

# Ysbrydoli Gweithgareddau Digidol Mewn Gofal Cymdeithasol

## Inspiring Digital Activities In Social Care

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Cymunedau Digidol Cymru  
Digital Communities Wales

# Cymunedau Digidol Cymru

- Rhaglen Cynhwysiant Digidol a ariennir gan Lywodraeth Cymru
- Ariennir tan fis Mehefin 2025
- Cyflwynir gan Cwmpas
- Rydym yn gweithio gyda sefydliadau iechyd, tai cymdeithasol, pobl hŷn a lleiafrifoedd ethnig.
- Cefnogwn Gymru gyfan

# Digital Communities Wales

- Welsh Government funded Digital Inclusion programme
- Funded until June 2025
- Delivered by Cwmpas
  - We work with health, social housing, older people and ethnic minority organisations
- Cover all of Wales

## Dod I'ch Adnabod

Cyn cefnogi unigolion gyda gweithgareddau ar-lein, ewch i'w hadnabod:

- Pa hobiau neu ddiddordebau sydd/oedd ganddyn nhw?
- A oes ganddynt rywun a all wneud y gweithgareddau hyn gyda nhw yn y tymor hir?

## Getting to Know You

Before supporting individuals with online activities, get to know them:

- What hobbies or interests do they have or had?
- Do they have someone that can do these activities with them longer term?

## YouTube

Hel atgofion gyda hen fideos, canu carioci i hoff ganeuon, dod o hyd i ffeithiau hanes, a llawer mwy.



## YouTube

Reminisce with old videos, sing karaoke to favourite songs, find history facts, and much more.



## Google Maps

Archwiliwch wledydd eraill, dewch o hyd i leoedd arwyddocaol yn emosiynol, ewch yn ôl mewn amser.



## Google Maps

Explore other countries, find emotionally significant places, go back in time.





## YouTube

Rhai cwestiynau i'w ofyn:

- Beth oedd eich hoff gartŵn o'ch plentyndod?
- Pa ddinas yn y byd hoffwch ymweld â hi?
- Beth yw eich hoff gan?

## YouTube

Some questions to ask:

- What was your favorite childhood cartoon?
- Which city in the world would you most like to visit?
- What's your favourite song of all time?

