



# COURSES 2017-18 CYRSIAU

For further class information - visit our website or ring your local centre (contact details overleaf)  
Am ragor o wybodaeth am ddsbarthiadau - gwelwch ein gwefan neu ffoniwch ein canolfan leol (manyllion cysylltu dros y dudalen)

Courses are listed under the local Community Learning Centre that administers the course. However, courses are not necessarily held in the centre. Some courses listed are run as clubs or groups

AREA ARDAL							
Crymch	Fishguard Abergwaun	Haverfordwest Hwlfordd	Milford Haven Aberdaugleddau	Narberth Arberth	Neyland Neyland	Pembroke Dock Doc Penfro	Tenby Dinbych-y-pysgod

All enquiries for courses - contact the appropriate area centre listed. Contact details overleaf or visit our website.

Ar gyfer pob ymholiad ynglŷn â chyrtsiau - cysylltwch â'r ganolfan ardal briodol sydd wedi ei rhestru.  
Manyllion cysylltu dros y dudalen neu ewch at ein gwefan.

AREA ARDAL							
Crymch	Fishguard Abergwaun	Haverfordwest Hwlfordd	Milford Haven Aberdaugleddau	Narberth Arberth	Neyland Neyland	Pembroke Dock Doc Penfro	Tenby Dinbych-y-pysgod

Rhestir cyrsiau o dan y Ganolfan Ddysgu Gymunedol sy'n gweinyddu'r cwrs. Serch hynny, ni chynhelir y cyrsiau yn y ganolfan honno o angenrheidrwydd. Mae rhai cyrsiau a restrir yn cael eu cynnal fel clybiau neu grwpiau.

