

NEWYDDLEN GWIRFODDOLI

IONAWR 2014

15 MUDIAD GYDA CHYFLEOEDD GWIRFODDOLI NEWYDD I'CH TEMTIO YN 2014 RHIFYN 8

CANSER Y PROSTAD UK

i) Llinell ffôn Cymorth Cymheiriaid — gwrando a chefnogi eraill drwy dynnu ar eich profiadau personol.

ii) Siaradwyr gwirfoddol i fynychu digwyddiadau a siarad am eu profiad hwy o'r canser yma. Cysylltwch â: Rhodri Thomas 02920 351 606

GWIRFODDOLI YN DARLLEN

Hwylusydd Gwirfoddol ar gyfer 'Darllen ar y Cyd' er mwyn galluogi pobl a phlant i fanteisio ar brofiad rheolaidd o ddarllen. Cysylltwch â: Jeanette Wooden 07812 238 411

BI-POLAR UK

Gofalydd/Mentor gwirfoddol i roi cefnogaeth, cyngor a gwybodaeth ymarferol i ofalwyr eraill drwy'r project Cyswllt Mentora. Cysylltwch â: Sarah O'Herlity 01633 244244

SIOP SEFYDLIAD PRYDEINIG Y GALON, BANGOR

Llu o gyfleoedd i helpu yn y siop. Ar y til, gwneud trefn ar roddion yn y cefn a.y.b.

Galwch yn y siop am ffurflen gais.

GOFAL CANSER Y FRON

Gwasanaeth yn cynnig cymorth i gymheiriaid dros y ffôn. Cysylltwch â: Beverley Hampson 02920234075

ASH WALES

Yn chwilio am wirfoddolwyr fyddai'n hoffi cymryd rhan yn y gwaith o ddatblygu cynnwys a deunyddiau hyrwyddo ar gyfer gwefannau a chyfryngau cymdeithasol The Filter ac ASH Cymru. Cysylltwch â: Rachel Gray 02920 490621

BEAT CYMRU

Hwylusydd grwp gyda Beat Cymru i sefydlu a chefnogi grwpiau hunan-gymorth cyflyrau bwyta lle mae pobl sy'n mynychu yn cefnogi ei gilydd drwy rannu profiadau, meddyliau, llwyddiannau neu broblemau. Cysylltwch â: Michelle Treanor 07854239655

SIOP NEWYDD GAN DEUDRAETH CYF

Yn gwerthu cynnyrch sydd wedi ei dyfu gan y grŵp yn y tai gwydr yn lleol. Cysylltwch â'r tîm ar 01766 770711 am ragor o fanylion.

ACTION ON HEARING LOSS CYMRU

Yn chwilio am wirfoddolwyr ym Mhen Llŷn i helpu drwy gynnig gwasanaeth gwybodaeth i bobl byddar/trwm eu clyw. Cysylltwch â: Alison Parry 0292007502

GRŴP CYMUNEDOL POBL BANGOR

yn chwilio am bobl i gyflawni gwahanol rolau o fewn y pwyllgor er mwyn rhannu'r dasg o drefnu digwyddiadau cymunedol. Cysylltwch â: Bryan Collis 07986 929847

WILD ELEMENTS yn helpu pobl i ddod yn agosach at natur drwy gael hwyl

- Cynorthwydd Ysgol Goedwig
 - Cyfieithydd
 - Cyfryngau Cymdeithasol
- Cysylltwch â: Tom Cockbill 07792 014166

CO-OP BWYD YN PORTHMADOG, PWLLHELI, BERMO

Hoffech chi helpu i sefydlu a rhedeg co-op bwyd yn un o'r ardaloedd uchod. Cysylltwch â: Ceinwen Stokes 07768 988 095

CARTREF HEDD WYN — YR YSGWRN, TRAWSFYNYDD

Tywys ymwelwyr, cynorthwyo ar ddiwrnodau agored ac ymchwil hanesyddol. Cysylltwch â: Naomi Jones 01766 772517.

