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Eich canllaw Gwylio Adar yr Ardd

Your Big Garden Birdwatch guide

Gwylio Adar yr Ardd

Big Garden Birdwatch

Sut i gymryd rhan

1. **Cyfrwch yr adar rydych chi'n eu gweld yn eich gardd, o'ch balconi neu yn eich parc lleol am awr rhwng 28 a 30 Ionawr 2022.**
Dim ond yr adar sy'n glanio y dylech eu cynnwys, nid y rheini sy'n hedfan heibio. Dim ond yr adar sy'n glanio y dylech eu cynnwys, nid y rheini sy'n hedfan heibio. Cyfrifwch y nifer uchaf o bob rhywogaeth aderyn a welwch ar unrhyw un adeg, fel arall fe allech chi gyfrif yr un aderyn ddwywaith. Er enghraifft, os gwelsoch chi grŵp o bedair drudwen, a thua diwedd yr awr eich bod wedi gweld dwy ddrudwen gyda'i gilydd, ysgrifennwch bedwar fel eich cyfrif terfynol.

2. **Ewch i rspb.org.uk/gwylioadar i ddweud wrthym beth welsoch chi.**
Beth bynnag a welsoch chi – hyd yn oed os nad oedd unrhyw beth o gwbl – rhowch wybod i ni. Po fwyaf o bobl sy'n cyflwyno eu canfyddiadau, gorau fydd y darlun a gawn o sut mae hi ar adar yr ardd. Os nad ydych yn gallu cyflwyno eich canlyniadau ar-lein, llenwch y ffurflen amgaeedig a'i hanfon atom.

How to take part

1. **Count the birds you see in your garden, from your balcony or in your local park for one hour between 28 and 30 January 2022.**
Please only include those birds that land, not those flying over. Count the highest number of each bird species that you see at any one time, otherwise you could count the same bird twice. For example, if you saw a group of four starlings, and towards the end of the hour you saw two starlings together, please write four as your final count.

2. **Go to rspb.org.uk/birdwatch to tell us what you saw.**
Whatever you saw – even if nothing at all – please let us know. The more people that submit their findings, the better picture we will have of how garden birds are faring. If you are unable to submit your results online, please complete and send us the enclosed form.

Gwneud y defnydd gorau o'ch amser yn Gwylio Adar yr Ardd

Gwyliwch Gwylio Adar yr Ardd yn fyw!

Drwy gydol penwythnos hir Gwylio Adar yr Ardd, rydyn ni'n dangos Gwylio Adar yr Ardd yn fyw ar ein sianel YouTube. Gwyliwch am sylwebaeth fyw o'n gwarchodfeydd natur ledled y DU, yn ogystal â chyfweliadau a sgwrs â gwesteion arbennig a naturiaethwyr.

Cael cyngor i adnabod adar a chyngor arbenigol

Mae llawer o gyngor ar adnabod adar wrth eu gweld ac wrth eu cân, yn ogystal â gwybodaeth arbenigol am fywyd gwyllt yr ardd yn **rspb.org.uk/gwylioadar**

