Gofal a Thrwsio ym Mhowys
Care & Repair in Powys

WINTER NEWSLETTER
CYLCHLYTHYR GAEAF

January / Ionawr 2026

Our work is funded by / Ariennir ein gwaith gan

Ariennir gan Llywodraeth Cymru / Funded by Welsh Government · Powys · GIG Cymru NHS Wales · Bwrdd Iechyd Addysgu Powys / Powys Teaching Health Board

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.

The team are here and ready to help...

We have Winter Warmer Packs available. They contain a blanket, hot water bottle, socks, gloves, hat, travel mug, handwarmers, torch and a thermometer – in a zipped bag.

Funded by / Ariennir gan Wales and West Utilities

Mae gennym becynnau ar gyfer y gaeaf ar gael. Maen nhw'n cynnwys blanced, potel ddŵr poeth, sanau, menig, het, mwg teithio, cynheswyr dwylo, tortsh a thermomedr – mewn bag â sip.

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

Christmas Gift Box Appeal
Apêl Blwch Rhodd Nadolig

Dosbarthodd Gofal a Thrwsio ym Mhowys 50 o flychau Nadolig.
Roedd aelodau ein tîm wrth eu bodd yn cludo ychydig o hwyl yr ŵyl i drigolion hŷn Powys.
Diolch yn fawr iawn i bawb a gyfrannodd.
Diolch arbennig iawn i **Llanelwedd Church in Wales Primary School** a gyfrannodd dros 30 o flychau Nadolig - pob un wedi'i wneud yn hyfryd ac yn barod i fynd. Roedd Pwyllgor Cysylltiadau Cymunedol yr ysgol yn wych am drefnu a chydlynu'r ymgyrch

Care & Repair in Powys distributed 50 Christmas boxes.
Our team members were delighted to deliver a bit of festive cheer to the older residents of Powys.
A huge thank you to everyone who contributed.
A very special thank you to **Llanelwedd Church in Wales Primary School** who contributed over 30 Christmas boxes - all beautifully made up and ready to go. The school's Community Links Committee were fantastic at organising and coordinating the campaign.

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

Your Voice Matters...

Mae eich Llais yn Bwysig...

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

The Care & Repair Movement covers the whole of Wales. The feedback and case studies from our clients helps us maintain the highest quality. It also helps to shape the services that are available on a national level.

Here are two examples of changes made to policy as a result:

NEST – previously, homes on farms were not eligible for support with upgrading heating, despite people living in cold conditions which exacerbated health conditions. When the new Warm Homes Programme launched in April 2024, it included people living on farms for the first time.

Through the Older Not Colder project, it was identified that the lengthy 'fabric first' approach of the **Warm Homes scheme** did not meet the needs of older people who needed a quick fix. Case studies led to the introduction of a crisis route for vulnerable clients which helped pay for urgent boiler repairs or replacement boilers.

Care & Repair Cymru are campaigning for a national **Safety Net Grant.** This would support homeowners to get essential repairs undertaken before they worsen and impact on peoples' health.

Explore the reports and add your voice to this campaign by clicking here.

Mae'r Mudiad Gofal a Thrwsio yn cwmpasu Cymru gyfan. Mae'r adborth a'r astudiaethau achos gan ein cleientiaid yn ein helpu i gynnal yr ansawdd uchaf. Mae hefyd yn helpu i ffurfio gwasanaethau sydd ar gael ar lefel genedlaethol.

