WRU | URC

COMMUNITY
CYMUNED

Welsh Rugby Union Community Newsletter

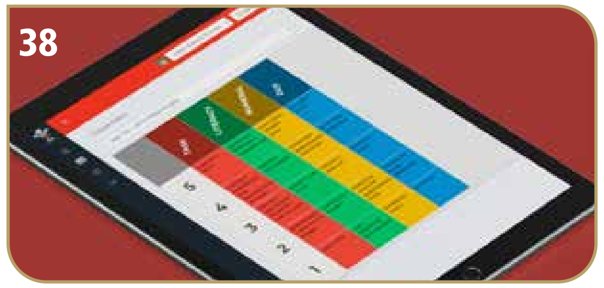
Cylchlythyr Cymunedol Undeb Rygbi Cymru

WRU

WRU Community | Cymuned URC   X / Twitter - @WRU_Community

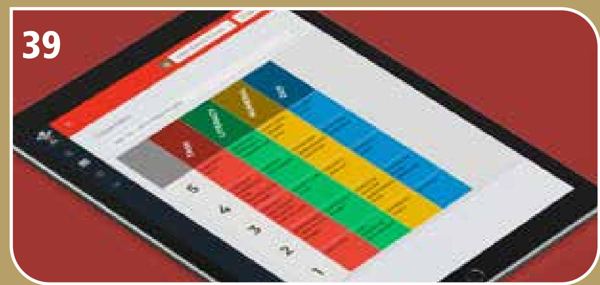
Welcome

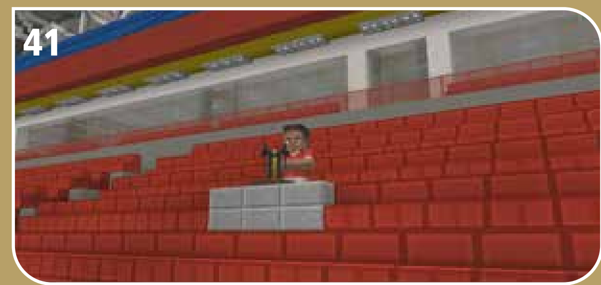
Welcome to our first Community newsletter of Season 23 /24. We are pleased to advise that these newsletters will be provided to you on a quarterly basis, and we will be sharing news from around the community game and areas of good practice. If you have an item that you think is worth sharing, please 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 cylchlythyr Cymunedol cyntaf yn Nhymor 23 /24. Rydym yn 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 eitem y credwch ei bod yn werth ei rhannu, e-bostiwch **clubdevelopment@WRU.wales** gyda'r teitl **'Cynnwys ar gyfer y cylchlythyr'** a gallwn gael sgwrs bellach gyda chi am gynnwys hyn mewn cylchlythyrau yn y dyfodol. Rhannwch y cylchlythyr gyda phawb yn eich clwb a'ch pwyllgor! Mwynhewch!





Dysgu WRU

Our new online education learning portal, Dysgu WRU is now live and to date seven webinars have been delivered. The Platform has been developed to provide a bespoke, virtual education offer for all rugby clubs in Wales, launched in September. The platform is provided free of charge by the WRU to all rugby clubs in Wales. To date, our member clubs have benefited from the following live webinars, all delivered by industry experts:

- Unconscious Bias in the Clubhouse
- Tackling Racism in the Clubhouse
- Engaging with Diverse Communities
- Introduction to VAT
- How to make your Clubhouse more Welcoming to Women and Girls
- Creating a Period Positive Clubhouse
- Helping you with GDPR and Data Protection Compliance

For club members that missed any of the live webinars, or would like to watch it again, there is the option to watch a recording of the live session. Follow the link provided below and select the webinar to view the recording. Dysgu WRU - **https://dysguwru.wales**

Upcoming Dysgu WRU webinars this month:

For the month of December, we have another two live webinars. All attendees of a live session will receive a certificate of attendance and a badge to display on the clubs social media platforms. Please remember to tag @WRU_Community on X so that we can promote your attendance!

For further information on these webinars and to enrol, please click on the Dysgu WRU platform link provided here - **https://dysguwru.wales**

Dysgu WRU

Mae ein porth dysgu/addysg ar-lein newydd, Dysgu WRU, bellach yn fyw a hyd yma mae saith gweminar wedi'u cyflwyno. Datblygwyd y platfform i gynnig addysg rithwir bwrpasol ar gyfer pob clwb rygbi yng Nghymru, ac fe'i lansiwyd ym mis Medi. Darperir y platfform yn rhad ac am ddim gan URC i bob clwb rygbi yng Nghymru. Hyd yn hyn, mae ein clybiau sy'n aelodau wedi elwa o'r gweminarau byw canlynol, i gyd wedi eu darparu gan arbenigwyr yn y diwydiant:

- Tuedd ddiarwybod yn y clwb
- Mynd i'r afael â hiliaeth yn y clwb
- Cysylltu â Chymunedau Amrywiol
- Cyflwyniad i TAW
- Sut i wneud eich clwb yn fwy croesawgar i Fenywod a Merched
- Creu Clwb sy'n Ystyriol o'r Mislif
- Eich helpu gyda GDPR a Chydymffurfio â Diogelu Data

I aelodau clybiau a fethodd unrhyw un o'r gweminarau byw, neu a hoffai eu gwylio eto, mae opsiwn i wylio recordiad o'r sesiwn fyw. Dilynwch y ddolen isod a dewiswch y weminar i weld y recordiad. Dysgu WRU - **https://dysguwru.wales**

Gweminarau Dysgu WRU y mis hwn:

Ar gyfer mis Rhagfyr, mae gennym ddau weminar byw arall. Bydd pob mynychwr sesiwn fyw yn derbyn tystysgrif presenoldeb a bathodyn i'w arddangos ar lwyfannau cyfryngau cymdeithasol y clwb. Cofiwch dagio @WRU_Community ar X fel y gallwn hyrwyddo eich presenoldeb!

Am fwy o wybodaeth am y gweminarau hyn ac i gofrestru, cliciwch ar ddolen platfform Dysgu WRU a ddarperir yma - **https://dysguwru.wales**

Women & Girls Update

Girls Growth leads way in Term 1

Autumn Term is traditionally a rugby term within schools. Normally focused on the curriculum delivery within Boys PE and extra-curricular activity. However, things have changed in the landscape of the Women and Girls game. As the National squad compete in the new top level of the World Rugby WXV in New Zealand, on home soil girls across Wales have been engaged in rugby activity both in and out of Schools. Rugby officers across Wales have been engaging schools in Girls in Rugby week, the new name for Rookie Rugby. Traditionally, Rookie Rugby engaged over 10,000 girls within schools. Girls in Rugby Week was no different with thousands of girls being engaged either in school or in mass events regionally. This year also saw a large focus on growing and developing young girls to be leaders and role models within their schools and colleges.

All this links to the new remapping of the WRU Girls Hubs where there are now 40 Locations active across Wales. A large focus has been placed on Years 7 to 9 to assist the lowering of the mixed rugby ages. The WRU are seeing a large number of players and playing opportunities at these age groups. Adding to this our Skill Development Centres have been running to create an additional opportunity within the week for young girls to develop their skills.

This month has also seen the creation of the WRU WSC Rugby Competition. The competition has been designed to provide a competitive playing programme for high potential players aged 16 to 18 and the Talent Development Phase of the Wales Player Pathway. The structure of this competition will support the individual playing programmes of these young development players within rugby programmes at WRU Licensed Rugby Partnerships in Education (RPE).

For the rest of the academic year, we look forward to schools competition in the upcoming road to principality week with competition at U12s, 14's, 16s and 18s. If you're unable to compete in this competition, then please look into entry into the URDD/ WRU National Schools 7s. Competition info can be found below:

If you have any queries on any of the above programmes, please feel free to email **womenandgirlsrugby@wru.wales**

Want to support Wales Women this season?

Tickets for the upcoming 6 Nations can be found here

https://www.eticketing.co.uk/principalitystadium/Events

Competition info can be found here:
https://www.cognitoforms.com/urddgobaithcymru/urddwru7pobochr2024urddwru7s2024

Diweddariad ar Gêm y Menywod a'r Merched

Mae Twf Merched yn arwain y ffordd yn Nhymor 1

Yn draddodiadol, tymor rygbi o fewn ysgolion yw Tymor yr Hydref. Fel arfer yn canolbwyntio ar gyflwyno'r cwricwlwm o fewn Addysg Gorfforol Bechgyn a gweithgarwch allgyrsiol. Fodd bynnag, mae pethau wedi newid yn nhirlun gêm y Menywod a'r Merched. Wrth i'r garfan Genedlaethol gystadlu ar lefel uchaf newydd WXV Rygbi'r Byd yn Seland Newydd, mae merched ar dir cartref ledled Cymru wedi bod yn cymryd rhan mewn gweithgareddau rygbi mewn ysgolion a'r tu allan iddynt. Mae swyddogion rygbi ar draws Cymru wedi bod yn ymgysylltu ag ysgolion yn ystod wythnos Merched mewn Rygbi, yr enw newydd am Rookie Rugby. Yn draddodiadol, ymgysylltodd Rookie Rugby â dros 10,000 o ferched mewn ysgolion. Nid oedd Wythnos Merched mewn Rygbi yn wahanol gyda miloedd o ferched yn cymryd rhan naill ai yn yr ysgol neu mewn digwyddiadau torfol yn rhanbarthol. Eleni hefyd gwelwyd pwyslais mawr ar dyfu a datblygu merched ifanc i fod yn arweinwyr a modelau rôl yn eu hysgolion a'u colegau.

