

Rydym yn croesawu pobl gydag arfelyd 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 cyfeirir 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 nodweddau bodol 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.

Mae'r datfarien hon wedi cael ei datblygu gan Hafal, set setfyddiad a reolir gan bobl gydag arfelyd meddwl difrifol a'u teuluoedd. Hafal yw'r prif setfyddiad yng Nghymru sy'n gweithio gyda phobl sy'n gwellio a' arfelyd 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
- ▶ brwdro yn erbyn gwahaniantaethu
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyfflogaeth.

Yn y datfarien hon, mae gwyloddedd allweddol am ble i gael help yn eich ardal chi pan fyddwch chi'n profi arfelyd meddwl difrifol.

Mae'r datfarien hon yn cynnwys:

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

Mae'r datfarien hon wedi cael ei datblygu gan Hafal, set setfyddiad a reolir gan bobl gydag arfelyd meddwl difrifol a'u teuluoedd.

Pen-y-bont ar Ogwr
adferiad o
 Hafal
 cefnogi cleifion a theuluoedd ym

droes adferiad o afiechyd meddwl difrifol
 from recovery from serious mental illness

www.hafal.org

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

Prosiect Cyfflogaeth
 Llyn-Gwen 9am-3pm
 Llyn-Gwen 9am-5pm
 Llyn-Gwen 5pm-8pm
 Sad-Sul 10am-2pm

Oriau Agor
 Gwasanaethau Dydd A.R.C., Pen-y-bont ar Ogwr.
 sydd ond yn medru derbyn cyfeiradau oddi wrth aelodau teulu. Nid yw hyn yn cynnwys y prosiect cyfflogaeth Tychyd Meddwl Cymunedol, gofaliwr, meddygon teulu neu broses o o gyfeirio; mae'n bosib cyfeirio hefyd drwy Dîmau Mae'r gwasanaeth hwn yn cynnig dull aml-asantaeth i'r

Trefnidau cyfeirio
 natblygiad gwasanaethau.
 Gofaliwr: Mae'r gwasanaeth hwn yn grymuso defnyddwyr gwasanaethau a gofaliwr i gymryd rhan bwrpasol yn

Gwasanaeth Cyfranogi i Ddefnyddwyr Gwasanaethau a
 Llyn-Gwen 9am-3pm
 Llyn-Gwen 9am-5pm
 Llyn-Gwen 5pm-8pm
 Sad-Sul 10am-2pm

Sebiauannau i Ofaliwr: mae'r gwasanaeth hwn yn darparu pecyn seibant byr i ofaliwr sydd yn addas ar gyfer eu hanghenion unigol mewn cydweithrediad â phecyng wasanaeth

Prosiect Tai a Chymorth: I ddarparu llety wedi ei ranu a'i gefnogi ar gyfer Oedolion yn ystod salwch iechyd meddwl difrifol sydd angen i'w ganiatáu i yrru eu hadferiad.

Gwasanaeth Cymorth i Deuluoedd: cymorth mewn argyfwng, sgiliau llythrennedd a rhifedd sylfaenol, gweithgynhyrchu ac atgyweirio Technoleg Gwybodaeth, ymarfer swyddu, sgiliau bywyd, yr Adran Argraffu, hyfforddiant cyfrifiadurol, sgiliau Technoleg Gwybodaeth, Hfforddiant Cyfflogaeth a gweithgareddau yn cynnwys:

Caiff y Rhaglen Adferiad Hafal ym
 When-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,

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.

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

Employment Project	Mon-Fri 9am-3pm
All other services	Mon-Fri 9am-5pm
Out of hours helpline	Mon-Fri 5pm-8pm
	Sat-Sun 10am-2pm

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:

Pat Nolan
 Practice Leader
 Unit 49
 Tondu Enterprise Centre
 Bryn Road, Tondu
 BRIDGEND
 CF32 9BS
 Tel: 01656 729 191
 Fax: 01656 723 187
 Pat Mobile: 07702 886 963
 Email: bridgend@hafal.org

Keith Jones
 Practice Leader
 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

Cysylltu â hafal

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau ym When-y-bont ar Ogwr, neu i sgwrsio am sut y gallwn ni eich cefnogi yn eich adferiad, cysylltwch ag un o'n staff lleol:

Pat Nolan
 Arweinydd Adferiad
 Uned 49
 Canolfan Menter Tondu
 Ffordd y Bryn, Tondu
 PEN-Y-BONT AR OGWR
 CF32 9BS
 Ffôn: 01656 729 191
 Ffacs: 01656 723 187
 Pat Symudol: 07702 886 963
 E-bost: bridgend@hafal.org

Keith Jones
 Arweinydd Adferiad
 Llety a Chymorth Craidd a Chlwsrwr
 Pen-y-bont ar Ogwr CF31 4AX
 Ffôn/Ffacs: 01656 767038
 mudol: 07866 844 766

Rheolwr Hafal ar gyfer 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 a gofyn am ein "Adferiad: Ffordd ymlaen ar gyfer pobl gydag arfelyd meddwl difrifol".
 Dyma ein manylion cyswllt:
Prif Swyddfa Hafal
 Ystafell C2
 Ty 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

supporting patients and families in
Bridgend
recovering from
serious mental illness

droes adferiad o afiechyd meddwl difrifol
hafal
for recovery 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.

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 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 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 ffronellau 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 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, 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**.