



Clwstwr Cwmtawe Cluster gweithio gyda'n gilydd i'ch cadw'n iachach

## Cylchlythyr Clwstwr

Haf 2019

Am ddim

Rhifyn 1

# Cwmtawe Cluster yn lansio cylchlythyr

**CROESO** i gylchlythyr chwarterol cyntaf Clwstwr Cwmtawe.

Mae Clwstwr Cwmtawe yn grŵp o dri phractis (gwelir isod) meddyg teulu sy'n gweithio gyda nyrso cymunedol, deintyddion, optegwyr, ffe-ryllwyr cymunedol y sector gwirfoddol a'r awdurdod lleol. Gyda'i gilydd mae'r clwstwr yn darparu gofal i tua 44,000 o bobl yn ardaloedd Clydach, Treforys a Llansamlet yn Abertawe.

Dyfarnwyd y Clwstwr £1.7m o gyllid trawsnewid gan Lywodraeth Cymru. Mae'r cyllid wedi'i gynllunio i gefnogi pecyn o gynlluniau sy'n rhoi pwyslais ar weithio gyda'r cymunedau bod y Clwstwr yn eu gwasanaethu, ac yn cadw pobl yn iach, nid yn unig eu trin pan fyddant yn sâl.

Bydd y rhaglen hefyd yn arwain y ffordd wrth brofi model newydd, gwell o ddysgu gofal sylfaenol lle bo modd o arfer rhagorol mewn manau eraill. Bwriad yr arian yw troi'r weledigaeth hon ar waith, gan ddefnyddio ffyrdd arloesol o ddarparu gofal iechyd a chefnogi lles. Mae gan brosiectau trawsnewid llwyddiannus y potensial i ddylanwadu ar ddatblygiad cadarnhaol gofal sylfaenol ehangach GIG Cymru - i fod yn lasbrint yn effeithiol ar gyfer y dyfodol.

Mae ein hamcanion yn bellgyrhaeddol ac yn gwneud hyn yn ddull gwirioneddol drawsnewidiol o wella iechyd a lles yn ardal Cwmtawe. Dros y misoedd nesaf bydd amrywiaeth o fentrau newydd yn cael eu cyflwyno o fewn ardal Clwstwr Cwmtawe a gynlluniwyd i wella'r ffordd rydych chi'n derbyn gofal. Maent yn cynnwys rhai wedi'u hanelu at fynd i'r afael ag unigrwydd ac arwahanrwydd, ynghyd â ffocws ar atal, ac ymyrraeth gynharach a haws.

### Clwstwr Cwmtawe

**MAE** Clwstwr Cwmtawe yn cynnwys 3 practis meddygol cyffredinol (Grŵp Meddygol Cwmtawe, Llawfeddygaeth Llansamlet a Meddygfa Strawberry Place) 8 practis deintyddol, 10 fferyllfa, 6 chartref nyrso, 4 optegydd, 26 ysgolion a 3 llyfrgell.

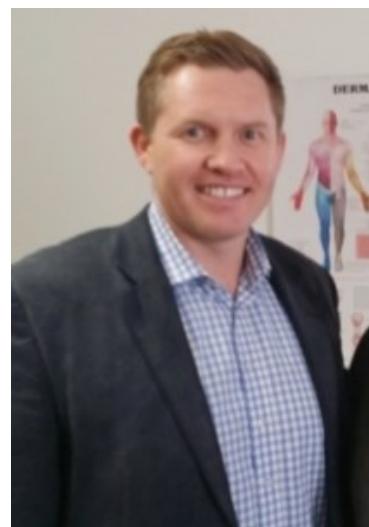
Mae'n gweithio gyda phartneriaid o adrannau awdurdod lleol allweddol fel y gwasanaethau cymdeithasol a thlodi ac atal, yn ogystal â'r sector gwirfoddol a Bwrdd Iechyd Prifysgol Bae Abertawe.

