

**28 Ebrill /
28 April 2021**

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

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

Mae Darparwyr Gofal yn rhoi gefnogaeth hanfodol i'r dinasyddion sydd fwyaf mewn perygl yn ein cymunedau, ac mae arweinyddiaeth gofal cymdeithasol yng Nghymru yn falch o'ch ymrwymiad parhaol a'ch gwaith caled.


Dylid darllen y bwletin gwybodaeth hon ar y cyd â'r cyngor diweddaraf gan [lechyd Cyhoeddus Cymru \(PHW\)](#) a [Llywodraeth Cymru](#).


Gellir gweld y bwletin hwn a bwletinau blaenorol hefyd ar wefan [ADSS Cymru](#) – os oes gennych unrhyw ymholiadau, cysylltwch â rachel.pitman@adss.cymru

Care Providers give critical support to the most at-risk citizens in our communities, and the leadership of social care in Wales is proud for your continued commitment and hard work.

This information bulletin should be read in conjunction with the most recent advice from [Public Health Wales \(PHW\)](#) and [Welsh Government](#).

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

Pwnc	Manylion	Dolenni
Bwrdd Comisiynu Cenedlaethol Cymru		
Mynnwch help. Cadwch yn ddiogel.	<p>Yn ystod y flwyddyn ddiwethaf, rydym wedi bod yn gweithio gydag amrywiaeth o bartneriaid fel rhan o'r Grŵp Gweithredu ar Atal Cam-drin a sefydlwyd gan Gomisiynydd Pobl Hŷn Cymru. Mae rhagor o wybodaeth am y gwaith hwn ar gael yma.</p> <p>Fel rhan o'n gwaith, rydym wedi datblygu taflen wybodaeth newydd i ddarparu gwybodaeth a chefnogaeth i bobl hŷn sy'n cael eu cam-drin, neu'r rheini a allai fod mewn perygl.</p> <p>Mae'r daflen yn rhoi gwybodaeth i helpu pobl i adnabod arwyddion cam-drin a'r gwahanol</p>	 Mynnwch help cadwch yn ddiogel.

Topic	Detail	Links
National Commissioning Board		
Get help. Stay safe. Campaign	<p>During the past year, we've been working with a range of partners as part of the Stopping Abuse Action Group established by the Older People's Commissioner for Wales. You can find out more about this work here.</p> <p>As part of our work, we have developed a new information leaflet to provide information and support for older people experiencing abuse, or those who may be at risk.</p> <p>The leaflet provides information to help people recognise the signs of abuse and</p>	 Get Help Stay Safe Leaflet.pdf

	<p>fathau o gam-drin, yr hyn y gall pobl ei wneud os ydyn nhw'n poeni am rywun arall, a lle mae cymorth a chefnogaeth ar gael.</p> <p>Mae fersiwn electronig o'r daflen ynghlwm, a gobeithio y gallwch ei rannu â'ch rhwydweithiau / cysylltiadau a thrwy eich sianeli cyfryngau cymdeithasol er mwyn codi ymwybyddiaeth o'r cymorth a'r gefnogaeth sydd ar gael.</p> <p>Mae copïau caled o'r daflen hefyd ar gael. Os hoffech chi rai i'w rhoi i'r bobl hŷn rydych chi'n gweithio gyda nhw ac yn eu cefnogi, cysylltwch â swyddfa'r Comisiynydd Pobl Hŷn drwy anfon neges i – ask@olderpeoplewales.com – neu ffonio 03442 640 670.</p>			<p>the different forms it can take, what people can do if they are concerned about someone else, and where they can go for help and support.</p> <p>An electronic version of the leaflet is attached, which I hope you will be able to share with your networks / contacts and via your social media channels in order to raise awareness of the help and support available.</p> <p>Hard copies of the leaflet are also available. If you'd like some to distribute to the older people you work with and support, please contact the Older People's Commissioner's office by email – ask@olderpeoplewales.com – or phone 03442 640</p>	
Gofal Cymdeithasol Cymru			Social Care Wales		
<p>Cyngor ar gyfer sefyllfaoedd staffio brys (cyd-gymorth)</p>	<p>Rydyn ni wedi datblygu tudalen we newydd gyda chyngor a phhecyn cymorth y gellir ei lawrlwytho ar gyfer awdurdodau lleol a darparwyr gofal cymdeithasol annibynnol a thrydydd sector sy'n wynebu sefyllfaoedd staffio argyfwng tymor byr.</p>	<p>https://gofalcy mdeithasol.cym ru/gwella-gwasanaethau/c yngor-ar-gyfer-sefyllfaoedd-staffio-brys---cyd-gymorth</p>	<p>Advice for emergency staffing situations (mutual aid)</p>	<p>We've developed a new webpage with advice and a downloadable help pack for local authorities and independent and third sector providers of social care that are facing short-term emergency staffing situations.</p>	<p>https://socialcare.wales/service-improvement/advice-for-emergency-staffing-situations-mutual-aid</p>

