



Coleg
Cymraeg
Cenedlaethol

Prentis-iaith Ymwybyddiaeth (Awareness)

Cwrs Iechyd a Gofal
Health and Social Care Course

CYMRAEG



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



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Prentis-iaith Ymwybyddiaeth (Awareness)

Enw Dysgwr:.....

Enw Asewr:.....

Croeso!

Welcome to Prentis-iaith Health and Social Care. This course has been specifically designed for health and social care apprentices to develop Welsh language skills. Health and Social Care is one of the Welsh Government's priority areas for Welsh language development so you may well come across people speaking Welsh in your work.

You may not be able to speak Welsh fluently but a few Welsh words and phrases will help you give a quality service to your service users and colleagues.

This booklet is the print version of the digital resource. For pronunciation help you could refer to the digital resource.



Coleg
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Uned 1 | Unit 1

Gosod y sefyllfa Setting the scene

In this first unit we will set the scene by looking at some of the history of business in Wales and look at how important the Welsh language is to businesses.

Hanes / History (Slide 2)

- ▶ Wales has a long history of business, commerce and innovation.
- ▶ Before the 1800s, agriculture is the main industry in Wales.
- ▶ During the 18th century, Iron starts to be produced.
- ▶ In the 18th and 19th century Swansea is recognised as the copper capital of the world. 90% of Britain's copper smelting happens within 20 miles of Swansea and it is nicknamed Copperopolis. Llanelli is known as "Tinopolis" for similar reasons.
- ▶ In the 19th century, coal mining becomes important along with slate production in North Wales.
- ▶ In 1861, Sir Pryce Pryce-Jones created the first major mail-order business, eventually selling Welsh flannel to Europe, America and Australia. He is also credited with inventing the sleeping bag.
- ▶ In 1939, the Airbus Broughton site was founded. Today Airbus Broughton employs over 6,500 people and 50% of the world's passengers fly on aircraft with wings made in Wales.
- ▶ In the 60's the Hymac is invented by Rhymney Engineering and in 1967 Royal Mint comes to the small village of Llantrisant. It now makes five billion coins a year for 60 countries.
- ▶ 1969 sees the Development of Tourism Act form the Welsh tourist board, now known as Visit Wales.
- ▶ In 1975, building work is completed on Portmeirion village, designed by Sir Clough Williams-Ellis. It becomes the backdrop for many films and inspires the world famous Portmeirion pottery.
- ▶ In 1976 Lion Laboratories in Barry patents the breathalyser. Their products are still used by the UK police and in 70 countries worldwide.
- ▶ In 1982, Sianel Pedwar Cymru, or as we know it today S4C, was launched.
- ▶ In 1993 Admiral was founded in Cardiff.
- ▶ In 2008 Wales becomes the first ever Fair-Trade nation.
- ▶ In 2011 the Welsh Language Measure places responsibility on public bodies to provide a bilingual service.
- ▶ 2016 saw the Millennium stadium re-named the Principality stadium.
- ▶ By 2050, the government aims to hit the target of a million Welsh speakers. Will you be one of them?

Gweithgaredd 1 / Activity 1 (Slide 3)

Write the correct dates next to these events.

Airbus site founded

Royal Mint moves to Llantrisant

S4C launched

Admiral founded

Lion Laboratories patents the
breathalyser

Millennium stadium renamed

Gweithgaredd 2 / Activity 2 (Slide 4)

There are lots of different businesses in Wales. From very big to very small. Some are very familiar and others less so.

Try to pair the logo with the names of these famous Welsh companies for a bit of fun (draw a line from the name to the logo).

Tinopolis



Dŵr Cymru



Principality



Convatec



Castell Howell Foods



Gweithgaredd 3 / Activity 3 (Slide 5)

The Welsh language is important for many businesses because their customers and clients may be Welsh speakers or learners. One in five people in Wales say that they can speak Welsh.

How many people in total do you think speak Welsh? Circle the correct answer.

- ▶ 562,016
- ▶ 347,085
- ▶ 408,864

Gweithgaredd 4 / Activity 4 (Slide 6-7)

A lot of businesses use Welsh around their shops, offices and premises. Have a go at matching the English to these Welsh signs from businesses in Wales. You may be surprised how much you already know!

Draw a line from the sign to the correct Welsh phrase.

| | |
|-------------|------------|
| Welcome | Dim ysmegu |
| Open | Tocynnau |
| Slow | Gwybodaeth |
| Café | Meddygfa |
| Tickets | Ar agor |
| Surgery | Caffi |
| Information | Croeso |
| No smoking | Araf |

Buddion i fusnesau / Benefits for business (Slide 8-10)

There are many benefits of using the Welsh language for business. Look at the following statements – what percentage of businesses do you think agreed with the statement? Circle the correct answer.

1. Using the Welsh language attracts customers

Source: Welsh Language Commissioner

- ▶ 76%
- ▶ 54%
- ▶ 67%

2. Using Welsh adds value to a product or service

Source: Welsh Language Commissioner

- ▶ 68%
- ▶ 77%
- ▶ 82%

3. Using Welsh enhances the business brand

Source: Welsh Language Commissioner

- ▶ 70%
- ▶ 81%
- ▶ 84%

Y Safonau Iaith Gymraeg / The Welsh Language Standards (Slide 11)

Some organisations are legally required to deliver a bilingual service in order to comply with the Welsh language standards.

The standards aim to make sure that;

- ▶ organisations know what their responsibilities are
- ▶ Welsh speakers know what services they can expect in Welsh so that they get a better, more consistent quality of service.

All public sector bodies in Wales have to comply with the standards, so you can see why it is important for these organisations to have Welsh speaking staff.

Pam defnyddio'r Gymraeg? / Why use Welsh? (Slide 12)

Businesses use Welsh because it makes business sense. Businesses believe using Welsh benefits their business by attracting customers and enhancing the brand. They know that customers in Wales like to see and hear the Welsh language being used around them.

*Please log on to your provider's website to view the video, to see what business people have to say about the Welsh language in their business.

Fideo / Video (Slide 12)

Barn y cyflogwyr / Employers opinion

Pam mae'r iaith Gymraeg yn bwysig i'ch busnes chi? / Why is the Welsh language important to your organisation?

- ▶ A lot of our clients are Welsh speakers, and need bilingual services or monolingual services, so the Welsh language is of vital importance to us.
- ▶ Having bilingual skills really opens up new opportunities for learners. There's lots of evidence that having bilingual skills can actually increase your earnings, and other research suggests that being bilingual increases creativity.
- ▶ I believe that Welsh is very important in my business because it brings people to me and it's also a lovely little touch when people come through the door.

Ydych chi'n edrych am staff ddwyieithog? / Do you look for bilingual members of staff?

- ▶ We have a number of jobs where the Welsh language is essential as part of a job description and every role in ACT has the Welsh language as a desirable feature so wherever we can recruit people with those Welsh language skills, we do so. We think that it really enriches our workforce, helps us to deliver better customer service to the learners and the employers that we support.
- ▶ This is, of course, completely depends on the job that needs to be delivered. For example, a project manager, or people who have to deal with content or clients through the medium of Welsh will obviously have to be able to speak Welsh.
- ▶ I used to work for Gwesty Cymru in Aberystwyth where everyone spoke Welsh so it was nice, it attracted people in who spoke Welsh and English to have the service in Welsh, and I believe that it's very important that the staff speak Welsh.

Pa mor bwysig yw cael aelodau staff dwyieithog? / How important is having bilingual members of staff?

- ▶ So if I had the choice between someone who could speak Welsh or someone who could only speak English to come and work for the company, I would more than likely choose the Welsh speaker, just because it fits more with my company's ethos and it's nice because lots of people in the area do speak Welsh so when they come in, it's nice that they're looked after through the medium of Welsh.
- ▶ Lots of our employers and learners predominantly speak through the medium of Welsh so without that bilingual skill within the workforce, we couldn't work with those employers, so it's key to us as a business to have that skill within our workforce, and also we want to represent the communities that we serve.
- ▶ We're very lucky at the moment that the majority of our staff can speak Welsh and we do offer lessons to those who want to learn Welsh or improve their Welsh language skills.
- ▶ I think my one tip would be don't be afraid to use the skills that you do have. Nobody's going to pick you up if your Welsh isn't perfect. If anything, it's going to be really warmly received, and you're going to be showing a really fantastic example to our learners.
- ▶ If I was giving one tip to someone, I would say definitely go for it because it's very important for the language to keep going and it's helped me a lot in my business.

Da iawn! Well done!

