Cyfle Cymru
Peer Mentoring Service
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Newsletter | Haf 2019
Cymru Iach ar WAITH | Gwasanaeth Di-Waith
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Gwobr Hyfforddiant y Dywysoges

Bydd Academi Mentora Cymheiriaid llwyddiannus CYFLE CYMRU yn cael gwobr arbennig gan y Dywysoges Anne.

Mae'r Academi yn un o ddim ond 48 o fentrau hyfforddi i dderbyn Gwobr Hyfforddiant y Dywysoges Frenhinol - sy'n cydnabod dysgu rhagorol yn y gweithle ledled y DU eleni.

Mae'r cynllun yn cynnig cymysgedd ymarferol o hyfforddiant yn y gwaith a chymwysterau ffurfiol, ac mae ar gael i bob mentor sy'n gweithio ar brosiect Cyfle Cymru a ariennir gan yr UE ledled Cymru. Ei nod yw gwella'r cyfleoedd datblygiad proffesiynol a phersonol sydd ar gael i'r staff mentora, gan gofio eu bod hwythau hefyd wedi cael profiadau o gamddefnyddio sylweddau a dioddef o gyflyrau iechyd meddwl eu hunain.

Dim ond llond llaw o raglenni elusennol a thrydydd sector fel yr Academi sydd wedi derbyn y fath wobr a ddeisyfir gan gynifer o sefydliadau a dim ond pump arall trwy Gymru gyfan sydd wedi cael eu gwobrwyo. Maent yn ymuno â chorfforaethau byd-eang mawr fel GSK, RBS, Lloyds Banking Group, Tata Steel ac IBM ar y rhestr o sefydliadau sydd wedi derbyn y gwobrau. Mae'r wobr yn dilyn proses ymgeisio drylwyr, sy'n cynnwys ymweliad asesu ffurfiol a thystebau gan staff y prosiect.

Mae pob mentor cymheiriaid yn cael ei gofrestru'n awtomatig yn yr Academi pan fyddant yn dechrau gweithio gyda Cyfle Cymru, ac yn symud ymlaen trwy dair haen y rhaglen wrth iddynt feithrin a chynyddu eu profiad a'u harbenigedd.

Dywedodd cyfarwyddwr y prosiect Lynn Bennoch fod mentoriaid cymheiriaid Cyfle Cymru yn "asedau gwych" ac yn hanfodol i gyflawni'r prosiect.

"Mae llwyddiant Cyfle Cymru yn seiliedig ar ddoniau a gwaith caled ein mentoriaid cymheiriaid ac rydym mor falch bod ein hymdrechion i gefnogi datblygiad proffesiynol y staff hyn wedi cael eu cydnabod mewn ffordd mor amlwg," meddai.

"Mae Academi Mentora Cymheiriaid Cyfle Cymru yn cynnig cyfle i'n mentoriaid gael mynediad at gyfleoedd pellach yn y gwaith, a pharhau i ddatblygu eu gyrfa. Mae hefyd yn sicrhau canlyniadau ar gyfer ein prosiect trwy gynyddu ein gallu a gwella'r canlyniadau y gallwn eu cyflawni.

"Rydyn ni wrth ein bodd bod ein rhaglen wedi cael ei chydnabod gan Wobrau Hyfforddi'r Dywysoges Frenhinol, ac y gellir cyfrif Cyfle Cymru ymhlith carfan mor drawiadol o enillwyr."

Cefnogwyd y cais gan brif weithredwr CAIS, Clive Wolfendale.

"Bellach mae model mentora cymheiriaid Cyfle Cymru yn cael ei gydnabod yn eang fel y ffordd fwyaf effeithiol o fynd ag unigolion difreintiedig ar daith i ffyniant personol sefydlog ac annibynnol," meddai.

"Nid oes unrhyw un mewn sefyllfa well i gefnogi cyfranogwr na mentor sydd wedi bod ar siwrnai debyg ei hunain. Mae Academi Mentora Cymheiriaid Cyfle Cymru yn sicrhau bod gan fentoriaid yr offer, yr hyder a'r gefnogaeth i gyflawni'r gwaith trawsnewidiol hwn."

