This is a bilingual newsletter. **Please click for the Welsh version.**

Mae hwn yn gylchlythyr dwyieithog. **Cliciwch am y fersiwn Gymraeg**.

August 2026 Edition

Welcome to the August 2026 edition of Impact

As summer continues, this edition of our newsletter reflects the wide range of issues, experiences and conversations helping to shape health and social care services across Wales.

Over recent weeks, we have continued to speak up on matters that are important to people and communities, including developments at Betsi Cadwaladr University Health Board, concerns about the Better Together engagement process in Powys, and ongoing pressures in emergency care services at The Grange Hospital in Gwent. In each of these areas, our focus remains the same: ensuring people's voices are heard and considered in decisions that affect them.

A key theme throughout this edition is the importance of providing services that are accessible, inclusive and responsive to people's needs. We share findings from our latest report on Welsh language health and social care services, which highlights the impact inconsistent provision can have on people's dignity, wellbeing and care. We are also pleased to have strengthened our commitment by signing a Welsh language pledge with Mwy na geiriau.

The summer has given us wonderful opportunities to meet people across Wales at events such as Pride, the Royal Welsh Show and the Eisteddfod Genedlaethol. These conversations have provided valuable insight into the experiences of LGBTQ+ people accessing care and support, Welsh-speaking communities, people living in rural areas, and others navigating health and social care services. We look forward to sharing more from these discussions in the months ahead.

This edition also includes examples of how individual experiences can lead to positive change. Our latest Impact in Action stories demonstrate how listening to and supporting people can help improve services, both for individuals and for others who may face similar challenges.

Thank you to everyone who has taken the time to share their experiences with us. **Your voices are at the heart of our work and continue to drive improvements across health and**

social care services in Wales.

Cofion cynnes,

Ben Eaton
Executive director of planning and delivery/deputy chief executive, Llais

Our Impact - July 2026

Here's what our teams across Wales have been busy doing in the last month:

1708 people told us their views on health and social care services in Wales	**67** events hosted by our teams	**82** number of partners we worked with this month
30 Representations made to NHS bodies and local authorities, making sure your feedback is used by decision makers to shape your services	**38** service changes we were involved in	**1204** people supported by our advocacy service

The most common issues we heard from the people we spoke to last month were:

- Access to care and long waiting times
- Mental health services and support
- Quality of care and clinical decision-making
- Communication and information sharing
- Medication and prescription issues
- Staff conduct and patient experience
- Service availability and future provision

Social care services:

- Not being treated with respect
- Access to care packages
- Long waits for CAHMS
- Unsafe discharge

News you may have missed

Llais commits to new Welsh language pledge
Llais has signed a new pledge with Mwy na geiriau, committing to working in partnership to ensure that Welsh-speaking people, carers and communities can exercise their rights, express their needs and receive services that respect their language and culture.
🔗 Read more here >>>

Spotlight on Welsh language health and social care services
Llais calls for action as new report reveals inconsistent access to Welsh language health and social care services is affecting people's dignity, wellbeing and treatment.
🔗 Read more here >>>

Pressures in emergency care
Llais responds to ongoing pressures in emergency care at The Grange University Hospital.
🔗 Read more here >>>

'Better Together' process
Llais responds to concerns raised about Powys Teaching Health Board's 'Better Together' engagement process.
🔗 Read more here >>>

Welsh hospital intervention
Llais responds to Welsh Government intervention at Betsi Cadwaladr University Health Board.
🔗 Read more here >>>

Looking back on Pride Month: listening to LGBTQ+ communities across Wales

Pride events provide an important opportunity to celebrate LGBTQ+ communities, but they also create valuable spaces for conversations about people's experiences of health and social care.

We were present at several Pride events across Wales, including; Wrexham, Swansea, Barry, Cardiff and Brecon.

