ADTRAC UPDATE

Back on track with ADTRAC

She wanted to be a firefighter - that is exactly what she will be!

ADTRAC is a project that supports young people 16 to 24 across North Wales and the scheme has been partially funded by the European Social Fund (ESF), through the Welsh Government. ADTRAC is helping to raise the skill set of young people in North Wales improving their lives, tackling poverty and ensuring equal opportunities for all young people the project supports.

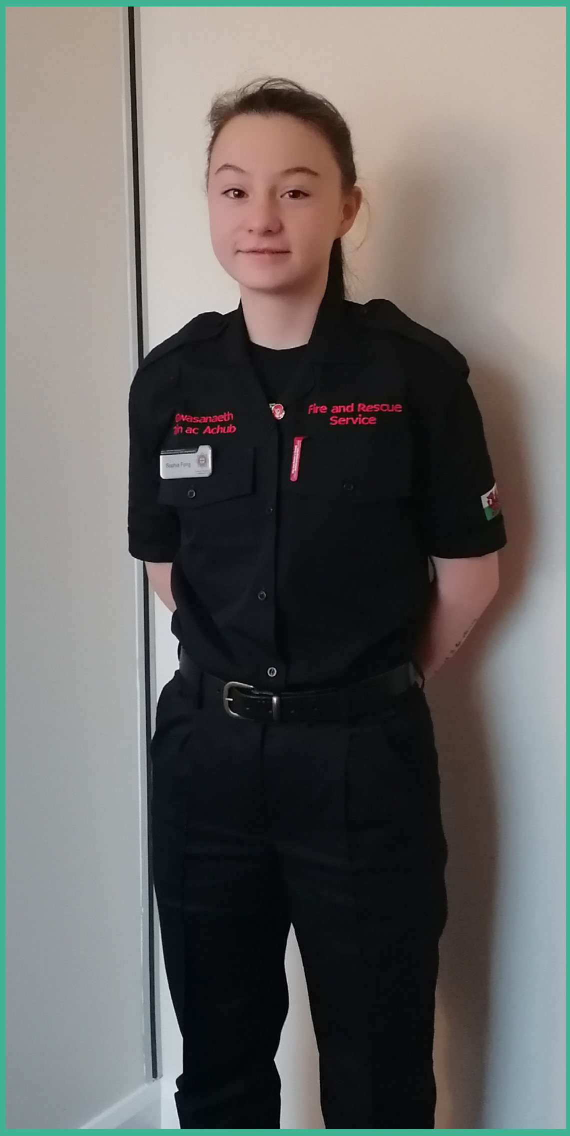
The ADTRAC East project that supports young people living in Wrexham and Flintshire has been working with a young person named Sophia, who had often thought of being a fire fighter but didn't think she would ever be able to do it.

Sophia faced a lot of challenges as a young person, and the stress of this meant that she was unable to sleep and suffered back pain and nosebleeds. These issues were having a huge impact on life and her relationship with friends and family.

It was at this point she was referred to ADTRAC and was given the chance to think about her own future without having to think about other members of her family. Her mentor provided 1-2-1 support to help her access different appointments; something Sophia was not confident to do on her own and in partnership with other services they supported Sophia to explore her options regarding College and Employment.

ADTRAC is a lifeline to some young people. It offers a personalised support programme for those wanting to get into work, education or training but have real obstacles in their way. This bespoke intervention along with Mental Health support from Betsi Cadwaladwr helps young people to make positive steps towards their future.

ADTRAC supported Sophia to attend a Level 3 First Aid course and organised a tour of a local Fire Station, inspiring her to apply for the North Wales Fire and Rescue traineeship through Coleg Cambria. ADTRAC setup a meeting with Careers Wales to help her with the application and when she met with the college, she was offered a place on the spot!



