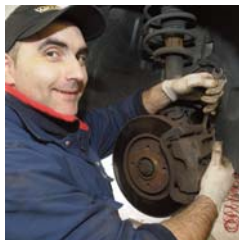


Conwy learning festival

15-22
May 2010

part of adult learners' week



All events
are FREE!



What's on guide

Cymraeg
ar y cefn



In just one week, over 700
fun learning events will be
taking place all over Wales,
with a staggering 20,000 people
having a go at something new!
Make sure you don't miss out.

niace
dysgu cymru

promoting adult learning
hyrwyddo addysg oedolion

25 YEARS
MLYNEDD
1985-2010



Ariennir gan
Lywodraeth
Cynulliad Cymru

Funded by
Welsh Assembly
Government

Mandy Giblin Coleg Llandrillo, Denbigh

In care from 12 months old, Mandy Giblin experienced abuse, prejudice and discrimination and never really felt as though she fitted in anywhere. Mandy left school with no qualifications and little faith in the Education system or its value in her life.

Eventually Mandy was sectioned under the Mental Health Act and in 1987 and it was here that she decided to try and turn her life around.

‘Having had lots of help I came off the medication,’ says Mandy ‘I started to feel happier and that perhaps I had a right to a normal life. I met a guy, we had a beautiful daughter and wedding plans were made for later that year. I felt the happiest person alive. However, this was short-lived.’

Tragically, Mandy’s partner killed a young woman before later killing himself in prison. ‘Life had no appeal any more,’ says Mandy, ‘I just wanted to die.’ For the next few years, Mandy took out the anger and frustration on herself, until in 1997 she was offered a new start in Denbigh in a mental health care home.

‘It was the best thing I ever did,’ continues Mandy ‘I was able to piece my life back together and started to find out why these awful things had happened to me. I began to grow in confidence and make new friends. I took courses with the Open University and in 2006 I attained my degree.



Since then Mandy has continued to complete numerous courses at Coleg Llandrillo Denbigh and changed her life immeasurably.

‘I met my mother, who I hadn’t seen in over 20 years. I thought she never loved me and that is why she put me into care. However, she explained what had happened and I began to understand more about my upbringing which is quite sad really.

I am also in contact with my daughter who is 20 this year. I telephone her each week and she is coming up for 3 days in April, just before her birthday. I cannot wait to meet her.

I am over the moon and I just want to say thank you to the tutors support in making this happen. They saw the good in me and I saw it in myself. You just need faith in yourselves and in those around you. So, go to college, make new friends and be the person you want to be as I have been there and done it and would not have it any other way.

Sir Henry Jones Museum, Y Cwm, Llangernyw
Abergele

Yesterday and Today

15 May 2010 **11:00 AM - 1:00 PM**

Learn about the traditional way of life and how it is still relevant today. Gardening lessons and living history activities, including the story of our authentic heritage cottage garden. Contact the museum for more information.

Contact: Reception 01745 860630
syrhenryjones@hotmail.com

Coleg Llandrillo at Glasdir Llanrwst,
Plas yn Dre, Ffordd yr Orsaf, Llanrwst

Byte-size taster courses

17 and 18 May 2010

These are a range of FREE Taster Sessions in computing. For further information and to book your place please contact the College.

Contact: Catrin Gwyn Davies-Williams
01492 546666 ext 723 or 01745 812812
llanrwstadmissions@llandrillo.ac.uk

Glasdir - Conwy Rural Development
Centre Ltd, Plas Yn Dre, Llanrwst

Promoting Inclusive Working - Deaf Awareness Training

17 May 2010 **9:30 AM - 12:30 PM**

An ideal introduction for volunteers and voluntary group leaders. For further information and to book your place please contact CVSC.

Contact: Jan Smith 01492 534091
mail@cvsc.org.uk

Glasdir - Conwy Rural Development
Centre Ltd, Plas Yn Dre, Llanrwst

Inclusive Working Information and Networking Drop-In

17 May 2010 **12:30 PM - 2:30 PM**

FREE information and advice from a range of local support organisations and Training providers. For further information and to book lunch if required (£3 supplement) please contact CVSC.

