CORONAFEIRWS (COVID-19): DIWEDDARIAD WYTHNOSOL I DDARPARWYR GOFAL

20 May / 20 Mai

CORONAVIRUS (COVID-19): WEEKLY UPDATE FOR CARE PROVIDERS

Mae Darparwyr Gofal Cymdeithasol yn parhau i rhoi gefnogaeth hanfodol i'r dinasyddion sydd fwyaf mewn perygl yn ein cymunedau. Rydym yn deall bod y sefyllfa ar gyfer darparwyr gofal yn parhau i fod yn dyngedfennol ac rydym yn ddiolchgar am eich ymrwymiad anhygoel a'ch gwaith caled.

Dylid darllen y ddogfen hon ar y cyd â'r cyngor diweddaraf gan Iechyd Cyhoeddus Cymru (PHW) a Llywodraeth Cymru.

Nod y briff hwn yw rhoi gwybod i ddarparwyr am y diweddariadau diweddaraf, darparu cyngor ac ymateb i ymholiadau cyffredinol.

Gellir gweld y bwletin hwn a bwletinau blaenorol hefyd ar wefan ADSS Cymru - os oes gennych unrhyw ymholiadau am y bwletin, cysylltwch â Rachel Pitman [rachel.pitman@adss.cymru]

Social Care Providers are continuing to provide vital support to the most at-risk citizens in our communities. We understand that the situation for care providers remains critical and we are grateful for your incredible commitment and hard work.

This document should be read in conjunction with the most recent advice from Public Health Wales (PHW) and Welsh Government.

The aim of this briefing is to keep providers informed of the latest updates, provide advice and respond to general enquiries.

This bulletin and previous bulletins can also be found on the ADSS Cymru website – if you have any queries about the bulletin, please contact Rachel Pitman [rachel.pitman@adss.cymru]

Pwnc	Manylion	Dolen
	Datganiadau a Newyddion Llywodraeth Cymru	
Coronafeirws a'r gyfraith: beth a wnaed yn wahanol yng Nghymru?	Gan fod y penderfyniad i osod cyfyngiadau eang wedi'i wneud yn seiliedig ar y DU gyfan, mae'r rhan fwyaf o'r darpariaethau yr un peth neu'n debyg iawn ar draws y DU. Fodd bynnag, ceir gwahaniaethau o ran dull, ac mae rhai ohonynt yn arwyddocaol. Mae'r prif wahaniaethau rhwng y ddeddfwriaeth sy'n gymwys yng Nghymru a'r ddeddfwriaeth sy'n gymwys yn Lloegr wedi'u nodi gan Lywodraeth Cymru	https://llyw.cymru/coronafeirws-ar-gyfraith https://llyw.cymru/coronafeirws-beth-y-maer-gyfraith-yng-nghymru-yn-ei-ddweud

Topic	Detail	Link
	Welsh Government Statements and News	
Coronavirus and the law: what has been done differently in Wales?	As the decision to impose widespread restrictions was taken on a UK-wide basis, most of the provisions are the same or very similar across the UK. However, there are differences in approach, some of which are significant. The main differences between the legislation applicable in Wales and the legislation applicable in England have been set out by the Welsh Government	https://gov.wales/coronavirus-and-law https://gov.wales/coronavirus-what-does-law-wales-say

