contact a family
for families with disabled children

Autumn Bulletin 2011

Transition

One of most the difficult times in a disabled child's life can be when they change from primary to secondary school or from secondary to college, university or into work this issue of newsletter focuses on transition; funding opportunities, local services, your tips and challenges and keyworking across Wales.

Contact a Family has published a **Guide to Transition** and **Money when the child turns 16** which are available **free of charge from our helpline or filling the order form attached**.

Leaving school or disabled children's services and moving into adulthood can be a challenging time for young people and their parents. What kinds of choices exist and will they help the young person lead a fulfilling life? Many parents feel anxious at this time, predicting poor services or a possible lack of choice for their children. The support they may have enjoyed through local parents' groups or local children's services will be moving away.

Keith Bowen, Wales Manager
NATIONAL POLICY AND CAMPAIGNING
(Swansea) keith.bowen@cafamily.org.uk
01792 390203 Monday – Friday

Jill Bartlett, Workshop Development officer
WORKSHOPS & EVENTS
(Y Felinheli, Gwynedd)
jill.bartlett@cafamily.org.uk
01248 670965
17 hrs pw

Andrew Kirby, Dev. Asst.
ENQUIRIES, NEWSLETTER
AND DATABASE (Cardiff)
andrew.kirby@cafamily.org.uk
029 20 396624
21 hrs pw
www.cafamily.org.uk
Free national **helpline:**
0808 808 355

Big Lottery launches a Grant Called "Bright New Futures"

CRONFA LOTERI FAWR
BIG LOTTERY FUND

The Big Lottery Fund has launched Bright New Futures - a programme that aims to build resilience of young disabled people and young parents in Wales so that they have the life skills, knowledge and ability to manage key transitions in their lives.

Research and consultation has shown that both groups have a range of complex needs. They may experience gaps in service provision, duplication of some services and be unwilling to use services due to previous bad experiences. The Bright New Futures programme will make £12 million available for projects across Wales, working with young parents and/or young disabled people aged 14 – 25.

Grants of between £200,000 and £1 million are available to projects running for between three and five years. Third sector organisations with experience of working with at least one of the target groups will be eligible for funding.

Applicants must register their interest in the programme on the Big Lottery website by 13 October 2011.

www.biglotteryfund.org.uk/brightnewfutures

There will be eight briefing and partnership events during November for those who have registered. These events will explain further about the programme and give you an opportunity to meet other organisations working in your area.

Please contact the Big Lottery Fund on 0300 123 0735 if you have any questions about the programme.

contact a family
for families with disabled children

Scope launches a new service

scope cymru
Ynghylch parlys yr ymennydd.
Dros gydraddoldeb i bobl anabl.
About cerebral palsy.
For disabled people achieving equality.

Scope Cymru will be opening a new transition service in early 2012. The service, currently being built in Leckwith, Cardiff, will be three five-bedroom bungalows for young people aged 18-25 with complex need care, support and learning needs. Each bungalow will have an en-suite wet room with tracking throughout. They will be offering full time placements of a maximum of three years as well as respite for regular or planned short breaks.

The service is located with easy access to further education colleges, leisure facilities, shops, cafes bars and public transport. Young people using the service will be able to choose from a variety of activities that are matched to their needs and will be supported in developing their skills for independence in preparation for adult life. Support with further transition and moving on will be available at the end of the three years program.

While located in Cardiff, it is designed to be an all-Wales service and we hope it to be only the first one, with the aim of opening a North Wales version in the future.

Those interested in the service should contact Scope Cymru on 02920 461703 to discuss their circumstances.

Transition Service in Powys

Powys Carers Service offers information advice and support to unpaid family Carers of all ages throughout Powys. Our service is free and confidential.

Young Adult Carers aged 16 to 25 experience particular difficulties in their transition from childhood to adulthood. Statutory services are often too fragmented to provide continuity through this period and many fall out of education, employment or training and are 'lost' to sources of support.

For the past 3 years PCS have been running a pilot with 2 specific Young Adult Carers Outreach Workers who provide one to one support & guidance tailored to each young person who suddenly find they now have Rights as Carers. Between the ages of 16 – 19 decisions are often made that can affect the whole of someone's life & often these Carers need specific support to help them grow & develop, explore further education & training opportunities as well as understand the Rights they now have, which includes whether they actually want to be a Carer or not.

The Outreach Workers work closely with school sixth forms, colleges, Careers Wales & other organisations, including statutory & voluntary, to sign post Young Carers to appropriate support. The work they do includes emotional support, well being workshops & social groups & events. Each individual's holistic support is planned with them with the aim of helping them becoming confident & working towards being independent.

For further information call 01597 823 800, email info@powyscarers.org.uk or visit their website at: www.powyscarers.org.uk

contact a family
for families with disabled children

Professor Amanda Kirby from the Dyscovery centre in Newport discusses the transition from primary to secondary school.

Many children move smoothly through the transition from primary to secondary school and by the end of the second week know where they are and what they need to do.

A young person with specific learning difficulties such as dyspraxia, or dyslexia may take two terms rather than two weeks to gain these competencies.

In primary school there are fewer variables e.g. a limited number of teachers to relate to and less movement from class to class. The teachers will have learnt the child's particular learning style and appropriate ways to support. The child knows the environment and can navigate his way around the school confidently. Some young people arrive at secondary school seemingly coping up to this point.

The biggest change for children moving to secondary school is the environmental demands i.e. bigger school, more children, more teachers, more lessons, more changes from class to class.

There is greater expectation on the child to be independent but also greater demands on the individual than ever before. The Dyscovery Centre, University of Wales, Newport has developed two websites with specific help for this time.

www.move627.org- this site has information for school and home and games for the children to play with in order to prepare for their new school day.

www.spldtransitions.co.uk - bilingual site for all stages of transition.

The Centre runs regular holiday clubs to prepare children with a range of specific learning difficulties for times of transition.

For more information about the centre and its work see www.dyscovery.org

the key working charity
ccncymru
yr elusen gweithio allweddol

CCN Cymru is supporting the development of key working through the transitional years (14-25) funded through and working in partnership with Welsh Government Support for Learners.

CCN Cymru has:

- Supported 5 pilot sites (7 local authorities) across Wales and has begun to disseminate the emerging good practice.
- Commenced supporting a further 9 local authority areas who have been funded through the European Social Fund Reaching the Heights: First Footholds grant programme to end March 2013

All the current sites have commenced developing transition key worker services with a mix of designated and non designated transition key workers.

