

**EICH GWAHODDIAD!**  
**YOU'RE INVITED!**

 **YMUWCH Â NI AR GYFER:**  
JOIN US FOR:

 **POPETH SYDD ANGEN I CHI EI WYBOD:**  
ALL YOU NEED TO KNOW:

**WELWN NI CHI YNO!**  
**SEE YOU THERE!**



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Nodiadau y gallwch eu defnyddio i ddiolch i bobl am ddod. Ychwanegwch fanylion cyswllt i gadw mewn cysylltiad neu rhannwch sut y gallai pobl aros mewn cysylltiad, a'u rhoi i westeion ar ôl eich digwyddiad.

Notes you can use to thank people for coming. Add contact details to keep in touch or share how people could stay connected, and hand out to guests after your do.



**RYDYCH CHI'N ANHYGOEL!  
YOU'RE AWESOME!**



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**BETH AM I NI GADW  
MEWN CYSYLLTIAD  
LET'S STAY IN TOUCH...**

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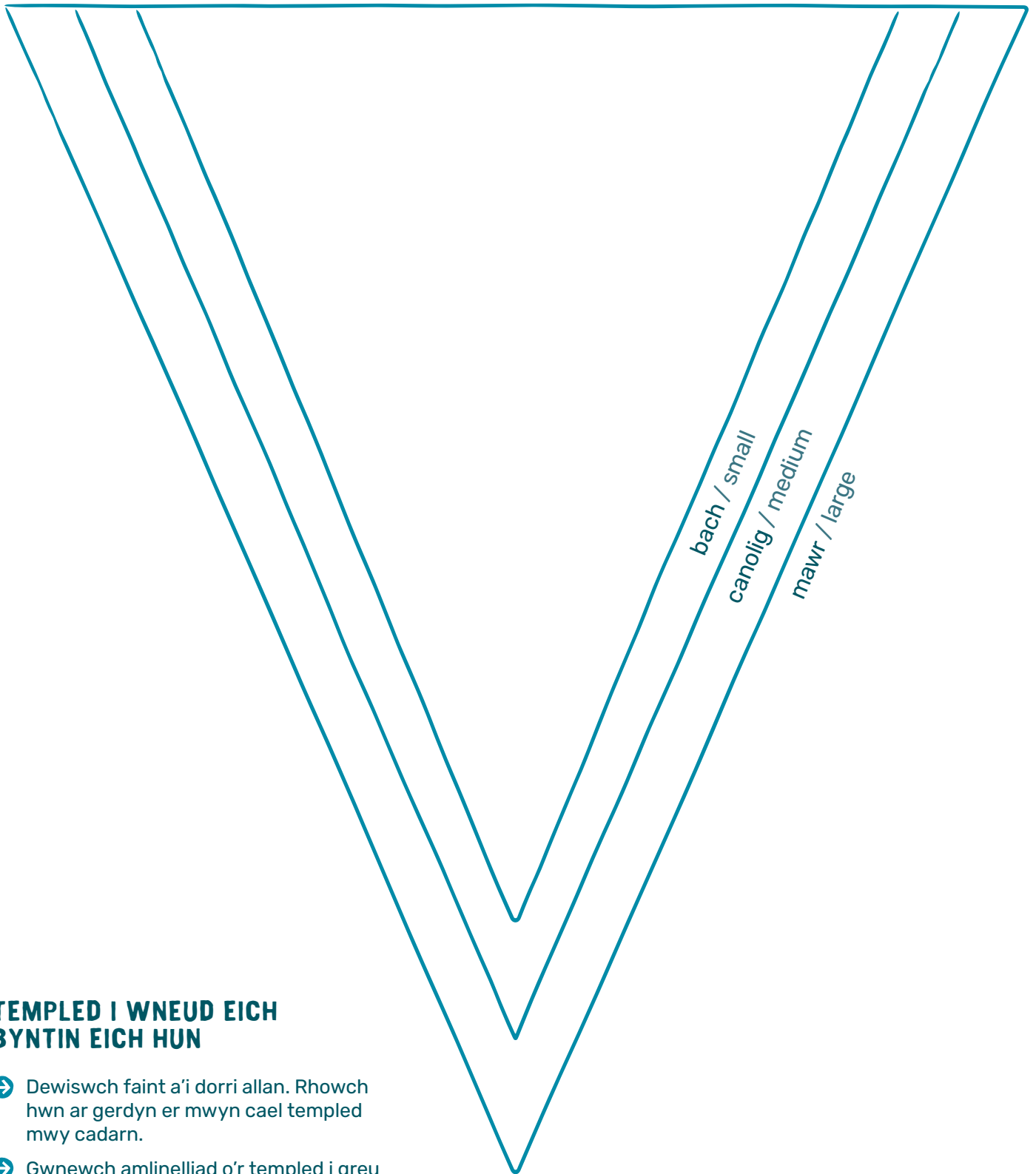
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## TEMPLLED I WNEUD EICH BYNTIN EICH HUN

