

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn

Issue 62, December 2023



Rhif 62, Rhagfyr 2023

Dymuniadau Gorau

Gyda phopeth sy'n digwydd o'n cwmpas y dyddiau hyn, mae'n hanfodol cymryd yr amser i stopio i arogl'r rhosod, nid y twrci yn unig. Y Nadolig hwn byddaf yn ceisio anfon cardiau wedi'u llenwi â meddyliau da, galw anwyliaid i sgwrsio am ddyddiau o oes, treulio'r prynhawniau gyda fy mhlant yn gwyllo ein hoff ffilmiau ac yn colli fy hun mewn llyfr.

Diolch i bawb am eu cefnogaeth gyda'r cylchlythyr, a'ch holl ymatebion hyfryd. Bendith a diolch i bawb i fynychu'r Fforymau Pobl Hŷn, gan rannu cymaint, ac i mewn wedi rhoi o'u hamser i anfon gwybodaeth ar gyfer y cylchlythyr. 'Dymuniadau gorau i fy nghydweithwyr yn Age Connects Canol Gogledd Cymru. Diolch arbennig a phob bendith i aelodau'r fforwm, rydych chi wir yn ysbrydoli rhywun.

Cymraeg Tud. 2-5

Cerddi a Gwybodaeth Gyffredinol tud. 10-18

Warmest Wishes

With everything that is going on in the world, it's become essential to take the time to stop and smell the roses, not just the turkey. This Christmas I will send many cards filled with good thoughts, call loved ones to chat about days of yore, spend time with my children watching our favourite films and losing myself in a book.

Thank you to everyone for their support with the newsletter, and all your wonderful responses. Blessings and thank you to those who spoke at forums and shared via the newsletter.

Best wishes to my colleagues at Age Connects NWC who support and put up with me.

Special thanks, and love to the forum members, you are truly inspiring.

English pg. 6-10

Poems, Quiz & General Info pg. 10-18

DRYSAU AGORED CLWB CYFEILLGAR

Eglwys Santes Catherine a Sant Ioan, Station Rd, Hen Golwyn LL29 9PW

Bob Dydd Mawrth – 10am I Ganol Dydd

Paned a bisgedi / Sgwrs

Amser i cayfarfod ac erail

Gemau & cerddoriaeth (os dymunwch)

Arwyddo i adnoddau Dementia

Yn Agored I Pawb Sydd Angen Rhywun I Siarad Neu I Wrandu

OPEN DOORS FRIENDSHIP CLUB

St Catherine & St John's Church, Station Rd, Old Colwyn LL29 9PW

Every Tuesday – 10am to Midday

A brew and a biscuit

Time to meet others

Games, music (If you want)

Signposting to Dementia resources



Open to All Who Looking for a Chat or Someone to Listen

Ymateb Mawr i Gais am Dystiolaeth ar Fynediad i Wasanaethau Meddygon Teulu



**Helena Herklots CBE,
Comisiynydd Pobl Hŷn Cymru**

Ym mis Medi, gwahoddais bobl hŷn ledled Cymru i gysylltu â'm swyddfa i rannu eu profiadau o gael mynediad at wasanaethau meddygon teulu, i nodi materion y mae angen i bractisau meddygon teulu, byrddau iechyd a Llywodraeth Cymru fynd i'r afael â hwy. Felly, roeddwn yn awyddus i glywed am brofiadau pobl mewn amrywiaeth o feysydd, megis gwneud apwyntiadau, cymorthfeydd yn deall anghenion cleifion a darparu cymorth priodol, ac a yw pobl yn teimlo bod rhywun yn gwrando arnynt ac yn cael eu parchu. Roeddwn hefyd eisiau clywed am faterion ehangach, gan gynnwys argaeledd gwasanaethau fel cyfieithu, a mynediad i gymorthfeydd ar drafnidiaeth gyhoeddus.

Mae fy nhîm a minnau wrthi'n dadansoddi'r ymatebion, a byddaf yn cyhoeddi adroddiad yn y Flwyddyn Newydd yn tynnu sylw at yr hyn y mae pobl hŷn wedi'i rannu â mi ac yn nodi argymhellion i sicrhau bod gwasanaethau meddygon teulu yn hygyrch i bobl hŷn. Ond rwyf hefyd eisiau gwneud yn siŵr bod pobl hŷn yn gwybod am yr hawliau sydd ganddynt wrth gael mynediad at wasanaethau meddygon teulu, fel bod pobl yn teimlo eu bod wedi'u grymuso i herio arfer gwael neu i godi pryderon.

Ochr yn ochr â'm hadroddiad, rwy'n datblygu canllaw defnyddiol a fydd yn cael ei ddosbarthu i bobl hŷn ledled Cymru i ddarparu'r wybodaeth sydd ei hangen arnynt, a manylion am ble i gael cymorth a chefnogaeth os ydynt yn cael trafferth cael mynediad at y gwasanaethau meddyg teulu sydd eu hangen arnynt. Os ydych chi'n cael trafferth cael mynediad i'ch Meddyg Teulu a bod angen cymorth a chefnogaeth arnoch chi, cysylltwch â'm **Gwasanaeth Cyngor a Chymorth ar 03442 640 670**. Mae'r tîm hefyd yn darparu gwybodaeth a chefnogaeth ar amrywiaeth o faterion eraill.

Fel Comisiynydd Pobl Hŷn Cymru, rwy'n llais annibynnol ac yn eiriolydd ar ran pobl hŷn ledled Cymru. Rwy'n cymryd camau i amddiffyn hawliau pobl hŷn, i roi diwedd ar ragfarn ar sail oedran a gwahaniaethu ar sail oed, i atal cam-drin pobl hŷn a galluogi pawb i heneiddio'n dda.

