



***GWLYCHWCH!
GET SOAKED!***

EICH CANLLAW AR GYFER MWYNHAU A BOD YN DDIOGEL
YOUR GUIDE TO *HAVING FUN* AND *STAYING SAFE*



Lifeboats

WINNI

CRIW BAD ACHUB GWIRFODDOL GORSAF BAD ACHUB TOWER VOLUNTEER LIFEBOAT CREW TOWER LIFEBOAT STATION



**MAE'R AELOD CRIW WINNI JARVIS YN ACHUB
BYWYDAU GYDA GORSAF BAD ACHUB TOWER, AR
AFON TAFWYS**

**CREW MEMBER WINNI JARVIS SAVES LIVES WITH
TOWER LIFEBOAT STATION, ON THE RIVER THAMES**

Ymuno â RNLI:

Roedd fy nhad yn rhan o'r criw yn Rye ac roeddwn i eisiau bod yn rhan o dim agos yn gwneud rhywbeth pwysig, ond sydd hefyd yn gyffrous!

Sut beth?:

Mae pethau'n symud yn gyflym ar y Tafwys a phobl, nid cychod, rydym yn mynd i'w helpu yn bennaf.

Yn falch o:

Fod yn ddifoddwr tanau gyda Brigâd Dân Llundain. Gwnaeth fy amser ar y criw yn y brifysgol wneud i fi sylweddoli 'mod i eisiau gweithio gyda'r gwasanaethau brys amser llawn.

Adeg lletchwith:

Pan fydd y larwm yn canu, byddi di'n cydio yn y dillad sydd agosaf atat ti. Pan oeddwn i ar y criw yn Rye, ffeindiais fy hun y tu allan i'r orsaf mewn fflip-flops a phyjamas yn oriau mân y bore unwaith neu ddwywaith!

Wrth ei bodd ag:

Unrhyw beth sy'n cael yr adrenalin i ruthro, yn enwedig chwaraeon dŵr. Hefyd, dw i wrth fy modd yn gwybod, fel rhan o griw, 'mod i wedi helpu rhywun mewn rhyw ffordd.

Joined RNLI:

My dad was on the crew in Rye and I wanted to be part of a close team doing something important but also exciting!

It's like:

It's really fast-paced on the Thames and mostly it's people we're going to help, rather than boats.

Proud of:

Becoming a firefighter with the London Fire Brigade. My time on the crew while at uni made me realise how much I wanted to go into full time emergency work.

Awkward moment:

When the pager goes, you just grab whatever clothes you can. When I was on the Rye crew I found myself in flip-flops and pyjamas outside the station in the middle of the night once or twice!

Loves:

Anything that gives me an adrenaline rush, especially watersports. I also love knowing that, as crew, I've helped someone in some way.

Does dim byd tebyg i'r wefr o fod wrth y dŵr. Ond, yng nghanol yr holl gyffro, mae'n hawdd anghofio am gadw'n sâff.

Peidiwch â difetha'r hwyl trwy roi eich hun mewn perygl. Cofiwch:

There's nothing quite like the buzz of being near the water. But, in the excitement, it's easy to forget about staying safe.

Don't spoil your fun by putting yourself at risk, just remember to:

PWYLLWCH – pa beryglon allwch chi eu gweld?

STOP AND THINK – what dangers can you see?

Peidiwch â chael eich dal ar eich pen eich hun
– **ARHOSWCH GYDA'CH GILYDD**

Don't be caught out on your own – **STAY TOGETHER**

Os byddwch yn syrthio i'r dŵr, pwyllwch ac
ARNOFIWCH er mwyn byw

If you fall in, stay calm and **FLOAT** to live

Rhywun mewn trafferth? **FFONIWCH 999 NEU 112** i ddweud
wrthyn nhw bod rhywun mewn trafferth yn y dŵr

Someone in trouble? **CALL 999 OR 112** and tell them that
someone's in trouble in the water

DARLLENWCH YMLAEN I WELD SUT I GAEL AMSER GWYCH BOB TRO Y BYDDWCH CHI WRTH Y DŴR
READ ON TO FIND OUT HOW TO **HAVE A GREAT TIME EVERY TIME** YOU'RE NEAR THE WATER

**PEIDIWCH BYTH, BYTH AG ANGHOFIO
AM BŴER DŴR. HYD YN OED OS YW'N
YMDDANGOS YN DDIOGEL, EFALLAI
BYDD PERYGLON YN CUDDIO.**

