

Cylchgrawn Cyfeillon y Ddaear
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‘Breakfast’ at Ruthin Repair Café

There was excitement in the air at this month’s Repair Café in the Naylor Leyland Centre as the BBC Breakfast team arrived to film for the uplifting, regular feature ‘Rise and Shine’. Jayne McCubbin and cameraman Kieran Tynan spent the morning interviewing and filming volunteer fixers and the customers who had arrived at the Café to have their items fixed. Anne Lewis who organises the Café said, “We were very excited to be chosen to represent a successful Repair Café in North Wales, for the BBC Breakfast programme as part of ‘Fix it February’. This initiative was launched by Repair Café Wales in 2025 and is a month-long campaign to inspire people across Wales (and beyond) to repair one broken item instead of replacing it. Whether it’s a faulty toaster, a ripped pair of jeans, or a wobbly chair, ‘Fix it Feb’ is about using the power of repair to help the planet save money and create connections through skill sharing”.

Customers brought in the usual range of household items for repair such as vacuum cleaners, kettles, laptops, heated hair rollers, clothing, and tools for sharpening, as well as more unusual things like a suitcase, clock, musical carousel and a mechanical toy steam engine from 1953.

The programme was aired on BBC Breakfast on 17th February.

Ruthin Repair Café is run completely by the volunteers who give up their time to fix items including jewellery, mechanical items, ceramics, guitar, flute and clarinet adjustments, electrical items, textile repairs and software support. Some of the team also make delicious cakes for the customers and volunteers and there is a team who organise the event, so everything runs smoothly.

It is one of the busiest, of 143 in Wales and one of 2500 worldwide. The first one in Ruthin was organised by Jozsef Vass in 2020. This February was the 52nd café. In that time 1600 items have been processed with a fix rate of 73% which is equivalent to an estimated cost saving of £98,000 and reducing landfill by nearly 5700 kilograms.

To date the total carbon emissions prevented by the work of the repair cafes across Wales has exceeded one million kilograms.

You will find the Ruthin Repair Café at the Naylor Leyland Centre, Well Street, Ruthin on the first Saturday of the month from 10am – 1pm (last orders 12.30pm).



Anne Lewis and Jayne McCubbin.



Jayne McCubbin and Kieran Tynan with some of some of the Repair Café team.

'Brecwast' yng Nghaffi Trwsio Rhuthun

Roedd awyrgylch o gyffro yng Nghaffi Trwsio Rhuthun yng Nghanolfan Naylor Leyland yn gynharach y mis hwn wrth i dîm BBC Breakfast gyrraedd i filmio eu heitem reolaidd 'Rise and Shine'. Treuliodd Jayne McCubbin a'r dyn camera, Kieran Tynan, y bore yn cyfweld â gwirfoddolwyr a chwsmeriaid a oedd wedi cyrraedd gyda phethau i'w trwsio. Dywedodd Anne Lewis, sy'n trefnu'r Caffi, "Roedd lot o gyffro yn sgil cael ein dewis i gynrychioli Caffi Trwsio llwyddiannus yn y Gogledd fel rhan o '*Fix it February'* ar BBC Breakfast. Lansiwyd yr ymgyrch hon, sy'n para am fis cyfan, gan Gaffi Trwsio Cymru yn 2025, er mwyn ysbrydoli pobl ledled Cymru (a thu hwnt) i drwsio un eitem sydd wedi torri yn hytrach na phrynu eitem newydd yn ei lle. Os oes gennych *toaster* nad yw'n gweithio'n iawn, pâr o jîns sydd wedi rhwygo, neu gadair sigledig, mae *'Fix it Feb'* yn eich annog i fanteisio ar y cyfle i'w trwsio er mwyn helpu'r planed, arbed arian, a chreu cysylltiadau drwy rannu sgiliau".

Cyrhaeddodd y cwsmeriaid gyda'r amrywiaeth arferol o eitemau tŷ i'w trwsio, megis *vacuum cleaner*, tegell, *laptop*, *heated hair rollers,* dillad, ac offer i'w hogi, yn ogystal â phethau mwy anarferol megis siwtces, cloc, *musical carousel* a thegan injan stêm o 1953.

Cafodd y rhaglen ei darlledu ar BBC Breakfast ar 17 Chwefror.

Mae Caffi Trwsio Rhuthun yn cael ei redeg gan wirfoddolwyr sy'n rhoi o'u hamser am ddim i drwsio pob math o bethau, gan gynnwys gemwaith, eitemau mecanyddol, serameg, gitarau, offer trydanol, tecstiliau, yn ogystal ag addasu ambell i ffliwt a chlarinet a darparu cymorth gyda meddalwedd. Mae rhai o'r gwirfoddolwyr hefyd yn gwneud cacennau blasus i'r cwsmeriaid a'r gwirfoddolwyr, ac mae yna dîm sy'n trefnu'r digwyddiad, gan sicrhau bod popeth yn rhedeg yn esmwyth.