Mae hyn i gyd yn cysylltu ag ail-fapio newydd Hybiau Merched URC lle mae 40 o leoliadau yn weithredol ledled Cymru erbyn hyn. Mae pwyslais mawr wedi'i roi ar Flynyddoedd 7 i 9 i helpu i ostwng yr oedrannau rygbi cymysg. Mae URC yn gweld nifer fawr o chwaraewyr a chyfleoedd chwarae yn y grwpiau oedran hyn. Yn ogystal â hyn, mae ein Canolfannau Datblygu Sgiliau wedi bod yn weithredol i greu cyfle ychwanegol o fewn yr wythnos i ferched ifanc ddatblygu eu sgiliau.

Y mis hwn hefyd mae Cystadleuaeth Rygbi URC i Ysgolion a Cholegau Cymru wedi dechrau. Mae'r gystadleuaeth wedi'i chynllunio i ddarparu rhaglen chwarae gystadleuol ar gyfer chwaraewyr â llawer o botensial rhwng 16 a 18 oed a Chyfnod Datblygu Talent Llwybr Chwaraewyr Cymru. Bydd strwythur y gystadleuaeth hon yn cefnogi rhaglenni chwarae unigol y chwaraewyr ifanc hyn o fewn rhaglenni rygbi yn Bartneriaethau Rygbi Trwyddedig mewn Addysg URC (RPE).

Am weddill y flwyddyn academaidd edrychwn ymlaen at gystadleuaeth ysgolion yn yr wythnos ffordd i'r Principality sydd i ddod gyda chystadleuaeth dan 12, 14, 16 a 18 oed. Os nad ydych yn gallu cystadlu yn y gystadleuaeth hon, edrychwch ar fynediad i Gystadlaethau Genedlaethol 7 bob ochr Ysgolion URC/ yr Urdd. Gellir dod o hyd i wybodaeth am y gystadleuaeth yma -

Os oes gennych unrhyw ymholiadau am unrhyw un o'r rhaglenni uchod, mae croeso i chi e-bostio **womenandgirlsrugby@wru.wales**

Eisiau cefnogi Merched Cymru'r tymor hwn?

Gellir dod o hyd i docynnau ar gyfer y 6 Gwlad yma

https://www.eticketing.co.uk/principalitystadium/Events

Mae gwybodaeth am y gystadleuaeth ar gael yma:
https://www.cognitoforms.com/urddgobaithcymru/urddwru7pobochr2024urddwru7s2024

Male Game Update

As a key component of the Welsh Rugby Union's strategic reform of the player pathway to create 'more and better players' for the professional and community game in Wales, the prestigious Dewar Shield has now been formally integrated into the regional pathway, meaning it is now contested at U16 (Year 11) level.

The revamp means there is now a 22-month programme of development for emerging players between 14 and 16 years old (U15 and U16) and as part of the wider ongoing player pathway reform, the newly introduced Emerging Player Programme (EPP) is being led by the regions, supported by the WRU, and delivered locally across 24 schools districts in Wales.

In the 2023/24 season, 26 Emerging Player programme skills centres in the U15 age group are active across Wales with at least one based in each school district catchment, in the first 6 weeks of delivery over 1300 players have been engaged in the program and numbers continue to grow.

To find where the U15s Emerging Player programme skill centre is in your area, please click the link below.

https://www.wrugamelocker.wales/en/resources-and-videos/resources/playing/

Diweddariad Gêm y Bechgyn a'r Dynion

Fel rhan allweddol o ddiwygiad strategol Undeb Rygbi Cymru o'r llwybr chwaraewyr i greu 'gwell a mwy o chwaraewyr' ar gyfer y gêm broffesiynol a chymunedol yng Nghymru, mae'r Darian Dewar fawreddog bellach wedi'i hintegreiddio'n ffurfiol i'r llwybr rhanbarthol, sy'n golygu ei bod bellach yn cael ei herio ar lefel U16 (Blwyddyn 11).

Mae'r ailwampio yn golygu bod rhaglen ddatblygu 22 mis bellach ar gyfer chwaraewyr sy'n dod i'r amlwg rhwng 14 ac 16 oed (dan 15 ac U16) ac fel rhan o'r diwygio llwybr chwaraewyr parhaus ehangach, mae'r Rhaglen Chwaraewyr Newydd yn cael ei harwain gan y rhanbarthau, gyda chefnogaeth URC, ac yn cael ei chyflwyno'n lleol ar draws 24 o ardaloedd ysgolion yng Nghymru.

Yn nhymor 23/24 mae 26 o ganolfannau sgiliau y rhaglen chwaraewyr newydd yn y grŵp oedran Dan 15 yn weithredol ledled Cymru gydag o leiaf un wedi'i leoli ym mhob dalgylch ysgol, yn ystod y 6 wythnos gyntaf mae dros 1300 o chwaraewyr wedi cymryd rhan yn y rhaglen ac mae'r niferoedd yn parhau i dyfu.

I wybod lle mae'r ganolfan sgiliau Rhaglen Chwaraewyr Newydd Dan 15 yn eich ardal chi, cliciwch ar y ddolen isod.

https://www.wrugamelocker.wales/en/resources-and-videos/resources/playing/

Energy Project Case Studies

Since the energy crisis started, a number of member clubs have proceeded to install Solar Panels on their facilities. Feedback received by the Places team from these clubs is positive and many clubs have stated they are already seeing financial savings on account of the solar panels being installed. We would like to remind you that the Places Team have prepared an energy savings tips document, for all clubs in Wales. A copy can be accessed by clicking the link provided below:

https://d2cx26qpfwuhvu.cloudfront.net/wru/wp-content/uploads/2023/06/05093342/WRU3768-Energy-Saving-Tips-English.pdf

WRU Energy Scheme

Our money saving new WRU Energy Scheme started last month on 1st October. Working with our energy partner, amber, the scheme will follow a new method of a flex approach to purchasing energy during the 5-year lifecycle of the project. 115 clubs with facility management for energy bills have joined the scheme and will be onboarded between 2023 – 2027, depending on current contracts expiring. For those clubs that joined on 1st October, they are now benefiting from the following p/kWh rates for 2023/24.

- Electricity - starting from 22.5518p/kWh.
- Gas - starting from 5.057p/kWh.

Astudiaethau Achos Prosiect Ynni

Ers i'r argyfwng ynni ddechrau, mae nifer o glybiau sy'n aelodau wedi mynd ati i osod Paneli Solar ar eu cyfleusterau. Mae'r adborth a dderbyniwyd gan y tîm Lleoedd o'r clybiau hyn yn gadarnhaol ac mae llawer o glybiau wedi datgan eu bod eisoes yn gweld arbedion ariannol o ganlyniad i osod y paneli solar. Hoffem eich atgoffa bod y Tîm Lleoedd wedi paratoi dogfen awgrymiadau arbed ynni, ar gyfer pob clwb yng Nghymru. Gellir cael gafael ar gopi drwy glicio ar y ddolen isod:

https://d2cx26qpfwuhvu.cloudfront.net/wru/wp-content/uploads/2023/06/05093336/WRU3768-Energy-Saving-Tips-Cymraeg.pdf

Cynllun Ynni URC

Dechreuodd ein Cynllun Ynni URC newydd i arbed arian y mis diwethaf ar 1 Hydref. Gan weithio gyda'n partner ynni, Amber, bydd y cynllun yn dilyn dull hyblyg newydd o brynu ynni yn ystod cylch bywyd 5 mlynedd y prosiect. Mae 115 o glybiau sy'n rheoli eu cyfleusterau o ran biliau ynni wedi ymuno â'r cynllun a byddant yn dod yn rhan ohono rhwng 2023 a 2027, yn dibynnu pryd mae eu contractau cyfredol yn dod i ben. O ran y clybiau hynny a ymunodd y mis diwethaf ar 1 Hydref, maent bellach yn elwa o'r cyfraddau c/kWh canlynol ar gyfer 2023/24.

- Trydan - gan ddechrau o 22.5518c/kWh.
- Nwy - gan ddechrau o 5.057 c/kWh.

Pitch Maintenance

As we begin to enter the month of December, we generally start to see the weather deteriorate. For those member clubs that manage their own pitch maintenance, we've provided a top tip to follow during this month.

The main aim for this month is to try and keep machinery off the pitch as much as possible. When carrying out the works, try and get them done when conditions allow. Hand fork the pitch in high use areas, this will replace divots and put a pattern on the pitch.

If the pitch is too bad to play, then one game cancelled now, may save further games later in the season. Using the pitch for training or games when it is at high risk of damage will incur further maintenance works at a later stage.

Cynnal a Chadw Caeau

Erbyn dechrau mis Rhagfyr rydym yn gyffredinol yn dechrau gweld y tywydd yn dirywio. I'r clybiau hynny sy'n aelodau sy'n rheoli eu gwaith cynnal a chadw caeau eu hunain, rydym wedi darparu cyngor da i'w ddilyn yn ystod y mis hwn.

Y prif nod ar gyfer y mis hwn yw ceisio cadw peiriannau oddi ar y cae gymaint â phosibl. Wrth wneud y gwaith, ceisiwch ei wneud pan fo amodau'n caniatáu. Fforchiwch y cae â llaw mewn ardaloedd lle mae'r defnydd yn uchel, bydd hyn yn rhoi'r tyweirch yn eu hôl ac yn rhoi patrwm ar y cae.

Os yw'r cae yn rhy wael i chwarae arno, yna fe all canslo un gêm nawr arbed gemau eraill rhag cael eu canslo'n ddiweddarach yn y tymor. Bydd defnyddio'r cae ar gyfer ymarfer neu gemau pan fo risg uchel o'i ddifrodi yn golygu mwy o waith cynnal a chadw yn ddiweddarach.

