



Creu Cymru Sesiynau'r Gynhadledd / Conference Sessions

Dydd Mawrth 14 Mai / Tuesday 14th May

Canolfan y Celfyddydau, Aberystwyth / Aberystwyth Arts Centre

2-2.30pm Cofrestru	2-2.30pm Registration
2.30 – 2.45pm Croeso a Chyflwyniadau – Lou Miles-Payne (Creu Cymru) a David Wilson (Canolfan y Celfyddydau, Aberystwyth)	2.30 – 2.45pm Welcome and Introductions – Lou Miles-Payne (Creu Cymru) and David Wilson (Aberystwyth Arts Centre)
2.45-3.30pm Siaradwr agoriadol, Derek Walker, Comisiynydd Cenedlaethau'r Dyfodol Cymru Bydd Derek yn siarad am ei rôl ac yn rhoi'r wybodaeth ddiweddaraf gan Swyddfa Cynadleddau Grŵp Teulu am sut gall eu gwaith a'u sefydliad ddysgu a gweithio drwy werthoedd Deddf Llesiant Cenedlaethau'r Dyfodol.	2.45-3.30pm Opening speaker, Derek Walker, Future Generations Commissioner for Wales Derek will talk about his role and the latest updates from the FGC Office and how their work and organization can learn and work through the values of the Well-being of Future Generations Act.

<p>3.30-4.30pm Sesiwn Banel – Caredigrwydd a Diogelwch Diwylliannol (Jen Smith (Prif Swyddog Gweithredol Dros Dro CIISA), Kay Wilson (BECTU) a Dr Tracy Breathnach (ymgyngorydd iechyd a llesiant a Rheolwr Rhaglen Llawrydd gyda Rhwydwaith Iechyd a Llesiant Celfyddydau Cymru) Mewn cyfnod lle mae'n fwyfwy anodd gweithio yn y celfyddydau, sut ydyn ni'n cefnogi ein staff, ein hartistiaid a ni ein hunain. Rydym am edrych ar enghreifftiau go iawn o sut i fynd i'r afael â'r sefyllfa bresennol a sut y gall ymyriadau arwain at lefelau cadw staff uchel a lefel uchel o hapusrwydd ymysg staff, yn ogystal ag ysbrydoli'r genhedlaeth nesaf o weithwyr yn y celfyddydau.</p>	<p>3.30-4.30pm Panel Session - Cultural Kindness and Safety (Jen Smith (Interim CEO of CIISA), Kay Wilson (Wellbeing Facilitator, BECTU), Dr Tracy Breathnach (health and wellbeing consultant, and Freelance Programme Manager with Wales Arts Health and Wellbeing Network) In a time when it's increasingly hard to work in the arts how do we support our staff, our artists and ourselves. We want to explore real examples of how to address the current situation and how interventions can lead to high levels of staff retention and happiness, as well as inspiring the next generation of arts workers</p>
<p>4.30-5pm Cerdd agoriadol a sesiwn holi ac ateb - Alex Wharton, Children's Laureate Wales.</p>	<p>4.30-5pm Opening Poem and Q&A - Alex Wharton, Children's Laureate Wales</p>
<p>5.30-7.30pm Derbyniad â diodydd Bank Vault, 1 New Street, Aberystwyth</p>	<p>5.30-7.30pm Drinks reception Bank Vault, 1 New Street, Aberystwyth</p>

Dydd Mercher 15 Mai / Wednesday 15th May

<p>10-10.30am Cofrestru / rhwydweithio</p>	<p>10-10.30am Registration / networking</p>
<p>10.30-11am Cyfarfod Cyffredinol Blynyddol Creu Cymru</p>	<p>10.30-11am Creu Cymru AGM</p>
<p>11.00-11.15am Egwyl</p>	<p>11.00-11.15am Break</p>