You have completed unit 1.

This unit has given you some background to business in Wales and Welsh in business. It sets the scene for the next 5 units which will concentrate on developing your Welsh language skills.

Da iawn, daliwch ati! Well done and keep at it!



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Uned 2 | Unit 2

Cymraeg yn eich cymhwyster Welsh in your qualification

In this unit you will learn about the Welsh alphabet and how to say words in Welsh. This will help you to know how to pronounce Welsh words you see around you or on your apprenticeship programme. We'll also look at some Welsh feedback you might receive.

Yr Wyddor / The Alphabet (Slide 2-6)

There are 29 letters in the Welsh alphabet – **Yr Wyddor**. Welsh is mainly a phonetic language, so once you know the sounds of each letter, pronouncing words becomes quite easy.

A B C CH D DD E F FF G NG H I J
L LL M N O P PH R RH S T TH U W
Y

Practise saying the letters out loud.

- ▶ **A** as in ‘assessor’
- ▶ **B** as in ‘bat’
- ▶ **C** as in ‘criteria’ (always a hard ‘k’ sound – never as in ‘space’).
- ▶ **Ch** as in the composer ‘Bach’ or the Scottish ‘loch’.
- ▶ **D** as in ‘dog’
- ▶ **Dd** as in ‘the’
- ▶ **E** as in ‘elephant’ or sometimes an ‘i’ sound as in ‘my’.
- ▶ **F** as in ‘violin’ (never as in ‘fairy’).
- ▶ **Ff** as in fairy (never as in ‘violin’).
- ▶ **G** as in ‘glove’
- ▶ **NG** as in the ‘ng’ in ‘long’
- ▶ **H** as in ‘house’
- ▶ **I** as in ‘induction’
- ▶ **J** as in ‘job’
- ▶ **L** as in ‘lemon’
- ▶ **Ll** has no equivalent in the English alphabet. Try putting your tongue to the roof of your mouth and blowing out through the sides. **Llanelli** is a good word to practise!
- ▶ **M** as in ‘money’
- ▶ **N** as in ‘nurse’
- ▶ **O** as in ‘orange’
- ▶ **P** as in ‘portfolio’
- ▶ **Ph** as in ‘pheasant’
- ▶ **R** as in ‘review’
- ▶ **Rh** this is a strong rolled ‘r’ and a pronounced ‘h’ said together.

- ▶ **S** as in 'service'
- ▶ **T** as in 'table'
- ▶ **Th** as in 'thin'
- ▶ **U** as in the 'ee' in 'keen'
- ▶ **W** as in the 'oo' in 'look'
- ▶ **Y** as in 'her'. In the last syllable of a word like 'emyn' (hymn) it sounds like 'tin'.

Y sŵn 'Si' / The 'shh' sound (Slide 7)

It's worth mentioning that when you see an 's' and an 'i' together, it will normally be pronounced as the English 'shh' sound.

Siôn

Siân

siarad

The name **Siwan** can be pronounced both ways.

To bach / The Circumflex (Slide 8)

The circumflex, or '**to bach**' is used quite a lot in Welsh. You see it above the vowels. When used, it simply means that the letter is a long vowel. It's quite important as without it, in certain cases, the meaning of the word is changed.

The word '**to bach**' literally means 'little roof', which is exactly what it is!

- ▶ **Tŷ** – House
- ▶ **Dŵr** – Water
- ▶ **Tâl** – Payment
- ▶ **Tal** – Tall
- ▶ **Ffôn** – Telephone
- ▶ **Ffon** – Walking stick

Gwybodaeth ychwanegol / Additional information

If you want to use the circumflex easily on your PC then you can download the programme 'To Bach' for free. It takes seconds. Type 'To Bach' into your browser.

Cymraeg o'ch cwmpas / Welsh around you (Slide 10-11)

You will probably have seen a lot of Welsh around you in your workplace or centre and will naturally have become familiar with these words.

Have a go at pairing up these Welsh words with their English meanings. Draw a line from the Welsh word to the correct English word.

Gweithgaredd 1 / Activity 1

In

Out

No entry

Reception

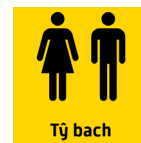
Toilet

Accessible toilet

Fire exit

Welcome

Car park



Geirfa asesu / Assessment vocabulary (Slide 12-13)

Here are some Welsh words that might be useful in your qualification.

Dysgwr – Learner

Aseswr – Assessor



Aseiniad – Assignment

Portffolio – Portfolio

Other useful words are:

- ▶ **fframwaith** – framework
- ▶ **adolygiad** - review
- ▶ **arsylwad** – observation
- ▶ **uned** – unit
- ▶ **meini prawf asesu** – assessment criteria

Practise saying these out loud.

Adborth / Feedback (Slide 15-16)

You might see some Welsh used in feedback on your work. Hopefully this will be positive. The Welsh word for good is '**da**', very good is '**da iawn**' and excellent is '**ardderchog**' or '**gwyh!**'

Try to say these out loud.

- ▶ **Da** – Good
- ▶ **Da iawn** – Very good
- ▶ **Arddechog, Gwyh** – Excellent

These words can easily be used to tell you what it is about your work that is good, very good or excellent. For example, you could combine '**da**' with '**gwaith**' (work) to give 'good work'. Other words that could be combined are '**ymchwil**', (research), '**ymdrech**' (effort) or '**cynnydd**' (progress).

- ▶ **Gwaith** – Work
- ▶ **Ymchwil** – Research
- ▶ **Ymdrech** – Effort
- ▶ **Cynnydd** – Progress

Gweithgaredd 2 / Activity 2 (Slide 17)

Try to write the correct Welsh word to complete these phrases.

| | | |
|------------------|--------------------|--------------------|
| Good work | Excellent progress | Excellent research |
| Gwaith _____ | _____ ardderchog | Ymchwil _____ |
| Very good effort | Excellent work | |
| Ymdrech _____ | _____ gwyh | |

Cwis cyflym / Quick (Slide 21-32)

Tick the correct answer for the 10 questions to see how much you have learned so far.

1. The Welsh word for welcome is:

Croeso

Os gwelwch yn dda

Diolch

Allan

2. What is the Welsh word for reception?

I mewn

Derbynfa

Allanfa

Maes parcio

3. If the fire alarm sounds, what should you head towards?

Dim mynediad

Maes parcio

Allanfa dân

Derbynfa

4. Your assessor has written '**da iawn**' on your work. What does this mean?

Excellent

Very good

Good research

Good

5. The written feedback on your work says 'ymchwil da'. What does this mean?

Very good effort

Good work

Excellent research

Good research

6. Which of these words means 'excellent'?

Gwych

Diolch

Da

Da iawn

7. You need to put in more research. What could your assessor write?

Angen mwy o ymchwil

Ymchwil mwy angen

Mwy angen o ymchwil

Gwaith da

8. The Welsh word for learner is:

Dysgwr

Menyw

Aseswr

Dyn

9. Your assessor has written '**dechrau da**'. What does this mean?

Good research

Excellent

Good work

A good start

10. To say 'thank you very much' in Welsh, you would say:

Gwych

Diolch yn fawr

Da

Da iawn

Da iawn! Well done!

You have completed unit 2.

There was a lot to take in, but you don't have to remember everything at once. As Welsh is mainly a phonetic language, revisit the alphabet if you're ever unsure of how to pronounce a word. Remember, you can go back to any unit at any time throughout the course to recap on what you have learned.

Da iawn, daliwch ati! Well done and keep at it!



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Uned 3 | Unit 3

Rhifau, dyddiau, misoedd ac arian Numbers, days, months and money

In the workplace and on your apprenticeship programme, numbers, days of the week and months of the year are useful to know. It is also helpful to be able to talk about money.

In this unit we are going to learn about:

- ▶ numbers
- ▶ days of the week
- ▶ months of the year
- ▶ money

Rhifau / Numbers (Slide 2-4)

In this unit we will learn to count to 100 so that we can deal with money.

