

# Tired of *silly* rules?

Report unhelpful rules for better health and social care

*If you've encountered unhelpful rules or processes that affect your care, we want to hear from you. By reporting these unhelpful rules, you contribute to making health and social care better for you and others.*

SCAN ME



SGANIWCH



# Wedi blino ar reolau *gwirion*?

Adroddwch reolau an-fuddiol am ofal iechyd a chymdeithasol gwell

*Os ydych chi wedi dod ar draws rheolau anymarferol neu brosesau sy'n effeithio ar eich gofal, rydym am glywed gennych chi. Trwy adrodd am y polisiau di-fudd hyn, rydych yn cyfrannu at wneud gofal iechyd a chymdeithasol yn well i chi ac eraill.*