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. 14 January 2016

Happy New Year to all Members and Friends

Let's all wish for a healthy and active 2016

Active up North

Last August, our Chair John Davies and General Secretary Lynda Corre, travelled up to North Wales to start to spread the message of Active Wales. They met with Sandra Jones who is the Older People's Strategy Co-ordinator for Denbighshire.

In November Lynda attended a meeting held in Nant y Mor in Prestatyn where local retired people were invited to attend to hear Lynda speak.

Lynda (second from left) is shown here with three of the people who attended the meeting.

People were interested to hear about Active Wales and the work of the organisation. They had never heard of Active Wales and appreciated the fact that Lynda had travelled up to talk about our aims and activities.

After the talk, questions were asked about how to start an Active Wales group, how it was financed, what support Active Wales could give and so on.

Lynda thought that her trip was worthwhile in generating interest. Hopefully, this would be the start of a campaign to engage with retired people in all parts of Wales. Watch this space for further developments.

Branch Activity

Pontardawe Branch - A very Active year

The Branch members have embarked on a series of cultural trips. The trips are financed by a grant of £3200 from Awards for All Wales. Two trips have taken place already with plenty more to come. Message to other Branches – if you don't ask, you don't get.

The local comprehensive school invited 110 retired people to their annual Christmas lunch. Entertainment was provided as well as food and the event was very much enjoyed by people who attended.
Pupils at the school also put on a production of Bugsy Malone during December. They proved to be a very talented lot.
The Modern Languages department at the school held a Coffee Morning in conjunction with the Macmillan Charity. The event was European in theme with servings of croissants, pate and home-made cakes brought in by staff. A raffle was held which raised £115 for Macmillan Cancer Support.

Cynon Valley Area – Christmas Celebrations

Over 100 members attended the Annual Carol Festival at Green Street Methodist Church, Aberdare. The evening organised by Mrs Delma Hill (past National Chair) was a great success with the local Colstar Group leading the evenings festival.
A great time was had by all and a collection resulted in £112 being raised in aid of Ty Hafan Welsh Childrens Hospice

Hirwaun Branch celebrating their Christmas Function provided free of charge by the proprietors of the Lamb Inn, Hirwaun. Other local business people and firms made a substantial contribution to the event. Entertainment was provided by the popular artist Black Gold. Thank you all for making us a very happy group.

Loughor Branch – On the Ball

On 3rd December a party of members from Loughor went to see "Mac and Mabel" at the Millennium Centre, Cardiff.
Michael Ball was fortunate enough to meet members Beth Purnell and Barbara Davies in the foyer and have his photograph taken with them. As we can see, he was very pleased with his lucky encounter.

Your Branch event could be here. Just send in the details.

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Y Diweddaraf

Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymddeol Rhifyn 14 Ionawr 2016

Blwyddyn Newydd Dda i'n holl Aelodau a Ffrindiau

Gadewch i ni gyd ddymuno am 2016 iach a bywiog

Yn Egnïol yn y Gogledd

Fis Awst diwethaf, teithiodd ein Cadeirydd, John Davies, a'n Hysgrifennydd Cyffredinol, Lynda Corre, i ogledd Cymru i ddechrau lledaenu'r neges am Cymru Egnïol.
Fe wnaethon nhw gyfarfod â Sandra Jones, Cydlynydd Strategaeth Pobl Hŷn Sir Ddinbych.

Ym mis Tachwedd, mynychodd Lynda gyfarfod a gynhaliwyd yn Nant y Môr ym Mhrestatyn, lle gwahoddwyd pobl leol sydd wedi ymddeol i glywed Lynda yn siarad.

Dyma Lynda (yr ail o'r chwith), gyda thri o'r bobl a fynychodd y cyfarfod.

Roedd gan bobl ddiddordeb mewn clywed am Cymru Egnïol a gwaith y sefydliad. Nid oeddent erioed wedi clywed am Cymru Egnïol ac roeddent yn gwerthfawrogi'r ffaith bod Lynda wedi teithio i fyny i siarad am ein nodau a'n gweithgareddau.

Ar ôl y sgwrs, gofynnwyd cwestiynau ynghylch sut i ddechrau grŵp Cymru Egnïol, sut caiff ei ariannu, pa gymorth y gallai Cymru Egnïol ei roi ac yn y blaen.

Roedd Lynda o'r farn bod ei thaith yn werth chweil o ran ennyn diddordeb. Gobeithio y bydd hyn yn ddechrau ymgyrch i ymgysylltu â phobl sydd wedi ymddeol ym mhob rhan o Gymru. Cadwch lygad allan am fwy o ddatblygiadau.

Gweithgarwch Canghennau

Cangen Pontardawe – Blwyddyn Egnïol iawn

Mae aelodau'r gangen wedi dechrau ar gyfres o deithiau diwylliannol. Caiff y teithiau eu hariannu gan grant gwerth £3,200 oddi wrth Arian i Bawb Cymru. Mae dwy daith eisoes wedi cael eu cynnal, ac mae llawer mwy i ddod. Neges i ganghennau eraill – os na wnewch chi ofyn, ni fyddwch yn ei gael.

Gwahoddodd yr ysgol gyfun leol 110 o bobl sydd wedi ymddeol i'w cinio Nadolig blynyddol. Darparwyd adloniant, yn ogystal â bwyd, ac fe wnaeth y bobl a fynychodd fwynhau'r digwyddiad yn fawr.
Hefyd, cyflwynodd disgyblion yr ysgol gynhyrchiad o Bugsy Malone yn ystod mis Rhagfyr. Roeddent yn grŵp dawnus iawn.
Cynhaliodd adran ieithoedd modern yr ysgol fore coffi mewn cydweithrediad â'r elusen Macmillan. Roedd gan y digwyddiad thema Ewropeaidd, a gweinwyd croissants, pate a chacennau cartref a roddwyd gan y staff. Cynhaliwyd raffl a gododd £115 i Gymorth Canser Macmillan.

Ardal Cwm Cynon – Dathliadau'r Nadolig

Mynychodd dros 100 o aelodau'r ŵyl garolau flynyddol yn Eglwys Fethodistaidd Green Street, Aberdâr. Roedd y noson, a drefnwyd gan Delma Hill (cyn-gadeirydd cenedlaethol), yn llwyddiant mawr, gyda'r grŵp lleol, Colstars, yn arwain yr ŵyl.
Fe wnaeth pawb fwynhau a chodwyd £112 mewn casgliad er budd Hosbis Plant Tŷ Hafan.

Cangen Hirwaun yn dathlu eu digwyddiad Nadolig a ddarparwyd yn rhad ac am ddim gan berchnogion y Lamb Inn, Hirwaun. Fe wnaeth pobl fusnes a chwmnïau lleol eraill wneud cyfraniad sylweddol at y digwyddiad.
Darparwyd adloniant gan yr artist poblogaidd, Black Gold. Diolch i bawb am ein gwneud ni'n grŵp hapus iawn.

Cangen Casllwchwr – Cyfarfod â Michael Ball

Ar 3 Rhagfyr, fe aeth parti o aelodau o Gasllwchwr i weld "Mac and Mabel" yng Nghanolfan y Mileniwm, Caerdydd.
Roedd Michael Ball yn ffodus iawn cael cyfarfod â'r aelodau, Beth Purnell a Barbara Davies, yn y cyntedd, a thynnu ei lun gyda nhw. Fel y gallwn weld, roedd yn falch iawn o gael cyfarfod â nhw.

Gallwch chi gynnwys hanes eich cangen chi yma. Anfonwch y manylion atom ni.