

# Mynd yn ôl i Fywyd Cymunedol Aberpennar

## Getting Back to Community Life

*Yn gryfach gyda'n gilydd – CALON Cymunedau Cymru*

*Stronger together – The HEART of Communities in Wales*

*#ynolifywydcymunedol #caredigrwydd  
#backtocommunitylife #kindness*

Go to **www.menti.com** and use the code **6878 9987**



Ddraenen wen yn ôl i de  
a chacennau

Hawthorn Back to Tea  
and Cakes



Nodi'r bobl agored i niwed sy'n byw yn y gymuned trwy gydweithio ag asiantaethau

Identify the vulnerable people living in the community by agency collaboration

Sicrhau bod y bobl agored i niwed a nodwyd yn cael cynnig cymorth lle mae ei angen arnynt

Ensure the vulnerable people identified have the offer of support where needed

**“Gadael neb ar ôl”**

**“Leave No One Behind”**



Datblygu a diffinio'r lefelau a'r mathau gwahanol o ofal, cyngor a chymorth a ddarperir mewn partneriaeth gan y gymuned leol

Develop & define the different levels and types of care, advice and support provided in partnership by the local community

Galluogi a grymuso'r unigolyn i baratoi i gymryd y camau cyntaf ar yr **adeg gywir** yn y **ffordd gywir**, gyda'r **lefel gywir o gymorth**

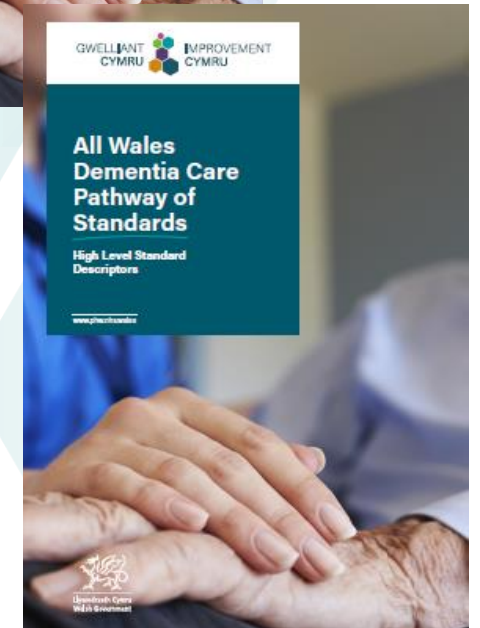
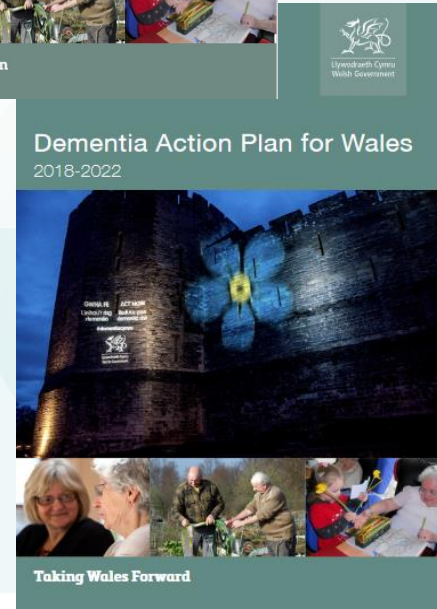
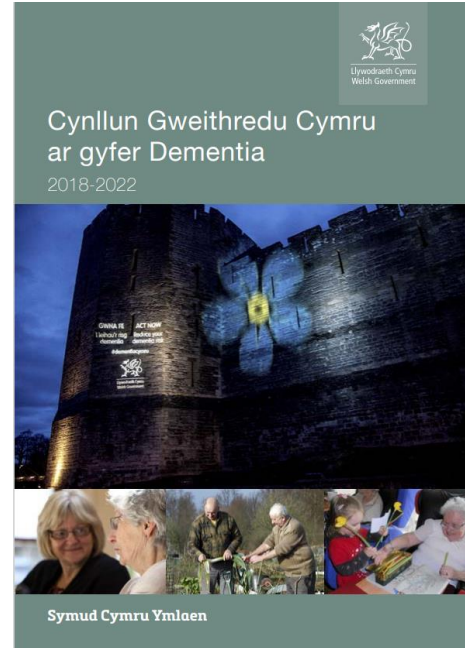
Enable and empower the person to prepare to take the first steps at the **right time** in the **right way**, with the **right level of support**

**“Gadael neb ar ôl”**

**“Leave No One Behind”**



# DULL INTEGRDIG AR GYFER YMGYSYLLTU CYMUNEDOL AN INTEGRATED APPROACH TO COMMUNITY ENGAGEMENT



Ymgysylltu  
cymunedol

Community  
Engagement



Gan weithio **mewn partneriaeth wirioneddol** â'r gymuned, rydym yn parhau i dyfu ein haelodaeth a chreu syniadau ar y cyd

