

Cylchlythyr y Methodistiaid  
Sul Gweithredu dros Blant 2021



**Gweithredu  
dros Blant**

# Wrth ein hymyl

**Annwyl ffrindiau,**

Gobeithio eich bod yn cadw'n iawn.

Does dim angen dweud bod y flwyddyn ddiwethaf wedi bod yn heriol iawn. Er wynebu gofid, rydych chi wedi canfod ffyrdd o barhau i gefnogi Gweithredu dros Blant. Er bod y cyfyngiadau symud wedi rhoi stop ar lawer o weithgareddau codi arian, llwyddodd cefnogwyr y Methodistiaid i godi dros £330,000, sy'n gamp ryfeddol.

Hoffem **ddiolch i chi** am fod yn ffyddlon i ni drwy gydol yr amser anodd hwn. Rydym wir yn gwerthfawrogi eich ymrwymiad, haelioni a charedigrwydd ac, wrth gwrs, eich awydd penderfynol i helpu plant, pobl ifanc a theuluoedd.

Mae'r pandemig wedi cael effaith neilltuol ar y plant mwyaf agored i niwed a'u teuluoedd. Mae angen ein cymorth ni arnynt yn fwy nag erioed. Cewch ddarllen rhagor yn y cylchlythyr hwn am barhad ein hapêl hanfodol Rhoi Terfyn ar yr Argyfwng i Blant.

Eleni, bydd Sul Gweithredu dros Blant yn digwydd ar 11 Gorffennaf. Rydym ni wedi creu llyfryn i'ch helpu chi i gynllunio gwasanaeth arbennig ar y diwrnod (neu unrhyw adeg arall). Mae'n cynnwys cynllun bras ar gyfer addoli, straeon ac awgrymiadau ar gyfer gweddiâu ac emynau.

Fe ddaw'r llyfryn gyda'r cylchlythyr hwn. Mae'n bosib llwytho copïau ychwanegol i lawr, yn ogystal ag adnoddau defnyddiol eraill o:  
**[actionforchildren.org.uk/fundraise-in-church](https://actionforchildren.org.uk/fundraise-in-church)**.

Mae llawer o ffyrdd eraill y gallwch ein cefnogi ni dros y misoedd nesaf hefyd. Un o'r ffyrdd hyn yw Gwrthod mynd i'r Gwely, sy'n dychwelyd ddydd Gwener, 9 Gorffennaf. Os nad yw treulio noson o dan fwrdd y gegin yn mynd â'ch bryd, gallwch ddod o hyd i bob math o weithgareddau a syniadau codi arian ar ein gwefan.

Diolch unwaith eto am bopeth rydych chi'n ei wneud.

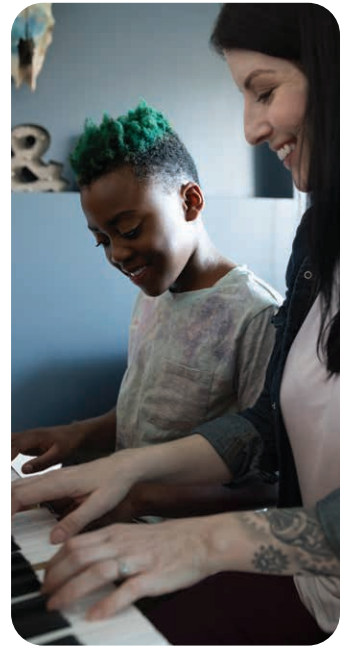
Pob bendith,

**Jessica Taylor**

Pennaeth Codi Arian Rhanbarthol

**Karis Kolawole**

Arweinydd Partneriaethau Ffydd





# By our side

Dear friends,

We hope this newsletter finds you well.

It goes without saying that the past year has been extremely challenging. In the face of adversity, though, you've found ways to continue supporting Action for Children. While lockdowns put a stop to many a fundraising activity, Methodist supporters still managed to raise more than £330,000, which is a remarkable achievement.

We want to say **thank you** for sticking by us through this tough time. We truly appreciate your dedication, generosity and kindness, and, of course, your determination to help children, young people and families.

The most vulnerable children and their families have been particularly affected by the pandemic. They need our support more than ever. You can read more about the continuation of our vital End Childhood Crisis appeal in this newsletter.

