

**P-05-868 Water Safety/Drowning Prevention and the effects of Cold Water Shock to be taught in all Schools in Wales, Correspondence – Petitioner to Committee, 17.10.20**



Date: 16/10/20.

Re: P-05-868 Water safety/Drowning prevention and the effects of cold water shock to be taught in schools in Wales.

Dear Petitions Committee,

I thank you for your further letter regarding a required response from our independent water safety charity. I always endeavour to engage with bodies discussing water safety and particularly wish to extend my gratitude to Jack Sargeant AS/MS, for his warm words at your last committee meeting. This is indeed an important matter as he stated.

Please allow me to provide some background on this subject for context. In 2015, Wales as a developed nation had no drowning prevention plan. In February 2015, Cameron Comey drowned and I knew this was not a one off tragedy as too many families around Wales lose children and adults alike in far too high numbers. Drowning is preventable where education is prevalent. I planned in September 2015 to draw a national Water Safety Forum, to involve all families, stat bodies, companies and charities and had even priced the Cardiff CVS conference room in the bay, to hold the first consultation meeting. I received two calls that summer, one from staff at the National Water Safety Forum and the other from the National Fire Chiefs Council advising me not to do this. A year or more later I was made aware South Wales Fire & Rescue Service were undertaking this work. Four years later we are near the completion of the first Water Safety Wales Drowning Prevention Strategy 2020-26. Carmarthenshire Water Safety Partnership has driven the water safety agenda in Wales forward over the last five years and it's trustees have had to work incredibly hard to achieve it's many and varied outcomes. Some include: installing the first ever vandalproof lifebouy cabinets in Wales; delivering the only publically available fully bi-lingual water safety leaflets to schools in Wales (carrying RNLI & NFCC branding); developing the only publically available, fully bi-lingual water safety/mental health suicide prevention leaflet with family engagement to tell their deceased brothers story (carrying MIND/SAMARITANS/HAFAL AND C.A.L.L. info); self-funding independent water safety risk assessments to hold local authorities to account to ensure best practice interventions are achieved in memory of loved ones lost to the releif of their families; running the

only dedicated community water safety centre in Wales – which proudly sits on the banks of the River Towy, Carmarthen which has itself taken so many lives.

I have read the Minister for Environment, Energy and Rural Affairs response and have mixed feelings. I would like to kindly respond as follows:

- Carmarthenshire Water Safety Partnership (the petitioner) is not a member of Water Safety Wales, which unfortunately means there is no independent voice in the group and not all water safety charities are included.
- Despite nearly half of all accidental (slips, trips, falls) fatal drownings in Wales. There were 20 lost in 2019. Welsh Water operate a No Swimming Policy on all of their open water sites, which means they do not provide a single lifebuoy in the country for public use... however, due to the Health & Safety at Work Act 1974, lifebuoys are accessible in their private employee only areas, behind locked gates. Telling people not to do something NEVER works. Other water companies in England are siting numerous vandal proof cabinets around their lakes/reservoirs to save lives in partnership with Fire services and families who have lost children to drowning.
- Carmarthenshire Water Safety Partnership (the petitioner) has written to the Chief Fire Officer of Mid & West Fire Rescue Service and the Head of Community Safety and offered our bi-lingual water safety leaflets to be used by their education teams to promote safe engagement near different open water types. This was ignored.
- Carmarthenshire Water Safety Partnership (the petitioner) has been an affiliated club member of the Royal Life Saving Society (RLSSUK) since 2015 (from the night of the NWSF/ROSPA UK Drowning Prevention Strategy 2016-2026 Launch event in Durham, England. Despite CWSP's bi-lingual leaflet being available, RLSSUK attended the 2019 Royal Welsh Show with English language only information. Very disappointing.
- I have seen first-hand the lack of understanding as to the dynamics of health and safety around water, from local authorities, coroners to the Police and Fire staff. There is a paucity of water safety messages across a range of activities – none more so than the rise in promotion of Wild/Open Water swimming – while the benefits are clear, the next time you see a social media post, tv show piece, tourism adverts - promoting this activity – watch out for the safety advice... I am sure you will miss it!

