submitted applications to the Big Lottery Fund as part of the Stage 2 process of the Mentro Allan programme.

The original concept portfolio was developed using a variety of published data including the Welsh Health Survey 1998, the Sports Council for Wales Adult Participation Survey 2002/03 and the Welsh Assembly Government's Index of Multiple Deprivation. This enabled decisions regarding key strategic locations that are important in relation to the programmes target groups. This information was combined with the expressions of interest and project ideas that came from two Stakeholder meetings.

There is no specific rationale to the order of projects.

For further information please visit www.mentroallan.co.uk

PROJECT 1 : YNYS MON [Project Name: Ynys Mon Mentro Allan Project]

Lead Organisation: Isle of Anglesey County Council

Contact Details: Sian Mai Jones, Principal Sports Development Officer, Plas Arthur Leisure Centre, Llangefni, LL77 7QX

01248 752030 : sianmaijones@angelsey.gov.uk

Geographical location : Holyhead, Llangefni, Llanfair-yn-Neubwll & Valley areas of Anglesey		Rationale : 4 wards with high social deprivation in Holyhead area.
Primary beneficiaries : Young women 16 – 25 years	Potential secondary beneficiaries : People on low incomes;	Rationale : Gender difference relatively high in North Wales context. High drop off in physical activity among young women of this age.
Key Stakeholders that will have an influence on the project: Sports Council Wales (SCW) Medrwn Mon Voluntary Organisation Isle of Anglesey County Council Health Economic Department-Bangor University Mentro Allan National Partnership North West Wales Outdoor Recreation Partnership Countryside Council for Wales (CCW) Local Health Board/CCW Walking the Way to Health Scheme SCW/Isle of Anglesey County Council (IOACC) Fit Together Scheme		Organisations involved in the delivery of the project: Ynys Mon Mentro Allan Partnership Isle of Anglesey County Council (Education Dept, Youth Services, Communities First) Countryside Council for Wales Local Health Board (Calon Lan) North West Wales Outdoor Partnership Genesis Ynys Mon Medrwn Mon Voluntary Services Conwy Centre (South Anglesey) Anglesey Adventures (North Anglesey) Duke of Edinburgh Scheme John Muir Award Local Sports/Physical Activity Clubs & Governing Bodies Holyhead Golf Club & Llangefni Municipal Golf Course Town/Community Council
Potential resources, interventions, activities: Walking, Jogging, Kayaking, Coasteering, Climbing, Golf, Cycling, Community Fit Club (weightloss/maintenance programme encompassing physical activity, nutritional advice, lifestyle changes, behaviour change factors, etc. Healthy Eating sessions, Smoking Cessation, Confidence Building Sessions.)		
Grant Request : £200,000 : Funded from October 2006		

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PROJECT 2 : NEATH PORT TALBOT [Project Name: Wet and Wild]

Lead Organisation: Neath Port Talbot County Borough Council, Afan Lido Leisure Complex, Princess Margaret Way, Port Talbot SA12 6QW

Contact Details: Neil Thomas, Physical Activity & Indoor Leisure Manager : 01639 875603 : n.g.thomas@npt.gov.uk

Geographical location : Neath Port Talbot		Rationale : Lowest level of Physical Activity, top 5 obesity
Primary beneficiaries : Young people at risk of disengagement	Potential secondary beneficiaries : People on low incomes, young women,	Rationale : Potential use of physical activity to engage young people
Key Stakeholders that will have an influence on the project: BTCV Neath Port Talbot County Borough Council Neath Port Talbot CVS		Organisations involved in the delivery of the project: Neath Port Talbot County Borough Council – Sport and Leisure, Afan Argoed, Countryside Officers BTCV Local Health Board & Bro Morgnwg Health Trust National Public Health Service Celtic Leisure Trust Neath Port Talbot District Sports Council Aberavon Surf Life Saving Club & Port Talbot Sea Cadets Sky Line Mountain Bike Club Neath / Port Talbot / Lliw Women’s Aids Youth Offending Team & Youth Inclusion Programme The Hideout Local Schools Forestry Commission Countryside Council for Wales
Potential resources, interventions, activities: Water based activities at Aberafan Sea Front, Mountain Biking at Afan Argoed and Afan Valley, Environmental Conservation and Active Travel		
Grant Request : £400,000 : Applicant submitting revised application (October 2006)		

PROJECT 3 : NEWPORT [Project Name: Mentro Allan Newport]

Lead Organisation: South East Wales Racial Equality Council (SEWREC), 124 Commercial Street, Newport, NP20 1LY

Contact Details: David Phillips, Chief Executive : 01633 250006 : david.phillips@sewrec.org.uk

Geographical location : Newport		Rationale : Newport is one of 3 areas in Wales with a concentration of BME groups
Primary beneficiaries : Black and minority ethnic groups	Potential secondary beneficiaries : People on low incomes, people with mental health problems, older people	Rationale : Primary but not exclusive focus on BME, may include other groups within BME community or outside
Key Stakeholders that will have an influence on the project: Mentro Allan Newport Mentro Allan National Partnership Local Community Groups		Organisations involved in the delivery of the project: Gwent Association of Voluntary Organisations (GAVO) National Public Health Service Newport City Council Sport's Development Team / Countryside Team Newport Local Health Board South East Wales Racial Equality Council (SEWREC) University of Wales Newport
Potential resources, interventions, activities: Family Activity Days (stands, displays, demonstration/taster sessions-street dancing, break dancing, community events, mother & toddler activities, father & child activities), Independent Organised & Themed Walks, Independent, Organised & Themed Cycling, Outdoor Pursuits (orienteering, camping, canoeing)		
Grant Request : £493,028 : Funded from October 2006		

PROJECT 4 : MERTHYR/BLAENAU GWENT [Project Name: Headstart – ‘We Win’]

Lead Organisation: Blaenau Gwent County Borough Council

Contact Details: Mr Anthony Hughes, Leisure Services Division, Anvil Court, Church Street, Abertillery, NP13 1DB
01495 355318 : anthony.hughes@blaenau-gwent.gov.uk

Geographical location : Merthyr/Blaenau Gwent		Rationale : Areas of high multiple deprivation, low physical activity, high level mental health problems and obesity
Primary beneficiaries : People with mental health problems	Potential secondary beneficiaries : People on low incomes, older people	Rationale : Based on above
Key Stakeholders that will have an influence on the project: Mentro Allan National Partnership Joint Planning Group (Blaenau Gwent CBC, Merthyr Tydfil CBC, SCW, National Public Health Service, GAVO, Hafal, VAMT) Local Project Group (MIND, Sustrans Cymru, Groundwork Trust, University of Glamorgan, Golf Development Wales, Taff Bargoed Centre, Gateway Gardens Trust, RSPB, Local Health Boards, Dowlais Boys & Girls Club, Dolygaer, BTCV, Lift Project, Alzheimer’s Society, Crossroads Carers Project, Age Concern, Healthy Living Project, Gofal Housing Trust) Brecon Beacons National Parks Authority Countryside Council for Wales Local Action Groups & Activity Providers		Organisations involved in the delivery of the project: Joint Planning Group Merthyr Action Group Blaenau Gwent Action Group
Potential resources, interventions, activities: Exergaming (marriage of outdoor physical exercise and video gaming using futuristic laser guns), Walking activities, Outdoor activities (Gwent/Dolygaer Outdoor Education Centres), Parks and Gardens		
Grant Request : £500,000 : Deferred for further information October 2006		

