CPN
COMMUNITY PARTNERSHIP NETWORK

DENBIGHSHIRE

COMMUNITY SAFETY HANDBOOK 2009/2010

Partneriaeth Diogelwch Cymunedol Sir Ddinbych
Denbighshire Community Safety Partnership

magu hyder : building confidence

IMPORTANT INFORMATION - PLEASE READ AND KEEP

SPONSORED BY:

Home Office
SKILLS for JUSTICE
nacro changing lives reducing crime
The Police Foundation
POLICE Federation

YDYCH CHI'N TEIMLO'N DDIOGEL YN EICH CARTREF?

YDYCH CHI WEDI DIODDEF TRAIS?

HOFFECH CHI WNEUD EICH CARTREF YN LLE MWY DIOGEL?

Mae gan Bartneriaeth Diogelwch Cymunedol Sir Ddinbych raglen o weithio hefo unrhyw gartref yn y sir i ddarparu asesiadau diogelwch cartref AM DDIM a detholiad o offer megis cloeon a bolltau etc. Bydd ffitwyr gwrywaidd a benywaidd ar gael i roi gwasanaeth effeithlon a sydyn i chi.

I gael mwy o wybodaeth ffoniwch STARS ar 01745 360006 OR office-starsltd@btconnect.com

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CROESO I GYNLLUN GWARCHOD CYMDOGOL

Cynllun Gwarchod Cymdogol yw un o'r mentrau atal troseddau mwyaf a mwyaf llwyddiannus. Mae'r cyfan wedi'i seilio ar syniad syml, a'r gwerthoedd canolog a rennir gan filiynau o bobl o amgylch y wlad.

Gall ymuno gyda'ch cymdogion i weithredu olygu lleihau'r troseddau yn eich ardal. Mae Cynllun Gwarchod Cymdogol yn golygu cael partneriaeth weithredol gyda'r Heddlu. Gall Cynllun Gwarchod Cymdogol:

- Ostwng trosedd a'r cyfleoedd ar gyfer trosedd
- Helpu a thawelu meddwl y rheini sy'n byw mewn ofn trosedd
- Annog cymdogrwydd a chymunedau agosach

GWNEWCH EICH CYMUNED YN LLE GWELL I FYW, GWEITHIO AC YMWELD

DO YOU FEEL SAFE IN YOUR OWN HOME?

ARE YOU A VICTIM OF CRIME?

WOULD YOU LIKE TO MAKE YOUR HOME MORE SECURE?

Denbighshire Community Safety Partnership have a programme of working with any household in the county and can provide FREE Home Security Assessments and a selection of target hardening equipment, such as locks and bolts etc. Male and Female Fitters provide an efficient and speedy service.

For more details please contact STARS on 01745 360006 OR office-starsltd@btconnect.com

WELCOME TO NEIGHBOURHOOD WATCH

Neighbourhood Watch is one of the biggest and most successful crime prevention initiatives. Behind it lies a simple idea, and a central value shared by millions of people around the country.

Getting together with your neighbours to take action can cut local crime. Neighbourhood Watch is about an active partnership with the police. Neighbourhood Watch schemes can:

- Cut crime and the opportunities for crime.
- Help and reassure those who live in fear of crime.
- Encourage neighbourliness and closer communities.

MAKE YOUR COMMUNITY A BETTER PLACE TO LIVE, WORK AND VISIT

For more information about schemes in your area or starting up a neighbourhood watch scheme please visit; www.crimereduction.homeoffice.gov.uk/neighbourhoodwatch

USEFUL CONTACT NUMBERS

Neighbourhood Policing 4 & 5
Home Security 7
Anti Social Behaviour 8 & 9
Vehicle Crime 11
Domestic Abuse 13
Drugs & Alcohol 14 & 15

IMPORTANT NUMBERS

Age Concern
01745 816947

Alcoholics Anonymous
0845 7697555

Benefit Fraud
0800 3282812

Childline
0800 1111

Citizens Advice
01745 814336

Community Safety Partnership
01745 588475

Crime Stoppers
0800 555 111

DAN - Drug and Alcohol Helpline
0800 633 5588

Denbighshire County Council ASB Reporting Line
English 01824 706101
Welsh 01824 706100

Denbighshire County Council
01824 706 000

Emergency Dial
999

FRANK
0800 776600

Heddlu Gogledd Cymru
0845 607 1001

NHS Direct
0845 4647

North Wales Domestic Abuse Helpline
0808 801 0800

North Wales Fire & Rescue Service
01745 535250

North Wales Police
0845 607 1002

NSPCC Child Helpline
0800 800500

Parentline
0808 8002222
(free confidential 24hr line for parents)

Safer Homes – Housing
0800 183 5757

Samaritans
01745 354545

Social Services
01824 712900

Tourist Information Centre
01978 860828

Victim Support
0845 241 2410

PLISMONA YN Y GYMDOGAETH

ENW YM MHOB CYMDOGAETH

Os yw o bwys i chi, mae o bwys i ni.