Workplace Recycling

Workplace recycling is changing. From 6 April 2024, it will become law in Wales for all businesses, charities, and public sector organisations to sort their waste for recycling. The Welsh Government is introducing this law to improve the quality and quantity of how we as a country collect and separate waste. For more guidance and information on how member clubs will need to adhere to the new law, please visit the following link from the Welsh Government website - **https://www.gov.wales/workplace-recycling**

Single Use Plastic Ban

From Monday 30th October 2023, a number of singles use plastics have been banned from being supplied in Wales as the Welsh Government aims to reach net zero. As a result of the change in law, the Welsh Government website has stated that the following are now banned:

- Single-use plastic plates
- Single-use plastic cutlery
- Single-use plastic drinks stirrers
- Cups made of expanded or foamed extruded polystyrene.
- Takeaway food containers made of expanded or foamed extruded polystyrene.
- Single-use plastic balloon sticks
- Single-use plastic-stemmed cotton buds
- Single-use plastic drinking straws (exemptions for those who need them to eat and drink safely and independently)

To ensure your club is compliant with the new law on single use plastic, please visit the Welsh Government website for further details and guidance. Click the link provided below

https://www.gov.wales/single-use-plastic-ban-comes-force-welsh-government-strives-reach-net-zero

Ailgylchu yn y Gweithle

Mae ailgylchu yn y gweithle yn newid. O 6 Ebrill 2024, bydd yn gyfraith yng Nghymru i bob busnes, elusen a sefydliad sector cyhoeddus ddidoli eu gwastraff i'w ailgylchu. Mae Llywodraeth Cymru yn cyflwyno'r gyfraith hon i wella ansawdd y ffordd yr ydym ni fel gwlad yn casglu ac yn gwahanu gwastraff, a faint yr ydym yn ei wneud. Am fwy o arweiniad a gwybodaeth ar sut y bydd angen i glybiau sy'n aelodau gadw at y gyfraith newydd, ewch i'r ddolen ganlynol ar wefan Llywodraeth Cymru - **https://www.llyw.cymru/ailgylchu-yn-y-gweithle**

Gwaharddiad Bagiau Plastig Untro

O ddydd Llun 30 Hydref 2023, mae nifer o fathau o blastig untro wedi'u gwahardd rhag cael eu cyflenwi yng Nghymru wrth i Lywodraeth Cymru anelu at gyrraedd sero net. O ganlyniad i'r newid yn y gyfraith, mae gwefan Llywodraeth Cymru wedi datgan bod y pethau canlynol bellach wedi'u gwahardd:

- Platiau plastig untro
- Cytleri plastig untro
- Troellwyr plastig untro ar gyfer diodydd
- Cwpanau sydd wedi'u gwneud o bolystyren ehangedig neu bolystyren allwthiedig ewynnog
- Cynwysyddion bwyd tecawê sydd wedi'u gwneud o bolystyren ehangedig neu bolystyren allwthiedig ewynnog
- Ffyn balwnau plastig untro
- Ffyn cotwm plastig untro
- Gwellt yfed plastig untro (gydag eithriadau er mwyn sicrhau bod yr unigolion hynny sy'n dibynnu arnynt i fwyta ac yfed yn ddiogel ac yn annibynnol yn gallu parhau i'w cael)

Er mwyn sicrhau bod eich clwb yn cydymffurfio â'r gyfraith newydd ar blastig untro, ewch i wefan Llywodraeth Cymru i gael rhagor o fanylion ac arweiniad. Cliciwch ar y ddolen isod

https://www.llyw.cymru/gwaharddiad-ar-blastig-untro-yn-dod-i-rym-wrth-i-lywodraeth-cymru-geisio-cyrraedd-sero-net

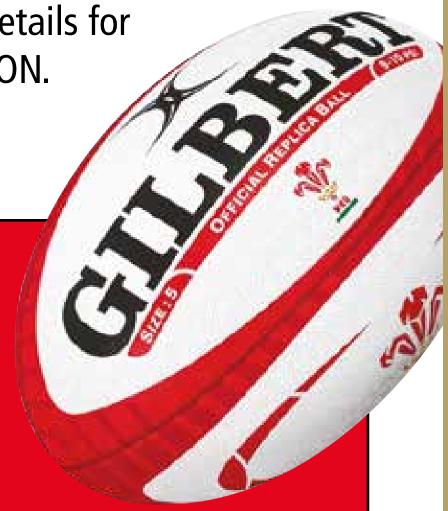
WRU Community Awards

DIOLCH AWARDS

After the success of the inaugural WRU Community Awards event held at the Principality Stadium this year, in which 68 clubs attended with awards across 13 categories, it is our great pleasure to confirm that the event will return in 2024. Please save the date of Friday 31st May 2024 for the next WRU Community Awards. Look out for nominations when they open in January 2024.

Insurance Portal

A reminder to all clubs that we now have a dedicated Insurance Portal. Launched at the start of 2023, the portal is designed to act as a 'one stop shop' for member clubs. We would therefore like to direct all clubs to the following link for all insurance related queries **https://www.sports-insure.co.uk/client/wru/clubs/** You can also find a frequently asked questions (FAQ) section located on this portal and contact details for direct enquiries to AON.



Gilbert Balls

Just to remind member clubs of the discounts still available via the Gilbert website. There is currently the following offers open to clubs:

25% OFF

all orders between £100 - £499.99 placed between 1st August – 30th June 2024.

Member clubs can use the code between 1st August 2023 and 30th June 2024 to save 25% OFF all orders between £100-£499.99 on everything in the WRU Clubs Collection.

35% OFF

all orders between £500 - £999.99 placed between 1st August – 30th June 2024.

Member clubs can use the code between 1st August 2023 and 30th June 2024 to save 35% OFF all orders between £500 - £999.99 on everything in the WRU Clubs Collection.

40% OFF

all orders over £1,000 placed between 1st August – 30th June 2024.

Member clubs can use the code between 1st August 2023 and 30th June 2024 to save 40% OFF all orders over £1000 on everything in the WRU Clubs Collection.

IMPORTANT: These codes are open all season long and expire on 30th June 2024. To locate the exclusive codes, please refer to the email sent to club secretaries on Monday 26th June 2023, which provided an attached document with the codes. Alternatively, please contact your Club Developer for the code.

Gwobrau Cymunedol URC

DIOLCH AWARDS

Yn dilyn llwyddiant digwyddiad cyntaf Gwobrau Cymunedol URC a gynhaliwyd yn Stadiwm Principality eleni, gyda 68 o glybiau'n mynychu a gwobrau ar draws 13 categori, mae'n bleser mawr gennym gadarnhau y bydd y digwyddiad yn dychwelyd yn 2024. Cadwch y dyddiad Dydd Gwener 31 Mai 2024 yn rhydd ar gyfer Gwobrau Cymunedol nesaf URC. Cadwch olwg am enwebiadau pan fyddant yn agor ym mis Ionawr 2024.

Porth Yswiriant

Nodyn i atgoffa pob clwb bod gennym Borth Yswiriant pwrpasol erbyn hyn. Wedi'i lansio ar ddechrau 2023, mae'r porth wedi'i gynllunio i weithredu fel 'siop un stop' ar gyfer clybiau sy'n aelodau. Hoffem felly gyfeirio pob clwb at y ddolen ganlynol ar gyfer pob ymholiad yswiriant **https://www.sports-insure.co.uk/client/wru/clubs/** Gallwch hefyd ddod o hyd i adran cwestiynau cyffredin ar y porth hwn a manylion cyswllt ar gyfer ymholiadau uniongyrchol i AON.

Peli Rygbi Gilbert

Dim ond i atgoffa clybiau sy'n aelodau am y gostyngiadau sydd ar gael o hyd trwy wefan Gilbert. Ar hyn o bryd mae'r cynigion canlynol ar gael i glybiau:

GOSTYNGIAD o 25%

ar bob archeb rhwng £100 a £499.99 a osodir rhwng 1 Awst a 30 Mehefin 2024.

Gall clybiau sy'n aelodau ddefnyddio'r cod rhwng 1 Awst 2023 a 30 Mehefin 2024 i ARBED 25% ar bob archeb rhwng £100 a £499.99 ar bopeth yng Nghasgliad Clybiau URC.

GOSTYNGIAD o 35%

ar bob archeb rhwng £500 a £999.99 a osodir rhwng 1 Awst a 30 Mehefin 2024.

Gall clybiau sy'n aelodau ddefnyddio'r cod rhwng 1 Awst 2023 a 30 Mehefin 2024 i ARBED 35% ar bob archeb rhwng £500 a £999.99 ar bopeth yng Nghasgliad Clybiau URC.

GOSTYNGIAD o 40%

ar bob archeb dros £1,000 a osodir rhwng 1 Awst a 30 Mehefin 2024.

Gall clybiau sy'n aelodau ddefnyddio'r cod rhwng 1 Awst 2023 a 30 Mehefin 2024 i ARBED 40% ar bob archeb dros £1000 ar bopeth yng Nghasgliad Clybiau URC.

PWYSIG: Mae'r codau hyn ar gael drwy'r tymor ac yn dod i ben ar 30 Mehefin 2024. I ddod o hyd i'r codau unigryw, cyfeiriwch at yr e-bost a anfonwyd at ysgrifenyddion y clybiau ddydd Llun 26 Mehefin 2023, a oedd yn cynnwys dogfen atodedig gyda'r codau. Fel arall, cysylltwch â'ch Datblygwr Clwb i gael y cod.

Active4Blood

Active4Blood Charity (A4B) works as a key influencing organisation to help save lives in supporting the Blood Service and ultimately those in need of that lifesaving blood donation. The organisation is focused on working with all sports to raise participation and encourage and link this engagement to blood donating activities. Please visit the links provided below on how your rugby club can support by becoming a Community Blood Partner.

