SCHOOL IN-REACH SERVICE NEWSLETTER

WELCOME BACK!

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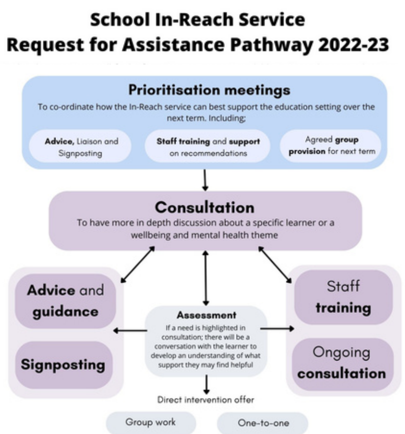
Hello from all of us at School In-Reach. We hope you had a restful summer break and had an opportunity to unwind after a busy school year.

We are really excited to get out and start working with schools and education settings across Cardiff and the Vale of Glamorgan. Over the summer we have been busy preparing for the term ahead, working on our processes, developing our group offer and training packages.

This newsletter will introduce our focus for this term, while we continue to develop the rest of our offer to education settings.

SERVICE UPDATE



We have developed our School In-Reach Request for Assistance Pathway 2022-23 which can be accessed on our website. It includes information on the support available to secondary school staff from prioritisation meetings, consultations and training. It also highlights our direct work offer for learners including; assessment, group work and one-to-one intervention. A Request for Assistance Pathway for Primary Education Providers will be developed over the Autumn term.

The senior mental health practitioners will be in touch with their school contacts regarding prioritisation meetings to plan the support of individual schools and settings this term.

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**

Form available via QR code

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

TRAINING

School In-Reach aims to upskill education staff to be better able to support the emotional and mental wellbeing needs of learners. We have developed a tiered model of training to enhance knowledge of staff at different levels. Our tiers are;

Bite Size Learning (in development) → **Foundations** → **Knowledge Building** → **Therapeutic Toolkit**

Foundational or bite size training may benefit whole staff groups, while specialist topics may be more appropriate for those in specific roles ie. ALNCo, Pastoral staff, wellbeing leads, key adults. We would expect those attending therapeutic toolkit workshops to have already attended appropriate foundation & knowledge building training such as understanding distress and PACE. This is to provide staff with the underpinning theory and knowledge that is needed to facilitate therapeutic interventions.

Here is our open access online training programme for this term, available to all education staff across Cardiff and the Vale. More training packages are being developed ready for delivery in the Spring term.

DATE	TIME	TITLE OF TRAINING	TRAINING TIER
Tuesday 27/9/2022	15:30-16:15	Introduction to School In-Reach Service	Foundations
Tuesday 4/10/2022	15:30-17:00	Unpicking Mental Health through an Adverse Childhood Experiences (ACEs) Lens - Secondary	Foundations
Wednesday 12/10/2022	15:30-17:00	Unpicking Mental Health through an Adverse Childhood Experiences (ACEs) Lens - Primary	Foundations
Thursday 20/10/22	15:30-17:00	Safety planning for education staff	Knowledge Building
Tuesday 25/10/22	15:30-17:00	Embedding PACE in the classroom	Knowledge Building
HALF TERM			
Wednesday 9/11/2022	15:30-16:15	Introduction to School In-Reach Service	Foundations
Tuesday 15/11/2022	15:30-17:00	Understanding and Responding to Distress	Foundations
Thursday 24/11/2022	15:30-17:00	Managing and Understanding self-harm	Knowledge Building
Tuesday 29/11/2022	15:30-17:00	Embedding PACE in the classroom	Knowledge Building
Wednesday 7/12/2022	15:30-17:00	Unpicking Mental Health through an Adverse Childhood Experiences (ACEs) Lens - Primary	Foundations

REGISTRATION DETAILS

Sign up here: https://forms.office.com/r/7NkyCFIpDn or scan the QR code

To book a place for any our training dates, please complete the Microsoft form by following the link below. There are limited spaces available on each, so please book in advance. Joining details will be emailed to attendees prior to the date of the training.

If you are interested in training for whole staff groups or targeted staff in your individual setting, please discuss with your locality lead in your termly prioritisation meetings.

THE TEAM

This is our School In-Reach Team and their localities.

You can find out your locality and allocated practitioner information here.

