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Prif Swyddfa Hafal

Dyma ein manylion cyswilt:  
harweiniad gwyboddeith: "Adferiad: Ffordd ymlaen ar gyfer pobl gydag afiechyd meddwl difrifol".  
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RHYL LL18 3EU  
Ffordd Beechwood  
c/o: Hafod  
Cydllynydd Cefnogaeth Teulol  
Caroline Jones

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau yn Sir Ddinbych, neu i sgwrsio am sut y gallwn ni eich cefnogi yn eich adferiad, cyswiltwch ag un o'n staff lleol:

## Cysylltu â hafal

## Help gan hafal yn Sir Ddinbych

Caiff y Rhaglen Adferiad Hafal yn Sir Ddinbych ei

chyllwyo drwy'r gwasanaethau canlynol:

Cefnogaeth ar gyfer gofalwyr: helpu teuluoedd sy'n

gofalu am unigolion gydag afiechyd meddwl difrifol yn y

ffordd fwyaf priodol ac effeithiol posibl - yn bennaf

drwy gynig y cynnogaeth orau posibl i ddyn.

Grwpiau gofalwyr: Llyfdd i ofalwyr ddod at ei gilydd i

rannu syniadau a phrofiadau, fforymau ar gyfer trafod a

chael clywed siaradwyr gwadd ar: feddgyngiaeth, rheoli

dyled, hawliau lles, taliadau uniongyrchol, cynrychiolaeth

gofalwyr, setyldadau gwirfoddol, seicoleg.

Egwylliau ar gyfer gofalwyr: amser allan i ar l, boreau

coffi, cinio gofalwyr, grwpiau gofalwyr.

### Cefnogaeth gyffredinol yn cynnwys:

gwyboddeith: cynngor: cyswilt gyda gwasanaethau

gwirfoddol a statudol eraill: cymorth gyda chael gafael

ar weithwyr profesiynol ar gyfer trafodaeth.

### Trefniadau cyfeirio

Gall cleientiaid gyfeirio eu hunain neu gael eu cyfeirio

gan ffrind, perthynas, Meddyg Teulu, gweithiwr

cymdeithasol, Myrs Seiciatrïg Cymunedol, ac ati.

### Oriau Agor

Llun-Gwen

Cymorth Gofal Tenantiaeth Difrifol:

Cymorth tenantiaeth dwys i helpu unigolion sydd i'w

rhyddhau o gymorth gofal difrifol. Bydd cymorth yn cael

ei gynig yn y cyfnod rhyddhau cynlluniedig ar staffio 1:1

neu 1:2. Bydd y cymorth dwys ar gael am gyfnod hyd at

### Dull Cyfeirio:

Mae cyfeiriadau yn cael eu gymryd ar gyhwyn y broses

rhyddhau cynlluniedig. Gymerir cyfeiriadau drwy

cydlynwyr CPA o dimoedd iechyd meddwl cymunedol yn

ardal Sir Ddinbych.

Oriau Agor: Amser hysbys yn dibynnu ar angen yr

unigolion

I gael gwybod mwy am y gwasanaethau

diweddaraf, ewch i:

www.hafal.org/cymraeg/denbighshire

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](http://www.hafal.org/cymraeg), neu cyswiltwch 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  
mwy nghanod bod y bobl a all gynnig cefnogaeth  
iddym i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd  
ogwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

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

- gael gwell ansawdd o fywyd
- cyflawni eu huchelgaisiau ar gyfer adferiad
- brwdro yn erbyn gwahaniaethu
- mwyhau mynediad cyfartal i wasanaethau iechyd a gofal
- cymdeithasol, tai, incwm, addysg a chyflogaeth.

### Ynglŷn â hafal

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

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

# afiechyd meddwl difrifol

## Sir Ddinbych

adferiad o

cefnogi cleifion a theuluoedd yn

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

ar gyfer pobl  
gydag afiechyd  
meddwl difrifol

# hafal

for people  
with serious  
mental illness

## supporting patients and families in Denbighshire 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](http://www.hafal.org), or contact us at any of the numbers and addresses inside.

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## Help from hafal in Denbighshire

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

**Carer Support:** helping families who care for individuals with serious mental illness in the most appropriate and effective way possible - largely by providing them with the best advice and information.

**Carer Groups:** Venues for carers to get together to share ideas and experience, forums for discussion and access to guest speakers on: medication, debt management, welfare rights, direct payments, carer representation, voluntary organisations, psychology and therapeutic leisure pursuits.

