

SCHOOL IN-REACH SERVICE NEWSLETTER

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A WARM WELCOME BACK AND A HAPPY NEW YEAR! WE HOPE THE WINTER BREAK OFFERED YOU SOME WELL-EARNED REST AND TIME TO RECHARGE. WE LOOK FORWARD TO WORKING TOGETHER IN THIS NEW TERM.

School In-Reach Website

Over the summer, we worked to develop and update a range of resources for our service website. We are delighted to share that these are now live and ready for you to access. Please visit [School In-Reach - Children, Young People And Families](#) to explore our new bitesize training videos, resources, and information about our primary and secondary school offer.

To access any of our training or group provision, please contact us at: schoolinreach.cav@wales.nhs.uk

SERVICE UPDATES

Open Access Training

Unfortunately, due to service pressures we will not be offering any open access training for the rest of this academic year. Secondary schools are still able to book training via the Senior Mental Health Practitioner linked to their schools.

Primary schools can contact us on schoolinreach.cav@wales.nhs.uk to request training.

What's new?



- Primary School offer
- Information sheets for Tree of Life reflective practice and Peer Mentoring
- Updated trauma informed resources
- New bitesize training videos

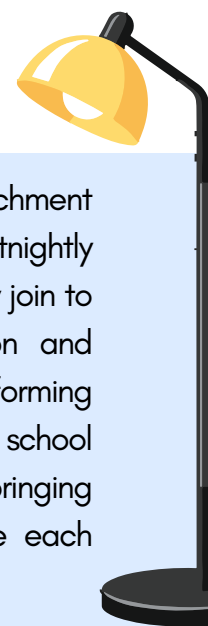


Badges for Mentors!



In October, we were delighted to receive funding from Cardiff & Vale Health Charities to provide badges for our trained Sixth-Form Mentors, recognising their hard work and helping make them more visible and approachable to younger students.

SHINE A LIGHT



Last term, we loved hearing about the new Enrichment Program Llanishen High are running. On a fortnightly Wednesday afternoon, as a school community they join to do activities which bring enjoyment, connection and challenge. We heard about new relationships forming between all the different members of the school community, and how the shared experiences are bringing people together and enabling all to experience each other's strengths differently. *(Continued on Page 2)*

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SHINE A LIGHT (CONTINUED)

To name just a few, the offer includes a politics group, sign language, nail art, Samba and paddle boarding – the offer is so broad there is something for everyone to be part of and challenge themselves with. To us it felt like belonging, connection and community resilience in action, and we can't wait to see it grow and develop over the coming years!

Do you have an initiative you'd like to share with other schools? Let us know, we'd love to hear about it schoolinreach.cav@wales.nhs.uk

SERVICE SHOUT OUTS

Suicide and Self Harm Prevention Training Hub

The SORTS platform includes training and information to help education staff recognise and respond to young people who self-harm. It is aimed at all staff working in schools, including those in admin, support and teaching roles. The content was developed by researchers, school staff and young people. A free 30-minute e-module on recognising and responding to self-harm in schools can be accessed via: [E-learning module: Introduction to self-harm in schools – Sorts](#)



Cruse Bereavement Support

Cruse Bereavement Support is a charity working across Wales, England and Northern Ireland to support anyone affected by bereavement. Local services provide group and one-to-one support, training, and signposting. Support for children and young people includes:

- Hope Again: a resource created by young people for young people offering videos, information, and personal stories about coping with grief. Visit: www.hopeagain.org.uk
- Practical advice for schools on supporting pupils and staff who have experienced a bereavement: www.cruse.org.uk/organisations/schools/

For more information about the charity, visit: www.cruse.org.uk

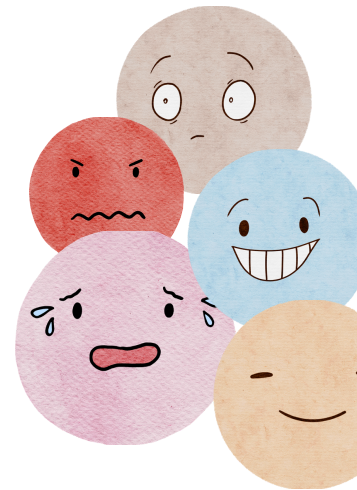
Specialist grief support is available via a referral to the Cruse helpline.

Call **0808 808 1677** to speak with a trained volunteer if you are seeking support for yourself or for a young person.

