# Get Involved

## Volunteering opportunities

## Winter 2021

# Fit for the Future

# ‘Our Health Meadow—Ein Dôl Iechyd’

**Help us enhance this beautiful meadow next to University Hospital Llandough**

**Who is this for?**

- **Anyone over 16 who wants to help**

**What are the benefits from attending?**

- **Enjoyable outdoor practical activities**
- **Improved health & well-being**
- **Accreditation through Agored Cymru**
- **Meet and chat with other people**

**Find out more: www.fitforthefuture.uk**
**barney@downtoearthproject.org.uk**
**01792 232439**

**<u>When?</u> Fridays**
**October 8th**
**November 12th**
**December 10th**
**10:00 — 14:30**

**<u>Where?</u>**
**Programmes on land next to University Hospital Llandough, Penarth. CF64 2XX**

**<u>How to get involved?</u>**
**Sign up through the email or call**

**This project is being delivered in partnership with the following organisations:**

Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig: Ewrop yn Buddsoddi mewn Ardaloedd Gwledig
European Agricultural Fund for Rural Development: Europe Investing in Rural Areas
Llywodraeth Cymru Welsh Government

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Caerdydd a'r Fro Cardiff and Vale University Health Board

Cardiff & Vale HealthCharity Elusenlechyd Caerdydd a'r Fro

Registered Charity No. 1056544

# Cymerwch ran

## Cyfleoedd i wirfoddoli

## Gaeaf 2021

# Addas at y Dyfodol

# ‘Our Health Meadow—Ein Dôl Iechyd’

**Helpwch ni i wella'r ddôl hardd hon wrth ymyl Ysbyty Athrofaol Llandochau**

**Ar gyfer pwy mae hwn?**

**• Unrhyw un dros 16 oed sydd eisiau helpu**

**Beth yw manteision mynychu?**

- **Gweithgareddau ymarferol hwylus yn yr awyr agored**
- **Gwella iechyd a lles**
- **Achrediad trwy Agored Cymru**
- **Cyfarfod a sgwrsio â phobl eraill**

**Pryd?** Dydd Gwener
8 Hydref
12 Tachwedd
10 Rhagfyr

**Ble?**
Rhaglenni ar y tir wrth ymyl Ysbyty Athrofaol Llandochau, Penarth CF64 2XX

**Sut i gymryd rhan?**
Cofrestrwch drwy e-bost neu drwy ffonio

**Rhagor o wybodaeth: www.fitforthefuture.uk**
**barney@downtoearthproject.org.uk**
**01792 232439**

**Caiff y prosiect hwn ei ddarparu mewn partneriaeth â’r sefydliadau canlynol:**

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