



'Basically, it's taking your brain, mushing up all the amazing ideas, pouring them into a pen then writing'

Caban Sgriblio participant

'Yn y bôn, bydd yr ymennydd yn dechrau gweithio gan gorddi'r holl syniadau anhygoel a'u tywallt i mewn i ysgrifbin ac yna ysgrifennu.'

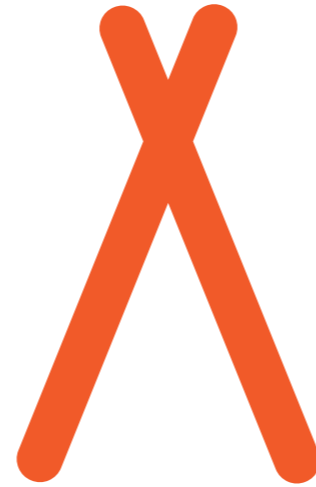
Cyfranogwr Caban Sgriblio

'Because of where I live, it can be difficult to go to places outside of school, so I feel Caban has given me a very unusual experience and a way into a world I would not otherwise have discovered.'

Caban Sgriblio participant

'Oherwydd ble rwy'n byw, gall fod yn anodd mynd i leoedd y tu allan i'r ysgol, felly rwy'n teimlo fod Caban wedi rhoi profiad anarferol iawn i mi a ffordd i mewn i'r byd na fyddwn wedi ei ddarganfod fel arall.'

Cyfranogwr Caban Sgriblio



Arts Alive Wales is an arts charity, based in Crickhowell, South Powys. We work with professional artists to provide opportunity and experience in activities that engage, inspire and enhance quality of life.

For more information visit:
www.artsalivewales.org.uk/projects

Arts Alive Wales
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Brecon Road
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charity no. 1011599
Photo credits: Toril Brancher,
Siôn Marshall-Waters



Mae **Arts Alive Wales** yn elusen gelfyddydol, wedi ei lleoli yng Nghrucywel, De Powys. Rydym yn gweithio ag artistiaid proffesiynol i roi cyfle a phrofiad mewn gweithgareddau sy'n ymgysylltu, ysbrydoli a gwella ansawdd bywyd.

Am ragor o wybodaeth ewch i:
www.artsalivewales.org.uk/projects

Arts Alive Wales
Yr Hen Ysgol
Ffordd Aberhonddu
Crucywel
Powys, NP8 1DG

Rhif elusen. 1011599
Cydnabyddiaeth ffoto: Toril Brancher,
Siôn Marshall-Waters





Caban Sgriblio

Caban Sgriblio is a Culture, Health and Wellbeing project for Children and Young People who live in rural areas of mid and south-east Wales. Relaxed and supportive workshops led by professional writers, film-makers and artists develop skills, improve confidence and nurture self-expression, ideas and imagination.

'I feel very free to explore my ideas. No one there ever judges or laughs at you, no matter how odd they may be... It has really helped with my confidence and my ideas. I feel I have developed a lot as a writer from taking part in these workshops'.

Caban Sgriblio participant

Caban Sgriblio

Mae Caban Sgriblio yn Brosiect Iechyd a Lles i Blant a Phobl Ifanc sy'n byw mewn ardaloedd gwledig yng nghanolbarth a de-ddwyrain Cymru. Mae gweithdai ymlacedig a chefnogol a arweinir gan awduron proffesiynol, gwneuthurwyr ffilm ac artistiaid yn datblygu sgiliau, gwella hyder a meithrin hunan fynegiant, syniadau a dychymyg.

'Rwy'n teimlo'n rhydd iawn i archwilio fy syniadau. Nid oes neb yno yn eich barnu nac yn chwertthin arnoch, waeth pa mor rhyfedd...Gwnaeth wirioneddol fy helpu gyda fy hyder a fy syniadau. Rwy'n teimlo fy mod wedi datblygu llawer fel awdur wrth gymryd rhan yn y gweithdai hyn.'

Cyfranogwr Caban Sgriblio

'Filming my own poem is one of the best things I have ever done and I would love to do it again.'

Caban Sgriblio participant

'Ffilmio fy ngherdd fy hun yw un o'r pethau gorau rwyf erioed wedi ei wneud a byddwn wrth fy modd yn ei wneud eto.'

Cyfranogwr Caban Sgriblio



'This project gives young people confidence and a very strong feeling of achievement'

Youth worker

'Mae'r prosiect hwn yn rhoi hyder i bobl ifanc a theimlad cryf o gyflawniad'

Gweithiwr Ieuentid

Caban Sgriblio is run by **Arts Alive Wales** and funded by **BBC Children in Need** to unlock the potential of children and young people in South Powys, Monmouthshire and Blaenau Gwent. Our partners include schools, health services, voluntary groups, parents and carers.

To find out how to take part, please contact:
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Caiff **Caban Sgriblio** ei redeg gan **Arts Alive Wales** a'i ariannu gan **BBC Plant Mewn Angen** i ddatgloi potensial plant a phobl ifanc yn Ne Powys, Sir Fynwy a Blaenau Gwent. Ymhlith ein partneriaid mae ysgolion, gwasanaethau iechyd, grwpiau gwirfoddol, rhieni a gofalwyr.

Er mwyn darganfod sut i gyfranogi, cysylltwch:
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