

BUILDING A BETTER FUTURE FOR THE **ARMED FORCES** **COMMUNITY IN WALES**

WALES MANIFESTO - 2016



LIVE ON



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INTRODUCTION

THE ROYAL BRITISH LEGION

The Royal British Legion was created as a unifying force for the military charity sector at the end of First World War, and still remains one of the UK's largest membership organisations.

We are the largest welfare provider to the Armed Forces community, providing financial, social and emotional support, information, advice, advocacy and comradeship to hundreds of thousands of Service personnel, veterans and their dependants every year. In 2014, we responded to over 450,000 requests for help – more than ever before.



For support call our helpline 0808 802 8080, 8am to 8pm, seven days a week.

For information on this document please email publicaffairs@britishlegion.org.uk

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THE ROYAL BRITISH LEGION **MANIFESTO**



NATIONAL ASSEMBLY FOR WALES ELECTION 2016

In 2011 the principles of the Armed Forces Covenant were enshrined in law as a result of campaigning by The Royal British Legion. National and local governments, along with many charities, businesses and other organisations, have now committed to ensuring that the key principles are upheld. These are:

- Those who serve in the Armed Forces, whether Regular or Reserve, those who have served in the past, and their families, should face no disadvantage compared to other citizens in the provision of public and commercial services; and
- Special consideration is appropriate in some cases, especially for those who have given the most, such as the injured and the bereaved.

The Royal British Legion welcomes the support that the Welsh Government, the National Assembly and representatives of all parties have given to the Armed Forces community in recognition of their Service. However, significant challenges remain. This manifesto seeks to build on the progress made by outlining seven key recommendations for the next Welsh Government. These are based on our experience supporting Service personnel, veterans and their families.

In addition to the specific priorities outlined in this document, The Royal British Legion welcomes discussion on proposals that seek to ensure a high profile and priority is given to members of the Armed Forces community, including the level of dedicated Welsh Government policy support and the suggestion of an Armed Forces Commissioner. We stand ready to engage in dialogue on these issues and on any others which seek to ensure that the efforts, welfare and interests of serving and ex-Service personnel, and their contributions to life in Wales, are recognised and not forgotten.

FOREWORDS



The treatment of serving men and women, veterans and their families has come a long way since the establishment of The Royal British Legion in 1921. Then, many were neglected by the society they had returned to after serving in the trenches

of the First World War. Today, the vast majority are happy, healthy and in gainful employment, making a huge contribution to our local communities.

Since the Legion successfully campaigned for the principles of the Armed Forces Covenant to be enshrined in law, we have seen good progress at UK, devolved and local government levels in ensuring the principles of 'No disadvantage due to Service' and 'Special consideration for those who have given the most' are upheld.

There is, though, much more to do. As the Legion's 2014 Household Survey of veterans and families reveals, significant challenges still remain. Across the UK, 400,000 veterans are in housing difficulty; veterans are also more likely to have physical health problems or suffer from diseases such as diabetes, and many have difficulty getting around inside and outside their home.

We are calling on all candidates at the 2016 National Assembly election to build on the progress made to date and turn commitments into action.

We have asked the Armed Forces community in Wales what needs to change to make the Covenant a reality for them. They have told us. We are telling you. We urge you to act.

Thank you for your support.

Chris Simpkins DMA, HON.DUNIV, FloD, DL
Director General, The Royal British Legion.



Every year the people of Wales demonstrate their unwavering support for our Armed Forces community. Through Remembrance, and the Poppy Appeal, the Welsh public unfailingly provide the support which allows the Legion

to deliver our services throughout the year, for the 385,000 members of the Armed Forces community in Wales. For this we are hugely grateful.

In 2015, we marked significant commemorations in Wales including the anniversaries of the Gallipoli campaign, VE and VJ Days. In 2016 we will remember the Welsh who fell at Mametz Wood during the Battle of the Somme. The Legion in Wales will always work to ensure the memories of the fallen can, and will, live on.

Our serving Armed Forces, veterans and their families contribute positively to our everyday lives in Wales. For some however, the challenges are considerable. The Royal British Legion is here to ensure that those who need it receive the support they require today and every day, allowing all of them to fulfil their life aspirations and contribute to all communities across Wales.

The Legion has long recognised the contribution made by the Armed Forces community in Wales and we are ensuring our commitment to the country, and its people, continues to grow. In recent years we have opened a new Pop In Centre in Cardiff, where people can access face-to-face support and advice. We've also opened secondary offices in Wrexham, Swansea and Caernarfon and established outreach locations in 11 other communities. This ensures we are available to people when and where they need us.

This manifesto is the result of the biggest conversation we have ever held in Wales – with our beneficiaries, staff, members and partners. The result is seven recommendations for the next Welsh Government and Assembly to consider. We hope all candidates will continue to support us and our Armed Forces community, helping them to live on.

Thank you.

Phil Jones
Wales Area Manager, The Royal British Legion



THE LEGION BELIEVES THAT THE NEXT WELSH GOVERNMENT SHOULD:

Provide a full disregard of military compensation payments when means testing to determine how much an individual has to pay towards their care costs.

Ensure that veterans are able to access evidence-based mental health treatment within waiting time targets set by the Welsh Government.

Ensure that veteran amputees have access to the best levels of care that meets their clinical need, via the NHS in Wales.

Introduce a standardised question for public bodies to ask in order to improve identification of members of the Armed Forces community and, in turn, improve knowledge and awareness.

Take practical steps to ensure that Armed Forces families in Wales are given the support they are entitled to under the Armed Forces Covenant.

Produce an Armed Forces Housing Pathway, outlining what members of the Armed Forces community are entitled to on a local and national level.

Implement a Welsh Service Pupil Premium to ensure Service children in Wales have access to the support they need.

Provide a full disregard of military compensation payments when means testing to determine how much an individual has to pay towards their care costs.

Armed Forces personnel injured in Service can access compensation through one of two Ministry of Defence (MOD) schemes: the War Disablement Pension Scheme, which is open to veterans with conditions sustained before 6 April 2005, or the Armed Forces Compensation Scheme (AFCS), which is open to Service personnel and veterans who sustained injuries on or after 6 April 2005.

Despite slight differences in administration, both forms of compensation are awarded in recognition of the pain and loss of amenity experienced by injured Service personnel and veterans, and should be treated equally. Indeed, both forms of compensation are excluded from the income assessment for Universal Credit, and local authorities in Wales use their discretion to exclude them from financial assessments for Council Tax Support and Housing Benefit.

When it comes to determining how much veterans should pay towards the cost of their social care however, local authorities in Wales are currently only required to fully disregard AFCS payments. In contrast, veterans in receipt of a War Disablement Pension typically find that only the first £10 per week of their compensation is disregarded. In response to the Legion's Insult to Injury campaign, the Welsh Government announced in November 2015 that it would increase this disregard to £25 per week from April 2016, with this figure set to incrementally increase over the course of the next Assembly.

Whilst the Legion welcomes the Welsh Government's acknowledgment that current arrangements are anomalous, we are clear that only a full disregard of War Disablement Pensions can ensure that all injured veterans are treated fairly. Under the new proposals, veterans injured before 6 April 2005 will still see their military compensation treated less favourably than a veteran injured on or after that date, whilst the most severely injured War Pensioners will benefit last from any increase, given that their compensation awards are higher. Furthermore, War Pensioners will continue to be treated less favourably than their civilian counterparts, who are able to place their personal injury compensation in a trust fund, which is fully disregarded. The latter amounts to a clear breach of the Armed Forces Covenant principle of 'no disadvantage due to Service'.

According to the latest MOD figures there are 6,540 War Disablement Pensioners in Wales. The Legion estimates that it would cost the Welsh Government around £1.6m per annum to provide a full disregard of War Disablement Pensions from social care means tests, falling to £1.2m by 2025 as the War Pensioner population decreases. Recent legislative changes regarding health and social care in Wales, and funding challenges, make it even more important that the needs of injured veterans are considered and not overlooked.

Paul Bromwell, 51, from the Rhondda Valley, served with the Welsh Guards. He receives a War Disablement Pension, and could lose a significant amount of his payment if he requires social care in the future under existing rules.

"Thankfully I don't need social care at the moment but if I do in the future it's unfair that I'd be treated differently to someone who has suffered like me but who served at a different time. When someone was injured, or where they now live, shouldn't make a difference - all veterans should be treated equally."



Ensure that veterans are able to access evidence-based mental health treatment within waiting time targets set by the Welsh Government.

Rates of mental health problems amongst Service personnel and veterans appear to be broadly similar to the UK population as a whole. However, this hides significant groups in the Armed Forces community that may be more at risk, notably those with combat experience, medics and Reservists. Legion research has also identified that working-age veterans are more likely than the general population to report depression.

