

# Practical Volunteering

Interested in the practical side  
[www.volunteering-wales.net](http://www.volunteering-wales.net)

Conwy Volunteer Centre

42 Madoc Street  
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E-mail: [volunteercentre@cvsc.org.uk](mailto:volunteercentre@cvsc.org.uk)

03/09



Conwy Voluntary Services Council - Registered Charity 1061697

## Driving

Help with Community Transport driving your own vehicle or a minibus, or provide transport to help people to get to Stroke clubs, Endeavour clubs, sports clubs, etc.

## Animals

Help to care for animals and birds at the Welsh Mountain Zoo, or get involved with the RSPB or the wildlife Trust. Or what about walking dogs for people now unable to do so themselves.

## Office work/Administration

Many organisations need help with the practical aspects of running a group. Writing/typing letters, organising the finances, acting as secretary at meetings, all these skills are in short supply and much valued.

Alternatively, join the management committee of a group whose work interests you and contribute in that way to the development of the group.

## Campaigning

Feel passionate about a particular issue? Then join a group involved in the area of your interest. Areas include women's issues, prisoners and ex-offenders, human rights, the environment.

## Advice/Advocacy

Could you help people with forms/procedures etc. Then the Citizens Advice Bureau, women's Aid groups, Victim Support and Age Concern could all use and develop your skills.

## Do-it-Yourself

If practical work and DIY are your ideas of leisure, then you could get involved with running your Community Centre, or join in beach clean-ups, the Crest Recycling schemes or one of the groups carrying out environmental work, e.g. Snowdonia Society.

What about carpentry or scenery painting for one of the drama groups or similar practical work outdoors with the National Trust, BTCV or Welsh Highland Railway.

# Discover Volunteering

Discover new experiences

## Choosing a Career?

### Did you know...

Your work experience could be with one of these projects

You could bring new ideas to that project

Whatever career you wish to pursue, volunteering is incredibly important and may be part of your course!

If you are 16-24, your time could be accredited through the Millennium Volunteers Scheme!

# Gwirfoddoli Ymarferol

Diddordeb yn yr ochr ymarferol o  
[www.gwirfoddoli.cymru.net](http://www.gwirfoddoli.cymru.net)

Canolfan Gwirfoddoli Conwy

42 Stryd Madog  
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E-bost: [canolfangwirfoddoli@cvsc.org.uk](mailto:canolfangwirfoddoli@cvsc.org.uk)

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Cyngor Gwasanaethau Gwirfoddol Conwy - Eilusen Gofrestredig 1061697

## Cael blas ar wirfoddoli Cael blas ar brofiadau newydd

### Gwaith swyddfa/Gweinyddiaeth

Mae gan nifer o fudiadau angen help gyda'r agweddau ymarferol o redeg grwp. Ysgrifennu/teipio llythyrau, trefnu'r ochr ariannol, gweithredu fel ysgrifennydd mewn cyfarfodydd, mae'r sgiliau hyn i gyd yn brin ac yn cael eu gwerthfawrogi'n fawr.

Neu, beth am ymuno â phwyllgor rheoli grwp sy'n gwneud gwaith sydd o ddiddordeb i chi a chyfrannu yn y ffordd honno i ddatblygiad y grwp.

### Ymgyrchu

Ydych chi'n teimlo'n gryf am ryw fater arbennig? Yna ymunwch â grwp sy'n ymwneud â maes eich diddordeb. Mae'r meysydd yn cynnwys materion ynglŷn â merched, carcharorion a chyn-droseddwyd, iawnderau dynol, neu yr Amgylchedd.

### Cyngor/Adfocatiaeth

Allech chi helpu pobl gyda ffurflenni/trefnau ayyb. Yna gallai'r Canolfannau Cyngori, grwpiau Cymorth i Ferched, Cymorth i Ddiodesfyrwyr a Gofal am yr henoed i gyd ddefnyddio a datblygu eich sgiliau.

### Gyrru

Gellwch helpu efo Cludiant Cymunedol trwy yrru eich cerbyd eich hun neu fws mini, neu ddarparu cludiant i helpu pobl fynd i glybiau Strôc, clybiau Endeavour, clybiau chwaraeon ayyb.

### Anifeiliaid

Gellwch helpu i ofalu am anifeiliaid ac adar yn y Sw Fynydd Gymreig, neu gellwch weithio gyda'r RSPB neu'r Ymddiriedolaeth Bywyd Gwyllt. Neu beth am fynd â chwn am dro i bobl sy'n methu gwneud hynny eu hunain.

### Crefftiau'r Cartref

Os mai gwaith ymarferol a chrefftiau'r cartref yw eich syniadau chi o hamdden, yna gallech gymryd rhan mewn rhedeg eich Canolfan Gymdeithasol, neu ymuno i dacluso'r traeth, y Prosiectau Ail-gylchu Crest neu un o'r grwpiau'n gweud gwaith amgylcheddol, e.e.Cymdeithas Eryri,

Beth am waith coed neu baentio setiau i un o'r grwpiau drama neu waith ymarferol tebyg y tu allan gyda'r Ymddiriedolaeth Genedlaethol, BTCV neu Rheilffordd Eryri.

### Dewis Gyrfa?

### wyddoch chi...

Y gallai eich profiad gwaith fod efo un o'r prosiectau hyn

Gallech ddod â syniadau newydd i'r prosiect hwnnw

Beth bynnag fydd eich gyrfa, mae gwirfoddoli'n hynod o bwysig ac fe allai fod yn rhan o'ch cwrs!

Os ydych chi'n 16-24 oed, efallai y bydd eich amser yn cael ei achredu trwy Gynllun Gwirfoddolwyr y Mileniwm!