

The latest news from Adferiad Recovery and its founding charities CAIS, Hafal and WCADA. At this difficult time we are working together to provide vital services to some of the most vulnerable groups in Wales

JANUARY 2021

Happy New Year!

2020 was a difficult year for us all, and we are still in the depths of the Covid-19 pandemic. However, despite the ongoing difficulties and challenges we are looking forward with a real sense of hope now that the Covid vaccines are being rolled out across Wales.

As always, we want to thank you for your unwavering support during these testing times. We have been heartened by the fundraising, offers of help and moral support you have given us throughout the pandemic. We really couldn't do what we do without you!

We are delighted to report that despite the current situation we continue to deliver our services across Wales and support some of the most vulnerable people in our communities, ensuring they are not isolated or forgotten.

We look forward to updating you on this work throughout 2021 - and watch out for some very exciting news in the coming months!



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Making Steps in the Right Direction: Lee's Story



The Covid-19 pandemic has presented many challenges in all areas of life over the past year. Despite these unprecedented circumstances, Change Step has continued to be there for military veterans in need of support to help get their lives back on track, such as Lee who reached out to us for support in March 2020.

Lee had been living in his car and was unable to find suitable accommodation as he did not have enough money for the bond to secure a property. He was also struggling with PTSD and anger management. Change Step immediately took action to resolve Lee's housing situation by referring him to SSAFA who placed him in emergency accommodation for a period. Despite the nationwide lockdown, Change Step continued to keep in regular contact with him and he built a great relationship with his Change Step Peer Mentor. While in emergency accommodation Lee was able to combat many personal challenges, including improving his anger management skills.

Lee contacted the housing association and was able to secure a two-bedroom flat. He was supported by his Peer Mentor to secure furniture donations as well as a free van hire service from [Simon Price Cars](#) in Rhayader. This was offered by Simon Price as he was grateful to Change Step for the support they had provided his partner when she needed it and wanted to give something back. Lee's Peer Mentor was also able to provide him with household essentials. Lee became more independent each day, continuing to take control of his life.

Change Step continues to keep in contact and provide regular support to Lee. He is now settled in to his new flat and feels more able to face day-to-day challenges. Moving forward, Change Step will work with Lee to help him tackle his mental health issues and continue to make long-term, positive changes to his life. His Peer Mentor has said, "He is well on the way to leading a

constructive and good life and I have no doubt that he will be able to continue his path well after Change Step's support has ended".

Find out more about Change Step: <http://www.changestepwales.co.uk/>

Mental Health and Money Advice Service wins national award!



We are delighted to announce that Hafal's Mental Health and Money Advice Service has been recognised as the UK Debt Advice Provider of the Year at the 2020 CCS (Collections & Customer Service) Awards!

The team has continued to support vulnerable clients throughout the pandemic and during a period of particular financial hardship and uncertainty. Total gains for Hafal clients this year alone have reached over £574,000 and overall gains for clients supported by the team in Wales since the launch of the service in 2017 are an astonishing £2.95million.

Adrian Nicholas, Service Coordinator for the Mental Health and Money Advice Service team based in Swansea, said: *"This is a fantastic achievement for the team and recognises their hard work, dedication and commitment to ensuring that our service users achieve the best possible outcomes. To be given national recognition alongside much larger organisations and judged by industry specialists is a fantastic achievement!"*

Find out more about the service: <https://www.mentalhealthandmoneyadvice.org/wal/>

Update from Cyfle Cymru



The past month or so has been extremely busy for us at Cyfle Cymru! We have registered many more participants into our project, offering support in as many areas as we can whilst restrictions are still in place.

Thanks to the Moondance Foundation, we have received £5000 for food hampers, wellbeing packages and Greggs gift vouchers for homeless individuals. We have also been lucky enough to receive just under £7,000 from The Lottery Community Fund for CSCS Cards, something which is needed for people to be able to go into job vacancies such as construction, site work and labouring.

We've also gratefully received £2767 from NPT CVS, £800 from The Moondance Foundation and £1002 from Swansea SCVS for equipment that staff can use to work from home and support our participants with IT, courses and group sessions once we return to the offices.

Swansea Council have given us £565 for feminine hygiene products which will be distributed to our offices in Swansea and will be available for any participants over the next few weeks; we have also linked in with Fare Share through Tesco who are kindly donating fresh food items weekly so we can hand out to our participants who may need some extra support if they are struggling with hardship.

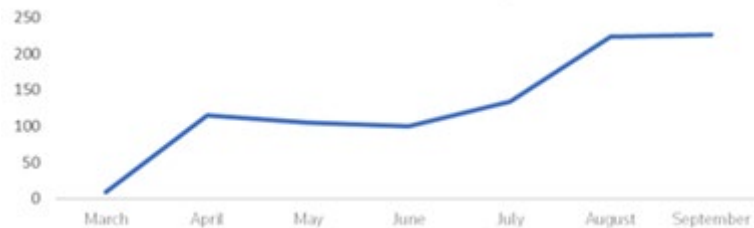
Find out more about Cyfle Cymru's work: <http://dacw.co.uk/en/about-cyfle-cymru/>

A round of applause for CAIS volunteers!

