

July 2019 Info Burst Welsh Ambulance Service News

Our Welsh Ambulance Service Annual Quality Statement is now available for you to see [HERE](#) (Welsh) and [HERE](#) (English)

The Welsh Ambulance Service is up for three NHS Wales Awards!
Find our more [HERE](#)

New Welsh Ambulance Service Mental Health Leaflet available
giving a range of Mental Health Support Helplines [HERE](#)

My Health Plan, a new year-round scheme to help people with long-term physical or mental health conditions and their carers [HERE](#)

New 'Easy Read' Resources for the Learning Disability Community-
The Welsh Ambulance Service has designed an easy read '**Information Sheet**' for the learning disability community to use which will give frontline staff access to information which they will need to know straightaway when they attend a patient at home [HERE](#). Other easy read information available also includes:

[Annual Health Check](#)

[Hospital Passport](#)

[Communication App](#)

NHS Direct Wales Website Dementia section. We are delighted to launch a new NHS Dementia Guide on the NHS Direct Wales website [HERE](#). **Tell us what you think of our NHS Direct Wales Website** [HERE](#)

Advice about Falls:

Six simple exercises to stop falls - see the video [HERE](#)

Advice if you have fallen at home - see the video [HERE](#)

Dental YouTube Video – see the video [HERE](#)

Welsh Ambulance Service - Carers Survey & Carers Event

The next Welsh Ambulance Service Carers Engagement Event is in November in Camarthen. More information to follow. To book a place email Peci.team@wales.nhs.uk or ring us on 01792 311773.

You can also help influence how the Welsh Ambulance Service delivers services to carers by completing our **Carers Survey** online [HERE](#).

Trauma Teddies and Twiddle Mitts are being given out to patients of all ages in distress when accessing Ambulance services across Wales. If you are a keen knitter or part of a knitting group (particularly in West or North Wales) and you want to know more about how to get involved in the project ring us on 01792 311773 or email Peci.team@wales.nhs.uk

Have you ever received a trauma teddy or twiddle mitt from one of our ambulance crews? Did you find this helpful? Email us and tell us what you think or you can give us your feedback by tweeting us @WelshAmbPIH

Welsh Government Consultations:

Together for Mental health delivery plan 2019 to 2022 - have your say [HERE](#) (English) and [YMA](#) (Cymraeg)

Draft national framework for continuing NHS healthcare – have your say [HERE](#) and [YMA](#) (Cymraeg)

Other News:

Transport to Health – The Older Person's Commissioner are looking into the challenges older people face when travelling to GP or hospital appointments. You can take a short survey [HERE](#)

Stroke Association Community Steps - Do you know or work with a stroke survivor, their carer or family members who could benefit from peer support, help to access community activities, getting their voice heard locally, E-mail CommunityStepsWales@stroke.org.uk to receive a referral form.

Invitation to Healthier Gwent Event - Leaders from statutory and voluntary sectors across Gwent are gathering to collaborate on building a healthier Gwent. More Information [HERE](#)

Research into inequalities in accessing cancer care and support throughout the UK - Macmillan Cancer Support are carrying out some

research into inequalities and cancer. If you are able to help, please contact Zahra Wynne for more information 020 7840 2320 or ZWynne@macmillan.org.uk

Lets Talk Loneliness - animated film about loneliness in younger people was made by young people with the UK Government Department for Digital, Culture, Media and Sport. [HERE](#)

Community Health Councils are looking for people to get involved:

For further information, please contact Cwm Taf Morgannwg CHC on 01443 405830 or email enquiries.CwmTafCHC@wales.org.uk. For Aneurin Bevan area please contact the Aneurin Bevan CHC on 01633 838516 or email enquiries.aneurinbevanchc@waleschc.org.uk.

