

CYFARFOD BWRDD PRIFYSGOL IECHYD UNIVERSITY HEALTH BOARD MEETING

DYDDIAD Y CYFARFOD: DATE OF MEETING:	29 July 2021
TEITL YR ADRODDIAD: TITLE OF REPORT:	Improving Outcomes for Carers – Annual Update Report
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Ros Jervis, Director of Public Health
SWYDDOG ADRODD: REPORTING OFFICER:	Anna Bird, Assistant Director, Strategic Partnerships, Diversity and Inclusion

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Er Gwybodaeth/For Information

ADRODDIAD SCAA

SBAR REPORT

Sefyllfa / Situation

The Social Services and Well-being (Wales) Act 2014 places a duty on the Health Board to provide information, advice and assistance to unpaid Carers. The important role of unpaid Carers has been recognised by the Board by assigning a specific Planning Objective 2A, and this requires internal action and external collaboration with partners, in particular via the West Wales Regional Partnership Board.

8,483 unpaid Carers were known to GP practices on 31st March 2020. Twelve months later, on 31st March 2021, this figure had increased by over 25% to 10,836, and in April and May 2021 a further 3,000 unpaid Carers came forward and self-identified to the Health Board. This is a total increase of over 5,500 unpaid Carers (64%) during the course of the past 15-months.

The Board is asked to note the attached West Wales Carers Development Group Annual Report for 2020/2021, which summarises the work undertaken to meet our statutory responsibilities to support unpaid Carers.

Cefndir / Background

The West Wales Carers Development Group (WWCDG) is a formal sub-group of the West Wales Regional Partnership Board (RPB), and includes representatives of HDdUHB, the three Local Authorities of Carmarthenshire, Ceredigion and Pembrokeshire, as well as representatives of the voluntary sector and service users and Carers in West Wales.

The WWCDG is working in partnership to support unpaid Carers by:

- Strengthening the partnership approach at a local level;
- Creating opportunities to enable the Third Sector to fully participate in the delivery of services for Carers;
- Working collaboratively to maximise the use of core funding as well as short-term grants and funding streams.

The 2011 census estimated the number of unpaid Carers in the Health Board area to be over 47,000. Despite the success of awareness-raising programmes and accreditation schemes such as 'Investors in Carers', many Carers remain 'hidden', often because individuals do not consider themselves to be Carers. However, over the past 15 months since 31st March 2020, Carer self-identification in Hywel Dda has increased by 64% and 5,500 unpaid Carers have registered their caring status. Experiences during the pandemic have amplified the role that families play in supporting those who could not otherwise manage without their help.

Recent research¹ into Carers' experiences during the pandemic found that more than a third (78%) of unpaid Carers reported that the needs of the person they care for have increased. Unsurprisingly, the caring role during the pandemic has had an impact on physical health and 64% of Carers participating in the research said that their mental health has worsened. Without the right support, unpaid Carers are more likely to experience burnout and become unable to provide care which, in turn, will impact on the health and social care systems.

Asesiad / Assessment

A recent report published by Carers UK² (2020) stated that unpaid Carers across the UK have provided an incredible £135 billion of care, and in Wales, it is estimated that unpaid Carers have provided £8.4 billion of care since the start of the pandemic in March 2020. The figures clearly show the importance and economic value that family members and friends provide through the provision of unpaid care. There is no doubt that the NHS and social care system would struggle without this support and the Health Board gave prominence to Carers by establishing a Strategic Planning Objective in September 2020.

In response to Planning Objective 2A an internal Carers Strategy Group has been established drawing membership from across the organisation and a wide variety of directorates. A Health Board action plan is currently being drafted to ensure a local response to both the regional Carers Strategy published in November 2020 and the national Strategy for Unpaid Carers published by Welsh Government in March 2021.

Ensuring timely discharge of patients from acute and community hospital settings not only impacts positively on patient care and treatment outcomes, but contributes to value based healthcare and the better use of financial and staff resources by increasing patient flow and reducing bed-blocking. With this in mind, the Health Board has tested a new model of support, and delivered improved outcomes for patients and unpaid Carers through an Integrated Care Fund (ICF) Carers Discharge Project which formed part of the Carers ICF programme of the Regional Partnership Board. A summary of the outcomes achieved today are shown in the



West Wales Carer Development Group
For more information please email CarersTeam.hdd@wales.nhs.uk

¹ https://www.carersuk.org/images/News_and_campaigns/Unseen_and_undervalued.pdf

² https://www.carersuk.org/images/News_and_campaigns/Unseen_and_undervalued.pdf

infographic on page 2. ICF funding will end in March 2022 and work is on-going to identify future funding opportunities to ensure that the positive outcomes of this way of working can be maintained, especially in light of the increasing number of unpaid Carers seeking support.

Welsh Government set out its expectation that Health Boards must work in partnership with Local Authorities and the third sector to support Carers, in order to meet their statutory obligations under the Social Services and Well-being (Wales) Act 2014. For a number of years, the Health Board has received funding on an annual basis from Welsh Government (WG) to support partnership working to improve outcomes for unpaid Carers. This Welsh Government funding of £121k is non-recurrent and subject to confirmation on an annual basis and is additional to the core budget of £161k that the Health Board allocates to the Strategic Partnerships, Diversity and Inclusion Team to commission third sector support for unpaid Carers. The National Strategy for Unpaid Carers published by Welsh Government in March 2021 establishes 4 key priorities:

- Identifying and valuing unpaid Carers;
- Providing information, advice and assistance where and when Carers need it;
- Supporting life alongside caring - providing opportunities for Carers to have reasonable breaks from their caring role to enable them to maintain capacity to care, and to have a life beyond caring;
- Supporting unpaid Carers in education and the workplace.

The attached West Wales Carers Development Group Annual Report 2020/21 evidences how the relatively small financial investments have been used to benefit unpaid Carers. However, services for Carers are now stretched to capacity, and despite new ways of working, the number of Carers seeking support has increased by 64% since March 2020, and the pandemic has amplified the role of family members in supporting those who could not otherwise manage without their help.

During Carers Week in June 2021, the Strategic Partnerships, Diversity and Inclusion Team invited Carers to complete a survey in order to gather feedback and views which will help inform the Carers Strategy Group in the development of priority actions. 145 people responded to the survey, 56% of whom were employees of the Health Board. Appendix 1 includes a one-page summary of some of the key feedback received.

Access to timely information, advice and assistance has a direct impact on the ability of families to maintain independence at home, support their own health and well-being, reducing escalation of ill-health, poor mental health and hospital admissions, as well as supporting and promoting safe discharge home. The Health Board has a key statutory role to play in supporting unpaid Carers which also contributes to our long term Health and Care Strategy vision of supporting individuals to start well, live well and age well within their homes and communities.

Argymhelliad / Recommendation

The Board is asked to:

- **NOTE** the significant increase in the self-identification of unpaid Carers who are seeking support to help them in their caring role.
- **NOTE** the work which has been on-going within the Health Board to respond to the Strategic Planning Objective and to the regional and national strategies.
- **NOTE** the West Wales Carers Development Group Annual Report 2019/2020, prior to publication on the UHB website.

Amcanion: (rhaid cwblhau) Objectives: (must be completed)	
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not applicable.
Safon(au) Gofal ac Iechyd: Health and Care Standard(s): Hyperlink to NHS Wales Health & Care Standards	3. Effective Care
Amcanion Strategol y BIP: UHB Strategic Objectives: Hyperlink to HDdUHB Strategic Objectives	All Strategic Objectives are applicable
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2018-2019	2. Develop a skilled and flexible workforce to meet the changing needs of the modern NHS 4. Improve Population Health through prevention and early intervention, supporting people to live happy and healthy lives 8. Transform our communities through collaboration with people, communities and partners

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	West Wales Population Needs Assessment 2017 and West Wales Area Plan 2018-2023.
Rhestr Termau: Glossary of Terms:	Included within report.
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Cyfarfod Bwrdd Iechyd Prifysgol: Parties / Committees consulted prior to University Health Board:	West Wales Carers Development Group West Wales Regional Partnership Board

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	HDdUHB staff time to support West Wales Carers Development Group and Carer delivery plans.
Ansawdd / Gofal Claf: Quality / Patient Care:	Improving outcomes for Carers is a key priority identified by the West Wales Regional Partnership Board.
Gweithlu: Workforce:	A number of our Health Board staff are unpaid Carers and are being supported through key actions undertaken by our internal Employers for Carers Task and Finish Group.
Risg: Risk:	Not applicable.
Cyfreithiol: Legal:	Carers are specifically identified within the Social Services and Wellbeing (Wales) Act 2014.
Enw Da: Reputational:	There is a statutory duty for the UHB to work in partnership with its three partner local authorities to transform health and care delivery.

Gyfrinachedd: Privacy:	Not applicable.
Cydraddoldeb: Equality:	The focus of equality runs throughout the work of the WWCDG and aligns to a number of the Well-being goals: A More Equal Wales, A Healthier Wales, A More Prosperous Wales and A Wales of Cohesive Communities. This is an Annual Report, therefore no EqIA screening has been undertaken.



Carers Week Survey 2021 - Highlights

The theme for Carers Week 2021 was 'Making Caring Visible and Valued'. We developed a survey and asked our Carers and staff what the Health Board could do to improve support for unpaid Carers. In total 145 provided a response, of which 56% were Hywel Dda staff members.

The following key themes emerged from the quantitative data of the survey:

- 87% of Health Board staff said that their caring responsibilities are known to their line managers. The offer of flexible working (62%) and flexible working arrangements (33%) can help Carers balance work and care the most.
- The main changes which would make a difference in the workplace were: having a specific Carers policy in place (64%); access to more information about what support is available (62%); more flexible arrangements for working hours and patterns (58%); and more flexible arrangements for leave and absences (51%).
- A number of staff Carers recognised the Health Board's support to staff well-being, appreciating flexible working and ability to work from home.

As an employer, respondents asked the Health Board to support its employees with their Caring roles by:

- Listening more and acknowledging the Carers life, asking proactively about where help can be offered;
- Understanding that Carers have different individual needs;
- Being flexible with Carers' annual leave to attend to appointments without being penalised for needing more support;
- Improving the Carers Policy around 'special' leave, or extending full pay for Carers of terminally ill people to 9 months to support Carers' financial and well-being needs;
- Treating Carers with fairness;
- Making support more accessible, for example by providing a support network.

A number of Carers reported positive experiences in terms of Carers' involvement and support. When asked what more could the Health Board do to recognise the role of unpaid Carers, respondents said that they want us to:

- Listen more to their needs and requests for support and act on it;
- Be more compassionate and more understanding of the life of Carers;
- Be considerate and offer more flexibility with appointments to suit Carers working hours;
- Be accessible, providing more information, advice and support for Carers;
- Have regular, clear and consistent communication and engagement to prevent escalation of need for support;
- Prioritising Carers in accessing GP phone system.

Training was a cross-cutting theme:

- Staff need to be trained and informed so that they are able to identify unpaid Carers and provide the right information, advice and support at the right time.
- Managers need to be aware of the workplace Carers policy to be able to offer more compassionate support to Carers.

A HEALTHIER WEST WALES:

West Wales Carers Development Group

Annual Report

2020-21



Introduction

This report summarises the activity of the West Wales Carers Development Group (WWCDG) during the period 1st April 2020 – 31st March 2021. The WWCDG is a formal sub-group of the West Wales Regional Partnership Board (RPB) which includes representatives of Hywel Dda University Health Board (Health Board), the three Local Authorities of Carmarthenshire, Ceredigion and Pembrokeshire, as well as Third and Voluntary sector organisations, and representatives of service users and Carers in West Wales.

