Health and Wellbeing Bulletin

**Friday 20th November 2020**

Helo Pawb/Hello everybody,

Today’s snippets for your information!

Cofion gynnes,

Geraint



**The Daily Giggle:**



**North Wales Womens Centre, Job Opportunity:**



**Cronfa Datblygiad Plant Grantiau Bach y Trydydd Sector 2020/21**

**Child Development FundThird Sector Small grants 2020/21**

Please find information below regarding an opportunity to apply for a Child Development Fund small grant of up to £5,000.   (please scroll down after the Welsh message for the information in English)

Applications are requested to be submitted via the attached forms.

All service delivery and spend related to any grant awarded will need to be completed by the 31st March 2021

Please address any queries to [sc.commissioning@conwy.gov.uk](mailto:sc.commissioning@conwy.gov.uk)

Annwyl Ddarparwr

Gweler wybodaeth isod ynglŷn â chyfle i wneud cais am grant bach Cronfa Datblygiad Plant o hyd at £ 5,000.

Gofynnir i geisiadau gael eu cyflwyno trwy'r ffurflenni atodedig.

Bydd angen cwblhau'r holl gyflenwi a gwariant gwasanaeth sy'n gysylltiedig ag unrhyw grant a ddyfernir erbyn 31 Mawrth 2021.

Cyfeiriwch unrhyw ymholiadau at [sc.commissioning@conwy.gov.uk](mailto:sc.commissioning@conwy.gov.uk)

**Cronfa Datblygiad Plant**

**Grantiau Bach y Trydydd Sector 2020/21**

Mae Cyngor Bwrdeistref Sirol Conwy wedi neilltuo rhan o’i Gronfa Datblygiad Plant gan Lywodraeth Cymru i gynllun Grantiau Bach ar gyfer 2020/21. Fe hoffem ni wahodd sefydliadau trydydd sector sy’n gallu darparu gweithgareddau yn Sir Conwy wedi’u targedu at deuluoedd sydd â phlant 5 oed ac iau i wneud cais am hyd at £5,000.   
Mae’n rhaid i’r prosiectau gyfrannu at o leiaf un o’r nodau canlynol:

* Prosiectau a gweithgareddau sy’n darparu cefnogaeth ddatblygiadol ychwanegol i’r plant hynny (0-5 oed) a theuluoedd sydd mewn angen a than yr anfantais fwyaf a’r rhai sydd wedi’u heffeithio waethaf gan Covid-19
* Prosiectau a gweithgareddau sy’n cefnogi datblygiad lleferydd, iaith a chyfathrebu
* Prosiectau a gweithgareddau sy’n cefnogi datblygiad sgiliau motor mân a bras a datblygiad corfforol
* Prosiectau a gweithgareddau sy’n cefnogi datblygiad personol a chymdeithasol plant
* Unrhyw anghenion eraill sy’n benodol i ddatblygiad plant iau na 5 oed yn Sir Conwy sydd heb eu cynnwys yn yr uchod

Rydyn ni’n croesawu unrhyw syniadau sy’n bodloni’r gofynion uchod, ond yn benodol, rydyn ni’n chwilio am ddarpariaeth:

* Tylino babanod gan unigolion cymwys sy’n gallu darparu hyn wyneb yn wyneb gyda grwpiau bach mewn Canolfannau i Deuluoedd (gan gadw at reoliadau Covid-19 y Llywodraeth)
* Hyfforddiant Makaton a sesiynau i staff a theuluoedd
* Eich syniadau chi sy’n cyd-fynd â’r gofynion uchod i lenwi bwlch neu ddiwallu angen rydych chi wedi’i weld gan deuluoedd a chymunedau yng Nghonwy

**Child Development Fund**

**Third Sector Small grants 2020/21**

Conwy County Borough Council has allocated part of its Child Development Fund awarded by Welsh Government to a Small Grants scheme for 2020/21. We would like to invite third sector organisations who are able to deliver activities within Conwy County Borough targeted at families of children 0 – 5 years to apply for up to £5,000.   
The projects must contribute to at least one of the following aims:

* Projects and activities that provide additional developmental support to those children (0 – 5 years) and families who are in greatest need and disadvantage and who have been impacted most by Covid-19.
* Projects and activities which support the development of speech, language and communication
* Projects and activities which support the development of fine and gross motor skills, and physical development
* Projects and activities which support children’s personal and social development
* Any other needs which are specific to development of children under 5 in Conwy County Borough not captured above.