Dyma ddwy enghraifft o newidiadau a wnaed i bolisi o ganlyniad:

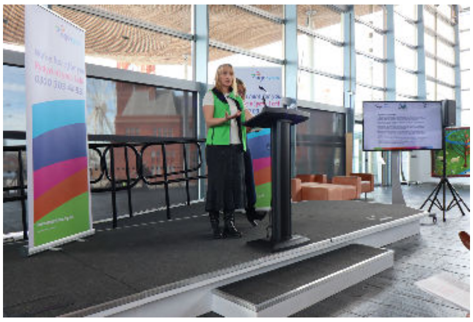
NEST – yn flaenorol, nid oedd cartrefi ar ffermydd yn gymwys i gael cymorth gydag uwchraddio gwresogi, er gwaethaf y ffaith fod pobl yn byw mewn amodau oer a oedd yn gwaethygu cyflyrau iechyd. Pan lansiwyd y Rhaglen Cartrefi Clyd newydd ym mis Ebrill 2024, roedd yn cynnwys pobl sy'n byw ar ffermydd am y tro cyntaf.

Drwy'r prosiect Hynach Nid Oerach, nodwyd nad oedd dull hirfaith 'ffabrig yn gyntaf' y **cynllun Cartrefi Clyd** yn diwallu anghenion pobl hŷn a oedd angen ateb cyflym. Arweiniodd astudiaethau achos at gyflwyno llwybr argyfwng ar gyfer cleientiaid agored i niwed a helpodd i dalu am atgyweiriadau boeleri brys neu foeleri newydd.

Mae Gofal a Thrwsio Cymru yn ymgyrchu dros Grant Rhwyd Ddiogelwch cenedlaethol. Byddai hyn yn cefnogi perchnogion tai i gael atgyweiriadau hanfodol wedi'u gwneud cyn iddynt waethygu ac effeithio ar iechyd pobl.

Archwiliwch yr adroddiadau ac ychwanegwch eich llais at yr ymgyrch hon drwy glicio yma.

VISITS AND VISITORS
SHARING OUR IMPACT...



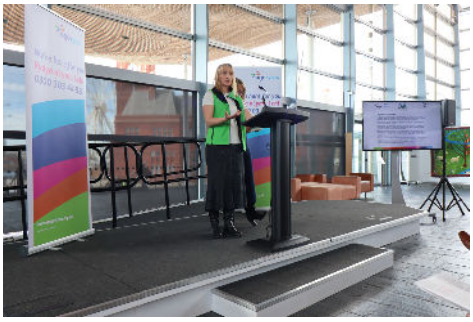
Care & Repair has shared its work and impact with a number of stakeholders – and our clients have been central to this.

- Visit to Senedd to share the impact of the Mamwlad project
- Russell George, MS, meeting clients and team members
- James Evans, MS, meeting clients and team members
- David Chadwick, MP, meeting clients and team members
- Charity Commission Chief Executive to share information about pressures on the third sector
- Cabinet Minister for Health and Social Care, Jeremy Miles, MS, meeting clients and hearing about the challenges of rural life
- Steve Witherden, MP, meeting clients and team members
- Catrin Roberts , Welsh Government Head of Health and Housing, meeting team members and clients to understand the work Care & Repair undertake

Have you had a positive experience of a Care & Repair service?
If so, you could support our work and be a voice for older people in Wales.
Care & Repair Ambassadors are individuals who are happy to speak openly about their experiences so more people hear about our services and so that older people's voices are heard by those in power in Wales.
We are looking for people who are happy to share publicly, whether that be to a camera, in front of a group or to a member of the Senedd.
Click here to find out more

YMWELIADAU AC YMWELWYR

RHANNU EIN HEFFAITH...



Mae Gofal a Thrwsio wedi rhannu ei waith a'i effaith gyda nifer o randdeiliaid – ac mae ein cleientiaid wedi bod yn ganolog i hyn.

