

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

- ▶ gael gwell ansawdd o fywyd
- ▶ cyflawni eu huchelgeisiau ar gyfer adferiad
- ▶ brwdr ym erbyn gwahanuadethu
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyflogaeth.

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 adnabod nodau y bobl a all gynnig cefnogaeth iddynt i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

Rydym yn croesawu pobl gydag afiechyd meddwl difrifol i ymuno â ni fel aelodau i helpu datblygu a rheoleg 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.

Ynglŷn â hafal

- ▶ arweiniad i gynllunio eich adferiad.
- ▶ arweiniad i wasanaethau lleol a gynigir gan Hafal
- ▶ rhifau cyswilt ar gyfer gwasanaethau ceffnogi allweddol

Mae'r datfen hon yn cynnwys:

- ▶ rhifau cyswilt ar gyfer gwasanaethau ceffnogi allweddol
- ▶ arweiniad i gynllunio eich adferiad.

Mae'r datfen hon, mae gwlybodaeth allweddol am ble i gael help yn eich ardal chi pan fyddwch chi'n profi afiechyd meddwl difrifol.

afiechyd meddwl difrifol
adferiad o Nghaerffili
 ceffnogi cleiton a theuluoedd yng hafal

an gyfer pobl gydag afiechyd meddwl difrifol
 for people with serious mental illness

Caiff y Rhaglen Adferiad Hafal yng Nghaerffili ei chyflwyno drwy'r gwasanaethau canlynol:

Trin Hyder
 Prosiect garddio yn seiliedig yng Nghaerffili yw hwn. Prif gyfarhebu. Mae yno hefyd swyddfa ble y gall cleientiaid ddysgu sgiliau derbynfa, cyfrifiadurol a gweinyddol.

Hafal Aberbargoed
 Ymysg y cyfleoedd lawer sydd ar gael yma, mae gwaith coed, sgiliau swyddfa a gweinyddol. Mae gan y safle weithdy mawr, llawn cyfarpar Llyn-gwen 9.30am - 3.30pm

Canolfan Adnoddau a Arweiniwr gan ddeffnyddwyr Coed Duon
 Yn seiliedig ym mhiri stryd Coed Duon, mae'r ganolfan hon yn cynnig amrediad eang o gymorth gan weithwyr profesiynol o wahanol feysydd. Mae'r gwasanaethau cynnig yn cynnwys tai, eiriolaeth, grŵp merched, budd-daliadau a chyfreithiwr sy'n arbenigo mewn Tychyd Meddwl.

Llyn-gwen 10.00am - 4.00pm
 Yn seiliedig yn Hafal Aberbargoed, a hefyd yn cael ei alw'n Cefnogaeth Teulu Caerffili, mae wedi'i anelu'n benaf at ofalwyr pobl gydag afiechyd meddwl difrifol. Mae'r gwasanaeth hwn yn anelu at gynnig cyngor i ofalwyr ar amrediad o faterion.

Seibiant Caerffili
 Llyn-gwen 10.00am - 4.00pm

Gwasanaeth Ymyrraeth Gynnar Caerffili
 Yn seiliedig yn Hafal Coed yn Coed Duon, mae hwn yn wasanaeth iechyd meddwl oedolion amlddisgyblaethol, aml-astiantaeth sy'n cynnig gofal yn y gymuned i oedolion gyda seicosis a'u teuluoedd sy'n byw yn ardal Brwdeistref Stryd Meddyg Teulu - rhaid i asesiad risg gael ei gynnal ar gyfer pob cyfeiriad.

Eiriolaeth Gofalwyr
 Mae'r prosiect eiriolaeth gofalwyr yn seiliedig yn Hafal Aberbargoed. Gall ein Heiriolwyr eich ceffnogi mewn sefyllfaoedd fel cyfarfoddd Adran 117, asesiadau cymdeithasol, Trefnwysoedd Tychyd Meddwl a chyfarfoddd eraill amlddisgyblaethol.

Trefniadau Cyfeirio
 Gweithiwr cymdeithasol, Nyls Seiciatrig Gymunedol, TIMC, Meddyg Teulu - rhaid i asesiad risg gael ei gynnal ar gyfer pob cyfeiriad.

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

Cysylltu â hafal

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau yng Nghaerffili, neu i sgwrsio am sut y gallwn ni eich ceffnogi yn eich adferiad, cysylltwch ag un o'n staff lleol:

Hafal Aberbargoed
 Ffôn: 01443 879725
 E-bost: hyderus@hafal.org

Hafal - Trin Hyder
 49 Heol Sant Martin
 Caerffili CF83 1EG
 E-bost: trinhyder@hafal.org

Canolfan Adnoddau Hafal Y Coed Duon
 54 Stryd Fawr
 Y Coed Duon NP12 1BA
 Symudol: 07973427458
 E-bost: blackwood@hafal.org

Gwasanaeth Ymyrraeth Gynnar Caerffili
 Graham Johnstone
 Symudol: 07814 756 484
 Eiriolaeth Gofalwyr
 Marie Wood
 Symudol: 07967 320 382

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

I gael gwybod mwy am Raglen Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal, Llandarcy, Ffordd Britannic Ty William Knox Ystafell C2
 Prif Swyddfa Hafal
 Dyma ein manylion cyswilt:
 Ffôn: 01792 816 600
 Castell-nedd SA10 6EL
 Ffôn: 01792 813 056
 E-bost: hafal@hafal.org
www.hafal.org/cymraeg

Rhif Elusen: 1093747

www.hafal.org/cymraeg

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

supporting patients and families in **Caerphilly** 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 serious 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 serious mental illness and their families.