Here are the numbers 0-10. Practise saying them out loud. Use your alphabet pronunciation guide if you need to.

| | | | |
|--------|------|--------|-------|
| 0 | 1 | 2 | 3 |
| Dim | Un | Dau | Tri |
| 4 | 5 | 6 | 7 |
| Pedwar | Pump | Chwech | Saith |
| 8 | 9 | 10 | |
| Wyth | Naw | Deg | |

Once you know the numbers one to ten in Welsh, you have all the words you need to count to a hundred. For numbers over ten you just need to say how many tens and how many units are in the number. So for the number 'eleven' it would be *one ten one* – '**un deg un**'. All the numbers up to 100 follow this pattern.

| | | | |
|-------------|---------------|--------------|---------------|
| 11 | 12 | 13 | 14 |
| Un deg un | Un deg dau | Un deg tri | Un deg pedwar |
| 15 | 16 | 17 | 18 |
| Un deg pump | Un deg chwech | Un deg saith | Un deg wyth |
| | 19 | 20 | |
| | Un deg naw | Dau ddeg | |

Uned 3 | Unit 3

Rhifau, dyddiau, misoedd ac arian
Numbers, days, months and money

Numbers in the twenties follow the same pattern so for example 'twenty three' is '**dau ddeg tri**' – *two ten three*. You will notice that the word '**deg**' changes to '**ddeg**' after the word '**dau**'. This is called a mutation. For now, you just need to be aware that sometimes the spelling may change slightly.

| | | | |
|---------------|-----------------|----------------|-----------------|
| 21 | 22 | 23 | 24 |
| Dau ddeg un | Dau ddeg dau | Dau ddeg tri | Dau ddeg pedwar |
| 25 | 26 | 27 | 28 |
| Dau ddeg pump | Dau ddeg chwech | Dau ddeg saith | Dau ddeg wyth |
| | 29 | 30 | |
| | Dau ddeg naw | Tri deg | |

Now that you have learnt the principles of numbers in Welsh, let's see if you can translate these written numbers to their numerical form.

Gweithgaredd 1 / Activity 1 (Slide 5-7)

Insert the number in digit form in the spaces provided.

| | | | |
|---------------------|-----------------------|---------------------|----------------------|
| Tri | Dau ddeg saith | Un deg naw | Pump |
| | | | |
| Tri deg un | Un deg un | Dau ddeg dau | Un deg pump |
| | | | |
| Dau ddeg naw | Un deg wyth | Dau ddeg un | Un deg pedwar |
| | | | |

Gweithgaredd 2 / Activity 2 (Slide 9)

Write the Welsh words to build the number.

73

| | | |
|--|--|--|
| | | |
|--|--|--|

47

| | | |
|--|--|--|
| | | |
|--|--|--|

89

| | | |
|--|--|--|
| | | |
|--|--|--|

34

| | | |
|--|--|--|
| | | |
|--|--|--|

Rhifau mwy / Bigger numbers (Slide 10)

You might need to use bigger numbers so the word for a hundred in Welsh is '**cant**'. A thousand is '**mil**' and a million is '**miliwn**'. Practise these out loud.

- ▶ **Cant** – Hundred
- ▶ **Mil** – Thousand
- ▶ **Miliwn** – Million

Dyddiau'r wythnos / Days of the week (Slide 12-13)

Next we are going to look at days and dates. The word for day in Welsh is '**dydd**'. The word 'day' comes before the part which tells you what day it is.

| | | | |
|--------------------|--------------------|---------------------|-----------------|
| Dydd Llun | Dydd Mawrth | Dydd Mercher | Dydd Iau |
| Monday | Tuesday | Wednesday | Thursday |
| Dydd Gwener | Dydd Sadwrn | Dydd Sul | |
| Friday | Saturday | Sunday | |

Gwybodaeth ychwanegol / Additional information

This is what the shortened written version looks like, just in case you need to recognise that too.

- ▶ **Llun**
- ▶ **Maw**
- ▶ **Mer**
- ▶ **Iau**
- ▶ **Gwen**
- ▶ **Sad**
- ▶ **Sul**

Gweithgaredd 3 / Activity 3 (Slide 14)

Draw a line to pair up the correct Welsh and English words.

| | |
|-----------|--------------|
| Monday | Dydd Mercher |
| Tuesday | Dydd Sul |
| Wednesday | Dydd Gwener |
| Thursday | Dydd Mawrth |
| Friday | Dydd Llun |
| Saturday | Dydd Iau |
| Sunday | Dydd Sadwrn |

Gweithgaredd 4 / Activity 4 (Slide 15-16)

Write the correct Welsh day of the week in the space.

| | | |
|------------|------------|------------|
| Sunday | Wednesday | Tuesday |
| Dydd _____ | Dydd _____ | Dydd _____ |
| | | |
| Saturday | Monday | |
| Dydd _____ | Dydd _____ | |

Y misoedd / The months (Slide 18-23)

Let's move on to months of the year in Welsh. Don't worry about learning them all yet. Let's just start becoming familiar with them.

'**Mis**' is the Welsh for 'month', which is sometimes used before the month in question.

- ▶ **Mis Ionawr** - January
- ▶ **Mis Chwefror** - February
- ▶ **Mis Mawrth** - March
- ▶ **Mis Ebrill** - April
- ▶ **Mis Mai** - May
- ▶ **Mis Mehefin** - June
- ▶ **Mis Gorffennaf** - July
- ▶ **Mis Awst** - August
- ▶ **Mis Medi** - September
- ▶ **Mis Hydref** - October
- ▶ **Mis Tachwedd** - November
- ▶ **Mis Rhagfyr** - December

On January 25th we celebrate **Dydd Santes Dwynwen** – Saint Dwynwen's Day. She is the Patron Saint of Welsh Lovers. Remember to send a card next year to your 'cariad' (love)!

On March 1st we celebrate **Dydd Gŵyl Dewi** – Saint David's Day. He is the Patron Saint of Wales. We celebrate this day in many ways, for example, we wear a daffodil and often a leek as emblems on our national saint's day. Remember to say **Dydd Gŵyl Dewi Hapus** next year!

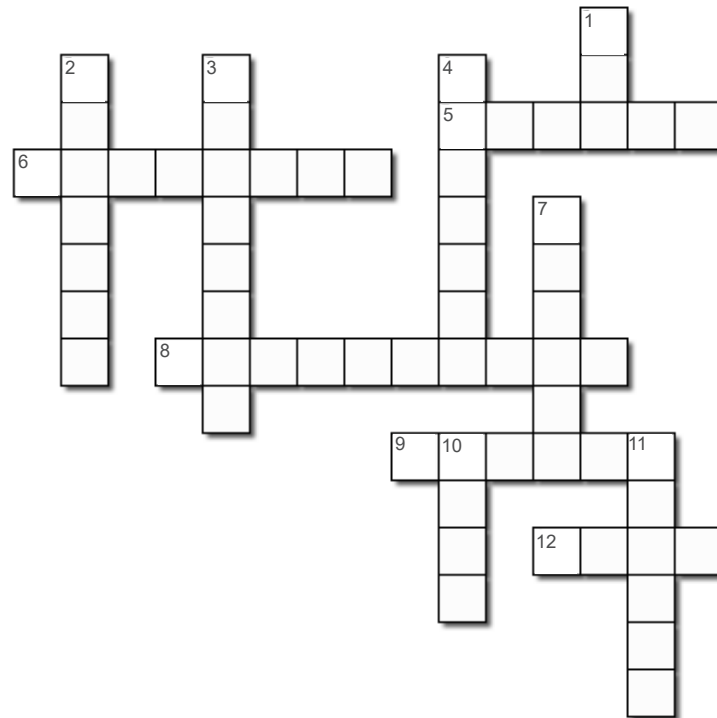
September 16th is **Dydd Owain Glyndŵr**, a freedom fighter and Prince of Wales.

October 15th is Diwrnod **Shw mae? Sut mae?** a day we now use to celebrate the Welsh language, simply by greeting everyone in Welsh. Remember to take part and make sure you say '**Shw mae?**' or '**Sut mae?**' to everyone you meet on that day!

December 11th – **Dydd Llywelyn Ein Llyw Olaf** | Prince Llywelyn the Last Prince of Wales Day.

Gweithgaredd 5 / Activity 5 (Slide 24-25)

Have a go at the crossword. All the answers are in Welsh.