Contact: Jan Smith 01492 534091
mail@cvsc.org.uk

Glasdir - Conwy Rural Development
Centre Ltd, Plas Yn Dre, Llanrwst

Promoting Inclusive Working - Visual Impairment Awareness Training

17 May 2010 **2:30 PM - 4:30 PM**

Valuable taster session for voluntary and community groups. For further information and to book your place please contact CVSC.

Contact: Jan Smith 01492 534091
mail@cvsc.org.uk

Coleg Llandrillo Abergele, Faenol Avenue
Abergele

Let's go surfing (the internet)

17 May 2010 **9:30 AM - 11:30 AM**

Join us for a short taster session in surfing the internet and find out about further learning opportunities.

Contact: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Coleg Llandrillo Abergele, Faenol Avenue
Abergele

Let's get creative (with desktop publishing)

17 May 2010 **11:30 AM - 1:30 PM**

Come and find out how to use desktop publishing to create dazzling documents and fabulous files!

Contact: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Coleg Llandrillo Abergele, Faenol Avenue
Abergele

Let's use our computer (for word processing)

17 May 2010 **1:45 PM - 3:45 PM**

Find out how to produce polished, professional documents.

Contact: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Bayview Shopping Centre, Colwyn Bay

Love Your Library!

18 May 2010 **10:00 AM - 4:00 PM**

Come and find out what your local library has to offer, find out information, talk to staff and pick up some freebies.

Contact: Elen Haf Jones 01492 577 510

elen.jones@conwy.gov.uk

Conwy Library, Castle Street, Conwy

Internet Shopping Taster Session

18 May 2010 **2:00 PM - 4:00 PM**

The On-Line world is the biggest shopping centre you could ever imagine. No more fighting with crowds, queuing up at busy tills, going out in all weathers! Booking essential.

Contact: Conwy Library 01492 596242

elen.jones@conwy.gov.uk

Colwyn Bay Library, Woodland Road West
Colwyn Bay

Ancestry Taster Session

18 May 2010 **2:00 PM - 2:30 PM**

Who were your ancestors? Find out at your local library! Free access to online resources to help you explore your family history. Search key historical records from Birth, Marriage and Death Indexes to Census records. Booking essential.

Contact: Colwyn Bay Library 01492 577510

elen.jones@conwy.gov.uk

Clybiau Plant Cymru Kids Clubs
19 Princes Drive, Colwyn Bay

Culture Zone

18 May 2010 **6:30 PM - 8:30 PM**

This workshop provides practical ideas, play activities and materials to explore the environment, learn about different cultures, engage older children and incorporate more inclusive play. Free resource pack as part of the workshop.

Contact: Tracey Bargh 01492 536318

traceyb@clybiauplantcymru.org

CAIS Data Centre, Raymond Court
Princes Drive, Colwyn Bay

Introduction to Substance Misuse

18 May 2010 **10:00 AM - 12:00 PM**

An introduction to Bangor University's Foundation Degree which gives an insight into the different kinds of substances that people use and misuse. Booking required.

Contact: Shan Rees Roberts 01248 382476

ems209@bangor.ac.uk

Nant Bwlch yr Haearn Outdoor Education
Centre, Llanrwst

Blazing Paddles

19 May 2010 **9:30 AM - 12:30 PM**

Half-day taster session in Canoeing (max number in each group is 10). Booking essential.

Contact: Richard Hughes 07733 012997

richard.hughes@conwy.gov.uk

Nant Bwlch yr Haearn Outdoor Education
Centre, Llanrwst

A walk on the wild side

19 May 2010 **1:00 PM - 4:00 PM**

Half-day taster session in Gorge-Walking (max number in each group is 10). Booking essential.

Contact: Richard Hughes 07733 012997

richard.hughes@conwy.gov.uk

Plas Mawr Elizabethan House, High Street

Cadw Plas Mawr learning festival

19 May 2010 **10:30 AM - 4:00 PM**

Arts, crafts, traditional skills and living history activities. Meet Robert Wynn, 'get plastered' with skilled restoration plasterers, audiotours, learn about the history of the house. FREE admission to Conwy CBC residents producing evidence of residency.