Hafal (meaning 'equal') is the principal organisation in Wales working with people recovering from serious 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 serious 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.

Help from hafal
 in Caerphilly

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

Trin Hyder
 This is a garden project based in Caerphilly. The main purpose of the project is to prepare plants, hanging baskets etc. for sale to the general public which builds on confidence and communication skills. There is also an office where clients can learn reception, computer and administrative skills.

Hafal Aberbargoed
 Amongst the many opportunities available here are carpentry, office and administration skills. The site boasts a large well fitted workshop
 Mon-Thurs 9.30am - 3.30pm

Blackwood User-led Resource Centre
 Based in the main Street of Blackwood this centre provides a wide scope of help by professionals from their given field. Included in these advice services are housing, advocacy, a Woman's Group, benefits and a solicitor who specialises in Mental Health.
 Mon-Fri 10.00am - 4.00pm

Caerphilly Seibiant
 Based in Hafal Aberbargoed and also known as Caerphilly FamilySupport, it is primarily for carers of people with serious mental illness. This service aims to provide advice to carers on a broad range of issues.
 Fri 9.30am - 3.30pm

Caerphilly Early Intervention Service
 Based in Hafal Coed in Blackwood this is a multi-disciplinary, multi-agency adult mental health service which provides care in the community for adults with psychosis and their families living in Caerphilly County Borough. This service offer crisis support and preventive work.

Carers Advocacy
 The Carers advocacy project is based in Hafal Aberbargoed.

Our Advocate can support you in areas such as Section 117 meetings, social services assessments, Mental Health Tribunals and other multi-disciplinary meetings

Referral arrangements
 Social worker, CPN, CMHT, GP - all referrals must be accompanied with a risk assessment.

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

Contacting hafal

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

Hafal Aberbargoed
Nyree George - Practice Leader
 Unit 10, St Margaret's Park
 Pengam Rd
 Aberbargoed CF81 9FW
 Tel: 01443 879725

Email: hyderus@hafal.org
Hafal Trin Hyder
 49 St Martins Road
 Caerphilly CF83 1EG
 Tel: 02920 584 315

Email: trinhyder@hafal.org
Hafal Blackwood Resource Centre
 54 High Street
 Blackwood NP12 1BA
 Tel: 07973427458

Email: blackwood@hafal.org
Caerphilly Early Intervention Service
Graham Johnstone
 Mobile: 07814 756 484

Carers Advocacy
Marie Wood
 Mobile: 07967 320 382

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 serious 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
 Charity Number: 1093747

www.hafal.org

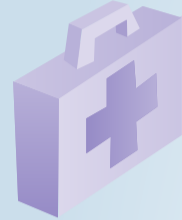
Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

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:



- 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.
- 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.
- 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 Caerffili ar: 01495
241 200 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: 01633 618 045 (Dwyrain), 01443 828 700 (Gogledd), 029 2086 2035 (De) (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 siwr fod gennych chi'r lle gorau i fyw sydd ar gael i chi. Gallai hyn olygu gwneud yn siwr 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 ysbyty 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 chyngor i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: 01443 863 044 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol lleol ar 01633 618 045 (Dwyrain), 01443 828 700 (Gogledd), 029 2086 2035 (De).

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 0844 477 2020. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cyngor ar Bopeth 01443 878 053 (Bargoed), 029 2088 8440 (Caerffili), 01633 615 780 (Risca) hefyd yn gallu cynnig gwybodaeth a chyngor i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r Ganolfan Dysgu Gydol Oes leol. Eu rhif ffôn yw 01443 863 238

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffrindiau 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 cyngor 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 diddordebau.

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, cyngor, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch.

Am fwy o wybodaeth siaradwch â Hafal ar 01443 873 786.



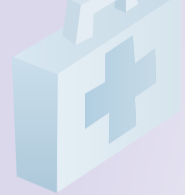
What to do when you've got a serious mental illness

When you have a serious 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:



- 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.
- 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.
- 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
Caerphilly Local Health Board on: 01495 241 200
and they will help you.

If you have a serious mental illness then your doctor will often refer you to the local Community Mental Health Team. Their number is: 01633 618 045 (East), 01443 828 700 (North), 029 2086 2035 (South) (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: 01443 863 044 or you might want to contact your local Community Mental Health Team on 01633 618 045 (East), 01443 828 700 (North), 029 2086 2035 (South).

What about money or a job?

Issues about money, employment and training and education might also become important when you have a serious 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 0844 477 2020. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau 01443 878 053 (Bargoed), 029 2088 8440 (Caerphilly), 01633 615 780 (Risca) 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 01443 863 238.

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 serious 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 01443 873 786.

