31604 incredible USE 18/11/08 11:33 am Page 1

Rhif 13 Hydref 2008 • **No 13** Autumn 2008 **CYLCHLYTHYR • NEWSLETTER**

BLYNYDDOEDD RHYFEDDOL INCREDIBLE YEARS CYMRU

MYNEGAI/INDEX

Cefnogi Gofalwyr Maeth
Suporting Foster Carers 2

Blwyddyn Arall/Another Year 3

Rhaglen Rheolaeth Dosbarth
Teacher Classroom Management
Cynhadledd a Gwobrauu 2009
2009 Conference and Awards 4

Ymchwil i'r Rhaglen Magu Plant Bach
Toddler Programme Research 5

Ffyddlondeb y Gweithrediad
Treatment Fidelity 6

Cost Plant sy'n Derbyn Gofal
Cost of Looked After Children
Blynyddoedd Rhyfeddol yn Aberteifi
Incredible Years in Cardigan.....7

Dina i Grwpiau Bach
Small Group Dina
Y Diweddaraf o Blaenau Ffestiniog
Update from Blaenau Ffestiniog.....8

Uchafbwyntiau'r Flwyddyn
Highlights of the Year 9

Ymuno a BRh Cymru
Joining IY Wales
Cynhadledd Cyfnewid Gwybodaeth
Knowledge Exchange Conference....10

Lleoliad GoWales 2008
2008 GoWales Placements.....11

Archways, Yr Iwerddon
Archways, Ireland
Ymchwil Clinigol Cyfweithiol Cymru
Clinical Research Collaboration Cymru..12

Rhaglen Babanod yng Nghaernarfon
Baby Programme in Caernarfon 13

Adran Addysg Gwynedd
Gwynedd Education Department....14

Gwobrau'r BRh 2008
2008 IY Awards.....15

Ymrywymiad Caerdydd
Cardiff's Commitment 16

Blaenau Gwent 17

Conwy a Sir Ddinbych
Conwy and Denbighshire
Datblygiadau yng Ngogledd Iwerddon
Developments in Northern Ireland..18

Sir Y Fflint/Flintshire
Torfaen 19

Elusen BRh Cymru
IY Cymru Charity
Cyhoeddiadau Diweddar
Recent Publications 20

Powys.....21

Parhad Cyllid LlCC
Continued WAG funding
Cysylltiadau Tramor
Oversees Links 22

Hyfforddiant BRh/IY Trainings
Plant yng Nghymru/Children in Wales..23

Dina yn y Dosbarth/Classroom Dina
Rhaglenni Babanod a Phlant Bach
Infant and Toddler Programmes 24

Canlyniadau Cynar Prosiect 'Pathfinder'
Pathfinder Project Early Results 25

Cymryd Lle Carolyn
Stepping in for Carolyn
Rhaglenni'r BRh
The IY Programmes.....26

Ein Cartref Newydd/Our New Home
Ymweliad AS LlCC/WAG AMs Visit
Gwynedd yn Arwain y Ffordd
Gwynedd Leading the Way 27

Phortiwgal/Portugal
Cynhadledd Coffa Sheila Jenkins
Sheila Jenkins Memorial Conference
Birmingham 28

Carolyn back in action in Italy after her accident

IN APRIL Carolyn Webster-Stratton had a cycling accident involving significant brain damage so it was good to see her, in September, on her first time away from home in Terracina, Italy for the 2008 mentor meeting. Although she still has some restrictions on her activities she is well and very happy to meet up with her growing team of over 30 mentors and trainers. The Wales IY team, Sue, Bridget and Judy were joined by colleagues from across the globe including for the first time trainee mentors from Russia and Denmark.

Judy, Sue and Bridget with Carolyn in Terracina, Italy.
Judy, Sue a Bridget gyda Carolyn yn Terracina, Yr Eidal.

Carolyn yn ôl yn Yr Eidal wedi ei damwain

YM MIS EBRILL cafodd Carolyn Webster-Stratton ddamwain beic a chafodd niwed i'w ymenydd felly 'roedd yn dda ei gweld am y tro cyntaf i ffwrdd o adref ym mis Medi yn Terracina, Yr Eidal ar gyfer y cyfarfod mentor 2008. Er bod y ddamwain wedi amharu ar ei gweithgareddau, mae hi yn teimlo'n dda ac yn hapus iawn i gyfarfod â'i thîm o fentoriaid a hyfforddwyr. Ymunodd cydweithwyr o ar draws y byd gan gynnwys mentoriaid dan hyfforddiant newydd o Rwsia a Denmarc â thîm BRh Cymru, Sue, Bridget a Judy.

2008 IY Wales Annual Conference

Our Annual conference in February was opened by Jane Hutt A.M., Minister for Children, Education, Lifelong Learning and Skills and she presented the first Incredible Years Awards. Jane was presented with a copy of the Welsh translation of the IY book and was happy to announce continued funding to support the delivery of the IY programmes across Wales. The team presented papers on their most recent findings (as described in their articles in the newsletter).

We were delighted to have both Dr Helen Henningham from Jamaica and Margaret Maher from Archways, Dublin speaking at the conference.

We are delighted that Jane has agreed to open our 2009 Conference in Cardiff.

Jane Hutt AM is presented with the Welsh Incredible Years Book.

Jane Hutt AC yn cael ei chyflwyno gyda llyfr Cymraeg y Blynyddoedd Rhyfeddol.

Cynhadledd Flynyddol BRh Cymru 2008

Agorwyd ein cynhadledd flynyddol ym mis Chwefror gan Jane Hutt AC, y Gweinidog dros Blant, Addysg, Dysgu Gydol Oes a Sgiliau, a hi gyflwynodd y Gwobrau Blynyddoedd Rhyfeddol cyntaf. Cyflwynwyd Jane â chopi o gyfieithiad Cymraeg llyfr y BRh ac 'roedd yn falch o gael cyhoeddi parhad yn y cyllid i gefnogi cyflwyniad rhaglenni'r BRh ledled Cymru. Cyflwynodd y tîm bapurau ar eu canfyddiadau mwyaf diweddar (fel y disgrifir yn eu herthyglau yn y cylchlythyr).

'Roedd yn bleser mawr gennym glywed Dr Helen Henningham o Jamaica a Margaret Maher o Archways, Dulyn, yn siarad yn y gynhadledd.

'Rydym yn falch iawn bod Jane wedi cytuno i agor ein Cynhadledd yn 2009 yng Nghaerdydd.

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31604 incredible USE 18/11/08 11:33 am Page 2

Supporting foster carers with the IY Parent Programme

Dr. Tracey Bywater

There are over 4,000 looked after children in Wales who often have a difficult start in life, move from foster carer to foster carer and are high users of health, social care and educational services. The UK government has recognised a need to improve training for foster carers to support the health, wellbeing and educational attainment of these children. Evidence has shown these children to have significantly more behavioural problems than other children with over 37% having a diagnosis of conduct disorder.

The IY Parent Programme is effective in supporting and helping parents with children in conventional family circumstances with conduct disorder or challenging behaviour and over the years staff in the North West Wales NHS Trust Child and Adolescent Mental Health Service have worked with many foster carers of referred children who have found the programme helpful for themselves and their cared for children. Local Authorities (Gwynedd, Anglesey and Conwy) have offered the IY programme to foster carers and again carers have reported it to be useful. However, until the present study the IY programme had not been formally evaluated with foster carers.

The study was a twelve-month collaborative Bangor project between IMSCaR and Psychology to establish the usefulness of the IY programme to foster carers and their looked after children. It was funded by the Wales Office of Research in Health and Social Care (WORD). It was anticipated that problematic behaviour among the children would be reduced. Costs of services accessed by the children and their carers were also collected (for service use/cost information see the article by Pat, Rhiannon and Seow Tien).

Forty-six foster carers from three North/Mid Wales Local Authorities participated in this exploratory study. Of these 29 attended a parent group and 17 were on a waiting list control group. The foster carers were seen at baseline and six months later, with the intervention carers attending the programme in the interim.

Behavioural outcomes were assessed using standardised, validated measures to assess carer competencies, carer depression and child behavioural and emotional problems.

The intervention achieved significant reductions in children's hyperactivity as rated by both teachers and carers, intensity of problems as rated by carers (see Figure 1) and overall total difficulties (behavioural and emotional) as rated by teachers. Furthermore, depression scores for intervention carers were reduced after intervention.

Carer and leader feedback, and child outcome analyses demonstrated that, in the short term, the programme was well received and beneficial to carers and children. Both carers and leaders felt that there was a definite place for this programme, especially for new carers or prospective adoptive parents. New carers found the group to be particularly useful and supportive especially if they had not had children of their own. All carers found the content useful and welcomed the chance to discuss issues and problem solve with other carers in a confidential environment.

Leaders and carers thought that the programme might benefit from even more focus on play and relationship building, as many looked after children have often not had the opportunity to form stable and positive social relationships.

Our findings underline the need to ensure that foster carers and other professionals understand, and can address, the emotional and behavioural difficulties of looked after children. Rather than awaiting a diagnosis in order to access evidence-based treatments (and reduce the chance of a placement breaking down), the IY group 'Parent' programme should be offered to all foster carers. Professionals working with these children would also benefit from being able to deliver this support to allow more of these children to fulfill their potential as adults and ensure a consistent approach to them. Where children are likely to return home (over 50%) it would also be helpful for birth parents to attend courses possibly together with their looked after children carers.

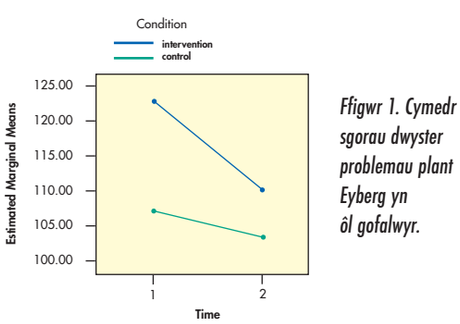


Figure 1. Mean Eyberg child problem intensity scores as rated by carers.

Ffigwr 1. Cymedr sgorau dwyster problemau plant Eyberg yn ôl gofalwyr.

Cefnogi gofalwyr maeth gyda Rhaglen Magu Plant y BRh

Dr. Tracey Bywater

Mae yna dros 4,000 o blant yn derbyn gofal yng Nghymru sy'n aml yn cael cychwyn anodd mewn bywyd, yn symud o un rhiant maeth i'r nesaf ac yn gwneud defnydd helaeth o wasanaethau iechyd, gofal cymdeithasol ac addysgol. Mae llywodraeth y DU wedi canfod bod angen gwella hyfforddiant ar gyfer gofalwyr maeth er mwyn cefnogi iechyd, lles a chyrhaeddiad addysgol y plant hyn. Dengys tystiolaeth bod gan y plant hyn gryn dipyn yn fwy o broblemau ymddygiad na phlant eraill, gyda dros 37% yn cael eu dehongli ag anhwylder ymddygiad.

Mae Rhaglen Magu Plant y BRh yn llwyddo i gefnogi a helpu rhieni â phlant mewn amgylchiadau teuluol confensiynol gydag anhwylder ymddygiad neu ymddygiad heriol. Dros y blynyddoedd, mae staff Gwasanaeth Iechyd Meddwl Plant a'r Glasoed Ymddiriedolaeth GIG Gogledd Orllewin Cymru wedi cydweithio â nifer o ofalwyr maeth plant wedi'u cyfeirio. Cred y rhain bod y rhaglen wedi bod yn fuddiol iddynt hwy ac i'r plant y maent yn gofalu amdanynt. Mae awdurdodau lleol (Gwynedd, Ynys Môn a Chonwy) wedi cynnig rhaglen y BRh i ofalwyr maeth ac unwaith eto, mae'r gofalwyr wedi nodi ei fod yn fuddiol. Fodd bynnag, hyd nes yr astudiaeth bresennol, nid oedd rhaglen y BRh wedi cael ei werthuso'n ffurfiol gyda gofalwyr maeth.

'Roedd yr astudiaeth yn brosiect deuddeng mis ym Mangor ar y cyd ag IMSCaR a Seicoleg i sefydlu pa mor ddefnyddiol yw rhaglen y BRh i rieni maeth a'r plant y maent yn gofalu amdanynt. Noddwyd y prosiect gan Swyddfa Cymru ar gyfer Ymchwil a Datblygu Iechyd a Gofal Cymdeithasol (WORD). Rhagwelwyd y byddai llai o ymddygiad problemus ymysg y plant. Casglwyd manylion costau'r gwasanaethau 'roedd y plant a'u gofalwyr yn eu defnyddio hefyd (i weld y wybodaeth am ddefnydd gwasanaeth/cost, darllenwch erthygl Pat, Rhiannon a Seow Tien).

Cymrodd 46 o ofalwyr maeth o dri Awdurdod Lleol yng Ngogledd/Canolbarth Cymru ran yn yr astudiaeth archwiliadol hon. O'r rhain, mynychodd 29 grŵp rhieni ac roedd 17 mewn grŵp rheolydd ar restr aros. Gwelwyd y gofalwyr maeth ar y cychwyn ac yna chwe mis yn ddiweddarach, gyda gofalwyr y grŵp ymyrraeth yn mynychu'r rhaglen yn y cyfamser.

Aseswyd y canlyniadau ymddygiadol gan ddefnyddio mesurau wedi'u safoni a'u dilysu i asesu cymhwysedd y gofalwyr, iselder y gofalwyr a phroblemau ymddygiadol ac emosiynol y plant.

Llwyddodd yr ymyrraeth i leihau gorfywiogrwydd y plant yn sylweddol, yn ôl yr athrawon a'r gofalwyr, dwyster y problemau yn ôl y gofalwyr (gweler Ffigwr 1) a chyfanswm yr anawsterau'n gyffredinol (ymddygiadol ac emosiynol) yn ôl yr athrawon. Yn ogystal, roedd sgorau iselder gofalwyr y grŵp ymyrraeth wedi gostwng ar ôl yr ymyrraeth.

Dangosodd adborth y gofalwyr a'r arweinwyr, a dadansoddiadau o ganlyniadau'r plant, y cafodd y rhaglen groeso da a'i bod yn fuddiol i'r gofalwyr a'r plant yn y tymor byr. Teimlai'r gofalwyr a'r arweinwyr bod yna le pendant ar gyfer y rhaglen hon, yn arbennig ar gyfer gofalwyr newydd neu ddarpar rieni sy'n mabwysiadu. Credai gofalwyr newydd fod y grŵp yn arbennig o fuddiol a chefnogol, yn enwedig y rhai heb blant eu hunain. Credai'r holl ofalwyr bod y cynnwys yn fuddiol ac roeddent yn croesawu'r cyfle i drafod materion a datrys problemau gyda gofalwyr eraill mewn amgylchedd cyfrinachol.

Credai'r arweinwyr a'r gofalwyr y gallai'r rhaglen elwa ar ganolbwyntio mwy ar chwarae a magu perthnasau, gan nad yw nifer o blant sy'n derbyn gofal yn aml wedi cael cyfle i lunio perthnasau cymdeithasol sefydlog a chadarnhaol.

Mae ein canfyddiadau'n tanlinellu'r angen i sicrhau bod gofalwyr maeth a gweithwyr proffesiynol eraill yn deall ac yn gallu mynd i'r afael ag anawsterau emosiynol ac ymddygiadol plant sy'n derbyn gofal. Yn hytrach nag aros am ddiagnosis er mwyn ceisio triniaethau wedi'u seilio ar dystiolaeth ac osgoi methiant y lleoliad, dylid cynnig rhaglen 'rhieni' grŵp y BRh i bob ofalwr maeth. Byddai gweithwyr proffesiynol sy'n gweithio gyda'r plant hyn hefyd yn elwa ar fod yn gallu cyflwyno'r gefnogaeth hon. Byddai hyn yn galluogi mwy o'r plant hyn i gyflawni eu potensial fel oedolion a sicrhau dull gweithredu cyson ar eu cyfer. Lle bo plant yn debygol o ddychwelyd i'w cartrefi (dros 50%), mae'n bosib byddau hefyd o fudd i'r rhieni biolegol fynychu'r cyrsiau ar y cyd â gofalwyr y plant sy'n derbyn gofal o bosib.

31604 incredible USE 18/11/08 11:33 am Page 3

Another year with IY Wales

Dr. Karen Jones

Blwyddyn arall gyda BRh Cymru

Dr. Karen Jones

IY parent programme works for children at risk of ADHD

In April I was awarded my Ph.D., which reported on the effectiveness of the Incredible Years (IY) BASIC Parenting Programme with a sub-set of families of pre-school children from the main Sure Start sample who were at risk of developing ADHD as well as conduct problems. The results demonstrated statistical and clinically significant reductions in child ADHD symptoms, as well as significant improvements in positive parenting. These improvements were maintained for at least twelve months. I would like to thank Judy and Dave Daley for their support and guidance over the course of my studies.

IY Toddler Parenting Programme study

I am fortunate to remain a part of the IY Wales team, as I now have a post as a Research Officer, investigating the new IY Toddler Parent Programme, alongside Nia Griffith, who is evaluating the programme for her Ph.D. My main role, so far, has been to adapt the Dyadic Parent-child Interaction Coding System (DPICS) for use with children aged between one and three-years of age. As well as adding examples of parent-child interaction to reflect limited and varied child language abilities, four new categories have been included to assess parental strategies to promote their child's language development. Nia, Pam, Catrin, Tracey and I have been coding video-taped interactions between parents and toddlers and we are grateful to Tracey, Pam, and Catrin, for volunteering to help out with data collection during busy periods.

In Phase One we visited families in Blaenau Ffestiniog, Bangor, Caernarfon, Holyhead, Llanrwst and Welshpool to collect baseline measures, which included interview, questionnaire, and direct observation. It is exciting to be conducting the first ever evaluation of the new IY Toddler programme and I can't wait to analyse the data!

Supporting other researchers outside Wales

Tracey and I delivered two five-day training courses for researchers on using the DPICS. In May we trained at the National University of Ireland, Maynooth, in preparation for their forthcoming evaluation of the IY Parenting programme for children at risk of developing conduct problems. In June, we travelled to Portugal to train researchers at the Faculty of Psychology, University of Coimbra, as they prepare to undertake the first randomised controlled trial of the IY programmes with Portuguese families.

Nursery Staff Research

Following a successful small grant application to the North Wales Research Committee (£10k), we have funds for a small-scale evaluation of the IY BASIC Parenting Programme with nursery and crèche staff. We are hoping to recruit children, aged between two and three-years, and their nursery carers from six nurseries in Flying Start areas in Gwynedd and are currently negotiating with local services about this.

Rhaglen magu plant y BRh yn gweithio ar gyfer plant â risg o ADHD

Derbyniais fy Ph.D. ym mis Ebrill, a oedd yn adrodd ar effeithiolrwydd Rhaglen Magu Plant BASIC y Blynyddoedd Cynnar (y BRh) gydag is-set o deuluoedd â phlant cyn oed ysgol o'r sampl Cychwyn Cadarn oedd mewn perygl o ddatblygu ADHD yn ogystal â phroblemau ymddygiad. Dangosodd y canlyniadau ostyngiadau ystadegol a chlinigol sylweddol yn symptomau ADHD y plant, yn ogystal â gwelliannau sylweddol mewn dulliau magu plant cadarnhaol. Cynhaliwyd y gwelliannau hyn am o leiaf ddeuddeg mis. Hoffwn ddiolch i Judy a Dave Daley am eu cefnogaeth a'u harweiniad dros gyfnod fy astudiaethau.

Astudiaeth Rhaglen Magu Plant Bach y BRh

'Rwyf yn ffodus iawn o gael parhau i fod yn rhan o dîm BRh Cymru, gan fy mod bellach wedi cael swydd fel Swyddog Ymchwil, yn ymchwilio i Raglen Magu Plant Bach y BRh. 'Rwyf yn gwneud hyn ochr yn ochr â Nia Griffith, sy'n gwerthuso'r rhaglen ar gyfer ei Ph.D. hithau. Fy mhrif rôl hyd yma fu addasu'r System Codio Rhyngweithiadau Rhiant-Plentyn Dyadig (DPICS) i'w defnyddio â phlant rhwng un a thair oed. Yn ogystal ag ychwanegu esiamplau o ryngweithiadau rhiant-plentyn i adlewyrchu galluoedd ieithyddol cyfyngedig ac amrywiol y plant, mae pedwar categori newydd wedi'u hychwanegu er mwyn asesu strategaethau rhieni i hybu datblygiad ieithyddol eu plentyn. Mae Nia, Pam, Catrin, Tracey a minnau wedi bod wrthi'n codio rhyngweithiadau wedi'u recordio ar fideo rhwng rhieni a phlant bach, ac rydym yn ddiolchgar i Tracey, Pam a Catrin am wirfoddoli i helpu gyda chasglu'r data yn ystod cyfnodau prysur.

Yng ngham un, y roeddem wedi ymweld â theuluoedd ym Mlaenau Ffestiniog, Bangor, Caernarfon, Caergybi, Llanrwst a'r Trallwng i gasglu mesurau cychwynnol, sy'n cynnwys cyfweliad, holiadur ac arsylwi uniongyrchol. Mae'n gyffrous cael cynnal y gwerthusiad cyntaf erioed o Raglen Plant Bach y BRh, ac rwy'n ysu am gael dadansoddi'r data!

Cefnogi ymchwilwyr eraill y tu allan i Gymru

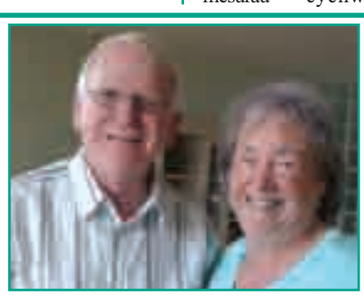
Cyflwynodd Tracey a minnau ddau gwrs pum niwrnod ar gyfer ymchwilwyr ar ddefnyddio DPICS. Fis Mai, buom yn hyfforddi ym Mhrifysgol Genedlaethol Yr Iwerddon ym Maynooth, sy'n defnyddio'r system yn eu gwaith ymchwil, fel modd o baratoi. Fis Mehefin, buom ar ymweliad â Phortiwgal i hyfforddi ymchwilwyr yng Nghyfadran Seicoleg Prifysgol Coimbra, wrth iddynt baratoi i gynnal hap-dreial wedi'i reoli cyntaf rhaglenni'r BRh gyda theuluoedd o Bortiwgal.

Ymchwil Staff Meithrinfeydd

Yn dilyn cais llwyddiannus am grant bychan gan Bwyllgor Ymchwil Gogledd Cymru (£10k), mae gennym arian i gynnal gwerthusiad ar raddfa fychan o Raglen Magu Plant BASIC y BRh gyda staff meithrinfeydd. 'Rydym yn gobeithio recriwtio plant rhwng dwy a thair oed a'u gofalwyr yn y feithrinfa mewn chwe meithrinfa yn ardaloedd Dechrau'n Deg Gwynedd, ac 'rydym wrthi ar hyn o bryd yn trafod hyn gyda gwasanaethau lleol.

Goronwy and Barbara Cleaver continue their support

We are grateful for the continuing support of Goronwy and Barbara Cleaver who have contributed to our work for the last seven years. This last year their funding supported Catrin Eames in working on the final stages of her Ph.D. which she submitted in September. Over the coming year their contribution will support Pam Martin in completing her Ph.D.



Goronwy and Barbara Cleaver during their visit to Wales in August 2008

Goronwy a Barbara Cleaver yn parhau gyda'u cefnogaeth

Goronwy a Barbara Cleaver yn ystod eu hymweliad â Chymru fis Awst 2008

'Rydym yn ddiolchgar iawn am gefnogaeth barhaus Goronwy a Barbara Cleaver sydd wedi bod yn cyfrannu at ein gwaith dros y saith mlynedd diwethaf. Eleni, cefnogodd eu nawdd Catrin Eames wrth iddi weithio ar gamau olaf ei Ph.D., y cyflwynodd ym mis Medi. Yn ystod y flwyddyn i ddod, bydd eu cyfraniad yn cefnogi Pam Martin i gyflawni ei Ph.D.

31604 incredible USE 18/11/08 11:33 am Page 4

The Teacher Classroom Management Programme Research in Gwynedd

Pam Martin

I have been part of the IY Wales team since 2004, when I joined the observation team for the Sure Start study. Next I completed an M.Sc. for which I developed and validated a classroom observation measure – the Teacher-Pupil Observation Tool, or T-POT. This has since been used to evaluate the IY Teacher Classroom Management (TCM) Programme in Gwynedd primary school reception classes for my Ph.D. research, jointly funded by the Economic and Social Research Council (ESRC) and Gwynedd Education Authority. Until now the TCM has only been evaluated alongside the Parenting programme and/or the Dino programmes. Our preliminary findings suggest that the TCM programme alone produces benefits for both children and teachers. The teachers were already doing a great job, generally positive in interactions with pupils, and pupils in turn were generally compliant and positive in their interactions with both teachers and other children. Nevertheless, the TCM programme decreases negative and increases positive child behaviours, leading to a more on-task and compliant classroom, with less teacher time spent disciplining and more time teaching.

I am nearing the completion of my Ph.D. I've enjoyed being part of the IYW team. I have made lifelong friends and received ample support and encouragement throughout. Although we have all worked hard on our respective research projects, laughter and humour have always been a prominent feature, even when things weren't going quite as smoothly as hoped, and for that I am truly grateful. I will take away many fond memories of my time here, and am confident that there's plenty more where they came from.

