12.11.2020

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Erthygl i'r Wasg **Press Release**

Nyrsys – angylion ac arwyr Covid-19

Dros y flwyddyn ddiwethaf, mae'r ffordd y mae'r byd yn gweld nyrsys a gweithwyr y Gwasanaeth Iechyd Genedlaethol yng Nghymru wedi newid wrth i bandemig Covid-19 fwrw Cymru.

Mae nyrsys wedi bod yna i ni erioed - yr angylion tawel sy'n gofalu amdanom ni trwy gydol ein hoes. Yn ystod 2020, maen nhw wedi esblygu i fod yn arwyr go iawn gyda phobl yn dod allan o'u tai yn wythnosol i ddathlu a chlodfori'r dynion a'r merched ymroddedig a dewr yma.

Mae **Nyrsys** - cyfres newydd sy'n dechrau ar S4C ar Nos Fercher, 25 Tachwedd - yn mynd â ni at lygad y ffynnon trwy ddilyn gwaith nyrsys cymunedol Bwrdd Iechyd Hywel Dda yng ngorllewin Cymru drwy gyfnod y pandemig.

Mae nyrsys y gymuned yn gofalu am y cleifion mwyaf bregus yn eu cartrefi. Yn ystod blwyddyn unigryw, mae'r pwysau ar nyrsys cymunedol gorllewin Cymru yn fwy nag erioed o'r blaen.

Yn y rhaglen gyntaf, byddwn yn dilyn Elen Lewis, nyrs yn ardal Aberteifi, sydd wedi cael profiad personol o effaith Covid-19. Fe gollodd Elen ei modryb, Undeg, ym mis Ebrill ac roedd y golled yn sioc i'r teulu cyfan.

Meddai Elen: "Ar ddechre mis Ebrill, o ni yn gwybod ei bod hi yn sâl gartre - a doedd hi ddim yn gwella. Nath y doctor hala hi mewn i Ysbyty Glangwili, a gath hi ei hala bron yn syth wedyn i'r uned gofal dwys lan fan 'na. Ond yn anffodus, ddath hi byth gartre.

"Ar ôl iddi fynd mewn i'r ysbyty, achos y *lockdown* oedd neb yn gallu mynd mewn i weld hi. Roedd ei gŵr, Tudur, wedyn 'di gorfod dod gartre a chael galwad ffôn wedyn i ddweud bod hi wedi mynd. A fi jyst yn meddwl shwt oedd e'n teimlo ddim yn gallu bod yna, ddim yn gallu mynd lan i ddala ei llaw hi, oedd e jyst yn greulon colli rhywun y ffordd 'na."

"Y gwir yw sdim neb yn saff wrth y feirws 'ma. Ma fe dal yma. Diogelu cleifion, diogelu ein hunain, wel 'na gyd y' ni yn gallu neud."

Mae Siân Williams, nyrs yn Cross Hands, Sir Gaerfyrddin yn cytuno. "Ni 'di cael haf eitha' gwael gyda Covid, fel nyrsys. Mae 'di bod yn rili anodd treial addasu i weithio'n wahanol, treial neud y penderfyniadau sydd yn iawn i'r cleifion, neud siŵr bod nhw'n saff, neud siŵr bod ni'n saff…"

Yn ystod y rhaglen gyntaf cawn weld cymaint y mae cleifion yn dibynnu ar y nyrsys cymunedol nid yn unig i ddarparu gofal ond fel cwmni hefyd.

Gan fod cleifion yn fwy caeth na'r arfer i'w cartrefi yn y cyfnod clo, mae 'na groeso mawr i Elen ar ambell aelwyd gan gynnwys Molly James sydd yn ei 90au ac yn dioddef gyda chlwyf poenus ar ei choes.

Mae Elen hefyd yn mynd i drin Bernadette Dolan sy'n gwella ar ôl cael pum llawdriniaeth ar ei choes yn dilyn cwymp fis Rhagfyr diwethaf. Fe gafodd blatiau metel wedi'u gosod yn ei choes ond fe wnaeth ei chorff eu gwrthod felly bu'n rhaid iddi gael llawdriniaeth i dynnu'r cyfan allan ym mis Mehefin yn ystod y Clo Mawr.

Draw i Cross Hands, Sir Caerfyrddin ac rydym yn dilyn y nyrs Siân Williams wrth iddi hi ymweld â George, dyn ifanc 18 oed â spina bifida. Roedd George i fod i gael llawdriniaeth ar ei goluddyn fyddai'n sicrhau ei fod yn gallu byw yn fwy annibynnol, ond mae hynny wedi cael ei ohirio yn sgil Covid-19, felly bydd rhaid iddo aros tan y flwyddyn nesaf.