Mae eich swyddogion cymdogaeth yna i sicrhau bod y gymuned yr ydych yn byw ynddi yn ddiogel ac yn teimlo'n ddiogel.

Drwy wrando a gweithredu ar eich pryderon a gweithio gyda chi, mae eich heddlu cymdogaeth a'r swyddogion cynnal yn y gymuned yn canolbwyntio ar y problemau hynny yr ydych yn dweud wrthym sydd o bwys i chi.

Mae timau plismona yn y gymdogaeth yn gweithio'n agos ac yn gweithredu ar y cyd ag awdurdodau lleol, grwpiau gwirfoddol, busnesau, asiantaethau cyfiawnder troseddol a phartneriaid eraill i daclo materion a dargludo atebion parhaol.

I ffeindio pwy yw eich swyddogion lleol a'r swyddogion heddlu cynnal yn y gymuned, mewngofnodwch i www.north-wales.police.uk <http://www.north-wales.police.uk>, ewch i'ch gorsaf heddlu leol neu ffoniwch rif Heddlu Gogledd Cymru (nid rhif argyfwng) 0845 607 1002 neu 1001 i siarad Cymraeg.

PLISMONA YN Y GYMDOGAETH

Mae plismona yn y gymdogaeth yn darparu sail i ni allu dargludo llawer o'n gwasanaethau i gymunedau lleol. Ers i ni gyflwyno timau plismona cymdogaeth pwrpasol yn 2006 rydym wedi ceisio eu cadarnhau i sicrhau bod ein staff a'n gwasanaethau'n ymatebol ac yn hygyrch i anghenion pobl leol.

- Fe fyddwn yn weledol, yn hygyrch ac yn ymatebol i bobl yn ein cymdogaethau gan ddefnyddio arolygon i olrhain lefelau bodlonrwydd cyhoeddus. Fe fydd hyn yn ein galluogi i wneud newidiadau i'r ffordd yr ymgymerwn â'n busnes, gan sicrhau bod anghenion cymunedau yng nghalon ein penderfyniadau a dargludiad gwasanaeth.
- Bydd ein timau cymdogaeth wedi eu hintegreidio'n llawn â phob rhan arall o'r sefydliad i sicrhau fod yna gyfoeth o wybodaeth am y bobl sy'n byw yn ein cymunedau.
- Bydd timau cymdogaeth yn gweithio ochr-yn-ochr â'n hasiantaethau partner i ddargludo atebion cynaliadwy i faterion lleol.

Mae ein timau plismona cymdogaethol wedi eu lleoli yn y gorsafoedd heddlu canlynol:

Y Rhyl, Prestatyn, Llanelwy, Dinbych, Rhuthun, Corwen a Llangollen.

NEIGHBOURHOOD POLICING

A NAME IN EVERY NEIGHBOURHOOD

If it matters to you, it matters to us.

Your neighbourhood officers are there to make sure the community you live in is safe and feels safe.

By listening and acting on your concerns and working with you, your neighbourhood police officers and police community support officers are focusing on those problems that you tell us matter most to you.

Neighbourhood policing teams work closely and take joint action with local authorities, voluntary groups, businesses, criminal justice agencies and other partners to tackle issues and deliver lasting solutions.

To find who your local officers and police community support officers are, log into www.north-wales.police.uk, visit your local police station or call North Wales Police's non-emergency number 0845 607 1002 or 1001 for welsh speaking.

NEIGHBOURHOOD POLICING

Neighbourhood policing provides the foundation upon which we deliver many of our services to local communities. Since we introduced dedicated neighbourhood policing teams in 2006 we have sought to embed them to ensure that our staff and services are responsive and accessible to the needs of local people.

- We will be visible, accessible and responsive to people in our neighbourhoods using surveys to track levels of public satisfaction. This will enable us to make changes to the way we do business, ensuring that the needs of communities are at the heart of our decision-making and service delivery.
- Our neighbourhood teams will be fully integrated with all other parts of the organisation to ensure that there is a wealth of information and knowl edge about the people living in our communities.
- Neighbourhood teams will work alongside our partner agencies to deliver sustainable solutions to local issues.

