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Description generated with high confidence

**FREE TRAINING OPPORTUNITIES**

In partnership with Cardiff and Vale College, FOR Cardiff are pleased to offer the following training opportunities completely free of charge to our members.

If you would like to see additional courses on offer please feel free to make a suggestion to the FOR Cardiff team.

To book your spot on any course please email [emily@forcardiff.com](mailto:emily@forcardiff.com)

**The current course schedule includes:**

***First Aid at Work***

18th April

8th May

5th June

15th July

7th August

5th September

3rd October

6th November

4th December

22nd January

19th February

19th March

***Level 2 Food Hygiene***

May 1st

July 17th

September 18th

November 13th

***Fire Safety Training***

May 15th

October 9th

***Sales Training***

April 20th

September 28th

***Social Media Training***

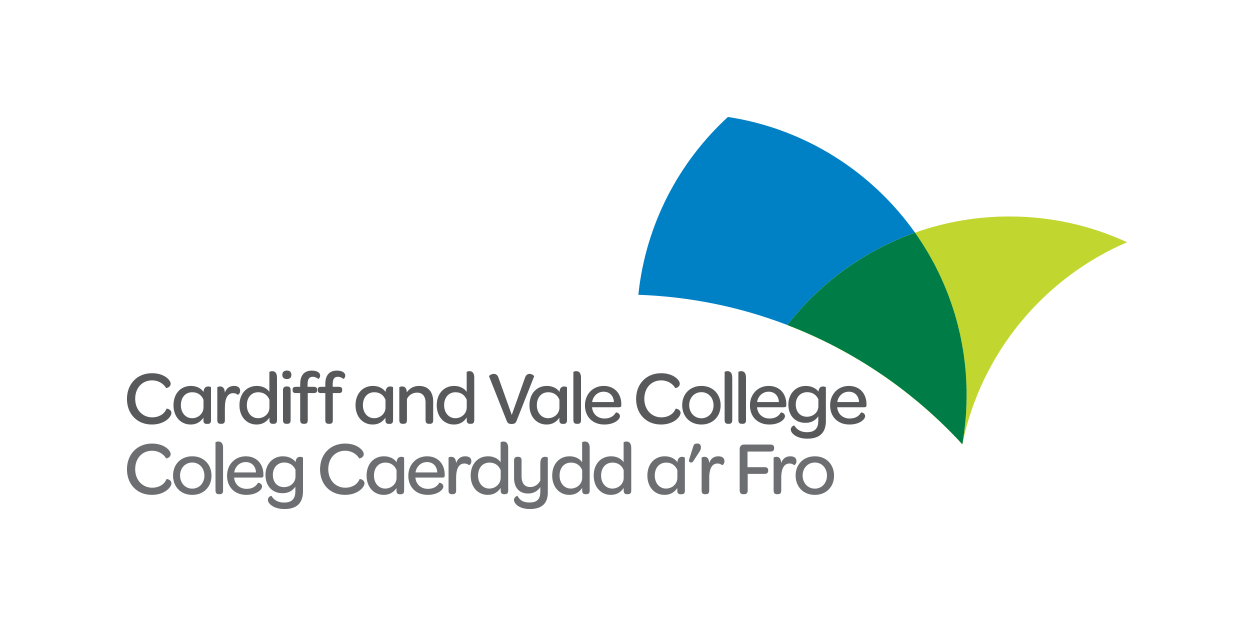
May 22nd

September 11th

***Presentation Skills***

June 27th

September 6th

**A picture containing clipart

Description generated with high confidence**

**CYFLEOEDD HYFFORDDI AM DDIM**

Mewn partneriaeth â Choleg Caerdydd a’r Fro, mae’n bleser gan FOR Cardiff gynnig y cyfleoedd hyfforddi am ddim canlynol i’n haelodau.

Os hoffech weld cyrsiau ychwanegol yn cael eu cynnig, mae croeso i chi wneud awgrym i dîm FOR Cardiff.

I archebu eich lle ar unrhyw gwrs anfonwch e-bost i [emily@forcardiff.com](mailto:emily@forcardiff.com)

**Mae amserlen bresennol y cyrsiau’n cynnwys y canlynol:**

***Cymorth Cyntaf o fewn y safle Gwaith***

Ebrill 18fed

Mai 8fed

Mehefin 5ed

Gorffennaf 11eg

Awst 7fed

Medi 5ed

Hydref 3ydd

Tachwedd 6ed

Rhagfyr 4ydd

Ionawr 22ain

Chwefror 19eg

Mawrth 19eg

***Hylendid bwyd lefel 2***

Mai 1af

Gorffennaf 17eg

Medi 18fed

Tachwedd 13eg

***Hyfforddiant Diogelwch Tân***

Mai 15fed

Hydref 9fed

***Hyfforddiant Gwerthiant***

Ebrill 20fed

Medi 28fed

***Hyfforddiant gwefannau cymdeithasol***

Mai 22ail

Tachwedd 11eg

***Sgilliau cyflwyniad***

Mehefin 27ain

Medi 6ed