Cefnogi Cynnar
Early Support

Spring Bulletin 2011

WHAT IS EARLY SUPPORT? Early Support Wales is the Welsh Assembly Government mechanism to improve services for disabled children and children with additional needs and their families. Early Support has developed a range of resources and training that is aimed at bringing service providers together to work in partnership with families to ensure the child and family's requirements are met. **The aim is to put parents at the centre of the planning process.**

Early Support aims to improve the lives of children with additional needs and their families. It is specifically aimed at children aged 5 years or under.

Contact a Family will now be working on engaging parents in Early Support. Over the next year we will aim to make sure that as many parents of disabled children as possible know about Early Support. Regular bulletins will keep parents up to date with what is happening locally, how to make best use of the ES materials and website and what other parents are doing across Wales. We will also be getting out and about visiting as many parent groups as possible.

HOW DO I GET INVOLVED? If you are the parent of a young child and early on in the voyage of discovery, you can access information and helpful free materials from the website.

The website will also keep you up to date on free local courses for parents and working with professionals in the area of disability. The first round of the Parent Workshops have just taken place and were a great success, watch out for more dates near you later in the year.

www.earlysupportwales.org.uk

LOCAL CONSULTANTS Each County has an **Early Support Consultant**. All of them have direct experience of working with or being the parent of a child with additional needs. The Consultants co-ordinate the delivery and development of the Early Support programme in your local area. Contact them for information on what is happening locally and how to benefit.

CONWY, WREXHAM, FLINTSHIRE, DENBIGHSHIRE
Maggie Bowen 01978 853 841
maggie@autismcymru.org

GWYNEDD, ANGLESEY, CEREDIGION
Gav Cross 0151 4275801 gav@fortomltd.co.uk

POWYS, BRIDGEND, NPT, SWANSEA
Gill Haynes 01547 530101 gh@allen-haynes.com

PEMBROKESHIRE, CARMARTHENSHIRE
Eryl Bray 01970 832 568 and
Judith Edwards 01437 710994
eryl.bray@btinternet.com. thidedwards@yahoo.co.uk

VALE OF GLAMORGAN
Caroline Rawson 029 2038 4868
caroline.rawson@snapcymru.org

RCT, CARDIFF, MERTHYR TYDFIL, MONMOUTH
Julian Hallett 029 20 522511
wales@downs-syndrome.org.uk

BLAENAU GWENT, CAERPHILLY, NEWPORT
Zoe Richards 029 2068 1160
zoe.richards@learningdisabilitywales.org.uk

TORFAEN Kim Bevan 01446 793262
kim@bevanassociates.co.uk

WELSH CONTEXT SPECIALISTS
Eve Chinnery 01686 624859
eve.chinnery@actionforchildren.org.uk
Sian Owen 01978 363422 sian.owen@mym.co.uk

BLACK AND ETHNIC MINORITY SPECIALIST
Wahida Shah Kent 029 2025 0055
wahidaabcdcymru@aol.com

PARENT WORKSHOPS

Early Support Workshops are co-run by parents of children with additional needs who have undertaken the parent trainer course.

In the last Contact a Family newsletter we announced the dates for the first round of four Parent Workshops and 50 parents attended at five different venues. Interested parents are now coming forward to become parent trainers themselves: spreading the word across Wales – by the experts, the parents! The workshops offer:

- help to find out what support is available for you and your family and meet other parents in a similar situation
- help to feel better informed so that you are ready to have more of a say in planning services for your child
- Sharing of ideas about enjoying life with your whole family, no matter how challenging that might feel at times

CARDIFF EARLY SUPPORT WORKSHOP at the Village Hotel in March 2011

Here is what some of the participants said about the training:

"Unbelievable support from what *was* a room full of strangers – no judging, just total acceptance"

"The best thing I can think of to do!"

"You don't have to wait for a diagnosis to do the training"

"I've spoken about my child's needs more in these four workshops than in the last four years!"

"I've got a Blue Badge now, **thanks** everyone!"

"I can talk about things, laugh and not be judged or have someone call social services!"

