

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

Dyma ein manylion cyswllt:

I gael gwybod mwy am Raglen Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal a gofynnwch ein harweiniad gwybodaeth: "Adferiad: Ffordd ymlaen ar gyfer pobl gydag afiechyd meddwl difrifol".

Rheolwr Hafal ar gyfer yr ardal hon yw: Sharon Thomas
Ffôn: 01792 816 600 E-bost: operations@hafal.org

Symudol: 07815 565 533
E-bost: blaenugwent@hafal.org

Prosiect Allymesty/Egwyl ar gyfer gofaliwyr
Godwyn Hall
Llanilleth

Malcolm O'Callaghan
Ffôn: 01633 842 266
E-bost: blaenugwent@hafal.org

Arweinydd Arferiad
Robert Place
CASNEWYDD NP19 8EH

Pam Johnson
Ffôn: 07866 702 747
E-bost: blaenugwent@hafal.org

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau ym Mlaenau Gwent, neu i sgwrsio am sut y gallwch ni eich cefnogi yn eich adferiad, cysylltwch ag un o'n staff lleol:

Cysylltu â hafal

I gael gwybod mwy am y gwasanaethau diweddaraf, ewch i:
www.hafal.org/cymraeg/gwent
Mae grŵp Gofaliwyr Blue Heather yn cyfarfod yn Ysbyty Dydd Cru Glas yng Ngilyn Ebwy
cynhaf y mis am 2pm - 4pm

Grŵp Cyfeillgarwch Treddegar: Merch 2pm - 4pm
Grŵp Forget-me Not (Beaufort): Merch 12.00pm - 2pm
Grŵp Manash (Abertillery): Maw 10am - 12noon
Grŵp Cefnogaeth Six Bells: Iau 10.30am - 12.30pm
Grŵp Aber-big (Llanhilledd): Lun/Iau 10am - 12pm
Grŵp Cefnogi Cymunedol y Cwm: Maw 2pm - 4pm

Oriau Agor

Gall gofaliwyr neu glieientiaid gyfeirio eu hunain, neu gael eu cyfeirio drwy eu Meddyg Teulu, Nysr Seiciatrïg Cymunedol, Gweithiwr Cymdeithasol, ffrind neu berthynas, neu unrhyw asiantaeth statudol neu wirfoddol arall.

Trefnidadau cyfeirio

Cefnogaeth gyffredinol: gwybodaeth, arweiniad, gweithgareddau grŵp ac unigol ar sail a gaff ei arwain gan angen, gan amnog grymusrïad.

Prosiect allymesty: yn amnog pobl sydd â phroblemau iechyd meddwl i weithio tuag ta eu hadferiad drwy: fynychnu a chymryd rhan mewn grwpiau cefnogaeth leol, cymryd rhan yn y gwaith o gynllunio gwasanaethau, cymryd rhan mewn adnoddau cymunedol, gan gynnwys gweithgareddau chwaraeon a byw bywyd mwy iach.

Egwyl ar gyfer gofaliwyr: cynnwys person sy'n derbyn gofal mewn gweithgaredd ystyrlon o'u dewis nhw, gan alluogi eu gofaliwr i gael seibiant; ymweliadau cartref alluogi eu gofaliwr i alluogi egwyllia seibiant i ffridd o'r cartref; cefnogaeth i gael gafael ar grwpiau gofaliwyr ac asesiadu gofaliwyr.

Gwent ei chyflwyno drwy'r gwasanaethau canlynol:
Caiff y Rhaglen Adferiad Hafal ym Mlaenau Gwent ei chyflwyno drwy'r gwasanaethau canlynol:

Help gan hafal ym Mlaenau Gwent

Help from hafal in Blaenau Gwent

Hafal's Recovery Programme in Blaenau Gwent is delivered through the following services:

Breaks for Carers: engaging a person being cared for in a meaningful activity of their choice, enabling their carer to have a break; individual home visits, and support to access respite breaks away from the home; support to access carer groups, and carers assessments.

Outreach Project: encouraging people who have mental health problems to work towards their recovery by: attending and participating in one of the local support groups, getting involved in planning of services, participating in community resources including sporting activities, and living a healthier lifestyle.

