

Rural Volunteering

Do you want to volunteer, but
don't know where to start?
Need to improve your skills?

**Come along to our free training
sessions (max. 12 participants)**

**Cwmamman Community Centre,
Glanamman
Thursday 14 February 2019**

- **10.00–12.00**
Confidence Building
- **13.00–15.00**
Basic Food Hygiene

Purple Routes Play Workers will
be delivering play sessions for
children during each training
event

CGGSG ~ CAVS

Registered Charity 1062144
Company Limited by Guarantee 3348742

**CAVS
18 Queen Street
CARMARTHEN
SA31 1JT**

To book a space, contact
Jamie or Alud on:

01267 24 55 55
www.cavs.org.uk
admin@cavs.org.uk

TRAINING Opportunities



Gwirfoddoli Gwledig

A ydych am wirfoddoli,
ond heb wybod sut i ddechrau?
Oes angen gwella eich sgiliau?

**Dewch i sesiynau hyfforddiant
rhad ac am ddim
(dim mwy na 12 person)**

**Canolfan Gymunedol Cwmaman,
Glanaman
Dydd Iau 14 Chwefror 2019**

- **10.00–12.00**
Adeiladu Hyder
- **13.00–15.00**
Hylendid Bwyd Sylfaenol

Bydd Gweithwyr Chwarae Llwybrau
Porffor yn cynnal sesiynau chwarae i
blant yn ystod pob sesiwn
hyfforddiant

CGGSG ~ CAVS

Elusen Gofrestredig 1062144
Cwmni Cyfyngedig dan Warant 3348742

**CGGSG
18 Heol y Frenhines
CAERFYRDDIN
SA31 1JT**

I archebu lle, cysylltwch
â Jamie neu Alud ar:
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