



WALES IMPACT REPORT

2015/2016

SAMARITANS

CYMRU

About Samaritans

Offering emotional support

We support anyone who needs us through our 201 branches across the UK and Republic of Ireland. We're available round the clock, 365 days a year.

We are committed to the following values: Listening, confidentiality, people making their own decisions, being non-judgemental and offering people human contact.

Working in partnership

We work with other organisations, agencies and experts to achieve our vision that fewer people die by suicide.

Our partnership work includes:

- **The Rail Industry Suicide Prevention Programme (RISPP)** – a joint partnership between Samaritans, Network Rail and British Transport Police.
- **Our Work in Prisons** – we work with the National Offender Management Service (NOMS), Scottish Prison Service (SPS), Irish Prison Service (IPS) and Northern Ireland Prison Service (NIPS) on suicide prevention through our Listener Scheme.
- **Our work in schools** – we work with schools to support young people through our teaching resources and our suicide response service.

Reaching out

We reach out to high risk groups and communities, such as military personnel, veterans, young people, men and those living in areas of deprivation.

Training

Each year, we deliver training to hundreds of organisations and workplaces. Our award-winning training team delivers our 'Managing Suicidal Contacts' course to rail staff and other networks across the UK and the Republic of Ireland.

Influencing public policy

We strive to influence policy and legislation across the UK and Republic of Ireland. We play a major role in the development of national suicide prevention strategies across the UK and the Republic of Ireland, and are members of each nation's National Suicide Prevention Advisory Group. We also provide the secretariat for the All Party Parliamentary Group (APPG) for Suicide and Self-Harm Prevention.

Media influencing

Research evidence shows that there is a strong link between depictions of suicide in the media and suicidal behaviour imitating those depictions. We monitor news reporting of suicide daily and make contact with editors to request changes if we have significant concerns over the content. Much of this work is done through our *Media Guidelines for Reporting Suicide*, which were first published in 1994 and have been regularly updated. We also work with programme makers to advise on scripts and content for news, drama and documentaries and provide educational training to media outlets.

Samaritans exists to reduce the number of people who die by suicide. Someone contacts Samaritans every six seconds.

In Wales, between 300 and 350 people die from suicide each year. While causes of suicides are complex, we do know that there are factors which increase the risk for specific groups and individuals. These factors include poor mental health, deprivation, gender and alcohol misuse.

Suicide is now the single biggest killer of men aged under 45 in the UK, with 76% of all suicides in 2014 being men. Men are four times more likely to die by suicide than women in the UK and in Wales; the rate is at its highest since 1981. In 2014, 81% of all suicides in Wales were by men.

The link between socio-economic deprivation and increased risk of suicide is well established. Previous academic studies have shown us, for example, that men from the lowest socio-economic group living in the most deprived areas are at greater risk of suicide than those in the most affluent group living in the most affluent areas. Every local area in Wales has a unique geography, economy, and population. It follows that a profile of deprivation and associated suicide risk will also vary between local populations.

The breadth of complex factors involved in suicide risk highlights the need for multi-agency and cross-governmental action. This is not a single task for any particular organisation or sector in isolation. It is instead, a local and national imperative and one that should be seen as a major and urgent priority in the national public health agenda in Wales. We must be able to give people the best chance to turn their lives around when they are struggling.

In Wales, we work to reduce suicide across our nation. We reach out to high risk groups and communities, we work in partnership with prisons, schools, hospitals and rail staff and we engage with Welsh Government and the National Assembly to influence policy and legislation.

Our nine branches manage our emotional support service, reach out into their local communities and support those who are struggling to cope round the clock, every day of the year. The demand for our service is ever increasing – last year, we took a call every three minutes. None of this would be possible without the time and dedication of our volunteers.

Samaritans believes there is a significant need to increase awareness of the power of talking and of human empathy. To do this, we must challenge our current culture which may prevent help-seeking among the UK population when we need it due to shame or stigma. Everyone has moments in their life where they struggle to cope and we believe that if given the time and space to talk things through, people can often find a way through their problems. Last year, almost 275,000 callers trusted us enough to help them through a tough time over the phone.

Suicide reduction requires an approach which promotes good mental health and wellbeing, timely support, public awareness and which reduces inequality. We have welcomed the second phase of the Welsh Government's suicide and self harm prevention strategy and action plan: Talk to me 2. The existence of such plans, and their effective implementation, is vital for efforts to reduce suicide. However, we need to act more strongly and consistently across Wales to tackle suicide rates. The work required to make this happen supports other policy ambitions to increase the resilience and safety of communities, to increase public awareness around help-seeking and to improve access to mental health services and talking therapies.

We are committed to reaching as many people as possible who may be struggling to cope and our 2015/16 Impact Report demonstrates how we do this.



Sarah Stone

Sarah Stone
Executive Director for Wales



KL

Professor Keith Lloyd
Chair of Samaritans Cymru Board

Samaritans Cymru

Four steps to save lives

1

Promote mental health and wellbeing and tackle inequality

2

Act locally in Wales

3

Tackle alcohol misuse to reduce suicide

Achieved

4

Help us to make Samaritans telephone service free

Free-to-call number **116 123** launched on 21 September 2015. Visit samaritans.org for more info.

Influencing public policy

As members of the National Advisory Group to Welsh Government on Suicide and Self-harm prevention, we contribute to the implementation of Talk to me 2, the Suicide and Self-harm prevention strategy for Wales 2015-2020. Throughout 2015/16, we have continued to respond to a wide range of government consultations on topics that link to suicide prevention in Wales and have supplied relevant briefings to Assembly Members and their research staff.

During Men's Health Week 2015, we launched our manifesto, Four Steps to Save Lives. We called on the Assembly to take four steps to tackle suicide rates and improve the mental health and wellbeing of communities across Wales. The steps set out the need to promote good mental health and wellbeing, embed suicide prevention plans in local communities, tackle alcohol misuse and support Samaritans to make our telephone service free. Our manifesto was accompanied by a media launch which received widespread coverage in the press and on social media through our #4steps campaign.

In the run up to the elections, we took our key messages to party conferences and met with Assembly Members and candidates across the country. Post-election, we have welcomed all new and re-elected Assembly Members and Ministers with whom we continue to engage to discuss policy objectives for suicide reduction.

Through our Wales Alliance for Mental Health and Welsh NHS Confederation Policy Forum membership, we continue to support and contribute to areas of shared policy work surrounding public mental health.

Alongside our partnership working with schools in 2015/16, we have promoted the inclusion of emotional health more widely in the new curriculum and are supportive of the Donaldson Report recommendations. We believe that the promotion of emotional health in educational settings should be viewed as a vital form of prevention and early intervention for our future generations.



Samaritans Cymru Board launch the #4steps campaign



Teaching staff in the Aberdare and Cardiff DEAL pilot attend their first training day



Our work in schools

We work with schools to support young people through our teaching resources and suicide response service.

Step by Step is a Samaritans service that provides advice and practical guidance to help schools prepare for, and recover from, the repercussions of a suicide or attempted suicide in ways which avoid inadvertently promoting suicidal feelings.

DEAL (Developing Emotional Awareness and Listening) is a set of free web-based teaching resources containing emotional health lesson plans which aim to build emotional resilience in young people (14+). On World Suicide Prevention Day 2015, we launched the bilingual version of the DEAL resources in Wales with the support of Mark Drakeford AM, Minister for Health and Social Services.

Since the launch of DEAL in Wales, we have received the support of the Welsh Network of Healthy Schools

Scheme and together we are running the Aberdare and Cardiff DEAL Pilot, in which eight schools will be implementing the DEAL programme for the 2016/17 academic year.

Samaritans also offers schools talks on emotional health, which are delivered by trained volunteers.

Over the last three years, we have reached a record 11,378 young people in Wales who have received an emotional health talk in their school.

“Samaritans provide a vital service and I am pleased that they are supporting our Talk to me 2 strategy to reduce suicide and self-harm. DEAL will be a great resource to help with this and to assist teachers in promoting good emotional health and wellbeing. It will offer children and young people an opportunity to discuss difficult issues in a safe and supportive environment.”

Mark Drakeford AM, Minister for Health and Social Services, September 2015.

Samaritans Cymru continued

Our work in prisons

The prison Listener scheme started in HMP Swansea in 1991 and now operates in nearly every prison in the UK and every prison in Wales. The prison Listener scheme is a peer support service, that aims to reduce suicide and self-harm in prisons. Samaritans volunteers select, train and support prisoners to become Listeners. Listeners provide confidential emotional support to their fellow inmates who are struggling to cope.

In 2015, Listeners in Wales responded to more than 2,000 requests for emotional support from fellow inmates. We are currently working with the National Offender Management Service (NOMS) to establish a prison Listener scheme in the new prison in Wrexham, HMP Berwyn, which will be implemented from its opening in February 2017. This year, we celebrated the 25th anniversary of the prison Listener scheme in Swansea where it all began. In advance of this, HMP Swansea and Swansea Samaritans received a royal visit from HRH The Princess Royal in February 2016.



HRH The Princess Royal meets Samaritans Swansea branch volunteers

“We were honoured to welcome HRH the Princess Royal to help us celebrate 25 years of the prison Listener Scheme. This was developed at Swansea Prison and has undoubtedly saved lives, which has proved so successful, that it now operates in most establishments. It was also groundbreaking that for the first time, the men were trained as peer supporters.”