Contact: David Jones 01443 336087

david.jones5@wales.gsi.gov.uk

Clybiau Plant Cymru Kids' Club, 2nd Floor
19 Princess Drive, Colwyn Bay, Conwy

Focus on Food

19 May 2010 **6:30 PM - 8:30 PM**

A workshop for those who work with children and would like to know more about promoting healthy eating and positive messages about food.

Contact: Tracey Bargh 01492 536318
traceyb@clybiauplantcymru.org

CAIS Data Centre, Raymond Court
Princes Drive, Colwyn Bay

Exploring the Needs of Returning Veterans

19 May 2010 **10:00 AM - 12:00 PM**

Explore the needs of returning veterans and the issues they encounter, including substance misuse and the effects of Post Traumatic Stress Disorder. Booking required.

Contact: Shan Rees Roberts 01248 382476
shan@bangor.ac.uk

Coleg Llandrillo Abergele, Faenol Avenue
Abergele

Book-keeping made simple

19 May 2010 **9:30 AM - 11:30 AM**

Frightened of figures? Turn your fears to fun! Learn about the basics of book-keeping and accounts.

Contact: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

North Wales Training Ltd. St David's House
Mochdre Business Park, Mochdre
Colwyn Bay

Healthy Eating and Lifestyle Choices

20 May 2010 **10:00 AM - 3:00 PM**

A Healthy eating and lifestyle day for staff and work-based learners. Classroom sessions with nutritional information, easy and healthy foods to make and eat, and access to a fitness activity at the Leisure Centre.

Contact: Pam Evans 01492 543431
evans.pam@nwtraining.co.uk

Colwyn Bay Library, Woodland Road West,
Colwyn Bay

Internet Shopping Taster Session

20 May 2010 **10:00 AM - 12:00 PM**

The On-Line world is the biggest shopping centre you could ever imagine. No more fighting with crowds, queuing up at busy tills, going out in all weathers! Booking essential.

Contact: Colwyn Bay Library 01492 577510
elen.jones@conwy.gov.uk

Abergele Library, Market Street, Abergele

Internet Shopping Taster Session

21 May 2010 **10:00 AM - 12:00 PM**

The On-Line world is the biggest shopping centre you could ever imagine. No more fighting with crowds, queuing up at busy tills, going out in all weathers! Booking essential.

Contact: Abergele Library 01492 577505
elen.jones@conwy.gov.uk

Hendre Hall, Canolfan Hendre Centre, Lon
Aber, Tal-y-Bont, Bangor

Eisteddfod for Welsh Learners

21 May 2010 **7:30 PM - 10:30 PM**

An informal and fun introduction to our Eisteddfod for learners in Anglesey, Gwynedd and Conwy. Ask your tutor for details on taking part.

Contact: Siwan Hywel 01248 388248
siwan.hywel@bangor.ac.uk

Syr Henry Jones Museum, Y Cwm
Llangernyw, Abergele

Yesterday and Today

22 May 2010 **10:30 AM - 3:30 AM**

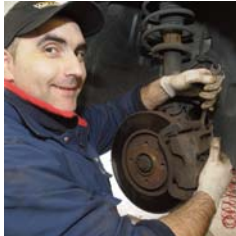
Learn about the traditional way of life and how it is still relevant today. Storytelling workshops with Cath Aran, a professional Welsh storyteller.

Contact: Reception 01745 860630
syrenryjones@hotmail.com

Gŵyl addysg Conwy

15-22
Mai 2010

yn rhan o'r wythnos addysg oedolion



Mae'r holl
ddigwyddiadau
AM DIM!



Canllaw beth sydd ymlaen

See back
for English



Mewn dim ond un wythnos, cynhelir
dros 700 o ddigwyddiadau dysgu
llawn hwyl ym mhob rhan o Gymru,
gyda chynifer â 20,000 o bobl yn rhoi
cynnig ar rywbeth newydd!