- ➔ Dewiswch faint a'i dorri allan. Rhowch hwn ar gerdyn er mwyn cael templed mwy cadarn.
- ➔ Gwnewch amlinelliad o'r templed i greu cymaint o benynau byntin ag sydd angen.
- ➔ Clymwch hwn i linyrn, rhuban neu dâp bias a'i hongian fel y dymunwch.

Cyflwynir y templed hwn i chi gan  
Playfully brought to you by

## MAKE YOUR OWN BUNTING TEMPLATE

- ➔ Choose a size and cut it out. Mount onto card for a sturdier template.
- ➔ Draw around to create as many bunting pennants as you need.
- ➔ Secure to string, ribbon or bias tape and hang as desired.



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GO

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bach / small  
canolig / medium  
mawr / large

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co  
op

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# DEWISLEN SGWRSIO

## CONVERSATION MENU

### Y CWRS CYNTAF

Pa bethau bach sy'n gwneud i chi wenu?

Pa gyfuniad bwyd sy'n swnio'n rhyfedd ond yn blasu'n flasus?

### BWYTEWCH LOND EICH BOL

Pe gallech chi ddysgu talent newydd ar unwaith, beth fyddech chi'n dewis?

Ydych chi erioed wedi gwneud rhywbeth roeddech chi'n meddwl na fyddech chi'n gallu ei wneud?

### PERFFAITH I RANNU

Beth yw hoff losing broga?

A: Lollipops!

### DANTEITHION MELYS

Beth yw eich hoff beth am le rydych chi'n byw?

Pe baech chi'n cynnal digwyddiad dathlu, beth fyddech chi'n ei drefnu a pham?

### FOR STARTERS

What small things make you smile?

What food combination sounds strange but tastes delicious?

### TUCK IN

If you could learn a new talent instantly, what would it be?

Have you ever done something you thought you wouldn't be able to do?

### GREAT FOR SHARING

What is a frog's favourite sweet?

A: Lollipops!

### SWEET STUFF

What do you love about where you live?

If you were to put on a celebration event, what would it be and why?



# DEWISLEN SGWRSIO

# CONVERSATION MENU

## Y CWRS CYNTAF

Ydych chi'n hoff o godi'n gynnar neu fynd i gysgu'n hwyr?

Beth yw'r peth mwyaf prydferth rydych chi wedi'i weld mewn natur?

## PERFFAITH I RANNU

Pa lysieuy'n sy'n hoff o chwarae snwcer?

*A: Ciwmbri*

## FOR STARTERS

Are you an early bird or a night owl?

What's the most beautiful thing you've seen in nature?

## GREAT FOR SHARING

Which vegetable likes to play snooker?

*A: Cucumber*

## BWYTEWCH LOND EICH BOL

Pe gallech chi roi cynnig ar unrhyw swydd, beth fydddech chi'n dewis?

Sut fydddech chi'n helpu eraill pe bai gennych chi fwy o amser rhydd?

## DANTEITHION MELYS

Beth yw'r peth mwyaf caredig mae rhywun wedi'i wneud i chi?