This report provides an overview of the work which has been taken forward utilising the Carers funding provided by Welsh Government to Health Boards, the Integrated Care Fund and core funding from partner organisations, to ensure that Carers priorities are embedded in Services across the region in line with the requirements of the Social Services and Well-being (Wales) Act 2014. Welsh Government set out their expectation that health, local authorities and the third sector will work in partnership to support Carers under the Act by:

- Supporting life alongside caring - providing opportunities for Carers to have reasonable breaks from their caring role to enable them to maintain capacity to care, and to have a life beyond caring.
- Identifying and recognising Carers - improving Carers recognition of their role and ensuring they can access the right support.
- Providing information, advice and assistance - providing appropriate advice where and when Carers need it.

Responding to the requirements above form the basis of this Carers Annual Report 2020/21, which provides evidence of progress against each of these areas and the benefit experienced by Carers.

The Needs of Carers in West Wales

The West Wales RPB published its first Population Assessment for West Wales in April 2017, and following this developed the West Wales Area Plan 2018-2023. A significant amount of information about the needs of the population was gathered through direct citizen engagement. This was further enhanced with the data and citizen feedback collected during our recent work to develop a regional Carers Strategy for West Wales.

The 2011 Census indicated that there are more than 370,000 unpaid Carers of all ages in Wales and experts have calculated that Welsh Carers contributed the equivalent of around £8.1 billion to the Welsh economy in each year. These figures include anyone caring for as little as an hour a week. Most people who spend only very limited time on caring will not require any additional support. However, Wales also has the highest proportion of older Carers and Carers providing more than 50 hours of care a week.

Within the West Wales population of 348,000, the 2011 Census indicated there are approximately 47,000 Carers but we know that this is likely to be much higher given that people do not always recognise themselves as Carers. Previously, around 9,000 adult Carers and over 400 Young Carers had been identified via GP practices, social services and education settings in West Wales. The Covid-19 pandemic has seen an increase in the self-identification of unpaid Carers and a National Survey for Wales report in June 2020 showed a 35% increase in the number of individuals who said they look after or give help and support to family members, friends and neighbours.

The Health Board has been proactive in supporting unpaid Carers with access to Covid Testing and more recently supporting the identification of unpaid Carers as part of their eligibility for Covid vaccination. This has resulted in over 2,600 unpaid Carers self-identifying themselves to the Health Board who have not previously registered as a Carer with their GP practice. As part of the Health Boards action to make every contact count, the Health Board Carers Team provided follow up information to each newly identified Carer including information about third sector Carers support services and the Introduction to Looking After Me courses delivered by the Education Programme for Patients.

Carers Information and Support Service across West Wales have seen increases in the number of requests for support. In Carmarthenshire, Carers Trust Crossroads Mid and West Wales reported that during 2020/21 the number of Carers had increased by 31%, from 4,613 to 6071. Hafal Crossroads who provide information and support in Pembrokeshire saw the number of Carers registered increase from 2,570 to 2,918 and Ceredigion Carers Unit saw a rise of 267 Carers, taking them from 825 Carers to 1092.

In West Wales, the local authorities and third sector organisations have responded very well to the Covid-19 pandemic, quickly adapting their services and in some cases moving activities online. For example, the Newport Carers group in Pembrokeshire went from meeting face to face to meeting on Zoom supported by a Community Connector. As a result the Carers group became more accessible to Carers across the County, attracting new Carers looking for online peer support. Another example is Ceredigion Carers Unit who provided a full programme of workshops, training and discussions around Carers rights over the last six months of 2020-21. This followed on from the successful online training and activities provided for Carers week when 147 Carers took part in 20 training courses.

All young Carers services have continued to operate and adapted ways of working, utilising Zoom, WhatsApp and Microsoft Teams. Regular contact has been maintained with young Carers and their families to address issues. Whilst the majority of contacts have been virtual, socially distanced walks and home visits have been undertaken where national guidance allowed. Group sessions have been run online but take up has been low, with young people stating that they would rather meet in person. All services have observed a decline in both young people's and parents mental health over the year and services have responded by offering appropriate support.

Key Developments & Progress – 2020/21

Our West Wales Carers Strategy 2020-2025: Improving Lives for Carers

During the course of 2020/21 significant engagement was undertaken with Carers; initially via regional and local authority based workshop discussions and then moving to the development of an online survey in response to the pandemic. 558 Carers responded to our online survey including 18% who were Young Carers under the age of 18.



The West Wales Regional Partnership Board published Our West Wales Carers Strategy 2020-2025: Improving Lives for Carers in November 2020. The Strategy has established four key priority areas which take a longer-term view and set the vision for the next four years. Throughout our Carers strategy, we have used the 'Teulu Jones' family members to help us think about how our priorities could make a difference to Carers in our communities. 'Teulu Jones' aren't a real family but they have been designed to be typical of some of the people living in the Hywel Dda area and the types of caring roles within families.

OUR FOUR PRIORITY AREAS:



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- 1.** Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.
- 2.** Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.
- 3.** Support Carers to access and maintain education, training and employment opportunities.

- 4.** Support Carers to become digitally included.


The following sections of this report outline the ways in which we have been delivering on these priorities and the difference they have made to those with Caring responsibilities.

Spotlight on the Investors in Carers Scheme (IiC)

On behalf of the West Wales Carers Development Group, Hywel Dda University Health Board has continued to roll-out the regional Investors in Carers scheme. In addition to funding an Investors in Carers Lead Officer, the Health Board commission regional support for the IiC scheme which is delivered through Carers Trust Crossroads West Wales. IiC provides the foundation for work with health professionals in primary, community and acute hospital settings to raise awareness of the needs of Carers. However, unlike some other areas, IiC has been designed to be utilised by a wide range of settings including schools, libraries, local authority teams, Job Centre Plus and third sector organisations.

The IiC Scheme now enables settings to progress through three levels; bronze, silver and gold and during the year progress was made to establish an on-line submission process for IiC evidence. A core element of the IiC scheme is providing a simple system that enables unpaid Carers to register as a Carer with their GP, which in turn instigates a referral to their local Carers Information Service who can provide information and additional support.

What's been achieved during 2020/21

- **12** settings achieved a new Investors in Carers Award (**9** achieved their Bronze level, **2** achieved Silver and **1** achieved Gold level). **4** settings also achieved their bronze revalidations.
- Another **44** settings are currently working on their bronze, with **6** settings working towards Silver and **2** working towards their Gold. In total (since March, 2013) 95 settings have achieved bronze IiC awards, 8 Silver and 3 at Gold
- Some settings have had to re-prioritise due to the pandemic however support is being given to **87** settings in different ways to continue with either working towards an accreditation or to maintain their existing level.
- **2309** Carers have registered with GP surgeries across the health board area (bringing the cumulative total of carers registered with GP surgeries to **10792**).
- **1087** Carers were referred to the Carers information service via the GP surgery registration and referral process (bringing the cumulative total of referrals by GP surgeries to **5582**).
- The number of Carers registered with the GP increased during March 2021 as a result of a health board campaign to identify unpaid Carers for vaccination. In addition, over **2,600** unpaid Carers were identified in April - May 2021 which are not reflected in the above figures.



Crossroads Sir Gar receiving their Gold level certificate and plaque at a socially distanced presentation.



Pembrokeshire College the first to submit their bronze level evidence electronically.

Carer Lead events

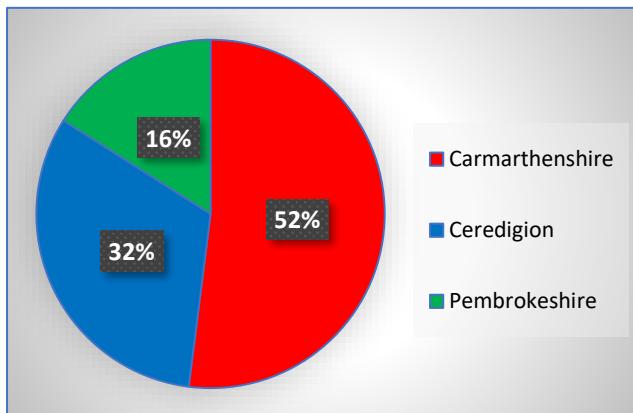
All organisations, teams and departments participating in the IiC scheme have an identified Carer Lead. Regular Carers Lead events have been delivered throughout the year in order to bring different settings together providing an opportunity for peer support, joint learning and updating on new local initiatives. In November 2020, to support Carers Rights day, three sessions were delivered via MS Teams to 32 Carer Leads.

Since January 2021 another seven events have taken place with a total of 84 attendees from the three counties.

Feedback from participants include:

'I thoroughly enjoyed it and looking forward to getting our bronze and then onto our silver.'

"Having conversations this afternoon online has got me thinking about what evidence I need for my folder, what I need to do for our Carers, what I need to do for our staff; and it brings it back up on the list of priorities"



Making a difference to Carers

1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

"To be honest I've never thought of myself as a Carer. After all, they are my parents and looking after them as they get older is just what you do. I got talking to a staff member at my local library about mum and they made me realise I was actually a Carer, they gave me lots of information on help and support available"



Spotlight on links to statutory and commissioned services

In Ceredigion the County Council Carers Unit provides the Carers Information Service and works closely with other departments within the Council, in particular social care. During lockdown some Carers were experiencing difficulties accessing essential shopping. In response, the Ceredigion Carers Unit developed an Adult Carers Card which was recognised by all major supermarkets when offering preferential shopping and delivery slots. Work is now progressing to implement this regionally.

Despite the difficulties presented with home working during the pandemic, the links with commissioned service providers have been strengthened through attending each other's meetings via on-line methods. At the beginning of pandemic the local authority and commissioned services worked together to ensure all Carers known to the local authority were offered Welfare Calls. In addition, over 800 welfare bags were delivered to Carers during Carers Week as part a partnership between the local authority library van drivers and leisure staff and commissioned services.

In Carmarthenshire, the Young Carer and Young Adult Carer steering group has continued to meet on a regular basis to share information and address any unmet needs. A Young Carer grants programme was successfully established and 68 young Carers were awarded support through this scheme. Grants were requested for a variety of purposes including: Food vouchers; laptops; tablets; bikes; TVs; webcams; bedroom furniture; sensory equipment etc. Carers in Carmarthenshire have been supported to access funding to enable alternative approaches to accessing a break from their caring role. This flexibility gave people choice and opportunity to be creative to respond to their individual circumstances.

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3. Support Carers to access and maintain education, training and employment opportunities.

One young Carer aged 12-18 spends 21-35 hours a week caring for a parent with multiple disabilities and mental health ill health. A grant of £225.97 was approved to purchase a dressing table and a printer.



"The printer has helped my daughter in so many ways. She can do school work, and print art. She can research new make-up techniques and photo and film techniques. She loves the new dressing table and uses it to practice make-up as she wants to be a makeup artist. These items have definitely lifted her spirits and are a great help. Thank you."

Spotlight on discharge from hospital planning

The Health Board and its local authority partners have taken a whole system approach to support and engage Carers in the discharge planning of patients and ensure active provision of Information, Advice and Assistance (IAA). Carer Officers (who are third sector employees) have been based in each hospital since January 2020 to support Carers and staff. The Carers Officers have a specific role in supporting staff to identify Carers earlier, enabling improved involvement in the discharge planning process and active provision of information and support. They also work closely with the Family Liaison Officers in each hospital who refer patients and their families to the Carer Officers. When access to the hospitals was restricted during the pandemic training and support was undertaken remotely making the best use of digital technology. This included promoting the uptake of the Carer aware e-learning training.

The Carer Aware e-learning was launched in November 2018 by Social Care Wales has been cascaded out to staff working in statutory and non-statutory services via a number of different means. During 2020/21 164 staff in Hywel Dda completed the e-learning, along with 80 colleagues in Ceredigion County Council.