Art - various classes offering a variety of media, styles and levels	●	●	●	●				Celf - amrywiol ddsbarthiadau'n cynnig amrywiaeth o gyfryngau, mathau a safonau
Art - Life drawing	●	●	●					Celfyddyd - bywluniad
Belly dancing		●						Bolddawnsio
Chair Yoga		●						loga Cadair
China - history, culture and language						●		Tsieina - hanes, diwylliant ac iaith
Chinese brush painting						●		Paentio brws Tseiniaidd
Cookery		●						Coginio
Cookery Masterclass - Fine dining	●							Dosbarth meistir coginio - Bwyta mewn steil
Creative writing - Beginners				●				Ysgrifennu creadigol - Mynediad
Creative writing		●	●	●	●	●	●	Ysgrifennu creadigol
Crochet	●							Crochet
Dressmaking for beginners		●	●	●	●	●		Gwniadwaith ar gyfer dechreuwyr
Dressmaking - intermediate and advanced				●				Gwneud Dillad - canolradd ac uwch
Dressmaking and soft furnishings	●	●				●	●	Gwniadwaith a dodrefn meddal
Emergency First Aid / First aid for parents	●	●	●	●		●		Cymorth Cyntaf Brys / Cymorth cyntaf i rieni
ESOL - English for the Speakers of Other Languages - Various levels								ESOL - English for the Speakers of Other Languages - Various levels
Essential Skills - Improve your reading, writing, spelling and maths - Various levels - FREE classes								Sgiliau hanfodol - Gwella eich darllen, ysgrifennu, sillafu a mathemateg - Arryw lefel - Dosbarthiadau AM DDIM
Felt making - Introduction to wet felting & project work			●					Gwneud ffelt - Cyflwyniad i ffeltio gwlyb a gwaith prosiect
Floral design	●							Dylunio blodeuol
French - Year 1	●	●		●		●	●	Ffrangeg - Blwyddyn 1
French - Year 2			●					Ffrangeg - Blwyddyn 2
French - Year 3				●				Ffrangeg - Blwyddyn 3
French - Year 4						●		Ffrangeg - Blwyddyn 4
French - Year 5+							●	Ffrangeg - Blwyddyn 5+
French conversation - advanced				●			●	Ffrangeg sgwrsio - uwch
Furniture restoration for beginners		●						Adnewyddu dodrefn i ddechreuwyr
GCSE English Language		●	●			●	●	TGAU Iaith Saesneg
GCSE Mathematics	●	●	●	●		●	●	TGAU Mathemateg
Geology - World and local geology		●						Daeareg lleol a'r byd
German - Year 1			●	●	●	●	●	Almaeneg - Blwyddyn 1
German - Year 5							●	Almaeneg - Blwyddyn 5
Greek - Year 1		●						Groeg - Blwyddyn 1
History - various classes offering a wide variety of topics		●		●			●	Hanes - amrywiol ddsbarthiadau'n cynnig amrywiaeth eang o bynciau
Holiday French / Holiday Italian / Holiday Spanish		●						Ffrangeg ar gyfer Gwyliau / Eidaleg ar gyfer Gwyliau / Sbaeneg ar gyfer Gwyliau
Interior Design							●	Cynllunio Mewnol
Italian - Year 1		●	●	●	●	●	●	Eidaleg - Blwyddyn 1
Italian - Year 2			●				●	Eidaleg - Blwyddyn 2
Italian - Year 2/3				●				Eidaleg - Blwyddyn 2/3
Italian - Year 4					●			Eidaleg - Blwyddyn 4
Italian - Year 6						●		Eidaleg - Blwyddyn 6
Jewellery making - silver		●						Gwneud gemwaith - arian
Jewellery making with beads		●	●	●	●	●	●	Gwneud gemwaith gyda gleiniau
Lip reading			●			●		Darllen gwefusau
Mandarin				●			●	Mandarin
Mosaics - Create and design				●				Brithwaith - Creu a dylunio
Photography - Taking better pictures	●	●	●	●				Ffotograffiaeth - Tynnu lluniau gwell
Pilates / Pilates - Stretch and flex						●	●	Pilates / Pilates - Ymestyn ac ystywtho
Pottery - mixed ability	●					●		Crochenwaith - gallu cymysg
Print making - introduction	●	●						Gwneud printiau - cyflwyniad
Recite				●				Adrodd
RYA Day Skipper / RYA Yacht Master		●				●	●	RYA Day Skipper / RYA Yacht Master
Sculpture		●	●		●			Cerflunio
Spanish - Year 1	●	●	●	●	●	●	●	Sbaeneg - Blwyddyn 1
Spanish - Year 2		●		●				Sbaeneg - Blwyddyn 2
Spanish - Year 3		●						Sbaeneg - Blwyddyn 3
Spanish - Year 5							●	Sbaeneg - Blwyddyn 5
Stained glass			●			●	●	Gwydr lliw
Tai chi				●			●	Tai chi
Tai Chi - Advanced			●	●	●			Tai Chi - Uwch
Up-cycle and refashion		●						Lan-gylchu ac ail-lunio
Upholstery	●	●	●					Clustogwaith
Vocal health in the workplace				●				Iechyd lleisiol ar gweithle
Weaving spinning and dyeing	●							Gwehyddu nyddu a lliwio
Willow basketry - Improvers		●						Gwaith basged helyg - Gloywyr
Willow garden sculptures and plant supports				●				Cerfluniau gardd o helyg a chynnal planhigion
Willow garden structures			●					Fframweithiau helyg ar gyfer yr ardd
Willow sculptures - Introduction			●	●				Cerfluniau helyg - Cyflwyniad
Yoga	●	●	●	●	●	●	●	loga
Yoga for the over 50s / Dynamic Yoga							●	loga ar gyfer pobl dros 50 mlwydd oed / loga Dynamig