Pe gallech chi gynnig llwncdestun tost i unrhyw un, pwy fydddech chi'n dewis a pham?

## TUCK IN

If you could try any job, what would it be?

How would you help others if you had more free time?

## SWEET STUFF

What's the nicest thing someone has done for you?

If you could raise a toast to anyone, who would it be and why?





Torrwch yn ofalus ar hyd y llinellau toredig, plygwch y fflagiau yn y canol a'u gludo nhw o amgylch ffyn coctel. Ysgrifennwch beth sydd ar eich bwrdd yn y bylchau gwag a'u defnyddio i addurno'ch gwledd!  
Carefully cut along the dotted lines, fold the flags in the centre and glue around cocktail sticks. Use the white space to label the dish or highlight allergens, and decorate your spread!



Defnyddiwch y rhain i annog pawb i gyfnewid sgiliau, syniadau a chynigion o gymorth. Cadwch le yn eich digwyddiad i bobl eu llenwi, piniwch nhw i fyny a'u harddangos.

Use these to encourage everyone to swap skills, ideas and offers of help. Have a space at your do for people to fill them out, pin them up and display them.

GALLAF HELPŪ GYDA...  
I CAN HELP WITH...

BETH AM I NI  
GAEL SGWRS  
LET'S CHAT

ENW A MANYLION GYSWLT:  
NAME AND CONTACT DETAILS:



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ALLWCH CHI DDOD O HYD I RYWUN..?

CAN YOU FIND SOMEONE WHO..?

Sy'n mwynhau trwsio pethau  
Enjoys fixing things

Sydd wedi cymryd rhan mewn  
gweithgaredd codi arian  
Has done a fundraising activity

Sy'n rhan o grŵp neu glwb  
cymunedol lleol  
Is part of a local community  
group or club

Sy'n gallu siarad mwy nag un iaith  
Can speak more than one language

Sy'n gallu gwneud tric parti  
Can do a party trick

Sy'n caru coginio heb rysâit  
Loves cooking without a recipe

Sydd wedi helpu rhywun i ddysgu  
rhywbeth newydd  
Helped someone learn something new

Sy'n gallu enwi mwy o flodau  
gwyllt na chi  
Can name more wildflowers than you

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## CRÛWCH EICH HET PARTI EICH HUN

- ➔ Addurnwch eich templed het parti a'i dorri allan yn ofalus.
- ➔ Gludwch ar hyd yr ymyl i greu côn, gan ychwanegu llinyn neu ruban ar gyfer strapiau gên.
- ➔ Yna rhowch eich het parti ar a mwynhewch!

## CREATE-YOUR-OWN PARTY HAT

- ➔ Decorate your party hat template and carefully cut it out.
- ➔ Glue along the edge to create a cone, add string or ribbon for chin straps.
- ➔ Then pop your party hat on and enjoy!

Gludwch yma / glue here

Cyflwynir y templed hwn i chi gan  
Playfully brought to you by



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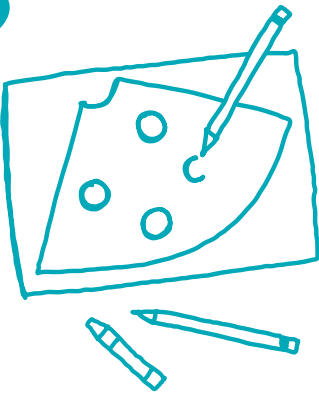
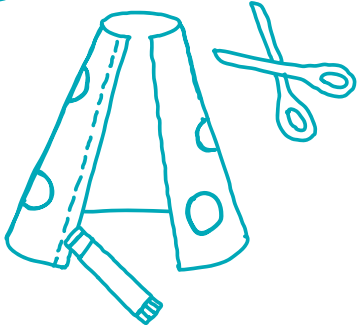