Gwnewch yn siŵr eich bod yn eu plith.

niace
dysgu cymru

promoting adult learning
hyrwyddo addysg oedolion

25 YEARS
MLYNEDD
1985-2010



Ariennir gan
Lywodraeth
Cynulliad Cymru

Funded by
Welsh Assembly
Government

Mandy Giblin Coleg Llandrillo, Dinbych

Mewn gofal ers pan oedd yn 12 mis oed, profodd Mandy Giblin gamdriniaeth, rhagfarn a gwahaniaethu yn ei herbyn, a doedd hi erioed wedi teimlo'i bod yn ffitio i unman. Gadawodd yr ysgol heb unrhyw gymwysterau a heb fawr o ffydd yn y system Addysg na'i gwerth yn ei bywyd. Yn 1987 fe gafodd Mandy ei chadw dan y Ddeddf Iechyd Meddwl, a dyna pryd y penderfynodd roi cynnig ar newid ei bywyd.

'Ar ôl cael llawer o help fe roddais y gorau i gymryd meddyginiaeth,' meddai Mandy. 'Dechreuais deimlo'n hapusach a meddwl efallai bod gen i hawl i gael bywyd normal. Dyma fi'n cyfarfod dyn, mi gawson ni ferch fach hyfryd ac roedden ni'n gwneud cynlluniau i briodi. Roeddwn i'n teimlo mai fi oedd y person hapusaf ar y ddaear. Ond wnaeth hynny ddim para.' Yn drychinebus, fe laddodd partner Mandy fenyw ifanc cyn lladd ei hun yn y carchar. 'Doedd gan fywyd ddim apêl i mi wedi hynny,' meddai Mandy. 'Y cyfan oeddwn i eisiau oedd marw.' Am yr ychydig flynyddoedd nesaf roedd Mandy'n cyfeirio'r dicter a'r rhwystredigaeth tuag ati ei hunan, nes iddi gael cynnig dechreuad newydd yn 1997 mewn cartref gofal iechyd meddwl yn Ninbych.

'Dyna'r peth gorau wnes i erioed,' meddai Mandy. 'Fe fedrais i roi fy mywyd yn ôl wrth ei gilydd a dechreuais ddarganfod pam fod y pethau ofnadwy yma wedi digwydd i mi. Dechreuais ennill hyder a gwneud ffrindiau newydd. Es ati i wneud cyrsiau gyda'r Brifysgol Agored a chefais fy ngradd yn 2006'



Ers hynny, mae Mandy wedi parhau i gwblhau nifer o gyrsiau yng Ngholeg Llandrillo, Dinbych ac mae ei bywyd wedi newid yn llwyr.

'Fe wnes gyfarfod â fy mam, nad oeddwn wedi'i gweld am fwy nag ugain mlynedd. R'on i'n meddwl nad oedd yn fy ngharu ac mai dyna pam roedd wedi fy rhoi mewn gofal. Fodd bynnag, fe wnaeth esbonio'r hyn oedd wedi digwydd go iawn ac fe wnes ddechrau ddeall mwy am fy magwraeth, sy'n eithaf trist a dweud y gwir.

Dwi hefyd mewn cyswllt gyda fy merch, sy'n 20 eleni. Dwi'n ei ffonio hi bob wythnos ac mae'n dod draw am dridiau ym mis Ebrill, yn union cyn ei phen-blwydd. Dwi'n edrych ymlaen yn fawr at gwrdd â hi.

Dwi ar ben fy nigon a hoffwn ddweud diolch yn fawr i'r tiwtoriaid am eu cefnogaeth i wneud i hyn ddigwydd. Fe welson nhw bethau da ynof a finnau yn fy hunan. Y cyfan sydd ei angen yw ffydd yn eich hunan a'r rhai o'ch cwmpas. Felly, ewch i'r coleg, gwneud ffrindiau newydd a bod y person rydych eisiau bod gan mod i wedi bod yna a'i wneud ef, a fyddwn i ddim eisiau iddi fod yn ddim gwahanol.'

Amgueddfa Syr Henry Jones, Y Cwm,
Llangernyw, Abergele

Ddoe a Heddiw

15 Mai 2010 **11:00 AM – 1:00 PM**

Dysgwch am y ffordd draddodiadol o fyw a sut mae'n dal i fod yn berthnasol heddiw. Gwersi garddio a gweithgareddau hanes byw, yn cynnwys stori ein gardd fwthyn trefnadaeth. Cysylltwch â'r Amgueddfa i gael mwy o wybodaeth.