The work of the 5 transition key worker pilots concluded in March 2011. All existing sites are now actively engaged at developing key worker support through transition.

CCN Cymru has also developed a Transition Key Worker training module.The autumn sees the main launch of the transition key worker training across Wales, having been successfully 'trialed' in North Wales (participants from Conwy, Gwynedd, Denbighshire, Wrexham and Flintshire). Dates have been set to deliver (6x2 day courses) autumn programme (commencing with Heronsbridge School, Bridgend in September and culminating with Pembrokeshire in early December).

For further information please contact Ann Davies, Development Worker (Training) on 01978 821324 or ann.davies@ccnuk.org.uk

contact a family
for families with disabled children

We have asked parents, support groups and other organisations on their opnions on transition in order to see if there any common tips, challenges to avoid and advice that we can offer you.

1. Early planning.

Parents suggested that by starting look at process early on you able to avoid many of the problems that can happen.

"*It is never too early to start preparing for the transition because it always takes longer than you anticipate for decisions to be made and for action to be taken.*"

2. Get everyone involved e.g. social, education and medical, to attend the annual review meetings.

"Take a social or health care professional with you who can explain to the school what their difficulties may be and how these could be overcome. A visit to the school with them may also help to identify potential hazards."

3. Create routine and schedules as they allow you to minimise anxieties and concerns of child.

"Practice packing their bag, against a pretend timetable. This allows the child to prepare for every situation possible and therefore reduces anxiety."

"Setting up routines and systems at home e.g. regular time for homework, suitable place to do homework, transparent homework box, routines and reminders about materials, equipments etc.

Sorting this the evening before with extra checks via a note and/or lists of what is need on each day on the back of the front door so it is checked as a child leaves "

4. Make sure the young person is at the centre of the process asking them concerns and making sure you plan for the future they want.

A parent suggested "*Keep the young person central. Acquire their views, keep them informed. Would you like to have your life organised for you without getting a chance to say anything? Out of the mouths of babes... children are usually good at coming up with ideas."*

5. Visit the school/college/university before they start so that they can get idea of their surrounding.

"Meet the staff who will be teaching them even maybe take pictures so that can look over again when get home."

"Build up gradually i.e. take them when students are in lessons until they can manage a visit at the busiest time. If your child needs to know rules let them have a copy to look over in the holidays and also give them time to ask one write down questions or concerns and make sure these are addressed as best you can"

6. Finding the Appropriate School

"My son was attending a Welsh Medium Primary School as well as a Special School, and I started asking what would happen at the end of Year 4 as he wouldn't be able to cope with the demands of a secondary school and I still wanted him to have Welsh medium input. We got to Easter of year 6, and we were still waiting to find out the answer. We then had a meeting in June to discuss the "options" for this September, which I already had asked to address 2 years previously, so I'd advise everyone to start the process ASAP!!! "

cyswllt teulu
i deuluoedd gyda phlant anabl

Bwletin yr Hydref 2011

Pontio

Fe all un o'r amseroedd anosaf mewn bywyd plentyn anabl fod pan fônt yn newid o ysgol gynradd i ysgol uwchradd neu o ysgol uwchradd i goleg, i brifysgol neu i waith. Mae rhifyn hwn y daflen newyddion yn canolbwyntio ar bontio; cyfleoedd am gyllid, gwasanaethau lleol, eich cynghorion a heriau, a rhwydweithio ledled Cymru.

Mae Cyswllt Teulu wedi cyhoeddi **Guide to Transition** a **Money when the child turns 16** sydd ar gael **yn ddi-dâl oddi wrth ein llinell gymorth neu drwy gwblhau'r ffurflen archebu sydd ynghlwm**.

Fe all gadael ysgol neu wasanaethau i blant anabl a symud i oedolaeth fod yn amser llawn her i bobl ifanc a'u rhieni. Pa fathau o ddewisiadau sy'n bodoli, ac a fyddan' nhw'n cynorthwyo'r person ifanc i fyw bywyd llawn boddhad? Mae llawer o rieni'n teimlo'n orbryderus yn yr amser hwn, gan ddarogan gwasanaethau gwael neu ddiffyg dewis posibl ar gyfer eu plant. Fe fydd y gefnogaeth y gallent fod wedi'i mwynhau drwy grwpiau rhieni lleol neu wasanaethau plant lleol yn dirwyn i ben.

Keith Bowen, Rheolwr Cymru
YMGYRCHU A PHOLISI CENEDLAETHOL
(Abertawe) keith.bowen@cafamily.org.uk
01792 390203 Dydd Llun – Dydd Gwener

Jill Bartlett, Swyddog Datblygu Gweithdai
GWEITHDAI &
DIGWYDDIADAU
(Y Felinheli, Gwynedd)
jill.bartlett@cafamily.org.uk
01248 670965
17 awr yr wythnos

Andrew Kirby,
Cynorthwyydd Datblygu
YMHOLIADAU, TAFLEN
NEWYDDION A CHRONFA
DDATA (Caerdydd)
andrew.kirby@cafamily.org.uk
029 20 396624
21 awr yr wythnos
www.cafamily.org.uk
Llinell gymorth genedlaethol rad aam ddim:
0808 808 355

Mae Loteri Fawr yn lansio Grant o'r enw Dyfodol Newydd Disglair

Mae'r Gronfa Loteri Fawr wedi lansio Dyfodol Newydd Disglair – rhaglen sydd â'r nod o adeiladu gwytnwch pobl anabl ifanc a rhieni ifainc yng Nghymru fel bod ganddynt y sgiliau bywyd, y wybodaeth a'r gallu i reoli trosglwyddo allweddol yn eu bywydau.

Mae ymchwil ac ymgynghori wedi dangos bod gan y ddau grŵp ystod o anghenion cymhleth. Fe allant brofi bylchau yn y ddarpariaeth o wasanaethau, rhai gwasanaethau'n cael eu dyblygu, ac fe allant fod yn gyndyn o ddefnyddio gwasanaethau o ganlyniad i brofiadau drwg blaenorol. Fe fydd y rhaglen Dyfodol Newydd Disglair yn rhoi £12 miliwn ar gael ar gyfer prosiectau ledled Cymru, gan weithio gyda rhieni ifainc a/neu bobl anabl ifanc 14 - 25 mlwydd oed.

