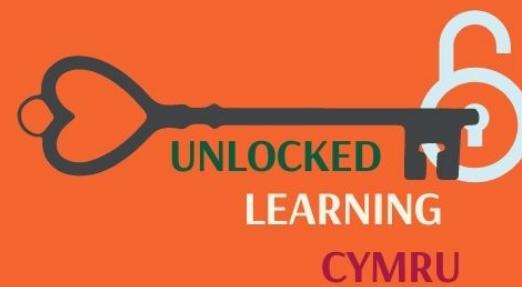


CYRSIAU - COURSES



- Ymwybyddiaeth Amgylcheddol.
Environmental Awareness.
- Rhagfarn Ddiarwybod.
Unconscious Bias.
- Anableddau Cudd a Salwch yn y Gwaith.
Hidden Illnesses & Disabilities in the Workplace.
- Hyfforddiant digidol.
Digital Training.
- Cefnogaeth ESOL.
ESOL Support.

Er mwyn helpu'r amgylchedd, ar gyfer pob dysgwr rwy'n ei ddysgu,
rwy'n addo plannu planhigyn brodorol. ~

In order to help the environment, for each learner I teach, I promise to
plant a native plant.~



I gael rhagor o wybodaeth, cysylltwch â:
For more information contact:
ceri@unlockedlearningcymru.org
<https://linktr.ee/unlockedlearningcymru>



Cwrs YMWYBYDDIAETH AMGYLCHEDDOL. ENVIRONMENTAL AWARENESS Course.



Yn y cwrs hwn, byddwch yn dysgu am y prif faterion amgylcheddol sy'n effeithio arnom heddiw, sut mae llywodraethau a sefydlidau yn gweithio tuag at adfer ein planed a'r hyn y gallwch ei wneud i gyfranniu.

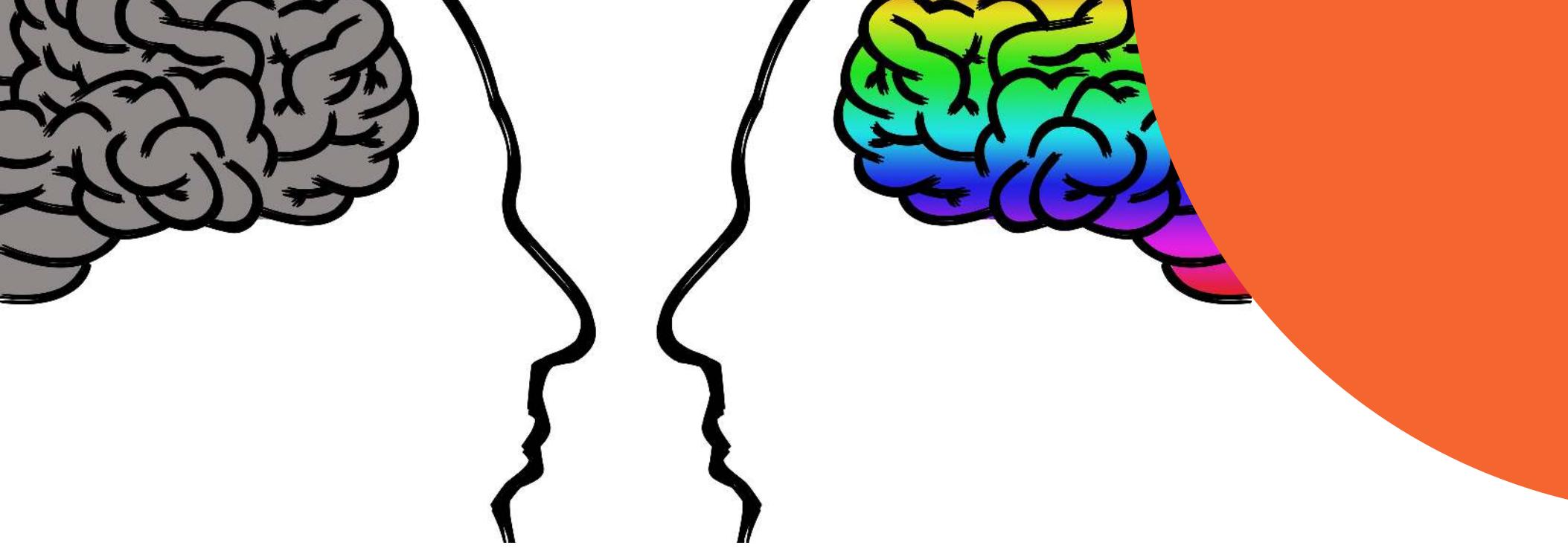
In this course, you will learn about the main environmental issues affecting us today, how governments and organisations are working towards restoring our planet and what you can do to contribute.

