



Listening to our patients



Network News

Welcome

Winter 2011

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Welcome to the winter 2011 edition of **'Network News'**. In this seventh edition, we bring you examples of how patients and the public are helping us develop the service. We'll also update you on some key work within the Trust.



PARTNERS IN HEALTHCARE NETWORK EVENTS

Meet your Ambulance Service

A number of events have been held across Wales to introduce members of the PIH Network to staff and to the work of the Ambulance Service. So far, we have visited Swansea, Pontypridd, Bangor and Torfaen.

Invites to the event have been extended to Network members, members of the public and local groups and organisations. People have visited Information Stands promoting different work developments in the service, including the new Clinical Response Model. The events have given us the opportunity to introduce the Trusts 5 year plan 'Working Together for Success'. There have also been opportunities to talk to other local groups and organisations including Community Health Councils, People First groups and Age Concern.

The events have been very well received and will continue to be rolled out to different locations throughout Wales in 2012. A Network member in North Wales said "I just wanted to say a huge "thank you" to all the team for a really interesting event - it was really good to meet so many people and get some up to date information on the ambulance service & its working".

Your stories

In this section we want to show you how we've used your feedback to develop and improve our services.

I felt that I should let you know about the excellent and professional care that my daughter (and myself) received last week. I had been contacted by phone and told that my daughter had received a head injury at a friends' house, I told them that an ambulance should be called as she was in a lot of pain and had a loss of sensation in her left arm, I arranged to drive to Morriston hospital and meet her there. When I arrived there was no sign of her in the department or outside in the ambulance bay. A car drew up and her friends had, rather foolishly, thought that it was better to drive her to the casualty department. She was in a lot of pain, unable to move from the passenger seat and quite distressed. I realised that there was no way that we could extricate her from the car, and approached the ambulances for advice. Luckily, two ambulance personnel were just starting their shift and immediately followed me to the car. It was very difficult to move my

daughter (she has mobility problems anyway). They managed to get her out with a 'KED' [Kendrick Extraction Device] and spinal board.

Jane's Story

A mothers thanks to ambulance staff who were a breath of fresh air



They were professional, courteous and very understanding. Not only did they have to deal with a potentially dangerously injured patient - but also a very concerned mother! They encouraged her to cooperate, in what was a quite difficult situation. I cannot speak highly enough of the care and professionalism of these two - they were a breath of fresh air when we hear so much of the lack of care in the NHS these days. They obviously were busy, but on their return visit to casualty, took time to come ask my daughter and myself how she was and ask if she felt better. A small touch, but one much appreciated. Please pass on my, and my

daughters, thanks and best wishes to the two ambulance personnel involved; they are a credit to the ambulance service. Kind regards Jane



Medical Info Card – feedback

“Thank you for sending me the medical information cards, I gave one to my son who was born deaf. Four days later he was involved in a car accident and the ambulance was called and he was taken to hospital. I feel that the card was a great help. My son was not injured too badly so was able to sign and lip read, thank goodness he was not hurt more, but knowing there was a problem communicating the red card was a blessing. Many thanks again.” Sheree.

Community Voices Group Cardiff People First



On Thursday 28th July the Partners in Healthcare team were invited by Cardiff People First to take part in a Black Minority Ethnic event to show people with learning disabilities what happens when you call 999. Cardiff People First is an organisation of and for Adults with learning disabilities.

Due to the various levels of understanding of people with learning disabilities, the team delivered their message through the use of role play.

The team re-enacted 999 calls which proved to be extremely popular with members of the audience, many of whom volunteered to be a patient or caller. Local Trust staff attended the event, including a Call Taker and a Clinical Team Leader.

To raise awareness of the National 'Choose Well' message, the group played an interactive quiz - 'Big accident or little accident'. This gave everyone the opportunity to talk and discuss what kind of help they can expect depending on their health needs.

Assembly member Vaughan Gething who attended the event said "I'm very impressed with the turnout

you've had, and the role playing scene with the ambulance service as well - some very inventive people".