Across

- 5. April
- 6. November
- 8. July
- 9. March
- 12. September

Down

- 1. May
- 2. December
- 3. February
- 4. June
- 7. January
- 10. August
- 11. October

Gweithgaredd 6 / Activity 6 (Slide 26-27)

Unscramble the mixed-up months.

| | | |
|-----------------|-------------|---------------|
| R H G R F Y A | T H R A W M | N F I E H M E |
| | | |
| D D C H A T W E | R B L L I E | I E M D |
| | | |

Arian / Money (Slide 28-29)

We are now going to look at money. In Welsh 'pence' is '**ceiniog**' and 'pennies' are '**ceiniogau**'. A 'pound' is '**punt**' and 'pounds' are '**punnoedd**'. Look at the Welsh words below and practise out loud if you can.

| | | | |
|------------------|-----|---------------|-----|
| Ceiniog | 1p | Punt | £1 |
| Dwy geiniog | 2p | Dwy bunt | £2 |
| Pum ceiniog | 5p | Pum punt | £5 |
| Deg ceiniog | 10p | Deg punt | £10 |
| Dau ddeg ceiniog | 20p | Dau ddeg punt | £20 |
| Pum deg ceiniog | 50p | Pum deg punt | £50 |

When telling someone the price you will say how many pounds first followed by how many pence. For example 'seven pounds and fifty pence' would be '**saith punt pum deg ceiniog**'.

Gweithgaredd 7 / Activity 7 (Slide 30)

Now see if you can match up the prices to their Welsh counterparts. Draw a line from the Welsh words to the correct price.

Naw punt pedwar deg pump ceiniog

£5.99

Pum punt naw deg naw ceiniog

75c

Tri deg punt

£9.45

Saith deg pump ceiniog

£30

Gweithgaredd 8 / Activity 8 (Slide 31)

Now write the correct price in numbers next to the Welsh words.

Saith deg pump ceiniog

Dwy bunt chwe deg saith
ceiniog

Tri deg punt

Pum deg punt naw deg
naw ceiniog

Dau ddeg tri punt pum deg
ceiniog

Cwis cyflym / Quick quiz (Slide 32-45)

Select the correct answer for the 12 questions to see how much you have learned

1. Which of the following is 4?

Dau

Wyth

Chwech

Pedwar

2. Which of the following is 18?

Un deg un

Un deg wyth

Un deg pedwar

Un deg naw

3. How would you say 87?

Saith deg wyth

Wyth deg saith

Chwe deg pump

Naw deg dau

4. What is Thursday in Welsh?

Dydd Llun

Dydd Mawrth

Dydd Iau

Dydd Sadwrn

Uned 3 | Unit 3

Rhifau, dyddiau, misoedd ac arian
Numbers, days, months and money

5. If you work on Mondays, Thursdays and Fridays, when are you working?

Dydd Mercher, Dydd Iau, Dydd
Gwener

Dydd Mawrth, Dydd Iau, Dydd
Gwener

Dydd Llun, Dydd Mawrth, Dydd
Mercher

Dydd Llun, Dydd Iau, Dydd
Gwener

6. If your birthday is in '**mis Ionawr**', when is your birthday?

February

January

April

March

7. What is the Welsh for September?

Mis Chwefror

Mis Medi

Mis Tachwedd

Mis Ionawr

8. When is St David's day?

Mawrth 1af

Awst 21ain

Chwefror 25ain

Medi 8fed

9. Which of the following reads: month, week, numbers?

wythnos, mis, rhifau

mis, wythnos, rhifau

mis, rhifau, wythnos

rhifau, mis, wythnos

10. What is the Welsh for £8.99

Saith punt pum deg ceiniog

Deg punt

Wyth punt naw deg naw ceiniog

Pum punt naw deg naw ceiniog

11. '**Dau ddeg punt saith deg pump ceiniog**'. What is the price?

£12.99

£5.50

£20.75

£50

12. What is £36.50

Tri deg chwech punt pum deg
ceiniog

Saith deg wyth punt naw deg
naw ceiniog

Dau ddeg pump punt

Dwy bunt pum deg ceiniog

Da iawn! Well done!

You have reached the end of another unit. It's important for members of the public to feel their language needs are being considered, so give it a go, it means a lot to someone.

You have familiarised yourself with:

- ▶ numbers
- ▶ days of the week
- ▶ months of the year
- ▶ money – pounds and pence

Da iawn, daliwch ati! Well done and keep at it!



Coleg
Cymraeg
Cenedlaethol

Uned 4 | Unit 4

Dechrau sgwrsio Starting the conversation

In this unit we are going to learn how to:

- ▶ greet people at different times of the day
- ▶ introduce yourself
- ▶ ask if you can help
- ▶ say goodbye

Being proactive in your use of Welsh will help customers and clients feel that their language needs are being considered. You might be the first person they meet in your organisation and first impressions count. Remember to use your new Welsh skills with your assessor too.

Shw mae?! Sut mae?! (Slide 2-3)

In South Wales to ask someone how they are we say, '**Shw mae?**'

And we say '**Sut mae?**' in the North.

So, when you say '**shw mae?**' / '**sut mae?**' you can expect a number of responses, notice the word '**diolch**' which means 'thank you', you will use it time and time again.

Practise the phrases that are best suited to your location.

| South | North |
|--------------|-----------------|
| shw mae? | sut mae? |
| iawn, diolch | da iawn, diolch |

Gwybodaeth ychwanegol / Additional information

The word '**iawn**' has a number of meanings in Welsh, depending on the context. As we can see here, it can mean 'fine' or 'okay'.

Cyfarchion / Greetings (Slide 4)

Let's look at how to greet people at different times of the day:

- ▶ **bore da** – good morning
- ▶ **prynhawn da** – good afternoon
- ▶ **noswaith dda** – good evening

Gwybodaeth ychwanegol / Additional information

Whilst 'good night' is not what we say to greet someone, it's always worth knowing. '**Nos da!**'

Gweithgaredd 1 / Activity 1 (Slide 5)

Let's look at what we have learned so far. Match the Welsh phrases to the English translation by drawing a line from the Welsh to the correct English translation.

Shw mae? / Sut mae?

Good evening

Bore da

Very well, thanks

Prynhawn da

How are you?

Noswaith dda

Good morning

Nos da

Good night

Iawn, diolch

Good afternoon

Da iawn, diolch

Fine, thanks

Cyflwyno'ch hun / Introducing yourself (Slide 8-9)

Let's learn how to introduce yourself on the phone.

On the phone you'll need:

'... sy'n siarad' – ... speaking

Gweithgaredd 2 / Activity 2

Write your name in the space and practise saying the phrase out loud.

Prynhawn da _____ sy'n siarad.

Helo _____ sy'n siarad.

Let's look at a different way of introducing yourself, this time in person.

▶ ... dw i – I'm ...

Gweithgaredd 3 / Activity 3 (Slide 10)

Write your name in the space then practise introducing yourself.

_____ dw i.

Gweithgaredd 4 / Activity 4 (Slide 11)

Draw a line to match the Welsh phrases to the English phrases.

Shw mae? / Sut mae?

Fine, thanks

Bore da

Good afternoon

... sy'n siarad

How are you?

lawn, diolch

Good morning

Prynhawn da

... speaking

Ga i helpu? / Can I help? (Slide 12-15)

In this section you will learn how to offer assistance in Welsh.

To ask if you can help you say:

▶ Ga i helpu?

Practise out loud if you can.

The most likely response is '**cewch**' which here means 'yes, you may' or just '**plis**':

- ▶ **plis** – please
- ▶ **cewch** – yes, you may

Gwybodaeth ychwanegol / Additional information

You may also hear 'os gwelwch yn dda' – which is a more formal way of saying 'please'. Don't worry about learning all the responses at this point, although it's useful to recognise them.

Gweithgaredd 5 / Activity 5 (Slide 16)

Read these short dialogues and say them out loud to practise.

Bore da, Catrin dw i. Ga i helpu?

Bore da. Cewch.

Prynhawn da, Gethin dw i. Ga i helpu?

Prynhawn da. Cewch. Diolch.

Ffion dw i. Noswaith dda. Ga i helpu?

Plîs, diolch.

Gweithgaredd 6 / Activity 6 (Slide 16)

Copy the following phrases into the speech bubbles so that the conversation flows.

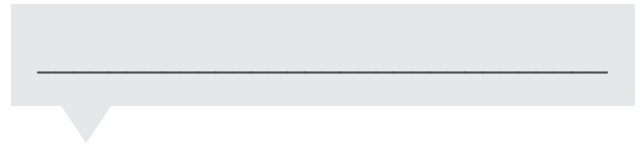
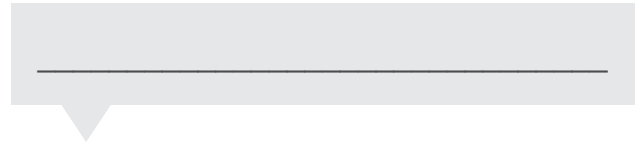
Ga i helpu?

lawn, diolch

Cewch, diolch

Bore da

Shw mae? / Sut
mae?



