

Gofalu am Ganser ym Mhowys

Rhifyn 3
• Gwanwyn/Haf
2023

Cylchlythyr swyddogol Rhaglen Gwella'r Daith Ganser ym Mhowys



Yn y rhifyn hwn:

Gwneud y defnydd gorau o asedau lleol – Sut y gwnaeth GDG a 'parkrun' cyfuno a'i gilydd gyda neges "gallwch ei gerdded e

TUDALEN 02

Golau Gwyrdd – Dr Ruth Corbally yn trafod cynlluniau ar gyfer Cymal II

TUDALEN 03

Llythyr a gydgyhyrchwyd ar gyfer Meddygon Teulu yn denu clod

TUDALEN 04

Codi ein proffil yng nghynhadledd Macmillan

TUDALEN 05

Byw gyda chanser anghyffredin – dynes yn rhannu ei stori

TUDALEN 06

Sesiynau dawnsio er lles yn dod â llawenydd - Tudalen 4

I ddarllen y cylchlythyr hwn yn Saesneg, ewch i dudalen 7.

To read this newsletter in English please go to Page 7

Rhaglen Gwella'r Daith Canser ym Mhowys



Croesco

Mae'r haf wedi cyrraedd a hefyd ein trydydd cylchlythyr. Ers ein rhifyn diwethaf, rydym wedi bod yn brysur yn codi proffil y rhaglen; aeth Sharon Healey a Sue Ling i gynhadledd Macmillan tua diwedd 2022. (gweler tudalen 4.)

Mae llythyr a gydgynhyrchwyd gan aelodau ein fforwm ar gyfer Meddygon Teulu wedi denu clod gan glaf (hefyd ar dudalen 4). Ar y dudalen hon byddwch yn gweld sut rydym wedi gweithio gyda parkrun i annog pobl i gerdded y daith.

Yn olaf, cofiwch ddarllen rhagor am swydd newydd ar gyfer y GDG ym Mhowys wrth inni symud i Gymal II ar ôl derbyn cymeradwyaeth am gyllid gan Macmillan. (Tudalen 3).

Hefyd gweler rhestr o'n partneriaid cyflenwi a manylion cyswllt ar gyfer unrhyw un sy'n ceisio cymorth.

Cysylltwch â ni



ICJPowys@powys.gov.uk



ffoniwch 01597 826043
Llun - Gwener



ewch i'n gwefan drwy sganio'r
cod QR isod, neu ewch i:
<https://cy.powysrpb.org/icjpowys>



en



cy

Asedau Lleol – 'parkrun': neges gallwch ei gerdded



Chwith i dde - Mae Linda, Jack ac Alison yn dilyn y llwybr hwn bron bob dydd Sadwrn.

Mae helpu pobl sy'n byw gyda chanser i gael mynediad at bethau ar garreg y drws er mwyn rhoi hwb i les a lleihau unigedd cymdeithasol, yn rhan allweddol o raglen GDG.

Yr enw ar hyn yw 'datblygiad a seilir ar asedau' ac mae'n ymwneud ag ystyried yr hyn sydd ar gael eisoes fel ased lleol megis parc, neuadd gymunedol neu grŵp cymdeithasol sy'n bodoli eisoes ac ystyried ei botensial fel adnodd a all fod o fudd i rywun sy'n byw gyda chanser.

Ym mis Hydref y llynedd, cyhoeddodd 'parkrun UK' cynllun hyrwyddo i'w "gerdded" ac ar ôl clywed am hyn, cysylltodd GDG â nhw i gyfuno eu hadnoddau er mwyn gwahodd unrhyw un sy'n byw gyda chanser i ymuno â'r sesiynau a gynhelir bob bore Sadwrn am 9am ar y Gro, Llanfair-ym-Muallt.

Yn ystod mis Hydref, ymunodd dau unigolyn – Janet, dynes sy'n byw gyda chanser a Jack – dyn sydd wedi cael canser ei hun, ond sydd hefyd wedi colli ei wraig oherwydd canser – ag Arweinydd Cyfathrebu ac Ymgysylltu GDG, Sue Ling, a phartneriaid eraill megis Liz Townsend (Ymddiriedolaeth Bracken), Nina Davies (Cyngor Sir Powys), Sharon Healey a Claire McNiffe (PAVO) i gerdded llwybr parkrun. Naw mis yn ddiweddarach ac mae Jack a Janet yn dal i ddod pryd bynnag y maen nhw'n gallu. Erbyn hyn mae Sue yn un o'r gwirfoddolwyr sy'n gwisgo tabard 'parc-cerddwr' bob bore Sadwrn. Dros y cyfnod hwnnw, mae Linda, a gafodd trawiad ar y galon y llynedd, a'r Cyng. Sian Cox, Aelod y Cabinet ar gyfer Powys Ofalgar, a'i chi



Chwith i dde - Mae Jack, Liz ac Janet.

Ar ddydd Sadwrn y 1af yn Llanfair-ym-Muallt a'r 8fed o Orffennaf yn y Drenewydd daeth cannoedd o bobl i helpu ddathlu pen-blwydd y GIG yn 75. Yn y llun isod mae Lee Jarvis a oedd wedi trefnu'r digwyddiad yn y Groe, Llanfair-ym-Muallt, yn derbyn ei fedal Arwr GIG Powys.



Pobl sy'n byw gyda chanser

Mae'r term yn cyfeirio at bobl sydd wedi derbyn diagnosis o ganser, eu gofalwyr di-dâl, eu teuluoedd a phobl sy'n bwysig iddyn nhw. Hefyd mae'n cynnwys pobl a atgyfeiriwyd at ysbyty gyda diagnosis posib o ganser.

Atgofion sesiynau dawnsio i'w trysori

Dr Ruth Corbally yw Arweinydd Canser Macmillan Meddygon Teulu Macmillan a'r Arweinydd Clinigol ar gyfer y Rhaglen Adnewyddu Canser ar ran Bwrdd Iechyd Addysgu Powys ac mae hi hefyd yn parhau â'r swydd fel uwch swyddog cyfrifol (SRO) ar gyfer Cymal II y rhaglen Gwella'r Daith Ganser ym Mhowys.

