

INCREDIBLE YEARS WALES

CYLCHLYTHYR/NEWSLETTER
No 11 Hydref/Autumn 2006

"INCREDIBLE YEARS' WALES

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Croeso/Welcome

i'n 11^{eg} Newyddlen Flynyddol / to our 11th Annual Newsletter

Eleni, cawsom y pleser, unwaith eto, o groesawu Carolyn Webster-Stratton i'n cynhadledd flynyddol, a agorwyd gan Jane Davidson, Gweinidog Addysg a Dysgu Gydol Oes, Llywodraeth Cynulliad Cymru (LICC). Cyhoeddodd y Gweinidog fod LICC am roi cyllid i ddarparu hyfforddiant i arweinyddion ar gyfer y rhaglen magu plant a deunyddiau ar gyfer pob un o'r 22 Partneriaeth Plant a Phobl Ifainc Cymru. Cafodd y dyfarniad yma, sef cyfanswm o £65,000, ei wneud i gydnabod effeithiolrwydd y rhaglen IY yng Nghymru.

Roedd wythnos y gynhadledd yn llawn digwyddiadau gan ddechrau gyda diwrnod ymgynghorol i'r nifer cynyddol o fentoriaid a mentoriaid newydd dan hyfforddiant yn y DU (gweler adroddiad Bridget). Cafwyd cyflwyniadau yn y gynhadledd gan Carolyn, yr Athro Willy-Tore Mørch o Norwy a ddisgrifiodd y canlyniadau cyffrous o'r wlad honno, Dr. Caroline White a Dr. Frances Gardner. Dilynwyd hyn gan ddiwrnodau ymgynghorol rhaglen rhiant a phlentyn a diwrnod hyfforddi ar gyfer y rhaglen magu plant uwchradd. Roeddem yn ddiolchgar i'r Is-Ganghellor, yr Athro Merfyn Jones am agor y gynhadledd ac i Richard Parry Hughes, Cadeirydd Cyngor Sir Gwynedd am ymuno â ni am y diwrnod a chroesawu a chyflwyno Carolyn.

Diolch hefyd i Carolyn am ei chefnogaeth gyson i'n hymdrechion a diolch arbennig i Tracey a Dilys; mae'r ddwy yn gwneud llawer mwy na'u dyletswyddau dros y project. Mae Tracey wedi llwyddo i gwblhau casglu'r data ar gyfer y brif astudiaeth ac mae hi hefyd wedi llywio ei chais cyntaf am grant drwy'r camau cyntaf wrth gyflawni'r gwaith rhagorol o gofnodi papurau sydd wedi eu cyflwyno. Ac mae Dilys yn barod i wneud unrhyw beth sydd ei angen i gefnogi y tîm. Diolch i chi eich dwy.

Diolch hefyd am y gwaith caled gan gymaint o rai eraill, sy'n rhy niferus i'w henwi, am eich help dros y flwyddyn ddiwethaf i ymchwilio, hyrwyddo a datblygu'r rhaglenni yng Nghymru.

This year, we again welcomed Carolyn Webster-Stratton to our Annual conference, which was opened by Jane Davidson, Minister of Education and Lifelong Learning at the Welsh Assembly Government (WAG). The Minister announced WAG funding to provide leader training for the Incredible Years (IY) parent programme and materials for each of the 22 Children and Young People's Partnerships in Wales. This award, totalling £65,000 was made in recognition of the evidence of the effectiveness of the IY programme in Wales.

The conference week was action packed starting with a consultation day for the growing number of new mentors and trainee mentors around the UK (see Bridget's report) The conference had presentations from Carolyn, Professor Willy-Tore Mørch, who described the exciting findings from Norway, Dr. Caroline White and Dr. Frances Gardner. It was followed by parent and child programme consultation days and a training day for the ADVANCE parent programme. We were grateful to the Vice Chancellor, Professor Merfyn Jones for opening the conference and to Richard Parry Hughes, the Chair of Gwynedd County Council for joining us for the day and welcoming and introducing Carolyn.

Thanks to Carolyn for her continuing support for our efforts and a special thank you to Tracey and Dilys both of whom go well beyond the call of duty for the project. Tracey has successfully seen the completion of data collection for the main study and also piloted her first grant application through its initial stages whilst doing sterling work on writing up paper submissions. As for Dilys well she just does absolutely anything that is needed to support the team. Thank you both.