<p>11.15am-11.30am Cynaliadwyedd a'r Sector Sgrin – Tilly Ashton, cydlynnydd cynaliadwyedd Severn Screen. Bydd Tilly yn siarad am ei phrofiad fel Arweinydd Cynaliadwyedd yn Severn Screen a pha wersi y gallai'r sector celfyddydau perfformio eu dysgu gan y sector sgrin (ac i'r gwrthwyneb o bosibl). Beth yw'r heriau, ble mae'r cyfleoedd, beth mae wedi'i ddysgu yn y rôl (a rolau blaenorol) hyd yma.</p>	<p>11.15am-11.30am Sustainability and the Screen Sector - Tilly Ashton, sustainability coordinator Severn Screen. Tilly will talk about her experience as Sustainability Lead at Severn Screen and what learning the performing arts sector could take from the screen sector (and potentially vice versa). What are the challenges, where are the opportunities, what have they have learnt in the role (and previous roles) so far.</p>
<p>12-12.45pm Sesiwn Holi ac Ateb Cyngor Celfyddydau Cymru – Dafydd Rhys (Prif Weithredwr)</p>	<p>12-12.45pm Arts Council of Wales Q&A – Dafydd Rhys (Chief Executive)</p>
<p>12.45-1.30pm Cinio</p>	<p>12.45-1.30pm Lunch</p>
<p>1.30-2.30pm Creadigrwydd mewn Argyfwng (gweithdy) gyda Jên Angharad, Prif Weithredwr (Cymuned Artis) I dorri ar y sesiynau eraill, sy'n sesiynau panel neu'n gyflwyniadau gan siaradwyr ynghyd â sesiwn holi ac ateb yn bennaf, rydym am gael sesiwn i ysbrydoli'r rhai sy'n bresennol, gan roi rhywbeth ymarferol iddyn nhw fynd adref gyda nhw. Sut gallwn ni fod yn greadigol ar adeg o argyfwng, sut ydyn ni'n meddwl yn greadigol am wella ein hymarfer, pa bethau ymarferol y gallwn ni eu gwneud i feddwl am y camau nesaf ar gyfer ein sefydliad?</p>	<p>1.30-2.30pm Creativity in a Crisis (workshop) with Jên Angharad, Prifweithredwr / CEO (Artis Gymuned / Community) To break up the other sessions which are largely panel / speaker with Q&A we would like a session to inspire attendees, giving them something practical to take away. How can we be creative at a time of crisis, how do we think creatively about improving our practice, what are some practical things we can do to think about the next steps for our organisation?</p>
<p>2.30-2.45pm Egwyl</p>	<p>2.30-2.45pm Break</p>

<p>2.45-3.10pm Siaradwr gwadd i gloi - Randel Bryan - Cyfarwyddwr Gweithredol / Dirprwy Brif Weithredwr yn Aviva Studios / Factory International Bydd Randel yn siarad am greu a datblygu Stiwdios Aviva / Factory International, sut mae'r misoedd cyntaf wedi bod, beth yw eu cynlluniau ar gyfer y dyfodol, sut mae gwaith i bobl ifanc a gweithio gydag artistiaid yn cyd-fynd â'r amcanion, a sut maen nhw'n mynd i'r afael â heriau cynaliadwyedd. Bydd y sgwrs ar ffurf sesiwn Holi ac Ateb gyda chyflwyniad.</p>	<p>2.45-3.30pm Closing keynote speaker - Randel Bryan - Exec Director / Deputy CEO at Aviva Studios / Factory International Randel will talk about the creation and development of the Aviva Studios / Factory International, how the opening few months have been, what their future plans are, how work for young people and working with artists fits into the objectives and how they are tackling sustainability challenges. The talk will be in Q&A format with presentation.</p>
<p>3.30-4pm Sylwadau clo / gorffen</p>	<p>3.30-4pm Closing remarks / end</p>

Bywgraffiadau o'r Siaradwyr Speaker Bios

Derek Walker, Comisiynydd Cenedlaethau'r Dyfodol Cymru

Cyn Brif Swyddog Gweithredol Cwmpas, asiantaeth datblygu cydweithredol fwyaf y DU, lle'r oedd yn gweithio i helpu pobl a chymunedau i greu swyddi a chryfhau cymunedau, a newidiodd bwyslais y sefydliad i ddatblygu sy'n diwallu anghenion cenedlaethau heddiw heb niweidio anghenion cenedlaethau'r dyfodol.

Bu'n gweithio hefyd fel Pennaeth Materion Allanol y Gronfa Loteri Fawr (Cymru), fel Pennaeth Polisi ac Ymgyrchoedd gyda TUC Cymru ac fel cyflogai cyntaf Stonewall Cymru.

