

www.hafal.org/cymraeg
e-bost: hafal@hafal.org
Ffacs: 01792 813 056
Ffôn: 01792 816 600
Castell-nedd SA10 6EL
Llandarcy
Ffordd Britannic
Ty William Knox
~ Ystafell C2
Prif Swyddfa Hafal

Dyma ein manylion cyswllt:
ar gyfer pobl gydag afiechyd meddwl difrifol".
narweiniad gwybodadaeth: "Adferiad: Ffordd ymlaen
cyswllt i Hafal a gofyn am ein
Castell-nedd SA10 6EL
Ffôn: 01792 816 600 E-bost: operations@hafal.org

Shan Davies-Arweinydd Tim
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Symudol: 07710 727 622
Ffôn: 029 2056 5959
Sain Ffagan, Caerdydd CF5 6DU
d/o Amgueddfa Werin Cymru
Ysgubor Fawr
Hafal Caerdydd
Gweithiwr Cefnogaeth Teulu
Hazel Fox
staff lleol:
eich cefnogi yn eich adferiad, cyswllt i Hafal a gofyn am ein
ym Mro Morgannwg, neu i sgwrsio am sut y gallwn ni
am fwy o wybodaeth am unrhyw un o'n gwasanaethau

Cysylltu â hafal

I gael gwybod mwy am y gwasanaethau
diweddaraf, ewch i:
www.hafal.org/cymraeg/vale

Hazel Fox - 07989 473 375

Orian Cyswllt

ac ati.
Therapyddion Galwedigaethol, ffrindiau neu berthnasau
cyfeirio gan aelod o'r TIMC, Meddygon Teulu,
Gall cleientiaid a gofaluwr gyfeirio eu hunain, neu gael eu
Trefniadau cyfeirio

Caiff y Rhaglen Adferiad Hafal ym Mro Morgannwg ei
chwyfwyno drwy'r gwasanaethau canlynol:
Gwasanaeth Cefnogi Teulu: mae ein Gwasanaeth Cefnogi
Teulu wedi'i leoli yn y TIMC yn y Barri a Phenarth - yn
benodol, yng Nghanoifan Amy Evans a Hafan Dawel. Mae'r
gwasanaeth hwn yn rhoi'r gefnogaeth fwyaf effeithiol a
phriodol i ofaluwr sy'n gofalu am unigolyn gydag afiechyd
meddwl difrifol, drwy gynig cynhor a gwybodadaeth i ddyn
yn ogystal â mynediad i gefnogaeth ymarferol.

Help gan hafal ym Mro Morgannwg

Help from hafal in Vale of Glamorgan

Hafal's Recovery Programme in the Vale of Glamorgan
is delivered through the following services:

Family Support Service: our Family Support Service is
based in the CMHTs in Barry & Penarth - namely the
Amy Evans Centre and Hafal Dawel. This service
supports carers who are caring for an individual with
severe mental illness in the most effective and
appropriate way, by providing them with advice and
information as well as access to practical and emotional
support.

Referral arrangements

Carers can refer themselves, or be referred by a
member of the CMHT, GP, Occupational Therapist,
friend, relative, etc.

Contact

Hazel Fox - 07989 473 375

For more on the latest services, visit:
www.hafal.org/vale

Rydym yn croesawu pobl gydag afiechyd meddwl difrifol i ymuno
â ni fel aelodau i helpu datblygu a rhedeg yr elusen. Am fwy o
wybodaeth, ewch i: www.hafal.org/cymraeg, neu cyswllt i Hafal a gofyn am ein
ar unrhyw un o'r rhifau a'r cyfeiriadau y tu mewn.

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Rhaglen
Adferiad. Mae'r Rhaglen hon yn galluogi pobl i reoli eu
hadferiad eu hunain. Gyda help staff Hafal, bydd ein cleientiaid
yn creu *Cynllun Adferiad*, gan edrych ar bob rhan o'u bywyd er
mwy nghanod nodau y bobl a all gynnig cefnogaeth
iddyn i gyflawni'r nodau hynny. Yna, mae'n gallu cymryd
agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.
Mae'r dafien hon wedi cael ei datblygu gan Hafal, set setfyddiad
a reolir gan pobl gydag afiechyd meddwl difrifol a'u teuluoedd.