Yma mae'n trafod y cynlluniau ar gyfer Cymal II a sut y bydd Swyddog Iechyd Perthynol Proffesiynol yn ymuno â'r Tîm i fod yn allweddol o ran datblygu'r cynnig rhagsefydlu ac adsefydlu i drigolion Powys.

"Pleser mawr yw cael ysgrifennu'r erthygl yma ar gyfer cylchlythyr y, wrth inni rannu'r newyddion da y cytunwyd ar Gymal II Rhaglen GDG gyda Chyngor Sir Powys a Bwrdd Iechyd Addysgu Powys gyda Chymorth Canser Macmillan yn parhau i'w hariannu.

Ar ôl i Arweinydd y Rhaglen a'r Rheolwr Prosiect adael eu swyddi'r llynedd, rydym wedi bod yn gweithio'n galed i adolygu, myfyrto a chynllunio ar gyfer Cymal II rhaglen GDG i sicrhau ei fod yn gynaliadwy ac yn cyflawni ar ran pobl yn ein sir sy'n byw gyda chanser. Ein nod yw ymwreiddio "model gofal" ymarferol er mwyn i'r cynnig cyfredol o ran sgwrs am "yr hyn sy'n bwysig" gyda phe cyn cymorth pwrpasol ar gyfer pobl yn ein sir sy'n byw gyda chanser yn dod yn 'norm' ar ôl i'r cyllid gan Macmillan ddod i ben.

Beth sy'n newydd yng Nghymal II?

Mae Macmillan wedi cytuno i ariannu nid yn unig y tîm craidd,

ond hefyd i gyllido swydd Arweinydd Canser ar gyfer Gweithiwr Iechyd Perthynol Proffesiynol yn ystod Cymal II. Powys yw'r unig fwrdd iechyd yng Nghymru heb y swydd hon. Mae'r rhaglen yn ein galluogi i godi rhai o'r pryderon a'r adborth a dderbyniwyd gan gleifion, gan gynnwys....

- **yr angen ar gyfer cymorth cynnar, gwybodaeth a chyngor o ran yr hyn i'w wneud i gadw'n iach a bod yn barod i dderbyn triniaeth ganser (rhagsefydlu)**
- **yr hyn y dylai cleifion ei wneud yn dilyn triniaeth ganser (adsefydlu)**

Mae triniaethau megis cemotharapi a radiotharapi yn ymwthiol eu natur ac yn gallu achosi sgil-effeithiau a all barhau dros dro neu'n fwy hirdymor. Gall diet, ymarfer corff, symud, ymlacio a gweithredoedd eraill fod yn fuddiol iawn i iechyd unigolion, eu lles ac ansawdd eu bywyd. Bydd swydd y Gweithiwr Iechyd Perthynol Proffesiynol yn helpu cau'r bwlch yma.



Dr Ruth Corbally – Meddyg Teulu cancer arweiniol Cyngor Sir Powys

Byddwn hefyd yn symud ymlaen gyda rhai ffrydiau gwaith penodol yn ystod Cymal II megis cynllunio'r wybodaeth a chymorth a'r gweithlu".

Diolch i'n Partneriaid

Mae Ymddiriedolaeth Bracken, Ceredu, PAVO a Thîm Gofal Lliniarol Arbenigol Bwrdd Iechyd Addysgu Powys i gyd wedi parhau i fod ar gael i bobl sy'n byw gyda chanser, ac yn cynnig sgwrs gefnogol i bawb sy'n cysylltu â nhw ac atgyfeiriadau neu wybodaeth bwrpasol a seilir ar eu hanghenion.

Diolch i bob un ohonynt. Gwaith partneriaeth yw'r allwedd i lwyddiant y rhaglen ac mae cryfhau cysylltiadau gydag asiantaethau eraill megis Tîm Cyngor Ariannol y cyngor a Thîm Cymorth Gwybodaeth Gwasanaethau Cymdeithasol i Oedolion, Gofal Hosbis Dewi Sant a Hosbis Michael Sant, Age Cymru, Tenovus, Marie Curie a Lingen Davies yn ein helpu i gysylltu popeth a chyflawni o ran "gwella'r daith ganser" ar gyfer ein holl drigolion o safbwynt beth bynnag sy'n bwysig iddyn nhw.

Gallwch ffonio unrhyw un o'n partneriaid am gymorth



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Atgofion sesiynau dawnsio i'w trysori

Disgrifiwyd prosiect peilot 'dawns er lles' a gyllidwyd gan Lywodraeth Cymru a greodd cyfle i ddynes o Bowys sy'n byw gyda chanser brofi adegau hudol o dawelwch a rhyddid, fel "pleser pur" ac fel "rhywbeth i'w drysori" gan ei merch.

Cafodd Ann Harman ddiagnosis o ganser yr esoffagus yn ystod y pandemig. Aeth ymlaen i gael llawdriniaeth a thriniaeth yn yr ysbyty. Hefyd defnyddiodd y cymorth oedd ar gael iddi yn y sir trwy Ymddiriedolaeth Bracken a bu'n cymryd rhan yn eu sesiynau ioga cadair ac yn dal fyny gyda'r nyrsys am gyngor mewn perthynas â symptomau neu bryderon. Rhannodd ei stori gyda'r rhaglen GDG a chynigiwyd cyfle iddi gymryd rhan yn y prosiect 'Horizon' gyda'i merch Cecilia, yng nghysur ei chartref ei hun, a gyda'r dawnsiwr hyfforddedig Cai Tomos. Mae Cai, sy'n byw yng Nghaersws, yn ddawnsiwr cymwys sy'n gweithio ar hyd a lled y DU gyda chleifion yn yr ysbyty a thu allan i'r ysbyty sydd efallai'n mwynhau gwellhad dros dro, neu sydd â diagnosis lliniarol. Ym mis Hydref y llynedd, cafodd yr hyn fyddai'n digwydd bod ei thrydydd sesiwn, a'r sesiwn olaf. Ar y pryd roedd hi'n cael anhawster cysgu oherwydd poen yn ei hysgwydd. Yn anffodus bu farw Ann ychydig ar ôl y Nadolig, ond

Mae gweithgareddau creadigol yn bosibl diolch i gymorth ariannol Cronfa Elusennol Bwrdd Iechyd Addysgu Powys fel rhan o brosiect strategol HORIZON. Mae'n cael ei arwain gan y Cydlynnydd Celfyddydau mewn Iechyd, Lucy Bevan, ac mae HORIZON yn ymchwilio i effeithiolrwydd y celfyddydau o ran gwella iechyd meddwl a lles gydag ystod o ddefnyddwyr gwasanaeth a chleifion.



