St. Kentigern
HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL

YOUR HOSPICE
Biannual Newsletter

WE'RE EXCITED TO CELEBRATE OUR 30TH ANNIVERSARY IN 2025

HOSPICE NEWS
Autumn/Winter **2025/26**

Stories
Page 3

Preloved
Page 4

Welcome

Heading into the Autumn and Winter months of 2025, I reflect on this year as we celebrate the 30th anniversary of delivering specialist palliative care within our community for our patients and supporting their families.

One of the most humbling aspects of our work is hearing from those who have received or are receiving support at St Kentigern Hospice, thank you for sharing your stories with us in this newsletter.

Despite the financial challenges in the hospice sector our dedicated teams continue to work together to ensure high quality services are sustained. I would like to thank all those who champion our passion and values. Our volunteers for their time and expertise and all those organisations, individuals and corporate sponsors within our community who raise significant and vital funds to support us.

On behalf of the team at St Kentigern Hospice, we are so very grateful that you share our beliefs and play a key part in helping us meet the wishes of those who need and should have access to palliative and end of life care in a place of their choice.

From our CEO,

Jane McGrath

Special thanks DR ANNE

This year we celebrate 30 years since St Kentigern Hospice opened, thanks to the vision, hard work and dedication of Dr Anne Macleod, our founder, and the original committee who came together in 1986, 39 years ago.

I am proud to have been a member of that group. There are so many memories, from our monthly meetings at Chatsworth House Prestatyn, navigating the logistics of establishing a Hospice, the setting up of our first support group and shop in Prestatyn through to the present day.

We were largely a group of young women who wanted it all done yesterday and looking back we must have driven our first chairman, Frank Allitt, to despair.

The Prestatyn Support Group raised much of the early funds with coffee mornings and concerts, not to mention Clive Southerton's amazing World Record After Dinner Speeches and Big Jelly.

Our first property was a donated caravan which was situated next to Prestatyn Town Council Offices as an information centre, manned by volunteers.

By 1994 we had raised enough to proceed and we found our home in St Asaph.

It is hard to describe the feeling of anticipation . It was all hands on deck and I have vivid memories of hanging the curtains in the day care lounge, with Ceinwen, also a member of the original committee, and meeting Iona, our first nurse.

With the hospice project team, shop and support groups, and the community working together, St Kentigern Hospice Day Centre was finally ready to open in 1995. We had done it!

Written by,

hospice *Sue England*

30 Years of Compassion: A Family's Gratitude

"The spirit of the hospice hasn't changed it has only grown stronger."

As the hospice marks 30 years of dedicated service, I wanted to share what it has meant to my family and most of all, to my mum.

Mum had been a nurse herself, so she understood the importance of good care. She had spent her life looking after others, and when the time came for her to receive care, it mattered deeply that it was done with dignity, compassion, and respect. That's exactly what the hospice gave her.

She had been receiving treatment for lung cancer, which sadly spread to her brain. During one of the most difficult times in our lives, the hospice became a place of peace and support not just for Mum, but for all of us.

She first attended as a day patient, and each visit brought a sense of calm. The staff were caring, understanding, and treated her with such genuine warmth. She returned home from those visits feeling lighter, comforted by the care she received and the kindness that surrounded her.

Later, when she returned as an inpatient, the hospice gave us something truly priceless: quality time. Time to be with Mum without fear or distraction. Time to leave nothing unsaid. Time for her to stay in control of her own destiny even down to planning her own funeral, something she did with great strength and clarity.

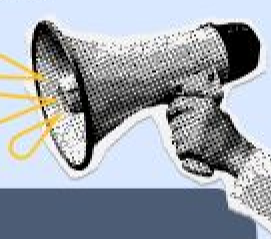
Mum passed away at the hospice on 27th March 2004. She was only 49 years old. Far too young, with so much life still left to live but she was able to spend her final days with dignity and peace, surrounded by love. The care she received reflected everything she had valued in her own nursing career. She was treated with deep respect, not only for the patient she was, but for the person she had always been. And we, as her family, were cared for too, gently supported through every moment.

Recently, I visited the hospice again for the first time in 20 years. I found a newly renovated and expanded building, full of life and light. The restaurant was open to the local community and filled with people patients, families, volunteers, and locals sharing lunch or a quiet coffee. It was busy, warm, and welcoming. It struck me then that the spirit of the hospice hasn't changed it has only grown stronger.

Thirty years of offering this kind of care is something truly remarkable. I will always be grateful to the hospice for the compassion they gave my mum, and for helping us say goodbye with love, dignity, and peace.

Written by

Jamie Pope



St. Kentigern

Registered with FUNDRAISING REGULATOR

stkentigernhospice.org.uk

stkentigernhospice

stkentigernhospice

St Kentigern Hospice, Upper Denbigh Rd, Saint Asaph LL17 0RS

Registered Charity No: 518931

YOUR NEW PRELOVED SUPERSTORE

With the support of a generous grant, we have been able to expand our retail presence to a new Preloved Superstore in Flint.

For many years, our charity shops have played a crucial role in raising funds to provide essential care and support to our patients and their families. By opening this superstore, we are not only expanding our retail presence but also creating an exciting space for our community to shop sustainably while supporting hospice care.

The preparation of this superstore would not have been possible without our donors, shoppers, volunteers, and supporters. Your contributions make a real impact, allowing us to expand our services and ensure that everyone facing life-limiting illnesses receives the care they deserve.

Visit our website for more information: https://stkentigernhospice.org.uk/flint

The superstore offers a wide range of high-quality, pre-loved items, from clothing and accessories to furniture, homeware, and more.

It is the perfect place for bargain hunters and those looking to shop more sustainably while making a difference in the lives of those in our care. Every purchase made at the Preloved Warehouse will directly support St Kentigern Hospice, helping us to provide compassionate, specialist palliative care to **individuals across the region.**

We are calling on our community to get involved in any way they can. Whether you're looking to volunteer in the warehouse, donate quality second-hand items, or simply spread the word, your support is invaluable.

Volunteers are the backbone of our retail operations, and we welcome anyone interested in joining our passionate team. Contact our Volunteer Coordinator on **01745 585221**.

Keep an eye on our website and social media channels for updates, sneak peeks, and exclusive opening day events.

We've been on the move!

Our new address: St Kentigern Hospice, Flintshire Retail Park, Flint, CH6 5GB

Ellis Wood from Denbigh is a Local Photographer who is supporting St. Kentigern Hospice with his special edition 2026 30 years celebration Calendar.

"I've always loved taking photos, but this year I wanted to use that passion for something more meaningful. Everyone you meet seems to have a special story about St. Kentigern, and that really stuck with me. I thought - what better place to start giving back than by supporting the incredible work they do at the hospice."