Ymysg y newidiadau, fe welwch gydlynnydd ardal leol, a all helpu gydag unigrwydd ac arwahanrwydd, a benodwyd i Feddygfa Llansamlet, gwasanaeth awdioleg cymunedol newydd yng Nghrwp Meddygol Cwmtawe yng Nghlydach, a fydd yn golygu nad oes rhaid i gleifion wneud y bydd taith lawr i Ysbyty Singleton, a fydd Meddygfa Strawberry Place gartref i glinig glawcoma cymunedol newydd.

Byddwch hefyd yn gweld mwy o gefnogaeth i ofalwyr ifanc, gwell darpariaeth i hybu iechyd meddwl a lles, mwy o gyfleoedd i fyw bywydau mwy egniol a chamau a gymerir i fynd i'r afael ag arwahanrwydd cymdeithasol, ymhliith datblygiadau arloesol eraill.

Gobeithiwn roi'r wybodaeth ddiweddaraf i chi am ein cynnydd ac i rannu gwybodaeth gyda chi wrth i ni ddatblygu ein gwasanaethau, felly rhannwch y cylchlythyr hwn, ac edrychwch am ein llwy-

fannau cyfryngau  
c y m d e i t h a s o l  
newydd, mae na  
manylion ar y  
dudalen olaf.



**Dr Iestyn Davies**  
Arweinydd Clwstwr  
Cwmtawe

### Ein Gweledigaeth

**NOD** Clwstwr Cwmatwe yw bod yn arloeswr yng Nghymru ar gyfer galluogi model cymdeithasol o iechyd a lles, gan sicrhau bod cleifion yn cael y cymorth mwyaf posibl i gael mynediad at y mechanweithiau sydd eu hangen i fyw bywyd iach. Bydd yn gwneud hyn trwy ddatblygu canolfan o wasanaethau ar gyfer ei phoblogaeth, gan gynnwys practisiau meddygon teulu, y gymuned eu hunain a phartneriaid allweddol; cyflawni hyn ar y cyd ag ethos cymdeithasol, gan sicrhau manteision gwrioneddol a phendant i gleifion Clwstwr Cwmtawe.

# Mae taith rithwir yn dangos taith dementia

**GYDA** bron 300 o bobl yn byw gyda dementia yng Nghwm Tawe Isaf, neidiasom ar y cyfle i gefnogi ymwelliad bws taith rhithwir i Glydach.

Wedi'i drefnu gan un o'n partneriaid clwstwr, Cyngor Gwasanaeth Gwirfoddol Abertawe, cafodd tua 30 o bobl, sy'n gweithio gyda phobl hŷn yn ein hardal, gyfle i gael cipolwg byr ar sut beth yw byw gyda dementia. Roedd y rhai a gymerodd ran yn cael menig, mewnforion pigog, sbectol dywyll a chlustffonau - i dynnu eu synhwyrau sylfaenol, gan wyrdroi eu hamgylchoedd ac efelychu symptomau corfforol dementia.

Ar ôl mynd ar y bws gofynnwyd iddynt gyflawni'r hyn a fyddai'n cael ei ystyried yn dasgau bob dydd i'r rhan fwyaf ohonom - fel gosod y bwrdd - ond roedent yn bell o fod yn hawdd.

Dyweddodd Elaine James, gweithiwr prosiect dementia a gofalwyr Cwmtawe SCVS: "Fe wnaethom wahodd pobl sy'n gweithio gyda phobl hŷn yn y gymuned, ar draws y clwstwr, o lyfrgelloedd, yr awdurdod lleol, y gwasanaeth Tân, yr heddlu a staff meddygon teulu, i godi eu hymwybyddiaeth dementia; i brofi sut bod e'n teimlo, sut mae pobl yn clywed a gweld pethau. Pa mor wahanol yw eu bywydau â dementia i sut



pethau dydd i ddydd ond pan fyddwch chi'n tynnur goglei'r clustffonau, mae'n poeni pa mor normal mae popeth yn edrych. Mae'n sefyllfa bob dydd ond gyda dementia mae'n troi'n wirioneddol ansefydlog.

