



**Mae fersiwn Saesneg o Amser Gofal ar gael. An English version of Caring Times is available.**

## Meddygfa Teulu yn y Bont-faen yn Cyflawni Achrediad Arian

I lawer o ofalwyr, y lle cyntaf y maen nhw'n mynd am gymorth a chefnogaeth yw'r Practis Meddyg Teulu (MT) lleol. Fel arfer, bydd Meddygfeydd Teulu yn dod i adnabod gofalwyr ymhell cyn bod angen ymyrraeth gan y Gwasanaethau Cymdeithasol. Ym mhob Meddygfa Teulu mae cofrestr gofalwyr ac yn y rhan fwyaf ohonynt ceir man cyswllt penodol, sef Hyrwyddwr Gofalwyr.

Mae gwaith wedi bod yn mynd rhagddo gyda Phencampwyr Gofalwyr Practis MT er mwyn rhoi gwybodaeth berthnasol a diweddar i staff a chleifion am ofalu ac i ofalwyr. Mae Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, Cyngor Dinas Caerdydd a Chyngor Bro Morgannwg wedi datblygu Cynllun Achredu Gofalwyr MT. Mae gan y cynllun ystod o feini prawf y bydd angen i'r Practis MT eu cyflawni er mwyn cael cydnabyddiaeth am gefnogi gofalwyr a'u teuluoedd.

Mae'r Cynllun Achredu Gofalwyr MT wedi bod 'yn fyw' ers mis Tachwedd 2015, ac mae'r Practisau hynny sydd wedi cymryd rhan wedi cael eu hasesu, a bydd y rheiny sy'n gallu profi eu bod nhw'n bodloni'r meini prawf yn derbyn tystysgrif lefel Efydd. Bu'r lefel Arian ar gael ers dechrau 2018. Bydd y tystysgrifau lefel Efydd ac Arian yn para am ddwy flynedd.

Ar 1 Tachwedd, Meddygfa Teulu Gorllewin y Fro yn y Bont-faen oedd y Feddygfa Teulu gyntaf yn y Fro i dderbyn Achrediad Meddygon Teulu Gofalwyr Arian.

Mae Renae Crockford yn Hyrwyddwr Gofalwyr yng Nghanolfan Iechyd y Bont-faen, ac yn rhan o Bractis Teuluol Gorllewin y Fro.



*Renae Crockford yn cael Achrediad Arian gan Lance Carver, Cyfarwyddwr Gwasanaethau Cymdeithasol Cyngor Bro Morgannwg*

Dywedodd: "Bues i'n Hyrwyddwr y Gofalwyr er dwy flynedd ac rwy'n rhan o'r tîm nyrsio. Rwy'n angerddol am helpu pobl gymaint â phosibl. Mae llawer o'r gwaith rwy'n ei wneud yn cynnwys cyfeirio cymdeithasol at yr help rydym yn ei gynnig, gan fod pobl yn teimlo nad oes unrhyw un ganddynt i fynd ato.

"Mae gennym lawer o gefnogaeth ar gael yn y Fro ac roedd fy swydd i'n cynnwys cysylltu cleifion â'u gofalwyr â'r gwasanaethau hyn. Mae gennym wefan bwrsasol o wybodaeth i ofalwyr (<http://cowbridgedoctors.com/carers/>).

"Roeddem eisoes wedi derbyn achrediad ar lefel Efydd, ond pan gymerais i'r awenau fel Hyrwyddwr Gofalwyr, roedd yn glir bod ein Practis Meddyg Teulu yn bodloni'r meini prawf ar gyfer achrediad lefel Arian ac rwy'n falch o ddweud mai ni yw'r rhai cyntaf i ennill y dyfarniad hwn yn y Fro.

Gwnaethom ddathlu Wythnos y Gofalwyr 2018, a daeth tua 200 o bobl i ymweld â stondinau gwybodaeth a siarad â darparwyr yn ystod digwyddiad a gynhalion yn ein derbynfa. Roedd yn amlwg bod gofalwyr eisiau dysgu rhagor ac roedd yn ddigwyddiad hynod lwyddiannus. Mae gennym gynlluniau cyffrous i'r gofalwyr (gan gynnwys gofalwyr ifanc) yn 2019!"

Os ydych chi'n Bractis meddygfa teulu sy'n dymuno cael ei hystyried ar gyfer Achrediad Lefelau Efydd neu Arian, cysylltwch â James Livingstone, Swyddog Datblygu Gofalwyr, ar **01446 704604** neu e-bostiwch:

[CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk)

## Project 'Amser i Mi' yr YMCA ym Mro Morgannwg

Yn ystod haf 2018, cyflogodd y grŵp YMCA Caerdydd a Casnewydd Weithiwr Sgiliau Bywyd newydd yn y Fro. Bydd y swydd hon yn darparu sesiynau adeiladu sgiliau i'r gofalwyr ifanc ar y Project 'Amser i Mi'. Mae'r gweithiwr newydd, Bethany Riley, yn adeiladu perthnasoedd gyda'r gofalwyr ifanc a'u teuluoedd, ac yn adeiladu partneriaethau gyda sefydliadau.

Bu Bethany'n gweithio'n galed yn cynllunio ac yn darparu sesiynau i wella sgiliau bywyd, trwy hwyluso gweithdai ynghylch gwahanol faterion megis senedd yr ieuencid, cymorth cyntaf, coginio, perthnasoedd iach ac iechyd meddwl. Mae gweithgareddau'n cael eu cynnal yn y clwb ieuencid yn YMCA y Barri bob nos Fercher 6.30pm – 8.30pm.

Ar hyn o bryd rydym yn gweithio mewn partneriaeth â Youth Cymru ar broject Unigrwydd, yn edrych ar ffyrdd o leihau unigedd mewn pobl ifanc. Mae'r gofalwyr ifanc yn rhoi eu barn ar sut y byddent yn atal unigedd, sy'n broblem bosibl i ofalwyr ifanc.

Er mwyn paratoi at Ddiwrnod Ymwybyddiaeth Gofalwyr Ifanc ar 31 Ionawr 2019, byddwn yn cefnogi gofalwyr ifanc i siarad â'u hysgolion am sut beth yw bod yn ofalwr ifanc a pha rwystrau maent yn eu hwynebu. Hefyd mae gennym adnoddau a gaiff eu rhoi i'r gofalwyr ifanc rydym yn gweithio gyda nhw. Gellir defnyddio'r adnoddau hyn yn yr ysgol i wella perthnasoedd ac yn y cartref i wella eu hiechyd meddwl a'u lles. Bydd rhagor o wybodaeth ar gael ar ein gwefan - [www.ymcacardiff.wales](http://www.ymcacardiff.wales)

Os hoffech chi gael rhagor o wybodaeth mae croeso i chi gysylltu ag unrhyw un o'r tîm ar **02920 465250** / [valeyounccarers@ymcacardiff.wales](mailto:valeyounccarers@ymcacardiff.wales)



## Dalennau Ffeithiau i gymryd Lle Llawlyfr y Gofalwyr

Bu Llawlyfr Gofalwyr Caerdydd a'r Fro yn ffynhonnell gwybodaeth amhrisiadwy ers nifer o flynyddoedd ond yn ddiweddar cafodd ei ddisodli gan nifer o ddalennau ffeithiau i ofalwyr. Mae'r tair ar ddeg o ddalennau ffeithiau yn ymwneud â llawer o agweddau ar y rôl gofalu, ac fel dogfennau

ar wahân, gellir eu diweddarau'n fwy aml na llawlyfr. Gellir gweld/lawrlwytho'r Dalennau Ffeithiau drwy'r dudalen ganlynol ar y we:

[www.valeofglamorgan.gov.uk/cy/living/social\\_care/Key%20Documents/Public-Information/leaflets.aspx](http://www.valeofglamorgan.gov.uk/cy/living/social_care/Key%20Documents/Public-Information/leaflets.aspx)

## Gwella cymorth i Ofalwyr Ifanc

Bu Ymddiriedolwyr Gofalwyr De-ddwyrain Cymru (CTSEW) yn gweithio gyda nifer o Ysgolion Uwchradd ledled Bro Morgannwg ers mis Tachwedd 2016, wedi'u hariannu mewn partneriaeth â Chynghorau Bro Morgannwg a Chaerdydd Bwrdd Iechyd Prifysgol Caerdydd a'r Fro i gyflwyno'r Rhaglen Gofalwyr Ifanc mewn Ysgolion.

Nod y rhaglen yw cefnogi datblygiad ysgolion i wella, 'Deall, Hysbysu, Nodi, Gwranddo a Chefnogi' gofalwyr ifanc. Mae'r rhain yn ffurfio 5 thema'r Rhaglen. Mae 3 cham i'r Rhaglen Gofalwyr Ifanc mewn Ysgolion, sef, 'Pethau Sylfaenol, y Tu Hwnt i'r Pethau Sylfaenol ac

Arfer Gorau'. Cefnogir ysgolion gan Reolwr y Gofalwyr Ifanc a'r Gweithiwr Datblygu Ysgolion yn Ymddiriedolaeth Gofalwyr De Ddwyrain Cymru i annog ymrwymiad gan yr ysgol gyfan wrth weithio i gefnogi gofalwyr ifanc.

Gwelodd Bro Morgannwg yr Ysgol Uwchradd gyntaf yng Nghymru, sef Ysgol Gyfun y Barri yn cyflawni'r 'Pethau Sylfaenol' yn Rhaglen Gofalwyr Ifanc mewn Ysgolion.

Mae chwech allan o wyth (75%) o ysgolion yn y Fro yn gweithio i weithredu'r Rhaglen Gofalwyr Ifanc mewn Ysgolion. Mae dwy ysgol (25%) wedi dangos diddordeb yn ddiweddar ac yn cymryd cam ymlaen tuag at

weithredu. Mae tair (37.5%) ysgol eisoes wedi pasio'r 'Pethau Sylfaenol'. Caiff nodi gofalwyr ifanc ym Mro Morgannwg ei wella o ganlyniad. Mae un ysgol wedi gweld cynnydd o 1950% yn nifer y gofalwyr ifanc a nodwyd (o 2 i 41 o ofalwyr ifanc)

Os hoffech chi gael rhagor o wybodaeth neu os dymunwch chi i'ch ysgol gymryd rhan, cysylltwch â CTSEW a **01495 769996**

<https://professionals.carers.org/Young-Carers-in-School-Wales>



Aelod panel adolygu cyfoedion yn cyflwyno cymhwyster 'The Basics' i Ysgol Llanilltud Fawr.

