SCHOOL IN-REACH SERVICE NEWSLETTER

HELLO!

As the end of term fast approaches, I would like to say thank you to all the staff and volunteers working within schools. The care and nurture you continue to show to children and young people, and their families, is extraordinary. I am thankful for each and every person working to make schools places of safety, and I look forward to working with you in 2022-23 to support the wellbeing needs of your school community.

I hope you all experience a truly restful and restorative summer holiday – you really deserve it!

See you in September 😊

Amy Brown
Team Lead

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SERVICE UPDATE

This term has been all about meeting with and listening to partners across Education and Health. We have noticed some recurrent themes which will focus the planning and development over the summer holidays;

- Making sense of wellbeing services; The Who, When and How of asking for help.
- Knowing how best to support learners with eating disorders (Have you seen the new free training platform for education staff from Beat?)
- How can we better support children and young people who are reluctant to return to school?
- Psychological safety for staff – how do we, as adults, protect and care for ourselves and our colleagues, so that we can provide the steady and safe base children and young people need?

If you'd like to add your thoughts on where the focus should be for 2022-23, please get in touch using this form or speak with your locality lead. We look forward to hearing from you!

MEET THE TEAM

We are focusing this issue on introducing the team. Each of the four localities will have a core team of staff supporting the schools or provisions within the locality. All localities have a wealth of experience and knowledge across a variety of settings, and will also be able to draw from the expertise of the Clinical Psychologist.

We are excited to be recruiting a few remaining team members over the next month and look forward to introducing them in the next newsletter, due in the Autumn Term.

Emotional Wellbeing & Mental Health
Lles Emosiynol ac Iechyd Meddwl
CYPF Children, Young People & Family Health Services
PPIT Gwasanaethau Plant, Pobl Ifanc ac Iechyd Teuluol
GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

CARDIFF EAST LOCALITY TEAM

This is our team supporting the staff and learners within mainstream schools across the east area of Cardiff.

Natalie Baron

Senior Mental Health Practitioner

The schools I support are

- Cardiff High School
- Corpus Christi Catholic High School
- Eastern High
- St Illtyd's Catholic High School
- Willows High School
- Whitchurch High School

Stuart Welton

Senior Mental Health Practitioner

The schools I support are

- Llanishen High School
- St Teilo's Church in Wales High School
- Ysgol Gyfun Gymraeg Bro Edern

+ the primary schools in the locality

The other members of our team supporting across the locality:

Kirsty Vincent

Mental Health Practitioner

Emma Michelet

Graduate Mental Health Worker

CARDIFF WEST LOCALITY TEAM

This is our team supporting the staff and learners within mainstream schools across the west area of Cardiff.

Vicky Gillespie

Senior Mental Health Practitioner

The schools I support are

- Cardiff West Community High School
- Bishop of Llandaff Church in Wales High School
- Cathays High School
- Fitzalan High School
- Mary Immaculate High School

Gemma Francis

Senior Mental Health Practitioner

The schools I support are

- Cantonian High Schoo
- Radyr Comprehensive School
- Ysgol Gyfun Gymraeg Glantaf
- Ysgol Gyfun Gymraeg Plasmawr

+ the primary schools in the locality

The other members of our team supporting across the locality:

Elen Hughes

Mental Health Practitioner

Hayley Venn

Graduate Mental Health Worker

VALE OF GLAMORGAN LOCALITY TEAM

This is our team supporting the staff and learners within mainstream across the Vale of Glamorgan.

Angie Morgan
Senior Mental Health Practitioner

Carolyn Owens
Mental Health Practitioner

To be confirmed
Graduate Mental Health Worker

The schools we support are

- Cowbridge Comprehensive School
- Llantwit Major Comprehensive School
- St Cyres Comprehensive School
- St Richard Gwyn RC Comprehensive School
- Stanwell Comprehensive School
- Whitmore High School
- Ysgol Gyfun Bro Morganwg
- Pencoedtre High School

+ primary schools in the locality

EOTAS AND PRU LOCALITY TEAM

This is our team supporting the staff and learners that are Educated Other Than At School (EOTAS) or attend Pupil Referral Units (PRUs) across Cardiff and the Vale of Glamorgan.

