



ADTRAC UPDATE



Adtrac participant successful at achieving her dream role in care!

'Have the confidence to make your dreams and goals come true, never be afraid to ask for help along the way' says Sophie age 23 who lives in Denbighshire.

Sophie was signposted to ADTRAC, part of Working Denbighshire, to receive support with employability in November 2018. Sophie had been out of work for a while. She had previous roles in cleaning however she wanted to work towards a career in caring role either in a nursery setting or as a care support worker, eventually one day her goal is to work for the NHS.

A tailored action plan was developed with Sophie, this included formulating her CV, looking into suitable training courses and finding a suitable volunteering or work placement opportunities where she could increase her skills. Sophie always attended every 1-1 support appointment held at her local library, she was always punctual and eager to progress.

Relevant training courses were set up for Sophie to attend and opportunities were discussed with her at every appointment. Sophie chose to volunteer at a local parent and toddler group. Sophie's Outreach and Engagement Officer, Jen Dutton went along with her to introduce her to staff and to make sure it was the correct opportunity for her. Sophie loved it and has been volunteering each week for nearly a year.

Sophie continued to attend 1-1 appointments where she received help to apply for suitable jobs and support with interview preparation. Sophie applied for several job roles without success however she never gave up. It was identified that Sophie required further support with confidence and self-belief, especially at interviews, so a referral was made to our ADTRAC BCUHB Mental Health Practitioner for additional support.

Sophie was informed of the BCUHB work placement programme. This was an ideal opportunity for Sophie and she was keen to start. Sophie was supported through the interview process and was offered a work placement position. Sophie completed BCUHB online e-learning courses as part of the induction which increased her skills.

Sophie started her 6 week placement from February into March 2020 at Glan Clwyd Hospital. She worked three shifts per week to include night and twilight shifts. At the end of her placement, Sophie was informed that she would need to attend further work experience in a community hospital before she would be considered for NHS bank staff. This was a disappointment to Sophie as she had worked so hard, again she didn't give up!

We then went into lockdown due to Covid-19 in March 2020. Her Outreach and Engagement Officer kept in regular contact with her to inform her of suitable care vacancies but also identifying the risk of being a keyworker at this time. Sophie was still keen to pursue a paid position in a caring role. An opportunity became available with DCC in a residential care home setting. This opportunity was forwarded to Sophie who was keen to find out more details. Sophie was supported to apply for the position and was assisted to prepare for the interview via WhatsApp video call.

Sophie was successful at interview and starts her care support worker role at a residential home in Denbigh in a couple of weeks! This is a huge step for Sophie and such a great achievement after putting in so much hard work to get where she wants to be.

Jen Dutton, Outreach & Engagement Officer said: It's been a pleasure to support Sophie, I was so excited for her when I heard the news that she was successful. It's been difficult at times working from home but it's great to think that we can still provide support which enables participant's to achieve their goals, all from my dining room table!

Sophie said 'I am so grateful for the help from ADTRAC. Jen has helped me a lot, she didn't give up on me even though sometimes I wanted to. Jen made sure I had everything I needed like gaining the right qualifications, helping me get into volunteering and on a work placement and making sure I had the right information. I would not have half the qualifications or confidence today if it was not for her or the help of ADTRAC. At first I was sceptical about the whole idea of being referred to ADTRAC as I had never heard of them before. I would definitely recommend their support to others as they work hard and make plans that suit you so you can achieve your goals'.



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Grŵp
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@adtrac1624

Adtrac is being led by:



Y DIWEDDARAF GAN ADTRAC



Cyfranogwr Adtrac wedi llwyddo i gael ei swydd ddelfrydol mewn gofal!

'Mae angen hyder yn eich hun i wireddu eich breuddwydion a'ch nodau, peidiwch byth â bod ofn gofyn am help ar hyd y ffordd' meddai Sophie, 23 oed, sy'n byw yn Sir Ddinbych.

Cyfeiriwyd Sophie at ADTRAC, rhan o Sir Ddinbych yn Gweithio, i gael cefnogaeth gyda chyflogadwydd yn Nhachwedd 2018. Roedd Sophie wedi bod allan o waith am dipyn. Roedd ganddi waith blaenorol yn glanhau ond roedd hi eisiau gweithio tuag at yrfa mewn gofal, naill ai mewn meithrinfa neu fel gweithiwr cefnogi gofal ac yn y pen draw, ei nod yw gweithio i'r GIG un diwrnod.

Datblygwyd cynllun gweithredu wedi'i deilwra gyda Sophie, roedd hyn yn cynnwys llunio ei CV, edrych ar gyrsiau hyfforddi addas a dod o hyd i gyfleoedd gwirfoddoli neu leoliad gwaith addas lle gallai gynyddu ei sgiliau. Aeth Sophie i bob apwyntiad cefnogaeth 1-1 a oedd ganddi yn ei llyfrgell leol, roedd bob amser yn brydlon ac yn awyddus i ddatblygu.

Sefydlwyd cyrsiau hyfforddi perthnasol i Sophie fynd iddynt a thrafodwyd cyfleoedd gyda hi ar bob cyfle. Dewisodd Sophie wirfoddoli mewn grŵp rhiant a babi lleol. Aeth Swyddog Allgymorth ac Ymgysylltu Sophie, Jen Dutton, gyda hi i'w chyflwyno i staff ac i wneud yn siŵr mai dyma oedd y cyfle iawn iddi hi. Roedd Sophie wrth ei bodd ac mae hi wedi bod yn gwirfoddoli bob wythnos am bron i flwyddyn.

