## Cefndir i'r P30

Cychwynnwyd y P30 yn Ffrainc yn y 1970au cynnar. Cyrhaeddodd yma tua deng mlynedd yn ddiweddarach ac erbyn hyn mae wedi ehangu led y byd. Mudiad hunan-gynorthwyol ydyw ac felly mae'n hollol ddibynnol ar yr aelodau i rannu eu sgiliau a'u diddordebau er mwyn creu grwpiau amrywiol. Gweithredir pob un grŵp yn ddielw.

Os am ymuno â'r P30 nid oes oedran ieuengaf ond rhaid nad yw aelodau'n gweithio amser llawn nac yn chwilio am waith amser llawn. O ganlyniad mae'r aelodaeth yn tueddu i ddenu pobl sydd wedi ymddeol neu hanner- ymddeol ac sydd â phrofiadau eang at ei gilydd. Mae croeso i bawb ymuno beth bynnag eu hil, eu rhyw a'u gallu.

## Background to the u3a

The u3a or University of the Third Age was initially started in France in the early 1970's and reached Britain about a decade later. It has spread to become a world wide phenomenon. It is a self help organisation and is dependent on its members sharing skills and interests to provide a wide variety of different interest groups, all of which are run on a not for profit basis.

There is no lower age limit to join but members must not be in full time work or seeking full time work. As a consequence it does tend to attract retired or semi retired people who have a wealth of varying experiences and knowledge between them. All members are welcome regardless of race, gender or ability

## Lansio P3O Rhuthun a'r Cylch

Daeth dros 100 o bobl i lansio P30 lleol Rhuthun a'r Cylch yng Nghlwb Rygbi Rhuthun ar y 24ain o Chwefror 2015. Rose Hislop agorodd y cyfarfod gan gyhoeddi siaradwyr y bore, Jim Black, Cadeirydd P30 Dyffryn a Conwy, Hilary Jones, Cadeirydd P30, Gogledd Cymru a hefyd Philip Johnson sydd yn gyfrifol am gynorthwyo canghennau newydd y P30 yng Ngogledd Cymru. Bu'r tri yn ymdrin ag egwyddorion sylfaenol yr Elusen, sut mae grwpiau diddordeb yn cael eu ffurfio, a hefyd arolwg o'r P30'au drwy'r wlad.

## The launch of Ruthin and District u3a

Over 100 people came along to a launch of a local u3a for Ruthin and the surrounding villages which was held on February 24th in Ruthin Rugby Club. Rose Hislop introduced the speakers who included the Chairperson of Dyffryn and Conwy u3a, Jim Black, the North Wales Chairperson, Hilary Jones and Philip Johnson who is responsible for assisting new u3a's in North Wales. They covered the underlying principles of the Charity, how interest groups are formed and run and also gave the National overview of u3a's

## Cyfarfod agoriadol

Ar y 24ain o Fawrth 2015 cynhaliwyd y cyfarfod agoriadol yng Nghlwb Rygbi Rhuthun. Bwriad y cyfarfod oedd cynnig cyfle i bobl ymuno fel aelodau a hefyd i arwyddo os oedd ganddyn nhw ddiddordeb mewn un neu fwy o'r Grwpiau Diddordebau. Ymhen llai nag wythnos roedd dros 120 wedi ymuno â'r P3O newydd.

Os ydych am ymuno â P30 Rhuthun a'r Cylch, gofynnir ichi lawr lwytho a chwblhau'r ffurflen ymaelodi sydd ar y dudalen Linciau. Buaswn yn gwerthfawrogi petaech hefyd yn llenwi

ffurflen Rhodd Cymorth (ar yr un dudalen). Mae hyn yn ein galluogi i wneud cais am adennill trethi os ydych yn talu Treth Incwm.

## Inaugural meeting

The inaugural meeting was held in Ruthin Rugby Club on March 24th. At this meeting people had the opportunity to join as Members and to sign up for the new interest groups. Within less than a week more than 120 people had joined our new u3a.

If you would like to join Ruthin and District U3A please download and complete the membership form on the Links page. We would appreciate it if you would also complete a gift aid form (on the same page) if you pay income tax as this allows us to claim back the tax you have paid on your membership fee