<https://www.futuregenerations.wales/cy/> @derekwalker_

Derek Walker, Future Generations Commissioner for Wales

Previously CEO of Cwmpas, the UK's largest co-operative development agency, he worked to support people and communities to create jobs and strengthen communities, and changed the organisation's focus to development that meets the needs of current generations without compromising the needs of future generations.

He has also worked as Head of External Affairs at the Big Lottery Fund (Wales), as Head of Policy and Campaigns at the Wales TUC and was the first employee of Stonewall Cymru.

<https://www.futuregenerations.wales/> @derekwalker_

Alex Wharton

Mae Alexander Wharton yn llenor a bardd ac ar hyn o bryd ef yw Bardd Plant Cymru. Cafodd ei gasgliad cyntaf o farddoniaeth, DAYDREAMS AND JELLYBEANS ganmoliaeth uchel yn 2021, a chafodd ei gasgliad newydd, RED SKY AT NIGHT; POET'S DELIGHT ei gyhoeddi'n ddiweddar. Mae Alex wedi cyhoeddi'n rheolaidd yn The Caterpillar, Wales Haiku Journal, Hedgerow ac I am not a silent Poet. Mae wedi cydweithio â The Reading Realm ac mae pump o'i gerddi wedi'u cynnwys ar App addysgol iTunes. Mae'n llywyddu'n rheolaidd yng ngŵyl ddi-dâl Celfyddydau Caerdydd ac mae'n ymweld ag ysgolion ar hyd a lled y DU i berfformio ei farddoniaeth ac i hwyluso gweithdai ysgrifennu. Mae ragor o wybodaeth yn www.alexwhartonpoet.co.uk @alexwhartonpoet

Alex Wharton

Alexander Wharton is a writer and poet and is the current Welsh Children's Laureate. His debut poetry collection, DAYDREAMS AND JELLYBEANS received great critical acclaim in 2021 and his new collection, RED SKY AT NIGHT; POET'S DELIGHT has just been published. Alex has been published regularly in The Caterpillar, Wales Haiku Journal, Hedgerow and I am not a silent Poet. He has collaborated with The Reading Realm where five of his poems featured on the educational iTunes App. He is a regular compere of Cardiff Arts free festival and he visits schools around the UK to perform his poetry and facilitate writing workshops. Find out more at www.alexwhartonpoet.co.uk @alexwhartonpoet

Jen Smith – Prif Swyddog Gweithredol Dros Dro CIISA (Creative Industries Independent Standards Authority)

Jen Smith yw Prif Swyddog Gweithredol Dros Dro y Creative Industries Independent Standards Authority (CIISA) a hi sy'n gyfrifol am ddatblygu ei gylch gorchwyl, ei fodel gweithredu a'i strwythur llywodraethu. Arweiniodd Jen y gwaith o greu a chyhoeddi 'Set o Egwyddorion a Chanllawiau i Atal Bwlio ac Aflonyddu a Hiliaeth' cyntaf y sector sgrin gan sicrhau bod dros 50 o sefydliadau diwylliannol yn eu mabwysiadu, yn ogystal ag ysbrydoli fersiynau ychwanegol wedi'u haddasu ar gyfer y sectorau Theatr a Cherddoriaeth. Yn ei rôl flaenorol gyda'r BFI cyn gadael i arwain y CIISA, roedd yn gyfrifol am gael cydnabyddiaeth ryngwladol i Safonau Amrywiaeth y BFI, gan ennill Statws Cyfeillgar i Awtistiaeth ar gyfer BFI Southbank, gan weithio mewn partneriaeth â Changing Faces ar yr ymgyrch #Iamnotyourvillian lwyddiannus a sicrhau bod yr ystod lawn o ddata amrywiaeth ar bwyl mae'r BFI yn eu hariannu ac y eu cyflogi'n cael eu cyhoeddi'n flynyddol. Mae Jen hefyd wedi llenwi ystod eang o rolau yn y sector tai gan arwain ar Strategaeth, Cysylltiadau Cyhoeddus, Datblygu Busnes, Dysgu a Datblygiad a chynhwysiant. Cyn hynny

roedd Jen yn gweithio fel Ymchwilydd Seneddol gan arbenigo mewn Materion Tramor a Chysylltiadau Rhyngwladol, ac mae'n aelod o'r Sefydliad Rheoleiddio ac mae'n gyfryngydd achrededig gydag ACAS

