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Ffacs: 01792 813 056
E-bost: hafal@hafal.org
www.hafal.org/cymraeg

I gael gwybod mwy am Raglen Adferiad Hafal, ystafell C2 Ty William Knox Ffordd Britannic Llandarcy Castell-nedd SA10 6EL Ffôn: 01492 535 298

Hafal's management for this area is provided by Teresa Petrykowski & Janet Randles Ffôn: 01492534769 E-bost: northwales@hafal.org

Llanrwst: Peter Goodwin Ffôn: 01492 642 511 Bae Colwyn: Ann Allen Ffôn: 01492 535 298

Llandudno LL30 1YE Ffôn: 01492 860 926 E-bost: aberconwy@hafal.org

Heather Russell-Hughes Arweydd Arferiad - Conwy Canolfan Adnoddau Iechyd Meddwl Roslin Ffordd Nant y Gamar Craig-y-Don Llandudno LL30 1YE Ffôn: 01492 860 926 E-bost: aberconwy@hafal.org

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau cefnogi yn eich arferiad, cysylltwch ag un o'n staff lleol:

Cysylltu â hafal

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

Llandudno: Llan-gwen 9am-5pm
Llanrwst: Llan - Iau 10am-3pm
Bae Colwyn: Llan-gwen 9am-5pm

Trefnidau cyfeirio
Gweithwyr Allweddol o'r TiMC, hunan gyfeirio, asiantaethau gwirfoddol eraill, Meddyg Teulu neu Seicatridd.

Trefnidau cyfeirio
O'r TiMC, hunan gyfeirio, asiantaethau gwirfoddol eraill, Meddyg Teulu neu Seicatridd.

Gwasanaeth Cefnogaeth Teulu: cefnogaeth un ar un, cefnogaeth grŵp, Aseisadau Gofalwyrna llais wrth gynllunio.

Gwasanaethau Dydd Llanrwst & Bae Colwyn:
Trwy gymryd rhan mewn gweithgareddau sy'n cynnwys tai chi, pŵl, cerdded, heicio, cerdded yn eich pwysau, nofio, garddio, drama, ysgrifennu creadigol a diwrnodau blasu byw'n iach, y maen nhw i gyd yn hyrwyddo lles corfforol a lles meddwl ac yn cyflwyno'r cyfleoedd am rymgwethio cymdeithasol. Hefyd rydych chi'n cynnig tripartid rheolaidd o ddiddordeb gyda'r hwy'r ac ar y penwythnos megis cynrychiadau theatr, sinema, mynd am bryd o fwyd, gwyliau cerddorol ayyb.

Caiff y Rhaglen Adferiad Hafal yng Nghonwy ei chyflwyno drwy'r gwasanaethau canlynol:

Help gan hafal yng Nghonwy

for people with serious mental illness



supporting patients and families in Conwy 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 Conwy

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

Llanrwst & Colwyn Bay Day Services:

Through participation in activities which include tai chi, pool, walking, hiking, strolling, swimming, gardening, drama, creative writing and healthy living taster days, all of which promote physical and mental well being and present the opportunity for social interaction. We also regularly offer outings of interest in the evenings and at the weekends such as theatre productions, cinema, meals out, festivals etc.

Family Support Service: One-to-one support, group support, Carers Assessments and a voice in planning.

We offer general support/information/group work with emphasis on the Recovery Programme, identifying the individual's needs and encouraging service users to join/use community facilities. Many of our groups are run in the community or we join an existing group with service users, promoting social inclusion.

Referral arrangements

Key Workers from CMHT, self referral, other voluntary agency, GP or Psychiatrist.

Opening Hours

Llandudno:	Mon-Fri 9am-5pm
Llanrwst:	Mon -Thurs 10.am-3pm
Colwyn Bay:	Mon-Fri 9am-5pm

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

Contacting hafal

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

Heather Russell-Hughes Practice Leader - Conwy
Roslin Mental Health Resource Centre
Nant y Gamar Road
Craig-y-Don
Llandudno LL30 1YE
Tel: 01492 860 926 Mobile: 07812 108 128
Email: aberconwy@hafal.org

Llanrwst: Peter Goodwin
Tel: 01492 642 511
Colwyn Bay: Ann Allen
Tel: 01492 535 298

Hafal's management for this area is provided by **Teresa Petrykowski & Janet Randles**
Tel: 01492534769
Email: northwales@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

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

Mae'r datfen 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 Nghonwy sy'n gweithio gyda phobl sy'n gwellio a afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw rhoi grym i'r bobl hyn i:

- ▶ gael gwell ansawdd o'fwyd
- ▶ cyflawni eu huchelgeisiau ar gyfer adferiad
- ▶ brwdro yn erbyn gwahaniaethu
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyflogaeth.

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

afiechyd meddwl difrifol Nghanwy

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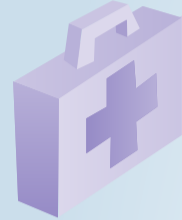
Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

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: 01492 860 926 (Conwy), 01492 532 164 (Bae Colwyn) (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: 01492 576 271/576 272 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol lleol ar 01492 860 926 (Aberconwy), 01492 532 164 (Colwyn).

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 01492 613 200 (Conwy), 01492 614 100 (Bae Colwyn), 01492 613 000 (Llandudno). Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth 0845 120 3716 hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â Choleg Llandrillo Cymru ar 01492 874 627 neu gallwch gysylltu â Cam Ymlaen ar 01492 870 788.

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 chi 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 01492 575 600 neu siaradwch â Hafal ar 01492 860 926.



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 Conwy Local Health Board on: 01492 536 586 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: 01492 860 926 (Conwy), 01492 532 164 (Colwyn Bay) (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: 01492 576 271/576 272 or you might want to contact your local Community Mental Health Team on 01492 860 926 (Aberconwy), 01492 532 164 (Colwyn).

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 01492 613 200 (Conwy), 01492 614 100 (Colwyn Bay), 01492 613 000 (Llandudno). They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau (0845 120 3716) will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact Coleg Llandrillo Cymru on 01492 874 627 or you could get in contact Cam Ymlaen on 01492 870 788.

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, 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 01492 575 600 or talk to Hafal on 01492 860 926.