

WRU | URC

COMMUNITY CYMUNED

Welsh Rugby Union Community Newsletter

Cylchlythyr Cymunedol Undeb Rygbi Cymru



WRU

Issue / Mater 2

Welcome

Welcome to our second Community newsletter of Season 23/24. We are pleased to advise that these newsletters will be provided to you on a quarterly basis, and we will be sharing news from around the community game and areas of good practice. If you have an item that you think is worth sharing, please email clubdevelopment@wru.wales with the title **'Newsletter content'** and we can have a further conversation with you about including this in future newsletters. Please share the newsletter with all in your club and committee! Enjoy!



Croeso

Croeso i'n hail gylchlythyr Cymunedol ar gyfer Tymor 23/24. Rydyn ni'n falch o ddweud y bydd y cylchlythyrau hyn yn cael eu darparu i chi bob chwarter, a byddwn yn rhannu newyddion o bob rhan o'r gêm gymunedol a meysydd arfer da. Os oes gennych chi eitem y credwch ei bod yn werth ei rhannu, e-bostiwch clubdevelopment@wru.wales gyda'r teitl **'Cynnwys ar gyfer cylchlythyr'** a gallwn gael sgwrs bellach gyda chi am gynnwys hyn mewn cylchlythyr yn y dyfodol. Rhannwch y cylchlythyr gyda phawb yn eich clwb a'ch pwyllgor! Mwynhewch!

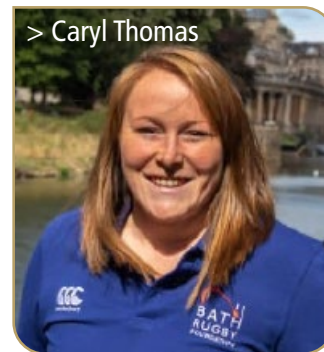
New to the Team

Following an extensive recruitment process involving a high standard of interviewed candidates, the Welsh Rugby Union Community Department is delighted to announce that Caryl Thomas will join the WRU Community Playing Team as the new WRU Girl's and Women's Community Lead from March 2024.

Just by means of background, Caryl is a Welsh speaker who hails from West Wales and has 20 years experience working within Sport Development and Senior Management. She currently works for Bath Rugby Foundation and is also a recent Wales International (2006-2023) with 65 caps. She has previously

successfully submitted Mount Kilimanjaro and trekked to Everest Base Camp!

WRU Community Head of Playing & Retention commented 'we are really excited to have Caryl joining the WRU family and continuing on the excellent work previously lead by Joe Davies who recently moved into a new role as WRU Community General Manager for West Wales. Having spoken with Caryl she is highly motivated to be involved and lead positive change in the Girls and Women's Community game in Wales both on and off the field.



> Caryl Thomas

Road To Principality

Witness The Next Big Thing At Principality Stadium

The Principality Stadium will be transformed into a celebration of Welsh rugby with the highly anticipated "Road to Principality 2024" (#RTP24) supported by Go.Compare.

From March 19th to April 27th a host of aspiring players of all ages will take to the hallowed Principality turf for an incredible 10 days of thrilling rugby competition across 33 cup finals.

This will culminate in an extra special day of women's rugby at the stadium on Saturday, 27th April when the Wales Women's side face Italy in the Guinness Women's Six Nations 2024 swiftly followed by the Women's Bowl, Plate and Cup finals to round off the biggest celebration of women's rugby in Wales ever witnessed. To read the full article, please follow the link to the WRU website provided below:

<https://community.wru.wales/2024/03/14/the-road-to-principality-be-there/>

Newydd i'r Tîm

Yn dilyn proses recriwtio helaeth oedd yn cynnwys cyfweld ag ymgeiswyr o safon uchel, mae'n bleser gan Adran Gymunedol Undeb Rygbi Cymru gyhoeddi y bydd Caryl Thomas yn ymuno â Thîm Chwarae Cymunedol URC fel Arweinydd Cymunedol Merched a Menywod newydd URC o fis Mawrth 2024.

O ran cefndir, mae Caryl yn siaradwr Cymraeg sy'n hanu o orllewin Cymru ac mae ganddi 20 mlynedd o brofiad yn gweithio ym maes Datblygu Chwaraeon ac Uwch Reolaeth. Ar hyn o bryd mae'n gweithio i Sefydliad Rygbi Caerfaddon a than yn ddiweddar roedd hi'n chwaraewr rhyngwladol dros Gymru (2006 -2023) gyda 65 o gapiau. Mae hi eisoes wedi llwyddo i ddringo

Mynydd Kilimanjaro ac wedi cerdded i Wersyll Cychwyn Mynydd Everest!

Dywedodd Pennaeth Chwarae a Chadw Chwaraewyr Cymunedol URC 'rydyn ni wrth ein boddau bod Caryl yn ymuno â theulu URC ac yn parhau â'r gwaith rhagorol gafodd ei wneud yn flaenorol gan Joe Davies a symudodd yn ddiweddar i rôl newydd fel Rheolwr Cyffredinol Cymunedol URC ar gyfer Gorllewin Cymru. Ar ôl siarad â Caryl mae hi'n awyddus iawn i gymryd rhan ac arwain newid cadarnhaol yn y gêm Gymunedol i Ferched a Menywod yng Nghymru ar y cae ac oddi arno.



> Caryl Thomas

Y Ffordd i'r Principality

Byddwch yn Dyst i Sêr y Dyfodol yn Stadiwm Principality

Wedi disgwyl mawr, bydd Stadiwm Principality yn cael ei drawsnewid yn ddathliad o rygbi Cymru gyda "Y Ffordd i'r Principality 2024" (#RTP24) gyda chefnogaeth gan Go.Compare.

Rhwng 19 Mawrth a 27 Ebrill bydd lluo o chwaraewyr uchelgeisiol o bob oed yn camu ar faes cysegredig y Principality am 10 diwrnod anhygoel o gystadlu gwefreiddiol mewn 33 rownd derfynol cwpan.

Daw hyn i ben gyda diwrnod hynod o arbennig o rygbi menywod yn y stadiwm ddydd Sadwrn, 27 Ebrill pan fydd tîm Menywod Cymru yn wynebu'r Eidal ym Mhencampwriaeth Chwe Gwlad Guinness y Menywod 2024. Caiff hyn ei ddilyn gan rowndiau terfynol Powlen, Plât a Chwpan y Merched i orffen y dathliad mwyaf o rygbi menywod yng Nghymru a welwyd erioed. I ddarllen yr erthygl iawn, dilynwch y ddolen i wefan URC a ddarperir isod:

<https://community.wru.wales/cy/2024/03/14/y-ffordd-ir-principality-byddwch-yno/>

Road to Principality

2024

The Road to Principality 2024 has now commenced.
Please see the fixture graphics below for the full schedule of events.

2024 EVENT PROGRAMME



TUESDAY 19 MARCH

WRU Welsh Schools Girls U12s-U18s Finals

- 11:30 Girls Schools U12 Cup Final
- 13:30 Girls Schools U14 Cup Final
- 15:30 Girls Schools U16 Cup Final
- 17:30 Girls Schools U18 Cup Final

WEDNESDAY 20 MARCH

WRU Esports Cymru League Finals

- St David Lounge, Principality Stadium
- 10:30-11:15 ALN Schools Final
- 11:15-12:00 Post 16 Schools/Colleges Final

Welsh Senior Schools & Colleges Rugby Union U18s Finals

- 13:00 WSS&CRU Boys U18s Plate Final
- 15:15 WSS&CRU Boys U18s Vase Final
- 17:30 WSS&CRU Boys U18's Cup Final

THURSDAY 21 MARCH

Welsh Schools Junior Group & Welsh Schools Intermediate Group Finals

- 10:00 WSRU Junior Group U11s DC Thomas Bowl Final
- 11:30 WSRU Junior Group U11s DC Thomas Plate Final
- 13:00 WSRU Junior Group U11's DC Thomas Cup Final
- 15:00 WSRU Intermediate Group Year 9 Cup Final
- 17:00 WSRU Intermediate Group Year 10 Cup Final

WRU Esports Cymru League Finals

- St David Lounge, Principality Stadium
- 12:45-13:30 Primary Schools Final
- 13:30-14:15 Secondary Schools Final

FRIDAY 22 MARCH

WRU Inclusion Day

- 10:00-11:50 Ethnically Diverse Schools Festival
- 12:00-13:35 Special Educational Needs Schools Festival
- 14:30-16:30 Military Veterans Hubs (T1 or Touch)
- 17:30 Mixed Ability Game
- 20:00 International Gay Rugby Game

SATURDAY 23 MARCH

WRU Girls National Finals

- 10:30 WRU Girls U16 Plate Final
- 12:30 WRU Girls U16 Cup Final
- 14:30 WRU Girls U18 Plate Final
- 16:45 Wales v Scotland W6N @ Cardiff Arms Park
- 19:15 WRU Girls U18 Cup Final

TUESDAY 26 MARCH

Men's Inter District Final

- 19:30 Men's Inter District Cup Final

FRIDAY 29 MARCH

WRU Boys U18s National Club Finals

- 13:00 WRU Boys U18 Bowl Final
- 15:15 WRU Boys U18 Plate Final
- 17:30 WRU Boys U18 Cup Final

SATURDAY 6 APRIL

Men's Division 5-2 Club Finals

- 11:00 Men's Division 5 Cup Final
- 13:15 Men's Division 4 Cup Final
- 15:30 Men's Division 3 Cup Final
- 17:45 Men's Division 2 Cup Final

SUNDAY 7 APRIL

Men's Division 1, Championship & Premiership Finals

- 13:00 Men's Division 1 Cup Final
- 15:15 Men's Championship Cup Final
- 17:35 Men's Premiership Cup Final

SATURDAY 27 APRIL

Women's 6N & Women's Finals

- 12:15 Wales v Italy W6N @ Principality Stadium
- 15:00 Women's Bowl Final
- 17:15 Women's Plate Final
- 19:35 Women's Cup Final

*All timings subject to change

Y Ffordd i'r Principality

2024

Mae'r Ffordd i'r Principality 2024 bellach wedi dechrau. Edrychwch ar y graffeg gemau isod ar gyfer yr amserlen lawn o ddiwyddiadau.

DIGWYDDIADAU 2024



MAWRTH, 19 MAWRTH Rowndiau Terfynol Merched Ysgolion Cymru o dan 12-18

- 11:30 Rownd Derfynol o dan 12
- 13:30 Rownd Derfynol o dan 14
- 15:30 Rownd Derfynol o dan 16
- 15:30 Rownd Derfynol o dan 18

MERCHER, 20 MAWRTH Rowndiau Terfynol Esports Cymru - URC

- Lolfa Dewi Sant, Stadiwm Principality
- 10:30-11:15 Rownd Derfynol Ysgolion ag Anghenion Dysgu Ychwanegol
- 11:15-12:00 Rownd Derfynol Ysgolion a Cholegau (Dros 16 oed)

Rowndiau Terfynol Bechgyn Ysgolion a Cholegau Cymru o dan 18

- 13:00 Rownd Derfynol y Plât
- 15:15 Rownd Derfynol y Fâs
- 17:30 Rownd Derfynol y Cwpan

IAU, 21 MAWRTH Rowndiau Terfynol Ysgolion Cynradd a Chanolradd

- 10:00 Grŵp Cynradd o dan 11 - Ffeinal Powlen DC Thomas
- 11:30 Grŵp Cynradd o dan 11 - Ffeinal Plât DC Thomas
- 13:00 Grŵp Cynradd o dan 11 - Ffeinal Cwpan DC Thomas
- 15:00 Grŵp Canolradd Blwyddyn 9 - Ffeinal y Cwpan
- 17:00 Grŵp Canolradd Blwyddyn 10 - Ffeinal y Cwpan

Rowndiau Terfynol Esports Cymru - URC

- Lolfa Dewi Sant, Stadiwm Principality
- 12:45-13:30 Rownd Derfynol Ysgolion Cynradd
- 13:30-14:14 Rownd Derfynol Ysgolion Uwchradd

GWENER, 22 MAWRTH Diwrnod Cynhwysiant Undeb Ryngbi Cymru

- 10:00-11:50 Gŵyl Ysgolion â Disgyblion o Gefndiroedd Amrywiol
- 12:00-13:35 Gŵyl Ysgolion Anghenion Arbennig
- 14:30-16:30 Hybiau Cyn Aelodau o'r Lluoedd Arfog (T1 neu Gyffwrdd)
- 17:30 Gemau Gallu Cymysg
- 20:00 Gêm Ryngbi Ryngwladol Hoyw

SADWRN, 23 MAWRTH Rowndiau Terfynol Hwb ar gyfer Merched o dan 18

- 10:30 Ffeinal y Plât o dan 16
- 12:30 Ffeinal y Cwpan o dan 16
- 14:30 Ffeinal y Plât o dan 18
- 16:45 Cymru v Yr Alban - Chwe Gwlad ym Mharc yr Arfau
- 19:15 Ffeinal y Cwpan o dan 18

MAWRTH, 26 MAWRTH Rownd Derfynol Ardaloedd URC

- 19:30 Rownd Derfynol Ardaloedd URC

GWENER, 29 MAWRTH Rowndiau Terfynol Clybiau URC - o dan 18 (Bechgyn)

- 13:00 Rownd Derfynol y Bowlen
- 15:15 Rownd Derfynol y Plât
- 17:30 Rownd Derfynol y Cwpan

SADWRN, 6 EBRILL Rowndiau Terfynol URC ar gyfer Adrannau 5-2

- 11:00 Ffeinal Cwpan Admiral - Adran 5
- 13:15 Ffeinal Cwpan Admiral - Adran 4
- 15:30 Ffeinal Cwpan Admiral - Adran 3
- 17:45 Ffeinal Cwpan Admiral - Adran 2

SUL, 7 EBRILL Rowndiau Terfynol Adran 1, Y Bencampwriaeth & Yr Uwch Gynghrair

- 13:00 Ffeinal Cwpan Admiral - Adran 1
- 15:15 Ffeinal Cwpan Admiral - Y Bencampwriaeth
- 17:35 Ffeinal Uwch Gynghrair Undeb Ryngbi Cymru