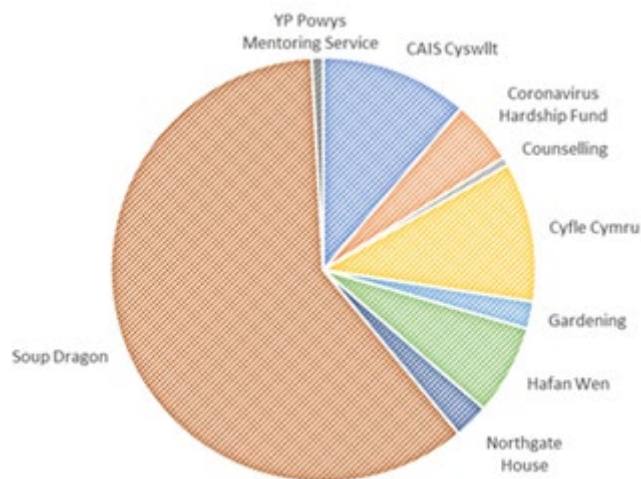
CAIS Volunteers provide invaluable help and support to our frontline staff and service users. We are extremely grateful for all the hours they put in to help CAIS operate smoothly and their hard work and commitment to their roles is second to none.

Strict lockdown measures introduced in March meant that CAIS had to function very differently and some of our volunteers were able to help ensure that some of the most vulnerable members of our society could continue to receive the support they needed. With the introduction of CAIS' Coronavirus Hardship Fund, and other related projects, volunteers supported our service users in new ways, such as preparing and delivering food parcel support, making trips to the shops on their behalf when they weren't able to and telephone befriending.

Since March 23rd 2020 volunteers have given an incredible 913 hours of their time to help provide support to those most in need during these unprecedented times, which amounts to an average of 48 hours each!

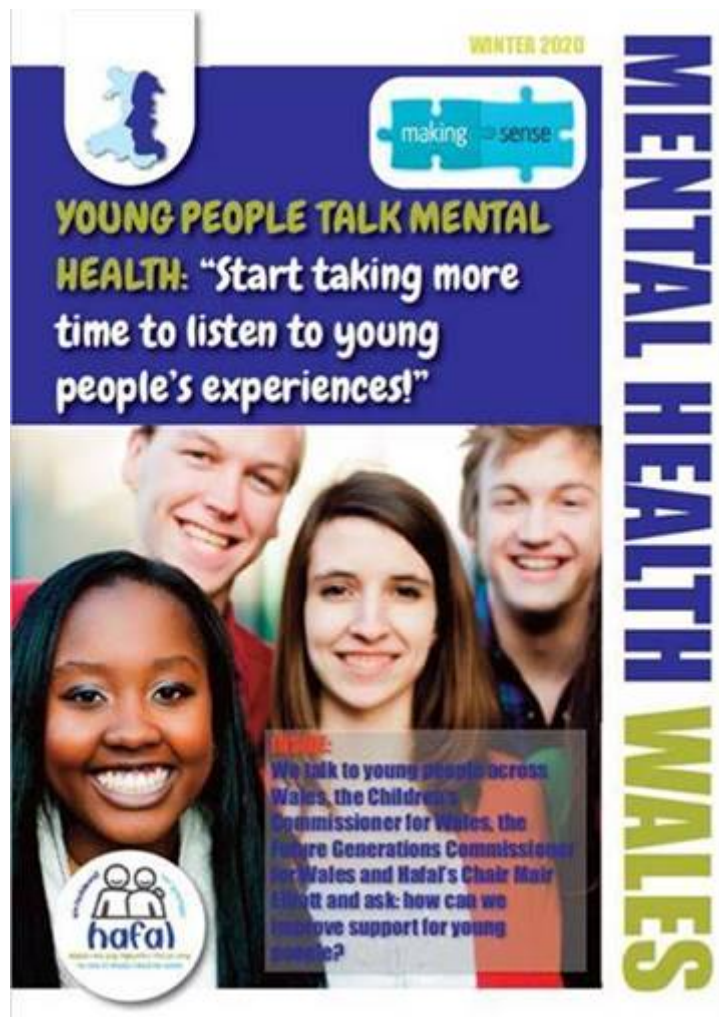


We've seen volunteers putting in hours across a range of different services within CAIS, with our Soup Dragon in Wrexham alone benefiting from an amazing 549 hours' worth of volunteers' time.



We would like to say a huge thank you to all our volunteers, both those who were actively working through the pandemic and those who have been patient in waiting for a return to volunteering. We applaud your hard work and diligence during these unprecedented times and are grateful for all the support you provide to our staff and service users!

Hafal campaigns for improved mental health support for young people

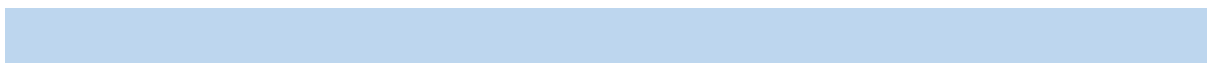


Hafal has long campaigned for improved mental health support and services for young people in Wales. In the latest issue of the [Mental Health Wales journal](#) you can read about the latest developments in our “Making Sense” campaign to revolutionise the approach to young people’s mental health.