Our neighbourhood policing teams are based as the following police stations:

Rhyl, Prestatyn, St Asaph, Denbigh, Ruthin, Corwen and Llangollen.

REDUCING CRIME **NOW**
LLEIHAU TROSEDD **NAWR**

18%

Since the Local Criminal Justice Board was formed in 2003 North Wales has seen an 18% reduction in crime.

Ers i'r Bwrdd Cyfiawnder Troseddol Lleol gael ei ffurfio yn 2003 mae Gogledd Cymru wedi gweld gostyngiad o 18% mewn trosedd.

We have recovered over £2.7 million as proceed of crime from North Wales offenders during the past 12 months.

Rydym wedi adennill dros £2.7 miliwn mewn enillion trosedd gan droseddwyr Gogledd Cymru yn ystod y 12 mis diwethaf.

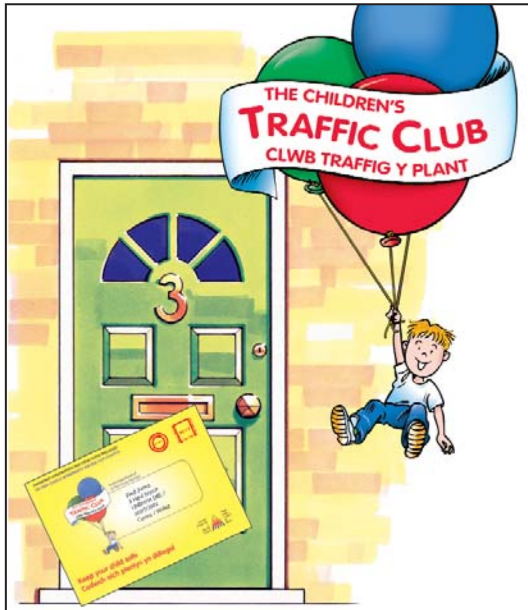
£2.7 MILLION

BWRDD CYFIAWNDER TROSEDDOL
GOGLEDD CYMRU
NORTH WALES
CRIMINAL JUSTICE BOARD

WHO ARE THE BOARD?
The board is made up of NORTH WALES POLICE, PROBATION SERVICE, CROWN PROSECUTION SERVICE, YOUTH OFFENDING TEAM, HM PRISON SERVICE & HER MAJESTY'S COURTS SERVICE

PWY YW'R BWRDD?
Mae'r bwrdd yn cynnwys HEDDLU GOGLEDD CYMRU, Y GWASANAETH PRAWF, GWASANAETH ERLYN Y GORON, TÎM TROSEDDAU IEUENCTID, Y GWASANAETH CARCHARDAI a GWASANAETH LLYSOEDD EI MAWRHYDI

www.justicenorthwales.co.uk 01745 588 626



Rhieni...

Mae Cyngor Bwrdeistref Sirol Conwy yn darparu aelodaeth o Clwb Traffig y Plant AM DDIM i bob plentyn tair oed yn y sir.

Gwyliwch am amlen felen yn dod trwy'r drws, o gwmpas pen-blwydd eich plentyn yn 3 oed. Cwblhewch y ffurflen cofrestru ac anfonwch yn ôl yn ddi-dâl. Peidiwch adael i'ch plentyn golli allan.

Parents...

Conwy County Borough Council is providing FREE membership of The Children's Traffic Club to all 3-year olds living in the area.

Look out for a yellow envelope through your door, around your child's 3rd birthday. Complete the registration form and send it post-free. Don't let your child miss out.

CONWY

Am fwy o wybodaeth ffoniwch yr Uned Diogelwch Ffyrdd ar **01492 575425**
For further information telephone the Road Safety Unit on **01492 575425**

BYDDWCH YN DDIOGEL, BYDDWCH YN SAFF

EICH CARTREF Diogelu'ch Cartref yw'r ffordd orau o leihau eich siawns o gaeleich bwrglera. Mae llawer o fyrgleriaethau yn rhai byrfyfyr, os bydd byrgler yn gweld ffenestr agored neu ffordd hawdd arall ofynd i mewn, bydd yn bachu ar ei gyfle.

Pan fyddwch yn mynd allan, cofiwch gau a chloi drysau allanol affenestri - hyd yn oed os byddwch yn mynd allan am gyfnod byr.

POBL HŶN Mae'n bosibl y bydd pobl hŷn yn ofni rhai troseddau yn fwy na phobl eraill, ond mewn gwirionedd maen nhw'n llai tebygol o ddioddef. Gall rhai camau syml hefyd helpu i leihau eich risg odrosedd.