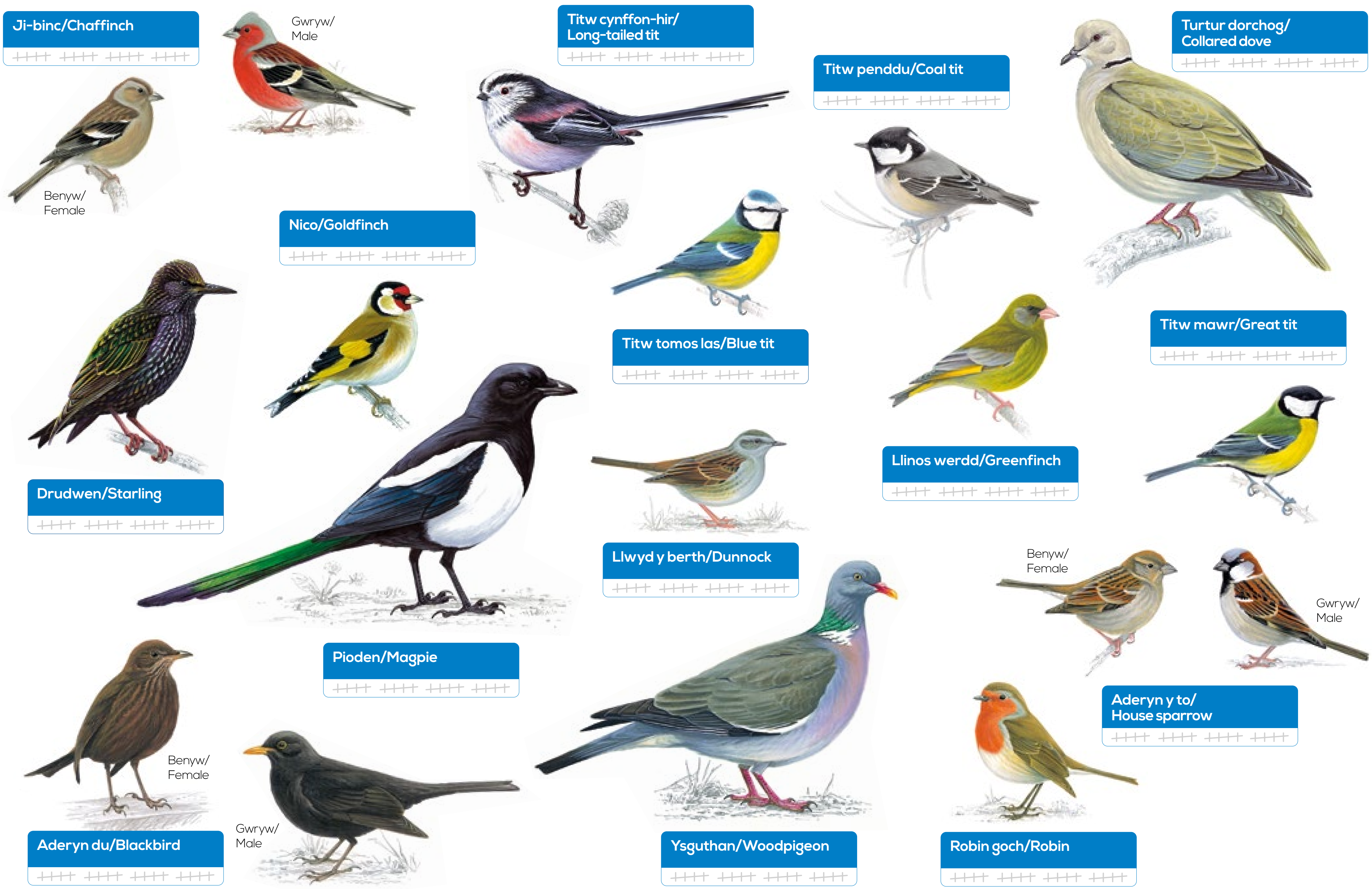
Making the most of your Birdwatch

Watch Big Garden Birdwatch Live!

Throughout the Big Garden Birdwatch long weekend, we're hosting Big Garden Birdwatch Live on our YouTube channel. Tune in for live commentary from our nature reserves across the UK, plus interviews and chat with special guests and wildlife experts.

Get ID tips and expert advice

You'll find lots of advice on identifying birds by sight and sound, as well as expert insights into garden wildlife at **rspb.org.uk/birdwatch**



Dyma rai o'r adar y gallech eu gweld. Gallwch ddefnyddio'r ddalen i'ch helpu i gyfrif.
Mae llawer o awgrymiadau ar adnabod adar yn ogystal â'u cân yn **rspb.org.uk/gwylioadar**

These are some of the birds that you might see. You can use the tally to help you count.
You'll find lots of tips on identifying birds as well as their calls at **rspb.org.uk/birdwatch**

Mae'r RSPB yn elusen gofrestredig yng Nghymru a Lloegr 207076, yn yr Alban SC037654. The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654. Darluniadau gan/ illustrations by Mike Langman (rspb-images.com)

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Gwylio Adar yr Ardd 28-30 Ionawr 2022

Big Garden Birdwatch 28-30 January 2022

Beth welwch chi?

Mwynhewch awr o wylio natur a chyfrif yr adar yn eich gardd, yn eich parc lleol neu o'ch balconi.

Gwnewch amser i fyd natur – a chi'ch hun!

Sut i gymryd rhan. Mae pob math o wylio adar yn cyfri!

1. Cyfrifwch yr adar am awr yn eich gardd, eich parc lleol neu o'ch balconi rhwng **28 a 30 Ionawr 2022.**

   Dim ond y rheini sy'n glanio y dylech eu cynnwys, nid y rheini sy'n hedfan drosodd. Cyfrifwch nifer uchaf pob rhywogaeth a welwch chi ar unrhyw adeg. Felly, os ydych chi'n gweld grŵp o wyth drudwen gyda'i gilydd, ond yn ddiweddarach yn gweld chwech gyda'i gilydd, ysgrifennwch wyth fel eich cyfrif terfynol.

