



**Supporting women and children
in rural Carmarthenshire affected
or at risk of domestic abuse.**



**ARIENNIR GAN Y
LOTERI GENEDLAETHOL
NATIONAL
LOTTERY FUNDED**



ALL WOMEN AND CHILDREN LIVING IN RURAL CARMARTHENSHIRE HAVE A RIGHT TO REMAIN SAFE AND TO LIVE A LIFE FREE FROM ABUSE

The Family Rural Mentor can provide free and practical support to women and children who are affected by domestic abuse and are living in 14 wards of rural Carmarthenshire.

SA31 to SA34

SA38 to SA40

SA44

Our Rural Mentor works with individuals and their children in their own homes or in a discreet place in the community to offer CONFIDENTIAL support on a range of practical and emotional issues.

Support can be a one off chat or regular support.

There is a flexible appointment system to suit individual needs and the support delivered can be in English or Welsh.

WHAT IS DOMESTIC ABUSE?

Domestic Abuse is a controlling behaviour and can happen to anyone any age and from any background by an intimate partner or family member. Domestic Abuse can encompass but is not limited to:

PSYCHOLOGICAL AND/OR EMOTIONAL ABUSE:

Name calling, ignoring, shouting, criticism, insults, destruction of the persons self, humiliation.

PHYSICAL:

Hurting, grabbing, pushing slapping, hitting, using weapons.

SEXUAL:

Inappropriate touching, sexual assault, rape, harassment, forced nudity.

FINANCIAL:

Withhold money for food and clothing, preventing someone from getting work, having control of all the family finances.

COERCIVE:

Making the person feel frightened, treading on eggshells, being prevented from seeing family or friends, isolation or control with a threat of physical or sexual violence.

HARASSMENT:

Unwanted phone calls, letters, emails or visits, Intimidation and aggravation and stalking.

ONLINE OR DIGITAL ABUSE:

Monitoring of social media profiles such as Facebook and Twitter and sharing info of photos without your consent.

SUPPORT WE CAN OFFER



Support with a wide range of issues including, housing, benefits, financial support, accessing local towns, education and training.



Support and safety planning for those who are experiencing or feel at risk from domestic abuse.



Opportunities to increase self-confidence and improve self esteem.



Support to reduce isolation and loneliness to improve relationships with family or friends and make new contacts in the community.



Support to access the internet / laptop.



Help with life skills.



Meet other women / groups / families who are survivors of domestic abuse.



Support to improve wellbeing.



Support with parenting or family issues.



Support to access other services or agencies.



The mentor will help individuals to make informed choices.



Support to access other services / events or activities.

REFERRAL FORM

Have you experienced, or are you at risk of domestic abuse? Y/N

Do you feel safe at home? Y/N

Do you feel isolated? Y/N

Do you have a say in how you spend your money? Y/N

Have you been prevented from seeing friends or family? Y/N

Do you feel intimidated or frightened? Y/N

Do you need support with life skills? Y/N

Do you need support with health and well-being? Y/N

Do you need help to access facilities such as towns, groups, internet & appointments? Y/N

Do you need help at home within your family? Y/N

Would you like an appointment with our RURAL MENTOR? Y/N

Your Name:

How would we contact you

Phone, email or text contact

Is it safe to leave a message? Y/N

Date:

HOW TO CONTACT / FIND US

NICOLA GRIFFITHS - FaRM

Rural Family Support Worker

Tel: 07841 487078

OFFICE

5-6 Queen Street,
Carmarthen SA31 1JR
01267 238410

Refuge : 01267 234725 (24 hrs)

Email : rural@carmdas.org

Web : www.carmdas.org

Find us on...



24 HR FREEPHONE HELPLINE

0808 80 10 800

All Wales Domestic Abuse and
Sexual Violence Helpline

CARMARTHEN DOMESTIC ABUSE SERVICES

SUT I GYSYLTU / DOD O HYD I NI

NICOLA GRIFFITHS - FARM

Mentor Gwleidig Teuluo
Ffôn: 07841 487078

SWYDDFA
5-6 Stryd Y Frenhines,
Caerfyrddin SA31 1JR
01267 238410

Lloches : 01267 234725 (24 awr)

E-bost : rural@carmdas.org
Gwefan : www.carmdas.org

Dewch o hyd i ni ar...



Llinell Gymorth Cam-drin Domestig
a Thrais Rhwydol Cymru Gyfan

Rhif Elusen Gofrestredig: 1064046
Rhif Cwmni: 3386093 wedi ei gofrestu yng Nghymru a Lloegr

0808 80 10 800

LLINELL GYMRTH 24 AWR AM DDIM

A yw'n diogel gadael neges? Y/N

Cywlit ffôn, e-bost neu neges destun

Sut allwn ni gysylltu â chi?

Eich Enw:

GWLEDIG? Y/N

Hoffech chi gael apwyntiad gyda'n MENTOR

Y/N

Oes arnoch angen cymorth gartref gyda'ch deulu?

Apwyntiadau? Y/N

Gyflwyni'r trwm fel trwm, grwpiau, y Rhyngrywad ac

Oes arnoch angen help i gael mynediad at

Y/N

Oes arnoch angen cymorth gydag iechyd a lles?

Y/N

Oes arnoch angen cymorth gyda sgliliau bywyd?

