

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 28 February 2019**

- **10.00–12.00**
Volunteering Towards Work
- **13.00–15.00**
**Promote Your Organisation
Using Film**

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)**

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

I archebu lle, cysylltwch
â Jamie neu Alud ar:

01267 24 55 55

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**Canolfan Gymunedol Cwmaman,
Glanaman
Dydd Iau 28 Chwefror 2019**

• **10.00–12.00**
Gwirfoddoli Tuag at Gwaith

• **13.00–15.00**
**Hyrwyddo Eich Mudiad Trwy
Ddefnyddio Ffilm**

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

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Elusen Gofrestredig 1062144
Cwmni Cyfyngedig dan Warant 3348742