- Ymweliad â'r Senedd i rannu effaith y prosiect Mamwlad
- Russell George, AS, cyfarfod aelodau'r tîm a chleientiaid
- James Evans, AS, cyfarfod aelodau'r tîm a chleientiaid
- David Chadwick, MP, cyfarfod aelodau'r tîm a chleientiaid
- Prif Weithredwr y Comisiwn Elusennau i rannu gwybodaeth am y pwysau ar y trydydd sector
- Ysgrifennydd y Cabinet dros Iechyd a Gofal Cymdeithasol, Jeremy Miles, AS, cyfarfod â chleientiaid a chlywed am heriau bywyd gwledig
- Steve Witherden, MP, cyfarfod aelodau'r tîm a chleientiaid
- Catrin Roberts, Pennaeth Iechyd a Thai Llywodraeth Cymru, cyfarfod aelodau'r tîm a chleientiaid i ddeall y gwaith y mae Gofal a Thrwsio yn ei wneud

A oes gennych chi brofiad cadarnhaol o wasanaeth Gofal a Thrwsio?
Os felly, gallech gefnogi ein gwaith a bod yn llais dros bobl hŷn yng Nghymru. Mae Llysgenhadon Gofal a Thrwsio yn unigolion sy'n hapus i siarad yn agored am eu profiadau fel bod mwy o bobl yn clywed am ein gwasanaethau ac fel y caiff lleisiau pobl hŷn eu clywed gan y rhai sydd mewn grym yng Nghymru. Edrychwn am bobl sy'n hapus i rannu'n gyhoeddus, p'un ai yw hynny o flaen camera, o flaen grŵp neu gydag Aelod o'r Senedd.
<u>Cliciwch yma i gael gwybod mwy</u>

High Quality Services
Gwasanaethau o Ansawdd Uchel

Emma Cliff

Emma is our new Service Delivery Manager. A key part of her role is to ensure that our Minor Adaptations and Technical Services are of the highest standard and deliver value for money.

Emma yw ein Rheolwr Cyflawni Gwasanaethau newydd. Rhan allweddol o'i rôl yw sicrhau bod ein Haddasiadau Bychain a'n Gwasanaethau Technegol o safon uchel a'u bod nhw'n darparu gwerth am arian.

"I am delighted to join Care & Repair in Powys and to support the excellent work they do to support the older residents of Powys."

"Rwyf wrth fy modd yn ymuno â Gofal a Thrwsio ym Mhowys ac yn cefnogi'r gwaith rhagorol maen nhw'n ei wneud i gefnogi trigolion hŷn Powys."

NEW!! NEWYDD!!

Care & Repair are delighted to be working with Powys County Council to pilot a new project, which is funded by the Regional Partnership Board.

Mae Gofal a Thrwsio wrth ei fodd i fod yn gweithio gyda Chyngor Sir Powys i dreialu prosiect newydd, a ariennir gan y Bwrdd Partneriaeth Rhanbarthol.

Prevention Assessment Service
Gwasanaeth Asesu Atal

The service will be open to **all Powys residents of 60 years and over, of any tenure.** Contact ASSIST on 0345 602 7050 to request a referral. We will make a home visit which will include:

- a functionality test of telecare equipment
- an assessment for telecare equipment
- support with self assessment and purchase of equipment to reduce the risk of falls.
- onward referral for other services and information

Bydd y gwasanaeth ar agor **i holl drigolion Powys sydd dros 60 oed, dros unrhyw gyfnod**. Cysylltwch ag ASSIST ar 0345 602 7050 i ofyn am atgyfeiriad. Byddwn yn cynnal ymweliad cartref a fydd yn cynnwys:

- prawf ymarferoldeb offer teleofal
- asesiad ar gyfer offer teleofal
- cymorth gyda'r hunanasesiad a phrynu offer i leihau'r risg o gwympo.
- atgyfeiriad ymlaen ar gyfer gwasanaethau a gwybodaeth eraill

Bwrdd Partneriaeth Ranbarthol Powys
Iechyd a Gofal Cymdeithasol
One Powys Yn Un
Powys Regional Partnership Board
Health and Social Care

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 Iach rhad ac am ddim
- Cynghori ar opsiynau i drwsio, cynnal a chadw neu addasu eich cartref
- Helpu i ganfod ffynonellau cyllid ar gyfer unrhyw waith sydd ei angen
- Cynghori 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 Cwympo

Asesu a chynghori 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.

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