SWYDDFA COMISIYNYDD HEDDLU A THROSEDD GOGLEDD CYMRU
OFFICE OF THE POLICE & CRIME COMMISSIONER NORTH WALES

Cylchlythyr Newsletter

Cylchlythyr #44 SCHTh Gogledd Cymru – 31 Mai 2024
OPCC North Wales Newsletter #44 – 31 May 2024

Llwyddiant i Sgowtiaid Ynys Môn - efo buddsoddiad a atafaelwyd gan droseddwyr

Ymwelodd Comisiynydd Heddlu a Throsedd (CHTh) Gogledd Cymru, Andy Dunbobbin, Prif Gwnstabl Cynorthwyol Heddlu Gogledd Cymru, Gareth Evans a Chadeirydd Ymddiriedolaeth yr Heddlu a'r Gymuned (PACT), Ashley Rogers â Gwersyll Ardal Talwrn ar Ynys Môn ar ddydd Sadwrn, 25 Mai, er mwyn dysgu mwy am waith a gweithgareddau'r Sgowtiaid, ac i weld sut mae arian a atafaelwyd gan droseddwyr yn cael ei ddefnyddio er lles pobl ifanc ar yr ynys, ac i wella cyfleusterau'r gwersyll.

Mae'r gronfa Eich Cymuned, Eich Dewis yn cynorthwyo prosiectau llawr gwlad, efo cefnogaeth y Comisiynydd Heddlu a Throsedd, Ymddiriedolaeth yr Heddlu a'r Gymuned a Heddlu Gogledd Cymru. Mae buddsoddiad Eich Cymuned, Eich Dewis yn dod yn rhannol o arian a atafaelwyd drwy'r llysoedd drwy'r Ddeddf Enillion Trosedd, efo'r gweddill yn dod oddi wrth y Comisiynydd Heddlu a Throsedd.

Mae Sgowtiaid Ynys Môn yn cynnwys saith grŵp sy'n gwasanaethu pobl ifanc yr ynys gyfan, o 4 oed hyd at 18. Yn bresennol, mae ganddyn nhw aelodaeth o dros 320, a thua 80 o wirfoddolwyr ar ben hynny. Mae'r buddsoddiad gan Eich Cymuned, Eich Dewis wedi helpu i wella'r cyfleusterau toiled yn y gwersyll, wedi talu am hamogau ychwanegol, ac am gelfi ac offer er mwyn ymarfer byw gwyllt, ac i helpu efo cynnal a chadw'r gwersyll.
[Darllenwch fwy yma.]

Anglesey Scouts strike lucky with funding seized from criminals

North Wales Police and Crime Commissioner (PCC) Andy Dunbobbin, North Wales Police Assistant Chief Constable Gareth Evans, and North Wales Police and Community Trust (PACT) Chairman Ashley Rogers visited Ynys Môn Scouts' Talwrn District Campsite on Anglesey on Saturday, 25 May to learn more about the Scouts' work and activities and to see how money taken from criminals is being used for the good of the young people of the island and improving facilities at the campsite.

The Your Community, Your Choice fund supports grass-roots projects and is backed by the North Wales Police and Crime Commissioner, North Wales Police and Community Trust and North Wales Police. The funding for Your Community, Your Choice comes partly from money seized by the courts through the Proceeds of Crime Act, with the rest from the Police and Crime Commissioner.

The Anglesey District Scouts (Ynys Môn Scouts) are comprised of seven groups that serve the young people of the entire island from the ages of 4 to 18 years. They currently have a growing membership of over 320, plus around 80 volunteers. The funding from Your Community, Your Choice has helped improve toilet facilities at the camp and paid for additional hammocks, as well as tools and equipment for bushcraft and to help in the maintenance of the camp. **Read more here.**

Cydnabod partneriaeth sgrinio'r brostad hefo'r heddlu mewn digwyddiad yn yr Wyddgrug

Ar 30 Mai yng Ngorsaf Heddlu'r Wyddgrug, dathlwyd partneriaeth rhwng Heddlu Gogledd Cymru ac Ymddiriedolaeth Elusennol Graham Fulford ("yr Ymddiriedolaeth"), sef sefydliad codi ymwybyddiaeth am ganser y brostad, er mwyn hyrwyddo sgrinio canser y brostad.

Mae'r gydnabyddiaeth yn dangos y cyfleoedd sy'n bodoli er mwyn diogelu iechyd a lles dynion yn eu gweithle. Fe wnaeth hefyd helpu dangos pwysigrwydd canfod problemau'r brostad yn gynnar. Mae hwn yn fater sydd wedi gweld cynnydd diweddar mewn ymwybyddiaeth ymysg y cyhoedd yn dilyn triniaeth ddiweddar y Brenin ar gyfer prostad wedi gordyfu.

