

Mae'r datfenn hon wedi cael ei datblygu gan Hafal, set setydlid a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd. Hafal yw'r prif setydlid yng Nghymru sy'n gweithio gyda phobol sy'n gwellio a 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
- ▶ bwrwro yn erbyn gwahanaiâu
- ▶ 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 nodweddau a'u bod i all gynnig ceffnogaeth diddymr i gyflawni'r nodau hynny. Yna, maent yn gallu cynryddio 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 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.

Ynglŷn â hafal

- ▶ arweiniad i gynllunio eich adferiad.
- ▶ arweiniad i wasanaethau lleol a gynigir gan Hafal
- ▶ rhifau cyswilt ar gyfer gwasaanaethau ceffnogi allweddol
- ▶ arweiniad hon yn cynnwys:

Mae'r datfenn hon wedi cael ei datblygu gan Hafal, set setydlid meddwl difrifol.

Yn y datfenn hon, mae gwysbodaeth allweddol am ble i gael help yn eich ardal chi pan fyddwch chi'n profi afiechyd meddwl difrifol.

Sir Bentrô
adferiad o
afiechyd meddwl difrifol

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

ceffnogi cleffton a theuluoedd yn adferiad o

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

Dyma ein manylion cyswilt:

I gael gwobod mwy am Raglen Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal a gofyn am ein harweiniad gwysbodaeth: "**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

Ffôn: 01437 765 961
 Ffôn: 01834 844 177
 Symudol: 07974 579 655
 E-bost: tri@hafal.org

Rhiannon Luke
Arweinydd Tim
 Menter Adnoddau Dinbych-y-pysgod
 St. Asaph
 Ffordd Trafalgar
 DINBYCH-Y-PYSGOD SA70 7DN

Ffôn: 01437 765 961
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Cysylltu â hafal

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

Caiff y Rhaglen Adferiad Hafal yn Sir Bentrô ei chyflwyno drwy'r gwasaanaethau canlynol:

Menter Adnoddau Dinbych-y-pysgod: mae'r prosiect yn cynnig gwysbodaeth am wasanaethau Hafal yn yr ardal a all helpu datrys problemau, a rhoi mynediad i gyngor a grwpiau ceffnogi cilyddol.

Cyfeirio: Cyfeirio gan Ofalwyr, TIMC neu Hunangyfeirio

Ar agor: Cyffwrdd: Lun, Merch, Gwên 9.30am-3.30pm Sad 10am-1pm
 Grŵp Merched: Maw 10am-1pm
 Grŵp Dynion: Gwên 7pm-9.30pm

Canolfan Galw Hebio Narberth: Mae hwn yn grŵp hunan-gymorth cryf lle y gall unigolion ddatblygu a dysgu sgiliau drwy weithgareddau a chymdeithasau. Bob yn ail ddydd Iau, bydd gweithgareddau cerddoriaeth a cheif ym cael eu cynnal, a staradwyr gwadd yn mynychu'n rheolaidd. Ar ddydd Iau, cynhelir clwb gwaed yn mynychu'n rheolaidd.

Cyfeirio: Gellir cael cyfeiriadau gan y TIMC neu o'r prosiect Seibiant.

Tŷ Hafal: Mae'r prosiect yn cynnig tai a chymorth ar gyfer pum cleient. Mae Tŷ Hafal yn cynnig lefel brodol o gefnogaeth ar gyfer tenantsiaid 7 diwrnod yr wythnos. Bydd oriau staff yn hyblyg er mwyn bodloni anghenion y tenantsiaid.

Cyfeirio: I reolir y prosiect.

I gael gwobod mwy am y gwasaanaethau diweddaraf, ewch i:
www.hafal.org/cymraeg/pembrokeshire

Help gan hafal
 yn Sir Bentrô

Help from hafal
 in Pembrokeshire

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

Tenby Resource Initiative: the project provides information about Hafal services in the area that can help problem solve, and gives access to advice and mutual support groups.

Referral: Referral by Carers, CMHT or Self Referral.
Open: General: **Mon, Wed, Fri** 9.30am-3.30pm **Sat** 10am-1pm
 Women's Group: **Tues** 10am-1pm;
 Men's Group: **Fri** 7pm-9.30pm

Narberth Drop-in: This is a strong self-help group where individuals can develop and learn skills via activities and socialising. Every other Thursday there are music and art activities to take part in, and guest speakers attend frequently. On Thursdays there is also lunch club.

Referral: Referral by Carers, CMHT or Self Referral
Open: **Tues** 2pm-5pm **Thurs** 10am-3pm

Seibiant: Support is provided via the Women's Group held at Tenby Resource Initiative on Tuesday mornings or on a one to one basis by appointment. The Seibiant short break service is a supporting scheme available to Carers of those affected by a serious mental illness.

Referral: Referral can from the CMHT or Carer.

Supporting People: Hafal provides support that is flexible enough to meet the needs of each individual to enable them to maintain their tenancies, preventing homelessness and admission to hospital.

Referral: Referral can be from the CMHT or the Seibiant project.

Tŷ Hafal: The project provides supported accommodation for five clients. Tŷ Hafal offers the appropriate level of support to tenants 7 days a week. Staff hours will be flexible to the needs of the tenants.

Referral: To project manager.

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

Contacting hafal

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

Rhiannon Luke
Team Leader
 Tenby Resource Initiative
 St. Asaph
 Trafalgar Road
 TENBY SA70 7DN

Tel: 01437 765 961
 Tel: 01834 844 177
 Mobile: 07974 579 655
 Email : tri@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 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

supporting patients and families in **Pembrokeshire** 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 Benfro ar: 01437 771 220 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: 01437 773 157 (Gogledd), 01437 774 043 (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.

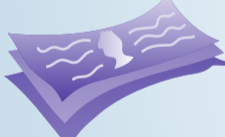


Pwy ddylwn i gysylltu â?

Gall y gwasanaeth tai lleol gynnig help a chynghori i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: 01437 763 688 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol ar 01437 773 157 (Gogledd), 01437 774 042 (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 gennych 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 01437 823 200 (Hwlfordd), 01646 483 400 (Pembroke Dock). Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth 0845 1202 939 (Hwlfordd), 01646 683 805 (Pembroke Dock) 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 01239 831 504.

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, cysylltwch â'r Ganolfan Gofalwyr ar 01437 764 639 neu siaradwch â Hafal ar 01437 765 961.



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 Pembrokeshire Local Health Board on: 01437 771 220 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: 01437 773 157 (North), 01437 774 043 (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: 01437 763 688 or you might want to contact your local Community Mental Health Team on 01437 773 157 (North), 01437 774 042 (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 01437 823 200 (Haverfordwest), 01646 483 400 (Pembroke Dock). They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau 0845 1202 939 (Haverfordwest), 01646 683 805 (Pembroke Dock) 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 01239 831 504.

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 contact the Carers Centre on 01437 764 639 or talk to Hafal on 01437 765 961.