## Arfer da ym Mro Morgannwg

- Ysgolion yn dynodi e-bost i ofalwyr ifanc er mwyn sicrhau na cholli'r cyfathrebiad.
- Mae un ysgol yn cael clwb ar gyfer gofalwyr ifanc yn unig lle y gallant gael mynediad at gymorth gan gyfoedion.
- Mae tair ysgol yn y Fro wedi cymryd rhan mewn cynllun peilot o gerdyn adnabod y Gofalwyr Ifanc.
- Mae niferoedd gofalwyr ifanc a nodwyd wedi cynyddu.
- Mae gan ofalwyr ifanc fynediad at swyddog gweithredu blaen yn yr ysgol sy'n creu pwynt cyswllt unigol i staff a disgyblion ynglŷn â materion gofalwyr ifanc.



# Y Fro sy'n Deall Dementia - diweddariad



Fi yw cadeirydd newydd grŵp llywio y Barri sy'n Deall Dementia. Gan weithio gyda chefnogaeth gan Alzheimer's Cymru, mae grŵp llywio y Barri yn cynnwys cynrychiolwyr o Gyngor Tref y Barri, sefydliadau, elusennau, busnesau a gwirfoddolwyr sydd i gyd wedi ymrwymo i barhau fel y Barri sy'n Deall Dementia. Ar hyn o bryd rydym ni'n gwneud y canlynol:

Mae Hyrwyddwyr Dementia Gwirfoddol y Gymdeithas Alzheimer yn cynnal sesiynau ymwybyddiaeth dementia i unrhyw grŵp neu sefydliad sy'n dymuno 'deall dementia'. Nodau'r sesiwn yw mynd i'r afael â rhywfaint o'r ofnau a'r stigma sy'n gysylltiedig â dementia ac nad yw dementia ynglŷn â cholli eich cof yn unig. Rydym yn gweld bod sylwadau ar ôl y sesiwn yn aml yn cynnwys bod pobl yn fwy ymwybodol, eisiau cefnogi ac yn fwy hyderus i ymgysylltu'n well â phobl sy'n byw gyda dementia â'u gofalwyr. Ein nod yw i gymaint o fusnesau ayyb â phosibl gofrestru i ddeall dementia.

Yma yn y Barri, rydym yn gweithio yn galed i greu mwy o Weithgareddau a chefnogaeth i bobl sy'n byw gyda dementia a'u gofalwyr. Yn y Barri mae gennym sinema deall

dementia The Memo, cymorth dementia Cymdeithas Alzheimer yn Nhŷ Hapus, Tai Chi, Ceulys Bowlio a Rholio, Caffi Cofio, llyfrau, DVDau a CDau o lyfrgell Ganolog y Barri.

Mae llawer mwy yr hoffem ei wneud. Rydym yn gofyn i chi, y gofalwyr, pa gymorth yr hoffech chi ei weld ar waith yma yn y Barri drosoch chi eich hunain a thros y bobl sy'n byw gyda dementia. Rydym yn teimlo bod eich cyfranogiad yn bwysig i'n gweledigaeth o barhau i esblygu deall dementia.

E-bostiwch unrhyw awgrymiadau i:

[dementiafriendlyvale@outlook.com](mailto:dementiafriendlyvale@outlook.com)

Pe hoffech rhagor o wybodaeth am Weithgareddau, Cymorth, Cymunedau sy'n Deall Dementia a grwpiau llywio sy'n Deall Dementia eraill yn y Fro, ewch i'n gwefan ar:

[www.dementiafriendlyvale.co.uk](http://www.dementiafriendlyvale.co.uk)

## Jane Weldon

Cadeirydd Grŵp Llywio y Barri sy'n Deall Dementia.

## Cyngor ar Bopeth Cyngor Caerdydd a Bro Morgannwg



Mae Cyngor ar Bopeth Caerdydd a'r Fro yn darparu cyngor am ddim sy'n gyfrinachol ac yn ddiuedd i ofalwyr neu unrhyw un sydd ei angen, ni waeth am ei hil, rhyw, rhywioldeb, oedran, anabledd neu grefydd. Rydym yn darparu gwybodaeth ar ystod eang o faterion i gynnwys: dyled, tai a budd-daliadau lles. Gallwch gael mynediad at ein gwasanaethau yn 119 Broad Street, Y Barri, CF62 7TZ (Dydd Llun i ddydd Gwener 9.30am – 4.30pm; Dydd Mercher 9.30am – 6.00pm) ac yn West House, Stanwell Road, Penarth (dydd Iau 9.30am – 12.30pm). Ewch i'n gwefan i gael gwybodaeth am ein gwasanaethau allanol (yn Sain

Tathan a Llanilltud Fawr) [www.cacv.org.uk](http://www.cacv.org.uk).

Os bydd angen cyngor dros y ffôn arnoch chi: Adviceline Cymru \*03444 77 20 20  
Dydd Llun - Dydd Gwener 10.00am - 4.00pm

\*Codir 5c y funud am alwadau o linell tir ac mae'n bosibl y byddant yn costio'n sylweddol fwy o ffonau symudol a ffonau eraill. I gael help ar-lein ewch i'n gwefan [www.citizensadvice.org.uk/cymraeg/](http://www.citizensadvice.org.uk/cymraeg/) or [www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1710](http://www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1710)

## Pwy sy'n Gofalu am y Gofalwyr? Ni!

Mae Ffederasiwn Rhieni Caerdydd a'r Fro yn elusen leol dan reolaeth gofalwyr, ar gyfer gofalwyr. Rydyn ni'n trefnu 'cyfarfodydd cymdeithasol' mewn lleoliadau ar hyd a lled y sir mewn amrywiaeth o leoliadau lleol. Mae cyfle i gwrdd â gofalwyr eraill, cyfnewid syniadau a phrofiadau, a gwneud ffrindiau newydd dros frechwast, cinio neu de prynhawn am ddim!

Mae cwrdd â gofalwyr eraill yn ffordd wych o ddysgu pethau newydd a chael cyngor, ac mae pawb sy'n mynychu yn canu clodydd y cyfarfodydd ac yn hynod falch o gwrdd â phobl eraill sy'n deall yr anawsterau sy'n gallu bod ynghlwm wrth ofalu. Mae staff y ffederasiwn a chyfeillion o sefydliadau eraill yn galw heibio'n



aml i rannu gwybodaeth a chlywed barn er mwyn ei bwydo i'r cyfarfodydd ymgynghori a chynllunio ffurfiol rydyn ni'n eu mynychu.

Erbyn hyn, rydyn ni'n cwrdd yn wythnosol yn y Fro, diolch i gymorth gan Gyngor y Fro a phroject Cysylltu Gofalwyr, sy'n cael ei ariannu gan y Loteri Fawr. Bydd cyfarfod yn rhywle, nepell oddi wrthoch chi!

[www.parentsfed.org/news/item/meet-the-carers-come-to-a-carers-meeting-near-you](http://www.parentsfed.org/news/item/meet-the-carers-come-to-a-carers-meeting-near-you)

I gael gwybod rhagor, ewch i'n gwefan ar <https://www.parentsfed.org/> ffoniwch **02920 565917** neu e-bostiwch [Karen@parentsfed.org](mailto:Karen@parentsfed.org)

## Amser i Ofalwyr – Project y Gofalwyr Cysylltiedig

Cafodd y Project Gofalwyr Cysylltiedig ei sefydlu i helpu a chefnogi gofalwyr teulu pobl sydd â chyflwr gydol oes a/ neu un sy'n cyfyngu ar fywyd.

Mae Ffederasiwn Rhieni Caerdydd a'r Fro (sydd yn Sbectrwm yn y Tyllgoed, Caerdydd) yn trefnu cyfarfodydd cymdeithasol a gweithgareddau mewn lleoliadau ledled Caerdydd a Bro Morgannwg. Caiff y rhain eu cynnal mewn ystod o leoliadau ac maent yn rhoi cyfleoedd i ofalwyr yn y teulu gwrdd â gofalwyr teuluol eraill sy'n cael profiad o sefyllfaoedd a heriau tebyg, er mwyn rhannu profiadau a gwybodaeth mewn amgylchedd cymdeithasol cyfeillgar a chefnogol.

Mae Touch Trust (yng Nghanolfan y Mileniwm Cymru ym Mae Caerdydd) yn darparu therapi cyffwrdd a phrofiadau synhwyrdd i bobl sydd ag anableddau. Fel rhan o'r Project Gofalwyr Cysylltiedig, bydd Touch Trust yn darparu sesiynau 'Amser i Mi' pan fydd y gofalwr teuluol yn cael dewis o ystod o gyfleoedd,



e.e tylino'r pen, reiki, sesiwn ymlacio tra bod y person mae'n gofalu amdano'n mynychu sesiwn synhwyrdd Touch Trust.

Am fwy o wybodaeth ewch i

<http://www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=15858> neu cysylltwch â:

Project Gofalwyr Cysylltiedig ar gyfer ymholiadau cyffredinol

Ffôn: **01446 741 706**,  
e-bost: [connectedcarers@gvs.wales](mailto:connectedcarers@gvs.wales)

Ffederasiwn Rhieni Caerdydd a'r Fro ar gyfer cyfarfodydd cymdeithasol

Ffôn: **02920 565 917**,  
e-bost: [admin@parentsfed.org](mailto:admin@parentsfed.org)

Sesiynau Amser i Mi Touch Trust

Ffôn: **02920 635 660**,  
e-bost: [Alison.johnston@touchtrust.co.uk](mailto:Alison.johnston@touchtrust.co.uk)



## Project Gwella Mynediad – Cynnwys Cymunedau Amrywiol mewn Gofal Diwedd Oes

Ym mis Ionawr 2016, lansiodd Marie Curie y Project 'Cynnwys Cymunedau Amrywiol mewn Gofal Diwedd Oes' a ariennir gan y Loteri Fawr. Mae'r project wedi archwilio anghenion tri grŵp o bobl a'u gofalwyr sy'n byw gydag afiechyd marwol yng Nghaerdydd a'r Fro. Nodwyd y grwpiau yn seiliedig ar ymchwil bresennol o gwmpas bylchau a heriau o ran darpariaeth gofal lliniarol, a thrwy ymgynghoriadau ar draws Caerdydd a'r Fro.