Chwith i dde - Ann, Cai a Cecelia yn mwynhau eu sesiwn

bydd ei merch yn trysori'r atgofion, y lluniau a'r fideo a recordiwyd yn ystod eu hamser gyda'i gilydd ar gyfer y sesiwn olaf, a gyda phrosiect Horizon. Ar ôl y sesiwn hwnnw, dywedodd Ann wrthym: "Rwyf wedi treulio llawer o'm hamser dros y blynyddoedd diwethaf yn aros. Yn aros am ddiagnosis, yn aros am driniaeth, ond heddiw prynhawn, nid wyf wedi aros. Rwyf wedi mwynhau amser gyda'm merch yn symud i gerddoriaeth heb boeni rhyw lawer am y dyfodol."

Rob yn cymeradwyo llythyr Meddygon Teulu a gydgyhyrchwyd



Yn y llun gwelir Rob mewn digwyddiad yn Llanfair-ym-Muallt lle bu'n trafod y llythyr gyda Sue

Mae llythyr a gydgyhyrchwyd gan aelodau Fforwm Teithio gyda'n Gilydd y GDG a luniwyd yn benodol ar gyfer pobl sydd wedi derbyn diagnosis diweddar o ganser, i'w anfon atynt o'u Meddygfa leol, wedi derbyn canmoliaeth gan ddyn o Bowys sydd wedi derbyn triniaeth yn ddiweddar ar gyfer canser y brostad.

Yn gynnar yn y rhaglen, roedd trigolion Powys oedd wedi rhannu eu straeon canser, wedi tynnu sylw at y ffaith eu bod o'r farn nad oedd digon o gysylltiad rhwng eu Meddyg Lleol (gofal sylfaenol) a thîm yr ysbyty (gofal eilaidd). Estynnwyd gwahoddiad i'r Meddyg Teulu Canser Arweiniol, Dr Ruth Corbally, drafod y mater hwn gyda'r fforwm er mwyn deall yn well eu barn a'u profiadau nhw. Arweiniodd hyn at aelodau'r fforwm yn llunio llythyr templed a gydgyhyrchwyd i'w anfon allan gan Feddygon Teulu Powys unwaith maent yn derbyn cadarnhad fod eu claf wedi cael diagnosis o ganser. Mae'r llythyr yn olrhain y cynnig i gael sgwrs gefnogol a rhifau cyswllt GDG er mwyn i glaf gysylltu a thrafod unrhyw bryderon sydd ganddynt wrth symud ymlaen. Mae'n egluro rolau gofal sylfaenol a gofal eilaidd ac mae'n atgoffa cleifion fod y

Meddyg Teulu yno i'w cefnogi hefyd, er mae'n debyg taw'r oncolegydd, meddyg ymgynghorol neu Nyrs Glinigol Arbenigol (NGA) fydd eu prif gyswllt yn yr ysbyty perthnasol. Derbyniodd Rob Healey, sydd yn glaf gyda Meddygfa Aberhonddu, y llythyr, a chysylltodd â'r rhaglen. Dywedodd: "Roedd yn dda bod fy meddyg teulu wedi cydnabod fy niagnosis, oherwydd hyd at hynny, roedd yr holl gyswllt wedi digwydd gyda'r meddyg ymgynghorol a'r tîm yn yr ysbyty'r Royal Gwent. Roedd yn wych clywed bod cymorth ar gael ym Mhowys imi a'm teulu, ar wahân i'r ysbyty. Cynigiwyd eHNA imi yn yr ysbyty, ond ers dod adref, rwyf wedi wynebu pryderon gwahanol. Roedd y llythyr yn olrhain pwy oedd yno i'm cefnogi a'u rolau amrywiol. Roeddwn i a'm teulu wedi gwerthfawrogi'r llythyr yn fawr, a byddwn yn ei gadw'n ddiogel i gyfeirio ato yn y dyfodol."

Mae aelodau'r fforwm yn gobeithio y bydd pob Meddyg Teulu yn mabwysiadu'r llythyr yn 2023.

Y Chwyddwydr ar Ysbytai

Mae rhyw 50% o drigolion Powys sy'n cysylltu â'u meddyg teulu'n dueddol o gael eu hatgyfeirio at naill ai Ysbytai'r Amwythig a Telford neu Henffordd ar gyfer profion, diagnosteg a thriniaeth canser. Yn y rhifyn hwn, byddwn yn ystyried yr hyn sydd ar gael yn yr Amwythig a Telford ar gyfer cleifion Powys. A'r tro nesaf, gwasanaethau Henffordd fydd testun yr erthygl.

(Ymddiriedolaeth Dyffryn Gwy)

Ap Symudol

Mae'r Ap "Byw gydag ac ar ôl Canser" ar gael am ddim, ac fe'i ddatblygwyd gan arbenigwyr canser lleol y GIG. Mae'n cynnwys cyfoeth o wybodaeth, gan gynnwys manylion GDG. I'w lawrlwytho/dysgu rhagor, ewch i: www.sath.nhs.uk/wards-services/az-services/cancer-services/livingwithandbeyond/

Sesiynau Byw'n Dda

Mae'r Tîm Gofal Personol yn ysbytai'r Amwythig a Telford yn cynnig cyfres o sesiynau Byw'n Dda trwy gydol y flwyddyn sy'n cynnig cyngor ar bedwar pwnc penodol. Mae gan drigolion Powys, eu gofaluwyr, teuluoedd a ffrindiau, fynediad at y sesiynau hyn, naill ai wyneb yn wyneb neu ar-lein. Mae eu teitlau fel a ganlyn:

- blinder
- gweithgaredd corfforol
- lles emosiynol
- maeth

Ar ôl dadlwytho'r ap, mae'r manylion i'w gweld o dan bennawd "Digwyddiadau". NEU ewch i'r wefan uchod, anfonwch ebost at: sath.lwbc@nhs.net neu ffoniwch: 01743 492424.

