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## Ymarfer Corff ar Eistedd Prestatyn, Ionawr 2025

I gael rhagor o wybodaeth cysylltwch a Katrina ar 01824  
708396 wneu e-postio  
naturerbuddiechyd@sirddynbych.gov.uk



Location	Activity	Date	Time
Canolfan Jiwbili, Seabank Drive, Prestatyn	Ymarfer Corff ar Eistedd	Dydd Tachwedd	10:30 - 11:30
		Medi 14	
		Medi 21	
		Medi 28	



Mae gweithgareddau yn addas ar gyfer pob gallu a lefelau ffitrwydd. I gael rhagor o wybodaeth cysylltwch â [Naturerbuddiechyd@sirddinbych.gov.uk](mailto:Naturerbuddiechyd@sirddinbych.gov.uk)  
Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



Gwasanaeth Cefn Gwlad Sir Ddinbych / Denbighshire Countryside Service  
Bryniau Clwyd a Dyffryn Dyfrdwy / Clwydian Range and Dee Valley  
Tai Sir Ddinbych / Denbighshire Housing



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## Seated Exercise Prestatyn, January 2025

For information or to book contact Katrina on 01824708396  
or email [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)



Location	Activity	Date	Time
Jubilee Centre, Seabank Drive Prestatyn.	Seated Exercise for Beginners	Tuesday 14th Tuesday 21st Tuesday 28th	10:30—11:30



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## Taith Cerdded Nordic, Ionawr 2025

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01824 708396 wneu e-postio

[naturerbuddiechyd@sirddynbych.gov.uk](mailto:naturerbuddiechyd@sirddynbych.gov.uk)



Location	Activity	Date	Time
Maes Parcio Hwb Harbwr, Y Rhyl	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 6	10:15 - 11:30
Coed Y Morfa, Prestatyn	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 13	10:15 - 11:30
Gwarchodfa Natur, Rhuddlan	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 20	10:15 - 11:30
Maer Parcio Anglia, Dyserth	Taith Gerdded Nordig (polion wedi'u daparu)	Dydd Gwener 20	10:15 - 11:30



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## Nordic walking, Rhyl, January 2025

For information or to book contact Katrina on 01824708396  
or email [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)



Location	Activity	Date	Time
Rhyl Harbour Hub Car Park	Nordic Walking (poles provided)	Friday 3rd	10:15 - 11:30
Prestatyn Coed Y Morfa	Nordic Walking (poles provided)	Friday 10th	10:15 - 11:30
Rhuddlan Nature Reserve	Nordic Walking (poles provided)	Friday 17th	10:15 - 11:30
Dyserth Anglia Car Park	Nordic Walking (poles provided)	Friday 24th	10:15 - 11:30
Brickfield Pond Car-park	Nordic Walking (poles provided)	Friday 31st	10:15 - 11:30



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Cysylltwch Vitor 07789446257

neu e-bost: natureforhealth@sirddinbych.gov.uk



Location	Activity	Date	Time
	Dim sesiwn	Dydd Iau 02fed	
Cyfarfod ym Maes Parcio Bodelwyddan	Gwneud cadis offer	Dydd Iau 09fed	10:00—15:30
Pwll Brickfield , Y Rhyl LL18 2YR (maes parcio)	Holli cyll	Dydd Iau 16eg	10:00—15:00
Pwll Brickfield , Y Rhyl LL18 2YR (maes parcio)	Gwneud clwydi cyll	Dydd Iau 23ain	10:00—15:00
Cyfarfod ym Maes Parcio Bodelwyddan	Cynnal a chadw cwch gwenyn	Dydd Iau 30ain	10:00—15:30



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Location	Activity	Date	Time
	No session	Thursday 02 <sup>nd</sup>	
Meeting at Bodelwyddan Car Park	Tool caddies making	Thursday 09 <sup>th</sup>	10:00—15:30
Brickfield Pond, Rhyl LL18 2YR (Car park)	Hazel splitting	Thursday 16 <sup>th</sup>	10:00—15:00
Brickfield Pond, Rhyl LL18 2YR (Car park)	Hazel hurdles making	Thursday 23 <sup>rd</sup>	10:00—15:00
Meeting at Bodelwyddan Car Park	Beehive maintenance	Thursday 30 <sup>th</sup>	10:00—15:30



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Llangollen, Ionawr 2025

Contact Becky 07748808372 or Chloe 07785601869

or scan the QR code to book



Location	Activity	Date	Time
Plas Newydd, Llangollen	Tasgau Ysgafn Garddio Sgwrs a Phaned	Dydd Mawrth 7, 14, 21, 28	10-12
Hwb Pengwern, Llangollen	Sefyll yn Dal	Dydd Iau 9, 16, 23, 30	11.15-12.15
Hwb Pengwern, Llangollen	Sesiwn Lles	Dydd Mercher 29	10.30-12



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Llangollen, January 2025

Contact Becky 07748808372 or Chloe 07785601869

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Location	Activity	Date	Time
Plas Newydd, Llangollen	Light Gardening, Cuppa and Chat	Tuesday 7, 14, 21, 28	10-12
Pengwern Community Hub	Stand Tall Seated Exercise Class	Thursday 9, 16, 23, 30	11.15-12.15
Pengwern Community	Wellbeing Wednesday	Wednesday 29	10.30-12



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Bryniau Clwyd a  
Dyffryn Dyfrdwy  
Tirwedd Cenedlaethol  
Clwydian Range  
and Dee Valley  
National Landscape







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Corwen, Ionawr 2025

Contact Becky 07748808372 or Chloe 07785601869

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Location	Activity	Date	Time
Gardd Gymunedol, Corwen	Tasgau Ysgafn Garddio Sgwrs a Phaned	Dydd Mercher 8, 15, 22, 29	1-3
Pen Y Pigyn, Corwen	Sesiwn Ymwybyddiaeth Ofalgar	Dydd Iau 23	1-2



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Bryniau Clwyd a  
Dyffryn Dyfrdwy  
Tirwedd Cenedlaethol  
Clwydian Range  
and Dee Valley  
National Landscape





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Corwen, January 2025

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or scan the QR code to book



Location	Activity	Date	Time
Corwen Community Garden	Light Gardening, Cuppa and Chat	Wednesday 8, 15, 22, 29	1-3
Pen Y Pigyn, Corwen	Mindful Walk	Thursday 23	1-2



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Bryniau Clwyd a  
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National Landscape

