

Hywel Dda ar y Maes

Pob dydd Every day	Dewch i drafod swyddi a gyrfaeodd ym Mwrdd Iechyd Hywel Dda gyda'n tîm Gweithlu'r Dyfodol. Ymunwch yn yr hwyl gydag amser stori a chwarae sensori gyda'n tîm Therapiau Plant. Galwch draw i sgwrsio â'n tîm Fferyllfa a'n tîm Imiwneiddio a Brechu. Dewch i mewn i ni gymryd eich pwysedd gwaed. Camwch i mewn i'r byd rhithwyr gyda phenset VR gan ein tîm Digidol. Chat to our Future Workforce team about job and career opportunities at Hywel Dda University Health Board. Join fun-filled activities such as story time and sensory play with our Children's Therapies Services. Call by for a chat with our Pharmacy team and our Immunisation and Vaccination team. Come in to have your blood pressure checked. Enter virtual reality in a VR headset with our Digital team.
Sadwrn Saturday	10.30 Sesiwn Clocs Ffit gyda Tudur Phillips Clocs Fit Session with Tudur Phillips.
Sul Sunday	10.00 Tîm Dechrau Da Ysgolion Iachach Flying Start Healthier Schools 2.00 Cyn-ddiabetes ag atal datblygu Diabetes - Dr Sion James
Llun Monday	11.30 Y Ganolfan Dysgu Cymraeg Genedlaethol - Cynllun newydd i Fydwragedd National Centre for Learning Welsh – New scheme for Midwives 1.30 Ymchwil ar y Gymraeg mewn gwasanaethau optegol Research on the Welsh language in optician services 3.00 Popeth yn Gymraeg - hyd yn oed 'da'r doctor - Dr Ceril Rhys-Dillon, Ymgynghorydd Rheumatoleg Rheumatology Consultant Galwch draw i sgwrsio â staff Iechyd Cyhoeddus Cymru Call in for a chat with staff from Public Health Wales
Mawrth Tuesday	10.30 Sesiwn celf gydag Orielodl Art session with Orielodl 11.00 Gofalwn Cymru – Sut beth yw gweithio ym maes gofal? Straeon Llysgenhadon Gofalwn Cymru What's it like to work in care? Stories from Gofalwn Cymru Ambassadors Gwybodaeth am bresgripsiynau Heb Glwten gan Partneriaeth Cydwasanaethau GIG Cymru Information about Gluten Free prescriptions by NHS Wales Shared Services Partnership 2.00 Bywyd Meddyg Teulu yn Sir Benfro - Dr Miriam Hopwood a Dr Bethan Green Galwch draw i sgwrsio â staff Iechyd Cyhoeddus Cymru Call in for a chat with staff from Public Health Wales
Mercher Wednesday	10.30 Ioga Sedd Seated Yoga 11.00 Gofalwn Cymru - Darganfod Sgiliau Cymraeg Cudd mewn Gofal Cymdeithasol Discovering Hidden Welsh Skills in Social Care 12.30 Dr Llinos Roberts – Lansio cynllun newydd Coleg Meddygol Prifysgol Abertawe Launch of Swansea University's new Medical College scheme 3.00 Ioga Sedd Seated Yoga
Iau Thursday	11.30 Panel siarad - Sut mae technoleg digidol yn newid y GIG? Iechyd a Gofal Digidol Cymru Digital Health and Care Wales 2.00 Lansio Cynllun Strategol Gofalwn Cymru Launch of Social Care Wales Strategic Plan 2.30 Ymweliad llenyddol gan yr Archdderwydd Mererid Hopwood A literary visit by Archdruid Mererid Hopwood
Gwener Friday	11.30 Panel siarad - Ysbrydoli arloesi: Menywod yn Arwain y Ffordd gan Gwyddorau Bywyd Cymru Panel discussion - Inspiring Innovation: Women Leading the Way in Wales by Life Sciences Hub Wales. 1.30 Bord Gron Llais a Mwy na Geiriau - rhannu Egwyddorion y Bobl a sut y gellir eu defnyddio i lunio system iechyd a gofal cymdeithasol tecach, mwy hygyrch i bawb yng Nghymru - Mabon ap Gwynfor, Y Gweinidog Cabinet dros Iechyd a Gofal i ymuno â'r drafodaeth Llais and More Than Just Words Round Table discussion - Share the People's Principles and how they can be used to shape a fairer, more accessible health and social care system for everyone in Wales - the Cabinet Minister for Health and Care to join the discussion.

Angen ysbaid i fwydo'ch babi? Galwch draw!
Need a respite to feed your baby? Call in!

#IechydDaHywelDda

