

Street Buddies



Who are Street Buddies?

We are a group of community members committed to making positive changes in our local community, join us and make a difference!



Why do we need Street Buddies?

You may or may not know it but there are many things going on in your community, such as events, clubs, coffee mornings, hobby groups, walks, talks, trips and sport clubs. These take place in various venues such as sheltered accommodation, cafes, industrial units, community halls, church halls are just some examples. There are services out there that you, a family member or friend can benefit from that you don't even know about. This is where a street buddy can help. By becoming a street buddy you can help:-

- people in their community
- increase awareness and use of local services
- increase confidence in residents finding solutions to their needs
- reduce isolation and increase well-being amongst individuals
- promote a joined up approach between service providers
- provide a more equal and resilient community for residents

Interested in becoming a Street Buddy, but what is in it for you?

A street buddy role can fit around your own schedule and interests. For example if you are passionate about the environment, you could focus the role around that. Or you may want to put on an event in your area – the street buddy role and network can help you with that. Whatever your interest is, there is an opportunity to tailor your role around that. By joining you can:-

- Learn new skills
- Make new friends
- Earn Time Credits
- Join a group
- Help to make a difference
- Increase your confidence
- Enjoy a better quality of life

Open Network Meeting every 2nd Wednesday of the month at Felinfoel Resource Centre, SA14 8BE. 10am start and OPEN TO ALL

For further details contact:
Darren Rees – Llanelli Rural Council
01554 774103 or email
darren.rees@llanelli-rural.gov.uk

<https://www.llanelli-rural.gov.uk/your-community/help-us-help/street-buddies/>



Cyfeillion Stryd



Beth yw Cyfeillion Stryd?

Rydyn ni'n grŵp o aelodau cymunedol sy'n ymrwymedig i wneud newidiadau positif yn ein cymuned leol, ymunwch â ni a gwneud gwahaniaeth!



Pam mae angen Cyfeillion Stryd arnon ni?

Efallai eich bod yn gwybod neu efallai nad ydych ond mae yna lawer o bethau yn mynd ymlaen yn eich cymuned, megis digwyddiadau, clybiau, boreau coffi, grwpiau hobiau, teithiau cerdded, sgysia, teithiau a chlybiau chwaraeon. Mae'r rhain yn digwydd mewn lleoliadau amrywiol megis llety cysgodol, caffis, unedau diwydiannol, neuaddau cymuned, neuaddau eglwys, sy'n rhai enghreifftiau. Mae'r rhain yn wasanaethau allan yno y gallwch chi, aelod o'r teulu neu ffrind elwa ohonynt a chwithau'n gwybod dim amdanynt. Dyma lle gall cyfaill stryd helpu. Trwy ddod yn gyfaill stryd fe allwch chi helpu:-

- pobol yn eu cymuned
- cynyddu ymwybyddiaeth a'r defnydd o wasanaethau lleol
- cynyddu hyder y trigolion i ddod o hyd i atebion i'w anghenion
- lleihau unigrwydd a chynyddu lles ymhlith unigolion
- hyrwyddo dull o weithio ar y cyd rhwng darparwyr gwasanaeth
- darparu cymuned fwy cyfartal a hydwyth i'r trigolion

Diddordeb mewn dod yn Gyfaill Stryd, ond beth mae'n ei olygu i chi?

Gall rôl cyfaill stryd ffitio o gwmpas eich amserlen a'ch diddordebau personol. Er enghraifft os ydych chi'n teimlo'n angerddol am yr amgylchedd, fe allech chi ganolbwyntio'r rôl o gwmpas hynny. Neu efallai eich bod am drefnu digwyddiad yn eich ardal- gall y rôl cyfaill stryd a'r rhwydwaith eich helpu gyda hynny. Beth bynnag yw'ch diddordeb, mae yna gyfle i deilwra eich rôl o gwmpas hynny. Trwy ymuno fe allwch chi ddarparu cymuned fwy cyfartal a hydwyth i'r trigolion . Trwy ymuno fe allwch chi:-

- Dysgu sgiliau newydd
- Gwneud ffrindiau newydd
- Ennill Credydau Amser
- Ymuno â grŵp
- Helpu i wneud gwahaniaeth
- Cynyddu eich hyder
- Mwynhau ansawdd bywyd gwell

Cyfarfod Rhwydwaith bob 2il Mercher y mis yn Canolfan Adnoddau Felinfoel, SA14 8BE. Cychwyn at 10yb. CROESO I PAWB



Am fwy o wybodaeth cysylltwch â:
Darren Rees – Cyngor Gwledig Llanelli
01554 774103 neu e-bost
darren.rees@llanelli-rural.gov.uk

<https://www.llanelli-rural.gov.uk/cy/eich-cymuned/ein-helpu-ni-ich-helpu-chi/cyfeillion-stryd/>