Mae Caffi Trwsio Rhuthun yn un o'r caffis prysuraf, ac un o 143 yng Nghymru a 2500 ar draws y byd. Cafodd yr un cyntaf yn Rhuthun ei drefnu gan Jozsef Vass yn 2020, a fis Chwefror eleni cynhaliwyd caffi rhif 52. Yn ystod y cyfnod, cafodd 1600 o eitemau eu prosesu, gyda chyfradd drwsio o 73%, sy'n cyfateb i amcangyfrif o arbedion cost o £98,000 a lleihad yn y gwastraff tirlenwi o bron i 5700 cilogram.

Hyd yn hyn, mae cyfanswm yr allyriadau carbon a ataliwyd gan waith y caffis trwsio ledled Cymru yn fwy na filiwn o gilogramau.

Cynhelir Caffi Trwsio Rhuthun yng Nghanolfan Naylor Leyland, Stryd y Ffynnon, Rhuthun ar ddydd Sadwrn cyntaf y mis, 10am – 1pm (derbynnir eitemau olaf y dydd am 12.30pm).

Cynnal Gweithdy Trwsio i *Girl Guides* Rhuthun

Cafodd gweithdai eu cynnal ledled Cymru yn 2025 gan Gaffi Trwsio Cymru i hyrwyddo syniadau ynghylch economi gylchol, caffis trwsio, a ffyrdd o drwsio eitemau. Roedd y ffocws ar gymunedau lleol, ac ennyn diddordeb pobl ifanc mewn ysgolion, colegau, a sefydliadau ieuenctid.

Ym mis Tachwedd, trefnodd Vici Ladeji, Cydgysylltydd Prosiectau gyda Chaffi Trwsio Cymru, weithdy trwsio i *Girl Guides* Rhuthun yn y Ganolfan Ieuenctid, Borthyn, ac aeth John Miller, Tolly Taylor, Marlene a Brian Peters draw i helpu.

Agorodd Vici y digwyddiad gyda ffilm fer yn egluro sut mae economi gylchol yn gweithio. Wedyn, mi gymerodd y *Guides* ran mewn gêm gan ddefnyddio matiau llawr lliwgar i ddangos y gwahaniaethau rhwng economi linol ac economi gylchol. Roedd y gêm yn pwysleisio'r angen i symud i economi gylchol er mwyn diogelu adnoddau, ymestyn hyd oes eitemau, a lleihau'r gwastraff sy'n cael ei waredu neu sy'n mynd i safleoedd tirlenwi.

Cafodd y *Guides* eu rhannu'n bedwar tîm, a rhoddwyd *Retro Games Console* i bob tîm ei drwsio. Roedd tri nam ar y consolau. Cafodd *paper circuit tester* ei wneud i brofi lamp LED, bwrdd cylched printiedig, sgrin LED, gwrthydd (*resistor*), ac adnabod polaredd terfynellau'r batris. Roedd gwirfoddolwr o'r Caffi Trwsio yno i helpu pob tîm drwy hwyluso eu gwaith. Ar ôl tua 45 munud, roedd y timau wedi dysgu sut mae eitem electronig yn gweithio, ac wedi cyflawni cyfradd drwsio o 100%.

Ruthin Girl Guides hold a Repair Workshop

Repair Cafe Wales held workshops throughout Wales in 2025 to promote the concepts of a circular economy, repair cafes and how to repair items. The focus was on local communities to engage with young people in schools, colleges and youth organisations. In November Vici Ladeji, Project Coordinator with Repair Cafe Wales organised a Repair Workshop for the Ruthin Girl Guides Group in the Youth Centre, Borthyn. John Miller, Tolly Taylor, Marlene and Brian Peters helped to support and run the event.

Vici opened the event with a short film explaining how a circular economy works. The Guides then took part in a game using coloured floor mats to demonstrate the differences between a linear economy and

a circular economy. The game highlighted the need to move to a circular economy to preserve resources, extend item lifetimes and reduce land fill/waste disposal.

The Guides then split into four Repair teams who were each given a Retro Games Console to repair. The consoles had three faults built into them. A paper circuit tester was made to test an LED lamp, printed circuit board, LED screen, resistor and identify polarity of the battery terminals. Each team had a Repair Cafe volunteer to facilitate the repair works. Around 45 minutes later the teams had learnt how an electronic item works and achieved a 100% fix rate.



Make sure the environment gets a vote and your voice is heard. Register to vote for the 7 May 2026 Senedd elections

Everyone should have the right to breathe clean air, live in a clean and safe environment in warm and dry homes, protected from extreme weather and with access to nature and local wildlife.

Why Register?

- The Senedd makes decisions about the climate and environmental crisis including climate change, protecting and enhancing the natural world, energy, the planning system, flooding and water and air quality.
- By voting, you help decide who represents this community and what priorities matter most to you and your family.
- Protect your rights: Registering ensures you don't miss out on your democratic right to vote.

