Gofal a Thrwsio ym Mhowys
Care & Repair in Powys

June / Mehefin 2025

Our work is funded by / Ariennir ein gwaith gan

SUMMER NEWSLETTER
CYLCHLYTHYR YR HAF

Care & Repair helps older homeowners and private tenants to live independently in safe, warm, and accessible homes.

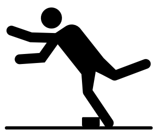
Mae Gofal a Thrwsio yn helpu pobl hŷn sy'n berchnogion tai neu'n denentiaid preifat i fyw'n annibynnol mewn cartrefi diogel, cynnes a chyfleus.

We are delighted to announce our NEW
Falls Prevention Service

Rydyn ni wrth ein bodd yn cyhoeddi ein
Gwasanaeth Atal Cwympo NEWYDD

Welsh Government is funding a new service to assess and advise on the prevention of slips, trips and falls in the home.
Please see overleaf for more information about the service.

Mae Llywodraeth Cymru yn ariannu gwasanaeth newydd i asesu a chynghori ar atal llithro, baglu a chwympo yn y cartref.
Gweler y dudalen arall am ragor o wybodaeth am y gwasanaeth.



Tel: 01686 620760 Email: enquiries@crpowys.co.uk Website: www.crpowys.co.uk

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>>> IN THE SPOTLIGHT / YN Y CHWYDDWYDR <<<

Slips, Trips and Falls

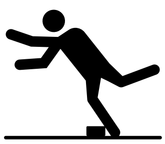
Llithro, Baglu a Chwympo

DID YOU KNOW... / A WYDDOCH CHI...

- According to NICE "People aged 65 and older have the highest risk of falling, with 30% of people older than 65 and 50% of people older than 80 falling at least once a year."
- The fear of falling reduces quality of life and well-being.
- A fall is always due to the presence of one or more 'risk factors'
- In relation to falls that happen in people's homes, the UK Government found that unaddressed fall hazards are estimated to cost the NHS £435 million each year
- More importantly than the financial cost of falls, the impact that falls have on older people is serious. Falls are the leading reason that older people lose their independence and go into long-term care

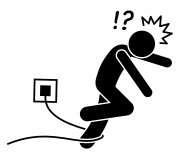
- Yn ôl NICE, "pobl 65 oed a hŷn sydd mewn perygl o gwympo fwyaf, gyda 30% o bobl dros 65 oed, a 50% o bobl dros 80 oed, yn cwympo o leiaf unwaith y flwyddyn."
- Mae ofn cwympo yn lleihau ansawdd bywyd a lles.
- Mae cwympo bob amser oherwydd presenoldeb un neu fwy o 'ffactorau risg'.
- O ran cwympo yn y cartref, canfu Llywodraeth y DU fod peryglon cwympo sydd heb eu datrys yn costio tua £435 miliwn i'r GIG bob blwyddyn.
- Yn bwysicach na chost ariannol cwympo, mae'r effaith a gaiff ar bobl hŷn yn ddifrifol. Cwympo yw'r prif reswm pam mae pobl hŷn yn colli eu hannibyniaeth ac yn mynd i ofal hirdymor.

So, what are the risk factors?



- muscle weakness
- poor balance
- visual impairment
- the use of certain medicines
- environmental hazards
- specific medical conditions, which might make a person more likely to fall

Felly, beth yw'r ffactorau risg?



- cyhyrau gwan
- balans gwael
- amhariad ar y golwg
- rhai meddyginiaethau
- peryglon amgylcheddol
- cyflyrau meddygol penodol, a allai wneud person yn fwy tebygol o gwympo

Good news - slips and falls are not an inevitable part of ageing! See overleaf for how we can help!

Newyddion da – dyw llithro a chwympo ddim yn rhan anochel o heneiddio! Gweler y dudalen nesaf am sut gallwn helpu!

Falls Prevention Officer
Swyddog Atal Cwympo

What will they do?
Beth fydd y swyddog yn ei wneud?

They will:
- normally contact you within 5 working days to arrange a home visit
- listen to your concerns and wishes
- carry out a Healthy Home Assessment
- liaise with other organisations and services to provide any support you agree
- arrange for minor adaptations to be installed if this is advised
- refer for a full casework service if other needs are identified that we can assist with

Bydd y swyddog:
- fel arfer yn cysylltu â chi cyn pen 5 diwrnod gwaith i drefnu ymweliad â'ch cartref
- yn gwrando ar eich pryderon a'ch dymuniadau
- yn cynnal Asesiad Cartref Iach
- yn cysylltu â sefydliadau a gwasanaethau eraill i gynnig unrhyw gefnogaeth rydych chi'n cytuno arni
- yn trefnu i addasiadau bach gael eu gosod os cynghorir hyn
- yn atgyfeirio am wasanaeth gwaith achos llawn os nodir anghenion eraill y gallwn gynorthwyo â nhw

How to get in touch... Sut i gysylltu...

To refer yourself, or another person with their permission:
Phone us on 01686 620760
Email us at enquiries@crpowys.co.uk
Use the referral form on our FB page or website

I gyfeirio eich hun, neu berson arall gyda'i ganiatâd:
Ffoniwch ni ar 01686 620760
Anfonwch e-bost aton ni ar enquiries@crpowys.co.uk
Defnyddiwch y ffurflen atgyfeirio ar ein tudalen FB neu wefan

OUR IMPACT IN 2024-2025

EIN HEFFAITH YN 2024–25

987

casework clients
o gleientiaid gwaith achos

591

Healthy Home Assessments
Asesiad Cartref Iach

£396,886

additional income raised
o incwm ychwanegol wedi'i godi

£22,696

benevolent funding raised to support emergency repairs
o gyllid elusennol wedi'i godi i gefnogi atgyweiriadau brys

£1,071,322

of works completed to adapt and repair homes
o waith wedi'i gwblhau i addasu ac atgyweirio cartrefi

And a further... / A ...

1,610

clients supported with...
o gleientiaid wedi'u cefnogi gyda ...

£470,765

of minor adaptations
o fân addasiadau

100%

were satisfied with the standard of work
Roedd 100% yn fodlon â safon y gwaith

A huge thank you to our funders, and the staff team who continue to work diligently to support the residents of Powys.
Diolch yn fawr iawn i'n cyllidwyr a'r tîm staff sy'n parhau i weithio'n ddiwyd i gefnogi trigolion Powys.

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