Mitch Alburt, HMP Swansea’s Acting Governing Governor

Working with the media

Since the launch of our bilingual Media Guidelines for Reporting Suicide in 2014, we have continued to engage with Welsh media and offer support surrounding sensitive reporting. **In 2016, we delivered a training session to over 20 Media Wales journalists and editors.** These members of staff work across Wales Online, Western Mail and South Wales Echo publications.

The training was led by Samaritans and included a presentation from Dr Ann John, Chair of the National Advisory Group to Welsh Government on Suicide and Self harm prevention.



“We found your Suicide in the Media session very helpful, I think it will prove really useful in ensuring we consider all the potential issues when dealing with suicide copy in future.”

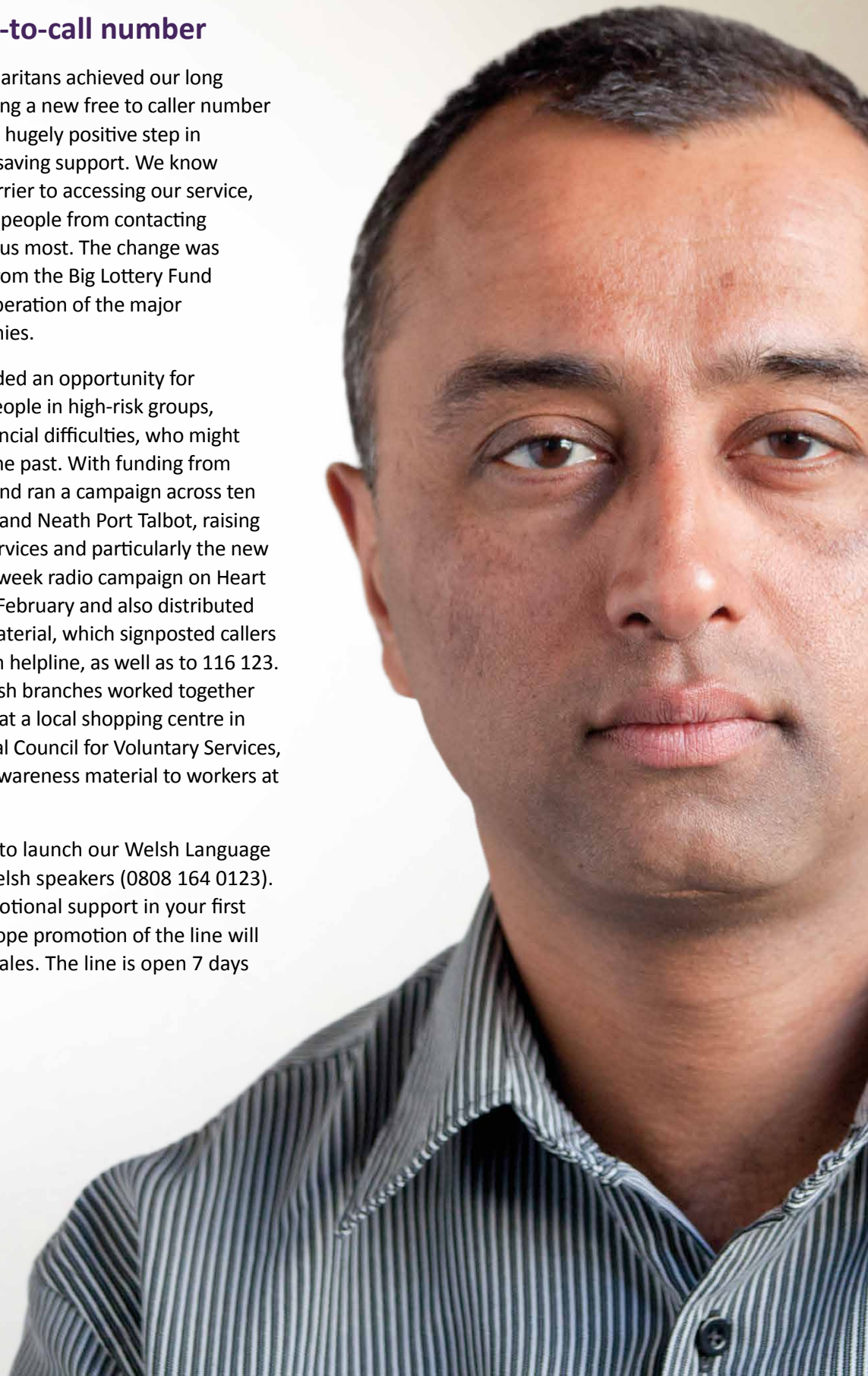
Catrin Pascoe, Western Mail Editor

Launching our free-to-call number

On 22 September 2015, Samaritans achieved our long standing ambition of launching a new free to caller number in the UK – 116 123. This is a hugely positive step in improving access to our life-saving support. We know that call charges can be a barrier to accessing our service, potentially preventing some people from contacting Samaritans when they need us most. The change was possible thanks to support from the Big Lottery Fund and Vodafone, and the co-operation of the major telecommunications companies.

The launch of 116 123 provided an opportunity for Samaritans to reach more people in high-risk groups, particularly those facing financial difficulties, who might have hesitated to call us in the past. With funding from the Big Lottery, we created and ran a campaign across ten pilot areas, including Cardiff and Neath Port Talbot, raising awareness of Samaritans' services and particularly the new free helpline. We ran a four-week radio campaign on Heart South Wales in January and February and also distributed bilingual caller awareness material, which signposted callers to the new free-to-call Welsh helpline, as well as to 116 123. Volunteers from several Welsh branches worked together to organise outreach events at a local shopping centre in Port Talbot. Through the local Council for Voluntary Services, they also distributed caller awareness material to workers at Tata steelworks.

In 2016, we were delighted to launch our Welsh Language free to caller number for Welsh speakers (0808 164 0123). We know that accessing emotional support in your first language is crucial and we hope promotion of the line will ensure wider outreach in Wales. The line is open 7 days a week, 7-11pm.



Samaritans Cymru continued

The South Wales Valleys project

Samaritans has had a long-standing ambition to establish a presence in the South Wales Valleys. Research shows that there is an association between the incidence of suicide and more deprived communities, and this gap appears to be widening in Wales.

Our South Wales Valleys Pilot Project aims to provide support to individuals, in their communities, across the South Wales Valleys. The project seeks to reduce emotional distress and lower the risk of suicide in the Valleys by increasing access to the Samaritans emotional support service and encouraging help-seeking behaviour. We are very grateful for the support of The Waterloo Foundation which has made this project possible. We launched the project in October 2015 with the Minister for Health and Social Services, Mark Drakeford AM and Huw Lewis AM.

Since its launch, the project has made significant strides in the South Wales Valleys. We have offered emotional support and outreach in a number of priority places where people need us most, such as **foodbanks, job centres and pharmacies.**



The South Wales Valleys Project volunteers at a Feet on the Street shift

Feet on the street

The first awareness raising and emotional support shift was 'Feet on the Street' in Merthyr Tydfil. During this outreach work, volunteers take the Samaritans van to busy locations in town centres to raise awareness of Samaritans and offer face to face emotional support to the public. These evening and night time sessions are consistently busy and highlight the need for our service in this area.

Merthyr Bridewell police station

In 2016, we have formed an invaluable partnership with South Wales Police through our work with Merthyr Bridewell police station. We have delivered Samaritans awareness training to nine custody sergeants who have cascaded the training to their colleagues in order to encourage a culture of help-seeking behaviour in detainees. In the UK, there is an increased risk of suicide and self-harm during periods of detention and we are working together to mitigate this.



Since January 2016, when an individual is detained in custody in Merthyr Bridewell, they are offered a call to Samaritans from their cell. In addition to this, when an individual leaves custody, they are provided with our contact details and are offered a call from us within the next 24 hours. Our Samaritans signs are also displayed in all 42 of the custody suites in this police station.

- **To date, the project has engaged with more than 2,000 individuals within organisations in the South Wales Valleys to raise awareness of our service.**
- **It has delivered emotional health talks to over 400 pupils in primary and secondary schools.**



Our work with the rail industry

In 2010, Samaritans began working with Network Rail with the aim of preventing rail suicides and supporting those affected by them. The Rail Industry Suicide Prevention Programme (RISPP) is now a joint partnership between Samaritans, Network Rail and British Transport Police and the wider rail industry.

In Wales, our partnership with Network Rail and work with the wider rail industry focusses on seven key areas:

- Engaging the rail industry in suicide prevention and support activities.
- Reaching out to those most at risk.
- Suicide prevention training.
- Supporting people affected by a traumatic incident.
- Support at stations following a suicide.
- Working with the media to encourage responsible reporting of rail suicides.
- Working with police and health services.

“After five years of successful partnership with Samaritans, the Network Rail suicide prevention team have developed a 12 point plan to push forward the agenda of suicide prevention and ensure a cross industry standard that is applicable to Network Rail, train and freight operating companies and British Transport Police.

Wales is amongst the first to adopt and implement the 12 point plan as an integral part of suicide prevention. Its inclusion in the Wales Route joint suicide prevention plan, as well as adopting recommendations from Talk to me 2, ensure that we are making a difference for Wales and the Route.

