Health and Wellbeing Bulletin

**Thursday 12th November 2020**

Helo Pawb/Hello everybody,

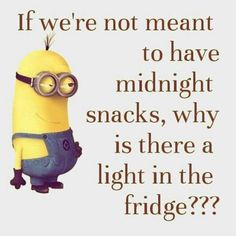
Today’s snippets for your information!

Cofion gynnes,

Geraint



**The Daily Giggle:**



**Carers Trust NW Crossroads:**

Please find attached our new application form for a variety of grants we currently have available pan North Wales thanks to the Welsh government,  These grants are for unpaid carers so all referrals must be for an unpaid carer even if the item will directly benefit the person they care for as it will also indirectly benefit them if their cared for is less anxious and there is something purchased to help the family as a whole..  We have the usual white goods, plus an array of other packages such as Food boxes (Christmas or otherwise) wellbeing boxes, sensory bags, Netflix/Disney/internet annual subscription, winter warmer boxes and laptops, tablets Alexa’s.

These are available for any carer, including parent carers, and although we will not ask for any proof of income etc we would hope to reach carers who have been financially affected by this pandemic, including those who have had bigger expenditure due to people having to self isolate.  If anyone wants something outside these suggestions do please contact us and we will always look at it.

Please share with any colleagues you feel may benefit from these grants



**Stop it Now! Autumn Training Sessions:**



**Carers Wales:**

**Ymunwch a Gofalwyr Cymru ar gyfer ein Sioe Deithiol Ar-Lein gyfan Cymru**

I ddathlu Diwrnod Hawliau Gofalwyr ar 26 Tachwedd, mae Gofalwyr Cymru yn cynnal cyfres o ddigwyddiadau ar-lein. Bydd y digwyddiadau hun yn gyfle i glywed mwy am waith Gofalwyr Cymru, mewnbwn i'n gwaith a chael gafael ar wybodaeth ddefnyddiol i'ch helpu chi yn eich rôl ofalu.

Ar 25th Tachwedd, byddwn yn cynnal 3 digwyddiad union yr un fath, fel y gall cymaint o ofalwyr ymuno a ni a phosib.

• Digwyddiad bore: 10yb tan 12yp

• Digwyddiad prynhawn: 2yp tan 4yp

• Digwyddiad gyda'r nos: 6yp tan 8yp

Agenda

Croeso gan Claire Morgan, Cyfarwyddwr Carers Wales

Gan Gynnwys:

* Ail-gapio a throsolwg o feysydd gwaith allweddol Gofalwyr Cymru, gan gynnwys trosolwg o'n Prosiect Loteri sydd bron wedi'i gwblhau
* Ymateb ‘Gofalwyr Cymru’ yn ystod y pandemig
* Ein blaenoriaethau gwaith ar gyfer y flwyddyn i ddod

Sesiwn 1: Dewis o:

• Eich meddyliau am Strategaeth 2025 newydd Carers UK

• Hunan Eiriolaeth - Siarad drosoch eich hun a’r perswn rydych chi'n gofalu amdano

• Ymunwch â ni ar daith gerdded hanesyddol Gymreig

Egwyl

Sesiwn 2: Dewis o:

• Mentrau cymdeithasol a chydweithfeydd cymunedol - cyfleoedd ar gyfer gwasanaethau a arweinir gan ofalwyr.

• Gwybod eich hawliau fel gofalwr

• Sesiwn gerddoriaeth Efo Opera Cenedlaethol Cymru

Ar y diwedd bydd pob grŵp yn ail-ymuno. Byddwn yn defnyddio'r blwch sgwrsio i ddal myfyrdodau, meddyliau a chwestiynau. Lapiwch a diolch.