"Rydym yn cael llawer o bobl â dementia yn dod i mewn i'r llyfrgell a bydd hyn yn effeithio'n wirioneddol ar sut rydym yn darparu gwasanaeth. Rydym yn ceisio croesawu pawb o'r gymuned a bydd hyn o

**Dementia yw'r enw ar gyfer grŵp o symptomau sydd fel arfer yn cynnwys problemau gyda'r cof, meddwl, datrys problemau, iaith a chanfyddiad. Mae dementia bellach yn lladd mwy o pobl yn y DU na chlefyd y galon neu ganser.**

**Mae'n cael ei achosi gan glefydau sy'n niweidio'r ymennydd trwy achosi colled nerfau - clefyd Alzheimer yw'r mwyaf cyffredin - ac mae'n effeithio ar un o bob 20 dros 65 oed ac un o bob pump dros 80 oed.**

roedden nhw o'r blaen.

"Fe wnaeth i mi deimlo'n ddiwerth ond roedd hefyd yn gwneud i mi sylweddoli pa mor anodd yw hi i ry-wun â dementia ddeall hyd yn oed y cyfarwyddiadau symlaf, i gyflawni tasgau dyddiol, y maen nhw wedi'u gwneud ers blynnyddoedd, bron yn sydyn, amhosibl. Mae pethau'n anodd eu trin, i'w gweld, i'w clywed, mae'n effeithio ar eich holl synhwyrau, nid eich cof yn unig. Mae'n gwneud i chi sylweddoli bod angen i chi gael mwy o amynedd gyda phobl, i siarad yn glir, i fod yn arafach gyda rhywun sydd â dementia, i beidio â'u rhuthro ond i esbonio pethau, a ddeall bod angen cefnogaeth ychwanegol arnynt."

Dyweddodd Maria Nagle, llyfrgellydd Clydach: "Roeddwn i'n ysgwyd pan ddes i allan. Ond roeddwn i'n ei weld mor oleoul, yr hyn y mae pobl yn mynd trwyddo gyda dementia, sut maen nhw'n gweld y byd. Roeddent yn sefyllfaoedd eithaf cyffredin,

gymorth mawr i ni. "Bydd yn ein helpu i bwysleisio ac addasu ein hymddygiad mewn ffordd sy'n gwneud i pobl deimlo bod croeso iddynt.

Rwy'n credu y dylai unrhyw un sy'n gweithio mewn lleoliad cymunedol brofi'r daith hon."

Dyweddodd Dr Iestyn Davies, arweinydd Clwstwr Cwmtawe: "Rydym yn ceisio gwella'r gwasanaethau a ddarparwn fel clwstwr ac mae mwy o ymwybyddiaeth o gyflyrau fel dementia y dyddiau hyn, ac mewn partneriaeth â SCVS, roeddem yn ddigon ffodus i sicrhau'r dementia bws, sy'n caniatáu i bobl nad ydynt yn dioddef o ddementia brofi sut mae'n teimlo i berson sy'n dioddef o'r cyflwr.

"Roedd yn ymarfer gwych, a bydd yn galluogi unigolion i gysylltu'n well â'r rhai sy'n dioddef o ddementia a gobeithio ei fod yn garreg gamu i ni fel clwstwr i ni wella sut rydym yn cefnogi pobl â dementia yn ein cymuned."

