

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn



Issue / Rhif 24

9 January / Ionawr 2021

Welcome Back to All! Croeso Nôl i Bawb!

Gan Gydlynnydd Eich Fforwm

Wel, aeth hi'n ffradach dros wyliau'r Nadolig 'do? Aethon ni o Nadolig tair swigen i Defcon2 mewn ychydig ddyddiau. Gobeithio eich bod i gyd wedi llwyddo i fwynhau hwyl yr ŵyl er gwaetha'r hen feirws milain. O leiaf cawsom gyfle i ffarwelio â 2020 unwaith ac am byth, ac estyn croeso cynnes i 2021 a dau frechiad.

Does dim angen bod yn broffwyd i weld bod rhagor o helynt ar y ffordd. Mae cymaint o newidiadau i'w dilyn, mae manylion yn newid, adolygiadau 3 wythnos ac yna newid y rheolau, a'r anghysondeb rhwng y cenhedloedd wedi'u datganoli a Lloegr. Arhoswch i mewn, ond ewch allan, arhoswch i mewn, ewch allan i gael bwyd. 'Dw i'n aros i rywun ddweud wrthyf am ddechrau dawnsio'r Hokey Cokey.

Efallai ei bod hi'n haws dilyn y cynllun gwreiddiol, aros gartref, peidio â chymysgu ag eraill, gwisgo mwgwd, golchi dwylo, ac aros am eich tro i gael y brechiad. Rhyw bryd eleni, byddwn allan o'r hunllef Covid.

Mae'r rhifyn cyntaf hwn ar gyfer 2021 wedi'i neilltuo i chi'r darllenwyr. Rwyf wedi cymryd y rhyddid i rannu rhai o'ch sylwadau ar dudalen olaf y mater hwn.

Arhoswch yn ddiogel, a gofaluwch amdanoch eich hunain a'ch anwyliaid.

From Your Forum Coordinator

Well, didn't things go pear-shaped over the Christmas break? We went from a three bubble Christmas to Defcon2 in the space of a few days. I hope that you all managed to get some Christmas cheer despite mutant-viruses. If nothing else, we all got a chance to give a resounding 'so long' to 2020 and Ben Venue 2021 and two vaccines.

I don't need a crystal ball to predict that there is more mayhem ahead. There are just so many changes to follow, details get changed, 3-week revisions followed by tweaking the rules, and the disparity between the devolved nations and England. Stay in but go out, go out, stay in, eat out. I'm just waiting to be told to do the Hokey Cokey.

Maybe it's just easier to stick with the original plan, stay home, avoid mixing with others, wear masks, wash hands, and wait your turn for the vaccine. At some point this year, we will be out of the Covid coedwigoedd.

This first issue for 2021 is dedicated to you the readers. I've taken the liberty of sharing some of your comments on the last page of this issue.

Stay safe, and take care of yourselves and your loved ones.



Our Home Visitors are available in Cheshire and North Wales to offer essential visits and support. This includes: food and essentials shopping, prescriptions, someone to talk to and

signposting to other services.

Mae ein Hymwelwyr Cartref ar gael yn Sir Gaer a Gogledd Cymru ar gael i gynnig ymweliadau hanfodol a chefnogaeth. Mae hyn yn cynnwys: siopa am fwyd a hanfodion, presgripsiynau, rhywun i siarad gyda nhw a cyfeirio at wasanaethau eraill.

For information or to make a referral / I gael gwybodaeth neu i atgyfeirio:

01244 381515

information@visionsupport.org.uk

www.visionsupport.org.uk



A free phone line of hymns, reflections and prayers

0800 804 8044

Are you in need of some daily hope during this lockdown?

We have a new FREE telephone line for you to ring to hear comforting hymns, daily prayers and reflections.



INFORMATION & ADVICE SERVICE

A wide range of advice, information, and details on local services.

Tel: 0300 2345 007

GWASANAETH GWYBODAETH A CHYNGOR
Amrywiaeth eang o gyngor, gwybodaeth a manylion am wasanaethau lleol.



