** ‘Friends’ update registration form**

Register here for updates and further information to help you as a ‘Friend’.

|  |  |
| --- | --- |
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| Age / Oed |  |
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| Posdt code / Cod post  |  |

We’d like to keep you informed about our vital work. Please tick or circle the areas you’re interested in: Arts [  ] Campaigns [  ] Events [  ] Fundraising [  ] Information and Advice [  ] Policy/Public Affairs [  ] Physical Activity [  ] Volunteering [  ]

Would you like to hear from us, please tick or circle - by post [  ] email [  ] telephone [  ] all [  ]

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Hoffem eich diweddaru am ein gwaith hanfodol. Ticiwch neu rhowch gylch yn y meysydd sydd o ddiddordeb i chi: Celfyddydau [  ] Ymgyrchoedd [  ] Digwyddiadau [  ] Codi Arian [  ] Gwybodaeth a Chyngor [  ] Polisi/Materion Cyhoeddus [  ] Ymarfer Corff [  ] Gwirfoddoli [  ]

A hoffech i ni gysylltu â chi, ticiwch neu rhowch gylch – drwy’r post [  ] e-bost [  ] ffôn [  ] pob un [  ]

Gallwch ddad-danysgrifio ar unrhyw adeg. Ffoniwch 029 2043 1555 e-bostiwch unsubscribe@agecymru.org.uk neu ticiwch / cylchwch y blwch hwn [  ]

Cedwir eich manylion ar gronfa ddata ddiogel ac ni fyddwn yn rhannu’ch manylion ag unrhyw sefydliad arall oni bai y bydd angen cyfreithiol i wneud hynny.