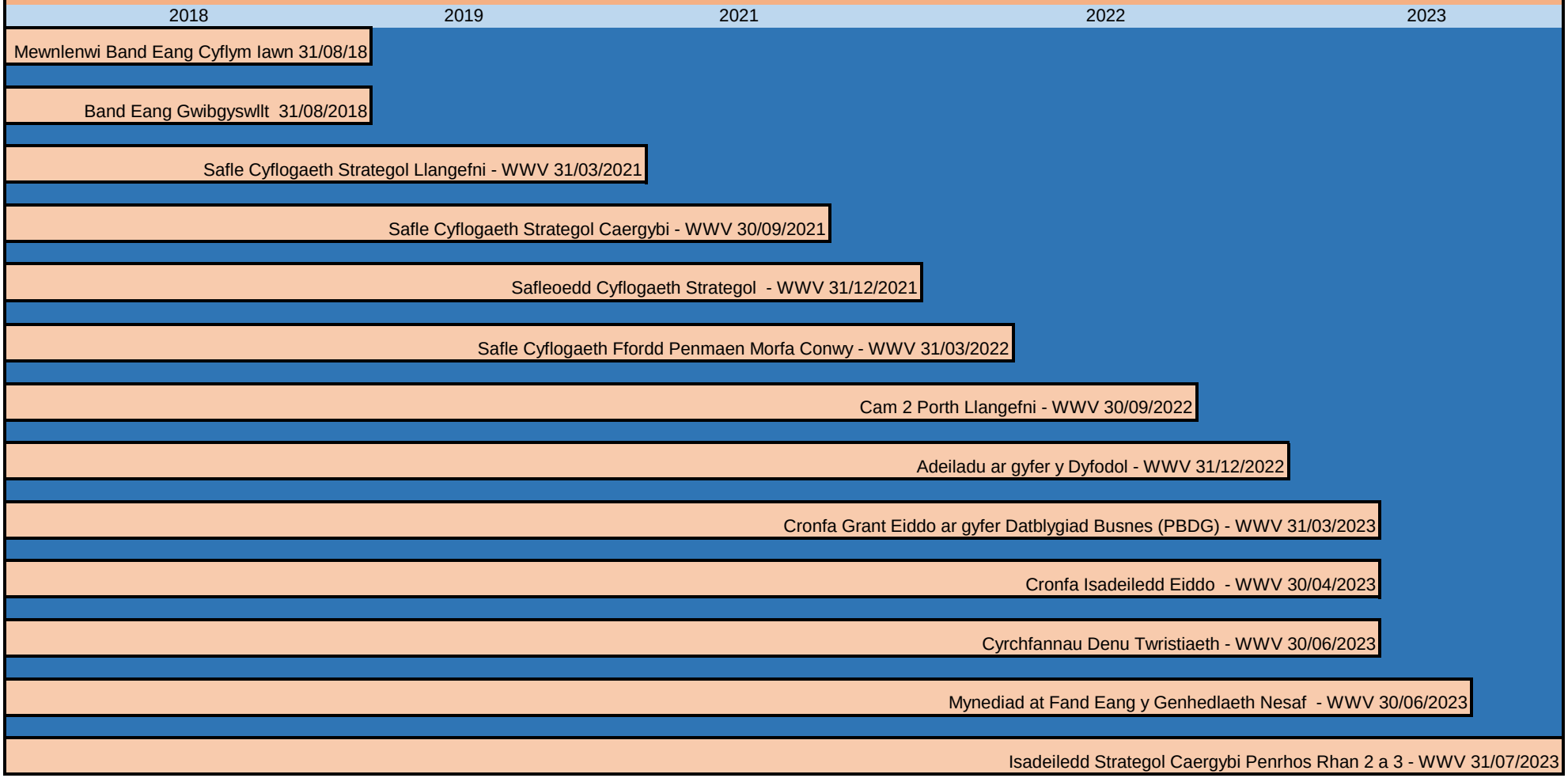Blaenoriaeth 4 ERDF: Cysylltedd a Datblygu Trefol