

CARDIFF AND VALE TRANSFORMATION FUNDING: PROJECT 6

Resilience
Project
Prosiect
Gwydnwch

As we enter spring, there is a feeling of new beginnings and change. After a successful 3 years, the Resilience Project is coming to an end. We would like to thank you for your continued support throughout the project; we have sincerely enjoyed working with every member of staff, school, family and professional along the way.

THANK
YOU

Throughout the project, our team has changed a lot – gaining incredible new staff, but also saying goodbye to some of our amazing colleagues. We are wishing luck to Katy, Rosie and Nicola as they begin new adventures and roles – thank you for everything! Good luck also to Vicky who will be starting a new part time role!

Although the project is coming to an end, some members of the team (alongside colleagues from Primary Mental Health) will be transitioning to a brand new service within the Cardiff and Vale Health Board – the Schools In-Reach Service. You can read more about the new service on page 3.

Since the beginning of the Resilience Project. The team have,



Delivered over
700
direct interventions
sessions



Delivered
366
consultations to
education staff



Supported
298
children, young people
and their families through
direct interventions



Developed
71
bilingual resources
for educators, parents/
carers, and children and
young people



Trained
1568
professionals on topics
around mental health



In our work with other health
teams, supported
115
children and young people

RESOURCES

The Resilience Project have developed over 70 resources for education staff, parents/carers and children and young people, including 14 films that have been watched over 3000 times! Our latest bundle of resources look at therapeutic parenting and teaching. All resources are available in both English and Welsh, with some also available in Polish, and can now be found in their permanent home on [Cardiff and Vale Health board Children Young People and Family webpage.](#)

"Gave me a better understanding of key issues that CYP face and how to support them"

(Education staff)

TRAINING

We have developed a range of 'Understanding...' webinars on: [Unpicking Mental Health Through an Adverse Childhood Experiences Lens](#); Understanding and Responding to Distress ([Part 1](#) and [Part 2](#)); and [Understanding and Responding to Self-harm](#). Recordings of these webinars can be viewed on our YouTube Channel: '[Cardiff and Vale Resilience Project](#)'.

We have also developed and delivered interactive workshops. These have been on topics such as; 'Tree of Life', 'School Based Anxiety: An Individualised Approach', 'The Three R's of Responding: strategies for supporting learners with emotional regulation', 'Supporting Young People's Emotional Regulation with PACE', and 'Playing with words: exploring thinking and feeling through stories'.

"I have been able to work on the strategies in the school based anxiety with a school non-attender. This has been building confidence working with parents and the child to manage some small steps to short attendance"

CONSULTATION AND DIRECT WORK

Over the project, we have offered regular consultations slots for education staff and teams to think about specific children and young people. These consultations provide psychologically led discussions to co-create a formulation of the child's needs, which informs strategies and ways forward. From these consultations, we have frequently offered direct support to the families, whilst liaising with education staff and professionals involved to promote a consistent approach. Consultations have also led to individualised support for schools around developing a trauma informed ethos within the education setting.

"Consultations have helped build a valuable bridge between health and education, allowing the PRU to form a real holistic view of the whole child. Information shared with parents and staff has also shown that they feel supported, informed and included. This has been a vital resource in providing additional evidence for additional learner support from other agencies whether it be from health or education. It is a vital resource for those learners that may not meet the CAHMS threshold for support, but definitely need some additional support"

EDUCATION STAFF

"This service has been a godsend for me. The practical steps given were so clear and helpful! The Graduate Mental Health Worker was so approachable and supportive. Amazing, thank you!" - Parent



GROUP WORK

FEELINGS ARE FUNNY THINGS

We have co-facilitated our 'Feelings are funny things' intervention with education staff in

11 schools across Cardiff and the Vale, supporting **70 children** in total.

