"Dysgu o brofiad"
"Learning from experience"

Canolfan Dysgu

hafal

Learning Centre

dysgu o brofiad...

Hafal yw prif elusen Cymru sy'n gweithio ar ran pobl sy'n gwella o afiechyd neu salwch meddwl difrifol a'u gofalwyr. Mae ein rhwydwaith gwasanaethau yn ymestyn i bob un o 22 sir y wlad ac rydym yn cefnogi bron 1000 o bobl bob diwrnod.

Mae ein Canolfan Ddysgu'n arbenigo mewn rhaglenni hyfforddi o ansawdd da, cost-effeithiol, achrededig ac wedi'u creu'n bwrpasol ar gyfer y sector cyhoeddus, preifat a gwirfoddol. Mae'r Ganolfan wedi'i rhannu rhwng tri lleoliad sy'n gwasanaethu gogledd, de a dwyrain Cymru. Mae ein tîm medrus yn arbenigwyr ym meysydd:

- ► iechyd meddwl ac adferiad
- ► gofal cymdeithasol a thai
- ► rheolaeth elusen.

Mae gennym amrywiaeth o bartneriaethau gyda Phrifysgolion a Cholegau – Prifysgol Abertawe, Prifysgol Caerdydd, UWIC, NEWI a'r Brifysgol Agored – yn ogystal ag awdurdodau lleol ac eraill, sy'n ein galluogi i fod yn hyblyg wrth gynnig rhaglenni newydd sy'n cyd-fynd â'ch gofynion chi. Bydd pob myfyriwr yn cael portffolio dysgu.

Mae Hafal yn sefydliad a gaiff ei arwain gan ddefnyddwyr ac mae gan ein Haelodau, ein Hymddiriedolwyr a'n cleientiaid brofiad sylweddol o wasanaethau iechyd meddwl yng Nghymru. Golyga hyn y gallwn, wrth drafod gofal cymdeithasol, gynnig golwg gwirioneddol realistig i chi ar arfer gorau – yn cael ei hysbysu gan **safbwyntiau'r defnyddwyr**.

Mae'r Ganolfan Ddysgu wedi crynhoi holl wybodaeth Hafal fel arweinydd yn y sector iechyd meddwl yng Nghymru, ac yn ei gynnig i chi ar ffurf hyfforddiant o'r radd flaenaf ac atebion addysgol y gellir eu teilwra'n unigol i gyd-fynd â'ch anghenion chi.

Byddai'n bleser gennyf drafod eich gofynion hyfforddi corfforaethol neu unigol – mae croeso i chi gysylltu â mi am sgwrs ar unrhyw un o'r rhifau/cyfeiriadau a nodir ar gefn y llyfryn hwn. Edrychaf ymlaen at gael gweithio gyda chi!

Irene Hogan

Pennaeth,
Canolfan Dysgu Hafal Learning Centre

learning from experience...

Hafal is the principal charity in Wales working for people recovering from serious mental illness and their carers. Our network of services reaches across all 22 counties of the country and we support nearly 1000 people every day.

Our Learning Centre specialises in high quality, cost-effective, accredited and bespoke training programmes for the public, private and voluntary sector. The Centre is based at three locations serving north, south and west Wales. Our team of experts are specialists in the fields of:

- ► mental health and recovery
- ► social care and housing
- ► charity management.

We have a range of partnerships with Universities and Colleges – Swansea University, Cardiff University, UWIC, NEWI and the Open University – as well as local authorities and others, which enable us to be flexible in providing new programmes to match your own requirements. All students are provided with learning portfolios.

Hafal is a user-led organisation and our Members, Trustees and clients have considerable experience of mental health services in Wales. This means that when it comes to social care, we can offer you a real insight into best practice – informed by **the perspective of the user**.

The Learning Centre distils Hafal's knowledge as sector leaders in mental health in Wales, and makes it available to you in the form of first class training and education solutions that can be individually tailored to suit your needs.

I would be delighted to discuss your corporate or individual training requirements – please contact me at any of the numbers/addresses at the back of this booklet for a chat. I look forward to working with you!

Irene Hogan

Principal,
Canolfan Dysgu Hafal Learning Centre

lleoliadau hyfforddi

Mae Canolfan Dysgu Hafal Learning Centre yn cynnig lleoliadau hyfforddi ar gyfer myfyrwyr mewn amrywiaeth o feysydd proffesiynol ble y gallwn fanteisio ar ein harbenigedd fel arweinwyr y sector iechyd meddwl yng Nghymru.

Mae'r cyrsiau rydym yn cynnig lleoliadau ar eu cyfer ar hyn o bryd yn cynnwys:
- Gwaith Cymdeithasol
- Nyrsio Iechyd Meddwl Cofrestredig
- Therapi Galwedigaethol
- Seicoleg.

