

RE: CARDIFF AND VALE SCHOOL IN-REACH: MAY 2022 UPDATE

My name is Amy Brown. I am an Occupational Therapist by training and I am the Team Lead for Cardiff and Vale's School In-Reach Service. I know there is a lot of anticipation surrounding School In-Reach, so I am excited to be able to share the latest developments with you.



Emotional Wellbeing for all

Schools have seen first-hand the rising numbers and higher impact of the emotional wellbeing challenges being faced by children and young people. Without appropriate support in place, it is understandable that many teachers feel overwhelmed and are experiencing impacts on their own wellbeing.

In recognition of this need, the Welsh Government has agreed to a School In-Reach service in every health board in Wales to support children, young people and education staff with their emotional health and wellbeing.

The School In Reach Service in Cardiff and the Vale will work with schools to support the wellbeing of both learners and staff. We will work with you to identify any specific needs impacting your school community, and provide specialist advice, consultation, training and direct work to respond to these needs in a timely way.

Equitable but flexible

On the next page you'll find the team structure and the initial menu of options that will be available to education providers.

Taking a menu approach allows for flexibility to respond to the strengths and needs identified across localities and within individual schools. School In-Reach also needs to align with the wider measures identified as part of each school's Whole School Approach to Emotional Health and Wellbeing.

Over the next term (and beyond) School In-Reach will be focussing on the bespoke conversation and planning needed to achieve this overall vision.

How can you find out more?

School In-Reach locality leads will be making contact with secondary schools in the coming weeks, if they have not already, to discuss your individualised offer. They will be happy to spend time answering any questions you might have.

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](#). The 1st edition will be sent out later in the summer term and will include updates on all aspects of the School In-Reach Programme.

Thank you for your patience and for the feedback you have already provided. I encourage you to please send any further feedback to schoolinreach.cav@wales.nhs.uk. All messages will be read, and I will do my best to provide responses as quickly and fully as I can.

There is a lot of work to do, but I am really excited at the possibilities ahead of us. I look forward to continuing on this journey with you as we seek to build whole communities in which children can thrive.

Amy Brown
School In-Reach Team Lead

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THE TEAM

We are very lucky to have experienced colleagues join the team who have previously worked in the Primary Mental Health Schools Service and The Resilience Project. They will get a proper introduction in the first School In-Reach newsletter! We are currently recruiting to the remaining vacancies and hope to have the full team in place by the autumn term.

*(Pupil Referral Unit and Educated Other Than At School)

Cardiff East	Cardiff West	Vale of Glamorgan	PRU and EOTAS*
Senior Mental Health Practitioner	Senior Mental Health Practitioner	Senior Mental Health Practitioner	Senior Mental Health Practitioner
Mental Health Practitioner	Mental Health Practitioner	Mental Health Practitioner	Mental Health Practitioner
Graduate Mental Health Worker	Graduate Mental Health Worker	Graduate Mental Health Worker	Graduate Mental Health Worker

The four teams led by the:

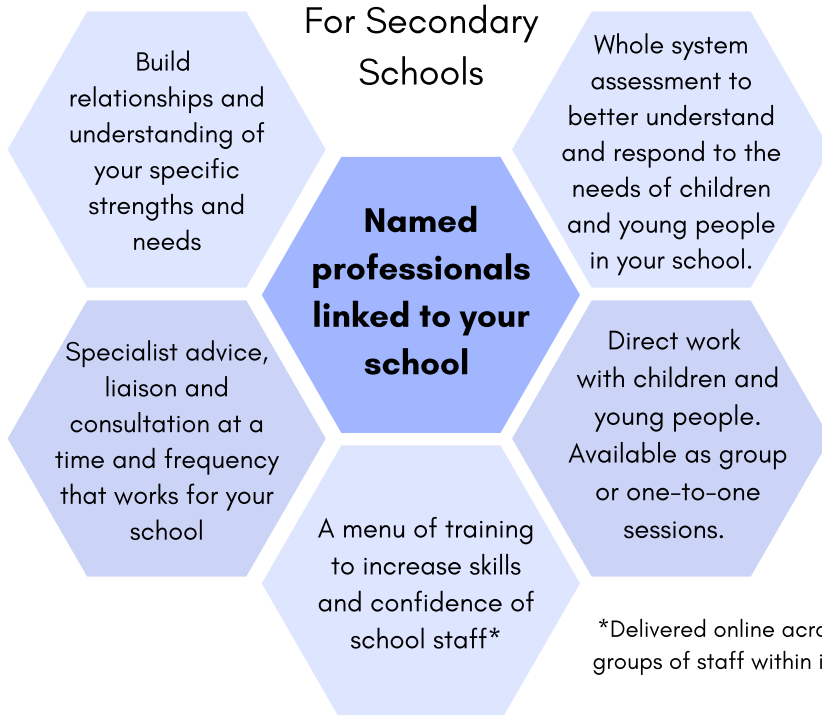
Clinical Psychologist

&

Team Lead

THE OFFER

For Secondary Schools



*Delivered online across localities, or to groups of staff within individual schools.

