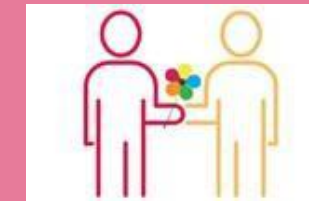


GWYL GOFALWYR ARLEIN - agored i bawb! ONLINE CARERS FESTIVAL - open to all!



10/08/2020 - 28/08/2020

MAE POB UN OHONOM YN MYND I OFALU RHYWBRYD.
AT SOME POINT EVERYONE BECOMES A CARER.

WYTHNOS 1 / WEEK 1 10/08/20 - 14/08/20

DYDD LLUN /
MONDAY
10/08

DYDD MAWRTH /
TUESDAY
11/08

DYDD MERCHER /
WEDNESDAY
12/08

DYDD IAU /
THURSDAY
13/08

DYDD GWENER /
FRIDAY
14/08

11:30AM Byw'n Iach - Tai Chi
Movements for Wellbeing
(DWYIETHOG / BILINGUAL).
Sesiwn Zoom Session.

Cofrestru / Register:
grahamathewpierce@bywn
iach.cymru

14:00PM Gwynedd
Mindfulness -
Sesiwn ZOOM Mindfulness
Session (ENGLISH).

Cofrestru / Register:
[googleform](#)

Lincs ar gael drwy'r Wyl!
Links available throughout
the festival!

Dietegywyr BIPBC -
Sesiynau blasu coginio i
ofalwyr.

BCUHB Dieticians - Cooking
taster sessions for carers.

Fideos / Videos -
<https://takingcare.org.uk/playlist/recipes/>

Gwefan / Website -
<https://takingcare.org.uk/>

10:00AM TIDE- Together in
Dementia everyday. Sesiwn
Zoom am wydnwch ac
ympdopi. / Zoom session on
resilience and coping
mechanisms. (SAESNEG /
ENGLISH). Cofrestru / Register:
amy@tide.uk.net

14:00PM Fideo gwybodaeth
cymorth Cynnal Gofalwyr &
Gweithredu dros Blant /
Carers Outreach & Action for
Children support information
video. Tudalen Facebook
Cyngor Gwynedd / Gwynedd
Council Facebook Page.

11:30AM Byw'n Iach -
Pilates
(DWYIETHOG /
BILINGUAL). Sesiwn
Zoom Session.
Cofrestru / Register:
jamesleighrichards@b
ywniach.cymru

15:00PM RVS: Sesiwn
Qi Gong Session.
Facebook live-
[https://www.facebook.c](https://www.facebook.com/groups/VirtualVillageHall/)
[om/groups/VirtualVillag](https://www.facebook.com/groups/VirtualVillageHall/)
[eHall/](https://www.facebook.com/groups/VirtualVillageHall/) (dilynwch y linc
yma / follow this link).

14:00PM Fideo
gwybodaeth cymorth
Cynnal Gofalwyr &
Gweithredu dros Blant
/ Carers Outreach &
Action for Children
support information
video. Tudalen Facebook
Cyngor Gwynedd /
Gwynedd Council
Facebook Page.

19:00PM GRUFFYDD
WYN. Cerddoriaeth byw
draw ar dudalen Facebook
GRUFFYDD WYN, croeso i
bawb! / Live music on
GRUFFYDD WYN's
Facebook page, a warm
welcome to all!

Am fwy o wybodaeth, cysylltwch gyda Gofalwyr@gwynedd.llyw.cymru.