

Cystadleuaeth ffotograffiaeth | Photography Competition

Beth sy'n Eich Gwneud yn Hapus | What Makes you Happy

Dyddiad cau **Gorffennaf 16eg** | Closing date **July 16th**

Taleb £30 ar gyfer bwyty Lounges a thaleb o £25 o'ch dewis chi. |
£30 Voucher for the Lounges restaurant and a £25 voucher of your choice.

E-bost / Email: **CommunityStepsWales@stroke.org.uk**
Ffôn / Phone: **01745 508531**

Cymdeithas
Strôc | Stroke
Association



Rydyn ni newydd lansio ein cystadleuaeth ffotograffiaeth gyntaf erioed yng Nghymru. Mae yn agored i bobl yng Nghymru sydd wedi cael strôc neu'r rhai sy'n gofalu am oroeswr strôc. Rydym yn croesawu ceisiadau gan oroeswyr strôc sydd wedi cael cefnogaeth gan ofalwr neu aelod o'r teulu i dynnu eu llun.

We have just launched our first ever photography competition in Wales. Open to people in Wales who have had a stroke or those caring for a stroke survivor. We welcome entries from stroke survivors who have had support from a carer of family member to take their photo.

Rydym yn chwilio am un ddelwedd o Beth sy'n Eich Gwneud yn Hapus a gododd eich calon ystod y cyfnod clo.

We are on the looking for one What Makes you Happy image that uplifted you during lockdown.



I gystadlu, e-bostiwch eich ffotograff at:
To enter please email your photograph to:
CommunityStepsWales@stroke.org.uk

A chynhwyswch y manylion canlynol

And include the following details:

Cystadleuaeth Ffotograffiaeth Photography Competition

Beth sy'n Eich Gwneud yn Hapus!
What Makes You Happy!



Enw / Name:

Rhif Ffôn / Telephone no:

Dywedwch wrthym ble wnaethoch chi dynnu'r llun?
Tell us where you took the photo?

Dywedwch wrthym beth yw'r llun a pham mae'n eich
gwneud chi'n hapus?
Tell us what the photo is of and why it makes you happy?

Dyddiad cau ar gyfer ceisiadau Dydd Gwener Gorffennaf
16eg.

Closing date for entries Friday, July 16th.



Beirniad gwadd enwog: Sian Lloyd
Celebrity guest judge: Sian Lloyd

Cyhoeddir yr enillydd ar **Gorffennaf 23ain**
The winner will be announced on **July 23rd**
Pob Lwc! Good luck!

Trwy gymryd rhan yn y gystadleuaeth rydych yn cytuno y gall y Prosiect Camau Cymunedol ddefnyddio'ch llun mewn cyhoeddusrwydd yn y dyfodol er budd y Gymdeithas Strôc.

By entering the competition you are agreeing that the Community Steps Project can use your photo in future publicity for the benefit of the Stroke Association.

Llinell Gymorth Strôc / Stroke Helpline:
0303 3033 100
Ewch i / Website: **stroke.org.uk**

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**Rydym yn cefnogi pobl
a chymunedau i ffynnu.**
Cronfa Gymunedol y Loteri Genedlaethol

**We support people and
communities to thrive.**
The National Lottery Community Fund

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The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789).
Also registered in the Isle of Man (No 945), Jersey (No 221), and operating as a charity in Northern Ireland.

Cymdeithas Strôc 2021
Mae'r Gymdeithas Strôc wedi'i chofrestru fel elusen yng Nghymru a Lloegr (rhif 211015) ac yn yr Alban (SC037789).
Mae wedi'i chofrestru hefyd yng Ynys Manaw (rhif 945) a Jersey (rhif 221) a gweithredu fel elusen yng Ngogledd Iwerddon.

Camau Cymunedol Strôc
Stroke Community Steps