£40m ychwanegol i gefnogi gofal cymdeithasol i oedolion yng Nghymru	Mae canllawiau ychwanegol ar y cyllid hwn wedi cael eu hanfon i gynrychiolwyr awdurdodau lleol, a'u copïo i gynrychiolwyr darparwyr gofal cymdeithasol ar gyfer oedolion. Mae'n cwmpasu'r sefyllfa ble mae awdurdodau lleol yn dymuno talu'r costau ychwanegol y mae darparwyr ar gyfer oedolion yn mynd iddynt o ganlyniad i COVID-19 drwy dâl atodol. Mae hefyd yn darparu eglurhad mewn perthynas â gofal iechyd. Mae copi o'r canllawiau a'r canllawiau blaenorol wedi'u hatodi. Diben y cyllid hwn yw sicrhau bod awdurdodau lleol yn gallu mynd i'r afael â'r costau ychwanegol sy'n deillio o COVID-19 y mae darparwyr gofal cymdeithasol ar gyfer oedolion yn eu hwynebu. Bydd hyn yn cynnwys gwariant ychwanegol y mae darparwyr yn mynd iddo sy'n uwch na'r hyn a gomisiynir fel arfer ar eitemau megis costau staff uwch, mwy o staff asiantaeth, neu fwy o reolaeth ar heintiau. Mae'r arian wedi'i **glustnodi ar gyfer gofal cymdeithasol** ar gyfer oedolion ac mae wedi'i gynnwys yng Nghronfa Caledi Llywodraeth Leol COVID-19 a sefydlwyd yn ddiweddar. Dylai'r arian helpu i sicrhau bod darparwyr gofal cymdeithasol ar gyfer oedolion yn gallu cynnal eu darpariaeth gofal ac yn gallu ymateb i unrhyw alw ychwanegol am ofal sy'n codi. Bydd y dyraniad hwn yn cael ei fonitro'n agos i sicrhau ei fod yn parhau i allu gwneud hyn.	Additional Guidance on £40m for Adult So

Extra £40m to support adult social care in Wales	Additional guidance on this funding has just been issued to representatives of local authorities, and copied to representatives of adult social care providers. It covers the situation where local authorities wish to meet the additional costs adult providers are incurring as a result of Covid-19 by means of a supplement. It also provides clarification in relation to healthcare. I copy of this and the previous guidance issued is attached. This funding is to help ensure local authorities can address the additional costs resulting from Covid-19 that adult social care providers are experiencing. This will include additional expenditure providers that are incurring above that normally commissioned on items such as increased staff costs, more agency staff, or greater infection control. It is **ring-fenced for adult social care** and included in the Covid-19 Local Government Hardship Fund. established recently. It is to help ensure adult social care providers can maintain their care provision and be able to respond to any additional demand for care which arises. This allocation will be closely monitored to ensure it remains able to do this. Further details have just been issued to representatives of providers and local authorities and are in the attached email. Should adult care providers being	Additional Guidance on £40m for Adult So

	Mae mwy o fanylion wedi cael eu cyhoeddi ar gyfer cynrychiolwyr darparwyr ac awdurdodau lleol ac maent yn yr e-bost atodol. Os bydd darparwyr gofal oedolion yn wynebu costau o'r fath dylent drafod hyn â'u hawdurdod comisiynu lleol. Er bod y cyhoeddiad hwn yn ymwneud â gofal cymdeithasol ar gyfer oedolion, mae'r sefyllfa ar gyfer gofal plant hefyd yn cael ei monitro.	
Canllawiau - Gofynion gwasanaeth rhyddhau o'r ysbyty: COVID-19	Rhaid i bartneriaid iechyd, gofal cymdeithasol, trydydd sector ac annibynnol yng Nghymru ddilyn y canllawiau rhyddhau **diweddaraf** hyn. Hefyd drwy'r ddolen hon, gellir dod o hyd i'r gweminar a gynhaliwyd ar 24 Ebrill a dogfen Cwestiynau Cyffredin.	https://llyw.cymru/gofynion-gwasanaeth-rhyddhau-or-ysbyty-covid-19
Coronafeirws a chyfarpar diogelu personol (PPE)	Crynodeb o'r pethau rydym yn eu gwneud i ddarparu cyfarpar diogelu personol i bobl.	https://llyw.cymru/coronafeirws-chyfarpar-diogelu-personol-ppe
Profi am COVID-19 mewn cartrefi gofal: datganiad consensws	Datganiad gan y Gell Cyngor Technegol ynglŷn â phrofi am COVID-19 mewn cartrefi gofal.	https://llyw.cymru/profi-am-covid-19-mewn-cartrefi-gofal-datganiad-consenws

