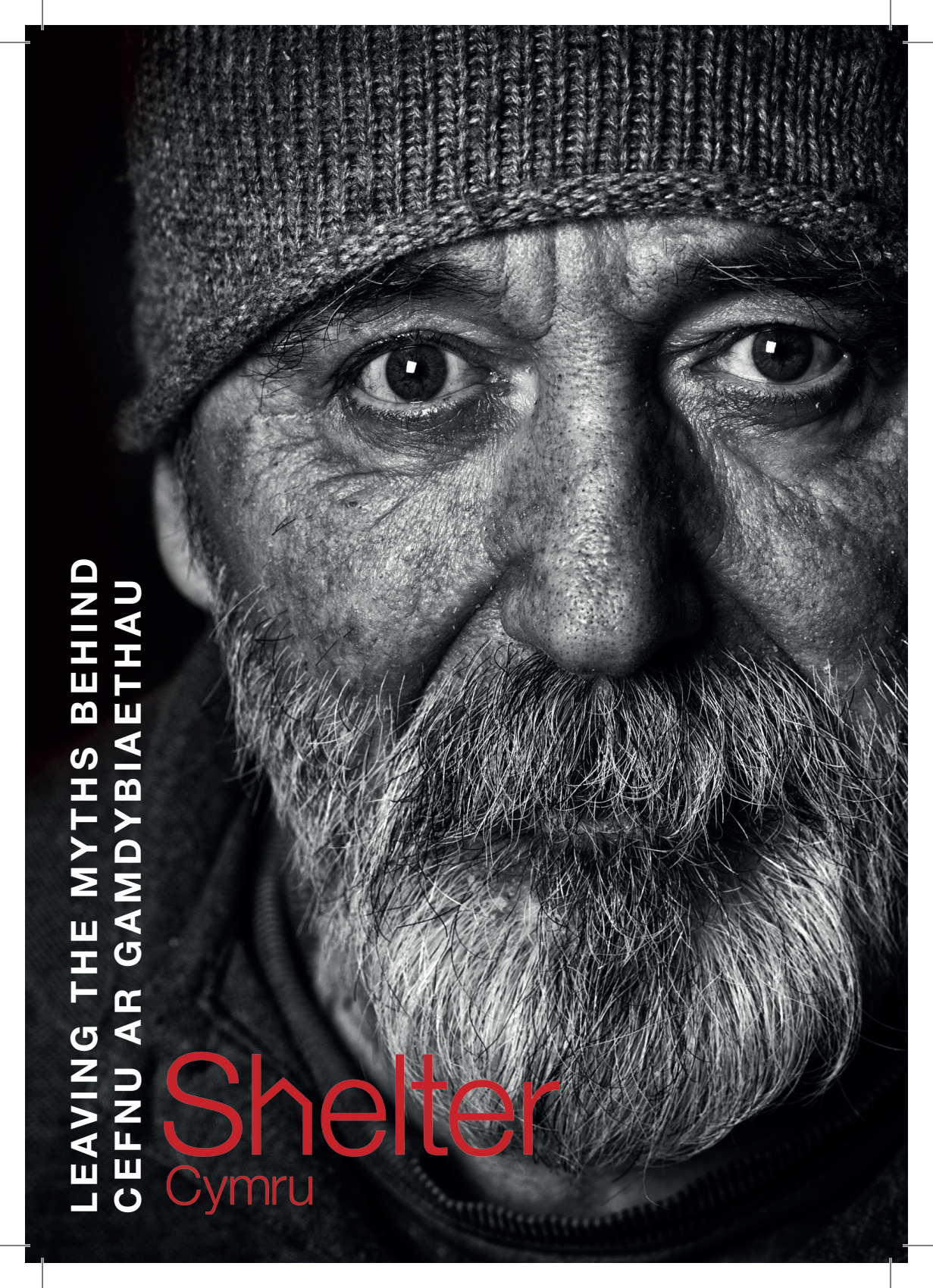




LEAVING THE MYTHS BEHIND
CEFNU AR GAMDYBIAETHAU

Shelter
Cymru



Misunderstandings and stereotypes about homelessness seem to be widespread among the general public. What do you think about homeless people?

Our **Take Notice Project** members share their stories to challenge some of the myths and increase understanding about the different circumstances in which people can find themselves homeless or in a housing crisis.