This year, Action for Children Sunday takes place on 11 July. We've produced a booklet to help you plan a special service on the day (or at any other time). It includes a worship outline, stories, and suggestions for prayers and hymns.

You'll find the booklet enclosed with this newsletter. You can download extra copies, as well as other helpful resources, from: [actionforchildren.org.uk/fundraise-in-church](https://actionforchildren.org.uk/fundraise-in-church).

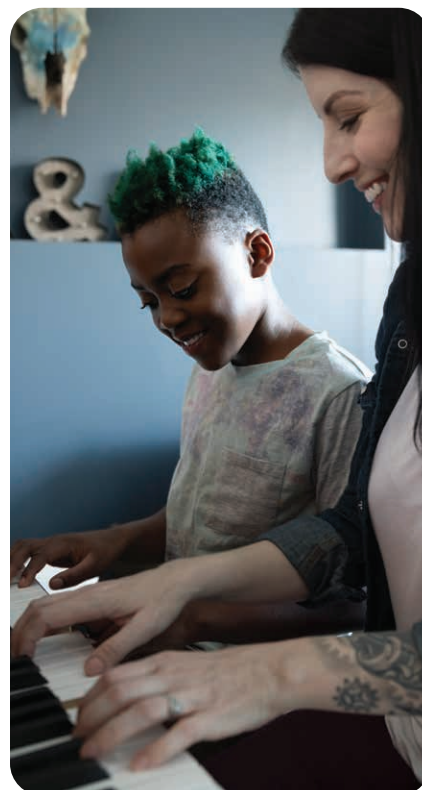
There are lots of other ways you can support us over the next few months, too. One of these is Boycott your Bed, which returns on Friday 9 July. If spending a night under the kitchen table doesn't take your fancy, you can find all sorts of fundraising activities and ideas on our website.

Thank you, once again, for everything you're doing.

God bless,

**Jessica Taylor**  
Head of Regional Fundraising

**Karis Kolawole**  
Faith Partnerships Lead





# END CHILDHOOD CRISIS

RHOI

# DDIWEDD AR ARGYFWNG PLENTYNDOD

## Gweithredu dros Blant

Yn ôl ym mis Mawrth 2020, fe wnaethom lansio Cronfa Argyfwng Coronafeirws i gefnogi plant agored i niwed a oedd yn wynebu effeithiau'r pandemig yn syth.

Gyda rhoddion gan gefnogwyr, fe lwyddon ni i gyrraedd oddeutu 20,000 o blant a phobl ifanc a oedd mewn angen dybryd. Mae ein gweithwyr allweddol rheng flaen wedi bod yn hollbwysig hefyd, gan gadw 99% o wasanaethau ar agor yn ystod yr argyfwng.

Ond blwyddyn yn ddiweddarach, mae sefyllfa plant sy'n agored i niwed wedi cyrraedd y pen. Mae'r pandemig wedi cael effaith ddinistriol. Ac wrth i ddiweithdra godi ac wrth i lawer o deuluoedd ddibynnu ar ffyrlo, mae hyd yn oed mwy yn wynebu caledi ariannol.

Mae cefnogi'r plant hyn a'u teuluoedd yn bwysicach nag erioed. Mae angen eich help chi arnyn nhw.

