

SCHOOL IN-REACH SERVICE NEWSLETTER

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3 MINUTE SURVEY

How can we support learners to thrive during exam season?

<https://forms.office.com/e/cF5wJjh9jA>

WHAT'S NEW?

Over the last term, the School In-Reach Team have been working hard to expand our offer to schools. As part of our tiered training offer, we have developed new training packages ready to deliver in Spring 2023, and have delivered training both online and face-to-face. We have also developed a number of group interventions which are being delivered to young people in schools across Cardiff and the Vale. We are looking forward to reviewing feedback for the work we have been doing so far and for what's to come in 2023.

NEW STAFF INTRODUCTIONS

We are excited to introduce and welcome our new Clinical Lead, Dr Rhian Murphy and our new Team Secretary, Claire Barry to the School In-Reach Service.

Welcome back and Happy New Year!

We hope you have had a restful festive period and are ready for the warmer and lighter days ahead. We're one term into the school year, and we have met and worked alongside lots of schools and education staff. Thank you for welcoming us into your schools and settings, and engaging with us to think about how we can work collaboratively to meet the needs of learners and staff across Cardiff and Vale.

We continue to offer online training, and have worked hard to develop these around themes based on your feedback. Thank you for all of your support, comments and kindness from our previous training! We look forward to continuing to work with you over the coming months.

If you would like to be part of a focus group to discuss the emotional wellbeing needs of Primary age learners, and how the School In-Reach team could best extend our offer to Primary Schools, please email schoolinreach.cav@wales.nhs.uk

"I'm really excited to join the School In-Reach team as Clinical Psychologist and Clinical Lead. At the moment, I am taking time to get to know the team and find out about the wonderful work they are doing whilst developing my role alongside them. I'm also really keen to get to know the schools and other agencies we work in partnership with. If we haven't met already, I hope to meet many of you in the near future."



Dr Rhian Murphy
Clinical Lead

"I've been working in the Emotional Wellbeing & Mental Health Team for 12 years now and have experience of working across many of the teams. I'm looking forward to working with the School In-Reach team and being able to assist them in delivering an invaluable service within the school environment."

Claire Barry
Team Secretary



TRAINING

Here is our open access online training programme for this term, available to all education staff across Cardiff and the Vale. 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. To express interest in whole staff training for primary schools, please email schoolinreach.cavewales.nhs.uk we are hoping to be able to offer this later in 2023.

DATE	TIME	TITLE OF TRAINING	TRAINING TIER
Tuesday 17/1/2023	15:30-16:30	Introduction to School In-Reach Service	Foundations
Wednesday 25/1/2023	12:00-15:00	Tree of Life	Therapeutic Toolkit
Tuesday 31/1/2023	15:30-17:00	Safety Planning for Education Staff	Knowledge Building
Tuesday 14/2/2023	15:00-17:00	Managing Endings and Transitions Well *	Knowledge Building
HALF TERM			
Tuesday 28/2/2023	15:30-17:00	Managing Stress *	Foundations
Wednesday 15/3/2023	15:30-17:00	Embedding PACE in the classroom	Knowledge Building

* NEW for 2023! ✨

REGISTRATION DETAILS

To book a place for any of our training dates and to find out more information on each of the training, **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.



or scan the QR code

Sign up here: <https://forms.office.com/e/A5JuBSMSE3>

"Information was delivered in a user friendly format and easy to understand. Great that the slides will be emailed out. Very helpful staff."

"I really enjoyed the Window of Tolerance section, and how it really made me think about my own window"

GROUPS

Over the last term, we have been developing and piloting our group interventions. Here is a breakdown of each of the groups that will be co-delivered by School In-Reach and education staff, ranging from 4-6 weeks. Groups delivered within your setting will be discussed during termly prioritisation meetings.

SECONDARY

UNDERSTANDING AND MANAGING ANXIETY



Supports young people to understand what anxiety is and where it comes from. To be able to notice what happens in their body, their thoughts, and to provide them with the skills to ground themselves. To learn positive coping strategies and hopefully break the cycle of anxiety.

UNDERSTANDING AND MANAGING MOOD



Supports young people to understand what low mood is, how it can develop and how it affects our thoughts, feelings and behaviours. The group encourages participants to identify their values and interests and explore ways to improve mood through behavioural activation, challenging unhelpful thoughts and problem solving.

MANAGING BIG EMOTIONS



Supports young people to explore what emotions are and why we have them, to build on their emotional literacy and to develop an awareness of possible triggers for big emotions. The group also aims to provide young people with strategies they can use to help self-regulate and tolerate emotions more effectively.

