



# Girlguiding

Carmarthenshire  
county



For ages 4 to 7

Rainbows welcomes all girls to come together to laugh, learn and have fun in a creative, safe space. It's a wonderful world of adventure, week after week, just for her.



Brownies is full of firsts: she can explore her creative side, get out into the great outdoors, learn how to look after herself, others and the world we live in.



## Brownies

For ages 7 to 10

## Guides

For ages 10 to 14

Guides is a fun-filled space, she'll have one big adventure with friends, learn how to be herself, explore the things she loves and do stuff she's never done before!



Rangers is an open and relaxed space, where you can regularly meet up, go on trips at home and abroad, to help make a difference to the things you care about.



## Rangers

For ages 14 to 18

Find a group near you [girlguiding.org.uk](https://www.girlguiding.org.uk)

Registered charity number: 521209



# Girlguiding

Carmarthenshire county



I rai 4 i 7 oed

Mae Rainbows yn croesawu pob merch i ddod at ei gilydd i chwerthin, dysgu a chael hwyl mewn lle creadigol a diogel. Mae'n fyd bendigedig o antur, wythnos ar ôl wythnos, dim ond iddi hi.



Mae Brownies yn llawn o'r pethau cyntaf: gall archwilio ei hochr greadigol, mynd allan i'r awyr agored, dysgu sut i ofalu amdani hi ei hun, eraill a'r byd yr ydym yn byw ynddo.



I rai 7 i 10 oed



I rai 10 i 14 oed

Mae Guides yn le llawn hwyl, bydd hi'n cael un antur fawr gyda ffrindiau, dysgu sut i fod yn hi ei hun, archwilio y pethau mae hi'n eu caru a gwneud pethau nad yw hi erioed wedi'u gwneud o'r blaen!



Mae Rangers yn fan agored a hamddenol, lle gallwch chi gwrdd yn rheolaidd, mynd ar deithiau gartref a thramor, i helpu i wneud gwahaniaeth i'r pethau sy'n bwysig i chi.



I rai 14 i 18 oed

Chwiliwch am grŵp yn eich ardal chi [girlguiding.org.uk](http://girlguiding.org.uk)

Rhif elusen gofrestredig: 521209



# Gwirfoddolwch gyda Girlguiding

## Volunteer with Girlguiding



**Rydyn ni'n helpu pob  
merch i wybod y gallant  
wneud unrhyw beth**

Mae'n hollol hyblyg a does dim  
ymrwymiad yn rhy fach.  
Gallwch wirfoddoli mewn grwp neu  
defnyddiwch eich sgiliau y tu ol i'r  
golygfeydd, nid oes angen unrhyw brofiad  
guiding arnoch ac mae croeso i bawb!

**We help all girls  
know they can do  
anything**

It's totally flexible and there's no  
commitment too small.  
You can volunteer in a group or use  
your skills behind the scenes, you don't  
need any guiding experience  
and everyone is welcome!

**Darganfod mwy / Find out more [girlguiding.org.uk/volunteer](https://www.girlguiding.org.uk/volunteer)**



# Girlguiding

Carmarthenshire  
county



## Rainbows

I rai 4 i 7 oed  
For ages 4 to 7

Mae Rainbows yn croesawu pob merch i ddod at ei gilydd i chwerthin, dysgu a chael hwyl mewn lle creadigol a diogel. Mae'n fyd bendigedig o antur, wythnos ar ôl wythnos, dim ond iddi hi.

Rainbows welcomes all girls to come together to laugh, learn and have fun in a creative, safe space. It's a wonderful world of adventure, week after week, just for her.



Mae Brownies yn llawn o'r pethau cyntaf: gall archwilio ei hochr greadigol, mynd allan i'r awyr agored, dysgu sut i ofalu amdani hi ei hun, eraill a'r byd yr ydym yn byw ynddo.

Brownies is full of firsts: she can explore her creative side, get out into the great outdoors, learn how to look after herself, others and the world we live in.



## Brownies

I rai 7 i 10 oed  
For ages 7 to 10



## Guides

I rai 10 i 14 oed  
For ages 10 to 14

Mae Guides yn le llawn hwyl, bydd hi'n cael un antur fawr gyda ffrindiau, dysgu sut i fod yn hi ei hun, archwilio y pethau mae hi'n eu caru a gwneud pethau nad yw hi erioed wedi'u gwneud o'r blaen!

Guides is a fun-filled space, she'll have one big adventure with friends, learn how to be herself, explore the things she loves and do stuff she's never done before!



Mae Rangers yn fan agored a hamddenol, lle gallwch chi gwrdd yn rheolaidd, mynd ar deithiau gartref a thramor, i helpu i wneud gwahaniaeth i'r pethau sy'n bwysig i chi.

Rangers is an open and relaxed space, where you can regularly meet up, go on trips at home and abroad, to help make a difference to the things you care about.



## Rangers

I rai 14 i 18 oed  
For ages 14 to 18



Chwiliwch am grŵp yn eich ardal chi

Find a group near you [girlguiding.org.uk](http://girlguiding.org.uk)

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'We play loads of fun games, do activities and challenges and sometimes get badges'

Matilda



  
**Rainbows**  
Carmarthenshire  
county

**Girls play, learn and  
have tons of fun**

for ages 4 to 7

At Rainbows, we welcome all girls to play,  
learn and have fun in a creative,  
safe space for all abilities.



