

## What some people have said:

*"I was nervous about going out in crowds - so I approached Tai Esgyn for someone who understood to come with me to watch my favourite football team. I was able to buy my own Tai Esgyn service on a match-by-match basis. Now I really look forward to the games."*

*"I asked Tai Esgyn for some extra support for my son - I was very concerned as he had never lived on his own before. His Tai Esgyn staff member worked with him - and now he can do his own shopping and manage his own money."*

*"I was able to top up my Direct Payments and have a Tai Esgyn staff member come with me to do an evening course. I was able to meet new people and learn a new skill."*

### Further information

If you would like to know more or have any questions, please contact the Tai Esgyn office on the number below and ask to speak to Simon Rogers or Eryl Pellow.

If you require this information in large print, braille or any other language, please contact Tai Esgyn.

**Tai Esgyn Housing, Beaufort House**  
**Beaufort Road, Swansea, SA6 8JG**  
**(01792) 798656**



**INVESTORS | BUDDSODDWYR**  
**IN PEOPLE | MEWN POBL**



**How Tai Esgyn Can Help You**  
***Caring for your Mental Health***

## Do You or does Someone You Know

need support with  
their mental health?

**Tai Esgyn  
can help you.**

1 in 4 of us will need some help with our mental health at some point or other in our lives. When this happens to you or to someone you know, it can make you feel alone - and you may not be sure where you can turn for support. This is where **Tai Esgyn** can help.

Established in 1977, **Tai Esgyn** has over **30 years'** experience of providing support and housing to people with a range of mental and physical health needs.



## Working With You

Tai Esgyn's staff will work with you in your own home. By talking to you and to the other people who may be helping you, Tai Esgyn staff will draw up a plan outlining what you want to do. Tai Esgyn's staff will then work with you to achieve your goals.

## Whenever You Want

Tai Esgyn staff can work with you several times a day, every day of the week, every week of the year.

## Finding A New Home

If you are looking for a new home, Tai Esgyn may also be able to help with finding you somewhere to live.

***'Working with people  
to become  
all that they thought  
they could be -  
and more!'***

[www.taiesgyn.org.uk](http://www.taiesgyn.org.uk)

*Registered Company no: 1296339  
Registered Charity no: 506076*

## Achieving Together

**Tai Esgyn staff can work with you to:**

- **Sort out any difficulties you might have in managing your home**
- **Give you budgeting and benefits advice**
- **Help you keep to your community care plan, if you have one**
- **Attend a college course**
- **Use public transport**
- **Go shopping**
- **Go out for a meal, to the pub or to the match**
- **Go on holiday**
- **Stay in your own home if the people who usually look after you go on holiday.**

**Tai Esgyn can also work with you if:**

- **You misuse substances**
- **You have physical health needs**
- **You have forgetfulness and memory loss**
- **If you need a break from being a carer.**



## Who Will Pay?

You can pay for Tai Esgyn's services yourself by using your own money, benefit payments or by topping up Direct Payments.

If you already receive support from Social Services and are eligible, your Tai Esgyn service could be paid for by Community Care or Supporting People money.

If you have health needs and are eligible, then your Tai Esgyn service could be paid for by Continuing Care money.

If you feel you need a service and cannot pay for it, Tai Esgyn staff may be able to help you to find a way to fund it.

***Working with People  
to get on with Life***