



Older People's Newsletter

Cylchlythyr Pobl Hŷn

Information You Can Pick Up, Read, & Share.

Gwybodaeth Y Gallwch Eu Darllen A'u Rhannu'n Rhwydd.

Fforymau Pobl Hŷn

Hydref 1^{af} yw Diwrnod Rhyngwladol Pobl Hŷn y Cenhedloedd Unedig. Mae'r diwrnod hwn yn cael ei ddathlu bob blwyddyn i gydnabod cyfraniadau pobl hŷn ac i dynnu sylw at faterion sy'n effeithio ar eu bywydau.

Fodd bynnag, hyd yn oed gyda llawer o wasanaethau a sefydliadau lleol yn cynnig dathliadau, partïon te a mwy, mae Diwrnod Rhyngwladol Pobl Hŷn yn ymddangos yn ddigwyddiad tawel yn Sir Conwy. Mae hynny'n dipyn o syndod o ystyried bod bron i draean y bobl sy'n byw yng Nghonwy dros 65 oed, sy'n golygu mai dyma'r sir â'r ganran uchaf o bobl hŷn yn y DU.

Er nad ydw i'n rhy hoff o 'Ddiwrnodau Rhyngwladol', rwy'n credu bod rhai pethau y dylid eu cofio. Mae dathlu pen-blwydd neu gyflawniad yn ffordd o ddangos gwerthfawrogiad a pharch ac o atgoffa pobl o'u gwerth.

Efallai na cheir gorymdaith i ddathlu pobl hŷn yn y dyfodol agos, ond hoffwn i ddiolch i chi i gyd am yr holl straeon rydych chi wedi'u rhannu, yr ymddiriedaeth rydych chi'n ei rhoi yn of wrth rannu, yr holl chwerthin gogoneddus rydyn ni wedi'i fwynhau gyda'n gilydd, ac am bopeth rydych chi wedi'i gyfrannu ac yn parhau i'w gyfrannu i Gymru.

Older People's Forums

October 1st is the United Nations International Day of Older Persons. This day is celebrated every year to recognise the contributions of older people and to highlight issues that affect their lives.

How ever many local services and organisations offering celebrations, tea parties and more, the day seems a quiet affair in Conwy County. Somewhat perplexing given almost one third of people living in Conwy are over 65, making it the county with the highest percentage of older people in the UK.

Whilst not the biggest fan of 'International Days', I do believe that some things should be commemorated. Celebrating a birthday or an achievement is a way of showing appreciation, respect and letting the celebrated know we see their worth.

Perhaps older people won't be getting a parade any time soon, but I would like to thank you all for the many stories you have shared, the trust you put in me when confiding, the many moments of glorious laughter, and for all you have contributed and continue to contribute to Wales.

English page 7

Pwy sy'n Talu am Gartrefi Gofal yng Nghymru?

Mae llawer o aelodau'r fforwm wedi bod yn gofyn pwy sy'n talu'r ffioedd pan fyddwch yn mynd i gartref gofal, a beth mae hynny'n ei olygu i'w cynilion neu eu heiddo.

Mae Deddf Gofal 2014 a'i chanllawiau statudol yn nodi'r rheolau y mae'n rhaid i awdurdodau lleol eu dilyn wrth ymchwilio i honiadau posibl o amddifadu o asedau. Gall awdurdodau lleol drin trafodion teuluol fel rhai amheus, hyd yn oed pan fo rhesymau clir dros y trefniadau nad oes a wnelont ddim ag osgoi ffioedd gofal yn y dyfodol.

Mae Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) yn gosod rhai rheolau fel a ganlyn:

- Y trothwy cyfalaf i bobl sydd mewn gofal preswyl yw £50,000.
- Dim ond materion ariannol y sawl sy'n cael ei asesu y gall yr asesiad ariannol eu hystyried. Os oes gennych gynilion/cyfalaf neu incwm fel rhan o gwpl, tybir yn gyffredinol fod gan bob person gyfran gyfartal.
- Os oes gennych gyfalaf o dan £50,000, bydd yr awdurdod lleol yn talu ffioedd eich cartref gofal, er y gellir defnyddio eich incwm (pensiynau a budd-daliadau) i gyfrannu. Fodd bynnag, rhaid i awdurdod lleol sicrhau eich bod yn cael swm o'ch incwm eich hun i'w wario ar eitemau personol megis dillad. Ar hyn o bryd, yr isafswm incwm yw £39.50 yr wythnos.

A fydd Rhoi Arian yn effeithio ar eich Costau Cartref Gofal?

Os oes gennych anghenion gofal, gallwch wario eich incwm, eich cynilion a'ch cyfalaf sut bynnag y dymunwch. Mae hyn yn cynnwys talu am ofal gartref neu am gartref gofal o'ch dewis, ac mae hyd yn oed yn cynnwys rhoi rhoddion i ffrindiau a theulu.

Fodd bynnag, ni ddylech geisio osgoi talu am ofal drwy leihau eich asedau'n fwriadol.

