

# Coed i bobl:

Seminar i ystyried ymchwil diweddar am ddefnydd coetir ar gyfer adloniant

## Woodland for people:

A seminar considering recent research into recreational use of woodland

Nod y seminar undydd addysgiadol yw amlinellu ein dealltwriaeth bresennol o'r adnodd adloniant coetirool yng Nghymru a'i defnyddwyr; a hefyd ystyried buddion iechyd y math yma o adloniant drwy weithgaredd.

Fe anelir y seminar at y rhai hynny sy'n creu polisiau yn ogystal ag ymarferwyr gyda diddordeb mewn adloniant awyr agored a/neu eu buddion iechyd cysylltiedig.

This informative one day conference aims to outline our current understanding of the Welsh recreational woodland resource and its users and considers the health benefits of such recreational activity. The conference is aimed at both policy makers and practitioners with an interest in outdoor recreation and/or its associated health benefits.

**Dydd Mawrth 18 Hydref 2005**

Tuesday 18 October 2005

**Plas Dolerw, Y Drenewydd**

Plas Dolerw, Newtown

**Cadeirydd/Chair: Jim Embrey, Bwrdd Croeso Cymru/Wales Tourist Board**



Rhaglen y Seminar/Seminar Programme				
10.15	10.30	<b>TE/COFFI</b> TEA/COFFEE		
<b>Cyflwyniad i Gyd-destun Polisi</b> Introduction and Policy Context				
1030	1040	<b>Beth yw Adloniant?</b> What is Recreation?	Jim Embrey	BCC/WTB
1040	1055	<b>Y Cyd-destun Polisi: Strategaeth Coetir y Cynulliad a'r Fframwaith Monitro</b> Policy Context: Assembly Woodland Strategy and Monitoring Framework	Ruth Jenkins	CCC/FCW
1055	1110	<b>Y Cyd-destun Polisi: Peri i Goetir Gyfri</b> Policy Context: Making Woodland Count	James Cooper	CC/WT
<b>Coetir fel Caffaeliad Adloniant</b> The Woodland Recreation Resource				
1110	1140	<b>Coedlannau a Lle i Bobl</b> Woods and Space for People	Nick Collinson	CC/WT
<b>Pwy sy'n Defnyddio Coetiroedd Cymru?</b> Who Uses Woodland in Wales?				
1140	1220	<b>Arolwg Ymwelwyr yn Holl Goetiroedd y Cynulliad</b> 'All Assembly Woodland' Visitor Survey	Duncan Stewart ac/and Andy Fryers	TNS CCC/FCW
1220	1320	<b>CINIO</b> LUNCH		
1320	1400	<b>Arolwg Ymwelwyr Coed Cadw</b> Woodland Trust Visitor Survey	Duncan Stewart ac/and Douglas Seddon	TNS CC/WT
1400	1430	<b>Darpariaeth Adloniant: Safbwynt a Phrofiadau yn y Sector Priefat</b> Recreation Provision: Perspectives and Experience in the Private Sector	George Johnson	Trallwm Woodlands
<b>Coetiroedd ar gyfer Iechyd</b> Woodland for Health				
1430	1500	<b>Coetiroedd a Iechyd: Gwerthuso Defnydd Chopwell Woods ar gyfer Iechyd, gyda System Ymgynghoriad Meddyg Teulu a Phrosiectau Ysgolion Iach</b> Woodlands and Health: Evaluation of the Use of Chopwell Woods for Health Including a GP Referral System and Healthy Schools Projects	Liz O'Brien	Ymchwil Coed- wigaeth Forest Research
1500	1510	<b>TE/COFFI</b> TEA/COFFEE		
1510	1540	<b>Manteision Economaidd cael Lleuedd Gwyrdd y Gellir mynd Atynt ar gyfer Iechyd Corfforol a Meddyliol</b> Economic Benefits of Accessible Green Spaces for Physical and Mental Health	<b>Siaradwr i'w gadarnhau</b> Speaker to be confirmed	
1540	1610	<b>Crynhoad o'r Dydd a Chynlluniau ar gyfer y Dyfodol</b> Summary of the Day and Future Plans	Led by Jim Embrey	BCC/WTB
1610	1625	<b>Rhagor o Gwestiynau</b> Further Questions		
1625		<b>CLOI</b> CLOSE		

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Gobeithiwn y byddwch yn medru ymuno gyda ni am beth sy'n argoeli i fod yn ddiwrnod diddorol sy'n ysgogi'r meddwl. Mae'r seminar yma'n rhad ac am ddim ac fe ddarperir te/coffi a bwffe amser cinio.

We hope you can join us for what promises to be an interesting and thought provoking day. This seminar is a free event, tea/coffee and a buffet lunch will be provided.

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### Sut i wneud cais

Cyswllt Sam Davies

Comisiwn Coedwigaeth, Cantref Court,  
Brecon Road, Y Fenni, Sir Fynwy, NP7 7AX

sam.davies@forestry.gsi.gov.uk

**01873 850060**

*Mae nifer cyfyngedig o leoedd ar gael*

### How to apply

Contact Sam Davies

Forestry Commission, Cantref Court, Brecon Road,  
Abergavenny, Monmouthshire, NP7 7AX

sam.davies@forestry.gsi.gov.uk

**01873 850060**

*There are a limited number of places*

### Ffurflen Gofrestru Booking Form

Enw Llawn/Full Name .....

Corff/Organisation .....

Cyfeiriad/Address .....

.....Côd Post/Postcode .....

Ebost/Email .....@.....

Ffôn/Telephone .....Ffacs/Fax.....

**A oes gennych anghenion bwyta arbennig?**

Do you have any special dietary needs?

**A hoffech gyfrannu drwy gyfrwng y Gymraeg?**

Do you wish to contribute via the medium of Welsh?

Hoffwn neilltuo  (l)le

I would like to book  place(s)

### Lleoliad Location

**Fe gynhelir y Seminar ym Mhlas Dolerw, Drenewydd, Powys, sydd heb fod ymhell o orsaf rheilffordd Y Drenewydd.**

This seminar will be held at Plas Dolerw, Newtown, Powys, and is a short walk from Newtown railway station.

<http://www.plasdolerw.org.uk/directions.htm>

