

Support for older people affected by domestic abuse and sexual violence



Information
and contacts
to help you
stay safe

- ◆ **Have you been threatened or physically hurt in any way?**
- ◆ **Do you often feel belittled, insulted, undermined or blamed?**
- ◆ **Have you been made to do something sexual against your will?**
- ◆ **Are your finances controlled or manipulated?**
- ◆ **Have you been prevented from seeing people you care about?**
- ◆ **Has your medication been withheld from you?**
- ◆ **Are you subject to controlling behaviour which makes you feel isolated and helpless?**

These can all be signs of abuse

Abuse can take many forms. An abuser (or abusers) exercise power and control over another person. An abuser could be an intimate partner or former partner, or family member.

Domestic abuse and sexual violence can happen to anyone of any age, race, sexual orientation, religion, or gender. For some older people, this abuse may have been part of their lives for many years, while for others it will start when they reach older age.

Recognising abusive or controlling behaviour can be difficult, particularly if you've lived with it for a long time.

Here to help...

It's never too late to reach out for help if you feel things aren't right. You will be listened to and supported in a way that suits your needs.

If you are experiencing domestic abuse or sexual violence or are concerned about someone else, you can contact one of the local services or helplines listed overleaf for confidential advice and support.

In an emergency, or if you are concerned that someone is at imminent risk of harm, always dial 999.

Live Fear Free Helpline 0808 801 0800

24-hour all-Wales domestic abuse
and sexual violence helpline

Text Service: 078600 77333
Live chat: gov.wales/live-fear-free
Email: info@livefearfreehelpline.wales

GWENT DOMESTIC ABUSE SUPPORT AGENCIES:

◆ BAWSO

Gwent-wide support for BAME victims of domestic violence, including refuge and outreach support.

01633 213213 • www.bawso.org.uk

◆ Cyfannol Women's Aid

Refuge and community-based specialist support services for individuals and families across Torfaen, Monmouthshire, Blaenau Gwent and Newport.

03300 564456 • www.cyfannol.org.uk

◆ Hafan Cymru

Supporting single parent/vulnerable families, LGBTQ+ and male victims of domestic abuse, with housing-related issues, in Torfaen.

01267 225555 • www.hafancymru.co.uk

◆ Llamau

Safe accommodation, community-based support and group work for adults and children in Caerphilly, Newport and Monmouthshire.

029 2086 0255 • www.llamau.org.uk

◆ Phoenix Domestic Abuse Service

Advice, information and support for male and female victims of domestic abuse (16+) in Blaenau Gwent. Perpetrator support (11+) across Gwent.

01495 291202 • www.phoenixdas.co.uk

GWENT SEXUAL VIOLENCE SUPPORT AGENCIES:

◆ Horizon Sexual Violence Services

Counselling, ISVA, sexual exploitation advocacy and groupwork for anyone who's been affected by sexual violence at any time in their lives.

03300 564456 • www.horizonsvs.org.uk

◆ New Pathways

Support for anyone affected by rape, sexual abuse and sexual assault, offering rape crisis services, counselling, 1:1 and group support, and advocacy.

01633 250205 • www.newpathways.org.uk

OTHER USEFUL CONTACTS:

◆ Hourglass (Safer Ageing)

UK charity exclusively dedicated to ending the abuse of older people and making safer ageing a reality.

Helpline: 0808 808 8141 (24/7)

Text Service: 078 6005 2906 (24/7)

Live chat: www.wearehourglass.cymru

◆ Older People's Commissioner for Wales

Provides help and support directly to older people and works to empower older people and ensure their voices are heard and acted upon.

03442 640 670 • www.olderpeoplewales.com

◆ 999 Silent Solution

In an emergency, always dial 999. If you need help but are unable to talk, dial 999 and press 5 5 when prompted, to be put through to the police.



CYMORTH I FENYWOD
CYFANNOL
 WOMEN'S AID

Produced by Cyfannol Women's Aid
 as part of the Gwent older people's Violence
 Against Women, Domestic Abuse & Sexual
 Violence awareness-raising project.

Funded by the Office of the Police
 and Crime Commissioner for Gwent.



COMISIYNYDD YR
 HEDDLU A TROSEDD
GWENT
 POLICE AND CRIME
 COMMISSIONER

*With thanks to all the partner
 organisations who have supported this project
 and the publication of this leaflet.*



*Gyda diolch i'r holl sefydliadau partner
 sydd wedi cefnogi'r prosiect hwn a
 chyhoeddaiad y daflen hon.*



COMISIYNYDD YR
 HEDDLU A TROSEDD
GWENT
 POLICE AND CRIME
 COMMISSIONER

*Cynhyrchwyd gan Cymorth i Fenywod Cyfannol
 fel rhan o brosiect codi ymwybyddiaeth Pobl Hyn
 Gwent o Drais yn Erbyn Menywod, Cam-drin
 Domestig a Thrais Rhywiol.
 Wedi'i ariannu gan Swyddfa Comisiynydd
 yr Heddlu a Throseddau Gwent.*



CYMORTH I FENYWOD
CYFANNOL
 WOMEN'S AID

Llinell Gymorth Byw Heb Ofn 0808 801 0800

Llinell gymorth cam-drin domestig a
thrais rhywiol 24 awr Cymru gyfan
Sgwrs byw: lyw.cymru/byw-heb-ofn
E-bost: info@livefearfreehelpine.wales

ASIANTAETHAU CYMORTH CAM-DRIN
DOMESTIG GWENT:

◆ BAWSO

Cymorth ledled Gwent i ddioddedfyr BAME trais
domestig, gan gynnwys cymorth lloches ac allgymorth.
01633 213213 • www.bawso.org.uk

◆ Cymorth i Fenywod Cytannol

Gwasanaethau cymorth arbenigol lloches a chymunedol
i unigolion a theuluoedd ar draws Torfaen, Sir Fynwy,
Blaenau Gwent a Chasnewydd.

