



Cymorth i Deuluoedd Haf 2022

## **Support for Families Summer 2022**

### **1. Gweithgareddau Gwyliau rhad neu am ddim i blant / Free or low cost Holiday activities for children**

*\*gwiriwch eu gwefannau am amodau / check their websites for any conditions*

**Ewch i'r wefan / details on website:**

[Holiday activities for children \(cardiff.gov.uk\)](http://cardiff.gov.uk)

Seiclo / Cycling

Merlota / Horseriding

Canolfanau Hamdden / Leisure Centre activities

Cynlluniau Chwarae / Play schemes

Gweithgareddau yn yr amgueddfa / Activities at the museum – [www.museums.co.uk](http://www.museums.co.uk)

A mwy /and more ...

**Sinema Vue ac Odeon Cinemas** – tocynnau oedolion a phlant i sioeau canol bore £2.49 -/ Adut and children tickets for mid-morning screenings £2.49

**Hwyl Haf Caerdydd / Cardiff Summer of fun 23.7.22- 5.9.22**

<https://visitCardiff.com/events/summer-of-fun/>

### **2. Plant yn bwyta AM DDIM neu pris rhad/ Kids eat FREE or special offers at selected restaurants.**

- Morrisons
- Caffi ASDA café
- Bella Italia
- Pausa Cafe – Dunelm stores
- Beefeater and Brewers
- Ikea
- Hungry Horse
- Yo Sushi!



### **3. Sesiynau Coginio i ddisgyblion drwy'r Gymraeg / Welsh Medium Cooking sessions for pupils**

<p><b>Ymunwch â Cook Stars arlein am hwyl yr haf!</b></p> <p>Ymunwch â Cook Stars dros y haf i greu amrwyiaeth o fwyd blasus ac i ddysgu coginio trwy'r Gymraeg.</p> <p>Yn addas i blant ar draws Cymru!</p> <p><u>Ar gyfer blynyddoedd 3-7:</u></p> <p><b>Dydd Iau 11 Awst am 11yb</b> – Biryani a Bara Naan <b>Dydd Iau 18 Awst am 11yb</b> – Myffins Mefys Moethus</p> <p>-</p> <p><u>Ar gyfer blynyddoedd 8-13:</u></p> <p><b>Dydd Iau 4 Awst 4.30yp</b> – Pasta Selsig a Bara Garlleg <b>Dydd Iau 11 Awst 4.30yp</b> – Tarten Lemwn <b>Dydd Iau 18 Awst 4.30yp</b> – Tikka Cyw Iâr a Bara Naan</p> <p>Bydd y sesiynau rhwng 60-75 munud.</p> <p><b>I gofrestru a dod o hyd i fwy o wybodaeth:</b> <a href="https://cook-stars-cardiff-north-and-west.class4kids.co.uk//">https://cook-stars-cardiff-north-and-west.class4kids.co.uk//</a></p>	<p><b>Join Cook Stars online for summer fun!</b></p> <p>Join Cook Stars this term to learn cooking skills and to have fun using Welsh.</p> <p>Suitable for children Wales-wide!</p> <p><u>For Years 3-7:</u></p> <p><b>Thursday 11<sup>th</sup> August at 11am</b> – Biryani and Naans <b>Thursday 18<sup>th</sup> August at 11am</b> – Eton Mess Muffins</p> <p><u>For Years 8-13:</u></p> <p><b>Thursday 4 August 4.30pm</b> Sausage Pasta&amp;Garlic Bread <b>Thursday 11 August 4.30pm</b> – Lemon Tart <b>Thursday 18 August 4.30pm</b> – Chicken Tikka and Naans</p> <p>Sessions will be between 60-75 minutes.</p> <p><b>To register and to find out more:</b> <a href="https://cook-stars-cardiff-north-and-west.class4kids.co.uk//">https://cook-stars-cardiff-north-and-west.class4kids.co.uk//</a></p>
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### **4. Cymorth a Chefnogaeth Rhianta / Cardiff Parenting Services**

[https://www.cardiffamilies.co.uk/wp-content/uploads/Cardiff-Parenting-booklet-2022\\_ENGLISH\\_reduced2.pdf](https://www.cardiffamilies.co.uk/wp-content/uploads/Cardiff-Parenting-booklet-2022_ENGLISH_reduced2.pdf)

Cardiff Family Gateway: 03000 133 133

ContactFAS@Cardiff.gov.uk

[www.cardiffamilies.co.uk](http://www.cardiffamilies.co.uk)



## **5. Gwisg Ysgol Glantaf School Uniform**

- Cais am **Grant Gwisg Ysgol / Pupil Development Grant** (School Uniform Grant)

<https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Financial-support/pupil-development-grant/Pages/default.aspx>

029 2053 7250

- **Gwisg Ysgol Glantaf School Uniform Recycling** -Tudalen Facebook Gwisg Ysgol Glantaf am ddim - Glantaf free, good condition pre-loved school uniform Facebook page
- Eitemau o wisg ysgol ar gael drwy'r ysgol – cysylltwch drwy ebost / items of pre-loved school uniform through the school, contact by email – **newisr@hwbcymru.net**