



Learning Pembrokeshire Sir Benfro yn Dysgu

COURSES CYRSIAU
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Learning today for a better tomorrow
Dysgu heddiw ar gyfer yfory gwell



www.pembrokeshire.gov.uk/adult-learning
www.sir-benfro.gov.uk/addysg-i-oedolion

ESSENTIAL SKILLS

Do you want to brush up your English or Maths?

It can help towards getting a job, helping your children and getting qualifications.

FREE essential skills courses are here to help you.

English classes for speakers of Other Languages (ESOL)

Courses for people who want to learn English. To join a class we would like to talk to you first.

☎ FREEPHONE 0808 100 3302

SGILIAU HANFODOL

A hoffech fireinio eich Saesneg neu Fathemateg?

Gall fod o gymorth i chi gael swydd, i helpu eich plant ac ennill cymwysterau.

Mae cyrsiau sgiliau hanfodol AM DDIM yma i'ch helpu.

Dosbarthiadau Saesneg ar gyfer Siaradwyr Ieithoedd Eraill (SSIE)

Cyrsiau i bobl sydd am ddysgu Saesneg. I ymuno â dosbarth, hoffem siarad â chi yn gyntaf.

☎ RHADFFON - 0808 100 3302

GCSEs / TGAU

Do you need a GCSE to improve your work and employment prospects or to get into further education?

GCSE English language • GCSE Mathematics

A oes angen cymhwyster TGAU arnoch i wella eich rhagolygon gwaith a chyflogaeth neu ar gyfer addysg bellach?

TGAU Iaith Saesneg • TGAU Mathemateg

DIGITAL SKILLS / SGILIAU DIGIDOL



Keeping your digital skills up to date has never been so important. Whether you are a beginner or already have some digital skills, we have a course to meet your needs which will help you learn something new, gain a qualification or help with employment. Classes are small and friendly so come and join us to see what you can learn. We also have lots of workshops.

Mae sicrhau eich bod yn meddu ar y sgiliau digidol diweddaraf yn hollbwysig. P'un a ydych yn ddechreuwr neu os oes gennych rai sgiliau digidol eisoes, mae gennym gwrs i ddiwallu eich anghenion a fydd yn eich helpu i ddysgu rhywbeth newydd, ennill cymhwyster neu'n eich helpu o ran cyflogaeth.

Mae'r dosbarthiadau'n fach a chyfeillgar felly ymunwch â ni i weld yr hyn y gallwch ei ddysgu. Mae gennym nifer o weithdai hefyd.

“Thank you for a friendly, supportive, learning experience!”

“Mwy o hyder i ddefnyddio technoleg fodern.”

“It made me believe I could achieve anything!”

Quotes from learners using their preferred language
Dyfyniadau gan ddysgwyr yn defnyddio'r iaith o'u dewis

Digital literacy -

First steps

More skills

Skills for life

**Llythrennedd digidol -
Camau cyntaf**

Digital employability

ECDL

ECDL Advanced

Microsoft Office skills

Cloud computing

Creative digital skills

Digital scrapbooking

eBay

E-mailing

Facebook

Family history using

a computer

Introduction to the Internet

Photoshop Elements

Social media -

Introduction

Using your tablet

Websites for all

Windows 10

Workshops -

various topics

Llythrennedd digidol -

Camau cyntaf

Rhagor o sgiliau

Sgiliau bywyd

**Llythrennedd digidol -
Camau cyntaf**

Cyflogadwyedd digidol

ECDL

ECDL Uwch

Sgiliau Microsoft Office

Cyfrifiadura cwmwl

Sgiliau digidol creadigol

Llyfr lloffion digidol

eBay

E-bostio

Facebook

Hanes teulu-ddefnyddio

Cyfrifiadur

Cyflwyniad i'r Rhyngwrld

Photoshop Elements

Cyfrngau cymdeithasol -

Cyflwyniad

Defnyddio eich llechen

Gwefannau ar gyfer pawb

Windows 10

Gweithdai -

gwahanol bynciau

HEALTH & WELLBEING

IECHYD A LLES

An active mind and body is key to making the most of your life and enriching the lives of those around you. Have a look at what you can do.

Mae meddwl bywiog a chorff heini yn allweddol i wneud y mwyaf o'ch bywyd a chyfoethogi bywydau'r rheini o'ch cwmpas. Edrychwch i weld yr hyn y gallwch chi ei wneud.

