



CAVS Volunteer Centre
18 Queen Street
Carmarthen, SA31 1JT

Canoldan Gwirfoddoli CAVS
18 Heol y Frenhines
Caerfyrddin SA31 1JT

**FFURFLEN COFRESTRU GWIRFODDOLWYR
VOLUNTEER REGISTRATION FORM**

Eich manylion cyswllt / <i>Your Contact Details</i>	
Enw llawn / Full Name	Mr / Mrs / Miss / Ms <i>Rhowch gylch o amgylch un ~ Please circle one ~</i>
Cyfeiriad / Address	
Côd Post / Post Code	
Rhifau Ffôn (cofiwch y côd deialu) Phone Numbers (with dialling code)	Dydd/ Daytime Arall/ Other
Ebst / Email	
Sut hoffech chi i ni gysylltu â chi? How would you like us to contact you?	Ffonio / Llythyr / Ebst Telephone / Post / Email
Eich sgiliau a'ch diddordebau / <i>Your Skills and Interests</i>	
A ydych wedi gwneud gwaith gwirfoddol o'r blaen? Nodwch os ydych yn gwneud ar hyn o bryd. / Have you done any voluntary work before? Please state if any of this work is current.	
Oes gennych unrhyw brofiad gwaith neu sgiliau all fod yn berthnasol i waith gwirfoddol? What work experience and skills do you have that may be relevant in your voluntary work?	
Ydych chi'n siarad Cymraeg? Are you Welsh speaking?	Ydw / Nac ydw Yes / No



CYFLEOEDD GWIRFODDOLI: Mae yna amrywiaeth eang ar gael, ac maen nhw i'w gweld isod. **Cam 1:** Yng ngholofn 1, ticiwch yr holl feysydd gwaith sydd o ddiddordeb i chi. **Cam 2:** Os ydych chi wedi ticio mwy na 5 categori, defnyddiwch golofn 2 i nodi hyd at 5 o'ch dewisiadau sydd orau gennych.

VOLUNTEERING OPPORTUNITIES: There is a wide range available, shown below.

Step 1: In column 1, tick all the areas of work that are of interest to you. **Step 2:** If you have ticked more than 5 categories, use column 2 to indicate up to 5 of your choices which are your most preferred types of work.

Cymraeg	English	COLOFN 1 COLUMN 1	COLOFN 2 COLUMN 2
Gweinyddol / Gwaith swyddfa	Adminstration / Office work		
Gwaith cynghori	Advice work and counselling		
Eiriolaeth a mentora	Advocacy and mentoring		
Anifeiliaid	Animals		
Celf / Treftadaeth	Arts / Heritage		
Bod yn gyfaill	Befriending		
Gofalu	Caring		
Arlwyo	Catering		
Siopau elusennol a mânwerthu	Charity shops and retail		
Plant / Teuluoedd	Children / Families		
Diogelwch cymunedol	Community safety		
Gwaith cymunedol	Community work		
Cyfrifiaduron a thechnoleg	Computers & technology		
Anabledd / Iechyd	Disability / Health		
Gyrru	Driving		
Cyffuriau / Dibyniaeth	Drugs / Addictions		
Addysg / Llythrennedd	Education / Literacy		
Pobl hŷn	Elderly		
Amgylchedd	Environment		
Codi arian	Fundraising		
Cenedl (rhyw) a rhywioldeb	Gender & sexuality		
Hosbisau ac ysbytai	Hospices and hospitals		
Ieithoedd (nodwch ba iaith)	Languages (specify)		
Gwaith cyfreithiol	Legal work		
Rheoli / Gwaith pwyllgor	Management / Committee work		
Iechyd meddwl	Mental health		
Gweithgareddau tramor	Overseas activities		
Gwaith ymarferol	Practical / DIY		
Carcharorion a chyn-droseddwyr	Prisoners & ex-offenders		
Hil / ethnigrwydd a ffoaduriaid	Race / ethnicity & refugees		
Siopa	Shopping		
Chwaraeon / hamdden	Sports / recreation / leisure		
Grwpiau menywod	Women's groups		
Gwaith ieuenctid	Youth work		
Arall (nodwch) / Other (please specify):			



Gweithio fel Gwirfoddolwr / Working as a Volunteer

Am faint fyddwch chi ar gael? (e.e. 6 mis neu yn ystod y tymor yn unig)
How long are you available for? (e.g. 6 months, term time only, etc.)