Mae'r wobr, a fydd yn cael ei chyflwyno mewn seremoni arbennig yn Llundain yn ddiweddarach eleni, yn anrhydedd i gyflogwyr y DU sydd wedi creu effaith barhaol trwy gysylltu eu hanghenion datblygu sgiliau yn llwyddiannus â pherfformiad busnes.

dacw
Developing a caring Wales
Datblygu Cymru gofalgar

UNDEB EWROPEAIDD
EUROPEAN UNION
Llywodraeth Cymru
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Ein straeon

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

Ali Beesley

Mentor Cymheiriaid, Gwent

Ar hyn o bryd rwy'n gweithio yng Nghasnewydd fel Mentor Cymheiriaid i Cyfle Cymru. Rwy'n gweithio'n agos gyda thimau Hafal a Gwasanaeth Cyffuriau ac Alcohol Gwent i ddarparu lleoedd diogel i gynnig cefnogaeth sy'n gysylltiedig â chyflogaeth.

Mi wnes i radd mewn Troseddeg, Cyfiawnder Troseddol a Chyfiawnder Ieuenctid ac yna dechreuais wirfoddoli ar y prosiect 'Changing Minds' gyda Mind, a gafodd ei greu fel grŵp cymorth cymheiriaid i bobl ifanc rhwng 14 a 24 oed. Fe wnaeth hyn fy ngalluogi i ymgymryd â hyfforddiant mentor cymheiriaid a chael profiadau amhrisiadwy o'r materion iechyd meddwl sy'n wynebu pobl ifanc.

Ymgeisiais yn wreiddiol am swydd gyda Hafal fel ffordd ddymunol o ddechrau fy ngyrfa ac roeddwn yn synnu eu bod wedi fy holi am fy iechyd meddwl fy hun. Fel rhywun sydd wedi dioddef yn ofnadwy o anhwylder iselder a phryder, mae hyn wir wedi fy helpu ar fy ffordd i gamau olaf fy adferiad fy hun.

Rwy'n caru'r swydd hon oherwydd y ffordd y rhoddir y gefnogaeth, nid yn unig i ddefnyddwyr gwasanaeth ond hefyd i aelodau staff. Rwyf wrth fy modd â'r teimlad o gael fy nghynnwys gan sawl sefydliad gwahanol. Rwyf hefyd yn falch o'r cyfle i gael profiad yn y maes iechyd meddwl a chamddefnyddio sylweddau.

Rwy'n anelu at barhau gyda'r math hyn o waith am gyfnod a hoffwn gwblhau fy ngradd meistr tra'n gweithio i Hafal.

Melissa Boisragon

Mentor Cymheiriaid, Powys

Helo bawb, hoffwn gyflwyno fy hun fel Arbenigwr Cyflogaeth newydd yn ardal Powys.

Hoffwn ddiolch i bawb rydw i wedi cwrdd â nhw hyd yma, diolch am y croeso cynnes ac am fy nghyflwyno i'r ffurfioldebau a'r gweithdrefnau ond yn bwysicaf oll diolch am fy nghroesawu i dîm mor wych. Edrychaf ymlaen at gwrdd â llawer mwy ohonoch yn ystod y misoedd nesaf. Rwyf hefyd wedi bod yn cwrdd â'n partneriaid allanol er mwyn sefydlu cysylltiadau a chydweithio'n agosach.

Mae Powys yn ardal wledig iawn a gyda hynny mae set unigryw o heriau yn ein wynebu. Rwy'n credu'n gryf bod natur yr ardal wledig hon yn rhoi cyfleoedd i Cyfle Cymru addasu a chreu ffyrdd newydd o ymgysylltu a chefnogi cleientiaid yn hytrach na'i fod yn creu rhwystrau i ni.

Ers i mi ddechrau yma ym mis Mawrth rydym wedi dechrau rhedeg grwpiau ym Mhowys megis rhai Adeiladu Hyder, Ymwybyddiaeth Ofalgar a Rheoli Pryder ac mae llawer mwy o weithdai wedi'u cynllunio ac ar y ffordd. Rwyf hefyd wedi bod allan i gwrdd â'r cleientiaid a'u cefnogi trwy'r broses o ddod o hyd i waith. Mae'n ysbrydoledig gallu buddsoddi amser yn mentora er mwyn grymuso pobl i fagu hyder er mwyn gallu cynnal eu hunain yn eu bywydau i'r dyfodol. Mae gennym ni hefyd ddiwrnod gweithgareddau wedi'i gynllunio ar y cyd gyda Chwm Elan ar gyfer ein cleientiaid ac rydym i gyd yn teimlo'n gyffrous iawn yn ei gylch!

