

## HEP C IN WALES - WHAT'S THE STORY?

HEPATITIS C (or Hep C) is a virus that attacks the liver, if it is left untreated it can cause serious liver disease

There is treatment available

It is spread by sharing injecting equipment

Last year over 700 injectors in Wales took part in a survey. The survey showed how many people had Hep C

### WHAT DID WE FIND OUT?

- One in every four injectors had Hep C
- Most people who had Hep C didn't know they had it
- Young injectors are just as likely to catch Hep C as older injectors
- Sharing spoons, filters, and water spreads infection
- Sharing needles and syringes spreads infection

**GET TESTED** if you find out you are positive  
then **TREATMENT IS AVAILABLE**

**YOU CAN AVOID CATCHING HEP C**

**TRY TO PLAN AHEAD** and avoid sharing anything. This includes not sharing wash out water, filters, spoons as well as not sharing needles and syringes

Turn over the page to find out where you can go for more information

## WHERE TO GET TESTED

If you are thinking about getting or have been tested and don't know what to do next - talk to a drug worker or to your GP, or call one of the organisations listed below:

### THE NORTH WEST

Substance Misuse Service  
North West Wales NHS Trust:  
01248 718030

### THE NORTH EAST

Harm Reduction Team  
(North Wales): 01244 818513  
North East Wales Drug Service at  
Wrexham: 01978 261125  
Rhyl: 01745 338868  
Deeside: 01244 831798

### MID and West WALES

Mike at Prism Mid and West Wales  
Alcohol and Drug Advisory Service:  
01267 231634  
West Wales SMS: 01267 244442

### CARDIFF and the VALE

Cardiff Addictions Unit: 02920 461742  
Cardiff - Inroads: 02920 407407  
Barry - Inroads: 01446 404040  
Barry - Newlands: 01446 700943

### THE VALLEYS

TEDs: 01685 880090  
Pontypridd and Rhonnda CDAT:  
01443 217026

### BRIDGEND

Bridgend - CDAT: 01656 754300  
Linda or John at Bridgend -  
WGCADA: 01656 667717  
OGWR DASH: 01656 650686

### NEWPORT and GWENT

Paul at Kaleidoscope  
Newport: 01633 245890  
James at Kaleidoscope  
Tredgar: 01495 713040  
Gwent CDAT: 01633 216777

### NEATH and PORT TALBOT

Pauline at WGCADA: 01639 633630

### SWANSEA

Carole at SAND: 01792 472002  
Peter at Swansea CDAT:  
01792 654630 / 07813313903  
Alun at WGCADA: 01792 472519

### CAERPHILLY

Drugaid: 02920 868675

### MERTHYR TYDFIL

Gail at Midas: 01685 721991

Below is a list of GUM clinics throughout Wales. You don't need to worry about contacting any of them: they will deal with you sympathetically, and nobody else will know you've been, you don't even have to give your name.

<b>ABERDARE</b>	General Hospital GUM Department <b>Tel:</b> 01685 872411 ext 4637
<b>ABERYSTWYTH</b>	GUM Department North Road Clinic <b>Tel:</b> 01970 636216
<b>BANGOR</b>	GUM Department Ysbyty Gwynedd <b>Tel:</b> 01248 384054
<b>BRIDGEND</b>	GUM Department Princess of Wales Hospital <b>Tel:</b> 01656 752752 / 01656 752767
<b>CARDIFF</b>	GUM Department Cardiff Royal Infirmary <b>Tel:</b> 029 2033 5207 / 029 2033 5208
<b>CARMARTHEN</b>	GUM Department West Wales General Hospital v 01267 227833
<b>HAVERFORDWEST</b>	GUM Department Withybush General Hospital <b>Tel:</b> 01437 773315 / 01792 285096
<b>HOLYHEAD</b>	GUM Department Ysbyty Penrhos Stanley <b>Tel:</b> 01407 766026 / 370376
<b>LLANDUDNO</b>	GUM Department Llandudno General Hospital <b>Tel:</b> 01492 860066 ext 2360 / 01248 370376
<b>LLANELLI</b>	Elizabeth Williams Centre Llanelli <b>Tel:</b> 01554 744053
<b>LLANTRISANT</b>	GUM Department Royal Glamorgan Hospital <b>Tel:</b> 01443 443597
<b>NEWPORT</b>	GUM Department Royal Gwent Hospital <b>Tel:</b> 01633 234555
<b>PEMBROKE DOCK</b>	South Pembrokeshire Hospital <b>Tel:</b> 01437 773315
<b>PONTYPOOL</b>	GUM Department Panteg County Hospital <b>Tel:</b> 01633 234555
<b>PONTYPRIDD</b>	Students Health Centre Dewi Sant Hospital <b>Tel:</b> 01443 443597
<b>PONTYPRIDD</b>	GUM Department Dewi Sant Hospital <b>Tel:</b> 01443 443597
<b>PORT TALBOT</b>	GUM Department Port Talbot Hospital <b>Tel:</b> 01639 762672 / 01792 285016/5
<b>PWLLHELI</b>	GUM Department Pwllheli LL53 5BL <b>Tel:</b> 01758 701000 ext 55: 01248 370376
<b>RHYL</b>	GUM Department Ysbyty Glan Clwyd <b>Tel:</b> 01745 534455
<b>SWANSEA</b>	GUM Department Singleton Hospital <b>Tel:</b> 01792 285015
<b>WREXHAM</b>	GUM Department Wrexham Maelor Hospital <b>Tel:</b> 01978 727197