Lisa Finlayson-Clements
Senior Mental Health Practitioner

Elin Davies
Mental Health Practitioner

Chloe Viney
Graduate Mental Health Worker

The provisions we support are

Cardiff
- Bryn Y Deryn PRU
- Cardiff EOTAS Team

Vale of Glamorgan
- Vale Inclusion Team
- Centre for Learning & Wellbeing (formerly Y Daith PRU)

Thank you for reading, we hope you continue to stay involved. The best way to stay up to date on service developments is to sign up to our newsletters by adding your details to **this form.** Please also feel free to email us at **schoolinreach.cav@wales.nhs.uk**

For more information about Emotional Wellbeing and Mental Health visit https://cavyoungwellbeing.wales/

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CYLCHLYTHYR GWASANAETH MEWNGYMORTH YSGOLION

HELO!

Wrth i ddiwedd y tymor agosáu, hoffwn ddiolch i'r holl staff a gwirfoddolwyr sy'n gweithio mewn ysgolion. Mae'r gofal a'r anogaeth yr ydych yn parhau i'w dangos i'n plant a'n pobl ifanc, a'u teuluoedd, yn rhyfeddol. Rwy'n ddiolchgar i bob person sy'n gweithio i wneud ysgolion yn fannau diogel, ac edrychaf ymlaen at weithio gyda chi yn 2022-23 i gefnogi anghenion lles cymuned eich ysgol.

YN Y RHIFYN HWN:

- Diweddariadau'r gwasanaeth
- Cwrdd â'r Tîm

Gobeithio y byddwch i gyd yn cael gwyliau haf llawn gorffwys ac ymlacio – rydych chi wir yn eu haeddu!

Welwn ni chi ym mis Medi 😊

Amy Brown
Arweinydd y Tîm

DIWEDDARIADAU'R GWASANAETH

Mae'r tymor hwn wedi ymwneud â chyfarfod â phartneriaid ar draws y meysydd Addysg ac Iechyd a gwrando arnynt. Rydym wedi nodi rhai themâu cyson a fydd yn ffocws i'r gwaith cynllunio a datblygu dros wyliau'r haf;

- Gwneud synnwyr o wasanaethau lles; Pwy, Pryd a Sut i ofyn am help.
- Gwybod beth yw'r ffordd orau o gefnogi dysgwyr ag anhwylderau bwyta (Ydych chi wedi gweld y llwyfan hyfforddi newydd am ddim ar gyfer staff addysg gan Beat?)
- Sut y gallwn gefnogi plant a phobl ifanc sy'n amharod i ddychwelyd i'r ysgol yn well?
- Diogelwch seicolegol i staff – sut rydyn ni, fel oedolion, yn amddiffyn ac yn gofalu amdanom ein hunain a'n cydweithwyr, fel y gallwn ddarparu'r sylfaen gyson a diogel sydd ei hangen ar blant a phobl ifanc?

Os hoffech ychwanegu eich syniadau ar ble y dylai'r ffocws fod ar gyfer 2022-23, cysylltwch â ni gan ddefnyddio'r ffurflen hon neu siaradwch ag arweinydd eich ardal. Edrychwn ymlaen at glywed gennych!

CWRDD Â'R TÎM

Mae'r rhifyn hwn yn canolbwyntio ar gyflwyno'r tîm. Bydd gan bob un o'r pedair ardal dîm craidd o staff sy'n cefnogi'r ysgolion neu'r darpariaethau yn yr ardal. Mae gan bob ardal gyfoeth o brofiad a gwybodaeth ar draws amrywiaeth o leoliadau, a byddant hefyd yn gallu manteisio ar arbenigedd y Seicolegydd Clinigol.

Rydym yn gyffrous i fod yn recriwtio ychydig o aelodau eraill o'r tîm dros y mis nesaf ac edrychwn ymlaen at eu cyflwyno yn y cylchlythyr nesaf, a fydd yn cael ei gyhoeddi yn Nhymor yr Hydref.

TÎM ARDAL DWYRAIN CAERDYDD

Dyma ein tîm sy'n cefnogi'r staff a'r dysgwyr mewn ysgolion prif ffrwd ar draws ardal ddwyreiniol Caerdydd.

