Cymru Bywiog Active Wales

Ymddeol o waith - nid o fywyd
Retired from work - not from life

Update

Newsletter of Wales' Oldest Organisation for Retired People Issue No. 6 April 2015

Getting our voice heard

As we all know, there is a general election next month on the 7th of May. The political parties have been campaigning for some time now. You may be approached by some of these candidates asking for your vote. It would be natural for you to ask them what they intend to do for you in return for your vote.

Our friends at the Pensioners' Forum Wales have produced their usual Pensioners' Manifesto for this election. This would be very useful for deciding what questions you could ask election candidates. A copy of the Manifesto is enclosed if this newsletter was posted to you. If you get the newsletter by email then please contact us to arrange to get a copy.

Many political columnists and even some politicians have been claiming that older people are being given or promised all sorts of bribes by the main political parties. It seems that we are getting these bribes because most of us have the sneaky, devious, underhand and downright unfair habit of actually voting in elections. The people making these claims are not stupid and know perfectly well that there couldn't be any suggestion of bribery if younger people got off their backsides and went out to vote in greater numbers. It seems to be just a nasty attempt to turn younger people against older people.

Anyway, if these silly claims are true, then voting works! So make sure you use your vote and set an example to those younger people who don't bother.

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Branch Activity

Cwmaman Branch

80 members of the Branch attended the Easter Bonnet Parade held at the local Social Club. A wonderful show of bonnets was on display and it was very difficult for the Judges to pick a winner.

However, after a long deliberation the prizes for the best Bonnet were awarded as follows:-

1st Prize	Mrs Mair Williams
2nd Prize	Mrs Dianne Jones
3rd Prize	Mrs Joyce Griffiths

Members were delighted with the first class buffet provided and a great time was had by all.

Cwmdare Branch

The branch continues to offer its members a selection of speakers on different subjects and it was pleasing therefore to have Rhondda Cynon Taf Library Services at their last meeting.

The Library staff informed members of the services available to 'housebound' members of the public. One service offered to pick up members and take them to the library and then home again. This was felt to be a very valuable service and also gave members the opportunity of meeting up with like-minded people.

Other branches may wish to enquire whether the service is available in their area.

Help for Branches

Active Wales has produced some A4 posters and A5 leaflets to help branches recruit new members in their area. They can be placed in community centres, shops, libraries and so on to let people know about Active Wales and how to contact the branch. They have been tried out by some branches and seem to be useful. Samples are enclosed with this newsletter. If you would like more for your branch to use, just let us know using the contact details below.

We sometimes find that branches have a problem replacing one of their officers when that person resigns. There are usually branch members who could easily do the job but lack confidence. They could get this confidence with a bit of training. Every part of Wales has a group representing voluntary organisations in the area, like Interlink and the Gwent Association of Voluntary Organisations (GAVO). They often run free courses on how to be a Chair, Secretary or Treasurer. It is worth contacting them to see when they next offer training.

Don't forget to order your Rally Tickets at £2.50 each and Annual Draw Books at £1 each.

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Y Diweddaraf

Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymddeol Rhifyn 6 Ebrill 2015

Sicrhau bod eich llais yn cael ei glywed

Rydym ni gyd yn ymwybodol y cynhelir etholiad cyffredinol y mis nesaf, ar 7 Mai. Mae'r pleidiau gwleidyddol wedi bod yn ymgyrchu ers cryn amser bellach. Efallai y bydd rhai o'r ymgeiswyr hyn yn cysylltu â chi yn gofyn am eich pleidlais. Byddai'n naturiol i chi ofyn iddyn nhw beth maen nhw'n bwriadu ei wneud ar eich cyfer chi yn gyfnewid am eich pleidlais.

Mae ein cyfeillion yn Fforwm Pensiynwyr Cymru wedi llunio eu Maniffesto Pensiynwyr arferol ar gyfer yr etholiad hwn. Byddai hwn yn ddefnyddiol iawn ar gyfer penderfynu pa gwestiynau y gallech eu gofyn i ymgeiswyr yr etholiad. Mae copi o'r maniffesto'n amgaeedig, os daeth y cylchlythyr hwn yn y post i chi. Os ydych chi'n derbyn y cylchlythyr mewn neges e-bost, cysylltwch â ni i gael copi o'r maniffesto.