Ystyr **amddifadu o asedau** (*deprivation of assets*) yw pan fydd rhywun yn mynd ati'n fwriadol i leihau ei asedau (fel eiddo neu gynilion) fel na fyddant yn cael eu cynnwys mewn asesiad ariannol ar gyfer ffioedd cartref gofal. Gallai hyn fod os byddwch yn trosglwyddo gweithredoedd eich cartref i un o'ch plant ychydig cyn y bydd angen i chi fynd i ofal neu'n rhoi degau o filoedd o bunnoedd i'ch teulu.

Yn wahanol i dreth etifeddiant, nid oes "rheol 7 mlynedd" ar gyfer rhoi yng nghyd-destun **amddifadu o asedau**. Nid oes terfyn amser i ymchwiliadau gwasanaethau cymdeithasol o ran pa mor bell yn ôl y mae amddifadu o asedau yn mynd.

Wrth i'r Nadolig agosáu, efallai y bydd rhai ohonoch yn ystyried rhoi rhoddion ariannol i'ch anwyliaid - neu eich bod yn meddwl am symud i gartref llai a mynd i fyw gyda'ch plentyn sy'n oedolyn gan ddefnyddio'r elw o werthu'r tŷ i dalu morgais eich plentyn a thalu am estyniad.

Gall hyn swnio fel trefniant synhwyrol, gyda theuluoedd yn helpu ei gilydd, ond yn aml dyma'r senarios sy'n arwain at broblemau yn ddiweddarach pan fyddwch yn datblygu anghenion gofal sylweddol ac yn dechrau ystyried cartref gofal.

Cyn ystyried rhoi, trosglwyddo eich eiddo neu wneud trefniadau byw aml-genhedlaeth, dylech ofyn am gyngor gan dwrnai neu ymgynghorydd ariannol annibynnol.

Mae awdurdodau lleol fel arfer yn amheus o unrhyw drafodion neu drosglwyddiadau mawr a wneir, o fewn cyfnod byr o amser, pan fydd rhywun yn hŷn, gan ostwng eu hasedau o dan y trothwy **£50,000** lle byddant fel arfer yn gymwys i gael cyllid gofal cymdeithasol sy'n seiliedig ar brawf modd.

Dyma'r ffactorau y bydd awdurdod lleol yn eu hystyried wrth benderfynu a fu amddifadu bwriadol o asedau er mwyn osgoi taliadau gofal:

- P'un a oedd osgoi'r tâl gofal a chymorth yn gymhelliant sylweddol
- Amseriad gwaredu'r ased – ar yr adeg y gwaredwyd y cyfalaf, a fyddai gan yr unigolyn ddisgwyliad rhesymol o'r angen am ofal a chymorth?
- A oedd gan yr unigolyn ddisgwyliad rhesymol y byddai angen cyfrannu at gost ei anghenion gofal cymwys?

Os caiff yr honiad o amddifadu bwriadol ei gadarnhau, mae'r gwasanaethau cymdeithasol yn debygol o wrthod talu unrhyw beth tuag at ffioedd eich cartref gofal, neu gostau gofal yn y cartref. Os ydych chi eisoes mewn cartref gofal, bydd y cartref gofal yn cyflwyno rhybudd oherwydd ôl-ddyledion ffioedd gofal.

Gall y gwasanaethau cymdeithasol hefyd geisio adennill yr asedau a drosglwyddwyd neu a roddwyd oddi wrth yr anwyliaid a dderbyniodd yr arian neu'r eiddo. Bydd yr awdurdod lleol yn cyfrifo gwerth eich ystâd cyn ei hamddifadu o asedau, a gallech gael eich erlyn gan eich awdurdod lleol. Fel gydag unrhyw ddyled arall, gall y gwasanaethau cymdeithasol ddefnyddio proses y llys sirol i adennill arian, ond dim ond ar ôl dilyn pob llwybr arall y dylid cychwyn hyn.



Gan ddefnyddio'r arwyddion toiled y mae pawb yn eu hadnabod, mae cerdyn 'Just Can't Wait' Cymuned y Bledren a'r Coluddyn yn darparu'r modd i gyfleu'n gynnil bod angen toiled arnoch, gan gael gwared ar unrhyw embaras posib y gallech fod wedi'i brofi o'r blaen.

Mae'r cerdyn ar gael yn ddigidol neu fel cerdyn plastig:

- Mae'n darparu mynediad i doiledau nad ydynt ar gael i'r cyhoedd fel arfer
- Mae'n ffordd gynnil a chlr o gyfathrebu pan nad ydych chi'n gallu aros i ddefnyddio'r toiled
- Mae'n cael ei dderbyn yn eang mewn llawer o gaffis, bwytai, siopau, lleoliadau adloniant a busnesau eraill
- Ar gael fel cerdyn neu gall fod ar gael ar eich ffôn

Sylwch nad yw'r cerdyn yn gwarantu mynediad i bob toiled, ond profwyd bod defnyddio'r cerdyn hwn sy'n cael ei adnabod yn eang yn helpu. Fel arall, gallwch brynu cerdyn plastig drwy'r post. Cysylltwch â: Bladder and Bowel Community, Forward House, 17 High St, Henley-in-Arden B95 5AA - Gwasanaeth Danfon i'r Cartref: 0800 031 5406

Meddygfa West End – Beth i’w Ddisgwyl

Mae Darren Millar AS dros Orllewin Clwyd yn ymgyrchu i wella Canolfan Feddygol West End ym Mae Colwyn. Isod ceir y wybodaeth ddiweddaraf ganddo ar y mater.

