

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn



Registered Charity N. 1154403

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Older People's Forum Info & Advice Event

September 27th - 2pm to 4pm

Craig y Don Community Centre, Queens Rd, Llandudno

Over 10 specialist organisations - advice for energy bills, medical issues, finances, and what's available locally.

Digwyddiad Gwybodaeth Fforwm Pobl Hŷn

Medi 27ain - 2pm i 4pm

Craig y Don Community Centre, Queens Rd, Llandudno

Dros 10 o sefydliadau arbenigol - cyngor ar filiau ynni, materion meddygol, cyllid, a beth sydd ar gael yn lleol.

The North Wales Society of the Blind Exhibition

Tuesday, September 27th, 2022 – 10am to 4pm

Venue Cymru, Llandudno

Over 50 local & national exhibitors showcasing the latest products, technology, & services.

Blue Badges: Online Applications, Renewals & Refusals

Government Website - Updated 17 December 2021

Apply or renew online

You'll need a photo or scan of your:

1. proof of identity (birth certificate, passport or driving licence)
2. proof of address (Council Tax bill or government letter)
3. proof of benefits (if you get any)

And you need:

4. a recent digital photo showing your head and shoulders
5. your National Insurance number (if you have one)
6. details of your current Blue Badge (if you're reapplying)

Payment depends on your local council. They'll usually make a decision within 12 weeks.

If your application is refused your council should tell you why, and you can ask them to reconsider your case if you do not think all the important information provided was taken into account. You can also reapply if your mobility problems become more serious.

For help with applications call Conwy Council's Blude Badge Team on 01492 577 800.

For help with refused, new, or renewal applications, contact Citizen's Advice Conwy on 01745 828 705.



SUPPORTING COMMUNITY GROUPS WITH FREE FIRST AID TRAINING

Ryan Cawsey, the community trainer for St John's Ambulance in North Wales is looking to deliver free first aid awareness training to community groups across North Wales. This includes groups for older people, friendship groups, Coffee Clubs, Dementia groups, and more.

The training is a 2-hour awareness session on various topics including:

- First Aid Awareness
- Public Access Defibrillator Awareness
- Child and Infant First Aid
- Outdoor First Aid

Ryan is also available for short talks and demonstrations on vital lifesaving techniques.

To find out more, contact Ryan on 07747604932 / Ryan.Cawsey@sjacymru.org.uk.

Ysbyty Glan Clwyd: Health Watchdog Reacts to Second Adverse Report on Hospital's A&E Department

The independent health services watchdog for North Wales – **North Wales Community Health Council (NWCHC)** – has commented on a second adverse report on the Accidents & Emergency Department at Ysbyty Glan Clwyd. Issued in August by Healthcare Inspectorate Wales, the report sets out concerns about continuing serious patient safety issues and staffing problems within the Emergency Department.

In the NWCHC press release dated August 8th, 2022, Mr Geoff Ryall-Harvey, Chief Officer said “We are concerned to read this second adverse report setting out serious problems and safety issues and we are disappointed at the apparent lack of progress in addressing the same concerns that were reported by HIW earlier this year”.

“Our own unannounced visits to the Emergency Department have revealed long waiting times, poor communication with patients, and difficult and uncomfortable conditions for patients who may have to wait 12 hours or more for treatment. To hear that clinical care and patient safety remains problematical is extremely concerning.”

Mr Ryall-Harvey went on to say; “Betsi Cadwaladr is currently in Targeted Intervention with a review by the Minister planned for October of this year. In the light of this latest report and other recent issues related to patient care, the CHC will be asking the Minister to consider bringing this forward”.

NWCHC now wishes to see the further detail regarding the Health Board’s Improvement Plans for A&E at Glan Clwyd, as well as Wrecsam Maelor and Ysbyty Gwynedd.



North Wales Community Health Council provides a **complaint advocacy service** for people experiencing any issues with their health providers. They will appoint an experienced worker to help you to raise your concern, and who will support you through the process. For more information or to apply for advocacy support contact:

North Wales Community Health Council

11 Chestnut Court, Parc Menai, Bangor LL57 4FH

E. Admin2@wales.nhs.uk

T. 01248 679 284



Commissioner's Response to the Energy Price Cap Announcement – 26 August 2022

Older People's Commissioner for Wales, Heléna Herklots CBE, said:

"Today's announcement that the energy price cap for an average household will increase to £3,549 from October will be very frightening for many older people throughout Wales.

"Older people have told me they are already cutting back on essentials in an effort to try and save money ahead of the winter, something that puts people's health and well-being at significant risk, particularly as the weather worsens during the winter months.

"Without further action to provide crucial financial support to older people, we will see an increase in illness and physical conditions caused by cold housing and/or poor nutrition, as well as stress and anxiety created by financial concerns.

"This will mean older people needing care and support that could otherwise have been delayed or avoided, in addition to leading to unnecessary hospital admissions and, sadly, preventable deaths.

"The lack of further action to date from the government in Westminster in response to energy price projections, which indicate that average household energy costs could soon reach over £5,000 a year, will leave many older people feeling that they have been abandoned as they face costs and bills that it will be impossible for them to pay.

"The UK Government must now deliver immediate further financial support for older people as we head into what will be another difficult winter, as well as committing to delivering longer-term structural change to ensure that the State Pension and other financial entitlements provide a sufficient level of income for older people in future years."

Contact the Commissioner by post, email or phone:

Older People's Commissioner for Wales
Cambrian Buildings
Mount Stuart Square, Cardiff CF10 5FL
Phone: 03442 640 670
Email: ask@olderpeople.wales



United Nations

International Day of Older Persons 1 October

International Day of Older Persons is a special day worldwide, to showcase the spirit and contribution of older people in a changing and challenging world. The United Nations (UN) marks this day by encouraging countries to draw attention to, and challenge, negative stereotypes, and misconceptions about older people, and to allow older people to live well and realise their potential. Of course, it's also a chance to share memories, desires, and celebrate older people!