Mae grantiau o rhwng £200,000 ac £1 filiwn ar gael i brosiectau sy'n weithredol am rhwng tair a phum mlynedd. Fe fydd sefydliadau trydydd sector gyda phrofiad o weithio gydag o leiaf un o'r grwpiau targed yn gymwys am gyllid.

Mae'n rhaid i ymgeiswyr gofrestru'u diddordeb yn y rhaglen ar wefan y Loteri Fawr erbyn 13 Hydref 2011.

www.biglotteryfund.org.uk/brightnewfutures

Fe fydd yna wyth o ddigwyddiadau briffio a phartneriaeth yn ystod mis Tachwedd ar gyfer y sawl sydd wedi cofrestru. Fe fydd y digwyddiadau hyn yn egluro rhagor am y rhaglen ac yn rhoi cyfle i chi gyfarfod â sefydliadau eraill sy'n gweithio yn eich ardal.

A fyddech cystal â chysylltu â'r Gronfa Loteri Fawr ar 0300 123 0735 os oes gennych unrhyw gwestiynau am y rhaglen.

cyswllt teulu
i deuluoedd gyda phlant anabl

Mae Scope yn lansio gwasanaeth newydd

scope cymru
Ynghylch parlys yr ymennydd.
Dros gydraddoldeb i bobl anabl.
About cerebral palsy.
For disabled people achieving equality.

Fe fydd Scope Cymru yn agor gwasanaeth trosglwyddo newydd yn gynnar yn 2012. Fe fydd y gwasanaeth, sydd ar hyn o bryd yn cael ei adeiladu yn Lecwydd, Caerdydd, yn dri byngalo pum ystafell wely ar gyfer pobl ifanc 18-25 oed gyda gofal angen cymhleth, anghenion dysgu a chymorth. Fe fydd gan bob un byngalo ystafell wlyb *en-suite* gyda thracio drwyddo i gyd. Fe fyddant yn cynnig lleoliadau llawn amser gydag uchafswm o dair blynedd, yn ogystal â seibiant ar gyfer egwyliau byrion rheolaidd neu wedi'u cynllunio.

Mae'r gwasanaeth wedi'i leoli gyda mynediad rhwydd i golegau addysg bellach, cyfleusterau hamdden, siopau, barrau caffis a thrafnidiaeth gyhoeddus. Fe fydd pobl ifanc sy'n defnyddio'r gwasanaeth yn gallu dewis o amrywiaeth o weithgareddau sy'n cydweddu â'u hanghenion, ac fe fyddant yn cael eu cefnogi gyda datblygu'u sgiliau ar gyfer annibyniaeth wrth baratoi ar gyfer bywyd oedolyn. Fe fydd cefnogaeth gyda rhagor o bontio a symud ymlaen ar gael ar ddiwedd y rhaglen tair blynedd.

Er ei fod wedi'i leoli yng Nghaerdydd, mae o wedi'i gynllunio i fod yn wasanaeth Cymru gyfan, ac 'rydym yn gobeithio mai hwn yw ond yr un cyntaf, gyda'r nod o agor fersiwn yng Ngogledd Cymru yn y dyfodol.

Fe ddylai'r sawl sydd â diddordeb yn y gwasanaeth gysylltu â Scope Cymru ar 02920 461703 i drafod eu hamgylchiadau.

Gwasanaeth Pontio ym Mhowys

Mae Gwasanaeth Gofalwyr Powys yn cynnig gwybodaeth, cyngor a chefnogaeth i Ofalwyr sy'n deulu ac yn bobl nad ydynt yn cael eu talu, o bob oedran drwy Bowys i gyd. Mae'n gwasanaeth yn rhad ac am ddim ac yn gyfrinachol.

Mae Gofalwyr sy'n Oedolion Ifainc 16 i 25 mlwydd oed yn profi anawsterau neilltuol wrth bontio o blentyndod i oedolaeth. Mae gwasanaethau statudol yn aml yn rhy dameidiog i ddarparu parhad drwy'r cyfnod hwn, ac mae llawer yn syrthio allan o addysg, cyflogaeth neu hyfforddiant ac maent wedi'u 'colli' rhag ffynonellau cefnogaeth.

Am y 3 blynedd diwethaf, mae Gwasanaeth Gofalwyr Powys wedi bod yn cynnal cynllun peilot gyda 2 Weithiwr Allgymorth penodol ar gyfer Gofalwyr sy'n Oedolion Ifainc, sy'n darparu cefnogaeth ac arweiniad un i un wedi'i deilwra ar gyfer pob person ifanc sydd yn sydyn yn canfod bod ganddynt yn awr Hawliau fel Gofalwyr. Rhwng yr oedrannau 16 - 19, mae penderfyniadau yn aml yn cael eu gwneud a all effeithio ar holl fywyd rhywun, ac yn aml y mae ar y Gofalwyr hyn angen cefnogaeth benodol i'w cynhorthwyo nhw i dyfu ac i ddatblygu, i edrych yn ofalus ar gyfleoedd addysg bellach a hyfforddiant, yn ogystal â deall yr Hawliau sydd ganddynt yn awr, sy'n cynnwys a oes arnynt mewn gwirionedd eisiau bod yn Ofalwr ai peidio.

Mae'r Gweithwyr Allgymorth yn gweithio'n agos gyda dosbarthiadau chwech mewn ysgolion, colegau, Gyrfa Cymru a sefydliadau eraill, yn cynnwys cyrff statudol a gwirfoddol, i ddangos y ffordd i Ofalwyr Ifainc at gefnogaeth briodol. Mae'r gwaith y maent yn ei wneud yn cynnwys cefnogaeth emosiynol, gweithdai lles, a grwpiau a digwyddiadau cymdeithasol.

Am ragor o wybodaeth, ffoniwch 01597 823 800, e-bostiwch info@powyscarers.org.uk neu ewch i'w gwefan yn: www.powyscarers.org.uk

cyswllt teulu
i deuluoedd gyda phlant anabl

Mae'r Athro Amanda Kirby o'r Ganolfan Dyscovery yng Nghasnewydd yn trafod y trosglwyddo o'r ysgol gynradd i'r ysgol uwchradd.

Mae llawer o blant yn symud yn llyfn drwy'r trosglwyddo o'r ysgol gynradd i'r ysgol uwchradd, ac erbyn diwedd yr ail wythnos, maent yn gwybod lle maent a'r hyn y mae arnynt angen ei wneud.

Fe all person ifanc gydag anawsterau dysgu penodol, megis dyspracsia neu ddyslecsia, gymryd dau dymor yn hytrach na phythefnos i ennill y cymwyseddau hyn.

