

POWER TO SAVE



Aged 16 – 24, living in North Wales not in education or training and living independently for the first time? Would you like to save money?

Are you interested in attending some friendly informal workshops to help you be more in control of your money, improve your confidence and gain new skills?

- How to shop around for a good deal
- Healthy eating on an energy budget
- How to create a personal energy saving action plan
- Understanding energy bills and contracts

To find out more ring Jo on 01978 757524 or email jo.woodward@groundworknorthwales.org.uk
www.groundworknorthwales.org.uk/energy

Funded through the NatWest
skills and opportunities fund



Pŵer I Arbed



Ydych chi rhwng 16 a 24 oed, yn byw yng Ngogledd Cymru, ddim mewn addysg bellach na hyfforddiant ac yn byw'n annibynnol am y tro cyntaf? Hoffech chi arbed arian?

Oes gennych chi ddiddordeb mewn mynychu gweithdai anffurfiol, cyfeillgar i ddysgu sut i reoli eich arian yn well, gwella eich hyder ac ennill sgiliau newydd?

- Bwyta'n iach ar gyllideb ynni
- Sut i greu cynllun arbed ynni personol
- Deall biliau a chontractau ynni
- Sut i siopa o gwmpas i gael y cynnig gorau

I gael rhagor o wybodaeth ffoniwch Jo ar 01978 757524 neu ebostiwch jo.woodward@groundworknorthwales.org.uk www.groundworknorthwales.org.uk/energy

Ariennir drwy gronfa sgiliau a chyfleoedd NatWest

