



*Croeso i*  
**Cyngor Ieuenctid**  
**Cyngor Sir Ceredigion**

*Welcome to*  
**Ceredigion County Council**  
**Youth Council**

## **Beth yw Cyngor Ieuenctid ni?**

Grŵp o bobl ifanc unigol sydd wedi cael eu enwebu i gynrychioli pobl ifanc eraill sydd yn mynychu yr un ysgol, mudiad, gwasanaeth neu fforwm

## **What is our Youth Council?**

A group of individual young people who have been nominated to represent other young people who attend the same school, organisation, service or forum



### **Pam fod angen Cyngor Ieuenctid?**

Confensiwn y Cenedloedd Unedig ar Hawliau Plant (CCUHP)

#### **Erthygl 12:**

*Eich hawl i ddweud eich barn ac i rhywun wrando arnoch*

### **Deddfwriaeth yng Nghymru fel:**

- Mesur Hawliau Plant a Phobl Ifanc (Cymru) 2011
- Deddf Llesiant Cenedlaethau'r Dyfodol (Cymru) 2015

### **Why do we need a Youth Council?**

United Nations Convention on the Rights of the Child (UNCRC)

#### **Article 12:**

*Your right to say your opinion and be listened to.*

### **Legislation in Wales such as:**

- *Rights of Children and Young Persons (Wales) Measure 2011*
- *Well-being of Future Generations (Wales) Act 2015*



### **Beth yw rôl Cyngor Ieuenctid Sir Ceredigion?**

- 1) I rhoi barn pobl ifanc am newidiadau i wasanaethau Cyngor Sir Ceredigion a gwasanaethau cyhoeddus
- 2) I drafod pwnciau sydd yn effeithio pobl ifanc yn Ceredigion
- 3) I rhoi croeso i siaradwyr gwadd
- 4) I weithio tuag at digwyddiad diwedd tymor 'Pawb a'i farn'

### **What is the role of Ceredigion County Council Youth Council?**

- 1) To provide young people's opinion on proposed changes to Ceredigion County Council services and public services
- 2) To discuss topics that affect young people in Ceredigion
- 3) To welcome guest speakers
- 4) To work towards an end of year event 'Pawb a'i Farn'



### **Rhaglen Cyngor Ieuenctid Sir Ceredigion 2023/24**

- 1) Cyfarfod Rhagarweiniol - Heddiw
- 2) 2ail Cyfarfod yn Siambr y Sir: 02/2/24
- 3) 3ydd Cyfarfod yn Siambr y Sir: 20/3/24
- 4) Digwyddiad Cyngor Ieuenctid 'Pawb a'i Farn 2024':  
12/07/24

### **Ceredigion County Council Youth Council Programme 2023/24**

- 1) Introductory Meeting - Today
- 2) 2<sup>nd</sup> Meeting in the County Council Chamber: 02/2/24
- 3) 3<sup>rd</sup> Meeting in the County Council Chamber: 20/3/24
- 4) Youth Council Event 'Pawb a'i Farn 2024': 12/07/24



# 'Rhoi dy Farn 2023' Campaign

- Youth Council Campaign that ran from 1<sup>st</sup> March – 14<sup>th</sup> March 2023
- Targeted all Ceredigion Secondary Schools, Coleg Ceredigion, PRU, Post 16 Inspire project and Hyfforddiant Ceredigion Training.
- Total Votes: 2184
- Turnout 36%
- Hot Topics: Cost of Living Crisis, Careers, Education and Transport

bleidlais, rhowch X yn y blwch nesaf at y pwnc yr hoffech chi b... drosto.

We want to know what topic you care about the most. You have...  
 te, please mark an X in the box next to the topic you would like...  
 e for.

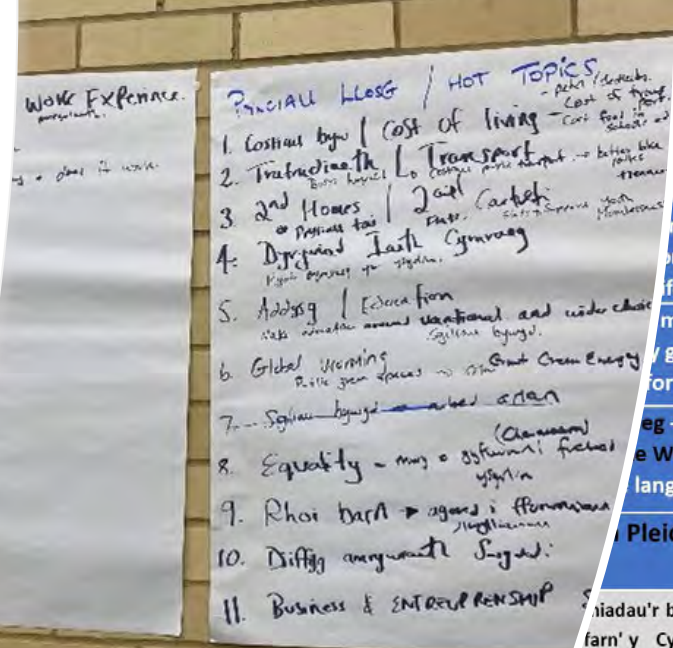
sg - gwella mynediad i gyfleoedd galwedigaethol a mwy o...  
 s, gan gynnwys sgiliau bywyd / **Education** - improve access to...  
 onal opportunities and greater choice that should include life

- dylid addysgu sgiliau busnes ac entrepreneuriaeth mewn...  
 / **Education** - business and entrepreneurship skills should be...  
 schools

fi - Tai fforddiadwy a mynediad i bobl ifanc lleol / **Second**  
 ffordable housing and access for local young people

costau byw - mwy o gefnogaeth gyda chostau cludiant,  
 ac ynni / **Cost of living Crisis** - more support with costs of...  
 school meals and energy

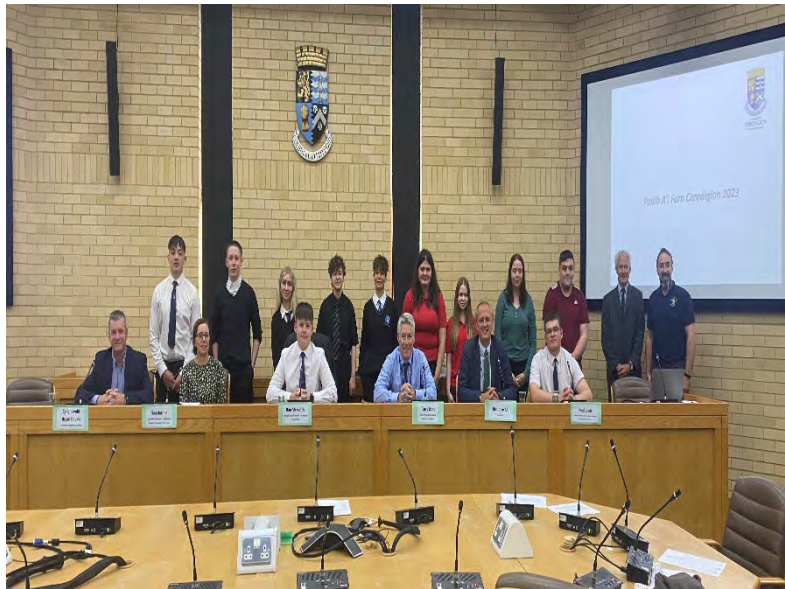
deb - mwy o gyfleoedd chwaraeon i ferched mewn...  
 yn y gymuned / **Equality** - more sports opportunities for



