Cymdeithas Gwasanaethau
Gwirfoddol Sir Benfro

Gwirfoddoli Sir Benfro

Bwletin Gwirfoddolwyr
Hydref 2005

Mae Gwirfoddoli Sir Benfro yn cynnig gwasanaeth cyngor a gwybodaeth cyflawn ynglyn a'r canlynol:

- Cyfleodd Gwirfoddoli
- Datblygiad Personol
- Gyrfaoedd ac Addysg

I gael gwybod rhagor ffoniwch
01437 769422

Newyddion diweddaraf a chyfleoedd gwirfoddoli y tu mewn

Latest news and Volunteering Opportunities inside

Pembrokeshire Association
of Voluntary Services

Volunteering Pembrokeshire

Volunteer Bulletin
Autumn 2005

Volunteering Pembrokeshire offers a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call
01437 769422

Build On What You're Into

Money, Money, Money!!!

Do you work with young people who would like to set up a group?

Would you like to encourage more young volunteers to join your existing group?

Does your group already have volunteers under the age of 25?

Maybe you have ideas for a new project?

If you answered "Yes" to ANY of the above -

How would you like a grant of up to £7000??!!

The Millennium Volunteers programme is a Welsh Assembly Government initiative to support and encourage people between the ages of 16 and 24 to become involved in volunteering. Volunteers undertake up to a maximum of 200 volunteering hours, and certificates are presented on completion of 100 and 200 hours of volunteering. The 200 hours certificate is signed by First Minister Rhodri Morgan of the Welsh Assembly Government.

Young volunteers can bring all sorts of benefits to your organisation, for example:

- they bring new ideas and enthusiasms
- they can have a different perspective
- they can broaden your reach
- they help change the profile of your organization
- they can improve your organisation's impact

Build On What You're Into

Arian, Arian, Arian!!!

A ydych chi'n gweithio gyda phobl ifainc sydd â diddordeb mewn sefydlu grŵp?

A hoffech chi annog mwy o wirfoddolwyr ifainc i ymuno â'ch grŵp presennol?

A oes eisoes gan eich grŵp wirfoddolwyr sydd o dan 25 oed?

Efallai bod gennych chi syniadau ar gyfer prosiect newydd?

Os wnaethoch chi roi ateb cadarnhaol ar gyfer UNRHYW UN o'r uchod -

A hoffech chi gael gafael ar grant gwerth hyd at £7000??!!

Menter gan Lywodraeth Cynulliad Cymru yw rhaglen Gwirfoddolwyr y Mileniwm, i gefnogi ac annog pobl rhwng 16 a 24 oed i ddod yn rhan o fyd gwirfoddoli. Bydd gwirfoddolwyr yn gweithio hyd at uchafswm o 200 awr yn wirfoddol, a chyflwynir tystysgrifau wrth gwblhau 100 a 200 awr o wirfoddoli. Caiff y tystysgrif 200 awr ei harwyddo gan y Prif Weinidog, Rhodri Morgan, o Lywodraeth Cynulliad Cymru.

Gall gwirfoddolwyr ifainc ddod â phob math o fuddiannau i'ch mudiad, er enghraifft:

- Syniadau newydd a brwdfrydedd
- Gallant feddu ar bersbectif gwahanol
- Gallant eich helpu i gyrraedd mwy o bobl
- Gallant helpu newid proffil eich mudiad
- Gallant wella'r effaith y caiff eich mudiad

Mae modd i fudiadau sydd am annog gwirfoddolwyr iau wneud cais am grant Gwirfoddolwyr y Mileniwm am £50 hyd at £7000. Gellir defnyddio arian y grant i recriwtio mwy o wirfoddolwyr er mwyn adeiladau ar weithgareddau presennol eich mudiad, neu er mwyn dechrau mentrau newydd. Y dyddiad cau i geisiadau ar gyfer y cylch ariannu presennol yw **9fed Rhagfyr 2005.**

'PAVS Volunteering Pembrokeshire' yw'r Partner Cydlynu Lleol (PCLl) ar gyfer y cynllun yn Sir Benfro ac estynnwn groeso i grŵpiau gysylltu â ni i dderbyn cymorth a chyngor ar sut i recriwtio, sefydlu mentrau gwirfoddoli o'r newydd a chael gafael ar arian grant Gwirfoddolwyr y Mileniwm. Ffoniwch Caroline Graham neu Jean Morris ar 01437 769422 am fanylion pellach.