Cyswllt: Derbynfa 01745 860630
syrenryjones@hotmail.com

Coleg Llandrillo yn Glasdir, Llanrwst
Plas yn Dre, Ffordd yr Orsaf, Llanrwst

Cyrsiau blasu

17 a 18 Mai 2010

Amrywiaeth o sesiynau blasu AM DDIM mewn cyfrifiadureg. Cysylltwch â'r Coleg i gael gwybodaeth bellach ac i archebu lle.

Cyswllt: Catrin Gwyn Davies-Williams
01492 546666 est 723 neu 01745 812812
llanrwstadmissions@llandrillo.ac.uk

Glasdir – Canolfan Datblygu Gwledig Conwy
Cyf, Plas yn Dre, Llanrwst

Hyrwyddo Gweithio Cynhwysol – Hyfforddiant Ymwybyddiaeth o'r Byddar

17 Mai 2010 **9:30 AM – 12:30 PM**

Cyflwyniad delfrydol i wirfoddolwyr ac arweinwyr grwpiau gwirfoddol. Cysylltwch â CVSC i gael gwybodaeth bellach ac archebu eich lle.

Cyswllt: Jan Smith 01492 534091
mail@cvsc.org.uk

Glasdir – Canolfan Datblygu Gwledig Conwy
Cyf, Plas yn Dre, Llanrwst

Sesiwn Galw Heibio Gwybodaeth ar Weithio Cynhwysol a Rhwydweithio

17 Mai 2010 **12:30 PM – 2:30 PM**

Gwybodaeth a chyngor AM DDIM gan amrywiaeth o sefydliadau cymorth lleol a darparwyr hyfforddiant. I gael gwybodaeth bellach ac archebu cinio os ydych ei eisiau (pris £3) cysylltwch â CVSC.

Cyswllt: Jan Smith 01492 534091
mail@cvsc.org.uk

Glasdir – Canolfan Datblygu Gwledig Conwy
Cyf, Plas yn Dre, Llanrwst

Hyrwyddo Gweithio Cynhwysol – Hyfforddiant Ymwybyddiaeth o Nam ar y Golwg

17 Mai 2010 **9:30 AM – 12:30 PM**

Cyflwyniad delfrydol i wirfoddolwyr ac arweinwyr grwpiau gwirfoddol. Cysylltwch â CVSC i gael gwybodaeth bellach ac archebu lle.

Cyswllt: Jan Smith 01492 534091

Coleg Llandrillo Abergele, Rhodfa Faenol,
Abergele

Dewch i syrffio (y rhyngwyd)

17 Mai 2010 **9:30 AM – 11:30 AM**

Ymunwch â ni am sesiwn flasu fer ar syffio'r rhyngwyd a chlywed am gyfleoedd dysgu pellach.

Cyswllt: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Coleg Llandrillo Abergele, Rhodfa Faenol,
Abergele

Cyhoeddi Creadigol (Bwrdd Gwaith)

17 Mai 2010 **11:30 AM – 1:30 PM**

Dewch i ganfod sut i ddefnyddio cyhoeddi bwrdd gwaith i greu dogfennau disglair a ffeiliau ffantastig!

Cyswllt: Elizabeth Beardsell 01745 828100
e.beardsell@llandri.o.ac.uk

Coleg Llandrillo Abergele, Rhodfa Faenol,
Abergele

Defnyddio cyfrifiadur ar gyfer prosesu geiriau

17 Mai 2010 **1:45 PM – 3:45 PM**

Dysgu sut i gynhyrchu dogfennau proffesiynol gyda graen.

Cyswllt: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Canolfan Siopa Bayview, Bae Colwyn

Caru eich Llyfrgell!

18 Mai 2010 **10:00 AM – 4:00 PM**

Dewch i glywed yr hyn sydd gan eich llyfrgell leol i'w gynnig, canfod gwybodaeth, siarad gyda staff a chael pethau am ddim.