This bulletin is published by Contact a Family Wales.

OTHER EARLY SUPPORT TRAINING

Working in Partnership (WIP)

A range of courses aimed at practitioners, parents and carers. These do not lead to a qualification but provide important information and the opportunity to develop skills.

Accredited courses

Early Support courses aimed at practitioners, managers, parents and carers which lead to a Level 4 award and one that leads to an accredited University module.

Key Worker Training (The worker that takes a lead role and works holistically).

The Early Support key worker training aims to ensure that as many individuals as possible understand the function of a key worker and can take that role.

FOR VENUES AND DATES PLEASE CHECK REGULARLY

www.earlysupportwales.org.uk

EARLY SUPPORT MATERIALS

The Family File and Background Information

The Family File is a family-held document, which brings together all relevant information about a child's needs and services supporting the family and has proved extremely popular with parents attending the Parent Workshops. It is designed to be portable as you attend appointments and meetings where your child's situation and development are being discussed. It can also help you tell health practitioners, childminders or staff working in playgroups and Early Years settings, about your child. It includes a range of background information booklets which parents themselves say is useful to know. Some people like to use the booklets separately and some use them alongside the Early Support Family file.

NEW! Developmental Journal

There are four different journals, designed for you to track your child's progress in your own words under helpful headings. Very useful, if you are concerned about your child or if you know or suspect your child is not developing at same rate or way as other children. As well as the main version there are specific journals for deaf babies and children, Downs Syndrome and babies and children with a visual impairment.

Early Support info and materials available via
www.earlysupportwales.org.uk or Welsh Assembly Government Publications, PO Box 90, Bargoed, CF81 9YE. Telephone 0845 6044648 or email ESWales@mediascene.co.uk

GWEITHDAI I RIENI

Caiff gweithdai Cefnogi Cynnar eu rhedeg ar y cyd gan rieni plant gydag anghenion ychwanegol sydd wedi dilyn y cwrs rhiant hyfforddydd.

Yng nghylchlythyr diweddaraf Cyswllt Teulu fe wnaethom gyhoeddi dyddiadau ar gyfer cylch cyntaf pedwar o Weithdai Rhieni a bu 50 o rieni yn bresennol mewn pum gwahanol leoliad. Mae rhieni sydd â diddordeb yn awr yn cyflwyno eu henwau i ddod yn rhiant hyfforddwyr eu hunain ac yn lledaenu'r gair ar draws Cymru – gan yr arbenigwyr, y rhieni! Mae'r gweithdai'n cynnig:

- help i ganfod pa gymorth sydd ar gael i chi a'ch teulu a chwrdd â rhieni eraill mewn sefyllfa debyg
- eich helpu i deimlo'n fwy gwybodus fel eich bod yn barod i gael mwy o lais mewn cynllunio gwasanaethau ar gyfer eich plentyn
- rhannu syniadau am fwynhau bywyd gyda'ch teulu cyfan, pa bynnag faint o her y medrai hynny deimlo ar adegau.

GWEITHDY CEFNOGI CYNNAR yng Ngwesty'r Village, mis Mawrth 2011.

Dyma beth a ddywedodd rhai o'r rhai fu'n bresennol am yr hyfforddiant:

"Cefnogaeth anhygoel o'r hyn oedd yn ystafell llawn dieithriad – dim beirniadu, dim ond derbyniad llawn".

"Y peth gorau y medraf feddwl amdano i'w wneud!"

"Nid yw'n rhaid i chi aros am ddiagnosis i wneud yr hyfforddiant"

"Rwyf wedi siarad mwy am anghenion fy mhlentyn y pedwar gweithdy yma nag yn y pedair blynedd ddiwethaf!"

"Mae gen i Fathodyn Glas nawr, **diolch** bawb!"

"Rwy'n medru siarad am bethau, chwerthin a pheidio cael fy meirniadu neu'n cael rhywun yn ffonio gwasanaethau cymdeithasol!