To conclude, whilst I welcome the pending launch of the new WATER SAFETY WALES Drowning Prevention Strategy 2020-26 soon, there is a lot of work still to do. I also regrettably note that the honourable Lesley Griffiths AS/MS does not highlight in her letter how the new strategy is going to universally deliver water safety and more importantly educating young people as to the very real dangers of cold water shock which claims so many lives.

Indeed, any water safety publications I have been handed in my role as founder and Chair of CWSP over the last five and a half years have ‘...been for the use of water safety practitioners only, not for public sharing.’ How does this help the public? I await the answer within the strategy.

Diolch yn fawr,

Adam Whitehouse.

Chair. Carmarthenshire Water Safety Partnership. Reg. Charity No. 1169860.

Partneriaeth Diogelwch Dŵr  
**Sir Gaerfyrddin**

**Carmarthenshire**  
Water Safety Partnership





- **Mewn achos o argyfwng** defnyddiwch ffôn symudol (eich ffôn chi neu ffôn rhywun arall) neu rhedwch i'r blwch ffôn agosaf - FFÔN IWCH 999 a gofyn am Wyliwr y Glannau.
- **Gall fandaleiddio offer achub bywyd** arwain at fwy o berygl i bawb mewn dŵr agored a lle gall arwydd na ellir ei ddarllen, bwi achub ar goll, rhaff wedi'i difrodi neu ar goll, rheiliau wedi torri, i gyd arwain at ganlyniadau difrifol neu golli bywyd.
- **Beth allech chi ei daflu i rywun i'w helpu rhag suddo?** Unrhyw beth sy'n arnofio: pêl-droed, bwi achub, band braich llawn aer neu hyd yn oed botel ddiod blastig wedi'i selio!
- **Pam ei bod yn syniad gwael i geisio achub rhywun?** Gall yr hyn a achosodd y broblem i'r person yn y dŵr achosi'r un broblem i chi hefyd! Gall y person hwnnw fod mewn panig a'ch tynnu chi o dan y dŵr; gall fod yn rhy drwm i chi ei dynnu; efallai na fydd unrhyw un arall yno i'ch helpu chi'ch dau ddringo allan o'r dŵr.
- **Gall dŵr oer** – beri i'ch corff gau i lawr yn gyflym iawn. Mae hyn yn golygu eich bod yn cael traferth anadlu ac yn blino'n gyflym iawn.

- **In the event of an emergency** use a mobile phone (yours or someone else's) or run to the nearest phone box – RING 999 and ask for the Coastguard.
- **Vandalism of life saving equipment** can lead to increased danger to everyone in open water where if the signs are unable to be read, lifebuoys are missing, damaged/missing ropes, broken railings can all lead to serious/fatal consequences.
- **What could you throw someone to help them keep afloat?** Anything that floats: a football, lifebuoy, inflated armband or even a sealed plastic drinks bottle!
- **Why is it a bad idea in to try and save someone?** What caused the problem for them may cause the same issue for you too! They may be in a panic and pull you under; they may be too heavy for you to pull; there may not be anyone else to help you both climb out of the water.
- **Cold water** – can cause your body to shut down very quickly. This means you gasp for breath and quickly become exhausted.

