



GYDA'N GILYDD

Services that support families in Gwynedd

A GUIDE FOR FAMILIES AND PROFESSIONAL WORKERS



What is Gyda'n Gilydd?

Gyda'n Gilydd's purpose is to support families who need some additional help and to support them in dealing with problems before the situation becomes worse.

We receive funding from the Welsh Government to try to help families in four ways:

1. help parents to return to work or training
2. help children to reach their potential
3. help families to live more healthily
4. help families to obtain the skills for coping better in the future.

This booklet explains which organisations are working with us and how we can help.

Who is the Gyda'n Gilydd service for?

Gyda'n Gilydd is for families who are worried that things are starting to go wrong, and who want temporary assistance to help them overcome a problem – so that they can carry on with their lives.

Examples of the problems affecting the families we are working with:

- Your family wants help because one of the parents has been ill, or you may have suffered a bereavement as a family.
- One of the children is having problems at school and at home, and you may be worried about their behaviour.
- You may also be worried about one of your children's development, and think that he/she may have additional needs.
- If you are unemployed, dependent on benefits or want further training – we can provide advice on the best way forward with this.
- Sometimes families approach us because they have been affected by domestic violence in the past.



There are many things that can make families vulnerable and getting the right help at the right time can make a lot of difference. We want to help families to prevent them from having to receive help from statutory agencies.

How to get in touch

For more information about how we can help, or to suggest what kind of services would be useful to families like yours, contact us on:

01286 676128

gydangilydd@gwynedd.gov.uk

Gyda'n Gilydd
Canolfan Noddfa
Cil Peblig
Caernarfon
LL55 2RS

Supporting **Parents** of **Children** Aged 5 to 25

Do you want support in dealing with your children's developments and behaviour (aged 5+)?

Caban Bach Barnardo's / Plas Pawb Family Support Team

8

Would you like someone to listen to you?

GISDA

9

Do you need help to improve relationships in the family?

Y Bont

9

Are you a young carer?

Action for Children

10

Do you want to discuss your wishes with anyone?

NYAS

10

Support with **money** and finding **work**

Do you want a chance to discuss ideas about money, budgeting and dealing with debts?

Barnado's / GISDA / Citizen's Advice Bureau

11

Do you want help to return to work or training?

1 to 1 service from the Citizens Advice Bureau

11

Do you want help with benefits?

1 to 1 service from the Citizens Advice Bureau

12

Would you like to borrow a laptop?

Gwynedd Ni (Gwynedd Council)

12

Would you like information or details about events in Gwynedd?

Gwynedd Ni (Gwynedd Council)

12

Family **play** and **fun**

Do you want an opportunity to work together as a family and have ideas about play opportunities?

Families First Play Team / Derwen

13

Early Years Team

0-5 years old

Do you want support to deal with the development and behaviour of your children (0-5 years old)?

Early Years Team

14

Services for families with children who have **additional needs**

Are you worried your child may have additional needs and need help and support?

Jigso / Derwen

16

Gyda'n gilydd area co-ordinators – creating a team **around the family**

Do you want help to bring everyone who's helping you as a family together?

Gyda'n Gilydd Co-ordinators

17

Do you want support to deal with the development and behaviour of your children (aged 5+)?

Caban Bach Barnardo's

Barnardo's Family Support Team – we are located in the Caban Bach Family Centre in Blaenau Ffestiniog. We serve families across Dwyfor and Meirionnydd.

Plas Pawb Support Team

Gwynedd Council's Family Support Team – we are located in the Plas Pawb Family Centre in Caernarfon. We serve families across Arfon.

HOW CAN WE HELP?

We can offer courses or training at home such as Incredible Years to support parents to improve their children's behaviour. Evidence shows that they work. Parents can gain an Agored Cymru qualification for completing the course. Transport and childcare will be provided.

Other issues may cause concern for parents and we can visit them to listen and help solve problems that affect the well-being of children and families. If parents are concerned, we can offer training on Mindfulness techniques which will help to deal with stress.

We have a dedicated worker to support fathers and groups to promote a positive relationship between fathers and their children.

Gwynedd and Anglesey Justice Service

We are Gwynedd's crime prevention multi-agency service - we are located in Felinheli and we serve the whole county.

HOW CAN WE HELP?

We can provide Escape groups for parents of teenagers and Parallel Lines groups for the young people. These groups will enable parents and young people to better understand each other. If children demonstrate signs of being in danger of committing a crime – not attending school, difficult behaviour, using substances etc. we can offer help to the parents and the young person. We can also seek support from the rest of the specialist team, such as education and CAMHS officers, to offer early help.

Would you like someone to listen to you?

GISDA

Part of a charity that specialises in supporting vulnerable young people throughout Gwynedd with offices in Pwllheli, Blaenau Ffestiniog and Caernarfon.

HOW CAN WE HELP?