Dyma'r grwpiau:

- ❖ Pobl sydd â dementia
- ❖ Pobl sydd ag anableddau dysgu
- ❖ Pobl sydd â chredoau crefyddol neu heb greddoau crefyddol

Mae'r grwpiau hyn, yn aml gydag ystod eang o anghenion, yn wynebu llawer o heriau a rhwystrau i gael mynediad at wasanaethau gofal iechyd, gan gynnwys gofal lliniarol a diwedd oes. Ar ôl hyn, nododd y project rywfaint o rwystrau a oedd yn gyson ar draws pob un o'r tri grŵp a rhai sy'n benodol i bob grŵp unigol.

Ar draws pob un o'r tri grŵp, yn aml roedd dealltwriaeth gyfyngedig o ofal lliniarol a phwy oedd yn gallu cael mynediad at ein gwasanaethau. At hynny, roedd camsyniadau am farw cynorthwyedig hefyd yn ffactor a effeithiodd ac a rwystrodd fynediad at ofal. Roedd y diffyg gwybodaeth a dealltwriaeth hwn am ein gwasanaethau a gofal lliniarol hefyd yn amlwg o fewn gweithwyr proffesiynol ym maes gofal cymdeithasol.

Gwelodd y project, er ei fod yn un o'r achosion marwolaeth mwyaf cyffredin yn y DU, na chydabyddir dementia bob amser fel cyflwr terfynol. Mae'r diffyg llwybr ffurfiol ac argaeledd cyfyngedig o ran gwasanaethau gofal lliniarol yn sicrhau ei fod yn anos i bobl sydd â dementia a'r gofalwyr i gael mynediad at wasanaethau.

Wrth asesu anghenion pobl sydd ag anawsterau dysgu, gwelodd y project efallai y bydd gofalwyr a phobl broffesiynol yn ceisio 'amddiffyn' person maent yn gofalu amdano rhag siarad am farwolaeth. Bu hefyd achosion o bobl broffesiynol nad ydynt yn

ymwneud ag iechyd, er enghraifft gofalwyr heb gael gwrandawriad gan ddarparwyr gwasanaeth statudol. At hyn, dylai Marie Curie a'i bartneriaid statudol ystyried realiti risg wedi'i chynyddu o bobl sydd ag anawsterau dysgu, yn enwedig y rhai sydd â syndrom Down, o ddatblygu dementia.

Gwelsom hefyd fod pobl o gefndiroedd crefyddol gwahanol yn aml yn mynegi pryderon am allu staff gofal lliniaru i fodloni eu hanghenion ysbrydol a diwylliannol. Roedd mynediad at wybodaeth ar wasanaethau a materion iaith a chyfathrebu Marie Curie hefyd yn feysydd lle y gellir cyflawni gwelliannau. Gydag amcangyfrifon o bobl yn y DU yn nodi nad ydynt yn grefyddol o tua 50%, gwelodd y project fod diffyg cefnogaeth fugeiliol ar gyfer y grŵp hwn yn bryder.

Ar gyfer Marie Curie, mae'r project wedi gwella'n dealltwriaeth o'r rhwystrau a wynebir wrth gael mynediad at wasanaethau gofal lliniarol ar gyfer pobl sydd â dementia, anableddau dysgu a phobl sydd â chredoau crefyddol gwahanol neu heb greddoau crefyddol. Rydym wedi cael mwy o wybodaeth, profiad a hyder yn gweithio'n uniongyrchol gyda'r grwpiau hyn a byddwn yn sicrhau y caiff eu lleisiau a'u hadborth eu hystyried wrth i ni gynllunio, datblygu a gwella cynwysoldeb a mynediad at ein gwasanaethau. Yr her i Marie Curie a darparwyr gwasanaeth eraill, o fewn gofal lliniarol a'r sector iechyd a gofal ehangach, yw sicrhau y gellir cynnal a datblygu ymhellach y gwaith, y darganfyddiadau a'r argymhellion o'r project hwn wrth gefnogi mynediad teg i wasanaethau gofal lliniarol i'r holl bobl.

### **Michael Banner, Rheolwr Project**

Ar gyfer pob fersiwn o adroddiadau'r Project, gwaith ehangach Hosbis Caerdydd a'r Fro a ffynonellau gwybodaeth Marie Curie eraill, defnyddiwch y dolenni isod neu ffoniwch **0800 090 2309**: [www.mariecurie.org.uk/help/hospice-care/cardiff](http://www.mariecurie.org.uk/help/hospice-care/cardiff); [www.mariecurie.org.uk/media/press-releases/project-key-to-addressing-access-to-end-of-life-care-for-marginalised-groups/211377](http://www.mariecurie.org.uk/media/press-releases/project-key-to-addressing-access-to-end-of-life-care-for-marginalised-groups/211377); <https://www.mariecurie.org.uk/help/support>



# Pigiad tymhorol yn erbyn y Ffliw a Phigiad yn erbyn yr Eryr



Fel gofalwr, mae'n bosibl eich bod wedi gweld bod cael eich imiwneiddiad yn erbyn y ffliw ychydig yn anodd i chi eleni. Roedd nifer o resymau dros hyn. Am y tro cyntaf, cynigiwyd imiwneiddiad i'r rhai dros 65 oed oedd yn wahanol i'r un a gynigiwyd i gleifion â chyflyrau cronig o dan 65 oed. Roedd oedi o ran dosbarthu'r brechlyn newydd hwn ac ni chafodd rhywfaint o stoc ei ddosbarthu tan ganol mis Tachwedd 2018. Rydym yn mawr obeithio eich bod wedi llwyddo i gael eich brechlyn.

Er eich bod o bosibl wedi ei dderbyn yn hwyrach nag yr ydym yn awgrymu fel arfer, byddwch chi wedi ei dderbyn mewn pryd ar gyfer brig tymor y ffliw, sydd fel arfer ychydig ar ôl y Nadolig. Rydym eisoes yn gweithio i sicrhau na fydd y sefyllfa hon yn codi y flwyddyn nesaf. Cofiwch ei fod nid yn unig yn bwysig i'r person rydych chi'n gofalu amdano gael ei imiwneiddio ond mae yr un mor bwysig i chi, fel gofalwr i gael eich imiwneiddio yn erbyn y ffliw.

Os nad ydych wedi cael cyfle i gael eich brechu, mae amser o hyd i gael eich amddiffyn. Os na all eich Meddyg Teulu gynnig brechlyn i chi, gofynnwch yn eich fferyllfa leol oherwydd bod llawer ohonynt yn cymryd rhan yng nghynllun y GIG yng Nghymru.

Cofiwch, os ydych yn sâl gydag annwyd neu'r ffliw, dylech chi orffwys yn ddigonol, cadw'n gynnes a chadw eich hun wedi'ch hydradu trwy yfed llawer o hylifau. Ni fydd eich Meddyg Teulu yn gallu rhagnodi gwrthfotigau ar gyfer anwydau neu'r ffliw oherwydd ni fyddant yn gweithio.

Os oes gennych symptomau fel rhai'r ffliw neu os buoch mewn cysylltiad â rhywun sydd â'r ffliw, helpwch ni i atal y firws rhag lledaenu trwy beidio ag ymweld

â'n hysbytai hyd nes i chi fod heb symptomau ers o leiaf 48 awr.

## Newyddion

Am y tro cyntaf eleni, bydd yr holl staff sy'n gofalu am breswylwyr mewn Cartrefi Nyrsio yn cael cynnig imiwneiddiad am ddim yn erbyn y ffliw mewn Fferyllfeydd cymunedol.

O fis Ebrill 2009, caiff imiwneiddiad yn erbyn yr eryr ei gynnig i bawb sydd rhwng 70 ac 80 oed, tan hynny dim ond y rhai sy'n 76 oed a gaiff eu heithrio. Rydych yn parhau'n gymwys hyd nes i chi gyrraedd 80 oed. Yn debyg i lawer o gyflyrau iechyd eraill, mae'r eryr yn fwy cyffredin ac yn fwy difrifol wrth i chi heneiddio.

Mae llawer o fythau ynglŷn sut rydym yn datblygu'r eryr. Nid ydym yn dal yr eryr, gall unrhyw un sydd erioed wedi cael brech yr ieir ddatblygu yr eryr ac ni allwch ddal yr eryr o rywun sydd â brech yr ieir. Yn wir, gall bod mewn cysylltiad â brech yr ieir hybu eich imiwneiddio a lleihau'r risg o ddatblygu'r eryr.

Er y bydd rhai ond yn datblygu haint ysgafn, mae'n bosibl y bydd yn peri i chi ddiodef o boen difrifol a all bara am fisoedd neu

mewn rhai achosion, am flynyddoedd. Trwy gael eich imiwneiddio, byddwch yn lleihau'r risg o ddatblygu'r eryr.

Mae'n ymddangos bod llawer o bobl heb gael mynediad at y brechlyn hwn eto; os ydych yn gymwys i'w dderbyn ac mae unrhyw gwestiynau gennych, cysylltwch â'ch nyrs practis a fydd yn hapus eu hateb nhw i chi.

I gael rhagor o wybodaeth ewch i

<https://www.nhsdirect.wales.nhs.uk/default.aspx?locale=cy> a <http://www.cardiffandvaleuhb.wales.nhs.uk/page/78587>

## Shingles vaccination for those aged 70 to 79



# Dan sylw: Teuluoedd a Anghofiwyd

Yasha Richards-Williams yw fy enw i ac rwy'n gweithio i Gyngor Bro Morgannwg fel Gweithiwr Cymdeithasol Blaen Arbenigol ar Gamddefnyddio Sylweddau, yn 'Newlands' yn y Barri.

Un nos Fercher ym mis Tachwedd 2018, es i i 'Teuluoedd a Anghofiwyd'. Mae hwn yn grŵp cymorth cyfoedion sy'n agored i unrhyw un yr effeithiwyd arno gan gamddefnydd alcohol a/neu gyffuriau rhywun arall.