Ffarwelio / Saying goodbye (Slide 18)

To say 'goodbye' at the end of a conversation or meeting we say '**hwyl fawr**'. For 'good night' we say '**nos da**'.

Practise saying these out loud:

- ▶ **hwyl fawr** – goodbye
- ▶ **nos da** – good night

Cwis cyflym / Quick quiz (Slide 19-32)

Select the correct answer for the 12 questions to see how much you have learned.

1. Which of the following is a greeting?

lawn

Da iawn

lawn, diolch

Shw mae? / Sut mae?

2. What is 'very good' in Welsh?

lawn

Diolch

Da iawn

Shw mae? / Sut mae?

3. Which of the following would you use in the morning?

Bore da

Noswaith dda

Prynhawn da

Dydd da

4. Which of the following means 'good afternoon'?

Bore da

Noswaith dda

Prynhawn da

Dydd Sadwrn

5. Which of the following means '...is speaking'?

Ga i helpu?

..... sy'n siarad

..... dw i

Beth ydy'r enw?

6. How would you say 'goodbye'?

Nos da

Bore da

Hwyl fawr

Shw mae? / Sut mae?

7. To offer assistance, what would you ask?

Ga i helpu?

Shw mae?

Beth ydy'r enw?

Diolch yn fawr

8. Which of the following is 'thank you'?

Diolch

Os gwelwch yn dda

Croeso

Diolch yn fawr

9. Which number is missing from the following sequence? 1, 2, 3, 5, 6, 7, 8, 9, 10

Tri

Pedwar

Chwech

Naw

10. How would you say 'you're welcome'?

Diolch

Croeso

Bore da

Shw mae? / Sut mae?

11. Which of the following is offering you help in the afternoon?

Bore da, ga i helpu?

Noswaith dda, ga i helpu?

Prynhawn da, ga i helpu?

Prynhawn da, shw mae?

12. How would you translate the following? **'Bore da, Siân dw i. Ga i helpu?'**

Good morning, I'm Siân. Can I help?

Good night, I'm Siân. Can you help?

Good morning, I'm Siân. Can you help?

Good night, I'm Siân. Can I help?

Da iawn! Well done!

You have reached the end of another unit.

You have learnt how to:

- ▶ greet people at different times of the day
- ▶ introduce yourself
- ▶ ask if you can help
- ▶ say goodbye

Da iawn, daliwch ati! Well done and keep at it!



Coleg
Cymraeg
Cenedlaethol

Uned 5 | Unit 5

Symud ymlaen Moving on

In this unit we are going to develop conversational skills to welcome someone to your workplace or organisation. We've already mentioned that using our Welsh language skills can make people feel at home. This unit helps us do some more of that.

Some of what we will learn will also be very useful if you like your morning or afternoon cuppa with Welsh speaking colleagues. A perfect time to practise! Don't forget to practise with your assessor or tutor too.

Croeso / Welcome (Slide 2)

You already know that '**croeso**' means 'welcome'. It's also used as a response to '**diolch**', and here it means 'you're welcome'.

You will use these two little words a lot so practise out loud if you can.

- ▶ **Croeso** – Welcome
- ▶ **Diolch** – Thank you
- ▶ **Croeso** – You're welcome

Croesawu i'r gweithle / Welcoming to the workplace (Slide 3-4)

Here are some common phrases that you might use with customers.

Repeat out loud if you can.

- ▶ **Dewch i mewn** – Come in
- ▶ **Dewch** – Come (a command)
- ▶ **I mewn** – In / inside

At times, no doubt, you will have to ask people to wait and you will offer them a seat. Let's see how we say that.

- ▶ **Eisteddwch** – Sit
- ▶ **Dewch** – Come
- ▶ **Arhoswch** – Wait
- ▶ **Yma** – Here

Gweithgaredd 1 / Activity 1

Write the correct words to build these phrases.

Sit here

Wait here

Come here

Ymddiheuro am yr aros / Apologising for the wait (Slide 5)

If people have to wait, it's polite to apologise, or just thank them for waiting.

Repeat out loud if you can.

- ▶ **Diolch am aros** – Thank you for waiting

Cyflwyno pobl / Introducing people (Slide 6)

Now onto introductions. Introducing someone is very simple. We simply say 'dyma'.

- ▶ **Dyma** – This is
- ▶ **Dyma Mr Davies** – This is Mr Davies

Gweithgaredd 2 / Activity 2

Write your assessor's name in the space. Practise introducing your assessor out loud if you can.

Dyma _____

Gweithgaredd 3 / Activity 3 (Slide 8)

Draw a line to match the Welsh with the English phrases.

Arhoswch yma

Eisteddwch yma

Dewch i mewn

Dyma

This is

Sit down here

Wait here

Come in

Gweithgaredd 4 / Activity 4 (Slide 9)

Write the following in English.

Dewch i mewn

Eisteddwch yma

Croeso

Arhoswch yma

Gweithgaredd 5 / Activity 5 (Slide 10-12)

Write the following in Welsh.

Sit here please

Hello. Come in

Thank you very much

Gweithgaredd 6 / Activity 6 (Slide 13)

Try to read the dialogue out loud.

Receptionist: Croeso Mrs Price. Eisteddwch yma. Un munud.

Visitor: Diolch.

Receptionist: Diolch am aros. Dyma Mr Tomos.

Ga i weld? / Can I see? (Slide 14)

In Unit 4 we learned 'Can I help?' – 'Ga i helpu?'

Using the same pattern, we can ask 'Can I see?' – 'Ga i weld?'

- ▶ **Ga i helpu?** – Can I help?
- ▶ **Ga i weld?** – Can I see?

As the customer is always right, 'Dim problem' could be a useful phrase to know.

- ▶ **Dim problem** – No problem

Gweithgaredd 7 / Activity 7 (Slide 15)

Read the dialogue and try to repeat out loud.

Receptionist: Croeso Mrs Price. Eisteddwch yma. Un munud.

Visitor: Diolch.

Receptionist: Diolch am aros. Dyma Mr Tomos.

Visitor: Diolch.

Receptionist: Diolch am aros. Dyma Mr Tomos.

Gweithgaredd 8 / Activity 8 (Slide 16)

Now see if you can recreate a similar dialogue. Copy the phrases into the speech bubbles.

Diolch

Bore da

Croeso Mari. Dim
problem. Eisteddwch yma.

Bore da. Mari dw i.
Ga i weld Daniel Lewis plŷs?

Diolch am aros Mari. Dyma
Daniel.

Cynnig lluniaeth / Offering refreshments (Slide 18-19)

You may want to offer customers or your assessor a drink when they arrive, let's have a look how you would do that in Welsh.

To say 'do you want' you say:

Dych chi eisiau...?

or

Dach chi isio...?

- ▶ **paned o de** – a cup of tea
- ▶ **paned o goffi** – a cup of coffee
- ▶ **dŵr** – water

Gweithgaredd 9 / Activity 9 (Slide 20)

Write the following sentences in Welsh then practise them out loud.

Do you want a cup of tea?

Do you want a cup of
coffee?

Do you want water?

Of course, if you're offering a cuppa you will need to know how they take their tea or coffee.

The numbers, 'dim', un, dau, tri' will come in handy for sugar here and also 'tipyn bach' when it comes to the milk.

Dych chi eisiau... ?

- ▶ **siwgr** – sugar
- ▶ **llefrith** (in the North) or **llaeth** (in the South) – milk

Gweithgaredd 10 / Activity 10 (Slide 21-23)

Now see if you can recreate a similar dialogue. Translate the phrases to complete the speech bubbles.

Receptionist: Bore da.

Visitor: _____ (good morning), Sioned dw i. _____
(can I see) Dafydd Hari?

Receptionist: Wrth gwrs. _____ (wait here). Dych chi eisiau coffi?

Visitor: Os gwelwch yn dda, _____ (milk), _____ (no
sugar).

If your workplace can stretch to it, you may be offering biscuits or cake with someone's cuppa. Practise saying these out loud.

- ▶ **Dych chi eisiau bisged?** – Would you like a biscuit?
- ▶ **Dych chi eisiau cacen?** – Would you like some cake?

Remember, if you want to offer someone a cuppa you can simply use your voice to suggest you are asking a question.

- ▶ **Paned?**
- ▶ **Llefrith? / Llaeth?**
- ▶ **Siwgr?**
- ▶ **Bisged?**

Expect the responses '**diolch**' if they want something and '**dim diolch**' if they don't.

By the way, if you know someone well, you will hear people using '**ti**' rather than '**chi**' for the word 'you'. Just be aware of this.

