

Torfaen Health, Sport and Fitness Newsletter

SUMMER HOLIDAYS EDITION

FREE

COMMUNITY KIT ROOM



Do you have any pre-loved children's sports clothing or footwear? For example... football boots, leotards, shorts, trainers, leggings etc



If so, our Community Kit Rooms would greatly appreciate any donations.

For more information, please click the following link... [Torfaen Community Kit Room - Ystafell Gitiau Gymunedol Torfaen - Connect Torfaen](#)



FREE

PONTYPOOL JUNIOR PARKRUN



A free, fun, and friendly weekly 2k event for juniors (age 4 to 14). Held every Sunday at 9:00am in Pontypool Park, NP4 8AT. Be sure to register before you first come along and don't forget to bring a scannable copy of your barcode. For further information visit... <https://www.parkrun.org.uk/pontypool-juniors/>



FREE

SPORT LENDING LIBRARY



Inspired by this summer's sport?

From Wimbledon to the Women's Euros, the Sports Lending Library makes it easy to get active.

Borrow sports equipment free of charge - just like books - from Cwmbran, Pontypool and Blaenavon libraries.

Have a look at our video, it shows just how easy it is to borrow... <https://www.facebook.com/share/v/1AdJ8eigJ/?mibextid=wwXIf>

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PONTYPOOL PARK TENNIS SESSIONS

The Little Hitters Tennis programme is running coached tennis sessions at Pontypool Park for all ages and abilities on Wednesdays and Thursdays. Spaces are limited so be quick to sign up, your first session is free.

For more information or to sign up please email: jane@little-hitters.co.uk or phone: 07845 291993.



FREE

TORFAEN PARK FACILITIES

There are 5 fantastic park facilities across Torfaen, all available to book online and all FREE TO PLAY. They are:

- Blaenavon Multi-Use Games Area: 2x Tennis Courts (non-floodlit) inc. provision for Netball & Basketball
- Pontypool Park: 4x Tennis Courts (floodlit)
- Cwmbran Park: 2x Tennis Courts (non-floodlit)
- Pontnewydd Multi-Use Games Area: 3x Tennis Courts (non-floodlit) inc. provision for Netball & Basketball
- Fishponds Park, Panteg: 2x Tennis Courts (non-floodlit)

To book, go to... <https://clubspark.lta.org.uk/TorfaenTennis>



FREE

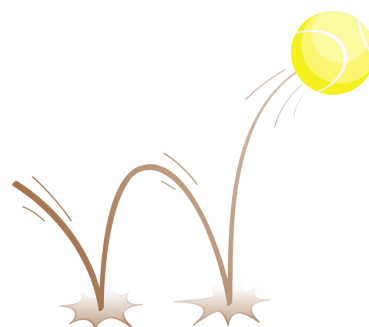
PANTEG PARKS TENNIS

Free, social tennis sessions for all ages, every weekend, at a park court near you.

No equipment needed - join a session and we'll provide everything you need to get started.

Saturdays @Panteg Park 10:00-11:00am

To book click the link: **LTA Tennis**



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FREE

POSITIVE FUTURES

Positive Futures is bringing the fun this summer with FREE multi-sport sessions for young people aged 9-16 across Torfaen! Whether you're into football, basketball, skateboarding, or just want to hang out and get moving – everyone is welcome. Just turn up and get involved!

Weekly Multi-Sport Sessions:

- Wednesdays | ⌚ 6-7pm
📍 Coed Eva Primary 4G Pitch
- Fridays | ⌚ 6-8pm
📍 Blaenavon Active Living Centre MUGA

Additional Summer Holiday Sessions:

- Monday 21st & 28th July | ⌚ 2:30-3:30pm
📍 Cwmbran Park Courts
- Tuesdays (29 July - 26 August) | ⌚ 12:30-1:30pm
📍 Blaenavon Active Living Centre Sports Hall
- Tuesdays & Thursdays | ⌚ 2:30-3:30pm
📍 Garndiffaith Welfare MUGA
- Wednesdays | 12:30-1:30pm & Fridays | ⌚ 2:30-3:30pm
📍 Pontnewydd Courts
- Wednesdays | ⌚ 2-3pm
📍 Cwmbran 3G, Woodland Road Sports & Social Centre
- Thursdays | ⌚ 12:30-1:30pm
📍 Griffithstown Park
- Fridays | ⌚ 12:30-1:30pm
📍 CCYP

Special Workshops:

- Skateboarding & BMX Workshops
📅 Monday 11th & 18th August
(Details on location & time coming soon!)

