



**Do you provide unpaid care  
or support for someone?**

**Would you like to find out how you can  
take a break in your own home?**

**Pembrokeshire County Council are offering unpaid carers the opportunity to borrow a virtual reality headset for use at home as part of a loan scheme, free of charge. Subject to availability.**

The Virtual Breaks project supports unpaid carers, who might struggle to get out and reach physical wellbeing opportunities, to enjoy virtual breaks at home through the use of Virtual Reality Headsets. The headsets are set up and simple to use, full training and support is given. Available experiences range from locally filmed places and events to footage from all around the world. Some new experiences have been created in collaboration with artists and musicians.

**If you would like to find out more please call Pembrokeshire County Council on 01437 764551 and ask for Digital Community Support.**



## Ydych chi'n darparu gofâl neu gymorth di-dâl i rywun?

### Hoffech chi ddarganfod sut y gallwch chi gael seibiant yn eich cartref eich hun?

Mae Cyngor Sir Penfro yn cynnig cyfle i ofalwyr di-dâl fenthyg penset realiti rhithwir i'w ddefnyddio gartref fel rhan o gynllun benthyca, yn rhad ac am ddim. Yn ôl argaeledd.

Mae'r prosiect Gwyliau Rhithwir yn cefnogi gofalwyr di-dâl, a allai ei chael yn anodd mynd allan a chyrchu cyfleoedd lles corfforol, i fwynhau seibiannau rhithwir gartref trwy ddefnyddio pensetiau realiti rhithwir. Mae'r pensetiau wedi'u gosod ac yn syml i'w defnyddio, a rhoddir hyfforddiant a chymorth llawn. Mae'r profiadau sydd ar gael yn amrywio o fannau a digwyddiadau wedi'u ffilmio'n lleol i luniau o bob rhan o'r byd. Mae rhai profiadau newydd wedi eu creu mewn cydweithrediad ag artistiaid a cherddorion.

Os hoffech chi gael gwybod mwy, ffoniwch **01437 764551** a gofynnwch am Gymorth Cymuned Ddigidol.