Order your calendar today:
woodell20@outlook.com | 07999452694

DON'T FORGET TO GIFT AID

Thank you

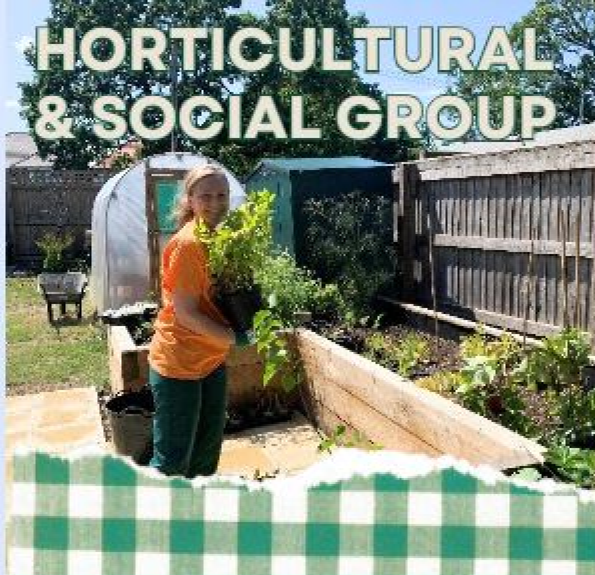
FOR MAKING YOUR DIFFERENCE

25% BIGGER

Did you know that if you are a UK tax payer you can increase the value of your donation by 25% at no cost to yourself by signing a Gift Aid declaration. That's 25p extra for every £1 you donate!

If you are sending a donation by post or donating online, simply tick the Gift Aid box and we will be able to claim Gift Aid on past donations (for four years) and future ones too. If you are taking pre-loved goods to our shops please ask about how to Gift Aid them too.

HORTICULTURAL & SOCIAL GROUP



We offer an Occupational Therapy led "Horticulture & Social Group" at the Well-Being Hwb at St Kentigern Hospice. We work with a range of people with different life limiting conditions. We explore potting up plants, watering, general garden maintenance and wildlife care to enhance well-being through active and passive involvement in plant and plant related activities. The programme is informal and relaxed so that people feel able to ask questions and share their thoughts and feelings within the group.

Our newly renovated outdoor space offers the presence of a natural environment which our gardens have to offer to our patients. The garden has been created to offer a safe and accessibility environment to all of our patients incorporating features like raised beds, accessible paths, tools and watering systems for all to enjoy the space.

WELLBEING HWB

Wellbeing Hwb Lead Coordinator – w.rowlands@stkentigernhospice.org.uk

Wellbeing Hwb Staff Nurse – l.ratcliffe@stkentigernhospice.org.uk

View our timetable on our website

Our newly developed Wellbeing Hwb at St Kentigern Hospice offers a five-day service in beautiful surroundings, where patients, families and carers are welcomed to join therapeutic group sessions, creative workshops or family and carer support.It complements a broader spectrum of holistic care, including spiritual, emotional, and specialist palliative services, all provided free to patients and families across central North Wales.

Our specialist team of Doctors, Nurses, Occupational Therapist, Physiotherapist, Counsellor, Social Worker and Spiritual Lead provide specialist palliative and social support to patients with life limiting illnesses and their families, offering symptom management, therapeutic interventions and a social environment to enhance quality of life and independence.

Patients and families can choose to attend individual group sessions or attend for a full day where lunch is provided. At St Kentigern Hospice we are led by our patients and will provide tailored services to suit you.

HOW TO REFER?

Referrals to the Wellbeing Hwb can be made by healthcare professionals—such as GPs, community nurses, clinical nurse specialists, or palliative care teams. Patients and Families can also self-refer to our Admiral Nurse Service. All referrals are reviewed daily and triaged to meet patient's needs.

OUR SERVICES INCLUDE:

Complementary Therapies,
Nails and Natter,
Nutrition Clinic,
Wellbeing 6 week Programme,
Disease Education and Symptom Management,
Fatigue, Anxiety and Breathlessness,
Craft Group,
Carers Group,
Music Therapy,
Men's Group,
Dementia Advice 'Drop In',
Dementia support group, Felt Group,
Horticultural and Social Group,
Mood Clinic,
Children's and family Group,
Motor Neurone Disease Clinic,
Spiritual Wellbeing Group

For more information on any of our activities or to refer a patient, please contact:

referrals@stkentigernhospice.org.uk

01745 585221

LIESL'S JOURNEY....

HOW I CAME TO ST KENTIGERN

I was referred into St Kentigern's at the end of August, as an end of life patient.

I remember feeling really scared, out of it, and after all I had been through, what was it going to be like there? Just the idea of going to a Hospice and not knowing what to expect. As far as I knew this was it for me, my final journey. I felt very alone to be honest. I was really poorly, so it's hard to remember all of the details now. I have advanced lung cancer, COPD and Addison's disease too. I have been struggling with my illnesses for a long time and felt so tired and like giving up.

The first thing that really stood out, was how calm and comfortable the ward staff made me feel. It was like being wrapped in a big warm safe blanket. It's hard to describe ... honestly just talking about it makes me tearful and gives me goosebumps, but in a good way this time. You're all angels.

When I first came here I was unable to communicate properly and I just remember hearing gentle whispers, letting me know people were here to help and not to be frightened. I was unable to get out of bed anymore at that stage.

Since I have been here I have had wonderful support from the nursing and health-cares, medical teams, physiotherapy, occupational therapy, counselling, and complimentary therapies ... so many dedicated professional people helping me all around. I was then able to talk about my feelings emotionally and psychologically, my physical pain and even sit out in a chair safely. I felt me coming back – they treat me as a real person and want to know what matters to me.

It has done wonders for getting my confidence levels back up and, well ... I can't believe I'm still here!

The food is gorgeous too; nothing is too much trouble. I've had amazing medical support from all the medical team working together to help with my ongoing symptoms. Honestly, people out there have no idea what they do here .... I thought I was dying but here I am hopefully going home and to see my lovely friends again.

A MESSAGE FROM OUR TEAM

Our team here at the Hospice have helped rehabilitate Liesel so that hopefully she can return home for now, which is her current wish. She has now been into the garden watering the plants, and we love her contagious energy and re-ignited positivity to taking her challenges head on.

Our team are now working to look at things which will help support her at home – practically and psychologically. Liesl continues to battle with the symptoms of her illness, but hopefully with a sense of knowing that we are all here for her now if she needs to re-access our support. We have learnt so much from Liesl too – sharing her highs and lows, and her unique outlook on life. In all aspects of clinical care Liesel has received we have worked together to offer that joined up, wrap around approach of which we are so proud of here at St Kentigern!