PROJECT 5 : CAERPHILLY/TORFAEN [Project Name: “Stepping Out” – Caerphilly and Torfaen]

Lead Organisation: Groundwork Caerphilly, Mynyddislwyn Offices, Bryn Road, Pontllanfraith, Blackwood, NP12 2BH

Contact Details: James Parkin, Regeneration Manager : 01495 233164 : james.parkin@groundwork.org.uk

Geographical location : Caerphilly/Torfaen		Rationale : High rating for obesity and mental health problems, high levels of multiple deprivation and many Community First areas.
Primary beneficiaries : People on low incomes	Potential secondary beneficiaries : Older people, people with mental health problems, young people at risk of disengagement	Rationale : Area of high multiple deprivation - focus on low income groups
Key Stakeholders that will have an influence on the project: Mentro Allan Local Partnership Mentro Allan National Partnership Evaluation Steering Group Activity providers Volunteers All project staff		Organisations involved in the delivery of the project: Groundwork Caerphilly, Caerphilly County Borough Council, Torfaen County Borough Council, Caerphilly Public Health Board, Torfaen Public Health Board, Gwent Association of Voluntary Organisations and Torfaen Voluntary Alliance. Healthy Living Centres, Sustrans, Existing Local Clubs and Societies and Local Community Partnerships.
Potential resources, interventions, activities: “Buddy” Walks (emphasis on doing things with friends and family), Walk Around the Block (build confidence and routine in taking regular exercise), Walk to Talks (create local interest events), Community Picnics (development of fun events to highlight opportunities for exercise and the routes to better health and better life-styles), Cycling Events (eg ‘Get Your Granny on a Bike Days’), Adopt an Elder (develop intergenerational links and create opportunities for active fun pursuits), Gardening with Neighbours (develop social events/community spirit and environmental improvements whilst having fun and helping others), Plant a Family Tree (physical exercise through tree planting).		
Grant Request : £550,000 : Funded from October 2006		

PROJECT 6 : CARDIFF & BARRY (VALE OF GLAMORGAN) [Project Name: Changing Lifestyles]

Lead Organisation: Minority Ethnic Women's Network – Wales (MEWN-Cymru), 1st Floor, The Coal Exchange, Mount Stuart Square, Cardiff Bay, CF10 5EB

Contact Details: Ms Hilary Hendy, Director : 02920 464445 : hilary.hendy@mewn-cymru.org.uk

Geographical location : Cardiff and Barry (Vale of Glamorgan)		Rationale : Cardiff is one of 3 areas in Wales with a concentration of BME groups. Focus in Vale on pockets of deprivation in St Thompson and/or Gibbonstown
Primary beneficiaries : Black and minority ethnic groups, particularly women	Potential secondary beneficiaries : Young women 16-25	Rationale : Women in BME communities have very specific needs requiring appropriate interventions. Gender gap in Cardiff is relatively high.
Key Stakeholders that will have an influence on the project: Mentro Allan Local Partnership Mentro Allan National Partnership Evaluation Steering Group Ethnic Community Groups Facility Providers		Organisations involved in the delivery of the project: Vale of Glamorgan Health Alliance Vale of Glamorgan Public Health Team Black Environment network (BEN) Women Connect First BTCV Cymru Sports Council for Wales Cardiff Public Health Team Cardiff Health Alliance Communities First Cardiff Council (BME Leisure project).
Potential resources, interventions, activities: Picnics in the Park (introducing Yoga, Aerobics & Tai Chi), Walking Tours (Cardiff Bay, Coastal, Valeways), Community Gardening, Countryside on your Doorstep (Walking, Cycling), Horse Riding, Archery, Water Sports, Beach Volleyball, Body Boarding		
Grant Request : £499,239 : Funded from October 2006		

PROJECT 7 : POWYS (DYFI VALLEY) [Project Name: Mentro Allan Bro Ddyfi]

Lead Organisation: Partneriaeth Eco Dyffryn Dyfi Eco Valley Partnership (ECODYFI), Ty Bro Ddyfi, 52 Heol Maengwyn, Machynlleth, SY20 8DT

Contact Details: Andy Rowland, Manager : 01654 703965 : andy.rowland@ecodyfi.co.uk

Geographical location : Powys – possible Dyfi valley Community first area		Rationale : Issues of rural isolation
Primary beneficiaries : People experiencing rural isolation	Potential secondary beneficiaries : Young people, people on low incomes, people with mental health problems	Rationale : As above
Key Stakeholders that will have an influence on the project: Co-ordinator & Woodlands Activities Leader Activity Providers Local GPs and CPNs Youth Group Leaders Health Workers		Organisations involved in the delivery of the project: Ecodyfi National Public Health Service Community Action Machynlleth & District (CAMAD) Play Montgomeryshire NCH Sure Start Powys Local Health Board Mudiad Ysgolion Meithrin Maldwyn Tir Coed Powys Youth Service US Mach Bro Ddyfi Communities First Powys County Council Powys Association of Voluntary Organisations (PAVO)
Potential resources, interventions, activities: Walking, Woodlands Activities including Survival Skills, Treasure Hunts and Orienteering, Cycling and Cycle Repairs Workshop, Archery, Beach Activities		
Grant Request : £199,886 : Funded from October 2006		

PROJECT 8 : SWANSEA [Project Name: Mentro Allan Swansea]

Lead Organisation: City and County of Swansea – Culture & Tourism, The Guildhall, Swansea, SA1 4PE

Contact Details: Steve Lancey, Mentro Allan Co-ordinator : 01792 635484 : steve.lancey@swansea.gov.uk

Geographical location : Swansea		Rationale : Swansea has a significantly higher number of carers than other areas of Wales
Primary beneficiaries : Carers	Potential secondary beneficiaries : Women, older people, people with physical and learning disabilities	Rationale : As above
Key Stakeholders that will have an influence on the project: Mentro Allan Local Partnership Mentro Allan National Partnership Evaluation Steering Group Local User Groups Activity Providers		Organisations involved in the delivery of the project: Swansea Public Health Team Parks, Sport & Health Sections, City & County of Swansea Swansea Carers Centre Swansea Council for Voluntary Services Swansea Neath Port Talbot Crossroads Sports Council for Wales Carers Support Groups Swansea Health Alliance
Potential resources, interventions, activities: Walking, Cycling, Outdoor Recreation (Golf, Surfing etc), Outdoor Adventure Activity (Climbing, Gorge Walking etc)		
Grant : £450,000 : funded from July 2006		

PROJECT 9 : CARDIFF [Project Name: Outward Bounds Cardiff]

Lead Organisation: Innovate Trust Ltd, 433 Cowbridge Road East, Cardiff CF5 1JH

Contact Details: Jonathon Lee, Participation Manager : 02920 382151 : jonathon.lee@innovate-trust.org.uk

Geographical location : Cardiff		Rationale : High population density makes reaching target group easier
Primary beneficiaries : People with physical and learning difficulties	Potential secondary beneficiaries :	Rationale : Strong existing networks for people with disabilities will provide good base for project development
Key Stakeholders that will have an influence on the project: Mentro Allan Local Partnership Mentro Allan National Partnership Evaluation Steering Group Local User Groups Activity Providers		Organisations involved in the delivery of the project: Cardiff Council Cardiff Bay Harbour Authority Disability Sport Wales Pedal Power British Trust for Conservation volunteers Liege Manor Farm Equestrian Centre Cardiff Riding School Sailability The Gateway Gardens Trust Absolute Adventure Cardiff Institute for the Blind Mencap Cymru Cardiff People First Welsh Equine Council
Potential resources, interventions, activities: Cycling, Horse Riding, Gardening, Walking, Conservation Work, Sailing, Canoeing, Abseiling		
Grant : £450,000 : funded from July 2006		