Cadwch restr o rifau defnyddiol wrth eich ffôn. Gallai'r rhain gynnwys rhif eich teulu, gorsaf heddlu leol, cyngor lleol ayyb

Peidiwch â chadw symiau mawr o arian yn eich cartref-defnyddiwch gyfrif banc/cymdeithas adeiladu yn lle hynny.

YMWELWYR FFUG Bydd y rhan fwyaf o'r bobl sy'n galw yn eich cartref yn rhai gonest, ond weithiau gallai rhywun ymddangos yn ddirybudd, gyda'r bwriad o dwyllo eu ffordd i'ch cartref. Os bydd rhywun yn galw heibio;

- **STOPIWCH** Ydych chi'n disgwyl unrhyw un? Oes ganddyn nhw apwyntiad?
- **CADWYN** Rhowch y bar neu'r gadwyn drws yn eu lle cyn agor y drws.
- **GWIRIWCH** Gofynnwch a darllenwch Gerdyn Adnabod y galwrddwywaith.

OS OES GENNYCH UNRHYW AMHEUAETH, PEIDIWCH Â'U GADAEL I MEWN!

BE SAFE, BE SECURE

YOUR HOME Home Security is the best way to reduce your chances of being burgled. A lot of burglaries are spur of the moment, as a burglar may see an open window or other easy point of entry and take their chance.

When you go out, always close and lock the external doors and windows - even if you are just going out for a short time.

OLDER PEOPLE Older people may feel more vulnerable to some crimes, but are actually less likely to become victims. A few simple steps can also help reduce your risk of crime.

Have a list of useful numbers by your telephone. These may include the number of your family, local police station, local council etc.

Don't keep large sums of cash at home - use a Bank / Building Society account instead.

BOGUS CALLERS Most people who call at your home will be genuine, but sometimes someone may turn up unannounced, with the intention of tricking their way into your home. If someone calls on you;

- **STOP** Are you expecting anybody? Do they have an appointment?
- **CHAIN** Secure the door bar or chain before opening the door.
- **CHECK** Ask for and double-check the caller's I.D.

IF YOU HAVE ANY DOUBTS KEEP THEM OUT!

YMDDYGIAD GWRTHGYMDEITHASOL

MAE PARTNERIAETH TROSEDD AC ANHREFN SIR DDINBYCH YN RHANNU DIFFINIAD Y SWYDDFA GARTREF O YMDDYGIAD GWRTHGYMDEITHASOL SEF YMDDYGIAD SY'N ACHOSI NEU SY'N DEBYGOL O ACHOSI, AFLONYDDWCH, OFN NEU DRALLOD I UN NEU FWY O BOBL YN YR UN CARTREF.

Gall hyn gynnwys gweithrediadau sydd wedi eu cyfeirio at bobl fel cam-drin geiriol, brawychu a bwlio, difrod amgylcheddol fel difrod troseddol a graffiti, niwsans sŵn, cymryd cyffuriau, begera ac ymddygiad meddw. Nid yw hon yn rhestr drwyadl.

Bydd y bartneriaeth yn ystyried adroddiadau o Ymddygiad Gwrthgymdeithasol yn ddifrifol. Bydd Heddlu Gogledd Cymru, Landlordiaid Cymdeithasol a Thîm Diogelwch Cymunedol Cyngor Sir Ddinbych yn archwilio'n llawn unrhyw achosion a adroddir iddyn nhw. Deallwn yr effaith y gall Ymddygiad Gwrthgymdeithasol ei gael ar unigolion a chymunedau a bydd y bartneriaeth yn gweithio gydag amrediad o asiantaethau a gwasanaethau i'w daclo. Am ragor o wybodaeth ar sut y byddwn yn taclo Ymddygiad Gwrthgymdeithasol ar draws Sir Ddinbych gweler strategaeth Ymddygiad Gwrthgymdeithasol ar wefan Cyngor Sir Ddinbych.

