COVID-19 Update: 15th April

In the latest of Cardiff Council's regular COVID-19 updates: Rhod Gilbert experiences social care on the frontline; take a trip to the Museum of Cardiff (without leaving home); Dragon's Heart Hospital; and Tŷ Canna Mental Health Outreach Service.

Rhod Gilbert experiences social care on the frontline

The latest episode of Rhod Gilbert's TV series 'Work Experience' is airing on BBC One Wales this Friday 17th April at 9.30pm and delves into the life of social care workers at a care home and with domiciliary care services in Cardiff and the Vale of Glamorgan.

The show has returned for its eighth series in which Rhod Gilbert attempts various jobs for a limited time to reveal what it's truly like to work in different sectors.

In this episode Rhod learns basic care skills and works alongside colleagues to deliver personal care for individuals, something which he has experience with first hand from caring for his own father. His experience truly conveys the challenges and rewards of a career in care, showing the compassion and commitment shown by social care workers, which is especially poignant at this difficult time.

The residents and staff involved in the programme did a brilliant job and Rhod adds his own inimitable flavour, making it an entertaining but powerful watch.

The airing of this comes at a time where social care workers across Wales are working tirelessly to support vulnerable people within their communities and there is an ongoing appeal for recruitment to bolster the resource for this essential service.

Be sure to tune in and watch.

Take a trip to the Museum of Cardiff (without leaving home)

The Museum of Cardiff might be closed during lockdown but it's still possible to learn from the fascinating stories it holds, by taking a virtual tour of the collection, one object at a time, and downloading free activities exploring the city's past.

A picture of a different object from the collection is being posted to the museum's social media feeds every day, along with its stories. So far the stories have included everything from a 17th century piece of treasure found by metal detectorists in a field in Pentyrch, to a wireless radio that used to belong to a gentleman called Alfred Strange, from Gabalfa, and a clock from what was once Cardiff's oldest photography shop.

Downloadable activities for adult learners and children, developed in conjunction with local school teachers and designed to support key skills, and explore different

themes in Cardiff's social history are also available to download, via
https://cardiffmuseum.com/learning-2/my-museum/

You can read the full story here:
https://www.cardiffnewsroom.co.uk/releases/c25/23638.html

Dragon's Heart Hospital

A big hats off to council staff from planning, highways, building control, waste and economic development who have been working hard behind the scenes to ensure that the Dragon's Heart Hospital is up and running ready for the NHS to use.

Cardiff Council's First Point of Contact Hospital Team which is part of the Independent Living Services, and known as The Pink Army, will also be working at the field hospital. They will work alongside Health and Social Care colleagues, to support a range of patients when they are ready to be discharged from hospital.

In line with planning law, the stadium has now undergone a change to become a temporary hospital.

The Council is carrying out a deep clean in the NCP car park in Westgate Street to ensure that contractors are able to park their vehicles safely. NHS staff will be using the car park at Sophia Gardens with shuttle buses provided by Cardiff Bus so that staff can get to and from the stadium.

A significant amount of work is also being facilitated by the council to ensure that the hospital can operate efficiently and has an adequate supply of oxygen. Council staff have been working on the safe installation of an oxygen tank which will be located on the stadium Plaza, where it will supply the new hospital.

You can read the full story here:
https://www.cardiffnewsroom.co.uk/releases/c25/23636.html

Tŷ Canna Mental Health Outreach Service

The fantastic mental health outreach service, Tŷ Canna, are playing a vital role in continuing to support people with mental health issues across the city, creating new and innovative ways to engage people they work with and minimise the impact the crisis will have on Cardiff's communities.

The team recently had great success #WorkingTogether with local businesses to source and deliver Easter eggs for families who are part of their 'Family Project' which supports families where a parent(s) has a mental health need and occasional the children have additional needs. The Co-op in Canton and Pontcanna have really embraced the initiative, with managers and staff offering their support, providing around 40 eggs which have since been distributed to families.

The feedback from the children and parents/carers has been fantastic. One parent said, “Many thanks for thinking about the children, we’re really grateful”, with one of the children commenting, “I’m so excited - this is my first Easter egg!”

