



THE COST OF LIVING CRISIS IN WALES IS IT EASING?

YR ARGYFWNG COSTAU BYW YNG NGHYMURU
YDY PETHAU'N GWELLA?



Current Situation: Y Sefyllfa Bresennol:

“Catch Up, Slide Back”
“Dal i Fyny, Llithro’n Ôl”



Latest Data Briefing 15/05/2024
Esboniad Data Diweddaraf 15/05/2024

Er ei fod wedi syrthio, mae chwyddiant yn dal ar ei uchaf ers mis Mawrth



Despite falling, inflation remains at its highest since March 2012

Er gwaethaf newidiadau polisi a chodi budd-daliadau, nid yw hyn yn ddigon.



Despite policy changes and benefits uprating, measures are not sufficient

Prisiau'n codi'n uwch na chwyddiant, bydd rhenti preifat yn codi 9.2%. Bydd 1.5 miliwn o forgeisi'n codi £1,800 eleni



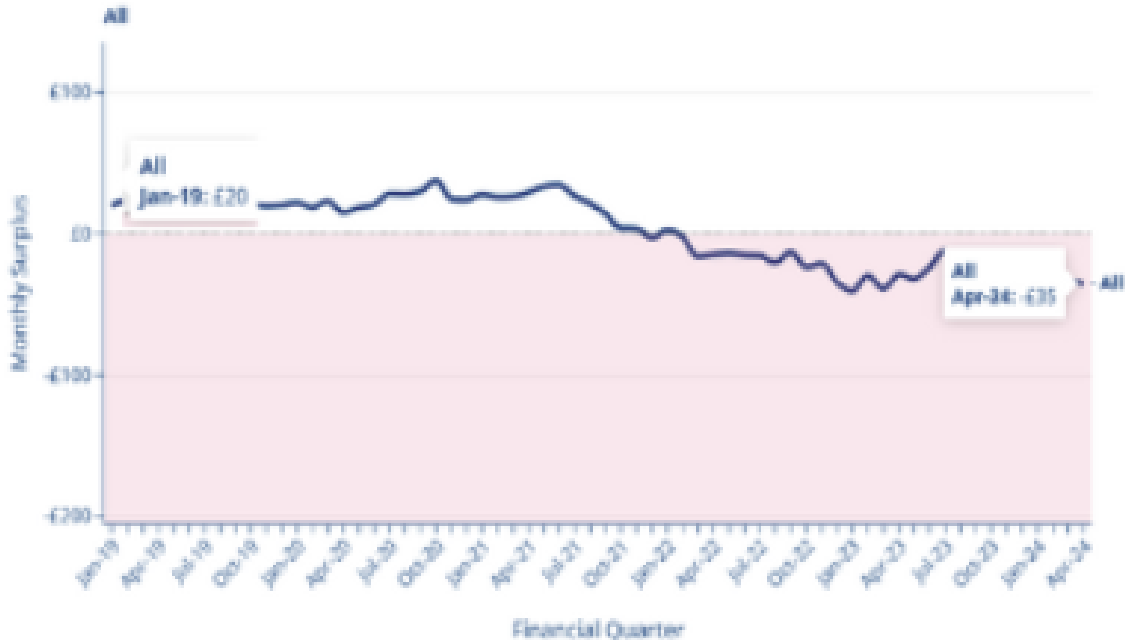
Above inflation prices rises; private rents increases 9.2% 1.5million mortgages will rise by £1,800 this year



Average monthly surplus among debt clients
Gwaged misol cyfartalog ymhlith cleientiaid mewn dyled

Surplus equals income minus essential expenditure, groups below the line are in a negative budget on average.

Y gwaged yw incwm llai gwariant hanfodol, mae grwpiau'n is na'r llinell mewn cyllideb negyddol ar gyfartaledd



“It is still a bleak picture for many with an even keel always out of reach.”

Claire Moriarty
CEO, Citizens Advice

“Mae'r darlun yn dywyll o hyd i lawer wrth iddyn nhw fethu cael dau ben llinyn ynghyd.”