SADWRN, 27 EBRILL Pencampwriaeth 6 Gwlad & Rowndiau Terfynol y Menywod

- 12:15 Cymru v Yr Eidal - Chwe Gwlad ym Stadiwm Principality
- 15:00 Ffeinal y Powlen
- 17:15 Ffeinal y Plât
- 19:35 Ffeinal y Cwpan

*Gall amseroedd newid

WRU Hub Programme

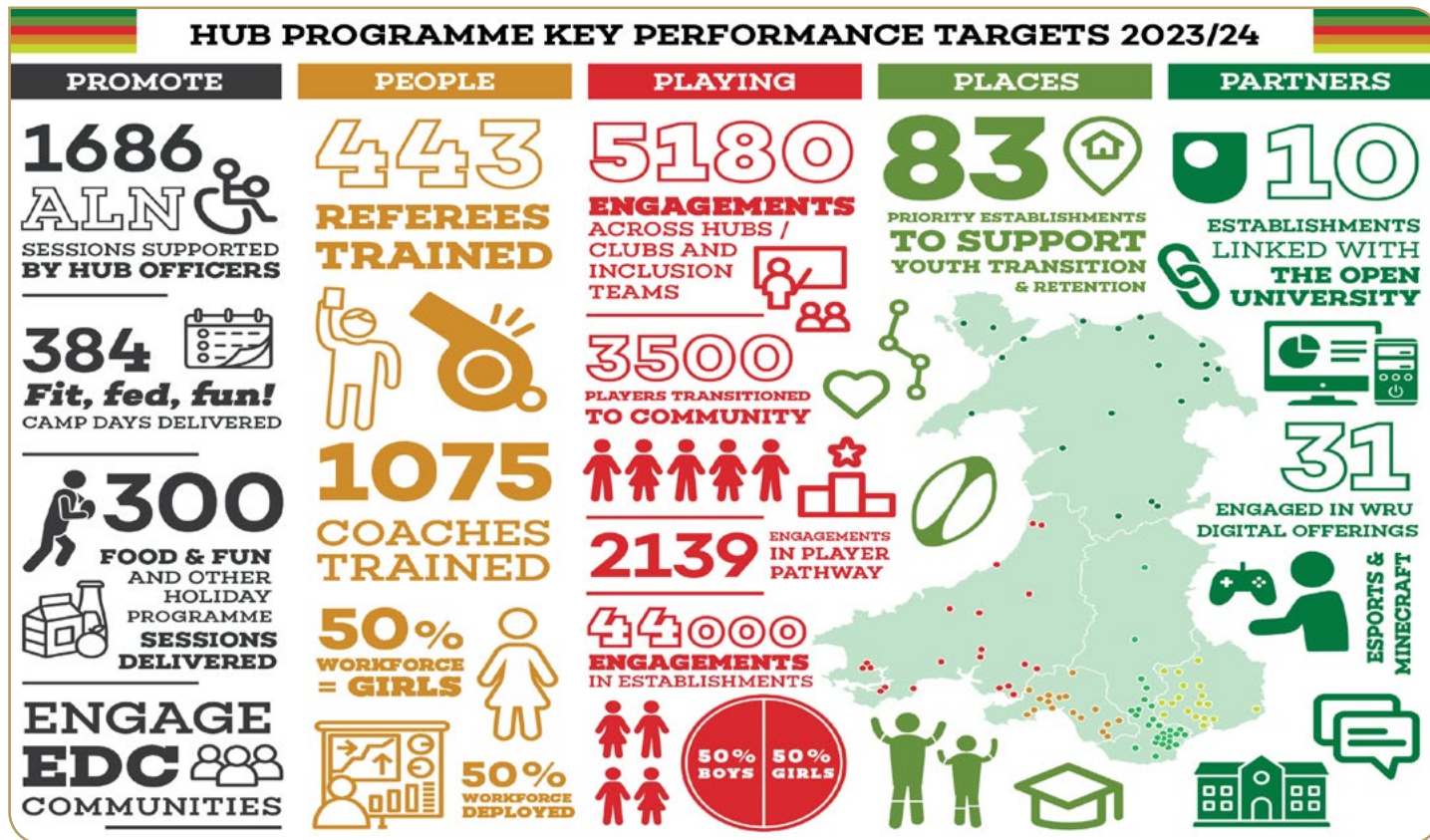
The graphic shows how we are progressing against the WRU Hub Programme key performance indicators and it shows the return of investment across the community game.

Active in 94 establishments the officers support over 170 community clubs & hubs and have engaged over 4,000 times supporting the transition of over 2,000 players to the community game.

Working alongside the WRU and Regional Performance staff the Hub Officers have an integral role in supporting the delivery of player pathway programmes for boys and girls which supports over 50% of our registered players nationally.

Importantly, the hub officers are engaged in their establishments aiming to provide opportunities for boys and girls to develop as players, coaches, and referees. Currently 182 referees and 730 coaches are deployed by the hub programme.

Finally, our officers support our ED&I aspirations providing specific opportunities target at children with additional learning needs, from ethnically diverse communities and from low socio-economic groups. The hub officers are an integral arm of our delivery of Holiday Hunger programmes throughout Wales.



Rhaglen Hwb URC

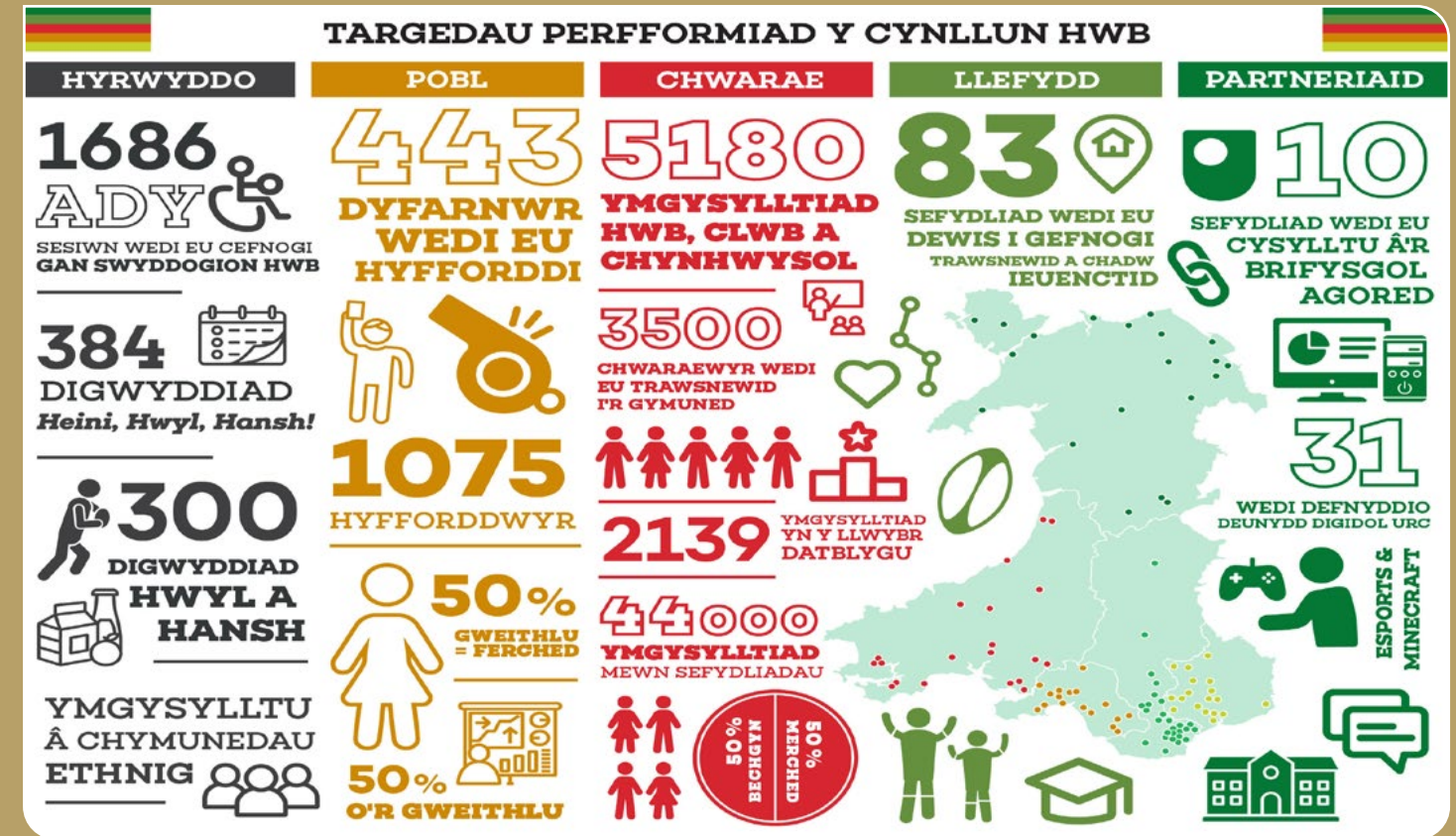
Mae'r graffeg yn dangos sut rydyn ni'n symud ymlaen yn erbyn dangosyddion perfformiad allweddol Rhaglen Hwb URC ac mae'n dangos yr elw o fuddsoddiad ar draws y gêm gymunedol.

Yn gweithio mewn 94 sefydliad, mae'r swyddogion yn cefnogi dros 170 o glybiau a hybiau cymunedol ac wedi ymgysylltu dros 4,000 o weithiau i gefnogi trosglwyddo dros 2,000 o chwaraewyr i'r gêm gymunedol.

Gan weithio ochr yn ochr ag URC a staff Perfformiad Rhanbarthol mae gan Swyddogion yr Hwb rôl hanfodol wrth gefnogi cyflwyno rhaglenni llwybr chwaraewyr ar gyfer bechgyn a merched, sy'n cefnogi dros 50% o'n chwaraewyr cofrestredig yn genedlaethol.

Yn bwysig, mae swyddogion yr hwb yn ymwneud â'u sefydliadau gyda'r nod o ddarparu cyfleoedd i fechgyn a merched ddatblygu fel chwaraewyr, hyfforddwyr a dyfarnwyr. Ar hyn o bryd mae 182 o ddyfarnwyr a 730 o hyfforddwyr yn cael eu defnyddio gan y rhaglen hwb.

Yn olaf, mae ein swyddogion yn cefnogi ein dyheadau Cydraddoldeb, Amrywiaeth a Chynhwysiant gan ddarparu cyfleoedd penodol sydd wedi'u targedu at blant ag anghenion dysgu ychwanegol, o gymunedau ethnig amrywiol ac o grwpiau economaidd-gymdeithasol isel. Mae swyddogion yr hwb yn rhan annatod o'n darpariaeth o raglenni Llwyg yn ystod y Gwyliau ledled Cymru.



Congratulations

To WRU Hub Officer, Chris Meyers, 'North Wales Apprenticeships Awards' Management Apprentice of the Year following the completion of his ILM Level 5 Award with Coleg Llandrillo.

What it means to win apprentice of the year. Chris Meyers.

"Winning Apprentice of the Year means a lot to me - it acknowledges my effort and dedication, boosting my confidence and making the hard work even more worthwhile."

What skills have you gained and how will that positively impact your role as a WRU Hub officer?

"The management qualification provided leadership, communication, organizational, problem-solving, and strategic thinking skills, all of which are invaluable for a Rugby HUB Officer in leading teams, coordinating activities, and addressing challenges effectively."



The events name is the North Wales Apprenticeship Awards, organised by **Busnes@LlandrilloMenai** the work-based learning and business branch.

Link to the video interview with Chris Meyers below:



<https://awards.gllm.ac.uk/2024/management>

Llongyfarchiadau

I Chris Meyers, Swyddog Hwb URC, a enillodd wobr Prentis Rheoli'r Flwyddyn yng 'Ngwobrau Prentisiaethau Gogledd Cymru' wedi iddo gwblhau ei Ddyfarniad Sefydliad Arweinyddiaeth a Rheolaeth (ILM) Lefel 5 yng Ngholeg Llandrillo.

Beth mae'n ei olygu i ennill Prentis y Flwyddyn? Chris Meyers.

"Mae ennill Prentis y Flwyddyn yn golygu llawer i mi - mae'n cydnabod fy ymdrech a'm hymroddiad, gan roi hwb i'm hyder a gwneud y gwaith caled hyd yn oed yn fwy gwerth chweil."

Pa sgiliau ydych chi wedi'u hennill a sut y bydd hynny'n cael effaith gadarnhaol ar eich rôl fel swyddog Hwb URC?

"Roedd y cymhwyster rheoli yn darparu sgiliau arweinyddiaeth, cyfathrebu, trefnu, datrys problemau a meddwl strategol, ac mae pob un ohonyn nhw'n amhrisiadwy i



Swyddog HWB Rygbi wrth arwain timau, cydlynu gweithgareddau, a mynd i'r afael â heriau yn effeithiol."

Enw'r digwyddiad yw Gwobrau Prentisiaethau Gogledd Cymru, ac mae wedi'i drefnu gan **Busnes@LlandrilloMenai** y gangen dysgu a busnes seiliedig ar waith.

Dolen i'r cyfweiliad gyda Chris Meyers:



<https://awards.gllm.ac.uk/2024/management>

Macron Kit for Clubs Scheme 2024/25

Introduction

The WRU and Macron have decided to open the 'Kit for Community' scheme in Year 4. Having successfully delivered over £3million of investment into the game we are looking to continue with a fully inclusive offer in year 4.

Clubs will have the ability to liaise with Macron Stores throughout Wales to access a GIFT of KIT on a spend a £ get a £ back from the scheme (BOGOF). The minimum spend for the scheme is £200 but this will be open to all areas of the community game.

The scheme will launch from March 2024 and clubs/groups will be asked to engage with the local Macron stores to access kit for community cards that will allow them to access the scheme.