We have made good progress with 1,400 frontline Arriva trains staff members in Wales completing a basic level of suicide prevention training. We have also moved to a model of suicide prevention that allows us to take action proactively and respond as a preventative force, rather than post-incident action.”

Lowenna Turner, Wales Route Suicide Prevention Lead, Network Rail

Branches in Wales



“Our nine branches in Wales work round the clock to manage our emotional support service whilst continuing to reach out into their local communities to be there for high-risk groups and those who are struggling to cope. Being a Samaritans volunteer is both demanding and rewarding and I would like to thank every volunteer in Wales for their relentless dedication.”

Beverley Bleasdale, Regional Director for Wales and the Marches

- By the end of 2015, we had more than **500 active volunteers** in Wales.
- Our dedicated volunteers deliver and manage our emotional support service – their time is worth over **£2.3 million** per annum.
- In 2015, we received **175,767 calls for help** in Wales. 10,350 of these were by email and 14,446 were by SMS.
- Someone makes contact with us in Wales **every 3 minutes**.



Bangor: championing the Welsh Language Line

Since the launch of our free to caller Welsh Language Line number, Bangor has strived to create awareness and publicise it across the local area. The separate Welsh telephone line is manned by their Welsh speaking volunteers. The schools team has once again had a very busy year visiting local schools and presenting programmes focusing on emotional health, active listening and the importance of talking about problems. These talks were given in both the Welsh and English language and tailored to suit the age of their listeners.

They have also attended the Anglesey show and the Urdd Eisteddfod to increase awareness of the service.



Branches in Wales continued

Bridgend: partnering up with foodbanks

In 2015, Bridgend Samaritans entered into a partnership with The Trussell Trust, an independent charity with nine food banks in locations across the borough. This is following a successful trial period in which volunteers provided an outreach service to two different foodbanks in Bridgend. They have now received confirmation that The Trussell Trust would like to continue this indefinitely.

“Our volunteers visit the Porthcawl food bank and the Cornelly food bank once a week and offer emotional support to their users who are often at their lowest ebb and are really struggling with life.”

Gemma, Bridgend volunteer

Cardiff: celebrating 50 years of listening

The Cardiff and District branch of Samaritans celebrated their 50th birthday. The branch has been offering emotional support for 50 years since it opened in 1965. Their celebration event took place at the Pierhead in Cardiff Bay. As part of their 50th celebrations, Cardiff and District Samaritans launched their new fundraising initiative for the much needed refurbishment of their branch. They continue to take their message out into the wider community and provide vital support in schools, hospitals and HM Prison Cardiff.



Chair of Trustees, Jenni McCartney joins Cardiff branch volunteer for the celebrations



Haverfordwest and Pembrokeshire: 40 years strong

In 2016, Haverfordwest and Pembrokeshire branch celebrated their 40th anniversary and welcomed their 476th volunteer, a huge achievement. This branch covers a wide geographical area with some volunteers making a 60 mile round trip for their shifts – a real sign of dedication.

Open for more than 30 hours per week, their charity shop is a banner for Samaritans, as well as being a critical source of financial support for the branch. There is evidence that contact with the Haverfordwest shop has given people going through a difficult time the confidence to take the next step of contacting us for emotional support.

Newport: forging vital partnerships

Newport and Gwent Samaritans has been involved with Gwent Cruse over the last three years and have continued to progress this partnership over the last year. Cruse Bereavement Care Wales's vision is that all bereaved people have somewhere to turn when someone dies. As part of this partnership, Samaritans volunteers in Newport branch speak to individuals who are struggling with bereavement while they are waiting to access the Cruse service. This is a unique example of successful partnership working and an example of best practice for branches in the UK.

Powys: the pathfinder branch for Wales

After more than twenty years in its Llandrindod Wells home, this past year has been a landmark period for this branch. The most significant event has been its 'pathfinder' role for all branches in Wales. This has been accompanied by the installation of state of the art computer systems enabling volunteers to take a bigger share of the increasing number of national phone calls. It has also made it possible for the branch to double its capacity to answer emails and text messages.

Within its Llandrindod home town the very popular Samaritans shop has undergone a complete refurbishment, all done by its team of dedicated support volunteers, who have also taken the lead in staging two highly successful, sold out, fashion shows. Branch volunteers have also been involved with major national events staged in Powys. These have been the annual Royal Welsh Agricultural Show in Builth Wells and the Hay Literary Festival, which for a number of years has provided the opportunity to combine very substantial fundraising with effective promotion of the round the clock listening service to very large audiences drawn to the event from all over the country.

And to round off this very busy and important year for the branch, its name has been changed from the original Brecon and Radnor Samaritans to Powys Samaritans in Llandrindod Wells. This more effectively locates the branch and recognises the importance of its relationship within the county from which it draws not only its listening and support volunteers but also the bulk of its essential fundraising.

Rhyl: success for community outreach

Rhyl branch has continued to reach out into the local community and increase awareness of our emotional support service. Over the last year, they have increased the capacity of their schools team and have given a number of emotional health talks in schools in the local area. They have also become involved with the HMP Berwyn steering group in order to make sure the Samaritans Listener service is established from the opening of the new prison in 2017.

More locally, they organised our presence at the Urdd Eisteddfod, held a fundraising event at Ruthin market and have been holding awareness sessions at local libraries. Finally, the Chair of Denbighshire County Council chose Rhyl Samaritans as one of the three chosen charities to receive the proceeds of local charity events in 2016.

Swansea: there for the community

This year, Swansea branch is celebrating the 25th anniversary of the prison Listener scheme which was founded in HMP Swansea in 1991. HRH The Princess Royal met with six volunteers and the Swansea Director who introduced the scheme on a visit to unveil a plaque in the prison's visitor centre. Swansea branch has continued its extensive outreach work alongside it's delivery of emotional health talks in local schools.

They now have a presence at The Hub in Llanelli, a community centre that offers help on matters such as job seeking and housing. They also visit a halfway house for prisoners who are waiting for release in order to provide emotional support to those who need it. This year, they have visited Port Talbot Town centre to talk to those who are concerned about losing their job and the financial implications during the Tata Steel crisis.

Branches in Wales continued



WCVA awards

Samaritans volunteers in Wales were recognised in the Wales Volunteer of the Year Awards in 2016. Two Samaritans volunteers in Wales were awarded national awards for the 'Trustee of the Year' category: Christopher Mill of Haverfordwest branch and former Samaritans Trustee from Wales, and John Ford, Chair of Powys branch in Llandrindod Wells.

"Volunteering with Samaritans is challenging but exceptionally rewarding. This award is for our hundreds of volunteers and supporters in Wales, and for all those in despair and anxiety they help to feel safer, listened to, and better understood. Join us – they need you."

Christopher Mill

Samaritans at Welsh festivals

In 2016, our volunteers attended the three major Welsh festivals; the Royal Welsh Show, the National Eisteddfod of Wales and the Urdd Eisteddfod. Their presence at these major events is vital to raise awareness, provide outreach and recruit for new volunteers across Wales.



Samaritans volunteers manning a busy stand at the Eisteddfod

In the media

Samaritans plan 'will reduce suicide in Wales'

SAMARITANS in Wales has today launched its project in education and to challenge mental health issues, specifically

Project to tackle suicide in Valleys

THE Samaritans will today launch a pilot project in the Valleys on the heels of re-

David Williamson
Political Editor
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ITV REPORT 19 October 2015 at 6:15am

Project aims to lower 'risk of suicide' in South Wales Valleys



A new project has been launched by the Samaritans in the South Wales Valleys, aiming to

barriers and working enhancing the energy o communities. Samaritan was no branch located i Wales Valley area and long-standing ambitio a presence there. delighted with the su ave so far received fro sations in the area." rity is now seeking v support the work in t th by listening to peo g with areas includ tive support, fundr anagement.



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Suicide rate for men in Wales 'highest since 1981'

19 June 2015 | Wales



Share

Samaritans give backing to steelmen

The Samaritans deserve a hearing

THE men and women who are tasked with drafting the manifestos of Wales' political parties ahead of May's Assembly elections will be deluged with proposals and demands by interest groups, lobbyists and campaigners.

Western Mail COMMENT

2013 there were 393 suicides in Wales, 317 of which involved a male taking his life.

policy. It has acute understanding of the factors that push people into the danger zone, and a clear idea of what measures are most likely to help.

Regardless of how politicians respond, individuals in Wales can seek to help themselves.

STEELWORKERS in Llanelly and elsewhere in Wales

Someone to talk to – people contact us when things are getting to them. They don't have to be suicidal.

We're always here – round the clock, every single day of the year.

A safe place – as volunteers we're ordinary people, and keep all our conversations private.

People can be themselves – whoever they are, however they feel, whatever life's done to them.

We're a charity – it's the public's kind donations that help fund our service.

Samaritans Cymru would like to thank the following for their funding or support.



thewaterloofoundation*

Samaritans has a Welsh Language Scheme which has been approved by the Welsh Language Commissioner.



Floor 2, 33-35 Cathedral Road, Cardiff CF11 9HB

029 2022 2008 wales@samaritans.org

* 7-11pm only, 7 days a week. Free to call.

