Healthcare professionals – Wales

Gweithwyr gofal iechyd proffesiynol – Cymru

CYMRU VERSUS ARTHRITIS

A summary of Versus Arthritis services for health and social care professionals and organisations.

Crynodeb o wasanaethau Versus Arthritis ar gyfer gweithwyr proffesiynol a sefydliadau iechyd a gofal cymdeithasol.

# Introduction



Our vision at Versus Arthritis is a world that no longer tolerates the impact of arthritis. We work with healthcare professionals, volunteers, researchers and friends to do everything we can to push back against arthritis.

Our patient insight tells us how important interactions with healthcare professionals are to the lived experience of people with arthritis. We offer a range of training, resources and support services to healthcare professionals to support you and your continued professional development. We can also offer a range of support and resources to your patients.

This leaflet has been written for health care professionals, Health Boards and other stakeholders in health and social care in Wales. This publication provides a summary of the wide range of services offered by Cymru Versus Arthritis in Wales to support people living with arthritis across our communities. Health and social care professionals can signpost into and/or embed our services into their service delivery pathways. Cymru Versus Arthritis is keen to explore opportunities to strengthen partnership working with Health Care Professionals, Health Boards and other service providers across Wales to supplement and support existing services to improve quality of life, support self-management and to maximise independence for people with arthritis.

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# Cyflwyniad



Ein gweledigaeth yn Versus Arthritis yw byd nad yw bellach yn goddef effaith arthritis. Rydym yn gweithio gyda gweithwyr gofal iechyd proffesiynol, gwirfoddolwyr, ymchwilwyr a ffrindiau i wneud popeth o fewn ein gallu i frwydro yn ôl yn erbyn arthritis.

Mae mewnwelediad ein cleifion yn dweud wrthym pa mor bwysig yw rhyngweithio â gweithwyr gofal iechyd proffesiynol i brofiad bywyd pobl ag arthritis. Rydym yn cynnig ystod o wasanaethau hyfforddi, adnoddau a chymorth i weithwyr gofal iechyd proffesiynol i'ch cefnogi chi a'ch datblygiad proffesiynol parhaus. Gallwn hefyd gynnig ystod o gefnogaeth ac adnoddau i'ch cleifion.

Ysgrifennwyd y daflen hon ar gyfer gweithwyr gofal iechyd proffesiynol, Byrddau Iechyd a rhanddeiliaid eraill ym maes iechyd a gofal cymdeithasol yng Nghymru. Mae'r cyhoeddiad hwn yn darparu crynodeb o'r ystod eang o wasanaethau a gynigir gan Cymru Versus Arthritis yng Nghymru i gefnogi pobl sy'n byw gydag arthritis ar draws ein cymunedau. Gall gweithwyr proffesiynol iechyd a gofal cymdeithasol gyfeirio at a / neu ymgorffori ein gwasanaethau yn eu llwybrau darparu gwasanaeth. Mae Cymru Versus Arthritis yn awyddus i archwilio cyfleoedd i gryfhau gweithio mewn partneriaeth â Gweithwyr Proffesiynol Gofal Iechyd, Byrddau Iechyd a darparwyr gwasanaethau eraill ledled Cymru i ategu a chefnogi gwasanaethau presennol i wella ansawdd bywyd, cefnogi hunanreolaeth ac i gynyddu annibyniaeth i bobl ag arthritis.

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# Living Well and CWTCH services



Our Living Well and CWTCH (Communities Working Together Can Help) support services work alongside people with arthritis, community groups, health, and social care professionals to deliver a framework of support across four key themes: pain management; self-management; physical activity and shared decision making.

Our delivery model is aligned to the following principles:

- **Focus on people** – ensuring people with arthritis have a voice and control over their care and support.
- **Wellbeing** – supporting people to improve and maintain their well-being.
- **Prevention and early intervention** – increasing options for preventative and early intervention services.
- **Partnership** – facilitating effective cooperation and partnership working between researchers, agencies and organisations to best meet the needs of people with arthritis.
- **Accessibility** – improving the information and advice available to people and ensuring that people with arthritis can access that information.

Activities include self-management sessions and information sessions/events, support/activity groups, 1:1 support, tailored workshops for people with arthritis and health care professionals, signposting to local services and opportunities to volunteer within the community.

Our services aim to:

- **Address loneliness and isolation** – by providing opportunities to connect and socialise in communities.
- **Promote and facilitating independence** – by building individuals' capacity to access trusted and validated information, advice and assistance.
- **Build resilience, in individuals and communities** – by supporting people to manage their condition and their lives.

Through the above activities, our team of staff and volunteers will work to ensure that the impact of arthritis is recognised and as a result ensure people are empowered and supported to live well. Contributing to our vision of a world that no longer tolerates the impact of arthritis. ensuring no one faces arthritis alone.