Brings a community together to support all populations in recovery and re-engagement and can be used for other contexts

Poblogaeth

Population



Mae'n dod â chymuned ynghyd i gefnogi'r boblogaeth gyfan wrth adfer ac ailymgysylltu a gellir ei ddefnyddio mewn cyd-destunau eraill

Working in **true partnership** with the community we continue to grow our membership and co-produce ideas



Unigol a  
Chymunedol

Individual &  
Community

Mae'n dod â phobl leol ynghyd gyda gwybodaeth leol a dealltwriaeth o bob sector

Brings together local people with local information and intelligence from all sectors

Gadael neb  
ar ôl

Leave no one  
behind

Dull amlasiantaeth ar gyfer nodi a sicrhau bod cynnig yn cael ei roi i'r bobl yn y gymuned a allai elwa, gan sicrhau nad oes neb yn cael ei anwybyddu

Multi agency approach to identify and ensure an offer is provided to the people in the community who may benefit, ensuring no one is left out



# YMYRIADAU ADNODDAU CYMUNEDOL COMMUNITY RESOURCES INTERVENTIONS

HYGYRCH

Strategaeth gyfathrebu

Cynnig gweithredol o ganllawiau ymarferol

YMATEBOL

Gwirfoddolwyr penodedig

Addasu amgylcheddol

Mannau diogel i fynd iddynt

TAITH

Llwybr i gymorth pellach

Rhannu data

Gwasanaethau gwirfoddol

PARTNERIAETH A  
PHERTHNASOEDD

Iechyd a gofal cymdeithasol

Gwasanaethau brys

Busnes lleol a chymunedol

Cymuned o gwmpas yr unigolyn



Caredigrwydd a dealltwriaeth





# YMYRIADAU ADNODDAU CYMUNEDOL COMMUNITY RESOURCES INTERVENTIONS

ACCESSIBLE

Communication Strategy

Active offer of Practical Guide

RESPONSIVE

Dedicated volunteers

Environmental adaption

Safe places to go

JOURNEY

Pathway to further support

Data sharing

Volunteer Services

PARTNERSHIP & RELATIONSHIPS

Health & Social Care

Emergency Services

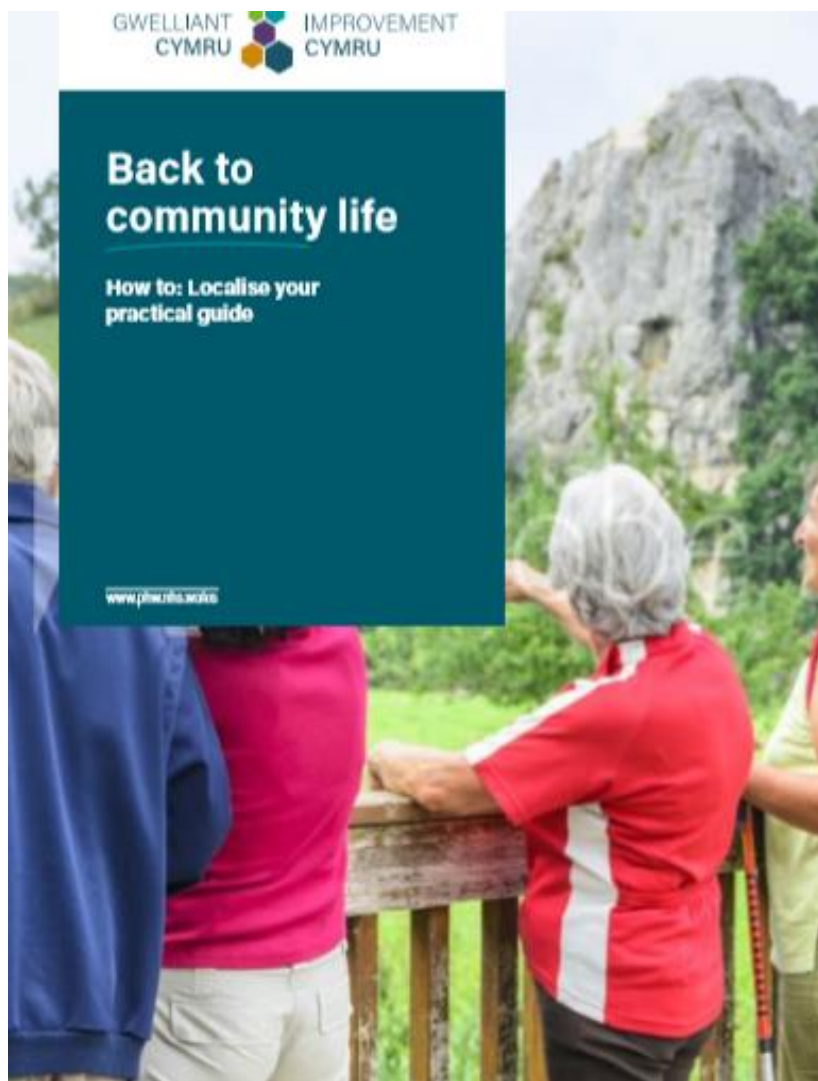
Local & Community Business

Community around the Individual



Kindness & Understanding





## Volunteering Opportunity

### Help support your Community Role Description Example

**JOB TITLE:** Back To Community Life Support Worker

**BASED AT:** The community of Cynon Valley and surrounding area

**HOURS:** The service runs Sunday – Saturday 9am -5pm (7 days a week)

**SALARY:** Voluntary but mileage expenses will be paid

**RESPONSIBLE TO:** Volunteer Manager

#### MAIN DUTIES AND RESPONSIBILITIES:

- To help people build their confidence so they are able to shop or leave their home themselves and become more independent and self-sufficient.
- To prepare and escort people who are or have been shielding or self-isolating out into the local community for shopping or collection of a prescription, for example: To collect prescription by either visiting a GP surgery, Pharmacists or

Ydych chi'n adnabod rhywun sy'n ei chael hi'n anodd:

- gadael eu cartref
- mynd allan a dychwelyd i fywyd cymunedol?

Do you know someone who is finding it difficult:

- to leave their home
- to get out and about and return to community life?