Rwy'n cefnogi pobl hŷn yn uniongyrchol ledled Cymru drwy fy nhîm Cyngor a Chymorth, ac rwy'n clywed yn rheolaidd gan bobl hŷn mewn digwyddiadau ymgysylltu a gwrando. Mae hyn yn sicrhau bod lleisiau a phrofiadau pobl hŷn yn llywio fy ngwaith, a bod y rhain yn cael eu clywed a'u gweithredu gan lunwyr polisiau a phenderfyniadau. Rwy'n dylanwadu ar bolisi ac ymarfer ar lefel genedlaethol a chymunedol, gan graffu ar y camau gweithredu a'r penderfyniadau a wneir gan y llywodraeth a chyrrff cyhoeddus ochr yn ochr â nodi a galw am weithredu i fynd i'r afael â'r materion y gallem eu hwynebu wrth i ni fynd yn hŷn. Mae gennyf nifer o bwerau cyfreithiol sy'n sail i fy rôl ac sy'n fy ngalluogi i ddal cyrrff cyhoeddus i gyfrif pan fo angen, yn ogystal â rhannu a hyrwyddo arferion da. Rwy'n gweithio'n agos gyda phobl hŷn ac mewn partneriaeth â nifer o wahanol sefydliadau ac unigolion ledled Cymru. Mae'r ffordd hon o weithio yn hanfodol i'm dull gweithredu fel Comisiynydd, ac yn enwedig yn y cyfnod heriol hwn. Dim ond drwy gydweithio a defnyddio sgiliau a phrofiadau ein gilydd y byddwn yn gwneud cynnydd ac effaith gynaliadwy.

Gwasanaeth Rhagnodi Electronig Gofal Sylfaenol



Mae'r ffordd y mae pobl yn casglu presgripsiynau ac yn derbyn eu meddyginiaeth yng Nghymru yn newid o broses bapur i wasanaeth cwbl ddigidol.

Ar hyn o bryd yng Nghymru, mae meddygon teulu a rhagnodwyr eraill mewn gofal sylfaenol, megis fferyllwyr cymunedol, deintyddion ac optometryddion, yn llofnodi presgripsiynau papur â llaw. Yna rhoddir y ffurflenni presgripsiwn i'r claf fynd i'r fferyllfa neu mae'r ffurflenni yn cael eu cyflwyno o bractis i'r fferyllfa er mwyn i feddyginiaethau gael eu dosbarthu.

Bydd cyflwyno'r Gwasanaeth Presgripsiwn Electronig Gofal Sylfaenol yn gwneud y broses hon yn electronig, o'r dechrau i'r diwedd. Mae'r Gwasanaeth Presgripsiwn Electronig yn caniatáu i rhagnodwyr anfon presgripsiynau yn electronig i ddsbarthwr (megis fferyllfa) o ddewis y claf. Mae hyn yn gwneud y broses rhagnodi a dosbarthu yn fwy diogel, yn fwy effeithlon a chyfleus i gleifion a staff.

Mae hyn hefyd yn golygu na fydd angen i gleifion ymweld â'r feddygfa i nôl ffurflen presgripsiwn amlroddadwy.

Mae'r gwaith yn rhan allweddol o'r **Portffolio Trawsnewid Gweinyddu Meddyginiaethau'n Ddigidol** sy'n dwyn ynghyd y rhaglenni a'r prosiectau a fydd yn sicrhau manteision dull rhagnodi cwbl ddigidol ym mhob lleoliad gofal yng Nghymru.

Teithio am Ddim ar y Trên Gyda'ch Tocyn Bws!

Os oes gennych chi Docyn Teithio Rhatach gan un o Awdurdodau Lleol Cymru, bydd modd i chi deithio am ddim ar lawer o'n trenau. Bydd yn rhaid i chi gael tocyn am ddim o'r swyddfa docynnau cyn i chi deithio. Os nad oes swyddfa docynnau yn yr orsaf, neu ei bod hi wedi cau, bydd modd i chi gael eich tocyn gan yr Archwiliwr Tocynnau ar y trê. Hefyd, byddwch yn cael 1/3 o ostyngiad ar docynnau i deithio ar rwydwaith Caerdydd a'r Cymoedd ar ôl 0930 o ddydd Llun i ddydd Gwener ac ar gwyliau banc a benwythnosau.

Gallwch chi deithio rhwng:

- Wrecsam – Pont Penarlâg
- Machynlleth – Pwllheli (Rheilffordd Arfordir y Cambrian) – rhwng mis Hydref a mis Mawrth yn unig
- Llandudno – Blaenau Ffestiniog (Rheilffordd Dyffryn Conwy)
- Amwythig a Llanelli/Abertawe (Rheilffordd Calon Cymru) – rhwng mis Hydref a mis Mawrth yn unig



Companionship At Home yn gynllun cyfeillio lle bydd gwirfoddolwr yn ymweld â phobl hŷn am sgwrs a chwmni. Mae'r gwasanaeth yn ymestyn o Hen Golwyn i Landrillo-yn-Rhos. Cysylltwch â ni ar 07580 545 601.

Y Cynllun Waled Oren

Mae'r Cynllun Waled Oren yn brosiect ar y cyd wedi'i ariannu gan Lywodraeth Cymru fel rhan o strategaeth Anhwylderau Sbectrwm Awtistig Cymru Gyfan. Rydyn ni'n gweithio mewn partneriaeth â darparwyr trafniadaeth gyhoeddus i

hwyldo'r Waled Oren fel offeryn cyfathrebu ar gyfer teithwyr.



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

Ar gyfer pwy mae'r cynllun

Mae'r Waled Oren ar gyfer unrhyw un a allai ei chael hi'n anodd cyfleu eu hanghenion wrth deithio ar drafniadaeth gyhoeddus ac a hoffai gael cymorth i gyfathrebu â staff wrth deithio ar fws neu drên. Mae wedi'i chynllunio'n arbennig i deithwyr ag Anhwylderau Sbectrwm Awtistig. Fodd bynnag, gall unrhyw un ag anabledd cudd ei ddefnyddio os byddai'n well ganddo gyfathrebu â staff heb ddefnyddio iaith lafar.