A SNAPSHOT OF WHAT YOU'VE BEEN UP TO …

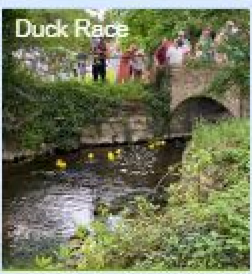
Colour Run 2025

Caerwys Classic Car Show

Rhuddlan Golf Day

Colour Run 2025

Clwyd Alyn


Duck Race

Evadx Ltd

Tom Fenton and Arron Davies

Gamlins Law Partners

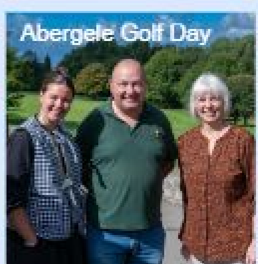
Llandrillo yn Rhos Mothers' Union

Courtney & Rhian

Colour Run

Kingsman MCC

Specsavers


Abergele Golf Day

Evadx Ltd

THE GIRL BEHIND THE

COLOUR 5K RUN

Meet COURTNEY
Community & Events Fundraiser

My connection with St Kentigern Hospice began in April 2018, when my dad, Brian Harris, was transferred there from Glan Clwyd Hospital. He had been diagnosed with a cancerous brain tumour just seven months earlier, in September 2017. Sadly, we lost him to the illness not long after.

At just 17 years old, I never imagined having to navigate adulthood without my dad. It was, without a doubt, the most difficult experience my family and I have ever faced.

Amidst all the heartache, the care and compassion shown by the staff at St Kentigern Hospice brought us some much-needed comfort. They helped make an unbearable situation just that little bit more bearable. My dad spent his final days surrounded by beautiful surroundings, kept free from pain and with our family by his side. My mum was able to be with him every moment, and my sisters and I could visit but then leave knowing he was safe, comfortable and in the best hands. That reassurance meant the world to us.

One of my most treasured memories is being able to bring our dog, Daisy, to visit my dad. Seeing her tail wag like mad when she was reunited with her best friend was a special moment I'll never forget. It still makes me smile.

What left a lasting impact on me were the little things — a comforting word, a check-in, or simply knowing someone was there. The hospice didn't just care for my dad, they looked after all of us. For that, I'll be forever grateful.

Since then, I've fundraised in his memory, including taking part in 15,000ft skydive — one of the best and most rewarding days of my life. I've also attended hospice's events over the years. And, this July I will be taking on the Welsh Three Peaks Challenge with my best friend. All for this amazing cause.

After studying Events Management at the University of Chester, I saw a job opening on the St Kentigern Hospice Fundraising Team — and something just clicked. It felt like it was always meant to be.

Now I have the privilege of creating events for the hospice — from Firewalks and Light Up a Life services to Colour Runs and more. Every event is a chance to help generate income for this incredible place and the families it supports.

I've gone from being a part of the patient journey, to a fundraiser, and now to being a member of the hospice team. More than anything, I want to help ensure that other families receive the same care and support that mine did.

It's truly an honour to be part of something that brings light and comfort during life's most difficult moments. St Kentigerns means the world to me and more.

TOGETHER YOU RAISED £9,321

We're honoured to have teamed up with the Gwrych Castle Preservation Trust, supporting their work in restoring an extraordinary piece of Welsh heritage.

Meet our VOLUNTEER PHOTOGRAPHER

Our volunteer photographer Dave Jones is usually the one behind the camera capturing unforgettable moments for us. But in September, Dave stepped in front of the action with an incredible challenge for St Kentigern Hospice.

On the 22th September, Dave and his brother Gareth took on the Caledonian challenge – a 100km route through the Scotland's Caledonian Canal and linking Lochs. Over several days, they paddled through Loch Lochy, Loch Oich, and the legendary Loch Ness — all to raise vital funds for our 'Cwtch' bed campaign!

We couldn't be prouder of our volunteers — thank you Dave for your passion, dedication, and for championing St Kentigern Hospice in such an incredible way.

Stay tuned for more updates (and hopefully a few photos of Dave himself this time!).

JOIN THE LOTTERY

Join the St Kentigern Hospice Lottery for just £1 per week, giving you the chance to win the top weekly prize of £1,000 or even the maximum rollover prize of £6,000

Your donations help ensure we can offer our clinical services completely free of charge to patients and their families across our catchment area of Denbighshire, West Flintshire and East Conwy.

1ST PRIZE: £1,000
2ND PRIZE: £200
3RD PRIZE: £100

ROLLOVER PRIZE £250 - £6,000
PLUS ... 20X £10 PRIZES

Christmas MENU

Caffi Cariad

TWO COURSE £25 | THREE COURSE £30

STARTERS

Parsnip and Truffle Oil Soup served with a Herb Crouton (Vg)
Chicken Liver Parfait served with Chutney and Toasted Brioche
Garlic Mushrooms served with Pesto Crostini (Vg)

MAIN DISHES

Roast Turkey served with all the Trimmings
Home Baked Ham and Parsley Sauce served with all the Trimmings
Squash and Chestnut Wellington (Vg)
All served with roast & creamed potatoes, seasonal veg, sausagemeat apricot and cranberry stuffing, pigs in blankets

DESSERTS

Christmas Pudding served with Brandy Sauce | Black Forest Trifle | Vegan Eton Mess (Vg)

Plus Coffee or Tea & Mint

(Vg) Vegan

CALL 07887477116 TO BOOK

UPPER DENBIGH RD, SAINT ASAPH LL17 0RS

Winter Raffle

£1 TO ENTER

Enter for your chance to win £2000!

PHONE: 01745 775415 DRAW DATE: DEC 18TH

Terms & Conditions

Players must be aged 16 or over. Cheques payable to 'St Kentigern Hospice.' Entries received after the closing date will be treated as donations. Promoters: St Kentigern Promotions Ltd. Company Number: 3265191. Registered office: St Kentigern Promotions Ltd, St Kentigern Hospice, Upper Denbigh Road, St Asaph, Denbighshire, LL17 0RS. Responsible person: Nichola McGowan Telephone: 01745 775415. Licensed by the Gambling Commission. www.gamblingcommission.gov.uk

KEEP ME ON THE FRIDGE!

CALENDAR 2025/26

EVENTS

Free Will Month October 2025

Including a gift in your will has never been more crucial as the demand for our care continues to grow. To get your free will contact our fundraising team on 01745 585221 or email fundraising@stkentigernhospice.org.uk

Firewalk From 6pm, Friday 24th October

Returning for the third year is our much-anticipated Firewalk. A bare foot walk over red-hot embers measuring around 800 degrees. Not for the faint hearted, this is the perfect challenge to undertake as an individual or as a team. bit.ly/stkentigernfirewalk | **Sponsored by RN Williams and Sons**

Winter Fayre Saturday 29th November

Join us at St Kentigern Hospice in St Asaph from 10am-3pm for a fun-filled day with live music, gift and craft stalls, delicious food, and a variety of festive activities! Plus, keep an eye out for a special visitor from the North Pole!

Cwtch bed

The Big Give Midday 2nd - 9th December

Help us purchase a 'Cwtch bed' so partners, children & loved ones can lie next to patients for a cuddle, spending quality time together when it matters most. For one week only all donations will be doubled!

Christmas Tree Collection

Friday 10th & Tuesday 14th January 2026 – 8am to 8pm

We welcome a donation and in exchange we will collect your Christmas tree, take it away and recycle it for you. Registration closes 6th January 2025.