🔍 Stay updated by following us on Facebook for all the latest session info and updates.

✉ Got questions? Email: Abigail.powell@torfaen.gov.uk

Let's make this a summer to remember! ☀

Torfaen Health, Sport and Fitness Newsletter

MIC MORRIS MEMORIAL SPORTING TRUST

Apply for a [Mic Morris Memorial Sporting Trust Grant online](#) or you can download a copy of the [Mic Morris Application Form here](#) or to receive a copy in the post contact Christine Philpott on 01633 628936. Please email your application form to christine.philpott@torfaen.gov.uk.



Eligibility Criteria: Young people (aged from 11 up to 21 years) who reside in Torfaen and have...

- Represented Wales or Great Britain within the last 12 months and must provide written evidence/proof from their relevant National Governing Body (NGB).
- Been identified to be on a Commonwealth, Elite, International, Olympic pathway with relevant evidence/proof from the appropriate NGB. The Trustees will use their discretion when considering individual applications.
- Been selected for a development pathway for their chosen sport. The Trustees will use their discretion when considering individual applications.

HALO LEISURE



Pontypool Active Living Centre's Hydro Slides are re-opening, check out the Halo Leisure website for dates and other events on offer over the Summer Holidays.

Halo provides fun, safe, and affordable sports, swimming, and well-being activities, helping children and families stay active, healthy, and connected within our local community.

<https://haloleisure.org.uk/news-blog/>

PONTYPOOL PARK TENNIS CAMP

The Little Hitters Tennis programme are running a summer holidays FUN tennis camp at Pontypool Park.



Spaces are limited so be quick to sign up.

Dates: 4th & 11th August, 1-4pm age 6-14 years



For more information contact: www.janejonestennis.co.uk or 07845291993 or Book Now

Torfaen Health, Sport and Fitness Newsletter

OUR LOCAL SPORTING HEROES

Grant Receivers of the MIC MORRIS MEMORIAL SPORTING TRUST
(Charity no 519636)

National Ranking

- Member of the British and Welsh Squads
- 1st in Wales; 2nd in UK; 1st in the World

Achievements/Competitions

- IFK World Kata Tournament rep GB - 1st In the World
- IFK NK Kata Tournament rep Wales - 1st (Brown Belt Category)
- BKK British Open Knockdown Tournament - 1st (Brown Belt Category)

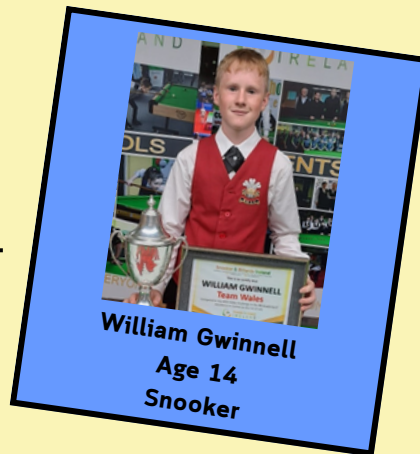


National Ranking

- 3rd in Wales (U16's)
- 3rd in Wales (U18's)

Achievements/Competitions

- Player of the Year Award 2024
- European Championships - semi finalist
- Celtic Cup - semi finalist



Achievements/Competitions

- Selected for 2023/24 season for Cricket Wales East U11's girls' side, a year early
- Selected for 2023/24 season for Cricket Wales U12's girls' side, two years early
- First 5 wicket hauls, against Cricket Wales West. 5 for 3 off 2 overs. The only girl in the age group to achieve that this season



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OUR LOCAL SPORTING HEROES

GRANT RECEIVERS OF THE MIC MORRIS MEMORIAL SPORTING TRUST
(CHARITY NO 519636)

National Ranking

- 1st - 200m BK
- 1st - 50m BK
- 1st - 200m FC

Achievements/Competitions

- Welsh Winter SC National Championships - 2nd 200m FC and 200m BK
- Luxembourg International Championships - Open Finalist at 200m FC
- Olympic Trials, London - 200m FC and 50m BK



Achievements/Competitions

- Gold - WMAC World Games
- Silver - WMAC World Games
- Gold - WMAC British Championships
- Gold - WMAC Welsh Championships



Achievements/Competitions

- Selected to attend the Hockey Wales County Pathway
- Selected to play for the U13 Girls' Regional Hockey Tournament, Nottingham
- Selected to play for the U16 Girls' Welsh County Championships



Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

RHIFYN GWYLIAU'R HAF

AM
DDIM

YSTAFELL GITIAU GYMUNEDOLA



Oes gennych unrhyw ddillad chwaraeon plant sydd wedi'u defnyddio o'r blaen neu esgidiau?

