

# Update

Ymdeol o Waith - nid o Fwyd

Retired from Work - not from Life

CYMRU  
BYWIOG

ACTIVE  
WALES

Newsletter of Wales' Oldest Organisation for Retired People Issue No. 4 February 2015

## Getting Funded

Are you looking for small grants to help your branch? This could be for improvements to your building/equipment or just some money for an event or trip.



These are some suggestions where you could look for funding:

- \*Asda \*Tesco \*Sainsbury \*Coop  
*\*visit your local store ask for customer services and their community co-ordinator*
- Welsh Church Act Fund. – *Look on the website for your Local Authority*
- Community Councils – some Local Authorities have Community Councils and they do give out small pots of money
- CISWO – Coal Industry Social Welfare Organisation <http://ciswo.org/>
- Awards for All Lottery Grant - [www.biglotteryfund.org.uk/](http://www.biglotteryfund.org.uk/)

Some examples of more local funds. You should find similar sources in your own area.

- Tower Colliery – Community Fund  
<http://www.towerfund.co.uk/>
- Maerdy Wind Fund  
[www.maerdywindfund.co.uk](http://www.maerdywindfund.co.uk)
- Treorchy Wind Fund  
[www.treorchywindfund.co.uk/](http://www.treorchywindfund.co.uk/)
- Rhondda Calendar Fund – *(this fund is usually only available once a year but contact the Rhondda Labour Group Office 01443 685261 and ask for details)*
- Rotary Clubs – There should be one in most areas these are a few examples.
  1. Aberdare Rotary – this is a community raffle that they do twice a year  
[www.communityraffle.co.uk/cynonvalley/rotaryclubofaberdare.htm](http://www.communityraffle.co.uk/cynonvalley/rotaryclubofaberdare.htm)
  2. Rhondda Rotary – email: [fletcher-r5@sky.com](mailto:fletcher-r5@sky.com)

## Keeping Active in the Branches

Please send in your reports of what you get up to in your Branch. You might think that you don't do interesting things but other people will probably disagree! Examples:

### Seven Sisters Branch



Branch members keeping active with Moving to Music. They have had two sessions of six weeks. Every one enjoyed this so much that they are

looking forward to more in 2015.

The Branch likes to promote intergenerational activities for the benefit of both older and younger people. They invited the local Welsh-medium and English-medium primary schools to their Christmas party to sing and entertain the members. It went so well that they are going to ask them back for St David's day.

### Darran Valley Branch



Branch members were pleased to receive a colourful Certificate of Appreciation as a receipt for their annual donation to Children in Need. They raise the money each year by putting any small change they have into a jar at each meeting. It soon adds up!

Members recently had a visit from two staff from the local Libraries Service. Apart from promoting the Library facilities, they arranged a Fun Quiz to test members' knowledge of well-known books. Some knew more than others! After this, members got down to the serious business of Bingo.

## National Executive Meetings Active Wales 2015

All meetings are held on Tuesdays in St Mair's Centre, Seymour Street, Aberdare. Meetings start at 10.30am. Any Branch member is welcome to attend as an observer. All we ask is that you let us know that you are coming. We will then make sure that you know how to get there.

**Dates:** 3<sup>rd</sup> February    7<sup>th</sup> April    5<sup>th</sup> May    7<sup>th</sup> July

8<sup>th</sup> September (Annual Draw takes place at the same meeting)    3<sup>rd</sup> November

# Y Diweddaraf

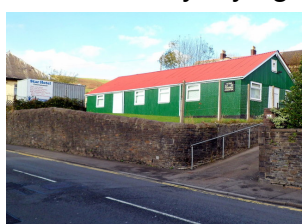
Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymdddeol

Rhifyn 4

Chwefror 2015

## Cael Cyllid

Ydych chi'n chwilio am grantiau bach i helpu eich cangen chi? Gallent fod ar gyfer gwelliannau i'ch adeilad/offer neu ychydig o arian ar gyfer digwyddiad neu daith.



Dyma rai awgrymiadau o leoedd lle gallech geisio cyllid:

- \*Asda \*Tesco \*Sainsbury \*Co-op  
*\*ewch i'ch siop leol a gofynnwch am y gwasanaethau cwsmeriaid a'u cydlynnydd cymunedol.*
- Cronfa'r Degwm – *Ewch i wefan eich awdurdod lleol.*
- Cyngorau cymuned – mae gan rai awdurdodau lleol gynghorau cymuned, ac maen nhw'n rhoi ychydig o arian.
- CISWO – Sefydliad Lles Cymdeithasol y Diwydiant Glo <http://ciswo.org/>
- Grant Loteri Arian i Bawb – [www.biglotteryfund.org.uk/](http://www.biglotteryfund.org.uk/)

Dyma enghreifftiau o gronfeydd mwy lleol. Dylech ddod o hyd i ffynonellau tebyg yn eich ardal eich hun.

