Health and Wellbeing Bulletin

**Tuesday 24th November 2020**

Helo Pawb/Hello everybody,

Today’s snippets for your information!

Cofion gynnes,

Geraint



**The Daily Giggle:**



|  |  |
| --- | --- |
| **Arolwg cleifion ar gyfer Bwrdd Iechyd Prifysgol Betsi Cadwaladr**  Rydym yn gwahodd pobl sy'n byw yng Ngogledd Cymru i ddweud wrthym am wasanaethau fferyllol yn eu hardal.  Mae'r gwasanaethau rydyn ni'n edrych arnyn nhw'n cynnwys gwasanaethau lleol y mae cleifion yn eu derbyn gan fferyllfeydd (neu cemist). Er mwyn darparu darpariaeth gwasanaethau fferyllol effeithiol, mae angen i ni adolygu'n rheolaidd pa wasanaethau sydd gennym, yr hyn sydd ei angen ar bobl leol, a sut y gallai pethau newid yn y dyfodol.  Mae golygfeydd yn bwysig i ni felly anogwch unigolion i sbario ychydig funudau i lenwi'r holiadur hwn.  Cyhoeddir canlyniadau ein holiadur ar ffurf asesiad anghenion fferyllol drafft (PNA) a chynhelir ymgynghoriad 60 diwrnod ar y ddogfen honno ym mis Mawrth neu Ebrill y flwyddyn nesaf.  Hoffem ddeall profiadau o fynd i fferyllfa cyn ac yn ystod y pandemig fel y gallwn gynllunio orau ar gyfer gwasanaethau wrth symud ymlaen.  Gall unrhyw un sy'n dymuno cymryd rhan yn yr Arolwg Gwasanaethau Fferylliaeth - gyrchu'r arolwg trwy'r ddolen isod ...  [***https://www.pccevents.co.uk/pcc/frontend/xt/xtTsurveyPage.csp?pageID=1292763***](https://www.pccevents.co.uk/pcc/frontend/xt/xtTsurveyPage.csp?pageID=1292763)  neu gan sganio’r Côd QR isod…    Diolch em eich cefnogaeth | **Patient survey for Betsi Cadwaladr University Health Board**  We are inviting people living in North Wales to tell us about pharmacy services in their area.  The services we are looking at include local services that patients receive from pharmacies (or chemists). To deliver effective pharmacy services provision, we need to regularly review what services we have, what local people need, and how things might change in the future.  Views are important to us so please encourage individuals to spare a few minutes to complete this questionnaire.  The results of our questionnaire will be published in the form of a draft pharmaceutical needs assessment (PNA) and a 60 day consultation on that document will take place in March or April next year.  We would like to understand experiences of going to a pharmacy before and during the pandemic so that we can best plan for services going forward.  Anyone wishing to participate in the Pharmacy Services Survey – can access the survey via the link below…  [***https://www.pccevents.co.uk/pcc/frontend/xt/xtTsurveyPage.csp?pageID=1290255***](https://www.pccevents.co.uk/pcc/frontend/xt/xtTsurveyPage.csp?pageID=1290255)  or by scanning the QR Code below…    Thank you for your support |

**Invitation to Lunch and Learn Seminar-500 stories: Social Care in Wales**

Measuring the Mountain is a Welsh Government funded project looking at people’s experiences of using care and support services and of being an unpaid carer.  Jin 2019/20 the project collected over 500 stories from people across Wales that highlight the variety of people’s experiences.   
   
**In this event on 10th December 2020**, Project Manager **Katie Cooke** will outline the emerging themes from the stories, with a particular focus on those that relate to unpaid carers, and what contributed to the more positive experiences.  **This event is primarily for professionals who work in carers’ services, care workers, social workers and commissioners**

[**https://drive.google.com/file/d/125P5dxc4DXjUri-TNif5VoP9LPr8t116/view**](https://drive.google.com/file/d/125P5dxc4DXjUri-TNif5VoP9LPr8t116/view)

**Funding Wales**

Funding Wales is a funding search platform for the third sector in Wales.   Developed by Third Sector Support Wales the site enables third sector organisations to search hundreds of grant and loan finance opportunities from local, national and international sources. In addition to funding opportunities, the site includes news items, information and guidance to help ensure that organisations are equipped with all the tools needed to make good funding applications. It is free to register and use:

[**https://funding.cymru/**](https://funding.cymru/)

**Social Care Wales:**

|  |  |
| --- | --- |
| Rydym yn cynnig cyfres o sesiynau hyfforddi ‘bitesize’ ar ofal diwedd oes a dementia.  Mae'r sesiynau ar-lein hyn yn agored i unrhyw un sy'n darparu gofal i bobl sy'n byw gyda dementia. Mae'r sesiynau wedi'u hanelu at reolwyr sy'n gallu rhannu'r hyn y maent wedi'i ddysgu gyda'u timau, ond mae croeso i weithwyr gofal unigol a gofalwyr teuluol ymuno hefyd.  Mae pob sesiwn yn para tua hanner awr. Gallwch ddewis mynychu cymaint o'r sesiynau ag y byddwch yn eu hoffi. Bydd siaradwr, adnoddau defnyddiol a cyfle i ofyn cwestiynau yn ystod pob sesiwn.  Byddwn hefyd yn cynnal sesiwn gydgrynhoi arall i chi ddod yn ôl a rhannu unrhyw beth rydych wedi'i wneud yn wahanol o ganlyniad i'r sesiynau a thrafod unrhyw rwystrau a wyneboch neu atebion a deuthoch o hyd iddynt.  Mae’r dolen archebu ar gael yma.  Gofal diwedd oes a dementia  Sesiwn 1 – 4 ar Ddydd Mawrth 8fed Rhagfyr (11:30 i 15:00)  <https://www.eventbrite.co.uk/e/end-of-life-care-and-dementia-gofal-diwedd-oes-a-dementia-registration-129664603319>  Gofal diwedd oes a dementia  - Sesiynau 5 – 8 ar Ddydd Llun 14 Rhagfyr (11:30 i 15:00)  <https://www.eventbrite.co.uk/e/end-of-life-care-and-dementia-gofal-diwedd-oes-a-dementia-registration-129730434221> Gofal diwedd oes a dementia -  Sesiwn gydgrynhoi ddydd Mawrth 12fed Ionawr 2021  <https://www.eventbrite.co.uk/e/gofal-diwedd-oes-a-dementia-end-of-life-care-and-dementia-registration-129847917617> | We are running a series of bitesize training sessions on end of life care and dementia.  These online sessions are open to anyone providing care to people living with dementia. The sessions are aimed at managers who can share what they’ve learned with their teams, but individual heath and care workers and family carers are welcome to join too.  Each session lasts around half an hour. You can choose to attend as many of the sessions as you like. There will be a speaker, useful resources and a chance to ask questions during each session.  We’ll also be holding a further drop-in session for you to come back and share anything you’ve done differently as a result of the sessions and discuss any barriers you faced or solutions you found.  The booking link is available here.  End of life care and dementia  Sessions 1 – 4 on Tuesday 8th December (11:30 to 15:00)  <https://www.eventbrite.co.uk/e/end-of-life-care-and-dementia-gofal-diwedd-oes-a-dementia-registration-129664603319>  End of life care and dementia  Sessions 5 – 8 on Monday 14th December (11:30 to 15:00)  <https://www.eventbrite.co.uk/e/end-of-life-care-and-dementia-gofal-diwedd-oes-a-dementia-registration-129730434221>  End of life care and dementia -  Consolidation session on Tuesday 12th January 2021 (14:00 to 15:30)  <https://www.eventbrite.co.uk/e/gofal-diwedd-oes-a-dementia-end-of-life-care-and-dementia-registration-129847917617> |

**Wales Neurological Alliance:**

Dear all, please spread the news to anyone who may benefit.  I have attached a poster that can be circulated, added to social media/websites etc........

Wales Neurological Alliance are delighted to announce that we have been awarded some vital funding from the National Lottery.  The purpose of this funding is to help support those living with a neurological condition to use digital technology more effectively during the COVID-19 pandemic.

In partnership with Digital Communities Wales (DCW) we are offering a number of training sessions from December 2020 to August 2021.  The first session will be held on **07.12.20**, please use the link provided below or on the poster attached to register your interest.