Cyhoeddir y bwletin yma gan Cyswllt Teulu Cymru

HYFFORDDIANT ARALL CEFNOGI CYNNAR

Gweithio mewn Partneriaeth

Ystod o gyrsiau wedi eu hanelu at ymarferwyr, rhieni a gofalwyr. Nid yw'r rhain yn arwain at gymhwyster ond maent yn rhoi gwybodaeth bwysig a'r cyfle i ddatblygu sgiliau.

Cyrsiau achrededig

Cyrsiau Cefnogi Cynnar wedi'u hanelu at ymarferwyr, rheolwyr, rhieni a gofalwyr sy'n arwain at ddyfarniad Lefel 4 ac un sy'n arwain at fodiwl gydag achrediad mewn Prifysgol.

Hyfforddiant Gweithiwr Allweddol (Y gweithiwr sy'n cymryd rôl arweniol ac yn gweithio'n holistig).

Nod rhaglen hyfforddiant gweithwyr allweddol Cefnogi Cynnar yw sicrhau fod cynifer o unigolion ag sydd modd yn deall swyddogaeth gweithiwr allweddol ac yn medru cymryd y rôl honno.

I GAEL LLEOLIADAU A DYDDIADAU, EDRYCHWCH AR Y WEFAN YN GYSON.
www.cefnogicynnarcymru.org.uk

DEUNYDDIAU CEFNOGI CYNNAR

Y Ffeil Teulu a Gwybodaeth Gefndir

Mae'r Ffeil Teulu yn ddogfen a gedwir gan y teulu sy'n cynnwys yr holl wybodaeth berthnasol am anghenion plentyn a gwasanaethau sy'n cefnogi'r teulu. Bu'n boblogaidd iawn gyda rhieni yn ymweld â Gweithdai Rhieni. Fe'i cynlluniwyd i chi fedru mynd â'r ffeil gyda chi i apwyntiadau a chyfarfodydd lle caiff sefyllfa a datblygiad eich plentyn eu trafod. Gall hefyd eich helpu i ddweud wrth ymarferwyr iechyd, gofalwyr plant neu staff yn gweithio mewn cylchoedd chwarae a gosodiadau Blynyddoedd Cynnar am eich plentyn. Mae'n cynnwys amrywiaeth o daflenni gwybodaeth gefndir y mae rhieni eu hunain yn dweud sy'n ddefnyddiol. Mae rhai pobl yn hoffi defnyddio'r llyfrynnau ar wahân ac mae rhai'n eu defnyddio wrth ochr y Ffeil Teulu Cefnogi Cynnar.

NEWYDD! Dyddlyfr Datblygu

Mae pedwar gwahanol ddyddlyfr, a gynlluniwyd i chi olrhain cynnydd eich plentyn yn eich geiriau dan benawdau defnyddiol os ydych yn bryderus am eich plentyn neu os ydych yn gwybod neu'n amau nad yw'n datblygu yr un mor gyflym ac yn yr un ffordd â phlant eraill. Yn ogystal â'r prif fersiwn, mae dyddlyfrau penodol ar gyfer babanod a phlant byddar, Syndrom Down a babanod a phlant sydd â nam ar eu golwg.

Mae gwybodaeth a deunyddiau Cefnogi Cynnar ar gael drwy
www.cefnogicynnarcymru.org.uk
neu Cyhoeddiadau Llywodraeth Cynulliad Cymru, Blwch SP 90, Bargoed, CF81 9YE. Ffôn 0845 6044648 neu e-bost ESWales@mediascene.co.uk

Cefnogi Cynnar
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Bwletin y Gwanwyn 2011

BETH YW CEFNOGI CYNNAR? Cefnogi Cynnar Cymru yw cynllun Llywodraeth Cynulliad Cymru i wella gwasanaethau ar gyfer plant anabl a phlant gydag anghenion ychwanegol a'u teuluoedd. Mae Cefnogi Cynnar wedi datblygu ystod o adnoddau a hyfforddiant sy'n anelu i ddod â darparwyr gwasanaeth ynghyd i weithio mewn partneriaeth gyda theuluoedd i sicrhau y caiff gofynion y plentyn a'r teulu eu cyflawni. **Y nod yw rhoi rhieni yng nghanol y broses cynllunio.**

Nod Cefnogi Cynnar yw gwella bywydau plant gydag anghenion ychwanegol a'u teuluoedd. Fe'i hanelwyd yn benodol at blant 5 oed neu iau.

