



Chwarae Dysgu
a Thyfu'n Iach

Play Learn and
Grow Healthy



FREE 'HEALTHY FRIENDS'

training and resources for childcare settings

A 'Healthy Friends' workshop and a full colour, bilingual activity pack with 70 activity cards is now available free for childcare providers.

This one day workshop aims to train playworkers and childcare workers in all childcare settings to set up their own buddy system - which helps older children lead on activities with younger children - using activities within the activity pack. Each section of the pack has 5 activity cards aimed at the younger age groups, making it also relevant to childminders and pre school children. The workshop also includes an introduction to the pack, action planning, and practical evaluation techniques

Allowing older children to lead on activities with younger children, this workshop can help all children, regardless of their age, improve their physical activity and nutrition levels through a range of peer led, fun, healthy activities.

What playworkers and childcare workers think:

"Very informative course and lovely resources"

"Very good resources, especially for Foundation Phase"

"As soon as we were given our pack we started a buddy club"

"I work in a pre-school so I will adapt some of the activities to suit the younger children - we are working on a healthy lifestyle project so this is very helpful for that"

Code	County	Venue	Date & Time
NPT	Neath Port Talbot	Resolven Integrated Children's Centre, Resolven, Neath. SA11 4AB	22 March 2014 9.30am - 4pm
MT	Merthyr Tydfil	Willows Centre Troedyrhiw, Merthyr Tydfil. CF48 4DX	22 March 2014 9.30am - 4pm
ANG	Anglesey	The Bull Hotel, Llangefni. LL77 7LA	03 May 2014 9.30am - 4pm
MON	Monmouthshire	Usk Centenary Hall Maryport Street South, Usk. NP15 1AD	05 April 2014 9.30am - 4pm
PEM	Pembrokeshire	Flying Start Centre Cross Park. Pennar. SA72 6SW	17 May 2014 9.30am - 4pm
WRE	Wrexham	Happy Days Plas Pentwyn, Wrexham. LL11 3NA	17 May 2014 10am - 4.30pm
SWA	Swansea	Canolfan Gorseinon Centre Millers Drive, Gorseinon, Swansea. SA4 4QN	07 June 2014 9.30am - 4pm
NEW	Newport	Gaer Community Centre, Gaer Road, Newport. NP20 3GY	14 June 2014 9.30am - 4pm

BOOKING FORM

Please return your completed Booking Form to your Clybiau Plant Cymru Kids' Clubs Regional Office:

South East Wales
Bridge House, Station Road,
Llanishen, Cardiff. CF14 5UW

North Wales
19, Princes Drive,
Colwyn Bay, Conwy. LL29 8HT

West Wales
Unit 2, Clos Gelliwerdd, Cross
Hands Business Park, Cross Hands,
Carmarthenshire. SA14 6RX

Name								Contact address:		
Name of childcare setting:								Postcode:		
Email address:								Telephone number:		
Which event? (Please tick)	NPT	MT	ANG	MON	PEM	WRE	SWA	NEW		
Special dietary/mobility requirements?			Umbrella Organisation (Please tick)	CPCCKC	NDNA	PACEY	MM	WPPA		



Registered Office Clybiau Plant Cymru Kids' Clubs, Bridge House, Station Road, Llanishen, Cardiff. CF14 5UW
 Swyddfa Gofrestredig Clybiau Plant Cymru Kids' Clubs, Tŷ'r Bont, Ffordd yr Orsaf, Llanisien, Caerdydd. CF14 5UW
 T 029 2074 1000 F 029 2074 1047 E info@clybiauplantcymru.org
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 Registered Charity / Elusen Gofrestredig 1093260



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Hyfforddiant ac adnoddau

'FFRINDIAU IACH' YN RHAD AC AM DDIM i fannau gofal plant

Mae gweithdy 'Ffrindiau Iach' ynghyd â phe cyn gweithgaredd lliw llawn yn cynnwys 70 cerdyn gweithgaredd yn awr ar gael am ddim i ddarparu'r gofal plant.

