



Changes effective from
17 November 2020



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Health Board

Nevill Hall Hospital is changing: What does it mean for me?



Fill in, cut out and keep



Know your healthcare options when Nevill Hall Hospital changes on 17 November 2020.

CALL 999 or go to your nearest A&E



if you or your child have a life-threatening illness or serious injury. Make sure you know where your nearest A&E department will be from 17 November 2020.

My nearest A&E is: _____ Tel: _____

CALL 111 or go to a MINOR INJURY UNIT



if you or your child have a minor injury.

- For children under 2 with a minor injury, please go to A&E
- For adults and children over 2 years old with a minor injury, please go to a Minor Injury Unit

My nearest MIU is: _____ Tel: _____



Contact YOUR GP

if you or your child have an illness or concern that is not immediately life-threatening.



Talk to your POWYS MIDWIFE

about your birth options. Your Powys midwife can be contacted in an emergency on 01874 622443.



Call NHS 111 or visit www.111.wales.nhs.uk

if you or your child is unwell, unsure what to do and need help. You can also call 111 for urgent GP care when your own surgery is closed.



Treat AT HOME or contact YOUR PHARMACIST

if you or your child have a minor illness or ailment such as a sore throat, cough, skin irritation or common mild illness.

To find your nearest A&E or MIU please see page 20.
For more information, visit www.pthb.nhs.wales/nevill-hall

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Foreword

From 17 November, services at Nevill Hall Hospital are changing. These changes will affect you if Nevill Hall is your nearest District General Hospital.

These changes are happening earlier than expected because the Grange University Hospital, near Cwmbran, is opening four months ahead of schedule. It is opening early to help the NHS prepare for COVID-19 during the winter.

Nevill Hall Hospital will continue to provide a wide range of outpatient appointments, diagnostics and planned procedures. But, it will no longer provide consultant-led accident and emergency services, consultant-led maternity & neonatal services and consultant-led children's services. These services will continue to be available to you from other hospitals here in Wales, and in neighbouring counties in England.

For example, most people whose current closest A&E hospital is Nevill Hall will in future be closest to Prince Charles Hospital (Merthyr Tydfil).

I want to reassure you that your health and wellbeing is our priority and you will still get the best treatment, but it might be in a different place. We have put together this information booklet to ensure you can access the right care, at the right time and in the right place.

Thank you for your understanding and for everything you are doing to keep Wales safe.

Professor Vivienne Harpwood
Chair, Powys Teaching Health Board

Carol Shillabeer
Chief Executive, Powys Teaching Health Board

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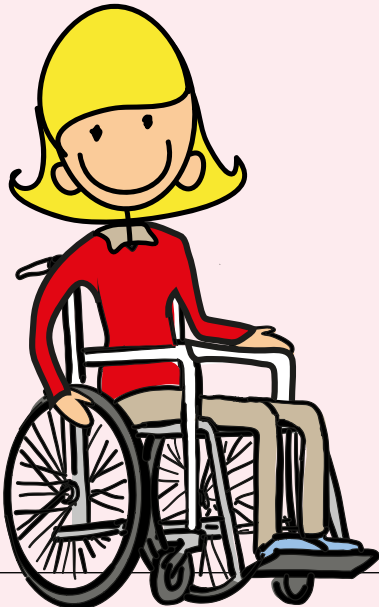
What changes are happening to Nevill Hall Hospital?

Nevill Hall Hospital is changing on 17 November 2020.

Nevill Hall Hospital in Abergavenny is changing on 17 November 2020. This is because the Grange University Hospital will open ahead of schedule to help the NHS respond to winter pressures and a potential second wave of COVID-19. Many of the services you receive at Nevill Hall Hospital will remain the same. But some important changes may affect how you access some health services in future.

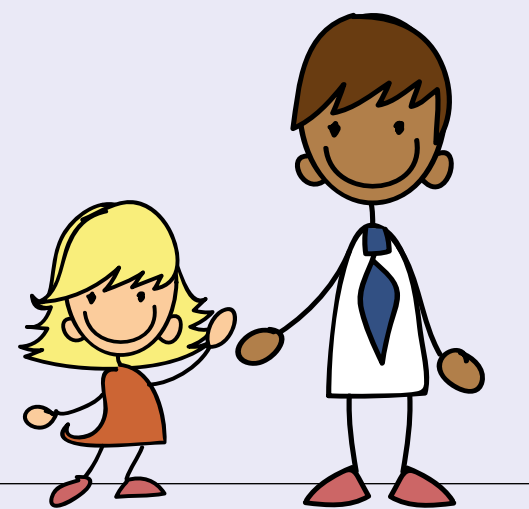
These changes mainly affect consultant-led A&E services, more complex operations (e.g. those requiring overnight stay), consultant-led maternity & neonatal services, and consultant-led children's services. Nevill Hall Hospital will continue to provide first-class care to residents of South and Mid Powys when the Grange University Hospital opens on 17 November.

Work is underway on a business case to establish a new radiotherapy unit at the Nevill Hall Hospital, run by Velindre NHS Trust. If approved, this would provide life-saving cancer treatment closer to home for more South and Mid Powys residents.



Service	Nevill Hall Hospital	
24/7 nurse-led Minor Injuries Unit (for adults and children aged 1 and over)	✓	In Powys, we also provide Minor Injury Units for adults and children aged 2 and over (see page 20).
Day surgery – where you are operated on and discharged on the same day	✓	We also provide day surgery services in Powys hospitals (see page 20).
Wide range of routine outpatient clinics for adults and children	✓	We also provide outpatient appointments in Powys hospitals (see page 20).
Diagnostic services – assessments, X-rays, MRI, CT scans	✓	We also provide diagnostic services including X-ray in Powys hospitals.
Medical Assessment Unit, Enhanced Frailty Unit and 213 inpatient beds	✓	These services will continue at Nevill Hall Hospital.
Midwife-led maternity services	✓	Talk to your Powys midwife about your birth plan (see page 10).
Consultant-led Accident and Emergency services	✗	Make sure you know where your nearest consultant-led A&E department will be from 17 November. See page 6 for more information about caring for your child in an emergency. See page 8 for more information about emergency care.
Children's inpatient services	✗	Make sure you know where your nearest consultant-led A&E department will be from 17 November. See page 6 for more information about caring for your child in an emergency.
Consultant-led births and Special Care Baby Unit	✗	Talk to your Powys midwife about your birth plan. See page 10 for more information about your birth options.
Inpatient surgery requiring overnight stay	✗	You will be contacted about any changes to your planned care. See page 11 for more information about changes to planned care.

Caring for my child



Children’s services at Nevill Hall Hospital are changing from 17 November 2020. Outpatient and planned day case surgery will continue. Children’s A&E and inpatient care will be available from neighbouring hospitals.

How are children’s services at Nevill Hall Hospital changing from 17 November 2020?

Service	Children’s Services at Nevill Hall Hospital from 17 November 2020	
Wide range of routine outpatient clinics	✓	Children’s outpatient clinics will continue at Nevill Hall Hospital.
Planned day case surgery (e.g. tonsils, adenoids)	✓	Day case surgery for children will continue at Nevill Hall Hospital.
Minor Injuries for children aged 1 and over	✓	A minor injury service for children aged 1 and over will continue to be available from Nevill Hall Hospital.
Consultant-led Accident and Emergency services	✗	Nevill Hall Hospital will no longer provide consultant-led A&E services. Consultant-led A&E services will continue to be available from other hospitals in Wales and in England. Make sure you know where your nearest consultant-led A&E department will be from 17 November.
Paediatric Assessment Unit	✗	Nevill Hall Hospital will no longer provide a Paediatric Assessment Unit. Call 999 or go to A&E if your child is seriously unwell.
Children’s inpatient services (e.g. overnight beds)	✗	Nevill Hall Hospital will no longer provide children’s inpatient services. Children’s inpatient services will continue to be available from other hospitals in Wales and in England. You will be contacted about any changes to your child’s inpatient care.

From 17 November 2020, Nevill Hall Hospital will NOT provide an emergency children’s service for serious illnesses and injuries. In an emergency, call 999 or take your child to your nearest A&E department.

Immediately dial 999 to request an ambulance if your child:

- stops breathing
- is struggling to breathe – for example, if the area under their ribcage is “sucked in”
- is unconscious or seems unaware of what’s going on
- won’t wake up
- has a seizure (fit) for the first time, even if they seem to recover

Take your child to your nearest A&E department if they:

- have a high temperature (fever) and they’re lethargic (lacking in energy), despite having paracetamol or ibuprofen
- are breathing fast, panting or very wheezy
- have severe abdominal (tummy) pain
- have a cut that won’t stop bleeding or is gaping open
- have a leg or arm injury and they’re unable to use the limb
- have swallowed poison or tablets

Please talk to your clinical team if you are unsure about how the changes to Nevill Hall Hospital may affect any care your child receives for ongoing or chronic conditions.

Where you can take your child depends on their age and the severity of their injury or illness.

	Age 0 to 2	Age 2 and over
For serious illnesses and injuries	Dial 999 or go to A&E	Dial 999 or go to A&E
For minor injuries	Dial 111 or go to A&E*	Dial 111, or go to a Minor Injury Unit
*The Minor Injury Unit at Nevill Hall Hospital can see children aged 1 and over. Minor Injury Units in Powys can see children aged 2 and over.		

People living in South and Mid Powys will continue to access consultant-led accident and emergency services at neighbouring hospitals including:

- Prince Charles Hospital, Merthyr Tydfil
- Morriston Hospital, Swansea
- Glangwili General Hospital, Carmarthen
- Bronglais General Hospital, Aberystwyth
- County Hospital, Hereford
- Grange University Hospital, Cwmbran

Dial 111 if it is urgent but not life threatening. NHS 111 Wales is free to call, 24 hours a day.

The NHS 111 Wales website includes useful information about health services including: a symptom checker, a local services search, and a health encyclopaedia.

www.111.wales.nhs.uk

How do I access healthcare in an emergency?

Emergency care at Nevill Hall Hospital is changing on 17 November 2020. Nevill Hall Hospital will provide a 24/7 nurse-led minor injury unit. It will not provide consultant-led A&E services.

How are emergency services changing at Nevill Hall Hospital?
On 17 November 2020, 24/7 consultant-led accident and emergency services will transfer from Nevill Hall Hospital to the new Grange University Hospital in Cwmbran.

Nevill Hall Hospital will provide a 24/7 nurse-led Minor Injury Unit for adults, and for children aged 1 and over.

Residents of South and Mid Powys will continue to be able to access 24/7 consultant-led accident & emergency services from other neighbouring hospitals.

Dial 999 if you have a life-threatening illness or serious injury.

What should I do in a medical emergency?
Please see page 6 for details on how to care for your child in an emergency.

Call 999 if you have a life-threatening illness or serious injury.