General support: information, guidance, group and individual activities on a needs-led basis, encouraging empowerment.

Referral arrangements

Carers or clients can refer themselves, or can be referred through their GP, CPN, Social Worker, friend or relative, or any other statutory or voluntary agency.

Opening Hours

- Treddegar Friendship Group: Wed 2pm - 4pm
- Forget-me Not (Beaufort) Group: Wed 12.00pm - 2pm
- Manash (Abertillery) Group: Tue 10am - 12noon
- Six Bells Support Group: Thu 10.30am - 12.30pm
- Aberbeeg (Llanhilleth) Group: Mon/Thu 10am - 12pm
- Cwm Community Support Group: Tue 2pm - 4pm
- Blue Heather Carers group meet at Godwin Hall, Llanhilleth: 1st Thurs of month 2pm - 4pm

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

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 cysylltwch â ni 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 mwyn nodnoddod ydych chi'n dodu hynny. Yna, maent yn gallu cymryd ddynt i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

Mae'r datfai hon wedi cael ei datblygu gan Hafal, set setfyddiad a reolir gan pobl gydag afiechyd meddwl difrifol a'u teuluoedd. Hafal yw'r prif setfyddiad yng Nghymru sy'n gweithio gyda phob sy'n gwellio a afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw rhoi grym i'r bobl hyn i:

Mae'r datfai hon wedi cael ei datblygu gan Hafal, set setfyddiad a reolir gan pobl gydag afiechyd meddwl difrifol a'u teuluoedd.

Ynglyn â hafal

- Mae'r datfai 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 datfai hon yn helpu yn eich ardal chi'n profi afiechyd meddwl difrifol.

afiechyd meddwl difrifol adferiad o Mlaenau Gwent cefnogi cleifion a theuluoedd ym

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

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

supporting patients and families in Blaenau Gwent recovering from serious 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 Blaenau Gwent services, or to chat about how we can support you in your recovery, please contact one of our local staff:

Pam Johnson
Practice Leader
c/o: Maindee Mission
Robert Place
NEWPORT NP19 8EH
Email: newport@hafal.org
Tel: 01633 842 266
Mobile: 07866 702 747

Malcolm O'Callaghan
Outreach Project/Breaks for Carers
Godwin Hall
Commerical Road
Llanilleth
Mobile: 07815 565 533
Email: blaenugwent@hafal.org

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 therapïau 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 Blaenau Gwent ar: 01495 212 112 ac fe allant hwy eich helpu.

Os oes gennych chi afiechyd meddwl difrifol, yna bydd eich meddyg yn aml yn eich cyfeirio at eich Tîm Iechyd Meddwl Cymunedol lleol. Eu rhif nhw yw: 01495 353 700 (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 funud, 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: Abertyleri: 01495 212 112, Y Blaenau a Nant-y-glo: 01495 290 201, Brynmawr: 01495 310 568, Glyn Ebwy: 01495 355 248, Tredegar: 01495 723 774 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol 01495 353 700.

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 Canolfan Byd Gwaith ar Tredegar: 01495 266 500, Glyn Ebwy: 01495 263 000, Brynmawr: 01495 266 400, Abertyleri: 01495 266 600. Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth (Blaenau Gwent 01495 292 659,) hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â Chanolfan Dysgu Gydol Oes Blaenau Gwent. Eu rhif ffôn yw 01495 303 544.

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffrionellau 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 yn 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 siaradwch â Hafal ar 01633 842 266.



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 Blaenau Gwent Local Health Board on: 01495 212 112 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: 01495 353 700 (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: Abertyleri: 01495 212 112, Blaina & Nantyglo: 01495 290 201, Brynmawr: 01495 310 568, Ebbw Vale: 01495 355 248, Tredegar: 01495 723 774 or you might want to contact your local Community Mental Health Team on 01495 353 700.

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 Jobcentre Plus on Tredegar: 01495 266 500, Ebbw Vale: 01495 263 000, Brynmawr: 01495 266 400, Abertyleri: 01495 266 600. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau (Blaenau Gwent 01495 292 659) will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact Blaenau Gwent Learning Action Centre. Their number is 01495 303 544.

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 talk to Hafal on 01633 842 266.