PROJECT 10 : BRIDGEND [Project Name: Venture Out – Bridgend]

Lead Organisation: Bridgend County Borough Council – Sport and Recreation, Level 4, Sunnyside, Angel Street, Bridgend CF31 4AR

Contact Details: Claire Harris, Venture Out Activity Co-ordinator, Garw Valley leisure Centre, Old Station Yard, Pontycymer, Bridgend, CF32 8LL : 07875337614 : harric1@bridgend.gov.uk

Geographical location : Bridgend – communities North of M4		Rationale : Focus of multiple deprivation to North of LA
Primary beneficiaries : Older people particularly women	Potential secondary beneficiaries : People on low incomes, people with mental health problems	Rationale : 4 th lowest physical activity levels – women especially low, top 5 obesity
Key Stakeholders that will have an influence on the project: National Public Health Service Bridgend County Borough Council - Leisure/Parks/Rights of Way/Arts Groundwork Herian Bridgend Association of Voluntary Organisations Community First Partnership Age Concern Eco Dyscu Lets Garw Sustrans GP Referral Co-ordinator		Organisations involved in the delivery of the project: Bridgend County Borough Council Bridgend Association of Voluntary Organisations Communities First Development Workers National Public Health Service Groundwork Trust
Potential resources, interventions, activities: Bird and Wildlife watching, Farm Management, Environmental Work with Complimentary Therapies, Beginners Walking, Beginners Cycling, Golf, Beach and River Cleaning, Community Improvement, Outdoor GP Referrals, Intermediate Walks, Digital Photography Walks		
Grant : £450,000 : funded from July 2006		

PROJECT 11 : FLINTSHIRE/NORTH WREXHAM [Project name: Mentro Allan – Venturing Out]

Lead Organisation: Groundwork Wrexham and Flintshire, Borrass Road, Borrass, Wrexham LL13 9TW

Contact Details: Ms Helen Prince, Operations Director – Deputy Executive Director : 01978 363555 :
hprince@groundwork.org.uk

Geographical location : Flintshire/North Wrexham		Rationale : Desirable to have geographic spread – potentially strong project for NE Wales
Primary beneficiaries : People with physical and learning difficulties	Potential secondary beneficiaries : Carers	Rationale : Strong infrastructure of voluntary organisations supporting target groups
Key Stakeholders that will have an influence on the project: Mentro Allan Local Partnership Mentro Allan National Partnership Evaluation Steering Group Local User Groups – people with disabilities and their carers Activity Providers		Organisations involved in the delivery of the project: Flintshire County Council Flintshire Local Voluntary Council National Public Health Services Groundwork Wrexham and Flintshire Wrexham County Borough Council Mencap Association of Voluntary Organisations Wrexham
Potential resources, interventions, activities: Cycling, Walking, Gardening/Conservation, Training Venues, Water Sports		
Grant Request : £250,000 : Funded from October 2006		

PROJECT 12 : RHYL [Project Name: Mentro Allan – Rhyl]

Lead Organisation: Denbighshire County Council - Leisure Services, Unit A, The Village, West Parade, Rhyl LL18 1HZ

Contact Details: Bill Hebner, Mentro Allan Activity Co-ordinator : 01824 712708 : bill.hebner@denbighshire.gov.uk

Geographical location : Rhyl		Rationale : Rhyl West most deprived community in Wales. High numbers of young socially disadvantaged people
Primary beneficiaries : Young people at risk of disengagement	Potential secondary beneficiaries : Young women 16 – 25, people on low income	Rationale : As above
Key Stakeholders that will have an influence on the project: Denbighshire County Council – Leisure/Countryside/Youth Services Mentro Allan National Partnership Rhyl Youth Action Group Rhyl Town Council West Rhyl Community Company Ltd Weston Spirit Welsh Language Board Career Wales Rhyl Adventure Playground Association		Organisations involved in the delivery of the project: Army Cadets Better Bikes Rhyl Denbighshire County Council & Rhyl Town Council Denbighshire Foster Carers Denbighshire Youth Services Denbighshire Voluntary Services Council Marsh Road Residents Association National Public Health Services Prince’s Trust Rhyl Adventure Playground Association Sports Council for Wales Sustrans Tai Hafan UK Expeditions West Rhyl Community Company Ltd Weston Spirit Youth Inclusion Project
Potential resources, interventions, activities: Climbing, Cycling, Watersports, Sand Yachting		
Grant : £300,000 : Funded from July 2006		

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PROJECT 13 : CAERPHILLY (BARGOED/GILFACH) [Project Name: BAG Active, Healthy and Happy]

Lead Organisation: Gwent Association of Voluntary Organisations (GAVO), Old Gilfach Fargod Nursery School, Mountain Road, Bargoed CF81 8QG

Contact Details: Mrs Glenda Genner, Senior Community Development Officer : 01443 822644 : glenda.genner@gavowales.org.uk

Geographical location : Caerphilly: Bargoed, Gilfach areas		Rationale : Low level physical activity, top 5 mental illness, top 5 obesity
Primary beneficiaries : People on low income	Potential secondary beneficiaries : Older people, people with mental health problems	Rationale : High level of multiple deprivation
Key Stakeholders that will have an influence on the project: Groundwork Caerphilly Local Health Board Caerphilly County Borough Council GAVO Greater Bargoed Partnership		Organisations involved in the delivery of the project: Groundwork GAVO Caerphilly County Borough Council Local Health Board & Public Health Greater Bargoed Partnership
Potential resources, interventions, activities: Guided Walks with Interest (eg wildflowers), Gardening for Pleasure, Green Gym, Rambles for various abilities, Organised Bike Rides, Tai Chi, Yoga, Pilates Outdoors, Outdoor Games, Circus Activities, Incentive Scheme trips to country/coastal parks, etc.		
Grant Request : £500,000 : Funded from October 2006		

PROJECT 14 : PEMBROKE DOCK [Project Name: Mentro Allan Pembroke Dock]

Lead Organisation: Pembrokeshire Coast National Park Authority, Llanion Park, Pembroke Dock, SA72 6DY

Contact Details: Mr Tom Moses : 0845 345 7275 : tomm@pembrokeshirecoast.org.uk

Geographical location : Pembroke Dock		Rationale : Community First - community of interest – young people
Primary beneficiaries : Young people able and disabled	Potential secondary beneficiaries :	Rationale : As above, strong disability support structures
Key Stakeholders that will have an influence on the project: Youth Group Youth Forum Activity Leaders/Providers Target Groups/Organisations Llanion Communities First Partnership Community Groups/Associations Young People's Partnership		Organisations involved in the delivery of the project: Pembrokeshire County Council Youth Services Princes Trust Cymru PAVS Young People's Partnership Gennex Communities First National Trust Wales Stackpole for Outdoor Learning Hundleton Equestrian Centre Pembroke Climbing Club Pembroke Paddlers The Gateway Garden Trust Orierton Field Centre
Potential resources, interventions, activities : Water Sports (eg sailing, canoeing, surfing, kayaking), Activity through Conservation (eg gardening), Orienteering, Walks, Activity Workshops, Horse Riding, Rock Climbing, Mountain Biking/Cycling		
Grant : £250,000 : Funded from July 2006		

