

Denbighshire 2023 December newsletter.

Newsletters are emailed from our [denopf@acnwc.org](mailto:denopf@acnwc.org) email.

Rhif Cofrestredig Elusennol ■ Registered Charity No. 1154403



Please use this to Email [denopf@acnwc.org](mailto:denopf@acnwc.org) or

Telephone Jackie: 01745 508626. Leave a message I will get back to you.

Newsletters are sent by email or post and latest edition can be found on our website the URL is <http://www.ageconnectsnwc.org/wp-content/uploads/2022/10/OPFN-Denbighshire-website.pdf>

#### FORUM Dates:

Awel y Dyffryn extra care Denbigh Thursdays 10.30

MAY the 25th we met with Transport for Wales, AUGUST the 17<sup>th</sup>, OCTOBER the 26<sup>th</sup>.

**NEXT meeting JANUARY the 25th. LEAP**

**NO nonresidents.**

Llygadog community centre Corwen.

JUNE the 6<sup>th</sup> we met with ReEngage and hoping to organize some taster activity sessions, our community police officer Geraint and the Mind DORIS bus – look out for the bus MIND will be visiting once a month and parking outside the shop (for July, SEPTEMBER the 12<sup>th</sup>

NOVEMBER the 7<sup>th</sup> was cancelled due to building works.

**NEXT meeting – Monday 18<sup>th</sup> DECEMBER with children singing and mince pies from 10am**

**(event organized by Denbighshire Housing) followed by our forum.**

**FEBRUARY the 6<sup>th</sup> Transport for Wales For all the community.**

St Asaph & Prestatyn

St Asaph *Non residents now welcome* Wednesday 11am. The Old Palace; if you are a non-resident **PLEASE let me know if you wish to attend**

JUNE the 28<sup>th</sup> FDF & the Mind DORIS bus visiting, SEPTEMBER the 27<sup>th</sup> Swayne Johnson,

NOVEMBER the 29<sup>th</sup> (was cancelled due to freezing conditions).

**NEXT meeting FEBRUARY the 28th.**

Prestatyn same dates as St Asaph,

SEPTEMBER the 27<sup>th</sup> Nerys - Health promotion co-ordinator, north denbighshire Nerys provides me with the NHS information

NOVEMBER the 29<sup>th</sup> Prestatyn Library (was cancelled due to freezing conditions).

**NEXT meeting FEBRUARY the 28<sup>th</sup> + Swayne Johnson.**

**If funding continues we will be discussing with the forum members about the new year from April 2024.**

**We have been invited to meet with the Tremeichion group for the retired 21<sup>st</sup> February.**

#### 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. 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.

[https://www.surveymonkey.co.uk/r/opcc\\_precept23](https://www.surveymonkey.co.uk/r/opcc_precept23)

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](mailto:OPCC@northwales.police.uk) Phone: 01492 805486 Post: Office of the Police and Crime Commissioner North Wales, Police Headquarters. Glan y Don, Colwyn Bay, LL29 8AW

## **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. 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. [https://www.surveymonkey.co.uk/r/praesept23\\_schth](https://www.surveymonkey.co.uk/r/praesept23_schth)

Er mwyn derbyn copi papur drwy'r post, cysylltwch â ni yn y ffyrdd canlynol: E-bost: [OPCC@northwales.police.uk](mailto:OPCC@northwales.police.uk) Ffôn: 01492 805486 Post: Swyddfa Comisiynydd Heddlu a Throsedd Gogledd Cymru, Pencadlys yr Heddlu. Glan y Don, Bae Colwyn, LL29 8AW

**[Tell Us Once](#) – free service to inform local and central government departments of a death, including DWP, Passport office, DVLA, HMRC, Veterans UK and more. 0800 0857308.**

Take a look at the new Vale of Clwyd Mind website (the Welsh version is just being finished). On this site you will find a "What's On" page, for the DORIS calendar: <https://www.vocmind.co.uk/> and <https://www.vocmind.co.uk/urgent-help/>

As well as Talking Points (once a week from your Library), The **Doris vehicle** is another way of finding out about community support and they can signpost or refer (with your consent) to other agencies on your behalf.

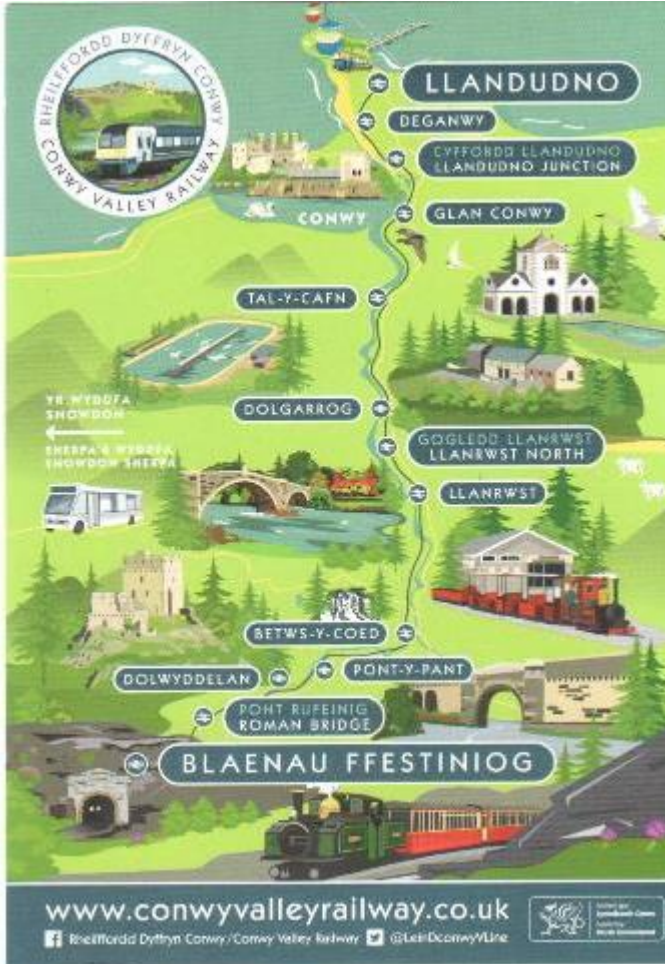
<https://www.valeofclwydmind.co.uk/doris-on-tour> get in touch with them to find out when they are in your area; [outreach@valeofclwydmind.org.uk](mailto:outreach@valeofclwydmind.org.uk).

Phone 01745 812461.

**Doris** will also have a supply of hearing aid batteries, these are free of charge, please ask Diane on the Doris bus.



Sir Ddinbych  
**CYMUNEDAU OED-GYFEILLGAR**  
Denbighshire  
**AGE FRIENDLY COMMUNITIES**



**Age connects Trip** – Thank you to Transport for Wales to Sian & Clare for welcoming us and to their hospitality on our great day out from Llandudno railway station on the Conwy valley line (train station is on one level, you can stay on the train as it comes back to the station it started) £2 all day parking next to station. Thank you also to Prompt Travel who supplied two mini buses with an excellent service to and from Llandudno. Thank you also to Denbighshire county council age friendly communities for their contribution towards the cost of the buses.

Our Denbigh & St Asaph forum members enjoyed it immensely, comments from a Denbigh resident:

“Just wanted to say thank you for a lovely day yesterday – it has given me a wonderful memory to keep me going in the dreary Winter months. As well as providing people with a great day out I am sure the trip will have had unseen benefits of giving them the opportunity to meet and chat with others and maybe make new friendships –it is so easy to become isolated during old age and loneliness is certainly one of the biggest enemies. The trip has got me looking anew at train timetables and searching for places to go and things to see. Anyway thanks for all your hard work –you are doing a great job!” When I sent on to Sian she said “Thank you so much for sending me this comment I was so happy to read it as it

sums up what the Confidence to Travel initiative is all about.”

“Just to say a big thank for today. We both enjoyed it very much. The scenery was outstanding. I have travelled the area many times by car but got a much better benefit today of the area. The lunch was also great. Thank you for the invitation.”