In the journal we talk to young people across Wales and ask: how can we improve support for young people? We also catch up with **Children’s Commissioner for Wales, Sally Holland** and **Future Generations Commissioner, Sophie Howe** to get their perspectives on young people’s mental health services.

Hafal’s Chair Mair Elliott updates us on the changes that have taken place in the five years since the “Making Sense” campaign was launched. We also have a roundup of the latest news including details of Cardiff University’s new research centre for young people’s mental health.

[Download the journal here.](#)



Update from Dyfodol



WCADA is a key partner in delivering the DYFODOL service. Recently it has been a challenging time for the Public Sector Prisons, HMP Cardiff, HMP Swansea, HMP Usk/Prescoed with a number of service adaptations and Covid-19 contingencies have been implemented.

Dyfodol staff have remained visible at all sites throughout the pandemic to help and support men with both substance and alcohol problems. All new intakes are provided with a comprehensive information pack on admission which includes detailed harm reduction advice and community support contact details.

Collaborative work continues at all sites with Healthcare Teams. Comprehensive assessments are carried out with high-risk cases, crisis interventions are delivered, in-cell workbooks have been provided, and regular check-in letters to review clients' progress and wellbeing have been provided, together with specific release planning and appointments issued for community appointments on release. All clinical needs are being addressed with continuity of clinical care for those requiring prescribing.

Telephone interventions have been implemented at HMP Usk/Prescoed to ensure support continues for those engaged in the service. We have provided Distraction Workbooks with some 'fun' activities and praised the men on their achievements to date with the aim of encouraging and motivating them to keep safe and well over Christmas and seek help and support at this difficult time of year.

Both Dyfodol staff and the clients they work with have displayed a positive attitude throughout the pandemic, understanding the seriousness of the situation and accepting the frequent adjustments necessary to cope with Covid concerns.

Find out more about Dyfodol: <https://www.kaleidoscopeproject.org.uk/dyfodol-2/>

**Hafal announces the winners of the Am y Gorau Awards
for 2020!**



This year Hafal staff and volunteers have worked together to ensure that clients and carers remain supported by high quality services during the additional pressures imposed by the coronavirus pandemic.

The Am y Gorau Awards recognise achievements where staff and volunteers have performed over and above their normal duties, delivered new and innovative services, and carried out their duties to an exceptional level.

This year the HELP Panel (Hafal's Expert Leadership Panel) received a range of nominations from across Wales and extend their thanks and congratulations to the category winners:

1. **Creating Connections:** Abby Roberts and Kelly Edwards, Hafal Pembrokeshire
2. **Exceptional Service:** Donna Chaves
3. **Fostering Diversity and Inclusion:** Rachele Bright and Ceri Williams, Time to Change Wales
4. **Innovative Thinking and Risk-Taking:** Bethan James, David Jones, Jason Tatton, Daniel Bartlett, Aaron Jenkins, Rachel Ayriss and Katherine Orriss, Hafal EIP Services
1. **Professional Excellence:** Sophie Williams, Hafal Crossroads Powys
2. **Unsung Hero:** Val Taylor, Hafal Denbighshire
3. **Media and Public Affairs Work:** Dafydd James, Hafal's Promise Ambassador
4. **Elin Jones Challenge Cup Award for the use of Welsh language:** Aaron Walters, Hafal Ceredigion

This month we were also delighted to recognise length of service for a number of staff who had completed 5, 10, 15, 20 and 25 years with the organisation. Although we were unable to present staff in person this year they have received their certificates, badges and gift vouchers and these fantastic achievements were celebrated at Hafal's all-Staff Zoom Conference on Thursday 10th December – **congratulations from us all!**

WCADA SWITCH – Young People's Project



The SWITCH PROJECT has strived to engage young people who have previously proven difficult to reach and guide them toward a range of health and constructive activities and 1-2-1 support; it also provides regular weekly phone contact to promote recovery and offer advice and guidance. The project has a strong emphasis on diversionary activities, sports participation, engagement, volunteering, education, training and community cohesion.

We have strived to engage our children and young people with intense support by developing our resources to adapt to online platforms, offering training for CYP, teachers and partnership organisations, expanding our social media platforms, information sharing, access to referral pathways, attending online networking events and linking in with our mental health organisations and we continue to build more positive and successful new partnerships.

Our youth club has now fully adapted to online platforms such as Zoom and Microsoft Teams. We have also continued to grow our school early intervention service and partnerships with all educational bodies throughout Neath Port Talbot. 1-2-1 support sessions have dramatically increased in number to offer young people who are at risk of, or already engaging in, risky behaviour involving substances and providing 1-2-1 sessions to young people affected by someone else's substance misuse.

Find out more about WCADA SWITCH: <http://www.wcada.org/switchmain.html>

Hafal supports the #FairerForCarers campaign



In November Hafal joined with 74 other organisations representing unpaid carers, older people and disabled adults and children calling on the UK Government to urgently increase the financial support available for unpaid carers.

Justin Tomlinson MP, Minister for Disabled People, Health and Work, responded to an open letter calling for the government to make Carer's Allowance Fairer for Carers and the issues were highlighted in parliament by Sir Ed Davey, Leader of the Liberal Democrats. Hafal will continue to support the #FairerForCarers campaign – keep an eye on our website and social media for more updates!