Patron: HRH The Prince of Wales. Founded in 1953 by the late Prebendary Dr Chad Varah CH CBE. A charity registered in England and Wales no. 219432, in Scotland no. SC040604 and no. SC009843, and in Ireland no. CHY11880. Incorporated in England and Wales in 1963 as a company limited by guarantee no. 757372, and in Ireland no. 450409.



116 123 **FREE**

This number is **FREE** to call

0808 164 0123*

Welsh Language Line



jo@samaritans.org



samaritans.org

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ADRODDIAD AR YR EFFAITH YNG NGHYMRU

2015/2016

SAMARITANS

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Ynghylch y Samariaid

Cynnig cymorth emosiynol

Rydyn ni'n cynorthwyo unrhyw un sydd ein hangen trwy ein 201 o ganghennau ar draws y Deyrnas Unedig a Gweriniaeth Iwerddon. Rydyn ni ar gael bob awr o'r dydd a'r nos, 365 diwrnod y flwyddyn.

Rydyn ni wedi ymrwymo i'r gwerthoedd canlynol: Gwrando, cyfrinachedd, pobl yn gwneud eu penderfyniadau eu hunain, peidio â barnu, a chynnig i bobl gysylltiad â rhywun arall.

Gweithio mewn partneriaeth

Rydym yn gweithio gyda sefydliadau eraill, asiantaethau ac arbenigwyr i gyflawni ein gweledigaeth y bydd llai o bobl yn marw trwy hunanladdiad.

Mae ein gwaith partneriaethol yn cynnwys:

- **Rhaglen y Diwydiant Rheilffyrdd i Atal Hunanladdiad (Rail Industry Suicide Prevention Programme/RISPP)** – partneriaeth ar y cyd rhwng y Samariaid, Network Rail a'r Heddlu Trafnidiaeth Prydeinig.
- **Ein gwaith mewn carchardai** – rydyn ni'n gweithio gyda'r Gwasanaeth Cenedlaethol Rheoli Troseddwyr (NOMS), Scottish Prison Service (SPS), Irish Prison Service (IPS) a'r Northern Ireland Prison Service (NIPS) ar atal hunanladdiadau trwy ein Cynllun Gwrando.
- **Ein gwaith mewn ysgolion** – rydyn ni'n gweithio gydag ysgolion i gynorthwyo pobl ifanc trwy ein hadnoddau addysgu a'n gwasanaeth ymateb i hunanladdiad.

Estyn allan

Rydyn ni'n estyn allan at grwpiau a chymunedau risg uchel, fel aelodau a chyn-aelodau o'r lluoedd arfog, pobl ifanc, dynion a phobl sy'n byw mewn ardaloedd o amddifadedd.

Hyfforddiant

Bob blwyddyn, rydyn ni'n darparu hyfforddiant i gannoedd o sefydliadau a gweithleoedd ledled y Deyrnas Unedig a Gweriniaeth Iwerddon. Mae ein tîm hyfforddi arobryn yn darparu ein cwrs 'Managing Suicidal Contacts' i staff y rheilffyrdd a rhwydweithiau eraill ar draws y Deyrnas Unedig a Gweriniaeth Iwerddon.

Dylanwadu ar bolisi cyhoeddus

Rydyn ni'n ymdrechu i dylanwadu ar bolisi a deddfwriaeth ar draws yr holl wledydd lle rydyn ni'n gweithio. Rydyn ni'n chwarae rhan fawr yn y gwaith o ddatblygu Strategaethau Atal Hunanladdiad Cenedlaethol ar draws y Deyrnas Unedig a Gweriniaeth Iwerddon, ac rydyn ni'n aelodau o Grŵp Cyngori Cenedlaethol ar Atal Hunanladdiad pob un o'r gwledydd hynny. Rydyn ni hefyd yn darparu'r ysgrifenyddiaeth i'r Grŵp Hollbleidiol Seneddol (APPG) ar Atal Hunanladdiad a Hunan-niwed.

Dylanwadu ar y cyfryngau

Mae tystiolaeth ymchwil yn dangos bod cysylltiad cryf rhwng darluniadau o hunanladdiad yn y cyfryngau ac ymddygiad hunanladdol sy'n efelychu'r darluniadau hynny. Rydyn ni'n monitro adroddiadau newyddion am hunanladdiad bob dydd ac yn cysylltu â golygyddion i ofyn am newidiadau os oes gennym ni bryderon sylweddol ynghylch y cynnwys. Mae llawer o'r gwaith hwn yn cael ei wneud trwy ein *Canllawiau i'r Cyfryngau ar Adrodd am Hunanladdiad*, a gyhoeddwyd am y tro cyntaf yn 1994 ac sydd wedi cael eu diweddarau'n rheolaidd. Rydyn ni hefyd yn gweithio gyda gwneuthurwyr rhaglenni i gynghori ar sgriptiau a chynnwys ar gyfer newyddion, dramâu a rhaglenni nodweddedd, ac yn darparu hyfforddiant addysgol i wahanol gyfryngau.

Diben y Samariaid yw lleihau nifer y bobl sy'n marw trwy hunanladdiad. Mae rhywun yn cysylltu â'r Samariaid bob chwe eiliad.

Yng Nghymru, bob blwyddyn mae rhwng 300 a 350 o bobl yn marw trwy hunanladdiad. Er bod achosion hunanladdiad yn gymhleth, rydyn ni'n gwybod bod yna ffactorau sy'n cynyddu'r risg i grwpiau ac unigolion penodol. Mae'r ffactorau hyn yn cynnwys iechyd meddwl gwael, amddifadedd, rhywedd a chamddefnyddio alcohol.

Hunanladdiad yw achos mwyaf marwolaeth ymysg dynion iau na 45 oed yn y Deyrnas Unedig, a dynion oedd 76% o'r holl bobl a fu farw trwy hunanladdiad yn 2014. Mae dynion bedair gwaith yn fwy tebygol o farw trwy hunanladdiad na menywod yn y Deyrnas Unedig ac yng Nghymru; mae'r gyfradd ar ei huchaf ers 1981. Yn 2014, dynion oedd 81% o'r holl bobl a fu farw trwy hunanladdiad yng Nghymru.

Mae'r cyswllt rhwng amddifadedd economaidd gymdeithasol a risg uwch o hunanladdiad wedi'i hen sefydlu. Mae astudiaethau academaidd blaenorol wedi dangos inni, er enghraifft, bod gan ddynion o'r grŵp economaidd gymdeithasol isaf sy'n byw yn yr ardaloedd mwyaf amddifad fwy o risg o hunanladdiad na'r rheiny yn y grŵp mwyaf cefnog sy'n byw yn yr ardaloedd mwyaf cefnog. Mae gan bob ardal leol yng Nghymru ddaearyddiaeth, economi a phoblogaeth unigryw. Mae'n dilyn y bydd proffil amddifadedd a risg cysylltiedig hunanladdiad hefyd yn amrywio rhwng poblogaethau lleol.

Mae amrywiaeth y ffactorau cymhleth sydd ynghlwm wrth risg hunanladdiad yn pwysleisio'r angen am weithredu amlasiantaethol a thrawslywodraethol. Nid un gorchwyl i unrhyw sefydliad neu sector penodol ar ei ben ei hun yw hon. Yn lle hynny, mae'n rheidrwydd lleol a chenedlaethol ac yn un y dylid rhoi iddo flaenoriaeth fawr a thaer ar agenda genedlaethol iechyd y cyhoedd yng Nghymru. Mae'n rhaid inni allu rhoi i bobl y cyfle gorau i weddnewid eu bywydau pan fônt yn cael trafferth.

Yng Nghymru, rydyn ni'n gweithio i leihau hunanladdiadau ar draws ein gwlad. Rydyn ni'n estyn allan at grwpiau a chymunedau risg uchel, rydyn ni'n gweithio mewn partneriaeth gyda charchardai, ysgolion, ysbytai a staff y rheilffyrdd ac rydyn ni'n ymgysylltu â Llywodraeth Cymru a'r Cynulliad Cenedlaethol i ddylanwadu ar bolisi a deddfwriaeth.

Mae ein naw cangen yn rheoli ein gwasanaeth cymorth emosiynol, yn estyn allan i'w cymunedau lleol, ac yn cynorthwyo'r rheiny sy'n cael trafferth i ymdopi, bob awr o'r dydd a'r nos, bob un dydd o'r flwyddyn. Mae'r galw am ein gwasanaeth yn tyfu – cymerasom alwad bob tri munud y llynedd. Ni fyddai dim o hyn yn bosibl heb amser ac ymroddiad ein gwirfoddolwyr.

Mae'r Samariaid yn credu bod angen sylweddol i gynyddu'r ymwybyddiaeth o bŵer siarad ac empathi dynol. Er mwyn gwneud hyn, rhaid inni herio ein diwylliant presennol a all atal pobl yn y Deyrnas Unedig rhag ceisio cymorth pan rydyn ni ei angen oherwydd cywilydd neu stigma. Mae pawb yn cael adegau yn eu bywydau pan maen nhw'n cael trafferth i ymdopi ac rydyn ni'n credu, o gael yr amser a'r lle i siarad am bethau, y gall pobl yn aml ddod o hyd i ffordd trwy eu problemau. Y llynedd, ymddiriedodd bron 275,000 o alwyr ynom ni ddigon i'w helpu trwy adeg anodd dros y ffôn.

