



# ADTRAC UPDATE

## Securing a Dream Job

23-year-old C is letting nothing stand in his way in his quest to find paid employment. Having already applied for hundreds of jobs, hand-delivering CVs and chasing leads, C approached Working Denbighshire for help and was referred to ADTRAC.



Qualified in hospitality and catering, it had been seven years since C last had a job. Undeterred, he has thrown himself into the quest for employment with boundless energy with ADTRAC Denbighshire team's support.

The former Llandrillo College student volunteers his time working in a children's charity shop and a plant shop in his hometown. But it is working in the hospitality industry where C feels he will be happiest.

C's determined approach has also extended to his own health and well-being. He's lost over 7 stone in weight to increase his energy levels and doesn't let a visual impairment stand in his way. C has recently attended a Customer Service Course which he enjoyed and is updating his Food Safety qualification.

A budding cook, C said: "I have tunnel vision but once I am familiar with my surroundings, it's not a problem. Losing weight has given me more energy to look for work and in carrying out my volunteering. ADTRAC has been really very helpful. They have given me a whole package of support. I would love to work in a café where I assist to prepare food and engage with customers. It's great knowing that ADTRAC is there to help me and that I'm not on my own. I'd like to have my own restaurant one day and I'm confident I'll get there."

C is undertaking a Level 2 Food and Hygiene Course which he hopes will enable him to meet the criteria to secure his dream job. C will stay with ADTRAC until he finds a position which best serves his needs.



His ADTRAC Mentor said: "C is so very determined to get into paid employment and he puts a huge amount of proactive effort into finding a job, which is something we ask the people we work with to do. We're helping C to develop his CV and making sure it appeals to potential employers.

"We identify and work through job applications with C, helping him to prepare covering letters and send off applications. Having been unemployed for some time, it is also important C can demonstrate his hospitality and customer skills to employers. So, we're looking to find suitable placements for him, so he can build his experience and add that to his CV."

C commented "I've always had the mentality that working is important. Working with customers is something I'm looking for in a job. I enjoy interacting with people, talking to and helping them. I've applied for hundreds of jobs, taken CVs to businesses in person, followed each one up, but nothing. I just want to have a chance to prove myself so came to ADTRAC for help," said C.

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Arweinir Adtrac gan:  
Adtrac is being led by:



@adtrac1624



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# Y DIWEDDARAF GAN ADTRAC

## Cael Swydd Ddelfrydol

Nid yw C, sy'n 23 oed, yn gadael i unrhyw beth ei rwystro rhag ceisio cael swydd a chyflog. Ar ôl ymgeisio am gannoedd o swyddi, danfon ei CVs yn bersonol a gweithredu ar awgrymiadau, gofynnodd C i 'Sir Ddinbych yn Gweithio' am help a chafodd ei gyfeirio at ADTRAC.



Doedd C, a oedd wedi cymhwyso ym maes lletygarwch ac arlwy, ddim wedi bod mewn swydd ers saith mlynedd. Er gwaethaf hynny, gyda chefnogaeth tîm ADTRAC Sir Ddinbych, mae wedi gwneud ei orau glas i chwilio am waith.

Mae'r cyn-fyfyriwr o Goleg Llandrillo'n gwirfoddoli mewn siop elusen plant ac mewn siop blanhigion yn ei dref enedigol. Ond, teimla mai gweithio yn y diwydiant lletygarwch fyddai'n rhoi'r boddhad mwyaf iddo.

Mae gan C yr un agwedd benderfynol C tuag at ei iechyd a'i les ei hun. Ar ôl colli dros 7 stôn, mae ganddo lawer mwy o egni ac nid yw'n gadael i nam ar ei olwg ei rwystro. Yn ddiweddar, dilynodd C gwrs mewn Gwasanaeth i Gwsmeriaid a'i fwynhau ac mae wrthi'n diweddarau ei gymhwyster Diogelwch Bwyd.

Meddai C, sy'n gogydd addawol: "Mae gen i olwg twnnel, ond ar ôl i mi ddod yn gyfarwydd â'r hyn sydd o fy nghwmpas, dydi hynny ddim yn broblem. Mae colli pwysau wedi rhoi mwy o egni i mi chwilio am waith a gwirfoddoli. Mae ADTRAC wedi bod yn andros o help. Maen nhw wedi bod yn gefn mawr i mi. Mi fyddwn i wrth fy modd yn gweithio mewn caffi yn helpu i baratoi bwyd ac yn ymwneud â'r cwsmeriaid. Mae'n wych gwybod bod ADTRAC yna i'm helpu ac nad ydw i ar fy mhen fy hun. Rhyw ddydd, mi hoffwn i fod yn berchen ar fy mwyty fy hun a dw i'n ffyddiog y gallaf wireddu hynny."

Mae C yn dilyn cwrs Lefel 2 mewn Bwyd a Hylendid ac mae'n gobeithio y bydd y cymhwyster hwnnw'n arwain at gael ei swydd ddelfrydol. Bydd yn aros gydag ADTRAC tan y daw o hyd i swydd sy'n bodloni ei anghenion orau.



Dyweddodd ei Fentor ADTRAC: "Mae C yn benderfynol o gael swydd a chyflog ac mae'n gwneud ei orau glas i ddod o hyd i waith; mae hyn yn rhywbeth yr ydym yn gofyn i'r bobl yr ydym yn gweithio gyda nhw ei wneud. Rydym yn helpu C i lunio ei CV, gan wneud yn siŵr y bydd yn apelio at gyflogwyr posibl.

"Rydym yn canfod swyddi ac yn gweithio gydag C ar ei geisiadau, gan ei helpu i baratoi llythyrau eglurhaol ac i anfon ceisiadau. Ar ôl bod yn ddi-waith am beth amser, mae hefyd yn bwysig i C ddangos ei sgiliau lletygarwch a'i sgiliau ymdrin â chwsmeriaid i gyflogwyr. Felly, rydym yn chwilio am leoliadau gwaith iddo, er mwyn iddo fagu profiad ac ychwanegu at ei CV."

Meddai C: "Dw i wastad wedi credu bod gweithio'n bwysig. Mi fyddwn i'n hoffi cael swydd sy'n golygu gweithio gyda chwsmeriaid. Dw i'n mwynhau ymwneud â phobl - siarad â nhw a'u helpu. Dw i wedi gwneud ceisiadau am gannoedd o swyddi, wedi mynd â fy CVs at fusnesau'n bersonol, wedi holi ynghylch pob cais, ond ddim wedi bod yn llwyddiannus eto. Y cyfan dw i'n ofyn amdano ydi cyfle i brofi fy hun, felly mi wnes i ofyn i ADTRAC am help."

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