Yn 2019, dechreuodd yr Ymddiriedolaeth bartneriaeth hefo Heddlu Gogledd Cymru er mwyn cynnig sgrinio profion PSA mewn swyddfeydd a gorsafoedd ar draws stad yr heddlu i swyddogion a staff gwrywaidd dros 40 oed. Prawf gwaed ydy prawf PSA sy'n gallu canfod arwyddion cynnar canser y brostad. Mae'r prawf yn mesur lefel PSA (antigen benodol i'r brostad) yng ngwaed rhywun. **Darllenwch fwy yma.**

Prostate screening partnership with police recognised in Mold event

A partnership to promote prostate cancer screening between North Wales Police and prostate cancer awareness organisation the Graham Fulford Charitable (GFCT) Trust was celebrated at Mold Police Station on 30 May.

The recognition shows the opportunities that exist to safeguard the health and wellbeing of men in their workplace. It also helped demonstrate the importance of detecting prostate problems early on – an issue that has seen a recent rise in public awareness following The King's recent treatment for an enlarged prostate.

In 2019, GFCT began a partnership with North Wales Police to offer PSA test screening in offices and stations across the police estate to male officers and staff aged over 40. A PSA test is a blood test which can detect the early signs of prostate cancer. The test measures the level of PSA (prostate-specific antigen) in someone's blood. **Read more here.**

Digwyddiadau arbennig yng Ngogledd Cymru, yn edrych ar fyw'n well efo dementia

Mae Alzheimer's Research UK yn amcangyfrif bod 944,000 o bobl yn byw efo dementia yn y Deyrnas Unedig. Oherwydd twf yng ngraddfa'r cyflwr, mae Heddlu Gogledd Cymru a Bwrdd Iechyd Prifysgol Betsi Cadwaladr (BIPBC) wedi ymuno i ehangu eu dosbarthiad o'u cyfres o ffilmiau, "Byw'n Well gyda Dementia".

Mae'r ffilmiau, a gyflwynwyd am y tro cyntaf ym mis Mawrth eleni, wedi eu creu i ddatblygu gwell dealltwriaeth o ddementia. Rŵan, ar ôl lansiad llwyddiannus y ffilmiau, mae dangosiadau arbennig pellach wedi eu trefnu ym Mrychdyn a Chyffordd Llandudno, diolch i fuddsoddiad gan Gomisiynydd Heddlu a Throsedd Gogledd Cymru, Andy Dunbobbin. Y nod ydy i anfon neges bwysig y ffilmiau ynglŷn â byw'n well efo dementia, i hyd yn oed mwy o bobl ledled Gogledd Cymru.

Bydd y ffilmiau yn cael eu dangos yn Cineworld, Parc Siopa Brychdyn ar 11 Mehefin 2024 rhwng 3pm a 5pm, ac yn Cineworld Cyffordd Llandudno, ar 1 Hydref 2024 rhwng 3pm a 5pm. Yn dilyn y dangosiadau, bydd sesiynau cwestiwn ac ateb ar faterion iechyd a phlismona, sy'n gallu effeithio ar bobl sy'n byw efo dementia, neu eu teuluoedd. Bydd y pynciau i'w trafod ar y diwrnod yn dod o'r gynulleidfa, a gallent gynnwys sut i fyw mor dda a phosib efo dementia; cadw'n ddiogel; diogelu eich cartref; a help i rhywun sy'n mynd ar goll. **Darllenwch fwy yma.**

