Dysgu gwersi o ymateb y gymuned i COVID-19 yng Nghymru
Learning lessons from the community response to COVID-19 in Wales

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Ymateb dan arweiniad y gymuned i'r Pandemig / Community-led response to the pandemic

- Ochr yn ochr â'r pandemig a'i gamau rheoli, cafwyd camau gweithredu dan arweiniad y gymuned gan wirfoddolwyr newydd i gefnogi pobl a oedd yn agored i niwed.
- Mae cofnodi'r hyn a ddysgir o'r cynnydd sylweddol mewn camau gweithredu dan arweiniad y gymuned yn ystod y pandemig COVID-19, yn hollbwysig er mwyn paratoi unigolion a chymunedau'n well i ymateb ac addasu'n gadarnhaol i ddigwyddiadau digynsail byd-eang yn y dyfodol.

- The pandemic and its control measures, were accompanied by emergent community-led action to support the vulnerable.
- Capturing the learning from the upsurge in community-led action during the COVID-19 pandemic, is of key importance to better equip individuals and communities to respond and positively adapt to future globally unprecedented events.

Methodoleg / Methodology

- Arolwg meintiol ledled Cymru ar gyfranogi mewn gweithgareddau gwirfoddol cymunedol, a’r galluogwyr a’r rhwystrau
- Cyfweliadau ansoddol lled-strwythuredig ar gamau gweithredu dan arweiniad y gymuned a’u cynaliadwyedd ar ôl y pandemig ymhlith rhanddeiliaid gwahanol ar draws y system

- A quantitative survey across Wales on participation in community voluntary activities, and enablers and barriers.
- Qualitative semi-structured interviews on community-led action and sustainability post pandemic amongst different stakeholders across the system

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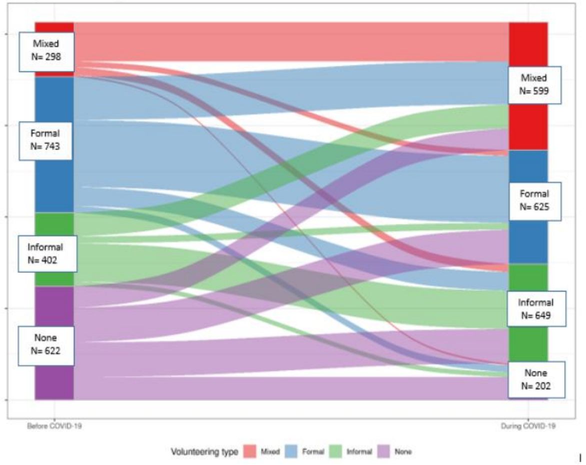
Negeseuon Allweddol / Key messages

Crynodeb o'r pwyntiau allweddol

- Roedd nodweddion y gwirfoddolwyr yn ystod y pandemig a gymerodd ran yn yr arolwg yn cynnwys y canlynol: roedd dros dri chwarter yn fenywod, dros eu hanner yn 45-64 oed, dros 60% wedi'u haddysgu i lefel gradd, o'r tri chwintel â'r amddifadedd lleiaf.
- Gwelwyd newidiadau mewn ymddygiad gwirfoddoli cyn ac yn ystod pandemig. Parhaodd llawer o'r rhai a oedd eisoes yn wirfoddolwyr gweithgar i wirfoddoli yn ystod y pandemig.
- Estynnodd llawer o wirfoddolwyr gweithgar eu gweithgareddau gwirfoddoli hefyd, ar draws grwpiau ffurfiol ac anffurfiol.
- Roedd yna hefyd wirfoddolwyr gweithgar a gamodd yn ôl yn ystod y pandemig, gan i rai orfod gwarchod eu hunain.
- Roedd tua chwarter y gwirfoddolwyr yn newydd i wirfoddoli, gyda llawer yn parhau i weithio drwy gydol y pandemig yn llawn amser neu'n rhan-amser.



Summary of key points

- Characteristics of surveyed volunteers during the pandemic included: over three quarters were females, over half were those aged 45-64 years old, over 60% educated to degree level, from the three least deprived quintiles.
- Changes in volunteering behaviour before and during pandemic were observed. Many of those who were already active volunteers, continued during the pandemic.
- Many active volunteers also extended their volunteering activities, across both formal and informal groups.
- There were also active volunteers who stepped back during pandemic, some having to shield.
- About a quarter of the volunteer population was new to volunteering, with many continuing to work throughout the pandemic in full-time or part-time capacity.
- A shift in demographic profile has been noted, with the emerging volunteers being younger than the usual profile.

Ffactorau a oedd yn galluogi camau gweithredu dan arweiniad / Factors enabling community-led action

- Ffactorau ar lefel unigolion i alluogi i wirfoddolwyr barhau / Individual-level factors to enable volunteers to continue

- Ffactorau ar lefel gymunedol / Community-level factors

- Canfuwyd bod lle yn arbennig / We found that place is particularly important

Amodau sy'n galluogi camau gweithredu dan arweiniad y gymuned yng Nghymru / Conditions enabling community-led action in Wales

- Deall asedau cymunedol a ffactorau'n ymwneud â lle / Understanding community assets and place factors

- Integreiddio camau gweithredu dan arweiniad y gymuned i'r system ehangach / Integration of community-led action into the wider system

- Galluogi'r amodau sy'n ysgogi tegwch o ran iechyd / Enabling the conditions that drive health equity

Fframwaith / Framework

Fframwaith ar gyfer galluogi a chynnal camau gweithredu dan arweiniad y gymuned yn ystod yr ymateb i'r pandemig