Gwasanaeth Gwybodaeth a Chymorth Canser Telford ar ei newydd wedd

Ym mis Chwefror, agorodd Canolfan Gwybodaeth a Chymorth Macmillan ar ei newydd wedd yn Ysbyty'r Dywysoges Frenhinol Telford. Os ydych chi'n un o drigolion Powys sy'n derbyn gofal yn y naill ysbyty neu'r llall, croeso ichi alw heibio. Mae staff canolfan Telford a Chanolfan Hamar yn yr Amwythig yma i gael sgwrs a rhoi un o'n taflenni ichi er mwyn ichi gael sgwrs adef ynghylch "yr hyn sy'n bwysig"gydag unrhyw un o'n partneriaid cyflenwi os oes angen cymorth arnoch yn ddiweddarach.

Poster a phanel yn codi proffil GDG

Ym mis Tachwedd 2022, aeth Sharon Healey, Uwch Swyddog Iechyd a Llesiant PAVO (Cymdeithas Mudiadau Gwirfoddol Powys) a Sue Ling, Arweinydd Cyfathrebu ac Ymgysylltu'r rhaglen GDG i gynhadledd genedlaethol Macmillan a gynhaliwyd yn Llundain.

Estynnwyd gwahoddiad i Sharon ymuno â thrafodaeth panel, a roddodd gyfle iddi rannu'r gwaith a rôl cysylltwyr cymunedol PAVO mewn perthynas â GDG a chefnogi trigolion ar ôl iddynt dderbyn diagnosis, gyda'r cynrychiolwyr eraill. Bu'n trafod y ffaith fod gan y sir dros 4000 o asedau, a rhannodd hanes un dyn arbennig oedd wedi dod i ddigwyddiad taro heibio'r GDG yn y Trallwng ym mis Mehefin 2022. Trwy gynnal sgwrs am 'yr hyn sy'n bwysig' gydag ef, daeth yn glir fod ei bryderon oedd yn ymwneud â blinder yn sgil ei driniaeth yn llai o broblem na'i bryderon gwirioneddol...

- yr effaith y byddai gyrru'n cael ar ei wraig trwy orfod mynd ag ef i ac o apwyntiadau a thriniaeth yn yr ysbyty,
- pwy fyddai'n mynd â'i gi am dro
- pwy fyddai yno i'w rieni mewn oed, pe byddai angen ei gymorth ef arnynt

Sicrhau bod cymorth wrth law

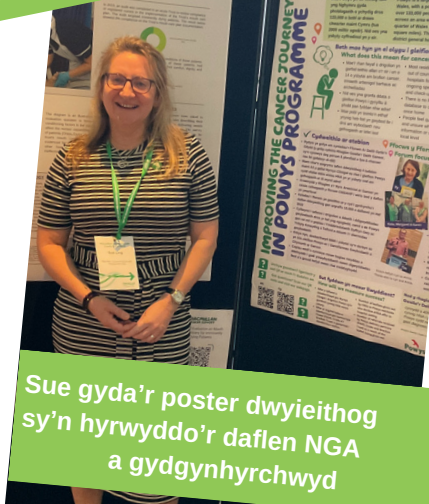
Ar ôl clywed yr holl bryderon hyn, aeth cysylltwr cymunedol PAVO ati i lunio cynllun wrth gefn ar gyfer pob un o'i bryderon i sicrhau fod y cwpl yn ymwybodol o gludiant ysbyty nad yw ar gyfer achosion brys fyddai'n gallu lleihau'r angen i'w wraig ei yrru i'r ysbyty ar gyfer ei holl apwyntiadau bod rhywun yn lleol fyddai'n cerdded y ci ar ddyddiau ei driniaeth; ac os byddai ei rieni'n mynd yn wael yn annisgwyl, gydag anghenion cymorth yn ystod ei driniaeth, roedd ganddynt rif i'w ffonio. Dim ond un enghraifft yw hyn lle mae llawer o drigolion yn byw gyda chanser sydd wedi derbyn cymorth trwy gysylltwyr cymunedol PAVO a'r holl bartneriaid cyflenwi dros y blynyddoedd diweddar.

Rhannu'r wybodaeth

Ers hynny, gofynnwyd i Sharon eistedd ar raglen a gyllidir gan Macmillan ar gyfer Cymru gyfan, sy'n ystyried yr wybodaeth a'r cymorth sydd ei angen ar drigolion nas clywir eu lleisiau'n aml. Mae hi hefyd wedi cael cysylltiad gyda phrosiectau eraill sy'n awyddus i ddeall sut i gael hyd i a defnyddio'r adnoddau lleol sydd ar gael, fel y gwnaeth y prosiect Gwella'r Daith Ganser trwy wahodd partneriaid cyflenwi ystod o sefydliadau gwirfoddol ochr yn ochr â sefydliadau traddodiadol y sector cyhoeddus.



Chwith - Sharon yn cymryd ei sedd ar gyfer trafodaeth panel gyda gwesteion eraill



Sue gyda'r poster dwyieithog sy'n hyrwyddo'r daflen NGA a gydgyhyrchwyd

Cynhyrchodd Sue boster i'r gynhadledd oedd yn tynnu sylw at y gwaith a gyflawnwyd gan y fforwm Teithio gyda'n Gilydd i gydgyhyrchu taflen ddwyieithog gyda'r teitl "Cymorth nes i adref i drigolion Powys yn sgil derbyn diagnosis o ganser." Deilliodd y syniad o un o aelodau'r fforwm oedd o'r farn y byddai o gymorth pe bai trigolion Powys yn derbyn taflen am y rhaglen GDG gan y Nyrsys Clinigol Arbenigol yn yr ysbyty lle byddai'n derbyn triniaeth, boed yn Abertawe, Telford, Henffordd, neu un o'r ysbytai eraill sy'n gweld cleifion Powys. Argraffwyd a dosbarthwyd deg mil o gopiâu i'r prif ysbytai sy'n cefnogi cleifion Powys megis yr Amwythig a Telford, Ymddiriedolaeth Dyffryn Gwy a Felindre.