This year's theme - The Resilience and Contributions of Older Women

The recent pandemic has worsened existing inequalities for many, but has significantly impacted the lives of older people, especially older women who make up the majority of older people worldwide. Older women continue to meaningfully contribute to their communities both socially and politically, but often their contributions and experiences remain invisible and underappreciated. In addition, they often face discrimination including negative stereotypes that combine ageism and sexism.



This theme serves as reminder of the vital contributions of older women, and encourages the world to hear their voices, perspectives and needs, and create meaningful changes to improve a rounded response to local and global challenges. It is an opportunity to showcase older women's contributions, while promoting conversations on ways to improve the protection of older people's human rights and recognise their contributions.

In Wales and Conwy County there are many festivities, award ceremonies and social events taking place to mark the UN International Day of Older Persons. As coordinator of the Older People's Forum, I would like to applaud the forum members, and tip my red hat (see article on page 9), to all the female forum members and the older women of Conwy. Older People are the foundation of our community, and truly inspirational. It is a privilege to be part of the forums, a group of smart, funny, warm, and incredible people – from whom I have so much to learn.



SAVE YOUR ENERGY!



– Advice & Information

There is little left to say regarding the recent announcement of a further 80% price rise for gas and electricity due on October 1st. However, there is help available and loads of advice, from how to find energy contracts to cutting down on energy consumption.

Energy Bill £400 discount (in addition to other UK Government support schemes)

This will be applied to **all households with a domestic electricity** connection in Great Britain from this October. This automatic, non-repayable discount will be applied in six instalments between October 2022 and March 2023. A discount of £66 will be applied to energy bills in October and November, rising to £67 each month from December through to March 2023.

There is no need to apply for the scheme or contact energy suppliers, and you will not be asked for your bank details. However, electricity bill payers should enquire with their supplier if they have not received their first instalment by the end of October. Even if you switch supplier or tariff, you will receive this discount monthly regardless of your supplier, payment method or tariff.

Direct debit customers will receive the discount automatically as a reduction to the monthly direct debit amount collected, or as a refund to the customer's bank account following direct debit collection during each month of delivery.

Standard credit customers and **payment card customers** will see the discount automatically applied as a credit to their accounts in the first week of each month of delivery, with the credit appearing as it would if the customer had made a payment.

Smart prepayment meter customers will see the discount credited directly to their smart prepayment meters in the first week of each month of delivery.

Traditional prepayment meter customers will be given redeemable vouchers or Special Action Messages from the first week of each month, issued via text, email or post. Customers will need to take action to redeem these at their usual top-up point.

Cold Weather Payment is a £25 payment for every week between November and March. when the average temperature for your postcode area is recorded or forecasted at zero or below. The 2022 scheme will start on November 1st, and you'll be able to check if your area is due a payment from November.

You needn't apply as you'll be paid this automatically.

Cold Weather Payments are for anyone receiving Pension Credit, Universal Credit, Income Support, Jobseeker's Allowance, Employment and Support Allowance or support for Mortgage Interest.

SAVE YOUR ENERGY!



– Advice & Information

Warm Home Discount of £150 – being sent out automatically

You may be able to get £150 off your energy bill (or added to your meter) if you get the Guarantee Credit element of Pension Credit, or if you're on a low income and live in a property with a high energy cost score.

You must be named on the electricity/energy bill and meet the eligibility requirements. Most customers will be with a participating supplier, but some suppliers are not required by Government to offer the Warm Home Discount.

You needn't apply because data sharing between the Government and energy suppliers means most eligible households will receive the discount automatically. Suppliers usually pay out over the winter and must pay by 31 March 2023.

You will receive a letter in November/December if you are automatically eligible or asking you to call a helpline to determine your eligibility. It is important that you call the helpline before the deadline stated in the letter, otherwise you may miss out.

Winter Fuel Payment - £100 to £300

If you were **born on or before 25 September 1956** you can receive the Winter Fuel Payment. For 2022 winter only, the payment will also include the Pensioner Cost of Living Payment. Most people get the scheme automatically. However, you may need to claim if you have not received Winter Fuel Payment before and if you do not get benefits or a State Pension, have deferred your State Pension, or if only receive Housing Benefit, Council Tax Reduction or Universal Credit.

£300 Pensioner Cost of Living Payment

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 by December 2022.

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).

The Welsh Government has confirmed that eligibility for its Winter Fuel Support Scheme has been extended to include people receiving Pension Credit.

Financial support if you use an oxygen concentrator – If you use an oxygen concentrator at home, you can get money back for the electricity it uses. The company that supplies your concentrator can make payments to your bank account. Contact them to find out how to claim.



Discretionary Assistance Fund (DAF) offers a grant to help pay for essential costs, such as food, gas, electricity, clothing, or emergency travel. The fund is available to anyone living in Wales experiencing extreme financial hardship, and have no other money for example savings, and considered all other legal and responsible lenders such as credit unions.

It takes 24 hours to process applications (made Monday to Friday). If your application is approved, you will get a PayPoint voucher or BACS payment or vouchers to buy clothes.

If your application is not approved, you will receive a letter or email explaining the reasons. You can **ask for it to be reviewed**.