To learn more about our Living Well and CWTCH Cymru work contact us at **walessupport@versusarthritis.org**

**32%**

An estimated 970,000 people (32%) in Wales live with a musculoskeletal condition.

**17%**

275,000 (17.2%) of adults over 45 years in Wales have osteoarthritis of the knee.

**18%**

523,000 (18.3%) of people in Wales have back pain.

# Gwasanaethau Byw'n Dda a CWTCH



Mae ein gwasanaethau cefnogaeth Byw'n Dda a CWTCH (Gall Cymunedau'n Cydweithio Helpu) yn gweithio ar y cyd â phobl gydag arthritis, grwpiau cymunedol, gweithwyr iechyd a gofal cymdeithasol proffesiynol i ddarparu fframwaith o gefnogaeth ar draws pedwar thema allweddol: rheoli poen; hunanreolaeth; gweithgarwch corfforol a gwneud penderfyniadau cyfunol.

Mae ein model cyflenwi wedi'i alinio â'r egwyddorion canlynol:

- **Ffocws ar bobl** – sicrhau bod gan bobl sydd ag arthritis lais a rheolaeth dros eu gofal a chymorth.
- **Llesiant** – cefnogi pobl i wella a chynnal eu llesiant.
- **Ataliaeth ac ymyrraeth gynnar** – cynyddu'r dewisiadau ar gyfer gwasanaethau ataliol ac ymyrraeth gynnar.
- **Partneriaeth** – hwyluso cydweithredu effeithiol a gweithio mewn partneriaeth rhwng ymchwilwyr, asiantaethau a sefydliadau i wneud y gorau o fodloni anghenion pobl ag arthritis.
- **Hygyrchedd** – gwella'r wybodaeth a chyngor sydd ar gael i bobl a sicrhau y gall pobl ag arthritis gael mynediad at yr wybodaeth honno.

Ymhlith y gweithgareddau mae sesiynau hunanreolaeth a sesiynau / digwyddiadau gwybodaeth, grwpiau cymorth / gweithgaredd, cefnogaeth 1:1, gweithdai wedi'u teilwra ar gyfer pobl ag arthritis a gweithwyr gofal iechyd proffesiynol, cyfeirio at wasanaethau lleol a chyfleoedd i wirfoddoli yn y gymuned.

Nod ein gwasanaethau yw i:

- **Fynd i'r afael ag unigrwydd ac arwahanrwydd** – trwy ddarparu cyfleoedd i gysylltu a chymdeithasu mewn cymunedau.
- **Hyrwyddo a hwyluso annibyniaeth** – trwy adeiladu gallu unigolion i gael gafael ar wybodaeth ddibynadwy a dilysedig, cyngor a chymorth.
- **Adeiladu gwytnwch, mewn unigolion a chymunedau** – trwy gefnogi pobl i reoli eu cyflwr a'u bywydau.

Trwy'r gweithgareddau uchod, bydd ein tîm o staff a gwirfoddolwyr yn gweithio i sicrhau y cydnabyddir effaith arthritis, ac o ganlyniad yn sicrhau bod pobl wedi eu grymuso a'u cefnogi i fyw'n dda. Cyfrannu at ein gweledigaeth o fyd nad yw bellach yn goddef effaith arthritis, gan sicrhau nad oes unrhyw un yn wynebu arthritis ar ei ben ei hun.

I ddysgu mwy am ein gwaith Byw'n Dda a CWTCH Cymru, cysylltwch â ni ar **walessupport@versusarthritis.org**

**32%**

Amcangyfrifir bod 970,000 o bobl (32% ) yng Nghymru yn byw gyda chyflwr cyhyrysgerbydol.

**17%**

Mae gan 275,000 (17.2%) o oedolion dros 45 oed yng Nghymru osteoarthritis y pen-glin.

**18%**

Mae gan 523,000 (18.3%) o bobl yng Nghymru boen cefn.

# Young People and Families Service



If you have a patient up to the age of 25 years with a diagnosis of juvenile idiopathic arthritis (JIA) or another musculoskeletal (MSK) condition, did you know that you can refer them to the Young People and Families Service within Versus Arthritis?

The Young People and Families Service offers a range of support services for young people with arthritis and MSK conditions and their families across the UK.

Young people tell us that sometimes their friendships, school life and family life have been affected by their diagnosis, and coming along to one of our events has given them the opportunity to rebuild confidence in themselves and manage their condition better. Frequent hospital appointments and time off work, school or university take away independence and can limit choices.

All events are run with our volunteers who themselves have grown up with arthritis or similar conditions. Sometimes simply talking to others the same age who are going through the same things, can make a massive difference.