Thanks too for the hard work of so many other people, too many to mention by name, for your help over the past year in researching, promoting and developing the IY programmes in Wales.

O'r chwith i dde: Judy, Jane Davidson, Merfyn Jones a Caroline Webster-Stratton yng Nghynhadledd Blynyddol 2006. From left to right: Judy, Jane Davidson, Merfyn Jones and Caroline Webster-Stratton at the 2006 Annual Conference.



Cynhadledd Magu Plant Genedlaethol Awstralia

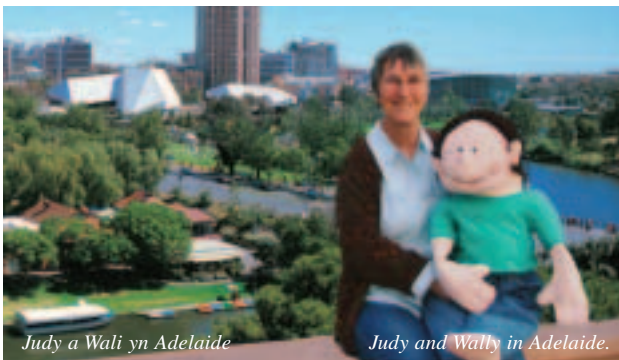
The National Australian Parenting Conference

Adelaide Mai 2006
Adelaide May 2006

Daeth gwahoddiad i Judy siarad yn y gynhadledd hon o ganlyniad i frwdfrydedd Dr. Peter Parry, seiciatrydd plant yn Ne Awstralia oedd wedi treulio blwyddyn a hanner ym Mangor fel locwm. Roedd tad Peter yn feddyg teulu yng Nghaernarfon cyn mudo i Dde Awstralia felly roedd e'n awyddus iawn i dreulio amser yng ngwlad ei gyndeidiau. Tra oedd ym Mangor roedd Peter wedi gweld drosto ei hun werth y gwaith magu plant ac roedd wedi dilyn hyfforddiant i arweinwyr Ysgol Deinasor. Ar ôl dychwelyd rhoddodd cychwyn ar sefydlu'r rhaglen yn Ne Awstralia.

Judy's invitation to speak at this conference came as a result of the enthusiasm of Dr. Peter Parry, a child psychiatrist in South Australia, who had spent eighteen months in Bangor as a locum. Peter's father was a GP in Caernarfon before emigrating to South Australia so he was keen to spend time in the land of his fathers. Whilst in Bangor Peter had seen at first hand the value of the parenting work and had undertaken Dinosaur School leader training. On his return he set about sowing seeds to establish the programme in South Australia.

Roedd y gynhadledd yn wych ac roedd llawer o siaradwyr o UDA, Canada a'r DU yn ogystal â llawer o siaradwyr o Awstralia. I Judy mai'r rhan fwyaf diddorol oedd dysgu am gychwyn y rhaglen Ymweliadau Cartref Nyrsys "Olds". Mae'r rhaglen hon yn darparu cymorth strwythuredig i ferched tra byddant yn feichiog ac yn ystod blwyddyn gyntaf bywyd y plentyn. Mae'n targedu teuluoedd 'risg uchel' ac mae tystiolaeth ei bod yn effeithiol yn y tymor hir iawn. Fel y rhaglenni IY, dyma un o raglenni Glasbrint a nodwyd gan Ganolfan Atal Trais Prifysgol Colorado fel un a oedd yn wirioneddol effeithiol. Roedd Judy eisoes wedi argymhell y rhaglen hon i Lywodraeth Cynulliad Cymru i'w chynnwys yn eu strategaeth Dechrau'n Deg, gan dargedu cymorth i deuluoedd mewn ardaloedd risg uchel o adeg beichiogrwydd ymlaen. Pam Luke yw Rheolwr y Rhaglen Ymweliadau Cartref. Mae Pam yn mynd i'r afael â'r un materion ffyddlondeb sydd yn bwysig i ni yng Nghymru yn y rhaglenni IY. Ym mis Gorffennaf cyflwynodd Pam bapur yng Nghynhadledd Iechyd Meddwl Babanod y Byd yn Ffrainc.