Wyt ti eisiau... ?

instead of

Dych chi eisiau... ?

Gweithgaredd 11 / Activity 11 (Slide 24-25)

While we're on the subject of food and drink, let's have a look at some traditional Welsh foods. See if you can match up the names to the pictures on these well-known Welsh dishes for a bit of fun.

Cawl / Lobsgows



Faggots

Pice bach / Cacenni cri



Laverbread

Bara brith



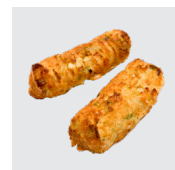
Welsh cakes

Selsig Morgannwg



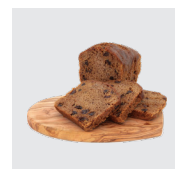
Cawl

Bara lawr



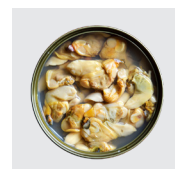
Glamorgan
Sausages

Cocos



Bara brith

Ffagots



Cockles

Read the dialogue and practise out loud.

Derbynnydd | Receptionist:

Prynhawn da.

Dim problem. Beth ydy'r enw?

Croeso Mrs Williams. Arhoswch yma. Un
munud.

Dych chi eisiau paned?

Te? Coffi?

Dych chi eisiau bisged?

Diolch am aros, Mrs Williams. Dyma Mr
Tomos.

Ymwelydd | Visitor:

Prynhawn da. Ga i weld Mr Tomos, os
gwelwch yn dda?

Mrs Williams dw i.

Diolch.

Os gwelwch yn dda.

Coffi plîs – llaeth, un siwgr.

Na, dim diolch.

Gweithgaredd 12 / Activity 12 (Slide 27-28)

That's plenty of new words and phrases for this unit. You now have enough Welsh to greet people. Let's re-cap some new words and phrases. Circle the correct Welsh word / phrase to match the English.

| | | | |
|----------------------------------|----------------|----------------|-----------------------------|
| Welcome | Croeso | Eisteddwch yma | Diolch |
| Wait here | Arhoswch yma | Shw mae? | Eisteddwch yma |
| Please | Dim diolch | Croeso | Os gwelwch yn dda |
| Thank you for waiting | Diolch yn fawr | Diolch am aros | Eisteddwch yma |
| Sit here | Paned? | Eisteddwch yma | Arhoswch yma |
| No thank you | Dewch i mewn | Dim diolch | Croeso |
| Do you want a cup of tea? | Diolch am aros | Dewch i mewn | Dych chi eisiau paned o de? |

Cwis cyflym / Quick quiz (Slide 29-42)

Select the correct answer for the 12 questions to see how much you have learned.

1. What is 'come in' in Welsh?

Arhoswch yma

Dewch i mewn

Eisteddwch yma

Dych chi eisiau?

2. A colleague offers you tea in Welsh but you're not thirsty. What would you say?

Diolch

Croeso

Dim diolch

Bore da

3. How do you ask someone if they want milk?

Dych chi eisiau siwgr?

Dych chi eisiau llaeth / llefrith?

Dych chi eisiau bisged?

Dych chi eisiau te?

4. What is 'wait here' in Welsh?

Dewch i mewn

Eisteddwch yma

Arhoswch yma

Dyma

5. What is the Welsh word for observation?

Arsylwad

Portffolio

Aseiniad

Dysgwr

6. In which month is Christmas day?

Mis Ionawr

Mis Medi

Mis Mehefin

Mis Rhagfyr

7. What is 'to want' in Welsh?

Siarad

Dewch

Eisiau

Eistedd

8. What is 'sit here' in Welsh?

Eisteddwch yma

Dewch i mewn

Arhoswch yma

Un munud

9. How do you offer help in Welsh?

Ga i siarad?

Ga i weld?

Ga i helpu?

Ga i?

10. How do you say 'thank you very much?'

Dim diolch

Diolch

Diolch yn fawr

Cewch

11. 'Shw mae?' means what?

How are you?

Can I see?

Can I help?

Can I speak?

12. How do you say 'here is'?

Y bore 'ma

Yma

Heddiw

Dyma

Da iawn! Well done!

Da iawn. You have reached the end of unit 5.

You have learned how to:

- ▶ give a warm welcome
- ▶ make basic introductions
- ▶ offer someone a drink

Da iawn, daliwch ati! Well done and keep at it!



Coleg
Cymraeg
Cenedlaethol

Uned 6 | Unit 6

Gofalu yn Gymraeg Caring in Welsh

In Health and Social Care, communication between care workers and the people they care for is extremely important, so in this unit we are going to focus on words and phrases that you can use in a care setting.

Fideo / Video

Barn y dysgwyr / Learners opinion

Pam wnest ti benderfynu gwneud dy gymhwyster yn ddwyieithog? / Why did you decide to complete part of your qualification bilingually?

- ▶ Because Welsh is easier for me to read and write in, I've been learning through the medium of Welsh through school, so I was very nervous to do it in English. So to have the Welsh to fall back on was a lot easier for me
- ▶ To me, I feel a lot more comfortable talking in Welsh in front of people and I was lucky to have an assessor who could speak Welsh in Sgil Cymru.
- ▶ I feel that the Welsh language is a great tool, especially if I want to progress in my career, because lots of employers are looking for people who are able to speak Welsh.
- ▶ I've been in Welsh language education my whole life - primary school, secondary school, and I wanted to carry on and continue to do this with my apprenticeship, and complete my qualification through the medium of Welsh.

Wyt ti'n teimlo dy fod wedi cael budd o wneud dy gymhwyster yn ddwyieithog? / Did you find that you benefited from completing your qualification bilingually?

- ▶ Because of the opportunities I've had working for the Urdd I wouldn't have had anywhere else. I've been able to go on courses, I've completed qualifications I never thought I'd be able to do, and this is all because I've done it all through the medium of Welsh.
- ▶ Bilingualism is certainly crucial in the public sector I work in, dealing with enquiries from day to day in Welsh and in English, and then I'm asked to be able to respond to this quite thoroughly.
- ▶ I'm almost certain that the main reason I got the job that I'm in is because I'm able to speak Welsh.
- ▶ I feel more comfortable speaking this way, so I feel like I've done my work and my qualification in the best way because I've been able to do it in Welsh.

Pa mor bwysig yw bod yn ddwyieithog i ti yn y gwaith? / How important is being bilingual in your work?

- ▶ I work in a Welsh Playgroup, so it's very important that we speak Welsh there otherwise the children won't learn. Also, there are parents with children in our care who are learning Welsh too, or ask questions about what their child is singing about at home - things like that. So it opens other people's minds about the language too.
- ▶ Everyone in the office is bilingual, so it's lovely to be able to go in. I speak Welsh every day, so it's really nice because I've moved home now, so it's nice that I have Welsh in the workplace.
- ▶ The part of the job that I went for with the commissioner apprenticeship was obviously the commissioning being through the medium of Welsh. But also it's a great opportunity to continue to nurture different skills through the medium of Welsh.
- ▶ Everyone in the Urdd speaks Welsh. But there are clubs that I go to where kids can speak English and start learning Welsh. Through speaking Welsh, I'm able to transfer my Welsh to them, and their confidence grows by coming to our club.

Beth fyddet ti'n ei ddweud wrth ddysgwyr arall sy'n ystyried cwblhau ychydig o'u cymhwyster drwy gyfrwng y Gymraeg? / What would you say to a learner thinking about doing part of their qualification in Welsh?

- ▶ Go for it! You aren't going to miss out on anything.
- ▶ A lot of employers now are searching for bilingual people, especially in Wales because, speaking Welsh, I think that people feel if someone speaks Welsh to you, you feel more comfortable, I think. So I think, out of the twenty of us, there's five of us who have a chance or an extra bonus just because we are bilingual.
- ▶ Go for it! If you do it through the medium of Welsh you'll have a lot more opportunities than if you do it in English.
- ▶ Go for it! It's a great opportunity for you to nurture a new skill. For example, I did a business administration qualification, which was something completely different to what I would have been able to do in school, then there's an opportunity to do it in Welsh too. And even if you aren't confident in Welsh, it's an opportunity outside of the working world, or outside of general education in school to improve your confidence in Welsh, which is also a skill.

Proffesiynau Gofal Cymdeithasol / Social Care Professions

First of all let's look at some of the different professions associated with the Health and Social Care sector and what they are in Welsh. Have a look at the following list. Try to say them out loud yourself if you can.

