

**Do you require support or advice to help you live independently?**

**Are you homeless or at risk of being homeless?**

Housing support can help you access the tools and skills needed to find accommodation and live independently in your own home.

Support can be provided to help people with lots of different issues, for example:

Domestic abuse

Learning disabilities

Mental health issues

Young People 16 - 24 with support needs (including those leaving care)

Single parents and vulnerable families

Over 55's with Support Needs

Alcohol or drug dependency

Some examples of housing support include:

Setting up and maintaining a home

Basic life skills training

Help with managing a budget and claiming benefits

Advice, advocacy and liaison with organisations

If you think you would benefit from housing support, you can contact the supporting people team for more information:

Tel: 01495 766949

email: [supporting.people@torfaen.gov.uk](mailto:supporting.people@torfaen.gov.uk)

web: [www.torfaenhomes.co.uk](http://www.torfaenhomes.co.uk)

Or you can visit Torfaen Voluntary Alliance (TVA) in Pontypool:

Tel: 01495 742420 Or visit: [www.tvawales.strikingly.com](http://www.tvawales.strikingly.com)

# A oes angen cymorth neu gyngor arnoch i'ch helpu i fyw'n annibynnol?

## A ydych yn ddigartref neu mewn perygl o fod yn ddigartref?

Gall cymorth tai eich helpu i gael mynediad i'r offer a'r sgiliau sydd eu hangen i ddod o hyd i lety a byw'n annibynnol yn eich cartref eich hun.

Gellir darparu cymorth i helpu pobl â llawer o wahanol anghenion:

Cam-drin domestig

Anabledau Dysgu

Materion iechyd meddwl

Pobl ifanc bobl 16-24 sydd ag anghenion cymorth (gan gynnwys y rhai sy'n gadael gofal)

Rhieni sengl a theluegoedd bregus

Dibyniaeth ar alcohol neu gyffuriau

Pobl dros 55 mlwydd oed sydd ag Anghenion Cymorth

Dyma rhai enghreifftiau o gymorth tai:

Sefydlu a chynnal cartref

Hyfforddiant sgiliau bywyd sylfaenol

Cymorth gyda rheoli cyllideb a hawlio budd-daliadau

Cyngor, eiriolaeth a chyswllt gyda sefydliadau

Os ydych yn meddwl y byddech yn elwa ar gymorth tai, gallwch gysylltu â'r ffin cefnogi pobl i gael mwy o wybodaeth:

Ffôn: 01495 766949

E-bost: [supporting.people@torfaen.gov.uk](mailto:supporting.people@torfaen.gov.uk)

Gwe: [www.torfaenhomes.co.uk](http://www.torfaenhomes.co.uk)

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Ffôn: 01496742420 neu ewch i: [www.tvawales.strikingly.com](http://www.tvawales.strikingly.com)