



Five ways to **wellbeing**

Skills for Life

Come along to our Open Day at Ysgol David Hughes on the 6th November 2018: for Pupils 10am-3:30pm and Parents 3:30pm-5pm to hear more about.....

- Financial Stability and Budgeting
- Healthy Relationships and Online Safety
- Health (including Mental Health and Wellbeing)
- Employability and Voluntary Opportunities



Department
for Work &
Pensions

Adran Gwaith
a Phensiynau



Skills for Life Workshops

MAIN HALL

Tuesday 06.11.18

Lesson 2 - Year 10 YMDR

Lesson 3 - Year 10 ECHA

Lesson 4 - Year 11 ECHA

Lesson 5 - Year 11 YMDR

Lesson 6 -YEARS 12 +13

PARENTS 3.30pm – 5.00pm

PRESENT

North Wales Police – Team ONYX

North Wales Police will be providing advice and guidance on online safety, grooming, sexual exploitation, 'sexting' taking and sharing indecent images between people of the same ages and the legal consequences.

ADTRAC

ADTRAC provides 1-2-1 bespoke mentoring support to young people aged 16-24 years old to get back in to education, training or employment. Project mentors help participants overcome barriers; develop an action plan, access volunteering, and training and employment opportunities. ADTRAC promotes the 5 ways to wellbeing, providing support for low to moderate level mental health concerns such as low self-esteem, anxiety and depression.

TRAC

TRAC is a project that sits within the education department to support young people to engage with school and educational provision. This support is available to young people aged 11-16 years old.

Youth Service and Duke of Edinburgh

Youth Services will provide information on youth clubs and services in the local area. The Duke of Edinburgh Award is one of the world's leading youth achievement awards and has transformed the lives of millions of young people from all walks of life. From volunteering to physical activities, life skills to expeditions, achieving this award is a passport to a brighter future, valued by employers and universities.

MPCT

MPCT are dedicated to helping 16-23-year olds develop their fitness, get vocational qualifications and improve their employability skills through training and education.

Big Ideas Wales

We are here to support the next generation of young entrepreneurs in Wales! Be inspired by others, learn about business, develop your ideas and if it's something for you, we can help you take the first step to being your own boss!

Oriel Ynys Môn

Oriel Môn is a Heritage and Arts Centre which offers a wide range of creative and historical opportunities for the community and its young people. They are able to offer volunteering prospects, both front of house and behind the scenes, working with curators on the art and historical collections.

Cyfle Cymru

Cyfle Cymru is able to support individuals aged 16-24 years old who are not in education, employment or training and have difficulties with substance misuse and/or mental health. They offer mentoring support to help build confidence and provide support to access training, qualifications and work experience.

Natwest

Natwest are able to support young people by encouraging financial awareness and stability. They are also able to advise customers about online safety when using and/ or accessing accounts digitally.

Môn CF

Môn CF are able to work with young people who live on Anglesey, are not in education, training or full time employment. They are able to support with creating CV's, training opportunities, work placements and securing paid employment.

Civil Service Local

Civil Service Local are able to support young people with careers advice, employment within the Civil Service, CV writing and job applications.

Careers Wales

Careers Wales are able to support young people, raising awareness of learning opportunities and improving self-awareness, raising individual aspirations. They are able to increase access to, and completion of, learning and training leading in to employment.

Jobcentre Plus

The Department for Work and Pensions are able to offer support and advice on working with a Health Condition or Disability. They can provide information on Access to Work and Disability Confident so that young people know what support is available and their rights as an employee.

The National Training Federation for Wales

The National Training Federation for Wales has highly skilled members of staff available to advise and inform pupils of the advantages and benefits of apprenticeships as a career route.

Teulu Môn

Teulu Môn acts as the first point of contact for all Children, Families and Professionals in accessing information, advice and assistance relating to Children or the families of children aged 0-25 years.

Integrated Autism Service

The Integrated Autism Service are able to support those aged 18 years and over with a diagnosis of Autism. They are also able to support young people and parents within a family unit of anyone diagnosed with Autism.

National Health Service – NHS

The NHS will be providing information on sexual health, contraception and STI services. They will also be on hand to discuss the different roles within the service and career pathways for sexual health.

Carers Wales

Carers Wales is an advice service for young carers aged 16-24 years old, able to signpost to other organisations and support groups as applicable. They can also support young carers who may be going in to further education and who may need to access support services during this time.

Communities for Work

Communities for Work can support young people living in Community First areas. They are able to support with CV writing, job applications and funding for training opportunities.

CAMHS

CAMHS can provide information and support regarding Mental Health and Well-being. Details of the CAMHS website and information will be available during the course of the event, offering support and advice.
