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Veterans and Armed Forces health and wellbeing event - Final briefing for attendees

This detailed briefing is to support your attendance at our exciting Veterans and Armed Forces community event on Thursday 26 June 2025.

If you have any unanswered questions, or need further support before the event, please contact:

Natasha.Weeks2@wales.nhs.uk or Kelly.Hallett@wales.nhs.uk.

Thank you in advance for supporting this special day for our armed forces community in Cwm Taf Morgannwg (CTM).

1. Event Overview

Date: Thursday 26 June 2025 (during Armed Forces Week)

Time: 9.30am- 12.30pm.

Address:

Hosted by Valley Veterans
Ton & Gelli Community Centre
Dinam Park,
Ton Pentre, CF41 7DX

Event Registration

Access the main entrance to the building.

Event purpose

A first-of-its-kind collaboration dedicated to the health and wellbeing of Veterans, their families and the wider Armed Forces community in Cwm Taf Morgannwg. This landmark event brings together health board professionals from across a diverse range of services with Veteran accredited GPs, local authority and third sector partners, veteran hubs and the wider armed forces community, to unite in support of those who





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have served. With expert speakers, interactive information stalls and valuable resources, we will work together to understand and enhance the health and care needs of veterans, their families and the wider armed forces community across CTM.

This event is being significantly held during Armed Forces Week; providing an opportunity to celebrate and honour all individuals living in our region who have served for our country.

Audience

We are expecting over 150 attendees.

Event agenda

Attached with this briefing.

CTM Speakers

- Philip Daniels (opening)
- Dr Dom Hurford (presentation)
- Dr Lee Thomas, GP, Newpark Surgery, Talbot Green) - (presentation)
- Paul Mears (close)

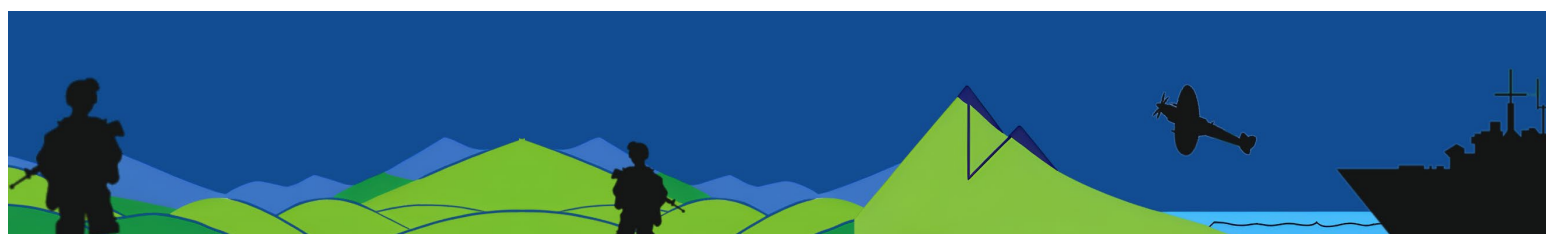
Natasha will be providing speaker support as required.

Message from Veterans Commissioner for Wales

Colonel James Phillips, Veterans Commissioner for Wales, is unable to attend but has sent this supporting video message - <https://youtube.com/shorts/LCue9KRUteA>

2. Health and wellbeing marketplace

We are delighted to be hosting an interactive market place as part of our event programme – supported by over 40 different services, teams and / organisations from across the health board, the third sector across CTM, and wider partners. We have worked in partnership with our Veterans





