

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn



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NEPTS or Non-Essential Patient Transport Service

takes medically eligible patients from across North Wales to and from their medical appointments at clinics and hospitals.

The service is only available for patients who meet an eligibility criteria based on their medical needs.

Always book at least 2 days ahead.

The NEPTS are currently providing transport for patients with medical needs to hospitals outside of North Wales – when they have been referred out of Wales to reduce waiting list times. Known as '**Waiting List Initiative**', this service is available to anyone who has opted to undergo any medical care/surgery outside of North Wales to reduce waiting lists.

Be sure to mention 'Waiting List Initiative' if you have been referred outside of North Wales.

**Call the NEPTS Booking Line on
0300 123 2303**

Mae'r Gwasanaeth Gludiant Cleifion Di-Frys (NEPTS), yn

mynd â chleifion sy'n gymwys yn feddygol o bob rhan o Gymru i ac o'u hapwyntiadau meddygol mewn clinigau ac ysbytai.

Dim ond i gleifion sy'n bodloni meini prawf cymhwyster ar sail eu hanghenion meddygol y mae'r gwasanaeth hwn ar gael.

Archebwch o leiaf 2 ddiwrnod ymlaen llaw bob amser.

Mae'r NEPTS ar hyn o bryd yn darparu cludiant i gleifion ag anghenion meddygol i ysbytai y tu allan i Ogledd Cymru – pan fyddant wedi cael eu hatgyfeirio allan o Gymru i leihau amseroedd rhestrau aros. A elwir yn '**Waiting List Initiative**', mae'r gwasanaeth hwn ar gael i unrhyw un sydd wedi dewis cael unrhyw ofal meddygol/llawdriniaeth y tu allan i Ogledd Cymru i leihau rhestrau aros. Cofiwch sôn am '**Waiting List Initiative**' os ydych wedi cael eich cyfeirio y tu allan i Ogledd Cymru.

**Ffoniwch Linell Archebu NEPTS ar
0300 123 2303.**

Lifestyle Decisions that Lead to Successful Ageing

There are many factors that contribute to long life, but according to one comprehensive scientific study, there are two powerful predictors of successful ageing.

A thorough analysis published in the science journal PLoS One and the National Library of Medicine in 2019, called '*Lifestyle predictors of successful aging: A 20-year prospective HUNT study*', investigated the effect of midlife lifestyle conditions and how they consequently led to successful ageing.

"Lifestyle factors predicting successful ageing...are important for understanding healthy ageing, interventions, and preventions," wrote the study researchers.

'**Successful Ageing**' was described as free of certain specified diseases and depression, having no physical or mental impairment, and being actively engaged with life.

The researchers analysed data from a population-based health survey, the Nord-Trøndelag Health Study (HUNT), with an average follow-up of 22 years.

What did the researchers find out?

"Non-smoking and good social support were the most powerful predictors for successful ageing..." the researchers wrote.

Reducing risks by eating a healthy diet and exercise are important, but a combination of reducing risk factors in midlife with social support, could be the best thing to promote overall health and health in ageing.

Good food and good company are the best remedy for our health and for aging well.

Should I claim Pension Credit?

Yes, you should check if you're eligible. Even if it's only for a few extra pennies, it will allow you to access many more financial benefits!

Pension Credit can top up a person's income to a minimum of £182.60 per week for single pensioners and to £278.70 for couples. It can also provide access to a range of other entitlements such as help with housing costs, council tax, heating bills and for those aged 75 or over, a free TV licence.

Talk to an advisor at Advicelink Cymru on their free Claim What's Yours helpline on 0808 250 5700, they can help you check what you are entitled to and even arrange for you to get help in completing any claims.

However, you can also phone the **Pension Credit Claim Line directly on 0800 99 1234** or call **Citizen's Advice Conwy on 01745 828 705**.

Amusing "Doctor, I can't stop singing The Green, Green Grass of Home."

"Why, it sounds like Tom Jones Syndrome." "Is it common?" "It's not unusual!"



Welsh Water's **Project Cartref** has been helping customers to understand their consumption habits, and how they can make small savings in their homes by offering free products and services to help them save water.

How Can We Help Fixing Leaks?

Project Cartref helps customers identify plumbing loss within the home or in the workplace, this can range from a drippy tap to a leaky loo, which can waste around 12 litres an hour – nearly 2 people's average daily water usage.

As part of the service, we may be able to fix common leaks for free. We'll explain the types of repairs we can do when we meet. Even if the leak can't be fixed by one of our plumbers, we can point you in the direction of a WaterSafe approved plumber, and can give you helpful tips and tricks on saving water as well as offer free energy saving products.