Links to Active4Blood:
https://www.active4blood.com/_files/ugd/54e0e0_dfbc700e419349b9a1957a96b3cf7cd6.pdf

Active4Blood

Get the Blood Flowing

Scan to donate blood

WALES ENGLAND SCOTLAND

www.active4blood.com

Active4Blood

Mae elusen Active4Blood (A4B) yn gweithio fel sefydliad dylanwadu allweddol i helpu i achub bywydau wrth gefnogi'r Gwasanaeth Gwaed ac yn y pen draw y rhai sydd angen y rhodd gwaed hwnnw sy'n achub bywydau. Mae'r sefydliad yn canolbwyntio ar weithio gyda phob camp i gynyddu cyfranogiad ac annog a chysylltu'r ymwneud hwn â gweithgareddau rhoi gwaed. Ewch i'r dolenni a ddarperir isod i weld sut y gall eich clwb rygbi gefnogi trwy ddod yn Bartner Gwaed Cymunedol.

Dolenni i Active4Blood:
https://www.active4blood.com/_files/ugd/54e0e0_dfbc700e419349b9a1957a96b3cf7cd6.pdf

Active4Blood

Cael y Gwaed Llifo

Sganiwch i roi gwaed

CYMRU LLOEGR YR ALBAN

www.active4blood.com

Crickhowell RFC New Clubhouse Project

In a testament to the power of community spirit and dedicated fundraising, Crickhowell Rugby Club has achieved a historic milestone with the construction of their first-ever clubhouse. The club, nestled in the heart of the picturesque Welsh town, embarked on an ambitious project to build a new facility to serve as a hub for players, supporters, and local community.

With an initial fundraising effort that amassed an impressive £80,000, the club set their sights on securing additional support to realise their dream. With the benefit of meticulous planning and evidencing the need of the project, they approached the Welsh Rugby Union with a request for £25,000 from the WRU Facilities Grant to bridge the final gap towards the project's completion.

Upon successfully securing the Facilities grant for £25,000, the club proceeded to move forward with the construction of their new clubhouse and opened on the day of their first 7s tournament in 15 years.

> New Clubhouse, view from the front.

Located at the heart of the club's ground, the new clubhouse will be a cornerstone of Crickhowell's rugby community. It will provide a focal point for players, supporters, volunteers, and local residents to come together, fostering a sense of camaraderie and unity. The clubhouse represents not only a physical structure but also a symbol of the hard work, determination, and passion of the individuals involved.

It stands as a testament to the club's unwavering commitment to the sport of rugby and its central role in the community. The completion of the clubhouse marks a significant chapter in Crickhowell Rugby Club's storied history and sets the stage for an exciting future of accomplishments on and off the rugby field.

> Crickhowell Rugby Club - New Clubhouse

Prosiect Tŷ Clwb Newydd Clwb Rygbi Crughywel

Gan amlygu grym ysbryd cymunedol a chodi arian ymroddgar, mae Clwb Rygbi Crughywel wedi cyflawni carreg filltir hanesyddol wrth godi ei dŷ clwb cyntaf erioed. Cychwynnodd y clwb, sydd wedi'i leoli yng nghanol y dref hardd hon, ar brosiect uchelgeisiol i adeiladu cyfleuster newydd i wasanaethu fel canolbwynt i chwaraewyr, cefnogwyr a'r gymuned leol.

Gydag ymdrech codi arian cychwynnol a gasglodd swm trawiadol o £80,000, aeth y clwb ati i geisio sicrhau cefnogaeth ychwanegol i wireddu ei freuddwyd. Gyda'r fantais o gynllunio manwl a dangos tystiolaeth bod angen y prosiect, fe wnaethant gysylltu ag Undeb Rygbi Cymru gyda chais am £25,000 gan Grant Cyfleusterau URC i bontio'r bwlch olaf tuag at gwblhau'r prosiect.

> Clwb Rygbi Crughywel - Y Tŷ Clwb Newydd, golygfa o'r blaen

Ar ôl llwyddo i sicrhau'r grant Cyfleusterau o £25,000, aeth y clwb ymlaen i fwrw ati i godi'r tŷ clwb newydd ac agorwyd y tŷ clwb ar ddiwrnod eu twrnamaint 7 bob ochr cyntaf mewn 15 mlynedd.

Wedi'i leoli yng nghanol tir y clwb, bydd y tŷ clwb newydd yn gonglfaen i gymuned rygbi Crughywel. Bydd yn ganolbwynt i chwaraewyr, cefnogwyr, gwirfoddolwyr a thrigolion lleol ddod at ei gilydd, gan feithrin ymdeimlad o gyfeillgarwch ac undod. Nid adeilad yn unig yw'r tŷ clwb ond symbol o waith caled, penderfyniad ac angerdd yr unigolion dan sylw.

Mae'n dyst i ymrwymiad diwyro'r clwb i rygbi a'i rôl ganolog yn y gymuned. Mae cwblhau'r tŷ clwb yn nodi pennod arwyddocaol yn hanes storïol Clwb Rygbi Crughywel ac yn gosod y sylfaen ar gyfer dyfodol cyffrous o gyflawniadau ar y cae rygbi ac oddi arno.

> Clwb Rygbi Crughywel - Y Tŷ Clwb Newydd

Community Payback Scheme

Over the last few seasons, the WRU Community department has worked with The Probation Service and their Community Payback Scheme. For season 2022/23, a total of 21,961 hours of court assigned community hours were spent in member clubs, undertaking works in and around the club facilities. We are now about to extend our Pitch Ready project across South Wales as part of the scheme, where additional clubs that expressed an interest in the works, will benefit from pitch cutting and over line marking. Two member clubs, Tonna RFC and Neath RFC, recently sent a thank you to the Community Payback team for the work performed on their pitches.

With permission from the club and Community Payback team, a copy of the emails can be read below:

> Tonna RFC

"The management committee of Tonna RFC have asked me to pass on their thanks for the excellent job the Community Payback Service have done in maintaining our pitches in the past few months.

The service you have provided is much appreciated. The way in which the pitches are presented now has drawn compliments from our players, supporters, and visitors to our ground."

> Neath RFC

"I am writing to express our sincerest appreciation for the amazing work you and your team have done around the stadium. The community service provided by your organisation has been crucial for us, especially as the club is transitioning into community ownership.

The financial burden that comes with running a rugby club and maintaining a stadium is immense, and your contributions have helped us sustain it. The work you have done has allowed us to organise and host various community events, such as The Christmas light switch-on, Fireworks, Neath Panthers, Neath Walking Rugby, and Neath Schools as well as other community activities. These events have not only brought well-being to the communit y but have also helped us generate additional revenue to support the club.

The grass cutting service provided through the Community Payback Scheme has proven to be highly advantageous. The cost savings it offers are invaluable, enabling us to allocate our limited resources to other crucial areas of the club. Your assistance is vital in allowing us to fulfil our community obligations and provide optimal support to our playing and coaching staff."

> The Gnoll, Neath RFC

Cynllun Ad-dalu Cymunedol

Dros y tymhorau diwethaf, mae adran Gymunedol URC wedi gweithio gyda'r Gwasanaeth Prawf a'i Gynllun Ad-dalu Cymunedol. Ar gyfer tymor 2022/23, treuliwyd cyfanswm o 21,961 awr o oriau cymunedol a bennwyd gan y llys mewn clybiau sy'n aelodau, gan ymgymryd â gwaith yng nghyfleusterau clybiau ac o'u cwmpas. Rydym bellach ar fin ymestyn ein prosiect 'Pitch Ready' ar draws De Cymru fel rhan o'r cynllun, lle bydd clybiau ychwanegol a fynegodd ddiddordeb yn y gwaith, yn elwa o dorri caeau a marcio llinellau. Yn ddiweddar, anfonodd dau glwb sy'n aelodau, sef Clwb Rygbi Tonna a Chlwb Rygbi Castell-nedd, ddiolch i'r tîm Ad-dalu Cymunedol am y gwaith a wnaed ar eu caeau.

Gyda chaniatâd y clwb a'r tîm Ad-dalu Cymunedol, gellir darllen copi o'r e-byst isod:

> Clwb Rygbi Tonna

"Mae pwyllgor rheoli Clwb Rygbi Tonna wedi gofyn i mi ddiolch am y gwaith rhagorol y mae'r Gwasanaeth Ad-dalu Cymunedol wedi'i wneud wrth gynnal a chadw ein caeau yn ystod y misoedd diwethaf.

Mae'r gwasanaeth rydych chi wedi'i ddarparu yn cael ei werthfawrogi'n fawr. Mae'r ffordd y mae'r caeau'n edrych erbyn hyn wedi ennyn canmoliaeth o du ein chwaraewyr, cefnogwyr, ac ymwelwyr â'r maes."

> Clwb Rygbi Castell-nedd

Rwy'n ysgrifennu i fynegi ein gwerthfawrogiad diffuant am y gwaith anhygoel rydych chi a'ch tîm wedi'i wneud o amgylch y stadiwm. Mae'r gwasanaeth cymunedol a ddarparwyd gan eich sefydliad wedi bod yn hanfodol i ni, yn enwedig gan fod y clwb yn trosglwyddo i berchnogaeth gymunedol.

Mae'r baich ariannol a ddaw yn sgil rhedeg clwb rygbi a chynnal stadiwm yn enfawr, ac mae eich cyfraniadau wedi ein helpu i'w gynnal. Mae'r gwaith yr ydych wedi'i wneud wedi ein galluogi i drefnu a chynnal digwyddiadau cymunedol amrywiol, megis troi ymlaen y Goleuadau Nadolig, Tân Gwyllt, Panthers Castell-nedd, Rygbi Cerdded Castell-nedd, ac Ysgolion Castell-nedd yn ogystal â gweithgareddau cymunedol eraill. Mae'r digwyddiadau hyn nid yn unig wedi dod â lles i'r gymuned ond hefyd wedi ein helpu i gynhyrchu refeniw ychwanegol i gefnogi'r clwb.