We welcome any ideas which meet the above criteria, but in particular we are seeking the delivery of:

* Baby massage by qualified individuals who are able to delivery this in person with small groups within Family Centres (operating within the government Covid-19 regulations)
* Makaton training and sessions for staff and for families
* Your ideas which fit in with the criteria above to fill a gap or a need that you have identified for families and communities in Conwy



**Community Care Hub – Scholarship Opportunity:**

Please see attached details of a PhD Research opportunity. The aim of this PhD research studentship is to explore a new social model of care in primary care with the purpose of delivering a holistic, streamlined Multi-Disciplinary Team (MDT) service that meets the medical, social and psychological needs of the local community in Wrexham.

Interested applicants who wish to discuss the role further can contact Dr Mary Lynch via email ([m.lynch@bangor.ac.uk](mailto:m.lynch@bangor.ac.uk)).



**Older Peoples Commissioner for Wales:**

**Hyfforddiant Gweithredu yn Erbyn Oedraniaeth am Bobl Hŷn**

**Ydych chi’n berson hŷn (dros 60 oed)? Hoffech chi wybod beth yn union yw gwahaniaethu ar sail oed a sut mae mynd i’r afael ag ef? Os felly, dewch i’n hyfforddiant, gweler y manylion isod.**

Mae oedraniaeth yn sail i nifer o’r problemau mae pobl hŷn yn eu hwynebu ar hyn o bryd, ac mae’n arwain at stereoteipiau negyddol, at bobl hŷn yn cael eu trin yn annheg, ac at beidio â pharchu a chynnal eu hawliau.

Gall oedraniaeth hefyd olygu y gwahaniaethir yn erbyn pobl hŷn pan fyddant yn ceisio defnyddio’r gwasanaethau, y cyfleusterau a’r cyfleoedd y mae eu hangen arnynt i’w helpu i heneiddio’n dda.

Cyn pandemig Covid-19, roedd Comisiynydd Pobl Hŷn Cymru yn darparu sesiynau hyfforddiant i bobl hŷn a’r rheini sy’n gweithio gyda nhw er mwyn helpu i ganfod a herio oedraniaeth a gwahaniaethu ar sail oed. Mae’r hyfforddiant wedi cael ei addasu nawr i fod yn sesiwn ar-lein yn benodol ar gyfer pobl hŷn.

Bydd y sesiwn yn cael ei chynnal dros Zoom a bydd yn para am ddwy awr yn cynnwys egwyl.

Os hoffech archebu lle yn yr sesiynau, dychwelwch y ffurflen archebu sydd ynghlwm i [post@olderpeoplewales.com](mailto:post@olderpeoplewales.com)

Mae’r Comisiynydd hefyd wedi datblygu taflen wybodaeth newydd - Gweithredu yn Erbyn Oedraniaeth - sy’n cynnwys ystod eang o wybodaeth am sut i adnabod a herio oedraniaeth a rhagfarn ar sail oedran. Os hoffech chi gael copïau o’r daflen, yna gadewch i ni wybod os gwelwch yn dda.

**Taking Action Against Ageism Training for Older People**

**Are you an older person (aged over 60)? Do you want to be able to identify age discrimination and have the tools to tackle it? Then please attend our training, see details below.**

Ageism underpins many of the issues currently faced by older people and results in negative stereotypes, older people being treated unfairly and their rights not being respected and upheld.

and age discrimination. If you would like to request copies of the leaflet, please let us know. Ageism can also mean that older people are discriminated against when trying to access the services, facilities and opportunities they need to help them to age well.

Before the Covid19 pandemic, the Older People’s Commissioner for Wales delivered training sessions for older people and those that work with them to help recognise and challenge ageism and age discrimination. The training has now been adapted to an online session specifically for older people.

The session will be run on Zoom and will last for two hours including a break.

If you would like to book a place at the session, please complete and return the booking form attached  to [post@olderpeoplewales.com](mailto:post@olderpeoplewales.com)

The Commissioner has also developed a new information leaflet - Taking Action Against Ageism - which includes a wide range of information about how to recognise and challenge ageism



**NWREN Racial Equality Questionnaire:**

The survey asks respondents from ethnic minority backgrounds for their experiences of local services.  Their answers will be used by the Welsh Government to make service improvements for North Wales.  The survey asks respondents to pick a minimum of two topics from Health, Housing, Employment, Education and Criminal Justice.  
   