The key themes that emerged from discussions this year were:

- People spoke about challenges accessing GP services, mental health support and NHS dentistry.
- Across events, attendees highlighted the importance of feeling listened to when seeking care and support.
- Some LGBTQ+ attendees shared positive experiences of increasing acceptance within society. However, concerns remained about experiences of discrimination or a lack of

understanding within some healthcare settings, reinforcing the importance of inclusive and person-centred care.

The events also demonstrated the value of our presence in communities. Many people were hearing about Llais for the first time and welcomed the opportunity to speak openly in a safe and neutral environment. Conversations generated new volunteer enquiries, opportunities for partnership working and valuable insight into the issues that matter most to people.

As Pride Month comes to a close, we would like to thank everyone who shared their stories and experiences with us. Every conversation helps build a better understanding of what is working well and where change is needed across health and social care services in Wales.

Impact in action: helping improve GP appointments and support for people experiencing anxiety

How one person's experience prompted changes that could make GP appointments easier for others in the future.

A Powys resident contacted us after a series of difficult experiences at their GP practice left them feeling anxious, frustrated and unheard. They were concerned about delays in being seen, a lack of continuity in their care, and how they were supported when feeling distressed and anxious while waiting to be seen. The experience was having a significant impact on their wellbeing and confidence in accessing healthcare.

We supported the individual to raise their concerns with the practice and ensured their experiences were fully considered through the complaints process.

As a result, the practice acknowledged the distress caused and identified a number of improvements to better support patients. These included introducing catch-up appointment slots to help reduce delays, reminding reception staff about supporting distressed patients, improving continuity of care, and recording patient preferences when arranging appointments.

The practice also agreed to note the individual's need for quieter appointment times to help reduce anxiety.

The client said they felt listened to and reassured by the response. Knowing that practical changes had been put in place has helped them feel more confident about attending future appointments.

Importantly, the learning from this case has been shared across the practice, helping to improve the experience for other patients who may face similar challenges.

Impact in action: giving a family peace of mind and helping shape future hearing aid services

How speaking up about one person's needs helped influence wider discussions about hearing aid provision in Wales.

A family in North Wales contacted us after becoming worried about changes to hearing aid provision. Their adult child lives with multiple disabilities, including severe sight impairment, physical disabilities and hearing loss. For the past two years, they had successfully used a rechargeable hearing aid, but the family feared that if it stopped working, they would be expected to use a battery-powered device that could not be managed independently.

The prospect of losing access to suitable hearing support caused considerable concern and uncertainty for the family.

We raised these concerns with the audiology service, highlighting the real-life impact that changes in service provision could have for people with complex needs.

In response, the service reviewed the individual's circumstances and updated their records to reflect the ongoing need for a rechargeable hearing aid, giving the family reassurance that their needs had been recognised.

We and the family also learned that a successful pilot of rechargeable hearing aids is helping inform the development of new all-Wales guidance. The proposed approach would support the continued provision of rechargeable devices where there is a clear clinical need.

For this family, the outcome has provided valuable peace of mind about the future. More broadly, their experience is helping shape conversations about how hearing services can better meet the needs of people across Wales.

Summer engagement activities

We had a fantastic time at the Eisteddfod Genedlaethol, held in Y Garreg Las this year!

It was great to be in the middle of it all, seeing familiar stakeholders at their stands and meeting new faces to talk about health and social care services in Wales.

During the week, we also held a roundtable discussion and asked the question: *What does it take to make Welsh language services the norm, not the exception?*

People shared powerful experiences about what it means to receive health and social care in Welsh and the difference it can make when you're at your most vulnerable.

We heard about situations where Welsh helped people feel understood, reassured and involved in decisions about their care. We also talked about the changes still needed to ensure people don't have to fight to access services in their preferred language.

The discussion brought together people with lived experience, health and care leaders, the deputy Welsh Language Commissioner Osian Llywelyn, Cabinet Minister for Health and Care Mabon ap Gwynfor MS and Welsh Government representatives, and colleagues from Mwy na Geiriau.

Thank you to everyone who joined us at the roundtable and at our stand, shared their experiences and contributed to the conversation.

