

Newport City Council Community Connectors Cost of Living Directory



Directory of Support to Maximise Income

No one should have to choose between heating or eating. If you are experiencing the impact of the current rise in the cost of living please see the below information that may be of help to you.

Information contained in this document is correct at the time of publishing. It is advisable to check in case details have changed.

ORGANISATION	SUPPORT & RESOURCES	CONTACT OR WEBPAGE LINK
Information Resources		
<p>ABUHB</p> <p>Aneurin Bevan University Health Board</p>	<p>Aneurin Bevan University Health Board have created a website page providing information regarding support services available in Gwent to help those who are struggling.</p> <p>The website provides information on:</p> <ul style="list-style-type: none"> • Staying Well-Advice on living well, stopping smoking, alcohol support, dental and eyesight and healthier together. • Mental Wellbeing and stress- Mental health support (Melo) and list of specialist helplines • Eating Well and food Crisis support- Eating Well hub and Food Crisis support (Trussel trust foodbank finder tool, Healthy start scheme, Fare Share Food support, Local integrated wellbeing network) • Bills debts and benefits- help with energy, fuel bills, energy Efficiency, finding loans, debt services and benefit entitlement. • Family and relationships- Link to ‘Citizens advice Wales family and relationships’ 	<p>Webpage:</p> <p>https://abuhb.nhs.wales/healthcare-services/staying-well-and-healthy/cost-of-living-support/</p>

	<p>advice page</p> <ul style="list-style-type: none"> • Free professional advice • Support in your Area - Each Local Authority within our Health Board area has lots of support available in your local community - no matter what you need help with. 	
Mental health and Money advice	Provides clear, practical advice and support for people experiencing issues with mental health and money.	Webpage: www.mentalhealthandmoneyadvice.org
Mind Money and mental health information page	<p>Poor mental health can make earning and managing money harder, worrying about money can make your mental health worse.</p> <p>On Minds web page you can find out about</p> <ul style="list-style-type: none"> • organising your finances, • claiming benefits when you have a mental health problem, • Looking after your mental health when you are worried about money 	Webpage: https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/
Money Helper	Provides information and advice to those struggling paying their energy bills and worried about debt.	Webpage: www.moneyhelper.org.uk Telephone: 0800 011 3797
Money Matters Hub for unpaid carers	Information on a range of benefits and help with energy bills and managing your money.	Webpage: https://www.carersuk.org/wales/help-and-advice/money-matters-hub?
Money Saving Expert	Information on how to save money and the cost of living.	Webpage: www.moneysavingexpert.com/family/cost-of-living-survival-kit/

<p>Newport City Council Information and advice page</p>	<p>Newport City Council and their partners can offer advice and support for those struggling with the cost of living. Help can include: ways to pay bills, assistance in finding work or accessing training.</p> <p>If you are struggling financially, please visit the councils webpage or contact by telephone.</p>	<p>Webpage: www.newport.gov.uk/en/Support-and-Advice/Support-and-Advice.aspx Contact us on the following: 01633 656656</p>
<p>Welsh Government Cost of Living Information Page</p>	<p>Information on what support is available to help with the cost of living.</p> <p>This includes income and disability benefits, bills and allowances, childcare, housing and travel.</p>	<p>Webpage: https://www.gov.uk/cost-of-living</p>
<p>WARM WALES ENERGY SAVING TIPS</p>	<p>STEPS TO HELP YOU MANAGE YOUR ENERGY BILLS AND KEEP YOUR HOME WARM AND SAFE MAKE YOUR HOME WARMER SUPPORT TO MAKE YOUR HOME WARMER, SAFER AND HEALTHIER SAVING MONEY ON YOUR ENERGY BILLS</p>	<p>Contact details- If NCH customer email energysupport@newportcityhomes.com for further information or to refer yourself or someone you know or call: 01633 381111.</p> <p>For non NCH customer visit https://www.warmwales.org.uk/contact/ or email information@warmwales.org.uk</p>
<p>Newport City Council</p>	<p>Cost of Living dedicated email for support.</p>	<p>costofliving@newport.gov.uk</p>
<p>BENEFITS</p>		
<p>Carers Allowance</p>	<p>If you are an unpaid carer, you may be entitled to carer’s allowance. If you are getting</p>	<p>Website:</p>