Mae lleoliadau'n rhan hanfodol o'r cyrsiau hyn ac o lwybrau addysg eraill, a chânt eu hwyluso a'u hasesu gan staff y Ganolfan Ddysgu a chan Reolwyr Prosiect Hafal, sydd â sgiliau a gwybodaeth mewn gwaith iechyd meddwl sy'n rhoi profiad cynhwysfawr, ymarferol a deinamig i fyfyrwyr yn eu lleoliad.

training placements

Canolfan Dysgu Hafal Learning Centre offers training placements for students in a range of professional fields to which we can bring our expertise as sector leaders in mental health in Wales.

Courses for which we currently provide placements include:
- Social Work
- Registered Mental Health Nursing
- Occupational Therapy
- Psychology.

Placements form a vital part of these and other educational pathways and are facilitated and assessed by Learning Centre staff and by Hafal Project Managers, whose skills and knowledge in mental health work afford students a comprehensive, practical and dynamic placement experience.

hyfforddiant wedi'i deilwra ar gyfer eich sefydliad

Credwn ei bod yn bwysig cynnig hyfforddiant sy'n bodloni anghenion penodol eich staff. Dyna pam y gallwn gynnig hyfforddiant iechyd meddwl a rheolaeth elusen sydd wedi'i deilwra'n arbennig ar eich cyfer chi, ac sy'n seiliedig ar yr union fodd yr hoffech chi ddatblygu sylfaen sgiliau eich sefydliad.

Gallwn gynnig hyfforddiant ar bob lefel: sylfaenol, canolradd ac uwch. Cyn cyflwyno'r hyfforddiant, byddwn yn cyfarfod â chi i bennu eich amcanion dysgu fel y gallwn gynllunio'r rhaglen hyfforddi yn benodol ar eich cyfer chi. Mae gennym hefyd yr hyblygrwydd i ddatblygu cwrs sefydledig i weddu i'ch tîm – gadewch i ni wybod beth yw eich gofynion.

Am ragor o wybodaeth, neu i drafod posibiliadau, rhowch ganiad i ni.

bespoke training for your organisation

We believe that it's important to provide training that meets the specific needs of your staff. That's why we can offer you bespoke training on mental health and the management of your charity based on exactly how you want to develop the skills base of your organisation.

We can deliver training at all levels: basic, intermediate and advanced. Before delivering the training we meet you to determine your learning objectives so that we can design a programme of training tailored just for you. We also have the flexibility to develop an established course to fit your team – just let us know your requirements.

For more information, or to discuss possibilities, give us a call.

hyfforddiant galwedigaethol

Mae Canolfan Dysgu Hafal Learning Centre yn ganolfan asesu a gymeradwywyd gan City & Guilds. Caiff safon ein hyfforddiant ac asesiadau NVQ eu hadlewyrchu yn y Radd A a ddyfarnwyd i ni gan y City & Guilds yn 2008 yn dilyn ei wiriad allanol.

Mae'r cyrsiau galwedigaethol a gynigir yn cynnwys:

- ► NVQ mewn Iechyd a Gofal Cymdeithasol
- ► NVQ mewn Gweinyddiad Busnes
- ► Tystysgrif mewn Gofal Iechyd Meddwl Cymunedol (Lefel 3 City & Guilds)
- ► Amrywiaeth o becynnau hyfforddi achrededig mewn Rheolaeth Elusen.

Caiff cyrsiau galwedigaethol Hafal eu hwyluso a'u hasesu gan staff profiadol y Ganolfan Ddysgu a Rheolwyr Prosiectau Hafal. Mae eu sgiliau a'u gwybodaeth am iechyd meddwl, gweinyddiad a rheolaeth elusen yn cynnig profiad dysgu cynhwysfawr, ymarferol a deinamig i fyfyrwyr.

vocational training

Canolfan Dysgu Hafal Learning Centre is a City & Guilds-approved assessment centre. The quality of our NVQ training and assessment is reflected in the A Grade awarded to us in 2008 by City & Guilds following its external verification.

Vocational courses on offer include:

- ► NVQ in Health and Social Care
- ► NVQ in Business Administration
- ► Certificate in Community Mental Health Care (City & Guilds Level 3)
- ► A range of accredited training packages in Charity Management.

Hafal's vocational courses are facilitated and assessed by experienced Learning Centre staff and Hafal Project Managers. Their skills and knowledge in mental health, charity administration and management offer students a comprehensive, practical and dynamic learning experience.

