



‘After the hurt, there is hope’

Elaine’s Story:

“My name is Elaine and I am a survivor of domestic abuse.

I suffered mental, emotional and physical abuse for 2 ½ years at the hands of someone I thought loved me. I was frightened to leave because of the comeuppance I thought I’d get. My confidence was so low and I wasn’t myself anymore. Where once I’d had a great job, friends and family, suddenly, my life changed.

The relationship started off well - he treated me to clothes, shoes and romantic nights - but after about 2 months, the violence started. **He isolated me from my friends and family.** I had food thrown over me several times. The beatings were increasing every week - I’d lost count. He belittled me in front of his mates. **He even stabbed me twice.**

When I first told him I was leaving, he pushed me so hard into the corner of the doorway, I lost consciousness. When I came around I was being slapped across the face. My face was covered in blood. When I said no to sex, he tied me to the bed naked and raped me.

He even killed our dog. It’s too upsetting to describe what he did but I couldn’t do anything to stop him. I tried, but got punched. **I eventually left with just the clothes on my back.**

I’ve since been married, divorced and then met another partner, but was unlucky to suffer physical and mental abuse again. This is when I was put in touch with Hafan Cymru.

They invited me to attend the Freedom Programme which taught me confidence and independence, showed me what relationships should and shouldn’t be like, and enabled me to like myself again. Listening to others showed me I wasn’t alone and that I have control over my life and future relationships.

They also put me in touch with the Genesis Programme which enabled me to go on taster courses - first aid, pottery etc. They have a crèche for your little ones, and you meet other service users by attending events, outings and activities.

At Hafan Cymru, there’s always **someone to talk to, someone to listen and they don’t judge.** They’ve given me guidance and advice on difficult issues and have become a friend.

I now want to give back to Hafan Cymru and help promote the services they have to offer by sharing my experiences and by showing others in a similar situation to mine that after the hurt there is hope.”



‘Wedi’r boen, daw gobaith’

Stori Elaine:

“Fy enw i yw Elaine ac rwyf wedi llwyddo i oroesi camdriniaeth domestig.

Fe ddiodeffais i gamdriniaeth meddyliol, emosiynol a chorfforol dros gyfnod o ddwy flynedd a hanner dan ddwylo rhywun ro’n i’n meddwl oedd yn fy ngharu. Roedd arna i ofn gadael oherwydd yr hyn ro’n i’n meddwl y byddai e’n gwneud i mi. Doedd gen i ddim hyder, a doedden i ddim yn teimlo fel fi fy hun. Ar un adeg roedd hen i swydd grêt, ffrindiau a theulu, ond yn sydyn, fe newidiodd fy mywyd.

Fe ddechreuodd y berthynas yn dda – roedd e’n fy nhretio i i ddillad, esgidiau a nosweithiau rhamantus - ond ar ôl tua 2 fis, fe ddechreuodd y trais. **Roedd e’n mynnu fy nghadw i oddi wrth fy ffrindiau a fy rheulu.** Tafloodd fwyd drosta i sawl gwaith. Roedd e’n fy nharo i’n fwy cyson wrth i’r wythnosau fynd heibio - tan i mi golli cyfrif. Roedd e’n fy mychanu i o flaen ei ffrindiau. **Fe wnaeth e hyd yn oed fy nhrywanu i ddwywaith.**

Pan wnes i ddweud wrtho’r tro cyntaf mod i’n ei adael, fe wthiodd fi mor galed i mewn i gornel y drws, fel mod i wedi colli ymwybyddiaeth. Pan ddeffrais, roedd e’n fy nharo i ar draws fy ngwyneb. Roeddwn wedi fy ngorchuddio gan waed. Pan wrthodais gael rhyw, fe glymodd fi’n noethlymun i’r gwely ac fe’m treisiodd.

Fe wnaeth e hyd yn oed lladd ein ci ni. Mae’n rhy erchyll o beth i ddisgrifio yr hyn a wnaeth ond doedden i ddim yn gallu gwneud unrhyw beth i’w rwystro. Pan wnes i drïo, cefais fy

nharo. **Yn y pen draw, fe adewais gyda dim ond fy nillad amdanaf.**

Ers hyn dw i wedi priodi, ysgaru a chyfarfod â phartner arall, ond yn anlwcus fe ddiodeffais gamdriniaeth gorfforol a meddyliol unwaith eto. Dyna pryd **y gwnes i’r cysylltiad gyda Hafan Cymru.**

Ces i fy ngwahodd i fynychu’r Rhaglen Ryddid, a ddysgodd i mi hyder ac annibyniaeth, ac a ddangosodd i mi yr hyn y dylai perthnasoedd fod fel a’r hyn nad oedd yn iach mewn perthynas. Rhoddodd hefyd y cyfle i mi ddechrau hoffi fy hun unwaith eto. Roedd cael y cyfle i wrando ar eraill yn dangos i mi nad oeddwn ar fy mhen fy hun a bod gen i reolaeth dros fy mywyd a fy mherthnasau yn y dyfodol.

Drwy Hafan, fe gysylltais a’r Rhaglen Genesis, oedd yn fy ngalluogi i fynd ar gyrsiau blasu – cymorth cyntaf, crochenwaith ac ati. Mae ganddynt feithrinfa ar gyfer eich rhai bach, a rydych yn cwrdd â defnyddwyr gwasanaeth eraill trwy fynychu digwyddiadau, teithiau a gweithgareddau.

Yn Hafan Cymru, mae **rhywun bob amser yn barod i siarad â chi, ma ‘na rywun i wrando arnoch a dydyn nhw ddim yn barnu.** Maen nhw wedi rhoi arweiniad a chyingor i mi ar faterion anodd ac erbyn hyn wedi dod yn ffrind.

Rwyf yn awr eisiau rhoi rhywbeth yn ôl i Hafan Cymru, drwy helpu i hybu’r gwasanaethau sydd ganddynt a rhannu fy mhrofiadau, gan ddangos i eraill mewn sefyllfa debyg **bod gobaith wedi’r boen**”.