Mae'r gwasanaeth torri gwair a ddarperir drwy'r Cynllun Ad-dalu Cymunedol wedi bod yn fanteisiol iawn. Mae'r arbedion o ran costau y mae'n eu cynnig yn amhrisiadwy, gan ein galluogi i ddyrannu ein hadnoddau cyfyngedig i feysydd hanfodol eraill y clwb. Mae eich cymorth yn hanfodol i'n galluogi i gyflawni ein rhwymedigaethau cymunedol a darparu'r gefnogaeth orau bosibl i'n staff chwarae a hyfforddi.

> Y Gnoll, Clwb Rygbi Castell-nedd

Cyllido Cymru Funding Wales

Is your club looking to attract financial investment for capital projects? If so, then the Funding Wales platform, created by Third Sector Support Wales, is an option that will assist you to search for grant opportunities from local, regional, and national organisations.

Complete the short registration form and the club will then have immediate, free, and unrestricted access to a comprehensive database of funding opportunities. To register and search for opportunities, please click on the link provided here - **https://funding.cymru/register**

BE ACTIVE WALES FUND

sportwales chwaraeoncymru

A reminder to clubs that the Sport Wales '**Be Active Wales Fund**' is still open and accepting applications toward support for purchasing equipment to allow more people to participate in sport and for upskilling of volunteers. If your club would like to discuss a potential application, please contact your Club Developer in the first instance for some initial guidance and support. More details on the fund can be found by clicking the link provided here - **https://www.sport.wales/grants-and-funding/beactivewalesfund/**

Cyllido Cymru Funding Wales

A yw eich clwb yn ceisio denu buddsoddiad ariannol ar gyfer prosiectau cyfalaf? Os felly, yna mae platfform Cyllido Cymru, a grëwyd gan Cefnogi Trydydd Sector Cymru, yn opsiwn fydd yn eich helpu i chwilio am gyfleoedd grant gan sefydliadau lleol, rhanbarthol a chenedlaethol.

Llenwch y ffurflen gofrestru fer ac yna bydd gan y clwb fynediad di-oed, am ddim a rhydd i gronfa ddata gynhwysfawr o gyfleoedd cyllido. I gofrestru a chwilio am gyfleoedd, cliciwch ar y ddolen a ddarperir yma - **https://cy.funding.cymru**

CRONFA CYMRU ACTIF

sportwales chwaraeoncymru

Nodyn i atgoffa clybiau fod 'Cronfa Cymru Actif' Chwaraeon Cymru yn dal ar agor ac yn derbyn ceisiadau am gymorth i brynu offer i alluogi mwy o bobl i gymryd rhan mewn chwaraeon ac i uwchsgilio gwirfoddolwyr. Os hoffai eich clwb drafod cais posibl, cysylltwch â'ch Datblygwr Clwb yn y lle cyntaf i gael rhywfaint o arweiniad a chymorth cychwynnol. Gellir dod o hyd i ragor o fanylion am y gronfa drwy glicio ar y ddolen hon - **https://www.chwaraeon.cymru/grantiau-a-chyllid/cronfacymruactif/**

Community Welfare

Concussion guidance is available to everyone in the rugby community, through the WRU website and Game Locker. Every volunteer can also get further concussion information upon completion of their online registration.

First Aid and Medical Awareness & Strapping courses are available to all clubs free of charge. Both these courses include concussion education within the sessions.

Applications for a free, British Heart Foundation funded defibrillators are now open. Applications will close on 15 March 2024.

Link below:

https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community

- **Concussion** is an injury to the **brain**
- **All** concussions should be treated as **serious**
- In the **community** game we operate the **recognise and remove** policy
- **Follow the Graduated return to play protocol (GRTP)**
- The earliest return to play is now **21 days** for **ALL** adults and children

IF IN DOUBT SIT THEM OUT

Wellbeing Centre

Lloyd Ashley can provide a 'Resilience in Rugby' session, and we are glad to direct member clubs to LooseHeadz. They have a simple mission; to place a mental health lead into every rugby club around the world. LooseHeadz will also be hosting a webinar through Dysgu WRU. Link below:

https://dysguwru.wales/an-introduction-to-mental-health-dysgu-wru-webinar/

LooseHeadz
#TackleTheStigma

Lles Cymunedol

Mae canllawiau ar gyfergydion ar gael i bawb yn y gymuned rygbi, drwy wefan URC a Game Locker. Gall pob gwirfoddolwr hefyd gael rhagor o wybodaeth am gyfergydion ar ôl cwblhau eu cofrestriad ar-lein.

Mae cyrsiau Cymorth Cyntaf ac Ymwybyddiaeth Feddygol a Strapio ar gael i bob clwb yn rhad ac am ddim. Mae'r ddau gwrs hyn yn cynnwys addysg ar gyfergydion o fewn y sesiynau.

Mae ceisiadau am ddiffibrilwyr rhad ac am ddim a ariennir gan Sefydliad Prydeinig y Galon bellach ar agor. Bydd y ceisiadau'n cau ar 15 Mawrth 2024.

Cliciwch yma:

https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community

- Mae **cyfergyd** yn anaf i'r **ymennydd**
- Dylid cymryd **pob** achos o gyfergyd o **ddifrif**
- Yn y Gêm **Gymunedol** rydym yn gweithredu polisi **Adnabod & Gadael** y Maes
- **Rhaid dilyn y canllawiau dychwelyd graddol (GRTP)**
- Y cyfnod lleiaf cyn dychwelyd i chwarae y **21 diwrnod** i **BAWB**

OS OES AMHEUAETH EISTEDDWCH NHW ALLAN

Canolfan Lles

Gall Lloyd Ashley ddarparu sesiwn 'Gwytnwch mewn Rygbi', ac rydym yn falch o gyfeirio clybiau sy'n aelodau at LooseHeadz. Mae ganddynt genhadaeth syml, sef gosod arweinydd iechyd meddwl ym mhob clwb rygbi o gwmpas y byd. Bydd LooseHeadz hefyd yn cynnal gweminar drwy Dysgu WRU. Cliciwch yma:

https://dysguwru.wales/an-introduction-to-mental-health-dysgu-wru-webinar/

LooseHeadz
#TackleTheStigma

World Rugby Tackle Height Directive

World Rugby's announcement in May 2023 recommended that unions participate in the trials of a lower tackle height in the community game to below the base of the sternum. We have already engaged with a widespread representation of our game in Wales. The aim of the trial is to improve player safety by reducing the risk of head-on-head contact, to improve the continuity of the game and to reduce concussions.

Rygbi'r Byd Cyfarwyddeb Taclo Uchder

Roedd cyhoeddiad World Rugby ym mis Mai 2023 yn argymell bod undebau'n cymryd rhan yn y treialon uchder taclo is yn y gêm gymunedol, sef islaw gwaelod y sternwm. Rydym eisoes wedi ymgysylltu â chynrychiolaeth eang o'n gêm yng Nghymru. Nod y treial yw gwella diogelwch chwaraewyr trwy leihau'r risg o gyswllt pen-ar-ben, gwella llif y gêm a lleihau cyfergydion.

Injury Reporting

Community Injury Surveillance schemes are available to all senior adult clubs across the community. Data collected will inform the subsequent design and implementation of tailored injury prevention education strategies to help reduce community game injury rates.

https://community.wru.wales/governance/medical/injury-reporting/

CALLING ALL WRU MEN'S AND WOMEN'S SENIOR TEAMS!

Help improve injury reporting and player welfare in Welsh Rugby by signing up now.

For more information, please contact integrity@wru.wales

Discipline & Misconduct

Match Day Protocols and Supportive Spectatorship

Encourage your Members to be enthusiastic and passionate about the game and advocate that the support is expressed in a positive manner towards all participants within the game.

We all have a responsibility to ensure that we promote our game in a positive manner and to ensure that the values of our game is protected and preserved. The match day environment is crucial to preserve retention and participation within the Game, for every participant.

We have made our Match Day Infographics available via the WRU Game Locker

Link below:

https://www.wrugamelocker.wales/en/resources-and-videos/resources/the-game/positive-behaviour/

Please share our infographics and messages via your social media outputs and help promote the importance of creating and maintaining the best possible match day environment – for everyone.

Adrodd am Anafiadau

Mae cynlluniau Gwyliadwriaeth Anafiadau Cymunedol ar gael i bob clwb oedolion hŷn ar draws y gymuned. Bydd y data a gesglir yn llywio'r gwaith dilynol o gynllunio a chyflwyno strategaethau addysg atal anafiadau wedi'u teilwra i helpu i leihau cyfraddau anafiadau yn y gêm yn gymunedol. cliciwch yma

https://community.wru.wales/governance/medical/injury-reporting/

GALW AR HOLL DIMAU OEDOLION DYNION A MENYWOD CYMRU!

Er mwyn gwella y broses o adrodd anafiadau a llesiant chwaraewyr – cofrestrwch nawr.

Am wybodaeth bellach, cysylltwch â integrity@wru.wales

Disgyblaeth a Chamymddwyn

Protocolau Diwrnod Gêm a Gwylwyr Cefnogol

Anogwch eich Aelodau i fod yn frwdfrydig ac yn angerddol am y gêm ac hyrwyddwch y ffaith y dylai'r gefnogaeth gael ei mynegi mewn modd cadarnhaol tuag at bawb sy'n cymryd rhan yn y gêm.