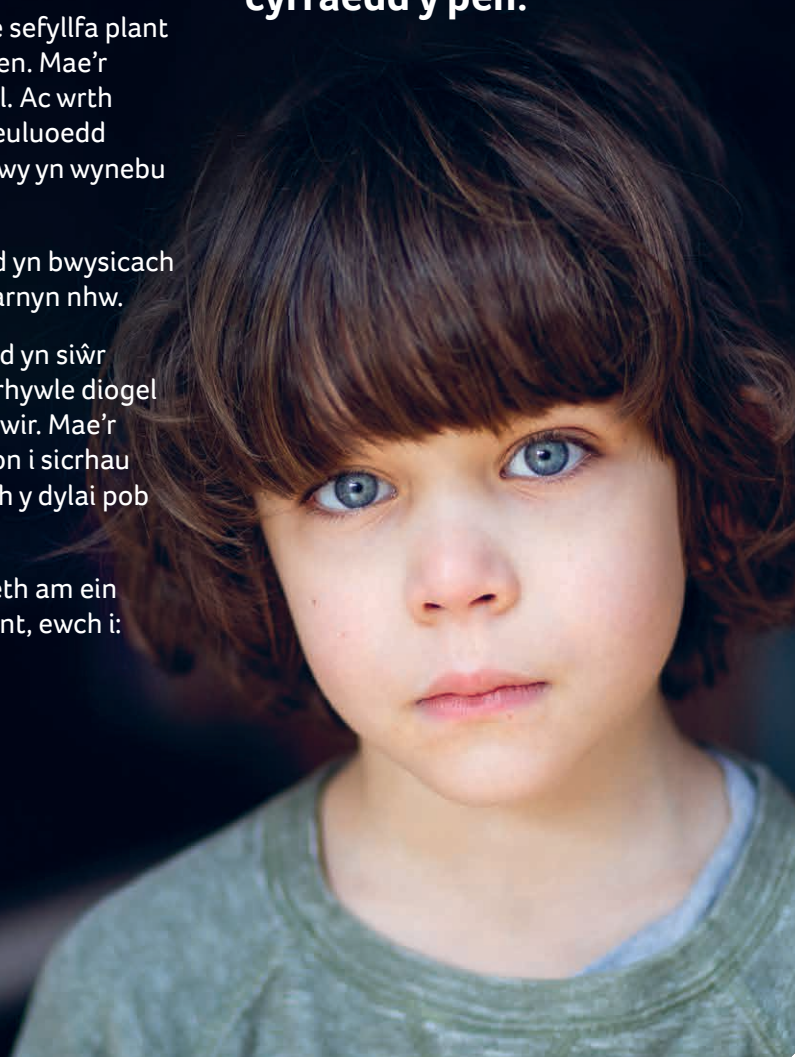
Gyda'ch cefnogaeth chi, gallwn wneud yn siŵr bod plant yn cael digon o fwyd iawn, rhywle diogel i gysgu a'r cymorth iechyd meddwl cywir. Mae'r rhain yn bethau hanfodol, yr hanfodion i sicrhau plentynod hapus a diogel – rhywbeth y dylai pob plentyn yn y DU ei gael.

I gyfrannu ac i gael rhagor o wybodaeth am ein hapêl Rhoi Terfyn ar yr Argyfwng i Blant, ewch i: [actionforchildren.uk/end](https://actionforchildren.uk/end)

**12 mis** ers i'r cyfyngiadau symud cyntaf gychwyn

**12 mis** o deuluoedd yn cael trafferth ymdopi.

**12 mis** gyda sefyllfa plant mewn tloidi wedi cyrraedd y pen.





# END CHILDHOOD CRISIS

Back in March 2020, we launched a Coronavirus Emergency Fund to immediately support vulnerable children affected by the pandemic.

Supporters' donations helped us reach around 20,000 UK children and young people in desperate need. Our frontline key workers have been a vital lifeline, too, keeping 99% of our services open through the crisis.

But one year on and vulnerable children are at breaking point. The pandemic has had a devastating impact. And with unemployment rising and many families relying on furlough, even more face financial hardship.

Supporting these children and their families now is more important than ever. They need your help.