Mae camddealltwriaeth ac ystrydebau ynglŷn â digartrefedd yn ymddangos fel petaen nhw'n frith ymhlith y cyhoedd. Beth yw eich barn chi am bobl ddigartref?

Mae aelodau ein **Prosiect Daliwch Sylw** yn rhannu eu hanesion er mwyn herio rhai o'r camdybiaethau, a chynyddu dealltwriaeth ynglŷn â'r gwahanol amgylchiadau sy'n gallu achosi i bobl fod yn ddigartref neu mewn argyfwng o ran tai.

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MYTH

"It can only happen to you if you have done something stupid so it's your own fault if you become homeless"

RICHARD'S STORY

I became homeless about six or seven years ago. The accommodation that I was living in was my partner's place of work therefore I had no legal tenancy rights. After 12 years my partner decided to evict me very suddenly. I found myself homeless without any legal redress at all.

This was very disconcerting. I had to make very urgent decisions and eventually found some accommodation in Wales for myself and the two dogs that I had, which were a further complication in the eviction. The impact this had upon me was to make me feel very depressed. Anyone could find themselves in these circumstances.

FACT

People become homeless for many different reasons. These could include:

- Being evicted by your landlord
- Losing your job
- Health problems
- Relationship problems

Even if you think that you are financially secure and would never be in a position where you might lose your home, sometimes homelessness can be caused by events completely outside of anyone's control such as fire or flooding.

STORI RICHARD

Cefais fy hun yn ddigartref rhyw 6 neu 7 mlynedd yn ôl. Roeddwn yn byw gyda fy mhartner yn ei le gwaith ef felly doedd gen i ddim hawliau tenantiaeth cyfreithiol. Ar ôl 12 mlynedd penderfynodd fy mhartner fy nhafu allan yn sydyn iawn a cefais fy hun yn ddiagrtref heb unrhyw hawliau cyfreithiol.

Roedd hyn yn brofiad dryslyd iawn. Roedd yn rhaid i mi wneud penderfyniadau ar frys ac o'r diwedd cefais hyd i gartref yng Nghymru i fi a'r ddau gi, a oedd yn gymhlethdod pellach yn fy sefyllfa. Effaith hyn oedd fy ngwneud yn isel iawn fy ysbryd. Gall unrhyw un ganfod ei hun yn y sefyllfa yma.

TYBIAETH

"Gall ddigwydd i chi dim ond os ydych wedi gwneud rhywbeth hurt, felly chi sydd ar fai"

FFAITH

Mae pobl yn cael eu hunain yn ddigartref am lawer o wahanol resymau. Gallai'r rhain gynnwys:

- Cael eich troi allan gan eich landlord
- Colli eich swydd
- Problemau iechyd
- Problemau perthynas

Hyd yn oed os ydych chi'n credu eich bod chi'n gyfforddus yn ariannol ac na fydddech chi byth mewn sefyllfa lle y gallech golli eich cartref, gall digartrefedd gael ei achosi weithiau gan ddigwyddiadau na allwn ni eu rheoli, fel tân neu lifogydd.

CRAIG'S STORY

After years of quite heavy substance abuse, a very chaotic lifestyle, the continued breakdown of a long-term relationship, I had my home repossessed by the mortgage company after not being able to keep up with the payments. I was thrown into a situation of having nowhere to go.

I felt lost, ashamed, guilty, angry with myself. I was very low and generally felt defeated. I also felt in a kind of "limbo" because I wasn't living, I just existed from one day to the next. Not really knowing where I'd be tomorrow. It felt like just by being "homeless" so many aspects of a "normal" life are removed or seemingly impossible to maintain and it had a massive and profound impact on every aspect of my life.

My situation got solved for me when I was arrested and given a Drug Rehabilitation Requirement Order by the Court - this saved my life. With help and support from various agencies I started to rebuild my life. This kind of help and support has been very empowering. I now have my own place, but that is a different story. I want people to know that it's not the end. It can happen to anybody but there is help available.

MYTH

"It could never happen to me"

FACT

Homelessness can, and does, happen to people from every walk of life. In Wales the biggest causes of homelessness are relationship breakdown, parents not being willing to accommodate and the loss of a private tenancy – ordinary life events that could affect anybody.

Homelessness could happen to anyone...