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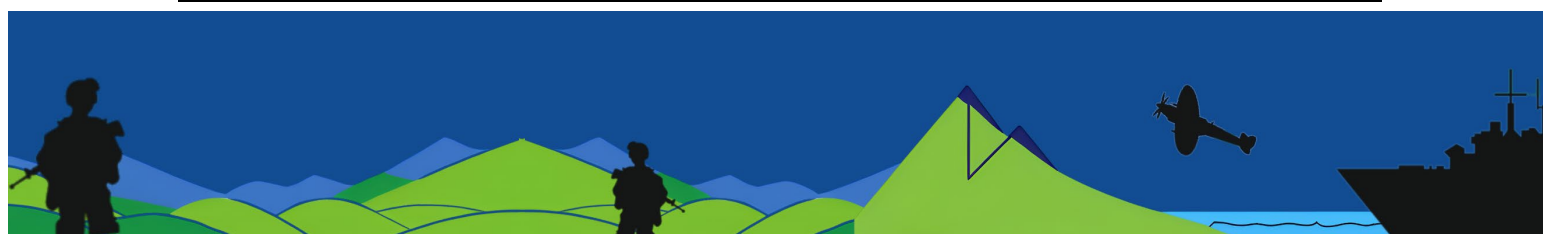


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and wider Armed Forces community of CTM to involve the right services to support people’s identified health and wellbeing needs. Attendees will be offered a printed services guide, with links to all the stallholder information.

Full list of stall holders

Zone 1: Mental Health and Wellbeing
CTM NHS Veterans Wales
CTM Mind
CTM Mind Community Drug and Alcohol Team (CDAT)
NHS 111 "Press 2"
CTM Memory Service / Dementia Programme
Zone 2: Healthy Lifestyles
CTM's Nutrition and Dietetics
Admiral Nurse (RBL) Dementia
Smoking cessation support (Help Me Quit)
ARA (Gambling Support)
BAROD (Community Alcohol Support)
CTM Alcohol Support
Diabetes UK
Zone 3: Physical ailments / wellness
CTM Dental Health and Registration advice / Emergency Care
Community Pharmacy (Including Common Ailments Scheme)
Zone 4: Bereavement and Trauma
2Wish Cymru and 2Wish
Sandy Bear
CTM Advanced Care Planning
Eye to Eye Trauma Counselling
The National Advisory & Liaison Service (NALS) Cymru
Chaplaincy and Spiritual Care Department Cwm Taf Morgannwg University Health Board
65 Degrees North
CTM Carers' Support Service
CTM Patient Advisory Liaison Service (PALS)
Zone 5: Health Protection, Vaccination and Screening
Public Health Wales Screening Team
Coalfields Regeneration Trust
CTM Falls Prevention Community Service
CTM Tissues Viability Service





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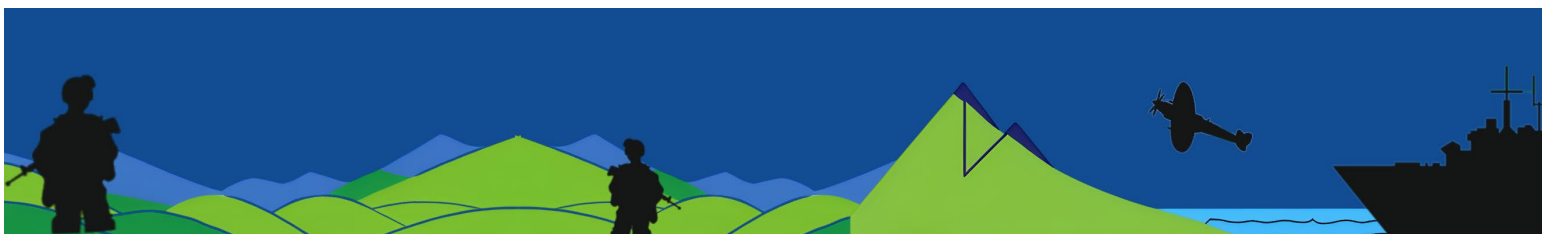
CTM Wellness Improvement Service (WISE)
CTM Health Protection Team
Zone 6: Community and Social Support
Rhondda Cynon Taf County Borough Council
Specialist Health Housing Outreach Service
HSBC – Digital Banking
Citizens Advice RCT
Care and Repair (including energy efficiency at home)
South Wales Fire & Rescue Home Service
Age Connects Morgannwg
South Wales Police Cyber Protection
Harvey Baker Solicitors
Trivallis
Voluntary Action Merthyr Tydfil (VAMT)
Interlink RCT
Bridgend Association of Voluntary Organisations (BAVO)
CTM NHS Charity Wales

3. Parking

Please be aware that the event is being held in a residential area. We kindly ask you to car share as far as possible to ensure smooth access to the venue for all attendees and supporters.