	<p>certain other benefits, including a State Pension, then you may not be able to be paid Carer’s Allowance, although it may still be worth you making a claim.</p>	<p>https://www.gov.uk/carers-allowance/how-to-claim?adlt=strict</p>
<p>Citizens Advice Bureau</p>	<p>Newport Citizens Advice Bureau provide a free, confidential and impartial advice service on a wide variety of issues including benefits, debt, employment and discrimination. You may be facing a crisis, or just considering your options.</p> <p>Advicelink Cymru offers quality assured advice on welfare benefits, debt, employment, education, housing, immigration and discrimination.</p>	<p>Tel: 01633 222622</p> <p>Advicelink Cymru: 0800 702 2020. Monday to Friday 9am – 5pm</p> <p>Web Page: www.newportca.org.uk</p>
<p>Pension Credit</p>	<p>Pension Credit gives you extra money to help with your living costs if you are over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.</p> <p>Pension Credit tops up:</p> <ul style="list-style-type: none"> • your weekly income to £218.15 if you’re single • your joint weekly income to £332.95 if you have a partner <p>You may get extra amounts if you have other responsibilities and costs.</p> <p>If you have a severe disability You could get an extra £81.50 a week if you get any of the following.</p> <ul style="list-style-type: none"> • Attendance Allowance • the middle or highest rate from the care component of Disability Living Allowance (DLA) • the daily living component of Personal Independence Payment (PIP) <p>Armed Forces Independence Payment</p> <ul style="list-style-type: none"> • the daily living component of Adult Disability Payment (ADP) at the standard or 	<p>Website https://www.gov.uk/pension-credit?adlt=strict</p> <p>To make a claim https://www.gov.uk/pension-credit/how-to-claim</p> <p>Apply by phone A friend or family member can call for you if you cannot use the phone. Pension Credit claim line Telephone: 0800 99 1234 Textphone: 0800 169 0133 Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 99 1234</p>

	<p>enhanced rate</p> <p>If you care for another adult You may be eligible for an extra £45.60 a week if you get any of the following:</p> <ul style="list-style-type: none"> • you get Carer’s Allowance • you’ve claimed Carer’s Allowance but are not being paid because you already get another benefit paying a higher amount. <p>If you and your partner have both claimed or are getting Carer’s Allowance, you can both get this extra amount.</p> <p>If you’re responsible for children or young people</p> <ul style="list-style-type: none"> • You could get an extra £66.29 a week for each child or young person you are responsible for. This is increased to £76.79 a week for the first child if they were born before 6 April 2017. <p>Other help if you get Pension Credit If you get Pension Credit, you can also get other help, such as:</p> <ul style="list-style-type: none"> • Housing Benefit if you rent the property you live in • Support for Mortgage Interest if you own the property you live in • a Council Tax discount • a free TV licence if you’re aged 75 or over • help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit • help with your heating costs through the Warm Home Discount Scheme • a discount on the Royal Mail redirection service if you’re moving house 	
<p>Personal Independent Payment PIP</p>	<p>Personal Independence Payment (PIP) can help with extra living costs if you have both:</p> <ul style="list-style-type: none"> • a long-term physical or mental health condition or disability 	<p>Telephone: 0800 917 2222 Textphone: 0800 917 7777</p> <p>Webpage:</p>

	<ul style="list-style-type: none"> difficulty doing certain everyday tasks or getting around because of your condition <p>You can get PIP even if you're working, have savings or are getting most other benefits</p>	www.gov.uk/pip/how-to-claim
Statutory Sick Pay	<p>You can get £116.75 per week Statutory Sick Pay (SSP) if you're too ill to work, paid by your employer for up to 28 weeks. You can get more if your company has a sick pay scheme (or 'occupational scheme') - check your employment contract. To qualify for Statutory Sick Pay (SSP) you must:</p> <ul style="list-style-type: none"> be classed as an employee and have done some work for your employer earn an average of at least £123 per week have been ill for at least 4 days in a row (including non-working days) 	<p>Webpage: www.gov.uk/statutory-sick-pay/how-to-claim</p>
Universal Credit	<p>Universal Credit is a payment to help with your living costs, which is paid monthly into a bank account. You may be able to get Universal Credit if you're on a low income or need help with your living costs.</p> <p>You could be:</p> <ul style="list-style-type: none"> out of work working (including self-employed or part time) unable to work, for example because of a health condition <p>To claim you must:</p> <ul style="list-style-type: none"> live in the UK be aged 18 or over (there are some exceptions if you're 16 to 17) be under State Pension age have £16,000 or less in money, savings and investments <p>You can use a benefits calculator to check what benefits you could get.</p>	<p>Universal Credit helpline</p> <p>Telephone: 0800 328 5644 Textphone: 0800 328 1344</p> <p>Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 328 5644</p> <p>Welsh language: 0800 328 1744</p> <p>Monday-Friday, 8am-6pm</p>
CHARITIES & ORGANISATIONS		
Age Cymru	Age Cymru provide confidential, impartial and expert information and advice to older	Tel: 01633 763330