Mae'r Prosiect Dementia a Gofalwyr yn cefnogi pobl sy'n byw gyda dementia a'u gofalwyr yn ardal Clwstwr Cwmtawe. Am fwy o wybodaeth cysylltwch â

**Elaine James 07908742718 e-bost elaine\_james@scvs.org.uk**

**Amy Meredith-Davies 01792 544028 e-bost amy\_meredith-davies@scvs.org.uk**

## Mae gwasanaeth awdioleg newydd yn swnio'n dda i glustiau cleifion

**MAE** ffordd newydd o weld cleifion â phroblemau clust a chlyw, sy'n rhyd-dhau amser gwerthfawr meddygon teulu, wedi'i chyflwyno i Gwm Tawe Isaf.

Bydd y gwasanaeth awdioleg cymunedol newydd o fudd i gleifion sydd wedi'u cofrestru gyda'r tair practis meddygol cyffredinol - Grŵp Meddygol Cwmtawe, Llawfeddygaeth Llansamlet a Meddygfa Strawberry Place- o fewn Clwstwr Cwmtawe.

O dan y cynllun newydd, caiff cleifion â phroblemau clust a chlyw eu cyfeirio at y gwasanaeth trwy system brysbenner dros y ffôn lle caiff eu hanghenion eu hasesu gan weithwyr proffesiynol hyfforddedig sy'n gallu eu paru â'r ymateb priodol heb orfod treulio amser yn gwneud apwyntiad i weld eu meddyg.

Mae'r gwasanaeth, sydd â'i fwth gwrth-sain ei hun i'w brofi a'i weithredu dri diwrnod yr wythnos, wedi'i leoli yng Nghanolfan Gofal Sylfaenol Clydach ac



mae hefyd yn lleihau'r angen i gleifion deithio i Ysbyty Singleton.

Dyweddodd Natalie Phillips, gwyddonydd clinigol: "Y prif nod yw torri allan neu ddileu'r cyswilt cyntaf gyda'u meddyg teulu ac, yn bennaf, caniatáu i'r rhai sy'n ymwybodol o'r gwasanaeth hunan-gyfeirio neu ddod drwy frysbenner ffôn y feddygfa, gan ddilyn ymgynghoriad cyflym â meddyg teulu. Mae hyn yn helpu i leihau nifer yr apwyntiadau

**I drefnu apwyntiad awdioleg cysylltwch â eich meddygfa:** Grwp Meddygol Cwmtawe 01792 843831, Strawberry Place 01793 522526, Heol Sway 01792 771419, Llansamlet 01792 771465.

## Clwstwr Cwmtawe yn derbyn archwiliad iechyd wrth y Gweinidog Iechyd

**MEWN** gwirionedd, fe wnaethom groesawu ymweliad y gweinidog, gan ei fod wedi rhoi'r cyfle delfrydol i ni arddangos rhywfaint o'r gwaith gwych sydd wedi'i wneud - ynghyd â phrosiectau sydd ar y gweill - i helpu i drawsnewid sut rydym yn



gweithio i gadw pobl yn heini ac yn iach, a eu cefnogi pan nad ydynt.

Roedd y arddangosfa yn ymddangos i greu argraff ar y gweinidog wrth iddo ddweud yn ddi-weddgarach ei bod yn "wych gweld sut mae Clwstwr Cwmtawe wedi datblygu" ers iddo gael arian gan Lywodraeth Cymru i archwilio ffyrdd newydd o ddarparu gofal sylfaenol.

Dyweddodd Mr Gething: "Roedd yn wych gweld sut mae Clwstwr Cwmtawe wedi datblygu ers arian o'r Gronfa Drawsnewid. Er mwyn ateb y galw yn y dyfodol ar iechyd a gwasanaethau cymdeithasol yng Nghymru, mae angen i ni greu ffyrdd newydd o weithio a darparu gwasanaethau yn nes at adref i leihau'r pwysau ar ysbtyai. Mae cydweithrediad Cwmtawe rhwng y gweithlu gofal iechyd, cleifion a gofalwyr yn parhau i adeiladu ar ein cynlluniau ar gyfer Cymru iachach."