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Ein straeon

Rhannu newyddion da o bob cwr rhwydwaith Cyfle Cymru

David

Derbyniodd Dave Griffiths gefnogaeth gan WCADA oedd yn galluogi newid cadarnhaol yn ei fywyd. Ar ôl sawl mis o adferiad roedd Dave eisiau llenwi ei amser hamdden; felly cyfeiriwyd Dave at Cyfle Cymru.

Derbyniodd Dave gefnogaeth gan Cyfle i gwblhau cyrsiau achrededig gan adennill ei hyder a bod â ffydd yn ei allu. Mynychodd gwrs Datblygiad Personol. Mwynhaodd y cwrs hwn, gan ei fod yn "gallu agor i fyny a siarad am brofiadau adfer heb gael ei farnu". Gwirfoddolodd Dave yn y rhandiroedd gan helpu i blannu llysiau, siarad am brofiadau bywyd a chael llond ysgyfaint o awyr iach ar yr un pryd.

Yn benderfynol o gael gwaith, gweithiodd Dave yn agos gydag Arbenigwyr Cyflogaeth i fagu hyder mewn sgiliau cyfweld, chwilio am swydd a pharatoi CV. Ar ôl gwirfoddoli am 1 ½ blynedd cafodd gynnig swydd Cymorth Mentor Cymheiriaid ym Mhort Talbot. Bu Dave yn cefnogi Mentoriaid mewn gweithgareddau fel Datblygiad Personol, Rhandiroedd a Grwpiau Crefft. Mwynhaodd yr "ymdeimlad o undod" wrth weithio mewn tîm oedd yn "cyd-dynnu cystal" gan deimlo ei fod wedi'i gynnwys wrth gyflawni nodau'r prosiect a gwneud gwahaniaeth cadarnhaol i'r unigolion a gefnogir.

Yn ddiweddar, enillodd Dave ddyrchafiad i swydd Mentor Cymheiriaid lle mae wedi profi "mwy o gyfrifoldeb a chynyddu oriau gwaith". Mae'n mwynhau cyflwyno Datblygiad Personol lle mae'n helpu'r grŵp i ennill mwy o ymwybyddiaeth o wahanol brofiadau bywyd. Disgrifiodd Dave ei rôl bresennol fel "swydd ragorol a gwerth chweil" gan roi "cyfle iddo wneud gwahaniaeth".

David

Fy enw i yw David, yn anffodus rwyf wedi cael problemau blaenorol gydag iechyd meddwl a chamddefnyddio sylweddau ac rwyf wedi brwydro ar hyd fy oes i gyflawni unrhyw un o fy nodau oherwydd hyn.

Deuthum i CAIS a Cyfle Cymru yn isel fy hyder a hunan-barch ac roeddwn eisiau gwyrdroi fy mywyd ond roeddwn yn ansicr o sut i wneud hynny. Dechreuais weithio'n agos gyda fy mentor cymheiriaid sef Neil a oedd hefyd â chefndir tebyg i mi a rhoddodd yr hunan gred i mi y gallwn innau hefyd newid fy mywyd er gwell.

Dechreuais weithio ar fy hunan-barch a fy hyder a helpodd Neil i ddod o hyd i brofiad gwaith gyda chwmni adeiladu o'r enw Morton & Jones Cyf. Cefais gyfweliad gan ddynes hyfryd o'r enw Sharon a gynigiodd y cyfle euraidd o waith i mi na fyddai neb arall byth wedi ei roi .

Roeddwn mor hapus bod rhywun wedi credu yn fy ngallu felly es i ati i'w haddalu trwy weithio'n galed iawn a sicrhau fy mod yn mynd yr ail filltir bob dydd. Fe weithiodd hyn achos fe gynigiwyd cyflogaeth amser llawn i mi.

Rwyf wedi bod yn gweithio yno ers deufis rŵan ac rwyf bellach wedi cael dyrchafiad i fod yn oruchwyliwr ar yr iard, ac rwyf wrth fy modd. Rwyf wedi gwyrdroi fy mywyd yn llwyr ac rwy'n brawf y gellir llwyddo os cewch chi'r gefnogaeth a'r cyfleoedd cywir fel y cefais i.

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Y newyddion diweddaraf o'ch ardal

Rydym wedi bod yn gweithio ochr yn ochr âg Hyfforddiant Gogledd Cymru gan ddarparu cyfleoedd gwirfoddoli, cyrsiau achrededig a sgyrsiau ar beryglon cyffuriau ac alcohol ar y meddwl, y corff a phrosesau meddwl i bobl ifanc ar raglenni hyfforddi ledled yr ardal. Mae gwirfoddolwyr wedi bod yn gweithio'n galed i baratoi ar gyfer agoriad mawreddog yr ardd gymunedol yn Eglwys Dewi Sant ym Mlaenau Ffestiniog ym mis Awst; gan ei greu o'r cychwyn trwy adeiladu planwyr a seddi dan arweiniad Men's Shed, yn ogystal ag adeiladu barbeciw o frics wedi'u hailgylchu er mwyn coginio ar gyfer y gymuned yn yr agoriad.