Special events look at living better with dementia in North Wales

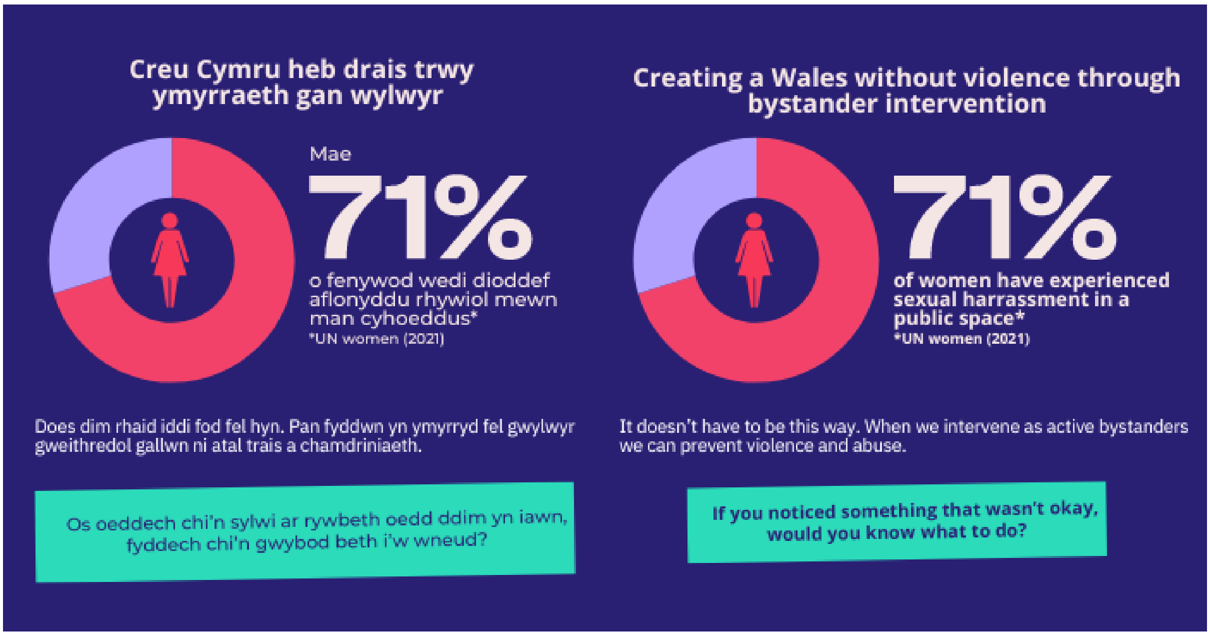
According to Alzheimer's Research UK, 944,000 people are estimated to be living with dementia in the United Kingdom[1]. Given the growing scale of the condition, North Wales Police and Betsi Cadwaldr University Health Board (BCUHB) have joined forces for the further rollout of a new series of films called *Living Better with Dementia*.

The films, which originally premiered in March this year, have been created to encourage a better understanding of dementia. Now, following the successful launch of the films, further special screenings are planned in Broughton and Llandudno Junction thanks to funding from the office of the Police and Crime Commissioner for North Wales, Andy Dunbobbin. The aim is to bring the films' important message around living better with dementia to even more people across North Wales.

The two screenings will take place at Cineworld Broughton Shopping Park, on 11 June 2024 from 3-5pm, and at Cineworld Llandudno, Llandudno Junction, on 1 October 2024 from 3-5pm. The showings will be followed by a question-and-answer session on the health and policing issues that can affect people living with dementia, or their families. Topics for discussion on the day will be generated by the audience and could include living as well as possible with dementia; keeping safe; protecting your home; and help for someone who goes missing. **Read more here.**

Hyfforddiant Gwylwyr Gweithredol Arwain y Newid

Mae Plan International UK yn gyflwyno Hyfforddiant Gwylwyr Gweithredol Arwain y Newid am ddim yn sefydliadau. Nod yw hyfforddiant yw grymuso pobl i godi eu llais ac i herio agweddau ac ymddygiadau unigolion, sy'n efallai'n cefnogi trais o fewn eu grŵp cyfoedion, eu gweithle, eu cymuned neu mewn mannau cyhoeddus. Nid oes angen unrhyw wybodaeth neu brofiad blaenorol, yn wir rydyn nhw'n fwyaf awyddus i dargedu'r sawl sydd heb fawr o wybodaeth flaenorol yn y meysydd hyn. Mae'r hyfforddiant yn cael ei ariannu gan Lywodraeth Cymru a'i gyflenwi gan arbenigwyr diwydiant. Mae'n rhan o ymrwymiad parhaus y llywodraeth i arwain y newid i wneud Cymru y lle mwyaf diogel yn Ewrop i fod yn fenyw. Cysylltwch â Swyddog Cefnogi Prosiect Candy Hovey am mwy o wybodaeth: Candy.Hovey@plan-uk.org



Lead The Change Bystander Intervention Training

Plan International UK is offering free Lead The Change Bystander Intervention Training for organisations. The training is all about empowering people to speak up and to challenge individual's attitudes and behaviours, that may be supportive of violence within their peer group, workplace, community or in public spaces, no prior knowledge or experience is required, in fact they are most keen to target those with little prior knowledge in

[1] Statistics about dementia - Dementia Statistics Hub

these areas. The training is funded by the Welsh Government and delivered by industry specialists. It is part of the government's ongoing commitment to lead the change to make Wales the safest place in Europe to be a woman. Email Project Support Officer Candy Hovey for more information: Candy.Hovey@plan-uk.org

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