

Dulliau partneriaeth o gefnogi iechyd a lles meddwl plant a theuluoedd yng Ngogledd Cymru

Partnership approaches to supporting mental health and wellbeing of children and families in North Wales

Dafydd Gwynne, Prif Ymarferydd Iechyd Cyhoeddus, BIPBC / Principal Public Health Practitioner, BCUHB. 26/3/25



Cynnwys

1. Iechyd Meddwl Amenedigol – Prosiect Peilot yn y Gymuned
2. Iechyd Meddwl Amenedigol – Hwb ‘Dechrau Gorau’
3. Fframwaith Iechyd, Lles a Gwytnwch Emosiynol – 5 Ffordd at Les i Blant, Pobl Ifanc a Theuluoedd

Content

1. Perinatal Mental Health – Community Based Pilot Project
2. Perinatal Mental Health – ‘Best Start’ Hub
3. Emotional Health, Wellbeing and Resilience Framework – 5 Ways to Wellbeing for Children, Young People and Families



1. Iechyd Meddwl Amenedigol (IMA) – Prosiect Peilot yn y Gymuned

- Iechyd emosiynol, meddyliol a lles merched a'u plant, partner a theuluoedd hyd at un flwyddyn yn dilyn genedigaeth plentyn
- 1 o bob 4 menyw: Profi heriau iechyd meddwl amenedigol, gan gynnwys iselder, gorbryder, ac anhwylderau iechyd meddwl eraill, yn amrywio o ysgafn, cymedrol i ddifrifol
- 1 o bob 10 dyn: Hefyd yn wynebu problemau iechyd meddwl amenedigol, er bod eu symptomau yn aml yn llai adnabyddus
- Gwasanaeth IMA BIPBC arbenigol wedi'i sefydlu ar gyfer menywod sy'n profi salwch meddwl cymedrol i ddifrifol. Fodd bynnag, mae data lleol yn awgrymu bod bwlch yn y ddarperiaeth ar gyfer menywod sy'n profi problemau iechyd meddwl ysgafn i gymedrol.

1. Perinatal Mental Health (PNMH) – Community Based Pilot Project

- The emotional, mental health and well-being of women and their children, partner and families from pregnancy up to one year following birth of child
- **1 in 4 women:** Experience perinatal mental health challenges, including depression, anxiety, and other mental health disorders, varying from mild, moderate to severe
- **1 in 10 men:** Also face perinatal mental health issues, though their symptoms are often less recognised
- Established specialist BCUHB PNMH service for women experiencing moderate to severe mental illness. However, local data suggests a gap in provision for women experiencing mild-moderate mental health issues.



1. Iechyd Meddwl Amenedigol (IMA) – Prosiect Peilot yn y Gymuned

- Prosiect a arweinir gan Glwstwr Arfon wedi'i ddatblygu gyda'r Gwasanaeth Iechyd Meddwl Gofal Sylfaenol (OTPCMH) Therapi Galwedigaethol presennol – sy'n darparu cymorth iechyd meddwl yn y gymuned i gleifion sy'n adrodd am drallod iechyd meddwl ysgafn i gymedrol
- Cleifion yn cael eu hatgyfeirio gan feddygon teulu, drwy dimau derbynfa meddygon teulu, neu'n cael eu hatgyfeirio gan ymwelwyr iechyd a gweithwyr gofal iechyd eraill
- Cleifion yn cael eu cefnogi i archwilio galwedigaethau ystyrlon (rolau bywyd a gweithgareddau) a allai ddarparu newid defnyddiol i wella lles corfforol a meddyliol
- Canlyniadau a fesurwyd - PREMs a mesurau canlyniad wedi eu cwblhau gan y therapydd; 'Adennill Ansawdd Bywyd' (ReQoL-10)
- Aros am werthusiad ffurfiol ym mis Mai; adborth a chanlyniadau cychwynnol yn gadarnhaol iawn (casglwyd astudiaethau achos)