Mewn ysgol gynradd, mae yna lai o newidynnau, e.e., nifer cyfyngedig o athrawon i gysylltu â nhw a llai o symudiad o ddosbarth i ddosbarth. Fe fydd yr athrawon wedi dysgu am arddull dysgu neilltuol y plentyn ac am ffyrdd priodol o gefnogi. Mae'r plentyn yn adnabod yr amgylchedd ac fe all fordwyo'i ffordd o amgylch yr ysgol yn hyderus. Mae rhai pobl ifanc yn cyrraedd ysgol uwchradd i weld fel petaent yn ymdopi hyd at y pwynt hwn.

Y newid mwyaf i blant sy'n symud i ysgol uwchradd yw'r galwadau amgylcheddol, hynny yw, ysgol fwy, mwy o blant, mwy o athrawon, mwy o wersi, mwy o newidiadau o ddosbarth i ddosbarth.

Mae yna fwy o ddisgwyliad ar y plentyn i fod yn annibynnol ond hefyd mwy o alwadau ar yr unigolyn nag erioed o'r blaen. Mae Canolfan Dyscovery, Prifysgol Cymru, Casnewydd wedi datblygu dwy wefan gyda chymorth arbenigol ar gyfer yr amser hwn.

www.move627.org – mae gan y wefan hon wybodaeth i ysgolion a chartrefi, a gemau i'r plant chwarae gyda nhw er mwyn paratoi ar gyfer eu diwrnod ysgol newydd.

www.spldtransitions.co.uk – gwefan ddwyieithog ar gyfer pob cyfnod pontio.

Mae'r Ganolfan yn cynnal clybiau gwyliau rheolaidd i baratoi plant gydag ystod o anawsterau dysgu penodol ar gyfer amseroedd pontio.

Am fwy o wybodaeth am y ganolfan a'i gwaith, gwelwch www.dyscovery.org

the key working charity
ccncymru
yr elusen gweithio allweddol

Mae Rhwydwaith Cydlynu Gofal Cymru (CCN Cymru) yn cefnogi'r gwaith o ddatblygu gweithio allweddol drwy'r blynyddoedd trosiannol (14-25), gan gael ei gyllido drwy ac yn gweithio mewn partneriaeth gyda Cymorth i Ddysgwyr gan Lywodraeth Cymru.

Mae CCN Cymru wedi:

- Cefnogi 5 o safleoedd peilot (7 awdurdod lleol) ledled Cymru ac y mae wedi dechrau lledaenu'r ymarfer da sy'n dod i'r amlwg.
- Dechrau cefnogi 9 yn rhagor o ardaloedd awdurdodau lleol sydd wedi'u hariannu drwy Gronfa Gymdeithasol Ewrop – Cyrraedd y Nod: rhaglen grantiau 'Troedle Cyntaf', sydd i orffen ym mis Mawrth 2013.

Mae'r holl safleoedd cyfredol wedi dechrau datblygu gwasanaethau gweithwyr allweddol trosglwyddo gyda chymysgedd o weithwyr allweddol trosglwyddo dynodedig a heb eu dynodi.

Fe wnaeth gwaith y 5 peilot gweithwyr allweddol trosglwyddo ddirwyn i ben ym mis Mawrth, 2011. Mae'r holl safleoedd presennol yn awr yn cymryd rhan yn weithredol gyda datblygu cefnogaeth gweithwyr allweddol drwy bontio.

Mae Rhwydwaith Cydlynu Gofal Cymru hefyd wedi datblygu modiwl hyfforddiant i Weithwyr Allweddol Trosglwyddo. Mae'r hydref yn gweld prif lansiad yr hyfforddiant i weithwyr allweddol trosglwyddo ledled Cymru, ar ôl cael ei 'dreialu'n' llwyddiannus yng Ngogledd Cymru (cyfranogwyr o Gonwy, Gwynedd, Sir Ddinbych, Wrecsam a Sir Y Fflint). Mae dyddiadau wedi'u pennu i gyflawni (6x2 o gyrsiau diwrnod) rhaglen yr hydref (gan ddechrau gydag Ysgol Arbennig Heronsbridge, Pen-y-bont ar Ogwr ym mis Medi, ac yn diweddu gyda Sir Benfro yn gynnar ym mis Rhagfyr).

Am ragor o wybodaeth, cysylltwch, os gwelwch yn dda, ag Ann Davies, ar 01978 821324 neu ann.davies@ccnuk.org.uk

cyswllt teulu
i deuluoedd gyda phlant anabl

‘Rydym wedi gofyn i rieni, grwpiau cefnogi a sefydliadau eraill am eu barn ynglŷn â phontio er mwyn gweld a oes yna unrhyw gynghorion cyffredin, heriau i’w hosgoi a chyngor y gallwn ei gynnig ichi.

1. Cynllunio cynnar.

Fe awgrymodd rhieni mai drwy ddechrau edrych ar y broses yn gynnar, ‘rydych yn gallu osgoi llawer o’r problemau a all ddigwydd.

“*Nid yw hi byth yn rhy gynnar dechrau paratoi ar gyfer y pontio oherwydd y mae hi yn wastad yn cymryd hwy nag ‘rydych yn ei ragweld i benderfyniadau gael eu gwneud ac i weithred gael ei chymryd.*”

2. Dowch â phawb yn gysylltiedig, e.e., yn gymdeithasol, addysgol a meddygol, i fynychu’r cyfarfodydd adolygu blynyddol.

”Ewch â gweithiwr proffesiynol ym maes gofal cymdeithasol neu ofal iechyd gyda chi a all egluro wrth yr ysgol beth a all eu gwahaniaethau fod a sut y gellir goresgyn y rhain. Fe all ymweliad â’r ysgol gyda nhw hefyd fod o gymorth i nodi peryglon posib’.”

3. Crëwch drefn arferion ac amserlenni gan eu bod yn eich galluogi chi i leihau gorbryderon a phryderon y plentyn.

“Ymarferwch bacio’u bag, gyferbyn â thaflen amser smalio. Mae hyn yn caniatáu i’r plentyn baratoi ar gyfer pob sefyllfa bosibl, ac y mae felly’n lleihau gorbryder.”

“Sefydlu trefn arferion a systemau gartref, e.e., amser rheolaidd ar gyfer gwaith cartref, lle addas i wneud gwaith cartref, blwch gwaith cartref tryloyw, trefn arferion a ffyrdd o atgoffa o ddeunyddiau, cyfarpar, ac yn y blaen.”

