

Art Challenge

From 2pm to 7pm on 13 July, Fishguard the Town Hall will be hosting more than 30 local groups, charities, clubs, services and businesses – promoting all the many things people can get involved in locally and the many ways we can help each other.

As part of this, we're inviting local school pupils to create original pieces of art on the theme:

Good Neighbours

You can use any medium, and interpret the theme any way you like.

In each age group (infants, juniors and secondary) there will be a prize for the best piece, and a cash prize for the school with the most entries.

Entries should be delivered or sent to the Town Clerk's Office, Fishguard Town Hall, SA65 9HE, by 4 pm on Thursday 9 July.

All entries should include the pupil's name, age, and age group (infants, juniors or secondary) and the name of their school.

To find out more, contact Marc Mordey at the Communities Together project on 07474 006269 or mmordey@alcoholconcern.org.uk



Sialens Celf

Rhwng 2pm a 7pm ar 13 Gorffennaf, bydd Neuadd Tref Abergwaun yn croesawu mwy na 30 o grwpiau, elusennau, clybiau, gwasanaethau a busnesau lleol – er mwyn hybu'r lluo o bethau mae pobl yn gallu cymryd rhan ynddyn nhw a'r gwahanol ffyrdd gallwn ni helpu ein gilydd.

Yn rhan o hyn, rydyn ni'n gwahodd disgyblion ysgolion lleol i greu darnau o gelf wreiddiol ar y thema

Cymdogion Da

Cewch chi ddefnyddio unrhyw gyfrwng, a dehongli'r thema ymha ffordd bynnag sydd orau gyda chi.

Ymhob grŵp oedran (babanod, iau ac uwchradd) bydd gwobr i'r gelf orau a gwobr ariannol i'r ysgol sy'n cyfiwyno'r nifer fwyaf o ddarnau.

Cerwch â'ch darnau celf, neu eu danfon, i Swyddfa Clerc y Dref, Neuadd Tref Abergwaun, SA65 9HE, erbyn 4 pm Dyddlau 9 Gorffennaf.

Dylai pob darn gynnwys enw'r disgybl ei oedran a'r grŵp oedran (babanod, iau ac uwchradd), ac enw'r ysgol.

I gael gwybod mwy, cysylltwch â Marc Mordey o'r prosiect Cymunedau Ynghyd ar 07474 006269 neu mmordey@alcoholconcern.org.uk





Book your seats now for a **free screening** of the independent film that's got critics and audiences talking...

A ROYAL HANGOVER

Directed by Arthur Cauty and featuring Russell Brand and Professor David Nutt
Theatr Gwaun, Fishguard, 8 January 2015, 7:30pm

What comes to mind when you think of British culture? The Royal Family, scones, fish 'n' chips, Wimbledon...or just bad weather?

One thing that looms large in how many visitors to these islands see us is our national beverage. No, not tea: alcohol. Since the Middle Ages, the British Isles have been famous for their drinking culture, and we are showing few signs of slowing down.

Pulling no punches, A Royal Hangover includes views from politicians and the police; medics and charities; historians, scientists, and recovering alcohol addicts. With high profile personalities like Russell Brand, and controversial figures such as sacked Government

Drugs Advisor Professor David Nutt, A Royal Hangover looks at the reasons behind our national thirst.

Why are things so different in Britain? What sets us apart from our brothers and sisters in mainland Europe, or our cousins across the pond? Who or what is responsible for our drinking culture, and do we want to change it?

A Royal Hangover is a very relevant portrait of a nation having an extended night on the tiles. Critically acclaimed independent filmmaker Arthur Cauty serves up a documentary mocktail - in equal parts shocking, funny, sympathetic, and thought provoking; a film we can all relate to.

Tickets to see A Royal Hangover at Theatr Gwaun are free of charge, but it is best to book in advance to guarantee a seat. To reserve your seats, call the box office on 01348 873481



Cadwch eich seddi nawr **yn rhad ac am ddim** i weld y ffilm sydd wedi codi stŵr ymhlith y beirniaid a'r bobl...

A ROYAL HANGOVER

Ffilm gan Arthur Cauty gyda Russell Brand a'r Athro David Nutt
Theatr Gwaun, Abergwaun, 8 Ionawr 2015, 7:30pm

Beth sy'n dod i'ch meddwl chi wrth feddwl am Brydain? Y Teulu Brenhinol, sgŵn, 'sgod a 'sglod, y tennis yn Wimbledon... neu dywydd gwael?

Un peth mae llawer o bobl o wledydd eraill yn sylw arno pan ddôn rithw i'r ynysoedd hyn yw ein dŵd genedlaethol. Nag wir, nid le: alcohol. Ers yr Oesoedd Canol, mae Ynysoedd Prydain yn arwng am ddŵla, a 'does tawr o awydd ein bod ni am leihau'r arfer.

Gan fynd yn syth at wreiddyn y mater, yn A Royal Hangover byddwch chi'n clywed gan wledyddion a'r heddu; meddygon ac atusennau; haneswyr, gwlyddmwy, a rhai sy'n gwisgo gaeithwedd i alcohol. Gyda ser adnabyddus fel Russell Brand, a

phobl bur ddaddeuol fel yr Athro David Nutt a gellodd ei swydd am ddweud ei fam ar y ddŵd gadarn, mae A Royal Hangover yn gofn i ni syltred y mesymau tu ôl i'r awch i yfed.

