SCHOOL IN-REACH SERVICE NEWSLETTER

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Hello and Welcome back! We hope you're feeling refreshed after the summer break and were able to unwind after another busy academic year! We are looking forward to getting back and catching up.

We have spent the summer preparing for the next academic year by reviewing the feedback from our end of year questionnaire (thanks again!) and looking into our systems and training packages. We thought we would share some of the things we are hoping to bring to you and your settings in this term's newsletter and remind you of the training workshop available this term!

SERVICE SHOUT OUT - CAVDAS

We attended the recent launch of CAVDAS (Cardiff and Vale Drug and Alcohol Service) Children and Young person branch. The launch was thoroughly enjoyable with representatives attending from lots of young person services and activities put on for young people to enjoy. We took part in a social media quiz which highlighted the various words used for drugs by young people and we look forward to the training they offer for professionals around this.

If anyone is concerned about a young person using substances or is interested in attending training, they are available to **contact for advice through their Single Point of Contact on 0300 300 7000** and can talk you through referrals.

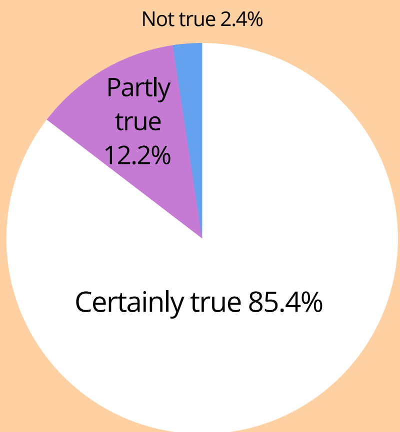
Thank you CAVDAS, great event and we look forward to some joint up working in the near future.

END OF YEAR EVALUATION HIGHLIGHTS

41 responses

How would you rate the service out of 5? **4.56** average rating

"I feel well supported by the School In-Reach Service"



Future training preferences

Inset day / twilight, face to face and 1 hour.

What has been the most helpful part of the service?

"Expertise, extra support layer and very informative advice and strategies"

"Regular attendance at school has been very helpful for other staff in school to seek advice and support from the team."

"The courses they have offered have been tweaked to more suit our situation. They have continually developed their offer to support us. As our relationship grows we have been able to focus in on areas that would best meet our needs."

SERVICE UPDATES

Here are some updates on our processes as a service, and some new parts of our service offer.

PARENT INFORMATION LEAFLET

During the summer holidays we have been working on processes for receiving your Requests For Assistance (RFA), based on your feedback. As a result of this, we have created a Parental Leaflet to go alongside the RFA, rather than having a separate Consent Form.

Our RFA will largely be familiar to schools we work directly with. The big difference is that we are asking you to confirm that parents are fully informed (via our service Parental Leaflet) and agree to our involvement before proceeding with the form. You are no longer required to get parents to complete a formal Consent Form.

The new parent leaflet and link to the Request for Assistance form has been sent to our school contacts across Cardiff and Vale. We hope that this will make it easier to get our support moving forward. Please let us know if you have any questions or concerns by emailing: **Schoolinreach.CAV@Wales.nhs.uk**

NEW DEVELOPMENTS

Over the summer the School In-Reach team have had training in an intervention called InTER-ACT. InTER-ACT is an evidence-based 3 session, universal mental health programme designed to support the wellbeing of secondary aged pupils. We have plans to pilot this new intervention in a couple of schools over the coming term. If you are keen for us to do the same in your school, please get in touch for the next roll out.

We have also been looking at feedback we received from staff and students last year and taking time to review our existing interventions and training and to develop new material we want to share with you. Keep an eye out for more information in the coming months.

TRAINING

Here is our open access online training programme for this term, available to all education staff across Cardiff and the Vale.

DATE	TIME	TITLE OF TRAINING
Wednesday 20/9/2023	13:00-16:00	Managing Endings and Transitions Well (In-person Workshop - Woodland House, Cardiff)*
Monday 2/10/2023	15:30-17:00	Safety Planning for Education Staff
Thursday 17/10/2023	15:30-17:00	Managing Stress
HALF TERM		
Tuesday 7/11/2023	15:30-17:00	Embedding PACE in the Classroom
Monday 13/11/2023	13:30-16:30	Tree of Life (In-person Workshop - Cardiff venue TBC)*
Monday 27/11/2023	15:30-17:00	Managing and Responding to Self-Harm

* We are hosting in-person training with a maximum of 18 attendees, sign up quick so not to miss out!

