



Gofal a Thrwsio ym Mhowys Care & Repair in Powys

AUTUMN NEWSLETTER **CYLCHLYTHYR YR HYDREF**

September / Medi 2025

Our work is funded by / Ariennir ein gwaith gan



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.

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

Avoiding Scams

Osgoi sgamiau

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

The Wales Against Scams Partnership (WASP) is a network of organisations that are committed to fighting against fraud in Wales.

Its members include the Older People's Commissioner for Wales, Trading Standards, Citizens Advice Bureau, the Information Commissioner's Office, Get Safe Online, Nest, Care and Repair, the Post Office, all Welsh police forces, Natwest, Barclays and HSBC banks, and more.

Being targeted by a scam can have a devastating impact on both the victim and their family and friends. The consequences are not just financial – they can cause lasting damage to mental and even physical health.

Older people are frequently targeted by scammers, and it is estimated that older victims lose on average £1,200 each to scams during their lifetimes.

Click on the image
to go to the website
for advice and
support.



Cliciwch ar y llun i
fynd i'r wefan am
gyngor a
chymorth.

Mae Partneriaeth Cymru yn Erbyn Sgamiau yn rhwydwaith o sefydliadau sydd wedi ymrwymo i ymladd yn erbyn twyll yng Nghymru.

Mae aelodau'r bartneriaeth yn cynnwys Comisiynydd Pobl Hŷn Cymru, Safonau Masnach, Swyddfa Cyngor ar Bopeth, Swyddfa'r Comisiynydd Gwybodaeth, Get Safe Online, Nyth, Gofal a Thrwsio, Swyddfa'r Post, holl heddluoedd Cymru, banciau Natwest, Barclays a HSBC, a mwy.

Gall cael eich targedu gan sgâm gael effaith ddinistriol ar ddioddefwyr a'u teulu a'u ffrindiau. Nid arian yn unig sy'n cael ei effeithio – gall sgâm achosi niwed parhaol i iechyd meddwl a chorfforol.

Mae pobl hŷn yn cael eu targedu'n aml gan sgamwyr, ac amcangyfrifir bod dioddefwyr hŷn yn colli £1,200 yr un ar gyfartaledd i sgamiau yn ystod eu hoes.



Recent Scams



Winter Fuel Allowance Scam

Fraudsters are contacting people, often by text, to tell them they need to submit the application for this year's £300 heating allowance, often with a short deadline.

Tip – DWP says they never send texts or emails asking for bank details for winter fuel payments. Most people are paid automatically. People should always contact DWP directly if they have a query.



Fake Age UK Offer

Scammers are sending fake emails claiming to offer a “Free Age UK Health Monitoring Kit.” The email encourages recipients to click on links that lead to malicious websites.

Tip – hover over links without clicking, to check if they point to unusual or unknown domain names.



Financial Conduct Authority impersonators

Scammers impersonate the FCA for a variety of reasons. This may include saying that money is at risk, that accounts have been hacked, that previously lost funds can be recovered or that there is a County Court Judgement which the FCA is collecting the money for.

Tip – the Financial Conduct Authority and Banks will NEVER request PINs and passwords, or request that you transfer money to a different account. Be suspicious of ANY unprompted contact.



Pretending to be a Police Officer

South Wales Police have reported a number of instances where people have been contacted by scammers pretending to be the police. One resulted in the loss of £16,000 cash.

Tip – Do not hand over money or sign anything until a person's credentials and/or the company have been checked.



**You can forward suspicious emails to
report@phishing.gov.uk
 Forward any scam texts to 7726**

»»» Sgambiau Diweddar «««



Lwfans Tanwydd y Gaeaf

Mae twyllwyr yn cysylltu â phobl, yn aml drwy neges destun, i ddweud wrthyn nhw fod angen iddyn nhw gyflwyno'r cais am lwfans tanwydd y gaeaf (£300) eleni, yn aml gyda dyddiad cau byr.

Awgrym – Yn ôl yr Adran Gwaith a Phensiynau (DWP), dydyn nhw byth yn anfon negeseuon testun na negeseuon e-bost yn gofyn am fanylion banc ar gyfer taliadau tanwydd y gaeaf. Caiff y rhan fwyaf o bobl eu talu'n awtomatig. Dylai pobl bob amser gysylltu â'r DWP yn uniongyrchol os oes ganddyn nhw ymholiad..



Cynnig Age UK Ffug

Mae sgamwyr yn anfon negeseuon e-bost ffug yn honni eu bod yn cynnig "Pecyn Monitro Iechyd Am Ddim gan Age UK". Mae'r e-bost yn annog derbynwyr i glicio ar ddolenni sy'n arwain at wefannau maleisus.

