



Risca Wellbeing Trail

Llwybr Lles Risca

How to take part - it's easy!

Simply visit the 12 shops or businesses where you will see the wellbeing image with a number. Just write the number that matches each image into the box shown. Take your completed form with your contact details to the library. All entries will be part of a prize draw with the winning one picked out receiving a prize.

enw/name	
ffon/telephone	
e-bost/e-mail	

Sut i gymryd rhan - mae'n hawdd!

Yn syml, ewch i'r 12 siop neu fusnes lle byddwch yn gweld y ddelwedd lles gyda rhif. Ysgrifennwch y rhif sy'n cyfateb i bob delwedd yn y blwch a ddangosir. Ewch â'ch ffurflen wedi'i chwblhau gyda'ch manylion cyswllt i'r llyfrgell. Bydd pob cais yn rhan o raffl gyda'r un buddugol yn cael ei ddewis yn derbyn gwobr.

	ffrwyth/FRUIT	SugarBox, 35 Commercial Street	RhifNUMBER ->	
	cymer sylw/TAKE NOTICE	The Park Shop, 73 Tredegar Street	RhifNUMBER ->	
	gwen/SMILE	Risca Chiropractic, 57 Tredegar Street	RhifNUMBER ->	
	ymarfer corff/EXERCISE	Phillips Opticians, 46 Tredegar Street	RhifNUMBER ->	
	aderyn/BIRD	Bear Hug Coffee Shop, 33b Tredegar Street	RhifNUMBER ->	
	cysylltu/CONNECT	Time Counselling, 66-67 Tredegar Street	RhifNUMBER ->	
	bod yn actif/BE ACTIVE	Prestige Memorials, 71 Tredegar Street	RhifNUMBER ->	
	blodyn/FLOWER	A D Turner & Sons, 47 Tredegar Street	RhifNUMBER ->	
	dal yn ddysgu/KEEP LEARNING	Risca Fish Bar, 63 Tredegar Street	RhifNUMBER ->	
	coeden/TREE	Benitos, 39-41 Tredegar Street	RhifNUMBER ->	
	rhowch/GIVE	Snug Coffee Shop, 60 Tredegar Street	RhifNUMBER ->	
	darllen/READING	Jagged Edge, 44 Tredegar Street	RhifNUMBER ->	