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Cymorth Cyntaf gyda'r Groes Goch

Addysg cymorth cyntaf effeithiol a hawdd ei ddysgu, mewn amgylchedd cartrefol ac anffurfiol. Ar eich cyfer chi, eich teulu, eich ffrindiau a'ch gofalwyr.

- Sgiliau cymorth cyntaf i ddiwallu'ch anghenion – darganfyddwch beth fedrwyd chi ei wneud beth bynnag eich cyfyngiadau!
- Goresgyn y rhwystrau i helpu eraill
- Magu hyder a pharodrwydd i helpu drwy roi cymorth cyntaf brys
- Wedi ei ariannu'n llwyr – felly does dim rhaid i chi dalu ceiniog

Dydd Iau 22 Chwefror, 2 pm – 3.30 pm, Ieuenctid a chanolfan gymunedol, Abergele LL22 7BP

Dydd Llun, 26 Chwefror, 11 am – 12.30 pm, Llyfrgell Penmaenmawr, Bangor Road, Penmaenmawr LL34 6DA

I gadw lle, cysylltwch â Helen ar 01492 01492 574048 neu helen.jackson4@conwy.gov.uk

First Aid for Falls with the Red Cross

Effective, easy to learn first aid education in a relaxed and informal style. For yourself, family, friends and carers.

- Relevant first aid skills tailored to your needs – find out what you can do whatever your limitations!
- Break down the barriers to helping others.
- Build confidence and willingness to help in a first aid emergency.
- Fully funded – there is no cost to you

22 February, Thursday, 2 pm – 3.30 pm, Abergele Youth and Community Centre, Abergele LL22 7BP

26th February, Monday, 11 am – 12.30 pm, Penmaenmawr Library, Bangor Road, Penmaenmawr LL34 6DA

To reserve your place (s) phone Helen on 01492 574048 or email helen.jackson4@conwy.gov.uk



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