Claire Moriarty
CEO, Cyngor ar Bopeth

CURRENT SITUATION / Y SEFYLLFA BRESENNOL:



3.1 MILLION
emergency food parcels
3.1 miliwn o barseili bwyd brys



187,000

EMERGENCY FOOD PARCELS

187,000 miliwn o barseili bwyd brys



64%

OVER PAST 5 YEARS

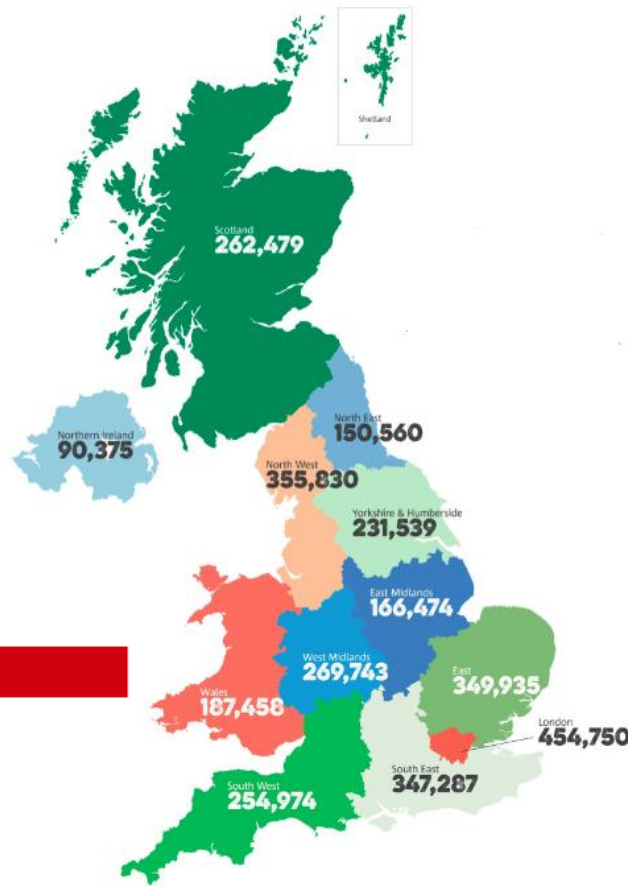
Cynnydd o 64% dros y bum mlynedd ddiwethaf



68,594

EMERGENCY FOOD PARCELS PROVIDED FOR CHILDREN

Darparwyd 68,594 o barseili bwyd brys ar gyfer plant



“It’s 2024 & we’re facing historically high levels of food bank need. As a society, we cannot allow this to continue. We must not let food banks become the new norm.”
Emma Revie, Chief Executive, The Trussell Trust

“Mae’n 2024 & rydyn ni’n wynebu lefelau hanesyddol uchel o ddibyniaeth ar fanciau bwyd. Fel cymdeithas, allwn ni ddim gadael i hyn barhau. Allwn ni ddim gadael i fanciau bwyd ddod yn norm newydd.
Emma Revie, Prif Weithredwr, Ymddiriedolaeth Trussell



Cost of Living Crisis Survey 2023/24

Arolwg Argyfwng Costau Byw 2023/24

What have we learned so far?
Beth ydyn ni wedi'i ddysgu hyd yn hyn?



Nearly a third of all Councils participated

Cymerodd bron i draean o'r holl Gyngorau Cymuned & Thref ran

High Awareness – 97% aware of the cost –of-living issues and challenges

Ymwybyddiaeth Uchel – mae 97% yn ymwybodol o faterion a heriau costau byw

Action - so much has been achieved with 53% supporting active initiatives

Gweithredu – cafodd cymaint ei wneud ac mae 53% wedi cefnogi cynlluniau gweithredu

Councils thought that these were the issues currently facing their communities

Roedd Cyngorau Cymuned & Thref yn meddwl mai rhain oedd y materion sy'n wynebu eu cymunedau ar hyn o bryd



Effects on Communities

Effeithiau ar Gymunedau

Financial Strain: Many families are struggling to make ends meet, leading to increased stress and anxiety.

Straen Ariannol: Mae llawer o deuluoedd yn ei chael yn anodd talu biliau, sy'n arwain at fwy o straen a gorbryder

Well-being: The cost-of-living crisis is negatively affecting mental and physical health, as individuals face difficult choices between necessities.

Llesiant: Mae'r argyfwng costau byw yn cael effaith negyddol ar iechyd meddwl a chorfforol, wrth i unigolion orfod gwneud dewisiadau anodd rhwng angenrheidiau

Beth allwn ni ei wneud?

- Mae undod cymunedol a chefnogaeth i wynebu heriau'r argyfwng costau byw yn hollbwysig
- Ymgysylltu â'n cymuned i gael gwell dealltwriaeth o'u hanghenion a chlywed am heriau cymunedol
- Mae Cefnogaeth y Gymuned yn rhywbeth y gallwn fod yn falch ohono'n barod, ond gallwn wneud mwy:
 - ✓ Banciau bwyd
 - ✓ Lleoedd Cynnes
 - ✓ Clybiau Cinio
 - ✓ Grwpiau Diddordebau
 - ✓ Boreau Coffi
 - ✓ Gweithgareddau Llesiant

What can we do?