Sut hoffech chi weithio? **How would you prefer to work?** | Wrth eich hunan / Mewn grŵp / Does dim gwahaniaeth
On your own / In a group / Either

Ticiwch yr amserau y gallwch wirfoddoli fel arfer
Please indicate the times you would usually be able to volunteer

	Llun Monday	Mawrth Tuesday	Mercher Weds	Iau Thursday	Gwener Friday	Sadwrn Saturday	Sul Sunday
Bore Morning							
Prynhawn Afternoon							
Nos Evening							

A ydych yn gallu defnyddio eich car ar gyfer gwaith gwirfoddol? / **Are you able to use your own car for your voluntary work?** | Ydw / Nac ydw
Yes / No

A oes gennych drwydded yrru lân? / **Do you have a clean driving licence?** | Oes / Nac oes
Yes / No

Ym mha ardaloedd ydych chi'n barod i weithio? / **What districts are you prepared to work in?**

Oes yna unrhyw wybodaeth yr hoffech ei nodi a fyddai'n berthnasol i'ch gwaith gwirfoddol? (e.e mudiadau penodol yr hoffech weithio gyda nhw) / **Is there any other information that you would like to give that may be relevant to you doing voluntary work?** (e.g. particular organisations that you would like to work with)

Sut glywsoch chi am y Biwro Gwirfoddoli?
How did you hear about the Volunteer Bureau?

Hysbyseb	Y Wasg	Advert	Media
Digwyddiad	Poster / Taflenni	Event	Poster / Leaflets
Llyfrgell	Mudiad arall	Library	Other organisation
Pasio heibio	Rhywun ddywedodd	Passing by	Word of mouth
Biwro Symudol	wrthych	Mobile Bureau	Website
Llyfr ffôn	Gwefan	Phone book	Job / Careers
Timebank	Canolfan Gyrfaoedd /	Timebank	Centre
Rhwydwaith Beehive	Gwaith	Beehive Network	

Arall / **Other**



Gwybodaeth gyfrinachol / **Confidential information**

Ni chaiff y wybodaeth hon ei rhoi i unrhyw berson arall heb eich caniatâd
The following information will not be revealed to any other person without your consent

Dyddiad Geni / **Date of birth**

Ydych chi'n / Are you	Gweithio'n Llawn Amser	Employed Full Time
	Gweithio'n Rhan Amser	Employed Part Time
	Myfyriwr Coleg / Prifysgol	College / University Student
	Disgybl Ysgol	School Student
	Gartref	Houseperson
	Hunangyflogedig	Self Employed
	Wedi ymddeol	Retired

Ydych chi'n derbyn budd-daliadau lles? (e.e. Cymhorthdal Incwm, Credydau Treth, Budd-daliadau Anabledd) / **Are you in receipt of welfare benefits?** (e.g. Income Support, Tax Credits, Disability Benefits)

Oes gennych unrhyw broblemau iechyd neu anableddau a all, yn eich barn chi, fod yn berthnasol pan fyddwch yn gwneud gwaith gwirfoddol? / **Do you have any health problems or disabilities that you feel may be relevant to your participation in voluntary work?**

Diogelu data / **Data Protection**

Rwyf yn caniatáu i Biwro Gwirfoddoli Sir Gâr rhoi manylion amdanaf e.e. enw, cyfeiriad a rhif ffôn, allan i fudiadau gwirfoddol sy'n cynnig cyfleoedd gwirfoddoli.

I am happy for Carmarthenshire Volunteer Bureau to give out my details re: name, address, telephone number, to organisations who provide volunteering placements.



Nid wyf yn fodlon i Biwro Gwirfoddoli Sir Gâr rhoi gwybodaeth amdanaf e.e. enw, cyfeiriad a rhif ffôn, allan i fudiadau gwirfoddol sy'n cynnig cyfleoedd gwirfoddoli, **heb fy nghaniatâd.**

I do not wish Carmarthenshire Volunteer Bureau to give out my information re: name, address, telephone number, to organisations who provide volunteering placements, **without my consent.**



Datganiad / **Declaration**

Rwy'n deall y bydd rhaid i mi o bosib gyflwyno tystlythyron a chael gwiriad heddlu.
I understand that I may be required to provide references and a police check.

Llofnod / **Signed**

Dyddiad / **Date**