Mae lleihau hunanladdiad yn galw am ymagwedd sy'n hybu iechyd a lles meddyliol da, cymorth amserol ac ymwybyddiaeth ymysg y cyhoedd, ac sy'n lleihau anghydraddoldeb. Rydyn ni wedi croesawu ail gam Strategaeth a Chynllun Gweithredu Llywodraeth Cymru ar Atal Hunanladdiad a Hunan-niwed, 'Siarad â Fi 2'. Mae bodolaeth cynlluniau o'r fath, a gwaith effeithiol i'w gweithredu, yn hanfodol i'r ymdrechion i leihau hunanladdiad. Fodd bynnag, mae angen inni weithredu'n gryfach ac yn fwy cyson ledled Cymru er mwyn mynd i'r afael â chyfraddau hunanladdiad. Mae'r gwaith mae ei angen i wireddu hyn yn cefnogi uchelgeisiau polisi eraill i gynyddu cydnherthedd a diogelwch cymunedau, i gynyddu ymwybyddiaeth y cyhoedd o geisio cymorth, ac i wella mynediad i wasanaethau iechyd meddwl a therapïau siarad.

Rydyn ni wedi ymrwmo i gyrraedd cynifer ag sy'n bosibl o bobl sy'n cael trafferth i ymdopi, ac mae ein Hadroddiad ar yr Effaith 2015/16 yn dangos sut rydyn ni'n gwneud hyn.



Sarah Stone

Sarah Stone
Cyfarwyddwr Gweithredol Cymru



KL

Yr Athro Keith Lloyd
Cadeirydd Bwrdd Samariaid Cymru

Samariaid Cymru

Pedwar cam i achub bywydau

1

Hybu iechyd a lles meddyliol a mynd i'r afael ag anghydraddoldebau

2

Gweithredu'n lleol yng Nghymru

3

Mynd i'r afael â chamddefnyddio alcohol i leihau achosion o hunanladdiad

4

Ein helpu i sicrhau bod gwasanaeth ffôn y Samariaid am ddim

Wedi'i gyflawni

Erbyn hyn rydym wedi cael rhif y gellir ei alw am ddim, **116 123**, a lansiwyd ar 21 Medi 2015. Ewch i'n gwefan i gael mwy o wybodaeth samaritans.org

Dylanwadu ar bolisi cyhoeddus

Fel aelodau Grŵp Cyngori Cenedlaethol Llywodraeth Cymru ar Atal Hunanladdiad a Hunan-niwed, rydyn ni'n dal i gyfrannu at y gwaith o weithredu Siarad â Fi 2, y strategaeth atal hunanladdiad a hunan-niwed i Gymru 2015-2020. Drwy gydol 2015/16, rydyn ni wedi parhau i ymateb i amrywiaeth fawr o ymgynghoriadau gan y llywodraeth ar bynciau sy'n gysylltiedig ag atal hunanladdiad yng Nghymru ac wedi darparu dogfennau briffio perthnasol i Aelodau Cynulliad a'u staff ymchwilio.

Yn ystod Wythnos Iechyd Dynion 2015, lansiasom ein maniffesto, 'Pedwar Cam i Achub Bywydau'. Galwasom ar y Cynulliad i gymryd pedwar cam i fynd i'r afael â chyfraddau hunanladdiad a gwella iechyd a lles meddyliol cymunedau ledled Cymru. Mae'r camau'n nodi'r angen i hybu iechyd a lles meddyliol da, sefydlu cynlluniau atal hunanladdiad mewn cymunedau lleol, mynd i'r afael â chamddefnyddio alcohol a chynorthwyo'r Samariaid i sicrhau bod ein gwasanaeth ffôn yn ddi-dâl. Yn cyd-fynd â'n maniffesto roedd lansiad i'r cyfryngau a gafodd sylw helaeth yn y wasg ac ar gyfryngau cymdeithasol trwy ein hymgyrch #4cam.

Yn y cyfnod cyn yr etholiadau, aethon ni â'n prif negeseuon i gynadleddau pleidiau a chyfarfuom ag Aelodau Cynulliad ac ymgeiswyr ar draws y wlad. Ar ôl yr etholiadau, rydyn ni wedi croesawu'r holl Aelodau Cynulliad newydd a'r rhai sydd wedi'u hailethol a Gweinidogion, ac rydyn ni'n dal i ymgysylltu â nhw i drafod amcanion polisi ar gyfer lleihau hunanladdiad.

Trwy ein haelodaeth o Gyngheir Iechyd Meddwl Cymru a Fforwm Polisi Cydffederasiwn y GIG yng Nghymru, rydyn ni'n parhau i gefnogi a chyfrannu at feysydd gwaith polisi cyffredin ynghylch iechyd meddwl y cyhoedd.

Ynghyd â'n gwaith partneriaethol gydag ysgolion yn 2015/16, rydyn ni wedi hyrwyddo cynnwys iechyd emosiynol yn helaethach yn y cwricwlwm newydd ac rydyn ni'n cefnogi argymhellion Adolygiad Donaldson. Rydyn ni'n credu y dylid ystyried hybu iechyd emosiynol mewn lleoliadau addysg yn ffurf hanfodol ar waith atal ac ymyrraeth gynnar i genedlaethau'r dyfodol.



Bwrdd Samariaid Cymru'n lansio ymgyrch #4cam



Staff addysgu yng nghynllun peilot DYEG Caerdydd ac Aberdâr ar eu diwrnod cyntaf o hyfforddiant



Ein gwaith mewn ysgolion

Rydyn ni'n gweithio gydag ysgolion i gynorthwyo pobl ifanc trwy ein hadnoddau addysgu a'n gwasanaeth ymateb i hunanladdiad.

Mae Step by Step yn un o wasanaethau'r Samariaid sy'n darparu cyngor a chyfarwyddyd ymarferol i helpu ysgolion i baratoi ar gyfer effeithiau hunanladdiad neu ymgais at hunanladdiad, ac i ymadfer ohonynt, mewn ffyrdd sy'n osgoi hybu teimladau hunanladdol yn anfwriadol.

Mae DYEG (Datblygu Ymwybyddiaeth Emosiynol a Gwrando) yn set o adnoddau addysgu di-dâl ar y we sy'n cynnwys cynlluniau gwersi ar iechyd emosiynol sydd â'r nod o feithrin gwydnwch emosiynol mewn pobl ifanc (14+). Ar Ddiwrnod Atal Hunanladdiad y Byd yn 2015, lansiasom y fersiwn ddwyieithog o adnoddau DYEG yng Nghymru gyda chefnogaeth Mark Drakeford AC.

Ers inni lansio DYEG yng Nghymru, rydyn ni wedi cael cefnogaeth Cynlluniau Ysgolion Iach – Rhwydwaith Cymru

a gyda'n gilydd rydyn ni'n cynnal Cynllun Peilot DYEG Caerdydd ac Aberdâr, lle bydd wyth ysgol yn gweithredu rhaglen DYEG ym mlwyddyn academiaidd 2016/17.

Mae'r Samariaid hefyd yn cynnig i ysgolion sgysiau ar iechyd emosiynol, a ddarperir gan wirfoddolwyr hyfforddedig. **Dros y tair blynedd ddiwethaf, rydyn ni wedi cyrraedd 11,378 o bobl ifanc yng Nghymru, nifer sy'n record, sydd wedi cael sgwrs ar iechyd emosiynol yn eu hysgol.**

“Mae'r Samariaid yn darparu gwasanaeth hollbwysig ac rwy'n falch eu bod yn cefnogi ein strategaeth, Siarad â Fi 2, i leihau hunanladdiad a hunan-niwed. Bydd DYEG yn adnodd gwych i helpu gyda hyn ac i gynorthwyo athrawon wrth hybu iechyd a lles emosiynol da. Bydd yn cynnig cyfle i blant a phobl ifanc drafod materion anodd mewn amgylchedd diogel a chefnogol.”

Mark Drakeford AC, y Gweinidog Iechyd a Gwasanaethau Cymdeithasol, Medi 2015

Samariaid Cymru parhad

Ein gwaith mewn carchardai

Dechreuodd y cynllun Gwrando yng ngharchar Abertawe yn 1991, a bellach mae'n rhedeg ym mron pob carchar yn y Deyrnas Unedig, a phob carchar yng Nghymru. Mae'r cynllun Gwrando'n wasanaeth cefnogaeth gan gymheiriaid sydd â'r nod o leihau hunanladdiad a hunan-niwed mewn carchardai. Mae gwirfoddolwyr y Samariaid yn dewis, hyfforddi a chynorthwyo carcharorion i ddod yn Wrandawyr. Mae Gwrando'n rhoi cymorth emosiynol cyfrinachol i'w cyd-garcharorion sy'n cael trafferth i ymdopi.

Yn 2015, ymatebodd Gwrando yng Nghymru i fwy na 2000 o geisiadau am gymorth emosiynol gan gyd-garcharorion. Ar hyn o bryd rydyn ni'n gweithio gyda'r Gwasanaeth Cenedlaethol Rheoli Troseddwyd (NOMS) i sefydlu Cynllun Gwrando yn y carchar newydd yn Wrecsam, Carchar Berwyn, a fydd ar waith o adeg agor y carchar ym mis Chwefror 2017. Eleni, byddwn ni'n dathlu 25^{ain} pen-blwydd y cynllun Gwrando yn Abertawe, lle dechreuodd y cyfan. Cyn hyn, ymwelodd y Dywysoges Frenhinol â Charchar Abertawe a Samariaid Abertawe ym mis Chwefror 2016.

