

**The HOPE Project (Helping others participate and engage) is a partnership project between Age Cymru, Age Cymru local partners and Age Connects Wales partners throughout Wales. HOPE is funded by Welsh Government under the Sustainable Social Services Grant until the end of March 2025.**

This exciting project helps by supporting people to engage, participate, gain information, have their voices heard, understand their rights, make choices, be involved, share experiences, raise awareness of advocacy, and develop skills and knowledge.

### What does HOPE deliver?

- HOPE delivers advocacy support at a community level through a range of advocacy models by recruiting and then fully training and supporting project volunteers. HOPE aims to support people at an early stage in their issues or concerns to prevent them slipping into crisis. We want to help people to get the help and support they need at the earliest point. Helping older people to reengage with their communities and to get access to services.
- HOPE delivers advocacy for older people (50+) and carers across Wales. HOPE staff and volunteers also engage with communities who can guide us to make sure the service we provide is right for the needs of older people and carers in their areas. We want to make sure we work with and complement the existing advocacy providers and forums across Wales.

- HOPE identifies and supports Advocacy Ambassadors, who will promote awareness of rights and choices, and the importance, benefits and outcomes of advocacy. HOPE promotes advocacy in all its forms to show how important it is and what a difference it can make.
- HOPE establishes a programme of training, workshops and events enabling advocates across Wales to further develop their skills and knowledge. Training and workshops are also available to other professionals who would benefit from greater awareness of advocacy and how to access it.

### Where is the project delivering its services?

This is a Wales wide project but we'll be working across regions with regional staff in place. These regions are:

- Cardiff, Merthyr Tydfil, Rhondda Cynon Taf, Vale of Glamorgan, Bridgend, Neath Port Talbot, Swansea, Carmarthenshire and Pembrokeshire
- Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire, Wrexham, Ceredigion and Powys
- Gwent

### How can I find out more?

For more information or if you have any queries please contact us:

[advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)

or visit our website:

[www.agecymru.org.uk/advocacy](http://www.agecymru.org.uk/advocacy)

## Partneriaeth yw Prosiect HOPE (Helpu eraill i gymryd rhan ac ymgysylltu) rhwng Age Cymru, partneriaid lleol Age Cymru a phartneriaid Age Connects Wales ledled Cymru. Ariennir Hope gan Lywodraeth Cymru dan y Grant Gwasanaethau Cymdeithasol Cynaliadwy tan ddiwedd Mawrth 2025.

Bydd y prosiect cyffrous hwn yn cefnogi pobl i ymgysylltu, cymryd rhan, caffael gwybodaeth, lleisio eu barn, deall eu hawliau, gwneud dewisiadau, cael eu cynnwys, rhannu profiadau, codi ymwybyddiaeth o eiriolaeth, a datblygu sgiliau a gwybodaeth.

### Beth ydy HOPE yn ei ddarparu?

- Mae HOPE yn darparu cymorth eiriolaeth ar lefel gymunedol drwy ystod o fodolau eiriolaeth gan recriwtio ac yna hyfforddi a chefnogi'n llawn gwirfoddolwyr i'r prosiect. Nod HOPE yw cefnogi pobl yn gynnar gyda'u problemau neu eu pryderon i'w hatal rhag wynebu argyfwng. Hoffem helpu pobl i gael y cymorth a'r gefnogaeth sydd eu hangen arnynt ar yr adeg gynharaf. Helpu pobl hyn i ail-ymgysylltu â'u cymunedau a chael mynediad at wasanaethau.
- Mae HOPE yn darparu eiriolaeth i bobl hŷn (50+) a gofalwyr ledled Cymru. Bydd staff a gwirfoddolwyr HOPE hefyd yn ymgysylltu â chymunedau a all ein harwain i wneud yn siŵr bod y gwasanaeth a ddarparwn yn briodol i anghenion pobl hŷn a gofalwyr yn eu hardaloedd. Hoffem wneud yn siŵr ein bod yn gweithio â darparwyr a fforymau eiriolaeth sydd eisoes yn bodoli ledled Cymru, ac yn eu hategu.

- Mae HOPE yn adnabod ac yn cefnogi Llysgenhadon Eiriolaeth, a fydd yn hyrwyddo ymwybyddiaeth o hawliau a dewisiadau, a phwysigrwydd, buddion a chanlyniadau eiriolaeth. Mae HOPE yn hyrwyddo eiriolaeth yn ei holl ffurfiau i ddangos pa mor bwysig ydyw a pha wahaniaeth y gall ei wneud.
- Mae HOPE yn sefydlu rhaglen o hyfforddiant, gweithdai a digwyddiadau a fydd yn galluogi eiriolwyr ledled Cymru i ddatblygu eu sgiliau a gwybodaeth ymhellach. Mae hyfforddiant a gweithdai ar gael hefyd i weithwyr proffesiynol eraill a allai elwa o fwy o ymwybyddiaeth o eiriolaeth a sut i gael mynediad ato.

### Ble mae'r prosiect yn darparu ei wasanaethau?

Dyma brosiect Cymru gyfan, ond byddwn yn gweithio ar draws rhanbarthau gyda staff rhanbarthol yn eu lle. Y rhanbarthau yw:

- Caerdydd, Merthyr Tudful, Rhondda Cynon Taf, Bro Morgannwg, Pen-y-bont ar Ogwr, Castell-nedd Port Talbot, Abertawe, Sir Gaerfyrddin a Sir Benfro
- Ynys Môn, Gwynedd, Conwy, Sir Ddinbych, Sir y Fflint, Wrecsam, Ceredigion a Phowys
- Gwent

### Sut allaf gael rhagor o wybodaeth?

Am ragor o wybodaeth neu os oes gennych unrhyw ymholiadau, cysylltwch â ni:

[advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)

Neu ewch i'n wefan:

[www.agecymru.org.uk/advocacy](http://www.agecymru.org.uk/advocacy)