Organisations wishing to encourage younger volunteers can apply for a Millennium Volunteers grant of between £50 and £7000. Grant monies can be used to recruit more volunteers to build on your organisation's existing activities, or to start new initiatives. The deadline for applications for the current round of funding is **9th December 2005**.

PAVS Volunteering Pembrokeshire is the Local Coordinating Partner (LCP) for the scheme in Pembrokeshire and we are inviting groups to contact us for help and advice with recruitment, starting new volunteering initiatives and accessing Millennium Volunteers grant money. Please ring Caroline Graham or Jean Morris on 01437 769422 for more details.

Ymarferoldeb Leonard Cheshire

Mae rhaglen Ymarferoldeb Leonard Cheshire yn gwaredu'r rhwystrau sydd ynghlwm â hyfforddiant cyfrifiaduron i bobl sydd ag anableddau. Mewn partneriaeth â chwmnïau, mudiadau yn y sector gwirfoddol a'r sector cyhoeddus, rhoddir hyfforddiant i gleientiaid trwy ddysgu o bell. Mae'r rhaglen yn agored i bobl anabl rhwng 19 a 60 oed sydd yn ddi–waith ac sydd wrthi'n chwilio am waith ar hyn o bryd. Darperir hyfforddiant ac offer am ddim i ymgeiswyr llwyddiannus – ni bydd costau heblaw am gostau dosbarthu a galwadau ffôn i'r rhyngrwyd. Cynigir gwasanaethau gan wirfoddolwr cyfrifiadurol i gynnig cefnogaeth yn y broses pe bai angen. Darperir hyfforddiant drwy colegau sy'n cynnig cymhwyster mewn technoleg gwybodaeth sylfaenol. Dyrennir tiwtor personol i bob cleient gan y coleg. Mewn ambell achos gellir cynnig cwrs sydd wedi'i bersonoli pan fo cysylltiadau mewn lle gyda phartner hyfforddi lleol.
Mae dros draean o raddedigion Ymarferoldeb wedi llwyddo i gael canlyniad cadarnhaol. Amrywia ystod y deilliannau o waith cyflogedig, hunan-gyflogaeth a phrofiad gwaith i addysg uwch a gwaith gwirfoddol.

Am wybodaeth pellach am Ymerfaroldeb ffoniwch Nigel Turner ar 0207802 8283 neu ewch ar ein gwefan sef www.workability.org .

Leonard Cheshire Workability

Leonard Cheshire's Workability programme lifts the barriers to computer training for people with disabilities. In partnership with companies, voluntary and public sector organisations, clients are given training via distance learning.
The programme is open to disabled people, aged between 19 and 60 who are unemployed and actively seeking employment. Training and equipment are provided free to successful applicants – only delivery costs and telephone calls to the internet need to be paid for . Clients may have the services of a computer volunteer to provide support in the process.
Training is provided through colleges offering a qualification in basic information technology. A personal tutor is allocated to each client by the college. In some cases a more personalised course may be offered where there are links to a local training partner.
More than a third of Workability graduates have already achieved a positive outcome. Outcomes range from paid employment, self employment and work experience, to further and higher education and voluntary work.

For more information about Workability, call Nigel Turner on 0207802 8283 or visit our website at www.workability.org.

DESPERATELY SEEKING VOLUNTEERS!

Pembrokeshire MIND is urgently seeking volunteers from all over Pembrokeshire to work on its Befriending Scheme. Befrienders are not professionals but are trained and supported in their work. It is *not* counselling, although the same care and attention may be offered; the basis of help is a "supportive relationship".

