



Cluster Newsletter

Autumn 2019

Free of charge

Clwstwr Cwmtawe Cluster working together for a healthier you

Wellbeing blooms in community garden

A NEW garden in the lower Swansea Valley is helping to grow community spirit and nurture people's wellbeing.

The health benefits of gardening, for both mind and body, are numerous and widely recognised, so the Cwmtawe Cluster is more than happy to endorse the Clydach Community Garden.

Based in the grounds of the village's community hall, and supported by Swansea Environmental Forum and Clydach Community Council, the project is open to anyone who wants to come along and lend a hand.

The group meets every Wednesday, from 10am to 12 noon, and at the same time on the first Saturday of each month. It is run by Neil Barry, a project officer for the Swansea Community Green Spaces project.

Mr Barry said: "It's open to anyone, all ages, everybody is welcome. I have a background in horticultural therapy, working with people with mild anxiety and depression, but everybody is welcome to come along. If someone has specific support needs then we can have a chat about it to see how we can support them.

"The main objective is looking at wellbeing and social inclusion, overcoming isolation though doing something meaningful.

"Gardening is definitely a worthwhile activity; the idea is people are working together and feeling relaxed, they talk, and it's also a distraction from whatever might be going on in their lives.

"We all know that if you spend a bit of time outside, whether it's going for a walk or working in the garden, you do feel better. It's the distraction away from your worries. You're outside getting fresh air and a bit of exercise."

Gardener Linda Martin said: "I think it's a brilliant



Above: Neil Barry (centre) and his volunteers

idea for the community, to get everybody together. It's just wonderful to be a part of all this and to help the community."

Encouraging others to follow her lead Linda said: "If anyone is considering coming along I would say, just come down and see what we are doing, sit down and have a chat with us. We have fun, we are a good lot, everybody is happy here, everyone is helpful and we all enjoy it. It's fabulous."

Dr Iestyn Davies, Cwmtawe Cluster lead, said: "The cluster is just as keen to help keep people fit and well as looking after them when they are not.

"The gardening club is just one of many projects we are pleased to recommend as not only is it a great form of exercise, in the fresh air, it also offers social interaction and helps promote wellbeing."

*** To join the gardening group email Neil Barry neilbarryhorticulture@gmail.com**

We are now on social media!

For the latest news and information on how we are trying to improve your health and wellbeing please follow The Cwmtawe Cluster on Facebook and Twitter.



www.facebook.com/CwmtaweCluster



@cwmtawecluster

A word from Dr Davies



WELCOME to the Cwmtawe Cluster's second newsletter.

It's been a busy few months since our inaugural edition and we have continued to make progress in transforming the way we, as a group of three GP surgeries, along with our partners such as Swansea Council for Voluntary Service, the Local Authority and the wider

Swansea Bay University Health Board, help keep you fit and healthy, and care for you when you are unwell.

In this edition you will find stories on some of the exciting developments that we have been able to introduce or support - thanks to funding from Welsh Government - such as help and advice for young carers, new 'talk' in sessions for those concerned about the speech and language development of their under-fives and the new physiotherapist in Llansamlet Surgery able to assess and diagnose any muscular or skeletal problems.

One a personal note, it is great to see how the new community garden, which is next to the surgery in Clydach, has literally grown before our eyes thanks to the expert guidance of Neil Barry, a project office for Swansea community green spaces project, and his dedicated band of volunteers. Such pro-

jects help nurture the mind as well as the body and play an important role in one of our major aims of helping you keep fit, as well as improving your wellbeing.

We are slowly growing our following on social media - which is something we are committed to doing as it is an important way of getting our message across in this day and age - so make sure you follow us if you are not already. We also realise that not everyone is a fan or has online access, so we will continue to also use more traditional methods such as this newsletter.

Please remember that our social media has been set up to provide general information about some of the services we offer and to pass on information and advice to help you maintain your health and wellbeing.

Unfortunately we cannot enter into dialogue with individuals on social media and neither should it be a platform for people to air any grievances - as always contact your surgery if you require medical assistance or wish to provide feedback in the correct manner.

Dr Iestyn Davies

Cwmtawe Cluster Lead

First contact physio joins the team



LLANSAMLET surgery has welcomed a new member of staff as part of the ongoing process of transforming the way our patients' needs are met.

Kate Rees, a first contact physiotherapist, is able to assess and diagnose any muscular or skeletal problems without you having to

see your GP first. As an expert in her field, Kate cuts out the middle man as it were and saves you time, as the GP would only refer you on anyway.

