# ADTRAC UPDATE

## Ryan's Journey

**Ryan started with ADTRAC in September 2019. He had no formal qualifications after moving from Spain at the point he was due to take his GCSE's. He had suffered with anxiety, due to his past experiences and wanted support with managing his anxiety. Ryan was very open to ideas and his goal was to build on his skills and qualifications and then to find work.**

The ADTRAC Mentor worked with Ryan on building up his confidence by meeting with him weekly in a location where he felt comfortable. Ryan also worked closely with our Mental Health Practitioner to help manage his anxiety.

As Ryan had no formal qualifications he and his mentor felt that this would be an excellent starting point. Ryan successfully completed whilst on ADTRAC a Level 3 First Aid in the Workplace qualification and with support he began building his CV.

As his ADTRAC Mentor got to know him it was realised that Ryan had a passion and a wealth of knowledge about War history, so they contacted the Royal Welsh Fusiliers museum in Caernarfon who were more than happy to take Ryan on as a volunteer, initially for one day a week. This was a very exciting opportunity for Ryan, as not only did he have a chance to share his knowledge by assisting with guided tours, but he will get to take part in a research project related to lost photographs of WW1 and WW2 veterans.

Utilising the fact that Ryan is fluent in Spanish, ADTRAC are in the process of speaking with a local language school for opportunities that may be suitable for him.

Ryan says that ADTRAC has really supported and helped him move forward towards his goal of finding employment. He now feels more confident when approaching employers, and feels he has a CV which shows his skills and experience.

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COUNTY BOROUGH COUNCIL

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Arweinir Adtrac gan:
Adtrac is being led by:
Grŵp Llandrillo Menai

@adtrac1624

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# Y DIWEDDARAF GAN ADTRAC

## Siwrnai Ryan

**Cychwynnodd Ryan gydag ADTRAC ym mis Medi 2019. Nid oedd ganddo unrhyw gymwysterau ffurfiol ar ôl symud o Sbaen pan oedd ar fin sefyll ei arholiadau TGAU. Roedd yn dioddef o orbryder oherwydd ei brofiadau blaenorol, ac roedd eisiau cymorth i reoli ei orbryder. Roedd yn agored iawn i syniadau a'i nod oedd adeiladu ar ei sgiliau a'i gymwysterau ac yna dod o hyd i waith.**

Gweithiodd y Mentor ADTRAC gyda Ryan i ddatblygu ei hyder trwy gyfarfod ag o'n wythnosol mewn lleoliad roedd yn teimlo'n gyfforddus ynddo. Gweithiodd Ryan yn agos hefyd gydag ein Hymarferydd Iechyd Meddwl i'w helpu i reoli ei orbryder.

Gan nad oedd gan Ryan unrhyw gymwysterau ffurfiol, teimlai o a'i Fentor y byddai hwn yn lle da i ddechrau. Cwblhaodd Ryan gwrs i ennill cymhwyster Lefel 3 Cymorth Cyntaf yn y Gweithle tra oedd ar ADTRAC a gyda chymorth dechreuodd lunio ei CV.

Wrth i'w Fentor ADTRAC ddechrau dod i'w adnabod, daeth yn amlwg bod gan Ryan ddiddordeb mawr mewn hanes rhyfeloedd a chyfoeth o wybodaeth amdanynt, felly bu iddynt gysylltu â'r Ffiwsilwyr Cymreig yng Nghaernarfon a oedd fwy na bodlon croesawu Ryan fel gwirfoddolwr, ddiwrnod yr wythnos i ddechrau. Roedd hwn yn gyfle cyffrous iawn i Ryan, nid yn unig trwy gael rhannu ei wybodaeth wrth gynorthwyo â theithiau tywys, ond byddai hefyd yn cael y cyfle i gymryd rhan mewn prosiect ymchwil a fyddai'n ymwneud â lluniau coll o gyn-filwyr y Rhyfel Byd Cyntaf a'r Ail Ryfel Byd.

Gan fod Ryan yn siaradwr Sbaeneg rhugl, mae ADTRAC bellach yn trafod gydag ysgol ieithoedd leol am gyfleoedd a allai fod yn addas ar ei gyfer.

Dywedodd Ryan fod ADTRAC wir wedi ei gefnogi a'i gynorthwyo i symud ymlaen i gyrraedd ei nod o ddod o hyd i waith. Mae bellach yn teimlo'n hyderus wrth gyfarfod cyflogwyr, ac yn teimlo bod ei CV yn dangos ei sgiliau a'i brofiadau.

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