CIL DE GWYNEDD

Angen gwirfoddolwyr i helpu yn y swyddfa gyda ceisiadau am grantiau. Cysylltwch â: Diane Durrant 01766 514249

CANOLFAN HENEIDDIO'N DDA NEFYN

- Helpu gyda gweithgareddau cymdeithasol i bobl hŷn.
 - Gyrrwr gwirfoddol i yrru bws mini ar gyfer triapiau achlysurol
- Cysylltwch â: Mici Plwm 01286 677711.

Hyfforddiant am ddim i Wirfoddolwyr.

Mae Canolfan Gwirfoddoli Gwynedd wedi trefnu sesiynau hyfforddiant ar gyfer gwirfoddolwyr ym mis Ionawr – manteisiwch ar y ddarpariaeth!!



Goresgyn y rhwystrau

A ydych CHI.....

- Allan o waith?
- Yn chwilio am waith?

Felly mae'r sesiwn wybodaeth yma ar eich cyfer **CHI!!!**

Pryd ?	Dydd Mercher, 29^{ain} Ionawr 2014
Lle?	Theatr y Ddraig, Y Bermo
Amser?	10.00am – 1.00pm

Cyfle gwych i sgwrsio a chael cyngor am ffyrdd i symud ymlaen mewn awryglch gyfeillgar.

Darperir cinio ysgafn a thelir eich costau teithio.

Cwrs Blasu - Cyfrifiaduron

- Ydi defnyddio technoleg yn broblem i chi?
- Wedi cael tablet newydd yn anrheg Nadolig—ac angen arweiniad ar sut i'w ddefnyddio?
- A fuasech chi'n hoffi gallu cysylltu gydag eraill drwy ddefnyddio e-bost, skype neu 'Facebook'?
- Camera digidol — ond beth wedyn?



Mae cyfle i chi ddod i drafod unrhyw agwedd o ddefnyddio cyfrifiaduron **AM DDIM** mewn sesiwn arbennig a gynhelir yng Nglwb Rygbi, **Dolgellau** dydd Iau, **30ain Ionawr**.

Mae dewis o amseroedd : **11.00am tan 1.00pm**, neu **1.30pm tan 3.30pm**.

CROESO CYNNES I BAWB

— dim bwys beth yw'ch gallu ar hyn o bryd!

DIDDORDEB?

Llenwch y ffurflen werdd sydd gyda'r Newyddlen yma a dychwelwch hi i'r swyddfa **CYN 24^{ain} IONAWR**. Byddwn yn cysylltu gyda chi wedyn i gadarnhau os oes lle i chi.

DIOLCH YN FAWR!!

Canolfan Gwirfoddoli Gwynedd ☎ 01286 672626 / 01341 422575

www.mantellgwynedd.com

NEWYDDLEN GWIRFODDOLI

INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site.

Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might com-

ment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

INSIDE STORY HEADLINE

This story can fit 75-125 words.

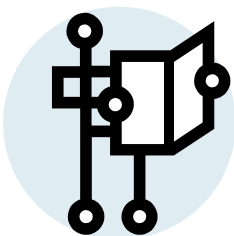
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

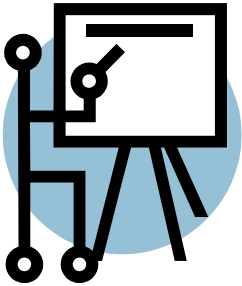
thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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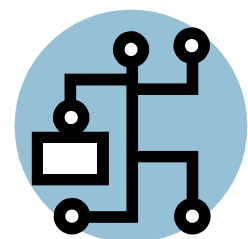
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Caption describing picture or graphic.



Organization

**CANOLFAN WIRFODDOLI
GWYNEDD VOLUNTEER CENTRE
MANTELL GWYNEDD**

Primary Business Address
Address Line 2
Address Line 3
Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Business Tagline or Motto

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

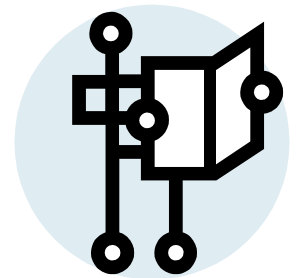
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.