

Cefnogaeth Lletya ar Gyfer Unigolion ag Afiechyd Meddwl



54 Stryd y Dyffryn
Dinbych
LL16 3BW

☎ 0300 111 2122
📄 0300 111 2123
✉ post@grwpcynefin.org
🌐 www.grwpcynefin.org

- Ydych chi'n dioddef o broblem iechyd meddwl tymor hir?
- Ydych chi'n ei chael hi'n anodd byw yn annibynol?
- Ydych chi angen lle diogel / addas i fyw ynddo?
- Neu ydych chi angen cefnogaeth ychwanegol parthed materion lletya yn eich cartref presennol?

A yw'r cynllun yn addas i chi?

Gallech dderbyn cefnogaeth gan Gynllun Tai â Cefnogaeth Grŵp Cynefin

Os hoffech chi'r daflen yma mewn fformat gwahanol, er enghraifft print mawr, cysylltwch â ni.

Pa gymorth sydd ar gael?

- Cyngor ar fudd daliadau
- Cyngor ynglŷn â rhenti
- Biliau e.e Trydan, Nwy, Treth Dŵr a.y.y.b
- Rheolaeth Dyledion
- Cefnogaeth i gyllido
- Materion Tenantiaeth e.e. Anghydfod Cymdogion
- Addasiadau i'r eiddo oherwydd anabledd
- Symud i eiddo arall
- Cymorth i ddod o hyd i ddoctor/ dentist a.y.y.b
- Cymorth i edrych a'r gyfleoedd hyfforddiant/gwaith neu gweithgareddau hamdden

Os hoffech dderbyn rhagor o wybodaeth am y cynllun yma, cysylltwch â'r Swyddog Tai â Cefnogaeth ar:
0300 111 2122
Dydd Llun - Dydd Gwener: 9:00 y.b. - 5:00 y.p.

Neu cysylltwch â Cefnogi
Pobl Sir Ddinbych-
cefnogi.pobl@sirddinbych.gov.uk
01824706450
www.sirddinbych.gov.uk

What support is available?

- Benefit advice
- Rent advice
- Bills e.g. Electric, Gas, Water Rates etc
- Debt management
- Financial budgeting
- Tenancy issues e.g. neighbour disputes
- Adaptations to property if you are disabled
- Transfer to another property
- Assistance to find a doctor/dentist etc
- Assistance to look at training/work or leisure activities

If you would like more information regarding the project, please contact the Supported Housing Officer:

Monday - Friday: 9:00 a.m. - 5:00 p.m.
Phone: 0300 111 2122

Or contact Denbighshire
Supporting People -
supporting.people@denbighshire.gov.uk
01824706450
www.denbighshire.gov.uk

- Do you suffer from a long term mental health problem?
- Do you find it difficult to cope with living independently?
- Do you require a safe / appropriate place to live in?
- Or do you require additional support regarding housing issues in your current home.

Is this scheme for you?

You may be able to receive support from Grŵp Cynefin Supported Housing Scheme.

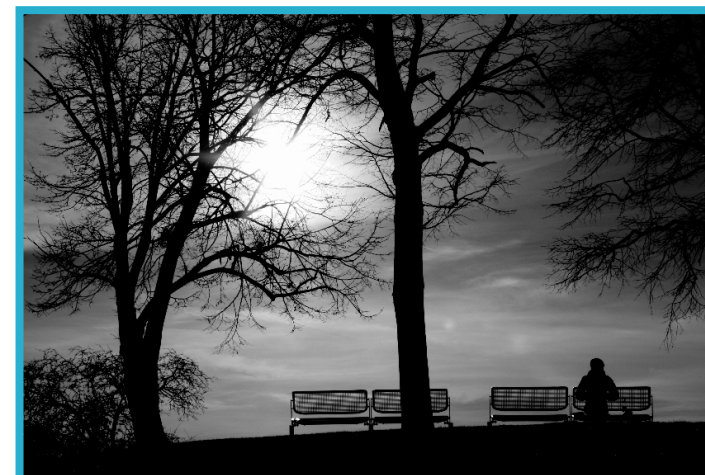
If you require this leaflet in a different format, for example large print, please contact us.



Grŵp Cynefin

Mwy na thai • More than housing

Housing Support for Individuals with Mental Illness



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Denbigh
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