<p>Lansio cerdyn cydnabod newydd i weithwyr gofal</p>	<p>Mae pob gweithiwr gofal yng Nghymru yn cael cynnig cerdyn cydnabod newydd sy'n eu hadnabod fel gweithiwr allweddol ac sy'n rhoi mynediad iddyn nhw i gynigion arbed arian. Y Cerdyn Gweithiwr Gofal yw'r fersiwn newydd o gerdyn tebyg a lansiwyd y llynedd i helpu i gefnogi gweithwyr gofal wrth iddyn nhw wynebu heriau enfawr yn sgil y pandemig.</p> <p>Bydd y cerdyn newydd yn cynnig y buddion i weithwyr gofal cymdeithasol a gofal plant, chwarae a blynyddoedd cynnar yng Nghymru, p'un a ydynt wedi'u cofrestru gyda Gofal Cymdeithasol Cymru ai peidio. Bydd y cerdyn newydd yn ddigidol, fel bod gweithwyr gofal yn gallu ei gadw yn waled eu ffonau clyfar. Bydd y rhai sydd heb ffonau clyfar yn gallu derbyn yr un buddion os oes ganddynt gyfeiriad e-bost a mynediad i'r rhyngwyd.</p>	<p>https://gofalcy.mdeithasol.cymru/straeon-newyddion/lansio-cerdyn-cydnabod-newydd-i-bob-gweithiwr-gofal-yng-nghymru</p>	<p>Updated recognition card for care workers launched</p>	<p>All care workers in Wales are being offered an updated recognition card that identifies them as key workers and gives them access to money-saving offers. The Care Worker Card is the next version of a similar card launched last year to help support care workers as they faced huge challenges from the pandemic.</p> <p>The new card will offer benefits to social care and childcare, play and early years workers in Wales, whether or not they're registered with Social Care Wales. The new card will be in a digital format, so care workers can save it into their smartphone wallet. Those without smartphones will also be able to enjoy the same benefits as long as they have an email address and access to the internet.</p>	<p>https://socialcare.wales/news-stories/launch-of-care-worker-card</p>
Arolygiaeth Gofal Cymru			Care Inspectorate Wales		
<p>Cefnogi pobl mewn cartrefi gofal i fynd allan i bleidleisio</p>	<p>Mae'n bwysig bod pobl yn cael eu cefnogi i ddefnyddio eu hawl i bleidleisio pe byddent yn dymuno gwneud hynny, a hoffai AGC atgoffa darparwyr ei bod yn iawn i bobl sy'n byw mewn cartref gofal fynd i orsaf bleidleisio i bleidleisio ar Fai 6. Os oes angen rhagor o wybodaeth arnoch, darllenwch ganllaw ymwelwyr Llywodraeth Cymru sy'n cynnwys cyngor ar gefnogi pobl i fynd allan.</p>	<p>Ymweliadau â chartrefi gofal: canllawiau i ddarparwyr LLYW.CYMRU</p>	<p>Supporting people in care homes to go out and vote</p>	<p>It is important that people are supported to exercise their right to vote should they wish to do so, and CIW would like to remind providers that it is okay for people living in a care home to go to a polling station to vote on May 6. If you require further information please read the Welsh Government's visitor guidance which contains advice on supporting people to go out.</p>	<p>Visits to care homes: guidance GOV.WALES</p>

