

Gŵyl Seiclo Grysmwnt Dydd Sadwrn 24 a dydd Sul 25 Mehefin

Mae cyfres o rasys amatur (The Iron Mountain Sportif) yn mynd drwy Grysmwnt ac ar ddydd Sul bydd ras ffordd Grand Prix iau Sir Fynwy yn mynd drwy Grysmwnt deingwaith cyn dringo i orffen yng nghanol y pentref. Mae manylion llawn taith y ras, yr amseriadau a manylion cau ffyrdd yn: www.abergavennyfestivalofcycling.co.uk. Cynhelir gweithgareddau gŵyl o fewn tiroedd y Castell ar y dydd Sadwrn a'r dydd Sul a bydd yn cynnwys stondinau bwyd a diod, cerddoriaeth fyw, gweithgareddau hwyli blant a stondinau crefft/marchnad. Cyswllt: garysquire.catalyst@gmail.com

Grosmont Cycling Festival

Sat 24th and Sun 25th June

A series of amateur races (The Iron Mountain Sportif) on Saturday pass through Grosmont and on Sunday the Monmouthshire Junior Grand Prix Road Race goes through Grosmont three times before climbing to the finish in the centre of the village. Full details of the race route, timings and road closures are at: www.abergavennyfestivalofcycling.co.uk. Festival activities will be held within the Castle grounds on both Saturday and Sunday and will include food and drink stalls, live music, children's fun activities and craft/market stalls. Contact: garysquire.catalyst@gmail.com

Cwrs Sut i Wneud Compost Erobig Microbial Cyfoethog Dydd Mawrth 27 Mehefin, 10.30am to 3pm

Cwrt Dingestow, NP25 4DY
Bydd y diwrnod yn cychwyn yn y neuadd hanesyddol gyda the a sgwrs ar wneud compost. Bydd cinio organig cartref ar gael yn y fynedfa fwaog dan dŵr y cloc gydag arddangosiad ymarferol o wneud compost i ddilyn, taith o amgylch yr ardd furiog organig, gyda the a theisen yn ystod yr amser trafod. Hanfodol archebu. Cysylltwch â: www.old-lands.co.uk/grow/events/ i gael gwybodaeth ac i archebu.

How to Make Aerobic Microbial Rich Compost Course Tues 27 June, 10.30am to 3pm

Dingestow Court, NP25 4DY
The day will commence in the historic hall with tea and a talk on compost making. A hearty homemade organic lunch served in the archway under the clock tower will be followed by a practical compost making demonstration, tour of the organically cultivated walled garden, with tea and cake during discussion time. Booking essential. Contact: www.old-lands.co.uk/grow/events/ for information and to book



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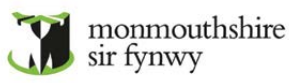
Beth yw diwrnod ynni?

Yn rhan o Wythnos Ynni Cynaliadwy yr Undeb Ewropeaidd, nod y digwyddiadau hyn yw codi ymwybyddiaeth o effeithiolrwydd ynni, ynni adnewyddadwy a byw cynaliadwy.

What is an energy day?

Part of EU Sustainable Energy Week, these events aim to raise awareness of energy efficiency, renewables and sustainable living.

www.monecoopendoors.org.uk



Standin Ffa Dydd Sadwrn 10 Mehefin 10am i 1pm

Marchnad Stryd Blestium,
Trefnyw NP25 3EQ

Mae'r Standin Ffa yn annog pobl i fwyta mwy o ffa a llai o gig; mae'n dda i'ch iechyd, yn dda i'r amgylchedd, yn arbed arian a gallant fod yn flasus tu hwnt! Bydd Trosiant Sir Fynwy yn cynnig cyfleoedd blasu am ddim a thaflen rysât am ddim. Rydym yno hefyd bob ail ddydd Sadwrn drwy gydol yr haf. Cyswllt: Ann.Eggleton@waitrose.com neu [01600 780449](tel:01600780449)

Beans Stall Sat 10th June 10am to 1pm Blestium Street Market, Monmouth NP25 3EQ

The Beans Stall encourages people to eat more beans and less meat; it's good for your health, good for the environment, saves money and can be delicious! Transition Monmouth will be offering free tasters and a free recipe leaflet. We are also there every second Saturday through the summer. Contact: Ann.Eggleton@waitrose.com on [01600 780449](tel:01600780449) or anneggleton@waitrose.com