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FEATURE: FEELINGS ARE FUNNY THINGS (FAFT)

Feelings are Funny Things (FAFT) is 6-week group intervention which uses storytelling and a PACE (Playfulness, Acceptance, Curiosity, Empathy) approach, to deliver a variety of exercises to develop children and young people's emotional literacy and wellbeing.



So far, we have delivered:

24

groups

11 in Primary schools

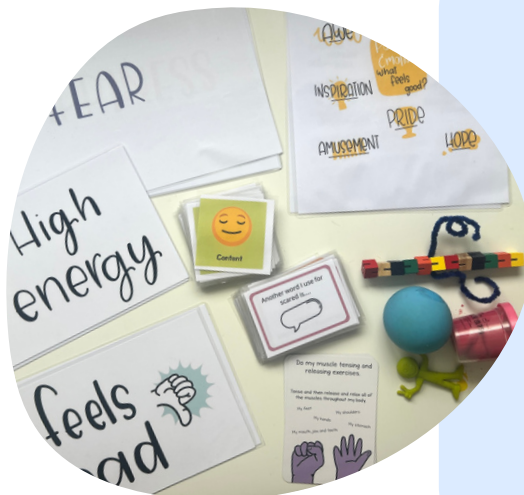
13 in Secondary schools

Alongside 48+ members of staff

What does the group look like?

School In-Reach practitioners co-deliver FAFT alongside one or two allocated members of education staff (who have already received FAFT training) for 6 weeks. This approach means the co-facilitating education staff have the skills, knowledge, experience and confidence to continue the group as a preventative intervention within their school.

Each FAFT session includes a warm-up activity, at least one story or tale and a variety of exercises based around it. All exercises and stories are aimed at understanding emotions. Each group has a capacity of 8-10 learners from Years 5, 6 or 7.



Feelings Are Funny Things Interest Group (for staff):

As we move into the New Year, we'd love to connect with education staff who have completed the training and delivered the FAFT group. We're hoping to create a welcoming, timely online space where colleagues from both primary and secondary settings can come together to share experiences, problem-solve, and learn from one another.

This interest group will give us the chance to hear how FAFT is working in your schools, celebrate what's going well, and explore where we can grow and strengthen the programme together. Your experience is invaluable in helping us continue to shape and develop FAFT.

If you've already delivered a group and would like to be part of our interest group next year, we'd love to hear from you. Please email: schoolinreach.cavewales.nhs.uk

CYLCHLYTHYR MEWNGYMORTH YSGOLION

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- Taflu goleuni
- Sylw i wasanaeth
- Nodwedd: Pethau Rhyfedd Yw Teimladau

DIWEDDARIADAU I'R GWASANAETH

Hyfforddiant Mynediad Agored

Yn anffodus, oherwydd pwysau gwasanaeth ni fyddwn yn cynnig unrhyw hyfforddiant mynediad agored ar gyfer gweddill y flwyddyn academaidd hon.

Mae ysgolion uwchradd yn dal i allu trefnu hyfforddiant drwy'r Uwch Ymarferwyr Iechyd Meddwl sy'n gysylltiedig â'u hysgolion. Gall ysgolion cynradd gysylltu â ni ar schoolinreach.cav@wales.nhs.uk i of i wneud cais am hyfforddiant ar gyfer eu staff addysg.

Bathodynnau i Fentoriaid!



Rydym wedi parhau i ddarparu ein rhaglen fentora cyfoedion ar draws ysgolion uwchradd. Ym mis Hydref, roeddem yn falch iawn o dderbyn cyllid gan Elusennau Iechyd Caerdydd a'r Fro i ddarparu bathodynnau i'n mentoriaid chweched dosbarth hyfforddedig, gan gydnabod eu gwaith caled a'u helpu i fod yn fwy gweladwy ac agosadwy i ddisgyblion iau.

CROESO CYNNES YN ÔL A BLWYDDYN NEWYDD DDA I CHI I GYD! GOBEITHIO EICH BOD WEDI CAEL CYFLE I ORFFWYS A BWRW EICH BLINDER DROS YR GWYLIAU.