Pembrokeshire MIND works to encourage people experiencing emotional or mental health problems towards a more fulfilling life through developing mutually beneficial friendships and a network of support.

Meals on Wheels, a scheme run by the WRVS, also urgently needs volunteers throughout the county to deliver hot meals to their clients, especially in the following areas: Fishguard, Narberth, Haverfordwest and Milford Haven. Deliveries are at lunchtime for about one and a half hours daily, number of hours worked weekly can be negotiated.

If you can are interested in either of the above volunteering opportunities, please ring Volunteering Pembrokeshire on 01437 769422 or email volunteering@pavs.org.uk .

DESPERATELY SEEKING VOLUNTEERS!

ANGEN DYBRYD AM WIRFODDOLWYR

Mae MIND Sir Benfro yn chwilio am wirfoddolwyr ar frys o bob rhan o Sir Benfro i weithio ar gynllun Ymgyfeillio. Nid yw cyfeillion gwirfoddol yn bobl proffesiynol ond maent wedi eu hyfforddi ac yn derbyn cefnogaeth yn eu gwaith. *Nid* cynghori mohono, er gellir cynnig yr un gofal a sylw; “perthynas gefnogol” yw sail cymorth.

Mae MIND Sir Benfro’n gweithio i arwain pobl sy’n dioddef o broblemau emosiynol neu iechyd meddwl tuag at fywyd llawnach wrth ddatblygu cyfeillgarwch cyd-fuddiol a rhwydwaith o gefnogaeth.

Yn ogystal, mae **Pryd ar glud**, cynllun sydd yng ngofal y WRVS, yn chwilio am wirfoddolwyr ar frys o bob rhan o’r sir i ddosbarthu prydau poeth i’w cleientiaid, yn enwedig yn yr ardaloedd canlynol: Abergwaun, Arberth, Hwlffordd ac Aberdaugleddau. Dosberthir y bwyd amser cinio am tua awr a hanner yn ddyddiol, a gellir trafod y nifer o oriau a weithir yn wythnosol.

Os oes gennych ddiddordeb mewn unrhyw un o’r cyfleoedd gwirfoddoli uchod, ffoniwch ‘Volunteering Pembrokeshire’ ar 01437 769422 neu e-bostiwch volunteering@pavs.org.uk os gwelwch yn dda.

Proffil Cvfundrefn

CARDIAU AT ACHOSION DA – Daeth y grŵp hwn o 28 elusen rhyngwladol at ei gilydd ym 1959 er mwyn cydlynu cyhoeddusrwydd a gwerthiant eu cardiau Nadolig. Am fwy o wybodaeth amdanom, mewn-gofnodwch ar www.cardsforcharity.co.uk

BLE allwch chi gael gafael arnynt? Mae dros 300 o siopau dros dro mewn eglwysi, siopau gwag, mannau twristaidd etc. ledled Prydain. Mae'r siop sydd yn Llyfrgell Hwlffordd yn yr ardal arddangos y tu mewn i'r llyfrgell.

PRYD allwn ni eu prynu? Yr ydym yn bwriadu agor o ddydd Llun 31 Hydref hyd at ddydd Gwener 9 Rhagfyr, OND

SUT allwch chi helpu? Mae arnom angen gwirfoddolwyr i fod yn y siop o 10 am i 5pm bob dydd gwaith ac o 10am i 1pm ar ddydd Sadwrn. A fedrwch chi ddod am ddiwrnod, hanner diwrnod neu am awr neu ddwy?

A ydy'r HOLL arian yn mynd i ddwylo'r elusennau? Y llynedd, dychwelom ni o leiaf 81c i bob punt, ac allan o hyn bu'n rhaid i'r elusennau dalu am y cardiau ac unrhyw D.A.W.
Codwyd cyfanswm o dros 7 miliwn y llynedd, felly da chi, ymunwch â ni a byddwch yn rhan o'r fenter werthfawr hon.

Os oes gennych ddiddordeb, ffoniwch PAVS, os gwelwch yn dda, ar 01437 769422.