	experiencing such costs they should discuss this with their commissioning local authority. Whilst this announcement is about adult social care, the situation in children's care is also be monitored.	
Guidance - Hospital discharge service requirements: COVID-19	Health, social care, third and independent sector partners in Wales must follow this **updated** discharge guidance. Also available at this link is the webinar held on the 24th April 2020 and an FAQ document that has been published.	https://gov.wales/hospital-discharge-service-requirements-covid-19
Coronavirus and personal protective equipment (PPE)	Summarises what we're doing to ensure people have the PPE they need to stay safe	https://gov.wales/coronavirus-and-personal-protective-equipment-ppe
Testing for COVID-19 in care homes: consensus statement	Statement from the Technical Advisory Cell about testing for COVID-19 in care homes.	https://gov.wales/testing-covid-19-care-homes-consensus-statement

Profi am y coronafeirws: diweddariadau wythnosol	Yn cynnwys y nifer a chanlyniadau profion y coronafeirws a ble cawsant eu profi.	https://llyw.cymru/profi-am-y-coronafeirws-diweddariadau-wythnosol
Diweddariad profi wythnosol 19 Mai 2020: coronafeirws	Gwybodaeth am y nifer o bobl a brofwyd am y coronofeirws yng Nghymru hyd at 17 Mai 2020.	https://llyw.cymru/profi-diweddariad-wythnosol-19-mai-2020-coronafeirws
Llythyr ar y cyd gan y Prif Swyddog Meddygol a'r Dirprwy Gyfarwyddwr Cyffredinol	Mae'r llythyr **at holl ddarparwyr gofal cartref, cyfarwyddwyr gwasanaethau cymdeithasol a phrif Weithredwyr pob bwrdd iechyd** yn rhoi diweddariad ar y cyhoeddiadau a'r canllawiau diweddaraf ynglŷn ag iechyd a gofal cymdeithasol.	PDF Letter from CMO - Cymraeg.pdf
Datganiad gan bedwar Prif Swyddog Meddygol y DU ar ddiweddariad i symptomau'r coronafeirws	Canllawiau newydd gan bedwar Prif Swyddog Meddygol y DU ar symptomau'r coronafeirws.	https://llyw.cymru/datganiad-gan-bedwar-prif-swyddog-meddygol-y-du-ar-ddiweddariad-i-symptomaur-coronafeirws
Datganiad Ysgrifenedig: Profi am COVID-19	Mae'r pedair llywodraeth ar draws y DU wedi agor gwefan newydd ar gyfer pobl â symptomau coronafeirws sy'n gymwys ar gyfer archebu prawf yn y cartref. Mae hon yn rhan bwysig o'n	https://llyw.cymru/datganiad-ysgrifenedig-

Testing for coronavirus: weekly updates	Includes the number and results of coronavirus tests, who was tested and where they were tested.	https://gov.wales/testing-coronavirus-weekly-updates
Testing weekly update 19 May 2020: coronavirus	Provides information about the number of people tested for coronavirus in Wales up to 17 May 2020.	https://gov.wales/testing-weekly-update-19-may-2020-coronavirus
Joint letter from the Chief Medical Officer and Deputy Director General	The letter **to all domiciliary care providers, directors of social services and the Chief Executives of all health boards** provides an update of latest announcements and guidance related to health and social care.	PDF Letter from CMO - DDG 2.pdf
Statement from the 4 UK Chief Medical Officers on an update to coronavirus symptoms	New guidance from the 4 UK Chief Medical Officers on coronavirus symptoms.	https://gov.wales/statement-four-uk-chief-medical-officers-update-coronavirus-symptoms
Written Statement: Covid-19 Testing	The four governments across the UK have opened a new website for people with symptoms of coronavirus eligible to book a home test. This is an important part of our	https://gov.wales/written-statement-

