



# THE COST OF LIVING CRISIS IN WALES IS IT EASING?

YR ARGYFWNG COSTAU BYW YNG NGHYMURU  
YDY PETHAU'N GWELLA?



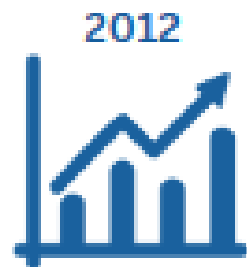
# Current Situation: Y Sefyllfa Bresennol:

“Catch Up, Slide Back”  
“Dal i Fyny, Llithro’n Ôl”



Latest Data Briefing 15/05/2024  
Esboniad Data Diweddaraf 15/05/2024

Er ei fod wedi syrthio, mae chwyddiant yn dal ar ei uchaf ers mis Mawrth



Despite falling, inflation remains at its highest since March 2012

Er gwaethaf newidiadau polisi a chodi budd-daliadau, nid yw hyn yn ddigon.



Despite policy changes and benefits uprating, measures are not sufficient

Prisiau'n codi'n uwch na chwyddiant, bydd rhenti preifat yn codi 9.2%. Bydd 1.5 miliwn o forgeisi'n codi £1,800 eleni



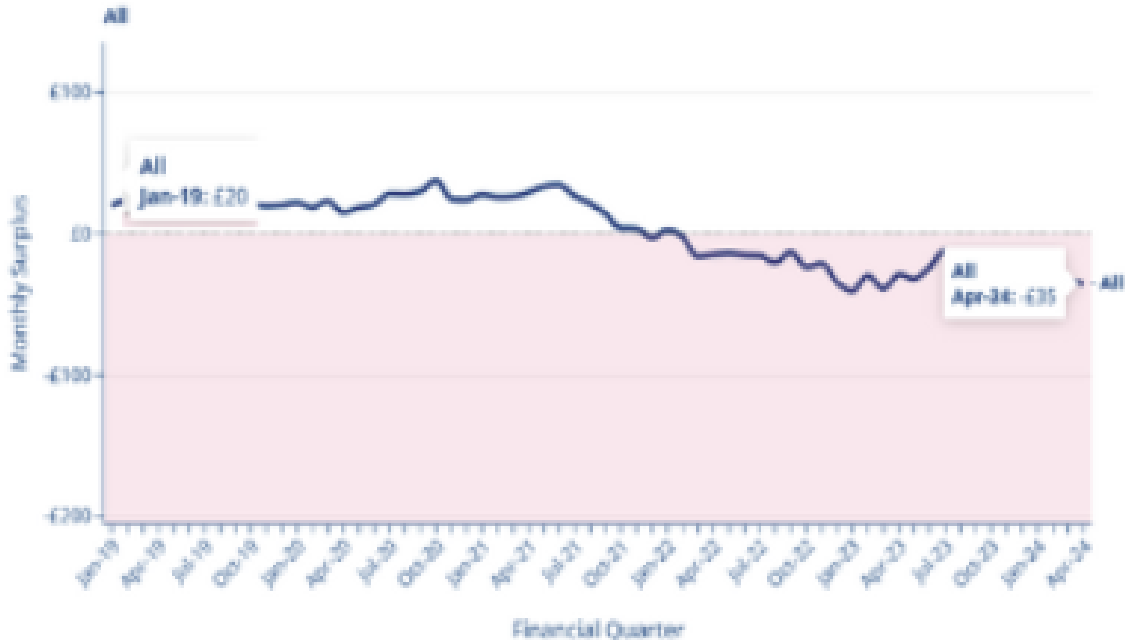
Above inflation prices rises; private rents increases 9.2% 1.5million mortgages will rise by £1,800 this year



Average monthly surplus among debt clients  
Gwaged misol cyfartalog ymhlith cleientiaid mewn dyled

Surplus equals income minus essential expenditure, groups below the line are in a negative budget on average.

Y gwaged yw incwm llai gwariant hanfodol, mae grwpiau'n is na'r llinell mewn cyllideb negyddol ar gyfartaledd



“It is still a bleak picture for many with an even keel always out of reach.”

Claire Moriarty  
CEO, Citizens Advice

“Mae'r darlun yn dywyll o hyd i lawer wrth iddyn nhw fethu cael dau ben llinyn ynghyd.”