Sneak PEAK at 2026:
The Big Quiz of the Year
Snowdon at Night Trek

WWW.STKENTIGERNHOSPICE.ORG.UK

STAY UP TO DATE

St. Kentigern
HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL

EICH cylchlythyr hosbis chwe-misol

RYDYM YN EDRYCH YMLAEN YN FAWR I DDATHLU EIN PEN-BLWYDD YN 30 OED YN 2025

NEWYDDION YR HOSBIS

Hydref/
Gaeaf 2025/26

Straeon
Tudalen 3

Ail-law
Tudalen 4

Croeso

A ninnau'n cyrraedd misoedd Hydref a Gaeaf 2025, hoffwn fyfyrio ar y flwyddyn hon wrth i ni ddathlu 30 o flynyddoedd o ddarparu gofal lliniarol arbenigol yn ein cymuned i'n cleifion a chefnogi eu teuluoedd.

Un o agweddau mwyaf gostyngedig ein gwaith yw clywed gan y rheini sydd wedi derbyn, neu sydd yn derbyn, cefnogaeth yn Hosbis Sant Cyndeyrn, diolch i chi am rannu eich straeon gyda ni yn y cylchlythyr hwn.

Er gwaethaf yr heriau ariannol yn y sector hosbisau, mae ein timau ymroddedig yn parhau i gydweithio er mwyn sicrhau bod gwasanaethau o ansawdd uchel yn cael eu cynnal. Hoffwn ddiolch i bawb sy'n hyrwyddo ein hangerdd a'n gwerthoedd. Ein gwirfoddolwyr am eu hamser a'u harbenigedd a'r holl sefydliadau, unigolion a noddwyr corfforaethol hynny yn ein cymuned sy'n codi arian sylweddol a hanfodol i'n cefnogi.

Ar ran y tîm yn Hosbis Sant Cyndeyrn, rydym mor ddiolchgar eich bod yn rhannu ein credoau ac yn chwarae rhan allweddol i'n helpu i ddiwallu dymuniadau'r rheini sydd angen, ac a ddylai, gael mynediad at ofal lliniarol a gofal diwedd oes mewn man o'u dewis.

Gan ein Prif Swyddog Gweithredol,

Jane McGrath

Diolch arbennig DR ANNE

Eleni rydym yn dathlu 30 mlynedd ers i Hosbis Sant Cyndeyrn agor, diolch i weledigaeth, gwaith caled ac ymroddiad Dr Anne Macleod, ein sylfaenydd, a'r pwyllgor gwreiddiol a ddaeth ynghyd ym 1986, 39 mlynedd yn ôl.

Rwy'n falch o fod wedi bod yn aelod o'r grŵp hwnnw. Mae cymaint o atgofion, o'n cyfarfodydd misol yn Nhŷ Chatsworth Prestatyn, llywio logisteg sefydlu Hosbis, sefydlu ein grŵp cymorth a'n siop gyntaf ym Mhrestatyn hyd at heddiw.

Roedden ni'n grŵp o fenywod ifanc yn bennaf oedd eisiau i bopeth gael ei wneud ddoe, ac wrth edrych yn ôl mae'n rhaid ein bod wedi gyrru ein cadeirydd cyntaf, Frank Allitt, yn benwan.

Cododd Grŵp Cymorth Prestatyn lawer o'r arian cynnar gyda boreau coffi a chyngherddau, heb sôn am Areithiau Record Byd Clive Southerton a'r Jeli Mawr.

Ein heiddo cyntaf oedd carafan a roddwyd yn rhodd a oedd wedi'i lleoli nesaf at Swyddfeydd Cyngor Tref Prestatyn fel canolfan wybodaeth, gyda gwirfoddolwyr yn ei staffio.

Erbyn 1994 roeddem wedi codi digon o arian i fwrw ymlaen ac fe wnaethon ni ddod o hyd i'n cartref yn Llanelwy.

Mae'n anodd disgrifio'r teimlad o ddisgwyl. Roedd pawb yn helpu ac mae gen i atgofion byw o osod y llenni yn y lolfa gofal dydd, gyda Ceinwen, oedd hefyd yn aelod o'r pwyllgor gwreiddiol, a chyfarfod ag Iona, ein nyrs gyntaf.

Gyda Thîm Prosiect yr Hosbis, y Siop a'r Grwpiau Cymorth a'r Gymuned yn cydweithio, roedd Canolfan Ddydd Hosbis Sant Cyndeyrn o'r diwedd yn barod i agor ym 1995. Roedden ni wedi llwyddo!

Ysgrifennwyd gan,

hosbis

Sue England

30 Mlynedd o Dosturi: Diolchgarwch Teulu

"Nad oedd ysbryd yr hosbis wedi newid, dim ond cryfhau y mae wedi'i wneud.

Wrth i'r hosbis nodi 30 mlynedd o wasanaeth ymroddedig, roeddwn am rhannu'r hyn y mae wedi'i olygu i'm teulu ac yn bwysicaf oll, i Mam.

Roedd Mam wedi bod yn nyrs ei hun, felly roedd hi'n deall pwysigrwydd gofal da. Roedd hi wedi treulio ei hoes yn gofalu am eraill, a phan ddaeth yr amser iddi dderbyn gofal, roedd yn bwysig iawn ei fod yn cael ei wneud gydag urddas, tosturi a pharch. Dyna'n union a roddodd yr hosbis iddi.

Roedd hi wedi bod yn derbyn triniaeth am ganser yr ysgyfaint, a oedd yn anffodus wedi lledu i'w hymennydd. Yn ystod un o'r cyfnodau anoddaf yn ein bywydau, daeth yr hosbis yn lle o heddwch a chefnogaeth nid yn unig i Mam, ond i bob un ohonom.

Mynychodd gyntaf fel claf dydd, a daeth pob ymweliad â theimlad o dawelwch. Roedd y staff yn ofalgar, yn dangos dealltwriaeth, ac yn ei thrin â gwir gynhesrwydd. Byddai'n dychwelyd adref o'r ymweliadau hynny gan deimlo'n ysgafnach, wedi'i chysuro gan y gofal a dderbyniodd a'r caredigrwydd a oedd o'i chwmpas.

Yn ddiweddarach, pan ddychwelodd fel claf mewnol, rhoddodd yr hosbis rywbeth gwirioneddol amhrisiadwy i ni: amser gwerthfawr. Amser i fod gyda Mam heb ofn na dim i dynnu sylw. Amser i beidio â gadael dim heb ei ddweud. Amser iddi fod mewn rheolaeth o'i thynged ei hun, hyd yn oed i gynllunio ei hangladd ei hun, rhywbeth a wnaeth gyda chryfder ac eglurder.

Bu farw Mam yn yr hosbis ar 27 Mawrth 2004. Dim ond 49 oed oedd hi. Llawer rhy ifanc, gyda chymaint o fywyd ar ôl i'w fyw ond llwyddodd i dreulio ei dyddiau olaf gydag urddas a heddwch, wedi'i hamgylchynu gan gariad. Roedd y gofal a gafodd yn adlewyrchu popeth yr oedd wedi'i werthfawrogi yn ei gyrfa nyrsio ei hun. Cafodd ei thrin â pharch dwfn, nid yn unig am y claf yr oedd hi, ond am y person yr oedd hi wedi bod erioed. A chawsom ninnau, fel ei theulu, ofal hefyd, gan gael cefnogaeth dyner drwy bob eiliad.