Awgrym – hofranwch dros ddolenni heb eu clicio, i wirio a ydyn nhw'n cyfeirio at enwau parth anarferol neu anhysbys.



Dynwared yr Awdurdod Ymddygiad Ariannol (FCA)

Mae sgamwyr yn dynwared yr FCA am amrywiaeth o resymau. Gallai hyn gynnwys honni bod arian mewn perygl, bod cyfrifon wedi cael eu hacio, bod modd adennill arian a gollwyd gynt, neu fod yr FCA yn casglu arian ar gyfer Dyfarniad Llys Sirol.

Awgrym – fydd yr Awdurdod Ymddygiad Ariannol na Banciau BYTH yn gofyn am rifau PIN na chyfrineiriau, nac yn gofyn i chi drosglwyddo arian i gyfrif gwahanol. Byddwch yn amheus o UNRHYW gyswilt digymell.



Esgus bod yn Swyddog Heddlu

Yn ôl Heddlu De Cymru, bu sawl achos o sgamwyr yn esgus bod yn aelodau o'r heddlu yn cysylltu â phobl. Arweiniodd un achos at berson yn colli £16,000.

Awgrym – Peidiwch â rhoi arian na llofnodi unrhyw beth nes bod cymwysterau'r person a/neu'r cwmni wedi'u gwirio.



Gallwch anfon negeseuon e-bost amheus ymlaen at report@phishing.gov.uk

Anfonwch unrhyw negeseuon testun twyllodrus ymlaen at 7726

Falls Awareness Week Wythnos Atal Cwypniadau

15th – 19th September / Medi

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."

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 cwmpo o leiaf unwaith y flwyddyn."

Good news – slips and falls are not an inevitable part of ageing!

Newyddion da – dyw llithro a chwympo ddim yn rhan anochel o heneiddio!

*NICE: National Institute for Health and Care Excellence

Falls Prevention Officers Swyddog Atal Cwmpo

Glyn Thomas
south Powys



Rachel Williams
north Powys



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

Steady on...
Stay **SAFE**



Falling over is not an inevitable part of growing older

- Do you ever think or worry about falling over?
- Do you ever feel unsteady on your feet?

We can fall over at any age but as we get older, we're more likely to get hurt. Check out this leaflet to see what you can do today to reduce your risk.

Check your home

Why

Keeping an eye out for potential trips and slips can make your home a safer place. Simple changes can make a big difference.

How to reduce your risk

- Remove rugs and mats from top and bottom of the stairs.
- Remove trailing wires, and clutter. Avoid glass furniture which is harder to see.
- Have good lighting. For example, install a nightlight near the bed or motion-activated lights to help you make your way to the bathroom.
- Check that beds, chairs and toilet seats aren't too high/low so you can get on and off easily.
- Contact Care & Repair for advice on adapting your home.



Manage your medications

Why

Certain medications can make you feel faint or dizzy and affect your balance.

How to reduce your risk

Don't miss any medication reviews. If your medication is making you faint or dizzy, talk to your GP surgery or Pharmacist.



Stay active

Why

As we get older our strength and balance can reduce. Exercises to improve muscle strength can decrease your risk of falling over.

How to reduce your risk

Contact Age Cymru Advice to find out what exercise classes are available in your area. Or check out the Chartered Society of Physiotherapy for tips on how to improve your strength and balance.



Keep an eye on how often you are going to the toilet

Why

Getting up to go to the toilet frequently, particularly during the night or rushing to go, can increase your risk of falling over.

How to reduce your risk

If you notice any changes or are worried, contact your GP surgery. They'll be able to do a full assessment and discuss any treatment options.

Eat well

Why

It's important to make sure you're eating well. Getting enough energy helps keep up strength and prevent falling over. Eat a well-balanced diet including plenty of protein for muscle strength.

How to reduce your risk

If you notice a change in your eating, are getting dizzy, or notice your clothes getting looser, talk to your GP surgery where they can refer you to a Dietician if needed.



Drink enough fluid

Why

If you don't drink enough fluid, it's likely that you'll start to feel light-headed which will increase your risk of falling over.

How to reduce your risk

Try to drink about six to eight glasses of fluid a day.



Check your walking aids

Why

If walking aids like walking sticks or frames are wearing down or need repairing, they can cause you to fall over.

How to reduce your risk

Get your walking aid checked regularly. Speak to your GP surgery to see if you can self-refer or need to see a GP or Physiotherapist.



Look after your feet

Why

Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling.

