



Funded by
UK Government



Wellbeing Walks, May 2025

Katrina: katrina.day@denbighshire.gov.uk

Chloë: chloe.webster@denbighshire.gov.uk

Charlotte: charlotte.wheeler@denbighshire.gov.uk

Join the Nature for Health Team on a Wellbeing Walk in an area local to you. These weekly walks will be around 30 minutes, on level ground and will be taken at a leisurely pace suitable for people of all abilities. Come along to meet new people, build confidence or to take that next step in your health and wellbeing journey.

Date	Time	Location	Contact
Tuesdays 6th, 13th, 20th, 27th	1pm - 1.30pm	Brickfield Pond carpark, Rhyl	Katrina
Tuesdays 6th, 13th, 20th, 27th	1pm - 1.30pm	Llangollen Health Centre carpark	Chloë
Wednesdays 7th, 14th, 21st, 28th	10am - 10.30am	Corwen Family Practice	Chloë
Wednesdays 7th, 14th, 21st, 28th	11am - 11.30am	Llygadog carpark, Corwen	Chloë
Thursdays 8th, 15th, 22nd, 29th	2pm - 2.30pm	Loggerheads Country Park, Visitor Centre	Charlotte
Fridays 9th, 16th, 23rd, 30th	1pm - 1.30pm	Llanfwrog Community Centre, (Meet outside the Ruthin Rugby Club entrance)	Charlotte



Mae gweithgareddau yn addas ar gyfer pob gallu a lefelau ffitrwydd. I gael rhagor o wybodaeth cysylltwch â Naturerbuddiechyd@sirddinbych.gov.uk
Activities are suitable for all abilities and fitness levels. For information or to book, contact Natureforhealth@denbighshire.gov.uk



Wedi ei ariannu gan
Llywodraeth y DU



Teithiau Cerdded Lles, Mai 2025

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Ymunwch â thîm Natur er buddlechydd ar daith gerdded lles mewn ardal sy'n lleol i chi. Bydd y teithiau cerdded wythnosol hyn tua 30 munud, ar dir gwastad a byddant yn cael eu cymryd ar gyflymder hamddenol sy'n addas ar gyfer pobl o bob gallu. Dewch draw i gwrdd â phobl newydd, magu hyder neu i gymryd y cam nesaf hwnnw yn eich taith iechyd a lles.

Dyddiad	Amser	Lleoliad	Cyswllt
Dydd Mawrth 6ed, 13eg, 20fed 27ain	1yp - 1.30yp	Maes parcio Pwll Brickfield, Rhyl	Katrina
Dydd Mawrth 6ed, 13eg, 20fed, 27ain	1yp - 1.30yp	Maes parcio Canolfan Iechyd Llangollen	Chloë
Dydd Mercher 7fed, 14eg, 21ain, 28ain	10yb - 10.30yb	Meddygfa Deulu Corwen, maes parcio Lôn Werdd	Chloë
Dydd Mercher 7fed, 14eg, 21ain, 28ain	11yb - 11.30yb	Maes parcio Llygadog, Corwen	Chloë
Dydd Iau 8fed, 15fed, 22ain, 29ain	2yp - 2.30yp	Parc Gwledig Loggerheads, Canolfan Ymwelwyr	Charlotte
Dydd Gwener 9fed, 16eg, 23ain, 30ain	1yp - 1.30yp	Canolfan Gymunedol Llanfwrog, cyfarfod wrth fynedfa Clwb Rygbi Rhuthun	Charlotte



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