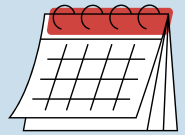


Y Cwtsh Cymreig

Medi 2025 September

Digwyddiadau pwysig – Medi – Important events



Mis darllen llyfr
newydd

Read a new
book month

Pythefnos
Masnach Deg

Fairtrade
Fortnight

21

Diwrnod
Cenedlaethol
Ffitrwydd
National
Fitness Day

23

Diwrnod Ieithoedd
Arwyddo Rhyngwladol
International Day of
Sign Languages

Dewch i ddathlu...
Come and celebrate...



Diwrnod Cenedlaethol Ffitrwydd
National Fitness Day
Medi 21 September

Dewch i ni symud
gyda'n gilydd!
Let's move together!

Hwyl wrth gadw'n
heini!
Fun whilst keeping fit!

GEIRFA / KEY WORDS



rhedeg
run



cicio
kick



neidio
jump



ymestyn
stretch



dawnsio
dance



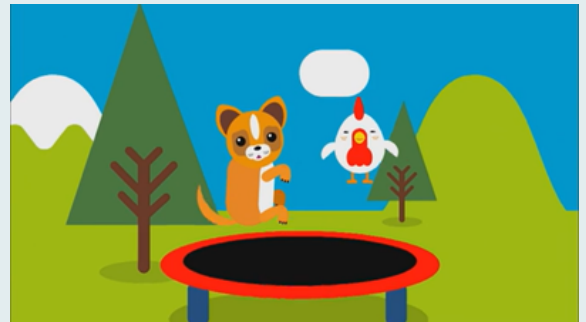
anadlu
breathe



ymlacio
stretch

Song of the month / Cân y Mis

Cân Cadw'n Heini | Cyw | S4C



Darparwyr Gofal Childcare providers

Cymerwch y cam nesaf yn eich taith Gymraeg gyda CAMAU
Take the next step in your Welsh journey with CAMAU



Cymraeg 2050 - a million Welsh speakers
you can help make this happen by
supporting the next generation of children
on their journey towards bilingualism



Camau

Cynllun Dysgu Cymraeg Addysg a
Gofal Plant Blynyddoedd Cynnar
Learn Welsh Scheme for Early Years
Education and Childcare

What courses are available?

- ▲ Entry / Entry Playwork
- ▲ Foundation
- ▲ Intermediate

For more information please
visit the Cwlwm website or
contact your umbrella
organisation's [Welsh
Support Co-ordinator](#).

Camau is a fully funded bespoke Work
Welsh scheme for the Early Years,
Childcare and Playwork sectors in
Wales.

Camau uses an online self-study
learning model, allowing learners to
access training in the most convenient
place for them and at the most
convenient time.

You will learn language patterns,
grammar, mutations and vocabulary
pertinent to the Early Years, Childcare
and Playwork sectors.

All learning is supported through high
quality resources and support from the
Cwlwm partnership.



Y Ganolfan
Dysgu Cymraeg
Genedlaethol —
National Centre
for Learning Welsh



Cliciwch [yma](#) am fy o wybodaeth
neu sganiwch y côd QR:
[Click here for my information or
scan the QR code:](#)



Cofrestrwch [yma](#):
[Register here](#)



Be' sy' 'mlaen
YM MIS MEDI?



I deuluoedd
For Families



DIGWYDDIAD DRYSAU AGORED CADW CADW'S OPEN DOORS EVENT

Ym mis Medi, bydd llawer o safleoedd hanesyddol hardd lleol yn cynnig mynediad am ddim.

Clíciwch yma i weld pa rai o safleoedd Sir Gaerfyrddin sydd ar agor i archwilio, neu sganwch y côd QR isod.

In September, many beautiful local historical sites will offer free entry.

Click [here](#) to see which sites in Carmarthenshire are open for exploration, or scan the QR code below.

BETH ARALL SY' 'MLAEN?

GRWPIAU I DEULUOEDD:

WHAT ELSE IS ON?

GROUPS FOR FAMILIES:



<https://fis.carmarthenshire.gov.wales/children/>

Cadw—er lles pawb.
For us all, to keep.

Drysau Agored Open Doors

1–30 Medi/September
11:00 – 16:00

Bob mis Medi mae mynediad am ddim i adeiladau hanesyddol a safleoedd treftadaeth, teithiau cerdded a sgysiau, arddangosfeydd a digwyddiadau arbenning eraill ar draws Cymru.

Ewch i cadw.llyw.cymru/drysau-agored

Every September there is free entry to historic buildings and heritage sites, walks and talks, exhibitions and other special events across Wales.
Visit cadw.gov.wales/open-doors

Mynediad am ddim
Free Entry

Dathliad pensaernïaeth a threftadaeth fwyaf Cymru
Wales' biggest celebration of architecture and heritage



Tîm integreiddio'r
Blynnyddoedd Cynnar –
Cwm Gwendraeth



Cymraeg i Blant Sir
Gâr



Menter Cwm
Gwendraeth
& Elli



Menter Gorllewin
Sir Gâr



Mudiad Meithrin –
Grwpiau Ti a Fi



Menter
Dinefwr