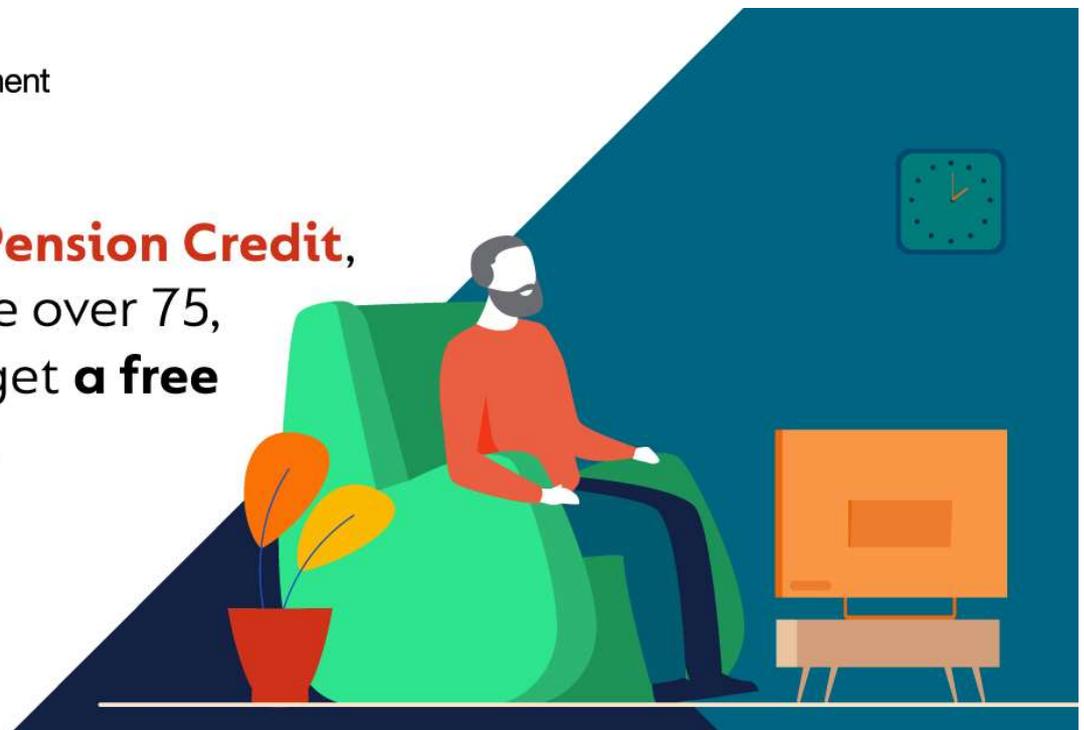
You can phone on 0800 052 0130 (quoting 'Project Cartref' to the call centre staff), or email cartref@dwrcymru.com.

Welsh Water also offers tariffs to support people struggling to pay their water bill, *Priority Service Register* in case of an emergency, and a *Leaky Loo* scheme offering free repairs for leaky loos, leaky taps. For more on this call **0800 052 0145**.



HM Government

If you get **Pension Credit**, and you are over 75, you could get **a free TV licence**.



Footnote of a medical text: *This chapter might have been called 'Introduction', but nobody reads the introduction, and we wanted you to read this. We feel safe admitting this here, in the footnote, because nobody reads footnotes either.*



Cost of Living: Financial Entitlements

All pensioner households will get the one-off Pensioner Cost of Living Payment from the UK Government as an addition to their annual Winter Fuel Payment in November/December.

If you're receiving a state pension and/or other entitlements such as Pension Credit or Attendance Allowance **you should receive your Winter Fuel Payment automatically** – if not, contact the Winter Fuel Payment Centre to make a claim on **0800 731 0160** (You'll need your National Insurance number and bank or building society details).

You should get between £100 and £300 from the Winter Fuel Payment to help with your bills in winter, the exact amount depends on your age and whether other people in your household also qualify.

The £300 Pensioner Cost of Living Payment is in addition to the Winter Fuel Payment and for most pensioner households, both will be paid by direct debit.

Oil or LPG

Funding is available for off-grid households through the Discretionary Assistance Fund for a one-off oil payment of £250 or three payments of £70 towards LPG deliveries.

Contact Advicelink Cymru on their free helpline 0800 702 2020 and ask for someone to help to complete the application for you by phone. The Fund will be available until March 2023.

Prepayment Meters

The Welsh Government has awarded £4m of funding to the Fuel Bank Foundation to introduce a national fuel vouchers scheme for those households struggling to top up their meters. £30 of credit in the summer months and £49 in the winter months – households can receive up to three vouchers over a six-month period.

Contact Advicelink Cymru on their free helpline 0800 702 2020 and ask for help in applying for a voucher.

Did You Know? 5th Officer Harold Godfrey Lowe a crew member of the Titanic who survived the disaster, is buried in Llandrillo-yn-Rhos churchyard. Many passengers testified to his heroism, and the people of Barmouth presented him with a gold watch and gold matchbox. He died in 1944.

Single Point of Access Team – Conwy County Social Services

SPoA is provided by the social services department of Conwy County Borough Council. It is the first port of call for anything that may be about social and care issues, such as:

- Housing Adaptations
- Older People
- Physical disabilities and sensory impairment
- Learning disabilities
- Occupational therapy
- Carers

This is a confidential service, and you will be asked questions about yourself, or the person you are ringing about, to understand which services best fit your needs.

SPoA work with other agencies and local voluntary organisations. and will refer you to them if this is the best way to help you.

SPoA (Single Point of Access) Social Services – 0300 456 1111

Free Mobility Scooter Training

The Disability Resource Centre will be hosting a **FREE TRAINING EXERCISE** open to anyone who uses mobility scooters (whether you own one or not), at the **Parkway Community Centre, Rhos on Sea, on Monday, August 8th from 1.30pm.**

The training will cover highway code, road safety, and responsibilities regarding mobility scooters, as well as basic maintenance, road awareness and manoeuvrability.

In addition, the sessions will offer advice on buying a used scooter and knowing your way around a mobility scooter.

Mobility scooters are invaluable tools that help people get out and do normal day-to-day activities. However, the number of serious accidents involving mobility scooters has been increasing, making it ever more important to provide training to all who use one.

To book a place, call the Disability Resource Centre - 01745341967.



Spotted in a Newspaper: Alfie is a very handsome cat. He is sociable, affectionate, and talkative. He likes nothing better than to sit by your side while on the sofa watching TV or reading a book. - **Some clever cat, eh?**

Llanrwst School Bank Road Crossing

A further application has been made for the work at the former Ysgol Dyffryn on School Bank Road in Llanrwst.

