Newsletter | Gwanwyn 2017

Cyfle Cymru

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Cymru Iach ar GWAITH | Gwasanaeth Di-Waith

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Mae GWIRFODDOLWYR yn cael mewnwelediad ffres i fywyd cyfrinachol Sŵ Caer

Mae Keilie Wycherley yn un o grŵp sydd yn rhoi o'u hamser i helpu miloedd o ymwelwyr i fwynhau eu hymweliad, gwella ymdrechion cadwraeth y sŵ, a datblygu eu sgiliau eu hunain.

Mae'r grŵp hwn yn rhan o'r llif enfawr o wirfoddolwyr sydd wedi cael eu denu eleni i Sŵ Caer, sy'n atyniad prysur iawn ac yn rhywle y mae'r anifeiliaid a'r ceidwaid wedi serennu ar y sgrîn deledu ar ôl cymryd rhan yn y gyfres ddogfen tu ôl i'r llenni ar Channel 4 yn ddiweddar.

Mae cyfranogwyr Cyfle Cymru wedi cwblhau rhaglen hyfforddiant wirfoddoli drylwyr, ac yn awr yn helpu ymwelwyr i ddysgu mwy am y 500 o rywogaethau a 15,000 o anifeiliaid ar y safle.

Cafodd Keilie, oedd yn defnyddio cyffuriau am fwy nag 20 mlynedd, ei chyflwyno i'r cyfle gan ei mentor cyfoedion George James.

"Dwi wrth fy modd - mae'n dda iawn ac yn gyfle gwych," meddai. "Roedd gen i ddiddordeb o'r eiliad cyntaf y soniodd George am y peth wrtha i".

"Mae'n braf gwneud rhywbeth sy'n hollol wahanol – rhywbeth nad yw am fy adferiad - ac mae'n rhywbeth sy'n eithaf therapiwtig. Mae'n wych i fynd i lawr yno a helpu, hyd yn oed os mai dim ond am ychydig oriau yr wythnos mae rhywun yn gwirfoddoli."

"Ar fy shifft olaf, roedden i yn ardal yr Ynysoedd ac yn agos iawn at rai o'r teigrod. Roeddwn i'n gallu dweud ychydig bach am yr anifeiliaid wrth yr ymwelwyr ac yn gallu defnyddio rhai o'r cymhorthion er mwyn helpu'r plant i fod yn rhan o'r cyfan. Mae pob un o'r ymwelwyr wedi dod i'r sŵ am ddiwrnod allan gwych felly mae'n le hapus iawn i fod - ac mae'r anifeiliaid yn hyfryd!"

"Mae wedi bod yn wych ar gyfer dysgu sgiliau pobl eto," meddai Keilie sy'n 41 mlwydd oed, o Frychdyn Newydd. "Pan fyddwch chi yn gaeth i gyffuriau, rydych chi'n ynysu eich hun - dydych chi ddim eisiau rhyngweithio â phobl. Felly, mae'n rhaid i chi ddysgu'r sgiliau pobl hynny eto, fel cael sgwrs neu edrych i lygaid pobl. Mae gwirfoddoli yn y sŵ wedi bod yn gyfle gwych. Os oes unrhyw un yn edrych i mewn i wirfoddoli, yna byddwn i wir yn ei argymell "

Dywedodd George bod y gwirfoddolwyr wedi cael amser gwych yn ystod eu hyfforddiant, a dymunodd pob lwc i bob un o'r cyfranogwyr gyda'r "cyfle gwych" yma. "Rydw i mor falch ohonynt a'r ymrwymiad a ddangoswyd ganddynt," meddai.

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Ein straeon

Mentoriaid i gyfoedion sy'n gweithio ar y prosiect Cyfle Cymru yn rhannu eu profiadau adfer

Glynis Luke

Mentor Cymheiriaid, Powys

Cefais fy niswyddo, yn annisgwyl, ym mis Ionawr 2016. Roeddwn yn cadw deffro a meddwl, 'Beth os nad ydw i'n cael swydd arall, beth os bydda i'n troi allan i fod yn neb' – gall cael eich diswyddo deimlo fel bod rhywun wedi dwyn eich hunaniaeth.

Mae dod o hyd i swydd yn ddigon anodd. Ond gall ymgodymu â'r lleisiau hunan-feirniadol, yr amheuon a'r ofnau yn eich pen fod yn frwydr hyd yn oed yn anod-dach. Mae colli trefn bywyd yn sydyn, cyswllt â chyfoedion proffesiynol, ac yn syml peidio â chael gweithle i fynd iddo wneud i mi deimlo'n ynysig, yn isel ac ar goll.

Soniodd ffrind wrtha i am swydd mentor cyfoedion yn Hafal. Mi wnes i gais a chynigiwyd y swydd i mi. Mae'r swydd yn wahanol; nid oes dau ddiwrnod yr un fath. Ond yn bennaf dwi'n teimlo ei fod yn gyfle i mi roi rhywbeth yn ôl a gwneud gwahaniaeth ac mae hynny'n fy ngrymuso yn fawr. Gallaf gydymdeimlo ag eraill ac mae gen i'r cyfle i helpu. Dwi wedi magu profiad a chasglu gwybodaeth ar hyd fy oes a thrwy fy sgiliau bywyd, dwi wedi byw trwy brofiadau, gweithipo mewn gwahanol weithloeoedd gan gynnwys y system cyfiawnder ieuenctid troseddol, cwnsela, hyfforddiant bywyd (life coaching) ac fel aelod o dîm iechyd meddwl. Mae'r cyfan wedi dod ynghyd yn y rôl hon.

