**TIPTOE comms pack**

Intranet / newsletter copy

Are you aged 70+ and live with knee or hip joint pain?

You could be eligible to take part in a research study to help improve your quality of life.

The [TIPTOE study](https://www.tiptoe.org.uk/participant-page/1/) run by Cardiff University and supported by Health and Care Research Wales, is looking into how well a personalised support programme can help with individuals living with pain in the knee and/or hip alongside other long-term conditions.

The study involves six one-to-one sessions with a trained healthcare practitioner, over six months held either face-to-face or online video call. It is advised participants take part with a nominated support person to help with navigating the study website and attend support sessions.

To find out more or to take part visit [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) or email TIPTOE@cardiff.ac.uk

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Ydych chi'n 70 oed neu’n hŷn ac yn dioddef o boen yn y pen-glin neu gymal y glun?

Os felly, gallech chi fod yn gymwys i gymryd rhan mewn astudiaeth ymchwil i helpu i wella ansawdd eich bywyd.

Mae [astudiaeth TIPTOE](https://www.tiptoe.org.uk/participant-page/1/), sy’n cael ei chynnal gan Brifysgol Caerdydd a’i chefnogi gan Ymchwil Iechyd a Gofal Cymru, yn ymchwilio i ba mor effeithiol y gall rhaglen gymorth bersonol fod i’r unigolion hynny sy’n dioddef o boen yn y pen-glin a/neu gymal y glun, ochr yn ochr â chyflyrau hirdymor eraill.

Yn rhan o’r astudiaeth hon, bydd gofyn i chi gymryd rhan mewn chwe sesiwn un-i-un gydag ymarferydd gofal iechyd cymwys dros gyfnod o chwe mis, naill ai wyneb-yn-wyneb neu ar ffurf galwad fideo ar-lein. Y cyngor yw eich bod yn cymryd rhan gyda pherson a ddewiswyd gennych chi sy’n gallu eich helpu i lywio gwefan yr astudiaeth a dod i’r sesiynau cymorth.

I gael rhagor o wybodaeth neu gymryd rhan, gallwch chi fynd i [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) neu anfon e-bost at TIPTOE@caerdydd.ac.uk.

Social media content

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| --- | --- | --- | --- |
| Platform  | English | Welsh  | Image  |
| Facebook  | Are you aged 70+ and live with knee or hip pain?You could be eligible to take part in a research study to help improve your quality of life.The [TIPTOE study](https://www.tiptoe.org.uk/participant-page/1/), is looking into how well a personalised programme offering support from a trained professional can help you manage living with knee and /or hip pain alongside other long-term conditions.The study involves six one-to-one sessions where you will be asked to record your progress over the course of 18 months.To find out more or to take part visit [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) or email TIPTOE@cardiff.ac.uk  | Ydych chi'n 70 oed neu’n hŷn ac yn dioddef o boen yn y pen-glin neu’r glun?Os felly, gallech chi fod yn gymwys i gymryd rhan mewn astudiaeth ymchwil i helpu i wella ansawdd eich bywyd.Mae [astudiaeth TIPTOE](https://www.tiptoe.org.uk/participant-page/1/) yn ymchwilio i ba mor effeithiol y gall rhaglen gymorth bersonol gan weithiwr proffesiynol cymwys fod i’r unigolion hynny sy’n dioddef o boen yn y pen-glin a/neu gymal y glun, ochr yn ochr â chyflyrau hirdymor eraill.Yn rhan o’r astudiaeth hon, bydd gofyn i chi gymryd rhan mewn chwe sesiwn un-i-un a chofnodi eich cynnydd dros gyfnod o 18 mis.I gael rhagor o wybodaeth neu gymryd rhan, gallwch chi fynd i [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) neu anfon e-bost at TIPTOE@caerdydd.ac.uk. |  |
| Do you know someone aged 70+ who lives with knee or hip pain?They could be eligible to take part in a research study to help improve their quality of life.The [TIPTOE study](https://www.tiptoe.org.uk/participant-page/1/), is looking into how well a personalised programme offering support from a trained professional can help those manage living with knee and /or hip pain alongside other long-term conditions.The study involves six one-to-one sessions where you will be asked to record your progress over the course of 18 months.To find out more or to take part visit [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) or email TIPTOE@cardiff.ac.uk | Ydych chi’n adnabod rhywun sy’n 70 oed neu’n hŷn ac yn dioddef o boen yn y pen-glin neu gymal y glun?Os felly, gallen nhw fod yn gymwys i gymryd rhan mewn astudiaeth ymchwil i helpu i wella ansawdd eu bywyd.Mae [astudiaeth TIPTOE](https://www.tiptoe.org.uk/participant-page/1/) yn ymchwilio i ba mor effeithiol y gall rhaglen gymorth bersonol gan weithiwr proffesiynol cymwys fod i’r unigolion hynny sy’n dioddef o boen yn y pen-glin a/neu gymal y glun, ochr yn ochr â chyflyrau hirdymor eraill.Yn rhan o’r astudiaeth hon, bydd gofyn i chi gymryd rhan mewn chwe sesiwn un-i-un a chofnodi eich cynnydd dros gyfnod o 18 mis.I gael rhagor o wybodaeth neu gymryd rhan, gallwch chi fynd i [www.TIPTOE.org.uk](http://www.TIPTOE.org.uk) neu anfon e-bost at TIPTOE@caerdydd.ac.uk. |  |
| X / Twitter  | Are you aged 70+ and live with knee or hip pain?You could be eligible to take part in a research study to help improve your quality of life.To find out more or take part visit www.TIPTOE.org.uk or email TIPTOE@cardiff.ac.uk@ResearchWales @CTRCardiffUni @NIHRresearch  | Yn 70 oed neu’n hŷn ac yn dioddef o boen yn y pen-glin/clun?Cymerwch ran mewn astudiaeth i wella ansawdd eich bywyd.I gael rhagor o wybodaeth neu gymryd rhan, ewch i www.TIPTOE.org.uk neu e-bostiwch TIPTOE@caerdydd.ac.uk.@YmchwilCymru @CTRCardiffUni @NIHRresearch |  |
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