



ADTRAC UPDATE



Working Denbighshire and ADTRAC helps teenager during lockdown

A teenager suffering with anxiety has been given a helping hand to continue her education during the current lockdown. Natasha Thomas, age 17, left school due to high levels of anxiety and low moods.

She was referred to Denbighshire County Council's Working Denbighshire project and has now been provided with a laptop so she can complete online courses and work towards returning to education. Natasha, who is bilingual and has achieved 10 A - C grade GCSEs, has been getting support through Working Denbighshire's ADTRAC project, which supports young people aged between 16-24.

She said: "Not having access to a laptop or computer has limited me for a while because partaking in online courses and writing emails is very difficult on a smartphone. Having this laptop is especially useful during these circumstances since life outside our homes has been put on hold. Being with ADTRAC has enabled me to take a break from education to improve my mental health while learning new skills and gaining new experiences. Attending courses has definitely helped with my anxiety, made me more independent and allowed me to gain new qualifications. Without ADTRAC I would be making the choice between staying in school and struggling or staying at home doing nothing."

Cllr Bobby Feeley, the Council's Lead Member for Well-being and Independence, said: "I'd like to congratulate Natasha on the hard work and enthusiasm she has put in to this project. The team didn't want the progress Natasha had made to be affected by the lockdown, so securing funding for a laptop was a great way to allow her to continue progressing."

Natasha has also been given support with her CV, on-going one-to-one support sessions, and has completed a safeguarding course and a two-day paediatric first aid course.

Natasha, who is aiming to return to full time education in September, added: "I would definitely recommend Working Denbighshire and ADTRAC to anyone struggling to get back into work or education. They have so much to offer which means they can find something that suits many different circumstances."



Adtrac is being led by:





Y DIWEDDARAF GAN ADTRAC



Sir Ddinbych yn Gweithio ac ADTRAC yn helpu merch yn ei harddegau yn ystod y cyfyngiadau symud

Mae merch yn ei harddegau sy'n dioddef o orbryder wedi cael help llaw i barhau â'i haddysg yn ystod y cloi presennol. Mae Natasha Thomas, 17 oed, wedi gadael yr ysgol oherwydd lefelau uchel o orbryder a hwyliau isel.

Fe'i cyfeiriwyd at brosiect Sir Ddinbych yn Gweithio Cyngor Sir Ddinbych ac mae hi bellach wedi cael gliniadur er mwyn iddi allu cwblhau cyrsiau ar-lein a gweithio tuag at ddychwelyd i addysg. Mae Natasha, sy'n ddwyieithog ac wedi cyflawni 10 TGAU gradd A - C, wedi bod yn cael cymorth trwy brosiect ADTRAC Sir Ddinbych yn Gweithio, sy'n cefnogi pobl ifanc rhwng 16 a 24 oed.

Dywedodd "Mae methu a chael mynediad at liniadur neu gyfrifiadur wedi fy nghyfyngu am gyfnod oherwydd mae cymryd rhan mewn cyrsiau ar-lein ac ysgrifennu e-byst yn anodd iawn ar ffôn clyfar. Mae cael y gliniadur hwn yn arbennig o ddefnyddiol yn ystod yr amgylchiadau hyn ers i fywyd y tu allan i'n cartrefi gael ei ohirio. Mae bod gydag ADTRAC wedi fy ngalluogi i gymryd seibiant o addysg i wella fy iechyd meddwl wrth ddysgu sgiliau newydd ac ennill profiadau newydd. Mae mynychu cyrsiau yn bendant wedi helpu gyda fy nghorbryder, wedi fy ngwneud yn fwy annibynnol ac wedi caniatáu imi ennill cymwysterau newydd. Heb ADTRAC byddwn yn gwneud y dewis rhwng aros yn yr ysgol a chael trafferth neu aros adref yn gwneud dim."

Dywedodd y Cynghorydd Bobby Feeley, Aelod Arweiniol y Cyngor dros Les ac Annibyniaeth: "Hoffwn longyfarch Natasha ar y gwaith caled a'r brwdfrydedd y mae hi wedi'i roi i'r prosiect hwn. Nid oedd y tîm eisiau i'r sefyllfa cloi presennol effeithio ar y cynnydd yr oedd Natasha wedi'i wneud, felly roedd sicrhau cyllid ar gyfer gliniadur yn ffordd wych o ganiatáu iddi barhau i ddatblygu.

Mae Natasha hefyd wedi cael cymorth gyda'i CV, sesiynau cymorth 1-1 parhaus, ac mae wedi cwblhau cwrs diogelu a chwrs deuddydd cymorth cyntaf pediatrig.

Ychwanegodd Natasha sydd yn anelu at ddychwelyd i addysg llawn amser ym Medi: "Byddwn yn bendant yn argymhell Sir Ddinbych yn Gweithio ac ADTRAC i unrhyw un sydd yn cael trafferth i ddychwelyd i waith neu addysg. Mae ganddynt gymaint 'w gynnig sy'n golygu y medrant ddod o hyd i rywbeth sydd yn gweddu i nifer o amgylchiadau gwahanol."