Organisation Profile

CARDS FOR GOOD CAUSES - This group of 28 National charities came together in 1959 to co-ordinate publicity and selling of their Christmas cards.
For more information about us, log on to: www.cardsforcharity.co.uk

WHERE can you find them? - There are over 300 temporary shops in churches, empty shops, tourist venues etc. all over the U.K.. The shop in Haverfordwest Library is in the exhibition area inside the Library.

WHEN can we buy them? - We plan to open from Monday 31 October to Friday 9 December, BUT

HOW can you help? - We do need volunteers, to be in the shop from 10am to 5pm every week day, and 10am to 1pm on Saturdays. Could you come for a day, or half a day, or just a few hours?

Does ALL THE MONEY go to the charities? - Last year we returned at least 81p in every pound, out of which the charities had to pay for the cards and any VAT.
Over 7million was raised in total last year, so do come and join us and be part of this worthwhile venture.

If you are interested please call PAVS on 01437 769422.

Return to Earn – the new stepping stone to employment

Return to Earn is a new scheme which is aimed at helping people get into permanent employment. It involves a fully paid placement, either part-time or full-time, with a local employer.

Can I apply to join 'Return to Earn'?
You can apply to join the scheme as long as you are over 18, you live in Pembrokeshire and you are currently not in employment.

What careers are on offer to me?
Return to Earn offers a number of placements to choose from:
Care – such as working with older people either in residential homes or through providing car in the own homes
Childcare – such as working in a nursery or a crèche
Building Trade – such as brick-laying, carpentry, plumbing, painting and decorating, electrician
Construction – such as plant machinery
Landscaping and gardening
Hospitality – such as working in hotels and restaurants

What will I get out of it?
You will be offered a meaningful placement with the opportunity of learning a trade. As part of your placement, a training programme may help you to gain relevant qualifications to support your chosen career.

Earn while you learn
The scheme offers you paid employment helping you to get into your chosen career while at the same time achieving the necessary qualifications. It is these added benefits that we think will help you to gain permanent employment at the end of the placement in the career of your choice.

How long does the Return to Earn scheme last for?
The placement lasts for 20 weeks – around five months. Placements are available either full-time or part-time.

'Dychwelyd i Ennill' - Y cam newydd i gael gwaith

Cynllun newydd yw 'Dychwelyd i Ennill' sydd wedi ei anelu at helpu pobl i gael mynediad i waith cyflogedig parhaol. Mae'n cynnwys lleoliad gwaith llwyrdaledig, yn llawn neu'n rhan amser, gyda chyflogydd lleol.

A fedra i wneud cais i ymuno â 'Dychwelyd i Ennill?'
Gallwch wneud cais i ymuno â'r cynllun dim ond ichi fod dros 18 oed, yn byw yn Sir Benfro ac os nad oes gennych waith cyflogedig ar hyn o bryd.

Pa yrfaoedd sydd i'w cynnig i mi?
Mae 'Dychwelyd i Ennill' yn cynnig dewis helaeth o leoliadau:
Gofal – megis gweithio gyda'r henoed naill ai mewn cartrefu preswyl neu wrth ddarparu gofal yn eu cartrefu hwy.
Gofal plant – megis gweithio mewn meithrinfa neu mewn 'crèche'.
Crefft Adeiladu – megis bricio, gwaith coed, gwaith plymwr, paentio ac addurno, trydanwr/wraig
Saernïaeth- megis offer peirianwaith
Tirwedd a garddio
Lletygarwch – megis gweithio mewn gwestai a bwytai

Beth sydd ynddo i mi?
Cynigir lleoliad gwaith ystyrlon i chi gyda'r cyfle i ddysgu crefft. Fel rhan o'ch lleoliad, bydd rhaglen hyfforddi efallai'n fodd i'ch cynorthwyo i ennill cymwysterau perthnasol a fydd yn cefnogi'ch gyrfa dewisedig.