Gweithio gyda'r cyfryngau

Ers lansio ein harweiniad dwyieithog 'Canllawiau i'r Cyfryngau ar Adrodd am Hunanladdiad' yn 2014, rydyn ni wedi parhau i ymgysylltu â'r cyfryngau yng Nghymru ac i gynnig cymorth ynghylch adrodd mewn modd sensitif.

Yn 2016, darparasom sesiwn hyfforddi i fwy nag 20 o newyddiadurwyr a golygyddion Media Wales. Mae'r aelodau hyn o'r staff yn gweithio ar draws Wales Online, y Western Mail a'r South Wales Echo. Cafodd yr hyfforddiant ei arwain gan y Samariaid ac roedd yn cynnwys cyflwyniad gan Dr Ann John, Cadeirydd Grŵp Cyngori Cenedlaethol Llywodraeth Cymru ar Atal Hunanladdiad a Hunan-niwed.

"Cawsom eich sesiwn Hunanladdiad yn y Cyfryngau o gymorth mawr. Dwi'n meddwl y bydd yn wirioneddol ddefnyddiol wrth sicrhau ein bod yn ystyried yr holl broblemau posibl wrth ymdrin â hunanladdiad yn y dyfodol."

Catrin Pascoe, golygydd y Western Mail



Y Dywysoges Frenhinol yn cyfarfod â gwirfoddolwyr cangen Abertawe o'r Samariaid

"Roedd yn fraint inni groesawu'r Dywysoges Frenhinol i'n helpu i ddathlu 25 mlynedd o'r Cynllun Gwrando. Datblygwyd y cynllun yng Ngharchar Abertawe ac yn ddi-os mae wedi achub bywydau, ac mae wedi bod mor llwyddiannus nes ei fod ar waith yn y rhan fwyaf o sefydliadau erbyn hyn. Roedd hefyd yn arloesol oherwydd, am y tro cyntaf, cafodd y carcharorion eu hyfforddi i fod yn gefnogwyr cymheiriaid."

Mitch Albutt, Llywodraethwr Dros Dro Carchar Abertawe



Lansio ein rhif ffôn y gellir ei alw am ddim

Ar 22 Medi 2015, cyflawnodd y Samariaid rywbeth a fu'n uchelgais gennym ers talwm, sef sefydlu rhif ffôn y gellir ei alw am ddim yn y Deyrnas Unedig – 116 123. Mae hwn yn gam cadarnhaol iawn wrth wella mynediad i'n cymorth sy'n achub bywydau. Gwyddom fod costau galwadau'n gallu bod yn rhwystr i ddefnyddio ein gwasanaeth, gan atal rhai pobl o bosibl rhag cysylltu â'r Samariaid pan maent ein hangen ni fwyaf. Roedd y newid yn bosibl diolch i gymorth gan y Gronfa Loteri Fawr a Vodafone, a chydweithrediad y prif gwmnïau telathrebu.

Rhoddodd lansiad 116 123 gyfle i'r Samariaid gyrraedd mwy o bobl mewn grwpiau risg uchel, yn arbennig y rheiny sy'n wynebu anawsterau ariannol, a fyddai o bosibl wedi petruso cyn ein galw yn y gorffennol. Gyda chyllid oddi wrth y Gronfa Loteri Fawr, creasom ymgyrch a'i rhedeg ar draws deg ardal beilot, gan gynnwys Caerdydd a Chastell-nedd Port Talbot, gan godi ymwybyddiaeth o wasanaethau'r Samariaid ac yn arbennig y llinell gymorth newydd y gellir ei ffonio am ddim. Buom yn rhedeg ymgyrch radio bedair wythnos ar Heart South Wales ym mis Ionawr a mis Chwefror a hefyd yn dosbarthu deunydd ymwybyddiaeth dwyieithog, oedd yn cyfeirio galwyr at y llinell gymorth Gymraeg newydd y gellir ei ffonio am ddim, yn ogystal ag at 116 123. Cydweithiodd gwirfoddolwyr o nifer o ganghennau yng Nghymru i drefnu digwyddiadau allestyn mewn canolfan siopa leol ym Mhort Talbot. Trwy'r Cyngor Gwasanaethau Gwirfoddol Lleol, buont hefyd yn dosbarthu deunydd ymwybyddiaeth i alwyr i weithwyr yng ngwaith dur Tata.

Yn 2016, roeddem wrth ein bodd i lansio rhif y gellir ei alw am ddim i'n llinell Gymraeg ar gyfer siaradwyr Cymraeg (0808 164 0123). Gwyddom fod cael cymorth emosiynol yn eich iaith gyntaf yn hanfodol a'n gobaith yw y bydd gwaith i hyrwyddo'r llinell yn sicrhau y cyrhaeddwn ragor o bobl yng Nghymru. Mae'r llinell ar agor 7 diwrnod yr wythnos o 7 i 11pm.



Samariaid Cymru parhad

Prosiect Cymoedd y De

Bu'n uchelgais gan y Samariaid ers talwm i sefydlu presenoldeb yng Nghymoedd y De. Mae ymchwil yn dangos bod cysylltiad rhwng nifer yr hunanladdiadau a chymunedau mwy difreintiedig, ac ymddengys fod y bwlbch hwn yn lledu yng Nghymru.

Nod ein Prosiect Peilot Cymoedd y De yw darparu cymorth i unigolion, yn eu cymunedau, ledled Cymoedd y De. Mae'r prosiect yn ceisio lleihau tralod emosiynol a lleihau risg hunanladdiad yn y Cymoedd trwy ei gwneud yn haws defnyddio gwasanaeth cymorth emosiynol y Samariaid a hybu ymddygiad ceisio cymorth. Lansiasom y prosiect ym mis Hydref 2015 gyda'r Gweinidog Iechyd a Gwasanaethau Cymdeithasol, Mark Drakeford, a Huw Lewis AC.

Ers ei lansio, mae'r prosiect wedi cymryd camau breision yng Nghymoedd y De. Rydyn ni wedi cynnig cymorth emosiynol ac allgymorth mewn nifer o leoedd blaenoriaethol lle mae pobl ein hangen fwyaf, megis **banciau bwyd**, **canolfannau gwaith a fferyllfeydd**. Rydym yn ddiolchgar iawn am gymorth Sefydliad Waterloo sydd wedi gwneud y prosiect hwn yn bosibl.

Feet on the street

Y shifft gyntaf i godi ymwybyddiaeth a chynnig cymorth emosiynol oedd 'Feet on the Street' ym Merthyr Tudful. Yn ystod y gwaith allgymorth hwn, mae gwirfoddolwyr yn mynd â fan y Samariaid i leoedd prysur yng nghanol trefi i godi ymwybyddiaeth o'r Samariaid a chynnig cymorth emosiynol wyneb yn wyneb i'r cyhoedd. Mae'r sesiynau hyn, a gynhelir gyda'r nos ac yn ystod y nos, yn brysur yn gyson ac yn pwysleisio'r angen am ein gwasanaeth yn yr ardal hon.

Gorsaf Heddlu Bridewell ym Merthyr

Yn 2016, rydyn ni wedi sefydlu partneriaeth werthfawr iawn gyda Heddlu De Cymru trwy ein gwaith gyda gorsaf heddlu Bridewell ym Merthyr. Rydyn ni wedi darparu hyfforddiant ymwybyddiaeth o'r Samariaid i naw rhingyll dalfa sydd wedi rhaeadru'r hyfforddiant i'w cyd-swyddogion er mwyn hybu diwylliant o ymddygiad ceisio cymorth ymysg pobl a gedwir yn y ddalfa. Yn y Deyrnas Unedig, mae mwy o risg hunanladdiad a hunan-niwed yn ystod cyfnodau yn y ddalfa ac rydyn ni'n cydweithio i leddfu hyn.



Ers mis Ionawr 2016, pan gaiff unigolyn ei gadw yn y ddalfa yn yr orsaf heddlu hon, cynigir iddo alwad i'r Samariaid o'i gell. Yn ychwanegol at hynny, pan mae unigolyn yn gadael y ddalfa, rhoddir iddo ein manylion cyswllt a chynigir iddo alwad oddi wrthym ni o fewn y 24 awr nesaf. Hefyd, mae arwyddion y Samariaid yn cael eu harddangos ym mhob un o'r 42 o ddalfeydd yn yr orsaf heddlu hon.

- Hyd yma, mae'r prosiect wedi ymgysylltu â mwy na 2,000 o unigolion mewn sefydliadau yng Nghymoedd y De i godi ymwybyddiaeth o'n gwasanaeth.
- Mae wedi rhoi sgysiau ar iechyd emosiynol i fwy na 400 o ddisgyblion mewn ysgolion cynradd ac uwchradd.