Judy a Wali yn Adelaide

Judy and Wally in Adelaide.

The conference had speakers from the USA, Canada, and the UK as well as many from Australia. For Judy the most interesting part was learning about the South Australia roll out of the "Olds" Nurse Home Visiting Programme. This provides structured support for women during pregnancy and the child's first year of life. It targets 'high risk' families and has evidence of very long term effectiveness. Like the IY programmes, this is a Blueprint programme identified by the University of Colorado Center for Violence Prevention as being truly effective. Judy had already recommended this programme to the Welsh Assembly Government for inclusion in their Flying Start strategy and it has now been taken up by the Westminster Government. The manager of the Home Visiting

Programme in South Australia is Pam Linke. She is addressing the same fidelity issues that concern us in Wales with the IY programmes. In July Pam presented a paper on the programme at the World Infant Mental Health Conference in France.

Yn dilyn y gynhadledd yn Adelaide cyflwynodd Judy yr hyfforddiant sylfaenol cyntaf tri diwrnod i arweinwyr rhieni yn Awstralia i grŵp brwdfrydig o weithwyr proffesiynol a bydd y grwpiau IY cyntaf i reini yn dechrau yn Adelaide ym mis Awst gyda Peter Parry yn bwriadu cynnal gwerthusiad bach. Daeth Anwen Williams o Perth i Gymru hefyd i gael ei hyfforddi i gyflwyno'r rhaglen magu plant. Mae hi'n seicolegydd profiadol sydd wedi gweithredu ac ymchwilio i'r unig arbrwrf cymunedol o'r rhaglen TripleP. Bellach mae hi wedi ennill grant pwysig i'w galluogi hi i gyflwyno'r rhaglen magu plant IY i deuluoedd brodorol yng ngorllewin Awstralia.

Following the Adelaide conference Judy delivered the first three day BASIC parent leader training in Australia to an enthusiastic group of professionals and the first IY parent groups start in Adelaide in August with Peter Parry planning a small evaluation. In the meantime another Australian with Welsh connections came to Bangor in July to train to deliver the parent programme. Anwen Williams is Welsh speaking but lives in Perth, Western Australia. She has grant money to use the IY programme with the Aboriginal population in Western Australia.

GORONWY CLEAVER AWARDED FELLOWSHIP

Llongyfarchiadau i Goronwy Cleaver a dderbyniodd Gymrodoriaeth Prifysgol Cymru, Bangor, ym mis Gorffennaf i gydnabod ei lwyddiannau personol a'i gefnogaeth i'r Ganolfan IY ac i sefydlu Ysgol y Gyfraith. Roedd aelodau'r tîm yn bresennol i'w weld yn derbyn ei anrhydedd a chawsant hefyd fynd i'r derbyniad a'r cinio ardderchog ar ôl y cyflwyniad, a chael cyfle i gyfarfod rhai o aelodau deulu rhyngwladol ef a Barbara.

Mae Goronwy a Barbara wedi parhau i ariannu'r project IY, gan roi arian eleni tuag at gynhyrchu DVD byr o reini yn trafod y rhaglen, ei hanawsterau a'u llywyddiannau wrth ddefnyddio'r syniadau. Lansiwyd y DVD yn ein cynhadledd flynyddol lle cafodd y rhieni a gymerodd ran gyfle i gyfarfod Carolyn. Ers hynny, mae'r DVD wedi cael ei ddangos mewn nifer o gynadleddau yn ogystal â chael ei anfon i Swyddfa'r Cabinet a LICC. Mae hefyd wedi cael ei ddefnyddio'n llwyddiannus gan arweinyddion grwpiau i annog rhieni i ddod i'r grwpiau. Mae'n rhedeg am tua 10 munud ac mae ar gael o'r swyddfa IY.



Goronwy a Barbara Cleaver a Judy Goronwy and Barbara Cleaver and Judy

GORONWY CLEAVER AWARDED FELLOWSHIP

Congratulations to Goronwy Cleaver who was awarded Fellowship of the University of Wales, Bangor, in July in recognition of his personal achievements and his support to the IY centre and to the establishment of the Law School. Team members were present to see him receive his award and also attended the excellent reception and dinner following the presentation where we had a chance to meet members of his, and Barbara's international family.