Ennill tra'n dysgu
Mae'r cynllun yn cynnig gwaith cyflogedig i chi gan eich cynorthwyo i gyrraedd eich gyrfa dewisedig tra ar yr un pryd y byddwch yn ennill y cymwysterau angenrheidiol. Credwn ni mai'r buddion ychwanegol hyn fydd o gymorth er mwyn i chi gael gwaith cyflogedig parhaol ar ddiwedd eich lleoliad, a hynny yn eich gyrfa dewisedig.

Beth yw hyd cynllun 'Dychwelyd i Ennill'?
Mae'r lleoliad yn para 20 wythnos – tua pum mis. Gall y lleoliadau gwaith fod naill ai'n llawn amser neu'n rhan amser.

Pa fath o hyfforddiant y byddaf yn derbyn?

Byddwch yn derbyn rhaglen hyfforddiant a fydd yn arwain at gymhwyster cydnabyddedig. Bydd y rheiny sydd ar leoliad llawn amser yn derbyn hyfforddiant un diwrnod yr wythnos. Byddwch yn derbyn cymorth a chefnogaeth wrth fentor a fydd yn gallu’ch harwain a’ch cynghori drwy gydol eich lleoliad gwaith.

Faint bydd fy nghyflog?

Byddwch yn derbyn y cyflog lleiafswm. Efallai y bydd modd i chi dderbyn credydau treth gweithio.

Beth sydd angen i mi wneud 'nawr?

Os oes gennych ddiddordeb i wneud cais ar gyfer cynllun ‘Dychwelyd i Ennill’ neu os hoffwch dderbyn mwy o wybodaeth, ffoniwch Dave Doyle ar 01646 687126 os gwelwch yn dda.

What training will I receive?

You will receive a training programme that will lead to a recognised qualification. Those on full-time placements will receive one day a week training. You will also be helped and supported by a mentor who may guide and advise you throughout the placement.

How much will I get paid?

You will be paid the minimum wage. You may be able to get working tax credits.

What do I do now?

If you are interested in applying for the Return to Earn scheme or would like further information, please telephone Dave Doyle 01646 687126

Cyfleoedd 2005

F [illegible] Cyfleoedd 2005’ ar gyfer unrhyw un sy’n chwilio am wybodaeth ar:

- Addysg
- Hyfforddiant
- Yrfaoedd
- Wirfoddoli
- Ddatblygiad Personol

Maes Sioe Llwynhelyg, Tachwedd 9fed, 10am-3pm

Gyrfa Cymru Ar-lein

Mae Gyrfa Cymru Ar-lein yn wasanaeth gwybodaeth, cyngor a chyfarwyddyd gyrfaoedd I bobl o bob oedran. P’un ydych yn penderfynu ar eich dewisiadau ar gyfer pynciau, yn mynd I’r brifysgol ynteu’n newid gyrfa, bydd y safle yn rhoi’r holl wybodaeth sydd ei hangen arnoch. Bydd e-Ffeil Cynnydd gyrfacymru.com—sef adnodd I’ch helpu I greu a chynnal eich cofnod datblygiad unigol trwy gadw’ch manylion personol, eich cymwysterau, eich cyraeddiadau a’ch sgiliau—yn eich helpu I wneud y gorau o’ch gyrfa.

Opportunities 2005

Opportunities 2005 is a Careers fair for everyone looking for information on:

- Education
- Training
- Careers
- Volunteering
- Personal development

Withybush Showground, November 9th, 10am—3pm

Careers Wales Online

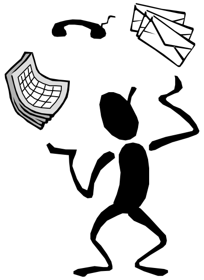
Careers Wales Online is an all-age careers information, advice and guidance service. Whether you are deciding on your subject choices, going to university or changing careers, the site will provide you with all the information you will need. careerswales.com’s e-Progress File—a tool to help you create and maintain your individual development record by storing personal details, qualifications, achievements and skills—will help you make the most of your career.