We also attended the Royal Welsh show last month.

During our time there, we also brought together organisations from across Wales with the Cabinet Minister for Health and Social Care, Mabon ap Gwynfor MS, for a very timely discussion focused on the experiences, challenges and opportunities for people in rural communities accessing health and social care services.

A huge thank you to Welsh Government, Older People's Commissioner for Wales, Welsh NHS Confederation, Credu, Rural Health and Care Wales, Lingen Davies, Accessibility Powys, National Office for Care and Support, The DPJ Foundation, Age Cymru Powys and Dolen Teifi for such an insightful conversation.

We're now pulling together an insights report, highlighting what we heard along with suggested priorities and actions for public bodies.

Make sure you follow us on our social media pages to read this report as soon as it goes live - click the platforms below and follow us!

Looking ahead:

- 20 August 2026 - Denbigh & Flint show, North Wales
- 25 August 2026 - Healthy Lives Event, Cardiff & Vale
- 26 August 2026 - Meirioneth County Show, North Wales
- 26 August 2026 - Wonderfest Swansea, Neath Port Talbot & Swansea
- 4 September 2026 - Llais Local Brecon Coffee drop-in, Powys
- 5 September 2026 - The Heart of the Valley show, Neath Port Talbot and Swansea

Find out where our local teams will be this month on our website

Do you want to make a positive difference to people's lives, learn new skills, and meet new people?

Our volunteers make a big contribution to our work hearing the voices of the people of Wales.

To find out more about volunteering with Llais, visit our website, or call us on 02920 235 558.

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Rhifyn Awst 2026

Croeso i rifyn Awst 2026 o Effaith

Wrth i'r haf barhau, mae'r rhifyn hwn o'n cylchlythyr yn adlewyrchu'r ystod eang o faterion, profiadau a sgyrsiau sy'n helpu i lunio gwasanaethau iechyd a gofal cymdeithasol ledled Cymru.

Dros yr wythnosau diwethaf, rydym wedi parhau i siarad am faterion sy'n bwysig i bobl a chymunedau, gan gynnwys datblygiadau ym Mwrdd Iechyd Prifysgol Betsi Cadwaladr, pryderon am y broses ymgysylltu Gwella Gyda'n Gilydd ym Mhowys, a phwysau parhaus mewn gwasanaethau gofal brys. Ym mhob un o'r meysydd hyn, mae ein ffocws yn aros yr un fath: sicrhau bod lleisiau pobl yn cael eu clywed a'u hystyried mewn penderfyniadau sy'n effeithio arnynt.

Thema allweddol trwy gydol y rhifyn hwn yw pwysigrwydd darparu gwasanaethau sy'n hygyrch, yn gynhwysol ac yn ymatebol i anghenion pobl. Rydym yn rhannu canfyddiadau o'n hadroddiad diweddaraf ar wasanaethau iechyd a gofal cymdeithasol y Gymraeg, sy'n tynnu sylw at yr effaith y gall darpariaeth anghyson ei chael ar urddas, lles a gofal pobl. Rydym hefyd yn falch o fod wedi cryfhau ein hymrwymiad drwy arwyddo addewid Cymraeg gyda Mwy na geiriau.

Mae'r haf wedi rhoi cyfleoedd gwych i ni gwrdd â phobl ledled Cymru mewn digwyddiadau fel Balchder, y Sioe Frenhinol a'r Eisteddfod Genedlaethol. Mae'r sgyrsiau hyn wedi rhoi mewnwelediad gwerthfawr i brofiadau pobl LHDT+ sy'n cael mynediad at ofal a chymorth, cymunedau Cymraeg eu hiaith, pobl sy'n byw mewn ardaloedd gwledig, ac eraill sy'n llywio gwasanaethau iechyd a gofal cymdeithasol. Edrychwn ymlaen at rannu mwy o'r trafodaethau hyn yn y misoedd i ddod.