Diweddariad i'r wefan:

Dros yr haf, rydym wedi bod yn gweithio i ddatblygu a diweddarau ystod o adnoddau ar gyfer gwefan ein gwasanaeth. Rydym yn falch iawn o rannu bod y rhain bellach yn fyw ac yn barod i chi gael mynediad iddynt. Ewch i [Mewngymorth Ysgolion - Plant, Pobl Ifanc a Theuluoedd](#) i archwilio ein fideos hyfforddi cryno newydd, adnoddau, a gwybodaeth am ein cynigion ysgolion cynradd ac uwchradd.

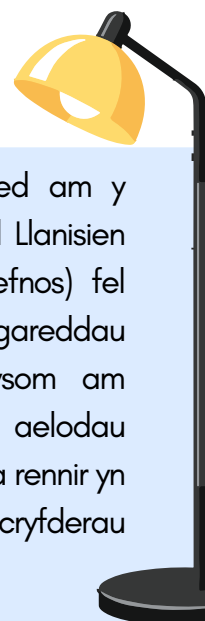
I gael mynediad at unrhyw un o'n hyfforddiant neu ddarpariaeth grŵp, cysylltwch â ni ar: schoolinreach.cav@wales.nhs.uk

Beth sy'n newydd?



- Cynnig Ysgol Gynradd
- Taflenni gwybodaeth ar gyfer Ymarfer Myfyriol Coeden Bywyd a Mentora Cyfoedion
- Adnoddau sy'n ystyriol o drawma wedi'u diweddarau
- Fideos hyfforddi cryno newydd

TAFLU GOLEUNI



Y tymor diwethaf, fe wnaethom fwynhau clywed am y rhaglen gyfoethogi newydd mae Ysgol Uwchradd Llanisien yn ei rhedeg. Ar brynawn Mercher (bob pythefnos) fel cymuned ysgol maent yn ymuno i wneud gweithgareddau sy'n dod â mwynhad, cysylltiad a her. Clywsom am gydberthnasau newydd yn ffurfio rhwng holl aelodau gwahanol cymuned yr ysgol, a sut mae'r profiadau a rennir yn dod â phobl at ei gilydd ac yn galluogi pawb i brofi cryfderau ei gilydd yn wahanol. (*Parhad ar dudalen 2*)

CYLCHLYTHYR MEWNGYMORTH YSGOLION

TAFLU GOLEUNI (PARHAD ...)

I enwi dim ond ychydig, mae'r cynnig yn cynnwys grŵp gwleidyddiaeth, iaith arwyddion, celf ewinedd, Samba a phadlfyrddio - mae'r cynnig mor eang mae rhywbeth i bawb fod yn rhan ohono a herio eu hunain ag ef. I ni roedd yn teimlo fel bod ymdeimlad o berthyn, cysylltiad a gwydnwch cymunedol ar waith, ac ni allwn aros i'w weld yn tyfu ac yn datblygu dros y blynyddoedd nesaf!

Oes gennych chi fenter yr hoffech ei rhannu gydag ysgolion eraill? Rhowch wybod i ni, byddem wrth ein bodd yn clywed amdano schoolinreach.cav@wales.nhs.uk



SYLW I WASANAETH

Hyb Hyfforddiant Atal Hunanladdiad a Hunan-niweidio



Mae plattform SORTS yn cynnwys hyfforddiant a gwybodaeth i helpu staff addysg i adnabod ac ymateb i bobl ifanc sy'n hunan-niweidio. Fe'i hanelir at yr holl staff sy'n gweithio mewn ysgolion, gan gynnwys y rhai mewn rolau gweinyddol, cymorth ac addysgu. Datblygwyd y cynnwys gan ymchwilyr, staff ysgolion a phobl ifanc. Gellir cael gafael ar e-fodiwl 30 munud am ddim ar gydnabod ac ymateb i hunan-niweidio mewn ysgolion drwy: [Modiwl e-ddysgu: Cyflwyniad i hunan-niweidio mewn ysgolion - SORTS](#)

Cruse Bereavement Support

Mae Cruse Bereavement Support yn elusen sy'n gweithio ledled Cymru, Lloegr a Gogledd Iwerddon i gefnogi unrhyw un y mae profedigaeth yn effeithio arnynt. Mae gwasanaethau lleol yn darparu cefnogaeth grŵp ac un-i-un, hyfforddiant, a ffynonellau cyfeirio.

