

CFFI ST ISHMAELS YFC



Angen Help? / Need Help?

Gyda sefyllfa COVID-19 fel y mae hi mae weigaredau'r clwb wedi'u gohurio am y tro, felly rydym ni fel clwb yn barod i cynorthwyo'r henoed a bregus yn ein cymuned yn ystod yr amser ansicr yma.

With the situation regarding COVID-19 as it stands all club activities have been suspended for the time being, we therefore as a club are ready to aid the elderly and vulnerable in our community at this uncertain time.

Siopa Bwyd/ Food shopping

Casglu Meddygyniaeth/ Collecting Medication

Sgwrs ar y ffon/ Telephone Conversation

Unrhyw fater arall/ Any other matter

Cysylltwch a: / Contact with:

Gethin Jones: 07539 755266

Eifion Evans: 07968 349175

Harri Griffiths: 07805 448658

Fflur Richards: 07956 098870

Iestyn Howells: 07572 966390