You can register to vote if you are:

- aged 14 or over (but you cannot vote until you are 16 in Senedd elections) and
- a British citizen, an Irish, Commonwealth. European Union citizen or foreign citizen who has leave to enter or remain in the UK, or who does not require such leave.

How to Register

- Online: Visit gov.uk/register-to-vote.

- By post: Request a paper form from Denbighshire County Council: email elections@denbighshire.gov.uk or call 01824 70 6000

You can register to vote quickly and easily online. You will need to give your date of birth and your National Insurance (NI) number. If you don't know your NI number, contact HMRC.

Check your family, friends and colleagues have also registered.



Senedd, 7 Mai 2026

Dylai pawb allu elwa ar eu hawl i anadlu aer glân; byw mewn amgylchedd glân a diogel mewn cartref clud a sych sy'n eu hamddiffyn rhag tywydd eithafol; a chael y cyfle i fwynhau natur a bywyd gwyllt lleol.

Pam gofrestru i bleidleisio?

- Mae'r Senedd yn gwneud penderfyniadau ynghylch yr hinsawdd a'r argyfwng amgylcheddol, gan gynnwys newid

hinsawdd, gwarchod a chryfhau byd natur, ynni, y system gynllunio, llifogydd, ac ansawdd dŵr ac aer.

- Drwy bleidleisio, rydych chi'n helpu i benderfynu pwy sy'n cynrychioli'ch cymuned a pha flaenoriaethau sydd fwyaf pwysig i chi a'ch teulu.
- Diogelu eich hawliau: rydych chi'n sicrhau nad ydych chi'n colli eich hawl democrataidd i bleidleisio.
- Cewch gofrestru i bleidleisio os ydych:
- yn 14 oed neu'n hŷn (ond ni chewch bleidleisio yn etholiadau'r Senedd nes bod chi'n 16 oed) ac
- yn ddinesydd Prydain, neu'n ddinesydd Iwerddon, y Gymanwlad, yr Undeb Ewropeaidd, neu'n ddinesydd tramor sydd wedi cael caniatad i ddod i mewn i'r DU neu i aros yn y DU, neu'n rhywun nad oes angen ichi gael caniatad o'r fath.

Dyma sut i gofrestru:

- Ar-lein: ewch i gov.uk/register-to-vote.
- Drwy'r post: cewch ofyn am ffurflen bapur gan Gyngor Sir Ddinbych: e-bost elections@denbighshire.gov.uk neu ffoniwch 01824 706000

Mae'n hawdd ac yn gyflym cofrestru ar-lein. Bydd angen ichi roi eich dyddiad geni a'ch Rhif Yswiriant Gwladol. Os nad ydych yn gwybod eich Rhif Yswiriant Gwladol, cysylltwch â CThEF (HMRC).

Gofynnwch i'ch teulu, ffrindiau, a chydweithwyr a ydyn nhw wedi cofio cofrestru hefyd.

Rhagor o wybodaeth am etholiad y Senedd

Yng Nghymru, mae Senedd Cymru yn gweithredu o dan fodel pwerau a gedwir yn ôl, sy'n golygu bod ganddi'r awdurdod i wneud cyfreithiau ar unrhyw fater nad yw wedi ei gadw yn ôl gan Senedd y DU yn San Steffan.

Ar hyn o bryd, mae gan Senedd Cymru reolaeth dros y canlynol:

- Iechyd a Gwasanaethau Cymdeithasol
- Addysg a Hyfforddiant
- Yr Amgylchedd ac Amaeth
- Llywodraeth Leol
- Tai
- Trafnidiaeth
- Trethi, gan gynnwys rheolaeth rannol dros Dreth Incwm.
- Diwylliant ac Iaith.

Dyma'r materion a gedwir yn ôl:

- Cyfiawnder a Phlismona.
- Materion Tramor ac Amddiffyn.
- Mewnfudo a Chenedligrwydd.
- Darlledu.
- Prif Gyflenwadau Ynni.
- Nawdd Cymdeithasol.

Ers 25 o flynyddoedd, mae nifer yr Aelodau yn y Senedd wedi aros yr un fath, sef 60 o Aelodau. Mae hyn yn newid. Mae nifer y cynrychiolwyr yn codi i 96.

Mae hynny'n golygu y bydd chwe Aelod yn eich cynrychioli yn y Senedd. Hefyd, rhaid bod pob ymgeisydd sy'n sefyll yn yr etholiad yn byw yng Nghymru.

Mae'r system bleidleisio hefyd wedi newid. Bellach, mae'n system cynrychiolaeth gyfrannol â rhestrau caeedig. Mae hynny'n golygu eich bod yn pleidleisio dros blaid wleidyddol neu ymgeisydd annibynnol yn hytrach nag unigolyn.

Bydd y seddi'n adlewyrchu canran y pleidleisiau a fwriwyd dros bob plaid neu ymgeisydd annibynnol.

