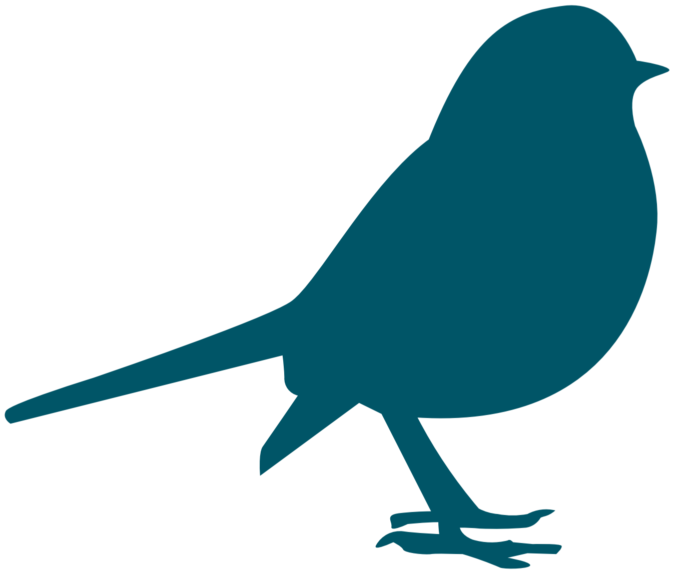
Eich canllaw a siart cyfrif

Your how-to-guide and tally chart



Gwylio Adar yr Ardd

26–28 Ionawr 2024

Big Garden Birdwatch

26–28 January 2024

Mae cymryd rhan yn hollol syml

1 **Cyfrwch yr adar rydych chi'n eu gweld yn eich gardd, ar eich balconi neu yn eich parc lleol am awr rhwng 26 a 28 Ionawr 2024.**

Defnyddiwch y blychau cyfri ar draws i helpu i gofnodi a chyfrif yr adar rydych chi'n eu gweld. Trosglwyddwch eich cyfrifon i'r ffurflen canlyniadau. Mae'r siart yma'n dangos rhai o'r adar y gallech eu gweld. Efallai y byddwch chi'n gweld adar eraill, os felly, cofnodwch nhw ar y ffurflen canlyniadau hefyd. Lle nad ydym yn dangos adar gwrywaidd a benywaidd, mae'r ddau ryw yn edrych yn debyg, ond nid ydynt bob amser yn union yr un fath.

2 **Mae dilyn y rheolau syml hyn yn ei gwneud hi'n hawdd cyfrif yr adar rydych chi'n eu gweld.**

Dim ond yr adar sy'n glanio y dylech eu cynnwys, nid y rheini sy'n hedfan drosodd. Cyfrwch nifer uchaf pob rhywogaeth a welwch ar unrhyw un adeg, fel arall gallech gyfrif yr un aderyn ddwywaith. Er enghraifft, os gwelsoch chi grŵp o wyth drudwen, ac ar ddiwedd yr awr rydych chi'n gweld chwe drudwen gyda'i gilydd, ysgrifennwch '8' fel eich cyfrif terfynol.

3 **Ewch i www.rspb.org.uk/gwylioadar a dywedwch wrthym ni beth welsoch chi.**

Mae cyflwyno ar-lein yn gyflym ac yn hawdd ac mae'n lleihau ein costau, sy'n golygu y gallwn ni wario mwy ar achub natur Beth bynnag a welsoch chi – hyd yn oed os na welsoch chi unrhyw beth o gwbl – rhowch wybod i ni. Y mwyaf o ganlyniadau sydd gennym ni, y gorau yw'r darlun o sut mae adar yr ardd yn ymdopi.

Os nad ydych yn gallu cyflwyno eich canlyniadau ar-lein, llenwch y ffurflen amgaeedig a'i hanfon atom.