### OTHER USEFUL CONTACTS

Wales Drug and Alcohol Help-line available 24/7 0800 6335588

Hepatitis C Helpline 0870 200 1 200 (Staffed by volunteers who have or have had hepatitis C)  
[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

## HEP C YNG NGHYMURU – BETH SY’N DIGWYDD?

HEPATITIS C (neu Hep C) yw firws sy’n ymosod ar yr iau; os nad yw’n cael ei drin, gall greu clefyd difrifol ar yr iau

Mae triniaeth ar gael

Mae’n cael ei ledaenu trwy rannu offer chwistrellu

Y llynedd cymerodd dros 700 o chwistrellwyr yng Nghymru ran mewn astudiaeth. Dangosodd yr arolwg faint o bobl oedd â Hep C

### BETH OEDD EIN CANFYDDIADAU?

- Roedd un ym mhob pedwar o chwistrellwyr â Hep C
- Doedd y rhan fwyaf o bobl â Hep C ddim yn gwybod ei fod o arnyn nhw
- Mae chwistrellwyr ifanc yr un mor debygol o ddal Hep C â’r rhai hŷn
- Mae rhannu llwyau, hidlenni, a dŵr yn lledaenu haint
- Mae rhannu nodwyddau a chwistrellau’n lledaenu haint

Ewch am brawf – os yw’r canlyniad yn gadarnhaol yna **MAE TRINIAETH AR GAEL**

### GALLWCH OSGOI DAL HEP C

**MEDDYLIWCH YMLAEN LLAW** a pheidiwch â rhannu dim byd. Mae hyn yn cynnwys peidio â rhannu’r dŵr glanhau nodwyddau, hidlenni na llwyau a pheidio â rhannu nodwyddau na chwistrellau

Ewch i’r dudalen nesaf am fwy o wybodaeth

## BLE I FYND AM BRAWF

Os ydych yn meddwl am gael prawf neu wedi cael eich profi a ddim yn gwybod beth i’w wneud nesaf - ewch am sgwrs hefo gweithiwr cyffuriau neu’ch meddyg teulu, neu ffoniwch un o’r sefydliadau yn y rhestr isod:

### Y GOGLEDD ORLEWIN

Gwasanaeth Camddefnyddio Sylweddau  
Ymddiriedolaeth GIG Gogledd Orllewin  
Cymru: Ffôn 01248 718030

### Y GOGLEDD DDWYRAIN

Harm Reduction Team  
(Gog.Cymru): 01244 818513  
Gwasanaeth Cyffuriau  
Gogledd Ddwyrain Cymru  
Wrecsam: 01978 261125  
Y Rhyl: 01745 338868  
Glannau Dyfrdwy: 01244 831798

### CANOLBARTH a GORLLEWIN CYMRU

Mike yn Prism - Gwasanaeth Cynghori  
ar Alcohol a Chyffuriau Canolbarth a  
Gorllewin Cymru: 01267 231634  
SMS Gorllewin Cymru: 01267 244442

### CAERDYDD a’r FRO

Uned Addictions Caerdydd: 02920 461742  
Inroads - Caerdydd: 02920 407407  
Inroads – Y Barri: 01446 404040  
Newlands – Y Barri: 01446 700943