Joining the team after half term
Clinical Psychologist

Amy Brown
Service Lead

CARDIFF EAST

Natalie Baron **Stuart Welton**
Senior Mental Health Practitioners

Kirsty Vincent
Mental Health Practitioner

Emma Michelet
Graduate Mental Health Worker

VALE OF GLAMORGAN

Angie Morgan
Senior Mental Health Practitioner

Carolyn Owens
Mental Health Practitioner

Leanne Coundley
Graduate Mental Health Worker

CARDIFF WEST

Vicky Gillespie **Gemma Francis**
Senior Mental Health Practitioners

Elen Hughes
Mental Health Practitioner

Hayley Venn
Graduate Mental Health Worker

EOTAS AND PRU

Lisa Finlayson-Clements
Senior Mental Health Practitioner

Elin Davies
Mental Health Practitioner

Chloe Viney
Graduate Mental Health Worker

Thank you for reading, we look forward to working alongside you.

Visit www.cavyoungwellbeing.wales
for Emotional Wellbeing and Mental Health information and resources for children, young people, parents and professionals.

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CYLCHLYTHYR Y GWASANAETH MEWNGYMORTH YSGOLION

CROESO NÔL!

YN Y RHIFYN HWN

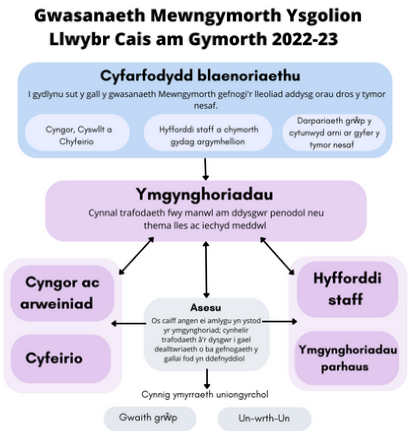
- Cyflwyniad
- Diweddariadau'r gwasanaeth
- Dyddiadau hyfforddiant
- Y Tîm

Helo oddi wrth bob un ohonom yn y Gwasanaeth Mewngymorth Ysgolion. Gobeithio i chi gael gwyliau haf braf ac i chi gael cyfle i ymlacio ar ôl blwyddyn ysgol brysur.

Rydym yn edrych ymlaen at ddechrau gweithio gydag ysgolion a lleoliadau addysg ledled Caerdydd a Bro Morgannwg. Dros yr haf rydym wedi bod yn brysur yn paratoi ar gyfer y tymor sydd o'n blaenau, yn gweithio ar ein prosesau ac yn datblygu ein cynnig grŵp a'n pecynnau hyfforddiant.

Bydd y cylchlythyr hwn yn cyflwyno ein ffocws ar gyfer y tymor hwn, tra ein bod yn parhau i ddatblygu gweddill ein cynnig i leoliadau addysg.

DIWEDDARIADAU'R GWASANAETH



Rydym wedi datblygu ein Llwybr Cais am Gymorth ar gyfer 2022-23 y gellir ei weld ar ein gwefan fan hyn. Mae'n cynnwys gwybodaeth am y cymorth sydd ar gael i staff ysgolion uwchradd fel cyfarfodydd blaenoriaethu, ymgynghoriadau a hyfforddiant. Mae hefyd yn tynnu sylw at ein cynnig gwaith uniongyrchol i ddysgwyr, gan gynnwys; asesu, gwaith grŵp ac ymyrraeth un-i-un. Bydd Llwybr Cais am Gymorth ar gyfer Darparwyr Addysg Gynradd yn cael ei ddatblygu dros dymor yr Hydref.

Bydd yr uwch ymarferwyr iechyd meddwl mewn cysylltiad â'u cysylltiadau ysgol ynghylch cyfarfodydd blaenoriaethu i gynllunio cymorth i ysgolion a lleoliadau unigol y tymor hwn.

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

Ffurflen ar gael trwy god QR

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HYFFORDDIANT

Nod y Gwasanaeth Mewngymorth Ysgolion yw uwchsgilio staff addysgol i allu cefnogi anghenion emosiynol a lles meddyliol dysgwyr yn well. Rydym wedi datblygu model haenog o hyfforddiant i wella gwybodaeth staff ar wahanol lefelau. Ein haenau yw;

Sesiynau Dysgu Byr (wrthi'n cael eu datblygu) → **Y Sylfeini** → **Adeiladu Gwybodaeth** → **Pecyn Cymorth Therapiwtig**

Gall hyfforddiant sesiynau dysgu byr neu hyfforddiant ar y sylfeini fod o fudd i grwpiau staff cyfan, tra gall pynciau arbenigol fod yn fwy priodol i'r rheiny mewn rolau penodol e.e. Cydlynwyr ADY, staff bugeiliol, arweinwyr lles, oedolion allweddol. Byddem yn disgwyl i'r rheiny sy'n mynd i'r gweithdai pecyn cymorth therapiwtig fod eisoes wedi dilyn yr hyfforddiant sylfeini ac adeiladu gwybodaeth priodol fel deall trallod a PACE. Mae hyn er mwyn rhoi i staff y ddamcaniaeth a'r wybodaeth sylfaenol sydd eu hangen i hwyluso ymyriadau therapiwtig.