I ffwrdd o'r noson oer a llaith ym mis Tachwedd, des i o hyd i saith o bobl yn eistedd gyda'i gilydd (yn yfed te a digonedd o fisgedi a donyts) mewn ystafell olau a chynnes yng Nghanolfan Gymunedol Castlelands (Y Barri). Cynhelir y grŵp rhwng 5 a 7pm bob nos Fercher. Arhosais am y ddwy awr gyfan a gallwn fod wedi aros yn hwy.

Gofynnais nifer o gwestiynau i'r grŵp am eu 'rolau amrywiol' fel perthnasau/gofalwyr;

## Dywedwch wrthym amdanoch eich hunain?

Roedd y blynyddoedd ym amrywio o 5 i 30 o flynyddoedd, nid oedd neb yn berffaith sicr.

*"...maen nhw'n tyfu i fyny a 'dych chi'n gwneud beth sydd ei angen...mae'n raddol... dw i ddim yn credu i mi weld dechreuad pendant neu'n gweld diwedd iddi..."*

*"Dydyn ni ddim yn ofalwyr fel gofalwyr traddodiadol. Ydyn ni'n ofalwyr o gwbl? Ddim fel gofalwyr arferol sy'n gwneud cymaint o oriau i helpu pobl anabl neu bobl hŷn."*

*"Dw i ddim yn meddwl fy mod i (yn ofalwr)... cafodd ei orfodi arna' i a dydy e ddim yn rheolaidd fel gyda gofalwyr... weithiau bydd pethau'n dda a does dim fy angen i, ac weithiau dydy e ddim a dw i'n gwneud llawer."*

*"Dw i'n cyflenwi ar gyfer beth nad yw yno.... does dim llawer o help felly os na fyddwn i'n ei wneud, pwy fyddai'n ei wneud?"*

## Pa fath o broblemau mae'n rhaid i chi ymdopi â nhw?

*"Bydd yr heddlu yn fy ffonio pryd bynnag mae e mewn trwbwl...maen nhw bob amser yn meddwl fy mod i'n rhan ohono."*

*"Pan fydd yn feddw, mae'n yfwr treisgar a chas ac mae'n mynd i drafferthion a dw i'n cael fy hun yn ei chanol gydag e."*

*"Roedd yn arfer dod i'r tŷ yn feddw, yn gweiddi ac yn torri fy ffenestri."*

*"Allwch chi ddim dianc achos ei fod yn eich cartref eich hun...mae'n codi embaras arna' i...mae'r holl gymdogion yn gwybod..."*

*"...roedd bywyd wedi mynd yn aneglur, yn ddigwyddiadau a thrawma..."*

*"Mae'r heddlu a phobl eraill yn feirniadol.... Maen nhw'n teimlo y dylech chi ddatrys y broblem neu eich bod chi'n rhan o'r broblem."*

*"...arhoson nhw (gwasanaethau lechyd) nes ei fod yn ystyried lladd ei hun cyn ymyrryd...mae'n rhaid i bethau fod yn wael iawn ac wedyn mae pobl yn helpu."*

*"doedd yr ysbyty ddim eisiau ei gymryd e.... gwnaethon nhw ein rhoi ar gefn y ciw..."*

*"rydych yn teimlo eich bod chi wedi cael eich gadael i'w ddatrys a phan na allwch chi wneud hynny, 'dych chi'n teimlo'n euog..."*

## Beth yw'r anawsterau ymarferol byddwch yn dod ar eu traws?

*"Roeddwn i'n talu arian i'w gadw allan o'r carchar ac yn eironig cafodd ei ddal mewn ysgubiad gan yr heddlu ac erbyn hyn mae yn y carchar beth bynnag."*

*"...gemwaith, arian...aethon nhw i gyd ar goll..."*

*"Mae fy mhartner yn galw 'yr hoff deuluoedd' (nid y teuluoedd a anghofiwyd) achos ein bod yn treulio cymaint o amser yn canolbwyntio ar y 'plentyn problematig', mae'n ymddangos fel yr hoff un ac mae pawb arall yn y cysgod."*

*"yn y diwedd rydych chi'n rhoi'r holl sylw iddo fe..."*

*"...ro'n i'n teimlo bod rhaid i mi amddiffyn fy ngŵr rhag beth oedd wedi bod yn mynd ymlaen (gyda'i mab). Triais i ymdopi ar fy mhen fy hun...doeddwn i ddim eisiau i'w iechyd (ei gŵr) ddiodef.."*

*"Dw i ddim hyd yn oed yn gallu gwyllo'r"*



*teledu heb fod fy mab yn peri i mi deimlo'n wael... mae'n anodd dianc."*

*"Dw i'n teimlo'n euog yn cael diod a dw i ddim hyd yn oed yn yfed yn drwm...bydd pobl yn fy ngweld yn yfed ac yn gofyn pam rwy'n yfed??"*

### **Pe tasech yn Brif Weinidog am ddiwrnod, pa bolisiau/newidiadau fydddech chi'n eu creu?**

*"Byddwn yn sicrhau bod gan deuluoedd fel ein teulu ni ddigon o arian i ymdopi â hyn i gyd."*

*"Gwneud pethau'n symlach a helpu cyn bod pethau'n mynd i'w gwaethaf isel ac mae pawb yn methu ymdopi..."*

*"Efallai edrych ar sut mae pobl yn cael eu harian (budd-daliadau) fel nad ydyn nhw'n ei gael e mewn un swm ac yn ei gorwneud hi ar gyffuriau neu alcohol, ac wedyn bod heb arian am bythefnos."*

*"Mynnu bod yr adran iechyd meddwl yn helpu heb dim ond rhoi'r bai ar y cyffuriau...maen nhw'n gwrthod helpu fy mab ac mae'n sâl iawn..."*

*"Efallai lleoedd cymdeithasol, nid y dafarn, lle all pobl fynd, i fod gyda'i gilydd heb yfed..."*

### **Pa newidiadau (os unrhyw beth) sydd angen eu gwneud yn y gymdeithas er mwyn gwneud eich bywydau'n haws?**

*"Stigma....stopio beio pobl am ymddygiad 'adictiaid'..."*

*"Rydyn ni... dw i'n cael fy ngwneud yn gyfrifol am beth mae fy mrawd yn ei wneud..."*

*"Llai o feirniadaeth gan bobl broffesiynol hefyd."*

*"Mae angen i'r cyhoedd a phobl broffesiynol gael eu haddysgu'n fwy am gaethineb a sut i weld problem yn tyfu cyn ei bod yn mynd yn rhy fawr... Sylwais i ddim am 5 mlynedd efallai..."*

*"Mae angen i wasanaethau ymuno â'i gilydd... efallai un gweithiwr. Rhywun mae fy mab yn ymddiried ynddo i fynd trwy'r broses gydag e..."*

### **Ar gyfer y gofalwyr hynny sy'n nerfus am geisio cymorth, beth fydddech chi'n ei ddweud iddyn nhw?**

*"Ces i wybod ar ddamwain (am y grŵp)... y llynedd pan roeddwn i ar fy isaf.. Ro'n i'm chwilio am help ar gyfer fy mab a chynigiodd rhywun fy helpu! Beth bynnag, cafodd fy rhif ei basio i Lisa (syllfaenydd y grŵp) a ffoniodd hi fi y diwrnod wedyn...am yr ychydig wythnosau cyntaf roedd yn ofnadwy... Ro'n i jyst yn crio ond roedd yn wych achos fy mod i'n teimlo'n ymlaciedig yma...yn anaml bydd wythnos pan na fydda' i'n cerdded allan o'r grŵp yn teimlo'n obeithiol.!"*

*"Roedd yn cymryd ymdrech i ddod yma ond mae angen i mi siarad â phobl sy'n deall yr un sefyllfaoedd ac maen nhw jyst yn deall."*

*"Hefyd dysgais i (o gael cefnogaeth) nad oeddwn i ar fai am ffordd byw fy mab..."*

Llawer iawn o ddiolch i'r rhai a gymerodd ran wrth ysgrifennu'r erthygl hon.

I gael gwybod rhagor am 'Teuluoedd a Anghofiwyd', cysylltwch â Lisa Prowse; **07767 736718** neu ewch i [www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1752](http://www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1752)

Os mae 'gofalwr'/perthynas ydych chi a hoffech chi gael rhywfaint o hyfforddiant/gwybodaeth am unrhyw agwedd ar gamddefnyddio alcohol a/neu defnyddio cyffuriau'n anghyfreithlon, cysylltwch â mi (Yasha) yn Nhîm Cyffuriau ac Alcohol Newlands ar **01446 700943** neu ewch i [www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1958](http://www.dewis.cymru/ResourceDirectory/ViewResource.aspx?id=1958).

## **Tracio'r Ddeddf – Arolwg Gofalwyr**

Mae Gyrfaoedd Cymru wedi lansio ein harolwg gyrfaoedd Tracio'r Ddeddf, sy'n ceisio casglu gwybodaeth o fis Ebrill 2018 tan fis Mawrth 2019. Mae'r arolwg yn casglu gwybodaeth am brofiadau bob dydd eu hawliau a'r cymorth sydd ar gael trwy Ddeddf Gwasanaethau Cymdeithasol a Llesiant Cymru.

Byddem yn ddiolchgar pe gallai cynifer o ofalwyr â phosibl gwblhau arolwg eleni trwy'r ddolen hon.

<https://www.surveymonkey.co.uk/r/DilynyDdeddf1819>

## Gwasanaeth Casglu Cymhorthion Cerdded Ffisiotherapi



Gofynnir i drigolion Caerdydd a Bro Morgannwg ddychwelyd cymhorthion cerdded nad ydynt yn eu defnyddio mwyach.

Nod y fenter hon gan Fwrdd Iechyd y Brifysgol yw nid yn unig i leihau gwastraff, ond i arbed miloedd o bunnoedd o arian gofal iechyd hefyd.

Ar ôl anaf neu lawdriniaeth, yn aml rhoddir cymorth cerdded i bobl, megis ffrâm neu bâr o ffyn baglau, ar fenthyg er mwyn eu cael i symud eto.

Ond beth fydd yn digwydd iddynt pan na fydd eu hangen mwyach? Gadewir llawer ohonynt mewn garejys ac atigau i gasglu llwch. Pe bai offer nad oes ei angen yn cael ei ddychwelyd, gallai gael ei ailwampio a'i ailddosbarthu i rywun arall, gan arbed arian yn ogystal â lleihau gwastraff.

