

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

► mwyhau mynediad cyfartal i wasanaethau iechyd a gofal
 ► brwdro yn erbyn gwahaniantau
 ► cyflawni eu huchelgeisiau ar gyfer adferiad
 ► gael gwell ansawdd o fywyd
 rholi grym i'r bobl hyn i:

Hafal yw'r prif setylliad yng Nghymru sy'n gweithio gyda phobl sy'n gwellio afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw a reoli'r gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd.

Ynglŷn â hafal

Mae'r datfen hon wedi cael ei datblygu gan Hafal, set setylliad a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd.

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

Mae'r datfen hon yn cynnwys:

meddwl difrifol.
 help yn eich ardal chi pan fyddwch chi'n profi afiechyd

afiechyd meddwl difrifol

Sir Fynwy
adferiad o
 cefnogi cleifion a theuluoedd yn

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

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

Dyma ein manylion cyswllt:
 ar gyfer pobl gydag afiechyd meddwl difrifol".
 harweiniad gwdbodwch: "Adferiad: Ffordd ymlaen
 cysylltwch â Phrif Swyddfa Hafal a gofyn am ein
 I gael gwbod mwy am Raglen Adferiad Hafal,
 Rheolwr Hafal ar gyfer yr ardal hon yw: **Sharon Thomas**
 Ffôn: 01792 816 600 E-bost: operations@hafal.org

Pam Johnson
 Arweinydd Adferiad
 Symudol: 07866 702 747
 Symudol: 07866 702 747
 Cwrt Llanarth, Brynbuga
 Symudol: 07866 702 747
 Symudol: 01873 841259 / 07814 756484
 E-bost: monmouthshire@hafal.org

Egwyliau ar gyfer Gofalwyr
Graham Hurley
 Probert Place
 CASNEWYDD NP19 8EH
 Ffôn: 01633 842 266
 Symudol: 07779 018 079

Egwyliau ar gyfer Gofalwyr
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 Ffôn: 01633 842 266
 Symudol: 07779 018 079

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

Cysylltu â hafal

I gael gwbod mwy am y gwasanaethau diweddaraf, ewch i:

www.hafal.org/cymraeg/monmouthshire

Bydd y **Grŵp Gofalwyr yn cyfarfod ar ddydd Mercher** o 10.30am - 12.30pm

Oriau Agor

Gall gofalwyr gyfeirio eu hunain neu gael eu cyfeirio gan eu Meddy Teulu, Nyls Seiciatrïg Cymunedol, Therapïdd Galwedigaethol, Gweithiwr Cymdeithasol, ffrind neu berthynas, neu unrhyw asiantaeth statudol neu wirfoddol arall. Gellir gwneud hyn dros y ffôn, ar ffurfien gyfeirio, mewn llythyr, ar ymweiliad ac ati.

Trefniadau cyfeirio

Adfocataeth ysbty: adfocataeth annibynnol ar gael ar Ward y Merched, Ysbty Cwrt Llanarth

Cefnogaeth gyffredinol yn cynnwys: gwdbodwch, arweiniad, llinell gymorth ffôn, ymgyswllt, a chael gafael ar asesuadau gofalwyr

Egwyliau ar gyfer Gofalwyr: cefnogi gofalwyr yn eu rôl drwy gynniig grŵp hunangymorth ar gyfer gofalwyr, ymweiliadau unigol, a'u hannog i gymryd egwyliau a seibiant byr.

Caiff y Rhaglen Adferiad Hafal yn Sir Fynwy ei chyflwyno drwy'r gwasanaethau canlynol:

Help gan hafal yn Sir Fynwy

Help from hafal in Monmouthshire

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

Breaks for Carers: supporting carers in their role by providing a self-help carers group, individual visits, and encouraging and accessing respite and short breaks.

General Support including: information, guidance, telephone helpline, befriending, and accessing carers assessments.

Hospital advocacy: independent advocate available at Llanarth Court Hospital and male wards at Aderyn.

Referral arrangements

Carers can refer themselves or can be referred by a GP, CPN, OT, Social Worker, friend or relative, or any other statutory or voluntary agency. This can be done by telephone, referral form, letter, visit etc.

Opening Hours

Carers group meet on last Wed of each month at Chepstow Community Hospital 10.30am - 12.30pm

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

Contacting hafal

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

Hospital Advocacy Project
 Llanarth Court, Usk
Tony Eze: 01873 841259 / 07814 756484
 Email: monmouthshire@hafal.org

Pam Johnson
Practice Leader
 mobile: 07866 702 747

Graham Hurley
Breaks for Carers
 c/o: Maindee Mission
 Probert Place
 NEWPORT NP19 8EH
 Tel: 01633 842 266
 Mobile: 07779 018 079

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

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

supporting patients and families in

Monmouthshire 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.

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 ddysgu 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 Fynwy** ar: **01600 710 000** 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: **01873 700 592 (gogledd)**, **01291 636 700 (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 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.

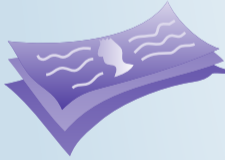


Pwy ddylwn i gysylltu â?

Gall y gwasanaeth tai lleol gynnig help a chynghori i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: **01495 761 100 (gogledd)**, **01291 426 415 (de)**. neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol** ar **01873 735 500 (gogledd)**, **01291 636 700 (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 anabled?
Beth yw'r cyfleoedd ar gyfer astudio?

Pwy ddylwn i gysylltu â?

Am help gyda chwestiynau fel hyn, gallwch ffonio **Canolfan Byd Gwaith** ar **01873 303 815 (Trefynwy/Abergavenny)**. Byddant yn rhoi cynghori am arwybiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor** ar **Bopeth 0844 477 2020** hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â **Choleg Gwent**. Eu rhif ffôn yw **01495 333 333**.

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 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 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.

Who do I contact?

Your local doctor.

Haven't got a doctor? Then contact the **Monmouthshire Local Health Board** on: **01600 710 000** 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: **01873 735 500 (north)**, **01291 636 700 (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: **01495 761 100(north)**, **01291 426 415 (south)**. or you might want to contact your local **Community Mental Health Team** on **01873 735 500 (north)**, **01291 636 700 (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 **01873 303 815 (Monmouthshire/Abergavenny)**, **01291 303 305 (Chepstow)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau 0844 477 2020** will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact **Coleg Gwent**. Their number is **01495 333 333**.

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 **01633 842 266**.