Hot Topic	Cyfanswm / Total	Safon / Rank
Costau byw - mwy o gefnogaeth gyda chostau cludiant, sgol ac ynni / <b>Cost of living Crisis</b> - more support with costs of transport, school meals and energy	515	1
Mwy o ddewis o brentisiaethau sy'n talu'n well a gwybodaeth o gyfleoedd profiad gwaith / <b>Education</b> - more choice of better paid apprenticeships and work experience opportunities	372	2
Dysgu sgiliau busnes ac entrepreneuriaeth yn ysgol / <b>Education</b> - business and entrepreneurship taught in schools	267	3
Mae angen i fysiau redeg yn hwyrach a bod yn gwell cysylltiadau trên a gwell llwybrau / <b>Transport</b> - buses need to run later and be more frequent and improved bike routes	256	4
Tai fforddiadwy a mynediad i bobl ifanc lleol / <b>Affordable housing</b> and access for local young people	244	5
Mynediad i gyfleoedd galwedigaethol a mwy o gyfleoedd sgiliau bywyd / <b>Education</b> - improve access to vocational opportunities and greater choice that should include life skills	234	6
Mwy o gyfleoedd chwaraeon i ferched mewn ysgol / <b>Equality</b> - more sports opportunities for girls in schools and in the community	201	7
Reg - mae angen gwneud mwy i hybu'r iaith / <b>Welsh language</b> - more needs to be done to support the Welsh language	95	8
<b>Pleidleisiau / Total Votes</b>	<b>2184</b>	

niadau'r bleidlais flynyddol yn nodi'r blaenoriaethau a fydd yn rhoi ffocws i ddigwyddiadau'r farn y Cynghor Ieuenctid adeg tymor yr haf. / The results of the annual ballot sets out the priorities that will provide focus for the Youth Council's annual 'pawb a'i farn' event in the summer.

# Digwyddiad 'Pawb A'i Farn' Event



# Strwythur Cyngor Ieuenctid 2022/23

## Youth Council Structure 2022/23

Cyngor Ieuenctid /  
Youth Council

Aelod Senedd  
Ieuenctid  
Cymru / Wales  
Youth  
Parliament  
Member



SIDU/UKYP –  
ASI/MYP  
Ceredigion

Is-grwp  
Amgylchedd /  
Environment  
Subgroup



Is-grwp Urddas  
Mislif / Period  
Dignity  
Subgroup





Cyngor Sir

**CEREDIGION**

County Council

# Cyfathrebu / Communication

E-bost / E-mail

Sianel Teams Cyngor Ieuenctid /  
Teams Youth Council Channel

Cyfarfodydd rhithiol / Virtual  
Meetings

Ffurflen Aelodaeth / Membership  
Form

[Gwion.Bowen@ceredigion.gov.uk](mailto:Gwion.Bowen@ceredigion.gov.uk)



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# Ethol Cadeirydd Cyngor Ieuenctid / Electing a Youth Council Chairperson

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- Cadeirio Cyfarfodydd Cyngor Ieuenctid /  
Chair Youth Council Meeting
- Rôl adeg Digwyddiad Pawb A'i Farn 2024 /  
A role during Pawb A'i Farn 2024 Event
- Cynrychioli aelodau'r Cyngor Ieuenctid tu allan i gyfarfodydd / Represent  
Youth Council members outside of meetings
- Taith I Lundain I gyfarfod Ben Lake AS / A visit to London to meet Ben Lake  
MP
  
- Cwestiwn/Question:
- Pam i chi'n teimlo mai chi yw'r aelod orau i fod yn gadeirydd y Cyngor  
Ieuenctid?
- Why do you feel you are the best member to chair the Youth Council?



Cyngor Sir  
**CEREDIGION**  
County Council



Dweud eich dweud ar  
Bremiymau Treth Gyngor Ail Gartrefi  
ac Eiddo Gwag Hirdymor / Have your say on  
Second Home and Long-term Empty  
Property Council Tax Premiums

Trafodaeth Siambr / Chamber Discussion

<https://www.bbc.co.uk/news/uk-wales-politics-59938949>

# Cwestiwn 1 / Question 1

- **Fel person ifanc, beth yw eich barn chi am brynnu ty yng Ngheredigion?**
- **As a young person, what do you think about buying a house in Ceredigion?**

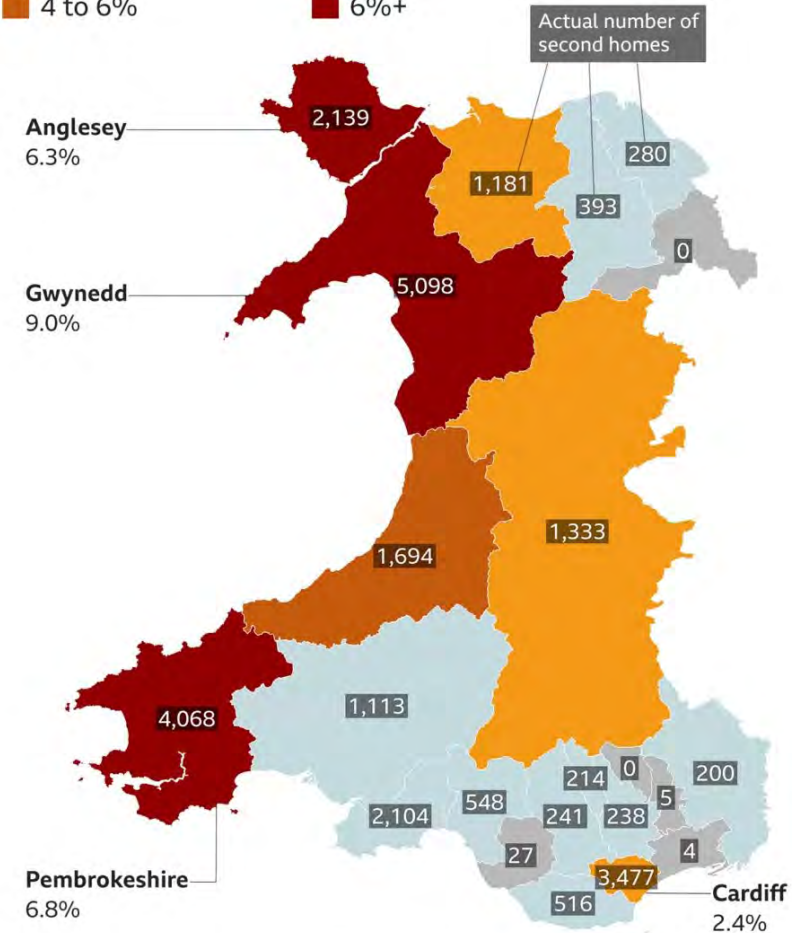


## Cwestiwn 2 / Question 2

- Ydych chi'n meddwl bydd codi treth uwch ar dai gwag ac ail gartrefi yn helpu chi i brynu tŷ yng Ngheredigion?
- Do you think raising tax on empty houses and second homes will help you buy a house in Ceredigion?

### Wales' second homes

Percentage taxed as second homes



Source: Statswales 2021 to 2022

BBC

# Second Home and Long-term Empty Property Council Tax Premiums

## Cwestiwn 3 / Question 3

• Ydych chi'n meddwl bydd codi treth cyngor uchel ar dai gwag ac ailgartrefu yn mynd i gael effaith positif neu negyddol ar economi Ceredigion?

• Do you think raising a high council tax on empty and second homes will have a positive or negative effect on Ceredigion's economy?

Dewiswch y cod QR am ragor o wybodaeth ac i lenwi'r ffurflen on-linell. (Dewiswch 'Cymraeg' o'r rhestr o'r ddeheuol a'r ffonio neu ffonio wislen ar dop y dudalen).

Click on the QR code for more information and to complete the online form.

Yn eiddo hysbysu, gasglu copi papur o un o'r ffurflenni hysbysu, neu gan gylloedd neu ganolfannau hysbysu yn eiddo hysbysu, ym mddden y sir, neu ffonio neu ffonio wislen ar 01262 570 881 am gopi trwy'r post.