	strategaeth Profi, Olrhain a Diogelu a gall pobl ledled Cymru archebu prawf trwy **www.gov.wales/coronavirus** neu **www.llyw.cymru/coronafeirws**.	profi-am-covid-19
Adolygiad o'r profion ar gyfer COVID-19	Adolygiad o'n cynllun a gwelliannau ar gyfer profi gweithwyr allweddol (hanfodol).	https://llyw.cymru/adolygiad-or-profion-ar-gyfer-covid-19
Canllawiau - Canolfannau profi ac unedau profi symudol	Gall gweithwyr hanfodol yng Nghymru sydd â symptomau gysylltu â'r canolfannau profi hyn.	https://llyw.cymru/canolfannau-profi-ac-unedau-profi-symudol
Dull cenedlaethol Cymru o brofi am COVID–19:Mai 2020	Dull profi am COVID-19 yng Nghymru.	https://llyw.cymru/dull-cenedlaethol-cymru-o-brofi-am-covid-19-mai-2020
Profion ar gael i bawb yng Nghymru sy'n arddangos symptomau'r coronafeirws	Bydd pawb sydd â symptomau'r coronafeirws yng Nghymru nawr yn gallu gwneud cais am brawf wrth i wasanaeth archebu ar-lein newydd ddechrau.	https://llyw.cymru/profion-ar-gael-i-bawb-yng-nghymru-syn-arddangos-symptomaur-coronafeirws
Canllawiau – Gwneud cais i	Gwirio cymhwysedd i gael prawf ar gyfer coronafeirws, a darganfod sut i gael prawf.	https://llyw.cymru/gwneud-

	Test, Trace and Protect strategy and people across Wales can book a test through **www.gov.wales/coronavirus** or **www.llyw.cymru/coronafeirws**.	covid-19-testing
Review of testing for COVID-19	Review of our plan and improvements on testing key (critical) workers.	https://gov.wales/review-testing-covid-19
Guidance - Coronavirus drive-through testing centres and mobile units	Critical workers in Wales with symptoms may contact these testing centres.	https://gov.wales/coronavirus-drive-through-testing-centres-and-mobile-units
Welsh national COVID-19 test approach: May 2020	Approach to COVID-19 testing in Wales.	https://gov.wales/welsh-national-covid-19-test-approach-may-2020
Everyone in Wales with symptoms can book a coronavirus test	Everyone in Wales with symptoms of coronavirus will now be able to request a test as a new online booking service becomes available.	https://gov.wales/everyone-wales-symptoms-can-book-coronavirus-test
Guidance - Apply for a	Eligibility check for coronavirus testing and find out how to get tested.	https://gov.wales/apply-

gael prawf coronafeirws		cais-i-gael-prawf-coronafeirws
Llywodraeth Cymru yn ymestyn y profi i bob cartref gofal	Bydd profion coronafeirws yn cael eu hymestyn i holl drigolion a staff cartrefi gofal – mae'r cam hwn yn dilyn y dystiolaeth wyddonol ddiweddaraf.	https://llyw.cymru/llywodraeth-cymru-yn-ymestyn-y-profi-i-bob-cartref-gofal
Datganiad Ysgrifenedig: Y Diweddaraf ar Brofion COVID-19 mewn Cartrefi Gofal gan y Gweinidog Iechyd a Gwasanaethau Cymdeithasol (16 Mai)	Mae'r drefn o brofi am COVID-19 mewn cartrefi gofal yn cael ei hymestyn ymhellach. Caiff profion eu cynnig hefyd i'r holl staff a phreswylwyr symptomatig ac asymptomatig nad ydynt wedi cael prawf positif am COVID-19 o'r blaen, hyd yn oed os nad yw'r cartref wedi rhoi gwybod am achosion posibl neu achosion a gadarnhawyd. Bydd Llywodraeth Cymru yn ysgrifennu at y sector ynghylch y broses ar gyfer cynyddu'r nifer sy'n cael eu profi, gan gynnwys mynediad i borth profi Cartrefi Gofal Llywodraeth y DU.	https://llyw.cymru/datganiad-ysgrifenedig-y-diweddaraf-ar-brofion-covid-19-mewn-cartrefi-gofal
Plant a phobl ifanc sy'n agored i niwed: coronafeirws Cwestiynau Cyffredin	Ar 6ed Ebrill cyhoeddodd Llywodraeth Cymru wybodaeth sy'n darparu atebion i Gwestiynau Cyffredin am blant sy'n agored i niwed a diogelu yn ystod pandemig y coronafeirws. Mae o ddiddordeb i unrhyw un sy'n gweithio yn y maes hwn neu sy'n ymwneud ag unrhyw un o'r materion a godwyd. Diweddarwyd ac ailgyhoeddwyd y Cwestiynau Cyffredin ar 13 Mai.	https://llyw.cymru/plant-agored-i-niwed-diogelu-y-coronafeirws