Delivered to a group of 8-12 children, "Feelings are funny things" is a small group intervention that helps young people to develop emotional literacy and build confidence, through stories, games and emotional regulation activities. We are pleased that 'Feelings are funny things' will continue into the new service and we look forward to working with more primary schools to deliver this fun group provision.

"I felt really comfortable with the people I was put with, I was reassured no one would judge me."

YOUNG PERSON

"Being part of this first group was a delightful and positive experience and I look forward to future groups and sessions." -

SCHOOL STAFF CO-FACILITATOR

PARENT GROUP

In partnership with Cardiff Parenting Service, we are excited to have piloted a new group for parents. Starting in the New Year, the group ran for 7 weeks and provided psycho-education and therapeutic strategies to parents to help them better understand and respond to their child. It was a great success and there will be more parent groups running in the future.

SELF-CARE

EMOTIONAL REGULATION

NATURAL AND
LOGICAL

UNDERSTANDING BEHAVIOUR

CONNECTION

CONSEQUENCES

LOOKING FORWARD

The Schools In-Reach service will build on the relationships, resources and training packages developed by the Resilience Project and benefit from the additional expertise and knowledge held by our colleagues within the Primary Mental Health schools team.

Newly developed locality teams will work with schools across Cardiff and Vale to support each school's whole school approach to mental health and wellbeing. There will also be a specialist team to support PRU and EOTAS provisions. A blend of training, consultation, group work and one-to-one sessions will be offered from the Summer Term, together with opportunities for schools to shape the ongoing menu of support available.

If you would like to receive updates on the implementation of the In-Reach Service, please complete this form.



FINAL REFLECTIONS FROM THE TEAM

What have you learned about yourself since working in the Resilience Project?



KATY JOINT CLINICAL LEAD PSYCHOLOGIST

I'm stronger and more capable than I could have imagined before joining the team. My thoughtfulness is an asset and makes me a better leader.



VICKY GRADUATE MENTAL HEALTH WORKER

I have learned the importance of working with different systems such as family and school when supporting CYP and seeing them working together as a team to make a positive change!

What have you found rewarding working in the Resilience Project?



CHLOE GRADUATE MENTAL HEALTH WORKER

I have been truly inspired by the families I have supported, and the determination, strength, and love they carry despite the challenges they've faced. To get to know such families, is the most rewarding part for me.



LEAH GRADUATE MENTAL HEALTH WORKER

I have really enjoyed working with a trauma-informed approach as a service, as well as the ability to work with the whole system around the child (i.e. family, school, key workers).

What resource would you recommend to most to parents?



ROSIE GRADUATE MENTAL HEALTH WORKER

I always advise parents/carers to have a look at all our resources, as they have been really well designed by some of our more creative colleagues, if I was to choose one I would say the PACE resources.



AMY OCCUPATIONAL THERAPIST

If I had to pick one, it would be 'regulating our body (window of tolerance)'. Recognising and responding to the needs of our nervous system is the foundation of emotional regulation; this resource is a great starting point for learning how to do that.

What do you do for self-care/to relax?



ELIN GRADUATE MENTAL HEALTH WORKER

I've started playing football and I've been learning to play the drums too. With football I can definitely see the benefit in terms of the 'feel good' factor you get from exercising. Drumming is such a mindful activity and repetitive and rhythmic activities 'quieten' down the lower parts of the brain so I feel regulated after my lesson.



LISA ART PSYCHOTHERAPIST

Outdoors is so important for my wellbeing & self-fulness; ideally with blue skies & sunshine but as long as I'm outside running, walking or camping I know I feel liberated & more at ease.

What are you most proud of in Resilience Project?



STEVE CLINICAL PSYCHOLOGIST

I think we have slowly had an impact on the culture of many of the schools and other agencies we work with and built up really positive working relationships



NICOLA TEAM SECRETARY

The people - all the people. The parents, teachers and children and young people who have all engaged with us. Most of all the people who make up the team. They have worked so hard and created something so worthwhile in their work. I am very proud of all of them.