		Cyfleoedd i weithredu	
Parodrwydd	1	Grymuso/galluogi gwirfoddoli	Nodi sefydliadau a seilwaith i reoli ac ysgogi gwirfoddolwyr
			Darparu canllawiau i gefnogi camau gweithredu dan arweiniad y gymuned
			Datblygu fframwaith gweithredu i gefnogi a galluogi cydlynu cyflym ac ymatebol ar draws sectorau
	2	Mapio anghenion ac asedau	Nodi poblogaethau sydd mewn perygl
			Mapio cymorth traws-sector lleol a nodi'r blychau
			Sicrhau bod adnoddau'n yn gynhwysol
			Addasu'r ymateb i gyrraedd y rhai sydd wedi'u hallgáu'n ddigidol
	3	Cryfhau rhwydweithiau a phartneriaethau	Adeiladu ar rwydweithiau presennol neu sefydlu rhai newydd
			Integreiddio cymorth arbenigol ar gyfer ymateb i'r rhai ag anghenion cymhleth
	4	Lleihau rhwystrau i gamau gweithredu cymunedol	Lleihau rhwystrau i wirfoddoli
			Galluogi cyfleoedd gwirfoddoli anstrwythuredig
			Cynnig cymorth i grwpiau dan arweiniad y gymuned er mwyn iddynt gael mynediad at gyllid
Yn ystod	5	Integreiddio traws-sectoraidd a lleol	Mabwysiadu dull integredig o ddarparu cymorth, sy'n seiliedig ar gydlynu lleol
	6	Deall ffiniau cyfrifoldebau gwirfoddoli, a chymorth	Cydnabod cyfyngiadau a ffiniau rolau gwirfoddol
			Camu i'r adwy, lle y dylai cymorth gael ei ddarparu gan wasanaethau craidd
	7	Galluogi trefniadau llywodraethu	Galluogi i grwpiau cymunedol gael cymorth
Adferiad a thu hwnt	8	Cynnal camau gweithredu	Harneisio perthnasoedd traws-sector a'u datblygu ymhellach
			Creu cyfleoedd cefnogol i bobl barhau i gyfranogi
			Osgoi ffurfioli'r anffurfiol
			Creu cyfleoedd gwirfoddoli hyblyg
			Parhau â'r sgwrs am y camau a'r cynlluniau nesaf, wrth i ni symud i'r cyfnod adfer
			Darparu arweiniad i grwpiau cymunedol ar gyfnodau pontio allweddol
			Nodi angen parhaus am gymorth a chynllunio tymor hwy
	9	Buddsoddiad cymunedol	Buddsoddi'n lleol i alluogi sefydliadau angori a hybiau cymunedol i barhau
			Galluogi grwpiau cymunedol i gael gafael ar gyllid i barhau â'u gweithgareddau
			Ystyried gweledigaeth strategol tymor hwy ar gyfer camau gweithredu dan arweiniad y gymuned yng Nghymru
			Cefnogi mentrau cymunedol a ataliodd weithgareddau yn ystod y pandemig i ailaddasu ar y cam ailagor
	10	Cydnabyddiaeth	Cydnabod gwerth a chyfraniad camau gweithredu dan arweiniad y gymuned

A framework for enabling and sustaining community-led action in pandemic response

		Opportunities for action	
Preparedness	1	Empower/enable volunteering	Identify organisations & infrastructure to manage and mobilise volunteers
			Provide guidance to support community-led action
			Develop an operating framework to support to enable rapid and responsive cross-sector coordination
	2	Mapping needs & assets	Identify at-risk populations
			Localised mapping of cross-sector support and identify gaps
			Ensure resources are inclusive
			Adapt the response to reach those digitally excluded
	3	Strengthen networks & partnerships	Build on existing networks or establish new ones
			Integrate specialist support for responding to those with complex needs
	4	Reduce barriers to community action	Lower barriers to entry to volunteering
			Enable unstructured volunteering opportunities
			Enabling support for accessing funding for community-led groups
During	5	Cross-sectorial and localised integration	Adopt an integrated approach to support provision, centred around localised coordination
	6	Understand boundaries of volunteering responsibilities, and support	Recognise limits and boundaries of voluntary roles
			Step in, where support should be provided by core services
	7	Enabling governance	Enabling support for community groups
Recovery and beyond	8	Sustaining action	Harness and build further the cross-sectorial relationships
			Create supportive opportunities for continued involvement
			Avoid formalising the informal
			Create flexible volunteering opportunities
			Continue conversation about next steps and plans, as we enter recovery
			Provide guidance to community groups at key transition points
			Identify on-going need for support and longer-term planning
	9	Community investment	Invest locally to enable continuity of anchor institutions and community hubs
			Enable community groups to access funding to continue activities
			Consider a longer-term strategic vision for community-led action in Wales
			Support community initiatives that paused activities during the pandemic to re-adapt at re-opening stage
	10	Acknowledgment	Acknowledge the value and contribution of community-led action

Perthnasedd i iechyd y cyhoedd / Relevance to public health

- Wrth adfer o'r pandemig, bydd yn bwysig myfyrio ar ganfyddiadau'r astudiaeth hon ochr yn ochr â thystiolaeth sy'n dod i'r amlwg ar gamau gweithredu ac ymateb cymunedol, er mwyn deall yn well sut i greu amgylchedd galluogol ar gyfer camau gweithredu dan arweiniad y gymuned; grymuso cymunedau ledled Cymru a chynyddu gwirfoddoli lleol a chyfranogiad cymdeithasol, a deall sut y gall cymunedau a phob sector barhau i weithio'n llwyddiannus mewn partneriaeth.

- In recovery from the pandemic, it will be important to reflect on the findings from this study alongside emerging evidence on community-led action and response, to better understand how to create an enabling environment for community-led action; empowering communities across Wales and increasing local volunteerism and social participation, and understanding how communities and all sectors can continue successful partnership-working.

Diolch

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