Aromatherapy theory

Theori aromatherapi

Indian head massage

Tylino pen yn y dull Indiaidd

Pilates

Pilates

Pilates - Stretch and flex

Pilates - Ymestyn ac ystwytho

Tai Chi

Tai Chi

Tai Chi - Advanced

Tai Chi - Uwch

Improve your wellbeing with Tai Chi

Gwellwch eich hunan-lles gyda Tai Chi

Yoga

Ioga

Yoga - Chair yoga

Ioga - Ioga cadair

Yoga - Unwind with yoga

Ioga - Dadflino gydag ioga

Yoga for the over 50s

Ioga ar gyfer pobl dros 50 mlwydd oed



GENERAL INTEREST

DIDDORDEB CYFFREDINOL

Emergency first aid

Cymorth cyntaf brys

Food safety in catering

Diogelwch bwyd mewn arlwyo

Food Allergen Management for Caterers

Arlwywyr mewn Rheoli Alergenau Bwyd

Geology - World and local geology

Daeareg lleol a'r byd

History - various topics

Hanes - gwahanol bynciau

History of the Welsh People

Hanes y Cymry

Lip reading

Darllen gwefusau

Poetry for pleasure

Barddoniaeth am bleser

Photography

Ffotograffiaeth

Intermediate photography

Ffotograffiaeth ganolradd

Presentation techniques

Technegau cyflwyno

Report writing

Ysgrifennu adroddiadau

Level 2 Health and Safety in the Workplace

Lefel 2 Iechyd a Diogelwch yn y Gweithle

Level 2 Safeguarding - Children and Young People

Diogelu Lefel 2 - Plant a Phobl Ifanc

Personal Licencing

Trwyddedu Personol

RYA Day Skipper

Y Gymdeithas Hwyllo Frenhinol:

Shorebased

Capten Dydd ar y Lan

RYA Coastal Skipper - Yachtmaster

Y Gymdeithas Hwyllo Frenhinol: Capten Arfordirol - Iotfeistr Pell o'r Lan

Offshore

Substance Misuse Awareness

Ymwybyddiaeth o amdefnyddio Sylweddau

We also have lots of clubs and groups that meet regularly at our centres.

Mae gennym nifer o glybiau a grwpiau hefyd sy'n cyfarfod yn rheolaidd yn ein canolfannau.

CREATIVE & PERFORMANCE SKILLS

SGILIAU CREADIGOL

A PHERFFORMIO

There is something for everyone! Give it a go! Learning new skills can give you a sense of achievement and improve your confidence.

Mae rhywbeth at ddant pawb! Rhowch gynnig arni! Gall dysgu sgiliau newydd roi ymdeimlad o gyflawniad i chi a gwella eich hyder.

Art - various topics

Bushcraft spoon carving

Button art

Cake decorating

Creative writing

Creative writing - intermediate & advanced

Crochet

Dressmaking

Dressmaking and soft furnishings

Felt making

Floral design

Glass painting

Jewellery making

Knitting & crochet: a modern take

Patchwork and quilting

Celf - gwahanol bynciau

Cerfio llwyau bushcraft

Celf botymau

Addurno cacennau

Ysgrifennu creadigol

Ysgrifennu creadigol - canolradd ac uwch

Crochet

Gwniadwaith

Gwniadwaith a dodrefn meddal

Gwneud ffelt

Dylunio blodeuol

Paentio gwydr

Gwneud gemwaith

Gwau a chrosio: golwg fodern

Clytwaith a chwiltio

Pottery - mixed ability

Seasonal mixed crafts - various topics

Sewing Bee - Patterns, cushions and clothes

Silk painting

Singing - Find your voice - Have fun singing

Stained glass

Traditional Upholstery

Willow work - various topics

Crochenwaith - gallu cymysg

Crefftau cymysg tymhorol - gwahanol bynciau

Cyfarfod Gwnio - Patrymau, clustogau a dillad

Paentio sidan

Canu - Dewch o hyd i'ch llais i mwynhewch ganu

Gwydr lliw

Clustogwaith Traddodiadol

Gwaith helyg - gwahanol bynciau



“Mae'n gwneud i chi deimlo'n ifancach.”

“The sense of achievement gained and the support of new friends has greatly helped my mental well being.”

“Mae wedi agor fy llygaid i'r hyn gall cyfrifiadur ei ddarpau.”

“It has re-energized and re-motivated my desire to get stuck back into my art. Thank you.”

Quotes from learners using their preferred language
Dyfyniadau gan ddysgwyr yn defnyddio'r iaith o'u dewis

LANGUAGES / IEITHOEDD

French - Spanish - German - Italian

Learning a language is fun and keeps your mind active! It can help you to make the most of your holiday abroad, expand your cultural horizons, advance career prospects and communicate with foreign visitors.

Ffrangeg - Sbaeneg - Almaeneg - Eidaleg

Mae dysgu iaith yn hwyl ac yn cadw eich meddwl yn effro! Gall eich helpu i wneud y mwyaf o'ch gwyliau dramor, ymestyn eich gorwelion diwylliannol, ymestyn rhagolygon gyrfa a chyfathrebu ag ymwelwyr tramor.

LEARN WELSH / DYSGU CYMRAEG

There are many opportunities to learn.

For more information: www.learnwelsh.cymru

Mae llawer o gyfleoedd i ddysgu.

I gael rhagor o wybodaeth:

www.dysgucymraeg.cymru

☎ 01437 770180

✉ learnwelsh@pembrokeshire.gov.uk



SPRINGBOARD

Springboard is a Learning Pembrokeshire project, providing free courses to adults and families in partnership with Pembrokeshire primary schools, in certain areas.

