



FREE
LIGHTBULBS
AVAILABLE

MEET THE TEAM: CWTCH CYNNES

Discover How Our Cwtch Cynnes teams can support you! Our Cwtch Cynnes team help the community adopt more energy-efficient practices, promoting environmental sustainability but also enabling households to save money on their energy bills.

Pop in to meet our friendly, welcoming staff in person and find out how we can help make a difference in your daily life. The whole family is welcome!

**ENERGY • MONEY • ENVIRONMENT
FINANCES • SAVE**

FREE LUNCH • FREE LIGHT BULBS

Contact: Lucy on 07792 512764 or email
lucy@footholdcymru.org.uk

Tuesday 29th
October 2024

.....
10.30 am - 2.30 pm

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

FREE TEA,
COFFEE, SOUP
AND CAKE!

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

**energy
saving
trust**



BYLBAU AM
DDIM

DEWCH I GWRDD A’N TÎM CWTCH CYNNES

Dewch i ddarganfod sut gall ein tim Cwtch Cynnes eich cefnogi chi i arbed arian, defnyddio llai o ynni ac edrych ar ol yr amgylchedd

Galwch mewn i gwrdd a’n staff cyfeillgar i weld pa wahaniaeth gallwch wneud l’ch bywyd pob dydd.

**YNNI • ARIAN • AMGYLCHEDD
CYLLID • ARBED**

CINIO AM DDIM • BYLBAU AM DDIM

Ffoniwch Lucy ar **07792 512764** neu e-bostiwch lucy@footholdcymru.org.uk

**Dydd Mawrth 29
Hydref 2024**

.....
10.30 am - 2.30 pm

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

**TE, COFFI, CAWL
A CHACEN AM
DDIM**

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