<b>WORKSHOPS</b>									
Art - Life drawing					●		●		Celfyddyd - bywluniad
Art workshop							●		Gweithdy Celf
Book making - Secret Belgium Binding / Sewn Boards Binding		●							Gwneud llyfrau - Rhwymiad Belgaid Cudd / Rhwymiad byrddau gwniedig
Book making workshop	●								Gweithdy gwneud llyfrau
Bushcraft Spoon Carving					●				Cerfio Llywau Bushcraft
Christmas crafts and gifts					●				Crefftai ac anrhegion Nadolig
Christmas crafts and gifts - Christmas Wreath		●				●	●	●	Crefftai ac anrhegion Nadolig - Torch y Nadolig
Christmas crafts and gifts - Origami, wreaths and stars for cards and decorations		●							Crefftai ac anrhegion Nadolig - Origami, torchau a sêr ar gyfer cardiau ac adduniadau
Christmas crafts and gifts - sewing		●	●	●	●	●			Crefftai ac anrhegion Nadolig - gwinio
Creative Embroidery	●								Brodwaith Creadigol
Draw to Stitch - convert photos to textile work	●								O'r Llyn i'r Pwyl - troi ffotograffau'n gwaith tecstil
Driftwood	●		●	●	●				Broc Môr
Driftwood - Christmas tree			●	●	●	●	●		Broc Môr - Coeden Nadolig
Emergency First Aid		●	●	●	●	●	●		Cymorth Cyntaf Brys
Felt making			●						Gwneud ffelt
Felt making - Needle Felt Angels				●					Gwneud ffelt - Angylion nodwydd ffelt
First aid for parents			●	●	●				Cymorth cyntaf i rieni
Food safety in catering (CIEH)	●								Diogelwch bwyd mewn arlwy (CIEH)
Graham Hadlow watercolour workshops							●	●	Gweithdy dyfriliw Graham Hadlow
Holiday German / Holiday Italian							●		Almaeneg ar gyfer Gwyliau / Eidaleg ar gyfer Gwyliau
Indian head massage	●								Tylino pen yn y dull Indiaidd
Indian Head Massage - introduction							●		Cyflwyniad - Tylino Pen Indiaidd
Jewellery making - silver	●								Gwneud gemwaith - arian
Mosaics - Create and design	●	●	●	●	●	●	●	●	Brithwaith - Creu a dylunio
Patchwork quilt in a day	●								Cwilt clytwaith mewn diwrnod
Sewing workshop							●		Gweithdy gwinio
Stained glass workshops - various themes				●	●	●	●	●	Gweithdy gwyrdd lliw - themâu amrywiol
Stress management workshops (assertiveness; building resilience; coping skills; mindfulness and relaxation; the power of the positive)								●	Gweithdy rheoli straen (pendantrwydd; meithrin cydnheredd; sgiliau ymdopi; ymwybyddiaeth ofalgar ac ymlacio; grym y cadarnhaol)
Willow basketry	●								Gwaith basged helyg
Willow basketry - Rustic hedgerow			●	●					Gwaith basged helyg - Clawdd gwladaidd
Willow Christmas decorations			●	●					Adduniadau Nadolig helyg
Willow sculptures - Introduction				●					Cerfluniau helyg - Cyflwyniad

Accreditation is available on some courses - please ask for details at the centre administering your course  
All information in this leaflet was correct at the time of print, but may be subject to change  
Mae achrediaeth ar gael gyda rhai cyrsiau - byddwch gystal â holi am fanylion yn y ganolfan sy'n gweinyddu eich cwrs  
Roedd yr holl wybodaeth yn y dafn hon yn gywir pan gafodd ei hargraffu ond fe allai gael ei newid