Mae Springboard yn brosiect Sir Benfro yn Dysgu, sy'n darparu cyrsiau am ddim i oedolion a theuluoedd mewn partneriaeth ag ysgolion cynradd Sir Benfro, mewn ardaloedd penodol.

Follow us on Facebook / Dilynwch ni ar Facebook www.facebook.com/SpringboardPembrokeshire



WORKSHOPS / GWEITHDAI

Not sure what to do? Our workshops are a perfect way to try something new!

Ddim yn siŵr beth i'w wneud? Mae ein gweithdai yn ffordd berffaith i roi cynnig ar rywbeth newydd!

Basic digital photography workshop

Gweithdy ffotograffiaeth ddigidol sylfaenol

Button art

Celf botymau

Cake decorating

Addurno cacennau

Christmas crafts and gifts

Crefftau ac anrhegion Nadolig

Collage

Gludwaith

Creative writing

Ysgrifennu creadigol

Digital skills - various topics

Sgiliau digidol - gwahanol bynciau

Glass painting

Paentio gwydr

Graham Hadlow watercolour

Dyfrlliw Graham Hadlow

Jewellery making

Gwneud gemwaith

Portrait workshop

Gweithdy portreadau

Printmaking - introduction

Gwneud printiau - cyflwyniad

Silk painting

Paentio sidan

SLR camera

Camera SLR

Stained glass

Gweithdy gwydr lliw

Willow work

Gwaith helyg



HOW TO BOOK SUT I GOFRESTRU

If you can't see what you want to do - give us a ring. We have lots of clubs and groups that meet regularly at our centres.

Booking a course place has never been easier!

Courses are for adults over 16. You can book online, via email, in person or over the telephone. We accept cash, cheque and card payments.

Search for courses on our website

www.pembrokeshire.gov.uk/adult-learning

OR contact your local Community Learning Centre or Central Services office for details of courses being offered - see CONTACTS page.

Remember to book early! We wouldn't want you to miss out.

Os na allwch weld yr hyn yr hoffech ei wneud - ffoniwch ni. Mae gennym nifer o glybiau a grwpiau sy'n cyfarfod yn rheolaidd yn ein canolfannau.

Mae'n hawdd iawn cofrestru ar gyfer cwrs!

Mae'r cyrsiau ar gyfer oedolion dros 16 oed. Gallwch gofrestru ar-lein, drwy e-bost, yn uniongyrchol neu dros y ffôn. Rydym yn derbyn arian parod, sic a thaliadau â cherdyn.

Chwiliwch am gyrsiau ar ein gwefan

www.sir-benfro.gov.uk/addysg-i-oedolion

NEU cysylltwch â'ch Canolfan Ddysgu Gymunedol neu eich swyddfa Gwasanaethau Canolog leol i gael manylion am y cyrsiau sydd ar gael - gweler y dudalen CYSYLLTIADAU.

Cofiwch gofrestru'n gynnar! Nid ydym am i chi golli'r cyfle.



CONTACTS / CYSYLLTIADAU

Fishguard Community Learning Centre
Canolfan Ddysgu Gymunedol Abergwaun
✉ fishguard.learning@pembrokeshire.gov.uk

☎ 01437 770140
☎ 07468 743867

Mid Pembrokeshire Community Learning Centres
(Haverfordwest, Milford Haven & Neyland area)
Based at Haverfordwest Community Learning Centre
Canolfannau Dysgu Cymunedol Canolbarth Sir Benfro
(Ardal Hwlffordd, Aberdaugleddau a Neyland)
Yng Nghanolfan Ddysgu Gymunedol, HWLFFORDD
✉ MidPembs.learning@pembrokeshire.gov.uk

☎ 01437 770150
☎ 01437 770160
☎ 07557 191452

Pembroke Dock Community Learning Centre
Canolfan Ddysgu Gymunedol Doc Penfro
✉ pembrokedock.learning@pembrokeshire.gov.uk

☎ 01437 770170

Preseli Community Learning Centre - Crymych
Canolfan Ddysgu Gymunedol y Preseli - Crymych
✉ preseli.learning@pembrokeshire.gov.uk

☎ 01437 770180

Tenby Community Learning Centre
Canolfan Ddysgu Gymunedol Dinbych-y-pysgod
✉ tenby.learning@pembrokeshire.gov.uk

☎ 01437 770190

Bloomfield Community Centre - Narberth
Canolfan Gymunedol Bloomfield - Arberth
✉ narberth.learning@pembrokeshire.gov.uk

☎ 01437 770136
☎ 01834 860293

Central Services Office - Narberth
Swyddfa Gwasanaethau Canolog - Arberth
✉ learn@pembrokeshire.gov.uk

☎ 01437 770130
☎ 07500 127146

Essential Skills and English for
Speakers of Other Languages (ESOL)

FREEPHONE / RHADFFON 0808 100 3302



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LearningPembrokeshire](http://www.facebook.com/LearningPembrokeshire)



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

www.pembrokeshire.gov.uk/adult-learning
www.sir-benfro.gov.uk/addysg-i-oedolion