



ADTRAC UPDATE

The Start of the Journey...

Tim was initially referred to ADTRAC by Careers Wales and has numerous services supporting him at present, including support from CAMHS two days a week. Whilst at school he received support from the TRAC team who suggested that once he left education ADTRAC would be the most suitable project to support him going forward. During initial appointments with his ADTRAC Mentor it became clear that Tim wanted to return to some form of education, this would have to be on a part time basis to run alongside his CAMHS appointments.

As Tim had multiple agencies supporting him and his family, his Mentor took time initially to build a working relationship. Tim progressed during his time with ADTRAC and never failed to attend an appointment. Tim wasn't clear of what route into education he wanted to take because of previous negative learning experiences. Working with his mentor Tim spent time exploring different options such as college, traineeships and apprenticeships and he completed college application forms for part time courses he was interested in. To ensure he was clear on his options his Mentor arranged for him to meet with a professional from North Wales Training to hear first-hand of the opportunities they could provide. Tim decided that the traineeship was more suited to him and with his Mentor's help the traineeship's flexibility was negotiated with North Wales Training to ensure he could still attend his CAMHS sessions.

Tim's confidence has much improved during his time working with ADTRAC and he is now maintaining a place on his traineeship-Aspire2 through North Wales Training which he is thoroughly enjoying. Tim's Mentor said "Tim has engaged very well throughout his time on ADTRAC and I was very pleased with his progression. To start a traineeship is a massive accomplishment for him and I feel it will be the start of his journey to continue in education, training or employment."



Cyflogaeth / Employment

Hyfforddiant / Training

Addysg / Education



Arweinir Adtrac gan:
Adtrac is being led by:



@adtrac1624



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Y DIWEDDARAF GAN ADTRAC

Cychwyn ar y Daith...

Cafodd Tim ei atgyfeirio at ADTRAC gan Gyrfa Cymru gyda nifer o wasanaethau yn ei gynorthwyo ar hyn o bryd, gan gynnwys CAMHS ddau ddiwrnod yr wythnos. Tra oedd yn yr ysgol, bu'n cael cymorth gan dîm TRAC a awgrymodd mai ADTRAC yw'r prosiect mwyaf addas i'w gynorthwyo wrth symud ymlaen o addysg. Yn ystod ei apwyntiadau cyntaf gyda'i Fentor ADTRAC, daeth yn amlwg bod Tim eisiau dychwelyd i ryw fath o addysg. Byddai'n rhaid i'r addysg fod yn rhan-amser i gyd-fynd a'i apwyntiadau CAMHS.

Gan fod sawl asiantaeth yn cefnogi Tim a'i deulu, cymerodd ei Fentor amser i adeiladu'r berthynas waith ar y dechrau. Datblygodd Tim yn ystod ei amser gydag ADTRAC ac ni fethodd unrhyw apwyntiad. Nid oedd Tim yn siŵr pa lwybr roedd eisiau ei ddilyn i addysg oherwydd ei brofiadau dysgu negyddol blaenorol. Gan weithio gyda'i Fentor, fe dreuliodd Tim amser yn edrych ar wahanol opsiynau, fel y coleg, hyfforddiant a phrentisiaethau a bu'n cwblhau ffurflenni cais i gyrsiau coleg rhan-amser roedd ganddo ddiddordeb ynddynt. I wneud yn siŵr ei fod yn gwybod beth oedd ei ddewisiadau, fe drefnodd ei Fentor iddo gyfarfod â gweithiwr o North Wales Training i glywed am y cyfleoedd y gallent eu cynnig. Penderfynodd Tim mai'r rhaglen hyfforddiant oedd yn ei siwtio orau a gyda chymorth ei Fentor, trafodwyd hyblygrwydd y rhaglen hyfforddiant gyda North Wales Training i wneud yn siŵr ei fod yn dal i allu mynd i'w sesiynau CAMHS.



Datblygodd hyder Tim yn ystod ei amser yn gweithio gydag ADTRAC ac mae bellach yn parhau yn ei raglen hyfforddiant – Aspire2 drwy North Wales Training ac yn ei mwynhau'n fawr. Dywedodd Mentor Tim, "Mae Tim wedi bod yn barod iawn i gymryd rhan drwy gydol ei amser gydag ADTRAC ac roeddwn yn fodlon iawn â'i ddatblygiad. Mae dechrau ar raglen hyfforddiant yn gam enfawr iddo ac rydw i'n teimlo mai dyma ddechrau ei siwrnai i barhau mewn addysg, hyfforddiant neu waith."

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