Tony Rimmer

Mentor Cymheiriaid, Dyfed

Fy swydd gyntaf "go iawn" oedd gwasanaethu yn y Llynges Frenhinol a helpodd hynny fi i ddeall nad rhywun yn gweithredu yn unigol oeddwn i, ond yn hytrach aelod o dîm sy'n gweithio yn gyson gyda'i gilydd tuag at yr un nodau cyffredin.

Ar ôl treulio ychydig dros naw mlynedd yn gwasanaethu ar wahanol llongau a sgwadronau, roeddwn yn meddwl y byddai'n braf cael dychwelyd adref i Sir Benfro am byth. Rhedais fy musnes bach fy hun am ychydig o flynyddoedd gyda fy ngwraig ac yna ymunais gyda Gwylwyr y Glannau fel Swyddog Gwyliadwraeth, gan gychwyn a chydlynu ymdrechion chwilio ac achub morol ac arfordirol. Dwi'n dal i feddwl mai hongian allan o hofrennydd yw un o'r teimladau mwyaf cyffrous y gall dyn ei deimlo!

Drwy'r amser roeddwn yn dysgu i ddeall a gweithio gyda rhai a allai fod yn delio â'r trasiedïau mwyaf neu isafbwyntiau eu bywydau. Gwnaeth y profiad o wirfoddoli gyda Chymorth i Ddioddefwyr Dyfed a'r Samariaid fy helpu i ennill profiad ymarferol pellach. Y boddhad mwyaf ges i, a dwi'n parhau i'w gael, yw gwneud rhyw wahaniaeth cadarnhaol i ddiwrnod rhywun,boed hynny'n wahaniaeth bach neu fawr.

Ar ôl cael fy nghwnsela ar gyfer PTSD fy hun, dwi'n gyfarwydd iawn â'r anawsterau, rhwystrau a materion hunan-barch y mae llawer o fy nghleientiaid yn eu wynebu. Dwi mor falch yn fy rôl newydd fel Mentor Cymheiriaid Person Ifanc ar gyfer Sir Benfro a Cheredigion, o allu cyfrannu at system a helpodd fi pan oeddwn ei angen fwyaf.

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Rhannu newyddion da o bob cwr rhwydwaith Cyfle Cymru

Tim "hunan-gred newydd..."

Rydw i'n ddiolchgar i Cyfle Cymru am y cyfle mae wedi'i roi imi.

Ar ôl dioddef am 30 mlynedd o broblemau iechyd meddwl – sydd wedi arwain at gaethiwed a diffyg hunan-barch – rydw i o'r diwedd wedi dechrau gwella. Cefais gyfle i wirfoddoli, magu sgiliau newydd, magu hyder ac ailddarganfod fy hunan-barch.

Ar ôl blwyddyn o wirfoddoli, hyfforddi a mynd ar gyrsiau, a chyda chefnogaeth mentor cyfoedion oedd wedi bod mewn sefyllfa debyg, fe wnes i fagu hyder i ymgeisio am swydd broffesiynol am y tro cyntaf ers blynyddoedd. Rydw i'n cofio bod yn nerfus iawn, ond diolch i'r drefn – oherwydd y sgiliau newydd roeddwn i wedi'u dysgu a'r hunan-gred newydd oedd gen i – bu imi lwyddo yn fy nghyfweliad.

Mae gen i gyfle rŵan i drosglwyddo'r un cyfleoedd, sgiliau a chefnogaeth gefais i fel Mentor Cyfoedion gyda Chyfle Cymru.

Rydw i'n gwybod cymaint o wahaniaeth y mae Cyfle Cymru wedi ei wneud i'm bywyd yn barod, ac i fywyd fy nheulu oll a phawb sydd o'm cwmpas.

Wayne: "Rydw i'n mwynhau teimlo bod gen i reswm..."

"Rydw i'n mwynhau teimlo bod gen i reswm a bod yna rywbeth cadarnhaol yn fy mywyd sy'n gwneud imi godi o'm gwely bob bore," dywedodd Wayne. "Rydw i'n ddiolchgar iawn i bawb am eu cefnogaeth.

Daeth Wayne i Cyfle Cymru ar ôl cael ei gyfeirio gan ei weithiwr allweddol yn y gwasanaeth cyffuriau, lle mae'n derbyn presgripsiwn methadon ar hyn o bryd. Ar ôl ein hasesiad cychwynnol gyda Wayne, daeth hi'n amlwg ei fod yn gwella'n sefydlog ac yn awyddus i gysylltu gydag eraill. Roedd ganddo ddiffyg hyder ac roedd rhai rhwystrau yn ei ddal yn ôl, felly fe dreulion ni beth amser yn mynd i'r afael â'r rhwystrau hyn fesul un.