More information on the Senedd election

In Wales the Welsh Parliament operates under a 'reserved powers' model which means that it has the authority to make laws on any matter that is not specifically 'reserved' for the UK parliament at Westminster.

The Senedd currently control

- Health and Social Services.
- Education and Training.
- Environment and Agriculture.
- Local Government.
- Housing.
- Transport.
- Taxation including partial control of Income Tax.
- Culture and Language.

The items that are not included in the 'reserved powers' model are:

- Justice and Policing.
- Foreign Affairs and Defence.
- Immigration and Nationality.
- Broadcasting.
- Major Energy.
- Social Security.

For 25 years, the number of Members in the Senedd has stayed the same with 60 Members. This is changing. The number of representatives is going up to 96.

This means that there will be six Members representing you in the Senedd. Also, the candidates who stand for election must live in Wales.

The voting system has also changed. It is now a 'closed proportional list system'. This means that you vote for a political party or an independent candidate rather than individual people.

The seats will reflect the percentage of votes each party or independent candidate gets.



The Perfect Coupling: Kindness and Environmental Concern *Barry Hills*

I wasn't a very prepossessing sight on my first ever visit to Rhuthun Repair Cafe. Clutching my carrier bag with the broken doll that had meant so much to my lovely wife I missed so badly, I couldn't articulate what it meant to me. So, I cried.

The empathetic staff were so understanding and kind. The story ends well: a beautiful old object now sits in my home with its memories of my wife. But it has set me thinking of the connection between kindness and environmental concern.

We tend to think of kindness as a psychological thing - something personal that happens between friends, or a thoughtful action to a stranger. Environmental concern seems more scientific - global challenges, carbon footprints etc. However, aren't they both inherently based on values? Surely the way we treat our planet is a mirror of how we treat one another. Greed, and grasping for more with ever more frantic counting of 'wealth' devalues us. Even the person perhaps most famous in the world for quantifying knew that. "Not everything that can be counted counts; and not everything that counts can be counted", said Albert Einstein.

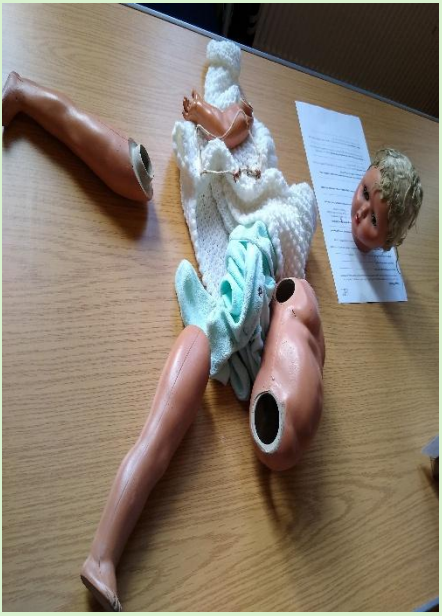
In a world devoid of kindness exploitation becomes the norm. A culture rooted in compassion and the spirit of kindness cultivates the mindset needed to heal our environment. We save what we love,

Applying this empathy to the natural world we can begin to acknowledge that Earth is not just a resource to be extracted with a maniacal obsession with 'growth'. Growth for its own sake is the philosophy of the cancer cell. We are better than that. We can have a better perspective. Three thousand years ago the Greeks had a proverb: "A society grows great when old men plant trees whose shade they know they will never sit in". Are we now so shallow that we can no longer see that wisdom?

Of course there will be those who say, this is imputes grand philosophical over-reach for one small Repair Cafe busying themselves doing small acts of kindness to their visitors. Don't let such sneers distract you. We are allowed to dream with our eyes open. Our own great Welsh statesman David Lloyd George once said" Don't be afraid to take big steps. You can't cross a chasm in two small jumps"

We can have our eyes on a horizon beyond greed and waste. A slogan painted on a wall in the May '68 uprising in Paris said it all: "Soyez realiste, demandez l'impossible".

Be realistic, demand the impossible.





Y Cyfuniad Perffaith: Caredigrwydd a Gofal dros yr Amgylchedd

Dw i ddim yn siwr sut argraff oeddwn i wedi'i chreu ar f'ymweliad cyntaf â Chaffi Trwsio Ruthun. Cerddais i mewn yn cydio'n dynn mewn bag ac ynddo doli wedi torri. Roedd hon wedi golygu cymaint i fy ngwraig

annwyl yr oedd fy ngalar mor ofnadwy o boenus ar ôl ei cholli hi. Doedd y geiriau ddim yn dod i esbonio beth 'oedd y doli yn ei golygu imi, a daeth y dagrau.

Roedd y staff mor garedig ac yn barod i ddeall. Mae diwedd da i'r stori wedyn: mae hen ddoli brydferth nawr yn eistedd yn fy nghartref gyda'i holl atgofion am fy ngwraig. Ac mae hyn i gyd wedi peri imi feddwl am y cysylltiad rhwng caredigrwydd a gofal dros yr amgylchedd.