To access your card please contact the Macron Store and book a visit to collect the card. The cards can be accessed by each section of the club. These are the sections we identify as part of the scheme;

Community

1. Senior men's
2. Senior women's
3. Female Hub
4. Youth
5. Mixed Ability
6. IGR
7. VI
8. Wales Deaf
9. Wheelchair Rugby
10. Senior Districts
11. Mini & Junior Rugby
12. Vets Touch
13. Walking Rugby

Education

14. NSSCL & University Rugby
15. Dewar Shield/EPP
16. Schools & Colleges (TBC)



WRU & MACRON
COMMUNITY SCHEME 2024/25



Cynllun Citiau ar gyfer Clybiau Macron 2024/25

Cyflwyniad

Mae URC a Macron wedi penderfynu agor y cynllun 'Citiau ar gyfer Cymunedau' ym Mlwyddyn 4. Ar ôl llwyddo i sicrhau dros £3 miliwn o fuddsoddiad i'r gêm rydyn ni'n bwriadu parhau â chynnig cwbl gynhwysol ym mlwyddyn 4.

Bydd gan glybiau'r gallu i gysylltu â siopau Macron ledled Cymru i gael mynediad at RHODD CIT, wrth wario punt fe gewch bunt yn ôl o'r cynllun (Prynu un a chael un am ddim). Lleiafswm gwariant y cynllun yw £200 ond bydd hwn yn agored i bob rhan o'r gêm gymunedol.

Bydd y cynllun yn cael ei lansio o fis Mawrth 2024 a bydd gofyn i glybiau/grwpiau gysylltu â'r siopau Macron lleol i gael mynediad at gardiau citiau ar gyfer cymunedau a fydd yn caniatáu iddyn nhw gael mynediad i'r cynllun. I gael mynediad i'ch cerdyn, cysylltwch â'r Siop Macron a threfnwch ymweliad i gasglu'r cerdyn. Gall pob adran o'r clwb gael mynediad at y cardiau. Dyma'r adrannau rydyn ni'n eu nodi fel rhan o'r cynllun;

Cymunedol

1. Dynion Hÿn
2. Menywod Hÿn
3. Hwb Benywaidd
4. Ieuenctid
5. Gallu Cymysg
6. Rygbi Hoyw Rhyngwladol (IGE)
7. Amhariad ar y Golwg
8. Byddar Cymru
9. Rygbi Cadair Olwyn
10. Rhanbarth Hÿn
11. Rygbi Mini ac Iau
12. Rygbi Cyffwrdd i Bobl Hÿn
13. Rygbi Cerdded

Addysg

14. Cynghrair Ysgolion a Cholegau Cenedlaethol a Rygbi Prifysgol
15. Tarian Dewar Shield/Llwybr Datblygu Chwaraewyr Addawol (EPP)
16. Ysgolion a Cholegau (I'w Gadarnhau)



WRU & MACRON
COMMUNITY SCHEME 2024/25



Key Questions

Who can access the incentives scheme?

All Mini, Junior, Youth, Senior and Inclusive sections of WRU clubs can access the 2024/25 Kit for Community Scheme. This offer will be managed by your local Macron Store based on a list provided by the WRU.

Is there a timeframe to get involved?

The scheme will run from 1st March to 31st October, any remaining money will be back into the pot for the WRU to use strategically. How will you prioritise the GIFT OF KIT? The kit for community scheme will be allocated on a first come first served basis from March 1st to 31st October

General Questions

Q: What can the GIFT of KIT be spent on?

A: The store will allow for clubs and teams to access the scheme to purchase any team or training wear items for the club.

Q: Can any team access the scheme?

A: The scheme is open to all mini, junior, youth, senior and inclusion sections. This will be managed directly by the Macron stores.

Q: Where is my nearest Macron store?

A: The Macron store will be able to help you with your order.

Store	Contact Name (s)	Contact e-mail	Contact number
MSH Cardiff	Jamie Sylvester	jamie@macronstorecardiff.com	02920 811053
MSH Cardiff	Amanda Cheshire	amanda@macronstorecardiff.com	02920 811053
MSH Ebbw Vale (1)	Matty Harris	sales@macronstoreebbwvale.co.uk	07800 903724
MSH Ebbw Vale (2)	Jack Hodgkins	sales@macronstoreebbwvale.co.uk	07957 712225
MSH Llanelli	Chris Llewellyn	sales@macronstorellanelli.com	07810 806631
MSH Neath	Carl Bradley	sales@macronstoreneath.com	01792 321364
MSH Swansea	Ray Pennock	sales@macronstoreswansea.com	07800 634264
MSH Wrexham	Andy Poole	rugby@macronstorewrexham.co.uk	01978 355794
MSH Wrexham	Dean Jones	rugby@macronstorewrexham.co.uk	01978 355794
MSH Wrexham	Alfie Matthias	rugby@macronstorewrexham.co.uk	01978 355794



Cwestiynau Allweddol:

Pwy all gael mynediad at y cynllun cymhellion?

Gall pob adran Mini, Iau, Ieuenctid, Hŷn a Chynhwysol o glybiau URC gael mynediad at Gynllun Citiau ar gyfer Cymunedau 2024/25. Bydd y cynnig hwn yn cael ei reoli gan eich Siop Macron leol yn seiliedig ar restr a ddarperir gan URC.

A oes amserlen i gymryd rhan?

Bydd y cynllun yn rhedeg rhwng 1 Mawrth a 31 Hydref, a bydd unrhyw arian sy'n weddill yn cael ei roi yn ôl i'r gronfa er mwyn i Undeb Rygbi Cymru ei ddefnyddio'n strategol. Sut fyddwch chi'n blaenoriaethu RHODD CIT? Bydd y cynllun citiau ar gyfer cymunedau yn cael ei ddyrannu ar sail y cyntaf i'r felin rhwng 1 Mawrth a 31 Hydref

Cwestiynau Cyffredinol

C: Ar beth mae modd gwario'r RHODD CIT?

A: Bydd y siop yn caniatáu i glybiau a thimau gael mynediad i'r cynllun i brynu unrhyw ddillad tîm neu hyfforddiant ar gyfer y clwb.

C: A all unrhyw dîm gael mynediad i'r cynllun?

A: Mae'r cynllun yn agored i bob adran mini, iau, ieuenctid, hŷn a chynhwysiant. Bydd hyn yn cael ei reoli'n uniongyrchol gan y siopau Macron.

C: Ble mae fy siop Macron agosaf?

A: Bydd y siop Macron yn gallu eich helpu gyda'ch archeb.

Store	Contact Name (s)	Contact e-mail	Contact number
MSH Cardiff	Jamie Sylvester	jamie@macronstorecardiff.com	02920 811053
MSH Cardiff	Amanda Cheshire	amanda@macronstorecardiff.com	02920 811053
MSH Ebbw Vale (1)	Matty Harris	sales@macronstoreebbwvale.co.uk	07800 903724
MSH Ebbw Vale (2)	Jack Hodgkins	sales@macronstoreebbwvale.co.uk	07957 712225
MSH Llanelli	Chris Llewellyn	sales@macronstorellanelli.com	07810 806631
MSH Neath	Carl Bradley	sales@macronstoreneath.com	01792 321364
MSH Swansea	Ray Pennock	sales@macronstoreswansea.com	07800 634264
MSH Wrexham	Andy Poole	rugby@macronstorewrexham.co.uk	01978 355794
MSH Wrexham	Dean Jones	rugby@macronstorewrexham.co.uk	01978 355794
MSH Wrexham	Alfie Matthias	rugby@macronstorewrexham.co.uk	01978 355794



Q: Is there a deadline for clubs/teams to engage in the scheme?

A: Clubs/Teams will have until the end of October 2024 to engage with the Macron store in relation to the scheme.

Q: How will the Macron store communicate with clubs/teams from point of order?

A: The Macron store will clearly communicate timelines or delivery from point of order and will inform the club/team when delivery expected. Any changes to that will be sent at the earliest convenience.

Q: Are there any additional charges that the store may introduce to the final purchase?

A: Services such as printing, and embroidery do not get covered by the scheme unless they are part of a bespoke kit order.

Q: Can I provide feedback about the service of the Macron Store?

A: Yes, feedback can be provided to the WRU via Brose@wru.wales

Ordering Questions

Q: Is there a minimum and maximum spend?

A: To access the scheme minimum, spend is £200 and the maximum is at the discretion of the Macron Stores and WRU.

Q: Where can I get prices of kit and leisure items?

A: A kit brochure is included in the timeline brochure and will be sent to you from your local Macron store contact.

Q: Can we have sponsors on the shirts?

A: Yes. Contact your local Macron store who can advise further. Sponsor artwork must be supplied in vector format.

Q: How will we know what sizes to order / can we get samples?

A: You can contact the local Macron store. They will be able to advise around sizing.

Q: We already have a kit for the 24/25 season – can we use the scheme to purchase training and travel wear?

A: Yes, the scheme includes training and travel wear.

Q: Can we work with Macron to create a kit that matches our colours and patterns?

A: Yes. Your local Macron store who can advise further.

Q: What are the ordering deadlines and when will the kit be delivered?

A: Your Macron Store representative will work with you to ensure that your playing kit is created to your Club's specific requirements and delivered in a timely manner ahead of the 24/25 season.

Timeline for delivery of bespoke or stock items is as follows;

- 28 days for stock items
- 65 days for bespoke items

Full timeline brochure and checklists available from the stores.

**C: A oes dyddiad cau i glybiau/timau gymryd rhan yn y cynllun?**

A: Bydd gan glybiau/timau tan ddiwedd mis Hydref 2024 i gysylltu â'r siop Macron mewn perthynas â'r cynllun.

C: Sut fydd y siop Macron yn cyfathrebu â chlybiau/timau ar ôl archebu?

A: Bydd y siop Macron yn rhoi gwybod am amserlenni neu ddanfoniadau yn glir ar ôl archebu a bydd yn rhoi gwybod i'r clwb/tîm pryd y bydd disgwyl ei ddanfon. Bydd unrhyw newidiadau i hynny yn cael eu hanfon cyn gynted â phosibl.

C: A oes unrhyw daliadau ychwanegol y gall y siop eu cyflwyno i'r pryniant terfynol?

A: Nid yw gwasanaethau fel argraffu, a brodwaith yn cael eu cynnwys yn y cynllun oni bai eu bod yn rhan o archeb cit pwrpasol.

C: A allaf roi adborth am wasanaeth y siop Macron?

A: Gallwch, mae modd rhoi adborth i URC drwy Brose@wru.wales

Cwestiynau am Archebu

C: A oes isafswm ac uchafswm gwariant?

A: I gael mynediad i'r cynllun, yr isafswm gwariant yw £200 ac mae'r uchafswm yn ôl disgrisiwn siopau Macron ac URC.

C: Ble alla i gael prisiau cit ac eitemau hamdden?

A: Mae llyfryn citiau wedi'i gynnwys yn y llyfryn amserlen a bydd yn cael ei anfon atoch gan eich cyswllt yn eich siop Macron leol.

C: A allwn ni roi noddwyr ar y crysau?

A: Gallwch. Cysylltwch â'ch siop Macron leol a all roi cyngor pellach. Rhaid darparu gwaith celf noddwr mewn fformat fector.

C: Sut byddwn ni'n gwybod pa feintiau i'w harchebu / allwn ni gael samplau?

A: Gallwch gysylltu â'r siop Macron leol. Byddan nhw'n gallu rhoi cyngor ar feintiau.

C: Mae gennym git yn barod ar gyfer tymor 24/25 – a allwn ni ddefnyddio'r cynllun i brynu dillad hyfforddi a theithio?

A: Gallwch, mae'r cynllun yn cynnwys dillad hyfforddi a theithio.

C: A allwn ni weithio gyda Macron i greu cit sy'n cyd-fynd â'n lliwiau a'n patrymau?

A: Gallwch. Cysylltwch â'ch siop Macron leol a fydd yn gallu rhoi cyngor pellach.

C: Beth yw'r dyddiadau cau ar gyfer archebu a phryd fydd y cit yn cael ei ddanfon?

A: Bydd eich cynrychiolydd siop Macron yn gweithio gyda chi i sicrhau bod eich cit chwarae yn cael ei greu ar gyfer gofynion penodol eich Clwb a'i ddanfon mewn da bryd cyn tymor 24/25.

Mae'r amserlen ar gyfer danfon eitemau pwrpasol neu gyffredin fel a ganlyn;

- 28 diwrnod ar gyfer eitemau cyffredin
- 65 diwrnod ar gyfer eitemau pwrpasol

Mae llyfryn amserlen lawn a rhestrau gwirio ar gael o'r siopau.



Facilities Survey

Thank you to all clubs who completed the facilities survey! Only 4 clubs did not respond, which is a superb result, and we wanted to say a huge thank you as the information will help us to build a Facilities Strategy for Wales.

WRU Community Volunteer Awards



The nominations closed on 4th March 2024 and are now being assessed by internal and then external panels to reach our brilliant list of finalists! You can look back at the reactions of winners from last year's awards on the link below.

We look forward to contacting finalists in the coming weeks and celebrating with lots of our community clubs on 31st May at Principality Stadium!

<https://community.wru.wales/wru-community-volunteer-awards-2024/>

Dysgu WRU

Dysgu WRU was launched in August 2023 and was attended by Deputy Minister Dawn Bowden. From Unconscious bias, Tackling VAT, how to write an Equity, Diversity, and Inclusion Plan to social media for clubs, we have been joined by clubs the length and breadth of Wales. Some of the feedback received has been exceptional and we are so glad that clubs have benefitted from the content that has been provided. Feedback:

"Excellent webinar with loads of discussion points and ideas."

"It was great to speak to people who are genuinely interested in helping us improve, not only the facilities, but our attitude towards women and girls in the club house."

"Very insightful! Great to hear from guest speakers too giving a wider context! Enjoyed! Thank you all."

We are building the programme for next season, and we are keen to hear the topics that you would like to cover. Drop us an email clubdevelopment@wru.wales with your ideas.