Gwirfoddolwyr Prosiect Cymoedd y De ar shifft Feet on the Street



Ein gwaith gyda'r diwydiant rheilffyrdd

Yn 2010 dechreuodd y Samariaid weithio gyda Network Rail gyda'r nod o atal hunanladdiadau ar y rheilffyrdd a rhoi cymorth i bobl maen nhw'n effeithio arnynt. Erbyn hyn mae Rhaglen y Diwydiant Rheilffyrdd i Atal Hunanladdiad (Rail Industry Suicide Prevention Programme/RISPP) yn bartneriaeth ar y cyd rhwng y Samariaid, Network Rail a'r Heddlu Trafnidiaeth Prydeinig a'r diwydiant rheilffyrdd ehangach.

Yng Nghymru, mae ein partneriaeth gyda Network Rail a'n gwaith gyda'r diwydiant rheilffyrdd ehangach yn canolbwyntio ar saith maes allweddol:

- Cynnwys y diwydiant rheilffyrdd mewn gweithgareddau atal hunanladdiad a chymorth.
- Estyn allan at y rheiny sydd â'r risg uchaf.
- Hyfforddiant ar atal hunanladdiad.
- Rhoi cymorth i bobl mae digwyddiad trawmatig wedi effeithio arnynt.
- Cymorth mewn gorsafoedd ar ôl hunanladdiad.
- Gweithio gyda'r cyfryngau i hybu adrodd mewn modd cyfrifol am hunanladdiadau ar y rheilffyrdd.
- Gweithio gyda'r heddlu a gwasanaethau iechyd.

“Ar ôl pum mlynedd o bartneriaeth lwyddiannus gyda'r Samariaid, mae Tîm Atal Hunanladdiad Network Rail wedi datblygu cynllun 12 pwynt i fwrw ymlaen ag agenda atal hunanladdiad a sicrhau safon ar draws y diwydiant sy'n berthnasol i Network Rail, cwmnïau trên a threnau nwyddau a'r Heddlu Trafnidiaeth Prydeinig.

Mae Cymru ymysg y cyntaf i fabwysiadu a gweithredu'r cynllun 12 pwynt fel rhan annatod o'r gwaith o atal hunanladdiad. Mae ei gynnwys yng nghydgynllun atal hunanladdiad Llwybrau Cymru, yn ogystal â mabwysiadu argymhellion o Siarad â Fi 2, yn sicrhau ein bod ni'n gwneud gwahaniaeth i Gymru ac i'r Llwybr.

Rydyn ni wedi gwneud cynnydd da ac mae 1,400 o staff rheng flaen Trenau Arriva yng Nghymru wedi cwblhau hyfforddiant lefel sylfaenol ar atal hunanladdiad. Hefyd rydyn ni wedi symud i fodel o atal hunanladdiad sy'n caniatáu inni weithredu'n rhagweithiol ac ymateb fel grym ataliol, yn hytrach na gweithredu ar ôl digwyddiad.”

Lowenna Turner, Arweinydd Atal Hunanladdiad Llwybrau Cymru, Network Rail

Canghennau yng Nghymru



- Erbyn diwedd 2015, roedd gennym fwy na **500 o wirfoddolwyr gweithgar** yng Nghymru.
- Ein gwirfoddolwyr ymroddedig sy'n darparu a rheoli ein gwasanaeth cymorth emosiynol – mae eu hamser yn werth mwy na **£2.3 miliwn** y flwyddyn.
- Yn 2015, cawsom **175,767 o alwadau am gymorth** yng Nghymru. Roedd 10,350 o'r rhain trwy neges e-bost ac roedd 14,446 trwy neges SMS.
- Mae rhywun yn cysylltu â ni yng Nghymru **bob 3 munud**.

“Mae ein 9 cangen yng Nghymru'n gweithio bob awr o'r dydd a'r nos i reoli ein gwasanaeth cymorth emosiynol ac ar yr un pryd yn parhau i estyn allan i'w cymunedau lleol i fod yno i grwpiau risg uchel a phobl sy'n cael trafferth i ymdopi. Mae bod yn wirfoddolwr gyda'r Samariaid yn ymestynnol a hefyd yn foddhaus a hoffwn ddiolch i'r holl wirfoddolwyr yng Nghymru am eu hymroddiad diflino”

Beverley Bleasdale, Cyfarwyddwr Rhanbarthol Cymru a'r Gororau



Bangor: Hyrwyddo'r llinell Gymraeg

Ers lansio ein rhif y gellir ei alw am ddim i'n llinell Gymraeg, mae cangen Bangor wedi ymdrechu i greu ymwybyddiaeth a sicrhau cyhoedduswydd iddo ledled yr ardal leol. Mae'r llinell Gymraeg ar wahân yn cael ei rhedeg gan ei gwirfoddolwyr Cymraeg eu hiaith. Unwaith eto mae'r tîm ysgolion wedi cael blwyddyn brysur iawn wrth ymweld ag ysgolion lleol a chyflwyno rhaglenni sy'n canolbwyntio ar iechyd emosiynol, gwrando gweithredol a phwysigrwydd siarad am broblemau. Rhoddwyd y sgysiau hyn yn Gymraeg ac yn Saesneg a chawsant eu teilwra i fod yn addas i oedran y gwrandawyr.

Maen nhw hefyd wedi mynd i Sioe Môn ac Eisteddfod yr Urdd i gynyddu ymwybyddiaeth o'r gwasanaeth.



Canghennau yng Nghymru parhad

Pen-y-bont ar Ogwr: Partneru gyda banciau bwyd

Yn 2015, sefydlodd Samariaid Pen-y-bont ar Ogwr bartneriaeth gydag Ymddiriedolaeth Trussell, elusen annibynnol sydd â 9 banc bwyd mewn mannau ar draws y fwrdeistref. Mae hyn yn dilyn cyfnod treialu llwyddiannus pan ddarparodd gwirfoddolwyr wasanaeth allgymorth i ddau fanc bwyd gwahanol ym Mhen-y-bont ar Ogwr. Erbyn hyn maen nhw wedi cael cadarnhad yr hoffai Ymddiriedolaeth Trussell barhau â'r trefniant yn ddi-ben-draw.

“Mae ein gwirfoddolwyr yn ymweld â banc bwyd Porthcawl a banc bwyd Corneli unwaith yr wythnos ac yn cynnig cymorth emosiynol i'r rhai sy'n eu defnyddio, sydd yn aml ar eu gwannaf ac sydd wir yn cael trafferth yn eu bywydau.”

Gemma, gwirfoddolwr ym Mhen-y-bont ar Ogwr

Caerdydd: dathlu 50 mlynedd o wrando

Dathlodd cangen Caerdydd a'r Cyffiniau o'r Samariaid ei phen-blwydd yn 50 oed. Mae'r gangen wedi bod yn cynnig cymorth emosiynol am 50 mlynedd ers iddi agor yn 1965. Cynhaliwyd y dathliad yn Adeilad y Pierhead ym Mae Caerdydd. Fel rhan o'i phen-blwydd yn 50 oed, mae Samariaid Caerdydd a'r Cyffiniau wedi lansio eu menter newydd i godi arian ar gyfer gwaith adnewyddu, y mae mawr ei angen, ar eu cangen. Maen nhw'n parhau i fynd â'u neges allan i'r gymuned ehangach ac yn darparu cymorth hanfodol mewn ysgolion, ysbytai a Charchar Caerdydd.



Cadeirydd yr Ymddiriedolwyr, Jenni McCartney, gyda gwirfoddolwr o Gangen Caerdydd yn y dathliad



Hwlfordd a Sir Benfro: 40 mlynedd oed

Yn 2016, dathlodd cangen Hwlfordd a Sir Benfro ei phen-blwydd yn 40 oed a chroesawodd ei 476^{ain} gwirfoddolwr, sy'n gamp aruthrol. Mae'r gangen hon yn cynnwys ardal ddaearyddol helaeth ac mae rhai gwirfoddolwyr yn teithio 60 milltir yno ac yn ôl ar gyfer eu shifftiau – arwydd gwirioneddol o ymroddiad.

Mae'r siop elusen, sydd ar agor am fwy na 30 awr yr wythnos, yn faner i'r Samariaid, yn ogystal â bod yn ffynhonnell hanfodol o gymorth ariannol i'r gangen. Mae tystiolaeth bod cyswllt â'r siop yn Hwlfordd wedi rhoi i bobl sy'n mynd trwy gyfnod anodd yr hyder i gymryd y cam nesaf o gysylltu â ni i gael cymorth emosiynol.

Casnewydd: Meithrin partneriaethau hollbwysig

Mae Samariaid Casnewydd a Gwent wedi bod yn ymwneud â Cruse Gwent dros y tair blynedd ddiwethaf ac wedi parhau i ddatblygu'r bartneriaeth hon dros y flwyddyn ddiwethaf. Gweledigaeth Cruse Bereavement Care Cymru yw bod gan bawb sy'n galaru rywle i droi pan mae rhywun yn marw. Fel rhan o'r bartneriaeth hon, mae gwirfoddolwyr y Samariaid yng nghangen Casnewydd yn siarad ag unigolion sy'n cael trafferth â'u galar, wrth iddyn nhw aros i gael gwasanaeth Cruse. Dyma enghraifft unigryw o waith partneriaethol llwyddiannus ac esiampl o arfer gorau i ganghennau yn y Deyrnas Unedig.