- Dewch o hyd i leoliad heb gerrynt cyflym, heb fannau lle mae perygl y gall eich troed fynd yn sownd, a heb lystyfiant.
- Dewch yn gyfarwydd â'r dŵr yn araf bach, gall sioc dŵr oer effeithio unrhyw un mewn dŵr sy'n oerach na 20°C! Dylid ystyried siwtiau wlyb.
- Dylai lliain a dillad i newid fod gennych wrth law yn syth wedyn wrth i chi barhau i gollu gwres y corff hyd yn oed ar ol i chi ddod allan o'r dŵr, yn enwedig mewn tywydd oer a gwyntog.
- Mae gofyn gwybod beth yw symptomau hypothermia a sut i ddelio a'r symptomau hynny. Mae bwyta bwyd carbohydrad yn llawer mwy effeithiol na diodydd poeth. Cofiwch fynd allan mewn grŵp a rhoi gwybod i bobl ble ydych yn bwriadu nofio. Gellwch brynu casyn ffôn gwrth-ddŵr a'i gario gyda chi bob amser.
- Cerrynt Cudd - 'po llyfnaf fydd y dŵr, dyfnaf fydd y rhyd! Gall cerrynt fod ar wyneb y dŵr neu oddi tano. Gall hyd yn oed nofwyr da flino'n gyflym mewn cerrynt, yn enwedig mewn dŵr oer.
- Dynion oedd 95 y cant o'r rhai a foddodd wrth nofio, ac roedd nifer fawr ohonynt yn eu harddegau! - Gweler mwy o gyngor ar ddiogelwch ar y wefan: [www.wildswimming.co.uk](http://www.wildswimming.co.uk)
- Find a location without fast currents, foot trap hazards, or vegetation.
- Acclimatise to the water slowly, cold water shock can affect anybody in water lower than 20°C! Wetsuits should be considered.
- A towel and a full change of clothes should be on hand immediately afterwards as you continue to lose body heat even after you have got out of the water, especially in cold and windy conditions.
- Know the symptoms of hypothermia and how to deal with them. Feeding carbs is far more effective than hot drinks. Always go out in a group and tell people where you intend to swim, you can buy a waterproof phone case and carry it at all times.
- Hidden Currents – 'still waters run deep', Currents can be on top or below. Even good swimmers can tire in currents quickly, especially in cold water.
- 95 per cent of all swimming drowning victims were male and many were teenagers! - See more safety advice at: [www.wildswimming.co.uk](http://www.wildswimming.co.uk)



## Pyllau | Llynnoedd

- Peidiwch byth â mynd i chwarae gerllaw pyllau neu llynnoedd ar eich pen eich hun neu heb fod mam neu dad yno hefyd (os ydych yn iau)!
- Ewch i roi gwybod i'ch mam neu eich tad (neu i rywun arall) i ble yr ydych yn mynd a gyda phwy.
- Rhaid peidio byth â cheisio rhoi cymorth corfforol i rywun y credwch ei fod mewn trafferthion yn y dŵr.
- Yrheol yw - ewch i gael cymorth gan oedolyn os oes rhywbeth yn mynd o'i le.
- Gofalwch eich bod yn disgwyl yr annisgwyl a chadwch lygad BOB AMSER ar yr hyn y mae'r dŵr yn ei wneud!
- Loetran rhaid peidio â gwneud, ond ymateb yn gyflym a pheidiwch â mynd i BANIG os ydych yn ofnus!

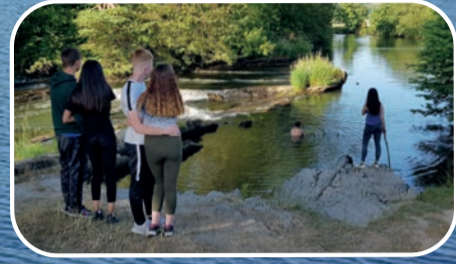
- Cofiwch edrych a gwneud yn siŵr ble mae'r offer achub bywyd - os na fedrwrch weld unrhyw offer - meddyliwch eto cyn mynd ar gyfyl y dŵr!

