

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 advocacy@agecymru.org.uk

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Angen Gwirfoddolwyr

Hyfforddych 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
advocacy@agecymru.org.uk

Dilynwch ni ar:

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

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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.



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