PROJECT 15 : RHONDDA CYNON TAFF (WESTERN VALLEYS) [Project Name: Mentro Allan Rhondda Cynon Taff]

Lead Organisation: Rhondda Cynon Taf County Borough Council, Community Leisure Section, Llwyncastan Office, Library Road, Pontypridd, CF37 2YA

Contact Details: Cyril Chivers, Leisure & Parks Development Manager : 01443 400563 :
cyril.j.chivers@rhondda-cynon-taff.gov.uk

Geographical location : RCT : western valleys		Rationale : High level multiple deprivation, 2 nd lowest level of physical activity, top 5 mental illness, top 5 obesity
Primary beneficiaries : People on low income	Potential secondary beneficiaries : Older people, people with mental health problems	Rationale : Project aimed at reaching relatively large number of people – concentration of deprived communities
Key Stakeholders that will have an influence on the project: Local Steering Group National Partnership Evaluation Steering Group Local User Groups Communities First Partnerships Activity Providers		Organisations involved in the delivery of the project: Sustrans Greencare/Groundwork Daerwynno Outdoor Activity Centre
Potential resources, interventions, activities : Cycling, Walking, Active Gardening, Outdoor Adventure Activities		
Grant Request : £342,854 : Deferred for further information October 2006		

Portffolio Prosiect : MENTRO ALLAN

Y dilynol yw'r portffolio o'r 15 prosiect a gyflwynodd geisiadau i'r Gronfa Loteri Fawr fel rhan o broses Cam 2 y rhaglen Mentro Allan.

Datblygwyd portffolio y cysyniad gwreiddiol yn defnyddio amrywiaeth o ddata a gyhoeddwyd yn cynnwys Arolwg Iechyd Cymru 1998, Arolwg Cyfranogiad Oedolion Cyngor Chwaraeon Cymru 2002/3 a Mynegai Amddifadedd Lluosog Llywodraeth Cynulliad Cymru. Galluogodd hyn benderfyniadau parthed lleoliadau strategol allweddol sy'n bwysig yng nghyswllt grwpiau targed y rhaglenni. Cyfunwyd yr wybodaeth hon gyda datganiadau o ddiddordeb a syniadau prosiect a ddaeth o ddau gyfarfod Rhan-ddeiliaid.

Nid yw'r prosiectau wedi'u gosod mewn trefn benodol.

I gael gwybodaeth bellach gweler www.mentroallan.co.uk

PROSIECT 1 : YNYS MÔN [Enw'r Prosiect: Prosiect Mentro Allan Ynys Môn]

Sefydliad Arweiniol: Cyngor Sir Ynys Môn

Manylion Cyswllt: Sian Mai Jones, Prif Swyddog Datblygu Chwaraeon, Canolfan Hamdden Plas Arthur, Llangefni, LL77 7QX

01248 752030 : sianmaijones@ynysmon.gov.uk

Lleoliad daearyddol : Ardaloedd Caergybi, Llangefni, Llanfair-yn-Neubwll a'r Fali yn Ynys Môn.		Rhesymeg : 4 ward gydag amddifadedd cymdeithasol uchel yn ardal Caergybi.
Prif fuddiolwyr : Merched ifanc 16 – 25 oed	Buddiolwyr eilaidd dichonol : Pobl ar incwm isel;	Rhesymeg : Gwahaniaeth rhwng dynion a merched yn gymharol uchel yng nghyd-destun Gogledd Cymru. Llawer o ferched ifanc yr oedran hwn yn rhoi'r gorau i weithgaredd corfforol.
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Cyngor Chwaraeon Cymru Sefydliad Gwirfoddol Medrwn Môn Cyngor Sir Ynys Môn Adran Economeg Iechyd, Prifysgol Bangor Partneriaeth Genedlaethol Mentro Allan Partneriaeth Hamdden Awyr Agored Gogledd Orllewin Cymru Cyngor Cefn Gwlad Cymru Cynllun Iechyd Cerdded y Bwrdd Iechyd Lleol/Cyngor Cefn Gwlad Cymru Cynllun Cadw'n Heini Cyngor Chwaraeon Cymru/Cyngor Sir Ynys Môn		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Partneriaeth Mentro Allan Ynys Môn Cyngor Sir Ynys Môn (Adran Addysg, Gwasanaethau Ieuenctid, Cymunedau'n Gyntaf) Cyngor Cefn Gwlad Cymru Bwrdd Iechyd Lleol (Calon Lan) Partneriaeth Awyr Agored Gogledd Orllewin Cymru Genesis Ynys Môn Gwasanaethau Gwirfoddol Ynys Môn Canolfan Conwy (De Môn) Antur Môn (Gogledd Môn) Cynllun Dug Caeredin Dyfarniad John Muir Clybiau Chwaraeon/Gweithgaredd Corfforol Lleol a Chyrrff Llywodraethu Clwb Golff Caergybi a Chwrs Golff Bwrdeisiol Llangefni Cyngor Tref/Cymuned
Adnoddau, ymyriadau, gweithgareddau dichonol: Cerdded, Loncian, Caiaco, Arfordiro, Dringo, Golff, Seiclo, Clwb Heini Cymunedol rhaglen colli/cynnal pwysau yn cynnwys gweithgaredd corfforol, cyngor maeth, newidiadau ffordd o fyw, ffactorau newid ymddygiad ac ati. Sesiynau Bwyta'n Iach, Atal Ysmygu, Sesiynau Adeiladu Hyder).		
Grant y gwnaed cais amdano : £200,000 : Ariennir o Hydref 2006		

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PROSIECT 2 : CASTELL NEDD PORT TALBOT [Enw'r Prosiect: Gwlyb a Gwyllt]

Sefydliad Arweiniol: Cyngor Bwrdeistref Castell Nedd Port Talbot, Cymhleth Hamdden Afan Lido, **Ffordd Tywysoges Margaret, Port Talbot SA12 6QW**

Manylion Cyswilt: Neil Thomas, Rheolwr Gweithgaredd Corfforol a Hamdden Dan Do : 01639 875603 : n.g.thomas@npt.gov.uk

Lleoliad daearyddol : Castell-nedd Port Talbot		Rhesymeg : Lefel isaf o Weithgaredd Corfforol, 5 uchaf gor-dewdra
Prif fuddiolwyr : Pobl ifanc mewn risg o ymddieithrio	Buddiolwyr eilaidd dichonol : Pobl ar incwm isel, menywod ifanc	Rhesymeg : Defnydd dichonol gweithgaredd corfforol i ymrwymo pobl ifanc
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: BTCV Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot – Chwaraeon a Hamdden, Afan Argoed, Swyddogion Gwledig BTCV Bwrdd Iechyd Lleol ac Ymddiriedolaeth Iechyd Bro Morgannwg Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Ymddiriedolaeth Hamdden Celtaidd Cyngor Chwaraeon Cylch Castell-nedd Port Talbot Clwb Achub Bywyd Syrff Aberafan a Chadetiaid Môr Port Talbot Clwb Beicio Mynydd Sky Line Cymorth i Fenywod Castell Nedd/Port Talbot/Lliw Tîm Troseddu Ieuencid a Rhaglen Cynhwysiant Ieuencid The Hideout Ysgolion Lleol Comisiwn Coedwigaeth Cyngor Cefn Gwlad Cymru The Hideout
Adnoddau, ymyriadau, gweithgareddau dichonol: Gweithgareddau ar y dŵr ar lan y môr yn Aberafan, Beicio Mynydd yn Afan Argoed a Dyffryn Afan, Cadwraeth Amgylcheddol a Theithio Egniol		
Grant y gwnaed cais amdano : £400,000 : Anfonwyd cais diwygiedig gan yr ymgeisydd (Hydref 2006)		