1. Perinatal Mental Health (PNMH) – Community Based Pilot Project

- Arfon Cluster-led project developed with existing Occupational Therapy Primary Care Mental Health (OTPCMH) Service – delivering mental health support in the community for patients reporting mild to moderate mental health distress
- Patients referred by GPs, triaged through GP reception teams, or referred by health visitors and other health care professionals
- Patients supported to explore meaningful occupations (life roles and activities) that may provide helpful change to improve physical and mental wellbeing
- Outcomes measured - PREMs and therapist completed outcome measures ; 'Recovering Quality of Life' (ReQoL-10)
- Awaiting formal evaluation in May; initial feedback and results are very positive (case studies collected)



2. Iechyd Meddwl Amenedigol - Hwb Dechrau Gorau

- Dylai darparu cyngor a gwybodaeth hygyrch a dibynadwy i'r cyhoedd ar iechyd meddwl amenedigol fod yn rhan greiddiol o'n cynnig i rieni
- Fodd bynnag, yn dilyn adolygiad o'n tudalennau gwe BIPBC, fe wnaethom nodi angen clir am welliant
- Sefydlwyd Grŵp Tasg a Gorffen gydag ystod eang o bartneriaid, gan gynnwys Lleisiau Mamolaeth Gogledd Cymru, i gyd-ddatblygu cynnwys ar-lein priodol

2. Perinatal Mental Health - Best Start Hub

- Providing trusted and accessible advice and information for the public on perinatal mental health should form a core part of our offer to parents
- However, following a review of our BCUHB webpages, we identified a clear need for improvement
- Task and finish group established with a broad range of partners, including Maternity Voices North Wales, to co-develop appropriate online content

Hwb Iechyd Meddwl Amenedigol



Perinatal Mental Health Hub

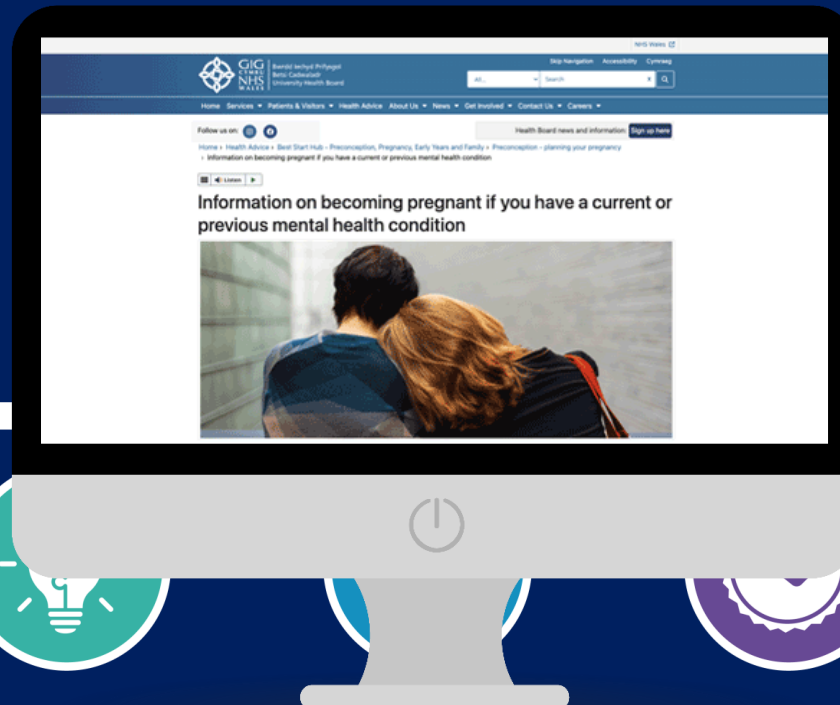


2. Iechyd Meddwl Amenedigol - Hwb Dechrau Gorau

- Cyn-cenhedlu ac iechyd meddwl
- Deall iechyd meddwl amenedigol ac emosiynau
- Pryder yn ystod y cyfnod amenedigol
- Iselder a thriniaeth cyn-geni ac ôl-enedigol
- Effeithiau seicolegol trawma geni
- Colli babi a phrofedigaeth
- Seicosis ôl-enedigol
- Sut y gall unigolion helpu eu hunain a sut y gall ffrindiau a theulu gynnig cymorth