Os ydych wir yn mwynhau treulio amser gerllaw neu ar y dŵr yna dylech drafod gyda'ch teulu / gofalwyr y posibiladau o wneud gweithgareddau fel teulu, gwersi nofio, mynd ar gyrsiau diogelwch dŵr sydd ar gael AM DDIM yn eich ardal e.e. Elusennau (Partneriaeth Diogelwch Dŵr Sir Gaerfyrddin / Ymddiriedolaeth Goffa Luke Somerfield / RNLI Porth Tywyn / Gwylwyr y Glannau Llansteffan / Ymgynghoriaeth Annibynnol ar Ddiogelwch Dŵr ac ati i ddysgu am ddiogelwch dŵr, ymuno â chlwb canŵio lleol neu ganolfan gweithgareddau awyr agored).

## Ponds | Lakes

- Don't ever play by ponds/lakes alone or without mum or dad being there (if you are younger)!
- Always let Mum or Dad (or someone else) know where you are going and who with.
- Never try and physically help someone you think might be in trouble in the water.
- Go and get help from an adult if something goes wrong.
- Expect the unexpected and ALWAYS keep an eye on what the water is doing!
- React quickly and DON'T panic if you are frightened!
- Always look and check where life saving equipment is situated - if you can't see any - think again about going near the water!

If you really enjoy spending time by or on the water then discuss with your family/carers about doing activities as a family, swimming lessons, accessing water safety courses available for FREE in your area e.g. Charities (Carmarthenshire Water Safety Partnership/Luke Somerfield Memorial Trust/RNLI Burry Port/ Llansteffan Coastguard/Independent Water Safety consultancies etc to learn water safety, joining a local canoe club or outward bounds centre).



## Chwareli | Quarries

- Mae chwareli megis Chwarel Cilrychen yn Llandybie ar DIR PREIFAT a gwaherddir y cyhoedd rhag mynd ar eu cyfyl - a hynny am reswm. Maent yn hynod beryglus!
- Mae dŵr chwarel... lawer yn oerach na dŵr afon, llyn a'r môr. Mae hyn yn gwneud y tebygrwydd o gael sioc dŵr oer yn llawer mwy real. Gall y llefydd hyn fod yn ddwfn iawn gan achosi blinder / cramp / diffyg anadl a hyd yn oed hypothermia.
- Peidiwch â mynd ar eich pen eich hun - os ydych yn mynd i drafferthion nid oes unrhyw un yno i'ch helpu chi neu gael rhywun i'ch achub chi. Dywedwch wrth rywun i ble ydych yn mynd; efallai na fydd unrhyw signal ffôn symudol lle byddwch yn mynd i ffonio neu anfon neges am gymorth.
- A fydddech yn mynd i mewn i'ch bath gartref petai'r canlynol yn y dŵr: creigiau miniog, dŵr oer, sbwriel, anifeiliaid marw, algâu peryglus, llygredd a metel wedi rhydu? Dyma rai o'r pethau a welir mewn hen chwarel.
- O dan yr wyneb... peiriannau wedi suddo, hen geir, planhigion, silffoedd dan y dŵr, twneli, cerrynt a llawer mwy.
- Risgiau eraill... wynebau a waliau serth, perygl syrthio, tirlithriad a darnau o graig yn syrthio, llefydd anghysbell ymhell o allu cael cymorth, gwaddodion a sugndraeth, hyd yn oed mewn chwarel!

- Quarries such as Cilrychen Quarry at Llandybie are on PRIVATE LAND and are strictly off limits to the public for a reason. They are very dangerous!
- Quarry water is... much colder than rivers, ponds, lakes and the sea. This makes the likelihood of cold water shock much more real. They can be very deep and exhaustion/cramps/shortness of breath and even hypothermia.
- Don't go alone - if you get into difficulty there is no one there to help you or get someone to rescue you. Tell someone where you are going to; there may be no mobile signal where you go to phone/message for help.
- Would you get into your bath at home if it had the following in it: sharp rocks, cold water, rubbish, dead animals, dangerous algae, pollution and rusted metal? These are just some of the things found at disused quarries.
- Under the surface... submerged machinery, cars wrecks, plants, underwater ledges, tunnels, currents and more.
- Other risks... sheer faces and walls, falling dangers, landsides and falling rocks, remote areas far from help, sediment and quicksand even in a quarry!