Gogledd Cymru

Gwent

Ar ddiwrnod heulog hyfryd mynychodd tîm Gwent ŵyl gerddoriaeth Portstock yn Rodney Parade yng Nghasnewydd. Roeddent yno gyda Gwasanaeth Cyffuriau ac Alcohol Gwent er mwyn lledaenu'r gair am y gefnogaeth oedd ar gael i bobl oedd yn camddefnyddio sylweddau, yn benodol yng nghyd-destun y sîn gŵyliau cerddorol. Mae'r staff hefyd wedi mynychu sawl digwyddiad arall y mis hwn, gan gynnwys Wythnos Dysgwyr Oedolion yng Nghanolfan Siopa'r Kingsway yng Nghasnewydd a'r ffair Wirfoddoli Cymunedau Gwydn yng Nghanolfan Casnewydd. Mae'r holl ddigwyddiadau wedi bod yn llwyddiant mawr ac wedi caniatáu i ni siarad am weithio ar y cyd er mwyn cefnogi ein cleientiaid yn y ffordd orau posib gyda'u hadferiad er mwyn iddynt ddychwelyd i gyflogaeth gynaliadwy.

Yng Ngheredigion, mae gwirfoddolwyr Cyfle Cymru wedi bod yn gweithio ar brosiect parhaol yn helpu i atgyweirio ffensys sydd wedi torri, glanhau clostiroedd anifeiliaid a gwneud rhywfaint o baentio mewn sw lleol. Mae'r holl wirfoddolwyr wir yn mwynhau bod allan yn yr awyr agored a chyfrannu at wneud y sw yn lle gwych i ymweld ag ef. Mae bod yng nghanol byd natur a gweithio o amgylch y gwahanol anifeiliaid yn cael effaith gadarnhaol ar les pawb. Dywedodd James, y Mentor Cymheiriaid; "Mae'r prosiect hwn yn dod yn fwy a mwy poblogaidd gyda gwirfoddolwyr. Mae pawb yn gweithio gyda'i gilydd fel tîm ac yn ennill sgiliau a hyder, ac mae'n wych gweld gwên ar wynebau pawb ".

Dyfed

Bae Gorllewinol

Fe ddaeth unarddeg o'n cyfranogwyr ni ynghyd i baentio adeilad pencadlys un o aelodau'r consortiwm, sef Hafal. Mae Hafal wrth eu boddau gyda'r gwaith rhagorol a wnaethpwyd ganddynt. Dywedodd un cyfranogwr fod cael y swydd hon wedi rhoi hwb i'w hunan-barch a hyder tra bod un arall wedi disgrifio sut y bydd y swydd dros dro hon yn gwella ei siawns o ddod o hyd i waith llawn amser parhaol gan ei fod yn rhoi geirda iddo yn ogystal ag ychwanegu at ei CV. Mwynhaodd y cyfranogwyr y weithgaredd hon yn fawr ac maent wedi elwa'n sylweddol ohono.

Mae Gwirfoddolwyr a Mentoriaid Cymheiriaid o Cyfle Cymru ym Mhowys i gyd yn gweithio'n galed ac yn dod at ei gilydd i greu sesiynau grŵp a gweithdai crefft yn Llandrindod. Mae amrywiaeth o weithdai crefft wedi cael eu cynnal megis gwaith nodwydd, gwnïo peiriannau, gwneud gemwaith, creu clustdlysau, breichledau, a mwclisau a chreu bagiau dal ffonau symudol a llawer mwy! Mae'r syniadau'n llifo ac mae pawb yn cael amser da. Diolch i Deryn am roi peiriant gwnïo i ni fel rhodd a da iawn i Liam am eich holl waith caled a'ch mewnbwn.