PROSIECT 3 : CASNEWYDD [Enw'r Prosiect: Mentro Allan Casnewydd]

Sefydliad Arweiniol: Cyngor Cydraddoldeb Hiliol De Ddwyrain Cymru (SEWREC), 124 Stryd Fasnachol, Casnewydd, NP20 1LY

Manylion Cyswilt: David Phillips, Prif Weithredydd : 01633 250006 : david.phillips@sewrec.org.uk

Lleoliad daeryddol : Casnewydd		Rhesymeg : Mae Casnewydd yn un o'r 3 ardal yng Nghymru sydd â chrynhoad o grwpiau du a lleiafrif ethnig.
Prif fuddiolwyr : Grwpiau du a lleiafrif ethnig	Buddiolwyr eilaidd dichonol : Pobl ar incwm isel, pobl gyda phroblemau iechyd meddwl, pobl hŷn	Rhesymeg : Ffocws pennaf ond nid llwyr ar grwpiau du a lleiafrif ethnig, gall gynnwys grwpiau eraill o fewn y gymuned grwpiau du a lleiafrif ethnig neu'r tu allan
Rhan-ddeiliaid allwedol fydd â dylanwad ar y prosiect: Mentro Allan Casnewydd Partneriaeth Genedlaethol Mentro Allan Grwpiau Cymunedol Lleol		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Cymdeithas Sefydliadau Gwirfoddol Gwent (GAVO) Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Tîm Datblygu Chwaraeon/Tîm Gwledig Cyngor Dinas Casnewydd Bwrdd Iechyd Lleol Casnewydd Cyngor Cydraddoldeb Hiliol De Ddwyrain Cymru (SEWREC) Prifysgol Cymru Casnewydd
Adnoddau, ymyrriadau, gweithgareddau dichonol: Dyddiau Gweithgaredd Teulu (stondinau, arddangosiadau, sesiynau arddangos/blasu – dawnsio stryd, dawnsio brêc, digwyddiadau cymunedol, gweithgareddau mam a phlentyn, gweithgareddau tad a phlentyn), teithiau cerdded annibynnol wedi'u trefnu a gyda thema, seiclo wedi'i drefnu a gyda thema, gweithgareddau awyr agored (cyfeiriadu, gweryslla, canwio)		
Grant y gwnaed cais amdano : £493,028 : Ariennir o Hydref 2006		

PROSIECT 4 : MERTHYR/BLAENAU GWENT [Enw Prosiect: Ar y Blaen]

Sefydliad Arweiniol: Cyngor Bwrdeisdref Sirol Blaenau Gwent

Manylion Cyswilt: Mr Anthony Hughes, Adran Gwasanaethau Hamdden, Llys Anvil, Stryd Eglwys, Abertyleri, NP13 1DB
01495 355318 : anthony.hughes@blaenau-gwent.gov.uk

Lleoliad daearyddol : Merthyr/Blaenau Gwent		Rhesymeg : Ardaloedd o amddifadedd lluosog uwch, gweithgaredd corfforol isel, lefel uchel o broblemau iechyd meddwl a gordewdra
Prif fuddiolwyr : Pobl gyda phroblemau iechyd meddwl	Buddiolwyr eilaidd dichonol : Pobl ar incwm isel, pobl hŷn	Rhesymeg : Seiliedig ar yr uchod
Rhan-ddeiliaid allweddol a fydd â dylanwad ar y prosiect: Partneriaeth Genedlaethol Mentro Allan Grŵp Cynllunio ar y Cyd (CBS Blaenau Gwent, CBS Merthyr Tudful, Cyngor Chwaraeon Cymru, Gwasanaeth Iechyd Cyhoeddus Cenedlaethol, GAVO, Hafal, VAMT) Grŵp Prosiect Lleol (MIND, Sustrans Cymru, Ymddiriedolaeth Groundwork, Prifysgol Morgannwg, Datblygu Golf Cymru, Canolfan Taf Bargoed, Ymddiriedolaeth Gerddi Gateway, RSPB, Byrddau Iechyd Lleol, Clwb Bechgyn a Merched Dowlais, Dolygaer, BTCV, Prosiect Liff, Cymdeithas Alzheimer, Prosiect Gofalwyr Croesffyrdd, Age Concern, Prosiect Byw'n Iach, Ymddiriedolaeth Tai Gofal) Awdurdod Parciau Cenedlaethol Bannau Brycheiniog Cyngor Cefn Gwlad Cymru Grwpiau Gweithredu a Darparwyr Gweithgaredd Lleol		Sefydliadau sy'n ymwneud â chyflenwi'r prosiect: Grŵp Cynllunio ar y Cyd Grŵp Gweithredu Merthyr Grŵp Gweithredu Blaenau Gwent
Adnoddau, ymyriadau, gweithgareddau dichonol: Ymarfergemio (cyfuniad o ymarferiad corfforol awyr agored a gemau fideo yn defnyddio gynnu laser o'r math diweddaraf, gweithgareddau cerdded, gweithgareddau awyr agored (Canolfannau Addysg Gwent/Dolygaer), parciau a gerddi		
Grant y gwnaed cais amdano : £500,000 : Gohiriwyd am ragor o wybodaeth Hydref 2006		

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PROSIECT 5 : CAERFFILI/TORFAEN [Enw'r Prosiect: "Camu Allan" – Caerffili a Thorfaen]

Sefydliad Arweiniol: Groundwork Caerffili, Swyddfeydd Mynydd Islwyn, Heol y Bryn, Pontllanffraith, Coed Duon, NP12 2BH

Manylion Cyswllt: James Parkin, Rheolwr Adfywhad : 01495 233164 : james.parkin@groundwork.org.uk

Lleoliad daearyddol : Caerffili/Torfaen		Rhesymeg : Graddiad uchel ar gyfer problemau gordewdra a iechyd meddwl, lefelau uchel o amddifadedd lluosog a llawer o ardaloedd Cymunedau'n Gyntaf.
Prif fuddiolwyr : Pobl ar incwm isel	Buddiolwyr eilaidd dichonol : Pobl hŷn, pobl gyda phroblemau iechyd meddwl, pobl ifanc mewn risg o ymddieithriad	Rhesymeg : Ardal o amddifadedd lluosog uchel – ffocws ar grwpiau incwm teulu
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Partneriaeth Leol Mentro Allan Grŵp Llywio Gwerthusiad Partneriaeth Cenedlaethol Mentro Allan Darparwyr gweithgaredd Gwirfoddol Holl staff y Prosiect		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Groundwork Caerffili, Cyngor Bwrdeistref Sirol Caerffili, Cyngor Bwrdeistref Sirol Torfaen, Bwrdd Iechyd Cyhoeddus Caerffili, Bwrdd Iechyd Cyhoeddus Torfaen, Cymdeithas Sefydliadau Gwirfoddol Gwent a Chynghrair Gwirfoddol Torfaen, Canolfannau Byw'n Iach, Sustrans, Clybiau a Chymdeithasau Lleol presennol a Phartneriaethau Cymunedol Lleol.
Adnoddau, ymyriadau, gweithgareddau dichonol: Teithiau "Byti" (pwyslais ar wneud pethau gyda ffrindiau a theulu), Cerdded o Amgylch y Bloc (adeiladu her a threfn wrth gymryd ymarfer rheolaidd), Cerdded i Sgyrsiau (creu digwyddiadau diddordeb lleol), Picnicau Cymunedol (datblygu digwyddiadau hwyliog i roi sylw i gyfleoedd ar gyfer ymarfer a ffyrdd i well iechyd a gwell ffyrdd o fyw), digwyddiadau seiclo (e.e. diwrnod 'Cael eich Mam-gu ar Feic'), Mabwysiadu Person Hŷn (datblygu cysylltiadau rhyng-genhedlaeth a chreu cyfleoedd ar gyfer digwyddiadau hwyliog ac egniol), Garddio gyda Chymdogion (datblygu digwyddiadau cymdeithasol/ysbryd cymunedol a gwelliannau amgylcheddol tra'n cael hwyl a helpu eraill), Plannu Coeden Deulu (ymarfer corfforol drwy blannu coed).		
Grant y gwnaed cais amdano: £550,000 : Ariennir o Hydref 2006		