There are three designated car park zones:

Zone 1: Small area immediate outside the building (this is reserved parking for supporting accessibility ONLY).





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Zone 2: Top Field

This area is allocated to all stall holders - and there will be volunteers on hand to direct and support you



Entrance to Zone 2

Zone 3: Residential Streets

There is plenty of parking along the nearby main roads and / or side streets (no permits).

Please:

- Be mindful of where you are parking and **NOT** to block a drive entrance
- Do not double park – please ensure your parking does not restrict the clear access of any emergency vehicles.
- Be prepared to walk a little – this event is being located in a residential area so you may need to walk 5 mins to nearby parking.





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4. Event Promotion

Please join CTM UHB’s online conversation using **#CTMForcesHealth**. Attached with this briefing is this graphic (jpeg), for use in promoting your attendance.



5. Event Evaluation

All Veteran / Armed Forces attendees and stallholders will be asked to share their feedback - for informing a highlights report for sharing with all partners and stakeholder, and for shaping the next phase of the health / armed forces community partnership.

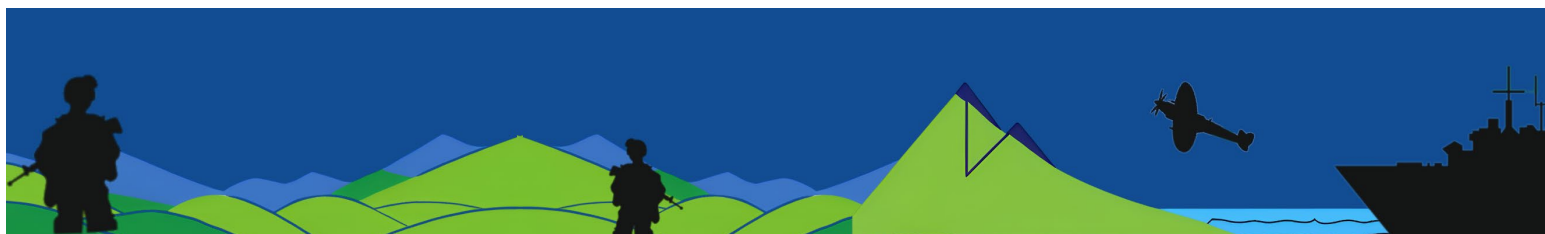
6. Other Supporting Information

Lunch and refreshments

Will be included for everyone. Food will be labelled with dietary information where possible. However, we encourage all guests to remain mindful and check with staff if they have any allergies or specific dietary requirements.

Safety and First Aid

Donna Morgan (CTM nurse), is the dedicated safety lead for this event.





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Cwm Taf Morgannwg
ELUSEN GIG INHS CHARITY



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7. Key Contacts

Main Hall



NATASHA WEEKS

·Head of Engagement and event lead,
CTM UHB



DR LEE THOMAS

·General Practitioner
CTMUHB



NIGEL LOCKE

·Secretary
Valley Veterans



JENNY OLIVER

·Head of Patient Experience,
CTM UHB



JOANNA DANIEL

·Comms and Engagement Officer
CTM UHB

Marketplace



DONNA MORGAN

·Bereavement Lead,
CTM UHB



KELLY HALLETT

·Project Officer,
CTM UHB

Thank you for all your support.

Your feedback will be greatly appreciated.





