



CALLING ALL YOUNG PEOPLE AGED 10-25 IN CARDIFF AND THE VALE OF GLAMORGAN! WE NEED YOU!

An exciting opportunity has arisen for young people to help the Power Up partnership shape the direction of a new wellbeing project coming to Cardiff and the Vale of Glamorgan!

We are looking for young people aged 10-25 from all backgrounds who would like to join our Power Up Advisory Group. If you are passionate about young people's wellbeing, like helping other young people by representing them and sharing your opinions and ideas then this opportunity is perfect for you!

What's involved:

- Attending between 6 - 10 meetings a year
- Sharing your thoughts and ideas to help lead the project development
- Holding professionals to account to make sure we are listening to young people
- Attending some induction training for the role
- Having fun!

What you will get in return:

- A chance to make a positive difference to children and young people's wellbeing
- Access to training and gaining new skills
- Incentives for being involved e.g. vouchers of your choice for your contribution
- Access to other paid work opportunities at Platform
- Meet and listen to other young people
- Coaching and Mentoring from the Power Up team to help your personal development

What experience you will need:

- You will get full training and support so all we need is for you to be willing to share your ideas and to represent the views of children and young people

If you are interested in joining the Power Up project please get in touch with us by emailing siobhanparry@platform.org or call or text Siobhan on 07976080563.

YN GALW HOLL BOBL IFANC 10-25 MLWYDD OED YNG NGAERDYDD A BRO MORGANNWG! MAE EICH ANGEN CHI ARNOM NI!

Mae cyfle cyffrous wedi codi i bobl ifanc helpu'r bartneriaeth Power Up i lywio cyfeiriad prosiect lles newydd sy'n dod i Gaerdydd a Bro Morgannwg!

Rydym yn chwilio am bobl ifanc 10-25 mlwydd oed o bob cefndir a fyddai'n hoffi ymuno â'n Grŵp Cynghori Power Up. Os wyt ti'n angerddol dros les pobl ifanc, yn hoffi helpu pobl ifanc eraill drwy eu cynrychioli a rhannu dy farn a dy syniadau, yna mae'r cyfle hwn yn ddelfrydol i ti!

Yr hyn mae'n ei olygu:

- Mynychu rhwng 6 – 10 cyfarfod y flwyddyn
- Rhannu dy feddyliau a'th syniadau i helpu i arwain datblygiad y prosiect
- Dal gweithwyr proffesiynol i gyfrif i wneud yn siŵr ein bod yn gwrando ar bobl ifanc
- Mynychu rhywfaint o hyfforddiant sefydlu ar gyfer y rôl
- Cael hwy!

Yr hyn a gei di'n gyfnewid:

- Cyfle i wneud gwahaniaeth cadarnhaol i les plant a phobl ifanc
- Mynediad at hyfforddiant ac ennill sgiliau newydd
- Cymelliadau am gymryd rhan e.e. talebau o'ch dewis am eich cyfraniad
- Mynediad at gyfleoedd gwaith cyflogedig eraill yn Platfform
- Cwrdd â phobl ifanc eraill a gwrando arnynt
- Hyfforddiant a Mentora gan dîm Power Up i helpu dy ddatblygiad personol

Y profiad sydd ei angen arnat ti:

- Byddi'n cael hyfforddiant a chefnogaeth lawn felly'r unig beth sydd ei angen gen ti yw dy fod yn fodlon rhannu dy syniadau a chynrychioli barn a safbwyntiau plant a phobl ifanc.

Os oes gen ti ddiddordeb ymuno â'r prosiect Power Up, cysyllta â ni drwy anfon ebost at siobhanparry@platfform.org neu galli ffonio neu anfon neges testun at Siobhan ar **07976080563.**