Llywodraeth Cymru			Welsh Government		
<p>Llacio cyfyngiadau ymhellach i gefnogi ymweliadau â chartrefi gofal</p>	<p>Mae canllawiau Llywodraeth Cymru ar ymweliadau â chartrefi gofal wedi'u diweddarau i alluogi pobl sy'n byw mewn cartrefi gofal i gael dau ymwelydd dynodedig dan do o ddydd Llun 26 Ebrill.</p> <p>Bydd ymweliadau gan blant hefyd yn bosibl ac nid oes angen ystyried plant ifanc o dan ddwy flwydd oed at ddibenion ymweliadau dynodedig.</p> <p>Mae'r cyfyngiad ar nifer yr ymwelwyr yn yr awyr agored hefyd wedi'i dynnu. Mae cartrefi gofal wedi cael cyngor i reoli hyn yn ôl eu sefyllfa leol, ar sail asesiad risg.</p>	<p>Mae'r canllawiau diweddaraf ar ymweld â chartrefi gofal ar gael yn: https://llyw.cymru/ymweliadau-chartrefi-gofal-canllawiau-i-ddarparwyr.html#section-68931</p> <p>Mae Iechyd Cyhoeddus Cymru hefyd wedi cyhoeddi canllawiau a chwestiynau cyffredin ar asesiadau risg ar gyfer ymweliadau dan do, sydd ar gael yn: https://phw.nhs.wales/topics/la-test-information-on-novel-coronavirus-</p>	<p>Further easements to support visiting in care homes.</p>	<p>The Welsh Government's guidance on care home visits has been updated to enable people living in care homes to have two designated indoor visitors from Monday 26 April.</p> <p>Visits from children can also be accommodated and infants under two years of age do not need to be counted for designated visiting purposes.</p> <p>The limit on the number of outdoor visitors has also been removed. Care homes are advised to manage this according to their local situation, based on a risk assessment.</p>	<p>The updated guidance on care home visits is available at: https://gov.wales/visits-care-homes-guidance-providers-html</p> <p>Public Health Wales has also published guidance and FAQs on risk assessments for indoor visiting, available at: https://phw.nhs.wales/topics/la-test-information-on-novel-coronavirus-covid-19/information-for-health-and-social-care/</p>

		covid-19/information-for-health-and-social-care/			
Problemau talu eich rhent yn ystod y pandemig coronafeirws	Beth i'w wneud os ydych yn cael trafferth talu eich rhent i'ch landlord, cyngor neu gymdeithas dai, a chymorth i'w dalu.	https://llyw.cymru/problemau-talu-eich-rhent-yn-ystod-y-pandemig-coronafeirws	Problems paying your rent during the coronavirus pandemic	What to do if you are struggling to pay your rent to your landlord, council or housing association and help to pay it.	https://gov.wales/problems-paying-your-rent-during-coronavirus-pandemic
Y trydydd brechlyn Covid-19 yn cyrraedd Cymru	Mae'r trydydd brechlyn Covid-19 yn cael ei gyflwyno ledled Cymru o heddiw ymlaen, a chleifion yn Sir Gaerfyrddin fydd y rhai cyntaf yn y Deyrnas Unedig i'w dderbyn.	https://llyw.cymru/y-trydydd-brechlyn-covid-19-yn-cyrraedd-cymru	Third COVID-19 vaccine arrives in Wales	The third Covid-19 vaccine is being rolled-out across Wales from today with patients in Carmarthenshire becoming the first in the UK to receive it.	https://gov.wales/third-covid-19-vaccine-arrives-in-wales
Addysg uwch: coronafeirws	Gwybodaeth am addysg uwch a chymorth i fyfyrwyr yn ystod y pandemig coronafeirws.	https://llyw.cymru/addysg-uwch-coronafeirws-canllaw	Higher education: coronavirus	Information about higher education and student support during the coronavirus pandemic.	https://gov.wales/higher-education-coronavirus-guide
Olrhain cysylltiadau: os oes cadarnhad eich bod wedi dod i gysylltiad â rhywun sydd â'r coronafeirws	Esbonio sut mae'r system olrhain cysylltiadau'n gweithio os ydych wedi eich cadarnhau fel cyswllt person sydd wedi cael prawf positif am y coronafeirws.	https://llyw.cymru/olrhain-cysylltiadau-os-oes-cadarnhad-eich-bod-wedi-dod-i-gysylltiad-rhywun-sydd-ar-coronafeirws	Contact tracing: if you are a confirmed contact	Explains how the contact tracing system works if you are a confirmed contact of someone who has tested positive for coronavirus.	https://gov.wales/contact-tracing-if-you-are-confirmed-contact
Olrhain cysylltiadau: os ydych chi wedi cael prawf positif	Esbonio sut mae'r system olrhain cysylltiadau'n gweithio os ydych wedi cael prawf positif am y coronafeirws.	https://llyw.cymru/olrhain-cysylltiadau-os-ydych-chi-wedi-cael-prawf-positif	Contact tracing: if you have tested positive	Explains how the contact tracing system works if you have tested positive for coronavirus.	https://gov.wales/contact-tracing-if-you-have-tested-positive