Mae gan bob un ohonom gyfrifoldeb i sicrhau ein bod yn hyrwyddo ein gêm mewn modd cadarnhaol ac i sicrhau bod gwerthoedd ein gêm yn cael eu diogelu a'u cynnal. Mae amgylchedd diwrnod gêm yn hanfodol i sicrhau bod y rhai sy'n cymryd rhan yn parhau i wneud hynny.

Rydym wedi sicrhau bod ein Ffeithluniau Diwrnod Gêm ar gael drwy Game Locker URC

Dolen isod:

https://www.wrugamelocker.wales/en/resources-and-videos/resources/the-game/positive-behaviour/

Rhannwch ein ffeithluniau a'n negeseuon drwy eich sianelau cyfryngau cymdeithasol a helpwch i hyrwyddo pwysigrwydd creu a chynnal yr amgylchedd diwrnod gêm gorau posibl – i bawb.

Integrity Education & Training

We have had a fantastic start to the season with our Integrity Training supporting Clubs across Wales. If you are looking for training for your club, please use the following links to express your interest:

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

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

Addysg a Hyfforddiant Uniondeb

Rydym wedi cael dechrau gwych i'r tymor gyda'n Hyfforddiant Uniondeb yn cefnogi Clybiau ledled Cymru. Os ydych yn chwilio am hyfforddiant ar gyfer eich clwb, defnyddiwch y dolenni canlynol i fynegi eich diddordeb:

Hyfforddiant Diogelu Peidiwch â'i Daclo Ar Eich Pen Eich Hun

https://forms.gle/bsm5Sb6xYdb3pChh9

Strapio ac Ymwybyddiaeth Feddygol

https://forms.gle/jczA2Xz5WZBcEaxSA

Cymorth Cyntaf mewn Rygbi

https://forms.gle/7NUsRH9vVLS9TzYA9

Mae'r holl wybodaeth am y cyrsiau ar gael ar y ddolen. Rydym yn edrych ymlaen at eich cefnogi!

Safeguarding

CLUB SAFEGUARDING OFFICERS

Each Club or Women and Girls Hub, should appoint a designated Club Safeguarding Officer to be the lead contact and have responsibility for all safeguarding issues. The CSO should be registered with the Welsh Rugby Union and will be required to undertake an induction process, in order to undertake this role.

CSOs are responsible for co-ordinating the safeguarding and welfare of all children, young people and adults at risk.

The CSO is responsible for promoting the WRU Safeguarding Policy and Procedures, and must ensure that a copy of the policy is available within the club.

A full role description is highlighted in the WRU Safeguarding Policy, and a copy can also be obtained from the WRU Policy and Integrity Team – integrity@wru.wales

DISCLOSURE AND BARRING SERVICE (DBS)

The WRU Group are committed to ensuring that all volunteers who are involved with children, young people and adults at risk in a rugby related environment promote positive values and beliefs, and foster and encourage people to enjoy their experience in Rugby Union.

To ensure that the right people are recruited as volunteers in these important roles, any volunteers who wish to participate in rugby related activity, which involves unsupervised contact with children or working with adults at risk will be subject to a suitability risk assessment through Disclosure and Barring Service enhanced checks.

All volunteers engaged in 'Regulated Activity' roles as Coaches, Team Managers, First Aiders and Referees MUST register their roles in U18s rugby on an annual basis.
This will trigger a DBS application if the applicant does not have one already, or where they have one, and it is due to expire within the next 90 days.

Diogelu

SWYDDOGION DIOGELU CLYBIAU

Dylai pob Clwb neu Hyb Menywod a Merched benodi Swyddog Diogelu Clwb (SDC) dynodedig i fod yn brif gyswllt a bod yn gyfrifol am yr holl faterion diogelu. Dylai'r SDC fod wedi'i gofrestru gydag Undeb Rygbi Cymru a bydd yn ofynnol iddynt ymgymryd â phroses gynefino, er mwyn ymgymryd â'r rôl hon.

Mae Swyddogion Diogelu Clybiau yn gyfrifol am gydlynu diogelwch a lles yr holl blant, pobl ifanc ac oedolion sy'n wynebu risg.

Mae'r SDC yn gyfrifol am hyrwyddo Polisi a Gweithdrefnau Diogelu Undeb Rygbi Cymru, a rhaid iddynt sicrhau bod copi o'r polisi ar gael o fewn y clwb.

Ceir disgrifiad rôl llawn ym Mholisi Diogelu URC, a gellir cael copi hefyd gan Dîm Polisi ac Uniondeb URC – integrity@wru.wales

Y GWASANAETH DATGELU A GWAHARDD (GDG):

Mae Grŵp URC wedi ymrwymo i sicrhau bod yr holl wirfoddolwyr sy'n ymwneud â phlant, pobl ifanc ac oedolion sy'n wynebu risg mewn amgylchedd sy'n gysylltiedig â rygbi yn hyrwyddo gwerthoedd a chredoau cadarnhaol, ac yn meithrin ac yn annog pobl i fwynhau eu profiad yn Rygbi'r Undeb.

Er mwyn sicrhau bod y bobl iawn yn cael eu recriwtio fel gwirfoddolwyr yn y rolau pwysig hyn, bydd unrhyw wirfoddolwyr sy'n dymuno cymryd rhan mewn gweithgaredd sy'n gysylltiedig â rygbi, sy'n cynnwys cyswllt heb oruchwyliaeth â phlant neu weithio gydag oedolion sydd mewn perygl, yn destun asesiad risg addasrwydd trwy wiriadau manylach gan y Gwasanaeth Datgelu a Gwahardd.

RHAID i bob gwirfoddolwr sy'n cymryd rhan mewn rolau 'Gweithgaredd a Reoleiddir' fel Hyfforddwyr, Rheolwyr Tîm, Swyddogion Cymorth Cyntaf a Dyfarnwyr gofrestru eu rolau ym maes rygbi dan 18 oed yn flynyddol.

Bydd hyn yn sbarduno cais GDG os nad oes gan yr ymgeisydd un eisoes, neu os oes ganddo un, a'i fod i ddod i ben o fewn y 90 diwrnod nesaf.

PROMOTING POSITIVE BEHAVIOUR

WRU 'Let Us Play' - (2) Let us play | WRU TV - YouTube

https://www.youtube.com/watch?v=I-gAVId0ETg

RECENT CHANGES IN SAFEGUARDING LEGISLATION

The government has extended positions of trust offences to include where an adult is coaching, teaching, training, supervising or instructing in a sport to a 16 or 17-year-old on a regular basis.

https://learning.nspcc.org.uk/research-resources/briefings/preventing-abuse-positions-of-trust#heading-top

ENDING PHYSICAL PUNISHMENT OF CHILDREN IN WALES

Ending physical punishment of children | GOV.WALES

https://www.gov.wales/ending-physical-punishment-children

NSPCC Learning

Llywodraeth Cymru
Welsh Government

HYRWYDDO YMDDYGIAD CADARNHAOL

'Let us Play' URC - (2) Let us play | WRU TV - YouTube

https://www.youtube.com/watch?v=I-gAVId0ETg

NEWIDIADAU DIWEDDAR MEWN DEDDFWRIAETH DIOGELU

Mae'r llywodraeth wedi ymestyn troseddau swyddi ymddiriedaeth i gynnwys pan fo oedolyn yn hyfforddi, addysgu, goruchwylio neu gyfarwyddo camp benodol ym maes chwaraeon i berson 16 neu 17 oed yn rheolaidd.

https://learning.nspcc.org.uk/research-resources/briefings/preventing-abuse-positions-of-trust#heading-top

STOPIO COSBI PLANT YN GORFFOROL YNG NGHYMRU

Stopio Cosbi Plant yn Gorfforol | LLYW.CYMRU

https://www.llyw.cymru/stopio-cosbi-corfforol-i-blant

NSPCC Learning

Llywodraeth Cymru
Welsh Government

WRU Digital Classroom

The WRU Digital Classroom was developed to provide high quality, rich and engaging teacher resources, using a digital platform. The Digital Classroom has been reformed to embed criterion and language, specific to Areas of Learning Experience (ALOE) and the relevant Progression Step used.

The WRU Digital Classroom currently houses resources linked the Rugby World Cup for learners in Progression Steps 1,2 3, and 4 to access as well as the Skills Challenge Certificate, Community Challenge and Enterprise & Employability Challenge resources for Progression Step 4. Moving forward, Progression Step 5 resources related to the WJEC Tourism and Events Level 3 qualification will be accessible here also.

WRU Minecraft Club of the Future Competition

This project has been developed by Hwb to ensure that a wide range of curriculum links to Areas of Learning and Experience are met: Expressive Arts, Health & Wellbeing, Humanities, Language & Literacy Communication, Numeracy and Science & Technology. The competition is fully inclusive to all learners across Wales, accessible to all educational establishments.

The areas covered may include inclusion and diversity, team training regimes and player nutritional requirements to the fan experience. Learners will be 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.

The competition will be open to learners from the ages of 5 to 16, with local and regional rounds before the final in June 2024.

Ystafell Ddosbarth Ddigidol URC

Datblygwyd Ystafell Ddosbarth Ddigidol URC i ddarparu cyfoeth o adnoddau diddorol o ansawdd uchel i athrawon, gan ddefnyddio platfform digidol. Mae'r Ystafell Ddosbarth Ddigidol wedi'i diwygio i wreiddio maen prawf ac iaith, sy'n benodol i Feysydd Dysgu a Phrofiad a'r Cam Cynnydd perthnasol a ddefnyddir.

Ar hyn o bryd mae Ystafell Ddosbarth Ddigidol URC yn cynnwys adnoddau sy'n gysylltiedig â Chwpan Rygbi'r Byd i ddysgwyr yng Nghamau Cynnydd 1,2 3, a 4 yn ogystal â'r Dystysgrif Her Sgiliau, Her Gymunedol ac adnoddau Menter a Her Cyflogadwyedd ar gyfer Cam Cynnydd 4. Wrth symud ymlaen, bydd adnoddau Cam Cynnydd 5 sy'n gysylltiedig â chymhwyster Lefel 3 Twristiaeth a Digwyddiadau CBAC ar gael yma hefyd.

