



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

CAMHS

PRIMARY
SCHOOLS



SCHOOL IN-REACH

EMOTIONAL WELLBEING SERVICE

We are committed to supporting a whole-school approach to emotional health and wellbeing across schools in Swansea and Neath Port Talbot. Every primary and secondary school is linked with a dedicated Emotional Health and Wellbeing Practitioner, as well as a Senior Practitioner, who are available to offer support to staff, parents, children, and young people.

STAFF

We offer staff training on topics including:

- Five Ways to Wellbeing
- Emotional Regulation
- Big Emotions (Anger and Worries)

PARENTS/ CARERS

We offer workshops for parents on the following topics:

- Emotional Regulation
- Big Emotions (Worries)
- Big Emotions (Anger)
- Self Esteem and Resilience

CHILDREN & YOUNG PEOPLE

We deliver universal support through whole-class teaching sessions:

- Emotional Regulation
- Five Ways to Wellbeing
- Resilience & Growth Mindset
- Self- Esteem
- InterAct

With parental consent, schools can request a case discussion with their practitioner if they have concerns about a pupil's emotional wellbeing.

TAILORED INTERVENTION

Following a case discussion, children may be supported through a six-session Wellness Workshop.

1:1 sessions may be offered based on individual need.



CAMHS

YSGOLION
CYNRADD



MEWNGYMORTH YSGOLION

GWASANAETH LLES EMOSIYNOL

Rydym yn ymrwymedig i gefnogi dull ysgol gyfan o ran iechyd emosiynol a lles mewn ysgolion ar draws Abertawe a Castell-nedd Port Talbot. Mae gan bob ysgol gynradd ac uwchradd Ymarferydd Iechyd Emosiynol a Lles penodedig, yn ogystal ag Uwch Ymarferydd, sydd ar gael i gynnig cymorth i staff, rhieni, plant a phobl ifanc.

STAFF

Rydym yn cynnig hyfforddiant staff ar bynciau gan gynnwys:

- 5 Ffordd i Lesiant
- Rheoleiddio Emosiynau
- Emosiynau Mawr (Dicter a Phryderon)

RHIENI/ GOFALWYR

Rydym yn cynnig amrywiaeth o weithdai i rieni sy'n ymdrin â'r pynciau canlynol:

- Rheoleiddio Emosiynau
- Emosiynau Mawr (Pryderon)
- Emosiynau Mawr (Dicter)
- Hunan-barch a Gwydnwch

PLANT A PHOBL IFANC

Rydym yn darparu cymorth cyffredinol drwy sesiynau addysgu i'r dosbarth cyfan:

- Rheoleiddio Emosiynau
- 5 Cam i Lesiant
- Gwydnwch a Meddylfryd Twf
- Hunan Barch
- InterAct

Gyda chaniatâd rhiant, gall ysgolion ofyn am drafodaeth achos gyda'u hymarferydd os oes ganddynt bryderon am les emosiynol disgybl.

YMYRRAETH BENODOL

Yn dilyn trafodaeth achos, gall plant gael cymorth grŵp drwy weithdy llesiant chwe sesiwn.

Gellir cynnig sesiynau 1:1 yn seiliedig ar anghenion unigol.