Pam mae pethau mor wahanol ym Mhrydain? Beth yw'r gwahanleth rhyngom ni ac yfyrw mwy cymedrol Ewrop a'r Uroel Daleithiau? Beth neu bwy sy'n gyflifol am y ffordd rydym ni'n yfed, ac ydym ni wir etlaw ei newid?

Mae A Royal Hangover yn ddarun cil o wlad sy'n sownd mewn sesh. Mae'r fflmwr anrbyrrol o ff Arthur Cauty yn rhoi i ni goetli hynod lawn - manau ohero'n trawychus, rhannau'n ddonio, a'r cyfan yn gofn i ni feddwl o ddihi! Dyma ffilm sy'n mol mywbeth i ni i gyd gnoi ci arno.

Mae tocynnau i weld A Royal Hangover yn Theatr Gwaun ar gael yn rhad ac am ddim, ond gwnau chi i chi gadw os er mwyn chi ym atwr o awch. I gadw'ch seddi, rhoi sterc y swyddfa tocynnau ar 01348 873481

Y DDIOD SY'N SIARAD

Y Ddiod sy'n siarad - drama fyw yn null sioe deledu, gyda chomedi, cerddoriaeth, tipyn i feddwl amdano, a chwis: rhywbeth i bawb.

7.30PM SADWRN
20^{FED} O CHWEFROR 2016

THEATR
GWAUN

Tocynnau ar gael o Swyddfa Docynnau -
Pris : £2 yr un neu £5 am docyn teulu (2
oedolyn, 2 berson ifanc).

Bydd moct am ddim i bawb.

Alcohol
Concern

Hybu iechyd;
Gwella bywydau



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

IT'S THE DRINK TALKING

It's The Drink Talking – a **TV style live show**, with comedy, music, food for thought and a quiz: something for everyone.

7.30PM SATURDAY

20TH OF FEBRUARY 2016

**THEATR
GWAUN**

Tickets available via the Box Office -
Admission: £ 2 per person or £5 for
family ticket (2 adults, 2 younger people).
All ticket holders get a free mocktail.

**Alcohol
Concern**
Promoting health;
Improving lives



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED



I'r traeth!

Cael haf di-helynt i ti a dy ffrindiau eleni

Os wyt ti'n byw'n weddol o agos i un o draethau gwych Cymru, does dim ond un lle i ti fod wrth i'r tywydd gynhesu. Felli, gwisga dy sandalau, rho dy sbectol dywyll ar dy drwyn, plastra'r eli haul ar dy groen, a bacha dy dywel. Ond cyn i ti ei throi hi am y tywod a'r tonnau, dyma ambell air o gyngor ar sut i fwynhau'r haf heb fynd i helyntion. Efallai nad yw 'haf diogel' ddim yn swnio'n ffordd arbennig o gyffrous i dreulio Gorffennaf ac Awst, ond trwy wneud yn siŵr dy fod ti'n gwybod rhywfaint am y peryglon gelli di ymlacio'n braf a thorheulo'n ddi-bryder.

Os cai di ddiod neu dŵy, cofia fod yn gall...

I rai, does dim byd gwell na chwre oer ar ddiwmod poeth. Ond os llynci di ormod, mae'n debyg bydd diwedd cynnar ac annifyr i dy ddiwmod di. Felly dyma ambel awgrym ar gyfer mwynhau diod heb ddifetha'r awgrygich...

- Bydd unrhyw ddiod oeri yn lleddu'r gwres, ond cofia fod alcohol yn gwneud i dy gortff basio gormod o ddŵr. Os wyt ti eisoes yn twymo (a chwysu) yn yr haul, trwy goli mwy fyth o hylif oherwydd dioda gelli di'n hawdd gresi'r ffin rhwng ymlacio'n braf a theimlo'n swp sâl. Felly, os wyt ti ar yr alcohol neu beidio, yf ddiagon o ddŵr
- Gwybod pryd i stop – mae'n debyg dy fod ti'n gwybod yn iawn faint gelli di ei yfed heb chwydu dros dy sgïolau, felly paid â gadael i neb dy wthio di i gael mwy na hynny
- Meddylia cyn rhuthro. Mae alcohol yn gwneud i ni goli pob swiâd, ac mae pethau baset ti'n eu gweld yn eithaf dŵi fel arfer, yn sydyn iawn yn ymddangos yn syniad rhagorol wedi ychydig o ddiodydd
- Edych ar ôl dy ffrindiau – dim y traeth yw'r lle goreu i fod yn feddw ar dy ben dy hunan, felly gwna yn siŵr dy fod ti'n casglu pawb ar ddiwedd y dydd. Wedi'r cwbl, dyma yw prwpas ffrindiau, iefe?

Os wyt ti'n meddwl am neidio i mewn...

Os wyt ti'n meddwl am ychyu mwy na bysedd dy draed, a neidio i'r dyfroedd, mae ychydig o bethau dylet ti eu gwybod cyn dy daflu dy hunan i'r heli. Mae 'tombstoning' – neidio o glogwyn, creigiau neu lanb i mewn i'r dŵr – yn eithaf pobllogaidd gyda rhai, ond mae yn ffordd doethach i fwynhau'r arfordir.