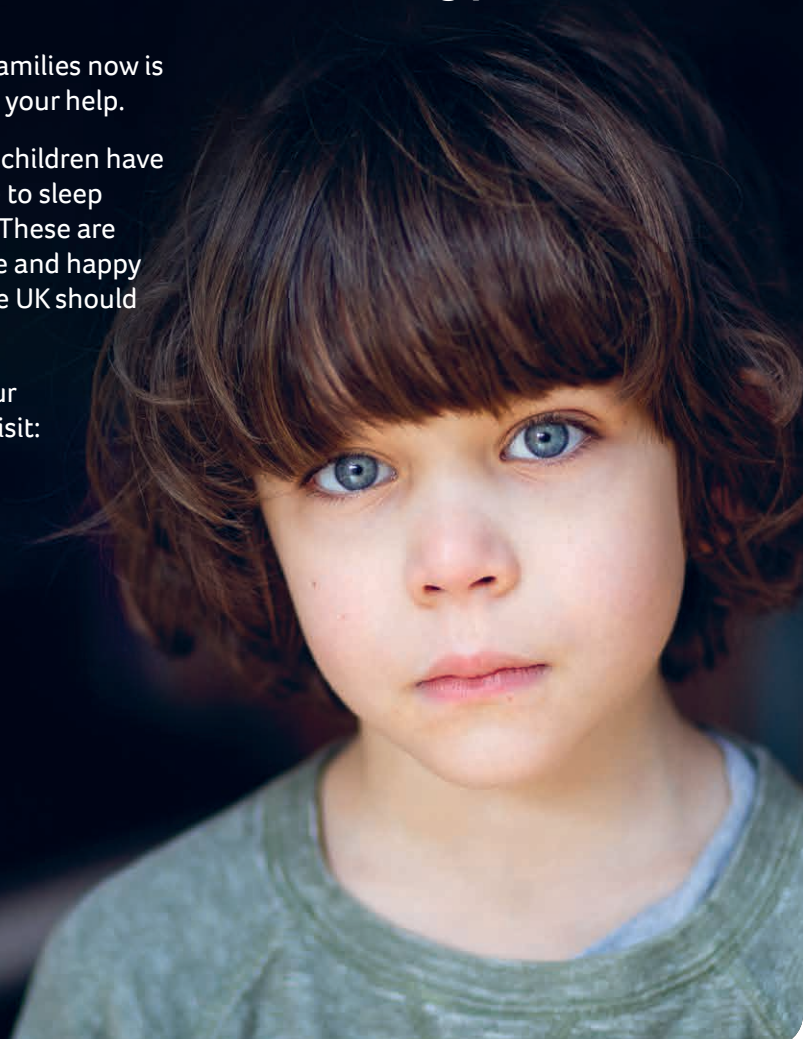
With your support, we can make sure children have enough proper food, somewhere safe to sleep and the right mental health support. These are essentials, the fundamentals of a safe and happy childhood – things that no child in the UK should go without.

To donate and find out more about our End Childhood Crisis appeal, please visit: [actionforchildren.uk/end](https://actionforchildren.uk/end)

**12 months since the first lockdown began.**

**12 months of families struggling to cope.**

**12 months with children in poverty at breaking point.**



## Stori Jenna

Mae Jenna a'i phartner, Graham, yn byw gyda'u plentyn dwy oed, Charlotte, a merch bedair oed Graham o berthynas flaenorol, Danielle.

Symudodd Danielle i fyw gyda'i thad a Jenna pan nad oedd ei mam enedigol yn gallu gofalu amdani mwyach. Roedd yr heddlu'n gysylltiedig, a chafodd y profiad trawmatig effaith enfawr ar Danielle.

Awgrymodd ymwelydd iechyd Danielle fod y teulu'n cael cymorth arbenigol i'w helpu i ddod drwy bopeth. Cysylltodd y teulu â Gweithredu dros Blant, a dechreuodd un o'n gweithwyr cymorth, Louise, weithio gyda Danielle.

Gan ddefnyddio teganau a phypedau, dechreuodd Danielle agor ei chalon yn raddol. Dywedodd Jenna: "Dysgodd Louise iddi fod yr heddlu yn bobl sy'n gwneud i chi deimlo'n ddiogel. Nawr pan fyddwn ni'n gweld ceir heddlu'n mynd heibio, rydym ni bob amser yn ceisio codi llaw, a dydy hi ddim yn cuddio fel roedd hi'n arfer ei wneud."

Ond aeth pethau'n anoddach i Danielle pan ddaeth y coronafeirws. "Roeddwn i mor bryderus oherwydd doedd hi erioed wedi cael trefn gadarn a diogel," eglura Jenna. "Roedd na wastad newid yn ei threfn, ac roedd y coronafeirws yn newid arall. Mae hi'n rhy fach i ddeall, wrth gwrs, ond mae hi'n ffynnu wrth gael trefn."

Cafodd y pandemig effaith fawr ar y teulu hefyd. "Fe ddechreuon ni boeni am arian. Cyn y coronafeirws, roedd gan y ddau ohonom swyddi amser llawn a chyflogau, ond wedyn, yn sydyn, doedd gennym ni ddim byd. Pan gysylltodd Louise, roeddwn i'n meddwl mai cysylltu i holi am Danielle oedd hi. Ond dywedodd wrthym y gallai ein helpu drwy Gronfa Argyfwng Coronafeirws."