What's been achieved during 2020/21

The Carer Officers:

- Supported **303** Carers as part of the discharge planning process for their family member
- Responded to **199** enquiries from ward staff and undertook **270** ward visits
- Distributed **481** hospital information packs and **118** carer information packs
- Delivered **105** Valuing Carers awareness sessions to **587** staff

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The support provided by the Carer Officer when mum was in hospital helped my mental and emotional wellbeing at a very uncertain and busy time.”



Spotlight on supporting Young Carers

Recognising Young Carers

Ceredigion County Council has worked with Carers Trust Wales to launch the Welsh Government funded Young Carers Card. Work is progressing with partners across West Wales to share learning and offer support to enable neighbouring counties to develop a card that will align and create some consistency for young Carers. A regional ID card is also being considered.

As part of Young Carers action day Ceredigion launched their first young Carers Newsletter, distributed to those young Carers registered with the information service as well as those receiving support from Action for Children, the commissioned service for Young Carers in Ceredigion.

The Wellbeing toolkit couldn't have come at a better time for my son Ben. He loved it, thank you."



Supporting Young and Young Adult Carers

The Health Board funded Crossroads Sir Gar to deliver increased support for young Carers and Young Adult Carers. This was the first time sessions had been delivered to a wide age range from 5-25 years old. In total 123 attendees participated and the sessions were hugely popular and engaged Carers who were previously not attending Zoom sessions.

Action for Children with support from the Health Board have developed a new Wellbeing toolkit for all young Carers and young adult Carers in Ceredigion and Pembrokeshire. This tool kit is designed to help find new ways of supporting their own wellbeing. The box contains a pack of cards with different calming activities to do as well as useful websites and contact details for additional support.

In Pembrokeshire, Action for Children worked with Pembrokeshire County Council to provide 148 young Carers with Christmas vouchers, family Christmas hampers and toys.

Making a difference to Carers

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- 2.** Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

Spotlight on Carers Resilience

The Health Board has been working closely with the Education Programme for Patients (EPP) team to promote the Introduction to Looking after Me (I2LAM) courses for Carers across the region. The aim of this programme is to give Carers the opportunity to learn skills to enable them to take care of their own health whilst caring for someone else, or support Carers to make plans for the future.

Ceredigion County Council have been leading on a regional project to roll-out the Carers Resilience & Well-Being (CR&WB) programme. Previously this was delivered in a traditional face-to-face setting, but during the year this has been rewritten in order to be delivered interactively online also. A range of modules have been developed including; Young Carers 8-13, Young Carers 14–17, Adult Carers in the community, Train the Facilitator and Resilience and Wellbeing Taster sessions.

The Carers Resilience Project was established in partnership with care managers and 3rd sector partners to address the needs and additional pressures encountered by Carers in Carmarthenshire as a result of the Covid-19 pandemic, and supporting them to continue their caring role. Support initiatives delivered through the project are identified through a 'What Matters' conversation with a Key Worker and the outcomes of involvement are measured utilising the Carers Outcome Star. The response takes account of the broad range of services from preventative interventions (e.g. Technology Enabled Care and Carers Emergency Card) that promote long term resilience through to intensive short-term input. The project also provides a safely coordinated pathway to accommodation-based care and support for complex needs (respite).

What's been achieved during 2020/21

- **4** virtual Looking After Me courses were delivered with **17** carers completing the I2LAM course. **85%** of Carers that attended the said the range of activities provided were good to excellent
- **24** professionals from across the region with responsibility of working with Carers attended a Carers Resilience and Well-being programme taster session and in total the facilitator training course was attended by **16** professionals, with a further **17** professionals on a waiting list for the next course.



"I think the 'Looking After Me' course was very good and the guided relaxation exercise at the end will be very beneficial, excellent tutor and everything was well explained"

Making a difference to Carers

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Spotlight on Regional Carers Innovation Scheme

The Regional Carers Support Innovation Fund was established in 2020-21 with funding from the Integrated Care Fund (ICF) to offer opportunities for third sector organisations to apply for short term funding to deliver projects that would support Carers across Carmarthenshire, Ceredigion and Pembrokeshire. This fund was administered by Pembrokeshire Association of Voluntary Services (PAVS), in collaboration with Carmarthenshire Association of Voluntary Services (CAVS) and Ceredigion Association of Voluntary Organisations (CAVO). Applications were invited to address key themes aligned to the regional Carers strategy. The fund provided up to 100% of revenue costs and up to £5,000 was awarded for projects in one county area and up to £15,000 for regional projects. Applications had to show clear and direct benefits for unpaid Carers, demonstrate value for money and match funding was encouraged. The safety of Carers was a priority and all projects were asked to take into account the current COVID restrictions.

Outcomes of the scheme

In total, **7** county based projects and **2** regional projects were funded.

- Carers physical fitness support sessions (Hafal, Carmarthenshire)
- Telling the stories of different carer's groups (Radio Aber Ltd)
- Sports reminiscence sessions (Haverfordwest AFC)
- Paid respite for carers (Newport Forum)
- Additional respite sessions (Shalom House)
- Watch me cook and dine with me (The Camomile Club)
- Online sessions for exercise, craft and social (VC Gallery)
- Respite retreat days for carers (Holistic Yoga Care Wales cic)
- Targeted support for older carers (Age Cymru Dyfed)

Online Carers Sessions

EVERY THURSDAY 10.30- 2.30

10.30 -11.15 Catch Up

12.00 -12.45 Speaker

1.15 -2pm Art with Ann Mills

4th March Daffodil painting



Making a difference to Carers

- 2.** Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

Spotlight on working together to support Carers

- In Pembrokeshire, a Carers Provider Forum was established in 2020 during the Covid-19 pandemic. Facilitated by PAVS, membership includes organisations providing, or wishing to provide, services to unpaid Carers of all ages. The Forum aims to enable effective networking and collaboration and make an effective contribution to the planning and delivery of services.
- A Living with Dementia forum was created by PAVS to enable people living with dementia and their Carers to use their valuable experience and knowledge to influence the development of strategies, policies, procedures and decisions relating to dementia services. The group identified Young Onset Dementia (YOD) as an area of focus and held an event to highlight the experiences of people diagnosed with YOD and their Carers. As an outcome of this work it is hoped that a day service specifically for YOD will be developed in West Wales.
- The Community Connectors support a Carers Group in Newport continued to meet online using Zoom and when restrictions eased the group met for regular wellbeing walks in the area.
- Pembrokeshire Dementia Supportive Communities in partnership with the West Wales Walking for Wellbeing project with the National Park has launched several walk and talk dementia supportive groups across the County. The group provides the opportunity for people living with dementia and their Carers to socialise and improve their physical and mental wellbeing.
- In partnership with Strength Academy Wales exercise sessions have also been run to provide people living with dementia and their Carers the opportunity to try out an exercise class.
- Ceredigion's Carers Alliance has continued to go from strength to strength in working together to ensure there has been a large offer of support activities for Carers and maintaining a sharing of information amongst all its partners, which include 3rd sector organizations, health and local authority representatives. The alliance was a major contributor to the counties' and regional response to the Welsh Government's consultation on the National plan for carers.



Making a difference to Carers

"After so much time feeling isolated this year, it was great for our wellbeing to meet the group and take regular walks"

2.

Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.



Spotlight on Employers for Carers (EfC)

The West Wales Carers Development Group participates in the Carers Wales Employers for Carers (EfC) scheme through an umbrella membership. Each individual partner organisation has taken forward specific actions, in addition to their collaboration as part of a regional Steering Group.

Hywel Dda University Health Board developed a Task and Finish group to take forward a number of internal initiatives including:

- Achievement of Employers for Carers Confident Level 1
- Approval of a Health Board Carers Policy for staff
- Encouraging staff with caring responsibilities to share their views and experiences via a staff survey which gained responses from 88 staff
- Introduction of Staff Carer Peer Support Group sessions. Staff who have benefited from our Carer Peer Support Group Sessions talk about their experience in this video:
<https://www.youtube.com/watch?v=rAzzbtUAfLQ>

Ceredigion County Council are progressing a Carers policy which will include the introduction of the Carers Passport and the added provision of 5 paid days of Carers Leave. Guidance for managers and Carers has been written for this policy and will go to scrutiny and cabinet in May 2021 with the launch of the policy due to be held during Carers week in June 2021. In the meantime the Carers Unit, jointly with Human Resources, have introduced monthly online drop in sessions for employee Carers.

“I am a Carer, and I joined the Peer Support Group and I found it really helpful. I was a little shy at first and unsure if I'd be able to speak and I was slightly emotional hearing others speak about their experience, but it was wonderful to realise that I'm not alone and that I can connect with others who understand, who get it. So, I did speak, and I felt better for it.”

Making a difference to Carers



- 3.** Support Carers to access and maintain education, training and employment opportunities.



Spotlight on Digital Inclusion

The pandemic has resulted in an increased use of digital methods of communication with Carers and many support services have been operating ‘virtually’. Some examples of this are shown below.

The Pembrokeshire Digital Connections partnership was formed during the pandemic to support people, including unpaid Carers, to access digital equipment and technology. This partnership includes the Local Authority, Health Board, PAVS, DELTA Wellbeing and Digital Communities Wales. Chromebooks were distributed to young Carers aged 16 – 20 in collaboration with young Carer support services.



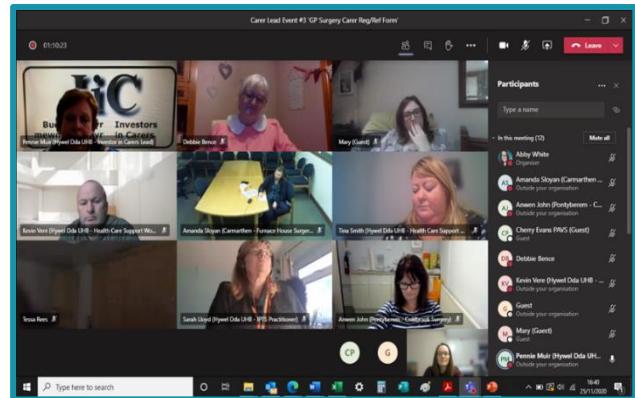
The summer edition of the Ceredigion Carers Magazine, focused on the benefits of digital technology for Carers with advice and guides for Carers of all ages. Articles included:

- A Delta Connect case study of one of their service users who was benefiting from their wellbeing calls and how he uses a red button lifeline
- NHS apps and web links to enable Carers to seek help to support health and wellbeing
- An explanation of video calling services and a ‘how to’ guide
- Age UK’s top tips for supporting friends and family who are new to using devices and technology
- Details of impartial organisations who can assist people to get online
- Positive ideas for Young Carers to stay connected during lockdown

The Pembrokeshire Community Connector service were successful in applying for GP Cluster funding to develop a digital tablet loan scheme - Connect IT. 100 tablets were loaned out to people registered with a GP in Pembrokeshire, including unpaid Carers.



The IiC team have delivered a number of online Carer Awareness training sessions which complement the Social Care Wales e-learning programme by building on this content and offer local context and information. The pandemic has enabled the team to embrace technology by using MS Teams video sessions which have increased engagement across the region. In total 54 sessions were delivered with 329 people attending. Feedback has suggested that there has been a 100% increase in participant's knowledge on the areas covered in the session: who are Carers, issues they face, the IiC scheme and the GP Surgery Carer registration/referral form and process.



"Very informative and a great insight for an organisation working towards Bronze. We will certainly look at the Silver Award in time."

Coleg Ceredigion adapted their Carer Partnership Scheme in the response to the Covid-19 pandemic and Coleg Ceredigion students supported Carers Week in a variety of ways including:

- Developing an opening video of support for Carers by Coleg Ceredigion students to make Carers are more visible online and raise awareness of Carers Week.
- Creating a Coleg Ceredigion's general knowledge quiz
- Holding a "Raise a cuppa" (social media campaign) to acknowledge the fantastic job that Carers are all doing.

