Denbighshire learning festival

15 - 22 May 2010

part of adult learners' week

All events are FREE!

What's on guide

Cymraeg ar y cefn ▶▶▶

In just one week, over 700 fun learning events will be taking place all over Wales, with a staggering 20,000 people having a go at something new! Make sure you don't miss out.

niace dysgu cymru
promoting adult learning
hyrwyddo addysg oedolion

25 YEARS MLYNEDD 1985-2010

ESF
Llywodraeth Cynulliad Cymru
Welsh Assembly Government
Ewrop & Chymru: Buddsoddi yn eich Dyfodol
Cronfa Gymdeithasol Ewrop
Europe & Wales: Investing in your Future
European Social Fund

Ariennir gan **Lywodraeth Cynulliad Cymru**
Funded by **Welsh Assembly Government**

Mandy Giblin
Coleg Llandrillo, Denbigh

In care from 12 months old, Mandy Giblin experienced abuse, prejudice and discrimination and never really felt as though she fitted in anywhere. Mandy left school with no qualifications and little faith in the Education system or its value in her life.

Eventually Mandy was sectioned under the Mental Health Act and in 1987 and it was here that she decided to try and turn her life around.

'Having had lots of help I came off the medication,' says Mandy 'I started to feel happier and that perhaps I had a right to a normal life. I met a guy, we had a beautiful daughter and wedding plans were made for later that year. I felt the happiest person alive. However, this was short-lived.'

Tragically, Mandy's partner killed a young woman before later killing himself in prison. 'Life had no appeal any more,' says Mandy, 'I just wanted to die.' For the next few years, Mandy took out the anger and frustration on herself, until in 1997 she was offered a new start in Denbigh in a mental health care home.

'It was the best thing I ever did,' continues Mandy 'I was able to piece my life back together and started to find out why these awful things had happened to me. I began to grow in confidence and make new friends. I took courses with the Open University and in 2006 I attained my degree.

Since then Mandy has continued to complete numerous courses at Coleg Llandrillo Denbigh and changed her life immeasurably.

'I met my mother, who I hadn't seen in over 20 years. I thought she never loved me and that is why she put me into care. However, she explained what had happened and I began to understand more about my upbringing which is quite sad really.

I am also in contact with my daughter who is 20 this year. I telephone her each week and she is coming up for 3 days in April, just before her birthday. I cannot wait to meet her.

I am over the moon and I just want to say thank you to the tutors support in making this happen. They saw the good in me and I saw it in myself. You just need faith in yourselves and in those around you. So, go to college, make new friends and be the person you want to be as I have been there and done it and would not have it any other way.

Rhyl Library, Museum and Arts Centre
Church Street, Rhyl

Learning Bazaar

14 May 2010 — 10:00 AM - 4:00 PM

A day's opportunity for local residents to learn and sample a variety of experiences from within the local community. Learn about keeping bees, amateur dramatics, astronomy, how to keep your own chickens and grow your own fruit and veg.

Contact: Beverley Kirkham 01745 353814
beverley.kirkham@denbighshire.gov.uk

Ruthin Library, Record Street, Ruthin

Language Cafes

15 May 2010 — 10:00 AM - 12:00 PM

Coleg Llysfasi's language cafes for all the family. Come and learn some useful phrases in French, Spanish and Welsh while enjoying a cuppa and a croissant or Welsh Cake! Pick up some information about courses from our languages tutors.

Contact: Jane Watkins 01978 790263
jane.watkins@llysfasi.ac.uk

Ruthin Gaol, 46 Clwyd Street, Ruthin

Night at the Gaol

15 May 2010 — 8:00 PM - 9:30 PM

A guided tour of Ruthin Gaol, a Victorian prison, with Curatorial Manager Peter Alexander. Learn the stories of the prisoners and how we know their stories.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Coleg Llandrillo Denbigh, Crown Lane
Denbigh

Bite-size Taster Courses

17 May to 21 May 2010

These are a wide range of FREE taster courses, in areas such as Computing, Art, Textiles, Psychology, Digital Cameras, Spanish and Astronomy. For further information or to book your place please contact the College.