The Legion is a key stakeholder within the veterans' mental health pathway in Wales and works in partnership with Veterans NHS Wales, who provide veterans' therapists within each Local Health Board, and Combat Stress. Since 2010 over 1,650 people have been referred to the Veterans NHS Wales service and referrals are increasing every year, as awareness improves, from 191 in 2010/11 to 542 in 2014/15.

The Legion believes that members of the Armed Forces community should expect to receive specialised treatment, delivered by practitioners with an understanding of veterans' needs, in line with the principle of parity of esteem between physical and mental health. Veterans with Service-related mental health problems may have specific needs that are not always met by mainstream NHS Services and therefore it is vital that specialist support is available.

Failure to increase investment in the Veterans NHS Wales service between 2010 and 2014 has resulted in increasing waiting times for assessment and treatment, despite recent funding uplifts. The mean time from referral to first appointment in 2014/15 was 42 days which is outside the 28 day target for a primary care service.

Even with the recent additional investment, Academi Wales, the Welsh public service's centre for leadership excellence, found that an additional 83 hours of therapist time per week is required just to cope with existing demand.

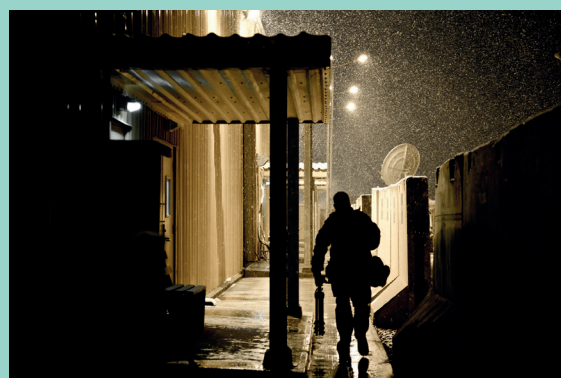
The Legion calls on the Welsh Government to increase funding for veterans' mental health support in Wales, to ensure demand can be met and that veterans can access evidence-based mental health treatment within current waiting time targets. The Government should also work with partners, including the third sector, to tackle the relatively high non-engagement rates the NHS service experiences.

Michael Jones served for 12 years in the Royal Welsh, undertaking operational tours in Northern Ireland, Iraq and Afghanistan. Michael left the Army in 2008 and soon encountered problems readjusting to civilian life and coping with his experiences in Service. He began drinking heavily – his father stating he could often be lost for a whole weekend – and his aggressive outbursts became more frequent and worrying for his family. It was then, in 2009 that Michael's family found out about potential help that was available.

"My sister found out about Veterans NHS Wales via our local GP. It has been a great support to me and my family and it's unbelievable to think about how I was back in 2009 and how I am now. I honestly think that without the support I've had, I could have ended up in prison, or in serious trouble with my drinking. I was violent, struggling to cope and it was having a really bad impact on myself and my family.

The service has helped me deal with and manage my PTSD [Post Traumatic Stress Disorder] and talk about my experiences. Ten or fifteen years ago knowledge of PTSD wasn't that great, so it was more difficult to recognise or deal with it. It wasn't what you did.

It's essential that veterans in Wales can access mental health support and treatment. I was lucky – I was involved in the Veterans NHS Wales service when it started. I didn't have to wait for help and I was able to see someone straight away. If I'd have had to wait five or six months, I'm not sure what would have happened."



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Ensure that veteran amputees have access to the best levels of care that meets their clinical need, via the NHS in Wales.

Patrick Provis served with the Royal Welch Fusiliers for just over 3 years. In 1987 whilst patrolling in Northern Ireland, Patrick was injured in a mortar attack resulting in the loss of his left arm and the shattering of his right hand, amongst other injuries.

"I was injured whilst serving in 1987 – almost 30 years ago – and I have seen how important having the right prosthetic limb is, not just physically but psychologically too. Prosthetic limbs are a necessity and not a luxury. A young soldier in his or her 20s who loses a limb today may need a prosthetic limb for somewhere in the region of 60 years and whilst nothing will ever work as well as the real thing, we do as a nation need to recognise that the person was serving our country and should be treated with the utmost respect and dignity and be given the chance to live life to the full.

It is important that Limb Centres have access to the best technology available to enhance a veteran's life and we must make sure that limb centre staff can access the very best resources in order to be successful in their mission of helping us. I have been lucky enough to benefit from the current service in Wales, where veterans receive high grade prosthetics, but we need to make sure subsequent Governments in Wales continue with the funding, and meet the need, whatever that may be.

Many veterans with limb loss have seen and been injured in combat and have enough to deal with in their everyday life without the worry of who will pay for their limb if it breaks down.

We've done our duty, now it's the turn of our Welsh Government to do theirs and sign up to protecting our wounded by ring fencing the funds for prosthetic provision in Wales into the future."



It is vital that injured veterans in Wales receive the same high standards of care and provision as those across other parts of the UK.

In 2013, following a report by Dr Andrew Murrison MP into the provision of prosthetics for military amputees, the UK government announced an £11 million funding package to improve prosthetics and rehabilitation services in England for Service men and women who are amputees.

In Wales, no additional funding was announced for military amputees, although a new clinical pathway was developed that guarantees veterans in Wales can access the same modern, high-end prostheses issued by the Defence Medical Rehabilitation Centre at Headley Court. The cost of this commitment was to be met within existing budgets.

The Legion acknowledges the excellent service currently provided by the Artificial Limb and Appliance Centres' (ALAC) staff in Swansea, Wrexham and Cardiff. However, we are concerned that a 2014 report by the Welsh Health Specialised Services Committee (WHSSC) found that the current system for delivering prosthetics provision for injured veterans is "not sustainable" due to a shortfall in funding and a greater requirement for specialist equipment within the centres.

The Welsh Government has committed to meeting existing need in 2015/16. However, along with the NHS, the Welsh Government should commit to continuing to provide high grade prosthetics for injured veterans in Wales, and ensure that this provision is sustainable in terms of investment and expertise within the service.

Introduce a standardised question for public bodies to ask in order to improve identification of members of the Armed Forces community and, in turn, improve knowledge and awareness.

Since the principles of the Armed Forces Covenant were enshrined in law in 2011, much progress has been made at a local level to ensure these principles make a difference to people's lives.

However, problems persist with the identification and treatment of members of the Armed Forces community. For example, the Legion is supporting several veterans in Wales who have been injured serving their country but who have not received priority treatment within the NHS, despite being entitled to it under the Armed Forces Covenant. The reason often given is that the veteran *'did not identify they were ex-Forces'* and their status simply was not recognised or recorded by staff who dealt with them.

The Legion believes it should be the duty of all statutory service providers to 'ask the question' and ensure that members of the Armed Forces community are identified and therefore able to receive the services to which they are entitled. Along with services like housing and health, this should apply to other areas, such as education, to ensure consistency.

For example, currently the Schools Census contains no mandatory question regarding Service children.

A consistent question, which is asked across all public bodies when people present to them for support, would have the following benefits:

- The principles of the Armed Forces Covenant would have a greater chance of being consistently delivered, avoiding the variation in provision that currently exists, for example, in priority treatment;
- Staff in public and third sector bodies would increase their knowledge and awareness of other services with which they can work in partnership to support their clients;
- Data regarding the profile and needs of veterans in Wales would significantly improve as more organisations record this type of information.

Vale of Glamorgan council have been 'asking the question' on their customer management system since 2012. It has provided them with reliable data on the number and types of issues about which the local Armed Forces community contact their council for help and support.

Joel Price served with the Royal Marines from 2001 to 2009.

"When I came out of the Royal Marines I went to various places – my local council, housing – to try and get some help. I didn't really know what was out there and assumed they would know or be able to help. But no one really understood. I wasn't asking for much – I just wanted to know what was out there. I was told there was little chance of getting any housing help – that my Service didn't really entitle me to anything. But I also needed some help on the NHS with an injury and some other stuff. It would have been nice to have my Service recognised and more importantly, had someone with an idea of where I could go. In the end, charities stepped in and supported me – but it shouldn't be like that."



Take practical steps to ensure that Armed Forces families in Wales are given the support they are entitled to under the Armed Forces Covenant.

The families of serving personnel and veterans are too often overlooked in discussions around the treatment of our Armed Forces. Families often make great sacrifices and provide invaluable support, which enables our serving personnel to thrive in their career. Typically, it is the families of serving personnel who face some of the greatest upheaval, such as being required to move house or schools, and it is vital that this is recognised in national and local policies to ensure they do not face disadvantage.

ACCESS TO INFORMATION

It is important, for example, that Service families based or settling in Wales have clear information about the services they may require, including how support for children's educational needs will be managed locally. Community Covenant forums should be utilised to deliver this work, and the Welsh Government should show leadership and build on existing good practice to ensure the necessary links are made between the forums and the MOD so that families receive up to date information.