All partners have made use of digital means and social media to post a number of Carer videos stories during Carers week 2020.

Pembrokeshire County Council delivered a Facebook Live Q&A session around employment rights and getting back into work. In Carmarthenshire, third sector partners have found new and different ways to deliver their services to Carers as a response to Covid-19. Age Cymru have provided a Digital Inclusion project, ensuring that there was appropriate and reliable support for people to access information and opportunities online.

In addition, an online recording of 'An informative overview of 'Carers Rights and the Law' by Professor Luke Clements' which made available for anyone across the region. Ceredigion Carers Unit also offered 3 live online sessions with Luke Clements; Carers rights, Carers rights for parent Carers and Carers rights for Professionals working with Carers.

Making a difference to Carers



Priorities for 2021/2022

Carers and the Carers' agenda has been established a priority within the Area Plan for West Wales. The Regional Partnership Board has adopted Carers as an integral priority, particularly recognising the cross-cutting impact and links across all its key programmes of work.

The key actions of our regional Carers strategy are based on the views and feedback from Carers and key stakeholders and we will continue to work to implement the principles which will underpin the regional strategy:

- Address key requirements, gaps and improvements identified through the West Wales Population Assessment and the objectives within the Area Plan
- Respond to Ministerial priorities for supporting Carers
- Complement and integrate a range of Carers' initiatives across the region to increase the visibility about the needs of unpaid Carers
- Ensure that the needs of Carers are represented through the A Healthier West Wales Transformation Programme

Some of our priorities for 2021/22 include:

1. Leading a review of the Carers needs assessment drawing on existing and new data and evidence to inform a refresh of the West Wales Population Needs Assessment.
2. Continuing to develop the uptake of Carers cards and the benefits that these offer to encourage Carers of all ages to self-identify themselves and access additional support which is available via Carer's information and outreach services.
3. Reviewing the support offered to Young Carers in West Wales and engaging Young Carers in the process to ensure a best practice innovative service is recommissioned for 2022/23.
4. Rollout the Resilience and Well-being facilitator training, to extend the support offered to those in employment with a caring role. This will coincide with the launch of the Ceredigion Local authority's Carer's policy in June 2021.
5. Actively promote the regional Employers for Carers membership, focusing in particular on working collaboratively with other public sector services as well as small and medium size enterprises (SMEs).
6. Continuing to encourage involvement in the Investors in Carers accreditation scheme and support progression through the award levels.
7. Work with others, including commissioned services to maximise the potential of digital services.

Conclusion

Carers are a fundamental focus within the West Wales Area Plan 2018-2023 which sets out our communities needs across West Wales and how we will work in partnership to respond to these. We are facing unprecedented changes in Health and Social Care and with an aging population, as well as the need to deliver services differently in response to the Covid-19 pandemic and the number of unpaid Carers who have self-identified themselves has increased significantly during the year. The West Wales Carers Development Group is committed to working together to deliver support for Carers in our communities in new and innovative ways, and to ensure that the needs of Carers are considered at every stage of their health and social care journey.

This Annual Report has provided an overview of the wide range of activity which has been on-going in West Wales to improve outcomes for Carers. Whilst the focus of the report has been on the work lead via the West Wales Carers Development Group and how the Welsh Government funding, ICF and core funding of partner organisations has been utilised to support this work, it is acknowledged that there are many other organisations and groups within West Wales who also provide valuable support and services to Carers.

GORLLEWIN CYMRU IACHACH:

Grŵp Datblygu

Gofalwyr Gorllewin Cymru

Adroddiad Blynnyddol

2020-21



Rhagarweiniad

Mae'r adroddiad hwn yn crynhoi gweithgarwch Grŵp Datblygu Gofalwyr Gorllewin Cymru (GDGGC) yn ystod y cyfnod 1 Ebrill 2020 hyd 31 Mawrth 2021. Mae GDGGC yn un o is-grwpiau ffurfiol Bwrdd Partneriaeth Rhanbarthol (BPRh) Gorllewin Cymru sy'n cynnwys cynrychiolwyr Bwrdd Iechyd Prifysgol Hywel Dda (y Bwrdd Iechyd), y tri awdurdod lleol, sef Sir Gaerfyrddin, Ceredigion a Sir Benfro, yn ogystal â mudiadau'r trydydd sector a'r sector gwirfoddol, a chynrychiolwyr defnyddwyr gwasanaethau a gofalwyr yng ngorllewin Cymru.

Mae'r adroddiad hwn yn cynnig trosolwg o'r gwaith a wnaed gan ddefnyddio'r cyllid gofalwyr a roddwyd gan Lywodraeth Cymru i fyrrdau iechyd, y Gronfa Gofal Integredig a chyllid craidd gan sefydliadau partner i sicrhau bod blaenoriaethau gofalwyr wedi'u hymwreiddio mewn gwasanaethau ar draws y rhanbarth, yn unol â gofynion Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014. Amlinellodd Llywodraeth Cymru ei disgwyliad y bydd awdurdodau iechyd, awdurdodau lleol a'r trydydd sector yn gweithio mewn partneriaeth i gefnogi gofalwyr o dan y Ddeddf, drwy wneud y canlynol:

- Cefnogi bywyd ochr yn ochr â gofalu – cynnig cyfleoedd i ofalwyr gael seibiannau rhesymol o'u rôl ofalu i'w galluogi i gynnal eu gallu i ofalu a chael bywyd y tu hwnt i ofalu.
- Nodi a chydnabod gofalwyr – gwella cydnabyddiaeth gan ofalwyr o'u rôl a sicrhau eu bod yn gallu cael gafael ar y cymorth iawn.
- Darparu gwybodaeth, cyngor a chymorth – darparu cyngor priodol pan mae ar ofalwyr ei angen a lle mae arnynt ei angen.

Mae ymateb i'r gofynion uchod yn ffurfio sail Adroddiad Blynnyddol Gofalwyr 2020/21, sy'n rhoi dystiolaeth o gynnydd mewn perthynas â phob un o'r meysydd hyn a'r budd a gafwyd gan ofalwyr.

Anghenion Gofalwyr yng Ngorllewin Cymru

Cyhoeddodd BPRh Gorllewin Cymru ei asesiad poblogaeth cyntaf ar gyfer gorllewin Cymru ym mis Ebrill 2017, ac wedi hyn datblygodd Gynllun Ardal Gorllewin Cymru 2018-2023. Casglwyd cryn dipyn o wybodaeth am anghenion y boblogaeth drwy ymgysylltu'n uniongyrchol â dinasyddion. Ychwanegwyd at hyn gan y data a'r adborth gan ddinasyddion a gasglwyd yn ystod ein gwaith diweddar i ddatblygu strategaeth gofalwyr ranbarthol ar gyfer gorllewin Cymru.

Dangosodd Cyfrifiad 2011 fod mwy na 370,000 o ofalwyr di-dâl o bob oedran yng Nghymru ac mae arbenigwyr wedi cyfrifo bod gofalwyr yng Nghymru wedi cyfrannu'r hyn sy'n cyfateb i ryw £8.1 biliwn at economi Cymru bob blwyddyn. Mae'r ffigurau hyn yn cynnwys unrhyw un sy'n gofalu am gyn lleied ag awr yr wythnos. Ni fydd angen unrhyw gymorth ychwanegol ar y rhan fwyaf o bobl sy'n treulio ychydig iawn o

amser yn gofalu. Fodd bynnag, mae gan Gymru hefyd y gyfran uchaf o ofalwyr hŷn a gofalwyr sy'n darparu mwy na 50 awr o ofal yr wythnos.

Ym mhoblogaeth gorllewin Cymru o 348,000, dangosodd Cyfrifiad 2011 fod oddeutu 47,000 o ofalwyr ond rydym yn gwybod bod hyn yn debygol o fod yn uwch o lawer o ystyried nad yw pobl bob amser yn cydnabod eu bod yn ofalwyr. Yn flaenorol, roedd oddeutu 9,000 o ofalwyr sy'n oedolion a dros 400 o ofalwyr ifanc wedi'u nodi drwy feddygfeydd, gwasanaethau cymdeithasol a lleoliadau addysg yng ngorllewin Cymru. Yn sgil y pandemig Covid-19, gwelwyd cynnydd yn nifer y gofalwyr di-dâl sy'n nodi eu bod yn ofalwyr a dangosodd adroddiad Arolwg Cenedlaethol Cymru ym mis Mehefin 2020 gynnydd o 35% yn nifer yr unigolion a ddywedodd eu bod yn gofalu am aelodau o'r teulu, ffrindiau a chymdogion, neu'n rhoi cymorth a chefnogaeth iddynt.

Mae'r Bwrdd Iechyd wedi bod yn rhagweithiol wrth gefnogi gofalwyr di-dâl gyda mynediad at brofion Covid ac, yn fwy diweddar, cefnogi'r broses o nodi gofalwyr di-dâl fel rhan o'u cymhwysedd i gael brechiad Covid. Mae hyn wedi arwain at dros 2,600 o ofalwyr di-dâl yn rhoi gwybod i'r Bwrdd Iechyd eu bod yn ofalwyr ond nad oeddent wedi cofrestru fel gofalwyr gyda'u meddygfa yn flaenorol. Fel rhan o weithredu'r Bwrdd Iechyd i wneud i bob cyswllt gyfrif, rhoddodd Tîm Gofalwyr y Bwrdd Iechyd wybodaeth ddilynol i bob gofalwr sydd newydd ei nodi, gan gynnwys gwybodaeth am wasanaethau cymorth i ofalwyr gan y trydydd sector a'r cyrsiau Cyflwyniad i Ofalu Amdanaf i a ddarperir gan y Rhaglen Addysg i Gleifion.

Mae'r Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr ar draws gorllewin Cymru wedi gweld cynnydd yn nifer y ceisiadau am gymorth. Yn Sir Gaerfyrddin, adroddodd yr Ymddiriedolaeth Gofalwyr - Croesffyrrd Canolbarth a Gorllewin Cymru, yn ystod 2020/21, fod nifer y gofalwyr wedi cynyddu 31%, o 4,613 i 6,071. Gwelodd Hafal Croesffyrrd, sy'n darparu gwybodaeth a chymorth yn Sir Benfro, nifer y gofalwyr a gofrestrwyd yn cynyddu o 2,570 i 2,918 a gwelodd Uned Gofalwyr Ceredigion gynnydd o 267 o ofalwyr, gan gynyddu o 825 i 1,092 o ofalwyr.

Yng ngorllewin Cymru, mae'r awdurdodau lleol a mudiadau'r trydydd sector wedi ymateb yn dda iawn i'r pandemig Covid-19, gan addasu eu gwasanaethau yn gyflym ac, mewn rhai achosion, symud eu gweithgareddau ar-lein. Er enghraift, symudodd grŵp gofalwyr Trefdraeth yn Sir Benfro o gyfarfod wyneb yn wyneb i gyfarfod ar Zoom gyda chefnogaeth gan Gysylltydd Cymunedol. O ganlyniad, roedd y grŵp gofalwyr yn fwy hygyrch i ofalwyr ledled y sir, gan ddenu gofalwyr newydd a oedd yn chwilio am gefnogaeth gan gymheiriaid ar-lein. Enghraift arall yw Uned Gofalwyr Ceredigion a ddarparodd raglen lawn o weithdai, hyfforddiant a thrafodaethau ynghylch hawliau gofalwyr yn ystod chwe mis olaf 2020-21. Roedd hyn yn dilyn yr hyfforddiant a'r gweithgareddau ar-lein llwyddiannus a ddarparwyd ar gyfer Wythnos Gofalwyr, pan gymerodd 147 o ofalwyr ran mewn 20 o gyrsiau hyfforddiant.