Patients will be sent her way via the telephone triage system with our call handlers able to use their training to set you on the most appropriate course of action.

Kate's appointment - there are now physiotherapists available in all our surgeries - is in line with a Welsh Government directive that calls for the transformation of primary care in Wales, with the emphasis on placing a range of services and health care professionals at the heart of communities to improve accessibility and ease the pressure on GPs.

Kate said: "It's a new role for the practice. There is a massive drive for practices to have more first contact practitioners, whether it be physiotherapy, pharmacy, speech therapy, paramedics etcetera.

"The aim of the role is to provide instant access to patients for specialist services provided in primary care. The patient is seen more quickly and it avoids problems becoming chronic; we can hopefully help everybody by doing that."

Of her own role she said: "It differs from conventional rehabilitation physiotherapy in that it acts as an assessment, advice and signposting service. Any musculoskeletal problems, such as injuries, muscle or joint aches or pains, will be assessed by the first contact practitioner physiotherapist which, in turn, should reduce some of the GP workload and streamline the amount and appropriateness of referrals onto secondary care.

"Some treatments can also be offered but it does not replace the physiotherapy service in providing long-term rehabilitation and treatment of patients.

"To access the service, patients call the triage line and will be offered to be seen by a physiotherapist to review their current musculoskeletal issue. An appointment can be offered that day which is local, convenient and offering expert assessment and advice or referral onwards if needed."

Dr Richard Beynon, a GP partner at Llansamlet Surgery, said: "The expanded team here has really improved the service we offer as we're now able to deal with more cases every day.

"Our new triage system ensures patients are seen by the most appropriate member of the team. Having an onsite physiotherapist means patients don't need to travel to busy hospital sites to get the specialist care they need."

Supporting our army of young carers

THEY are the often unseen army of young carers - going quietly about the business of helping loved ones - who are being forced to say goodbye to their childhood far too soon.

Being a young carer - a term given to any child who provides unpaid care to a relative or friend who has a disability, long term illness, mental health issue or substance and/or alcohol use issues - can have an undoubted negative effect on young people and can lead to all sorts of difficulties in their own lives.

But such young people in Swansea are being given vital help and support from YMCA Swansea's Young Carers Service. The small but extremely dedicated team of staff and volunteers are working with the Cwmtawe Cluster to spread the word and identify any youngsters who would benefit from the service.

Egija Cinovska, Young Carers Project co-ordinator, picked up the theme. She said: "Young carers face many challenges on a daily basis, even getting to school can be a challenge for a young carer. Sometimes they have to take their younger siblings to school first, making them late themselves, sometimes they can't do their homework on time and so get into trouble in school.

"Maintaining friendships can be an issue with young carers because sometimes they have to cancel plans with friends because they have to look after a family member. Just having the opportunity to go out and do something for themselves and have a bit of me time is a challenge for young carers.

"We offer one-to-one support and advocacy support in which we attend any meetings to lend them a voice."

The Swansea Young Carers Youth Club, held in the YMCA's theatre, is a particular popular lifeline for the young people.

Miss Cinovska said: "We have between 20 and 30 young carers accessing our youth club, which meets from 6.30pm to 8.30pm every Wednesday. We can also provide transport, as we know that is an issue. And during the school holidays we run trips and activities. We just want to give them a break from their caring role."

Of the link up with the Cwmtawe Cluster Miss Cinovska said: "The primary focus is to increase the knowledge of the GPs about young carers. We have produced information booklets and leaflets which they can hand out to patients."

One person who has benefitted from the help is 15-year-old Shriyana (pictured), who has to balance schoolwork with looking after her mother.

She said: "My mother has fibromyalgia, which means that she has pain in all her joints and it makes her brain process things a lot more slowly.



As a result, around the house I help with the cleaning and cooking, as well as looking after my sister and taking care of myself.

"Young Carers has helped me to socialise with other young people and I have definitely become more confident. I have experienced so many things that I don't think I would have if I hadn't come here.

"If there are any young carers out there I would encourage them to just come along and have a go. I wasn't really sure about the group when I first came, because I wasn't really confident talking to others, but then once you do start to come, you see so many people in a similar situation, it makes you feel better. You also learn different ways to improve your situation."

Dr Iestyn Davies, Cwmtawe Cluster lead, said: "Almost every youngster will face challenges growing up and finding their feet in the modern world but that journey is much tougher if they have to balance their lives with caring for someone else. The YMCA Swansea's Young Carers Service work so hard to offer support and show them that they need not be alone and we are delighted to help raise awareness of all that they do."