“Datrys hyn y noswaith cynt gyda gwiriadau ychwanegol drwy nodyn a/neu restrau o’r hyn sydd ei angen bob diwrnod ar gefn y drws ffrynt, fel ei fod yn cael ei wirio fel y mae plentyn yn gadael.”

4. Gwnewch yn sicr bod y person ifanc wrth graidd y broses, gan ofyn iddynt am bryderon a gwneud yn sicr eich bod yn cynllunio ar gyfer y dyfodol y mae arnynt eisiau.

Fe awgrymodd rhiant: “Cadwch y person ifanc yn ganolog. Gofynnwch eu barn, hysbyswch nhw’n rheolaidd. A hoffech chi gael eich bywyd wedi’i drefnu ar eich cyfer heb gael cyfle i ddweud dim byd? Allan o enau babanod... mae plant fel arfer yn dda am ganfod syniadau.

5. Ymwelwch â’r ysgol/coleg/prifysgol cyn eu bod yn dechrau fel eu bod yn cael syniad o’u hamgylchoedd.

“Cyfarfyddwch â’r staff fydd yn eu haddysgu nhw, hyd yn oed efallai tynnu lluniau fel y gallwch chi edrych arnynt eto pan gyrhaeddwch adref.”

“Datblygwch bethau’n raddol, hynny yw, ewch â nhw pan fydd myfyrwyr yn eu gwersi tan y gallant lwyddo i ymweld ar yr amser prysuraf. Os oes ar eich plentyn angen gwybod y rheolau, gadewch iddynt gael copi i gael golwg arno yn y gwyliau a hefyd rhowch amser iddynt ofyn cwestiwn, ysgrifennu cwestiynau neu bryderon ar bapur, a gwnewch yn sicr bod y rhain yn cael y sylw gorau ag y gallwch ei roi.”

6. Canfyddwch yr Ysgol Briodol

“’Roedd fy mab yn mynychu Ysgol Gynradd Cyfrwng Cymraeg, yn ogystal ag Ysgol Arbennig, ac fe ddechreuais ofyn beth fyddai’n digwydd ar ddiwedd Blwyddyn 4, gan na fyddai’n gallu ymdopi â gofynion ysgol uwchradd, ac ‘roedd arnaf yn dal eisiau iddo gael mewnbwn drwy’r Gymraeg. Fe gyrhaeddom y Pasg ym Mlwyddyn 6, ac ‘roeddem yn dal i aros i ganfod yr ateb. Fe gawsom wedyn gyfarfod ym mis Mehefin i drafod yr “opsiynau” ar gyfer mis Medi hwn, rhywbeth ‘roeddwn eisoes wedi gofyn am iddo gael sylw 2 flynedd yn flaenorol, ac felly fe fyddwn yn cynghori pawb i ddechrau’r broses AR UNWAITH!!! “

Cefnogi Cynnar Early Support

Autumn Bulletin 2011

Published by Contact a Family Wales

The Welsh Assembly Government's **EARLY SUPPORT** initiative is designed to help young disabled children lead ordinary lives by improving the co-ordination of family focused services.

This bulletin tells you more about the range of **free Information booklets for parents,** which provide information about specific conditions or disabilities.

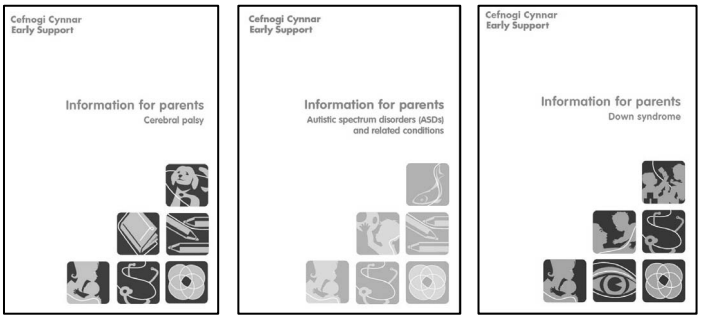
There are 10 information booklets for parents. Each booklet provides information on specific conditions or disabilities. The information provided is based on what families have said would be most useful for them. If you would like to download these booklets just visit the early support website, and click on the title of booklet you wish to download. If you would like to order a hard copy, delivered free to you, this can be ordered by visiting the materials section of the website and submitting an order.

Please note, that there is a maximum of 10 copies that you can be ordered and that orders will only be mailed to addresses in Wales.

If you would like the Family file and all of the Background information booklets, you can simply order the Family Pack and you will receive all of these items together in a useful bag.

ORDER VIA THE WEBSITE or telephone 0845 6044648 or email eswales@mediascene.co.uk

The booklets that are currently available are:-



- Autistic spectrum disorders and related conditions
- Cerebral palsy
- Deafness
- Down syndrome
- If your child has a rare condition
- Learning disabilities
- Multisensory impairment
- Speech and language difficulties
- Visual impairment
- When your child has no diagnosis

MORE INFORMATION UNDER 'MATERIALS' SECTION ON THE WEBSITE
www.earlysupportwales.org.uk

Cefnogi Cynnar
Early Support

LOCAL PROJECTS: Key Worker pilot SOUTH WALES

Swansea, Neath-Port Talbot, Bridgend ABMU and the Voluntary Sector have started work on the Early Support Pilot.

All the Key workers have completed their training, attended focus groups, and are planning to have bi-monthly meeting to share good practice, ideas, and problem solve issues.

There is a good cross section of agencies, and experience in the groups. Consent for sharing information is in progress, as well as developing a structured approach to managing the pilots in each of the localities. This ensures that the systems are built in to local authority structures, with a reporting mechanism.

Feedback from parents in the pilot is beginning to trickle back and is also an exciting phase in the development.

EARLY SUPPORT TRAINING

Parent workshops in Cardiff

Autism Puzzles is a relatively new group set up for parents by parents of children with Autism in Cardiff.

They recently contacted us as they were disappointed to have missed out on the Parent workshops that were run earlier this year, and wanted to know how they could get the training. As they had at least 15 parents who wanted to undertake the course, we have worked with the leader of the group, Early Support trainers and Early Support consultants to set up this course for them, and this is starting at the end of September.

If you are a support group or organisation we can also help set something like this up for you so please contact us for more information.

Forthcoming training

Early Support Wales is offering a range of free training events all over Wales this year.

Details of the courses and venues are attached separately in this mailing.