Ar ôl gweithio ychydig gyda Wayne fe wnaethon ni ei gyflwyno'n raddol at waith fel nad oedd yn rhy lethol iddo – gan ddechrau gyda lleoliadau profiad gwaith.

Hyd yma mae Wayne wedi treulio pedair wythnos ar brofiad gwaith gyda Newport Transport yn gwneud gwaith cynnal a chadw ar gerbydau. Mae o'n ei fwynhau cymaint mae o wedi ymgeisio am swydd gyflogedig lawn amser gyda nhw.

"Rydw i'n gobeithio y caf i'r swydd lawn amser oherwydd dydw i wirioneddol ddim eisiau mynd yn ôl i wneud dim byd, ond wna i ddim rhoi'r gorau!"

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Y newyddion diweddaraf o'ch ardal

Yn ystod y 6 mis diwethaf, rydym wedi sefydlu ein presenoldeb yn yr holl Ganolfannau Byd Gwaith (JCP) yn ogystal â darparu cyrsiau lluosog ym mhob sir ar draws Gogledd Cymru. Mae cyfranogwyr yn cymryd rhan mewn nifer o weithgareddau gwirfoddoli sy'n dod gyda hyfforddiant penodol i'r swydd. Mae'r rhain yn cynnwys digwyddiadau unigol megis Gwyl Pedwardegau, gwaith wythnosol ar fferm CAIS, casglu sbwriel ochr yn ochr â chynghorau lleol a gwaith amgylcheddol ar safleoedd yr Ymddiriedolaeth Genedlaethol. Rydym wedi bod yn ffodus iawn i gydweithio gyda Sŵ Caer lle mae 10 o'n cyfranogwyr wedi cwblhau hyfforddiant 8 wythnos yn llwyddiannus i ddod yn wirfoddolwyr sŵ swyddogol.

Gogledd Cymru

Gwent

Penderfynodd y cyfranogwr Philip Weston ddechrau gwasanaeth bag bwyd o ganolfannau Gwasanaethau Cyffuriau ac Alcohol Gwent (GDA) lleol mewn partneriaeth â Tesco yn lleol. Mae Phil yn casglu bwyd a dod ag ef i mewn i'r gwahanol ganolfannau galw, lle mae wedyn yn cael eu didoli i fagiau i'w casglu gan y rhai sydd mewn angen. Mae staff yn parhau i wthio i adeiladu a chynnal cysylltiadau â chyflenwyr a'r gymuned leol ac roedd y presenoldeb yn y digwyddiad 'OneBeat' a gynhaliwyd yn Llyfrgell Caerffili yn dystiolaeth o'r gwaith gwych sy'n cael ei wneud gan bawb yn yr ardal hon. Mae'r boreau coffi yn parhau i fod yn boblogaidd iawn gan bawb hefyd.

Yn Sir Benfro, mae defnyddwyr wedi sefydlu grŵp ymgynghorol er mwyn eu galluogi i gael mewnbwn i gyflwyno Cyfle Cymru yn lleol. Roedd y gweithdy 'Cadw'n Bositif' yn llwyddiant gyda chyfranogwyr yn teimlo'n eu bod wedi gwneud cynnydd. Er gwaethaf y gwyntoedd arfordirol garw, bu'r gwirfoddoli yn codi sbwriel ar draeth Cefn Sidan. Fel rhan o sesiwn gyntaf grŵp lles gweithredol Sir Gaerfyrddin roedd sesiwn goginio a chynhyrchwyd byrgyrs blasus iawn - a bydd dyddiadau yn y dyfodol yn cynnwys sesiynau gwirfoddoli, sgyrsiau gan sefydliadau eraill, cyflogwyr a gwasanaethau eraill.

Dyfed

Bae Gorllewinol

Mae cyfranogwyr wedi gwirfoddoli i godi sbwriel yng Nghoed Penllargare, helpu gyda 'Spring Clean WCADA' yn ogystal â chymryd rhan wrth lanhau Parc 'St. James' mewn partneriaeth â Cadwch Cymru'n Daclus. Maent wedi sylweddoli bod gwirfoddoli yn gallu bod yn brofiad pleserus ac yn ffordd wych o roi rhywbeth yn ôl. Mae Sioe Deithiol Cyfle Cymru yn mynd o nerth i nerth, yn ogystal â'r ymgysylltiad galw heibio wythnosol cynyddol. Mae nifer o weithdai gyrfa yn eu lle ochr yn ochr â nifer o gyrsiau gan gynnwys y rhaglen adeiladu cynaliadwy '**Down to Earth**' i bobl ifanc 17-24 oed.

Mae Powys wedi canolbwyntio ar sefydlu cysylltiadau gyda sefydliadau lleol i wneud y gorau o leoliadau a chyfleoedd gwirfoddoli, trefnu ymweliadau â gweithleoedd i gyfranogwyr gwrdd â'r gweithwyr proffesiynol fel y gallant weld y manteision o gwblhau cyrsiau a phrofiad gwaith, lle y gall eu sgiliau newydd gael eu rhoi ar waith . Mae cyrsiau Ymddiriedolaeth Ynni Nwy Prydain wedi bod yn boblogaidd ac wrth weithio'n agos gydag e-gyrfaoedd mae nifer o'r cyfranogwyr nawr yn cofrestru ar gyrsiau achrededig ar-lein. Maent yn edrych ymlaen at gael mentoriaid cymheiriaid gwirfoddol yn rhan o'r prosiect ac i drefnu dyddiau allan ar gyfer y cyfranogwyr.

