

www.hafal.org/cymraeg
e-bost: hafal@hafal.org
Ffôn: 01792 816 600
Castell-nedd SA10 6EL
Llandarcy
Ffordd Britannic
Ty William Knox
Ystafell C2
Prif Swyddfa Hafal
Dyma ein manylion cyswllt:

ar gyfer pobl gydag afiechyd meddwl difrifol.
harweiniad gwyboddaeth: "Adferiad: Ffordd ymaen
cysylltwch â Phrif Swyddfa Hafal a gofyn am ein
I gael gwybod mwy am Ragiolen Adferiad Hafal,

E-bost: operations@hafal.org
Ffôn: 01792 816 600
Rheolwr Hafal ar gyfer yr ardal hon yw: Sharon Thomas
E-bost: cardiffcarersadvocacy@hafal.org
Symbdol: 07974 175 189
Cydylydd Seibiant - Kristian Richards

E-bost: cardiffcarersadvocacy@hafal.org
Symbdol: 07967 306 985
Adfocad Gofalwyr
Junaid Iqbal
Symbdol: 07710 727 622
Hyfforddwr Prosiect
Fred Dymott

Ffôn: 029 2056 5959 E-bost: cardiff@hafal.org
Sain Ffagan, Caerdydd CF5 6DU
d/o Amgueddfa Werin Cymru
Ysgubor Fawr
Hafal Caerdydd
Arweinydd Adferiad
Lynda Woollard
staf llai:

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau
yng Nghaerdydd, neu i sgwrsio am sut y gallwn ni eich
cefnogi yn eich adferiad, cysylltwch ag un o'n
staf llai:

Cysylltu â hafal

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

Llun-Gwener 9.00am - 5.00pm
Orian Agor
Gall cleientiaid a gofalwyr g
yfeirio eu hunain neu gael eu
cyfeirio gan aelod o'r TIMC, Meddyg Teulu, Therapydd

Egwy! O Ffalwyr:- cynnwys unigolyn sy'n derbyn gofal mewn
gweithgaredd ystyrlon, gan alluogi eu gofalwr i gael egwy.
Cynigir egwy i ofalwyr unigol drwy ymweliadau â'r cartref, a
rhoddir cymorth ar gyfer cyfnodau byr o'r cartref. Rhoddir

Mae'r Gwasanaeth Garddio i Ofalwyr yn wasanaeth newydd
sy'n cynnig cynnal a chadw gerddi ar gyfer gofalwyr a
gyfeirir yn dilyn asesiad gyrfa.

Adfocatiaeth Gofalwyr: Gall ein hadfocad roi
cefnogaeth i chi mewn cyfarfoddd Adran 117,
Aseidiadau'r Gwasanaethau Gymdeithasol, Tribiwnlysoedd
Techyd Meddwl a llu o gyfarfoddd

Mae Pen'diner yn gaffi cymunedol yng Nghanoftan Menter
Jasmine yn Nhreflái Caerdydd. Mae gan gienteiaid y cyffe i
ddysgu sgiliau menter, arlwy a tydd yn eu galluogi i
emill sgiliau newydd er mwyn dychwelyd i'r gwaith.

Caiff y Ragiolen Adferiad Hafal yng Nghaerdydd ei
chflwyno drwy'r gwasanaethau canlynol:
Hyfforddiant a gweithgareddau'n cynnwys:
Tg, garrddwrtaeth, arlwy, arferion swyddfa,
dylswyddau derbynfa, celf a chreffft, adeiladu hyder,

Help gan hafal ym Caerdydd

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Ragiolen
Adferiad. Mae'r Ragiolen 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 adnabod nodau - ac adnabod y bobl a all gynniig cefnogaeth
iddynt i gyflawni'r nodau hynny. Yna, mae'n yn gallu cymryd
agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

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

- Ynglŷn â hafal
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:

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

Nghaerdydd
cefnogi cleifion a theuluoedd ym
adferiad o
afiechyd meddwl difrifol

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

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

supporting patients and families in
Cardiff
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.

Help from hafal
in Cardiff

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

Training and activities including:
IT, horticulture, catering, office practice, reception
duties, confidence building, employment
skills, retail,

Pen'diner' is a community cafe based at the Jasmine
enterprise centre in Ely Cardiff. Clients have the
opportunity to learn catering, retail skills which will
enable them to gain new skills to return to work.

Carer Advocacy: Our advocate can support you at
Section 117 meetings, Social Service Assessments,
Mental Health Tribunals and other
multi-disciplinary meetings.

