BETH AM GAEL CINIO?

LET'S LUNCH

RYDYCH CHI'N ANHYGOEL
YOU'RE AWESOME

MAE'R CINIO MAWR YN BOSIB OHERWYDD POBL FEL CHI, FELLY DIOLCH I CHI AM WNEUD YR HOLL BETH YN BOSIB!

Dyma eich pecyn Y Cinio Mawr. Y tu mewn fe welwch ganllaw defnyddiol i helpu gyda'ch trefniadau ar gyfer Y Cinio Mawr. Mae rhai posteri a gwahoddiadau i helpu lledaenu'r gair a set o sticeri i'w defnyddio ar y diwrnod.

Mae gan bawb rywbeth i'w gyfrannu at y diwrnod, felly mae'n debygol bod unrhyw beth arall sydd eu hangen arnoch ar gael ar eich stepen drws.

Yn yr un modd â'n cymunedau, bydd pob Cinio Mawr ychydig yn wahanol - does dim rheolau neu ryseitiau i'w dilyn, felly ewch ati i ddechrau trefnu eich Cinio Mawr.

Mwynhewch,

TIM Y CINIO MAWR

THE BIG LUNCH IS MADE POSSIBLE BY PEOPLE LIKE YOU, SO THANK YOU FOR MAKING IT HAPPEN!

This is your Big Lunch pack. Inside you'll find a handy guide to help make preparing for your Big Lunch a piece of cake. There are some posters and invites to help spread the word and a set of stickers to play with on the day.

Everyone has something they can bring to the table, so anything else you might need is likely to be right on your doorstep.

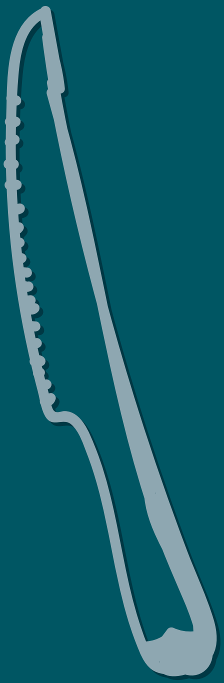
Just like our communities, each and every Big Lunch will be a little bit different – there are no rules or recipes to follow, so tuck in, and start cooking up your Big Lunch plans.

Have fun,

THE BIG LUNCH TEAM

EWCH AMDANI

TUCK IN



YN GRYNO / IN A NUTSHELL

Cynllun cam wrth gam i'ch helpu i drefnu eich Cinio Mawr

Bite-sized steps to help plan your Big Lunch

AR EICH MARCIAU, BAROD, TREFNWCH

READY, STEADY, PLAN

Nawr bod gennych chi'r pecyn, mae'n bryd dechrau cyffroi, dewch â grŵp cyfeillgar o bobl ynghyd a dechreuwch ar y cynlluniau ar gyfer y parti!

Now you've got your pack it's time to get excited, get a couple of friendly folk on board and start the party preparations!

SIARADWCH Â PHOBL

TALK TO PEOPLE

Mae angen pobl mewn partïon, lledaenwch y gair a rhowch wybod i bobl am y gwahoddiad!

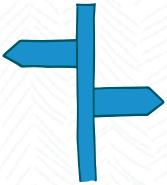
Parties need people, spread the word and let everyone know they're invited!

MWYNHEWCH Y PARTI!

ENJOY THE PARTY!

Bwytewch, siaradwch, chwaraewch, joiwch a chofiwch mai'r peth pwysicaf yw dod â phobl at ei gilydd.

Eat, talk, play, have fun, and remember the most important thing is bringing people together!



DEWISWCH AMSER A LLE

PICK A TIME AND A PLACE

Cymerwch ran ar benwythnos cyntaf mis Mehefin pan mae pobl ledled y DU yn mwynhau Ciniawau Mawr neu dewiswch ddyddiad sy'n fwy cyfleus i'ch cymuned - mae'n dal i gyfri.

Take part on the first weekend in June when people right across the UK are enjoying Big Lunches or pick a date that works for your community – it still counts.

LLENWCH EICH PLATIAU

FILL YOUR PLATES

Gofynnwch i bobl gyfrannu bwyd, mae'n rhoi cyfle i bawb deimlo fel rhan o'r digwyddiad. Rhowch wybod iddynt fod dim ots os yw'r bwyd wedi'i dyfu yn eu gerddi, creu yn y cartref neu wedi'i brynu yn y siop.

Invite people to chip in with bringing food, it allows everyone to be involved. Let them know it doesn't matter if it's home-grown, home-made or shop-bought.

y cinio mawr
the big lunch

ganyr an eden project | THE NATIONAL LOTTERY

MAE'R CINIO MAWR YN DOD Â DROS 6 MILIWN O BOBL AT EI GILYDD BOB BLWYDDYN I RANNU BWYD, CYFEILLGARWCH A HWYL.

MAE 88% O DREFNWYR YN CREDU BOD Y CINIO MAWR WEDI CAEL EFFAITH GADARNHAOL AR EU CYMUNED

BU DROS 4.5 MILIWN O BOBL GWRDD Â FFRINDIAU NEWYDD AT Y CINIO MAWR LLYNEDD - PWY FYDDWCH CHI'N CWRDD AT EICH UN CHI?

