



## Cyngor Cymuned **Llanfihangel Aberbythych** Community Council

ynghyd a/in conjunction with

Ambiwllans Sant Ioan Cymru/St John Ambulance Wales  
(Wayne Edwards)

Cynhelir Cwrs Ymwybyddiaeth Ddiffibriliwr yn/  
A Defibrillator Awareness Course will be held at

**Neuadd Eglwys Gelli Aur / Golden Grove Church Hall**

**Nos Lun 20fed Ionawr 2025/  
Monday evening January 20th 2025**

**7.00 o'r gloch i 9.00 o'r gloch/7.00pm - 9.00pm**

**Bydd y cwrs yn cynnwys/The course will include.**

How to manage an incident

Chest pains

Primary survey and resuscitation (CPR)

Introduction to the use of an Automated External Defibrillator (AED)

**Uchafswm o 30 o bobl (Cyntaf i'r Felin) /**

**Maximum of 30 people (First Come, First Serve)**

Os oes gennych ddi-ddordeb danfonwch eich enw, cyfeiriad a rhif cyswllt at [clerk@llanfihangelaberbythych.org.uk](mailto:clerk@llanfihangelaberbythych.org.uk) er mwyn archebu lle. Byddwn wedyn yn danfon ebost i chi yn cadarnhau. Plŷs, peidiwch a troi i fyny heb yr ebost.

If you are interested please send your name, address and contact number to [clerk@llanfihangelaberbythych.org.uk](mailto:clerk@llanfihangelaberbythych.org.uk) in order to book your place. We will then send you a confirmation email. Please, do not attend without this email.

Os ydych angen unrhyw fanylion pellach cysylltwch a ni ar y cyfeiriad ebost uchod.  
If you require any further details contact us on the above email address.

**Diolch Yn Fawr / Thank You**