Bereavement Questionnaire

In order to help understand and map what bereavement provision currently exists across Wales, Public Health Wales is asking people to take part in a questionnaire, find out more [HERE](#)

Looking forward to August and September:

August 23rd - 25th

September 16th - 22nd

September 23rd

September 23rd - 29th

Eye problems Information [HERE](#) and Symptom Checker [HERE](#)

Pride Cymru [HERE](#)

Sexual Health Week [HERE](#)

Bi Visibility Day [HERE](#)

National Eye Care Week [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](https://twitter.com/WelshAmbPIH)

Hyrddiad Gwybodaeth Gorffennaf Newyddion Gwasanaeth Ambiwylans Cymru

Mae ein Datganiad Ansawdd Blynyddol Gwasanaeth Ambiwylans Cymru bellach ar gael ichi ei weld [YMA](https://www.ambulance.wales.nhs.uk/Media/Documents/About%20Us/AQS%202019%20CYMRAEG.pdf)
<<https://www.ambulance.wales.nhs.uk/Media/Documents/About%20Us/AQS%202019%20CYMRAEG.pdf>> (Cymraeg) ac [YMA](https://www.ambulance.wales.nhs.uk/Media/Documents/About%20Us/AQS%202019%20Final%20ENG.pdf)
<<https://www.ambulance.wales.nhs.uk/Media/Documents/About%20Us/AQS%202019%20Final%20ENG.pdf>> (Saesneg)

Mae Gwasanaeth Ambiwylans Cymru yn barod am dair Gwobr GIG Cymru! Dewch o hyd i'n fwy [YMA](http://www.ambulance.wales.nhs.uk/Default.aspx?gcid=1577&lan=cy)
<<http://www.ambulance.wales.nhs.uk/Default.aspx?gcid=1577&lan=cy>>

Taflen Iechyd Meddwl Gwasanaeth Ambiwylans Cymru newydd ar gael sy'n rhoi ystod o Helplinau Cymorth Iechyd Meddwl [YMA](https://www.nhsdirect.wales.nhs.uk/pdfs/mentalhealthwel.pdf)
<<https://www.nhsdirect.wales.nhs.uk/pdfs/mentalhealthwel.pdf>>

Fy Iechyd I, cynllun newydd trwy gydol y flwyddyn i helpu pobl â chyflyrau iechyd corfforol neu feddyliol tymor hir a'u gofalwyr [YMA](https://www.nhsdirect.wales.nhs.uk/livewell/lifestylewellbeing/winterhealthplan/?clearcache=1&locale=cy)
<<https://www.nhsdirect.wales.nhs.uk/livewell/lifestylewellbeing/winterhealthplan/?clearcache=1&locale=cy>>

Adnoddau 'Hawdd eu Darllen' newydd ar gyfer y Gymuned Anabledd Dysgu - Mae Gwasanaeth Ambiwylans Cymru wedi cynllunio 'Daflen Wybodaeth' hawdd ei darllen i'r gymuned anabledd dysgu ei defnyddio a fydd yn rhoi mynediad i staff rheng flaen i wybodaeth y bydd angen iddynt ei gwybod ar unwaith pan fyddant yn mynychu. Claf gartref YMA. Mae gwybodaeth hawdd ei darllen arall sydd ar gael hefyd yn cynnwys:

Archwiliad Iechyd Blynyddol

Pasport Ysbyty

Ap Cyfathrebu

Mae'r rhain wedi'u cyfieithu ond yn aros am awdurdodiad a byddant ar gael yn fuan.

Canllaw Dementia Gwefan Galw Iechyd Cymru. Rydym yn falch iawn i lansio Canllaw Dementia GIG newydd ar wefan Galw Iechyd Cymru [YMA](#).

Cyngor am gwympiadau:

Chwe ymarfer syml i atal cwympiadau - gweler y fideo [YMA](https://www.csp.org.uk/news/2017-09-27-csp-launches-video-demonstrate-six-simple-exercises-stop-falls)
<<https://www.csp.org.uk/news/2017-09-27-csp-launches-video-demonstrate-six-simple-exercises-stop-falls>>

Cyngor os ydych chi wedi cwmpo gartref - gwelwch y fideo [YMA](https://www.youtube.com/watch?v=1-5eGyoeSHE&feature=youtu.be)
<<https://www.youtube.com/watch?v=1-5eGyoeSHE&feature=youtu.be>>

Fideo YouTube deintyddol - gweler y fideo [YMA](https://www.youtube.com/watch?v=e3z8f5MZ5eA&t=4s)
<<https://www.youtube.com/watch?v=e3z8f5MZ5eA&t=4s>>

Gwasanaeth Ambiwylans Cymru - Arolwg Gofalwyr a Digwyddiad Gofalwyr

Mae Digwyddiad Ymgysylltu â Gofalwyr Gwasanaeth Ambiwylans Cymru nesaf ym mis Tachwedd yng Nghaerfyrddin. Fydd mwy o wybodaeth i ddilyn. I archebu lle e-bostiwch Peci.team@wales.nhs.uk neu ffoniwch ni ar 01792 311773.