Our support events range from one-to-one support (in clinics, on the phone, virtually and in person), we also run day events covering topics such as physical activity, general wellbeing, confidence building and coping skills.

There are volunteer opportunities that enable young people to develop skills and enhance their experience in order to strengthen their applications to higher education.

Since the beginning of the Covid-19 pandemic we have also delivered a range of virtual events to support young people and their families online during a pause in our face-to-face services. Going forwards, where possible, we will offer a blend of face-to-face and virtual services to reach as many young people as possible.

**To find out more about our YPFS services contact**

**YPFSWales@versusarthritis.org**

**/YoungArthritisWales**

**@YoungArthritisW**

The Arthritis Tracker helps young people rate their symptoms in seconds and see a simple summary. These summarises can be used to support discussions at any medical appointment so this is a great resource to share with any younger person with MSK pain to track their condition and manage their pain more effectively.

**1 IN 1,000**

young people under the age of 16 are diagnosed with juvenile idiopathic arthritis.

**OVER 600**

young people under 16 live with pain, fatigue, mobility problems and joint damage from arthritis.

# Gwasanaeth Pobl Ifanc a Theuluoedd



Os oes gennych glaf hyd at 25 oed â diagnosis o arthritis idiopathig ifanc (JIA) neu gyflwr cyhyrysgerbydol (MSK) arall, a oeddech chi'n gwybod y gallwch eu cyfeirio at y Gwasanaeth Pobl Ifanc a Theuluoedd yn Versus Arthritis?

Mae'r Gwasanaeth Pobl Ifanc a Theuluoedd yn cynnig ystod o wasanaethau cymorth i bobl ifanc sydd â chyflyrau arthritis ac MSK a'u teuluoedd ledled y Deyrnas Unedig.

Mae pobl ifanc yn dweud wrthym fod eu cyfeillgarwch, bywyd ysgol a bywyd teuluol wedi cael eu heffeithio weithiau, ac mae dod draw i un o'n digwyddiadau wedi rhoi cyfle iddynt ailadeiladu hyder ynddynt eu hunain a rheoli eu cyflwr yn well. Mae apwyntiadau ysbyty mynych ac amser i ffwrdd o'r gwaith, ysgol neu brifysgol yn eu hamddifadu o annibyniaeth a gallant gyfyngu ar ddewisiadau.

Mae'r holl ddigwyddiadau'n cael eu cynnal gyda'n gwirfoddolwyr sydd eu hunain wedi tyfu i fyny ag arthritis neu gyflyrau tebyg. Weithiau gall siarad ag eraill yr un oed sy'n mynd trwy'r un pethau wneud gwahaniaeth enfawr.

Mae ein digwyddiadau cymorth yn amrywio o gefnogaeth un i un (mewn clinigau, ar y ffôn, yn rhithiol ac yn bersonol), rydym hefyd yn cynnal digwyddiadau dydd sy'n ymdrin â phynciau fel gweithgaredd corfforol, lles cyffredinol, meithrin hyder a sgiliau ymdopi.

Mae cyfleoedd gwirfoddoli sy'n galluogi pobl ifanc i ddatblygu sgiliau a gwella eu proffiad er mwyn cryfhau eu ceisiadau i addysg uwch.

Ers dechrau'r pandemig Covid-19 rydym hefyd wedi cyflwyno ystod o ddigwyddiadau rhithiol i gefnogi pobl ifanc a'u teuluoedd ar-lein yn ystod saib yn ein gwasanaethau wyneb yn wyneb. Wrth symud ymlaen, lle bo hynny'n bosibl, byddwn yn cynnig cyfuniad o wasanaethau wyneb yn wyneb a rhithiol i gyrraedd cymaint o bobl ifanc â phosibl.

**I gael gwybod mwy am ein gwasanaethau YPFS cysylltwch â**

**YPFSWales@versusarthritis.org**

**/YoungArthritisWales**

**@YoungArthritisW**

Mae’r Traciwr Arthritis yn helpu pobl ifanc i raddio eu symptomau mewn eiliadau ac i weld crynodeb syml. Gellir defnyddio’r crynodebau hyn i gefnogi trafodaethau mewn unrhyw apwyntiad meddygol, felly mae hyn yn adnodd arbennig i rannu gydag unrhyw berson ifanc sydd â phoen MSK i olrhain ei gyflwr a rheoli ei boen yn fwy effeithiol.

**1 MEWN 1,000**

o bobl ifanc dan 16 oed wedi cael diagnosis o arthritis idiopathig ifanc.

**DROS 600**

o bobl ifanc dan 16 yn byw gyda phoen, blinder, problemau symudedd a difrod i gymalau o arthritis.

# Education and training



The Professional Engagement team at Versus Arthritis can provide resources, education and support that will help you to help people with arthritis.