	people, their families, friends, carers and professionals.	Web Page: www.ageuk.org.uk
Care and Repair Cymru	<p>Care and Repair provides information, advice and practical services that help older people in Wales stay safe, warm and well at home.</p> <p>They fit disability aids and adaptations, supply home maintenance services, help maximise income and access grants, and make homes safe to return to from hospital.</p>	<p>Tel: 01633 233887</p> <p>Webpage: www.careandrepair.org.uk</p>
Newport City Council Financial Inclusion Service	<p>Offers financial guidance and support where there is a clear housing need e.g. difficulty managing tenancy because of rent arrears, behind with household bills such as council tax.</p> <p>The service can support with managing money and budgeting, access to and support to manage appropriate benefits, referring to and liaising with specialist debt services where required, applying for lower social tariffs, grant applications.</p> <p>The service is open to anyone with a housing need and must be referred or self-refer via the Newport Gateway, followed by an assessment of needs</p>	<p>Telephone: 01633 656656</p> <p>Webpage: www.newport.gov.uk/en/Care-Support/How-social-services-can-help/Supporting-people.aspx</p> <p>Referrals made via: newport.gateway@newport.gov.uk</p>
SCOPE	<p>The cost of living is increasing and for disabled people and their families, costs are increasing on essential goods and services like; heating, insurance, equipment and therapies.</p> <p>These extra costs mean disabled people have less money in their pocket than non-disabled people, or go without.</p> <p>Their web site offers free energy and water advice for disabled people. The service is open to:</p>	<p>Tel: 0808 801 0828</p> <p>Webpage: www.scope.org.uk/campaigns/extra-costs/</p>

	<ul style="list-style-type: none"> Any disabled person or household where 1 or more disabled person lives Households in England and Wales 	
ENERGY		
Boiler Upgrade Scheme	<p>UK Government is providing grants to encourage low carbon heating systems such as heat pumps, through the Boiler Upgrade Scheme (BUS). Grants can help property owners overcome the upfront cost of low carbon heating technologies.</p> <p>The scheme is open to domestic and small non-domestic properties in England and Wales. It runs from 2022 to 2025.</p>	<p>Tel: 0330 053 2006</p> <p>Email: BUS.enquiry@ofgem.gov.uk</p> <p>Webpage: www.gov.uk/guidance/check-if-you-may-be-eligible-for-the-boiler-upgrade-scheme-from-april-2022</p>
ECO – Energy Company Obligation	<p>ECO is the main scheme for supporting energy efficiency improvements including insulation and some heating improvements in low income and vulnerable households</p>	<p>Helpline 0800 444202</p> <p>Monday-Friday 8am-8pm Saturday-Sunday 9am-5pm</p>
Energy Saving Trust	<p>Information and advice on making your home more energy efficient, reducing your carbon emissions and lowering your energy bills.</p>	<p>Webpage: www.energysavingtrust.org.uk/energy-at-home/</p>
LEAP	<p>LEAP is offering local residents a completely FREE OF CHARGE service called LEAP (Local Energy Advice Partnership). LEAP can help you to save money and keep your home warm and cosy. If you are eligible, they will book you an appointment with one of their friendly, qualified advisers.</p>	<p>Call us now on 0800 060 7567* (Freephone) to book your appointment, or apply online: www.applyforleap.org.uk</p>