Rydyn ni'n tueddu meddwl am garedigrwydd fel rhywbeth seicolegol – rhywbeth personol sy'n digwydd rhwng ffrindiau, neu weithred ystyriol tuag at ddieithryn. Mae gofalu am yr amgylchedd yn ymddangos fel rhywbeth mwy gwyddonol – heriau byd-eang, ôl troed carbon, ac ati. Fodd bynnag, gwerthoedd sydd wrth wraidd y pethau hyn i gyd yn y pen draw. Yn sicr, mae sut rydyn ni'n trin y planed yn adlewyrchu'n union sut rydyn ni'n trin ein gilydd. Mae trachwant ac ariangarwch nad ydynt byth yn cael eu bodloni yn ein lleihau ym mhob ffordd. Roedd hyd yn oed yr unigolyn enwocaf yn y byd am ei allu i feintioli yn gwybod hynny. "Nid yw popeth y gellir ei gyfrif yn cyfrif; ac nid yw popeth sy'n cyfrif yn gallu cael ei gyfrif", meddai Albert Einstein.

Mewn byd heb ddim caredigrwydd mae camfanteisio yn dod yn norm. Mae diwylliant lle mae bod yn ystyriol a charedig yn nodweddion canolog yn meithrin yr awydd i iachau ein hamgylchedd. Rydyn ni'n mynd ati i achub yr hyn rydyn ni'n ei garu.

Drwy ddangos empathi tuag at fyd natur, gallwn ddechrau cydnabod nad adnodd yn unig mo'r ddaear i gael ei defnyddio i fwydo obsesiwn wallgof gyda 'thwf'. Twf er ei fwyn ei hunan yw athroniaeth y gell canser. Rydyn ni'n well na hynny. Gall ein persbectif ar fywyd fod yn well na hynny. Tair mil o flynyddoedd yn ôl roedd gan y Groegiaid hyn i'w ddweud: "Mae cymdeithas yn meithin mawredd pan fydd hen ddynion yn plannu coed gan wybod na fyddan nhw byth yn cael eistedd yn eu cysgod". Ydyn ninnau heddiw mor ddihid na allwn ni bellach weld y doethineb yn hynny?

Wrth gwrs bydd rhai sy'n dweud bod hyn i gyd yn gorddweud ryw nonsens athronyddol ynghylch un Caffi Trwsio bach sy'n cadw gwirfoddolwyr yn brysur gyda'u gweithredoedd bychain o garedigwydd tuag at eu hymwelwyr. Anwybyddwch eu gwawd a'u ddirmyg. Gallwn freuddwydio â'n llygaid ar agor. Dywedodd y Cymro enwog David Lloyd George unwaith:" Peidiwch bod ag ofn cymryd camau mawr. Allwch chi ddim croesi agendor gyda dwy naid fach."

Gallwn edrych tuag at y gorwel sydd y tu hwnt i ariangarwch a gwastraff. Roedd slogan a baentiwyd ar wal yn ystod y terfysgoedd ym Mharis ym mis Mai 1968 yn dweud y cwbl: "Soyez realiste, demandez l'impossible".

Be realistic, demand the impossible.

COFNOD Wildlife Observations

Friends of the Earth Ruthin was asked to summarise and report on the wildlife observations held at COFNOD. This has been combined with geographically localised data from National Biodiversity Network. The focus for this summary is 2 life forms – birds and fish. The timing of these observations is not clear but is likely to be in the last 2-4 years.

Ignoring common species, the following bird species on the 2016 'Priority species' list were seen in or around Ruthin: Cuckoo, Curlew, Hawfinch, Hen Harrier, Lapwing, Lesser Redpoll, Lesser Spotted Woodpecker, March Tit, Pied Flycatcher, Ring Ouzel, Skylark, Spotted Flycatcher, Tree Pipit, Wood Warbler. This is good news, but in many cases only single observations were made.

In Ruthin's rivers and streams, the following endangered fish (2016 list) include Atlantic Salmon, Brown/Sea trout and the European Eel. Others seen include the Bullhead, Minnow, Stone Loach and Three-spined Stickleback. Those fish on the Priority List not seen in Ruthin were Allis Shad, Twaite Shad, Whitefish, River Lamprey, Smelt (Sparling), Sea Lamprey, and Arctic Char. In the wider Ruthin area, Brook Char, both River Lamprey and Brook Lamprey and Rainbow Trout.

COFNOD Sylwi ar Fywyd Gwyllt

Gofynnwyd i Gyfeillion y Ddaear Rhuthun grynhoi ac adrodd ar gofnodion ar fywyd gwyllt a gedwir gan COFNOD. Mae hyn wedi ei gyfuno â data sy'n lleol yn ddaearyddol o'r Rhwydwaith Bioamrywiaeth Cenedlaethol. Mae ffocws y crynodeb hwn ar ddau fath o fywyd – adar a physgod. Nid yw'r amseroedd sylwi yn glir, ond mae'n debygol eu bod yn ystod y 2-4 blynedd diwethaf.

