

Magu Hyder

Ymunodd Dylan ag ADTRAC er mwyn cael help i gael gwaith. Gadawodd yr ysgol yn 16 i wneud cwrs Gwaith Saer yn y coleg, ond ar ôl hyn nid oedd cael gwaith yn hawdd. O ganlyniad, roedd Dylan yn ddi-waith ac yn teimlo'n ddihyder ac yn ddiobaith.

Nod Dylan oedd dod o hyd i waith neu ddysgu crefft newydd, ond nid oedd yn siŵr ble i ddechrau. Ar ôl cyfarfod â Dylan, roedd yn amlwg i'w fentor yn ADTRAC ei fod yn awyddus iawn i weithio ond bod rhwystrau'n ei atal rhag gwneud hyn. Canolbwytiodd y cyfarfodydd cyntaf ar oresgyn y rhwystrau hyn. Cysylltwyd â'i ysgol uwchradd i gael cadarnhad o'i raddau TGAU, diweddarwyd ei CV a rhoddwyd cymorth iddo i chwilio am swyddi, llenwi ffurflenni cais a chysylltu â'i Ganolfan Waith leol i holi pa gymorth ariannol oedd ar gael iddo.

Wrth siarad â'i fentor, cyfaddefodd Dylan ei fod yn teimlo'n isel yn dilyn tor-perthynas a phrofedigaeth yn y teulu. Roedd ADTRAC yn gallu cynnig ymyriad iechyd meddwl a lles oedd yn cynnwys cefnogaeth 1:1 gan Ymarferydd Iechyd Meddwl ADTRAC. Ar ôl un o'r sesiynau hyn, dywedodd Dylan "mae wedi newid fy ffordd o feddwl ... Dw i isio gwneud yr hyn sy'n fy ngwneud i'n hapus."

Yn sgil cyllid gan ADTRAC, mae Dylan wedi cael cerdyn CSCS a swydd lawn amser fel adeiladwr. Erbyn hyn, mae Dylan yn teimlo bod pwrpas i'w fywyd, ac ers dechrau gweithio mae wedi magu hyder a meithrin sgiliau newydd.

"Byddwn yn cynghori unrhyw un sydd yn yr un sefyllfa â fi i ofyn am help gan ADTRAC oherwydd mi wnaeth fyd o wahaniaeth i mi ... mi ges i help i gael gwaith. Dw i'n gwybod rŵan sut i ysgrifennu CV a pharatoi ar gyfer cyfweliad.

"Roedd cael siarad efo'r Ymarferydd Iechyd Meddwl yn help mawr, oherwydd mi wnaeth hyn i mi deimlo'n well amdana i fy hun. Dw i'n gwybod rŵan be sydd ei angen arna i i fod yn hapus a dw i'n teimlo'n fwy hyderus a gobeithiol. Yn bersonol, roedd hi'n braff cael gwared ar yr holl deimladau negyddol."



Building in Confidence

Dylan enrolled onto ADTRAC so he could access support to help him gain employment. He left school at the age of 16 and went to College to complete a Carpentry course but on completion he found it difficult to find employment, this left Dylan feeling demotivated, lacking self-confidence and unemployed.

Dylan's goal was to find employment or to learn a new trade but he was unsure where to start. On meeting Dylan, it was clear to his ADTRAC Mentor that he was determined to find work but felt that he had barriers that were preventing him in achieving his goals. The first few meetings concentrated on overcoming barriers such as contacting his secondary school to confirm his GCSE grades, updating his CV, supporting him with job searches, completing application forms and supporting him contacting the local Jobcentre to see what financial support he was eligible for.

During a discussion with his ADTRAC Mentor, Dylan shared that he was experiencing low moods following a breakdown in a relationship and a loss in the family. ADTRAC were able to offer mental health and wellbeing intervention which included accessing 1:1 support from the ADTRAC Mental Health Practitioner. After one of the sessions, Dylan said "it's changed my way of thinking... I want to do stuff that makes me happy."

Through funding from ADTRAC, Dylan gained a Construction Skills Certificate Scheme (CSCS) Card and has been offered a full time job as a Builder. Dylan now feels that he has a purpose in life and since starting work he has felt that his confidence and skill set has improved.

**"I would recommend that anyone who is in the same position as me to receive ADTRAC support because it has helped me a lot" ...
"the support helped me find work. I now know how to put together a CV and how to prepare for an interview.**

The chat with the Mental Health Practitioner helped me a lot because afterwards I felt better in myself, I knew what I needed to do to make myself happy and it gave me more confidence and motivation. Personally it felt good to let all the negative stuff out."