Mae'r holl wasanaethau i ofalwyr ifanc wedi parhau i weithredu ac addasu eu ffyrdd o weithio, gan ddefnyddio Zoom, WhatsApp a Microsoft Teams. Cynhaliwyd cyswllt rheolaidd â gofalwyr ifanc a'u teuluoedd i fynd i'r afael â materion. Er bod y rhan fwyaf o gysylltiadau wedi bod yn rhithwir, cynhaliwyd teithiau cerdded gan gadw pellter cymdeithasol ac ymweliadau cartref lle'r oedd y canllawiau cenedlaethol yn caniatáu hynny. Cynhaliwyd sesiynau grŵp ar-lein ond nid oes llawer o bobl wedi manteisio arnynt, ac mae'r bobl ifanc wedi dweud y byddai'n well ganddynt gyfarfod

wyned yn wyneb. Mae'r holl wasanaethau wedi sylwi ar ddirywiad yn iechyd meddwl pobl ifanc a rhieni dros y flwyddyn ac mae'r gwasanaethau wedi ymateb drwy gynnig cymorth priodol.

Datblygiadau Allweddol a Chynydd – 2020/21

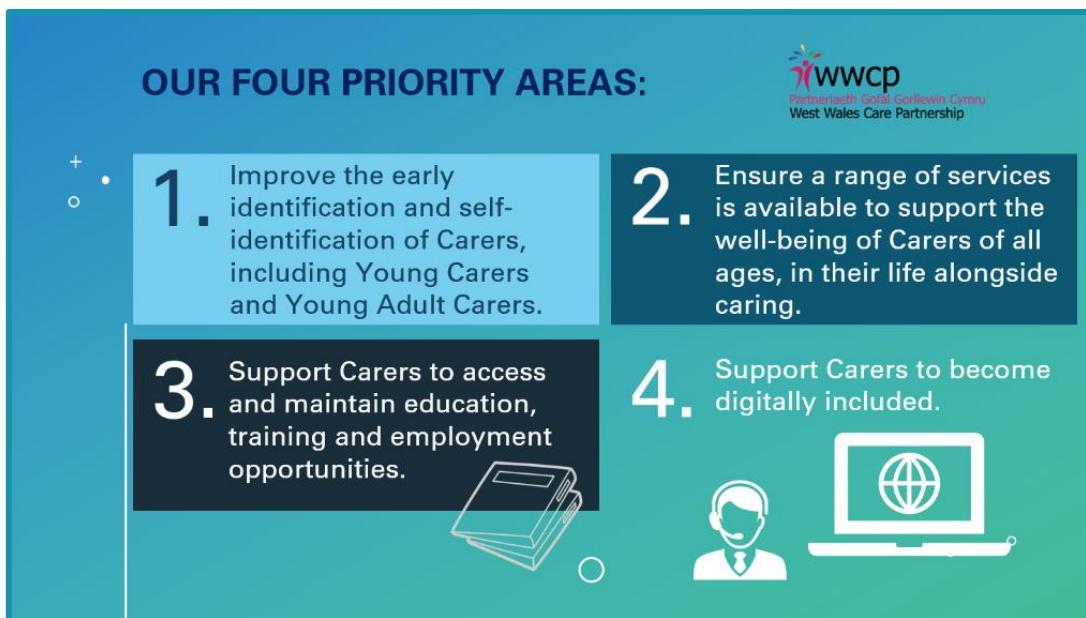


Ein Strategaeth Gofalwyr Gorllewin Cymru 2020-2025: Gwella Bywydau Gofalwyr

Yn ystod 2020/21, cafwyd cryn dipyn o ymgysylltu â gofalwyr, i ddechrau drwy drafodaethau gweithdy rhanbarthol ac mewn awdurdodau lleol, ac yna

symudwyd i ddatblygu arolwg ar-lein mewn ymateb i'r pandemig. Ymatebodd 558 o ofalwyr i'n harolwg ar-lein, gan gynnwys 18% a oedd yn ofalwyr ifanc o dan 18 oed.

Cyhoeddodd Bwrdd Partneriaeth Rhanbarthol Gorllewin Cymru Ein Strategaeth Gofalwyr Gorllewin Cymru 2020-2025: Gwella Bywydau Gofalwyr ym mis Tachwedd 2020. Mae'r strategaeth wedi sefydlu pedwar maes blaenoriaeth allweddol sy'n edrych ar y tymor hwy ac yn nodi'r weledigaeth ar gyfer y pedair blynedd nesaf. Drwy gydol ein strategaeth gofalwyr, rydym wedi defnyddio aelodau'r 'Teulu Jones' i'n helpu i feddwl am sut y gallai ein blaenoriaethau wneud gwahaniaeth i ofalwyr yn ein cymunedau. Nid teulu go iawn yw'r 'Teulu Jones' ond crëwyd y teulu i fod yn nodwediadol o rai o'r bobl sy'n byw yn ardal Hywel Dda a'r mathau o rolau gofalu mewn teuluoedd.



OUR FOUR PRIORITY AREAS:

- 1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.
- 2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.
- 3. Support Carers to access and maintain education, training and employment opportunities.
- 4. Support Carers to become digitally included.

WWCP
Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

Mae'r rhannau canlynol o'r adroddiad hwn yn amlinellu'r ffyrdd rydym wedi bod yn cyflawni'r blaenoriaethau hyn a'r gwahaniaeth y maent wedi'i wneud i'r rheiny sydd â chyfrifoldebau gofalu.

Dan sylw - Cynllun Buddsoddwyr mewn Gofalwyr (BmG)

Ar ran Grŵp Datblygu Gofalwyr Gorllewin Cymru, mae Bwrdd Iechyd Prifysgol Hywel Dda wedi parhau i gyflwyno'r cynllun Buddsoddwyr mewn Gofalwyr rhanbarthol. Yn ogystal â chyllido Swyddog Arweiniol Buddsoddwyr mewn Gofalwyr, mae'r Bwrdd Iechyd yn comisiynu cymorth rhanbarthol i'r cynllun BmG sy'n cael ei ddarparu drwy'r Ymddiriedolaeth Gofalwyr – Croesffyrrd Gorllewin Cymru. Mae BmG yn darparu'r sail ar gyfer gwaith gyda gweithwyr iechyd proffesiynol mewn lleoliadau sylfaenol, cymunedol ac ysbytai aciwt i godi ymwybyddiaeth o anghenion gofalwyr. Fodd bynnag, yn wahanol i rai meysydd eraill, mae BmG wedi'i gynllunio i gael ei ddefnyddio gan ystod eang o lleoliadau, gan gynnwys ysgolion, llyfrgelloedd, timau awdurdodau lleol, y Ganolfan Byd Gwaith a mudiadau'r trydydd sector.

Mae'r cynllun BmG bellach yn galluogi lleoliadau i symud drwy dair lefel, sef efydd, arian ac aur, ac yn ystod y flwyddyn, gwnaed cynnydd o ran sefydlu proses gyflwyno ar-lein ar gyfer dystiolaeth BmG. Un o elfennau craidd y cynllun BmG yw darparu system syml sy'n galluogi gofalwyr di-dâl i gofrestru fel gofalwr gyda'u meddyg teulu, sydd yn ei dro yn achosi atgyfeiriad at eu gwasanaeth gwybodaeth i ofalwyr lleol sy'n gallu darparu gwybodaeth a chymorth ychwanegol.

Yr hyn a gyflawnwyd yn ystod 2020/21

- Enillodd **12** o lleoliadau wobr Buddsoddwyr mewn Gofalwyr newydd (enillodd **9** wobr lefel Efydd, enillodd **2** wobr lefel Arian ac enillodd **1** wobr lefel Aur). Hefyd, cafodd **4** o lleoliadau ailddilysiad Efydd.
- Mae **44** o lleoliadau eraill wrthi'n gweithio tuag at eu lefel Efydd, mae **6** o lleoliadau yn gweithio tuag at eu lefel Arian ac mae **2** leoliad yn gweithio tuag at eu lefel Aur. Ers mis Mawrth 2013, mae cyfanswm o **95** o lleoliadau wedi ennill eu gwobrau BmG Efydd, mae 8 wedi ennill eu gwobrau Arian ac mae 3 wedi ennill eu gwobrau Aur.
- Bu'n rhaid i rai lleoliadau ailflaenoriedu oherwydd y pandemig, fodd bynnag, rhoddir cymorth i **87** o lleoliadau mewn ffyrdd gwahanol i barhau i weithio tuag at achrediad neu i gynnal eu lefel bresennol.
- Mae **2,309** o ofalwyr wedi cofrestru gyda meddygfeydd ar draws ardal y Bwrdd Iechyd (sy'n dod â chyfanswm nifer y gofalwyr sydd wedi'u cofrestru gyda meddygfeydd i **10,792**).
- Atgyfeiriwyd **1,087** o ofalwyr at y gwasanaeth gwybodaeth i ofalwyr drwy'r broses cofrestru ac atgyfeirio drwy feddygfa (sy'n dod â chyfanswm nifer yr atgyfeiriadau gan feddygfeydd i **5,582**).
- Bu cynnydd yn nifer y gofalwyr sydd wedi'u cofrestru gyda meddyg teulu yn ystod mis Mawrth 2021 o ganlyniad i ymgyrch gan y Bwrdd Iechyd i nodi gofalwyr di-dâl i gael brechiad. Yn ogystal, nodwyd dros **2,600** o ofalwyr di-dâl yn ystod y cyfnod Ebrill - Mai 2021 nad ydynt yn cael eu hadlewyrchu yn y ffigurau uchod.



Croesffyrrd Sir Gâr yn derbyn ei dystysgrif a'i blac lefel Aur mewn cyflwyniad gan gadw pellter cymdeithasol.



Coleg Sir Benfro oedd y cyntaf i gyflwyno ei dystiolaeth lefel Efydd yn electronig.

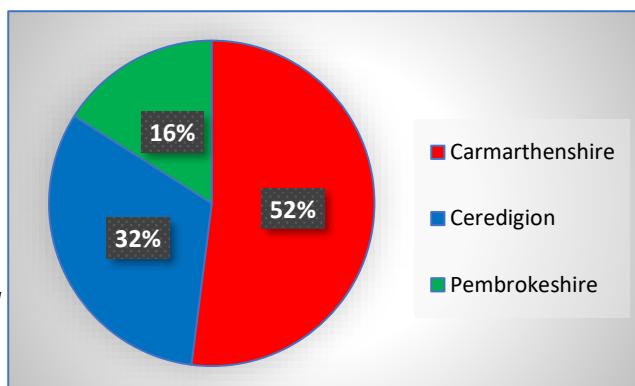
Digwyddiadau Arweinwyr Gofalwyr

Mae gan yr holl sefydliadau, timau ac adrannau sy'n cynryd rhan yn y cynllun BmG Arweinydd Gofalwyr a nodwyd. Mae digwyddiadau rheolaidd i Arweinwyr Gofalwyr wedi'u darparu drwy gydol y flwyddyn er mwyn dod â gwahanol leoliadau at ei gilydd, gan gynnig cyfle ar gyfer cefnogaeth gan gymheiriad, dysgu ar y cyd a diweddarriad yngylch mentrau lleol newydd. Ym mis Tachwedd 2020, er mwyn cefnogi diwrnod hawliau gofalwyr, darparwyd tair sesiwn drwy MS Teams i 32 o Arweinwyr Gofalwyr.

Ers mis Ionawr 2021, cynhaliwyd saith digwyddiad arall ac roedd cyfanswm o 84 o bobl o'r tair sir yn bresennol.

Roedd yr adborth gan y cyfranogwyr yn cynnwys:
'Roeddwn i wedi ei fwynhau'n fawr ac rwy'n edrych ymlaen at gael ein gwobr Efydd ac yna symud ymlaen i'n gwobr Arian.'

