



Defnyddiwch y rhain i annog pawb i gyfnewid sgiliau, syniadau a chynigion o gymorth. Cadwch le yn eich digwyddiad i bobl eu llenwi, piniwch nhw i fyny a'u harddangos.

Use these to encourage everyone to swap skills, ideas and offers of help. Have a space at your do for people to fill them out, pin them up and display them.

GALLAF HELPŲU GYDA...
I CAN HELP WITH...

BETH AM I NI
GAEL SGWRS
LET'S CHAT

ENW A MANYLION CYSWLLT:
NAME AND CONTACT DETAILS:



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