How to reduce your risk

- Wear shoes and slippers that fit well, don't slip off, have a back, good grip, and secure fastening.
- Always wear shoes or slippers, and never walk indoors in bare feet, socks or tights.
- Look at your feet for sore areas, and for any changes in colour or condition.

Contact your GP surgery if you see any changes in the condition of your feet.

Contact NHS 111 Wales to find a HCPC registered Podiatrist or contact Age Cymru Advice for information on toenail cutting services. (In many areas there'll be an Age Connects Nail Cutting Service you can contact directly).



Take care of your eyes and ears

Why

Our eyesight changes as we age and can lead to a trip or loss of balance. Also, problems with your ears can affect your balance.

How to reduce your risk

Contact your optician to book a sight test. A sight test is free if you're aged 60 and over. Many Opticians and Pharmacies offer hearing tests.



Look after your bones

Why

If you have weaker bones, they're more likely to break if you fall over. So stronger bones could make any injury you have much less serious.

How to reduce your risk

Keep your bones healthy and strong by eating calcium-rich foods, do weight-bearing exercises and get enough Vitamin D. It's recommended that people over 65 take a 10microgram supplement of Vitamin D every day.

Use the Royal Society of Osteoporosis Risk checker on their website or call 0808 800 0035 to find out more about osteoporosis.



Contact details

Age Cymru

0300 303 44 98
www.agecymru.org.uk

Care & Repair Cymru

0300 111 3333
www.careandrepair.org.uk

Age Connects Wales

07873 519738
www.ageconnectswales.org.uk

Chartered Society of Physiotherapy

020 7306 6666
www.csp.org.uk

If you're worried about falling over the most important thing you can do is talk to someone. Talk to your GP surgery who will have links with your local Falls Clinic or services that can help you.

Include local information here

01686 620760

enquiries@crpowys.co.uk

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Nid yw cwmpo yn rhan anochel o heneiddio

Steady on...
Stay **SAFE**



- Ydych chi'n beco neu'n meddwl am gwmpo?
- Ydych chi'n teimlo'n hyderus ar eich traed?

Mae pobl o bob oedran yn medru cwmpo, ond wrth i ni fynd yn hŷn, rydyn ni'n fwy tebygol o gael dolur. Edrychwch ar y daflen hon i weld beth allwch chi ei wneud heddiw er mwyn cadw'n ddiogel.

Edrychwch o gwmpas eich cartref

Pam

Cadwch lygad am bethau a allai achosi i chi faglu o gwmpas eich cartref. Gall newidiadau bach syml wneud gwahaniaeth mawr.

Sut i leihau eich risg

- Symudwch rygiau a matiau o dop a gwaelod y grisiau.
- Tacluswch unrhyw wifrau ac annibendod o gwmpas eich cartref. Ceisiwch osgoi prynu dodrefn gwydr oherwydd eu bod

yn anoddach i'w gweld.

- Gwnewch yn siŵr bod digonedd o olau o gwmpas eich tŷ. Er enghraifft, rhowch olau sy'n goleuo pan fydd rhywun yn symud ger eich gwely er mwyn cadw'n ddiogel wrth i chi fynd i'r tŷ bach yng nghanol y nos.

- Gwnewch yn siŵr nad yw eich gwely, cadeiriau a sedd y tŷ bach yn rhy uchel/fisel. Gwnewch yn siŵr eich bod chi'n medru codi ac eistedd yn hawdd.

Contact Care & Repair for advice on adapting your home.



Cadw trefn ar eich meddyginiaethau

Pam

Gall rhai meddyginiaethau effeithio ar eich cydbwysedd, neu wneud i chi deimlo'n wan neu'n benysgafn.

Sut i leihau eich risg

Peidiwch â cholli unrhyw gyfle i adolygu eich meddyginiaeth.

Os yw'r feddyginiaeth yn gwneud i chi deimlo'n wan neu'n benysgafn, siaradwch â'ch meddygfa neu fferyllydd.



Yfwch ddigonedd o hylif

Pam

Os nad ydych chi'n yfed digon o hylif, mae'n debygol y byddwch chi'n dechrau teimlo'n benysgafn, a byddwch chi mewn perygl o gwmpo.

Sut i leihau eich risg

Ceisiwch yfed tua chwech i wyth gwydraid o ddŵr bob dydd.



Gwiriwch eich cymhorthion cerdded

Pam

Os oes gennych chi gymhorthion cerdded fel ffon gerdded neu fframiau sy'n mynd yn hen neu sydd wedi torri, gallech chi gwmpo wrth geisio eu defnyddio.