**Dyddiad cau/  
Closing date:**  
29/10/2023

# Dweud eich dweud ar Bremiymau Treth Gyngor Ail Gartrefi ac Eiddo Gwag Hirdymor

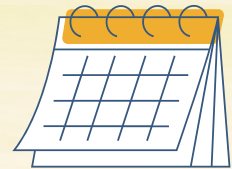


Have your say on  
Second Home and Long-term Empty  
Property Council Tax Premiums



Sganiwch y cod QR am ragor o  
wybodaeth ac i lenwi'r ffurflen  
ar-lein. (Dewiswch 'Cymraeg' o'r  
ddewislen ar dop y dudalen).

Scan the QR code for more  
information and to complete the  
online form.



**Dyddiad cau/  
Closing date:**  
29/10/2023

Gallwch gasglu copi papur o un o  
lyfrgelloedd neu ganolfannau  
hamdden y sir, neu ffoniwch  
01545 570 881 am gopi trwy'r post.

You can collect a paper copy from  
one of the county's libraries or  
leisure centres, or call  
01545 570 881 to request  
a copy by post.





# Blaenoriaethau Is-grwp Amgylchedd 2022/23

## Environment sub-group priorities 2022/23

- ▶ Sefydlu a chytuno ar gylch gorchwyl yr is-grŵp amgylchedd
- ▶ Sefydlu rhaglen dymor ar gyfer is-grŵp
- ▶ Canolbwyntio ar 1 flaenoriaeth allweddol ar gyfer newid
- ▶ Mynychu ymweliad/taith diwrnod (petai diddordeb)
- ▶ Establish and agree terms of reference of the environment sub-group
- ▶ Establish a term programme for sub-group
- ▶ Focus on 1 key priority for change
- ▶ Attend a day visit/trip (if there's interest)

## **Youth Council Environment Sub-Group Workshop Notes 20.10.23**

At the time of the Environment Sub-Group workshop and as a starting point for discussion, the Sub-Group's priorities for the year 2022 - 2023 were shared. Following the discussion, it was decided to ensure that the work of the Subgroup develops, and to prioritise a £500 project for 2023 - 2024.

Based on this, there was discussion between members of the Environment Sub-Group about project ideas that will potentially be able to have development as the Sub-Group's main goal for this year. The Sub-Group will decide which project to follow at our next meeting in the new year on 2.2.24.

### **Project Ideas £500**

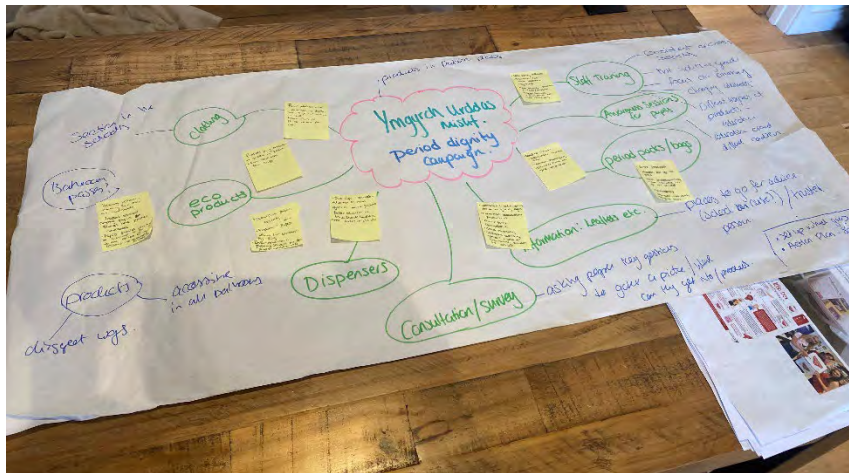
- Plants
  - Plastic Bottles – refund scheme
  - Community Cleaning
  - Red Kite
  - Re-wilding
  - Rubbish – more bins specifically in schools
  - Boosting tech use – reducing paper
  - Ceredigion Bay clean-up
  - Venues to get 'dog poo bags' – small sale codes and tougher rules around dog fouling penalties not cleared by owners
  - More and bigger bins – everywhere, school, town, seaside communities
- They don't need to be removed but rather some can be moved to more optimal locations in the community



## Cyngor Ieuenctid Cyngor Sir Ceredigion

### Ceredigion County Council Youth Council

#### Period Dignity Sub-Group Workshop Notes 21.10.22



- LE provided context to the sub-group.
- LE shared information around the Local Authority's Period Dignity Grant and how the group can have their say on how it's administered. Discussed terms and conditions (schedule 2 – appendices 1) and timescales.
- Referenced examples of work from other Counties in regards to targeting period poverty (appendices 2).
- Split into two and brainstormed. Shared ideas of how to distribute the grant and how the sub-group can make it a campaign / project for the year.
- Members shared experiences and ideas of what the current support looks like and what are the gaps.
- A broad range of areas talked about:
  - Training and Awareness for Teachers and School Staff (primary and secondary)
  - Products available in bathrooms without having to ask
  - Spare clothes available
  - 'trusted people' in schools who you can go to
  - Concern around being able to go to the bathroom during lessons without a 'bathroom pass'
  - Products available in primary schools as well as secondary schools



- Discreet ways to access products (like their packaging)
  - Eco products
  - Products being available in safe spaces within schools
  - Dispensers in the toilets
  - A list of public places where you can collect products like leisure centres and libraries
  - Better education in primary schools for all pupils to destigmatise periods and not splitting genders so everybody learns the same
  - Products available for transgender pupils
  - Places to go to talk
  - Better education on products available especially reusable products
  - Better education around toxic shock syndrome, endometriosis etc.
  - More understanding when asking to go to the toiler
  - Consistency across the county
  - Education from external professionals
  - School nurse / wellbeing officers available to support
  - Create a survey or questionnaire to gather a picture and get information
  - Leaflets / posters
- The next meeting of the sub-group will formalise an action plan of its priorities and what needs to be done to make it happen.



**SCHEDULE 2  
The Targets**

<b>Description of the Target</b>
<p>Period products are to be made available to:</p> <ul style="list-style-type: none"> <li>• all learners in all schools, free of charge and accessible in the most practical and dignified way possible.</li> <li>• those who menstruate, prioritising those from low income households, free of charge and accessible in the most practical and dignified way possible.</li> </ul>
<p>A minimum of 65% of the total amount spent on period products must be used to purchase eco-friendly period products (i.e. re-usable products and/or plastic free) to allow maximum choice for users during 2022-2023. All Local Authorities should be making plans to ensure that by 2025 between 90 and 100% of products are eco-friendly.</p>
<p>The funding can also be used for the purchase of the following items:</p> <ul style="list-style-type: none"> <li>• sanitary disposal bags;</li> <li>• storage purses / wet bags for use with reusable products;</li> <li>• clothing to be provided where learners and person(s) experiencing homelessness do not have a change of clean clothing available and menstrual bleeding has stained or soiled their clothing – limited to underwear, trousers, skirts, tights in school settings.</li> <li>• Period product dispensers</li> </ul>
<p>Costs associated with the distribution of products to recipients (schools and communities) can be covered by the Grant e.g. postage to home addresses.</p>
<p>In very limited circumstances, local authorities may provide a voucher to individuals where products cannot be distributed to those in need through schools or community mechanisms and on the basis of their knowledge of their communities. Vouchers would be for a £10-15 value and cover a 3 month period.</p>
<p>Up to 20% of the total combined grant allocated to individual local authorities may be used for the purposes of training or education within schools and communities, for professionals, learners and community members. Any training and education must provide information and the opportunity to try (take home) reusable period products and should be aligned to existing training packages already on offer in the area.</p>
<p>A completed Welsh Government period dignity grant monitoring proforma must be provided to the Welsh Government twice per financial year (for the periods 1 April 2022 – 30 September 2022 and 1 October 2022 – 31 March 2023) describing how the funding has been spent. These forms are due by 31 October 2022 and the 30 April 2023.</p>



Appendices #2

**Youth Sir Gar – Period Dignity Campaign 2019**

Youth Sir Gar created a ‘period dignity box’ and distributed them to primary and secondary schools across Carmarthenshire. It included a leaflet, pictured below.



