

# FAMILY FUN WALK 2017



Noah's Ark

Children's Hospital Charity  
Elusen Ysbyty Plant

Sunday 17th September

11am from the Norwegian Church, Cardiff Bay

Help support children and families at the Noah's Ark Children's Hospital for Wales by entering yours in our 3k or 10k walk along Cardiff Bay Barrage. Fancy dress is optional and the route is suitable for buggies, wheelchairs and dogs.

Join Team Noah's Ark and help support the 73,000 children needing specialist and life-saving treatment at the Children's Hospital for Wales each year.

**Registration costs £5 per person and includes a free t-shirt and bottle of water. Minimum sponsorship: £40 per person.**

Visit [www.noahsarkcharity.org/familyfunwalk](http://www.noahsarkcharity.org/familyfunwalk) or call **029 2184 7310** to book your place.



Warm up performed by: 

Sponsored by: 

Registered Charity No. 1069485

# TAITH GERDDED I'R TEULU CYFAN 2017



**Noah's Ark**  
Children's Hospital Charity  
Elusen Ysbyty Plant

**Dydd Sul 17 Medi**

11am o Eglwys Norwyeg, Bae Caerdydd

Helpwch blant a theuluoedd Ysbyty Plant Cymru Arch Noa trwy gofrestru eich teulu chi ar gyfer ein teithiau cerdded 3km neu 10km ar hyd Morglawdd Bae Caerdydd. Mae croeso i chi ddod mewn gwisg ffansi ac mae'r llwybr yn addas ar gyfer bygis, cadeiriau olwyn a chŵn.

Ymunwch â Thîm Arch Noa a helpwch i gefnogi 73,000 o blant sydd angen triniaeth arbenigol a thriniaeth sy'n achub bywyd bob blwyddyn yn Ysbyty Plant Cymru.

**Cost cofrestru yw £5 y pen ac mae hynny'n cynnwys crys-t a photel ddŵr rhad ac am ddim. Lleiafswm nawdd awgrymedig: £40 y pen.**

Ewch i [www.noahsarkcharity.org/familyfunwalk](http://www.noahsarkcharity.org/familyfunwalk) neu ffoniwch **029 2184 7310** i archebu eich lle.



Bydd y perfformiad  
cychwynnol yn cael eiddo  
berfformio gan:



Noddwyd gan:



Rhif Elusen Gofrestredig: 1069485