Ymwelais â'r hosbis eto yn ddiweddar, am y tro cyntaf mewn 20 mlynedd. Yno gwelais adeilad newydd ei adnewyddu a'i ehangu, yn llawn bywyd a golau. Roedd y bwyty ar agor i'r gymuned leol ac yn llawn pobl, cleifion, teuluoedd, gwirfoddolwyr, a phobl leol yn rhannu cinio neu goffi tawel. Roedd yn brysur, yn gynnes, ac yn groesawgar. Fe darodd fi bryd hynny nad oedd ysbryd yr hosbis wedi newid, dim ond cryfhau y mae wedi'i wneud.

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Ysgrifennwyd gan,

Jamie Pope

St. Kentigern

stkentigernhospice.org.uk

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St Kentigern Hospice, Ffordd Uchaf Dinbych, Llanelwy, LL17 0RS

Rhif Elusen Gofrestredig: 519931

Registered with FUNDRAISING REGULATOR

EICH WARWS AIL-LAW NEWYDD

Gyda chefnogaeth grant hael, rydym wedi gallu ehangu ein presenoldeb manwerthu i Warws Ail-law newydd yn y Fflint.

Ers blynyddoedd lawer, mae ein siopau elusen wedi chwarae rhan hanfodol wrth godi arian i ddarparu gofal a chefnogaeth hanfodol i'n cleifion a'u teuluoedd. Trwy agor y warws hwn, rydym nid yn unig yn ehangu ein presenoldeb manwerthu ond hefyd yn creu gofod cyffrous i'n cymuned siopa'n gynaliadwy wrth gefnogi gofal hosbis.

Ni fyddai paratoi'r warws hwn wedi bod yn bosibl heb ein rhoddwyr, siopwyr, gwirfoddolwyr a chefnogwyr. Mae eich cyfraniadau'n cael effaith wirioneddol, gan ganiatáu i ni ehangu ein gwasanaethau a sicrhau bod pawb sy'n wynebu afiechydon sy'n cyfyngu ar fywyd yn derbyn y gofal y maent yn ei haeddu.

Ewch i'n gwefan am fwy o wybodaeth: https://stkentigernhospice.org.uk/flint

Mae'r warws yn cynnig ystod eang o eitemau ail-law o ansawdd uchel, yn amrywio o ddillad ac ategolion i ddodrefn, nwyddau cartref, a mwy.

Mae'n lle delfrydol i chwilwyr bargeinion a'r rheini sydd am siopa'n fwy cynaliadwy tra'n gwneud gwahaniaeth ym mywydau'r rheini sydd yn ein gofal. Bydd popeth a brynir yn y Warws Ail-law yn cefnogi Hosbis Sant Cyndeyrn yn uniongyrchol, gan ein helpu i barhau i ddarparu gofal lliniarol arbenigol, tosturiol i **unigolion ledled y rhanbarth**.

Rydym yn galw ar ein cymuned i gymryd rhan mewn unrhyw ffordd y gallant. P'un a ydych chi am wirfoddoli yn y warws, rhoi eitemau ail-law o safon, neu ledaenu'r gair am y warws, bydd eich cefnogaeth yn amhrisiadwy.

Gwirfoddolwyr yw asgwrn cefn ein gweithrediadau manwerthu, ac rydym yn croesawu unrhyw un sydd â diddordeb mewn ymuno â'n tîm angerddol. Cysylltwch â'n Cydlynydd Gwirfoddolwyr ar **01745 585221**.

Cadwch lygad ar ein gwefan a'n sianeli cyfryngau cymdeithasol am ddiweddariadau, cipolygon, a digwyddiadau diwrnod agoriadol.

Rydym wedi bod yn symud!

Ein cyfeiriad newydd: St Kentigern Hospice, Flintshire Retail Park, Flint, CH6 5GB

Ffotograffydd lleol o Ddinbych yw Ellis Wood sy'n cefnogi Hosbis Sant Cyndeyrn gydag argraffiad arbennig Calendr 2026 i ddathlu 30 mlynedd.

"Rydw i bob amser wedi mwynhau tynnu lluniau, ond eleni roeddwn i eisiau defnyddio'r angerdd hwnnw ar gyfer rhywbeth mwy ystyrlon. Mae fel petai bod gan bawb rydych chi'n cwrdd â nhw stori arbennig am Sant Cyndeyrn, ac arhosodd hynny yn fy meddwl. Meddyliais - pa le gwell i ddechrau rhoi'n ôl na thrwy gefnogi'r gwaith rhyfeddol y maent yn ei wneud yn yr hosbis."

Archebwch eich Calendr heddiw: woodell20@outlook.com | 07999452694

PEIDIWCH AG ANGHOFIO RHOI CYMORTH RHODD

Diolch

AM WNEUD EICH GWAHANIAETH

25% YN FWY

Oeddech chi'n gwybod os ydych chi'n drethdalwr yn y DU gallwch chi gynyddu gwerth eich rhodd 25% heb unrhyw gost i chi'ch hun trwy lofnodi datganiad Cymorth Rhodd. Dyna 25c yn ychwanegol am bob £1 a roddwch!

Os ydych yn anfon rhodd drwy'r post neu'n rhoi rhodd ar-lein, ticiwch y blwch Rhodd Cymorth a byddwn yn gallu hawlio Cymorth Rhodd ar roddion y gorffennol (am bedair blynedd) a rhai'r dyfodol hefyd. Os ydych chi'n mynd â nwyddau rydych chi'n eu caru ymlaen llaw i'n siopau, gofynnwch sut i'w gwneud nhw hefyd.

GRŴP GARDDWRIAETH A CHYMDEITHASOL

Rydym yn cynnig "Grŵp Garddwriaeth a Chymdeithasol" dan arweiniad Therapi Galwedigaethol yn yr Hwb Llesiant yn Hosbis Sant Cyndeyrn. Rydym yn gweithio gydag amrywiaeth o bobl sydd â gwahanol gyflyrau sy'n cyfyngu ar fywyd. Rydym yn archwilio potio planhigion, dyfrio, cynnal a chadw gardd yn gyffredinol a gofalu am fywyd gwyllt i wella llesiant trwy gymryd rhan weithredol a goddefol mewn gweithgareddau planhigion a gweithgareddau sy'n gysylltiedig â phlanhigion. Mae'r rhaglen yn anffurfiol ac yn hamddenol fel bod pobl yn teimlo y gallant ofyn cwestiynau a rhannu eu meddyliau a'u teimladau o fewn y grŵp.

