

SCHOOL IN-REACH SERVICE NEWSLETTER

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As it is a festive season, why not share some good news? Our lovely Emma and Kirsty have both succeeded in obtaining exciting new roles within the team with additional responsibilities. Kirsty is now our Senior Mental Health Practitioner supporting a number of secondary schools across Cardiff and the Penarth area. Emma is now our Mental Health Practitioner supporting schools in the Cardiff West locality team.

NEW STAFF INTRODUCTIONS

We are excited to introduce and welcome our new team members. Pooja Antony is our newly appointed Graduate Mental Health Worker supporting our Cardiff locality, and Matthew Wilcock is a Trainee Clinical Psychologist working across the service.

SERVICE SHOUT OUT - THE HANGOUT



Some of our team have visited the new 'The Hangout' service. The Hangout offers young people access to mental health support in a non-clinical setting, whenever they need it, including: Drop-in and self-referral, 1-1 sessions, groups, activities and volunteering.

Professionals can get in touch via email hangoutplatform.org or call 0300 3732717. Visit the cavoungwellbeing.wales website for more information.

**Open 3pm-9pm every day
26-28 Churchill Way, Cardiff CF10 2DY**

"I really valued the staff's time and how flexible and open to how support can look for young people ... The Hangout can be a safe hands to safe hands service when young people may be waiting or coming to the end of support within other areas of the care group."

Vicky

Very lovely and welcoming ... a safe space to talk, regulate, express, learn, play or to just 'hang out'!

Elen

Senior Mental Health Practitioners, School In-Reach

"Hello! I'm Pooja, I'm a Graduate Mental Health Worker within the Cardiff East locality. I started my role with the School In-Reach team in October and have really enjoyed spending the last two months getting to know the schools, education staff, pupils, and wider organisations in my locality. I have previously worked in Cardiff as a primary school teacher, and before that worked as a children's domestic violence worker at Cardiff Women's Aid. I am so excited - and looking forward to help contribute to the wonderful work already being done in schools and with education partners!"

Pooja Antony

Graduate Mental Health Worker



"I'm Matthew, and I'm a Trainee Clinical Psychologist who started my placement with the School In-Reach team at the start of November. Throughout my placement I will be working both directly with young people who are struggling with their mental health, as well as indirectly by developing and delivering training and conducting consultations with schools. Before starting this role, most of my experience has been working with people experiencing common mental health difficulties. I'm looking forward to the opportunity to work with young people and the wider education setting, recognising the importance of schools in the health and wellbeing of the younger generation. "

Matthew Wilcock

Trainee Clinical Psychologist



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WHAT IS CONSULTATION?

A large part of our work in schools is consultation with school staff around a young person's mental health and wellbeing needs. The word consultation can feel very grand and mysterious, so we thought we'd let you know what consultation to us is, and what it is not.



For our team, consultation is:

- A **meeting or conversation** between people with different areas of expertise and responsibility
- Space to **reflect**, bring different information together, to explore issues and ideas and **make sense and plan** together
- A **collaborative process** based on mutual respect, trust and equality
- An **indirect way of supporting** children and young people

In consultation, each party involved maintains responsibility for their own practice/actions, autonomy in work role, and control over their own involvement in consultation.

- To allay any fears, **consultation is not:**
- A test of your knowledge or skills (or of ours, sometimes we might not have all of the answers but will do our best to find out!)
 - Personal therapy (you won't be asked to share anything personal about yourself that you don't want to)
 - Crisis management for emergency situations
- As a team we have been a part of hundreds of consultations with school staff over the past year and we are endlessly grateful for the dedication, skill and care we see towards the young people discussed with us. Thank you.

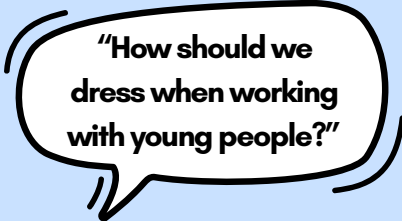


YOUTH PANEL FEEDBACK

As a service, we want to ensure everyone's voice is heard. We felt it was important to hear from our young people, to help guide and advise us on how they want to be supported!