**NEVER, EVER UNDERESTIMATE THE
POWER OF THE WATER. EVEN IF
IT LOOKS SAFE, THERE CAN BE
HIDDEN DANGERS.**



Lifeboats

PWYLLWCH STOP AND THINK

ADNABODY PERYGLON KNOW THE DANGERS

Mae'r môr ac afonydd yn y DU ac Iwerddon yn gallu bod yn oerach na'r disgwyl. A gall syrthio i ddŵr yn annisgwyl achosi sioc anferth yn eich corff, sy'n gwanhau eich cyhyrau ac yn gwneud nofio'n anodd. Fyddwch chi ddim yn gallu atal eich hun rhag ebychu, a gallech fewnanadlu dŵr, felly mae angen i chi wybod beth i'w wneud: arnofio er mwyn byw!

Seas and rivers around the UK and Ireland get colder than you think. And falling in when you're not expecting it can cause a massive shock to your body, weakening your muscles and making it hard to swim. You won't be able to stop yourself gasping and could inhale water, so you need to know what to do: float to live!

'MAE'N IAWN! DW I WEDI BOD YN
Y MÔR GANWAITH O'R BLAEN.'
'WHAT'S THE BIG DEAL?
I'VE BEEN IN THE SEA BEFORE.'



YMYLON A CHLOGWYNI

Gallech lithro neu faglu wrth ymyl y dŵr. Gall ymylon clogwyni a glannau afonydd chwalu a syrthio hefyd.

EDGES AND CLIFFS

Slips and trips often happen, near the water's edge. Cliff edges and riverbanks can crumble or collapse too.

✓ CREIGIAU

Oes. Gall creigiau cudd beryglu eich bywyd, yn enwedig os byddwch yn neidio i mewn.

✓ ROCKS

Yes. Hidden rocks can be lethal, especially if you're jumping in.

PERYGLON CUDD

MAE'N HAWDD ANGHOFIO AM Y PETHAU NAD YDYM YN GALLU EU GWELD. BETH ALLAI FOD YN CUDDIO O DAN Y DŴR?

HIDDEN DANGERS

IT'S EASY TO FORGET ABOUT THE THINGS WE CAN'T SEE.
WHAT MIGHT LURK UNDER THE WATER?

✓ PIGWYR

Efallai. Gall môr-wiberod fod yn risg ar rai traethau (gofynnwch i achubwr bywydau), ond rydych yn llai tebygol o gael eich pigo gan sglefren fôr.

✓ STINGERS

Maybe. Weever-fish can be a real risk on some beaches (ask a lifeguard), but it's less likely you'll be stung by a jellyfish.

✓ SBWRIEL

Oes. Byddwch yn ofalus am bethau miniog fel gwydr a metel.

✓ RUBBISH

Yes. Watch out for sharp stuff like glass and metal.

✗ SIARCOD

Mae 21 o rywogaethau siarc yn cael eu gweld yn rheolaidd ar arfordiroedd y DU ac Iwerddon – ac ni fydd unrhyw un ohonyn nhw yn eich bwyta!

✗ SHARKS

21 species of shark are regularly found around UK and Irish coasts – and none of them will eat you!



Lifeboats

CERRYNT CURRENTS

GWYBOD Y PERYGLON KNOW THE DANGERS

LLANW TIDES

BETH YW'R LLANW?

Lefel y môr yn codi ac yn gostwng, a thynfa'r lleuad ar y ddaear sy'n effeithio arno'n bennaf. Gall dyfnder y dŵr newid cymaint â 10m, ac mae'n digwydd yn syndod o gyflym.

WHAT ARE TIDES?

The rise and fall of the sea level, mainly affected by the moon's pull on the earth. Water depths can change by as much as 10m and it happens surprisingly quickly.

BETH YW'R PROBLEM?

Os ydych chi wedi cerdded o gwmpas creigiau, neu i ogof neu ynys pan mae'r llanw'n isel, gall llanw sy'n codi eich atal rhag mynd yn ôl. Ac os nad oes llwybr dianc arall, rydych chi mewn trwbwl.

WHAT'S THE PROBLEM?

If you've walked around rocks, or to a cove or island at low tide, the rising tide can block your way back. And if there's no other escape route, you're in trouble.