Gan anwybyddu'r rhywogaethau cyffredin, gwelwyd y rhywogaethau canlynol o adar ar restr rhywogaethau sy'n flaenoriaeth 2016, naill ai yn Rhuthun neu yn y cyffiniau: cwcw, gylfinir, gylfinbraff (hawfinch), bod tinwen (hen harrier), cornchwiglen (lapwing), llinos bengoch leiaf (lesser redpoll), cnocell fraith leiaf (lesser spotted woodpecker), titw'r wern (marsh tit), gwybedog brith (pied flycatcher), mwyalchen y mynydd (ring ouzel), ehedydd, gwybedog manog (spotted flycatcher), corhedydd (tree pipit), telor y coed (wood warbler). Mae hyn yn newyddion da, ond mewn llawer o achosion dim ond unwaith y gwelwyd y rhywogaeth dan sylw.

Yn afonydd a nentydd Rhuthun, roedd y pysgod canlynol sydd mewn perygl (rhestr 2026) a welwyd yn cynnwys yr eog, y frithyll/sewin, a'r llysywen (European eel). Roedd y rhywogaethau eraill a welwyd yn cynnwys penlletwad (bullhead), pilcodyn (minnow), gwrachen farfog (stone loach), a'r grothell dri phigyn (three-spined stickleback). Y pysgod ar y rhestr o rywogaethau sy'n flaenoriaeth na welwyd yn Rhuthun oedd herlyn (allis shad), gwangen (twaite shad), pysgod gwyn, llysywen bendoll yr afon (river lamprey), brwyniad (smelt/sparling), llysywen bendoll y môr (sea lamprey), a brithyll melyn yr Arctig (Arctic char). Yn ardal ehangach Rhuthun, brithyll melyn y nant (brook char), llysywen bendoll yr afon a llysywen bendoll y nant, a'r brithyll seithliw.

Lab Dwr Clywd Rivers Team - update January 2026

River Ambassadors complete first year of monitoring local rivers

In November 2024 Friends of the Earth Ruthin embarked on a Citizens Science project to monitor the water quality and condition of the Afon Clwyd and its tributaries in the area around Ruthin. The first river testing day took place when four members of Ruthin FOE carried out trial tests on the Afon Clwyd at three locations. The initial testing kit was supplied by one of the team members who had knowledge and experience of river testing with the Welsh Dee River Trust.
The team developed a monthly sampling plan for 2025 through to March 2026 which now includes taking samples from the following locations in the Vale of Clwyd.

Afon Clwyd - upstream and downstream of Ruthin Sewage Works
- aquifer water outlet downstream of Ruthin weir
- Pont Telpyn river bridge between Rhos and Rhewl
Afon Clywedog - river bridge on Lady Bagot's Drive in Rhewl
Afon Ystrad - Brookhouse weir near Denbigh
Dwr Ial - Melin-y-Wern footpath bridge (upstream of Pont Telypn)

These sites were selected as the best areas where we could observe and test for the pollution impacts from agricultural runoff, industrial waste, sewage waste and urban wastewater.

In January 2025 we started a collaboration with the North Wales Rivers Trust who have been very supportive providing additional testing kits, technical support, handbooks and access to their database.

The team monitor pollution levels by testing for phosphate, nitrate, water acidity(pH), total dissolved solids, electrical conductivity and turbidity (water clarity). A total of **80 river samples** have been tested to date, which will be a **benchmark** for local river conditions, and the results entered into the NWRT database.

Phosphate occurs naturally within river ecosystems in very low levels under **0.05 parts per million.** Higher levels of phosphate can be a good indicator of pollution, as the nutrient is found in animal and human waste, cleaning chemicals, industrial
run-off and fertiliser. When phosphate levels become too high the excess nutrients stimulate excessive growth of aquatic plants and algae. As these plants and algal masses die and decompose, bacteria consume significant amounts of dissolved oxygen which may result in poor ecological status that can harm fish and other aquatic organisms. This process is known as eutrophication. At **0.10 ppm** the water is polluted at levels that will be damaging to wildlife. These waters will still have some wildlife but they won't have the wonderful richness of life, or rare species that live in clean water. From **0.2 - 0.5 ppm** (moderate/high levels) or **1-2 ppm** (very high levels) tougher wildlife species will struggle to survive. Good ecological status may result from low nutrient concentrations with phosphate **less than 0.1 ppm**. Poor ecological status may result from moderate and high nutrient concentrations with phosphate **greater than 0.1 ppm.** We use Phosphate Colorimeters to measure levels which provides more accurate readings when compared to test strips.