Sign up here: https://forms.office.com/e/KH8jJhYgSE

or scan the QR code

CYLCHLYTHYR Y GWASANAETH MEWNGYMORTH YSGOLION

YN Y RHIFYN HWN

- Croeso nôl
- Gwerthusiad diwedd y flwyddyn
- Diweddariadau'r gwasanaeth
- Dyddiadau hyfforddiant

Helo a chroeso yn ôl! Gobeithio eich bod chi'n teimlo'n ffres ar ôl gwyliau'r haf ac wedi gallu ymlacio ar ôl blwyddyn academaidd brysur arall! Rydym yn edrych ymlaen at fod yn ôl a dal i fyny.

Rydym wedi treulio'r haf yn paratoi ar gyfer y flwyddyn academaidd nesaf drwy adolygu'r adborth o'n holiadur diwedd blwyddyn (diolch eto!) ac edrych ar ein systemau a'n pecynnau hyfforddi.

Roeddem yn meddwl y byddem yn rhannu rhai o'r pethau yr ydym yn gobeithio dod â nhw i chi a'ch lleoliadau yng nghylchlythyr y tymor hwn a'ch atgoffa o'r gweithdy hyfforddi sydd ar gael y tymor hwn!

BLOEDD I WASANAETH - CAVDAS

Aethom i lansiad diweddar cangen Plant a Phobl Ifanc CAVDAS (Gwasanaeth Cyffuriau ac Alcohol Caerdydd a'r Fro). Roedd y lansiad yn hynod bleserus gyda chynrychiolwyr yn bresennol o lawer o wasanaethau a gweithgareddau pobl ifanc yn cael eu cynnal i bobl ifanc eu mwynhau. Gwnaethom gymryd rhan mewn cwis cyfryngau cymdeithasol a amlygodd y geiriau amrywiol a ddefnyddir ar gyfer cyffuriau gan bobl ifanc ac edrychwn ymlaen at yr hyfforddiant maen nhw'n ei gynnig i weithwyr proffesiynol o amgylch hyn

Os oes unrhyw un yn pryderu am berson ifanc sy'n defnyddio sylweddau neu â diddordeb mewn mynychu hyfforddiant, mae modd cysylltu â CAVDAS am gyngor drwy eu **Pwynt Cyswllt Unigol ar 0300 300 7000** ac yn gallu siarad â chi drwy atgyfeiriadau.

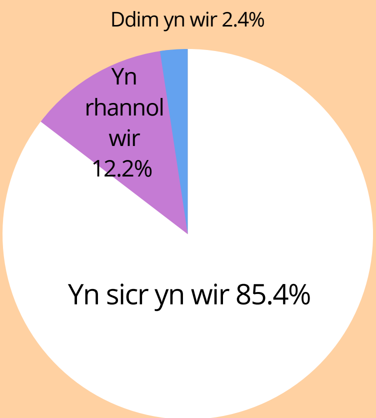
Diolch i CAVDAS, digwyddiad gwych ac edrychwn ymlaen at gydweithio yn y dyfodol agos.

UCHAFBWYNTIAU'R GWERTHUSIAD DIWEDD BLWYDDYN

41 o ymatebion

Sut byddech chi'n graddio'r gwasanaeth allan o 5?

4.56 sgôr cyfartalog



"Rwy'n cael fy nghefnogi gan y Gwasanaeth Mewngymorth Ysgolion"

Dewisiadau hyfforddi yn y dyfodol

Diwrnod HMS / gyda'r nos, wyneb yn wyneb ac 1 awr

Beth fu'r rhan fwyaf defnyddiol o'r gwasanaeth?

Arbenigedd, haen gymorth ychwanegol a chyngor a strategaethau addysgol iawn

"Mae presenoldeb rheolaidd yn yr ysgol wedi bod o gymorth mawr i staff eraill yn yr ysgol geisio cyngor a chefnogaeth gan y tîm."

"Mae'r cyrsiau maen nhw wedi eu cynnig wedi eu haddasu i fod yn fwy addas i'n sefyllfa. Maen nhw wedi datblygu eu cynnig yn barhaus i'n cefnogi."