TRAETH TREGONHAWKE YNG NGHERNYW ...

TREGONHAWKE BEACH IN CORNWALL ...

MAE'R DŴR O AMGYLCH EIN HARFORDIROEDD A'N HAFONYDD YN SYMUD O HYD. MAE GANDDO BŴER RHYFEDDOL, HYD YN OED PAN MAE'N YMDDANGOS YN LLONYDD.

THE WATER AROUND OUR COASTS AND IN OUR RIVERS IS ALWAYS MOVING. IT HOLDS AN AWESOME AMOUNT OF POWER, EVEN WHEN IT LOOKS CALM.



AR DDIWEDD Y PRYNHAWN, AR ÔL PATROL RNLI OLA'R DYDD, MAE ELLA A JOEL GREEN YN RHOI CYNNIG AR EU BYRDDAU CORFF NEWYDD YN Y TONNAU. IT'S EARLY EVENING, AFTER THE LAST RNLI PATROL OF THE DAY. ELLA AND JOEL GREEN ARE TRYING OUT THEIR NEW BODYBOARDS IN THE SURF.



MAEN NHW'N CAEL AMSER GWYCH NES I JOEL GAEL EI LUSGO ALLAN I'R MŌR YN SYDYN GAN GERRYNT TERFOL PWERUS. THEY'RE HAVING A GREAT TIME WHEN, SUDDENLY, JOEL IS DRAGGED OUT TO SEA BY A POWERFUL RIP CURRENT.



MAE EI CHWAER, ELLA, YN CEISIO HELPŴ, OND MAE'R TONNAU'N O RMOD IDDI. MAE EU TAD, PHILLIP, YN RHUTHRO I'W HACHUB OND MAE'R CERRYNT YN RHY GRŴF A, CHYN PEN DIM, MAE'R TRI OHONYNT MEWN PERYGL. HIS SISTER ELLA TRIES TO HELP BUT STRUGGLES IN THE WAVES. THEIR DAD PHILLIP RUSHES IN TO SAVE THEM BUT THE RIP IS TOO STRONG AND NOW THEY'RE ALL IN DANGER.



MAE'R CERRYNT YN RHY GRŴF AC MAE PAWB YN CAEL EU LLUSGO I'R MŌR. MID YDYN NHW'N GWYBOD Y DYLENT NOFIO AR DRAWS Y CERRYNT, FELLY MAEN NHW'N CAEL EU TYNNŴ I DDŴR DYFNACH. THE RIP IS TOO STRONG AND THEY'RE ALL BEING DRAGGED OUT. THEY DON'T KNOW TO SWIM SIDWAYS TO THE CURRENT SO THEY'RE ALL BEING PULLED OUT INTO DEEPER WATER.



YN FFOFUS, MAE'R ACHUBWYR BYWYD DAN A TEGAN YN ADDYSGU DOSBARTH SYRFFIO GERLLAW AC MAEN NHW'N RHUTHRO DRAW I HELPŴ. MAE DAN YN ACHUB JOEL, MAE TEGAN A SYRFFIWR GERLLAW YN ACHUB ELLA A PHILLIP. LUCKILY, OFF-DUTY LIFEGUARDS DAN AND TEGAN ARE TEACHING A SURF CLASS NEARBY AND SPEED OVER TO HELP. DAN RESCUES JOEL ... TEGAN AND A NEARBY SURFER SAVE ELLA AND PHILLIP.



MAE'R TEULU GREEN YN HYNOD DDIOCHGAR AC YN YMWELD Â DAN AR ÔL HYNNY I DDWEUD DIOLCH. THE GRATEFUL GREEN FAMILY VISIT LIFEGUARD DAN AFTERWARDS TO SAY THANKS.

BYDDWCH YN WYLIADWRUS AM DONNAU PWERUS. MAEN NHW'N GALLU EICHTARO ODDIAR EICH ECHEL YN GYFLYM

WATCH OUT FOR POWERFUL WAVES. THEY CAN QUICKLY KNOCK YOU OFF YOUR FEET

CERRYNTTERFOL RIP CURRENTS

Beth yw cerrynt?

Dŵr sy'n llifo i gyfeiriad penodol mewn ardal fwy o ddŵr. Dychmygwch fod gan y môr lawer o afonydd yn llifo tu mewn iddo.

What's a current?