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Digwyddiad iechyd a lles cyn-filwyr a'r Lluoedd Arfog

- Briff terfynol i'r mynychwyr

Mae'r briff manwl hwn i gefnogi eich presenoldeb yn ein digwyddiad cymunedol cyffrous i Gyn-filwyr a'r Lluoedd Arfog ddydd Iau 26 Mehefin 2025.

Os oes gennych unrhyw gwestiynau heb eu hateb, neu os oes angen rhagor o gymorth arnoch cyn y digwyddiad, cysylltwch â:

Natasha.Weeks2@wales.nhs.uk neu Kelly.Hallett@wales.nhs.uk.

Diolch ymlaen llaw am gefnogi'r diwrnod arbennig hwn i'n cymuned lluoedd arfog yng Nghwm Taf Morgannwg (CTM).

8. Trosolwg o'r Digwyddiad

Dyddiad: Dydd Iau 26 Mehefin 2025 (yn ystod Wythnos y Lluoedd Arfog)

Amser: 9.30yb – 12.30yp

Cyfeiriad:

Wedi'i gynnal gan Valley Veterans
Canolfan Gymunedol Ton a Gelli
Parc Dinam,
Ton Pentre, CF41 7DX

Cofrestru ar gyfer y Digwyddiadau

Mynediad i brif fynedfa'r adeilad.

Pwrpas y digwyddiad

Cydweithrediad cyntaf o'i fath sy'n ymroddedig i iechyd a lles Cyn-filwyr, eu teuluoedd a chymuned ehangach y Lluoedd Arfog yng Nghwm Taf Morgannwg. Mae'r digwyddiad nodedig hwn yn dod â gweithwyr proffesiynol byrddau iechyd ynghyd o ystod amrywiol o wasanaethau gyda meddygon teulu achrededig i Gyn-filwyr, awdurdodau lleol a phartneriaid trydydd sector, canolfannau cyn-filwyr a chymuned ehangach y lluoedd arfog, i uno i gefnogi'r rhai sydd wedi gwasanaethu. Gyda





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siaradwyr arbenigol, stondinau gwybodaeth ryngweithiol ac adnoddau gwerthfawr, byddwn yn cydweithio iddeall a gwella anghenion iechyd a gofal cyn-filwyr, eu teuluoedd a chymuned ehangach y lluoedd arfog ar draws CTM.

Mae'r digwyddiad hwn yn cael ei gynnal yn ystod Wythnos y Lluoedd Arfog; gan roi cyfle i ddathlu ac anrhydeddu pob unigolyn sy'n byw yn ein rhanbarth ac sydd wedi gwasanaethu dros ein gwlad.

Cynulleidfa

Rydym yn disgwyl dros 150 o fynychwyr.

Agenda'r Digwyddiad

Wedi'i atodi gyda'r briff hwn.

Siaradwyr CTM

- Philip Daniels (agoriad)
- Dr Dom Hurford (cyflwyniad)
- Dr Lee Thomas, Meddyg Teulu, Newpark Surgery, Talbot Green) - (cyflwyniad)
- Paul Mears (cloi)

Bydd Natasha yn darparu cefnogaeth yn ôl yr angen.

Neges gan Gomisiynydd Cyn-filwyr Cymru

Nid yw'r Cynol James Phillips, Comisiynydd Cyn-filwyr Cymru, yn gallu bod yn bresennol ond mae wedi anfon y neges fideo gefnogol hon - <https://youtube.com/shorts/LCue9KRUteA>

9. Marchnad iechyd a lles

Rydym wrth ein bodd yn cynnal marchnad ryngweithiol fel rhan o'n rhaglen ddigwyddiadau – gyda chefnogaeth dros 40 o dimau a/neu sefydliadau gwasanaethau gwahanol o bob cwr o'r bwrdd iechyd, y trydydd sector ar draws CTM, a phartneriaid ehangach. Rydym wedi gweithio mewn partneriaeth â'n Cymuned Cyn-filwyr a Chymuned ehangach y Lluoedd Arfog yn CTM i gynnwys y gwasanaethau cywir i