Ymchwil Rhaglen Rheolaeth Dosbarth i Athrawon yng Ngwynedd

Pam Martin

Rwyf wedi bod yn rhan o dîm BRh Cymru ers 2004, pan ymunais â thîm arsylwi'r astudiaeth Cychwyn Cadarn. Ers hynny, rwyf wedi cwblhau M.S.c lle bûm yn datblygu a dilysu mesur arsylwi dosbarth - y Teclyn Arsylwi Athro-Disgybl, neu'r T-POT. Defnyddiais hwn wedyn i werthuso Rhaglen Rheolaeth Dosbarth i Athrawon (RhDA) y BRh yn nosbarthiadau derbyn ysgolion cynradd Gwynedd fel rhan o fy ymchwil ar gyfer fy Ph.D., a noddir ar y cyd gan Y Cyngor Ymchwil Economaidd a Chymdeithasol (ESRC) ac Awdurdod Addysg Gwynedd. Hyd yma, dim ond ochr yn ochr a'r Rhaglen Magu Plant a/neu'r rhaglenni Dino y mae'r rhaglen RhDA wedi cael ei gwerthuso. Mae'r canfyddiadau cychwynnol yn awgrymu bod y rhaglen RhDA ar ei phen ei hun yn cynhyrchu canlyniadau manteisiol i blant ac athrawon. 'Roedd yr athrawon eisoes yn gwneud gwaith ardderchog, yn gadarnhaol wrth ryng-weithio â disgyblion ar y cyfan, ac mae'r disgyblion yn eu tro yn ufudd ac yn gadarnhaol ar y cyfan wrth ryngweithio ag athrawon a phlant eraill. Er hynny, mae'r rhaglen RhDA yn gostwng ymddygiad negyddol ac yn cynyddu ymddygiad cadarnhaol ymysg plant, gan arwain at ddosbarth mwy ufudd, sy'n canolbwyntio ar y dasg dan sylw. Mae'r athrawon yn treulio llai o amser yn disgyblu a mwy'n addysgu.

'Rwyf bellach yn agosáu at gwblhau fy Ph.D. 'Rwyf wedi mwynhau bod yn rhan o dîm BRh Cymru. 'Rwyf wedi gwneud ffrindiau oes ac wedi cael cefnogaeth ac anogaeth helaeth ar hyd y daith. Er ein bod ni oll wedi gweithio'n galed ar ein prosiectau ymchwil penodol, 'roedd chwerthin a hiwmor bob amser yn flaenllaw, hyd yn oed pan nad oedd pethau'n mynd cystal â'r disgwyl. Am hynny, 'rwy'n wirioneddol ddiolchgar. Mae gen i lu o atgofion annwyl o'm amser yma, ac 'rwy'n hyderus bod llawer mwy i ddod.

Note from Judy:

The IY Team enjoyed a wonderful day at Pam's recent wedding despite the weather. Congratulations to Pam and Glenn.

Nodyn gan Judy:

Fe wnaeth y Tîm BRh fwynhau diwrnod hyfryd ym mhriodas diweddar Pam er gwaethaf y tywydd. Llongyfarchiadau i Pam a Glenn.

Conference and IY Awards 2009

The 2009 Annual Conference will be held at the Copthorne Hotel, Cardiff on March 19th 2009. It will be preceded by a day with Parent and Child programme consultation workshops and a background and fidelity workshop for service managers. We will be presenting outcomes from current research including the Looked After Children study and hopefully preliminary findings from Phase One of the toddler research programme. We are also seeking contributions from services around Wales in the form of brief presentations and/or poster presentations.

Graham Allen, MP for Nottingham North and co-author of "Early Intervention: Good Parents, Great Kids, Better Citizens" has agreed to be a Keynote speaker.

We are also seeking nominations for the 2009 Incredible Years Awards for incredible parents, group leaders or other supporters, which will be presented at the conference.

Cynhadledd a Gwobrau'r BRh 2009

Cynhelir Cynhadledd Flynyddol 2009 yng Ngwesty Copthorne yng Nghaerdydd ar Fawrth 19eg 2009. Caiff ei rhagflaenu gan ddiwrnod o weithdai ymgynghori ar raglenni rhieni a phlant a gweithdy cefndir a ffyddlondeb ar gyfer rheolwyr gwasanaethau. Byddwn yn cyflwyno canlyniadau ymchwil gyfredol, gan gynnwys yr astudiaeth o blant sy'n derbyn gofal a, gyda lwc, canfyddiadau cam un y rhaglen ymchwil plant bach. 'Rydym hefyd yn chwilio am gyfraniadau gan wasanaethau o amgylch Cymru ar ffurf cyflwyniadau byrion a/neu gyflwyniadau poster.

Mae Graham Allen, AS Gogledd Nottingham a chyd awdur "Early Intervention: Good Parents, Great Kids, Better Citizens" wedi cytuno i fod yn Prif Siaradwr.

'Rydym hefyd yn ceisio enwebiadau ar gyfer Gwobrau'r Blynyddoedd Rhyfeddol 2009 ar gyfer rhieni, arweinwyr grŵp neu gefnogwyr eraill rhyfeddol, fydd yn cael eu cyflwyno yn y gynhadledd.

31604 incredible USE 18/11/08 11:33 am Page 5

Congratulations to Dr. Karen Jones

Karen completed her Ph.D. and was awarded her well-earned Doctorate in May 2008. Karen initially joined the team in 2002 as a part-time research assistant working on the Sure Start project and then undertook a Ph.D., jointly funded by the ESRC and NWW NHS Trust. She looked at the impact of the IY Parent programme on inattentive children from within the Sure Start sample. We are delighted that she has remained within the team working on the Toddler research programme with Nia Griffith. She is the first of our Ph.D. students to complete her thesis and has set a high standard for the others to follow.

Dr. Tracey Bywater, Dr. Karen Jones and Professor Judy Hutchings on Karen's graduation day.

Dr. Tracey Bywater, Dr. Karen Jones a'r Athro Judy Hutchings ar ddiwrnod graddio Karen.

Llongyfarchiadau i Dr Karen Jones

Cwblhaodd Karen ei Ph.D. a gwobrwywyd hi â'r Ddoethuriaeth yr oedd yn llwyr ei haeddu ym mis Mai 2008. Ymunodd Karen â'r tîm gyntaf yn 2002 fel cynorthwyydd ymchwil rhan-amser yn gweithio ar y prosiect Cychwyn Cadarn. Yna cychwynnodd ar ei Ph.D., a ariannwyd ar y cyd gan y Cyngor Ymchwil Economaidd a Chymdeithasol (ESRC) ac Ymddiriedolaeth GIG GOC. Edrychodd ar effaith rhaglen Magu Plant y BRh ar blant â phroblemau canolbwyntio o fewn y sampl Cychwyn Cadarn. 'Rydym yn falch iawn ei bod wedi aros gyda'r tîm yn gweithio ar y rhaglen ymchwil Plant Bach gyda Nia Griffith. Hi yw'r gyntaf o'n myfyrwyr Ph.D. i gwblhau ei thraethawd ymchwil ac mae wedi gosod safon uchel i'r gweddill ei ddilyn.

Researching the new Toddler Programme across Wales

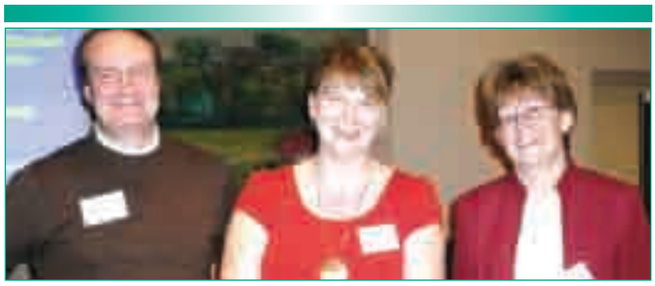
Nia Griffith

I have just started the second year of my Ph.D. funded by the Centre for Developing Teaching through the Medium of Welsh, and am evaluating the Incredible Years (IY) Toddler Parenting programme, supervised by Judy and David Daley.

The evaluation is part funded by the Welsh Assembly Government (WAG), and will be run in nine Flying Start areas in Wales over the next two years in a Randomised Controlled Trial. The Toddler programme is a new variant of the IY Parenting programmes, for parents of children aged 1-3 years and focuses on enhancing early child development. Recruitment has been carried out locally by group leaders.

With Karen Jones, I have done a lot of work in preparation of the evaluation. Following a detailed literature search and consultation with WAG, a battery of measures was chosen, including a developmental assessment, parent report of child development and of their own mental health, parenting competence and stress, an assessment of the home environment and direct observation of parent-child interactions. We have secured the relevant training and accreditation for using these measures and have established weekly meetings to ensure that high standards of reliability are maintained. Baseline data collection has been completed in the six North/Mid Wales areas and the groups commenced in September or early October. Three partners have been identified in the South and baseline data collection will commence in December. The response to the research has been fantastic and we would like to thank all our enthusiastic partners who have worked so hard to recruit participants and set up the groups. We would like to thank all the parents we have seen so far for their welcome and interest in the project. Watch this space next year for early results and contact me for more information about the trial.

I would like to add my personal thanks to everyone on the IYW research team for all their hard work and support.



"Dr Alun Flynn, Sue Evans and Linda Broughall from Powys at our 2008 conference"

Dr Alun Flynn, Sue Evans a Linda Broughall o Bowys yng nghynadledd 2008"

Ymchwil i'r Rhaglen Magu Plant Bach newydd ar hyd a lled Cymru

Nia Griffith

Rwyf newydd ddechrau fy ail flwyddyn ar fy nghwrs Ph.D., a noddir gan y Ganolfan Datblygu Addysg Cyfrwng Cymraeg, ac wrthi'n gwerthuso rhaglen Magu Plant Bach y Blynyddoedd Rhyfeddol (y BRh), dan oruchwyliaeth Judy a David Daley.

Ariannwyd y gwerthusiad gan Lywodraeth Cynulliad Cymru (LlCC), a chaiff ei gynnal mewn naw ardal Dechrau'n Deg yng Nghymru dros y ddwy flynedd nesaf mewn Hap-dreial wedi'i Reoli. Mae'r rhaglen Plant Bach yn amrywiad newydd ar Raglenni Magu Plant y BRh, ar gyfer rhieni plant rhwng 1 a 3 oed, ac mae'n canolbwyntio ar wella datblygiad cynnar plant. Mae'r recriwtio wedi cael ei gynnal yn lleol gan arweinwyr grŵp..

Mae Karen Jones a minnau wedi gwneud llawer o waith paratoi ar gyfer y gwerthusiad. Yn dilyn chwiliad llenyddol manwl ac ymgynghoriad â LlCC, dewiswyd cyfres o fesurau i werthuso'r ymyrraeth. Mae'r rhain yn cynnwys asesiad datblygiadol, adroddiad rhieni ar ddatblygiad y plant ac ar eu hiechyd meddwl eu hunain, cymhwysedd a straen magu plant, asesiad o amgylchedd y cartref ac arsylwi rhyngweithiadau rhiant-plentyn yn uniongyrchol. 'Rydym wedi sicrhau'r hyfforddiant a'r achrediad perthnasol ar gyfer defnyddio'r mesurau hyn ac yn cynnal cyfarfodydd wythnosol i sicrhau y cynhelir safonau dibynadwyaeth uchel.

'Rydym bellach wedi cwblhau casglu data sylfaenol yn y chwe ardal yng Ngogledd a Chanolbarth Cymru a dechreuodd y grwpiau ym mis Medi neu ddechrau mis Hydref. Mae tri phartner wedi eu dynodi yn Ne Cymru ac fe fydd casglu data sylfaenol yn dechrau ym mis Rhagfyr.

Mae'r ymateb i'r ymchwil hyd yma wedi bod yn ardderchog ac fe hoffem ddiolch i'n holl bartneriaid sydd mor frwdfrydig ynglŷn â'r ymchwil ac sydd wedi gweithio mor galed i recriwtio cyfranogwyr a sefydlu'r grwpiau. Hoffem ddiolch hefyd i'r holl rieni rydym wedi'u gweld hyd yma am eu croeso a'u diddordeb yn y prosiect.

Dewch yn ôl yma'r flwyddyn nesaf i gael gweld y canlyniadau cynnar, ac os hoffech gael gwybod mwy am y treial, mae croeso i chi gysylltu â mi.

Hoffwn ychwanegu fy niolch personol i bawb ar dîm ymchwil BRh Cymru am eu holl waith caled a'u cefnogaeth.

> *"I was convinced it wouldn't work. It wasn't me with the problem, it was my child!"*
>
> ***"O'n i'n sicr na fuasai hyn yn gweithio. Dim y fi oedd â'r broblem ond fy mhlentyn!"***

31604 incredible USE 18/11/08 11:33 am Page 6

Evaluating treatment fidelity of the Incredible Years BASIC Parenting Programme

Catrin Eames

For my Ph.D., supervised by Judy and Carl Hughes and chaired by Dave Daley, I have developed the Leader Observation Tool (LOT). This is a process skills measure of treatment fidelity for the IY BASIC Parenting Programme. The LOT produces scores of a variety of leader behaviours. A paper documenting the psychometric properties of the LOT was published earlier this year demonstrating its reliability and validity.

I used the LOT to code leader behaviour in a sample of parent group sessions taken from the twelve groups in the Sure Start study. Positive leader behaviours predicted change in observed positive parenting, which in turn predicted change in child behaviour. Similar, although weaker, relationships were indicated between leader behaviours and self-reported change in parenting. A paper outlining these results has been submitted and further papers are in preparation.

I first joined IYW for the summer of 2002 at the end of the second year of my undergraduate course at Cardiff when I was fortunate to have funding support from Goronwy and Barbara Cleaver. They continued their support when I returned to work as a Research Assistant on the Sure Start Study in 2003 and subsequently contributed funding towards my Ph.D.. My sincerest thanks for your generosity and support over the years.

I have recently taken a post as a Research Officer evaluating the effectiveness of interventions in modifying risk and severity of relapse in patients with recurrent depression at high suicide risk. I am based in Bangor and working in collaboration with Professor Mark Williams at Oxford University. Having left IYW and submitted my Ph.D. I would also like to express my gratitude to Judy, for giving me an invaluable opportunity from the very beginning, and for continuing to support and inspire over the years. Great thanks also to Dave Daley, who has advised and collaborated above and beyond the call of duty of a committee chair, and to whom I owe a great deal for keeping the momentum of the Ph.D. going! Thanks also to Chris Whitaker, who helped me through (the sometimes seemingly endless!) sea of stats! As ever, thanks to Dilys for always making time to help with anything, and all at IYW.

Special and sincerest thanks to Tracey, Nia, Pam and Karen, with whom I have shared not only the office, but many laughs, tears, stressful moments and times of joy. I could not have imagined spending the last few years with any others who extend such kindness and support. I miss you all, and wish all of you the very best of luck with everything in the future! You have all become firm friends, which I know are life-long friendships that I treasure.

During six years at IYW I have gained invaluable experience and knowledge, but the thing I take with me most of all is the friendships I have made. Thanks to you all for everything.

Gwerthuso ffyddlondeb o ran gweithrediad Rhaglen Magu Plant BASIC y Blynyddoedd Rhyfeddol

Catrin Eames

Ar gyfer fy Ph.D., dan oruchwyliaeth Judy a Carl Hughes a chadeiryddiaeth Dave Daley, 'rwyf wedi datblygu Teclyn Arsylwi Arweinwyr (TAA). Mesur sgiliau prosesu yw hwn o ffyddlondeb o ran gweithrediad rhaglen Magu Plant BASIC y BRh. Mae'r TAA yn cynhyrchu sgôr amledd amrywiaeth o ymddygiadau arweinwyr. Cyhoeddwyd papur yn dogfennu priodweddau seicometrig y TAA yn gynharach eleni, gan ddangos ei ddibynadwyedd a'i ddilysrwydd.

Defnyddiais y TAA i godio ymddygiad arweinwyr mewn sampl o sesiynau grwpiau rhieni a gymerwyd o ddeuddeg grŵp yn yr astudiaeth Cychwyn Cadarn. Dangosodd y canlyniadau bod ymddygiadau arweinwyr yn rhagfynegi newid yn y dulliau magu plant a arsylwyd, oedd yn ei dro'n rhagfynegi newid yn ymddygiad y plant. Dangoswyd perthnasau tebyg, er rhywfaint gwannach, rhwng ymddygiad yr arweinwyr a newid mewn dull magu plant a nodwyd gan y rhieni eu hunain. Mae papur sy'n amlinellu'r canlyniadau hyn wedi'i gyflwyno ac mae papurau pellach wrthi'n cael eu paratoi.

Ymunais â BRhC gyntaf yn ystod haf 2002 pan oeddwn ar ddiwedd ail flwyddyn fy nghwrs israddedig yng Nghaerdydd. Bûm yn ddigon ffodus i gael nawdd gan Goronwy a Barbara Cleaver, a parhaodd eu cefnogaeth pan ddychwelais i weithio fel Cynorthwyydd Ymchwil ar yr Astudiaeth Cychwyn Cadarn yn 2003, ac yna wrth i mi ymgymryd â fy Ph.D. Diolch o galon i chi am eich haelioni a'ch cefnogaeth dros y blynyddoedd.

'Rwyf wedi cael swydd yn ddiweddar fel Swyddog Ymchwil yn gwerthuso effeithiolrwydd ymyriadau wrth addasu risg a difrifoldeb ailwaelu mewn cleifion ag iselder mynych sydd â risg uchel o gyflawni hunanladdiad. 'Rwyf wedi fy lleoli ym Mangor ac yn cydweithio â'r Athro Mark Williams ym Mhrifysgol Rhydychen. Wedi gadael BRhC ac wedi cyflwyno fy Ph.D. hoffwn fynegi pa mor ddiolchgar yr wyf i Judy am roi cyfle amhrisiadwy i mi o'r cychwyn cyntaf, ac am barhau i'm cefnogi a'm hysbrydoli dros y blynyddoedd. Diolch yn fawr hefyd i Dave Daley sydd wedi fy nghynghori a chydweithio â mi y tu hwnt i ddyletswydd cadeirydd pwyllgor, ac mae fy nyled yn fawr iddo am gynnal momentwm y Ph.D.! Diolch hefyd i Chris Whitaker a'm helpodd i fynd drwy'r môr o ystadegau (a ymddangosai'n ddiddiwedd ar brydiau!). Fel bob amser, diolch i Dilys am roi peth o'i hamser i fy helpu ag unrhyw beth, unrhyw bryd, ac i bawb yn nhîm BRhC.

Diolch arbennig a diffuant i Tracey, Nia, Pam a Karen, y bûm yn rhannu swyddfa â hwy yn ogystal â llawer o chwerthin, dagrau, adegau o straen ac o orfoledd. Ni allwn fod wedi dychmygu treulio'r blynyddoedd diwethaf gyda neb mor garedig a chefnogol. Mae gen i hiraeth mawr amdanoch chi oll, ac rwy'n dymuno'r gorau i chi gyda phopeth yn y dyfodol! 'Rydych wedi dod yn ffrindiau cadarn, y byddaf yn eu trysori am oes.

Yn ystod fy chwe mlynedd yn BRhC, rwyf wedi ennill profiad a gwybodaeth amhrisiadwy, ond yr hyn sydd fwyaf annwyl i mi yw eich cyfeillgarwch. Diolch i chi i gyd am bopeth.

Catrin Eames

CONGRATULATIONS to Catrin in obtaining a Research Officer post with Psychology, working on a Mindfulness project for depressed and suicidal adults with Professor Mark Williams of Oxford University. She will be well qualified for this work as she has many years of Samaritans experience, having both volunteered and worked for them, and also with the IY team in collecting research data from, at times, distressed adults. At the time of going to press she is in the process of submitting her Ph.D.

Catrin Eames

LLONGYFARCHIADAU i Catrin ar gael swydd Swyddog Ymchwil gyda Seicoleg, yn gweithio ar brosiect Gofal ar gyfer oedolion ag iselder ac sydd â risg o gyflawni hunanladdiad gyda'r Athro Mark Williams o Brifysgol Rhydychen. Mae'n gymwys iawn ar gyfer y swydd hon gan ei fod wedi cael blynyddoedd lawer o brofiad gyda'r Samariaid, wedi gwirfoddoli ac wedi gweithio iddynt ers nifer o flynyddoedd, a hefyd gyda thîm y BRh yn casglu data ymchwil gan oedolion oedd mewn trallod ar brydiau. Adeg cyhoeddi'r cylchlythyr hwn, mae hi wrthi'n cyflwyno ei Ph.D.

"When you said spend 10 minutes playing I thought "What a load of rubbish".

Pan ddywedoch, gwariwch ddeg munud yn chwarae, credais " Wel am lwyth o rybish"

31604 incredible USE 18/11/08 11:33 am Page 7

Establishing the cost of Looked After Children

Pat Linck, Rhiannon Edwards and Seow Tien Yeo

Canfod cost Plant sy'n Derbyn Gofal

Pat Linck, Rhiannon Edwards and Seow Tien Yeo

Over the last year we have worked with Tracey (see Tracey's report) to explore the cost of children in foster care and the relative cost effectiveness of the IY Parent programme with foster carers.

We had previously calculated the cost of running parenting groups. In this study we measured health, social care and special educational service costs using a service utilisation questionnaire and diaries. Foster carers of 42 children aged between 2 and 17 years provided four months service utilisation information. Thirty carers also returned cost diaries.

Despite randomisation the intervention foster carers reported having children with greater difficulties at baseline and, during the six months study, they accessed more services than the control children, particularly practice nurse and social worker contacts. They also had more additional meetings with both head and class teachers and educational social workers. The mean cost of all services, apart from actual payment to foster carers, used by the children in our study period was £2,492 in the intervention group and £1,943 in the control. The diaries provided additional information, for example on contacts with agencies such as police, solicitors and courts and additional expenditure for furniture, holidays, birthday or specialist sports clothing. One carer mentioned the cost of fuel spent driving around looking for a child.

We are currently undertaking further analysis and writing up the results for publication. We have enjoyed working with Tracey and look forward to further collaborative projects in the future.

Dros y flwyddyn ddiwethaf buom yn cydweithio â Tracey (gweler adroddiad Tracey). 'Roedd y gwaith hwn yn cynnwys archwilio cost plant sy'n derbyn gofal maeth ac effeithiolrwydd cost cymharol rhaglen magu plant y BRh gyda gofalwyr maeth.

'Roeddem eisoes wedi cyfrifo cost cynnal grwpiau magu plant. Yn yr astudiaeth hon, bu i ni fesur costau gwasanaethau iechyd, gofal cymdeithasol ac addysg arbennig gan ddefnyddio dyddiaduron a holiadur ar y defnydd o wasanaethau. Darparodd gofalwyr maeth 42 o blant rhwng 2 a 17 oed bedwar mis o wybodaeth am eu defnydd o wasanaethau i'r tîm ymchwil. Hefyd, dychwelodd 30 o ofalwyr ddyddiaduron costau.

Er y dewiswyd y sampl ar hap, adroddodd gofalwyr maeth y grŵp ymyrraeth fod ganddynt blant â mwy o anawsterau o'r cychwyn. 'Roeddent hefyd yn nodi eu bod wedi defnyddio mwy o wasanaethau na'r plant yn y grŵp rheolydd yn ystod yr astudiaeth chwe mis, yn enwedig cysylltiadau â nyrsys practis a gweithwyr cymdeithasol. Cawsant hefyd fwy o gyfarfodydd ychwanegol gyda phenaethiaid ac athrawon dosbarth a gweithwyr cymdeithasol addysgol. Cost gymedrig yr holl wasanaethau a ddefnyddiwyd gan y plant yn ystod cyfnod ein hastudiaeth oedd £2,492 yn y grŵp ymyrraeth a £1,943 yn y grŵp rheolydd. Darparodd y dyddiaduron wybodaeth ychwanegol, er enghraifft cysylltiadau ag asiantaethau fel yr heddlu, cyfreithwyr a llysoedd, a gwariant ychwanegol ar ddodrefn, gwyliau, pen-blwyddi neu ddillad chwaraeon arbenigol, e.e. sglefrio iâ. Nododd un ofalwr gost tanwydd a ddefnyddiwyd yn gyrru o gwmpas yn chwilio am blentyn.

Rydym o hyn o bryd yn ymgymryd â mwy o ddadansoddiadau ac wrthi'n ysgrifennu'r canlyniadau ar gyfer eu cyhoeddi. 'Rydym wedi mwynhau cydweithio â Tracey ac edrychwn ymlaen at ymgymryd â phrosiectau eraill ar y cyd yn y dyfodol.

'Incredible Years' Course delivered in Cardigan, Ceredigion

by Betty Wile, Flying Start Health Visitor

Thank you to Rhian Rees for providing the article

I work for 'Flying Start' in the Cardigan area, and recently delivered a BASIC Incredible Years course with Andrina and Andrea from the local primary school, and Anona the manager of the Integrated Children Centre where the course took place.

Local parents identified their own need for help and support with managing their children's behaviour and six parents completed the course. Parents were given their own personal copy of the Incredible Years book. Their children (under 4) were cared for by qualified staff in the adjoining room. After each session, parents and staff joined the children for a 'healthy eating lunch'.

Feedback from parents was very positive:

"I enjoyed meeting new parents and having group discussions. It made me realise that I'm not a bad parent, and not the only one having problems. The sessions can be serious or light-hearted; I think we've all bonded pretty well It's also nice to have a coffee and lunch together after the session"

"Enjoyed the course. Group discussions helped me realise that other parents had problems with their children and issues in everyday life. Crèche was a big help"

"The course has helped me become aware of the way I was dealing with my children's behaviour and I now approach it with a positive rather then a negative attitude"

"Crèche facility was great and the lunch excellent, it was definitely 'my time'. Thank you."

"The course is a great way of meeting other mums and discussing 'problems'. Taking on other people's ways of coping and approaching issues as well as that of the course. I have really enjoyed the course, the company and will miss Thursday mornings".

Thank you to Andrina, Andrea and Anona and also to Meredith Rees, the Flying Start Family Support Workers, Arlwyo Ceredigion (for the lunch), the qualified childcare staff and Genesis with their financial support, all of whom helped make the course a success, but most importantly, thank you to the parents and children.

The next group is planned for early in 2009.

Cwrs 'Y Blynyddoedd Rhyfeddol' yn Aberteifi, Ceredigion

Gan Betty Wile, Ymwelydd Iechyg Dechrau'n Deg

Diolch i Rhian Rees am rhoi yr erthygyl ymlaen i gael ei ddefnyddio

Rwy'n gweithio i Dechrau'n Deg yn ardal Ceredigion, ac yn ddiweddar wedi datblygu cwrs BRh CASIC mewn partneriaeth ag Andrina ac Andrea o'r ysgol gynradd lleol, ac Anona, rheolwraig Canolfan Enfys Teifi.

