

# Volunteers Needed

## Train to become an Independent Volunteer Advocate

### HOPE needs your help to support people (50+) and carers in your community

#### You can help people to:

- ✓ Have their views, wishes and feelings listened to
- ✓ Get the right support when they need it
- ✓ Understand their options and choices
- ✓ Access services like doctors, housing and benefits
- ✓ Communicate with utilities, banks, insurance companies and professionals.

#### Say yes and feel the benefit:

- ✓ Get training and support to be an Independent Volunteer Advocate
- ✓ Advocacy skills are highly transferable
- ✓ Use your professional or lived experiences to help others
- ✓ See first-hand the difference you make to someone's life
- ✓ Feel pride and satisfaction when helping someone in your community
- ✓ Make connections with other like-minded people.

To become an Independent Volunteer Advocate please e-mail [janet.ellard@agecymru.org.uk](mailto:janet.ellard@agecymru.org.uk) or [carl.pugh@agecymru.org.uk](mailto:carl.pugh@agecymru.org.uk)



#### Follow us on:

 [facebook.com/agecymru](https://www.facebook.com/agecymru)

 [twitter.com/agecymru](https://twitter.com/agecymru)

Age Cymru, Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff, CF24 5TD  
Tel: 029 2043 1555 E-mail: [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk) [www.agecymru.org.uk](http://www.agecymru.org.uk)

Age Cymru is a registered charity 1128436. Company limited by guarantee and registered in England and Wales 6837284. Registered office as above. ©Age Cymru 2021

# Angen Gwirfoddolwyr

## Hyfforddwch i ddod yn Eiriolwr Gwirfoddolwr Annibynnol

**Mae HOPE angen eich help i gefnogi pobl (50+)  
a gofalwyr yn eich cymuned**

### Gallwch helpu pobl i:

- ✓ Sicrhau bod eu barn, dymuniadau a theimladau'n cael eu clywed
- ✓ Cael y math cywir o gymorth pan fyddant ei angen
- ✓ Deall eu hopsiynau a dewisiadau
- ✓ Cael mynediad at wasanaethau fel meddyg, tai, a budd-daliadau
- ✓ Cyfathrebu gyda gwasanaethau cyhoeddus, banciau, cwmnïau yswiriant a gweithwyr proffesiynol.

I ddod yn Eiriolwr Gwirfoddolwr Annibynnol, e-bostiwch  
**janet.ellard@agecymru.org.uk**  
neu  
**carl.pugh@agecymru.org.uk**

### Ewch amdani a mwynhewch y manteision:

- ✓ Cael hyfforddiant a chymorth i fod yn Eiriolwr Gwirfoddolwr Annibynnol
- ✓ Mae sgiliau Eirioli'n hynod drosglwyddadwy
- ✓ Defnyddiwch eich profiadau proffesiynol neu bersonol i helpu eraill
- ✓ Gweld yn bersonol y gwahaniaeth rydych yn ei wneud i fywyd rhywun
- ✓ Teimlo balchder a boddhad wrth helpu rhywun yn eich cymuned
- ✓ Gwneud cysylltiadau â phobl o'r un anian.



### Dilynwch ni ar:

 facebook.com/agecymru

 twitter.com/agecymru

Age Cymru, Llawr Gwaelod, Tŷ Mariners, Llys Trident, Heol East Moors, Caerdydd CF24 5TD  
Ffôn: 029 2043 1555 E-bost: enquiries@agecymru.org.uk [www.agecymru.org.uk](http://www.agecymru.org.uk)

Mae Age Cymru yn elusen gofrestrdedig 1128436. Cwmni cyfyngedig drwy warant ac yn gofrestrdedig yng Nghymru a Lloegr 6837284. Swyddfa gofrestrdedig fel yr uchod. ©Age Cymru 2021