Ffoniwch Age Connects Morgannwg heddiw ar

**01443 490650** (o ddydd Llun i ddydd Gwener 9 tan 5)  
i gael canllawiau ymarferol ar Yn ôl i Fywyd y Gymuned.

Please call Age Connects Morgannwg today on

**01443 490650** (Mon – Fri 9-5) for your  
Back to Community Life practical guide.



A lot has changed for people across all age groups since the pandemic and we want to help support people to get out and about in Mountain Ash safely.

Our Back to Community Life practical guide offers tips and covers everything from:

- Preparing and planning to leave the home safely
- Using available transport
- Emotional health and wellbeing
- Managing money when in town

Mae bywyd wedi newid yn sylweddol i bobl ar draws pob grŵp oedran ers y pandemig ac rydym am helpu i gefnogi pobl i fynd o gwmpas Aberpennar yn ddiogel.

Mae ein canllawiau ymarferol i ar Yn ôl i Fywyd y Gymuned yn cynnig awgrymiadau ac yn cwmpasu'r meysydd canlynol:

- Paratoi a chynllunio i adael y cartref yn ddiogel
- Defnyddio'r cludiant sydd ar gael
- Iechyd a llesiant emosiynol
- Rheoli arian pan fyddwch yn mynd allan

# ADNODDAU I SEFYDLU PROSIECT RESOURCES TO SET UP A PROJECT

23<sup>rd</sup> April 2021

Dear Community Businesses,

## RE: COVID RECOVERY FRIENDLY – PLANNING TO GET BACK TO COMMUNITY LIFE

The Covid-19 pandemic have left some people feeling uneasy about going out and negotiating a changed community life. We are working together as partners to support the Mountain Ash community on a "Back to Community Life" project to support vulnerable people. The partners involved in this partner group include:

- Improvement Cymru - Public Health Wales
- Age Connects Morgannwg
- Cwm Taf Morgannwg University Health Board
- Rhondda Cynon Taf County Borough Council
- Practice and secondary care

A number of business have identified small steps that they can make for people, to support and ensure that the experience of going out in the community will be recovery friendly. Some of these steps include the follow below:

- Display materials to support social distancing (if you have not already got it)
- Awareness of how you can help within your business to support customers
- Considering priority times
- Safe resting areas
- Priority queuing for those people unable to stand for long periods
- Extra cleaning measures
- Priority tables and services
- Priority transport
- Priority areas

As part of this project we will be supporting the Bevan Commission's Distance Aware

## Man sy'n llesol i adferiad Recovery Friendly Space

Recovery friendly spaces are here to support a positive experience when getting back out in the community. This may include spaces of safe seated areas supported by understanding and kindness.

Mae manau sy'n llesol i adferiad yma i gynng profiad cadarnhaol wrth fynd allan i'r gymuned unwaith eto. Gall hyn gynnwys manau gydag ardaloedd diogel i eistedd sy'n cael eu cynnal gan ddeallt wriaeth a charedigrwydd.