Yn dilyn fy niweddariad blaenorol, rwyf bellach wedi cynnal cyfarfod pellach gyda Bwrdd Iechyd Prifysgol Betsi Cadwaladr ynghylch Canolfan Feddygol West End.

Rydw i nawr yn gallu rhoi gwybod am y canlynol:

Apwyntiadau

Mae gallu cael apwyntiad yn y Ganolfan Feddygol yn parhau i fod yn her ac mae'r Bwrdd Iechyd yn parhau i ymdrechu i recriwtio mwy o staff. Dros y misoedd diwethaf, mae tri meddyg teulu newydd wedi cael eu recriwtio, sydd wedi gwella sefydlogrwydd a chapasiti tîm y practis, a bydd rhagor o ymgyrchoedd i recriwtio meddygon teulu a nyrsys yn cael eu cynnal yn ystod y misoedd nesaf.

Presgripsiynau

Rydw i'n falch o adrodd bod gan y practis bellach gyflenwad llawn o staff yn ei dîm fferylliaeth sy'n golygu gwelliant sylweddol yn yr amser y mae'n ei gymryd i bresgripsiynau fod ar gael i gleifion. Mae'r Bwrdd Iechyd yn cynghori y dylid ysgrifennu pob presgripsiwn rheolaidd o fewn 48 awr ar ôl gofyn amdano. O bryd i'w gilydd, bydd eithriadau i'r amserlen hon lle mae angen cynnal adolygiadau o feddyginiaethau, ond mae hyn yn newyddion da. Mae fferyllfeydd cymunedol yn yr ardal yn brysur iawn a bydd angen amser arnyn nhw i weinyddu'r presgripsiwn, felly rhowch ddigon o amser i hyn hefyd pan fyddwch chi'n gofyn am eich meddyginiaeth reolaidd.

Rwyf wedi cael gwybod am rai camgymeriadau o ran presgripsiynau dros y misoedd diwethaf. Mae'r Bwrdd Iechyd wedi egluro y bydd camgymeriadau'n digwydd o bryd i'w gilydd gan fod 36,000 o eitemau'n cael eu rhagnodi gan weithwyr iechyd proffesiynol yn y practis bob mis. Os byddwch yn sylwi ar gamgymeriad, trafodwch hyn ar unwaith gyda'r Ganolfan Feddygol er mwyn iddo gael ei gywiro.

Brechiadau Teithio

Oherwydd problemau capasiti nyrsio, roedd yr amseroedd aros ar gyfer brechiadau teithio yn hirach yn gynharach eleni. Mae'r problemau bellach wedi'u datrys ac mae brechiadau teithio ar gael yn y practis. Noder y dylid trefnu brechiadau mewn da bryd cyn teithio. I gael gwybodaeth am ba frechlynnau sydd am ddim, ewch i <https://www.llyw.cymru/brechiadau-teithio>.

System Ffôn

Mae'r Bwrdd Iechyd wedi cydnabod y gall fod yn rhwystredig i gleifion wrth ffonio'r practis ar adegau prysur, yn enwedig y peth cyntaf yn y bore. Mae wedi ymddiheuro am yr anghyfleustra hwn ac wedi nodi ei fod yn gweithio i fynd i'r afael â'r broblem. Yn y cyfamser, mae wedi gofyn i mi atgoffa cleifion bod y Ganolfan Feddygol yn hapus i dderbyn galwadau ar unrhyw adeg o'r dydd i geisio trefnu apwyntiad, nid dim ond y peth cyntaf yn y bore.

Galwadau'n ôl

Mae'r Bwrdd Iechyd wedi ymddiheuro i unrhyw gleifion nad ydynt efallai wedi cael eu galw'n ôl gan y Practis fel yr addawyd. Mae wedi cydnabod y gallai camgymeriadau fod wedi digwydd ac mae'n ceisio lleihau'r rhain drwy ddefnyddio ei system TG.

Ap GIG Cymru

I'r rheini ohonoch sydd heb wneud hynny'n barod, mae'r Bwrdd Iechyd yn annog cleifion Canolfan Feddygol West End i lawrlwytho a defnyddio ap GIG Cymru ar eich dyfais symudol. Mae'r ap yn caniatáu i gleifion gael mynediad at agweddau ar eu cofnod meddygol a gwneud ceisiadau am bresgripsiynau rheolaidd. Bydd gwasanaethau eraill ar gael drwy'r ap yn y dyfodol.

Adolygiadau o Gyflyrau Cronig

Mae nifer o gleifion wedi dweud nad ydynt bob amser yn cael eu galw i mewn i gael archwiliadau a phroffion rheolaidd ar gyfer eu cyflyrau cronig, er enghraifft asthma, diabetes, neu COPD. Mae'r Bwrdd Iechyd wedi dweud ei fod yn gweithio'n galed i fynd i'r afael â'r mater hwn ac mae rhaglen fwy cynhwysfawr o adolygiadau o gyflyrau cronig yn cael ei rhoi ar waith.