latest volunteering vacancies

PEMBROKE & DISTRICT CITIZENS ADVICE BUREAU

⇒ Volunteer Advisor

⇒ Volunteer Receptionist / Administrator



PEMBROKESHIRE MIND

⇒ Volunteer Befriender

PEMBROKESHIRE COAST NATIONAL PARK

⇒ Volunteer Walk Leader

HUBBERSTON HAKIN YOUTH CLUB

⇒ Volunteer Youth Work Assistant

TANYARD YOUTH CLUB

⇒ Volunteer Admin Assistant

⇒ Volunteer Fundraiser

INDEPENDENT AGE

⇒ Volunteer Visitor

PEMBROKESHIRE COUNTY COUNCIL (MUSEUM SERVICE)

⇒ Volunteer Cultural X-change Data Processor

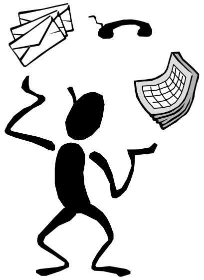
PEMBROKESHIRE ADVOCACY

⇒ Admin. & General Helper Volunteer

Cyfleon Gwirfoddoli Diweddaraf

NOLFAN GYNGHORI PENFRO A'R ARDAL

› Ymgynghorydd Gwirfoddol



⇒ Derbynnydd/gweinyddydd Gwirfoddol

IND SIR BENFRO

⇒ Cyfaill gwirfoddol

ARC CENEDLAETHOL ARFORDIR SIR BENFRO

⇒ Arweinydd Cerdded Gwirfoddol

LWB IEUENCTID HUBBERSTON HAKIN

› Cynorthwy-ydd Gwaith Ieuenctid Gwirfoddol

LWB IEUENCTID TANYARD

› Cynorthwy-ydd Gweinyddol Gwirfoddol

› Gwirfoddolwr/wraig codi arian

'INDEPENDENT AGE'

⇒ Ymwelydd gwirfoddol

CYNGOR SIR BENFRO (Gwasanaeth yr Amgueddfa)

⇒ Prosesydd Data 'Cultural X-change' Gwirfoddol

RIOLAETH SIR BENFRO

› Gwirfoddolwr/wraig Gweinyddol & Chymorth Cyffredinol

For more information please contact Voddoli Sir Benfro ar 01437 769422, os gwelwch yn dda

Cyfleon Gwirfoddoli Diweddaraf

RNID CYMRU

⇒ Gweithiwr/wraig Cynorthwyol Gwirfoddol / Gyrrwr/wraig Gwirfoddol

PROSIECT 'BYW BYWYD IACH' HAKIN, HUBBERSTON & MONKTON

⇒ Gwirfoddolwr/wraig 'Byw bywyd iach'

YMDDIRIEDOLAETH POBL IFAINC ABERGWAUN AC WDIG (POINT)

⇒ Ymddiriedolwr/wraig Gwirfoddol

YMARFEROLDEB LEONARD CHESHIRE

⇒ Gwirfoddolwr/wraig Ymarferoldeb

TOC H CYMRU

⇒ Gwirfoddolwr/wraig Gwasanaeth Llyfrgell

CARDIAU AT ACHOS DA

⇒ Cynorthwy-ydd Gwerthiant Gwirfoddol Mewn Siop Gardiau

NEUADD GYMUNEDOL ST JOHN

⇒ Gwirfoddolwr/wraig TG

⇒ Cynorthwy-ydd Clwb Cinio

CANOLFAN ECO GORLLEWIN CYMRU

⇒ Trefnydd Prosiect yr Ardd Gwirfoddol

⇒ Gwirfoddolwr/wraig i weithio ar Gyfeirlyfr Trefdraeth Werdd

latest volunteering vacancies

RNID CYMRU

⇒ Volunteer Support Worker / Driver

HAKIN, HUBBERSTON & MONKTON HEALTHY LIVING PROJECT

⇒ Healthy Living Volunteer

FISHGUARD & GOODWICK YOUNG PERSONS' TRUST (POINT)