Arolwg Cyfleusterau

Diolch i'r holl glybiau a gwblhaodd yr arolwg cyfleusterau! Dim ond 4 clwb sydd heb ymateb, sy'n ganlyniad gwych, ac roedden ni am ddweud diolch enfawr gan y bydd y wybodaeth yn ein helpu i adeiladu Strategaeth Cyfleusterau i Gymru.

Gwobrau Gwirfoddolwyr Cymunedol URC



Daeth y cyfnod enwebu i ben ar 4 Mawrth 2024 ac mae'r enwebiadau bellach yn cael eu hasesu gan baneli mewnol ac yna gan baneli allanol ar gyfer cyrraedd ein rhestr wych o'r rhai a gyrhaeddodd y rownd derfynol! Gallwch edrych yn ôl ar ymatebion enillwyr gwobrau'r llynedd ar y ddolen isod.

Rydyn ni'n edrych ymlaen at gysylltu â'r rhai sydd wedi cyrraedd y rownd derfynol yn ystod yr wythnosau nesaf a dathlu gyda nifer o'n clybiau cymunedol ar 31 Mai yn Stadiwm Principality!

<https://community.wru.wales/wru-community-volunteer-awards-2024/>

Dysgu URC

Lansiwyd Dysgu URC ym mis Awst 2023 ac roedd y Dirprwy Weinidog Dawn Bowden yn bresennol. O ragfarn ddiarwybod, mynd i'r afael â TAW a sut i ysgrifennu Cynllun Cydraddoldeb, Amrywiaeth a Chynhwysiant i'r cyfryngau cymdeithasol ar gyfer clybiau, mae clybiau ar hyd a lled Cymru wedi ymuno â ni. Mae peth o'r adborth rydyn ni wedi'i dderbyn wedi bod yn arbennig ac rydyn ni mor falch bod clybiau wedi elwa o'r cynnwys sydd wedi'i ddarparu. Adborth:

"Gweminar ardderchog gyda llwyth o bwyntiau trafod a syniadau."

"Roedd yn wych siarad â phobl sydd â gwir ddiddordeb mewn helpu ni i wella, nid yn unig y cyfleusterau, ond ein hagwedd tuag at fenywod a merched yn y clwb."

"Craff iawn! Braf clywed gan siaradwyr gwadd hefyd yn rhoi cyd-destun ehangach! Wedi mwynhau! Diolch i bawb."

Rydyn ni'n datblygu'r rhaglen ar gyfer y tymor nesaf, ac rydyn ni'n awyddus i glywed am y pynciau yr hoffech chi eu trafod. Anfonwch e-bost aton ni clubdevelopment@wru.wales gyda'ch syniadau.

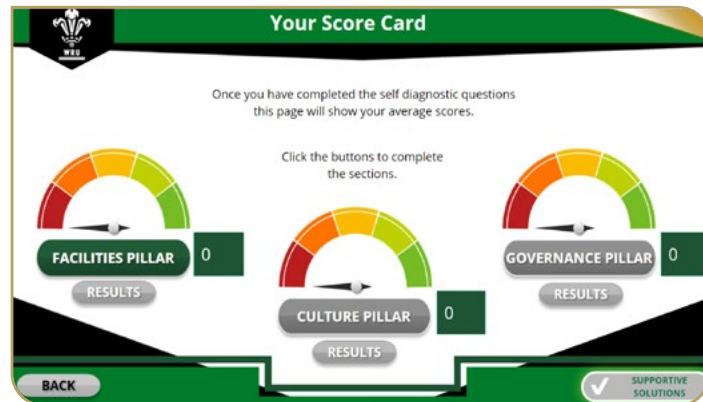


Self-Assessment Toolkit for Clubs

Since launching in January, the Places Team have been busy engaging with clubs across Wales to assist them in completing the new, bespoke WRU Self-Assessment Toolkit for Clubs.

The interactive tool is designed to support clubs across 3 key pillars of the WRU Community Strategy and encompasses discussion around Facilities, Culture and Governance. The tool has been developed to be fully interactive and assist clubs where applicable, through a range of supportive solutions that become available on completion.

If you would like to access the supportive system and arrange a visit, please email your local Club Developer, or reach out to Clubdevelopment@wru.wales to book in a slot for your board/committee.

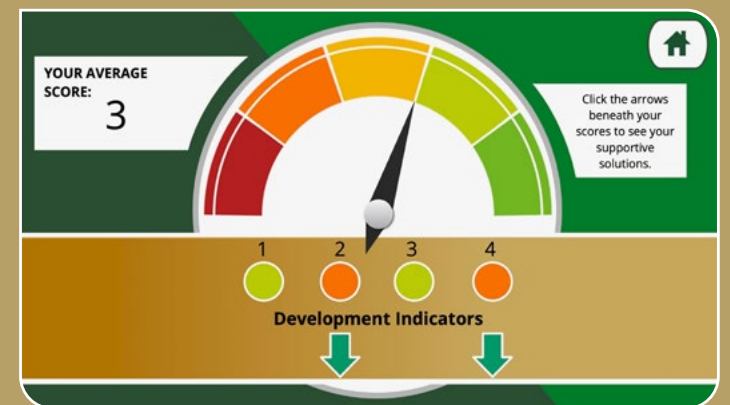
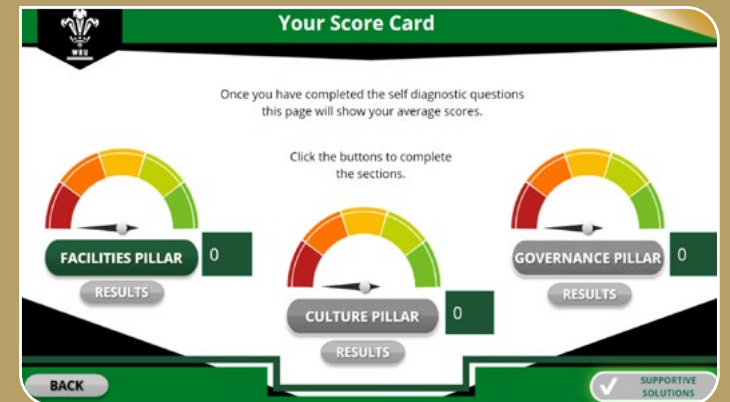


Pecyn Cymorth Hunanasesu ar gyfer Clybiau

Ers ei lansio ym mis Ionawr, mae'r Tîm Lleodd wedi bod yn brysur yn cysylltu â chlybiau ledled Cymru i'w helpu nhw i gwblhau Pecyn Cymorth Hunanasesu pwrpasol newydd URC ar gyfer Clybiau.

Mae'r offeryn rhyngweithiol wedi'i gynllunio i gefnogi clybiau ar draws 3 elfen allweddol Strategaeth Gymunedol URC ac mae'n cwmpasu trafodaethau ynghylch Cyfleusterau, Diwylliant a Llywodraethu. Datblygwyd yr offeryn i fod yn gwbl rhyngweithiol ac i helpu clybiau lle bo hynny'n berthnasol, drwy ystod o atebion cefnogol a fydd ar gael ar ôl eu cwblhau.

Os hoffech chi gael mynediad i'r system gefnogol a threfnu ymweliad, anfonwch e-bost at eich Datblygwr Clwb Lleol, neu cysylltwch â Clubdevelopment@wru.wales i archebu lle ar gyfer eich bwrdd/pwyllgor.



(Please note: We are currently having the Welsh language version of the self-assessment toolkit developed)

Workplace recycling is changing.

From 6 April 2024, it will become law for all businesses, charities, and public sector organisations to sort their waste for recycling. It also applies to all waste and recycling collectors and processors who manage household-like waste from workplaces.

The Welsh Government is introducing this law to improve the quality and quantity of how we collect and separate waste.

Please visit the following link to the Welsh Government website below:

Many clubs have raised this as a potential concern, so we responded by organising a Dysgu WRU webinar on this topic delivered through Waste Savers.

The live webinar took place on Wednesday 13th March at 6pm. To watch this insightful webinar again, please click on the link to register provided below:

Welsh Government website for further details -

https://www.gov.wales/workplace-recycling?gad_source=1&gclid=EAlaIqobChMI16rHwMXahAMVOYNQBh0R0QMkEAAAYASAAEgK3uvD_BwE

Webinar registration link: -

<https://dysguwru.wales/workplace-recycling-what-you-need-to-know-dysgu-wru-webinar/>

Mae ailgylchu yn y gweithle yn newid.

O 6 Ebrill 2024, bydd yn gyfraith yng Nghymru i bob busnes, elusen a sefydliad sector cyhoeddus ddi-doli eu gwastraff i'w ailgylchu. Mae hefyd yn berthnasol i bob casglwr a phrosesydd gwastraff ac ailgylchu sy'n rheoli gwastraff tebyg i'r cartref o weithleoedd.

Mae Llywodraeth Cymru yn cyflwyno'r gyfraith hon i wella ansawdd a maint sut rydyn ni'n casglu ac yn gwahanu gwastraff.

Dilynwch y ddolen ganlynol i wefan Llywodraeth Cymru isod:

Mae llawer o glybiau wedi codi hyn fel pryder posibl, felly fe wnaethon ni ymateb trwy drefnu gweminar Dysgu URC ar y pwnc yma a gyflwynwyd trwy Waste Savers.

Cynhaliwyd y weminar fyw ddydd Mercher 13 Mawrth am 6pm. I wyluo'r weminar craff yma eto, cliciwch ar y ddolen isod i gofrestru:

Gwefan Llywodraeth Cymru am fanylion pellach -

https://www.llyw.cymru/ailgylchu-yn-y-gweithle?gad_source=1

Dolen cofrestru ar gyfer y weminar: -

<https://dysguwru.wales/workplace-recycling-what-you-need-to-know-dysgu-wru-webinar/>

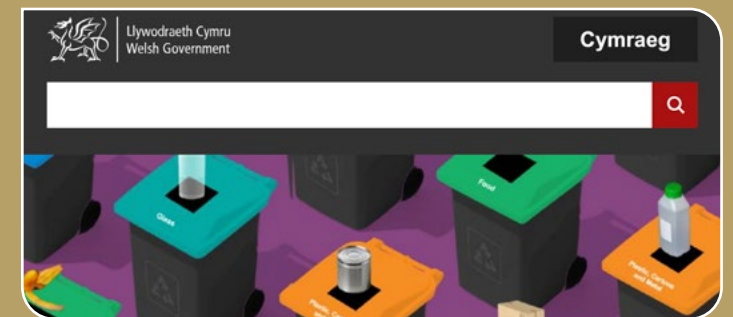
The webinar will help clubs understand the following learning objectives:

- Know the new WG legislation for workplace recycling (source segregation) and why it is being implemented.
- Understand how to change your current recycling and waste disposal practices.
- Know how to comply with the new legislation.
- Understand what the cost savings could be.
- Know what your current waste contractor obligations are and how to address them.
- Know what source recycling collection/ source segregation options are available to you.



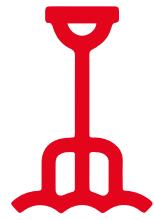
Bydd y weminar yn helpu clybiau i ddeall yr amcanion dysgu canlynol:

- Gwybod am ddeddfwriaeth newydd LIC ar gyfer ailgylchu yn y gweithle (gwahanu yn y ffynhonnell) a pham ei bod yn cael ei gweithredu.
- Deall sut i newid eich arferion ailgylchu a gwaredu gwastraff presennol.
- Gwybod sut i gydymffurfio â'r ddeddfwriaeth newydd.
- Deall beth allai'r arbedion cost fod.
- Gwybod beth yw rhwymedigaethau eich contractwr gwastraff presennol a sut i fynd i'r afael â nhw.
- Gwybod pa opsiynau casglu ailgylchu/ gwahanu yn y ffynhonnell sydd ar gael i chi.



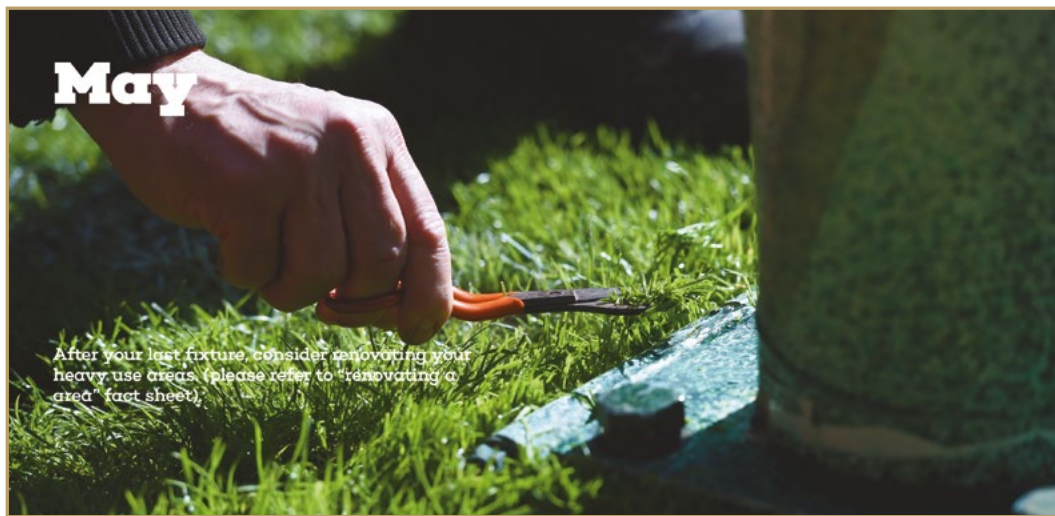
Pitch Maintenance

Month by Month Instructions



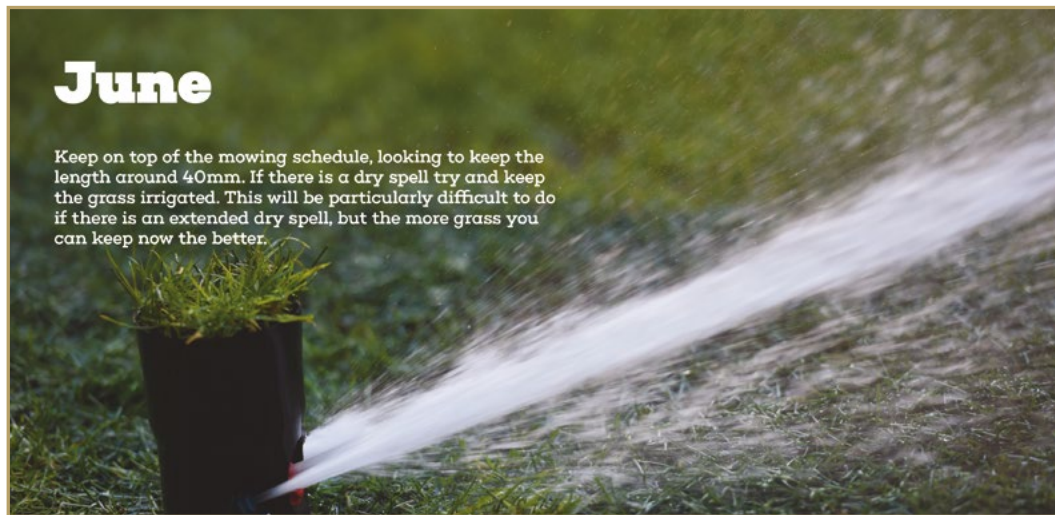
April

Observe grass growth/coverage and cut as necessary. This may be a good time to engage other volunteers in the club to help you with the major works at the end of the season. Look to order your sand/seed and fertiliser for the works to take place.