Ar hyn o bryd bydd y BIP yn dosbarthu dros 10,000 o gymhorthion cerdded y flwyddyn, O'r rhain, dim ond un o bob tri gaiff ei ddychwelyd, a chaiff un o bob pedwar ei ailwampio a'i ailddosbarthu i rywun arall, sy'n arbed bron £20,000 y flwyddyn i'r Bwrdd Iechyd.

Dywedodd Sue Rees, Dirprwy Bennaeth y Gwasanaethau Ffisiotherapi ar gyfer BIP, "Rydym yn gofyn i bobl ddychwelyd unrhyw fframiau cerdded, ffyn baglau a chymhorthion cerdded tair neu bedair olwyn a fenthyciwyd o'r ysbyty neu o wasanaeth cymunedol.

"Trwy weithio gyda'n gilydd gyda'r cyhoedd gallwn ailwampio mwy o offer i'w aildefnyddio,

a helpu i leihau gwastraff ac arbed arian.

"Mae'r arian rydym yn ei arbed gan ailwampio offer ac ailgylchu yn mynd yn syth yn ôl i mewn i ofal cleifion, sy'n ein helpu i ddarparu'r gwasanaethau gorau posibl.

"Pe bai pawb yn rhannu'r neges hon gyda'i ffrindiau a'i deulu gallem gyd-dynnu a gwneud gwahaniaeth go iawn."

A wnewch chi ddychwelyd unrhyw gymhorthion cerdded sydd mewn cyflwr da ac sydd wedi cael eu benthyca i chi, pan na fydd eu hangen arnoch bellach, i un o'r lleoliadau canlynol.

### Ysbyty Athrofaol Cymru

- Prif fynedfa - Cyntedd
- Adran Ffisiotherapi/ Clinig Toresgyrn neu Uned Brys

### Ysbyty Athrofaol Llandochoau

- Derbynfa CAVOC/ Adran Ffisiotherapi

### Ysbyty Y Barri

- Prif Dderbynfa

Os bydd angen rhagor o wybodaeth arnoch chi, cysylltwch â Rob Skellet ar **02920 746933** neu Jade Coleman ar **02920 742643**.

Ar gyfer casglu mwy nag un cymhorthion meddygol, cysylltwch â: Bro Morgannwg, De a Gorllewin Caerdydd **02920 712555** Gogledd a Dwyrain Caerdydd **02920 873672 / 6**

Os byddwch yn dymuno dychwelyd cadair olwyn ffoniwch y Gwasanaeth Cyfarpar ac Aelodau Artiffisial ar **02920 313905**.

## Gwasanaethau i ofalwyr

Bydd Eglwys y Groes Sanctaidd yn y Bont-faen yn cynnal gwasanaethau ar ail ddydd lau bob mis i unrhyw un sydd mewn rôl gofalwr di-dâl (oedolion). Bydd y gwasanaeth yn para am tua hanner awr; mae croeso i bawb ddod yn ogystal ag aros wedyn i gael sgwrs dros baned a darn o deisen. Bydd y gwasanaeth nesaf ddydd lau 14 Chwefror 2019 am 2.00pm yn Ystlys Lanquian y Groes Sanctaidd. I gael rhagor o wybodaeth cysylltwch â'r Perchennog Victoria Ashley [vicar@cowbridgeparish.com](mailto:vicar@cowbridgeparish.com) **01446 775381** neu â Gweinyddwr y Plwyf ar [office@cowbridgeparish.com](mailto:office@cowbridgeparish.com) **01446 772302**



# Angen Gofalwyr – Ymunwch â'n Panel Gofalwyr Arbenigol!



Diben y panel yw sicrhau bod lleisiau gofalwyr yn cael eu clywed a bod gofalwyr yn gallu dylanwadu ar, newid a ffurfio'r gwasanaethau sy'n effeithio arnynt.

Bydd y panel arbenigol yn cynnwys gofalwyr o ledled Caerdydd a'r Fro gydag amrywiaeth o brofiadau gofalu. Gofynnir iddynt roi cyngor i:

- ❖ Ni – Ymddiriedolaeth Gofalwyr de-ddwyrain Cymru
- ❖ Yr Awdurdod Lleol
- ❖ Sefydliadau trydydd sector eraill
- ❖ Sefydliadau'r sector preifat

Gallai hyn gynnwys darparu barn ac adborth ar faterion megis:

- ❖ Deddfwriaeth, polisiâu a gweithdrefnau newydd
- ❖ Gwasanaethau neu gyfleoedd arbennig mae eu hangen ar ofalwyr
- ❖ Sut byddai gofalwyr yn hoffi cael eu cefnogi

Gwrandewir ar farn y panel a chaiff ei chynrychioli, ei gwerthfawrogi a'i dwyn ymlaen gan Ymddiriedolaeth Gofalwyr de-ddwyrain Cymru er mwyn helpu gwasanaethau ar

gyfer pob gofalwr ar draws Caerdydd a'r Fro, yn ogystal â dylanwadu ar newid yn genedlaethol.

Cafodd dyddiadau a lleoliadau'r panel gofalwyr newydd eu cadarnhau fel:

## Dydd Iau 31 Ionawr

6:30pm – 8:30pm  
(gan gynnwys cinio ysgafn o 6pm)  
YMCA y Barri, Court Rd, Y Barri,  
Bro Morgannwg, CF63 4EE

## Dydd Iau 28 Chwefror

1:00pm – 3:00pm  
(bydd cinio prynhawn ysgafn ar gael o 12pm)  
Pedal Power, Parc Carafanau Pontcanna,  
Oddi ar Dogo Street, Caerdydd, CF11 9JJ

## Dydd Iau 28 Mawrth

10:00am – 12:00pm  
(wedi'i ddilyn gan ginio prynhawn ysgafn)  
YMCA y Barri, Court Rd, Y Barri,  
Bro Morgannwg, CF63 4EE

I gael gwybod rhagor, cysylltwch â Siân ar **01495 769 996** neu e-bostiwch [engagement@ctsew.org.uk](mailto:engagement@ctsew.org.uk)

**Mae Amser Gofalu yn falch o gynnwys gofalwr sydd wedi rhoi caniatâd i ni ddefnyddio cerdd emosiynol y mae wedi'i hysgrifennu am ei sefyllfa gofalu. Mae Hannah Anning yn rhannu ei syniadau am ofalu am eu gŵr sydd â dementia.**

### DEMENTIA

When days are dark and nights are long  
I try very hard to be strong  
My lovely husband's gone from me  
I never thought that I would see  
Carers for David instead of me.  
Happy and contented we both were  
Please somebody invent a cure.  
Dementia is a curse from Hell  
For a cure, my soul I'd sell.  
Too many wards are full of pain  
People suffering with their brain.  
Loved ones crying, full of fear  
What is Dementia? It's not clear.

I've spoken from my heart and soul  
My husband's illness takes its toll  
I must visit everyday  
Just to see that he's okay  
An empty house, an empty bed  
I often wish that I were dead.  
But then I know, he needs my love  
So I just pray to God above  
That somewhere, somehow there's a cure  
With that thought, I can endure.

**H E Anning**



## Tîm Profiad Cleifion yn lansio pecynnau dros nos i ofalwyr ar gyfer Diwrnod Hawliau Gofalwyr

Fel rhan o Ddiwrnod Hawliau Gofalwyr, mae Tîm Profiad Cleifion Bwrdd Iechyd Prifysgol Caerdydd a'r Fro yn lansio pecynnau dros nos i ofalwyr. Mae'r pecynnau cyfleus hyn o bethau hanfodol ar gyfer ofalwyr a fydd, yn annisgwyl, yn cael eu hunain yn gorfod aros yn yr ysbyty dros nos gyda'r person maent yn gofalu amdano.

Mae'r pecynnau'n cynnwys sebonach maint teithio er mwyn i ofalwyr allu ymolchi ychydig ar ôl noson annisgwyl yn yr ysbyty.

Yn y pecynnau mae taleb gostyngiad ar gyfer ffreutur y staff yn Ysbyty Athrofaol Llandochoau ac yn Ysbyty Athrofaol Cymru. Cafodd y gostyngiad hwn ei gytuno gyda'r Rheolwr Gwasanaethau Masnachol fel ffordd o annog gofalwyr i gymryd hoe pan fyddant yn yr ysbyty i ofalu am eu lles eu hunain.

Caiff y pecynnau eu cyflwyno'n raddol ar draws Bwrdd Iechyd Prifysgol Caerdydd a'r Fro i gyd dros yr wythnosau i ddod. Gall staff wardiau Ysbyty Athrofaol Cymru ac Ysbyty Athrofaol Llandochoau ofyn am y pecynnau gan y Tîm Profiad Cleifion, Tîm y

Caplandy ac yn ystod y cyfnod allan o oriau, o Ymarferwyr y Safle. Rhoddir cyflenwad bach o becynnau i'r wardiau yn Ysbyty'r Barri ac Ysbyty Dewi Sant i'w cadw a gellir gwneud cais am ragor trwy'r Tîm Profiad Cleifion.

Dywedodd Angela Hughes, Cyfarwyddwr Cynorthwyol Profiad Cleifion:

*"Mae gofalwyr yn darparu cymorth amhrisiadwy i'r bobl maent yn gofalu amdanynt. Mae Diwrnod Hawliau Gofalwyr eleni ynglŷn â helpu gofalwyr i ofalu am eu dyfodol, trwy ddarparu gwybodaeth a chymorth fel y gallant gynnal eu hiechyd a'u lles eu hunain. Mae'r pecynnau yn rhywbeth bach gennym ni i ddangos i ofalwyr ein bod ni yno i'n cefnogi mewn unrhyw ffordd y gallwn."*

Os oes gennych rôl gofalu ac mae angen rhagor o wybodaeth a chymorth arnoch, cysylltwch a'r tîm Profiad Cleifion ar **02920 745692**, ewch i'r wefan [www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers](http://www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers) neu e-bostiwch [Suzanne.Becquer-Moreno@wales.nhs.uk](mailto:Suzanne.Becquer-Moreno@wales.nhs.uk)

## Woody's Lodge

Yma yn Woody's Lodge, rydym wedi gweld ei fod yn rhwydd i feteraniaid y Lluoedd Arfog a'r Gwasanaethau Brys a'u gofalwyr i syrthio drwy'r rhwyd a chael eu hynysu neu'n gweld eu bod yn rhoi'r gorau i gymdeithasu gyda ffrindiau cymaint ar ôl gorffen eu gwasanaeth. Fodd bynnag, rydym yn darparu lle i gyfarfod â'r diben o helpu feteraniaid i ailgysylltu â'u cyfoedion yn ogystal â gyda'u ffrindiau a'u teuluoedd eu hunain, gan rannu eu profiadau cyffredin ar draws pob oedran a chefnidir gwasanaeth. Rydym wedi gweld, wrth ddod o hyd i ffrindiau newydd neu ailgydio mewn hen gyfeillgarwch, gall unigedd ac unigrwydd fod yn rhywbeth o'r gorffennol, wrth i broblemau'r byd ymddangos yn llai llethol.