Powys

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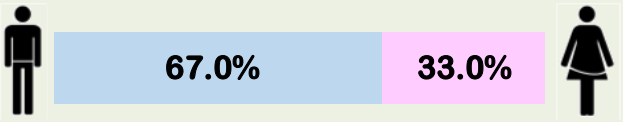
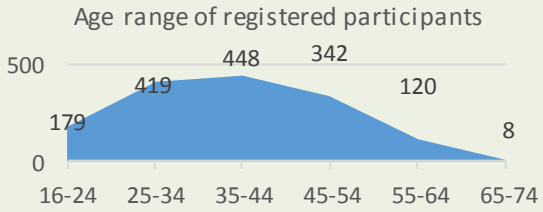
Mae ein bwletin data diweddaraf yn dangos sut mae ein timau ledled Cymru yn helpu pobl i oresgyn heriau i ddod o hyd i neu agosau at ddod o hyd i waith

Perfformiad

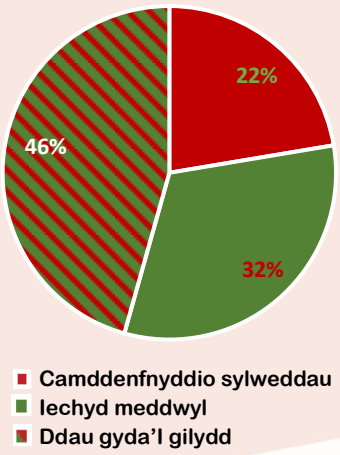
O fis Awst 2016 DDIWEDD Ebrill 2017 (h.y. y tri chwarter cyntaf),
Mae Cyfle Cymru wedi derbyn cyfanswm o 1563 o atgyfeiriadau ar draws y pum maes rhanbarth.
O'r rhain, mae 1516 wedi eu cofrestru i'r gwasanaeth - cyfradd cofrestru 97.0%.
Yn gyfan gwbl, 14,322 awr o gefnogaeth a oddwyd yn ystod y tri chwarter cyntaf y prosiect.



Mae 1004 o'r 1516 o bobl sydd wedi cofrestru I Cyfle Cymru yn ddynion. Mae 512 yn ferched.



Oedran cyfartalog y bobl sydd wedi cofrestru i Cyfle Cymru yw 40.6. Roedd y gyfran fwyaf o unigolion cofrestredig yn y grwp 35 i 44 oed.

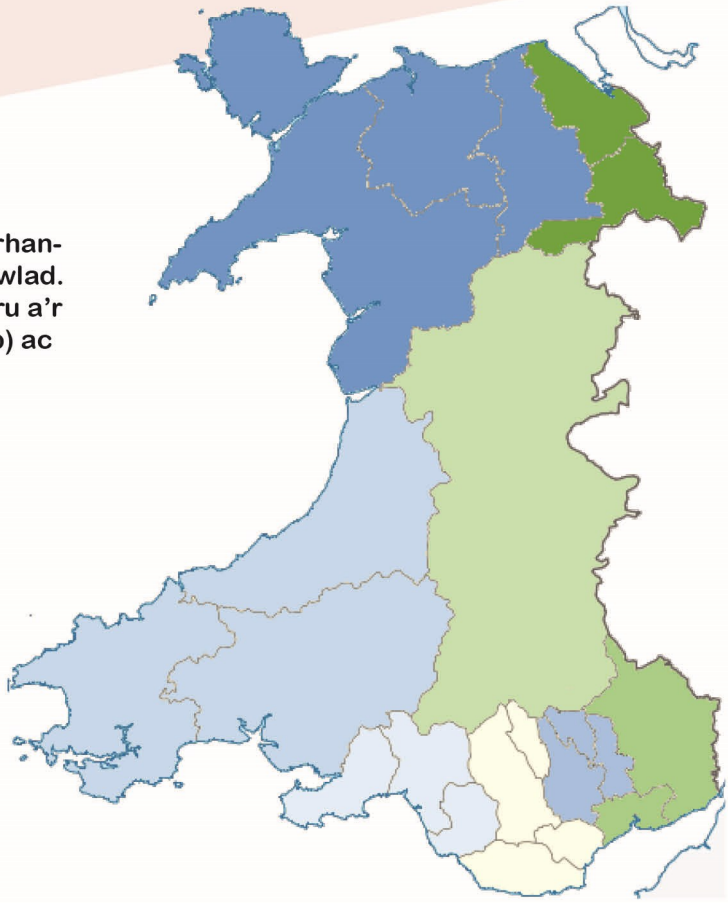


Nifer y bobl sydd wedi'u cofrestru gyda Cyfle Cymru sydd mewn adferiad o gamddefnyddio sylweddau yw 339.

Nifer y bobl sydd wedi'u cofrestru gyda Cyfle Cymru sydd mewn adferiad o faterion iechyd meddwl yw 485.