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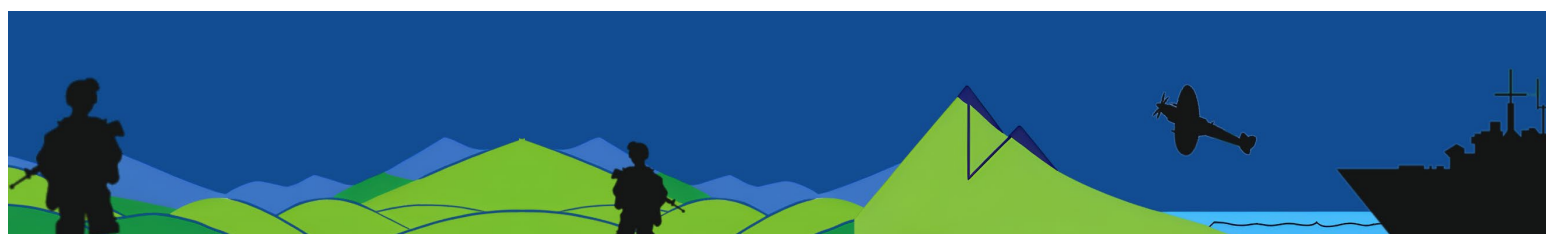
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gefnogi anghenion iechyd a lles pobl a nodwyd. Bydd canllaw gwasanaethau printiedig yn cael ei gynnig i'r rhai sy'n mynychu, gyda dolenni i'r holl wybodaeth am y stondinwyr.

Rhestr lawn o stondinwyr

Ardal 1: Iechyd meddwl a lles
GIG Cymru i Gyn-filwyr CTM
Mind CTM
Tîm Cyffuriau ac Alcohol Cymunedol Mind CTM (CDAT)
GIG 111 "Pwyso 2"
Gwasanaeth Cof / Rhaglen Dementia CTM
Ardal 2: Ffyrdd iach o fyw
Maeth a Dieteteg CTM
Nyrs Admiral (RBL) Dementia
Cymorth rhoi'r gorau i ysmegu (Helpa Fi i Stopio)
ARA (Cefnogaeth Gamblo)
BAROD (Cefnogaeth Alcohol Cymunedol)
Cymorth Alcohol CTM
Diabetes UK
Ardal 3: Anhwylderau corfforol / lles
Cyngor Iechyd Deintyddol a Chofrestru / Gofal Brys CTM
Fferyllfa Gymunedol (Gan gynnwys Cynllun Mân Anhwylderau)
Ardal 4: Profedigaeth a Thrawma
2Wish Cymru a 2Wish
Sandy Bear
Cynllunio Gofal Ymlaen Llaw CTM
Cwnsela Trawma Llygad yn Llygad
Gwasanaeth Cyngori a Chysylltu Cenedlaethol (NALS) Cymru
Adran Caplaniaeth a Gofal Ysbrydol Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg
65 Degrees North
Gwasanaeth Cymorth i Ofalwyr CTM
Y Gwasanaeth Cymorth a Chyswllt Cleifion (PALS) CTM
Ardal 5: Diogelu Iechyd, Brechu a Sgrinio
Tîm Sgrinio Iechyd Cyhoeddus Cymru
Ymddiriedolaeth Adfywio'r Meysydd Glo
Gwasanaeth Cymunedol Atal Cwympiadau CTM
Gwasanaeth Hyfywedd Meinweoedd CTM
Gwasanaeth Gwella Lles CTM (WISE)