## Information

When you join our **professional network**, you'll become part of a growing community of healthcare professionals dedicated to pushing back against arthritis. We'll keep you up to date on the latest developments in MSK health and care, and share practical tips, development opportunities and resources.

## Education and training

Our **Core Skills in Musculoskeletal Care** programme helps primary healthcare professionals build confidence in diagnosing and supporting people with MSK conditions. The programme consists of an e-learning course designed in partnership with the Royal College of General Practitioners, as well as digital and practical workshops which are delivered across the UK. Core Skills will help you master the basics of examinations and consultations.

Get access to free, **high-quality webinars** designed for GPs and other healthcare providers who diagnose and manage MSK conditions. Together with the medical education provider Red Whale, we've created these webinars to help you deliver the best care.

Our Guide to the **Clinical Assessment of Patients with Musculoskeletal Conditions** is endorsed by the British Society for Rheumatology and the British Orthopaedic Association. This guide gives you a step-by-step approach to assessing people with MSK conditions.

## Leadership development

Our **MSK Champions Programme**, developed in partnership with the Ashridge Business School, helps empower leaders in MSK care. In this programme, we support our champions to implement service improvement projects at a local or national level.

### Our resources

- Professional network
- Core Skills in Musculoskeletal Care
- Versus Arthritis Red Whale webinars
- Clinical assesment guide
- MSK Champions Programme

For more information on any of these services, please get in touch at ProfessionalEngagement@versusarthritis.org

Each year one in five people consult a GP about a musculoskeletal condition.

**OVER 9,000**

We have over 8,000 people in our professional network.

**37,000**

Our resources and training products were accessed by healthcare professionals over 37,000 times in 20/21.

# Addysg a hyfforddiant



Gall y tîm Ymgysylltu Proffesiynol yn Versus Arthritis ddarparu adnoddau, addysg a chefnogaeth a fydd yn eich helpu i helpu pobl gydag arthritis.

## Gwybodaeth

Pan fyddwch chi'n ymuno â'n **rhwydwaith broffesiynol**, byddwch yn dod yn rhan o gymuned gynyddol o weithwyr gofal iechyd proffesiynol sy'n ymroddedig i frwydro'n ôl yn erbyn arthritis. Byddwn yn rhoi gwybod i chi am y datblygiadau diweddaraf mewn iechyd a gofal MSK, ac yn rhannu awgrymau ymarferol, cyfleoedd datblygu ac adnoddau.

## Addysg a hyfforddiant

Mae ein rhaglen **Sgiliau Allweddol mewn Gofal Cyhyrysgerbydol** yn helpu gweithwyr gofal iechyd proffesiynol sylfaenol i fagu hyder wrth wneud diagnosis a chefnogi pobl â chyflyrau MSK. Mae'r rhaglen yn cynnwys cwrs e-ddysgu a ddyluniwyd mewn partneriaeth â Choleg Brenhinol y Meddygon Teulu, yn ogystal â gweithdai digidol ac ymarferol a gyflwynir ledled y Deyrnas Unedig. Bydd Sgiliau Craidd yn eich helpu i feistroli hanfodion archwiliadau ac ymgynghoriadau.

Cewch fynediad am ddim **i weminarau o ansawdd uchel** wedi'u cynllunio ar gyfer meddygon teulu a darparwyr gofal iechyd eraill sy'n rhoi diagnosis ac yn rheoli cyflyrau MSK. Ynghyd â'r darparwr addysg feddygol Red Whale, rydyn ni wedi creu'r gweminarau hyn i'ch helpu chi i ddarparu'r gofal gorau.

Mae ein Canllaw i'r **Asesiad Clinigol o Gleifion â Chyflyrau Cyhyrysgerbydol** yn cael ei gymeradwyo gan Gymdeithas Rhiwmatoleg Prydain a Chymdeithas Orthopedig Prydain. Mae'r canllaw hwn yn rhoi dull cam wrth gam i chi o asesu pobl gyda chyflyrau MSK.

## Datblygu arweinyddiaeth

Mae ein **Rhaglen Hyrwyddwyr MSK**, a ddatblygwyd mewn partneriaeth ag Ashridge Business School, yn helpu grymuso arweinwyr mewn gofal MSK. Yn y rhaglen hon, rydym yn cefnogi ein hyrwyddwyr i weithredu prosiectau gwella gwasanaethau ar lefel lleol neu genedlaethol.

### Ein hadnoddau

- Rhwydwaith broffesiynol
- Sgiliau Craidd mewn Gofal Cyhyrysgerbydol
- gweminarau Versus Arthritis Red Whale
- Canllaw i asesiad clinigol
- Rhaglen Hyrwyddwyr MSK

Am ragor o wybodaeth ar unrhyw rai o'r gwasanaethau hyn, cysylltwch â ni yn ProfessionalEngagement@versusarthritis.org

Pob blwyddyn mae un o bob pump o bobl yn ymgynghori â meddyg teulu ynghylch cyflwr cyhyrysgerbydol.