Nifer y bobl sydd wedi'u cofrestru gyda Cyfle Cymru sydd mewn adferiad o gyfuniad o gamddefnyddio sylweddau a phroblemau iechyd meddwl yw 692.

Darperir CYFLE CYMRU ar draws pum rhanbarth Cymru, gan redeg ar hyd a lled y wlad. Mae'r ardal yn cynnwys Gorllewin Cymru a'r ardal cyllid Cymoedd (lliw glas ar y map) ac ardal Dwyrain Cymru (lliw gwyrdd).



Meysydd darparu

Dyfed
Ceredigion, Sir Benfro, Sir Gaerfyrddin

Gwent
Sir Fynwy, Casnewydd, Caerffili, Blaenau Gwent, Tor-faen

Gogledd Cymru
Wrecsam, Sir Y Fflint, Sir Ddinbych, Conwy, Gwynedd, Ynys Môn

Powys

Bae Gorllewinol
Abertawe, Castell-nedd Port Talbot, Pen-Y-Bont Ar Ogwr

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Cyfle Cymru: am y gwasanaeth

MAE CYFLE CYMRU yn wasanaeth sy'n helpu pobl â phroblemau camddefnyddio sylweddau a / neu gyflyrau iechyd meddwl sydd mewn adferiad neu sydd tuag at ddiwedd eu rhaglen driniaeth i mewn i waith, addysg neu hyfforddiant.

Mae'r prosiect wedi cael ei ariannu am 2 flynedd gychwynnol gan Gronfa Gymdeithasol Ewrop ac fe'i ddarperir gan aelodau DACW (Datblygu Cymru Gofalgar), yng Ngogledd Cymru, Gwent, Dyfed, y Bae Gorllewinol a Phowys.

Mae Cyfle Cymru yn darparu'r gefnogaeth sydd ei angen i ddod o hyd i'r swydd iawn, cyfleoedd hyfforddiant neu gymwysterau.

Mae'n cynnig:

- arweiniad un-i-un gan fentor cyfoedion sy'n gallu rhannu ar eu profiadau eu hunain o gamddefnyddio sylweddau, adfer a / neu gyflyrau iechyd meddwl;
- cymorth cyflogaeth arbenigol, gan gynnwys cyfleoedd i wirfoddoli, a help a chyngor ar sut i chwilio a gwneud cais am swyddi.

Pwy sy'n gymwys?

Gall y gwasanaeth gefnogi unigolion tuag at ac i mewn i waith os ydynt:

- yn 16-24 oed ac nad ydych mewn addysg, cyflogaeth na hyfforddiant
- yn 25 oed neu drosodd a wedi bod heb swydd neu heb fod yn y byd gwaith ers cyfnod hir
- yn byw yng Ngogledd Cymru, Gwent, Dyfed, y Bae Gorllewinol neu Bowys
- yn gwella o gamddefnyddio sylweddau a / neu broblemau iechyd meddwl

Diffiniad o fod yn ddi-waith tymor hir

Unigolyn sydd wedi bod yn ddi-waith am fwy na 12 mis a bod ganddo/i un neu fwy o'r rhwystrau cymhleth isod:

- problemau iechyd meddwl a/ neu broblemau camddefnyddio sylweddau
- sgiliau isel neu ddim sgiliau
- sydd â chyfrifoldebau gofal neu ofal plant
- sy'n dod o gartref di-waith
- sydd â chyflwr iechyd neu anabledd sy'n cyfyngu ar eu gallu i weithio
- o gefndir BME (Bobl Dduon a Lleiafrifoedd Ethnig)

Diffiniad o economaidd anweithgar

Person nad ydynt yn rhan o'r gweithlu (yn yr ystyr nad ydynt yn gyflogedig na'n ddi-waith) neu rhywun sydd mewn addysg neu hyfforddiant ar hyn o bryd, yn 25 oed neu'n hyn, a bod ganddo/i un o'r rhwystrau cymhleth a restrir isod:

- problemau iechyd meddwl a / neu broblemau camddefnyddio sylweddau
- sgiliau isel neu ddim sgiliau
- sydd â chyfrifoldebau gofal neu ofal plant
- sy'n dod ogartrefi di-waith
- sydd â chyflwr iechyd neu anabledd sy'n cyfyngu ar eu gallu i weithio
- o gefndir BME (Bobl Dduon a Lleiafrifoedd Ethnig)

Sylwer os gwelwch yn dda: rhaid i unigolion fod â naill ai problemau camddefnyddio sylweddau a / neu broblemau iechyd meddwl

Canlyniadau

Mae'r canlyniadau ar gyfer y prosiect fel a ganlyn:

- cwblhau cwrs heb ei achredu
- ennill cymhwyster neu dystysgrif sy'n berthnasol i'r gwaith
- mynd i fyd cyflogaeth gan gynnwys hunan-gyflogaeth
- yn chwilio am swydd mewn modd gweithredol ar ôl gadael
- cynyddu cyflogadwyedd trwy gwblhau lleoliad profiad gwaith neu gyfle gwirfoddoli
- mynd i addysg bellach
- mewn cyflogaeth chwe mis ar ôl gadael

Mae'r cyllid yn ddibynnol ar gyflawni'r canlyniadau hyn sydd â thargedau penodol wedi'u pennu ar gyfer pob un.

