



volunteers.org.uk

Volunteers is an online platform connecting young people, their parents and educators, with third-sector volunteer opportunities. Through volunteering young people can develop new life skills and give back to their communities.

FREE
volunteering
resources
.....
Available
throughout
Carmarthenshire

VOLUNTEER • COMMUNITY • SKILLS
FRIENDSHIP • CONFIDENCE
FUTURE • EXPERIENCE

The Lord Arthur Rank
Centre, Trostre Road
Llanelli, SA14 9RA

Call Eminence on 07961 877049 or email
eminence@footholdcymru.org.uk

Foothold Cymru is a
charity registered in
England and Wales No:
1188969

FOOTHOLD
CYMRU

NEWID BYWYDAU CAM WRTH GAM
CHANGING LIVES STEP BY STEP

www.footholdcymru.org.uk





volunteens.org.uk

Mae Volunteens yn blatfform ar-lein sy'n cysylltu pobl ifanc, eu rhieni a'u haddysgwyr, â chyfleoedd gwirfoddoli trydydd sector. Trwy wirfoddoli, gall pobl ifanc ddatblygu sgiliau byw newydd a rhoi 'nôl i'w cymunedau.

**GWIRFODDOLI • CYMUNED
SGILIAU • CYFEILLGARWCH
HYDER • DYFODOL • PROFIAD**

Ffoniwch Eminence ar 07961 877049 neu e-bostiwch eminence@footholdcymru.org.uk

**Adnoddau
gwirfoddoli
AM DDIM**

**Ar gael
ledled Sir Gâr**

**Canolfan yr Arglwydd
Arthur Rank, Heol
Trostre, Llanelli,
SA14 9RA**

Elusen wedi'i chofrestru
yng Nghymru a Lloegr yw
Foothold Cymru Rhif:
1188969

**FOOTHOLD
CYMRU**

NEWID BYWYDAU CAM WRTH GAM
CHANGING LIVES STEP BY STEP

www.footholdcymru.org.uk

**WcVA
CgGC**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Gwirfoddoli Cymru
Volunteering Wales