

Mae'r datfyn hon wedi cael ei datblygu gan Hafal, set setyddiad a reolir gan bobl gydag afiechyd meddwl difrifol. Ein nod yw sy'n gwella o afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw Hafal yw'r prif setyddiad yng Nghymru sy'n gweithio gyda phobol sy'n gwella o afiechyd 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
- ▶ bwrwro yn erbyn gwahaniantaethu
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyflogaeth.

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Rhaiglen Adferiad. Mae'r Rhaiglen 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 nodweddod nodu a'u bod i all gynnig cefnogaeth diddym i gyflawni'r nodau hynny. Yna, maent yn gallu cynnwys agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

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](http://www.hafal.org/cymraeg), neu cysylltwch â ni ar unrhyw un o'r rhifau a'r cyfeiriadau y tu mewn.

**Ynglŷn â hafal**

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

Mae'r datfyn hon yn cynnwys:

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

## Nghestell-nedd Port Talbot

afiechyd meddwl difrifol

adferiad o

cefnogi cleiton a theuluoedd yng

ar gyfer pobl  
 gydag afiechyd  
 meddwl difrifol  
 for people  
 with severe  
 mental illness

## I gael gwobod mwy am y gwasanaethau diweddaraf, ewch i:

Port Talbot Llyn-Gwen 9am-5pm

### Oriau Agor

gall cleientiaid gyfeirio eu hunain at y gwasanaethau teulu a gofaluwr. Gellir cael gafael ar wasanaethau cyflogaeth drwy'r tîm cyflogaeth yn Gelligron.

### Trefniadau cyfeirio

gwybodaeth; cynnig; gwaith grwp; cael llais wrth gynllunio'r gwasanaeth.

### Cefnogaeth Gyffredinol yn cynnwys:

Egylliau ar gyfer Gofaluwr a Cefnogaeth ar gyfer Teuluoedd: helpu gofaluwr i gefnogi unigolyn sydd ag afiechyd meddwl difrifol yn y ffordd mwyaf priodol ac effeithiol posibl, yn bennaf drwy gynnig y cynnig a'r wybodaeth orau diddym, a mynediad i gefnogaeth di-duedd; cynnwys person sy'n derbyn gofal mewn gweithgaredd o'u dewis, a galluogi eu gofaluwr i

Hyfforddi a gweithgareddau yn cynnwys: Canolfan Galw Hebio ac Adnoddau, Celf a Chrefft, Cwisiau, Gwaith Saer, Cynllun ymestyn allan addurno; Gwasanaethau newydd o dan ddatblygiad ar hyn o bryd i gynnwys: Sgiliau byw syftaenol, Cogiio, ymarfer corff a bwyt'n iach, Calligräffi, Gwers! Cymraeg, Therapiau amgen a Gweithgareddau cymdeithasol.

Caiff y Rhaiglen Adferiad Hafal yng Nghestell-nedd Port Talbot ei chyflwyno drwy'r gwasanaethau canlynol:

## Help gan hafal

yng Nghestell-nedd a Port Talbot

## Help from hafal

in Neath and Port Talbot

Hafal's Recovery Programme in Neath Port Talbot is delivered through the following services:

### Training and activities including:

Drop-in and Resource centre, Arts & Crafts; Quizzes; woodworking skills, Pyrography and IT (Computers and Internet access)  
 New services currently under development to include: Basic living skills, Cookery, Healthy eating and exercise, Tai Chi classes, Calligraphy Welsh Lessons, Complimentary therapies and Social activities.

**Breaks for Carers & Support for Families:** helping carers to support an individual with severe mental illness in the most appropriate and effective way possible, largely by providing them with the best advice and information, and access to neutral support; engaging a person being cared for in an activity of their choice, and enabling their carer to take a break.

### General Support including:

information; advice; group work; having a voice in planning the service.

### Referral arrangements

Clients can refer themselves to the family and carer services. Employment services can be accessed through the employment team at Gelligron.

### Opening Hours

Port Talbot Mon-Fri 9am-5pm

For more on the latest services, visit:  
[www.hafal.org/neath](http://www.hafal.org/neath)

## Contacting hafal

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

Linda Williams  
 Project Co-ordinator  
 29/31 Commerical Road  
 Taibach  
 Port Talbot  
 SA13 1LN  
 Tel: 01639 899 122  
 Email: [nptseibiant@hafal.org](mailto:nptseibiant@hafal.org)

Clare Britton  
 Project Co-ordinator  
 Email: [nptcwmtawe@hafal.org](mailto:nptcwmtawe@hafal.org)

Hafal's Manager for this area is: Sharon Thomas  
 Tel: 01792 816 600 Email: [operations@hafal.org](mailto: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 severe 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](mailto:hafal@hafal.org)  
[www.hafal.org](http://www.hafal.org)

www.hafal.org

ar gyfer pobl  
 gydag afiechyd  
 meddwl difrifol

hafal

for people  
 with severe  
 mental illness

supporting patients and families in

## Neath & Port Talbot

recovering from

## severe mental illness

In this leaflet you will find key information on where to get help in your area when you experience a severe 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 severe mental illness and their families.