- Mewn gwirionedd, does gyda ti ddim syniad pa mor ddafn yw'r dŵr. At hyn, os yw'r llanw at drai gali dŵr ddafn fynd yn fas iawn yn fuan iawn. Mae'r rhan fwyaf o anafodau 'tombstoning' (gan gynnwys parlyd weithiau) yn ganiatod i neidio i mewn i ddŵr rhy fas. Yn fras, er mwyn neidio o uchder o 10 metr, mae angen dŵr o ddyfnder 3 metr o leiaf
- Does gyda ti ddim ciem beth sydd o den dŵr. Dyw creigiau o den yr wyneb ddim bob tro'n hawdd eu gweld – cyffe perffhaith i ti dorri dy figwrn, neu waeth
- Efallai gelli di fynd i mewn i'r dŵr, ond eili di ddod mas? Os nad oes ddim ffordd i ddiann, mae gyda ti dipyn o broblem
- Fel gyda phob math o nofio, mae'r môr yn ddiagon rheswlyd faint bynnag mor gynnes yw'r heulwen, ac mae llyf y dŵr yn gallu dy dynnu di'n bell o ble rwyf ti'n moy'n bod
- Mae ychwanegu alcohol at y rpsâit yn creu cymysgedd gwaeth fyth – bydd hi'n twy snodd i ti famu'r dyfnder, gweld y creigiau neu nofio'n ôl i'r traeth. At ei gilydd, ddim yn arbennig o dda

Life's a beach...

Looking out for yourself and your mates this summer

If you live anywhere near any of Wales' excellent beaches, there is surely only one place to go if the weather's half decent. So pull on your flip-flops, stick your shades on your nose, apply the Factor 50, and grab your towel. But before you rush to the sand and surf, take a few tips on making the most of the summer without making problems for yourselves and others. A 'safe summer' may not sound like the most exciting way to spend July and August, but by making sure you know a bit about the risks you'll set yourself up to relax and enjoy those rays.

If you're having a tin or two, take it easy...

A cold beer can be a great companion on a hot day, but overdoing it can leave you sick as a dog. So, here are a few tips for enjoying a drink without ruining the party...

- Any cold drink will cool you down, but remember that alcohol is a diuretic – it makes your body lose water. If you're already toasting (and sweating) in the sun, the fluid you lose from alcohol could easily tip the balance from nice-and-relaxed to nauseous. So, whether you're having alcohol or not, drink plenty of water
- Know your limits – you probably have a fair idea how much you can drink without puking on your flip-flops, so don't let anyone push you into having more
- Take it easy. Alcohol makes us cast our inhibitions aside. What might see kind of stupid normally often seems like the best idea in the world once you've had a few drinks
- Look after your mates – the beach is no place to be left drunk, so make sure you gather up your stragglers. It's what friends are for.

If you're thinking of jumping in...

If you're planning on not just wetting your toes but taking the plunge, there are a few things you need to know before you hurl yourself in. 'Tombstoning' – jumping from cliffs, rocks and piers into the water – is pretty popular with some, but it's perhaps not the smartest way to taste the waves.

- You can't really tell how deep the water is. Plus tides go in and out, so deep water can get shallow pretty quickly. Most tombstoning injuries (including paralysis in some cases) result from jumping into water that's too shallow. As a rule of thumb, jumping from a height of 10 metres requires a water depth of at least 3 metres
- You don't know what's down there – rocks under the water may not be visible through the surface, creating excellent ankle-breaking opportunities for you
- You may be able to get into the water but can you get out? If you've not got an escape route, you've got a problem
- As with any kind of swimming, the sea can be pretty chilly at the best of times, and strong currents can pull you a long way from where you want to be
- And adding alcohol to the mix makes it much, much worse – you'll be less able to judge depth, spot obstacles or swim back to the shore. Overall, not a great scenario

AMSER RHANNU



*Cyfle i bobl o bob
oed rannu eu brwdfrydedd
a'u sgiliau*

**DYDD IAU 4^{YDD} MEHEFIN 4:00pm -
LLYFRGELL ABERGWAUN 6:00pm**

Ydych chi'n dwli ar, ER ENGHRAIFFT, darllen yn uchel/adrodd
chwedlau, chwarae gwyddbwyll neu gemau bwrdd eraill, gwaith pren,
gwau, crefftau, gweithgareddau Cymraeg, canu mewn côr? Oes
rhywbeth hoffech chi ei ddysgu? Beth bynnag yw'ch oedran chi (os
ydych chi dan 8 oed, bydd rhaid i chi ddod â'ch mam neu'ch tad gyda
chi) byddai'n wych cwrdd â chi ac i chi rannu eich sgiliau a'ch doniau,
neu ddysgu un newydd. Dwedwch wrth y teulu, mamgu a tadcu, eich
ffrindiau yn yr ysgol neu'r coleg, y clybiau rydych chi'n aelod ohonyn
nhw, cyfeillion yn y gwaith: a rhanwn ni!



**Alcohol
Concern**
Hybu sechyd;
Gwellfa bywydau

TIME TO SHARE



*An opportunity
for people of all ages
to share their
enthusiasms & skills*

**THURSDAY 4TH JUNE 4:00pm -
AT FISHGUARD LIBRARY 6:00pm**

Do you like, FOR EXAMPLE, reading aloud/telling stories, playing
chess or other board games, woodworking, knitting, crafting,
activities in Welsh, singing in choirs... is there something you would
like to learn? Whatever age (if younger than 8 you need to bring
your mum or dad with you) you are, it would be great to meet you
and for you to share your skills and talents, or learn a new one. Tell
your folks, grandparents, your friends at school or college, clubs you
belong to, colleagues at work: and let's get sharing.