Cyswllt: Elen Haf Jones 01492 577510
elen.jones@conwy.gov.uk

Llyfrgell Conwy, Stryd y Castell, Conwy

Blas ar Siopa Rhyngrwyd

18 Mai 2010 **2:00 PM – 4:00 PM**

Y byd ar-lein yw'r ganolfan siopa fwyaf y medrech ddychmygu. Dim mwy o ymladd gyda'r tyrfaoedd, aros mewn rhes i dalu, mynd allan ym mhob tywydd! Rhaid archebu ymlaen llaw.

Cyswllt: Llyfrgell Conwy 01495 596242
elen.jones@conwy.gov.uk

Llyfrgell Bae Colwyn, Woodland Road West,
Bae Colwyn

Blas ar Hel Achau

18 Mai 2010 **2:00 PM – 2:30 PM**

Pwy oedd eich hynafiaid? Mae'r wybodaeth ar gael yn eich llyfrgell leol! Mynediad am ddim i adnoddau ar-lein i'ch helpu ymchwilio hanes eich teulu. Chwiliwch gofnodion hanesyddol allweddol o fynegeion bedyddiadau, priodasau a marwolaethau i gofnodion y Cyfrifiad. Rhaid archebu ymlaen llaw.

Cyswllt: Llyfrgell Bae Colwyn 01492 577510
elen.jones@conwy.gov.uk

Clybiau Plant Cymru, 19 Princes Drive, Bae Colwyn

Parth Diwylliant

18 Mai 2010 **6:30 PM – 8:30 PM**

Mae'r gweithdy yn rhoi syniadau ymarferol, gweithgareddau chwarae a deunyddiau i ymchwilio'r amgylchedd, dysgu am wahanol ddiwylliannau, ennyn diddordeb plant hŷn a chwarae mwy cynhwysol. Pecyn adnoddau am ddim ar gael fel rhan o'r gweithdy.

Cyswllt: Tracey Bargh 01492 536318
traceyb@clybiauplant.cymru.cok

Canolfan Data CAIS, Cwrt Raymond, Princes Drive, Bae Colwyn

Camdefnyddio Sylweddau

28 Mai 2010 **10:00 AM – 12:00 PM**

Cyflwyniad i Radd Sylfaen Prifysgol sy'n codi cwr y llen ar y gwahanol fathau o sylweddau y mae pobl yn eu defnyddio a'u camdefnyddio. Archebwch le ymlaen llaw.

Cyswllt: Shan Rees Roberts 01248 382476
ems209@bangor.ac.uk

Canolfan Addysg Awyr Agored Nant Bwlch yr Haearn, Llanrwst

Canwïo

19 Mai 2010 **9:30 AM – 12:30 PM**

Sesiwn flasu hanner-diwrnod mewn Canwïo (dim mwy na 10 ym mhob grŵp). Rhaid archebu lle ymlaen llaw.

Cyswllt: Richard Hughes 07733 012997
richard.hughes@conwy.gov.uk

Canolfan Addysg Awyr Agored Nant Bwlch yr Haearn, Llanrwst

Cerdded Ceunentydd

19 Mai 2010 **1:00 PM – 4:00 PM**

Sesiwn flasu hanner diwrnod mewn cerdded ceunentydd (dim mwy na 10 ym mhob grŵp). Rhaid archebu lle ymlaen llaw.

Cyswllt: Richard Hughes 07733 012997
richard.hughes@conwy.gov.uk

Tŷ Elisabethaidd Plas Mawr, Stryd Fawr

Gŵyl Addysg Cadw Plas Mawr

19 Mai 2010 **10:30 AM – 4:00 PM**

Celf, crefft, sgiliau traddodiadol a hanes byw. Cyfle i gwrdd â Robert Wynn, gweld plastrwyr adfer medrus wrth eu gwaith, teithiau sain, dysgu am hanes y tŷ. Mynediad AM DDIM i drigolion CBS Conwy sy'n dangos tystiolaeth o'u cyfeiriad.

Cyswllt: David Jones 01443 336087
david.jones5@wales.gsi.gov.uk

Clybiau Plant Cymru, 2il Lawr, 19 Princess Drive, Bae Colwyn

Ffocws ar Fwyd

19 Mai 2010 **6:30 PM – 8:30 PM**

Gweithdy ar gyfer rhai sy'n gweithio gyda phlant ac a hoffai wybod mwy am hyrwyddo bwyta'n iach a negeseuon cadarnhaol am fwyd.