**Llinell gymorth y pandemig
Lockdown Helpline**

Tel: 01492 523853

**Community & Voluntary Support Conwy
Gymorth Cymunedol a Gwirfoddol Conwy**



Need support but don't know anyone who could be a 'Friend'

If you are social distancing, self-isolating or shielding, Age Cymru can connect you with local organisations who can help you.

**If you're aged 50 or over call Age Cymru
Advice on 0300 303 44 98**

Street Support
Cefnogaeth Stryd
Llanfairfechan

Our phone number has changed!
Main contact number: 01248 681697
Email Town Clerk on:
jayne@llanfairfechan.net

Straeon y Gaeaf

Wrth i ni nesáu at aeaf anarferol iawn a allai fod yn anodd i bob un ohonom, hoffai Comisiynydd Pobl Hŷn Cymru wneud yn siŵr bod lleisiau a phrofiadau pobl hŷn yn cael eu clywed, a bod modd eu defnyddio i sicrhau newid a gwelliannau.

Mae'r Comisiynydd yn chwilio am bobl hŷn i weithio gyda hi dros y misoedd nesaf a rhannu eu straeon personol am sut beth yw eu bywydau yn ystod y gaeaf - am y cynlluniau a'r camau mae pobl hŷn yn eu rhoi ar waith i'w helpu i ymdopi â'r misoedd nesaf, beth sy'n dda neu beth sy'n gwneud gwahaniaeth cadarnhaol, ac am y pethau a allai fod yn gwneud bywyd yn anoddach.

Bydd hyn yn helpu mewn dwy ffordd bwysig:

- Helpu i ddeall yr anawsterau a'r heriau mae pobl hŷn yn eu hwynebu mewn 'amser real' er mwyn i ni allu adnabod materion penodol yn gyflym a sicrhau bod camau'n cael eu cymryd.
- Darparu sylfaen dystiolaeth rymus sy'n dangos lle mae angen gwelliannau, er mwyn i ni allu dylanwadu ar gynlluniau a phenderfyniadau Llywodraeth Cymru a chyrrff cyhoeddus allweddol eraill yng Nghymru.

Mae'r Comisiynydd yn gobeithio'n fawr y byddwch chi'n awyddus i gymryd rhan a rhannu eich stori gaeaf i gefnogi'r gwaith pwysig hwn. Rydyn ni'n croesawu cyfraniadau Cymraeg a Saesneg.

Os oes gennych chi ddiddordeb ac am wybod mwy am sut gallwch chi gymryd rhan, cysylltwch 03442 640670 neu anfonwch e-bost at winterstories@olderpeoplewales.com.

Heneiddio yn Dda
Comisiynydd Pobl Hŷn Cymru
Adeiladau Cambrian, Sgwâr Mount Stuart,
Caerdydd, CF10 5FL

Winter Stories

As we head into what will be a particularly unusual and potentially difficult winter for us all, the Older People's Commissioner for Wales would like to make sure that older people's voices and experiences are heard and can be used to deliver change and improvements.

The Commissioner is looking for older people to work with her over the next few months and share their personal stories about what their lives are like through the winter - about the plans and action older people are putting in place to help them get through the months ahead, what's good or is making a positive difference, and about the things that may be making life more difficult.

This will help in two key ways:

- Helping to understand the difficulties and challenges older people are facing in 'real-time' so we can quickly identify specific issues and ensure that action is taken.
- Provide a powerful evidence base that shows where improvements are needed, so we can influence the plans and decisions of the Welsh Government and other key public bodies in Wales.

The Commissioner hopes you'd like to get involved and share your winter story to support this important work. Contributions in both Welsh and English are welcomed.

If you're interested and would like to find out more about how you can get involved, contact 03442 640670 or email winterstories@olderpeoplewales.com.

Ageing Well - Older People's
Commissioner for Wales
Cambrian Buildings, Mount Stuart Square,
Cardiff, CF10 5FL

Please do not contact your GP or local hospital to request a COVID-19 vaccine.

When your priority group is reached you will be invited to a dedicated clinic. There will be no need to apply for or ask GPs or pharmacists for the vaccination, as invitation will be automatic.

In time, every eligible adult will be contacted to be offered the vaccine.

Vaccination is starting with the groups most at risk of serious illness or death from COVID-19, together with front line health and social care workers.