- Pwll Glo'r Tower – Cronfa Gymunedol  
<http://www.towerfund.co.uk/>
- Cronfa Wynt Maerdy  
[www.maerdywindfund.co.uk](http://www.maerdywindfund.co.uk)
- Cronfa Wynt Treorci  
[www.treorchywindfund.co.uk/](http://www.treorchywindfund.co.uk/)
- Cronfa Rhondda Calendar – *(fel arfer, unwaith y flwyddyn yn unig y mae'r gronfa hon ar gael, ond cysylltwch â Swyddfa Grŵp Llafur Rhondda ar 01443 685261 i gael manylion)*
- Clybiau Rotari – Dylai fod clwb yn y rhan fwyaf o ardaloedd. Dyma rai enghreifftiau.
  1. Rotari Aberdâr – Mae hon yn raffl gymunedol a gynhelir ddwywaith y flwyddyn  
[www.communityraffle.co.uk/cynonvalley/rotaryclubofaberdare.htm](http://www.communityraffle.co.uk/cynonvalley/rotaryclubofaberdare.htm)
  2. Rotari Rhondda – e-bost: [fletcher-r5@sky.com](mailto:fletcher-r5@sky.com)

## Cadw'n Weithgar yn y Canghennau

Anfonwch eich adroddiadau atom am beth rydych chi'n ei wneud yn eich cangen. Efallai eich bod chi o'r farn nad ydych chi'n gwneud pethau diddorol, ond bydd pobl eraill fwy na thebyg yn anghytuno! Enghreifftiau:

### Cangen Seven Sisters

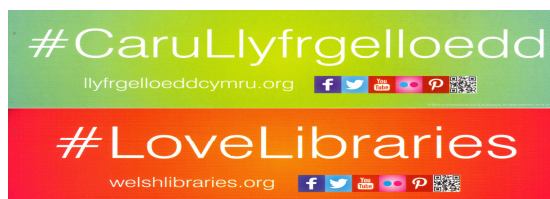


Mae aelodau'r gangen yn cadw'n fywiog trwy Symud i Gerddoriaeth. Maen nhw wedi bod yn dwy sesiwn o chwe wythnos. Fe wnaeth pawb

fwynhau hyn cymaint, maen nhw'n edrych ymlaen at fwy yn 2015.

Mae'r gangen yn hoffi hyrwyddo gweithgareddau pontio'r cenhedloedd er budd pobl hŷn a phobl iau. Fe wnaethon nhw wahodd yr ysgolion cynradd cyfrwng Cymraeg a chyfrwng Saesneg lleol i'w parti Nadolig, i ganu a difyrru aelodau. Mae'r gangen yn hoffi Roedd yn gymaint o lwyddiant, maen nhw'n mynd i'w gwahodd nhw yn ôl ar gyfer Dydd Gŵyl Dewi.

### Cangen Darran Valley



Roedd aelodau'r gangen yn falch o dderbyn Tystysgrif Gwerthfawrogiad lliwgar fel derbynneb ar gyfer eu rhodd flynyddol i Blant mewn Angen. Maen nhw'n codi arian bob blwyddyn trwy roi unrhyw newid mân sydd ganddyn nhw mewn jar ym mhob cyfarfod. Mae'n cynyddu'n gyflym!

Yn ddiweddar, fe wnaeth dau aelod o staff y Gwasanaeth Llyfrgell lleol ymweld â'r aelodau. Yn ogystal â hyrwyddo cyfleusterau'r Llyfrgell, fe wnaethon nhw drefnu cwis hwyliog i brofi gwybodaeth yr aelodau am lyfrau adnabyddus. Roedd rhai yn gwybod mwy nag eraill! Ar ôl hyn, bu'r aelodau'n chwarae bingo.

## Cyfarfodydd Gweithredol Cenedlaethol Cymru Egnïol 2015

Cynhelir pob cyfarfod ar ddydd Mawrth yng Nghanolfan y Santes Fair, Seymour Street, Aberdâr. Mae'r cyfarfodydd yn dechrau am 10.30am. Mae croeso i unrhyw aelod o'r gangen fynychu fel gwyliwr. Y cyfan y gofynnan yw i chi roi gwybod i ni eich bod chi'n dod. Gallwn wedyn wneud yn siŵr eich bod chi'n gwybod sut i gyrraedd y lle.

**Dyddiadau:** 3 Chwefror 7 Ebrill 5 Mai 7 Gorffennaf  
8 Medi (cynhelir y raffl flynyddol yn yr un cyfarfod) 3 Tachwedd

Cyhoeddir gan Cymru Bywiog  
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