Mae nifer o golofnwyr gwleidyddol a hyd yn oed rhai gwleidyddion wedi bod yn honni bod pobl hŷn wedi bod yn cael, neu'n cael addewid o bob math o lwgrwobrwyon, gan y prif bleidiau gwleidyddol. Ymddengys ein bod ni'n cael y llwgrwobrwyon hyn gan fod gan y rhan fwyaf ohonom yr arfer slei, cyfrwys, twyllodrus a hollol annheg o bleidleisio mewn etholiadau. Nid yw'r bobl sy'n gwneud yr honiadau hyn yn dwp ac maen nhw'n gwybod yn iawn na allai fod unrhyw awgrym o lwgrwobrwyo petai llawer o bobl iau yn mynd i bleidleisio. Ymddengys ei fod yn ymgais annymunol i droi pobl iau yn erbyn pobl hŷn.

Fodd bynnag, os yw'r honiadau hyn yn wir, yna mae pleidleisio'n gweithio! Felly gwnewch yn siŵr eich bod chi'n defnyddio eich pleidlais chi a gosod esiampl dda i'r bobl iau hynny sydd ddim yn trafferthu.

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Gweithgarwch Canghennau

Cangen Cwmaman

Mynychodd 80 o aelodau'r gangen Orymdaith Bonedi'r Pasg a gynhaliwyd yn y Clwb Cymdeithasol lleol. Arddangoswyd sioe hyfryd o fonedi, ac roedd yn anodd iawn i'r beirniaid ddewis enillydd.

Fodd bynnag, ar ôl trafodaeth hir, dyfarnwyd y gwobrau ar gyfer y foned orau fel a ganlyn:

Gwobr gyntaf	Mrs Mair Williams
Ail wobr	Mrs Dianne Jones
Trydedd wobr	Mrs Joyce Griffiths

Roedd yr aelodau wedi'u plesio â'r bwffe ardderchog a ddarparwyd ac fe wnaeth pawb fwynhau'n fawr.

Cangen Cwmdâr

Mae'r gangen yn parhau i gynnig detholiad o siaradwyr ar bynciau gwahanol i'w haelodau, ac felly roedd yn bleser cael Gwasanaeth Llyfrgelloedd Rhondda Cynon Taf yn bresennol yn y cyfarfod diwethaf.

Dywedodd staff y llyfrgelloedd wrth yr aelodau am y gwasanaethau sydd ar gael i aelodau o'r cyhoedd sy'n 'gaeth i'w cartrefi'. Roedd un gwasanaeth yn cynnig casglu aelodau a mynd â nhw i'r llyfrgell, ac yn ôl adref eto. Roeddent o'r farn bod hwn yn wasanaeth gwerthfawr iawn a'i fod hefyd yn rhoi cyfle i aelodau gyfarfod â phobl o'r un meddylfryd.

Efallai yr hoffai canghennau eraill holi a yw'r gwasanaeth ar gael yn eu hardal nhw.

Help i Ganghennau

Mae Cymru Bywiog wedi cynhyrchu rhai posteri A4 a thaflenni A5 i helpu canghennau i recriwtio aelodau newydd yn eu hardal. Gellir eu rhoi mewn canolfannau cymunedol, siopau, llyfrgelloedd ac ati, i roi gwybod i bobl am Cymru Bywiog a sut i gysylltu â'r gangen. Mae rhai canghennau wedi rhoi cynnig ar hyn, ac ymddengys ei fod yn ddefnyddiol. Mae samplau wedi cael eu cynnwys gyda'r cylchlythyr hwn. Os hoffech gael mwy ar gyfer eich cangen, rhowch wybod i ni trwy ddefnyddio'r manylion cyswllt isod.

Weithiau, mae canghennau'n ei chael hi'n anodd penodi swyddog newydd pan mae rhywun yn ymddeol. Fel arfer, mae aelodau o'r gangen a allai gyflawni'r gwaith yn hawdd, ond mae ganddynt ddiffyg hyder. Gallent feithrin eu hyder gydag ychydig o hyfforddiant. Ym mhob rhan o Gymru, mae grŵp yn cynrychioli sefydliadau gwirfoddol yn yr ardal, fel Interlink a Chymdeithas Mudiadau Gwirfoddol Gwent. Yn aml, maent yn cynnal cyrsiau rhad ac am ddim ar sut i fod yn gadeirydd, ysgrifennydd neu drysorydd. Mae'n werth cysylltu â nhw i weld pryd fyddant yn cynnal yr hyfforddiant nesaf.

Cofiwch archebu eich tocynnau ar gyfer y Rali am £2.50 yr un, a'r llyfrau raffl blynyddol am £1 yr un.

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