After the event Karen Jeffries, Coordinator for Community Voices Group, Cardiff People First sent the following message to the Welsh Ambulance team, "The Community Voices group and facilitators would like to say a BIG THANK YOU to you and your team for delivering a fun, accessible workshop for the event. The feedback from the members and other attendees was really good. We look forward to working with you in the future!"

A video clip of the event can be viewed on our website www.ambulance.wales.nhs.uk

'Spotlight on'

Here we share information about our Network members. Our members are representative of the public, partner organisations, and members of staff.

Kay Coleman – Network member

My connection with the Ambulance Service

For the last two years Kay has continued to be an active member of our Network. Kay was the first Service User Representative on the Partners in Healthcare Panel. When asked what her involvement means to her, Kay had a lovely story to tell:

"Having spent my working life and some years after retiring in the Caring Services, I am still passionately interested in health developments and feel I have some expertise to contribute – I often get lay people asking me for advice. Age brings not only experience but often the need to use various aspects of the Health Service. Having had excellent hearing it began to deteriorate to the point that I could just not put off a hearing appointment any longer and was fitted with a hearing aid and advised to go to lip reading classes. That very day these were being started in Swansea library. This began my involvement in various groups.

I became involved with the Ambulance Service and I was honoured to become part of the PIH Panel meetings. These meetings were fascinating to me. I made a rapid catch up of many changes since I left active work, and found the meetings so rewarding and with such great encouragement from staff. All were so keen to listen and take comments forward not as complaints but as stepping stones to improvement, nothing being too small or too complicated to be assured of its value and worth. I also attended the Annual General



Meeting for the public this year where I was asked to speak by the chairman – I made them laugh as I missed him calling me as the acoustics were so bad that my aids would not pick up much of the sound. However I received hearty applause and was asked to attend again – I knew they meant it when they checked that they had my contact details!

I must mention one crucial involvement – the Medical Information Cards for the deaf and hard of hearing. I have distributed these cards widely, to Police, GP's, Pharmacies and various groups I attend including the Hard of Hearing group where one gentleman said "How great I will put it by my back door" only to be told by others, "Won't be much good to you there when you have an emergency in a car park" to which his prompt reply was "Can I have another for my wallet?".

Involvement with PIH has been a great joy to me, I'm delighted to contribute to improving services for those needing health care at often trying and vulnerable times".



The Welsh Government and NHS Wales launched the *Choose Well* 2011 campaign to boost public awareness about the NHS services available to them.

On October 19, Dr Tony Jewell, Chief Medical Officer visited the Trusts centre in Cwmbran to see how they help people find the right health services for their needs.

Evidence shows that a significant number of people still go to Hospital Emergency Departments

(A&E) or dial 999 when there are other services more convenient and suitable for their needs. Tony Jewell, Chief Medical Officer for Wales said: "The Choose Well campaign is going to prove useful in helping people towards accessing the right services, at the right time to meet their healthcare needs. Patients who Choose Well should be rewarded with better, quicker and more effective treatment and care".

Dr Paul Hughes, Medical Director at the Welsh Ambulance Service said: "Approximately 45% of the calls we receive from patients dialling 999 are for minor illnesses and injuries like toothache, sore throats, coughs and colds. Every day, these calls are putting people's lives at risk by taking ambulances away from those having life threatening emergencies like a heart attack or stroke.

"We want to make sure the people of Wales get the right care in the right place at the right time and so are playing our part by introducing a range of services, like professional nurses working with paramedics to provide clinical expertise in our control rooms, so that when someone dials 999 with a less serious injury or illness they are given the most appropriate level of care for their need. We'd like the public to play their part too by choosing well in the first instance to ensure our busy emergency ambulances are readily available to attend to those who need us most."

To find out more about how you can use the Choose Well Campaign to help pick the appropriate medical care, visit www.choosewellwales.org.uk



Keep Well this Winter

The Keep Well this Winter campaign provides information & advice to older people in Wales to enable them to maintain good health throughout the winter months.