THANK YOU FOR READING AND FOR JOINING US ON OUR JOURNEY AS THE RESILIENCE PROJECT. WE LOOK FORWARD TO SEEING WHAT THE FUTURE OF THE NEW SERVICE HOLDS.

CRONFA TRAWSNEWID CAERDYDD A'R FRO: PROSIECT 6

Resilience Project Prosiect Gwydnwch

Wrth i ni gamu i'r gwanwyn, mae teimlad o ddechreuad newydd a newid. Ar ôl 3 blynedd lwyddiannus, mae'r Prosiect Gwydnwch yn dod i ben. Hoffem ddiolch i chi am eich cefnogaeth barhaus drwy gydol y prosiect; rydym wir wedi mwynhau gweithio gyda phob aelod o staff, ysgol, teulu a gweithiwr proffesiynol ar hyd y ffordd.



Drwy gydol y prosiect, mae ein tîm wedi newid llawer - wnaethon ni ennill staff newydd anhygoel, ond hefyd roedd yn rhaid dweud ffarwel i rai o'n cydweithwyr gwych. Dymunwn bob lwc i Katy, Rosie and Nicola wrth iddynt ddechrau anturiaethau a rolau newydd - diolch am bopeth! Pob lwc hefyd i Vicky a fydd yn dechrau rôl ran-amser newydd!

Er bod y prosiect yn dod i ben, bydd rhai aelodau o'r tîm (ochr yn ochr â chydweithwyr o Wasanaeth Iechyd Meddwl Sylfaenol i Blant A Phobl Ifanc) yn trosglwyddo i wasanaeth newydd sbon o fewn Bwrdd Iechyd Caerdydd a'r Fro, Gwasanaeth Mewngymorth Addysg. Gallwch ddarllen mwy am y gwasanaeth newydd ar dudalen 3.

Ers dechrau 'r Prosiect Gwydnwch. Mae'r tîm wedi,



Cyflwyno dros
700
o sesiynau ymyriadau
uniongyrchol.



Cyflwyno
366
o ymgynghoriadau i
staff addysg.



Cefnogi
298
o blant, pobl ifanc a'u
teuluoedd drwy ymyriadau
uniongyrchol



Datblygu dros
71
o adnoddau dwyieithog
ar gyfer addysgwyr,
rhieni/gofalwyr, a phlant
a phobl ifanc



Hyfforddi
1568
o weithwyr
proffesiynol ar bynciau
sy'n ymwneud ag
iechyd meddwl



Yn ein gwaith gyda thimau
iechyd eraill, gwnaethom
gefnogi
115
o blant a phobl ifanc.

ADNODDAU

Mae'r Prosiect Gwydnwch wedi datblygu dros 70 o adnoddau ar gyfer staff addysg, rhieni/gofalwyr a phlant a phobl ifanc, gan gynnwys 14 ffilm sydd wedi cael eu gwyllo dros 3000 o weithiau! Mae ein bwndel diweddaraf o adnoddau yn edrych ar rianta ac addysgu therapiwtig. Mae'r holl adnoddau ar gael yn Gymraeg ac yn Saesneg, gyda rhai hefyd ar gael mewn Pwyleg, a bellach gellir eu gweld yn eu cartref parhaol ar dudalen we Plant, Pobl Ifanc a Theuluoedd Bwrdd Iechyd Caerdydd a'r Fro .

"Rhoddodd well dealltwriaeth i mi o faterion allweddol y mae PPI yn eu hwynebu a sut i'w cefnogi"

(Staff addysg)

HYFFORDDIANT

Rydym wedi datblygu ystod o weminarau 'Deall...' ar: Deall Iechyd Meddwl Drwy Lens Profiadau Niweidiol yn ystod Plentyndod; Deall ac Ymateb i Drallod (Rhan 1 a Rhan 2); a Deall ac Ymateb i Hunan-niweidio. Gellir gweld recordiadau o'r gweminarau hyn ar ein Sianel YouTube: 'Prosiect Gwydnwch Caerdydd a'r Fro'.