To apply phone 0800 859 5924 (Croesawir galwadau yn Gymraeg)

Priority Services Register is a free service to help people who may need additional support. You will need to contact your energy supplier to be put on the register. Older People are eligible if they:

- have reached state pension age
- have a hearing or sight condition
- have a mental health condition
- have experienced domestic abuse
- have communication needs (don't speak or read English well)
- are disabled or have a long-term medical condition
- other reasons, e.g., short-term support after a hospital stay or recovering from an injury

Help available when on the register include:

Nomination scheme means you can nominate someone to receive letters/emails and bills from your energy supplier such as a family member, carer or someone you trust.

Prepayment meter access to have your meter moved to a place where you can get to it safely or easily.

Regular meter reading services to ensure your bills are accurate if you struggle to read your meter.

Accessible information to receive communications and bills in large print or braille.

Contact your energy supplier as soon as possible if you are struggling to pay your energy bills or have fallen behind with payments. Your supplier has a range of options to help you.

Take meter readings and keep your energy bills as accurate as possible by regularly taking readings and sending them to your supplier. If you have been paying for more energy than you have used, your energy account may be in credit. Ask your supplier for a partial or full refund if you are in credit.



Red Hat's Off to the Ladies

The Red Hat Society is a worldwide, non-religious social club for women. It was founded in 1998 by two older women inspired by the **Jenny Joseph** poem '*Warning*'(see below).

Hatters (members) are easily identified by the red and purple colours they wear to gatherings. Hatters aged 50 and over wear Red Hats and Purple clothing (Red Hatters); Hatters aged under 50 wear Pink Hats and Lavender clothing (Pink Hatters).

Royal titles are bestowed on all Red Hatters such as *Exalted Queen Mother*, *Gypsy Queen of Geri-Antics*, and one of my favourites *Queen Mad Hatter*.

Open to all women, the society focuses on fun and friendship, especially for ladies over the age of 50. There are Hatters Chapters (groups) all over the world, and over one hundred in the UK including Crimson Coasters of Arundel, the Liver Birds of Liverpool, and the Shrewsbury Bloomers. Even North Wales has its own chapter, the Rollicking Rubies of Wrexham.



As it is a Society for women, men (including husbands), and children are not generally invited to attend events and gatherings.

Jenny Joseph (born 1932) is one of the UK's foremost poets. She was born in Birmingham, and studied English literature at St Hilda's College, Oxford, before becoming a journalist.

Jenny first published '*Warning*' in 1961, when she was 29, "*When I am an old woman, I shall wear purple with a red hat which doesn't go and doesn't suit me.*"

Jenny later included '*Warning*' in her collection, *Rose in the Afternoon* (1974). This one poem defined her, despite a rich body of work. An ode to non-conformity, the poem continues to inspire hundreds of thousands of women and has spawned the worldwide Red Hat Society. Jenny received many awards and accolades for her poetry, and in 1999, the Royal Society of Literature made Jenny a fellow.

Jenny Joseph passed away in 2018.

Poet's Corner

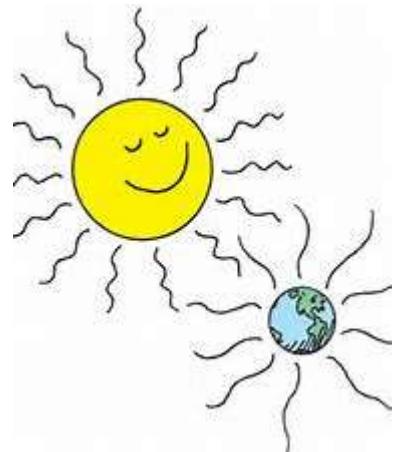
I'm Blaming the Weather

It's one of those mornings when nothing gets done
I've told myself off but, it's due to the sun.
My intentions were made to hoover and dust
I've managed the ironing but that was a must.

I've dillied and dallied all morning long,
Shall I or shan't I, and the morning has gone.
Now, lunch time is calling, what shall I eat?
There's some cheese and some salad and leftover meat.
For pud just a yogurt, yes, that will do.
A meal on my, own, so sad but it's true.

Tomorrow I must get cracking and make up for today
Who knows what will happen, a surprise on the way?
The weather might change and the heat might subside
Lift up my spirits and get back in my stride.
I know I have moaned but it's so good to express
And get rid of my moans and get rid of my stress.

Patricia Parker August 2022



The Summer's Sunflowers (photos provided by you)



Cynthia, Rhos on Sea



Abergale

Bathodynnau Glas: Ceisiadau Ar-lein, Ceisiadau i Adnewyddu a Cheisiadau a Wrthodir

Gwefan y Llywodraeth - Diweddarwyd 17 Rhagfyr 2021

Gwneud cais neu adnewyddu ar-lein

Bydd angen llun neu sgan o'r canlynol arnoch:

1. prawf o bwy ydych chi (tystysgrif geni, pasbort neu drwydded yrru)
2. prawf o'ch cyfeiriad (bil y Dreth Gyngor neu lythyr gan y Llywodraeth)
3. prawf o fudd-daliadau (os ydych chi'n cael rhai)

Bydd angen y canlynol arnoch hefyd:

4. llun digidol diweddar yn dangos eich pen a'ch ysgwyddau
5. eich rhif Yswiriant Gwladol (os oes gennych un)
6. manylion eich Bathodyn Glas cyfredol (os ydych chi'n ailymgeisio)

Bydd y taliad yn dibynnu ar eich cyngor lleol. Byddant fel arfer yn gwneud penderfyniad cyn pen 12 wythnos. Os gwrthodir eich cais dylai'ch cyngor ddweud wrthych pam, a gallwch ofyn iddynt ailystyried eich achos os nad ydych chi'n credu bod yr holl wybodaeth bwysig a ddarparwyd gennych wedi cael ei hystyried. Gallwch hefyd ailymgeisio os bydd eich problemau symud yn mynd yn fwy difrifol.