Hyderaf fod y diweddariad hwn yn ddefnyddiol a hoffwn eich sicrhau y byddaf yn parhau i weithio gyda Chanolfan Feddygol West End hyd nes y gwneir y gwelliannau angenrheidiol ar gyfer cleifion.

Byddaf yn ymdrechu i roi'r wybodaeth ddiweddaraf i chi.

Yn gywir,



Darren Millar AS

I gael diweddariadau'n uniongyrchol, cysylltwch â:

Darren Millar AS, Parc Busnes Gogledd Cymru, Abergele, LL22 8LJ

Rhif ffôn: 0300 200 6206 / E-bost: darren.millar@senedd.cymru



Digidol Rhagnodi Mewn Ysbytai Yng Ngogledd Cymru

Mae'r trawsnewidiad digidol yn cyflymu yng Ngogledd Cymru wrth i Fwrdd Iechyd Prifysgol Betsi Cadwaladr ddewis Better UK yn bartner technoleg i gyflwyno system rhagnodi electronig 'arloesol' yn ei ysbytai. Bydd y system Rhagnodi a Gweinyddu Meddyginiaethau yn Electronig newydd, a elwir yn ePMA, yn cael ei chyflwyno yn raddol mewn mwy na 40 o ysbytai ar draws Gogledd Cymru.

Bydd y system yn lleihau'r risg o gamgymeriadau meddyginiaeth trwy sicrhau bod presgripsiynau'n glir, yn ddarllenadwy ac yn gyflawn, gyda gwiriadau diogelwch mewnol ar gyfer alergeddau, rhyngweithiadau cyffuriau, a chywirdeb dosau. Bydd hefyd yn galluogi cyfathrebu di-dor rhwng adrannau a gweithwyr gofal iechyd proffesiynol, gan sicrhau bod gwybodaeth am feddyginiaeth yn gywir ac yn gyfredol bob amser.

Yn y prosiect ePMA, bydd cydweithwyr o feysydd fferylliaeth, nyrsio, digidol a chlinigol yn cydweithio i gyflwyno'r system, sydd hefyd yn cefnogi amcanion cynaliadwyedd y Bwrdd Iechyd drwy leihau'r defnydd o bapur.

Mae'r bwrdd iechyd wedi dechrau ar gam cyflwyno'r prosiect yn ddiweddar ac mae'n gweithio'n gyflym gyda Better i weithredu'r system newydd ar draws y bwrdd iechyd yn ystod 2025-Mawrth 26. Cefnogir y prosiect gan fuddsoddiad o £6.7m ar draws GIG Cymru gan Lywodraeth Cymru.

Cwrdd Â'r Comisiynydd Pobl Hŷn Cymru Newydd

Dewch i ddysgu mwy am y Comisiynydd newydd Rhian Bowen-Davies a'i chynlluniau a'i blaenoriaethau i sicrhau newid cadarnhaol parhaol i bobl hŷn dros Gymru gyfan.

Rydw i'n falch o fod yn Gymraes. Cefais fy ngeni a'm haddysgu yng Nghymru, ac rydw i'n siarad Cymraeg yn rhugl.

Mae fy ngyrfa hyd yma wedi bod yn amrywiol, o fod yn swyddog heddlu i arwain a datblygu gwasanaethau yn y sector gwirfoddol a fi oedd y Cynghorydd Cenedlaethol cyntaf yng Nghymru ar Drais yn erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol.

Mae rhan sylweddol o'm gwaith wedi canolbwyntio ar brofiadau pobl hŷn sy'n profi cam-drin domestig a thrais rhywiol. Mae hyn wedi rhoi gwell dealltwriaeth i mi o'r rhwystrau a'r heriau sy'n wynebu pobl hŷn, eu rhyngweithio â gwasanaethau, beth sydd wedi gweithio'n dda a beth sydd ei angen arnyn nhw i deimlo'n ddiogel ac i fyw a heneiddio'n dda.

Mae rôl y Comisiynydd yn gyfle unigryw i wneud gwahaniaeth go iawn i fywydau pobl hŷn, nawr ac yn y dyfodol.

Mae rôl y Comisiynydd yn cynnig llwyfan cryf a dylanwadol i sbarduno'r weledigaeth hon ac rydw i'n teimlo'n freintiedig o gael y cyfle hwn.

Yr hyn rydw i'n edrych ymlaen ato fwyaf am y rôl yw'r cyfle i gwrdd â phobl hŷn o bob cwr o Gymru, siarad â nhw'n uniongyrchol a gwrando ar eu profiadau a'u pryderon. Mae deall beth sy'n bwysig yn eu bywydau o ddydd i ddydd yn rhywbeth rydw i'n teimlo'n angerddol yn ei gylch, gan ei fod yn cynnig cipolwg amhrisiadwy ar sut mae gwahanol faterion yn effeithio ar bobl hŷn.

Elfen heriol arall o'r rôl fydd newid normau a stereoteipiau diwylliannol yn sylweddol o ran sut mae pobl hŷn yn cael eu gweld, eu portreadu a'u trin mewn cymdeithas.

Maes arall sy'n peri pryder yw allgáu digidol, sy'n atal llawer o bobl hŷn rhag cael gafael ar wybodaeth a gwasanaethau hanfodol, gan eu gwneud yn fwy ynysig.