Shops and business will display the following signs when:

Bydd siopau a busnesau yn arddangos yr arwyddion canlynol pan:



Fydd manau sy'n llesol i adferiad ar gael  
Recovery friendly spaces are available

Na fydd manau sy'n llesol i adferiad ar gael  
Recovery friendly spaces are not available

### Initiative activities / Gweithgareddau menter

Extra Cleaning Measures - Mesurau glanhau ychwanegol

### List of business and shops Rhestr o fusnesau a siopau

**Iceland**  
Display materials to support social distancing  
Monday's are their quietest times

**Little Rose Café**  
Display materials to support social distancing  
Safe Resting Areas  
Priority tables and services



## Cyngor ar gyfer pan fyddwch yn cyrraedd adref Advice for when you get back home

Torrwch yr wybodaeth ganlyniol allan  
a'i harddangos fel nodyn i'ch atgoffa!

Cut out the following and display as  
a reminder:

Pan fyddwch chi'n  
cyrraedd adref:



When you get  
back home:



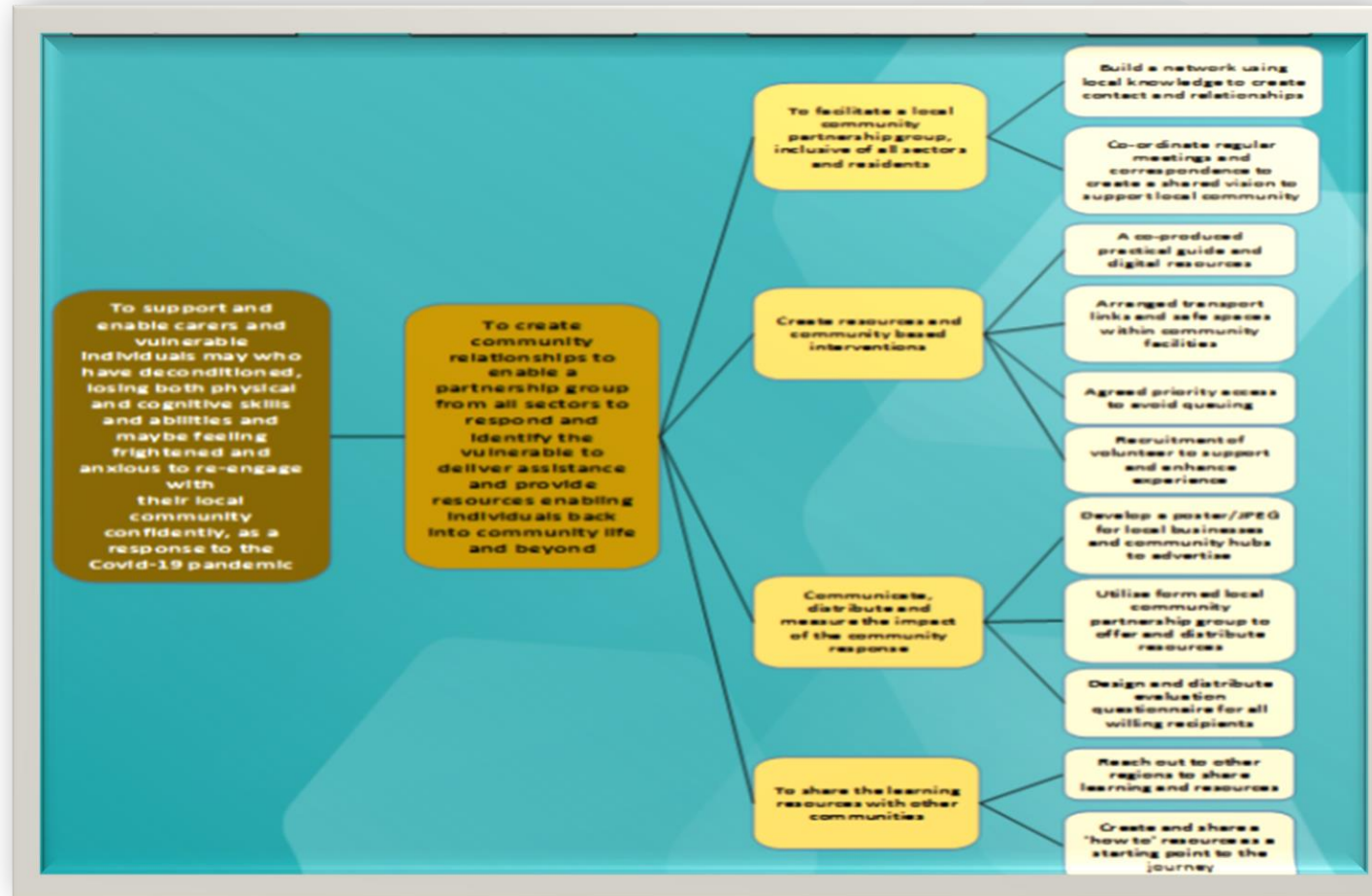
1. **Golchwch** eich dwylo
2. Taflwch eich **mwgwd** neu golchwch ef (os gellir ei olchi)
3. **Glanhewch / sychwch** unrhyw eitemau a brynwyd
4. **Glanhewch / sychwch arwynebau ac eitemau** rydych chi wedi cyffwrdd â nhw
5. **Ymlaciwch a myfyriwch**