At times, problems will overwhelm us and life is very difficult. At a time like this, it is useful to have somebody outside the circle of family and friends to listen and support us to move forward. We have employed a professional bilingual counsellor to serve Gwynedd families. We can offer a confidential counselling service for family members who are 14 years old and above. We work within the internal standards and guidelines of a professional counselling and psychotherapy body (British Association for Counselling and Psychotherapy). We offer six counselling sessions and are willing to meet at a location that is convenient for the family.

Do you need help to improve relationships in the family?

Y Bont

A charity that works with children, young people and families where children are at risk of failing to live at home. We are located in Penygroes and we serve the whole of Gwynedd.

HOW CAN WE HELP?

Cwllwm Family Meetings - We meet the family when required to discuss, to make decisions or to plan for a child or young person. It can include family and friends. The process will deal with any disagreement or include people who have not usually been part of the family circle.

Arbitration – Canol - Arbitration between two parties who could be a parent and child, two parents, family members, friends, a tenant and a landlord or neighbours, depending on the situation.

The reconciliation process and a family meeting can lead from one to the other.

Are you a young carer?

Action for Children

Part of the Action for Children charity that offers support for young carers throughout Gwynedd and Anglesey. We are located in Bangor and we serve the whole of Gwynedd.

HOW CAN WE HELP?

We can provide support for children, young people, young adults and their families across Gwynedd when they care for others who are sick or disabled. The support includes individual support, group work and respite activities. We can offer support at school or help people to attend meetings. We try to help families to fulfil their potential.

Do you want to discuss your wishes with anyone?

NYAS

Part of a national organisation that advocates on behalf of children and young people. We are located in Bangor and we serve the whole of Gwynedd.

HOW CAN WE HELP?

We listen to children and young people to ensure that their voices are heard on issues that affect them. We can attend family meetings to express the child's perspective. We can help children and young people to make decisions on issues such as contact with family members, complaints, disabilities, domestic issues etc.

Do you want a chance to discuss ideas about money, budgeting and dealing with debts?

Barnardo's in Dwyfor and Meirionnydd.

Gisda in Arfon as well as a specialised service from the Citizens Advice Bureau.

HOW CAN WE HELP?

Would you like to learn more about getting the most out of your money? We offer group or 1 to 1 'CadwCownt' sessions in order to look at budgeting, interest rates, debts, saving and borrowing money as well as how to find bargains on the High Street or safely over the internet.

Would you like help to deal with debts or advice on how to prevent debts? We offer a 1 to 1 specialised service to discuss options to negotiate or write off debts.

Do you want help to return to work or training?

1 to 1 service from the Citizens Advice Bureau

HOW CAN WE HELP?

Would you like to return to education, complete training, return to work or apply for better or more practical employment?

We offer a 1 to 1 service to look at your return to work plan by discussing any worries or barriers to ensure you are in the best position to apply for employment. We can do this by looking for relevant courses or qualifications to improve your work prospects as well as look to develop your work experience through volunteering or relevant programmes. We will also look at your skills in looking and applying for work.

Do you want help with benefits?

Specialised 1 to 1 service from the Citizens Advice Bureau

HOW WE CAN HELP?

Are short of money? Would you like a benefit check to ensure that you are claiming the correct benefits or grants? Do you disagree with a benefit decision?

A specialised service is offered to look at your situation and provide you with advice and assistance to claim the correct benefits and grants by looking at the relevant criteria. If you have received a benefit decision which you disagree with, we can discuss the eligibility criteria with you and if we feel that you have a chance to succeed, we can assist you through the appeals process.

Would you like to borrow a laptop?

Gwynedd Ni (Gwynedd Council)

HOW WE CAN HELP?

Would you as a family benefit from using a laptop or internet to look or apply for employment, improve your work prospects, complete training, budget effectively, socialize or boost your confidence to use a laptop or the internet to support family life?

We offer a service where you can borrow a laptop and have free access to the internet through dongle, (claiming up to £10.00 per month), to ensure digital potential of every member of the family as well as providing Information Literacy sessions for those who are not confident in using the internet. The borrowing programme is for a period of between 3 months to a year.

Would you like information or details about events in Gwynedd?

Gwynedd Ni (Gwynedd Council)

HOW WE CAN HELP?

Would you like information about events or meetings in your community? Would you like to be more involved in your community or with your family?

We provide a wide range of information about events happening in your community through the Gwynedd-Ni.org.uk website, through Facebook and Twitter as well as over the telephone. We can also provide you with information by e-mail, text or by post.

Lori Ni also visits your community regularly to provide information and advertise events in Gwynedd for you to attend with your family and your local Library can also provide free access to computers and the internet.

Do you want an opportunity to work together as a family and have ideas about play opportunities?

Families First Play Team and disabled children play workers, Derwen

We are a team of enthusiastic and experienced mobile play workers. We offer play ideas for families which are full of fun.

HOW CAN WE HELP?

We can work with the whole family and offer various play activities: in the house, the garden, the park, by the river or in a location of your choice.