A big thank you to the team at Ty Canna for helping to keep families positive during this difficult time. Keep an eye out for some more stories from the team as they continue to develop new ideas to continue #WorkingForCardiff

Diweddariad COVID-19: 15 Ebrill

Y diweddara am COVID-19 gan Gyngor Caerdydd: Rhod Gilbert yn cael profiad o ofal cymdeithasol ar y rheng flaen; cyfle i fynd ar daith i Amgueddfa Caerdydd (heb adael y cartref) ; Ysbyty Calon y Ddraig; a Tŷ Canna gwasanaeth allgymorth iechyd meddwl.

Rhod Gilbert yn cael profiad o ofal cymdeithasol ar y rheng flaen

Caiff bennod ddiweddaraf cyfres deledu Rhod Gilbert 'Work Experience' ei dangos ar BBC One Wales nos Wener ar 17 Ebrill am 9.30pm a bydd yn archwilio bywyd gweithwyr gofal cymdeithasol mewn cartref gofal a chyda gwasanaethau gofal cartref yng Nghaerdydd a Bro Morgannwg.

Mae'r sioe wedi dychwelyd ar gyfer ei hwythfed gyfres ac yn cynnwys Rhod Gilbert yn ceisio cael swyddi amrywiol am amser cyfyngedig i ddatgelu sut beth yw gweithio mewn sectorau gwahanol.

Yn y bennod hon mae Rhod yn dysgu sgiliau gofal sylfaenol ac yn gweithio gyda chydweithwyr i ddarparu gofal personol i unigolion, rhywbeth y mae ganddo brofiad ymarferol ohono trwy ofalu am ei dad ei hun. Mae ei brofiad yn cyfleu heriau a boddhad gyrfa ym maes gofal i’r dim, gan ddangos tosturi ac ymrwymiad gweithwyr gofal cymdeithasol, sy'n benodol o ingol yn ystod y cyfnod anodd hwn.

Roedd y preswylwyr a'r staff a oedd yn rhan o'r rhaglen yn gwneud gwaith gwych ac mae Rhod yn ychwanegu ei flas dihafal ei hun, gan ei gwneud yn bennod ddifyr ond grymus.

Caiff hon ei dangos ar adeg pan fo gweithwyr gofal cymdeithasol ledled Cymru yn gweithio'n ddiflino i gefnogi pobl sy'n agored i niwed o fewn eu cymunedau ac mae apêl barhaus am recriwtio i gryfhau'r adnodd ar gyfer y gwasanaeth hanfodol hwn.

Cofiwch i droi’r teledu ymlaen i’w gwylio.

Cyfle i fynd ar daith i Amgueddfa Caerdydd (heb adael y cartref)

Efallai fod Amgueddfa Caerdydd ar gau yn ystod y cyfyngiadau symud ond mae modd dysgu o hyd o’r straeon hynod ddiddorol sydd ganddo, a hynny trwy fynd ar

daith rithwir o'r casgliad, un gwrthrych ar y tro, a lawrlwytho gweithgareddau am ddim sy'n archwilio gorffennol y ddinas.

Mae llun o wrthrych gwahanol o'r casgliad yn cael ei bostio bob dydd i ffrydiau cyfryngau cymdeithasol yr amgueddfa, ynghyd â'r hanesion sy'n gysylltiedig ag ef. Hyd yma mae'r straeon wedi cynnwys popeth o ddarn o drysor o'r 17eg ganrif a ganfuwyd gan ddatgelwyr metel mewn cae ym Mhentyrch, i radio diwifr a arferai berthyn i ŵr bonheddig o'r enw Alfred Strange, o Gabalfa, a chloc o'r hyn a oedd unwaith yn siop ffotograffiaeth hynaf Caerdydd.

Mae gweithgareddau y gellir eu lawrlwytho i ddysgwyr sy'n oedolion a phlant, sydd wedi'u datblygu ar y cyd ag athrawon ysgolion lleol ac wedi'u dylunio i feithrin sgiliau allweddol ac archwilio themâu gwahanol yn hanes cymdeithasol Caerdydd, hefyd ar gael i'w lawrlwytho drwy https://cardiffmuseum.com/learning-2/my-museum/

Derllanwch fwy y mae:
https://www.newyddioncaerdydd.co.uk/releases/w66/23639.html

Ysbyty Calon y Ddraig

Rhaid i ni godi'n hetiau i staff y cyngor, o'r adrannau cynllunio, priffyrdd, rheoli adeiladu, gwastraff a datblygu economaidd, sydd i gyd wedi bod yn gweithio'n galed y tu ôl i'r llenni i sicrhau bod Ysbyty Calon y Ddraig yn barod ac yn gweithredu i'r GIG ei ddefnyddio.