coronavirus test		coronavirus-test
Welsh Government extends testing to all care homes	Coronavirus testing will be extended to all care home residents and staff - the move comes following the latest scientific evidence.	https://gov.wales/welsh-government-extends-testing-all-care-homes
Written Statement: COVID-19 Testing in Care Homes Update from the Minister for Health and Social Services (16th May)	Covid-19 testing in care homes is being further extended. Testing will also be offered to all symptomatic and asymptomatic staff and residents who have never tested positive for Covid-19 even where the home has not reported possible or confirmed cases. Welsh Government will write to the sector on the process for increasing testing uptake including access to the UK Government Care Home testing portal.	https://gov.wales/written-statement-covid-19-testing-care-homes-update
Vulnerable children and young people: coronavirus Frequently Asked Questions	On 6th April the Welsh Government published information providing answers to Frequently Asked Questions about vulnerable children and safeguarding during the coronavirus pandemic. It is of interest to anyone who works in this area or concerned with any of the issues raised.	https://gov.wales/vulnerable-children-and-young-people-coronavirus

Canllawiau – Gweithwyr allweddol (hanfodol) y coronafeirws	Y rheini sydd wedi'u dynodi'n weithwyr allweddol, os yw eu gwaith yn hanfodol i'r ymateb i COVID-19.	https://llyw.cymru/gweithwyr-allweddol-hanfodol-y-coronafeirws
Rhan y Gweithwyr Proffesiynol Perthynol i Iechyd mewn adfer iechyd yn ystod ac ar ôl COVID-19	Mae'r datganiad hwn yn amlinellu blaenoriaethau strategol cyfunol ein pedair gwlad a'u dull gweithredu o ran arweinyddiaeth adsefydlu Gweithwyr Proffesiynol Perthynol i Iechyd yn ystod ac yn dilyn COVID-19.	https://llyw.cymru/rhan-y-gweithwyr-proffesiynol-perthynol-i-iechyd-mewn-adfer-iechyd-yn-ystod-ac-ar-ol-covid-19
Gwybodaeth ac Adnoddau ynghylch Gofal Lliniarol yn ystod COVID-19	Mae adnoddau Gwybodaeth ynghylch Gofal Lliniarol yn ystod COVID-19 wedi'u cyhoeddi bellach, ac maent yn darparu gwybodaeth, cyngor a dolenni i adnoddau er mwyn cefnogi sefydliadau iechyd, gofal cymdeithasol a'r trydydd sector fel y gallant ymateb i bandemig byd-eang COVID-19 mewn perthynas â gofal lliniarol a gofal diwedd oes. Mae'r ffocws ar ganllawiau a chyngor a fydd yn helpu i sicrhau gofal urddasol a thosturiol diwedd oes i gleifion sy'n oedolion na fyddent yn cael budd o gyfarpar cynnal bywyd, neu ble nad yw hyn wedi bod yn llwyddiannus a ble mae eu cyflwr wedi dirywio o ganlyniad i COVID-19.	2020.05.12 Ltr from Chris Jones - Palliat 2020.05#2_Palliative care information an