DIWEDDARIADAU'R GWASANAETH

Dyma rai diweddariadau ar ein prosesau fel gwasanaeth, a rhai rhannau newydd o'n cynnig gwasanaeth.

TAFLEN WYBODAETH I RIENI

Yn ystod gwyliau'r haf rydym wedi bod yn gweithio ar brosesau ar gyfer derbyn eich Ceisiadau am Gymorth, yn seiliedig ar eich adborth. O ganlyniad i hyn, rydym wedi creu Taflen Rhieni i fynd ochr yn ochr â'r Ceisiadau am Gymorth, yn hytrach na chael Ffurflen Ganiatâd ar wahân.

Bydd ein Ceisiadau am Gymorth yn gyfarwydd i raddau helaeth i ysgolion rydym yn gweithio'n uniongyrchol â nhw. Y gwahaniaeth mawr yw ein bod yn gofyn i chi gadarnhau bod rhieni wedi eu hysbysu'n llawn (drwy ein Taflen Rhieni am y gwasanaeth) ac yn cytuno i'n cyfranogiad cyn bwrw ymlaen â'r ffurflen. Nid yw'n ofynnol bellach i chi gael rhieni i lenwi Ffurflen Ganiatâd ffurfiol.

Mae'r daflen rhieni newydd a'r ddolen i'r ffurflen Cais am Gymorth wedi eu hanfon at ein cysylltiadau ysgolion ledled Caerdydd a'r Fro. Rydym yn gobeithio y bydd hyn yn ei gwneud hi'n haws i'n cefnogaeth symud ymlaen. Rhowch wybod i ni os oes gennych unrhyw gwestiynau neu bryderon drwy e-bost i: **Schoolinreach.CAV@Wales.nhs.uk**

DATBLYGIADAU NEWYDD

Dros yr haf mae'r tîm Mewngymorth Ysgolion wedi cael hyfforddiant mewn ymyriad o'r enw InTER-ACT. Mae InTER-ACT yn rhaglen iechyd meddwl cyffredinol 3 sesiwn sy'n seiliedig ar dystiolaeth, a gynlluniwyd i gefnogi lles disgyblion oedran uwchradd. Mae gennym gynlluniau i dreialu'r ymyrraeth newydd hon mewn cwpl o ysgolion dros y tymor nesaf. Os ydych yn awyddus i ni wneud yr un peth yn eich ysgol chi, cysylltwch â ni ar gyfer y gyfres o grwpiau nesaf.

Rydym hefyd wedi bod yn edrych ar adborth a gawsom gan staff a myfyrwyr y llynedd ac yn treulio amser yn adolygu ein hymyriadau a'n hyfforddiant presennol i ddatblygu deunydd newydd yr ydym am ei rannu â chi. Cadwch lygad allan am fwy o wybodaeth dros y misoedd nesaf.

HYFFORDDIANT

Dyma ein rhaglen hyfforddiant mynediad agored ar-lein ar gyfer y tymor hwn - mae ar gael i holl staff addysg ledled Caerdydd a'r Fro.

DYDDIAD	AMSER	TEITL YR HYFFORDDIANT
Dydd Mercher 20/9/2023	13:00-16:00	Rheoli Diwedd Cyfnod a Phontio yn Effeithiol (Gweithdy mewn person - Woodland House, Caerdydd)*
Dydd Llun 2/10/2023	15:30-17:00	Cynllunio Diogelwch ar gyfer Staff Addysg
Dydd Iau 17/10/2023	15:30-17:00	Rheoli Straen
HANNER TYMOR		
Dydd Mawrth 7/11/2023	15:30-17:00	Gwreiddio PACE yn yr ystafell ddosbarth
Dydd Llun 13/11/2023	13:30-16:30	Coeden Bywyd (Gweithdy mewn person - Lleoliad i'w gadarnhau)*
Dydd Llun 27/11/2023	15:30-17:00	Deall Hunan-Niwed

* Rydym yn cynnal hyfforddiant mewn person gydag uchafswm o 18 o fynychwyr, cofrestrwch yn gyflym felly i beidio â cholli allan!

Ffurflen gofrestru: https://forms.office.com/e/KH8jJhYgSE

neu sganiwch y cod QR