Here are some examples of medical emergencies when you should call 999:

- Chest pain
- Difficulty in breathing
- Loss of consciousness
- Severe loss of blood
- Choking
- Fitting / convulsions
- Drowning
- Severe allergic reactions

If you are taken to hospital by ambulance, they will take you to the best place for your treatment and care.

Where will I receive consultant-led emergency care?
From 17 November 2020, residents of South and Mid Powys will continue to access consultant-led accident and emergency services at a wide range of hospitals across Wales and at neighbouring hospitals in England.

Most people whose current closest A&E hospital is Nevill Hall will in future be closest to Prince Charles Hospital (Merthyr Tydfil). A&E hospitals include:

- Prince Charles Hospital, Merthyr Tydfil
- Morriston Hospital, Swansea
- Glangwili General Hospital, Carmarthen
- Bronglais General Hospital, Aberystwyth
- County Hospital, Hereford
- Grange University Hospital, Cwmbran

For the most serious injuries ("major trauma") the best place to be is a Major Trauma Centre, such as the University Hospital of Wales in Cardiff, see page 14 for more information.

You can find your nearest A&E department or Minor Injury Unit by using the Local Services search on the NHS 111 Wales website at www.111.wales.nhs.uk

There is also a handy map on page 20.

Dial 111 if it is urgent but not life threatening. NHS 111 Wales is free to call, 24 hours a day.

Where should I go with a minor injury?
Minor Injury Units in Powys and in neighbouring counties can treat less serious injuries such as cuts, bites and sprains. They are run by experienced nurses with extra training in the treatment of injuries.

Minor Injury Units in South and Mid Powys able to treat adults and children aged 2 and over, include:

Brecon
01874 615800
(24 hours a day)

Llandrindod Wells
01597 828735
(07:00 to 00:00 midnight, every day)

Ystradgynlais
01639 844777
(08:30 to 16:00, Monday to Friday excluding Bank Holidays)

During COVID-19 we ask you to call before you visit, so that we can keep you safe and keep our staff safe. Our expert nurses will be able to provide you with advice over the telephone, book an appointment for you, or refer you to another service if appropriate.

Many GP practices in Powys also offer a minor injury service. Check with your local practice for details.

You can also access a wide range of health advice in your local community. Find out more on page 15.

Nevill Hall Hospital will also provide a 24/7 nurse-led minor injury unit from 17 November 2020. This unit can treat adults, and children aged 1 and over.

The NHS 111 Wales website includes useful information about health services including: a symptom checker, a local services search, and a health encyclopaedia.

www.111.wales.nhs.uk

Your birth choices

From mid November 2020, Nevill Hall Hospital will not provide a consultant-led maternity unit. Talk to your Powys midwife about your birth options.

If you're expecting, we want you to have as much information as possible to help you through your pregnancy and plan your labour and birth.

Where can I give birth?

You can give birth at home, in a unit run by midwives (a midwife-led birth unit) or in a consultant-led unit in a major hospital. Your options about where to have your baby will depend on an assessment of your needs. Women who are healthy with no complications ("low risk") may be able to consider all of these birth locations. Women with some medical conditions may be advised to give birth in a consultant-led unit in case you need additional treatment for you or your baby.

Your midwife will be able to help you plan the birth you want, whilst ensuring the wellbeing of you and your baby.

Our South Powys Midwife Team can also be contacted if you need emergency advice overnight or at the weekend via the Brecon Hospital switchboard on 01874 622443.

Call 999 if you have an obstetric or gynaecological emergency. Welsh Ambulance Service will take you to the most appropriate hospital for your care and treatment.

How are maternity services at Nevill Hall Hospital changing?

Service	Nevill Hall Hospital services from mid November 2020	
Home births	✓	No change: our experienced midwifery team in Powys offers home births across the county.
Midwife-led Birth Unit	✓	No change: our experienced midwifery team in Powys offers midwife-led births in our birth centres in Brecon, Llandrindod Wells, Knighton, Llanidloes, Newtown and Welshpool.
Consultant-led Maternity Unit	✗	Nevill Hall Hospital will no longer offer consultant-led births or special care baby unit from mid November 2020. Please discuss your birth plan with your Powys midwife. If you have already booked to give birth with Aneurin Bevan University Health Board we recommend continuity of care with your obstetric plan. This would mean that your consultant-led birth would take place at The Grange from mid November 2020.

What's happening to planned care?

Planned care services at Nevill Hall Hospital are changing from 17 November. It will continue to provide a wide range of outpatient appointments, scans and day case surgery. It will no longer provide inpatient surgery requiring overnight stay.

Many planned care appointments for residents of South and Mid Powys are available in our community hospitals. This includes day case surgery at our hospitals in Brecon and Llandrindod Wells.

Unless you are contacted, please assume that your outpatient appointment, scan or planned operation or procedure is going ahead unchanged.

Please accept our apologies that COVID-19 is continuing to affect planned appointments. Staff across the NHS are working hard to restart services, whilst ensuring this is safe for patients and safe for staff.

Information about the steps being taken to restart services in Powys and in neighbouring hospitals is available from www.pthb.nhs.wales/find/restart

Service	Planned Care Services at Nevill Hall Hospital from 17 November 2020	
Day Surgery (surgery where you are operated on and discharged in the same day)	✓	We also provide some day surgery services in Powys.
Diagnostic Services (e.g. assessments and scans including X-ray, MRI and CT)	✓	We also provide some diagnostic services including X-ray and endoscopy services in Powys.
A wide range of outpatient appointments (including children's and maternity outpatients).	✓	We also provide a wide range of outpatient services in our community hospitals in Powys.
More complex surgery requiring overnight stay	✗	Nevill Hall Hospital will no longer provide inpatient surgery requiring overnight stay. This will continue to be available for South and Mid Powys residents from other hospitals.

Welsh Ambulance Service

Welsh Ambulance Service is here to provide life-saving care in Powys, 24 hours a day.

We have been working with the Welsh Ambulance Service so that they are ready to respond to the changes taking place at Nevill Hall Hospital from 17 November 2020.

Following a serious incident or trauma, the pre-hospital role of paramedics is the most important aspect of the life-saving process.

All crews are highly skilled professionals who can treat and stabilise patients before taking them to the most appropriate hospital, if necessary.

What happens when you call?

You will need to tell the operator the address where help is needed, including the postcode if you know it, the phone number you are calling from, what is wrong and what has happened.

The operator will despatch an emergency ambulance, rapid response vehicle, urgent care vehicle, volunteer first responder, air ambulance helicopter or specialist teams depending on the incident and location.

- Appropriate help will start to be arranged immediately. However, they will also ask:
- **the patient's age, sex and medical history**
 - **whether the patient is breathing, conscious, bleeding seriously or has had persistent chest pain**
 - **the type of illness or injury and how it happened**

The operator will tell you the best way to help the patient whilst the ambulance is on the way. When help arrives, the patient's clinical condition will be assessed and treatment may be given as necessary at the scene. If, after treatment, the patient's condition is still critical, then they will be taken to either the nearest hospital accident and emergency department or the most appropriate specialist centre, such as a heart attack centre or burns unit.

Download the what3words app
This gives the ambulance service very accurate information about your location. This can be very important in a rural area like Powys www.what3words.com

For more information about the Welsh Ambulance Service, you can head to: www.ambulance.wales.nhs.uk

24/7 Air Ambulance

To ensure that everybody in Wales receives the same level of care, no matter where you and when you need help, the Wales Air Ambulance is providing a new 24/7 service.

Since 1 July, Wales' 24/7 Air Ambulance service has been up and running with a new 24/7 Air Support desk and the launch of the 'Night-time service' whereby a consultant and critical care practitioner operate between 7pm and 7am from the Cardiff Heliport base using a Rapid Response Vehicle.

As part of Phase 2 of the 'Night-time service', from December a double-pilot crew and aircraft will be based at Cardiff

Heliport between 7pm and 7am, ensuring that the service has the capability to attend medical emergencies across Wales.

For more information about the latest EMRTS developments, you can head to: www.emrts.cymru/247

You can find out more about the Wales Air Ambulance Charity and make a donation at www.walesairambulance.com



South Wales Major Trauma Network

Serving the population of South Wales, West Wales and South Powys, the Major Trauma Network aims to ensure patients with life-threatening or life-changing injuries receive the best possible care and treatment.

The new network launched in September 2020. It includes a major trauma centre at the University Hospital of Wales, trauma units (Princes Charles Hospital, Glangwili General Hospital, Grange University Hospital and Morriston Hospital) and rural trauma facilities (including Bronglais General Hospital) supported by other hospitals within the region.

The network complements the arrangements already in place for other parts of Powys, where our residents access the designated Trauma Units at County Hospital in Hereford and Royal Shrewsbury Hospital and Trauma Centres in Stoke and Birmingham.

What is major trauma?

Major trauma refers to multiple and serious injuries that could result in disability or death. For example, serious head injuries, multiple injuries caused by road traffic accidents, and gunshot wounds.

Patients with these types of injuries will have a better chance of survival if they are treated within a major trauma network.

A major trauma network helps to ensure speedier recovery, reduced disability, quicker return to normal life, and better access to 24/7 major trauma care.

What happens in an emergency?

Call 999 if you have a life or limb-threatening emergency. The Welsh Ambulance Service or Welsh Air Ambulance will take you to the most appropriate hospital for your care and treatment. For the most serious injuries, the best place to be is a Major Trauma Centre.

For more information about the South Wales Major Trauma Network, you can head to: www.pthb.nhs.uk/find/majortrauma



Local Care and Support

A trip to the GP isn't always the best path to follow when we are unwell. Did you know that there are a number of local alternatives you can consider?

Self-care

Sometimes self-care is the answer. Having a good first aid kit to hand often means you'll manage without even leaving home.

Having a well-stocked first aid kit in the cupboard means you'll be prepared for when those common aches, pains, ailments, and injuries surprise you.

111 Wales

This FREE service is available 24 hours a day, seven days a week.



You'll find an A-Z online symptom checker offering advice on treatment, contact details to your local chemist, dentist, optician, minor injuries units and much more. Often there's no need to leave the comfort of home!

www.111.wales.nhs.uk | Telephone: 111

Pharmacy

Community pharmacists offer fast and effective advice on over-the-counter treatments for a variety of minor illnesses or injuries.



Minor Injury Unit

Injured yourself? Then follow the path to the Minor Injury Unit. Specialists are waiting to assess on-site and treat a range of injuries such as cuts, insect bites, minor head injuries (without loss of consciousness) and more.

There are Minor Injury Units in Brecon, Llandrindod Wells, Nevill Hall and Ystradgynlais hospitals.

At the time of print (mid-October 2020), all Minor Injury Units in Powys are currently APPOINTMENT ONLY services. Please ensure you ring in advance to make an appointment so that we can protect you and our staff from COVID-19.



Information about caring for your sick child is available on page 6.

Helping each other

There are several voluntary organisations in South and Mid Powys who can help.

For more information about the organisations who are there to help, go to pages 16 and 17.