Ynglŷn â hafal
Mae'r dafien hon yn cynnwys:
▶ rhifau cyswllt ar gyfer gwasanaethau cefnogi allweddol
▶ arweiniad i wasanaethau lleol a gynigir gan Hafal
▶ arweiniad i gynllunio eich adferiad.
Mae'r dafien hon wedi cael ei datblygu gan Hafal, set setfyddiad
meddwl difrifol.
Yn y dafien hon, mae gwybodadaeth allweddol am ble i gael
help yn eich ardal chi pan fyddwch chi'n profi afiechyd

afiechyd meddwl difrifol adferiad o Mro Morgannwg cefnogi cleifion a theuluoedd ym

ar gyfer pobl
gydag afiechyd
meddwl difrifol
for people
with severe
mental illness

supporting patients and families in Vale of Glamorgan recovering from severe mental illness

In this leaflet you will find key information on where to get
help in your area when you experience a severe mental
illness.

- This leaflet provides:
- ▶ contact numbers for key support services
 - ▶ a guide to local services provided by Hafal
 - ▶ a guide to planning your recovery.

About hafal

This leaflet has been developed by Hafal, an organisation
managed by people with severe mental illness and their families.

Hafal (meaning 'equal') is the principal organisation in Wales
working with people recovering from severe mental illness and
their families. Our goal is to empower those people to:

- ▶ achieve a better quality of life
- ▶ fulfil their ambitions for recovery
- ▶ fight discrimination
- ▶ enjoy equal access to health and social care, housing, income,
education, and employment.

All of Hafal's services are underpinned by our **Recovery
Programme**. This Programme enables people to manage their own
recovery. With the help of Hafal staff our clients create a
Recovery Plan, looking at all areas of life to identify goals - and
identifying the people who can provide support to them in
achieving those goals. They are then able to take a step-by-step
approach to achieving a better quality of life.

We welcome people with a severe mental illness to join us as
members to help develop and run the charity. For more
information visit: www.hafal.org, or contact us at any of the
numbers and addresses inside.

Contacting hafal

For more information on any of our Vale of Glamorgan
services, or to chat about how we can support you in
your recovery, please contact one of our local staff:

Family Support Worker
Hazel Fox
Hafal
Vale of Glamorgan
c/o Museum of Welsh Life
St. Fagans, Cardiff CF5 6DU
Tel: 029 2056 5959
Mobile: 07989 473 375
Email: valeofglamorgan@hafal.org

Team Leader Shan Davies
mobile: 07866702747

Hafal's Manager for this area is: **Sharon Thomas**
Tel: 01792 816 600 Email: operations@hafal.org

To find out more about Hafal's Recovery Programme
contact Hafal Head Office and ask for our
information guide: "**Recovery: A way forward for
people with a severe mental illness**".

Our contact details
are as follows:

Hafal Head Office
Suite C2
William Knox House
Britannic Way
Llandarcy
Neath SA10 6EL
Tel: 01792 816 600
Fax: 01792 813 056
Email: hafal@hafal.org
www.hafal.org

Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

Pan fydd gennych chi afiechyd meddwl difrifol, mae'n bwysig cadw'n bositif, cadw'n ddiogel a chynllunio eich ffordd tuag at adferiad.

Mae'r daflen hon yn rhoi canllawiau syml i'ch helpu chi i gynllunio ar gyfer y dyfodol, gan eich pwyntio i'r cyfeiriad cywir i ddod o hyd i'r help y byddwch ei angen wrth i chi ddsygu sut i ymdopi a'ch salwch.

Ble rydw i'n dechrau?

Y peth cyntaf i'w wneud - os nad ydych chi wedi gwneud hynny'n barod - yw mynd i weld eich meddyg. Ewch a rhywun arall gyda chi os ydych chi angen cefnogaeth, a gofynnwch am apwyntiad dwbl os ydych chi eisiau mwy o amser i drafod eich salwch. Bydd eich meddyg yn eich helpu chi'n uniongyrchol - neu'n eich cyfeirio ymlaen at wasanaethau iechyd meddwl. Gyda'ch gilydd, byddwch yn penderfynu:

1. Pa feddygiaeth ar gyfer afiechyd meddwl y dylech chi ei gymryd, os o gwbl. Cofiwch: eich dewis chi, yn ogystal â'ch meddyg, yw hyn. Gofynnwch gwestiynau a chael gwybodaeth ar bob un o'r meddygiaethau sydd ar gael, gan gynnwys unrhyw fanylion am ba mor dda y maent yn gweithio, pa mor hawdd ydynt i'w cymryd a'r sgil effeithiau y gallent eu hachosi. Gallwch adolygu eich meddygiaeth gyda'ch meddyg ar ymweliadau yn y dyfodol.
2. Pa driniaethau a therapiau eraill ar gyfer afiechyd meddwl, gan gynnwys cwnsela, seicotherapi a therapi ymddygiad gwybyddol allai fod ar gael. Gallai'r rhain eich helpu yn eich adferiad: gofynnwch i'ch meddyg beth sydd ar gael.