Cwrs Garddio Dim Palu Dydd Sadwrn 10 a dydd Sul 11 Mehefin, 10am i 4.30pm Cwrt Dingestow, NP25 4DY

Dysgwch sut i roi llai o waith a chynhyrchu cynhaeaf mwy yn defnyddio garddio dim palu, gyda Charles Dowding a Colum Pawson. Bydd y cwrs yn seiliedig ar yr ardd furiog organig yn Old Lands gyda bwyd organig maethlon yn y fynedfa fwaog dan dŵr y cloc. Hanfodol archebu. Cysylltwch â: www.old-lands.co.uk/grow/events/ i gael mwy o wybodaeth ac i archebu

No Dig Gardening Course Sat 10th and Sun 11th June, 10am to 4.30pm Dingestow Court, NP25 4DY

Learn how to put in less work and produce a larger harvest using no-dig gardening, with Charles Dowding and Colum Pawson. The course will be based on the organically cultivated walled garden at Old Lands with hearty organic food served in the archway under the clock tower. Booking essential. Contact: www.old-lands.co.uk/grow/events/ for information and to book



Diwrnod Agored Rhannu Tir a Fferm Hanley Dydd Sul 11 Mehefin 10am i 4pm

Rhannu Tir Hanley, ger Siop Fferm
Hanley, Tidenham, Cas-gwent,
NP16 7NA

Dewch i ddysgu mwy am dyfu eich ffrwythau a'ch llysiau eich hun yn Rhannu Tir Hanley sydd ar agor fel rhan o Ddiwrnod Agored Fferm Hanley. Gallwch hefyd fynd ar deithiau fferm a theithiau tractor a threlar yn y fferm organig yma a phrynu bwyd lleol o'r Siop Fferm. Cysylltwch â: www.transitionchepstow.org.uk/event/?event=644

Hanley Landshare and Farm Open Day Sun 11th June 10am to 4pm Hanley Landshare, next to Hanley Farm Shop, Tidenham, Chepstow, NP16 7NA

Come and learn more about growing your own fruit and veg at Hanley Landshare which is open as part of Hanley Farm Open Day. You can also go on farm tours and tractor and trailer rides at this organic farm and buy local food from the Farm Shop. Contact: www.transitionchepstow.org.uk/event/?event=644

Diwrnod Agored Coed Cefn

Dydd Sul 11 Mehefin, 2 i 6pm
Coed Cefn, Tregar NP25 4DT,
arwyddbost o'r A40 yn Rhaglan

Dewch i deithio o amgylch yr ardd hardd hon gyda gardd furiog, ardal bywyd gwyllt, perllan a mwy, i gyd yn cael eu rheoli'n organig a chynaliadwy. Bydd lluniaueth leol, organig a Masnach Deg gan Trosiant Sir Fynwy fydd hefyd â Siop Fferio ar gyfer hadau, planhigion a chynnyrch. Bydd Cynllun Amaeth Cymorth Cymunedol Old Lands yno a hefyd Tools for Self Reliance Cymru gyda'n hamrediad o offer Masnach Deg o Affrica. Mynediad £3.50. Elw i Ymddiriedolaeth Bywyd Gwyllt Gwent. Dim cŵn os gwelwch yn dda. Cysylltwch â: [Alison a Brian Willott ar 01600 740286](tel:01600740286).

Coed Cefn Open Day Sun 11th June, 2 to 6pm Coed Cefn, Tregar NP25 4DT, signposted from A40 at Raglan

Come and stroll around this beautiful garden with walled garden, wildlife area, orchard and more, all organically and sustainably managed. Local, organic and Fairtrade refreshments provided by Transition Monmouth who will also have a Swap Shop for seeds, plants and produce. Old Lands Community Supported Agriculture Scheme will be there and Tools for Self Reliance Cymru with their range of Fairtrade tools from Africa. Admission £3.50. Proceeds to Gwent Wildlife Trust. No dogs please. Contact: [Alison and Brian Willott on 01600 740286](tel:01600740286).