Er enghraifft... esgidiau pêl-droed, leotards, siorts, trainers, leggings ac ati.



Os felly, byddai Gweithdai citiau Cymunedol yn gwerthfawrogi unrhyw roddion.

I gael mwy o wybodaeth, Cliciwch ar y ddolen ganlynol... [Torfaen Community Kit Room](#)
[- Ystafell Gitiau Gymunedol Torfaen - Connect Torfaen](#)



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PONTYPOOL JUNIOR PARKRUN



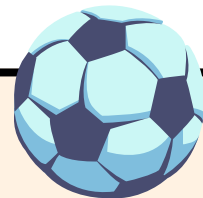
Digwyddiad 2k rhad ac am ddim, difyr ac yn gyfeillgar ar gyfer plant (o oed 4 i 14). Ar ddiwedd Sul bob wythnos am 9:00 o'r gloch yn Parc Pontypool, NP4 8AT. Gwnewch yn siŵr eich bod yn cofrestru cyn ichi ddod drosodd am y tro cyntaf ac peidiwch ag anghofio dod â chopi sganadwy o'ch cod bar. I gael mwy o wybodaeth ewch i...

<https://www.parkrun.org.uk/pontypool-juniors/>



AM
DDIM

LLYFRGELL FENTYDD CYMRAEG



Ysbrydoli gan y gêm haf yma?

O Wimbledon i Euros y Menywod, mae'r Llyfrgell Fenthyciadau Chwaraeon yn gwneud yn hawdd i ganfod gweithgaredd.

Benthycwch offer chwaraeon am ddim - yn union fel llyfrau - o lyfrgelloedd Cwmbrân, Pont-y-pŵl a Blaenafon.

Edrychwch ar ein fideo, mae'n dangos mor hawdd yw benthyg...
<https://www.facebook.com/share/v/1adj8eisgi/?mibextid=wwwxifr>

Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

CYFRES TENIS PARC PONTYPOOL



Mae rhaglen Little Hitters Tennis yn cynnal sesiynau tennis dan hyfforddiant ym Mharc Pontypool ar gyfer pob oedran a gallu ar Ddydd Mercher a Dydd Iau. Mae lleoedd yn gyfyngedig felly byddwch yn gyflym i gofrestru, mae eich sesiwn gyntaf yn rhad ac am ddim.

Am ragor o wybodaeth neu i gofrestru, plethwch e-bost at: jane@little-hitters.co.uk neu ffoniwch: 07845 291993.



AM
DDIM

CYFLEUSTERAU PARC TORFAEN

Mae 5 cyfleuster parc gwyd ar draws Torfaen, pob un ar gael i'w harchebu ar-lein ac AM DDIM I CHWARAE. Nhw yw:

- Ardal Gemau Cyffwrdd Blaenavon: 2x Cwrt Tennis (heb oleuadau) yn cynnwys darpariaeth ar gyfer Netball a Chrasbwl
- Parc Pontypool: 4x Cwrt Tennis (wedi'i oleuo)
- Parc Cwmbran: 2x Cwrt Tennis (heb oleuadau)
- Ardal Gemau Cyffwrdd Pontnewydd: 3x Cwrt Tennis (heb oleuadau) yn cynnwys darpariaeth ar gyfer Netball a Chrasbwl
- Parc Pysgodyn, Panteg: 2x Cwrt Tennis (heb oleuadau)

I archebu, ewch i... <https://clubspark.lta.org.uk/torfaentennis>



AM
DDIM

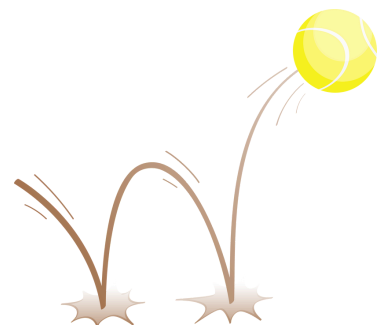
TENNIS PARC PANTEG

Sesiynau tenis cymdeithasol am ddim i bob oed, bob penwythnos, mewn cwrt parc gerllaw.