You can get useful tips for heating your home, information on financial support and steps for preparing for the winter. Get your own free Room Thermometer by calling the Health Information Team at NHS Direct Wales on 0845 46 47. For further information on Keeping Well this Winter, visit www.nhsdirect.wales.nhs.uk or www.kwtw.org.uk.

DID YOU KNOW?



A Website for Children and Young People

The Room is a website dedicated to providing information about the Welsh Ambulance Services to Children and Young People.

The Site has a variety of information including:

- What to do in an emergency and what happens when you call 999 which includes First Aid tips.
- A 'Keeping you safe' section which introduces the work we do with children and young people.
- The careers available within the service from a paramedic to a Health Information Specialist.
- A Campaigns section which contains information on Road Safety.



Also on The Room, you'll find information on how Children and Young People can look after their health and wellbeing.

Visit The Room:

www.ambulance.wales.nhs.uk/TheRoom

What do **you** want included?

Please let us know if there is anything that you would like included in this newsletter. Contact the Partners in Healthcare Team by e-mail ppi.team@wales.nhs.uk or phone **01792 776252 ext 5400**.

This newsletter is also available in Braille, other languages, large print and audio format upon request.

Useful websites for information and advice

www.ambulance.wales.nhs.uk

www.nhsdirect.wales.nhs.uk

www.communityhealthcouncils.org.uk

www.choosewellwales.org.uk

www.kwtw.org.uk



Gwranddo ar ein cleifion

Newyddion Rhwydwaith

Croeso

Croeso i rifyn y gaeaf 2011 o **'Newyddion Rhwydwaith'**. Yn y seithfed rhifyn hwn, rydym wedi cynnwys enghreifftiau o sut mae cleifion a'r cyhoedd yn ein helpu i ddatblygu'r gwasanaeth. Byddwn yn rhoi diweddariad ar waith allweddol o fewn yr Ymddiriedolaeth hefyd.

Gaeaf 2011

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DIGWYDDIADAU
RHWYDWAITH
PARTNERIAID MEWN
GOFAL IECHYD (PIHN)

Cyfarfod eich Gwasanaeth Ambiwylans

Cynhaliwyd nifer o ddigwyddiadau ledled Cymru i gyflwyno aelodau'r Rhwydwaith PiH i staff a gwaith y Gwasanaeth Ambiwylans. Hyd yma, rydym wedi ymweld ag Abertawe, Pontypridd, Bangor a Thorfaen.

Gwahoddwyd aelodau'r Rhwydwaith, aelodau'r cyhoedd a grwpiau lleol i'r digwyddiadau. Mae pobl wedi ymweld â stondinau gwybodaeth yn hybu gwahanol ddatblygiadau gwaith o fewn y gwasanaeth, gan gynnwys y Model Ymateb Clinigol newydd. Mae'r digwyddiadau wedi rhoi cyfle i ni gyflwyno cynllun pum mlynedd yr Ymddiriedolaeth 'Cydwethio i Lwyddo'. Bu cyfleoedd i siarad gyda grwpiau a sefydliadau lleol eraill gan gynnwys Cynghorau Iechyd Cymuned, grwpiau Pobl yn Gyntaf a Chyngor yr Henoed.

Cafwyd ymateb da iawn yn y digwyddiadau a pharheir i gynnal digwyddiadau mewn gwahanol leoliadau ledled Cymru yn 2012. Dywedodd aelod o'r Rhwydwaith yng Ngogledd Cymru "roeddwn eisiau dweud "diolch yn fawr iawn" i'r holl dîm am ddigwyddiad hynod ddiddorol – roedd yn dda iawn cyfarfod cymaint o bobl a chael yr wybodaeth ddiweddaraf ar y gwasanaeth ambiwlans a'i waith".

Eich Storiau

Yn yr adran hon, rydyn ni am ddangos i chi sut rydyn ni wedi defnyddio eich adborth i ddatblygu a gwella ein gwasanaethau.

Roeddwn yn teimlo y dylwn adael ichi wybod am y gofal ardderchog a phroffesiynol a dderbyniodd fy merch (a minnau) gennyh yn wythnos ddiwethaf.