<https://ciisa.org.uk/>

Jen Smith – Interim CEO CIISA (Creative Industries Independent Standards Authority)

Jen Smith is the Interim CEO of the Creative Industries Independent Standards Authority (CIISA) responsible for developing its remit, operating model and governance structure. Jen led the creation and publication of the screen sectors' first 'Set of Principles and Guidance to Prevent Bullying and Harassment and Racism' convening over 50 cultural organisations to adopt them, in addition inspiring additional editions tailored for the Theatre and Music sectors. In her previous role at the BFI before leaving to lead CIISA, she was responsible for gaining international recognition for the BFI Diversity Standards, achieving Autism Friendly Status for BFI Southbank, partnering with Changing Faces on the impactful #Iamnotyourvillain campaign and ensuring that the full range of diversity data on who the BFI funds and employs is published annually. Jen has also held a broad range of roles in the housing sector leading on Strategy, PR, Business Development, Learning and Development and Inclusion. Prior to that Jen worked as Parliamentary Researcher specialising in Foreign Affairs and International Relations and is a member of the Institute of Regulation and an ACAS accredited mediator

<https://ciisa.org.uk/>

Dr Tracy Breathnach

Mae Tracy yn un o'r ymgynghorwyr diwylliant, iechyd a llesiant mwyaf blaenllaw yng Nghymru. Mae hi'n gweithio'n rhan amser fel Rheolwr Rhaglen Lawrydd gyda Rhwydwaith Iechyd a Llesiant Celfyddydau Cymru ([WAHWN](#)). Mae wedi bod yn gweithio â WAHWN ers 2019 pan fu'n datblygu ac yn arwain [Sut mae'n Mynd?](#) y Rhaglen Llesiant Creadigol. Mae ail fersiwn y rhaglen yn weithredol erbyn hyn, ac mae'n cael cyllid gan y Baring Foundation a'i nod yw hybu llesiant meddyliol artistiaid.

Treuliodd Tracy dros 20 mlynedd yn gweithio mewn celfyddydau cymunedol a chyfranogol fel artist, rheolwr prosiectau, gwerthuswr, a rheolwr elusen y Celfyddydau ac Iechyd Meddwl. Mae hefyd wedi gwneud gwaith i ystod eang o gleientiaid gan gynnwys Cyngor Celfyddydau Cymru, Celfyddydau Rhyngwladol Cymru, Llenyddiaeth Cymru, 5 Bwrdd Iechyd yn ogystal â sefydliadau celfyddydol unigol. Mae hefyd wedi bod yn datblygu rhaglenni mewn sawl canolfan gelfyddydol yn y De, yn ogystal â bod yn ddarlithydd rhan amser.

Mae hi hefyd yn un o gyfarwyddwyr [Break Free & Thrive](#) – sy'n cynnig hyfforddiant trawsnewidiol. Mae hi wedi hyfforddi mewn arferion somatig, NLP, Seicoleg Gofod Meddyliol a Therapi Symudiad Llygaid Cyfannol (IEMT). Mae hi'n gweithio ag amrywiaeth eang o gleientiaid i wella trawma, i integreiddio hunaniaeth ac i gysylltu ag ymdeimlad mwy dilys o berthyn.

Mae ganddi PhD mewn astudiaethau perfformio o Brifysgol Aberystwyth (2018) ac mae'n creu perfformiadau celfyddydol byw.

www.tracybreathnach.com @WahwnC

Dr Tracy Breathnach

Tracy is one of the leading culture, health and wellbeing consultants in Wales. She works part-time as a Freelance Programme Manager with Wales Arts Health and Wellbeing Network (WAHWN). She has been working with WAHWN since 2019 when she developed and led [How Ya Doing?](#) Sut Mae'n Mynd? Artists Wellbeing Programme. This is currently in its second iteration, funded by The Baring Foundation and aims to support artists mental wellbeing.

Tracy has spent over 20 years working in community and participatory arts as an artist, project manager, evaluator, and manager of an Arts & Mental Health charity. She has delivered work for a range of clients including Arts Council Wales, Wales Arts International, Literature Wales, 5 Health Boards as well as individual arts organisations. She has also worked as a programmer in several arts venues in south Wales, as well as a part-time lecturer.