*** To contact YMCA Swansea's Young Carers Service call 07946 348878 or email egi@ymcaswansea.org**

The Cwmtawe Cluster

THE Cwmtawe Cluster is made up of 3 general medical practices—Cwmtawe Medical Group (which includes Clydach, New Cross and Sway Road surgeries), Llansamlet Surgery and Strawberry Place Surgery) 8 dental practices, 10 pharmacies, 6 nursing homes, 4 opticians, 26 schools and 3 libraries.

It works with partners from key local authority departments such as social services and poverty and prevention, as well as the voluntary sector and wider Swansea Bay University Health Board.

Spreading the word of new speech and language sessions

NEW 'talk in' sessions for parents with any concerns over their child's speech and language development are being trialled in the Cwmtawe Cluster.

The initiative, by Swansea Bay University Health Board's Paediatric Speech and Language Therapy team, follows reports that in some areas of the country up to 50 percent of children are experiencing delays in their language development.

In an attempt to reverse the trend the sessions are designed to offer advice and support to parents while aiming at catching any potential problems at the earliest stage possible.

Sue Koziel, lead speech and language therapist, said: "The idea is to hold 'talk in' sessions for parents to access in their local community, to give them some advice and support if they have any concerns around their children's early language development.

"We are focusing on under-fives as there's been a lot of work done on the importance of getting children ready for school. A lot of school leaders recognise the fact that children are coming into school not ready with their speech and language.

"There are two children in every class of 30 who are recognised as having persistent speech and language difficulties. That's about seven per cent. It's the most common condition that nobody knows about."

The sessions are free with the only stipulation being parents should telephone first to book an appointment.

Sue said: "If any parents have any concerns they need to book into the session and they will be given a 15 minute slot and two therapists will be there, one will talk to the parent



the other will play with the child and have eyes on the child to get a sense of how that child's speech and language development is progressing. "

Mary Ritchie, also a speech and language therapist, said: "We don't want people being worried about coming. It's fun, there will be toys, it's not a test, the children will just come and play, but because we have very experienced members of staff, they will be able to see exactly what's needed to support the children and families.

"If we spot any difficulties it could be that we offer the parents support in their own home or, if we feel that more assessment is needed, we would arrange an appointment to assess the child further to see what needs to be done

"The earlier that things are spotted, and the earlier that support can be put in place, the better for the child and the parents."

*** Too find out when the next session is taking place and to book an appointment call 01792 517863**

New group returns the 'spark' to dementia patients' eyes



ARE you living with dementia or help care for someone living with the condition? If so, why not come along to an exciting new social club set up within the Cwmtawe Cluster for such a demographic?

Forgetful Friends meet every Tuesday, in Llangyfelach Church parish hall, from 2pm to 4.30pm.

The new group was set up by retired nurse Elaine Rees, with help from Swansea Council for Voluntary Service's Cwmtawe dementia and carer project worker, Elaine James.

Mrs Rees said: "My husband Brian has had dementia since 2014. I've seen a big deterioration in the last six months, but something like this, he looks forward to. He doesn't remember where he's going but when he gets here, he enjoys it. That's what it's all about.

"It's nice when you see a spark and the eyes come alight. It's the same when they sing along with a choir, it's like someone has switched a light on. It's a wonderful feeling to see that happen."

The group is also looking for volunteers.

*** To find out more contact Elaine James on 07908742718 or email Elaine_james@scvs.org.uk**

Lledaenu gair sesynau llefydd ac iaitn newydd



Dyma'r cyflwr mwyafrwyd cyffredin nad oes neb yn gwybod amdano.

Mae'r sesynau am ddim a'r unig amod yw y dylai rhieni ffronio'n gyntaf i drefnu apwyntiad.

Sue: "Os oes gan unrhyw rieni unrhyw bryderon y mae angen iddynt eu harchebu yn y sesiwn a rhod-dir slot 15 munud iddynt a bydd dau therapdd yno, bydd un yn siarad a'r rhiant, bydd y llall yn chwarae gyda'r plentyn ac yn cael llygaid arno y plentyn i gael synwyr o sut mae datblygiad llefydd ac iaitn y plentyn hwnnw'n dod yn ei flaen.