Mae ein man awyr agored sydd newydd ei adnewyddu yn rhoi presenoldeb amgylchedd naturiol i'n cleifion. Mae'r ardd wedi'i chreu i gynnig amgylchedd diogel a hygyrch i'n holl gleifion gan gynnwys nodweddion fel gwelyau planhigion uchel, llwybrau hygyrch, offer a systemau dyfrio i bawb fwynhau'r lle.

HWB LLESIANT

Cydlynydd Arweiniol Hwb Llesiant – w.rowlands@stkentigernhospice.org.uk

Nyrs Staff Hwb Llesiant – l.ratcliffe@stkentigernhospice.org.uk

Ewch i'n gwefan i weld ein hamserlen

Mae ein Hwb Llesiant sydd newydd ei ddatblygu yn Hosbis Sant Cyndeyrn yn cynnig gwasanaeth pump diwrnod mewn amgylchedd hardd, lle mae croeso i gleifion, teuluoedd a gofalwyr ymuno â sesiynau grŵp therapiwtig, gweithdai creadigol neu gefnogaeth i deuluoedd a gofalwyr. Mae'n ategu sbectrwm ehangach o ofal cyfannol, gan gynnwys gwasanaethau ysbrydol, emosiynol a lliniarol arbenigol, a ddarperir i gyd am ddim i gleifion a theuluoedd ledled canolbarth Gogledd Cymru.

Mae ein tîm arbenigol o Feddygon, Nyrsys, Therapydd Galwedigaethol, Ffisiotherapydd, Cwnselydd, Gweithiwr Cymdeithasol ac Arweinydd Ysbrydol yn darparu cefnogaeth liniarol a chymdeithasol arbenigol i gleifion sydd â salwch sy'n cyfyngu ar fywyd a'u teuluoedd, gan gynnig rheolaeth symptomau, ymyriadau therapiwtig ac amgylchedd cymdeithasol i wella ansawdd bywyd ac annibyniaeth.

Gall cleifion a theuluoedd ddewis mynychu sesiynau grŵp unigol neu fynychu am ddiwrnod llawn lle darperir cinio. Yn Hosbis Sant Cyndeyrn cawn ein harwain gan ein cleifion a byddwn yn darparu gwasanaethau wedi'u teilwra i'ch siwtio chi.

SUT I GYFEIRIO?

Gall atgyfeiriadau i'r Hwb Llesiant gael eu gwneud gan weithwyr gofal iechyd proffesiynol - megis meddygon teulu, nyrsys cymunedol, arbenigwyr nyrsio clinigol neu dimau gofal lliniarol. Gall cleifion a theuluoedd hefyd hunanatgyfeirio i'n Gwasanaeth Nyrsys Admiral. Mae pob atgyfeiriad yn cael ei adolygu'n ddyddiol a'i flaenoriaethu i ddiwallu anghenion y claf.

MAE EIN GWASANAETHAU'N CYNNWYS:

Therapïau Cyflenwol,
Ewinedd a Sgwrs,
Clinig Maeth,
Rhaglen Llesiant 6 wythnos,
Addysg Clefydau a Rheoli Symptomau,
Blinder, Pryder a Diffyg Anadl,
Grŵp Crefftau,
Grŵp Gofalwyr,
Therapi Cerddoriaeth,
Grŵp Dynion,
'Galw Heibio' am Gyngor Dementia,
Grŵp cymorth dementia,
Grŵp Ffelt,
Grŵp Garddwriaethol a Chymdeithasol,
Clinig Hwyliau,
Grŵp Plant a Theuluoedd,
Clinig Clefyd Niwronau Motor,
Grŵp Llesiant Ysbrydol

I gael rhagor o wybodaeth am unrhyw un o'n gweithgareddau neu i atgyfeirio claf, cysylltwch â:
referrals@stkentigernhospice.org.uk

01745 585221

TAITH LIESL

SUT Y DES I I ST KENTIGERN ...

Cefais fy nghyfeirio at St Kentigern, tua diwedd mis Awst, fel claf diwedd-oes!

Rwy'n cofio teimlo'n ofnus iawn, ac yn ddryslyd. Ar ôl popeth roeddwn i wedi mynd drwyddo, sut brofiad fyddai bod yno? Roedd dim ond y syniad o fynd i hosbis a ddim yn gwybod beth i'w ddisgwyl yno'n ddigon i mi. Hyd y gwyddwn i, dyma ei diwedd hi, fy nhaith olaf – roeddwn i'n teimlo'n unig iawn a dweud y gwir. Roeddwn i'n wirioneddol wael, felly mae'n anodd cofio'r holl fanylion nawr. Mae gen i ganser yr ysgyfaint datblygedig, COPD ac afiechyd Addison hefyd. Rwyf wedi bod yn ymladd gyda fy afiechydon ers amser maith ac wedi teimlo mor flinedig ac fel fy mod i am roi'r gorau iddi.

Y peth cyntaf wnaeth sefyll allan i mi oedd pa mor dawel a chysurus wnaeth staff y ward imi deimlo. Roedd fel cael fy lapio mewn blanced fawr gynnes a diogel, mae'n anodd ei ddisgrifio... a dweud y gwir, mae dim ond siarad amdano yn fy ngwneud i'n emosiynol ac yn rhoi croen gŵydd i mi, ond mewn ffordd dda y tro hwn. Rydych chi i gyd yn angylion.

Pan ddes i yma gyntaf, doeddwn i ddim yn gallu cyfathrebu'n iawn ac rwy'n cofio clywed pobl yn sibrwd wrtha i eu bod nhw yma i helpu a bod dim angen i mi fod ag ofn. Doeddwn i ddim yn gallu codi o'r gwely mwyach bryd hynny.

Ers i mi fod yma rwyf wedi cael cefnogaeth wych - gan y nyrsys a'r gweithwyr gofal iechyd, timau meddygol, ffisiotherapi, therapi galwedigaethol, cwnsela, a therapïau atodol... cymaint o bobl broffesiynol ymroddedig yn fy helpu gyda phob dim. Roeddwn wedyn yn gallu siarad am fy nheimladau yn emosiynol ac yn seicolegol, fy mhoen corfforol a hyd yn oed eistedd allan mewn cadair yn ddiogel. Roeddwn i'n teimlo fy hun yn dod yn ôl – maen nhw'n fy nhrin i fel person go iawn ac eisiau gwybod beth sy'n bwysig i mi.

Mae wedi gwneud rhyfeddodau o ran adfer fy hyder, ac, wel... alla i ddim credu fy mod i dal yma.

Mae'r bwyd yn wych hefyd; does dim byd yn ormod o drafferth. Rwyf wedi cael cefnogaeth feddygol wych gan yr holl dîm meddygol sy'n gweithio gyda i gilydd i helpu gyda fy symptomau parhaus. Yn onest, does gan bobl allan yna ddim syniad be' maen nhw'n ei wneud yma. Roeddwn i'n meddwl fy mod i'n marw ond dyma fi, yn gobeithio mynd adref a gweld fy ffrindiau annwyl eto.