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PROSIECT 6 : CAERDYDD A'R BARRI (BRO MORGANNWG) [Enw'r Prosiect: Newid Ffordd o Fyw]

Sefydliad Arweiniol: Rhwydwaith Menywod Lleiafrif Ethnig – Cymru (MEWN-Cymru), Llawr 1af, Y Gyfnewidfa Lo, Sgwâr Mount Stuart, Bae Caerdydd, CF10 5EB

Manylion Cyswilt: Ms Hilary Hendy, Cyfarwyddydd : 02920 464445 : hilary.hendy@mewn-cymru.org.uk

Lleoliad daearyddol : Caerdydd a'r Barri (Bro Morgannwg)		Rhesymeg : Mae Caerdydd yn un o dair ardal yng Nghymru gyda chrynhoad o grwpiau du a lleiafrif ethnig. Mae'r ffocws yn y Fro ar bocedi o amddifadedd yn St Thompson a/neu Gibbonsdown.
Prif fuddiolwyr : Grwpiau du a lleiafrif ethnig, yn neilltuol menywod.	Buddiolwyr eilaidd dichonol: Menywod ifanc 16-25	Rhesymeg : Mae gan fenywod mewn cymunedau du a lleiafrif ethnig ofynion penodol iawn sydd angen ymyriadau priodol. Mae'r bwlch rhwng dynion a menywod yng Nghaerdydd yn gymharol uchel.
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Partneriaeth Leol Mentro Allan Grŵp Llywio Gwerthuso Partneriaeth Genedlaethol Mentro Allan Grwpiau Cymunedol Ethnig Darparwyr Cyfleusterau		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Cynghrair Iechyd Bro Morgannwg Tîm Iechyd Cyhoeddus Bro Morgannwg Rhwydwaith Amgylchedd Du (BEN) Women Connect First BTCV Cymru Cyngor Chwaraeon Cymru Tîm Iechyd Cyhoeddus Caerdydd Cynghrair Iechyd Caerdydd Cymunedau'n Gyntaf Cyngor Caerdydd (Prosiect Hamdden Grwpiau Du a Lleiafrif Ethnig).
Adnoddau, ymyriadau, gweithgareddau dichonol: Picnic yn y Parc (yn cyflwyno loga, Erobeg a Tai Chi), Teithiau Cerdded (Bae Caerdydd, Arfordirol, Llwybrau'r Fro), Garddio Cymunedol, Cefn Gwlad ar Garreg eich Drws (Ceredded, Seiclo), Marchogaeth, Saethyddiaeth, Chwaraeon Dŵr, Pêl-foeli Traeth, Byrddio Corff		
Grant y gwnaed cais amdano : £499,239 : Ariennir o Hydref 2006		

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PROSIECT 7 : POWYS (DYFFRYN DYFI) [Enw'r Prosiect: Mentro Allan Bro Ddyfi]

Sefydliad Arweiniol: Partneriaeth Eco Dyffryn Dyfi (ECODYFI), Tŷ Bro Ddyfi, 52 Heol Maengwyn, Machynlleth, SY20 8DT

Manylion Cyswllt: Andy Rowland, Rheolydd: 01654 703965 : andy.rowland@ecodyfi.co.uk

Lleoliad Daearyddol : Powys – efallai ardal Cymunedau'n Gyntaf Dyffryn Dyfi		Rhesymeg : Materion unigrwydd gwledig
Prif fuddiolwyr : Pobl yn profi unigedd gwledig	Buddiolwyr eilaidd dichonol: Pobl ifanc, pobl ar incwm isel, pobl gyda phroblemau iechyd meddwl	Rhesymeg : Megis uchod
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Cydlynnydd ac Arweinydd Gweithgareddau Coetir Darparwyr Gweithgaredd Meddygon Teulu a CPN Arweinwyr Grwpiau Ieuenctid Gweithwyr Iechyd		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Ecodyfi Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Gweithredu Cymunedol Machynlleth a'r Cylch (CAMAD) Chwarae Sir Drefaldwyn NCH Cychwyn Cadarn Bwrdd Iechyd Lleol Powys Mudiad Ysgolion Meithrin Maldwyn Tir Coed Gwasanaeth Ieuenctid Powys US Mach Cymunedau'n Gyntaf Bro Ddyfi Cyngor Sir Powys Cymdeithas Sefydliadau Gwirfoddol Powys (PAVO)
Adnoddau, ymyriadau, gweithareddau dichonol: Cerdded, Gweithgareddau Coetir (yn cynnwys Sgiliau Goroesi, Helfeydd Trysor a Chyfeiriadu, Seiclo a Gweithdy Atgyweirio Beics, Saethyddiaeth, Gweithgareddau Traeth		
Grant y gwnaed cais amdano : £199,886 : Ariennir o Hydref 2006		

PROSIECT 8 : ABERTAWWE [Enw'r Prosiect: Mentro Allan Abertawe]

Sefydliad Arweiniol: Dinas a Sir Abertawe – Diwylliant a Thwristiaeth Neuadd y Dref, Abertawe, SA1 4PE

Manylion Cyswilt: Steve Lancey, Cyd-lynydd Mentro Allan : 01792 635484 : steve.lancey@swansea.gov.uk

Lleoliad daearyddol : Abertawe		Rhesymeg : Mae gan Abertawe nifer sylweddol uwch o ofalwyr nag ardaloedd eraill o Gymru.
Prif fuddiolwyr : Gofalwyr	Buddiolwyr eilaidd dichonol : Menywod, pobl hŷn, pobl gydag anableddau corfforol a dysgu	Rhesymeg : Megis uchod
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Partneriaeth Leol Mentro Allan Grŵp Llywio Gwerthuso Partneriaeth Genedlaethol Mentro Allan Grwpiau Defnyddwyr Lleol Darparwyr Gweithgaredd		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Tîm Iechyd Cyhoeddus Abertawe Adrannau Parciau, Chwaraeon a Iechyd, Dinas a Sir Abertawe Canolfan Gofalwyr Abertawe Cyngor Gwasanaethau Gwirfoddol Abertawe Croesffyrdd Abertawe Castell-nedd Port Talbot Cyngor Chwaraeon Cymru Grwpiau Cefnogaeth Gofalwyr Cynghrair Iechyd Abertawe
Adnoddau, dichonol, gweithgareddau dichonol: Cerdded, Seiclo, Hamdden Awyr Agored (Golff, Syrfio ac ati), Gweithgaredd Antur Awyr Agored (Dringo, Cerdded Ceunentydd ac ati)		
Grant : £450,000 : ariennir o fis Gorffennaf 2006		