The planning application for the work was given permission on the condition that a traffic calming measure would be constructed. This was agreed by the developers and by Conwy County Borough Council's planning department.

Initially, it should have been constructed by April 2022. However, the most recent application was to give the developer greater flexibility, giving them no later than one year after the first house is occupied to build the traffic calming measure.

Application No: 0/49762

Case Officer: Ian Gibbons

Date: 20/06/2022

Registered Date: 21/06/2022

Location: Former Ysgol Dyffryn Conwy School Bank Road Llanrwst LL26 0AR

*"Variation of condition no 8 of planning approval 0/47594 (Conversion of existing former school building to create 3 No. Apartments and construction of 1 No. detached three-bedroom wheelchair accessible bungalow, with associated car parking. **Provision of Traffic calming and crossings to School Bank Road as application DC/0/45145**) to allow for the highway improvements to be constructed in accordance with the approved plans **no later than 1 year after commencement of the occupation of the first approved dwelling at the site**"*



HM Government

If you get **Pension Credit**, you could get **help with heating bills, housing costs and free NHS dental care.**



From the Dictionary: Feet (noun) a device used for finding Lego blocks in the dark

GP Appointments Doubled Since 2000 due to 'Frequent Attenders'

A major study has found that a small percentage of GP patients take up over 40% of face-to-face GP appointments. That's almost half the appointments available.

Frequent attenders are patients who visited their GP more often than 90% of all other patients in the same practice.

The study published in the British Medical Journal, was conducted by the University of Manchester who analysed records of nearly 1.7 billion GP consultations between 2000 and 2019.

The new research, the first of its kind to analyse 'frequent attenders' at GP surgeries, found the group visited their GP five times as often as other patients.



Professor Aneez Esmail, a co-author of the study, said: *"Our findings show that frequent attenders account for an increasing proportion of face-to-face consultations with GPs and are responsible for nearly 40% of consultations fairly [consistently] over time."*

Prof Kontopantelis, another co-author added: *"Frequent attenders also may have special health and social care needs but for a variety of reasons we do not yet fully understand how best to meet them."*

Whilst there may be many reasons why some patients require frequent GP appointments, the authors of the study concluded that the increase in workload for GPs has reached a capacity ceiling and has led to alternative forms of consultations such as telephone appointments.

More research is needed to understand the increase in demand for GP consultations from 'frequent attenders', and how to address the issue. This also needs to be evaluated in the context of the recent pandemic.

The authors of the study determined: *"Frequent attenders appear to be a major driver for the increase in consultations that have contributed to perceptions of increased workload in general practice...GPs should be looking at this group of patients more closely to understand who they are and why they are consulting more frequently."*

My home is cold, who can help? - Care and Repair Cymru run a project called 70+ Cymru which aims to improve the warmth, comfort, and quality of life for older people in Wales. A Home Energy Officer can visit and work with you to find ways to keep your home safe and warm. They may even be able to refer you onto the Welsh Governments Nest programme for further help and support if you meet the eligibility criteria. **Contact your local Care and Repair Cymru Service on 0300 111 3333.**

Poet's Corner

Today's Fashion

We no longer walk in killer heels
But now know how it feels
To be comfy and with room to spare
To spread our toes and take great care
Of ourselves as best we can,
Making an effort that's the plan.

But look around and what do I see
No one who is dressed like me
My clothes are from, way back when
Smart, some tailored, with decent hem,
Not skimpy and throw away
Mine are fine and here to stay.
Each one holds a memory
Now going back in history.

Well dressed and looking smart
We always dressed to look the part.
The towns and cities lack this today
How sad that things have gone this way.

Patricia Parker July 2022

O Wind, Where Have You Been

O wind, where have you been,
That you blow so sweet?
Among the violets
Which blossom at your feet.

The honeysuckle waits
For Summer and for heat.
But violets in the chilly Spring
Make the turf so sweet.

**Christina Georgina Rossetti
(1830 - 1894)**



Christina Georgina Rossetti

was a poet born in 1830 in London, and the sister of pre-Raphaelite poet and painter Dante Rossetti. She is best known for her poem Goblin Market, and for the words of the Christmas carol 'In the Bleak Midwinter'. Her poetry received widespread critical praise, and was lauded by Hopkins, Swinburne, and Tennyson. Rossetti died on the 29th of December 1894 and was buried in Highgate Cemetery.

Summer's Splendour by The Sea - by Patricia L. Cisco

Summer's splendour by the sea,
a gentle, blue serenity.

Caressing rays of golden sun,
blushing, bronzing all who come.
Enticed by its romantic lure,
lovers stroll the sandy shore.

Hushing rhythm of the waves
and salty, misty ocean sprays.
Sea birds echo call of cries,
pierce the deep blue azure skies.

Dolphins dancing on their way
across the sea out to the bay.
A glistening, shiny, sun-soaked day.
All young and old alike at play,
building castles by the sea,
jumping waves and spirits free.

No place on earth as perfect to be
as summer's splendour by the sea!

Penderfyniadau Ffordd o Fyw sy'n arwain at Heneiddio Llwyddiannus

Mae yna lawer o ffactorau sy'n cyfrannu at oes hir, ond yn ôl un astudiaeth wyddonol gynhwysfawr, mae yna ddau ragfynegydd pwerus o heneiddio'n llwyddiannus.

Roedd dadansoddiad trylwyr a gyhoeddwyd yn y cyfnodolyn gwyddonol PLoS One a'r Llyfrgell Genedlaethol Meddygaeth yn 2019, o'r enw '*Lifestyle predictors of successful aging: A 20-year prospective HUNT study*', yn ymchwilio i effaith amodau ffordd o fyw canol oes a sut yr oeddynt yn arwain at heneiddio llwyddiannus.

