

CARDIFF AND VALE TRANSFORMATION FUNDING: PROJECT 6

Resilience Project Prosiect Gwydnwch

As we approach the end of the summer term, we are reflecting on an unprecedented school year. It's been a difficult adjustment to children and young people, school staff and parents. We hope the summer holidays will give everyone a chance to unwind and rest.

We are already looking forward to continuing our work with schools from September onwards, and working with families throughout the summer.

Our team has changed over the last few months. We have gained two new Graduate Mental Health Workers who will be based in Cardiff. Welcome Vicky and Leah, it's great to have you join the team! A HUGE congratulations, thank you and goodbye for now to our clinical lead Dr Gwen O'Connor who is now on maternity leave. We are also excited to say congratulations to Dr Katy Bowen, who will be covering Gwen as clinical lead for the project.

Since the project was extended in March 2021, we have:



delivered training to 125 education staff

facilitated 47 consultations and team formulations to education staff



delivered group work to 44 children across 7 schools

delivered 136 intervention sessions with families directly



KATY



GWEN

JOINT CLINICAL LEADS



AMY

OCCUPATIONAL THERAPIST



LISA

ART PSYCHO-THERAPIST



STEVE

CLINICAL PSYCHOLOGIST



ROSIE

VALE-BASED GRADUATE MENTAL HEALTH WORKERS



AMY



CHLOE



AFSHAN



DANIELLE



ELIN



VICKY



LEAH

CARDIFF-BASED GRADUATE MENTAL HEALTH WORKERS

RESOURCES

Just a reminder that you can access a range of resources on the [Resilience Project's page on the Cardiff and Vale UHB website](#), for parents/carers, education staff and children and young people. You will also find training recordings there too. The remainder of the 'Self-Help Workbooks' are being finalised over the summer break. Any new resources will be uploaded to our website each month.

TRAINING

This term we have delivered our 'understanding' series of webinars. We have also delivered our Three R's of Responding Workshop, and reflective sessions for those who attended the Tree of Life workshops and School Based Anxiety workshops previously. We have been collecting feedback from education staff to find out what additional training may be helpful in the coming year.

Excellent training & completely relevant to my role supporting schools & families

EDUCATION STAFF

GROUP WORK

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

We are so excited to say that we have now delivered 7 groups in 7 secondary schools across Cardiff and the Vale. "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 have supported 45 young people and worked alongside 14 education staff to co-facilitate the groups.

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

YOUNG PERSON

We will be offering ongoing support to staff who have facilitated the groups so far, and we look forward to hearing how their groups develop. We will be delivering more groups to support more children and young people next term and beyond.

CONSULTATIONS AND DIRECT WORK

We have been liaising with the Engagement Service and Primary Schools in the Vale to support a small number of young people who may benefit from additional support during the transition to secondary school. During the summer holidays we will continue to have consultations with education professionals in Cardiff to think about specific young people.

We hope you enjoy your summer break and we look forward to continuing our work with education staff, families and children and young people next term!

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

Resilience Project Prosiect Gwydnwch

Wrth i ni nesáu at ddiwedd tymor yr haf, rydym yn adfyfrio ar flwyddyn ysgol na welwyd ei thebyg o'r blaen. Mae wedi bod yn addasiad anodd i blant a phobl ifanc, staff ysgolion a rhieni. Gobeithiwn y bydd gwyliau'r haf yn rhoi cyfle i bawb ymlacio a gorffwys.

Rydym eisoes yn edrych ymlaen at barhau â'n gwaith gydag ysgolion o fis Medi ymlaen, a gweithio gyda theuluoedd drwy gydol yr haf.

Mae ein tîm wedi newid dros y misoedd diwethaf. Rydym gennym ddau Weithiwr Iechyd Meddwl Graddedig newydd a fydd wedi'u lleoli yng Nghaerdydd. Croeso Vicky a Leah, mae'n wych eich cael chi yn y tîm! Llongyfarchiadau enfawr, diolch a ffarwel am nawr i'n harweinydd clinigol Dr Gwen O'Connor sydd bellach ar gyfnod mamolaeth. Rydym hefyd yn hynod falch o gael dweud llongyfarchiadau wrth Dr Katy Bowen, a fydd yn cyflenwi dros Gwen fel arweinydd clinigol y prosiect.