# Y CWM ALLIANCE

**MAE** menter gymdeithasol newydd BRAND, a grëwyd i ddarparu gwasanaethau iechyd a lles cymunedol ar gyfer pobl sy'n byw yng Nghwm Tawe Isaf, wedi'i lansio'n swyddogol.

Mae Cwm Alliance yn Gwmni Buddiant Cymunedol (CIC), sy'n cael ei greu at ddefnydd pobl sydd am gynnal busnes er budd y gymuned yn hytrach na chyfranddalwyr preifat. Gobeithir y bydd y CBC yn yr achos hwn yn gallu gwneud cais am arian Loteri a grantiau eraill i gefnogi ystod eang o wasanaethau lles yn ardaloedd Clydach, Treforys a Llansamlet.

Mae'r CBC wedi'i gofrestru gyda Thŷ'r Cwmniau gyda bwrdd o bum cyfarwyddwr wedi'i osod ac maent bellach yn canolbwntio ar annog aelodau'r cyhoedd i gymryd rhan a helpu i lunio dyfodol iechyd a lles yng Nghwm Tawe Isaf.

Mae Cynghrair Cwm, er ei fod yn endid ar wahân, yn arbennig o awyddus i gefnogi Clwstwr Cwmtawe.

Mae Cwm Alliance yn awyddus i glywed gan y cyhoedd er mwyn datblygu mentrau a phrosiectau a fydd yn cefnogi iechyd a lles pawb.

Dyweddodd llefarydd ar ran Cwm Alliance: "Byddem wrth ein bodd yn clywed gennych chi am y gwasanaethau y credwch y dylai dylai'r Cwm Alliance eu darparu' eu darparu. Mae gennym



ddiddordeb mewn unrhyw awgrymiadau a phob un, cofiwr fod y cwmni wedi'i sefydlu i ddarparu gwasanaethau iechyd a lles i bobl sy'n byw yn ardal gymunedol Cwmtawe ac yn agos ati.

"Gallwr naill ai gwblhau arolwg byr ar-lein neu e-bostio. Rydym hefyd am glywed yn bersonol gan bobl Cwmtawe am ba wasanaethau fyddai'n gwella eu hiechyd a'u lles."

Ychwanegodd Dr Iestyn Davies, arweinydd Clwstwr Cwmtawe ac aelod bwrdd y CIC: "Dros y blynnyddoedd diwethaf mae clwstwr Cwmtawe wedi buddsoddi'n drwm yn y 3ydd sector i geisio pontio iechyd a lles cymdeithasol. O ystyried y cyllid sydd ar gael i Lywodraeth Cymru, ac mae gennym y dasg o arloesi mae'n rhaid i ni geisio mathau eraill o fuddsoddiad i barhau, ac adeiladu ar y gwaith sylfaenol a osodwyd eisoes. Gyda hyn mewn golwg fe wnaethom ddatblygu'r syniad o lansio cwmni buddiant cymunedol dielw o'r enw Cwm Alliance.

"Y gobaith yw denu arian sylweddol i dyfu gwasanaethau, denu mwy o aelodau a datblygu cymuned gydnerth yma yng Nghwmtawe."

I gymryd yr arolwg ewch i:  
[www.surveymonkey.co.uk/r/cwmalliancehaveoursay](http://www.surveymonkey.co.uk/r/cwmalliancehaveoursay)

Neu e-bostiwch [haveoursay@cwmalliance.co.uk](mailto:haveoursay@cwmalliance.co.uk)



## Rydym nawr yn defnyddio cyfryngau cymdeithasol!

Am y newyddion diweddaraf, a sut yr ydym yn ceisio gwella eich iechyd a'ch lles, dilynwr Clwstwr Cwmtawe ar Facebook a Twitter.