- ▶ **Gweithiwr Cymdeithasol** – Social Worker
- ▶ **Gweithiwr Gofal** – Care Worker
- ▶ **Aseswr Gofal** – Care Assessor
- ▶ **Gofalwr** – Carer

Here are a few more professions associated with the sector.

- ▶ **Therapydd** – Therapist
- ▶ **Therapydd Galwedigaethol** - Occupational Therapist
- ▶ **Ffisiotherapydd** - Physiotherapist
- ▶ **Cwnselydd** – Counsellor

Gweithgaredd 1 / Activity 1

Read the titles of the Health and Social Care professions out loud and then fill in the gaps.

| | | | | | | | | |
|--|--------------------------|-----------------|---|-----------------|-------------|---|--------------|-----------------|
| <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">Gweithiwr Cymdeithasol</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">_____</td> </tr> </table> | Gweithiwr Cymdeithasol | _____ | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">Gweithiwr _____</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">Care worker</td> </tr> </table> | Gweithiwr _____ | Care worker | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">Aseswr Gofal</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">Care _____</td> </tr> </table> | Aseswr Gofal | Care _____ |
| Gweithiwr Cymdeithasol | | | | | | | | |
| _____ | | | | | | | | |
| Gweithiwr _____ | | | | | | | | |
| Care worker | | | | | | | | |
| Aseswr Gofal | | | | | | | | |
| Care _____ | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">_____</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">Carer</td> </tr> </table> | _____ | Carer | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">Therapydd</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">_____</td> </tr> </table> | Therapydd | _____ | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">_____</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">Physiotherapist</td> </tr> </table> | _____ | Physiotherapist |
| _____ | | | | | | | | |
| Carer | | | | | | | | |
| Therapydd | | | | | | | | |
| _____ | | | | | | | | |
| _____ | | | | | | | | |
| Physiotherapist | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">Therapydd Galwedigaethol</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">_____ Therapist</td> </tr> </table> | Therapydd Galwedigaethol | _____ Therapist | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #f4a460;"> <td style="padding: 5px;">_____</td> </tr> <tr style="background-color: #d9d9d9;"> <td style="padding: 5px;">Counsellor</td> </tr> </table> | _____ | Counsellor | | | |
| Therapydd Galwedigaethol | | | | | | | | |
| _____ Therapist | | | | | | | | |
| _____ | | | | | | | | |
| Counsellor | | | | | | | | |

Amserau'r dydd / Times of the day

It's important for you to know what different times of the day are in Welsh. Have a look at these.

- ▶ **Heddiw** – Today
- ▶ **Ddoe** – Yesterday
- ▶ **Yfory** – Tomorrow
- ▶ **Bore 'ma** – This morning
- ▶ **Prynhawn 'ma** – This afternoon
- ▶ **Heno** – Tonight

Please don't get confused between your '**Bore da**' and '**Bore 'ma**' and your '**Prynhawn da**' and '**Prynhawn 'ma**'!

- ▶ '**Bore da**' is 'Good morning'
- ▶ '**Bore 'ma**' is 'This morning'

Gweithgaredd 2 / Activity 2

Let's see how well you remember these words. Draw a line from the Welsh word to the correct English word.

| | |
|--------------|----------------|
| Heddiw | This morning |
| Ddoe | Tonight |
| Yfory | Today |
| Bore 'ma | This afternoon |
| Prynhawn 'ma | Yesterday |
| Heno | Tomorrow |

Now, let's have a quick reminder of initial greetings and responses.

| | |
|----------|-----------------|
| Sut mae? | Da iawn, diolch |
|----------|-----------------|

| | |
|----------|--------------|
| Shw mae? | Iawn, diolch |
|----------|--------------|

After the initial greetings here's a really important question that you need to ask your service users.

Practise these out loud.

- ▶ **Sut dach chi'n teimlo?** – How do you feel? (North Wales)
- ▶ **Shwd dych chi'n teimlo?** – How do you feel? (South Wales)

Have a look at some of the likely responses as well.

- | | |
|----------------------------------|-----------------------------|
| ▶ Da iawn – Very well | ▶ Ofnadwy – Terrible |
| ▶ Eitha' da – Fairly good | ▶ Sâl – Ill |
| ▶ Gweddol – Fair / So-so | ▶ Oer – Cold |
| ▶ Yn well – Better | ▶ Poeth – Hot |
| ▶ Ddim yn dda – Not good | ▶ Wedi blino – Tired |
| ▶ Gwael – Poor | |

Of course, you can just say '**yn iawn**', which simply means 'fine'.

Gweithgaredd 3 / Activity 3

Let's see how well you remember these responses. Write the correct Welsh word or phrase underneath the English.

| |
|-----------|
| Very well |
| |

| |
|-------------|
| Fairly good |
| |

| |
|--------------|
| Fair / So-so |
| |

| |
|--------|
| Better |
| |

| |
|------|
| Poor |
| |

| |
|----------|
| Terrible |
| |

Sgwrs dros baned / A chat over a cuppa

The following dialogue is based on a discussion between a carer and a service user. There is a South Walian and North Walian version although they are very similar. Practise the most suitable dialogue for your location out loud.

South Wales

Carer: Bore da. Shwd dych chi'n teimlo bore 'ma?

Service User: Ddim yn dda.

Carer: Dych chi eisiau paned?

Service User: Os gwelwch yn dda.

Carer: Dych chi eisiau llaeth?

Service User: Plŷs.

Carer: Dyma'r te.

Service User: Diolch yn fawr.

Carer: Dych chi'n teimlo'n well?

Service User: Tipyn bach.

North Wales

Carer: Bore da. Sut dach chi'n teimlo bore 'ma?

Service User: Ddim yn dda.

Carer: Dach chi isho paned?

Service User: Os gwelwch yn dda.

Carer: Dach chi isho llefrith?

Service User: Plŷs.

Carer: Dyma'r te.

Service User: Diolch yn fawr.

Carer: Dach chi'n teimlo'n well?

Service User: Tipyn bach.

Dach chi isio? Dych chi eisiau? / Do you want?

We have already learnt to ask if someone wants a drink by saying 'Do you want?' which in North Wales is '**Dach chi isio?**' or in South Wales '**Dych chi eisiau?**' We can now extend this to a real life situation where you would ask a service user if they want something specific

So, let's look at ways of extending this question to ask about a service user's needs. Practise out loud.

- ▶ **Dach chi isio codi?** – Do you want to get up?
- ▶ **Dach chi isio gorwedd?** – Do you want to lie down?
- ▶ **Dych chi eisiau gwisgo?** – Do you want to get dressed?
- ▶ **Dych chi eisiau 'molchi?** – Do you want to get washed?

Let's continue with some more useful examples of '**Dach chi isio?**' and '**Dych chi eisiau?**'. Practise out loud.

- ▶ **Dach chi isio bath?** – Do you want a bath?
- ▶ **Dach chi isio cawod?** – Do you want a shower?

- ▶ **Dych chi eisiau eistedd?** – Do you want to sit?
- ▶ **Dych chi eisiau bwyta?** – Do you want to eat?

- ▶ **Dach chi isio mynd i'r gwely?** – Do you want to go to bed?
- ▶ **Dach chi isio mynd i'r toiled?** – Do you want to go to the toilet?

- ▶ **Dych chi eisiau mynd i gysgu?** - Do you want to go to sleep?
- ▶ **Dych chi eisiau mynd adref?** - Do you want to go home?

Finally, let's look at how we use '**Dach chi isio?**' or '**Dych chi eisiau?**' with meal times and food and drink.

- ▶ **Dach chi isio brecwast?** – Do you want breakfast?
- ▶ **Dach chi isio cinio?** – Do you want lunch?
- ▶ **Dych chi eisiau te?** – Do you want tea?
- ▶ **Dych chi eisiau swper?** – Do you want supper/dinner?

Gweithgaredd 4 / Activity 4

Fill in the blanks

| |
|------------------------|
| Dach chi isio codi? |
| Do you want to _____ ? |

| |
|--------------------------|
| Dach chi isio _____ ? |
| Do you want to lie down? |

| |
|-------------------------|
| Dych chi eisiau gwisgo? |
| Do you want to _____ ? |

| |
|----------------------------|
| Dych chi eisiau _____ ? |
| Do you want to get washed? |

| |
|-------------------------------|
| Dach chi isio mynd i'r gwely? |
| Do you want to _____ ? |

| |
|-----------------------------|
| Dych chi eisiau _____ ? |
| Do you want to go to sleep? |

Gweithgaredd 5 / Activity 5

Circle the correct Welsh translation.