Bydd Tîm Ysbyty Pwynt Cyswllt Cyntaf Cyngor Caerdydd, sy'n rhan o'r Gwasanaethau Byw'n Annibynnol ac a elwir Y Fyddin Binc, hefyd yn gweithio yn yr ysbyty maes. Byddan nhw'n gweithio ochr yn ochr â chydweithwyr Iechyd a Gofal Cymdeithasol i gefnogi amrywiaeth o gleifion pan fyddan nhw'n barod i gael eu rhyddhau o'r ysbyty.

Yn unol â chyfraith gynllunio, mae'r stadiwm wedi mynd drwy newid erbyn hyn i ddod yn ysbyty dros dro.

Mae'r Cyngor yn cynnal gwaith glanhau trylwyr ym maes parcio NCP yn Heol y Porth i sicrhau bod contractwyr yn gallu parcio eu cerbydau'n ddiogel. Bydd staff y GIG yn defnyddio maes parcio Gerddi Sophia gyda bysus gwennol wedi eu darparu gan Bws Caerdydd fel y gall staff fynd a dod o'r stadiwm.

Mae gwaith sylweddol hefyd yn cael ei hwyluso gan y cyngor i sicrhau y gall yr ysbyty weithredu yn effeithlon a bod cyflenwad ocsigen digonol. Mae staff y cyngor wedi bod yn gweithio ar osod tanc ocsigen yn ddiogel, a gaiff ei leoliarBlas y Stadiwm, lle y bydd yn cyflenwi'r ysbyty newydd.

Derllanwch fwy yma:
https://www.newyddioncaerdydd.co.uk/releases/w66/23637.html

Tŷ Canna gwasanaeth allgymorth iechyd meddwl

Mae'r gwasanaeth allgymorth iechyd meddwl gwych, Tŷ Canna, yn chwarae rhan hanfodol yn y gwaith o barhau i gefnogi pobl â phroblemau iechyd meddwl ledled y ddinas, gan greu ffyrdd newydd ac arloesol o ymgysylltu â phobl y maent yn gweithio gyda nhw a lleihau'r effaith a gaiff yr argyfwng ar gymunedau Caerdydd.

Cafodd y tîm lwyddiant mawr yn ddiweddar yn cydweithio â busnesau lleol i brynu a danfon wyau Pasg i deuluoedd sy'n rhan o'u ' Project Teuluol ' sy'n cefnogi teuluoedd pan fo'r rhiant/rhieni ag anghenion iechyd meddwl a phan fo'r plant weithiau ag anghenion ychwanegol. Mae'r Co-op yn Nhreganna a Pontcanna wedi croesawu'r fenter, gyda rheolwyr a staff yn cynnig eu cefnogaeth, gan ddarparu tua 40 o wyau sydd wedi'u dosbarthu i deuluoedd ers hynny.

Mae'r adborth gan y plant a'r rhieni/gofalwyr wedi bod yn wych. Dywedodd un rhiant, "Diolch yn fawr am feddwl am y plant, rydyn ni'n wirioneddol ddiolchgar", gydag un o'r plant yn dweud, "Dwi mor gyffrous-dyma fy Ŵy Pasg cyntaf!"

Diolch yn fawr i'r tîm yn Nhŷ Canna am helpu i gadw teuluoedd yn bositif yn ystod y cyfnod anodd hwn. Cadwch lygad allan am fwy o straeon gan y tîm wrth iddynt barhau i ddatblygu syniadau newydd i barhau i #WeithioDrosGaerdydd
Beth yw'ch stori chi?
Os oes gennych chi neu eich tîm stori Gweithio Dros Gaerdydd i'w rhannu, anfonwch luniau a disgrifiad byr i gwybodaethstaff@caerdydd.gov.uk

#GweithioDrosGaerdydd #GweithioGydanGilydd