Mae'r rhifyn hwn hefyd yn cynnwys enghreifftiau o sut y gall profiadau unigol arwain at newid cadarnhaol. Mae ein straeon diweddaraf Effaith ar waith yn dangos sut y gall gwrando ar bobl a chefnogi pobl helpu i wella gwasanaethau, i unigolion ac i eraill a allai wynebu heriau tebyg.

Diolch i bawb sydd wedi cymryd yr amser i rannu eu profiadau gyda ni. **Mae eich lleisiau wrth wraidd ein gwaith ac maent yn parhau i ysgogi gwelliannau ar draws gwasanaethau iechyd a gofal cymdeithasol yng Nghymru.**

Cofion cynnes,

Ben Eaton
Cyfarwyddwr gweithredol cynllunio a chyflawni/dirprwy brif weithredwr, Llais

Ein heffaith - Gorffenaf 2026

Dyma beth mae ein timau ledled Cymru wedi bod yn brysur yn ei wneud yn ystod y mis diwethaf:

1708 o bobl a rannodd eu barn gyda ni am wasanaethau iechyd a gofal cymdeithasol yng Nghymru	**67** o ddigwyddiadau a gynhaliwyd neu a fynychwyd gan ein timau	**82** o bartneriaid y buom yn gweithio gyda nhw yn ystod y mis hwn
30 o sylwadau ffurfiol a gyflwynwyd i benderfynwyr, gan gynnwys cyrff y GIG ac awdurdodau lleol, gan sicrhau bod eich adborth yn cael ei ddefnyddio i helpu i lunio gwasanaethau	**38** o newidiadau i wasanaethau y buom yn rhan ohonynt	**1204** o bobl a gafodd gymorth drwy ein gwasanaeth eiriolaeth

Y materion mwyaf cyffredin a glywsom gan y bobl y buom yn siarad â hwy'r mis diwethaf oedd:

- Mynediad at ofal ac amseroedd aros hir

- Gwasanaethau a chymorth iechyd meddwl
- Ansawdd gofal a gwneud penderfyniadau clinigol
- Cyfathrebu a rhannu gwybodaeth
- Materion meddyginiaeth a phresgripsiwn
- Ymddygiad staff a phrofiad claf
- Argaeledd gwasanaeth a darpariaeth yn y dyfodol

Gwasanaethau gofal cymdeithasol:

- Peidio â chael eich trin â pharch
- Pecynnau mynediad at ofal
- Aros hir am CAHMS
- Rhyddhau anniogel

Newyddion efallai eich bod wedi'u colli

Llais yn ymrwymo i addewid Cymraeg newydd
Mae Llais wedi llofnodi addewid newydd gyda Mwy na geiriau, gan ymrwymo i weithio mewn partneriaeth i sicrhau bod-pobl, gofalwyr a chymunedau sy'n siarad Cymraeg yn gallu arfer eu hawliau, mynegi eu hanghenion a derbyn gwasanaethau sy'n parchu eu hiaith a'u diwylliant.
🔗 Darllenwch fwy yma >>>

Sbotolau Llais ar wasanaethau iechyd a gofal cymdeithasol Cymraeg
Mae Llais yn galw am weithredu wrth i'r adroddiad newydd ddatgelu bod mynediad anghyson at wasanaethau iechyd a gofal cymdeithasol yn y Gymraeg yn effeithio ar urddas, lles a thriniaeth pobl.
🔗 Darllenwch fwy yma >>>

Pwysau mewn gofal brys
Mae Llais yn ymateb i bwysau parhaus mewn gofal brys yn Ysbyty Prifysgol Grange.
🔗 Darllenwch fwy yma >>>

Proses 'Gwella Gyda'n Gilydd'
Mae Llais yn ymateb i bryderon a godwyd ynglŷn â phroses ymgysylltu 'Gwella Gyda'n Gilydd' Bwrdd Iechyd Addysgu Powys.
🔗 Darllenwch fwy yma >>>

Ymyrraeth ysbyty Cymru
Llais yn ymateb i ymyrraeth Llywodraeth Cymru ym Mwrdd Iechyd Prifysgol Betsi Cadwaladr.
🔗 Darllenwch fwy yma >>>

Edrych yn ôl ar Fis Balchder: Gwrando ar gymunedau LHDT+ Iedled Cymru

Mae digwyddiadau Balchder yn darparu cyfle pwysig i ddathlu cymunedau LHDT+, ond maent hefyd yn creu mannau gwerthfawr ar gyfer sgyrsiau am brofiadau pobl o iechyd a gofal cymdeithasol.