Celebrating Time to Change Wales' work in 2020



Delivered in partnership by Hafal and Mind Cymru, the Time to Change Wales (TTCW) campaign aims inspire people to work together to end the stigma and discrimination surrounding mental health problems. Despite challenging conditions in 2020 the campaign continued to reach people across the whole of Wales!

During the year TTCW Champions shared their stories with no less than 1,475 people at 44 events, and many more through blogs and media opportunities. The campaign also engaged with 530 employers at 20 events and training sessions, and ran 39 activities for Champions. People engaged with TTCW social media campaigns an astonishing 6,471 times!

Many congratulations to everyone involved, especially our Champions who share their stories and open people's minds!

Find out more about Time to Change Wales at: <https://www.timetochangewales.org.uk/en/>

adferiad.org.uk  

Adferiad Recovery is a charity registered in England and Wales, Reg No: 1175085



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Gwneud Camau yn y Cyfeiriad Cywir: Stori Lee



Mae'r pandemig Covid-19 wedi cyflwyno nifer o heriau ym mhob agwedd o fywyd dros y flwyddyn ddiwethaf. Er yr amgylchiadau digynsail yma, mae Newid Cam wedi parhau i fod yno'n cefnogi cyn-filwyr sydd angen cefnogaeth er mwyn eu helpu i roi trefn ar eu bywydau unwaith eto, fel Lee a ddaeth atom am gefnogaeth ym mis Mawrth 2020.

Roedd Lee wedi bod yn byw yn ei gar ac nid oedd yn medru dod o hyd i lety addas; nid oedd digon o arian ganddo i roi bond er mwyn sicrhau llety. Roedd hefyd yn cael trafferth gyda PTSD a rheoli ei ddieter. Roedd Newid Cam wedi ymateb ar unwaith drwy gymryd camau i ddod o hyd i lety iddo drwy ei gyfeirio at SSAFA a oedd wedi ei osod mewn llety brys am gyfnod. Ers y cyfnod clo cenedlaethol, mae Newid Cam wedi cadw mewn cysylltiad cyson ag ef ac mae wedi adeiladu perthynas wych gyda'i Fentor Cymheiriaid yn Newid Cam. Tra'n aros mewn llety brys, roedd Lee yn medru mynd i'r afael gyda nifer o heriau personol, gan gynnwys gwella ei sgiliau yn rheoli ei ddieter.

Cysylltodd Lee gyda'r gymdeithas tai a llwyddodd sicrhau fflat dwy ystafell wely. Fe'i cefnogwyd gan ei Fentor Cymheiriaid er mwyn sicrhau ei fod yn derbyn celfi am ddim a gwasanaeth cludo am ddim gan [Simon Price Cars](#) yn Rhaeadr Gwy. Cynigwyd hyn gan Simon Price am ei fod yn gwerthfawrogi'r gefnogaeth yr oedd Newid Cam wedi rhoi i'w bartner pan oedd hi angen y gefnogaeth honno ac roedd am wneud tro da. Roedd Mentor Cymheiriaid Lee hefyd yn medru rhoi cyfarpar hanfodol iddo ar gyfer y tŷ. Daeth Lee yn fwy annibynnol bob un diwrnod, gan barhau i gymryd rheolaeth o'i fywyd.

Mae Newid Cam yn parhau i gadw mewn cysylltiad ac yn darparu cefnogaeth gyson i Lee. Mae wedi ymgartrefu yn ei fflat newydd erbyn hyn ac yn teimlo ei fod yn medru wynebu heriau bob dydd. Wrth symud ymlaen, bydd Newid Cam yn gweithio gyda Lee er mwyn ei helpu i fynd i'r afael gyda'i broblemau iechyd meddwl a'n parhau i wneud newidiadau hirdymor, positif i'w fywyd. Dywedodd ei Fentor Cymheiriaid, "Mae ar y ffordd i fyw bywyd adeiladol a da ac rwy'n sicr y bydd yn medru parhau ar y trywydd hwn unwaith y mae cefnogaeth Newid Cam yn dod i ben".

Dysgwch mwy am Newid Cam: <http://www.changestepwales.co.uk/>

Gwasanaeth Cyngor Iechyd Meddwl ac Arian yn ennill gwobr genedlaethol!



Rydym wrth ein bodd yn cyhoeddi bod Gwasanaeth Cyngor Iechyd Meddwl ac Arian Hafal wedi ei gydnabod fel Darparwr Cyngor ar Ddyledion y DU fel rhan o Wobrwyon (Gwasanaethau Casglu a Chwsmeriaid) 2020!

Mae'r tîm wedi cyfrannu i gefnogi cleientiaid bregus drwy gydol y pandemig, sef cyfnod o galedi ariannol ac ansicrwydd. Mae'r enillion sydd wedi eu sicrhau ar ran cleientiaid Hafal eleni yn werth mwy na £574,000 ac mae'r enillion cyffredinol sydd wedi eu sicrhau gan y tîm yng Nghymru ers lansio'r gwasanaeth yn 2017 yn swm anhygoel o £2.95 miliwn.