Fe wnaeth Sophie barhau i fynd i apwyntiadau 1-1 lle cafodd gymorth i ymgeisio am swyddi addas a chael cefnogaeth i baratoi ar gyfer cyfweiliadau. Ymgeisiodd Sophie am sawl swydd heb lwyddiant, ond ni roddodd y ffidil yn y to. Nodwyd bod Sophie angen rhagor o gefnogaeth gyda hyder a hunan-gred, yn enwedig mewn cyfweiliadau, felly gwnaed atgyfeiriadau i'n Hymarferydd Iechyd Meddwl BIPBC ADTRAC am gefnogaeth ychwanegol.

Cafodd Sophie wybod am raglen lleoliad gwaith BIPBC. Roedd hwn yn gyfle perffaith i Sophie ac roedd yn awyddus i ddechrau. Cafodd Sophie gefnogaeth drwy'r broses gyfnewid a chafodd gynnig lleoliad gwaith. Cwblhaodd Sophie gyrsiau e-ddysgu ar-lein BIPBC fel rhan o'r cyfnod sefydlu a roddodd fwy o sgiliau iddi. Dechreuodd Sophie ei lleoliad 6 wythnos o Chwefror i Fawrth 2020 yn Ysbyty Glan Clwyd. Gweithiodd dair shift yr wythnos, i gynnwys shiftiau nos a gyda'r hwyr.

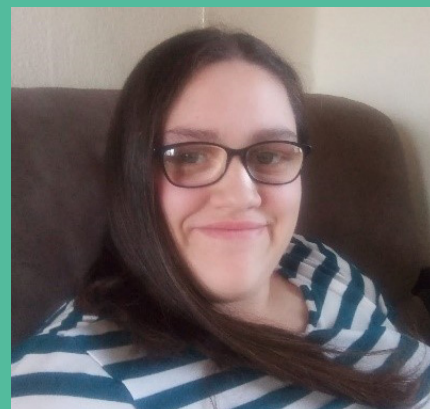
Ar ddiwedd ei lleoliad, cafodd Sophie wybod y byddai angen iddi wneud rhagor o brofiad gwaith mewn ysbyty cymunedol cyn y byddai'n cael ei hystyried i fod yn staff banc y GIG. Roedd hyn yn siom i Sophie gan ei bod wedi gweithio mor galed, ond eto, ni roddodd y ffidil yn y to! Yna, cawsom gyfyngiadau symud oherwydd Covid-19 ym Mawrth 2020.

Fe wnaeth ei Swyddog Allgymorth ac Ymgysylltu barhau i fod mewn cysylltiad â hi i roi gwybod iddi am swyddi gwag gofal addas, ond hefyd i roi gwybod iddi am y risg o fod yn weithiwr allweddol yn ystod y cyfnod hwn. Roedd Sophie'n dal yn awyddus i gael swydd â thâl mewn rôl ofalu. Cododd gyfle gyda CSDd mewn lleoliad cartref gofal preswyl. Anfonwyd y cyfle hwn ymlaen at Sophie a oedd yn awyddus i gael mwy o fanylion. Cafodd Sophie gefnogaeth i ymgeisio am y swydd a chafodd help i baratoi ar gyfer y cyfweiliad drwy fideoalwad WhatsApp.

Roedd Sophie'n llwyddiannus yn ei chyfweiliad ac mae'n dechrau ei swydd fel gweithiwr cefnogi gofal mewn cartref preswyl yn Ninbych mewn ychydig o wythnosau! Mae hwn yn gam mawr i Sophie ac yn gyflawniad mawr ar ôl gweithio mor galed i gyrraedd lle mae hi eisiau bod.

Dyweddodd Jen Dutton, ei swyddog Allgymorth ac Ymgysylltu: 'Mae wedi bod yn bleser cefnogi Sophie, roeddwn wrth fy modd pan glywais y newyddion ei bod wedi bod yn llwyddiannus. Mae wedi bod yn anodd gweithio gartref ond mae'n wych meddwl y gallwn roi cefnogaeth o hyd, sy'n galluogi cyfranogwr i gyflawni ei nodau, i gyd oddi wrth fy mwrdd bwyd!

Dyweddodd Sophie 'Rydwi i mor ddiolchgar am yr help gan ADTRAC. Mae Jen wedi fy helpu'n fawr, wnaeth hi ddim rhoi'r ffidil yn y to gyda mi er fy mod i eisiau gwneud hynny weithiau. Fe wnaeth Jen sicrhau bod gen i bopeth yr oeddwn ei angen, fel ennill y cymwysterau cywir, fy helpu i fynd i wirfoddoli ac ar leoliad gwaith a sicrhau fy mod â'r wybodaeth gywir. Ni fyddai gennyf hanner y cymwysterau na'r hyder heddiw oni bai amdani hi neu gymorth ADTRAC. Ar y dechrau roeddwn yn amheus am yr holl syniad o gael fy nghyfeirio at ADTRAC oherwydd nad oeddwn i erioed wedi clywed amdanynt o'r blaen. Byddwn i'n bendant yn argymhell eu cefnogaeth i bobl eraill gan eu bod yn gweithio'n galed ac yn gwneud cynlluniau sy'n addas i chi fel y gallwch gyflawni eich nodau'.



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