Contact: Coleg Llandrillo Denbigh
01745 812812
denbighadmissions@llandrillo.ac.uk

Plas Newydd, Hill Street, Llangollen

In Your Own Words

17 May 2010 — 11:00 AM - 3:00 PM

These workshops will offer inspiration to those trying out creative writing for the first time and to more experienced writers looking for a fresh approach to their work.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

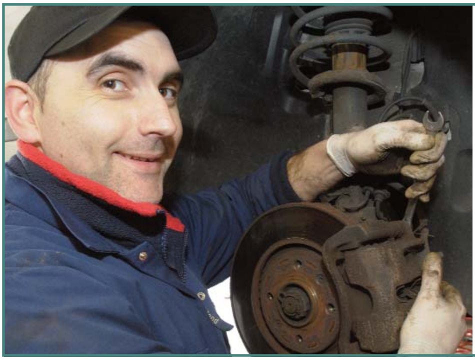
Dyserth Chapel, High Street, Dyserth

Basic Computing and Microsoft Word

17 May 2010 — 10:00 AM - 12:00 PM

An introduction to word processing and Microsoft Word. Please bring your laptop if you have one.

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk



skills for life day

Monday 17 May
My day has come!

Dyserth Chapel, High Street, Dyserth

Learning to Live with Sight Loss

18 May 2010 **2:30 PM - 4:30 PM**

Learning about living with blindess or partial sight in yourself or others, and the help and support available.

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Dyserth Chapel, High Street, Dyserth

Where there's a will . . .

18 May 2010 **7:30 PM - 9:30 PM**

Making a will, intestacy, why you need to make a will, what is power of attorney?

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Education Room, Ruthin Craft Centre
Park Road, Ruthin

Pastel Workshop

18 May 2010 **10:00 AM – 4:30 PM**

An introduction to pastels. Booking essential.

Contact: Jacqui Hunt 01824 707676
jacqui-hunt@hotmail.co.uk

Dyserth Chapel, High Street, Dyserth

Safe as houses?

19 May 2010 **7:30 PM - 9:30 PM**

Learn about health and safety in the home.

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Education Room, Ruthin Craft Centre
Park Road, Ruthin

Textile Workshop

19 May 2010 **10:00 AM – 4:30 PM**

An introduction to textile arts. Booking essential.

Contact: Jacqui Hunt 01824 707676
jacqui-hunt@hotmail.co.uk

Nantclwyd Y Dre, Castle Street, Ruthin

Basket Weaving Workshop

19 May 2010 **12:00 PM - 4:00 PM**

Basket willow basket weaving with traditional weaver Mandy Coates, in the historic setting of Wales' oldest timber-framed town house. Booking essential.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Dyserth Chapel, High Street, Dyserth

Spring into summer: Alfresco cooking

19 May 2010 **10:00 AM - 12:00 PM**

Outdoor cooking: making the most of the Welsh summer!

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Nantclwyd y Dre, Castle Street, Ruthin

In Your Own Words

20 May 2010 **11:00 AM - 3:00 PM**

These workshops will offer inspiration to those trying out creative writing for the first time and to more experienced writers looking for a fresh approach to their work.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Plas Newydd, Hill Street, Llangollen

Gardens of Memory

20 May 2010 **11:00 AM - 4:00 PM**

Fabric collage workshop led by the artist Mai Thomas on the theme of the environment and people's memories of gardens and nature.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Dyserth Chapel, High Street, Dyserth
Denbighshire

Keeping Fit

20 May 2010 **10:00 AM - 12:00 PM**

A variety of fitness activities for all abilities, such as Nordic Walking and seated exercise.

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Dyserth Chapel, High Street, Dyserth

Where do modern drugs come from?

20 May 2010 — 7:30 PM - 9:30 PM

Find out about the common drugs we all use: many come from plants or animals. How do they interact?

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Plas Newydd, Hill Street, Llangollen

Gardens of Memory

21 May 2010 — 11:00 AM - 4:00 PM

Fabric collage workshop led by the artist Mai Thomas on the theme of the environment and people's memories of gardens and nature.

Contact: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Denbigh Castle, Castle Hill, Denbigh

Cadw Denbigh Castle learning festival

21 May 2010 — 10:30 AM - 4:00 PM

Storytelling and living history activities. Free admission to Denbighshire residents producing evidence of residency.

Contact: David Jones 01443 336087
david.jones5@wales.gsi.gov.uk

Dyserth Chapel, High Street, Dyserth

Gadgets, Gizmos and Gremlins!

21 May 2010 — 10:00 AM - 12:00 PM

How to get the best out of mobile phones, cameras, ipods and other gadgets, and how to keep yourself and your family safe on the internet.

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Dyserth Chapel, High Street, Dyserth

Dyserth Village Quiz

21 May 2010 — 7:30 PM - 9:30 PM

Teams from various village organisations compete for the Peter Morgan Trophy and learn a lot in the process!

Contact: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

digital day

Friday 21 May
My day has come!

Gŵyl addysg Sir Ddinbych

15-22 Mai 2010

yn rhan o'r wythnos addysg oedolion

Mae'r holl ddigwyddiadau AM DIM!