Dywedodd Mary Ritchie, therapdd llefydd ac iaitn: "Ni ddim am i bobl boeni am ddo. Mae'n hwy, bydd teganau, nid prawf mohono, bydd y plant yn dod i chwarae, ond oherwydd bod gennynt aelodau staff profiadol iawn, byddant yn gallu gweld yn union beth sydd ei angen i gefnogi'r plant a'r teuluoedd. Os gwelwnt unrhyw anawsterau gallai fod ein bod yn cynnig cefnogaeth i'r rhieni yn eu cartref eu hunain neu, os ydym yn teimlo bod angen mwy o aesiad, byddem yn trefnu apwyntiad i asesu'r plentyn ymhellach i weld beth sydd angen ei wneud

"Gorau po gyntaf y gwelir pethau, a'r cynharaf y gellir rhoi cefnogaeth ar waith, y gorau i'r plentyn a'r rhieni."

Mae sesynau 'siarad i mewn' newydd i rieni ag unrhyw bryderon ynghylich datblygiad llefydd ac iaitn eu plentyn yn cael eu cyflwyno i Gwm Abertawe Isaf.

Mae'r fenter, gan dim Therapi Llefydd ac Iaitn Pediatreg Bwrdd Iechyd Prifysgol Bae Abertawe, yn dilyn adroddiadau bod hyd at 50 y cant o blant mewn rhai ardaloedd o'r wlad yn profi oedi yn eu datblygiad iaitn.

Mewn ymgais i wprdro'r duedd mae'r sesynau wedi'u cynllunio i gynnig cynngor a chefnogaeth i rieni wrth anelu at ddal unrhyw problemau posibl cyn gynted a phosibl.

Dywedodd Sue Kozel, therapdd llefydd ac iaitn arweiniol: "Mewn rhai ardaloedd mae 50 y cant o blant yn dangos oedi yn eu hiaith ond bydd y rhan fwyaf o blant yn gwella os gallwnt ni ddim ond newid yr amgylchedd o'u cwmpas a'r ffordd y mae oedolion yn siarad a phiant. angen clywed y geiriau hynny i'w datblygu.

"Y syniad yw cynnal sesiwn 'siarad i mewn' i rieni ei gyrchu yn eu cymuned leol, er mwyn oes ganddynt unrhyw bryderon ynghylich datblygiad iaitn gymanar eu plant.

"Rydym ni'n canolbwyntio ar blant dan bump oed gan fod llawer o waith wedi'i wneud ar bwysigrwydd cael plant yn barod ar gyfer yr ysgol. Mae I CAN, sef yr elusen gyfathrebu plant, wedi tynnu sylw at y ffath bod llawer o arweinyddion yn cydnabod y ffath bod plant yn dod i'r ysgol nad ydym ni'n barod a'u llefydd a'u hiaith. Mae angen i blant ddyfysgu siarad a siarad i ddyfysgu.

"Mae dau blientyn ym mhob dosbarth o 30 y cydnabyddir eu bod ag anawsterau llefydd ac iaitn parhaus. Mae hynny tua saith y cant.



A YDYCH chi'n byw gyda dementia neu'n helpu i ofalu am rywun sy'n byw gyda'r cyflwr? Os felly, beth am ddod draw i glwb cymdeithasol newydd cyffrous a sefydlwyd o fewn Cwmstwr Cwmstawe ar gyfer demograffig o'r fath?

Mae grŵp newydd yn dychwelyd y 'gwreisionen' i lygaid cleifion dementia

Mae Forgetful Friends yn cwrdd bob dydd Mawrth, yn neuadd plwyf Eglwys Llangyfelach, rhwng 2pm a 4.30pm.

Sefydlwyd y grŵp newydd gan y nyrwedi ymdeol Elaine Rees, gyda chymorth gan weithiwr prosiect gofal a gofal Cwmstawe Cynngor Abertawe, Elaine James.

Dywedodd Mrs Rees: "Mae fy ngŵr Brian wedi cael dementia ers 2014. Rwyf wedi gweld dirwyad mawr yn ystod y chwe mis diwethaf, ond rhywbeth fel hyn, mae'n edrych ymlaen ato. Nid yw'n cofio i ble mae'n mynd ond pan mae'n cyrraedd yma, mae'n ei fwynhau. Dyna beth yw pwrpas popeth.

"Mae'n brat pan welwch wreisionen a'r llygaid yn dod ar dan. Mae yr un peth pan maen nhw'n canu ynghyd a' chôr, mae fel petai rhywun wedi troi golau ymlaen. Mae'n deimlad hffryd gweld hynny'n digwydd."

Mae'r grŵp hefyd yn chwilio am wirfoddolwyr.