Mae ffactorau ffordd o fyw sy'n rhagweld heneiddio'n llwyddiannus...yn bwysig er mwyn deall heneiddio'n iach, ymyriadau a dulliau atal, ysgrifennodd ymchwilyr yr astudiaeth.

Disgrifiwyd '**Heneiddio Llwyddiannus**' fel bod yn rhydd o glefydau penodol ac iselder, dim nam corfforol neu feddyliol ac ymgysylltu'n egniol â bywyd.

Fe ddadansoddodd yr ymchwilyr ddata o arolwg iechyd y boblogaeth, Astudiaeth Iechyd Nord-Trøndelag (HUNT), gan gynnal dadansoddiad dilynol ar ôl 22 o flynyddoedd ar gyfartaledd.

Beth wnaeth yr ymchwilyr ei ganfod?

Peidio smygu a chefnogaeth gymdeithasol dda oedd y rhagfynegydd pwysicaf ar gyfer heneiddio'n llwyddiannus...ysgrifennodd yr ymchwilyr.

Mae lleihau'r risgiau drwy fwyta diet iach ac ymarfer corff yn bwysig, ond gallai cyfuniad o leihau ffactorau risg yn ystod canol oes gyda chefnogaeth gymdeithasol, fod y peth gorau i hybu iechyd yn gyffredinol ac iechyd wrth heneiddio.

Bwyd da a chwmni da yw'r feddyginiaeth orau ar gyfer ein hiechyd ac ar gyfer heneiddio'n dda.

A ddylwn i hawlio Credyd Pensiwn?

Dylech, fe ddylech chi wirio a ydych chi'n gymwys. Hyd yn oed os mai dim ond am ychydig o geiniogau ychwanegol, bydd yn caniatáu ichi gael mynediad at lawer mwy o fuddion ariannol!

Gall Credyd Pensiwn ychwanegu at incwm person i isafswm o £182.60 yr wythnos ar gyfer pensynwyr sengl ac i £278.70 ar gyfer cyplau. Gall hefyd sicrhau mynediad at amrywiaeth o hawliau eraill fel help gyda chostau tai, y dreth gyngor, biliau gwresogi ac, ar gyfer y rheini sy'n 75 oed neu'n hŷn, trwydded deledu am ddim.

Siaradwch â chynghorydd yn **Advicelink Cymru ar eu llinell gymorth Hawliwch yr Hyn sy'n Ddyledus i Chi am ddim ar 0808 250 5700**. Gallant eich helpu i weld beth mae gennych hawl iddo a hyd yn oed drefnu i chi gael help i lenwi unrhyw hawliadau.

Fodd bynnag, gallwch hefyd ffonio **Llinell Hawlio Credyd Pensiwn yn uniongyrchol ar 0800 99 1234**, neu ffoniwch **Citizen's Advice Conwy 01745 828 705**.



W Mae **Prosiect Cartref** Dŵr Cymru wedi bod yn helpu cwsmeriaid mewn cymunedau ar draws eu hardaloedd gweithredol i ddeall eu harferion defnyddio a sut y gallant wneud arbedion bychan yn eu cartrefi drwy gynnig cynnyrch a gwasanaethau am ddim iddynt i'w helpu i arbed dŵr.

Sut Allwn Ni Helpu I Drwsio Gollyngiadau?

Mae Prosiect Cartref yn helpu cwsmeriaid i ganfod colledion plymio yn y cartref neu yn y gweithle, gall hyn amrywio o dap sy'n gollwng i doiled sy'n gollwng, sy'n gallu gwastraffu tua 12 litr yr awr – sydd bron yn ddefnydd dŵr dyddiol cyfartalog 2 o bobl.

Fel rhan o'r gwasanaeth, efallai y gallwn drwsio gollyngiadau cyffredin am ddim. Byddwn yn esbonio'r mathau o atgyweiriadau y gallwn eu gwneud pan fyddwn yn cwrrd. Hyd yn oed os na all un o'n plymwyr drwsio'r gollyngiad, gallwn eich cyfeirio at blymwr sydd wedi'i gymeradwyo gan WaterSafe, a all roi cynghorion a thriciau i arbed dŵr yn ogystal â chynnig cynnyrch arbed ynni am ddim.