For Primary Schools

From September, we will be providing regular consultation and group work to Primary Schools within each locality. In addition, primary school staff will be able to attend the locality wide online training events and to request school-based training. We are looking at ways we can increase the offer to this age group.

WHAT'S NEXT?

The School In-Reach focus for this term is

Recruitment, induction and building the team

Engagement and awareness raising events with education professionals, children, young people and their families

Collaboration meetings with every secondary school to develop individualised plans

Finalising dates for summer term training offer and the training themes to be developed over the summer holidays

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MEWNGYMORTH YSGOLION CAERDYDD A'R FRO: DIWEDDARIAD MAI 2022

Fy enw i yw Amy Brown. Rwy'n Therapydd Galwedigaethol drwy hyfforddiant a fi yw Arweinydd Tîm Gwasanaeth Mewngymorth Ysgolion Caerdydd a'r Fro. Rwy'n gwybod bod llawer o ddisgwyl am Mewngymorth Ysgolion, felly rwy'n edrych ymlaen at allu rhannu'r datblygiadau diweddaraf gyda chi.



Lles Emosiynol i bawb

Mae ysgolion wedi gweld yn uniongyrchol y niferoedd cynyddol ac effaith uwch yr heriau lles emosiynol sy'n wynebu plant a phobl ifanc. Heb gymorth priodol, mae'n ddealladwy bod llawer o athrawon yn teimlo eu bod wedi'u llethu ac mae hyn yn cael effaith ar eu lles eu hunain.

I gydnabod yr angen hwn, mae Llywodraeth Cymru wedi cytuno i wasanaeth Mewngymorth Ysgolion ym mhob bwrdd iechyd yng Nghymru i gefnogi plant mewn addysg, pobl ifanc a staff addysg gyda'u hiechyd a'u lles emosiynol.

Bydd y Gwasanaeth Mewngymorth Ysgolion yng Nghaerdydd a'r Fro yn gweithio gydag ysgolion i gefnogi lles dysgwyr a staff. Byddwn yn gweithio gyda chi i nodi unrhyw anghenion penodol sy'n effeithio ar gymuned eich ysgol, ac yn rhoi cyngor arbenigol, ymgynghori, hyfforddiant a gwaith uniongyrchol i ymateb i'r anghenion hyn mewn modd amserol.

Teg ond hyblyg

Ar y dudalen nesaf fe welwch strwythur y tîm a'r ddewislen gychwynnol o opsiynau a fydd ar gael i ddarparwyr addysg.

Mae mabwysiadu dull dewislen yn caniatáu hyblygrwydd i ymateb i'r cryfderau a'r anghenion a nodwyd ar draws ardaloedd ac o fewn ysgolion unigol. Mae angen i Fewngymorth ysgolion hefyd gyd-fynd â'r mesurau ehangach a nodwyd fel rhan o ddull gweithredu ysgol gyfan pob ysgol at lechyd a Lles Emosiynol.

Dros y tymor nesaf (a thu hwnt) bydd Mewngymorth Ysgolion yn canolbwyntio ar y sgwrs a'r cynllunio pwrpasol sydd eu hangen i gyflawni'r weledigaeth gyffredinol hon.

Sut allwch chi gael rhagor o wybodaeth?

Bydd arweinwyr ardal Mewngymorth Ysgolion yn cysylltu ag ysgolion uwchradd yn ystod yr wythnosau nesaf, os nad ydynt eisoes wedi gwneud hynny, i drafod eich cynnig unigol. Byddant yn hapus i dreulio amser yn ateb unrhyw gwestiynau a allai fod gennych.

Y ffordd orau o gael y wybodaeth ddiweddaraf am ddatblygiadau gwasanaeth yw cofrestru ar gyfer ein cylchlythyrau drwy ychwanegu eich manylion at y **ffurflen hon**. Bydd y rhifyn cyntaf yn cael ei anfon allan yn ddiweddarach yn nhymer yr haf a bydd yn cynnwys diweddariadau ar bob agwedd ar y Rhaglen Mewngymorth Ysgolion.

Diolch am eich amynedd ac am yr adborth yr ydych eisoes wedi'i roi. Rwy'n eich annog i anfon unrhyw adborth pellach at **schoolinreach.cav@wales.nhs.uk**. Bydd pob neges yn cael ei darllen, a byddaf yn gwneud fy ngorau i ymateb mor gyflym ac mor llawn ag y gallaf.

Mae llawer o waith i'w wneud, ond rwy'n gyffrous iawn am y posibiladau sydd o'n blaenau. Edrychaf ymlaen at barhau ar y daith hon gyda chi wrth inni geisio adeiladu cymunedau cyfan lle gall plant ffynnu.

Amy Brown
Arweinydd Tîm Mewngymorth Ysgolion

MEWNGYMORTH YSGOLION CAERDYDD A'R FRO: DIWEDDARIAD MAI 2022

Y TÎM

Rydym yn ffodus iawn o fod wedi cael cydweithwyr profiadol yn ymuno â'r tîm sydd wedi gweithio yn y Gwasanaeth Ysgolion Iechyd Meddwl Sylfaenol a'r Prosiect Gwydnwch yn y gorffennol. Byddant yn cael cyflwyniad priodol yn y cylchlythyr Mewngymorth Ysgolion cyntaf! Ar hyn o bryd yr ydym yn recriwtio i'r swyddi gwag sy'n weddill ac yn gobeithio cael y tîm llawn yn ei le erbyn tymor yr hydref.