SERVICE CHILDREN

Service children are recognised under Welsh Government schools admissions guidance, for example being classed as 'exceptions' when it comes to class sizes. However, when a family leaves the Armed Forces and returns to their previous local community, the additional support this recognition provides can be lost as the schools admissions code does not presently make allowance for those leaving the Armed Forces, meaning that a family may be unable to secure a school place in the area or nearby. This places families leaving the Services at a disadvantage since they may have been posted to another location during Service and, should they wish to return to their local community upon leaving, find that they are unable to demonstrate the necessary local residency requirement.

The Welsh Government's package of support for the Armed Forces states that *'The Welsh Government will remain alert to the needs of Service families and will consider changes to the code if they appear necessary'*. The Welsh Government should update admissions guidance to ensure that children whose families are transitioning out of the Armed Forces are classed by schools as 'Service children' for a set period.

DIVORCED SPOUSES

It is important that, should Service families break up, the sacrifices made in the past are still recognised. For example, divorced spouses may have been disadvantaged in the employment market due to the mobile nature of military life, or have sacrificed their own career prospects in order to provide support during their partner's Service.

When an Armed Forces couple separate or divorce, the spouse ceases to be recognised as 'family' under the Armed Forces Covenant, meaning that they are no longer eligible for certain allowances, for instance in relation to local connection criteria for social housing. Divorced or separated Service spouses receive no help aside from the 93 days that they can remain in Service accommodation once the separation or divorce is confirmed.

The Legion, in partnership with the Army Families Federation, maintains that ex-spouses and civil partners should be considered in all Welsh housing policies, alongside members of the Armed Forces community. The Welsh Government should work with all housing providers to ensure consistency in allocations policies, which recognise the sacrifices made by this group.

Victoria Dinsdale separated from her husband, who was serving with 1st Battalion The Rifles, in 2014.

"I was living in Wales with my husband who had been in the Army for five years. When we separated, I had to leave the accommodation we shared, but I really wanted to stay in the area.

I had a strong support network of friends there and, at a really difficult time, I needed them. I was working and I loved the community. I approached the council to see if there was anything they could do as I'd lost my home - but they said there was no help available as I had no local connection with the area. This is despite the fact I'd been living with my husband and working there!

When your husband is serving, it puts a lot of pressure on the family and you do have to make sacrifices. If things break down, I think the least you should expect is some assistance if you want to stay in the area. But I had to move back to London where I'm now in a small flat with no chance of ever getting my own place."



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Produce an Armed Forces Housing Pathway, outlining what members of the Armed Forces community are entitled to on a local and national level.

Legion beneficiary Gareth Jones, from North Wales, served for three years in the RAF as a Senior Aircraftman.

"I had a bit of bad luck a few years ago and my life really spiralled out of control for a while. My car broke down so I lost my job. Then I lost my home and ended up sleeping rough. I tried to get into social housing but was given very little help when I asked for it and it seemed I was no one's problem. I didn't know if there was anything anyone could do – it didn't seem like it.

After an accident I ended up in hospital, they found out I was ex-Forces and put me in touch with the Legion and other Armed Forces charities. They worked with North Wales Housing Association to get me into a flat which the Legion helped furnish. All this support was amazing – it doesn't matter how long ago you served, the help is still there – and I was so grateful, but I was very lucky. It was only by chance that I found out that a flat was available and without that luck, who knows what would've happened to me.

It's important that those leaving the Forces, and veterans like myself, have information available on what support is available to ex-Service personnel. We aren't asking for a home just because we have served. But it would be great if all of us – Armed Forces, housing staff, the military – had something specific which shows clearly what housing help is out there for veterans in Wales. Providing specific information for those who have served their country can't be too much to ask can it?"



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In recent years, various organisations and bodies have worked to ensure that members of the Armed Forces community are provided with clear information about the support available to them from national and local bodies. Examples have included a pathway for veterans requiring mental health support and for those in the criminal justice system.

Housing is often cited as a key issue for members of the Armed Forces community. In the year to September 2015, almost a quarter of the Legion's own welfare cases in Wales included a housing need of some kind.

There is currently much confusion amongst the Armed Forces community about what the Armed Forces Covenant means in terms of access to affordable housing. Whilst there are specific and welcome policies in Wales to support injured veterans and tackle homelessness amongst the ex-Service community, there remains uncertainty about the content of, and entitlement under, local housing allocation policies.

It is also vital that members of the Armed Forces community have access to shared equity schemes within Wales, provided by the MOD or local providers, and that such information is made directly available to them.

The next Welsh Government should produce an Armed Forces Housing Pathway, which outlines clearly what members of the Armed Forces, veterans and their families are entitled to under devolved housing policies.

This document would act as an information source for the Armed Forces community in Wales, and serve as a training resource for staff in local authorities and housing associations. Key partners in the sector such as Shelter Cymru, Community Housing Cymru and the Welsh Local Government Association should be involved in the preparation of such a document.

Implement a Welsh Service Pupil Premium to ensure Service children in Wales have access to the support they need.

The Service Pupil Premium (SPP) provides funding to schools in England to help provide non-educational support to children of Service personnel. This funding recognises the fact that Service children may experience unique challenges due to their parents' occupation. This may include challenges of being separated from a parent who is serving overseas, often in dangerous areas and for a significant length of time. Initiatives paid for by the SPP have included paying for additional books and resources for Service children, or running after-school clubs where children can talk about their experiences. The SPP is currently £300 per Service child annually, paid directly to the school.

There is currently no SPP in Wales, leaving Service children in Wales disadvantaged compared to their peers elsewhere in the UK. In England, the SPP has provided important practical support to Service children in education. Schools in Wales should have access to a similar fund, which would complement the Supporting Service Children in Education project and ensure that resources are available to fund pastoral care for the approximately 2,500 Service children who currently attend school in Wales.



Mrs. Debbie Davies is Headteacher of Prendergast primary school in Haverfordwest, who have done excellent work in supporting Service children and families.

"Introducing the Service Pupil Premium in Wales would enable us to build future capacity and sustainability around our provision meaning we would not be dependent upon the approval of grant bids. Across Wales all schools with Services families would be able to ensure consistent provision which meets the unique individual needs of their children, without being required to complete lengthy grant applications."

Schools in Wales are able to bid for the MOD's Education Support Fund (ESF), which provides a grant for schools with Service children of frequently moved or deployed parents. In recent years, schools in Wales have received £666,530 via this fund. The Legion is concerned that the ESF is due to end in 2018, which adds uncertainty as to the future levels of support for Service children in Wales. With no ESF funding available and no SPP, Service children and schools in Wales could therefore find themselves at a distinct disadvantage.

The next Welsh Government should introduce a Welsh Service Pupil Premium to ensure Service children in Wales are not disadvantaged and that schools have access to additional support to meet their needs and those of their families.



"As a school in Wales we have found MOD grant funding invaluable. It has allowed us to provide a unique and bespoke provision for our MOD learners and further promote parental and community engagement. Our MOD learners and their families benefit greatly from the support we have in place for them and should we not receive grant funding there would be a detrimental impact on our learners."

Rhoi Premiwm Disgyblion Lluedd Arfog Cymru ar waith i sicrhau bod plant y lluoedd arfog yng Nghymru'n cael mynediad i'r gefnogfaeth y ma' arnynt ei hangen.

Ma' Premiwm Disgyblion y Lluedd Arfog (y Premiwm) yn rhoi cyllid i ysgolion yn Lloegr i helpu darparu cymorth heb fod yn addysgol i blant personol y Lluedd Arfog. Ma' r cyllid trwy heriau unigryw oherwydd swydd eu rhieni. Gallai hyn gymrwys yr heriau o gael eu gwahanu wrth riant sydd ar wasanaeth dramor, hynny'n aml mewn ardaloedd perglus ac am gyfnod sylweddol o amser. O blith y mentau y ma' r Premiwm yn talu amdanant mae talu am lyfrau ac adnoddau ychwanegol ar gyfer plant y Lluedd Arfog, neu gynnal clybiau ar ol ysgol lle gall plant drofod eu profiadau. Ar hyn o bryd, cyfradd y premiwm yw £300 fesul Plentyn y Lluedd Arfog y flwyddyn, a delir yn uniongyrchol i'r ysgol.

Nid oes Premiwm yng Nghymru ar hyn o bryd, sy'n golygu bod plant y Lluedd Arfog yng Nghymru dan anfantais o gymharu â'u cyd-ddisgyblion mewn manau eraill yn y Deyrnas Unedig. Yn Lloegr, ma' r Premiwm wedi darparu cefnogfaeth ymarferol bwysig i blant y lluoedd arfog mewn addysg. Dylai fod gan ysgolion yng Nghymru fynediad i gronfa debyg, a fyddai'n ychwanegu at y prosiect Cefnogi Plant y Lluedd Arfog mewn Addysg a sicrhau bod adnoddau ar gael i arianu gofal bugeiliol i oddeutu 2,500 o blant y lluoedd arfog sy'n mynychu ysgol yng Nghymru ar hyn o bryd.