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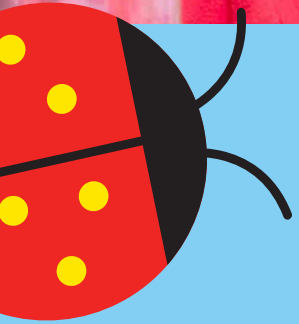


Join a local Rainbows group [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)



'Rydyn ni'n chwarae llawer o gemau hwyliog, gwneud gweithgareddau a heriau a weithiau yn cael bathodynau'

Matilda



  
**Rainbows**  
Carmarthenshire  
county

**Mae merched yn chwarae,  
dysgu ac yn cael llawer o hwyl**

**i rhai 4 i 7 oed**

Yn Rainbows, rydym yn croesawu pob merch i chwarae, dysgu a chael hwyl mewn lle creadigol, diogel ac i bob gallu.



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**Ymunwch â grŵp Rainbows lleol [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)**



'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'

**Poonam**



# **Brownies**

Carmarthenshire  
county

## **Girls have nonstop fun, learning and adventure**

for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.




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'Doeddwn i erioed wedi dringo o'r blaen. Roeddwn i'n ofn uchder. Ond mi ddringais a chanu y gloch i gyd ar ben fy hun ac roeddwn yn teimlo yn falch o fy hun'

**Poonam**



**Brownies**  
Carmarthenshire  
county



**Mae merched yn cael hwyl  
ddi-stop, dysgu ac antur**



**i rhai 7 i 10 oed**

**Yn Brownies, rydym yn croesawu pob merch i archwilio eu hochr greadigol, mynd allan l'r awyr agored a dechrau dysgu gofalu am eu hunain, eraill a'r byd yr ydym yn byw ynddo.**



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**Ymunwch â grŵp Brownies lleol [girlguiding.org.uk/joinus](https://girlguiding.org.uk/joinus)**



'Guides is the most adventurous thing... It gives you the opportunity to meet people and see things you wouldn't normally see, and it's just an amazing experience'

**Bryony**



**Guides**

Carmarthenshire  
county

**Girls laugh, learn and  
expand their horizons**

**for ages 10 to 14**

At Guides, all girls are welcome to enjoy our fun-filled space, where she'll make good friends, learn to be herself, explore what she loves and do stuff she's never done before!



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**Join a local Guides group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)**

'Guides yw'r peth  
mwyaf anturus... Mae'n  
rhoi cyfle i chi i gwrdd â  
phobl a gweld pethau na  
fyddech chi yn gweld fel  
arfer, ac mae'n profiad  
anhygoel.'

**Bryony**



**Guides**

Carmarthenshire  
county

**Mae merched yn  
chwerthin, dysgu a  
ehangu eu gorwelion**

**I rhai 10 i 14 oed**

Yn Guides, mae croeso i bob merch fwynhau ein gofod llawn  
hwyl, lle bydd hi'n gwneud ffrindiau da, dysgu bod yn hi ei hun,  
yn archwilio beth mae hi'n caru ac yn gwneud pethau nad yw hi  
erioed wedi'u gwneud o'r blaen!



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**Ymunwch â grŵp Guides lleol [girlguiding.org.uk/joinus](https://girlguiding.org.uk/joinus)**

'It's about going out in the world and exploring stuff. It's given me an opportunity to do so much'

Daisy



**Rangers**

Carmarthenshire  
county



**Girls have fun, hangout, learn more and give back**

**for ages 14 to 18**

Rangers is an open and relaxed space for you to regularly hangout with good friends and be yourself. You can go on trips at home and abroad, to help make a difference to the things you really care about.



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**Join a local Rangers group [girlguiding.org.uk/joinus](https://girlguiding.org.uk/joinus)**

'Mae'n ymwneud a mynd allan yn y byd a archwilio pethau. Mae'n rhoi i mi y cyfle i wneud gymaint.'

Daisy



**Rangers**

Carmarthenshire  
county



**Mae merched yn cael hwyl,  
cymdeithasu, dysgu mwy a rhoi yn ôl**

**I rhai oed 14 i 18**

Mae Rangers yn ofod agored a hamddenol i chi gymdeithasu yn rheolaidd gyda ffrindiau ac i bod yn chi eich hun. Gallwch fynd ar deithiau gartref a thramor, i helpu i wneud gwahaniaeth i'r pethau sy'n bwysig i chi



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**Ymunwch â grŵp Rangers lleol [girlguiding.org.uk/joinus](https://girlguiding.org.uk/joinus)**

"Being a Young Leader is amazing! I help my Rainbows to learn new skills whilst having fun myself. I can also experience my own guiding adventures."

Llinos



**Girlguiding**  
Carmarthenshire  
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# Volunteer with Girlguiding Cymru

for ages 14 to 18

It's totally flexible and there's no commitment too small. You can volunteer in a group or use your skills behind the scenes, you don't need any guiding experience and everyone is welcome!



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Find out more [girlguiding.org.uk/joinus](https://girlguiding.org.uk/joinus)

'Mae bod yn Arweinydd Ifanc yn anhygoel! Rwy'n helpu Rainbows i ddsgu sgiliau newydd tra'n cael hwyl fy hun. Gallaf hefyd cael profiad guiding fy hun'.

Llinos



Girlguiding

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# Gwirfoddolwch gyda Girlguiding Cymru

I rhai oed 14 i 18

Mae'n hollol hyblyg a does dim ymrwymiad yn rhy fach. Gallwch wirfoddoli mewn grwp neu defnyddiwch eich sgiliau y tu ol i'r golygfeydd, nid oes angen unrhyw brofiad guiding arnoch ac mae croeso i bawb!



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Darganfod mwy [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)



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