

# POWER UP

## Wellbeing and social action.

By young people, for young people.

**Power Up is a young people's wellbeing and social action project for those aged 10-25 living in Cardiff and The Vale of Glamorgan.**

We offer wellbeing support to young people experiencing challenges with their mental health. This includes one-to-one coaching sessions, wellbeing programmes, and regular social groups.

Power Up believes in making politics accessible for all young people. We support youth-led social change through consultations, advisory groups, and direct communication with local and national governments.

**Power Up is a partnership project. Platform is the lead partner.**



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**PLATFORM**

For young people | bobl ifanc

# POWER UP

## Lles a gweithredu cymdeithasol.

Gan bobl ifanc, ar gyfer pobl ifanc.

**Prosiect lles pobl ifanc a gweithredu cymdeithasol yw Power Up, ar gyfer pobl ifanc 10-25 mlwydd oed sy'n byw yng Nghaerdydd a Bro Morgannwg.**

Rydyn ni'n cynnig cefnogaeth lles i pobl ifanc sy'n profi heriau gyda'u hiechyd meddwl. Mae hyn yn cynnwys sesiynau cymorth 1-1, rhaglenni lles, a grwpiau cymdeithasol rheolaidd.

Mae Power Up yn credu y dylai gwleidyddiaeth fod o fewn cyrraedd holl pobl ifanc. Rydyn ni'n cefnogi newid cymdeithasol dan arweiniad ieuentid, drwy ymgynghoriadau, grwpiau cynghorol, a chyfathrebu uniongyrchol gyda llywodraethau lleol a chenedlaethol.

**Prosiect partneriaeth yw Power Up. Platform yw'r partner arweiniol.**



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