

# Play and Hanging out for young people in Carmarthenshire

Carmarthenshire County Council are committed to providing opportunities for playing and hanging out to young people living in Carmarthenshire and wants every young person to be happy, healthy and to enjoy their free time.

This is what young people of Carmarthenshire have told us about their experiences of playing and hanging out.

Having opportunities to play and hang out makes them feel:  
**HAPPY, EXCITED and FREE**

**They most enjoy:** Chatting, being with friends, ball games and being with families

**Young people feel that the barriers to them playing and hanging out are:**

Too much homework • Nothing to do  
The weather

**Mostly they will hang out:**

On the street, football or sports pitch or a local grassy area or field

**Young people suggest that:**

Transport is improved • Roads are made safer  
Dog mess is cleared up



# Chwarae a chymdeithasu i bobl ifanc yn Sir Gaerfyrddin

Mae Cyngor Sir Gaerfyrddin wedi ymrwymo i ddarparu cyfleoedd chwarae a chymdeithasu i bobl ifanc sy'n byw yn Sir Gaerfyrddin ac eisiau i bob person ifanc fod yn hapus, yn iach ac i fwynhau eu hamser hamdden. Dyma beth mae pobl ifanc Sir Gaerfyrddin wedi dweud wrthym am eu profiadau chwarae a chymdeithasu.

Mae cael cyfleoedd i chwarae a chymdeithasu yn gwneud iddyn nhw deimlo'n:

## HAPUS, CYFFROUS a RHYDD

**Eu hoff** Sgwrsio, bod gyda ffrindiau,  
**bethau** chwarae gemau pêl a bod  
**yw:** gyda'u teuluoedd

## Gan amlaf, byddant yn chwarae:

Ar y stryd,  
ar gae  
pêl-droed  
neu gae  
chwaraeon  
neu ar gae  
neu lecyn  
glaswelltog  
lleol.

Mae pobl ifanc yn teimlo mai'r rhwystrau o ran chwarae a chymdeithasu yw:

Gormod o waith cartref • Dim i'w wneud Y tywydd

## Mae pobl ifanc yn awgrymu:

Bod angen gwella trafnidiaeth • Bod angen gwneud ffyrdd yn fwy diogel  
Bod baw cwn yn cael ei lanhau