Water flowing in a certain direction inside a bigger area of water. Imagine the sea having lots of different rivers flowing inside it.

Beth yw cerrynt terfol?

Cerrynt cyflym a phwerus iawn a all fod yn anodd ei weld. Mae'n cael ei achosi gan siâp gwely'r môr oddi tano.

What's a rip current?

A very fast and powerful current that can be difficult to spot. They're caused by the shape of the seabed underneath.

Ble mae cerhyntau terfol?

Yn cuddio yn y môr, ger traethau a strwythurau fel pierau yn bennaf.

Where are rips?

Hidden in the sea, mainly near beaches and structures like piers.

Pam maen nhw'n beryglus?

Maen nhw'n gallu eich tynnu allan o'ch dyfnder yn gyflym – yn gynt nag y gall unrhyw un nofio – ac maen nhw'n achosi i lawer o bobl foddi.

Why are rips dangerous?

They can quickly pull you out of your depth – faster than anyone could swim – and are a major cause of drowning.

Beth alla' i ei wneud os byddaf yn cael fy nal mewn cerrynt?

Bydd nofio yn ei erbyn yn eich blino. Dylech nofio i'r ochr, yn baralel â'r traeth i ddianc rhagddo. Os gallwch chi sefyll, cerddwch.

What can I do if I'm caught in a rip?

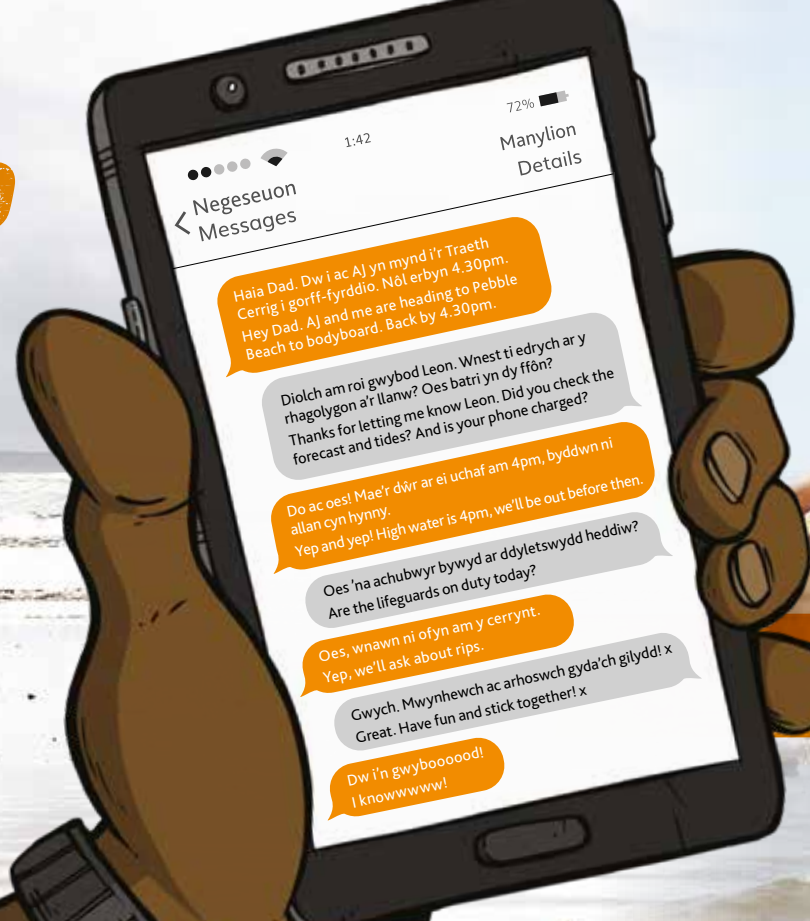
Swimming against it will exhaust you. Instead swim to the side, parallel with the beach, to escape it. If you can stand, wade.