Age connects organised the trip as Sian from Transport for Wales had visited our St Asaph & Denbigh forums to discuss her work through Confidence to Travel and the Assistance that is offered by Transport for Wales. She will be visiting Corwen in January – date to be arranged.







Transport for Wales (TfW):

One of our St Asaph forum member queried about things to do when using public transport. We were supplied with the following link from Sian (TfW) with lots of ideas of where to visit:

[Things to do in... | Transport for Wales \(tfw.wales\)](https://tfw.wales/places/things-to-do-in)

<https://tfw.wales/places/things-to-do-in>

Also access this information on the TfW app

And More ideas here: Maps for places to walk, cycle and visit in Denbighshire? All the details can be found on the North East Wales Blog: <https://www.northeastwales.wales/visit-north-east-wales/denbighshire> Have you seen the illustrated

Age Connects Wales celebrated Older Peoples Day – photos from our St Asaph & Prestatyn forums:



We have been providing feedback around “Feeling Excluded” direct to The Older Peoples Commission through our Forum work. The results are now being collated and we will share with you once these are received.

We can continue sending feedback let me know by email or phone.

**Book LAUNCH – WEAVING the threads** 1<sup>st</sup> February The Crossroads café Trefnant, all forum members will be invited and other dates in Rhyl & Corwen, details to follow. **We have**

**already handed out some books to our forum members and groups who have invited us to meet their group. We want to hear from your and Why your Community is an Age Friendly Community.**

**Please Email your response to [denopf@acnwc.org](mailto:denopf@acnwc.org) or Telephone 01745 508626 and please leave your contact details.**



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**sir ddinbych**  
denbighshire  
County Council



## New FREE weekly collections for your absorbent hygiene products

If you live in a LL16 or LL17 postcode area, and you or another person living in your home uses any of the items listed below, you may register for this free new service from Monday 3 July 2023.\*



- ✓ Nappies, nappy bags and wipes
- ✓ Disposable bed pans and liners
- ✓ Incontinence pads
- ✓ Bed and chair pads
- ✓ Colostomy and stoma bags
- ✓ Catheter bags and urine bottles
- ✓ Plastic gloves and disposable aprons



**For more information, or to register from Monday 3 July, please:**

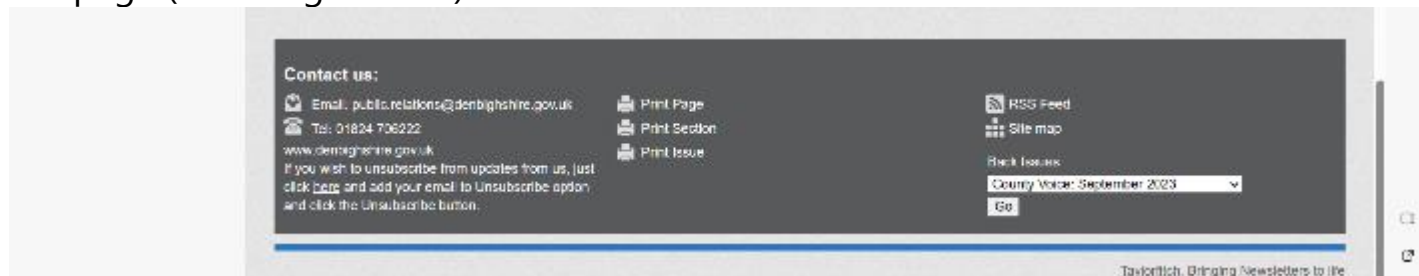
1. Scan the QR code,
2. Visit [denbighshire.gov.uk/recycling](https://denbighshire.gov.uk/recycling), or
3. Call us on 01824 706000



\* If you've been unable to register, have chosen not to register, or you're not eligible to register, for this new service at this time, please continue to put these items in your black bin or pink sacks. Every resident in Denbighshire will have the opportunity to register for this service in 2024.

This is a pilot of Denbighshire's new Absorbent Hygiene Products (AHP) collections which began in September 2023. The new scheme is initially available to residents with LL16 or LL17 postcodes but will be rolled out to the rest of the county at a later date.

There are lots of interesting articles in The County Voice <https://countyvoice.denbighshire.gov.uk/> and you can select back issues at bottom of the page (see image below)



### North Wales Police are also promoting the Herbert protocol

<https://www.northwales.police.uk/notices/af/herbert-protocol/> Caring for vulnerable people, including those with dementia or Alzheimer's, can be challenging. There's a risk they can at some point start to 'walk about'. This may only be into the garden or street for a short time, but some people can get lost and go missing. So planning ahead to keep them safe is really important.

You will find the form to complete and this should be handed to Police when an incident occurs.

This is from our North Wales Police contact, Rachel particularly as it may be relevant to our audience; North Wales Police have been made aware of fraudsters targeting residents, purporting to be from their local pharmacy or chemist. The criminals state that they are calling to confirm a repeat prescription or delivery of medication. The victim is then asked to provide their bank details.

I would urge residents to be aware of this tactic and not provide personal details or bank details to ANYONE over the telephone. **If you receive such a call, please hang up and report to Action Fraud on 0300 123 2040.** If you are concerned about your medication, please contact your pharmacy using a phone number you know and trust.

It was Restart a Heart Day (16th October), which aims to increase public awareness of cardiac arrests and the number of people trained in lifesaving CPR and defibrillation. We're supporting #RestartAHeartDay along with @savealifecymru and @ResusCouncilUK 🙌

Take 15 minutes today to learn or refresh CPR. You never know when you'll need these lifesaving skills. (we will watch with our forum members)

Free training here: <https://www.bhf.org.uk/revivr>

Hyfforddiant am ddim yn <https://www.bhf.org.uk/revivr>

## Advocacy News

### HOPE Advocacy Project

We are approaching the three quarter point of the project and want to take this opportunity to remind everyone what HOPE is all about and the service and opportunity we provide.

Age Cymru's HOPE project provides independent advocacy support to local older people (50+) and carers so they can help shape the key decisions affecting their own lives and thereby avoid getting into a crisis situation.

HOPE is a Welsh Government funded project running until the end of March 2025 and is in partnership with Age Connects Wales and local Age Cymru partners. HOPE is committed to helping others participate and engage through independent volunteer advocacy support, raising awareness of advocacy, and developing volunteer skills.

The project helps people who may need information and support with issues such as housing, accessing services, dealing with loneliness and isolation or dealing with service providers such as utilities companies. HOPE also helps older people to engage with professionals, take part in community activities, understand their rights as an older person, access information to make informed choices and have their voices heard.

HOPE has established a programme of training, workshops and events enabling advocates across Wales to further develop their skills and knowledge. Training and workshops will also be available to other professionals who would benefit from greater awareness of advocacy and how to access it.

For more information on the support available from HOPE please email [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk) or go to HOPE's website: <https://bit.ly/AC-HOPE>.

To make a referral to HOPE, please use this form: <https://bit.ly/HOPE-REFERRAL> or scan this QR code:



We all know that December and the Christmas period can be a particularly difficult, and particularly lonely time for people everywhere – especially those who are older. This year, Re-engage launched their Christmas call companions service for people in this situation, and have over 350 volunteers signed up to the service and ready to speak with an older person.

Community Christmas call companions is a free service for older people who are in need of companionship and feel they would enjoy a friendly weekly phone call throughout the month of December.

If you know of anyone aged 75+ who will be lonely or isolated this Christmas, please refer them through for community Christmas call companions. You can make a referral by clicking <https://www.reengage.org.uk/.../community-christmas-call.../> and providing some details.



Would you like to become an Age Cymru Independent Volunteer Advocate?

Our HOPE (Helping others participate and engage) project needs your help to support older people (50+ and carers in your community. HOPE is making a huge difference to the lives of many older people who currently don't know how to deal with their concerns or don't have the confidence to speak up about what they really need.

If you're an adult and can spare a few hours or more a week and wish to help older people (50+) and carers to gain the support they need, when they need it, HOPE would love to hear from you. No qualifications are required and there is no age limit. Volunteers should have a positive and friendly manner, be reliable and be a good listener. HOPE will support and train you to provide independent advocacy to help older people and carers avoid getting into crisis situations.