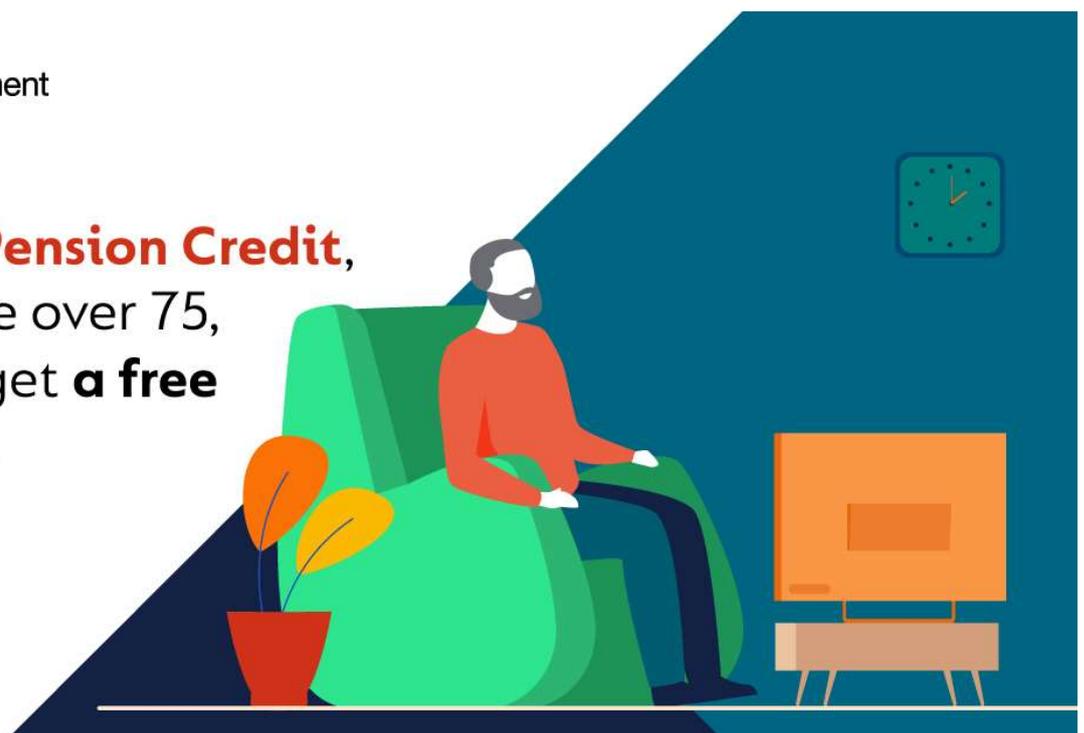
Gallwch anfon e-bost atom yn cartref@dwr-cymru.com neu ein ffonio ar 0800 052 0130 (gan ddyfynnu 'Prosiect Cartref' i staff ein canolfan galwadau).

Mae Dŵr Cymru hefyd yn cynnig tariffau i gynorthwyo pobl sy'n cael anhawster i dalu eu bil dŵr, Cofrestr Gwasanaeth Blaenoriaeth rhag ofn y bydd argyfwng, a chynllun Tŷ Bach yn Gollwng sy'n cynnig atgyweiriadau am ddim ar gyfer tŷ bach sy'n gollwng, tapiâu sy'n gollwng. **Ffoniwch 0800 052 0145**



HM Government

If you get **Pension Credit**,
and you are over 75,
you could get **a free
TV licence.**





Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales



Costau Byw: Hawliau Ariannol

Bydd pob aelwyd sy'n cynnwys pensïynwyr yn cael y Taliad Costau Byw untro i Bensiynwyr gan Lywodraeth y DU yn ogystal â'u Taliad Tanwydd Gaeaf blynyddol ym mis Tachwedd/Rhagfyr.

Os ydych chi'n derbyn pensiwn y wladwriaeth a/neu hawliau eraill fel Credyd Pensiwn neu Lwfans Gweini, fe ddylech chi gael eich Taliad Tanwydd Gaeaf yn awtomatig - os nad ydych chi, cysylltwch â'r Ganolfan Taliadau Tanwydd Gaeaf i wneud hawliad ar **0800 731 0160** (Bydd angen eich rhif Yswiriant Gwladol a'ch manylion banc neu gymdeithas adeiladu arnoch chi)

Fe ddylech chi gael rhwng £100 a £300 o'r Taliad Tanwydd Gaeaf i'ch helpu gyda'ch biliau yn y gaeaf. Mae'r union swm yn dibynnu ar eich oed ac a yw pobl eraill yn eich cartref yn gymwys hefyd.

Mae'r Taliad Costau Byw i Bensiynwyr o £300 yn ychwanegol at y Taliad Tanwydd Gaeaf ac ar gyfer y rhan fwyaf o aelwydydd sy'n cynnwys pensiynwyr, telir y ddau drwy ddebyd uniongyrchol.

Olew neu LPG

Mae cyllid ar gael i aelwydydd oddi ar y grid drwy'r Gronfa Cymorth Dewisol ar gyfer taliad olew untro o £250 neu dri thaliad o £70 tuag at gyflenwadau LPG.

Cysylltwch ag Advicelink Cymru am ddim ar eu llinell gymorth **0800 702 2020** a gofyn am help i lenwi eich ffurflen gais dros y ffôn. Bydd y Gronfa ar gael tan fis Mawrth 2023.

Mesuryddion Rhagdalu

Mae Llywodraeth Cymru wedi dyfarnu £4 miliwn o gyllid i'r Fuel Bank Foundation i gyflwyno cynllun talebau tanwydd cenedlaethol ar gyfer yr aelwydydd hynny sy'n cael anhawster i ychwanegu at eu mesuryddion. £30 o gredyd yn ystod misoedd yr haf a £49 yn ystod misoedd y gaeaf – gall aelwydydd gael hyd at dair taleb dros gyfnod o chwe mis.

Cysylltwch ag Advicelink Cymru am ddim ar eu llinell gymorth **0800 702 2020** a gofyn am help i wneud cais am daleb.



Tîm Un Pwynt Mynediad (SPoA) - Gwasanaethau cymdeithasol Conwy

Y gwasanaeth Un Pwynt Mynediad yw eich cyswllt cyntaf ar gyfer unrhyw beth a allai fod yn gysylltiedig â materion cymdeithasol a gofal, er enghraifft:

- Addasiadau Tai
- Pobl Hŷn
- Anableddau corfforol a nam ar y synhwyrau
- Anableddau dysgu
- Therapi galwedigaethol
- Gofalwyr

Mae'r gwasanaeth hwn yn gyfrinachol a gofynnir cwestiynau i chi amdanoch eich hun neu'r person rydych yn ffonio ar eu rhan er mwyn deall pa wasanaethau sy'n cyfateb orau i'ch anghenion.

Mae Un Pwynt Mynediad yn gweithio gydag asiantaethau a sefydliadau gwirfoddol lleol eraill a byddant yn eich atgyfeirio atynt os dyma yw'r ffordd orau i'ch helpu.