	The Frequently Asked Questions were updated and republished on 13 May.	
Guidance - Coronavirus key (critical) workers	Who is designated a key worker, if their work is critical to the COVID-19 response.	https://gov.wales/coronavirus-key-critical-workers
Allied health professionals' (AHP) role in rehabilitation during and after COVID-19	This statement outlines our four nations' collective strategic priorities and approach to AHP rehabilitation leadership during and after COVID-19.	https://gov.wales/allied-health-professionals-ahp-role-rehabilitation-during-and-after-covid-19
Palliative Care Information and Resources during COVID-19	Palliative Care Information during COVID-19 resources have now been published, providing information, advice and links to resources to support health, social care and third sector organisations to respond to the global COVID-19 pandemic in relation to palliative and end of life care. The focus is on guidance and advice that will help achieve dignified and compassionate care at the end of life for adult patients who would not benefit from life support, or where this has not been successful and where their condition has deteriorated as a result of COVID-19.	2020.05.12 Ltr from Chris Jones - Palliat 2020.05#2_Palliative care information an

Comisiynydd Pobl Hŷn		
Comisiynydd Pobl Hŷn Cymru: Rhoi llais i bobl sy'n byw ac yn gweithio mewn cartrefi gofal yng Nghymru	Mae Comisiynydd Pobl Hŷn Cymru eisiau clywed gan bobl hŷn sy'n byw mewn cartrefi gofal, eu ffrindiau a'u teulu, a staff cartrefi gofal am eu profiadau yn ystod pandemig a chyfyngiadau symud COVID-19. Mae'r Comisiynydd am glywed ynglŷn ag - unrhyw broblemau a heriau y maent wedi'u hwynebu, neu yn eu hwynebu, a'r - hyn sydd angen ei newid i ddiogelu a chynorthwyo pobl sy'n byw ac yn gweithio mewn cartrefi gofal. Mae hi hefyd am i bobl rannu enghreifftiau o unrhyw gamau gweithredu ac arfer da a ddarperir mewn cartrefi gofal sy'n gwneud gwahaniaeth cadarnhaol i fywydau pobl hŷn	https://www.olderpeoplewales.com/cy/news/news/20-05-14/Giving_a_voice_to_people_living_and_working_in_care_homes_in_Wales.aspx
Help for Heroes		
Help For Heroes – Canllaw Maes i Hunanofal	Mae Help for Heroes wedi sicrhau bod eu "Canllaw Maes i Hunanofal" ar gael am ddim i unrhyw un a allai elwa ohono, ond yn enwedig y gweithwyr rheng flaen hynny yn ein systemau iechyd a gofal. Mae'r canllaw yn adnodd hygyrch i helpu pobl i wynebu'r newidiadau yr ydym i gyd yn delio â hwy ers i'r achosion Coronavirus ddechrau. Mae'r deunyddiau wedi'u datblygu gyda, ac ar gyfer, personél milwrol sydd wedi profi	Help for Heroes Mental Health Supp

Older People's Commissioner		
Older Peoples Commissioner for Wales: Giving a voice to people living and working in care homes in Wales	The Older People's Commissioner for Wales wants to hear from older people living in care homes, their friends and family, and care home staff about their experiences during the Covid-19 pandemic and lockdown. The Commissioner wants to hear about - any issues and challenges they have faced, or are facing, and - what needs to change to protect and support people living and working in care homes. She also wants people to share examples of any action and good practice being delivered in care homes that is making a positive difference to older people's lives	https://www.olderpeoplewales.com/en/news/news/20-05-14/Giving_a_voice_to_people_living_and_working_in_care_homes_in_Wales.aspx
Help for Heroes		
Help For Heroes – Field Guide for Self-Care	Help for Heroes has made their "Field Guide to Self-Care" freely available to anyone who could benefit from it, but especially those frontline workers in our health and care systems. The guide is an accessible resource to help people face the changes we are all dealing with since the Coronavirus outbreak started. The materials have been developed with, and for, military personnel who have experienced	Help for Heroes Mental Health Supp

