



Addysg / Education

Hyfforddiant / Training

Cyflogaeth / Employment

Ysgogi pobl ifanc 16 - 24 oed sy'n ddi-waith
yng Ngogledd Cymru i symud ymlaen.

Inspiring the progression of young people aged
16-24 experiencing unemployment in North Wales.

gllm.ac.uk/adtrac

Bydd ADTRAC yn dy helpu i gael gwaith, addysg neu hyfforddiant. Caiff y gwasanaeth yma ei gynnig ledled Gogledd Cymru gan dimau lleol a fydd yn llunio rhaglen bwrpasol i dy gefnogi ac i ennyn dy ddiddordeb.

Gall ADTRAC gynnig:

- Gwasanaeth mentora sydd wedi'i deilwra. Bydd tîm ADTRAC yn gweithio gyda chi i ddatblygu cynllun gweithredu personol i'ch tywys ar eich taith;
- Cefnogaeth i fagu hyder a goresgyn rhwystrau sy'n eich dal yn ôl;
- Cefnogaeth ym maes lles (yn cynnwys cyfle i ddefnyddio darpariaeth Bwrdd Iechyd Prifysgol Betsi Cadwaladr i rai sydd ag anghenion iechyd meddwl ysgafn/cymedrol);
- Cymwysterau a hyfforddiant fydd yn eich galluogi i gyrraedd eich nod;
- Cefnogaeth i gael gwaith. Gall hyn gynnwys cyfleoedd i fynd ar brofiad gwaith neu wirfoddoli.

Bydd y timau'n dy helpu i ddod i ddeall pethau'n well ac yn dy roi ar ben y ffordd yr wyt am ei chymryd, er mwyn i ti allu magu hyder yn dy allu a dy sgiliau.

Bydd ADTRAC yn gallu cynnig cymorth i chi os ydych:

- Rhwng 16 a 24 oed, a ddim mewn addysg, hyfforddiant na chyflogaeth.
- Yn wynebu problemau sy'n eich rhwystro rhag symud ymlaen i addysg, hyfforddiant neu gyflogaeth.
- Yn byw yng Ngogledd Cymru (ond nid mewn ardal Cymunedau'n Gyntaf); os nad ydych yn siŵr beth yw ardal Cymunedau'n Gyntaf neu a yw'ch cyfeiriad yn un o'r ardaloedd hyn, bydd tîm ADTRAC yn gallu ei wirio i chi.

ADTRAC will support you into either work, education or training. This is delivered by local teams across North Wales; to provide a personalised support & engagement programme.

By signing up to ADTRAC you can access:

- A bespoke mentoring service from the ADTRAC team, who will work with you to develop a personalised action plan to guide you on your journey;
- Support to develop your confidence and overcome any barriers which prevent you from progressing;
- Welfare and wellbeing support (including the opportunity to access provision for mild/moderate mental health needs from Betsi Cadwaladr University Health Board);
- Access to qualifications and training which will enable you to reach your goals;
- Employability support (to help you get and stay in a job), this can include a range of opportunities for you to achieve your goals including work tasters, work experience and volunteering.

The teams will work with you to develop your understanding, and support you in the direction that you want to go, so that you can build your confidence in your ability and skills.

ADTRAC will be able to offer support to you if you are:

- Aged 16-24 and not in education, training or employment.
- Experiencing barriers which prevent you from progressing into either education, employment or training.
- Living in North Wales (and not residing in a Communities First Area); if you are unsure what a Communities First area is or whether your address is in one of these areas, the ADTRAC team will be able to check this for you.

Cysylltwch / Get in touch

Cysylltwch â'r tîm sy'n gweithio yn y sir rydych yn byw ynddi. Byddant yn gallu rhoi manylion pellach i chi, ynghyd â gwybodaeth am beth ddylech chi ei ddod i'ch cyfarfod cyntaf.

Contact the team based on the county which you live in, they will be able to provide you with some further details including what you will need to bring to your first meeting.

County	Email	Telephone
ADTRAC Anglesey	ADTRAC@ynysmon.gov.uk	01248 752921
ADTRAC Gwynedd	TimADTRAC@gwynedd.llyw.cymru	01286 679600
ADTRAC Conwy	ADTRAC@conwy.gov.uk	01492 576679
ADTRAC Denbighshire	ADTRAC@denbighshire.gov.uk	01824 706091
ADTRAC Wrexham and Flintshire	adtrac@wrexham.gov.uk	01978 295515

Arweinir Adtrac gan:
Adtrac is being led by:



Grŵp
**Llandrillo
Menai**



Mae Adtrac yn cael ei gyflwyno gan y partneriaid canlynol:
Adtrac is being delivered by the following partners:



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