Compiled with assistance from the Luke Somerfield Memorial Trust.

## Afonydd | Rivers

- BYDDWCH SAFF - Cadwch draw o lan afon - oni bai eich bod yn barod i nofio neu neidio i mewn i'r dŵr, cadwch draw o myl glan yr afon. Gall pobl sy'n sefyll ar lan afon neu hyd yn oed yn cerdded gerllaw, ddisgyn i mewn.
- Peidiwch â mynd ar eich pen eich hun - os ydych yn mynd i drafferthion ni fydd unrhyw un yno i'ch helpu chi neu gael rhywun i'ch achub chi. Hefyd dywedwch wrth rywun ble ydych yn mynd, efallai na fydd signal ffôn symudol yno i ffonio neu anfon neges am gymorth.
- Parchu penderfyniadau eich ffrindiau - Nid pawb sy'n teimlo'n ddigon hyderus i neidio i mewn i afon neu ddringo'r glannau i blymio i mewn i afonydd megis Afon Tywi.
- Cerrynt Cudd - 'po llyfnaf fydd y dŵr, dyfnaf fydd y rhyd! Gall cerrynt fod ar wyneb y dŵr neu oddi tano. Gall hyd yn oed nofwyr da flino'n gyflym mewn cerrynt, yn enwedig mewn dŵr oer. Os nad yw'r offer gennych ac os nad ydych wedi paratoi i fynd i mewn i ddŵr oer, peidiwch â mynd i mewn.
- Gall dŵr oer - beri i'ch corff gau i lawr yn gyflym iawn. Mae hyn yn golygu eich bod yn cael trafferth anadlu, cael cramp efallai sy'n ei gwneud yn anodd dod allan o'r dŵr neu gydio mewn rhywbeth, a byddwch yn blino'n lân yn gyflym iawn. Mae tymheredd eich corff yn gostwng a gallech fynd yn anymwybodol.

- SAFE Stay Away From the Edge - Unless you are prepared to swim/jump into the water stay away from the river bank edge. People standing on river banks or even walking close by can fall in.
- Don't go alone - if you get into difficulty there is no one there to help you or get someone to rescue you. Tell someone where you are going too, there may be no mobile signal where you go to phone/message for help.
- Respect your friends decisions - Not everyone feels confident enough to jump or climb banks to dive in to rivers such as the River Towy for example.
- Hidden Currents - 'still waters run deep', Currents can also be on top or below. Even good swimmers can tire in currents quickly, especially in cold water. If you do not have the equipment and have not prepared for entering cold water do not go in.
- Cold water - can cause your body to shut down very quickly. This means you gasp for breath, cramp can set in making it difficult to get out or grab things and you can quickly become exhausted. Your body temperature drops and you can pass out.

Lluniwyd gyda chaniatâd teulu Kieran Bennett-Leafe.

Compiled with permission from Kieran Bennett-Leafe's family.



NFCC  
National Fire  
Chiefs Council

#bewateraware

# Partneriaeth Diogelwch Dŵr Sir Gaerfyrddin

## Carmarthenshire Water Safety Partnership

Mae'r Partneriaeth Diogelwch Dŵr Sir Gaerfyrddin ddiolch i'r bobl ganlynol am eu cymorth i ddatblygu a chynhyrchu'r adnodd hwn ar ddiogelwch dŵr fel rhan o rodd hael yr ymddiriedolaeth i lansio Partneriaeth Diogelwch Dŵr Sir Gaerfyrddin:

Damion ac Amanda Comey, David a Kim Somerfield, Cheryl Bennett-Leefe, Cyngor Sir Gaerfyrddin, Julie Rees, Anthony Rees, Steve Bright ac Ian McCue.