Lifeboats

ARHOSWCH GYDA'CH GILYDD STAY TOGETHER

BYDDWCHYN BAROD
BE PREPARED



BETH I'W BACIO?
WHAT TO PACK

HANFODION: A OES ANGEN..?:

☒ HET	☐ ESGIDIAU	☐ SIWT	☐ LLINYN	☐ SIACED FYWYD
☒ ELI HAUL	☐ RÎFF?	☐ WLYB?	☐ BWRDD?	☐ NEU GYMORTH
☒ CRYST	Cael grip ar y	Cadw'n gynnes	Bydd angen un	ARNOFIO
☒ SBECTOL	cerrig ac osgoi	os byddwch yn	i ddal gafael ar	Hanfodol ar y dŵr
☐ HAUL	pigiadau gan	mynd i'r dŵr	eich bwrdd	(fel caicio neu
	fôr-wiberod mewn			fynd ar gwch)
	dŵr bas tywodlyd			

ESSENTIALS: DO YOU NEED:

☒ HAT	☐ REEF	☐ WETSUIT?	☐ BOARD	☐ LIFEJACKET OR
☒ SUN CREAM	☐ SHOES?	☐ Stay warm if	☐ LEASH?	☐ BUOYANCY AID
☒ T-SHIRT	Get a grip on	you're going in	You'll need this	Essential on
☒ SUNGLASSES	rocks and avoid	the water	to keep hold of	the water (such
	weever-fish stings		your board	as kayaking
	in sandy shallows			or boating)

ALLWCH CHI ARNOFIO A NOFIO?

OS NA ALLWCH CHI, TROWCH Y DUDALEN I DDYSGU SUT – BETH AM YMARFER MEWN PWLL NOFIO AG ACHUBWYR BYWYD?

CAN YOU FLOAT AND SWIM?

IF NOT, TURN OVER THE PAGE TO LEARN HOW – AND PRACTISE IN A LIFEGUARDED SWIMMING POOL.

ADNABOD Y BANERI

KNOW
YOUR FLAGS



COCH A MELYN
Ardal gydag achubwr bywydau. Y man mwyaf diogel i nofio a chorff-fyrddio.

RED AND YELLOW
Lifeguarded area. The safest area to swim and bodyboard.



DU A GWYN
Ar gyfer syrffio, padl-fyrddio a chaicio. Dim nofio na chorff-fyrddio.
BLACK AND WHITE
For surfing, stand-up paddleboarding and kayaking. No swimming or bodyboarding here.



COCH
Perygl! Peidiwch â mynd i'r dŵr.
RED
Danger! Don't go in the water.

ARNOFIWCH FLOAT

MAE ANT, SEREN SAS: WHO DARES WINS AR CHANNEL 4, WEDI CYDWEITHIO
Â'R RNLI I ESBOPIO'R Ffordd Orau o Arnofio a Goroesi:
ANT, STAR OF CHANNEL 4'S SAS: WHO DARES WINS, HAS TEAMED UP
WITH THE RNLI TO EXPLAIN HOW BEST TO FLOAT AND SURVIVE:



Ant Middleton
Anturiaethwr a milwr
Ant Middleton
Adventurer and soldier



1

Ceisiwch beidio â mynd i banig.
Peidiwch â nofio'n wyllt.
Try not to panic.
Don't swim hard.

2

Pwyswch yn ôl i gadw eich ceg
a'ch trwyn o'r dŵr.
Lean back to keep your mouth
and nose out of the water.

3

Gwthiwch eich bol i fyny ac
ymestynnwch eich breichiau
a'ch coesau i greu siâp seren.
Push your belly up and
stretch out your arms and
legs into a star shape.

4

Symudwch eich dwylo a'ch traed
yn ysgafn i'ch helpu i arnofio.
Gently move your hands and
feet to help you float.