		cael-prawf-positif
Cael brechlyn COVID-19 os ydych yn credu eich bod wedi colli allan	Beth i'w wneud os ydych i fod i gael eich brechlyn COVID-19 a heb gael neb yn cysylltu â chi.	https://llyw.cymru/cael-brechlyn-covid-19-os-ydych-yn-credu-eich-bod-wedi-colli-allan
Lletygarwch awyr agored yn cael caniatâd i ailagor a'r rheolau ar gymysgu yn yr awyr agored yn cael eu llacio yng Nghymru	Heddiw, wrth i'r achosion o heintiadau COVID-19 newydd barhau i ostwng, mae Mark Drakeford, y Prif Weinidog, wedi cadarnhau bydd chwe unigolyn yn gallu cyfarfod yn yr awyr agored yng Nghymru o ddydd Sadwrn 24 Ebrill a bydd lletygarwch awyr agored yn cael ailagor o ddydd Llun 26 Ebrill.	https://llyw.cymru/lletygarwch-awyr-agored-yn-cael-caniatad-i-ailagor-ar-rheolau-ar-gymysgu-yn-yr-awyr-agored-yn-cael
Canllawiau byw â chymorth: coronafeirws	Sut gall pobl sy'n byw â chymorth weld eu teulu a'u ffrindiau a chadw'n saff gyda'u gweithwyr cymorth a gofal	https://llyw.cymru/canllawiau-byw-chymorth-coronafeirws
Datganiad Ysgrifenedig: Diweddariad ar Gyflawni'r Strategaeth Frechu COVID-19	Vaughan Gething, Y Gweinidog Iechyd a Gwasanaethau Cymdeithasol	https://llyw.cymru/datganiad-ysgrifenedig-diweddariad-ar-gyflawnir-strategaeth-frechu-covid-19
Deddfwriaeth coronafeirws:	Rheoliadau i roi cyfyngiadau a gofynion yn dilyn teithio rhyngwladol.	https://llyw.cymru/deddfwriaeth-

Get your COVID-19 vaccination if you think you have been missed	What to do if you are due your COVID-19 vaccination and have not been contacted.	https://gov.wales/get-your-covid-19-vaccination-if-you-think-you-have-been-missed
Outdoor hospitality given go-ahead to reopen and rules on mixing outdoors relaxed in Wales	Six people will be able to meet outdoors in Wales from Saturday 24 April while outdoor hospitality will be allowed to reopen from Monday 26 April as cases of new COVID-19 infections continue to fall, First Minister Mark Drakeford has confirmed today.	https://gov.wales/outdoor-hospitality-given-go-ahead-reopen-and-rules-mixing-outdoors-relaxed-wales
Supported living guidance: coronavirus	How people in supported living can see family and friends and stay safe with their support and care workers.	https://gov.wales/supported-living-guidance-coronavirus
Written Statement: COVID-19 Vaccination Progress against Strategy Update	Vaughan Gething, Minister for Health and Social Services	https://gov.wales/written-statement-covid-19-vaccination-progress-against-strategy-update
Coronavirus legislation:	Regulations to impose restrictions and requirements following international travel.	https://gov.wales/coronavirus-