BUILDING CONFIDENCE AND SELF-ESTEEM



Aims to increase learners' understanding of the causes and effects of low self-esteem and low confidence. To provide an environment that will encourage learners to reflect on their views, perceptions and doubts and encourage a more positive view of themselves. To support learners to develop effective strategies and coping techniques to boost confidence and increase positive self-esteem.

TREE OF LIFE



A creative therapeutic activity that can provide children and young people the opportunity to share, with support of an adult, the personal aspects of themselves. It also gives the opportunity to thicken stories of strength and resilience. It will be co-facilitated by the School In-Reach team and education staff who have attended our Tree of Life workshop.

PRIMARY

FEELINGS ARE FUNNY THINGS



Co-delivered with named education staff in selected primary schools to a small group of year 5 or 6 learners. It is an interactive intervention which uses storytelling and activities to develop children and young people's emotional literacy and wellbeing. It can be an opportunity to build learners' skills in identifying, managing and communicating their emotions, build confidence and skills in relationships.

At the moment, primary schools are being identified by our colleagues Cardiff Education Services and the Vale Engagement Service.

THE TEAM

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



Dr Rhian Murphy
Clinical Lead



Amy Brown
Team Lead



Claire Barry
Team Secretary

CARDIFF EAST



Natalie Baron
Senior Mental Health Practitioner

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
Senior Mental Health Practitioner

Elen Hughes
Senior 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.

CYLCHLYTHYR Y GWASANAETH MEWNGYMORTH YSGOLION

YN Y RHIFYN HWN

Cyflwyniad
Beth sy'n newydd
Hyfforddiant
Grwpiau
Y Tîm



AROLWG 3 MUNUD

Sut gallwn ni gefnogi
dysgwyr i ffynnu yn ystod
tymor arholiadau?

<https://forms.office.com/e/cF5wJjh9jA>

Croeso'n ôl a Blwyddyn Newydd Dda!

Gobeithio eich bod wedi cael cyfnod ymlaciol dros yr Ŵyl ac yn barod am y dyddiau cynhesach ac ysgafnach sydd o'ch blaen. Rydyn ni'n un tymor i mewn i'r flwyddyn ysgol, ac rydym wedi cwrdd, a gweithio ochr yn ochr, â llawer o ysgolion a staff addysg. Diolch am ein croesawu i'ch ysgolion a'ch lleoliadau, ac ymgysylltu â ni i feddwl sut y gallwn weithio ar y cyd i gwrdd ag anghenion dysgwyr a staff ledled Caerdydd a'r Fro. Rydym yn parhau i gynig hyfforddiant ar-lein, ac wedi gweithio'n galed i ddatblygu'r rhain o amgylch themâu yn seiliedig ar eich adborth. Diolch am eich holl gefnogaeth, sylwadau a'ch caredigrwydd o ran ein hyfforddiant blaenorol!

Edrychwn ymlaen at barhau i weithio gyda chi dros y misoedd nesaf.

Os hoffech fod yn rhan o grŵp ffocws i drafod anghenion lles emosiynol dysgwyr oedran cynradd, a sut y gallai tîm Mewngymorth Ysgolion ymestyn ein cynnig orau i Ysgolion Cynradd, anfonwch e-bost at schoolinreach.cav@wales.nhs.uk

Rwy'n edrych ymlaen yn fawr at ymuno â thîm Mewngymorth Ysgolion fel Seicolegydd Clinigol ac Arweinydd Clinigol. Ar hyn o bryd, rwy'n cymryd amser i ddod i adnabod y tîm a chael gwybod am y gwaith gwyd maen nhw'n ei wneud wrth ddatblygu fy rôl ochr yn ochr â nhw. Rydw i hefyd yn awyddus iawn i ddod i adnabod yr ysgolion ac asiantaethau eraill rydyn ni'n gweithio mewn partneriaeth â nhw. Os nad ydyn ni wedi cwrdd yn barod, rwy'n gobeithio cwrdd â llawer ohonoch yn y dyfodol agos.



Dr Rhian Murphy
Arweinydd Clinigol

Dwi wedi bod yn gweithio yn y Tîm Lles Emosiynol ac Iechyd Meddwl ers 12 mlynedd bellach ac mae gennyf brofiad o weithio ar draws nifer o'r timau. Rwy'n edrych ymlaen at weithio gyda'r tîm Mewngymorth Ysgolion a gallu eu cynorthwyo i ddarparu gwasanaeth amhrisiadwy o fewn amgylchedd yr ysgol.