Mae mynediad at wasanaethau iechyd a gofal cymdeithasol amserol a phriodol hefyd yn bryder mawr, gan fod oedi neu wasanaethau annigonol yn gallu cael effaith uniongyrchol ar ansawdd bywyd pobl hŷn.

Yn ogystal â sefyll i fyny a siarad ar ran pobl hŷn ledled Cymru, byddaf yn cydweithio'n agos â chyrrff cyhoeddus i hyrwyddo arferion gorau a chefnogi newidiadau ystyrlon a all gael effaith gadarnhaol ar fywydau pobl hŷn.

Ar ben hynny, byddaf yn craffu'n drwyadl ar bolisiau ac arferion sy'n effeithio ar unigolion hŷn, gan ddwyn sefydliadau ac unigolion i gyfrif pan fo angen.

Gall pobl hŷn gysylltu â mi mewn sawl ffordd.

Adeiladau Cambrian, Sgwâr Mount Stuart, Tre-biwt, Caerdydd CF10 5FL

Ffôn: 03442 640 670

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Ar ben hyn, mae croeso i chi ddod i siarad â mi wyneb yn wyneb yn ystod fy ngweithgareddau ymgynghori ac ymgysylltu ledled Cymru, lle byddaf yn edrych ymlaen at gwrdd â chi am sgwrs.

Who Pays for Care Homes in Wales?

Many forum members have been asking about who pays the fees when you go into a care home, and what that means for their savings or property.

The Care Act 2014 and its statutory guidance sets out the rules that local authorities must follow when investigating potential deprivation of assets allegations. Local authorities may treat family transactions as suspicious, even when there are clear reasons for the arrangements that have nothing to do with avoiding future care fees.

The Social Services and Wellbeing (Wales) Act sets some rules as follows:

- The capital threshold for people who are in residential care is £50,000.
- The financial assessment can only consider the finances of the person being assessed. If you have savings/capital or income as part of a couple, it is generally assumed that each person has an equal share.
- If you have capital below £50,000, the local authority will pay for your care home fees, though your income (pensions and benefits) can be used to contribute. However, a local authority must make sure you have an amount of your own income to spend on personal items such as clothes. The minimum income amount is currently £39.50 per week.

Is Gifting Money going to affect your Care Home Costs?

If you have care needs, you can spend your income, savings and capital however you want. This includes paying for care at home or for a care home of your choice, and even includes giving gifts to friends and family.

However, you should not try to avoid paying for care by intentionally reducing your assets.

Deprivation of assets is when someone deliberately reduces their assets (such as property or savings) so they won't be included in a financial assessment for care home fees. This might be if you transfer the deeds of your home to one of your children shortly before you need to go into care or gift tens of thousands of pounds to family.

Unlike inheritance tax, **Deprivation of assets**, has no "7-year rule" for gifting. There is no time limit to social services investigations of how far back deprivation of assets go.

As Christmas approaches, some of you may be considering making financial gifts to loved ones – or you are thinking about downsizing and moving in with your adult child and using the house sale proceeds to pay off your child's mortgage and cover the cost of an extension.

This may sound like a sensible arrangement, with families helping each other out, but these are often the scenarios which later lead to problems when you develop significant care needs and start considering a care home.

Before considering gifting money, transferring property or entering multigenerational living arrangements, you should take advice from a solicitor or independent financial advisor.

Local authorities are usually suspicious of any large transactions or transfers made in older age, within a short period of time, dropping their assets below the **£50,000** threshold where they will usually qualify for means-tested social care funding.

The factors a local authority will consider when deciding if there has been deliberate deprivation of assets for the purpose of avoiding care charges are:

- Whether avoiding the care and support charge was a significant motivation
- The timing of the disposal of the asset – at the point the capital was disposed of could the person have a reasonable expectation of the need for care and support?
- Did the person have a reasonable expectation of needing to contribute to the cost of their eligible care needs?

If the allegation of deliberate deprivation is upheld, social services are likely to refuse to pay anything towards your care home fees, or care at home costs. If you are already in a care home, the care home will serve notice because of care fee arrears.

Social services can also look to recover the transferred or gifted assets from the loved ones who received the money or property. The local authority will calculate the value of your estate prior to its deprivation of assets, and you could be prosecuted by your local authority. As with any other debt, social services can use the county court process to recover monies, but this should only be initiated after other avenues have been exhausted.



Using the universally recognised W.C. signage, the Bladder and Bowel 'Just Can't Wait' card provides the means to discreetly communicate your need for the toilet, removing any of the potential embarrassment you may have experienced before.

The card is available digitally or as a plastic card that:

- Provides access to toilets not normally available to the public
- Is a discreet, clear communication when you just can't wait to use the toilet
- Is widely accepted at many cafes, restaurants, shops, entertainment venues and other businesses
- Is available as a card or can be available on your phone

Please note the card doesn't guarantee access to all toilets, but using the widely recognised card has proven to help. The digital 'Just Can't Wait' card is now available to download, and no payment details are required – www.bladderandbowel.org/ .