3. Sut y gallwch gynnal a gwella eich iechyd corfforol. Mae'n bwysig eich bod yn gofalu amdanoch eich hun pan fydd gennych chi afiechyd meddwl. Dywedwch wrth eich meddyg am unrhyw broblemau iechyd corfforol sydd gennych.

Pwy ddylwn i gysylltu â?

Eich meddyg lleol.

Dim meddyg? Yna cysylltwch â Bwrdd Iechyd Lleol Bro Morgannwg ar: 029 2035 0600 ac fe allant hwy eich helpu.

Os oes gennych chi afiechyd meddwl difrifol, yna bydd eich meddyg yn aml yn eich cyfeirio at y Tîm Iechyd Meddwl Cymunedol lleol. Eu rhif nhw yw: 01446 733 331 (Y Barri), 029 2071 0203 (Penarth) (efallai y byddant yn eich cynghori i weld meddyg yn gyntaf os nad ydych chi wedi gwneud hynny'n barod). Efallai y bydd y Tîm Iechyd Meddwl Cymunedol yn penodi gweithiwr allweddol i chi a allai fod yn nyrs, yn weithiwr cymdeithasol neu'n rhywun arall o'r tîm fydd yn eich helpu chi ac yn eich cefnogi. Efallai y byddant hefyd yn cynnig Asesiad Unedig Agwedd y Rhaglen Gofal a Chynllun Gofal i chi.

Lle fyddaf i'n byw?

Mae angen i chi wneud yn siŵr fod gennych chi'r lle gorau i fyw sydd ar gael i chi. Gallai hyn olygu gwneud yn siŵr eich bod yn gallu aros yn y lle rydych yn byw ynddo ar y funod, neu gadw eich cartref yn wag os byddwch chi yn yr ystyby am gyfnod - os mai dyna'r peth gorau i chi. Mae yna sefydliadau a all eich helpu i gadw eich tenantiaeth os byddwch ei angen. Efallai y bydd arnoch chi angen help gartref neu dy arbenigol.

Pwy ddylwn i gysylltu â?

Gall y gwasanaeth tai lleol gynnig help a chynghori i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch Swyddog Lleol ar: 01446 709 500 (Gorllewin) neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol lleol ar 01446 733 331 (Y Barri), 029 2071 0203 (Penarth).

Beth am arian neu swydd?

Efallai y bydd materion am arian, gwaith a hyfforddiant ac addysg hefyd yn dod yn bwysig pan fydd gennych chi afiechyd meddwl difrifol. Efallai y byddwch eisiau gofyn cwestiynau, fel:

Oes arnaf i angen cymorth arbenigol i fy helpu i gadw fy swydd?
Sut allaf i wneud yn siŵr fy mod yn cael y budd-daliadau y mae gennyf i hawl iddynt, e.e. nawdd cymdeithasol a budd-daliadau anabledd?
Beth yw'r cyfleoedd ar gyfer astudio?

Pwy ddylwn i gysylltu â?

Am help gyda chwestiynau fel hyn, gallwch ffonio Jobshop Bro Morgannwg ar 0845 600 0345. Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth (0845 120 3756) hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r Ganolfan Dysgu Gydol Oes leol. Eu rhif ffôn yw 01446 709 192.

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffynonellau amlwg o gefnogaeth mewn amseroedd o angen. Yn gyffredinol, mae'n bwysig eich bod yn gofalu am eich bywyd cymdeithasol, gan fod hyn yn eich cadw mewn cysylltiad â phobl - ac nid ydych chi teimlo'n euog am ofyn am help pan fyddwch chi ei angen.