**Alcohol
Concern**
Promoting health,
improving lives

Alfwyl

DYLAN THOMAS

14eg a 15fed Mai 2016



Ffwrn THEATR GWAUN

Alcohol Concern
Hydri Iechyd,
Genedla Iechydol



Cronfa Cymunedau'r Arfordr Coastal Communities Fund

DYLAN THOMAS Festival

14th & 15th of May 2016



Ffwrn THEATR GWAUN

Alcohol Concern
Promoting health,
improving lives



Cronfa Cymunedau'r Arfordr
Coastal Communities Fund

POPETH roeddech chi eisiau
ei wybod am **ALCOHOL**
- and ddim eisiau gofyn amdano fe

Diwrnod dysgu mwy am alcohol i Abergwaun ac Wdig.

Cyfle i gael gwybod mwy am alcohol a sut mae'n effeithio arnon ni – dim pregethu, dim dweud
y drefn, dim ond gwybodaeth!

Dewch i'r **BWS DU** ym Maes Parcio'r Wesh, neu pigwch i
mewn i **THEATR GWAUN** unrhyw bryd rhwng **11AM & 4PM**

DYDD IAU
25AIN CHWEFROR

– bydd gweithdai byr, ffilmiau a gwybodaeth.

Lluniaeth ar gael



AREMMER GAN Y LOTERI
LOTTERY FUNDED



EVERYTHING you ever wanted to know about ALCOHOL *-but didn't dare to ask*

An alcohol awareness day for Fishguard and Goodwick.

An opportunity to find out more about alcohol and how it affects us – no preaching or telling you what to do (or not) just information!

Come and visit the **BLACK BUS** in West Street Car Park, or pop into **THEATR GWAUN** anytime between **11AM & 4PM**

THURSDAY 25TH OF FEBRUARY

– there will be brief workshops about alcohol, videos & information.

Refreshments available



AREMMER GAN Y LOTERI
LOTTERY FUNDED



DRY JANUARY



Join the millions and go dry this January!

49% of participants lost weight

79% of participants saved money

62% of participants had better sleep and more energy

Come along to **Fishguard Library** on **Tuesday 31st January** between 10.30 and 1.30 for help and support from **Alcohol Concern**

Enjoy a cup of tea, coffee, or hot chocolate



You are welcome to use the Welsh-language. If you would like to do so, you will need to inform us a minimum of five working days in advance of the event

For more information please contact: Laura.evans@pembrokeshire.gov.uk 01437 776639



DRY JANUARY



Ymunwch â'r miliynau ac aros yn sych yn Ionawr!

Gwnaeth 49% o'r cyfranogwyr gollu pwysau

Gwnaeth 79% o'r cyfranogwyr arbed arian

Roedd 62% o'r cyfranogwyr yn cysgu'n well a gyda mwy o egni

Dewch i **Llyfrgell Abergwaun** ar **ddydd Mawrth 31 Ionawr** rhwng 10.30 a 1.30 am gymorth a chefnogaeth gan **Alcohol Concern**

Alcohol Concern

Mwynhewch banded o de, Coffi neu siocled poeth



Mae croeso i chi ddefnyddio'r iaith Gymraeg. Os hoffech wneud hynny buddiannus i chi mi rhwngd i ni a leiaf bum

Am fwy o wybodaeth cysylltwch â laura.evans@pembrokeshire.gov.uk

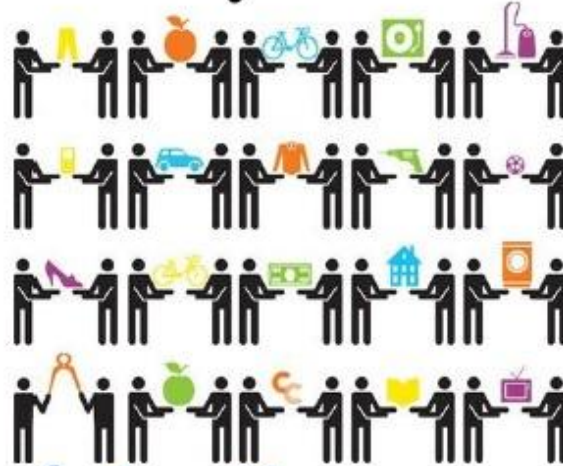


*Fishguard & Goodwick
Friendship Circle*

INVITE YOU TO

Give & Gain

over a free lunch!



July 25th 11am - 1pm
Fishguard Town Hall



Fishguard & Goodwick Friendship Circle:

An Invitation to Join Us

You are invited to a Tea Dance at the Fishguard Bay Hotel
SUNDAY JANUARY 18TH & SUNDAY MARCH 1ST
2:00PM - 4:00PM

What do we do?