Cysylltwyd â mi dros y ffôn yn dweud bod fy merch wedi anafu ei phen yn nhy ei ffrind, dywedais y dylid ffonio am ambiwlans gan ei bod mewn llawer o boen ac roedd wedi colli teimlad yn ei braich chwith, trefnais i yrru i ysbyty Morriston a'i chyfarfod yno. Pan gyrhaeddais, nid oedd dim golwg ohoni yn yr adran na'r tu allan yn y bae ambiwlans. Tynnodd car i fyny, ac roedd ei ffrindiau yn eu ffolineb yn meddwl y byddai'n well ei gyrru i'r adran ddamweiniau. Roedd mewn llawer o boen, yn methu symud o'r sedd yn y car ac yn ofidus.

Sylweddolais nad oedd dim gobaith i ni ei thynnu allan o'r car ac aethom at yr ambiwlansys i gael cyngor.

Wrth lwc, roedd dau aelod o staff ambiwlans yn dechrau ar eu sifft a dilynwyd fi i'r car ar unwaith. Roedd yn anodd iawn symud fy merch (mae ganddi

broblemau symudedd pryn bynnag). Llwyddwyd i'w chael allan gyda 'KED' [Dyfais Tynnu Kendrick] a bwrdd cefn. Roeddent yn broffesiynol ac yn gwrtais

iawn. Nid yn unig oedden nhw'n gorfod delio gyda chlaf oedd ag anafiadau difrifol posibl – ond mam bryderus hefyd! Anogwyd hi i gydweithredu mewn sefyllfa eithaf anodd.

Ni allaf ganmol digon am y gofal a phroffesiynoldeb y ddau yma – roeddent yn chwa o awyr iach pan rydym yn clywed gymaint am ddiffyg y gofal o fewn y GIG heddiw. Roeddent nhw'n amlwg yn brysur iawn, ond wrth ddychwelyd i'r adran ddamweiniau, gwnaed amser i ddod at fy merch a minnau i holi amdani a gofyn a oedd hi'n teimlo'n well. Rhywbeth bach a werthfawrogwyd yn fawr.

A fyddech chi cystal â chyfleu fy niolch i a'm

merch, diolch yn fawr a dymuniadau gorau i'r ddau weithiwr ambiwlans; maent yn gredyd i'r gwasanaeth ambiwlans. Cofion cynnes, Jane.

Stori Jane Mam yn diolch i staff ambiwlans oedd yn chwa o awyr iach



Cerdyn Gwybodaeth Feddygol



Bydd y cerdyn hwn yn helpu Gwasanaethau Brys os bydd yna ddamwain neu argyfwng. Cwblhewch a'i gario gyda chi. Sicrhewch eich bod wedi cofrestru gyda SMS brys. I gofrestru, anfonwch neges destun 'register' i 999. Byddwch yn derbyn ymateb – yna dilyn y cyfarwyddiadau a anfonir atoch.

Cerdyn Gwybodaeth Feddygol – adborth

"Diolch am anfon y cardiau gwybodaeth feddygol, rhoddais un i'm mab a anwyd yn fyddar. Pedwar diwrnod yn ddiweddarach roedd mewn damwain car a galwyd am ambiwlans a chafodd ei gludo i'r ysbyty.

Teimlaf fod y cerdyn o gymorth mawr. Ni chafodd fy mab ormod o anaf, felly llwyddodd gyda iaith arwydd a darllen gwefysau, diolch byth nad oedd wedi dioddef mwy o niwed, ond roedd yn fendith gwybod bod y cerdyn coch o gymorth i gyfathrebu. Llawer o ddiolch." Sheree.

Grwp Lleisiau Cymunedol Pobl Caerdydd yn Gyntaf



Dydd Iau, 28 Gorffennaf cafodd tîm Partneriaid mewn Gofal Iechyd wahoddiad gan Bobl Caerdydd yn Gyntaf i gymryd rhan mewn digwyddiad Lleiafrifoedd Ethnig Du i ddangos i bobl ag anableddau dysgu beth sy'n digwydd pan fyddwch yn ffonio 999. Mae Pobl Caerdydd yn Gyntaf yn sefydliad sy'n cynnwys ac ar gyfer Oedolion ag anableddau dysgu.