5

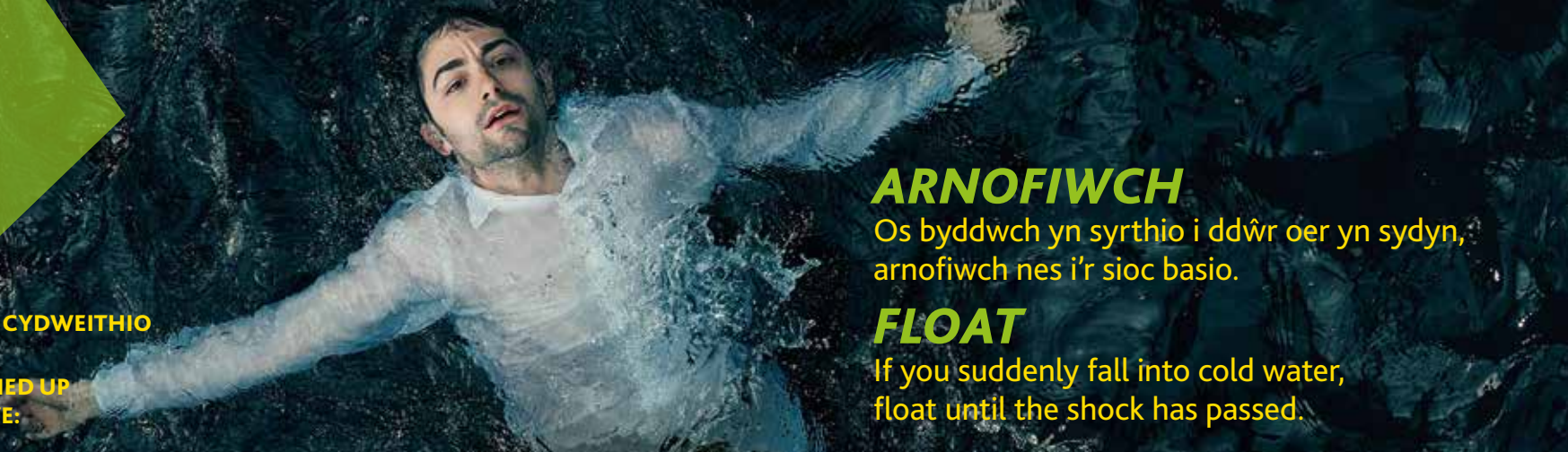
Gwnewch hyn nes i chi reoli
eich anadl ac mae'ch nerfau
wedi tawelu.
Do this until you have controlled
your breathing and are calm.

6

Nofiwch i rywle diogel os gallwch
chi, neu codwch eich braich i alw
am help.
Swim to safety if you can or
raise a hand and shout for help.

BETH AM YMARFER ARNOFIO MEWN AMGYLCHEDD DIOGEL, FEL Y PWLL NOFIO LLEOL?

PRACTISE FLOATING IN A SAFE ENVIRONMENT, LIKE YOUR LOCAL SWIMMING POOL



ARNOFIWCH

Os byddwch yn syrthio i ddŵr oer yn sydyn,
arnofiwch nes i'r sioc basio.

FLOAT

If you suddenly fall into cold water,
float until the shock has passed.



Lifeboats

FFONIWCH 999 NEU 112

CALL 999 OR 112

GWNAETH ARNOFIO ACHUB FY MYWYD! EVAN CHRISP, BAE BEADNELL
FLOATING SAVED MY LIFE! EVAN CHRISP, BEADNELL BAY



HELPU EICH FFRINDIAU SYDD MEWN TRAFFERTH HELP YOUR MATES IN TROUBLE

1. Dywedwch wrth achubwr bywydau os ydych chi ar draeth.
1. Tell a lifeguard if you're at the beach.
2. Ffoniwch 999 neu 112 a dywedwch wrthyn nhw bod rhywun mewn trafferth yn y dŵr.
2. Call 999 or 112 and tell them that someone is in trouble in the water.
3. Ar ôl i chi alw am help, arhoswch yn ôl o'r ymyl a pheidwch â mynd i'r dŵr. Chwiliwch am rywbeth y gallwch chi ei daflu ato, fel offer achub cyhoeddus (cylch achub neu fag taflu) neu bêl-droed, hyd yn oed. Cadwch lygad nes y bydd help yn cyrraedd.
3. Once you've called for help, stay back from the edge and don't go in the water. Look for anything you can throw to them, like public rescue equipment (lifering or throw bag) or even a football. Keep watch until help arrives.

STORI WIR... TRUE STORY...

1 Roedd Evan yn mwynhau chwarae dwli yn y môr gyda'i ffrindiau pan gawson nhw eu taro gan ddwy don anferth. Pan geisiodd gyrraedd y lan, cafodd Evan ei dynnu yn ôl i'r môr gan gerrynt terfol.

Evan was having fun splashing about in the sea with his mates when they were suddenly hit by two massive waves. When he tried to get to shore, Evan was pulled back out by a rip current.

2 'Ro'n i wedi cynhyrfu ac yn dechrau llenwi â phryder ac ofn,' meddai. 'Ro'n i'n ceisio nofio a brwydro yn erbyn y dŵr ond sylweddolais nad oedd hynny'n gweithio.'

'I was panicking and getting really anxious and scared,' he says. 'I was trying to swim and fight the water but realised it wasn't working.'