Rydym hefyd wedi datblygu a chyflwyno gweithdai rhyngweithiol. Mae'r rhain wedi bod ar bynciau fel; 'Coeden Bywyd', 'Pryder yn yr Ysgol: Dull wedi ei Deilwra'n Unigol', 'Hanfodion Ymateb (3 R's): Strategaethau ar gyfer cefnogi dysgwyr â rheolaeth emosiynol' 'Cefnogi Rheolaeth Emosiynol Pobl Ifanc gyda PACE, a 'Chwarae gyda geiriau: archwilio meddwl a theimlo drwy storïau'.

"Rwyf wedi llwyddo i weithio ar y strategaethau o ran gorbryder yn yr ysgol gyda disgybl nad oedd yn mynychu'r ysgol. Mae hyn wedi bod yn magu hyder wrth weithio gyda rhieni a'r plentyn i reoli rhai camau bach i bresenoldeb byr."

YMGYNGHORIADAU A GWAITH UNIONGYRCHOL

Yn ystod y prosiect, rydym wedi cynnig sesiynau ymgynghori rheolaidd i staff addysg a thimau gael meddwl am blant a phobl ifanc penodol. Mae'r ymgynghoriadau hyn yn darparu trafodaethau dan arweiniad seicoleg i gyd-greu dull o lunio anghenion y plant a phobl ifanc, sy'n llywio strategaethau a ffyrdd ymlaen. O'r ymgynghoriadau hyn, rydym wedi cynnig cymorth uniongyrchol i'r teuluoedd yn aml, tra'n cysylltu â staff addysgu a gweithwyr proffesiynol cysylltiedig er mwyn hybu dull cyson. Mae ymgynghoriadau hefyd wedi arwain at gymorth unigol i ysgolion o ran datblygu ethos sy'n seiliedig ar drawma yn y lleoliad addysg.

Mae ymgynghori wedi helpu i adeiladu pont werthfawr rhwng iechyd ac addysg, gan ganiatáu i'r UCD ffurfio darlun cyfannol go iawn o'r plentyn cyfan. Mae gwbyodaeth a rennir gyda'r rhieni a'r staff hefyd wedi dangos eu bod yn teimlo eu bod yn cael eu cefnogi, eu hysbysu a'u cynnwys. Mae hwn wedi bod yn adnodd hanfodol o ran darparu tystiolaeth ychwanegol ar gyfer cymorth ychwanegol i ddysgwyr gan asiantaethau eraill boed hynny o iechyd neu addysg. Mae'n adnodd hanfodol i'r dysgwyr hynny nad ydynt efallai'n bodloni trothwy CAHMS ar gyfer cymorth, ond sydd yn bendant angen rhywfaint o gymorth ychwanegol

staff addysg

"Mae'r gwasanaeth hwn wedi bod yn fendith i mi. Roedd y camau ymarferol a roddwyd mor glir a defnyddiol! Roedd GMHW mor groesawgar a chefnogol. Gwych, diolch! - Rhiant



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Welsh Government



GWAITH GRŴP

PETHAU RHYFEDD YW TEIMLADAU

Rydym wedi cyd-hwyluso ein hymyriad 'Pethau Rhyfedd yw Teimladau' gyda staff addysg mewn

11 ysgol gynradd ar draws Caerdydd a'r Fro, gan gefnogi cyfanswm o **72 o blant**.

Wedi'i gyflwyno i grŵp o 8-12 o blant, Mae "Pethau Rhyfedd yw Teimladau" yn ymyriad grŵp bach sy'n helpu pobl ifanc i ddatblygu llythrennedd emosiynol a magu hyder, drwy storïau, gemau a gweithgareddau rheolaeth emosiynol. Rydym yn falch y bydd 'Pethau rhyfedd yw teimladau' yn parhau i'r gwasanaeth newydd ac edrychwn ymlaen at weithio gyda mwy o ysgolion cynradd i ddarparu'r ddarpariaeth grŵp hwyliog hon.

