

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#)
ar [anhydraddoldebau iechyd meddwl](#)

This response was submitted to the [Health and Social Care](#)
[Committee](#) consultation on [mental health inequalities](#)

MHI 30

Ymateb gan: | Response from: Grŵp Cynefin



Enw Sefydliad / Organisation Name: Grŵp Cynefin

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Rydym yn cyflwyno'r tystiolaeth yma fel sefydliad, ac yn cytuno i'r tystiolaeth gael ei gyhoeddi gan Llywodraeth Cymru. Nid yw'r tystiolaeth a gyflwynwyd yn gyfrinachol.

We present this evidence as an organisation and agree to the evidence being published by the Welsh Government. The evidence submitted is not confidential.

Cyflwyniad i Grŵp Cynefin / Introduction to Grŵp Cynefin:

Mae Grŵp Cynefin yn gymdeithas dai sydd â chartrefi ym mhob un o chwe sir Gogledd Cymru a gogledd Powys. Rydym yn berchen ar, ac yn rheoli bron i 4,000 o gartrefi, gan gynnwys pump cynllun tai gofal ychwanegol (ac un arall wrthi'n cael eu datblygu) ar gyfer pobl hyn. Mae gennym ddiddordeb mewn bron i 800 o dai fforddiadwy eraill drwy gynlluniau cymorth prynu a rhannu ecwiti.

Mae dau is-gwmni hefyd yn weithredol o dan ambarél Grŵp Cynefin: Canllaw a Gofal a Thrwsio Conwy a Sir Ddinbych sy'n gweithio i helpu pobl hyn drwsio, addasu, cynnal a chadw eu cartrefi fel y gallant barhau i fyw yn annibynnol yn eu cartrefi eu hunain. Mae gennym hefyd uned fusnes, Gorwel, sy'n darparu gwasanaethau cefnogol ym meysydd camdriniaeth yn y cartref ac atal digartrefedd.

Grŵp Cynefin is a housing association with homes in each of the six counties of north Wales and north Powys. We own and manage nearly 4,000 homes, including five extra care housing schemes (with another in development) for older people. We have an interest in nearly 800 other affordable homes through homebuy and shared equity schemes.

Two subsidiaries are also active under the umbrella of Grŵp Cynefin: Conwy and Denbighshire Care and Repair, and Canllaw, which work to help older people repair, adapt, maintain their homes so that they can continue to live independently in their own homes. We also have a business unit, Gorwel, which provides supportive services in the areas of domestic abuse and homelessness prevention.

Ymateb i'r Ymgynghoriad / Response to the Consultation:

Pa grwpiau o bobl y mae iechyd meddwl gwael yn effeithio'n anghymesur arnynt yng Nghymru?

O'n profiad ni, rydym yn gallu diffinio'r grwpiau canlynol fel rhai sy'n cael eu heffeithio yn anghymesur gan iechyd meddwl gwael:

- Plant a pobl ifanc
- Oedolion (35+) sengl
- Pobl hŷn (oed 55+)
- Unigolion sy'n byw mewn ardaloedd gwledig
- Merched sy'n dianc o drais yn y cartref

- Lleiafrifoedd ethnig
- LGBTQ+

Which groups of people are disproportionately affected by poor mental health in Wales?

From our experience, we can define the following groups as being disproportionately affected by poor mental health:

- *Children and young people*
- *Single Adults (35+)*
- *Older people (age 55+)*
- *Individuals living in rural areas*
- *Women fleeing domestic violence*
- *Ethnic minorities*
- *LGBTQ+*

Pa ffactorau sy'n cyfrannu at iechyd meddwl gwaeth i'r grwpiau hyn?

Yn ein barn ni, mae rhai ffactorau yn effeithio pob grŵp a enwir uchod:

- Achosion o gorbryder wedi cynyddu oherwydd Covid
- Problemau iechyd meddwl yn cynnwys gor bryder a PTSD sydd ddim yn cyrraedd y trothwy ar gyfer mynediad i driniaeth
- Argyfwng costau byw yn cynyddu gorbryder, yn ogystal a bod yn rhwystr at gael mynediad at wasanaethau (costau trafndiaeth)
- Effaith cyfryngau cymdeithasol ar hunan barch, cynyddu gorbryder

What factors contribute to poorer mental health for these groups?