Fe fynegodd rhai rhieni bod angen help a chefnogaeth arnynt o ran trafod ymddygiad eu plant, a chwblhaoedd chwe rhiant y cwrs. Rhoddwyd copi personol o'r llyfr Blynyddoedd Rhyfeddol i'r rhieni. 'Roedd eu plant (o dan 4) yn cael eu gofalu gan staff cymwysiedig mewn ystafell cyfagos. Ar ol pob sesiwn, ymunodd y rhieni a'r staff y plant i fwyta cinio iach

Cafwyd allborth cadarnhaol oddi wrth y rhieni:

"Fe fwynheais gwrdd a rhieni arall, a chael trafodaeth grŵp. Fe wnaeth i mi sylwi nad ydw i'n riant gwael, a taw nid dim ond fi sy'n cael trafferth. Gall y sesiynau fod yn ysgafn neu'n ddifrifol. Rwy'n credu i nig yd fondio yn dda. Hefyd, mae'n braf cael coffi a chinio gyda'n gilydd ar ôl y sesiwn"

"Fe fwynheais y cwrs. Fe wnaeth y trafodaethau grŵp wneud i mi sylwi bod gan rhieni arall broblemau gyda'u plant, ac yn eu bywydau dydd i ddydd. Roedd y gofal plant yn help mawr."

"Mae'r cwrs wedi fy helpu i fod yn fwy ymwybodol o'r ffordd rwy'n trin ymddygiad y plant, a nawr rwy'n mynd ati mewn ffordd positif, yn hytrach na ffordd negyddol"

"Roedd y gofal plant yn wych a'r cinio'n ardderchog. Roedd yn sicr yn 'amser i fi'. Roedd y cwrs yn ffordd dda o gwrdd a rhieni arall a thrafod problemau, er mwyn dysgu sut mae pobl eraill yn ymdopi ac yn trin problemau, yn ogystal a'r ffyrdd a ddangoswyd ar y cwrs. Fe wnes i fwynhau'r cwrs a'r cwmni yn fawr iawn, a rwy'n mynd i golli'r bore Iau."

Diolch i Andrea, Andrina ac Anona, a hefyd i Meredith Rees, Cynorthwywr Cefnogi Teuluedd Dechrau'n Deg, Arlwyo Ceredigion (am y cinio), i'r gofalwyr plant cymwysiedig, ac i Genesis am eu cefnogaeth ariannol. Ni fyddai'r cwrs wedi bod yn llwyddiant heb eich help. Yn bennaf diolch i'r rhieni a'r plant.

Mi fydd y grŵp nesaf yn cael ei redeg yn Aberteifi yn nechrau 2009.

31604 incredible USE 18/11/08 11:33 am Page 8

Small Group Dina in a Gwynedd Infant School

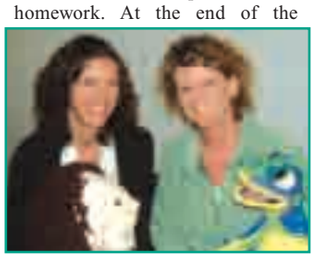
Dr Helen Henningham and Bridget Large

Since social and emotional skills are pre-requisites to learning it is important that children receive additional coaching in these essential skills. Gwynedd Education service have addressed this by introducing the Classroom Dino programme into all of its schools (see report by Rhiain Gwyn). However, there had been discussion for some time about the needs of some children for additional coaching and the summer term provided an opportunity to try this out. We delivered ten sessions of small group Dinosaur school in Ysgol Babanod Coedmawr in Bangor to five boys and two girls, from years one and two. The curriculum included content on how to do your best in school, detecting and understanding feelings, problem solving, anger management and friendship skills.

As Classroom Dina is an integral part of the school curriculum the children were already familiar with the content of the programme. During the sessions, we consolidated their prior learning, placing increased emphasis on applying the skills and strategies to real life situations. This included solving problems that individual children had encountered during the week, for example, how to ignore disruptive behaviour, share a favourite toy and ask other children to let them join in their game.

The children looked forward to the sessions and particularly benefited from the teamwork activities, which involved applying the social and emotional skills learnt through the curriculum in practical tasks. For example, in one session the children worked in pairs to build a tent from sticks, tape and material and then made a plan of which ten items they would take with them on a camping trip. During these activities they were coached to share and take turns, problem-solve, listen to each other's suggestions and appreciate different points of view.

The school was very welcoming and both parents and the class teacher were supportive in ensuring children had completed their homework. At the end of the programme, the class teacher reported benefits to the children's behaviour in the regular classroom. For example, two children were concentrating better in class, one child who had previously had difficulties coming to school was happier in school and less moody and one child's behaviour had generally improved and he was more co-operative.



We would like to thank the staff of Ysgol Babanod Coedmawr and the children and their parents who participated in the programme. This small trial has encouraged Gwynedd to extend the idea to other schools and children using learning support staff and specialist teachers starting with Ysgol Bro Lleu, Penygroes.

Dina i Grwpiau Bach mewn Ysgol Babanod yng Ngwynedd

Dr Helen Henningham a Bridget Large

Gan fod sgiliau cymdeithasol ac emosiynol yn angenrheidiol ar gyfer dysgu, mae'n bwysig bod plant yn cael hyfforddiant ychwanegol yn y sgiliau hanfodol hyn. Mae Gwasanaeth Addysg Gwynedd wedi mynd i'r afael â hyn drwy gyflwyno rhaglen Dina yn y Dosbarth ym mhob un o'u hysgolion (gweler adroddiad Rhiain Gwyn). Fodd bynnag, bu trafodaeth ers cryn amser am angen gan rhai plant am hyfforddiant ychwanegol, a daeth tymor yr haf â chyfle i roi cynnig ar hyn. Bu i ni gyflwyno deg sesiwn ysgol Dinosor i grwpiau bach yn Ysgol Babanod Coedmawr ym Mangor i bum bachgen a dwy ferch o flynyddoedd un a dau. 'Roedd y cwricwlwm yn cynnwys adrannau ar sut i wneud eich gorau yn yr ysgol, adnabod a deall teimladau, datrys problemau, rheoli dicter a sgiliau gwneud ffrindiau.

Gan fod Dina yn y Dosbarth yn rhan annatod o gwricwlwm yr ysgol, 'roedd y plant eisoes yn gyfarwydd â chynnwys y rhaglen. Yn ystod y sesiynau, bu i ni atgyfnerthu eu dysgu blaenorol, gan roi mwy o bwyslais ar ddefnyddio'r sgiliau a'r strategaethau mewn sefyllfaoedd go iawn. 'Roedd hyn yn cynnwys datrys problemau 'roedd plant unigol wedi dod ar eu traws yn ystod yr wythnos, er enghraifft, sut i anwybyddu ymddygiad aflonyddgar, rhannu hoff degan a gofyn i blant eraill am gael ymuno â'u gêm.

Roedd y plant yn edrych ymlaen at y sesiynau a chawsant fudd arbennig o'r gweithgareddau gwaith tîm, oedd yn cynnwys defnyddio'r sgiliau cymdeithasol ac emosiynol yr oeddent wedi'u dysgu drwy'r cwricwlwm mewn tasgau ymarferol. Er enghraifft, mewn un sesiwn, bu'r plant yn gweithio mewn parau i adeiladu pabell allan o ffyn, tâp a defnydd, ac yna'n gwneud cynllun fel grŵp o'r deg peth y byddent yn mynd gyda hwy ar drip gwersylla. Yn ystod y gweithgareddau hyn, cawsant eu hyfforddi i rannu ac aros eu tro, datrys problemau, gwrando ar awgrymiadau'r naill a'r llall a gwerthfawrogi gwahanol safbwyntiau.

Cawsom groeso cynnes gan yr ysgol a chefnogaeth gan y rhieni a'r athrawes ddosbarth wrth sicrhau bod y plant wedi cwblhau eu gwaith cartref. Ar ddiwedd y rhaglen, adroddodd yr athrawes ddosbarth ar fanteision o ran ymddygiad y plant yn y dosbarth arferol. Er enghraifft, roedd dau o'r plant yn canolbwyntio'n well yn y dosbarth, roedd un plentyn oedd yn cael trafferthion dod i'r ysgol o'r blaen yn llawer hapusach yn yr ysgol ac yn llai oriog, ac roedd ymddygiad un plentyn wedi gwella'n gyffredinol gan ei wneud yn fwy bodlon cydweithredu.

Hoffem ddiolch i staff Ysgol Babanod Coedmawr a'r plant a'u rhieni a fu'n rhan o'r rhaglen. Gobeithio y bydd y treial bychan hwn yn annog Gwynedd i ehangu'r syniad i ysgolion eraill ac i blant sy'n defnyddio staff cymorth dysgu ac athrawon arbenigol, gan ddechrau gyda Ysgol Bro Lleu, Penygroes.

Update from Caban Bach Blaenau Ffestiniog

We work in Caban Bach Family Centre in Blaenau Ffestiniog.

Six workers in the Family Support Team are trained to deliver the BASIC course, (ourselves, Francis, Delyth, Llinos and Sarah) and the Incredible Years is run as a rolling programme throughout the year. Between us we have delivered fourteen BASIC, one Advance, and are currently delivering the Toddler programme as part of the Research. Francis and Delyth have delivered a BASIC, and Sarah is looking forward to co-leading her first group in the New Year.

Seven Nursery staff have completed the twelve week BASIC course and are implementing the Incredible Years with the children and parents.

We are thoroughly enjoying the challenge of co-leading the Toddler research, and value the support of Judy, Bridget, Nia, Karen, Dilys and all the group leaders attending the supervision sessions.

We would like to share with you a quote from a parent attending the Toddler research group:

"If I wasn't attending this course, I would have handed my son over to my mother (and you know how I hated my mother!) This course isn't what I expected, I didn't want to come at first, I didn't think I'd learn anything and that I wouldn't enjoy it – thought it would be like school. But it's not, I have enjoyed it, we have all learned together and shared a lot. We even get rewards, presents and nice food! I was so stressed before, now I know how to calm down, chill, and see things better"

Lynda and Greta

Y diweddaraf o Gaban Bach Blaenau Ffestiniog

Rydym yn gwethio yng Nghanolfan Deulu Caban Bach ym Mlaenau Ffestiniog. Mae chwe gweithiwr yn y Tîm Cefnogaeth Teuluol wedi eu hyfforddi i gyflwyno'r cwrs BASIC (ninnau, Francis, Delyth, Llinos a Sarah) ac mae'r BRh yn cael ei redeg fel rhaglen barhaol trwy gydol y flwyddyn.

Rhyngddom, 'rydym wedi cyflwyno pedair cwrs ar bymtheg, un Uwchradd, ac 'rydym ar hyn o bryd yn cyflwyno'r Rhaglen Plant Bach fel rhan o'r ymchwil. Mae Francis a Delyth wedi cyflwyno'r rhaglen BASIC, ac mae Sarah'n edrych ymlaen i gyd-arwain ei grŵp gyntaf yn y Flwyddyn Newydd.

Mae saith staff Meithrin wedi cwblhau cwrs deuddeg wythnos BASIC ac 'rydym yn gweithredu'r BRh gyda'r plant a'r rhieni.

'Rydym wedi mwynhau'r sialens o gyd-arwain yr Ymchwil Plant Bach, ac yn gwerthfawrogi cefnogaeth Judy, Bridget, Nia, Dilys a'r oll Arweinwyr Tîm a fynychodd y sesiynau goruchwylio.

Hoffem rannu dyfyniad gan un o'r rhieni a fynychodd y grŵp Ymchwil Plant Bach:

"Os fyswn i heb fynychu'r cwrs yma, mi fyswn wedi ei rhoi yng ngofal fy mam (ac 'rydych i gyd yn gwybod fy mod yn casau fy mam!). Nid oedd y cwrs yma'n beth oeddwn i'n ei ddisgwyl, nid oeddwn eisiau dod yn y dechrau, nid oeddwn yn meddwl y byddwn yn dysgu dim a na fyddwn yn ei fwynhau – roeddwn yn disgwyl iddo fod fel ysgol. Ond dydi o ddim, 'rwyf wedi ei fwynhau'n enfawr, 'rydym i gyd wedi dysgu gyda'n gilydd ac wedi rhannu llawer. 'Rydym hyd yn oed yn cael ein gwobryo, yn cael anrhegion a bwyd hyfryd! 'Roeddwn dan bwysau o'r blaen ond rwan rwy'n gwybod sut i ymlacio ac i weld pethau'n well"

Lynda a Greta

31604 incredible USE 18/11/08 11:33 am Page 9

Our thanks to our Toddler Research partners

We would like to thank all the services that are participating in the first ever evaluation of the Incredible Years Toddler Parenting Programme. The response has been fantastic, with nine services participating in the main Randomised Controlled Trial, with groups being run in Blaenau Ffestiniog, Bangor, Caernarfon, Holyhead, Llanrwst, Welshpool, Rhondda Cynnon Taf, Blaenau Gwent and Neath Port Talbot.

A further seven services are providing the study with sets of before and after questionnaires completed by parents. These groups are being run in Ystradgynlais, Cardiff, Swansea, Wrexham, Fflintshire and Denbighshire.

The contribution of all these services is invaluable and we cannot thank group leaders and service managers enough for their enthusiasm and support.

Diolch i'n partneriaid yn y gwaith ymchwil Plant Bach

Hoffem ddiolch i'r holl wasanaethau sydd yn cymryd rhan yn y gwerthusiad cyntaf o'r rhaglen rhiantu Blynyddoedd Rhyfeddol TODDLERS. Mae'r ymateb i'r ymchwil wedi bod yn ardderchog, gyda naw gwasanaeth yn cymryd rhan yn y prif hap-brawf gyda rheolydd, gyda grwpiau yn rhedeg ym Mlaenau Ffestiniog, Bangor, Caernarfon, Caergybi, Llanrwst, Y Trallwng, Rhondda Cynnon Taf, Blaenau Gwent a Castell Nedd a Phort Talbot.

Mae saith gwasanaeth arall yn darparu'r prosiect ymchwil gyda holiaduron wedi eu llenwi gan y rhieni cyn ac ar ôl iddynt fynychu'r grwpiau. Mae'r grwpiau yma yn rhedeg yn Ystradgynlais, Caerdydd, Abertawe, Wrecsam, Sir Fflint a Sir Dinbych.

Mae cyfraniad yr holl wasanaethau yn amhrisiadwy, ac nid yw'n bosib diolch digon i arweinwyr y grwpiau a rheolwyr gwasanaethau am eu brwdfrydedd a'u cefnogaeth.

Highlights of the Year from Bridget Large, Parent Group Mentor for North West Wales

Bridget Large

It's been another very busy year so here are some highlights – in no particular order! Delivering the BASIC programme in Tywyn with Ann Hughes, school nurse, was well worth the 150 mile round trip each week. The parents were enthusiastic and we knew from the first session that they were going to benefit from the programme. This was confirmed by the outcome measures that showed positive changes that had been made through their hard work.

Helen Henningham and I delivered ten Small Group Dina sessions in Ysgol Babanod Coedmawr during the summer term. Getting to grips with Wally, Molly and Dina, not to mention a group of lively six and seven year olds proved to be quite a challenge! The school was welcoming and supportive and it was rewarding to see the children's enthusiasm for the activities we had prepared. Most of them were moving on to Junior school in September and, hopefully, the Classroom Dina (an important part of this school's curriculum) plus the Small Group Dina sessions, will help them manage this transition well.

Another challenge has been to deliver the new School Age and Advance Parent programmes in CAMHS and to explore how they can most usefully meet the needs of the families of referred children and I am currently delivering one of the Toddler programme research groups with Eileen Dewhurst.

I delivered my first solo BASIC Parent group leader training workshop in January and a second in the summer term. Training is an important part of the mentor role, and was one of my most challenging and fulfilling experiences of the year. I will deliver a three-day training workshop once a term for staff in the NWW Trust area. BASIC leader training is just a beginning. Supervision and Consultation provide an opportunity to exchange ideas and keep people in touch with new developments. I have enjoyed supporting staff who deliver the programme in the community, sometimes in difficult circumstances and with limited funding.

I am always inspired by and grateful to the Incredible Years colleagues I work alongside. Thanks and good luck to Assistant Psychologist Delyth Pritchard who is now moving on and thank you Judy for your support throughout the year.

Uchafbwyntiau'r Flwyddyn gan Bridget Large, Mentor Grŵp Rhieni Gogledd Orllewin Cymru

Bridget Large

Mae hi wedi bod yn flwyddyn brysur iawn unwaith eto, felly dyma i chi rai o'r uchafbwyntiau – heb fod mewn unrhyw drefn neilltuol! 'Roedd cyflwyno'r rhaglen BASIC yn Nhywyn gydag Ann Hughes, nyrs ysgol, werth y cyfanswm o 150 milltir o daith bob wythnos. Roedd y rhieni'n frwdfrydig ac fe wyddem o'r sesiwn gyntaf y byddai'r rhaglen o fudd iddynt. Cadarnhawyd hyn gan fesurau'r canlyniadau a ddangosodd y newidiadau cadarnhaol a wnaed o ganlyniad i'w gwaith caled.

Cyflwynodd Helen Henningham a minnau ddeg sesiwn Dina i Grwpiau Bach yn Ysgol Babanod Coedmawr yn ystod tymor yr haf. Bu ceisio mynd i'r afael â Wally, Molly a Dina, heb sôn am grŵp bywiog o blant chwech a saith oed, yn dipyn o her! Rhoddodd yr ysgol groeso a chefnogaeth i ni ac roedd yn werth chweil gweld brwdfrydedd y plant tuag at y gweithgareddau roeddem wedi'u paratoi. 'Roedd y rhan fwyaf ohonynt yn symud ymlaen i'r ysgol gynradd ym mis Medi ac rwy'n gobeithio y bydd Dina yn y Dosbarth, sy'n rhan bwysig o gwricwlwm yr ysgol hon, yn ogystal â'r sesiynau Dina i Grwpiau Bach, o gymorth iddynt ymdopi â'r cyfnod pontio hwn heb drafferth.

Her arall fu cyflwyno'r rhaglen Oed Ysgol a'r rhaglen Magu Plant Uwch i'r CAMHS ac archwilio sut y gallent gwrdd ag anghenion teuluoedd plant a gyfeiriwyd yn y ffordd fwyaf buddiol. 'Rwyf ar hyn o bryd yn cyflwyno un o grwpiau ymchwil y rhaglen Plant Bach gydag Eileen Dewhurst.

Cyflwynais fy ngweithdy hyfforddi arweinwyr grwpiau Magu Plant BASIC cyntaf ar fy mhen fy hun ym mis Ionawr, a'r ail yn ystod tymor yr haf. Mae hyfforddiant yn rhan bwysig o rôl mentor, a dyma oedd un o fy mhrofiadau mwyaf heriol a boddhaus eleni. Byddaf yn cyflwyno gweithdy hyfforddi tridiau unwaith y tymor i staff ardal Ymddiriedolaeth GOC. Dim ond y cychwyn yw hyfforddiant arweinwyr BASIC. Mae goruchwyliaeth ac ymgynghori'n darparu cyfle i gyfnewid syniadau a rhoi gwybod i bobl am ddatblygiadau newydd. Rwyf wedi mwynhau cefnogi staff sy'n cyflwyno'r rhaglen yn y gymuned, weithiau dan amgylchiadau anodd a chydag ychydig iawn o gyllid.

'Rwyf bob amser yn ddiolchgar i, ac yn cael fy ysbrydoli gan, fy nghydweithwyr yn nhîm y Blynyddoedd Rhyfeddol. Diolch a phob lwc i'r Seicolegydd Cynorthwyol, Delyth Pritchard, sydd bellach yn symud ymlaen, a diolch i Judy am ei chefnogaeth drwy gydol y flwyddyn.

Elena the first mentor in training in Russia with her son Nikita who came to act as her translator at the mentor meeting in Terracina, Italy.

Mentor dan hyfforddiant cyntaf Rwsia, Elena, gyda'i mab Nikita a ddaeth gyda hi fel cyfieithwr yng nghyfarfod mentor yn Terracina, Yr Eidal.

31604 incredible USE 18/11/08 11:33 am Page 10

Knowledge Exchange conference

Judy presented the work of the IY Centre at the first School of Psychology, Bangor University, Knowledge Exchange conference in October 2008. The conference was opened by Ieuan Wyn Jones, Deputy First Minster at the Welsh Assembly Government. who spoke of the commitment of WAG to resourcing links between academics, commercial and public sector bodies in order to put Wales in the forefront of innovation.

The conference was well attended by academics from across Wales as well as NHS and Local Authority representatives and business and voluntary sector representatives and looks set to become an annual event. Congratulations to Dr Val Morrison, Deputy Head of School Third Mission who, with colleagues, worked so hard to make it happen.

Judy with Dr. Val Morrison and Professor Richard Hastings at the Knowledge Exchange conference.
Judy gyda Dr Val Morrison a'r Athro Richard Hastings yn y Gynhadledd Cyfnewid Gwybodaeth.

Interest shown in our posters at the Knowledge Exchange conference.
Pobl yn dangos diddordeb i'n posteri yn y Gynhadledd Cyfnewid Gwybodaeth.

Cynhadledd Cyfnewid Gwybodaeth

Cyflwynodd Judy waith y Ganolfan BRh yng Nghynhadledd Cyfnewid Gwybodaeth gyntaf yr Ysgol Seicoleg, Prifysgol Bangor. Agorwyd y gynhadledd gan Ieuan Wyn Jones, Dirprwy Brif Weinidog Llywodraeth Cynulliad Cymru, a siaradodd am ymrwymiad LlCC wrth greu cysylltiadau rhwng yr academyddion, cyrff masnachol a sector gyhoeddus er mwyn rhoi Cymru ar y blaen.

Mynychodd academyddion o dros Gymru gyfan yn ogystal â chynrychiolwyr Llywodraeth Leol a GIG, cynrychiolwyr busnes a'r sector gwirfoddol ac mae'n edrych fel y gallai fod yn ddigwyddiad blynyddol. Llongyfarchiadau i Dr Val Morrison, Dirprwy Bennaeth Ysgol y Drydedd Genhadaeth, weithiodd mor galed, gyda'i chydweithwyr, i wneud i hyn ddigwydd.

Joining the IY Wales team during my sabbatical year

Dr. Helen Henningham

I am a Lecturer in Special Education at the University of the West Indies, Jamaica and have been in the UK for a year as part of a Wellcome Research Fellowship. My research involves evaluating the Incredible Years (IY) Teacher Classroom Management (TCM) Programme in Jamaican pre-schools and determining the effect of the training on child behaviour at home and at school and on teachers' behavioural management skills.

In 2006/07 I completed a pilot study of the IY TCM and aspects of Classroom Dina Curriculum (CD). Teachers who participated used significantly more positive and fewer negative strategies and promoted children's social and emotional skills more than comparison teachers who had not participated. In addition, ratings of children's classroom behaviour showed that children in intervention classrooms were less disruptive and aggressive and displayed more interest and enthusiasm in classroom activities than children in the comparison classrooms. The intervention was extremely well-received by the teachers who reported wide ranging benefits on their own behaviours and attitudes, on their relationships with parents and on the behaviour of children in their class.

In October 2007, I came to the UK to receive additional training in child and adolescent mental health and supervision in the IY programmes. I was based in the Institute of Psychiatry in London and spent three months at the Incredible Years Centre in Wales. Judy planned a great programme for me. I helped to facilitate an IY Toddler group in Bangor, observed a selection of the Infant group sessions, delivered the IY Small Group Dinosaur programme with Bridget Large (see separate article) and facilitated an IY Teacher programme in Powys with Sue Evans and Ceri Rees. I also attended add-on training in the Infant and Toddler programmes. This placement at the IY Wales Centre was extremely beneficial and I am now more equipped to deliver the IY programmes with fidelity in Jamaica.

A big thank you to everyone who helped to make my placement a success and a special thank you to Judy for organising such a comprehensive programme, Sue for being a fantastic role model and giving me very valuable feedback on my group leader skills, Bridget for sharing her extensive knowledge and experience of the IY programmes and Dilys and Kath for all the day-to-day assistance. In addition to being a very productive placement it was also good fun working with the IY Wales team.

Ymuno â'r Tîm BRh Cymru yn ystod fy mlwyddyn sabothol

Dr. Helen Henningham

'Rwyf yn Ddarlithydd mewn Addysg Arbennig ym Mhrifysgol India'r Gorllewin, Jamaica ac wedi bod yn y DU ers blwyddyn fel rhan o Gymrodoriaeth Ymchwil Wellcome. Mae fy ngwaith ymchwil yn cynnwys gwerthuso Rhaglen Hyfforddi Athrawon y Blynyddoedd Rhyfeddol (y BRh) yn y cyfnod cyn ysgol yn Jamaica a phennu effaith yr hyfforddiant ar ymddygiad plant gartref ac yn yr ysgol ac ar sgiliau rheoli ymddygiad yr athrawon.

Yn 2006/7, bu i mi gwblhau astudiaeth beilot o raglen Athrawon y BRh (RhDA) ac agweddau ar y Cwricwlwm Dina yn y Dosbarth (DD). 'Roedd yr athrawon a gymrodd rhan yn yr ymyrraeth yn defnyddio llawer iawn mwy o strategaethau cadarnhaol a llai o rai negyddol ac yn hyrwyddo sgiliau cymdeithasol ac emosiynol y plant fwy nag athrawon nad oeddent wedi cymryd rhan. Yn ogystal, wrth raddio ymddygiad y plant yn y dosbarth, dangoswyd bod plant yn nosbarthiadau'r ymyrraeth yn dangos llai o ymddygiad aflonyddgar ac ymosodol a mwy o ddiddordeb a brwdfrydedd yng ngweithgareddau'r dosbarth na phlant y dosbarthiadau eraill. Cafodd yr ymyrraeth groeso mawr gan yr athrawon, a adroddodd ar fanteision eang i'w hymddygiad a'u hagweddau eu hunain, i'w perthynas â'r rhieni ac i ymddygiad y plant yn eu dosbarth.