Dywedodd Adrian Nicholas, Cydlynnydd Gwasanaeth ar gyfer y tîm Gwasanaeth Cyngor Iechyd Meddwl ac Arian, sydd wedi ei leoli yn Abertawe: "Dyma orchest ffantastig gan y tîm ac yn cydnabod eu gwaith caled, eu hymroddiad wrth sicrhau bod ein defnyddwyr

gwasanaeth yn elwa o'r canlyniadau gorau posib. Mae derbyn y fath gydnabyddiaeth genedlaethol, ar y cyd gyda mudiadau llawer iawn mwy ac wedi ein beirniadu gan arbenigwyr yn y diwydiant, yn golygu bod hyn yn gyrhaeddiad ffantastig!"

Dysgwch mwy am y gwasanaeth: <https://www.mentalhealthandmoneyadvice.org/cym/>

Diweddariad gan Cyfle Cymru



Mae'r mis diwethaf yma wedi bod yn hynod brysur i bawb yma yn Cyfle Cymru! Rydym wedi cofrestru nifer mwy o gyfranogwyr yn ein prosiect, tra'n cynnig cefnogaeth mewn cynifer o feysydd ag sydd yn bosib tra bod y cyfyngiadau dal yn eu lle.

Yn sgil rhodd gan y Moondance Foundation, rydym wedi derbyn £5000 ar gyfer hamperi bwyd, pecynnau lles a thalebau Greggs i unigolion digartref. Rydym hefyd wedi derbyn bron i £7,000 gan y Gronfa Loteri ar gyfer Cardiau CSCS, rhywbeth sydd ei angen ar bobl i fedru mynd i swydd fel adeiladu, gweithio ar safleoedd a'n gwneud gwaith llafur.

Rydym yn falch ein bod wedi derbyn £2767 gan CVS Castell-nedd Port Talbot, £800 gan y Moondance Foundation a £1002 gan SCVS Abertawe ar gyfer cyfarpar y mae staff yn medru defnyddio er mwyn gweithio o gartref a chefnogi unigolion gyda Thechnoleg Gwybodaeth, cyrsiau a sesiynau grŵp unwaith ein bod yn dychwelyd i'r swyddfeydd.

Mae Cyngor Abertawe wedi rhoi £565 i ni ar gyfer cynnyrch hylendid i fenywod a fydd yn cael eu rhannu ar draws ein swyddfeydd yn Abertawe ac ar gael i unigolion dros yr wythnosau nesaf; rydym hefyd wedi cysylltu gyda Fare Share drwy Tesco, sydd wedi cyfrannu eitemau bwyd ffres yn wythnosol fel ein bod yn medru eu rhannu gydag unigolion sydd angen mwy o gefnogaeth os ydynt yn profi caledi.

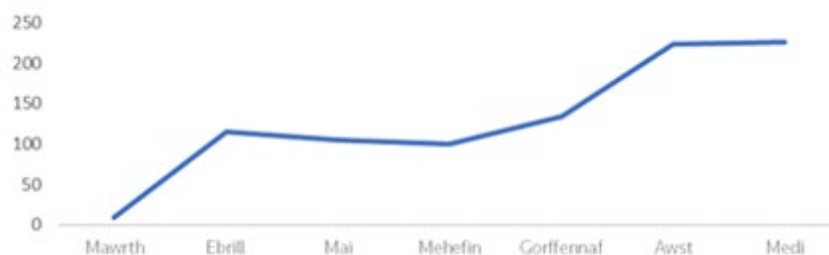
Dysgwch mwy am waith Cyfle Cymru: <http://dacw.co.uk/cy/am-cyfle-cymru/>

Rhowch ganmoliaeth i wirfoddolwyr CAIS!

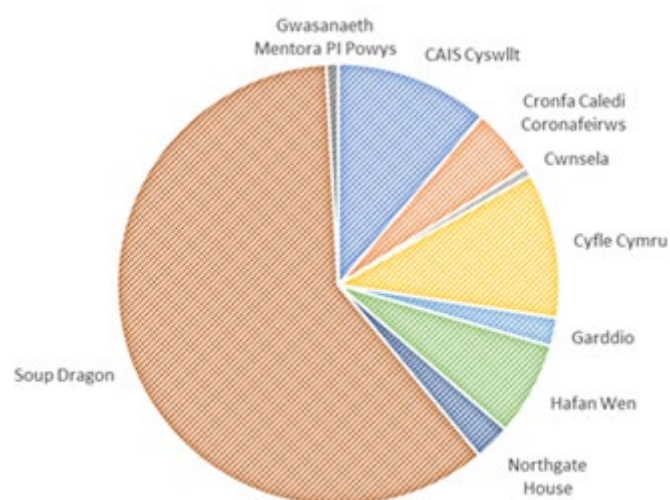
Mae Gwirfoddolwyr CAIS wedi cynnig help a chymorth amhrisiadwy i'n staff ar y rheng flaen a'r defnyddwyr gwasanaeth. Rydym yn hynod ddiolchgar am yr holl oriau y maent wedi cyfrannu er mwyn helpu CAIS i weithredu ac mae eu gwaith caled a'u hymroddiad tuag at eu rôl heb ei ail.