On November 6th, Radyr Comprehensive welcomed School In-Reach to set up our first Pilot Youth Panel. The group shared incredible perspectives and views, and whilst we had lots of questions, they asked lots of questions too! In our first session, we focused on creating a name (still a work in progress) and listened to their ideas about a design for the panel logo and badge. We are hoping one of our Graduate Mental Health Workers can co-create the design with them.

We cannot wait to see how this develops, watch this space!



They said casual and comfy, no high heels! The group shared that it makes us more approachable and friendly, so if you see us looking more dressed down, this is why!

UNIVERSAL OFFERS FOR YOUNG PEOPLE

This term the School In-Reach team have been delivering our two new universal offers to the young people in your schools.



The first of these is our three-session workshop, **InTER-ACT**. InTER-ACT is an evidence-based programme designed to support the wellbeing of secondary aged pupils and is something we received training to deliver to you. For more information, visit: <https://interact-programme.co.uk/>

WELLBEING DURING EXAM TIME

The second offer is our stand-alone workshop for **Wellbeing During Exam Time**. This workshop was designed and created following requests and feedback that we received from you about what you are seeing in school in relation to the build-up to exams and exams themselves.

Throughout this term we have been working with you through our prioritisation meetings to roll these offers out to as many pupils as we can. We hope that the young people who have received them have found them beneficial. We look forward to seeing how these offers are taken up by schools over time and to going through the valuable feedback we have been receiving about them.



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SPRING TRAINING 2024

Our open access training programme is freely available to all education staff across Cardiff and the Vale.

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

DATE	TIME	TITLE OF TRAINING
Monday 15/1/2024	15:30-17:00	Stress Awareness
Wednesday 24/1/2024	15:30-17:00	Understanding and Responding to Distress
Tuesday 30/1/2024	15:30-17:00	Embedding PACE in the Classroom
Monday 5/2/2024	13:30-16:30	Tree of Life (In-person Workshop - Woodland House, Cardiff*)

HALF TERM

Tuesday 20/2/2024	15:30-17:00	Understanding and Responding to Self-Harm
Monday 4/3/2024	13:00-15:00	Understanding and Responding to Self-Harm (In-person Workshop - Woodland House, Cardiff)*
Wednesday 20/3/2024	12:30-15:30	Managing Endings and Transitions Well (In-person Workshop - Woodland House, Cardiff)*

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

REGISTRATION DETAILS

To book a place or for more information on each of the training sessions, please complete the Microsoft form by following the link below:

Sign up here: <https://forms.office.com/e/SKqG800tHf>



or scan the QR code

"It was really helpful that the training was experiential and being able to complete my own tree, helped me to understand how the young people I work with may feel doing this activity."

Tree of Life

"Theory and hands on. Lots of opportunities to share and listen to shared experiences. Very appropriate to the needs of the team."

Managing Transitions and Endings Well

"The resources that are available post meeting to share with other colleagues"

Understanding and Responding to Self-Harm

CYLCHLYTHYR Y GWASANAETH MEWNGYMORTH YSGOLION

YN Y RHIFYN HWN

- Diweddariad o ran staff
- Diolch i Wasanaeth
- Beth yw ymgynghori?
- Panel ieuencid
- Cynigion Cyffredinol
- Hyfforddiant gwanwyn

GWASANAETH YN GWEIDDI ALLAN – THE HANGOUT



Mae rhai o'n fîm wedi ymweld â'r gwasanaeth 'The Hangout' newydd. Mae'r Hangout yn cynnig mynediad i bobl ifanc at gymorth iechyd meddwl mewn lleoliad anghlinigol, pryd bynnag y bydd ei angen arnynt, gan gynnwys: galw heibio a hunan-gyfeirio, sesiynau 1-1, grwpiau, gweithgareddau a gwirfoddoli.