<https://www.eventbrite.co.uk/e/carers-wales-online-roadshow-tickets-124793750467>

Mae 'Amser i mi' yn gyfle i ofalwyr di-dâl wneud rhywbeth er eu mwynhad eu hunain. Mae'r sesiynau ar-lein hyn, a ariennir gan Lywodraeth Cymru, yn fan lle gall gofalwyr gymryd rhan mewn amrywiaeth o weithgareddau ac archwilio cyfleoedd newydd nad ydyn nhw yn gallu eu gwneud fel arfer o bosibl. Byddwn yn gwneud pob math o bethau yn amrywio o wylio rhyfeddodau mawr y byd mewn grŵp, i gelfyddydau, cerddoriaeth, ymarfer corff, ymlacio ac ymwybyddiaeth ofalgar a chymaint mwy.

Dysgwch fwy yma:[https://www.carersuk.org/Wales/help-and-advice/ME-time](https://www.carersuk.org/wales/help-and-advice/me-time)

Ein sesiynau Paned i Ofalwyr wythnosol, lle gwahoddir gofalwyr di-dâl i ymuno â ni am sgwrs gyda gofalwyr eraill ac i glywed gan sefydliadau ledled Cymru am y ffyrdd y maent yn cefnogi gofalwyr a'u hanwyliaid.

Dysgwch fwy yma:  [https://www.carersuk.org/Wales/help-and-advice/Care-for-a-cuppa-in-Wales](https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales)

Os hoffai eich sefydliad gymryd rhan yn Amser i mi neu Paned i Ofalwyr, yna atebwch i'r e-bost hwn.

**Join Carers Wales for our first all Wales online Roadshow**

In celebration of Carers Rights Day on 26th November, Carers Wales is hosting a series of online events. These events will be an opportunity to hear more about the work of Carers Wales, input into our work and access helpful information to help you in your caring role.

On the 25th Nov, we will be running 3 identical events, so that as many carers are able to join us for each session across the day as possible..

* Morning event: 10am to 12noon
* Afternoon event: 2pm to 4pm
* Evening event: 6pm to 8pm

**Event timetable**

Welcome from Claire Morgan, Director including

* A re-cap and overview of Carers Wales key work areas, including an overview of our Lottery Project which is almost complete
* Carers Wales’ response during the pandemic
* Our work priorities for the year ahead

Session 1: A choice of:

* Your thoughts on Carers UK’s new Strategy 2025
* Self Advocacy - Speaking up for yourself and who you care for
* Join us on a Welsh historical walk

Break

Session 2: A choice of:

Social enterprises and community co-ops – opportunities for carer-led services.

* Knowing your rights as a carer
* Music session with The Welsh National Opera

At the end all groups will re-join together. We will use the chat box to capture reflections, thoughts and questions. Wrap up and thank yous.

<https://www.eventbrite.co.uk/e/carers-wales-online-roadshow-tickets-124793750467>

Me Time' is a chance for unpaid carers to do something for their own enjoyment. These online sessions, funded by the Welsh Government, are a place where carers can get involved in a range of activities and explore new opportunities that they may not be able to do normally. We will be doing all sorts of things ranging from group viewings of the great wonders of the world, to arts, music, physical exercise, relaxation and mindfulness and so much more.

Find out more here**:** [**https://www.carersuk.org/wales/help-and-advice/me-time**](https://www.carersuk.org/wales/help-and-advice/me-time)

Our weekly Care for a Cuppa sessions, where unpaid carers are invited to join us for a chat with other carers and to hear from organisations across Wales about the ways they support carers and their loved ones.