Canllaw beth sydd ymlaen

See back for English ▶▶▶

Mewn dim ond un wythnos, cynhelir dros 700 o ddigwyddiadau dysgu llawn hwyl ym mhob rhan o Gymru, gyda chynifer â 20,000 o bobl yn rhoi cynnig ar rywbeth newydd!
Gwnewch yn siŵr eich bod yn eu plith.

niace
dysgu cymru
promoting adult learning
hyrwyddo addysg oedolion

25 YEARS MLYNEDD
1985-2010

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Ewrop & Chymru: Buddsoddi yn eich Dyfodol
Cronfa Gymdeithasol Ewrop
Europe & Wales: Investing in your Future
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Ariennir gan **Lywodraeth Cynulliad Cymru**
Funded by **Welsh Assembly Government**

Mandy Giblin
Coleg Llandrillo, Dinbych

Mewn gofal ers pan oedd yn 12 mis oed, profodd Mandy Giblin gamdriniaeth, rhagfarn a gwahaniaethu yn ei herbyn, a doedd hi erioed wedi teimlo'i bod yn ffitio i unman. Gadawodd yr ysgol heb unrhyw gymwysterau a heb fawr o ffydd yn y system Addysg na'i gwerth yn ei bywyd. Yn 1987 fe gafodd Mandy ei chadw dan y Ddeddf Iechyd Meddwl, a dyna pryd y penderfynodd roi cynnig ar newid ei bywyd.

'Ar ôl cael llawer o help fe roddais y gorau i gymryd meddyginiaeth,' meddai Mandy. 'Dechreuais deimlo'n hapusach a meddwl efallai bod gen i hawl i gael bywyd normal. Dyma fi'n cyfarfod dyn, mi gawson ni ferch fach hyfryd ac roedden ni'n gwneud cynlluniau i briodi. Roeddwn i'n teimlo mai fi oedd y person hapusaf ar y ddaear. Ond wnaeth hynny ddim para.' Yn drychinebus, fe laddodd partner Mandy fenyw ifanc cyn lladd ei hun yn y carchar. 'Doedd gan fywyd ddim apêl i mi wedi hynny,' meddai Mandy. 'Y cyfan oeddwn i eisiau oedd marw.' Am yr ychydig flynyddoedd nesaf roedd Mandy'n cyfeirio'r dicter a'r rhwystredigaeth tuag ati ei hunan, nes iddi gael cynnig dechreuad newydd yn 1997 mewn cartref gofal iechyd meddwl yn Ninbych.

'Dyna'r peth gorau wnes i erioed,' meddai Mandy. 'Fe fedrais i roi fy mywyd yn ôl wrth ei gilydd a dechreuais ddarganfod pam fod y pethau ofnadwy yma wedi digwydd i mi. Dechreuais ennill hyder a gwneud ffrindiau newydd. Es ati i wneud cyrsiau gyda'r Brifysgol Agored a chefais fy ngradd yn 2006'

Ers hynny, mae Mandy wedi parhau i gwblhau nifer o gyrsiau yng Ngholeg Llandrillo, Dinbych ac mae ei bywyd wedi newid yn llwyr.

'Fe wnes gyfarfod â fy mam, nad oeddwn wedi'i gweld am fwy nag ugain mlynedd. R'on i'n meddwl nad oedd yn fy ngharu ac mai dyna pam roedd wedi fy rhoi mewn gofal. Fodd bynnag, fe wnaeth esbonio'r hyn oedd wedi digwydd go iawn ac fe wnes ddechrau ddeall mwy am fy magwraeth, sy'n eithaf trist a dweud y gwir.

Dwi hefyd mewn cyswllt gyda fy merch, sy'n 20 eleni. Dwi'n ei ffonio hi bob wythnos ac mae'n dod draw am dridiau ym mis Ebrill, yn union cyn ei phen-blwydd. Dwi'n edrych ymlaen yn fawr at gwrdd â hi.

Dwi ar ben fy nigon a hoffwn ddweud diolch yn fawr i'r tiwtoriaid am eu cefnogaeth i wneud i hyn ddigwydd. Fe welson nhw bethau da ynof a finnau yn fy hunan. Y cyfan sydd ei angen yw ffydd yn eich hunan a'r rhai o'ch cwmpas. Felly, ewch i'r coleg, gwneud ffrindiau newydd a bod y person rydych eisiau bod gan mod i wedi bod yna a'i wneud ef, a fyddwn i ddim eisiau iddi fod yn ddim gwahanol.'