Ers i'r prosiect gael ei ymestyn ym mis Mawrth 2021, rydym wedi:



•rhoi hyfforddiant i 125 o staff addysg

•hwyluso 47 o ymgynghoriadau a chreu timau staff addysg



•cyflwyno gwaith grŵp mewn 7 ysgol

•cyflwyno 136 o sesiynau ymyrraeth gyda theuluoedd yn uniongyrchol



KATY



GWEN

ARWEINYDD CLINIGOL AR Y CYD



AMY

THERAPYDD
GALWEDIGAETHOL



LISA

SEICOTHERAPYDD
CELF



STEVE

SEICOLEGYDD
CLINIGOL



ROSIE

GWEITHWYR IECHYD



AMY

MEDDWL GRADDEDIG



CHLOE

- BRO MORGANNWG



AFSHAN



DANIELLE



ELIN



VICKY



LEAH

GWEITHWYR IECHYD MEDDWL GRADDEDIG - CAERDYDD

ADNODDAU

Gair i'ch atgoffa y gallwch gael mynediad at ystod o adnoddau ar gyfer y [Prosiect Gwydnwch o wefan BIPCaF](#) ar gyfer rhieni/gofalwyr, staff addysg a phlant a phobl ifanc. Mae recordiadau yno hefyd o sesiynau hyfforddi. Mae gweddill y 'Llyfrau Gwaith Hunangymorth' yn cael eu cwblhau dros wyliau'r haf. Bydd unrhyw adnoddau newydd yn cael eu huwchlwytho i'n gwefan bob mis.

HYFFORDDIANT

Y tymor hwn rydym wedi cyflwyno ein cyfres 'deall' o weminarau. Rydym hefyd wedi cyflwyno ein Gweithdy Tair R wrth Ymateb, a sesiynau adfyfyriol i'r rhai a fynychodd weithdai Coeden Bywyd a gweithdai Gorbryder ynghylch yr Ysgol. Rydym wedi bod yn casglu adborth gan staff addysg i gael gwybod pa hyfforddiant ychwanegol a allai fod o gymorth dros y flwyddyn nesaf.

"Hyfforddiant rhagorol a chwbl berthnasol i fy rôl yn cefnogi ysgolion a theuluoedd"

ATHRO ARBENIGOL

GROUP WORK

"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

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

PERSON IFANC

Rydym yn falch o ddweud ein bod bellach wedi cyflwyno 7 grŵp mewn 7 ysgol uwchradd ledled Caerdydd a'r Fro. Ymyriad grŵp bach yw "Pethau Rhyfedd yw Teimladau" sy'n helpu pobl ifanc i ddatblygu llythrennedd emosiynol a meithrin hyder, drwy storïau, gemau a gweithgareddau rheolaeth emosiynol. Rydym wedi cefnogi 45 o bobl ifanc ac wedi gweithio ochr yn ochr â 14 o staff addysg i gyd-hwyluso'r grwpiau.

Byddwn yn cynnig cymorth parhaus i staff sydd wedi hwyluso'r grwpiau hyd yma, ac edrychwn ymlaen at glywed sut mae eu grwpiau'n datblygu. Byddwn yn darparu mwy o grwpiau i gefnogi mwy o blant a phobl ifanc y tymor nesaf ac wedi hynny.

YMGYNGHORIADAU A GWAITH UNIONGYRCHOL

Rydym wedi bod yn cysylltu â'r Gwasanaeth Ymgysylltu ac Ysgolion Cynradd yn y Fro i gefnogi nifer fach o bobl ifanc a allai elwa o gymorth ychwanegol yn ystod y cyfnod pontio i'r ysgol uwchradd. Yn ystod gwyliau'r haf byddwn yn parhau i ymgynghori â gweithwyr addysg proffesiynol yng Nghaerdydd i feddwl am bobl ifanc benodol.

Gobeithiwn y byddwch yn mwynhau eich gwyliau haf ac edrychwn ymlaen at barhau â'n gwaith gyda staff addysg, teuluoedd a phlant a phobl ifanc y tymor nesaf!

DIOLCH AM DDARLLEN, GOBEITHIWN EICH BOD YN PARHAU I GYFRANNU AT Y PROSIECT GWYDNWCH WRTH I NI BARHAU Â'N TAITH!
GALLWCH GYSYLLTU Â NI YN: RESILIENCEPROJECT.CAV@WALES.NHS.UK