Claire Barry
Ysgrifennydd Tîm



BETH SY'N NEWYDD?

Dros y tymor diwethaf, mae Tîm Mewngymorth Ysgolion wedi bod yn gweithio'n galed i ehangu ein cynnig i ysgolion. Fel rhan o'n cynnig hyfforddiant haenog, rydym wedi datblygu pecynnau hyfforddiant newydd yn barod i'w darparu yng Ngwanwyn 2023, ac wedi darparu hyfforddiant ar-lein ac wyneb yn wyneb. Rydym hefyd wedi datblygu nifer o ymyriadau grŵp sy'n cael eu darparu i bobl ifanc mewn ysgolion ar draws Caerdydd a'r Fro. Rydym yn edrych ymlaen at adolygu'r adborth ar gyfer y gwaith rydym wedi bod yn ei wneud hyd yn hyn, ac am yr hyn sydd i ddod yn 2023.

CYFLWYNO STAFF NEWYDD

Mae'n gyffrous iawn i ni gyflwyno a chroesawu ein Harweinydd Clinigol newydd, Dr Rhian Murphy a'n Hysgrifennydd Tîm newydd, Claire Barry i'r Gwasanaeth Mewngymorth Ysgolion.

HYFFORDDIANT

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. 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. I fynegi diddordeb mewn hyfforddiant staff cyfan ar gyfer ysgol gynradd, anfonwch e-bost at schoolinreach.cav@wales.nhs.uk gan ein bod yn gobeithio gallu cynnig hyn yn ddiweddarach yn 2023.

DYDDIAD	AMSER	TEITL YR HYFFORDDIANT	HAEN HYFFORDDIANT
Dydd Mawrth 7/1/2023	15:30-16:30	Cyflwyniad i'r Gwasanaeth Mewngymorth Ysgolion	Y Sylfeini
Dydd Gwener 25/1/2023	12:00-15:00	Coeden Bywyd	Pecyn Cymorth Therapiwtig
Dydd Mawrth 31/1/2023	15:30-17:00	Cynllunio diogelwch ar gyfer staff addysg	Adeiladu Gwybodaeth
Dydd Mawrth 14/2/2023	15:00-17:00	Rheoli Pontio a Diwedd yn Dda *	Adeiladu Gwybodaeth
HANNER TYMOR			
Dydd Mawrth 28/2/2023	15:30-17:00	Rheoli Straen *	Y Sylfeini
Dydd Gwener 15/3/2023	15:30-17:00	Gwreiddio PACE yn yr ystafell ddosbarth	Adeiladu Gwybodaeth

* NEWYDD ar gyfer 2023! ✨

MANYLION COFRESTRU

I archebu lle ar gyfer unrhyw ddyddiadau hyfforddiant ac i gael mwy o wybodaeth am bob un ohonynt, **cwblhewch 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.



neu sganwch y cod QR

Ffurflen gofrestru: <https://forms.office.com/e/A5JuBSMSE3>

"Cyflwynwyd gwybodaeth mewn fformat cyfeillgar i ddefnyddwyr ac yn hawdd ei deall. Grêt y bydd y sleidiau'n cael eu dosbarthu dros e-bost. Mae'r staff yn barod iawn i helpu."

"Fe wnes i fwynhau'r adran ffenest goddefgarwch yn fawr, a sut y gwnaeth i mi feddwl am fy ffenest fy hun"

GRWPIAU

Dros y tymor diwethaf, rydym wedi bod yn datblygu ac yn treialu ein hymyriadau grŵp. Dyma ddadansoddiad o bob un o'r grwpiau a fydd yn cael eu cyd-gyflwyno gan staff Gwasanaeth Mewngymorth Ysgolion a staff addysg. Mae'r holl grwpiau'n amrywio o 4-6 wythnos a byddant yn cael eu cyflwyno o fewn eich lleoliad. Gallwch drafod ymhellach yn eich cyfarfodydd blaenoriaethu tymhorol.

UWCHRADD

DEALL A RHEOLI PRYDER



Yn cefnogi pobl ifanc i ddeall beth yw pryder ac o ble mae'n dod. I allu sylwi ar beth sy'n digwydd yn eu corff, eu meddyliau, a'u darparu â'r sgiliau er mwyn iddynt sylfaenu eu hunain. I ddysgu strategaethau ymdopi cadarnhaol a gobeithio torri'r cylch pryder.