Llyfrgell, Amgueddfa a Chanolfan Gelfyddydau y Rhyl, Stryd yr Eglwys, Y Rhyl

Ffair Addysg

14 Mai 2010 10:00 AM – 4:00 PM

Cyfle i breswylwyr lleol ddysgu a blasu amrywiaeth o brofiadau o'r tu fewn i'r gymuned leol. Dysgwch am gadw gwenyn, drama amatur, seryddiaeth, sut i gadw ieir a thyfu eich ffrwythau a'ch llysiau eich hun.

Cyswllt: Beverley Kirkham 01745 353814
beverley.kirkham@denbighshire.gov.uk

Llyfrgell Rhuthun, Stryd Record, Rhuthun

Caffe Iaith

15 Mai 2010 10:00 AM – 12:00 PM

Caffe iaith Coleg Llysfasi ar gyfer yr holl deulu. Dewch i ddysgu ymadroddion defnyddiol yn Ffrangeg, Sbaeneg a Chymraeg gan fwynhau cwpanaid o de neu goffi a croissant neu deisen gri! Gwybodaeth am gyrsiau ar gael gan ein tiwtoriaid iaith.

Cyswllt: Jane Watkins 01978 790263
jane.watkins@llysfasi.ac.uk

Carchar Rhuthun, 46 Stryd Clwyd, Rhuthun

Noswaith yn y Carchar

15 Mai 2010 8:00 PM – 9:30 PM

Taith tywys o amgylch carchar Rhuthun gyda Peter Alexander, Rheolwr Curadurol. Clywch hanesion y carcharorion a sut y gwyddom amdanynt.

Cyswllt: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Coleg Llandrillo Dinbych, Lôn y Goron, Dinbych

Sesiynau Blasu

17 Mai i 21 Mai 2010

Mae dewis eang o gyrsiau blasu AM DDIM mewn meysydd megis Cyfrifiadureg, Celf, Tecstilau, Seicoleg, Camerâu Digidol, Sbaeneg a Seryddiaeth. Cysylltwch â'r Coleg i gael gwybodaeth bellach neu i archebu eich lle.

Cyswllt: Coleg Llandrillo Dinbych
01745 812812
denbighadmissions@llandrillo.ac.uk

Plas Newydd, Stryd y Bryn, Llangollen

Yn Eich Geiriau eich Hun

17 Mai 2010 11:00 AM – 3:00 PM

Bydd y gweithdai hyn yn cynnig ysbrydoliaeth i'r rhai sy'n rhoi cynnig ar ysgrifennu creadigol am y tro cyntaf ac i ysgrifenwyr mwy profiadol sy'n edrych am ymagwedd ffres at eu gwaith.

Cyswllt: Peter Alexander 01824 708334
curatorialmanager@denbighshire.gov.uk

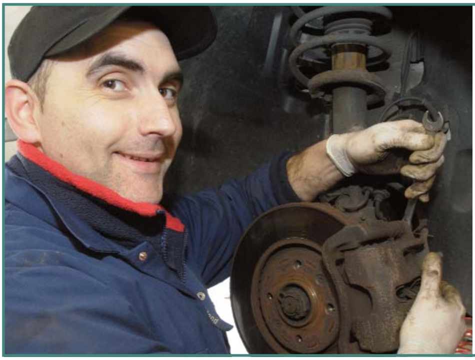
Capel Dyserth, Stryd Fawr, Dyserth

Cyfrifiadureg Sylfaenol a Microsoft Word

17 Mai 2010 10:00 AM – 12:00 PM

Cyflwyniad i brosesu geiriau a Microsoft Word. Dewch â'ch gliniadur gyda chi os gwelwch yn dda os oes gennych un.

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk



diwrnod **sgiliau bywyd**

Dydd Llun 17 Mai
Daeth fy nydd!

Capel Dyserth, Stryd Fawr, Dyserth

Dysgu Byw gyda Cholli Golwg

18 Mai 2010 2:30 PM – 4:30 PM

Dysgu am fyw gyda dallineb neu golli golwg yn rhannol eich hunan neu rywun arall, a'r help a'r gefnogaeth sydd ar gael.

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Capel Dyserth, Stryd Fawr, Dyserth

Ewyllysiau

18 Mai 7.30 PM – 9:30 PM

Gwneud ewyllys, diewyllysedd, pam fod angen gwneud ewyllys, beth yw pŵer atwrnai?

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Ystafell Addysg, Canolfan Grefft Rhuthun, Ffordd Parc, Rhuthun

Gweithdy Pastel

18 Mai 2010 10:00 AM – 4:30 PM

Cyflwyniad i bastelau. Rhaid archebu ymlaen llaw.

