

10 mlynedd o bresgripsiynu cymdeithasol: Newid Bywydau Gyda'n Gilydd

10 years of social prescribing: Changing Lives Together

Trosolwg ac effaith y prosiect

Project overview and impact

2,037 – Pobl wedi cael eu cefnogi

People supported

Dros gyfnod o ddegawd mae dros ddwy fil o bobl wedi cael eu cefnogi i ail-ymgysylltu â gwasanaethau yn eu cymunedau.

Over the course of the decade over two thousand people have been supported to re-engage with services in their communities.

Lleihau Ynysigrwydd ac Unigrwydd

Reduce Isolation And Loneliness

Mae 74% o'r bobl a gefnogwyd gan y prosiect ers 2016 wedi nodi eu bod wedi teimlo'n llai ynysig ac unig.

74% of the people supported by the project since 2016 have reported they have felt less isolated and lonely.

Gwell Llesiant Meddwl

Improved Mental Well-being

Mae 67% o'r bobl a gefnogwyd gan y prosiect ers 2016 wedi nodi bod eu lles meddyliol wedi gwella.

67% of the people supported by the project since 2016 have reported their mental well-being has improved.

Gwell Llesiant Corfforol

Improved Physical Well-being

Mae 60% o'r bobl a gefnogwyd gan y prosiect ers 2016 wedi nodi bod eu lles cofforol wedi gwella.

60% of the people supported by the project since 2016 have reported their physical well-being has improved.

Digwyddiadau allweddol

Key events

2016 – Lansio'r prosiect

Project launch

Lansiwyd y prosiect ym mis Mehefin 2016 i gefnogi pobl sydd angen cymorth anghlinigol ac i leihau'r galw ar wasanaethau statudol.

The project was launched in June 2016 to support people who need non-clinical support and to reduce demand on statutory services.

2020 / 2021 - Pandemig Covid

Covid Pandemic

Yn ystod Covid, cefnogodd y swyddog prosiect dros 300 o bobl dros y ffôn i ddelio ag amrywiaeth o broblemau a gododd o'r pandemig.

During Covid the project officer supported over 300 people via telephone to deal with a variety of problems arising from the pandemic.

2022 to 2026 -Argyfwng Costau Byw

Cost Of Living Crisis

Yn ystod y blynyddoedd diwethaf mae'r swyddog prosiect wedi cefnogi a chyfeirio pobl sy'n cael trafferth delio â'u harian oherwydd argyfwng costau byw.

In recent years the project officer has supported and signposted people struggling to deal with their finances due to the cost of living crisis.

Adenillion Cymdeithasol Ar Fuddsoddiad



Social Return On Investment

Gweler ein gwefan am yr holl adroddiadau gwerthuso

See our website for all evaluation reports



<https://mantellgwynedd.com/adroddi-ad-sroi-cystwll-cymunedol-arfon.html>