Sut mae'n gweithio

Mae gan y Waled Oren bocedi plastig lle gallwch roi geiriau a lluniau i'ch helpu i gyfleu eich anghenion i staff trafniadaeth ledled Cymru. Dangoswch y waled i staff yn yr orsaf ac ar y bws neu'r trên pan fyddwch chi'n teithio neu'n prynu tocyn. Maen nhw wedi cael hyfforddiant i adnabod y waled ac i roi'r help priodol.

Mewn argyfwng

Rydyn ni'n argymhell eich bod yn cadw manylion cyswllt y person yr hoffech i ni ei ffonio mewn argyfwng yn eich Waled Oren. Dangoswch eich waled i aelod o staff i ddangos bod angen help arnoch chi.

Cael eich Waled Oren

Os gallai'r Waled Oren eich cefnogi chi wrth deithio gyda ni, cysylltwch â ni gyda'ch cyfeiriad llawn ac fe anfonwn ni waled atoch chi:

- Dros y ffôn: ffoniwch ni ar 03333 211 202
- Wyneb yn wyneb: mae'r waledi hyn ar gael mewn rhai llyfrgelloedd.

Dim Mwy O Ruthro Ben Bore I Gael Apwyntiad Â Meddyg Teulu Yng

Nghymru: Rydyn ni i gyd wedi bod yno'n ail-ddeialu drosodd a drosodd i drïo cael apwyntiad gyda'r meddyg teulu, ac roedd mynd drwodd yn aml yn dibynnu mwy ar lwc a dyfalbarhad! Yn ôl Llywodraeth Cymru bydd hyn yn dod i ben dan gontract meddygon teulu newydd y cytunwyd.

Fel rhan o'r ddêl, bydd gofyn i bractisau meddygon teulu weithredu system apwyntiadau fwy effeithlon. Bydd y contractau diwygiedig yn "datgan yn glir na fydd yr arfer o ryddhau apwyntiadau bob dydd am 8.30am yn dderbyniol mwyach".

Yn hytrach, caiff pobl eu brysbennu – ar ôl cael asesiad gan staff meddygol – cyn cael apwyntiad. Caiff rhai pobl eu cyfeirio at weithwyr gofal iechyd proffesiynol eraill, yn hytrach na'u meddyg teulu.

Diogelu Rhag Y Gaeaf: Sut I Baratoi Ar Gyfer Y Misoedd Oer O'ch Blaen



Gadewch i ni ddechrau drwy wneud yn siŵr bod eich rheiddiaduron a'ch boeler yn gweithio'n iawn cyn i'r tymheredd ostwng ymhellach. Os oes gennych reiddiadur sydd ddim yn gweithio'n iawn, dylech ei waedu i sicrhau bod y gwres yn lledaenu'n wastad.

Gall thermostatau clyfar weithio'n dda os oes gennych chi drefn ddyddiol gyson. Ond mae thermostatau clyfar yn addo bod yn fwy hyblyg ac effeithlon drwy ddiffodd y gwres pan nad oes ei angen, fel pan nad oes neb gartref, gan dracio'r defnydd a'ch galluogi i'w rheoli o bell gyda'ch ffôn.

Yn yr Ardd, gwnewch yn siŵr bod sied yr ardd a'ch adeiladau allanol eraill wedi'u diogelu'n iawn a chadwch unrhyw ddodrefn ac eitemau rhydd dan do rhag iddynt gael eu chwythu i bob man. Cliriwch eich landeri fel nad ydynt yn gorlifo ac yn achosi i ddŵr lifo i mewn. Dylech docio unrhyw goed sy'n gwyro drosodd neu ganghennau sy'n edrych yn ansad cyn i wyntoedd cryfion gael cyfle i'w chwythu i'ch cartref ac achosi difrod.

Mae camerâu clyfar yn gallu bod yn dda iawn i atal lladron, gan eu bod nhw'n arwydd gweladwy bod eich eiddo yn cael ei warchod. Mae yna lawer o wahanol fathau, er mai'r mwyaf poblogaidd yw'r gloch drws fideo. Mae yna amrywiol opsiynau ar gael am tua £60 i fyny. Gyda'r rhain fe allwch weld pwy sydd wrth y drws a siarad â nhw heb godi o'ch cadair ac osgoi gorfod agor y drws gan adael oerfel i mewn. Gall clychau drws gael eu weirio neu gael eu pweru gan fatri, sy'n golygu bod modd ichi eu gosod eich hun. Maen nhw i gyd yn cysylltu ag ap ffôn clyfar, fel gallwch chi weld beth sy'n digwydd hyd yn oed pan nad ydych chi gartref.

Mae goleuadau ar amserydd yn efelychu eich presenoldeb pan fyddwch chi allan, a gallwch roi eich goleuadau ar amseryddion yn hawdd ac yn gyflym. Gallwch gael amseryddion plygiau am tua £5 a phlygio lamp i mewn iddynt i ddod ymlaen fel mae'n tywyllu a diffodd eto ar amser penodol.

Mae brwydro yn erbyn anwedd yn broblem gyffredin yn ystod y misoedd oerach a gall arwain at leithder a llwydni. Mae peiriannau tynnu lleithder yn tynnu lleithder gormodol o'r aer, a gall rhai llai fod yn rhad i'w rhedeg. Efallai y byddwch am osod un yn yr ystafell lle rydych chi'n sychu dillad. Yn gyffredinol, mae defnyddio peidiant tynnu lleithder yn llawer rhatach na pheiriant sychu dillad neu roi'r gwres ymlaen. Gallwch brynu peiriannau tynnu lleithder rhad y mae canmol iddynt am tua £50 ac i fyny. Mae yna nifer o blanhigion tŷ rhad sy'n gallu helpu i frwydro yn erbyn anwedd drwy amsugno lleithder gormodol o'r aer, gan gynnwys planhigion pryf cop, planhigion neidr a phlanhigion aloe vera.