Mae Woody's Lodge yn hyb cymdeithasol ar



gyfer amrywiaeth eang o bobl sy'n gysylltiedig â feteraniaid, beth bynnag yw eu hoedran, eu profiad neu eu cefndir. O ddiwrnodau teuluol a gweithgareddau i'r teulu cyfan i grwpiau penodol i feteraniaid sy'n ferched neu gymorth i ofalwyr feteraniaid, boed yn bartneriaid neu'n blant; yma yn Woody's rydym wedi gweld, trwy ddod â phobl ynghyd, gallwn leihau unigedd a helpu feteraniaid i ddechrau ailadeiladu eu bywydau.

Ymunwch â ni yn Woody's Lodge i gael paned a bisgïen bob dydd lau 10am – 3pm

[www.woodyslodge.org/](http://www.woodyslodge.org/) neu ffoniwch **01446 781792**





**A Welsh version of Caring Times is available. Mae fersiwn Saesneg o Amser Gofalu ar gael.**

## Cowbridge GP Practice Achieves Silver Accreditation

For many carers, the first place they contact for help and support can be their local GP Practice. Usually GP Practices come in contact with carers a long time before Social Services. In every GP Practice there is a carer's register and in most a dedicated point of contact, a Carers' Champion.

Work has been ongoing with GP Practice Carers Champions in order to provide staff and patients with relevant and up-to-date information about caring and for carers. Cardiff and Vale University Health Board, City of Cardiff Council and the Vale of Glamorgan Council have developed a Carers GP Accreditation Scheme. The scheme has a set of criteria that GP Practices need to achieve to obtain recognition for their support to carers and their families.

The Bronze Scheme has been 'live' since November 2015, and those Practices who have been assessed, and can evidence they meet the criteria, have been awarded a Bronze level certificate. The Silver Level award has been available since early 2018. Both Bronze and Silver level certificates will last for two years.

On 1st November 2018, The Western Vale Family Practice, Cowbridge was the first GP surgery in the Vale to receive Silver Carers GP Accreditation.

Renae Crockford is the Carers' Champion at Cowbridge Health Centre, and is part of the Western Vale Family Practice.



*Renae Crockford receiving Silver Accreditation from Lance Carver, Director of Social Services for Vale of Glamorgan Council.*

She said: "I have been the Carers' Champion for two years and am part of the nursing team. I am passionate about helping people as much as we can. A lot of the work I do is social signposting of the help we offer, as people feel they have no one to go to.

"We have lots of support available in the Vale and my job involved connecting patients and their carers with these services. We have a dedicated webpage of carers' information (<http://cowbridgedoctors.com/carers/>).

"We had already received Bronze level accreditation, but when I took over the role as Carers Champion, it was clear that our GP Practice was meeting the criteria for Silver level accreditation and I am delighted we are the first to achieve this award in the Vale.

We celebrated Carers' Week 2018, and about 200 people came along to visit information stands and talking to providers during an event we held in our reception area. It was obvious that carers wanted to learn more and it was hugely successful event. We have exciting plans for carers (including young carers) in 2019!"

If you are a GP Practice that wishes to be considered for Bronze or Silver Level Accreditation, please contact James Livingstone, Carers' Development Officer, on **01446 704604** or email:

[CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk)

## YMCA 'Time 4 Me' Project in the Vale of Glamorgan

During the summer of 2018, YMCA Cardiff and Newport Group took on a new Life Skills Worker in the Vale. This post will provide skill building sessions to the young carers on the 'Time 4 Me' Project. The new worker, Bethany Riley, is building relationships with both the young carers and their families, and building partnerships with organisations.

Bethany has been hard at work planning and delivering sessions to improve life skills, through facilitating workshops around various issues such as youth parliament, first aid, cooking, healthy relationships and mental health. Activities take place at the youth club at YMCA Barry every Wednesday evening 6.30pm – 8.30pm.

We are currently working in partnership with Youth Cymru on a Loneliness project, looking at ways to reduce isolation in young people. The young carers are giving their views on how they would prevent isolation, which is a potential issue for young carers.

In preparation for Young Carers Awareness Day on 31st January 2019, we will be supporting young carers to talk to their schools about what it is like being a young carer and what barriers they face. We also have resources that will be given out to the young carers we work with. These resources can be used in school to improve on relationships and at home to improve on their mental health and wellbeing. More information will be available on our website – [www.ymccardiff.wales](http://www.ymccardiff.wales)

If you would like more information please do not hesitate to contact any of the team on **02920 465250** / [valeyoungecarers@ymccardiff.wales](mailto:valeyoungecarers@ymccardiff.wales)



## Carer Factsheets replace the Carer's Handbook

The Cardiff and Vale Carer's Handbook has been an invaluable source of information for carers for several years but it has recently been superseded by a number of carer factsheets. The thirteen factsheets cover many aspects of the caring role and, as standalone documents,

can be updated more frequently than a handbook. The Factsheets can be viewed/downloaded via the following webpage:

[www.valeofglamorgan.gov.uk/en/living/social\\_care/Key%20Documents/Public-Information/leaflets.aspx](http://www.valeofglamorgan.gov.uk/en/living/social_care/Key%20Documents/Public-Information/leaflets.aspx)



# Improving support for Young Carers

Carers Trust South East Wales (CTSEW) has been working with a number of Secondary Schools across the Vale of Glamorgan since November 2016, funded in partnership by the Cardiff and the Vale of Glamorgan Councils and Cardiff and Vale University Health Board to deliver the Young Carers in Schools Programme.

The aim of the Programme is to support the development of schools to better, 'Understand, Inform, Identify, Listen and Support' young carers. These form the 5 themes of the Programme. There are 3 stages to the Young Carers in Schools Programme, 'The Basics, Beyond the Basics and Best Practice'. Schools are supported by the Young Carers Manager and Schools Development

Worker at Carers Trust South East Wales to encourage a whole school commitment in working to support young carers.

The Vale of Glamorgan saw the first Secondary School in Wales, Barry Comprehensive, to achieve 'the Basics' of the Young Carers in Schools Programme.

Six out of eight (75%) schools within the Vale are working to implement the Young Carers in Schools Programme. Two (25%) schools have recently shown an interest and are taking step towards implementation. Three (37.5%) schools have already passed 'The Basics'. The identification of young carers in the Vale of Glamorgan is improved as a result. One school has seen a 1950% increase in the number of identified young carers (from 2 to 41 young carers)

In order for schools to achieve the Award, a portfolio of evidence is created and presented to a Peer Review Panel; the participants of the Peer Review Panel are young carers from throughout 4 local authority areas in South East Wales.

If you want further information or wish your school to become involved, please contact CTSEW on **01495 769996**

<https://professionals.carers.org/Young-Carers-in-School-Wales>



Peer review panel member handing over The Basics award to Llantwit Major School.

## Good practice in the Vale of Glamorgan

- Schools having an email designated for young carers ensuring communication is not lost.
- One school is having a club solely for young carers where they can access peer support.
- Three schools in the Vale have taken part in the pilot of the Young Carers ID card.
- Numbers of identified young carers has increased.
- Young carers have access to an operational lead in the school creating a single point of contact for staff and students regarding young carers issues.

# Dementia Friendly Vale – an update



I am the new chairman of Dementia Friendly Barry Steering group. Working with support from the Alzheimer's Cymru; the Barry steering group consists of representations from Barry Town Council, organisations, charities, businesses, and volunteers all committed to continuing to be a Dementia Friendly Barry. At the moment we are doing the following:

Alzheimer's Society Volunteer Dementia Champions hold dementia awareness sessions for any group or organisation who wish to become 'dementia friendly'. The aims of the session are to address some of the fears and stigma associated with dementia and that dementia is not just about losing your memory. We find that comments after the session often included that people are more aware, want to support, and more confident to engage better with people living with dementia and their carers. Our objective is for many businesses etc to sign up and become dementia friendly.

Here in Barry we are working hard to create more Activities and support for people living with dementia and their carers. In Barry we have: a dementia friendly cinema The Memo,

the Alzheimer's Society dementia support at Ty Hapus, Tai Chi, Bowl and Roll Skittles, A Memory Café, books, DVD's and C.D.'s from Barry Central library.

There is much more we would like to do. We are asking you, the carers, what support you would like to see in place here in Barry for yourselves and people living with dementia. We feel your involvement is important to our vision of continuing to evolve being dementia friendly.

Please email any suggestions to:

[dementiafriendlyvale@outlook.com](mailto:dementiafriendlyvale@outlook.com)

If you would like more information about Activities, Support, Dementia Friendly Communities, and other Dementia Friendly Steering groups in the Vale please visit our website at:

[www.dementiafriendlyvale.co.uk](http://www.dementiafriendlyvale.co.uk)

**Jane Weldon**

Chairman Dementia Friendly Barry Steering Group.

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## Citizens Advice Cardiff and Vale of Glamorgan Council



Citizens Advice Cardiff and Vale provides free, confidential and impartial advice to carers or anyone who needs it, regardless of race, gender, sexuality, age, disability or religion. We provide advice on a broad range of issues to include: debt, housing and welfare benefits. You can access our services at 119 Broad Street, Barry, CF62 7TZ (Monday to Friday 9.30am - 4.30pm; Wednesday 9.30am – 6.00pm) and at West House, Stanwell Road, Penarth (Thursday 9.30am – 12.30pm). Visit our website for information on our outreach

services (in St Athan and Llantwit Major). [www.cacv.org.uk](http://www.cacv.org.uk).

