



Volunteering Opportunities

with the Combined Forces Project within LINKS Llanelli

Can you spare up to two hours a week supporting Ex-service men and women in Carmarthenshire either over the phone or on a one to one basis.

- Full training will be given
- Travel expenses paid
- DBS Check
- Regular reviews
- Further training opportunities

Do you feel you could support any of our Ex-forces members who may be struggling with transition into civilian life, isolation or anxiety.

Could you support them with stepping stones to recovery building self esteem and confidence.

No experience necessary

for further information please contact

01554 757957

Michelle on michelle@links.uk.net or Susie on susie@links.uk.net

Cyfleoedd Gwirfoddoli

Gyda Phrosiect y Lluoedd Arfog Cyfunol o fewn LINKS Llanelli

Allwch chi sbario hyd at ddwy awr yr wythnos yn cefnogi gwŷr a gwragedd yn Sir Gaerfyrddin a fu'n gyn-filwyr naill ai dros y ffôn neu un i un.

- Rhoddir hyfforddiant llawn
- Telir costau teithio
- Gwiriad DBS
- Adolygiadau rheolaidd
- Cyfleoedd hyfforddiant pellach

Ydych chi'n teimlo y gallwch chi gefnogi ein haelodau a fu yn gyn-filwyr ac sydd efallai yn brwydro gyda thrawsnewid nôl i fywyd cyffredin o ddydd i ddydd, unigrwydd neu bryder.

Allech chi eu cynorthwyo nhw gyda champau tuag at adennill magu hunan barch a hyder.

Does dim rhaid cael profiad.

Am wybodaeth bellach cysylltwch â

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