Arddangosfa Cerbydau Amgen

Dydd Iau 15 Mehefin, 2 i 8pm
Iard y Bragdy, Y Fenni, NP7 5EH

Dewch draw i roi cynnig ar feic trydan, ac edrych ar gerbydau trydan a'r Rasa, car pŵer hydrogen newydd Riversimple, a gaiff ei dreialu'n lleol yn fuan. Bydd hefyd stondinau ac arddangosiadau o sefydliadau cynaliadwyedd lleol eraill. Rhwng 5 a 9pm ymwelwch â'r Farchnad Bwyd Stryd a Nos yn adeilad hanesyddol Neuadd y Farchnad a mwynhau bwyd, crefftau a cherdoriaeth. Cysylltwch â: Phil Powell, Ynni Gwent ar 07943 291229 neu phil.powell@gwentenergycic.org

Alternative Vehicles Exhibition

Thursday 15th June,
2 to 8pm
Brewery Yard, Abergavenny,
NP7 5EH

Come and have a try of an electric bike, and look at electric vehicles and the Rasa, the new hydrogen power car from Riversimple, which is going to be trialled locally soon. There will also be stalls and displays from other local sustainability organisations. From 5 to 9pm visit the Streetfood and Nightmarket in the historic Market Hall and enjoy food, crafts and music. Contact: Phil Powell, Gwent Energy on 07943 291229 or phil.powell@gwentenergycic.org



Llun/ Picture: James French



Sut beth yw byw mewn Cartref Di-Garbon?

Dydd Sadwrn, 17 Mehefin
2pm
One the Orchard, Heol Llanelen,
Llan-ffwyst, Y Fenni, NP7 9NF

Dewch i glywed Patrick Hannay o ATT yn cyfwrdd â Catherine Roberts a Steven Harris ar y deng mlynedd diwethaf o adeiladu a byw yn eu cartref teulu di-garbon gwobrwyol, ac yna fynd i edrych o amgylch. Beth mae dim carbon yn ei olygu? A yw byw mewn tŷ o'r fath yn golygu ffordd newydd o fyw neu a yw'n fywyd teuluol fel arfer? Cafodd One the Orchard ei gynllunio gan benseiri preswyl, gyda gardd gynhyrchiol a choedlan biomas. Mae'r nodweddion yn cynnwys adeiladu mas thermol uwch-inswleiddiedig, render a phlaster calch, gofod haul yn wynebu'r de, awyriant cyfnewid gwres gyda chymorth gwynt, paneli thermal solar a thrydan solar (PV), system rheoli gwres IoT clyfar, ffwrn boeler biomas a chasglu dŵr glaw. Am y 6 mlynedd ddiwethaf cafodd y tŷ ei fonitro'n llawn ar gyfer gwres a phŵer fel rhan o dreialu maes cyfredol. Cyswllt: www.crsharchitects.co.uk

Am ragor o wybodaeth
cysylltwch â:
For Further information go to:

www.monecoopendoors.org.uk

What is it like living in a Zero Carbon Home?

Sat 17th June, 2pm
One the Orchard, Llanelen Road,
Llanfoist, Abergavenny, NP7 9NF

Come and hear Patrick Hannay of ATT interview Catherine Roberts and Steven Harris on the last ten years of building and living in their award winning zero carbon family home, and then take a tour. What does zero carbon mean? Does living in such a home involve a new lifestyle or is it family life as usual? One the Orchard was designed by resident architects, with productive garden and biomass coppice. Features include super insulated thermally massive construction, lime render and plaster, south facing sunspace, wind assisted heat exchange ventilation, solar thermal and solar electric (PV) panels, smart IoT heat management system, biomass boiler stove and rainwater harvesting. For the last 6 years the house has been fully heat and power monitored as part of an ongoing field trial. Contact: www.crsharchitects.co.uk

Diwrnod Cymunedol Coedwig Claypatch

Dydd Sul 18 Mehefin
Coedwig Claypatch, Wyesham
NP25 3NE

Roedd y coetir hwn yng nghanol Wyesham wedi ei esgeuloso ers talwm ond yn y ddwy flynedd diwethaf gwnaeth Trosiant Sir Fynwy a Grŵp Coedwig Gymunedol Wyesham lawer i'w wella ar gyfer bywyd gwylt a bod yn ased cymunedol gwych. Bydd lluniaueth, adloniant (yn arbennig ar gyfer y plant) a stondinau gan grwpiau cymunedol ac amgylcheddol lleol Cysylltwch â: Richard Garner communitywoodlandproject@gmail.com neu dudalen Facebook Prosiect Coetir Cymunedol Wyesham.