I gael help gyda cheisiadau ffoniwch Dîm Bathodynnau Glas Cyngor Conwy ar 01492 577 800.

I gael help gyda cheisiadau newydd, ceisiadau i adnewyddu, neu geisiadau a wrthodir, cysylltwch â Cyngor ar Bopeth Conwy ar 01745 828 705.



CEFNOGI GRWPIAU CYMUNEDOL GYDA HYFFORDDIANT AM DDIM

Mae Ryan Cawsey, hyfforddwr cymunedol Ambiwlans

Sant Ioan yng Ngogledd Cymru, am ddarparu hyfforddiant ymwybyddiaeth cymorth cyntaf am ddim i grwpiau cymunedol ar draws Gogledd Cymru. Mae hyn yn cynnwys grwpiau i bobl hŷn, grwpiau cyfeillgarwch, Clybiau Coffi, grwpiau Dementia, a mwy.

Mae'r hyfforddiant yn sesiwn ymwybyddiaeth 2 awr ar bynciau amrywiol gan gynnwys:

- Ymwybyddiaeth o Gymorth Cyntaf
- Ymwybyddiaeth o Ddiffibrilwyr Mynediad Cyhoeddus
- Cymorth Cyntaf Plant a Babanod
- Cymorth Cyntaf Awyr Agored

Mae Ryan hefyd ar gael ar gyfer sgyrsiau byr ac arddangosiadau ar dechnegau achub bywyd hanfodol. To find out more, contact Ryan on 07747604932 / Ryan.Cawsey@sjacymru.org.uk.

Ysbyty Glan Clwyd: Corff Gwarchod Iechyd yn Ymateb i Ail Adroddiad Anffafriol ar Adran Damweiniau ac Achosion Brys yr Ysbyty

Mae'r corff gwarchod gwasanaethau iechyd annibynnol ar gyfer Gogledd Cymru – **Cyngor Iechyd Cymuned Gogledd Cymru (NWCHC)** – wedi cyflwyno sylwadau ar ail adroddiad anffafriol ar yr Adran Damweiniau ac Achosion Brys yn Ysbyty Glan Clwyd. Cyflwynwyd yr adroddiad ym mis Awst gan Arolygiaeth Gofal Iechyd Cymru, ac mae'n nodi pryderon ynghylch problemau staffio a materion difrifol parhaus yng nghyswllt diogelwch cleifion yn yr Adran Achosion Brys.

Yn natganiad i'r wasg Cyngor Iechyd Cymuned Gogledd Cymru ar 8 Awst 2022, dywedodd y Prif Swyddog, Mr Geoff Ryall-Harvey: "Mae'r ail adroddiad anffafriol hwn, sy'n nodi problemau difrifol a materion diogelwch, yn destun pryder i ni ac rydyn ni'n siomedig â'r diffyg cynnydd sydd i'w weld o ran mynd i'r afael â'r un pryderon a nodwyd gan AGIC yn gynharach eleni".

"Mae ein hymweliadau dirybudd ni â'r Adran Achosion Brys wedi datgelu amseroedd aros hir, cyfathrebu gwael â chleifion, ac amodau anodd ac anghyfforddus i gleifion a all orfod aros 12 awr neu fwy am driniaeth. Mae clywed bod gofal clinigol a diogelwch cleifion yn dal yn peri problemau yn destun pryder mawr."

Aeth Mr Ryall-Harvey ymlaen i ddweud: "Mae Betsi Cadwaladr mewn Ymyriad wedi'i Dargedu ar hyn o bryd, gydag adolygiad gan y Gweinidog wedi'i gynllunio ar gyfer mis Hydref eleni. Yng ngoleuni'r adroddiad diweddaraf hwn a materion diweddar eraill sy'n ymwneud â gofal cleifion, bydd y Cyngor Iechyd Cymuned yn gofyn i'r Gweinidog ystyried dod â hwn ymlaen".

Mae Cyngor Iechyd Cymuned Gogledd Cymru yn dymuno gweld rhagor o fanylion ynghylch Cynlluniau Gwella'r Bwrdd Iechyd ar gyfer yr Adran Achosion Brys yn Ysbyty Glan Clwyd, yn ogystal ag Ysbyty Wrecsam Maelor ac Ysbyty Gwynedd.



Mae Cyngor Iechyd Cymuned Gogledd Cymru yn darparu **gwasanaeth eirioli cwynion** ar gyfer pobl sy'n cael unrhyw broblemau gyda'u darparwyr iechyd. Byddant yn penodi gweithiwr profiadol i'ch helpu i fynegi eich pryder, ac i'ch cefnogi drwy'r broses. I gael rhagor o wybodaeth neu i wneud cais am gymorth eiriolaeth, cysylltwch â:

Cyngor Iechyd Cymuned Gogledd Cymru

11 Llys Castan, Parc Menai, Bangor LL57 4FH
E-bost: Admin2@wales.nhs.uk | Ffôn: 01248 679 284



Ymateb y Comisiynydd i Gyhoeddiad y Cap ar Brisiau Ynni – 26 Awst 2022 - Heléna Herklots CBE, Comisiynydd Pobl Hŷn Cymru:

“Bydd llawer o bobl hŷn ledled Cymru yn cael eu dychryn gan gyhoeddiad heddiw ynglŷn â'r cap ar brisiau ynni ar gyfer aelwyd gyffredin yn codi i £3,549 o fis Hydref ymlaen.

“Mae pobl hŷn wedi dweud wrthyf eu bod eisoes yn gwneud toriadau gyda hanfodion mewn ymdrech i geisio arbed arian cyn y gaeaf, rhywbeth sy'n peryglu iechyd a lles pobl, yn enwedig wrth i'r tywydd waethyg yn ystod misoedd y gaeaf.