The Carmarthenshire Water Safety Partnership would like to thank the following people in assisting with the development and production of this water safety resource as part of the trusts generous donation to launch the Carmarthenshire Water Safety Partnership:

Damion and Amanda Comey, David and Kim Somerfield, Cheryl Bennett-Leefe, Carmarthenshire County Council, Julie Rees, Anthony Rees, Steve Bright and Ian McCue.



## "GLANSTEFFAN" FFERI A THEITHIAU CWCH FERRY AND BOAT TRIPS



Mae croesfannau fferi yn rhedeg rhwng pentrefi arfordirol hyfyd Llansteffan a Glanyferi yng nghanol Sir Gaerfyrddin.

Ferry crossings run between the charming coastal villages of Llansteffan and Ferryside in the heart of Carmarthenshire.



Ar gyfer ymholiadau eraill For other enquiries:-

✉ [info@carmarthenbayferries.co.uk](mailto:info@carmarthenbayferries.co.uk)

🌐 [www.carmarthenbayferries.co.uk](http://www.carmarthenbayferries.co.uk)

f Carmarthen Bay Ferries

📷 [carmarthenbayferries](https://www.instagram.com/carmarthenbayferries)

📱 @tywifferi

*Dyma*  
**Sir Gâr**  
[darganfodsirgar.com](http://darganfodsirgar.com)

*This is*  
**Carmarthenshire**  
[discovercarmarthenshire.com](http://discovercarmarthenshire.com)

**Archebwch sgwrs Diogelwch Dŵr ar gyfer eich clwb neu ysgol ar:**

**Book a water safety talk for your school or club:**



[carmswater@gmail.com](mailto:carmswater@gmail.com)



[carmarthenshirewatersafe](https://www.instagram.com/carmarthenshirewatersafe)



[@carmswater](https://twitter.com/carmswater)

# Cyngor a Gwybodaeth am Odiogelwch Dŵr ac Iechyd Meddwl

## Stori Stephen



@CarmsWater



@CarmsWater



carmswater@gmail.com

# #boddidanbwysau?

Gall pob un ohonom deimlo ein bod wedi ein gorlethu gan fywyd, a theimlo nad oes gennym unrhyw opsiynau eraill ar ôl. Gall pob un ohonom estyn allan hefyd, a chefnogi rywun sy'n teimlo fel hyn.

Rydym am i chi wrando ar stori Stephen, mae ei deulu eisiau ei rhannu gyda chi, fel y gellir helpu eraill. Cymerwch ychydig funudau, fe allai wneud gwahaniaeth i rywun, neu i chi o bosib hyd yn oed?





## Stori Stephen:

Roedd Stephen yn gymeriad hapus, direidus, a fyddai'n mynd allan o'i ffordd i helpu unrhyw un. Bu'n gweithio yn y diwydiant pensaernïol am ddeng mlynedd ar ôl gadael y brifysgol, ond fe wnaeth cur pen cyson a phoen cefn trwy gydol ei 20iau achosi anhunedd a gorbryder iddo am gyfnod hir.

Dros y blynyddoedd, arweiniodd straen ariannol a cholli swyddi, gyda diweithdra parhaus a phwysau ychwanegol y broses Ceiswyr Gwaith (peth ohono gan Stephen ei hun wrth geisio dychwelyd i'r gwaith), at iselder dyfnach ac ymdeimlad o anobaith. Brwydrodd yn erbyn hyn.

Fodd bynnag, roedd ei feddyliau paranoiadd yn parhau – ynghyd â gorbryder ac iselder difrifol ac, er gwaethaf sicrwydd ei deulu, ffrindiau a gwasanaethau iechyd meddwl, fe wnaeth o leiaf ddau ymgais i gyflawni hunanladdiad drwy fynd i mewn i ddŵr agored. Arweiniodd ei ymgais olaf at Stephen yn cyflawni hunanladdiad drwy fodd.

Mae'r golled hon wedi gadael gwagle mawr yn ei gymuned a'i deulu.