**DROS 9,000**

Mae gennym dros 8,000 o bobl yn ein rhwydwaith proffesiynol.

**37,000**

Cafodd gweithwyr proffesiynol gofal iechyd fynediad at ein hadnoddau a'n cynhyrchion hyfforddi dros 37,000 o weithiau yn 20/21.

Versus Arthritis has produced a suite of support tools to help people with back, shoulder, hip and knee pain. They were developed by Versus Arthritis with support from the Primary Care Centre Versus Arthritis at Keele University and funding from NHS England, and are endorsed by NICE. (National Institute for Health and Care Excellence, December 2020.)

These decision support tools accurately reflect recommendations in the NICE guidance on osteoarthritis and low back pain and sciatica in over 16s. They also support statements 1–7 in the NICE quality standard for osteoarthritis and statements 2–7 in the NICE quality standard for low back pain and sciatica in over 16s.

### How to use the tools

The tools are designed to support consultations between patients and their healthcare professionals. They are a set of questions which encourage people to think about what types of support they need to help them with their musculoskeletal health problem.

Patients can use these to prepare for appointments, during appointments, or both. Each tool sets out the treatment options for that condition and summarises what is known about the potential benefits and risks of each option. They are intended to facilitate discussion, not to guide people towards a particular option.

### Our resources

There are eight tools, all available to download as PDFs:

- **Making decisions about my back pain: primary care and self-care**
- **Making decisions about my back pain: thinking about a referral**
- **Making decisions about my shoulder pain: primary care and self-care**
- **Making decisions about my shoulder pain: thinking about a referral**
- **Making decisions about my hip pain: primary care and self-care**
- **Making decisions about my hip pain: thinking about a referral**
- **Making decisions about my knee pain: primary care and self-care**
- **Making decisions about my knee pain: thinking about a referral**

For more information about the tools and how they were developed, please visit: **www.versusarthritis.org/DST**

To hear more about the musculoskeletal decision support tools, listen to the first episode of our podcast, *Healthcare Conversations*. **Healthcare conversations podcast (versusarthritis.org)**



Mae Versus Arthritis wedi cynhyrchu cyfres o offer cymorth i helpu pobl â phoen cefn, ysgwydd, clun a phen-glin. Fe'u datblygwyd gan Versus Arthritis gyda chefnogaeth gan y Ganolfan Gofal Sylfaenol Versus Arthritis ym Mhrifysgol Keele a chyllid gan GIG Lloegr, ac fe'u cymeradwyir gan NICE. (Y Sefydliad Cenedlaethol dros Iechyd a Rhagoriaeth Glinigol, Rhagfyr 2020.)

Mae'r offer cefnogi penderfyniadau hyn yn adlewyrchu argymhellion yng nghanllaw NICE ar osteoarthritis a phoen cefn isel a seiatica mewn pobl dros 16 oed yn gywir. Maent hefyd yn cefnogi datganiadau 1–7 yn safon ansawdd NICE ar gyfer osteoarthritis a datganiadau 2–7 yn safon ansawdd NICE ar gyfer poen yng ngwaelod y cefn a seiatica mewn pobl dros 16 oed.

### Sut i ddefnyddio'r offer

Mae'r offer wedi'u cynllunio i gefnogi ymgynghoriadau rhwng cleifion a'u gweithwyr gofal iechyd proffesiynol. Maent yn set o gwestiynau sy'n annog pobl i feddwl pa fathau o gefnogaeth sydd eu hangen arnynt i'w helpu gyda'u problem iechyd cyhyrysgerbydol.

Gall cleifion ddefnyddio'r rhain i baratoi ar gyfer apwyntiadau, yn ystod apwyntiadau, neu'r ddau. Mae pob offeryn yn nodi'r opsiynau triniaeth ar gyfer y cyflwr hwnnw ac yn crynhoi'r hyn sy'n hysbys am fuddion a risgiau posibl pob opsiwn. Eu bwriad yw hwyluso trafodaeth, nid tywys pobl tuag at opsiwn penodol.

