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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Datganiad i'r Wasg / Press Release

14 Gorffennaf 2010

WYTHNOS DIABETES

Wythnos Diabetes ydy wythnos codi ymwybyddiaeth a chodi arian a gynhelir yn flynyddol gan Diabetes UK lle mae pobl sy'n ymwneud â gofal diabetes yn cael eu hannog i helpu a chefnogi mewn unrhyw ffordd y gallen nhw. Aeth tîm diabetes Bwrdd Iechyd Prifysgol Betsi Cadwaladr ati eleni i gefnogi Wythnos Diabetes drwy gael stondin yn y cyntedd yn Ysbyty Glan Clwyd. Eu nod oedd dileu rhai o'r chwedlau o amgylch diabetes a chodi ymwybyddiaeth am bwysigrwydd byw'n iach.

Y tîm a gefnogodd y digwyddiad oedd Nyrsys Arbenigol Diabetes Julie Roberts (Arweinydd Tîm), Denise Fisher, Carolyn Thelwell, Roz Phelan, Carol Pritchard Jones, Ellie Alcock (Hwylusydd Diabetes), Sri Gandham (Dietegydd Arbenigol) a Denise Bach (Ysgrifenyddes Nyrsys Diabetes)

Rhoddwyd gwybodaeth ynghylch cyflwr cyn-diabetes a diabetes sy'n bodoli yn ogystal â gwybodaeth a chyngor ar fyw'n iach a chyrsgiau addysg wedi'u strwythuro ar gael yn lleol.

Hefyd cyflwynodd y Nyrsys Diabetes ddulliau rheoli unigol i'r un â diabetes.

Daeth tua 100 o gleifion, gofalwyr a'r cyhoedd at y stondin, gyda llawer yn canmol y wybodaeth ardderchog oedd ar gael ar lafar ac ar ffurf taflenni. Dywedodd un claf "mae hwn yn wasanaeth ardderchog, rydw i wedi dysgu cymaint am diabetes yn y 10 munud diwethaf".

Anogwyd pawb a ddaeth at y stondin i gymryd rhan mewn cwis, a gynlluniwyd gan Sri Gandham am fwyta'n iach a phwysigrwydd labeli bwyd, alcohol a braster.

Rhoddodd Abbott Diabetes Care wobwr o werth £50 o dalebau B&Q ; yr enillydd oedd Mrs Yvonne Perry o Lanelwy. Cyfrannwyd £48.18 yn ystod yr wythnos ac fe gafodd ei roi i'r Grŵp Cefnogi Diabetes Lleol.

DIWEDD

I gael gwybodaeth bellach cysylltwch â:

Mrs Dawn Davies	01745 534495
Mr Andy Scotson	01978 725130
Mr Trystan Pritchard	01248 384938



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O'r chwith, Denise Bach, Carolyn Thelwell, Sri Gandham, Julie Roberts & Carol Pritchard Jones.

From left, Denise Bach, Carolyn Thelwell, Sri Gandham, Julie Roberts & Carol Pritchard Jones.

13 July 2010

DIABETES WEEK

Diabetes Week is Diabetes UK's annual UK-wide awareness & fundraising week where people involved in diabetes care are encouraged to help & support in any way they can. The diabetes team at Betsi Cadwaladr University Health Board embraced Diabetes Week this year by manning a stand in the foyer at Glan Clwyd with the aim of dispelling many myths surrounding diabetes and to raise awareness of the importance of a healthy lifestyle.

The team supporting this event consisted of Diabetes Specialist Nurses Julie Roberts (Team Leader), Denise Fisher, Carolyn Thelwell, Roz Phelan, Carol Pritchard Jones, Ellie Alcock (Diabetes Facilitator), Sri Gandham (Specialist Dietician) & Denise Bach (Diabetes Nurse Secretary)

Information regarding pre and existing diabetes was provided as well as information and advice on healthy lifestyle & structured education courses available locally. The Diabetes Nurses also provided individual diabetes management to the person with diabetes.

Approx 100 patients, carers and members of the public accessed the stand, many commenting on the excellent verbal and written information provided. One patient said "this is an excellent service, I've learnt so much about my diabetes in the last 10 minutes".



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All attendees were encouraged to take part in a quiz, designed by Sri Gandham around healthy eating and importance of food labels, alcohol and fat intake

A prize of £50 B&Q vouchers was donated by Abbott Diabetes Care and won by Mrs. Yvonne Perry of St. Asaph. A total of £48.18 was donated throughout the week and given to the local Diabetes Support Group.

ENDS

For further information please contact:

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