Roedd y mesurau a gyflwynwyd fel rhan o'r cyfnod clo ym mis Mawrth wedi yn golygu bod CAIS wedi gorfod gweithio yn wahanol iawn ac roedd rhai o'n gwirfoddolwr yn medru helpu sicrhau bod rhai o'r aelodau mwyaf bregus yn ein cymdeithas yn medru parhau i dderbyn y gefnogaeth sydd angen arnynt. Drwy gyflwyno Cronfa Galedi Coronafeirws CAIS, a phrosiectau cysylltiedig eraill, roedd gwirfoddolwyr wedi cefnogi ein defnyddwyr gwasanaeth mewn ffyrdd newydd, fel paratoi a chludo parseli bwyd, mynd i siopa ar eu rhan pan oeddynt yn methu a siarad gyda hwy dos y ffôn.

Ers Mawrth 23ain 2020, mae gwirfoddolwyr wedi cyfrannu swm anhygoel o 913 o oriau o'u hamser er mwyn darparu cefnogaeth i'r rhai sydd yn fwyaf anghenus yn ystod y cyfnod digynsail hwn, sydd yn gyfartaledd o 48 awr yr un!



Mae gwirfoddolwyr wedi gweithio mewn sawl gwasanaeth o fewn CAIS, gyda'r Soup Dragon yn Wrecsam yn elwa o 549 awr o amser y gwirfoddolwyr.



Hoffem ddiolch o galon i'n holl wirfoddolwyr, y rhai hynny sydd wedi bod yn weithgar yn ystod y pandemig a'r rhai sydd wedi bod yn aros yn amyneddgar cyn dychwelyd i wirfoddoli. Rydym yn

gwerthfawrogi eich gwaith caled a diwyd yn ystod y cyfnod digynsail hwn ac rydym yn gwerthfawrogi'r holl gefnogaeth yr ydych yn darparu i'n staff a'r defnyddwyr gwasanaeth.

Hafal yn ymgyrchu am gefnogaeth iechyd meddwl gwell i bobl ifanc

GAEAF 2020

gwneud synnwyr

POBL IFANC YN TRAFOD IECHYD MEDDWL: "Dechreuwch dreulio mwy o amser yn gwrando ar brofiadau pobl ifanc!"

IECHYD MEDDOWL CYMRU

Yn fy mwyd:
Rydym yn siarad gyda phobl ifanc ar draws Cymru. Comisiynydd Plant i Gymru, Comisiynydd Cenedlaethau'r Dyfodol a Chomisiynydd Hafal Mair Elliott ac yn gofyn: sut y mae modd i ni wella'r wasanaethau iechyd meddwl i bobl ifanc?

hafal

Mae Hafal wedi bod yn ymgyrchu ers tro byd am gefnogaeth a gwasanaethau iechyd meddwl gwell i bobl ifanc yng Nghymru. Yn y rhifyn diweddaraf o'r [Cyfnodolyn Iechyd Meddwl Cymru](#) rydych yn medru darllen am y datblygiadau diweddaraf yn ein hymgyrch "Gwneud Synnwyr" i chwyldroi agweddau at iechyd meddwl pobl ifanc.

Yn ein cyfnodolyn, rydym yn siarad gyda phobl ifanc ar draws Cymru ac yn gofyn: sut y mae modd i ni wella'r gefnogaeth i bobl ifanc? Rydym yn sgwrsio gyda **Comisiynydd Plant Cymru, Sally Holland** a'r **Comisiynydd Cenedlaethau'r Dyfodol, Sophie Howe**, er mwyn deall eu persbectif ar wasanaethau iechyd meddwl i bobl ifanc.

Mae Cadeirydd Hafal, Mair Elliott, yn ein diweddarau am y newidiadau sydd wedi eu gwneud yn y pum mlynedd ers lansio'r ymgyrch "Gwneud Synnwyr". Rydym hefyd wedi crynhoi'r newyddion diweddaraf gan gynnwys manylion am ganolfan ymchwil newydd Prifysgol Caerdydd ar gyfer iechyd meddwl pobl ifanc.

[Lawrlwythwch y cyfnodolyn yma.](#)

Diweddariad gan Dyfodol



Mae WCADA yn bartner allweddol yn darparu'r gwasanaeth DYFODOL. Yn ddiweddar, mae wedi bod yn gyfnod heriol i'r Carchardai Sector Cyhoeddus, Carchar Ei Mawrhydi Caerdydd, Carchar Ei Mawrhydi Abertawe, Carchar Ei Mawrhydi Brynbuga/Prescoed gyda nifer o addasiadau i'r gwasanaethau, a chynlluniau wrth gefn yn sgil Covid-19 yn cael eu gweithredu.

Mae staff Dyfodol wedi bod yn amlwg yn yr holl safleoedd drwy gydol y pandemig er mwyn helpu a chefnogi dynion gyda phroblemau alcohol a chamddefnyddio sylwadau. Mae'r holl garcharorion newydd yn derbyn pecyn gwybodaeth cynhwysfawr ar ôl cyrraedd y carchar sydd yn cynnwys cyngor ar leihau niwed a manylion cyswllt o ran cymorth yn gymuned.