Your GP

Of course, the GP is still available when you need them. But, by considering the alternatives first, you are helping to ensure that they only see those people that need them, which helps us all in the long run.

Please be aware that some services continue to be affected by COVID-19. We apologise for any inconvenience whilst we take steps to keep you safe and keep our staff safe.

Credu Connecting Carers

Do you look after someone with a health condition and/or disability?

Then you matter too!

Credu supports Young and Adult Carers.

How Credu supports depends upon each individual person and their circumstances, but here are some ways that we can help:

- Practical information on getting support with your Caring role (services for the person you look after / respite / financial benefits you may be entitled to).
- Emotional support – we have a free counselling service run by skilled volunteers.
- We are trained to give you the time and the space to work through challenges and find solutions in a flexible manner – focusing on what truly matters to you.
- Young Carers and Adult Carers Groups – people who attend these groups report getting so much support from each other through sharing information, tips, activities and even having fun.
- Working alongside you for however long you would like us to and without any pressure.
- Courses to help manage your caring role such as first aid / manual handling / stress less / sleep easy.

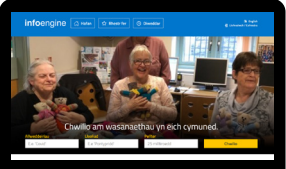
Getting in touch:
01597 823800 | carers@credu.cymru | www.credu.cymru
For upcoming groups & events: www.credu.cymru/events

[f @creducarers](#) | www.facebook.com/creducarers



infoengine

infoengine yw cyfeirlyfr ar-lein gwasanaethau trydydd sector ledled Cymru.



Os ydych chi'n edrych i ddarganfod pa wasanaethau sydd ar gael yn eich ardal leol CHI, yna edrychwch ddim pellach!

Ewch i: www.infoengine.cymru

Os hoffech dderbyn cefnogaeth gyda chofrestru'ch sefydliad a'ch gwasanaeth (au), cysylltwch â ni:

infoengine@pavo.org.uk
01597 822191

infoengine is the online directory of third sector services across Wales.



If you are looking to find out what services are available in YOUR local area, then look no further!

Go to: www.infoengine.wales

If you would like support to register your organisation and service(s), please contact us:

infoengine@pavo.org.uk
01597 822191

infoengine

www.infoengine.cymru
[t](#) [f](#) [@InfoEngine1](#)

Are you looking for local and national organisations or services that can help you?



Visit Dewis Cymru – THE place to find information about a range of well-being services in Wales.



Dewis Cymru
Have choice and take control



A Health and Well-being Wales Partner

Are you looking for local services that can help you?

Dewis Cymru aims to help people with their well-being by sharing information about a wide range of local and national organisations and services. Whatever you are looking for, from a childminder to a residential care home, Dewis has the answer! You can then make your own choice over which services best meet your needs.

Can Dewis Cymru help me?

Dewis Cymru has been developed to help people find information about organisations and services that can help them take control of their own well-being, so Dewis Cymru is for YOU! It is also useful for people like GPs, Librarians, Social Workers and lots of local organisations who offer information to the public as part of their work. So Dewis Cymru is for everyone!

What sort of information does Dewis Cymru hold?

Dewis Cymru provides a place for any local or national organisation to share information about the services they have to offer. The services listed might be provided by your local authority, the Health Board, a local or national charity or a community group, club or society (we share services with 'Infoengine' – a third sector directory, and with the NHS in Wales as part of the 'Health and well-being Wales partnership'). Some services may be provided free of charge, others may charge for their service. Dewis allows you to understand

what services are available and allows you to choose how best to meet your needs. So whether you're looking for childcare, something to do, help with housing needs, or help to provide care for someone, it's likely that Dewis Cymru will have information that can help you.

Where can I find Dewis Cymru?

Just go to www.dewis.wales. You'll then be able to search for services or browse our national information pages that have been designed to help you think about what matters to you. If you need any help, let us know using the 'Contact Dewis' link on the website and we'll be happy to help you.

How to contact us

You can contact us by:

- using the 'Contact Dewis' link on the website
- emailing us at help@dewis.wales
- visiting our Facebook page
- contacting us via our Twitter page

[t @dewiswales](#) [f /dewiswales](#)

Community Connectors

Looking For Support?

Not Sure Who To Ask?

PAVO Community Connectors can put you in touch with voluntary organisations and community groups to support you.

We will work with you to access the right local services, support and information.

People ring us about many different things – shopping support, transport, benefits, health conditions, housing, loneliness and much more.

To talk to a Community Connector please contact us on:

01597 828649

community.connectors@pavo.org.uk

[@powysconnectors](#)

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Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board



Powys



PAVO

Powys Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Powys

Council Services

AskSARA

AskSARA is an easy to use, self-assessment tool that provides expert advice and information on products and equipment for older and disabled adults and children to make your daily life easier:

- Visit www.pthb.nhs.wales/find/asksara
- Choose a topic, including medication, mobility, memory, hearing & vision, shopping and personal care
- Answer some questions to identify areas you need support with
- Get advice on products and equipment that can aid with independent living

Information and advice from Powys County Council about care and support for adults

ASSIST is Powys County Council's information and advice service for adult care and support. If you are looking for information or advice for adult care and support in your area, please call ASSIST on 0345 602 7050.

An experienced contact officer will be able to support you to access a range of services, including those for adults, older people or people with sensory impairment and learning or physical disabilities.

For more information on services for adults in your area, you can head to: www.pthb.nhs.wales/find/adultservices

Supporting children and young people's emotional health and wellbeing

Knowing how to talk to your child about their emotional health and wellbeing, and recognising the signs that they might be worried, anxious or stressed can be really hard.

Here's a few signs to look out for:

- Low mood, sadness, frequent tearfulness
- Voicing / showing feelings of hopelessness and helplessness
- Irritability, intolerance of others
- Lack of enjoyment in things that were once interesting to them
- Increasing social isolation (including online socialising)
- Disturbed sleep patterns

For more information and support:

Kooth Online Counselling
www.kooth.com

Powys County Council Early Help Team
01597 827 666 or visit www.pthb.nhs.wales/find/childservices

Pupils can also access support through Hwb

If you or someone you know is in immediate danger you should dial 999

How we can keep Wales safe

As this newsletter goes to print in mid-October, COVID-19 continues to affect all of us and the NHS. Thank you for doing all you can to keep Wales safe. Please remember to:

- Observe social distancing
- Wash your hands regularly
- Work from home if you can
- Wear a face covering in indoor public spaces, including public transport
- Follow Welsh Government guidelines and restrictions

The main symptoms of COVID-19 are recent onset of one or more of the following:

- a new continuous cough
- high temperature
- loss of or change to your normal sense of smell or taste (anosmia)

You must self-isolate if you or anyone in your extended household has symptoms. If **you** have symptoms, you must get a test. The impact of COVID-19 does continue to change. So, please check the latest information when you receive this newsletter:

- Current information from Welsh Government is available from www.gov.wales/coronavirus

NHS staff and services are still under huge pressure and we can all do our bit by choosing the right service for our needs. You can find out more about this on page 15.

Contact us

If you would like to share your feedback about the changes outlined in this booklet:

Email us at:
powys.engagement@wales.nhs.uk

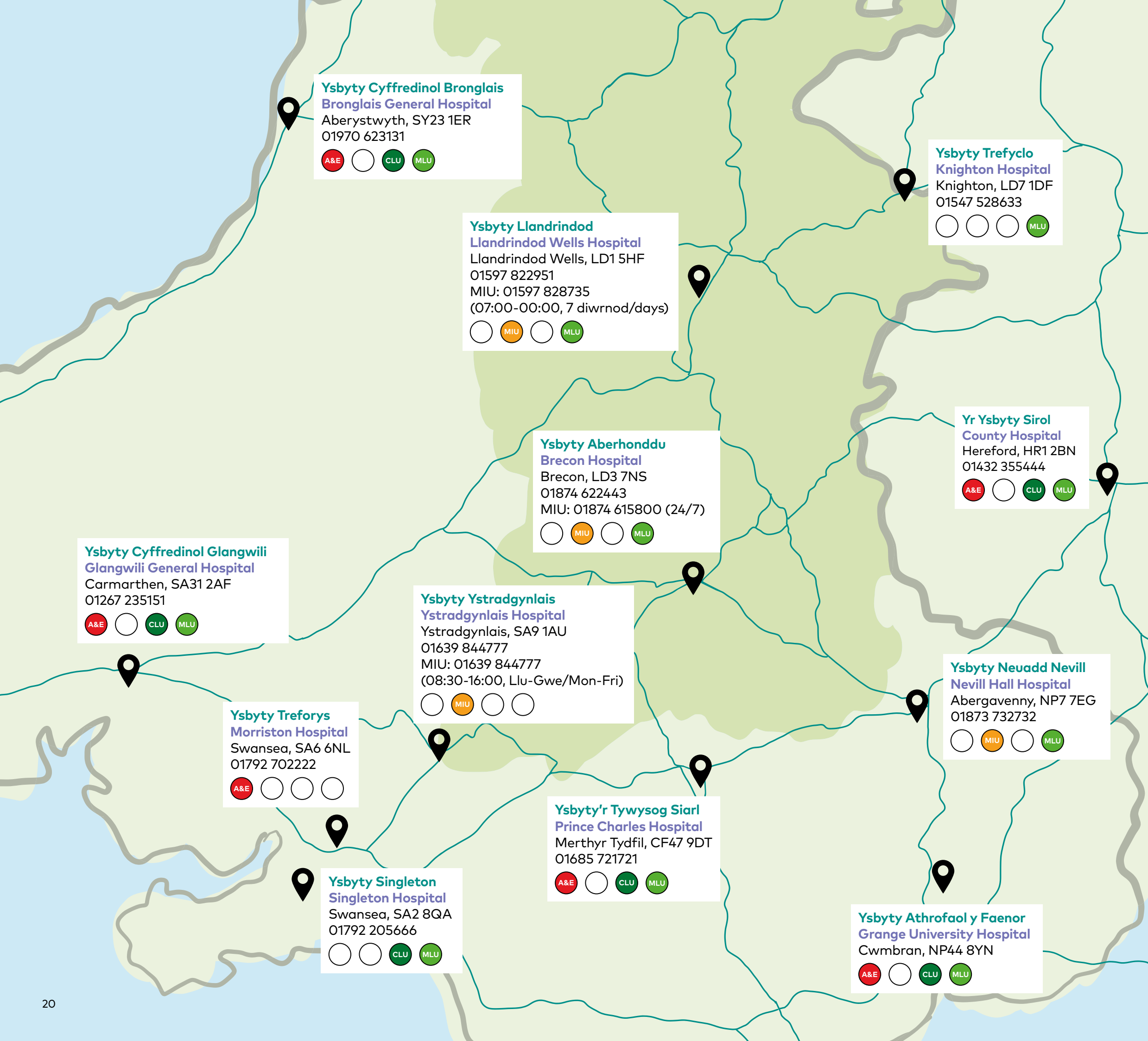
Write to us at:
Engagement Team, Powys Teaching Health Board,
Bronllys Hospital, Bronllys, Brecon, Powys LD3 0LU

Find out more at:
www.pthb.nhs.wales/nevill-hall

You can also share your feedback with Powys Community Health Council, which is the independent watchdog to represent the interests of patients and the public in the NHS.