To fully assess the impacts a river is experiencing, monitoring for a long-time frame at various stages in the year can be helpful to gauge the health of the river. Returning to the same section of waterway over several years will give an understanding of whether the waterway is improving, declining or staying the same over time. Natural Resource Wales advise that phosphate test results should be averaged over a twelve-month period. However, adopting this protocol would imply that our results are more satisfactory and would not take into account any significant seasonal variations.

The phosphate levels recorded in **2025** and an assessment of the water conditions are detailed below. The assessments are based on classifications available for citizens scientists to use provided by environmental organisations including Welsh Dee Rivers Trust, North Wales Rivers Trust and Earthwatch UK.



The Dyffryn Clwyd aquifer feeding underground water into the Afon Clwyd

Location	Phosphate Levels ppm			Pollution Level Assessment
	Annual Mean	Nov 24 -Mar25	Apr 25 - Oct 25	Based on Annual Mean
Afon Clwyd				
-Upstream of Ruthin Weir	0.19	0.00	**0.23**	Moderate
-Downstream of Ruthin Weir	0.14	0.02	0.17	Low
- Pont Telypn Bridge	**0.28**	0.02	**0.35**	High
Afon Clywedog	0.12	0.02	0.13	Low
Afon Ystrad	0.10	0.00	0.11	Low
Dwr Ial	**0.50**	n/a	n/a	High

Some observations made during the time on the riverbank and from our data analysis

1. Notable seasonal variations were observed, particularly on the Afon Clwyd at Pont Telypn bridge, with the winter months recording **very low phosphate** levels indicating **none/low pollution**. For spring/summer/early autumn months the measurements were at levels indicating **high pollution**. The team are concerned at the possible impact on the river ecology during this period. It is likely that these levels are a result of reduced water flow and increased run-off.
2. The team witnessed a pollution incident in **April** on the Clywd upstream of the sewage works when, at a routine testing, the river showed a heavy green discolouration which dissipated a short time later. Sample analysis recorded poor water quality and microscopic analysis identified fine vegetative fragments. The incident was reported to Natural Resources Wales for further investigation but no source was identified
3. During the months of low river flow, water from the Dyffryn Clywd Ruthin aquifer is released into the Afon Clwyd, to maintain adequate flow. The aquifer was observed to be releasing water on every monthly visit from **May to November** which suggests continuous use. The mean phosphate level recorded was **0.27 ppm** which indicates **moderate pollution**. We are concerned at the implications of this. Perhaps over years phosphate, likely from fertiliser, is leaching through the strata above the aquifer and entering the aquifer itself.

4. The **Dwr Ial** testing started in September and phosphate levels have indicated **high pollution levels**. This tributary was part of a NRW project with landowners in 2022 which identified and implemented a number of riverbank improvements including new riverbank fencing and solar powered cattle feed stations.

Other activities

Three members of our Rivers team also supported the Invasive Non-Native Species project run by the North Wales Wildlife Trust when they attended the Himalayan Balsam bashing days held on the Clwyd throughout July.

Earthwatch UK held the Great UK Waterblitz in September when nearly **6000 citizen scientists** collected data from **3,430** freshwater sites over a four-day period. We took part and submitted test data for the Afon Clwyd into a national data base.

The FOE River team has grown during the year and we now have ten members who support our testing days. The monthly meetings start at a local Ruthin cafe for a project review, general discussion and future actions agreed. The team are also on call to respond to any pollution incidents reported in the local river areas.

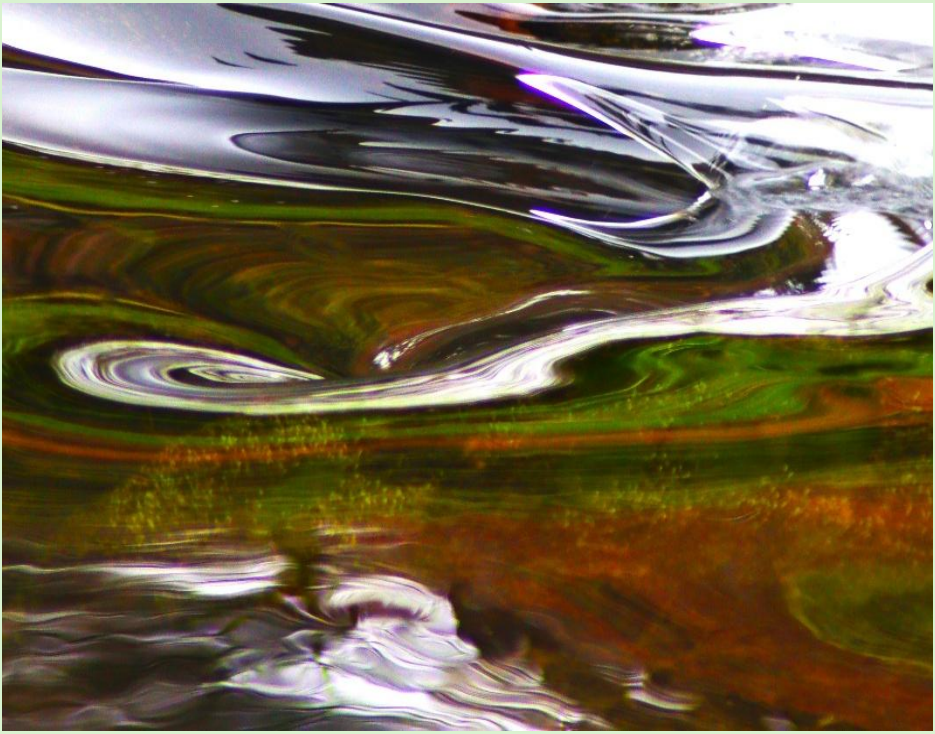
The team brings together a wealth of experience and knowledge gained from working across a variety of organisations and industries. One member of the team has expertise of testing for microorganisms including algae and protozoa. He has tested over a **hundred** water locations across North Wales in recent years and the results used as a good indicator of water quality.

