

CARDIFF AND VALE TRANSFORMATION FUNDING: PROJECT 6

Resilience Project Prosiect Gwydnwch

Now, possibly more than ever, we hope you are treating yourself with kindness, reaching out for support and finding joy in the moments you can.

Through this newsletter we hope to introduce you to the project and team, provide an update on the journey of the Resilience Project so far, and let you know our aims for the future.

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.

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, primarily through educational settings.

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



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

WHERE WE'VE BEEN

During the first six months of the project, we worked with our partners, visited other similar services, received training and reviewed literature to develop a service model of how we would work to support children and young people's mental health and resilience in educational settings.



Our five Resilience Workers in Cardiff are working closely with the Local Authorities Inclusion team to enhance support for Primary Schools. In the Vale of Glamorgan, three Resilience Workers are working alongside the Engagement service to enhance support directly to Secondary Schools.

The Resilience Workers have also each been based in child health teams part-time to promote joint working between health and education. Thank-you to the following teams for welcoming us: Primary Mental Health, Neurodevelopmental Service, Community Family Psychology, Enfys (née Developmental Trauma Service) and the Psychology Service for children (0-5) with Global Developmental Delay and Emerging Learning Disabilities and their Families.

WHERE WE ARE

We have adapted our resources to be shared online, through our 'Cardiff and Vale Resilience Project' YouTube channel. Make sure you subscribe to stay updated!

The Cardiff-based Resilience Workers are currently collaborating with the Cardiff Inclusion Team to produce further resources, for example on relational play-based activities and wellbeing related workbook for families, schools and Hubs. In the Vale, our Clinical Psychologists and Resilience Workers have begun conducting virtual consultations with school staff to consider specific young people and how best to support their needs.



WHERE WE'RE GOING

We are looking forward to delivering our training packages to school and support staff, online. These will cover the topics of: Unpicking Mental Health Through an Adverse Childhood Experiences Lens; Understanding Distress; Self-harm Awareness.

We are also developing resources for parents and carers, such as with practical tips for enhancing their own self-care and top-tips on mental-health in children and young people.

We will continue to work alongside our partners to respond to COVID-19 in the best way we can, whilst looking ahead to support the transition back into schools again.

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

Nawr, yn fwy nag erioed o bosib, rydyn ni'n gobeithio eich bod yn eich trin eich hun gyda charedigrwydd, yn gofyn am gefnogaeth a chanfod llawenydd pan allwch.

Drwy'r cylchlythyr hwn, rydyn ni'n gobeithio cyflwyno'r project a'r tîm i chi, gan gynnig y wybodaeth ddiweddaraf ar daith y Prosiect Gwydnwch hyd yn hyn, a rhoi gwybod i chi am ein nodau ar gyfer y dyfodol.

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'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.

Mae ein dull yn cynnwys datblygu adnoddau iechyd meddwl a gwydnwch ar gyfer staff, pobl 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 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
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PROJECT



ROSIE



AMY



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GWEITHWYR GWYDNWCH - BRO MORGANNWG



AFSHAN



DANIELLE



ELLA



ISZZY



ELIN

GWEITHWYR GWYDNWCH - CAERDYDD

BLE RYDYM WEDI BOD

Yn ystod chwe mis cyntaf y project, buom yn gweithio gyda'n partneriaid, gwnaethom ymweld â gwasanaethau tebyg eraill, derbyn hyfforddiant ac adolygu llenyddiaeth er mwyn datblygu model gwasanaeth o sut y byddem yn gweithio i gefnogi iechyd meddwl a gwydnwch plant a phobl ifanc mewn lleoliadau addysgol.



Mae ein pum Gweithiwr Gwydnwch yng Nghaerdydd yn gweithio'n agos gyda thîm Cynhwysiant yr Awdurdodau Lleol i wella'r cymorth a gaiff Ysgolion Cynradd. Ym Mro Morgannwg, mae tri Gweithiwr Gwydnwch yn gweithio gyda'r gwasanaeth Ymgysylltu i wella cymorth yn uniongyrchol i Ysgolion Uwchradd. Mae'r Gweithwyr Gwydnwch hefyd wedi'u lleoli mewn timau iechyd plant yn rhan amser i hyrwyddo cydweithio rhwng iechyd ac addysg. Diolch i'r timau canlynol am ein croesawu: Iechyd Meddwl Sylfaenol, Gwasanaeth Niwroddatblygiadol, Seicoleg Teulu Cymunedol, Enfys (y Gwasanaeth Trawma Datblygiadol yn flaenorol) a'r Gwasanaeth Seicoleg i Blant (0-5) gydag Oedi Datblygiadol Cyffredinol ac Anableddau Dysgu Datblygol a'u teuluoedd.

BLE RYDYM NI

Rydyn ni wedi addasu ein hadnoddau i'w rhannu ar-lein, drwy ein sianel YouTube 'Project Gwydnwch Caerdydd a'r Fro'. Gwnewch yn siŵr eich bod yn tansgrifio i gael y wybodaeth ddiweddaraf!

Mae Gweithwyr Gwydnwch Caerdydd yn cydweithio ar hyn o bryd â Thîm Cynhwysiant Caerdydd i greu rhagor o adnoddau, er enghraifft ar weithgareddau chwarae yn ymwneud â pherthnasoedd, a gweithlyfr lles ar gyfer teuluoedd, ysgolion a Hybiau. Yn y Fro, mae ein Seicolegwyr Clinigol a'n Gweithwyr Gwydnwch wedi dechrau cynnal ymgynghoriadau rhithwir gyda staff ysgolion gyda'r nod o ystyried pobl ifanc penodol a sut orau i gefnogi eu hanghenion.



BLE RYDYN NI'N MYND

Rydyn ni'n edrych ymlaen at ddarparu ein pecynnau hyfforddiant i staff ysgol a staff cynorthwyol, ar-lein. Bydd y rhain yn ymwneud â'r pynciau canlynol: Dadansoddi Iechyd Meddwl drwy Ystyried Profiadau Plentynod Niweidiol; Deall Trallod; Ymwybyddiaeth o Hunan-niweidio.

Rydyn ni hefyd yn creu adnoddau i rieni a gofalwyr, megis awgrymiadau ymarferol i wella eu hunan-ofal a syniadau ar gyfer iechyd meddwl plant a phobl ifanc. Byddwn yn parhau i weithio law yn llaw â'n rhieni i ymatebi i COVID-19 yn y ffordd orau y gallwn ni, wrth edrych i gefnogi'r cyfnod pontio yn ôl i'r ysgol yn y dyfodol.

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