

Mae eich angen chi ar eich Cymuned...

**Mae angen GWIRFODDOLWYR
TRAFNIDIAETH GYMUNEDOL ar y
Gwasanaeth Gwirfoddol Brenhinol
yn Sir Gaerfyrddin**

Ydych chi'n mwynhau gyrru ac eisiau gwneud gwahaniaeth i fywydau pobl yn eich ardal leol? Ydych chi'n methu gyrru eich hunan ond hoffech chi helpu i drefnu teithiau ar gyfer pobl eraill? Byddwch yn Wirfoddolwr Trafnidiaeth Gymunedol a helpu pobl i gadw mewn cysylltiad â'u cymunedau.

Mae angen gwirfoddolwyr Trafnidiaeth Gymunedol i helpu pobl i fynd allan er mwyn iddynt barhau i fod yn rhan o'u cymunedau lleol.

Mae Ceir Cefn Gwlad yn wasanaeth sy'n cludo pobl nad oes ganddynt dull arall o deithio ac na fyddai ganddynt fel arall fodd i gyrraedd y siopau, i fynd at y meddyg neu i hyd yn oed ymweld ag anwyliad yn yr ysbyty. Fel gwirfoddolwr, bydd eich cyfraniad, pa mor fach bynnag, yn gymorth cwbl allweddol i lawer o bobl, yn enwedig pobl sy'n byw mewn ardaloedd gwledig.

Drwy fod yn un o wirfoddolwyr Cynllun Ceir Cefn Gwlad Sir Gaerfyrddin byddwch yn helpu i ddarparu gwasanaeth hanfodol i lawer o bobl sy'n byw mewn mannau anghysbell.

Mae hwn yn gyfle delfrydol os ydych am wneud ffrindiau newydd, bod yn rhan o dîm, datblygu eich sgiliau a'ch profiad a chyfrannu at waith yr elusen drwy gyfoethogi bywydau pobl a'u helpu i gael y gorau o fywyd.

Bydd angen ichi fod yn gyfeillgar a deall anghenion pobl hŷn ynghyd â gallu nodi meysydd sy'n achosi pryder. Bydd gennych sgiliau cyfathrebu a gwrandao da ynghyd ag agwedd anfarnol tuag at amgylchiadau unigolyn a pharodrwydd i sicrhau cyfrinachedd.

Rydym yn awyddus i glywed gan yrwyr sy'n barod i ddefnyddio eu ceir eu hunain neu gan drefnyddion sy'n gallu gweithio gartref. Darperir hyfforddiant a cewch eich ad-dalu am dreuliau parod.

Rhoi ychydig, a chael llawer - drwy fod yn un o wirfoddolwyr Ceir Cefn Gwlad.

I gael rhagor o wybodaeth cysylltwch â'r Gwasanaeth Gwirfoddol Brenhinol drwy ffonio 01269 843819 neu drwy anfon e-bost at Carmarthenshirehub@royalvoluntaryservice.org.uk

Your Community needs you...

**The Royal Voluntary Service in
Carmarthenshire needs
COMMUNITY TRANSPORT
VOLUNTEERS**

Do you enjoy driving and want to make a difference to the lives of people in your local area? Are you unable to drive yourself but would still like to help organise journeys for others? Become a Community Transport Volunteer and help to keep people in touch with their communities.

Community Transport volunteers are needed to help people get out and about to stay engaged with their local communities.

Country Cars is a service that provides lifts for people who have no other means of transport, who would otherwise have no way of getting to the shops, to the doctor, or even to visit loved ones in hospital. As a volunteer, your contribution, however small, will help to provide a lifeline for many, especially those living in rural areas.

As a volunteer for Carmarthenshire's Country Cars scheme you can help to provide an essential service to many isolated people.

This is an ideal opportunity if you want to make new friends, to be part of a team, to develop your skills and experience and contribute to the work of the charity by enriching the lives of people and helping them get the best from life.

You'll need to have a friendly personality, an understanding of the needs of older people with the ability to observe and identify areas of concern. You'll have good communication and listening skills with a non-judgemental attitude towards an individual's circumstances and a willingness to ensure confidentiality.

We are looking for drivers who are willing to use their own cars, or organisers who can work from home. Training will be provided and you'll be reimbursed for out of pocket expenses.

Give a little, gain a lot - become a volunteer for Country Cars.

For more information please contact the Royal Voluntary Service by telephone on 01269 843819 or by email at Carmarthenshirehub@royalvoluntaryservice.org.uk



**ROYAL
VOLUNTARY
SERVICE**



**Cyngor Sir Gâr
Carmarthenshire
County Council**