- The Friendship Circle meets nearly every Friday morning of the year, at 10 a.m. in Fishguard Town Hall, and everyone is welcome. Coffee, tea and light refreshments are offered; we hold a regular prize draw and have a wide range of speakers who talk to the group. It is a great chance to meet new people - and reconnect to old friends too.
- We are offering exercise classes for the over 60's. Fishguard Town Hall 12 noon - 1 pm on Friday November the 21st and 28th as well as December the 5th.
- The Friendship Circle is working with Pembrokeshire Youth Services, Point Young Person's Trust and Alcohol Concern's Communities Together project to run a series of sessions in Fishguard and Goodwick where young people will work as mentors to older people, helping them to access email, use social media, shop online and other IT skills.
- The Friendship Circle also wants to continue to work alongside other local groups, such as the Good Neighbours, the Senior Citizens Association, the Lions, Rotary Club and the many other voluntary organisations working locally, to extend the opportunities for older people to have chances to socialise. And a particular ambition is to find more ways of encouraging younger and older people to get together and find out how much more they have in common than they might think.
- The Friendship Circle wants to extend a warm welcome to anyone who would like to come along and find out more about what is happening. As one of the founders, Mike Lloyd says "You Come but Only Once as a Stranger".

Cylch Cyfeillgarwch Abergwaun ac Wdig

Gwahodd i ymuno â ni

Dyma eich gwahoddiad chi i Ddawns Te yng Ngwesty Fishguard Bay
DYDD SUL 18 IONAWR A DYDD SUL 1 MAWRTH
2:00PM - 4:00PM

Beth rydym ni'n ei wneud?

- Mae'r Cylch Cyfeillgarwch yn cwdd bron i bob bore Gwener o'r flwyddyn, am 10am yn Neuadd Tref Abergwaun, ac mae croeso i bawb. Mae coffi, te a lluniaeth ysgafn ar gael; rydym ni'n cynnal raffl reolaidd ac mae amrywiaeth o siaradwyr gwadd yn dod i siarad â ni. Mae'n gyfle bendigedig i gwrdd â phobl newydd - ac ambell hen ffrind hefyd
- Rydym ni'n cynnig gwersi ymarfer corff i bobl dros 60 oed. Neuadd Tref Abergwaun 12 canol dydd tan 1pm Dydd Gwener Tachwedd 21ain ac 28ain yn ogystal â Rhagfyr y 5ed.
- Mae'r Cylch Cyfeillgarwch yn gweithio gyda Gwasanaethau Ieuenctid Sir Benfro, Ymddiriedolaeth Pobl Ifanc y Point a phrosiect Cymunedau Ynghyd Alcohol Concern i gynnal nifer o sesiynau yn Abergwaun ac Wdig lle caiff pobl ifanc gefnogi pobl hŷn i ddefnyddio e-bost, cyfryngau cymdeithasol, siopa ar y we, a sgiliau Technoleg Gwybodaeth eraill.
- Mae'r Cylch Cyfeillgarwch hefyd am ddal ati i weithio gyda chymdeithasau eraill, fel y Cymdogion Da, Cymdeithas y Dinasyddion Hŷn, y Llewod, y Clwb Rotari a'r llu o gyrf gwirfoddol eraill sy'n gweithio'n lleol, er mwyn creu mwy o gyfleodd i bobl hŷn gymdeithasu. Rydym ni'n arbennig o awyddus i greu mwy o ffridd i bobl ifanc a phobl hŷn ddod ynghyd a gweld bod gyda nhw fwy yn gyffredin nag y basen nhw'n tybio.
- Mae'r Cylch Cyfeillgarwch am estyn croeso cynnes i unrhyw un fasai'n hoffi dod i ddsygu mwy am beth sy'n mynd ymlaen. Fel dywedodd un o'n sylfaenwyr, Mike Lloyd "Ydych yn dod dim ond unwaith fel dieithryn".

**NEED A HAND
GETTING ONLINE?**

**OUR MEMBERS
CAN HELP!**



**BOOK
A SESSION
NEAR YOU
TODAY!**

15

**LIMITED TO A MAXIMUM OF
ON A '1ST COME-1ST SERVED' BASIS**

BOOK IN FOR 1, 3 OR 6 SESSIONS

07474 006 269

mmordey@alcoholconcern.org.uk



PHOENIX CENTRE
October 6th & 20th
November 3rd
7:00PM - 8:30PM

THEPRINTWORKS

October 13th & 27th
November 10th
7:00PM - 8:30PM



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

**NEED A HAND
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**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

"Yr



ALCOHOL sy'n siarad"

DATHLU GWAITH Y DISGYBLION

Dyma eich gwahoddiad chi i weld a chlywed canlyniadau prosiectau disgyblion Ysgol Bro Gwaun yn tynnu sylw at gwestiynua ynglŷn ag alcohol a'i effeithiau ar ein bro.

Dydd Mawrth 5^{ed} Mai 2015

6pm - 8pm Neuadd Fawr, Ysgol Bro Gwaun

Bydd ychydig o gyflwyniadau byr gan y disgyblion, a chyfle i siarad gyda nhw am eu syniadau.

Bydd lluniaeth ysgafn ar gael.

Atebwch os gwelwch yn dda i Liz Hooper
erbyn 30th Ebrill 2015

Liz.Hooper@brogwaun.pembrokeshire.sch.uk



Soroptimist
International
Good Women & Leaders



ARENWR GAN Y LOTERI
LOTTERY FUNDED

Alcohol Concern

Promoting health, improving lives
Hysbysu iechyd, gwella llywodraeth

"It's the



ALCOHOL talking"

CELEBRATING STUDENT ACTION

You are invited to see and hear the results of projects by students at Ysgol Bro Gwaun highlighting issues around alcohol and its effects in our local area.