- *In our view, some factors affect each group named above:*
- *Anxiety cases increased due to Covid*
- *Mental health problems including anxiety and PTSD not reaching the threshold for access to treatment*
- *Cost of living crisis increases anxiety, as well as being a barrier to accessing services (transport costs)*
- *The impact of social media on self-esteem, increasing anxiety*

Beth yw'r rhwystrau i gael mynediad at wasanaethau iechyd meddwl? Pa mor effeithiol y gall gwasanaethau presennol fodloni eu hanghenion, a sut y gellid gwella eu profiad o ddefnyddio gwasanaethau iechyd meddwl?

Mae'r canlynol yn rwystrau sy'n effeithio pob grŵp:

- Diffyg darpariaeth "dual diagnosis" lle mae unigolyn yn dioddef gyda camddefnydd sylweddau yn ogystal â problemau iechyd meddwl ehangach.
- Cau achosion yn rhy fuan

- Diffyg darpariaeth o'r gwasanaethau yn y Gymraeg, hyn yn rwystredig ar draws pob categori o unigolyn, ond yn fwy amlwg i **blant, bobl hŷn a pobl gyda anableddau dysgu**
- Diffyg darpariaeth arbenigol yn lleol sy'n arwain at orfod teithio yn bell i dderbyn gwasanaethau
- Diffyg darpariaeth digonol o wasanaethau therapiwtig
- Diffyg cysondeb o ran argaeledd gwasanaethau fel y gwasanaeth ICAN
- Diffyg gwelyau seiciatrig, ac hefyd diffyg cefnogaeth arbenigol yn y gymuned i allu symud ymlaen o'r ysbyty

Mae **plant a phobl ifanc** yn wynebu rhwystrau ychwanegol. Mae'r rhestr aros ar gyfer mynediad i driniaeth yn hir, yn benodol ar gyfer gwasanaeth CAMHS. Byddai cael mynediad at driniaeth ynghynt yn atal dirywiad iechyd meddwl pellach.

Mae rhwystrdigaethau pellach i **bobl ifanc** yn y broses o drosglwyddo o wasanaethau plant i oedolion, gyda rhai achosion yn cael eu cau yn gynamserol yn ystod y trosglwyddiad. Mae'r ffaith mai dim ond trwy feddyg teulu y gellir cael mynediad at wasanaethau iechyd meddwl hefyd yn rwystr i bobl ifanc, mae angen meddwl am sut y gallwn wneud y gwasanaethau yn fwy hygyrch.

Rydym hefyd wedi gweld rhwystrdigaethau i **ferched sy'n dianc trais yn y cartref**. Wrth iddyn symud i loches, oherwydd natur cyflym y modd maent wedi gadael eu cartref blaenorol, mae'n gallu bod yn anodd iddynt gael mynediad at y gwasanaethau iechyd roddent yn ei dderbyn yn flaenorol (yn aml, mae'r merched yn symud i fyw i sir gwahanol).

What are the barriers to accessing mental health services? How effectively can existing services meet their needs, and how could their experience of accessing mental health services be improved?

The following are barriers affecting each group:

- *Lack of "dual diagnosis" provision where an individual suffers with substance misuse as well as wider mental health problems.*
- *Closing cases too soon*
- *Lack of provision of services in Welsh, this affects all groups of individuals, but more pronounced for **children, older people and people with learning disabilities***
- *Lack of specialist provision locally leading to having to travel long distances to receive services*
- *Lack of adequate provision of therapeutic services*
- *Lack of consistency in the availability of services such as the ICAN service*
- *Lack of psychiatric beds, and a lack of specialist support in the community to be able to move on from hospital*

Children and young people face additional barriers. The waiting list for access to treatment is long, specifically the CAMHS service. Accessing treatment earlier would prevent further mental health deterioration.

There are further obstacles to **young people** in the transition from children to adult services, with some cases being closed prematurely during the transfer. The fact that mental health services can

only be accessed through a GP is also a barrier for young people, we need to think about how we can make the services more accessible.

*We have also seen difficulties for **women fleeing domestic violence**. As they move into refuge, due to the rapid nature of how they have left their previous home, it can be difficult for them to access the health services they previously received (often, the women move to live to a different county).*

Pa gamau pellach sydd angen eu cymryd, gan bwy/ym mhle, i wella iechyd meddwl a chanlyniadau'r grwpiau o bobl a nodwyd ac er mwyn lleihau anghydraddoldebau iechyd meddwl yng Nghymru?

Angen cynyddu ymwybyddiaeth a'r darpariaeth o wasanaethau traws sector, yn cynnwys y gwasanaeth llwyddiannus a ddarperir mewn canolfannau i CAN.