Mae'r GIG yn argymhell atchwanegiadau fitamin D. Dylai pawb ystyried cymryd tabledi fitamin D rhwng mis Medi a diwedd mis Mawrth, er mwyn helpu i reoli faint o galsiwm a ffosffad sydd yn y corff. Mae hyn yn bwysig er mwyn cadw dannedd, esgyrn a chyhyrau'n iach a helpu'r system imiwnedd. Daw'r rhan fwyaf o'n fitamin D o oleuni'r haul ond mae'n brin yn y gaeaf.

Argymhellir yn gryf eich bod yn cael eich brechu rhag y fflw a Covid os ydych chi mewn mwy o berygl o gael salwch difrifol.

Mae ymarfer corff dan do neu yn yr awyr agored yn fuddiol iawn. Mae buddsoddi mewn offer ymarfer corff syml fel mat, neu set o ddymbels (bydd dau dun ffa pob yn gwneud), yn gallu mynd ymhell. Os ydych chi'n gwneud ymarfer corff yn yr awyr agored, mae'n bwysig gwisgo haenau o

ddillad. Bydd haenau isaf sy'n sugno lleithder yn helpu i gadw chwys oddi wrth eich croen, a bydd haenau inswleiddio yn dal gwres i'ch cadw'n gynnes glud. Efallai y byddai legins a menig thermol yn syniad da.

Mae'r rhewgell yn ffrind i chi oherwydd ni fydd mefus, mafon a ffrwythau meddal eraill yn eu tymor o bosibl, ond fe allwch eu prynu wedi rhewi yn yr archfarchnad. Er mwyn osgoi mynd i'r archfarchnad neu'r cigydd dro ar ôl tro yn ystod y gaeaf, bydd prynu swp o fwyd ymlaen llaw a'i rewi yn arbed sawl siwrnai i chi.

Ystyriwch brynu popty araf sy'n gweithio orau gyda stiwiâu a gyda darnau sy'n tyneru'n araf dros amser. Mae'r popty'n mudferwi ar dymheredd isel am amser hir – rhwng tair a 9 awr yn aml. Mae'r Ymddiriedolaeth Arbed Ynni yn dweud bod poptai araf yn "hynod o effeithlon ar ynni".

Mae maeth y gaeaf yn dibynnu ar amrywiol ffrwythau a llysiau tymhorol fel seleriac, moron, maip, ysgewyll Brwsel, pannas, llysiau deiliog gwyrdd tywyll, orenau, afalau, a gellyg. Gallwch hefyd helpu eich system imiwnedd gan gefnogi iechyd y perfedd drwy ychwanegu bwydydd probiotig i'ch deiet, fel *kefir*, *kombucha*, *kimchi*, *sauerkraut*, ac iogwrt byw.

Gellir cadw anifeiliaid anwes yn ddiogel gyda dillad adlewyrchol a defnyddio coleri llachar neu adlewyrchol neu denyynnau sy'n goleuo. Mae'r elusen filfeddygol, PDSA, yn dweud y bydd angen côt gynnes ar gŵn sydd â blew byr neu flew tenau, cŵn fel milgwn a milgwn bach, a chŵn sy'n ifanc iawn, yn fach iawn, dan eu pwysau, yn hen neu'n sâl, pan fyddant yn mynd allan, gan eu bod yn teimlo'r oerni'n gyflymach na chŵn eraill. Ychwanega: "Fe ddylen nhw fynd allan yn yr oerfel am gyfnodau byrrach hefyd."

Gall hylif gwrth-rewi fod yn beryglus iawn i gŵn a chathod. Os ydych chi'n amau bod eich anifail anwes wedi yfed neu lyfu rhywfaint, cysylltwch â'r milfeddyg ar unwaith. Mae yna lawer o fwyd Nadoligaidd, fel mins-peis a phwdinau Nadolig, sydd ddim yn ddiogel i gŵn, felly cadwch nhw allan o'u cyrraedd.



Dweud Eich Dweud ar Gyllid Plismona yng Ngogledd Cymru

Cyn gosod y swm mae pobl yng Ngogledd Cymru yn ei dalu am blismona drwy'r praesept, mae Comisiynydd Heddlu a Throsedd Gogledd Cymru, Andy Dunbobbin, eisiau clywed yr hyn rydych yn ei feddwl am y cynlluniau fel rhan o ymgynghoriad ac arolwg cyhoeddus. Ynghyd â chael eich barn ar newidiadau i'r swm a delir tuag at blismona, byddwch hefyd yn gallu dweud pa flaenoriaethau rydych eisiau gweld Heddlu Gogledd Cymru yn gweithredu arnynt. Bydd yr arolwg hefyd yn rhoi cyfle i chi roi sylwadau ar sut ydych yn gweld plismona yn eich cymuned eich hun yn fwy cyffredinol.

Mae'r arolwg yn agor ar **27 Tachwedd 2023** ac yn cau ar **7 Ionawr 2024**.

Ewch i'r dolen isod yn ystod y cyfnod ymgynghori a llenwch ein harolwg byr er mwyn i'ch llais gael ei glywed. https://www.surveymonkey.co.uk/r/praesept23_schth

Mae copïau papur o'r arolwg, yn Gymraeg a Saesneg, hefyd ar gael mewn llyfrgelloedd a gorsafoedd heddlu ledled Gogledd Cymru. Gallwch hefyd gael yr arolwg mewn fformat Darllen Hawdd.

Er mwyn derbyn copi papur drwy'r post, cysylltwch â ni yn y ffyrdd canlynol:

E-bost: OPCC@northwales.police.uk

Ffôn: 01492 805486

Huge Response to Call for Evidence on Access to GP Services



In September, I invited older people throughout Wales to get in touch with my office to share their experiences of accessing GP services, to identify issues that need to be tackled by GP practices, health boards and the Welsh Government.

