

# What is the Gwent Citizen's Panel?

The Citizens' Panel is a group of people who live in Gwent who are regularly asked to provide their views and are consulted on services across health and social care.

This is an exciting opportunity to help shape local services and have your say about important decisions and issues in the local community. The commitment is low, you will simply be invited to take part in bi-monthly meetings and online engagement such as surveys or feedback on reports and assessments. You can choose which activities you want to take part in.

Citizens' Panel members also receive newsletters on a regular basis to keep them up to date!

## Making A Difference

Understanding residents' views means that we are better able to target resources and develop services that meet the needs of local people. The purpose of the panel is to find out what residents think about local issues and services.

This helps us do the right things and feeds directly into policy and decision-making processes.

## Would you like to Join Us?

To become a panel member, or to be included on our email distribution to keep up to date you must be a resident of Gwent, and be over 16 years old. If you would like to join, please contact us at **CitizensPanel@torfaen.gov.uk** or 01495 761691.

If you are an existing citizens' panel member and any of your contact details have changed, please let us know via email.



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# Beth yw Panel Dinasyddion Gwent?

Mae'r Panel Dinasyddion yn grŵp o bobl sy'n byw yng Ngwent, a gofynnir iddynt yn rheolaidd am eu barn ac fe ymgynghorir â nhw ar wasanaethau ar draws iechyd a gofal cymdeithasol.

Mae hwn yn gyfle cyffrous i helpu i lunio gwasanaethau lleol a lleisio barn am benderfyniadau pwysig a materion yn y gymuned leol. Mae'r ymrwymiad yn isel; yn syml, gofynnir i chi gymryd rhan mewn cyfarfodydd bob dau fis ac ymgysylltu arlein mewn arolygon neu adborth ar adroddiadau ac asesiadau.

Gallwch ddewis pa weithgareddau rydych eisiau cymryd rhan ynddyn nhw.

## Gwneud Gwahaniaeth

Mae deall barn trigolion yn golygu ein bod yn gallu targedu adnoddau yn well a datblygu gwasanaethau sy'n diwallu anghenion pobl leol. Pwrpas y panel yw cael gwybod beth yw barn trigolion am faterion a gwasanaethau lleol.

Mae hyn yn ein helpu ni i wneud y peth iawn, ac mae'n bwydo gwybodaeth yn uniongyrchol i lunio polisi a chymryd penderfyniadau.

## Hoffech chi Ymuno â Ni?

I ddod yn aelod o'r panel, rhaid i chi fod yn preswyllo yng Ngwent, a bod dros 16 oed. Os hoffech ymuno, cysylltwch â ni yn **CitizensPanel@torfaen.gov.uk** neu 01495 761691.

Os ydych eisoed yn aelod o'r panel dinasyddion ac os yw eich manylion cyswllt wedi newid, gadewch i ni wybod drwy ebost os gwelwch yn dda.



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