Hafal (meaning 'equal') is the principal organisation in Wales working with people recovering from severe 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 severe mental illness to join us as members to help develop and run the charity. For more information visit: [www.hafal.org](http://www.hafal.org), or contact us at any of the numbers and addresses inside.

www.hafal.org/cymraeg

e-bost: [hafal@hafal.org](mailto:hafal@hafal.org)

Ffacs: 01792 813 056

Ffôn: 01792 816 600

Castell-nedd SA10 6EL

Llandarcy

Ffordd Britannic

Ty William Knox

Ystafell C2

Prif Swyddfa Hafal

Dyma ein manylion cyswilt:

gyfer pobl gydag afiechyd meddwl difrifol":  
 harweiniad gwysbodaeth: "Adferiad: Ffordd ymlaen ar cysylltwch â Phrif Swyddfa Hafal a gofyn am ein I gael gwobod mwy am Raglen Adferiad Hafal,

Rheolwr Hafal ar gyfer yr ardal honnyw: Sharon Thomas  
 Ffôn: 01792 816 600 E-bost: [operations@hafal.org](mailto:operations@hafal.org)

E-bost: [nptcwmtawe@hafal.org](mailto:nptcwmtawe@hafal.org)

Cyd-Drefnydd y Prosiect

Claire Britton

E-bost: [nptseibiant@hafal.org](mailto:nptseibiant@hafal.org)

Ffôn: 01639 899122

PORT TALBOT SA13 1LN

Heol Masnachol

Cyd-Drefnydd y Prosiect

Linda Williams

o'n staff lleol:

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau gallwn ni eich cefnogi yn eich adferiad, cysylltwch ag un

## Cysylltu â hafal

# 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.

Dim meddyg? Yna cysylltwch â Bwrdd Iechyd Lleol Castell-nedd Port Talbot ar: 01792 326 500 ac fe allant hwy eich helpu.

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: 01639 888 000 (Canolfan yr Efail), 01639 862 861 (Ysbyty Tonna), 01792 865 696 (Gelligron) (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 Aseiad 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 ysbyty 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 Cefnogi Pobl gynnig help a chynghori i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: 01639 764 073 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol lleol ar 01639 888 000 (Canolfan yr Efail), 01639 862 861 (Ysbyty Tonna), 01792 865 696 (Gelligron).

## 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 anabledd?  
Beth yw'r cyfleoedd ar gyfer astudio?

Pwy ddylwn i gysylltu â?

Am help gyda chwestiynau fel hyn, gallwch ffonio Canolfan Byd Gwaith ar 01639 664 400 (Castell-nedd), 01639 664 500 (Port Talbot), 01792 494 800 (Pontardawe). Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cynghori ar Bopeth 01639 635 545 (Castell-nedd), 01639 895 057 (Port Talbot) hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r Ganolfan Dysgu Gydol Oes leol. Eu rhif ffôn yw 01639 898 581.

## 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 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 ddiddordebau.

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 01639 642 266 neu siaradwch â Hafal ar 01639 899 122.



# What to do when you've got a severe mental illness

When you have a severe 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.

Who do I contact?

Your local doctor.

Haven't got a doctor? Then contact the Neath Port Talbot Local Health Board on: 01792 326 500 and they will help you.

If you have a severe mental illness then your doctor will often refer you to the local Community Mental Health Team. Their number is: 01639 888 000 (Forge Centre), 01639 862 861 (Tonna Hospital), 01792 865 696 (Gelligron) (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 Supporting People service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: 01639 764 073 or you might want to contact your local Community Mental Health Team on 01639 888 000 (Forge Centre), 01639 862 861 (Tonna Hospital), 01792 865 696 (Gelligron).

## What about money or a job?

Issues about money, employment and training and education might also become important when you have a severe 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 01639 664 400 (Neath), 01639 664 500 (Port Talbot), 01792 494 800 (Pontardawe). They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau 01639 635 545 (Neath), 01639 895 057 (Port Talbot) 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 01639 898 581.

## 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 severe 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 01639 642 266 or talk to Hafal on 01639 899 122.