So, I was keen to hear from about people's experiences in a range of areas, such as making appointments, surgeries understanding patients' needs and providing appropriate support, and whether people feel listened to and respected. I also wanted to hear about wider issues, including the availability of services such as translation, and access to surgeries via public transport.

Helena Herklots CBE, Older People's Commissioner for Wales

My team and I are currently analysing the responses, and I will publish a report in the New Year highlighting what older people have shared with me and setting out recommendations to ensure GP services are accessible to older people. But I also want to make sure that older people know about the rights they have when accessing GP services, so people feel empowered to challenge poor practice or raise concerns.

So, alongside my report, I'm developing a helpful guide which will be distributed to older people throughout Wales to provide the information they need, and details of where to get help and support if they're struggling to access the GP services they need.

If you are having issues accessing your GP and need help and support, please contact my **Advice and Assistance Service** on **03442 640 670**. The team also provide information and support on a range of other matters.

As the Older People's Commissioner for Wales, I am an independent voice and champion for older people throughout Wales.

I'm taking action to protect older people's rights, end ageism and age discrimination, stop the abuse of older people and enable everyone to age well. I directly support older people across Wales through my Advice and Assistance team, and regularly hear from older people at engagement and listening events. This ensures that older people's voices and experiences guide my work, and that these are heard and acted upon by policy- and decision-makers.

I influence policy and practice at both a national and community level, scrutinising the action and decisions made by government and public bodies alongside identifying and calling for action to tackle the issues we may face as we get older. I have a number of legal powers that underpin my role enabling me to hold public bodies to account when needed, as well as share and promote good practice.

I work closely with older people and in partnership with many different organisations and individuals across Wales. This way of working is fundamental to my approach as Commissioner, and particularly in these challenging times, it is only by working together and drawing on each other's skills and experiences that we will make sustainable progress and impact.

Number of People Aged 100+ Hits Record High

The Office of National Statistics (ONS) has reported a record high of 13,924 centenarians living in England and Wales in 2021. There were 11,288 female and 2,636 males, according to official 2021 census data published in September 2023.

In 1921, life expectancy was about 68 years for women and 61 years for men, but it now stands closer to 91 and 88 years respectively.

In the UK, there are 31 centenarians for every 100,000 people, according to ONS analysis of UN population data. By comparison, there are 106 per 100,000 in Japan (considered the oldest nation in the world), 42 in France and 30 in Italy.

In Conwy County almost 28% of the population is aged 65 and over compared to about 19% across the UK. The greatest concentrations of older people are living along the coast in Abergele, Towyn, Llanddulas, Rhos on Sea, Llandudno's Craig-y-Don, Gogarth and Penrhyn wards, and Deganwy.

The high proportion of older people within Conwy County leads to the proportions of children (aged 0-15) and residents of working age (aged 16-65) being significantly below Wales and UK averages.

While the number of centenarians has more than doubled since 1991, separate official figures published last month showed the number of births in England and Wales had dropped to the lowest in two decades, contributing to a rapidly ageing population.



Primary Care Electronic Prescription Service (EPS)

The way people collect prescriptions and receive their medication in Wales is changing from a paper-based process to a digital service.

Currently in Wales, GPs, and other prescribers in primary care, such as community pharmacists, dentists and optometrists, sign paper prescriptions by hand. The prescription forms are then given to the patient to take to the pharmacy, or the forms are delivered from a practice to the pharmacy for medications to be dispensed.

The introduction of the Primary Care Electronic Prescription Service (EPS) will make this end-to-end process electronic. EPS allows prescribers to send prescriptions electronically to a dispenser (such as a pharmacy) of the patient's choice. This makes the prescribing and dispensing process safer, more efficient, and convenient for patients and staff.

This also means patients won't need to visit the surgery to pick up a repeat prescription form.

The work is a key part of the **Digital Medicines Transformation Portfolio** which brings together the programmes and projects that will deliver the benefits of a fully digital prescribing approach in all care settings in Wales.

The Orange Wallet Scheme



The Orange Wallet Scheme is a collaborative project funded by the Welsh Government as part of the All-Wales ASD strategy. We're working in partnership with other public transport providers to promote the Orange Wallet as a communication tool for our passengers.

Who it's for?

The Orange Wallet is for anyone who may find it difficult to communicate their needs when travelling on public transport and who would like support to communicate with staff when travelling by bus or train. It's particularly designed for passengers with an autism spectrum disorder. However, it can be used by anyone with a hidden disability who may like to communicate with staff non-verbally.



How it works

The Orange Wallet has plastic pockets where you can put words and pictures to help you communicate your needs to transport staff across Wales. Show it to the station and on-board staff when you're travelling or buying a ticket. They're trained to recognise the wallet and provide appropriate help.

In an emergency

We recommend that you have contact details in your Orange Wallet of the person you'd like us to call in an emergency. Just show your wallet to a member of staff to indicate that you need help.

Get your Orange Wallet

If the Orange Wallet might support you when travelling with us, please contact us with your full address and we'll post a wallet to you:

- By phone: call us on 03333 211 202.
- In person: you can also pick up a wallet from some local libraries.



No More Morning Rush for GP Appointments in Wales

We've all had to go through the constant re-dialling trying to get a GP appointment! According to the Welsh Government this will come to end under a new GP contract. As part of the deal, GP practices will be asked to implement more efficient booking systems. The revised contracts will "make it clear the practice of releasing appointments daily at 8.30am is no longer acceptable". Instead, people will be triaged – assessed by medical staff – and given an appointment. Some people will be signposted to other healthcare professionals, rather than their GP.

Winterproofing: How to Get Ready for the Cold Ahead



Let's start with checking your radiators and boiler are working correctly before temperatures drop even further. If a radiator isn't functioning properly, bleed it to ensure an even spread of heat.