Mrs Debbie Davies, Pennaeth, Ysgol Gyrradd Prendergast, Hwlfordd, sydd wedi gwneud gwaith rhagorol wrth gefnogi plant a theluoedd gwasanaeth. "Byddai cyflwyno Premiwm Disgyblion y Lluedd Arfog yng Nghymru'n ein galluogi i feithrin gallu a chynaliadwyedd i'r dyfodol o gwmpas ein darpariaeth, sy'n golygu na fyddwn yn dibynnu ar gael cymrawdwyfaeth i geisiodau grantiau. Byddai modd i holl ysgolion a theluoedd y lluoedd arfog ledled Cymru sicrhau darpariaeth gyson sy'n bodloni anghenion unigol unigryw eu plant, heb yr angen i lenwi geisiodau grant hir.

Gall ysgolion yng Nghymru wneud cais am Gronfa Cefnogi Addysg y Weinyddiaeth Amdiffny, sy'n darparu grant i ysgolion a chanddynt blant y lluoedd arfog lle mae eu rhieni'n symud neu'n cael eu byddino'n aml. Yn y blynyddoedd diwethaf, ma' r ysgolion yng Nghymru wedi cael £666,530 trwy'r gronfa hon. Ma' r Lleny yn poeni am fod disgyblion i'r Gronfa Cefnogi Addysg ddedd i ben yn 2018, sy'n ychwanegu ansicrwydd o ran y lletau cymorth i'r dyfodol i blant y lluoedd arfog yng Nghymru. Os na fydd cyllid y Gronfa Cefnogi Addysg ar gael ac os nad oes Premiwm, gallai plant ac ysgolion y lluoedd arfog yng Nghymru weld eu bod nhw dan anfantais amlwg.



Fel ysgol yng Nghymru, rydym wedi canfod bod cyllid grant y Weinyddiaeth Amdiffny yn amhrisiadwy. Mae wedi'n galluogi ni i gynniog darpariaeth unigryw ac wedi'r theiwr a'i'n dysgwyr yn y Weinyddiaeth Amdiffny a hysgwyr o'r Weinyddiaeth Amdiffny a'u teuluoedd yn elwa'n fawr ar y gefnogfaeth sydd gennym ar waith ar eu cyfer ac os na fyddwn yn cael cyllid grant, byddai'n cael effaith andwyl ar ein dysgwyr."

Llunio Llwybr Tai Lluedd Arfog, sy'n amlinellu'r hyn y mae gan aelodau cymuned y Lluedd Arfog hawl iddo ar lefel leol a chenedlaethol.

Gwasanaethodd buddiolwr y Leng, Gareth Jones, o Ggledd Cymru, am dair blynedd yn yr Awyrlu Brenhinol fel Uwch Awyrluddwr.

“Cetais ychydig o anlwc rai blynyddoedd yn ôl ac oeth fy myrd allan o reolaeth am gyfnod. Torodd fy nghar i lawr ac felly collais fy ngwaith. Wedyn, collais fy nghartref ac felly bu rhaid i mi gysgu ar y stryd. Cetais gael fy nherod i mewn i dai cymdeithasol, ond ychydig iawn o help a roddwyd i mi pan ofynnais amdano ac roedd hi fel petawn i'n broblem i neb. Doeddwn i ddim yn gwych fel petawn i'n gallai unrhyw un ei wneud – nid oedd pehau i weld felly.

Cetais fy rhoi yn yr ysbry ar ôl damwain, a darganfuant fy mod i'n arfer bod yn y lluoedd a'm rhoi i mewn cysylltiad â'r Leng ac elusenau eraill y lluoedd arfog. Gweithion nhw gyda Chymdeithas Tai Gogledd Cymru i gael ffact i mi a helpodd y Leng i'w ddeddfu. Roedd yr holl gefnogaeth hyn yn rhyfeddol – nid oes pa mor hir yn ôl wasanaethoch chi, mae'r help ar gael – ac roeddwn i mor ddiolechgâr, ond roeddwn i'n lwcus iawn. Dim ond trwy hap a damwain y deuthum i wybod fod ffact ar gael i mi.



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Mae'n bwysig fod gan y rhai sy'n gadael y lluoedd, gymorth sydd ar gael i gyn personel y lluoedd. Nid ddym yn gofyn am gartref dim ond am ein bod ni wedi bod ar wasanaeth. Ond byddai'n wych petai gan bob un ohonom – yn lluoedd arfog, staff tai, y filwriaeth sydd ar gael i gyn-filwr. Does bosibl fod darparu gwychdogaeth benodol i'r rheiny sydd wedi gwasanaethu eu gwlad yn ormod i ofyn?”

Mae'n hollbwysig hefyd fod gan gymuned y lluoedd Arfog fynediad i gynlluniau rhannu e cwiti yng Nghymru, a ddarperir gan y Weinlyddiaeth Amdiffyn neu dddarparwr lleol, a bod y fath wybodaeth ar gael yn uniongyrchol iddynt.

Dylai Llywodraeth nesaf Cymru lunio Llwybr Tai Lluedd Arfog, sy'n amlinellu'n glir yr hyn y mae gan aelodau'r Lluedd Arfog, cyn-filwr a'u teuluoedd yr hawl iddynt dan y polisiau tai datganoledig. Byddai'r ddogfen hon hefyd yn ymddwyn fel ffynhonnell wybodaeth i'r gymuned Lluedd Arfog yng Nghymru, ac yn gwasanaethu fel adnodd hyfforddi i staff mewn awdurdodau lleol a chymdeithasau tai.

Dylai partneriaid allweddol yn y sector fel Shelter Cymru, Tai Cymunedol Cymru a Chymdeithas Llywodraeth Leol Cymru fod ynghlwm wrth baratoi'r fath ddogfen.

polisiau clustnodi tai lleol.

filwr, ers ansticrwydd am gynnwys, a hawliau dan y fynd i'r afael â digartrefedd ymhlith y gymuned o gyn- Nghymru i gefnogi cyn-filwr sydd wedi'u hanafu ac i Er bod polisiau benodol a pholisiau i'w creosawu yng Lluedd Arfog yn ei olygu o ran mynediad i dai fforddiadwy.

Ar hyn o bryd, mae tipyn o ddiryswch ymhlith y gymuned Lluedd Arfog ynghylch yr hyn y mae'r Gyfamod Lluedd Arfog yn ei olygu o ran mynediad i dai fforddiadwy.

Yn aml, ddyfnir bod tai'n fater allweddol i aelodau'r gymuned Lluedd Arfog. Yn y ffydd yn hyd at fis Medi 2015, roedd rhyw chwarter o achostion lles y Leng ei hun yng Nghymru'n cynnwys angen o ryw fath am dai.

Ar hyn o bryd, mae tipyn o ddiryswch ymhlith y gymuned Lluedd Arfog ynghylch yr hyn y mae'r Gyfamod Lluedd Arfog yn ei olygu o ran mynediad i dai fforddiadwy.

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Cymryd camau ymarferol i sicrhau bod teuluoedd y Lluoedd Arfog yng Nghymru'n cael y gefnogaeth y mae ganddynt yr hawl iddi! dan y Cytamad Lluoedd Arfog.

Yn aml iawn, caiff teuluoedd personol sydd ar Wasanaeth a chyn-filyr eu hesguluso mewn trefoddeithau am driniaeth ein Lluoedd Arfog. Yn aml, gwma deuluoedd aberthau mawr gan ddarparu cefnogaeth amhrisiadwy, sy'n galluogi'n personol sydd ar wasanaeth i ffynnu yn eu gyfrfa. Yn nodweddiodol, teuluoedd ein personol sydd ar wasanaeth sy'n wrynebu'r cymwrft mwyaf, megis gorfod symud y neu ysgol, ac mae'n hollbwysig bod hyn yn cael ei gydhabod mewn polisiâu cenedlaethol a lleol i sicrhau nad ydynt yn wnebu antantais.

MYNEDIAD I WYBODAETH

Er enghraifft, mae'n bwysig bod teuluoedd y Lluoedd Arfog sydd yng Nghymru neu'n ymgartrefu yng Nghymru, yn cael gwlyboddeith glir am y gwasanaethau y gallai fod arnynt eu hangen, gan gynnwys pa gefnogaeth ar gyfer anghenion addysgol plant fydd yn cael ei rheoli'n lleol. Dylid defnyddio ffynonau Cymuned i gyflawni'r gwaith hwn, a dylai Llywodraeth Cymru ddangos arweinyddiaeth ac adeiladu ar arfer da presennol i sicrhau bod y cysylltiadau angenrheidiol yn cael eu gwneud rhwng y ffynonau a'r Weinyddiaeth Amdiffynnol.