Cysylltwch â ni

Os hoffech gyfeirio at y prosiect neu os hoffech ragor o wybodaeth, cysylltwch â ni. Mae'r manylion cysylltu isod:

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VOLUNTEERS fresh insight into the secret life of Chester Zoo

Keilie Wycherley is one of a group of volunteers who are giving their own time to help thousands of day-trippers enjoy their visit, enhance the zoo's conservation efforts, and develop their own skills as part of a new tie-up with the major attraction.

The group is part of this year's huge volunteer intake at busy Chester Zoo – where animals and keepers have recently been the stars of a behind-the-scenes Channel 4 documentary series.

Cyfle Cymru participants have completed a thorough volunteering training programme, and are now helping visitors learn more about the 500 species and 15,000 animals at the site.

Keilie, who used drugs for more than 20 years, was introduced to the opportunity by her peer mentor George James.

"I love it – it is really good and a fantastic opportunity," she said. "I was interested from the first-time George mentioned it to me.

"It is nice to do something which is totally different – which isn't about my recovery – and it is something which is quite therapeutic. It's great to go down there and help out, even if it's just for a few hours a week volunteering."

"On my last shift, I was in the Islands area and was right by some of the tigers. I was able to tell visitors a little bit about the animals and to use some of the aids to help get the children involved. All the visitors have come to the zoo for a great day out so it's just a really happy place to be – and the animals are lovely!"

"It's been great for learning people skills again," said 41-year-old Keilie, from New Broughton. "When you're in addiction, you isolate yourself – you don't want to interact with people. So, you have to learn those people skills again, like having a conversation and looking people in the eye. Volunteering at the zoo has been a fantastic opportunity. If anyone is looking into volunteering, then I would really recommend it."

George said the volunteers had a fantastic time during their training, and wished all participants the best of luck with a "great opportunity".
"I'm so proud of them and the commitment they have shown," he said.

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Our stories

Peer mentors who work on the Cyfle Cymru project share their recovery experiences

Glynis Luke

Peer Mentor, Powys

I was made redundant, out of the blue, in January 2016. I kept waking up thinking, 'What if I don't get another job, what if I become a nobody' - redundancy can feel like a form of identity theft.

Work is a huge part of life and suddenly it's gone. And not through choice – it's been taken away. We might dislike the notion, but in many cases, we are what we do. I found the most common reaction to job loss was physical shock, accompanied by some of the classic symptoms associated with grief – disbelief, denial, anger, feeling stunned. I became withdrawn, lost my confidence and had a feeling of 'why me'? Job loss, like any other form of major loss can have many of the emotions akin to those of bereavement.

Finding a job is tough enough. But wrestling with the self-critical voices, doubts and fears in your head can be an even tougher fight. The sudden loss of routine, contact with professional peers, and simply not having a workplace to go to left me feeling isolated, depressed and lost.

A friend told me about the Hafal peer mentor post. I applied and was offered the job. The job is different; no two days are the same. But mainly I have found it is an opportunity to give back and make a difference which I find very empowering. I find I can empathise with others and have that opportunity to help. I have picked up experience and information through my life skills, lived experience, places I've worked including the criminal youth justice system, counselling, life coaching and within the auspices of a mental health team. It's all come together in this role.

Tony Rimmer

Peer Mentor, Dyfed

My first "real job" was serving in the Royal Navy which helped me to understand that I was not just a lone operator but a member of a team constantly working together towards common goals.

Having spent just over nine years serving in various ships and squadrons, I thought it would be nice to return home to Pembrokeshire for good. I ran my own small business for a few years with my wife and then I Joined HM Coastguard as a Watch Officer, initiating and co-ordinating maritime and coastal search and rescue efforts. I still think hanging out of a helicopter is the best rush known to man!

All the time I was learning to understand and work with those who may be dealing with the biggest tragedies or lowest points in their lives. Volunteering with Dyfed Victim Support and The Samaritans helped me gain further practical experience. I gained the most satisfaction, and still do, from making the most positive difference I can to someone's day no matter how big or small.

Having been counselled for PTSD myself, I am only too familiar with the difficulties, barriers and self-esteem issues being faced by many clients today. I am so happy to be able to contribute to a system which helped me when I needed it most, in my new role as the Young Person's Peer Mentor for Pembrokeshire and Ceredigion.

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Our stories

Sharing good news from across the Cyfle Cymru network

Tim: "new-found self-belief…"

I am grateful to Cyfle Cymru for the opportunity it has given me.

After 30 years of mental health issues — which lead to addiction and a lack of self-worth — I eventually built up some recovery time. I was given the opportunity to volunteer, build new skills, gain confidence and rebuild my sense of self-worth.

Following a year of volunteering, training, and attending courses, and with the support of a peer mentor who had been through a similar situation, I gained the confidence to apply for a professional job for the first time in years. I remember being very nervous, but thankfully — through the new skills I had learned and my new found self-belief — I was successful in my interview.

I now have the chance to pass on the same opportunities, skills and support which where given to me as a Peer Mentor with Cyfle Cymru.

I know the difference Cyfle Cymru has already made in my life, and in the lives of all my family and those around me.