Our trained Independent Volunteer Advocates help older people and their carers access services like utilities, GP, housing and benefits.

Join us and we'll train you to provide support to local older people and carers so they can help shape the key decisions affecting their lives and avoid getting into a crisis situation. <https://bit.ly/VolAdvocate>

Contact the HOPE team about becoming a volunteer advocate by emailing [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)

Or scan the QR Code here:



### **HOPE Advocacy Ambassadors**

HOPE identifies and supports Advocacy Ambassadors, who will promote awareness of rights and choices, and the importance, benefits and outcomes of advocacy. HOPE promotes advocacy in all its forms to show how important it is and what a difference it can make.

We're so delighted to share this contribution on the benefits of becoming a Volunteer Advocate with the HOPE Project from one of our Advocacy Ambassadors Harry Garstang.

## **What's it like to be a HOPE Independent Volunteer Advocate?**

**By Harry Garstang, Law student, UWE Bristol**

During my time with the HOPE Advocacy Project, I've found it incredibly rewarding to make actual, positive impacts on the lives of older people in Wales. Building trusting relationships with clients, supporting them to explore their options and ultimately support them to resolve their frustrations has been a fantastic use of my spare time at university.

# The Christmas Tree Collection



**Donate to have your tree collected and recycled to support Charities in your Community.**



A big thank you from JUSTHELPING for supporting the Christmas Tree Recycling Collection last year. Your generosity helped us to collectively raise over £940,000 recycling 61,700 trees saving more than 972,000 kg of CO<sub>2</sub>e (had the trees instead ended up in landfill). The money raised was distributed to over 124 local charities directly benefitting your local community! We continue to grow and offer the opportunity to even more households this year to register their tree for collection.

follow the link below to find your local collection, register your tree and donate to your local community!"

you have to register here <https://just-helping.org.uk/register-tree>

**Christmas Tree Collection - St Kentigern's are collecting in Denbighshire**



**St. Kentigern**

HOSPICE & PALLIATIVE CARE CENTRE  
HOSBIS A CHANOLFAN GOFAL

**welcome a donation and in exchange will collect your Christmas tree, take it away and recycle it for you. No hassle, no waste and no needles in your car!**



**Keep an Older Person Safer**  
Cold calling is not illegal. However, any trader that ignores a sticker or notice on a door stating that the occupier does not wish to receive cold calls may be committing a criminal offence. As a nationwide, live-in, home care provider since 1980 we have decided to try and help prevent,

where we can, an older or disabled person becoming a victim.

The above door sticker may be of interest to someone you know. These are free of charge and if you reply to this email, [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com), we will be happy to send some for you to pass on, or individuals may contact us directly, (since 2019 we have given out over 180,000).

We do not keep any individual details on a database, and we do not give information to other organisations. [www.ablecommunitycare.com](http://www.ablecommunitycare.com) Based in Norfolk but a Nationwide Live-in Care Provider, established 1980. T- 01603 764567. Able community care are sending us a supply of these cards which we will give out to forum members and the groups we visit.

The Welsh Government has published the consultation, 'A Fairer Council Tax – phase 2'. This consultation is live between 14 November and 6 February 2024. We are seeking views from people and organisations on our approaches to meeting our commitment to a fairer and more progressive system. Organisations can respond to the survey by following the instructions on the below link: <https://www.gov.wales/counciltaxreform>

Mae Llywodraeth Cymru wedi cyhoeddi'r ymgynghoriad, 'Treth Gyngor Decach – cam 2'. Mae'r ymgynghoriad hwn yn fyw rhwng 14 Tachwedd a 6 Chwefror 2024.



Rydym yn ceisio barn pobl a sefydliadau ar sut rydyn ni'n bwriadu cwrdd â'n hymrwymiad i system decach a mwy blaengar.

Gall sefydliadau ymateb i'r arolwg drwy

ddilyn y cyfarwyddiadau ar y ddolen isod:  
<https://www.llyw.cymru/diwygiordrethgyngor>  
Cofion cynnes,  
Yr Is-Adran Diwygio Cyllid Llywodraeth Leol  
Llywodraeth Cymru

## Gwirfoddoli gyda HOPE

Hoffech chi fod yn un o Eiriolwr Gwirfoddol Annibynnol Age Cymru?

Mae ein prosiect HOPE (Helpu eraill i gymryd rhan ac ymgysylltu) angen eich help i gefnogi pobl hŷn (50+) a gofalwyr yn eich cymuned. Mae HOPE yn gwneud gwahaniaeth enfawr i fywydau llawer o bobl hŷn nad ydynt ar hyn o bryd yn gwybod sut i ddelio â'u pryderon neu nad oes ganddynt yr hyder i siarad am yr hyn sydd ei angen arnynt.

Os ydych yn oedolyn ac yn gallu sbario ychydig oriau neu fwy'r wythnos ac yn dymuno helpu pobl hŷn (50+) a gofalwyr i gael y cymorth sydd ei angen arnynt, pan fydd ei angen arnynt, byddai HOPE wrth eu bodd yn clywed gennych. Nid oes angen unrhyw gymwysterau ac nid oes terfyn oedran. Dylai gwirfoddolwyr fod yn ffyddlon ac yn gyfeillgar, yn ddibynadwy ac yn wrandawyr da. Bydd HOPE yn eich cefnogi a'ch hyfforddi i ddarparu eiriolaeth annibynnol er mwyn i chi helpu pobl hŷn a gofalwyr i osgoi mynd i sefyllfaoedd argyfyngus.

Mae ein Heiriolwyr Gwirfoddol Annibynnol hyfforddedig yn helpu pobl hŷn a'u gofalwyr i gael mynediad at wasanaethau fel cyfleustodau, meddyg teulu, tai a budd-daliadau.

Ymunwch â ni a byddwn yn eich hyfforddi i roi cymorth i bobl hŷn a gofalwyr lleol er mwyn iddynt fedru helpu i lunio'r penderfyniadau allweddol sy'n effeithio ar eu bywydau ac osgoi mynd i sefyllfa argyfyngus. <https://bit.ly/VolAdvocateW>

Cysylltwch â thîm HOPE i drafod dod yn eiriolwr gwirfoddol drwy e-bostio [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)

Neu sganiwch y Cod QR hwn:



### Llysgenhadon Eiriolaeth HOPE

Mae HOPE yn nodi ac yn cefnogi Llysgenhadon Eiriolaeth, a fydd yn hyrwyddo ymwybyddiaeth o hawliau a dewisiadau, a phwysigrwydd, budd a chanlyniadau eiriolaeth. Mae HOPE yn hyrwyddo eiriolaeth yn ei holl ffurfiau i ddangos pa mor bwysig ydyw a pha wahaniaeth y gall wneud.

Rydym yn falch iawn o rannu'r cyfraniad hwn am y manteision o ddod yn Eiriolwr Gwirfoddol gyda phrosiect HOPE gan un o'n Llysgenhadon Eiriolaeth Harry Garstang.

### Sut brofiad yw bod yn Eiriolwr Gwirfoddol Annibynnol gyda HOPE?

#### Gan Harry Garstang, myfyriwr y Gyfraith, UWE Bryste

Yn ystod fy nghyfnod gyda Phrosiect Eiriolaeth HOPE, roedd hi'n werth chweil cael effaith wirioneddol a chadarnhaol ar fywydau pobl hŷn yng Nghymru. Mae meithrin perthnasoedd ymddiriedus â chleientiaid, eu cefnogi i archwilio eu hopsynau ac yn y pen draw eu cefnogi i ddatrys eu rhwystredigaethau wedi bod yn ddefnydd gwych o'm hamser hamdden yn y brifysgol.

## Newyddion Eiriolaeth

### Prosiect Eiriolaeth HOPE

Rydym yn agosáu at gwblhau tri chwarter y prosiect ac rydym am achub ar y cyfle hwn i atgoffa pawb beth yw pwrpas HOPE a beth yw'r gwasanaeth a'r cyfleoedd rydyn ni'n eu darparu.