As a thank you to the first 120 completed surveys each respondent will receive a £10 voucher. Please encourage as many ethnic minority individuals to participate.  
   
**The response deadline is Saturday 21st November** and a £10 voucher will be issued to the first 120 completed and submitted questionnaires.   Please follow the link below for the questionnaire:

[**https://docs.google.com/forms/d/e/1FAIpQLSf\_YoaHyxMOXUwlMVHDYfQYe5xVDCXY6MOobqGA1xynVKR9JQ/viewform**](https://docs.google.com/forms/d/e/1FAIpQLSf_YoaHyxMOXUwlMVHDYfQYe5xVDCXY6MOobqGA1xynVKR9JQ/viewform)

**NHS Wales Confederation:**

**You are invited to attend the Welsh NHS Confederation’s webinar with Nick O’Shea, Chief Economist at the Centre for Mental Health on Tuesday 8th December.**

*Please feel free to share the invitation with colleagues who may be interested.*

During the webinar, Nick will summarise the current economic situation across Wales and the UK, highlighting some of the ways that the COVID-19 pandemic has affected local communities. Nick will examine the link between recessions and mental health, with an emphasis on COVID-19 and how this has impacted primary care. Nick will also describe the COVID-19 mental health forecasting model developed by the Centre for Mental Health and the anticipated demand on mental health services and primary care services over the coming months.

Nick is Chief Economist at Centre for Mental Health. He is a macro-economist specialising in financial analysis, economic evaluation and investment cases for health and social care interventions. He also runs Ignition Brewery in South London which employs and trains people with learning disabilities to brew and serve great beer.

Nick has worked for a range of Government Departments, including the Department of Health and Home Office, and led the Cabinet Office's 'Adult's Facing Chronic Exclusion Programme'. Nick also worked on the 2010 Comprehensive Spending Review and the Supporting People settlement of £6.5bn. He was also previously Chairman of the Human Rights organisation, Liberty.

To **register for the event** **please go on Eventbrite**: <https://www.eventbrite.co.uk/e/the-impact-of-covid-19-on-the-economy-and-mental-health-registration-129894456817>

During the event, you will also have the opportunity to ask questions of our speaker. **Please send any questions ahead of the webinar to** [**info@welshnhsconfed.org**](mailto:info@welshnhsconfed.org)

**BAME Helpline:**

Attached please find our helpline promo leaflet for you to circulate far and wide with all your networks and connections please.



**Scam Alert Llanrhos/Llandudno Area:**

At 1pm today (19/11/2020), two men just rang the doorbell (Llanrhos/Llandudno area) saying they were from Conwy Council and were looking at giving people grants to replace their older boilers. They flashed a black clipboard at me with a Conwy Council letterhead, but not long enough so I could read it. They had no masks and were not wearing office clothes, but dressed like farmers wearing caps. I knew they were not from the council so I asked for ID and they said they had it in the van, so I

I sent them on their way saying I had a new boiler.

I immediately called the council Regulatory services, and guess what, they don’t send staff door to door offering boiler grants. I have alerted the police who are sending someone round the neighbourhood.

Sadly, our neighbourhood is constantly under attack from scammers.

Please be aware of these people and warn anyone.

**Procurement Notice: Provision of a  
Tier 0 Mental Health Support Service for BCUHB**

**Completed tenders required 11th December 2020 12pm.**  
 Please go to the Sell to Wales Website to register your interest.

Provision of a Tier 0 Mental Health Support Service for BCUHB  
As part of a wide programme of collaboration with Welsh Government, North Denbighshire Cluster is currently looking to contract for a Tier 0 Mental Health same day service across the cluster to provide urgent mental health support to adults when presenting initially with symptoms of crisis, anxiety, depression and stress.

**Covid-19 Prevention Programme:**



**Open Letter from Haven of Light CIC:**

I am writing to you as the Director and Project Coordinator of Haven of Light CIC - a non profit organisation based in Conwy which focus on the issues of modern slavery and human trafficking.

I was recently invited as a third sector representative on the North Wales Exploitation and Vulnerability Board, and I am very keen to that the voice of the third sector and our communities is heard at this level.

