Ymddeol o Waith - nid o Fywyd

Retired from Work - not from Life

CYMRU BYWIOG

ACTIVE WALES

Update

Newsletter of Wales' Oldest Organisation for Retired People   Issue No. 3   January 2015

Getting Active

Together we can help each other to live happier lives.

One of the main aims of our organisation is to provide opportunities for all retired people to stay active. For some, staying active may just mean going along to one of our Branches for tea, biscuits and a game of bingo. Others will go for Branch activities like trips, guest speakers and parties. Some at least will want to be active in running the Branch as Officers. Last but not least, our Branches provide opportunities for "networking". Members can find out from others about more social activities in their area as well as volunteering opportunities which might suit them.

Having this aim is all very well but it does depend upon having an Active Wales Branch in the local community. Many Branches are thriving and providing an important service in their communities. Some are doing so well that they have a waiting list for new members!

Some of our Branches are not doing so well as they lose members who are not replaced. Any Branch in this position should get in touch with Active Wales. We might be able to help with a publicity and recruitment event in your area. We may even consider financial help following consultation with our National Executive. Their decision would naturally be final. **Contact details below.**

We have a bigger problem in communities where there is no Branch of Active Wales. Members may know of retired people who would like to start a new Branch or bring an old one back to life. Put them in touch with Active Wales and we will do everything we can to help them get started. **Contact details below.**

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Y Diweddaraf

Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymddeol Rhifyn 3 Ionawr 2015

Bod yn Egnïol

Gyda'n gilydd, gallwn helpu'n gilydd i fyw bywydau hapusach.

Un o brif nodau ein sefydliad yw darparu cyfleoedd i bobl sydd wedi ymddeol i gadw'n egnïol. I rai, gall cadw'n egnïol olygu mynd i un o'n canghennau i gael te, bisgedi a gêm o bingo. Bydd rhai eraill yn cymryd rhan mewn gweithgareddau cangen, fel mynd ar deithiau, gwrando ar siaradwyr gwadd a mynd i bartïon. Bydd rhai eisiau bod yn weithgar o ran rhedeg y gangen, fel swyddogion. Ac, yn olaf, mae ein canghennau'n cynnig cyfleoedd i "rwydweithio". Gall aelodau ddarganfod mwy am weithgareddau mwy cymdeithasol yn eu hardal oddi wrth bobl eraill, yn ogystal â chyfleoedd gwirfoddoli a all fod yn addas iddyn nhw.

Mae'n dda cael y nod hwn, ond mae'n dibynnu ar gael Cangen Cymru Egnïol yn y gymuned leol. Mae nifer o ganghennau'n ffynnu ac yn darparu gwasanaeth pwysig yn eu cymunedau. Mae rhai yn gwneud cystal, mae ganddyn nhw restr aros ar gyfer aelodau newydd!

Nid yw rhai o'n canghennau'n gwneud cystal gan eu bod nhw'n colli aelodau ac nid ydynt yn cael rhai newydd yn eu lle.
Dylai unrhyw gangen yn y sefyllfa hon gysylltu â Cymru Egnïol. Efallai y byddwn ni'n gallu helpu gyda digwyddiad recriwtio a chyhoeddusrwydd yn eich ardal. Efallai y byddem yn ystyried help ariannol hyd yn oed, yn dilyn ymgynghoriad gyda'n Gweithrediaeth Genedlaethol. Byddai eu penderfyniad nhw'n derfynol, yn naturiol. **Ceir manylion cyswllt isod.**

Mae gennym ni broblem fwy mewn cymunedau lle nad oes cangen Cymru Egnïol. Efallai bod aelodau'n gwybod am bobl sydd wedi ymddeol a hoffai ddechrau cangen newydd neu ailddechrau hen un. Dylent gysylltu â Cymru Egnïol a byddwn yn gwneud popeth y gallwn ni i'w helpu nhw i ddechrau arni. **Ceir manylion cyswllt isod.**

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