Hefyd anfonwyd copiâu at ganolfannau Maggie a chanolfannau Gwybodaeth a Chymorth Canser ledled Cymru. Dosbarthwyd gweddill y taflenni mewn digwyddiadau ac i bartneriaid cyflenwi ac asiantaethau eraill megis Age Cymru, Tŷ Wysg ac ati... i'w dosbarthu wrth iddynt gefnogi unigolion sy'n byw gyda chanser.

Stori Claf – Byw gyda chanser anghyffredin

Ym Mhowys mae rhyw 1000 o bobl yn derbyn diagnosis o ganser bob blwyddyn, a'r canserau mwyaf cyffredin yng Nghymru yn 2019 oedd canser y frest ymhlith menywod, canser yr ysgyfaint, y coluddyn a'r brostad.

Cafodd un ddynes o Bowys ddiagnosis o ganser anghyffredin iawn, un sy'n effeithio ar lai na 350 o bobl yn y DU. Derbyniodd Mary (ffugenw) ddiagnosis o Lymffoma T-celloedd Croenol (CTCL) sef canser sy'n cychwyn yng nghelloedd gwaed gwyn yr unigolyn. Fel arfer mae'r celloedd T (lymfffosytâu T) yn gweithio gyda'ch system imiwedd i helpu brwydro heintiau a germâu. Yn achos lymffoma celloedd T, mae'r celloedd T yn datblygu abnormaleddau sy'n achosi iddynt ymosod ar y croen, gan ffurfio darnau coch gwastad ar y croen, sy'n gallu cosi. I bobl gyda chroen mwy tywyll, hwyrach y bydd y darnau croen yn ymddangos yn oleuach neu'n dywyllach na'r croen o'u cwmpas.

Dywedodd Mary wrth y rhaglen GDG: **“Caiff ei ystyried yn ganser y gwaed mewn gwirionedd, ond i bob pwrpas, mae'r canser yn ymddangos ar y croen, a chymerodd dwy flynedd imi dderbyn y diagnosis oherwydd roedd pawb o'r farn taw ecsema oedd e. Roeddwn wedi dioddef ohono ers amser, ac roeddwn yn awyddus i rannu fy stori er mwyn codi ymwybyddiaeth am y canser yma.”**

Dim ond ar ôl cael dau fiopsi y cafodd Mary ei diagnosis. Heddiw, mae'n dal i dderbyn triniaeth yn Ysbyty Llandochoau ym Mhenarth unwaith bob pythefnos. Mae'r ysbyty'n arbenigo mewn dermatoleg.

Dywed **“Mae gen i daith o ryw awr i gyrraedd yr ysbyty, wedyn byddaf yn treulio rhyw 3 munud yn cael y radiotherapi, ac yn gorfod teithio nôl adre' wedyn. Mae'n gallu bod yn anodd rhai dyddiau, ac mae'r blinder yn gallu effeithio ar fy lles.”**



Gall gyrru i ac o'r ysbyty eich blino'n lân

Hefyd, mae Mary yn gweld Nyrs Ganser arbenigol ac oncolegydd yn Felindre ac mae hi wedi derbyn triniaeth uwchfioled tonfedd hir a thonfedd fer i helpu rheoli ei chyflwr. Mae'n hi'n llawn canmoliaeth ar gyfer pawb sy'n gysylltiedig â'i gofal ac mae'n hynod gefnogol o'r rhaglen GDG. Mae hi'n aelod gwerthfawr o'r fforwm Teithio gyda'n Gilydd. Yn ogystal hi yw'r siaradwr Cymraeg cyntaf i gyfrannu ei sylwadau i dîm Macmillan yng Nghymru. Gellir dysgu rhagor am y math yma o ganser ar wefan Macmillan. <https://www.macmillan.org.uk/cancer-information-and-support/lymphoma/cutaneous-t-cell>

Llyfrau Canser ar gael ym mhrif lyfrgelloedd Powys



Mae pedwar set o lyfrau ar ganser, a gymeradwyir gan Macmillan ar gael i'w benthg o lyfrgelloedd Powys. Fe'u prynwyd diolch i grant gan Gronfeydd Elusennol Bwrdd Iechyd Addysgu Powys, ac maent yn amrywio o straeon ysbrydoledig unigolion sydd â phrofiad o fyw gyda chanser (gan gynnwys y pêl-droediwr enwog Rio Ferdinand a gollodd ei wraig i ganser) i lyfrau mwy ffeithiol ynghylch rheoli symptomau neu goginio bwydydd i ategu lles. Er mwyn hyrwyddo'r llyfrau mae'r deunyddiau marchnata yn cynnwys taflenni, poster a banner sy'n cynnwys hanesion dau o drigolion Powys, Ry Coffman a gollodd ei gŵr i ganser (gweler chwith) a Tim Platt sy'n byw gyda chanser. Awgryma'r adborth gan staff y llyfrgelloedd fod y llyfrau'n ddefnyddiol iawn, ym marn trigolion. Bydd y manylion gan Feddygon Teulu, nyrsys ac unrhyw weithwyr proffesiynol eraill sy'n cefnogi rhywun gyda chanser, ond gallwch ddod o hyd i ac archebu llyfr o gatalog y llyfrgelloedd neu gallwch daro heibio'ch cangen leol a gofyn am daflen. Gweler yr adran ar y wefan dan y teitl: Darllen Da a chliciwch ar y ddolen Llyfrau am Ganser ar gyfer y rhestr lawn. https://wales.ent.sirsidynix.net.uk/client/cy_GB/powys_cy