NEGES GAN EIN TÎM

Mae ein tîm yma yn yr hosbis wedi helpu i adsefydlu Liesel fel y gall hi, gobeithio, ddychwelyd adref am y tro, sef ei dymuniad ar hyn o bryd. Mae hi wedi bod yn yr ardd yn dyfrio'r planhigion, ac rydym ni wrth ein boddau gyda'i hegni heintus a'i hagwedd bositif newydd tuag at wynebu'i heriau yn uniongyrchol.

Mae ein tîm bellach yn chwilio am bethau a allai ei helpu gartref – yn ymarferol ac yn seicolegol. Mae Liesl yn parhau i frwydro yn erbyn symptomau ei salwch, ond gobeithiwn ei bod yn teimlo'n hyderus ein bod ni i gyd yma iddi nawr os bydd angen iddi gael mynediad at ein cefnogaeth eto. Rydyn ni wedi dysgu cymaint gan Liesl hefyd – gan rannu amseroedd da a drwg, a'i safbwynt unigryw ar fywyd. Mae pob agwedd ar y gofal clinigol y mae Liesel wedi'i dderbyn wedi cynnwys yr ymagwedd gyfannol a chynhwysfawr yr ydym mor falch ohoni yma yn St Kentigern!

CIPOLWG O'R HYN RYDYCH CHI WEDI BOD YN EI WNEUD ...

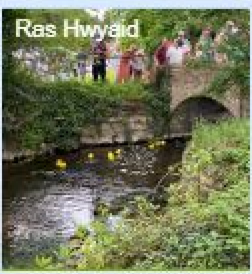
Ras Lliw 2025

Caerwys Classic Car Show

Diwrnod Golff Rhuddlan

Ras Lliw 2025

Clwyd Alyn


Ras Hwyaid

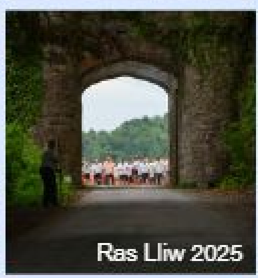
Evadx Ltd

Tom Fenton and Arron Davies

Gamlins Law Partners

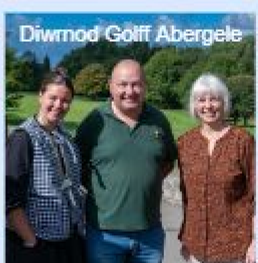
Llandrillo yn Rhos Mothers' Union

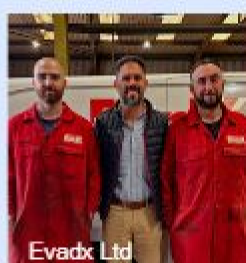
Courtney & Rhian


Ras Lliw 2025

Kingsman MCC

Specsavers


Diwrnod Golff Abergele


Evadx Ltd

Y FERCH TU ÔL I'R ...

CODI ARIAN

COLOUR 5K RUN

Cwrdd â

COURTNEY Codwr Arian Cymunedol a Digwyddiadau

Dechreuodd fy nghysylltiad â Hosbis Sant Cyndeyrn ym mis Ebrill 2018, pan drosglwyddwyd fy nhad, Brian Harris, yno o Ysbyty Glan Clwyd. Roedd wedi cael diagnosis o diwmor canseraidd ar yr ymennydd saith mis ynghynt, ym mis Medi 2017. Yn anffodus, gwnaethom ei golli i'r salwch yn fuan wedyn.

Yn ddim ond 17 oed, doeddwn i erioed wedi dychmygu gorfod llywio bywyd fel oedolyn heb fy nhad. Heb os, dyma'r profiad anoddaf i mi a fy nheulu ei wynebu erioed.

Yng nghanol yr holl drallod, rhoddodd y gofal a'r tosturi a ddangoswyd gan staff Hosbis Sant Cyndeyrn rywfaint o gysur oedd ei angen yn fawr arnom. Gwnaethant helpu i wneud sefyllfa annioddefol ychydig yn haws ei goddef. Treuliodd fy nhad ei ddyddiau olaf wedi'i amgylchynu gan amgylchoedd hardd, wedi'i gadw'n ddi-boen a gyda'n teulu wrth ei ochr. Roedd fy mam yn gallu bod gydag ef bob eiliad, a gallai fy chwiorydd a minnau ymweld ond yna gadael gan wybod ei fod yn ddiogel, yn gyfforddus ac yn y dwylo gorau. Roedd y tawelwch meddwl hwnnw'n golygu'r byd i ni.

Un o'm hatgofion mwyaf gwerthfawr yw gallu dod â'n ci, Daisy, i ymweld â fy nhad. Roedd gweld ei chynffon yn ysgwyd yn wyllt pan gafodd ei had-uno â'i ffrind gorau yn adeg arbennig na fyddaf byth yn ei hanghofio. Mae'n dal i wneud i mi wenu.

Yr hyn a adawodd effaith barhaol arnaf oedd y pethau bach - gair o gysur, galw i mewn i wneud yn siŵr ei fod yn iawn, neu wybod bod rhywun yno. Nid dim ond gofalu am fy nhad wnaeth yr hosbis, gwnaethant ofalu am bawb ohonom. Am hynny, byddaf yn ddiolchgar am byth.

Ers hynny, rydw i wedi codi arian er cof amdano, gan gynnwys neidio 15,000 troedfedd o awyren - un o ddyddiau gorau a mwyaf gwerth chweil fy mywyd. Rydw i hefyd wedi mynychu digwyddiadau'r hosbis dros y blynyddoedd. Ac, ym mis Gorffennaf eleni byddaf yn cymryd rhan yn Her Tri Chopa Cymru gyda fy ffrind gorau. Y cyfan dros yr achos rhyfeddol hwn.

Ar ôl astudio Rheoli Digwyddiadau ym Mhrifysgol Caer, gwelais swydd wag yn Nhîm Codi Arian Hosbis Sant Cyndeyrn - a chanodd cloch yn fy mhen. Roedd yn teimlo fel pe bai dyna oedd i fod.

Nawr mae gen i'r fraint o greu digwyddiadau ar gyfer yr hosbis - o Deithiau Tân a gwasanaethau Goleuo Bywyd i Rasys Lliw a mwy. Mae pob digwyddiad yn gyfle i helpu i greu incwm ar gyfer y lle anhygoel hwn a'r teuluoedd y mae'n eu cefnogi.

Rydw i wedi mynd o fod yn rhan o daith y claf, i godi arian, a nawr i fod yn aelod o dîm yr hosbis. Yn fwy nag unrhyw beth, rydw i am helpu i sicrhau bod teuluoedd eraill yn derbyn yr un gofal a chefnogaeth ag a gafodd fy nheulu i.

Mae'n anrhydedd mawr bod yn rhan o rywbeth sy'n dod â golau a chysur yn ystod eiliadau anoddaf bywyd. Mae Sant Cyndeyrn yn golygu'r byd a mwy i mi.

GYDA'N GILYDD GWNAETHOCH GODI £9,321

Mae'n anrhydedd i ni fod wedi ymuno ag Ymddiriedolaeth Cadwraeth Castell Gwrych, gan gefnogi eu gwaith i adfer darn rhyfeddol o dreftadaeth Cymru.