Mae colled ar ei ôl bob dydd.

## Sut all pob un ohonom helpu pan ein bod ni neu rywun arall yn dioddef problemau iechyd meddwl?

Pethau yr ydym yn gwybod a all helpu:

- Ceisiwch gychwyn sgwrs gyda phobl a bod gyda nhw.
- Rhowch sicrwydd yn gyson i'r person eich bod yn ei garu – atgoffwch y person o'i werth fel person annwyl, nid yn unig drwy gyflawniadau ac ati, ond fel aelod pwysig o'r teulu neu ffrind.
- Peidiwch byth â diystyru'r hyn mae'n ei ystyried yn real / ei ofnau - ceisiwch osgoi iaith fel *'paid â bod yn ddwl/dwp'; 'Rwyf ti'n wallgof/ddwl!*
- Anogwch y person i gael help ac i siarad â rhywun. Ewch gyda'r person i'w gefnogi.
- Daliwch ati i ofyn am help, does dim gwahaniaeth sawl gwaith sy'n rhaid i chi ofyn.
- Helpwch y person i ddod o hyd i'r opsiynau a'r dewisiadau gorau. Daliwch ati, hyd yn oed pan fo'r person yn teimlo nad oes pwrpas cario 'mlaen.



Gwyddwn ein bod yn meddwl o hyd bod mwy y gallem fod wedi'i wneud, ac mae ôl-ddoethineb yn beth hawdd. Mae'n bwysig cofio mai dim ond hyn a hyn y gallwn ei wneud i garu ac annog pobl. Mae'n bwysig cael cefnogaeth i chi'ch hun, os ydych yn cefnogi rhywun sy'n dioddef problemau iechyd meddwl.

Gall gael effaith ar eich iechyd meddwl chi'ch hun, a gall cefnogi rhywun fod yn brofiad unig a brawychus.

Gall y sefydliadau isod gynnig cefnogaeth a chymorth i ofalwyr, yn ogystal â'r rhai hynny sy'n dioddef problemau.



### Mind Aberystwyth

- 📞 01970 626225
- ✉️ info@mindaberystwyth.org
- 🌐 mindaberystwyth.org

### Mind Sir Benfro

- 📞 01437 769 982
- 🌐 mindpembrokeshire.org.uk

### Mind Caerfyrddin

- 📞 01267 222 990
- ✉️ carmsmind132@aol.com

### Mind Llanelli

- 📞 01554 752 751
- ✉️ welcomecentre@llanelli-mind.org.uk
- 🌐 llanelli-mind.org.uk



Mae'r **Samariaid** ar gael 24 awr y dydd, ac mae'n wasanaeth dienw (os ydych yn dewis peidio â rhoi eich enw).

- 📞 116 123
- ✉️ jo@samaritans.org
- 🌐 samaritans.org

Mae **Hafal**, drwy ei Addewid, wedi ymrwymo i ddarparu cymorth, cefnogaeth, cyngor a chyfeillgarwch i'n holl grwpiau cleientiaid yng Nghymru, gan gynnwys gofalywyr. Gan ein bod yn teimlo mor gryf am hyn, byddwn yn cymryd cyfrifoldeb ein hunain, lle bynnag y bo angen, i sicrhau na fydd yn rhaid i unrhyw un ymdopi ar ei ben ei hun.

- ✉️ promise@hafal.org
- 📞 01792 816600
- 🌐 www.hafal.org



Mae **Llinell Gymorth C.A.L.L.** yn darparu gwasanaeth llinell gymorth iechyd meddwl 24 awr, am ddim, a chaiff ei hariannu gan Lywodraeth Cymru a'i darparu gan weithwyr iechyd meddwl proffesiynol. Gallwch ffonio ar eich rhan chi'ch hun neu rywun arall. Gallwch gysylltu â nhw drwy...

- 📞 0800 132 737
- Neges destun: 81066