

"Last summer, I had the idea that sorting the screws and fixings was relaxing and perhaps good therapy. I was put in touch with Graham Stephens, coordinator of Woodwork to Wellness in Saltney, and completed a successful pilot with their autistic members.

"This pilot is now being expanded by Autism Together, a large charity in the Wirral, joining the partnership to have their users sort the smaller fixings, bag them up and offer them for sale at low cost via an online shop. These fixings will also be used to make Autism Together and Woodwork to Wellness garden furniture and other wooden items.

"The support and advice offered by Flintshire County Council has been extremely useful and has helped us develop this project."

"Yr haf diwethaf cefais y syniad fod sortio sgruwiau ac ati'n rhywbeth sy'n gwneud i rywun ymlacio ac o bosibl yn therapi da. Cefais fy nghyfeirio at Graham Stephens, cydlynnydd Woodward to Wellness yn Saltney gan gwblhau peilot llwyddiannus gyda'i aelodau awtistig.

"Mae'r peilot hwn yn awr yn cael ei ehangu i gynnwys Autism Together, elusen fawr yng Nghilgwri, fel partneriaid a bydd aelodau'r elusen yn sortio'r darnau, yn eu rhoi mewn bagiau ac yn eu cynnig ar werth am gost isel drwy siop ar-lein. Bydd y darnau hefyd yn cael eu defnyddio gan Autism Together a Woodwork to Wellness i wneud dodrefn gardd ac eitemau pren eraill.

"Mae'r cyngor a'r gefnogaeth y mae Cyngor Sir y Fflint yn ei gynnig wedi bod yn hynod o ddefnyddiol ac wedi ein helpu ni i ddatblygu'r prosiect hwn."