1. **Wash your hands**
2. **Dispose of or wash your mask** (if washable)
3. **Cleanse / wipe** purchased items
4. **Cleanse / wipe surfaces and items touched**
5. **Relax**

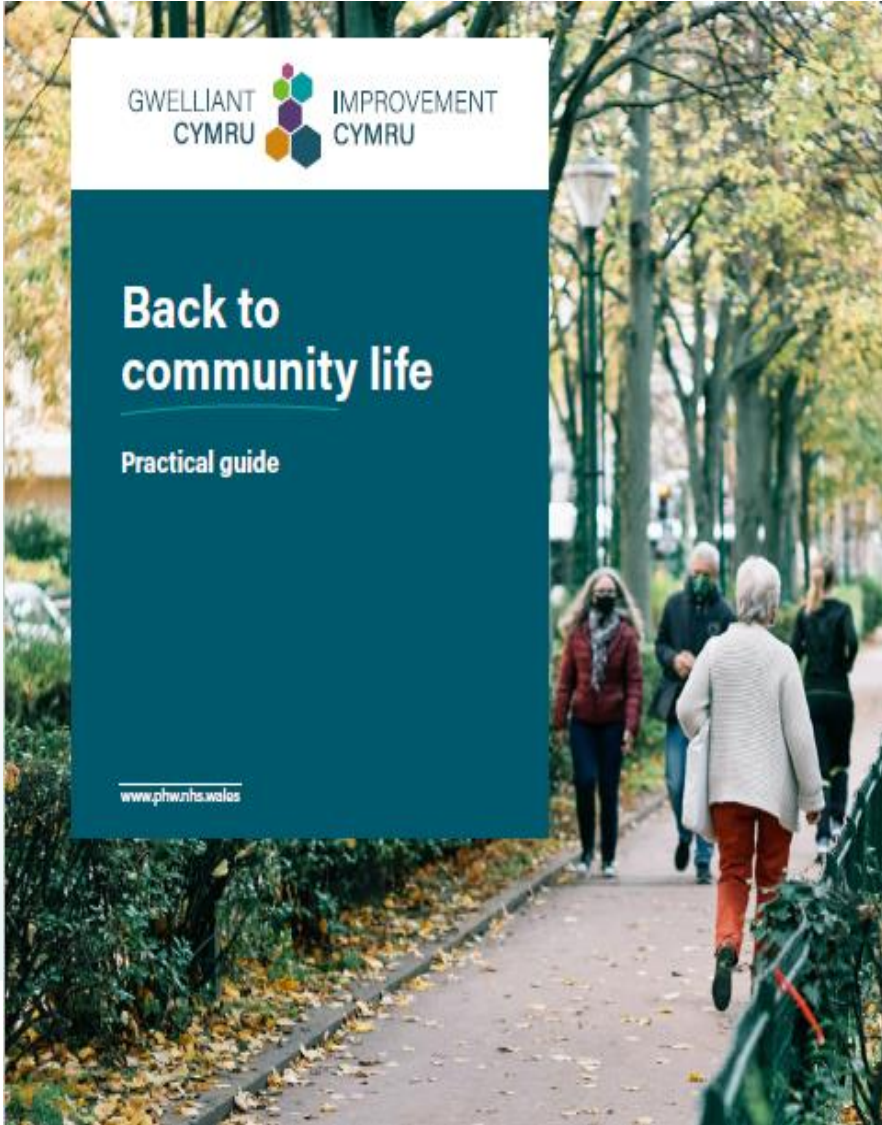
Ar ôl i chi ddilyn y cyngor ymarferol, gwnewch yn siŵr eich bod chi'n eistedd i lawr, yn ymlacio ac yn cydnabod yr hyn rydych chi wedi'i gyflawni!

Once you have followed the practical advice make sure you sit down, relax and recognise what you have achieved!

# ADNODDAU I SEFYDLU PROSIECT RESOURCES TO SET UP A PROJECT



# CANLLAWIAU YMARFEROL AR GYFER HUNANWERTHUSO A PRACTICAL GUIDE FOR SELF EVALUATION



## Mae cynllunio'n allweddol! Planning is key!

Paratoi i adael y tŷ  
Preparing to leave the house

Mynd i siopa  
Going Shopping

Beth i'w ddisgwyl wrth fynd allan  
What to expect when out and about



Preparing physically and emotionally - minimise risk and distress  
Paratoi yn gorfforol ac yn emosiynol – lleihau risg a gofid

Cael gafael ar gymorth pellach i fynd yn ôl i fywyd cymunedol  
Accessing further support to get back to community life