**How can a little box change Carmarthenshire?**

Carmarthenshire Youth Council participated in the yearly **Making Your Mark** Ballot. It brought to our attention several issues in the county. One of which was: **Period Poverty**

A project was then initiated, led by **Carmarthenshire Youth Council**, with support from the council's Youth Service and Education Department, called **#PeriodPovertySirGar**

**CYC Executive Board Member Amber Treherne, aged 15 from Burry Port, said:**

*"It is heart-breaking to hear about stories where girls are missing out on education due to not having sufficient protection whilst on their period, so it is clear something needs to be done. I hope that this project makes a difference within Carmarthenshire so we can come one step closer to ending period poverty once and for all"*

Council Deputy Leader Cllr. Mair Stephens agreed to become Carmarthenshire's **Period Poverty Champion**

*"I was pleased and honoured when the Youth Council asked me if I would be the Period Poverty Champion. Figures show that 7 in 10 girls aged between 14 and 21 living in the UK are unable to afford sanitary items. When we think about poverty, we think about food and housing, but this is a genuine concern, and the fact that periods are still a taboo subject for many makes it even more difficult to ask for help"*

Boxes containing sanitary products are being distributed to all **97 primary schools** and **12 secondary schools**, as well as **colleges and youth groups**.

This has been supported by a **£56k** feminine hygiene grant from Welsh Government.

The campaign was launched at the **Carmarthenshire Youth Council Annual General Meeting** at County Hall.

**A total of:**  
**177,760** sanitary products have been purchased to fill the **Period Poverty** boxes.

The work is ongoing and we are looking forward to continuing this great project. We will keep you updated.



**Glasgow City Council – Period Dignity Campaign 2022**

Glasgow City Council started their period dignity campaign in January 2022 by undertaking a survey in schools to gather views.

# Period Dignity

## Pupil Consultation

**1,425**

total responses to the Pupil Consultation



**Pads** most popular product choice, but

**25%** of pupils would like to see **Period Pants** available.



**18%**

were primary pupils.



**82%**

were secondary pupils.



**Three Quarters**

of all pupils were aware that their school provided free period products.



**30%**

of pupils had accessed **free** period products.



**48%**

felt fine about accessing free period products.



**37%**

felt embarrassed about accessing free products.



**Is-Grwp Urddas Mislif**  
 Cyngor Ieuenctid Ceredigion  
 Cynllun Gweithredu 2022-23

<b>Beth sydd i'w wneud?</b>	<b>Pwy sy'n arwain?</b>	<b>I'w gwblhau erbyn?</b>
Cyflwyno'r Cynllun Gweithredu i'r Prif Athrawon a/neu Arweinwyr Lles o fewn Ysgolion	Xenith, Aled, Janie & Ioan	Ionawr 2023
Ymchwilio a dod o hyd i becyn(nau) hyfforddi i athrawon a staff ysgolion (e.e. gan Brook) Hyfforddiant i staff priffwrdd a a ADY. Gall hyd at 20% o cyfanswm y grant fynd ar hyfforddiant.  Oes digon o gyllid i gynnig sesiwn i rieni / gofalwyr?		Ionawr 2023
Sicrhau bod y pecyn(nau) hyfforddiant wedi eu cwblhau gyda athrawon a staff ysgolion		Mawrth 2023
Prynnu pecynnau hyfforddi / adnoddau i ysgolion. Gall hyn gynnwys costau cyfieithu. (e.e. gan HeyGirls)		Mawrth 2023
Gofyn i ysgolion adnabod 'person/pobl y gellir ymddiried ynnddo' i arwain ar urddas mislif, a 'ardal diogel' lle gall disgyblion gael mynediad i gynnyrch a chymorth ar sail 'no questions asked'.		Ionawr 2023
Prynnu nifer penodol o ddillad sbâr i ysgolion Uwchradd i gynnwys dillad isaf, trowsus, sgertiau, teits.		Mawrth 2023
Adnabod a prynnu cynnyrch mislif i greu pecynnau mislif 'discreet' gan gynnwys pyrsiau / bagiau i fod ar gael ym mhob ysgol cynradd ac uwchradd, a'r UCD. Hefyd stoc ar gael i pobl ifanc sy'n cael eu haddysgu gartref.  Lle ym mhob derbynfa i rieni / gofalwyr allu casglu cynnyrch.  Rhaid defnyddio lleiafswm o 65% o'r cyfanswm sy'n cael ei wario ar gynhyrchion mislif i brynu cynhyrchion mislif ecogyfeillgar (h.y. cynhyrchion y gellir eu haildefnyddio a/neu heb blastig) er mwyn caniatáu'r dewis mwyaf posibl.		Mawrth 2023



Paratoi taflen gwybodaeth dwyieithog i bob ysgol fedru dosbarthu i'r disgyblion. Paratoi canllaw syml i ysgolion. Printio a dosbarthu.		Mawrth 2023
Gofyn i Bennaethiaid a/neu Arweinwyr Lles i ystyried adolygu eu polisi 'bathroom passes' pan mae'n dod i sicrhau urddas mislif. Oes modd cael dylanwad yma?		Mawrth 2023
Creu rhestr o leoliadau cymunedol sy'n cynnig nwyddau mislif am ddim	Lowri	Mawrth 2023
Cyflwyno llwyddiannau'r ymgyrch mewn gwasanaethau ysgol i gynyddu ymwybyddiaeth o'r gefnogaeth / cynnyrch sydd ar gael i ddisgyblion  Datganiadau Wasg i hysbysebu'r gefnogaeth sydd ar gael.		March 2023

### Period Dignity Sub-Group

Ceredigion Youth Council

Action Plan 2022-23

What needs to be done?	Who is leading?	Date to achieve by?
Present Action Plan to Head Teachers and/or School Wellbeing Leads	Xenith, Aled, Janie & Ioan	January 2023
Research and identify training package/s for teachers and school staff (e.g. Brook) Training for ALN staff and mainstream. Up to 20% of the total grant can be spent on training.  Is there enough funding left to offer a session to parents / carers?		January 2023
Ensure training package/s is delivered to teachers and school staff		March 2023
Purchase training packs / resources for schools. This may also include translation of resources. (e.g. HeyGirls)		March 2023
Ask schools to identify a 'trusted person/s' to be period dignity lead and a 'safe space' where products and support can be accessed with 'no questions asked'.		January 2023
Purchase a set amount of spare clothing for secondary schools to include underwear, trousers, skirts, tights.		March 2023

<p>Identify and purchase period products to create discreet 'period packs' which include storage purses / bags to be available in all primary and secondary schools, including Pupil Referral Units. Also, products to be made available to home educated pupils.</p> <p>A space in each reception for parents / carers to collect products.</p> <p>A minimum of 65% of the total amount spent on period products must be used to purchase eco-friendly period products (i.e. re-usable products and/or plastic free) to allow maximum choice.</p>		March 2023
<p>Prepare a bilingual information leaflet for all schools to have available for pupils. Prepare a short guide for schools. Print and distribute.</p>		March 2023
<p>Ask Head Teachers and/or School Wellbeing Leads to consider their policy regarding 'bathroom passes' when it comes to ensuring period dignity. Can we influence this?</p>		March 2023
<p>Create a directory of community settings that stock free period products</p>	Lowri	March 2023
<p>Present campaign achievements at assemblies to develop greater awareness of the support / products available to pupils.</p> <p>Press releases to advertise the support that is available.</p>		March 2023

# Puberty & Period Dignity Training

WITH  
BROOK

For teachers, support staff and agencies  
working with children and young people in  
Ceredigion.