[www.facebook.com/CwmtaweCluster](http://www.facebook.com/CwmtaweCluster)



@cwmataecluster



Cluster on Facebook and Twitter.

improve your health and well-being please follow The Cwm Tawe Cluster on Facebook and Twitter. For the latest news and information on how we are trying to

## We are now on social media!



Or email [haveyoursay@cwmalliance.co.uk](mailto:haveyoursay@cwmalliance.co.uk)

To take the survey visit:  
[www.surveymonkey.co.uk/r/cwmalliancehaveyoursay](http://www.surveymonkey.co.uk/r/cwmalliancehaveyoursay)

"The hope is to attract significant funding to grow services, attract more members and develop a resilient community here in Cwm Tawe."

Dr Iestyn Davies, Cwm Tawe Cluster lead and board member of the CIC, added: "For the past few years the Cwm Tawe cluster has invested heavily in the third sector to try and bridge both health and social wellbeing. Given the funding for Welsh Government is finite, and we are tasked to innovate we have to seek other forms of investment to continue, and build on the groundwork already laid. With this in mind we developed the idea of launching a not for profit, community interest company called Cwm Alliance.

"You can either complete a short survey online or email. We also want to hear in person from the people of Cwm Tawe about what services would improve their health and well-being."

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A spokesperson for Cwm Alliance said: "We would love to hear from you about what services you think Cwm Alliance CIC should provide. We are

keen to support the health and well-being of everyone. The public in order to develop initiatives and projects that will support the health and well-being of the Cwm Alliance is keen to hear from members of the Cwm Alliance CIC, which is a separate entity, is

The Cwm Alliance is a separate entity, is

particularity keen to support the Cwm Tawe Cluster. The Cwm Alliance, although a separate entity, is

interested in the Cwm Tawe Cluster's work in the Lower Swansea Valley. They are now focusing on encouraging members of the public to get involved and help shape the future of health and well-being in the Lower Swansea Valley.

The Cwm Alliance is a Community Interest Company (CIC), which are created for the use of people who want to conduct a business to benefit the community rather than private shareholders. It is hoped that the CIC in this instance will be able to bid for lottery funding and other grants to support a wide range of well-being services in the Clydach, Morriston and Llanasmellet areas.

A BRAND new social enterprise, created to deliver

community-focused health and well-being services

for people who live in and around the Lower

Swansea Valley, has been officially launched.



## The CWM ALLIANCE

Mr Gething said: "It was really great to see how the Cwmtawe Cluster has developed since money from the Transformation Fund. To meet the future demand on health and social services in Wales, we need to create new ways of working and deliver services closer to home to reduce pressure on hospitals. The Cwmtawe collaboration between the healthcare workforce, patients and carers continues to build on our plans for A Healthier Wales."

It seemed as though the minister was impressed as he later said that it was "great to see how the Cwmtawe Cluster has developed" since being awarded money from the Welsh Government to explore new ways of delivering primary care.

In reality, we welcomed the minister's visit, as it gave us the ideal opportunity to showcase some of the great work that has been done - along with projects in the pipeline - to help transform how we are working to keep people fit and well, and support them when they aren't.



**WHEN** the call came, telling us that the Health Minister, Vaughan Gething, wanted to pay us a visit, to see for himself how the Cwmtawe Cluster is getting on, the words of Dad's Army's Corporal Jones, sprang to mind, "Don't panic!"

**Below:** The Health Minister meets the audiology team

## Health minister in Cwmtawe check up

**To arrange an audiology appointment please contact Your surgery:** Cwmtawe Medical Group 01792 843831, Strawbery Place 01792 522526, Sway Road 01792 771392, New Cross 01792 771419, Llanasamlet 01792 771465

"Previously they would have had a physical appointment with a GP or practice nurse and then they would have to be referred to secondary care for audiology hearing assessment, so we are cutting out that middle man, so we are cutting out the GP appointment, we can do the hearing test and the consultation all in one appointment."