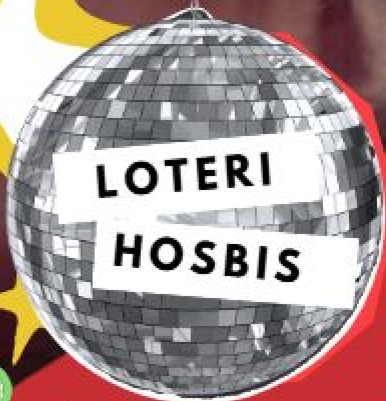
Cwrdd â'n FFOTOGRAFFYDD GWIRFODDOL

Mae ein ffotograffydd gwirfoddol Dave Jones fel arfer y tu ôl i'r camera yn dal eiliadau bythgofiadwy ar ein cyfer. Ond ym mis Medi, daeth Dave allan o du ôl i'r lens i gyflawni her anhygoel ar gyfer Hosbis Sant Cyndeyrn.

Ar 22 Medi cymerodd Dave a'i frawd Gareth her Caledonian – llwybr 100km ar hyd Camlas Caledonian a'r Llynnoedd sy'n ei chysylltu yn yr Alban. Dros sawl diwrnod, fe wnaethant badlo drwy Loch Lochy, Loch Oich, a Loch Ness chwedlonol – i gyd er mwyn codi arian hollbwysig ar gyfer ein hymgyrch gwely 'Cwtsh'!

Ni allem fod yn fwy balch o'n gwirfoddolwyr – diolch Dave am dy angerdd, dy ymroddiad, ac am hyrwyddo Hosbis Sant Cyndeyrn mewn ffordd mor ryfeddol.

Cadwch lygad allan am ragor o ddiweddariadau ¡a gobeithio am_ell lun o Dave ei hun y tro hwn).



YMUNWCH Â'R LOTERI

Ymunwch â Loteri Hosbis Sant Cyndeyrn am £1 yr wythnos, gan roi'r cyfle i chi ennill y brif wobr wythnosol o £1,000 neu hyd yn oed y wobr rolio drosodd uchaf o £6,000.

Mae eich rhoddion yn helpu i sicrhau y gallwn gynnig ein gwasanaethau clinigol am ddim i gleifion a'u teuluoedd ar draws ein dalgylch yn Sir Ddinbych, Gorllewin Sir y Fflint a Dwyrain Conwy.

GWOBR 1AF: £1,000
2IL WOBR: £200
3EDD WOBR: £100

GWOBR ROLLOVER £250 - £6,000
HEFYD ... 20X £10 GWOBRAU

Bwydlen *Nadolig*

Caffi Cariad

DAU GWRS £25 | TRI CHWRS £30

I DECHRAU

Cawl Pannas ac Olew Tryffl wedi'i weini â Chroutons Perlysiau (Vg)
Parfait Afu Cyw Iâr wedi'i weini â Siytni a Brioche wedi'i Dostio
Madarch Garlleg wedi'u gweini â Chrostini Pesto (Vg)

PRIF GWRS

Twrci Rhost gyda'r holl Drimins
Ham wedi'i Bobi Gartref a Saws Persli gyda'r holl Drimins
Wellington Sgwash a Chnau Castan (Vg)
Popeth wedi'i weini â thatws rhost a stwnsh, llysiau tymhorol, stwffin cig selsig, bricyll a llugaeron, selsig mewn bacwn

PWDIN

Pwdin Nadolig wedi'i weini â Saws Brandi |
Treiffl y Goedwig Ddu | Eton Mess Figan (Vg)

Yn ogystal â Choffi neu De a Mintys

(Vg) Vegan

FFONIWCH 07887477116 I ARCHEBU

FFORDD UCHAF DINBYCH, LLANELWY, LL17 0RS

Prynwch docyn am gyfle i ennill £2000!

FFÔN: 01745 775415   DYDDIAD Y RAFFL: RHAGFYR 18FED

Telerau ac Amodau

Rhaid i chwaraewyr fod yn 16 oed neu'n hŷn. Sieciau'n daladwy i 'St Kentigern Hospice'. Bydd ceisiadau a dderbynnir ar ôl y dyddiad cau yn cael eu trin fel rhoddion. Hyrwyddwyr: St Kentigern Promotions Cyf. Rhif Cwmni: 3265191. Swyddfa gofrestredig: St Kentigern Promotions Cyf., Hosbis St Kentigern, Upper Denbigh Road, Llanelwy, Sir Ddinbych, LL17 0RS. Person cyfrifol: Nichola McGowan Ffôn: 01745 775415. Wedi'i drwyddedu gan y Comisiwn Hapchwarae. www.gamblingcommission.gov.uk

DIGWYDDIADAU

Mis ewyllys rydd Hydref 2025

Ni fu cynnwys rhodd i Hosbis Sant Cyndeyrn yn eich ewyllys erioed yn bwysicach wrth i'r galw am ein gofal barhau i dyfu. I gael I gael eich ewyllys am ddim cysylltwch â'r tîm codi arian 01745 585221 neu ebostl fundraising@stkentigernhospice.org.uk

Cerdded ar Dân o 6pm, Dydd Gwener 24 Hydref

Yn dychwelyd am y drydedd flwyddyn mae ein digwyddiad Cerdded ar Dân hir-ddisgwyliedig. gyda chyfranogwyr yn cerdded yn droednoeth dros golsion eiriasboeth a thymheredd y colsion tua 800 gradd. Yn bendant ddim ar gyfer y gwangalon, dyma'r her berffaith i'w chyflawni fel unigolyn neu fel tîm.
bit.ly/stkentigernfirewalk | **Noddir gan RN Williams and Sons**

Ffair Aeaf Dydd Sadwrn 29ain Tachwedd

Ymunwch â ni yn Hosbis Sant Cyndeyrn yn Llanelwy am ddiwrnod llawn hwyl gyda cherddoriaeth fyw, stondinau anrhegion a chrefftau, bwyd blasus, ac amrywiaeth o weithgareddau Nadoligaidd! Hefyd, cadwch lygad am ymwelydd arbennig o Begwn y Gogledd!

Cwtch bed

The Big Give Midday 2nd - 9th December

Help us purchase a 'Cwtch bed' so partners, children & loved ones can lie next to patients for a cuddle, spending quality time together when it matters most. For one week only all donations will be doubled!

Casglu Coed Nadolig

Dydd Gwener 10fed a dydd Mawrth 14 Ionawr 2026

Rydym yn croesawu rhodd ac yn gyfnewid am hynny byddwn yn casglu eich coeden Nadolig, yn mynd â hi i ffwrdd ac yn ei hailgylchu i chi. Dim trafferth, dim gwastraff a dim nodwyddau pinwydd yn eich car! Mae cofrestru'n cau am hanner nos ar 6 Ionawr 2025.

Golwg ar 2026:

Cwis Mawr y Flwyddyn

Yr Wyddfa yn Nos