**07.12.20, 2.00-4.00 PM**

**Title**: Supporting people living with a neurological condition to use technology during the COVID 19 pandemic - Digital Carousel

**Registration link:**  <https://zoom.us/meeting/register/tJItcu2oqD4pGtz-P1NAC8mraB5sbrFsyeFJ>

**Description**

This session is aimed at staff, volunteers and professionals and will run for about 2 hours. Within that time you will be placed into a room with other member organisations of Wales Neurological Alliance and you will have the opportunity to look at five subjects: Keeping in touch, Keeping occupied, Accessibility, Wellbeing, Digital storytelling.  A brief description of these topics is attached for information.

**16.12.20, 10.00-11.00am**

**Title**: Supporting people living with a neurological condition to use technology during the COVID 19 pandemic - Keeping in touch & using ZOOM

**Registration link:**  to follow

**Description:**

This session will be aimed at staff, volunteers, health professionals, carers and those living with a neurological condition - more details to follow.

Please circulate as widely as possible to anyone who might benefit from this training.

**Womens Equality Network:**

We want to make you aware of a new UK wide study to learn more about women's experiences of kidney disease, decisions about having children and their experiences of pregnancy and having children.   If you are a woman, aged 18-50, resident in **the UK and diagnosed with kidney disease we encourage you to take part**. It does not matter if you have children or not or had them sometime ago, we want hear from you. The survey asks about things like CKD stage, current circumstances, previous pregnancy (if relevant), information preferences, support networks as well as experiences of COVID 19. The survey will tailor itself to you depending on your responses so rest assured your views really are important.

Findings will help us develop new shared decision making tools to help better support women with the sometimes complicated and emotional decisions they may need to make about having children or not.

To hear more about this study, check if you are eligible to take part and share your views you can get in touch via any of the contact details below. You can also go directly to the online survey via the link below or scan the QR code on the attached poster. We look forward to hearing from you.

Survey link: <https://cardiff.onlinesurveys.ac.uk/ckd-engage>  
Website: <http://www.kidneyresearchunit.wales/impact-case-studies.htm>? id=34  
Email: [l.mclaughlin@bangor.ac.uk](mailto:l.mclaughlin@bangor.ac.uk)  
Twitter: @kidneypregnancy



**DATGANIAD NEWYDDION**

**TACHWEDD 2020**

**CORFF GWARCHOD** **IECHYD YN GOFYN I BOBL I SIARAD AM WASANAETHAU IECHYD MEDDWL**

Mae corff gwarchod gwasanaethau iechyd annibynnol Gogledd Cymru - Cyngor Iechyd Cymuned Gogledd Cymru (CICGC) - yn awyddus i glywed gan bobl sydd â phrofiadau o Wasanaethau Iechyd Meddwl yng Ngogledd Cymru

Bydd CICGC yn cynnal cyfres o ddigwyddiadau ar Zoom yn gwahodd staff y GIG, cleifion, eu gofalwyr a'u teuluoedd i siarad am Wasanaethau Iechyd Meddwl.  Bydd y digwyddiadau cyntaf yn cael eu cynnal ar y 10fed o Ragfyr a bydd yn canolbwyntio ar Wasanaethau Iechyd Meddwl Cymunedol.  Bydd digwyddiadau eraill yn canolbwyntio ar agweddau eraill o wasanaethau Iechyd Meddwl yn cynnwys;

* Gofal Iechyd Meddwl Pobl Hyn
* Gwasanaethau Camddefnyddio Sylweddau
* Anableddau Dysgu
* Oedolion a phroblemau Iechyd Meddwl Gweithredol / Gwasanaethau Seiciatryddol Oedolion
* CAMHS a Throsglwyddo i Wasanaethau Oedolion

Dywedodd Mr Geoff Ryall-Harvey, Prif Swyddog CICGC *“Mae hyn yn gyfle i bobl gael dweud eu dweud am ddyfodol gofal iechyd meddwl yng Ngogledd Cymru.  Mae’n hanfodol ein bod yn cyflwyno profiadau ac awgrymiadau pawb sy’n defnyddio gwasanaethau iechyd meddwl i’r rhai sy’n gwneud penderfyniadau a pholisïau”*

Aeth Mr Ryall-Harvey ymlaen i ddweud “Rydym eisiau clywed gan gymaint â phosib am brofiadau o Wasanaethau Iechyd Meddwl ar draws Gogledd Cymru.  Bydd y digwyddiadau wedi eu strwythuro o amgylch nifer o agweddau megis canmoliaeth, pryderon a chwynion, cynllunio gofal, darparu gofal a chyfathrebu.  Rydym yn deall, ar rai adegau, mae’n well gan bobl rannu eu profiadau a ni yn gyfrinachol, a byddwn yn sicrhau bod man diogel i hwyluso trafodaethau o’r math”