Gall gweithwyr proffesiynol gysylltu trwy e-bost hangout@platform.org neu ffonio **07811375417**. Ewch i wefan [cavoyoungwellbeing](http://cavoyoungwellbeing.org) am fwy o wybodaeth.

Ar agor 3pm-9pm bob dydd.
26-28 Ffordd Churchill, Caerdydd CF10 2DY

"Ro'n i wir yn gwerthfawrogi amser y staff a pha mor hyblyg ac agored i sut y gall cefnogaeth chwilio am bobl ifanc... Gall yr Hangout fod yn wasanaeth diogel pan all pobl ifanc fod yn aros neu'n dod i ddiwedd y gefnogaeth o fewn meysydd eraill o'r grŵp gofal."

Vicky

"Hyfryd a chroesawgar iawn... Lle diogel i siarad, rheoleiddio, mynegi, dysgu, chwarae neu 'hongian allan' yn unig."

Elen

Uwch Ymarferwyr Iechyd Meddwl, Ysgol Mewn-Cyrraedd

Gan ei fod yn dymor Nadoligaidd, beth am rannu newyddion da? Mae ein Emma a Kirsty hyfryd ill dau wedi llwyddo i gael rolau newydd cyffrous o fewn y tîm gyda chyfrifoldebau ychwanegol. Kirsty bellach yw ein Huwch Ymarferydd Iechyd Meddwl sy'n cefnogi nifer o ysgolion uwchradd ar draws Caerdydd ac ardal Penarth. Mae Emma bellach yn Ymarferydd Iechyd Meddwl sy'n cefnogi ysgolion yn nhîm ardal Gorllewin Caerdydd.

CYFLWYNO STAFF NEWYDD

Rydym yn gyffrous i groesawu a chyflwyno aelodau newydd o'n tîm. Pooja Antony yw ein Gweithiwr Iechyd Meddwl Graddedig sydd newydd ei phenodi i gefnogi ein hardal yng Nghaerdydd, ac mae Matthew Wilcock yn Seicolegydd Clinigol dan Hyfforddiant sy'n gweithio ar draws y gwasanaeth.

"Helo! Pooja ydw i, rwy'n Weithiwr Iechyd Meddwl Graddedig yn ardal Dwyrain Caerdydd. Dechreuais fy rôl gyda thîm Mewngymorth Ysgolion yn mis Hydref ac rwyf wedi mwynhau treulio'r ddaud fis diwethaf yn dod i adnabod yr ysgolion, staff addysg, disgyblion a sefydliadau ehangach yn fy ardal leol. Rwyf wedi gweithio yng Nghaerdydd yn flaenorol fel athrawes ysgol gynradd, a chyn hynny bu'n gweithio fel gweithiwr trais yn y cartref i blant yn Cymorth i Fenywod Caerdydd. Rydw i mor gyffrous - ac yn edrych ymlaen at gyfrannu at y gwaith gwych sydd eisoes yn cael ei wneud mewn ysgolion a gyda phartneriaid addysg!"

Pooja Antony

Gweithiwr Iechyd Meddwl Graddedig



"Matthew ydw i, ac rydw i'n Seicolegydd Clinigol dan Hyfforddiant a ddechreuodd fy lleoliad gyda'r Tîm Mewngymorth Ysgolion yn cyrraedd ddechrau mis Tachwedd. Trwy gydol fy lleoliad byddaf yn gweithio'n uniongyrchol gyda phobl ifanc sy'n cael trafferth gyda'u hiechyd meddwl, yn ogystal ag yn anuniongyrchol drwy ddatblygu a chyflwyno hyfforddiant a chynnal ymgynghoriadau ag ysgolion. Cyn dechrau'r rôl hon, mae'r rhan fwyaf o'm profiad wedi bod yn gweithio gyda phobl sy'n profi anawsterau iechyd meddwl cyffredin. Rwy'n edrych ymlaen at y cyfle i weithio gyda phobl ifanc a'r lleoliad addysg ehangach, gan gydnabod pwysigrwydd ysgolion yn iechyd a lles y genhedlaeth iau."

