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| Need-Primary issue identified – include family dynamics | Anxiety & Self Esteem.It was noted that the young person at the beginning was very isolated and that she is no longer attending high school due to bullying and receives home elected tutoring. |
| Work carried out | Several 1:1 workshops around:  Confidence  Self Esteem  Wellbeing  Body Image  Friendships  Bullying  Internet Safety  EHE Support  Bereavement Support  Coping Strategies  Journal Writing & Self Care  Group work: -Gym, Vue, Swimming, Trago Winterfest |
| Outcomes Achieved | y.p. has engaged in several workshops and various discussion that covered the above presenting needs.  Upon closure, y.p. felt that she can better deal with the issues she had around anger and better cope with her worries. LB’s confidence has improved, and she is no longer isolated.  y.p. has developed various skills and practiced coping strategies to develop herself and allow her to identify her triggers and deal with her emotions.  When Lilly completed the evaluation form, she expressed the following actions going forward:  • To see her horse daily and look after her wellbeing.  • Work with horses and other animals.  • Practicing speaking to people, communicating better.  • Practice expressing her emotions in a healthy way.  YP moved from gliding to thriving on the OTY wellbeing tool.  Signposted to Merthyr youth provisions to further develop herself personally, socially, and educationally. Also sign posted her to the Young Minds UK charity for additional resources and coping strategies and signposted to Cruse and RD4U for further support around bereavement if required in the future.  Quote from young person – “I enjoyed coming to the gym and doing sessions outdoors in the park, when we go for walks, I feel calm and happier, I wouldn’t change anything”.  Quote from young person’s parent – “thank you for supporting LB getting her out and taking her to the gym and all the other stuff, she is a lot happier, and I can see that her confidence has grown thank you so much for everything”. |

Families First

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| Mater Angen-Sylfaenol a nodwyd – cynhwyswch ddeinameg teulu | Pryder a hunan-barch. Nodwyd bod y person ifanc ar y dechrau yn ynysig iawn ac nad yw bellach yn mynychu'r ysgol uwchradd oherwydd bwlio ac yn derbyn tiwtora ac addysg gartref ddewisol. |
| Gwaith a wnaed | Nifer o weithdai 1:1 o gwmpas:  Hyder  Hunan-barch  Lles  Delwedd y Corff  Cyfeillgarwch  Bwlio  Diogelwch Rhyngrwyd  Cefnogaeth AGDd  Cymorth profedigaeth  Strategaethau Ymdopi  Ysgrifennu Cyfnodolion a Hunan Ofal  Gwaith grŵp: -Gym, Vue, Nofio, Trago Winterfest |
| Canlyniadau a gyflawnwyd | Mae YP wedi cymryd rhan mewn sawl gweithdy ac amryw o drafodaethau a oedd yn ymdrin â'r anghenion cyflwyno uchod.  Ar ôl cau, teimlai YP y gall ddelio yn well â'r materion oedd ganddi ynghylch dicter ac ymdopi'n well â'i phryderon. Mae hyder LB wedi gwella, ac nid yw hi bellach wedi'i hynysu.  Mae YP wedi datblygu sgiliau amrywiol ac wedi ymarfer strategaethau ymdopi i ddatblygu ei hun a chaniatáu iddi adnabod ei sbardunau a delio â'i hemosiynau.  Pan gwblhaodd y ffurflen werthuso, mynegodd y camau canlynol wrth symud ymlaen:  • I weld ei cheffyl bob dydd a gofalu am ei lles.  • Gweithio gyda cheffylau ac anifeiliaid eraill.  • Ymarfer siarad â phobl, cyfathrebu'n well.  • Ymarfer yn mynegi ei hemosiynau mewn ffordd iach.  Symudodd YP o gleidio i ffynnu ar yr offeryn lles OTY.  Wedi ei gyfeirio at ddarpariaethau ieuenctid Merthyr i ddatblygu ei hun ymhellach yn bersonol, yn gymdeithasol ac yn addysgol. Cyfeirwyd hefyd at elusen Young Minds UK am adnoddau ychwanegol a strategaethau ymdopi ac at Cruse a RD4U am gymorth pellach ynghylch profedigaeth os oes angen yn y dyfodol.  Dyfyniad gan berson ifanc - "Fe wnes i fwynhau dod i'r gampfa a gwneud sesiynau yn yr awyr agored yn y parc, pan fyddwn ni'n mynd am dro, rwy'n teimlo'n dawel ac yn hapusach, fyddwn i ddim yn newid dim".  Dyfyniad gan riant person ifanc - "diolch am gefnogi LB yn ei chael hi allan a mynd â hi i'r gampfa a'r holl bethau eraill, mae hi'n lot hapusach, a dwi'n gallu gweld bod ei hyder wedi tyfu diolch gymaint am bopeth". |

Teuluoedd yn Gyntaf