Smart thermostats can work well if you keep a consistent schedule. But smart thermostats promise to be more adaptable and efficient by turning down the heating when not needed, such as when no one is home, tracking usage and enabling remote control from your phone.

In the Garden, make sure your shed and other outbuildings are secured and put away any loose items and furniture to prevent them from being blown about. Clear your gutters to ensure they don't overflow and cause any leaks. Cut back any overhanging trees or unstable-looking branches before high winds have the chance to blow them into your home and cause damage.

Smart cameras can be a great deterrent to intruders, acting as a visible sign that your property is protected. There are many different types, although the most popular is the video doorbell. There are various options available from about £60. These allow you to see who is at the door and speak with them without getting up from your chair and avoiding having to open the door letting in the cold. Doorbells can be wired or battery-powered, allowing DIY fitting. They all connect to a smartphone app, so you can see what is happening even when you are not at home.

Timer lights simulate your presence while out, putting your lights on timers is a quick and easy trick. You can pick up plug timers for about £5 and plug a lamp into them to come on at dusk and go off again at a set time.

Battling condensation is a common problem during the colder months and can lead to damp and mould. Dehumidifiers draw excess moisture from the air, and smaller ones can be economic to run. You may want to have one in a room where you dry clothes. Using a dehumidifier is generally far cheaper than a tumble dryer or putting on the heating. Smaller, well-reviewed budget dehumidifiers from companies can be picked up from about £50 and upwards.

There are a number of budget-friendly houseplants that can help to combat condensation by absorbing excess moisture from the air, including spider plants, snake plants and aloe vera plants.

Vitamin D supplements are recommended by the NHS. Everyone should consider taking a Vitamin D supplement from September to late March, to help regulate the amount of calcium and phosphate in the body. This is important to keep teeth, bones, and muscles healthy and help the immune system. Most of our vitamin D comes from sunlight, which is hard to find in the winter.

Vaccinations for seasonal flu and Covid are highly recommended if you are at higher risk of serious illness.

Exercise whether indoor or outdoor is highly beneficial. Investing in basic workout equipment like a mat, or a set of dumbbells (a couple of tins of beans will do), can go a long way. If exercising outdoors, dressing in layers is key. Moisture-wicking base layers will help keep sweat away from your skin, and insulating layers will trap warmth to keep you toasty. Thermal leggings and gloves might be an idea.

The freezer is your friend because strawberries and other soft fruit may not be in season, but you can buy them frozen in the supermarket. To avoid going to the supermarket or butcher repeatedly during the winter, stocking up in advance and freezing will save you multiple trips.

Consider a slow cooker which works best with stews and on joints that tenderise over hours. The cookers simmer at a low temperature for a long time – often between 3 and 9 hours. The Energy Saving Trust says slow cookers are “incredibly energy efficient”.

Winter nutrition relies on a variety of seasonal fruits and vegetables such as celeriac, carrots, turnips, brussels sprouts, parsnips, dark green leafy vegetables, oranges, apples, and pears. You can also support your immune system by supporting gut health through adding probiotic foods into your diet, such as kefir, kombucha, kimchi, sauerkraut, and live yoghurt.

Pets can be kept safe with reflective clothing and using bright or reflective collars or light-up leads. The veterinary charity PDSA says dogs with fine or thin fur, such as greyhounds and whippets, and dogs that are very young, very small, underweight, old, or unwell, will need a warm dog coat when they go out, as they feel the cold much faster than other dogs. It adds: “They should go out in the cold for shorter periods, too.”

Antifreeze can be extremely dangerous to dogs and cats. If you suspect your pet has licked or drunk any, contact the vet immediately. Many festive treats, such as mince pies and Christmas puddings, are not safe for dogs, so keep them out of sight and reach.



Have Your Say on Funding for Policing in North Wales

Before setting the amount that people in North Wales pay for policing through the precept, the Police and Crime Commissioner for North Wales, Andy Dunbobbin, wants to hear what you think about the plans as part of a public consultation and survey.

As well as having your view on changes to the amount paid towards policing, you will also be able to say what priorities you want to see North Wales Police act on. The survey will also give you the chance to say how you see policing in your own community more generally.

The survey launches on **27 November 2023** and closes on the **7 January 2024**.

Please visit the below link during the consultation period and fill in the short survey to make your voice heard. https://www.surveymonkey.co.uk/r/opcc_precept23

Paper copies of the survey, in Welsh and English, are also available at libraries and police stations across North Wales. You can also get the survey in Easy Read format.

Alternatively, to receive a paper copy by post, contact the Office of the Police and Crime Commissioner in the following ways:

Email: OPCC@northwales.police.uk

Phone: 01492 805486

A BRANCH OF
ROYAL
VOLUNTARY
SERVICE

Companionship At Home is a befriending scheme where a volunteer will visit older people for a chat and company. The service covers from Old Colwyn to Rhos on Sea. Call 07580 545 601 or email RVSCompanionshipAtHome@royalvoluntaryservice.org.uk

Use Your Bus Pass to Travel by Train for Free!

If you have an over 60s Concessionary Travel Pass from a Welsh Local Authority, you can travel free on many of the TfW (Transport for Wales) train lines and get discounts for other journeys.

REMEMBER: You'll need to get a free ticket from the ticket office before you travel. If there is no ticket office or if it's closed, you can get a free ticket from the Conductor on the train.

You'll also get 1/3 off tickets to travel on the Cardiff and Valley network, Monday to Friday (after 9:30am), weekends and bank holidays.

You can travel between:

- Wrexham – Hawarden Bridge
- Machynlleth – Pwllheli (Cambrian Coastline) – October to March only
- Llandudno – Blaenau Ffestiniog (Conwy Valley line)
- Shrewsbury – Llanelli/Swansea (Heart of Wales Line) – October to March only



Pandemic Christmas Songs

It's Beginning to Look a Lot Like Self-distance.