- In Britain someone loses their home every 11 minutes
- 3.8 million families in the UK are one pay cheque away from losing their home

STORI CRAIG

Ar ôl blynyddoedd o gamddefnyddio sylweddau'n eithaf dwys, ffordd anhrefnus iawn o fyw, a chwalfa perthynas tymor hir, adfeddiannodd y cwmni morgais fy nghartref gan nad oeddwn i'n gallu talu. Fe ges i fy nhaflu i sefyllfa lle nad oedd gen i unman i fynd.

Roeddwn i'n teimlo ar goll, yn llawn cywilydd, yn euog, yn ddig tuag at fy hun. Roeddwn i'n isel iawn ac yn teimlo fy mod i wedi cael fy nhrechu yn gyffredinol. Roeddwn i hefyd yn teimlo fel petawn i mewn rhyw fath o "limbo" gan nad oeddwn i'n byw, dim ond bodoli o un diwrnod i'w nesaf. 'Doeddwn i ddim wir yn gwybod ble y byddwn i yfory. Roedd yn teimlo fel petai bod yn "ddigartref" ynddo'i hun yn achosi i gynifer o agweddau ar fywyd "arferol" ddiflannu neu fod yn amhosibl eu cynnal, a chafodd effaith enfawr a dwys ar bob agwedd ar fy mywyd.

Cafodd fy sefyllfa i ei datrys pan ges i fy arestio a chael Gorchymyn Gofyniad Adsefydlu Cyffuriau gan y Llys – achubodd hynny fy mywyd. Gyda chymorth a chefnogaeth gan asiantaethau amrywiol, dechreuais ailadeiladu fy mywyd. Mae'r math hwn o gymorth a chefnogaeth wedi bod yn bwerus iawn. Mae gen i fy nghartref fy hun erbyn hyn, ond stori arall yw hynny. Rydw i eisiau i bobl wybod nad yw'n ddiwedd y byd. Mae'n gallu digwydd i unrhyw un, ond mae cymorth ar gael.

TYBIAETH

"Doeddwn i byth yn meddwl y byddai hyn yn digwydd i mi"

FFAITH

Mae digartrefedd yn gallu digwydd i unrhyw un, beth bynnag fo'u cefndir. Yng Nghymru, yr hyn sy'n achosi digartrefedd gan amlaf yw chwalfa perthynas â phartner neu rieni, a cholli tenantiaeth breifat – pethau cyffredin mewn bywyd a allai ddigwydd i unrhyw un.

Gallai digartrefedd ddigwydd i unrhyw un...

- Ym Mhrydain, mae rhywun yn colli ei gartref bob 11 munud
- Mae 3.8 miliwn o deuluoedd yn y Deyrnas Unedig un siec cyflog i ffwrdd o golli eu cartref

MYTH

"If you have children you will never end up homeless"

KATEY'S STORY

I've heard people say you can't become homeless if you have kids, but that's not true. I found myself homeless with my daughter when my landlord wanted the house back to live in. I didn't have a choice: I didn't have hundreds of pounds spare to move into another house. I had to go to the council for help.

We were homeless for nearly two years staying in temporary accommodation; it's not what I ever wanted for my daughter. If it can happen to us, it can happen to anyone.

FACT

It's true that households with children have more rights to get rehoused with help from the council than single people. But the shortage of affordable housing affects everybody and can lead to families spending long periods in emergency accommodation.

- In Wales, more than 1,800 households were living in temporary accommodation at the end of 2015. Around 680 of these were families with children.
- This Christmas more than 1,100 children will be homeless and living in temporary accommodation in Wales.
- In the last year (2014/15) more than 10 children every day became homeless in Wales.

STORI KATEY

Rydw i wedi clywed pobl yn dweud na allwch chi gael eich hun yn ddigartref os oes gennych blant. Ond nid yw hynny'n wir. Cefais i fy hun yn ddigartref gyda fy merch fach pan benderfynodd fy landlord ei fod eisiau'r ty nôl er mwyn iddo fedru byw ynddo ei hunan. Doedd gen i ddim dewis. Doedd gen i ddim cannoedd o bunnoedd yn sbâr i symud i dŷ arall. Bu'n rhaid i mi droi at y cyngor am help.