Mae'r cwrs hwn yn cynnwys / The Course covers:

- Prif Bryderon Amgylcheddol - Main Environmental Concerns.
- Beth mae Llywodraethau yn ei wneud - Deddfwriaeth Allweddol. What Governments are doing - Key Legislation.
- Beth allwch chi ei wneud - What you can do.

Forl gael rhagor o wybodaeth, cysylltwch â
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www.unlockedlearningcymru.org





CWRS RHAGFARN DDIARWYBOD. UNCONSCIOUS BIAS COURSE.

Mae gan bob un o honom ragfarnau diarwybod. Yn y cwrs hwn, byddwch yn dysgu rhagor am wahanol fathau o ragfarnau diarwybod a allai fod gennych a sut y gall pobl gael eu heffeithio.

We all have unconscious biases. In this course you will learn more about different types of unconscious biases you may have and how people can be affected.

Mae'r cwrs hwn yn cynnwys / The course consists of

- Beth yw Rhagfarn Ddiarwybod?
- What is Unconscious Bias?
- Gwahanol fathau o Ragfarnau Diarwybod
- Different Types of Unconscious Bias.
- Canlyniadau Rhagfarn Ddiarwybod.
- Consequences of Unconscious Bias.
- Ffurdd o Wella Rhagfarn Ddiarwybod.
- Ways to Improve Unconscious Bias.

I gael rhagor o wybodaeth, cysylltwch â:

For more information:

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Cwrs Anableddau Cudd & Salwch yn y Gwaith. Hidden Illnesses and Disabilities in the Workplace.

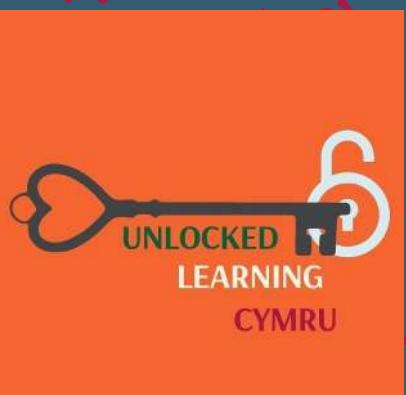
Yn y cwrs hwn, byddwch chi'n dysgu am wahanol fathau o salwch neu anableddau cudd a'ch sefyllfa o ran gwaith.

In this course, you will learn about different types of hidden illnesses or disabilities and your work situation.

SAMLINELLIAD O'R CWRS/ COURSE OUTLINE:

- Beth yw Anabledd Cudd? What is a Hidden Disability?
- Modelau Meddygol a Chymdeithasol Anabledd. The Medical & Social Models of Disability.
- Y darn Cyfreithiol! - Deddf Cydraddoldeb - Addasiadau Rhesymol. The Legal bit! - Equalities Act & Reasonable Adjustments.
- Stigma - 'Ai dweud rhywbeth neu beidio sydd orau?' Stigma - 'To say something or not to say something?'
- Addasiadau Rhesymol a Mynediad i'r Gwaith. Reasonable Adjustments & Access to Work.
- Ymwybyddiaeth yn eich Gweithle. Awareness in your Workplace.
- Cymorth a Chefnogaeth ar Addysgu Eich Hun. Help & Support.

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Mynd ar-lein Getting Online



Yn y cwrs hwn, byddwch dysgu rhai technegau TG sylfaenol fel defyddio peiriannau chwilio, Microsoft Word ac e-bost.

Fel canolfan ar-lein gydnabyddedig ar gyfer y 'Good Things Foundation', rydym yn defnyddio gwefan 'Learn My Way' i'ch helpu i ddysgu sgiliau newydd.