Fforwm Teithio gyda'n Gilydd

Sefydlwyd y Fforwm Teithio gyda'n Gilydd ychydig o ddyddiau ar ôl ail-lansio'r rhaglen ym mis Medi 2020. Dwy flynedd a hanner wedyn, ac mae'r holl aelodau gwreiddiol yn dal i ddod, yn cyfrannu sylwadau ac yn cymryd rhan mewn ffyrdd amrywiol er mwyn sicrhau taw llais y claf sy'n arwain Gwella'r Daith Ganser ym Mhowys. Ein gobaith yw recriwtio rhagor o aelodau ar gyfer y fforwm eleni, felly gweler ar y dde sut i gysylltu â ni os oes gennych chi, neu rywun rydych chi'n ei adnabod, ddiddordeb mewn cyfrannu sylwadau ar brosiectau amrywiol. Maent yn amrywio o gydgyhyrchu deunyddiau marchnata neu siarad mewn digwyddiadau lleol neu ranbarthol, adolygu llyfr, neu ofyn cwestiynau i weithwyr proffesiynol allweddol ynghylch sut fyddai'n bosibl gwella bywydau pobl sy'n byw gyda chanser yn ein sir.

Opsiynau i gael dweud eich dweud

Os ydych yn byw gyda chanser, a bydech yn hoffi dweud eich dweud, mae'r rhaglen yn cynnig dulliau amrywiol ichi wneud yn. Gallwch:

- Ymuno â'r fforwm
- Rhannu eich straeon er mwyn inni barhau i ddysgu mwy ynghylch sut a pha gymorth rydych yn ei dderbyn fel trigolion Powys
- Rhoi cipolwg ar brif themâu penodol
- Rhoi adborth yn sgil cael asesiad anghenion holistaidd

Mae croeso i weithwyr proffesiynol ymuno â'r fforwm i rannu sut maent yn gallu cefnogi pobl. I ddysgu mwy drwy e-bostio: ICJPowys@powys.gov.uk

Caring about cancer in Powys

Issue 3
• Spring/Summer
2023

The official newsletter of the Improving the Cancer Journey in Powys Programme



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Welsh please go to Page 1*

*I ddarllen y cylchlythyr
hwn yn Cymraeg, ewch i
dudalen 1.*

Improving the Cancer Journey in Powys programme



Welcome

Summer has arrived and so has our third newsletter. Since our last edition we've been busy raising the profile of the programme with Sharon Healey and Sue Ling attending the Macmillan conference in late 2022. (See page 4.)

Our forum members have seen their coproduced letter for GPs receive praise from a patient (also on page 4).

On this page you'll see how we've worked with parkrun to encourage people to walk the route. And finally please do read more about a new post for ICJ Powys as we move into Phase II with funding agreed by Macmillan. (Page 3.)

We also list our delivery partners and contact details for anyone seeking support.

Contact us:



ICJPowys@powys.gov.uk



call 01597 826043 Mon-Fri



visit our webpage by scanning the QR code below or go to:

<https://www.powysrpb.org/icjpowys>



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Local Assets - parkrun: you can walk it message



Left to right - Linda, Jack and Alison walk the route most Saturday's.

Helping people living with cancer to access things on their doorstep to boost wellbeing and reduce social isolation is a key part of the ICJ programme.

Called 'asset based community development' it's about looking at what's already available as a local asset like a park, a community hall or a social group that exists and seeing its potential as a resource which could benefit someone living with cancer.

In October last year, parkrun UK announced a "walk it" promotion and having heard about this, ICJ got in touch and joined forces inviting anyone living with cancer to come along and join the sessions held each Saturday morning at 9am at the Groe in Builth Wells.

During October, two people – a lady called Janet who is living with cancer and Jack – a man who has had cancer but also lost his wife to cancer – joined ICJ Communications and Engagement Lead Sue Ling, and other partners including Liz Townsend (Bracken Trust), Nina Davies (Powys County Council), Sharon Healey and Claire McNiffe (PAVO) to walk the route. Nine months on and both Jack and Janet are still coming along whenever they can.

Sue is now a volunteer wearing the park walker tabard each Saturday.

Over that time, they have also been joined by Linda who had a heart attack three years ago and Cllr Sian Cox, Cabinet Member for Caring Powys.



Left to right - Jack, Liz and Janet.

On Saturday 1st July in Builth and 8th July in Newtown, Powys residents and NHS employees came along to celebrate the 75th anniversary of the NHS by joining a parkrun. Lee Jarvis who set up the Builth event and is run director is pictured below at the Groe receiving his Powys NHS Hero medal.



People living with cancer

This term means people with a cancer diagnosis, their unpaid carers, their families and those important to them. It also includes people who have been referred to a hospital with a possible cancer diagnosis.

Green light for ICJ Phase II

Dr Ruth Corbally is the Macmillan GP Cancer Lead and the Clinical Lead for the Cancer Renewal Programme for Powys Teaching Health Board and also continues in the role as the senior responsible officer (SRO) for the Phase II Improving the Cancer Journey in Powys programme.

Here she talks about plans for a Phase II and how an Allied Health Professional will join Team ICJ and be instrumental in developing the prehabilitation and rehabilitation offer to Powys residents.

"I'm pleased to be writing this piece for our newsletter as we share the good news that a Phase II ICJ programme has been agreed with both Powys County Council and Powys Teaching Health Board with funding continuing from Macmillan Cancer Support. Following the departure of both our Programme Lead and the Project Manager last year, we've been working hard to carefully review, reflect on, and plan out what a Phase II ICJ programme should look like so that it's sustainable and delivers for people living with cancer in our county. Our aim is to have a workable "model of care" embedded so that the current offer of a "what matters" conversation with a tailored package of support for people living with cancer in our county becomes 'business as usual' once the funding from Macmillan ceases.

What's new in Phase II?

Macmillan has agreed to not only fund the core team but also to fund an Allied Health Professional cancer lead post for Phase II. Powys is the only health board in Wales without this post. The programme enables us to tackle some of the concerns and feedback received from patients including....

