**TAFLEN CRYNHOI PENDERFYNIAD**

**Diben:** Penderfyniad y Comisiynydd – Cyf. DLl310

**Amseru: Unigol**

**Teitl: Grymuso Corfforol 2023-24**

**Categori Penderfyniad / Effaith Maes Busnes: Cyllid**

**Crynodeb Gweithredol:**

Mae cwmni buddiant cymunedol Grymuso Corfforol yn darparu dosbarthiadau hunanamddiffyn, magu hyder a gwytnwch ar gyfer dioddefwyr a goroeswyr cam-drin domestig.

Yn dilyn prosiect peilot llwyddiannus yn 2022-23, mae cwmni buddiant cymunedol Grymuso Corfforol wedi gofyn i’r CHTh am £20,400.00 i barhau â’r gwaith pwysig hwn. Defnyddiodd y prosiect peilot staff sy’n gweithio i ganolfan y sefydliad ym Mhort Talbot, a deithiodd i Lanelli i gyflwyno sesiynau. Mae’r cais newydd hwn am gyllid yn ehangu ar y ddarpariaeth hon i gyflogi rhywun llawn amser i gyflwyno’n uniongyrchol i gymunedau Dyfed-Powys.

Maen nhw’n datblygu gallu mynychwyr i ystyried eu hunain yn oroeswyr yn hytrach na dioddefwyr, cryfhau eu hymdeimlad o hunan, eu helpu i gael gwared ar y teimlad parhaus o ofn sydd ganddynt, bod yn fwy medrus, annibynnol a hyderus, chael y gallu i gyfrannu mwy i gymdeithas.

Derbyniodd y prosiect peilot ymateb da, ac mae wedi rhoi cymorth yr oedd taer ei angen ar fenywod i’w grymuso i adnabod ac osgoi patrymau ymddygiad mynych, dod yn fwy cadarn, a chynyddu eu hunan-barch.

Mae’r prosiect yn gwbl gydnaws â dwy o flaenoriaethau’r Cynllun Heddlu a Throseddu – Cefnogi Dioddefwyr ac Atal Niwed.

**Argymhelliad:**

Rhoi £20,400.00 i gefnogi cwmni buddiant cymunedol Grymuso Corfforol i sefydlu canolfan barhaol yn ardal Dyfed-Powys a pharhau i gefnogi a grymuso dioddefwyr cam-drin domestig.

**Comisiynydd Heddlu a Throseddu Dyfed-Powys**

Cadarnhaf fy mod wedi ystyried a oes gennyf unrhyw ddiddordeb personol neu sy'n rhagfarnu yn y mater hwn a fy mod wedi gwneud y penderfyniad arfaethedig yn unol ag Egwyddorion Nolan ar gyfer Ymddygiad mewn Bywyd Cyhoeddus.

Rwy’n cymeradwyo’r cais uchod.

**Llofnod:**  **Dyddiad: 11/07/23**

**SUMMARY DECISION SHEET**

**Purpose:** Commissioner Decision – Ref.DLl310

**Timing: Singular**

**Title: Physical Empowerment 2023-24**

**Category of Decision / Business Area Impact: Finance**

**Executive Summary:**

Physical Empowerment CIC provide self-defence, resilience and confidence building classes to victims and survivors of domestic abuse.

Following a successful pilot project in 2022-23, Physical Empowerment CIC have approached the PCC for further funding of £20,400.00 to continue this important work.

The pilot utilised staff employed at the organisations’ Port Talbot base who travelled to Llanelli to deliver sessions. The new funding request expands on this provision to employ a full-time resource to deliver directly to Dyfed Powys communities.

The outcomes they deliver are developing attendees’ ability to move from a ‘victim’ to ‘survivor’ mindset, having a stronger sense of self, helping them get rid of that permanent feeling of fear they carry, being more capable, independent and confident and in turn being able to contribute more to society.

The pilot project has been well received and has provided much needed support to women to empower them to recognise and avoid repeated behavioural patterns; become more assertive and increase their self-esteem.

The project strongly aligns with two key priorities of the Police & Crime plan – Victims are Supported and Harm is Prevented.

**Recommendation:**

To contribute £20,400.00 to support Physical Empowerment in establishing a permanent base in Dyfed Powys and continue supporting and empowering victims of domestic abuse.

**Police and Crime Commissioner for Dyfed-Powys**

I confirm I have considered whether or not I have any personal or prejudicial interest in this matter and take the proposed decision in compliance with the Nolan Principles for Conduct in Public Life.

The above request has my approval.

**Signature:**  **Date: 11/07/23**