* I ddarganfod mwy, cysylltwch ag Elaine James ar 07908742718 neu e-bostwch Elaine.James@scvs.org.uk

Rydym yn cefnogi ein byddin o ofalwyr ifanc



Meddai: "Mae gan fy mam ffibrromyalgia, sy'n golygu bod ganddi boen yn ei holl gymalau ac mae'n gwneud i'w hymennwydd brosesu pethau'n llawer arafach. O ganlyniad, o amgylch y ty llawer helpu gyda'r glanhau a'r coginio, yn ogystal â gofalu am fy chwaer a gofalu amdanaf fy hun."

"Mae Gofalwyr Ifanc wedi fy helpu i gymdeithasu â phobl ifanc eraill ac yn bendant rwyf wedi dod yn fwy hyderus. Rwyf wedi profi cymaint o bethau nad wyf yn credu y byddwn i pe na bawn wedi dod yma."

"Os oes unrhyw ofalwyr ifanc allan yna byddwn yn eu hannog i ddod draw i roi cynnig arni. Nid oeddwn yn siwr iawn am y grŵp pan ddeuthum gyntaf, oherwydd nid oeddwn yn hyderus iawn yn starad ag eraill, ond yna unwaith y byddwch yn dechrau dod, rydych yn gweld cymaint o bobl mewn sefyllfa debyg, mae'n gwneud i'chi deimio'n well. Rydych chi hefyd yn dysgu gwaha-nol ffyrdd o wella'ch sefyllfa."

Dyweddodd Dr Iestyn Davies, arweinydd Cwstwr Cwmtawe: "Bydd bron pob llanc yn wnebu heriau wrth dyfu i fyny a chanfod eu traed yn y byd modern ond mae'r siwrnai honno'n llawer anoddach os bydd yn rhaid iddynt gydbwysu eu bywydau â gofalu am rywun arall. Mae Gwasanaeth Gofalwyr Ifanc YMCA Abertawe yn gweithio mor galed i gynnig cefnogaeth a dangos iddynt nad oes angen iddynt fod ar eu pennau eu hunain ac rydym yn falch iawn o helpu i godi ymwybyddiaeth o bobeth a wna't."

*** I gysylltu â Gwasanaeth Gofalwyr Ifanc YMCA Abertawe ffoniwch 07946 348878 neu e-bostiwch egija@ymcaswansa.org.uk**

Cwstwr Cwmtawe

MAER Cwstwr Cwmtawe yn cynnwys 3 practis meddygol cyffredinol (Grŵp Meddygol Cwmtawe, Llawfeddygfaeth Llanasmet a Meddygfa Strawberry Place) 8 practis deintyddol, 10 fferylfa, 6 charterf nrsio, 4 optegydd, 26 ysgolion a 3 llyfrgell. Mae'n gweithio gyda phartneriaid o adrannau awdurdod lleol allweddol fel y gwasanaethau cymdeithasol a thlodi ac atal, yn ogystal â'r sector gwirfoddol a Burdd Iechyd Prifysgol Bae Abertawe ehangach.

NHW yw'r fyddin fach o ofalwyr ifanc nas o helpu anwylliaid - sy'n cael eu gorfodi i ffarwelio â'u plentynod yn llawer rhy fuan.

Gall bod yn ofalwr ifanc - term a roddir i unrhyw blientyn sy'n darparu gofal di-dâl i berthynas neu ffrind sydd ag anabiedd, salwch tymor hir, mater iechyd meddwl neu faterion yn ymwneud â defnyddio sylweddau a / neu alcohol - gael effaith negyddol ddiamheuol ar bobl ifanc a gall arwain at bob math o anawsterau yn eu bywydau eu hunain.

Ond mae pobl ifanc o'r fath yn Abertawe yn cael cymorth a chefnogaeth hanfodol gan Wasanaeth Gofalwyr Ifanc YMCA Abertawe. Mae'r tîm bach ond hynod ymroddedig o staff a gwirfoddolwyr yn gweithio gyda Cwstwr Cwmtawe i ledaeu'r gair a nodi unrhyw bobl ifanc a fyddai'n eiwa.

Cododd Egija Cinovska, cydlynedd y Prosiect Gofalwyr Ifanc, y thema. Meddai: "Mae gofalwyr ifanc yn wnebu sawl her yn ddyddiol, gall hyd yn oed cyrraedd yr ysgol fod yn her i ofalwr ifanc. Weithiau mae'n rhaid iddyn nhw fynd â'u brodyr a'u chwiorydd iau i'r ysgol yn gyntaf, gan eu gwneud yn hwy'r eu hunain, weithiau ni allant wneud eu gwaith cartref mewn pryd ac felly mynd i drafferthion yn yr ysgol."