The team has access to relevant resources which are suitable for all ages and interests. We will also make use of daily free resources within the local environment.

The team will also encourage the family to attend activities which happen locally, such as fun days.

The play work will give the family an opportunity to develop play skills by communicating, sharing, chatting and discussing things together and sharing their opinions.

Would you like the opportunity to take part in fun activities that can support you in this role?

Early Years Integrated Team which brings together staff from Health, Play and Supporting Families

The team includes health visitors, family support workers, nursery nurses and play workers. We provide a variety of services and support for parents of children aged 0 to 5 years old.

HOW CAN WE HELP?

Health Visitor

There is practical support available for parents and families. Health visitors offer Incredible Years baby courses to families with young babies. These courses offer the opportunity to share experiences and ideas with others whilst extending knowledge and awareness of early child development.

The health visitors also work with the rest of the team to offer toddler incredible years courses and 1:1 home visiting to support parents. The Families First health visitor works closely with the named family health visitor and other team members.

Nursery Nurse

The nursery nurse works closely with the health visitor to provide support to parents with young children. Baby massage sessions are available through groups and 1:1 sessions. Baby massage can help babies with sleep, wind and colic, it can also provide a time for parents and babies to relax together.

Nursery nurses provide advice regarding home safety, sleep routines and toileting management as well as child development and infant and child nutrition.

We have fun sessions in cooking and healthy eating that are delivered by the nursery nurses and other members of the team.

Family Support Worker

Opportunities for parents with older children up to 5 years are provided by the family support worker through the Incredible Years Programme. Groups or 1:1 sessions enable:

- Building children's self-esteem through praise and encouragement.
- Exploring children's developmental milestones.
- Understanding how to manage common behavioural problems.
- Parents maintaining self-control using calm-down strategies and positive self-talk

Household budgeting advice is available from the family support worker. A series of 4 short and informal sessions look at different ways to save money, how to look for the best deals on the internet and high street and how to budget. This course is suitable for anyone who needs advice on how to be careful with money.

The family support worker works closely with other team members.

Key/Playworker

The key/playworker has had training in play and child development and offers:

One to one sessions in the home to include:

- Structured play
- Free play
- Language development

The emphasis will always be on facilitating the child and family to develop their own skills, by discussing successes and challenges and to plan the way ahead.

Group sessions:

The key/playworker works closely with other team members to offer Language and Play, story and movement sessions and baby massage sessions within the community.

Are you worried your child may have additional needs and need help and support?

Jigso

We are part of Barnardo's Caban Bach service working across Gwynedd.

HOW CAN WE HELP?

When a child has additional needs, an illness or a disability within a family we can offer individual support to families until they receive the suitable specialist service. This can mean assistance to apply for benefits and grants, support to attend meetings and appointments or just being available to listen to concerns.

Derwen

We are part of an integrated team for disabled children and their families in Gwynedd.

HOW CAN WE HELP?

- We hold PACT (Pre-school Autism Communication Therapy) sessions for young children who have communication difficulties. During the play sessions, the parent and therapist work together to assist the child to communicate clearer. This assists the parent and child to understand each other better.
- We are working with families that are experiencing current sleep problems. A Clinical Psychologist and Supporting Families Officer can offer a unique service that is based on assessing the family's current needs. They will discuss the sleep problems in detail and provide information about various approaches that the family can try.

E-mail: Derwen@gwynedd.gov.uk

ARFON: Bron Hendre, Lôn Parc, Caernarfon, LL55 2HP
01286 674686

DWYFOR: Uned Iechyd, Yr Ala, Pwllheli, LL53 5BL
01758 701000

MEIRIONNYDD: Meirionnydd Area Office,
Cae Penarlâg, Dolgellau, LL40 2YB
01341 424503

Do you want help to bring everyone who's helping you as a family together?

Gyda'n Gilydd Co-ordinators in the Meirionnydd, Dwyfor, Arfon areas and Communtiy First areas.

The Gyda'n Gilydd team has four Area Co-ordinators working in Meirionnydd, Dwyfor and Arfon. We speak with the whole family to see how you would like us to help you.

HOW CAN WE HELP?

- Talk to you as a family to see what is worrying you. See what's going well and what you'd like to see improve.
- Draw up an assessment that includes all members of the family and which talks about a number of things that could be worrying you, e.g. money, health, the development of the children, relationships within the family and support in the community: One assessment brings everything together.
- Create a team around you where you and everyone else will be clear about the way forward.
- Create a Plan with clear targets for everyone.
- You score yourself between 1 and 5 and we will aim for the 5 when you feel that you are coping much better as a family and when things have changed for the better.

“It’s good that services are working together and offering such a good mix of services, and that those are flexible and can come to us in the home. The way Gyda’n Gilydd works makes sense to families.”

“There are very good ideas in the group, and it’s great to bring the children here to do things that they can’t do at home.”

“The support and information was very useful. If things weren’t improving, I knew that there was someone there to support me.”