

Tell us how you would like to be involved by filling in the boxes below (Please tick all that apply): -

HAVE YOUR SAY:

Attending small focused consultations*

(up to max. 2 hrs per month)

Online surveys*

(up to max 1 per month/15 mins)

Postal Surveys*

(up to max 1 per month/15 mins)

Structured/formal consultation group*

(up to max 4 hrs per month)

Telephone consultation*



MAKE A DIFFERENCE:

Community Groups*

(groups within your own community)

Community Projects

Social Activities:

Health and Well Being Activities e.g. exercise, cooking, arts and crafts etc.

Social Clubs



IMPROVE YOUR CHANCES:

Employment Skills

Computer Skills

Self-Improvement Skills



VOLUNTEERING:

Creating Enterprise

*work related volunteering**



Preferred Language *(circle):*

Welsh / English / Other

Name

Address

Telephone

Email

Preferred method of contact *(circle):*

Email / Telephone / Letter / Text

Is anyone else in the household interested? *(circle):*

Yes / No

Please complete and return to
Community Involvement Co-ordinator,
Morfa Gele, North Wales Business Park,
Abergele, LL22 8LJ

**All categories with an asterisk* will be entered into the I'm Involved part of the Home Reward scheme. All residents over 18 are eligible to enter'*

We will hold this information and use it when contacting you about opportunities to get involved with Cartrefi Conwy.

You can contact us to change your preferences at any time.

We will not share your information with anyone else.

This information is available in other formats.



HOLIADUR
YMGYSYLLTU

Yn Cartrefi Conwy, rydym am roi'r cyfle i chi gael dweud eich dweud. Dyna pam y mae "Lleisiau @ Cartrefi" mor bwysig oherwydd ei fod yn golygu y gall denantiaid fynegi eu safbwyntiau, dweud eu barn wrthym, cymryd rhan mewn gweithgareddau cymunedol, neu gymdeithasu a dysgu rhywbeth newydd. Rydym am i chi fod yn rhan o sut rydym yn gwella Cartrefi Conwy.

Dywedwch wrthym sut yr hoffech chi gymryd rhan drwy lenwi'r blychau isod (Ticiwch bob un sy'n berthnasol):-

DWEUD EICH DWEUD:

Mynychu ymgynghoriadau ffocws bach*

(hyd at uchafswm o 2 awr y mis)

Ymgynghoriadau ar-lein*

(hyd at uchafswm o 1 y mis / 15 munud)

Ymgynghoriadau yn y post*

(hyd at uchafswm o 1 y mis / 15 munud)

Grŵp ymgynghori strwythuredig/ffurfiol*

(Hyd at 4 awr y mis)

Ymgynghoriad dros Ffôn*



GWNEUD GWAHANIAETH:

Grwpiau cymunedol*

(grwpiau yn eich cymuned eich hun)

Prosiectau cymunedol

Gweithgareddau cymdeithasol:

Gweithgareddau lechyd a Lles e.e. ymarfer corff, coginio, celf a chrefft ac ati

Clybiau cymdeithasol



GWELLA EICH CYFLEOEDD:

Sgiliau cyflogaeth

Sgiliau cyfrifiadurol

Sgiliau Hunan-welliant



GWIRFODDOLI:

Creu Mentergarwch

*gwirfoddoli sy'n gysylltiedig â gwaith**



Dewis Iaith *(cylchwch):*

Cymraeg / Saesneg / Arall

Enw

Cyfeiriad.....

Ffôn

E-bost

Dull Cysylltu a Ffafrir *(cylchwch):*

E-bost / Ffôn / Llythyr / Neges destun

A Oes Unrhyw un Arall yn Eich Ty a

Diddordeb *(cylchwch):*

Oes / Nac Oes

Llenwch a'i dychwelyd at Cydlynnydd Ymgysylltu â'r Gymuned, Morfa Gele, Parc Busnes Gogledd Cymru, Abergele, LL22 8LJ

**Bydd pob categori â seren* yn cael ei roi yn y rhan "Rwy'n Cymryd Rhan" o'r cynllun Gwobrwyo Cartref. Mae holl drigolion dros 18 yn gymwys i gystadlu.*

Mi wnawn ni gadw eich gwybodaeth i'w ddefnyddio pan gwnawn eich cysylltu ynglyn ac cyfleoedd ac i gymryd rhan gyda Cartrefi Conwy. Gallwch gysylltu a ni a'r unrhyw bryd i newid eich manylion.

Ni wnawn ni byth rannu eich gwybodaeth a unrhyw un arall.

Mae'r wybodaeth yma a'r gael mewn fformatau eraill.



**ENGAGEMENT
QUESTIONNAIRE**

At Cartrefi Conwy we want to give you the chance to have your voice heard. That is why "Voices@Cartrefi" is so important because it means that tenants can express their thoughts, tell us their opinions, get involved with community activities, or socialise and learn something new. We want you to be part of how we make Cartrefi Conwy better.