"Gall cynnal cyfelligarwch fod yn broblem gyda gofalwyr ifanc oherwydd weithiau mae'n rhaid iddynt ganiatáu i'w ffrindiau gyda ffrindiau oherwydd bod yn rhaid iddynt ofalu am aelod o'r teulu. Mae cael y cyflie i fynd allan a gwneud rhywbeth drosty'n nhw eu hunain a chael ychydig o amser i mi yn her i ofalwr ifanc."

"Rydyn ni'n cynnig cefnogaeth un i un a chymorth eiriolaeth lle rydyn ni'n mynychu unrhyw gyfar-foddydd i roi llais iddyn nhw."

Mae Clwb Ieuenctid Gofalwyr Ifanc Abertawe, a gynheilir yn theatr yr YMCA, yn achubiaeth bob-logaidd arbenig i'r bobl ifanc.

Dyweddodd Miss Cinovska: "Mae genym rhwng 20 a 30 o ofalwyr ifanc yn cyrchu ein clwb ieuencid, sy'n cyfarfod rhwng 6.30pm ac 8.30pm bob dydd Mercher. Gallwn hefyd ddarparu cludiant, gan ein bod yn gwysbod bod hyn yn broblem. Ac yn ystod gwyliau'r ysgol rydym yn cynnal triplau a gweithgareddau. Rydym ni eisiau rhoi seibiant iddyn nhw o'u rôl ofalu."

O'r cysylltiad â Chwstwr Cwmtawe dywedodd Miss Cinovska: "Y prif ffocws yw cynyddu gwybodaeth y meddygon teulu am ofalwyr ifanc."

"Cyn ein prosiect ni chwawsom erioed atgyfeiriadau gan feddygon teulu. Rydym yn deall pa mor brysur ydyn nhw a pha mor straen y gall pethau fod ond roedd angen pendant i gynyddu eu gwybodaeth. Rodyn ni wedi cynhyrchu llyfrynnau gwybodaeth a thafleoni er mwyn iddyn nhw allu eu dosbarthu i gleifion."

Un person sydd wedi eiwa o'r help yw Shriana, 15 oed (yn y llun), sy'n gorfod cydbwysu gwaith ysgol â gofalu am ei mam.

Gair gan Dr Davies

ymroddegig o wirfoddolwyr. Mae prosiectau o'r fath yn helpu i ffeithrin y meddwl yn ogystal â'r corff ac yn chwarae rhan bwysig yn un o'n profi nodau o'ch helpu i gadw'n heini, yn ogystal â gwella'ch lles.

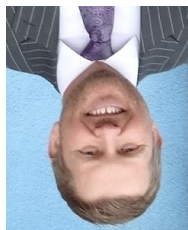
Rydym yn araf yn tyfu ein canlynol ar gyfryn- gau cymdeithasol - sy'n rhywlyd rym wedi ymrwmo i'w wneud gan ei fod yn ffordd bwysig o gyflwynu ein neges yn yr oes sydd ohoni - felly gwneud yn siwr eich bod yn ein dilyn os nad ydych chi eisoes. Rydym hefyd yn syl- weddoli nad yw pawb yn gefnogwr neu fod ganddo fnydediad ar-lein, felly byddwch yn par- hau i ddefnyddio dulliau mwy traddodiadol fel y cylichlythyr hwn.

Corfwrch fod ein cyfryngau cymdeithasol wedi'u sefydlu i ddarparu gwybodaeth gyffredinol am rai o'r gwasanaethau rydyn ni'n eu cynnig ac i drosglwyddo gwybodaeth a chynngor i helpu i gynnal eich iechyd a'ch lles.

Yn anffodus ni allwn gynnal deialog gyda chle- fion unigol ac ni ddylai ychwaith fod yn llwfan i bobl wntyllu unrhyw gwynion - fel y cysylltwch â'ch meddygfa bob amser os oes angen cymorth meddygol arnoch neu os ydych am roi adborth yn y modd cywir.

Dr Iestyn Davies
Arweinydd Clwstwr Cwmwae

CROESO i ail gylichlythyr Cwm- tawe Cluster.