2. Cyflwynwch eich canlyniadau erbyn **15 Chwefror 2022**. Ar-lein yw'r ffordd orau o wneud hyn, gan ei fod yn gyflym, yn hawdd ac yn arbed arian i ni, er mwyn i ni allu gwario mwy ar achub natur. Ewch i **rspb.org.uk/gwylioadar**, a defnyddio'r cod **BH31**, i ddweud wrthym beth welsoch chi. Cofiwch, hyd yn oed os na welsoch chi unrhyw beth, mae'n dal i gyfrif.

Os nad ydych chi'n hoffi gwneud pethau ar-lein, gallwch argraffu'r ffurflen hon, ei llenwi a'i dychwelyd drwy'r post i: **FREEPOST RSPB BIG GARDEN BIRDWATCH**. Cyfeiriad byr yw hwn, ond bydd yn sicr yn ein cyrraedd!

Enw'r aderyn	Nifer mwyaf a welais ar un adeg
Aderyn du	
Titw tomos las	
Ji-binc	
Titw penddu	
Turtur dorchog	
Llwyd y berth	
Nico	
Titw mawr	
Llinos werdd	
Aderyn y to	
Titw cynffon hir	
Pioden	
Robin goch	
Drudwen	
Ysguthan	
Adar eraill	

Rhagor o wybodaeth: **rspb.org.uk/gwylioadar**

Bydd canlyniadau'r arolwg yn cael eu cyhoeddi ar ein gwefan ym mis Ebrill.Ymunwch â'n cymuned Gwylio Adar ar-lein ar y cyfryngau cymdeithasol gan ddefnyddio **#GwylioAdarYrArdd**

Mae'r RSPB yn elusen gofrestredig yng Nghymru a Lloegr, 207076, yn yr Alban, SC037654. 356-0150-21-22

Beth am i ni gadw mewn cysylltiad – ar eich telerau chi

Diolch i chi am ymddiddori ym myd natur.

Rydym ni'n benderfynol o wneud popeth o fewn ein gallu i'w achub. Rydych chi'n rhan bwysig iawn o hynny, a dyna pam rydym ni am i chi gael gwybod am y gwaith cadwraeth, ymgyrchu, ymchwil a chodi arian rydyn ni'n ei wneud.

Os ydych chi'n hapus i'r RSPB a Siop RSPB gadw mewn cysylltiad â chi, gadewch i ni wybod ym mha ffordd yr hoffech chi glywed gennym ni:

Post	☐ Ie plis!	☐ Na, dim diolch
Ffôn	☐ Ie plis!	☐ Na, dim diolch
E-bost	☐ Ie plis!	☐ Na, dim diolch
Neges destun	☐ Ie plis!	☐ Na, dim diolch

Chi sy'n rheoli pethau. Os hoffech chi newid eich dewisiadau yn ddiweddarach, yr oll sydd angen i chi ei wneud yw ein ffonio ni ar 01767 693680 neu ewch i **rspb.org.uk/preferences**. Os byddwch chi'n dewis cadw mewn cysylltiad, byddwn ni'n rhoi'r wybodaeth ddiweddaraf i chi hefyd am aelodaeth, cynnyrch, cynigion a chystadlaethau.

Caiff eich manylion eu cadw'n saff a diogel. Dim ond ni, neu'r rheini sy'n gweithio i ni, fydd yn eu defnyddio ac ni fyddant yn cael eu rhannu â neb arall. Rydym yn dadansoddi gwybodaeth rydych chi'n ei rhoi, ac am y ffordd rydych chi wedi ein helpu ni, er mwyn penderfynu pa negeseuon fydd o ddiddordeb i chi (ac er mwyn i ni allu cadw ein hadnoddau ar gyfer gwaith cadwraeth) ac i'n helpu i ddeall ein cefnogwyr. Rydym hefyd yn defnyddio'r wybodaeth hon i redeg gweithrediadau ein helusen, e.e. os ydych chi'n archebu rhywbeth neu'n gwneud cyfraniad, bydd angen eich manylion arnom i brosesu'r rhain. Os hoffech chi wybod mwy neu ddeall eich hawliau diogelu **rspb.org.uk/privacypolicy**.

Defnyddiwch LYTHRENNAU BRAS.

