March 2018 Info Burst
Welsh Ambulance Services News

Welsh Ambulance Service braced for wintry weather: Find out more HERE

Slips, trips and falls warning as temperatures drop: Find out more HERE

Welsh Ambulance Service and Gwent Police Specials win joint award for innovative partnership: find out more HERE

Squash player thanks club members and emergency teams who saved his life after cardiac arrest: find out more HERE

Mother of four thanks her lifesavers after suffering cardiac arrest at work: find out more HERE

Denise praises 111 after cough leads to four-night stay in hospital: find out more HERE

Defibuary

When someone goes into cardiac arrest, their heart goes into a life threatening rhythm. Without early intervention of Cardiopulmonary Resuscitation (also known as CPR) and defibrillation, a patient's chance of surviving decreases by 10% every minute. To raise public awareness about defibrillators, throughout February we held our annual Twitter #Defibuary Campaign. We encouraged staff, volunteers and the public to tweet us selfies with new defibrillators locations. We would like to say a massive thank you to everyone who got involved submitting 187 selfies. As a result 39 Defibs in unregistered locations have now been added onto our database for our 999 colleagues and available for the public on the NHS Direct Wales website. Thank you also to our partners for their kind generosity for offering fantastic prizes for the best selfies. To view all the tweets, visit @WelshAmbPIH and search #Defibuary.

Awareness of Choking

Following a story we captured from Simon, a soft play centre employee who helped a 13 month old child who was choking, we want to continue raising awareness about how to help someone who is choking. Paramedics were keen to praise Simon's actions in knowing what to do, as he saved the child's life. To watch Simons story, visit our YouTube Channel www.youtube.com/welshambulance.

To learn more about how to help someone who is choking visit:

- St John Ambulance www.sja.org.uk 'The Chokables' video demonstrating how to help a baby that is choking.
- Welsh Ambulance Services first aid video www.youtube.com/welshambulance
- Information on choking is also available via the NHS Direct Wales website: www.nhsdirect.wales.nhs.uk

Social Media:
Keep up to date with everything the Welsh Ambulance Service is up to! You can follow the Welsh Ambulance Service's Patient Experience and Community Involvement Team on Twitter. We now have over 3,000 followers! Help us to reach 4000 by clicking HERE to view our profile page and follow us **@WelshAmbPIH** Thank you!

NHS Wales News

Aneurin Bevan Community Health Council survey about Children and Adolescent Mental Health Service (CAMHS)
You can take part in an online survey which can be accessed HERE.

Other publications:
Click HERE to read the February 2018 edition of the **Ambulance UK** newsletter. Click HERE to read the February 2018 edition of the **Emergency Services Times**

Other News

Autism (Wales) Bill Consultation
HERE is the link to the consultation documents.

Falls are not an inevitable part of ageing… unless you ignore the risks: find out more HERE

North Wales Suicide and Self-harm Prevention Plan launched: find out more HERE

Public Health Wales has published its Strategic Health Plan 2017-2020: find out more HERE

Dementia Action Week: 21st to 27th May HERE
Deaf Awareness Week: 14th to 20th May HERE

Mental Health Awareness Week: 16th May - 22nd May HERE

National Smile month: HERE

International Day against Homophobia, Bi-phobia and Transphobia
17th May**:** HERE

Contact us: Patient Experience & Community Involvement Team
Telephone: 01792 311773
Email: Peci.team@wales.nhs.uk
Visit the Get Involved page on our website www.ambulance.nhs.uk
Twitter: **@WelshAmbPIH**

Hyrddiad Gwybodaeth Mawrth 2018
Newyddion Gwasanaeth Ambiwlans Cymru

Gwasanaeth Ambiwlans Cymru yn paratoi am dywydd gaeafol: darganfod mwy YMA

Rhybydd slipiau a chwympiadau wrth i'r tymheredd ostwng: darganfod mwy YMA

Gwasanaeth Ambiwlans Cymru ac Arbenigwyr Heddlu Gwent yn ennill gwobr ar y cyd ar gyfer partneriaeth arloesol: darganfod mwy YMA

Mae chwaraewr sboncen yn diolch i aelodau'r clwb a thimau argyfwng a achubodd ei fywyd ar ôl arestiad cardiaidd: darganfod mwy YMA

Mam o bedwar yn diolch i'w achubwyr bywyd ar ôl dioddef arestiad y galon yn ei gwaith: darganfod mwy YMA

Mae Denise yn canmol 111 ar ôl i peswch arwain at aros yn yr ysbyty am bedair noson: darganfod mwy YMA