Powys

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Wythnos Gwirfoddolwyr

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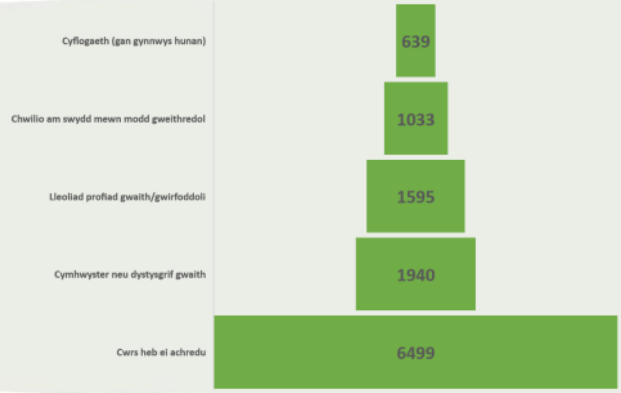
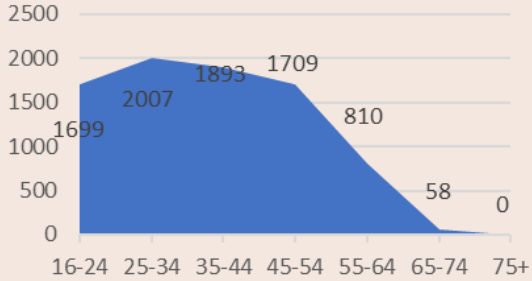
Mae ein bwletin data diweddaraf yn dangos sut mae ein timau ledled Cymru yn helpu pobl i oresgyn heriau i ddod o hyd i neu agosau at ddod o hyd i waith

Perfformiad

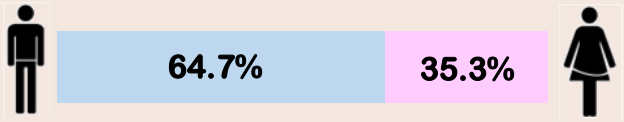
O FIS AWST 2016 HYD AT DDIWEDD GORFFENNAF 2019 (h.y. y deuddeg chwarter cyntaf), mae Cyfle Cymru wedi derbyn cyfanswm o 8253 o atgyfeiriadau ar draws y pum maes rhanbarth.
O'r rhain, mae 8179 wedi eu cofrestru i'r gwasanaeth - cyfradd cofrestru 99.1%. Yn gyfan gwbl, 154,445 awr o gefnogaeth a oddwyd yn ystod y deuddeg chwarter cyntaf y prosiect.

Y dilyniant tuag at gyflogaeth

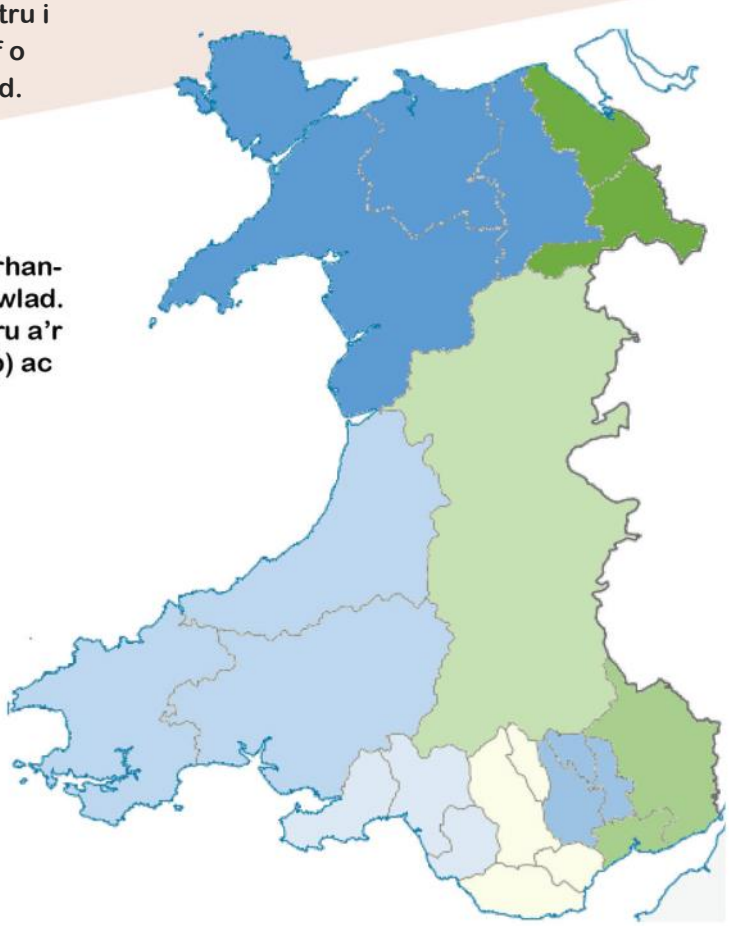




Oedran cyfartalog y bobl sydd wedi cofrestru i Cyfle Cymru yw 40.9. Roedd y gyfran fwyaf o unigolion cofrestredig yn y grwp 25 i 34 oed.