PLANT Y LLUOEDD ARFOG

Cydnabyddir plant y lluoedd arfog, er enghraifft, dan ganllawiau derbyn ysgolion Llywodraeth Cymru, gan eu bod yn cael eu dosbarthu fel 'eithriadu' pan ddaw hi i faint dosbarthiadau. Fodd bynnag, pan fydd teulu'n gadael y Lluoedd Arfog ac yn dychwelyd i'w cymuned leol ffenorel, gellir colli'r gefnogaeth ychwanegol y mae'r gydnabyddiaeth hon yn ei darparu gan nad yw cod derbyn yr ysgolion ar hyn o bryd yn caniatáu ar gyfer y rhai sy'n gadael y Lluoedd Arfog, sy'n golygu hwyraeth na all teulu sicrhau lle mewn ysgol leol neu mewn ysgol gerllaw. Mae hyn yn rhoi'r teuluoedd sy'n gadael y lluoedd arfog dan antantais oherwydd mae'n bosibl iddynt gael eu postio i leoliad arall yn ystod eu cyfnod ar Wasanaeth ac, os dymunant ddychwelyd i'w cymuned leol wrth adael, byddant yn gweld na allant ddangos y golybiaid preswyllo lleol angenrheidiol.

GWYR/GWRAGEDD WEDI YSGARU

Mae pecyn Cymorth Llywodraeth Cymru ar gyfer Cymuned y Lluoedd Arfog yn datgan 'Bydd Llywodraeth Cymru yn parhau i ystyried anghenion teuluoedd y Lluoedd Arfog ac yn ystyried newidiadau i'r cod os bydd angen'. Dylai Llywodraeth Cymru ddiweddarau'r canllawiau derbyn i sicrhau bod plant y teuluoedd hynny sy'n pontio o'r Lluoedd Arfog yn cael eu dosbarthu fel 'plant y Lluoedd' am gyfnod penodol gan ysgolion.



Os bydd peihau'n chwali, rwy'n credu y dylech ddisgwyl rhyfaint o gymorth o leiaf os ydych chi eisiau aros yn yr ardal. Ond bu rhaid i mi symud nôl i Lundain, lle'r ydw i nawr, mewn fflat bach heb obaith o goel fy lle fy hun."

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Roeddwn i'n gwelthio ac wedi doio ar y gymuned. Euthum at y Cyngor i weld a oedd unrhyw beth y gallen nhw ei wneud oherwydd fy mod i wedi colli fy nghartref – ond dymwedon nhw nad oedd unrhyw help ar gael gan nad oedd genymft gysylltiad lleol â'r ardal. Roedd hyn er gwelthia'r ffaith i mi fyw gyda'm gyr ac wedi gwelthio ynoi! Pan fo'ch gyr ar wasanaeth, mae'n rhoi llawer o bwysau ar y teulu ac mae'n rhaid i chi wneud aberthau.

Roedd gen i rwydwaith cymorth cryf o ffirindiau yno ac roedd arnaf eu hangen ar adeg wiroeddol anodd.

Roeddwn i'n bwy yng Nghymru gyda fy ngŵr sydd wedi bod yn y Fyddin ers 5 mlynedd. Pan wahanon ni, roedd rhaid i mi adael y llei roeddem yn ei rannu, ond roeddwn i wir eisiau aros yn yr ardal.

Gwhanodd Victoria Dinsdale wrth ei gŵr, oedd ar wasanaeth gyda Batliwn Taf y Reiffiwlly, yn 2014.

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Cyflwyno cwestiwn safonol i gyrrff cyhoeddus ei ofyn er mwyn gwella'r dull o nodi aelodau'r gymuned Lluedd Arfog ac, yn ei dro, gwella cyfeirio ac ymwybyddiaeth.

Ers i egwyddorion Cyfamod y Lluedd Arfog gael eu diogelu mewn cyfrith yn 2011, gwnaed tipyn o gymuned ar lefel leol i sicrhau bod yr egwyddorion hyn yn gwneud gwahaniaeth i fywydau pobl.

Fodd bynnag, mae problemau'n parhau gyda nodi a thrin aelodau'r gymuned Lluedd Arfog. Er enghraifft, mae'r Llenng yn cefnogi sawl cyn-filwr yng Nghymru sydd wedi'u hanafu wrth wasanaethu eu gwlad ond sydd heb gael triniaeth fel mater o flaenorïaeth yn y GIG, er gwaeitha'r ffath bod ganddynt yr hawl i ddi dan Gyfamod y Lluedd Arfog. Yn aml iawn, y rhewsm a roddir yw 'na wnaeth y cyn-filwr ddu eu bod wedi bod yn y Lluedd' ac ni chafodd eu statws ei gydnabod na'r i gofnodi gan y staff a ymddrinodd â nhw.

Cred y Llenng mai dyletswydd yr holl ddarparwr gwasaeth statudol ddylai, gofnod y cwestiwn a sicrhau bod cyn-filwr yn cael eu nodi ac felly bod modd iddynt gael y gwasaethau y mae ganddynt yr hawl iddynt.

Ynghyd â gwasaethau fel tai ac iechyd, dylai hyn fod yn berthnasol i addysg hefyd er mwyn sicrhau cysondeb.

Er enghraifft, nid yw'r Cyfrithad Ysgolion ar hyn o bryd yn cynnwys yr un cwestiwn gofodol mewn perthynas â phlant y Lluedd arfog.

Byddai gan gwestiwn cyson, a ofynnir ar draws pob corff cyhoeddus pan fydd pobl yn cyflwyno'u hunain am gefnogiaeth, y manteision canlynol:

- Byddai gan egwyddorion Cyfamod y Lluedd Arfog fwy o gyfeirio a gael eu cyflawni'n gyson, gan osgoi'r amrywiad yn y ddarpariaeth sydd eisoes yn bodoli, er enghraifft o ran blaenorïaethu triniaeth;
- Byddai staff mewn cyrrff sector cyhoeddus a thrydydd sector yn crynuddu eu gwybodaeth a'u hymwybyddiaeth o wasanaethau eraill y gallant weithio mewn partneriaeth â nhw i gefnogi eu deiniaid;
- Byddai data mewn perthynas â phroffil ac anghenion cyn-filwr yng Nghymru'n gwella'n sylweddol wrth i fwy sefydlidadau gofnodi'r math hwn o wybodaeth.

Mae cyngor Bro Morgannwg wedi bod yn gofnod y cwestiwn ar eu system rheoli cwsmeriaid ers 2012. Mae wedi darparu data dibynadwy iddynt ar y nifer a'r mathau o faterion y mae'r gymuned Lluedd arfog lleol yn cysylltu â'u cyngor yn eu cylch i gael help a chefnogaeth.



Gwasanaethodd Joel Price gyda'r Môr-filwr Brenhinol o 2001 i 2009.

"Pan adewais y Môr-filwr Brenhinol, troais at leuedd amrywiol - fy nghyngor lleol, tai - i geisio cael ychydig o help. Nid oeddwn i wir yn gwybod beih oedd ar gael a rhybais y bydden nhw'n gwybod neu'n gallu helpu. Ond nid oedd neb yn deall mewn gwirionedd. Doeddwn i ddim yn gofnod am lawer - roeddwn i ond am wybod beih oedd ar gael. Dywedwyd wrthyf mai prin oedd y cyfleoedd o gael unrhyw help gyda thoi, am nad oedd fy ngwasanaeth wir yn rhoi'r hawl i mi i ddim byd. Ond roedd angen i mi gael rhywaint o help ar y GIG hefyd cydnabyddiaeth i'm gwasanaeth ac yn bwysicach na hynny, cael rhywun oedd â syniad o ran ble allwn fynd. Yn y diwedd, camodd elusenau i mewn a'm cefnogi - ond ddylai peithau ddim bod felly."

Sicrhau bod cyn-filwyr sy'n drychedigion yn cael mynediad i'r lletiau gorau o ran gofaliad sy'n bodloni eu hangen clinigol, trwy'r GIG yng Nghymru.

Gwasanaethodd Patrick Foris gyda'r Ffifswilwyr Brehiniol Cymreig am ychydig dros 3 blynedd. Ym 1987, pan oedd yn patrôllo yng Ngogledd Iwerddon, cafodd Patrick ei daro gan fortor a arweiniodd at goll ei fraich chwith a malu ei law dde, ymhiithi onafidau eraill.