2. Perinatal Mental Health – Best Start Hub

- Preconception and mental health
- Understanding perinatal mental health and emotions
- Anxiety during the perinatal period
- Antenatal and postnatal depression and treatment
- Psychological effects of birth trauma
- Baby loss and bereavement
- Postpartum psychosis
- How individuals can help themselves and how friends and family can offer support



Hwb Dechrau Gorau - Cyn Cenhedlu, Beichiogrwydd, Blynyddoedd Cynnar a Theulu



Mae'r Hwb Dechrau Gorau yn rhoi gwybodaeth, cyngor a chymorth defnyddiol i chi a'ch teulu – o gynllunio eich beichiogrwydd hyd at flynyddoedd cynnar eich babi a'r tu hwnt.

Mae'r adnoddau hyn wedi'u datblygu er mwyn helpu i roi'r dechrau gorau i chi a'ch teulu. Dewch i ddarganfod y wybodaeth amrywiol am iechyd a lles yn ystod y camau isod mewn bywyd:



Cyn cenhedlu – cynllunio dy feichiogrwydd



Yn ystod beichiogrwydd



Esgor a geni



Ti a dy blentyn



Iechyd pobl ifanc yn eu harddegau

Best Start Hub - Preconception, Pregnancy, Early Years and Family



The Best Start Hub provides useful information, advice and support for you and your family - from the stages of planning your pregnancy through to your baby's early years and beyond.

These resources have been developed to help provide the best start for you and your family. Discover the range of health and wellbeing information during the below phases in life:



