



LEADERSHIP THROUGH LIVED EXPERIENCE

Hafal's Expert Leadership Panel (HELP) is a group of knowledgeable, creative and talented people, including service users and carers. Their direct experience is used to support Hafal's campaigning and to contribute to the development of better mental health services in Wales. Currently, we are a group of around 20 people and utilise the combined knowledge and experience to:

- comment on and influence national mental health issues
- develop and deliver training sessions, talks and presentations

- provide consultancy, particularly to organisations grappling with how to respond to mental health issues
- work with the media, whether through providing copy or speaking directly to the media
 - be reviewers of services
- contribute to mental health research and service evaluations
- identify excellence in mental health services.

HELP's Annual Report can be downloaded from our website and lists the wide range of activities we have been involved in to date. As well as supporting Hafal's campaigning and projects, members have delivered talks and training programmes to a range of organisations; helped to evaluate services, contributed to conferences as far apart as Holland, Greece and Bulgaria and been involved in mental health research.



hafal



hafal.org

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ARWAIN YN SGIL PROFIAD BYWYD

Mae Panel Arweinyddiaeth Arbenigol Hafal (HELP) yn grŵp o bobl wybodus, greadigol a thalentog sydd yn cynnwys defnyddwyr gwasanaeth a gofalwyr. Mae'r profiad uniongyrchol sydd ganddynt yn cael ei ddefnyddio er mwyn cefnogi gwaith ymgyrchu Hafal ac i gyfrannu at ddatblygu gwasanaethau iechyd meddwl gwell yng Nghymru. Ar hyn o bryd, rydym yn grŵp o ryw 20 person sydd yn manteisio ar ein gwybodaeth a phrofiadau cyfun er mwyn:

- cynnig sylwadau a dylanwadu ar faterion iechyd meddwl cenedlaethol
- datblygu a darparu sesiynau hyfforddi, anerchiadau a chyflwyniadau

- cynnig gwasanaethau ymgynghori, yn enwedig i fudiadau sydd yn cael trafferth wrth geisio ymateb i faterion iechyd meddwl
- gweithio gyda'r cyfryngau, naill ai drwy ddarparu copi
- neu drwy siarad yn uniongyrchol gyda'r cyfryngau
 - adolygu gwasanaethau
- cyfrannu at ymchwil iechyd meddwl a gwerthuso gwasanaethau
- adnabod ardderchowgrwydd o fewn gwasanaethau iechyd meddwl

Mae modd lawrlwytho Adroddiad Blynyddol HELP o'n gwefan ac mae'n rhestru'r ystod eang o weithgareddau yr ydym wedi ymgymryd â hwy. Yn ogystal â chefnogi gwaith ymgyrchu a phrosiectau Hafal, mae Aelodau wedi rhoi anerchiadau a sesiynau hyfforddi i ystod o fudiadau; wedi helpu i werthuso gwasanaethau, cymryd rhan mewn cynadleddau mor bell i ffwrdd â'r Iseldiroedd, Groeg a Bwlgaria ac wedi cymryd rhan mewn ymchwil iechyd meddwl.

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