Alternatively, you can purchase a plastic card by post just contact:

Bladder and Bowel Community, Forward House, 17 High St, Henley-in-Arden B95 5AA
Email:help@bladderandbowel.org / Home Delivery Service: [0800 031 5406](tel:08000315406)

West End Surgery – What to Expect

Darren Millar Ms for Clwyd West is campaigning to improve the West End Medical Centre in Colwyn Bay. Below is his latest update regarding the matter.

Further to my previous update, I have now held a further meeting with the Betsi Cadwaladr University Health Board regarding the West End Medical Centre. I am now able to report the following:

Appointments

Access to appointments at the Medical Centre remains a challenge and the Health Board continues to make efforts to recruit more staff. In recent months, three new GPs have been recruited, which has enhanced the stability and capacity of the practice team, and further recruitment drives are taking place in the coming months for GPs and nurses.

Prescriptions

I am pleased to report that the practice now has a full complement of staff in its pharmacy team which is resulting in a significant improvement in the turnaround time for prescriptions to be available to patients. The Health Board advises that all routine prescriptions should be written up within 48 hours of being requested. There will occasionally be exceptions to this timescale where medication reviews need to be undertaken, but this is good news. Community pharmacies in the area are very busy and they will need time to dispense the prescription, so please also allow sufficient time for this when requesting your repeat medication.

I have been informed of some prescription errors over recent months. The Health Board has explained that errors will happen occasionally given that 36,000 items are prescribed by health professionals at the practice each month. Should you notice an error please discuss this immediately with the Medical Centre in order that this can be rectified.

Travel Vaccinations

Due to nursing capacity issues, the waits for travel vaccinations were longer earlier this year. These have now been resolved and travel vaccinations are available at the practice. Please note that bookings should be made well in advance of travel. For information on which vaccines are free, please see www.gov.wales/travel-vaccinations.

Telephone System

The Health Board has acknowledged that it can be frustrating for patients when calling the practice at peak times, particularly first thing in the morning. It has apologised for this inconvenience and has indicated that it is working to address the problem. In the meantime, it has asked me to remind patients that the Medical Centre is happy to accept calls at any time of the day to try to book an appointment, not just first thing in the morning.

Callbacks

The Health Board has apologised to any patients who may not have received callbacks from the Practice as promised. It has acknowledged that mistakes may have happened and seeks to minimise these via the use of its IT system.

NHS Wales app

For those of you who haven't already done so, the Health Board is encouraging West End Medical Centre patients to download and use the NHS Wales app on your mobile device. The app allows patients to access aspects of their medical record and make requests for repeat prescriptions. Other services will become available via the app in the future.

Chronic Condition Reviews

A number of patients have advised that they are not always being called in for routine check-ups and tests for their chronic conditions, for example asthma, diabetes, or COPD. The Health Board has advised that it is working hard to address this issue, and a more comprehensive programme of chronic condition reviews is being implemented.

I trust that this update is helpful and want to assure you that I will continue to work with the West End Medical Centre until the necessary improvements are made for patients.

I will endeavour to keep you updated.

Yours,



Darren Millar MS

To receive updates directly, contact:

Darren Millar MS, North Wales Business Park, Abergele, LL22 8LJ

Telephone: 0300 200 6206

Email: darren.millar@senedd.wales



Digital Prescriptions in North Wales Hospitals

Betsi Cadwaladr University Health Board (BCUHB) has partnered with Better UK as to introduce an electronic prescribing system in its hospitals. This is a key part of work led by Digital Health and Care Wales (DHCW) to make prescribing, dispensing and administering medicines, more efficient.

The new electronic Prescribing and Medicines Administration system (ePMA) will be rolled out to all more than 40 hospitals across North Wales by March 2026. It will replace paper-driven processes and streamline prescribing in every ward.

The system will reduce the risk of medication errors by ensuring prescriptions are clear, legible, and complete, with built-in safety checks for allergies, drug interactions, and dosage. It will also allow for seamless communication between departments and healthcare professionals.

The ePMA will also allow for seamless communication between departments and healthcare professionals, ensuring that medication information is accurate and up to date at all times.

The project is supported by a £6.7m investment across NHS Wales from Welsh Government.

Meet the new Older People's Commissioner for Wales

Find out more about new Commissioner Rhian Bowen-Davies and her plans and priorities to deliver lasting positive change for older people across Wales.

I'm proud to be Welsh, I was born and educated in Wales, and I'm a fluent Welsh speaker.

My career to date has been varied, from a police officer to leading and developing services in the voluntary sector and being Wales' first National Adviser on Violence against Women, Domestic Abuse and Sexual Violence.

A significant part of my work has been centred on the experiences of older people experiencing domestic abuse and sexual violence. This has given me an enhanced understanding of the barriers and challenges faced by older people, their interactions with services, what worked well and what is needed to feel safe and to live and age well.

The role of the Commissioner is a unique opportunity to make a real difference to the lives of older people, both now and for the future.

The role of the Commissioner offers a strong, influential platform to drive this vision forward and I feel privileged to have this opportunity.

What I'm looking forward to most about the role is the opportunity to meet and speak directly with older people from across Wales and listen to their experiences and concerns.

A challenging element of the role will be significantly shifting cultural norms and stereotypes around how older people are perceived, portrayed and treated in society.