<b>Computer skills</b> Accreditation available										<b>Sgiliau cyfrifiadurol</b> Mae achrediad ar gael
Android tablet - introduction	●									Tabled android - cyflwyniad
Android 2	●									Android 2
Cloud computing		●								Cyfrifiadura cwmwl
Computer Programming - An Introduction	●									Rhaglennu Cyfrifiadurol - Cyflwyniad
Computer Programming using Raspberry Pi	●									Rhaglennu Cyfrifiadurol trwy ddefnyddio Raspberry Pi
Developing e-mail and online skills	●	●	●	●	●	●	●	●		Datblygu sgiliau e-bost ac ar-lein
Digital employability	●	●	●	●	●	●	●	●		Cyflodwydd digidol
Digital literacy - Safety and privacy online		●	●	●	●	●	●	●		Llythrennedd Digidol - Diogelwch a Phreifatrwydd ar-lein
Discovering the digital world	●	●	●	●	●	●	●	●		Darganfod y byd digidol
ECDL - Essentials and Extra	●	●	●	●	●	●	●	●		ECDL - Hanfodion ac Ychwanegol
ECDL - Presentation software level 1				●	●	●	●	●		ECDL - Meddalwedd cyflwyno lefel 1
ECDL - Spreadsheet software level 1				●						ECDL - Meddalwedd taenlenni lefel 1
ECDL - Word processing software level 1	●				●					ECDL - Meddalwedd prosesu geiriau lefel 1
ECDL Advanced - Spreadsheets				●						ECDL Uwch - Taenlenni
ECDL Advanced - Word processing					●					ECDL Uwch - Prosesu Geiriau
Facebook		●								Facebook
Family history using a computer			●	●	●	●	●	●		Hanes teulu ddefnyddio cyfrifiadur
File management using a Mac				●	●	●	●	●		Rheoli ffieiliau gan ddefnyddio Mac
First steps with computers	●	●	●	●	●	●	●	●		Camau cyntaf gyda chyfrifiaduron
iPad - introduction		●	●	●	●	●	●	●		iPad - cyflwyniad
iPad 2			●	●	●	●	●	●		iPad 2
Microsoft Office skills - Intro	●		●	●	●	●	●	●		Sgiliau Microsoft Office - Cyflwyniad
Organising your photos								●		Trefnu eich ffotograffau
Photoshop Elements - introduction		●								Photoshop Elements - cyflwyniad
Photoshop Elements - more skills		●								Photoshop Elements - rhagor o sgiliau
Social media - introduction			●	●						Cyfrwyngau cymdeithasol - cyflwyniad
Text Processing skills			●		●					Sgiliau Prosesu Testun
Using Fitbits			●					●		Defnyddio Fitbits
Using your tablet								●		Defnyddio eich llechen
Websites for all		●	●	●	●	●	●	●		Gwefannau ar gyfer pawb
Windows 10			●	●	●	●	●	●		Windows 10
WordPress		●						●		WordPress
<b>WORKSHOPS</b>										<b>GWEITHDY</b>
Excel - Introduction to spreadsheets										Excel - Cyflwyniad i daenlenni
Excel - Formulae and functions										Excel - Fformiwliâu a swyddogaethau
Excel - Presenting data in Excel										Excel - Cyflwyno data yn Excel
Excel - Pivot tables made easy										Excel - Tablau pifod - mewn gair
PowerPoint - Presenting data in PowerPoint								●		PowerPoint - Cyflwyno data yn PowerPoint
PowerPoint - How to make your PowerPoint professional (template)								●		PowerPoint - Sut i roi golwg broffesiynol ar eich cyflwyniad PowerPoint (templad)
PowerPoint - Jazz up your PowerPoint								●		PowerPoint - Beth am fywio'ch PowerPoint
Word - Letters, labels and e-mails using mail merge			●	●						Word - Defnyddio postgyfuno i lunio llythyr, labeli a negeseuon e-bost
Word - Sharing and editing documents			●	●						Word - Rhannu a golygu dogfennau
Word - Advanced Word features			●	●						Word - Uwch nodweddion Word
Word - Share and track document changes								●		Word - Rhannu a dilyn newidiadau i ddogfennau

ALL ENQUIRIES FOR IT COURSES - PLEASE CONTACT THE COMMUNITY IT OFFICE IN NARBERTH OR VISIT OUR WEBSITE  
POB YMHOIAD AM GYRSIAU TG - CYSYLLTWC'H Â'R SWYDDFA TG GYMUNEDOL YN ARBERTH NEU GWELWCH EIN GWEFAN