Tuesday 5th of May 2015

6pm - 8pm Main Hall, Ysgol Bro Gwaun

There will be a series of short presentations from the students, plus a chance to talk them about their ideas.

Light refreshments will be provided.

Please RSVP to Liz Hooper by 30th of April 2015

Liz.Hooper@brogwaun.pembrokeshire.sch.uk



Soroptimist
International
Good Women & Leaders



ARENWR GAN Y LOTERI
LOTTERY FUNDED

Alcohol Concern

Promoting health, improving lives
Hysbysu iechyd, gwella llywodraeth



GWYL YR IEITHOEDD LANGUAGES FEST

DYDD SADWRN SATURDAY
26ain o Fedi 26th September
12:00YP - 4:00YP NOON - 4:00PM

yn at
Ffwrn

FFORDD Y CWM, ABERGWAUN MAIN STREET, FISHGUARD

Cefnogwyd gan 'Adfywio Gogledd Penfro' Supported by 'Refreshing North Pembrokeshire'



LANGUAGES FEST

SATURDAY
26th September
NOON - 4:00PM

at
Ffwrn

MAIN STREET, FISHGUARD

Supported by
'Refreshing North Pembrokeshire'



WALKING FOOTBALL

Mike Lloyd Memorial Tournament

Sunday 1st of May 2016
Stop & Call Playing Field
11:00am - 3:00pm

"Beat the 'Keeper!'"

Official Unveiling
of New Goalposts

Refreshments



Face
Painting

Contact Steve or Chris
(07810) 681746 or (01348) 875467



**MEN'S
SHEDS**
CYMRU

Are you interested
in joining a Men's
Shed?

We have arranged a meeting and welcome all who like the idea of making things and who have time on their hands.

Fishguard & Goodwick

The Print Works, Parc Y Shwt,

Fishguard on Wednesday 3rd June at 7:30 pm

Sometimes,
all you need is a kettle.

Men's Sheds are the
perfect place to meet
and chat about
'men's stuff'.



Shed happens.



call: 01267 225536

 mens sheds cymru



email: menssheds.cymru.co.uk

www.menssheds.cymru.co.uk





Alcohol Concern
The charity making sense of alcohol



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

An event
to celebrate
National Poetry Day

Pancakes & Poems


2nd of October at Ffwrn
Doors open at 7:00pm Readings from 7:45pm
MC - Dominic Williams of write4word

Guest poets Mel Perry and Marc Mordey will be reading from their own work.



Open mic sessions

Highly acclaimed musician and songwriter
Lowri Evans will be performing.

Delicious food & drink



Free entry



Direct queries to:
mmordey@gmail.com
01348 875412



Alcohol Concern
Yr awen sy'n meddwl yn goll am alcohol



ARIENNIR GAN Y LOTERI
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Noson i dathlu
Diwrnod Barddoniaeth
Cenedlaethol

Crempog a cherddi

2il Hydref yn Ffwrn

Drysau'n agor am 7:00pm Darllen cerddi o 7:45pm ymlaen
Llywydd y noson - Dominic Williams
o write4word

Bydd y beirdd gwadd Mel Perry a
Marc Mordey yn darllen eu
cerddi eu hunain.

Sesiynau meic agored

Bydd y gantores a'r cyfansoddwr o fri
Lowri Evans yn perfformio.

Bwyd a diod blasus tu hwnt



Mynediad am ddim



Ymholiadau i:
mmordey@gmail.com
01348 875412

Save our Playgrounds - what's next?

Saturday
April the 11th
2:30pm at the

**OCEAN
LAB**

Goodwick

Have you got ideas for how we make sure that our children and young people have safe, fun and exciting places to play in outdoors? Can you make or mend things?

Would you help to fundraise? We want local people to come forward and join a Playground Action Group. Please come and join us for a coffee and something delicious to eat.

Everyone welcome



LIGHT NIGHT

WE ARE
OPEN!

FRIDAY

DECEMBER 4TH
6:00PM ONWARDS



LIGHT NIGHT - FISHGUARD IS OPEN

Communities Together Fishguard and Goodwick

Associations and clubs in Fishguard and Goodwick have a lot to offer the neighbourhood

The Point

Offers a great range of activities including:

- Sports and recreation, from football to surfing and landboarding training and skills development
- Cooking and healthy eating
- Personal development and challenges such as the Duke of Edinburgh Award

1st Goodwick Scouts

Scouting helps children and young adults realise their potential. Scouts develop skills including teamwork, time management, leadership, and planning. We help young people to get jobs, save lives, and even change the world. There are also many different opportunities for adults to volunteer.

The Friendship Circle

Every Friday morning, the Friendship Circle meets at the Market Hall, and offers a chance for over 50s to socialise and take part in activities.

Goodwick Brass Band

There's a friendly atmosphere and a real community spirit within the Band. We have more than 45 members whose ages range from 9 to 77. The average age is somewhere around 29, partly due to the numerous teenagers we have, which is great for any band, as having so many youngsters enables the band to continue building.

Sea Cadets

Fishguard Sea Cadets are part of Britain's oldest nautical charity for young people. As a Sea Cadet you can go to sea, learn to sail, and do adventure training, plus get extra skills to give you a great head start in life.

What can your association or club offer?