Mae prosiect HOPE Age Cymru yn darparu cymorth eiriolaeth annibynnol i bobl hŷn lleol (50+) a gofalwyr er mwyn iddynt helpu i lunio'r penderfyniadau allweddol sy'n effeithio ar eu bywydau eu hunain gan osgoi sefyllfa argyfyngus.

Mae HOPE yn brosiect a ariennir gan Lywodraeth Cymru sy'n rhedeg tan ddiwedd mis Mawrth 2025, mewn partneriaeth ag Age Connects Cymru a phartneriaid lleol Age Cymru. Mae HOPE wedi ymrwmo i helpu eraill i gymryd rhan ac ymgysylltu trwy ddarparu cefnogaeth eiriolaeth annibynnol i wirfoddolwyr, codi ymwybyddiaeth o eiriolaeth, a datblygu sgiliau gwirfoddoli.

Mae'r prosiect yn helpu pobl a allai fod angen gwybodaeth a chefnogaeth gyda materion fel tai, mynychu gwasanaethau, delio ag unigrwydd ac arwahanrwydd neu ddelio â darparwyr gwasanaeth fel cwmnïau cyfleustodau. Mae HOPE hefyd yn helpu pobl hŷn i ymgysylltu â gweithwyr proffesiynol, cymryd rhan mewn gweithgareddau cymunedol, deall eu hawliau fel unigolion hŷn, mynychu gwybodaeth i wneud dewisiadau gwybodus a sicrhau bod eu lleisiau'n cael eu clywed.

Mae HOPE wedi sefydlu rhaglen o hyfforddiant, gweithdai a digwyddiadau sy'n galluogi eiriolwyr ledled Cymru i ddatblygu eu sgiliau a'u gwybodaeth. Bydd hyfforddiant a gweithdai hefyd ar gael i weithwyr proffesiynol eraill a fyddai'n elwa o well ymwybyddiaeth o eiriolaeth a sut i fynychu gwasanaethau eiriolaeth.

I gael rhagor o wybodaeth am y cymorth sydd ar gael gan HOPE e-bostiwch [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk) neu ewch i wefan HOPE: <https://bit.ly/AC-HOPE-W>.

I wneud atgyfeiriad i HOPE, defnyddiwch y ffurflen hon: <https://bit.ly/HOPE-REFERRAL-W> neu sganiwch y cod QR hwn:



# The Great British Tech Appeal

Donate your old tech to help protect the planet and change lives.

[The Great British Tech Appeal For Business | Vodafone UK](https://www.vodafone.co.uk/business/why-vodafone/sustainability/great-british-tech-appeal)

<https://www.vodafone.co.uk/business/why-vodafone/sustainability/great-british-tech-appeal>

**The Great British Tech Appeal** Are you looking to clear out old devices from your office or across your business? If so, you can donate to our Great British Tech Appeal and give them a new lease of life, doing good for people and the planet.

**We'll work with our charity partners, Good Things Foundation and Barnardo's, to make sure that every reusable device will go to someone in need, along with 6 months free data, calls and texts. Any devices that can't be reused will be recycled.**

**By donating your old tech, you're not only reducing waste and supporting a circular economy – your business will also be helping people in need cross the digital divide. These devices are a vital lifeline, making sure people can keep in touch with family, friends and support workers, as well as access healthcare and education.**

# How it works

## Donating 10 or more devices:

1

Fill out the donation form

2

Good Things Foundation will arrange to collect your donation for free.

3

Reconome, an accredited refurbishment organisation, will wipe the devices and you'll receive a certification of wiping.

4

Your old devices will be gifted to people in need through Barnardo's and Good Things Foundation.

Donating less than 10 devices:

**Drop your devices off at any Vodafone store. Alternatively, complete this form and we'll send you a free postage label. <https://www.vodafone.co.uk/techappeal/donation-form/>**

**Charity partners** [Barnardo's](#) one of the leading children's charities in the UK. Every year, they provide ongoing support for over 380,000 children, young people, parents and carers, through their services and partnerships. Your devices can help those people to thrive in a digital world.

**Good Things Foundation** want to fix the digital divide for good. Their vision is a world where everyone benefits from digital. Your devices will contribute to the National Device Bank, helping those who can't afford or access their own devices to access technology - benefiting both people and the planet. Some businesses may be concerned about donating their old technology. A recent report published by Good Things Foundation with the Circular Electronics Partnership (CEP) and Deloitte, demonstrates insights on how to overcome barriers to donating devices. They found that the main concerns for businesses donating tech were data security, the challenge of end-to-end logistics and awareness of opportunities. However, the Great British Tech Appeal supporting the National Device Bank demonstrates how working together, we can enable businesses to take action and help to bridge the digital divide.

The FAQs include **How does The Great British Tech Appeal work?**

*WHAT DEVICES CAN BE DONATED AND WHAT CONDITION DO THEY NEED TO BE IN?*

*SHOULD THE CHARGER OR OTHER ACCESSORIES BE DONATED AS WELL?*

*WHAT IF SOME OF MY DATA REMAINS ON MY DONATED DEVICE? CAN DONATED DEVICES BE RETURNED?*

*HOW WILL DONATED DEVICES GET TO THOSE IN NEED?*

*WHAT WILL YOU DO WITH THE PERSONAL INFORMATION I'VE PROVIDED IN THE ONLINE FORM?*

Dyma rai o'r *Cwestiynau Cyffredin* **Sut mae Apêl Technoleg Prydain Fawr yn gweithio?**

*PA DDYFEISIAU Y GALLWCH CHI EU RHOI A PHA GYFLWR Y MAE ANGEN IDDYNT FOD YNDDO?*

*A DDYLID RHOIR GWEFRWR NEU ATEGOLION ERAILL HEFYD?*

*BETH OS BYDD RHYWFAINT O FY NATA YN WEDDILL AR Y DDYFAIS A RODDAIS? OES MODD DYCHWELYD DYFEISIAU A RODDWDYD?*

*SUT BYDD DYFEISIAU SY'N CAEL EU RHOI YN CYRRAEDD Y RHEINI SYDD MEWN ANGEN?*

*BETH FYDDWCH CHI'N EI WNEUD GYDA'R WYBODAETH BERSONOL RWYF WEDI'I RHOI AR Y FFURFLEN AR-LEIN?*

Mae Canser: Ffynnu a Goroesi yn gwrs i helpu pobl sydd wedi eu heffeithio gan ganser i gynnal eu hansawdd bywyd a'i wella drwy hunanreolaeth. Mae'r cwrs ar gael i unrhyw un sy'n 18 mlwydd oed a hŷn ac sy'n byw gyda chanser, yn derbyn triniaeth ar ei gyfer neu ar gyfer pobl sydd wedi cael gollyngdod o symptomau canser.

Mae pynciau'r cwrs yn cynnwys: rheoli poen a blinder, byw gydag ansicrwydd, newidiadau i'r corff, delio gydag emosiynau anodd a hwyliau isel, gwella cwsg, gwneud penderfyniadau triniaeth, gweithgaredd corfforol, bwyta'n iach, cynllunio gweithgareddau, datrys problemau a gwneud penderfyniadau.

Mae llefydd ar gael ar y cwrs ar-lien nesaf:

Dydd Iau 11/01/24 i 22/2/24 10:00 i 12:30

Am fwy o wybodaeth, neu os ydych yn dymuno trefnu lle ar gwrs, cysylltwch â'r Tîm Hunanofal ar 03000 852280 / 852281 neu [eppcymru.bcuhb@wales.nhs.uk](mailto:eppcymru.bcuhb@wales.nhs.uk) neu edrychwch ar ein gwefan <https://bipbc.gig.cymru/.../cyrsiâu.../courses/cwrs-canser/>

Cancer: Thriving & Surviving is a course to help people who have been affected by cancer to maintain and improve their quality of life through self-management. The course is available to anyone who is 18 years old and over and living with, receiving treatment for or in remission from cancer.