PROSIECT 9 : CAERDYDD [Enw'r Prosiect: Outward Bounds Caerdydd]

Sefydliad Arweiniol: Innovate Trust Cyf, 433 Heol Ddwyreiniol y Bontfaen, Caerdydd CF5 1JH

Manylion Cyswilt: Jonathon Lee, Rheolydd Cyfranogiad : 02920 382151 : jonathon.lee@innovate-trust.org.uk

Lleoliad daearyddol : Caerdydd		Rhesymeg : Mae dwysedd poblogaeth uchel yn ei gwneud yn rhwyddach i gyrraedd grŵp targed.
Prif fuddiolwyr : Pobl gydag anawsterau corfforol ac anawsterau dysgu	Buddiolwyr eilaidd dichonol :	Rhesymeg : Bydd rhwydweithiau cryf presennol ar gyfer pobl gydag anabledau yn rhoi sylfaen dda ar gyfer datblygiad prosiect
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Partneriaeth Leol Mentro Allan Grŵp Llywio Gwerthuso Partneriaeth Genedlaethol Mentro Allan Grwpiau Defnyddwyr Lleol Darparwyr Gweithgaredd		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Cyngor Caerdydd Awdurdod Harbwr Bae Caerdydd Chwaraeon Anabled Cymru Pedal Power BTCV Canolfan Farchogaeth Fferm Liege Manor Ysgol Farchogaeth Caerdydd Sailability Ymddiriedolaeth Gerddi Gateway Absolute Adventure Sefydliad Caerdydd i'r Deillion Mencap Cymru Pobl yn Gyntaf Caerdydd Cyngor Ceffylau Cymreig
Adnoddau, ymyriadau, gweithgareddau dichonol: Seiclo, Marchogaeth, Garddio, Cerdded, Gwaith Cadwraeth, Hwyllo, Canŵio, Abseilio		
Grant : £450,000 : ariannwyd o fis Gorffennaf 2006		

PROSIECT 10 : PEN-Y-BONT AR OGWR [Enw'r Prosiect: Mentro Allan – Pen-y-bont ar Ogwr]

Sefydliad Arweiniol: Cyngor Bwrdeistref Pen-y-bont ar Ogwr – Chwaraeon a Hamdden, Lefel 4, Sunnyside, Stryd Angel, Pen-y-bont ar Ogwr CF31 4AR

Manylion Cyswllt: Claire Harris, Gweithgaredd Mentro Allan, Canolfan Hamdden Cwm Garw, Old Station Yard, Pontycymer, Penybont, CF32 8LL , : 07875337614 : harric1@bridgend.gov.uk

Lleoliad daearyddol : Pen-y-bont ar Ogwr – cymunedau i'r gogledd o'r M4		Rhesymeg : Ffocws ar amddifadedd lluosog yng ngogledd yr awdurdod lleol.
Prif fuddiolwyr : Pobl hŷn yn arbennig menywod	Buddiolwyr eilaidd dichonol : Pobl ar incwm isel, pobl gyda phroblemau iechyd meddwl	Rhesymeg : Lefelau gweithgaredd corfforol 4ydd isaf – menywod yn arbennig o isel, 5 uchaf gor-dewdra
Rhan-ddeiliaid allweddol a fydd â dylanwad ar y prosiect: Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr – Hamdden/Parciau/ Hawliau Tramwy/Celfyddydau Groundwork Herian Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr Partneriaethau Cymunedau'n Gyntaf Age Concern Eco Dyscu Lets Garw Sustrans Cydlunydd Atgyfeiriadau Meddygon Teulu		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr Gweithwyr Datblygu Cymunedau'n Gyntaf Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Ymddiriedolaeth Groundwork
Adnoddau, ymyriadau, gweithgareddau dichonol: Edrych ar Adar a Bywyd Gwyllt, Rheolaeth Fferm, Gwaith Amgylcheddol gyda Therapiau Ategol, Cerdded Dechreuwyr, Seiclo Dechreuwyr, Golff, Glanhau Traethau ac Afonydd, Gwella Cymunedol, Atgyfeiriadau Meddygon Teulu Allanol, Teithiau Cerdded Canolraddol, Teithiau Cerdded Ffotograffiaeth Ddigidol		
Grant : £450,000 : ariannwyd o fis Gorffennaf 2006		

PROSIECT 11 : SIR Y FFLINT/GOGLEDD WRECSAM [Enw'r Prosiect: Mentro Allan]

Sefydliad Arweiniol: Groundwork Wrecsam a Sir y Fflint, Ffordd Borrás, Borrás, Wrecsam LL13 9TW

Manylion Cyswilt: Ms Helen Prince, Cyfarwyddydd Gweithrediadau – Dirprwy Gyfarwyddydd Gweithredol : 01978 363555 : hprince@groundwork.org.uk

Lleoliad Daearyddol : Sir y Fflint/Gogledd Wrecsam		Rhesymeg : Dymunol gael gwasgariad daearyddol – posibilrwydd prosiect cryf ar gyfer Gogledd Ddwyrain Cymru
Prif fuddiolwyr : Pobl gydag anawsterau corfforol a dysgu	Buddiolwyr eilaidd dichonol : Gofalwyr	Rhesymeg : Seilwaith cryf o sefydliadau gwirfoddol yn cefnogi grwpiau targed
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Partneriaeth Leol Mentro Allan Grŵp Llywio Gwerthusiad Partneriaeth Cenedlaethol Mentro Allan Grwpiau Defnyddwyr Lleol – pobl gydag anableddau a'u gofalwyr Darparwyr Gweithgareddau		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Cyngor Sir y Fflint Cyngor Gwirfoddol Lleol Sir y Fflint Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Groundwork Wrecsam a Sir y Fflint Cyngor Bwrdeistref Sirol Wrecsam Mencap Cymdeithas Sefydliadau Gwirfoddol Wrecsam
Adnoddau, ymyriadau, gweithgareddau dichonol: Seiclo, Cerdded, Garddio/Cadwraeth, Mannau Hyfforddi, Chwaraeon Dŵr		
Grant y gwnaed cais amdano : £250,000 : Ariennir o Hydref 2006		

PROSIECT 12 : Y RHYL [Enw Prosiect: Mentro Allan – Y Rhyl]

Sefydliad Arweiniol: Cyngor Sir Ddinbych – Gwasanaethau Hamdden, Uned A, Y Pentref, Rhodfa'r Gorllewin, Y Rhyl, LL18 1HZ

Manylion Cyswilt: Bill Hebner, Cydlynnydd Gweithgaredd Mentro Allan : 01824 712708 : bill.hebner@denbighshire.gov.uk