Matthew Wilcock

Seicolegydd Clinigol dan Hyfforddiant



BETH YW YMGYNGHORIAD?

Rhan fawr o'n gwaith mewn ysgolion yw ymgynghori â staff ysgolion ynghylch anghenion iechyd meddwl a lles person ifanc. Gall y gair ymgynghori deimlo'n grand ac yn ddirgel iawn, felly roeddem yn meddwl y byddem yn rhoi gwybod i chi beth yw ymgynghori â ni, a beth sydd ddim.



Ar gyfer ein fim, ymgynghori yw:

- Cyfarfod neu sgwrs rhwng pobl â gwahanol feysydd arbenigedd a chyfrifoldeb
- Lle i fyfrio, dod â gwybodaeth wahanol at ei gilydd, i archwilio materion a syniadau a gwneud synnwyr a chynllunio gyda'i gilydd
- Proses gydweithredol sy'n seiliedig ar barch, ymddiriedaeth a chydaddoldeb ar y cyd
- Ffordd anuniongyrchol o gefnogi plant a phobl ifanc

Mewn ymgynghoriad, mae pob fim sy'n ymwneud â hyn yn gyfrifol am eu hymarfer/camau gweithredu eu hunain, ymreolaeth mewn rôl waith a rheolaeth dros eu cyfranogiad eu hunain mewn ymgynghori.

- Er mwyn lleddfu unrhyw ofnau, nid yw ymgynghoriad yn:
 - Prawf o'ch gwybodaeth neu sgiliau (neu ein un ni, weithiau efallai na fydd gennym yr atebion i gyd ond byddwn yn gwneud ein gorau i'w cael!)
 - Therapi personol (ni ofynnir i chi rannu unrhyw beth personol amdanoch chi'ch hun nad ydych chi am ei wneud)
 - Rheoli argyfwng ar gyfer sefyllfaoedd brys
- Fel fim, rydym wedi bod yn rhan o gannoedd o ymgynghoriadau â staff ysgolion dros y flwyddyn ddiwethaf ac rydym yn fythol ddiolchgar am yr ymroddiad, y sgil ar gofal a welwn tuag at y bobl ifanc a drafodwyd gyda ni. Diolch.



ADBORTH PANEL IEUENCTID

Fel gwasanaeth, rydym am sicrhau bod llais pawb yn cael ei glywed. Roeddem yn teimlo ei bod yn bwysig clywed gan ein pobl ifanc, i helpu i'n harwain a'n cynghori ar sut maen nhw am gael eu cefnogi!

Ar 6 Tachwedd, croesawodd Mewngymorth Ysgolion Ysgol Gyfun Radur i sefydlu ein Panel Ieuencid Peilot cyntaf. Rhannodd y grŵp perspectifau a safbwyntiau diddorol, ac er bod gennym lawer o gwestiynau, fe wnaethant ofyn llawer o gwestiynau hefyd! Yn ein sesiwn gyntaf, buom yn canolbwyntio ar greu enw (sy'n dal i fod yn waith ar y gweill) ac yn gwrandao ar eu syniadau am ddyluniad ar gyfer logo a bathodyn y panel. Rydym yn gobeithio y gall un o'n Gweithwyr Iechyd Meddwl Graddedig gyd-greu'r dyluniad gyda nhw.

Allwn ni ddim aros i weld sut mae hyn yn datblygu, gwyliwch y gofod hwn!

"Sut dylen ni wisgo wrth weithio gyda phobl ifanc?"

Dwedon nhw yn achlysurol ac yn gyfforddus, dim sodlau uchel! Rhannodd y grŵp ei fod yn ein gwneud ni'n fwy hygyrch a chyfeillgar, felly os gwelwch chi ni'n edrych yn llai smart, dyma pam!

CYNIGION CYFFREDINOL I BOBL IFANC

Y tymor hwn, mae'r fim Mewngymorth Ysgolion wedi bod yn cyflwyno ein dau gynig cyffredinol newydd i'r bobl ifanc yn eich ysgolion.



