

*Mae angen gwirfoddolwyr arnom i lanhau*  
**Traeth Dinas Dinlle, Caernarfon**

*We need volunteers to help us clean*  
**Dinas Dinlle Beach, Caernarfon**

**Dydd Llun 8 Mai 10.00am - 12.00pm**

**Monday 8 May 10.00am - 12.00pm**

Materion Diogelwch

Dillad: Defnyddiwch fenig garddio trwchus i'ch amddiffyn rhag eitemau miniog a budr.

Gwisgwch esgidiau cadarn a gwrth-ddŵr. Dewiswch dillad cynnes a gwrth-wynt.

Dewch â: Bwyd a diod, dillad ychwanegol, unrhyw beth arall y teimlwch sydd ei angen arnoch.

Byddwn yn darparu bagiau bin ar gyfer sbwriel.

**Safety Matters**

**Clothing:** Use thick gardening gloves to protect you from sharp and dirty items.

Wear sturdy and waterproof shoes. Choose warm and wind proof layers.

**Bring :** Food & drink, extra layers of clothing, anything else you feel you need.

We will provide bin bags litter.



**Esgobaeth  
Bangor**  
The Diocese  
of Bangor

Yr Eglwys yng Nghymru  
The Church in Wales

Mae y 'Big Help Out' yn cael ei drefnu gan 'The Together Coalition' ac ystod eang o bartneriaid fel Y Sgowtiaid, y Gwasanaeth Gwirfoddol Brenhinol a grwpiau ffydd o bob rhan o'r Deyrnas Unedig. Bydd y 'Big Help Out' yn tynnu sylw at yr effaith gadarnhaol y mae gwirfoddoli yn ei chael ar gymunedau ledled y wlad.

The Big Help Out is being organised by The Together Coalition and a wide range of partners such as The Scouts, the Royal Voluntary Service and faith groups from across the United Kingdom. The Big Help Out will highlight the positive impact volunteering has on communities across the nation.