	<ul style="list-style-type: none"> • Benefit Checks • Income maximisation • Welfare Benefit Advice • Debt and Multiple Debt including Debt Relief Orders and Bankruptcy • Fuel Debt, Budgeting • Energy Efficiency • Replacement Energy efficient White Goods 	all.info@riverside-advice.co.uk
<p>Warmer Wales (hosted by Citizen’s Advice Bureau)</p>	<p>Winter Fuel Payment is a non-means tested payment from the Government to help with heating costs.</p> <p>Most pensioner households will be able to receive it.</p>	<p>Helpline 0800 731 0160</p> <p>Webpage: www.gov.uk/winter-fuel-payment/how-to-claim</p>
<p>GRANTS</p>		
<p>Discretionary Assistance Fund (DAF)</p>	<p>The Discretionary Assistance Fund provides 2 types of grant that you do not need to pay back.</p> <p>Emergency Assistance Payment (EAP) A grant to help pay for essential costs, such as food, gas, electricity, clothing or emergency travel, if you:</p> <ul style="list-style-type: none"> • are experiencing extreme financial hardship • have lost your job • have applied for benefits and are waiting for your first payment <p>You cannot use it to pay for ongoing bills that you cannot afford to pay.</p> <p>Individual Assistance Payment (IAP) A grant to help you or someone you care for live independently in their home or a property that you or they are moving into. What you can use the grant for:</p>	<p>Tel: 0800 859 5924</p> <p>(Croesawir galwadau yn Gymraeg / Calls are welcomed in Welsh)</p> <p>For eligibility and more information visit: www.gov.wales/discretionary-assistance-fund-daf</p>

	<ul style="list-style-type: none"> • A fridge, cooker or washing machine and other ‘white goods’ • home furniture such as beds, sofas and chairs 	
Turn2Us	Turn2Us helps people in financial need gain access to welfare benefits, charitable grants and other financial help, online and over the phone.	Tel: 0808 802 2000 Monday-Friday 9am-5pm Webpage www.turn2us.org.uk
MANAGING DEBT		
Breathing Space (Debt Respite Scheme)	<p>Breathing space is a government scheme designed to give you time to receive debt advice and find a solution to sort out your debt problems. There are two kinds of breathing space.</p> <ul style="list-style-type: none"> • <i>Standard Breathing Space</i> is where most creditors will have to stop collection and enforcement of your debts. Creditors will also have to freeze interest and charges on any eligible debts. • <i>Mental Health Crisis Breathing Space</i> can provide extra protection for people who are receiving mental health crisis treatment. <p>To apply you must speak to a Debt Advisor.</p>	<p>For more information and eligibility visit: www.gov.uk/options-for-paying-off-your-debts/breathing-space</p> <p>You can find a free Debt Advisor on www.moneyhelper.org.uk/en</p>
Christians Against Poverty	If you’re looking for help, whether that’s helping to get out of debt, find a job or gain vital life skills, Christians Against Poverty provides a range of free professional services across the UK through local churches.	Tel: 01274 760720 Webpage: https://capuk.org
Step Change Debt Charity	Offer a wide range of debt solutions to help, no matter what you are dealing with.	Webpage: www.stepchange.org
MANAGING MONEY		
Money Helper	A Government backed scheme offering free information and advice on a wide range of money topics including benefits, family & care, money troubles, savings, everyday money, homes, pensions & retirement and work.	Tel: 0800 138 7777 WhatsApp: 07701 342744 Webpage: www.moneyhelper.org.uk/en

<p>Newport Credit Union – Amalgamated with smart Money Cymru Community Bank</p>	<p>Smart Money Cymru is a Community Bank offering financial services to the people of Wales. Compared to a high street bank, their values, mission and visions are very different. To help local community who are part of Smart Money Cymru, to help them save or borrow money, and to be smarter with their financial decisions.</p> <p>Trusted over payday loan sharks, as they are not for profit. Suitable for people who may have poor credit ratings. Also have affordable loans for household goods.</p>	<p>Phone: 02920883751 Email: info@smartmoneycymru.co.uk www.smartmoneycymru.co.uk/home Webpage: www.newportcreditunion.co.uk</p>
<p>Online Comparison Sites</p>	<p>Online tools to compare tariffs, ensuring you pay the best rate for your needs.</p> <p>Search for insurance, energy, finance, travel, broadband and mobile phones.</p>	<p>Webpage: www.moneysupermarket.com www.gocompare.com www.comparethemarket.com www.uswitch.com Other sites are available</p>
<p>WATER</p>		
<p>Dwr Welsh Water</p>	<p>Information on water schemes and tariffs; including</p> <ul style="list-style-type: none"> • Are you with the right Tariff? 	<p>Tel: 0800 0520145</p>