May

After your last fixture, consider renovating your heavy use areas (please refer to "renovating a area" fact sheet).

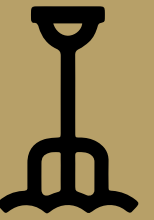


June

Keep on top of the mowing schedule, looking to keep the length around 40mm. If there is a dry spell try and keep the grass irrigated. This will be particularly difficult to do if there is an extended dry spell, but the more grass you can keep now the better.

Cynnal a Chadw Caeau

Cyfarwyddiadau o Fis i Fis



Ebrill

Cadwch lygad ar dyfiant a maint y glaswellt a'i dorri yn ôl yr angen. Gall hwn fod yn amser da i ddefnyddio gwirfoddolwyr eraill yn y clwb i'ch helpu gyda'r gwaith mawr ar ddiwedd y tymor. Ystyriwch archebu eich tywod/hadau a'ch gwrtaith er mwyn i'r gwaith gael ei wneud.



Mai

Ar ôl eich gêm olaf, ystyriwch adnewyddu eich ardaloedd sy'n cael eu defnyddio fwyaf (cyfeirwch at y daflen ffethiau "adnewyddu ardal").



Mehefin

Cadwch drefn ar yr amserlen dorri, gan geisio cadw'r hyd o gwmpas 40mm. Os oes cyfnod sych, ceisiwch gadw'r glaswellt wedi'i ddyfrhau. Bydd hyn yn arbennig o anodd os oes cyfnod sych estynedig, ond gorau po fwyaf o laswellt y gallwch ei gadw nawr.

The Speakeasy Bench

A mission to put a 'Speakeasy bench' in every community sports club in the world

Sport has the power to both change and save lives. At Speakeasy Club, we advocate wellbeing through sport and particularly, rugby.

Through four key areas, inspiring events, Clubhouse conversations, the Speakeasy bench and our online clubhouse, we firmly believe everyone should be able to be themselves and share their passions with like-minded people.

Simon Clarke, Founder Speakeasy Club: "Sport has given me so much throughout my whole life. When I was struggling with mental illness, the rugby club clubhouse (Old Penarthians) was my safe space and almost a refuge from reality. We must protect these places for the community and the next generations. I didn't have access to resources that would've helped me understand the things in my head that I was struggling with. That's what we to change through Speakeasy Club."

The aim is to put a Speakeasy bench in every community sports club in the world. When

you scan the QR code on each bench, it takes you straight to our online clubhouse. This is where you'll get FREE mental health & wellbeing support & resources, there and then, at your fingertips. We know it can be scary to ask questions and be curious, but we're here to help you and those around you.

Stephen Clarke, Chair of the Old Penarthians RFC says: "As a club, we're delighted and honoured to have been chosen as the venue for the first-ever Speakeasy Bench. As a Club, we pride ourselves on being committed to inclusive rugby opportunities, and that extends to the wellbeing of our players and members on and off the pitch."

We are delighted to currently have 3 benches in place at Welsh rugby clubs: Old Penarthians RFC, Barry RFC & Dragons RFC @ Rodney Parade.

Every journey must begin somewhere, and Speakeasy Club's first target in partnership with Rugby Mental Health charity Looseheadz, is to work with all 274 registered rugby clubs in Wales.

Angharad Collins, Head of places says that Welsh Rugby Union have launched a new online learning platform called Dysgu WRU at Old Penarthians.

Cylchlythyr Clwb URC

Cenhadaeth i osod 'mainc Speakeasy' ym mhob clwb chwaraeon cymunedol yn y byd

Mae gan chwaraeon y pŵer i newid ac achub bywydau. Rydyn ni, Clwb Speakeasy yn hyrwyddo lles drwy chwaraeon – yn enwedig rygbi.

Trwy bewar maes allweddol – digwyddiadau ysbrydoledig, sgyrsiau 'Clubhouse', y fainc Speakeasy a'n clwb ar-lein, rydyn ni'n credu'n gryf y dylai pawb allu bod yn nhw eu hunain a rhannu eu hangerdd gyda phobl sy'n rhannu'r un meddylfryd.

Simon Clarke, Sylfaenydd Clwb Speakeasy: "Mae chwaraeon wedi rhoi gymaint i mi ar hyd fy oes. Pan oeddwn i'n profi cyfnod anodd gyda salwch meddwl, roedd y tŷ clwb rygbi (Old Penarthians) yn ofod diogel a bron yn lloches i mi o realiti. Mae'n rhaid i ni warchod y lleoliadau yma ar gyfer y gymuned a'r cenedlaethau nesaf. Nid oedd gen i fynediad i adnoddau a fyddai wedi fy helpu i ddeall yr hyn oedd yn fy meddwl yr oeddwn yn ei chael yn anodd. Dyma rydyn ni am ei newid drwy Glwb Speakeasy."

Y nod yw rhoi mainc Speakeasy ym mhob clwb chwaraeon cymunedol yn y byd. Pan

fyddwch yn sganio'r cod QR ar bob mainc, byddwch yn mynd yn syth i'n tŷ clwb ar-lein. Yma, fe gewch gefnogaeth ac adnoddau iechyd meddwl a lles AM DDIM, yn y fan a'r lle, ar flaen eich bysedd. Fe wyddom y gall fod yn anodd gofyn cwestiynau a bod yn chwilfrydig, ond rydyn ni yma i'ch helpu chi a'r rheiny o'ch amgylch.

Dyweddodd Stephen Clarke, Cadeirydd Old Penarthians RFC: "Fel clwb, rydyn ni wrth ein bodd ac yn teimlo anrhydedd ein bod wedi'n dewis fel y lleoliad cyntaf un ar gyfer Mainc Speakeasy. Fel Clwb, rydyn ni'n ymfalchïo yn ein hymrwymiad i gyfleoedd rygbi cynhwysol, ac mae hynny'n ymestyn i les ein chwaraewyr a'n haelodau ar y cae ac oddi arno."

Rydyn ni wrth ein boddau bod 3 mainc wedi'u gosod mewn clybiau rygbi yng Nghymru bellach: Old Penarthians RFC, Y Barri RFC a'r Dreigiau yn Rodney Parade.

Mae'n rhaid i bob siwrnai gychwyn yn rhywle, a tharged gyntaf Clwb Speakeasy, mewn partneriaeth ag elusen Iechyd Meddwl Rygbi, Looseheadz, yw cydweithio â phob un o'r 274 clwb rygbi sydd wedi'i gofrestru yng Nghymru.

Dyweddodd Angharad Collins, Pennaeth lleoedd bod Undeb Rygbi Cymru wedi lansio platform dysgu ar-lein newydd o'r enw Dysgu URC yn Old Penarthians.

She said "Our rugby clubhouses are at the hearts of our communities throughout Wales. The first Huddle bench from Speakeasy at Old Penarthians signifies the importance of having a safe space to discuss mental health, and how vital our rugby clubhouses are to the community. We look forward to watching Speakeasy's mission of getting a bench into every rugby club in Wales."

How will it work?

- We will use sports and community venues, to champion & support each other, and ourselves Clubs, organisations or individuals can sponsor a Speakeasy bench at their community venue of choice.
- The Speakeasy Bench provides a place for people to sit and chat over a beer or a coffee and each one is in Speakeasy pink, to show that being different is ok.
- The bench could be an outdoor picnic bench, an indoor tall table for the bar or any variation that suits your venue.
- Each bench will have QR codes with links to the Speakeasy Clubhouse, online, as well as the relevant charity.
- Bench sponsors will get their choice of which club or community venue their bench goes into and will also determine which charity/organisation has their QR Code on that bench.
- Working with our bench partner R&L Developments of Penarth, there will be the opportunity for benches to be built by members of the rugby club or community

groups (veterans, ex-offenders, young people from Princes Trust etc)

- The cost is approx. £650 (Depending on the type of bench)

What's in it for us?

- Helps us get nearer to our mission of a Speakeasy bench in every community sports club in the world.
- Sport and clubhouses can not only enhance but also save lives.
- Working together to raise awareness of wellbeing in rugby & increase awareness of the importance of the clubhouse.
- Engaging the community in chosen charities and raising much-needed funds
- Each bench gives different groups the chance to feel part of something.

Rhys Lakin, Owner R&L Developments says: "We're delighted to be working with Speakeasy Club to bring the Bench to life. Having been involved in community sport particularly rugby my whole life, I know the importance of the clubhouses and bringing people together It's an exciting project and we're 100% behind supporting the ambition. The aim to put a Speakeasy bench in every sports club in the world is certainly a lofty one, but one we're committed to. Are you and your club with us?"

For further information on how you can sponsor or support a Huddle bench at your community venue, Contact Simon on simon@speakeasyclub.oc.uk

Dyweddod hi "Mae ein tai clwb rygbi yng nghalon ein cymunedau ledled Cymru. Mae'r fainc 'Huddle' gyntaf gan Speakeasy yn Old Penarthians yn dangos mor bwysig yw cael gofod diogel i drafod iechyd meddwl, ac mor bwysig yw ein tai clwb rygbi i'r gymuned. Rydyn ni'n edrych ymlaen at wyllo Speakeasy yn gwireddu eu nod o gael mainc ym mhob clwb rygbi yng Nghymru."

Sut fydd hyn yn gweithio?

- Byddwn yn defnyddio lleoliadau chwaraeon a chymunedol i hyrwyddo a chefnogi ein gilydd. Gall y clybiau, sefydliadau neu unigolion noddi mainc Speakeasy yn eu lleoliad cymunedol ddewisedig.
- Mae'r Fainc Speakeasy yn rhoi lle i bobl eistedd a sgwrsio dros beint neu baned o goffi, ac mae pob un yn lliw pinc Speakeasy, i ddangos bod hi'n iawn fod yn wahanol.
- Gallai'r fainc fod yn fainc bicnic yn yr awyr agored, yn fwrdd uchel ar gyfer y bar neu unrhyw siâp sy'n gweddu eich lleoliad chi
- Bydd gan bob mainc god QR gyda chysylltiadau i Dŷ Clwb Speakeasy ar-lein, yn ogystal â'r elusen berthnasol.
- Bydd noddwyr mainc yn cael dewis lleoliad eu mainc – unai glwb neu ganolfan cymunedol – a byddant hefyd yn dewis pa elusen / sefydliad sy'n cael rhoi eu Cod QR ar y fainc.
- Byddwn yn cydweithio â'n partneriaid R&L Developments o Benarth i greu'r meinciau. Bydd cyfle i feinciau gael eu hadeiladu gan aelodau'r clwb rygbi neu grwpiau

cymunedol (cyn-filwyr, cyn-droseddwyr, pobl ifanc o Ymddiriedolaeth y Tywysog, ayyb)

- Oddeutu £650 fydd y gost (yn dibynnu ar y math o fainc)

Beth yw'r fantais i ni?

- Mae'n ein helpu ni fynd cam yn agosach at wireddu ein nod o gael mainc Speakeasy ym mhob clwb chwaraeon cymunedol yn y byd.
- Gall clybiau chwaraeon a thai clwb gyfoethogi bywydau ac achub bywydau.
- Cydweithio i godi ymwybyddiaeth o les mewn rygbi a chynyddu ymwybyddiaeth o bwysigrwydd y tŷ clwb.
- Ymgysylltu'r gymuned ag elusennau dewisedig a chodi arian hollbwysig
- Mae pob mainc yn rhoi cyfle i grwpiau gwahanol deimlo'n rhan o rywbeth.

Dyweddod Rhys Lakin, Perchennog R&L Developments: "Rydyn ni wrth ein boddau yn cydweithio â Chlwb Speakeasy i wireddu syniad y Fainc. Rydw i wedi cymryd rhan yn chwaraeon cymunedol, yn enwedig rygbi, ar hyd fy oes ac yn gwybod mor bwysig yw'r tai clwb a dod â phobl ynghyd. Mae'n brosiect cyffrous ac rydyn ni'n cefnogi uchelgais y prosiect 100%. Mae'r nod o roi mainc Speakeasy ym mhob clwb chwaraeon yn y byd yn sicr yn uchelgeisiol, ond yn nod yr ydym wedi ymrwymo'n llwyr iddo. Ydych chi a'ch clwb gyda ni?"