Gallwch hefyd helpu i ddylanwadu ar sut mae Gwasanaeth Ambiwylans Cymru yn darparu gwasanaethau i ofalwyr trwy gwblhau ein Harolwg Gofalwyr ar-lein [YMA](https://www.smartsurvey.co.uk/s/WAST-CARERS/).
<<https://www.smartsurvey.co.uk/s/WAST-CARERS/>>

Mae Tedis Trawma a Twiddle Mitts yn cael eu dosbarthu i gleifion o bob oed mewn trallod wrth gyrchu gwasanaethau Ambiwylans ledled Cymru. Os ydych chi'n gwau brwd neu'n rhan o grŵp gwau (yn enwedig yng Ngorllewin neu Ogledd Cymru) ac rydych chi eisiau gwybod mwy am sut i gymryd rhan yn y prosiect, ffoniwch ni ar 01792 311773 neu e-bostiwch Peci.team@wales.nhs.uk
<<mailto:Peci.team@wales.nhs.uk>>

A ydych erioed wedi derbyn tedi trawma neu Twiddle Mitts gan un o'n criwiau ambiwlans? A oedd hyn yn ddefnyddiol i chi? E-bostiwch ni a dywedwch wrthym beth yw eich barn neu gallwch roi eich adborth i ni trwy drydar ni [@WelshAmbPIH](https://twitter.com/WelshAmbPIH)

Ymgynghoriadau Llywodraeth Cymru:

Law yn Llaw at Iechyd Meddwl - cynllun cyflawni 2019-2022 - rhwch eich llais [YMA](https://gov.wales/together-mental-health-delivery-plan-) **<<https://gov.wales/together-mental-health-delivery-plan->**

[2019-2022> \(Saesneg\) ac YMA <https://llyw.cymru/law-yn-llaw-iechyd-meddwl-cynllun-cyflawni-2019-i-2022?_ga=2.65518062.1192092967.1565604921-968185562.1485786877>](https://llyw.cymru/law-yn-llaw-iechyd-meddwl-cynllun-cyflawni-2019-i-2022?_ga=2.65518062.1192092967.1565604921-968185562.1485786877) (Cymraeg)

Fframwaith cenedlaethol drafft ar gofal iechyd parhaus y GIG - rhowch eich llais [YMA <https://gov.wales/draft-national-framework-continuing-nhs-healthcare?_ga=2.95204956.1192092967.1565604921-968185562.1485786877>](https://gov.wales/draft-national-framework-continuing-nhs-healthcare?_ga=2.95204956.1192092967.1565604921-968185562.1485786877) ac [YMA <https://llyw.cymru/fframwaith-cenedlaethol-drafft-ar-gofal-iechyd-parhaus-y-gig?_ga=2.90151643.1192092967.1565604921-968185562.1485786877>](https://llyw.cymru/fframwaith-cenedlaethol-drafft-ar-gofal-iechyd-parhaus-y-gig?_ga=2.90151643.1192092967.1565604921-968185562.1485786877) (Cymraeg)

Newyddion Eraill:

Trafnidiaeth i Wasanaethau Iechyd - Mae Comisiynydd Pobl Hŷn Cymru yn edrych i mewn i'r heriau y mae pobl hŷn yn eu hwynebu wrth deithio i apwyntiadau meddyg teulu neu ysbyty. Gallwch chi gymryd arolwg byr [YMA <http://www.olderpeoplewales.com/wl/reviews/transporttohealth.aspx>](http://www.olderpeoplewales.com/wl/reviews/transporttohealth.aspx)

Camau Cymunedol y Gymdeithas Strôc - Ydych chi'n gwybod neu'n gweithio gyda goroeswr strôc, eu gofalwr neu aelodau o'r teulu a allai elwa o gefnogaeth cymheiriaid, helpu i gael mynediad at weithgareddau cymunedol, cael eu llais wedi'i glywed yn lleol, E-bostiwrch CommunityStepsWales@stroke.org.uk [<mailto:CommunityStepsWales@stroke.org.uk>](mailto:CommunityStepsWales@stroke.org.uk) i dderbyn ffurflen atgyfeirio.