“Heb gymryd camau pellach i ddarparu cymorth ariannol hanfodol i bobl hŷn, byddwn yn gweld cynnydd mewn salwch a chyflyrau corfforol a achosir gan dai oer a/neu faeth gwael, yn ogystal â'r straen a'r pryder a achosir gan boeni am arian.

“Bydd hyn yn golygu bod angen gofal a chymorth ar bobl hŷn a allai fod wedi cael eu gohirio neu eu hosgoi fel arall, yn ogystal ag arwain at dderbyniadau diangen i'r ysbyty ac, yn anffodus, marwolaethau y gellir eu hosgoi.

“Bydd diffyg gweithredu pellach hyd yma gan y Llywodraeth yn San Steffan mewn ymateb i ragamcanion prisiau ynni, sy'n awgrymu'n gryf y gallai costau ynni cyfartalog cartrefi gyrraedd dros £5,000 y flwyddyn yn fuan, yn gwneud i lawer o bobl hŷn deimlo eu bod wedi cael eu hanghofio wrth iddynt wynebu costau a biliau fydd yn amhosibl iddynt eu talu.

“Rhaid i Lywodraeth y DU nawr ddarparu rhagor o gymorth ariannol ar unwaith i bobl hŷn wrth i ni nesáu at y gaeaf anodd arall, yn ogystal ag ymrwymo i gyflawni newid strwythurol hwy i sicrhau bod Pensiwn y Wladwriaeth a hawliau ariannol eraill yn darparu lefel ddigonol o incwm i bobl hŷn yn y blynnyddoedd i ddod.”

How to contact the Commissioner: Older People's Commissioner for Wales Cambrian Buildings Mount Stuart Square Cardiff CF10 5FL Phone: 03442 640 670 Email: ask@olderpeople.wales Website: www.olderpeople.wales Twitter: @talkolderpeople Accessible Formats

Sut i gysylltu â'r Comisiynydd:

Comisiynydd Pobl Hŷn Cymru
Adeiladau Cambrian
Sgwâr Mount Stuart Caerdydd CF10 5FL
Ffôn: 03442 640670
E-bost: gofyn@comisiynyddph.cymru



United Nations

International Day of Older Persons 1 October

Mae Diwrnod Rhyngwladol Pobl Hŷn yn ddiwrnod arbennig ledled y byd, i arddangos ysbryd a chyfraniad pobl hŷn mewn byd newidiol a heriol. Mae'r Cenhedloedd Unedig yn nodi'r diwrnod hwn drwy annog gwledydd i dynnu sylw at, a herio, stereoteipiau negyddol, a chamsyniadau am bobl hŷn, a chaniatáu i bobl hŷn fyw'n dda a gwireddu eu potensial. Wrth gwrs, mae hefyd yn gyfle i rannu atgofion, dymuniadau, a dathlu pobl hŷn!

Thema eleni - Gwydnwch a Chyfraniadau Merched Hŷn

Mae'r pandemig diweddar wedi gwaethygur anghydraddoldebau presennol i lawer, ond mae wedi effeithio'n sylweddol ar fywydau pobl hŷn, yn enwedig menywod hŷn sy'n ffurio mwyafrif y bobl hŷn ledled y byd. Mae menywod hŷn yn parhau i gyfrannu'n ystyrlon at eu cymunedau yn gymdeithasol ac yn wleidyddol, ond yn aml mae eu cyfraniadau a'u profiadau yn parhau i fod yn anweledig ac yn cael eu tanwerthfawrogi. Yn ogystal, maent yn aml yn wynebu gwahaniaethu gan gynnwys stereoteipiau negyddol sy'n cyfuno rhagfarn ar sail oed a rhywiaeth.



Mae'r thema hon yn ein hatgoffa o gyfraniadau hanfodol menywod hŷn, ac yn annog y byd i glywed eu lleisiau, eu safbwytiau a'u hanghenion, a chreu newidiadau ystyrlon i wella ymateb cyflawn i heriau lleol a byd-eang. Mae'n gyfle i arddangos cyfraniadau menywod hŷn, tra'n hyrwyddo sgyrsiau ar ffyrdd o wella amddiffyn hawliau dynol pobl hŷn a chydabod eu cyfraniadau.

Yng Nghymru a Sir Conwy mae llawer o ddathliadau, seremoniau gwobrwyd a digwyddiadau cymdeithasol yn cael eu cynnal i nodi Diwrnod Rhyngwladol Pobl Hŷn y Cenhedloedd Unedig. Fel cydlynnydd y Fforwm Pobl Hŷn, hoffwn gymeradwyo aelodau'r fforwm, a thipio fy het goch (gweler yr erthygl ar dudalen 18), at holl aelodau benywaidd y fforwm a merched hŷn Conwy. Pobl Hŷn yw sylfaen ein cymuned, ac maent yn wirioneddol ysbrydoledig. Mae'n faint bod yn rhan o'r fforymau, yn grŵp o bobl smart, doniol, cynnes, ac anhygoel – y mae gennyf gymaint i'w ddysgu ganddynt.





Disgownt o £400 mewn Biliau Ynni

(yn ogystal â chynlluniau cymorth eraill Llywodraeth y DU)

Bydd hyn yn berthnasol i **bob aelwyd sydd â chysylltiad trydan domestig** ym Mhrydain o fis Hydref ymlaen. Bydd y disgownt awtomatig hwn, nad oes rhaid ei dalu'n ôl, yn cael ei gymhwys o mewn chwe rhandaliad rhwng mis Hydref 2022 a mis Mawrth 2023. Bydd disgownt o £66 yn cael ei gymhwys o filiau ynni ym mis Hydref a mis Tachwedd, gan godi i £67 y mis o fis Rhagfyr tan fis Mawrth 2023.

