

Syniadau codi arian yn syth bin!

Mae Pencadlys Coblynnod wedi paratoi ich helpu efo amrywiaeth o wahanol ffyrdd y gallwch godi arian. Felly p'un a ydych chi'n gorachod gwirion, yn gorachen greadigol neu'n gorachen o bob crefft, mae rhywbeth ar eich cyfer chi!



Arwerthiant pobi Nadoligaidd: Os ydych chi'n bobydd wedi'ch dysgu, beth am bobî danteithion blasus a gofyn am rodd awgrymedig ar eich Diwrnod Coblynnod. Gallech chi ofyn i'ch cyd gorachod wneud yr un peth! Os nag yw pobi eich sgil cudd fe allech chi bob amser brynu danteithion – peidiwch â phoeni ni fyddwn yn dweud!



Gwisgwch eich gwisg goblynnod gorau: Rydych un gwybod y dril, Gofynnwch i'ch ffrindiau, teulu neu gydweithwyr eich noddi i fynd o gwmpas eich diwrnod arferol yn llawn wisg fansi i chi godi arian. Gallai hyn olygu gwneud y siop wythnosol, dal y trê'n i weithio neu hyd yn oed wneud 5k digywilydd. Defnyddiwch eich ffurflen noddi neu dudalen JustGiving i gasglu rhoddion.



Ffair Nadolig: Cyfunwch Ddiwrnod Coblynnod â ffair Nadoligaidd yn eich swyddfa, ysgol neu yn eich cymdogaeth. Os ydych chi'n gorachod creadigol gallech werthu danteithion neu grefftau cartref Nadoligaidd.



Helga drysor wych: Cael pawb i gymryd rhan yn hwyl Diwrnod y Coblynnod mewn helga drysor Nadoligaidd. Lluniwch restr o eitemau y mae'n rhaid i bawb ddod o hyd iddynt (er enghraifft, sanau streipiog) a gweld pwy all ddod o hyd i'r mwyaf o fewn cyfnod penodol o amser. Gallwch ofyn i bobl wneud cyfraniad i gymryd rhan a dyfarnu gwobr fach i'r coblyn buddugol neu'r tîm o gorachod.







Awgrym da: gallwch chi gynnal helga drysor rithwir hefyd!

Trefnwch ychydig o hwyl yr ŵyl a gemau gan ddefnyddio eich cit ac ewch i alzheimers.org.uk/elfday am hyd yn oed mwy o adnoddau i wneud eich Diwrnod Coblynnod y gorau!



Popeth sydd angen i chi ei wneud i helpu eich diwrnod

Eich rhestr wirio Diwrnod Coblynnod:

-  Cofrestrwch ar gyfer Diwrnod Coblynnod a chael eich pecyn codi arian Nadoligaidd
-  Penderfynwch ble byddwch chi'n cynnal eich Diwrnod Coblynnod
-  Dechreuwch ledaenu'r gair a dweud wrth eich gwesteion bod angen eu presenoldeb
-  Gosodwch eich tudalen JustGiving fel bod gan bawb y gallu i'w gwneud yn llwyddiant
-  Sicrhewch fod eich holl ddeunyddiau wedi'u didoli cyn y diwrnod mawr
-  Rydych chi hanner ffordd yno! Atgoffwch eich gwesteion ychydig ddyddiau cyn eich digwyddiad
-  Paratowch eich gwisg – boed yn bâr o sanau slei neu wedi'i orchuddio o'ch pen i'r traed!
-  Mae Diwrnod y Coblynnod yma – amser i dacluso pethau – gwnewch yn siŵr bod eich lleoliad yn edrych fel paradwys i gorbynnod a bod eich gemau allan yn barod i westeion eu mwynhau
-  Rhannwch eich tudalen JustGiving trwy gydol y dydd a gwnewch yn siŵr eich bod yn casglu unrhyw roddion arian parod
-  Tynnwch lawer o luniau a thagiwch ni gan ddefnyddio **@alzheimerssoc**
-  Cael y diwrnod gorau a gwnewch yn siŵr eich bod chi'n trin eich hun – rydych chi wedi gwneud peth gwych i helpu pobl sydd wedi'u heffeithio gan ddementia
-  Rydych chi'n gwybod y dril – amser i dalu yn eich codi arian anhygoel!



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Mae Cymdeithas Alzheimer yn elusen gofrestredig yng Nghymru a Lloegr (296645); Ynys Manaw (1128) ac mae'n gweithredu yng Ngogledd Iwerddon
Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland.



Fundraising ideas straight off the sh-elf!

Elf HQ has got you covered with a variety of different ways you can raise money. So whether you're a silly elf, a creative elf or an elf of all trades there's something for you!



Festive bake sale: If you're an elf taught baker, why not bake some tasty treats and ask for a suggested donation on your Elf Day. You could ask your fellow elves to do the same! If baking isn't your hidden skill you could always buy some treats – don't worry we won't tell!



Don your finest elf attire: You know the drill, ask your friends, family or colleagues to sponsor you to go about your normal day in full elfie get up. This could be doing the weekly shop, catching the train for work or even doing a cheeky 5k. Use your sponsorship form or JustGiving page to collect donations.



Festive fair: Combine Elf Day with a festive fair at your office, school or in your neighbourhood. If you're a creative elf you could sell some festive home-made treats or crafts.















Terrific treasure hunt: Get everyone involved with the Elf Day fun in a festive treasure hunt. Put together a list of items that everyone has to find (for example, stripy socks) and see who can find the most within a set amount of time. You can ask people to make a donation to take part and award a small prize to the winning elf or team of elves. **Top tip: you can host a virtual treasure hunt too!**

But wait – there's myrrh! Organise some festive fun and games using your kit and head to [alzheimers.org.uk/elfday](https://www.alzheimers.org.uk/elfday) for even more resources to make your Elf Day the best!



Everything you need to do to sleigh your day

Your Elf Day checklist!

-  Sign up to Elf Day and get your festive fundraising pack
-  Decide where you will be hosting your Elf Day
-  Start spreading the word and telling your guests their *presents* is required
-  Setup your JustGiving page so everyone has the ability to make it *rein*
-  Make sure you have all your elfie materials sorted ahead of the big day
-  You're halfway there and sleighing this! Remind your guests a few days before your event
-  Get your elfie outfit ready – whether that's a sneaky pair of socks or covered from head to toe!
-  Elf Day is here – time to spruce things up – make sure your venue looks like an elfie paradise and you have your games out ready for guests to enjoy
-  Share your JustGiving page throughout the day and make sure you collect any cash donations
-  Take lots of *elfies* and tag us using **@alzheimerssoc**
-  Have the best day and make sure you treat *yo'elf* – you've done a wonderful thing to help people affected by dementia
-  You *snow* the drill – time to pay in your amazing fundraising!



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