Manylion cyswllt defnyddiol cenedlaethol a rhanbarthol  
National and regional useful contact information



*“Mae’r grŵp yn canolbwyntio ar ddod ynghyd fel cymuned a thrwy’r grŵp hwn, bydd llawer mwy o gymunedau yn elwa. Cyflawniad ardderchog.”*

*“The group has a focus on community togetherness and through this group many more communities will benefit, a fantastic achievement”*

Helen Davies, Age Connects Morgannwg

*“Mae’n rhoi sicrwydd gwybod bod grŵp o weithwyr proffesiynol yn cydweithio i sicrhau y gall bywyd barhau yn ôl yr arfer pan fydd cyfyngiadau’n codi.”*

*“It is reassuring to know that there is a group of professionals working together to ensure that when restrictions are lifted life can get back to normal.”*

Nichala Lewis, Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg  
Cwm Taf Morgannwg University Health Board





*Mae'r prosiect hwn wirioneddol wedi dod â sefydliadau gwahanol ynghyd i helpu i gefnogi mwy o bobl agored i niwed yn ein cymunedau..."*

*"This project has really brought different organisations together to help support more vulnerable people in our communities..."*

Alison Johnstone, Gwasanaeth Ambiwylans Cymru, Welsh Ambulance Service

*"Roedd yn dda bod yn rhan o'r gymuned eto yn ystod cyfnod mor ynysig. Mae datblygu'r prosiect hwn wedi bod yn rymusol. Diolch..."*

*"It was good to be involved in the community again during such isolation, developing this project has been empowering, thankyou...."*

Mrs Higgins, Preswlydd, Resident



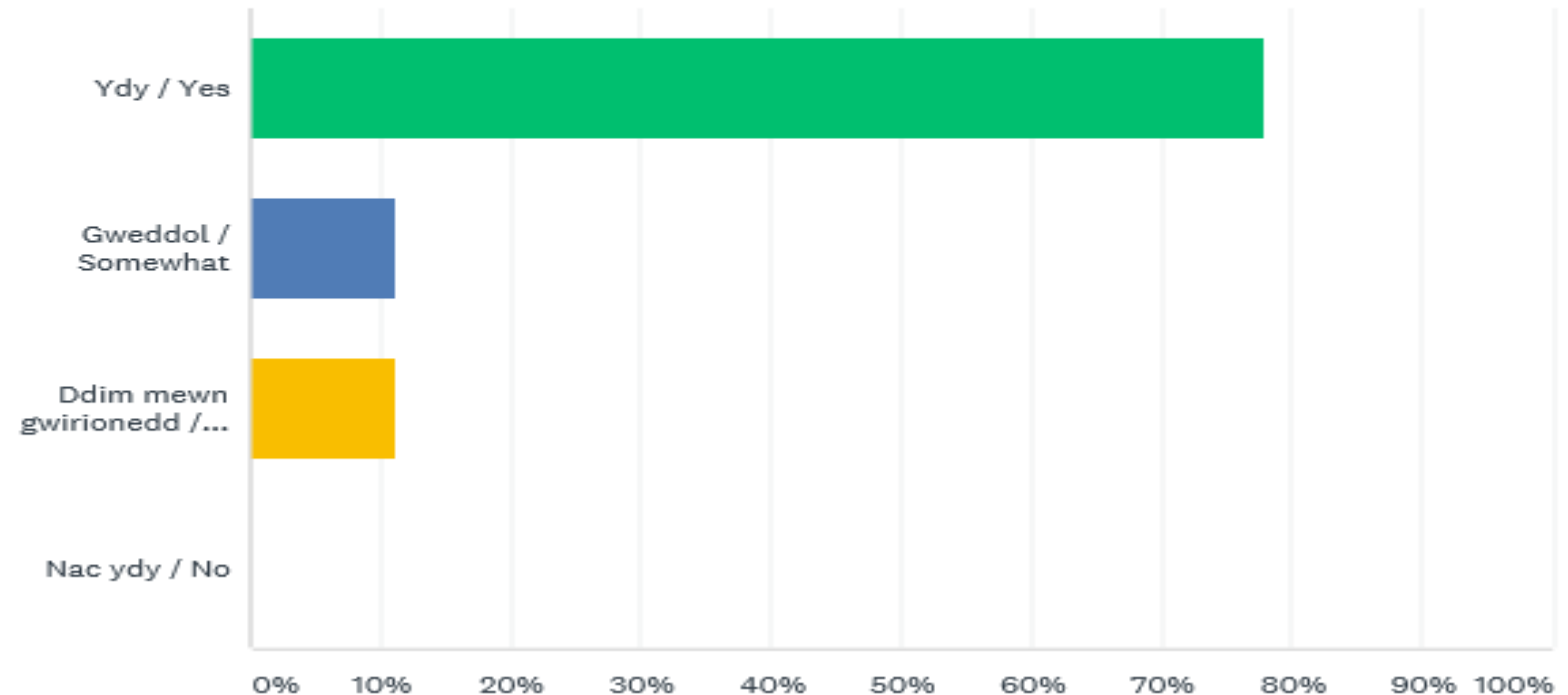
Gwerthuso'r  
Canllawiau  
Ymarferol



Practical  
Guide  
Evaluation

Ydy'r llyfryn wedi bod yn ddefnyddiol? Has this booklet  
been useful?