In this course, you will learn some basic IT techniques such as using search engines, word and email. As a recognised online centre for the 'Good Things Foundation', we use the 'Learn My Way' website to help you learn new skills.

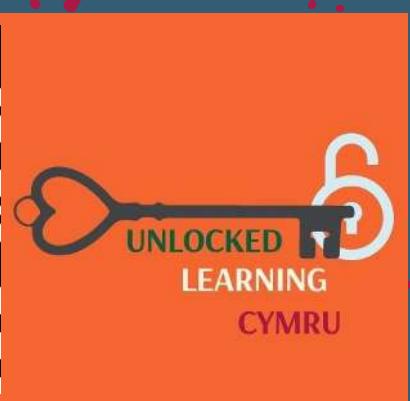


Improving lives through digital

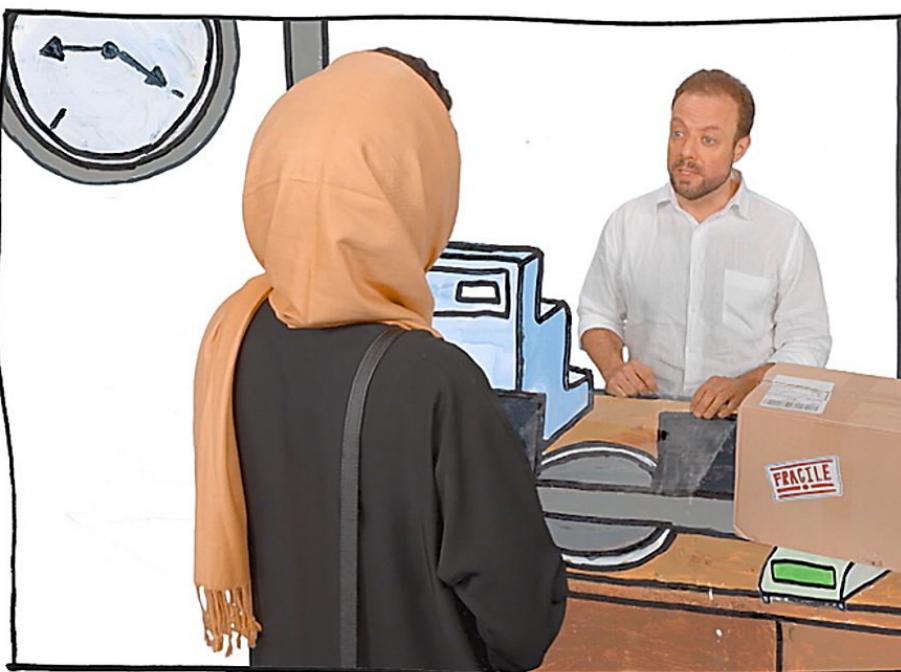
Learn
My Way

I gael rhagor o wybodaeth, cysylltwch â:

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www.unlockedlearningcymru.org



ESOL Support.



Rwy'n darparu cefnogaeth ESOL pwrpasol wedi'i deilwra naill ai ar sail grŵp bach neu'n unigol.

I provide bespoke, tailored ESOL support, either on a small group or individual basis.



Rwy'n defnyddio gwefan 'Learning English' y BBC fel adnodd addysgu.

I use the BBC 'Learning English' website as a teaching resource.

I gael rhagor o wybodaeth, cysylltwch â:
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www.unlockedlearningcymru.org



UNLOCKED LEARNING CYMRU

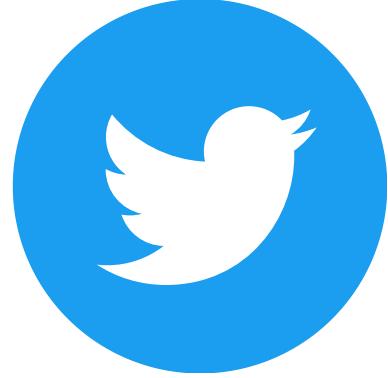
LINKS

I gael rhagor o wybodaeth, cysylltwch â:
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<https://linktr.ee/unlockedlearningcymru>

www.unlockedlearningcymru.org



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dysgwyr rwy'n ei ddysgu, rwy'n addo plannu
planhigyn brodorol. ~

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I teach, I promise to plant a native plant.~