Dim angen offer - ymunwch â sesiwn a byddwn yn darparu popeth sydd ei angen arnoch i ddechrau arni.

Dyddiau Sadwrn @Parc Panteg 10:00-11:00am

I archebu cliciwch y ddolen: **LTA Tennis**



Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

AM
DDIM

DYFODLAU POSITIF

Mae Positive Futures yn dod â'r hwyl yr haf hwn gyda sesiynau aml-chwaraeon AM DDIM i bobl ifanc 9-16 oed ledled Torfaen! P'un a ydych chi'n hoff o bêl-droed, pêl-fasged, sglefrfyrrddio, neu ddim ond eisiau treulio amser a symud - mae croeso i bawb. Troi i fyny a chymerwch ran!

Cyfresi Chwaraeon Aml yn wythnosol:

- Dydd Mercher | ⌚ 6-7yh
📍 Pêl-droed 4G Ysgol Coed Eva
- Dydd Gwener | ⌚ 6-8yh
📍 Canolfan Bywyd Active Blaenavon MUGA

Sesiynau Gaeaf Ychwanegol:

- Dydd Llun 21ain a 28ain Gorffennaf | ⌚ 2:30-3:30yh
📍 Llysiau Parc Cwmbran
- Dydd Mawrth (29 Gorffennaf - 26 Awst) | ⌚ 12:30-1:30yh
📍 Canolfan Byw Gweithredol Blaenavon
- Dydd Mawrth a Dydd Iau | ⌚ 2:30-3:30yh
📍 MUGA Lles Garndiffaith
- Dydd Mercher | 12:30-1:30yh a Dydd Gwener | ⌚ 2:30-3:30yh
📍 Llysiau Pontnewydd
- Dydd Mercher | ⌚ 2-3yh
📍 Cwmbran 3G, Canolfan Chwaraeon a Chymdeithasol Woodland Road
- Dydd Iau | ⌚ 12:30-1:30yh
📍 Parc Griffithstown
- Dydd Gwener | ⌚ 12:30-1:30yh
📍 CCYP

Gweithdai Arbennig:

- Gweithdai Sgwteri a BMX
 Dydd Llun 11eg a 18fed Awst
(Manylion am leoliad a amser yn dod yn fuan!)

 Cadwch yn gyfredol trwy ddilyn ni ar Facebook am yr holl wybodaeth a swyddi sesiwn diweddaraf.

 Oes gennych gwestiynau? E-bostiwch: abigail.powell@torfaen.gov.uk

Gadewch i ni wneud hyn yn haf i'w gofio! 🌟

Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

YMDDIRIEDDIAD MIC MORRIS

Gwnewch gais am Mic Morris Memorial Sporting Trust Grant online ar-lein neu gallwch lawrlwytho copi o Mic Morris Application Form here, neu i dderbyn copi drwy'r post cysylltwch â Christine Philpott ar 01633 628936. Anfonwch eich ffurflen gais trwy e-bost i christine.philpott@torfaen.gov.uk.



Meini Prawf Cymhwysedd: Pobl ifanc (rhwng 11 a 21 oed) sy'n byw yn Nhorfaen ac sydd wedi...

- Cynrychioli Cymru neu Brydain Fawr o fewn y 12 mis diwethaf a rhaid iddynt ddarparu tystiolaeth/prawf ysgrifenedig gan eu Corff Llywodraethu Cenedlaethol (CRC) perthnasol.
- Cael eu nodi fel rhai ar lwybr Cymanwlad, Elitaidd, Rhyngwladol, Olympaidd gyda thystiolaeth/prawf perthnasol gan y CRC priodol. Bydd yr Ymddiriedolwyr yn defnyddio eu disgrisiwn wrth ystyried ceisiadau unigol.
- Cael eu dewis ar gyfer llwybr datblygu ar gyfer eu camp ddewisol. Bydd yr Ymddiriedolwyr yn defnyddio eu disgrisiwn wrth ystyried ceisiadau unigol.

HALO LEISURE



Mae sleidiau hydro canolfan bywyd actif Pontypwl yn ailagor, gwiriwch gwefan halo leisure am ddyddiadau a digwyddiadau eraill ar gael dros y gwyliau haf. Mae halo yn darparu chwaraeon, nofio, ac weithgareddau lles sy'n hwyl, yn ddiogel, ac yn fforddiadwy, gan helpu plant a teuluoedd i aros yn weithgar, iach, ac yn gysylltiedig yn ein cymuned leol.