Am ragor o wybodaeth ynglŷn â sut y gallwch chi noddi neu gefnogi mainc 'Huddle' yn eich lleoliad cymunedol chi, cysylltwch â Simon drwy **e-bostio simon@speakeasyclub.oc.uk**

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Facebook – Speakeasy Club

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CEFNOGAETH IECHYD MEDDWL A LLES AM DDIM YN EICH CLWB

@speakeasyclub1

SGANIWCH FI



Am ragor o wybodaeth cysylltwch â Simon Clarke (sylfaenydd) drwy simon@speakeasyclub.co.uk neu www.speakeasyclub.co.uk

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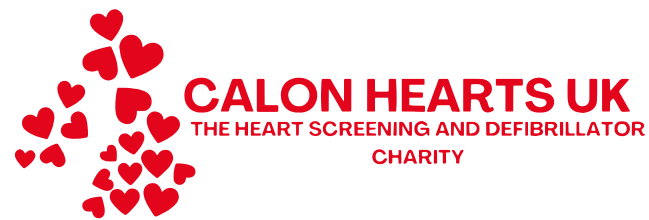
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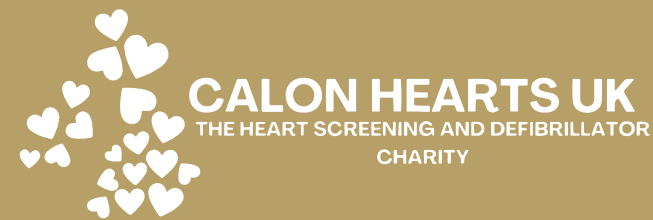
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Introduction to Health & Welfare for Women & Girls in Rugby.

This section of the WRU Game Locker is a dedicated space, providing a range of resources covering aspects of health and welfare that women & girl rugby players, their coaches, and club volunteers should consider when planning to take part in any rugby related activity.

These resources provide information on these topics as well as helpful tips and guides for individuals to manage their health and welfare, alongside the physical demands of rugby.

SUPPORTING WOMEN & GIRLS
What can a club do to assist their coaches, physios, or club volunteers to support players

- Create an atmosphere where players can feel comfortable to have open conversations.
- Education is important, encourage the players that you support to take a look at these resources, it may promote more open discussions within your team.
- If a player wants to have a conversation, listen to them, don't feel like you need to fix everything. By allowing players to share their experiences you will be showing support.
- Help players develop strong relationships with other players and coaches. If possible, have women coaches at the club.
- Assess your club's toilet facilities, are they suitable and well stocked to support the players at the club.



<https://www.wrugamelocker.wales/en/resources-and-videos/resources/playing/playing-women-and-girls/health-welfare/>

Cyflwyniad i Iechyd a Lles i Ferched a Menywod mewn Rygbi.

Mae'r adran hon o Locer Gemau URC yn un benodol ar gyfer darparu ystod o adnoddau sy'n cwmpasu agweddau ar iechyd a lles y dylai menywod a merched sy'n chwarae rygbi, eu hyfforddwy, a gwirfoddolwyr clwb eu hystyried wrth gynllunio i gymryd rhan mewn unrhyw weithgaredd sy'n gysylltiedig â rygbi.

Mae'r adnoddau hyn yn darparu gwybodaeth am y pynciau hyn yn ogystal ag awgrymiadau a chanllawiau defnyddiol i unigolion reoli eu hiechyd a'u lles, ochr yn ochr â gofynion corfforol rygbi.

CEFNOGI MENYWOD A MERCHED
Beth all clwb ei wneud i gynorthwyo eu

- Ewch ati i greu awyrgylch lle gall chwaraewyr deimlo'n gyfforddus i gael sgrysiâu agored.
- Mae addysg yn bwysig. Anogwch y chwaraewyr rydych chi'n eu cefnogi i edrych ar yr adnoddau hyn. Efallai y bydd yn hybu trafodaethau mwy agored o fewn eich tîm.
- Os yw chwaraewr am gael sgwrs, gwrandewch arnyn nhw, peidiwch â theimlo bod angen i chi ddatrys popeth. Trwy ganiatáu i chwaraewyr rannu eu profiadau byddwch yn dangos cefnogaeth.
- Helpwch chwaraewyr i ddatblygu perthnasoedd cryf â chwaraewyr a hyfforddwy eraill. Os yn bosibl, sicrhewch fod gennych hyfforddwyr benywaidd yn y clwb.
- Aseswch gyfleusterau toiled eich clwb. Ydyn nhw'n addas ac wedi'u stocio'n dda i gefnogi'r chwaraewyr yn y clwb?



<https://www.wrugamelocker.wales/cy/>

Don't Be a Bystander

It is extremely important that people are not 'bystanders' when it comes to reporting concerns.

Regardless of how concerns may have arisen, the person who received the disclosure or witnessed an incident must ensure the information is reported.

They must not allow personal opinions regarding the credibility of any individual, or the information they have received, to prevent them from making the referral. They should not worry that they may be mistaken, as the responsibility to make the assessment of the concern rests with the statutory agencies.

The WRU encourages volunteers to report any concerns that they have to the Club Safeguarding Officer or directly to the WRU Safeguarding Team.

If there is a serious concern that a child or adult at risk may be at immediate risk, then the matter should be reported directly to the Police.

Don't Tackle it Alone Safeguarding Training - <https://forms.gle/bsm5Sb6xYdb3pChh9>
Strapping & Medical Awareness - <https://forms.gle/jczA2Xz5WZBcEaxSA>
First Aid in Rugby - <https://forms.gle/7NUsRH9vVLS9TzYA9>

Club Safe-guarding Officers

We wish to thank all CSOs for their continued commitment to the role of safeguarding Children and Adults at Risk.

This is one of the most important roles in any rugby club, or cluster management committee.

They have responsibility for co-ordinating the safeguarding and welfare of all children, young people, and adults at risk.

It is extremely important that a positive working relationship is developed with the senior Club Secretary, and or, any other senior management committee officials who have overall responsibility for safeguarding within the club.

If there are any changes with CSOs, please contact the Team, who will arrange an induction with any new volunteers taking up this position.



Peidiwch â Chadw'n Dawel.

Mae'n hynod bwysig nad yw pobl yn 'cadw'n dawel' o ran adrodd pryderon.

Does dim gwahaniaeth sut y gallai pryderon fod wedi codi, rhaid i'r person a gafodd y datgeliad neu a welodd ddigwyddiad sicrhau bod yr wybodaeth yn cael ei hadrodd.

Rhaid iddyn nhw beidio â chaniatáu barn bersonol ynghylch hygredd unrhyw unigolyn, na'r wybodaeth maen nhw wedi'i derbyn, i'w hatal rhag gwneud yr atgyfeiriad. Ni ddylen nhw boeni y gallen nhw fod yn anghywir, gan mai'r asiantaethau statudol sy'n gyfrifol am asesu'r pryder.

Mae URC yn annog gwirfoddolwyr i roi gwybod am unrhyw bryderon sydd ganddyn nhw i Swyddog Diogelu'r Clwb neu'n uniongyrchol i Dîm Diogelu URC. Os oes pryder difrifol y gallai plentyn neu oedolyn sydd mewn perygl fod mewn perygl uniongyrchol, yna dylid adrodd y mater yn uniongyrchol i'r Heddlu.

Don't Tackle it Alone Safeguarding Training - <https://forms.gle/bsm5Sb6xYdb3pChh9>
Strapping & Medical Awareness - <https://forms.gle/jczA2Xz5WZBcEaxSA>
First Aid in Rugby - <https://forms.gle/7NUsRH9vVLS9TzYA9>

Swyddogion Diogelu Clybiau

Hoffem ddiolch i'r holl Swyddogion Diogelu Clybiau (SDC) am eu hymrwymiad parhaus i rôl diogelu Plant ac Oedolion mewn Perygl. Dyma un o'r rolau pwysicaf mewn unrhyw glwb rygbi, neu bwyllgor rheoli clwstwr.

Maen nhw'n gyfrifol am gydlynu diogelwch a lles yr holl blant, pobl ifanc ac oedolion sy'n wynebu risg.

Mae'n hynod bwysig bod perthynas waith gadarnhaol yn cael ei datblygu gydag uwch Ysgrifennydd y Clwb, a neu, unrhyw uwch swyddogion pwyllgor rheoli eraill sydd â chyfrifoldeb cyffredinol dros ddiogelu o fewn y clwb.

Os oes unrhyw newidiadau o ran SDC, cysylltwch â'r Tîm, a fydd yn trefnu sesiwn sefydlu gydag unrhyw wirfoddolwyr newydd sy'n ymgymryd â'r swydd hon.



DBS Applications

The Disclosure and Barring Services are experiencing slight delays at the present time due to the demand placed upon them and having to rely on Police Forces to return the information requested. However, the average 'turn around' time for the WRU Enhanced checks is currently 12 days, and when complete, the WRU profile of the volunteer is updated automatically.

Once a DBS application has been submitted and shows the status as 'Acknowledged', only the system itself can 'escalate' the checks, but only after 60 days have elapsed since submission.

Integrity Education & Training

We have delivered an incredible amount of training so far this season, supporting more clubs than ever before. If you are looking for training for your club, please use the links below to express your interest:

All information regarding the courses is available on the link. We look forward to supporting you!

Supported by St John Ambulance & Physique.co.uk

To provide feedback on training you have already received, please scan the QR code.



Supported by



Ceisiadau'r Gwasanaeth Datgelu a Gwahardd

Mae'r Gwasanaeth Datgelu a Gwahardd yn profi peth oedi ar hyn o bryd oherwydd y galw sydd arnyn nhw ac yn gorfod dibynnu ar Heddluoedd i ddychwelyd yr wybodaeth y gofynnwyd amdani. Fodd bynnag, yr amser 'cwlhau' ar gyfartaledd ar gyfer gwiriadau Manwl URC yw 12 diwrnod ar hyn o bryd, a phan fydd wedi'i gwblhau, caiff proffil URC y gwirfoddolwr ei ddiweddarau'n awtomatig.

Ar ôl i gais y Gwasanaeth Datgelu a Gwahardd gael ei gyflwyno a'i fod yn dangos statws 'Cydnabyddedig', dim ond y system ei hun all symud ymlaen gyda'r gwiriadau, a hynny dim ond ar ôl i 60 diwrnod fynd heibio ers ei gyflwyno.

Addysg a Hyfforddiant Uniondeb

Rydyn ni wedi darparu llwyth o hyfforddiant hyd yn hyn y tymor hwn, gan gefnogi mwy o glybiau nag erioed o'r blaen. Os ydych chi'n chwilio am hyfforddiant ar gyfer eich clwb chi, defnyddiwch y dolenni isod i fynegi eich diddordeb:

Mae'r holl wybodaeth am y cyrsiau ar gael ar y ddolen. Rydyn ni'n edrych ymlaen at eich cefnogi!

Cefnogir gan Ambiwlans Sant Ioan a Physique.co.uk

I roi adborth ar yr hyfforddiant rydych eisoes wedi'i dderbyn, sganiwch y cod QR.



Cefnogwyd gan





Esports Cymru

WRU Esports League 2024

The WRU has again heightened its collaboration with Minecraft for Education with the growth of the WRU Esports Leagues in 2024. The leagues are in now in full flow, with representation from over 30 educational establishments, competing across the length and breadth of Wales, from all areas of education: Primary, Secondary, Post 16 and ALN.

‘Rugby is the fabric of our nation, being actively present in everyday life, physically, socially and culturally. The WRU Esports Leagues can further enhance the development of the core skills considered to be fundamental in Rugby, but also within a classroom setting.’

WRU Esports Cymru Leagues continue to develop the culture and ethos associated with rugby, providing an opportunity for demonstration of mastery, or a sense of community and leadership, Esports can provide many of the same benefits as

traditional sports in schools. Moreover, Esports are often an outlet for learners who might be “uninterested or felt excluded from traditional sports or other extracurricular activities.” (Rourke 2022) It creates a space and place for ALL learners to shine!

The National finals for this year are going to be run in line with the WRU annual celebration of the community game in Wales at the ‘Road to Principality’ festival.

The National finals for this year run in line with the WRU annual celebration of the community game in Wales at the ‘Road to Principality’ festival.

The 2024 WRU Esports Cymru Finals were as follows:

- **Primary - Wednesday 20 March 2024**
- **Secondary - Wednesday 20 March 2024**
- **ALN - Thursday 21 March 2024**
- **Post 16 - Thursday 21 March 2024**



Esports Cymru

Cynghrair E-Chwaraeon URC 2024

Mae URC unwaith eto wedi cynyddu ei chydweithrediad â Minecraft for Education gyda thwf Cynghreiriau E-Chwaraeon URC yn 2024. Mae’r cynghreiriau bellach ar eu hanterth, gyda chynrychiolaeth o dros 30 o sefydliadau addysgol yn cystadlu ar hyd a lled Cymru, o bob maes addysg: Cynradd, Uwchradd, Ôl -16 ac ADY.

“Mae rygbi yn rhan o wead ein cenedl, ac mae’n bresennol mewn bywyd bob dydd, yn gorfforol, yn gymdeithasol ac yn ddiwylliannol. Gall Cynghreiriau E-Chwaraeon URC wella ymhellach ddatblygiad y sgiliau craidd yr ystyrir eu bod yn hanfodol mewn Rygbi, ond hefyd o fewn ystafell ddosbarth.”

Mae Cynghreiriau E-Chwaraeon Cymru URC yn parhau i ddatblygu’r diwylliant a’r ethos sy’n gysylltiedig â rygbi. Gan roi cyfle i ddangos meistrolaeth, neu ymdeimlad o gymuned ac arweinyddiaeth,

gall E-Chwaraeon ddarparu llawer o’r un manteision â chwaraeon traddodiadol mewn ysgolion. Ar ben hynny, mae E-Chwaraeon yn aml yn allfa i ddysgwyr a allai fod “heb ddiddordeb neu yn teimlo eu bod wedi’u heithrio o chwaraeon traddodiadol neu weithgareddau allgyrsiol eraill.” (Rourke 2022) Mae’n creu lle a chyfle i BOB dysgwr ddisgleirio!