Ofn? Y/N

Ydych chi'n teimlo dan fygythiad, neu oes arnoch

Ffrindiau neu deulu? Y/N

Oes rhywun wedi eich rhwystro rhag gweld

Gwario eich arian? Y/N

Oes gennych chi lais o ran y modd yr ydych yn

Ydych chi'n teimlo'n ynyssig? Y/N

Ydych chi'n teimlo'n diogel gartref? Y/N

Ydych chi wedi prof cam-drin domestig, neu

Ydych chi wedi prof cam-drin perfformio o gael eich cam-drin? Y/N

Y CYMORTH Y GALLWN EI GYNNING

Cymorth i gael mynediad at wasanethau/ digwyddiadau neu weithgareddau eraill.

Bydd y mentor yn helpu unigolion i wneud dewisiadau gwylodus.

Cymorth i gael mynediad at wasanethau neu asianteethau eraill.

Cymorth gyda rhianta neu faterion teuluoil.

Cymorth i wella lles yr unigolyn.

Cwrd â menywod/grwpiau/teluodd erall sydd wedi goroesi cam-drin domestig.

Help gyda sgliau bywyd.

gliniadur.

Cymorth i ddefnyddio'r Rhyngryd/

Cymorth i leihau unigedd ac unigrydd er mwyn gwellia perthnasodd â thelu neu ffriodiau, a dod i gysylltiaid newydd â phobl yn y gymuned.

Cymfeodd i fagu gwell hunan-hyder a hunan-barch.

Cymorth a chynllunio diogelwch ar gyfer Y drin. teimlo eu bod mewn perfformio o gael eu cam-rhai sy'n profi cam-drin domestig, neu sy'n lleol, addysg a hyfforddiant.

Cymorth arianol, ffryd o gyrraeedd trerif faterion, gan gydnwys tai, budd-daliadau, lleol, addysg a hyfforddiant.

Cymorth gydag amrywiadeth eang o

BETH YW CAM-DRIN DOMESTIG?

Ymddygiad rheoli yw Cam-drin Domestig, a gall ddigwydd i unrhyw un, ni watech beth fo i oedran a'i gefndir, gan bartner personol neu aelod o'r teulu. Gall Cam-drin Domestig gynnwys y canlynol, ond nid yw'n gyffyngedig iddynt:

EMOSIYNOL:

Gawl enwau, anwybyddu, gweiddi, beriniadau, brifo, gwithio, slapio, bwrw, defnyddio arfau, cydio

CORFFOROL:

Gawl enwau, anwybyddu, gweiddi, beriniadau, brifo, gwithio, slapio, bwrw, defnyddio arfau, cydio

RHYWIOL:

Cadw arian yn ôl ar gyfer bwyd a dillad, atal rhywun rhag cael gwath, mynnu rheolaeth dros holl faterion ariannol y teulu.

ARRIANNOL:

Cyffwrdd amhriodol, ymosodiadau rhywiol, treisio, affonyddu, noethni dan orfod.

GORFODAETH:

Gwnaed i'r unigolyn deimlo'n ofnus, a'i fod yn gorffod troedio'n ofalus, atal yr unigolyn rhag gweild teulu neu ffriadiau, ynsu neu reoli'r unigolyn gan fygwith trais corfforol neu rywiol.

AFLONYDDU:

Galwadau ffôn, llythyrau, negeseson e-bost neu ymwelliadau digroeso, brwychu a chythrudo a stelicio.

Monitro proffiliau cyfrangau cymdeithasol fel Facebook a Twitter, a rhannu gwybodaeth neu luniau heb ganiatâd yr unigolyn.

Mae genym system hyblyg i drefnu
apwyntadau sy'n hwyliu'r unigolyn, a gall y
cymorth fod yn Gymraeg neu yn Saesneg.

Gall cymorth fod ar ffurf sgwrs untro, neu
gymorth rheolaidd.

Mae ein Mentor Gwledig yn gweithio gydag
unigolion a'u plant yn eu cartrefi eu hunain,
neu mewn lle preifat yn y Gymuned, er
mwy'n cynnig cymorth CYFRINAC HOL iddynt
gydag amrywiadeth o faterion ymarferol ac
emosiynol.

S44

S38 to S40

S31 to S34

Gall y **Mentor Gwledig Teuluoù** gynnig cymorth
ymarferol, am ddim, i fenywod a phlant y mae
cam-drin domestig yn effeithio arnynt, ac sy'n
byw yn un o 14 o warchodau Gwledig Sir Gaerfyrddin.

MAE GAN YR HOLL FENYWOD A PHLANT
SY'N BYW YN SIR GAERFYRDDIN WLEDIG YR
HAWL I GADW'N DDOGEL AC I FYW BYWYD
HEB GAEL EU CAM-DRIN

Formerly Carmarthen Women's Aid
Gwasanaethau Cam-drin Domestig
Carmarthen - Caerfyrddin
Domestic Abuse Services

CDAs

LOTTERY FUNDED
NATIONAL
LOTTERY GENEDLAETHOL
ARHENIR GAN Y



sydd mewn peryll o gaeil eu cam-drin
domestig yn effeithio arnynt, neu
Gaeffyrddin wledig y mae cam-drin
Yn cefnogi menywod a phlant yn Sir

FAMILY - RURAL - MENTOR