"Roedd yr arian yn golygu ein bod yn gallu prynu bwyd a thalu am y nwy a'r trydan. Roedd hyn yn rhyddhad oherwydd doedden ni ddim yn gwybod o le byddai'r cyflog neu'r gefnogaeth nesaf yn dod. Roedden ni eisiau gwneud yn siŵr bod y plant yn gynnes ac yn ddiogel."

"Mae'r gefnogaeth honno wedi bod yn werthfawr. Mae ein gweithiwr yn dweud o hyd 'os ydych chi'n meddwl am rywbeth, ffoniwch fi'. Mae cael y gefnogaeth honno'n golygu y gallwn fod y rhieni gorau posib."

## Diolch



I ddathlu ei phen-blwydd yn 80 oed, casglodd y **Diacon Brenda Hayes** straeon ffraeth i greu llyfr yn nhafodiaith Norfolk. Mae Brenda wedi codi swm anhygoel o £1,800 wrth werthu'r llyfr.



Cerddodd y **Parchedig John Howard**, cyn ymddiriedolwr Gweithredu dros Blant, y Pennine Way (256 milltir) i ni ym mis Hydref, gan godi swm anhygoel o £1,799.

Mae **Rosemary Hambly** ac **Eglwys Methodistiaid Callington** wedi codi swm anhygoel o £4,225.63 yn ystod y 12 mis diwethaf.

Gwnaeth **Vickie Heydon-Matterface** ac **Angela Newey** o Ardal Wolverhampton ac Amwythig becynnau ffenestr Drama Geni'r Nadolig a'u gwerthu, gan godi dros £340.

Cyfrannodd **Grŵp Cymorth Horsham** rywfaint o'r arian roedden nhw wedi'i arbed yn ystod y cyfyngiadau symud, gan godi swm anhygoel o £1,000.

Llwyddodd llyfr **Jim Godfrey** o gartwnau, *Trying Times*, i wneud i ni chwerthin yn ogystal â chodi dros £2,600. Mae dal amser i gael eich copi – ffoniwch 07979 767630 neu anfonwch e-bost at [churchoffice@wesleymem.org.uk](mailto:churchoffice@wesleymem.org.uk).

## Step Out for Children



Mae'r cynlluniau ar gyfer y daith Step Out for Children eleni wedi'u gohirio o hyd oherwydd cyfyngiadau'r coronafeirws. Byddwn yn cadarnhau'r manylion gynted ag y bydd hi'n ddiogel i ni wneud hynny.

Gan fod y digwyddiad wedi'i ganslo yn 2020, aeth llawer o gefnogwyr ati i fod yn greadigol a chynnal eu teithiau codi arian eu hunain. Mae hyn yn rhywbeth gwych i'w wneud wrth i'r tywydd gynhesu.

## Jenna's story

**Jenna and her partner, Graham, live with their two-year-old, Charlotte, and Graham's four-year-old daughter from a previous relationship, Danielle.**

Danielle moved in with her dad and Jenna when her birth mum couldn't look after her anymore. The police were involved, and the traumatic experience had a huge impact on Danielle.

Danielle's health visitor suggested the family get specialist support to help her overcome everything she'd been through. The family got in touch with Action for Children and one of our support workers, Louise, started working with Danielle.

Using toys and puppets, Danielle gradually began to open up. Jenna says: "Louise taught her that the police are people who make you feel safe. Now when we see police cars go past, we always try to wave, and she doesn't hide herself like she did."

But things got harder for Danielle when coronavirus hit. "I was so worried because she'd never had a solid, safe routine," explains Jenna. "It was always chopping and changing, and coronavirus just added another change. She is too little to understand, of course, but she thrives off routine."

The pandemic had a big impact on the family, too. "We started to worry financially. We both had full-time jobs and wages before coronavirus, but then, suddenly, we didn't. When Louise got in touch, I thought it was to check on Danielle. But she told us she could help us through the Coronavirus Emergency Fund."