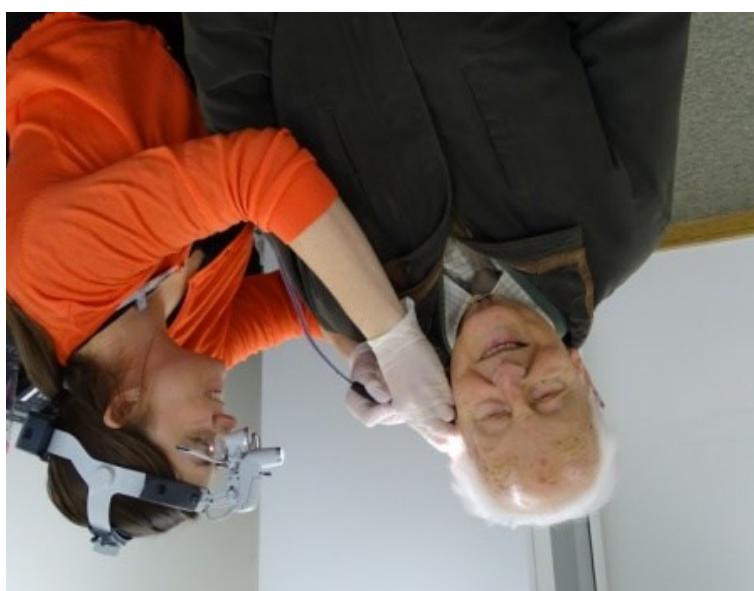
This helps reduce the number of GP appointments and the patient is seen by the most appropriate person."

Natalie Phillips, a clinical scientist, said: "The main aim is to cut out of remove the first contact with their GP and, predominantly, allow those who are aware of the service to self-refer or come via the surgery's telephone triage or a quick consultation with a GP. These who are able to match them to the appropriate service will be assessed by trained professionals via a telephone triage system in which their hearing problems are directed to the service under the new scheme, patients with ear and hearing problems are registered with the Cwmtawe Cluster, is based in Clydach Primary Care Centre and also reduces the need for patients to travel to Singletown Hospital.

The service, which has its own soundproof booth for testing and operates three days a week for testing and operates three days a week, following a quick consultation with a GP, allows for a quick consultation with a GP, who are able to match them to the appropriate service without having to waste time at a response without having to see their doctor.

Under the new scheme, patients with ear and hearing problems are registered with the Cwmtawe Cluster, Llanasamlet Surgery and Strawbery Place Surgery - within the Cwmtawe Medical Group, Llanasamlet Medical Practices - Cwmtawe General medical practices - Cwmtawe General medical practices who are registered with the three benefit patients who are seeing patients with the same service will be seen by GPs, has been introduced to the Lower Swansea Valley.

A **NEW** way of seeing patients with ear and hearing problems, which frees up the valuable time of GPs, has been introduced to the Lower Swansea Valley.



## New audiology service is music to patients' ears

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Elaiene James 07908742718 email elaine\_james@scvs.org.uk

take Cluster area. For more information please contact

The Dementia and Care Project supports people living with dementia and their carers in the Cwm-

"It was a great exercise, it will allow individuals to connect better with those suffering with dementia and hopefully it's a stepping stone for us as a cluster for us to improve how we support people with dementia in our community."

"I fear in a way that makes people feel more well-comed. I think that anyone who works in a community setting should experience this tour."

Dr Iestyn Davies, Cwmtawe Cluster lead, said:

"We are trying to enhance the services that we provide as a cluster and there's more awareness for conditions such as dementia these days, and in partnership with CSVs, we were lucky enough to secure the dementia bus, which allows people who do not suffer from dementia to experience what it's like for a person who does suffer from dementia buses", which allows people who do not suffer from dementia to experience what it's like for a person who does suffer from dementia.

jour in a way that makes people feel more well-comed. I think that anyone who works in a com-

Clydach librarian, Maria Nagle, said: "I was shaking when I came out. But I found it so illuminating, what people are going through with dementia, how they see the world. They were pretty normal, run of the mill, situations but when you take off the