Yn y rhaglen hon hefyd, fe fyddwn yn gweld sut mae Siân yn ymateb i achos brys. Mae'r tîm yn cael galwad bod gwraig wedi cwympo ar lawr yn ei chartref ac wedi bod yno dros nos. Cawn weld y cyffro i gyd yn y ganolfan iechyd ac ar leoliad wrth iddyn nhw alw'r gwasanaethau brys i agor y drws a mynd â'r wraig i'r ysbyty.

Yn yr ail raglen yn y gyfres, byddwn yn cwrdd â Teleri Gwyther sy'n gweithio fel Nyrs Methiant y Galon yng Ngheredigion. Mae ganddi bron 40 mlynedd o brofiad yn gweithio fel nyrs. Fe fydd yn ymweld â Trevor Peregrine, gafodd ddwy stent wedi'i osod yn ei galon yn ddiweddar, ond er hynny, mae'n ŵr ffit ac iach yn ei 90au sydd wedi teithio'r byd yn ystod ei fywyd.

Byddwn hefyd yn dilyn Lowri Davies, nyrs ifanc, ar ei diwrnod cyntaf o drin cleifion ar ei phen ei hun. Fe glywn am ei theimladau a'i nerfusrwydd o orfod mynd i mewn i gartrefi cleifion a gwneud penderfyniadau yn y fan a'r lle.

Nyrsys
Nos Fercher 25 Tachwedd 8.25, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Wildflame ar gyfer S4C

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The angels who became heroes in the era of Covid-19

Over the last year, the way the world views our NHS nurses and health workers has changed as Covid-19 hit Wales.

Nurses have always been there for us – the angels who quietly get on with looking after us from cradle to grave. During 2020, they have become true heroes with people coming out of their houses every week to applaud and celebrate these brave and committed men and women.

Nyrsys (Nurses) a new series starting on S4C on Wednesday, 25 November takes us straight to the front line by following the work of community nurses at the Hywel Dda Health Trust in west Wales during the pandemic.

Community nurses care for the most vulnerable patients in their homes. During an unprecedented year, the pressure on the community nurses of west Wales is more intense than ever before.

In the first programme, we will be following Elen Lewis, a Nurse in the Aberteifi area, who has had personal experience of the effect of Covid-19. She lost her aunt Undeg in April and this loss was a shock to the entire family.

Elen said: "At the beginning of April, we knew that she was ill and she wasn't getting any better. The doctor sent her to Glangwili Hospital, and she got sent almost straight away to the intensive care unit. But, sadly, she never came home."

"After she went into hospital, because of lockdown, no-one could go in to see her. Her husband, Tudur, had to go home and had a phone call to say that she had passed away. And I just think about how he felt not being able to be there, not being able to hold her hand, it was just so cruel to lose somebody in that way."

"The truth is nobody is safe from this virus. It's still here. Keeping our patients safe and keeping ourselves safe – it is all we can do."

Siân Williams, a nurse in Cross Hands, Carmarthenshire agrees: "As nurses, we have had a pretty bad summer with Covid. It has been really difficult to adapt to working differently, trying to make the right decisions for our patients, making sure that they are safe, making sure that we are safe ..."

During the first programme, we see how much the patients depend on the community nurses not only to provide care but also for company.

Because patients have been more housebound than usual during lockdown, there is a warm welcome for Elen in many homes including Molly James who is in her 90s and is suffering with a painful sore on her leg.

Elen also goes to treat Bernadette Dolan who is recovering after having five operations on her leg after a fall last December. She had metal plates placed in her leg, but her body rejected them and she had to have another operation to have them all removed in June, during lockdown.

Over to Cross Hands, Carmarthenshire and we follow Nurse Siân Williams as she visits 18-year-old George with spina bifida. George was supposed to have an operation on his bowel which would have helped him live more independently, but this has been delayed due to Covid-19 and he will have to wait until next year.

Also, in this programme we see Siân dealing with an emergency situation. The team receive a call to say that that a woman has fallen in her home and has lain where she fell all night. We follow all the action in the health centre and at the woman’s home as the emergency services open the patient’s front door and take her to hospital.

In the second episode of the series, we meet Teleri Gwyther who works as a cardiac nurse in Ceredigion. She has almost 40 years of experience working as a nurse. She visits Trevor Peregrine who recently had two stents placed in his heart. But despite this, he is a fit and healthy man in his 90s who has travelled the world during his life.

We will also follow young nurse Lowri Davies on her first day of treating patients by herself. We hear about her feelings and her nervousness of having to go into a patient’s house alone and having to make on the spot decisions.

Nyrsys
Wednesday 25 November 8.25, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Wildflame production for S4C