1. Do you want breakfast?

Dach chi isio cinio?

Dach chi isio brecwast?

Dach chi isio bwyd?

2. Do you want lunch?

Dych chi eisiau swper?

Dych chi eisiau te?

Dych chi eisiau cinio?

Rhoi ateb / Giving an answer

For all questions starting with '**Dach chi?**' or '**Dych chi?**' the answer for 'Yes' is '**Ydw**' and 'No' is '**Nac ydw**'. These are the answers that you will hear people give to the question so it's best to become familiar with them.

- ▶ **Ydw** – Yes
- ▶ **Nac ydw** – No

Dach chi'n medru? / Dych chi'n gallu? – Are you able to? / Can you?

Using the same pattern '**Dach chi?**' or '**Dych chi?**' we now want to ask whether the service user is able to do something – like move their arm or get up. Again we have two versions – one for North Wales – '**medru**' and the other for South Wales - '**gallu**'. Look at these patterns.

The verb for being able to do something is '**medru**' or '**gallu**'.

- ▶ **Medru (NW)** – To be able to
- ▶ **Gallu (SW)** – To be able to

- ▶ **Dach chi'n medru? (NW)** – Are you able to? / Can you?
- ▶ **Dych chi'n gallu? (SW)** – Are you able to? / Can you?

Using the pattern we've just learnt let's see how these can be used in a workplace situation.

- ▶ **Dach chi'n medru codi?** – Are you able to get up?
- ▶ **Dach chi'n medru sefyll?** – Are you able to stand up?
- ▶ **Dych chi'n gallu cerdded?** – Are you able to walk?
- ▶ **Dych chi'n gallu eistedd?** – Are you able to sit?

Let's try some more questions using '**Dach chi'n medru?** / **Dych chi'n gallu?**' This time look out for the following phrase '**symud eich**' which means 'move your', as in 'Can you move your arm?'

- ▶ **Dach chi'n medru symud eich braich?** – Are you able to move your arm?
- ▶ **Dach chi'n medru symud eich coes?** – Are you able to move your leg?
- ▶ **Dych chi'n gallu symud eich pen?** – Are you able to move your head?
- ▶ **Dych chi'n gallu symud eich bysedd?** – Are you able to move your fingers?

Gweithgaredd 6 / Activity 6

Match the Welsh to the English equivalent by putting the correct number in the box.

| | | | |
|---|--|--|------------------------------------|
| 1 | Dach chi'n medru codi? | | Are you able to move your arm? |
| 2 | Dach chi'n medru sefyll? | | Are you able to get up? |
| 3 | Dych chi'n gallu cerdded? | | Are you able to move your fingers? |
| 4 | Dych chi'n gallu eistedd? | | Are you able to stand up? |
| 5 | Dach chi'n medru symud eich braich? | | Are you able to walk? |
| 6 | Dych chi'n gallu symud eich bysedd? | | Are you able to sit? |

Meddiant / Possession

In the last exercise we learnt the word '**eich**' which means 'your'. Let's look at a few more examples where you could use '**eich**' with parts of the body. Try to practise out loud.

- ▶ **Eich braich** – Your arm
- ▶ **Eich coes** – Your leg
- ▶ **Eich ysgwydd** – Your shoulder
- ▶ **Eich pen** – Your head
- ▶ **Eich llaw** – Your hand
- ▶ **Eich bys** – Your finger

Gweithgaredd 7 / Activity 7

Write the correct answers in the gaps provided.

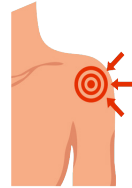
Dach chi'n medru symud eich



Dach chi'n medru symud eich



Dach chi'n medru symud eich



Dych chi'n gallu symud eich



Dych chi'n gallu symud eich



Dych chi'n gallu symud eich



Ble mae? / Where is?

Now that you've learnt '**eich**', we can now extend the sentence patterns to include another set of questions that would be really useful in social care work, which is the way we ask 'Where is?' or 'Where are?'. In Welsh, it's '**Ble mae?**'

- ▶ **Ble mae eich sbectol?** – Where are your glasses?
- ▶ **Ble mae eich tabledi?** – Where are your tablets?
- ▶ **Ble mae eich sliperi?** – Where are your slippers?
- ▶ **Ble mae eich ffon?** – Where's your walking stick?

Gweithgaredd 8 / Activity 8

Write the correct answers in the gaps provided.

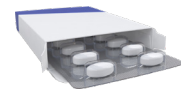
Ble mae eich



Ble mae eich



Ble mae eich



Ble mae eich



Ble mae eich



Ble mae eich



Deialog / Dialogue

Take your time to read the following dialogue out loud. Look out for the phrase '**dan y gwely**', meaning 'under the bed'.

Carer: Bore da Mr Rees. Sut mae?

Mr Rees: Iawn, diolch.

Carer: Sut dach chi'n teimlo heddiw?

Mr Rees: Gweddol.

Carer: Dach chi'n medru symud eich
braich?

Mr Rees: Ydw, tipyn bach.

Carer: Dach chi isio codi?

Mr Rees: Ydw, os gwelwch yn dda.

Carer: Ble mae eich sliperi?

Mr Rees: Dan y gwely.

Carer: Ble mae eich ffon?

Mr Rees: Dan y gwely!

Carer: A ble mae eich sbectol? ... Dan y
gwely?

Mr Rees: Siŵr o fod!

Geirfa / Vocabulary:

- ▶ **Dan y gwely** – Under the bed
- ▶ **Siŵr o fod** – Bound to be / Probably!

Gweithgaredd 9 / Activity 9

Now number these sentences to create a similar dialogue. A new phrase you will come across is '**ar y bwrdd**', which means 'on the table' and '**dyma nhw**', which means 'here they are'.

Gofalwr: Dyma nhw!

Mrs Thomas: Yn well

Gofalwr: Dych chi eisiau gwisgo?

Mrs Thomas: Ydw, os gwelwch yn dda.

Gofalwr: Shwd dych chi'n teimlo heddiw?

Mrs Thomas: Ar y bwrdd.

Gofalwr: Bore da Mrs Thomas. Shw mae?

Mrs Thomas: Ydw, yn iawn.

Gofalwr: Dych chi'n gallu symud eich coes?

Mr Thomas: Iawn, diolch.

Gofalwr: Ble mae eich sbectol?

Cwis cyflym / Quick quiz

Select the correct answer for the 12 questions to see how much you have learned.

1. Which word means 'today' in Welsh?

Ddoe

Yfory

Heddiw

Bore 'ma

2. What is '**Sut dach chi'n teimlo?** / **Shwd dych chi'n teimlo?**' in English?

Are you able to?

How are you feeling?

How are you?

How's the weather?

3. Which of the following is the Welsh for Social Worker?

Gofalwr

Gweithiwr gofal

Aseswr gofal

Gweithiwr cymdeithasol

4. What does '**Therapydd Galwedigaethol**' mean?

Physiotherapist

Occupational therapist

Therapist

Counsellor

5. How would you ask if someone wanted to lie down?

Dach chi isio cysgu?

Dych chi eisiau gorwedd?

Dach chi isio codi?

Dych chi eisiau 'molchi?

6. What is 'Do you want a shower' in Welsh?

Dach chi isio bath?

Dych chi eisiau bwyta?

Dach chi isio cawod?

Dych chi eisiau eistedd?

7. What does '**Dych chi eisiau mynd i'r gwely?**' mean?

Do you want to lie down?

Do you want to go to bed?

Do you want to go to sleep?

Do you want to get dressed?

8. Which one of these is not associated with eating?

Dach chi isio brecwast?

Dych chi eisiau cinio?

Dach chi isio 'molchi?

Dych chi eisiau swper?

9. How would you translate 'Are you able to move your arm?'

Dach chi'n medru symud eich
braich?

Dych chi'n gallu symud eich
bysedd?

Dach chi'n medru symud eich
pen?

Dych chi'n gallu symud eich
coes?

10. What does '**Ble mae eich ffon?**' mean?

Where are your tablets?

Where is your stick?

Where is your phone?

Where is your glasses?

11. What does '**symud eich ysgwydd**' mean?

Move your hand

Move your arm

Move your head

Move your shoulder

12. What is 'your fingers' in Welsh?

Eich llaw

Eich ysgwydd

Eich bysedd

Eich car

Da iawn! Well done!

You have now completed your Prentis-iaith Health and Social Care course. We hope that you have enjoyed learning new Welsh skills. Good luck in putting these skills into practice.

Da iawn a llongyfarchiadau! Well done and congratulations.