<https://haloleisure.org.uk/news-blog/>

BWRDD TENNIS RHAGLEN PONTYPOOL

Mae'r rhaglen Little Hitters Tennis yn rhedeg gwersyll tenis hwn yn Parc Pontypool yn ystod y gwyliau haf



Mae lleoedd yn gyfyngedig felly byddwch yn gyflym i gofrestru

Dyddiadau: 4ydd & 11eg Awst, 1-4yp rhwng 6-14 oed



Am ragor o wybodaeth cysylltwch â: www.janejonestennis.co.uk neu 07845 291993 neu **book now**

Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

EIN HARWYR CHWARAEON LLEOL

DERBYNNYDDION GRANTIAU YMDDIRIEDOLAETH CHWARAEON COF MIC MORRIS (RHIF ELUSEN 519636)

Rrankio Cenedlaethol

- Aelod o dîm Prydain a Cymru
- 1af yng Cymru; 2il yn y du; 1af yn y byd

Cyflawniadau/Cystadlaethau

- Tîm ifk cystadleuaeth kata GB - 1af yn y byd
- Tîm ifk cystadleuaeth kata nk cymru - 1af (categori cintur brown)
- Tîm bkk agored Prydain cystadleuaeth knockdown - 1af (Categori Gwregys Brown)



Rrankio Cenedlaethol

- 3ydd yng Cymru (u16's)
- 3ydd yng Cymru (u18's)

Cyflawniadau/Cystadlaethau

- Gwobr chwaraewr y flwyddyn 2024
- Pencampwriaethau ewropeaidd - cymedrolwr
- Cwpan celtaidd - cymedrolwr



Cyflawniadau/Cystadlaethau

- Wedi'i dewis ar gyfer tymor 2023/24 ar gyfer tîm merched Criced Cymru Dwyrain Dan 11, flwyddyn yn gynnar
- Wedi'i dewis ar gyfer tymor 2023/24 ar gyfer tîm merched Criced Cymru Dan 12, ddwy flynedd yn gynnar
- 5 wiced gyntaf, yn erbyn Criced Cymru Gorllewin. 5 am 3 oddi ar 2 belawd. Yr unig ferch yn y grŵp oedran i gyflawni hynny'r tymor hwn



Cylchlythyr Iechyd, Chwaraeon a Ffitrwydd Torfaen

EIN HARWYR CHWARAEON LLEOL

DERBYNNYDDION GRANTIAU YMDDIRIEDOLAETH CHWARAEON COF MIC MORRIS (RHIF ELUSEN 519636)

Rrankio Cenedlaethol

- 1af - 200m BK
- 1af - 50m BK
- 1af - 200m FC

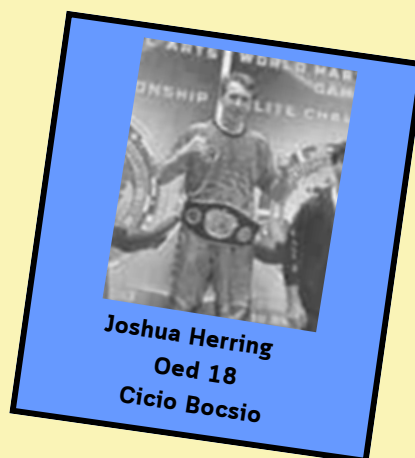
Cyflawniadau/Cystadlaethau

- Pencampwriaethau Cenedlaethol SC Gaeaf Cymru - 2il 200m FC a 200m BK
- Pencampwriaethau Rhyngwladol Lwcsembwrg - Rownd Derfynol Agored yn 200m FC
- Treialon Olympaidd, Llundain - 200m FC a 50m BK



Cyflawniadau/Cystadlaethau

- Aur - Gemau'r Byd WMAC
- Arian - Gemau'r Byd WMAC
- Aur - Pencampwriaethau Prydain WMAC
- Aur - Pencampwriaethau Cymru WMAC



Cyflawniadau/Cystadlaethau

- Wedi'u dewis i fynychu Llwybr Sirol Hoci Cymru
- Wedi'u dewis i chwarae ar gyfer Twrnament Hoci Rhanbarthol Merched Dan 13, Nottingham
- Wedi'u dewis i chwarae ar gyfer Pencampwriaethau Sirol Merched Dan 16 Cymru