"Roeddwn i'n teimlo'n gyfforddus iawn gyda'r bobl y cefais fy rhoi gyda nhw, ces i sicrwydd na fyddai unrhyw un yn fy meirniadu."

PERSON IFANC
(GWAITH GRŴP)

"Roedd bod yn rhan o'r grŵp cyntaf hwn yn brofiad hyfryd a chadarnhaol ac rwy'n edrych ymlaen at grwpiau a sesiynau yn y dyfodol."

CYD-HWYLUSYDD STAFF YSGOL

GRŴP RHINI

Mewn partneriaeth â Gwasanaeth Rhianta Caerdydd, rydym yn llawn cyffro ein bod wedi peilota grŵp newydd ar gyfer rhieni. Gan ddechrau yn y Flwyddyn Newydd, parodd y grŵp am 7 wythnos a darparodd strategaethau seico-addysg a therapiwtig i rieni i'w helpu i ddeall ac ymateb yn well i'w plentyn. Roedd yn llwyddiant mawr a bydd mwy o grwpiau rhieni yn cael eu cynnal yn y dyfodol.

HUNANOFAL

DEALL YMDDYGIAD

RHEOLAETH EMOSIYNOL

CYSYLLTIAD

CANLYNIADAU
NATURIOL A
RHESYMEGOL

EDRYCH YMLAEN

Bydd y gwasanaeth Gwasanaeth Mewngymorth Addysg yn adeiladu ar y perthnasoedd, yr adnoddau a'r pecynnau hyfforddi a ddatblygwyd gan y Prosiect Gwydnwch ac yn elwa o'r arbenigedd a'r wybodaeth ychwanegol sydd gan ein cydweithwyr yn tîm Ysgolion Iechyd Meddwl Sylfaenol i Blant A Phobl Ifanc.

Bydd timau ardal sydd wedi eu datblygu yn ddiweddar yn gweithio gydag ysgolion ledled Caerdydd a'r Fro i gefnogi ymagwedd ysgol gyfan pob ysgol tuag at iechyd meddwl a lles. Bydd tîm arbenigol hefyd i gefnogi darpariaethau UCD ac EOTAS. Cynigir cyfuniad o hyfforddiant, ymgynghori, gwaith grŵp a sesiynau un-i-un o dymor yr Haf, ynghyd â chyfleoedd i ysgolion lunio'r rhestr barhaus o gymorth sydd ar gael.

Os hoffech dderbyn diweddariadau ar weithrediad y Gwasanaeth Mewngymorth Addysg, llenwch y ffurflen hon



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& GOFAL CYMDEITHASOL INTEGRIG
Cardiff & the Vale of Glamorgan

MYFYRDODAU GAN Y TÎM

Beth rydych chi wedi'i ddysgu amdanoch chi'ch hun ers gweithio yn y Prosiect Gwydnwch?



Rwy'n gryfach ac yn fwy galluog nag y gallwn fod wedi'i ddychmygu cyn ymuno â'r tîm. Mae fy meddylgarwch yn ased ac yn fy ngwneud yn well arweinydd.

KATY ARWEINYDD CLINIGOL AR Y CYD



Rwyf wedi dysgu pwysigrwydd gweithio gyda gwahanol systemau fel y teulu a'r ysgol wrth gefnogi PPI a'u gweld yn gweithio gyda'i gilydd fel tîm i wneud newid cadarnhaol!

VICKY GWEITHWR IECHYD MEDDWL GRADDEDIG

Beth rydych chi wedi'i gael yn werth chweil yn gweithio yn y Prosiect Gwydnwch?