Un Pwynt Mynediad (SpoA) Gwasanaethau Cymdeithasol – 0300 456 1111



HYFFORDDIANT SGWTER SYMUDEDD AM DDIM

Bydd y Ganolfan Adnoddau Anabledd yn cynnal **YMARFER HYFFORDDIANT AM DDIM** i unrhyw un sy'n defnyddio sgwter (p'un a ydych yn berchen ar un ai peidio) **yng Nghanolfan Gymunedol Parkway, Llandrillo-yn-rhos, ddydd Llun, Awst 8fed o 1.30pm.**

Bydd yr hyfforddiant yn cynnwys cod y ffordd fawr, diogelwch ar y ffyrdd a chyfrifoldebau sy'n gysylltiedig â sgwteri symudedd, yn ogystal â'u cynnal a'u cadw, ymwybyddiaeth ar y ffyrdd a hydrinedd.

Yn ogystal, bydd y sesiynau yn cynnig cyngor ar brynu sgwter ail-law a deall sut i ddefnyddio sgwter symudedd.

Mae sgwteri symudedd yn offer amhrisiadwy sy'n helpu pobl i adael y tŷ a chyflawni gweithgareddau arferol o ddydd i ddydd. Fodd bynnag, mae nifer y damweiniau difrifol sy'n cynnwys sgwteri symudedd wedi bod yn cynyddu, sy'n golygu ei bod yn bwysicach nac erioed darparu hyfforddiant i bawb sy'n defnyddio sgwter symudedd.

I archebu lle, ffoniwch y Ganolfan Adnoddau Anabledd ar 01745341967.



Apwyntiadau Meddygon Teulu wedi Dyblu ers 2000 oherwydd 'Mynychwyr Cyson'

Mae astudiaeth fawr wedi canfod bod canran fach o gleifion meddygon teulu yn cymryd 40% a mwy o apwyntiadau wyneb yn wyneb meddygon. Mae hynny bron yn hanner yr holl apwyntiadau sydd ar gael.

Mae mynychwyr cyson yn gleifion sy'n ymweld â'u meddyg teulu yn amlach na'r 90% o'r holl gleifion eraill yn yr un practis.

Cynhaliwyd yr astudiaeth hon, a gyhoeddwyd yn y British Medical Journal, gan Brifysgol Manceinion a ddadansoddodd gofnodion bron i 1.7 biliwn o ymgynghoriadau meddygon teulu rhwng 2000 a 2019. Canfu'r ymchwil newydd, y cyntaf o'i fath i ddadansoddi 'mynychwyr cyson' mewn meddygfeydd meddygon teulu, bod y grŵp yn ymweld â'u meddygon teulu bum gwaith yn amlach na chleifion eraill.

Dywedodd yr Athro Aneez Esmail, un o gyd-awduron yr astudiaeth: *Mae ein canfyddiadau yn dangos bod mynychwyr cyson yn cynrychioli cyfran gynyddol o ymgynghoriadau wyneb yn wyneb gyda meddygon teulu ac maent yn gyfrifol am bron i 40% o ymgynghoriadau yn gymharol [gyson] dros amser.*

Ychwanegodd yr Athro Kontopantelis, cydawdur arall: *Mae'n bosibl bod gan fynychwyr cyson anghenion iechyd a gofal cymdeithasol arbennig hefyd ond, am resymau amrywiol, nid ydym yn deall yn llawn beth yw'r ffordd orau i'w cyflawni.*

Er y gall fod llawer o resymau pam fod angen apwyntiadau meddyg teulu yn aml ar rai cleifion, daeth awduron yr astudiaeth i'r casgliad bod y cynnydd yn y llwyth gwaith i feddygon teulu wedi cyrraedd terfyn uchaf o ran capasiti ac wedi arwain at fathau eraill o ymgynghoriadau megis apwyntiadau dros y ffôn.

Mae angen rhagor o ymchwil er mwyn deall y cynnydd yn y galw am ymgynghoriadau meddygon teulu gan 'fynychwyr cyson', a sut i fynd i'r afael â'r mater. Mae angen gwerthuso hyn hefyd yng nghyd-destun y pandemig diweddar.

Penderfynodd awduron yr astudiaeth: *Mae'n ymddangos bod mynychwyr cyson yn ysgogwr amlwg yn y cynnydd yn nifer yr ymgynghoriadau, sydd wedi arwain at ganfyddiadau o lwyth gwaith cynyddol mewn ymarfer meddygol...dylai meddygon teulu fod yn edrych yn agosach ar y grŵp hwn o gleifion er mwyn deall pwy ydyn nhw a pham eu bod yn ymgynghori'n amlach.*

Mae fy nghartref yn oer, pwy all helpu? Mae Gofal a Thrwsio Cymru yn rhedeg prosiect o'r enw 70+ Cymru sy'n ceisio gwella cynhesrwydd, cysur ac ansawdd bywyd pobl hŷn yng Nghymru. Gall Swyddogion Ynni yn y Cartref ymweld â chi a gweithio gyda chi i ddod o hyd i ffyrdd o gadw eich cartref yn ddiogel ac yn gynnes. Efallai y byddan nhw hyd yn oed yn gallu eich cyfeirio at raglen Nyth Llywodraeth Cymru i gael rhagor o gymorth a chefnogaeth os ydych chi'n bodloni'r meini prawf cymhwysedd. **Cysylltwch â'ch Gwasanaeth Gofal a Thrwsio Cymru lleol ar 0300 111 3333.**

Llanrwst – Croesfan Ffordd Tan yr Ysgol

Gwnaed cais pellach am waith ar hen safle Ysgol Dyffryn Conwy ar Ffordd Tan yr Ysgol yn Llanrwst.