### Ein hadnoddau

Mae yna wyth offeryn, oll ar gael i'w lawrlwytho fel dogfennau PDF:

- **Gwneud penderfyniadau am fy mhoen cefn: gofal sylfaenol a hunanofal**
- **Gwneud penderfyniadau am fy mhoen cefn: meddwl am atgyfeiriad**
- **Gwneud penderfyniadau am fy mhoen ysgwydd: gofal sylfaenol a hunanofal**
- **Gwneud penderfyniadau am fy mhoen ysgwydd: meddwl am atgyfeiriad**
- **Gwneud penderfyniadau am fy mhoen clun: gofal sylfaenol a hunanofal**
- **Gwneud penderfyniadau am fy mhoen clun: meddwl am atgyfeiriad**
- **Gwneud penderfyniadau am fy mhoen pen-glin: gofal sylfaenol a hunanofal**
- **Gwneud penderfyniadau am fy mhoen pen-glin: meddwl am atgyfeiriad**

Am ragor o wybodaeth am yr offer a sut y'i datblygwyd, ewch i: **www.versusarthritis.org/DST**

I glywed mwy am yr offer cefnogi penderfyniadau cyhyrysgerbydol, gwrandewch ar bennod gyntaf ein podlediad, *Healthcare Conversations*. **Podlediad Healthcare conversations (versusarthritis.org)**

# Physical activity



Research shows us that engaging in physical activity reduces pain, improves quality of life and strengthens the muscles and joints. Versus Arthritis is facilitating a way for people to incorporate movement into their everyday lives, empowering people with musculoskeletal conditions to reclaim activity at a level that is right for them.

Versus Arthritis has spent 12 months listening to people with arthritis and understanding their **barriers and facilitators** to exercise. In 2019, we surveyed over 800 people with MSK conditions from across the UK. We are using the evidence of what works to inform our **support groups** activity menu, including evidence-based interventions such as **ESCAPE-pain**. Our physical activity expert advisers are helping to shape our offer, including world leading experts from our **Centre for Sport, Exercise and Osteoarthritis Research**.

**Let's Move** is our new digital programme tailor-made for people with arthritis to help them on their physical activity journey. We are developing a series of videos featuring experts and people with lived experience of arthritis. There will be myth-busting blogs, animations, podcasts and live streams. These will be shared on our social media channels as well as by our **virtual assistant**. As part of our **online community**, people with arthritis can make connections with people who are on the same journey and get expert advice.

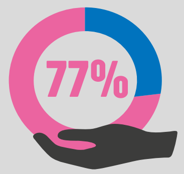
## Our resources

- Our **exercise page** includes trusted information, leaflets, **guidance** and support to answer any questions people may have around exercise and **pain management**.
- Our **'We are Undefeatable'** resources are enabling people to build physical activity into their lives, in a way that their condition allows.
- **Physical activity** policy position.
- Guidance for commissioners **Providing Physical Activity** Interventions for people with MSK conditions.

For more information on any of these services or working in partnership, please get in touch with the Versus Arthritis Physical Activity team at: **PhysicalActivityVA@versusarthritis.org**

people with MSK conditions would like to be more active.

Over half say that they would find it difficult to become more active.




wanted greater practical support, such as tips around physical activity and pain management.

Over half would like it if there were more activities to do at home.

# Gweithgarwch corfforol



Mae ymchwil yn dangos i ni fod cymryd rhan mewn gweithgaredd corfforol yn lleihau poen, yn gwella ansawdd bywyd ac yn cryfhau'r cyhyrau a'r cymalau. Mae Versus Arthritis yn hwyluso ffordd i bobl ymgorffori symudiad yn eu bywydau bob dydd, gan rymuso pobl â chyflyrau cyhyrysgerbydol i adennill gweithgaredd ar lefel sy'n iawn iddyn nhw.

Mae Versus Arthritis wedi treulio 12 mis yn gwrando ar bobl gydag arthritis ac yn deall eu **rhwystrau a hwyluswyr** i ymarfer. Yn 2019, fe holom dros 800 o bobl gyda chyflyrau MSK ar draws y Deyrnas Unedig. Rydym yn defnyddio'r dystiolaeth o'r hyn sy'n gweithio i lywio ein dewislen gweithgareddau **grwpiau cymorth,** yn cynnwys ymyraethau seiliedig ar dystiolaeth fel **ESCAPE-pain**. Mae ein cynghorwyr arbenigol gweithgaredd corfforol yn helpu llunio ein cynnig, gan gynnwys arbenigwyr blaenllaw yn y byd o'n **Canolfan Ymchwil Chwaraeon, Ymarfer Corff ac Osteoarthritis**.

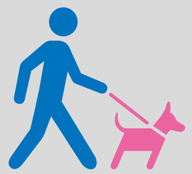
**Dewch i Symud** yw ein rhaglen ddigidol newydd wedi'i theilwra'n arbennig ar gyfer pobl ag arthritis i'w helpu ar eu taith gweithgaredd corfforol. Rydym yn datblygu cyfres o fideos sy'n cynnwys arbenigwyr a phobl sydd â phrofiad byw o arthritis. Fe fydd yna flogiau, animeiddiadau, podlediadau a ffrydiau byw yn chwalu chwedlau. Bydd y rhain yn cael eu rhannu ar ein sianeli cyfryngau cymdeithasol yn ogystal â chan ein **rhith-gymhorthydd**. Yn rhan o'n **cymuned ar-lein**, gall pobl ag arthritis wneud cysylltiadau â phobl sydd ar yr un daith a chael cyngor arbenigol.