Eich helpu chi i wneud i'ch sesiwn Gwylio Adar yr Ardd gyfri

Cymerwch ran ar ein sianeli cymdeithasol

Drwy gydol penwythnos hir Gwylio Adar yr Ardd, gallwch ymuno yn y sgwrs ar ein sianeli cymdeithasol. Dewch i weld beth mae pobl eraill sy'n mwynhau natur yn ei weld ledled y DU a llwythwch luniau a sylwadau i fyny am eich sesiwn Gwylio Adar yr Ardd. Ewch i **#GwylioAdaryrArdd**

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 **www.rspb.org.uk/gwylioadar**

Taking part is as easy as 1, 2, 3

1 **Count the birds you see in your garden, from your balcony or in your local park for one hour between 26 and 28 January 2024.**

Use the tally boxes on the next page to count and record the birds you spot. Transfer your count to the results form. This chart shows some birds you might see. You may see others, if so record those on the results form too. Where we don't show male and female birds, the sexes look similar, but are not always identical.

2 **Following these simple rules makes it easy to count the birds you see.**

Only include birds that land, not those flying over. Count the highest number of each species you see at any one time, otherwise you could count the same bird twice. For example, if you saw a group of eight Starlings but then towards the end of your hour you saw six together, record '8' as your final Starling count.

3 **Go online and tell us what you saw at www.rspb.org.uk/birdwatch**

Submitting online is quick and easy and it means we can spend more on saving nature as it reduces our costs.Whatever you saw – even if nothing at all – please tell us. The more results we have, the better the picture we will be of how garden birds are faring.

If you are unable to submit your results online, please complete and send us the enclosed form.

Helping you make your Big Garden Birdwatch count

Get involved on our social channels

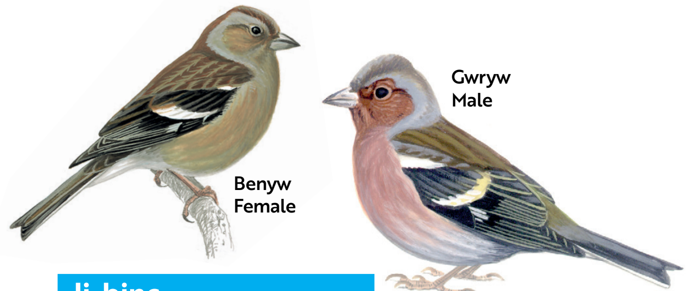
Throughout the Big Garden Birdwatch long weekend, you can join in the conversation on our social channels. See what other nature lovers are spotting across the UK and you can upload pics and comments about your Birdwatch. Go to **#BigGardenBirdWatch**

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 **www.rspb.org.uk/birdwatch**