Claypatch Wood Community Day

Sunday 18 June
Claypatch Wood, Wyesham
NP25 3NE

This woodland in the heart of Wyesham was much neglected but over the last two years much work has been done by Transition Monmouth and the Wyesham Community Woodland Group to make it better for wildlife and a great community asset. There will be refreshments, entertainment (especially for the children), and stalls from local community and environmental groups. Contact: Richard Garner, communitywoodlandproject@gmail.com or Wyesham Community Woodland Project Facebook page



Cynghorion ar Arbed Ynni

- ▶ Dydd Llun 19 Mehefin, 10am i 2pm Llyfrgell Cil-y-coed
- ▶ Dydd Mercher 21 Mehefin, 10am i 2pm Hyb Brynbuga
- ▶ Dydd Gwener 23 Mehefin, 10am i 2pm Hyb Trefynwy

Dewch draw a chanfod sut y gallwch ostwng eich defnydd ynni a'ch biliau, yn ogystal ag ôl-troed amgylcheddol eich cartref. Mae gennym offer cychwyn 'Tyfu eich Perlysiâu eich Hun', bylbiau golau effeithiol o ran ynni ac allwedd rheiddiadur i'w rhoi bant, a llwyth o gyngor ar sut i newid cyflenwyr ynni, defnyddio ynni yn fwy effeithiol a chael mynediad i grantiau ar gyfer gwelliannau cartref!
Cysylltwch â: Sam Hubble ar 01633 216009 sam@sewenergy.org.uk neu www.sewenergy.org.uk

Quick Fix Energy Tips

- ▶ Monday 19th June, 10am to 2pm Caldicot Library
- ▶ Wednesday 21st June, 10am to 2pm Usk Hub
- ▶ Friday 23rd June, 10am to 2pm Monmouth Hub

Pop along to find out how you can quickly and easily reduce your energy use and bills, as well as your household's environmental footprint. We've got 'Grow Your Own Herbs' starter kits, energy efficient lightbulbs and radiator keys to give away, and stacks of advice on how to switch energy suppliers, use energy more efficiently and access grants for home improvements! Contact: Sam Hubble on 01633 216009 sam@sewenergy.org.uk or www.sewenergy.org.uk



Ysgubor Ysgubol Gilwern

Dydd Sadwrn 24 Mehefin,
12 i 4pm
The Long Barn, Heol Tŷ Mawr,
Gilwern, NP7 OEB

Dewch i weld yr ysgubor hon a gafodd ei chwblhau'n ddiweddar i roi cartrefi i ddau deulu ac a gynlluniwyd i gymraedd safon trwyadl Passivhaus EnerPHit, gyda'r perchennog-gynllunydd Simon Brown. Mae gan The Barn inswleiddiad uchel iawn ac mae'n aerglos ac yn cael ei hawyru'n fecanyddol, heb fod angen fawr ddim gwresogi gofod. Cyrhaeddwch ar gyfer teithiau am 12pm, 1pm, 2pm neu 3pm. Cyfarwyddiadau: Gadael cylchfan Aberbaiden ar yr A465, tuag at Gilwern. Cymerwch y troed cyntaf i'r dde 'Heol Tŷ Mawr' a mynd i lawr bryn ac o amgylch trofa llaw chwith. Mae'r ysgubor ar y dde. Te a bisgedi am gyfraniad bach. Cyswllt: Simon Brown, 07841 870020, mail@simon-brown.com www.sustain-by-design.com.

Gilwern Barnstorming

Sat 24th June, 12 to 4pm
The Long Barn, Ty Mawr Road
Gilwern, NP7 OEB

Come and have a tour of this recently completed two-family barn conversion designed to meet the rigorous Passivhaus EnerPHit standard, conducted by the owner-designer Simon Brown. The Barn is super-insulated and airtight and mechanically ventilated, requiring almost no space heating. Please arrive for tours at 12 noon, 1pm, 2pm or 3pm. Directions: Leave Aberbaiden roundabout on the A465, towards Gilwern. Take first right 'Ty Mawr Road' and follow down hill and round left-hand bend. Barn is on the right. Tea and biscuits for a small contribution. Contact: Simon Brown, 07841 870020, mail@simon-brown.com www.sustain-by-design.com