Sophia has now finished her traineeship and has been accepted onto a placement following a successful interview. She spends the majority of her week on the North Wales coast, going into schools and educating young people on a variety of different issues, including the importance of staying safe on the road and the impact this has on the emergency services. She also visits elderly people in their homes, carrying out safety and welfare checks and ensuring that their homes are safe and they are far from danger.

Her ADTRAC mentor said: 'Sophia was quiet when she initially started the project and can now hold her own in an interview and when educating young people her own age, which shows such massive improvement and growth. Sophia is really looking forward to her future in the fire service.'

Sophia has commented on the support she's received from ADTRAC, saying that 'it helped to improve her confidence and get her where she is today.'

Cyflogaeth / Employment

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@adtrac1624

Arweinir Adtrac gan:
Adtrac is being led by: Grŵp Llandrillo Menai

Wrexham County Borough Council / Cyngor Bwrdeistref Sirol Wrecsam

Cyngor Sir y Fflint / Flintshire County Council

Undeb Ewropeaidd / European Union
Llywodraeth Cymru / Welsh Government
Cronfa Gymdeithasol Ewrop
European Social Fund

ADTRAC

Y DIWEDDARAF GAN ADTRAC

Nôl ar y trywydd gydag ADTRAC

Roedd eisiau bod yn ymladdwr tân – ac fe wireddir ei breuddwyd!

Mae ADTRAC yn brosiect sydd yn cefnogi pobl ifanc 16 i 24 oed ar draws Gogledd Cymru ac ariennir y cynllun yn rhannol gan Gronfa Gymdeithasol Ewrop (ESF) drwy Lywodraeth Cymru. Mae ADTRAC yn helpu cynyddu ystod sgiliau pobl ifanc yng Ngogledd Cymru gan eu helpu i wella eu bywydau, mynd i'r afael gyda thlodi a sicrhau cyfleoedd cyfartal ar gyfer yr holl bobl ifanc y mae'r prosiect yn eu cefnogi.

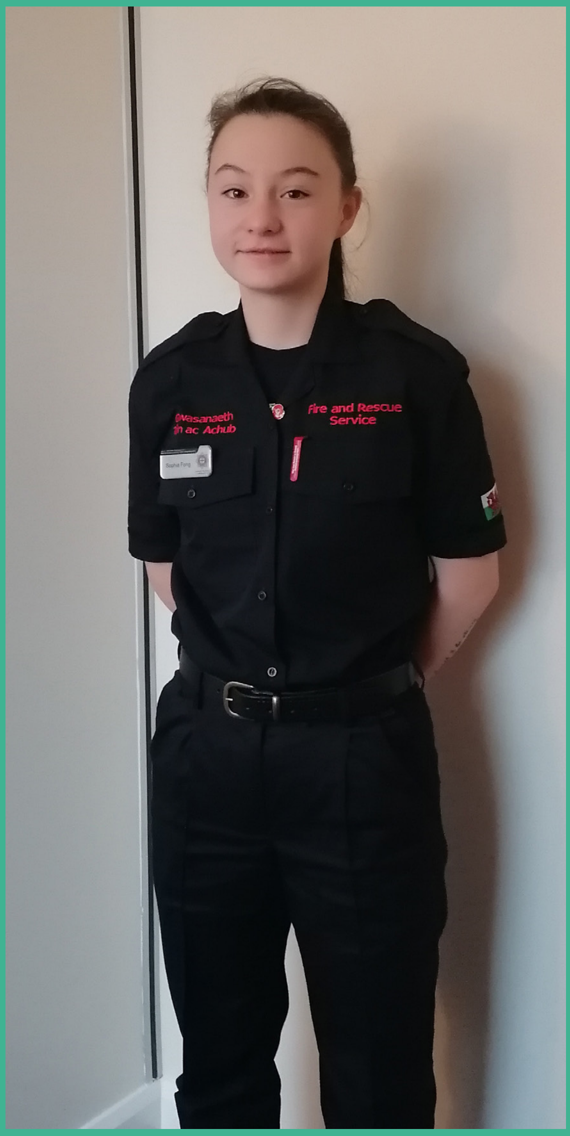
Mae prosiect y Dwyrain ADTRAC yn cefnogi pobl ifanc sydd yn byw yn Wrecsam a Sir y Fflint ac wedi bod yn gweithio gyda pherson ifanc o'r enw Sophia, a freuddwydiodd yn aml am fod yn ymladdwr tân ond nad oedd yn meddwl y byddai erioed yn medru gwireddu ei breuddwyd.

