

North Wales Health Check Project

Conwy Connect for Learning Disabilities



Prosiect Gwirio Iechyd Gogledd Cymru

Conwy Connect ag anabledau dysgu



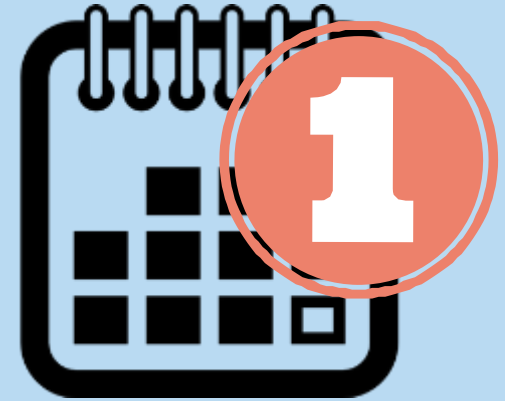
**Hello we are the Health Check Champions.
We are here to speak to you about our project and
the work we have been doing.**



**Helo, ni yw'r Hyrwyddwyr Gwirio Iechyd.
Rydyn ni yma i siarad â chi am ein prosiect a'r
gwaith rydyn ni wedi bod yn ei wneud.**



What is a Health Check?



A medical
check.

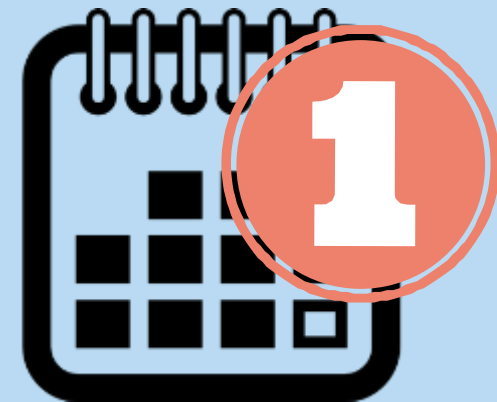
For your
body.

For your
mental
health.

If you are
18 or
over.

Once a
year.

Beth yw Archwiliad Iechyd?



Archwiliad
meddygol.

Ar gyfer
eich corff.

Ar gyfer
eich iechyd
meddwl.

Os ydych
chi'n 18 oed
neu'n hŷn.

Unwaith y
flwyddyn.

**Let's watch this film we
made about Health
Checks.**



**Gadewch i ni wyllo'r ffilm
hon a wnaethom am
Archwiliadau lechyd.**







We have 8 Health Check Champions





Mae gennym 8 Hyrwyddwyr Archwiliad Iechyd



**We have been
Conwy Connect
team members
since August 2021.
Our project covers
all of North Wales.**



**Rydym wedi bod yn
aelodau o dîm Cyswllt
Conwy ers mis Awst
2021.**

**Mae ein prosiect yn
cynnwys Gogledd
Cymru gyfan.**





Gogledd Cymru **Gyda'n Gilydd**
North Wales **Together**

Gwasanaethau Ddi-dor i bobl ag Anableddau Dysgu
Seamless services for people with Learning Disabilities



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

**Our work is
funded by Betsi
Cadwaladr Health
Board and North
Wales Together.**





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**Mae ein gwaith yn
cael ei ariannu gan
Fwrdd Iechyd
Betsi Cadwaladr a
Gogledd Cymru
Gyda'n Gilydd.**