Rwyf wedi cael fy ysbrydoli'n wirioneddol gan y teuluoedd rwyf wedi'u cefnogi, a'r penderfyniad, y cryfder a'r cariad y maent yn eu cario er gwaethaf yr heriau y maent wedi'u hwynebu. Dod i adnabod teuluoedd o'r fath, yw'r rhan fwyaf buddiol i mi.

CHLOE GWEITHWR IECHYD MEDDWL GRADDEDIG



Rwyf wedi mwynhau gweithio gyda dull sy'n seiliedig ar drawma fel gwasanaeth, yn ogystal â'r gallu i weithio gyda'r system gyfan o amgylch y plentyn (h.y. teulu, ysgol, gweithwyr allweddol).

LEAH GWEITHWR IECHYD MEDDWL GRADDEDIG

Pa adnodd fydddech chi'n ei argymhell fwyaf i rieni?



Byddaf bob amser yn cyngori rhieni/gofalwyr i edrych ar ein holl adnoddau, gan eu bod wedi'u cynllunio'n dda iawn gan rai o'n cydweithwyr mwy creadigol. Pe bawn i'n dewis un byddwn yn dweud adnoddau PAGE.

ROSIE GWEITHWR IECHYD MEDDWL GRADDEDIG



Pe bai'n rhaid i mi ddewis un, 'rheoleiddio ein corff (fffenestr goddefgarwch)' byddai. Cydnabod ac ymateb i anghenion ein system nerfol yw sylfaen rheolaeth emosiynol; mae'r adnodd hwn yn fan cychwyn gwych ar gyfer dysgu sut i wneud hynny.

AMY THERAPYDD GALWEDIGAETHOL

Beth fyddwch yn ei wneud o ran hunanofal/ymlacio?



Dwi wedi dechrau chwarae pêl-droed a dwi wedi bod yn dysgu chwarae'r drymiau hefyd. Gyda phêl-droed, gallaf yn bendant weld y budd o ran y ffactor 'teimlo'n dda' a gewch o ymarfer corff. Mae drymio yn weithgaredd mor ystyriol ac mae gweithgareddau ailadroddus a rhythmig yn 'tawelu' rhannau isaf yr ymennydd felly rwy'n teimlo fy mod yn cael fy rheoleiddio ar ôl fy ngwersi.

ELIN GWEITHWR IECHYD MEDDWL GRADDEDIG



Mae'r awyr agored mor bwysig i'm lles a'm hunan-lawnder; yn ddelfrydol gydag awyr las a heulwen ond cyn belled â fy mod yn yr awyr agored yn rhedeg, cerdded neu'n gwersylla rwy'n gwybod fy mod yn teimlo'n rhydd ac yn fwy ymlaciedig.

LISA SEICOTHERAPYDD CELF

Beth rydych chi'n fwyaf balch ohono yn y Prosiect Gwydnwch?



Credaf ein bod wedi cael effaith araf ar ddiwylliant llawer o'r ysgolion ac asiantaethau eraill yr ydym yn gweithio gyda nhw ac wedi meithrin perthynas waith wirioneddol gadarnhaol.

STEVE SEICOLEGYDD CLINIGOL



Y bobl, y bobl i gyd. Y rhieni, yr athrawon a'r plant a'r bobl ifanc sydd i gyd wedi ymgysylltu â ni. Y rhan fwyaf o'r holl bobl sy'n rhan o'r tîm. Maent wedi gweithio mor galed ac wedi creu rhywbeth mor werth chweil yn eu gwaith. Rwy'n falch iawn o bob un ohonynt.

NICOLA YSGRIFENNYDD Y TÎM

DIOLCH AM DDARLLEN AC AM YMUNO Â NI AR EIN TAITH FEL Y PROSIECT GWYDNWCH. EDRYCHWN YMLAEN AT WELD BETH FYDD DYFODOL Y GWASANAETH NEWYDD.