Mae wedi bod yn ychydig fisoedd prysur ers ein rhifyn agoriadol ac rydym wedi parhau i wneud cynydd wrth drawsnewid y ffordd yr ydym ni, fel grŵp o dair meddy- gfa, ynghyd â'n partneriaid fel Cyngor Gwasanaeth Gwirfoddol Abertawe, yr Awdurdod Lleol ac Abertawe ehangach Bwrdd Iechyd Prifysgol y Bae, helpwch i'ch cadw'n heini ac yn iach, a gofalu amdanoch pan fyddwch yn sâl.

Yn y rhifyn hwn fe welwch straeon ar rai o'r dat- blygiadau cyffrous yr ydym wedi gallu eu cyflwyno neu eu cefnogi - diolch i arian gan Ly- wodraeth Cymru - fel cymorth a chynngor i orfa- wyr ifanc, sesiynau cerdded i mew'n newydd i'r rhai sy'n prydern am yr araf, a datblygiad i'ath newydd ym Llawfeddygaeth Lansamlet sy'n gal- iu asesu a diagnosisio unrhyw broblemanu cyhyrol neu ysgerbwyd.

Un nodyn personol mae'n wych gweld sut mae'r ardd gymunedol newydd, sydd wrth ymyl y fed- dygfa yn Clydach, wedi tyfu o flaen ein llygaid yn llythrennol diolch i arweiniad arbenigol Neil Barry, swyddfa prosiect ar gyfer prosiect man- nau gwyrdd cymunedol Abertawe, a ei fand

Mae ffisio cyswilt cyntaf yn ymuno â'r tîm

osgo! problemau rhag dod yn gronig; "gobeithio y gallwn ni helpu pawb trwy wneud hynny.

O'i roi ei hun dywedodd: "Mae'n wahanol i ffisiother- api! adsefydlu confensiynol gan ei fod yn gweithredu fel gwasanaeth asesu, cynngor a chyfeirio. Bydd un- rhyw broblemanu cyhyrsgerbwydol, fel anafadau, poenau neu doenau cyhyrrau neu gymalau, yn cael eu hasesu gan ffisiotherapdd yr ymarferdd cyswilt cyntaf a ddylai, yn ei dro, leihau rhywfaint o lwyth gwath y meddyg teulu a symleiddio maint a phrio- doledd atgyfeiradau i ofal eilaidd.

"Gellir cynnig rhai triniaethau hefyd ond nid yw'n disodli'r gwasanaeth ffisiotherapi wrth ddarparu ad- sefydlu a thriniaeth hirdymor i gleffion.

"Er mwyn cyrchu'r gwasanaeth, mae cleffion yn ffo- nio'r llinell frysbennu a bydd ffisiotherapdd yn cynnig eu gweld i adolygu eu mater cyhyrsgerbwydol cyffredol. Gellir cynnig apwyntiad y diwrnod hwnnw sy'n lleoli, yn gyflwynu ac yn cynnig asesiad a chynngor arbenigol neu atgyfeiriad ymlaen os oes angen."

Dywedodd Dr Richard Beynon, partner meddyg teulu ym Meddygfa Lansamlet: "Mae'r tîm estyngedig yma wedi gwella'r gwasanaeth rydyn ni'n ei gynnig yn fawr gan ein bod ni nawr yn gallu delio â mwy o achosion bob dydd.

"Mae ein system brysbennu newydd yn sicrhau bod cleffion yn cael eu gweld gan yr aelod mwyaf priodol o'r tîm. Mae cael ffisiotherapdd ar y safle yn golygu nad oes angen i gleffion deithio i safleoedd prysur mewn ysbtyai i gael y gofal arbenigol sydd ei angen arnynt."

MAE MEDDYGFA Lansamlet wedi croesawu aelod newydd o staff fel rhan o'r broses barhaus o drawsnewid y ffordd y mae angenhion ein cleffion yn cael eu diwallu.

Mae Kate Rees, ffisiotherapdd cyswilt cyntaf, yn gallu asesu a diagnosisio unrhyw broblemanu cyhyrol neu ysgerbwyd heb i chi orfod gweld eich meddyg teulu yn gyntaf. Fel arbenigwr yn ei maes, mae Kate yn torrallian y dyn canol fel petai ac yn arbed amser i'chi, gan na fyddai'r meddyg teulu ond yn eich cyfeirio ymlaen beth bynnag.

Bydd cleffion yn cael eu hanfon trwy'r system brysben- nu ffôn gyda'n trinwyr galwadau yn gallu defnyddio eu hyfforddiant i'ch rhoi ar y trywydd gweithredu mwyaf priodol.