Preconception - planning your pregnancy



During pregnancy



Labour and birth



You and your baby



You and your child



Teenagers



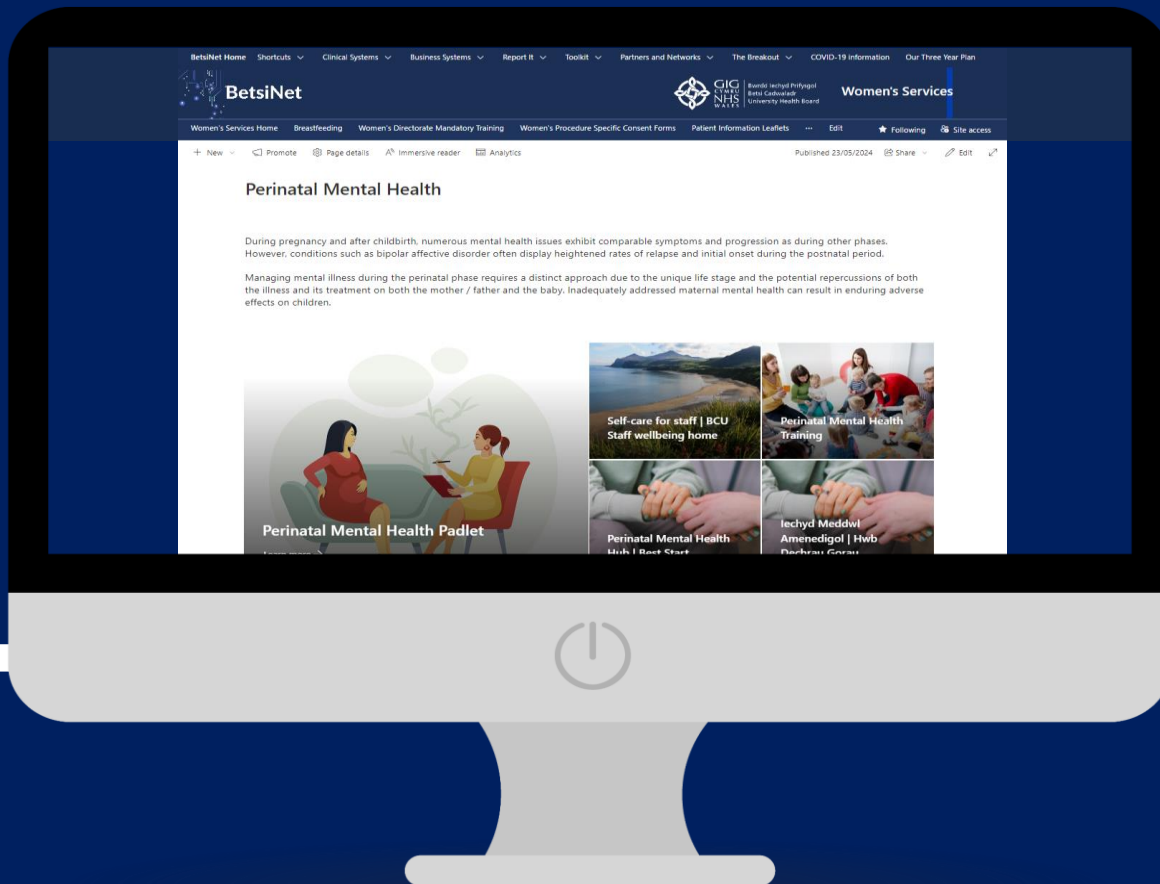
Cymraeg



English

2. Iechyd Meddwl Amenedigol - Hwb Dechrau Gorau

- Adnabod yr angen am adnoddau Iechyd Meddwl Amenedigol pwrpasol ar gyfer staff rheng flaen
- Datblygu cynnwys newydd ar fewnrwyd BetsiNet, a Phadlet newydd (adnoddau, canllawiau, hyfforddiant)



2. Perinatal Mental Health – Best Start Hub

- Need identified for dedicated Perinatal Mental Health resources for frontline staff
- Development of new content on the BetsiNet intranet, and a new Padlet (resources, guidelines, training)



3. Fframwaith Iechyd, Lles a Gwytnwch Emosiynol,— 5 Ffordd at Les i Blant a Theuluoedd

- Mae'r Pum Ffordd at Les yn gyfres o gamau ymarferol sydd â'r nod o wella ein hiechyd meddwl a'n lles – ond wedi'u datblygu ar gyfer y boblogaeth oedolion
- Cychwynnodd y Bwrdd Gwasanaethau Plant Rhanbarthol ar ddarn trylwyr o waith i ddatblygu fersiwn 5FfAL ar gyfer plant a phobl ifanc, a'u teuluoedd, a elwir yn [Fframwaith Iechyd Emosiynol, Lles a Gwytnwch](#).
- Proses dylunio: ymgysylltu â chydweithwyr o addysg, gwasanaethau plant, gwasanaethau iechyd, yn ogystal â phobl ifanc, rhieni a gofalwyr, a'r trydydd sector
- Allbwn wedi'i fframio fel: Sgiliau ac Ymddygiadau Craidd, a beth mae'r rhain yn ei olygu o safbwynt y plentyn, y rhiant / oedolyn y gellir ymddiried ynddo, a gwasanaethau cymorth

3. Emotional Health, Wellbeing and Resilience Framework – 5 Ways to Wellbeing for Children and Families

- The Five Ways to Wellbeing are a set of practical actions aimed at improving our mental health and wellbeing – but developed for the adult population
- Regional Children's Partnership Board embarked on a thorough piece of work to develop a 5WTWB version for children, young people, and their families, called the [Emotional Health, Wellbeing and Resilience Framework](#)
- Design process: engaging colleagues from education, children's services, health services, as well as young people, parents and carers, and third sector
- Output framed as: Core Skills and Behaviours, and what these mean from the perspective of the child, the parent / trusted adult, and support services



Bod yn sylwgar
Take notice



Bod yn fywiog
Be active



Cysylltu
Connect



Rhoi
Give



Dal ati i ddysgu
Keep learning



Pum ffordd at les
Five ways to wellbeing

3. Fframwaith Iechyd, Lles a Gwytnwch Emosiynol

- Matrics yw'r Fframwaith (5 ffordd x 5 grwp oedran / datblygiad)
- Mae profion newid wedi'u hariannu mewn gwahanol lleoliadau; Gwerthusiad parhaus