If you would like to know more about any of the training courses please go to the Early Support Wales website or contact

Marcia Jones, Early Support Administrator on 029 2034 2434

Email:marcia.jones@childreninwales.org.uk
http://twitter.com/#!/early_support_w

Cefnogi Cynnar
Early Support

A STORY FROM THE WEBSITE

Cameron's Story

Goodbye! My name is Cameron, (although I think my Mammy forgets sometimes as she calls me lots of things like 'gorgeous, clever boy, sexy bum and my little angel!). I don't mind though, I suppose she finds it difficult to remember everything at her age!

I am a very happy little boy and I love to run and jump and climb. I am always on the go! There are so many things in my life that make me smile and feel good in my belly. I love to swim, splashing and jumping and I've just learnt to swim on my own. I was very pleased when I learnt to do this and my Mam and Dad were really proud of me.

In September I started a new school. I am much happier there and my teachers are great. They really understand me and try to help me to understand the world that you all live in. You see, my world is different. That's why sometimes I get upset and confused. It's like everyone else is speaking a different language to me.

That's when I find life difficult. My Mammy and Daddy help me with this to try and keep me calm and explain things in ways I understand.

There are some things I really don't like doing, like going shopping, or going out for meals, but my Mammy makes me do this. She's even asked for a special trolley when we go shopping to make it easier for me, and she's good at taking my mind off things that bother me which helps.

LOCAL PROJECTS: Integrated Service for Children with Additional Needs (ISCAN)

Local reviews from services to children and young people with disabilities (CYPwD) Caerphilly County Borough Council Children and Young Peoples Partnership and the Health, Social Care and Wellbeing Committee indicated support for the need to develop an integrated multi-agency model of service delivery. A pilot project was planned and implemented named Integrated Service for Children with Additional Needs (ISCAN), starting with the age range 0-5 years. This commenced on 14th April 2010.

ISCAN aims to better manage fragmented service delivery for children under 5 year olds with disabilities and complex additional needs and their families, through developing an integrated one- stop service across Education, Health, Children's Services and the Third Sector.

By delivering an effective and trusted service for families and professionals, providing clear outcomes and clarity of the pathways, and better planning for transitions, it aims to reduce the stress levels for the child and family.

Cefnogi Cynnar
Early Support

The “front door” of ISCAN is at the Caerphilly Children’s Centre for receipt and management of referrals. It is built on a standard referral form to be used for all referrals for children where there are concerns about complex additional, medical, health, social and/or learning needs.

It also uses the Early Support Materials and has been embedded within the Caerphilly County Borough. The Lead Professional establishes Team around the Child and coordinates meetings to involve parents/carers.

The project has been undertaken by utilising existing resources across statutory and third sector agencies. The pilot phase of the service is fully operational and provides a Lead Professional and Team around the Child (TAC) approach through multi agency assessment and care planning. Currently, 61 children and families receive support from ISCAN. The pilot has been externally evaluated with positive outcomes for children and their families and discussions are taking place to explore the possibility of extending the age range.

To find out about projects and activities in your area get in touch, with your ES County Consultant, details on the website.

http://www.earlysupportwales.org.uk/

A Parent’s experience of Early Support in Wales

Kay Malin, from Gwynedd:

“Jill at Contact a Family encouraged me to sign up for the Early Support parent workshop and my husband joined me for the last session. Through that workshop, apart from the great material and lovely people I met, I was introduced to information and benefits we had no idea were available.

The help and support of the other participants was invaluable, as their experience helped to put our problems in perspective and gave us ideas for improvements. All of this has meant we enjoy life more and celebrate our daughter’s many strengths rather than being preoccupied with her condition.

After the parent workshop I got the training bug and went on to complete the PESCAF (Providing Early Support for children with additional needs and their families) level 4 courses (at the end even volunteering to become a trainer!).

The great thing about the course was working with different professionals and seeing things from their position as well as getting them to understand a parent’s viewpoint.

As a result, I have been asked to help with other parent courses and meetings to provide a parents perspective. I hope that through this initiative all services will be family friendly and that everyone’s experience will be as positive as ours has generally been.

I also intend to continue with Early Support and will be signing up for another course soon!”

Cefnogi Cynnar
Early Support

Bwletin yr Hydref 2011

Cyhoeddwyd gan Cyswllt Teulu Cymru

Mae menter **CEFNOGI CYNNAR** gan Lywodraeth Cynulliad Cymru wedi'i chynllunio i gynorthwyo pobl anabl ifanc i fyw bywydau arferol drwy wella'r ffordd y caiff gwasanaethau sy'n canolbwyntio ar deuluoedd eu cydgysylltu.

Mae'r bwletin hwn yn dweud mwy wrthych chi am yr ystod **lyfrynnau gwybodaeth rhad ac am ddim i rieni,** sy'n darparu gwybodaeth am gyflyrau neu anableddau penodol.

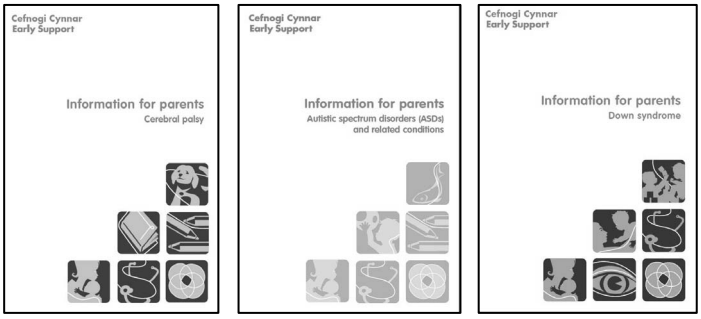
Mae yna 10 o lyfrynnau gwybodaeth ar gyfer rhieni. Mae pob un llyfryn yn darparu gwybodaeth am gyflyrau neu anableddau penodol. Mae'r wybodaeth a ddarperir yn seiliedig ar yr hyn y mae teuluoedd wedi dweud fyddai'n fwyaf defnyddiol iddyn' nhw. Os hoffech lawrlwytho'r llyfrynnau hyn, dim ond ewch i wefan Cefnogi Cynnar, a chliciwch ar deitl y llyfryn y dymunwch ei lawrlwytho. Os hoffech archebu copi caled, wedi'i ddanfon yn rhad ac am ddim atoch, fe ellir archebu hyn drwy fynd i adran ddeunyddiau'r wefan a chyflwyno archeb.

