

Yn dechrau yn fuan...  
Starting soon.....

**WcVA**  

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**CgGC**

**Tyfu gwirfoddoli ar draws y maes iechyd a  
gofal cymdeithasol**

**Growing volunteering across health and  
social care**

**helplu**

**helpforce**

# Keeping in touch with Helpforce

Visit the Helpforce website:

<https://helpforce.community/>

Join the Helpforce Network:

<https://helpforce.community/connect>

Email the team:

[help@helpforce.community](mailto:help@helpforce.community) (general enquiries)

[network@helpforce.community](mailto:network@helpforce.community) (network enquiries)

[sw@helpforce.community](mailto:sw@helpforce.community) (Sally Williams, Helpforce Network manager)

**helpforce**

# Keeping in touch - Helpforce Cymru

Visit Helpforce Cymru webpage

<https://wcva.cymru/projects/helpforcecymru/>

[Sign up for updates](#) from WCVA on Health and Care  
volunteering

Email Fiona Liddell Helpforce Cymru Manager

[fliddell@wcva.cymru](mailto:fliddell@wcva.cymru)

**helplu**

**helpforce**

**WcVA**  

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**CgGC**

**Diolch!**  
**Thank you!**

**helplu**  

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**helpforce**