

# CARDIFF AND VALE TRANSFORMATION FUNDING: PROJECT 6

It's been a busy few weeks transitioning back to school for many adults, children and young people. These unprecedented times have posed many challenges so we hope you are being kind to yourself.

Through our second newsletter we hope to update you on the progress of the Resilience Project over the past few months across Cardiff and the Vale. We'll also provide a brief overview of our plans for the coming weeks and months.

The Resilience Project is a Cardiff and Vale University Health Board led service aimed at building greater capacity, expertise and mental health resilience for children and young people (CYP), primarily through educational settings.

We would like to thank our stakeholders in the Cardiff and Vale social services, education and health teams, as well as the Mental Health Foundation for supporting us.

Our approach incorporates developing mental health and resilience related resources for staff, CYP and families; providing training for education staff; psychology led consultation for education staff regarding specific CYP; group work to promote CYP's resilience and wellbeing; and psychology-led direct intervention for children and families most in need who do not meet criteria for other services.

## Resilience Project Prosiect Gwydnwch



**KATY**  
CLINICAL  
PSYCHOLOGIST



**GWEN**  
CLINICAL  
LEAD



**HEATHER**  
PROJECT  
MANAGER



**ROSIE**



**AMY**



**CHLOE**

VALE-BASED RESILIENCE WORKERS



**AFSHAN**



**DANIELLE**



**ELLA**



**ISZZY**



**ELIN**

CARDIFF-BASED RESILIENCE WORKERS

# WHAT HAVE WE ACHIEVED?

As a service, we've adapted to this new virtual way of working by revising our service model to continue to offer support throughout COVID-19.

## Resources

The team have been busy developing resources including mental health top tips for school staff, guides on self-care for parents / carers and school staff, and a list of relational games and regulating activities that can be used with children whilst social distancing. There are now also 4 animations on our YouTube channel '[Cardiff and Vale Resilience Project](#)'. Make sure you subscribe to stay updated!



Each year, our partners at the Mental Health Foundation host Mental Health Awareness Week. The theme this year was kindness. As a team we created a 'Kindness Calendar' with various ideas of how to be kind to yourself, others and the environment. The calendar proved to be a success and was shared across many social media platforms!

We have also developed storytelling group intervention manuals (one for primary, one for secondary) which can be used by our Resilience Workers and education staff. These groups are aimed at enhancing emotional literacy in children and young people through storytelling.

## Training

Thank you to those school staff who attended, and for your lovely feedback on our webinar training about Unpicking Mental Health Difficulties through and Adverse Childhood Experiences (ACEs) Lens. Follow the link above for **free access** to a recording of this training on our YouTube channel! Please do feel free to watch and share. We are looking forward to delivering our other training packages on Self-harm Awareness and Understanding Distress in the coming months.

### FEEDBACK FROM TRAINING!

"The session was very informative, great how it all links with other courses that I have attended"

"The online, webinar was great, especially having three deliverers, who all had specific strengths and areas of expertise"

## Consultations & Direct Work

Across both Cardiff and the Vale, our Clinical Psychologists and Resilience Workers have been busy facilitating regular virtual consultations and team formulations to support school staff, engagement/inclusion teams, and also parents in thinking about specific children and young people and how best to support their needs. We are also continuing to work alongside and liaising with other health teams, such as Primary Mental Health, the Neurodevelopmental Service, as well Educational Psychologists to promote joint working. Through these consultations, we've started some ongoing psychology led direct work with children, young people and their families.

# WHAT'S NEXT?

After a busy and exciting year so far, we are looking forward to continuing our work across educational settings in Cardiff and the Vale. We have regular consultations booked for the Autumn Term, and are hoping to deliver more of our training packages. We will continue to develop resources and work alongside our partners to support school staff and parents/carers to support children and young people in their return to school in September.

THANK-YOU FOR READING, WE HOPE YOU CONTINUE TO STAY INVOLVED WITH THE RESILIENCE PROJECT AS WE CONTINUE OUR JOURNEY!

YOU CAN CONTACT US ON: RESILIENCEPROJECT.CAV@WALES.NHS.UK

# CRONFA TRAWSNEWID CAERDYDD A'R FRO: PROSIECT 6

Mae'r wythnosau wedi bod yn brysur i lawer o oedolion, plant a phobl ifanc wrth iddynt gynefino â dychwelyd i'r ysgol. Mae'r cyfnod digyffelyb hwn wedi creu llawer o heriau, felly rydym yn gobeithio eich bod yn garedig i chi'ch hun.

Trwy ein hail gylchlythyr rydym yn gobeithio rhoi'r wybodaeth ddiweddaraf i chi am gynnydd y Prosiect Gwydnwch dros y misoedd diwethaf ar draws Caerdydd a'r Fro. Byddwn hefyd yn rhoi trosolwg cryno o'n cynlluniau ar gyfer yr wythnosau a'r misoedd nesaf.

Mae'r Prosiect Gwydnwch yn wasanaeth dan arweiniad Bwrdd Iechyd Prifysgol Caerdydd a'r Fro sydd â'r nod o ddatblygu rhagor o gapasiti, arbenigedd a gwydnwch iechyd meddwl ar gyfer plant a phobl ifanc.

Hoffem ddiolch i'n rhanddeiliaid o dimau gwasanaethau cymdeithasol, addysg ac iechyd Caerdydd a'r Fro yn ogystal â'r Sefydliad Iechyd Meddwl am ein cefnogi.