Buom ni'n ddigartref am bron i ddwy flynedd yn byw mewn llety dros dro. Nid dyma beth oeddwn i wedi'i ddymuno i fy merch a finnau. Os allai ddigwydd i ni, gall ddigwydd i unrhyw un.



TYBIAETH

"Os oes gennych chi blant, fyddwch chi byth yn canfod eich hun yn ddigartref"

FFAITH

Mae'n wir bod gan aelwydydd â phlant fwy o hawliau i gael eu hailgartrefu gyda chymorth gan y Cyngor na phobl sengl. Ond mae'r prinder tai fforddiadwy yn effeithio ar bawb ac yn gallu golygu bod teuluoedd yn treulio cyfnodau hir mewn llety argyfwng.

- Yng Nghymru, roedd mwy na 1,800 o aelwydydd yn byw mewn llety dros dro ar ddiwedd 2015. Roedd tua 680 o'r rhain yn deuluoedd â phlant.
- Yn ystod y Nadolig eleni (2016), amcangyfrifir y bydd mwy na 1,100 o blant yn ddigartref ac yn byw mewn llety dros dro yng Nghymru.
- Yn ystod y flwyddyn ddiwethaf (2014/15), roedd mwy na 10 o blant wedi canfod eu hunain yn ddigartref yng Nghymru bob dydd.

DAN'S STORY

Looking back it's easy to recognise the different things that caused my homelessness. At the age of 17 I failed a college course and the year after I was training to go into the Navy and I tried college again. The coursework and the stress of college and being pushed into the Navy was too much for me to handle. That began the relationship breakdown with my parents. Soon after I found myself in one job after another - all the while my mental health was getting worse without my knowledge.

My depression and anxiety became anger; I found myself in a situation I thought was impossible. I was homeless, it was February and I needed to find a place to stay. I had friends who were kind enough to let me stay over for a small amount of time. However, there is only so long you can stay in friends' places. I was lucky, I did not end up on the streets, but I was homeless.

MYTH

"If you are not on the streets you are not actually homeless"

FACT

Being homeless means not having somewhere safe or suitable to live. This includes having to live in places that are unsafe, overcrowded or unaffordable.

Between July and December 2015 there were 9,915 households presenting as homeless to Welsh local authorities. This is many more than the number of people who are sleeping on the streets – estimated at 240 in November 2015.

TYBIAETH

"Os nad ydych yn cysgu ar y stryd, dydych chi ddim yn ddigartref"

STORI DAN

Wrth edrych yn ôl, mae'n hawdd adnabod y gwahanol bethau a achosodd fy nigartrefedd. Yn 17 oed, fe fethais gwrs coleg, a'r flwyddyn ganlynol roeddwn yn hyfforddi i ymuno â'r Llynges a rhoddais gynnig arall ar gwrs coleg. Roedd gwaith cwrs a phwysau coleg tra'n cael fy ngwthio i'r Llynges yn ormod i mi. Dyna ddechreuodd y dirywiad yn fy mherthynas i a fy rhieni. Trodd fy iselder a phryder yn ddicter. Cefais fy hun mewn sefyllfa a oedd, yn fy marn i, yn amhosibl.

Roeddwn yn ddigartref, roedd hi'n fis Chwefror ac roeddwn i angen lle i fyw. Roedd gen i nifer o ffrindiau oedd yn ddigon caredig i adael i mi aros gyda nhw am gyfnod byr o amser. Fodd bynnag, dim ond am hyn a hyn o amser y gallwch chi aros gyda ffrindiau. Roeddwn i'n lwcus. Wnes i ddim gorfod cysgu ar y stryd, ond mi roeddwn i'n ddigartref.

FFAITH

Mae bod yn ddigartref yn golygu bod heb rywle diogel neu addas i fyw. Mae hyn yn cynnwys gorfod byw mewn mannau sy'n anniogel, yn orlawn neu'n anfforddiadwy.

Rhwng mis Gorffennaf a mis Rhagfyr 2015, roedd 9,915 o aelwydydd wedi cysylltu ag awdurdodau lleol yng Nghymru gan ddweud eu bod yn ddigartref. Mae hyn yn uwch o lawer na nifer y bobl sy'n cysgu ar y stryd – sef 240 yn fras ym mis Tachwedd 2015.

