



**Canolfan Gwirfoddoli Gwynedd Volunteer Centre**  
**Hyfforddiant am ddim i wirfoddolwyr / Free Training for volunteers.**  
**Ffurflen i archebu lle / Booking form**

Enw / Name : .....

Cyfeiriad / Address :- .....

.....

e-bost / e-mail:- .....

Côd Post / Post Code :-.....Rhif Ffôn / Telephone Number : .....

Gyda pha fudiad ydych yn gwirfoddoli? / Please state which organisation you volunteer with:-

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Hoffwn archebu lle ar:

**i) Goresgyn Rhwystrau**   
(Theatr y Ddraig Bermo, 29/01/2014)

*I would like to book a place on*  
**i) Overcoming Barriers**   
(Dragon Theatre, Barmouth; 29/01/2014)

a / neu

and / or

ii) **'Sesiwn Blasu - Cyfrifiaduron'**  
(rhowch dic ar yr amser sy'n hwylus i chi)  
(Clwb Rygbi Dolgellau, 30/01/2014)

ii) **'Computer Taster' session**  
(Please tick the most convenient time for you)  
(Dolgellau Rugby Club, 30/01/2014)

11.00am – 1.00pm  1.30pm – 3.30pm

11.00am – 1.00pm  1.30pm – 3.30pm

**Hoffwn gael help gyda** (rhowch dic ymhob bocs perthnasol) /  
**I would like some help with** (please tick all appropriate boxes)

Rhoi cyfrifiadur ymlaen /  
Switching on a computer

Defnyddio gwefannau ee i siopa, neu ymchwilio /  
Using websites eg for shopping or research

Defnyddio e-bost /  
Using e-mail

Defnyddio Skype / Camera Digidol  
Using Skype / Digital Camera

'Facebook' neu Trydar /  
'Facebook' or Twitter

Defnyddio 'i-pad' (neu dabledi eraill) /  
Using i-pad (or other tablets).

Arall (noder os gwelwch yn dda) / Other (Please note) .....

Nodwch unrhyw anghenion arbennig (ee mynediad i gadair olwyn, print bras ayb) /  
Please note any special requirements (eg, wheelchair access, large print etc)

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Dychweler i / Return to:  
**Canolfan Gwirfoddoli Gwynedd Volunteer Centre,**  
**Mantell Gwynedd, 23 – 25 Y Bont Bridd, Caernarfon, Gwynedd LL55 1AB**