Cystadleuaeth Clwb Minecraft y Dyfodol URC

Datblygwyd y prosiect hwn gan Hwb i sicrhau bod ystod eang o gysylltiadau cwricwlwm i Feysydd Dysgu a Phrofiad yn cael eu bodloni: Y Celfyddydau Mynegiannol, Iechyd a Lles, y Dyniaethau, Cyfathrebu Iaith a Llythrennedd, Rhifedd a Gwyddoniaeth a Thechnoleg. Mae'r gystadleuaeth yn gwbl gynhwysol i bob dysgwr ledled Cymru, ac ar gael i bob sefydliad addysgol.

Gall y meysydd dan sylw gynnwys cynhwysiant ac amrywiaeth, cyfundrefnau hyfforddi tîm a gofynion maethol chwaraewyr a phrofiad cefnogwyr. Bydd dysgwyr yn cael eu hannog i ystyried eu cymuned leol, ymchwilio ac archwilio anghenion eu hardaloedd lleol ac yna'n dechrau datblygu cynllun ar gyfer 'clwb rygbi'r dyfodol'. Mae clybiau rygbi yn aml yn ganolog i gymunedau 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 o'r dyfodol yn fyw o fewn Minecraft: Education Edition.

Bydd y gystadleuaeth yn agored i ddysgwyr rhwng 5 ac 16 oed, gyda rowndiau lleol a rhanbarthol cyn y rownd derfynol ym mis Mehefin 2024.

Esports Cymru

WRU Minecraft Esport Cymru League

Rugby is the fabric of our nation, being actively present in everyday life, physically, socially and culturally. The Minecraft Esports Leagues can further enhance the development of the core skills considered to be fundamental in Rugby, but also within a classroom setting. The competition is fully inclusive to all learners across Wales, accessible to all educational establishments.

Minecraft Esports Cymru will continue to develop the culture and ethos associated with rugby and ensure this is translated into the new programme. 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 such as inclusivity, diversity, digital competence, team building, problem solving and communication skills.

The Esports Competition provides another opportunity to appeal to a wider learner audience, which will hope to further extend the WRU's digital educational offering, encompassing the new Curriculum in Wales in all its educational content, ensuring initiatives align with those delivered in all classrooms across Wales.

Continued on page 42 >

Esports Cymru

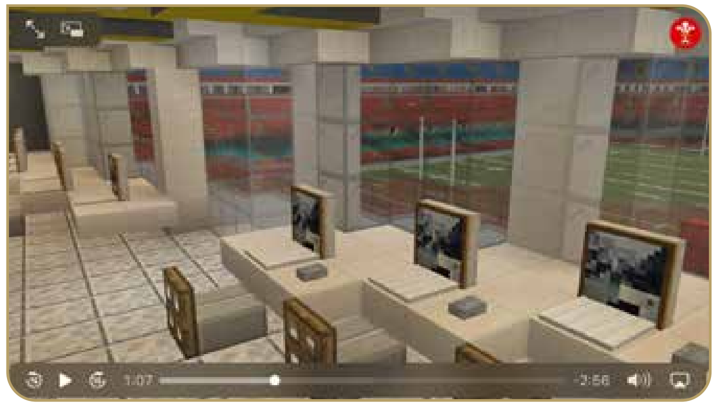
Cynghrair Cymru Minecraft Esports URC

Rygbi yw calon ein cenedl, ac mae'n bresennol mewn bywyd bob dydd, yn gorfforol, yn gymdeithasol ac yn ddiwylliannol. Gall Cynghreiriau Minecraft Esports wella datblygiad y sgiliau craidd a ystyrir yn sylfaenol mewn Rygbi, ond hefyd o fewn lleoliad ystafell ddosbarth. Mae'r gystadleuaeth yn gwbl gynhwysol i bob dysgwr ledled Cymru, ac ar gael i bob sefydliad addysgol.

Bydd Minecraft Esports Cymru yn parhau i ddatblygu'r diwylliant a'r ethos sy'n gysylltiedig â rygbi a sicrhau bod hyn yn cael ei drosi i'r rhaglen newydd. Gan brofi cyfle i ddangos meistrolaeth neu ymdeimlad o gymuned ac arweinyddiaeth, gall Esports ddarparu llawer o'r un buddion â chwaraeon traddodiadol mewn ysgolion fel cynwysoldeb, amrywiaeth, cymhwysedd digidol, adeiladu tîm, datrys problemau a sgiliau cyfathrebu,

Mae'r Gystadleuaeth Esports yn rhoi cyfle arall i apelio at gynulleidfa ehangach o ddysgwyr, a fydd gobeithio yn ymestyn cynnig addysgol digidol URC ymhellach, gan gwmpasu'r Cwricwlwm newydd yng Nghymru yn ei holl gynnwys addysgol, gan sicrhau bod mentrau yn cyd-fynd â'r rhai a ddarperir ym mhob ystafell ddosbarth ledled Cymru.

Parhad ar dudalen 43 >



Minecraft Esports Cymru will be made up of five regional leagues mirroring the areas of Welsh rugby. Each league will be formed from a collection of teams from the region. WRU Hub Officers will be supporting their regional league by promoting, organising and hosting league matches from April to June 2023. Leading to the National Finals at Principality Stadium in summer 2024.

The aim for this year is to encourage more Establishments to be trained digitally, plus ONE LEARNER from the school (6th form student/Yr11 student if no 6th form) to also receive the training to become a DIGITAL RUGBY LEADER, to:

- Aid in facilitating an Esports club in schools.
- Encourage the collaboration between the Hub Officer and ICT/Computer Science Departments within the school.
- Encourage further engagement/ participations in our wider rugby offerings.

WRU Game Locker Resources

Your coaching How Skills are your ability to improve your players in the best way possible. Watch the following video to see how our coach developers at the WRU use them.

https://www.wrugamelocker.wales/en/resources-and-videos/resources/referee-development/continuous-referee-development/

Bydd Minecraft Esports Cymru yn cynnwys pum cynghrair rhanbarthol sy'n adlewyrchu ardaloedd rygbi Cymru. Bydd pob cynghrair yn cael ei ffurfio o gasgliad o dimau o'r rhanbarth. Bydd Swyddogion Hwb URC yn cefnogi eu cynghrair ranbarthol drwy hyrwyddo, trefnu a chynnal gemau cynghrair rhwng Ebrill a Mehefin 2023. Yn arwain at y Rownd Derfynol Genedlaethol yn Stadiwm Principality yn haf 2024.

Y nod ar gyfer eleni yw annog mwy o Sefydliadau i gael eu hyfforddi'n ddigidol, ynghyd ag UN DYSGWR o'r ysgol (myfyriwr 6ed dosbarth/myfyriwr Bl11 os nad oes 6ed dosbarth) i gael yr hyfforddiant hefyd i ddod yn ARWEINYDD RYGBI DIGIDOL, i:

- Gynorthwyo i hwyluso clwb Esports mewn ysgolion.
- Annog y cydweithio rhwng y Swyddog Hwb a'r Adrannau TGCh/Cyfrifiadureg yn yr ysgol.
- Annog mwy o ymgysylltiad/cyfranogiad yn ein cynigion rygbi ehangach.

Adnoddau Game Locker URC

Eich hyfforddiant sgiliau yw eich gallu i wella'ch chwaraewyr yn y ffordd orau bosibl. Gwyliwch y fideo canlynol i weld sut mae ein datblygwyr hyfforddwyr yn URC yn eu defnyddio.

https://www.wrugamelocker.wales/en/resources-and-videos/resources/referee-development/continuous-referee-development/

WRU Hub Programme

PEOPLE	
565	Leaders trained – 234 girls
217	Leaders/coaches deployed
207	Referees trained – 49 girls
71	Referees deployed
133	L1 coaches trained – 0 girls
PLACES	
1012	Club visits by hub officers
259	New boy players to Junior Teams
38	New boy players to Youth & Senior Teams
201	New boy players to Mini Teams
401	Hub visits by hub officers
217	New girl players to Junior Teams
11	New girl players to Youth & Senior Teams
68	New girl players to Mini Team
PLAYER PATHWAY	
212	Engagements by officers with Boys EPPs
656	Engagements with Dewar Shield
155	Engagements by officers with Girls Skills Centres
INCLUSION	
148	Engagements by officers with WRU Community Inclusion Teams

Rhaglen Hwb URC

OBL	
565	o arweinwyr wedi'u hyfforddi – 234 o ferched
217	o arweinwyr/hyfforddwyr wedi'u defnyddio
207	o ddyfarnwyr wedi'u hyfforddi – 49 o ferched
71	o ddyfarnwyr wedi'u defnyddio
133	o hyfforddwyr L1 wedi'u hyfforddi – 0 merch
LLEOEDD	
1012	o ymweliadau clwb gan swyddogion hwb
259	o fechgyn newydd yn chwarae i Dimau Iau
38	o fechgyn newydd yn chwarae i Dimau Ieuenctid a Thimau Oedolion
201	o fechgyn newydd yn chwarae i Dimau Mini-Rygbi
401	o ymweliadau hwb gan swyddogion hwb
217	o ferched newydd yn chwarae i Dimau Iau
11	o ferched newydd yn chwarae i Dimau Ieuenctid a Thimau Oedolion
68	o ferched newydd yn chwarae i Dimau Mini-Rygbi
LLWYBR DATBLYGIAD CHWARAEWYR	
212	o ymgysylltiadau gan swyddogion â Bechgyn sy'n rhan o'r Rhaglen Chwaraewyr Addawol (EPP)
656	o ymgysylltiadau â Tharian Dewar
155	o ymgysylltiadau gan swyddogion â Chanolfannau Sgiliau Merched
CYNHWYSIANT	
148	o ymgysylltiadau gan swyddogion â Thimau Cynhwysiant Cymunedol URC

This Document is available in Welsh

[The circuit]

The National Defibrillator Network

GIG Cymru NHS Wales — Ymddiriedolaeth GIG Gwasanaethau Ambiwlans Cymru / Welsh Ambulance Services NHS Trust

ACHUB BYWYD CYMRU
SAVE A LIFE CYMRU

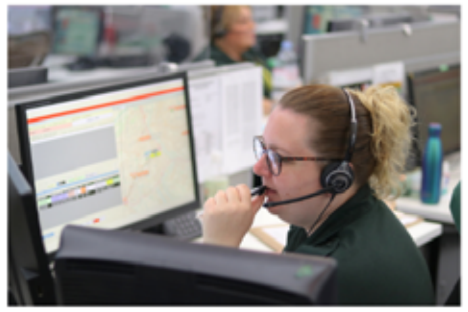
Sefydliad cenedlaethol i wella cyfraddau goroesi ataliad y galon drwy hyrwyddo CPR a diffibrilio o fewn cymunedau.

