



Mae'r datfyn hon wedi cael ei datblygu gan Hafal, set setydliad a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd. Hafal yw'r prif setydliad yng Nghymru sy'n gweithio gyda phobol sy'n gwellio a 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 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 nodweddod nodu a'u bod i all gynnig cefnogaeth diddymt i gyflawni'r nodau hynny. Yna, mae'n yn gallu cymryd 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, 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 gwasanaethau 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 adferiad o afiechyd meddwl difrifol

cefnogi cleiton a theuluoedd yng

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

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

Port Talbot
Llun-Gwen 9am-5pm
www.hafal.org/cymraeg/health

Oriau Agor

Trefniadau cyfeirio
gall cleientiaid gyfeirio eu hunain at y gwasanaethau teulu a gofaluwr. Eilir cael gfael ar wasanaethau cyflogaeth drwy'r tîm cyflogaeth yn Gelligron.

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 ar wybodaeth orau diddymt, a mynediad i gefnogaeth di-duedd: cynnwys person sy'n derbyn gofal mewn gweithgaredd o'u deuis, a galluogi eu gofaluwr i gymryd seibiant.

Hyfforddi a gweithgareddau yn cynnwys:
Canoftan 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, Cogiatio, ymarfer corff a bwyt'n iach, Calligracfti, Gwersi! Cymraeg, Therapiau amgen a Gweithgareddau cymdeithasol.

Caiff y Rhaglen 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 serious 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

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 Commercial Road
Taibach
Port Talbot
SA13 1LN
Tel: 01639 899 122
Email: nptseibiant@hafal.org

David Williams
Project Co-ordinator
Email: nptcwmtawe@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

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

Dyma ein manylion cyswilt:

Rheolwr Hafal ar gyfer yr ardal honnyw: Sharon Thomas
Ffôn: 01792 816 600 E-bost: operations@hafal.org
I gael gwylod mwy am Raglen Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal a gofyn am ein harweiniad gywoboddeith: "Adferiad: Ffordd ymlaen ar gyflymder pobol gydag afiechyd meddwl difrifol".

David Williams
Cyd-Drefnydd y Prosiect
E-bost: nptcwmtawe@hafal.org

Linda Williams
Cyd-Drefnydd y Prosiect
29/31 Heol Masnachol
PORT TALBOT SA13 1LN
Ffôn: 01639 899 122
E-bost: nptseibiant@hafal.org

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

Cysylltu â hafal

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

Neath & Port Talbot 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.

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:

- 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.
- 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.
- 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?

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

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: **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 **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 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 chyngor 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)**. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor ar Bopeth 0844 4772020** 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 **01639 898 581**.

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



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:



- 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.
- 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.
- 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 serious 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 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 **01639 664 400 (Neath)**, **01639 664 500 (Port Talbot)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau 0844 4772020** 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 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 **01639 642 266** or talk to Hafal on **01639 899 122**.