	<ul style="list-style-type: none"> • Priority Services Register • Becoming a Priority Services Customer • Helping those who need it most <p>People claiming certain benefits may be eligible for financial help.</p> <p>HelpU tariff - helps low income households by putting a cap on the amount you have to pay for your water. If you qualify, we will cap your water bill so you won't pay over a certain amount for the year.</p> <p>The annual HelpU charge is £290.03 (£116.52 for water, £173.51 for sewerage).</p>	<p>Webpage: www.dwrcymru.com/en/reach/customer-support</p> <p>Webpage: https://www.dwrcymru.com/en/support-with-bills/helpu-tariff</p>
WaterSure Wales	<p>If you already have a meter, or have requested one, the Bill Cap - WaterSure Wales tariff puts a cap on the amount you have to pay for your water.</p> <p>Bill Cap - WaterSure Wales tariff caps your annual metered bill amount, so you won't pay over a certain amount for the year, no matter what your actual consumption is.</p>	<p>Telephone: 0800 052 0145 Textphone: 18001</p> <p>Webpage: www.dwrcymru.com/en/support-with-bills/watersure-tariff</p>
Warm Wales- Water Discount	<p>Warm Wales, are giving a 3 month discount on water bills. This does not include anyone on a water meter or HelpU Scheme. It is for working families, basically if the household's total income is less than £50,000 then you can apply. If awarded, it will give you the next 3 months free and not take your regular payments for 3 months. The number to contact is 01352 746792 to enquire. They will apply on your behalf. It takes just a week for a decision, and Welsh Water will send the decision by post.</p>	<p>This Provision has now closed.</p>
WARM SPACES (Run from January to March)		
Warm Space At St Andre's Church	<p>St Andrew's Warm Hug at St Andrews church hall offers a warm welcome to those in need of a hot drink. Opens Thursday 3rd November – March 2023 then Mondays 9:30am - 12:30pm and Thursdays 10:30am – 1:30pm</p>	<p>Email: parishofflliswerry@gmail.com</p>
Warm Space at The Gap	<p>From December 2nd we will be offering a Warm Welcome at The Gap centre on Stow Hill</p>	<p>Email:</p>

	Times: 1:30pm – 5pm This will be Free – Warm – Welcoming – Safe	pastor@bethelnewport.co.uk
OTHER		
Families First	Families First is a Welsh Government programme designed to improve outcomes for children, young people and families. It emphasises prevention and early intervention for families particularly those living in poverty.	Webpage: www.newport.gov.uk/en/Care-Support/Children-and-families/Families-First/Families-First.aspx
FoodCycle Newport	Provides a free hot meal to those in need. Tuesdays 6:30pm Community House, 2 Eton Road, NP19 0BL	Email: newport@foodcycle.org.uk
Health and Wellbeing support at your Neighbourhood Hub	Drop-in sessions for people looking for advice about returning to work, finding a better job or increasing their skills are available at Newport’s neighbourhood hubs.	Webpage: www.newport.gov.uk/en/About-Newport/Neighbourhood-Hubs/Neighbourhood-Hubs.aspx
Recycled Furniture	Ravenhouse and Wastesavers have a range of pre used furniture and IT equipment.	Ravenhouse – Tel: 01633 762999 Wastesavers: 01633 281281
Re:make Newport	Re:make Newport help with the repairing of household items and have a range of DIY tools and other items that can be rented at a low price.	Tel: 01622 846806
National Databank	Low-income families can stay connected over summer with free mobile data from the National Databank. To keep families connected, we created the National Databank with our founding partners, Virgin Media O2. The National Databank is like a foodbank but provides free mobile data, texts and calls for people who need it.	https://www.goodthingsfoundation.org/what-we-do/news/low-income-families-can-stay-connected-over-