Mae'r gwaith cydweithredol yn parhau ar yr holl safleoedd gyda'r Timau Gofal Iechyd. Mae asesiadau cynhwysfawr yn cael eu cynnal gydag achosion risg uchel, ymyriadau argyfwng yn cael eu darparu, llyfrynnau gwaith yn cael eu darparu mewn celloedd, a llythyru cyson er mwyn gwirio cynnydd y cleientiaid, ynghyd â chynllun yn cael ei gadarnhau pan fydd unigolyn yn cael ei ryddhau ac apwyntiadau cymunedol yn cael eu trefnu. Mae'r holl anghenion clinigol yn cael eu diwallu drwy gyfrwng gofal clinigol ar gyfer y sawl sydd angen presgripsiynu.

Mae ymyriadau ar y ffôn wedi eu gweithredu yng Ngharchar Ei Mawrhydi Brynbuga/Prescoed er mwyn sicrhau bod cefnogaeth dal yn cael ei ddarparu i'r sawl sydd yn ymgysylltu yn y gwasanaeth. Rydym wedi darparu Llyfrynnau Gwaith Tynnu Sylw gyda rhai gweithgareddau 'hwyl' ac wedi canmol y dynion ar eu cyraeddiadau hyd yma gyda'r nod o'u hannog a'u hysgogi hwy i gadw'n ddiogel ac yn dda dros gyfnod y Nadolig ac i chwilio am help a chefnogaeth ar yr adeg anodd hon o'r flwyddyn.

Mae staff Dyfodol a'r cleientiaid y maent wedi gweithio gyda hwy wedi arddangos agwedd bositif yn ystod y pandemig, gan ddeall difrifoldeb y sefyllfa a'n derbyn yr addasiadau cyson sydd angen eu gwneud er mwyn delio gyda phryderon Covid.

Dysgwch mwy am Dyfodol: <https://www.kaleidoscopeproject.org.uk/dyfodol-2/>

Hafal yn cyhoeddi enillwyr Gwobrau Am y Gorau ar gyfer 2020!



Eleni, mae staff a gwirfoddolwyr Hafal wedi gweithio gyda'i gilydd er mwyn sicrhau bod cleientiaid a gofalwyr yn parhau i gael eu cefnogi gan wasanaethau safon uchel, er y pwysau ychwanegol a grëwyd gan y pandemig coronafeirws.

Mae'r Gwobrau 'Am y Gorau' yn cydnabod y cyraeddiadau hynny lle y mae staff a gwirfoddolwyr wedi perfformio y tu hwnt i'r galw, yn darparu gwasanaethau newydd ac arloesol ac yn ymgymryd â'u dyletswyddau mewn modd eithriadol.

Eleni, roedd y Panel HELP (*Hafal's Expert Leadership Panel*) wedi derbyn ystod o enwebiadau ar draws Cymru ac maent am ddiolch a llongyfarch enillwyr pob un categori:

5. **Creu Cysylltiadau:** Abby Roberts a Kelly Edwards, Hafal Sir Benfro
6. **Gwasanaeth Eithriadol:** Donna Chaves
7. **Meithrin Amrywiaeth a Chynwysoldeb:** Rachelle Bright a Ceri Williams, Amser i Newid Cymru
8. **Meddwl yn Arloesol a'n Cymryd Risgiau:** Bethan James, David Jones, Jason Tatton, Daniel Bartlett, Aaron Jenkins, Rachel Ayriss a Katherine Orriss, Gwasanaethau EIP Hafal
5. **Ardderchogrwydd Proffesiynol:** Sophie Williams, Hafal Croesffyrdd Powys
6. **Arwr/Arwres:** Val Taylor, Hafal Sir Ddinbych
7. **Gwaith Cyfryngau a Materion Cyhoeddus:** Dafydd James, Llysgennad Addewid Hafal
8. **Gwobr Cwpan Her Elin Jones ar gyfer defnydd o'r iaith Gymraeg:** Aaron Walters, Hafal Ceredigion

Ym mis Rhagfyr, roeddem yn falch o ddatlu fod nifer o staff wedi cwblhau cyfnodau yn gweithio gyda'r mudiad am 5, 10, 15, 20 a 25 mlynedd. Er ein bod yn methu cydnabod hyn mewn person, maent wedi derbyn eu tystysgrifau, bathodynau a thalebau a dathlwyd hyn mewn cynhadledd Zoom gyda holl staff Hafal ar ddydd Iau, 10fed Rhagfyr – **llongyfarchiadau i bawb!**

WCADA SWITCH – Prosiect Pobl Ifanc



Mae'r PROSIECT SWITCH wedi ceisio ymgysylltu pobl ifanc sydd wedi bod yn anodd eu cyrraedd a'u llywio tuag at ystod o weithgareddau iechyd ac adeiladau a chymorth 1-2-1; mae hefyd yn darparu cyswllt wythnosol dros y ffôn er mwyn hyrwyddo adferiad a'n cynnig cyngor a chanllawiau. Mae pwyslais cryf gan y prosiect ar weithgareddau i ddifyrru, cymryd rhan mewn chwaraeon, ymgysylltu, gwirfoddoli, addysg, hyfforddiant a chydlyniant cymunedol.

