

www.hafal.org/cymraeg

e-bost: hafal@hafal.org
Ffacs: 01792 813 056
Ffôn: 01792 816 600

Castell-nedd SA10 6EL

Llandarcs!
Ffordd Britannic

Ty William Knox
Ystafell C2

Prif Swyddfa Hafal

Dyma ein manylion cyswilt:
ar gyfer pobl gydag afiechyd meddwl difrifol.
harweiniad gwyboddeith: "Adferiad: Ffordd ymlaen

I gael gwybod mwy am Raglein Adferiad Hafal,
cyswiltwch â Phrif Swyddfa Hafal a gofyn am ein
Rheolwr Hafal ar gyfer yr ardal hon yw: Sharon Thomas

Ffôn: 01792 816 600 E-bost: operations@hafal.org

Llety â Chymorth Craidd a Chlwtwr

Pen-y-bont ar Ogwr CF31 4AX

Ffôn/Ffacs: 01656 767038

Ffôn: 01656 723 187

CF32 9BS

PEN-Y-BONT AR OGWR

Ffordd y Bryn, Tondu

Canolfan Menter Tondu

Uned 49

Pen-y-bont ar Ogwr Arweinydd Arferiad

Keith Jones

un o'n staff lleol:

gallwn ni eich cefnogi yn eich adferiad, cyswiltwch ag

ym Mhen-y-bont ar Ogwr, neu i sgwrsio am sut y

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau

Cysylltu â hafal

dros adferiad o afiechyd meddwl difrifol hafal for recovery from serious mental illness

supporting patients and families in

Bridgend

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.



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Canod y cyhoeddiad hwn ei gynhyrchu gan Hafal, yn defnyddio grant addysgol gan AstraZeneca Ltd.

www.hafal.org/cymraeg/bridgend
I gael gwybod mwy am y gwasanaethau
Pat Nolan - Ffôn: 07702 886 963
Sad-Sul 10am-2pm
Llun-Gwen 5pm-8pm

Llinell gymorth y tu allan i oriau
Prosiect Cyflogaeth
Llun-Gwen 9am-3pm
Llun-Gwen 9am-5pm
pob gwasanaeth arall

Oriau Agor
Mae'r gwasanaeth hwn yn cynnig dull aml-asiataeth i'r

Trefniadau cyfeirio
Sian Jenkins - Ffôn: 07967 329 401
natblygiad gwasanaethau.

Gofalwyr: Mae'r gwasanaeth hwn yn grymu defnyddwyr
Ewasanaeth Cyfranogi i Ddefnyddwyr Ewasanaethau a

Prosiect Tai a Chymorth: I ddarparu llety wedi ei ranu a'i
gefnogi ar gyfer Oedolion yn ystod salwch iechyd meddwl

Arweinydd Arferiad - Pat Nolan - Ffôn: 07702 886 963
cyswiltwch gydag eraill dros y ffôn, geirioleat,
cyfarfoddydd cyswilt i ofalwyr, cadw mewn

Ewasanaeth Cymorth i Deuluoedd: cymorth mewn argyfwng,
ymweiliadau â'r cartref, llinell gymorth y tu allan i oriau arferol,

Hfforddiant Cyflogaeth a gweithgareddau yn cynnwys:
hyfforddiant cyfrifiadurol, sgiliau Technoleg Gwybodaeth,

Caiff y Raglein Adferiad Hafal ym
Mhen-y-bont ar Ogwr ei chyflwyno drwy'r
gwasanaethau canlynol:

Help gan hafal

ym Pen-y-bont ar Ogwr

Help from hafal in Bridgend

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

Employment Training and activities including: computer training, IT skills, office practice, life skills, Printing Department, I.T manufacture&repair, basic literacy and numeracy skills.

Family Support Service: support in a crisis, home visits, out-of-hours helpline, carers support group, carers computer classes, carers link meetings, contact with others by phone, advocacy,
Practice Leader - Pat Nolan - Telephone: 07702 886 963

Supported Housing Project: To provide shared and supported accommodation for Adults during serious mental illness who need medium level of support with help in their recovery

Breaks for Carers: the service provides carers with a short break package suited to their individual needs, in conjunction with a service support package tailored to the needs of the individual who is being cared for.