If you need advice over the telephone: Adviceline Cymru \*03444 77 20 20 Monday - Friday 10.00am - 4.00pm

\*Calls are charged at 5p per minute from a land line and may cost considerably more from mobiles and other phones. For online help please visit our website [www.adviceguide.org.uk](http://www.adviceguide.org.uk) or [www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1710](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1710)

# Who Cares for Carers? We do!



Cardiff and the Vale Parents Federation is a local charity run by carers, for carers. We arrange regular informal carers 'social gatherings' in locations across the county in various local venues. You can meet other carers and exchange ideas and experiences and make new friends over a free breakfast, lunch or afternoon tea!

other organisations often come along to share information and listen to your views so that they can be fed into the formal planning and consultation meetings that we attend.

Fellow carers are a great source of information or advice and everyone who attends tells us how much they benefit from meeting others who understand the stresses of being a carer. Federation staff and friends from

We are now holding gatherings every week in the Vale thanks to support from the Vale Council and the Big Lottery funded Connected Carers project, so there will be one near you! [www.parentsfed.org/news/item/meet-the-carers-come-to-a-carers-meeting-near-you](http://www.parentsfed.org/news/item/meet-the-carers-come-to-a-carers-meeting-near-you)

To find out more visit our website at <https://www.parentsfed.org/> ring **02920 565917** or email [Karen@parentsfed.org](mailto:Karen@parentsfed.org)

# Time for Carers – The Connected Carers Project



The Connected Carers Project has been set up to help and support family carers of people with a life-long and / or life-limiting condition.

e.g. head massage, reiki, relaxation session while the person they care for will attend a Touch Trust sensory session.

Cardiff and Vale Parents' Federation (based at Sbectrwm in Fairwater, Cardiff) organise social gatherings and activities at venues across Cardiff and the Vale of Glamorgan. These will be held at a range of venues and provide opportunities for family carers to meet other family carers who are experiencing similar situations and challenges, to share experiences and information in a friendly and supportive social environment.

For more information please visit [www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=15858](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=15858) or contact:

Touch Trust (based at Wales Millennium Centre in Cardiff Bay) provide touch therapy and sensory experiences for people with disabilities. As part of the Connected Carers Project, Touch Trust will be providing 'Time For Me' sessions where the family carer will be able to choose from a range of opportunities

Connected Carers project for general enquiries

Tel: **01446 741 706**,  
e-mail: [connectedcarers@gvs.wales](mailto:connectedcarers@gvs.wales)

Cardiff and Vale Parents' Federation for social gatherings

Tel: **02920 565 917**,  
e-mail: [admin@parentsfed.org](mailto:admin@parentsfed.org)

Touch Trust for Time For Me sessions

Tel: **02920 635 660**,  
e-mail: [Alison.johnston@touchtrust.co.uk](mailto:Alison.johnston@touchtrust.co.uk)





# Improving Access Project - Including Diverse Communities in End of Life Care

In January 2016 Marie Curie launched the Big Lottery-funded 'Including Diverse Communities in End of Life Care' Project. The project has explored the needs of three groups of people and their carers living with a terminal illness in Cardiff and the Vale. The groups were identified based on current research around gaps and challenges in palliative care provision, and through consultations across Cardiff and the Vale.

The groups were:

- ❖ People with dementia
- ❖ People with learning disabilities
- ❖ People with different or no religious beliefs

These groups, often with a wide range of needs, face many challenges and barriers to accessing healthcare services, including palliative and end of life care. The project subsequently identified some barriers that were consistent across all three groups and some specific to each individual group.

Across all three groups, there was often a limited understanding of palliative care and who could access our services. Moreover, misconceptions about assisted dying was also a factor that impacted and impeded access to care. This lack of knowledge and understanding about our services and palliative care was also evident with social care professionals.

The project found that, despite it being one of the most common causes of death in the UK, dementia is not always recognised as a terminal condition. The lack of a formal pathway and limited availability of palliative care services makes it harder for people with dementia and their carers to access services.

In assessing the needs of people with learning difficulties, the project found that carers and professionals may try to 'protect' a person for whom they care from talking about death. There were also instances of non-healthcare professionals, for example carers, not being listened to by statutory service providers.

Moreover, the reality of the increased risk of people with learning difficulties, particularly those with Down's syndrome, of developing dementia should be considered by Marie Curie and its statutory partners.

We also found that people from different religious backgrounds often expressed concerns about the ability of palliative care staff's ability to meet their spiritual and cultural needs. Access to information on Marie Curie services and language and communication issues were also areas where improvements can be achieved. With estimates of people in the UK identifying as non-religious at around 50%, the project found that a lack of pastoral support for this group was a concern.

For Marie Curie, this project has improved our understanding of the barriers faced in accessing palliative care services for people with dementia, learning disabilities, and people with different or no religious beliefs. We have gained more knowledge, experience and confidence working directly with these groups and will ensure their voices and feedback are considered as we plan, develop and improve the inclusivity and access to our services. The challenge for Marie Curie and other service providers, within palliative care and the wider health and care sector, is to ensure that the work, findings and recommendations from this project can be maintained and further developed in supporting equitable access to palliative care services for all people.

**Michael Banner, Project Manager**

For all versions of the Project's reports, the wider work of the Cardiff and the Vale Hospice and other Marie Curie sources of information, please use the links below or ring **0800 090 2309**: [www.mariecurie.org.uk/help/hospice-care/cardiff](http://www.mariecurie.org.uk/help/hospice-care/cardiff); [www.mariecurie.org.uk/media/press-releases/project-key-to-addressing-access-to-end-of-life-care-for-marginalised-groups/211377](http://www.mariecurie.org.uk/media/press-releases/project-key-to-addressing-access-to-end-of-life-care-for-marginalised-groups/211377); <https://www.mariecurie.org.uk/help/support>

# Seasonal Flu-jab and Shingles Vaccination



As a carer, you may have found that getting your flu immunisation was a little difficult for you this year. There were a number of reasons for this. For the first time, those over 65 years were offered a different immunisation than patients with chronic conditions under 65 years. Delivery of this new vaccine was delayed with some stock not delivered until the middle of November 2018. We do hope you have been able to have your vaccine.

Although you may have received it later than we usually suggest, you will have received it in time for the peak of the flu season, which usually is just after Christmas. We are already working to ensure this situation does not arise next year. Please remember it is not only important for the person you care for to be immunised but it is equally as important for you, as a carer, to be immunised against flu.

If you have not had an opportunity to get vaccinated, there is still time to be protected. If your GP is unable to offer you a vaccine, enquire at your local pharmacy as many are participating in the NHS scheme in Wales.

Please remember if you are unwell with cold or flu, take plenty of rest, keep yourself warm, and stay hydrated by drinking lots of fluids. Your GP will not be able to prescribe you antibiotics for colds and flu as they simply won't work.

If you have flu-like symptoms or have been in contact with someone with flu, please help us stop the virus spreading by not visiting our hospitals until you have been symptom-free for at least 48 hours.

## News

For the first Time this year, all staff caring for residents in Nursing Homes are being offered a free Flu immunisation at community Pharmacies.

From April 2019 Shingles immunisation will be offered to all between 70 and 80 years, until then only those 76 years of age are excluded. You remain eligible until you reach the age of 80 years. Like a lot of other health conditions, Shingles is more common and more severe as you get older.

There are lots of myths around as to how we develop shingles. We do not catch shingles, anyone who has ever had chickenpox can develop shingles and you can't catch shingles from chickenpox. In fact being in contact with chickenpox can boost your immunity and reduce the risk of developing shingles.

While some may only develop a mild infection it may leave you suffering from severe pain that can last for months or in some cases years. By being immunised you are reducing the risk of developing Shingles.

It appears many have not yet accessed this vaccine; if you are eligible to have it and have any questions, please contact your practice nurse who will be happy to answer them for you.

For more information visit

[www.nhsdirect.wales.nhs.uk/](http://www.nhsdirect.wales.nhs.uk/) and <http://www.cardiffandvaleuhb.wales.nhs.uk/page/78587>

## Shingles vaccination for those aged 70 to 79



# In the Spotlight: Forgotten Families

My name is Yasha Richards-Williams and I work for the Vale of Glamorgan Council as a Specialist Substance Misuse Lead Social Worker based at 'Newlands' in Barry.

On a Wednesday night in November 2018, I went along to 'Forgotten Families'. This is a peer support group open to anyone whom has been affected by another's alcohol or/and drug misuse.

Away from the cold and damp November evening, I found seven people sitting together (drinking tea along with plenty of biscuits and donuts) in a brightly lit and warm room in the Castlelands Community Centre (Barry). The group runs between 5 – 7pm every Wednesday. I stayed the full two hours and could have stayed longer.

I asked the group several questions about their 'varied roles' as relatives/carers;

## **Tell us about yourselves?**

All the group had relatives who were 'abusing' alcohol and/or illegal drugs such as cannabis, cocaine, heroin etc. These were their sons, husbands and brothers. This 'shared experience' had brought them all together.

*"in this room (i.e. the group) they just get it... you don't need to explain... they just know as they going through it"*

How long have you all been carers?

The years varied from 5 to 30 years, no one could be exactly sure.

*"... they grow up and you do what's necessary like... it's gradual... I don't think I saw a definite start or see an end to it..."*

*"We're not carers like traditional carers. Are we carers at all? Not like 'normal carers who do so many hours of help disabled or older people."*

*"I don't think I am (a carer)... it's been thrust on me and it's not regular like with carers... sometimes things are good and I'm not needed and sometimes it's not and I do a lot."*

*"I'm filling in for what's not out there ... there's little help so if I didn't do it who would?"*

## **What sort of issues do you have to cope with?**

*"The police phone me whenever he's in trouble...they always think I'm involved."*

*"When he's drunk he's a violent nasty drinker and gets into trouble and I end up right in there with him."*

*"He used to come to the house drunk, shout and break my windows."*

*"You can't escape because it's in your own home.. it's embarrassing... all the neighbours know like..."*

*"...life had become such a blur of incidents and trauma..."*

*"The police and other people judge like... They feel that you should sort out the problem or are part of the problem."*

*"...they (Health services) waited until he was suicidal before stepping in...things have to be really bad and then people help."*

*"hospitals didn't want him...they put him and me at the back of the queue...."*

*"you feel left to sort it out and when you can't you feel guilty..."*

What are the practical difficulties that you encounter?