Subjects covered include: pain and fatigue management, living with uncertainty, body changes, dealing with difficult emotions and low mood, improving sleep, making treatment decisions, physical activity, healthy eating, action planning, problem solving and decision making.

There are places available on the next online course:

Thursdays 11/01/24 to 22/02/24 10:00 to 12:30

For more information, or if you would like to book a place on a course, please contact the Self-Care Team on 03000 852280 / 852281 or [eppcymru.bcuhb@wales.nhs.uk](mailto:eppcymru.bcuhb@wales.nhs.uk) or visit our webpage <https://bcuhb.nhs.wales/.../health.../courses/cancer-course/>

**I have a directory I will share with our groups, some of the information online includes:**

How are you quiz? How Are You? quiz - NHS ([www.nhs.uk](http://www.nhs.uk))

<https://www.nhs.uk/better-health/how-are-you-quiz/> Online quiz to help assess your overall health with suggestions for improvements.

Better Health Better Health - NHS ([www.nhs.uk](http://www.nhs.uk)) <https://www.nhs.uk/better-health/> Website with lots of tools and resources to help you kickstart or improve your health

**Wales National Exercise Referral Scheme**

[www.wlga.gov.uk/national-exercise-referral-scheme-ners](http://www.wlga.gov.uk/national-exercise-referral-scheme-ners)

Help to make lifestyle changes. Contact your GP for a referral

**Mirthy Explore your world your way** ([mirthy.co.uk](http://mirthy.co.uk)) <https://events.restless.co.uk>

Mirthy is a platform offering free online events and activities to bring like-minded individuals together to share interests and experiences, learn new things and make new connections.

**Mirthy Archwilio eich ffordd o amgylch y byd** ([mirthy.co.uk](http://mirthy.co.uk))

<https://events.restless.co.uk>

Mae Mirthy'n llwyfan sy'n cynnig digwyddiadau a gweithgareddau ar-lein am ddim i ddod ag unigolion o'r un anian at ei gilydd i rannu diddordebau a phrofiadau, dysgu pethau newydd a gwneud cysylltiadau newydd.

NHS Direct **0845 464748** [www.nhsdirect.wales.nhs.uk/LiveWell/](http://www.nhsdirect.wales.nhs.uk/LiveWell/)

Gwybodaeth am iechyd a lles: straen, gweithgarwch corfforol, gofalwyr ac ati

NHS direct **0845 464748** [www.nhsdirect.wales.nhs.uk/LiveWell/](http://www.nhsdirect.wales.nhs.uk/LiveWell/)

Information on health and wellbeing: stress, physical activity, carers etc



There are links to Age At Work categories - Health, wellbeing, finance, work

Living with arthritis or a musculoskeletal condition

[walesupport@versusarthritis.org](mailto:walesupport@versusarthritis.org) [www.versusarthritis.org](http://www.versusarthritis.org) 0800 756 3970

The Stroke of Luck support group meet at the North Wales Bowling Centre : Ferguson Ave, Prestatyn LL19 7YA on a Monday and a Wednesday 10am-11am

FREE digital literacy events  
Digital Confidence Denbighshire at DVSC – Ruthin in December

Wedi ei ariannu gan Llywodraeth y DU  
Funded by UK Government

**ewmpas**

**Digital Confidence Denbighshire**  
**Hyder Digidol Sir Ddinbych**

Creating a digitally confident Denbighshire through support for skills, access, and motivation.

Datblygu Sir Ddinbych i fod yn ddigidol hyderus trwy gefnogi sgiliau, mynediad a chymhelliant.

WEDI'I YRRU GAN  
**FFYNIANT LEVELLING**  
**— BRO — — UP —**

Cyngor  
**sir ddinbych**  
County Council

<https://mailchi.mp/dvsc/digital-confidence-denbighshire-digital-literacy-events?e=b1740972e8>

**Cyngor a thriniaeth y GIG am ddim drwy eich fferylllydd lleol**

Gall eich fferylllydd lleol gynnig cyngor ar fân bryderon iechyd a darparu rhai meddyginiaethau dros y cownter a meddyginiaethau ar bresgripsiwn, lle bo hynny'n briodol. **yn rhad ac am ddim**, heb fod angen i chi weld eich meddyg teulu.

Does dim angen apwyntiad a gall eich fferylllydd eich cyfeirio at un o wasanaethau eraill y GIG os yw'n teimlo bod angen gwneud hynny.

Cofiwch archebu eich presgripsiynau rheolaidd 7 diwrnod ymlaen llaw – bydd angen 2 neu 3 diwrnod ychwanegol dros wyliau banc.

Dysgwch am y ffyrdd newydd y gallwch chi gael gafael ar ofal iechyd, gan gynnwys sut gall fferyllwyr eich helpu, drwy fynd i [111.wales.nhs.uk](http://111.wales.nhs.uk)/Fferylliaeth

Ewch i weld eich fferylllydd os oes gyda chi un o'r anhwylderau cyffredin yma:

- acne
- tarwden y traed
- poen cefn (aciwt)
- brech yr ieir
- dolur annwyd
- colig
- llid pilen y llygad (haint bacteriol y llygad)
- rhwymedd
- dermatitis
- dolur rhydd
- llygaid sych
- hemoroidau (clwyf y marchogion)
- clefyd y gwair
- llau pen
- camdreuliad
- ewinedd yn tyfu i'r byw
- llid rhwbio (brech mewn plygiadau croen)
- wiserau'r geg
- brech cewyn
- llindag y geg
- tarwden
- clefyd crafu
- llwnc tost
- torri dannedd
- edeulyngyr
- llindag y wain
- ferwca

Bydd pob newid a wneuch yn helpu ni i'ch helpu chi.

**Free NHS advice and treatment from your local pharmacist**

Your local pharmacist can offer advice on minor health concerns and provide some over the counter and prescription medicines **free of charge**.

You don't need an appointment to visit your local pharmacist and they can refer you to another NHS service if they feel it's needed.

**Remember to order your repeat prescriptions 7 days in advance** – an extra 2 or 3 days will be needed for bank holidays.

**Get to know the changing ways you can access healthcare, including how pharmacists can help you, by visiting [111.wales.nhs.uk/pharmacy](http://111.wales.nhs.uk/pharmacy)**

Visit your pharmacist if you are experiencing any of these common ailments:

- acne
- athlete's foot
- back pain (acute)
- chicken pox
- cold sores
- colic
- conjunctivitis (bacterial eye infection)
- constipation
- dermatitis
- diarrhoea
- dry eyes
- hay fever
- head lice
- indigestion
- ingrowing toenail
- intertrigo (rash in skin folds)
- mouth ulcers
- nappy rash
- oral thrush
- ringworm
- scabies
- sore throat
- teething
- threadworms
- vaginal thrush
- verruca

Every change you make will help us help you.

Cylchlythyr Sir Ddinbych, Rhagfyr 2023

Anfonir cylchlythyrion o'n cyfeiriad

e-bost [denopf.acnwc.org](mailto:denopf.acnwc.org).

Rhif Elusen Gofrestredig ■ Registered Charity No. 1154403



Defnyddiwch y cyfeiriad hwn i anfon neges e-bost at [denopf.acnwc.org](mailto:denopf.acnwc.org) neu

Ffoniwch Jackie: 01745 508626. Gadewch neges a byddaf yn cysylltu'n ôl â chi.

Anfonir cylchlythyrau drwy neges e-bost neu drwy'r post, ac mae'r rhifyn diweddaraf ar gael ar ein gwefan. Yr URL yw <http://www.ageconnectsnwc.org/wp-content/uploads/2022/10/OPFN-Denbighshire-website.pdf>.

Dyddiadau FFORWM:

Gofal ychwanegol Awel y Dyffryn Dinbych Dydd Iau 10.30

Ar 25 MAI, fe wnaethom gwrdd â Trafnidiaeth Cymru, 17 AWST

**Cyfarfodydd NESAF 26 HYDREF, 25 IONAWR. LEAP**

Trigolion YN UNIG.