Eleni, ymunodd ein timau mewn digwyddiadau Balchder ledled Cymru, gan gynnwys Wrecsam, Abertawe, Y Barri, Caerdydd ac Aberhonddu.

Y themâu allweddol a ddaeth i'r amlwg o'r trafodaethau eleni oedd:

- Siaradodd pobl am heriau wrth gael mynediad at wasanaethau meddygon teulu, cymorth iechyd meddwl a deintyddiaeth y GIG.
- Ar draws digwyddiadau, tynnodd mynychwyr sylw at bwysigrwydd teimlo eu bod yn cael eu gwrando wrth geisio gofal a chefnogaeth.
- Rhannodd rhai mynychwyr LHDT+ brofiadau cadarnhaol o gynyddu derbyniad o fewn cymdeithas. Fodd bynnag, roedd pryderon yn parhau am brofiadau o wahaniaethu neu ddiffyg dealltwriaeth o fewn rhai lleoliadau gofal iechyd, gan atgyfnerthu pwysigrwydd gofal cynhwysol a pherson ganolog.

Dangosodd y digwyddiadau hefyd werth ein presenoldeb parhaus mewn cymunedau. Roedd rhai pobl y buom yn siarad â nhw yn clywed am Llais am y tro cyntaf ac yn croesawu'r cyfle i siarad yn agored mewn amgylchedd diogel a niwtral. Fe wnaeth sgyrsiau gynhyrchu ymholiadau gwirfoddolwyr newydd hefyd, yn ogystal â chyfleoedd ar gyfer gweithio mewn partneriaeth yr ydym bellach yn eu bwrw ymlaen.

Hoffem ddiolch i bawb a rannodd eu straeon a'u profiadau gyda ni. Mae pob sgwrs yn helpu i adeiladu gwell dealltwriaeth o'r hyn sy'n gweithio'n dda a lle mae angen newid ar draws gwasanaethau iechyd a gofal cymdeithasol yng Nghymru.

Effaith ar waith: helpu i wella apwyntiadau meddygon teulu a chefnogaeth i bobl sy'n profi pryder

Sut mae profiad un person wedi ysgogi newidiadau a allai wneud apwyntiadau meddyg teulu yn haws i eraill yn y dyfodol.

Cysylltodd un o drigolion Powys â ni ar ôl i gyfres o brofiadau anodd yn eu practis meddyg teulu eu gadael yn teimlo'n bryderus, yn rhwystredig ac yn ddi-glywed. Roedden nhw'n poeni am oedi wrth gael eu gweld, diffyg parhad yn eu gofal, a sut roedden nhw'n cael eu cefnogi wrth deimlo'n

drallodus ac yn bryderus wrth aros i gael eu gweld. Roedd y profiad yn cael effaith sylweddol ar eu lles a'u hyder wrth gael mynediad at ofal iechyd.

Fe wnaethom gefnogi'r unigolyn i godi eu pryderon gyda'r practis a sicrhau bod eu profiadau yn cael eu hystyried yn llawn drwy'r broses gwyno.

O ganlyniad, cydnabu'r practis y trallod a achoswyd a nodi nifer o welliannau i gefnogi cleifion yn well. Roedd y rhain yn cynnwys cyflwyno slotiau apwyntiadau dal i fyny i helpu i leihau oedi, atgoffa staff y dderbynfa am gefnogi cleifion trallodus, gwella parhad gofal, a chofnodi dewisiadau cleifion wrth drefnu apwyntiadau.