“Roedd yr hyfforddiant a gefais yn y Ganolfan Ddysgu yn ardderchog: safon uchel ac yn graff iawn yn ei sylw ar brofiadau cleifion ac arfer gorau.”

“The training I received at the Learning Centre was excellent: high standard and insightful in its focus on patient experiences and best practice.”

Hyfforddiant ymwybyddiaeth iechyd meddwl a'r Ddeddf Gallu Meddyliol

Rydym yn arbenigo mewn cynnig hyfforddiant ymwybyddiaeth iechyd meddwl sydd wedi'i anelu at weithwyr proffesiynol mewn unrhyw faes.

Mae'r cyrsiau wedi'u hanelu at weithwyr sydd heb gael llawer neu unrhyw hyfforddiant mewn iechyd meddwl ond a allai ddod i gysylltiad â phobl gyda salwch meddyliol fel rhan o'u gwaith. Mae'r tanysgrifwyr cyfredol i'r cwrs hwn yn cynnwys cymdeithasau tai, yr heddlu a Llywodraeth Cynulliad Cymru. Gallwn hefyd gynnig modiwlau hyfforddiant ar gyfer cyrsiau iechyd meddwl penodol.

Cynigir cyrsiau hyfforddi'r Ddeddf Gallu Meddyliol, sydd wedi'u cynllunio i'w defnyddio fel sylfaen i sesiynau hyfforddi ar gyfer staff sy'n gweithio gyda phobl y mae eu gallu meddyliol i wneud penderfyniadau penodol yn ansicr neu'n amheus, ac ar gyfer hyfforddi'r rheiny sy'n gweithio gyda phobl sy'n dymuno cynllunio ar gyfer y dyfodol neu wneud dewisiadau ymlaen llaw.

Mental health awareness and Mental Capacity Act training

We specialise in providing mental health awareness training aimed at professionals in any field.

The courses are aimed at workers who have received little or no previous training in mental health but who may come into contact with people with mental illness as part of their work. Current subscribers to this course include housing associations, police and the Welsh Assembly Government. We can also provide training modules for identified mental health courses.

Mental Capacity Act training courses are available, designed to be used as the basis for training sessions for staff who are working with people whose capacity to make particular decisions may be uncertain or questionable, and for training those working with people who wish to plan ahead or make their decisions in advance.

“Roedd dysgu gan ddefnyddwyr gwasanaethau oedd wedi bod drwy’r system yn fonws gwerth chweil. Roedd clywed eu straeon, eu profiadau a’u syniadau yn werthfawr ac addysgol.”

“Learning from service users who had been through the system was a real bonus.Hearing their stories, experiences and ideas was enlightening and educating.”

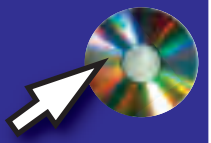
www.hafal.org/dysgu

defnyddwyr gwasanaethau'n hyfforddi – experts by experience

Mae Hafal yn sefydliad a gaiff ei arwain gan ei ddefnyddwyr ac mae'r Ganolfan Ddysgu yn elwa o gyfraniad dysgu gweithredol defnyddwyr gwasanaethau, sy'n arbenigwyr ym maes iechyd meddwl drwy brofiad. Bydd pobl sydd wedi cael profiad o afiechyd meddwl difrifol yn gweithio ochr yn ochr â 'n hyfforddwyr cymwys i gynnig profiad hyfforddi mwy cynhwysfawr, sy'n canolbwyntio ar y defnyddiwr.

service user trainers – experts by experience

Hafal is a user-led organisation and the Learning Centre benefits from the active teaching input of service users, who are experts by experience in the field of mental health. People who have experienced serious mental illness work alongside our qualified trainers to provide a more rounded, user-focused training experience.



Manylion cwrs llawn

Gellir gweld mwy o fanylion am y cyrsiau a gynigir yng Nghanolfan Dysgu Hafal Learning Centre ar y disg a gynhwysir yn y llyfryn hwn neu drwy fynd i edrych ar **www.hafal.org/dysgu**

Full course details

More details about the courses on offer at Canolfan Dysgu Hafal Learning Centre can be found on the disc contained in this booklet or by visiting **www.hafal.org/dysgu**

cysylltwch â ni/contact us

• Dros y ffôn ar/By phone on 01792 816 600
• Dros y ffacs ar/By fax on 01792 813 056
• Drwy E-bost ar/By Email on dysgu@hafal.org
• Drwy'r post i:
Canolfan Dysgu Hafal Learning Centre
Ystafell C2/Suite C2
Tŷ William Knox/William Knox House
Ffordd Britannic/Britannic Way
Llandarcy
Castell-Nedd/Neath SA10 6EL
• Neu ewch i'n gwefan/Or visit our website:

www.hafal.org/dysgu