Goronwy and Barbara have continued to fund the IY project, this year funding the production of a short DVD of parents talking about the programme, their difficulties and their successes in using the ideas. This was launched at our annual conference where the parents who participated got a chance to meet Carolyn. It has since been shown at a number of conferences as well as sent to the Cabinet Office and WAG. It has also been used successfully by group leaders to encourage parents to come along to groups. It runs for about 10 minutes and is available from the IY office.



Judy gyda Jeannie Gordon, Wali a Magda Gulcz (seicolegydd o wlad Pwyl a drefnodd y cynhadledd), Martha a Kasia.

Judy with Jeannie Gordon, Wally and Polish psychologist Magda Gulcz (who organised the training), Martha and Kasia.

Adroddiad Hyfforddi Training Report

HYFFORDDIANT Y TU ALLAN I GYMRU

Yn ystod y flwyddyn ddiwethaf mae Judy, yn ei rôl fel hyfforddwr, wedi cyflwyno sesiynau hyfforddi i ddau o wasanaethau Cychwyn Cadarn yn Lerpwl, yn ogystal â gweithdy blasu dau ddiwrnod mewn rhaglenni rhiant a phlentyn yn Warsaw, Gwlad Pwyl lle cafodd gymorth gan Jeannie Gordon, sy'n fentor o Essex. Jeannie oedd un o fentoriaid cyntaf y DU a chafodd ei dull cyflwyno hwyliog, bywiog a gweledol ei fwynhau gan Judy a'r cynrychiolwyr o Wlad Pwyl. Cafwyd ychydig o amser i weld ychydig o Wlad Pwyl a chael cyfle i ddyysgu'n uniongyrchol am yr hyn a ddiroddodd pobl y wlad drwy'r ganrif ddiwethaf yn ogystal ag ymweld ag Auschwitz. Mae'r cyswllt gyda Gwlad Pwyl yn parhau ac mae cynlluniau ar y gweill i gyfieithu'r llyfr IY i'r iaith Bwyleg ac i chwilio am arian i gyflwyno ac ymchwilio i'r rhaglen yn y wlad. Hyd yma, mae'r llyfr wedi cael ei gyfieithu ar gyfer Sbaen, Ffindir, Cambodia, Sweden, Denmarc, Norwy a'r Iseldiroedd. Mae hi hefyd wedi cael rhoi hyfforddiant yn Adelaide, Awstralia; gwelwch adroddiad yr ymweliad hwnnw ar tud 2.

TRAINING OUTSIDE WALES

During the last year Judy has delivered trainings for two Liverpool Sure Start services and a two-day taster workshop in Warsaw, Poland where she was helped by mentor Jeannie Gordon from Essex. Jeannie was one of the first mentors in the UK and her fun, very active and visual presentation style was much enjoyed by both Judy and the Polish delegates. There was also time for some sight seeing in Poland and a chance to learn at first hand something of the sufferings of the Polish people throughout the last century as well as a visit to Auschwitz. Contact with Poland is ongoing and there are plans to translate the IY book into Polish and to seek funds to deliver and research the programme in Poland, so far the IY book has been translated into Spanish, Finnish, Cambodian, Swedish, Danish, Norwegian and Dutch. Judy also trained in Adelaide, Australia, see the report on that visit on p2.

Dwy mentoriaid newydd dan hyfforddiant i Cymru

Gwelwyd gweithgareddau hyfforddi yn ehangu. Rydym yn falch o'r ffaith bod Carolyn wedi derbyn dau fentor dan hyfforddiant ar gyfer yr rhaglen magu plant yn Nghymru. Mae Bridget Large yn gweithio i Ymddiriedolaeth GIG GOC fel seicolegydd plant. Mae hi'n arweinydd grŵp magu plant profiadol iawn, wedi arwain nifer o grwpiau. Mae Sue Evans yn gweithio i Fwrdd Iechyd Lleol Powys. Sefydlwyd ei swydd hi er mwyn cydlynu datblygiad y rhaglenni IY ym Mhowys. Gweler yr erthyglau gan Sue a Bridget ar dudalennau 17 a 9. Gobeithio mai nhw yw'r mentoriaid cyntaf o lawer ar draws Cymru. Dros y misoedd nesaf byddwn yn arsylwi a gwrandao ar sesiynau hyfforddi yn cael eu harwain gan hyfforddwyr a mentoriaid eraill i allu ehangu eu profiad. Mae mentoriaid yn helpu i gefnogi'r rhaglen yn eu hasiantaeth eu hunain.