Angen buddsoddiad sylweddol er mwyn galluogi unigolion i gael mynediad at wasanaethau yn cynnwys CAMHS, Gwasanaethau Therapiwtig, a gwasanaethau lleol yn amserol.

Mae angen cysidro rôl y 3ydd sector, yn cynnwys darpariaeth cynlluniau presgripsiwn cymdeithasol. Mae'r Grant Cymorth Tai wedi galluogi Grŵp Cynefin i gefnogi nifer o unigolion, ac rydym wedi cynnwys tri astudiaeth achos isod sy'n dangos sut rydym wedi defnyddio'r grant i gefnogi pobl ar draws gogledd Cymru.

What further action needs to be taken, by whom/where, to improve mental health and outcomes of the groups of people identified and to reduce mental health inequalities in Wales?

Need to increase awareness and delivery of cross-sector services, including the successful service provided in iCan centres.

Significant investment is needed to enable individuals to access services including CAMHS, Therapeutic Services, and local services in a timely manner.

The role of the 3rd sector, including the provision of social prescribing schemes, needs to be considered. The Housing Support Grant has enabled Grŵp Cynefin to support a number of individuals, and we have included three case studies below which show how we have used the grant to support people across north Wales.

Astudiaethau Achos / Case Studies

Yn 2021 gofynnwyd i rai o'r bobl sydd wedi defnyddio ein gwasanaethau a fyddai ganddynt ddiddordeb mewn cael eu cyfweld am eu profiadau ac i gynnig cyngor i eraill a allai fod yn mynd drwy rywbeth tebyg. Dyma a ddywedon nhw wrthym...
(*Mae pob enw wedi'i newid i ddiogelu cyfrinachedd)

*In 2021 we asked some of the people who have used our services whether they'd be interested in being interviewed about their experiences and to offer advice to others who might be going through something similar. This is what they told us...
(*All names have been changed to protect confidentiality)*

Bil (Atal Digartrefedd, Gwasanaeth Pobl Hŷn)

Sut ddaethoch chi i gysylltiad â Gorwel am y tro cyntaf?

Gadewais yr ysgol heb unrhyw gymwysterau ond yn ddiweddarach fe wnes i gymhwyso fel peiriannydd. Aeth pethau o chwith pan es i mewn i briodas wael a oedd yn sarhaus.

Deuthum i gysylltiad â Gorwel nôl yn 2017 – roeddwn yn fy 60au hwyr. Cefais broblemau gyda fy iechyd meddwl ac mae gen i anableddau ond rwy'n hoffi garddio ac fe wnes i gymryd rhan mewn prosiect garddio. Roeddwn i yn y rhandir yn dysgu pobl sut i blannu pethau a beth i'w wneud yn yr ardd.

Beth wnaeth Gorwel i'ch cynorthwyo?

Roedd y garddio yn help mawr gyda fy iechyd meddwl. Deuthum allan o'm cragen a chwrdd â phobl ac roedd yn help mawr.

Maen nhw wedi rhoi llawer o gymorth imi o ran fy nghartref hefyd. Mae gen i weithiwr cymorth ac mae wedi bod o gymorth mawr gyda llawer o faterion gwahanol. Maen nhw'n fy ngalw i'r rhan fwyaf o foreau i wirio fy mod i'n iawn. Roedd mewn dyled, ac maent wedi helpu i ddatrys y pethau hynny. Dwi bron drwy hynny nawr. Mae'n gymaint o ryddhad.

Mae fy anableddau yn golygu na allaf symud o gwmpas yn hawdd ac maent wedi gallu trefnu addasiadau i mi – canllawiau, man diogel i gadw allwedd, canllaw cerdded, yswiriant ar gyfer fy sgwter a phethau eraill – mae'n golygu y gallaf gael mwy o annibyniaeth.

Beth yw eich gobeithion ar gyfer y dyfodol?

Hoffwn fynd yn ôl i'r rhandir. Fydda i ddim yn gallu gwneud llawer o'r gwaith ond gallaf oruchwyllo!

Rwy'n ymwneud â'r prosiect "I Can". Rwy'n siarad â rhywun sy'n byw yng Nghaerdydd bob wythnos ar y ffôn. Mae gennym ddiddordebau tebyg ac rydym yn siarad am tua awr. Byddai'n wych cwrdd yn personol un diwrnod.

Byddai hefyd yn braf cwrdd â mwy o bobl sydd â diddordebau tebyg i mi a phwy a wŷr, efallai priodi eto!

