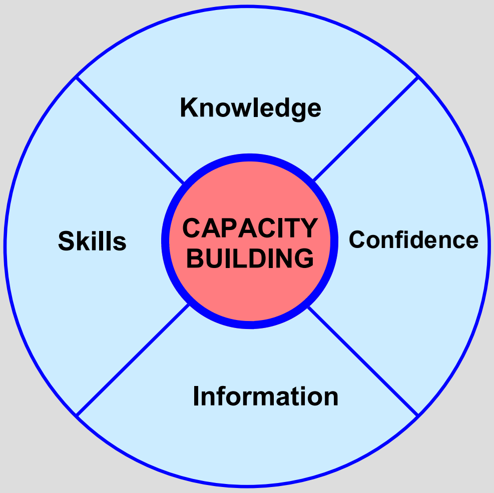
Factsheet 2

Communities First Facts

CAPACITY BUILDING

What is Capacity Building?
Building the capacity of communities means providing activities, resources and support to strengthen the skills and abilities of people and community groups. This will include focusing on developing skills, information, knowledge and confidence within the community.

Why is it important?
Capacity Building lays the foundation to develop effective regeneration work. It assists the community to get involved, raising self-esteem and confidence and learning by taking part in projects. It enables them to make lasting and positive changes that they prioritise themselves.



A Simplified Capacity Building Model

How Capacity Building takes place?
It can happen through a variety of activities and projects. These include:

- Training
- Learning by doing
- Community run projects
- Networking
- Researching
- Organisational development
- Building organisational resources

Why is Capacity Building needed in Communities First?

Communities First is a long-term programme to develop improved prospects and opportunities in communities. For this to happen, it is very important that community members are fully aware of what already exists in their communities, identify what is needed and to make plans for the future of their communities. This cannot happen effectively if community members do not feel empowered enough to want to get involved and contribute to the future and well-being of their communities.
Therefore, an early phase in the Communities First programme is to develop the capacity of people in the selected communities so that the programme is managed effectively and that the outcomes are what communities want to see and need and will benefit the future prosperity and confidence of communities.

More Information
If you want to get involved in Communities First in your area, please contact the Communities First Team on 01639 873030; or Andrew Millard, the First Communities Network Officer (CVS) on 01639 631387.

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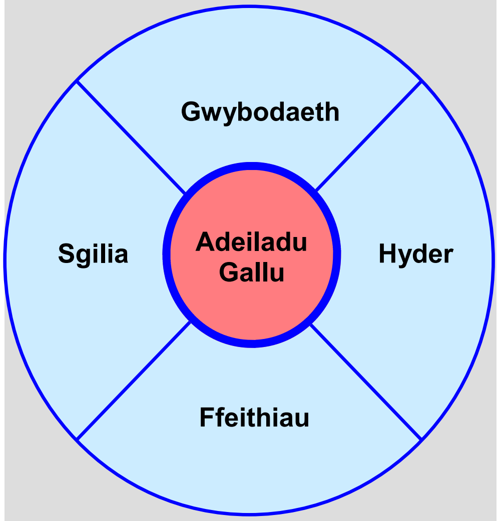
Taflen Ffeithiau 2

Ffeithiau Cymunedau'n Gyntaf

Beth yw 'adeiladu gallu' ?

Beth yw Meithrin Gallu?
Mae meithrin gallu cymunedau'n golygu darparu gweithgareddau, adnoddau a chefnogaeth i gryfhau sgiliau a gallu'r bobl a grwpiau cymunedol. Bydd hyn yn cynnwys canolbwyntio ar ddatblygu sgiliau, ffeithiau, gwybodaeth a hyder yn y gymuned.

Pam mae hyn yn bwysig?
Mae Meithrin Gallu yn gosod y sylfaen i ddatblygu gwaith adfywio effeithiol. Mae'n helpu cymunedau i gymryd rhan, mae'n cynyddu hunan-barch a hyder a dysgu drwy gymryd rhan mewn prosiectau. Mae'n galluogi'r cymunedau i wneud newidiadau



Model Meithrin Gallu Syml

parhaol a chadarnhaol y maent hwy'n gallu eu blaenoriaethu eu hunain.

Sut mae Meithrin Gallu'n digwydd?
Gall ddigwydd drwy weithgareddau a phrosiectau amrywiol. Mae'r rhain yn cynnwys:

- Hyfforddiant
- Dysgu drwy wneud
- Prosiectau sy'n cael eu rhedeg gan y Cymunedau
- Rhwydweithio
- Ymchwil
- Datblygiad Trefniadaeth
- Adeiladu adnoddau

Pam mae angen adeiladu gallu ym menter cymunedau'n gyntaf ?

Rhaglen hir dymor yw Cymunedau'n Gyntaf i ddatblygu gobeithion a chyfleoedd gwell mewn cymunedau. Er mwyn i hynny ddigwydd, mae'n bwysig bod aelodau'r cymunedau yn gwbl ymwybodol o'r hyn sydd ar gael yn y gymuned eisoes, nodi'r hyn sydd ei angen a chynllunio ar gyfer dyfodol eu cymunedau. Ni all hyn ddigwydd yn effeithiol os nad yw aelodau'r cymunedau yn teimlo bod ganddynt y gallu i gyfranogi a chyfrannu at ddyfodol a lles eu cymunedau.

Felly un o gamau cynnar rhaglen Cymunedau'n Gyntaf yw datblygu gallu'r bobl yn y cymunedau detholedig er mwyn rheoli'r rhaglen yn effeithiol a bod y canlyniadau'n cydweddu â'r hyn y mae'r cymunedau'n dymuno ei weld a'i gael ac a fydd o fudd i ffyniant a hyder y cymunedau yn y dyfodol.

Am fod yn rhan o hyn?

Os hoffech fod yn rhan o gynllun Cymunedau'n Gyntaf yn eich ardal chi, cysylltwch â Thîm Cymunedau'n Gyntaf ar 01639 873030; neu Andrew Millard, Swyddog Rhwydwaith Cymunedau'n Gyntaf (CGG) ar 01639 631387.

Ymwadiad: Lluniwyd y llythyr newyddion hwn gan Dîm Cymunedau'n Gyntaf Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot. Nid yw'r farn a fynegir yn y daflen hon o reidrwydd yn cynrychioli barn CBSCNPT, ei Aelodau na'i Bartneriaid, na phartïon eraill cysylltiedig.