Natalie Baron

Uwch Ymarferydd Iechyd Meddwl

Yr ysgolion rwy'n eu cefnogi yw

- Ysgol Uwchradd Caerdydd
- Ysgol Uwchradd Gatholig Corpus Christi
- Ysgol Uwchradd y Dwyrain
- Ysgol Uwchradd Gatholig Illtud Sant
- Ysgol Uwchradd Willows
- Ysgol Uwchradd yr Eglwys Newydd

Stuart Welton

Uwch Ymarferydd Iechyd Meddwl

Yr ysgolion rwy'n eu cefnogi yw

- Ysgol Uwchradd Llanisien
- Ysgol Uwchradd yr Eglwys yng Nghymru Teilo Sant
- Ysgol Gyfun Gymraeg Bro Edern

ac Ysgolion Cynradd yn yr ardal

Mae aelodau eraill ein tîm yn cefnogi ar draws yr ardal:

Kirsty Vincent

Ymarferydd Iechyd Meddwl

Emma Michelet

Gweithiwr Iechyd Meddwl Graddedig

TÎM ARDAL GORLLEWIN CAERDYDD

Dyma ein tîm sy'n cefnogi'r staff a'r dysgwyr mewn ysgolion prif ffrwd ar draws ardal orllewinol Caerdydd.

Vicky Gillespie

Uwch Ymarferydd Iechyd Meddwl

Yr ysgolion rwy'n eu cefnogi yw

- Ysgol Uwchradd Gymunedol Gorllewin Caerdydd
- Ysgol Uwchradd yr Eglwys yng Nghymru, Esgob Llandaf
- Ysgol Uwchradd Cathays
- Ysgol Uwchradd Fitzalan
- Ysgol Uwchradd Mair Ddihalog

Gemma Francis

Uwch Ymarferydd Iechyd Meddwl

Yr ysgolion rwy'n eu cefnogi yw

- Ysgol Uwchradd Cantonian
- Ysgol Gyfun Radur
- Ysgol Gyfun Gymraeg Glantaf
- Ysgol Gyfun Gymraeg Plasmawr

ac Ysgolion Cynradd yn yr ardal

Mae aelodau eraill ein tîm yn cefnogi ar draws yr ardal:

Elen Hughes

Ymarferydd Iechyd Meddwl

Hayley Venn

Gweithiwr Iechyd Meddwl Graddedig

TÎM ARDAL BRO MORGANNWG

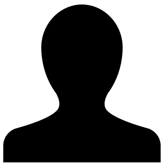
Dyma ein tîm sy'n cefnogi'r staff a'r dysgwyr mewn ysgolion prif ffrwd ar draws Bro Morgannwg.

Angie Morgan

Uwch Ymarferydd Iechyd Meddwl

Carolyn Owens

Ymarferydd Iechyd Meddwl



i'w gadarnhau

Gweithiwr Iechyd Meddwl Graddedig

Yr ysgolion rydyn ni'n eu cefnogi yw

- Ysgol Gyfun y Bont-faen
- Ysgol Gyfun Llanilltud Fawr
- Ysgol Gyfun Sant Cyres
- Ysgol Uwchradd Gatholig Sant Richard Gwyn
- Ysgol Gyfun Stanwell
- Ysgol Uwchradd Whitmore
- Ysgol Gyfun Bro Morgannwg
- Ysgol Uwchradd Pencoedtre

ac Ysgolion Cynradd yn yr ardal

TÎM ARDAL AHY AC UCD

Dyma ein tîm sy'n cefnogi'r staff a'r dysgwyr sy'n derbyn **Addysg Heblaw yn yr Ysgol** (AHY) neu sy'n mynychu **Unedau Cyfeirio Disgyblion** (UCDau) draws Caerdydd a Bro Morgannwg.

Lisa Finlayson-Clements

Uwch Ymarferydd Iechyd Meddwl

Elin Davies

Ymarferydd Iechyd Meddwl

Chloe Viney

Gweithiwr Iechyd Meddwl Graddedig

Y darpariaethau a gefnogwn yw

Caerdydd:

- Uned Cyfeirio Disgyblion Bryn y Deryn
- Tîm AHY Caerdydd

Y Fro:

- Tîm Cynhwysiant y Fro
- Canolfan Ddysgu a Lles (Y Daith gynt)

Diolch am ddarllen, gobeithiwn y byddwch yn parhau i gymryd rhan yn y Gwasanaeth Mewngymorth Ysgolion. Y ffordd orau o gael y wybodaeth ddiweddaraf am ddatblygiadau'r Gwasanaeth yw cofrestru ar gyfer ein cylchlythyr drwy ychwanegu eich manylion at y **ffurflen hon**. Mae croeso i chi hefyd anfon e-bost atom yn **schoolinreach.cav@wales.nhs.uk**

I gael rhagor o wybodaeth am Les Emosiynol ac Iechyd Meddwl ewch i **https://cavyoungwellbeing.wales/cy/**

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