

20 reasons to Volunteer



1 To make a difference in your community



2 To support an organisation or cause that is important to you



3 To increase your confidence and self esteem



4 To build your CV and improve your employability



5 To try something new



6 To stay active



7 To feel good about yourself



8 To develop leadership and communication skills



9 To meet people



10 To learn new skills



11 To keep busy



12 To develop a network of contacts



13 To develop personally or professionally



14 To challenge yourself



15 To find a new passion



16 To have fun!



17 To support children in your family



18 For recognition and rewards



19 To stay involved in sport



20 To give something back

How can we help?

We have a Sport RCT Volunteer Scheme!

We can find you a volunteer placement and provide you with support and training to stay involved.

Visit our website to sign up

www.rctcbc.gov.uk/

Become a Sport RCT Volunteer

20 rheswm dros Wirfoddoli



1 Er mwyn gwneud gwahaniaeth yn eich cymuned



2 Er mwyn cefnogi sefydliad neu achos sydd o bwys i chi



3 Er mwyn gwella'ch hyder a'ch hunan-barch



4 Er mwyn datblygu'ch CV a gwella'ch cyflogadwyedd



5 Er mwyn rhoi cynnig ar rywbeth newydd



6 Er mwyn aros yn weithgar



7 Er mwyn teimlo'n dda amdanoch chi'ch hun



8 Er mwyn datblygu sgiliau arwain a chyfathrebu



9 Er mwyn cwrdd â phobl



10 Er mwyn dysgu sgiliau newydd



11 Er mwyn cadw'n brysur



12 Er mwyn datblygu rhwydwaith o gysylltiadau



13 Er mwyn datblygu'n bersonol neu'n broffesiynol



14 Er mwyn herio'ch hunan



15 Er mwyn dod o hyd i ddiddordeb newydd



16 Er mwyn cael hwyl!



17 Er mwyn cefnogi plant sydd yn eich teulu



18 Er mwyn cael cydnabyddiaeth a gwobrau



19 Er mwyn aros yn rhan o fyd chwaraeon



20 Er mwyn rhoi rhywbeth yn ôl i'r gymuned

Sut mae modd i ni eich helpu chi?

Mae gyda ni Gynllun Gwirfoddoli Chwaraeon RhCT!

Mae modd i ni ddod o hyd i leoliad gwirfoddoli a darparu'r cymorth a'r hyfforddiant sydd eu hangen arnoch chi i gymryd rhan.

Ewch i'n gwefan i gofrestru

www.rctcbc.gov.uk/
Byddwch yn wirfoddol wrarran
ChwaraeonRhCT