



Healing childhood scars

Peter 's Story:

When Peter was four, he and his two brothers were beaten regularly and his sister sexually abused at the hands of their father. They went to school dirty and hungry and took to shop-lifting to feed their empty stomachs. **Hard work and abuse was a way of life. Peter's mother too suffered physical and mental torment at the hand of his father.**

Aged nine, the authorities placed Peter and his siblings in care. Peter thought he would be safe, **but during a period of nine years he was physically and sexually abused by teachers and carers.** At 14 he developed an ulcer. A stay at one establishment resulted in Peter being admitted to hospital for a back injury inflicted by a teacher - there are allegedly no medical records.

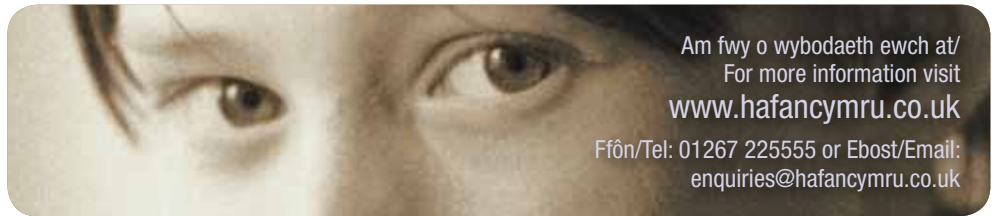
Peter left care when he was 18. Between this time and the age of 23 he was in and out of prison for several crimes, some serious.

He was also badly let down by partners in the years that followed, **including one who deceived him with his best friend and later, the mother of his five children, who stole from the family to support her alcohol dependent lifestyle, openly flaunted her casual sexual liaisons and eventually left the family home announcing that she would put the children in care unless Peter looked after them.**

Let down by his upbringing, by the authorities that should have kept him safe, by partners that proved unloving, Peter resolved to put all his energy as a lone parent into providing what is best for his five children. Although he is not the biological father to all the children, he is desperate to keep them safe and to give them a better life than he has had.

Peter came to Hafan Cymru in January 2010. Having experienced such physical and mental cruelty during his life, **along with bouts of his own anger and violence** as a result of it, at Hafan Cymru, Peter **was able to tell his story and weep, not only for his past, but because he had finally found someone that would listen and help him.**

After a few months, on good days, Peter can smile and joke. He needs a huge amount of support to help him realise his goals. The physical scars inflicted by his father's leather belt have gone but he says he can never forget the past. At Hafan Cymru we hope we can help fade these memories at least, **and that Peter's heart and mind will heal with time.**



Iachau creithiau plentyndod

Stori Peter:

Pan oedd Peter yn bedwar, roedd ef a'i frawd yn cael eu curo'n rheolaidd - a'i chwaer yn cael ei chamdrin yn rhywiol - gan eu tad. Roeddent yn mynd i'r ysgol yn fudr ac yn llwgu, ac fe ddechreuon nhw ddwyn er mwyn bwydo'u stumogau gwag. **Roedd gwaith caled a chamdriniaeth yn ffordd o fyw. Roedd mam Peter hefyd yn dioddef yn gorfforol ac yn feddyliol dan ddwylo ei dad.**

Yn naw oed, rhoddodd yr awdurdodau lleol Peter a'i frodyr mewn gofal. Meddyliai Peter ei fod yn mynd i fod yn ddiogel bellach, **ond yn ystod cyfnod o naw mlynedd cafodd ei gamdrin yn gorfforol ac yn rhywiol gan athrawon a gofalwyr.** Yn 14 oed, fe ddatblygodd wlsr. Ar ôl aros mewn un sefydliad, cafodd Peter ei gludo i'r ysbty oherwydd anaf i'w gefn a achoswyd gan athro - does dim cofnodion meddygol yn ôl pob tebyg.

Gadawodd Peter y lle gofal pan oedd yn 18. Rhwng yr amser hwn tan ei fod yn 23 oed roedd e i mewn ac allan o'r carchar am nifer o droseddau, rhai difrifol.

Cafodd hefyd ei adael i lawr yn wael gan bartneriaid yn y blynyddoedd dilynol, gan gynnwys **un a oedd yn caru ar y slei gyda'i ffrind gorau,** ac yn ddiweddarach, y fam i'w bump o blant oedd yn dwyn wrth y teulu er mwyn cefnogi ffordd o fyw oedd yn ddibynnol ar alcohol. Roedd hi hefyd yn agored iawn o'i pherthnasau rhywiol achlysurol gyda dynion eraill, **ac fe adawodd gartref y teulu yn y pen**

draw gan gyhoeddi y byddai'n rhoi plant mewn gofal os na fyddai Peter yn edrych ar eu hôl.

Wedi ei adael i lawr gan ei fagwraeth, gan yr awdurdodau a ddylai fod wedi ei gadw yn ddiogel, a chan bartneriaid a brofodd yn anghariadus, penderfynodd Peter ymroi'n llwyr fel rhiant unigol i ddarparu yr hyn oedd orau i'w bump o blant. Er nad ef yw tad biolegol pob un o'r plant, mae e'n taeru ei fod am eu cadw'n ddiogel a rhoi iddynt fywyd gwell nag oedd ganddo ef.

Daeth Peter at Hafan Cymru ym mis Ionawr 2010. Ar ôl profi'r fath greulondeb corfforol a meddyliol yn ystod ei fywyd, **ynghyd â phyliau ei hun o ddicter a thrais** o ganlyniad i hynny, yn Hafan Cymru, roedd Peter **yn gallu dweud ei stori ac wylo - wylo dros ei orffennol, ond hefyd oherwydd ei fod o'r diwedd wedi dod o hyd i rywun a fyddai'n gwranddo ac yn ei helpu ef.**

Ar ôl rhai misoedd, ar ddiwrnod da, mae Peter yn medru gwenu a jocio. Mae angen llawer iawn o gymorth arno i'w helpu i wireddu ei amcanion. Mae'r creithiau corfforol a achoswyd gan wregys lledr ei dad wedi mynd ond mae'n dweud na fydd yn medru anghofio'r gorffennol. Yn Hafan Cymru rydym yn gobeithio y gallwn ni helpu i bylu'r atgofion hyn o leiaf, **a bod calon a meddwl Peter yn medru gwella gydag amser.**