Teitl (Mr, Mrs, Miss, Ms, Mx a cati) ______

Enw cyntaf ______

Cyfenw ______

Eich cyfeiriad ______

______

Tref ______

Sir/Ardal cyngor ______

Cod post ______ Rhif Ffôn ______

Ffôn symudol ______

E-bost (rhai dros 18 oed yn unig) ______

Dyddiad geni os o dan 18 __ / __ / ____

Faint o bobl wnaeth gymryd rhan? Oedolion ____ Plant ____

Os na wnaethoch chi gynnal eich sesiwn Gwylio Adar yr Ardd gartref, ble wnaethoch chi hynny?

Cod post (os yw'n wahanol i'r uchod) ______

Rhowch wybod am eich canlyniadau inni erbyn 15 Chwefror 2022. Cyflwynwch eich canlyniadau ar-lein yn: **rspb.org.uk/gwylioadar** gan ddefnyddio'r cod **BH31**. Mae'n gyflym, yn hawdd ac yn golygu ein bod yn arbed arian ar bostio a phrosesu, gan ein helpu i wario mwy ar gadwraeth.

BWMNAM0112

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Gwylio Adar yr Ardd
28–30 Ionawr 2022

Big Garden Birdwatch
28–30 January 2022

What will you see?

Enjoy an hour in nature and count the birds in your garden, local park or from your balcony.

Take time out for nature – and you!

How to take part. Every Birdwatch counts!

1. Count the birds for one hour in your garden, local park or from your balcony between **28 and 30 January 2022.**

   Only include those that land, not those flying over. Count the most birds of a particular species you see at any one time. So, if you see a group of eight starlings together, but later see six together, please write down eight as your final count.

2. Submit your results by **15 February 2022**. Online is the best way to do it, as it's quick, easy and saves us money, so we can spend more on saving nature. Go to our website at **rspb.org.uk/birdwatch**, and using the code **BH32**, tell us what you saw. Remember even if you saw nothing, it still counts.

If online's not your thing, you can print out this form, complete it and return it by post to: **FREEPOST RSPB BIG GARDEN BIRDWATCH**. This is a short address, but it will definitely reach us.

Name of bird	Most seen at one time
Blackbird	
Blue tit	
Chaffinch	
Coal tit	
Collared dove	
Dunnock	
Goldfinch	
Great tit	
Greenfinch	
House sparrow	
Long-tailed tit	
Magpie	
Robin	
Starling	
Woodpigeon	
Other birds	

Discover more: **rspb.org.uk/birdwatch**
The survey results will be announced on our website in April.
Join our online Birdwatch community on social media using **#BigGardenBirdwatch**

Let's keep in touch – on your terms

Thank you for caring about nature.

We're determined to do all we can to save it. You're a very important part of that which is why we'd love to let you know about the conservation, campaigning, research and fundraising work that we're doing.

If you're happy for the RSPB and RSPB Shop to keep in touch, please let us know how you would like to hear from us:

Post	☐ Yes please	☐ No thanks
Phone	☐ Yes please	☐ No thanks
Email	☐ Yes please	☐ No thanks
Text	☐ Yes please	☐ No thanks

You're in control. If you'd like to change your choices at a later date, all you have to do is call us on 01767 693680 or go to **rspb.org.uk/preferences**. If you decide to stay in touch, we'll also keep you up to date with news about membership, products, offers and competitions.

Your details will be kept safe and secure, only used by us, or those who work for us, and will not be shared with anyone else. We analyse information you provide, and about how you've helped us, to decide what communications will be of interest to you (and so that we can save our resources for conservation work) and to help us understand our supporters. We also use this information to run our charity's operations, e.g. if you place an order or make a donation, we'll need your details to process those. If you would like to know more or understand your data protection rights, please take a look at **rspb.org.uk/privacypolicy**.

Please use CAPITAL letters.

Title (Mr, Mrs, Miss, Ms, Mx etc)

First name

Last name

Your address

Town

County/Council area

Postcode / Telephone

Mobile

Email (over 18s only)

Date of birth if under 18 __ / __ / ____

How many people took part? Adults Children

If you didn't do your Big Garden Birdwatch at home, where did you do it? Postcode (if different from above)

Please let us know your results by 15 February 2022.
Submit your results online at: **rspb.org.uk/birdwatch** using the code **BH32**. It is quick, easy and means that we save money on postage and processing costs, helping us spend more on conservation.

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654.
356-0150-21-22

BWMNAM0219

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Gwylio Adar yr Ardd
28-30 Ionawr 2022

Big Garden Birdwatch
28-30 January 2022

Rydw i'n Gwylio Adar yr Ardd. Beth amdanoch chi?

I'm doing Big Garden Birdwatch. Are you?

rspb.org.uk/gwylioadar

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Robin goch gan/ Robin by Paul Sawer (rspb-images.com)
356-0159-21-22 ITM012954