Dyma ein rhaglen hyfforddiant mynediad agored ar-lein ar gyfer y tymor hwn - mae ar gael i'r holl staff addysg ledled Caerdydd a'r Fro. Mae mwy o becynnau hyfforddiant yn cael eu datblygu'n barod i'w cyflwyno yn nhymor y Gwanwyn.

DYDDIAD	AMSER	TEITL YR HYFFORDDIANT	HAEN HYFFORDDIANT
Dydd Mawrth 27/9/22	15:30-16:15	Cyflwyniad i'r Gwasanaeth Mewngymorth Ysgolion	Y Sylfeini
Dydd Mawrth 4/10/22	15:30-17:00	Edrych ar Iechyd Meddwl drwy Lens Profiadau Niweidiol yn ystod Plentyndod - Uwchradd	Y Sylfeini
Dydd Mercher 12/10/22	15:30-17:00	Edrych ar Iechyd Meddwl drwy Lens Profiadau Niweidiol yn ystod Plentyndod - Cynradd	Y Sylfeini
Dydd Iau 20/10/22	15:30-17:00	Cynllunio diogelwch ar gyfer staff addysg	Adeiladu Gwybodaeth
Dydd Mawrth 25/10/22	15:30-17:00	Gwreiddio PACE yn yr ystafell ddosbarth	Adeiladu Gwybodaeth
		HALF TERM	
Dydd Mercher 9/11/22	15:30-16:15	Cyflwyniad i'r Gwasanaeth Mewngymorth Ysgolion	Y Sylfeini
Dydd Mawrth 15/11/22	15:30-17:00	Deall trallod ac ymateb iddo	Y Sylfeini
Dydd Iau 24/11/22	15:30-17:00	Deall hunan-niwed	Adeiladu Gwybodaeth
Dydd Mawrth 29/11/22	15:30-17:00	Gwreiddio PACE yn yr ystafell ddosbarth	Adeiladu Gwybodaeth
Dydd Mercher 7/12/2022	15:30-17:00	Edrych ar Iechyd Meddwl drwy Lens Profiadau Niweidiol yn ystod Plentyndod - Cynradd	Y Sylfeini

MANYLION COFRESTRU

Ffurflen gofrestru: https://forms.office.com/r/7NkyCFIpDn neu sganiwch y cod QR.

I gadw lle ar gyfer unrhyw un o'n dyddiadau hyfforddiant, llenwch y ffurflen Microsoft drwy ddilyn y ddolen isod. Dim ond hyn a hyn o leoedd sydd ar gael ym mhob sesiwn, felly cadwch le ymlaen llaw. Bydd manylion ymuno yn cael eu hanfon dros e-bost at fynychwyr cyn dyddiad yr hyfforddiant.

Os oes gennych ddiddordeb mewn hyfforddiant ar gyfer grwpiau staff cyfan neu staff wedi'u targedu yn eich lleoliad unigol, trafodwch hyn gyda'ch arweinydd ardal yn eich cyfarfodydd blaenoriaethu tymhorol.

Y TÎM

Dyma ein Tîm Mewngymorth Ysgolion a'u hardaloedd lleol.

Gallwch weld eich ardal leol a gwybodaeth am yr ymarferydd sydd wedi'i neilltuo i chi yma.

Yn ymuno â'r tîm ar ôl hanner tymor
Seicolegydd Clinigol

Amy Brown
Arweinydd y Gwasanaeth

DWYRAIN CAERDYDD

Natalie Baron **Stuart Welton**
Uwch Ymarferwyr Iechyd Meddwl

Kirsty Vincent
Ymarferydd Iechyd Meddwl

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Gweithiwr Iechyd Meddwl Graddedig

Diolch am ddarllen, edrychwn ymlaen at weithio ochr yn ochr â chi.

Ewch i https://cavyoungwellbeing.wales/cy/
i gael gwybodaeth am Les Emosiynol ac Iechyd Meddwl ac adnoddau ar y rheiny i blant, pobl ifanc, rhieni a gweithwyr proffesiynol

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