Beth fydddech chi'n ei ddweud wrth unrhyw un arall sy'n mynd drwy gyfnod anodd ac a oedd yn meddwl tybed a ddylid cysylltu?

Byddwn yn dweud wrthyn nhw am gysylltu â Gorwel - fe wnes i ac fe wnaethon nhw fy helpu.

Bill (Homelessness Prevention, Older People Service)

How did you first come into contact with Gorwel?

I left school with no qualifications but I later qualified as an engineer. Things went wrong when I got into a bad marriage that was abusive.

I came in contact with Gorwel back in 2017 – I was in my late 60s. I had problems with my mental health and I have disabilities but I like gardening and I got involved in a gardening project. I was at the allotment teaching people about how to plant things and what to do in the garden.

What did Gorwel do that was helpful?

The gardening really helped with my mental health. I came out of my shell and met people and it really helped.

They've done lots with me around my housing as well. I've got a support worker and he's really helped with lots of different issues. They call me most mornings to check I'm ok. I owed a lot of money and he's helped sort those things out. I'm nearly through that now. It's such a relief.

My disabilities mean that I can't move around easily and he's got me adaptations – handrails, key safes, a walker, insurance for my scooter and other things – it means I can have more independence.

What are your hopes for the future?

I'd like to get back into the allotment. I won't be able to do much of the work but I can supervise!

I'm involved with the "I can" project. I talk to someone who lives in Cardiff every week on the phone. We have similar interests and talk for about an hour. It would be great to meet in person one day.

It would also be nice to meet more people with similar interests to me and who knows, maybe get married again!

What would you say to anyone else who is going through a difficult time and was wondering about whether to get in contact?

I would tell them to get in touch with Gorwel - I did and they helped me.

***Elaine (Gwasanaeth Lloches Cam-drin Domestig)**

Sut ddaethoch chi i gysylltiad â Gorwel am y tro cyntaf?

Roeddwn i'n byw yn Lloegr ac fe wnaeth y tîm Cam-drin Domestig yno gysylltu â Gorwel, ddos i a fy mab i fyw yma.

Beth wnaeth Gorwel i'ch cynorthwyo?

Maen nhw wedi bod mor gefnogol. Fe wnaethant fagu fy hyder a'm helpu i deimlo'n gyfforddus – mae fy iechyd meddwl wedi gwella'n fawr. Maen nhw'n dîm da iawn.

Fe wnaethant fy helpu i fynd ar gwrs ac fe wnaeth fy helpu i ddeall beth roeddwn i wedi bod drwyddo a sut nad fy mai i oedd hynny. Roedden nhw yno i mi mewn gwirionedd – roeddwn i'n gallu eu gweld nhw pryd bynnag yr oedd ei angen arnaf.

Nawr rwy'n ôl mewn gwaith, mae fy mab bach yn ffynnu ac rydym yn gwneud yn dda.

Beth yw eich gobeithion ar gyfer y dyfodol?

Rwyf wedi dysgu peidio ag edrych yn rhy bell ymlaen. Dwi dal mewn cysylltiad â Gorwel - nid bob dydd ond maen nhw yno pan dwi eu hangen nhw.

Beth fydddech chi'n ei ddweud wrth unrhyw un arall sy'n mynd drwy gyfnod anodd ac a oedd yn meddwl tybed a ddylid cysylltu?

Byddwn yn dweud peidiwch â theimlo ofn gofyn am help – mae yno a gallwch gael dyfodol gwahanol. Peidiwch â chredu'r hyn y mae rhai pobl yn ei ddweud wrthyfych – credwch ynoch chi'ch hun. Rydych chi'n gryfach nag ydych chi'n meddwl eich bod chi a gallwch chi ei wneud. Mae ffordd ymlaen a gall Gorwel eich helpu i ddod o hyd iddo.

***Elaine (Domestic Abuse Refuge Service)**

How did you first come into contact with Gorwel?

I was living in England and the Domestic Abuse team there made contact with Gorwel and me and my son came to live here.

What did Gorwel do that was helpful?

They've been so supportive. They really built my confidence and helped me feel comfortable – my mental health has really improved. They're a really good team.

They helped me get on a course and it helped me understand what I'd been through and how it wasn't my fault. They were really there for me – I could see them whenever I needed.

Now I'm back in work, my little boy is thriving and we're doing well.

What are your hopes for the future?

I've learnt not to look too far forward. I'm still in contact with Gorwel – not every day but they're there when I need them.