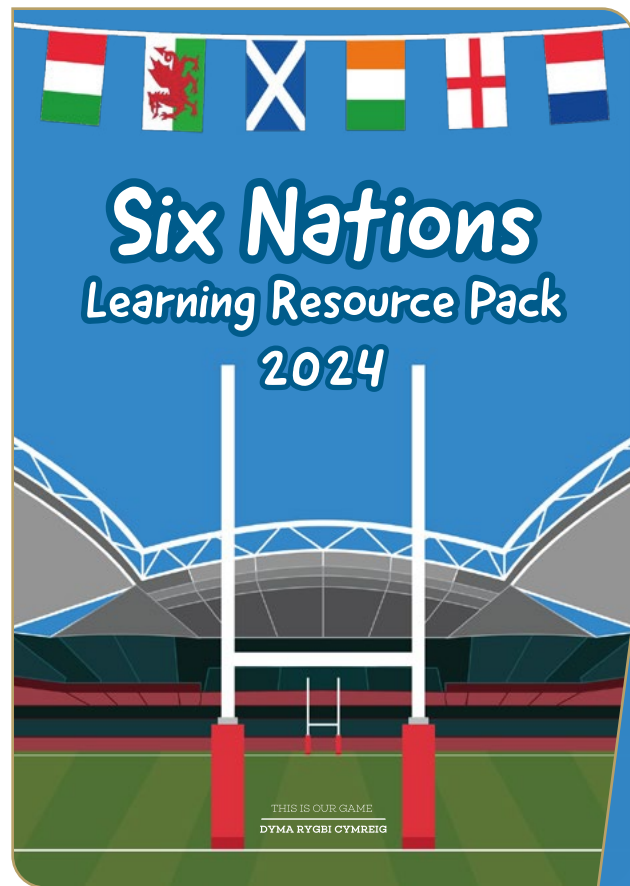
Cafodd y rowndiau terfynol cenedlaethol ar gyfer eleni eu cynnal yn unol â dathliad blynyddol URC o’r gêm gymunedol yng Nghymru yn yr wyl ‘Y Ffordd i’r Principality’.

Roedd Rowndiau Terfynol E-Chwaraeon Cymru URC 2024 fel a ganlyn:

- **Cynradd - Dydd Mercher 20 Mawrth 2024**
- **Uwchradd - Dydd Mercher 20 Mawrth 2024**
- **ADY - Dydd Iau 21 Mawrth 2024**
- **Ôl-16 - Dydd Iau 21 Mawrth 2024**

6N Learning Pack 2024

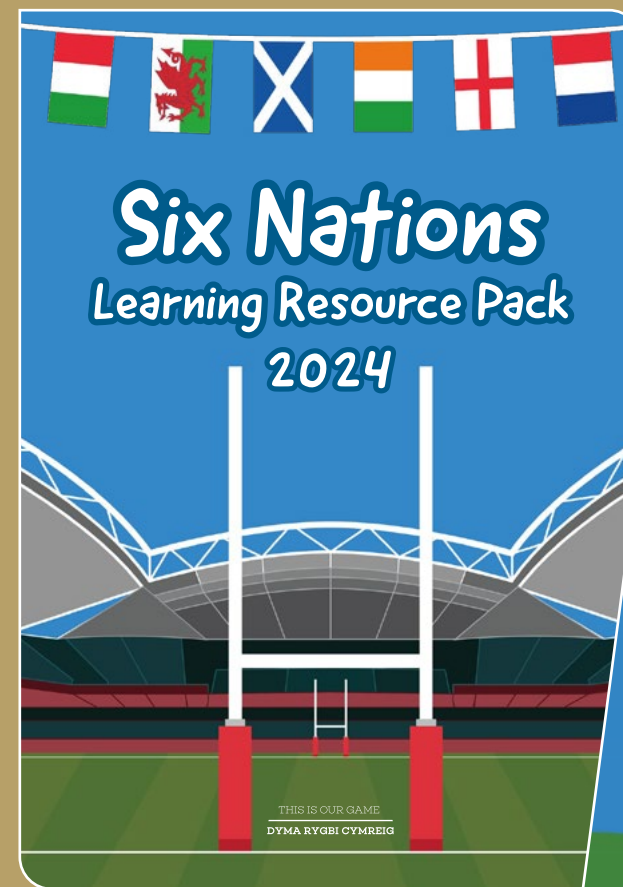
This year's 6N Learning Pack is now available. It has been written in line with the Curriculum for Wales, for Progression Steps 1 – 4. Please follow the link to the WRU Gamelocker to access the content



<https://www.wrugamelocker.wales/en/resources-and-videos/resources/education/six-nations-activity-pack-2024/>

Pecyn Dysgu'r Chwe Gwlad 2024

Mae pecyn dysgu'r Chwe Gwlad eleni bellach ar gael. Fe'i lluniwyd yn unol â'r Cwricwlwm i Gymru, ar gyfer Camau Cynnydd 1 – 4. Dilynwch y ddolen i Locer Gemau URC i gael mynediad at y cynnwys



Welsh resource pack is currently being translated and will be available shortly.

<https://www.wrugamelocker.wales/cy/>

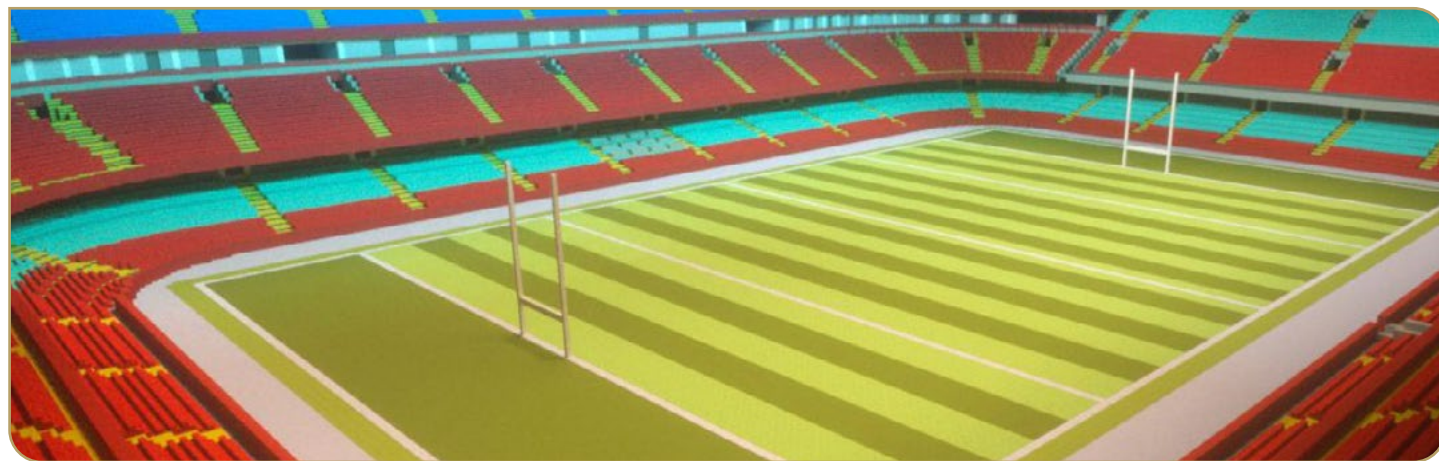
WRU Club of the Future Competition

This year's competition is nearing its completion, with over 65 educational establishments across Wales due to submit their final entries by the end of this academic term. The competition has been developed in collaboration with Hwb to ensure that the content created on behalf of the WRU aligns to the Curriculum for Wales, via the Areas of Learning Experience: Expressive Arts, Health & Wellbeing, Humanities, Language & Literacy Communication, Numeracy and Science & Technology.

The areas covered may include inclusion and diversity, sustainability, environmental impacts and financial literacy. Learners have been encouraged to consider their local

community, research and explore the needs in their local areas to then start to develop a plan for a 'rugby club of the future'. Rugby clubs are often the heart of local communities, so learners will learn about the values of rugby and how this can be used to provide everyone with a positive experience and contribute to the long-term health and wellbeing of society in Wales. From the plan, learners will then begin to bring their own vision for a club of the future to life within Minecraft: Education Edition.

Once the judges have compiled the finalists from each region, the national final will take place at the Principality Stadium in June 2024.



For more information regarding digital competitions or Minecraft activities please visit www.wrugamelocker.wales/en/resources-and-videos/resources/education or follow on X using #WRUEdu #InnovateEngageInspire

Cystadleuaeth Clwb y Dyfodol URC

Mae'r gystadleuaeth eleni bron â dod i ben, gyda dros 65 o sefydliadau addysgol ledled Cymru i fod i gyflwyno eu ceisiadau terfynol erbyn diwedd y tymor academaidd hwn. Datblygwyd y gystadleuaeth ar y cyd â Hwb i sicrhau bod y cynnwys a grëwyd ar ran URC yn cyd-fynd â'r Cwricwlwm i Gymru, drwy'r Meysydd Dysgu a Phrofiad: Y Celfyddydau Mynegiannol, Iechyd a Lles, Y Dyniaethau, Ieithoedd, Llythrennedd a Chyfathrebu, Rhifedd a Gwyddoniaeth a Thechnoleg.

Gallai'r meysydd dan sylw gynnwys cynhwysiant ac amrywiaeth, cynaliadwyedd, effeithiau amgylcheddol a llythrennedd ariannol. Mae dysgwyr wedi cael eu hannog i ystyried eu cymuned leol, ymchwilio ac

archwilio'r anghenion yn eu hardaloedd lleol er mwyn dechrau datblygu cynllun ar gyfer 'clwb rygbi'r dyfodol'. Yn aml, mae clybiau rygbi wrth wraidd cymunedau lleol, felly bydd dysgwyr yn dysgu am werthoedd rygbi a sut y gellir defnyddio hyn i roi profiad cadarnhaol i bawb a chyfrannu at iechyd a lles hirdymor cymdeithas yng Nghymru. O'r cynllun, bydd dysgwyr wedyn yn dechrau dod â'u gweledigaeth eu hunain ar gyfer clwb y dyfodol yn fyw o fewn Minecraft: Education Edition.

Unwaith y bydd y beirniaid wedi llunio rhestr fer ar gyfer pob rhanbarth, bydd y rownd derfynol genedlaethol yn cael ei chynnal yn Stadiwm Principality ym mis Mehefin 2024.



For more information regarding digital competitions or Minecraft activities please visit <https://www.wrugamelocker.wales/cy/> or follow on X using #WRUEdu #InnovateEngageInspire

Safer Internet Day 2024

Safer Internet Day (SID) is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people. To celebrate SID 2024, the WRU collaborated with Welsh Government to celebrate the event for all Post 16 learners involved in this year's Esports League, with over 100 participants in attendance. This, in line with this year's theme of 'Inspiring change, making a difference, managing influence and navigating change online'.

Safer Internet Day event at the Principality Stadium on 6th February 2024, where they had the opportunity to partake in various online safety activities, facilitated by the WRU Integrity Team, Hwb, Esports Wales, YGAM (Youth Gambling Association), and the Information Commissioner's Office.

For more information regarding Safer Internet Day 2024 please visit www.saferinternet.org.uk

The learners, from colleges and ALN provisions across Wales, were invited to a



“Billy” Book Launch

The WRU supported author Jess Dunrod with the launch of her recent book, “Billy” sharing the tale of Billy Boston. The launch was held at St Mary the Virgin Church in Wales Primary School in Butetown, where Billy Boston himself

grew up. The event also supports an ongoing collaboration between the WRU and the school, in the development of an EDI inquiry based curriculum, for learners using English as an additional language.

Diwrnod Defnyddio'r Rhynggrwyd yn Fwy Diogel 2024

Mae Diwrnod Defnyddio'r Rhynggrwyd yn Fwy Diogel yn cael ei ddatlu ar draws y byd ym mis Chwefror bob blwyddyn i hyrwyddo defnyddio technoleg ddigidol yn ddiogel ac yn gadarnhaol ymhlith plant a phobl ifanc. I ddatlu Diwrnod Defnyddio'r Rhynggrwyd yn Fwy Diogel 2024, cydweithiodd Undeb Rygbi Cymru â Llywodraeth Cymru i ddatlu'r digwyddiad ar gyfer yr holl ddysgwyr Ôl-16 sy'n cymryd rhan yn y Gynghrair E-Chwaraeon eleni, gyda dros 100 o gyfranogwyr yn bresennol. Mae hyn yn unol â thema eleni o 'Ysbrydoli newid, gwneud gwahaniaeth, rheoli dylanwad a llywio newid ar-lein'. Gwahoddwyd y dysgwyr, o golegau

a darpariaethau ADY ledled Cymru, i ddigwyddiad Diwrnod Defnyddio'r Rhynggrwyd yn Fwy Diogel yn Stadiwm Principality ar 6 Chwefror 2024, lle cawsant gyfle i gymryd rhan mewn gweithgareddau diogelwch ar-lein amrywiol, a hwyluswyd gan Dîm Uniondeb URC, Hwb, Esports Cymru, YGAM (Cymdeithas Gamblo Ieuenctid), a Swyddfa'r Comisiynydd Gwybodaeth.

Am fwy o wybodaeth am Ddiwrnod Defnyddio'r Rhynggrwyd yn Fwy Diogel 2024 ewch i www.saferinternet.org.uk



Lansiad Llyfr “Billy”

Cefnogodd URC yr awdur Jess Dunrod gyda lansiad ei llyfr diweddar, “Billy”, sy'n rhannu stori Billy Boston. Cynhaliwyd y lansiad yn Ysgol Gynradd yr Eglwys yng Nghymru Santes y Forwyn Fair yn Nhre-biwt, lle cafodd Billy Boston ei fagu. Mae'r digwyddiad hefyd yn

cefnogi cydweithrediad parhaus rhwng URC a'r ysgol, wrth ddatblygu cwricwlwm sy'n seiliedig ar ymholiad Cydraddoldeb, Amrywiaeth a Chynhwysiant, ar gyfer dysgwyr sy'n defnyddio Saesneg fel iaith ychwanegol.

WRU & WJEC Collaboration



Since the start of the academic year in September, the WRU on behalf of the WJEC has created resources to support the delivery of the Skills Challenge Certificate to GCSE learners across Wales. Approximately 27,000 learners will have access via the WRU Digital Classroom to rich, informative and engaging resources to aid with the completion of the Enterprise and Employability Challenge and Community Challenge.

The Skills Challenge Certificate (SCC) is a standalone, graded qualification and is valued as a GCSE or A Level equivalent or it can be taken alongside GCSEs or A Levels.