Ein cynghori ni yw eich bod yn meddwl am sut y byddwch yn cynnal pob perthynas. Dylech ystyried hefyd sut y byddwch yn gwneud y pethau rydych chi eisiau eu gwneud: er enghraifft, defnyddio cyfleusterau hamdden neu ddilyn eich hobi neu ddi-ddordebau.

Oes yna help ar gael ar gyfer y person sy'n gofalu amdanaf i?

Gall gofalwyr anffurfiol chwarae rhan bwysig iawn wrth gefnogi unigolyn gydag afiechyd meddwl difrifol. Gallai aelodau o deulu, ffrindiau neu gymdogion fod yn cynnig cefnogaeth: yn aml nid ydynt yn ystyried eu hunain yn ofalwyr. Mae yna wasanaethau ar gael i gefnogi gofalwyr, sydd yn eu tro yn eu helpu nhw i barhau i gynnig y gofal gorau y gallant. Mae Gwasanaethau ar gyfer gofalwyr yn cynnwys cefnogaeth, gwybodaeth, cynghori, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth, cysylltwch â'r Ganolfan Gofalwyr ar 01446 704 604 neu siaradwch â Hafal ar 01446 733 331.



What to do when you've got a severe mental illness

When you have a severe mental illness it's important to remain positive, keep safe and plan your way towards recovery.

This leaflet provides some simple guidance to help you plan ahead, pointing you in the right direction to find the help you need as you learn how to manage your illness.

Where do I start?

The first thing to do - if you haven't already done it - is to go to your doctor. Take someone else with you if you need support, and book a double appointment if you want more time to discuss your illness. Your doctor will help you directly - or refer you on to mental health services. Together you will decide:



1. Which medication for a mental illness you should be prescribed, if any. Remember: the choice is down to you as well as your doctor. Ask questions and get information on each of the medications that are available, including any details about how well they work, how easy they are to take, and the side effects they might have. You can review your medication with your doctor again on future visits.
2. What other treatments and therapies for a mental illness including counselling, psychotherapy and cognitive behavioural therapy may be available. These might help you in your recovery: ask your doctor what's on offer.
3. How you can maintain and improve your physical health. It's important that you look after yourself when you have a mental illness. Tell your doctor about any physical health problems you may have.

Who do I contact?

Your local doctor.

Haven't got a doctor? Then contact the Vale of Glamorgan Local Health Board on: 029 2035 0600 and they will help you.

If you have a severe mental illness then your doctor will often refer you to the local Community Mental Health Team. Their number is: 01446 733 331 (Barry), 029 2071 0203 (Penarth) (they may advise you to see your doctor first if you haven't already). The Community Mental Health Team might assign you a key worker who may be a nurse, social worker or someone else from the team who will help and support you. They may also offer you a Care Plan and Care Programme Approach Unified Assessment.

Where will I live?

You need to make sure that you've got the best accommodation available to you. This might just mean making sure that you can stay where you're living at the moment or keeping your home available if you're in hospital for a while - if that's right for you. There are organisations who can help you to maintain your tenancy if you need it. You might need help at home or specialist housing.

Who do I contact?

The local housing service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: 01446 709 500 or you might want to contact your local Community Mental Health Team on 01446 733 331 (Barry), 029 2071 0203 (Penarth).

What about money or a job?

Issues about money, employment and training and education might also become important when you have a severe mental illness. You might want to ask yourself questions such as:



Do I need specialist support to help me keep my job?
How can I make sure I'm getting the benefits I'm entitled to, e.g. social security and disability benefits?
What are the opportunities for studying?

Who do I contact?

For help with questions such as these you can ring Vale of Glamorgan Jobshop on 0845 600 0345. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau (0845 120 3756) will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact the local Lifelong Learning Centre. Their number is 01446 709 192.

Who else can I get support from?

Your carer, family and friends are obvious sources of support in times of need. In general it is important to look after social life as this keeps you in touch with people - and you don't feel badly about asking for help when you need it.

Our advice is to think about how you will maintain your relationships. Also consider how you will do the things you want: for example, using leisure facilities or following your hobbies or interests.

Is there any help available for the person who cares for me?

Informal carers can play a very important role in supporting an individual with severe mental illness. Family members, friends or neighbours may be providing support; often they don't consider themselves carers. There are services available to support carers which in turn help them to continue to provide care to the best of their ability. Services include carer support, information, advice, counselling, respite services and friendship groups. For more information contact the Carers Centre on 01446 704 604 or talk to Hafal on 01446 733 331.