% dynion/ferched sydd wedi cofrestru I Cyfle Cymru



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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www.dacw.co.uk

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Princess Royal Training Award

CYFLE CYMRU'S successful Peer Mentoring Academy is to be presented with a special award by Princess Anne.

The Academy is one of only 48 training initiatives to receive the Princess Royal Training Award – which recognises outstanding workplace learning – throughout the UK this year.

The scheme offers a practical mix of on-the-job training and formal qualifications, and is available to all mentors working on the EU-funded Cyfle Cymru project throughout Wales. It aims to enhance the professional and personal development opportunities available to mentoring staff, majority of whom have their own lived experience of substance misuse and mental health conditions.

The Academy is one of just a handful of charity and third sector programmes – and one of only half a dozen based in Wales – to receive the coveted award, and joins major global corporates like GSK, RBS, Lloyds Banking Group, Tata Steel and IBM on the list of recipients. The award follows a rigorous application process, which included a formal assessment visit and testimonials from project staff.

All peer mentors are automatically enrolled into the Academy when they start work with Cyfle Cymru, and progress through the programme's three tiers as they build their experience and expertise.

Project director Lynn Bennoch said Cyfle Cymru's peer mentors were "fantastic assets" and crucial to the delivery of the project.

"Cyfle Cymru's success is based on the talents and hard work of our peer mentors – and we are so pleased that our efforts to support the professional development of these staff have been recognised in such a high-profile way," she said.

"The Cyfle Cymru Peer Mentoring Academy offers our mentors the chance to access further opportunities at work, and to continue to develop their career. It also delivers results for our project by increasing our capacity and enhancing the outcomes we are able to achieve.

"We're thrilled that our programme has been recognised by the Princess Royal Training Awards, and that Cyfle Cymru can be counted amongst such an impressive cohort of recipients."

The application was backed by CAIS chief executive Clive Wolfendale.

"There is no-one better placed to support a participant than a guide and confidant who has made the journey themselves. The Cyfle Cymru Peer Mentoring Academy ensures that mentors have the tools, confidence and support to deliver this transformational work."

The award, which will be presented at a special ceremony in London later this year, is an honour for UK employers which have created a lasting impact by successfully linking their skills development needs to business performance.

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Our stories

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

Ali Beesley
Peer Mentor, Gwent

I currently work in Newport as a Peer Mentor for Cyfle Cymru. I work closely with both Hafal teams and the Gwent Drug and Alcohol Service to provide safe spaces to offer employment related support.

I undertook a degree in Criminology, Criminal Justice and Youth Justice and then began volunteering on the Changing Minds project for Mind, which was created as a peer support group for young people between the ages of 14 and 24. This enabled me to undertake peer mentor training and gain great real life experience of mental health issues facing young people.

I originally applied for Hafal as a way to start my desired career and was really surprised that they asked about my own mental health. As a sufferer of major depressive disorder and anxiety, this really has helped me on my way to the final stages of my own recovery.

I love this job because of the way that the support is given, not just for service users but also for staff members. I love the feeling of being included by several different organisations. I also enjoy gaining so much experience in both mental health and substance misuse.

I aim to continue on with this line of work for a while and would like to complete my masters whilst working for Hafal.

Melissa Boisragon
Peer Mentor, Powys

Hello All, I would like to introduce myself as the new Employment Specialist covering Powys.

I would like to thank everybody I have met so far for welcoming me so warmly, introducing me to the formalities and procedures and most importantly welcoming me into such a great team. I shall look forward to meeting lots more of you in the coming months. I have also been meeting our external partners to establish links and closer joint working.

Powys is a very rural area and comes with its own unique set of challenges. Although this could be seen as an issue I like to think of it more as an opportunity for Cyfle Cymru to be able to adapt and create new ways of engaging and supporting clients.

Since I started here in March we have started running groups around Powys such as Confidence Building, Mindfulness and Managing Anxiety and have many more workshops planned along the way. I have also been out and about meeting the clients to support them through the process of finding work. It is enthralling to be able to invest time into a mentee to empower them to have that confidence to support themselves in their future lives. We also have an activities day planned in conjunction with Elan Valley for our clients which we are all super excited about!