We are now extending the monthly sampling plan until December 2026 to build up more evidence **across 2 consecutive years** of river water quality in the Vale. The project has made a successful start and is now well established thanks to the continued support from the team members, Ruthin Friends of the Earth and the North Wales Rivers Trust.

The time spent on the riverbanks has been very rewarding, sometimes amusing and provided the opportunity to network with many people that we met including employees from several environmental organisations. Citizen scientists across the UK are making a significant difference by informing local communities about the state of their freshwater sites and providing data to drive the future improvements that are needed to protect our rivers.

Our test data can be viewed on the North Wales Rivers Trust webpage using the link https://northwalesriverstrust.org/lab-dwr-citizen-science-initiative

A more detailed annual report is planned for release in the spring and keep an eye on the Ruthin Friends of the Earth webpage for more river updates - www.ruthinfoe.org



Afon Clwyd *Rhuthun* by Leaf Pettit

We ran carefree through Cae Ddol park,
the late-afternoon sun loosening our limbs;
boys tumbling, like stones, over each other,
girls, arm in arm, burbling with laughter.
We were free for the summer
and as alive as the river.

We ran upstream, following meanders that slithered
through tall grasses and buttercups,
past the oxbow, where the cows supped.
Lengthened reflections etched the river's skin,
colours rippling, inviting. The heat pushed us in,
squeals and splashes daring one another.

You ducked me under, the Clwyd's cold-blooded body
twisting around me. From beneath, flowers of river weed
glinted like white stars caught in dark waters.
Suspended below the surface, I felt the flow
wash the green of my infancy downstream.
I emerged shivering, glistening.

With a sweep of towel, you engulfed me in your arms,
setting flutters like fishtails flitting in my stomach.
Stretched out on the bank to dry, we lay golden,
bathing in the setting sun, listening to the river
as it ran on, singing "*this is just the beginning*".

Your true name by Leaf Pettit

We gift you names,
chosen for our love of you.

Your familiar contours rise
in snow-cloaked radiance.
Your peak, a beacon orientating us
to the land, to each other, to ourselves.

The names on our lips are offerings.
We crave to be close to you,
wrapped in the folds of your flower-strewn slopes,
sheltered against your breast.

Your weather-worn brow stands proud,
water-hewn and as creased as a crone,
cradling the remains of long-buried kings,
as time gradually erodes to the bone.

If I call your name into the squall,
an incantation to awaken
Snowdon, *Mynydd Eira, Yr Wyddfa*,
will you unfold before me, reveal your mystery?

These names I utter are ours, not yours.
You speak in ancient tones, older than words;
your mother tongue the echoes of deep, earth-womb
rumblings dissipating through millennia.

So still, you slumber;
your true name a murmur heard behind the wind.



Projects and Contacts

Group Secretary	Jean Leith
FoE Chair	Richard Barrie
Steven Hoyle	Litter Picks
Repair Café	Anne Lewis
Climate Emergency	Mair Davies
Resilient Communities	Graham Steel/ Christine Meirion
Newsletter & Photography	Diana Sanders
Translation	Sian Gwyn-Ifan
Denbighshire Environmental Alliance	Graham Steel
River Quality Monitoring	Brian Peters

Prosiectau ac Enwau cyswllt

Ysgrifennydd y Grwp	Jean Leith
Casglu Sbwriel	Steven Hoyle
Cadeirydd Cyfeillion y Ddaear	Richard Barrie
Caffi Trwsio	Anne Lewis
Argyfwng Hinsawdd	Mair Davies
Cymunedau Cadarn	Graham Steel/ Christine Meirion
Cylchlythyr	Diana Sanders
Cyfieithu	Sian Gwyn-Ifan

Groups FoE Ruthin work alongside/ Grwpiau sy'n gweithio ochr yn ochr a Chyfeillion y Ddaear

Drosi Bikes	Beth Ward/Robin Hughes
Y Ty Gwyrdd	Marguerite Lovegrove
Resource Young Volunteers	Janine Cusworth
Freshwater/Microorganism analysis	Wyn Hughes

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