Os ydych chi'n dioddef neu wedi bod yn dyst i unrhyw ymddygiad y gellid ei ddiffinio fel gwrthgymdeithasol yna mae yna sawl ffordd i'w adrodd:

PWY I'W GALW A PHRYD

I Adrodd Trosedd sy'n mynd ymlaen galwch 999

Adrodd Trosedd a digwyddiadau eraill nad ydynt yn rhai brys 0845 6071001

Adrodd achosion o

- Gŵn yn maeddu,
- Sbwriel,
- Graffiti,
- Tipio anghyfreithlon,
- Gosod posteri'n anghyfreithlon,
- Ceir wedi eu gadael
- Ceir ar werth ar y briffordd.

i Sir Ddinbych ar 01824 706100

Deallwn y gall llawer o bobl fod ofn adrodd digwyddiadau oherwydd ofn ôl-effeithiau. Gellir adrodd yn ddienw, ond gallwn eich sicrhau y cymerwn bob gofal i sicrhau fod gwybodaeth yn cael ei thrin yn gyfrinachol, ac mae gennym amrediad o fesurau ar gael i ni i sicrhau eich diogelwch bob amser. Mae Partneriaeth Diogelwch Cymunedol Sir Ddinbych yn gweithio'n galed i wneud Sir Ddinbych yn lle sy'n saffach fyth i fyw, i weithio neu i ymweld. Os hoffech drafod unrhyw faterion gydag aelod o'n tîm ffoniwch 01745 588475 ac fe wnawn ein gorau i'ch helpu.

ANTI-SOCIAL BEHAVIOUR

DENBIGHSHIRE CRIME AND DISORDER PARTNERSHIP SHARE THE HOME OFFICE DEFINITION OF ANTI-SOCIAL BEHAVIOUR (ASB) AS BEING BEHAVIOUR WHICH CAUSES OR IS LIKELY TO CAUSE, HARASSMENT, ALARM OR DISTRESS TO ONE OR MORE PERSONS NOT IN THE SAME HOUSEHOLD.

This can include acts directed at people such as, verbal abuse, intimidation and bullying, environmental damage such as criminal damage and graffiti. Noise nuisance, drug taking, begging and drunken behaviour. This is not an exhaustive list.

The partnership takes reports of ASB seriously. North Wales Police, Social Landlords and Denbighshire County Council Community Safety Team will investigate fully any incidents reported to them. We understand the impact ASB can have on individuals and communities and the partnership works with a range of agencies and services to tackle it. For more information on how we are tackling ASB across Denbighshire please see the ASB strategy on Denbighshire County Council website.

If you are suffering or have witnessed any behaviour which may be defined as anti-social then there are a variety of ways of reporting it:

WHO TO CALL AND WHEN

Reporting Crime in progress call 999

Report Crime and other non urgent incidents 0845 6071002*

Report Incidents of

- Dog fouling,
- Littering,
- Graffiti,
- Fly tipping,
- Fly posting,
- Abandoned vehicles
- Vehicles for sale on the highway.

To Denbighshire County on 01824 706101*

We understand many people may be afraid to report incidents for fear of repercussions. Reports can be made anonymously, but please be assured that we will take every care to ensure information is treated confidentially, and we have a range of measures available to us to ensure your safety at all times. Denbighshire Community Safety Partnership are working hard to make Denbighshire an even safer place to live, work or visit. If you would like to discuss any issues with a member of our team please call 01745 588475 and we will do our best to help.

TROSEDD CERBYDAU/VEHICLE CRIME

GELLIR ATAL NIFER O LADRADAU O GERBYDAU MODUR TRWY GLOI DRYSAU A CHAU FFENESTRI A'R FFENESTR HAUL PAN NAD OES UNRHYW UN YN Y CERBYD.

- Gofalwch nad oes unrhyw beth i'w weld – fe all hyd ynoed siaced ymddangos yn ddeniadol i leidr.
- Tynnwch y radio os gallwch chi.
- Tynnwch ddyfeisiau llywio lloeren lle bo'n bosibl, gan gynnwys y crud dal a'r pad sugnedd.
- Cofiwch sychu unrhyw farciau a adewir ar y ffen estr flaen neu'r dangosfwrdd.
- Peidiwch byth â chadw dogfennau'ch cerbyd yn y cerbyd.

MANY THEFTS FROM MOTOR VEHICLES CAN BE PREVENTED BY LOCKING DOORS AND CLOSING WINDOWS AND THE SUN ROOF WHEN THE VEHICLE IS LEFT UNATTENDED.

- Don't leave anything on display even a jacket can seem like an appealing target for a thief.
- Remove the stereo if you can.
- Remove satellite navigation devices where possible,including the support cradle and suction pad.
- Remember to wipe away any marks left on the windscreen or dashboard.
- Never store your vehicle's documents in the vehicle.

Bydd cymorth wrth law pan fydd eich meddygfa MT ar gau….

