



## Discussion group sessions

As part of the Dewis Choice research project, being conducted by the Centre for the Study of Ageing, Abuse & Neglect at Aberystwyth University, we are interested in gathering people's views on aspects of well-being, attitudes towards ageing (their own and how society views older people), and what they feel constitutes a healthy relationship.

To help us with this we are looking for people in mid and central Wales, who would be interested in taking part in a small group discussion, looking at a range of topics such as attitudes to ageing; how older people are portrayed on TV and in film; the myths around older people; disability and older people and whether it is more difficult to ask for help as you get older.

The sessions are normally held with around 5 – 10 people. They last for approximately one to one and a half hours, look at one or maybe two topics in that time and are fairly informal in style.

There are usually two project team members present to explain the format of the discussion, facilitate the session, and reassure everyone that there is no 'right' or 'wrong' aspect to the discussion and that everything discussed is completely confidential.

We explain at the beginning that participation is voluntary and take everyone through an outline of what to expect in the session. We encourage everyone to participate and become actively involved, as we are looking for views from everyone present.

We ask people NOT to disclose any personal details from their own lives, as that is not the purpose of these sessions. We ask if it is ok to tape record the sessions as it is better for the researchers to hear and see the actual flow of the conversation, and appreciate how views and ideas develop and change through discussion between individuals. The tapes are typed out word for word, and we take out all names and any references that indicate who someone is.

The participants do not need to be an older person themselves and if there are a good number of people interested, then we could hold more than one session, and they could be held anywhere across Carmarthenshire. If after a group has met once, they would like to meet again for another session discussing a different topic that would also be possible.

For more information please contact Jeremy Newman, Dewis Choice Research Project Coordinator, on [jen11@aber.ac.uk](mailto:jen11@aber.ac.uk) or ring 01970 622516.

The Choice website has full details on all aspects of the project – visit [choice.aber.ac.uk](http://choice.aber.ac.uk)



## Sesiynau trafodaeth grŵp

Fel rhan o brosiect ymchwil Dewis Choice, sy'n cael ei gynnal gan y Ganolfan Astudiaetho Heneiddio, Camdrin ac Esgeuluso ym Mhrifysgol Aberystwyth, rydym yn awyddus i gasglu safbwyntiau pobl ar agweddau'n gysylltiedig â lles, agweddau tuag at heneiddio (eu hagweddau eu hunain a'r ffordd mae'r gymdeithas yn edrych ar bobl hŷn), a beth maent yn credu sydd yn creu perthynas iach.

Er mwyn ein cynorthwyo â hyn, rydym yn chwilio am bobl yng nghanolbarth Cymru sydd â diddordeb mewn bod yn rhan o drafodaeth grŵp bychan, gan edrych ar nifer o destunau megis agweddau tuag at heneiddio; sut mae pobl hŷn yn cael eu portreadu mewn ffilmiau ac ar y teledu; y chwedlau ynghylch yr henoed; anabledd a phobl hŷn, ac os yw'n mynd yn fwy anodd i ofyn am gymorth wrth i chi fynd yn hŷn.

Gan amlaf, cynhelir y sesiynau gyda thua 5-10 o bobl. Maent yn para tua awr i awr a hanner, gan edrych ar un testun neu ddau yn yr amser hwnnw, ac maent yn gymharol anffurfiol o ran eu naw.

Fel arfer, mae dau aelod o dîm y prosiect yn bresennol er mwyn egluro fformat y sgwrs, hwyluso'r sesiwn, ac atgyfnerthu'r ethos nad oes atebion cywir nac anghywir i'w cael mewn y sgwrs a bod popeth sy'n cael ei drafod yn gwbl gyfrinachol.

Rydym yn egluro ar y cychwyn bod cymryd rhan yn gwbl wirfoddol gan danlinellu beth i'w ddisgwyl o'r sesiwn. Rydym hefyd yn annog pawb i gymryd rhan weithredol gan ein bod yn anelu i gael safbwyntiau pawb sydd yno.

Gofynnwn i bobl BEIDIO â datgelu unrhyw fanylion personol am eu bywydau eu hunain gan nad yw hynny'n cyd-fynd â nod y sesiynau. Rydym yn gofyn hefyd os yw'n iawn i recordio'r sesiynau gan ei bod yn haws i'r ymchwilwyr weld a chlywed llif y sgwrs a gallu gwerthfawrogi sut mae safbwyntiau a syniadau'n datblygu ac yn newid yn sgil y drafodaeth. Bydd y tapiau'n cael eu teipio ar gyfrifiadur gair am air, a byddwn yn hepgor pob enw a chyfeiriad at bwy yw pwy.

Nid oes rhaid i'r cyfranogwyr fod yn bobl hŷn, ac os bydd gan nifer fawr o bobl ddiddordeb, fel allwn gynnal mwy nag un sesiwn yn unrhyw leoliad ar draws Ceredigion. Os, ar ôl i'r grŵp gwrdd unwaith, y byddant yn dymuno cwrdd eto er mwyn trafod testun gwahanol, bydd hynny hefyd yn bosibl.

I gael rhagor o wybodaeth, cysylltwch â Jeremy Newman, Cydlynnydd Prosiect Ymchwil Dewis Choice, ar [jen11@aber.ac.uk](mailto:jen11@aber.ac.uk) neu ffoniwch 01970 622516

Mae manylion llawn ar holl agweddau'r prosiect i'w cael ar wefan Dewis – ewch i [dewis.aber.ac.uk](http://dewis.aber.ac.uk)