Claire Moriarty  
CEO, Cyngor ar Bopeth

# CURRENT SITUATION / Y SEFYLLFA BRESENNOL:



**3.1 MILLION**  
emergency food parcels  
3.1 miliwn o barseili bwyd brys



**187,000**

EMERGENCY FOOD PARCELS

187,000 miliwn o barseili bwyd brys



**64%**

OVER PAST 5 YEARS

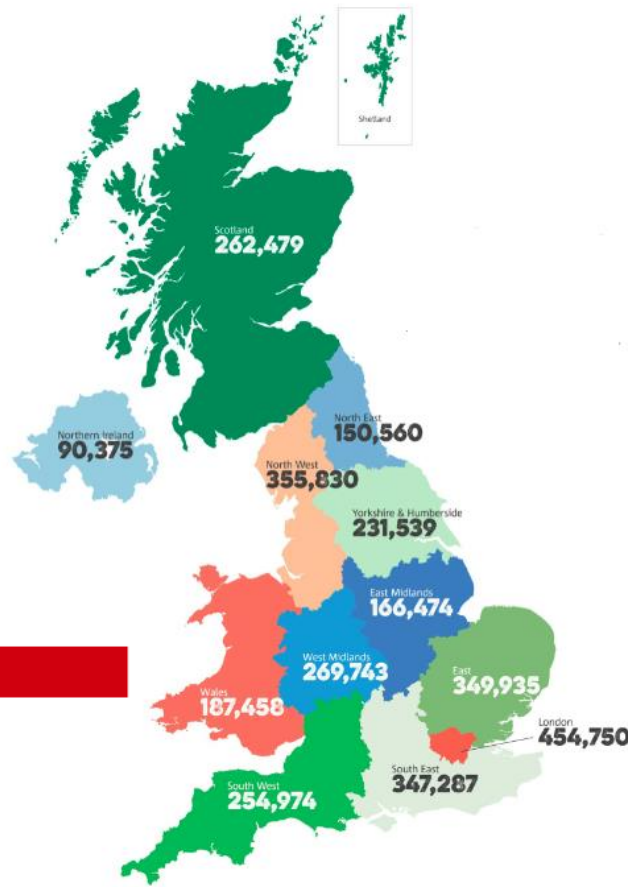
Cynnydd o 64% dros y bum mlynedd ddiwethaf



**68,594**

EMERGENCY FOOD PARCELS PROVIDED FOR CHILDREN

Darparwyd 68,594 o barseili bwyd brys ar gyfer plant



“It’s 2024 & we’re facing historically high levels of food bank need. As a society, we cannot allow this to continue. We must not let food banks become the new norm.”

Emma Revie, Chief Executive, The Trussell Trust

“Mae’n 2024 & rydyn ni’n wynebu lefelau hanesyddol uchel o ddibyniaeth ar fanciau bwyd. Fel cymdeithas, allwn ni ddim gadael i hyn barhau. Allwn ni ddim gadael i fanciau bwyd ddod yn norm newydd.”

Emma Revie, Prif Weithredwr, Ymddiriedolaeth Trussell



# Cost of Living Crisis Survey 2023/24

## Arolwg Argyfwng Costau Byw 2023/24

What have we learned so far?  
Beth ydyn ni wedi'i ddysgu hyd yn hyn?



Nearly a third of all Councils participated

Cymerodd bron i draean o'r holl Gyngorau Cymuned & Thref ran

High Awareness – 97% aware of the cost –of-living issues and challenges

Ymwybyddiaeth Uchel – mae 97% yn ymwybodol o faterion a heriau costau byw

Action - so much has been achieved with 53% supporting active initiatives

Gweithredu – cafodd cymaint ei wneud ac mae 53% wedi cefnogi cynlluniau gweithredu

Councils thought that these were the issues currently facing their communities

Roedd Cyngorau Cymuned & Thref yn meddwl mai rhain oedd y materion sy'n wynebu eu cymunedau ar hyn o bryd



## Effects on Communities

## Effeithiau ar Gymunedau

**Financial Strain:** Many families are struggling to make ends meet, leading to increased stress and anxiety.

**Straen Ariannol:** Mae llawer o deuluoedd yn ei chael yn anodd talu biliau, sy'n arwain at fwy o straen a gorbryder

**Well-being:** The cost-of-living crisis is negatively affecting mental and physical health, as individuals face difficult choices between necessities.

**Llesiant:** Mae'r argyfwng costau byw yn cael effaith negyddol ar iechyd meddwl a chorfforol, wrth i unigolion orfod gwneud dewisiadau anodd rhwng angenrheidiau

# Beth allwn ni ei wneud?

- Mae undod cymunedol a chefnogaeth i wynebu heriau'r argyfwng costau byw yn hollbwysig
- Ymgysylltu â'n cymuned i gael gwell dealltwriaeth o'u hanghenion a chlywed am heriau cymunedol
- Mae Cefnogaeth y Gymuned yn rhywbeth y gallwn fod yn falch ohono'n barod, ond gallwn wneud mwy:
  - ✓ Banciau bwyd
  - ✓ Lleoedd Cynnes
  - ✓ Clybiau Cinio
  - ✓ Grwpiau Diddordebau
  - ✓ Boreau Coffi
  - ✓ Gweithgareddau Llesiant