DEALL A RHEOLI HWYLIAU



Yn cefnogi pobl ifanc i ddeall beth yw hwyliau isel, sut y gall ddatblygu a sut mae'n effeithio ar ein meddyliau, ein teimladau a'n hymddygiad. Mae'r grŵp yn annog cyfranogwyr i nodi eu gwerthoedd a'u diddordebau ac archwilio ffyrdd o wella hwyliau trwy ysgogiad ymddygiadol, herio meddyliau di-fudd a datrys problemau.

RHEOLI EMOSIYNAU MAWR



Yn cefnogi pobl ifanc i archwilio beth yw emosiynau a pham eu bod gennym, i adeiladu ar eu llythrennedd emosiynol ac i ddatblygu ymwybyddiaeth o sbardunau posib ar gyfer emosiynau mawr. Nod y grŵp hefyd yw rhoi strategaethau y gallant eu defnyddio i bobl ifanc i helpu hunanreoleiddio a goddef emosiynau yn fwy effeithiol.

MAGU HYDER A HUNAN-BARCH



Y nod yw cynyddu dealltwriaeth dysgwyr o achosion ac effeithiau hunan-barch isel a hyder isel. I ddarparu amgylchedd a fydd yn annog dysgwyr i fyfyrion ar eu barn, eu canfyddiadau a'u hamheuron ac annog golwg fwy cadarnhaol ohonynt eu hunain. Cefnogi dysgwyr i ddatblygu strategaethau a thechnegau ymdopi effeithiol er mwyn hybu hyder a chynyddu hunan-barch cadarnhaol.

COEDEN BYWYD



Gweithgaredd therapiwtig creadigol sy'n gallu rhoi cyfle i blant a phobl ifanc rannu, gyda chefnogaeth oedolyn, agweddau personol ohonynt eu hunain. Mae hefyd yn rhoi cyfle i roi mwy o gnawd yn y straeon am gryfder a gwydnwch. Bydd yn cael ei gyd-hwyluso gan dim Mewngymorth Ysgolion a staff addysg sydd wedi mynychu ein gweithdy Coeden Bywyd.

CYNRADD

MAE TEIMLADAU'N BETHAU RHYFEDD



Wedi'i gyd-gyflwyno gyda staff addysg penodol mewn ysgolion cynradd dethol i grŵp bach o ddysgwyr blwyddyn 5 neu 6. Mae'n ymyriad rhyngweithiol sy'n defnyddio adrodd straeon a gweithgareddau i ddatblygu llythrennedd emosiynol a lles plant a phobl ifanc. Gall fod yn gyfle i feithrin sgiliau dysgwyr o ran adnabod, rheoli a chyfathrebu eu hemosiynau, magu hyder a sgiliau mewn perthnasau.

Ar hyn o bryd, mae ysgolion cynradd yn cael eu nodi gan ein cydweithwyr yng Ngwasanaethau Addysg Caerdydd a Gwasanaeth Ymgysylltu yr Fro.

Y TÎM

Dyma ein Tîm Mewngymorth Ysgolion a'u hardaloedd lleol.



Dr Rhian Murphy
Arweinydd Clinigol



Amy Brown
Arweinydd y Tîm



Claire Barry
Ysgrifennydd Tîm

DWYRAIN CAERDYDD



Natalie Baron
Uwch Ymarferydd
lechydd Meddwl

Kirsty Vincent
Ymarferydd lechydd
Meddwl



Emma Michelet
Gweithiwr lechydd
Meddwl Graddedig

BRO MORGANNWG



Angie Morgan
Uwch Ymarferydd
lechydd Meddwl

Carolyn Owens
Ymarferydd lechydd
Meddwl



Leanne Coundley
Gweithiwr lechydd
Meddwl Graddedig

GORLLEWIN CAERDYDD



Vicky Gillespie
Uwch Ymarferydd
lechydd Meddwl

Elen Hughes
Ymarferydd lechydd
Meddwl



Hayley Venn
Gweithiwr lechydd
Meddwl Graddedig

UNED CYFEIRIO DISGYBLION AC EOTAS



Lisa Finlayson-Clements
Uwch Ymarferydd
lechydd Meddwl

Elin Davies
Ymarferydd lechydd
Meddwl



Chloe Viney
Gweithiwr lechydd
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 lechydd Meddwl ac adnoddau ar y rheiny i blant, pobl ifanc, rhieni a gweithwyr proffesiynol