Os byddwch angen cymorth meddygol brys yng Nghonwy a Sir Ddinbych y tu allan i oriau arferol eich meddygfa

(ar ôl 6.00 yh dyddiau'r wythnos neu dros y penwythnos)

ffoniwch eich gwasanaeth meddyg teulu allan o oriau arferol:

Help is at hand when your GP surgery is closed ……

If you need to access urgent medical help in Conwy and Denbighshire outside normal GP surgery hours

(after 6.00 pm weekdays and all weekend)

call your local GP out of hours service on:

0844 8118181

Cofiwch gasglu unrhyw ail bresgripsiwn os byddwch yn mynd i ffwrdd neu cyn G_yl y Banc

Remember to pick up any repeat prescriptions if you are going away or before Bank Holiday

I gael manylion pellach am oriau agor eich fferyllfa, gallwch gysylltu â'r Bwrdd Iechyd neu'r fferyllfa leol

For further details of your pharmacy opening times, please contact your Health Board or local pharmacy

Os bydd gennych argyfwng deintyddol y tu allan i oriau swyddfa arferol, (e.e. penwythnosau, Gwyl y Banc neu fin nos) cysylltwch â Llinell Gymorth Ddeintyddol Galw Iechyd Cymru ar 0845 6010128. Ar gyfer argyfyngau yn ystod oriau swyddfa arferol, cysylltwch â'r Deintydd os gwelwch yn dda.

Am fanylion clinigau brys cysylltwch â'r Llinell Gymorth Ddeintyddol ***0845 6010128***

If you have a dental emergency ***outside of normal office hours (i.e. weekends, Bank Holidays or evenings)*** *contact the NHS Direct Wales Dental Helpline on 0845 6010128.* ***For emergencies during normal office hours, please contact your General Dental Practitioner.***

For details of emergency clinics please contact the Dental Helpline ***0845 6010128***

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

CAM-DRIN DOMESTIG/DOMESTIC ABUSE

BOB WYTHNOS YN Y WLAD HON, MAE O LEIAF DDWY O FERCHED YN CAEL EU LLADD GAN EU PARTNER NEU EU CYNBARTNER, MAE UN FERCH YM MHOB DEG YN BYW GYDA CHAM-DRIN DOMESTIG AC YN YR AMSER A GYMERWCH CHI I DDARLLEN Y PARAGRAFF HWN FE FYDD YR HEDDLU WEDI DERBYN ADRODDIAD ARALL O GAM-DRIN.

BETH YW CAM-DRIN DOMESTIG?

Cam-drin domestig yw'r defnydd o gam-drin corfforol, rhywiol neu seicolegol i ennill grym a rheolaeth dros berson arall y mae'r camdriniwr yn cael perthynas agos â nhw. Gall ddigwydd ar unrhyw adeg yn ystod perthynas, yn cynnwys ar ôl i'r cwpl fod wedi gwahanu ac mae beichiogrwydd a genedigaeth yn aml yn sbardun i'r cam-drin gychwyn. Gall hefyd olygu trais rhwng aelodau'r teulu.

YR HYN Y GALLWCH CHI EI WNEUD

Os ydych chi'n dioddef cam-drin mae yna bedwar cam pwysig i'w cymryd:

- Cydnabod ei fod yn digwydd i chi.
- Derbyn nad oes bai arnoch chi.
- Siarad â rhywun.
- Ceisio help a chefnogaeth.

Mae cam-drin domestig yn drosedd ac ni ddylid ei oddef, mae taclo cam-drin domestig yn gyfrifoldeb ar bawb……..Peidiwch â'i oddef o, adroddwch o.

EACH WEEK IN THIS COUNTRY, AT LEAST TWO WOMEN ARE KILLED BY THEIR PARTNER OR EX PARTNER, ONE WOMAN IN TEN IS LIVING WITH DOMESTIC ABUSE AND BY THE TIME YOU HAVE READ THIS PARAGRAPH THE POLICE WILL HAVE RECEIVED ANOTHER REPORT OF DOMESTIC ABUSE.

WHAT IS DOMESTIC ABUSE?

Domestic abuse is the use of physical, sexual or psychological abuse to gain power and control over another person with whom the abuser is having an intimate relationship. It can happen at any time during a relationship, including after a couple has separated and pregnancy and birth are often the trigger for abuse to start. It can also be violence between family members.

WHAT YOU CAN DO

If you are suffering from abuse there are four important steps to take:

- Recognise that it is happening to you.
- Accept that you are not to blame.
- Talk to someone.
- Get help and support.

Domestic abuse is a crime and should not be tolerated, tackling domestic abuse is everybody's responsibility……..
Don't tolerate it, report it.