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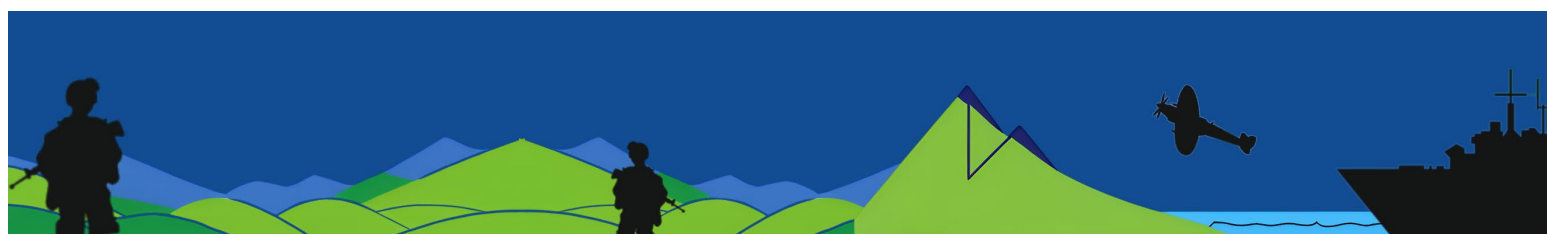
Tîm Diogelu Iechyd CTM
Ardal 6: Cefnogaeth Gymunedol a Chymdeithasol
Cyngor Bwrdeistref Sirol Rhondda Cynon Taf
Gwasanaeth Allgymorth Tai Iechyd Arbenigol
HSBC – Bancio Digidol
Cyngor ar Bopeth RhCT
Gofal a Thrwsio (gan gynnwys effeithlonrwydd ynni gartref)
Gwasanaeth Tân ac Achub Cartref De Cymru
Age Connects Morgannwg
Seiberddiogelwch Heddlu De Cymru
Harvey Baker Solicitors
Trivallis
Gweithredu Gwirfoddol Merthyr Tudful (VAMT)
Interlink RhCT
Cymdeithas Mudiadau Gwirfoddol Pen-y-bont ar Ogwr (BAVO)
Elusen GIG Cymru CTM

10. Parcio

Byddwch yn ymwybodol bod y digwyddiad yn cael ei gynnal mewn ardal breswyl. Gofynnwn yn garedig i chi rannu ceir cyn belled ag y bo modd er mwyn sicrhau mynediad llyfn i'r lleoliad i'r holl fynychwyr a chefnogwyr.

Mae tri maes parcio ceir dynodedig:

Ardal 1: Ardal fach yn union y tu allan i'r adeilad (mae hwn yn barcio wedi'i gadw ar gyfer cefnogi hygyrchedd YN UNIG).



2: Maes Uchaf

Mae'r ardal hon wedi'i dyrannu i bob stondinwr - a bydd gwirfoddolwyr wrth law i'ch cyfeirio a'ch cefnogi



Mynediad i Ardal 2

Ardal 3: Strydoedd Preswyl

Mae digon o le parcio ar hyd y prif ffordd a/neu'r strydoedd ochr cyfagos (dim trwyddedau).

Sylwch:

- Byddwch yn ofalus o ble rydych chi'n parcio a PHEIDWCH â rhwystro mynedfeydd cartref
- Peidiwch â pharcio wrth ymyl car sydd eisoes wedi'i barcio ar ochr y ffordd. Sicrhewch nad yw eich parcio yn cyfyngu ar fynediad clir unrhyw gerbydau brys.





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- Byddwch yn barod i gerdded ychydig – mae'r digwyddiad hwn yn cael ei gynnal mewn ardal breswyl felly efallai y bydd angen i chi gerdded 5 munud i barcio gerllaw.

11. Hyrwyddo'r Digwyddiadau

Ymunwch â sgwrs ar-lein BIP CTM gan ddefnyddio **#IechydLluoeddArfogCTM** Wedi'i atodi gyda'r briff hwn mae'r graffig hwn (jpeg), i'w ddefnyddio i hyrwyddo eich presenoldeb.



