ADTRAC UPDATE
Achieving Your Dream

The participant was referred into ADTRAC for support with his mental health issues and multiple barriers in order to help enable him to get back into education or employment. The barriers included learning disability, domestic and substance abuse, mental health concerns and a lack of skills and qualifications.

Due to a relationship breakdown within his family the participant has been living in supported living for over twelve months.

The participant expressed an interest in art and photography, with support from his ADTRAC Mentor he approached Tŷ Pawb Community resource in Wrexham to ask if there were any volunteering opportunities in the art gallery which resulted in him successfully gaining a placement.

The participant had identified concerns over his ability to control his emotions, in particular when he got angry and this was something he wanted to change. His Mentor referred him to the ADTRAC Mental Health Practitioner who identified that sleep was a contributing factor to his mood and the nightmares he was having where impacting on the amount of sleep he had each night. The severity of the nightmares meant he was reluctant to sleep and this ultimately impacted on his routine. However his volunteering was having a positive impact on his mental health and it became important to focus on that whilst working with him to develop more of a regular routine.

The participant had expressed that he would like eventually to go to university, possibly to study photography but was concerned his learning difficulties, financial concerns and not having any support from his family would make this difficult. After a meeting at Glyndwr University the participant felt confident in applying for a course and was successful in obtaining a place on the film and photography foundation degree. Glyndwr recognised his potential and said they would undertake an assessment prior to him starting to ensure his learning needs where met, he was fully supported and they would also supply a laptop. As he did not have financial support from his parents and was claiming Universal Credit the young person was unable to procure the camera equipment needed for the course, through ADTRAC funding the equipment was also purchased for him.

Discussions also took place with Glyndwr and it was agreed that the participant could live in student accommodation on campus throughout the year due to the current family situation. As the participant lived in supported living accommodation he had no household items of his own such as cooking utensils, bedding, plates, cutlery etc. We also brought equipment for the young person's accommodation and his Mentor supported the participant to apply for a discretionary assist fund and through various agencies and organisations they were able to secure grants in order to purchase all the items he needed.

The participant is so excited about attending university and is overwhelmed by the support he has received from the ADTRAC Mentor and Mental Health Practitioner who have helped him to overcome his barriers and enable him to work toward something he thought was impossible. From the financial support he has received for equipment for the course, his accommodation needs and the grants he has received that will help buy clothes and food for when he moves in, this will ensure he has what he needs until he receives his first student finance payment.

The young person has become an inspiration for other young people in the area and is speaking to them about the help and support he needed to get him to where he is now.

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Y DIWEDDARAF GAN ADTRAC
Gwireddu eich Breuddwyd

Cyfeiriwyd y cyfranogwr at ADTRAC am gefnogaeth gyda'i broblemau iechyd meddwl a'i rwystrau niferus er mwyn helpu i'w alluogi i fynd nôl i addysg neu gyflogaeth. Roedd y rhwystrau yn cynnwys anabledd dysgu, camdriniaeth ddomestig ac o sylweddau, pryderon iechyd meddwl a diffyg sgiliau a chymwysterau.

Oherwydd i'r berthynas rhyngddo a'i deulu yn torri i lawr bu'r cyfranogwr yn byw mewn tŷ â chymorth am dros ddeuddeg mis.

Mynegodd y cyfranogwr ddiddordeb mewn celf a ffotograffiaeth, gyda chefnogaeth gan ei Fentor ADTRAC aeth at yr adnodd Cymunedol Tŷ Pawb yn Wrecsam i holi a oedd yna unrhyw gyfleoedd gwirfoddoli yn yr oriel gelf a golygodd hyn iddo lwyddo i gael lleoliad.