What would you say to anyone else who is going through a difficult time and was wondering about whether to get in contact?

I would say don't feel scared to ask for help – it is there and you can have a different future. Don't believe what some people tell you – believe in yourself. You're stronger than you think you are and you can do it. There is a way forward and Gorwel can help you find it.

***Elis (Tai â chymorth – pobl ifanc 16-25 oed)**

Sut ddaethoch chi i gysylltiad â Gorwel am y tro cyntaf?

Bu farw fy mam pan oeddwn i'n 16 oed ac roeddwn i'n byw gyda fy nain. Yr oeddwn yn 17 oed ac yr oedd llawer o ddadleuon. Dywedwyd wrthyf fod yn rhaid i mi adael – yna es yn ôl – ac yna bu'n rhaid i mi adael eto. Roeddwn i'n aros gyda ffrindiau ac yna'n byw ar y strydoedd. Ddaru'r Cyngor drefnu llety mewn B&B imi, ond nid oedd yn ddiogel ac roedd fy iechyd meddwl yn gwaethygu. Ro'n i yno am tua mis cyn i Gorwel gael lle i mi gyda nhw.

Beth wnaeth Gorwel i'ch cynorthwyo?

Gyda Gorwel roedd gen i fy fflat fy hun a oedd yn braf iawn ac roedd staff yno 24/7 felly wastad rhywun i helpu. Fe wnaethon ni bethau gyda'n gilydd fel coginio ac fe wnaethon nhw fy helpu i ofalu

am fy hun. Y peth mwyaf oedd y cymorth a roddasant i mi i ddelio â'm hiechyd meddwl a chael mynediad i'r Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAMHS).

Erbyn hyn mae gen i fy lle fy hun sydd ychydig i fyny'r ffordd ac rydyn ni'n cadw mewn cysylltiad felly rwy'n gwybod eu bod nhw yno i mi os bydd eu hangen arnaf.

Beth yw eich gobeithion ar gyfer y dyfodol?

Hoffwn gael swydd rwy'n ei mwynhau – efallai'n rhan amser i ddechrau. Rwy'n mwynhau gweithio gydag anifeiliaid ac mewn coedwigaeth. Rwyf wedi gwneud rhai cyrsiau ac wedi gwirfoddoli. Gwirfoddolais yn y milfeddygon ac yn y Sŵ Fynydd Gymreig. Fe wnes i gymhwyster mewn adsefydlu anifeiliaid gwyllt a chael graddau da iawn. Hoffwn weithio yn y maes hwnnw yn y dyfodol.

Beth fydddech chi'n ei ddweud wrth unrhyw un arall sy'n mynd drwy gyfnod anodd ac a oedd yn meddwl tybed a ddylid cysylltu?

Byddwn i'n dweud wrthyn nhw am fynd amdani! Cefais llawer o gymorth gan Gorwel – roedd y fflatiau yn yr Hwb yn dda iawn ac roedd yr help a roddon nhw i mi gyrraedd lle ydw i nawr yn wych. Roedd y staff yn hyfryd ac roedd yn dda iawn i mi a'm hiechyd meddwl.

***Elis (Supported housing – young people 16-25 years old)**

How did you first come into contact with Gorwel?

My mum died when I was 16 and I was living with my nan. I was 17 and there were lots of arguments. I was told I had to leave – then I went back – and then had to leave again. I was staying with friends and then living on the streets. The council found me B&B but it wasn't safe and my mental health was getting worst. I was there for about a month before Gorwel had space for me with them.

What did Gorwel do that was helpful?

With Gorwel I had my own flat which was really nice and there were staff there 24/7 so always someone to help. We did things together like cooking and they helped me look after myself. The biggest thing was the help they gave me with dealing with my mental health and accessing the Child and Adolescents Mental Health Service (CAMHS).

I've now got my own place which is just up the road and we stay in touch so I know they're there for me if I need them.

What are your hopes for the future?

I'd like to get a job I enjoy – maybe part time to begin with. I really enjoy working with animals and in forestry. I've done some volunteering and courses. I volunteered at the vets and at the Welsh Mountain Zoo. I did a qualification in wild animal rehabilitation and got really good grades. I'd like to work in that area in the future.

What would you say to anyone else who is going through a difficult time and was wondering about whether to get in contact?

I would tell them to go for it! Gorwel helped me a lot – the flats at the Hwb were really good and the help they gave me to get to where I am now was great. The staff were lovely and it was really good for me and my mental health.