Wynebodd Sophia lawer o heriau fel person ifanc, a golygai'r straen yn codi o hyn nad oedd yn medru cysgu a dioddefodd boen cefn a thrwyn yn gwaedu. Roedd y materion hyn yn cael effaith mawr iawn ar ei bywyd a'i pherthynas gyda ffrindiau a theulu.

Ar yr adeg yma fe'i cyfeiriwyd at ADTRAC a rhoddwyd y cyfle iddi feddwl am ei dyfodol ei hun heb orfod meddwl am aelodau eraill o'i theulu. Rhoddodd ei mentor gefnogaeth 1 wrth 1 iddi i'w helpu i gael mynediad i wahanol apwyntiadau; rhywbeth nad oedd Sophia yn hyderus i'w wneud ar ei phen ei hun ac mewn partneriaeth gyda gwasanaethau eraill mi wnaethon nhw gefnogi Sophia i archwilio ei hopsiynau ynglŷn â Choleg a Chyflogaeth.

Mae ADTRAC yn llinell fywyd i rai pobl ifanc. Mae'n cynnig rhaglen gefnogi bersonol ar gyfer y rhai sydd eisiau mynd i waith, addysg neu hyfforddiant ond sydd â rhwystrau gwirioneddol yn eu ffordd. Mae'r ymyrraeth wedi ei theilwrio hon ynghyd â chefnogaeth Iechyd Meddwl gan Betsi Cadwaladr yn helpu pobl ifanc i gymryd camau cadarnhaol tuag at eu dyfodol.

Cefnogodd ADTRAC Sophia i fynychu cwrs Cymorth Cyntaf Lefel 3 a threfnodd daith o gwmpas Gorsaf Dân leol, gan ei hysbrydoli i wneud cais am hyfforddeiaeth Tân ac Achub Gogledd Cymru drwy Goleg Cambria. Sefydlodd ADTRAC gyfarfod gyda Gyrfa Cymru i'w helpu gyda'r cais a phan gyfarfu gyda'r coleg, cynigiwyd lle iddi yn y fan a'r lle!



Mae Sophia nawr wedi gorffen ei hyfforddeiaeth ac wedi ei derbyn ar leoliad yn dilyn cyfweliad llwyddiannus. Mae'n treulio mwyafrif ei hwythnos ar arfordir Gogledd Cymru, gan fynd i ysgolion ac addysgu pobl ifanc ar amrywiaeth o faterion gwahanol, gan gynnwys y pwysigrwydd o aros yn ddiogel ar y ffordd ac effaith hyn ar y gwasanaethau argyfwng. Mae hefyd yn ymweld â phobl hŷn yn eu cartrefi, gan wneud gwiriadau diogelwch a lles a sicrhau bod eu cartrefi yn ddiogel a'u bod ymhell o berygl.

Dywedodd ei mentor ADTRAC: "Roedd Sophia yn dawel pan gychwynnodd y prosiect a gall nawr ddal ei thir mewn cyfweliad ac wrth addysgu pobl ifanc o'i hoedran ei hun, sydd yn arwydd o welliant a thwf aruthrol. Mae Sophia wir yn edrych ymlaen at ei dyfodol yn y gwasanaeth tân."

Gwnaeth Sophia sylwadau ar y gefnogaeth a dderbyniodd gan ADTRAC, gan ddweud "iddo helpu i gynyddu ei hyder a dod â hi i'r fan lle mae heddiw. "

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