Carers Garden Service is a new service offering garden
maintenance to carers who are referred following a
carers assessment

Breaks for Carers:- engaging a person being cared for
in a meaningful activity, enabling their carer to take a
break. Individual carer respite offered through home
visits, and support given for short breaks away from the
home. Support given to access carers groups and carers
assessments

Referral arrangements

Clients and carers can refer themselves, or be referred
by a member of the CMHT, GP, Occupational Therapist,
friend, relative, etc.

Opening Hours
Monday - Friday 9.00am - 5.00pm

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

Contacting hafal

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

Lynda Woollard
Practice Leader
Hafal Cardiff
Ysgubor Fawr

c/o St. Fagans National History Museum
St. Fagans, Cardiff CF5 6DU
Tel: 029 2056 5959 Email: cardiff@hafal.org

Project/Garden Instructors
Fred Dymott
Mobile: 07710 727 622
Lesley Parker
Mobile: 07811 399 125

Carers Advocate
Junaid Iqbal
Mobile: 07967 306 985

Email: cardiffcarersadvocacy@hafal.org
Seibiant Co-ordinator - Kristian Richards
Mobile: 07974 175 189

Email: cardiffcarersadvocacy@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
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 therapïau 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 y Tîm Iechyd Meddwl Cymunedol Lleol. Eu rhif nhw yw: 029 2023 3533 (Glanyrafon - De Orllewin), 029 2046 3488 (Canolfan Sealock - Grange Town a Thre Biwt), 029 2069 3941 (Canolfan Gabalfa - Gogledd Orllewin), 029 2057 8778 (Canolfan Pentwyn - Gorllewin Caerdydd), 029 2033 5555 (The Links - De Ddwyrain), 029 2073 1466 (Gogledd Ddwyrain), 029 2073 1466 (Pentwyn) (efallai y byddant yn eich cynghori i fynd i weld eich meddyg gyntaf os nad ydych chi wedi gwneud hynny'n barod). Efallai y bydd y Tîm Iechyd Meddwl Cymunedol yn penodi gweithiwr allweddol i chi aallai 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 chyngor i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: 029 2087 1050 neu efallai y byddwch eisiau cysylltu â'ch Tîm Iechyd Meddwl Cymunedol lleol ar 029 2023 3533 Tîm Hamadryad (South West Cardiff, Grange Town and Butetown): 029 2046 3488 (Canolfan Gabalfa - Gogledd Orllewin), 029 2057 8778 (Canolfan Pentwyn - Gorllewin Caerdydd), 029 2033 5555 (The Links - De Ddwyrain), 029 2073 1466 (Gogledd Ddwyrain).

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 0845 6000 345. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir. Bydd Cyngor ar Bopeth (029 2034 6490) hefyd yn gallu cynnig gwybodaeth a chyngor i chi. I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r Canolfan Dysgu Gydol Oes lleol. Eu rhif ffôn yw 029 2087 0000.

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 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 gymdogaion fod yn cynnig cefnogaeth; yn aml nid ydynt yn ystyried eu hunain yn ofalwyr. Mae yna wasanaethau argael i gefnogi gofalwyr, sydd yn eu tro yn eu helpu nhw i barhau i gynnig y gofal gorau ygallant. Mae Gwasanaethau ar gyfer gofalwyr yn cynnwys cefnogaeth, cyngor, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth, cysylltwch â'r Canolfan Gofalwyr ar 029 2022 1421 neu siaradwch â Adfocad Gofalwyr Hafal ar 07967 306 985.



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 Cardiff Local Health Board/Business Centre on: 01495 332000 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: 029 20463488 Hamadryad (southwest Cardiff, Grange Town, Butetown), 029 2069 3941 (Gabalfa Centre - North West), 029 20578778 (Pendine Centre - West Cardiff), 029 2033 5555 (The Links - South East), 029 2073 1466 (North East), 029 2073 1466 (Pentwyn) (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: 029 2087 1050 or you might want to contact your local Community Mental Health Team on 029 2023 3533 Hamadryad Team (South West Cardiff, Grange Town and Butetown) Phone Details: 029 2046 3488, (Gabalfa Centre - North West), 029 2057 8778 (Pendine Centre - West Cardiff), 029 2033 5555 (The Links - South East), 029 2073 1466 (North East - Pentwyn Health Centre)

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 0845 6000 345. They will provide advice on a range of matters, including returning to work or getting the right benefits. The Citizens Advice Bureau (029 2034 6490) 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 029 2087 0000.

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 029 2022 1421 talk to the Hafal Carers Advocate on 07967 306 985.