Email them at:
enquiries.powyschc@waleschc.org.uk

Write to them at:
Powys Community Health Council, Brecon
Office, 1st Floor, Neuadd Brycheiniog,
Cambrian Way, Brecon LD3 7HR



Ysbyty Cyffredinol Bronglais
Bronglais General Hospital
Aberystwyth, SY23 1ER
01970 623131
A&E ○ CLU MLU

Ysbyty Llandrindod
Llandrindod Wells Hospital
Llandrindod Wells, LD1 5HF
01597 822951
MIU: 01597 828735
(07:00-00:00, 7 diwrnod/days)
○ MIU ○ MLU

Ysbyty Trefyclo
Knighton Hospital
Knighton, LD7 1DF
01547 528633
○ ○ ○ MLU

Ysbyty Aberhonddu
Brecon Hospital
Brecon, LD3 7NS
01874 622443
MIU: 01874 615800 (24/7)
○ MIU ○ MLU

Yr Ysbyty Sirol
County Hospital
Hereford, HR1 2BN
01432 355444
A&E ○ CLU MLU

Ysbyty Cyffredinol Glangwili
Glangwili General Hospital
Carmarthen, SA31 2AF
01267 235151
A&E ○ CLU MLU

Ysbyty Ystradgynlais
Ystradgynlais Hospital
Ystradgynlais, SA9 1AU
01639 844777
MIU: 01639 844777
(08:30-16:00, Llu-Gwe/Mon-Fri)
○ MIU ○ ○

Ysbyty Neuadd Nevill
Nevill Hall Hospital
Abergavenny, NP7 7EG
01873 732732
○ MIU ○ MLU

Ysbyty Treforys
Morriston Hospital
Swansea, SA6 6NL
01792 702222
A&E ○ ○ ○ ○

Ysbyty'r Tywysog Siarl
Prince Charles Hospital
Merthyr Tydfil, CF47 9DT
01685 721721
A&E ○ CLU MLU

Ysbyty Athrofaol y Faenor
Grange University Hospital
Cwmbran, NP44 8YN
A&E ○ CLU MLU

Ysbyty Singleton
Singleton Hospital
Swansea, SA2 8QA
01792 205666
○ ○ CLU MLU

Cyrraedd yr Ysbyty

Mae Traveline Cymru yn cynnig gwybodaeth a chynghor ar drafnidiaeth gyhoeddus.

Teithio i'r ysbyty yng Nghymru:
www.fynhaithiechyd.traveline.cymru

Gwybodaeth Teithio Cyhoeddus:
www.cymraeg.traveline.cymru

Ymholiadau dros y ffôn:
0800 464 0000

Gwasanaeth Cludo Cleifion Mewn Achosion Nad Ydynt yn Rhai Brys

Mae Gwasanaeth Ambiwylans Cymru yn cynnig Gwasanaeth Cludo i gleifion ledled Cymru nad ydynt yn gallu teithio i'w hapwyntiadau ysbyty eu hunain am resymau meddygol.

Dysgwch fwy yn:
www.ambulance.wales.nhs.uk
neu ffoniwch 0300 123 2303

Mae rhagor o wybodaeth am yr ysbytai hyn ar gael ar ein gwefan yn:
www.biap.gig.cymru/neuadd-nevill

Getting to Hospital

Traveline Cymru provides information and advice on public transport.

Journeys to hospital in Wales:
www.myhealthjourney.traveline.cymru

Public transport information:
www.traveline.cymru

Telephone enquiries:
0800 464 0000

Non-Emergency Patient Transport Service

Welsh Ambulance Service provides a Transport Service for patients across Wales who are unable, for medical reasons, to make their own way to hospital appointments.

Find out more from:
www.ambulance.wales.nhs.uk or call 0300 123 2303

More information about these hospitals is available from our website at:
www.pthb.nhs.wales/nevill-hall

Allwedd | Key

- A&E** Damwain ac Argyfwng
Accident & Emergency
- MIU** Uned Mân Anafiadau
Minor Injury Unit
- CLU** Uned dan Arweiniad Ymgynghorwyr
Consultant-Led Maternity Unit
- MLU** Uned dan Arweiniad Bydwagedd
Midwife-Led Maternity Unit

Gwasanaethau Cynghor

ASKARA
Mae AskARA yn adnodd hunan-asesu hawdd sy'n cynnig cynghor a gwybodaeth arbenigol am gynhyrchion ac offer i oedolion hŷn ac anabl a phlant i wneud eich bywyd yn haws o ddwydd i ddwydd:

- Ewch i www.biap.gig.cymru/yma/askara
- Dewiswch bwn, gan gynnwys meddyginiaeth, symudedd, y cof, y clyw a'r golwg, siopa a gofal personol
- Atebwch rai cwestiynau er mwyn i ni wybod ym mha fesydd mae angen cymorth arnoch
- Manteisiwch ar gynghor ar gynhyrchion ac offer a all helpu gyda byw'n annibynnol

Gwybodaeth a chynghor gan Gynghor Sir Powys ar ofal a chymorth i oedolion
CYMORTH yw gwasanaeth gwybodaeth a chynghor Cynghor Sir Powys ar gyfer gofal a chymorth i oedolion. Os ydych yn chwilio am wybodaeth neu gynghor ar ofal a chymorth i oedolion yn eich ardal chi, ffoniwch CYMORTH ar 0345 602 7050.

Gall swyddog cyswllt profiadol eich cefnogi i gael mynediad i amrywiaeth o wasanaethau, gan gynnwys rhoi i oedolion, pobl hŷn neu bobl â nam ar y synhwyrau ac anabledau dysgu neu gorfforol.

I gael rhagor o wybodaeth am wasanaethau i oedolion yn eich ardal chi, ewch i: www.biap.gig.cymru/yma/oedolion

Cefnogi iechyd a lles emosïynol plant a phobl ifanc
Gall fod yn anodd iawn gwybod sut i siarad â'ch plentyn am ei iechyd a'i les emosïynol a chydabod yr arwyddion ei fod yn poeni, yn bryderus neu dan straen.

Dyma rai pethau i gadw llygaid allan amdanyn:

- Hwyliau isel, tristwch, yn aml yn ddagreul
- Lleisio / dangos teimladau o anobaith a diymadferthedd
- Yn digio, yn anoddefgar at eraill
- Ddim yn mwynhau pethau a oedd o ddiddordeb iddo unwaith
- Rhoi'r gorau i gymdeithasu (gan gynnwys cymdeithasu ar-lein)
- Patrymau cysgu anwaddol

Am ragor o wybodaeth a chymorth:

Cwnsela Ar-lein Kooth
www.kooth.com (Gwefan ar gael yn Saesneg yn unig)

Tim Cymorth Cynghor Sir Powys

01597 827 666 neu ewch i www.biap.gig.cymru/yma/plant

Gall disgybillion hefyd gael cymorth drwy Hwb

Os ydych chi neu rywun rydych yn ei nabad mewn perygl uniongyrchol dylech ffonio 999

Sut gallwn ddiogelu Cymru

Wrth i'r cylichlythyr hwn fynd i brint yng nghanol mis Hydref, mae COVID-19 yn parhau i effeithio arnom ni i gyd a'r GIG. Diolch am wneud popeth yn eich gallu i ddiogelu Cymru. Cofiwch:

- **Gydymffurfio â mesurau ymbeillhau cymdeithasol**
 - **Golchi eich dwyllo'n rheolaidd**
 - **Gweithio gartref os gallwch chi**
 - **Gwisgo gorchudd wneib mewn manau**
 - **Cyhoeddus dan do, gan gynnwys trafnidiaeth gyhoeddus**
 - **Dilynwch ganllawiau a chyfyngiadau Llywodraeth Cymru**
- Y prif symptomau o COVID-19 yw datblygiad diweddar un neu fwy o'r canlynol:

- **peswch parhaus newydd**
- **tymheredd uchel**
- **coll i'ch synnwyr arferol o arogl neu flas, neu newid yn y synhwyrau hyn (anosmia)**

Cysylltu â ni

Os hoffech rannu eich adborth am y newidiadau a nodir yn y llyfryn hwn:

E-bostiwrch ni:

powys.engagement@wales.nhs.uk

Ysgrifennwch atom:

Y Tim Ymgysylltu, Bwrdd Iechyd Addysgu Powys, Ysbyty Bronllys, Bronllys, Aberhonddu, Powys LD3 0LU

Dysgwch fwy:

www.biap.gig.cymru/neuadd-nevill

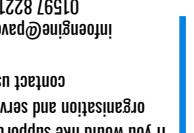
Gallwch hefyd rannu eich adborth gyda Chynghor Iechyd Cymuned Powys, sef y corff gwarchod annibynnol sy'n cynrychioli diddordebau cleifion a'r cyhoedd yn y GIG.

E-bostiwrch nhw:

enquiries.powyschc@waleschc.org.uk

Ysgrifennwch atynt:

Cynghor Iechyd Cymuned Powys, Swyddfa Aberhonddu, Llawr 1af, Neuadd Brycheiniog, Ffordd Cambria, Aberhonddu LD3 7HR



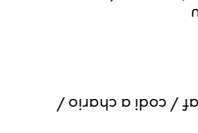
infoengine is the online directory of third sector services across Wales.

If you are looking to find out what services are available in YOUR local area, then look no further!

Go to: www.infoengine.wales

If you would like support to register your organisation and service(s), please contact us:

infoengine@pavo.org.uk
01597 8227191



infoengine yw cyfeirlyr ar-lein gwasanaethau trydydd sector ledled Cymru.

Os ydych chi'n edrych i ddaroganod pa wasanaethau sydd ar gael yn eich ardal leol chi!, yna edrychwech ddim pellach!

Ewch i: www.infoengine.cymru

Os hoffech dderbyn cefnogaeth gyda chofrestru'ch sefydliad a'ch gwasanaeth (au), cysylltwch â ni:

infoengine@pavo.org.uk
01597 8227191

Ydych chi'n gofalu am rywun sydd a chyflwr iechyd a/neu anabled?

Rydych chi'n bwysig hefyd!

Mae Credu yn cefnogi! Gofalwyr ifanc a Gofalwyr sy'n Oedlon.