- the need for early support, information, and advice about what to do to stay healthy and be prepared ahead of receiving cancer treatment (prehabilitation)
- what patients should do following cancer treatment (rehabilitation)

Treatments like chemotherapy and radiotherapy are intrusive and can cause side-effects which may be temporary or more long term. Diet, exercise, movement, relaxation and other actions that people take can be very beneficial to their health, their wellbeing and quality of life.



Dr Ruth Corbally - lead cancer GP for Powys

The Allied Health Professional role will help to close this gap. We will also be progressing with some specific workstreams in Phase II like information and support and workforce planning.

Partner thank you

The Bracken Trust, Credu, PAVO and Powys Teaching Health Board's Specialist Palliative Care Team have all continued to be there for people living with cancer, offering all who come into contact with them a supportive conversation followed up with referrals or information tailored to their needs. My thanks go to them. Partnership working is key to the success of the programme and strengthening links with other agencies like the council's Money Advice Team and Adult Social Services Information Support Team, St David's Hospice Care, St Michael's Hospice, Age Cymru, Tenovus, Marie Curie and Lingen Daves is helping us to join all the dots and deliver on "improving the cancer journey" for all our residents in whatever way matters to them.

You can call any of our partners for support



01597 823646



01597 828649



01597 823800

Dance session memories will be treasured

A Welsh Government funded pilot dance for wellbeing project which created an opportunity for a Powys woman living with cancer to experience some magic moments of calm and freeness has been described as a “joy” and “something to treasure” by her daughter.

Ann Harman was diagnosed with cancer of the oesophagus during the pandemic. She went on to have an operation and treatment in hospital. She also accessed support back in county through the Bracken Trust joining their chair yoga sessions and checking in with the nurses for advice around symptoms or concerns. She shared her story with the ICJ programme and was offered an opportunity to take part in the Horizon project with her daughter, Cecilia, in the comfort of her own home and with trained dancer Cai Tomos. Cai, who lives in Caersws, is a qualified dancer and works all over the UK working with patients both in and out of hospital who may be in remission or have a palliative diagnosis. In October last year she had what would turn out to be her third and final session. At the time she was finding sleeping difficult because of a pain in her shoulder. Ann sadly died just after Christmas, but her daughter will treasure the memory,

Creative activities are being made possible with funding support from the Powys Teaching Health Board Charitable Fund as a part of the strategic HORIZON project. Led by the Arts in Health Coordinator, Lucy Bevan, HORIZON is actively exploring the effectiveness of the arts in improving mental health and wellbeing with a range of health service users and patients.



Left to right - Ann, Cai and Cecelia enjoying their session

the photos and video footage taken from their time together at that last session and with the Horizon project. After that session Ann told ICJ: ***“I’ve spent a lot my time over the past few years waiting. Waiting for a diagnosis, waiting for treatment but this afternoon, I’ve not been waiting. I’ve been enjoying the time with my daughter moving to music and not worrying too much about what the future holds.”***

Coproduced GP letter gets thumbs up from Rob

A letter coproduced by the ICJ’s Journeying Together forum and written specifically for people recently diagnosed with cancer to receive via their GP surgery, has received praise from a Powys man who was recently received treatment for prostate cancer.

Early in the programme, residents in Powys who shared their cancer stories highlighted that they felt there was a disconnect between the local GP (primary care) and the hospital team (secondary care). Lead Cancer GP Dr Ruth Corbally was invited to discuss this issue with the forum to better understand the views and experiences they’d had. This led to a coproduced template letter which forum members wrote which can be sent out by a Powys GP once they receive confirmation that their patient has a cancer diagnosis. The letter sets out the offer of a supportive conversation and ICJ contact numbers so the patient can get in touch and discuss any concerns they may have going forward. It explains the roles of primary and secondary care and it reminds patients that

their GP is there for them too, even though their primary contact is likely to be their oncologist, consultant or a Clinical Nurse Specialist (CNS) at the hospital they were referred to. Rob Healey, who is a patient at Brecon surgery and received the letter got in touch with the programme. He said: ***“It was good to have my diagnosis acknowledged by my GP as all my contact to date had been with my consultant and the team in the Royal Gwent. It was great to hear that there was support in Powys for me and my family besides at the hospital. I was offered an eHNA at the hospital but since being home I have faced different concerns. The letter set out who was there to support me and their roles. It was really appreciated by my family and I and we will keep it safe for future reference.”***



Rob is pictured at an event in Builth Wells where he spoke to Sue about the letter

Forum members hope all GPs will adopt the letter in 2023.

Hospital Spotlight

Around 50% of Powys residents who get in touch with their GP tend to be referred to either Shrewsbury and Telford or to Hereford hospital for cancer tests, diagnostics and treatment. In this issue we take a look at what's on offer at Shrewsbury and Telford for Powys patients. Next time we'll take a look at Hereford. (Wye Valley Trust)

Mobile App

The "Living With & Beyond Cancer App" is free and has been developed by local NHS cancer specialists. It has a wealth of information including details about ICJ. To download/find out more visit: www.sath.nhs.uk/wards-services/az-services/cancer-services/livingwithandbeyond/

Living Well Sessions

The Personalised Care Team based at Shrewsbury & Telford hospitals host a series of Living Well sessions throughout the year which offer advice on four specific topics. Powys residents, carers, family and friends can access these sessions either in person or online. The four are:

- fatigue
- physical activity
- emotional wellbeing
- nutrition

If you've downloaded the app, details are listed under the "Events" tile. OR visit the website above, email sath.lwbc@nhs.net or call: 01743 492424.

New look Telford Cancer Information & Support open

In February, the newly refurbished Macmillan Information & Support Centre at the Princess Royal Telford Hospital opened. If you are a Powys resident accessing care at either hospital then do pop in. The centre staff at Telford and the Hamar Centre at Shrewsbury are on hand to have a chat and will give you one of our leaflets so you can have a "what matters" conversation back at home with any of our delivery partners if you need support at a later date.