(Uned Cyfeirio Disgyblion ac Addysg Heblaw yn yr Ysgol)

Dwyrain Caerdydd	Gorllewin Caerdydd	Bro Morgannwg	Uned Cyfeirio Disgyblion ac EOTAS
Uwch Ymarferydd Iechyd Meddwl	Uwch Ymarferydd Iechyd Meddwl	Uwch Ymarferydd Iechyd Meddwl	Uwch Ymarferydd Iechyd Meddwl
Ymarferydd Iechyd Meddwl	Ymarferydd Iechyd Meddwl	Ymarferydd Iechyd Meddwl	Ymarferydd Iechyd Meddwl
Gweithiwr Iechyd Meddwl Graddedig	Gweithiwr Iechyd Meddwl Graddedig	Gweithiwr Iechyd Meddwl Graddedig	Gweithiwr Iechyd Meddwl Graddedig

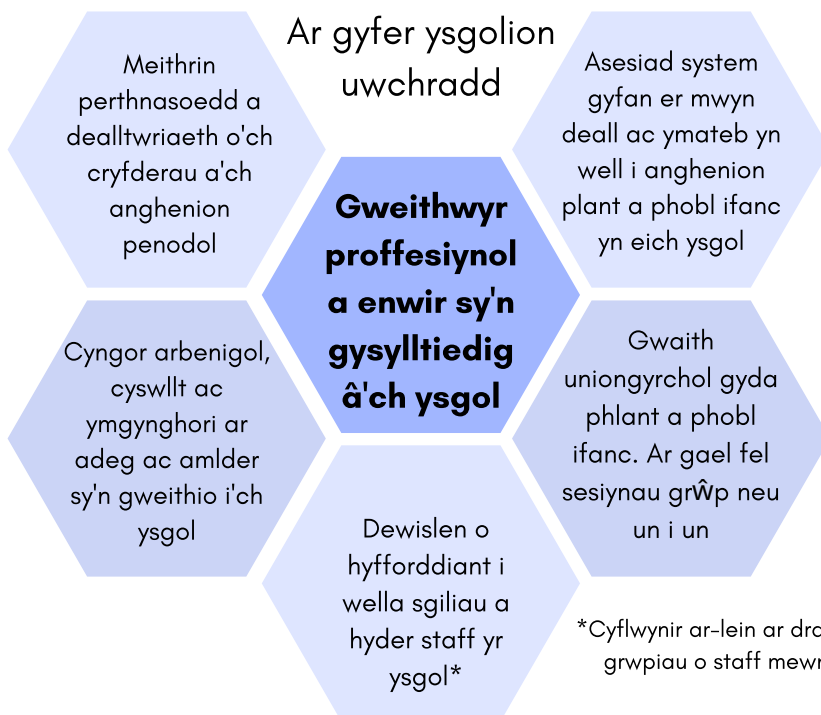
Mae'r pedwar tîm dan arweiniad:

Seicolegydd Clinigol

ac

Arweinydd Tîm

Y CYNNIG



Ar gyfer ysgolion cynradd

O fis Medi ymlaen, byddwn yn gwneud gwaith ymgynghori a gwaith grŵp rheolaidd i Ysgolion Cynradd ym mhob ardal. Yn ogystal, bydd staff ysgolion cynradd yn gallu mynychu'r digwyddiadau hyfforddi ar-lein ardal gyfan ac i ofyn am hyfforddiant mewn ysgolion. Rydym yn edrych ar ffyrdd y gallwn gynyddu'r cynnig i'r grŵp oedran hwn.

*Cyflwynir ar-lein ar draws ardaloedd, neu i grwpiau o staff mewn ysgolion unigol.

BETH NESAF?

Y ffocws Mewngymorth Ysgolion ar gyfer y tymor hwn yw:

Recriwtio, sefydlu ac adeiladu'r tîm

Digwyddiadau ymgysylltu a chodi ymwybyddiaeth gyda gweithwyr addysg proffesiynol, plant, pobl ifanc a'u teuluoedd

Cyfarfodydd cydweithio gyda phob ysgol uwchradd i ddatblygu cynlluniau unigol

Cwblhau dyddiadau ar gyfer cynnig hyfforddiant tymor yr haf a'r themâu hyfforddi i'w datblygu dros wyliau'r haf

Y ffordd orau o gael y wybodaeth ddiweddaraf am ddatblygiadau gwasanaeth yw cofrestru ar gyfer ein cylchlythyrau drwy ychwanegu eich manylion at **ffurflen hon**. Bydd y rhifyn cyntaf yn cael ei anfon allan yn ddiweddarach yn nhymer yr haf a bydd yn cynnwys diweddariadau ar bob agwedd ar y Rhaglen Mewngymorth Ysgolion.