Cytunodd y practis hefyd i nodi angen yr unigolyn am amseroedd apwyntiad tawelach i helpu i leihau pryder.

Dywedodd y cleient eu bod yn teimlo eu bod yn cael eu gwrando a'u tawelu gan yr ymateb. Mae gwybod bod newidiadau ymarferol wedi'u rhoi ar waith wedi eu helpu i deimlo'n fwy hyderus ynglŷn â mynychu apwyntiadau yn y dyfodol.

Yn bwysig, mae'r dysgu o'r achos hwn wedi'i rannu ar draws y practis, gan helpu i wella'r profiad i gleifion eraill a allai wynebu heriau tebyg.

Effaith ar waith: rhoi tawelwch meddwl i deulu a helpu i lunio gwasanaethau cymorth clyw yn y dyfodol

Sut y gwnaeth siarad am anghenion un person helpu i ddylanwadu ar drafodaethau ehangach am ddarpariaeth cymorth clyw yng Nghymru.

Cysylltodd teulu yng Ngogledd Cymru â ni ar ôl poeni am newidiadau i'r ddarpariaeth cymorth clyw. Mae eu plentyn sy'n oedolion yn byw gydag anableddau lluosog, gan gynnwys nam difrifol ar y golwg, anableddau corfforol a cholli clyw. Am y ddwy flynedd ddiwethaf, roedden nhw wedi llwyddo i ddefnyddio cymorth clyw y gellir ei ailwefru, ond roedd y teulu'n ofni pe bai'n stopio gweithio, y byddai disgwyl iddynt ddefnyddio dyfais batri na ellid ei reoli'n annibynnol. Roedd y posibilrwydd o golli mynediad at gymorth clyw addas yn achosi cryn bryder ac ansicrwydd i'r teulu.

Fe wnaethon ni godi y pryderon hyn gyda'r gwasanaeth awdioleg, gan dynnu sylw at yr effaith go iawn y gallai newidiadau yn y ddarpariaeth gwasanaeth ei gael i bobl ag anghenion cymhleth. Mewn ymateb, adolygodd y gwasanaeth amgylchiadau'r unigolyn a diweddaru eu cofnodion i adlewyrchu'r angen parhaus am gymorth clyw ailwefru, gan roi sicrwydd i'r teulu bod eu hanghenion wedi'u cydnabod.

Fe wnaethon ni a'r teulu hefyd ddysgu bod cynllun peilot llwyddiannus o gymhorthion clyw y gellir eu hailwefru yn helpu i lywio'r gwaith o ddatblygu canllawiau newydd Cymru gyfan. Byddai'r dull arfaethedig yn cefnogi parhau i ddarparu dyfeisiau ailwefru lle mae angen clinigol clir.

I'r teulu hwn, mae'r canlyniad wedi darparu tawelwch meddwl gwerthfawr am y dyfodol. Yn fwy cyffredinol, mae eu profiad yn helpu i lunio sgyrsiau am sut y gall gwasanaethau clyw ddiwallu anghenion pobl ledled Cymru yn well.

Gweithgareddau ymgysylltu dros yr haf

Cawsom amser gwych yn yr Eisteddfod Genedlaethol, a gynhaliwyd yn Y Garreg Las eleni!

Roedd yn wych bod yng nghanol y cyfan, gweld rhanddeiliaid cyfarwydd yn eu stondinau a chwrdd ag wynebau newydd i siarad am wasanaethau iechyd a gofal cymdeithasol yng Nghymru.

Yn ystod yr wythnos, fe wnaethom hefyd gynnal trafodaeth bord gron a gofyn y cwestiwn: *Beth sydd ei angen i wneud gwasanaethau Cymraeg yn norm, nid yr eithriad?*

Rhannodd pobl brofiadau pwerus am yr hyn y mae'n ei olygu i dderbyn gofal iechyd a chymdeithasol yn Gymraeg a'r gwahaniaeth y gall ei wneud pan fyddwch chi ar eich mwyaf agored i niwed.