Roedd y cyfranogwr wedi nodi pryderon ynglŷn â'i allu i reoli ei emosiynau, yn enwedig pan oedd yn mynd yn flin ac roedd hyn yn rhywbeth roedd am ei newid. Cyfeiriodd ei Fentor ef at yr Ymarferwr Iechyd Meddwl ADTRAC a ddynododd fod cwsg yn ffactor oedd yn cyfrannu at ei hwyliau ac roedd yr hunllefau roedd yn eu profil yn effeithio ar faint o gwsg roedd yn ei gael bob nos. Roedd difrifoldeb yr hunllefau yn golygu ei fod yn gyndyn o gysgu ac roedd hyn yn y pen draw yn effeithio ar ei rwtín. Fodd bynnag roedd ei wirfoddoli yn cael effaith gadarnhaol ar ei iechyd meddwl a daeth yn bwysig i ganolbwyntio ar hynny wrth weithio gydag ef i ddatblygu rwtin mwy rheolaidd.

Mynegodd y cyfranogwr y byddai yn y pen draw yn hoffi mynd i'r brifysgol, o bosib i astudio ffotograffiaeth ond roedd yn bryderus y byddai ei anawsterau dysgu, pryderon ariannol a diffyg cefnogaeth gan ei deulu yn gwneud hyn yn anodd. Wedi cyfarfod ym Mhrifysgol Glyndwr roedd y cyfranogwr yn teimlo'n hyderus i wneud cais am gwrs a llwyddodd i gael lle ar y cwrs gradd ffilm a ffotograffiaeth. Adnabu Glyndwr ei botensial a dywedon nhw y byddent yn gwneud asesiad cyn iddo ddechrau i sicrhau fod ei anghenion ddysgu yn cael eu diwallu, ei fod yn cael ei gefnogi'n llawn ac y byddent hefyd y darparu gliniadur. Gan nad oedd yn derbyn cefnogaeth ariannol gan ei rieni ac roedd yn hawlio Credyd Cynhwysol ni lwyddodd y person ifanc i gael gafael ar yr offer camera oedd ei angen ar gyfer y cwrs; drwy gyllido ADTRAC prynwyd yr offer hefyd ar ei gyfer.

Cynhaliwyd trafodaethau hefyd gyda Glyndŵr a chytunwyd y gallai'r cyfranogwr fyw mewn llety myfyrwyr ar y campws drwy gydol y flwyddyn oherwydd y sefyllfa deuluol gyfredol. Gan fod y cyfranogwr yn byw mewn llety â chymorth doedd ganddo ddim eitemau cartref ei hun megis offer coginio, dillad gwely, platiau, cytleri ac ati. Mi wnaethon ni hefyd brynu offer ar gyfer llety'r person ifanc a chefnogodd ei Fentor y cyfranogwr i wneud cais am gronfa gymorth ddewisol a thrwy amrywiol asiantaethau a sefydliadau llwyddasant i sicrhau grantiau er mwyn prynu'r holl eitemau roedd eu hangen.

Mae'r cyfranogwr yn teimlo mor gyffrous ynglŷn â mynychu'r brifysgol ac mae wedi ei lorio gan y cymorth a dderbyniodd gan y Mentor ADTRAC a'r Ymarferwr Iechyd Meddwl sydd wedi ei helpu i oresgyn ei anawsterau a'i alluogi i weithio tuag at rywbeth a gredai oedd yn amhosib. O ganlyniad i'r gefnogaeth ariannol mae wedi ei derbyn ar gyfer offer i'r cwrs, ei anghenion o ran llety a'r grantiau mae wedi eu derbyn a fydd yn helpu prynu dillad a bwyd ar gyfer pan fydd yn symud i mewn, sicrheir fod ganddo'r hyn sydd ei angen arno hyd nes ei fod yn derbyn ei daliad cyllid myfyrwyr cyntaf.

Mae'r person ifanc wedi dod yn ysbrydoliaeth ar gyfer pobl ifanc eraill yn yr ardal ac mae'n siarad â nhw am yr help a'r gefnogaeth roedd eu hangen i ddod ag ef i'r fan lle y mae nawr.

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