Mae'r dull cefnogi a ddefnyddir gan Credu yn dibynnu ar bob unigolyn a'i amgylchiadau, ond dyma rai o'r ffyrdd y gallwn helpu:

- Gwoboddeith ymarferol am gefnogaeth gyda'ch rôl Gofalu (gwasanaethau i'r person rydych yn gofalu amdano / seibiont / budd-daliadau arianau y gallai fod gennyh hawl iddynt).
- Cymorth emosiynol – mae genym wasanaeth cwsela am ddim sy'n cael ei redeg gan wirfoddolwyr medrus.
- Rydym wedi cael ein hyfforddi i roi lle ar amser i chi weithio drwy heriau.
- Gryddwyr Gofalwyr Ifanc a Gofalwyr sy'n Oedlon – mae'r bobl sy'n dod i'r grwpiau hyn yn dweud eu bod yn cael cymaint o gefnogaeth gan ei gilydd drwy rannu gwybodaeth, awgrymiadau, gweithgareddau a chael helpu.
- Bryddym yn gweithio ochr yn ochr â chi am gyn hired ag y dymunwch, heb unrhyw bwysau amoch chi.
- Crysiâu i'ch helpu i reoli eich rôl o'falu, fel cymorth cyntaf / codi a chario / lleihau straeu / cysgu'n dda.

Cysylltu â ni:
01597 823800 | careers@credu.cymru | www.credu.cymru/events
@creducareers | www.facebook.com/creducareers

Ydych chi'n chwilio am sefydliadau neu wasanaethau lleol a chenedlaethol sy'n gallu eich helpu?

Ydych chi'n chwilio am wasanaethau lleol sy'n gallu eich helpu?

Nod Dewis Cymru yw helpu pobl gyda'u llesiant sefydliadau a gwasanaethau lleol a chenedlaethol. Beth bynnag rydych chi'n chwilio amdanu, mae'r ateb gan Dewis! Yna gallwch chi wneud eich dewis eich hun am ba wasanaethau sy'n bodloni'ch anghenion chi orau.

All Dewis Cymru fy helpu i?

Mae Dewis Cymru wedi cael ei ddatblygu i helpu pobl i ddod o hyd i wybodaeth am sefydliadau a gwasanaethau sy'n gallu eu helpu i gymryd rheolaeth dros eu llesiant eu hun, felly mae Dewis Cymru ar eich cyfer. Chit Mae'r ddehnyddol hefyd i bobl fel Meddygon Teulu, Llyfrgellwyr, Gweithwyr Cymdeithasol a lawer o sefydliadau lleol sy'n cynnig gwybodaeth i'r cyhoedd fel rhan o'u gwaith. Felly mae Dewis Cymru ar gyfer pawbi!

Pa fath o wybodaeth ydy Dewis Cymru yn ei chadw?

Mae Dewis Cymru yn cynnig man i unrhyw sefydliad lleol neu genedlaethol ranu gwybodaeth am y gwasanaethau sydd ganddyn nhw i'w cynnig. Etallai mae'ch wurdod lleol, y Bwrdd Iechyd, ebusen leol neu genedlaethol darpur i'w gwasanaethau sy'n cael eu rhestru (rwydym ni'n rhannu gwasanaethau gyda'r 'Infinite' – cyfeiriadur trydydd sector, ar GIG Partner Iechyd a Llesiant Cymru)



Cael dewis a chymrwg rheolaeth



Cymwch gip ar Dewis Cymru – Y man gorau i ddod o hyd i wybodaeth am ystod o wasanaethau llesiant yng Nghymru.

Ble allia i weld Dewis Cymru?

Mae ond angen mynd i www.dewis.cymru. Yna byddwch chi'n gallu gwilio am wasanaethau neu bori ein tudalennau gwybodaeth genedlaethol sy'n wrrtard eich helpu i feddwl am beth sy'n bwysig i chi. Os oes angen unrhyw help nodyn chi, llithwch wyddol i'r ddrwy ddehnyddol ddolen 'Cysylltu â Dewis' ar y wefan a byddwn ni'n hapus i'ch helpu.

Sut i gysylltu â ni

Gallwch chi gysylltu â ni drwy:

- ddehnyddol i ddolen 'Cysylltu â Dewis' ar y wefan
- anfon e-bost aton ni yn help@dewis.cymru
- ymweld â'n tudalen Facebook
- cysylltu â ni drwy ein tudalen Twitter



[@dewis_cymru](https://twitter.com/dewis_cymru)



[/dewis_cymru](https://www.facebook.com/dewis_cymru)

Cysylltwyr Cymunedol

Chwilio am gefnogaeth?

Ddim yn siŵr i bwy i ofyn?

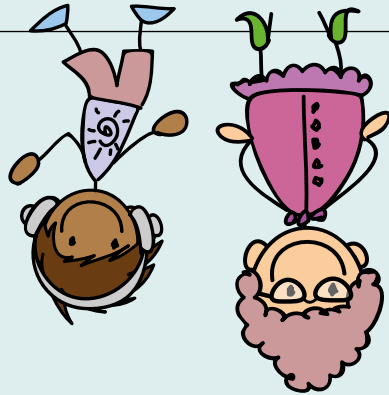
Gall Cysylltwyr Cymunedol PAVO eich rhoi mewn cysylltiad â mudiadau gwirfoddol a grwpiau cymunedol i'ch cefnogi chi. Byddwn yn gweithio gyda chi i gael mynediad at y gwasanaethau, y gefnogaeth a'r wybodaeth iawn. Mae pobl yn ein ffonio am lawer o bethau gwahanol - cefnogaeth siopa, cludiant, budd-daliadau, cyflyrau iechyd, tai, unigrwydd a llawer mwy. I siarad ag un o'r Cysylltwyr Cymunedol, cysylltwch â ni ar:

01597 828649

cysylltwyr.cymunedol@pavo.org.uk
@powysconnectors

Cwmni Cyfyngedig drwy warant 3522144 Wedi'i gofrestru yng Nghymru | Rhif Elusen Gofrestredig 1069557

Rhwydwaith Trauma Mawr De Cymru



Yn gwasanaethu poblogaeth De Cymru, Gorllewin Cymru a De Powys, nod y Rhwydwaith Trauma Mawr yw sicrhau bod cleifion sydd ag anafiadau sy'n bygwth bywyd neu'n newid bywyd yn cael y gofal a'r driniaeth orau posibl.

Lansiwyd y rhwydwaith newydd ym mis Medi 2020. Mae'n cynnwys canolfan trauma mawr yn Ysbyty Athrofaol Cymru, unedau trauma (Ysbyty'r Tywysog Siarl, Ysbyty Cyffredinol Glangwili, Ysbyty Athrofaol y Faenor ac Ysbyty Treforys) a chyflusterau trauma gwledig (gan gynnwys Ysbyty Cyffredinol Bronglais) a gefnogir gan ysbys tai eraill yn y rhanbarth.

Mae'r rhwydwaith hwn yn ategu'r trefniadau sydd eisoes ar waith ar gyfer rhannau eraill o Bowys, lle mae gan ein trigolion fynediad ! Unedau Trauma dynodedig yn yr Ysbyty Sirol yn Henffordd ac Ysbyty Brenhinol Amwythig a Chanolfannau Trauma yn Stoke a Birmingham.

Beth yw trauma mawr?
Mae trauma mawr yn cyfeirio at anafiadau lluosog a difrifol a allai arwain at anabled neu farwolaeth. Er enghraifft, anafiadau difrifol i'r pen, anafiadau lluosog a achosir gan ddamweiniau ffordd ac anafiadau saethu.

Bydd cleifion sydd â'r mathau hyn o anafiadau yn fwy tebygol o oroesi os cânt eu trin o fewn rhwydwaith trauma mawr.

Mae rhwydwaith trauma mawr yn helpu i sicrhau gwellhad cyflymach, anabled llai difrifol, adferiad cyflymach i fywyd normal, a mynediad gwell i ofal trauma mawr 24/7.

Beth sy'n digwydd mewn argyfwng?
Ffoniwch 999 yn achos argyfwng sy'n peryglu bywyd neu aelod o'r corff. Bydd Gwasanaeth Ambiwians Cymru neu Ambiwians Awyr Cymru yn mynd â chi i'r ysbtyt fwyaf priodol ar gyfer eich gofal difrifol, y lle gorau i fod yw Canolfan Trauma Mawr.

I gael rhagor o wybodaeth am Rwydwaith Trauma Mawr De Cymru, ewch i: www.biap.gig.cymru/yma/trawmamawr

Gofal a Chymorth Lleol

Nid y Meddyg Teulu yw'r lle gorau i droi bob tro rydym yn sâl. Oeddech chi'n gwybod bod nifer o ddewis iadau eraill y gallwch eu hystyried?

Mae Unedau Mân Anafiadau yn ysbys tai Aberhonddu, Llandrindod, Nevill Hall ac Ystradgynlais.



Wrth fynd i brint (canol mis Hydref 2020), mae'r holl Unedau Mân Anafiadau ym Mhowys yn wasanaethau APWYNTIAD YN

UNIG. Cofiwch ffonio ymlaen llaw i drefnu apwyntiad fel y gallwn eich diogelu chi a'n staff rhag COVID-19.

Mae gwybodaeth am ofalu am eich plentyn sâl ar gael ar dudalen 6.

Helpu ein gilydd

Mae nifer o sefydliadau gwirfoddol yn

Ne a Chanolbarth Powys a all helpu.

I gael rhagor o wybodaeth am y sefydliadau hyn, sydd yna i helpu, ewch i dudalen 16 a 17.

Eich Meddyg Teulu

Wrth gwrs, mae'r Meddyg Teulu yn dal i fod yna i chi pan fydd ei angen arnoch. Ond, drwy ystyried opsiynau eraill yn gyntaf, rydych yn helpu i sicrhau ei fod dim ond yn gweld y bobl sydd ei angen, a fydd yn ein helpu ni i gyd yn yr hirdymor.

Cofiwch fod rhai gwasa naethau yn dal i gael eu heffêithio gan COVID-19. Ymddiheurwn am unrhyw anghyfleustra tra ein bod yn cymryd camau i'ch cadw chi'n ddiogel a chadw ein staff yn ddiogel.

Hunan-ofal

Welthia, hunan-ofal yw'r ateb. Os oes gennych gyfarpar cymorth cyntaf da, mae'n siwr y gallwch ymdopi heb adael y tŷ.

Mae cyfarpar cymorth cyntaf sydd wedi'i stocio'n dda yn golygu y byddwch yn barod ar gyfer yr holl boenau,

afiechydon ac anafiadau cyffredin 'na.



Mae'r gwasanaeth hwn, sydd AM DIM, ar gael 24 awr y dydd, saith diwrnod yr wythnos.

111 Cymru

Fe welwch wiriwr symptomau A-Y yn cynnig cyngor ar driniaeth, manylion cyswilt ar gyfer eich fferylllydd, deintydd, optegydd ac uned mân anafiadau leol a llawer mwy. Yn aml nid oes angen gadael cysur eich cartref!

www.111.wales.nhs.uk | Ffôn: 111



Fferyllfa
Mae fferylllywr cymunedol yn cynnig cyngor cyflym ac effeithiol ar driniaethau dros-y-cownter ar gyfer amrywiaeth o fân afiechydon neu anafiadau.