Lleoliad daearyddol : Y Rhyl		Rhesymeg : Gorllewin y Rhyl yw'r gymuned fwyaf ddifreintiedig yng Nghymru. Nifer uchel o bobl ifanc dan anfantais cymdeithasol.
Prif fuddiolwyr : Pobl ifanc mewn risg o ymddieithrio	Buddiolwyr sylfaenol dichonol : Menywod ifanc 16 – 25, pobl ar incwm isel	Rhesymeg : Megis uchod
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Cyngor Sir Ddinbych – Gwasanaethau Hamdden/Gwledig/Ieuencid Partneriaeth Genedlaethol Mentro Allan Grŵp Gweithredu Ieuencid y Rhyl Cyngor Tref y Rhyl West Rhyl Community Company Cyf Weston Spirit Bwrdd yr Iaith Gymraeg Gyrfa Cymru Cymdeithas Maes Chwarae Antur y Rhyl		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Army Cadets Better Bikes, Y Rhyl Cyngor Sir Ddinbych a Chyngor Tref y Rhyl Gofalwyr Maeth Sir Ddinbych Gwasanaethau Ieuencid Sir Ddinbych Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych Cymdeithas Trigolion Ffordd Marsh Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Ymddiriedolaeth y Tywysog Cymdeithas Maes Chwarae Antur y Rhyl Cyngor Chwaraeon Cymru Sustrans Tai Hafan UK Expeditions West Rhyl Community Company Cyf Weston Spirit Prosiect Cynhwysiant Ieuencid
Adnoddau, ymyriadau, gweithgareddau dichonol: Dringo, Seiclo, Chwaraeon Dŵr, Hwyllo Tywod		
Grant : £300,000 : Ariannwyd o fis Gorffennaf 2006		

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PROSIECT 13 : CAERFFILI (BARGOED/GILFACH) [Enw'r Prosiect: BAG Egniol, Iach a Hapus]

Sefydliad Arweiniol: Cymdeithas Sefydliadau Gwirfoddol Gwent (GAVO), Hen Ysgol Feithrin Gilfach Fargoed, Heol y Mynydd, Bargoed CF81 8QG

Manylion Cyswilt: Mrs Glenda Genner, Uwch Swyddog Datblygu Cymunedol : 01443 822644 : glenda.genner@gavowales.org.uk

Lleoliad Daaryddol : Caerffili: ardaloedd Bargoed, Gilfach		Rhesymeg : Lefel isel o weithgaredd corfforol, 5 uchaf salwch meddwl, 5 uchaf gordewdra
Prif fuddiolwyr : Pobl ar incwm isel	Buddiolwyr eilaidd dichonol : Pobl hŷn, pobl gyda phroblemau iechyd meddwl	Rhesymeg : Lefel uchel o amddifadedd lluosog
Rhan-ddeiliaid allweddol fydd a dylanwad ar y prosiect: Groundwork Caerffili Bwrdd Iechyd Lleol Cyngor Bwrdeistref Sirol Caerffili GAVO Partneriaeth Bargoed a'r Cylch		Sefydliadau sy'n ymwneud â chyflenwi'r prosiect: Groundwork GAVO Cyngor Bwrdeistref Sirol Caerffili Bwrdd Iechyd Lleol a Iechyd Cyhoeddus Partneriaeth Bargoed a'r Cylch
Adnoddau, ymyrriadau, gewithgareddau dichonol: Teithiau Cerdded Tywys gyda Diddordeb (ee blodau gwyllt), Garddio am Bleser, Campfa Werdd, Teithiau Cerdded ar gyfer gwahanol alluoedd, Teithiau Beic wedi'u Trefnu, Tai Chi, Yoga, Pilates Awyr Agored, Gemau Awyr Agored, Gweithgareddau Syrcas, triapiau Cynllun Cymhelliant i'r wlad/parciau arfordirol ac ati.		
Grant y gwnaed cais amdano : £500,000 : Ariennir o Hydref 2006		

PROSIECT 14 : DOC PENFRO [Prosiect Name: Mentro Allan Doc Penfro]

Sefydliad Arweiniol: Awdurdod Parc Cenedlaethol Arfordir Penfro, Parc Llanion, Doc Penfro, SA72 6DY

Manylion Cyswilt: Mr Tom Moses, Cyd-lynnydd Prosiect : 0845 345 7275 : tomm@pembrokeshirecoast.org.uk

Lleoliad daearyddol : Doc Penfro		Rhesymeg : Cymunedau'n Gyntaf – cymuned o ddiddordeb – pobl ifanc
Prif fuddiolwyr : Pobl ifanc, abl eu corff ac anabl	Buddiolwyr eilaidd dichonol :	Rhesymeg : Megis uchod, strwythurau cefnogaeth cryf ar gyfer anabledd
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Grŵp Ieuencid Fforwm Ieuencid Arweinwyr/Darparwyr Gweithgaredd Grwpiau/Sefydliadau Targed Partneriaeth Cymunedau'n Gyntaf Llanion Grwpiau Cymunedol/Cymdeithasau Partneriaeth Pobl Ifanc		Sefydliadau'n ymwneud â chyflenwi'r prosiect: Gwasanaethau Ieuencid Cyngor Sir Penfro Ymddiriedolaeth y Tywysog Cymru PAVS Partneriaeth Pobl Ifanc Gennex Cymundau'n Gyntaf Ymddiriedolaeth Genedlaethol Cymru, Stackpole Canolfan Marchogaeth Hundelton Clwb Dringo Penfro Padlwyr Penfro Ymddiriedolaeth Gerddi Gateway Canolfan Maes Orierton
Adnoddau, ymyriadau, gweithgareddau dichonol: Chwaraeon Dŵr (e.e. hwylio, canwio, syrffio, caiacio), Gweithgaredd drwy Gadwraeth (e.e. garddio), Cyfeiriadu, Teithiau Cerdded, Gweithdai Gweithgaredd, Marchogaeth, Dringo Creigiau, Beicio/Seiclo Mynydd		
Grant : £250,000 : Ariannwyd o fis Gorffennaf 2006		

PROSIECT 15 : RHONDDA CYNON TAF (CYMOEDD GORLLEWINOL) [Enw'r Prosiect: Mentro Allan Rhondda Cynon Taf]

Sefydliad Arweiniol: Cyngor Bwrdeistref Sirol Rhondda Cynon Taf, Adran Hamdden Gymunedol, Swyddfa Llwyncastan, Ffordd y Llyfrgell, Pontypridd, CF37 2YA

Manylion Cyswilt: Cyril Chivers, Rheolydd Datblygu Hamdden a Pharciau : 01443 400563 :
cyril.j.chivers@rhondda-cynon-taff.gov.uk

Lleoliad daearyddol : Rhondda Cynon Taf : cymoedd gorllewinol		Rhesymeg : Lefel uchel o amddifadedd lluosog, lefel ail uchaf o weithgaredd corfforol, 5 uchaf salwch meddwl, 5 uchaf gor-dewdra
Prif fuddiolwyr : Pobl ar incwm isel	Buddiolwyr eilaidd dichonol : Pobl hŷn, pobl gyda phroblemau iechyd meddwl	Rhesymeg : Prosiect yn anelu i gyrraedd nifer cymharol uchel o bobl – crynhoad o gymunedau difreintiedig
Rhan-ddeiliaid allweddol fydd â dylanwad ar y prosiect: Grŵp Llywio Lleol Grŵp Llywio Gwerthuso Partneriaeth Genedlaethol Grwpiau Defnyddwyr Lleol Partneriaethau Cymuendau'n Gyntaf Darparwyr Gweithgaredd		Sefydliadau yn ymwneud â chyflenwi'r prosiect: Sustrans Greencare/Groundwork Canolfan Gweithgaredd Awyr Agored Daerwynno
Adnoddau, ymyriadau, gweithgareddau dichonol: Seiclo, Cerdded, Garddio Egniol, Gweithgareddau Antur Awyr Agored		
Grant y gwnad cais amdano : £342,854 : Gohiriwyd yn Hydref 2006		