






## Ebost wythnosol 22/07/2022 / Weekly email 22/07/2022

### Cynnwys / Contents:

Digwyddiadau ymgysylltu Menopos CICGC	NWCHC Menopause engagement events
Newyddion Llywodraeth Cymru <a href="https://content.govdelivery.com/accounts/UKWALES/bulletins/3246ef4">https://content.govdelivery.com/accounts/UKWALES/bulletins/3246ef4</a>	Welsh Government News <a href="https://content.govdelivery.com/accounts/UKWALES/bulletins/3246ef4">https://content.govdelivery.com/accounts/UKWALES/bulletins/3246ef4</a>
Cylchlythyr AGIC <a href="https://hiw.org.uk/sites/default/files/2022-07/INSIGHT%20BULLETIN%20-%20WEB%20-%20en.pdf">https://hiw.org.uk/sites/default/files/2022-07/INSIGHT%20BULLETIN%20-%20WEB%20-%20en.pdf</a>	HIW Newsletter <a href="https://hiw.org.uk/sites/default/files/2022-07/INSIGHT%20BULLETIN%20-%20WEB%20-%20en.pdf">https://hiw.org.uk/sites/default/files/2022-07/INSIGHT%20BULLETIN%20-%20WEB%20-%20en.pdf</a>
Gwasanaeth Tân ac Achub Gogledd Cymru – newyddion diweddaraf <a href="https://www.northwalesfire.gov.wales/news/?lang=cy-gb">https://www.northwalesfire.gov.wales/news/?lang=cy-gb</a>	North Wales Fire and Rescue Service – latest news <a href="https://www.northwalesfire.gov.wales/news/?utm_medium=email&amp;utm_source=govdelivery">https://www.northwalesfire.gov.wales/news/?utm_medium=email&amp;utm_source=govdelivery</a>
<b>Dilynwch ni ar y cyfryngau cymdeithasol</b> Byddem yn gwerthfawrogi os byddai aelodau yn gallu ein dilyn a rhannu ein postiadau ar Facebook, Twitter ac Instagram:   Twitter - @NWCHC  Facebook - CIC Gogledd Cymru North Wales CHC  Instagram - nwchc	<b>Follow us on Social Media</b> We would appreciate if members could follow and share our posts on Facebook, Twitter and Instagram:
Dangosfwrdd Iechyd Cyhoeddus Cymru: Dolen i ddangosfwrdd Iechyd Cyhoeddus Cymru   Coronavirus (COVID-19) data dashboard (desktop view) <sup>(2)</sup>	Public Health Wales dashboard: Link to the Public Health Wales dashboard   Coronavirus (COVID-19) data dashboard (mobile view) <sup>(2)</sup>

**Digwyddiadau gofod-diogel Menopos 2022**  
**Menopause safe-space events 2022**

<b>Dyddiad / Date</b>	<b>Amser / Time</b>	<b>Lleoliad / Venue</b>
Dydd Mercher 20 Gorffennaf  Wednesday 20 July	13.00 – 15.00	Cyfarfod <b>Zoom</b> meeting
Dydd Mawrth 27 Medi  Tuesday 27 September	10.00 – 12.00	Cyfarfod <b>Zoom</b> meeting
Dydd Llun 03 Hydref  Monday 03 October	10.30 – 13.00	Gofod Perfformio / Performance Space <b>Ty Pawb</b> Stryd y Farchnad / Market Street, Wrecsam / Wrexham LL13 8BB
Dydd Llun 10 Hydref  Monday 10 October	18.00 – 20.00	Cyfarfod <b>Zoom</b> meeting
Dydd Mercher 12 Hydref  Wednesday 12 October	10.00 – 13.00	<b>Adeilad y Cei / Quay Building</b> Ffordd y Fron Road, Cei Connah / Connah's Quay, Sir y Fflint / Flintshire CH5 4PJ
Dydd Mawrth 18 Hydref  Tuesday 18 October	19.15 – 20.45	Cyfarfod <b>Zoom</b> meeting
Dydd Mercher 09 Tachwedd  Wednesday 09 November	19.15 – 20.45	Cyfarfod <b>Zoom</b> meeting
Dydd Iau 01 Rhagfyr  Thursday 01 December	19.15 – 20.45	Cyfarfod <b>Zoom</b> meeting