Nodwch, os gwelwch yn dda, fod yna uchafrif o 10 o gopïau y gallwch eu harchebu, ac y bydd archebion ond yn cael eu postio i gyfeiriadau yng Nghymru.

Os hoffech y ffeil Teulu a'r holl lyfrynnau sy'n rhoi gwybodaeth gefndirol, fe allwch yn rhwydd archebu'r Pecyn Teulu, ac fe dderbyniwch yr holl eitemau hyn gyda'i gilydd mewn bag defnyddiol.

ARCHEBWCH DRWY GYFRWNG Y WEFAN neu ffoniwch 0845 6044648 neu e-bostiwch ESWales@mediascene.co.uk

Y llyfrynnau sydd ar gael ar hyn o bryd yw:-



- Anhwylderau yn y sbectrwm awtistig a chyflyrau cysylltiedig
- Parlys yr ymennydd
- Byddardod
- Syndrom Down
- Os oes ar eich plentyn gyflwr anghyffredin
- Anableddau dysgu
- Nam Amlsynnwyr
- Anawsterau lleferydd ac iaith
- Nam ar y golwg
- Pan nad oes gan eich plentyn ddiagnosis

MWY O WYBODAETH O DAN ADRAN 'DEUNYDDIAU' AR Y WEFAN

www.earlysupportwales.org.uk

Cefnogi Cynnar
Early Support

PROSIECTAU LLEOL: Cynllun Peilot Gweithiwr Allweddol DE CYMRU

Mae ABMU Abertawe, Castell Nedd-Port Talbot, Pen-y-bont ar Ogwr a'r Sector Gwirfoddol wedi dechrau gwaith ar Gynllun Peilot Cefnogi Cynnar.

Mae'r holl weithwyr allweddol wedi cwblhau'u hyfforddiant, wedi mynychu grwpiau ffocws, ac maent yn bwriadu cael cyfarfod ddwywaith y mis i rannu ymarfer da, syniadau, a datrys problemau.

Mae yna drawstoriad da o asiantaethau, a phrofiad yn y grwpiau. Mae cydsyniad ar gyfer rhannu gwybodaeth wrthi ar waith, yn ogystal â datblygu ymagweddiad strwythuredig tuag at reoli'r cynlluniau peilot ym mhob un o'r cymdogaethau.
Mae hyn yn sicrhau bod y systemau wedi'u hadeiladu i mewn i strwythurau awdurdodau lleol, gyda mecanwaith ar gyfer rhoi adroddiad.

Mae adborth oddi wrth rieni yn y cynllun peilot yn dechrau diferu yn ôl, ac mae o hefyd yn gyfnod cyffrous yn y datblygiad.

HYFFORDDIANT CEFNOGI CYNNAR

Gweithdai i rieni yng Nghaerdydd

Mae Autism Puzzles yn grŵp cymharol newydd, a sefydlwyd ar gyfer rhieni gan rieni plant y mae arnynt Awtistiaeth yng Nghaerdydd.

Fe wnaethant gysylltu â ni yn ddiweddar, gan eu bod yn siomedig o fod wedi colli'r gweithdai i rieni, a gynhaliwyd yn gynharach eleni, ac 'roedd arnynt eisiau gwybod sut y gallent gael yr hyfforddiant. Gan fod ganddynt o leiaf 15 o rieni oedd eisiau ymgymryd â'r cwrs, 'rydym wedi gweithio gydag arweinydd y grŵp, hyfforddwyr Cefnogi Cynnar ac ymgynghorwyr Cefnogi Cynnar i sefydlu'r cwrs hwn ar eu cyfer, ac mae hwn yn dechrau ddiwedd mis Medi.

Os ydych chi'n grŵp neu'n sefydliad cefnogi, fe allwn ni hefyd gynorthwyo i sefydlu rhywbeth fel hyn i chi, ac felly cysylltwch â ni am fwy o wybodaeth, os gwelwch yn dda.

Hyfforddiant sydd ar ddod

Mae Cefnogi Cynnar Cymru yn cynnig ystod o ddigwyddiadau hyfforddi rhad ac am ddim drwy Gymru i gyd eleni.

Mae manylion y cyrsiau a'r mannau cyfarfod wedi'u hatodi ar wahân yn yr ohebiaeth hon.

Os hoffech wybod mwy am unrhyw un o'r cyrsiau hyfforddi, ewch i wefan Cefnogi Cynnar Cymru, os gwelwch yn dda, neu cysylltwch â:

Marcia Jones, Gweinyddwr Cefnogi Cynnar, ar 029 2034 2434.

E-bost:marcia.jones@childreninwales.org.uk http://twitter.com/#!/early_support_w

Cefnogi Cynnar
Early Support

STORI O'R WEFAN

Stori Cameron

Ffarwél! Fy enw i yw Cameron (er fy mod yn credu bod fy mam yn anghofio weithiau, gan ei bod hi yn fy ngalw i'n lawer o bethau fel 'harddyn, bachgen clyfar, tin rywiol, a fy angel bach!). 'Dwi ddim yn malio, serch hynny, 'rwyf yn tybio ei bod hi'n ei chanfod hi'n anodd cofio popeth yn ei hoed hi!

'Rwyf yn fachgen bach hapus iawn ac 'rwyf wrth fy modd rhedeg a neidio a dringo. 'Rwyf bob amser wrthi'n mynd! Mae yna gymaint o bethau yn fy mywyd sy'n gwneud i mi wenu a theimlo'n dda yn fy mol. 'Rwyf wrth fy modd nofio, tasgu a neidio, ac 'rwyf newydd ddysgu nofio ar fy mhen fy hun. 'Roeddwn yn falch iawn pan ddysgais wneud hyn, ac 'roedd fy mam a fy nhad yn wirioneddol falch ohonof.

Ym mis Medi, fe ddechreuais ysgol newydd. 'Rwyf yn llawer hapusach yno ac mae fy athrawon yn wych. Maent yn fy ngwirioneddol ddeall i ac maent yn ceisio fy nghynorthwyo i ddeall y byd 'rydych chi i gyd yn byw ynddo. 'Rydych yn gweld, mae fy myd i yn wahanol. Dyna pam weithiau fy mod yn cynhyrfu ac yn ddryslyd. Mae o fel pe bae pawb arall yn siarad iaith wahanol i mi.

Dyna pa bryd 'rwyf yn canfod bywyd yn anodd. Mae fy mam a dad yn fy nghynorthwyo i gyda hyn i geisio fy nghadw i'n dawel ac yn egluro pethau mewn ffyrdd a ddeallaf.