Mae Llygadog Corwen bellach ar brynhawn dydd Mawrth o 2pm ymlaen.

Ar 6 Mehefin, fe wnaethom gwrdd â ReEngage ac rydym yn gobeithio trefnu rhai sesiynau blasu gweithgareddau, ein swyddog heddlu cymunedol Geraint a bws DORIS Mind – cadwch lygad am y bws MIND a fydd yn ymweld unwaith y mis ac yn parcio y tu allan i'r siop (ar gyfer Gorffennaf, 12 MEDI

**Canslwyd y cyfarfod NESAF ar 7 TACHWEDD oherwydd gwaith adeiladu. Byddwn yn cysylltu â'n haelodau i geisio trefnu cyfarfod ddechrau mis Ionawr. 6 CHWEFROR Trafnidiaeth Cymru** Ar gyfer yr holl gymuned.

Llanelwy a Phrestatyn

Llanelwy *Mae croeso nawr i'r rheini nad ydynt yn breswylwyr* Dydd Mercher 11am. The Old Palace; os nad ydych chi'n breswilydd, *rhowch wybod i mi os ydych chi'n dymuno mynychu* 28 MEHEFIN FDF a bws DORIS Mind yn ymweld, 27 MEDI Swayne Johnson,

**Y cyfarfodydd NESAF 29 TACHWEDD, 28 CHWEFROR.**

Prestatyn ar yr un dyddiadau â Llanelwy,

27 MEDI Nerys – Cydlynnydd hybu iechyd, gogledd sir Ddinbych. Nerys sy'n rhoi gwybodaeth y GIG i mi

**Cyfarfodydd NESAF 29 TACHWEDD Swayne Johnson Llyfrgell Prestatyn 28 CHWEFROR.**

Rydym wedi cael gwahoddiad i gwrdd â grŵp Tremeirchion i'r rhai sydd wedi ymddeol ar 21 Chwefror.

**Dywedwch Wrthym Unwaith** – gwasanaeth am ddim i roi gwybod i adrannau llywodraeth leol a llywodraeth ganol am farwolaeth, gan gynnwys yr Adran Gwaith a Phensiynau, y Swyddfa Basbortau, DVLA, Cyllid a Thollau EM, Veterans UK a mwy. 0800 0857308.

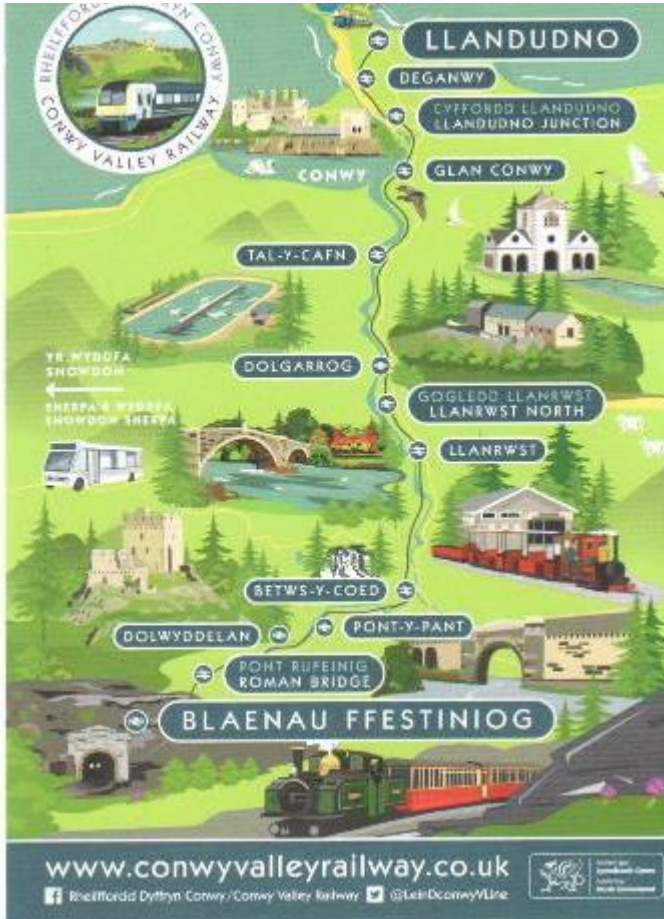
Yn ogystal â Phwyntiau Siarad (unwaith yr wythnos yn eich Llyfrgell), mae'r **cerbyd Doris** yn ffordd arall o gael gwybod am gymorth cymunedol a gallant eich cyfeirio (gyda'ch caniatâd) at asiantaethau eraill ar eich rhan. <https://www.valeofclwydmind.co.uk/cy/doris-on-tour> cysylltwch â nhw i gael gwybod pryd maen nhw yn eich ardal chi; [outreach@valeofclwydmind.org.uk](mailto:outreach@valeofclwydmind.org.uk).

Ffôn 01745 812461.

Bydd gan **Doris** gyflenwad o fatris teclynnau cymorth clyw hefyd.



Sir Ddinbych  
**CYMUNEDAU OED-GYFEILLGAR**  
Denbighshire  
**AGE FRIENDLY COMMUNITIES**



**Taith Age Connects** – Diolch i Siân a Clare o Trafnidiaeth am eu croeso a’u lletygarwch i ni ar ein diwrnod gwych ar reilffordd Dyffryn Conwy o orsaf drenau Llandudno. Diolch hefyd i Prompt Travel a ddarparodd ddau fws mini gyda gwasanaeth rhagorol yn ôl ac ymlaen i Landudno. Diolch hefyd i dîm cymunedau oed-gyfeillgar Cyngor Sir Ddinbych am eu cyfraniad tuag at gost y bysiau.

Fe wnaeth aelodau ein fforwm o Ddinbych a Llanelwy ei fwynhau’n fawr, a dyma sylwadau un o drigolion Dinbych:

“Roeddwn i eisiau diolch am ddiwrnod hyfryd ddoe – mae wedi rhoi atgof gwych i mi a fydd yn fy nghadw i fynd yn ystod misoedd y Gaeaf. Yn ogystal â rhoi diwrnod gwych i bobl, rwy’n siŵr y bydd y daith wedi arwain at fanteision nad oedd mor amlwg o ran rhoi cyfle iddynt gwrdd a sgwrsio ag eraill ac efallai gwneud ffrindiau newydd – mae mor hawdd teimlo’n ynysig yn eich henaint ac unigrwydd yn sicr yw un o’n gelynyion pennaf. Mae’r daith wedi fy helpu i edrych o’r newydd ar amserlenni trenau a chwilio am lefydd i fynd a phethau i’w gweld. P’run bynnag, diolch am eich holl waith caled – rydych chi’n gwneud gwaith gwych!” Pan anfonais y sylw at Siân, dywedodd “Diolch yn fawr iawn am anfon y sylw hwn ataf, roeddwn mor hapus i’w ddarllen gan ei fod yn

crynhoi holl bwrpas y cynllun Hyder i Deithio.”

“Ro’n i eisiau diolch yn fawr am heddiw. Fe wnaeth y ddau ohonom fwynhau’n fawr iawn. Roedd y golygfeydd yn fendigedig. Rydw i wedi teithio drwy’r ardal lawer gwaith mewn car ond cefais fwynhau’r ardal yn llawer gwell heddiw. Roedd y cinio hefyd yn wych. Diolch am y gwahoddiad.”

Trefnodd Age Connects y daith gan fod Siân o Trafnidiaeth Cymru wedi ymweld â’n fforymau yn Llanelwy a Dinbych i drafod ei gwaith drwy Hyder i Deithio a’r Cymorth y mae Trafnidiaeth Cymru yn ei gynig. Bydd yn ymweld â Chorwen ym mis Ionawr.