Wayne: "I love having a purpose…"

"I am loving having a purpose and something positive to get up for every day," Wayne said. "I am grateful to every one for their support.

Wayne came to Cyfle Cymru after being referred by his key worker at the drugs service, where he is currently on a methadone prescription. After our initial assessment with Wayne, it became clear that he was stable in his recovery and eager to engage. He lacked confidence and had a few barriers which held him back, so we spent some time addressing these barriers one by one.

After some work with Wayne, we gradually introduced him into work so that it wasn't too overwhelming for him — beginning with work placements.

Currently Wayne is four weeks into a work placement with Newport Transport, doing maintenance work with vehicles. He is enjoying it so much that he's submitted an application for a full time paid position with them.

"I hope to get this full time job as I really don't want to go back to doing nothing, but I won't give up!"

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Latest News From Your Area

During the past 6 months, we have established our presence in all JCP's as well as delivering multiple courses in all counties across North Wales. Participants are engaging in several volunteer activities that come with job specific training. These include one off events such as the Forties Festival, weekly work at the CAIS farm, litter picks alongside local councils and environmental work at National Trust sites. We have been very fortunate to collaborate with Chester Zoo where 10 of our participants have successfully completed 8 weeks training to become official Zoo volunteers.

Participant Philip Weston decided to begin a food bag service from the local GDAS base in partnership with local Tesco's. Phil collects the food and brings it to the various drop-in centres, where it is then sorted into bags for collection from those in need. Staff are continuing to push to build and maintain links with suppliers and the local community and attendance at the OneBeat event held in Caerphilly Library is evidence of the great work being done by all in this area. The coffee mornings are continuing to be a great hit by all too.

In Pembrokeshire, users have set up a consultation group to enable them to have an input into the delivery of Cyfle Cymru locally. The 'Staying Positive' workshop was a success with participants feeling accomplished. Despite the harsh coastal winds, participants volunteered in a litter pick at Cefn Sidan beach. The first session of the Carmarthenshire active wellbeing group incorporated a cooking session with some tasty burgers – and future dates will include volunteering sessions, talks from other organisations, employers and other services.

Participants have volunteered carrying out litter picking at Penllargare Woods, helping with the 'Spring Clean WCADA' as well as taking part in 'St. James Park Clean Up' in partnership with Keep Wales Tidy. They have found volunteering to be a really enjoyable experience and a great way to give something back. The 'Cyfle Cymru Roadshow' is going from strength to strength, as is the weekly drop-in with engagement noticeably increasing. A number of career workshops are in place alongside various courses including the Down to Earth Sustainable building programme for 17-24 year olds.

Powys have concentrated on establishing connections with local organisations to maximise on placements and volunteering opportunities, arranging visits to workplaces for participants to meet the professionals so they can see the benefits of completing courses and placements, where their new skills can be put into practice. The British Gas Energy Trust courses have proved popular and working closely with e-careers, several participants are now signed up to online accredited courses. They are looking forward to get volunteer peer mentors involved and organising days out for participants.

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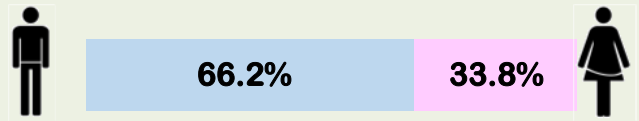
Performance

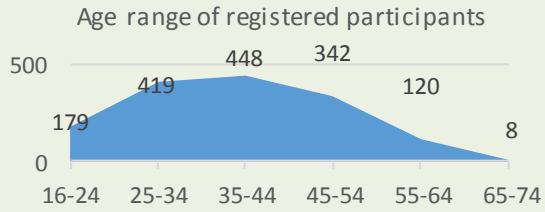
Out latest data bulletin shows how our teams across Wales are helping people overcome challenges to get into or closer to work

FROM AUGUST 2016 TO THE END OF APRIL 2017 (i.e. the first three quarters), Cyfle Cymru has received a total of 1563 referrals across the five lot areas.

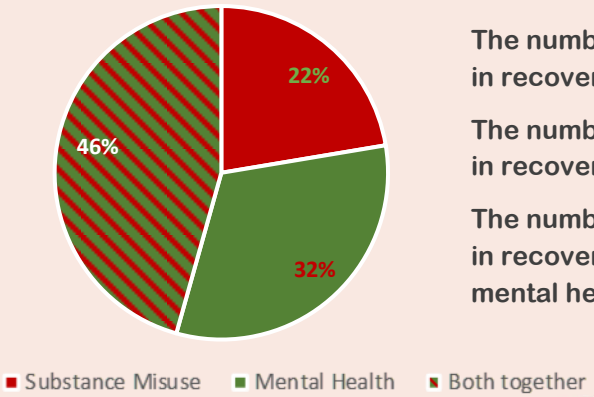
Of these, 1516 have been registered to the service - a registration rate of 97.0%. In total 14,322 hours of support have been given during the project's first, second and third quarters.



1004 of the 1516 registered to Cyfle Cymru are male. 512 are female.