teithio rhyngwladol		teithio-rhyngwladol	international travel		international-travel
Rheolau ffiniau ar gyfer pobl sy'n teithio i ac o Gymru: coronafeirws (COVID-19)	Esbonio beth sydd angen i chi wneud os ydych yn teithio i neu o Gymru.	https://llyw.cymru/teithwyr-sydd-wedi-eu-heithrio-rhag-hunanyysu-coronafeirws-covid-19	Border rules for people travelling to and from Wales: coronavirus (COVID-19)	Explains what you must do if you are travelling to or from Wales.	https://gov.wales/travellers-exempt-self-isolation-coronavirus-covid-19
Gwirfoddolwyr a phobl sy'n methu gweithio gartref yn gallu archebu cit hunan-brawf llif unffordd ar-lein	O ddydd Llun 26 Ebrill ymlaen, bydd gwirfoddolwyr a phobl sy'n methu gweithio gartref yn gallu archebu cit hunan-brawf llif unffordd a fydd yn cael ei ddanfôn yn syth i'w cartref.	https://llyw.cymru/gwirfoddolwyr-phobl-syn-methu-gweithio-gartref-yn-gallu-archebu-cit-hunan-brawf-llif-unffordd-ar	Volunteers and those unable to work from home can order a lateral flow self-test kit online	From Monday 26th of April volunteers and those who are unable to work from home can order a lateral flow self-test kit to be delivered direct to their home.	https://gov.wales/volunteers-and-those-unable-work-home-can-order-lateral-flow-self-test-kit-online
Cael profion llif unffordd COVID-19 cyflym os nad oes gennych symptomau	Sut i gael profion llif unffordd COVID-19 rheolaidd er mwyn atal y coronafeirws rhag lledaenu.	https://llyw.cymru/cael-profion-llif-unffordd-covid-19-cyflym-os-nad-oes-gennych-symptomau	Get rapid lateral flow COVID-19 tests if you do not have symptoms	How to get regular COVID-19 lateral flow tests to stop the spread of coronavirus.	https://gov.wales/get-rapid-lateral-flow-covid-19-tests-if-you-do-not-have-symptoms
Adroddiad sefyllfaol COVID-19: 22 Ebrill 2021	Adroddiad sefyllfaol wedi ei baratoi gan Gell Wybodaeth COVID-19 a'r Grŵp Ymgynghorol Diogelu Iechyd ar 22 Ebrill 2021.	https://llyw.cymru/adroddiad-sefyllfaol-covid-19-22-ebrill-2021	COVID-19 Wales Situational Report: 22 April 2021	Situational report prepared by the COVID-19 Intelligence Cell and the Health Protection Advisory Group on 22 April 2021.	https://gov.wales/covid-19-wales-situational-report-22-april-2021

Dolenni defnyddiol / Useful links:

Gofal Cymdeithasol Cymru – tudalennau gwe COVID-19 https://gofalcymdeithasol.cymru/gwella-gwasanaethau/gwybodaeth-ac-adnoddau-ich-tywys-trwy-covid-19	Social Care Wales – Covid-19 web pages: https://socialcare.wales/service-improvement/information-and-resources-to-guide-you-through-covid-19
GofalwnCymru – Swyddi diweddaraf https://www.wecare.wales/jobs/	WeCareWales – Latest Jobs https://www.wecare.wales/jobs/
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/
Dangosfwrdd Data Coronafeirws Iechyd Cyhoeddus Cymru https://public.tableau.com/profile/public.health.wales.health.protection#!/vizhome/RapidCOVID-19virology-Public/Headlinesummary	Public Health Wales Coronavirus Data Dashboard https://public.tableau.com/profile/public.health.wales.health.protection#!/vizhome/RapidCOVID-19virology-Public/Headlinesummary
Arolygaeth Gofal Cymru, Cwestiynau Cyffredin: https://arolygiaethgofal.cymru/coronafeirws-covid-19-cwestiynau-cyffredin	Care Inspectorate Wales, FAQs: https://careinspectorate.wales/coronavirus-covid-19-frequently-asked-questions-faqs