Trafnidiaeth Cymru (TrC):

Holodd un o aelodau fforwm Llanelwy am bethau i'w gwneud wrth ddefnyddio trafndiaeth gyhoeddus. Fe wnaeth Siân (TrC) roi'r ddolen ganlynol i ni sy'n rhoi llawer o syniadau ynghylch lleyfydd i ymweld â nhw:

[Pethau i'w gwneud yn...| Trafnidiaeth Cymru \(trc.cymru\)](https://trc.cymru/leuoedd/pethau-iw-gwneud-yn)

<https://trc.cymru/leuoedd/pethau-iw-gwneud-yn>

Mae'r wybodaeth hon hefyd ar gael ar ap TrC

Ac mae Rhagor o syniadau yma: Mapiâu o lefydd i gerdded, beicio ac ymweld â nhw yn Sir Ddinbych? Mae'r holl fanylion ar gael ar Flog Gogledd Ddwyrain Cymru: <https://www.northeastwales.wales/visit-north-east-wales/denbighshire> Ydych chi wedi gweld y darlun

Dathlodd Age Connects Cymru Ddiwrnod Pobl Hŷn – lluniau o'n fforymau yn Llanelwy a Phrestatyn:



Rydym wedi bod yn darparu adborth ar “Teimlo’n Ynysig” yn uniongyrchol i’r Comisiwn Pobl Hŷn drwy waith ein Fforwm. Mae’r canlyniadau’n cael eu casglu at ei gilydd ar hyn o bryd a byddwn yn eu rhannu â chi ar ôl i’r rhain ddod i law.

Gallwn barhau i anfon adborth, rhowch wybod i mi drwy e-bost neu dros y ffôn.

### LANSIAD Llyfr – WEAVING the threads

Rydym eisoes wedi dosbarthu rhai llyfrau i aelodau ein fforwm ac i grwpiau sydd wedi ein gwahodd i gwrdd â nhw. Rydyn ni eisiau clywed gennych chi a Pham mae eich Cymuned yn Gymuned Oed-Gyfeillgar.

Anfonwch eich ymateb drwy e-bost at [denopf@acnwc.org](mailto:denopf@acnwc.org) neu Ffoniwch 01745 508626 a rhowch eich manylion cyswllt.



Sir Ddinbych  
CYMUNEDAU OED-GYFEILLGAR  
Denbighshire  
AGE FRIENDLY COMMUNITIES

Cyngor  
sir ddinbych  
denbighshire  
County Council

## New FREE weekly collections for your absorbent hygiene products

If you live in a LL16 or LL17 postcode area, and you or another person living in your home uses any of the items listed below, you may register for this free new service from Monday 3 July 2023.\*



- ✓ Nappies, nappy bags and wipes
- ✓ Disposable bed pans and liners
- ✓ Incontinence pads
- ✓ Bed and chair pads
- ✓ Colostomy and stoma bags
- ✓ Catheter bags and urine bottles
- ✓ Plastic gloves and disposable aprons



For more information, or to register from Monday 3 July, please:

1. Scan the QR code,
2. Visit [denbighshire.gov.uk/recycling](https://denbighshire.gov.uk/recycling), or
3. Call us on 01824 706000



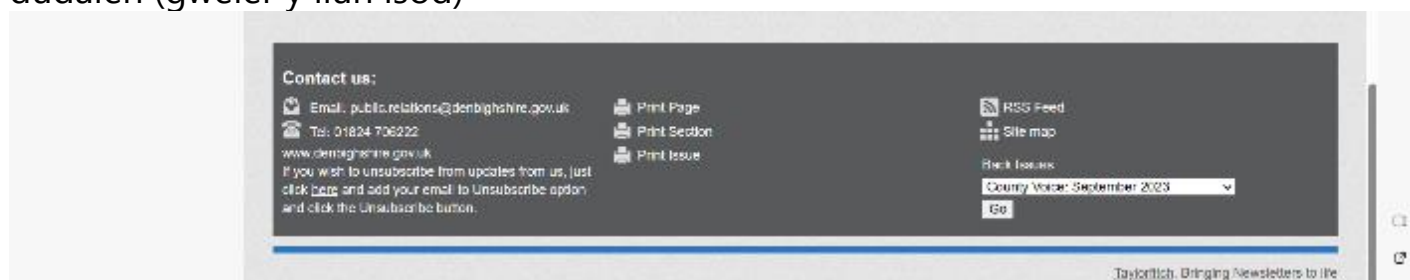
\* If you've been unable to register, have chosen not to register, or you're not eligible to register, for this new service at this time, please continue to put these items in your black bin or pink sacks. Every resident in Denbighshire will have the opportunity to register for this service in 2024.

Cynllun peilot yw hwn o gasgliadau Cynnyrch Hylendid Amsugol newydd Sir Ddinbych a ddechreuodd ym mis Medi 2023. I ddechrau, mae’r cynllun newydd ar

gael i drigolion sydd â chodau post LL16 neu LL17 ond bydd hefyd yn cael ei gyflwyno i weddill y sir yn nes ymlaen.

Mae llawer o erthyglau diddorol yn Llais y Sir

<https://countyvoice.denbighshire.gov.uk/> a gallwch ddewis hen rifynau ar waelod y dudalen (gweler y llun isod)



### Mae Heddlu Gogledd Cymru hefyd yn hyrwyddo protocol Herbert

<https://www.northwales.police.uk/cy-GB/notices/af/protocol-herbert/> Mae'n gallu bod yn heriol i ofalu am bobl agored i niwed, gan gynnwys pobl â dementia neu glefyd Alzheimer. Mae perygl y byddant yn dechrau 'mynd i grwydro' ar unrhyw adeg. Efallai y byddant ond yn crwydro i'r ardd neu i'r stryd am gyfnod byr, ond mae rhai pobl yn mynd ar goll a neb yn gwybod lle maen nhw. Felly mae'n bwysig iawn cynllunio ymlaen llaw i'w cadw'n ddiogel.

Fe welwch y ffurflen i'w llenwi a dylid ei rhoi i'r Heddlu pan fydd unrhyw ddigwyddiad.

Daw'r neges hon gan Rachel, ein cyswllt yn Heddlu Gogledd Cymru, yn enwedig gan y gallai fod yn berthnasol i'n cynulleidfa; mae Heddlu Gogledd Cymru wedi cael gwybod am dwyllwyr sy'n targedu preswylwyr, gan honni eu bod yn ffonio o'u fferyllfa leol. Mae'r troseddwr yn dweud eu bod yn ffonio i gadarnhau presgripsiwn rheolaidd neu i ddosbarthu meddyginiaeth. Yna, maen nhw'n gofyn i'r dioddefwyr roi eu manylion banc.

Rydym yn annog preswylwyr i fod yn ymwybodol o'r dacteg hon ac i beidio â rhoi manylion personol na manylion banc i UNRHYW UN dros y ffôn. **Os byddwch chi'n cael galwad o'r fath, rhowch y ffôn i lawr a rhowch wybod i Action Fraud ar 0300 123 2040.** Os ydych chi'n poeni am eich meddyginiaeth, cysylltwch â'ch fferyllfa gan ddefnyddio rhif ffôn rydych chi'n ei wybod ac yn ymddiried ynddo.

Roedd yn Ddiwrnod Adfywio'r Galon (16 Hydref), sy'n ceisio codi ymwybyddiaeth y cyhoedd am ataliad y galon a nifer y bobl sydd wedi'u hyfforddi mewn adfywio cardio-pwlmonaidd (CPR) a diffibrilio sy'n achub bywydau.

Rydyn ni'n cefnogi #DiwrnodAdfywioCalon gyda @savealifecymru a @ResusCouncilUK

Treuliwch 15 munud heddiw yn dysgu neu'n atgoffa eich hun o CPR. Pwy â wŷr pryd y bydd angen y sgiliau achub bywyd hyn arnoch chi. (byddwn yn gwylio gydag aelodau'n fforwm)

Mae hyfforddiant am ddim yma: <https://www.bhf.org.uk/revivr> Mae hyfforddiant am ddim yn <https://www.bhf.org.uk/revivr>

Rydyn ni i gyd yn gwybod y gall mis Rhagfyr a chyfnod y Nadolig fod yn gyfnod arbennig o anodd, ac yn gyfnod arbennig o unig i bobl ym mhob man – yn enwedig i bobl hŷn

Eleni, lansiodd Re-engage eu gwasanaeth cyfeillion galwadau Nadolig ar gyfer pobl sydd yn y sefyllfa hon, ac mae dros 350 o wirfoddolwyr wedi cofrestru ar gyfer y gwasanaeth ac yn barod i siarad â pherson hŷn

Mae cyfeillion galwadau Nadolig cymunedol yn wasanaeth am ddim i bobl hŷn sydd angen cwmni ac sy'n teimlo y byddent yn mwynhau cael galwad ffôn wythnosol gyfeillgar drwy gydol mis Rhagfyr.