National organisation to improve cardiac arrest survival in Wales, promoting CPR and defibrilation within communities.

About The Circuit

The Circuit is the national defibrillator network database which provides an overview to the Welsh Ambulance Service 999 emergency system where defibrillators are located and if they are ready for an emergency

Registering a defibrillator on The Circuit is FREE



How does The Circuit work?

The moment someone has a cardiac arrest, the clock starts ticking. Every minute without CPR and defibrillation reduces their chances of survival

Many community defibrillators are never used because the Welsh Ambulance Service 999 emergency system doesn't know where they are or how to access them.

When a defibrillator is registered on The Circuit, the location, whether available for use and the cabinet key code are instantly synchronised with the 999 emergency system. This makes sure that the most up to date information is available.

Why should you register your defibrillator?

- A registered defibrillator on the The Circuit could make the difference between life and death
- If your defibrillator is not registered, the 999-emergency call-taker will not know if a defibrillator is close-by and available for an emergency
- Every defibrillator needs someone like you to look after it, be its guardian, making sure it's ready to do its life saving work
- There is a direct link between the Welsh Ambulance Service 999 emergency system and The Circuit. Every time a defibrillator is used for a 999 call, The Circuit will automatically update you as the guardian by e-mail and will ask you to check the defibrillator

If your defibrillator is registered with an organisation or charity, then it must also be registered on The Circuit. This is the only way that the 999 call-taker can direct someone to a defibrillator

GIG Cymru NHS Wales | Y Weithrediaeth Executive

Email: SaveALifeCymru@wales.nhs.uk

To register your defibrillator scan the QR code or visit www.thecircuit.uk

Mae'r ddogfen hon ar gael yn Saesneg

[The circuit]

The National Defibrillator Network

GIG Cymru NHS Wales — Ymddiriedolaeth GIG Gwasanaethau Ambiwlans Cymru / Welsh Ambulance Services NHS Trust

ACHUB BYWYD CYMRU
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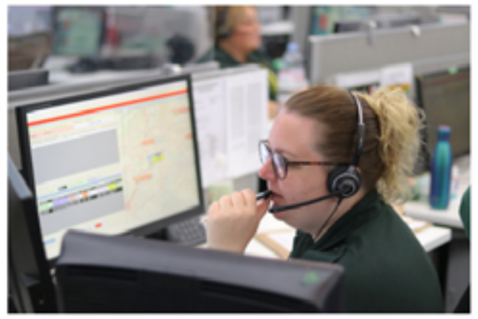
Sefydliad cenedlaethol i wella cyfraddau goroesi ataliad y galon drwy hyrwyddo CPR a diffibrilio o fewn cymunedau.

National organisation to improve cardiac arrest survival in Wales, promoting CPR and defibrilation within communities.

The Circuit

Cronfa ddata'r rhwydwaith diffibrilwyr cenedlaethol yw The Circuit sy'n rhoi trosolwg i system frys 999 Gwasanaeth Ambiwlans Cymru - lle mae diffibrilwyr wedi'u lleoli ac a ydynt yn barod ar gyfer argyfwng

Mae cofrestru diffibriliwr ar The Circuit AM DDIM



Sut mae The Circuit yn gweithio?

Pan fydd rhywun yn cael ataliad y galon, mae'r cloc yn dechrau ticio. Bydd pob munud heb adfywio cardio-pwlmonaidd (CPR) a diffibrilio yn lleihau ei siawns o oroesi.

Nid yw llawer o ddiffibrilwyr cymunedol byth yn cael eu defnyddio oherwydd nad yw system frys 999 Gwasanaeth Ambiwlans Cymru yn gwybod ble maen nhw na sut i gael gafael arnynt.

Pan fydd diffibriliwr wedi'i gofrestru ar The Circuit, mae'r lleoliad, p'un a yw ar gael i'w ddefnyddio a chod allwedd y cabinet yn cael eu cydamseru ar unwaith â system frys 999. Mae hyn yn sicrhau bod yr wybodaeth ddiweddaraf ar gael.

Pam ddylech chi gofrestru eich diffibriliwr ar The Circuit?

- Gallai diffibriliwr sydd wedi'i gofrestru ar The Circuit olygu'r gwahaniaeth rhwng byw a marw
- Os nad yw'ch diffibriliwr wedi'i gofrestru, ni fydd y derbyniwr galwadau 999 yn gwybod a oes diffibriliwr gerllaw ac ar gael ar gyfer argyfwng
- Mae angen gwarcheidwad, fel chi, ar bob diffibriliwr, i ofalu amdano ac i wneud yn siŵr ei fod wedi'i gofrestru ac yn barod i achub bywyd
- Mae cysylltiad uniongyrchol rhwng system frys 999 Gwasanaeth Ambiwlans Cymru a The Circuit. Bob tro y bydd diffibriliwr yn cael ei ddefnyddio ar gyfer galwad 999, bydd The Circuit yn eich diweddaru chi, y gwarcheidwad, yn awtomatig trwy e-bost a bydd yn gofyn i chi wirio'r diffibriliwr

Os yw'ch diffibriliwr wedi'i gofrestru gyda sefydliad neu elusen, rhaid iddo hefyd fod wedi'i gofrestru ar The Circuit.Dyma'r unig ffordd y gall y derbyniwr galwadau 999 gyfeirio rhywun at ddiffibriliwr.

GIG Cymru NHS Wales | Y Weithrediaeth Executive

ebost: SaveALifeCymru@wales.nhs.uk

I gofrestru eich diffibriliwr, sganiwch y cod QR neu ewch i www.thecircuit.uk

NATIONAL REFEREEING UPDATE
DYFARNWYR UNDEB RYGBI CYMRU

WRU

5

0 gyrsiau Lefel 1
Level 1 referee courses with

90

90 dyfarnwr cymwys newydd.
new referees qualified.

2

Level 1 women's and girls' only referee courses (North & South Wales)
2 o gyrsiau Lefel 1 merched a menywod yn unig (Gogledd a De Cymru)

15

15 Education referee courses with 1 specific for girls only – 310 male students and 72 female students qualified.
15 o gyrsiau addysgu dyfarnwyr – 1 ar gyfer merched yn unig.
310 gwryw a 72 benyw wedi llwyddo.

379

379 referees have attended regional society meetings.
379 o ddyfarnwyr wedi mynychu cyfarfodydd rhanbarthol.

32

32 level 1 referees have transitioned to level 2 (27 male & 5 female)
32 o ddyfarnwyr Lefel 1 wedi cyrraedd Lefel 2 (27 gwryw & 5 benyw).

Level 2 & 3 female referee numbers have increased from 6 to 10.
Cynnydd o 6 i 10 o ddyfarnwyr benywaidd Lefel 2 & 3.

2

2 female referees now officiating at Championship level, highest ever grading for female referees in Wales.
2 ddyfarnwr benywaidd bellach yn y Bencampwriaeth – y lefel uchaf eto i fenywod yng Nghymru.

4 Online referee corners delivered nationally by professional referees and referee educators – 50 referees supported.
4 cwrs ar-lein cenedlaethol wedi eu cynnal. 50 wedi eu mynychu.

197

197 o ddyfarnwyr Lefel 3 ar hyn o bryd.
197current level 3 referees

185

185 o ddyfarnwyr Lefel 2 ar hyn o bryd.
185 current level 2 referees

12

12 sesiwn datblygu parhaol wedi eu cynnal yn genedlaethol. 120 wedi eu mynychu.
12 Continuous Referee Development sessions delivered Nationally by our Educators 120 referees attended.

Craig Evans and Ben Whitehouse represented WRU at the 2023 RWC as match officials.
Craig Evans a Ben Whitehouse wedi cynrychioli'r Undeb yng Nghwpan y Byd 2023.

Adam Jones refereeing at WR Tier 2 international event in Spain.
Adam Jones yn dyfarnu mewn cystadleuaeth ryngwladol Ail Haen yn Sbaen.

Ben Breakspear refereeing on the World 7s series.
Ben Breakspear yn dyfarnu ar y gylchdaith 7 Bob Ochr.

Ben Connor yn dyfarnu ym Mhencampwriaeth o dan 20 Ewrop.
Ben Connor refereeing at Rugby Europe U20s international tournament.

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

WRU

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/

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 chwillio am gyrsiau a chofrestru arnynt yma

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

Email: clubdevelopment@wru.wales

WRU Community | Cymuned URC   X / Twitter - @WRU_Community

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