Cymeradwywyd y cais cynllunio ar gyfer y gwaith ar yr amod y byddai mesurau gostegu traffig yn cael eu creu. Cytunodd y datblygwyr ac adran gynllunio CBSC i hyn.

Yn wreiddiol, dylai fod wedi'i adeiladu erbyn mis Ebrill 2022, ond roedd y cais diweddaraf yn rhoi mwy o hyblygrwydd i'r datblygwr, gan roi dim mwy nac un flwyddyn ar ôl i ddeiliaid symud i'r tŷ cyntaf i adeiladu'r mesur gostegu traffig.

Rhif y Cais: 0/49762

Swyddog Achos: Ian Gibbons

Dyddiad: 20/06/2022

Dyddiad Cofrestru: 21/06/2022

Lleoliad: Hen safle Ysgol Dyffryn Conwy, Ffordd Tan yr Ysgol, Llanrwst LL26 0AR

*"Amrywio amod rhif 8 caniatâd cynllunio 0/47594 (Addasu cyn adeilad ysgol i greu 3 fflat ac adeiladu 1 byngalo sengl tair ystafell wely hygyrch i gadair olwyn gyda safle parcio cysylltiedig. **Darparu mesurau gostegu traffig a chroesfannau i Ffordd Tan yr Ysgol yn unol â chais DC/0/45145**) er mwyn gallu creu gwelliannau priffyrdd yn unol â'r cynlluniau cymeradwy **dim hwyrach na blwyddyn ar ôl i ddeiliaid symud i'r annedd gyntaf a gymeradwywyd ar y safle.**"*



HM Government

If you get **Pension Credit**, you could get **help with heating bills, housing costs and free NHS dental care.**



General Information | Gwybodaeth Gyffredinol

CRAFT TOGETHER

Join us at St Paul's Church, Craig Y Don for an afternoon of crafting, chatting and making new friends.

Every Monday
1pm - 3.30pm

£2 per session includes
tea, coffee and biscuits

Contact Sue for more
information:

07720835513 / suehu16@gmail.com

The Silver Line

helpline for older people

0800 4 70 80 90

 **carers**
WALES

For unpaid carers looking after a loved one. Chat with someone who understands the challenges of caring.

Call 02920 811 370



**Listening Support
Service**

BRYN CADNO CENTRE

UPPER COLWYN BAY

LL29 6DW



WEDNESDAYS

7.30PM

Admission £3.00

including Raffle & Refreshments



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.

 THE CHURCH OF ENGLAND  Faith in Later Life **CONNECTIONS**

Can i get any help with the increased cost of living?

The government will give you a £326 'Cost of Living Payment'.

You'll get the Cost of Living Payment automatically if you get any of the following:

- Universal Credit / Pension Credit / Tax Credit

To get this payment you must have either:

- been entitled to a benefit payment on or between 26 April 2022 and 25 May 2022
- started a successful benefit claim by 25 May 2022 - or by 26 April 2022 if you're applying for Universal Credit

The government will automatically give you £150 in September 2022. You'll get this payment if you get any of the following benefits:

- Disability Living Allowance / Personal Independence Payment / Attendance Allowance

To get this payment you must have:

- been getting one of these benefits on 25 May 2022
- applied for one of these benefits by 25 May 2022 - you won't get the payment until your claim is successful

You'll automatically get an extra £300 with your usual Winter Fuel Payment in either November or December.

You're usually entitled to Winter Fuel Payments if you're of State Pension age in the third week of September. The State Pension age is 66.

You should start getting the Winter Fuel Payment automatically once you reach State Pension age, but sometimes you might need to apply.

For more information or help to claim

01745 828 705

advicecyngor@caconwy.org.uk



Need a hand to get online?



Join our 6 week course to build your confidence and boost your skills
Bring your own device or use one of ours

Here's what we'll be covering:

-  **Week 1: Introduction to the internet**
-  Week 2: Communicating with others online
-  **Week 3: Sharing information online**
-  Week 4: Shopping online
-  **Week 5: Using the internet to problem solve**
-  Week 6: Staying safe online

Where? Park Way Community Center

When? Fridays (start date 12th of August)

What time? 10am - 12pm

Get in touch to book your space:

 **01492 588 980**

CREU
MENTER
CREATING
ENTERPRISE

CONWY COMMUNITY WELLBEING TEAM



**Are you an older adult?
Would you like to find out what groups
& activities are available to you in your
local community?**

Come and meet the Wellbeing Team to find out more, dates and locations as follows:

**Asda, Kinmel Bay,
Tuesday 23rd
August 10am -
12.30pm**

**Bayview Centre,
Colwyn Bay
Thursday 18th
August 10am -
12.30pm**

Contact the Community Wellbeing Team for more information on 01492 577449.



Friend in Need

A free telephone friendship service for people in Wales aged 70+. Call Age Cymru Advice on 0300 303 44 98.



SAMARITANS

Offer a safe place to talk any time, in your own way – about whatever's getting to you. We don't judge you or tell you what to do, we'll listen to you.

Call 116 123 – English

0808 164 0123 – Welsh



Llywodraeth Cymru
Welsh Government

Our free 24/7 Ukraine helpline gives advice, help and support

0808 175 1508



**Or use +44(0) 20 4542 5671
if phoning from outside the UK**

Companionship At

Home is a

Befriending scheme that covers the areas



from Old Colwyn to Rhos-on-Sea. Volunteers make social visits or calls to older people.