Os ydych chi'n gwybod am unrhyw un sy'n 75 oed neu'n hŷn a fydd yn teimlo'n unig neu'n ynysig y Nadolig hwn, cyfeiriwch nhw at y cyfeillion galwadau Nadolig cymunedol. Gallwch wneud atgyfeiriad drwy glicio

<https://www.reengage.org.uk/.../community-christmas-call.../> a rhoi ychydig o fanylion



**Cadw Person Hŷn yn Fwy Diogel**  
Nid yw galw diwahoddiad yn anghyfreithlon. Fodd bynnag, gall unrhyw fasnachwr sy'n anwybyddu sticer neu nodyn ar ddrws sy'n datgan nad yw'r preswylwr yn dymuno cael galwyr diwahoddiad fod yn euog o drosedd.

Fel darparwr gofal byw i mewn yn y cartref cenedlaethol ers 1980,

rydym wedi penderfynu ceisio helpu i atal pobl hŷn neu anabl rhag dioddef, lle gallwn ni.

Efallai y bydd y sticer drws uchod o ddiddordeb i rywun rydych chi'n ei adnabod. Mae'r rhain yn rhad ac am ddim ac os byddwch chi'n ymateb i'r e-bost hwn, [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com), byddwn ni'n fwy na pharod i anfon rhai i chi eu rhoi i bobl, neu efallai y bydd unigolion yn cysylltu â ni'n uniongyrchol (ers 2019 rydyn ni wedi rhannu dros 180,000 o'r rhain).

Dydyn ni ddim yn cadw unrhyw fanylion personol ar gronfa ddata, a dydyn ni ddim yn rhoi gwybodaeth i sefydliadau eraill. [www.ablecommunitycare.com](http://www.ablecommunitycare.com)

Rydyn ni wedi ein lleoli yn Norfolk ond yn Ddarparwr Gofal Byw i Mewn Cenedlaethol, a sefydlwyd yn 1980. Ff - 01603 764567. Mae Able community care yn anfon cyflenwad o'r cardiau hyn atom a byddwn yn eu dosbarthu i aelodau'r fforwm a'r grwpiau y byddwn yn ymweld â nhw.



The Welsh Government has published the consultation, 'A Fairer Council Tax – phase 2'. This consultation is live between 14 November and 6 February 2024. We are seeking views from people and organisations on our approaches to meeting our commitment to a fairer and more progressive system. Organisations can respond to the survey by following the instructions on the below link: <https://www.gov.wales/counciltaxreform>

Mae Llywodraeth Cymru wedi cyhoeddi'r ymgynghoriad, 'Treth Gyngor Decach – cam 2'. Mae'r ymgynghoriad hwn yn fyw rhwng 14 Tachwedd a 6 Chwefror 2024.



Rydym yn ceisio barn pobl a sefydliadau ar **sut rydyn ni'n bwriadu cwrdd â'n** hymrwymiad i system decach a mwy blaengar.

Gall sefydliadau ymateb i'r arolwg drwy

ddilyn y cyfarwyddiadau ar y ddolen isod: <https://www.llyw.cymru/diwygiordrethgyngor>

Cofion cynnes,  
Yr Is-adran Diwygio Cyllid Llywodraeth Leol  
Llywodraeth Cymru

## Apêl Ddyfeisiau Prydain Fawr

Rhowch eich hen dechnoleg i helpu i amddiffyn y blaned a newid bywydau.

[The Great British Tech Appeal For Business | Vodafone UK](https://www.vodafone.co.uk/business/why-vodafone/sustainability/great-british-tech-appeal)

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**Apêl Ddyfeisiau Prydain Fawr** Ydych chi'n bwriadu clirio hen ddyfeisiau o'ch swyddfa neu ar draws eich busnes? Os felly, gallwch gyfrannu at Apêl Ddyfeisiau Prydain Fawr a rhoi bywyd newydd iddyn nhw, er lles pobl a'r blaned.

**Byddwn yn gweithio gyda'n partneriaid elusennol, Good Things Foundation a Barnardo's, i wneud yn siŵr y bydd pob dyfais y mae modd eu hailddefnyddio yn mynd i rywun mewn angen, ynghyd â 6 mis o ddata, galwadau a negeseuon testun am ddim. Byddwn yn ailgylchu unrhyw ddyfeisiau nad oes modd eu hailddefnyddio.**

**Drwy roi eich hen dechnoleg, rydych chi nid yn unig yn lleihau gwastraff ac yn cefnogi economi gylchol – bydd eich busnes hefyd yn helpu pobl mewn angen i gamu dros y bwlch digidol. Mae'r dyfeisiau hyn yn achubiaeth, gan sicrhau bod pobl yn gallu cadw mewn cysylltiad â theulu, ffrindiau a gweithwyr cymorth, yn ogystal â chael gafael ar ofal iechyd ac addysg.**

# Sut mae'n gweithio

## Rhoi 10 neu fwy o ddyfeisiau:

1

Llenwch y ffurflen roddion

2

Bydd y Good Things Foundation yn trefnu i gasglu eich rhodd am ddim.

3

Bydd Reconome, sefydliad adnewyddu achrededig, yn clirio'r dyfeisiau a byddwch yn cael ardystiad fod y ddyfais wedi'i chlirio.

4

Bydd eich hen ddyfeisiau'n cael eu rhoi i bobl mewn angen drwy Barnardo's a'r Good Things Foundation.

## Rhoi llai na 10 dyfais:

**Ewch â'ch dyfeisiau i unrhyw siop Vodafone. Fel arall, llenwch y ffurflen hon ac fe wnawn ni anfon label postio rhad ac am ddim atoch chi.**

**<https://www.vodafone.co.uk/techappeal/donation-form/>**

**Partneriaid elusennol** Barnardo's un o'r prif elusennau plant yn y DU. Bob blwyddyn, maen nhw'n darparu cefnogaeth barhaus i dros 380,000 o blant, pobl ifanc, rhieni a gofalwyr, drwy eu gwasanaethau a'u partneriaethau. Gall eich dyfeisiau helpu'r bobl hynny i ffynnu mewn byd digidol.

Mae'r **Good Things Foundation** eisiau cau'r bwlch digidol am byth. Eu gweledigaeth yw byd lle mae pawb yn elwa o dechnoleg ddigidol. Bydd eich dyfeisiau'n cyfrannu at y Banc Dyfeisiau Cenedlaethol, gan helpu'r rheini nad ydyn nhw'n gallu fforddio neu gael gafael ar eu dyfeisiau eu hunain i fanteisio ar dechnoleg – gan ddod â budd i bobl ac i'r blaned. Efallai fod rhai busnesau'n bryderus am roi eu hen dechnoleg. Mae adroddiad diweddar a gyhoeddwyd gan y Good Things Foundation gyda'r Circular Electronics Partnership (CEP) a Deloitte, yn edrych yn agosach ar sut i oresgyn rhwystrau i roi dyfeisiau. Eu casgliad oedd mai'r prif bryderon i fusnesau o ran rhoi technoleg oedd diogelwch data, her logisteg o un pen i'r llall ac ymwybyddiaeth o gyfleoedd. Fodd bynnag, mae Apêl Technoleg Prydain Fawr sy'n cefnogi'r Banc Dyfeisiau Cenedlaethol yn dangos sut y gallwn ni, drwy gydweithio, alluogi busnesau i weithredu a helpu i bontio'r bwlch digidol.