Y LLYNEDD, CODWYD £8 MILIWN TRWY Y CINIO MAWR GAN BOBL LEOL AR GYFER PETHAU SY'N BWYSIG IDDYN NHW

MAE CINIAWYR MAWR WEDI DWEUD WRTHYM EU BOD YN HOFFI CYMRYD RHAN OHERWYDD:

MAE'N HWYL!

MAE'N HELPU I GYNNWYS POBL YN Y GYMUNED

MAE'N GYFLE I DDOD I ADNABOD CYMDOGION

ERS I'R CINIO MAWR GYCHWYN, MAE DROS HANNER MILIWN O GINIAWAU MAWR WEDI CAEL EU TREFNU

THE BIG LUNCH BRINGS OVER 6 MILLION PEOPLE TOGETHER EVERY YEAR TO SHARE FOOD, FRIENDSHIP AND FUN.

BIG LUNCHERS HAVE TOLD US THEY LIKE GETTING INVOLVED BECAUSE:

IT'S FUN!

IT HELPS INCLUDE PEOPLE IN THE COMMUNITY

IT'S A CHANCE TO GET TO KNOW NEIGHBOURS

LAST YEAR, PEOPLE RAISED £8M THROUGH BIG LUNCHES FOR THINGS THAT MATTERED TO THEM LOCALLY

THERE HAVE BEEN MORE THAN HALF A MILLION BIG LUNCHES SINCE THE BIG LUNCH BEGAN

88% OF ORGANISERS THINK THE BIG LUNCH HAD A POSITIVE EFFECT ON THEIR COMMUNITY

OVER 4.5 MILLION PEOPLE MADE NEW FRIENDS AT THE BIG LUNCH LAST YEAR

WHO WILL YOU MEET AT YOURS?

EISIAU RHAGOR O SYNIADAU?

Os nad ydych eisoes wedi gwneud, cymerwch olwg ar **thebiglunch.com**; mae'n llawn gwybodaeth ddefnyddiol, gweithgareddau, gemau a mwy.

Ymunwch â ni ar gyfryngau cymdeithasol hefyd - @edencommunities ar Facebook, Twitter ac Instagram.

Defnyddiwch #YCinioMawr i rannu eich cynlluniau, straeon a lluniau o'ch Cinio Mawr.

Os oes angen cymorth arnoch neu os oes gennych chi unrhyw gwestiynau, peidiwch â chael eich hun mewn picil - cysylltwch â ni:

HUNGRY FOR MORE IDEAS?

If you haven't already, explore **thebiglunch.com**;
it's packed with useful info and things you can make, play and do.

Join us on social media too – we are @edencommunities on Facebook, Twitter and Instagram.
Use #TheBigLunch to share your Big Lunch plans, stories and pictures.

If you'd like a helping hand, or have any questions, don't get in a pickle – get in touch:

#YCINIOMAWR #THEBIGLUNCH

COMMUNITIES@EDENPROJECT.COM

0845 850 8181
(cyfradd galwad lleol)
(local rates apply)

y cinio mawr
the big lunch

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Ar benwythnos cyntaf mis Mehefin rydym yn gwahodd pawb i agor eu drysau ac i fynd allan i'w gardd, stryd, parc neu fan cymunedol i gael hwyl ac i ddod i adnabod eu cymdogion yn well gyda'r Cinio Mawr!

Pobl yw'r cynhwysyn allweddol – mae gwahoddiad i bawb oherwydd bod pethau gwych yn digwydd pan fyddwn yn dod at ein gilydd.

On the first weekend in June we're inviting everyone to throw open their doors and take to their gardens, driveways, streets, parks and shared spaces to have fun and get to know their neighbours better with The Big Lunch!

People are the key ingredient – everyone is invited because great things happen when we all get together.

"

Syniad gan yr Eden Project yw'r Cinio Mawr, a wnaed yn bosib gan y Loteri Genedlaethol. Fel ariannwr cymunedol mwyaf y DU, rydym yn frwdfrydig dros ariannu syniadau gwych sy'n helpu pobl a chymunedau i ffynnu. Dyna pam rydym yn falch o gefnogi'r Cinio Mawr - mae'n syml ac yn hwyl, ond mae hefyd yn effeithiol i ddod â phobl a chymunedau at ei gilydd. Mae'n helpu i adeiladu cysylltiadau a sbarduno cyfeillgarwch. Ond ar ôl y digwyddiad gallwch weld y gwir effaith - pan mae pobl yn dod at ei gilydd, mae pethau gwych yn gallu digwydd - Y Cinio Mawr yw'r sbardun.

Peter Ainsworth, Cadeirydd Cronfa Gymunedol y Loteri Genedlaethol

The Big Lunch is an idea from the Eden Project, made possible by the National Lottery. As the UK's largest community funder, we're passionate about funding great ideas that help people and communities to thrive. This is why we're proud to support The Big Lunch - it's simple and it's fun, but it's also really effective at bringing people and communities together. It helps to build connections and spark friendships. But the real magic is what comes afterwards - when people get together great things can happen - The Big Lunch is just the spark.

Peter Ainsworth, Chair of The National Lottery Community Fund

Onis danfonir, dychweler at y cyfeiriad canlynol os gwelwch yn dda: Eden Project, Bodelva, Par PL24 2SG

If undelivered please return to: Eden Project, Bodelva, Par PL24 2SG