Service User and Carer Participation Service: This service empowers service users and carers to participate meaningfully in the development of services.
Sian Jenkins - Telephone: 07967 329 401

Referral arrangements: The service offers a multi agency approach to referrals; referrals can also be made from CMHTs, carers, GPs or family members. This excludes the employment project, which only accepts referrals from A.R.C Day Services, Bridgend.

Opening Hours

Table with 2 columns: Service and Hours. Includes Employment Project, All other services, Out of hours helpline, and Pat Nolan contact info.

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

Contacting hafal

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

Keith Jones
Bridgend Practice Leader

Unit 49
Tondu Enterprise Centre
Bryn Road, Tondu
BRIDGEND

CF32 9BS
Tel: 01656 729 191
Fax: 01656 723 187

mobile: 07866 844 766

Email: bridgend@hafal.org

Core and Cluster Supported Domiciliary Housing

Bridgend CF31 4AX
Tel/Fax: 01656 767038

mobile: 07866 844 766

Email: coreandcluster@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

Pen-y-bont ar Ogwr adferiad o afiechyd meddwl difrifol

cefnogi cleifion a theuluoedd ym hafal dros adferiad o afiechyd meddwl difrifol for recovery from serious mental illness

Ynglŷn â hafal

Mae'r datfen hon yn cynnwys:
rhifau cyswilt ar gyfer gwasanaethau ceffnogi allweddol
arweiniad i wasanaethau lleol a gynigir gan Hafal
arweiniad i gynllunio eich adferiad.

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

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

Hafal yw'r prif sefydliad yng Nghymru sy'n gweithio gyda phobol sy'n gwellia o afiechyd meddwl difrifol a'u theuluoedd. Ein nod yw rhoi grym i'r bobl hyn i:

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

Mae holl wasanaethau Hafal yn cael eu ceffnogi gan ein Raglein Adferiad. Mae'r Raglein 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

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 cyswiltwch â ni ar unrhyw un o'r rhifau a'r cyfeiriadau y tu mewn.

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.

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: **01656 645 678 (Pen-y-bont ar Ogwr)**, **01656 726 903 (Ogmore)**, **01656 773 080 (Porthcawl)**, **01656 754 278 (Maesteg)**, **01446 791 130 (Gorllewin Morgannwg)** (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 ystybytu 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 a Lles Cymdeithasol** gynnig help a chyngor i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: **01656 643 551** neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol lleol** ar **01656 645 678 (Pen-y-bont ar Ogwr)**, **01656 726 903 (Ogmore)**, **01656 773 080 (Porthcawl)**, **01656 754 278 (Maesteg)**, **01446 791 130 (Gorllewin Morgannwg)**.

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 **01656 682 400 (Maesteg)**, **01656 682 100/762 000 (Pen-y-bont ar Ogwr)**, **01656 682 205 (Porthcawl)**. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor ar Bopeth** **01656 654 951 (Pen-y-bont ar Ogwr)**, **01656 734 662 (Maesteg)** 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 **01656 754 800**.

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 chi 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 ddiadordebau.

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 gymdogaion 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, cysylltwch â'r **Ganolfan Gofalwyr** ar **01656 658 479** neu siaradwch â Hafal ar **01656 729 191**.



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 **Bridgend Local Health Board** on: **01656 754 400** 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: **01656 645 678 (Bridgend)**, **01656 726 903 (Ogmore)**, **01656 773 080 (Porthcawl)**, **01656 754 278 (Maesteg)**, **01446 791 130 (West Vale)** (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 **Housing and Community Wellbeing** service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: **01656 643 551** or you might want to contact your **local Community Mental Health Team** on **01656 645 678 (Bridgend)**, **01656 726 903 (Ogmore)**, **01656 773 080 (Porthcawl)**, **01656 754 278 (Maesteg)**, **01446 791 130 (West Vale)**.

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 **01656 682 400 (Maesteg)**, **01656 682 100/762 000 (Bridgend)**, **01656 682 205 (Porthcawl)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau** **01656 654 951 (Bridgend)**, **01656 734 662 (Maesteg)** 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 **01656 754 800**.

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 **01656 658 479** or talk to Hafal on **01656 729 191**.