### Y CYMOEDD

TEDs: 01685 880090  
Pontypridd a Rhondda CDAT:  
01443 217026

### PEN-Y-BONT AR OGWR

Pen-y-Bont ar Ogwr - CDAT:  
01656 754300  
Linda neu John yn Pen-y-Bont  
ar Ogwr - WGCADA: 01656 667717  
OGWR DASH: 01656 650686

### CASNEWYDD a GWENT

Paul yn Kaleidoscope  
Casnewydd: 01633 245890  
James yn Kaleidoscope  
Tredgar: 01495 713040  
Gwent CDAT: 01633 216777

### CASTELL-NEDD a PHORT TALBOT

Pauline yn WGCADA:  
01639 633630

### ABERTAWE

Carole yn SAND: 01792 472002  
Peter yn Abertawe CDAT:  
01792 654630 / 07813313903  
Alun yn WGCADA: 01792 472519

### CAERFFILI

Drugaid: 02920 868675

### MERTHYR TYDFIL

Gail yn Midas: 01685 721991

Isod mae rhestrau o glinigau GUM ar hyd a lled Cymru. Does dim rhaid i chi boeni cyn cysylltu ag unrhyw un o’r rhain: fe fydden nhw’n llawn cydymdeimlad a fydd neb arall yn gwybod eich bod wedi bod yno, does dim rhaid i chi roi eich enw hyd yn oed.

### ABERDÂR

Ysbyty Cyffredinol Adran GUM Ffôn: 01685 872411 est 4637

### ABERTAWE

Adran GUM Ysbyty Singleton Ffôn: 01792 285015

### ABERYSTWYTH

Adran GUM Clinig Ffordd y Gogledd Ffôn: 01970 636216

### BANGOR

Adran GUM Ysbyty Gwynedd Ffôn: 01248 384054

### CAERGYBI

Adran GUM Ysbyty Penrhos Stanley Ffôn: 01407 766026 / 370376

### CAERDYDD

Adran GUM Ysbyty Brenhinol Caerdydd

Ffôn: 029 2033 5207 / 029 2033 5208

### CAERFYRDDIN

Adran GUM Ysbyty Cyffredinol Gorllewin Cymru Ffôn: 01267 227833

### CASNEWYDD

Adran GUM Ysbyty Brenhinol Gwent Ffôn: 01633 234555

### DOC PENFRO

Ysbyty De Penfro Ffôn: 01437 773315

### HWLLFFORDD

Adran GUM Ysbyty Cyffredinol Llwynhelyg

Ffôn: 01437 773315 / 01792 285096

### LLANDUDNO

Adran GUM Ysbyty Cyffredinol Llandudno

Ffôn: 01492 860066 est 2360 / 01248 370376

### LLANELLI

Canolfan Elizabeth Williams Llanelli Ffôn: 01554 744053

### LLANTRISANT

Adran GUM Ysbyty Brenhinol Morgannwg v 01443 443597

### PEN-Y-BONT AR OGWR

Adran GUM Ysbyty Tywysoges Cymru

Ffôn: 01656 752752 / 01656 752767

### PONT-Y-PŴL

Adran GUM Ysbyty Panteg Ffôn: 01633 234555

### PONTYPRIDD

Canolfan Iechyd Myfyrwyr Ysbyty Dewi Sant Ffôn: 01443 443597

### PONTYPRIDD

Adran GUM Ysbyty Dewi Sant Ffôn: 01443 443597

### PORT TALBOT

Adran GUM Ysbyty Port Talbot Ffôn: 01639 762672 / 01792 285016/5

### PWLLHELI

Adran GUM Pwllheli LL53 5BL Ffôn: 01758 701000 est 55: 01248 370376

### WRECSAM

Adran GUM Ysbyty Maelor Wrecsam Ffôn: 01978 727197

### Y RHYL

Adran GUM Ysbyty Glan Clwyd Ffôn: 01745 534455

### CYSYLLTIADAU DEFNYDDIOL ERAILL

Linell Gymorth Cyffuriau ac Alcohol Cymru ar gael 24/7 0800 6335588

Linell Gymorth Hepatitis C 0870 200 1 200 (Gwirfoddolwyr sydd â hepatitis C neu wedi ei gael yw’r staff)

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