

FREE SUMMER HOLIDAY ACTIVITIES FIT, FED & READ 2026

Food
Included

No Booking
Required

Monday		Tuesday		Wednesday		Thursday		Friday	
Flint	Sealand	Saltney	Cannah's Quay	Buckley	Aston	Mostyn	Holywell	Treuddyn	Mold
2:00-3:30pm	5:00-6:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm
Flint Castle CH6 5PE	Sealand Manor Park CH5 2SQ	Park Avenue Rec CH4 8LT	Scout Hut Field CH5 4RQ	Princess Avenue CH7 2LP	Central Drive CH5 1LR	Mostyn Football Pitch CH8 9PE	Fron Park CH8 7TO	Treuddyn Playing Field CH7 4LU	Maes Bodlonfa CH7 1DR
Find us on the grassed area either side of the Castle	Find us via entrances on East Green, North Green and Ferry Close	Find us via alleyways on Park Avenue, Salisbury Avenue and Ashleigh Close	Find us on the playing field below Deeside Naval Club	Find us on the playing field between Princess Avenue and Alyn Road	Find us opposite the Melrose Inn	Find us on the playing field opposite Mostyn community centre	Find us behind Holywell Leisure Centre	Find us behind Treuddyn village hall	Find us on The Rec, playing field
20 July 27 July 3 August 10 August 17 August		21 July 28 July 4 August 11 August 18 August		22 July 29 July 5 August 12 August 19 August		23 July 30 July 6 August 13 August 20 August		24 July 31 July 7 August 14 August 21 August	

Run by Gwella, Fit, Fed & Read is a FREE summer holiday programme for children and families across Flintshire, combining fun sports and physical activity with games, crafts, reading activities and free food and drink in local community spaces. Follow us on social media or email josh.mcewan@gwella.wales for more information.

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GWEITHGAREDDAU GWYLIAU'R HAF AM DDIM FIT, FED & READ 2026

Bwyd wedi
gynnwys

Dim angen
archebu

Dydd Llun		Dydd Mawrth		Dydd Mercher		Dydd Iau		Dydd Gwener	
Y Fflint	Sealand	Saltney	Cel Cannah	Bwcle	Aston	Mostyn	Treffynnon	Treuddyn	Yr Wyddgrug
2:00-3:30pm	5:00-6:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm
Castell y Flint CH6 5PE	Parc Sealand Manor CH5 2SQ	Cae Chwarae Park Avenue CH4 8LT	Cae Caban y Sgawtiald CH5 4RQ	Princess Avenue CH7 2LP	Central Drive CH5 1LR	Cae Pêl-droed Mostyn CH8 9PE	Parc y Fron CH8 7TO	Cae Chwarae Treuddyn CH7 4LU	Maes Bodlonfa CH7 1DR
Cewch hyd i ni ar yr ardal laswelltlog bob ochr i'r Castell	Cewch o hyd i ni drwy'r mynedfeydd ar East Green, North Green a Ferry Close	Cewch hyd i ni ar hyd lwybrau troed Park Avenue, Salisbury Avenue ac Ashleigh Close	Cewch hyd i ni ar y cae chwarae ger Clwb Llynges Garnau Dyfrdwy	Cewch hyd i ni ar y cae chwarae rhwng Princess Avenue ac Alyn Road	Cewch hyd i ni gyferbyn â thafarn 'Melrose Inn'	Cewch hyd i ni ar y cae chwarae gyferbyn â chanolon gymunedol Mostyn	Cewch hyd i ni tu ôl i Ganolfan Hamdden Treffynnon	Cewch hyd i ni y tu ôl i neuadd bentref Treuddyn	Cewch hyd i ni ar y cae chwarae 'The Rec'
20 Gorffennaf 27 Gorffennaf 3 Awst 10 Awst 17 Awst		21 Gorffennaf 28 Gorffennaf 4 Awst 11 Awst 18 Awst		22 Gorffennaf 29 Gorffennaf 5 Awst 12 Awst 19 Awst		23 Gorffennaf 30 Gorffennaf 6 Awst 13 Awst 20 Awst		24 Gorffennaf 31 Gorffennaf 7 Awst 14 Awst 21 Awst	

Yn cael ei chynnal gan Gwella, mae 'Fit, Fed & Read' yn rhaglen AM DDIM dros wythiau'r haf i blant a theuluoedd yn Sir y Fflint, sy'n cyfuno chwaraeon a gweithgareddau corfforol â gemau, crefftiau, gweithgareddau darllen a bwyd a diod am ddim mewn lleoliadau cymunedol lleol. Dilynwch ni ar y cyfryngau cymdeithasol neu anfonwch e-bost at josh.mcewan@gwella.wales.

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