Powys: y gangen Arloesi i Gymru

Ar ôl mwy nag ugain mlynedd yn ei chartref yn Llandrindod, mae'r flwyddyn ddiwethaf wedi bod yn gyfnod i'w gofio i'r gangen hon. Y digwyddiad mwyaf arwyddocaol oedd ei rôl 'Arloesi' i'r holl ganghennau yng Nghymru. Hefyd gosodwyd systemau cyfrifiadurol o'r math diweddaraf, gan alluogi'r gwirfoddolwyr i gymryd cyfran fwy o'r nifer gynyddol o alwadau ffôn cenedlaethol. Mae hefyd wedi'i gwneud yn bosibl i'r gangen ddyblu ei gallu i ateb negeseuon e-bost a thestun.

Yn Llandrindod, y dref sy'n gartref i'r gangen, mae siop boblogaidd y Samariaid wedi cael ei hailwampio'n llwyr gan ei thîm o wirfoddolwyr cymorth ymroddedig, sydd hefyd wedi arwain y gwaith o lwyfannu dwy sioe ffasiwn lwyddiannus iawn, y gwerthwyd pob tocyn iddynt. Mae gwirfoddolwyr y gangen hefyd wedi cymryd rhan mewn digwyddiadau cenedlaethol mawr a gynhelir ym Mhowys, sef Sioe Amaethyddol Frenhinol Cymru yn Llanellwedd a Gŵyl Lenyddol y Gelli. Ers nifer o flynyddoedd mae'r olaf wedi cynnig cyfle i gyfuno gwaith codi arian sylweddol â gwaith effeithiol i hyrwyddo'r gwasanaeth gwrando bob awr o'r dydd a'r nos i gynulleidfaoedd mawr iawn sy'n cael eu denu i'r wyl o bob rhan o'r wlad.

Yn goron ar y flwyddyn brysur a phwysig iawn hon i'r gangen, newidiwyd ei henw o Samariaid Brycheiniog a Maesyfed i Samariaid Powys yn Llandrindod. Mae hyn yn lleoli'r gangen yn fwy effeithiol ac yn cydnabod pwysigrwydd ei pherthynas â'r sir sy'n cyflenwi nid yn unig ei gwirfoddolwyr gwrando a chymorth ond hefyd y rhan fwyaf o'r arian hanfodol mae'n ei godi.

Y Rhyl: Llwyddiant i waith allestyn i'r gymuned

Mae cangen y Rhyl wedi parhau i estyn allan i'r gymuned leol a chynyddu ymwybyddiaeth o'n gwasanaeth cymorth emosiynol. Dros y flwyddyn ddiwethaf, maen nhw wedi cynyddu capasiti eu tîm ysgolion ac wedi rhoi nifer o sgysiau ar iechyd emosiynol mewn ysgolion yn yr ardal leol. Maen nhw hefyd wedi dechrau ymwneud â grŵp llywio Carchar Berwyn er mwyn sicrhau y caiff gwasanaeth Gwrando y Samariaid ei sefydlu ar adeg agor y carchar newydd yn 2017.

Yn fwy lleol, trefnodd y gangen ein presenoldeb yn Eisteddfod yr Urdd, cynhaliodd ddigwyddiad codi arian ym marchnad Rhuthun, a bu'n cynnal sesiynau codi ymwybyddiaeth mewn llyfrgelloedd lleol. Yn olaf, dewisodd Cadeirydd Cyngor Sir Ddinbych Samariaid y Rhyl fel un o'r tair elusen ddethol i gael yr elw o ddigwyddiadau elusennol lleol yn 2016.

Abertawe: Yno i'r gymuned

Eleni, mae cangen Abertawe'n dathlu 25^{ain} pen-blwydd y Cynllun Gwrando a sefydlwyd yng Ngharchar Abertawe yn 1991. Cyfarfu'r Dywysoges Frenhinol â chwe gwirfoddolwr a chyfarwyddwr Abertawe a gyflwynodd y cynllun, pan ddaeth i ddadorchuddio plac yng nghanolfan ymwelwyr y carchar.

Mae cangen Abertawe wedi parhau â'i gwaith allgymorth helaeth ynghyd â darparu sgysiau ar iechyd emosiynol mewn ysgolion lleol. Erbyn hyn mae ganddyn nhw bresenoldeb yn Yr Hwb yn Llanelli, canolfan gymunedol sy'n cynnig cymorth gyda materion fel chwilio am swydd a thai. Maen nhw hefyd yn ymweld â thŷ hanner ffordd i garcharorion sy'n aros i gael eu rhyddhau er mwyn darparu cymorth emosiynol i'r rheiny sydd ei angen. Eleni, maen nhw wedi ymweld â chanol tref Port Talbot i siarad â'r rheiny sy'n pryderu am gollu eu swydd a'r goblygiadau ariannol yn ystod argyfwng Dur Tata.

Canghennau yng Nghymru parhad



Gwobrau WCVA

Cafodd gwirfoddolwyr y Samariaid yng Nghymru eu cydnabod yng Ngwobrau Gwirfoddolwr y Flwyddyn Cymru yn 2016. Dyfarnwyd dwy wobwr genedlaethol i ddau o wirfoddolwyr y Samariaid yng Nghymru yn y categori 'Ymddiriedolwr y Flwyddyn', sef Christopher Mill o gangen Hwlfordd a chyn Ymddiriedolwr y Samariaid o Gymru, a John Ford, Cadeirydd cangen Powys yn Llandrindod.

“Mae gwirfoddoli gyda’r Samariaid yn heriol ond yn eithriadol o foddhaus. Mae’r wobwr hon i’n cannoedd o wirfoddolwyr a chefnogwyr yng Nghymru, a’r holl bobl sy’n anobeithio ac yn pryderu y maen nhw’n eu helpu i deimlo’n fwy diogel a bod rhywun yn gwranddo arnyn nhw ac yn eu deall yn well. Ymunwch â ni – maen nhw eich angen chi.”

Christopher Mill

Y Samariaid mewn gwyliau yng Nghymru

Yn 2016, aeth ein gwirfoddolwyr i’r tair prif wyl yng Nghymru; Sioe Frenhinol Cymru, yr Eisteddfod Genedlaethol ac Eisteddfod yr Urdd. Mae eu presenoldeb yn y digwyddiadau mawr hyn yn hanfodol i godi ymwybyddiaeth, estyn allan a recriwtio gwirfoddolwyr newydd ar draws Cymru.



Gwirfoddolwyr y Samariaid yn gweithio ar stondin prysur yn yr Eisteddfod

Yn y cyfryngau

Samaritans plan 'will reduce suicide in Wales'

SAMARITANS in Wales has today launched its project in education and to challenge mental health issues, specifically

Project to tackle suicide in Valleys

THE Samaritans will today launch a pilot project in the Valleys on the heels of re-

David Williamson
Political Editor
david.williamson@walesonline.co.uk

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ITV REPORT 19 October 2015 at 6:15am

Project aims to lower 'risk of suicide' in South Wales Valleys

A new project has been launched by the Samaritans in the South Wales Valleys, aiming to

barriers and working enhancing the energy o communities. Samaritan was no branch located i Wales Valley area and long-standing ambitio a presence there. delighted with the su ave so far received fro sations in the area." rity is now seeking v support the work in t th by listening to peo g with areas includ tive support, fundr anagement.

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Suicide rate for men in Wales 'highest since 1981'

19 June 2015 | Wales

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Samaritans give backing to steelmen

The Samaritans deserve a hearing

THE men and women who are tasked with drafting the manifestos of Wales' political parties ahead of May's Assembly elections will be deluged with ideological proposals and demands by interest groups, lobbyists and campaigners.

Western Mail COMMENT

2013 there were 393 suicides in Wales, 317 of which involved a male taking his life.

policy. It has acute understanding of the factors that push people into the danger zone, and a clear idea of what measures are most likely to help.

Regardless of how politicians respond, individuals in Wales can seek to help themselves.

STEELWORKERS in Llanidloes elsewhere in Wales

Rhywun i siarad ag ef – mae pobl yn cysylltu â ni pan mae pethau'n mynd yn drech na nhw. Does dim rhaid iddyn nhw fod yn hunanladdol.

Rydyn ni yma bob amser – bob awr o'r dydd, bob dydd gydol y flwyddyn.

Lle diogel – fel gwirfoddolwyr rydyn ni'n bobl gyffredin, ac yn cadw ein holl sgysiau'n breifat.

Gall pobl fod yn nhw eu hunain – pwy bynnag ydyn nhw, sut bynnag maen nhw'n teimlo, beth bynnag mae bywyd wedi'i wneud iddyn nhw.

Elusen ydyn ni – rhoddion caredig y cyhoedd sy'n cadw ein llinell gymorth ar agor.

Hoffai Samariaid Cymru ddiolch i'r canlynol am gyllid neu gymorth.



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* O 7pm i 11pm yn unig, 7 diwrnod yr wythnos. Gellir galw'r rhif hwn am ddim.

Noddwr: Ei Uchelder Brenhinol Tywysog Cymru. Sefydlwyd yn 1953 gan y diweddar Brebendwr Dr Chad Varah CH CBE. Elusen gofrestrdedig yng Nghymru a Lloegr rhif 219432, yn yr Alban rhif SC040604 a rhif SC009843, ac yn Iwerddon rhif CHY11880. Corfforwyd yng Nghymru a Lloegr yn 1963 fel cwmni cyfyngedig drwy warant rhif 757372, ac yn Iwerddon rhif 450 409.



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