Does dim angen i chi wneud cais am y cynllun na chysylltu â chyflenwyr ynni, ac ni ofynnir i chi am eich manylion banc. Fodd bynnag, dylai'r rheini sy'n talu biliau trydan holi eu cyflenwr os nad ydynt wedi cael eu rhandaliad cyntaf erbyn diwedd mis Hydref. Hyd yn oed os byddwch yn newid cyflenwr neu dariff, byddwch yn cael y disgownt hwn bob mis, pwy bynnag fo'ch cyflenwr a beth bynnag fo'ch dull talu neu'ch tariff.

Bydd **cwsmeriaid debyd uniongyrchol** yn cael y disgownt yn awtomatig fel gostyngiad i'r swm debyd uniongyrchol sy'n cael ei gasglu'n fisol, neu fel ad-daliad i gyfrif banc y cwsmer ar ôl casglu'r debyd uniongyrchol bob mis cyflenwi.

Bydd **cwsmeriaid credyd safonol** a **chwsmeriaid cardiau talu** yn gweld y disgownt yn cael ei gymhwys o'n awtomatig fel credyd i'w cyfrif yn ystod wythnos gyntaf pob mis cyflenwi, gyda'r credyd yn ymddangos fel y byddai pe bai'r cwsmer wedi gwneud taliad.

Bydd **cwsmeriaid â mesuryddion talu ymlaen llaw clyfar** yn gweld y disgownt yn cael ei gredydu'n uniongyrchol i'w mesuryddion talu ymlaen llaw clyfar yn ystod wythnos gyntaf pob mis cyflenwi.

Bydd **cwsmeriaid â mesuryddion talu ymlaen llaw traddodiadol** yn cael Negeseuon Gweithredu Arbennig neu dalebau y gellir eu defnyddio o wythnos gyntaf pob mis ymlaen, a gyflwynir drwy neges destun, e-bost, neu drwy'r post. Bydd angen i gwsmeriaid gymryd camau i ddefnyddio'r rhain yn eu pwyt ychwanegu arian arferol.

Taliad Tywydd Oer – taliad o £25 ar gyfer pob wythnos rhwng mis Tachwedd a mis Mawrth yw hwn, lle mae cofnod neu ragolygon yn nodi bod y tymheredd cyfartalog ar gyfer ardal eich cod post yn sero neu'n is. Bydd y cynllun ar gyfer 2022 yn dechrau ar 1 Tachwedd, a byddwch yn gallu gwirio a yw'ch ardal yn gymwys am daliad o fis Tachwedd ymlaen.

Does dim rhaid i chi wneud cais oherwydd bydd hwn yn cael ei dalu i chi'n awtomatig.

Mae Taliadau Tywydd Oer ar gyfer unrhyw un sy'n cael Credyd Pensiwn, Credyd Cynhwysol, Cymhorthdal Incwm, Lwfans Ceisio Gwaith, Lwfans Cyflogaeth a Chymorth, neu gymorth ar gyfer Llog Morgais.

Cymorth ariannol os ydych chi'n defnyddio crynodydd ocsigen – Os ydych chi'n defnyddio crynodydd ocsigen gartref, gallwch gael arian yn ôl am y trydan mae'n ei ddefnyddio. Gall y cwmni sy'n cyflenwi eich crynodydd wneud taliadau i'ch cyfrif banc. Cysylltwch â nhw i gael gwybod sut i hawlio.



Disgownt Cartrefi Cynnes o £150 – yn cael ei anfon allan yn awtomatig

Efallai y byddwch yn gallu cael £150 oddi ar eich bil ynni (neu wedi'i ychwanegu at eich mesurydd) os ydych chi'n cael yr elfen Credyd Gwarant fel rhan o'ch Credyd Pensiwn, neu os ydych chi ar incwm isel ac yn byw mewn eiddo sydd â sgôr uchel o ran cost ynni.

Rhaid i chi fod wedi'ch enwi ar y bil trydan/ynni a bodloni'r gofynion cymhwysedd. Bydd y rhan fwyaf o gwsmeriaid yn ymwneud â chyflenwr sy'n cymryd rhan, ond nid yw'r Llywodraeth yn mynnu bod rhai cyflenwyr yn cynnig y Disgownt Cartrefi Cynnes.

Does dim angen i chi wneud cais oherwydd mae data'n cael ei rannu rhwng y Llywodraeth a chyflenwyr ynni, sy'n golygu y bydd y rhan fwyaf o aelwydydd cymwys yn cael y disgownt yn awtomatig. Mae cyflenwyr fel arfer yn talu dros y gaeaf a rhaid iddynt dalu erbyn 31 Mawrth 2023. Byddwch yn cael llythyr ym mis Tachwedd/Rhagfyr os ydych chi'n gymwys yn awtomatig, neu lythyr yn gofyn i chi ffonio llinell gymorth i bennu a ydych chi'n gymwys ai peidio. Mae'n bwysig eich bod yn ffonio'r llinell gymorth cyn y dyddiad cau a nodir yn y llythyr, neu efallai y byddwch yn colli allan.

Taliad Tanwydd Gaeaf - £100 i £300

Os cawsoch eich **geni ar 25 Medi 1956 neu cyn hynny**, gallwch gael y Taliad Tanwydd Gaeaf. Ar gyfer gaeaf 2022 yn unig, bydd y taliad hefyd yn cynnwys Taliad Costau Byw i Bensiynwyr, sy'n golygu y bydd y symiau'n cael eu cynyddu i £250-£600. Mae angen i chi hefyd fod wedi byw yn y DU am o leiaf un diwrnod yn ystod yr wythnos rhwng 19 a 25 Medi – gelwir hon yn 'wythnos gymhwys'.