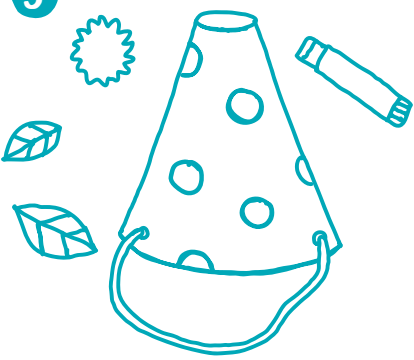



# SUT I WNEUD HET PARTI CINIO MAWR

## BYDD ANGEN ARNOCH

- ✓ Dalen A4 o bapur neu gerdyn trwchus
- ✓ Pensiliau lliw, creons neu bennau ffelt
- ✓ Darnau addurniadol ychwanegol fel blodau wedi'u gwasgu, dail, pom poms, ffoil, hances bapur neu bapur patrymog
- ✓ Siswrn
- ✓ Glud
- ✓ Rhuban neu linyr
- ✓ Staplwr neu dyllwr



<p>1</p>  <p>Defnyddiwch y templed neu tynnwch amlinelliad o'r siâp ar ddarn o gerdyn</p>	<p>2</p>  <p>Defnyddiwch feiros, pensiliau neu greons i liwio neu addurno'ch het</p>	<p>3</p>  <p>Torrwch y darn allan, ei rolïo i fyny i greu côn a'i glymu at ei gilydd</p>
<p>4</p>  <p>Defnyddiwch ruban neu linyr i greu strap gên</p>	<p>5</p>  <p>Atodwch unrhyw bethau ychwanegol - fel pom poms neu ddail</p>	<p>6</p>  <p>Ta da! Dyma eich het parti!</p>

# HOW TO MAKE A BIG LUNCH PARTY HAT

## YOU'LL NEED

- ✓ An A4 sheet of thick paper or card
- ✓ Coloured pencils, crayons or felt tips
- ✓ Extra decorative bits like pressed flowers, leaves, a pom pom, tin foil, tissue or patterned paper
- ✓ Scissors
- ✓ Glue
- ✓ Ribbon or string
- ✓ A stapler or hole punch

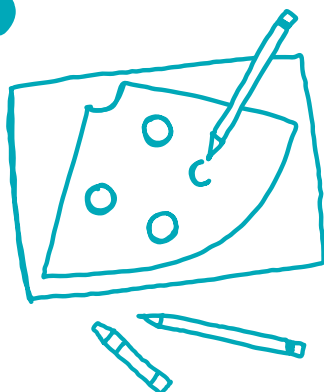


1



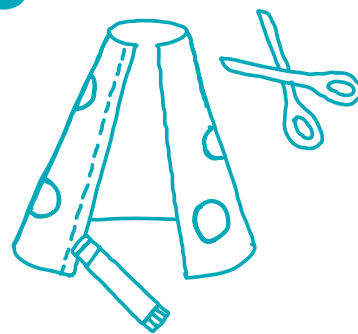
Use the template or draw the shape onto a piece of card

2



Use pens, pencils or crayons to colour in, or decorate your hat

3



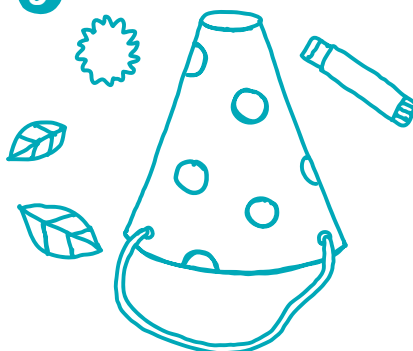
Cut out, roll it up to create a cone and secure in place with glue or tape

4



Use ribbon or string to create a chin strap

5



Attach any extras – like pom-poms or leaves

6



Ta da! You've got your own party hat!



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**Mae'r Cinio Mawr a'r Help Llaw Mawr** yn ymuno i ddod â chyfeillgarwch, bwyd, hwyl a gweithredu at ei gilydd yn nathliad cymunedol mwyaf y DU!

Darganfyddwch fwy ar [yciniomawr.com](http://yciniomawr.com)

**The Big Lunch and The Big Help Out** are teaming up to bring friendship, food, fun and action together in the UK's biggest celebration of community!

Find out more at [TheBigDo.com](http://TheBigDo.com)



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