ARENNIR GAN Y LOTERI
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Cymunedau Ynghyd Abergwaun ac Wdigr

Mae cymdeithasau a Clybiau Abergwaun ac Wdigr yn gallu cynnig llawer iawn i'r fro

Y Point

- Rydym yn cynnig llawer o weithgareddau, gan gynnwys:
- chwaraeon a hamdden, o bêl-droed i syrfio a thirfyrddio
 - hyfforddiant a magu sgiliau
 - coginio a bwyta'n iach
 - datblygu personol a heriau fel Gwobr Dug Caeredin

Sgwtiaid 1af Wdigr

Mae Sgwtio yn helpu plant a phobl ifanc i gyflawni eu potensial. Mae Sgwtiaid yn datblygu sgiliau fel cydweithio, rheoli amser, arwain, a chynllunio. Rydym yn helpu pobl ifanc i gael swyddi, achub bywydau, a newid y byd hyd yn oed. Mae llawer o ffyrdd hefyd i oedolion wirfoddoli.

Y Cylch Cyfeillgarwch

Bob bore Gwener, mae'r Cylch Cyfeillgarwch yn cwrdd yn Neuadd y Farchnad, gan gynnig cyfle i bod dros 50 oed gymdeithasu a chymryd rhan mewn gweithgareddau.

Band Pres Wdigr

Mae yna deimlad cyfeillgar ac ysbryd cymunedol gwirioneddol yn y Band. Mae gyda ni fwy na 45 o aelodau, o 9 i 77 oed. Tua 23 yw'r oedran gyfartal, yn rhannol oherwydd yr holl bobl yn eu harddegau sydd gyda ni, sy'n wych i unrhyw fand, gan y bydd y bobl ifanc yn sylfaen y Band at y dyfodol.

Cadetiad y Môr

Mae Cadetiad Môr Abergwaun yn rhan o elusen forwrol hynaf Prydain i bob ifanc. Fel Cadet Môr cechw fynd i forio, dysgu hwylio, a gwneud hyfforddiant antur, a hefyd ennill sgiliau newydd i roi cychwyn da i chi yn eich bywyd.

Beth mae'ch clwb neu'ch cymdeithas chi'n gallu ei gynnig?



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Communities Together Fishguard and Goodwick

Some of the things neighbours would like to make happen include....

Computer skills training with younger people sharing their skills and knowledge with older people

A neighbourhood that includes everybody

A community fun day

Neighbours helping neighbours with the little things that make a difference

Development of a skateboarding park

Teaching people about responsible driving and avoiding drink driving

Sharing local history about pubs and their place in the community in the past and present

What would you like to see happen?

Cymunedau Ynghyd Abergwaun ac Wdig

Dyma rai o'r pethau basai rhai cymdogion yn hoffi eu gweld...

Dysgu trin cyfrifiadur, a phobl ifanc yn rhannu eu gwybodaeth a'u galluoedd gyda phobl hŷn

Cymdogaeth sy'n cynnwys pawb

Diwrnod hwyl gymunedol

Cymdogion yn helpu ei gilydd gyda'r pethau bach sy'n gwneud byd o wahaniaeth

Creu parc sglefrfyrdio

Dysgu pobl am yrru'n gyfrifol a pheidio â gyrru ar ôl yfed

Rhannu hanesion lleol am dafarndai a'u lle yn y gymuned, nawr ac yn yr hen ddyddiau

Beth basech chithau'n hoffi ei weld?

Your chance to shine and drink in the applause!

Here's the idea - and here's the deal: we're having an open evening at Theatr Gwaun on June 5, for local people of all ages to put on a bit of a show. Be a stand-up oomio, sing, do a short sketch or act in a short play - it's up to you. The only thing is it has to somehow relate to drink. Because what we're doing is talent-spotting for people to join us in creating an event in 2016 to highlight the delights and dangers of alcohol. So it's your chance to shine - in front of a live audience in a theatre! If you'd like to get involved, let us know by emailing Maro Mordey at MMordey@alcoholconcern.org.uk, calling 07474 006269 or pick up an entry form from Theatr Gwaun.

**THEATR
GWAUN**

Join us under the spotlights on June 5 at 7pm
Admission free. Mocktail bar and more!



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Promoting health, increasing life

Eich cyfle i ddisgleirio a drachtio'r clod!

Dyma'r cynlad - a dyma'r fargen: byddwn ni'n oynnol tipyn o noson agored yn Theatr Gwaun ar 5 Mehefin, i bobl o bob oed wneud tipyn o sloe. Dweud jôcs, canu oân, olyfwyno sgets neu ddrama fach - ohl cydd blaw'r dewls. Does dim ond un rheol - rhaid lldo fe rywcut fod am y ddiod. A dyna pam: ohwillo am bobl ddawns rydyn ni, i wellthio gyda ni i greu diwrnod yn 2016 i fwrw golau ar bleserau a pheryglon alcohol. Felly, dyma eloh cyfle ohl i ddisgleirio - o flaen oynulleidfa fyw mewn theatr.

Ao os nad yw sefyll ar ganol y llwyfan at eloh dant, mae hefyd angen help gyda gwaith teohnegol a rhannau llal yn y sloe. Os hoffech ohl gymryd rhan mewn unrhyw ffordd, gadewoh i ni wybod trwy ffonio Maro Mordey ar 07474 006269 neu oodwoh ffurflen o'r theatr.