Ymwelwyr tramor i Fangor

Mae rhai o bell wedi cael eu hyfforddi ym Mangor, gan gynnwys Helen Henningham a ddaeth o Jamaica i ddilyn y cyrsiau hyfforddi ar gyfer cyrsiau i rieni, plant ac athrawon. Mae Helen yn gwneud gwaith ymchwil gan ddefnyddio'r rhaglen o'i chanolfan ym Mhrif Ysgol India'r Gorllewin yn Kingston, Jamaica. Mae'r syniad o gael cysylltiad ymchwil gyda Helen yn ddeniadol iawn i'r tîm. Gwelwch adroddiad Helen ar dud. 16. Daeth Mette Koniro a Lisa Hietala o'r Ffindir. Maen nhw'n datblygu'r rhaglen magu plant yno a bydd Judy yn mynd i'r Ffindir ym mis Hydref i arwain yr hyfforddiant cyntaf i arweinyddion grwpiau rhieni yno. Daeth Anwen Williams o Perth i Gymru hefyd i gael ei hyfforddi i gyflwyno'r rhaglen magu plant (gwelwch tud. 2). Daeth Diane Howden o Seland Newydd hefyd i Fangor. Mae Diane wedi cyflwyno'r rhaglen sawl gwaith, ond eisio gorffen yr hyfforddiant sylfaenol i arweinyddion. Fel Helen, mae Diane ac Anwen yn wreiddiol o Gymru. Cafodd Dilys hefyd ymwelydd o dramor, sef Carol Mockler o Bartneriaeth Clondalkin yn Nulyn, a ddaeth i ddyysgu am ochr weinyddol y project IY yng Nghymru gan Dilys.

Cynllun Gweithredu ar gyfer Magu Plant

Mae'r hyfforddiant sy'n cael cyllid gan LICC fel rhan o'i Gynllun Gweithredu ar gyfer Magu Plant (PAP) yn ymwneud â Judy yn rhoi hyfforddiant mewn wyth lleoliad ar draws Cymru yn ystod y flwyddyn nesaf. Bu'r tri cyntaf o'r rhain yn Wrecsam, Cwmbarn a Nghaerdydd. Cynhelir pump hyfforddiant arall yn yr hydref a gwanwyn. Bydd diwrnodau a hanner diwrnodau ymgynghorol hefyd yn cael eu cynnal ar draws Cymru i gefnogi'r rhai sy'n cyflwyno'r rhaglen. Bydd hyfforddiant eleni yn targedu 14 o'r 22 Partneriaeth Plant a Phobl Ifanc yng Nghymru ac mae'n debygol y bydd y cyllid yma'n parhau yn 2007/8. Y nod yw galluogi pob awdurdod i ddatblygu ei fentor ei hun fel y gellir darparu hyfforddiant, ymgynghoriad a chefnogaeth yn fewnol. Yn ôl pob tebyg bydd hyn yn cymryd pum mlynedd, ond os bydd Awdurdodau yn penodi rhai fel Sue Evans ym Mhowys gellir ei gyflawni mewn cyfnod byrrach. Roedd LICC yn gyfrifol hefyd am gyllid sesiynau hyfforddi yn Fflint (i staff Cychwyn Cadarn) ac yn Llandrindod i staff CAMHS Canolbarth a Gogledd Orllewin Cymru. Cafwyd cyfranogwyr brwdfrydig iawn yn y ddau sesiwn.

Two new trainee mentors in Wales

This year has seen an expansion of training activities and we have been delighted that Carolyn has accepted two trainee mentors for the parent programme in Wales. Bridget Large works for NWW NHS Trust as a child psychologist. She is an experienced parent group leader having led many groups. Sue Evans works for Powys LHB. Her post was established to co-ordinate the development of the IY programmes in Powys. See articles by Sue and Bridget on pages 17 and 9. They will hopefully be the first of many mentors across Wales. Over the coming months they will be sitting in on trainings led by other trainers and mentors to broaden their experience. Mentors help support the programme in their own agency, providing ongoing in-house training, supervision and consultation.