Peidiwch â chysylltu â'ch meddyg teulu neu ysbyty lleol i wneud cais am frechiad COVID-19.

Pan ddaw tro eich grŵp blaenoriaeth chi, byddwch yn cael gwahoddiad i glinig pwrpasol. Bydd dim angen gwneud cais na gofyn i feddygon teulu neu fferyllwyr am y brechiad; byddwch yn cael gwahoddiad yn awtomatig.

Bydd pob oedolyn cymwys yn cael gwahoddiad i gael y brechiad maes o law.

Mae'r brechiadau'n dechrau gyda'r grwpiau sydd fwyaf mewn perygl o salwch difrifol neu farwolaeth yn sgil COVID-19, yn ogystal â gweithwyr iechyd a chymdeithasol rheng flaen.

Cofion cynnes

Megan Vickery

*Swyddog Ymgysylltu / Engagement Officer
Bwrdd Iechyd Prifysgol Betsi Cadwaladr
University Health Board*

Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

COVID-19 vaccination - January 5 Update

We want to reassure people across North Wales that we have a robust and well-considered plan to administer the vaccine to all of our priority groups as quickly and as safely as possible. We now have both the increased availability of vaccines as well as more staff and vaccination sites. We have the initial delivery of the Oxford AstraZeneca vaccine and enhanced supplies of the Pfizer BioNTech vaccine.

Joint planning with Local Authorities will ensure priority delivery of this vaccine into care homes. Over the initial two weeks in January 2021, our priority groups for vaccination include:

- Care home residents and staff, people aged over 80, including hospital inpatients
- High risk frontline healthcare staff
- Primary care staff
- Welsh Ambulance Service staff

Brechiad COVID-19 - Diweddariad Ionawr 5

Rydym am roi sicrwydd i bobl o bob rhan o Ogledd Cymru fod gennym gynllun cadarn, sydd wedi'i ystyried yn ofalus, ar gyfer gweinyddu'r brechiad i bob grŵp â blaenoriaeth cyn gynted a mor ddiogel â phosibl. Rydym wedi derbyn cyflenwad cyntaf y brechiad Oxford AstraZeneca a rhagor o gyflenwadau o'r brechiad Pfizer BioNTech.

Bydd cynllunio ar y cyd ag Awdurdodau Lleol yn sicrhau bod darparu'r brechiad mewn cartrefi gofal yn flaenoriaeth. Dros ychydig wythnosau cyntaf Ionawr 2021, mae ein grwpiau â blaenoriaeth ar gyfer brechu'n cynnwys:

- Preswylwyr a staff cartrefi gofal, pobl dros 80 oed, gan gynnwys cleifion mewnol ysbytai
- Staff gofal iechyd rheng flaen sydd â risg uchel
- Staff gofal sylfaenol
- Staff Gwasanaeth Ambiwylans Cymru



If you are feeling lonely or worried, finding it difficult to access food or medication, or are concerned about someone else who is – we can provide support. The phonenumber is open daily from 10am to 6 pm. Free and confidential. **Call 0808 196 3651**

Os ydych chi'n teimlo'n unig neu'n bryderus, ac yn ei chael hi'n anodd cael gafael ar fwyd neu feddyginiaeth, neu os ydych chi'n poeni am rywun arall sy'n wynebu hyn – gallwn ni roi cefnogaeth. Mae'r llinell ffôn ar agor bob dydd rhwng 10am a 6pm. Am ddim ac yn gyfrinachol. Rhif **0808 196 3651**



BritishRedCross

Y Post Brenhinol yn codi tâl ychwanegol am Gylchlythyr Postio

Os gofynnwyd i unrhyw un ohonoch dalu postio ychwanegol ar gylchlythyrau a anfonwyd ym mis Tachwedd neu fis Rhagfyr, rhowch wybod.

Mae'r holl gylchlythyrau'n cael eu paratoi ar gyfer postio gennyf fi, ac yr wyf yn ofalus i sicrhau bod y postio cywir yn cael ei ddefnyddio. Fodd bynnag, mae'r Post Brenhinol wedi bod yn codi tâl ychwanegol ar rai darllenwyr mewn modd ad hoc.