Uned Mân Anafiadau
Vedi'ch anafu? Dilynwch y llwybr i'r Uned Mân Anafiadau. Bydd arbenigwyr yna i'ch asesu ar y safle a thrin amrywiaeth o anafiadau fel briwiau, cnocau gan bryfed, mân anafiadau i'r pen (heb fynd yn anymwybodol) a mwy.

Gwasanaeth Ambiwilians Cymru

Mae Gwasanaeth Ambiwilians Cymru yma i ddarparu gofal sy'n achub bywyd ym Mhowys, 24 awr y dydd.

Rydym wedi bod yn gweithio gyda Gwasanaeth Ambiwilians Cymru fel eu bod yn barod i ymateb i'r newidiadau sy'n digwydd yn Ysbyty Neuadd Nevill o 17 Tachwedd 2020.

Yn dilyn digwyddiad neu drawma difrifol, rôl y parafeddygon (cyn cyrraedd yr ysbty) yw'r agwedd bwysicaf ar y broses o achub bywyd.

Mae'r holl gariaw'n weithwyr profesiynol medrus iawn sy'n gallu trin a sefydllogi cleffion cyn mynd â nhw i'r ysbtyt fywat priodol, os oes angen.

Beth sy'n digwydd pan fyddwch chi'n ffonio? Bydd angen i chi roi'r cyfeiriad lle mae angen cymorth i'r gweithredwr, gan gynnwys y cod post os ydych chi'n ei wybod, y rhif ffôn rydych chi'n ffonio ohono, beth sy'n bod a beth sydd wedi digwydd.

Bydd y gweithredwr yn galw ambiwilians brys, cerbyd ymateb cyflym, cerbyd gofal brys, ymatebwyr cynatf gwirfoddol, hoŵrennydd ambiwilians awyr neu dîmau arbenigol yn dibynnu ar y digwyddiad a'r lleoliad.

Bydd y cymorth priodol yn dechrau cael ei drefnu ar unwaith. Fodd bynnag, bydd y gweithredwr hefyd yn gofyn ynghylch:

- oedran, rhyw a hanes meddygol y claf
- a yw'r claf yn anadlu, yn effro/ymwybodol, yn gwaedu'n ddifrifol neu wedi cael poen cyson yn y frest
- math y salwch neu anaf a sut y digwyddodd

Bydd y gweithredwr yn dweud wrthy ch sut i helpu'r claf tra bod yr ambiwilians ar ei ffordd. Pan fydd y cymorth yn cyrraedd, bydd cyflywr clinigol y claf yn cael ei asesu a gallai triniaeth gael ei rhoi yn y fan a'r lle, yn ôl yr angen. Os yw cyflywr y claf yn dal yn ddifrifol ar ôl y driniaeth, caiff ei gludo naill ai i'r Adran Damweiniau ac Achosion Brys agosaf neu'r ganolfan arbenigol fwyaf priodol, fel canolfan trawiad ar y galon neu uned llosgiadau.

Lawrlwythwch yr ap what3words
Gall hwn roi gwybodaeth gywir iawn i'r gwasanaeth ambiwilians am eich lleoliad. Gall hyn fod yn bwysig iawn mewn ardal wledig fel Powys www.what3words.com

I gael rhagor o wybodaeth am Wasanaeth Ambiwilians Cymru, ewch i: www.ambulance.wales.nhs.uk

Ambiwilians Awyr 24/7

I sicrhau bod pawb yng Nghymru yn cael yr un lefel o ofal – unrhyw le ac unrhyw bryd – mae Ambiwilians Awyr Cymru yn cynnig gwasanaeth 24/7 newydd.

Ers 1 Gorffennaf, mae gwasanaeth Ambiwilians Awyr 24/7 Cymru wedi bod ar wait'h, gyda desg Cymorth Awyr 24/7 newydd a 'Gwasanaeth Nos' newydd sy'n golygu bod meddyg ymgynghorol ac ymarferydd gofal critigol yn gweithio rhwng 7pm a 7am yn Hoŵrenfa Caerdydd, gan ddefnyddio Cerbyd Ymateb Cyflym.

Fel rhan o Gam 2 y 'Gwasanaeth Nos', o fis Rhagfyr bydd criw 2-beiliot a cherbyd awyr

yn Hoŵrenfa Caerdydd rhwng 7pm a 7am, gan sicrhau bod gan y gwasanaeth y capsi! i fynychu argyfyngau meddygol ledled Cymru. I gael rhagor o wybodaeth am y datblygiadau EMRTS diweddaraf, ewch i: www.emrts.cymru/247

Gallwch hefyd gael rhagor o wybodaeth am Elusen Ambiwilians Awyr Cymru a gwneud rhodd yn www.walesairambulance.com

Eich dewisiadau geni!

Beth sy'n digwydd i ofal cynlluniedig?

O ganol Tachwedd 2020, ni fydd Ysbyty Neuadd Nevill yn darparu uned famolaeth dan arweiniad meddyg ymgynghorol. Siaradwch â'ch bydwraig ym Mhowys am eich opsiynau geni.

Os ydych chi'n feichlog, rydym am i chi gael cymaint o wybodaeth â phosibl i'ch helpu drwy eich beichiogrwydd ac i gynllunio eich esgor a'r enedigaeth.

Ble allia i roi genedigaeth?

Gallwch roi genedigaeth gartref, mewn uned sy'n cael ei rhedeg gan fydwraged (uned geni dan arweiniad bydwraged) neu mewn uned dan arweiniad meddyg ymgynghorol mewn ysbyty fawr. Bydd eich opsiynau o ran ble i gael eich babi yn dibynnu ar asesiad o'ch anghenion. Gall mewnwod sy'n iach heb unrhyw gymhlethdodau ("risg isel") o bosib ystyried pob un o'r lleoliadau geni hyn. Gellid cynghori menywod sydd â rhai cyflyrau meddygol i roi genedigaeth mewn uned dan

Gallwch gysylltu â Thîm Bydwraged De Powys os oes angen cyngor brys arnoch dros nos neu ar y penwythnos drwy switsfwrdd Ysbyty Aberhonddu ar 01874 622443. Ffoniwch 999 os oes gennych argyfwng obstetreg neu gynaeolegol. Bydd Gwasanaeth Ambiwians Cymru yn mynd â chi i'r ysbyty fwyaf priodol ar gyfer eich gofal a'ch triniaeth.

Sut mae gwasanaethau mamolaeth yn Ysbyty Neuadd Nevill yn newid?

Gwasanaeth		Gwasanaethau Ysbyty Neuadd Nevill o ganol Tachwedd 2020	
Genedigaethau cartref	✓	Dim newid: mae ein tîm profiadol o fydwraged ym Mhowys yn cynnig cartref ledled y sir.	
Uned Gei	✓	Dim newid: mae ein tîm profiadol o fydwraged ym Mhowys yn cynnig genedigaethau dan arweiniad bydwraig yn ein canolfannau geni yn Aberhonddu, Llandrindod, Trefylio, Llanidloes, y Drenewydd a'r Ttallwng.	
Bydwraged dan arweiniad	✓		Ni fydd Ysbyty Neuadd Nevill yn cynnig genedigaethau dan arweiniad meddyg ymgynghorol nac Uned Gofal Arbenig Babanod o ganol Tachwedd 2020. Trafodwch eich cynllun geni gyda'ch bydwraig ym Mhowys.
Uned Famolaeth dan arweiniad Meddyg Ymgynghorol	✗		Os ydych eisoes wedi trefnu i roi genedigaeth gyda Bwrdd Iechyd Prifysgol Aneurin Bevan, argymhellwn barhad gofal gyda'ch cynllun obstetrig. Byddai hyn yn golgu y byddech yn rhoi genedigaeth dan arweiniad meddyg ymgynghorol yn y Faeor o ganol mis Tachwedd 2020.

Mae llawer o apwyntiadau gofal cynlluniedig i breswylwyr De a Chanolbarth Powys ar gael yn ein hysbytai cymunedol. Mae hyn yn cynnwys llawdriniaethau achos dydd yn ein hysbytai yn Aberhonddu a Llandrindod. Oni bai y cysylltir â chi, cymewch yn ganiaaol fod eich apwyntiad claf allanol, sgan neu lawdriniaeth neu driniaeth gynlluniedig yn mynd yn ei blaen heb newid. Ymddiheuriadau – mae COVID-19 yn

Mae gwasanaethau gofal cynlluniedig yn Ysbyty Neuadd Nevill yn newid o 17 Tachwedd. Bydd yn parhau i gynnig amrywiaeth eang o apwyntiadau cleifion allanol, sganiau a llawdriniaethau achos dydd. Ni fydd yn darparu llawdriniaethau cleifion mewnol lle mae angen aros nos mwych.

Gwasanaeth		Gwasanaethau Gofal Cynlluniedig yn Ysbyty Neuadd Nevill o 17 Tachwedd 2020	
Llawdriniaeth Ddydd (pan geuch lawdriniaeth a'ch rhyddhau ar yr un diwrnod)	✓	Rydym hefyd yn cynnig rhai gwasanaethau llawdriniaeth ddydd ym Mhowys.	
Gwasanaethau Diagnostig (e.e. asesiadau a sganiau gan gynnwys pelydr-X, MRI a CT)	✓	Rydym hefyd yn cynnig rhai gwasanaethau diagnostig, gan gynnwys gwasanaethau pelydr-X ac endosgopi, ym Mhowys.	
Amrywiaeth eang o apwyntiadau cleifion allanol (gan gynnwys plant a mamolaeth).	✓	Rydym hefyd yn cynnig amrywiaeth eang o wasanaethau cleifion allanol yn ein hysbytai cymunedol ym Mhowys.	
Llawdriniaethau cymhlethach lle mae angen aros dros nos	✗	Ni fydd Ysbyty Neuadd Nevill yn darparu llawdriniaethau cleifion mewnol lle mae angen aros dros nos mwych. Bydd hyn yn parhau. Bydd hyn yn parhau i fod ar gael i drigolion De a Chanolbarth Powys mewn ysbytai eraill.	

Sut ydw i'n cael gafael ar ofal iechyd mewn argyfwng?

Mae gofal brys yn Ysbyty Neuadd Nevill yn newid ar 17 Tachwedd 2020. Bydd Ysbyty Neuadd Nevill yn darparu uned mân anafiadau 24/7 dan arweiniad nyrsys. Ni fydd yn darparu gwasanaethau Damweiniau ac Achosion Brys dan arweiniad meddyg ymgynghorol.

Sut mae gwasanaethau brys yn newid yn

Ysbyty Neuadd Nevill?

Ar 17 Tachwedd 2020, bydd gwasanaethau

damweiniau ac achosion brys 24/7 dan

arweiniad meddyg ymgynghorol yn

trosglwyddo o Ysbyty Neuadd Nevill i Ysbyty

Athrofaol newydd y Faenor yng Nghwmbŵran.

Bydd Ysbyty Neuadd Nevill yn darparu Uned Mân Anafiadau 24/7 dan arweiniad nyrsys i oedolion ac i blant 1+ oed.