Ym mis Hydref 2007, deuthum i'r DU i gael hyfforddiant ychwanegol mewn iechyd meddwl plant a'r glasoed a goruchwyliaeth yn rhaglenni'r BRh. 'Roeddwn wedi fy lleoli yn Athrofa Seiciatreg Llundain a threuliais dri mis yng Nghanolfan y Blynyddoedd Rhyfeddol yng Nghymru. Cynlluniodd Judy raglen ardderchog. Bûm yn helpu i hwyluso grŵp Plant Bach y BRh ym Mangor; arsylwi detholiad o sesiynau'r grŵp Babanod; cyflwyno rhaglen Dinosor i Grwpiau Bach y BRh gyda Bridget Large (gweler yr erthygl ar wahân) a hwyluso rhaglen Athrawon y BRh ym Mhowys gyda Sue Evans a Ceri Rees. Cefais hefyd fynychu hyfforddiant ychwanegol yn y rhaglenni Babanod a Phlant Bach. Roedd y lleoliad hwn yng Nghanolfan BRh Cymru yn hynod fuddiol ac rwyf bellach mewn gwell sefyllfa i gyflwyno rhaglenni'r BRh yn ffyddlon yn Jamaica.

Diolch yn fawr iawn i bawb a gyfrannodd at wneud fy lleoliad yn llwyddiant. Diolch yn arbennig i Judy am drefnu rhaglen mor gynhwysfawr, i Sue am fod yn fodel rôl mor wych a rhoi adborth gwerthfawr iawn i mi ar fy sgiliau arwain grŵp, i Bridget am rannu ei gwybodaeth a'i phrofiad helaeth o raglenni'r BRh gyda mi ac i Dilys a Kath am yr holl gymorth o ddydd i ddydd. Yn ogystal â bod yn lleoliad cynhyrchiol iawn, cefais hefyd lawer o hwyl yn gweithio gyda thîm BRh Cymru.

"A rare sight in Jamaica - a head teacher sits and plays with her pupils following her attending a Teacher Classroom Management Programme"

"Digwyddiad prin yn Jamaica - pennaeth ysgol yn eistedd ac yn chwarae gyda'i ddisgyblion ar ôl mynychu Rhaglen Athrawon"

31604 incredible USE 18/11/08 11:33 am Page 11

2008 GoWales placements

This summer I successfully completed my second year at Cardiff University, studying Psychology, and was delighted to obtain a ten-week GoWales placement with the IY Wales team in Bangor.

Working with the team has been fantastic and has enabled me to gain and develop many useful skills such as communication, organisation, and IT skills working mostly on the leader survey. Since I am hoping to apply for a Clinical Psychology course in the future, this placement has been an amazing opportunity for me to gain some vital experience, and to see the vast amount of dedication and hard work that a research team needs to be successful.

I would like to thank the team for their kindness and support throughout the placement, and especially Judy and Dilys for giving me the opportunity to work with the team over the summer. Thank you!

Margiad Elen Williams

Yr haf yma, 'rwyf wedi cwblhau fy ail flwyddyn ym Mhrifysgol Caerdydd yn astudio Seicoleg, ac 'roeddwn wrth fy modd o gael y cyfle i weithio ar leoliad deg wythnos gyda thîm Blynyddoedd Rhyfeddol Cymru (BRhC) ym Mangor, fel rhan o gynllun GoWales.

Mae gweithio gyda'r tîm wedi bod yn wych ac wedi fy ngalluogi i fagu a datblygu llawer o sgiliau defnyddiol fel sgiliau cyfarthrebu, trefnu, a TG gweithio'n fwyaf ar yr arolwg arweinwyr. Gan fy mod yn gobeithio gwneud cais i gwrs mewn Seicoleg Clinigol yn y dyfodol, mae'r lleoliad yma wedi bod yn gyfle anhygoel i mi fagu profiad angenrheidiol, ac i weld yr holl waith caled ac ymroddiad mae tîm ymchwil ei angen i fod yn llwyddiannus.

Hoffwn ddiolch i dîm BRhC am eu caredigrwydd a'u cefnogoeth trwy gydol y lleoliad, ac yn enwedig Judy a Dilys am y cyfle i weithio gyda'r tîm dros yr haf. Diolch!

Margiad Elen Williams

Note from Judy

Thank you John and Margiad for your willingness to do whatever work came along and for being such good team members, we wish John well in your chosen career of teaching in which we are sure you will be very successful and Margiad in her third year at Cardiff.

Lleoliad GoWales 2008

I recently graduated from Cardiff University with a degree in Chemistry and my next goal is to complete a PGCE course at Bangor University and become a chemistry teacher. I was happy to obtain a GoWales placement at the Incredible Years Wales (IYW) Centre for the Summer. The ten-week placement was a brilliant opportunity for me to contribute and improve my communication, organisation and IT skills.

I thoroughly enjoyed the experience and learnt more than I would ever have had in a typical summer job. Working at the IYW Centre, mainly getting the newsletter together, was an eye opener as to how much work and teamwork is required for a research team to be successful.

I would like to thank all the staff at the IYW Centre for making my placement a truly memorable experience and a special thanks to Judy, Tracey and Dilys with whom I worked closely and who gave me endless support.

John Llewelyn Williams

Graddais yn ddiweddar o Brifysgol Caerdydd gyda gradd mewn Cemeg, a fy nod nesaf yw cwblhau cwrs TAR ym Mhrifysgol Bangor a mynd yn athro Cemeg. 'Roeddwn yn falch o ennill lleoliad GoWales yng Nghanolfan Blynyddoedd Rhyfeddol Cymru (BRhC) dros yr haf. Roedd y lleoliad deg wythnos o hyd yn gyfle gwych i mi gyfrannu a gwella fy sgiliau cyfathrebu, trefnu a TG.

Bu i mi fwynhau'r profiad yn enfawr a dysgais fwy nag y buaswn erioed wedi'i wneud mewn swydd gwyliau'r haf arferol. 'Roedd gweithio yng Nghanolfan BRhC, yn bennaf yn casglu erthyglau ar gyfer y newyddlen yn agoriad llygaid o ran faint o waith a gwaith tîm sydd ei angen i dîm ymchwil fod yn llwyddiannus.

Hoffwn ddiolch i'r holl staff yng Nghanolfan BRhC am wneud fy lleoliad yn brofiad bythgofiadwy a diolch yn arbennig i Judy, Tracey a Dilys, y bûm yn gweithio'n agos â hwy ac a roddodd gefnogaeth ddiddiwedd i mi.

John Llewelyn Williams

Nodyn gan Judy

Diolch i John a Margiad am fod mor barod i wneud pa waith bynnag a ddaeth ar eu ffordd ac am fod yn aelodau mor dda o'r tîm. 'Rydym yn dymuno'n dda i ti John yn dy ddewis o yrfa fel athro, ac yn siŵr y byddi'n llwyddiannus iawn ac i Margiad yn ei thrydedd flwyddyn yng Ngaerdydd.

Finding Out How Far The Incredible Years Programme are Spread Across Wales

After successfully completing my Masters degree in the foundations of clinical psychology at Bangor University this September, I was delighted to receive GoWales funding to work at the IY Wales centre for a ten week placement as a research assistant. This placement has afforded me the opportunity to enhance my communication, IT, organisation and report writing skills. In addition it has given me practical experience working within a psychology based setting.

During my placement my main role has been to work on a report of evaluations by service managers of the IY programmes started in the summer by Margiad, another successful GoWales applicant. This survey was commissioned by the Welsh Assembly Government to establish the extent of developments with the IY parenting programme across Wales. Service Manager responses have shown that the Parent Programme has been delivered in all 22 Authorities and that as well as their use in early intervention settings such as children's centres and Flying Start services there is also increasing use of the programmes with older children in Child and Adolescent Mental Health services, and with foster carers. In addition twelve Authorities across Wales are taking part in the research to evaluate the new IY Toddler programme. There was a high level of satisfaction with the programme and service managers' comments were mainly about how to get support to enable more effective delivery of the programme. Fourteen services have written the programme into their service plan and all Authorities have plans to deliver the programme during the coming year. The report will be completed later this month and circulated to all Authorities in Wales

I have also worked closely with Nia Griffiths and Karen Jones inputting data and making questionnaire packs for the evaluation of the effectiveness of the IY Toddler Parenting Programme. The centre is extremely busy and the dedication and hard work of the members of staff is inspiring. Thanks to my time at IY I am now pursuing funding to undertake a Ph.D. at Bangor.

I would like to thank all the team for their kindness and support, especially Judy, Tracey and Dilys for giving me the opportunity to work for them; it's been a truly great experience.

Joanna Charles

Darganfod Sut Mae'r Rhaglen Blynyddoedd Rhyfeddol wedi lledaenu ar hyd Cymru

Wedi i mi cwblhau fy nghwrs gradd meistr ar 'foundations of clinical psychology' ym Mhrifysgol Bangor fis Medi yma. Roeddwm wrth fy modd i gael fy'n arianu gan GoWales i weithio yng nghanolfan BRh am ddeng wythnos fel cymhorthydd gweinyddol. Mae'r lleoliad yma wedi rhoi'r cyfle i mi wella fy sgiliau cyfathrebu, TG, sgiliau trefnu a sgiliau ysgrifennu adroddiadau. Mae'r cyfle yma hefyd wedi rhoi profiad ymarferol i mi o weithio o fewn sefydliad sydd wedi ei seilio ar seicoleg.

Yn ystod fy lleoliad, fy mhrif rôl oedd gweithio ar adroddiad o ddadansoddiadau gan reolwyr gwasanaeth o'r rhaglenni BRh a ddecheuwyd yn ystod yr haf gan Margiad, ymgeisydd GoWales llwyddiannus arall. Cafodd yr arolwg ei gomisiynu gan Llywodraeth Cynulliad Cymru i sefydlu ehangder y datblygiadau gyda'r rhaglen rhientu BRh ar hyd a lled Cymru. Dengys ymatebion y rheolwyr gwasanaeth bod y rhaglen rhieni wedi ei ddatblygu ym mhob un o'r 22 Awdurdod ac yn ogystal â'u defnydd mewn sefyllfaoedd ymyrraeth cynnar megis canolfannau plant a gwasanaethau Dechrau'n Deg mae hefyd cynnydd yn nefnydd y rhaglen gyda phlant hyn gyda gwasanaethau Iechyd Meddyliol Plant a Phobl Ifanc, a gyda gofalwyr maeth. Yn ogystal â hyn, mae 12 Awdurdod ar draws Cymru yn cymryd rhan mewn ymchwil i ddatblygu y rhaglen Plant Bach BRh newydd. Roedd lefel uchel o foddhad gyda'r rhaglen ac roedd sylwadau y rheolwyr gwasanaeth yn aml yn sôn sut i gael cefnogaeth i alluogi dosbarthiad mwy effeithiol o'r rhaglen. Mae pedair ar ddeg o wasanaethau wedi ychwanegu'r rhaglen i'w cynllun gwasanaeth ac mae gan pob Awdurdod gynlluniau i ddatblygu'r rhaglen yn y flwyddyn sy'n dod. Bydd yr adroddiad yn barod ddiwedd y mis ac yn cael ei ddosbarthu i bob Awdurdod yng Nghymru.

Rwyf hefyd wedi gweithio'n agos gyda Nia Griffiths a Karen Jones yn mewnfwydo data a chreu pecynnau holiadur ar gyfer eu dadansoddiad cyfredol o effeithiolrwydd y Rhaglen Rhientu Plant Bach a ddatblygwyd yn ddiweddar. Mae'r ganolfan yn hynod o brysur; mae brwdfrydedd y staff a'u gwaith caled yn ysbrydoledig. Diolch i fy amser gyda BRh rwyf nawr yn ceisio cael fy nghyllido i wneud cwrs PhD ym Mhrifysgol Bangor.

Hoffwn ddiolch i bawb ar y tîm am eu caredigrwydd a'u cyfeillgarwch, yn enwedig Judy, Tracey a Dilys am roi'r cyfle i mi weithio gyda nhw; mae wirioneddol wedi bod yn brofiad grêt.

Joanna Charles

31604 incredible USE 18/11/08 11:33 am Page 12

Developments in Ireland - Archways

Work to implement the Incredible Years (IY) programmes in the Republic of Ireland continues at a pace. Under the capable stewardship of Director Margaret Maher and her team in Archways, the programme is now widely available to parents, teachers and children in community organisations and schools throughout Ireland.

Archway's three-year commitment to implement and evaluate the IY programme with children experiencing emotional and behavioural difficulties has also progressed. Working in collaboration with Dr. Sinead McGilloway at the National University of Ireland Maynooth, Archways recently concluded the first phase of a study of the BASIC Parent Programme with 32 parents and the second phase is under way. We were fortunate to have support from Judy who, with assistance from Dr. Dermot O'Reilly, provided consultation days to group leaders. Her support and sage advice was greatly appreciated.

Archways are also undertaking the first rigorous evaluation of the IY Teacher Classroom Management programme (TCM) in Ireland. Preparatory work in twelve schools in Limerick, a highly disadvantaged area of the country, has been completed and the full evaluation commenced in October.

To celebrate and disseminate progress to date Archways held a national conference on 19th May, 2008. This was a huge success with over 250 delegates representing key agencies, organisations and political departments from around the country. Presentations included speakers from Norway, Jamaica and the UK. Judy gave the keynote presentation on the development of the programmes in Seattle and Wales and, as always made herself available throughout the conference (and beyond) to discuss the IY programmes or to chat about their experience as group leaders delivering the programme. This openness and availability was greatly appreciated by those in attendance.

The Welsh delegation also contributed in a variety of ways, including a presentation on the recent completed foster carer study and through an array of posters charting research and service developments in Wales. The Celtic link continues with both Judy and Tracey supporting the continuing research activity at Maynouth.

Dr. Sean McDonnell
Archways Research and Training Manager

Datblygiaday yn Yr Iwerddon - Archways

Mae'r gwaith o roi rhaglenni'r Blynyddoedd Rhyfeddol (BRh) ar waith yng Ngweriniaeth Yr Iwerddon yn carlamu ymlaen. Dan stiwardiaeth fedrus y Gyfarwyddwraig, Margaret Maher, a'i thîm yn Archways, mae'r rhaglen bellach ar gael yn eang i rieni, athrawon a phlant mewn sefydliadau cymunedol ac ysgolion ledled Iwerddon.

Gwelwyd cynnydd hefyd yn ymrwymiad tair blynedd Archways i weithredu a gwerthuso rhaglen y BRh gyda phlant sydd ag anawsterau emosiynol ac ymddygiadol. Gan weithio mewn partneriaeth â Dr Sinead McGilloway ym Mhrifysgol Genedlaethol Yr Iwerddon ym Maynooth, cwblhaodd Archways gam cyntaf astudiaeth i effeithiau'r Rhaglen Magu Plant BASIC yn ddiweddar gyda 32 o rieni ac mae'r ail gam wedi dechrau. Buom yn ddigon ffodus i gael cefnogaeth Judy a ddarparodd, gyda chymorth Dr Dermot O'Reilly, gyfres o ddiwrnodau ymgynghori i arweinwyr grwpiau. Gwerthfawrogwyd ei chefnogaeth a'i chyngor doeth yn fawr.

Mae Archways hefyd yn cynnal y gwerthusiad trwyadl cyntaf o raglen Rheolaeth Dosbarth i Athrawon (RhDA) y BRh yn Yr Iwerddon. 'Rydym wedi cwblhau'r gwaith paratoi mewn deuddeg o ysgolion yn Limerick, sy'n ardal dan anfantais fawr o'r wlad, a bydd y gwerthusiad llawn yn cychwyn ym mis Hydref.

I ddathlu a lledaenu'r cynnydd hyd yma, cynhaliodd Archways gynhadledd genedlaethol ar y19eg o Fai, 2008. 'Roedd yn lwyddiant mawr gyda dros 250 o ddirprwyon yn bresennol yn cynrychioli asiantaethau, sefydliadau ac adrannau gwleidyddol allweddol o bob cwr o'r wlad. Ymysg y cyflwyniadau cafwyd siaradwyr o Norwy, Jamaica a'r DU. Judy oedd y brif siaradwraig, gyda'i chyflwyniad ar ddatblygiad y rhaglenni yn Seattle ac yng Nghymru. Fel arfer, gwnaeth yn siŵr ei bod ar gael drwy gydol y gynhadledd (ac wedyn) i'r rheiny oedd yn dymuno trafod rhaglenni'r BRh neu sgwrsio am eu profiadau fel arweinwyr grwpiau yn cyflwyno'r rhaglen. Gwerthfawrogwyd ei didwylledd a'i pharodrwydd i sgwrsio gan bawb a fynychodd.

Cyfrannodd dirprwyaeth Cymru hefyd mewn amryw o ffyrdd, gan gynnwys cyflwyniad ar yr astudiaeth o ofalwyr maeth sydd newydd ei chwblhau, a thrwy gasgliad o bosteri'n cofnodi datblygiadau ymchwil a gwasanaethau yng Nghymru. Mae'r cyswllt Celtaidd yn parhau, gyda Judy a Tracey ill dwy'n cefnogi'r gwaith ymchwil parhaus a wneir ym Maynooth, i wasanaethau a gyflwynir gan staff a phartneriaid Archways.

Dr Sean McDonnell
Rheolwr Ymchwil a Hyfforddiant Archways

Sean McDonnell with Judy and Archways Director Margaret Maher.
Sean McDonnell gyda Judy a Chyfarwyddwraig Archways, Margaret Maher.

Speakers at the Archways Conference - Cathryn Byrne (Chairperson of Archways), Dr. Tracey Bywater, Dr. Helen Henningham (University of West Indies, Jamaica), Dr. Sinead McGilloway (University of Maynooth), Dr. Sue Evans (Powys LHB), Margaret Maher (Director of Archways), Professor Willy-Tore Mørch (University of Tromso, Norway), Dr. Caroline White, (Booth Hall Children's Hospital, Manchester) and Professor Judy Hutchings.

Siaradwyr yng Nghynhadledd Archways - Cathryn Byrne (Cadeirydd Archways), Dr. Tracey Bywater, Dr. Helen Henningham (Prifysgol India'r Gorllewin, Jamaica), Dr. Sinead McGilloway (Prifysgol Maynooth), Dr. Sue Evans (Powys LHB), Margaret Maher (Cyfarwyddwraig Archways), Yr Athro Willy-Tore Mørch (Prifysgol Tromso, Norwy), Dr. Caroline White (Ysbyty Booth Hall i Blant, Manceinion), ac Yr Athro Judy Hutchings.

Building links with Clinical Research Collaboration Cymru

CRC Cymru has been established to support the development of health related research across Wales and employs a group of staff (the Research Professional Network) with experience of direct patient and service user contact. We had already held a meeting with Jayne Jones, North Wales Regional Network Manager, and Julia Roberts, Clinical Studies Officer, and invited them to become part of our research steering group with a view to contributing resources to our ongoing Toddler programme research.

The Knowledge Exchange conference provided a further networking opportunity through discussions with the newly appointed North Wales Clinical Studies Officer, Lucie Hobson who is likely to have some time allocated to support data collection for the toddler programme research.

Adeiladu cysylltiadau gydag Ymchwil Clinigol Cydweithiol Cymru

Cafodd YCC Cymru ei sefydlu i gefnogi datblygiad ymchwil sy'n gysylltiedig ag iechyd ar draws Cymru ac mae'n cyflogi grŵp o staff (y Rhwydwaith Ymchwil Proffesiynol) gyda phrofiad o gyswllt uniongyrchol gyda chleifion a defnyddwyr gwasanaeth. Roeddem yn barod wedi cael cyfarfod gyda Jayne Jones, Rheolwr Rhwydwaith Lleol Gogledd Cymru, a gyda Julia Roberts, Swyddog Astudiaethau Clinigol, a'u gwahodd i fod yn rhan o'n ymchwil a'n grŵp llywio mewn golwg o gyfrannu adnoddau i'n ymchwil rhaglen plant bach.

Gwnaeth y cynhadledd Cyfnewid Gwybodaeth ddarparu mwy o gyfleon i rwydweithio drwy drafodaeth gyda'r Swyddog Astudiaethau Clinigol Gogledd Cymru newydd, Lucie Hobson sy'n debygol o gael amser wedi ei neilltuo i gefnogi casglu data ar gyfer y rhaglen ymchwil plant bach.

Lucie chats with Judy and Nia at the IY stand during the Knowledge Exchange conference.

Lucie'n sgwrsio gyda Judy a Nia yn stondin y BRh yn ystod Cynhadledd Cyfnewid Gwybodaeth.

31604 incredible USE 18/11/08 11:33 am Page 13

The Incredible Years Parents and Babies Programme in Caernarfon

Eilir Jones and Mair Jones

Having run several Incredible Years (IY) BASIC programmes over the years in Caernarfon we were delighted to co-lead this new programme for parents and infants. We have often felt that it would be great to do an IY ethos programme sooner with the parents and this was a golden opportunity. We were overwhelmed with the response from mothers of babies who had been attending our post-natal Jig-So group in Caernarfon. Thirteen wanted to attend and two others contacted us to sign up as well.

"How would we cope with fifteen mothers and babies? Would we be heard over the noise of the babies? Would two hours be too long? Would the mothers stick to the programme especially as it was held at 10 am?"

We needn't have worried. The babies, aged from two to six months, when the course commenced, basked in the undivided attention of their mothers for two hours and loved socialising with the other babies in the group. It was a delight to see them developing and the mothers taking pride in their weekly achievements. Not all mothers completed written home activities but all reported verbally on their baby's progress and their baby's response to different activities and interactions.

The film clips triggered interesting group discussions with all mothers having the confidence to join in as the weeks went by. Topics included safety, feeding and sleeping patterns, relationships with partners and grandparents and coping with depression and the impact of having a baby on parental lifestyle. Much emphasis was put on understanding babies' cues and interactions and becoming more sensitive to babies' needs without forgetting that mothers also have needs.

As health visitors we hope to run further programmes which will be offered to mothers after the initial Jig-So sessions. Some of the mothers said that offering tea and toast before the sessions would be beneficial as it was hard to get themselves and babies ready and get to the venue on time!

Caernarfon Parent and Baby Group July 2008.
Rhaglen Rhieni a Babanod Caernarfon, Gorffennaf 2008.

Rhaglen Rhieni a Babanod y Blynyddoedd Rhyfeddol yng Nghaernarfon

Eilir Jones and Mair Jones

Ar ôl cynnal sawl rhaglen BASIC y Blynyddoedd Rhyfeddol (BRh) dros y blynyddoedd yng Nghaernarfon, 'roeddem yn falch iawn o gael cydarwain y rhaglen newydd hon ar gyfer rhieni a babanod. 'Rydym wedi teimlo'n aml y byddai'n beth da cynnal rhaglen ethos y BRh yn gynharach gyda'r rhieni, a dyma gyfle gwych i wneud hynny. Cawsom ein gorlethu â'r ymateb gan famau babanod oedd wedi bod yn mynychu ein grŵp ôl-eni, Jig-So, yng Nghaernarfon. 'Roedd tair ar ddeg ohonynt eisiau mynychu a chysylltodd dwy arall â ni hefyd.

"Sut fyddem yn ymdopi â phymtheg o famau a'u babanod? Fyddai rhywun yn ein clywed ni dros sŵn y babanod? Fyddai dwy awr yn amser rhy hir? Fyddai'r mamau'n dal ati i ddod i'r sesiynau, yn enwedig â'r rheiny'n cychwyn am 10 y bore?"

Doedd dim rhaid i ni fod wedi poeni. 'Roedd y babanod, rhwng dau a chwe mis oed pan gychwynnodd y cwrs, yn ymhyfrydu yn sylw astud eu mamau am ddwy awr ac wrth eu boddau'n cymdeithasu gyda'r babanod eraill yn y grŵp. 'Roedd yn bleser eu gweld yn datblygu a'r mamau'n ymfalchïo yn eu llwyddiannau wythnosol. Ni chwblhaodd pob mam y gweithgareddau cartref ysgrifenedig, ond roeddent oll yn adrodd yn llafar ar gynnydd eu babanod ac ar ymateb eu babanod i wahanol weithgareddau a rhyngweithiadau.

Ysgogodd y clipiau ffilm drafodaethau grŵp diddorol, a daeth pob mam yn ddigon hyderus i ymuno wrth i'r wythnosau fynd heibio. 'Roedd y pynciau'n cynnwys diogelwch, patrymau bwydo a chysgu, perthynas â phartneriaid a neiniau a theidiau ac ymdopi ag iselder ac effaith cael babi ar eu ffordd o fyw. Rhoddwyd cryn bwyslais ar ddeall arwyddion a rhyngweithiadau'r babanod a dod yn fwy sensitif i anghenion y babanod, heb anghofio bod gan famau anghenion hefyd.

Fel ymwelwyr iechyd, rydym yn gobeithio cael cynnal rhaglenni pellach a gynigir i famau ar ôl y sesiynau Jig-So cychwynnol. Dywedodd rhai o'r mamau y byddai cynnig te a thost cyn y sesiynau'n fuddiol, gan ei bod yn anodd iddynt eu paratoi eu hunain a'u babanod a chyrraedd y lleoliad mewn pryd!

Note from Judy
Thanks Eilir and Mair for giving me my first opportunity to run this programme with you.

Nodyn gan Judy
Diolch i chi, Eilir a Mair, am roi'r cyfle cyntaf i mi gynnal y rhaglen hon gyda chi.

DVD of the baby programme

We were very fortunate that the Mums in our Caernarfon baby group were willing to be filmed and we are in the process of making a DVD of the baby programme along the lines of our existing DVD of parents talking about the BASIC Parent programme. We hope to complete this in time for our conference in March 09.

DVD o'r rhaglen i fabis

Roeddem yn ffodus iawn bod y mamau yng ngrŵp babis Caernarfon yn fodlon i gael eu ffilmio ac rydym yn y broses o greu DVD o'r rhaglen i fabis ynghŷd â'n DVDs presennol o rieni'n siarad am y rhaglen rhiant sylfaenol. Rydym yn gobeithio cwblhau hyn ar gyfer ein cynhadledd ym mis Mawrth 2009.