Poster and panel raise ICJ profile

In November 2022, Sharon Healey, Senior Officer, Health, and Wellbeing for PAVO (Powys Association of Voluntary Organisations) and Sue Ling, Communications and Engagement Lead for the ICJ programme attended the national Macmillan conference held in London. Sharon was invited to join a panel discussion where she shared with delegates the work and role that PAVO community connectors are playing in ICJ, supporting residents following a diagnosis. She spoke about the county having over 4000 assets and shared the story of one particular gentleman who had attended the ICJ summer drop in event in Welshpool in June 2022. Through having a follow up "what matters" conversation with him it became clear that his worries about fatigue post treatment were less of an issue than his worries about...

- the impact driving would have on his wife having to take him to and from hospital appointments and treatment,
- who would walk his dog
- who would be there for his elderly parents if they needed his support

Ensuring that support is at hand

Hearing all these concerns, PAVOs community connector set to work to provide a back up plan for each of his concerns ensuring that the couple were aware of the non-emergency hospital transport that could reduce the need for his wife to drive to all the hospital appointments, that there was a local dogwalker in situ to take the dog for a walk on treatment days, and that if his parents suddenly took ill and needed some support whilst he was having treatment, they knew who to call. This was just one example of the many residents living with cancer that PAVO community connectors and all the delivery partners have helped during the past few years.

Sharing the knowledge

Sharon has subsequently been asked to sit on a Macmillan funded programme for Wales which is looking at information and support for residents who may be seldom heard. She has also had contact from other projects keen to understand how best to find and embrace local resources as the Improving Cancer Journey has done by inviting delivery partners from a mix of voluntary organisations alongside traditional public sector ones.



Far left - Sharon takes her seat for the panel session with other guests



Sue with the bi-lingual poster promoting the coproduced CNS leaflet

Sue produced a conference poster which highlighted the work undertaken by the Journeying Together forum to coproduce a bi-lingual leaflet called "Support closer to home for Powys residents following a cancer diagnosis." The idea came from a forum member who felt it would be helpful if a leaflet about the ICJ programme could be given to Powys residents by the Clinical Nurse Specialists at the treating hospital whether that was in Swansea, Telford, Hereford or one of several that see Powys patients. Ten thousand copies were printed and distributed to key hospitals that support Powys patients like Shrewsbury and Telford, Wye Valley Trust and Velindre.

Copies were also sent to Maggie's and the Cancer Information and Support Centres across Wales. The remaining leaflets have been given out at events and to delivery partners and other agencies like Age Cymru, Usk House etc... to hand out when supporting someone living with cancer.

Patient Story - Living with a rare cancer

In Powys around 1000 people receive a cancer diagnosis each year and the most common cancers diagnosed in Wales in 2019 were female breast, lung, bowel and prostate.

For one lady in Powys her diagnosis of a very rare cancer is something that less than 350 in the UK get. Mary (pseudonym) was diagnosed with Cutaneous T-cell lymphoma (CTCL) which is a cancer that starts in a person's white blood cells. These T cells (T lymphocytes) normally work with your immune system helping to fight germs and infections. In cutaneous T-cell lymphoma, the T cells develop abnormalities that make them attack the skin instead forming flat red patches on the skin, which can be itchy. For people with darker skin, the patches may appear lighter or darker than the surrounding skin.

Mary told the ICJ programme: ***"It's actually classed as a cancer of the blood but to all intense purposes the cancer actually manifests itself on the skin and it took two years for me to receive a diagnosis because everyone thought it was eczema. I'd been suffering for quite some time and just wanted to share my story to raise awareness of this cancer."*** It was only after having two biopsies that Mary received her diagnosis.

Today she continues to receive treatment at Llandough hospital in Penarth once a fortnight. The hospital specialises in dermatology. She says ***"I have to travel for about an hour to get there, spend about 3 minutes having radiotherapy and then travel home again. Some days this can be hard and the fatigue can impact on my well-being."***



The drive to and from hospital can be very tiring

Mary also sees a Cancer Nurse specialist and oncologist at Velindre and has received both long wave and short wave ultraviolet treatment too to help manage her condition. She has nothing but praise for all involved in her care and is very supportive of the ICJ programme. She is a valued member of the Journeying Together forum. She is also a first language Welsh speaker who contributes her views to the Macmillan team in Wales. You can find out more about this type of cancer on the Macmillan website.

<https://www.macmillan.org.uk/cancer-information-and-support/lymphoma/cutaneous-t-cell>

Books About Cancer available in main Powys libraries



Four sets of Macmillan quality assured books about cancer are available for loan from Powys Libraries.

Purchased thanks to a grant from the Powys Teaching Health Board's Charitable Funds, the books range from inspirational stories from people with lived experience (including celebrity Rio Fermanand who lost his wife to cancer) to more factual books about managing symptoms or cooking foods to support wellbeing.

To promote the books marketing materials including leaflets, posters and a banner stand featured two Powys residents, Ry Coffman who lost her husband to cancer (pictured left) and Tim Platt who is living with cancer. Feedback from library staff suggests that residents are finding the books a useful resource. GPs, nurses and any professionals supporting anyone living with cancer have details, but you can find and order a book from the library catalogue or pop into your local branch and ask for a leaflet. On the webpage see under title: Reading Well and click on Books About Cancer for the full listing. https://wales.ent.sirsidynix.net.uk/client/en_GB/powys_en

Journeying Together Forum

The Journeying Together Forum was set up a few days after the re-launch of the programme in September 2020. Two and a half years later and all of the original members are still turning up, giving their views and contributing in all manner of ways so that the Improving Cancer Journey in Powys programme takes its lead from patient voice.

We are looking to recruit a few more forum members this year so please see how to get in touch (right) if you or someone you know, might like to contribute their views on various projects. These range from coproducing marketing materials to speaking at local or regional events, doing a book review or putting key professionals in the hot seat to ask them to more about how they can improve lives for people living with cancer in our county.

Options to get your voice heard

If you are living with cancer and would like to get your voice heard the programme offers various ways for you to do so. You can:

- **Join the forum**
- **Share your story so we continue to learn more about how and what support you receive when living in Powys**
- **Provide insights around specific key themes**
- **Provide feedback following a holistic needs assessment / what matters conversation**

Professionals are welcome to join a forum to share how they can support people. To find out more email ICJPowys@powys.gov.uk