"The money meant we could buy food and pay for the gas and electric. It was a relief because we didn't know where the next wage or support would come from. We just wanted to make sure the kids were warm and entertained."

"That support has been invaluable. Our worker is forever saying 'if you think of something, ring me'. Having that support means we can be the best parents we need to be."

## Giving thanks



To celebrate her 80th birthday, **Deacon Brenda Hayes** curated a book of witty tales recounted in the Norfolk dialect. Brenda has raised a fantastic £1,800 from sales.



**Reverend John Howard**, a former Action for Children trustee, walked the Pennine Way (256 miles) for us in October, raising a remarkable £1,799.

**Rosemary Hambly and Callington Methodist Church** have raised an amazing £4,225.63 over the past 12 months.

**Vickie Heydon-Matterface and Angela Newey** of the Wolverhampton and Shrewsbury District made and sold Christmas Nativity window packs, raising more than £340.

**Horsham Support Group** donated some of the money they saved during lockdown, raising a brilliant £1,000.

**Jim Godfrey's** book of cartoons, *Trying Times*, not only made us giggle but also raised over £2,600. There's still time to pick up your copy – call **07979 767630** or email **churchoffice@wesleymem.org.uk**.

## Step Out for Children



Plans for this year's Step Out for Children walk are still on hold due to coronavirus restrictions. We'll confirm the details as soon as it's safe to do so.

With the event cancelled in 2020, lots of supporters got creative and held their own fundraising walks. This is a great thing to do as the weather warms up!



**Gweithredu  
dros Blant**



## Mae'n bryd i daflu'r dŵfe. Cael gwared â'r blanced. Gwrthod y gobennydd.

Ddydd Gwener 9 Gorffennaf, ymunwch â theulu, ffrindiau neu gydweithwyr i godi arian drwy dreulio'r nos yn y man mwyaf anghyffredin y gallwch chi feddwl amdano.

A fyddwch chi'n gwersylla allan dan y sêr neu dan y grisiau? Llochesu yn yr ystafell ymolchi neu'r ardd gefn? Cyn i chi setlo am y noson, ymunwch â ni am noson o adloniant rhithiol yn llawn wynebau enwog, gan ddod â phobl at ei gilydd ledled y DU.

Pan fyddwch chi'n Gwrthod mynd i'r Gwely, byddwch yn dod â gobaith i blant agored i niwed yn y DU sydd wedi cael eu taro galetaf gan y pandemig. Oherwydd – er bod amseroedd hapusach ar y gorwel i'r rhan fwyaf ohonom – mae'r argyfwng hwn wedi gwneud pethau'n anoddach byth i blant a theuluoedd sydd eisoes mewn angen dybryd.

Lle bynnag y byddwch yn cysgu, gall yr arian y byddwch chi'n ei godi wneud wireddu breuddwydion plant am blentyndod hapus a diogel.

Cofrestrwch heddiw yn: [boycottyourbed.co.uk](http://boycottyourbed.co.uk)

## Dyddiad ar gyfer eich dyddiadur

**Cynhadledd y Methodistiaid, Birmingham** (24 Mehefin -1 Gorffennaf 2021)



Os na fydd y cyfyngiadau'n ein rhwystro, edrychwn ymlaen at weld llawer o wynebau cyfarwydd yng Nghynhadledd y Methodistiaid ddiwedd mis Mehefin.

Action for  
Children



## Ditch the duvet. Banish the blanket. Pack the pillow.

On Friday 9 July, join forces with family, friends or colleagues to raise money by spending the night in the most unusual place you can think of.

Will you camp out under the stars or under the stairs? Bunk down in the bathroom or the back garden? Before you settle in for the night, join us for an evening of virtual entertainment packed with famous faces, bringing people together across the UK.

Boycott your Bed and you'll bring hope to vulnerable UK children hit hardest by the pandemic. Because – while happier times are ahead for most of us – this crisis has made things even worse for children and families already in desperate need.

Wherever you sleep, the money you raise can make children's dreams of a safe and happy childhood come true.

Sign up today at: [boycottyourbed.co.uk](http://boycottyourbed.co.uk)

### Date for the diary

Methodist Conference, Birmingham (24 June-1 July 2021)

Restrictions permitting, we look forward to seeing lots of familiar faces at the Methodist Conference at the end of June.