> *You just need to learn to approach it differently.*
>
> ***Dim ond angen dysgu i'w wynebu'n wahanol .***

> *They cuddle up now!*
>
> ***Maen nhw'n cael mwythau rwan!***

31604 incredible USE 18/11/08 11:33 am Page 14

Every school in Gwynedd now has the Dino Programme

Rhiain Gwyn

Gwynedd Education Authority has now completed its three-year plan and to date we have trained 257 teachers, 46 headteachers and 176 classroom assistants. Every school in Gwynedd now has at least one trained teacher in the Teacher Classroom Management Programme (TCM) and the Classroom Dina School Curriculum (CD). Some schools have completed whole school staff training making use of bursaries or money in reserve to finance supply teachers. An increasing number of headteachers are also attending the courses. This is a positive development and vital to the proper implementation of the programmes in schools. All the teachers in the specialised units in the County have also received training – these include SEN units, language impairment units and pre-school assessment units. We have also continued with the training of classroom assistants targeting those who support teachers already implementing the programmes in the classroom.

All developments are carefully monitored through strategy meetings and two catchment areas were selected for school visits during the summer term. A high proportion of teachers responded very positively to the questionnaire as part of the monitoring process, to ascertain if the programmes are being implemented correctly and successfully and to deal with any problems that teachers might be experiencing. All the teachers reported that they had benefited from the training, some utilising the strategies better than others, but all were far more aware of their style of interacting with pupils and dealing with inappropriate behaviour.

The Authority did not receive grant funding to promote the programme for parents this year but there have been some interesting developments in Ysgol Bro Lleu, Penygroes. The headteacher, a member of staff and one parent who attended the course have received training to become Parent programme leaders. They have delivered the BASIC Parenting programme on a regular basis at the school so that all parents can be targeted and by now 40% of the school's parents have attended a parenting group. This is a development Gwynedd plans to extend to other areas in the County.

The IY programmes always receive special attention and praise from school inspectors. The HM Inspectorate 'Estyn' carried out a full inspection on specific aspects of the Authority's quality and standards in education with special focus on inclusion. They concluded that the Authority's performance in discharging its responsibilities with the IY training enabled teachers to provide very good support for behaviour problems.

Gwynedd Education Service and the School of Psychology have collaborated in the funding of an ESRC Ph.D. studentship for Pam Martin. The initial findings are very encouraging and will further bolster Gwynedd's plans.

Future Plans:

The Head of School Services has secured funding for further teacher courses, albeit on a lesser scale, for the academic year '08 – '09 and I will also undertake the training of more classroom assistants in Gwynedd and Môn through Cwmni Cynnal.

Summer 2008

Mae gan pob ysgol yng Nghwynedd Raglen Dina erbyn hyn

Rhiain Gwyn

Mae Awdurdod Addysg Gwynedd bellach wedi cwblhau ei gynllun tair blynedd ac ar hyn o bryd mae gennym 257 o athrawon wedi eu hyfforddi, 46 o benaethiaid a 176 o gynorthwywyr dosbarth. Erbyn hyn, mae gan bob ysgol yng Ngwynedd o leiaf un athro/athrawes wedi'i hyfforddi yn y rhaglen Rheolaeth Dosbarth i Athrawon (RhDA) a'r Cwricwlwm Ysgol Dina yn y Dosbarth (DD). Mae rhai ysgolion wrthi'n cynnal hyfforddiant staff ysgol gyfan, neu eisoes wedi'i gwblhau, gan ddefnyddio bwrsarïau neu arian wrth gefn i gyllido athrawon llanw. Mae nifer gynyddol o benaethiaid hefyd yn mynychu'r cyrsiau. Mae hwn yn ddatblygiad cadarnhaol ac yn hanfodol i weithredu'r rhaglenni'n ddidwyll yn yr ysgolion. Mae holl athrawon amrywiol unedau arbenigol y Sir hefyd wedi cael hyfforddiant - mae'r rhain yn cynnwys unedau AAA, unedau namau iaith ac unedau asesu cyn ysgol. 'Rydym hefyd wedi parhau i hyfforddi cynorthwywyr dosbarth, gan dargedu'r rheiny sy'n cefnogi athrawon sydd eisoes yn rhoi'r rhaglenni ar waith yn y dosbarth.

Caiff pob datblygiad ei fonitro'n ofalus drwy gyfarfodydd strategol, a dewiswyd dau ddalgylch ar gyfer ymweliadau ysgol yn ystod tymor yr haf. Ymatebodd cyfran uchel o athrawon yn gadarnhaol iawn i'r holiadur oedd yn rhan o'r broses fonitro. Nod hwn oedd canfod a yw'r rhaglenni'n cael eu rhoi ar waith yn gywir ac yn llwyddiannus, ac i fynd i'r afael ag unrhyw broblemau y gallai'r athrawon fod yn eu cael. Adroddodd yr holl athrawon eu bod wedi elwa o'r hyfforddiant, gyda rhai'n defnyddio'r strategaethau'n well nag eraill. Ond 'roedd pob un yn llawer mwy ymwybodol o'u harddull o ryngweithio â'r disgyblion a mynd i'r afael ag ymddygiad amhriodol.

Ni chafodd yr Awdurdod arian grant i hyrwyddo'r rhaglen ar gyfer rhieni eleni, ond cafwyd rhai datblygiadau diddorol yn Ysgol Bro Lleu, Penygroes Mae'r Pennaeth, aelod o'r staff ac un rhiant a fynychodd y cwrs wedi cael hyfforddiant i fod yn arweinwyr y rhaglen rhieni. Maent wedi cyflwyno'r rhaglen Magu Plant BASIC yn rheolaidd yn yr ysgol er mwyn gallu targedu pob rhiant ac erbyn hyn mae 40% or rieni'r ysgol wedi mynychu'r grŵp rienti. Mae hwn yn ddatblygiad y mae Gwynedd yn cynllunio i'w ehangu i ardaloedd eraill yn y Sir.

Mae gweithredu rhaglenni'r BRh mewn ysgolion bob amser yn cael sylw a chanmoliaeth arbennig gan arolygwyr ysgolion yn ystod arolygon ysgol ffurfiol. Cynhaliodd 'Estyn', Arolygiaeth Ei Mawrhydi, arolwg llawn o agweddau penodol ar ansawdd a safonau'r Awdurdod mewn addysg, gan ganolbwyntio'n benodol ar gynhwysiant. Daethant i'r casgliad bod perfformiad yr awdurdod lleol i gyflawni ei gyfrifoldebau o ran hyfforddiant y BRh wedi galluogi athrawon i ddarparu cefnogaeth dda iawn ar gyfer problemau ymddwyn.

Mae Gwasanaeth Addysg Gwynedd a'r Ysgol Seicoleg wedi dod at ei gilydd i ariannu ysgoloriaeth ymchwil Ph.D. ESRC i Pam Martin. Mae'r canfyddiadau cychwynnol yn galonogol iawn a byddant yn ategu cynlluniau Gwynedd ymhellach.

Cynlluniau ar gyfer y dyfodol:

Mae Pennaeth y Gwasanaethau Ysgolion wedi sicrhau cyllid ar gyfer rhagor o gyrsiau athrawon, er ar raddfa lai, ar gyfer blwyddyn academaidd 08-09, a byddaf innau'n cynnal hyfforddiant ar gyfer rhagor o gynorthwywyr dosbarth yng Ngwynedd ac Ynys Môn drwy Gwmni Cynnal.

Haf 2008

Note from Judy:
All the best to Rhiain on her retirement from full time work. She will continue to work part time for Gwynedd supporting the Incredible Years Project.

"There is always time for a hug"

Mae bob amser amser lle ac amser i gofleidio"

"Love reduces friction to a fraction"

Mae cariad yn lleihau ffrithiant"

Nodyn gan Judy:
Dymuniadau gorau i Rhiain ar ei hymddeoliad o weithio'n llawn amser. Mae'n parhau i weithio rhan amser i Wynedd yn cefnogi'r prosiect Blynyddoedd Rhyfeddol.

31604 incredible USE 18/11/08 11:34 am Page 15

The Incredible Years Wales Award Programme

Award winners with Judy and Chris Burdett
Yr enillwyr gyda Judy a Chris Burdett

THE AWARD programme was launched earlier this year to give recognition to 'incredible' people.

Incredible Parent Volunteer Award 2008

This award went to Fran Probert, nominated by Kath Ahern, Family Link worker, Barnardo's Swansea Children Matter. After attending an IY parent group, Fran became an active volunteer parent support worker, assisting with recruitment, running parent groups, weekly home visits and phone calls to families. She also volunteers with the local South Penlan Community Centre – working closely with the Communities First co-ordinator to organise local events and is Vice-chairperson for the Supporting Positive Parents (SPP) support group. Fran plays a positive role in her community and is a tower of strength and an inspiration to many parents both in the IY groups and also those living locally.

Well done Fran

Incredible Parent Group Leader Award 2008

The award of Incredible Group leader went to Helen James Llewellyn, Project Manager at the Bryn Teg Youth Centre. She was nominated by her work colleague Teresa Davies who told us that, since training to deliver the IY Parent programme, Helen has delivered many programmes and helped numerous families in Blaenau Gwent

Well done Helen

Incredible Programme Supporter Award 2008

This award went to Eilir Jones, Sure Start Health Visitor, Caernarfon, nominated by the Incredible Years team because she had been such a longstanding supporter of the IY programme. She was among the first leaders trained and co-led two of our Sure Start research groups. She became one of the first certified leaders in Wales. She has continued to deliver the programme and been willing and able to persuade parents in her groups to allow visitors to sit in and see the programme in action on numerous occasions. Her experience featured in a Guardian article and most recently she has spent many hours of her own time reading and helping to ensure that the Welsh translation of the IY book was accurate and comprehensible.

Thank you Eilir

Incredible Administrator Award 2008

This award went to Dilys Wynne Williams who was nominated by Sue Evans and the Powys IY teams. Sue wrote 'Dilys is an amazing source of support, advice and encouragement to all of us working with the IY programmes. Her organisational and personal skills are second to none. She is always willing to help with any problem, often going well beyond what could be expected. I always feel confident in directing colleagues to Dilys for advice about materials and upcoming training.' It is so typical for colleagues who have had contact with Dilys to comment on her helpfulness, efficiency and very pleasant manner. Dilys is simply 'Incredible'

Thanks Dilys

Awards 2009

Nominations for the 2009 awards must be received by December 19th 2008 so that they can be presented at our March 2009 Conference. Contact the Centre office for a nomination form.

Rhaglen Wobrwyo Blynyddoedd Rhyfeddol Cymru

LANSIWYD Y RHAGLEN wobrwyo yn gynharach eleni i gydnabod pobl 'rhyfeddol'.

Rhiant Wirfoddolwr Rhyfeddol 2008

Aeth y wobr hon i Fran Probert, a enwebwyd gan Kath Ahern, gweithiwr Cyswllt Teulu Plant yn Cyfrif Barnardo's. Ar ôl mynychu grŵp rhieni'r BRh, roedd Fran wedi dod yn weithiwr cefnogi rhieni gwirfoddol gweithgar, yn helpu i recriwtio, cynnal grwpiau rhieni, cynnal ymweliadau cartref wythnosol a ffonio rhieni. Mae hefyd yn gwirfoddoli gyda Chanolfan Gymunedol De Penlan - yn gweithio'n agos â'r cydgysylltydd Cymunedau'n Gyntaf i drefnu digwyddiadau lleol. Hi hefyd yw Is-gadeirydd grŵp cefnogi rhieni Cefnogi Rhieni Cadarnhaol (SPP). Mae Fran yn chwarae rôl gadarnhaol yn ei chymuned ac yn gefn mawr ac ysbrydoliaeth i nifer o rieni yn grwpiau'r BRh a hefyd i'r rheiny sy'n byw'n lleol.

Da iawn Fran

Gwobr Arweinydd Grŵp Rhieni Rhyfeddol 2008

Aeth y wobr arweinydd grŵp Rhyfeddoli Helen James Llewellyn, Rheolwr Prosiect yng Nghanolfan Ieuenctid Bryn Teg. Fe'i henwebwyd gan ei chydweithiwr, Teresa Davies, a ddywedodd wrthym fod Helen, ers hyfforddi i gyflwyno rhaglen Magu Plant y BRh, wedi cyflwyno nifer o raglenni ac wedi helpu llawer o deuluoedd ym Mlaenau Gwent.

Da iawn Helen

Gwobr Cefnogwr Rhaglen Rhyfeddol 2008

Aeth y wobr hon i Eilir Jones, Ymwelydd Iechyd Cychwyn Cadarn, Caernarfon, a enwebwyd gan dîm y Blynyddoedd Rhyfeddol am ei bod wedi bod yn gymaint o gefnogwr i raglen y BRh ers tro. 'Roedd ymysg yr arweinwyr cyntaf i gael eu hyfforddi ac fe gydarweiniodd ddau o'n grwpiau ymchwil Cychwyn Cadarn. Daeth yn un o'r arweinwyr ardystiedig cyntaf yng Nghymru. Mae wedi parhau i gyflwyno'r rhaglen ac wedi llwyddo i berswadio rhieni yn ei grwpiau i adael i ymwelwyr eistedd i mewn a gweld y rhaglen ar waith ar nifer o achlysuron. Darllenwyd am ei phrofiad mewn erthygl yn y Guardian ac yn fwyaf diweddar, treuliodd oriau lawer o'i hamser ei hun yn darllen ac yn helpu sicrhau bod cyfieithiad Cymraeg llyfr y BRh yn gywir ac yn eglur.

Diolch yn fawr Eilir

Gwobr Gweinyddwr Rhyfeddol 2008

Aeth y wobr hon i Dilys Wynne Williams a enwebwyd gan Sue Evans a thimau BRh Powys. Ysgrifennodd Sue, 'Mae Dilys yn ffynhonnell cefnogaeth, cyngor ac anogaeth Rhyfeddoli bawb ohonom sy'n gweithio ar raglenni'r BRh. Mae ei sgiliau trefnu a phersonol heb eu hail. Mae bob amser yn barod i helpu gydag unrhyw broblem, yn aml yn mynd yn bell y tu hwnt i'r disgwyl. 'Rwyf bob amser yn teimlo'n hyderus wrth gyfeirio cydweithwyr at Dilys am gyngor ynglŷn â deunyddiau a hyfforddiant sydd ar y gweill.' Mae mor nodweddiadol o gydweithwyr sydd wedi cael cyswllt â Dilys i wneud sylwadau am ei chymwynasgarwch, ei heffeithiolrwydd a'i hagwedd ddymunol. Mae Dilys wir yn 'Rhyfeddol'.

Diolch yn fawr Dilys

Gwobrau 2009

Rhaid i'r enwebiadau ar gyfer gwobrau 2009 ein cyrraedd erbyn Rhagfyr 19, 2008 er mwyn i ni allu eu cyflwyno yn ein Cynhadledd fis Mawrth 2009. Cysylltwch â swyddfa'r Ganolfan i gael ffurflen enwebu.

Judy with the latest Finish group to be trained (Sept 2008).
Judy gyda'r grŵp diweddaraf o Ffindir i'w hyfforddi (Medi 2008).

Judy with Finnish Minister of Health and Social Services Ms Paula Risikko.
Judy gyda Gweinidog Y Ffindir dros Iechyd a Gwasanaethau Cymdeithasol, Ms Paula Risikko.

31604 incredible USE 18/11/08 11:34 am Page 16

Cardiff's commitment to the Incredible Years Parenting Programmes

People often comment that not enough resources are put in place to ensure that research based programmes are effective in service settings and I am amazed at the dedication and commitment of many IY facilitators who carry out this work in addition to other roles within their organisation.

I am in the enviable position of being part of the West Cardiff Child and Parent Support Team in Barnardo's Cardiff with a dedicated role facilitating Parenting programmes and supporting families whilst they are attending the programme. There is a similar team in East Cardiff based in Children's Services at St Mellons and both teams run the IY BASIC programme with families who are referred through Social Services.

Both teams also provide additional support whilst parents are on the programme, such as visits from key workers who reinforce the strategies and principles discussed in the parenting group. Families are also given the opportunity to attend for a morning where they can talk to other parents from the group and have further opportunities to develop language and play skills with their children. Transport and meals are provided.

In Ely we have developed a programme of afternoon activities that parents can do with their children in the centre after lunch, connected with the group topic that day. For example on week two "Helping your child learn through play" we put out sand/water/ and play-dough for tactile play, and also have empty cardboard boxes, plastic bottles etc and parents are encouraged to follow their child's lead in junk modelling.

The project also has family support workers who support families with parenting in their homes. Some of these have attended the WAG funded IY training that Judy has delivered and are using it on an individual basis with families. Others expressed a need to know more about the programme and, in response, we ran an introductory IY day including an overview of the IY Programmes, some exercises on topics covered in the programme and sharing experiences of working in family homes. Hopefully people went away with a better understanding of what parents are being asked to do in their home assignments and will be more able to support them in the future.

Cardiff's CYP identified that it is essential that the delivery of parenting programmes in Cardiff is "joined-up" and makes best use of the skills of a range of professionals from different agencies and organisations. It is also essential that parenting programmes meet the needs of parents who fall within identified priority groups. The partnership has committed funding for a parent programme co-ordinator whose prime role is to support the co-ordinated development of evidenced-based parenting programmes, to ensure they are delivered with fidelity. They will participate in on-going evaluation of the programmes, (e.g. with parents of children with special needs, young parents, parents with mental health problems, parents of children in need of behaviour support).

Parenting support in Cardiff is growing through partnership working and more parents are accessing groups. This helps to reduce the stigma sometimes associated with attending a parenting programme, as it becomes more acceptable. Four IY facilitators from the Child and Parent Support teams recently attended the WAG funded Infant and Toddler programme training, and we are looking forward to delivering these programmes in September and January.

None of the above would be possible without a real commitment to parenting programmes by everyone involved, Parents, Managers, Policy makers, Facilitators, and Support Workers. We know that parenting programmes work, but will leave the last word to someone more qualified than me to comment:

"I found the service helped a lot with helping me manage my son's behaviour.. I felt people were there for me. I really enjoyed the groups and met some nice people, staff included"

(a parent from our IY group)

Kevin Lawrence
Child and Parent support Team Cardiff

Ymrwymiad Caerdydd i Raglenni Magu Plant y Blynyddoedd Rhyfeddol

Clywir pobl yn dweud yn aml nad oes digon o adnoddau'n cael eu darparu i sicrhau bod rhaglenni seiliedig ar ymchwil yn effeithiol mewn sefyllfaoedd gwasanaeth. O ganlyniad, 'rwyf yn synnu at ymroddiad ac ymrwymiad nifer o hwyluswyr y BRh sy'n cyflawni'r gwaith hwn yn ogystal â rolau eraill o fewn eu sefydliad.

'Rwyf i yn y sefyllfa arbennig o fod yn rhan o Dîm Cefnogi Plant a Rhieni Gorllewin Caerdydd gyda Barnado's Caerdydd. Pwrpas fy rôl yw hwyluso rhaglenni magu plant a chefnogi teuluoedd wrth iddynt gymryd rhan yn y rhaglen. Mae yna dîm tebyg yn Nwyrain Caerdydd, wedi'i leoli yn y Gwasanaethau Plant yn Llaneirwg, ac mae'r ddau dîm yn cynnal rhaglen BASIC y BRh gyda theuluoedd sy'n cael eu cyfeirio drwy'r Gwasanaethau Cymdeithasol.

Mae'r ddau dîm hefyd yn darparu cefnogaeth ychwanegol wrth i'r rhieni ddilyn y rhaglen, megis ymweliadau gan weithwyr allweddol sy'n atgyfnerthu'r strategaethau a'r egwyddorion a drafodir yn y grŵp magu plant. Rhoddir cyfle i deuluoedd hefyd fynychu sesiwn fore i sgwrsio â rhieni eraill o'r grŵp a datblygu sgiliau iaith a chwarae ymhellach gyda'u plant. Darperir cludiant a phrydau bwyd.

Yn Nhrelái, rydym wedi datblygu rhaglen o weithgareddau prynhawn y gall rhieni eu gwneud gyda'u plant yn y ganolfan ar ôl cinio, sy'n gysylltiedig â phwnc y grŵp y diwrnod hwnnw. Er enghraifft, yn wythnos dau, "Helpu'ch plentyn i ddysgu drwy chwarae", rydym yn darparu tywod/dŵr/clai er mwyn iddynt gael chwarae'n gyffyrddol. Mae gennym hefyd flychau cardfwrdd gwag, poteli plastig ac ati, ac 'rydym yn annog y rhieni i ddilyn arweiniad eu plentyn wrth fodelu â sbwriel.

Mae gan y prosiect hefyd weithwyr cefnogi teulu sy'n cefnogi teuluoedd gyda sgiliau magu plant yn eu cartrefi. Mae rhai o'r rhain wedi mynychu'r hyfforddiant BRh a ariannwyd gan LlCC ac a gyflwynwyd gan Judy, ac yn ei ddefnyddio ar sail unigol gyda theuluoedd. Mynegodd eraill angen i ddysgu mwy am y rhaglen. Er mwyn ymateb i hyn, fe gynhaliom ddiwrnod

BRh rhagarweiniol oedd yn cynnwys trosolwg o Raglenni'r BRh, rhai ymarferion ar bynciau a gynhwysir yn y rhaglen a rhannu profiadau o weithio yng nghartrefi teuluoedd. Y gobaith yw yr aeth pobl oddi yno gyda gwell dealltwriaeth o'r hyn y gofynnir i rieni ei wneud yn eu haseiniadau cartref ac yn gallu eu cefnogi'n well yn y dyfodol.

Nododd CYP Caerdydd ei bod yn hanfodol cyflwyno rhaglenni magu plant yng Nghaerdydd mewn modd "cydgysylltiedig", gan wneud y defnydd gorau o sgiliau amrediad o weithwyr proffesiynol o wahanol asiantaethau a sefydliadau. Mae hefyd yn hanfodol bod rhaglenni magu plant yn bodloni anghenion y rhieni sy'n dod o fewn y grwpiau blaenoriaeth a nodir. Mae'r bartneriaeth wedi ymrwymo cyllid ar gyfer cydgysylltydd rhaglenni magu plant. Ei brif rôl fydd cefnogi datblygiad cydlynol rhaglenni magu plant wedi'u seilio ar dystiolaeth er mwyn sicrhau y cânt eu cyflwyno'n ffyddlon, a gwerthuso'r rhaglenni'n barhaus (e.e. gyda rhieni plant ag anghenion arbennig, rhieni ifanc, rhieni â phroblemau iechyd meddwl, rhieni plant sydd angen cefnogaeth o ran eu hymddygiad).

Mae cefnogaeth magu plant yng Nghaerdydd yn tyfu drwy weithio mewn partneriaeth ac mae mwy o rieni'n defnyddio'r grwpiau. Mae hyn yn helpu lleihau'r stigma a gysylltir weithiau â mynychu rhaglen magu plant, gan ei fod yn dod yn fwy derbyniol. Yn ddiweddar, bu pedwar hwylusydd y BRh o'r timau Cefnogi Plant a Rhieni ar hyfforddiant y rhaglen Babanod a Phlant Bach a ariannwyd gan LlCC, ac rydym yn edrych ymlaen at gael cyflwyno'r rhaglenni hynny ym mis Medi ac Ionawr.

Ni fyddai'r uchod yn bosibl o gwbl heb ymrwymiad gwirioneddol i raglenni magu plant gan bawb sy'n rhan ohonynt: Rhieni, Rheolwyr, rhai sy'n Llunio Polisïau, Hwyluswyr a Gweithwyr Cynnal. 'Rydym yn gwybod bod rhaglenni magu plant yn gweithio, ond rwyf am adael i rywun sy'n fwy cymwys na mi gael y gair olaf:

"'Roedd y gwasanaeth o fudd mawr i mi reoli ymddygiad fy mab. Teimlais fod pobl yno i mi. 'Roeddwn yn mwynhau mynd i'r grwpiau a chyfarfod pobl glên, gan gynnwys y staff."

(un o rieni ein grŵp BRh)

Kevin Lawrence
Tîm Cefnogi Plant a Rhieni Caerdydd

Participants at the Incredible Years Overview Day in Cardiff.
Mynychwyr Diwrnod Rhagarweiniol y Blynyddoedd Rhyfeddol yng Nghaerdydd.

31604 incredible USE 18/11/08 11:34 am Page 17

A 'Flying Start' for the Classroom Programmes in Blaenau Gwent

The Educational Psychology Service has taken a lead, in promoting the Incredible Years (IY) Teacher and Classroom Dina programmes. Funding came from a range of sources, including 'Flying Start'. The IY Parent Programme is being rolled out in Flying Start areas and the Co-ordinator felt that it would be beneficial for the children to move on to schools that had adopted the IY ethos.

It was with some trepidation that I delivered my first Teacher Classroom Management (TCM) Programme in 2006, with the Inclusion Manager, but my worries soon disappeared when the evaluations started coming in and I realised just how good the programme is. Since then I have been seconded to run three further programmes, and thirty-seven staff from twenty schools and nurseries across the borough have been trained. Evaluations remain incredibly positive, with over 95% in the very helpful and helpful ranges; 80% reported improvement in the target child's behaviour after implementing the behaviour plan and 100% reported improvement in other students' problems using the classroom strategies.

Taster sessions were provided for 'Flying Start' schools interested in introducing the Classroom Dinosaur Programme. Using some of the Dino materials and puppets, I was able to support 'IY' trained teachers to try out some of the Dino Units in one school.

Afternoons spent with twenty-six infants, their teachers and Wally were fantastic fun! Staff reported that children were interested and engaged, not only during the sessions, but there was carry-over into other classroom situations and onto the yard. Children were talking about their feelings and taking a problem-solving approach to their differences and both aggressive children and those who lacked confidence made progress. During the sessions there was an increase in teacher confidence in facilitating role-play and using the group to help children address problems. Responses from children were very positive with many children able to produce thoughtful solutions to problems such as playground fighting, bullying and friendship difficulties.

The school is introducing the full 'Dinosaur School' Programme from September and 'Flying Start' has supplied the materials and funding for staff to attend training. Using this as a beacon of good practice, the project will continue next term with similar levels of support offered to another 'Flying Start' school. In addition a participant from the TCM course is carrying out research for her M.Ed. dissertation into the impact of the teacher training delivered in Blaenau Gwent. I am confident that this will provide us with evidence to secure longer- term funding for the programmes.