Oherwydd gwahanol lefelau dealltwriaeth bobl ag anableddau dysgu, cyflwynodd y tîm ei neges trwy broses chwarae rôl. Gwnaeth y tîm ail-greu galwad 999 a brofodd yn hynod boblogaidd gydag aelodau'r gynulleidfa, gyda llawer ohonynt yn gwirfoddoli i fod yn glaf neu'n alwr. Roedd staff lleol yr Ymddiriedolaeth yn bresennol, gan gynnwys rhywun sy'n ateb galwadau ac Arweinydd Tîm Clinigol.

Er mwyn codi ymwybyddiaeth am y neges Genedlaethol 'Dewis Doeth', chwaraeodd y grwp rhyngweithiol - 'Damwain fawr neu damwain fach'. Roedd hyn yn rhoi cyfle i bawb siarad a thrafod am y math o gymorth y gallant ei ddisgwyl gan ddibynnu ar eu hanghenion iechyd.

Mynychodd Aelod y Cynulliad, Vaughan Gething y digwyddiad a dywedodd 'Rwyn falch iawn o'r nifer o bobl sydd wedi dod ynghyd, a'r olygfa chwarae rôl gyda'r gwasanaeth ambiwlans hefyd - pobl ddyfeisgar iawn'.



Ar ôl y digwyddiad, anfonodd Karen Jeffries, Cydlynnydd Grwp Lleisiau y Gymuned, Pobl Caerdydd yn Gyntaf y neges ganlynol i'r tîm Ambiwllans "Dymuna Grwp Lleisiau'r Gymuned a hwyluswyr ddweud DIOLCH YN FAWR i chi a'ch tîm am gyflwyno gweithdy hwylus ar gyfer y digwyddiad. Roedd yr adborth gan yr aelodau a mynychwyr eraill yn dda iawn. Rydym yn edrych ymlaen at weithio gyda chi yn y dyfodol!"

Gellir gweld clip fideo o'r digwyddiad ar ein gwefan: www.ambiwllans.wales.nhs.uk

'Sbotolau ar'

Yma, rydyn ni'n rhannu gwybodaeth am aelodau ein Rhwydwaith. Mae ein haelodau'n cynrychioli'r cyhoedd, sefydliadau partner ac aelodau'r staff.

Kay Coleman – Aelod o'r rhwydwaith Fy nghysylltiad â'r Gwasanaeth Ambiwylans

Mae Kay wedi bod yn aelod gweithgar o'r Rhwydwaith ers 2 flynedd. Kay oedd y Cynrychiolydd Defnyddwyr Gwasanaeth cyntaf ar y Panel Partneriaid mewn Gofal Iechyd. Pan ofynnwyd iddi beth oedd cymryd rhan yn ei olygu, roedd gan Kay stori fendigedig:

"Ar ôl treulio rhywfaint o fy mywyd gwaith a rhai blynyddoedd ar ôl ymddeol yn y Gwasanaethau Gofal, mae gennyf ddi-ddordeb gwirioneddol mewn datblygiadau iechyd a theimlaf fod gennyf arbenigedd i'w gyfrannu - yn aml, bydd pobl leyg yn gofyn imi am gyngor. Mae oedran yn dod â phrofiad, ond yn aml iawn yr angen i ddefnyddio amrywiol agweddau o'r gwasanaeth iechyd. Ar ôl cael clyw ardderchog, dechreuodd ddirywio i'r pwynt na allwn osgoi trefnu apwyntiad clyw a chefais declyn cymorth clyw a chynghor i fynd i ddosbarth darllen gwefusau. Roedd y dosbarthiadau hynny'n dechrau ar yr union ddiwrnod hwnnw yn llyfrgell Abertawe. Dechreuodd hyn fy nghyfraniad at amrywiol grwpiau.