Mae penodiad Kate - erbyn hyn mae ffisiotherapddion chfarwel yn holl feddygfydd - yn unol â ymgyrch enfawr i feddygfydd gael mwy o ymarferwyr lleferydd, parafeddygon eiceetara.

"Nod y rola'u darparu mynediad ar unwaith i gleffion ar gyfer gwasanaethau arbenigol a ddarperir mewn gofal syffaeonol. Gwellir y claf yn gyflymach ac mae'n





Mae lles yn blodeuo yn ardd gymunedol



Uchod: Neil Barry (canol) a'i wifoddolwyr

Dyweddod y garddwr Linda Martin: "Rwy'n credu ei fod yn syniad wych i gael pawb at ei gilydd."

Mae'n hyfryd bod yn rhan o hyn i gyd a helpu'r gymuned."

Wrth annog eraill i ddilyn ei harweinydd dywedodd Linda: "Os oes unrhyw un yn ystyried dod draw byddwn yn dweud, dewch i lawr i weld beth rydym yn ei wneud, eistedd i lawr a chael sgwrs gyda ni. Rydym ni'n cael hwyl, rydym ni'n llawer da, mae pawb yn hapus yma, mae pawb yn barod i helpu ac rydym ni i gyd yn ei fwyhau. Mae'n wych."

Dyweddod Dr Iestyn Davies, arweinydd Cwstwr Cwmatawe: "Mae'r cwmatawe yr un mor awyddus i helpu i gadw pobl yn heini ac yn ogystal â gofalu amdany'n nhw pan nad ydym nhw."

"Mae'r clwb garddio yn ddim ond un o lawer o brosiectau rydym ni'n falch o'u hargymhell oherwydd nid yn unig mae'n fath gwych o ymarfer corff, yn yr awyrt iach, mae helpu yn cynnig rhyngweithio cymdeithasol ac yn helpu i hyrwyddo lles."

*** I ymuno â'r grŵp garddio e-bostwch Neil Barry neilbarrhorticulture@gmail.com**

MAE GARDD newydd yng Nghwm Abertawe isaf yn helpu i dyfu ysbryd cymunedol a datblygu lles pobl.

Mae buddion iechyd garddio, i'r meddwl a'r corff, yn niferus ac yn cael eu cydnabod yn eang, felly mae Cwstwr Cwmatawe yn fwy na pharod i gymradwyo Gardd Gymunedol Clydach.

Wedi'i leoli ar dir neuadd gymunedol y pentref, ac wedi'i gefnogi gan Fforwm Amgylcheddol Abertawe a Chyngor Cymuned Clydach, mae'r prosiect yn agored i unrhyw un sydd am ddod draw i roi help llaw.

Mae'r grŵp yn cwrrd bob dydd Mercher, rhwng 10am a hanner dydd, ac ar yr un pryd ar ddydd Sadwrn cynatf pob mis. Mae'n cael ei redeg gan Neil Barry, swyddfa prosiect ar gyfer prosiect man-nau gwyrdd cymunedol Abertawe.

Dyweddod Mr Barry: "Mae'n agored i unrhyw un, o bob oed, mae croeso i bawb. Mae gen i gefndir mewn therapi garddwriaethol, yn gweithio gyda phobl sydd â phryder ac iselder ysgafn, ond mae croeso i bawb dod draw. Os oes gan rywun anghenion cymorth penodol yna gallwn gael sgwrs amdano i weld sut y gallwn eu cefnogi."

"Y prif amcan yw edrych ar les a chynhwysiant cymdeithasol, goresgyn arwahanrwydd trwy wneud rhywbeth ystyrlon."

"Mae garddio yn bendant yn weithgaredd gwerth chwell; y syniad yw bod pobl yn gweithio gyda'i gilydd ac yn teimlo'n hamddenol, maen nhw'n siarad, ac mae helpu yn tynnu sylw oddi ar beth bynnag allai fod yn digwydd yn eu bywydau."

"Rydym ni i gyd yn gwytbod, os ydych chi'n treulio ychydig o amser y tu allan, p'un a yw'n mynd am dro neu'n gweithio yn yr ardd, rydych chi'n teimlo'n well. Mae'n tynnu sylw oddi wrth eich pryduron. Rydych chi y tu allan yn cael awyrt iach ac ychydig o ymarfer corff."

Rydym nawr yn defnyddio cyfrngau cymdeithasol! Am y newyddion diweddaraf, a sut yr ydym yn ceisio gwella eich iechyd a'ch lles, dilynwch Cwstwr Cwmatawe ar Facebook a Twitter.



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