⇒ Volunteer Trustee

LEONARD CHESHIRE WORKABILITY

⇒ Workability Volunteer

TOC H CYMRU

⇒ Library Service Volunteer

CARDS FOR GOOD CAUSES

⇒ Volunteer Card Shop Sales Assistant

ST JOHNS COMMUNITY HALL

⇒ IT Volunteer

⇒ Luncheon Club Helper

WEST WALES ECO CENTRE

⇒ Volunteer Garden Project Organiser

⇒ Volunteer Green Newport Directory

I gael rhagor o wybodaeth, cysylltwch â Gwirfo **lunteering Pembrokeshire on 01437 769422**

PAVS' Volunteering Pembrokeshire

- Visit the Volunteer Information Centre located at the PAVS Office. Drop in and browse through the various volunteering opportunities or make an appointment with an advisor who will assist you with making a suitable choice.
- Visit one of our outreach centres at a location convenient to you. Call to make an appointment to see an advisor.

Volunteering Opportunities include:

- Befriending / Care Work
- Office & Administration
- Animal Welfare
- Information Giving / Advice / Counselling
- Arts / Theatre / Music / Radio / Journalism
- Practical / DIY / Environmental / Conservation

All you need to do to find out more about volunteering is phone PAVS on:

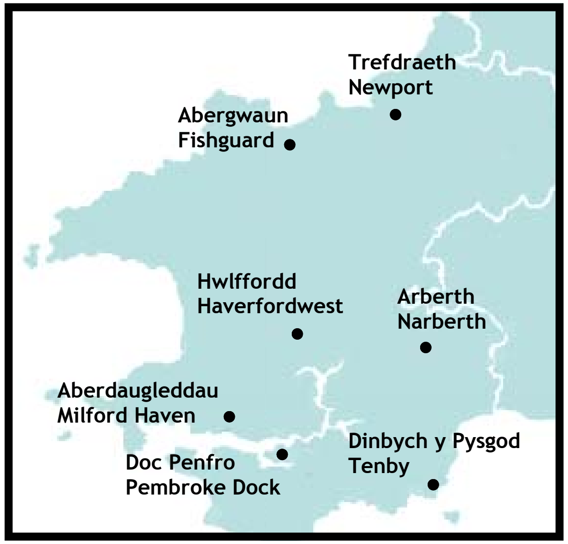
01437 769422

email: volunteering@pavs.org.uk
www.pavs.org.uk
www.volunteering-wales.net

36—38 High Street
Haverfordwest
Pembrokeshire
SA61 2DA

We offer a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Training and Education



Rydym yn cynnig gwasanaeth cynghori cynhwysfawr ar:

- Gyfleon gwirfoddoli
- Ddatblygiad personol
- Hyfforddiant ac Addysg

- Ewch I'r Ganolfan Gwybodaeth am Wirfoddoli sydd yn swyddfeydd PAVS. Galwch I mewn a phori trwy'r amrywiol gyfleoedd gwirfoddoli neu trefnwch I weld cynhgorydd a all eich cynorthwyo I wneud dewis addas
- Ewch I un o'r canolfannau allanol ledled Sir Benfro sy'n gyfleus I chi. Galwch I drefnu I weld cynghorydd.

Mae cyfleon gwirfoddoli yn cynnwys:

- Gwneud Cyfaill/Gwaith Gofal
- Gwaith swyddfa a Gweinyddu
- Lles anifeiliaid
- Rhoi Gwybodaeth/ymgynghori /cyngor
- Celfyddydau/Theatr/Cerddoriaeth/Radio/ Newyddiaduriaeth
- Ymarferol/DIY/Amgylcheddol/Cadwraeth

Yr unig beth sydd angen i chi ei wneud er mwyn cael rhagor o wybodaeth am wirfoddoli yw cysylltu â PAVS ar:

01437 769422

e-bost: volunteering@pavs.org.uk
www.pavs.org.uk
www.volunteering-wales.net

36—38 Y Stryd Fawr
Hwlffordd
Sir Benfro
SA61 2DA