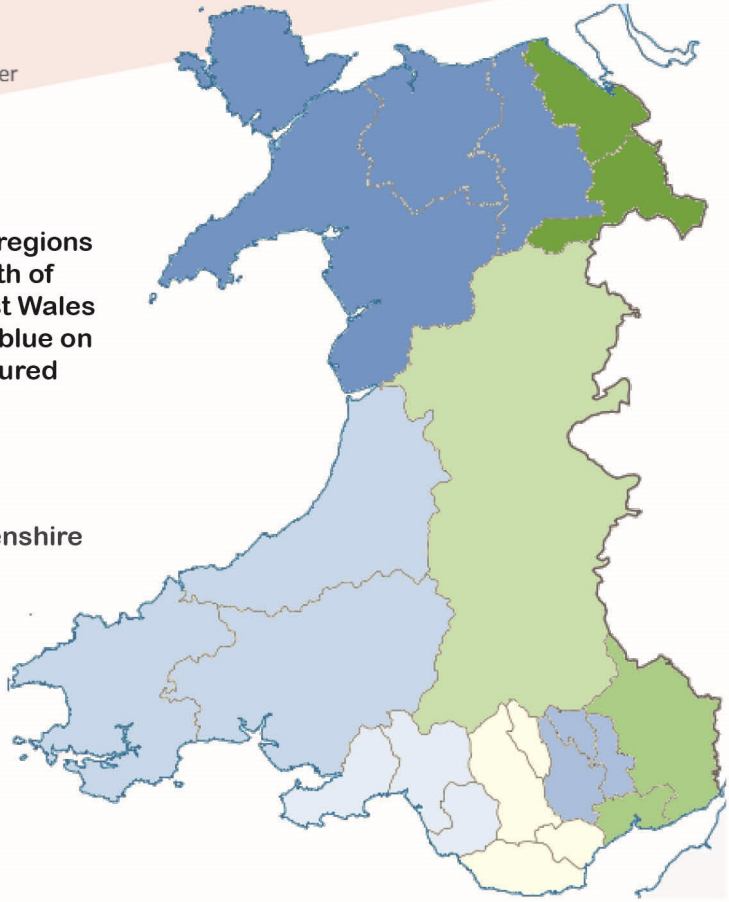
The average age of people registered to Cyfle Cymru is 40.6. The greatest proportion of registrants is in the 35 to 44 age group.



The number of people registered with Cyfle Cymru who are in recovery from substance misuse issues is 339.

The number of people registered with Cyfle Cymru who are in recovery from mental health issues is 485.

The number of people registered with Cyfle Cymru who are in recovery from a combination of substance misuse and mental health issues is 692.



CYFLE CYMRU is delivered across five regions of Wales, running the length and breadth of the country. The area includes the West Wales and the Valleys funding area (coloured blue on the map) and the East Wales area (coloured green).

Delivery areas

Dyfed
Ceredigion, Pembrokeshire, Carmarthenshire

Gwent
Monmouthshire, Newport, Caerphilly, Blaenau Gwent, Torfaen

North Wales
Wrexham, Flintshire, Denbighshire, Conwy, Gwynedd, Isle of Anglesey

Powys

Western Bay
Swansea, Neath Port Talbot, Bridgend

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Cyfle Cymru: about the service

CYFLE CYMRU IS a service which helps people with substance misuse issues and/or mental health conditions who are in recovery or are towards the end of their treatment programme into work, education or training.

The project has been funded for an initial two years by the European Social Fund, and is delivered by members of Developing a Caring Wales (DACW) in North Wales, Gwent, Dyfed, Western Bay and Powys.

Cyfle Cymru provides the support needed to find the right job, training opportunity or qualifications.

It offers:

- one-to-one guidance from a peer mentor who can draw on their own experience of substance misuse, recovery and/or mental health conditions;
- specialist employment support, including volunteering opportunities, and help and advice on how to search and apply for jobs.

Who is eligible?

The service can support individuals towards and into work if they:

- are aged 16 to 24 and not in employment, education or training
- are aged 25 or over and long-term unemployed or economically inactive
- live in North Wales, Gwent, Dyfed, Western Bay or Powys
- are in recovery from substance misuse and/or mental health issues

Definition of long-term unemployed

An individual who has been unemployed for more than 12 months and has one or more of the complex barriers below:

- mental health and/or substance misuse issues
- low or no skills
- have care or child care responsibilities
- are from a job less household
- have a work limiting health condition or disability
- from a BME background

Definition of economically inactive

A person who is currently not part of the labour force (in the sense that they are not employed or unemployed) or in education or training, is aged 25 or over, and has one of the complex barriers listed below:

- mental health and/or substance misuse issues
- low or no skills
- care or child care responsibilities
- are from a jobless household
- have a work-limiting health condition or disability
- from a BME background

Please note: individuals must have a substance misuse issue and/or mental health issues to qualify for Cyfle Cymru

Outcomes

The outcomes for the project are as follows:

- completion of a non-accredited course
- gaining a qualification or work-relevant certificate
- entering employment, including self-employment
- engaged in job search upon leaving
- increasing employability through completing work experience placement or volunteering opportunity
- entering further learning
- in employment six months after leaving

Funding for this project is dependent on achieving these outcomes, with specific targets set for each.

Get in touch

If you would like to refer to the project or would like further information, please contact us on the details below:

0300 777 2256
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www.dacw.co.uk

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