

# Amserlen Wythnosol



## Hyb Trelái a Chaerau

Heol Orllewinol y Bont-faen, Trelái, CF5 5BQ

Rhif Cyswllt

02920 873 800

ely&caerauhub@caerdydd.gov.uk

Dydd	Gwasanaeth	Amser
Llun	<p><b>Clwb Swyddi*</b>  <b>Yn Awyddus i Weithio**</b>  <b>Rhigymanau i Blant Bach</b> (straeon ac odli i blant yn y llyfrgell)</p>	<p>9.00 - 5.00                      9.30 - 3.00                      10.30 - 11.30</p>
Mawrth	<p><b>Clwb Swyddi*</b>  <b>A.C.E Sesiwn Wybodaeth Galw Heibio Trelái</b> (cyngor a chymorth cyffredinol)  <b>Sesiwn Galw Heibio ar Ynni</b>  <b>Canolfan Cyngor ar Bopeth</b></p>	<p>9.00 - 5.00                      1.00 - 3.00                      1.00 - 3.00                      9.00 - 1.00</p>
Mercher	<p><b>Clwb Swyddi*</b>  <b>Cyfrifiadura Sylfaenol</b> (fesul apwyntiad, gofynnwch am fanylion)  <b>yr Undeb Gredyd</b> (benthyciadau cost isel ac arbedion)  <b>Gwasanaeth Cymhorthfa Arian</b> (fesul apwyntiad)  <b>Yn Awyddus i Weithio</b>  <b>Canolfan Cyngor ar Bopeth</b></p>	<p>9.00 - 5.00                      9.30 - 5.00                      2.30 - 4.30                      9.00 - 5.00                      9.30 - 3.00                      9.00 - 1.00</p>
Iau	<p><b>Clwb Swyddi*</b>  <b>Canolfan Cyngor ar Bopeth</b>  <b>Sesiwn Galw Heibio ar Ynni</b></p>	<p>10.00 - 5.00                      10.00 - 1.00                      2.00 - 4.00</p>
Gwener	<p><b>Clwb Swyddi*</b>  <b>Yn Awyddus i Weithio**</b>  <b>Hyfforddiant Gwaith—CCB</b>(Diogelwch Bwyd/Codi a Chario/Gofal Cwsmeriaid)                      Holwch am fanylion  <b>Blavo and Co Solicitors</b> (help gyda cyfraith teuluol)  <b>Gwasanaeth Cyngor Ariannol</b> (cyngor a chymorth cyffredinol)</p>	<p>9.00 - 5.00                      9.00 - 4.30                      9.30 - 4.00                      2.00 - 4.00                      1.00 - 3.00</p>
Sadwrn	<p><b>Cymorthfeydd Mark Drakeford a Kevin Brennan A.M</b>                      (bob yn ail wythnos, holwch am fanylion)</p>	<p>10.00 - 12.00</p>

\*Help gyda cheisiadau, CVs, Paru Swyddi

\*\* Cymorth i ddod o hyd i waith



# Weekly Timetable



## Ely and Caerau Hub

Cowbridge Road West, Ely, CF5 5BQ

Contact number

02920 873800

Or Email -

ely&caerauhub@cardiff.gov.uk

Day	Service	Time
Mon	<b>Job Club*</b> <b>Want To Work **</b> <b>Story/Rhyme Time</b> (stories and rhymes for children in the library)	9:00 - 5:00 9:30 - 3:00 10:30 - 11:30
Tues	<b>Job Club*</b> <b>Communities First Ely Info Drop In</b> (general advice and help) <b>Communities First Energy Advice Drop in</b> <b>Citizens Advice Bureau</b> (drop in)	9:00 - 5:00 1:00 - 3:00 1.00 - 3.00 9:00 - 1:00
Wed	<b>Job Club*</b> <b>Basic Computers</b> (by appointment, please ask for details) <b>Want to Work**</b> <b>Money Advice Surgery</b> (by appointment) <b>Credit Union</b> (low cost loans and savings) <b>Citizens Advice Bureau</b> (drop in)	9:00 - 5:00 9:30 - 4:30 9.30 - 3.30 9.00 - 5.00 2:30 - 4:30 9:00 - 1:00
Thurs	<b>Job Club*</b> <b>Communities First Energy Advice Drop In</b> <b>Citizens Advice Bureau</b> (drop in)	10:00 - 5:00 2.00 - 4.00 10:00 - 1:00
Fri	<b>Job Club*</b> <b>Want To Work**</b> <b>C.A.B Money Advice Service Drop In</b> (help managing your money) <b>Blavo &amp; co Solicitors</b> (help with family/housing law) <b>Into Work Training</b> (Food Safety/Manual Handling/Customer care)	9:00 - 5:00 9:30 - 1:00 1:00 - 3:00 2.00 - 4.00 9:30 - 4:00
Sat	<b>Mark Drakeford A.M</b> <b>Kevin Brennan M.P surgeries</b> (Alternate weeks, Please ask for details)	10:00 - 12:00

\* Help with applications, CVs, Universal Job match

\*\* Help getting into work