Choose from one of the following sessions:

25/04/23, 9.30am - 12.30pm  
@ Ystafell Ystwyth, Penmorfa, Aberaeron

26/04/23, 9.30am - 12.30pm  
@ Cardigan Leisure Centre, Cardigan

27/04/23, 9.30am - 12.30pm  
@ Ystafell Medrus 3, Penbryn,  
Penglais Campus, Aberystwyth University

End  
Period  
Poverty

To book your space or for more information, please  
contact [lowri.evans@ceredigion.gov.uk](mailto:lowri.evans@ceredigion.gov.uk) /  
07966249004

In life, there are plenty of things to worry about,  
periods shouldn't be one of them.

## Training Aim:

To equip professionals with the knowledge and understanding on the process of menstruation, provide an understanding of what period dignity means, and provide professionals with practical skills to teach their pupils about periods.

## Learning Outcomes:

- Recognise the statutory requirements for RSE and period education.
- Understand Welsh Government's 'Period Dignity Strategic Action Plan'.
- Understand the process of menstruation.
- Tackle myths and taboos concerning periods.
- Understand what products are available to people who menstruate, including reusable products.
- Understand what barriers could be experienced by those who menstruate and how to address these.
- Identify practical changes to ensure schools and other education settings are encouraging a culture of period dignity for pupils.

Funded by Welsh Government's Period Dignity Grant, this training is free to attend. Limited spaces available\*

# Period Dignity Webinar for Parents and Carers

WITH  
BROOK

For parents and carers of children and  
young people in Ceredigion.

Choose from one of  
the following sessions:

25/04/23, 6.30pm - 7.30pm  
~ via Zoom

26/04/23, 5.30pm - 6.30pm  
~ via Zoom

End  
Period  
Poverty

To register or for more information,  
please contact [lowri.evans@ceredigion.gov.uk](mailto:lowri.evans@ceredigion.gov.uk)

In life, there are plenty of things to worry about,  
periods shouldn't be one of them.

## Training Aim:

To provide parents and carers with an understanding of menstruation and period products, and explore how they can support their child/young person when it comes to periods.

## Learning Outcomes:

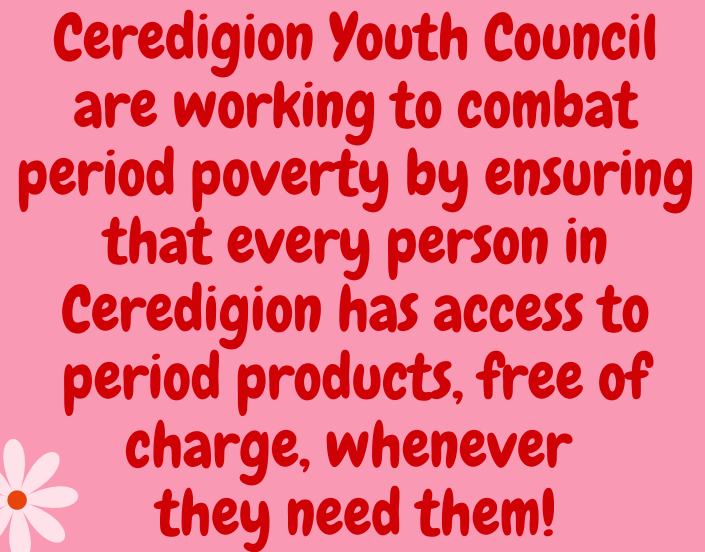
- Understand the process of menstruation.
- Understand myths and taboos concerning periods, and what barriers could be experienced by those who experience them.
- Understand what reusable products are, and what period products are available.
- Understand how to support those who menstruate.

Funded by Welsh Government's Period Dignity Grant, these webinars are free to attend. Zoom link will be shared with attendees. Limited spaces available\*

# COMMUNITY PERIOD PRODUCTS



 Take what you need,  
whenever you need it.



**Ceredigion Youth Council  
are working to combat  
period poverty by ensuring  
that every person in  
Ceredigion has access to  
period products, free of  
charge, whenever  
they need them!**



✿ Ceredigion Youth Council  
think it's important that people can make  
informed choices about what best suits their  
bodies when it comes to periods.

The community period products scheme  
offers the opportunity to try a variety of  
sanitary products for **free**, allowing you to  
choose the products that work best for you.

This scheme is designed to promote period  
dignity and tackle period poverty.

Many of the options are eco-friendly, plastic  
free or reusable.

Take what you need, whenever you need it.

In life there are plenty of things to worry  
about, periods shouldn't be one of them.

End  
Period  
Poverty





# PERIOD PRODUCT PICK & MIX!

 Take what you need,  
whenever you need it.

**Ceredigion Youth Council  
are working to combat  
period poverty by ensuring  
that every young person in  
Ceredigion has access to  
period products, free of  
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Take what you need, whenever you need it.

In life there are plenty of things to worry  
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End  
Period  
Poverty





Etholiad Cadeirydd Cyngor  
Ieuencid 2023/24  
Youth Council Chair  
Person Election 2023/24

# Ethol Cadeirydd Cyngor leuenctid / Electing a Youth Council Chairperson

- Cadeirio Cyfarfodydd Cyngor leuenctid/  
Chair Youth Council Meeting
- Rôl adeg Digwyddiad Pawb A'i Farn 2024 /  
A role during Pawb A'i Farn 2024 Event
- Cynrychioli aelodau'r Cyngor leuenctid tu allan i  
gyfarfodydd / Represent Youth Council members  
outside of meetings
- Taith i Lundain I gyfarfod Ben Lake AS / Trip to  
London to meet Ben Lake MP
  
- Cwestiwn/Question:
- **Pam i chi'n teimlo mai chi yw'r aelod orau i fod yn  
gadeirydd y Cyngor leuenctid?**
- **Why do you feel you are the best member to  
chair the Youth Council?**

## Ceredigion County Council's draft equality plan submission to the Youth Council

**What does equality mean to you?**



The participation rate for this presentation on Menti was 79% of the young people in the youth council.

### **Objective 1. Working for the Council**

**Do you think 'Working for the Council' should be part of our Plan?**

82% of the youth council agreed working for the council should be part of the scheme.

**Do you think it will make the Council a fairer place to work?**

88% agreed the actions in the scheme will make the council a fairer place to work.

## Tell us more about how we can make the Council a fairer place to work

Have equality with everyone whether that's gender or your background. No pay gap. Everyone equal pay

To prevent discriminatory speech towards Welsh speaking and non Welsh speakers and have equal right, pay, voice and to insure different people from different backgrounds get a say within the community

Report any bullying or racism or homophobia. Give everyone who wishes to join the council a fair chance. Ensure that there isn't a pay gap.

Equal pay for both men and women, ensure diversity, all voices should be heard,

zero tolerance for discrimination

Equal pay

Employ people with a minimum background check e.g. there is no requirements for a cleaner job. So everyone is able to be apart of the workforce

Equal pay and equal voices

ensure diversity, sicrhau bod dim pay gap

consider the needs of everyone

Gwneud yn siwr bod pobl o wahanol cefndiroedd y gwithle

Ensure that jobs not have bilingual as a need and more of a preference as it's commonly seen as a need.

All needs are met

Gwneud yn siwr fod addysg yn hanfodol i addysgu gweithwyr sut i drin pobl lleiafrifol yn hafal a theg

Ensure that its a comfortable environment, that also makes sure everyone gets treated with respect.

give minorities more of a voice and insure fair treatment

## Objective 2. Being friends and respecting each other

### Do you think this should be part of our Plan?

94% thought being friends and respecting each other should be in the plan.