- Community solidarity and support in facing the challenges posed by the cost-of-living crisis is crucial
- Engage with our community to better understand their needs and hear about community challenges
- Community Support is already something to be proud of, but can we do more:
 - ✓ Food banks
 - ✓ Warm Spaces
 - ✓ Lunch Clubs
 - ✓ Hobby Groups
 - ✓ Coffee Mornings
 - ✓ Wellbeing Activities

Un Llais Cymru



One Voice Wales



“Rydyn ni’n ei weld a’i deimlo o’n cwmpas wrth i fusnesau a phobl gyffredin ei chael yn anodd cael dau ben llinyn ynghyd”

DALIWCH ATI GYDA'R GWAITH DA



Mae cymaint o gefnogaeth yn cael ei darparu'n barod gan Gyngorau Cymuned & Thref ledled Cymru



7%

MAE 7% YN DARPARU PRYDAU BWYD AM DDIM



25%

MAE 25% YN DARPARU GWEITHGAREDD AU CYMDEITHASOL



18%

MAE 18% YN DARPARU GRWPIAU DIDDORDEBAU

23%

MAE 23% YN DARPARU GWEITHGAR EDDAU I'R HENOED



25%

MAE 25% YN DARPARU LLEOEDD CYNNES/TWYM



25%

MAE 25% YN DARPARU GWEITHGAREDDAU LLESIAINT



KEEP UP THE GOOD WORK

So much support is already being provided by Community & Town Councils across Wales



7%

PROVIDING FREE MEALS



25%

PROVIDING SOCIAL ACTIVITIES



18%

PROVIDING HOBBY GROUPS

23%

PROVIDING ACTIVITIES FOR THE ELDERLY



25%

PROVIDING WARM SPACES



25%

PROVIDING WELLBEING ACTIVITIES



“We see it and feel it around us as businesses and residents struggle to make ends meet”



i WHAT YOU TOLD US YOU WANTED NEXT **i**

“Information on all of this would be welcomed. Especially if there are examples of activities being undertaken by other community councils which we could emulate”



Community & Warm Spaces

- Warm Hubs
- Social Groups
- Activities for Older People
- Hobby Groups



Food

- Free Meals
- Food banks
- Community Fridges
- Lunch Clubs



Health & Wellbeing

- Exercise Groups
- Wellness Activities
- Mental Health Support
- Charitable Donations



Clothing & Repurposing

- Clothing Banks
- Repair Cafes
- Community Skips
- Clothes Swap/Uniform Banks



Benefits, Budgeting & Debt Management

- Benefits Advice
- Budgeting Support
- Public Awareness Information
- Access to Banking



Transport

- Community Buses
- Car Share
- Hospital Transport
- Wheels To Work



i BETH DDYWEDSOCH WRTHYM YR HOFFECH EI GAEL NESAF **i**

“Byddai cael gwybodaeth am hyn i gyd yn dda iawn. Yn enwedig felly os oes enghreifftiau o weithgareddau'n cael eu gwneud gan gynghorau cymuned eraill y gallem eu hefelychu”



Lleoedd Cymunedol a Chynnes

- Hybiau Cynnes/Twym
- Grwpiau Cymdeithasol
- Gweithgareddau i Bobl Hŷn
- Grwpiau Diddordebau



Bwyd

- Prydau Bwyd am Ddim
- Banciau Bwyd
- Oergelloedd Cymunedol
- Clybiau Cinio



Iechyd & Llesiant

- Grwpiau Ymarfer
- Gweithgareddau Llesiant
- Cefnogaeth Iechyd Meddwl
- Rhoddion Elusenol



Dillad & Ailbwrpasu

- Banciau Dillad
- Caffis Atgyweirio
- Sgipiau Cymunedol
- Banciau Cyfnawid Dillad/Gwisg Ysgol



Budd-daliadau, Cyllidebu & Rheoli Dyledion

- Cyngor ar Fudd-daliadau
- Cymorth i Gyllidebu
- Gwybodaeth Ymwybyddiaeth Gyhoeddus
- Cyfleusterau bancio



Trafnidiaeth

- Bysiau Cymunedol
- Rhannu Ceir
- Cludiant Ysbyty
- Olwynion i'r gwaith



Un Llais Cymru



One Voice Wales



SUT ALL UN LLAIS CYMRU HELPŪ?



HOW CAN ONE VOICE WALES HELP?



Gwybodaeth
& Adnoddau

Adeiladu Capasiti a
Hyfforddiant



Gwybodaeth
Ymwybyddiaeth Gyhoeddus



Info &
Resources

Capacity Building
& Training



Public Awareness
Info

Cyfeirio 'Mlaen



Eiriolaeth &
Chymorth Polisi

Rhwydweithio &
Chydweithion



Signposting



Advocacy &
Policy Support

Networking
& Collaboration