"Mae cael sgyrsiau ar-lein y prynhawn yma wedi gwneud imi feddwl am ba dystiolaeth sydd ei hangen arnaf ar gyfer fy ffolder, beth mae angen imi ei wneud ar gyfer ein gofalwyr, beth mae angen imi ei wneud ar gyfer ein staff, ac mae'n codi hynny eto yn y rhestr o flaenoriaethau."



Gwneud gwahaniaeth i ofalwyr

1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

"A dweud y gwir, dydw i erioed wedi meddwl amdanaf fy hun fel gofalwr. Wedi'r cyfan, fy rhieni ydyn nhw a gofalu amdanyst wrth iddynt heneiddio yw'r hyn rwy'n ei wneud. Dechreuais siarad ag aelod o staff yn fy llyfrgell leol am fy mam ac roeddent wedi gwneud imi sylweddoli fy mod i mewn gwirionedd yn ofalwr. Cefais lawer o wybodaeth ganddynt am y cymorth a'r gefnogaeth sydd ar gael."



Dan sylw – cysylltiadau â gwasanaethau statudol a gwasanaethau a gomisiynwyd

Yng Ngheredigion, mae Uned Gofalwyr y cyngor sir yn darparu'r Gwasanaeth Gwybodaeth i Ofalwyr ac mae'n cydweithio'n agos ag adrannau eraill yn y cyngor, yn benodol gofal cymdeithasol. Yn ystod y cyfyngiadau symud, roedd rhai gofalwyr yn cael anhawster siopa am eitemau hanfodol. Mewn ymateb i hyn, datblygodd Uned Gofalwyr Ceredigion Gerdyn Gofalwyr i Oedolion a oedd yn cael ei gydnabod gan yr holl archfarchnadoedd mawr wrth gynnig blaenoriaeth o ran slotiau siopa a danfon. Bellach, mae gwaith yn mynd rhagddo i roi hyn ar waith yn rhanbarthol.

Er yr anawsterau a gafwyd yn sgil gweithio gartref yn ystod y pandemig, mae'r cysylltiadau â darparwyr gwasanaethau a gomisiynwyd wedi'u cryfhau drwy fynychu cyfarfodydd ein gilydd, drwy ddulliau ar-lein. Ar ddechrau'r pandemig, bu'r awdurdod lleol a gwasanaethau a gomisiynwyd yn cydweithio i sicrhau y cynigwyd galwadau llesiant i'r holl ofalwyr yr oedd yr awdurdod lleol yn gwybod amdanynt. Hefyd, dosbarthwyd dros 800 o fagiau llesiant i ofalwyr yn ystod Wythnos Gofalwyr fel rhan o bartneriaeth rhwng gyrwyr fan lyfrgell yr awdurdod lleol, staff hamdden a gwasanaethau a gomisiynwyd.

Yn Sir Gaerfyrddin, mae'r grŵp llywio Gofalwyr Ifanc a Gofalwyr sy'n Oedolion Ifanc wedi parhau i gyfarfod yn rheolaidd i rannu gwybodaeth a mynd i'r afael ag unrhyw anghenion heb eu diwallu. Llwyddwyd i sefydlu rhaglen grantiau gofalwyr ifanc a chafodd 68 o ofalwyr ifanc gymorth drwy'r cynllun hwn. Gwnaed ceisiadau am grantiau at amrywiaeth o ddibenion, gan gynnwys: talebau bwyd; gliniaduron; tabledi; beiciau; setiau teledu; gwe-gamerâu; celfi ystafell wely; offer synhwyraidd, ac ati. Cafodd gofalwyr yn Sir Gaerfyrddin gymorth i gael cyllid i alluogi dulliau amgen o gael seibiant o'u rôl ofalu. Roedd yr hyblygrwydd hwn yn rhoi dewis i bobl a chyflie i fod yn greadigol i ymateb i'w hamgylchiadau unigol.

Gwneud gwahaniaeth i ofalwyr

1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

3. Support Carers to access and maintain education, training and employment opportunities.

Mae un gofalwr ifanc 12-18 oed yn treulio 21-35 awr yr wythnos yn gofalu am riant sydd â nifer o anableddau a salwch meddwl. Cymeradwywyd grant o £225.97 i brynu bwrdd ymbincio ac argraffydd.



"Mae'r argraffydd wedi helpu fy merch mewn nifer o ffyrdd. Gall wneud gwaith ysgol ac argraffu celf. Gall ymchwilio i dechnegau coluro newydd a thechnegau lluniau a ffilmiau. Mae hi'n dwlu ar y bwrdd ymbincio newydd ac mae'n ei ddefnyddio i ymarfer coluro gan ei bod hi am fod yn artist colur. Mae'r eitemau hyn yn bendant wedi codi ei hysbryd ac maent o gymorth mawr. Diolch."

Dan sylw – cynllunio ar gyfer rhyddhau o'r ysbyty

Mae'r Bwrdd Iechyd a'r awdurdodau lleol sy'n bartneriaid iddo wedi mabwysiadu dull system gyfan o ran cefnogi a chynnwys gofalwyr wrth gynllunio ar gyfer rhyddhau cleifion a sicrhau darpariaeth weithredol gwybodaeth, cyngor a chymorth. Mae Swyddogion Gofalwyr (sy'n weithwyr y trydydd sector) wedi'u lleoli ym mhob ysbyty ers mis Ionawr 2020 i gefnogi gofalwyr a staff. Mae gan y Swyddogion Gofalwyr rôl benodol o ran cefnogi staff i nodi gofalwyr yn gynnar, galluogi mwy o gyfraniad at y broses cynllunio ar gyfer rhyddhau a sicrhau darpariaeth weithredol gwybodaeth a chymorth. Maent hefyd yn cydweithio'n agos â'r Swyddogion Cyswllt â Theuluoedd ym mhob ysbyty sy'n atgyfeirio cleifion a'u teuluoedd at y Swyddogion Gofalwyr. Pan oedd mynediad i'r ysbytai wedi'i gyfyngu yn ystod y pandemig, rhoddwyd hyfforddiant a chymorth o bell, gan fanteisio i'r eithaf ar dechnoleg ddigidol. Roedd hyn yn cynnwys hyrwyddo'r hyfforddiant e-ddysgu Ymwybodol o Ofalwyr.

Lansiwyd yr hyfforddiant e-ddysgu Ymwybodol o Ofalwyr ym mis Tachwedd 2018 gan Gofal Cymdeithasol Cymru ac mae wedi'i raeadru i staff sy'n gweithio mewn gwasanaethau statudol ac anstatudol mewn nifer o wahanol ffyrdd. Yn ystod 2020/21, roedd 164 o staff yn Hywel Dda wedi cwblhau'r e-ddysgu, ynghyd ag 80 o gydweithwyr yng Nghyngor Sir Ceredigion.

Yr hyn a gyflawnwyd yn ystod 2020/21

Roedd y Swyddogion Gofalwyr wedi gwneud y canlynol:

- Cefnogi **303** o ofalwyr fel rhan o'r broses cynllunio ar gyfer rhyddhau eu haelod o'r teulu
- Ymateb i **199** o ymholaadau gan staff mewn wardiau a chynnal **270** o ymholaadau â wardiau
- Dosbarthu **481** o becynnau gwybodaeth i ysbytai a **118** o becynnau gwybodaeth i ofalwyr
- Darparu **105** o sesiynau ymwybyddiaeth Gwerthfawrogi Gofalwyr i **587** o staff

Gwneud gwahaniaeth i ofalwyr

1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

Roedd y cymorth a roddwyd gan y Swyddog Gofalwyr pan oedd fy mam yn yr ysbyty wedi helpu fy llesiant meddyliol ac emosiynol ar adeg ansicr a phrysur iawn."



Dan sylw – cefnogi gofalwyr ifanc

Cydnabod Gofalwyr Ifanc

Mae Cyngor Sir Ceredigion wedi gweithio gydag Ymddiriedolaeth Gofalwyr Cymru i lansio'r Cerdyn Gofalwyr Ifanc a ariennir gan Lywodraeth Cymru. Mae gwaith yn mynd rhagddo gyda phartneriaid ledled gorllewin Cymru i rannu dysgu a chynnig cymorth i alluogi siroedd cyfagos i ddatblygu cerdyn a fydd yn cyd-fynd ag ef ac yn creu rhywfaint o gysondeb i ofalwyr ifanc. Mae cerdyn adnabod rhanbarthol yn cael ei ystyried hefyd.

Fel rhan o ddiwrnod gweithredu gofalwyr ifanc, lansiodd Ceredigion ei llythyr newyddion cyntaf i oedolion ifanc a ddosbarthwyd i'r gofalwyr ifanc hynny sydd wedi'u cofrestru gyda'r gwasanaeth gwybodaeth, yn ogystal â'r rheiny sy'n cael cymorth gan Gweithredu dros Blant, sef y gwasanaeth a gomisiynwyd i ofalwyr ifanc yng Ngheredigion.

Ni allai'r pecyn cymorth llesiant fod wedi dod ar adeg well i fy mab, Ben. Roedd yn dwlu arno. Diolch."



Cefnogi Gofalwyr Ifanc a Gofalwyr sy'n Oedolion Ifanc

Roedd y Bwrdd lechyd wedi ariannu Croesffyrrd Sir Gâr i ddarparu mwy o gymorth i ofalwyr ifanc a gofalwyr sy'n oedolion ifanc. Dyma'r tro cyntaf roedd sesiynau wedi'u darparu i ystod oedran eang, sef o 5 i 25 oed. Roedd cyfanswm o 123 o fynychwyr wedi cymryd rhan. Roedd y sesiynau yn boblogaidd dros ben ac roeddent wedi cynnwys gofalwyr nad oeddent yn mynchu sesiynau Zoom o'r blaen.

Mae Gweithredu dros Blant, gyda chymorth gan y Bwrdd lechyd, wedi datblygu pecyn cymorth llesiant ar gyfer yr holl ofalwyr ifanc a gofalwyr sy'n oedolion ifanc yng Ngheredigion a Sir Benfro. Mae'r pecyn cymorth hwn wedi'i gynllunio i'w helpu i ddod o hyd i ffyrdd newydd o gefnogi eu llesiant eu hunain. Mae'r blwch yn cynnwys pecyn o gardiau sy'n dangos gwahanol weithgareddau llonyddol i'w gwneud, yn ogystal â gwefannau defnyddiol a manylion cyswllt ar gyfer cymorth ychwanegol.

Yn Sir Benfro, bu Gweithredu dros Blant yn gweithio gyda Chyngor Sir Penfro i ddarparu talebau Nadolig, hamperi Nadolig i deuluoedd a theganau i 148 o ofalwyr ifanc.

Gwneud gwahaniaeth i ofalwyr

- 1.** Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

- 2.** Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

Dan sylw – Gwydnwch Gofalwyr

Mae'r Bwrdd lechyd wedi bod yn cydweithio'n agos â thîm y Rhaglen Addysg i Gleifion i hyrwyddo'r cyrsiau Cyflwyniad i Ofalu Amdanaf i ymhliad gofalwyr ar draws y rhanbarth. Nod y rhaglen hon yw rhoi cyfle i ofalwyr ddysgu sgiliau i'w galluogi i ofalu am eu hiechyd eu hunain wrth ofalu am rywun arall, neu gefnogi gofalwyr i wneud cynlluniau ar gyfer y dyfodol.