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Our stories

Sharing good news from across the Cyfle Cymru network

David

Dave Griffiths received support from WCADA enabling a positive change in his life. After several months of recovery Dave wanted to fill his spare time; Dave was referred to Cyfle Cymru.

Dave received support from Cyfle to complete accredited courses from which he gained confidence and realised his capabilities. He attended Personal Development. He enjoyed this course, as he was "able to open up and talk about recovery experiences without being judged". Dave volunteered at the allotments helping to plant vegetables, talk about life experiences and "blow the cobwebs" away in the fresh air.

Determined to gain employment, Dave worked closely with Employment Specialists to build confidence at interview, job search and CV skills. After volunteering for 1 ½ years he was offered a Peer Mentor Support position in Port Talbot. This saw Dave supporting Mentors in activities such as Personal Development, Allotments, Craft Group. He enjoyed the "sense of togetherness" working in a team which "gets on so well" and feeling included in achieving the project's goals, making a positive difference to the individuals supported.

Recently, Dave gained promotion to the position of Peer Mentor where he has experienced "more responsibility and increased working hours". He enjoys delivering Personal Development where he helps the group gain more awareness of different life experiences. Dave described his current role as an "excellent and rewarding job" giving him "opportunity to make a difference".

David

My name is David, I have unfortunately had previous problems with mental health and substance misuse and struggled throughout life to achieve any of my goals because of this.

I came to CAIS and Cyfle Cymru low on confidence and self-esteem wanting to turn my life around but unsure how to do it. I began working closely with my peer mentor Neil who also had similar background to me and he gave me the belief that I too could change my life for the better.

I began working on my self-esteem and confidence and Neil helped source a work trial with a construction company called Morton & Jones Ltd. I had an interview with a lovely lady called Sharon and she gave me the chance nobody else ever would and gave me a trial.

I was so happy that somebody had believed in me and I repaid that by working very hard and making sure I gave my all every day. It worked, as I was then given full time employment.

It has been 2 months and I have now been given a promotion to yard supervisor, which I am over the moon about. I have totally turned my life around and I am living proof that it can be done given the right support and opportunities.

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Latest News From Your Area

We have been working alongside North Wales Training providing volunteering opportunities, accredited courses and talks on the dangers of drugs and alcohol on the mind, body and thought processes to young people on training programmes across the area. Volunteers have been working hard to prepare for the grand opening of the community garden at St David's Church in Blaenau Ffestiniog in August; making it from scratch by building planters and seating with guidance from Men's Shed, as well building a barbeque from reclaimed bricks to cook for the community at the opening.

The Gwent team attended the Portstock music festival at Rodney Parade in Newport which was a lovely sunny day. They were in attendance with Gwent Drug and Alcohol Service spreading the word on what support was available around substance misuse, specifically within the music festival scene. The staff have also attended several other events this month, including Adult Learners Week at The Kingsway Shopping Centre in Newport and the Resilient Communities Volunteering fair at Newport Centre. All of the events have been a great success and allowed us to talk about working collaboratively in order to best support our clients with their recovery and return to sustainable employment.

In Ceredigion, Cyfle Cymru volunteers have been working on an ongoing project helping to mend broken fences, cleaning out animal enclosures and doing some painting around a local zoo. All volunteers really enjoy being out in the open air and contributing to making the zoo a great place to be. Being in nature and working around the different animals has a positive effect on everybody's wellbeing. Peer Mentor James said "This project is becoming increasingly popular with volunteers. Everyone works together as a team and are gaining skills and confidence, and it is great to see smiles on everyone's faces".

Eleven of our participants took part painting the headquarters of one of our consortium members, Hafal. Hafal are highly delighted with the high standard of work and the excellent job they did. One participant said that taking part in this activity has boosted his self-esteem and confidence, whilst another described how it will greatly improve his chances of securing future employment as it has allowed him to improve and expand his CV. The participants thoroughly enjoyed this activity and have benefited greatly from it.

Volunteers and Peer Mentors from Cyfle Cymru in Powys are all working hard and coming together to build up the crafts workshop group sessions in Llandrindod Wells. There has been a variety of crafts taking place such as needle work, machine sewing, jewellery making, creating earrings, bracelets, necklaces, phone pouches and much more! The ideas are flowing and everyone is having a good time. Thank you to Deryn for donating a sewing machine to use and a big well done to Liam for all your hard work and input.