Rydym wedi ceisio ymgysylltu ein plant a phobl ifanc drwy eu cefnogi'n ddwys a datblygu ein hadnoddau i addasu i'r llwyfannau ar-lein, yn cynnig hyfforddiant i'r CYP, athrawon a mudiadau partneriaeth, ehangu ein llwyfannau cyfryngau cymdeithasol, rhannu gwybodaeth, atgyfeirio at lwybrau eraill, mynychu digwyddiadau rhwydweithio ar-lein a chysylltu gyda mudiadau iechyd meddwl eraill ac rydym yn parhau i adeiladu partneriaethau mwy positif a llwyddiannus.

Mae ein clybiau ieuentid nawr wedi addasu'n llwyr i lwyfannau ar-lein fel Zoom a Microsoft Teams. Rydym hefyd wedi parhau i ddatblygu ein gwasanaeth ymyrryd yn gynnar mewn ysgolion a'n meithrin partneriaethau gyda chyrrff addysgol ar hyd a lled Castell-nedd Port Talbot. Mae sesiynau cymorth 1-2-1 i bobl ifanc sydd mewn peryg, neu eisoes yn cymryd rhan mewn ymddygiad peryglus fel camddefnyddio sylweddau, wedi cynyddu'n ddramatig o ran nifer, ynghyd â sesiynau 1-2-1 i bobl ifanc sydd wedi eu heffeithio gan rywun arall sydd yn camddefnyddio sylweddau.

Dysgwch mwy am WCADA SWITCH: <http://www.wcada.org/switchmain.html>

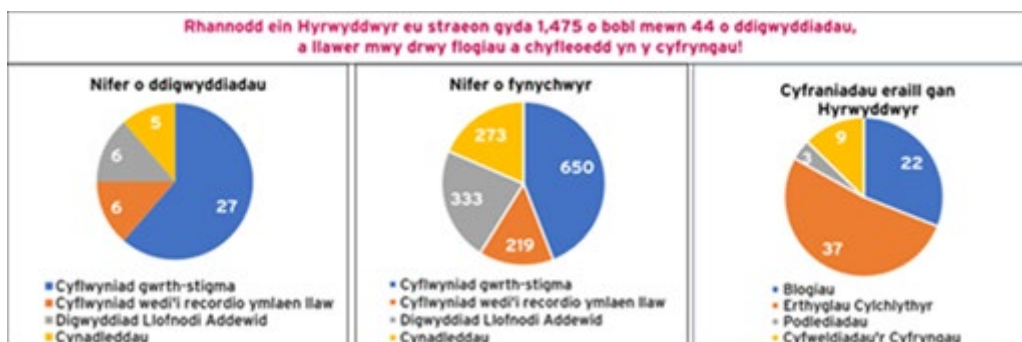
Hafal yn cefnogi'r ymgyrch #FairerForCarers



Ym mis Tachwedd, roedd Hafal wedi ymuno gyda 74 mudiad arall sydd yn cynrychioli gofalwyr di-dâl, pobl hŷn ac oedolion a phlant anabl sydd yn galw ar Lywodraeth y DU i gynyddu'r gefnogaeth ariannol ar frys i ofalwyr di-dâl.

Roedd Justin Tomlinson AS, Gweinidog dros Bobl Anabl, Iechyd a Gwaith, wedi ymateb i lythyr agored yn galw ar y llywodraeth i wneud Lwfans Gofalwyr yn Decach i Ofalwyr ac amlygwyd y materion hyn yn y Senedd gan Syr Ed Davey, Arweinydd y Democratiaid Rhyddfrydol. Bydd Hafal yn parhau i ymgyrchu i gefnogi'r ymgyrch #FairerForCarers – cadwch olwg ar ein gwefan a'n cyfryngau cymdeithasol am fwy o fanylion!

Dathlu gwaith Amser i Newid Cymru yn 2020



Yn cael ei ddarparu mewn partneriaeth gyda Hafal a Mind Cymru, mae'r ymgyrch Amser i Newid Cymru (TTCW) yn anelu i ysbrydoli pobl i weithio gyda'i gilydd er mwyn rhoi diwedd ar y stigma a'r gwahaniaethu sydd ynghlwm wrth broblemau iechyd meddwl. Er gwaethaf amodau heriol 2020, mae'r ymgyrch wedi parhau i gyrraedd pobl ar draws Cymru gyfan!

Yn ystod y flwyddyn, roedd Hyrwyddwyr Amser i Newid Cymru wedi rhannu eu straeon gyda 1,475 o bobl mewn 44 o ddiwyddiadau a llawer iawn mwy drwy gyfrwng blogiau a'r cyfryngau. Mae'r ymgyrch hefyd wedi ymgysylltu gyda 530 o weithwyr mewn 20 digwyddiad a sesiynau hyfforddi, ac wedi cynnal 39 o weithgareddau ar gyfer Hyrwyddwyr. Roedd pobl wedi ymgysylltu gydag ymgyrchoedd Amser i Newid Cymru ar y cyfryngau cymdeithasol 6,471 o weithiau!

Llongyfarchiadau i bawb sydd wedi cymryd rhan, yn enwedig ein Hyrwyddwyr sydd yn rhannu eu straeon ac yn agor meddwl pobl!

Dysgwch mwy am Amser i Newid Cymru yma: <https://www.timetochangewales.org.uk/cy/>

adferiad.org.uk  

Mae Adferiad Recovery yn elusen sydd wedi'i chofrestru yng Nghymru a Lloegr. Rhif Cofrestru 1175085