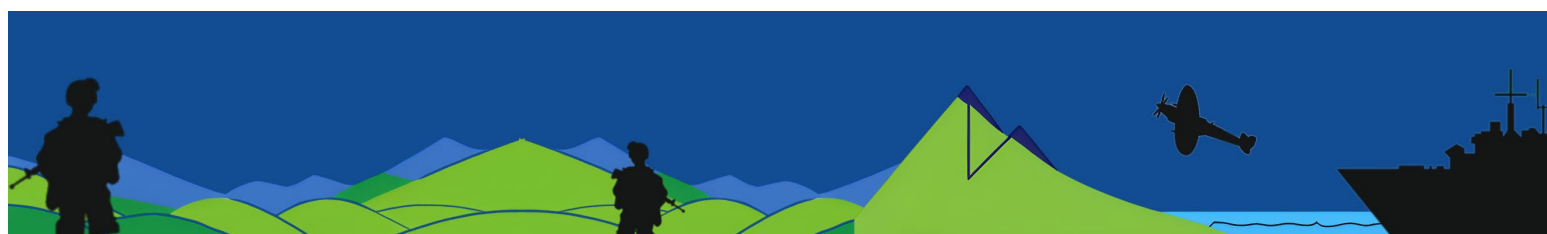
12. Gwerthuso Digwyddiadau

Rydyn ni'n gofyn i bob mynychwr a stondinwr sy'n gyn-filwyr / y Lluoedd Arfog rannu eu hadborth - er mwyn llywio adroddiad uchafbwyntiau i'w rannu gyda'r holl bartneriaid a rhanddeiliaid, ac ar gyfer llunio cam nesaf y bartneriaeth iechyd / cymuned y lluoedd arfog.

13. Gwybodaeth Ategol Arall

Cinio a Lluniaeth

Bydd wedi'i gynnwys i bawb. Bydd bwyd yn cael ei labelu gyda gwybodaeth ddeietegol lle bo modd. Fodd bynnag, rydym yn annog pob gwestai i fod yn ofalus a gwirio gyda'r staff a oes ganddynt unrhyw alergeddau neu ofynion dietegol penodol.





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Diogelwch a Chymorth Cyntaf

Donna Morgan (nyrs CTM), yw'r arweinydd diogelwch ymroddedig ar gyfer y digwyddiad hwn.

14. Prif Fanylion Cyswllt

Prif Neuadd



NATASHA WEEKS

·Head of Engagement and event lead,
CTM UHB



DR LEE THOMAS

·General Practitioner
CTMUHB



NIGEL LOCKE

·Secretary
Valley Veterans



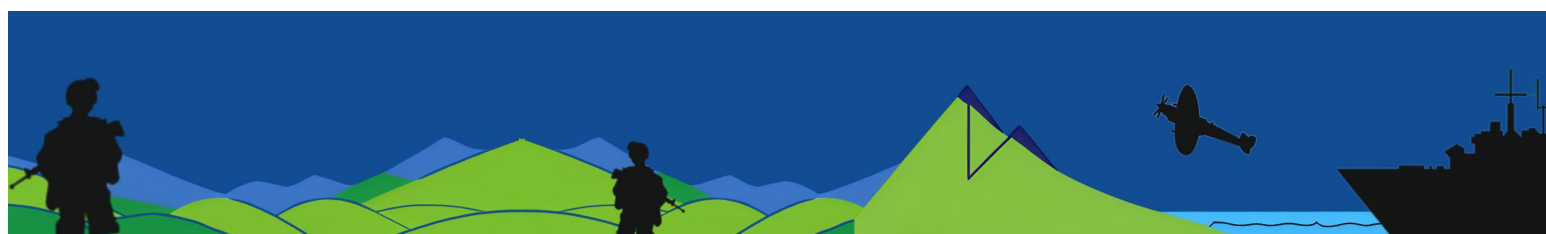
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Marchnad



DONNA MORGAN

Bereavement Lead,
CTM UHB



KELLY HALLETT

Project Officer,
CTM UHB

Diolch am eich holl gefnogaeth.

Bydd eich adborth yn cael ei werthfawrogi'n fawr.