Defibuary

Pan fydd rhywun yn mynd i ataliad y galon, mae eu calon yn mynd i rythm sy'n bygwth bywyd. Heb ymyrraeth gynnar o Dadebru Cardiopulmonar (a elwir hefyd yn CPR) a difibriliad, mae siawns claf o oroesi yn gostwng o 10% bob munud. Er mwyn codi ymwybyddiaeth y cyhoedd am ddifibrilwyr, ym mis Chwefror cynhaliwyd ein hymgyrch Twitter blynyddol sef #Defibuary. Fe wnaethom annog staff, gwirfoddolwyr a'r cyhoedd i drydar 'selfies' i ni gyda lleoliadau difibrilwyr newydd. Hoffem ddweud diolch anferth i bawb a gymerodd ran i gyflwyno 187 o luniau. O ganlyniad, mae 39 defibrilwyr mewn lleoliadau anghofrestredig bellach wedi'u hychwanegu at ein cronfa ddata ar gyfer ein cydweithwyr 999 ac ar gael i'r cyhoedd ar wefan Galw Iechyd Cymru. Diolch hefyd i'n partneriaid am eu haelioni caredig am gynnig gwobrau

gwych ar gyfer y ‘selfies’ gorau. I weld yr holl tweets, ewch i @WelshAmbPIH a chwilio #Defibuary.

Ymwybyddiaeth o dagu

Yn dilyn stori a gawsom gan Simon, gweithiwr canolfan chwarae meddal a helpodd blentyn 13 mis oed oedd yn tagu, rydym am barhau i godi ymwybyddiaeth ynghylch sut i helpu rhywun sy'n tagu. Roedd parafeddygon yn awyddus i ganmol gweithredoedd Simon wrth wybod beth i'w wneud, gan iddo achub bywyd y plentyn. I wylio stori Simon, ewch i'n sianel YouTube www.youtube.com/welshambulance.

I ddysgu mwy am sut i helpu rhywun sy’n tagu, ewch i:

- St John Ambulance www.sja.org.uk ‘The Chokables’ fideo yn dangos sut i helpu babi sy'n tagu.
- Fideo cymorth cyntaf Gwasanaethau Ambiwlans Cymru www.youtube.com/welshambulance
- Mae gwybodaeth am dagu hefyd ar gael ar wefan Galw Iechyd Cymru: www.nhsdirect.wales.nhs.uk

Cyfryngau cymdeithasol:
Cadwch y wybodaeth ddiweddaraf am bopeth y mae Gwasanaeth Ambiwlans Cymru yn ei wneud! Gallwch ddilyn Tîm Cynnwys Cleifion a Chymuned y Gymuned Ambiwlans Cymru ar Twitter. Bellach mae gennym dros 3,000 o ddilynwyr! Helpwch ni i gyrraedd 4000 trwy glicio YMA i weld ein tudalen broffil a dilynwch @WelshAmbPIH Diolch i chi!

Newyddion GIG Cymru

Arolwg Cyngor Iechyd Cymuned Aneurin Bevan ynglŷn â Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAMHS).
Gallwch chi gymryd rhan mewn arolwg ar-lein y gellir cael mynediad ato YMA.

Cyhoeddiadau eraill:
Cliciwch YMA i ddarllen rhifyn Chwefror 2018 o gylchlythyr **Ambulance UK**. Cliciwch YMA i ddarllen rhifyn Chwefror 2018 o'r **Emergency Services Times**

Newyddion arall

Datblygu'r Bil Awtistiaeth (Cymru)
'DYMAR <http://www.senedd.cynulliad.cymru/mgConsultationDisplay.aspx?ID=293> cyswllt at ddogfennau'r ymgynghoriad.

Nid yw cwympiadau yn rhan anochel o heneiddio ... oni bai eich bod yn anwybyddu'r risgiau: darganfod mwy YMA.

Lansio Cynllun Atal Hunanladdiad a Hunan-niwed Gogledd Cymru: darganfod mwy YMA.

Mae Iechyd Cyhoeddus Cymru wedi cyhoeddi ei Gynllun Iechyd Strategol 2017-2020: darganfod mwy YMA.

Wythnos Gweithredu Dementia: 21st - 27th Mai YMA.
Wythnos Ymwybyddiaeth Byddardod: 14th - 20th Mai YMA

Wythnos Ymwybyddiaeth Iechyd Meddwl: 16th - 22nd Mai YMA.

Mis Cenedlaethol Gwenu: YMA

International Day against Homophobia, Bi-phobia and Transphobia
17th Mai**:** YMA

Cysylltwch â ni: Tîm Profiad y Claf a Chynnwys y Gymuned
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Trydar: **@WelshAmbPIH**