Sut i leihau eich risg

Gwnewch yn siŵr fod eich cymhorthion cerdded yn cael eu gwirio'n rheolaidd. Siaradwch â'ch meddygfa i weld os fyddai'n bosib i chi hunangyfeirio, neu efallai bydd angen i chi siarad â meddyg teulu neu ffisiotherapydd.



Gofalwch am eich traed

Pam

Os ydych chi'n cael problemau gyda'ch traed neu'ch esgidiau, gall hynny effeithio ar eich cydbwysedd a chynyddu eich risg o faglu neu gwmpo.

Sut i leihau eich risg

- Gwisgwch esgidiau a sliperi sy'n ffitio'n dda, sy'n aros ar eich traed yn gyffyrddus, sy'n lapio o gwmpas gefn eich traed, sydd a gafael da, ac sy'n clymu'n ddiogel.

- Gwisgwch esgidiau neu sliperi bob amser, a pheidiwch byth â cherdded o gwmpas eich tŷ mewn traed noeth, sanau na theits.

- Edrychwch ar eich i wneud yn siŵr nad oes manau poenus. Cadwch lygad ar liw neu gyflwr eich traed.

Cysylltwch â'ch meddygfa os fydd cyflwr eich traed yn newid.

Cysylltwch â GIG 111 Cymru i ddod o hyd i podiatregydd cofrestredig HCPC neu cysylltwch â Chyngor Age Cymru i gael gwybodaeth am wasanaethau torri ewinedd y traed. (Mae Gwasanaeth Torri Ewinedd Age Connects yn gweithredu mewn sawl ardal. Gallwch gysylltu â nhw'n uniongyrchol).



Cadw'n heini

Pam

Wrth i ni heneiddio, gall ein cryfder a'n cydbwysedd ddirywio. Gall gwahanol fathau o ymarfer corff wella cryfder eich cyhyrau a'ch helpu i osgoi cwmpo.

Sut i leihau eich risg

Cysylltwch â Chyngor Age Cymru i ddarganfod pa ddsbarthiadau ymarfer corff sydd ar gael yn eich ardal chi. Edrychwch am wybodaeth gan y Gymdeithas Siartredig Ffisiotherapi i gael awgrymiadau ar sut i wella eich cryfder a'ch cydbwysedd. www.csp.org.uk neu ffoniwch 020 7306 6666



Cadwch lygad ar ba mor aml rydych chi'n mynd i'r toiled.

Pam

Gall codi i fynd i'r tŷ bach yn aml, yn enwedig yn ystod y nos neu pan rydych chi'n brysio, gynyddu'r perygl o gwmpo.

Sut i leihau eich risg

Os byddwch yn sylwi ar unrhyw newidiadau neu os rydych chi'n poeni am fynd i'r tŷ bach, cysylltwch â'ch meddygfa. Byddant yn gallu cynnal asesiad llawn a thrafod opsiynau am driniaeth.

Bwyta'n iach



Pam

Mae'n bwysig sicrhau eich bod yn bwyta'n iach. Mae angen i chi sicrhau bod gennych chi ddigon o egni i gynnal eich cryfder ac atal cwmpiadau. Ceisiwch fwyta diet cytbwys gan gynnwys digon o brotein er mwyn cynnal cryfder y cyhyrau.

Sut i leihau eich risg

Os byddwch yn sylwi bod y ffordd rydych chi'n bwyta yn newid, os ydych chi'n mynd yn benysgafn neu'n teimlo bod eich dillad yn llac, siaradwch â'ch meddygfa. Byddan nhw'n eich cyfeirio at ddietydd os oes angen.

Gofalwch am eich llygaid a'ch clustiau

Pam

Mae ein golwg yn dirywio wrth i ni heneiddio, a gall hyn achosi i chi gwmpo. Gall problemau gyda'ch clustiau effeithio ar eich cydbwysedd.

Sut i leihau eich risg

Cysylltwch â'ch optegydd i archebu prawf golwg. Mae prawf golwg yn rhad ac am ddim os ydych chi'n 60 oed neu'n hŷn. Mae llawer o optegwyr a fferyllydd yn cynnig profion clyw.



Gofalwch am eich esgryn

Pam

Os oes gennych esgryn gwan, maen nhw'n fwy tebygol o dorri os byddwch chi'n cwmpo. Gallai esgryn cryfach eich helpu chi i osgoi niwed difrifol os ydych chi'n cwmpo.

Sut i leihau eich risg

Cadwch eich esgryn yn iach ac yn gryf trwy fwyta bwydydd sy'n llawn calsiwm, ewch ati i wneud ymarfer corff sy'n cynnwys codi pwysau a gwnewch yn siŵr eich bod chi'n cael digon o fitamin D. Argymhellir bod pobl dros 65 oed yn cymryd atchwanegiad o 10microgram o fitamin D bob dydd.