Amazon is Comin' To Town

2 meters Away in a Manger

We Three Vaccines

Deck the Hall with Your Spare Loo Roll

Hark! The Friday Briefing Begins

The 12 Tiers of Christmas

While Shepherds Washed

Rudolph the Red-Masked Reindeer

Good King Track-n-Trace

Stay Alert! Stay Alert! Stay Alert!

I Saw Mommy Shielding Santa Claus

Jingle Gels

Ding Dong Merrily Online

Lady Lexx of Llandudno

The Twelve Days of Lockdown

On the Twelfth Day of Lock down my true love
gave to me –



12 key workers

11 volunteer shoppers

10 keep-fit videos

9 armchair dancers

8 online meetings

7 essential purchases

6 feet of police tape

5 clo-o-sed pubs (*sigh*)

4 Covid tests

3 sets of rules

2 rubber gloves

and a parcel of P – P - E

Sir Danny of Dyserth

Guess the Movie Title



Paratoi ar gyfer y Nadolig

Yr holl bresantau wedi eu prynu yn sêls mis Ionawr.
Stoc dda o gardiau yn dangos Cymru ag eira'n gorchuddio'r llawr.
Popeth wedi'i lapio – dyna olygfa.
Y gacen Nadolig wedi'i haddurno â dyn eira.
Y pwdinau'n barod a'r rhewgyst yn llawn.
Diodydd yn y cabinet, cyn bo hir bydd y gwydrau'n orlawn.
Ffrwythau ffres yn y fasedg a digon o gnau.
Bicarb i helpu i dreulio a phlasteri ar gyfer unrhyw friwiau.
Yr hufen wedi'i archebu a'r twrci wedi'i baratoi.
Apwyntiad gwallt rŵan – mae hynny'n fy nghyffroi!
"Cyffro", be ydw i'n ei fwydro, dydw i ddim wedi gwneud dim byd.
Wedi bod yn cysgu'n braf a breuddwydio hyn i gyd.

Getting Ready for Christmas

All the presents were bought in the January sales.
A good stock of cards with snow scenes of Wales.
Everything wrapped and ready to go.
The Christmas cake iced with snowman and snow.
Puddings are made and the freezer is full.
There are drinks in the cabinet and a corkscrew to pull.
Fresh fruit in the basket and a good stock of nuts.
Bicarb for digestion and plasters for cuts.
The cream has been ordered and the turkey dressed.
Now, a hairdo appointment, must look my best.
"My best", what am I saying, I've done nothing at all.
Just had a good sleep and been dreaming it all.

Patricia Parker

Guess the Movie Title Answers: The Italian Job – Kind Hearts & Coronets – The Great Escape – A Christmas Carol – Lawrence of Arabia – Rebecca

Quiz Time

1. What were the four main characters' names in the TV series "Golden Girls" that ran from 1985-1992?
2. Who named the Pacific Ocean?
3. How many countries still have Shilling as currency? Bonus point: Which countries?
4. Who was the first woman to win a Nobel Prize (in 1903)?
5. How many hearts does an octopus have?
6. What is the hottest planet in the solar system?
7. What's the smallest country in the world?
8. What is the name of the biggest technology company in South Korea?
9. How many teeth does an adult human have?
10. Iceland diverted roads to avoid disturbing communities of what?
11. Demolition of the Berlin wall separating East and West Germany began in what year?
12. What awards has an EGOT winner won?
13. The ancient Phoenician city of Constantine is located in what modern-day Arab country?
14. A group of ravens is known as?
15. Which two countries have not missed one of the modern-day Olympics?
16. Which Tasmanian marsupial is known for its temper?
17. What type of animal is a Flemish giant?



1. **Answer:** Dorothy, Rose, Blanche, and Sophia
2. **Answer:** Ferdinand Magellan
3. **Answer:** Four, Kenya, Uganda, Tanzania, and Somalia
4. **Answer:** Marie Curie
5. **Answer:** 3
6. **Answer:** Venus, with a temperature of 460 °C
7. **Answer:** Vatican City
8. **Answer:** Samsung
9. **Answer:** 32
10. **Answer:** Elves
11. **Answer:** 1989
12. **Answer:** An Emmy, Grammy, Oscar, and a Tony
13. **Answer:** Algeria
14. **Answer:** Unkindness
15. **Answer:** Greece and Australia
16. **Answer:** Tasmanian devil
17. **Answer:** Rabbit



Beth wyt ti eisiau 'Dolig?

Beth wyt ti eisiau 'Dolig? Dyna mae fy mhlant yn ei ofyn imi yn flynyddol.

Does gen i ddim syniad o gwbl, dwi'n sibrawd yn ôl.

Dwi'n gwybod beth mae Dad eisiau, mae o wedi dweud wrtha i.

Ond does gen i ddim ateb – mae'n gallu bod yn anodd prynu i mi.

Mae gen i bopeth sydd ei angen arna 'i, byddai taleb yn ddigon.

Efallai y byddai talc neu sent yn fy ngwneud i'n fodlon.

Neu bâr del o slipars neu blanhigyn i'r cyntedd.

Byddwn i'n hapus gydag unrhyw beth, does dim angen gormodedd.

Ond, beth dwi wir eisiau ddweud, dim ond unwaith,

Dwi eisiau rhywbeth dros ben llestri a chael fy nghludo ymaith,

I wlad bell neu ynys ecsotig ddihafal

Gyda dŵr clir fel grisial a thywod aur meddal.

Gwrando ar y tonnau'n llepian a theimlo'r haul yn fy nhoddi.

O dyma fi'n breuddwydio eto, rhaid imi ddychwelyd i realiti.

Dwi'n gwybod beth sydd ddim ei eisiau arna' i, rhywbeth i'r tŷ

Neu hancesi poced, teits neu ryw fag 'molchi.