If you, a friend, family member or neighbour are suffering from domestic abuse contact:

In an emergency 999

Women's Aid Local Help Lines:

Aberconwy	**01492 872 992**
National Helplines	
Wales Domestic Abuse Helpline	**0808 8010800**
Male Help Lines	
Mens Advice Line	**0808 8010327**
The Dyn Wales/Dyn Cymru helpline	**0808 8010321**

CYFFURIAU AC ALCOHOL

MAE TÎM CAM-DRIN SYLWEDDAU CONWY A DINBYCH YN IS GR_P O'R BARTNERIAETH DIOGELWCH CYMUNEDOL. MAE'R GR_P YN CYNNWYS GWAHANOL FUDIADAU SYDD Â DIDDORDEB MEWN LLEIHAU NIWED OHERWYDD CAM DDEFNYDDIO CYFFURIAU AC ALCOHOL.

CYFFURIAU

Niwed oherwydd cyffuriau:

- Bydd cyfuno cyffuriau ac alcohol yn cynyddu ris giau iechyd sy'n gallu amrywio llawer o berson i berson.
- Gall llawer o bethau gwahanol fod wedi'u hych wanegu at gyffuriau anghyfreithlon, achos does neb yn gyfrifol am sicrhau safonau glanweithdra a diogelwch.

Cyffuriau a'r gyfraith:

- Mae pasio o amgylch neu roi cyffuriau i ffrindiau yn drosedd "cyflenwi" ac mae'n cario cosb dry mach na chael cyffuriau yn eich meddiant.
- Ni fydd rhai gwledydd yn gadael i chi ymweld os ydych wedi'ch cael yn euog o gamddefnyddio cyf furiau.

ALCOHOL

Niwed oherwydd alcohol:

- Alcohol a throsedd : 1.2 miliwn o achosion trais oherwydd alcohol.
- Alcohol a marw: 22,000 o farwolaethau cynnar bob blwyddyn
- Alcohol a'r economi: 17 miliwn o ddiwrnodau gwaith yn cael eu colli oherwydd alcohol.
- Alcohol a hunanladdiad: hyd at 1000 o hunan laddiadau

Gall gor yfed eich gwneud yn agored i hunan niwed.

Cynghorion ar leihau niwed oherwydd alcohol

- Bwytewch ginio mawr cyn mynd allan i yfed
- Osgoi yfed mewn rownd gan y bydd hyn yn eich annog i yfed yn gyflymach.
- Cael rhai diwrnodau heb alcohol bob wythnos
- Cael diod feddal rhwng diodydd alcoholig.
- Gwrandewch ar bobl os byddant yn dweud wrthych eich bod yn yfed gormod. Mae cymorth wrth law.

ALCOHOL A'R GYFRAITH:

- Mae hi'n anghyfreithlon gwerthu alcohol i unrhyw un o dan 18.
- Mae hi'n anghyfreithlon prynu alcohol ar ran unrhyw un o dan 18.

Cymorth a chyngor

I gael mwy o wybodaeth am wasanaethau Cyffuriau ac Alcohol gweler www.nwsmf.org.uk

I gael mwy o wybodaeth a chyngor am wasanaethau Cyffuriau ac Alcohol ffoniwch DAN 24/7, llinell gymorth Cyffuriau ac Alcohol Cymru am ddim ar 0800 6 33 55 88.

Ffoniwch dîm Cyffuriau ac Alcohol Conwy a Dinbych ar 01745 338868

Ffoniwch wasanaethau pobl ifanc Sir Ddinbych cam-drin sylweddau ar 07768000315

DRUGS & ALCOHOL

CONWY AND DENBIGHSHIRE SUBSTANCE MISUSE ACTION TEAM IS A SUB-GROUP OF THE COMMUNITY SAFETY PARTNERSHIP. THE GROUP CONSISTS OF VARIOUS ORGANISATIONS THAT HAVE AN INTEREST IN REDUCING THE HARMS ASSOCIATED WITH DRUG AND ALCOHOL MISUSE.

DRUGS

Drug related harms:

- Combining drugs and alcohol will significantly increase health risks which can vary greatly from person to person.
- Lots of different things can be added to illegal drugs, because no one is responsible for ensuring standards of hygiene and safety.

Drugs and the law:

- Passing around or giving your friends drugs is ' supplying' and carries a harsher sentence than possession.
- Some countries will not let you visit them if you have a conviction for drugs.