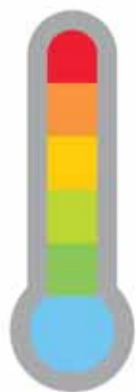
Dechreuais gyfrannu at y Gwasanaeth Ambiwylans ac roedd yn anrhydedd bod yn rhan o gyfarfodydd y Panel PiH. Roedd y cyfarfodydd hyn yn hudol. Llwyddais i ddal i fyny'n gyflym gyda llawer o newidiadau ers imi adael y byd gwaith a theimlais fod y cyfarfod yn rhoi llawer o foddhad a chymaint o anogaeth gan staff. Roedd pawb yn awyddus i wrando a derbyn sylwadau, nid fel cwynion ond camau gwella, heb fod yn rhy fach na rhy gymhleth i gael sicrwydd o'i werth. Hefyd, mynychais y Cyfarfod Cyffredinol Blynyddol i'r cyhoedd eleni, ble



gofynnwyd imi siarad â'r cadeirydd – llwyddais i wneud iddyn nhw chwerthin gan imi fethu a'i glywed yn fy ngalw gan fod yr acwstics mor wael nad oedd fy nghymorth clyw yn ymateb i lawer i lawer o'r sain. Fodd bynnag, derbyniais gymeradwyaeth a gofynnwyd imi fynychu eto - roeddwn yn gwybod eu bod yn ei olygu pan wnaethant wirio fod ganddynt fy manylion cyswllt!

Mae'n rhaid imi son am un cyfraniad hanfodol - y Cardiau Gwybodaeth Meddygol i'r byddar a'r trwm eu clyw. Rwyf wedi dosbarthu'r cardiau hyn yn eang, i'r Heddlu, meddygfeydd, fferyllfeydd ac amrywiol grwpiau rwyn eu mynychu gan gynnwys grwpiau Trwm eu Clyw ble dywedodd un gŵr "gwych, byddaf yn ei adael ger y drws cefn" ond i rywun arall ddweud "dim llawer o werth ichi yn y fan honno pan fydd gennych argyfwng yn y maes parcio" ac ymatebodd yn brydlon "fyddai'n bosibl cael un arall i'r waled os gwelwch yn dda?"

Mae cydweithio gyda PiH wedi bod yn bleser mawr. Rwyf falch o gyfrannu at wella gwasanaethau i'r sawl sydd angen gofal iechyd ar adegau caled a bregus yn aml".



Dewis doeth

Choose well

Mae Llywodraeth Cymru a GIG Cymru yn lansio'r ymgyrch *Dewis Doeth* 2011 i godi ymwybyddiaeth y cyhoedd am y gwasanaethau GIG sydd ar gael iddyn nhw.

Wnaeth Tony Jewell, Prif Swyddog Meddygol, ymweld â'r canolfan yng Nghwmbran ar 19 Hydref i weld sut maent yn helpu pobl i ganfod y gwasanaethau iechyd cywir i ateb eu hanghenion.

Dengys tystiolaeth bod nifer sylweddol o bobl yn dal i fynd i Adrannau Brys Ysbytai (D&A) neu'n deialu 999 pan mae yna wasanaethau eraill mwy cyfleus ac addas i'w hanghenion. Dywedodd Tony Jewell, Prif Swyddog Meddygol Cymru: "Bydd yr ymgyrch Dewis Doeth yn profi'n ddefnyddiol i helpu pobl gael mynediad i'r gwasanaethau iawn, ar yr amser iawn i ateb eu hanghenion gofal iechyd. Dylai pobl sy'n Dewis yn Ddoeth gael eu gwobrwyo gyda thriniaeth a gofal gwell, cyflymach a mwy effeithiol.

Dywedodd Dr Paul Hughes, Cyfarwyddwr Meddygol, Gwasanaethau Ambiwylans Cymru: "Mae oddeutu 45% o alwadau gan gleifion sy'n deialu 999 ar gyfer mân salwch ac anafiadau fel danuoedd, dolur gwddf, tagu ac annwyd. Pob dydd, mae'r galwadau hyn yn rhoi bywydau pobl mewn perygl trwy dynnu'r ambiwlansys oddi wrth y sawl ag argyfyngau sy'n bygwth bywyd fel trawiad ar y galon neu strôc.