Mae yna rai pethau 'rwyf yn gwirioneddol gasáu'u gwneud, fel mynd i siopa, neu fynd allan am brydau bwyd, ond mae fy mam yn gwneud imi wneud hyn. Mae hi hyd yn oed wedi gofyn am droli arbennig pan fyddwn yn mynd i siopa i wneud hi'n haws i mi, ac mae hi'n dda am fynd â fy meddwl i ffwrdd o bethau sy'n fy mhoeni i, sydd o gymorth.

PROSIECTAU LLEOL: Gwasanaeth Integredig i Blant gydag Anghenion Ychwanegol (ISCAN)

Fe wnaeth adolygiadau lleol oddi wrth wasanaethau i blant a phobl ifanc gydag anableddau Partneriaeth Plant a Phobl Ifanc a Phwyllgor Iechyd, Gofal Cymdeithasol a Lles Cyngor Bwrdeistref Sirol Caerffili ddangos cefnogaeth ar gyfer yr angen i ddatblygu model amlasiantaethol integredig o gyflawni gwasanaeth. Fe gafodd yna brosiect peilot ei gynllunio a'i weithredu o'r enw Gwasanaeth Integredig i Blant gydag Anghenion Arbennig (ISCAN), gan ddechrau gyda'r ystod oedran 0-5 oed. Fe ddechreuodd hyn ar y 14eg o Ebrill, 2010.

Nod ISCAN yw rheoli mewn modd gwell y ffordd dameidiog y caiff gwasanaeth ei ddarparu i blant o dan 5 mlwydd oed gydag anableddau ac anghenion ychwanegol cymhleth a'u teuluoedd, drwy ddatblygu gwasanaeth un-stop integredig ledled Addysg, Iechyd, Gwasanaethau Plant a'r Trydydd Sector.

Drwy gyflawni gwasanaeth effeithiol ac un y gellir ymddiried ynddo i deuluoedd a gweithwyr proffesiynol, gan ddarparu deilliannau eglur ac eglurder y llwybrau, a gwell cynllunio ar gyfer pontio, mae'namcanu at leihau'r lefelau straen i'r plentyn ac i'r teulu.

Cefnogi Cynnar
Early Support

Mae “drws ffrynt” ISCAN yng Nghanolfan Blant Caerffili ar gyfer derbyn a rheoli achosion y cyfeirir nhw atynt. Mae wedi’i adeiladu ar ffurflen atgyfeirio safonol i’w defnyddio ar gyfer yr holl atgyfeiriadau ar gyfer plant lle mae yna bryderon ynglŷn ag anghenion ychwanegol, meddygol, iechyd, cymdeithasol a/neu ddysgu sy’n anghenion cymhleth.

Mae hefyd yn defnyddio’r Deunyddiau Cefnogi Cynnar, ac mae wedi’i ymwreiddio o fewn Bwrdeistref Sirol Caerffili. Mae’r Gweithiwr Proffesiynol Arweiniol yn creu Tîm o amgylch y Plentyn ac mae’n cydgysylltu cyfarfodydd i gynnwys rhieni gofalwyr.

Mae’r prosiect wedi cael ei weithredu drwy wneud defnydd o adnoddau presennol ledled asiantaethau statudol a’r trydydd sector. Mae cyfnod peilot y gwasanaeth yn llwyr weithredol, ac mae’n darparu ymagweddiad Gweithiwr Proffesiynol Arweiniol a Thîm o amgylch y Plentyn (TAC) drwy asesu a chynllunio gofal amlasiantaethol. Ar hyn o bryd, mae 61 o blant a theuluoedd yn derbyn cefnogaeth oddi wrth ISCAN. Mae’r cynllun peilot wedi’i werthuso’n allanol gyda deilliannau cadarnhaol i blant a’u teuluoedd, ac mae trafodaethau’n digwydd i archwilio’r posibilrwydd o ymestyn yr ystod oedran.

I ganfod gwybodaeth am brosiectau a gweithgareddau yn eich ardal, cysylltwch

ag Ymgynghorydd Sir Cefnogi Cynnar; mae manylion ar y wefan.

http://www.earlysupportwales.org.uk/

Profiad Rhiant o Cefnogi Cynnar yng Nghymru

Kay Malin, o Wynedd:

“Fe wnaeth Jill yn Cyswllt Teulu fy annog i gofrestru ar gyfer gweithdy rhieni Cefnogi Cynnar, ac fe wnaeth fy ngŵr ymuno â mi am y sesiwn olaf. Drwy’r gweithdy hwnnw, ar wahân i’r deunydd gwych a’r bobl hyfryd y cyfarfûm, fe gefais fy nghyflwyno i wybodaeth a buddion nad oedd gennym syniad oedd ar gael.

“‘Roedd cymorth a chefnogaeth y cyfranogwyr eraill yn amhrisiadwy, gan i’w profiad gynorthwyo i roi’n problemau mewn persbectif, ac fe roddodd syniadau inni ar gyfer gwella. Mae hyn i gyd wedi golygu ein bod ni’n mwynhau bywyd yn fwy ac ein bod yn dathlu’r llawer o gryfderau sydd gan ein merch yn hytrach nag ein bod ni â’n holl fryd ar ei chyflwr.

“Ar ôl y gweithdy rhieni, fe gefais flas am hyfforddiant ac fe es ymlaen i gwblhau’r cyrsiau PESCAF (Darparu Cefnogi Cynnar i blant gydag anghenion ychwanegol a’u teuluoedd) lefel 4 (yn y diwedd, hyd yn oed gwirfoddoli i ddod yn hyfforddwr!).

“Y peth gwych am y cwrs oedd gweithio gyda gwahanol weithwyr proffesiynol a gweld pethau o’u sefyllfa nhw, yn ogystal â’u cael nhw i ddeall safbwynt rhiant.

“O ganlyniad, fe ofynnwyd imi gynorthwyo gyda chyrsiau eraill i rieni a chyfarfodydd i ddarparu persbectif rhieni. ‘Rwyf yn gobeithio y bydd yr holl wasanaethau, drwy’r fenter hon, yn ystyriol o deuluoedd ac y bydd profiad pawb mor gadarnhaol ag y mae un y ni at ei gilydd wedi bod. “Rwyf hefyd yn bwriadu parhau gyda Cefnogi Cynnar ac fe fyddaf yn cofrestru am gwrs arall yn go fuan!”