### Do you think the things we will do will help make Ceredigion a place where people are friends and respect each other?

Yes 64% agreed the actions we will do will help make Ceredigion a place where people are friends and respect each other

Open Mentimote

## How can we make Ceredigion a more respectful and friendly place?

Good work environment, make sure any disturbances are dealt with	reinforce and educate about the importance of tolerance and equality	Agor ardaloedd saff er mwyn trafod unrhyw anhegwch mae person wedi'i wynebu. A gwneud yn siwr fod pethau yn cael eu wneud i yn erbyn y troseddwr
trust and equality	Place posters supporting LGBTQ rights as well as teaching in schools that bullying is wrong and to not discriminate against our peers	Less discrimination against the English population within the work place and schools. Especially with teachers being rude and discriminatory toward English students.
To advocate and educate about acceptance of appearance, race, gender, sexuality and disability		
Everyone treated equally	ensure that people are taught from a young age that discrimination is wrong	More education on equality from a young age
addysgu mwy am beidio discriminatio	Respect	More multi-cultural schools
Equality, no judgment	Addysgu pobl, cosbi pobl am anghydrddoldeb	Insure equal pay for everyone

### Objective 3. Participation in decision making

#### Do you think 'Participation in decisions' should be part of our Plan?

98% agreed that 'Participation in decisions' should be part of our plan.

#### Do you think the things we will do will help more people from different backgrounds to be involved in decisions we make?

73% agreed that the things we do will help more people from different backgrounds to be involved in decisions we make.

## Tell us more about how we can make it easier for more people from different backgrounds to get involved in decisions

anonymous surveys	More accessability	sicrhau llefydd i bobl allu rhoi eu barn
Advertise it more, make people more aware	Anonymous speaking, to create a safe environment	Give people more chances to offer their opinions
Ask for peoples opinions	Easy to report discrimination or hate crimes	Gwneud yn siwr fod lleisiau yn cael ei clywed. A ddim wedi'i anwybyddu
reach out to different groups and organisations, advertise it	No judgment, make sure that things are accessible and safe	Sicrhau bod Eu lleisiau yn cael ei clywed
Allow people to say their opinions in a way they're confident in, whether that's through an email, essay, speaking, motions (non agressive) etc	Anonymous surveys	Make sure everyones voice is taken into account, more chances to speak out
Have a anonymous box		

### Objective 4. Access to services

Do you think 'being able to access services' should be part of our Plan?

88% agreed 'access to services' should be part of our plan

**Do you think that the things that we will do will make it easier for people to access services in the Council?**

Yes 72% agreed that the things we will do will make it easier for people to access services in the Council



## Tell us more about how we can make it easier for people to access services at the Council.

Websites

bod ar y cyfryngau cymdeithasol

More information in more languages. Polish, Romaine etc

Ensure that there are ramps present for wheelchair users

Speak both English and Welsh

Talk about it in schools, fliers, adverts

Ar lein neu rhif ffon gall Ei ffonio am y manyliom

Angen sicrhau fod yr accesibility yn dda. A ddim wedi cael ei wneud yn will nill

More awareness of the services available on social media bilingually

Allow the option to have home visits for people with mental health problems or disabilities

social media, and accessibility for disabled people

Easy to website which accommodates for people with disabilities

Create online posts or news articles offering people opportunities

ask disabled people what would best benefit them

To create a forum or website where people could access these cservices online and anonymously. To advertise it to all ages, race ect. To make sure its known to be equal and diverse

## Objective 5. Education

### Do you think 'Education' should be part of our Plan?

90% thought education should be part of the scheme.

### Do you think the things we will do will make education more fair and safe for everyone?

57% agreed that things we will do will make education more fair and safe for all

### Tell us more about how we can make education fair and safe for all

Have places to report hate crimes

hyfforddi athrawon

Don't allow teachers to bully students or harass them

Educate children on societal issues from a younger age

Cosbi y rhai sy'n bwlio a hyfforddi athrawon

Safe spaces

restructure the way lessons are taught to be more inclusive of all students

Cael toledau unisex er mwyn fod ddim rhaid i pobl trawsrhywiol ddefnyddio toledau athrawon neu rhai anabl.

ensure the safety and security of minority students, and educate both students and teachers on important matters

Try and limit stigma to avoid bullying, safer space to report discrimination

addysgu plant am ymddygiad derbyniol

less priority placed on academic intelligence

Creating an accepting environmet, to educate about diversity and hate crime in a safe environment

Teach students are have knowledge about this topic

Educated people at a younger age

Third party services to help with hate crime and bullying

# Pleidleisio mewn Etholiadau – Pobl Ifanc

## Voting in Elections – Young People



Cyngor Sir  
**CEREDIGION**  
County Council

**Dy bleidlais  
yw dy lais di**

Heb gofrestru i bleidleisio neu wedi  
symud yn ddiweddar?  
Cofrestru i bleidleisio yn  
[gov.uk/cofrestru-i-bleidleisio](http://gov.uk/cofrestru-i-bleidleisio)

MAE DY BLEIDLAIS YN CYFRI  
PAID COLLI DY GYFLE 

**Your vote  
is your voice**

You need to be registered  
to vote in elections.  
Go to [gov.uk/register-to-vote](http://gov.uk/register-to-vote)

**YOUR VOTE MATTERS  
DON'T LOSE IT** 

# Codwch eich llaw os ydych chi'n meddwl...

## Raise your hand if you think...

**Dylid gwneud mwy i leihau gwastraff plastig yn ein cefnforoedd.**

More should be done to reduce plastic waste in our oceans.



# Codwch eich llaw os ydych chi'n meddwl...

## Raise your hand if you think...

**Dylai'r DU sicrhau bod gan bob plentyn yn y byd ddigon i fwyta.**

The UK should ensure that every child in the world has enough to eat.



**Codwch eich llaw os ydych chi'n meddwl...**

**Raise your hand if you think...**

**Dylai gwyliau ysgol fod yn fyrrach.**

Summer holidays should be made shorter.



**“IT'S NOT ENOUGH TO  
JUST WANT CHANGE...  
YOU HAVE TO GO AND  
MAKE CHANGE BY  
VOTING.”**



**- TAYLOR  
SWIFT**



# Beth yw Democratiaeth?












## What is Democracy?

The word democracy comes from the Greek words "**demos**", meaning people, and "**kratos**" meaning power; so democracy can be thought of as "power of the people": a way of governing which depends on the will of the people.

Daw'r gair democratiaeth o'r geiriau Groeg "**demos**", sy'n golygu pobl, a "**kratos**" sy'n golygu pŵer; felly gellir meddwl am ddemocratiaeth fel "grym y bobl": ffordd o lywodraethu sy'n dibynnu ar ewylls y bobl.