ALCOHOL

Alcohol related harms:

- Alcohol and crime: 1.2 million violent crimes are alcohol related.
- Alcohol and mortality: 22,000 premature deaths per annum
- Alcohol and the economy: 17 million working days lost through alcohol related absence.
- Alcohol and suicide: up to 1000 suicides

Binge drinking can make you vulnerable to many alcohol related harm.

Top Tips for Reducing Alcohol Related Harm

- Always have a hearty meal before drinking
- Avoid drinking in rounds as this can encourage you to drink at a faster pace
- Have a few alcohol free days per week
- Have a soft drink between alcoholic drinks
- Listen to people if they tell you that you are drinking too much. Help is available

ALCOHOL AND THE LAW:

- It is illegal to sell alcohol to anyone under 18.
- It is illegal to buy alcohol on behalf of anyone who is under the age of 18.

Help and Advice

For more information on local drug and alcohol services visit www.nwsmf.org.uk

For information and advice on drugs and alcohol contact DAN 24/7, the free bilingual drug and alcohol helpline for Wales on 0800 6 33 55 88.

Contact Conwy and Denbighshire's Community Drug & Alcohol Team on 01745 338868

Contact the Denbighshire Young Person's Substance Misuse Service on 07768000315

CYNGOR Sir Ddinbych Denbighshire COUNTY COUNCIL

www.sirddinbych.gov.uk
www.denbighshire.gov.uk

www.heriechydsirddinbych.co.uk
www.healthchallengedenbighshire.co.uk

Her Iechyd Cymru Health Challenge Wales — Sir Ddinbych Denbighshire

Cerdyn Argyfwng Gofalwyr

Mae Cerdyn Argyfwng Gofalwyr yn helpu gofalwyr a'r bobl y gofalant amdanynt alw am gymorth os bydd y gofalwr yn wael neu wedi cael damwain ac yn methu cyrraedd yr unigolyn y gofelir amdano. Bydd gofalwyr yn cael cerdyn i'w gario hefo nhw bob amser, ac os byddant yn wael neu mewn damwain gall y gwasanaethau argyfwng ddefnyddio'r cerdyn hwn i alw am gymorth i'r un y gofelir amdano. Datblygwyd y cerdyn mewn partneriaeth rhwng Gwasanaethau Cymdeithasol Sir Ddinbych, NEWCIS a Llinell Ofal Conwy. I gael mwy o wybodaeth neu i wneud cais cysylltwch:

Carers Emergency Card

The Carers Emergency Card helps carers and the people they care for by summoning help if the carer is taken ill or has an accident and can't reach the person they care for. Carers are given a card to carry with them at all times, and if they are taken ill or have an accident, the emergency services can use this card to summon help for the person who is cared for. The scheme has been developed in partnership between Denbighshire Social Services, NEWCIS and Conwy Careline. For more information or to apply, please contact:

North East Wales Carers Information Services (**NEWCIS**), Unit W5,
Morfa Clwyd Business Centre, Marsh Road, Rhyl, LL18 2AF
Ffôn / tel: 01745 331181 Ebost / email: denbighshire@newcis.org.uk

Teleofal Sir Ddinbych

Mae Teleofal yn cynnwys sensorau, offer a thechnoleg i'ch helpu i barhau yn annibynnol yn eich cartref eich hun. Gall y rhain adnabod pa bryd rydych eisiau cymorth a galw am gymorth os byddwch ei angen. I gael mwy o wybodaeth am Teleofal a sut all eich helpu i barhau'n annibynnol ffoniwch Wasanaethau Cymdeithasol Sir Ddinbych trwy ein Tîm Cyswllt Cyntaf.

Ffôn: 01824 712900
Ffacs: 01824 712888
Testun: 07917 597993
Ebost: timcyswlltcyntaf@sirddinbych.gov.uk
Cyfeiriad:

(Gogledd)
Tîm Cyswllt Cyntaf
64 Ffordd Brighton
Y Rhyl
LL18 3HN

(De)
Tîm Cyswllt Cyntaf
Neuadd y Sir
Ffordd Wynnstay
Rhuthun
LL15 1YN

Telecare in Denbighshire

Telecare is a range of sensors, equipment and technology to help you stay independent in your own home. These can recognise when you are in distress and alert help if you need it. If you want to know more about Telecare and how it can help you remain independent in your own home, contact Denbighshire Social Services through our First Contact Team.

Phone: 01824 712900
Fax: 01824 712888
Text: 07917 597993
Email: firstcontactteam@denbighshire.gov.uk
Address:

(North)
First Contact Team
64 Brighton Road
Rhyl
LL18 3HN

(South)
First Contact Team
County Hall
Wynnstay Road
Ruthin
LL15 1YN