"It made me feel quite useless but it also made me realise how difficult it is for someone with dementia to understand even the simplest of instructions, to carry out daily tasks, which they have done for years yet, all of a sudden, become virtually impossible. Things are difficult to handle, to see, to hear, it affects all your senses, not just your memory. It makes you realise that you need to have more patience with people, to speak clearly, to be slower with someone who has dementia, not to rush them but to explain things. To understand that they need extra support."

ent their lives are with dementia to how they were

Dementia is the name for a group of symptoms that commonly include problems with memory, thinking, problem solving, language and perception. Dementia now kills more people in the UK than heart disease or cancer.

It is caused by diseases which damage the brain by causing a loss of nerve cells - Alzheimer's disease is the most common - and affects one in 20 over the age of 65 and one in five over the age of 80.

"We get a lot of people with dementia coming into the library and this will really affect how we provide a service. We try to welcome everyone from the community and this will really help us. It will help us emphasise and modify our behaviour.

Elaine James, SCVS's Cwmtawe dementia and carer project worker, said: "We invited people with older dementia, such as setting the table - but proved most of us - such as people with dementia, to be far from easy.



# VIRTUAL tour highlights dementia journey

**The Cwmtawe Cluster** aims to be a Vanguard model of health within Wales, enabling a social model of health and well-being, ensuring patients have the maximum possible support to access the mechanisms needed to live a healthy lifestyle. It will do this by developing a hub of services for its population, involving GP practices, the community and key partners; delivering real and tangible benefits for the patients of Cwmtawe Cluster.

### Our Vision

We hope to keep you updated with progress and to share information with you as we develop our services further and look out for our new social media platforms, details of which can be on the back page.



You will also see greater support for young carers, improved provision to promote mental health and well-being, increased opportunities to lead a more active lifestyle and steps taken to tackle social isolation, amongst other innovations.

Amongst the changes, you will see a local community audiology service based in Cwmtawe to Singleton Hospital, and Strawberry Place Surgery will be home to a new community based glaucoma clinic.

Some aimed at tackling loneliness and isolation, along with a focus on prevention, and earlier and easier intervention.

The Cwmtawe Cluster is a group of three GP practices (see below) working together with community nurses, dentists, opticians, community pharmacists (see below) working together with voluntary sector and the local authority.

The Cwmtawe Cluster works together for a healthier you along with a focus on prevention, and earlier and easier intervention.

It works with partners from key local authority departments such as social services and poverty and prevention, as well as the voluntary sector and providers such as schools and libraries.

THE Cwmtawe Cluster is made up of 3 general medical practices (Cwmtawe Medical Group, Llanasamlet Surgery and Strawberry Place Surgery) and 8 dental practices, 10 pharmacists, 6 nursing homes, 4 opticians, 26 schools and 3 libraries.

### The Cwmtawe Cluster

Our aims are many and far reaching, making this a truly transformative approach to improving health and well-being in the Cwmtawe area. Over the coming months a range of new initiatives will be rolled out within the Cwmtawe area designed to truly transform health and well-being, making this a future.

The funding is designed to turn this vision into practice, using innovative ways of delivering healthcare and supporting ways of delivering primary care – to effectively be a blueprint for the transformation projects have the potential to influence the positive development of wider NHS Wales and well-being in the Cwmtawe area.

The programme will also lead the way in testing out a new improved model of primary care learning where possible from excellent practice elsewhere.

The Cluster has been awarded £1.7m of transformation funding by Welsh Government. The money is designed to support a package of schemes which put an emphasis on working with the communities put an emphasis on working with the communities the Cluster serves and keeping people well, not just treating them when they are unwell.

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WELCOME to Cwmtawe Cluster's inaugural quarterly newsletter.

# Cwmtawe Cluster launches newsletter

Issue 1

Free of charge

Summer 2019

Cluster Newsletter

Cwmtawe Cluster working together for a healthier you