Answered: 27 Skipped: 0

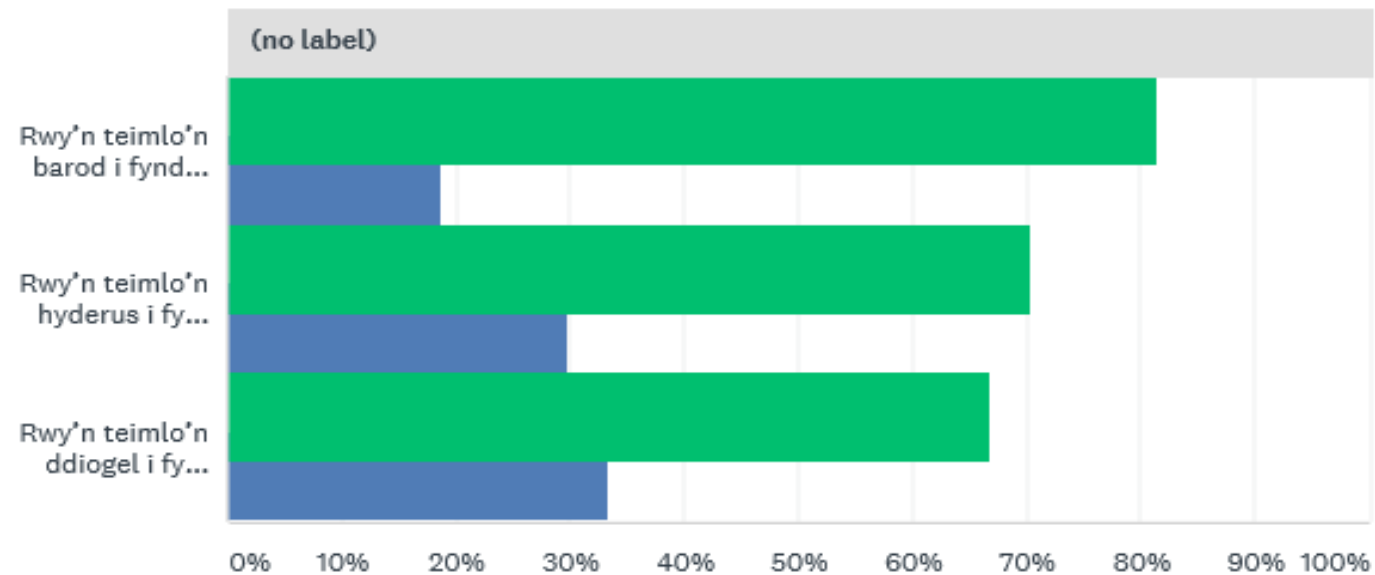


Gwerthuso'r  
Canllawiau  
Ymarferol



Nodwch a ydych yn cytuno neu'n anghytuno â'r brawddegau canlynol isod ar ôl darllen y llyfryn. Please indicate if you agree or disagree with the following sentences below after reading the booklet.

Answered: 27 Skipped: 0



*“Mae’r llyfryn yn ddefnyddiol ac yn galonogol iawn. Roedd yn rhoi awgrymiadau da ar fynd allan yn y gymuned”*

*“The booklet is very useful and encouraging, gave good tips on getting out and about in the community”*

*“Awgrymiadau cerdded defnyddiol a pha mor bell y gallwch gerdded. Roedd yr offeryn cyfrif camau yn ddefnyddiol iawn”*

*“Useful walking tips and how far you can walk, the step counter was very useful”*

*“Rydw i’n llawer mwy ymwybodol o drefnu fy nhaith. Dydw i ddim wedi gadael y tŷ ers mis Mawrth 2020 felly mae wedi bod yn ddefnyddiol i mi”*

*“I am much more aware of planning my journey, I've not gone out of the house since March 2020 so I have found it useful”*



*“Roedd popeth yn ddefnyddiol o esgidiau... sefyll yn yr unfan a gwisgo’r esgidiau iawn a bod yn ofalus wrth fynd allan. Cerdded o gwmpas y tŷ a chamu ar gyrbiau. Diogelu fy hun”*

*“Everything was useful from footwear....standing in one spot having the right footwear and being careful when going out. walking around the house and stepping on curbs. protecting myself. “*

*“Mae’n cynnwys syniadau da ac efallai y gwna i gysylltu â rhai o’r rhifau am gymorth, nawr fy mod i’n gwybod eu bod nhw yno i helpu”*

*“It has good ideas in it and I might contact some of the numbers for support now I know they are there to help”*



Canllawiau

How-to  
guide



Sut i fynd ati i ddechrau prosiect. Rhannu ein dysgu i leoli adnoddau.