Bydd trigolion de a chanolbarth Powys yn parhau i allu cael gwasanaethau damweiniau ac achosion brys 24/7 dan arweiniad meddyg ymgynghorol mewn ysbysy tai cyfagos eraill.

Ffoniwch 999 os oes gennyh salwch sy'n bygwth bywyd neu anaf difrifol.

Os cewch eich cludo i'r ysbty mewn ambwlans, bydd yn mynd â chi i'r lle gorau ar gyfer eich triniaeth a'ch gofal.

- Poen yn y frest
- Trafferthion anafu
- Mynyd yn anymwybodol
- Colli gwaged yn ddifrifol
- Tagu
- Trawiadau / ffritiau
- Bodd!
- Adweithiau alergaidd difrifol

Dyma rai enghreifftiau o argyfyngau meddygol lle dylech ffonio 999:

Ffoniwch 999 os oes gennyh salwch sy'n bygwth bywyd neu anaf difrifol.

Gweler tudalen 6 am fanylion ar sut i ofalu am eich plentyn mewn argyfwng.

meddygol?

Beth ddylwn i ei wneud mewn argyfwng

Ble fydda i'n derbyn gofal brys dan

arweiniad meddyg ymgynghorol?

O 17 Tachwedd 2020, gall trigolion De

a Chanolbarth Powys barhau i dderbyn

gwasanaethau Damweiniau ac Achosion

Brys mewn amrywiaeth eang o ysbysy tai

ledled Cymru ac mewn ysbysy tai cyfagos

yn Lloegr.

I'r rhan fwyaf o bobl, os mai Nevill Hall yw

eu hysbyty Damweiniau ac Achosion Brys

agosit ar hyn o bryd, eu hysbyty agosit

yn y dyfodol fydd Ysbyty'r Tywysog Siarl

(Merthyr Tudful). Mae ysbysy tai Damweiniau

ac Achosion Brys yn cynnwys:

- Ysbyty'r Tywysog Siarl, Merthyr Tudful
- Ysbyty Treforys, Abertawe
- Ysbyty Cyffredinol Glangwili,
- Caerfyrddin
- Ysbyty Cyffredinol Bronglais,
- Ysbyty Sirol, Hentfordd
- Ysbyty Athrofaol y Faenor, Cwmbŵran

Ar gyfer yr anafiadau mwyaf difrifol

("trawma mawr") y lle gorau i fod yw

Canolfan Trawma Mawr, fel Ysbyty

Athrofaol Cymru yng Nghaerdydd. Gweler

tudalen 14 am ragor o wybodaeth.

Gallwch ddod o hyd i'ch adran Damweiniau ac Achosion Brys neu Uned Mân Anafiadau agosit gan ddefnyddio'r cyfleuster chwilio Gwasanaethau Lleol ar wefan GIG 111 Cymru yn www.111.wales.nhs.uk

Mae yna fap defnyddiol hefyd ar dudalen 20.

Ffoniwch 111 os yw'r achos yn un brys ond nad yw'n bergyl bywyd. Mae GIG 111 Cymru am ddim, 24 awr y dydd.

www.111.wales.nhs.uk

Mae gwefan GIG 111 Cymru yn cynnwys gwybodaeth ddefnyddiol am wasanaethau iechyd gan gynnwys: gwiriwyr symptomau, cyfleuster chwilio gwasanaethau lleol a gwyddoniadur iechyd.

Bydd Ysbyty Neuadd Nevill yn darparu uned mân anafiadau 24/7 dan arweiniad nyrsys o 17 Tachwedd 2020. Gall yr uned hon drin oedolion a phlant 1+ oed.

Gallwch hefyd gael gafael ar gyfoeth o gyngor iechyd yn eich cymuned lleol. Mae rhagor o wybodaeth ar dudalen 15.

Mae llawer o bractisau meddyg teulu ym Mhowys hefyd yn cynnig gwasanaeth mân anafiadau. Gofynnwch i'ch practis lleol am fanylion.

at wasanaeth arall os yn briodol. trefnu apwyntiad i chi, neu eich cyfeirio yn gallu rhoi cyngor i chi dros y ffôn, staff yn ddiogel, bydd ein nyrsys arbenigol cyn ymweld fel y gallwn eich cadw chi a'n

Yn ystod COVID-19 gofynnwn i chi ffonio

Dydd Gwener ac eithrio Gwyliau Banc)

Ystradgynlais

(07:00 i 00:00 hanner nos, bob dydd)

Llandrindod

01597 828735

Aberrhondu

01874 615800 (24 awr y dydd)

Gall Unedau Mân Anafiadau yn Ne

a Chanolbarth Powys drin oedolion

Maent yn cael eu rhedeg gan nyrsys

profidiol sydd wedi cael hyfforddiant

ychwanegol ar drin anafiadau.

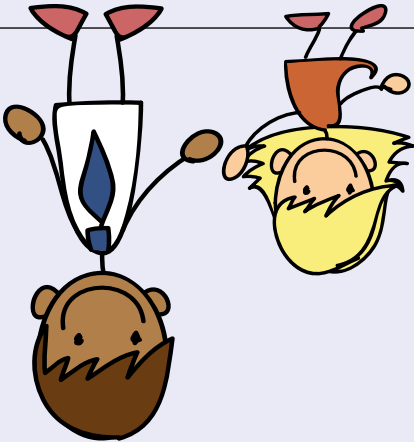
Ble ddylwn i fynd gyda mân anaf?

Gall Unedau Mân Anafiadau ym Mhowys ac

mewn siroedd cyfagos drin anafiadau llai

diffrifol fel briwiau, cnoadau ac ysigiadau.

Gofalu am fy mhlenty



Mae gwasanaethau plant yn Ysbyty Neuadd Nevill yn newid o 17 Tachwedd 2020. Bydd llawdriniaeth cleifion allanol ac achosion dydd cynlluniedig yn parhau. Bydd gofal Damweiniau ac Achosion Brys Plant a chleifion mewnl ar gael mewn ysbysy tai cyfagos.

Gwasanaeth		Bydd clinigau cleifion allanol plant yn parhau yn Ysbyty Neuadd Nevill.	Bydd llawdriniaethau achos dydd i blant yn parhau yn Ysbyty Neuadd Nevill.	Bydd gwasanaeth mŷn anaf iadau i blant 1+ oed yn parhau i fod ar gael yn Ysbyty Neuadd Nevill.	Ni fydd Ysbyty Neuadd Nevill yn darparu gwasanaethau Damweiniau ac Achosion Brys dan arweiniad meddyg ymgynghorol mwyach.	Bydd gwasanaethau Damweiniau ac Achosion Brys dan arweiniad meddyg ymgynghorol yn parhau i fod ar gael mewn ysbysy tai eraill yng Nghymru a Lloegr. Sicrhewch eich bod yn gwybod ble fydd eich adran Damweiniau ac Achosion Brys Meddyg Ymgynghorol agosaf o 17 Tachwedd.	Ni fydd Ysbyty Neuadd Nevill yn darparu Uned Asesu Peditrig mwyach. Ffoniwch 999 neu ewch i adran Damweiniau ac Achosion Brys os yw eich plentyn yn ddifrifol wael.	Ni fydd Ysbyty Neuadd Nevill yn darparu gwasanaethau cleifion mewnl i blant mwyach. Bydd gwasanaethau cleifion mewnl i blant yn parhau i fod ar gael mewn ysbysy tai eraill yng Nghymru a Lloegr.	Gwasanaethau cleifion mewnl i blant (e.e. gwelyau dros nos)
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O 17 Tachwedd 2020, NI FYDD Ysbyty Neuadd Nevill yn darparu gwasanaeth plant brys ar gyfer salwch ac anaf iadau difrifol. Mewn argyfwng, ffoniwch 999 neu ewch â'ch plentyn i'ch adran Damweiniau ac Achosion Brys agosaf.

Mae lle y gallwch fynd â'ch plentyn yn dilynnu ar ei oedran a difrifoldeb ei anaf neu salwch.

	0 i 2 oed	2+ oed
Am salwch ac anaf iadau	Ffoniwch 999 neu ewch i Adran Damweiniau ac Achosion Brys	Ffoniwch 999 neu ewch i Adran Damweiniau ac Achosion Brys
Am fân anaf iadau	Ffoniwch 111 neu ewch i Adran Damweiniau ac Achosion Brys*	Ffoniwch 111, neu ewch i Uned Mân Anaf iadau

*Gall yr Uned Mân Anaf iadau yn Ysbyty Neuadd Nevill weid plant 1+ oed. Gall yr Uned Mân Anaf iadau ym Mhowys weid plant 2+ oed.

- yn stopio anafu
- yn cael trawffwrth anafu – er enghraifft, os yw'r ardal o dan ei gawell asennau wedi'i "sugno i mewn"
- yn anymwybodol neu ddim yn gwybod beth sy'n mynd i'w mlaen
- yn methu defro
- yn cael traw iad (ffit) am y tro cyntaf, hyd yn oed os yw'n gwella wedyn

Ewch â'ch plentyn i'ch adran Damweiniau ac Achosion Brys agosaf:

- os oes ganddo dymheredd uchel (twymyn) a'i fod yn gysgilyd (diffyg egni) er ei fod wedi cael paracetamol neu ibuprofen os yw'n anafu'n gyflym, yn fyr ei wnt neu'n wichlyd iawn
- os oes ganddo boen abdomenol (bol)
- os oes ganddo friw nad yw'n stopio
- os ydych chi gael anaf i'r goes neu'r fraich ac nad yw'n gallu defnyddio'r rhan yna o'r corff
- os ydych chi gael anaf i'r goes neu'r fraich ac nad yw'n gallu defnyddio'r rhan yna o'r corff

Siaradwch â'ch tîm clinigol os nad ydych chi siwr sut gallai'r newid iadau i Ysbyty Neuadd Nevill effeithio ar unrhyw ofal mae eich plentyn yn ei dderbyn am gyflyrau parhaus neu gronig.

- Ysbyty'r Tywysog Siarl, Merthyr Tudful
- Ysbyty Treforys, Abertawe
- Ysbyty Cyffredinol Glangwili, Caerfyrddin
- Ysbyty Cyffredinol Bronglais, Aberystwyth
- Ysbyty Sirol, Hentford
- Ysbyty Athrofaol y Faenor, Cwmbrân

Bydd pobl sy'n byw yn Ne a Chanolbarth Powys yn parhau i ddefnyddio gwasanaethau damweiniau ac achosion brys dan arweiniad meddyg ymgynghorol mewn ysbysy tai cyfagos, gan gynnwys:

Ffoniwch 111 os yw'r achos yn bywyd. Mae GIG 111 Cymru am ddim, 24 awr y dydd.