Mae Cyngor Sir Ceredigion wedi bod yn arwain prosiect rhanbarthol i gyflwyno'r rhaglen Gwydnwch a Llesiant Gofalwyr. Yn flaenorol, caffodd ei darparu mewn lleoliad wyneb yn wyneb traddodiadol ond, yn ystod y flwyddyn, caffodd ei hailsgrifennu er mwyn ei darparu'n rhwngweithiol ar-lein hefyd. Mae amryw o fodiwlau wedi'u datblygu, gan gynnwys: Gofalwyr Ifanc 8-13, Gofalwyr Ifanc 14-17, Gofalwyr sy'n Oedolion yn y gymuned, Hyfforddi'r Hwylusydd a sesiynau rhagflas ar Wydnwch a Llesiant.

Sefydlwyd y Prosiect Gwydnwch Gofalwyr mewn partneriaeth â rheolwyr gofal a phartneriaid yn y trydydd sector i fynd i'r afael â'r anghenion a'r pwysau ychwanegol y mae gofalwyr yn Sir Gaerfyrddin yn eu profi o ganlyniad i'r pandemig Covid-19, a'u cefnogi i barhau â'u rôl ofalu. Mae mentrau cymorth a ddarperir drwy'r prosiect yn cael eu nodi drwy sgwrs 'Beth sy'n bwysig' gyda gweithiwr allweddol ac mae canlyniadau'r ymwneud yn cael eu mesur gan ddefnyddio'r Seren Canlyniadau Gofalwyr. Mae'r ymateb yn rhoi ystyriaeth i'r ystod eang o wasanaethau, o ymyriadau ataliol (e.e. gofal wedi'i alluogi gan dechnoleg a Cherdyn Argyfwng Gofalwyr) sy'n hybu gwydnwch hirdymor i fewnbwn tymor byr dwys. Mae'r prosiect hefyd yn darparu llwybr sydd wedi'i gydgysylltu'n ddiogel at ofal mewn llety a chymorth ar gyfer anghenion cymhleth (seibiant).

Yr hyn a gyflawnwyd yn ystod 2020/21

- Darparwyd **4** cwrs Gofalu Amdanaf i rhithwir a chwblhaodd **17** o ofalwyr y cwrs Cyflwyniad i Ofalu Amdanaf i. Dywedodd **85%** o'r gofalwyr a oedd yn bresennol fod yr ystod o weithgareddau a ddarparwyd yn dda i ardderchog.
- Mynychodd **24** o weithwyr proffesiynol o bob rhan o'r rhanbarth sydd â chyfrifoldeb am weithio gyda gofalwyr sesiwn ragflas ar y rhaglen Gwydnwch a Llesiant Gofalwyr a mynychodd cyfanswm o **16** o weithwyr proffesiynol y cwrs hyfforddi'r hwylusydd, ac mae **17** o weithwyr proffesiynol eraill ar restr aros ar gyfer y cwrs nesaf.



"Roedd y cwrs 'Gofalu Amdanaf i' yn dda iawn a bydd yr ymarfer ymlacio dan arweiniad ar y diwedd yn fuddiol iawn. Tiwtor ardderchog ac roedd popeth wedi'i esbonio'n dda."

Gwneud gwahaniaeth i ofalwyr

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

1. Improve the early identification and self-identification of Carers, including Young Carers and Young Adult Carers.

Dan sylw – Cynllun Arloesi Rhanbarthol i Ofalwyr

Sefydlwyd y Gronfa Arloesi Cymorth i Ofalwyr ranbarthol yn 2020-21 gyda chyllid o'r Gronfa Gofal Integredig i gynnig cyfleoedd i fudiadau'r trydydd sector ymgeisio am gyllid tymor byr i ddarparu prosiectau a fyddai'n cefnogi gofalwyr ar draws Sir Gaerfyddin, Ceredigion a Sir Benfro. Gweinyddwyd y gronfa hon gan Gymdeithas Gwasanaethau Gwirfoddol Sir Benfro (PAVS), mewn cydweithrediad â Chymdeithas Gwasanaethau Gwirfoddol Sir Gaerfyddin (CAVS) a Chymdeithas Mudiadau Gwirfoddol Ceredigion (CAVO). Gwahoddwyd ceisiadau i roi sylw i'r prif themâu sy'n cyd-fynd â'r strategaeth gofalwyr ranbarthol. Darparodd y gronfa hyd at 100% o gostau refeniw a dyfarnwyd hyd at £5,000 ar gyfer prosiectau mewn un ardal sirol a hyd at £15,000 ar gyfer prosiectau rhanbarthol. Roedd yn rhaid i'r ceisiadau ddangos buddion amlwg ac uniongyrchol i ofalwyr di-dâl a dangos gwerth am arian, ac anogwyd arian cyfatebol. Roedd diogelwch gofalwyr yn flaeoniaeth a gofynnwyd i'r holl brosiectau roi ystyriaeth i'r cyfyngiadau COVID presennol.

Canlyniadau'r cynllun

Ariannwyd cyfanswm o **7** prosiect sirol a **2** brosiect rhanbarthol.

- Sesiyau cefnogi ffitrwydd corfforol gofalwyr (Hafal, Sir Gaerfyddin)
- Adrodd straeon gwahanol grwpiau gofalwyr (Radio Aber Ltd)
- Sesiyau atgofion chwaraeon (Clwb Pêl-droed Hwlfordd)
- Seibiant y talwyd amdano i ofalwyr (Fforwm Trefdraeth)
- Sesiyau seibiant ychwanegol (Tŷ Shalom)
- Gwylwch fi'n coginio a bwytewch gyda fi (Clwb Camri)
- Sesiyau ymarfer corff, crefftaw a sesiyau cymdeithasol ar-lein (Oriel VC)
- Diwrnodau encil ar gyfer seibiant i ofalwyr (Holistic Yoga Care Wales – cwmni buddiannau cymunedol)
- Cymorth wedi'i dargedu i ofalwyr hŷn (Age Cymru Dyfed)

Online Carers Sessions

EVERY THURSDAY 10.30- 2.30

10.30 -11.15 Catch Up

12.00 -12.45 Speaker

1.15 -2pm Art with Ann Mills

4th March Daffodil painting



Gwneud gwahaniaeth i ofalwyr

- 2.** Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.

Dan sylw – cydweithio i gefnogi gofalwyr

- Yn Sir Benfro, sefydlwyd Fforwm Darparwyr i Ofalwyr yn 2020 yn ystod y pandemig Covid-19. Caiff ei hwyluso gan PAVS, ac mae'r aelodau'n cynnwys sefydliadau sy'n darparu, neu sy'n dymuno darparu, gwasanaethau i ofalwyr di-dâl o bob oedran. Nod y fforwm yw galluogi rhwydweithio a chydweithredu effeithiol a gwneud cyfraniad effeithiol at gynllunio a darparu gwasanaethau.
- Crëwyd fforwm Byw gyda Dementia gan PAVS i alluogi pobl sy'n byw gyda dementia a'u gofalwyr i ddefnyddio eu profiad a'u gwybodaeth werthfawr i ddylanwadu ar y gwaith o ddatblygu strategaethau, polisiau, gweithdrefnau a phenderfyniadau ynghylch gwasanaethau dementia. Roedd y grŵp wedi nodi bod dementia cynnar yn faes i ganolbwytio arno a chynhaliwyd digwyddiad i dynnu sylw at brofiadau pobl sy'n cael diagnosis o dementia cynnar a'u gofalwyr. Yn sgil y gwaith hwn, gobeithir y bydd gwasanaeth dydd yn benodol ar gyfer dementia cynnar yn cael ei ddatblygu yng ngorllewin Cymru.
- Mae'r Cysylltwyr Cymunedol yn cefnogi grŵp gofalwyr yn Nhreffdraeth a oedd wedi parhau i gyfarfod ar-lein gan ddefnyddio Zoom a, phan gafodd y cyfyngiadau eu llacio, bu'r grŵp yn cwrdd ar gyfer teithiau cerdded llesiant rheolaidd yn yr ardal.
- Mae Cymunedau Cefnogi Pobl â Dementia Sir Benfro, mewn partneriaeth â'r prosiect Cerdded ar gyfer Llesiant Gorllewin Cymru gyda'r Parc Cenedlaethol, wedi lansio nifer o grwpiau cerdded a siarad sy'n cefnogi dementia ledled y sir. Mae'r grŵp yn cynnig cyfle i bobl sy'n byw gyda dementia a'u gofalwyr i gymdeithasu a gwella eu llesiant corfforol a meddyliol.
- Mewn partneriaeth ag Academi Cryfder Cymru, cynhaliwyd sesiynau ymarfer corff hefyd i gynnig cyfle i bobl sy'n byw gyda dementia a'u gofalwyr roi cynnig ar ddosbarth ymarfer corff.
- Mae Cyngahrair Gofalwyr Ceredigion wedi parhau i fynd o nerth i nerth wrth gydweithio i sicrhau y cynigir llawer o weithgareddau cymorth i ofalwyr ac y parheir i rannu gwybodaeth ymhlið ei holl bartneriaid, sy'n cynnwys cynrychiolwyr mudiadau'r trydydd sector, awdurdodau iechyd ac awdurdodau lleol. Roedd y gyngahrair yn un o'r prif gyfranwyr at ymateb y siroedd a'r ymateb rhanbarthol i ymgynghoriad Llywodraeth Cymru ar y cynllun cenedlaethol i ofalwyr.



Gwneud gwahaniaeth i ofalwyr

"Ar ôl treulio cymaint o amser yn teimlo'n ynysig eleni, roedd yn wych i'n llesiant cael cwrdd â'r grŵp a mynd am dro yn rheolaidd."

2. Ensure a range of services is available to support the well-being of Carers of all ages, in their life alongside caring.



Dan sylw – Cyflogwyr i Ofalwyr

Mae Grŵp Datblygu Gofalwyr Gorllewin Cymru yn cymryd rhan yng nghynllun Cyflogwyr i Ofalwyr Gyrfa Cymru drwy aelodaeth ymbarél. Mae pob sefydliad partner unigol wedi cyflawni camau gweithredu penodol, yn ogystal â'u cydweithrediad fel rhan o grŵp llywio rhanbarthol.

Datblygodd Bwrdd Iechyd Prifysgol Hywel Dda grŵp gorchwyl a gorffen i symud ymlaen â nifer o fentrau mewnol, gan gynnwys y canlynol:

- Cyflawni Lefel 1 Hyderus ynghylch Cyflogwyr i Ofalwyr
- Cymeradwyo polisi gofalwyr y Bwrdd Iechyd i'r staff
- Annog staff sydd â chyfrifoldebau gofalu i rannu eu barn a'u profiadau drwy arolwg staff a gafodd ymatebion gan 88 o aelodau o staff
- Cyflwyno sesiynau Grŵp Cefnogaeth gan Gymheiriad i Ofalwyr ar gyfer staff. Mae staff sydd wedi elwa o'n sesiynau Grŵp Cefnogaeth gan Gymheiriad i Ofalwyr yn sôn am eu profiad yn y fideo hwn: <https://www.youtube.com/watch?v=rAzzbtUAfLQ>

Mae Cyngor Sir Ceredigion yn datblygu polisi gofalwyr a fydd yn cynnwys cyflwyno'r Pasbort Gofalwyr a darpariaeth ychwanegol, sef 5 diwrnod o absenoldeb gofalwr â thâl. Mae canllawiau i reolwyr a gofalwyr wedi'u hysgrifennu ar gyfer y polisi hwn a byddant yn mynd gerbron y pwylgor craffu a'r cabinet ym mis Mai 2021, a bwriedir lansio'r polisi yn ystod Wythnos Gofalwyr ym mis Mehefin 2021. Yn y cyfamser, mae'r Uned Gofalwyr, ar y cyd ag Adnoddau Dynol, wedi cyflwyno sesiynau galw heibio ar-lein misol ar gyfer gweithwyr sy'n ofalwyr.