Fel arfer, does dim angen i chi hawlio'r Taliad Tanwydd Gaeaf – bydd y rhan fwyaf o bobl yn ei gael yn awtomatig. Fodd bynnag, efallai y bydd angen i chi hawlio os nad ydych chi wedi cael y Taliad Tanwydd Gaeaf o'r blaen a bod unrhyw un o'r canlynol yn berthnasol:

- nid ydych yn cael budd-daliadau na Phensiwn y Wladwriaeth, neu eich bod wedi gohirio Pensiwn y Wladwriaeth
- dim ond Budd-dal Tai, Gostyngiad yn y Dreth Gyngor, Budd-dal Plant, neu Gredyd Cynhwysol rydych chi'n ei gael.

Taliad Costau Byw o £300 i Bensiynwr

Mae'r Taliad Costau Byw o £300 i Bensiynwr yn ychwanegol at y Taliad Tanwydd Gaeaf ac ar gyfer y rhan fwyaf o aelwydydd pensiynwyr, bydd y ddau yn cael eu talu drwy ddebyd uniongyrchol erbyn mis Rhagfyr 2022.

Os ydych yn cael pensiwn y wladwriaeth a/neu hawliadau eraill fel Credyd Pensiwn neu Lwfans Gweini dylech dderbyn eich Taliad Tanwydd Gaeaf yn awtomatig – os na, cysylltwch â'r Ganolfan Taliad Tanwydd Gaeaf i wneud cais ar 0800 731 0160 (Byddwch yn angen eich rhif Yswiriant Gwladol a manylion banc neu gymdeithas adeiladu).

Mae Llywodraeth Cymru wedi cadarnhau bod cymhwysedd ar gyfer ei Chynllun Cymorth Tanwydd Gaeaf wedi'i ymestyn i gynnwys pobl sy'n cael Credyd Pensiwn.



Mae'r **Gronfa Cymorth Dewisol (DAF)** yn cynnig grant i helpu i dalu am gostau hanfodol, fel bwyd, nwy, trydan, dillad, neu deithio mewn argyfwng. Mae'r gronfa ar gael i unrhyw un sy'n byw yng Nghymru ac yn profi caledi ariannol eithriadol, ac nad oes ganddynt unrhyw arian arall, er enghraifft, cynillion, a'u bod wedi ystyried pob benthyciwr cyfreithiol a chyfrifol arall, fel undebau credyd. Mae'n cymryd 24 awr i brosesu ceisiadau (a wneir o ddydd Llun i ddydd Gwener). Os caiff eich cais ei gymeradwyo, byddwch yn cael taleb PayPoint neu daliad BACS, neu dalebau i brynu dillad. Os na chaiff eich cais ei gymeradwyo, byddwch yn cael llythyr neu e-bost yn egluro'r rhesymau. Gallwch **ofyn i'ch cais gael ei adolygu**.

I wneud cais, ffoniwch 0800 859 5924 (Croesawir galwadau yn Gymraeg)

Mae'r **Gofrestr Gwasanaethau Blaenorhaeth** yn wasanaeth rhad ac am ddim i helpu pobl a allai fod angen cymorth ychwanegol. Bydd angen i chi gysylltu â'ch cyflenwr ynni i gael eich rhoi ar y gofrestr. Mae Pobl Hŷn yn gymwys:

- os ydynt wedi cyrraedd oed pensiwn y wladwriaeth
- os oes ganddynt gyflwr ar y clyw neu'r golwg
- os oes ganddynt gyflwr iechyd meddwl
- os ydynt wedi profi cam-drin domestig
- os oes ganddynt anghenion cyfathrebu (ddim yn siarad nac yn darllen Saesneg yn dda)
- os ydynt yn anabl neu fod ganddynt gyflwr meddygol hirdymor
- rhesymau eraill, e.e., maent yn cael cymorth tymor byr ar ôl aros yn yr ysbty, neu'n gwella o anaf

Mae'r cymorth sydd ar gael pan fyddwch ar y gofrestr yn cynnwys:

Cynllun enwebu – sy'n golygu y gallwch enwebu rhywun i dderbyn llythyrau/negeseuon a biliau gan eich cyflenwr ynni, fel aelod o'r teulu, gofalwr, neu rywun rydych chi'n ymddiried ynddo.

Mynediad at fesurydd talu ymlaen llaw i symud eich mesurydd i rywle y gallwch ei gyrraedd yn ddiogel neu'n hawdd.

Gwasanaethau darllen mesuryddion rheolaidd i sicrhau bod eich biliau'n gywir os ydych chi'n cael trafferth darllen eich mesurydd.

Gwybodaeth hygyrch i dderbyn gohebiaeth a biliau mewn print bras neu braille.

Cysylltwch â'ch cyflenwr ynni cyn gynted â phosibl os ydych yn cael trafferth talu eich biliau ynni neu wedi bod ar ei hôl hi gyda thaliadau. Mae gan eich cyflenwr amrywiaeth o opsiynau i'ch helpu.

Cymerwch ddarleniadau mesurydd a chadwch eich biliau ynni mor gywir â phosibl trwy gymryd darleniadau yn rheolaidd a'u hanfon at eich cyflenwr. Os ydych wedi bod yn talu am fwy o ynni nag a ddefnyddiwyd gennych, efallai bod eich cyfrif ynni mewn credyd. Gofynnwch i'ch cyflenwr am ad-daliad rhannol neu lawn os ydych mewn credyd.