**Breaks for Carers:** 1:1 time out, coffee mornings, carer lunches, carer groups.

**General Support including:** information; advice; contact with other voluntary services, statutory services; assistance with accessing professionals for 1:1 discussion; advocacy.

### Referral arrangements

Clients can refer themselves, or be referred by a friend, relative, GP, social worker, CPN, etc.

### Opening Hours

**Mon-Fri** 9am-5pm  
**Acute Care Tenancy Support:**

Intensive tenancy support to help individuals about to be discharged from Acute Care. Support will be provided on the point of planned discharge to overcome delays of move on. 1:1 or 1:2 staffing providing intensive support for a 6 month maximum period.

### Referral Method:

Referrals taken upon commencement of planned discharge process. Referrals taken via CPA coordinators, from community mental health teams in the Denbighshire area.

**Opening Hours: Flexible time based on individual need**

For more on the latest services, visit:  
[www.hafal.org/denbighshire](http://www.hafal.org/denbighshire)

## Contacting hafal

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

**Caroline Jones**  
Family Support Coordinator  
c/o: Hafod  
Beechwood Road  
RHYL LL18 3EU  
Tel: 01745 443 050  
Mobile: 07973 270836.  
Email: [denbighshire@hafal.org](mailto:denbighshire@hafal.org)

**Samantha Eyre**  
Family Support Coordinator  
Oakleigh Community Health Team  
Abbey Road  
Llangollen LL20 8SS  
Mobile: 07792 120606

**Acute Care Tenancy Support**  
**Elen Jones**  
Tel: 07800875413  
**Judith Roby**  
Tel: 07814872102  
**Stephen Mills**  
Tel: 07969099404  
5 Rhiw Road  
Colwyn Bay  
Conwy LL29 7TF  
Telephone 01492 533331  
email [acts@hafal.org](mailto:acts@hafal.org)

Hafal's management for this area is provided by  
**Teresa Petrykowski & Janet Randles**  
Tel: 01492534769

Email: [northwales@hafal.org](mailto:northwales@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](mailto:hafal@hafal.org)  
[www.hafal.org](http://www.hafal.org)  
Charity Number: 1093747

# 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 Sir Ddinbych ar: **01745 582 721** 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: **01978 860 707 (Oakleigh), 01745 443 050 (Rhuddlan), 01745 813 138 (Tîm Dyffryn Clwyd)** (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 fo'd 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 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: **01824 712 950** neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol** ar **01978 860 707 (Oakleigh), 01745 443 050 (Rhuddlan), 01745 813 138 (Tîm Dyffryn Clwyd)**.

## 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 cymôrth arbenigol i fy helpu i gadw fy swydd?  
Sut allaf i wneud yn siwr 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 Waith** ar **01745 455 900**. Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth **01745 814 336 (Denbych), 01978 860 983 (Llangollen), 0870 126 4070 (Rhyl), 01824 703 483 (Ruthin), 01824 707 363 (Corwen)** hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â **Coleg Llandrillo**. Eu rhif ffôn yw **01492 546 666**.

## 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 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 ddiddordebau.

### 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 **01745 443 050**.



# 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:



- 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.

Haven't got a doctor? Then contact the **Denbighshire Local Health Board** on: **01745 582 721** and they will help you.

### Who do I contact?

Your local doctor.

If you have a serious mental illness then your doctor will often refer you to the **local Community Mental Health Team**. Their number is: **01978 860 707 (Oakleigh), 01745 443 050 (Rhuddlan), 01745 813 138 (Tim Dyffryn Clwyd)** (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.

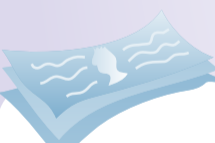


### Who do I contact?

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: **01824 712 950** or you might want to contact your **local Community Mental Health Team** on **01978 860 707 (Oakleigh), 01745 443 050 (Rhuddlan), 01745 813 138 (Tim Dyffryn Clwyd)**.

## 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** on **01745 455 900**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau** **01745 814 336 (Denbigh), 01978 860 983 (Llangollen), 01745 334 568 (Rhyl), 01824 703 483 (Ruthin), 01824 707 363 (Corwen)** will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact **Coleg Llandrillo**. Their number is **01492 546 666**.

## 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:

### 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 **01745 443 050**.