There are a lot of serious concerns around the abuses of modern slavery, county lines and trafficking in and through our North Wales corridor, with the highest number of referrals in the the UK National Referral Mechanism being young British citizens.  This should not be happening to our young people and the most vulnerable members of society.  We are aware that modern slavery offences are happening in food processing, garment manufacturing, car washes, nail bars, hospitality and agriculture, sexual exploitation, county lines, domestic servitude and other forms of abuse throughout the country.

I would be very grateful to hear from you and the groups that you represent about any concerns or issues that you have, which can be shared with the regional board.  Also, if you would like information around the prevention and awareness of modern slavery, please let our team know.

Please feel free to contact me.

With thanks

Ali Ussery

Haven of Light CIC

[Email : info@havenoflight.uk](mailto:info@havenoflight.uk)

Tel : 07929777347

**Opportunity to participate in social prescribing research:**

Do you work as a Link Worker or Social Prescriber? Are you employed by a non-NHS based organisation? Then we want to hear from you!

My name is Richard and I would like to talk to Link Workers and Social Prescribers, particularly those employed by non-NHS organisations, about their experiences of doing the job, to understand what training and support they receive and would like to receive, and how doing the work might impact their wellbeing and resilience By taking part you will help to actively improve people’s understanding of your job, and inform how Link Working/Social Prescribing can be developed to benefit the people doing the work, now and in the future.

Are you currently:

1) Doing Link Worker/Social Prescribing work?

2) Not employed by the NHS?

3) Would you like to have your voice heard during a confidential, one-off conversation by phone or online virtual meeting?

Then please **email me for more information Richard Waterman, Trainee Clinical Psychologist, University of Leicester** [**rw289@leicester.ac.uk**](mailto:rw289@leicester.ac.uk)

**Open Letter, Conwy Homestart:**

Please see the attached letter, circulated at the request of Conwy Home Start.

Gweler y llythyr atodedig, a gylchredwyd ar gais Conwy Home Start.



**Public Health Wales Screening Engagement:**

**Arolwg ymgysylltu Sgrinio a Brechu COVID-19 Iechyd Cyhoeddus Cymru**

Annwyl Cydweithiwr,

Mewn ymateb i bandemig COVID-19, gohiriwyd rhai o wasanaethau sgrinio’r GIG. Wrth i wasanaethau gael eu hail-gyflwyno, mae Timau Ymgysylltu â Sgrinio a Brechu Iechyd Cyhoeddus Cymru yn adolygu’r ffordd y caiff ymgysylltu â’r gymuned ei gyflawni.

Fel sefydliad sy’n gweithio gyda chymunedau, hoffem wybod sut rydych wedi addasu’ch gwasanaethau ar yr adeg hon. Hoffem ddarganfod hefyd sut mae pobl yn teimlo am gael mynediad at raglenni sgrinio a brechu’r GIG ar yr adeg hon.

A fyddech cystal â chwblhau’r arolwg byr hwn a fydd llywio datblygiad ein cynlluniau ymgysylltu â’r gymuned er mwyn helpu i godi ymwybyddiaeth o sgrinio a brechu.

[**Dolen Arolwg**](https://www.smartsurvey.co.uk/s/XQZJYH/)

Bydd yr arolwg yn cau ar **Rhagfyr 11 2020**. Efallai y byddwch yn dymuno ymgysylltu â’ch defnyddwyr gwasanaeth, neu cydweithwyr i lywio’ch ymateb.

Mae canlyniadau’r arolwg hwn yn ddienw a gellir eu rhannu â thimau eraill yn Iechyd Cyhoeddus Cymru ac â phartneriaid allanol.

Diolch am roi o’ch amser.

Tim Ymgysylltu â Sgrinio

**Public Health Wales Screening and COVID-19 vaccination engagement survey**

Dear Colleague,

In response to the COVID-19 pandemic, some of the NHS screening services were paused. As services are re-instated, Public Health Wales’ Screening Engagement and Vaccination Teams are reviewing the way in which community engagement is carried out.

As an organisation working with communities, we would like to know how you have adapted your services at this time. We would also like to find out how people feel about accessing the NHS screening and vaccination programmes at this time.

Please complete this short survey which will inform the development of our community engagement plans to help raise awareness of screening and vaccinations.

[**Survey link**](https://www.smartsurvey.co.uk/s/S6FJVM/)

The survey will close on **December 11 2020**. You may wish to engage with your service users to inform your response, or share with colleagues.

The results from this survey are anonymous and may be shared with other teams within Public Health Wales and external partners.

Thank you for your time.

Screening Engagement Team