Cyswllt: Jacqui Hunt 01824 707676
jacqui-hunt@hotmail.co.uk

Capel Dyserth, Stryd Fawr, Dyserth

Iechyd a Diogelwch yn eich Cartref

19 Mai 2010 7:30 PM – 9:30 PM

Dysgwch am iechyd a diogelwch yn y cartref.

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Ystafell Addysg, Canolfan Grefft Rhuthun, Ffordd Parc, Rhuthun

Gweithdy Tecstilau

19 Mai 2010 10:00 AM – 4:30 PM

Cyflwyniad i gelf tecstilau. Rhaid archebu ymlaen llaw.

Cyswllt: Jacqui Hunt 01824 707676
jacqui.hunt@hotmail.co.uk

Nantclwyd y Dre, Stryd y Castell, Rhuthun

Gweithdy Gwneud Basgedi

19 Mai 2010 12:00 PM – 4:00 PM

Gwneud basgedi helyg gyda Mandy Coates, gwehyddydd draddodiadol, yn lleoliad hanesyddol tŷ tref ffrâm bren hynaf Cymru. Rhaid archebu ymlaen llaw.

Cyswllt: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Capel Dyserth, Stryd Fawr, Dyserth

Gwanwyn i haf: coginio yn yr awyr agored

19 Mai 2010 10:00 AM – 12:00 PM

Coginio yn yr awyr agored: gwneud y gorau o'r haf Cymreig!

Cyswllt: Colin Richards 01745 889002
revdcolin@,mypostoffice.co.uk

Nantclwyd y Dre, Stryd y Castell, Rhuthun

Yn eich Geiriau eich Hun

20 Mai 2010 11:00 AM – 3:00 PM

Bydd y gweithdai hyn yn cynnig ysbrydoliaeth i'r rhai sy'n rhoi cynnig ar ysgrifennu creadigol am y tro cyntaf ac i ysgrifenwyr mwy profiadol sy'n edrych am ymagwedd ffres at eu gwaith.

Cyswllt: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Plas Newydd, Stryd y Bryn, Llangollen

Gerddi'r Cof

20 Mai 2010 11:00 AM – 4:00 PM

Gweithdy collage defnydd dan arweiniad yr artist Mai Thomas ar thema'r amgylchedd ac atgofion pobl o erddi a natur.

Cyswllt: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Capel Dyserth, Stryd Fawr, Dyserth

Cadw'n Heini

20 Mai 2010 10:00 AM – 12:00 PM

Amrywiaeth o weithgareddau ffitrwydd ar gyfer pob gallu megis cerdded Nordig ac ymarfer eisteddog.

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Capel Dyserth, Stryd Fawr, Dyserth

O ble daw cyffuriau modern?

20 Mai 2010 **7:30 PM – 9:30 PM**

Dewch i glywed am y cyffuriau cyffredin a ddefnyddiwn i gyd: daw llawer o blanhigion neu anifeiliaid. Sut maent yn rhyngweithio?

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Plas Newydd, Stryd y Bryn, Llangollen

Gerddi'r Cof

21 Mai 2010 **11:00 AM – 4:00 PM**

Gweithdy collage defnydd dan arweiniad yr artist Mai Thomas ar thema'r amgylchedd ac atgofion pobl o erddi a natur.

Cyswllt: Peter Alexander 01824 708223
curatorialmanager@denbighshire.gov.uk

Castell Dinbych, Rhiw'r Castell, Dinbych

Gŵyl Addysg Cadw Castell Dinbych

21 Mai 2010 **10:30 AM – 4:00 PM**

Dweud straeon a gweithgareddau hanes byw. Mynediad am ddim i drigolion Sir Ddinbych sy'n dangos tystiolaeth o'u cyfeiriad.

Cyswllt: David Jones 01443 336087
david.jones5@wales.gsi.gov.uk

Capel Dyserth, Stryd Fawr, Dyserth

Teclynnau heb y Trafferth

21 Mai 2010 **10:00 AM – 12:00 PM**

Sut i gael y gorau o ffonau symudol, camerâu, ipods a theclynnau eraill, a sut i gadw eich hunan a'ch teulu'n ddiogel ar y rhyngrwyd?

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

Capel Dyserth, Stryd Fawr, Dyserth

Cwis Pentref Dyserth

21 Mai 2010 **7:30 PM – 9:30 PM**

Timau o wahanol sefydliadau pentref yn cystadlu am dlws Peter Morgan a dysgu llawrer yn y broses!

Cyswllt: Colin Richards 01745 889002
revdcolin@mypostoffice.co.uk

diwrnod digidol

Dydd Gwener 21 Mai
Daeth fy nydd!