

Canolfan Codi Pwysau a Ffitrwydd Caergybi a Môn Holyhead & Anglesey Weightlifting & Fitness Centre



**Ymddiriedolaeth Elusennol
Charitable Trust**



Ymddiriedolaeth Elusennol
Ynys Môn
Anglesey Charitable Trust



21 /04/ 2015



Canolfan Codi Pwysau a Ffitrwydd Caergybi a Môn

Holyhead & Anglesey Weightlifting & Fitness Centre



- Aelod o Gwmni Cyswllt Codi Pwysau Cymru
- Sefydlwyd yn 1968
- Ynys Eang
- Menter Gymdeithasol 2011
- Affiliated to Wales Weightlifting
- Established in 1968
- Island wide
- Social Enterprise 2011

Canolfan Codi Pwysau a Ffitrwydd Caergybi a Môn Holyhead & Anglesey Weightlifting & Fitness Centre



- 5 Aelod o Staff
- A'r Agor 06:00-22:00
- Menter Gymdeithasol 2011
- Aelodaeth yn cynyddu, o bob rhan o Sir Fôn
- Prif mentor Cryfder a Chyflyru ar gyfer Timau Gemau'r Ynysoedd
- 5 Staff Members
- Open 06:00-22:00
- Social Enterprise 2011
- Growing Membership from all over Anglesey
- Main Strength and Conditioning mentor for Island Games Teams

Nodau'r Ganolfan Aims for the Centre



- Darparu ffitrwydd i bawb
 - Fforddiadwy i bawb
 - Cynnig gweithdai (WM)
 - Cyngori timau ac unigolion
 - Hyrwyddo Cynhwysedd Cymdeithasol
 - Darparu Addysg maethlon
 - Sicrhau bydd Môn y sir mwyaf heini yng Nghymru
 - Meithrin ac Annog cyfranogiad pobl ifanc
 - Datblygu gyrfa
 - Cyflogaeth
 - Cyfranogi gyda chwaraeon anabled.
- Provide fitness for all
 - Affordable to all
 - Offer workshops (WM)
 - Advise teams and individuals
 - Promote Social inclusion
 - Provide Nutritional education
 - Making Ynys Môn the fittest county in Wales
 - Nurture and Encourage youngsters participation
 - Career development
 - Employment
 - Engage with disability sport

Ystafell Ffitrwydd a Ffisio Newydd
New Fitness and Physio Room
Arian wedi ei Sicrhau- Secured Funding



- Viable, Vibrant Places - £60,000
- Cyfenter - £40,000
- Sports Wales - £25,000

Ehangu'r Ganolfan - Centre Expansion



Ein Cais - Our Bid



Rydym yn gwneud cais am gyllid ar gyfer yr offer canlynol i'r Ystafell Ffitrwydd Newydd:-

- Gwrthiant
- Swyddogaethol
- Cardio
- Adfer
- Adsefydlu / Prehab

- Cyfanswm = £ 60,000

We are applying for funding for the following Equipment for the new Fitness Suite:-

- Resistance
- Functional
- Cardio
- Recovery
- Rehab/Prehab

- Total = £60,000

Iaith a Diwylliant - Culture & Language



- Cynyddu ymwybyddiaeth o'r iaith Gymraeg a diwylliant Ynys Môn
- Datblygu hyfforddwyr dwyieithog
- Parhau i gynnal pencampwriaethau Gwladol a Rhyngwladol
- Increase awareness of Welsh language and culture of Isle of Anglesey
- Develop bilingual coaches
- Continue to host National and International Championships

Academi Iau a Bootcamp Junior Academy and Bootcamp



Noddion y Clwb a Gweithgareddau Elusennol Club Sponsorship and Charitable activities