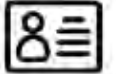






		<b>Etholiad Seneddol y DU</b>	<b>Etholiad Comisiynydd Heddlu a Throsedd</b>	<b>Etholiad Senedd (Llywodraeth Cymru)</b>	<b>Etholiad Llywodraeth Leol</b>
					
Oedran		<b>18 +</b>	<b>18 +</b>	<b>16 +</b>	<b>16 +</b>
Cenedligrwydd		<b>Dinasyddion Prydeinig a'r Gymanwlad yn unig</b> (dinasyddion yr UE a dinasyddion tramor nad oes ganddynt hawl i bleidleisio)	<b>Dinasyddion Prydeinig, y Gymanwlad a'r UE yn unig</b> (dinasyddion tramor nad oes ganddynt hawl i bleidleisio)	<b>Dinasyddion Prydeinig, y Gymanwlad, yr UE a Gwladolion Tramor Cymwys*</b>	<b>Dinasyddion Prydeinig, y Gymanwlad, yr UE a Gwladolion Tramor Cymwys*</b>
Angen dull adnabod â llun					

\*Gwladolion Tramor Cymwys: Gwladolion tramor sydd â chaniatâd i ddod i'r DU neu aros yn y DU neu nad oes angen caniatâd o'r fath arnynt. Er enghraifft:

myfyrwyr prifysgol rhyngwladol neu ffoaduriaid (y rhai y mae eu cals am loches wedi cael ei dderbyn / y rhai sydd wedi cael caniatâd i aros)



		<b>UK Parliamentary Election</b>	<b>Police and Crime Commissioner Election</b>	<b>Senedd (Welsh Government) Election</b>	<b>Local Government Election</b>
					
Age		<b>18 +</b>	<b>18 +</b>	<b>16 +</b>	<b>16 +</b>
Nationality		<b>British &amp; Commonwealth citizens only</b> (EU citizens and foreign citizens not entitled to vote)	<b>British, Commonwealth &amp; EU citizens only</b> (Foreign citizens not entitled to vote)	<b>British, Commonwealth, EU and Qualifying Foreign National* Citizens</b>	<b>British, Commonwealth, EU and Qualifying Foreign National* Citizens*</b>
Photo ID needed					

\*Qualifying Foreign National Citizens: Citizens of foreign nations who have leave to enter or remain in the UK or who do not require such leave. For example: international university students or refugees (those who have been granted asylum/leave to remain)





<https://www.electoralcommission.org.uk/cy/croeso-i-dy-bleidlais/adnoddau-ar-gyfer-pobl-14-18-oed/dy-bleidlais-0>



Cyngor Sir  
**CEREDIGION**  
County Council

# Pam ei bod hi'n bwysig i gofrestri i bleidleisio?

## Why is it important to register to vote?

- I ddweud eich dweud.
- Yn creu galw.
- Sgôr Credyd - Benthyciadau banc, morgais, cyllid ceir ac ati.
- Tai Fforddiadwy / Prawf o gyfeiriad
- Mae 'landlords' yn aml yn gwirio'r Cofrestr Agored - gall eich helpu i gael tŷ / fflat.
- To have your say.
- Creates demand.
- Credit Score - Bank loans, mortgage, car finance etc.
- Affordable Housing / Proof of address.
- Landlords often check the Open Register – can help you get a house/flat.



# Cofrestru i Bleidleisio

## Registering to vote

Gwnewch yn siŵr fod gennych y canlynol:

- Eich cyfeiriad
- Eich enw llawn
- Eich dyddiad geni
- Eich rhif yswiriant gwladol

Make sure you have:

- Your address
- Your full name
- Your date of birth
- Your national insurance number



AA 12 34 56 A



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[gwasanaethauetholiadol@ceredigion.gov.uk](mailto:gwasanaethauetholiadol@ceredigion.gov.uk)

[electoralservices@ceredigion.gov.uk](mailto:electoralservices@ceredigion.gov.uk)

01545 572 032

# Ewch i wefan GOV.UK.

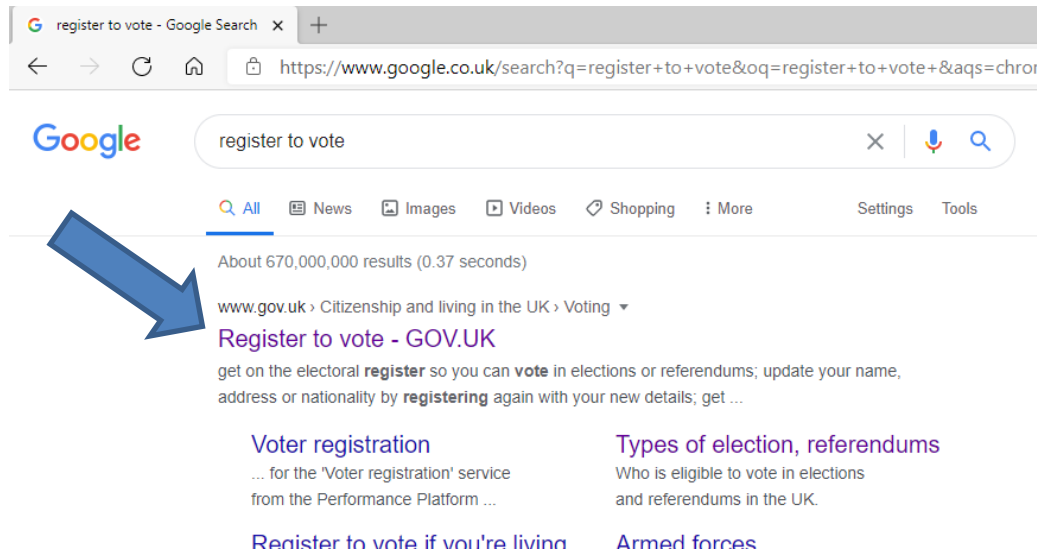
## Go to the GOV.UK. website

Er mwyn dod o hyd i'r wefan:

- Teipiwch [www.gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)
- Neu chwiliwch am 'register to vote' a chliciwch ar y canlyniad cyntaf

To find the website:

- Type [www.gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)
- Or search 'register to vote' and click on the first result



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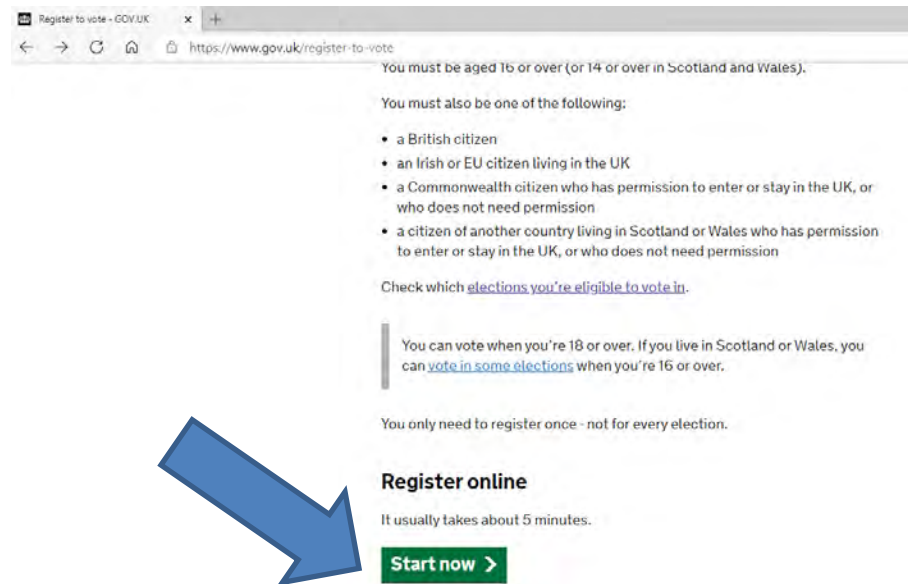
01545 572 032

# Dechreuwch y broses gofrestru

## Start the registration process

Sgroliwch i lawr a chliciwch ar 'start now' - ni ddylai hyn gymryd mwy na **5 munud**.

Scroll down and click 'start now' - it should take no more than **5 minutes**.



Register to vote - GOV.UK

https://www.gov.uk/register-to-vote

You must be aged 16 or over (or 14 or over in Scotland and Wales).

You must also be one of the following:

- a British citizen
- an Irish or EU citizen living in the UK
- a Commonwealth citizen who has permission to enter or stay in the UK, or who does not need permission
- a citizen of another country living in Scotland or Wales who has permission to enter or stay in the UK, or who does not need permission

Check which [elections you're eligible to vote in](#).