Aderyn Du
Blackbird

Titw Tomos Las
Blue Tit



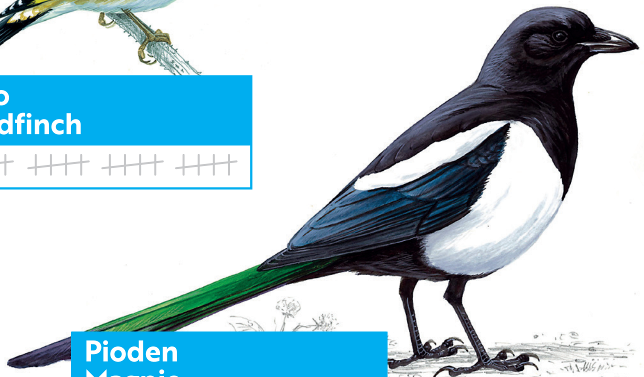
Ji-binc
Chaffinch

Titw Penddu
Coal Tit

Nico
Goldfinch

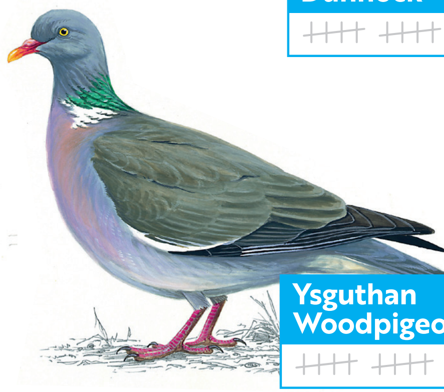
Llwyd y Berth
Dunnock

Llinos Werdd
Greenfinch



Pioden
Magpie

Titw Mawr
Great Tit

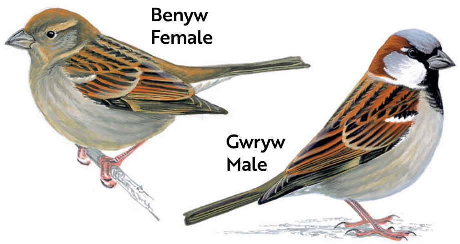


Ysguthan
Woodpigeon

Turtur Dorchog
Collared Dove

Drudwy
Starling

Titw Cynffon Hir
Long-tailed Tit



Aderyn y To
House Sparrow

Robin Goch
Robin

Mae'r RSPB yn elusen gofrestredig: Lloegr a Chymru rhif 207076, yr Alban rhif SC037654.
Lluniau gan Mike Langman (rspb-images.com)

The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654.
Illustrations by Mike Langman (rspb-images.com) 356-23-24 BGBW-24

Gyda'n gilydd, gallwn wneud iddo gyfrif

Cysylltwch â natur. Gwnewch eich rhan.

Dwi'n gêm

BWMNAM0112

Gwylio Adar yr Ardd

26–28 Ionawr 2024

Beth welwch chi?

Mwynhewch awr ym myd natur a chyfrwch yr adar yn eich gardd, o'ch balconi neu yn eich parc lleol.

Sut i gofnodi eich canlyniadau

1 Ewch ati i gyfrif yr adar yn eich gardd, o'ch balconi neu yn eich parc lleol am awr rhwng **26 a 28 Ionawr 2024.**

2 Cofnodwch y cyfanswm ar gyfer pob aderyn yn y blychau ar y siart dros y dudalen.

3 Cyfrwch y nifer fwyaf o rywogaeth benodol a welwch chi ar unrhyw un adeg. Felly, os ydych chi'n gweld grŵp o wyth drudwen, ond yn ddiweddarach yn gweld chwech gyda'i gilydd, ysgrifennwch wyth fel eich cyfrif terfynol.

4 Os nad ydych chi'n gweld unrhyw un o'r adar ar y siart, nodwch '0' fel eich cyfrif terfynol – mae'n bwysig ein bod yn gwybod pa adar sydd heb ymweld â'ch ardal o gwbl.

5 Dim ond y rheini sy'n glanio y dylech eu cynnwys, nid y rheini sy'n hedfan drosodd.

6 Hyd yn oed os na welsoch chi ddim byd, gwnewch yn siŵr eich bod yn dweud wrthym, mae'n dal i gyfrif.

Os byddai'n well gennych anfon eich canlyniadau atom **drwy'r post**, anfonwch y ffurflen hon wedi'i chwblhau atom mewn amlen wedi'i chyfeirio **FREEPOST RSPB BIG GARDEN BIRDWATCH** erbyn **13 Chwefror 2024**. 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	
Drudwy	
Ysguthan	
Adar eraill	

Rhagor o wybodaeth am y digwyddiad Gwylio Adar

Gallwch ddefnyddio'r siart gyferbyn i gymryd rhan, ond os hoffech wybod mwy ewch i **www.rspb.org.uk/gwylioadar**

Yn y fan hon fe ddewch o hyd i gyngor gan arbenigwyr, ynghyd ag awgrymiadau ac erthyglau am sut i ddenu adar i'ch ardal ar gyfer digwyddiad Gwylio Adar llwyddiannus. A gallwch rannu lluniau a straeon gyda'r gymuned Gwylio Adar ar y cyfryngau cymdeithasol drwy ddefnyddio'r hashnod **#GwylioAdarYrArdd**

Gadewch i ni gadw mewn cysylltiad ar eich telerau chi

Diolch am weithredu dros natur.