How to get started with a project. Sharing our learning to localise resources.



# Yn ôl i fywyd cymunedol / Back to Community Life

Templates and Resources

## Canllawiau Ymarferol / Practical Guide



### Practical Guide Template PDF



Practical Guide Template PDF  
PDF document  
padlet drive

### Practical Guide Template Word version



## Dychwelyd Adref / Returning Home



### Awgrymiadau ar gyfer dychwelyd gartref / Tips for returning home

Cyngor ar gyfer pan fyddwch yn cyrraedd adref  
Advice for when you get back home

Torrwch yr wybodaeth gartrefol allan a'i harddangos fel nodyn i'ch atgoffa!  
Cut out the following and display as a reminder!

<p>Pan fyddwch chi'n cyrraedd adref:</p> <ol style="list-style-type: none"> <li>1. Gofchwch eich dwylo</li> <li>2. Taffwch eich mwgwd neu</li> </ol>	<p>When you get back home:</p> <ol style="list-style-type: none"> <li>1. Wash your hands</li> <li>2. Dispose of or wash</li> </ol>
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Tips for returning home - bilingual 3pp v...  
PDF document  
padlet drive

### Awgrymiadau ar gyfer golchi dwylo / Handwashing tips

## Canllawiau / How to Guide



### Welsh Version of the How To Guide



Back to Community Life How to Booklet...  
PDF document  
padlet drive

### Canllawiau / How to Guide



## Adnoddau Eraill / Other Resources



### Advocacy information from Age Cymru



Advocacy  
HOPE is a partnership project between A...  
age uk

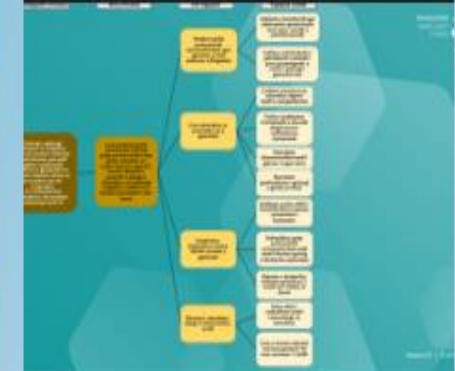
### A guide to communicating with people living with Dementia



## Diagram Driver / Driver Diagram



### Driver Diagram - Welsh Version



### Driver Diagram

An overview of the entire project

## Gwerthus

## Feedback R

Welsh

## Feedback R

English

## Mountain A Evaluation

To be added

## Survey Mon

Project Team

## Survey Mon

Community M

DIOLCH I'N CYFRAN

# DIOLCH I'N CYFRANWYR WITH THANKS TO OUR CONTRIBUTORS



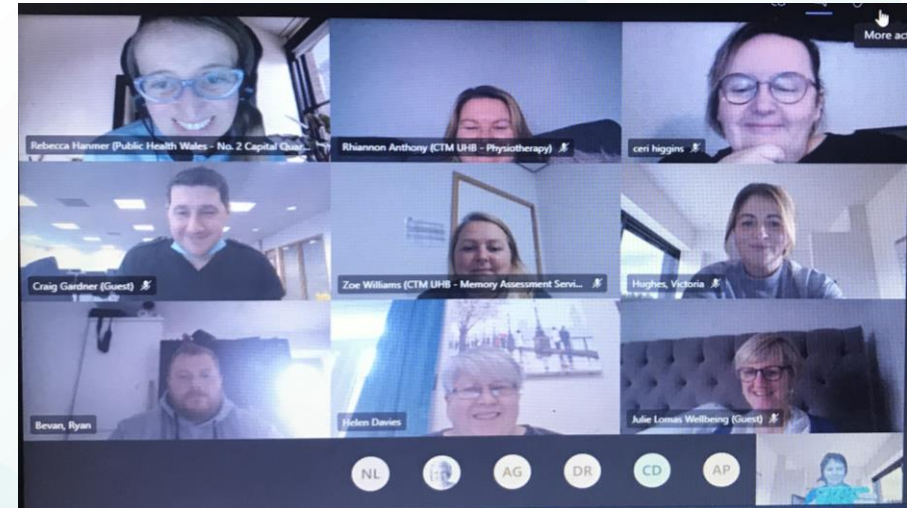
Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



Older People's Commissioner for Wales  
Comisiynydd Pobl Hŷn Cymru



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



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