**THEATR
GWAUN**

Ymunwch â ni o dan y sbotoleuadau ar 5 Mehefin
am 7pm Mynediad am ddim. Bar moctel a mwyl!



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**TEIMLO'N RHY HEN
I'R DES DDIGIDOL?**

MAE HELP GERLLAW...

BOB DYDD LLUN

15^{FED} MEHEFIN
D
TAN

20^{FED} GORFFENNAF
5:30PM – 7:00PM YN
THEPRINTWORKS

Cewch chi gymorth gan ein
harbenigwyr ni ar e-bost, siopa ar-
lein, Skype, y cyfryngau cymdeithasol,
ffotograffiaeth ddigidol, technoleg
ffonau symudol, a llawer rhagor.

I gael gwybod mwy cysylltwch â

Marc Mordey:

mmordey@alcoholconcern.org.uk

07474 006269

THEPRINTWORKS
PARC - Y - SHWT
ABERGWAUN
SAGS 9AP

Alcohol
Concern
Hybu Iechyd;
Gwellia bywydau



ARENIBR GAN Y LOTERI
LOTTERY FUNDED

**FEELING TOO OLD FOR
THE DIGITAL AGE?**

HELP IS AT HAND...

EVERY MONDAY

FROM
JUNE THE 15TH

UNTIL
JULY THE 20TH
5:30PM – 7:00PM AT
THEPRINTWORKS

Receive help from our experts on
e-mail, online shopping, Skype,
social media, digital photography,
mobile phone technology and
much more.

For more information please contact
Marc Mordey:

mmordey@alcoholconcern.org.uk

07474 006269

THEPRINTWORKS
PARC - Y - SHWT
FISHGUARD
SAGS 9AP

Alcohol
Concern
Promoting health;
Improving lives



"Beth yw'r Hanes?"



Cystadleuaeth ysgrifennu i ddisgyblion 11-14 oed Ysgol Bro Gwaun
Y pwnc : 'Gwahanol.'

Y gwobrau: Bydd dosbarth y prif enillydd yn derbyn tocyn llyfrau £200.

Gwobr gyntaf : E-ddarllenydd.

Gwobrau i'r goreuon o'r gweddill o docynnau llyfrau £20, £15 a £10, ynghyd â Thocyn Aur i Theatr Gwaun.

Y dyddiad cau - rhaid i bob darn ddod i mewn erbyn DYDD GWENER 18^{ed} FAWRTH.

Y seremoni wobrwyo - Noson y Llyfr, 23ain Ebrill 2016, Llyfrgell Abergwaun, 3-5 pm.



Y rheolau - hyd at 1500 o eiriau wedi'u teipio at bapur plaen, gyda bylchau 1.5.



"What's the Story?"



A writing competition for 11 - 14 year olds, at Ysgol Bro Gwaun

The topic: 'Different'

The prizes: The overall winner's class will receive a £200 book token.

The first prize: an E reader.

Runner's up prizes of £20, £15 and £10 book tokens, plus a Golden Ticket for Theatr Gwaun.

Deadline - all entries to be received by FRIDAY 18th MARCH.

Prize giving ceremony - World Book Night, April 23rd 2016, at Fishguard Library, 3-5 pm.



Rules - 1500 words (max) typed on plain paper, 1.5 spacing.



EICH ABERGWAUN AC WDIG CHI

Beth maen nhw'n ei roi i chi?

Dewch i ddathlu gyda ni bopeth am Abergwaun ac Wdig sy'n eu gwneud nhw'n lle gwych i bobl o bob oed fyw - ac i ddweud wrthyn ni sut credwch chi gallen nhw fod yn well fyth. Dewch i wneud y gwahaniaeth.

Bydd yr heddlu, brigâd dân, cymdeithasau cynhalwyr, elusennau, grwpiau ieuencid, a llu o bobl eraill yno - i gyd yn falch i gwrdd â chi.

**2:00YH I 7:00YH
DYDD LLUN 13^{EG} GORFFENNAF**

YN NEUADD TREF ABERGWAUN

BWYD A DIODYDD AM DDIM

CYSTADLEUAETH GELF I YSGOLION LLEOL
(CYFLWYNO GWOBRAU AM 4:30YH)

PEINTIO WYNEBAU A TATŴS DROS DRO

BYDD TOCYN SIOPA I UN
PERSON LWCUS GYDAG UN
O'N TAFLENNI NI!



ABERGWAUN & WDIG
LOTTERY FUNDED

Alcohol
Concern
Hybu iechyd.
Gwellu bywydau.

YOUR FISHGUARD & GOODWICK

What's in it for you?

Come and help us celebrate everything about Fishguard and Goodwick that makes it a great place for people of all ages to live in - and to tell us how you think it could be even better. Help to make the difference.

Police, fire service, carer organisations, charitable groups, youth groups and lots of others will be there - all pleased to meet you.

**2:00PM TO 7:00PM
MONDAY 13TH OF JULY**

AT FISHGUARD TOWN HALL

FREE FOOD & REFRESHMENTS

ART COMPETITION FOR LOCAL SCHOOLS
(PRIZE GIVING AT 4:30)

FACE PAINTING AND
TEMPORARY TATTOOS

GIFT VOUCHER FOR ONE LUCKY
LEAFLET HOLDER!



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