Another area of concern is digital exclusion, which limits many older people from accessing vital services and information, leaving them increasingly isolated.

Access to timely and appropriate health and social care services is also a major concern, as delays or inadequate services can have a direct impact on older people's quality of life.

In addition to standing up and speaking out for older people across Wales, I will collaborate closely with public bodies to promote best practices and support meaningful changes that can positively impact older people's lives.

Moreover, I will rigorously scrutinise policies and practices that affect older individuals, holding organisations and individuals accountable when necessary.

Older people can get in touch with me in several ways:

Cambrian Buildings, Mount Stuart Square, Butetown, Cardiff CF10 5FL

Phone: 03442 640 670

Email: ask@olderpeople.wales

Additionally, please come and talk to me in person during my consultation and engagement activities across Wales, where I look forward to meeting and speaking with you.



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WELCOME TO THE

LUXOR COMMUNITY CINEMA

25 OCT - SOUND OF MUSIC | 7:30 PM
 16 NOV- BRIAN & CHARLES | 7:30 PM
 22 DEC - IT'S A WONDERFUL LIFE | 3:30 PM
 27 DEC - ELF | 3:30 PM

ALL TICKETS £4.00

Community Town Hall,
 Village Road,
 Llanfairfechan,
 LL33 0AA

TAPE
 Cerdid a Ffilm Cymunedol
 Community Music & Film

BE

Film Hub
 Wales
 Canolfan
 Ffilm Cymru

LUXOR
 Community Cinema
 Llanfairfechan

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SINEMA CYMUNDEOL LUXOR

25 HYD - SOUND OF MUSIC | 7:30 YP
 16 TACH- BRIAN & CHARLES | 7:30 YP
 22 RHA - IT'S A WONDERFUL LIFE | 3:30 YP
 27 RHA - ELF | 3:30 YP

TOCYNNAU £4.00

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 Ffordd y Pentref,
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 Community Cinema
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80TH ANNIVERSARY OF D-DAY
LLANDUDNO'S TRIBUTE TO D-DAY - OCTOBER 2024

MAIN EXHIBITION AT HOLY TRINITY CHURCH

8 THE LONGEST YARN

OTHER EVENTS:

40S INSPIRED
ENTERTAINMENT TO INCLUDE
2 X TEA DANCES, MOVIE
THEME CONCERT, SWING
CONCERT & TALKS & WALKS



TOWN WIDE, MONTH LONG POPPY TRAIL
LEADING TO SENSATIONAL INTERNATIONAL
80M DEPICTION OF D DAY EXHIBIT

LLANDUDNORESPECTS.COM



Friends of Mostyn Street bring you a month-long Llandudno tribute (October 2–27), to the War Effort behind the D-Day Landings of 1944. Llandudno goes back to the 40s and celebrates the skills of knitters and crafters to bring history to life.

The Longest Yarn Exhibition is a modern-day 3D equivalent of the Bayeux Tapestry, depicting D-Day in 80 panels on tour throughout the UK and USA. The town-wide Poppy Trail will lead you between the exhibition, a full-sized knitted Churchill Avre Tank, a Gown of Poppies, D-Day Themed (Post Box) Toppers, and other WW2 points of interest.

Longest Yarn Exhibition Opening Hours - Tuesdays to Saturday from 10am to 5pm, and Sundays from 1pm to 5pm, at the Holy Trinity Church, Trinity Square, Llandudno LL30 2PY.

Friends of Mostyn Street (FOMS) is a Community Action Group, established in 2023, dedicated to the Victorian seaside resort of Llandudno.

mail@friendsofmostynstreet.co.uk or Facebook: Friends of Mostyn Street

Llanfairfechan Community Hall

(For enquiries or bookings call 01248 681697 – Please leave a voicemail)



Banda Bacana – 8-piece band playing world music and afro-latin beats, from a range of influences and cultures: funk, afrobeat, Latin, reggae and ska with an emphasis on getting down and having fun. FRIDAY, 15th NOVEMBER 2024. 7.30PM

Martin Daws – poetry with a musical ear, rhythms of written and spoken language. Martin was honoured with the role of Young People’s Laureate for Wales (2013-16). THURSDAY 14TH NOVEMBER 2024

Sound of Music (screening) – after its closure in 1964 The Luxor Cinema is back thanks to the support of TAPE Film & Music, and Film Hub Wales. FRIDAY 25TH OCTOBER 2024. Tickets are £4. Free entry for fancy dress

Funded by
UK Government



To book a place contact:
The Community Wellbeing Team
Email: stayingwell@conwy.gov.uk
Call: 01492 577449
Mae'r ddogfen hon ar gael yn Gymraeg hefyd

Funded by
UK Government



To book a place contact the
Community Wellbeing Team:
Email: stayingwell@conwy.gov.uk
Call: 01492 577449
Mae'r ddogfen hon ar gael yn Gymraeg hefyd

Booking
Essential

FREE
Monthly
Poetry Reading
Sessions

Starting Wednesday 23rd October 2024
2pm-3pm
Conwy Culture Centre
Town Ditch Road
Conwy

Bring a favourite poem to share
or just come and listen.