	digwyddiadau trawmatig, ac maent yn annog unrhyw un sy'n ei chael hi'n anodd yn yr amseroedd heriol cyfredol i'w lawrlwytho o wefan Help for Heroes. Mae adnoddau myfyrdod dan arweiniad bellach wedi'u rhyddhau yn y Gymraeg.	
Able Futures		
Able Futures: Gwasanaeth Cymorth Iechyd Meddwl Mynediad at Waith	Mae Able Futures yn cyflenwi'r Gwasanaeth Cymorth Iechyd Meddwl Mynediad at Waith: • Hyd at naw mis o gefnogaeth gan weithiwr iechyd meddwl proffesiynol • Yn rhad ac am ddim i'r gweithiwr / cyflogwr • Dim rhestr aros • Ymgeisiwch ar-lein neu ffoniwch 0800 321 3137. Os ydych chi neu unrhyw un o'ch gweithwyr yn profi problemau megis gorbryder, iselder, galar neu straen, neu os ydych yn brwydro i ddelio â phroblemau megis dyled, diffyg cwsg neu dor-perthynas a allai fod yn effeithio ar eich iechyd meddwl, gall Able Futures eich helpu i gryfhau eich gwytnwch, i fynd i'r afael â phroblemau, i deimlo'n well a dysgu ffyrdd newydd o reoli eich iechyd meddwl trwy gydol uchafbwyntiau ac isafbwyntiau bywyd.	Able Futures_ Bilingual.docx Poster_AbleFutures _Bilingual.pdf
Canolfan Therapiwteg a Thocsicoleg Cymru Gyfan (AWTTC)		

	traumatic events, and they are encouraging anyone who is struggling in the current challenging times to download it from the Help for Heroes website. Guided meditation resources have now also been released in the Welsh language.	
Able Futures		
Able Futures: Access to Work Mental Health Support Service	Able Futures delivers the Access to Work Mental Health Support Service: • Up to nine months support from a mental health professional • At no cost to employee / employer • No waiting list • Apply online or by calling 0800 321 3137. If you or any of your employees are experiencing issues such as anxiety, depression, grief or stress, or are struggling to deal with problems such as debt, disrupted sleep or relationship breakdowns that may be affecting your mental health, Able Futures can help you build resilience, tackle issues, feel better and learn new ways to manage your mental health throughout the ups and downs of life.	Able Futures_ Bilingual.docx Poster_AbleFutures _Bilingual.pdf
All Wales Therapeutics and Toxicology Centre (AWTTC)		

Mae Canolfan Therapiwteg a Thocsicoleg Cymru Gyfan (AWTTC) wedi lansio gwasanaeth meddyginiaethau diwedd oes COVID-19 newydd y GIG	Mae'r gwasanaeth wedi'i sefydlu er mwyn sicrhau mynediad cyflym i feddyginiaethau Diwedd Oes 24/7. Dylai rheolwyr cartrefi gofal hefyd ddarllen y ddogfen *Novel coronavirus (COVID-19) standard operating procedure Running an END OF LIFE medicines reuse scheme in a care home or hospice setting*. Cymeradwyir y cynllun hwn yn llawn gan Grŵp y Prif Fferyllwyr Cenedlaethol a'i gefnogi gan yr Arweinydd Clinigol Cenedlaethol, Gofal Lliniarol a Diwedd Oes, Cymru.	https://www.awttc.org/covid-19-eol-medicines-service novel coronavirus (COVID-19) standard operating procedure on End of Life medicines re-use scheme
Gofal Cymdeithasol Cymru		
Buddion y cerdyn gweithiwr gofal cymdeithasol	Mae mwy na 25,000 o gopïau digidol o'r cerdyn gweithiwr gofal cymdeithasol, sy'n helpu gweithwyr gofal cymdeithasol yng Nghymru i brofi eu bod yn weithwyr allweddol, wedi'u lawrlwytho erbyn hyn. Yn ystod yr wythnosau diwethaf, mae bron pob un o'r archfarchnadoedd mawr wedi cytuno i dderbyn y cerdyn, fel y mae Vodafone, AO.com a'r apiau Sleepio a Daylight. Gallwch ddod o hyd i restr lawn o'r buddion y mae'r cerdyn yn eu cynnig ar ein tudalennau Cwestiynau Cyffredin - gwiriwch yn rheolaidd i gael y wybodaeth ddiweddaraf am y buddion diweddaraf.	https://gofalcymdeithasol.cymru/gwella-gwasanaethau/cwestiynau-cyffredin-cerdyn-gweithiwr-gofal-cymdeithasol
Gweithio mewn gofal	Cyflogwyr gofal cymdeithasol: rydym am helpu i fynd i'r afael â'r broblem prinder staff y gallech	https://www.gofalwn.cymru/?_ga=2.91271