You can vote when you're 18 or over. If you live in Scotland or Wales, you can [vote in some elections](#) when you're 16 or over.

You only need to register once - not for every election.

**Register online**

It usually takes about 5 minutes.

**Start now >**



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# Y gofrestr etholiadol a'r gofrestr agored

## The electoral register and the open register

### Mae yna 2 gofrestr

- Mae'r gofrestr etholiadol yn rhestru pawb sydd wedi cofrestru i bleidleisio.
- Caiff y gofrestr etholiadol ei ddefnyddio i gwirio ceisiadau am gredyd.
- Mae'r gofrestr agored yn rhan o'r gofrestr etholiadol. Gall unrhyw unigolyn, cwmni neu sefydliad ei phrynu.

### There are 2 registers

- The electoral register is a list of everyone who is registered to vote.
- The electoral register is also used to check credit applications.
- The open register is an extract of the electoral register, but is not used for elections. It can be bought by any person, company or organisation.

### Do you want to opt out of the 'open register'?

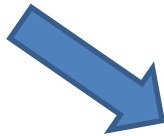
The electoral register lists the name and address of everyone who's registered to vote.

There are 2 versions of the electoral register - the full version and the 'open register' ('edited register' in Northern Ireland).

You can opt out of the open register. This is the version of the register that's available to anyone who wants to buy a copy.

Opting out will not affect your right to vote.

I do not want my name and address to appear in the open register



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# Pleidleisio drwy'r post

## Apply to vote by post

Pe hoffech chi bleidleisio drwy'r post

- Cliciwch 'Yes, send me a postal vote application form'

If you would like to vote by post

- Select 'Yes, send me a postal vote application form'



**GOV.UK** Register to vote

[< Back](#)

### Do you want to apply for a postal vote?

No, I prefer to vote in person

No, I already have a postal vote

Yes, send me a postal vote application form

[▶ What is a postal vote?](#)

[Continue](#)



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01545 572 032

## Cysylltwch â ni:

Os oes gennych chi unrhyw gwestiynau neu bryderon, mae croeso i chi gysylltu â ni:

Cyfeiriad e-bost: [gwasanaethauetholiadol@ceredigion.gov.uk](mailto:gwasanaethauetholiadol@ceredigion.gov.uk)

Rhif ffôn: 01545 57032

## Contact Us:

If you have any questions or concerns, please don't hesitate to contact us:

Email Address: [electoralservices@ceredigion.gov.uk](mailto:electoralservices@ceredigion.gov.uk)

Telephone Number: 01545 570032

MAE DY BLEIDLAIS YN CYFRI

PAID COLLI DY GYFLE



YOUR VOTE MATTERS

DON'T LOSE IT



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01545 572 032

Senedd Ieuenctid Prydain

UK Youth Parliament

2023/24



United Kingdom

# Youth Parliament

MAKING OUR MARK





# Beth yw ASI? What is an MYP?

Aelod Seneddol Ifanc (ASI) yw unigolyn sydd wedi cael ei ethol gan bobl ifanc i gynrychioli eu hardal lleol. Etholir ASI yn flynyddol ym mhob rhan o Brydain.

Yr agwedd bwysicaf o fod yn ASI yw i sicrhau eu bod yn cynrychioli barn pobl ifanc yn eu hardal.

A Member of Youth Parliament (MYP) is an individual elected by young people to represent their local area. Members of Youth Parliament (MYPs) are elected *annually* in every part of the UK.

The most important aspect of any MYP's job is to make sure they represent the views of the young people in their constituency.



# Sut i ddod yn ASI?

## How to become an MYP?



- I ddod yn ASI, mae rhaid iddoch gael eich hethol gan bobl ifanc eraill.
- Rydym yn ethol ASI Ceredigion drwy Cyngor Ieuenctid y Sir ac mae angen i chi fod yn flywddyn 12 (petai'n mynychu ysgol) neu 16+ petai chi wedi gadael ysgol.
- Mae etholiadau fel arfer yn digwydd rhwng Mis Hydref a Mis Tachwedd (yn ddibynol ar ddydiadau cyfarfodydd y Cyngor Ieuenctid). Mae term ASI Ceredigion yn rhedeg am flwyddyn rhwng mis Rhagfyr a Tachwedd
- To become an MYP you have to be elected by other young people.
- We elect Ceredigion MYP through the Ceredigion Youth Council and you will need to be in Year 12 (if attending school) or 16+ if you have left school.
- Elections usually take place between October and November (depending on Youth Council meeting dates). Ceredigion's MYP term runs for a Year from December to November.



## Faint o amser sydd angen i mi ymrwymo? How much time do I need to commit?

- Mae tymor ASI fel arfer yn para am flwyddyn.
- Bydd angen sicrhau eich bod ar gael i fynychu rhai digwyddiadau (yw gytuno), yn benodol y ddadl fyw yn y Tŷ Cyffredin **neu** taith i Lundain i gyfarfod AS Ceredigion.
- Bydd disgwyl i chi ymrwymo ychydig amser i godi proffil, casglu barn a chwrdd â gwahanol bobl.
- An MYP's term of office usually lasts for one year.
- You will need to ensure that you are available for some events (to be agreed), in particular the live debate in the House of Commons **or** a trip to London to visit our MP.
- You will be expected to commit some time to raise profile, gather opinions and meet with various people.

# Blas ar weithgareddau ASI Ceredigion / A taste of Ceredigion MYP Activities

- Cyfarfod Arweinydd Y Sir a AS Ceredigion / Meet leader of the Council and Ceredigion MYP
- Cefnogi Ymgyrch Leol Pobl Ifanc Ceredigion / Support Ceredigion Local Young People's Campaign support
- Hybu llais pobl ifanc yn lleol / Promote young people's opinions locally
- Datganiadau Wasg / Press Releases
- Aelod Panel am wahanol ddigwyddiadau / Panel member for various events
- Mynychu rhai cyfarfodydd lleol yn rhithiol an yn bersonol / Attend some virtual and in person local meetings
- Cynnal sgwrsiau grwp / Hold group discussions
- Eistedd Tŷ'r Cyffredin SIDU / UKYP House of Commons Sitting neu/or Ymweld a AS Ceredigion yn Llundain / Visit Ceredigion MP in London
- Cofrestru gyda SIDU / Register with UKYP



# Pa sgiliau y byddaf yn eu ddatblygu wrth fod yn ASI? What skills will I develop whilst being an MYP?

- Sgiliau Cyfathrebu
  - Sgiliau Siarad Cyhoeddus
  - Dealltwriaeth pellach o wleidyddiaeth a materion cyfoes
  - Y gallu i edrych ar faterion o safbwynt rhywun arall
  - Sgiliau dadlau
- Communication skills
  - Public speaking skills
  - Greater knowledge of politics and current affairs
  - The ability to look at an issue from someone else's perspective
  - Debating skills



# Y Profiad... The Experience...



UK

<https://www.youtube.com/watch?v=N6MdFw-6c-c>

<https://www.youtube.com/watch?v=SK98WCTwfmQ>



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Unrhyw gwestiynau?  
Any Questions?

Yr Etholiad...  
The Election...



Interested in making a positive change by representing the voices of Ceredigion's young people?

# Join Ceredigion Youth Council 2023 - 2024!



Mae'r ddogfen hon hefyd ar gael yn Gymraeg  
This document is also available in Welsh



Meeting dates:	To include:
<b>20.10.23</b>	Elect New Chairperson
<b>02.02.24</b>	Ceredigion's Young People Local Ballot
<b>20.03.24</b>	Ceredigion's Local Ballot Results
<b>12.07.24</b>	'Pawb A'i Farn Ceredigion 2024' Event

**At Ceredigion County Council Chamber Penmorfa, Aberaeron**



# CYNGOR IEUENCTID CEREDIGION YOUTH COUNCIL



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