



## Aims of the Service

- Support people living with mental health issues through their journey of Recovery (following the Mental Health Recovery Model the 'Recovery Star')
- Promote positive mental health
- Reduce the stigma of mental health

## We can support you to -

- Plan, set and achieve your Recovery goals
- Provide you with a range of training opportunities
- Sign post you to partner agencies - eg. housing advice, welfare rights, counselling etc.
- Access community facilities - eg. physical health and leisure activities

## Access

Adults(18+) living with mental health problems and/or emotional distress who are living independently in the Cynon and Rhondda Valleys.

## Referrals

You can either self refer or you can be referred through statutory services - eg. GP, CMHT. Please see our website to download referral forms.

**Cynon**  
16 Dean Street, Aberdare  
Open Tuesday, Thursday & Friday  
&  
Providence Chapel  
Mountain Ash  
Every Monday

**Rhondda**  
Apple Tree Stores, Dinas  
Open Wednesday,  
Thursday & Friday  
&  
Pentre House, Pentre  
(next to St.Peters Church)  
Tuesdays

Please contact the centres for opening times

## Main Offices

**Cynon**  
New Horizons  
16a Dean Street  
Aberdare  
CF44 7BN  
T: 01685 881113

**Rhondda**  
New Horizons  
Appletree Stores  
Dinas Road, Dinas,  
CF40 1JJ  
T: 01443 681881

E:info@newhorizons-mentalhealth.co.uk  
www.newhorizons-mentalhealth.co.uk  
www.mentalhealthsupport.co.uk  
Reg Charity: 1066601



Communities 2.0  
Cymunedau 2.0



Rhondda Cynon Taf  
Iechyd, Gofal Cymdeithasol a Lles  
Health, Social Care & Well-being  
Rhondda Cynon Taf



STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH CADARN | ERFODDDE SICR

# NEW HORIZONS

Mental Health & Emotional Wellbeing Centre

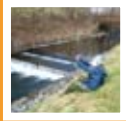
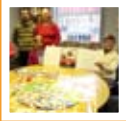
# New Horizons' Resource Centres Cynon & Rhondda Valleys

Reg Charity: 1066601

www.newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk



## Diben y Gwasanaeths

- Cefnogi pobl â phroblemau iechyd meddwl wrth iddyn nhw wella (gan ddefnyddio Dull Gwella Iechyd Meddwl y 'Recovery Star')
- Hyrwyddo iechyd meddwl cadarnhaol
- Lleihau stigma iechyd meddwl

## Fe allan ni eich cefnogi chi drwy -

- Eich helpu i gynllunio, gosod a chyrraedd eich nod o wella
- Ddarparu hyfforddiant
- Eich cyfeirio at asiantaethau eraill e.e. cyngor ar dai, hawliau lles, gwasanaeth cwnsela ac ati
- Eich cyfeirio at gyfleusterau cymunedol e.e. gweithgareddau hamdden a chadw'n heini

## Pwy sy'n gymwys

Oedolion (18+) sydd â phroblemau iechyd meddwl neu ofid emosiynol ac yn byw'n annibynnol yng Ngwm Cynon a'r Rhondda.

## Cyfeirio

Fe allwch chi gyfeirio eich hunan neu fe all gwasanaeth statudol eich cyfeirio - e.e. Meddyg Teulu, Tîm Iechyd Meddwl Cymunedol. Ewch i'n gwefan i lawrlwytho ffurflenni cyfeirio.

**Cynon**  
16 Heol y Deon, Aberdâr  
dydd Mawrth, dydd Iau a dydd Gwener  
a  
Capel Providence  
Aberpennar  
Pob dydd Llun

**Rhondda**  
Apple Tree Stores, Dinas  
dydd Mercher,  
dydd Iau a dydd Gwener  
a  
Pentre House, Pentre  
(drws nesaf i Eglwys Sant Pedr)  
Pob dydd Mawrth

Cysylltwch â'r canolfannau ar gyfer yr oriau agor

## Prif Swyddfeydd

**Cynon**  
New Horizons  
16a Heol y Deon  
Aberdâr  
CF44 7BN  
Ff: 01685 881113

**Rhondda**  
New Horizons  
Appletree Stores  
Heol Dinas, Dinas,  
CF40 1JJ  
Ff: 01443 681881

E: info@newhorizons-mentalhealth.co.uk  
www.newhorizons-mentalhealth.co.uk  
www.mentalhealthsupport.co.uk  
Rhif Elusen: 1066601



Rhondda Cynon Taf  
Iechyd, Gofal Cymdeithasol a Lles  
Health, Social Care & Well-being  
Rhondda Cynon Taf



STRONG HERITAGE | STRONG FUTURE  
RHONDDA CYNON TAF  
TREFTADAETH CADARN | ERFODDE SICR

# NEW HORIZONS

Canolfan Iechyd Meddwl a Lles Emosiynol

Canolfannau  
Adnoddau  
New  
Horizons'  
Cwm Cynon a'r  
Rhondda

Rhif Elusen: 1066601

www.newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk

www.newhorizons-mentalhealth.co.uk