“Cefais fy anafu ar Wasanaeth ym 1987 – bron i 30

mynedd yn ôl – ac rydw i wedi gweld pa mor bwysig yw cael llaw dde ffug, nid dim ond yn gorfforol ond yn seicolegol hefyd. Angherteraid, nid moethusrwydd yw

Aelodau Proshesis. Gallai fod ar filwr ifanc yn ei (h)

ugeniau sy'n colli aelod heddiw, angen aelod proshesisam oddeutu 60 mlynedd, ac er na fydd unrhyw beth yn

gweithio cystal â'r aelod gwreiddiol, mae angen i ni fel cenedl gydunbod fod y person wedi gwasanaethu ein

gwlad a dylid ei drin gyda'r parch a'r urddas pennaf a dylai gael y cyfle i fyw bywyd i'r eithaf.

Mae'n bwysig fod gan Ganoifannau Aelodau Lywodraeth ym 1987, ond mae angen i ni wneud yn siŵr fod Llywodraethau Nghymru, lle mae cyn-filwyr yn cael proshesisau safon yn ddigon ffodus i elwa ar y gwasanaeth presennol yng llywodraethau yn eu bwrtaid i'n helpu ni. Rydw i wedi bod fynd at yr adnoddau gorau posibl er mwyn bod yn i'r dechreu orau sydd ar gael i wella bywyd cyn-filwr a rhaid i ni wneud yn siŵr y gall staff y ganolfan aelodau Mae'n hollbwysig bod cyn-filwyr wedi'u hanafu yng Nghymru'n cael yr un safonau gofaliad a darpariaeth uchel â phobl ar draws rhannau eraill o'r Deyrnas Unedig.

Yn 2013, yn dilyn adroddiad gan Dr Andrew Morrison AS i'r ddarpariaeth proshesisau i drychedigion (computeres) milwrol, cyhoeddodd Llywodraeth y Deyrnas Unedig becyn ariannu gwerth £11 miliwn i wella proshesisau a gwasanaethau addysg yn Lloegr i drychedigion y Lluoedd.

Yng Nghymru, ni chyhoeddwyd cyllid ychwanegol i drychedigion milwrol, ond datblygwyd llwybr clinigol newydd sy'n sicrhau y gall cyn-filwyr yng Nghymru gael yr un proshesisau modern, safon uchaf a gyflwynwyd gan Ganoifannau Adsefydlu Meddygol y Weinyddiaeth Amddiffyn yn Llys Healey. Byddai cost yr ymrwymiad hwn yn cael ei thalu gan y cylliddebau presennol.

Mae llawer o Gyn-filwyr sydd wedi colli aelod wedi gweld ac wedi'u hanafu mewn brwydr ac mae ganddynnt ddigon i ddelio ag ef yn eu bywyd pob dydd heb y gofid ynghylch 'pwy fydd yn talu am eu aelod os bydd yn methu.

Rydym wedi cyflwyni'n dylaiswydd ni, iro Llywodraeth Cymru yw hi nawr i gyflawni eu dylaiswydd hwy ac ymroi i ddiogelu'n clywedigion trwy glustnodi'r cyllid ar gyfer y ddarpariaeth proshesisau yng Nghymru i'r dyfodol.”



Mae'r Lloegr yn cydnabod y gwasanaeth gwyb a ddarperir ar hyn o bryd gan staff y Ganoifannau Aelodau Proshesisau a Chyfarpar yn Abertawe, Wrecsam a Chaerdydd. Fodd bynnag, rydym yn poeni bod adroddiad yn 2014 gan Bwyllgor Gwasanaethau Iechyd Arbenigol Cymru wedi canfod nad yw'r system bresennol ar gyfer cyflwyno darpariaeth proshesisau i gyn-filwyr wedi'u hanafu "yn gynaliadwy" oherwydd diffyg mewn cyllid a gofnydd mwy am offer arbenigol yn y canolfannau.

Mae Llywodraeth Cymru wedi ymroi i fodloni'r angen sydd ohoni yn 2015/16. Fodd bynnag, ynghyd â'r GIG, dylai Llywodraeth Cymru ymroi i barhau i ddarparu proshesisau greadd uchel i gyn-filwyr wedi'u hanafu yng Nghymru, a sicrhau bod y ddarpariaeth hon yn gynaliadwy o ran buddsoddiad ac arbenigedd yn y gwasanaeth.

Sicrhau bod modd i gyn-filwyr droi at driniaeth iechyd meddwl seiliedig ar dystiolaeth o fewn y targedau amser aros a osodwyd gan Lywodraeth Cymru.

Ymddengys bod cyfraddau problemau iechyd meddwl ymhlith personol y Lluoedd Arfog a chyn-filwyr yn debyg yn fras i boblogaeth y Deyrnas Unedig gyfan. Fodd bynnag, mae hyn yn cuddio grwpiau arwyddocaol yng nghyfunedd y Lluoedd Arfog a allai fod mewn mwy o berygl, yn enwedig y rhai gyda phrotectad o frwydro, meddygon a Milwyr wrth Gefn. Mae ymchwil y Llong ymchwil iechyd meddwl ymhlith personol y Lluoedd Arfog a chyn-filwyr yn debyg yn fras i boblogaeth y Deyrnas Unedig gyfan. Fodd bynnag, mae hyn yn cuddio grwpiau arwyddocaol yng nghyfunedd y Lluoedd Arfog a allai fod mewn mwy o berygl, yn enwedig y rhai gyda phrotectad o frwydro, meddygon a Milwyr wrth Gefn. Mae ymchwil y Llong ymchwil iechyd meddwl ymhlith personol y Lluoedd Arfog a chyn-filwyr yn debyg yn fras i boblogaeth y Deyrnas Unedig gyfan. Fodd bynnag,

Mae'r Llong yn rhannu'r aelweddol yn llwyr iechyd meddwl y cyn-filwyr yng Nghymru ac mae'n gweithio mewn partneriaeth a GIG Cymru i gyn-filwyr, sy'n darparu therapyddion i gyn-filwyr ym mhob Bwrdd Iechyd Lleol ac yn Bwrdd yn Erynn Straen. Ers 2010, atgyfeiriwyd dros 1,650 o bobl at wasanaeth GIG Cymru i gyn-filwyr ac mae'r atgyfeiriadau'n cynyddu bob blwyddyn wrth i ymybyddiaeth wella, o 191 yn 2010/11 i 542 yn 2014/15.

Cred y Llong y dylai aelodau'r gymuned Lluoedd Arfog ddisgwyl cael triniaeth arbenigol, a gyflwynir gan ymarferwyr sy'n deall anghenion cyn-filwyr, yn unol â'r egwyddor cydraddoldeb parch rhwng iechyd corfforol a meddyliol. Hwyrach fod gan gyn-filwyr gyda phroblemau iechyd meddwl cysylltiedig â'r lluoedd arfog anghenion penodol nad ydlyn bod amser yn cael eu bodloni gan Wasanaethau prif ffrwd y GIG ac felly mae'n hollbwysig bod cymorth arbenigol ar gael.

Mae methu cynyddu'r buddsoddiad yng ngwasanaeth GIG Cymru i gyn-filwyr rhwng 2010 a 2014 wedi arwain at gynyddu'r cyfnodau aros am asesiad a thriniaeth, er gwaetha'r falidau chwyddo diweddar mewn cyllid. Yr amser cymedrig o atgyfeirio i'r apwyntiad cyniat yn 2014/15 oedd 42 diwrnod sydd y tu allan i'r targed o 28 diwrnod ar gyfer gwasanaeth gofal sylfaenol.

Hyd yn oed gyda'r buddsoddiad ychwanegol diweddar, canfu Academi Cymru, sef canolfan rhagoriaeth arweinyddiaeth y gwasanaeth cyhoeddus yng Nghymru, fod angen 83 awr ychwanegol o amser i therapyddion i ymdopi â'r galw sydd ohoni.

Mae'r Llong yn galw ar Lywodraeth Cymru i gynyddu'r cyllid ar gyfer cymorth iechyd meddwl cyn-filwyr yng Nghymru, er mwyn sicrhau bod modd bodloni'r galw ac y gall cyn-filwyr droi at driniaeth iechyd meddwl seiliedig ar dystiolaeth o fewn y targedau amser aros cyfredol. Dylai'r Lywodraeth weithio gyda phartneriaid helyd, gan gynnwys y trydydd sector, i fynd i'r afael â'r cyfraddau diffyg ymgysylltu cymharol uchel y mae'r gwasanaeth yn cael profiad ohono.

Gwasanaethodd Michael Jones am 12 mlynedd yn y Ffifisilwyr Brenhinol Cymreig, gan fynd ar deithiau gweithredol yng Ngogledd Iwerddon, Irac ac Affganistan. Gadaodd Michael y Fyddin yn 2008 ac yn fuan cafodd broblemau'n addasu o'r newid i fyddu sifil ac ymdopi â'r broblemau yn Lluoedd. Dechreuodd yfed yn drwm – gyda'i dad yn datgan y byddai'n aml yn cael ei gollu am benwythnos cyfan – ac aeth ei blyau ymosodol yn amlach ac yn fwy pryderus i'w deulu. Erynn 2009, darganfu teulu Michael am yr help posibl oedd ar gael.