It offers a different type of qualification that focusses on developing a range of essential employability skills. It gives learners the opportunity to study topics and issues of their choosing that are relevant to their future study and career plans.

It consists of four components:

- Individual Project
- Enterprise and Employability Challenge
- Global Citizenship Challenge
- Community Challenge

The focus of the SCC is on the essential and employability skills young people need in their future lives. These skills are developed

and assessed through an individual project and three challenges. It is designed to include learning and assessment that will enthuse, engage and motivate learners in the classroom, the workplace and the wider community. Learners are required to reflect on how the application of their skills may impact on individuals, employers, society and the environment.

For more information, please visit www.wrudigitalclassroom.co.uk or www.wjec.co.uk

The purpose of the **Community Challenge** is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of Planning and Organisation and Personal Effectiveness and apply them in an appropriate manner.

The purpose of the **Enterprise and Employability Challenge** is to develop learners' skills, whilst providing opportunities for learners to develop enterprising skills and attributes and enhance employability. During the Enterprise and Employability Challenge learners will explicitly develop skills in Creativity and Innovation, Personal Effectiveness and Digital Literacy and apply them in an appropriate manner.

Cydweithrediad URC a CBAC



Ers dechrau'r flwyddyn academaidd ym mis Medi, mae URC ar ran CBAC wedi creu adnoddau i gefnogi cyflwyno'r Dystysgrif Her Sgiliau i ddysgwyr TGAU ledled Cymru. Bydd tua 27,000 o ddysgwyr yn cael mynediad drwy Ystafell Ddosbarth Ddigidol URC i adnoddau cyfoethog, addysgiadol a diddorol i'w cynorthwyo i gwblhau'r Her Menter a Chyflogadwyedd a'r Her Gymunedol.

Cymhwyster annibynnol yw'r Dystysgrif Her Sgiliau, a gaiff ei raddio a'i ystyried yn gymhwyster cyfwerth â TGAU neu Safon Uwch, neu gellir ei astudio ochr yn ochr â chymwysterau TGAU neu Safon Uwch.

Mae'n cynnig cymhwyster o fath gwahanol, sy'n canolbwyntio ar feithrin amrywiaeth o sgiliau cyflogadwyedd hanfodol. Mae'n rhoi'r cyfle i ddysgwyr astudio pynciau a materion o'u dewis, sy'n berthnasol i'w cynlluniau ar gyfer astudio a dilyn gyrfa yn y dyfodol.

Mae'n cynnwys pedair elfen:

- Prosiect Unigol
- Her Menter a Chyflogadwyedd
- Her Dinasyddiaeth Fyd-eang
- Her Gymunedol.

Mae'r Dystysgrif Her Sgiliau yn canolbwyntio ar y sgiliau hanfodol a'r sgiliau cyflogadwyedd y bydd eu hangen ar bobl ifanc yn eu

bywydau yn y dyfodol. Caiff y sgiliau hyn eu datblygu a'u hasesu drwy brosiect unigol a thair her. Mae wedi'i chynllunio i gynnwys ymarferion dysgu ac asesu a fydd yn tanio brwdfrydedd dysgwyr, yn eu hysgogi ac yn ennyn eu diddordeb, a hynny yn y dosbarth, y gweithle a'r gymuned ehangach. Mae'n ofynnol i ddysgwyr fyfyrion ar y ffordd y gallai defnyddio'u sgiliau effeithio ar unigolion, cyflogwyr, y gymdeithas a'r amgylchedd.

Am fwy o wybodaeth, ewch i www.wrudigitalclassroom.co.uk neu www.cbac.co.uk

Pwrpas yr **Her Gymunedol** yw datblygu sgiliau dysgwyr, gan annog dysgwyr i nodi, datblygu a chymryd rhan mewn cyfleoedd a fydd o fudd i'r gymuned. Yn ystod yr Her Gymunedol bydd dysgwyr yn datblygu sgiliau Cynllunio a Threfnu ac Effeithiolrwydd Personol yn benodol ac yn eu cymhwyso mewn modd priodol.

Pwrpas yr Her **Menter a Chyflogadwyedd** yw datblygu sgiliau dysgwyr, wrth ddarparu cyfleoedd i ddysgwyr ddatblygu sgiliau a phriodoleddau mentrus a gwella cyflogadwyedd. Yn ystod yr Her Menter a Chyflogadwyedd bydd dysgwyr yn datblygu sgiliau penodol mewn Creadigrwydd ac Arloesedd, Effeithiolrwydd Personol a Llythrennedd Digidol ac yn eu cymhwyso mewn modd priodol.

ALN Curriculum Steering Group

Headteachers from key ALN provisions in Wales, alongside Grant Robson (WRU) have implemented the creation of bespoke, curriculum focussed content, for the delivery within ALN provisions.

The Steering Group initially met in December to discuss content creation, with a review to take place at the end of March 2024. This is an exciting opportunity for the WRU to create stimulating, curriculum focussed content to be used by all learners with ALN establishments across Wales.

Steering Group Members:

- Dave Jenkins, Headteacher, Trinity Fields Special School
- Wayne Murphy, Executive Headteacher, Western Learning Federation
- Sean Gilbertson, Deputy Headteacher, Ysgol Ty Coch

EDI Inquiry Curriculum

This is an exciting project with the WRU and St Mary's the Virgin Catholic School in Butetown. Grant Robson (WRU) and Deputy Headteacher, Rebecca Baston, are co constructing an inquiry based, concept themed curriculum linked to the Principality Stadium and WRU. The school serves a diverse area, with over 20 languages spoken by the learners that attend the school.

For more information on WRU Education please email grobson@wru.wales or follow on X using the [#WRUEdu](https://twitter.com/WRUEdu) [#InnovateEngageInspire](https://twitter.com/WRUEdu)



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Grŵp Llywio'r Cwricwlwm ADY

Mae penaethiaid o ddarpariaethau ADY allweddol yng Nghymru, ynghyd â Grant Robson (URC) wedi rhoi'r gwaith o greu cynnwys pwrpasol, sy'n canolbwyntio ar y cwricwlwm ar waith ar gyfer cyflawni darpariaethau ADY.

Cyfarfu'r Grŵp Llywio i ddechrau ym mis Rhagfyr i drafod creu cynnwys, gydag adolygiad i'w gynnal ddiwedd mis Mawrth 2024. Mae hwn yn gyfle cyffrous i URC greu cynnwys ysgogol sy'n canolbwyntio ar y cwricwlwm i'w ddefnyddio gan bob dysgwr â sefydliadau ADY ledled Cymru.

Aelodau'r Grŵp Llywio:

- Dave Jenkins, Pennaeth, Ysgol Arbennig Cae'r Drindod
- Wayne Murphy, Pennaeth Gweithredol, Ffederasiwn Dysgu'r Gorllewin
- Sean Gilbertson, Dirprwy Bennaeth, Ysgol Ty Coch



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Referee Update

The latest updates on the current crop of referee's at the top of the refereeing ladder are as follows:

Craig Evans was selected as an Assistant Referee (AR) in 2 x 6 Nations matches this spring, as well as Refereeing the EPCR Challenge Cup Quarter Final between Montpellier v Ulster.

Ben Whitehouse was selected as TMO for 3 x 6 Nations matches and as TMO with Craig in the EPCR Quarter Final.

Adam Jones selected to referee the Rugby Europe bronze medal match with 2 Welsh AR's, Ben Connor, and Keith David.

In addition to the 3 Professional referees, **Ben Breakspear** was selected to referee an Under 20's 6 Nations match.

Amber Stamp selected as an AR in 2x Women's 6 Nations matches.

Also, **Jenny Davies** led a full team of Women officials (**Sarah Toll** & **Ceri Parry**) for her first Women's International in Rugby Europe, between Spain v Portugal at the end of March.



Therefore, there is scope, opportunity, and rewards for anyone wanting to take up the whistle and persevere.

Regional 1 refereeing course are offered nationally, details of which can be found on the WRU Game locker below. Presently, these courses provide a steady flow of referees into both the junior and senior game, but there is always room for anyone with an interest in taking up the whistle.

Those going into the senior game, maybe starting an exciting journey where they may get opportunities to officiate in the National Leagues, URC, Europe, and even international matches all over the World.

It all starts at Level 1 and this season alone we have seen 40+ referees transition to Level 2. Quite a few of these will be taking part in the National Urdd 7's week in April where 50+ referees have signed up to support one of the biggest sporting events in the UK.

<https://www.wrugamelocker.wales/en/>

Diweddariad am Ddyfarnwyr

Mae'r wybodaeth ddiweddaraf am y garfan bresennol o ddyfarnwyr sydd ar frig y rhestr ddyfarnu fel a ganlyn:

Dewiswyd **Craig Evans** fel Dyfarnwr Cynorthwyol mewn 2 gêm y 6 Gwlad y gwanwyn hwn, yn ogystal â Dyfarnu Rownd Go-Gynderfynol Cwpan Her Pencampwyr Rygbi Ewrop (EPCR) rhwng Montpellier ac Ulster.

Dewiswyd **Ben Whitehouse** fel Swyddog Teledu (TMO) ar gyfer 3 gêm y 6 Gwlad ac fel TMO gyda Craig yn Rownd Go-gynderfynol yr EPCR.

Cafodd **Adam Jones** ei ddewis i ddyfarnu gêm medal efydd Rygbi Ewrop gyda 2 Ddyfarnwr Cynorthwyol o Gymru, Ben Connor, a Keith David.

Yn ogystal â'r 3 dyfarnwr Proffesiynol, dewiswyd **Ben Breakspear** i ddyfarnu gêm y 6 Gwlad dan 20 oed.

Cafodd **Amber Stamp** ei dewis fel Dyfarnwr Cynorthwyol mewn dwy gêm 6 Gwlad y Merched.

Hefyd, arweiniodd **Jenny Davies** dîm llawn o swyddogion Benywaidd (**Sarah Toll** a **Ceri Parry**) ar gyfer ei Gêm Ryngwladol gyntaf i Ferched yn Rygbi Ewrop, rhwng Sbaen a Phortiwgal ddiwedd mis Mawrth.



Felly, mae posibiliadau, cyfleoedd, a buddiannau i unrhyw un sydd am fod yn ddyfarnwr.

Cynigir cyrsiau dyfarnu rhanbarthol 1 yn genedlaethol, a gellir dod o hyd i fanylion ar Locer Gemau URC isod. Ar hyn o bryd, mae'r cyrsiau hyn yn darparu llyf cyson o ddyfarnwyr i'r gêm iau a hŷn, ond mae lle bob amser i unrhyw un sydd â diddordeb mewn bod yn ddyfarnwr.

Gall y rhai sy'n dechrau chwarae'r gêm hŷn fod yn dechrau ar daith gyffrous all gynnwys cyfleoedd i fod yn ddyfarnwyr yn y Cynghreiriau Cenedlaethol, United Rugby Championship, Ewrop, a hyd yn oed gemau rhyngwladol ledled y Byd.

Mae'r cyfan yn dechrau ar Lefel 1 a'r tymor hwn yn unig rydyn ni wedi gweld mwy na 40 o ddyfarnwyr yn trosglwyddo i Lefel 2. Bydd cryn dipyn o'r rhain yn cymryd rhan yn wythnos Genedlaethol saith bob ochr yr Urdd ym mis Ebrill lle mae mwy na 50 o ddyfarnwyr wedi cofrestru i gefnogi un o'r digwyddiadau chwaraeon mwyaf yn y DU.

<https://www.wrugamelocker.wales/cy/>

DIWEDDARIAD HYFFORDDI CENEDLAETHOL NATIONAL COACHING UPDATE

IONAWR - RHAGFR | JANUARY - DECEMBER 2023



6750 Hyfforddwyr Active Coaches

gan gynnwys **568** o Hyfforddwyr Benywaidd
including **568** Active Female Coaches



10 o fenywod ar lwybr
hyfforddi carlam
Female coaches on an
accelerate programme



10 Mynychu
Attending
2 Menywod yn Mynychu
Females Attending



44 Cwrs
Courses
726 Mynychu
Attending
107 Menywod yn Mynychu
Females Attending



42 Cwrs
Courses
775 Mynychu
Attending
98 Menywod yn Mynychu
Females Attending



269 Digwyddiad
Events
2857 Mynychu
Attending
229 Menywod yn Mynychu
Females Attending



75 Cwrs
Courses
1095 Mynychu
Attending
374 Menywod yn Mynychu
Females Attending



19 Cwrs
Courses
218 Mynychu
Attending
17 Menywod yn Mynychu
Females Attending



16 Cwrs
Events
96 Mynychu
Attending
22 Menywod yn Mynychu
Females Attending



32 Cwrs
Courses
467 Mynychu
Attending
69 Menywod yn Mynychu
Females Attending



1 Cwrs
Courses
22 Mynychu
Attending
2 Menywod yn Mynychu
Females Attending



43 Cwrs
Courses
679 Mynychu
Attending
106 Menywod yn Mynychu
Females Attending

Mwy o gynnwys nac erioed i ddatblygu a chefnogi Hyfforddwyr ar Game Locker URC.
WRU Game locker now has more content developed to support and develop coaches than ever before.



Coaching & CPD

Many courses going on through Wales'. Logon to Game Locker for further details. Then this link to search and book courses

<https://www.wrugamelocker.wales/en/courses/>

We would also like to remind coaches they need to be qualified in line with their player development needs.

Hyfforddi a Datblygiad Proffesiynol Parhaus

Mae nifer o gyrsiau Hyfforddi a Datblygiad Proffesiynol Parhaus yn digwydd ledled Cymru. Ewch i Game Locker am fanylion pellach. Gallwch chwilio am gyrsiau a chofrestru arnynt yma

<https://www.wrugamelocker.wales/cy/>

Hoffem hefyd atgoffa hyfforddwyr bod angen iddyn nhw fod yn gymwys yn unol â'u hanghenion datblygu chwaraewyr.



Email: clubdevelopment@wru.wales

WRU Community | Cymuned URC X / Twitter - [@WRU_Community](#)