Os hoffech fynychu unrhyw un o'r digwyddiadau neu i gael rhagor o wybodaeth, cysylltwch â Chyngor Iechyd Cymuned Gogledd Cymru ar y rhif ffôn canlynol: 01248 679284 (*nodwch fod system peiriant ateb ar waith - gadewch neges os gwelwch yn dda a bydd aelod o'n tîm mewn cysylltiad â chi*) neu e-bost [ppe@waleschc.org.uk](mailto:ppe@waleschc.org.uk)

Mae modd i chi hefyd gofrestru eich presenoldeb ar ein ap SurveyMe drwy ddefnyddio'r ddolen ganlynol

<https://svy.at/ryz1g>

**UK-E4AS-7EAE**



***NB Mae cofrestru ar sail cyntaf i’r felin, ond byddwn yn cynnal sesiynau ychwanegol yn ôl yr angen.***

**Nodyn ar gyfer golygyddion**

1.  Mae Cyngor Iechyd Cymuned Gogledd Cymru (CIC) yn gorff statudol annibynnol sy’n cynrychioli buddiannau’r cleifion a’r cyhoedd yn y Gwasanaeth Iechyd Gwladol yng Ngogledd Cymru.  Daeth i fodolaeth ar y 1af Ebrill 2010 fel rhan o ad-drefnu gwasanaethau iechyd yng Nghymru ac mae’n cynnwys siroedd Conwy, Sir Ddinbych, Sir y Fflint, Gwynedd, Wrecsam ac Ynys Môn.  Mae poblogaeth gyfun y chwe sir oddeutu 678, 800.

2.  Mae gan y Cyngor Iechyd Cymuned chwe phwyllgor lleol, un i bob un o’r chwe sir.  Mae pob pwyllgor lleol yn cynnwys aelodau o dair ffynhonnell: cynghorwyr a enwebwyd gan yr awdurdod lleol perthnasol, pobl a enwebwyd gan fudiadau yn y sector gwirfoddol lleol a phobl leol a benodwyd gan Lywodraeth Cymru.

Diwedd

**N E W S     R E L E A S E**

**NOVEMBER 2020**

**HEALTH WATCHDOG ASKS PEOPLE TO TALK ABOUT MENTAL HEALTH SERVICES**

The independent health services watchdog for North Wales – the North Wales Community Health Council (NWCHC) - is keen to hear from people who have experiences of Mental Health Services in North Wales.

The NWCHC will be hosting a series of events on Zoom inviting NHS staff, patients, their carers and their families to talk about Mental Health Services. The first events will be taking place on 10th December and will focus on Community Mental Health Services.  Further events will focus on other aspects of the Mental Health Services including;

* Older Persons Mental Health Care
* Substance Misuse Services
* Learning Disabilities
* Adults with Functional Mental Health Problems / Adult Psychiatric Services
* CAMHS & the Transition to Adult Services  
  Mr Geoff Ryall-Harvey, Chief Officer for NWCHC said “*This is an opportunity for people to have a say in the future of mental health care in North Wales.  It is vital that we present the experiences and suggestions of all those who use mental health services to those who make decisions and policies*”

Mr Ryall-Harvey went on to say “*We want to hear from as many as possible about experiences of Mental Health Services across North Wales. The events will be structured around a number of aspects such as compliments, concerns and complaints, care planning, care provision and communication.  We understand that in some instances, people might wish to share experiences in a more confidential way and we will ensure that there is an opportunity for such discussions to take place privately”*.

Should you wish to attend any of the events or for further information please contact the North Wales Community Health Council on tel: 01248 679284 (*nb there is an answerphone system in operation – please leave a message and a member of our team will be in touch*) or e-mail [ppe@waleschc.org.uk](mailto:ppe@waleschc.org.uk)

You can also register your attendance via our SurveyMe app by using the following link:

<https://svy.at/ryz1g>

**UK-E4AS-7EAE**



***NB Registration is on a first come, first served basis but we will put on additional sessions as necessary***



**North Wales PACT:**

It’s that time of year again when we run our *Your Community Your Choice* fund and I would be very grateful if you could circulate this opportunity amongst your community groups and encourage them to apply.