Michelle Mansell
Educational Psychologist
Blaenau Gwent LEA

Y Rhaglenni Dosbarth yn 'Dechrau'n Deg' ym Mlaenau Gwent

Mae'r Gwasanaeth Seicoleg Addysg wedi cymryd yr awenau wrth hyrwyddo rhaglenni Athrawon a Dina yn y Dosbarth y Blynyddoedd Rhyfeddol (BRh). Cafwyd cyllid o amryw o ffynonellau, gan gynnwys 'Dechrau'n Deg'. Mae Rhaglen Magu Plant y BRh yn cael ei chyflwyno'n mewn ardaloedd 'Dechrau'n Deg', a theimlai'r Cydlynydd y byddai'n fuddiol i'r plant symud i ysgolion oedd wedi mabwysiadu ethos y BRh.

'Roeddwn yn teimlo braidd yn anesmwyth wrth gyflwyno fy Rhaglen Athrawon gyntaf yn 2006, gyda'r Rheolwr Cynhwysiant, ond buan iawn y diflannodd fy mhryderon pan ddechreuodd y gwerthusiadau gyrraedd a sylweddolais pa mor dda yw'r rhaglen mewn gwirionedd. Ers hynny, 'rwyf wedi cael secondiad i gynnal tair rhaglen arall, ac mae tri deg saith aelod staff o ugain o ysgolion a meithrinfeydd ledled y fwrdeistref wedi cael eu hyfforddi. Mae'r gwerthusiadau'n dal i fod yn arbennig o gadarnhaol, gyda dros 95% yn yr amrediad buddiol iawn a buddiol. Adroddodd 80% welliant yn ymddygiad y plentyn targed ar ôl rhoi'r cynllun ymddygiad ar waith, ac adroddodd 100% welliant ym mhroblemau myfyrwyr eraill o ddefnyddio'r strategaethau dosbarth.

Afraid dweud y bu'r prynhawniau a dreuliais gyda 26 o blant bach, eu hathrawon a Wally yn dipyn o sbort! Adroddodd staff bod plant yn dangos diddordeb ac yn canolbwyntio, nid yn unig yn ystod y sesiynau, ond mewn sefyllfaoedd dosbarth eraill ac ar yr iard. 'Roedd plant yn siarad am eu teimladau ac yn defnyddio dull datrys problemau i gymodi eu gwahaniaethau. Nid plant â phroblemau ymddygiad ymosodol yn unig a ddangosodd gynnydd; sylwyd bod plant â diffyg hyder yn gallu lleisio'u barn yn well. Yn ystod y sesiynau, gwelwyd cynnydd yn hyder yr athrawon wrth hwyluso chwarae rôl a defnyddio'r grŵp i helpu plant i fynd i'r afael â'u problemau. 'Roedd ymatebion y plant yn gadarnhaol iawn, gyda nifer yn gallu cynhyrchu atebion ystyriol i broblemau megis ymladd ar yr iard, bwlio a thrafferthion gyda chyfeillgarwch.

Mae'r ysgol bellach wedi penderfynu cyflwyno'r Rhaglen 'Ysgol Dinosor' lawn o fis Medi ymlaen, ac mae 'Dechrau'n Deg' wedi darparu'r deunyddiau a'r cyllid i staff fynychu hyfforddiant ym Mangor y tymor nesaf. Gan ddefnyddio hyn fel nod o arfer da, bydd y prosiect yn parhau'r tymor nesaf gan gynnig lefelau tebyg o gefnogaeth i ysgol 'Dechrau'n Deg' arall. Yn ogystal, mae un o gyfranogwyr y Cwrs Athrawon yn cynnal ymchwil fel rhan o draethawd M.Ed. i effaith yr hyfforddiant athrawon a gyflwynwyd hyd yma ym Mlaenau Gwent. 'Rwy'n hyderus y bydd hyn yn rhoi tystiolaeth i ni allu sicrhau cyllid tymor hwy ar gyfer y rhaglenni.

Michelle Mansell
Seicolegydd Addysg
AALl Blaenau Gwent

The Incredible Years (IY) Parenting Programmes are available to all Parents throughout Blaenau Gwent

Blaenau Gwent facilitators have delivered fifteen IY BASIC Parent programmes, two TCM programmes and two Small Dina groups. The Parent groups have been very well attended with excellent evaluations received from parents. The parenting project will be delivering another three programmes commencing in September, for which we have a waiting list of parents wanting to attend. We are keen to deliver the new School Age and the Infant and Toddler programme. There has been a lot of interest in both new programmes, particularly from our Sure Start Health Team, who work primarily with 0-3 year olds.

We also deliver Parent programmes in the Flying Start areas of the Borough, using schools and community buildings to help engage families.

There are currently 50 facilitators trained to deliver the BASIC Parent programme. This will enable us to deliver more programmes in other areas of the borough.

As the Parenting Co-ordinator I am currently delivering the BASIC Parent programme to the Borough's Home Start Volunteers and excited to be taking part in the Toddler Research.

Tania Hayward
Parenting Co-ordinator, Blaenau Gwent

Rhaglenni Magu Plant y Blynyddoedd Rhyfeddol (BRh) ar gael i holl rieni Blaenau Gwent

Mae hwyluswyr Blaenau Gwent wedi cyflwyno pymtheg o raglenni Magu Plant BASIC y BRh, dwy raglen Hyfforddiant Athrawon a dau grŵp Dina Bach. Mae nifer fawr wedi mynychu'r grwpiau magu plant, gyda gwerthusiadau ardderchog gan y rhieni. Bydd y prosiect magu plant yn cyflwyno tair rhaglen arall ym mis Medi, ac mae yna restr aros o rieni sydd eisiau mynychu.

'Rydym yn awyddus i gyflwyno'r rhaglen Oed Ysgol a'r rhaglen Babanod a Phlant Bach. Cafwyd cryn dipyn o ddiddordeb yn y ddwy raglen newydd, yn enwedig gan ein Tîm Iechyd Cychwyn Cadarn, sy'n gweithio'n bennaf â phlant rhwng 0 a 3 oed.

Rydym hefyd yn cyflwyno rhaglenni magu plant yn ardaloedd Dechrau'n Deg y Fwrdeistref, gan ddefnyddio ysgolion ac adeiladau cymunedol i'n helpu i gynnwys teuluoedd. Ar hyn o bryd, mae 50 o hwyluswyr wedi'u hyfforddi i gyflwyno'r rhaglen Magu Plant BASIC. Bydd hyn yn ein galluogi i gyflwyno mwy o raglenni yn ardaloedd eraill y fwrdeistref.

Fel Cydgysylltydd Rhieni, 'rwyf ar hyn o bryd yn cyflwyno'r rhaglen Magu Plant BASIC i Wirfoddolwyr Home Start y Fwrdeistref ac yn gyfrous i gymryd rhan yn yr Ymchwil Plant Bach.

Tania Hayward,
Cydgysylltydd Rhieni, Blaenau Gwent

> *I ignore the bad and praise the good – that's what's worked*
>
> ***Rwyf yn anwybyddu'r drwg ac yn canmol y da – dyna beth sydd wedi gweithio***

31604 incredible USE 18/11/08 11:34 am Page 18

REPORT FROM CONWY & DENBIGHSHIRE NHS TRUST

WE CONTINUE to lead on Incredible Years (IY) delivery in Conwy. Liz offers regular BASIC courses in the two Sure Start centres (Llandudno and Llanrwst) and Deborah works across the whole of Conwy.

We deliver programmes during school terms to facilitate childcare for parents and between us run at least four BASIC courses a school term. Liz has recently completed her 33rd course! We run at least one evening course per year and this year ten out of ten starters completed! Deborah has undertaken six month and two-year follow-ups and the results are comparable with Carolyn Webster-Stratton's.

We also continue to offer the Enhancing Parenting Skills course (EPaS) for professionals, now heavily influenced by Carolyn's work. Nearly all the HVs and YPHAs have completed the course and we are starting recaps /reminders for them. Several social workers and others have also done the course (114 staff in all).

We co-facilitate the BASIC course with other workers such as HVs and YPHAs but it is not easy for them to get sufficient time to fully participate due to other work commitments on their part. Liz hopes to restart co-leading with Sure Start workers.

This summer we offered four recap session for parents who have done the IY BASIC course (we have done this before and it is well received). There was one session each on play, praise and rewards, limit setting and managing difficult behaviour.

We continue to find the work personally fulfilling and very effective for parents.

Liz Phenna-Williams and Deborah Roberts

Liz Phenna-Williams a Deborah Roberts

ADRODDIAD O YMDDIRIEDOLAETH GIG CONWY A SIR DDINBYCH

'RYDYM YN PARHAU i arwain ar gyflwyniad y Blynyddoedd Rhyfeddol (y BRh) yng Nghonwy. Mae Liz yn cynnig cyrsiau BASIC rheolaidd yn y ddwy Ganolfan Cychwyn Cadarn (Llandudno a Llanrwst) ac mae Deborah yn gweithio ar hyd a lled Conwy.

'Rydym yn cyflwyno rhaglenni yn ystod tymor yr ysgol, er mwyn hwyluso gofal plant i rieni, a rhyngom, rydym yn cynnal o leiaf pedwar cwrs BASIC bob tymor ysgol. Cwblhaodd Liz ei 33ain cwrs yn ddiweddar! 'Rydym yn cynnal o leiaf un cwrs gyda'r nos y flwyddyn ac eleni, cwblhaodd deg allan o'r deg a gychwynnodd! Mae Deborah wedi cynnal cyrsiau dilynol chwe mis a dwy flynedd, ac mae'r canlyniadau'n dilyn patrwm rhai Carolyn Webster-Stratton.

'Rydym hefyd yn parhau i gynnig y cwrs Gwella Sgiliau Magu Plant (GSMP) ar gyfer gweithwyr proffesiynol, sydd bellach yn cael ei ddylanwadu'n gryf gan waith Carolyn. Mae bron pob Ymwelydd Iechyd (YI) a Chynghorwr Iechyd Pobl Ifanc (CIPI) wedi cwblhau'r cwrs ac rydym yn cychwyn ar sesiynau crynhoi/atgoffa ar eu cyfer. Mae sawl gweithiwr cymdeithasol ac eraill hefyd wedi dilyn y cwrs (114 o staff i gyd).

'Rydym yn cyd-hwyluso'r cwrs BASIC gyda chydweithwyr eraill megis YI a CIPI, ond nid yw'n hawdd iddynt hwy ganfod digon o amser i gymryd rhan lawn oherwydd eu hymrwymiadau gwaith eraill. Mae Liz yn gobeithio ailddechrau cyd-hwyluso gyda gweithwyr Cychwyn Cadarn.

Yn ystod yr haf yma, bu i ni gynnig pedair sesiwn grynhoi ar gyfer rhieni sydd wedi gwneud cwrs BASIC y BRh ('rydym wedi gwneud hyn o'r blaen, ac mae wedi cael croeso da). Cafwyd un sesiwn yr un ar chwarae, canmol a gwobrau, gosod terfynau a rheoli ymddygiad anodd.

'Rydym yn parhau i deimlo bod y gwaith yn rhoi boddhad personol i ni ac yn effeithiol iawn i rieni.

Developments in Northern Ireland

JUDY HAS had links with Northern Ireland for many years, particularly with Queens University Belfast for whom she acted as external examiner. So it is exciting that there have been lots of IY developments over the past year. - In 2007 Jamila Reid, assisted by Judy, delivered Classroom Dino training in Belfast that has resulted in a school-based project. In the meantime Benny McDaniel who undertook both a Masters and Ph.D. at Queens (which Judy examined) is now working for Barnardo's in NI. She brought eleven people to the IY Wales' annual conference and pre group workshops. Her service then funded training for thirteen parent group leaders in Bangor and in total 30 parent group leaders from Northern Ireland have now trained in Bangor.

It was great to see Benny and her team again at the Archways, Dublin, conference showing in a very practical way how organisations from Northern Ireland and the Republic can work together and benefit from each other's experience. They are now negotiating with Atlantic Philanthropies for funding to develop and research the IY programmes in the North.

Datblygiadau yng Ngogledd Iwerddon

Mae gan Judy gysylltiadau â Gogledd Iwerddon ers blynyddoedd lawer, yn enwedig â Phrifysgol Queens ym Melfast, lle buodd yn arholwr allanol. Cyffrous yw darllen felly y gwelwyd nifer o ddatblygiadau'r BRh yno dros y flwyddyn ddiwethaf. Yn 2007, cyflwynodd Jamila Reid, gyda chymorth Judy, hyfforddiant Dino yn y Dosbarth ym Melfast, sydd wedi arwain at brosiect wedi'i seilio mewn ysgolion. Yn y cyfamser, mae Benny McDaniel, a astudiodd ar gyfer gradd Meistr a Ph.D. yn Queens (y bu Judy'n eu harholi), bellach yn gweithio i Barnardo's Gogledd Iwerddon. Daeth â unarddeg o bobl i gynhadledd blynyddol BRh a gweithdai cyn grŵp. Yna, ariannodd ei gwasanaeth hyfforddiant i dri ar ddeg o arweinwyr grwpiau rhieni ym Mangor, ac mae cyfanswm o 30 o arweinwyr grwpiau rhieni o Ogledd Iwerddon bellach wedi hyfforddi ym Mangor.

'Roedd yn hyfryd gweld Benny a'i thîm unwaith eto yng nghynhadledd Archways yn Nulyn, oedd yn dangos mewn ffordd ymarferol iawn sut y gall sefydliadau o Ogledd a Gweriniaeth Yr Iwerddon gydweithio ac elwa ar brofiadau'r naill a'r llall. Maent bellach mewn trafodaethau ag Atlantic Philanthropies i gael cyllid i ddatblygu ac ymchwilio rhaglenni'r BRh yn y Gogledd.

"Thank you for giving me my child back!"

"Diolch i chwi am roi fy mhlentyn yn ôl i mi!"

Some of the Irish delegates with Judy at our 2008 conference.

Rhai o gynrychiolwyr Gwyddelig gyda Judy yng Nghynhadledd 2008

"Children need models much more than critics'

"Mae plant angen delfryd llawer mwy na beirniad"

31604 incredible USE 18/11/08 11:34 am Page 19

News from Flintshire

CHILDREN'S SERVICES Family and Adolescence Services Team (FAST), CAMHS Early Intervention, Sure Start, Flying Start and Barnardo's (Families Matter Drug and Alcohol Early Intervention) have recently taken advantage of the Incredible Years training funded through the Welsh Assembly Government (WAG). Five people have received training on the Infant and Toddler programme and three on the Advance programme. All attendees have put into place plans for delivery, which is great news for the parents and families of Flintshire.

We were delighted to receive the WAG funded resources for all IY programmes, however we do need to build the local infrastructure further, and agree through the local Parenting Strategy Group how to take this forward.

A number of BASIC and one Advance programme have been delivered this year, ensuring that people who received the WAG funded training have delivered at least one programme. Services involved include Children's Services, Gronant Family Centre, Action for Children (NCH), Educational Psychology, Save the Family, CAMHS Early Intervention, Sure Start, Flying Start, Health and Barnardo's. Whilst partnership working has its challenges it has proven that there are also many benefits.

All of the groups went well, with parents commenting positively on the benefit to them and their families, including grandparents. The comments made by parents are heart warming, to see the difference it has made to them, their children, their family and their home life. We hope to capture some of these comments on media. One parent is supporting with administration, with the possibility of receiving training to deliver future programmes. We are involved in the IY Toddler research.

Childrens Services (FAST) continue to deliver IY as their group work parenting programme, strengthening their work over the last few years. Prior to Wendy Shaw going on maternity leave in July this year, she and her team developed a two-year plan, and will be delivering two BASIC programmes and one Advance programme per academic year. These 'closed' groups are for Social Service referrals only.

We would like to thank Wendy for her contribution to the development of IY in Flintshire, and the support she provides through supervision and support; for her hard work and dedication – we expect we may see her on a Baby and Toddler series soon (maybe as a mystery shopper!)

Children's Information Service are co-ordinating information on where groups are planned and can act as a "single point of contact" for parents and practitioners who want to find out about courses. We are also providing a local peer support group for all parenting programme facilitators, with plans to offer further group work training reflecting the National Occupational Standards for Work with Parents.

Gail Bennett
Parenting Strategy Co-ordinator
Meryl Elmusrati,
Flying Start Co-ordinator

Newyddion o Sir y Fflint

MAE TÎM Gwasanaethau Teuluoedd a'r Glasoed y Gwasanaethau Plant (FAST), Ymyrraeth Gynnar CAMHS, Cychwyn Cadarn a Barnardo's (Ymyrraeth Gynnar Cyffuriau ac Alcohol Teuluoedd yn Cyfrif) wedi cymryd mantais yn ddiweddar o hyfforddiant y Blynyddoedd Rhyfeddol a ariannwyd drwy Lywodraeth Cynulliad Cymru (LlCC). Mae pum person wedi cael hyfforddiant ar y rhaglen Babanod a Phlant Bach a thri wedi cael hyfforddiant ar y rhaglen Uwch. Mae pob un a fynychodd wedi sefydlu cynlluniau a gyfer cyflwyno'r rhaglenni, sy'n newyddion ardderchog i rieni a theuluoedd Sir y Fflint.

'Roeddem yn falch iawn o dderbyn yr adnoddau a ariannwyd gan LlCC ar gyfer holl raglenni'r BRh, ond mae angen i ni adeiladu'r seilwaith lleol ymhellach, a chytuno sut i ddatblygu hyn drwy'r Grŵp Strategaeth Magu Plant lleol.

Mae nifer o raglenni BASIC ac un rhaglen Uwch wedi cael eu cyflwyno eleni, gan sicrhau bod pobl a dderbyniodd hyfforddiant a ariannwyd gan LlCC wedi cyflwyno o leiaf un rhaglen. Mae'r gwasanaethau sydd wedi cymryd rhan yn cynnwys y Gwasanaethau Plant, Canolfan Deulu Gronant, NCH, Seicoleg Addysg, Achub y Plant, Ymyrraeth Gynnar CAMHS, Cychwyn Cadarn, Dechrau'n Deg, Iechyd a Barnardo's. Er bod gweithio mewn partneriaeth yn cynnig cryn heriau, rydym wedi profi y ceir nifer o fanteision hefyd.

Bu pob grŵp yn llwyddiant, gyda'r rhieni yn gwneud sylwadau cadarnhaol am y manteision iddynt hwy a'u teuluoedd, gan gynnwys neiniau a theidiau. Mae'n galonogol clywed sylwadau'r rhieni, a gweld y gwahaniaeth y mae wedi'i wneud iddynt hwy, eu plant, eu teulu a'u bywyd cartref. 'Rydym yn gobeithio recordio rhai o'r sylwadau hyn. Mae un rhiant yn cynorthwyo gyda'r gwaith gweinyddol, gyda'r posibilrwydd o gael hyfforddiant i gyflwyno rhaglenni yn y dyfodol. Rydym yn cymryd rhan yn yr ymchwil i raglen Plant Bach y BRh.

Mae'r Gwasanaethau Plant (FAST) yn parhau i gyflwyno'r BRh fel eu rhaglen magu plant gwaith grŵp, gan atgyfnerthu eu gwaith dros yr ychydig flynyddoedd diwethaf. Cyn i Wendy Shaw fynd ar absenoldeb mamolaeth fis Gorffennaf eleni, datblygodd ei thîm a hithau gynllun dwy flynedd, a byddant yn cyflwyno dwy raglen BASIC ac un rhaglen Uwch ym mhob blwyddyn academaidd. Mae'r rhaglenni'n parhau fel grwpiau 'caeedig' ar gyfer y rheini a gyfeirir gan y Gwasanaethau Cymdeithasol yn unig.

Hoffem ddiolch i Wendy am ei chyfraniad i ddatblygiad y BRh yn Sir y Fflint, am y cymorth y mae'n ei ddarparu drwy oruchwyliaeth a chefnogaeth, ac am ei gwaith caled a'i hymroddiad – 'rydym yn disgwyl ei gweld ar gwrs Babanod a Phlant Bach cyn bo hir (fel siopwr dirgel efallai!).

Mae'r Gwasanaeth Gwybodaeth Plant yn cydgysylltu gwybodaeth am ble y cynllunnir grwpiau a gallant weithredu fel "un man cyswllt" ar gyfer rhieni ac ymarferwyr sydd eisiau gwybodaeth am gyrsiau. 'Rydym hefyd yn darparu grŵp cymorth cymheiriaid lleol ar gyfer yr holl hwyluswyr rhaglenni magu plant, gyda'r bwriad o gynnig rhagor o hyfforddiant gwaith grŵp i adlewyrchu'r Safonau Galwedigaethol Cenedlaethol ar gyfer Gwaith gyda Rhieni.

Gail Bennett
Cydgysylltydd y Strategaeth Magu Plant
Meryl Elmusrati,
Cydgysylltydd Dechrau'n Deg

TORFAEN

WE STARTED our first Incredible Years (IY) parenting programme in Torfaen in April 2008, the programme was run by Sure Start and Health Visiting who have worked very hard to prepare for their group, which went well.
It is hoped that we will run one IY group every term in Flying Start areas to complement the menu of support that we already have available. In the coming year, the IY supervision provided by Judy has been invaluable in supporting this process.

Llinos Davies

Note from Judy:
Congratulations to Llinos on her apointment as Parenting Co-ordinator for Cardiff.

TORFAEN

BU I NI GYCHWYN ar ein rhaglen magu plant y Blynyddoedd Rhyfeddol gyntaf yn Nhorfaen ym mis Ebrill 2008. Cynhaliwyd y rhaglen gan Cychwyn Cadarn a'r Tîm Ymwelwyr Iechyd, a weithiodd yn galed iawn i baratoi ar gyfer eu grŵp, a fu'n llwyddiant.
'Rydym yn gobeithio cael cynnal un grŵp BRh bob tymor mewn ardaloedd Dechrau'n Deg i ategu'r detholiad o gefnogaeth sydd eisoes ar gael. Bu'r oruchwyliaeth BRh a ddarparodd Judy yn amhrisiadwy wrth gefnogi'r broses hon.

Llinos Davies

Nodyn gan Judy:
Llongyfarchiadau i Llinos ar ei apwyntiad fel Cydlynydd Rhientu dros Gaerdydd.

"I've learnt to communicate with my child without a fight."

"Rwyf wedi dysgu cyfathrebu gyda'm mhlentyn heb frwydro."

31604 incredible USE 18/11/08 11:34 am Page 20

IY Cymru Charity

We would like to record our thanks to our original Trustees, Ann Marie Jones (Chair), John Wyn Jones (Secretary) and Mari Clayton. This year they have been joined by Huw Thomas and Judith Roberts. Judith fulfils the role of parent representative, having experienced the programme as a parent and supported it as an assistant psychologist in the NWW CAMHS service. She is now a Ph.D. student researching in the field of dementia.

The charity has been busy applying for grants to undertake further research and dissemination in Wales with the help of Dr. Catrin Slater, a professional fundraiser. Our first two bids to Children in Need and the Esmee Fairburn Foundation were not successful, mainly because we are not working directly with children and families, but we are optimistic about a bid to the Big Lottery Research fund to research the Dino programme in conjunction with local school and voluntary sector staff. This fund aims to promote research in the voluntary sector in collaboration with academic institutions so should suit our situation.

Elusen BRh Cymru

Hoffem nodi ein diolch i'n Hymddiriedolwyr gwreiddiol, sef Ann Marie Jones (Cadeirydd), John Wyn Jones (Ysgrifennydd) a Mari Clayton. Eleni, mae Huw Thomas a Judith Roberts wedi ymuno â hwy. Mae Judith yn cymryd rôl cynrychiolydd y rhieni, wedi cael profiad o'r rhaglen fel rhiant ac fel seicolegydd cynorthwyol yng ngwasanaeth CAMHS GOC. Mae bellach wedi ymgofrestru fel myfyrwraig Ph.D. yn cynnal ymchwil ym maes demensia.

Mae'r elusen wedi bod yn brysur yn gwneud ceisiadau am grantiau i gynnal rhagor o waith ymchwil a lledaenu yng Nghymru gyda chymorth Dr. Catrin Slater, sy'n godwr arian proffesiynol. Ni fu ein dau gais cyntaf, i Blant mewn Angen a Sefydliad Esmee Fairburn, yn llwyddiannus, yn bennaf am nad ydym yn gweithio'n uniongyrchol â phlant a theuluoedd. Ond rydym yn optimistig am gais i raglen Ymchwil y Gronfa Loteri Fawr i ymchwilio i'r rhaglen Dino ar y cyd â staff ysgolion lleol a'r sector gwirfoddol. Nod y gronfa hon yw hybu ymchwil yn y sector gwirfoddol ar y cyd â sefydliadau academaidd, felly dylai fod yn addas i'n sefyllfa ni.

Judy with Dianne Lees, Mentor in Training, New Zealand
Judy gyda Dianne Lees, Mentor dan Hyfforddiant, Seland Newydd

Judy, Liisa Hietala, project worker; Tuula Seppänen-Leiman, project leader; and Riku Mänttäri, chief physician with the Finnish pyramid.
Judy, Liisa Hietela, swyddog prosiect; Tuula Seppänen-Leiman, arwinydd prosiect, a Riku Mänttäri, prif feddyg gyda pyramid y Ffindir.

CYHOEDDIADAU DIWEDDAR/RECENT PUBLICATIONS

It has been a busy year for publications since the last newsletter and recent publications are listed below. These can be downloaded from either our own website www.incredibleyearswales.co.uk or from the Seattle website www.incredibleyears.com

Mae wedi bod yn flwyddyn prysur yn nhermau cyhoeddiadau ers y cylchlythyr ddiwethaf ac mae'r cyhoeddiadau diweddaraf wedi eu nodi isod. Gellir lawrlwytho rhain unai o'n gwefan ni www.incredibleyearswales.co.uk neu o wefan Seattle www.incredibleyears.com

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31604 incredible USE 18/11/08 11:34 am Page 21

IY in Powys

Dr. Sue Evans,
Consultant Child Psychologist, Powys LHB

It has been another 'incredible' year in Powys with developments of the Parent, Teacher and Child IY programmes! My job is to support the development of IY programmes across the county, and it continues to be a privilege to work with such effective, evidence based programmes.