Find out more here:[**https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales**](https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales)

**Age Cymru Engagement Events:**



**CAIS Structured Recovery Programme:**



**Snowdonia National Park Authority – Job Opportunities:**

Rydym yn chwilio am Uwch Wardeniaid ar gyfer Gogledd a De’r Parc, manylion isod:

W*e are currenlty advertising Senior Wardern posts for North and South of the National Park (the ability to speak and write in Welsh is essential):*

[https://gyrfa.eryri.llyw.cymru/](https://scanmail.trustwave.com/?c=261&d=hKyp3zVvFZX4N5oa2OHiZO8i66nK9HXM5M_Kx-9AUg&u=https%3a%2f%2fgyrfa%2eeryri%2ellyw%2ecymru%2f)

**Uwch Warden (Gogledd)**

Cyfeirnod Swydd: SNPA 2020 022

Lleoliad: Penrhyndeudraeth

Cyflog: £27,741 - £31,346

**Uwch Warden (De)**

Cyfeirnod Swydd: SNPA 2020 023

Lleoliad: Penrhyndeudraeth

Cyflog: £27,741 - £31,346

Y Rôl

Fel yr Uwch Warden, byddwch yn goruchwylio holl staff, eiddo, contractau a chyfrifoldebau Gwasanaeth Wardeiniaid y Parc Cenedlaethol yn eich ardal yn Y Parc.

Gan adrodd i Bennaeth y Gwasanaeth Wardeiniaid, byddwch yn:

- Datblygu a darparu mynediad i gefn gwlad, rheoli tir a phrosiectau rheoli hawliau tramwy

- Adeiladu a chynnal perthnasoedd da rhwng preswylwyr, ymwelwyr, defnyddwyr a'r gymuned amaethyddol a diddordebau cadwraeth

- Rhoi gwybodaeth ac arweiniad i ymwelwyr a monitro gweithgareddau hamdden yn y Parc

- Cynnig cyngor ar ofynion rheoli cefn gwlad y Parc

- Cynorthwyo Pennaeth y Gwasanaeth Wardeiniaid gyda blaenoriaethau strategol, rhaglenni prosiect a chyllidebau

Am fwy o wybodaeth, croeso i chi gysylltu.

*For more information, please contact.*

**Adam Daniel**

**Pennaeth Gwasanaeth Wardeinio / Head of Warden Service**  
Awdurdod Parc Cenedlaethol Eryri/Snowdonia National Park Authority   
Teleffon / *Tel*: 01766 772 232   
Symudol / *Mobile*: 07766 255 505   
E-bost / *E-mail*: [adam.daniel@eryri.llyw.cymru](mailto:adam.daniel@eryri.llyw.cymru)

**Funding Opportunity:**

There is slippage money within the ICF Dementia grant for 2020/21.

If you would like to propose a project that would benefit people living with dementia and/or their carers, please consider this opportunity for some extra funding.

Please note, the funding can only cover activity up until the end of March 2021, so you will need to be able to deliver on your proposal within that timescale.

The proposal form is attached.

It’s worth bearing in mind the other attached documents – the Wales Dementia Action Plan (DAP), and the ICF guidance (page 7 has a useful summary of the DAP criteria).

Clearly these documents were written pre-Covid and any proposals that help to mitigate the effects of isolation caused by Covid, would also be gratefully received.

Closing date for proposals: Please send your proposals to [alan.thompson@conwy.gov.uk](mailto:alan.thompson@conwy.gov.uk) by the end of the day on **Wednesday 25th November.**   
The proposals will be discussed at Conwy Forum on 27th Nov.

**Alan Thompson**Rheolwr Comisiynu / Commissioning Manager

[alan.thompson@conwy.gov.uk](mailto:alan.thompson@conwy.gov.uk)Gwasanaethau Cymdeithasol a Gwasanaethau Addysg / Social Care & Education  
*Cyngor Bwrdeistref Sirol* Conwy County Borough Council

**Older People’s Forum Newsletter:**

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| Please find attached the latest issue of the Older People's Forum (OPF) Newsletter.  Feel free to share.  If you prefer a hardcopy, or know anyone who would like to receive a copy in the post please let me know. | Atodir y rhifyn diweddaraf o Gylchlythyr Fforwm Pobl Hŷn (OPF).  Mae croeso i chi rannu.  Os yw'n well gennych gopi caled, neu'n adnabod unrhyw un a hoffai dderbyn copi yn y post, rhowch wybod i mi. |