	<p>Parents can access 20GB of free data per month for six months, along with texts and calls, which is enough for around 220 hours of internet browsing per month, at nearly 1,300 National Databank Hubs nationwide.</p>	<p>summer-with-free-mobile-data-from-the-national-databank/</p>
<p>Fed Line Project</p>	<p>The Fed Line Project supports community food projects, organisations, individuals and families living in financial hardship/poverty through cooking! More people now than ever need to access emergency food through food banks and other support services and are facing daily challenges. Our aim is to help people facing financial crisis by supporting them through cookery and practical help at the earliest stage possible.</p> <p>We offer shorter term help as well as providing services that aim to help longer-term. We help advance the education of people living in difficult financial situations through providing practical help and support. Our cookery programmes focus on building confidence around cooking healthy, nutritious, family friendly meals on a budget.</p> <p>There is lots more information about us on our website should you wish to take a look: The Fed Line Project Budget Cooking Recipes Budget Cookery Courses .</p>	<p>https://www.thefedlineproject.co.uk/contact-us</p>
<p>The Hive</p>	<p>Open to all Tuesdays, Wednesdays and Thursdays 9.30 a.m. to 4.30 p.m. – Thursdays 12.00 Noon to 7.00 p.m. As The Hive gets more established the opening hours will be longer and a new phone line/website and email addresses is coming soon.</p> <p>The Hive is especially designed to make everyone of all ages and cultures welcome and helps with the tackling of loneliness and isolation as well as hosting venues for external partner agencies. Having low cost launderette facilities for Residents of Newport to use and hosts a kitchen and community space for all.</p>	<p>The Hive 10 Stow Hill Newport NP20 1JB</p> <p>https://www.facebook.com/people/The-Hive-Newport/61557084339928/</p>
<p>NCC Cost of Living Advice and Guidance</p>	<p>Residents of Newport can also arrange a private appointment by emailing the Cost-of-Living Team asking for help and include their telephone number. The Cost-of-Living Team will then arrange to meet at a convenient space with the resident.</p>	<p>Costofliving@newort.gov.uk</p>

	The team also hold cost of Living surgeries. Please see the below poster.	
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 Funded by
UK Government

 Wedi ei ariannu gan
Llywodraeth y DU

Live wise, be wise

Bydd ddoeth a byw'n ddoeth



**Information and guidance on budgeting;
managing utility bills, rent advice and much more.**

ETON ROAD COMMUNITY HOUSE - 20 February and 19 March (4.30pm - 6.30pm)
SHAFTESBURY COMMUNITY CENTRE - 21 February and 20 March (4pm - 5.30pm)
BEAUFORT CENTRE, ST JULIANS - 22 February and 21 March*
RINGLAND COMMUNITY CENTRE - 27 February and 9 April*
SOMERTON HOPE CENTRE - 28 February and 10 April*
ALWAY COMMUNITY CENTRE - 29 February and 11 April*
EAST NEWPORT COMMUNITY CENTRE (MOORLAND PARK) - 5 March*
MAESGLAS COMMUNITY CENTRE - 6 March*
PILL MILLENNIUM CENTRE - 7 March*
MALPAS COMMUNITY CENTRE - 12 March*



POWERED BY
**LEVELLING
UP**

**Gwybodaeth ac arweiniad ar gyllidebu; rheoli biliau
trydan/nwy/dŵr, cyngor ar rent a llawer mwy.**

Tŷ CYMUNEDOL ETON ROAD - 20 Chwefror a 19 Mawrth (4.30pm - 6.30pm)
CANOLFAN GYMUNEDOL SHAFTESBURY - 21 Chwefror a 20 Mawrth (4pm - 5.30pm)
CANOLFAN BEAUFORT, SAIN SILIAN - 22 Chwefror a 21 Mawrth*
CANOLFAN GYMUNEDOL RINGLAND - 27 Chwefror a 9 Ebrill*
CANOLFAN GOBAITH SOMERTON - 28 Chwefror a 10 Ebrill*
CANOLFAN GYMUNEDOL ALWAY - 29 Chwefror ac 11 Ebrill*
CANOLFAN GYMUNEDOL DWYRAIN CASNEWYDD (PARC Y MORFA) - 5 Mawrth*
CANOLFAN GYMUNEDOL MAESGLAS - 6 Mawrth*
CANOLFAN MILENIWM PILGWENLLI - 7 Mawrth*
CANOLFAN GYMUNEDOL MALPAS - 12 Mawrth*



WEDI'I YRRU GAN
**FFYNIANT
BRO**