Hetiau Coch i'r Merched



Y Gymdeithas Red Hat yn glwb cymdeithasol byd-eang, anghrefyddol i fenywod. Fe'i sefydlwyd ym 1998 gan ddwy ddynes hŷn a ysbrydolwyd gan gerdd **Jenny Joseph** 'Warning' (gweler isod).

Mae'n hawdd adnabod Hatters (aelodau) gan y lliwiau coch a phorffor y maent yn eu gwisgo i gynulliadau. Mae Hatters 50 oed a throsodd yn gwisgo Hetiau Coch a dillad Porffor (Red Hatters); Mae hetwyr o dan 50 oed yn gwisgo Hetiau Pinc a dillad Lafant (Pink Hatters).

Mae teitlau brenhinol yn cael eu rhoi i bob Hatter Coch fel Exalted Queen Mother, ac un o fy ffefrynnau Queen Mad Hatter.

Yn agored i bob merch, mae'r gymdeithas yn canolbwytio ar hwyl a chyfeillgarwch, yn enwedig ar gyfer merched dros 50 oed. Mae Hatters Chapters (grwpiau) ar draws y byd, a thros gant ym Mhrydain gan gynnwys Crimson Coasters o Arundel, yr Liver Birds of Liverpool, a'r Shrewsbury Bloomers. Mae gan hyd yn oed Gogledd Cymru ei phennod ei hun, y Rollicking Rubies of Wrecsam.



Gan ei bod yn Gymdeithas i ferched, nid yw dynion (gan gynnwys gwŷr), a phlant yn cael eu gwahodd yn gyffredinol i fynychu digwyddiadau a chynulliadau.

Mae **Jenny Joseph** (ganwyd 1932) yn un o feirdd amlycaf y DU. Cafodd ei geni yn Birmingham, ac astudiodd lenyddiaeth Saesneg yng Ngholeg St Hilda, Rhydychen, cyn dod yn newyddiadurwr.

Cyhoeddodd Jenny 'Warning' am y tro cyntaf yn 1961, pan oedd hi'n 29, "Pan fydda i'n hen wraig, byddaa' i'n gwisgo porffor gyda het goch sydd ddim yn mynd ac sydd ddim yn fy siwtio i."

Yn ddiweddarach cynhwysodd Jenny 'Warning' yn ei chasgliad, Rose in the Afternoon (1974). Diffiniodd yr un gerdd hon hi, er gwaethaf corff cyfoethog o waith. Yn awdl i anghydffurfiaeth, mae'r gerdd yn parhau i ysbrydoli cannoedd o filoedd o fenywod ac mae wedi silio'r Gymdeithas Red Hat ledled y byd. Derbyniodd Jenny nifer o wobrau ac anrhyydeddau am ei barddoniaeth, ac ym 1999, gwnaeth y Gymdeithas Lenyddiaeth Frenhinol Jenny yn gymrawd.

Bu farw Jenny Joseph yn 2018.

Energy Advice & Resources | Cyngor ac Adnoddau Ynni



Nyth Nest

Gwneud
Cymru'n
Glyd
Making
Wales
Cosy

If you're worried about your energy bills, call us and speak to one of our friendly advisors. They can offer free and impartial advice on energy and water, money management, & benefits to boost your income.

Call Freephone **0808 808 2244** (Mon-Fri 9am-6pm) or **request a call back**

StepChange
Debt Charity

Help with rising gas and electric bills.

Can't pay your bills? If you're worried about not being able to keep up to date with payments or you already have arrears on your energy bills, we're here to help.

Call our debt advice helpline **0800 138 1111** Monday to Friday 8am to 8pm and Saturday 8am to 4pm.



Care & Repair Cymru

Contact your local **Care and Repair Cymru** on post@gofalathrwsio.com or call 0300 111 3333

**Conwy
Citizens
Advice**

cyngor ar
bopeth

citizens
advice

Conwy

T. 01745 828 705

E. advicecyngor@caconwy.org.uk

Cyngor a Chymorth i Bobl Hŷn

Os ydych chi'n hŷn a ddim yn gwybod ble mae troi i gael help a chymorth gyda phroblem, cysylltwch os gwellch yn dda.

Mae fy Nhîm Cyngor a Chymorth yn gallu eich helpu i gael gafael ar gymorth a gwasanaethau ar draws Cymru a helpu i sicrhau bod eich hawliau'n cael eu parchu.

Advice and Assistance for Older People

If you're an older person and don't know where to turn to get help and support with a problem you're having, please get in touch.

My Advice and Assistance Team can help to connect you with support and services throughout Wales, and help to ensure your rights are upheld.



Heléna Herklotz CBE

Comisiynydd Pobl Hŷn Cymru // Older People's Commissioner for Wales

03442 640 670
ask@olderpeoplewales.com



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

Older People's Forum / Fforwm Pobl Hŷn

| | | |
|---|-------------------------------------|---|
| Llanfairfechan Llys Y Coed Extra Care Facility, Cae Ffynnon Rd, Llanfairfechan LL33 0HP | Thursday 22/09/2022 2.30pm | NW Police Cyber Crime & Scam 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), U3A, 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 |
| Colwyn Bay Parkway Community Centre, Rhos on Sea LL28 4SE | Wednesday 16/11/2022 2pm | Macular Society |

Information & Advice

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

Gwybodaeth a Chyngor

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

Tel / Ffôn: 0300 2345 007



age connects
canol gogledd cymru
north wales central.

Rhif Cofrestredia Elusennol • Registered Charity No. 1154403

Age Connects NWC, Eirianfa Community Ctr. Factory Plc., Denbigh LL16 3TS

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Mae Cylchlythyr FPH yn cael ei greu gan Age Connects GCG.

I danysgrifio cysylltwch â: 01492 817124 / alessandra.thomas@acnwc.org

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



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