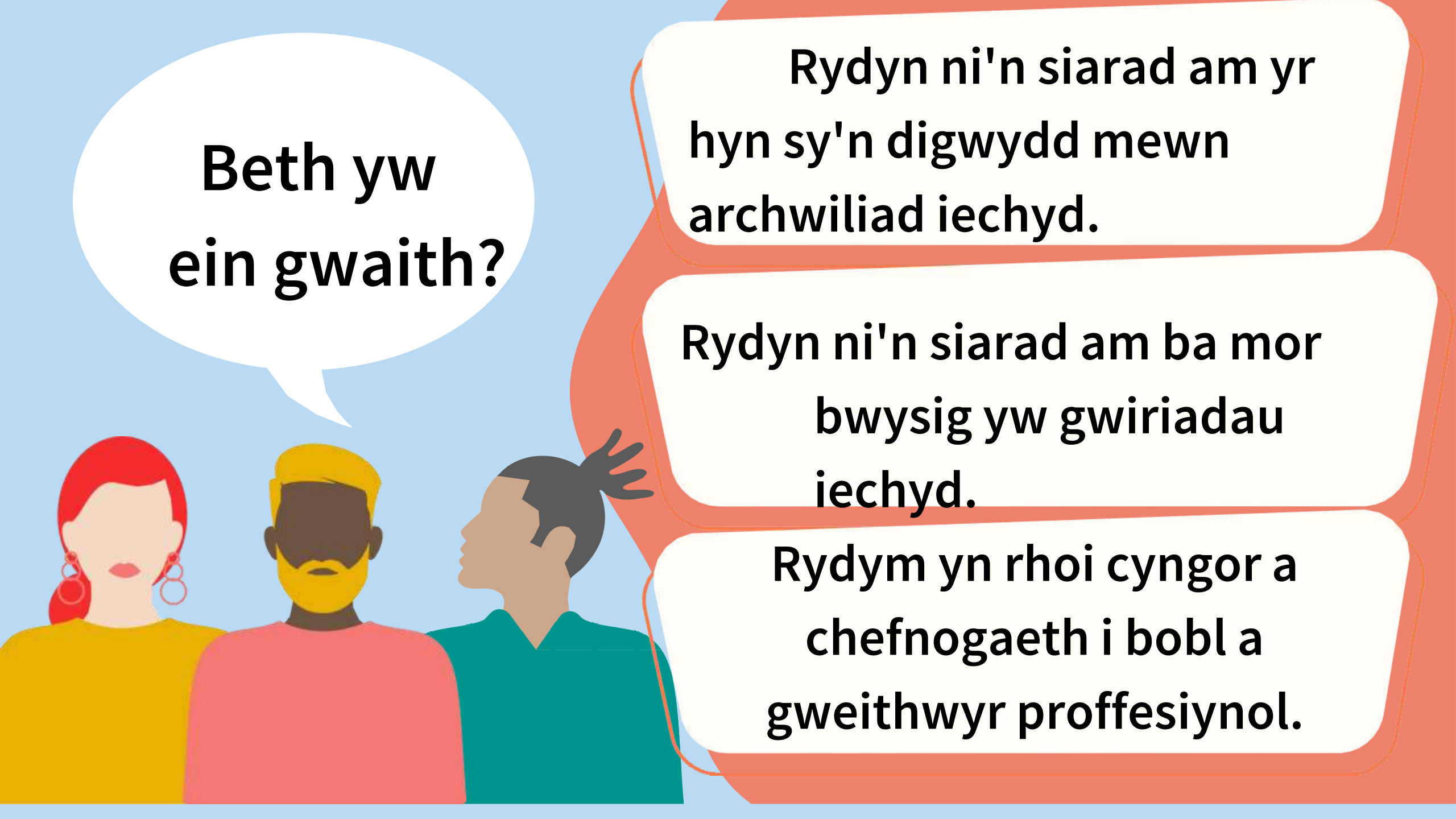


**Whats
our job?**

**We talk about what
happens in a health check.**

**We talk about how important
health checks are.**

**We give advice and
support to people and
professionals.**



**Beth yw
ein gwaith?**

**Rydyn ni'n siarad am yr
hyn sy'n digwydd mewn
archwiliad iechyd.**

**Rydyn ni'n siarad am ba mor
bwysig yw gwiriadau
iechyd.**

**Rydym yn rhoi cyngor a
chefnogaeth i bobl a
gweithwyr proffesiynol.**

How do we do it?

We have made 2 different workshops for people with a learning disability and their support.

These workshops tell people about Health Checks.

We deliver them all over North Wales.



Sut ydyn ni'n gwneud hynny?

Rydym wedi gwneud 2 weithdy gwahanol ar gyfer pobl ag anabledd dysgu a'u cefnogaeth.

Mae'r gweithdai hyn yn dweud wrth bobl am Archwiliadau Iechyd.

Rydym yn eu cyflwyno ledled Gogledd Cymru.





We have also been helping to train hospital staff on how best to support someone with a learning disability.



**Rydym hefyd wedi bod
yn helpu i hyfforddi
staff ysbytai ar y ffordd
orau o gefnogi rhywun
ag anabledd dysgu**



We have been working with Public Health Wales to help produce their Easy Read health screening guides.





Rydym wedi bod yn gweithio gydag Iechyd Cyhoeddus Cymru i helpu i gynhyrchu eu canllawiau sgrinio iechyd Hawdd eu Deall.





We go to meetings and events and tell professionals about our thoughts and experiences of health services.



**Rydym yn mynd i
gyfarfodydd a
digwyddiadau ac yn
dweud wrth weithwyr
proffesiynol am ein
meddyliau a'n
profiadau o
wasanaethau iechyd.**



In 2023 and 2024 we want to help more people with a learning disability go to their Health Check and have a better experience of health services.



Yn 2023 a 2024 rydym am helpu mwy o bobl ag anabledd dysgu i fynd i'w Gwiriad Iechyd a chael profiad gwell o wasanaethau iechyd.

Thank you for listening.

For more information please
contact:

sophie@conwy-connect.org.uk

Do you have any questions?



Diolch am wranddo.

Am fwy o wybodaeth,
cysylltwch â:

sophie@conwy-connect.org.uk

Oes gennych chi unrhyw
gwestiynau?