Call Ann, on 07580 545 601

Cyngor Ar Bopeth Sesiwn Cyngor
Wythnosol - Dewi Sant, Pensarn
Dydd Mawrth 12:30 - 16:30,
Apwyntiadau yn Unig a **Dydd Gwener**
9:00 - 13:00

Conwy Citizens Advice Weekly
Session at Dewi Sant, Pensarn
Tuesdays 12:30 to 16:30, Appointments
Only and **Fridays** 9:00 to 13:00



01745 828 705

advicecyngor@caconwy.org.uk

<p>Cherry Tree Quilters – Colwyn Tuesdays, 1.30-4.30pm, St John’s Methodist Church, Conway Rd, Colwyn Bay. T. Jane 01492 533129</p>	<p>Knit and Natter - Rhos Every Monday - Rhos Methodist Church, Rhos Rd., Rhos on Sea T. Angela 01492 546980.</p>	<p>Women’s Institute in Colwyn Bay Every Thursday 2pm to 4pm United Reform Church, Berthes Road, Old Colwyn.</p>
<p>District Art Society Wednesdays - Dwygyfylchi T. Jonathan 01492 596374</p>	<p>Abergele U3A – Music Appreciation Club First Tuesday of the month at 2pm, St. David's Centre Pensarn.</p>	<p>Towyn Coffee Club Every Thursday 2pm to 4pm at St Mary’s Church, Towyn Road, Towyn</p>
<p>Bingo in Llandudno £100 Jackpot prize, games, refreshments - £5 for 5 cards. Every Friday at 2pm, Trinity Centre, Trinity Ave, Llandudno. T. 07960 29 44 05</p>	<p>Repair Café Conwy 2nd Sunday of the month 2pm to 5pm. St Mary's Church Hall, Rosehill Street, Conwy. Bring your broken/damaged item and our repairers will try to fix it, for free.</p>	<p>Mix and Mingle - Rhos Every 3rd Tuesday, 2pm to 4pm Community Room, United Reformed Church, Colwyn Avenue, Rhos-on-Sea. Refreshments & games</p>
<p>Llandudno Fibromyalgia Group - Chin Up & Chatter Every other Monday 10:30-13:00, North Wales Golf Club, Llandudno sharon@lfsn.org.uk</p>	<p>Llanrwst Creative Textile - Folklore -Family Learning - Welsh Culture Llanrwst Library, Glasdir, Plas yn Dre, Llanrwst Contact: 07761 082 027</p>	<p>PALS at Dyffryn Conwy Leisure Centre - For people 45+ to get fit, meet up with old friends and make new ones. Wednesdays, 4:15pm to 6pm</p>
<p>Creative Textile - Family Learning - Welsh Culture Llanrwst Library, Glasdir, Plas yn Dre, Llanrwst Contact: 07761 082 027</p>	<p>Deganwy Dementia Café 1st Monday of the month at 10.30am, All Saints Church Deganwy. All welcome. Call Cllr Julie Fallon 01492 592 478</p>	<p>Fron Quilters - Colwyn Fridays, 2pm to 5pm Fron Community Centre, Ffordd Bugail, Old Colwyn T. Jean 01492 548648</p>
<p>Abergele U3A - Art Group & Artistic craft - Mondays 9am to 1pm at the Old Peoples Club Abergele. Contact Carol Millward on 01745 799241 or Caryl Jones on 07794 233058</p>	<p>Coffee Mornings Llandudno Every Friday 10am to 12pm. Craig y Don Community Centre, Queens Rd, Craig Y Don - Room 1. Just Drop In!</p>	<p>Deganwy Friendship Club Every other Tuesday at 2.30pm (next on March 22nd) - Bethel Methodist Chapel, School Room, Overlea Ave, Deganwy</p>

Older People's Forum / Fforwm Pobl Hŷn

Colwyn Bay Parkway Community Centre, Rhos on Sea LL28 4SE	Wednesday 07/09/2022 2pm	Police & Crime Commissioner, Mr. Andrew Dunbobbin
Llanfairfechan Llys Y Coed Extra Care Facility, Cae Ffynnon Rd, Llanfairfechan LL33 0HP	Thursday 22/09/2022 2.30pm	NW Police Cyber Crime & Crime Services
Llandudno Craig y Don Community Centre, Queens Rd, Llandudno LL30 1TS	Tuesday 27/09/2022 2pm to 4pm	INFORMATION & ADVICE FORUM Main Hall – NW Police, Citizen's Advice, LEAP (Energy Advice), Conwy Mind (mental health), Vision Support, Digital Learning (Creative Enterprises), & more
Abergele Hafod y Parc, Kinmel Ave, Abergele LL22 7LX	Thursday 13/10/2022 2.30pm	NW Police Cyber Crime & Crime Services

Information & Advice

A comprehensive enquiry service for older people and their families - a wide range of topics, local & national services, activities and more.

Tel / Ffôn: 0300 2345 007

Gwybodaeth a Chyngor

Gwasanaeth ymholiadau cyflawn i bobl hŷn a'u teuluoedd ar ystod eang o bynciau, gwasanaethau lleol a chenedlaethol, gweithgareddau a mwy.



age connects
canol gogledd cymru
north wales central.

Rhif Cofrestredia Elusennol • Registered Charity No. 1154403

OPF Newsletter is created by Age Connects NWC. Mae Cylchlythyr FPH yn cael ei greu gan Age Connects GCG. | Age Connects NWC, Eirianfa Community Centre, Factory Place, Denbigh LL16 3TS

To subscribe: 01492 817 124 / alessandra.thomas@acnwc.org

I danysgrifio cysylltwch â: 01492 817 124 / alessandra.thomas@acnwc.org

Content was accurate at the time of publication. / Roedd y cynnwys yn gywir adeg ei gyhoeddi.