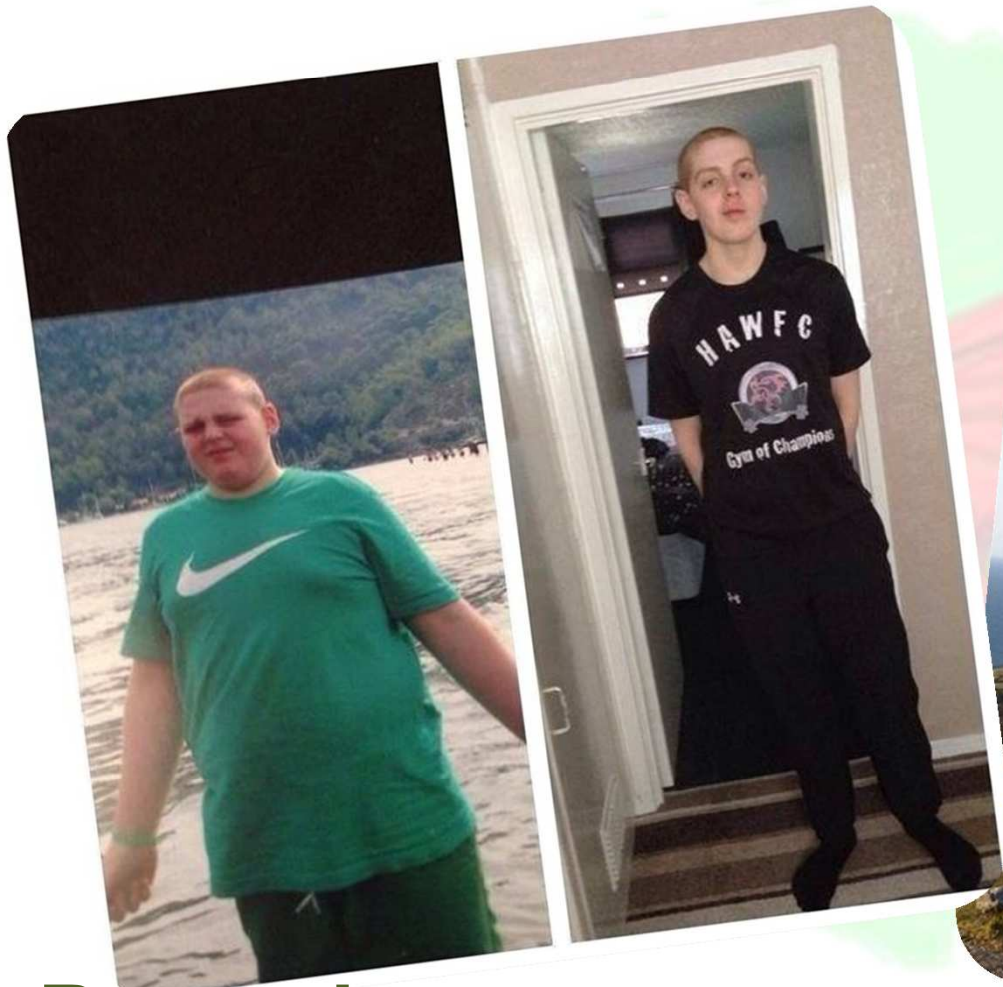
Promoting Anglesey hyrwyddo Ynys Môn



Llwyddiannau - Successes



Phil Niblock



Byron Jones



Proffil Athletwr - Athlete Profile



Gareth Evans



Sam Henderson



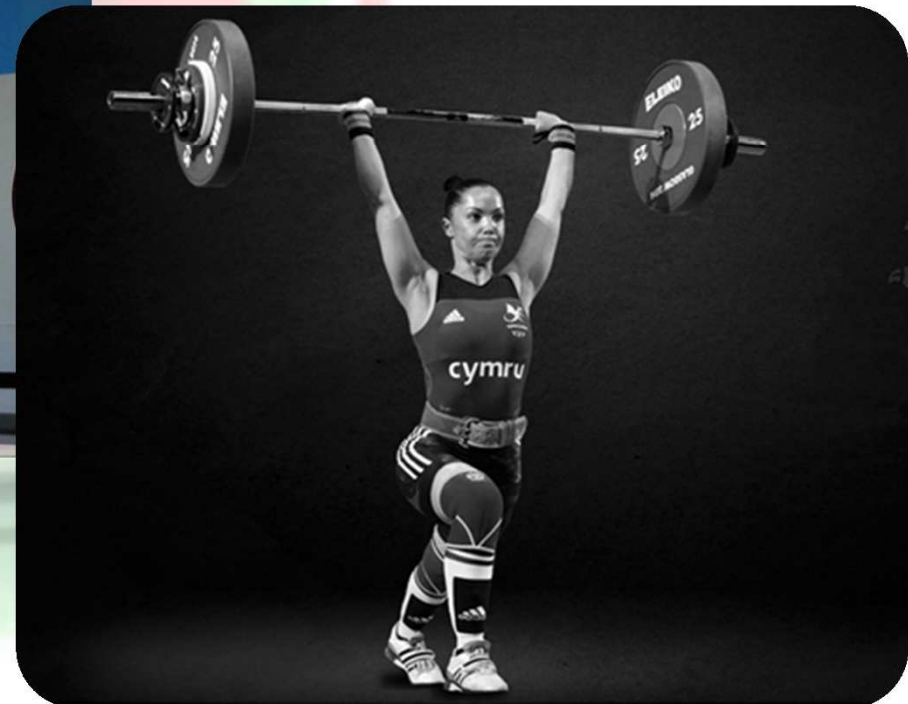
Proffil Athletwr - Athlete Profile



Catrin Jones



Stephanie Owens



I Grynhoi- In Summary



- Wedi Sicyrhau £ 125,000
- Adeilad wedi ei gwblhau (cyfalaf)
- IOACTF Cais am Grant £60,000 i Ariannu Offer penodol ar gyfer Perfformiad a defnydd gan y cyhoedd wedi ei ddanfôn
- Funds Secured £125,000
- Build Complete (capital)
- IOACTF Grant Application £60,000 submitted to Fund Specific Equipment for Performance and Public Use

Diolch yn Fawr

Thank You

**Hoffem ddiolch i
chi am y cyfle i
gyflwyno.**

**We would like to thank
you for the opportunity
to present.**

