

The National Enrichment Programme 2026/27

Timetable

Date	Session title	Details
14/09/2026	Five ways to mental wellbeing	Activity Feeling stressed or overwhelmed? Taking care of your mental wellbeing is just as important as looking after your physical health. Here are five simple ways you can cope when life feels stressful or overwhelming.
23/11/2026	Myth busting Higher Education	Activity Higher education isn't just for 'top students', it is open for all. There are many pathways and courses to support your options and goals. Exploring your first steps into Higher Education can build confidence and create career opportunities.
11/01/2027	Overcoming barriers	Activity Break barriers. Build confidence. Level up your future. This resource will support your learning journey, pushing past self-doubt, distractions and challenges to unlock your potential. Your goals are closer than you think.
25/01/2027	Behind the Hard Hat: A student's perspective of working in the built environment sector	Insight video Hear directly from a student who is gaining hands-on experience in the built environment industry. Learn about their journey, challenges, achievements, and what it's really like to work in the sector.
08/03/2027	Keeping well during stressful times	Activity 'Stress happens', but you've got this! Learn simple ways to stay calm, healthy, and positive when life feels overwhelming. Small habits can make a big difference to your mind, body and wellbeing.
15/03/2027	Create, Connect, Thrive	Insight video An inspiring programme of creative experiences that helps learners unwind, connect with others, and develop wellbeing skills through artistic expression.

Y Rhaglen Gyfoethogi Genedlaethol 2026/27

Amserlen

Dyddiad	Teitl sesiwn	Manylion
14/09/2026	Pum ffordd at lesiant meddyliol	Gweithgaredd Teimlo dan straen neu'n teimlo bod pethau'n ormod? Mae gofalu am eich llesiant meddyliol yr un mor bwysig â gofalu am eich iechyd corfforol. Dyma bum ffordd syml y gallwch ymdopi pan fo bywyd yn teimlo'n llawn straen neu'n llethol.
23/11/2026	Chwalu mythau am Addysg Uwch	Gweithgaredd Nid dim ond ar gyfer y 'myfyrwyr gorau' mae addysg uwch, mae'n agored i bawb. Mae llawer o lwybrau a chysiau i gefnogi eich opsiynau a'ch nodau. Gall ystyried eich camau cyntaf at Addysg Uwch fagu hyder a chreu cyfleoedd gyrfa.
11/01/2027	Goresgyn rhwystrau	Gweithgaredd Chwalu rhwystrau. Magu hyder. Sicrhau dyfodol gwell. Bydd yr adnodd hwn yn cefnogi eich taith ddysgu, gan fynd i'r afael â hunan-amheuaeth, ymyriadau a heriau i ddatgloi eich potensial. Mae eich nodau'n agosach nag a feddylwch.
25/01/2027	Y Tu Ôl i'r Het Galed: Persbectif myfyriwr ar weithio yn y sector amgylchedd adeiledig	Fideo cipolwg Clywch yn uniongyrchol gan fyfyrwr sy'n ennill profiad ymarferol yn y diwydiant amgylchedd adeiledig. Dysgwch am eu taith, eu heriau, eu cyflawniadau, a sut beth yw gweithio yn y sector mewn gwirionedd.
08/03/2027	Cadw'n dda yn ystod cyfnodau anodd	Gweithgaredd Mae 'straen yn digwydd' ond gallwch ymdopi! Dysgwch ffyrdd syml o gadw'n ddigynnwrf, yn iach, ac yn gadarnhaol pan fo bywyd yn teimlo'n llethol. Gall arferion bychain wneud byd o wahaniaeth i'ch meddwl, i'ch corff ac i'ch llesiant.
15/03/2027	Creu, Cysylltu, Ffynnu	Fideo cipolwg Rhaglen ysbrydoledig o brofiadau creadigol sy'n helpu dysgwyr i ymlacio, cysylltu ag eraill, a datblygu sgiliau lles trwy fynegiant artistig.