# Google Maps

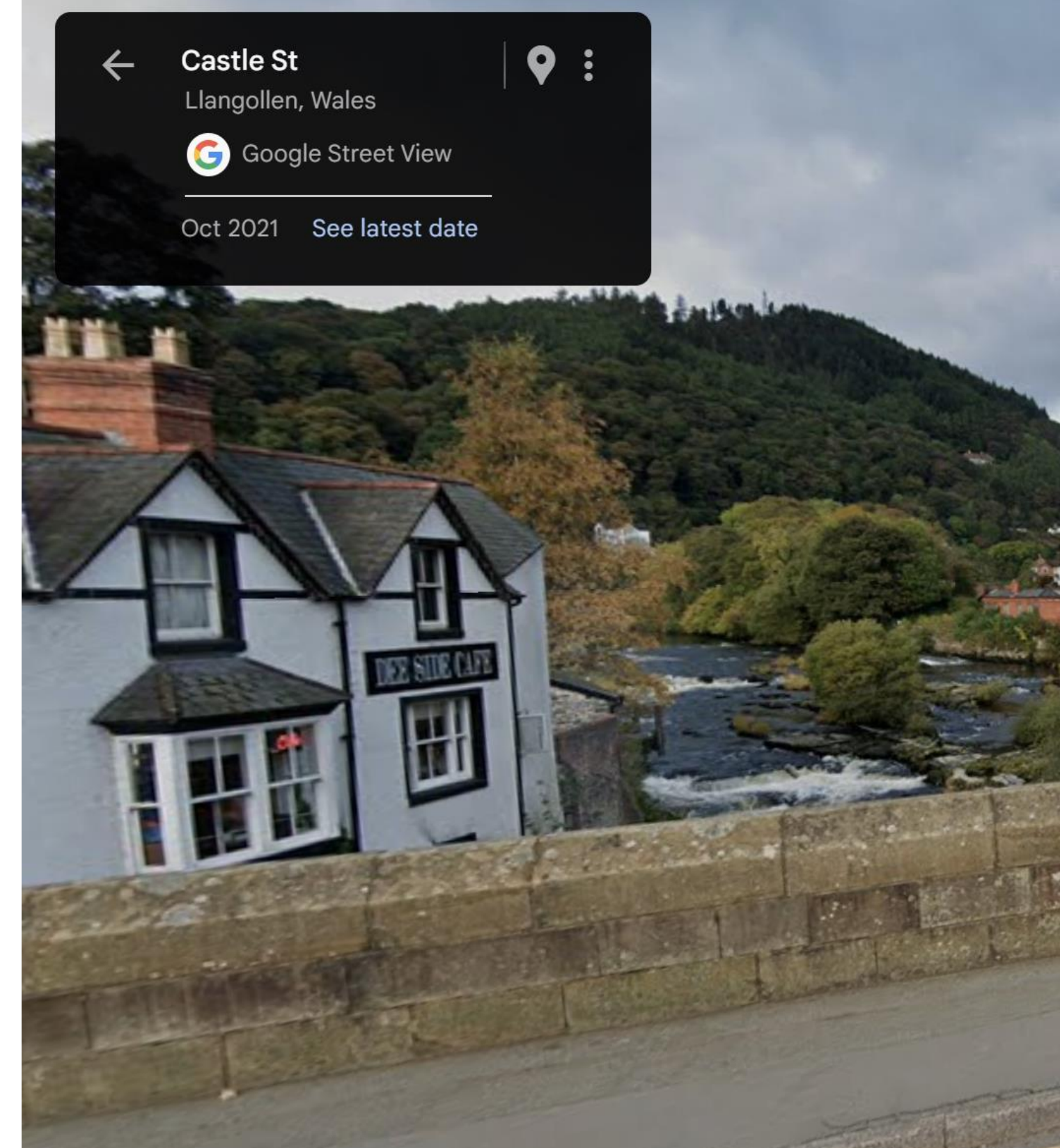
Gallwch ddefnyddio Google Street View i deimlo fel eich bod chi yn sefyll ar bron unrhyw stryd yn y byd.

- Ble wnaethoch chi dyfu i fyny?
- Ble oedd eich swydd gyntaf?
- Ble oedd eich gwyliau cyntaf?

# Google Maps

You can use Google Street View to feel like you're standing on almost any street in the world. Ask these questions:

- Where did you grow up?
- Where was your first job?
- Where was your first holiday?



## Siaradwyr Craff/Clyfar

Gall siaradwyr clyfar fod yn ffordd wych o gyflwyno rhywun i'r rhyngwrwd am y tro cyntaf, oherwydd y cyfan sydd angen i chi eu defnyddio yw eich llais.

Gofynnwch rai cwestiynau i'ch siaradwr craff:

- Sut mae'r tywydd yn Wrecsam heddiw?
- Chwaraewch Abba Dancing Queen.
- Pa mor hir y byddai'n ei gymryd i gerdded o orsaf drenau Wrecsam Ganolog i faes pêl-droed Wrecsam?
- Dywedwch jôc wrthai.

## Smart Speakers

Smart speakers can be a great way to introduce someone to the internet for the first time, because all you need to use them is your voice. Ask your smart speaker some questions:

- What's the weather like in Wrexham today?
- Play Abba Dancing Queen.
- How long would it take to walk from Wrexham Central train station to the Wrexham football grounds?
- Tell me a joke.

Y tric yw i fod yn benodol gyda'ch cwestiynau.

Yn lle gofyn "Beth yw'r tywydd?", gofynnwch "Beth mae'r tywydd yn mynd i fod heddiw yn Wrecsam?"


The trick is to be specific in your questions.

Instead of asking "What's the weather?", ask "What's the weather going to be today in Wrexham?"



# Diolch yn fawr!

Unrhyw gwestiynnau?



# Thank you!

Any questions?

Cymunedau  
**Digidol**  
Cymru  
Hyder Digidol,  
Iechyd a Lles

**Digital**  
Communities  
**Wales**  
Digital Confidence,  
Health and Well-being

Darparwyd gan  
Delivered by

**ewmpas**



Rhaglen  
**Llywodraeth Cymru**  
**Welsh Government**  
Programme