MYTH

“All rough sleepers have a drug or alcohol problem”

CHRIS' STORY

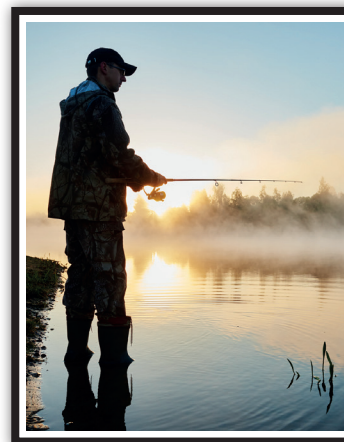
I became homeless in 2008. I had lost my home and I ended up sleeping on the streets but that doesn't mean I turned to drink and drugs. I never begged but it wasn't easy to get money and food.

I enjoyed time outdoors fishing - a hobby from my childhood. Yes I may have had a drink from time to time... but you would too when you are having some “you” time. Yes? I am just a normal guy, living a normal life.

STORI CHRIS

Cefais i fy hun yn ddigartref yn 2008. Roeddwn i wedi colli fy nghartref ac yn cysgu ar y stryd, ond nid yw hynny'n golygu fy mod i wedi troi at yfed a chyffuriau. Ni wnes i fyth gardota, ond doedd hi ddim yn rhwydd cael arian a bwyd.

Rydw i'n mwynhau amser yn yr awyr agored yn pysgota – hobi o'm plentynod. Ie, efallai y ces i ddiod o bryd i'w gilydd... ond byddech chi'n gwneud hynny hefyd o gael amser “i'r brenin”, oni fydddech? Dyn cyffredin ydw i, yn byw bywyd cyffredin.



TYBIAETH

“Mae gan bawb sy'n cysgu ar y stryd broblem gyffuriau neu alcohol”

FACT

Substance misuse is quite common among people sleeping rough: around two-thirds of rough sleepers cite drug or alcohol use as a reason for first becoming homeless. However, there are also many rough sleepers who don't have a drug or alcohol problem. For example, one study found that 27% of homeless people had or were recovering from an alcohol problem, while 39% said they took drugs or were recovering from a drug problem. Of those surveyed, half said that they used drugs and/or alcohol to cope with mental health issues.

FFAITH

Mae camddefnyddio sylweddau yn eithaf cyffredin ymhlith pobl sy'n cysgu ar y stryd: mae tua dwy ran o dair o'r rhai sy'n cysgu ar y stryd yn dweud mai cyffuriau neu alcohol oedd y rheswm pam y cawsant eu hunain yn ddigartref yn y lle cyntaf. Fodd bynnag, mae llawer o'r rhai sy'n cysgu ar y stryd nad oes ganddyn nhw unrhyw broblem cyffuriau neu alcohol. Erenghraifft, gwnaeth un astudiaethganfod bod 27% obobldigartrefnaillaiyndioddefneuyngwella o broblemau alcohol, tradywedodd 39% eu bod yncymrydcyffuriau neu'ngwella o broblemcyffuriau. O'r rhai a holwyd, dywedoddhannerohonynteu bod yn defnyddiocyffuriau a/neu alcohol iymdopi â phroblemauiechydmeddwl.

PETE'S STORY

After leaving the military I became quite unwell and was eventually diagnosed with Post Traumatic Stress Disorder, I was unable to work, unable to cope, and unable to manage simple daily matters which in normal circumstances would be done as a matter of routine. I very quickly got behind in my rent payments and struggled to resolve this with face to face meetings with my landlord. My life really did seem to fall to bits, it was heart-wrenching, soul-destroying and left me with a sense of worthlessness. No matter what I did, no light could be found at the end of the tunnel.

I feel my family suffered more than me; they saw somebody who once they looked to for help, possibly guidance, now being unable to even help himself with trivial matters.

I now know that there is help for ex-service personnel, however, when I did need help, I never knew where to turn to. I've since received help and support and life now feels more secure and my future looks much brighter. Now, even on a dark and gloomy Saturday, getting up in the morning really does have a purpose.

MYTH

"If you are not on the streets you are not actually homeless"

FACT

A survey by the National Audit Office in 2007 found that just under five per cent of veterans had experienced homelessness since leaving the armed forces. There is evidence that some people may find it hard to adjust to a life outside the military, through factors such as trauma of combat, mobility of the job or the drinking culture.

