

# ARE YOU 13+ AND AN UNPAID CARER?



- REGISTERED AS AN UNPAID CARER?
- DO YOU HAVE YOUR “CARER RECOGNITION CARD”?

**AS AN UNPAID CARER YOU COULD BE ELIGIBLE FOR A FREE 6 MONTH MEMBERSHIP**

**THIS WOULD ENTITLE YOU TO USE OF ALL PEMBROKESHIRE LEISURE FACILITIES**

**TO BE ELIGIBLE FOR A FREE 6 MONTH PASSPORT MEMBERSHIP YOU JUST NEED TO:**

- REGISTER WITH PEMBROKESHIRE LEISURE ON OUR WEBSITE [WWW.PEMBROKESHIRELEISURE.CO.UK](http://WWW.PEMBROKESHIRELEISURE.CO.UK), OUR “PEMBS LEISURE” APP OR IN ANY LEISURE CENTRE (IF YOU’RE ALREADY REGISTERED WITH US THEN GREAT –NO NEED TO DO THIS AGAIN)
- “CARER RECOGNITION CARD” AVAILABLE FROM: PEMBROKESHIRE CARERS INFORMATION & SUPPORT SERVICE (TELEPHONE: 01437 611002 OR EMAIL: [PCISS@HAFAL.ORG](mailto:PCISS@HAFAL.ORG))
- EMAIL A PHOTOGRAPH OF YOUR “CARER RECOGNITION CARD” TO [LEISUREADMIN@PEMBROKESHIRE.GOV.UK](mailto:LEISUREADMIN@PEMBROKESHIRE.GOV.UK) OR VISIT ANY LEISURE CENTRE AND SHOW IT TO A MEMBER OF THE TEAM AND THEY APPLY THE MEMBERSHIP TO YOUR ACCOUNT.

**THE MEMBERSHIP INCLUDES INDIVIDUAL USE OF:**

- FITNESS SUITE SESSIONS
- FITNESS CLASSES
- PUBLIC SWIMMING
- HEALTH SUITE
- HEALTH CHECKS
- EXERCISE PROGRAMS

**FOR MORE INFORMATION ABOUT THE “CARERS RECOGNITION CARD” CONTACT PEMBROKESHIRE CARERS INFORMATION & SUPPORT SERVICE  
TELEPHONE: 01437 611002 OR EMAIL: [PCISS@HAFAL.ORG](mailto:PCISS@HAFAL.ORG)**

**[WWW.PEMBROKESHIRELEISURE.CO.UK](http://WWW.PEMBROKESHIRELEISURE.CO.UK)**



# A YDYCH CHI'N OFALWR DI-DÂL SY'N 13 OED A HÛN?



- A YDYCH CHI WEDI COFRESTRU FEL GOFALWR DI-DÂL?
- A OES GENNYCH “GERDYN ADNABOD GOFALWR”? CARD”?

FEL GOFALWR DI-DÂL,  
GALLECH FOD YN GYMWYS  
I GAEL AELODAETH AM  
DDIM AM CHWE MIS

BYDDAI HYN YN RHOI'R  
HAWL I CHI DDEFNYDDIO  
HOLL GYFLEUSTERAU  
HAMDDEN SIR BENFRO

I FOD YN GYMWYS I DDERBYN PASBORT AELODAETH  
CHWE MIS AM DDIM, Y CYFAN SYDD ANGEN I CHI EI  
WNEUD YW:

- COFRESTRU GYDA HAMDDEN SIR BENFRO AR EIN GWEFAN [HTTPS://HAMDDENSIRBENFRO.CO.UK/](https://hamddensirbenfro.co.uk/), NEU'R AP 'PEMBS LEISURE', NEU MEWN UNRHYW GANOLFAN HAMDDEN (MAE'N WYCH OS YDYCH EISOES WEDI COFRESTRU GYDA NI - NI FYDD YN RHAID I CHI WNEUD HYN ETO)
- MAE'R “CERDYN ADNABOD GOFALWR” AR GAEL O: GWASANAETH GWYBODAETH A CHYMORTH I OFALWYR SIR BENFRO (RHIF FFÔN: 01437 611002 NEU E-BOST: [PCISS@HAFAL.ORG](mailto:PCISS@HAFAL.ORG))
- E-BOSTIWCH LUN O'CH “CERDYN ADNABOD GOFALWR” I [LEISUREADMIN@PEMBROKESHIRE.GOV.UK](mailto:LEISUREADMIN@PEMBROKESHIRE.GOV.UK) NEU EWCH I UNRHYW GANOLFAN HAMDDEN A DANGOSWCH EICH CERDYN I AELOD O'R TÎM A BYDDANT YN NODI'R AELODAETH AR EICH CYFRIF.

MAE AELODAETH YN  
CYNWYS DEFNYDD  
UNIGOL O'R CANLYNOL:

- SESIYNAU YSTAFELL FFITRWYDD
- DOSBARTHADAU FFITRWYDD
- NOFIO CYHOEDDUS
- YSTAFELL IECHYD
- GWIRIADAU IECHYD
- RHAGLENNI YMARFER CORFF

I GAEL MWY O WYBODAETH AM Y “CERDYN ADNABOD GOFALWR”, CYSYLLTWCH Â'R  
GWASANAETH GWYBODAETH A CHYMORTH I OFALWYR SIR BENFRO  
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