This year we have made £60,000 available from the police commissioner’s fund and the proceeds of crime recovered from criminals.

We are encouraging community groups to apply again this year and we want to hear from as many as possible who want to use this money for projects that support our communities.

The Your Community Your Choice scheme was launched to reward local crime busters across the region and North Wales Police and Crime Commissioner Arfon Jones is urging community groups to bid for a share of the pot.

**Up for grabs are three grants of up to £2,500 for groups in each of the six counties of North Wales and three grants of up to £5,000 for organisations working in three or more counties.**

This is the eighth year of the scheme which is organised by the police and crime commissioner in conjunction with North Wales Police and the North Wales Police and Community Trust (PACT).

Over that period a total of £310,000 has been awarded to 106 projects working to support the priorities in the commissioner’s Police and Crime Plan which sets out a blueprint for policing North Wales.

**Entries close on Friday, December 11**, with the Your Community, Your Choice entry form available on the Police Commissioner’s website, North Wales Police website and PACT website.

A shortlist of applicants will be chosen by a special panel with the winners being decided by a public vote.

The cash for the awards comes partly from money seized by the courts through the Proceeds of Crime Act with the rest from the Police Commissioner’s Fund.

Please find attached the Application Pack which should be returned to:

[yourcommunityyourchoice@nthwales.pnn.police.uk](mailto:yourcommunityyourchoice@nthwales.pnn.police.uk)

further details can be found at:

<https://www.northwales-pcc.gov.uk/en/News/Latest-News/2020/60000-pot-gives-power-to-people-over-cash-seized-from-criminals.aspx>

[www.northwales-pcc.gov.uk](http://www.northwales-pcc.gov.uk)

and

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

Dyma'r adeg o'r flwyddyn eto pan fyddwn yn cyflwyno ein cronfa Eich Cymuned, Eich Dewis.

Eleno mae cronfa o £60,000 ar gael fydd yn “rhoi’r penderfyniad yn nwylo’r bobol”  i benderfynu pwy fydd yn derbyn arian a atafaelwyd o droseddwyr yng Ngogledd Cymru.

Yr ydym yn annog grwpiau cymunedol i wneud cais eto eleni ac rydym am glywed gan gynifer ag sy'n bosibl sydd am ddefnyddio'r arian hwn ar gyfer prosiectau sy'n cefnogi ein cymunedau.

Cafodd cynllun Eich Cymuned Eich Dewis ei lansio i wobrwyo grwpiau sy’n ymladd trosedd ar draws yr ardal ac mae’r Comisiynydd Heddlu a Throsedd yn annog grwpiau cymunedol i wneud cais am ran o’r gronfa.

Mae yna dri grant o hyd at £2,500 ar gael ar gyfer grwpiau ym mhob un o’r chwe sir yng Ngogledd Cymru a thri grant o hyd at £5,000 ar gyfer trefnwyr sefydliadau sy’n gweithio mewn tair neu fwy o siroedd.

Dyma wythfed flwyddyn y cynllun a drefnir gan y Comisiynydd Heddlu a Throsedd ar y cyd â Heddlu Gogledd Cymru ac Ymddiriedolaeth Heddlu Gogledd Cymru a’r Gymuned (PACT).

Dros y cyfnod hwnnw dyfarnwyd cyfanswm o £310,000 i 106 o brosiectau sy'n gweithio i gefnogi'r blaenoriaethau yng Nghynllun Heddlu a Throsedd y Comisiynydd sy'n nodi glasbrint ar gyfer plismona Gogledd Cymru.

Bydd y ceisiadau'n cau ddydd Gwener, 11 Rhagfyr, gyda ffurflen mynediad  Eich Cymuned, Eich Dewis ar gael ar wefan Heddlu Gogledd Cymru gyda dolen iddi ar wefan Comisiynydd yr Heddlu.

Bydd rhestr fer o ymgeiswyr yn cael ei llunio gan banel arbennig gyda'r enillwyr yn cael eu dewis drwy bleidlais gyhoeddus.

Daw'r arian ar gyfer y gwobrau yn rhannol o arian a atafaelir gan y llysoedd drwy'r Ddeddf Enillion Troseddu gyda'r gweddill o Gronfa Comisiynydd yr Heddlu