Although people who have served in the armed forces have extra rights to housing as a priority need group, they only qualify for this extra help if they are homeless at the point of discharge. If they become homeless after having left the forces, they are eligible for the same level of help as everyone else.

STORI PETE

Ar ôl gadael y lluoedd arfog roeddwn yn teimlo'n sal iawn a chefais ddiagnosis o PTSD. Doeddwn i ddim yn gallu gweithio, ddim yn gallu ymdopi, a ddim yn gallu cyflawni tasgau syml o ddydd i ddydd. Yn fuan iawn fe es i ddyled gyda fy rhent a chefais drafferth datrys hyn mewn cyfarfodydd wyneb yn wyneb gyda fy landlord. Roedd yn ymddangos fel petai fy mywyd yn chwalu'n deilchion. Roedd y peth yn dorcalonnus ac yn ddigon i'ch hurtio. Doedd gen i ddim synnwyr o hunan-werth o gwbl. Beth bynnag roeddwn i'n ei wneud, nid oedd unrhyw oleuni ym mhen draw'r twnnel.

Rwy'n credu bod fy nheulu wedi dioddef mwy na fi; fe welon nhw rywun yr oedden nhw'n edrych ato am gymorth ac efallai arweiniad ar un adeg, mewn cyflwr lle nad oedd hyd yn oed yn gallu helpu ei hun gyda materion dibwys.

Rwy'n gwybod nawr bod cymorth ar gael i gyn-filwyr, ond pan oedd angen cymorth arna' i, doeddwn i ddim yn gwybod at bwy i droi. Rydw i wedi cael cymorth a chefnogaeth ers hynny ac mae bywyd yn teimlo'n fwy sefydlog, a'm dyfodol yn edrych yn fwy disglair erbyn hyn. Nawr, hyd yn oed ar ddydd Sadwrn tywyll a diflas, mae 'na reswm i godi yn y bore.

TYBIAETH

"Os nad ydych yn cysgu ar y stryd, dydych chi ddim yn ddigartref"

FFAITH

Canfu arolwg gan y Swyddfa Archwilio Genedlaethol yn 2007 fod ychydig yn llai na 5% o gyn-filwyr wedi profi digartrefedd ers gadael y lluoedd arfog. Mae tystiolaeth yn dangos y gallai rhai pobl ei chael hi'n anodd addasu i fywyd y tu allan i'r fyddin, o ganlyniad i ffactorau fel trawma ymladd neu natur deithiol y swydd.

Er bod gan bobl sydd wedi gwasanaethu yn y lluoedd arfog hawliau ychwanegol i dai fel grŵp blaenoriaethol, maen nhw ond yn gymwys i gael y cymorth ychwanegol hwn os ydyn nhw'n ddigartref ar yr adeg rhyddhau. Os byddant yn canfod eu hunain yn ddigartref ar ôl gadael y lluoedd, maen nhw'n gymwys i gael yr un faint o gymorth â phawb arall yn unig.

MYTH

"Some people choose to be homeless"

SONIA'S STORY

My landlady wanted her house back so I had to leave but I am not the typical homeless person you might think of. I was already a pensioner at that point. I was a professional person all my life and I did not chose to become homeless.

At that point in my life the fear of losing everything took over - it's the little things we all have that gave stability to my life and I realised I could suddenly lose everything.

STORI SONIA

Roedd perchennog y tŷ roeddwn yn byw ynddo eisiau ei chartref nôl felly roedd yn rhaid i mi adael. Ond dydw i ddim y math o berson digartref nodweddiadol y byddech yn ei ddychmygu. Roeddwn eisoes yn bensiynwraig ar yr adeg honno. Roeddwn wedi bod yn berson proffesiynol ar hyd fy mywyd gwaith a wnes i ddim dewis bod yn ddigartref.

Ar yr adeg honno yn fy mywyd roedd ofn colli popeth wedi cymryd drosodd – y pethau bach sydd gennym ni i gyd a roddodd sefydlogrwydd i'm bywyd ac fe sylweddoles i y gallwn golli popeth yn sydyn.

TYBIAETH

"Mae rhai pobl yn dewis bod yn ddigartref"

FACT

Homelessness is not a lifestyle choice.

Being homeless is brutally tough: homeless people are 13 times more likely to be a victim of violent crime than the general public, and 47 times more likely to be a victim of theft.

