



## Ydych chi'n 18+ oed ac yn ofalwr di-dâl?

- Wedi cofrestru fel gofalwr di-dâl?
- Oes gennych chi eich cerdyn adnabod gofalwr?

Fel gofalwr di-dâl, gallech fod yn gymwys i gael aelodaeth 3 mis AM DDIM. Byddai hyn yn rhoi'r hawl i chi ddefnyddio holl gyfleusterau Chwaraeon a Hamdden Actif.

**Peidiwch â cholli allan - nifer gyfyngedig o aelodaethau ar gael!**

**Mae'r aelodaeth yn cynnwys defnydd unigol o'r canlynol:**

- Y Gampfa
- Dosbarthiadau ffitrwydd
- Nofio (yn ystod sesiynau cyhoeddus/lonydd)
- Ystafell Iechyd
- Gwiriadau iechyd
- Rhaglenni ymarfer corff

**I fod yn gymwys am aelodaeth 3 mis am ddim, dyma'r hyn y mae angen i chi ei wneud;**

- Meddu ar 'gerdyn adnabod gofalwyr'. E-bostiwch lun o'ch cerdyn at [actif@sirgar.gov.uk](mailto:actif@sirgar.gov.uk)
- Heb gael cerdyn adnabod gofalwr? Gallwch gofrestru i gael cerdyn gan dîm Llesiant Delta drwy gysylltu â **0300 333 2222** neu anfon neges e-bost at [info@llesiantdelta.org.uk](mailto:info@llesiantdelta.org.uk)

**actif.cymru**



## Are you 18+ 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 3 month membership. This would entitle you to use all of Actif Sport and Leisure facilities. **Don't miss out – limited memberships available!**

**The membership includes individual use of:**

- Gym
- Fitness classes
- Swimming (during public or lane sessions)
- Health suite
- Health checks
- Exercise programmes

**To be eligible for a free 3 month membership, you just need to;**

- Have a 'carer recognition card'. Please email a photograph of your card to [actif@carmarthenshire.gov.uk](mailto:actif@carmarthenshire.gov.uk)
- Don't have a carer recognition card? You can register for a card from the Delta wellbeing team by contacting **0300 333 2222** or e-mail [info@deltawellbeing.org.uk](mailto:info@deltawellbeing.org.uk)