Byddai taleb yn handi pan fydd y sêls yn y siopau.

Ond beth dwi eisiau, dim syniad, ble mae dechrau?

Beth bynnag fydda i'n ei gael gen ti, dyma fydd fy nghri,

"O, mae'n hyfryd cariad, Nadolig Llawen i ti"

What do you want for Christmas?

What do you want for Christmas? Ask my children every year.

I honestly don't know what, as I whisper in their ear.

I know what your father wants, he told me the other day.

But I'm rather difficult to buy for and don't know what to say.

I have most things in life, just a token will suffice.

Perhaps, some talc or perfume that would be rather nice.

Or a pretty pair of slippers or plant for the hall. I will be pleased with anything, anything at all.

But, deep down inside of me, I really want to say.

I want something frivolous and want to be whisked away,

To some exotic island in a far and distant land
With Crystal clear waters and soft golden sand.

Listen to waves lapping and watch the dolphins play.

Oh, here I go on dreaming, with reality must stay.

I know what I don't want, that's something for the home,

Or boxed hankies, tights or toilet bag complete with brush and comb.

A voucher would come in handy when the sales are due.

But, what I want, I do not know, haven't got a clue.

Whatever you give, me I will be sure to say,
"Oh, it's lovely darling, Happy Christmas Day".

Patricia Parker



Meet Conwy's County Councillors | Cyfarfod Eich Cynghorwyr Sir

Series began in Issue 59 – September 2023. More County Councillors will appear in each issue. Dechreuodd gyda rhifyn 59 – Medi 2023. Bydd mwy o Gynghorwyr Sir yn ymddangos ym mhob rhifyn.

	<p>Councillor Chris Hughes Economy and Place Overview and Scrutiny Committee Finance and Resources Overview and Scrutiny Committee Theatr Colwyn Joint Management Committee (Vice-Chair) Home: 07960014931 Home: cllr.chris.hughes@conwy.gov.uk</p>	<p>Glyn Welsh Labour</p> <p>Attendance: Present as expected</p>
	<p>Councillor Abdul Khan Conwy SACRE Meeting, Conwy County Borough Council General Licensing Committee Social Care and Health Overview and Scrutiny Committee (Vice-Chair) Statutory Licensing Committee Theatr Colwyn Joint Management Committee Mobile: 07596 497329 Home: cllr.abdul.khan@conwy.gov.uk</p>	<p>Glyn Plaid Cymru</p> <p>Attendance: Present as expected</p>
	<p>Councillor Dave Jones Mental Health Champion Education and Skills Overview and Scrutiny Committee Planning Committee Social Care and Health Overview and Scrutiny Committee Work mobile: 07946 299 361. Work: cllr.david.jones@conwy.gov.uk</p>	<p>Glyn y Marl Welsh Labour</p> <p>Attendance: Present as expected</p>
	<p>Councillor Mike Priestley Economy and Place Overview and Scrutiny Committee (Chair) Home: 01492 582581 Home: cllr.michael.priestley@conwy.gov.uk</p> 	<p>Glyn y Marl Conwy First Independent Group</p> <p>Attendance: Present as expected</p>
	<p>Councillor Susan Shotter Vice Chair of the Council Conwy Harbour Advisory Committee Social Care and Health Overview and Scrutiny Committee (Chair) Home: 01492 490111 Home: cllr.susan.shotter@conwy.gov.uk</p>	<p>Glyn y Marl Welsh Liberal Democrats</p> <p>Attendance: Present as expected</p>



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.



SAMARITANS

Offer a safe place to talk any time you like, 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

Call 0808 164 0123 – Welsh



Call 0800 470 80 90 – A free and confidential service for older people. Friendship, conversation, and support. 24 hours a day, 7 days a week.



Mental Health Helpline For Wales

Community Advice & Listening Line

Offering a confidential listening and support service

Freephone **0800 132 737**

24

Or text help to **81066**

24 hours a day – 7 days a week



For health information and advice, and to access urgent primary care.



Urgent mental health support. Call NHS 111 and select option 2 to be placed in direct contact with a mental health professional.

Free to call even if you don't have credit. / 24 hours a day, 7 days a week

Older People's Forum - Fforwm Pobl Hŷn 2024

Abergele Hafod y Parc Kinmel Ave, Abergele LL22 7LX	Thursdays 2pm to 4pm	11/01/2024 14/03/2024 16/05/2024	11/07/2024 12/09/2024 14/11/2024
Colwyn Bay Parkways Community Centre, Parkway, Rhos on Sea LL28 4SE	Thursdays 2pm to 4pm	18/01/2024 21/03/2024 23/05/2024	18/07/2024 19/09/2024 21/11/2024
Llandudno CYD Community Centre, Room 2, Queens Rd, Craig y Don LL30 1TE	Fridays 10.30am-12.30pm	12/01/2024 15/03/2024 10/05/2024	12/07/2024 13/09/2024 15/11/2024
Llanfairfechan Llys y Coed, Cae Ffynnon Rd. Llanfairfechan LL33 0HP	Thursdays 2pm to 4pm	25/01/2024 11/04/2024 06/06/2024	25/07/2024 26/09/2024 28/11/2024
Llanrwst	2024	Dates and Location to be confirmed.	



Eirianfa Community Centre
Factory Place, Denbigh LL16 3TS
Registered Charity N. 1154403



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To subscribe call 01492 817 124 or email alessandra.thomas@acnwc.org

Cyhoeddir y cylchlythyr hwn (OPFN) yn fisol gan Age Connects Canol Gogledd Cymru. I danysgrifio 0300 2345 007 neu e-bostiwrch enquiries@acnwc.org

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

Peace on Earth. Good Will to All.
Best Wishes for 2024.



Heddwch ar y Ddaear. Ewyllys Da i Bawb.
Dymuniadau gorau ar gyfer 2024.