*"I was paying money to keep him out of prison and ironically he ended up being caught up in a police sweep and is now in prison anyway."*

*"... jewellery, money....they all went missing..."*

*"My partner calls this the 'favourite families' (not forgotten families) because we spend so much time focusing on the 'problem child' he seems to be the favourite one and everyone else is over shadowed."*

*"you end up giving them all the attention..."*

*"...felt like I had to protect my husband"*



*from what had been going on (with her son). I tried to cope on my own...I didn't want his (husband's) health to suffer.."*

*"I can't even watch the t.v. without my son making me feel bad... it's hard to escape."*

*"I feel guilty having a drink and I'm not even a heavy drinker... people see me drink and ask me why I drink??"*

### **If you were Prime Minister for a day what policies/changes would you bring in?**

*"I would make sure families like ours would have more money to cope with all of this."*

*"Make things simpler and help there before things got to 'rock bottom' and everyone is cracking up..."*

*"Maybe look at how people get their money (benefits) so they don't get it all at once and binge on drugs or alcohol and then have no more money for a fortnight."*

*"Get mental health to help and not just blame on the drugs... they won't help my son and he's really unwell..."*

*"Maybe social places, not the pub, where people can go, hang out and not drink..."*

### **What changes (if anything) need to be made in society to make your lives easier?**

*"Stigma... stop blaming people for 'addicts' behaviour..."*

*"We... I am held responsible for what my brother does..."*

*"Less judgement from professionals too."*

*"Public and professionals need to be educated more about addiction and how to*

*see a problem growing before it becomes too big... I didn't notice for maybe 5 years..."*

*"Services need to join together...maybe one worker. Someone my son trusts to go through the process together with him..."*

### **For those carers who are nervous about seeking help, what would you say to them?**

*"I found out accidentally (about the group)... last year when I was at my lowest.. I was looking for help for my son when someone offered me help! Anyway my number was passed onto Lisa (a founder of the group) and she rang me the next day... for the first few weeks it was awful... I just cried but it was great because I felt relaxed here.... there is very rarely a week when I don't walk out of group feeling hopeful."*

*"It took effort to come here but I need to speak to people who understand the same situations and they just get it."*

*"I also learnt (from getting support) that I was not to blame for my son's lifestyle... we couldn't see this before I don't know why"*

A huge thanks to all those involved in writing this article.

To find out more about 'Forgotten Families' contact Lisa Prowse; **07767 736718** or visit [www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1752](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1752)

If you are a 'carer'/relative and would like some training/information on any aspect of alcohol misuse and/or illicit drug use please contact myself (Yasha) at Newlands Drug and Alcohol Team on **01446 700943** or visit [www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1958](http://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=1958).

## **Track the Act – Carers Survey**

Carers Wales have launched our Track the Act carers survey which aims to gather evidence from April 2018 to March 2019. The survey captures carers' day to day experience of their rights and support available through the Social Services and Wellbeing Act.

We would be grateful if as many carers as possible are able to complete this year's survey via this weblink

<https://www.surveymonkey.co.uk/r/TrackTheAct1819W>

# Physiotherapy Walking Aid Collection Service



Residents of Cardiff and the Vale of Glamorgan are being asked to return walking aids that they are no longer using.

This UHB initiative aims to not only reduce waste, but save thousands of pounds of valuable healthcare money too.

After an injury or operation, people are often issued with a walking aid, such as a frame or pair of crutches, on loan to get them mobile again.

But what happens to them when they are no longer needed? Many are left in garages and attics to gather dust. If unneeded equipment was returned, it could be refurbished and reissued to someone else, saving money as well as reducing waste.

Currently the UHB issues over 10,000 walking aids a year. Of these, only one in three is returned, and one in four is refurbished and reissued to someone else, saving the Health Board nearly £20,000 per year.

Sue Rees, Deputy Head of Physiotherapy Services for UHB said, "We are asking people to return any walking frames, crutches and three or four wheeled walkers that they have been loaned from the hospital or from a community service.

"Working together with the public we can refurbish more equipment for reuse, and help reduce waste and save money.

"The money we save from refurbishing equipment and recycling goes directly back into patient care, which helps us deliver the best services possible.

"If everyone shared this message with their friends and family and we could pull together and make a real difference."

Please return any walking aids that are in good condition and have been loaned to you, when you no longer need them, to one of the following locations.

## University Hospital of Wales

- Main reception - Concourse
- Physiotherapy Department/Fracture Clinic or Emergency Unit

## University Hospital Llandough

- CAVOC Reception / Physiotherapy Department

## Barry Hospital

- Main Reception

If you require any further information please contact Rob Skellett on **02920 746933** or Jade Coleman on **02920 742643**.

For collections of more than one medical aid, please contact: Vale of Glamorgan, Cardiff South & West **02920 712555**  
Cardiff North & East **02920 873672 / 6**

If you wish to return a wheelchair please call the Artificial Limb and Appliance Service on **02920 313905**.

## Services for carers

Holy Cross Church in Cowbridge will be holding services on the second Thursday each month for anyone in the role of unpaid carer (adults). The service lasts about half an hour; all are welcome to attend as well as stay afterwards to chat over a cuppa and a piece of cake. The next service will be at Thursday 14 February 2019 at 2.00pm in the Lanquian Aisle at Holy Cross. For further information contact Reverend Victoria Ashley [vicar@cowbridgeparish.com](mailto:vicar@cowbridgeparish.com) **01446 775381** or the Parish Administrator [office@cowbridgeparish.com](mailto:office@cowbridgeparish.com) **01446 772302**



# Carers Needed - Join Our Expert Panel of Carers!



The purpose of the panel is to ensure that the voices of carers are heard and for carers to be able influence, change and shape services that affect them.

The expert panel will be made up of carers from across Cardiff and the Vale with various caring experiences. They will be asked to advise:

- ❖ Us – Carers Trust South East Wales
- ❖ The Local Authority
- ❖ Other 3rd sector organisations
- ❖ Private sector organisations

This could include providing opinion and feedback on matters such as:

- ❖ New legislation, policies and procedures
- ❖ Special services or opportunities carers require
- ❖ How carers would like to be supported

The views of the panel will be listened to, represented, valued and taken forward by Carers Trust South East Wales to help improve services for all carers across Cardiff and the Vale, as well as influencing change nationally.

Dates and locations of new carers' panel have been confirmed as:

## Thursday 31 January

6:30pm – 8:30pm (includes light dinner from 6pm)

YMCA Barry, Court Rd, Barry, Vale of Glamorgan, CF63 4EE

## Thursday 28 February

1:00pm – 3:00pm (light lunch available from 12pm)

Pedal Power, Pontcanna Caravan Park, Off Dogo Street, Cardiff, CF11 9JJ

## Thursday 28 March

10:00am – 12:00pm (followed by light lunch)

YMCA Barry, Court Rd, Barry, Vale of Glamorgan, CF63 4EE

To find out more, contact Sian on **01495 769 996** or email [engagement@ctsew.org.uk](mailto:engagement@ctsew.org.uk)

**Caring Times is delighted to feature a carer who has allowed us to use a heartfelt poem they have written about their caring situation. Hannah Anning shares her thoughts about caring for her husband with dementia.**

### DEMENTIA

When days are dark and nights are long  
 I try very hard to be strong  
 My lovely husband's gone from me  
 I never thought that I would see  
 Carers for David instead of me.  
 Happy and contented we both were  
 Please somebody invent a cure.  
 Dementia is a curse from Hell  
 For a cure, my soul I'd sell.  
 Too many wards are full of pain  
 People suffering with their brain.  
 Loved ones crying, full of fear  
 What is Dementia? It's not clear.

I've spoken from my heart and soul  
 My husband's illness takes its toll  
 I must visit everyday  
 Just to see that he's okay  
 An empty house, an empty bed  
 I often wish that I were dead.  
 But then I know, he needs my love  
 So I just pray to God above  
 That somewhere, somehow there's a cure  
 With that thought, I can endure.

**H E Anning**



## Patient Experience team launches carer's overnight packs for Carers' Rights Day

As part of Carers' Rights Day, Cardiff and Vale University Health Board's Patient Experience Team are launching carer's overnight packs. These handy packs of essentials are for carers who unexpectedly find they have to stay in hospital overnight with the person they care for.

The packs contain travel sized toiletries for carers to be able to freshen up after an unforeseen night in hospital.

In the packs there is a discount voucher for the staff canteen in both University Hospital Llandough and University Hospital of Wales. This discount was agreed with the Commercial Services Manager as a way to encourage carers to take some time out when they are in the hospital to look after their own well-being.

The packs are being rolled out across the whole of the Cardiff and Vale University Health Board over the coming weeks. Ward staff in UHW and UHL are able to request the packs from the Patient Experience Team, Chaplaincy

Team, and during out of hours from the Site Practitioners. Wards in Barry Hospital and St David's Hospital will be given a small supply of packs to keep and more can be requested via the Patient Experience Team.

Angela Hughes, Assistant Director of Patient Experience said:

"Carers provide invaluable support to the people they look after. This year's Carers' Rights Day is about helping carers to care for their future, by providing information and support so they can maintain their own health and wellbeing. The packs are a small gesture from us to show carers that we are there to support them in any way we can."

If you are in a caring role and need more information and support please contact the Patient Experience team on **02920 745692**, visit the website [www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers](http://www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers) or email: [Suzanne.Becquer-Moreno@wales.nhs](mailto:Suzanne.Becquer-Moreno@wales.nhs)

## Woody's Lodge



Here at Woody's Lodge, we've found that it's easy for veterans of the Armed Forces and Emergency Services and their carers to fall through the cracks and become isolated or find that they stop socialising with friends as much after their service is finished. However, we provide a meeting space dedicated to helping veterans to reconnect with their peers as well as with their own friends and family, sharing their common experiences across all ages and

service background. We've found that with new-found friends or with old friendships rekindled, isolation and loneliness can become a thing of the past, as the problems of the world seem less overwhelming.

Woody's Lodge is a social hub for a wide variety of people connected to veterans, regardless of their age, experience or background. From family days and activities for the whole family to specific groups for female veterans or support for the carers of veterans, whether they're partners or children; here at Woody's we've discovered that by bringing people together, we can reduce isolation and help veterans to start re-building their lives.

Join us at Woody's Lodge for a brew and biscuit every Thursday 10am – 3pm

[www.woodyslodge.org/](http://www.woodyslodge.org/) or ring **01446 781792**