Rydym ni'n gweithio'n galed i wneud popeth o fewn ein gallu i'w achub. Gallwch chi chwarae rhan, bwysig iawn, eich hun, a dyna pam rydym ni am i chi gael gwybod am y gwaith cadwraeth, ymgyrchu, ymchwil a chodi arian a wnawn.

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 ydych chi am newid eich dewisiadau wedyn, yr oll sydd angen i chi ei wneud yw ein ffonio ni ar **01767 693680** neu fynd i www.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. Byddwn ni'n dadansoddi gwybodaeth rydych chi'n ei rhoi, ac am sut rydych chi wedi ein helpu ni, er mwyn penderfynu pa negeseuon fyddai o ddiddordeb i chi (ac er mwyn i ni allu cadw ein hadnoddau ar gyfer gwaith cadwraeth) ac i'n helpu ni i ddeall ein cefnogwyr. Byddwn ni hefyd yn defnyddio'r wybodaeth hon i gyflawni gwaith yr elusen, e.e. os byddwch chi'n archebu rhywbeth neu'n gwneud cyfraniad, bydd angen eich manylion arnom i brosesu'r rhain. Os ydych chi am ddeall neu wybod mwy am eich hawliau o ran diogelu data, cymerwch gip ar www.rspb.org.uk/privacypolicy

Defnyddiwch LYTHRENNAU BRAS.

Teitl (Mr, Mrs, Miss, Ms, Mx ac ati)

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 ydych dan 18 oed / /

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)

Sut i gyflwyno eich canlyniadau

Ar ôl i chi gwblhau eich digwyddiad Gwylio Adar, ewch i **www.rspb.org.uk/gwylioadar** gan ddyfynnu'r **cod BH31** a chyflwynwch eich ffigurau gan ddefnyddio'r ffurflen canlyniadau ar-lein. **Cyflwynwch eich canlyniadau erbyn 18 Chwefror 2024.**

Os byddai'n well gennych anfon eich canlyniadau atom drwy'r post, anfonwch y ffurflen hon wedi'i chwblhau atom mewn amlen wedi'i chyfeirio **FREEPOST RSPB BIG GARDEN BIRDWATCH** erbyn **13 Chwefror 2024**. Cyfeiriad byr yw hwn, ond bydd yn sicr yn ein cyrraedd.

Together, let's make it count

Connect to nature. Play your part.

Count me in

BWMNAM0219

Big Garden Birdwatch

26–28 January 2024

What will you see?

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

How to record your results

1 Count the birds for one hour in your garden, from your balcony or local park **between 26 and 28 January 2024.**

2 Record the total for each bird in the boxes on the count chart opposite.

3 Count the most birds of a particular species you see at any one time.

So, if you see a group of eight Starlings, but later see six together, please write down eight as your final count.

4 If you don't see any of the birds on the chart, record '0' as your final count – it's important for us to know which birds are 'no shows'.

5 Only include birds that land, not those flying over.

6 Even if you saw nothing make sure you tell us, it still counts.

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 about Birdwatch

You can simply use the chart opposite to take part, but if you would like to know more go to **www.rspb.org.uk/birdwatch**

You'll find expert advice, tips and features on how to attract birds onto your patch for a successful Birdwatch.

And you can share pics and stories with the online Birdwatch community on social media using **#BigGardenBirdWatch**

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654.
356-23-24 BGBW-24

Let's keep in touch on your terms

Thank you for taking action for nature.

We're working hard to do all we can to save it. You can play your own, very important part, 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 www.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
www.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)

How to submit your results

When you've done your Birdwatch, go to **www.rspb.org.uk/birdwatch** quoting **code BH32** and submit your totals using the online results form. **Submit your results by 18 February 2024.**

If you'd rather send us your results by post, send this completed form to us in an envelope addressed **FREEPOST RSPB BIG GARDEN BIRDWATCH** by **13 February 2024**. This is a short address, but it will definitely reach us.