She is a director of [Break Free & Thrive](#) - offering transformational coaching and training. She has trained in somatic practices, NLP, Mental Space Psychology and Integral Eye Movement Therapy (IEMT). She supports a wide range of clients to heal trauma, integrate identity and connect with a more authentic sense of being.

She holds a PhD in performance studies from Aberystwyth University (2018) and creates live art performances.

www.tracybreathnach.com @WahwnC

Kay Wilson, Wellbeing Facilitator and BECTU Union Rep

Tilly Ashton, Cyngorydd Cynaliadwyedd Severn Screen

Tilly Ashton yw arweinydd Cynaliadwyedd Severn Screen. Gyda chefnidir mewn Cysylltiadau Cyhoeddus, rheoli ymgyrchoedd a newyddiaduraeth o fewn maes eang cynaliadwyedd, symudodd i rolau cydlynu cynyrchiadau ffilm gyda'r nod o annog arferion gweithio mwy cynaliadwy. Mae wedi gweithio fel Cyngorydd Cynaliadwyedd ar y ffilm Netflix HAVOC ac yn fwy diweddar ar y ddrama'r BBC STEELTOWN MURDERS. Yn 2021/22 arweiniodd Tilly brosiect wedi'i ariannu gan Ffilm Cymru/Clwstwr ('Maximising Havoc') fel rhan o Gronfa Her Cymru Werdd, a oedd yn tynnu sylw at yr heriau amgylcheddol, y llwyddiannau a'r hyn a ddysgwyd wrth wneud HAVOC. Mae Tilly hefyd yn cynnal cyrsiau ar Gynyrchiadau Cynaliadwy i BAFTA Albert ac mae'n gweithio'n fwy cyffredinol ar draws y diwydiant fel ymgynghorydd. <https://www.severnscreen.com/>

Tilly Ashton, Sustainability Adviser Severn Screen

Tilly Ashton is Sustainability lead at Severn. With a background in PR, campaign management and journalism within the broad field of sustainability, she moved into coordination roles in film production, aiming to initiate better sustainable working practices. She worked as Production Sustainability Advisor on the Netflix film HAVOC and more recently on BBC drama STEELTOWN MURDERS. In 2021/22 Tilly led a Ffilm Cymru/Clwstwr funded project ('Maximising Havoc') as part of the Green Cymru Challenge Fund, highlighting the environmental challenges, successes and key learnings gathered during the making of HAVOC. Tilly also runs Sustainable Production courses for BAFTA Albert and works more widely across the industry on a consultancy basis. <https://www.severnscreen.com/>

Dafydd Rhys, Prif Weithredwr Cyngor Celfyddydau Cymru

Mae Dafydd wedi cael gyrfa hir yn y diwydiant teledu, fel cynhyrchydd cynnwys ac fel Darlledwr. Dechreuodd ei yrfa gyda HTV Wales cyn symud i'r sector annibynnol. Bu hefyd yn Olygydd Comisiynu gydag S4C, ac ef oedd Cyfarwyddwr Cynnwys y Sector tan fis Hydref 2016, a bu'n Gyfarwyddwr Canolfan y Celfyddydau Aberystwyth ac yn Gadeirydd AM, ap digidol y sector celfyddydau yng Nghymru 2021/22.

<https://arts.wales/> @dafyddgwyn

Dafydd Rhys, Chief Executive Arts Council of Wales

Dafydd held a long career in the television industry both as a producer of content and as a Broadcaster. He started his career with HTV Wales before moving to the independent sector. He has also held posts as a Commissioning Editor at S4C, was the channel's Director of Content until October 2016, Director of the Aberystwyth Arts Centre and Chair of AM the art sectors digital ap in Wales 2021/22.

<https://arts.wales/> @dafyddgwyn

Jên Angharad, Prif Weithredwr Artis Gymuned

Mae Jên yn arweinydd profiadol ym maes y celfyddydau cyfranogol a dawn. Mae ganddi hanes o gydweithio llwyddiannus â sefydliadau fel Theatr Soar ym Merthyr Tudful, Prifysgol Caerdydd, Celfyddydau Anabledd Cymru, Canolfan Mileniwm Cymru, Opera Cenedlaethol Cymru ac ArtWorks Cymru, yr Eisteddfod Genedlaethol, a llawer o sefydliadau eraill.