Clywsom am sefyllfaoedd lle helpodd y Gymraeg bobl i deimlo eu bod yn cael eu deall, eu bod yn cael eu sicr a'u bod yn rhan o benderfyniadau am eu gofal. Fe wnaethom hefyd siarad am y newidiadau sydd eu hangen o hyd i sicrhau nad oes rhaid i bobl ymladd i gael mynediad at wasanaethau yn eu dewis iaith.

Daeth y drafodaeth â phobl â phrofiad byw, arweinwyr iechyd a gofal at ei gilydd, dirprwy Gomisiynydd y Gymraeg Osian Llywelyn, Gweinidog y Cabinet dros Iechyd a Gofal Mabon ap Gwynfor a chynrychiolwyr Llywodraeth Cymru, a chydweithwyr o Fwy na Geiriau.

Diolch i bawb a ymunodd â ni yn y bwrdd crwn ac yn ein stondin, rhannu eu profiadau a chyfrannu at y sgwrs.

Fe wnaethon ni hefyd fynychu'r sioe Frenhinol Cymru fis diwethaf.

Yn ystod ein hamser yno, fe wnaethom hefyd ddod â sefydliadau o bob cwr o Gymru ynghyd â'r Gweinidog Cabinet dros Iechyd a Gofal Cymdeithasol, Mabon ap Gwynfor, ar gyfer trafodaeth amserol iawn yn canolbwyntio ar y profiadau, yr heriau a'r cyfleoedd i bobl mewn cymunedau gwledig sy'n cael mynediad at wasanaethau iechyd a gofal cymdeithasol.

Diolch yn fawr iawn i Lywodraeth Cymru, Comisiynydd Pobl Hŷn Cymru, Cydffederasiwn GIG Cymru, Credu, Iechyd a Gofal Gwledig Cymru, Lingen Davies, Hygyrchedd Powys, y Swyddfa Genedlaethol dros Ofal a Chymorth, Sefydliad DPJ, Age Cymru Powys a Dolen Teifi am sgwrs mor graff.

Rydym bellach yn tynnu at ei gilydd adroddiad mewnwelediadau, sy'n tynnu sylw at yr hyn a glywsom ynghyd â blaenoriaethau a chamau gweithredu awgrymedig ar gyfer cyrff cyhoeddus.

Gwnewch yn siŵr eich bod yn ein dilyn ar ein tudalennau cyfryngau cymdeithasol i ddarllen yr adroddiad hwn cyn gynted ag y bydd yn mynd yn fyw!

Edrych Ymlaen

- 20 Awst 2026 - Sioe Dinbych & Fflint, Gogledd Cymru
- 25 Awst 2026 - Diwgyddiad Bywydau Iach, Caerdydd a'r Fro
- 26 Awst 2026 - Sioe Meirioneth, Gogledd Cymru
- 26 Awst 2026 - Wonderfest Abertawe, Castell Nedd Port Talbot ac Abertawe
- 4 Medi 2026 - Llais Lleol Brecon, Powys
- 5 Medi 2026 - Sioe 'The Heart of the Valley', Castell Nedd Port Talbot ac Abertawe

Darganfyddwch ble bydd ein timau lleol y mis hwn drwy ymweld â'n gwefan.

Ydych chi eisiau gwneud gwahaniaeth cadarnhaol i fywydau pobl, dysgu sgiliau newydd, a chwrdd â phobl newydd?

Mae ein gwirfoddolwyr yn gwneud cyfraniad mawr at ein gwaith yn clywed lleisiau pobl Cymru.

I gael gwybod mwy am wirfoddoli gyda Llais, ewch i'n gwefan, neu ffoniwch ni ar 02920 235 558.

Llais

Adeiladau'r Coron, Parc Cathays,
Caerdydd, CF10 3NQ

Dad-danysgrifio