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Volunteers' Week

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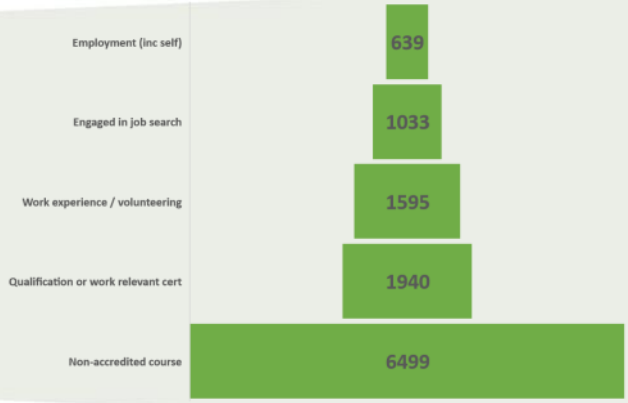
Performance

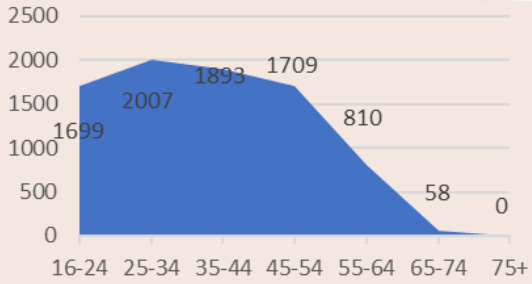
Out latest data bulletin shows how our teams across Wales are helping people overcome challenges to get into or closer to work

FROM AUGUST 2016 TO THE END OF JULY 2019 (i.e. the first twelve quarters), Cyfle Cymru has received a total of 8253 referrals across the five lot areas.

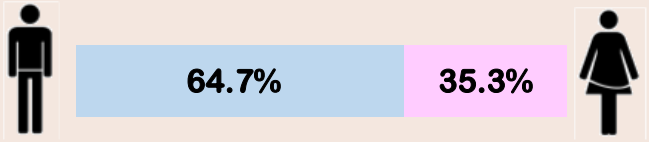
Of these, 8179 have been registered to the service - a registration rate of 99.1%. In total 154,445 hours of support have been given during the project's first twelve quarters.

The progression towards employment



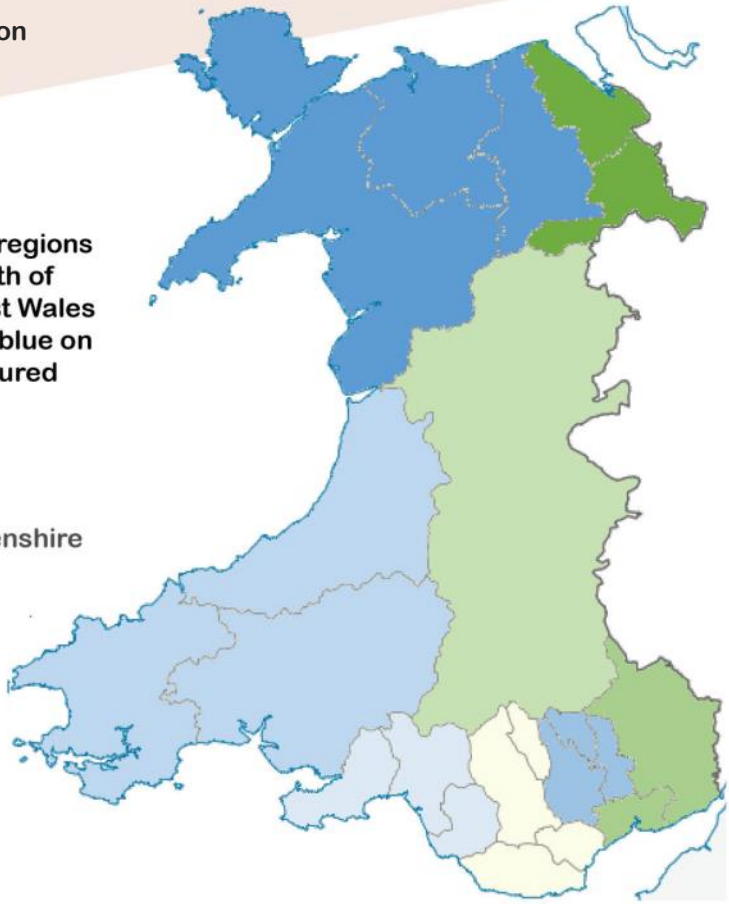


The average age of people registered to Cyfle Cymru is 40.9. The greatest proportion of registrants is in the 25 to 34 age group.



% of male/female registered to Cyfle Cymru

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:

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