“Darganfyddodd fy chwaer am GIG Cymru i Gyn-filwyr trwy'n meddyg teulu lleol. Bu'n gefnogaeth wych i mi a'm teulu ac mae'n anhygoel meddwl sut oeddwn i nôl yn 2009 a sut ydw i nawr. Rwy'n credu'n onest heb y gefnogaeth a gefais, gallwn i fod wedi gorffen yn y carchar neu'n cael trafferthion difrifol gyda diod. Roeddwn i'n dreisgar, yn cael trafferth ymdopi ac roedd yn cael effaith wirioneddol wael arnat i a'm teulu. Mae'r gwasanaeth wedi fy helpu i ddelio gydag, a rheoli fy PTSD (Anhwylder Straen Ôl-drawmatig) a thrafod fy mhroblemau. Nid oedd y wybodaeth am PTSD mor dda â hynny ddeng neu bymiheng mlynedd yn ôl, felly roedd hi'n aros cydnabod neu ddellio ag ef. Nid oedd yn rhywbeth roeddech chi'n ei wneud.”

Mae'n hanfodol i gyn-filwyr yng Nghymru allu troi at gefnogaeth a thriniaeth iechyd meddwl. Roeddwn i'n lwcus – roeddwn i'n rhan o wasanaeth GIG Cymru i Gyn-filwyr pan ddechreuodd. Nid oedd rhaid i mi aros am help ac roedd modd i mi weld rhywun yn syth bin. Fe bai rhaid i mi fod wedi aros pump neu chwe mis, dydw i ddim yn siŵr beth fyddai wedi digwydd.”



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Dystyru taliadau iawndal milwrol yn llwyr wrth gynnal prawf modd i benderfynu faint sydd gan unigolion i'w talu tuag at eu costau gofal.

Er bod y Llang yn creosawu cydnabyddiaeth Llywodraeth Cymru fod y trefniadau cyfredol yn anghyson, rydym yn glir mai dim ond dystywrch llwyr o Bensiynau Anabdedd Rhyfel Amdiffyfu y Cynllun Pensiwn Anabdedd Rhyfel, sy'n agored i gyn-filwyr a chanddynt gyflwyr a gafwyd cyn 6 Ebrill 2005, neu Gynllun Iawndal y Lluoedd Arfog, sy'n agored i bersonel a chyn-filwyr y Lluoedd Arfog a dioddefodd anghladau ar 6 Ebrill 2005 neu wedi hynny.

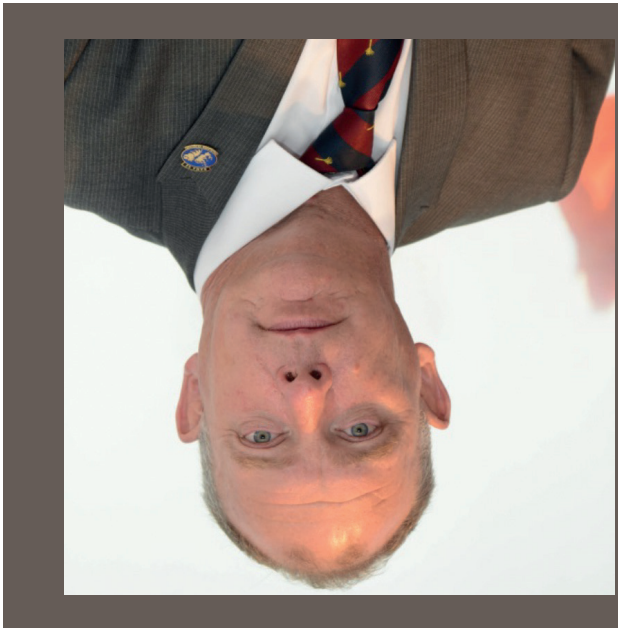
Er gwetha'r man wahaniaethau o ran gweinyddu, dyferni y ddau fath o iawndal er mwyn cydnabod y boen a'r gollod o ran amwynnderau i bersonel Lluoedd Arfog wedi'u hanafu, a dylid eu trin yn gyfartal. Yn wir, caiff y ddau fath o iawndal eu heithrio o'r asesiad incwm am Gredyd Cynhwysol, ac mae awdurdodau lleol yng Nghymru'n defnyddio'r disgrisiwn i'w heithrio o asesladau arriannol am Gymorth Treth Gyngor a Budd-dal Tai.

Yn ôl ffigurau diweddaraf y Weinyddiaeth Amdiffyfu, mae 6,540 o Bensiynwyr Anabdedd Rhyfel yng Nghymru. Amcangyfrifir Llang y byddai'n costio rhyw £1.6m y flwyddyn i Lywodraeth Cymru ddystyru Pensiynau Anabdedd Rhyfel yn llwyr o broffion modd gofal cymdeithasol, gan syrthio i £1.2m erbyn 2025 wrth i boblogaeth y Pensiynwyr Rhyfel leihau. Mae newidadau deddfwriaethol diweddar yn ymwneud ag iechyd a gofal cymdeithasol yng Nghymru, a heriau arriannu, yn ei gwneud hi hyd yn oed yn bwysicach ystyried a phreiddio ag esgeuluso anghenion cyn-filwyr sydd wedi'u hanafu.

Lluoedd Arfog
Yn ôl ffigurau diweddaraf y Weinyddiaeth Amdiffyfu, mae 6,540 o Bensiynwyr Anabdedd Rhyfel yng Nghymru. Amcangyfrifir Llang y byddai'n costio rhyw £1.6m y flwyddyn i Lywodraeth Cymru ddystyru Pensiynau Anabdedd Rhyfel yn llwyr o broffion modd gofal cymdeithasol, gan syrthio i £1.2m erbyn 2025 wrth i boblogaeth y Pensiynwyr Rhyfel leihau. Mae newidadau deddfwriaethol diweddar yn ymwneud ag iechyd a gofal cymdeithasol yng Nghymru, a heriau arriannu, yn ei gwneud hi hyd yn oed yn bwysicach ystyried a phreiddio ag esgeuluso anghenion cyn-filwyr sydd wedi'u hanafu.

Gwasanaethodd Paul Bromwell, 51 oed, o Gwm Rhondda gyda'r Gwarchodlu Cymreig. Mae'n cael Pensiwn Anabdedd Rhyfel, a gallai gollu swm sylweddol o'i dalid os oes angen iddo gael gofal cymdeithasol yn dyfodol dan y rheolau presennol.

"Dioch byrh, nid oes angen gofal cymdeithasol arnat ar hyn o bryd, ond os bydd ei angen yn y dyfodol, mae'n annheg i mi gael fy nhri'n wahanol i rywun sydd wedi dioddef fel minnau ond a wasanaethodd ar adeg wahanol. Ni ddylai pryd cofoddd rhywun ei anafu na ble mae'n byw nawr mewnud gwahaniaeth – dylid trin pob cyn-filwr yn gyfartal."



Rhoi Premiwm Disgyblion Lluedd Arfog Cymru ar waith
i sicrhau bod plant y lluedd arfog yng Nghymru'n cael
mynediad i'r gefnogaeith y mae arnynt ei hangen.

Llunio Llwybr Tai Lluedd Arfog, sy'n amlinellu'r hyn y
mae gan aelodau cymuned y Lluedd Arfog hawl iddo ar
lefel leol a chenedlaethol.

Cymryd camau ymarferol i sicrhau bod teuluoedd y Lluedd
Arfog yng Nghymru'n cael y gefnogaeith y mae ganddynt
yr hawl iddi dan y Cyfamod Lluedd Arfog.

Cyflwyno cwestiwn safonol i gyrrff cyhoeddus ei ofyn er
mwyn gwella'r dull o nodi aelodau'r gymuned Lluedd
arfog ac, yn ei dro, gwella cyfeirio ac ymwybyddiaeth.

Sicrhau bod cyn-filwyr sy'n drychedigion yn cael mynediad
i'r lefelau gorau o ran gofal sy'n bodloni eu hangen
clinigol, trwy'r GIG yng Nghymru.

Sicrhau bod modd i gyn-filwyr droi at driniaeth iechyd
meddwl seiliedig ar dystiolaeth o fewn y targedau amser
aros a osodwyd gan Lywodraeth Cymru.

Ddystyru taliadau iawndal milwrol yn llwyr wrth gynnal
prafw modd i benderfynu faint sydd gan unigolion i'w talu
tuag at eu costau gofal.

CRED Y LLENG Y DYLA LYWODRAETH NESAF CYMRU:



RHAGAIR

Bob blwyddyn, mae pobl Cymru'n dangos eu cefnogaeth ddi-ildio'n Cymuned Lluoedd Arfog. Trwy Cofio ac Apêl y Fابي, mae'r cyhoedd yng Nghymru'n darparu'r gefnogaeth sy'n galluogi'r Llang i gyflwyno'n gwasanaethau ar hyd y flwyddyn, i'r 385,000 aelod o'r gymuned Lluoedd Arfog yng Nghymru. Rydym yn hynod ddolichgar am hyn.