The All Wales Therapeutics and Toxicology Centre (AWTTC) has launched a new NHS End of Life COVID-19 medicines service	This service has been established to ensure rapid access to End of Life medicines 24/7. Care home managers should also read the *Novel coronavirus (COVID-19) standard operating procedure Running an END OF LIFE medicines reuse scheme in a care home or hospice setting*. This scheme is fully endorsed by the National Chief Pharmacist Group and supported by the National Clinical Lead, Palliative & End of Life Care, Wales.	https://www.awttc.org/covid-19-eol-medicines-service novel coronavirus (COVID-19) standard operating procedure on End of Life medicines re-use scheme
Social Care Wales		
Social care worker card benefits	More than 25,000 digital copies of the social care worker card, which helps social care workers in Wales prove they are key workers, have now been downloaded. In recent weeks, almost all the major supermarkets have agreed to accept the card, as have Vodafone, AO.com and the apps Sleepio and Daylight. You can find a full list of the benefits available with the card in our FAQs pages – please check back regularly to keep up-to-date with the latest benefits.	https://socialcare.wales/service-improvement/social-care-worker-card-faqs
Working in social care:	Social care employers: we want to help address the staff shortages you might be	http://www.wecare.wales/

cymdeithasol: Swyddi Gofalwn Cymru	fod yn ei hwynebu ar hyn o bryd. Er mwyn eich helpu i ddod o hyd i'r bobl iawn i lenwi'ch swyddi gwag a chefnogi'ch busnes, rydym wedi creu porth swyddi fydd yn rhestru swyddi gofal cymdeithasol cyfredol yng Nghymru. Postiwch eich swyddi gwag ar Twitter gan gynnwys y manylion canlynol: • teitl y swydd • yr awdurdod lleol (os yw'r rôl o fewn mwy nag un awdurdod, ychwanegwch bob un ohonynt) • disgrifiad byr o'r rôl hashnod: #WeCareWalesJobs #GofalwnCymru (mae'n rhaid i chi gynnwys y rhain).	642.19593824 89.158990894 7-612381641.15 89908947

WeCare Wales jobs	facing right now. To help you find the right people to fill your vacancies and support your business, we've created a jobs portal that will list current social care jobs in Wales. Post your job vacancies on Twitter and include the following details: • job title • local authority (if the role covers more than one authority, include them all) • brief description of the role hashtag: #WeCareWalesJobs (you must include this).	

Dolenni links / Useful links:

Social Care Wales – Covid-19 web pages: https://socialcare.wales/service-improvement/information-and-resources-to-guide-you-through-covid-19	Gofal Cymdeithasol Cymru – tudalennau gwe COVID-19 https://gofalcymdeithasol.cymru/gwella-gwasanaethau/gwybodaeth-ac-adnoddau-ich-tywys-trwy-covid-19
ADSS Cymru – Cefnogaeth i Ddarparwyr a Gomisiynwyd https://www.adss.cymru/cy/blog/post/covid19-commissioners	ADSS Cymru – Support for Commissioned Providers https://www.adss.cymru/en/blog/post/covid19-commissioners
Iechyd Cyhoeddus Cymru, Datganiadau Dyddiol am 2yp: https://covid19-phwstatement.nhs.wales/	Public Health Wales, Daily 2pm Statements: https://covid19-phwstatement.nhs.wales/
Arolygaeth Gofal Cymru, Cwestiynnau Cyffredin: https://arolygiaethgofal.cymru/coronafeirws-covid-19-cwestiynau-cyffredin	Care Inspectorate Wales, FAQs: https://careinspectorate.wales/coronavirus-covid-19-frequently-asked-questions-faqs