Mae ein dull yn cynnwys datblygu adnoddau iechyd meddwl a gwydnwch ar gyfer staff, plant a phobl ifanc a theuluoedd; darparu hyfforddiant i staff addysg; ymgynghori dan arweiniad seicoleg i staff addysg ynghylch plant a phobl ifanc penodol; gwaith grŵp i hyrwyddo gwydnwch a lles plant; ac ymyrraeth uniongyrchol a arweinir gan seicoleg ar gyfer plant a phobl ifanc a theuluoedd sydd fwyaf mewn angen ac nad ydynt yn bodloni'r meini prawf ar gyfer gwasanaethau eraill.

## Resilience Project Prosiect Gwydnwch



**KATY**  
SEICOLEGYDD  
CLINIGOL



**GWEN**  
ARWEINYDD  
CLINIGOL



**HEATHER**  
RHEOLWR  
PROSIECT



**ROSIE**



**AMY**



**CHLOE**

GWEITHWYR GWYDNWCH - BRO MORGANNWG



**AFSHAN**



**DANIELLE**



**ELLA**



**ISZZY**



**ELIN**

GWEITHWYR GWYDNWCH - CAERDYDD

# BETH A GYFLAWNWYD GENNYM?

Fel gwasanaeth, rydym wedi addasu i'r ffordd rithwir newydd hon o weithio trwy adolygu ein model gwasanaeth i barhau i gynnis cymorth trwy gydol argyfwng COVID-19.

## Adnoddau

Mae'r tîm wedi bod yn brysur yn datblygu adnoddau gan gynnwys cyngor iechyd meddwl ar gyfer staff ysgol, canllawiau ar hunanofal ar gyfer rhieni/gofalwyr a staff ysgol, a rhestr o gemau perthynol a gweithgareddau rheoleiddio y gellir eu defnyddio gyda phlant wrth gadw pellter cymdeithasol. Erbyn hyn mae 4 animeiddiad ar ein sianel YouTube '[Prosiect Gwydnwch Caerdydd a'r Fro](#)'. Gwnewch yn siŵr eich bod yn tanysgrifio i gael y wybodaeth ddiweddaraf!



Bob blwyddyn, mae ein partneriaid yn y Sefydliad Iechyd Meddwl yn cynnal [Wythnos Ymwybyddiaeth Iechyd Meddwl](#). Y thema eleni oedd caredigrwydd. Fel tîm, fe wnaethon ni greu 'Calendr Caredigrwydd' gyda syniadau amrywiol am sut i fod yn garedig i chi eich hun, i bobl eraill ac i'r amgylchedd. Roedd y calendr yn llwyddiant ac fe'i rhannwyd ar draws llawer o lwyfannau cyfryngau cymdeithasol!

Rydym hefyd wedi datblygu llawlyfrau ymyrraeth grŵp adrodd straeon (un ar gyfer ysgolion cynradd, un ar gyfer ysgolion uwchradd) y gall ein Gweithwyr Gwydnwch a'n staff addysg eu defnyddio. Nod y grwpiau hyn yw gwella llythrennedd emosiynol plant a phobl ifanc trwy adrodd straeon.

## Hyfforddiant

Diolch i'r staff ysgol a fynychodd, ac am eich adborth hyfryd am ein gweminar hyfforddiant am [Dadansoddi Iechyd Meddwl drwy Ystyried Profiadau Plentyndod Niweidiol](#). Dilynwch y ddolen uchod ar gyfer **mynediad am ddim** i recordiad o'r hyfforddiant hwn ar ein sianel YouTube! Mae croeso i chi wyllo a rhannu. Rydym yn edrych ymlaen at gyflwyno ein pecynnau hyfforddi eraill am Ymwybyddiaeth o Hunan-niwed a Deall Trallod yn y misoedd sydd i ddod.

### ADBORTH O HYFFORDDIANT!

"Roedd y sesiwn yn addysgol iawn ac yn dangos sut mae'n cysylltu â chysiau eraill rwyf wedi'u mynychu."

"Roedd y weminar ar-lein yn wych, yn enwedig â thri chyflwynydd, pob un â'i gryfder a'i arbenigedd ei hun"

## Ymgynghoriad a Ymyrraeth Uniongyrchol

Ar draws Caerdydd a'r Fro, mae ein Seicolegwyr Clinigol a'n Gweithwyr Gwydnwch wedi bod yn brysur yn hwyluso ymgynghoriadau rithwir rheolaidd a fformwleiddiadau tîm i gefnogi staff ysgol, timau ymgysylltu/cynhwysiant a hefyd rieni wrth feddwl am bobl ifanc benodol a'r ffordd orau o gefnogi eu hanghenion. Rydym hefyd yn parhau i gydweithio a chydgyssylltu â thimau iechyd eraill, megis Iechyd Meddwl Sylfaenol, y Gwasanaeth Niwroddatblygiadol a Seicolegwyr Addysgol, i hyrwyddo gweithio ar y cyd. Trwy'r ymgynghoriadau hyn, rydym wedi dechrau rhywfaint o waith uniongyrchol a arweinir gan seicoleg gyda phlant, pobl ifanc a'u teuluoedd.

# BETH NESAF?

Ar ôl blwyddyn brysur a chyffrous hyd yn hyn, rydym yn edrych ymlaen at barhau â'n gwaith ar draws lleoliadau addysgol yng Nghaerdydd a'r Fro. Rydym yn cynnal ymgynghoriadau rheolaidd ar gyfer tymor yr hydref, ac rydym yn gobeithio darparu mwy o'n pecynnau hyfforddi. Byddwn yn parhau i ddatblygu adnoddau a gweithio gyda'n partneriaid i gefnogi staff ysgolion a rhieni/gofalwyr i gefnogi plant a phobl ifanc wrth iddynt ddychwelyd i'r ysgol ym mis Medi.