# What can we do?

- Community solidarity and support in facing the challenges posed by the cost-of-living crisis is crucial
- Engage with our community to better understand their needs and hear about community challenges
- Community Support is already something to be proud of, but can we do more:
  - ✓ Food banks
  - ✓ Warm Spaces
  - ✓ Lunch Clubs
  - ✓ Hobby Groups
  - ✓ Coffee Mornings
  - ✓ Wellbeing Activities

Un Llais Cymru



One Voice Wales



“Rydyn ni’n ei weld a’i deimlo o’n cwmpas wrth i fusnesau a phobl gyffredin ei chael yn anodd cael dau ben llinyn ynghyd”

### DALIWCH ATI GYDA'R GWAITH DA



Mae cymaint o gefnogaeth yn cael ei darparu'n barod gan Gyngorau Cymuned & Thref ledled Cymru



7%

MAE 7% YN DARPARU PRYDAU BWYD AM DDIM



25%

MAE 25% YN DARPARU GWEITHGAREDD AU CYMDEITHASOL



18%

MAE 18% YN DARPARU GRWPIAU DIDDORDEBAU

23%

MAE 23% YN DARPARU GWEITHGAR EDDAU I'R HENOED



25%

MAE 25% YN DARPARU LLEOEDD CYNNES/TWYM



25%

MAE 25% YN DARPARU GWEITHGAREDDAU LLESIAINT



### KEEP UP THE GOOD WORK

So much support is already being provided by Community & Town Councils across Wales



7%

PROVIDING FREE MEALS



25%

PROVIDING SOCIAL ACTIVITIES



18%

PROVIDING HOBBY GROUPS

23%

PROVIDING ACTIVITIES FOR THE ELDERLY



25%

PROVIDING WARM SPACES



25%

PROVIDING WELLBEING ACTIVITIES



“We see it and feel it around us as businesses and residents struggle to make ends meet”





**i** WHAT YOU TOLD US YOU WANTED NEXT **i**

“Information on all of this would be welcomed. Especially if there are examples of activities being undertaken by other community councils which we could emulate”



**Community & Warm Spaces**

- Warm Hubs
- Social Groups
- Activities for Older People
- Hobby Groups



**Food**

- Free Meals
- Food banks
- Community Fridges
- Lunch Clubs



**Health & Wellbeing**

- Exercise Groups
- Wellness Activities
- Mental Health Support
- Charitable Donations



**Clothing & Repurposing**

- Clothing Banks
- Repair Cafes
- Community Skips
- Clothes Swap/Uniform Banks



**Benefits, Budgeting & Debt Management**

- Benefits Advice
- Budgeting Support
- Public Awareness Information
- Access to Banking



**Transport**

- Community Buses
- Car Share
- Hospital Transport
- Wheels To Work



**i** BETH DDYWEDSOCH WRTHYM YR HOFFECH EI GAEL NESAF **i**

“Byddai cael gwybodaeth am hyn i gyd yn dda iawn. Yn enwedig felly os oes enghreifftiau o weithgareddau'n cael eu gwneud gan gynghorau cymuned eraill y gallem eu hefelychu”



**Lleodd Cymunedol a Chynnes**

- Hybiau Cynnes/Twym
- Grwpiau Cymdeithasol
- Gweithgareddau i Bobl Hŷn
- Grwpiau Diddordebau



**Bwyd**

- Prydau Bwyd am Ddim
- Banciau Bwyd
- Oergelloedd Cymunedol
- Clybiau Cinio



**Iechyd & Llesiant**

- Grwpiau Ymarfer
- Gweithgareddau Llesiant
- Cefnogaeth Iechyd Meddwl
- Rhoddion Elusenol



**Dillad & Ailbwrpasu**

- Banciau Dillad
- Caffis Atgyweirio
- Sgipiau Cymunedol
- Banciau Cyfnawid Dillad/Gwisg Ysgol



**Budd-daliadau, Cyllidebu & Rheoli Dyledion**

- Cyngor ar Fudd-daliadau
- Cymorth i Gyllidebu
- Gwybodaeth Ymwybyddiaeth Gyhoeddus
- Cyfleusterau bancio



**Trafnidiaeth**

- Bysiau Cymunedol
- Rhannu Ceir
- Cludiant Ysbyty
- Olwynion i'r gwaith



Un Llais Cymru



One Voice Wales



## SUT ALL UN LLAIS CYMRU HELPŪ?



## HOW CAN ONE VOICE WALES HELP?



Gwybodaeth  
& Adnoddau

Adeiladu Capasiti a  
Hyfforddiant



Gwybodaeth  
Ymwybyddiaeth Gyhoeddus



Info &  
Resources

Capacity Building  
& Training



Public Awareness  
Info

Cyfeirio 'Mlaen



Eiriolaeth &  
Chymorth Polisi

Rhwydweithio &  
Chydweithion



Signposting



Advocacy &  
Policy Support

Networking  
& Collaboration