03300 564456 • www.cytannol.org.uk

◆ Hafan Cymru

Cenogï rhieni senig/teuluoedd agored i niwed,
LGBTQ+ a dynion sy'n ddioddedfyr cam-drin domestig,
gyda materion sy'n ymwneud â thai, yn Nhorfaen.
01267 225555 • www.hafancymru.co.uk

◆ Llamau

Llety diogel, cymorth yn y gymuned a gwaith grŵp
i oedolion a phlant yng Nghaerffili, Casnewydd a
Sir Fynwy.
029 2086 0255 • www.llamau.org.uk

◆ Gwasanaeth Cam-drin Domestig Phoenix

Cyngor, gwyboddaeth a chymorth i ddynion a merched
sy'n dioddedfyr cam-drin domestig (16+) ym Mlaenau
Gwent. Cefnogaeth i gyflawnwyr (11+) ar draws Gwent.
01495 291202 • www.phoenixdas.co.uk

ASIANTAETHAU CYMORTH TRAIS

RHYWIOL GWENT:

◆ Gwasanaethau Trais Rhywiol Horizon

Cwrs, ISVA, eiriolaeth camfanteisio rhywiol a gwaith
grŵp ar gyfer unrhyw un sydd wedi'u heffeithio gan
drais rhywiol ar unrhyw adeg yn eu bywydau.
03300 564456 • www.horizonsvs.org.uk

◆ New Pathways

Cymorth i unrhyw un y mae trais rhywiol, cam-drin
rhywiol ac ymosodiad rhywiol yn effeithio arnynt, gan
gynnwys gwasanaethau ar gyfwrng trais rhywiol, cwrs, a
cefnogaeth 1:1 a grŵp, ac eiriolaeth.

01633 250205 • www.newpathways.org.uk

CYSYLLTIADAU DEFNYDDIOL ERAILL:

◆ Hourglass (Safer Ageing)

Elusen yn y DU sy'n ymroddedig i roi terfyn ar gam-drin
pobl hŷn a gwneud heneiddio'n fwy diogel yn realiti.

Llinell Gymorth: 0808 808 8141 (24/7)

Gwasanaeth Neges Destun: 078 6005 2906 (24/7)
Sgwrs byw: www.wearhourglass.cymru

◆ Comisiynydd Pobl Hŷn Cymru

Yn darparu cymorth a chefnogaeth yn uniongyrchol i
pobl hŷn ac yn gwethio i rymuso pobl hŷn a sicrhau
bod eu lleisiau'n cael eu clywed ac y gwethredir arnynt.
03442 640 670 • www.olderpeoplewales.com

◆ Ateb Tawel 999

Mewn argyfwng, ffoniwch 999 bob amser. Os oes
angen help arnoch, ond nid ydych yn gallu siarad,
ffoniwch 999 a gwasgwch 5 5 pan ofynnir i chi wneud
hynny i gael eich rhoi drwodd i'r heddlu.

Gall cam-drin domestig a thrais rhywiol ddiwydd i unrhyw un o unrhyw oedran, hîl, cyfeiriadedd rhywiol, crefydd neu ryw. I rai pobl hŷn, gall y cam-drin hwn fod wedi bod yn rhan o'u bywydau ers blynyddoedd lawer, tra i eraill bydd yn dechrau pan fyddant yn mynd yn hŷn.

Gall fod yn anodd adnabod ymddygiad camdriniol neu reolaethol, yn enwedig os ydych chi wedi byw gydag ef am amser hir.

Yma i helpu...

Nid yw byth yn rhy hwyr i estyn allan am help os ydych chi'n teimlo nad yw pethau'n iawn. Bydd rhywun yn gwrandao arnoch chi a byddwch yn cael cymorth mewn ffordd sy'n addas i'ch anghenion.

Os ydych yn profi cam-drin domestig neu drais rhywiol neu'n pryderu am rywun arall, gallwch gysylltu ag un o'r gwasanaethau lleol neu'r llinellau cymorth a restrir dros y dudalen i gael cyngor a chymorth cyfrinachol.

Mewn argyfwng, neu os ydych yn pryderu bod rhywun mewn perygl uniongyrchol o niwed, ffoniwch 999 bob amser.

◆ Ydych chi wedi cael eich bygwth neu'ch brifo'n gorfforol mewn unrhyw ffordd?

◆ Ydych chi'n teimlo wedi'ch bychanu, sarhau, tanseilio neu feio yn ami?

◆ Ydych chi wedi cael eich gorfodi i wneud rhywbeth rhywiol yn erbyn eich ewylllys?

◆ A yw eich cyllid yn cael ei reoli neu ei ddylanwadu?

◆ A ydych chi wedi cael eich atal rhag gweld pobl sy'n bwysig i chi?

◆ A yw eich meddyginiiaeth wedi'i chadw'n ôl oddi wrthy'ch?

◆ Ydych chi'n destun ymddygiad rheolaethol sy'n gwneud i chi deimlo'n unig ac yn ddiymadferth?

Gall y rhain i gyd fod yn arwyddion cam-drin

Gall cam-drin fod ar sawl ffordd. Mae camdriniwr (neu gamdriniwyr) yn arfer pŵer a rheolaeth dros berson arall. Gallai camdriniwr fod yn bartner agos neu'n gyn bartner, neu'n aelod o'r teulu.

Gwybodaeth
a chysylltiadau
i'ch helpu i aros
yn ddiogel



Cymorth ar gyfer
pobl hŷn sy'n cael
eu heffeithio gan
gam-drin domestig
a thrais rhywiol