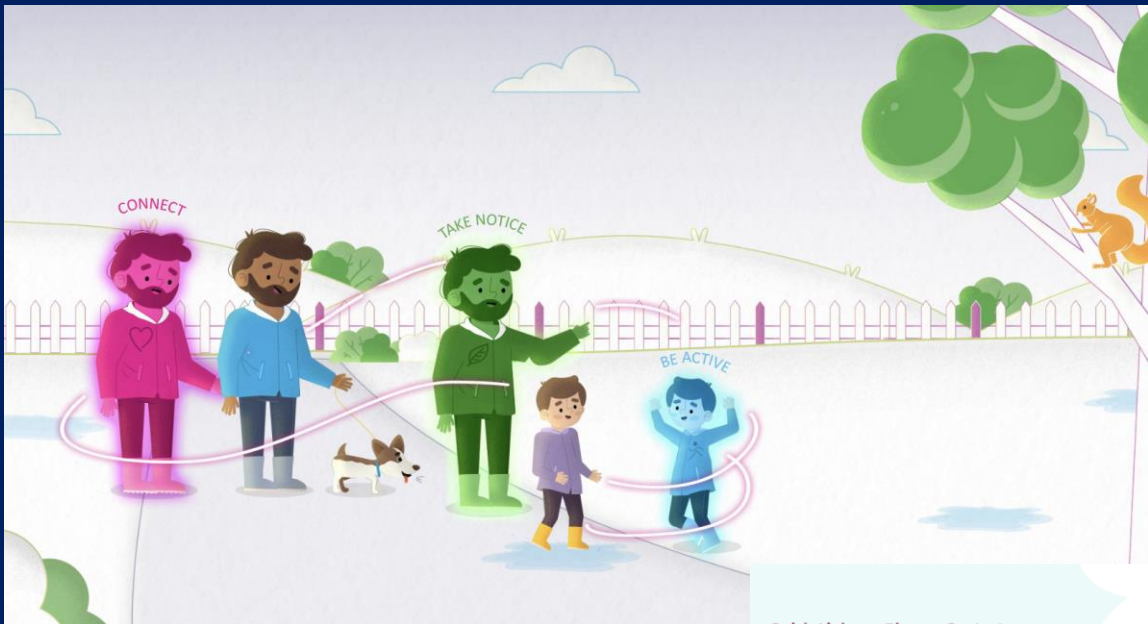
3. Emotional Health, Wellbeing and Resilience Framework

- The Framework is a matrix (5 ways x 5 age / development groups)
- Tests of change have been funded in different settings; Ongoing evaluation