Y cyntaf o'r rhain yw ein gweithdy tair sesiwn, **InterACT**. Mae InterACT yn rhaglen sy'n seiliedig ar dystiolaeth sydd wedi'i chynllunio i gefnogi lles disgyblion oedran uwchradd ac mae'n rhywbeth y cawsom hyfforddiant i'w gyflwyno i chi. Am fwy o wybodaeth, ewch i: <https://interact-programme.co.uk/>

Drwy gydol y tymor hwn rydym wedi bod yn gweithio gyda chi drwy ein cyfarfodydd blaenoriaethu i gyflwyno'r cynigion hyn i gynifer o ddisgyblion ag y gallwn. Rydym yn gobeithio bod y bobl ifanc sydd wedi eu derbyn wedi eu cael yn fuddiol. Rydym yn edrych ymlaen at weld sut mae'r cynigion hyn yn cael eu manteisio gan ysgolion dros amser ac at fynd drwy'r adborth gwerthfawr yr ydym wedi bod yn ei dderbyn amdanynt.



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AMSER ARHOLIADAU

Yr ail gynig yw ein gweithdy annibynnol ar gyfer Lles yn ystod Amser Arholiadau. Cafodd y gweithdy hwn ei ddylunio a'i greu yn dilyn ceisiadau ac adborth a gawsom gennych chi am yr hyn rydych chi'n ei weld yn yr ysgol mewn perthynas â'r cyfnod cyn arholiadau ac arholiadau eu hunain.

HYFFORDDIANT Y GWANWYN 2024

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.

Os oes gennych ddiddordeb mewn hyfforddiant ar gyfer grwpiau staff cyfan yn eich lleoliad unigol, trafodwch hyn gyda'ch arweinydd ardal yn eich cyfarfod blaenoriaethu.

DYDDIAD	AMSER	TEITL YR HYFFORDDIANT
Dydd Llun 15/1/2024	15:30-17:00	Ymwybyddiaeth o Straen
Dydd Mercher 24/1/2024	15:30-17:00	Deall Trallod ac Ymateb Iddo
Dydd Mawrth 30/1/2024	15:30-17:00	Gwreiddio PACE yn yr Ystafell Ddosbarth
Dydd Llun 5/2/2024	13:30-16:30	Coeden Bywyd (Gweithdy mewn person - Woodland House, Caerdydd)*

HANNER TYMOR

Dydd Mawrth 20/2/2024	15:30-17:00	Deall ac Ymateb i Hunan-niwed
Dydd Llun 4/3/2024	13:00-15:00	Deall ac Ymateb i Hunan-niwed (Gweithdy mewn person - Woodland House, Caerdydd)*
Dydd Mercher 20/3/2024	12:30-15:30	Rheoli Diwedd Cyfnod a Phontio yn effeithiol (Gweithdy mewn person - Woodland House, Caerdydd)*

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

MANYLION COFRESTRU

I gadw lle neu i gael rhagor o wybodaeth am bob un o'r sesiynau hyfforddi, cwblhewch y ffurflen Microsoft drwy ddilyn y ddolen isod:

Ffurflen gofrestru: <https://forms.office.com/e/SKqG800tHf>



neu sganwch y cod QR

"Roedd yn ddefnyddiol iawn bod yr hyfforddiant drwy brofiad ac roedd gallu cwblhau fy nghoeden fy hun, wedi fy helpu i ddeall sut y gallai'r bobl ifanc rwy'n gweithio gyda nhw deimlo eu bod yn gwneud y gweithgaredd hwn."

Coeden Bywyd

"Theori ac ymarferol. Llauer o gyfleoedd i rannu a gwrandao ar brofiadau a rennir. Mae'n briodol iawn i anghenion y tîm."

"Yr adnoddau sydd ar gael ar ôl cyfarfod i'w rhannu gyda chydweithwyr eraill"

Deall ac Ymateb i Hunan-Niwed

Rheoli Diwedd Cyfnod a Phontio yn Effeithiol