## Ein hadnoddau

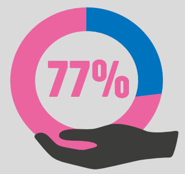
- Mae ein **tudalen ymarfer corff** yn cynnwys gwybodaeth y gellir ymddiried ynddi, taflenni, **canllawiau** a chefnogaeth i ateb unrhyw gwestiynau sydd gan bobl am ymarfer corff a **rheoli poen**.
- Mae ein hadnoddau **'We are Undefeatable'** yn galluogi pobl i gynnwys gweithgarwch corfforol yn eu bywydau, mewn ffordd sy'n hwylus i'w cyflwr.
- Safbwynt polisi **gweithgarwch corfforol**.
- Canllaw i gomisiynwyr **Darparu Ymyraethau Gweithgarwch Corfforol** ar gyfer pobl â chyflyrau MSK.

Am ragor o wybodaeth ar unrhyw rai o'r gwasanaethau hyn neu weithio mewn partneriaeth, cysylltwch â'r tîm Gweithgarwch Corfforol Versus Arthritis yn: **PhysicalActivityVA@versusarthritis.org**

hoffai pobl gyda chyflyrau MSK fod yn fwy egnïol.



Dywed dros hanner y byddent yn ei chael yn anodd dod yn fwy egnïol.




eisiau mwy o gefnogaeth ymarferol, fel awgrymiadau ynghylch gweithgaredd corfforol a rheoli poen.

Byddai dros hanner yn ei hoffi pe bai mwy o weithgareddau i'w gwneud gartref.

# Policy and campaigning



The pain of MSK conditions affects all aspects of life – from family life to employment, and from social life to independence. Yet, in society, arthritis is often dismissed as an inevitable part of aging or shrugged off as 'just a bit of arthritis'.

We bring together people with arthritis, volunteers, healthcare professionals and other stakeholders to campaign for arthritis to be the prioritised health care issue it should be in Wales.

On a practical level, our policy and influencing activity aims to be part of the solution to making health care for people with arthritis and related conditions in Wales the best it can be. Using Versus Arthritis's insight into the day-to-day experience of living with MSK conditions and your professional experience of both challenges and best practice in service delivery, we can work together to shape policy, influence government and improve patient outcomes.

Responding and engaging in consultations and working groups, convening focus groups and facilitating discussion across health care, our policy and public affairs team is here to support and influence health care provision and policy in Wales.

## Connect with us

Contact us:
PolicySupportCymru@versusarthritis.org
or call **029 2233 1372**

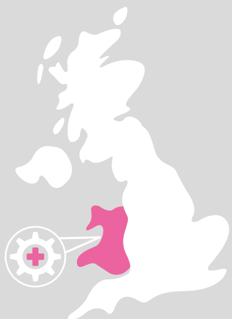
Follow us:
Facebook.com/CymruVersusArthritis
Twitter.com/CymruVArthritis

Visit: www.versusarthritis.org/campaign-with-us

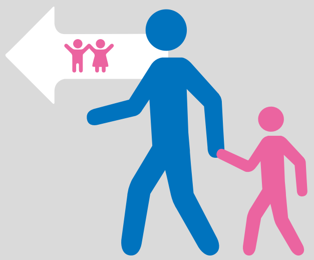
Join our **Campaigns Network** for regular campaign updates and actions.

## We know working together can drive change.

Examples of our successful campaigns include:



A National MSK Framework to support improving MSK health care services across Wales.*



The establishment of a new, full-time, multidisciplinary paediatric rheumatology service.**

* In public consultation July 2021.
** The new service for children and young people in South and Mid Wales, is based at the Noah's Ark Children's Hospital for Wales in Cardiff.

# Polisi ac ymgyrchu



Mae poen cyflyrau MSK yn effeithio ar bob agwedd ar fywyd – o fywyd teuluol i gyflogaeth, ac o fywyd cymdeithasol i annibyniaeth. Ac eto, o fewn ein cymdeithas, mae arthritis yn aml yn cael ei ddiystyru fel rhan anochel o heneiddio neu ei wfftio fel 'twtch o arthritis'.

Rydym yn dod â phobl ag arthritis, gwirfoddolwyr, gweithwyr gofal iechyd proffesiynol a rhanddeiliaid eraill ynghyd i ymgyrchu dros arthritis i fod y mater gofal iechyd â blaenoriaeth y dylai fod yng Nghymru.