Cyswllt: Tracey Bargh 01492 536318
traceyb@clybiauplantcymru.org

Canolfan Data CAIS, Cwrt Raymond, Princes Drive, Bae Colwyn

Ymchwilio Anghenion Cyn Aelodau'r Lluoedd Arfog

19 Mai 2010 **10:00 AM – 12:00 PM**

Ymchwilio anghenion cyn aelodau'r lluoedd arfog a'r materion a wynebant, yn cynnwys camddefnyddio sylweddau ac effeithiau Anhwylder Straen Ôl-drawmatig. Angen archebu ymlaen llaw.

Cyswllt: Shan Rees Roberts 01248 382476
shan@bangor.ac.uk

Coleg Llandrillo Abergele, Rhodfa Faenol, Abergele

Egluro cadw llyfrau

19 Mai 2010 **9:30 AM-11:30 AM**

Ofn ffigurau? Trowch eich ofn yn hwyll! Dysgwch am sylfeini cadw llyfrau a chyfrifon.

Cyswllt: Elizabeth Beardsell 01745 828100
e.beardsell@llandrillo.ac.uk

Hyfforddiant Gogledd Cymru Cyf, Tŷ Dewi Sant, Parc Busnes Mochdre, Mochdre, Bae Colwyn

Bwyta'n Iach a Dewis Ffordd o Fyw

20 Mai 2010 **10:00 AM – 3:00 PM**

Diwrnod bwyta'n iach a dewis ffordd o fyw i staff a dysgwyr seiliedig mewn gwaith. Sesiynau ystafell ddosbarth gyda gwybodaeth am faeth, bwydydd rhwydd ac iach eu gwneud a'u bwyta, a mynediad i weithgaredd ffitrwydd yn y Ganolfan Hamdden.

Cyswllt: Pam Evans 01492 543431
evans.pam@nwtraining.co.uk

Llyfrgell Bae Colwyn, Woodland Road West, Bae Colwyn

Blas ar Siopa Rhyngrwyd

20 Mai 2010 **10:00 AM – 12:00 PM**

Y byd ar-lein yw'r ganolfan siopa fwyaf y medrech ddychmygu. Dim mwy o ymladd gyda'r tyrfaoedd, aros mewn rhes i dalu, mynd allan ym mhob tywydd! Rhaid archebu ymlaen llaw.

Cyswllt: Llyfrgell Bae Colwyn 01492 577510
elen.jones@conwy.gov.uk

Llyfrgell Abergele, Stryd y Farchnad, Abergele

Blas ar Siopa Rhyngrwyd

21 Mai 2010 **10:00 AM – 12:00 PM**

Y byd ar-lein yw'r ganolfan siopa fwyaf y medrech ddychmygu. Dim mwy o ymladd gyda'r tyrfaoedd, aros mewn rhes i dalu, mynd allan ym mhob tywydd! Rhaid archebu ymlaen llaw.

Cyswllt: Llyfrgell Abergele 01495 596242
elen.jones@conwy.gov.uk

Neuadd Hendre, Canolfan Hendre, Lon Aber, Tal-y-bont, Bangor

Eisteddfod y Dysgwyr

21 Mai 2010 **7:30 PM – 10:30 AM**

Cyflwyniad anffurfiol a hwyliog i'r Eisteddfod ar gyfer dysgwyr yn Ynys Môn, Gwynedd a Chonwy. Gofynnwch i'ch tiwtor am fanylion sut i gymryd rhan.

Cyswllt: Siwan Hywel 01248 388248
siwan.hywel@bangor.ac.uk

Amgueddfa Syr Henry Jones, Y Cwm, Llangernyw, Abergele

Ddoe a Heddiw

22 Mai 2010 **10:30 AM – 3:30 PM**

Dysgwch am y ffordd draddodiadol o fyw a sut mae'n dal i fod yn berthnasol heddiw. Gweithdai adrodd stori gyda'r storiwraig broffesiynol, Cath Aran.

Cyswllt: Derbynfa 01745 860630
syrenhryjones@hotmail.com