- **Hope Again:** adnodd a grëwyd gan bobl ifanc ar gyfer pobl ifanc sy'n cynnig fideos, gwybodaeth, a straeon personol am ymdopi â galar. Ewch i: www.hopeagain.org.uk
- Cyngor ymarferol i gymunedau ysgolion ar gefnogi disgyblion a staff sydd wedi profi profedigaeth: [Ysgolion - Cruse Bereavement Support](#)

Am wybodaeth ehangach am yr elusen, ewch i: [Hafan - Cruse Bereavement Support](#)

Cymorth galar arbenigol ar gael drwy atgyfeiriad at linell gymorth Cruse.

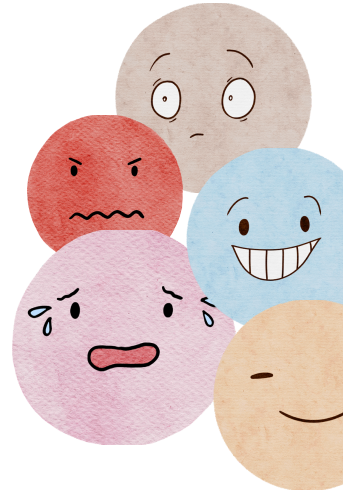
Ffoniwch **0808 808 1677** i

siarad â gwirfoddolwr hyfforddedig os ydych yn ceisio cymorth i chi'ch hun neu i berson ifanc.

CYLCHLYTHYR MEWNGYMORTH YSGOLION

NODWEDD: PETHAU RHYFEDD YW TEIMLADAU / FEELINGS ARE FUNNY THINGS (FAFT)

Ymyrraeth 6 wythnos ar sail grŵp yw 'Pethau Rhyfedd Yw Teimladau' sy'n defnyddio dull adrodd straeon a dull PACE (Natur Chwareus, Derbyniad, Chwilfrydedd, Empathi) i gyflwyno amrywiaeth o ymarferion i ddatblygu llythrennedd a lles emosiynol plant a phobl ifanc.



Hyd yn hyn, rydym wedi cynnal:

24

o grwpiau

11 mewn ysgolion cynradd

13 mewn ysgolion uwchradd

Gyda 48+ o aelodau staff

Sut olwg sydd ar y grŵp?

Mae ymarferwyr Mewngymorth Ysgolion yn cyd-gyflwyno'r ymyrraeth ochr yn ochr ag un neu ddau aelod o staff addysg a ddyrannwyd (sydd eisoes wedi derbyn hyfforddiant 'Pethau Rhyfedd Yw Teimladau' am 6 wythnos. Gobeithiwn y bydd y staff addysg sy'n cyd-hwyluso yn meddu ar y sgiliau, y wybodaeth, y profiad a'r hyder i barhau i grwpio fel ymyrraeth ataliol.

Mae pob sesiwn yn cynnwys gweithgaredd cynhesu, o leiaf un stori ac amrywiaeth o ymarferion wedi'u seilio o'i chwmpas. Mae'r holl ymarferion a straeon wedi'u hanelu at ddeall emosiynau. Mae gan bob grŵp gapasiti o 8-10 o ddysgwyr o Flynyddoedd 5, 6 neu 7.

Grŵp Diddordeb 'Pethau Rhyfedd Yw Teimladau' (ar gyfer staff):

Wrth i ni symud i'r flwyddyn newydd, byddem wrth ein bodd yn cysylltu â staff addysg sydd wedi cwblhau'r hyfforddiant ac wedi cyflwyno'r grŵp 'Pethau Rhyfedd Yw Teimladau'. Rydym yn gobeithio creu gofod ar-lein croesawgar, tymhorol lle gall cydweithwyr o leoliadau cynradd ac uwchradd ddod at ei gilydd i rannu profiadau, datrys problemau, a dysgu oddi wrth ei gilydd.

Bydd y grŵp diddordeb hwn yn rhoi cyfle i ni glywed sut mae 'Pethau Rhyfedd Yw Teimladau' yn gweithio yn eich ysgolion, dathlu'r hyn sy'n mynd yn dda, ac archwilio lle gallwn dyfu a chryfhau'r rhaglen gyda'n gilydd. Mae eich profiad bywyd yn amhrisiadwy wrth ein helpu i barhau i lunio a datblygu FAFT.

Os ydych eisoes yn darparu FAFT ac yn dymuno bod yn rhan o'n grŵp diddordeb y flwyddyn nesaf, byddem wrth ein bodd yn clywed gennych. Anfonwch e-bost at: schoolinreach.cavewales.nhs.uk