Mae gweitan GIG 111 Cymru yn cynnwys gwybodaeth ddefnyddiol am wasanaethau iechyd gan gynnwys: gwiriwr symptomau, cyfleuster chwilio gwasanaethau lleol a gwdddoniadur iechyd.

www.111.wales.nhs.uk

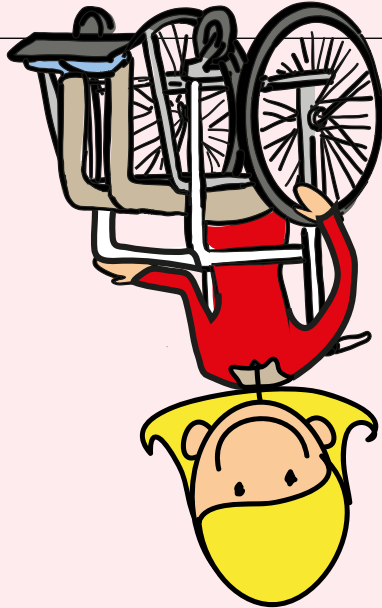
Pa newidiadau sy'n digwydd yn Ysbyty Neuadd Nevill?

Mae Ysbyty Neuadd Nevill yn newid ar 17 Tachwedd 2020.

Mae Ysbyty Neuadd Nevill yn y Fenni yn newid ar 17 Tachwedd 2020. Mae hyn gan fod Ysbyty'r Faenor yn agor yn gynnar i helpu'r GIG i ymateb i bwysau'r gaeaf ac ail don bosib o COVID-19. Bydd llawer o'r gwasanaethau rydych chi'n eu cael yn Ysbyty Neuadd Nevill yn aros yr un peth. Ond gallai rhai newidiadau pwysig effeithio ar sut rydych yn cael mynediad i rai gwasanaethau iechyd yn y dyfodol.

Mae gwaith yn mynd rhagddo ar achos busnes i sefydlu uned radiotherapi yn Ysbyty Neuadd Nevill, wedi'i rhedeg gan Ymddiriedolaeth GIG Felindre. Os caiff ei chymeradwyo, byddai hyn yn darparu triniaeth canser sy'n achub bywyd yn agosach i'r cartref ar gyfer mwy o drigolion De a Chanolbarth Powys.

Mae'r newidiadau hyn yn effeithio'n bennaf ar wasanaethau darnweiniau ac achosion brys dan arweiniad meddyg ymgynghorol, llawdriniaethau cymhlethach (e.e. pan mae angen aros dros nos), gwasanaethau mamolaeth a newyddenedigol dan arweiniad meddyg ymgynghorol, a gwasanaethau plant dan arweiniad meddyg ymgynghorol. Bydd ysbyty Nevill Hall yn parhau i ddarparu gofal o'r radd flaenaf i drigolion De a Chanolbarth Powys pan fydd Ysbyty Athrofaol y Faenor yn agor ar 17 Tachwedd.



Gwasanaeth		Ysbyty Neuadd Nevill	
Uned Mân Anafiadau 24/7 dan arweiniad nyrsys (i oedolion a phlant 1+ oed)	✓	Ym Mhowys, rydym hefyd yn darparu Uned Mân Anafiadau i oedolion a phlant 2+ oed (gweler tudalen 20).	
Llawdriniaeth ddwydd – pan gewch lawdriniaeth a'ch rhyddhau ar yr un diwrnod	✓	Rydym hefyd yn darparu gwasanaethau llawdriniaeth ddwydd yn ysbysai Powys (gweler tudalen 20).	
Amrywiaeth eang o glinigau clefion allanol cyffredinol i oedolion a phlant	✓	Rydym hefyd yn cynnig apwyntiadau clefion allanol yn ysbysai Powys (gweler tudalen 20).	
Gwasanaethau diagnostig – asesiadau, sganiau pelydr-X, MRI, CT	✓	Rydym hefyd yn cynnig gwasanaethau diagnostig, gan gynnwys pelydr-X, yn ysbysai Powys.	
Uned Asesiadau Meddygol, Uned Eiddilwch Uwch a 213 o welyau clefion mewnl	✓	Bydd y gwasanaethau hyn yn parhau yn Ysbyty Neuadd Nevill.	
Gwasanaethau mamolaeth dan arweiniad bydwagedd	✓	Siaradwch â'ch bydwraig ym Mhowys am eich cynllun geni (gweler tudalen 10).	
Gwasanaethau Darnweiniau ac Achosion Brys dan arweiniad meddyg ymgynghorol	✗	Sicrhewch eich bod yn gwybod ble fydd eich adran Darnweiniau ac Achosion Brys Meddyg Ymgynghorol agosaf o 17 Tachwedd. Ofalu am eich plentyn mew'n argyfwng. Gweler tudalen 6 am ragor o wybodaeth am ofal brys.	
Gwasanaethau clefion mewnl plant	✗	Sicrhewch eich bod yn gwybod ble fydd eich adran Darnweiniau ac Achosion Brys Meddyg Ymgynghorol agosaf o 17 Tachwedd. Gweler tudalen 6 am ragor o wybodaeth am ofalu am eich plentyn mew'n argyfwng.	
Genedigaethau ac Uned Gofal Arbennig Babanod dan arweiniad meddyg ymgynghorol	✗	Siaradwch â'ch bydwraig ym Mhowys am eich cynllun geni. Gweler tudalen 10 am ragor o wybodaeth am eich opsiynau geni.	
Llawdriniaeth clefion mewnl lle mae angen aros dros nos	✗	Byddwn yn cysylltu â chi am unrhyw newidiadau i'ch gofal cynlluniedig. Gweler tudalen 11 am ragor o wybodaeth am newidiadau i ofal cynlluniedig.	

Gwnewch yn siŵr eich bod yn gwybod am eich opsiynau gofal iechyd pan fydd Ysbyty Neuadd Nevill yn newid ar 17 Tachwedd 2020.



FFONIWCH 999 neu ewch i'r Adran Ddamweiniau ac Achosion Brys agosaf

os oes gennych chi neu eich plentyn salwch sy'n bygwth bywyd neu anaf difrifol. Gwnewch yn siŵr eich bod yn gwybod ble fydd eich Adran Ddamweiniau ac Achosion Brys agosaf o 17 Tachwedd 2020.

Fy Adran Ddamweiniau ac Achosion Brys agosaf yw: _____ Ffôn: _____



FFONIWCH 111 neu ewch i UNED MÂN ANAFIADAU

os oes gennych chi neu eich plentyn fân anaf.

- I blant dan 2 oed sydd â man anaf, ewch i Adran Ddamweiniau ac Achosion Brys
- I oedolion a phlant dros 2 oed sydd â mân anaf, ewch i Uned Mân Anafïadau

Fy Uned Man Anafïadau yw: _____ Ffôn: _____



Cysylltwch â'ch MEDDYG TEULU

os oes gennych chi neu eich plentyn salwch neu bryder nad yw'n berygl uniongyrchol i fywyd.



Siardwch â'ch BYDWRAIG YM MHOWYS

am eich opsiynau geni. Gallwch gysylltu â'ch bydwraig ym Mhowys mewn argyfwng ar 01874 622443.



Ffoniwch GIG 111 neu ewch i www.111.wales.nhs.uk

os ydych chi neu eich plentyn yn sâl, os nad ydych yn siŵr beth i'w wneud a bod angen help arnoch. Gallwch hefyd ffonio 111 am ofal Meddyg Teulu brys pan fydd eich meddygfa eich hun ar gau.



Trefnwch driniaeth GARTREF neu cysylltwch A'CH FFERYLLYDD

os oes gennych chi neu eich plentyn fân salwch neu anhwylder, fel gwddwg tost, peswch, lliid ar y croen neu fân salwch cyffredin.

I ddod o hyd i'ch Adran Ddamweiniau ac Achosion Brys neu Uned Mân Anafïadau (UMA) agosaf ewch i dudalen 20. I gael rhagor o wybodaeth, ewch i www.biap.gig.cymru/neuadd-nevill

Rhagair

O 17 Tachwedd, mae'r gwasanaethau yn Ysbyty Neuadd Nevill yn newid. Gallai'r newidiadau hyn effeithio arnoch chi os taw Ysbyty Neuadd Nevill yw eich Ysbyty Cyffredinol agosaf.

Daw'r newidiadau hyn gan fod Ysbyty Athrofaol y Faenor, ger Cwmbrân, wedi agor pedwar mis yn fuan. Mae'r ysbyty wedi'i hagor yn gynnar i sicrhau bod ein GIG yn barod ar gyfer yr heriau COVID-19 ychwanegol y gaeaf hwn.

Bydd Nevill Hall yn parhau i gynniig amrywiaeth eang o apwntiadau clefion allanol, diagnosteg a gweithdrefnu cynlluniedig. Ond ni fydd bellach yn cynnig gwasanaethau damweiniau ac achosion brys dan arweiniad meddyg ymgynghorol, gwasanaethau mamolaeth a newyddenedigol dan arweiniad meddyg ymgynghorol na gwasanaethau plant dan arweiniad meddyg ymgynghorol. Bydd y gwasanaethau hyn yn parhau i fod ar gael i chi mewn ysbys tai eraill yma yng Nghymru ac mewn siroedd ffiniol yn Lloegr.

Er enghraifft, i'r rhan fwyaf o bobl, os mai Nevill Hall yw eu hysbyty Ddamweiniau ac Achosion Brys agosaf ar hyn o bryd, eu hysbyty agosaf yn y dyfodol fydd Ysbyty'r Tywysog Siarl (Merthyr Tudful).

Hoffwn eich sicrhau mai eich iechyd a'ch lles chi yw ein blaenoriaeth ac y cewch y driniaeth orau o hyd, ond gallai hyn fod yn rhywle gwahanol. Rydym wedi llunio'r llyfryn gwybodaeth hwn i sicrhau y gallwch gael y gofal cywir, ar yr adeg gywir, yn y lle cywir.

Diolch i chi am ddeall ac am bopeth rydych chi'n ei wneud i ddiogelu Cymru.

Yr Athro Vivienne Harwood
Cadeirydd, Bwrdd Iechyd Addysgu Powys

Carol Shillabeer
Prif Weithredwr, Bwrdd Iechyd Addysgu Powys

04	Pa newidiadau sy'n digwydd yn Ysbyty Neuadd Nevill?
06	Gofalu am fy mhientyn
08	Sut ydw i'n cael gafael ar ofal iechyd mewn argyfwng?
10	Eich dewisiadau geni
11	Beth sy'n digwydd i ofal cynlluniedig?
12	Gwasanaeth Ambiwians Cymru
13	Ambiwians Awyr 24/7
14	Rhwydwaith Trawma Mawr De Cymru
15	Gofal a Chymorth Lleol
16	Rôl y trydydd sector
18	Gwasanaethau'r Cyngor
19	Sut gallwn ddiogelu Cymru
20	Map o wasanaethau

Mae Ysbyty Neuadd Nevill yn newid: Beth mae hyn yn ei olygu ! f!?



Newidiadau ar waith
o 17 Tachwedd 2020