Barnardo's continue to do a great job co-ordinating the parenting provision and supporting group leaders from a range of agencies. We offer regular groups in the North, Mid. and South of the county.

As a mentor for the Parent programme I have delivered Parent Group Leader training locally. In June/ July I trained 15 new group leaders, many of whom already have groups planned for the autumn or spring. We provide all group leaders with regular supervision and last year we were also able to offer a termly Consultation day, where group leaders from across the county got together to share ideas and learn from each other. I am delighted that Patricia Hughes, Team Leader at Barnardo's, is training as an IY "Peer Coach" and offering support to colleagues.

We were excited to be involved in the Foster Carer Research project and to deliver two IY groups to foster carers. Given the positive outcomes we hope to extend this provision. We are also running the new IY Toddler programme as part of research led by Bangor University and trialing the new Baby Programme, we look forward to extending the programme to parents of younger children. In addition we are now running our first IY School Age programme, for parents of older children. We are delighted that three members of the CAMHS service will be running groups over the coming year (the IY Parent programme was recommended by NICE as an appropriate CAMHS intervention for conduct disordered children) and that the Educational Psychology service are continuing to be actively involved in running a range of IY groups.

Thanks to a successful bid for funding by the Education Department, up to ten teachers per year will be involved in running parent groups with other agencies over the next three years. A number of these teachers will also be running the IY Small Group Theraputic Dina Programme, following training by Judy last January, which was commissioned by the Education Department. Two successful pilot Small Group Dina programmes took place in 2007/08 and we hope to see further successful groups over the coming year. Dr. Alun Flynn, Principal Educational Psychologist, continues to lead on this development.

By popular demand a fourth Classroom Dina training will be delivered in Powys in November, led for the first time by Judy. We have already seen positive Estyn (School Inspection) reports on Classroom Dina. A third cohort of the IY Teacher Classroom Management programme was delivered in the spring/summer of this year, supported by Helen Henningham from Jamaica. My challenge for this year is to complete mentor training in the Teacher Programme so that I can further support the development of the the Teacher Programme across Wales.

Sue and Tracey with members of the Powys Foster Carer Group
Sue a Tracey gydag aelodau o Grŵp Maethu Powys

Wally and Dina meet Ann and children of Ladywell Green School Nursery Class

Wally a Dina yn cyfarfod Ann a plant Dosbarth Meithrin, Ysgol Ladywell Green

Y BRh ym Mhowys

Dr. Sue Evans,
Seicolegydd Plant Ymgynghorol, BILl Powys

Mae hi wedi bod yn flwyddyn 'rhyfeddol' arall ym Mhowys gyda datblygiadau rhaglenni Rhieni, Athrawon a Phlant y BRh! Fy swydd i yw cefnogi datblygiad rhaglenni'r BRh ledled y sir, ac mae'n dal i fod yn fraint gweithio gyda rhaglenni seiliedig ar dystiolaeth sydd mor effeithiol.

Mae Barnardo's yn parhau i wneud gwaith gwych wrth gydgysylltu'r ddarpariaeth i rieni a chefnogi arweinwyr grwpiau o amrywiaeth o asiantaethau. 'Rydym yn cynnig grwpiau rheolaidd yng Ngogledd, Canolbarth a De'r sir.

Fel mentor ar gyfer y rhaglen Rhieni, rwyf wedi cyflwyno hyfforddiant Arweinwyr Grwpiau Rhieni yn lleol. Ym mis Mehefin/Gorffennaf, bûm yn hyfforddi 15 o arweinwyr grŵp newydd, a nifer ohonynt eisoes â grwpiau wedi'u cynllunio ar gyfer yr hydref neu'r gwanwyn. 'Rydym yn darparu goruchwyliaeth reolaidd i bob arweinydd grŵp, ac roeddem hefyd yn cynnig diwrnod ymgynghori bob tymor y llynedd. Yma, 'roedd arweinwyr grŵp o bob cwr o'r sir yn dod at ei gilydd i rannu syniadau a dysgu oddi wrth ei gilydd. 'Rwy'n falch iawn bod Patricia Hughes, Arweinydd Tîm gyda Barnardo's, yn hyfforddi fel "Hyfforddwr Cymheiriaid" y BRh ac yn cynnig cefnogaeth i gydweithwyr.

'Roedd yn gyffrous iawn cael cymryd rhan yn y prosiect Ymchwil Gofalwyr Maeth a chyflwyno dau grŵp y BRh i rieni maeth. O ystyried canlyniadau cadarnhaol, 'rydym yn gobeithio ehangu'r ddarpariaeth hon. Byddwn hefyd yn cynnal rhaglen Plant Bach newydd y BRh fel rhan o ymchwil dan arweiniad Prifysgol Bangor, ac yn treialu'r Rhaglen Babanod newydd. 'Rydym yn edrych ymlaen at gael ehangu'r rhaglen i rieni plant iau. Yn ogystal, byddwn yn cynnal ein rhaglenni Oed Ysgol y BRh cyntaf, i blant hŷn, yn yr hydref. 'Rydym yn falch iawn bod tri aelod o'r gwasanaeth CAMHS am gynnal grwpiau dros y flwyddyn sydd i ddod (argymhellwyd rhaglen rhieni'r BRh gan NICE fel ymyrraeth CAMHS priodol ar gyfer plant ag anhwylder ymddygiad). Mae'r gwasanaeth seicoleg addysg hefyd am barhau i gymryd rhan weithgar wrth gynnal amrediad o grwpiau'r BRh.

Diolch i gais llwyddiannus am gyllid gan yr Adran Addysg, bydd hyd at ddeg athro/athrawes y flwyddyn yn cymryd rhan mewn cynnal grwpiau rhieni gydag asiantaethau eraill dros y tair blynedd nesaf. Bydd nifer o'r athrawon hyn hefyd yn cynnal rhaglen Dina Therapiwtig i Grwpiau Bach y BRh, yn dilyn hyfforddiant gan Judy fis Ionawr diwethaf, a gomisiynwyd gan yr Adran Addysg. Cynhaliwyd dwy raglen peilot Dina i Grwpiau Bach yn llwyddiannus yn 2007/08, ac 'rydym yn gobeithio gweld rhagor o grwpiau llwyddiannus dros y flwyddyn sydd i ddod. Mae Dr Alun Flynn, y Prif Seicolegydd Addysg, yn parhau i arwain ar y datblygiad hwn.

Oherwydd galw mawr, caiff pedwerydd sesiwn hyfforddi Dina yn y Dosbarth ei gynnal ym Mhowys fis Tachwedd, a hynny dan arweiniad Judy am y tro cyntaf. 'Rydym eisoes wedi gweld adroddiadau cadarnhaol Estyn (adroddiadau arolygon ysgolion) ar Dina yn y Dosbarth. Cyflwynwyd trydydd cylch rhaglen Rheolaeth Dosbarth i Athrawon y BRh yn ystod tymor y gwanwyn/haf, gyda chefnogaeth Helen Henningham o Jamaica. Fy her i am y flwyddyn fydd cwblhau hyfforddiant mentor yn y Rhaglen Athrawon fel y gallaf gefnogi ymhellach datblygiad Rhaglen Athrawon led led Cymru.

31604 incredible USE 18/11/08 11:34 am Page 22

Continued Welsh Assembly Government funding

Parhad cyllid Llywodraeth Cynulliad Cymru

The scheme of funding, initially launched under the Parenting Action Plan for Wales, was started in April 2006 and is continuing. Over the first two years 240 staff were trained to deliver the BASIC Parent programme at ten three-day workshops and a total of 30 Consultation days were delivered across Wales. During 2008/09 the funding is providing additional training opportunities for staff from every Authority in the Advance, older School Age and new Infant and Toddler programmes plus continued supervision. There is also training for staff from all Authorities in leading the IY Teacher Classroom Management (TCM) programme, which is seen by WAG as fitting well with the philosophy of the Foundation Phase of education in Wales.

In March 2008 WAG funded the purchase of one set of the Infant and Toddler, School Age and Advance Parent programmes and the TCM programme materials for every Authority in Wales to support the training.

They also funded the translation into Welsh and printing of 2,000 copies of the IY parent book and these have been distributed to services across Wales. Funding for 2008/09 includes the translation and publishing of the teacher book 'Promoting Children's Social and Emotional Competence' and a contribution to the costs of the 2008 newsletter and the 2009 annual Conference which will be in Cardiff on March 19th 2009 and will again be opened by Jane Hutt AM Minister for Children, Education, Lifelong Learning and Skills.

WAG have also funded the evaluation of the new Toddler programme with Flying Start partners across Wales and this is described in Nia and Karen's reports.

Cychwynnodd y cynllun cyllido, a lansiwyd i ddechrau dan Gynllun Gweithredu Rhianta Cymru, ym mis Ebrill 2006, ac mae'n dal i fynd. Dros y ddwy flynedd gyntaf, hyfforddwyd 240 o staff i gyflwyno'r rhaglen Magu Plant BASIC mewn deg gweithdy tridiau, a chyflwynwyd cyfanswm o 30 o ddiwrnodau ymgynghori ledled Cymru. Yn ystod 2008/09 mae'r cyllid yn darparu cyfleoedd hyfforddi ychwanegol i staff o bob Awdurdod yn y rhaglenni Uwch, Oed Ysgol hŷn a'r rhaglenni Babanod a Phlant Bach newydd, yn ogystal â pharhad yn yr oruchwyliaeth. Mae yna hyfforddiant hefyd ar gyfer staff o bob Awdurdod mewn arwain rhaglen Rheolaeth Dosbarth i Athrawon (RhDA) y BRh, y cred LlCC ei bod yn cyd-fynd yn dda ag athroniaeth addysg y Cyfnod Sylfaen yng Nghymru.

Ym mis Mawrth 2008, rhoddodd LlCC gyllid i brynu un set o ddeunyddiau'r rhaglenni Babanod a Phlant Bach, Oed Ysgol, Uwch a'r rhaglen RhDA i bob Awdurdod yng Nghymru i gefnogi'r hyfforddiant.

Bu iddynt hefyd roi cyllid i gyfieithu i'r Gymraeg ac argraffu 2,000 o gopïau o lyfr magu plant y BRh, ac mae'r rhain wedi'u dosbarthu i wasanaethau ledled Cymru. Mae'r cyllid ar gyfer 2008/09 yn cynnwys cyfieithu a chyhoeddi'r llyfr athrawon 'Hybu Cymhwysedd Cymdeithasol ac Emosiynol Plant' a chyfraniad at gostau cylchlythyr 2008 a Chynhadledd flynyddol 2009. Cynhelir y gynhadledd hon yng Nghaerdydd ar Fawrth 19eg 2009, ac fe'i hagorir unwaith eto gan Jane Hutt AC, y Gweinidog dros Blant, Addysg, Dysgu Gydol Oes a Sgiliau.

Mae LlCC hefyd wedi ariannu gwerthusiad o'r rhaglen Plant Bach newydd gyda phartneriaid Dechrau'n Deg ledled Cymru, a cheir disgrifiad yn adroddiadau Nia a Karen.

Our oversees links continue

WE CONTINUE to have participants for our trainings from across the world, most recently with Dianne Lees, mentor in training in New Zealand who came to observe the Infant and Toddler programmes and to attend an Infant add-on training day. We also had Professor Willy-Tore Mørch, and Siri Gammelsæter from Norway at a recent Infant and Toddler training.

Judy has continued to support developments in Finland with training and consultation and made her fourth visit at the end of September during which she accredited the first parent group leaders. She spoke at a Finnish National Parenting conference in Helsinki in February which was attended by people from across Finland and addressed by the Minister of Health and Social Services, Ms Paula Risikko.

A delegation from Finland are visiting Wales in January 2009.

Ein cysylltiadau tramor yn parhau

MAE POBL O BOB rhan o'r byd yn parhau i gymryd rhan yn ein hyfforddiant. Yn fwy diweddar, cawsom ymweliad gan Dianne Lees, sef mentor dan hyfforddiant yn Seland Newydd, a ddaeth i arsylwi'r rhaglenni Babanod a Phlant Bach ac i fynychu diwrnod hyfforddiant Babanod ychwanegol. Hefyd, daeth yr Athro Willy-Tore Mørch a Siri Gammelsæter o Norwy i gymryd rhan mewn hyfforddiant babanod a phlant bach diweddar.

Mae Judy wedi parhau i gefnogi datblygiadau yn Y Ffindir gyda hyfforddiant ac ymgynghoriad, ac aeth ar ei phedwerydd ymweliad yno ddiwedd mis Medi. Bryd hynny, achredi'r arweinwyr grwpiau rhieni cyntaf. Bu'n siarad yng nghynhadledd Magu Plant Genedlaethol Y Ffindir yn Helsinki fis Chwefror, a fynychwyd gan bobl o bob cwr o'r Ffindir, a chafwyd anerchiad hefyd gan y Gweinidog dros Iechyd a Gwasanaethau Cymdeithasol, Ms Paula Risikko.

Bydd cynrychiolwyr o'r Ffindir yn ymweld â Chymru ym mis Ionawr 2009.

Judy, Catriona Williams and Dafydd Elis Thomas, the WAG Presiding Officer, at the ICFW conference reception in the Senate.

Judy, Catriona Williams a Dafydd Elis Thomas, Swyddog Llywyddu LlCC, yn nerbyniad cynhadledd Fforwm Cenedlaethol Lles Plant.

> *"It's nice to have my child now!*
>
> ***Mae hi'n braf cael fy mhlentyn rwan!"***

31604 incredible USE 18/11/08 11:34 am Page 23

IY TRAINING/HYFFORDDIANT BRh

BASIC Parent Group Leader	2nd – 4th December 2008 **(Caerphilly)**	Closed
**Infant/Toddler Programme Add-on Training Days	9th & 10th December 2008 **(Bangor)**	£300
BASIC Parent Group Leader	6th – 8th January 2009 **(Bangor)**	£400
Teacher Classroom Management Group Leader (WAG sponsored)	21st – 23rd January 2009 **(Brecon) (with Dr Sue Evans))**	£45
BASIC Parent Group Leader	3rd – 5th February 2009 **(Bangor)**	£400
Incredible Years Parent Supervision Meeting (WAG sponsored)	5th February 2009 **(Brecon) (with Dr Sue Evans)**	£15
Teacher Classroom Management Group Leader	10th – 12th February 2009 **(Bangor)**	£400
Incredible Years Parent Supervision Meeting (WAG sponsored)	12th February 2009 **(Wrexham) (with Dr Sue Evans))**	£15
BASIC Parent Group Leader	24th – 26th February 2009 **(Neath Port Talbot)**	Closed
**School Aged Parent Programme Group Leader (WAG sponsored)	3rd March 2009 **(Cardiff)**	£15
**ADVANCE Parent Programme Group Leader (WAG sponsored)	4th March 2009 **(Cardiff)**	£15
Incredible Years Parent Supervision Meeting (WAG sponsored)	5th March 2009 **(Cardiff)**	£15
BASIC Parent Group Leader	10th – 12th March 2009 **(Bangor)**	£400
Parent, Teacher/Child and Service Managers Consultation Meetings	18th March 2009 **(Cardiff)**	TBA
Annual Conference	19th March 2009 **(Cardiff)**	TBA
**School Aged Parent Programme Group Leader (WAG sponsored)	24th March 2009 **(Bangor)**	£15
Incredible Years Parent Supervision Meeting	25th March 2009 **(Bangor)**	£25
**Infant/Toddler Programme Add-on Training Days	31st March & 1st April 2009 **(Bangor)**	£300
BASIC Parent Group Leader	28th – 30th April 2009 **(Bangor)**	£400
Small Group Therapeutic Dina School Group Leader	6th – 8th May 2009 **(Bangor)**	£400
Classroom Dina School Group Leader	16th – 18th June 2009 **(Bangor/Powys)**	£400

All prices include training materials and lunch but exclude VAT. All supervision meetings are open to anyone who has had the BASIC training in the Incredible Years programmes and are delivering or planning to deliver the programme. Supervision days help to prepare for leader certification and participants are encouraged to bring a video-tape from a group session. Please note however that places must be booked to avoid groups too large to get good feedback. Further details on all trainings and meetings are available from Dilys (d.williams@bangor.ac.uk) who will accept bookings.

**** All participants MUST have done the BASIC training prior to this training.**

Plant yng Nghymru

GWNAETH PLANT YNG NGHYMRU gynnal y cynhadledd Fforwm Rhyngwladol Lles Plant yng Nghaerdydd ym mis Medi 2008. Daeth y cynhadledd â chynrychiolwyr ar draws y byd at ei gilydd i drafod cynnydd ar Gynhadledd Cytundeb y Cenhedloedd Unedig am Hawliau Plant lle eu rôl yw i hyrwyddo hawliau plant, a'u datblygiad a diogelwch; a rhoi cyflwyniadau ar Ymyrraeth Buan a Rhwystriad. Mae manylion ar y cyflwyniadau niferus yma i'w gael ar wefan Plant yng Nghymru www.childreninwales.org.uk

Syniad Catriona Williams, Cyfarwyddwr Plant yng Nghymru sydd wedi bod yn aelod gweithredol o IFCW a sydd nawr yn Lywydd arnynt ydoedd i gael y gynhadledd yng Nghymru. Fe berswadiodd y Llywodraeth Cynulliad Cymru i gefnogi'r gynhadledd a fydd yn llywyddu'r 20fed Gynhadledd Flynyddol a fydd yn cael ei chynnal ym mis Hydref 2009 yn Bali.

Agorodd Jane Hutt, Gweinidog dros Blant, y diwrnod olaf o'r gynhadledd a chyfeiriodd at ein gwaith sy'n ymwneud ag ymyrraeth buan.

Cyflwynodd y tîm BRh ein gwaith yng Nghymru mewn gweithdy oedd yn cael ei fynychu gan gynrychiolwyr o'r Ffindir, Gwlad Pŵyl, America, Seland Newydd, Lloegr a Chymru.

Judy and Nia with Catriona Williams.
Judy a Nia gyda Catriona Williams.

Children in Wales

CHILDREN IN WALES hosted the International Forum for Child Welfare conference in Cardiff in September 2008 to advocate children's rights, development and protection. The conference brought together delegates from across the planet to discuss progress on the UN Convention in the Rights of the Child and give presentations on Early Intervention and Prevention. Details of the conference presentations can be found on the Children in Wales web site www.childreninwales.org.uk

The idea of bringing the conference to Wales was that of Children in Wales Director Catriona Williams who has been an active member of IFCW and has now taken over as President. She persuaded the Welsh Assembly Government to co-sponsor the conference and will preside over the 20th Annual Conference in Bali in October 2009.

Jane Hutt, Minister for Children, opened the final day of the conference and made reference to our work in relation to early intervention.

The IY team presented our work in Wales in a workshop attended by delegates from Finland, Poland, Canada, America, New Zealand, England and Wales.

31604 incredible USE 18/11/08 11:34 am Page 24

Classroom Dina training opportunities now expanding across Wales

FOLLOWING attendance at Dino school summer camp in Seattle in July 2007 and training with Jamila in Belfast, Judy was delighted to have the opportunity to deliver some sessions of Classroom Dina in Llangaffo School with headteacher Manon Williams. Wally and Dina were a great hit with the key-stage one pupils who worked hard to earn their badges and small prizes. This was reported in 'Llais Llangaffo', the school newsletter, in 2007.

"Class 1 have been very fortunate to be part of Dina school led by Professor Judy Hutchings. Dina School is a special programme containing tasks/lessons that promote good behaviour in school and at home (through home work activities.) The children enjoyed and benefited from the activities"

In March, Judy delivered day one of the Classroom Dina leader training in Dublin and completed her accreditation as a mentor. She will be running her first three-day workshop in Wales in November.

Judy and Llangaffo School head Manon Williams with Dina and Matthew.

Judy a Manon Williams, Prifathrawes Ysgol Llangaffo gyda Dina a Matthew.

Cyfleoedd hyfforddiant Dina yn y Dosbarth bellach yn ehangu ledled Cymru

YN DILYN mynychu gwersyll haf ysgol Dina yn Seattle fis Gorffennaf 2007 a hyfforddiant gyda Jamila ym Melfast, 'roedd Judy'n falch iawn o gael cyfle i gyflwyno rhai sesiynau Dina yn y Dosbarth yn Ysgol Llangaffo gyda'r pennaeth, Manon Williams. 'Roedd Wally a Dina yn llwyddiant mawr gyda disgyblion cyfnod allweddol un, a weithiodd yn galed i ennill eu bathodynnau a gwobrau bychain. Adroddwyd ar hyn yn 'Llais Llangaffo', sef cylchlythyr yr ysgol yn 2007.

"Mae Dosbarth 1 wedi bod yn ffodus iawn o gael bod yn rhan o Ysgol Dina dan arweiniad Dr Judy Hutchings. Rhaglen arbennig yw Ysgol Dina sy'n cynnwys tasgau/gwersi sy'n hybu ymddygiad da yn yr ysgol a gartref (drwy weithgareddau gwaith cartref). Cafodd y plant fwynhad a budd o'r gweithgareddau."

Ym mis Mawrth, cyflwynodd Judy ddiwrnod cyntaf yr hyfforddiant i arweinwyr Dina yn y Dosbarth yn Nulyn, gan gwblhau ei hachrediad fel mentor. Bydd yn cynnal ei gweithdy tridiau cyntaf yng Nghymru fis Tachwedd.

The new Infant and Toddler Programmes

THERE has been extraordinary interest in the new eight-session programme for parents of infants (first year of life) and toddlers (children aged one to three years). Judy has delivered the two programmes with local health visitors (see Eilir's report on working with 15 parents and their babies aged between two and six months).

Both programmes have been well received and the WAG funded training is being eagerly taken up across Wales. Research into the effectiveness of the Toddler Programme is described in the report by Nia and Karen.

Y Rhaglenni Babanod a Phlant Bach newydd

CAFWYD diddordeb anhygoel yn y rhaglen Magu Plant wyth sesiwn newydd i rieni babanod (blwyddyn gyntaf eu bywyd) a phlant bach (rhwng un a thair oed). Mae Judy wedi cyflwyno'r ddwy rhaglen gydag ymwelwyr iechyd lleol (gweler adroddiad Eilir ar weithio gyda 15 o rieni a'u babanod rhwng dau a chwe mis oed).

Cafodd y ddwy rhaglen groeso da ac mae nifer yn ymgofrestru'n frwd ar gyfer yr hyfforddiant a ariennir gan LlCC ledled Cymru. Disgrifir yr ymchwil i effeithiolrwydd y Rhaglen Plant Bach yn adroddiad Nia a Karen.

Bangor Group Debbie Rowan with HV Eileen Dewhurst at the first Toddler programme graduation party in Bangor July 2008.

Grŵp Bangor Debbie Rowan gyda YI Eileen Dewhurst ym mharti graddio y Rhaglen Plant Bach cyntaf ym Mangor, Gorffennaf 2008.

> *Love reduces friction to a fraction*
>
> ***Mae cariad yn lleihau ffrithiant***

31604 incredible USE 18/11/08 11:34 am Page 25

Early results for the 'Pathfinder' Project

As part of my GoWales placement I have been involved in the analysis of data from the Pathfinder Early Intervention Project. This is a Westminster Government funded project to evaluate the roll out of three evidence-based programmes in England for which Judy was funded to provide mentoring support. IY groups were run in six English local authorities and they all collected pre- and post-group data and supplied it to the IY team in Bangor for analysis by Tracey and the team. The project used an 18-session Parent programme that combined elements of the School Age Parenting programme with parts of the Advance adult problem solving curriculum. The funding targeted high-risk 8 – 13 year olds, although the children whose parents attended the IY groups were aged from two and a half to 16 years old, the mean age for the sample was 9 years and 8 months.

Parenting competencies, parental depression, and child behaviour was assessed using a variety of measures, and differences between baseline and follow-up were analysed. We also looked at feedback from teachers, including assessment of the children's general performance in class and at follow-up to see if there had been any improvements.

From the total sample of N=366, complete data (baseline and follow-up) was provided by N=223 parents and N=181 teachers.

Baseline data confirmed the sample to be well within the clinical range and their parents, as a group, to be at the top of the mild to moderate depression score range. The results were encouraging and, as shown in the two graphs, we found a significant reduction (p=.001) in dysfunctional behaviours displayed by the children as perceived by the main caregiver, this was measured using the Eyberg Child Behaviour Inventory (ECBI; Eyberg & Ross, 1978; Eyberg, 1980). Figure one shows the reduction in problematic child behaviours to below the clinical cut off (127).

Self-rated parental depression scores reduced significantly (P=.001) from mild/ moderate depression to approaching the clinical cut off (10-18) as measured by the Beck Depression Inventory (BDI, see Figure 2; Beck, Ward, Mendelson, Mock, & Erbaugh, 1961).

An increase in positive behaviours was also observed in the children by caregivers and teachers using the Strengths and Difficulties Questionnaire (SDQ; Goodman, 1997).

The improvement noted by teachers was also encouraging, showing the programme is effective in altering children's behaviour in school. In particular we noted a consistent reduction in hyperactive behaviours.

Given the size of the changes demonstrated and the sample size, despite a lack of control group data, we can attribute these changes to the effect of the parenting programme on the parents, as the children were not seen at all. These data are being further analysed and currently being written up for publication. It was also encouraging to establish that the positive findings were achieved across all Authorities, so congratulations to all who participated, and to the mentors and trainers from across the UK that supported them and helped to ensure that the programmes were delivered with fidelity.

It has been an interesting project to work on and a great chance to gain insight into the successes of the different IY programmes being run throughout England and Wales. I have also enjoyed working as part of such a friendly, welcoming, and supportive team.

