



ADTRAC UPDATE

Traineeship Opportunity

Sam was referred to ADTRAC in September 2018 by his Social Worker as a vulnerable adult with (undiagnosed) learning difficulties, Autism and Mental Health concerns. Sam is very articulate and has a fountain of knowledge about Welsh history, he struggles with anxiety but wanted to find work.

Sam's mentor thought the Culture & Heritage Traineeship promoted by the FUSION project would be ideal for Sam to work towards, for the next programme starting in October 2019.

In preparation for the Traineeship his mentor suggested he volunteered for six months at Conwy's Archives Service. Sam also completed two training courses - 'Sources of Information' and 'Digital Scanning', courses linked to Culture and Heritage.

A request for ADTRAC Mental Health support for Sam was made. Cognitive Behavioural Therapy (CBT) was offered but Sam found it difficult to engage with this because of his Autism, however the time spent was useful to help him with any concerns or issues. The Mental Health Practitioner organised further mental health assessments to be made such as a learning disability assessment.

Sam applied for the traineeship and with volunteering, training and his passion for wanting to work within this field, he was successful in gaining a place. Feedback from his interview was very positive and he had mentioned during the interview that he had visited Oriel Colwyn to see the gallery and photographic images with his mentor, this helped to seal the deal for his traineeship!

The main challenge that Sam presented with was his time keeping connected to his autism which means he struggles with telling the time and processing dates, but with support from his mentor and Sam's mother, appointment sessions were able to be arranged.

Sam is doing well on his traineeship and is now on his second placement with Conwy and his future prospects look bright. Quote from employer Kate Hallet, Assistant Archivist, Culture & Information -

"The Archive Service worked with ADTRAC Mentor Ceri Hughes to support Sam one of her young clients, first into a volunteering placement with us, and later into obtaining a traineeship on the National Lottery Heritage Fund Cultural Ambition scheme. I identified that Sam would be a promising candidate to apply for the Cultural Ambition traineeship and again the Archive Service and ADTRAC worked together to help prepare Sam to apply for this opportunity. This is a specialised traineeship and it aids the Archive Service to be able to work with ADTRAC to find and mentor suitable candidates. Sam was successful at a competitive interview at gaining a traineeship and he is now working for a year as a paid trainee and is working towards a NVQ in Cultural Heritage. The Archive Service are pleased to work in partnership with ADTRAC to bring young people back into employment and education."

Cyflogaeth / Employment



@adtrac1624

Hyfforddiant / Training



Bwrdd Iechyd Prifysgol
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Y DIWEDDARAF GAN ADTRAC

Cyfle mewn Rhaglen Hyfforddiant

Cafodd Sam ei atgyfeirio at ADTRAC ym mis Medi 2018 gan ei weithiwr cymdeithasol fel oedolyn bregus sydd ag anawsterau dysgu (heb ddiagnosis), Awtistiaeth a phryderon lechyd Meddwl. Mae Sam yn llefarydd clir iawn sy'n gwybod llawer iawn am hanes Cymru. Mae'n dioddef o orbryder ond roedd eisiau dod o hyd i waith.

Roedd Mentor Sam yn meddwl y byddai rhaglen hyfforddiant mewn Diwylliant a Threftadaeth, a oedd yn cael ei rhedeg gan y prosiect FUSION, yn ddelfrydol i Sam weithio tuag ati, gyda'r rhaglen nesaf yn dechrau yn Hydref 2019.

I baratoi at y rhaglen hyfforddiant, awgrymodd y Mentor iddo wirfoddoli am chwe mis yng Ngwasanaeth Archifau Conwy. Cwblhaodd Sam ddau gwrs hyfforddiant hefyd - 'Ffynonellau Gwybodaeth' a 'Sganio Digidol'; cyrsiau a oedd yn gysylltiedig â Diwylliant a Threftadaeth.

Gwnaed cais am gymorth lechyd Meddwl ADTRAC i Sam. Cafodd Sam gynnig Therapi Ymddygiadol Gwybyddol (CBT) ond cafodd drafferth â hyn oherwydd yr Awtistiaeth, ond roedd yr amser yn ddefnyddiol i'w gynorthwyo ag unrhyw bryderon neu broblemau. Trefnodd yr Ymarferydd lechyd Meddwl asesiadau iechyd meddwl eraill fel asesiad anabledau dysgu.

Gwnaeth Sam gais am y rhaglen hyfforddiant a thrwy wirfoddoli, hyfforddiant a'i frwdfrydedd dros weithio yn y maes, fe lwyddodd i'w chael. Roedd yr adborth o'i gyfweiliad yn gadarnhaol iawn ac roedd wedi sôn ei fod wedi ymweld ag Oriol Colwyn i weld yr oriel a'r lluniau gyda'i Fentor. Fe wnaeth hyn ei helpu i gael lle yn y rhaglen!

Yr her fwyaf i Sam oedd cadw amser yn sgil ei Awtistiaeth, sy'n golygu ei fod yn ei chael yn anodd dweud faint o'r gloch yw hi a phrosesu dyddiadau, ond gyda chymorth ei Fentor a'i fam, roedd posib' trefnu apwyntiadau.

Mae Sam yn gwneud yn dda yn ei raglen hyfforddiant ac mae bellach ar ei ail leoliad gyda Chonwy ac mae'r rhagolygon at y dyfodol yn ddisglair.

Dywedodd ei gyflogwr Kate Haller, Cymhorthydd Archifau, Diwylliant a Gwybodaeth:

"Mae'r Gwasanaeth Archifau wedi gweithio gyda'r Mentor ADTRAC Ceri Hughes i gefnogi Sam, un o'i chleientiaid ifanc, i gael lleoliad gwirfoddol gyda ni i ddechrau ac wedyn i gael hyfforddiant ar gynllun Uchelgais Diwylliannol Cronfa Dreftadaeth y Loteri. Fe ddwedais i y byddai Sam yn un addawol i wneud cais am hyfforddiant Uchelgais Diwylliannol ac, eto, bu'r Gwasanaeth Archifau ac ADTRAC yn cydweithio i baratoi Sam i ymgeisio am y cyfle hwn. Mae hon yn rhaglen hyfforddiant arbenigol ac mae'n cynorthwyo'r Gwasanaeth Archifau i allu gweithio gydag ADTRAC i ddod o hyd i ymgeiswyr addas a'u mentora. Fe lwyddodd Sam i gael lle ar raglen hyfforddiant trwy gyfweiliad cystadleuol ac mae bellach yn gweithio am flwyddyn fel gweithiwr cyflogedig dan hyfforddiant ac yn gweithio at ennill cymhwyster NVQ mewn Treftadaeth Ddiwylliannol. Mae'r Gwasanaeth Archifau'n falch o weithio mewn partneriaeth ag ADTRAC i gael gwaith ac addysg i bobl ifanc."

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