"Rydym eisiau sicrhau fod pobl Cymru yn derbyn y gofal cywir yn y lle cywir ar yr adeg cywir ac felly rydym yn chwarae ein rhan trwy gyflwyno amryw o wasanaethau, fel nyrsys proffesiynol yn gweithio gyda pharafeddygon i gynnig arbenigedd clinigol yn yr ystafelloedd rheoli, fel bod rhywun sy'n deialu 999 gydag anaf neu salwch llai difrifol yn derbyn y gofal mwyaf priodol i'w hanghenion. Dymunwn i'r cyhoedd chwarae eu rhan hefyd trwy ddewis yn ddoeth yn y lle cyntaf i sicrhau bod ein ambiwlansys brys prysur ar gael i fynd allan at y rhai sydd eu hangen fwyaf."

I ganfod mwy am sut y gallwch ddefnyddio'r Ymgyrch Dewis Doeth i'ch helpu i ddewis y gofal meddygol mwyaf addas, ewch i www.dewisdoethcymru.org.uk



Ymgyrch Gofal Piau Hi y Gaeaf Hwn

Mae'r ymgyrch Gofal Piau Hi y Gaeaf hwn yn darparu gwybodaeth a chynghor i bobl hyn yng Nghymru i'w galluogi i gadw iechyd da yn ystod misoedd y gaeaf.

Cewch wybodaeth ar y wefan hon ar gadw'n iach, cynghor defnyddiol ar gynhesu eich cartref yn effeithiol, gwybodaeth am gefnogaeth ariannol sydd ar gael ynghyd â chymorth i baratoi'ch cartref ar gyfer y gaeaf. Gallwch cael thermometer ystafell am ddim wrth galw'r tim Gwybodaeth Iechyd yn Galw Iechyd Cymru ar 0845 46 47. Am wybodaeth pellach ar Gofal Piau Hi y Gaeaf hwn, ymweld â www.galwiechycymru.nhs.uk neu www.kwtw.org.uk.

OEDDECH CHI'N GWYBOD?



Gwefan ar gyfer Plant a Phobl Ifanc

Mae'r Ystafell yn wefan sy'n ymroddedig i ddarparu gwybodaeth am Wasanaethau Ambiwylans Cymru i blant a phobl ifanc.

Mae gan y wefan amrywiaeth o wybodaeth sy'n cynnwys:

- Beth i'w wneud mewn argyfwng a beth sy'n digwydd pan fyddwch yn ffonio 999 sy'n cynnwys cynghorion Cymorth Cyntaf.
- Adran ar Cadw Chi'n Ddiogel sy'n cyflwyno'r gwaith yr ydym yn gwneud gyda phlant a phobl ifanc.



- Cyflwyno'r gyrfaedd sydd ar gael o fewn y gwasanaeth o barafeddyg i gynghorydd Gwybodaeth Iechyd.
- Adran Ymgyrchoedd sy'n cynnwys gwybodaeth am Ddiogelwch ar y Ffyrdd.

Hefyd ar Yr Ystafell, cewch hyd i wybodaeth ar sut y gall Plant a Phobl Ifanc gofalu am eu hiechyd a'u lles.

Ymweld â'r Ystafell:

www.ambiwylans.wales.nhs.uk/TheRoom

Beth hoffech ei gynnwys?

Cofiwch roi gwybod i ni os hoffech gynnwys rhywbeth yn y daflen newyddion hon. Gallwch gysylltu â'r Tîm Partneriaid mewn Gofal Iechyd drwy anfon e-bost at ppi.team@wales.nhs.uk neu ffonio

01792 776252 est 5400

Mae'r daflen newyddion hon ar gael mewn Braille, ieithoedd eraill, print bras ac ar dâp sain o wneud cais.

Gwefannau defnyddiol i gael gwybodaeth a chynghor

www.ambiwylans.wales.nhs.uk

www.galwiechycymru.wales.nhs.uk

www.communityhealthcouncils.org.uk

www.dewisdoethcymru.org.uk

www.kwtw.org.uk