Kate Shakespeare

Canlyniadau Cynnar i'r Prosiect 'Pathfinder'

Fel rhan o fy lleoliad GoWales, cefais y cyfle i ymwneud â dadansoddi data o brosiect 'Pathfinders Early Intervention'. Prosiect sydd wedi ei gyllido gan Lywodraeth Westminster yw hwn i ddadansoddi a rhedeg tair rhaglen sy'n seiliedig ar dystiolaeth yn Lloegr, lle mae Judy wedi ei chyllido i ddarparu cefnogaeth mentora. Cafodd y grwpiau BRh eu rhedeg mewn chwe Awdurdod Lleol yn Lloegr a chasglwyd data cyn ac ôl-grŵp a'i yrru ymlaen i'r tîm BRh ym Mangor i'w ddadansoddi gan Tracey a'i thîm. Defnyddiodd y prosiect 18 sesiwn rhaglen Rhientu a oedd yn cyfuno elfennau o'r rhaglen rhientu oed ysgol gyda rhannau o'r cwricwlwm datrys problemau oedolion uwch. Roedd y cyllid yn targedu'r rhai risg uchel 8 - 13 mlwydd oed, er bod y plant lle'r oedd eu rhieni wedi mynychu'r grwpiau BRh rhwng dwy a hanner ac un ar bymtheg oed, yr oedran cymedrig ar gyfer y sampl oedd 9 mlynedd ac 8 mis.

Aseswyd gallu'r rhieni, eu hiselder, ac ymddygiad y plentyn drwy ddefnyddio nifer o fesurau, a dadansoddwyd y gwahaniaethau rhwng y waelodlin a'r dilyniant. Edrychom hefyd ar adborth gan rieni, gan gynnwys asesiad o berfformiad cyffredinol y plant yn y dosbarth a gyda'r dilyniant i weld os oedd unrhyw welliannau.

O gyfanswm y sampl o N=366, darparwyd y data cyflawn (gwaelodlin a dilyniant) gan N=223 o rieni'r plant a N=181 gan athrawon.

Gwnaeth y data gwaelodlin gadarnhau bod y sampl yn bell o fewn yr amrediad clinigol ac roedd y rhieni, fel grŵp, ar ben sgôr graddfa amrediad iselder mwyn i gymedrol. Roedd y canlyniadau'n galonogol ac, fel y gwelir yn y ddau graff, darganfuom leihad arwyddocaol (p=.001) yn ymddygiad camweithredol a ddangoswyd gan y plant fel yr adroddwyd gan eu prif ofalwyr, mesurwyd hyn drwy ddefnyddio Eyberg Child Behaviour Inventory (ECBI; Eyberg & Ross, 1978; Eyberg, 1980). Arsylwyd hefyd bod cynnydd mewn ymddygiad positif yn y plant gan y gofalwyr ac athrawon drwy ddefnyddio'r Holiadur Cryfderau ac Anawsterau (SDQ; Goodman 1997) yn ogystal â lleihad arwyddocaol yn iselder y rhieni. Dangosai Ffigwr un y lleihad mewn ymddygiad plant problemus i fod yn is na'r thorlinell clinigol.

Gwnaeth hunan-sgorio'r rhieni leihau o iselder mwyn/cymedrol i fod yn agosach at y thorlinell clinigol. (p=.001)

Roedd y gwellhad a nodwyd gan yr athrawon yn galonogol, dangosai bod y rhaglen yn un effeithiol yn newid ymddygiad plentyn yn yr ysgol, sylwom fod lleihad cyson mewn ymddygiad gorfywiog.

O ganlyniad i raddfa'r newid a welwyd a maint y sampl, er gwaethaf diffyg data grŵp rheoli, gallwn briodoli'r newidiadau i effaith y rhaglen rhiantu ar y rhieni, gan na welwyd y plant o gwbl.

Mae'r data yma'n cael ei ddadansoddi ymhellach ac ar hyn o bryd yn cael ei ysgrifennu i gael ei gyhoeddi. Roedd hefyd yn galonogol i sefydlu bod darganfyddiadau positif wedi eu cyflawni ym mhob Awdurdod, felly llongyfarchiadau i bawb a gymrodd rhan, ac i'r mentoriaid a hyfforddwyr o bob rhan o'r DU a'u cefnogodd a rhoi cymorth i sicrhau bod y rhaglenni wedi eu trosglwyddo'n gywir.

Mae wedi bod yn brosiect diddorol iawn i weithio arni ac yn gyfle grêt i gael gweld llwyddiannau'r rhaglenni BRh gwahanol sy'n cael eu rhedeg ar hyd Cymru a Lloegr. Rwyf wedi mwynhau gweithio fel rhan o dîm mor gyfeillgar, croesawgar a chefnogol.

Kate Shakespeare

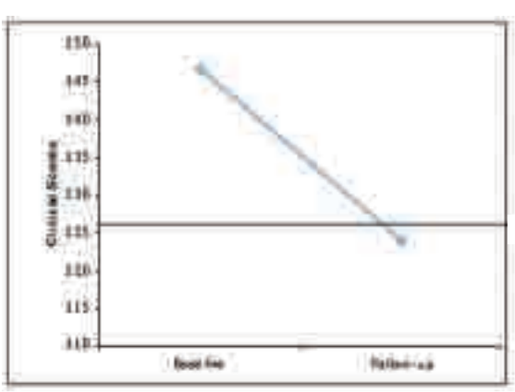


Figure 1: Mean scores for the ECBI Intensity Scale at baseline and follow-up (N=204)

Ffigiwr: Sgôr cymedrig ar gyfer y Raddfa Dwyster ECBI ar y waelodlin a'r dilyniant (N=204)

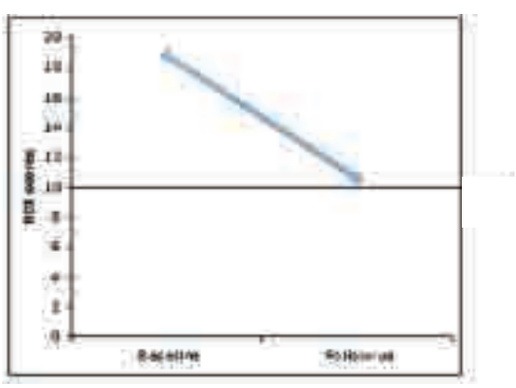


Figure 2.Mean scores for the BDI at baseline and follow-up (N=191)

Ffigiwr: 2 Sgôr cymedrig ar gyfer BDI ar y gwaelodlin a'r dilyniant (N=191)

31604 incredible USE 18/11/08 11:34 am Page 26

STEPPING IN FOR CAROLYN - IRELAND AND DENMARK

Judy took over as the Keynote speaker in place of Carolyn and presented the history of, and recent developments with, the programmes. Barry Andrews T.D., Irish Minister for Children and Youth Affairs, was present to open the conference and several Ministry officials attended the day showing the recognition of the relevance of the programmes to Ireland.

Judy then flew to Denmark to speak, again on behalf of Carolyn, at the "Evidence-based methods in child welfare – a Nordic Perspective" conference in Helsingør. This was reporting on developments across Scandinavia with evidence-based "Blueprint" programmes, IY, Multi Systemic Therapy, Multidimensional Treatment foster care and Functional Family Therapy as well as the Oregon Social Learning Centre Parent Management Training Programme. Wally the puppet made a great impression on delegates at the conference as he helped Judy to introduce the Dinosaur School curriculum. He also helped out the following day, when Judy was back in Ireland, at the launch of the Ennis IY project in County Clare.

JUDY YN CYMRYD LLE CAROLYN - YR IWERDDON A DENMARC

Cymerodd Judy ran y Prif Siaradwr yn lle Carolyn, a chyflwynodd hanes y rhaglenni a'u datblygiadau diweddar. 'Roedd Barry Andrews TD, Gweinidog Yr Iwerddon dros Blant a Materion Ieuenctid, yn bresennol i agor y gynhadledd ac roedd nifer o swyddogion Gweinidogol yn bresennol, gan ddangos pa mor berthnasol yw'r rhaglenni i'r Iwerddon.

Yna hedfanodd Judy i Ddenmarc i siarad, unwaith eto ar ran Carolyn, yn y gynhadledd "Dulliau seiliedig ar dystiolaeth mewn lles plant – Persbectif Llychlynnaidd" yn Helsingør. Adroddwyd ar ddatblygiadau ledled Llychlyn gyda rhaglenni "Glasbrint" seiliedig ar dystiolaeth, y BRh, Therapi Aml-systemig, gofal maeth drwy Driniaeth Amlddimensiynol a Therapi Teulu Gweithredol yn ogystal â Rhaglen Hyfforddi Rheolaeth i Rieni Canolfan Addysg Gymdeithasol Oregon. Gwnaeth Wally, y pyped, argraff ardderchog ar ddirprwyon yn y gynhadledd wrth iddo helpu Judy i gyflwyno cwricwlwm yr Ysgol Ddinosor. Bu hefyd yn helpu'r diwrnod canlynol pan oedd Judy'n ôl yn Yr Iwerddon yn lansiad prosiect BRh Ennis yn Swydd Clare.

What are the Incredible Years Programmes?

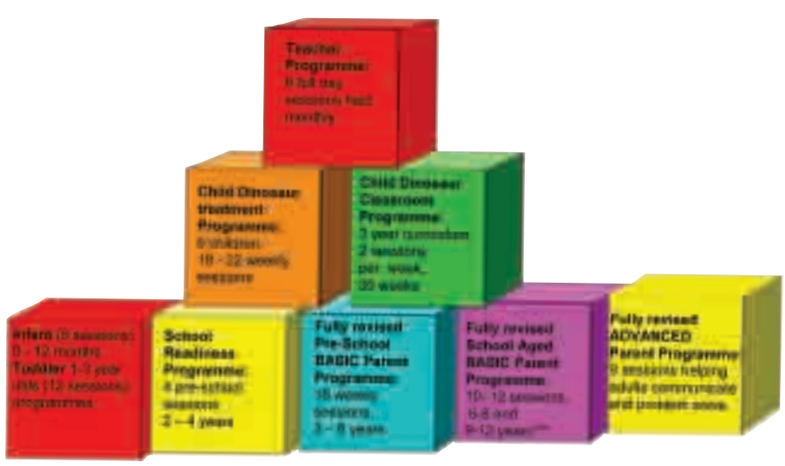
PROFESSOR Carolyn Webster-Stratton, University of Washington, Seattle, has developed and researched the Incredible Years Parent, Child and Teacher programmes over the last 30 years and they are among the best evidence-based programmes in the world for prevention and treatment of conduct disorder and violence in children and young people. They have been delivered and researched in many countries and our mission, with the support of the Welsh Assembly Government, is to promote their use in Wales whilst at the same time developing evidence of their effectiveness in Wales and establishing what support is needed in everyday services to get good outcomes.

Beth yw'r Rhaglenni Blynyddoedd Rhyfeddol?

DATBLYGODD ac ymchwiliodd yr Athro Carolyn Wbester-stratton, Prifysgol Washington, Seattle, y rhaglenni Blynyddoedd Rhyfeddol Rhiant a Phlentyn, ac Athro dros y 30 mlynedd diwethaf ac mae ymhlith y rhaglenni sy'n seiliedig ar dystiolaeth gorau yn y byd ar gyfer atal a thrin anhwylder ymddygiad a thrais ym mhlant a phobl ifanc. Maent wedi eu datblygu a'u ymchwilio mewn nifer o wledydd a'n bwriad, gyda chefnogaeth Llywodraeth Cynulliad Cymru, yw i hybu eu defnydd yng Nghymru tra, ar yr un pryd, yn datblygu tystiolaeth o'u heffeithiolrwydd yng Nghymru ac yn sefydlu pa bynnag gefnogaeth sydd ei angen yng ngwasanaethau pob dydd i gael canlyniadau da.

THE INCREDIBLE YEARS PROGRAMMES

***The School Age programme also has an additional four session unit on Helping your Child to do their Best in School



Don't put off joy - they will be grown up before you know it'

Peidiwch a gwrthod llawenydd - mi fyddent wedi tyfu cyn i chi sylwi

Be tough minded and tender hearted

Bod yn galed yn feddyliol ac yn fwyn eich calon

31604 incredible USE 18/11/08 11:34 am Page 27

Our new home on the Normal Site

AFTER FOUR YEARS on the 8th floor of the Chemistry tower an expansion in the numbers of chemists saw us moved to the Normal site between Upper Bangor and the Menai Bridge. We were able to plan our space allocation and now have our own kitchen and comfortable newly decorated rooms without leaking windows. We already seem to be bursting at the seams and at times the parking problems seem as bad as at the Chemistry tower but we are grateful for the improved facilities and hope that we will remain in our new home in the Nantlle Building for a few years.

Ein cartref newydd ar Safle'r Normal

AR ÔL PEDAIR BLYNEDD ar 8fed llawr y tŵr Cemeg, gwelodd ehangiad yn niferoedd y cemegwyr ni'n symud i safle'r Normal, rhwng Bangor Uchaf a Phont Menai. Cawsom gyfle i gynllunio'r lle oedd ar gael i ni, a bellach mae gennym ein cegin ein hunain ac ystafelloedd cyfforddus wedi'u haddurno o'r newydd gyda ffenestri sydd ddim yn gollwng. 'Rydym eisoes yn llawn hyd at yr ymylon ac mae'r problemau parcio'n ymddangos mor ddrwg ag yr oeddent yn y tŵr Cemeg, ond rydym yn ddiolchgar am y cyfleusterau gwell ac yn gobeithio y cawn aros yn ein cartref newydd yn Adeilad Nantlle am rai blynyddoedd.

Gwynedd still leading the way in Wales

OUR STRONG RELATIONSHIP with Gwynedd Council is set to continue with plans for the Centre to support the Children and Young People's Strategy "Our Plan Your Plan" and we appreciated a visit to the Centre by Gwynedd's Strategic Director for Development, Iwan Trefor Jones. Not only have Gwynedd now got the TCM and Classroom Dino programme in every primary school (see report by Rhiain Gwyn and Pam Martin's report on its effectiveness) but the Parent programme is offered regularly in all of the Flying Start Centres, all of whom are partnering with us in the new Toddler programme research. Gwynedd also looks set to increase availability of the Parent programme to parents of school-aged children and, following a pilot trial by Bridget Large and Helen Henningham, Ysgol Bro Lleu, Penygroes are the first school to introduce additional coaching sessions in social and emotional skills for children in school for whom the whole class lessons are insufficient.

Gwynedd yn parhau i arwain y ffordd yng Nghymru

YMDDENGYS Y BYDD ein perthynas gref â Chyngor Gwynedd yn parhau gyda chynlluniau ar gyfer y Ganolfan i gefnogi'r Strategaeth Plant a Phobl Ifanc "Ein Cynllun Ni, Eich Cynllun Chi" a gwerthfawrogom yr ymweliad i'r Ganolfan gan Gyfarwyddwr Strategol y Gyfadran Datblygu Gwynedd, Iwan Trefor Jones. Bellach, mae'r rhaglen RhDA a Dino yn y Dosbarth ar gael ym mhob ysgol gynradd (gweler adroddiadau Rhiain Gwyn a Pam Martin ar ei effeithiolrwydd). Hefyd, cynigir y rhaglen Magu Plant yn rheolaidd ym mhob un o'r Canolfannau Dechrau'n Deg, sydd oll yn bartneriaid gyda ni yng ngwaith ymchwil y rhaglen Plant Bach newydd. Ymddengys hefyd bod Gwynedd am wneud y rhaglen Magu Plant yn fwy hygyrch i rieni plant oed ysgol ac, yn dilyn cynllun peilot gan Bridget Large a Helen Henningham, Ysgol Bro Lleu, Penygroes ydi'r ysgol gyntaf i gyflwyno hyfforddiant ychwanegol mewn sgiliau cymdeithasol ac emosiynol ar gyfer plant sydd yn yr ysgol, ond nid yw gwersi dosbarth cyfan yn ddigonol iddynt.

WAG AMs visit – January 2008

In January we were visited by four Welsh Assembly Government Members who serve on the Enterprise and Learning Committee. Alun Cairns, South West Regional Member, Jeff Cuthbert, Caerphilly, Janet Ryder, North Wales Regional Member and Kirsty Williams, Brecon and Radnor were accompanied by Kathryn Jenkins, Clerk to the Committee, Dan Collier, Deputy Clerk and Anne Thomas, Committee specialist.

The visitors met with the IY research team and programme mentors Dr. Sue Evans – Powys and Bridget Large – North West Wales. They were given an overview of the programmes and a review of the WAG funded training scheme and other service developments in Wales.

This was followed by presentations from the research team on the Sure Start Study, its impact on children with early conduct problems, how it helped children with inattentive behaviours and what we learned about effective leader behaviours. They also learned about the evaluation of the Teacher Classroom Management programme in Gwynedd and the ongoing Looked After Children and the Infant and Toddler research programmes.

The visit was deemed very successful with members showing a keen interest in our activities and appreciating the work undertaken by the team in preparing for, and meeting, them.

Assembly Members Alun Cairns, Jeff Cuthbert, Janet Ryder and Kirsty Williams with Incredible Years mentors Dr Sue Evans and Bridget Large; Head of School of Psychology, Bangor University Prof. Oliver Turnbull and the Incredible Years Centre team during a visit by the Welsh Assembly Government Enterprise and Learning Committee to the Centre in January 2008.

Aelodau Cynulliad Alun Cairns, Jeff Cuthbert, Janet Ryder a Kirsty Williams gyda chynghorwyr y Blynyddoedd Rhyfeddol Dr. Sue Evans a Bridget Large; Pennaeth Ysgol Seicoleg, Prifysgol Bangor, Yr Athro Oliver Turnbull, a Thîm Canolfan y Blynyddoedd Rhyfeddol yn ystod ymweliad gan Anturiaeth Llywodraeth Cynulliad Cymru

Ymweliad AC LICC - Ionawr 2008

Fis Ionawr, daeth pedwar o Aelodau Llywodraeth Cynulliad Cymru sy'n gwasanaethu ar y Pwyllgor Menter a Dysgu i'n gweld. Gydag Alun Cairns, Aelod Rhanbarthol y De Orllewin, Jeff Cuthbert, Caerffili, Janet Ryder, Aelod Rhanbarthol Gogledd Cymru a Kirsty Williams, Brycheiniog a Sir Faesyfed, daeth Kathryn Jenkins, Clerc y Pwyllgor, Dan Collier, y Dirprwy Glerc ac Anne Thomas, arbenigwr y Pwyllgor.

Cyfarfu'r ymwelwyr â thîm ymchwil y BRh a mentoriaid y rhaglenni, Dr. Sue Evans – Powys a Bridget Large – Gogledd Orllewin Cymru. Cawsant drosolwg o'r rhaglenni ac adolygiad o'r cynllun hyfforddiant a ariennir gan LlCC a datblygiadau eraill yn y gwasanaethau yng Nghymru.

Dilynwyd hyn gan gyflwyniadau gan y tîm ymchwil ar yr Astudiaeth Cychwyn Cadarn, ei heffaith ar blant gyda phroblemau ymddygiad cynnar, sut y mae wedi helpu plant â phroblemau canolbwyntio a'r hyn y gwnaethom ni ei ddysgu am ymddygiadau arweinwyr effeithiol. Cawsant wybod hefyd am werthusiad y rhaglen rheolaeth dosbarth i athrawon yng Ngwynedd a'r rhaglenni ymchwil plant sy'n derbyn gofal a babanod a phlant bach cyfredol.

Barnwyd bod yr ymweliad wedi bod yn un llwyddiannus iawn gydag aelodau'n dangos diddordeb brwd yn ein gweithgareddau ac yn gwerthfawrogi gwaith y tîm wrth baratoi ar eu cyfer a'u cyfarfod.

31604 incredible USE 18/11/08 11:35 am Page 28

British Council funded link with Portugal

JUDY AND TRACEY visited our British Council partners Maria Filomena and Maria Joao in Coimbra University, Portugal, returning their two-week visit to us in Bangor last September. During the visit we spoke at a National Parenting Conference and Judy was able to accredit Filomena and Joao as the first two Certified Parent group leaders in Portugal. They have worked hard translating the programme into Portuguese and are engaged in two research projects one with children with ADHD and another with children at risk of conduct disorder. We were very well looked after and got an insight into Portuguese life as well as an introduction to the port wine industry. We are collaborating on a paper exploring Portuguese and Welsh parenting styles and outcomes for young high-risk children.

Judy and Tracey with Maria Filomena and Maria Joao in Portugal, March 2008.

Judy a Tracey gyda Maria Filomena a Maria Joao ym Mhortiwgal, Mawrth 2008.

Y Cyngor Prydeinig yn ariannu cysswllt â Phortiwgal

AETH JUDY A TRACEY i ymweld â'n partneriaid yn y Cyngor Prydeinig, Maria Filomena a Maria Joao ym Mhrifysgol Coimbra, Portiwgal, gan ddychwelyd eu pythefnos o ymweliad â ni ym Mangor fis Medi diwethaf. Yn ystod yr ymweliad, buont yn siarad mewn Cynhadledd Magu Plant Genedlaethol a chafodd Judy achredu Filomena a Joao fel y ddwy arweinydd grwpiau rhieni cyntaf ym Mhortiwgal. Maent wedi gweithio'n galed yn cyfieithu'r rhaglen i'r Bortiwgaleg ac maent wrthi'n gweithio ar ddau brosiect ymchwil - un gyda phlant ag ADHD a'r llall gyda phlant mewn perygl o anhwylder ymddygiad. Cawsant ofal da iawn a chipolwg ar fywyd ym Mhortiwgal yn ogystal â chyflwyniad i'r diwydiant gwin port. Rydym yn cydweithio ar bapur sy'n archwilio arddulliau magu plant ym Mhortiwgal a Chymru, a'r canlyniadau i blant ifanc risg uchel.

Pathfinder and beyond: the £50m Birmingham Brighter Futures project

Phase one of the DCSF funded Pathfinder Early Intervention project, funding the IY Parent programme in six Local Authorities (LA) in England for parents of 8-13 year olds came to an end in March 2008. Judy and Dilys provided support to both the LAs and to the mentors. Services delivered the new School Aged programme plus part of the Advanced programme over eighteen sessions. All LAs kept data for us and Tracey and Kate worked on a small evaluation of outcomes (see Kate's article).

We are now working with Birmingham, a phase two Pathfinder Authority, who have used a methodology from the Dartington Social Research Unit called Common Language to develop a prevention strategy supported by all agencies in the City. The strategy, known as Brighter Futures, involves a £50m investment in twelve prevention programmes across all areas of children's development. It includes public health and targeted prevention activity. Judy is supporting the implementation of the IY Parent programme in Children's Centres and Tracey is helping to lead the rigorous evaluation of the IY and Triple-P Parenting programmes and PATHS, a school based curriculum aimed at improving social and emotional regulation.

Pathfinders a mwy: Prosiect £50m prosiect 'Brighter Future' Birmingham

Ym mis Mawrth 2008, gwelwyd ddiwedd cam cyntaf y prosiect Pathfinder, a noddwyd gan Yr Adran Plant, Ysgolion a Theuluoedd (DCSF) ac a oedd yn cyllido rhaglen Magu Plant y BRh mewn chwech Awdurdod Lleol (ALl) yn Lloegr i rieni plant rhwng 8 a 13 oed. Darparodd Judy a Dilys gefnogaeth i'r ddau ALl ac i'r tîm mentoriaid. Cyflwynodd y Gwasanaethau'r rhaglen Oed Ysgol newydd yn ogystal â rhan o'r cwricwlwm Rhaglen Uwch dros ddeunaw sesiwn. Mae'r oll ALl wedi cadw data ar ein cyfer ac mae Tracey yn gweithio ar ddadansoddiad bychan ar y canlyniadau

'Rydym yn awr yn gweithio gyda Birmingham, Awdurdod cam dau Pathfinder, sydd wedi defnyddio methodoleg o'r Uned Ymchwil Cymdeithasol Darlington a elwir yn Iaith Gyfredol i ddatblygu strategaeth ataliol a gefnogir gan oll o asiantaethau'n y Ddinas. Mae'r strategaeth, a adnabyddir fel Brighter Futures, yn cwmpasu buddsoddiad o £50m mewn 12 rhaglen ataliol ar draws pob elfen o ddatblygiad plentyn. Mae'n cynnwys iechyd amgylcheddol ac yn targedu gweithgaredd ataliol. Mae Judy yn cefnogi gweithrediad y rhaglen rhiant BRh mewn Canolfannau Plant ac mae Tracey yn helpu i arwain dadansoddiad llym o'r BRh a'r rhaglenni rhiantu Tri-P a PATHS, cwricilwm seiliedig ar ysgol sydd wedi ei anelu at wella rheolaeth cymdeithasol ac emosiynol.

Sheila Jenkins Memorial Conference

THE WORK OF THE IY Centre was represented at the Bangor Branch of the British Association for Behavioural and Cognitive Psychotherapy memorial conference for Sheila Jenkins held at the University on 15th September 2008. Sheila was a local social worker and active cognitive behavioural therapist. Judy spoke on developments to support parents across Wales. Other speakers who have been influential in taking forward community based mental health services to support adults included Professor Dave Richards, Exeter University, Professor Chris Cullen, Keele University and Dr. Michaela Swales, Bangor.

Speakers and local BABCP committee members with Sheila's husband Dave Jenkins left and Caernarfon MP Hywel Williams (second from the right) at the recent 'Following in Sheila's Footsteps' memorial conference.

Siaradwyr ac aelodau lleol o bwyllgor BABCP gyda gŵr Sheila, Dave Jenkins ar y chwith a Hywel Williams AS dros Caernarfon (yr ail o'r dde) yng Nghynhadledd Coffa diweddar 'Dilyn Ôl Troed Sheila'.

Cynhadledd Coffa Sheila Jenkins

CAFODD GWAITH Canolfan BRh ei gynrychioli yng Nghangen Bangor o Gynhadledd Coffa Cymdeithas Prydeinig ar gyfer Therapi Seicolegol Ymddygiad a Gwybyddaeth Sheila Jenkins a gynhaliwyd yn y Brifysgol ar y 15fed o Fedi 2008. 'Roedd Sheila yn weithwraig cymdeithasol lleol ac yn therapydd ymddygiad gwybyddaeth gweithredol. Siaradodd Judy am ddatblygiadau i gefnogi rhieni ar draws Cymru a siaradwyr eraill oedd yn ddylanwadol yn symud gwasanaethau iechyd meddyliol i gefnogi oedolion yn seiliedig ar y gymuned oedd Yr Athro Dave Richards, Prifysgol Exeter, Yr Athro Chris Cullen, Prifysgol Keele a Dr. Michaela Swales, Bangor.

We talk!

Rydym yn siarad!