Ar lefel ymarferol, nod ein polisi a'n gweithgaredd dylanwadu yw bod yn rhan o'r ateb i wneud gofal iechyd i bobl ag arthritis a chyflyrau cysylltiedig yng Nghymru'r gorau y gall fod. Gan ddefnyddio mewnwelediad Versus Arthritis i'r profiad dydd i ddydd o fyw gyda chyflyrau MSK a'ch profiad proffesiynol o'r ddwy her a'r arfer gorau wrth ddarparu gwasanaethau, gallwn weithio gyda'n gilydd i lunio polisi, dylanwadu ar lywodraeth a gwella canlyniadau cleifion.

Yn ymateb a chymryd rhan mewn ymgynghoriadau a gweithgorau, cynnull grwpiau ffocws a hwyluso trafodaeth ar draws gofal iechyd, mae ein tîm polisi a materion cyhoeddus yma i gefnogi a dylanwadu ar ddarpariaeth a pholisi gofal iechyd yng Nghymru.

## Cysylltwch â ni

Cysylltwch â ni:
PolicySupportCymru@versusarthritis.org
neu ffonio **029 2233 1372**

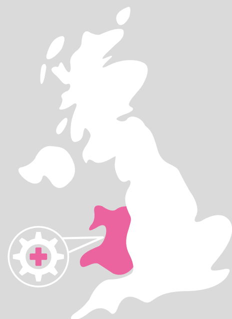
Dilynwch ni:
Facebook.com/CymruVersusArthritis
Twitter.com/CymruVArthritis

Ewch i: www.versusarthritis.org/campaign-with-us

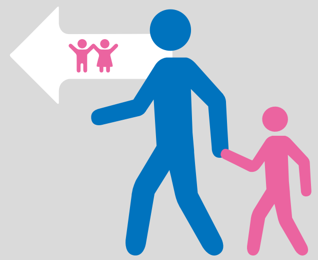
Ymunwch â'n **Rhwydwaith Ymgyrchoedd** ar gyfer diweddariadau a gweithredoedd ymgyrchu rheolaidd.

## Fe wyddom y gall gweithio gyda'n gilydd ysgogi newid.

Mae'r enghreifftiau o'n hymgyrchoedd llwyddiannus yn cynnwys:



Fframwaith MSK Cenedlaethol i gefnogi gwella gwasanaethau gofal iechyd MSK ar draws Cymru.*



Sefydlu gwasanaeth rhiwmatoleg newydd, llawn amser, amlddisgyblaethol pediatrig.**

* Dan ymgynghoriad cyhoeddus Gorffennaf 2021.
** Mae'r gwasanaeth newydd i blant a phobl ifanc yn Ne a Chanolbarth Cymru, wedi'i leoli yn Arch Noa Ysbyty Plant Cymru yng Nghaerdydd.

There are an estimated 20.3 million people in the UK with arthritis or a related musculoskeletal (MSK) condition. Around 1 in 3 people worldwide live with one or more of these conditions and their impact for individuals and society is profound.

The pain and disability caused by arthritis results in a substantial loss in quality of life, accounting for 22% of the total burden of ill health in the UK. The cost of working days lost due to osteoarthritis and rheumatoid arthritis alone was estimated at £2.58 billion in 2017 and is predicted to rise to £3.43 billion by 2030.

Amcangyfrifir bod 20.3 miliwn o bobl yn y Deyrnas Unedig ag arthritis neu gyflwr cyhyrysgerbydol (MSK) cysylltiedig. Mae tua 1 o bob 3 o bobl ledled y byd yn byw gydag un neu fwy o'r cyflyrau hyn ac mae eu heffaith ar unigolion a chymdeithas yn ddwys.

Mae'r boen a'r anabledd a achosir gan arthritis yn arwain at golled sylweddol yn ansawdd bywyd, gan gyfrif am 22% o gyfanswm baich afiechyd yn y Deyrnas Unedig. Amcangyfrifwyd bod cost diwrnodau gwaith a gollwyd oherwydd osteoarthritis ac arthritis rhiwmatoid yn unig yn £2.58 biliwn yn 2017 a rhagwelir y bydd yn codi i £3.43 biliwn erbyn 2030.

## FOLLOW US/DILYNWCH NI

For more information please visit our **website**
Am fwy o wybodaeth ewch i'n **gwefan**

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WE ARE VERSUS ARTHRITIS

FSC

Registered with/Cofrestrwyd gyda'r FUNDRAISING REGULATOR RHEOLEIDDIWR CODI ARIAN

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Versus Arthritis: Elusen Gofrestredig yng Nghymru a Lloegr Rhif 207711, Yr Alban Rhif SC041156.

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