Yn 2015, nodwyd coffadwriaethau sylweddol genym yng Nghymru megis pen-blwyddi ymgyrch Gallipoli, Diwrnod VE a VJ. Yn 2016, byddwn yn cofio'n arbennig am y Cymry a sythiodd ym Mametz Wood ym Mrwydr y Somme. Gweithia'r Llang yng Nghymru i sicrhau y gall ac y bydd yr atgofion am y rhai a gwympodd yn parhau.

Mae ein Lluoedd Arfog ar wasanaeth, cyn-filwyr a theuluoedd yn cyfrannu'n gadarnhaol at ein bywydau pob dydd yng Nghymru. Mae'r Llang Brydeinig Frenhinol yma i sicrhau bod y rhai sydd angen y gefnogaeth yn ei chael heddiw, a phob dydd. Gan alluogi pob un ohonnynt i ddiwallu eu dyheadau a chyfrannu at bob cymuned ledled Cymru.

Mae'r Llang wedi cydnabod ers tro'r cyfraniad a wneir gan gymuned y Lluoedd Arfog yng Nghymru ac i'w phobl yn parhau i dyfu. Yn y blynyddoedd diwethaf, rydym wedi agor canolfan galw hebio newydd yng Nghaerdydd, lle gall pobl droi at gefnogaeth a chynngor wnebu yn wnebu. Rydym wedi agor swyddfeydd eilaidd hefyd yn a Wrecsam, Abertawe a Chaernarfon ac wedi sefydlu lleoliadau allgwmorth mewn 11 cymuned arall. Mae hyn yn sicrhau ein bod ar ar gael i bobl pan fydd arnynt ein hangen a lle mae arnynt ein hangen.

Ffrwyth y sgwrs fywaf rydym wedi'i chael erioed yng Nghymru gyda'n buddiolwyr, staff, aelodau a phartneriaid yw'r manffesto hwn. Canlyniad hyn yw 7 argymhelliaid i Lywodraeth a Chynulliaid nesaf Cymru i'w hystyried. Gobeithio y bydd yr holl ymgeiswyr yn parhau i'n cefnogi ni a'n cymuned Lluoedd Arfog, a'u helpu i barhau.

Dioch yn fawr.

Phil Jones

Rheolwr Ardal Cymru, Y Llang Brydeinig Frenhinol

Mae triniaeth dnyon a menywod ar wasanaeth, cyn-filwyr a'u teuluoedd wedi dod ymhell ers sefydlu'r Llang Brydeinig Frenhinol ym 1921. Bryd hynny, catodd llawer eu hesguluso gan y gymdeithas ddychwelon nhw iddi ar ôl gwasanaethu yn ffosydd y Rhyfel Byd Cyntaf. Heddiw, mae'r mwyafrif helaeth yn hapus, yn iach ac mewn gwaiath cyffog, sy'n gwneud cyfraniad enfawr at ein cymunedau lleol.



Ers i'r Llang ymgyrchu'n llwyddiannus i ddiogelu egwydddoriion Cyfamod y Lluoedd Arfog mewn cyfrith, rydym wedi gweld cynnydd da yn llywodraeth y Deyrnas Unedig, ar lefelau llywodraeth ddatganoledig a lleol wrth sicrhau bod egwydddoriion 'Dim antantais yn sgil Gwasanaeth' ac 'Stryiaeth arbennig' i'r rhai sydd wedi rhoi'r mwyafrif yn cael eu cynnal.

Fodd bynnag, mae tipyn i'w wneud o hyd. Fel y mae Arolwg Aelwydddd cyn-filwyr a theuluoedd y Llang 2014 yn datgelu, ers heriau sylweddol. Mae 400,000 o gyn-filwyr mewn trafferthion tai ar draws y Deyrnas Unedig, yn ogystal, mae cyn-filwyr yn fwy tebygol o gael problemau iechyd corfforol neu ddi-ddedf o atiechydion fel clefyd y siwgr, ac mae llawer ohonnynt yn cael trafferthion yn mynd o gwmpas y tu mewn a'r tu allan i'w cartref.

Rydym yn gwlw ar bob ymgeisydd yn etholiad 2016 y Cynulliaid Cenedlaethol i adeiladu ar y cynnydd a wnaed hyd yma a thro'i ymrwymiadu'n weithrededd. Rydym wedi gofyn i gymuned y Lluoedd Arfog yng Nghymru beith sydd angen ei newid er mwyn gwireddu'r Cyfamod iddynt.

Mae'n nhw wedi dweud wrthym ni. Rydym ni'n dweud wrthy'ch chi. Rydym yn eich annog i weithredu.

Dioch yn fawr am eich cefnogaeth

Chris Simpkins DMA, HON. DUNIV, FOD, DL
Cyfarwyddwr Cyffredinol, Y Llang Brydeinig Frenhinol

Yn ogystal â'r blaenoriaethau penodol a amlinellir yn y ddogfen hon, mae'r LlenG Brydeinig Frenhinol yn croesawu trafodaeth ar gynigion sy'n ceisio sicrhau y rhoddir profïl a blaenoriaeth uchel i aelodau cymuned y Lluoedd Arfog, gan gynnwys lefel cefnogaeth polisiau ymroddedig Llywodraeth Cymru a'r awgrym am Gomisïynydd Lluoedd Arfog. Rydym yn barod i gymrdd rhan mewn deialog ar y materion hyn ac ar unrhyw rai sy'n ceisio sicrhau bod ymdrechion, lles a buddiannau personél hen a newydd y Gwasanaeth yn cael eu cydnabod ac nad ydynt yn cael eu hanghofo.

Mae'r LlenG Brydeinig Frenhinol yn croesawu'r gefnogaeth y mae Llywodraeth Cymru, y Cynulliad Cenedlaethol a chynrychiolwyr pob parti wedi'i rhoi i gymuned y Lluoedd Arfog er mwyn cydnabod eu gwasanaeth. Fodd bynnag, erys heriau sylweddol. Ceisia'r maniffesto hwn adeiladu ar y cynnydd a wnaed, gan amlinellu saith argymhelliaid allweddol ar gyfer Llywodraeth nesaf Cymru. Mae'r rhain yn seiliedig ar ein profiad yn cefnogi personél Gwasanaeth, cyn-filwyr a'u teuluoedd.

- N! ddylai'r bobl sy'n gwasanaethu yn y Lluoedd Arfog, boed y rheiny'n Barhaol neu Wrth Gefn, y bobl sydd wedi gwasanaethu yn y gorffennol, a'u teuluoedd, wnebu dim anfantaïs o gymharu â dinasyddion eraill mewn perthynas â'r ddarpariaeth gwasanaethau cyhoeddus a masnachol;
 - Bod ystyriaeth arbennig yn briodol mewn rhai achosion, yn enwedig i'r rhai sydd wedi rhoi'r mwyaf, fel y rhai sydd wedi'u hanafu a'r rhai sy'n galaru.
- sicrhau bod y prif egwyddorion yn cael eu cynnal. Mae rhain yn:
- Yn 2011, diogelwyd egwyddorion Cyfamed y Lluoedd Arfog mewn cyfraitih o ganlyniad i ymgyrch gan y LlenG Brydeinig Frenhinol. Mae llywodraethau cenedlaethol a lleol, ynghyd â nifer fawr o elusennau, busnesau a sefydliadau eraill, bellach wedi ymroi i

ETHOLIAD CYNULLIAD CENEDLAETHOL CYMRU 2016



MANIFFESTO Y LENG BRYDEINIG FRENHINOL

CYFLWYNIAD

Y LLENG BRYDEINIG FRENHINOL

Sefdlwyd Y Leng Brydeinig Frenhinol er mwyn uno'r sector elusennau milwrol ar ddiwedd y Rhyfel Byd Cyntaf, ac mae'n parhau i fod yn un o sefydliadau aelodaeth mwyaf y deyrnas unedig.

Fel darparwr gwasaanaethau lles mwyaf yn sector elusennau'r Lluoedd Arfog, rydym yn darparu cefnogaeth ariannol, gymdeithasol ac emosiynol yn ogystal â gwybodaeth, cyngor, eiriolaeth a brawdoliaeth i gannoedd o filoedd o bersônél Gwasanaeth, cyn-filwyr a'u dibynnyddion bob blwyddyn. Yn 2014 fe wnaethom ymateb i fwy na 450,000 o geisiadau am gymorth – mwy nag erioed.



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LLUNIO DYFODOL GWELL I GYMUNED Y LLUOEDD ARFOG YNG NGHYMRU