A person sleeping rough is 35 times more likely to commit suicide than the average person. The vast majority of people sleeping rough are doing so not out of choice but out of necessity.

FFAITH

Nid dewis o ran ffordd o fyw yw digartrefedd.

Mae bod yn ddigartref yn eithriadol o anodd: mae pobl ddigartref 13 gwaith yn fwy tebygol o ddioddef trosedd dreisgar na'r cyhoedd, a 47 gwaith yn fwy tebygol o ddioddef lladrad.

Mae rhywun sy'n cysgu ar y stryd 35 gwaith yn fwy tebygol o'i ladd ei hun na rhywun cyffredin. Mae'r mwyafrif llethol o bobl sy'n cysgu ar y stryd yn gwneud hynny o anghenraid yn hytrach na dewis.



Shelter Cymru

We believe everybody in Wales deserves a decent, secure home: it is the foundation for the health and wellbeing of people and communities.

Shelter Cymru helps people in Wales every year struggling with bad housing or homelessness and we campaign to prevent it in the first place. We're here so that no one has to fight bad housing or homelessness on their own.

Take Notice Project

Wales is moving towards a fairer and more inclusive approach to homelessness, with new rights for people using homelessness services included on the new Housing (Wales) Act.

Take Notice is working with people who have personal experience of homelessness. By sharing their experiences we aim to directly influence policy and decision makers, service providers and communities. We want people to understand that homelessness can happen to anyone. We want to challenge negative perceptions about the causes and effects of homelessness and to build more resilient and inclusive communities by increasing understanding and awareness.

Shelter Cymru

Rydym ni'n credu bod pawb yng Nghymru yn haeddu cartref gweddus a diogel: mae'n sylfaenol i iechyd a lles pobl a chymunedau.

Mae Shelter Cymru yn helpu pobl yng Nghymru bob blwyddyn sy'n cael trafferth gyda thai gwael neu ddigartrefedd, ac rydym ni'n ymgychu i atal y problemau hynny yn y lle cyntaf. Rydym ni yma i sicrhau nad oes rhaid i unrhyw un yn ymladd yn erbyn tai gwael neu ddigartrefedd ar ei ben ei hun.

Y Prosiect Daliwch Sylw

Mae Cymru'n symud tuag at ymagwedd decach a mwy cynhwysol tuag at ddigartrefedd, yn sgîl y ffaith bod hawliau newydd i bobl sy'n defnyddio gwasanaethau digartrefedd wedi'u cynnwys yn y Ddeddf Tai newydd ar gyfer Cymru.

Mae Daliwch Sylw yn gweithio gyda phobl sydd â phrofiad personol o ddigartrefedd. Trwy rannu eu profiadau, ceisiwn ddylanwadu'n uniongyrchol ar bolisi a'r rhai sy'n gwneud penderfyniadau, darparwyr gwasanaeth a chymunedau. Rydym ni eisiau i bobl ddeall bod digartrefedd yn gallu digwydd i unrhyw un. Rydym ni eisiau herio canfyddiadau negyddol ynglŷn ag achosion ac effeithiau digartrefedd a chreu cymunedau mwy cydnherth a chynhwysol trwy gynyddu dealltwriaeth ac ymwybyddiaeth.



The law has changed in Wales and more people can get help. For help, advice and support contact Shelter Cymru's Helpline on

0345 075 5005

or online at: www.sheltercymru.org.uk/get-advice

To find out more about Shelter Cymru's Take Notice project:

www.sheltercymru.org.uk/projects/take-notice

If you want to help us fight against poor housing and homelessness in Wales, become a campaign supporter: sheltercymru.org.uk/support-us

Registered charity number: 515902

Mae'r gyfraith wedi newid yng Nghymru ac mae mwy o bobl yn gallu cael cymorth. Cysylltwch â Shelter Cymru ar

0345 075 5005

neu <http://sheltercymru.org.uk/get-advice>

I gael gwybod mwy am brosiect Daliwch Sylw Shelter Cymru

www.sheltercymru.org.uk/projects/take-notice

Osydych chi eisiau ein helpu i ni i ymladd yn erbyn cartrefedd gwael a digartrefeddyng Nghymru, dewch yn gefnogwrymgyrchoedd:

sheltercymru.org.uk/support-us

Rhif cofrestru'relusen: 515902

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