Gwahoddiad i Ddigwyddiad Gwent Iachach - Mae arweinwyr o'r sectorau statudol a gwirfoddol ledled Gwent yn ymgynnull i gydweithio ar adeiladu Gwent iachach. Mwy o Wybodaeth [YMA <https://www.eventbrite.co.uk/e/building-a-healthier-gwent-engagement-event-tickets-65021199157>](https://www.eventbrite.co.uk/e/building-a-healthier-gwent-engagement-event-tickets-65021199157)

Ymchwil i anghydraddoldebau wrth gael gafael ar ofal a chymorth canser ledled y DU - mae Cymorth Canser Macmillan yn cynnal rhywfaint o ymchwil i anghydraddoldebau a chanser. Os gallwch chi helpu, cysylltwch â Zahra Wynne i gael mwy o wybodaeth 020 7840 2320 neu ZWynne@macmillan.org.uk [<mailto:ZWynne@macmillan.org.uk>](mailto:ZWynne@macmillan.org.uk)

Lets Talk Loneliness - gwnaed ffilm animeiddiedig am unigrwydd

ymysg pobl iau gan bobl ifanc gydag Adran Digidol, Diwylliant, Cyfryngau a Chwaraeon Llywodraeth y DU. [YMA](https://letstalkloneliness.co.uk/)
<<https://letstalkloneliness.co.uk/>>

Mae Cynghorau Iechyd Cymunedol yn chwilio am bobl i gymryd rhan: Am ragor o wybodaeth, cysylltwch â Cwm Twm Morgannwg ar 01443 405830 neu e-bostiwr [ymholiadau.CwmTafCHC@wales.org.uk](mailto:yholiadau.CwmTafCHC@wales.org.uk) <<mailto:yholiadau.CwmTafCHC@wales.org.uk>>. Ar gyfer ardal Aneurin Bevan, cysylltwch â CIC Aneurin Bevan ar 01633 838516 neu e-bostiwr [ymholiadau.aneurinbevanhc@waleschc.org.uk](mailto:yholiadau.aneurinbevanhc@waleschc.org.uk) <<mailto:yholiadau.aneurinbevanhc@waleschc.org.uk>>.

Holiadur Profedigaeth

Er mwyn helpu i ddeall a mapio pa ddarpariaeth profedigaeth sy'n bodoli ar hyn o bryd ledled Cymru, mae Iechyd Cyhoeddus Cymru yn gofyn i bobl gymryd rhan mewn holiadur, i ddarganfod mwy [YMA](http://www.wales.nhs.uk/sitesplus/888/news/50763)
<<http://www.wales.nhs.uk/sitesplus/888/news/50763>>

Edrych ymlaen at Awst a Medi:

Awst 23ain - 25ain Balchder Cymru [YMA](https://www.pridecymru.com/festival/big-weekend/)
<<https://www.pridecymru.com/festival/big-weekend/>>

Medi 16eg - 22ain Wythnos Iechyd Rhywiol [YMA](http://www.fpa.org.uk/sexual-health-week)
<<http://www.fpa.org.uk/sexual-health-week>>

Medi 23ain Diwrnod Gwelededd Bi [YMA](http://www.bivisibilityday.com/tag/wales/)
<<http://www.bivisibilityday.com/tag/wales/>>

Medi 23ain - 29ain Wythnos Genedlaethol Gofal Llygaid [YMA](http://www.visionmatters.org.uk/)
<<http://www.visionmatters.org.uk/>>

Problemau llygaid Gwybodaeth [YMA](https://www.nhsdirect.wales.nhs.uk/localservices/opticianinformation/?locale=cy)
<<https://www.nhsdirect.wales.nhs.uk/localservices/opticianinformation/?locale=cy>> a **Gwiriwr Symptom** [YMA](https://www.nhsdirect.wales.nhs.uk/SelfAssessments/default.aspx)
<<https://www.nhsdirect.wales.nhs.uk/SelfAssessments/default.aspx>>

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Cysylltwch â ni:

Tîm Profiad y Claf a Chynnwys y Gymuned

Ffôn: 01792 311773

E-bost: Peci.team@wales.nhs.uk

www.ambiwylans.wales.nhs.uk

Trydar: [@WelshAmbPIH](https://twitter.com/WelshAmbPIH)