“Rydw i'n ofalwr ac ymunais â'r grŵp cefnogaeth gan gymheiriad ac roedd o gymorth mawr. Roeddwn ychydig yn swil ar y dechrau ac nid oeddwn yn sicr a fyddwn yn gallu siarad, ac roeddwn ychydig yn emosynnol wrth glywed eraill yn sôn am eu profiadau, ond roedd yn wych sylweddoli nad wyf ar fy mhen fy hun ac fy mod i'n gallu cysylltu ag eraill sy'n deal. Felly, siaradais ac roeddwn yn teimlo'n well am wneud hynny.”

Gwneud gwahaniaeth i ofalwyr



3. Support Carers to access and maintain education, training and employment opportunities.



Dan sylw – Cynhwysiant Digidol

Mae'r pandemig wedi arwain at fwy o ddefnydd o ddulliau cyfathrebu digidol gyda gofalwyr ac mae llawer o wasanaethau cymorth wedi bod yn gweithredu'n rhithwir. Dangosir enghreifftiau o hyn isod.

Ffurfiwyd partneriaeth Cysylltiadau Digidol Sir Benfro yn ystod y pandemig i gefnogi pobl, gan gynnwys gofalwyr di-dâl, i gael gafael ar offer a thechnoleg ddigidol. Mae'r bartneriaeth hon yn cynnwys yr awdurdod lleol, y Bwrdd Iechyd, PAVS, Llesiant Delta a Cymunedau Digidol Cymru. Dosbarthwyd Chromebooks i ofalwyr ifanc 16 – 20 oed mewn cydweithrediad â gwasanaethau cymorth i ofalwyr ifanc.



Roedd rhifyn yr haf o Gylchgrawn Gofalwyr Ceredigion yn canolbwyntio ar fuddion technoleg ddigidol i ofalwyr, gan gynnwys cyngor a chanllawiau i ofalwyr o bob oedran. Roedd yr erthyglau yn cynnwys y canlynol:

- Astudiaeth achos gan Delta Connect o un o'u defnyddwyr gwasanaeth a oedd yn elwa o'u galwadau llesiant a sut y mae'n defnyddio llinell gymorth y botwm coch
- Apiau'r GIG a dolenni i'r we i alluogi gofalwyr i geisio cymorth i gefnogi iechyd a llesiant
- Esboniad o wasanaethau galwad fideo a chanllaw 'sut i wneud'
- Yr awgrymiadau gorau gan Age UK i gefnogi ffrindiau a theulu sy'n dechrau defnyddio dyfeisiau a thechnoleg
- Manylion am sefydliadau diduedd sy'n gallu helpu pobl i fynd ar-lein
- Syniadau cadarnhaol er mwyn i ofalwyr ifanc gadw mewn cysylltiad yn ystod y cyfyngiadau symud

Roedd gwasanaeth Cysylltwyr Cymunedol Sir Benfro yn llwyddiannus wrth ymgeisio am gyllid clwstwr meddygon teulu i ddatblygu cynllun benthyca tabled digidol - Connect IT. Benthycwyd 100 o dabledi i bobl a oedd wedi'u cofrestru gyda meddyg teulu yn Sir Benfro, gan gynnwys gofalwyr di-dâl.



Mae'r tîm BmG wedi darparu nifer o sesiynau hyfforddiant Ymwybyddiaeth o Ofalwyr ar-lein sy'n cyfannu rhaglen e-ddysgu Gofal Cymdeithasol Cymru drwy ychwanegu at y cynnwys hwn a chynnig cyd-destun a gwybodaeth leol. Mae'r pandemig wedi galluogi'r tîm i groesawu technoleg drwy ddefnyddio sesiynau fideo MS Teams sydd wedi cynyddu ymgysylltiad ar draws y rhanbarth. Darparwyd cyfanswm o 54 o sesiynau ac roedd 329 o bobl yn bresennol. Mae'r adborth wedi awgrymu y cafwyd cynnydd o 100% yng ngwybodaeth y cyfranogwyr am y meysydd a gwmpaswyd yn y sesiwn: pwy yw gofalwyr, materion y maent yn eu hwynnebu, cynllun BmG a'r ffurflen a'r broses gofrestru/atgyfeirio i ofalwyr gan feddygfeydd.



"Addysgiadol iawn a chipolwg gwych i sefydliad sy'n gweithio tuag at y wobr Efydd. Byddwn yn sicr yn edrych ar y wobr Arian maes o law."

Gwnaeth Coleg Ceredigion addasu ei Gynllun Partneriaeth â Gofalwyr wrth ymateb i'r pandemig Covid-19 a chefnogodd myfyrwyr Coleg Ceredigion Wythnos Gofalwyr mewn amrywiaeth o ffyrdd, gan gynnwys y canlynol:

- Datblygu fideo agoriadol o gefnogaeth i ofalwyr gan ffyrwyr Coleg Ceredigion i sicrhau bod gofalwyr yn fwy gweladwy ar-lein a chodi ymwybyddiaeth o Wythnos Gofalwyr.
- Creu cwis gwybodaeth gyffredinol Coleg Ceredigion.
- Cynnal "Codi dishgled" (ymgyrch ar y cyfryngau cymdeithasol) i gydnabod y gwaith gwych y mae aofalwyr yn ei wneud.

Mae'r holl bartneriaid wedi defnyddio dulliau digidol a'r cyfryngau cymdeithasol i ddangos nifer o straeon fideo gofalwyr yn ystod Wythnos Gofalwyr 2020.

Darparodd Cyngor Sir Penfro sesiwn holi ac ateb ar Facebook Live ynghylch hawliau cyflogaeth a mynd yn ôl i'r gwaith. Yn Sir Gaerfyrddin, mae partneriaid yn y trydydd sector wedi dod o hyd i ffyrdd newydd a gwahanol o ddarparu eu gwasanaethau i ofalwyr fel ymateb i Covid-19. Mae Age Cymru wedi darparu prosiect cynhwysiant digidol, gan sicrhau bod cymorth priodol a dibynadwy er mwyn i bobl gael gwybodaeth a chyfleoedd ar-lein.

Hefyd, roedd recordiad ar-lein o '*An informative overview of 'Carers Rights and the Law' by Professor Luke Clements*' ar gael i bawb ar draws y rhanbarth. Cynigiodd Uned Gofalwyr Ceredigion dair sesiwn fyw ar-lein gyda Luke Clements: Hawliau Gofalwyr, Hawliau Gofalwyr i Ofalwyr sy'n Rhieni a Hawliau Gofalwyr i Weithwyr Proffesiynol sy'n Gweithio gyda Gofalwyr.

Gwneud gwahaniaeth i ofalwyr



Blaenoriaethau ar gyfer 2021/2022

Mae gofalwyr a'r agenda gofalwyr yn flaenoriaeth yng Nghynllun Ardal Gorllewin Cymru. Mae'r Bwrdd Partneriaeth Rhanbarthol wedi mabwysiadu gofalwyr yn flaenoriaeth hanfodol, gan gydnabod yn benodol yr effaith drawsbynciol a'r cysylltiadau ar draws ei holl raglenni gwaith allweddol.

Mae camau gweithredu allweddol ein strategaeth gofalwyr ranbarthol yn seiliedig ar farn ac adborth gan ofalwyr a rhanddeiliaid allweddol a byddwn yn parhau i weithio i weithredu'r egwyddorion a fydd yn sail i'r strategaeth ranbarthol:

- Mynd i'r afael â'r prif ofynion, bylchau a gwelliannau a nodwyd drwy Asesiad Poblogaeth Gorllewin Cymru a'r amcanion yn y Cynllun Ardal
- Ymateb i flaenoriaethau Gweinidogol ynghylch cefnogi gofalwyr
- Cyfannu ac integreiddio ystod o fentrau gofalwyr ar draws y rhanbarth i gynyddu gweledeedd o ran anghenion gofalwyr di-dâl
- Sicrhau bod anghenion gofalwyr yn cael eu cynrychioli drwy'r Rhaglen Trawsnewid Gorllewin Cymru lachach

Dyma rai o'n blaenoriaethau ar gyfer 2021/22:

1. Arwain adolygiad o'r asesiad o anghenion gofalwyr, gan ddefnyddio data a thystiolaeth bresennol a newydd i lywio'r gwaith o ddiweddar u'r Asesiad o Anghenion Poblogaeth Gorllewin Cymru.
2. Parhau i ddatblygu'r defnydd o gardiau gofalwyr a'r manteision y mae'r rhain yn eu cynnig er mwyn annog gofalwyr o bob oedran i nodi eu bod yn ofalwyr a chael cymorth ychwanegol sydd ar gael drwy wasanaethau gwybodaeth ac allgymorth i ofalwyr.
3. Adolygu'r cymorth a gynigir i ofalwyr ifanc yng ngorllewin Cymru a chynnwys gofalwyr ifanc yn y broses i sicrhau bod gwasanaeth arloesol sy'n cynnwys yr arferion gorau yn cael ei ailgomisiynu ar gyfer 2022/23.
4. Cyflwyno'r hyfforddiant hwyluswyr Gwydnwch a Llesiant, er mwyn ehangu'r cymorth a gynigir i'r rheiny sydd mewn cyflogaeth ac sydd â'r rôl ofalu. Bydd hyn yn cyd-fynd â lansio polisi gofalwyr awdurdod lleol Ceredigion ym mis Mehefin 2021.
5. Bod yn weithredol wrth hyrwyddo aelodaeth ranbarthol Cyflogwyr i Ofalwyr, gan ganolbwytio'n benodol ar gydweithio â gwasanaethau eraill yn y sector cyhoeddus, yn ogystal â mentrau bach a chanolig.
6. Parhau i annog ymwneud â'r cynllun achredu Buddsoddwyr mewn Gofalwyr a chefnogi dilyniant drwy lefelau'r gwobrau.
7. Cydweithio ag eraill, gan gynnwys gwasanaethau a gomisiynwyd, i wneud y defnydd mwyaf posibl o wasanaethau digidol.

Casgliad

Mae gofalwyr yn ffocws sylfaenol yng Nghynllun Ardal Gorllewin Cymru 2018-2023 sy'n amlinellu anghenion ein cymunedau ar draws gorllewin Cymru a sut y byddwn yn gweithio mewn partneriaeth i ymateb i'r rhain. Rydym yn wynebu newidiadau digynsail ym maes lechyd a Gofal Cymdeithasol ac mae gennym boblogaeth sy'n heneiddio. Hefyd, mae angen darparu gwasanaethau mewn ffordd wahanol mewn ymateb i'r pandemig Covid-19 ac mae nifer y gofalwyr di-dâl sydd wedi nodi eu bod yn ofalwyr wedi cynyddu'n sylweddol yn ystod y flwyddyn. Mae Grŵp Datblygu Gofalwyr Gorllewin Cymru wedi ymrwymo i gydweithio i ddarparu cymorth i ofalwyr yn ein cymunedau mewn ffyrdd newydd ac arloesol, ac i sicrhau bod anghenion gofalwyr yn cael eu hystyried ym mhob cam o'u taith ym maes iechyd a gofal cymdeithasol.

Mae'r adroddiad blynnyddol hwn wedi cynnig trosolwg o'r ystod eang o weithgarwch sydd wedi bod yn mynd rhagddo yng ngorllewin Cymru i wella canlyniadau i ofalwyr. Er bod yr adroddiad wedi canolbwytio ar y gwaith a arweiniwyd drwy Grŵp Datblygu Gofalwyr Gorllewin Cymru a sut y defnyddiwyd cyllid Llywodraeth Cymru, y Gronfa Gofal Integredig a chyllid craidd gan sefydliadau partner i gefnogi'r gwaith hwn, cydnabyddir bod nifer o sefydliadau a grwpiau eraill yng ngorllewin Cymru sydd hefyd yn darparu cymorth a gwasanaethau gwerthfawr i ofalwyr.