Mae wedi mwynhau gyrfa hir ac amrywiol, gan ddatblygu portffolio o waith yn annibynnol yng Nghymru fel perfformwraig, coreograffydd dwyieithog, hwylusydd gweithdai a chyfarwyddwr symud mewn addysg, yn y gymuned, theatr a theledu. Mae hi'n grëwr a hyfforddwr Sensing Welsh, sy'n hybu datblygiad ymarfer dwyieithog drwy'r corff a chrëwr a pherfformwraig Sounds like an Adventure!, prosiect perfformio a gweithdy sy'n hybu datblygiad iaith drwy'r corff, gyda phlant meithrin. Mae hi'n fentor gydag Equal Power Equal Voice a'r rhaglen Arweinyddiaeth Greadigol. Mae wedi cyfrannu at sawl bwrdd a grŵp cynghori Celfyddydol, gan gynnwys Celf Anabledd Cymru, Bombastic, a Chelfyddydau Cenedlaethol Ieuenctid Cymru. Hi yw Cadeirydd Ballet Cymru.

<https://www.artiscommunity.org.uk/> @JenAngharad

Jên Angharad, Prifweithredwr / CEO Artis Gymuned / Community

Jên is an experienced leader in the field of participatory arts and dance. She has a history of successful collaborations with organisations such as Theatr Soar in Merthyr, Cardiff University, Disability Arts Cymru, Wales Millennium Centre, Welsh National Opera and ArtWorks Cymru, the National Eisteddfod and many other organisations.

She has enjoyed a long and varied career, building a portfolio of work independently in Wales as a performer, bilingual choreographer, workshop facilitator and movement director in education, community, theatre and television. She is a creator and trainer of Sensing Welsh, supporting the development of bilingual practice through the body and creator and performer of Sounds like an Adventure! A performance and workshop project that supports the development of language through the body, with nursery children. She is a mentor with Equal Power Equal Voice and the Creative Leadership programme. She has contributed to several Arts boards and advisory groups, including Disability Arts Cymru, Bombastic, and National Youth Arts Wales. She is currently Chair of Ballet Cymru.

<https://www.artiscommunity.org.uk/> @JenAngharad

Randel Bryan – Cyfarwyddwr Gweithredol / Dirprwy Brif Swyddog Gweithredol Aviva Studios / Factory International

Randel Bryan yw Cyfarwyddwr Gweithredol y Manchester International Festival (MIF), gan arwain ar strategaeth fasnachol wrth i'r sefydliad baratoi at agor The Factory, y gofod diwylliannol o safon ryngwladol sy'n cael ei ddatblygu yng nghanol Manceinion.

Gyda chefnidir yn y cyfryngau a thechnoleg, mae Randel Bryan wedi cynhyrchu strategaethau masnachol, digwyddiadau a chynnwys i rai o brif stiwdios y byd. Mae'r rhain yn cynnwys Universal Pictures, Endemol Shine ac yn fwy diweddar Discovery Education, lle bu'n arwain y tîm Partneriaethau Byd-eang, gan redeg ymgyrchoedd cyfrifoldeb cymdeithasol o safon ryngwladol i gwmnïau fel Nike a Rolls-Royce.

<https://factoryinternational.org/> @randelbryan

Randel Bryan - Exec Director / Deputy CEO at Aviva Studios / Factory International

Randel Bryan is Executive Director and Deputy Chief Executive for Factory International, the organisation behind both Manchester International Festival (MIF), and Aviva Studios, the landmark new cultural space which opened last year in the heart of Manchester.

Randel leads the Commercial, Development and Fundraising teams in maximising income and investment to financially support Factory International's programme and social value endeavours. Randel also oversees the work of The Factory Academy, which provides skills and training opportunities to enable more people to enjoy careers in the arts and creative industries – helping to build the new generations of technicians, producers and other creative talent, primarily targeted at local people who traditionally face economic and cultural barriers to employment in the creative industries.

Through his background in media and technology, Randel Bryan has pioneered commercial, event and content strategies for some of the world's leading studios. These include Universal Pictures, Endemol Shine and most recently Discovery Education, where he led the Global Partnerships team, delivering world-class social responsibility campaigns for the likes of Nike and Rolls-Royce.

<https://factoryinternational.org/> @randelbryan