3 Yna, wrth i'w dad ffonio 999, cofiodd Evan am gyngor yr RNLI. Stopiodd gicio, rhoddodd ei ben yn ôl ac arnofiodd. 'Yn y pen draw, dyna achubodd fy mywyd,' meddai.

Then, as his dad called 999, Evan remembered the RNLI's advice. He stopped kicking, put his head back and floated. 'Ultimately, that's what saved my life,' he says.

'COFIAIS WELD LIN O FIDEOS YR RNLI AR YOUTUBE. GORWEDDAIS AR FY NGHEFN A ALLUOGODD I FI GAEL FY ANADL YN ÔL.'

'I REMEMBERED SEEING ONE OF THE RNLI'S VIDEOS ON YOUTUBE. I LAY ON MY BACK AND ALLOWED MYSELF TO GET MY BREATH BACK.'



Lifeboats

BARNEY H

**ACHUBWR BYWYDAU
RNLI, WEYMOUTH
RNLI LIFEGUARD,
WEYMOUTH**



**ACHUBWR BYWYDAU
BARNEY HEDGECKOCK -
ACHUBWR BYWYD GO IAWN
LIFEGUARD
BARNEY HEDGECKOCK -
A REAL LIFESAVER**

Ymunais â'r RNLI: I gadw pobl yn ddiogel

Dysgais:

Yr unig ffordd o achub bywyd yw gweithio'n dda mewn tîm

Dw i'n falch o:

Y tro cyntaf i fi achub rhywun, sef caiaciwr oedd wedi mynd yn rhy bell allan i'r môr

Hoff foment:

Bod yn achubwr bywyd yn Seland Newydd ddwywaith

Wrth fy modd:

'Mod i'n cael mynd i'r traeth bob dydd!

Joined RNLI: To keep people safe

I learned that: Lifeguarding can only happen with great teamwork

Proud of:

First ever rescue, saving a kayaker that had drifted out to sea

Top moment:

Being a lifeguard in New Zealand twice

Loves:

That I get to show up at a beach every day!

Gobeithio eich bod chi wedi cael argymhellion defnyddiol yn y canllaw hwn. Cadwch ef gerllaw – gallai'r wybodaeth hon achub eich bywyd rhyw ddydd, neu helpu rywun arall. Felly ewch amdani! Cofiwch ein cyngor a

GWLYCHWCH!

We hope you've picked up some handy tips from this guide. Keep it close – this info could save your life one day or help someone else. So what are you waiting for? Remember our advice and

GET SOAKED!

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Someone in trouble? **CALL 999 OR 112** and tell them that someone's in trouble in the water

EISIAU MWY O WYBODAETH A SGILIAU? **EWCH I'R DUDALEN NESAF I WELD DOLENNI DEFNYDDIOL**
WANT MORE KNOWLEDGE AND SKILLS? **SEE THE NEXT PAGE FOR SOME USEFUL LINKS**

**MAE BOD YN DDIOGEL AR Y DŴR
YN GWNELD SYNNWYR: MAE'N
GOLYGU Y CEWCH CHI AMSER
DA BOB AMSER!**

**STAYING SAFE ON THE WATER
MAKES SENSE: IT MEANS
YOU'LL ALWAYS HAVE A
GREAT TIME!**



Lifeboats



Rhowch hwb i'ch gwybodaeth gyda'n canllaw gwyhch

RNLI.org/safety

Miniogwch eich sgiliau gyda sesiwn nofio awyr agored rhad ac am ddim

SwimSafe.org.uk

Dysgwch fwy am ein gwaith achub bywydau

RNLI.org/WhatWeDo

Boost your knowledge with our ultimate guide

RNLI.org/safety

Sharpen your skills with a free outdoor swim session

SwimSafe.org.uk

Find out more about our lifesaving work

RNLI.org/WhatWeDo

Yr RNLI yw'r elusen sy'n achub bywydau ar y môr

Sefydliad Cenedlaethol Brenhinol y Badau Achub, elusen a gofrestrwyd yng Nghymru a Lloegr (209603), yr Alban (SC037736), Gweriniaeth Iwerddon (20003326), Belliaeth Jersey (14), Ynys Manaw, Belliaeth Guernsey ac Alderney

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (20003326), the Bailiwick of Jersey (14), the Isle of Man, the Bailiwick of Guernsey and Alderney