

Gweithdai am ddim... 'Trowch o i lawr' –
Bydd y gweithdai cymdeithasol hyn yn **effeithio'n gadarnhaol ar eich arferion defnyddio ac yn lleihau eich biliau ynni.**

Cysylltwch â ni os ydych chi'n teimlo bod hyn yn rhywbeth y byddech chi a'ch ffrindiau yn ei fwynhau. Rydym yn chwilio am lefydd gwahanol i ymweld â nhw a bydden ni'n hapus iawn i ddod i'ch neuadd bentref neu'ch neuadd gymunedol chi.

Eisiau gwirfoddoli yn yr awyr agored yn lle?

Pe bai'n well gennych chi gymdeithasu a gwneud gwahaniaeth y tu allan mae gennym ni weithdai gwirfoddoli rheolaidd ar hyd a lled Eryri fel rhan o fenter gwirfoddoli Cadwraeth Eryri. Rydym ni'n annog pawb i wneud gwahaniaeth ac i roi rhywbeth yn ôl.

Felly beth am ymuno â ni a gwneud gwahaniaeth i Eryri?

Free workshops...

'Turn it Down!' These Free and sociable workshops will have a positive effect on **reducing your energy bills and your consumer habits.**

If you think this is something which you and your friends would enjoy, we are looking for a variety of venues and are happy to come along to a village hall or community centre near you, please get in touch.

Maybe you want to do some practical volunteering outdoors instead?

If you prefer to socialize and make a difference outdoors, we also run regular volunteer workdays. These are held throughout Snowdonia as part of our Conservation Snowdonia volunteer initiative: encouraging everyone to make a difference by putting something back.

Then why not get involved and make a difference to Snowdonia?



Sut i gysylltu â ni:

E-bost: volunteer@snowdonia-society.org.uk
Rhif Ffôn: 01286 685498

Cyfeiriad:

Bea Kelsall, Swyddog Prosiect Cadwraeth Eryri
Cymdeithas Eryri, Caban, Yr Hen Ysgol,
Brynrefail, LL55 3NR

Gwefan: www.cymdeithas-eryri.org.uk –
cylchlythyr misol.

How to contact us:

Email: volunteer@snowdonia-society.org.uk
Phone: Tel: 01286 685498

Postal details to:

Bea Kelsall,
Conservation Snowdonia Project Officer
Cymdeithas Eryri - Snowdonia Society,
Caban, Yr Hen Ysgol, Brynrefail, LL55 3NR

Website www.snowdonia-society.org.uk -
monthly newsletter.

Mae Cymdeithas Eryri yn elusen gofrestredig, rhif 253231.
Noddir a chefnogir Prosiect Cadwraeth Eryri gan:
The Snowdonia Society Registered Charity 253231.
The Conservation Snowdonia Project is supported and sponsored by:



Dylunio / Design - CREAD Cyf www.creadcyf.co.uk
Argraffu / Printers - Gwasg Ffranco, Bethesda



Byw'n Gynladwy
er mwyn Gwarchod
Hynodrydd Eryri!
Sustainable
Living to Keep
Snowdonia Special!



www.cymdeithas-eryri.org.uk
www.snowdonia-society.org.uk

Mae Cymdeithas Eryri yn credu bod Parc Cenedlaethol Eryri yma i bawb, gan gynnwys cenedlaethau'r dyfodol. Ein gwaith ni felly ydi sicrhau y gall ein plant ni, a'u plant hwythau fwynhau'r Parc a chael budd ohono - ymhell i'r dyfodol.

Diben ein **menter 'Trowch o i lawr!'** ydi dysgu cymunedau am y camau bychain sy'n rhaid iddyn nhw eu cymryd er mwyn byw yn fwy cynaladwy. Mae hyn yn golygu cefnu ar ein diwylliant gwastraffus drwy arfer crefftau traddodiadol, ailgylchu deunydd gwastraff a monitro a lleihau ein defnydd o ynni.

Ein nod ydi **gwneud i fywyd cynaliadwy weithio i chi!**

Rydym yn cynnig:

- Gweithdai hyfforddi am ddim
- Sgyrsiau a gweithgareddau cymdeithasol ac addysgiadol
- Gweithdai yn arbennig ar gyfer eich anghenion penodol chi
- Ymweld â'ch cymuned/ ysgol/ grŵp
- Camau syml, cadarnhaol tuag at gynladwyedd, mewn modd diddorol a hwyliog
- Mesurydd trydan - arddangosfa a chyfle i logi'r offer

Mae arnom ni angen:

- Syniadau am leoliadau ac ymweliadau
- Peiriannau gwnïo â llaw
- Hen ddefnydd, fel llenni neu orchuddion gwely
- Pobl frwdfrydig â meddwl agored
- Eich cyngor a'ch syniadau chi ar fyw'n gynladwy



The Snowdonia Society believes that the Snowdonia National Park is here for everyone, including future generations – so it is our job to ensure that it can continue to be enjoyed and provide benefits to our children, and their children, far into the future.

Our **'Turn it down!' initiative** focuses on offering local communities simple steps towards more sustainable lifestyles – using traditional skills, recycling fabrics and waste materials, monitoring energy usage, reducing consumption and turning away from a throwaway culture.

We aim to make **sustainable living (no) work for you!**

We offer:

- Free skills training workshops
- Social and informative talks and activities
- Tailored workshops to suit your needs
- To come to your community / school / group
- Small positive steps to sustainability, in an interesting and fun way.
- Electricity monitors - demonstrations and loans

We need:

- Ideas for venues and visits
- Manual sewing machines
- Old fabrics, such as curtains and duvet covers
- People with enthusiasm and an open mind
- Your tips and ideas on living sustainably

www.cymdeithas-eryri.org.uk
www.snowdonia-society.org.uk