Colwyn Bay Social Stroll

Friday 18th October

10.30am - 12.30pm

Booking Essential

Free - For adults living
in Colwyn Bay and
surrounding areas

Come and enjoy a social stroll
along the promenade, meet new
people and find out what activities
are available in your area.

To book poetry or social stroll call 01492 577 449

Penmaenmawr Visionaires

A new monthly social group for adults with a vision impairment. Join us for a coffee and a chat.



Join us for our first meeting on Monday 14th October. 10am - 11:30am

**Penmaenmawr Library
Bangor Road, Penmaenmawr,
LL34 6DA**

Contact Vision Support on 01244 381515 or email information@visionsupport.org.uk for more information

Penmaenmawr Visionaires

A new monthly social group for adults with a vision impairment. Join us for a coffee and a chat.



Meeting every second Monday 10am - 11:30am

**Penmaenmawr Library
Bangor Road, Penmaenmawr,
LL34 6DA**

Contact Vision Support on 01244 381515 or email information@visionsupport.org.uk for more information

Reengage

FREE
Art & Craft Group for
people aged 75+

MONTHLY ON WEDNESDAYS
1-3PM

Y FRON, FFORDD BUGAIL,
COLWYN BAY, LL29 8TN

PLEASE REGISTER IN ADVANCE HERE:

WWW.REENGAGE.ORG.UK/REFER
[0800 716543](tel:0800716543)

DEGANWY

MOVE

EVERY MONDAY
(STARTING 07/10/2024)

JOIN US FOR A STRUCTURED WALK/RUN PROGRAMME AND NATTER AFTERWARDS. ALL ABILITIES WELCOME.

MEETING AT DEGANWY TRAIN STATION
9:30AM - 11AM

DISTANCE - UP TO 5K. FOLLOWED BY AN OPTIONAL REFRESHMENT STOP AT A LOCAL COFFEE SHOP/HOTEL

CONTACT: ISOBEL 07871 796 587

Movie Matinee

In partnership with The Longest Yarn Exhibition commemorating the 80th Anniversary of the D-Day Landings, Trinity Centre presents ...

FREE ENTRY



Rated: PG

Hot Drinks & Snacks available

Free snacks for 1940s fancy dress

Saturday, October 19th, 2pm

Trinity Centre, Trinity Ave, Llandudno LL30 2TQ

Booking Essential: Call 01492 875 686 (leave a voicemail) or email lepws18@outlook.com

Funded by UK Government



Wedi ei ariannu gan Llywodraeth y DU



POWERED BY
LEVELLING UP

WEDI'Y YARU GAN
FFYNIANT BRO

Doors open at 1.45pm



Signed Christmas Songs

December 7th, 10am to 3pm

Signing choir entertaining people with popular songs presented in British Sign Language
Victoria Centre, 48 Mostyn Street, Llandudno, LL30 2RP



Christmas Market

December 8th, 12pm to 4pm

Festive Fayre! A fantastic Christmas market filled with artisan stalls, fun fair rides, local food vendors, community group stalls & more! Town Hall Village Road, Llanfairfechan, LL33 0AB

In Participation with 'The Longest Yarn' Exhibition

Afternoon Tea Dance



Tuesday the 15th of October at 2pm

Trinity Centre, Trinity Ave, Llandudno LL30 2TQ

Tickets are £8 – includes hot drinks.

To book call Paul on 07769 644 112

Bring your own snacks & your dance shoes!

Live music from the Swing Jazz group
'The Quaynotes'



Crafty Dog handmade greeting cards feature beautiful, colourful designs. My cards can be personalised on request. You can contact me directly to commission a card for that extra special occasion.

I will be at the following Craft & Gift Fairs hosted by the North Wales Craftworkers Association.

Sat-Sun 19-20 October: The Bulkeley Hotel, Beaumaris

Sat 2 November: Rhos United Reformed Church, Rhos-on-Sea

Sat-Sun 23-24 November: The Bulkeley Hotel, Beaumaris



 craftydogcards@icloud.com

 [@craftydoghandmadecards](https://www.instagram.com/craftydoghandmadecards)

Older People's Forums - Fforymau Pobl Hŷn

Abergele 2pm to 4pm	Thursday	14/11/2024	Hafod y Parc Kinmel Ave, Abergele LL22 7LX
Colwyn Bay 2pm to 4pm	Thursday	21/11/2024	Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE
		16/01/2025	
		20/03/2025	
Llandudno 2pm to 4pm	Monday	13/01/2025	Llandudno Library, Library Building, Mostyn St, Llandudno LL30 2RP
		10/03/2025	
Llanfairfechan 2pm to 4pm	Thursday	28/11/2024	Llys y Coed, Cae Ffynnon Rd, Llanfairfechan LL33 0HP
		23/01/2025	
		27/03/2025	
Llanrwst 10am to 12pm	Thursday	24/10/2024	Panad a Sgrws St Grwst Church, Llanrwst
		05/12/2024	
		16/01/2025	
		27/02/2025	



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Many thanks for your generous donations, helping our newsletter reach more older people.
Diolch yn fawr i bob un ohonoch a gyfrannodd yn hael i helpu ein cylchlythyr i gyrraedd mwy o bobl hŷn.



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Content was accurate at the time of publication. / Roedd y cynnwys yn gywir adeg ei gyhoeddi.