Cysylltwch â mi'n uniongyrchol ar 01492 817 124 neu alessandra.thomas@acnwc.org

Royal Mail charging extra for Newsletter Postage

If any of you has been asked to pay extra postage on newsletters sent in November or December, please let me know.

All the newsletters are prepared for postage by me, and I am careful to ensure the correct postage is applied. However, Royal Mail have been charging some readers extra in an ad hoc manner.

Contact me directly on 01492 817 124 or alessandra.thomas@acnwc.org

Datganiad Iechyd Cyhoeddus Cymru ar achosion o Coronafeirws Newydd (COVID-19) – Datganiad: Diweddarwyd 12yh Dydd Gwener 8 Ionawr 2021

Dywedodd Dr Robin Howe, Cyfarwyddwr Digwyddiadau'r Ymateb Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

"Mae nifer yr achosion cadarnhaol o Coronafeirws yn parhau i fod yn uchel iawn yng Nghymru ac mae'n destun pryder difrifol.

"Yng ngoleuni hyn, mae'r Gweinidog Addysg wedi cyhoeddi y bydd pob ysgol, coleg a bydd yn parhau â dysgu ar-lein tan o leiaf 29 Ionawr, a bydd yn aros felly tan hanner tymor mis Chwefror oni bai bod gostyngiad sylweddol mewn trosglwyddo.

"Mae'r Cydbwyllgor ar Frechu ac Imiwneiddio (JCVI) yn cefnogi amserlen frechu dau ddos ar gyfer brechlynnau Pfizer-BioNTech ac AstraZeneca. O ystyried y data sydd ar gael, a thystiolaeth o ddefnyddio llawer o frechlynnau eraill, mae Iechyd Cyhoeddus Cymru yn llwyr gefnogi cyngor y Cyd-feddygon a'r Cyd-feddygon i gynyddu'r bwlch mwyaf rhwng y dos cyntaf a'r ail ddos o 12 wythnos ar gyfer y ddau frechlynnau.

"Gellir tybio y bydd amddiffyn rhag y dos cyntaf yn crwydro yn y tymor canolig, a bydd yn dal yn ofynnol i'r ail ddos ddarparu amddiffyniad mwy gwydn.

"Efallai na fydd effeithiau'r brechlynnau yn cael eu gweld yn genedlaethol ers peth amser, a gyda Chymru ar lefel rhybudd pedwar mae'n rhaid i ni barhau i ddilyn y cyngor ar gadw Cymru'n ddiogel. Arhoswch gartref, cwrdd â'r bobl rydych chi'n byw gyda nhw yn unig, cadw pellter cymdeithasol, golchi eich dwylo'n rheolaidd, a gweithio gartref os gallwch chi.

"Rydym yn atgoffa pobl bod yr holl ganllawiau cyfredol sy'n ymwneud â Coronafeirws yn parhau i fod yn berthnasol i'r amrywiolyn newydd, gan gynnwys cyngor sy'n ymwneud â symptomau, ymbellhau cymdeithasol, hunanynysu, a brechu.

"Fel y nododd Llywodraeth Cymru, cyflwynwyd y cyfyngiadau newydd oherwydd nodi amrywiolyn newydd mwy trosglwyddadwy o Coronafeirws. Mae Iechyd Cyhoeddus Cymru wedi bod yn gweithio gyda phartneriaid yn y DU i ymchwilio i'r amrywiolyn hwn ac ymateb iddo.

"Mae'n arferol i firysau gael mwtaniadau, ac rydym yn disgwyl i hyn ddigwydd. **Er bod yr amrywiolyn yn haws i'w drosglwyddo, nid oes tystiolaeth ar hyn o bryd ei fod yn fwy difrifol.**

"Mae Iechyd Cyhoeddus Cymru yn annog pawb i ddilyn y rheolau, i osgoi trosglwyddo Coronafeirws ac i amddiffyn pawb yn ein cymunedau, gan gynnwys y rhai mwyaf bregus."

Mae'r **Llinell Gyngor Budd-daliadau Hawliau Lles** ar gael i unrhyw un sydd angen cyngor ynglŷn â budd-daliadau neu gymorth ariannol. Os gallech chi neu unrhyw un rydych yn gweithio â nhw elwa o'r gwasanaeth hwn, ffoniwch 01492 576605 neu lles.rights@conwy.gov.uk. Ar gael o ddydd Llun i ddydd Iau 9am -5pm a dydd Gwener 9 am-4.45pm.

Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

– Statement: Updated at 12pm on Friday 8 January 2021

Dr Robin Howe, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

“The number of positive Coronavirus cases remains extremely high in Wales and is cause for serious concern.

“In the light of this, the Education Minister has announced that all schools, colleges and will continue with online learning until at least 29 January and will remain that way until the February half term unless there is a significant reduction in transmission.

“The Joint Committee on Vaccination and Immunisation (JCVI) supports a two-dose vaccine schedule for the Pfizer-BioNTech and AstraZeneca vaccines. Given the data available, and evidence from the use of many other vaccines, Public Health Wales fully supports the JCVI advice to increase a maximum interval between the first and second doses of 12 weeks for both vaccines.

“It can be assumed that protection from the first dose will wane in the medium term, and the second dose will still be required to provide more durable protection.

“The effects of the vaccines may not be seen nationally for some time, and with Wales at alert level four we must continue to follow the advice on keeping Wales safe. Stay at home, meet only the people you live with, maintain social distancing, wash your hands regularly, and work from home if you can.

“We are reminding people that all current guidance relating to Coronavirus continues to apply to the new variant, including advice relating to symptoms, social distancing, self-isolation, and vaccination.

“As indicated by the Welsh Government, the new restrictions were brought forward due to the identification of a new more transmissible variant of Coronavirus. Public Health Wales has been working with UK partners to investigate and respond to this variant.

“It is normal for viruses to undergo mutations, and we expect this to happen. **Although the variant is easier to transmit, there is currently no evidence that it is more severe.**

“Public Health Wales urges everyone to follow the rules, to avoid transmission of Coronavirus and to protect everyone in our communities, including the most vulnerable.”

The **Welfare Rights Benefit Advice Line** is available for anybody who might need benefit advice or financial help. If you, or anyone you know would benefit from this service, call 01492 576605 or email: welfare.rights@conwy.gov.uk. Available Monday to Thursday 9am -5pm and Friday 9am-4.45pm.

Thank you for your kind words / Diolch am eich geiriau caredig

I have read your latest newsletter now and find it so **full of useful information**.

Thank you very much for the newsletter.... it's been a **great help** and I'm very, very grateful.

"Thank you" for this, it really is good and **most useful** for everyone.

The single **most useful** document I have seen since the whole nonsense started.

The **clearest explanation** of the rules I've seen or heard.

Thank you for the newsletter each month, during the covid lockdown it has been **really useful**.

Very informative and a **lot clearer than** the government's guidelines

Your newsletter is **so helpful** given the current situation.

Thanks for the newsletter, it's brilliantly produced and brings together very valuable information.

It's wonderfully done, very **light-hearted** and I would like to congratulate you.

Loved it **buzzing** and not all doom and gloom.

I think the **content and tone** of what you have produced is excellent.

Thank You for putting together the OPF Newsletter, it is always a **great read**.

Brilliant, as ever. **I love the photos and cartoons**.

Dwi wedi mwynhau y newsletter yn enwedig/**especially the poem** – One day at a time.

Thank you for the newsletter, it has **kept me company**.

Thank you very much for sending the newsletters to my parents, they really **enjoy** them.

Thanks for the newsletter, and all the news, as you know I don't have email or anything like that.

That looks a really useful Newsletter! – What a fabulous newsletter! – Another great newsletter!

Excellent newsletter! – A positive and uplifting newsletter. – I love reading your newsletter.

Thank you for another fantastic newsletter! – Thank you for the fantastic and informative newsletter! – The newsletter has proved really useful. – Thank you very much for the newsletter.

I just wanted to say a big thank you for the newsletters you send.

**To subscribe directly contact / I danysgrifio'n uniongyrchol cysylltwch â
Age Connects NWC, 16 Trinity Square, Llandudno LL30 2RB
alessandra.thomas@acnwc.org – 01492 817 124**



Content of this newsletter was accurate at the time and date of publication.

Roedd cynnwys y cylchlythyr hwn yn gywir adeg ei gyhoeddi.