Bydd Cyswllt Teulu yn awr yn gweithio ar gynnwys rhieni yn Cefnogi Cynnar. Dros y flwyddyn nesaf byddwn yn anelu i sicrhau fod cynifer o rieni plant anabl ag sydd modd yn gwybod am Cefnogi Cynnar. Bydd bwletinau rheolaidd yn hysbysu rhieni am yr hyn sy'n digwydd yn lleol, sut i wneud y defnydd gorau o ddeunyddiau Cefnogi Cynnar a'r hyn y mae rhieni eraill yn ei wneud ar draws Cymru. Byddwn yn mynd o amgylch yn ymweld â chynifer o grwpiau rhieni ag sydd modd.

SUT MAE CYMRYD RHAN? Os ydych yn rhiant i blentyn ifanc a newydd ddechrau ar daith darganfod, medrwch gael mynediad i wybodaeth a deunyddiau defnyddiol rhad ac am ddim o'r wefan. Bydd y wefan hefyd yn rhoi'r wybodaeth ddiweddaraf ar gyrsiau lleol am ddim i rieni a gweithio gyda gweithwyr proffesiynol ym maes anabledd. Mae cylch cyntaf y Gweithdai Rhieni newydd ddigwydd a buont yn llwyddiannus iawn. Cadwch eich llygad am agor am fwy o ddyddiadau yn nes ymlaen yn y flwyddyn.

www.cefnogicynnarcymru.org.uk

YMGYNGHORWYR LLEOL Mae gan bob Sir **Ymgynghorydd Cefnogi Cynnar.** Mae ganddynt i gyd brofiad uniongyrchol o weithio gyda neu fod yn rhiant i blentyn gydag anghenion ychwanegol. Mae'r Ymgynghorwyr yn cydlynu cyflenwi a datblygu'r rhaglen Cefnogi Cynnar yn eich ardal leol. Cysylltwch â hwy i gael gwybodaeth ar yr hyn sy'n digwydd yn lleol a sut i fanteisio.

CONWY, WRECSAM, SIR Y FFLINT, SIR DDINBYCH
Maggie Bowen 01978 853 841
maggie@autismcymru.org

GWYNEDD, YNYS MÔN, CEREDIGION
Gav Cross 0151 4275801 gav@fortomltd.co.uk

POWYS, PEN-Y-BONT AR OGWR, CASTELL-NEDD PORT TALBOT, ABERTAWE
Gill Haynes 01547 530101 gh@allen-haynes.com

SIR BENFRO, SIR GAERFYRDDIN
Eryl Bray 01970 832 568 a
Judith Edwards 01437 710994
eryl.bray@btinternet.com. thidedwards@yahoo.co.uk

BRO MORGANNWG
Caroline Rawson 029 2038 4868
caroline.rawson@snapcymru.org

RHONDDA CYNON TAF, CAERDYDD, MERTHYR TUDFUL, SIR FYNWY
Julian Hallett 029 20 522511
wales@downs-syndrome.org.uk

BLAENAU GWENT, CAERFFILI, CASNEWYDD
Zoe Richards 029 2068 1160
zoe.richards@learningdisabilitywales.org.uk

TORFAEN Kim Bevan 01446 793262
kim@bevanassociates.co.uk

ARBENIGWYR CYD-DESTUN CYMRAEG
Eve Chinnery 01686 624859
eve.chinnery@actionforchildren.org.uk
Sian Owen 01978 363422 sian.owen@mym.co.uk

ARBENIGYDD DU A LLEIAFRIFOEDD ETHNIG
Wahida Shah Kent 029 2025 0055
wahidaabcdcymru@aol.com