Defnyddiwch wirwir risg y Gymdeithas Frenhinol Osteoporosis; mae'r gwiriwr ar gael ar eu gwefan neu ffoniwch 0808 800 0035 i ddod o hyd i fwy o wybodaeth am osteoporosis.

Manylion cyswllt

Age Cymru

0300 303 44 98

www.agecymru.org.uk

Gofal a Thrsio Cymru

0300 111 3333

www.careandrepair.org.uk

Age Connects Wales

07873 519738

www.ageconnectswales.org.uk

Cymdeithas Siartredig Ffisiotherapi

020 7306 6666

www.csp.org.uk

Os ydych chi'n poeni am gwmpo, mae'n bwysig eich bod chi'n siarad â rhywun. Siaradwch â'ch meddygfa; bydd ganddyn nhw gysylltiadau â Chlinigau Atal Cwmpiadau neu wasanaethau sy'n medru darparu cefnogaeth.

Gwybodaeth leol yma
01686 620760

enquiries@crpowys.co.uk

Mae Age Cymru yn elusen gofrestrddig 1128436. Cwmni cyfyngedig drwy warant ac yn gofrestrddig yng Nghymru a Lloegr 6837284. Cyfeiriad y swyddfa gofrestrddig Llawr Gwaelod, Tŷ Mariners, Llys Trident, Heol East Moors, Caerdydd CF24 5TD. ©Age Cymru 2024.

OUR SERVICES

Our home visiting service is **FREE** of charge and tailored to your individual needs.



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

How we can help you:

- Undertake a free Healthy Homes Check
- Advise on options to repair, maintain or adapt your home
- Help to find sources of funding for any work that needs doing
- Advise and help to apply for the benefits you are entitled to
- Help you find a reliable, local contractor or builder
- Refer you on to other local services if needed



Falls Prevention Service

To assess and advise on the prevention of slips, trips and falls in the home.



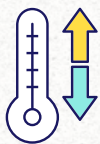
Managing Better

Managing Better is a free home visiting service offering advice and practical help for people over the age of 50. It is for those who have sight or hearing loss, for Deaf people, people living with dementia and people who have survived a stroke.



Mamwlad

It is a service to help people over 50 in the farming community - whether a farmer, farm worker or retired from farming.



Older Not Colder

The service is for people who live in Wales, are over the age of 60 and who own their own home or privately rent. We can visit and assess your home and give you free expert advice. We will even try and find funding for you if you need repairs or work to improve the energy efficiency or warmth of your home.

EIN GWASANAETHAU

Mae ein gwasanaeth ymweld â chartrefi yn RHAD AC AM DDIM a chaiff ei deilwra ar gyfer eich anghenion unigol.

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

Sut y gallwn eich helpu:

- Cynnal gwiriad Cartrefi lach rhad ac am ddim
- Cyngori ar opsiynau i drwsio, cynnal a chadw neu addasu eich cartref
- Helpu i ganfod ffynonellau cyllid ar gyfer unrhyw waith sydd ei angen
- Cyngori a helpu i wneud cais am y budd-daliadau y mae gennych hawl iddynt
- Eich helpu i ganfod contractwr neu adeiladwyr lleol a dibynadwy
- Eich cyfeirio at wasanaethau lleol eraill os oes angen

Gwasanaeth Atal Cwmpo

Asesu a chyngori ar atal llithro, baglu a chwympo yn y cartref.

Ymdopi'n Well

Mae Ymdopi'n Well yn wasanaeth rhad ac am ddim sy'n ymweld â chartrefi i gynnig cyngor a help ymarferol ar gyfer pobl dros 50 oed. Mae ar gyfer rhai sydd wedi colli eu golwg neu glyw, ar gyfer pobl Fyddar, pobl sy'n byw gyda dementia a phobl sydd wedi goroesi strôc.

Mamwlad

Mae'n wasanaeth i helpu pobl dros 50 oed yn y gymuned ffermio - p'un ai'n ffermwyr, gweithwyr fferm neu wedi ymddeol o ffermio.

Hynach Nid Oerach

Mae'r gwasanaeth ar gyfer pobl sydd yn byw yng Nghymru, dros 60 oed, a yn berchen eu cartref eu hunain neu yn rhentu'n breifat. Gallwn ymweld ac asesu eich cartref a rhoi cyngor arbenigol i chi yn rhad ac am ddim. Byddwn hyd yn oed yn ceisio canfod cyllid i chi os ydych angen gwaith trwsio neu waith i wella effeithiolrwydd ynni neu gynhesrwydd eich cartref.