CYSYLLTU Neilltuo amser i gysylltu â ffrindiau a theulu i helpu i gyfoethogi eich diwrnod				0-3
Sgiliau Craidd ac Ymddygiad	Plant	Rhieni ac oedolion dibynadwy eraill	Gwasanaethau Cefnogi	
Dechrau deall sut mae rhyngweithio ag eraill.	Rydw i'n dechrau rhyngweithio â phobl sy'n gyfarwydd i mi.	Rydyn ni'n cynnig cyfleoedd i'n plentyn gymdeithasu ac rydyn ni'n modelu ac yn cefnogi ein plant i rhyngweithio ac i chwarae'n dda. Byddwn yn helpu ein plant i ddatrys unrhyw broblemau sydd ganddyn nhw gydag eraill, ac yn eu helpu i ddysgu a datblygu eu hymddygiad.	Rydyn ni'n cynnig cyfleoedd i blant ddysgu a datblygu eu sgiliau cymdeithasol mewn amrywiol sefyllfaoedd. Wrth wneud hyn, rydyn ni'n modelu iaith a chwarae i ddatblygu llythrennedd emosiynol. Byddwn yn gweithio gyda rhieni ac oedolion dibynadwy eraill i helpu i ddatblygu strategaethau ymddygiad cadarnhaol.	
Cydweithio a chydweithredu â phobl eraill.	Rydw i'n dysgu cymryd fy nhro ac yn dechrau gwrandao ar bobl eraill. Rydw i'n dysgu dweud os gwelwch yn dda a diolch. Rydw i'n dechrau edrych ar bobl pan fyddan nhw'n siarad â mi. Rydw i'n dechrau defnyddio dwylo caredig wrth chwarae gyda phlant eraill.	Rydyn ni'n cynnig cyfleoedd i'n plentyn ddatblygu'r sgiliau o gymryd tro, bod yn gwrtais a chydweithio ag eraill. Rydyn ni'n cynnig cyfleoedd i'n plentyn wneud ffrindiau newydd ac yn modelu ymddygiad priodol.	Rydyn ni'n cynnig cyfleoedd dysgu i blant gydweithio a chydweithredu, ac i ddatblygu'r sgiliau o gymryd tro, bod yn gwrtais a gwrandao ar eraill. Byddwn yn gweithio gyda rhieni ac oedolion dibynadwy eraill i helpu i ddatblygu strategaethau ymddygiad cadarnhaol.	
Dechrau cyfleu anghenion a theimladau.	Rydw i'n dysgu cyfleu fy nheimladau.	Rydyn ni'n siarad â'n plant am eu teimladau a'u hemosiynau. Byddwn yn modelu sut mae cyfleu teimladau mewn ffordd briodol. Byddwn yn defnyddio llyfrau a chyfryngau digidol i ddatblygu dealltwriaeth o	Rydyn ni'n siarad â phlant am eu teimladau a'u hemosiynau. Byddwn yn modelu sut mae cyfleu teimladau mewn ffordd briodol. Byddwn yn defnyddio llyfrau a chyfryngau digidol i ddatblygu dealltwriaeth o	

CONNECT Make time to connect with friends and family to help enrich your day				0-3 Year Olds
Core Skills & Behaviours	Children	Parents and Other Trusted Adults	Support Services	
Beginning to understand how to interact with others.	I am beginning to interact with people familiar to me.	We will provide opportunities for our child to socialise and we model and support our children to interact and play well. We will help our children to resolve any problems they have with others and help them to learn and develop their behaviour.	We provide opportunities for children to learn and develop their social skills in a variety of settings. When doing this, we model language and play to develop emotional literacy. We will work with parents and other trusted adults to help develop positive behavioural strategies.	
Cooperate and collaborate with other people.	I am learning to take turns and starting to listen to others. I am learning to say please and thank you. I am starting to look at people when they are talking with me. I am beginning to use kind hands when playing with other children.	We provide opportunities for our child to develop the skills of taking turn, being polite and cooperation with others. We provide opportunities for our child to make new friendships and model appropriate behaviours.	We provide learning opportunities for children to cooperate and collaborate, and to develop the skills of taking turn, being polite and listening to others. We will work with parents and other trusted adults to help develop positive behavioural strategies.	
Beginning to communicate needs and feelings.	I am learning to express my feelings.	We talk to our children about their feelings and emotions. We will model how to express feelings in an appropriate way. We will use books and digital media to further develop an understanding of emotions.	We talk to children about their feelings and emotions. We will model how to express feelings in an appropriate way. We will use books and digital media to further develop an understanding of emotions.	





Fideos - Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
Videos - Betsi Cadwaladr
University Health Board

Quick Links Blog Contact

Emotional Health, Wellbeing & Resilience
NORTH WALES


Stories Resources Out & About



Help to support the **emotional health, wellbeing and resilience** of children and young people in North Wales

I'm looking for help with:

Children's mental health

Search for a topic, or try selecting a category from below









Babies & Toddlers Children Young People Support Services

Explore outside locations

Here, you can discover new ideas about where you can go and what you can do when playing outside, including some of the best beaches, parks, playgrounds, woods and nature reserves in North Wales.

All Species Dandelions Trees

Playgrounds Woods and Walks Open Access

Diolch yn fawr

Thank you

Dafydd.Gwynne@wales.nhs.uk