Bwriad y gweithdy undydd hwn yw hyfforddi gweithwyr chwarae a gweithwyr gofal plant ym mhob man gofal plant i sefydlu eu system bydis eu hunain - a fydd yn helpu'r plant hyn i arwain gweithgareddau gyda phlant iau - drwy ddefnyddio'r gweithgareddau yn y pecyn gweithgaredd. Mae 5 cerdyn gweithgaredd i bob adran o'r pecyn, a'r rhai wedi eu hanelu at y grwpiau oed iau, gan ei wneud yn berthnasol yn ogystal i warchodwyr plant a phlant

cyn-ysgol. Mae'r gweithdy hefyd yn cynnwys cyflwyniad i'r pecyn, cynllunio gweithgareddau a dulliau gwerthuso ymarferol.

Drwy adael i blant hyn arwain gweithgareddau gyda phlant iau, gall y gweithdy hwn helpu pob plentyn, waeth beth fo'u hoedran, i wella ar eu lefelau gweithgaredd corfforol a maeth drwy amrywiaeth o weithgareddau hwyliog ac iachus dan arweiniad cyfoedion.

Beth yw barn gweithwyr chwarae a gweithwyr gofal plant:

"Cwrs llawn gwybodaeth ac adnoddau hyfryd"

"Adnoddau da iawn, yn enwedig i'r Cyfnod Sylfaen."

"Fe wnaethom ni ddechrau clwb bydis cyn gynted ag y cawsom ein pecyn."

"Dwi'n gweithio mewn man cyn-ysgol felly fe fydda i'n cymhwyso rhai o'r gweithgareddau i'w gwneud yn addas i'r plant iau - ry' ni'n gweithio ar brosiect ffordd iach o fyw, felly mae hwn yn help mawr."

Cyf.	Sir	Lleoliad	Dyddiad & Amser
NPT	Castell-nedd Port Talbot	Canolfan Integredig i Blant Resolfen, Resolfen, Castell-nedd. SA11 4AB	22 Mawrth 2014 9.30yb - 4yp
MT	Merthyr Tudful	Canolfan Willows, Troedyrhiw, Merthyr Tudful. CF48 4DX	22 Mawrth 2014 9.30yb - 4yp
ANG	Ynys Môn	Gwesty'r Bull, Llangefni. LL77 7LA	03 Mai 2014 9.30yb - 4yp
MON	Sir Fynwy	Centenary Hall, Brynbuga, Maryport Street South, Brynbuga. NP15 1AD	05 Ebrill 2014 9.30yb - 4yp
PEM	Sir Benfro	Canolfan Dechrau'n Deg, Cross Park. Pennar. SA72 6SW	17 Mai 2014 9.30yb - 4yp
WRE	Wrecsam	Happy Days, Plas Pentwyn, Wrecsam. LL11 3NA	17 Mai 2014 10yb - 4.30yp
SWA	Abertawe	Canolfan Gorseinon Centre, Millers Drive, Gorseinon, Abertawe. SA4 4QN	07 Mehefin 2014 9.30yb - 4yp
NEW	Casnewydd	Canolfan Gymunedol Gaer, Gaer Road, Casnewydd. NP20 3GY	14 Mehefin 2014 9.30yb - 4yp

FFURFLEN FWCIO

Dychwelwch eich Ffurflen Fwcio, os gwelwch yn dda, i'ch swyddfa ranbarthol o Clybiau Plant Cymru Kids' Clubs:

De Ddwyrain Cymru
Tŷ'r Bont, Ffordd yr Orsaf,
Llanisien, Caerdydd. CF14 5UW

Gogledd Cymru
19, Princes Drive,
Bae Colwyn, Conwy. LL29 8HT

Gorllewin Cymru
Uned 2, Clos Gelliwerdd,
Parc Busnes Cross Hands, Cross
Hands, Sir Gaerfyrddin SA14 6RX

Enw								Cyfeiriad cyswllt:	
Enw'r man gofal plant:								Cod Post:	
Cyfeiriad e-bost:								Rhif ffôn:	
Pa ddigwyddiad? (Ticiwch)	NPT	MT	ANG	MON	PEM	WRE	SWA	NEW	
Gofynion par. deiet / symudoedd?	Cyfundrefn fantell: (Ticiwch)			CPCCK	NDNA	PACEY	MM	WPPA	



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



KIDS' CLUBS

Registered Office Clybiau Plant Cymru Kids' Clubs, Bridge House, Station Road, Llanishen, Cardiff. CF14 5UW
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