Overseas visitors to Bangor

Trainings in Bangor have seen people from overseas including Helen Henningham from Jamaica to do the parent, child and teacher leader training courses. Helen is undertaking research using the programme from her base in the University of the West Indies at Kingston, Jamaica. The idea of having a research link with Helen is very appealing to the team. See Helen's report on p. 16. We had two delegates from Finland, Mette Konito and Lisa Hietala are developing the parent programme in Finland and Judy will be leading the first parent leader training in Finland in October. Anwen Williams from Perth also came to Wales to train to deliver the parenting programme. See p. 2. Diane Howden from New Zealand who has delivered the programme several times also came to complete BASIC leader training. Like Helen, both Diane and Anwen originate from Wales. Dilys also had an overseas visit from Carol Mockler of the Clondalkin Partnership, Dublin, who came to learn from her about the admin of the IY project in Wales.

Parenting Action Plan

Training funded by the Welsh Assembly Government as part of its Parenting Action Plan (PAP) involves Judy training in eight venues across Wales during the coming year. The first three took place in Wrexham, Cwmbarn and Cardiff. There will be a further five trainings during the autumn and spring terms. There will also be consultation days and half days across Wales. Training this year will target fourteen of the twenty-two Children and Young People's partnerships in Wales and it is likely that this funding will be continued in 2007/8. The goal is to enable each authority to develop its own mentor so that training, consultation and support can be provided in house. This will probably take five years but if Authorities appoint people like Sue Evans in Powys it could be achieved in less time. WAG also funded trainings in Flint (for Sure Start staff) and Llandrindod for Mid and West Wales CAMHS staff. Both were well received by enthusiastic participants.



Dr. Tracey Bywater

Erbyn hyn rydym ni bron â gorffen y gwaith o werthuso rhaglen magu plant Incredible Years (IY). Mae'r holl ddata wedi cael ei gasglu ac rydym wrthi'n cofnodi ac yn lleadau'r canlyniadau.

Mae dau brif gyflwr yn yr astudiaeth hon, cyflwr ymyriad a chyflwr rheolaeth er mwyn cymharu. Dewiswyd teuluoedd am eu bod yn byw mewn ardal Cychwyn Cadarn a chanddynt blentyn dair neu bedair oed â phroblemau ymddygiad sylweddol. Yr ymwelwyd iechyd a wnaeth y cyswllt cyntaf â'r teuluoedd. Gwelwyd y teuluoedd 'rheolaeth' yn y cychwyn ac yna chwe mis wedyn (sesiwn ddilynol 1) ac yna cawsant gynnig i fynychu grŵp. Gwelwyd y teuluoedd ymyriad yn y cychwyn ac yna chwe mis, deuddeg mis a deunaw mis wedyn ar ôl iddynt mynychu grwpiau.

Cymerodd un ar ddeg o ardaloedd Cychwyn Cadarn ran. Yn sesiwn ddilynol 1 roedd gwahaniaeth mawr rhwng y cyflyrau rheolaeth ac ymyriad pan fesurwyd y canlyniadau er bod y ddwy set o deuluoedd yn debyg iawn i gychwyn (gweler y Cylchlythyr 2005). Roedd y mesuriadau'n asesu cymwyseddau rhieni, cymhwysedd cymdeithasol plant a phroblemau ymddygiad plant. Mae dadansoddiadau tymor hirach newydd ddod i ben. Mae adroddiad cryno am ganfyddiadau'r ddau fesuriad yn y rhifyn hwn o'r cylchlythyr. Bydd yr erthygl hon yn canolbwyntio ar yr Eyberg Child Behaviour Inventory (ECBI) a bydd yr erthygl gan Michelle O'Brien yn canolbwyntio ar fesur trwy arsylwi ymddygiad plant a rhieni (gan ddefnyddio'r System Codio Rhyngweithiadau Rhiant-Plentyn Dyadig, DPCS).

Mae Ffigurau 1 a 2 yn dangos bod y rhieni ymyriad yn adrodd gostyniad sylweddol yn lefel a dwysedd ymddygiadau problemus plant yn y sesiwn ddilynol gyntaf a bod y gwelliannau hyn yn parhau yn y drydedd sesiwn ddilynol. Roedd y grŵp ymyriad yn dod o dan yr isafbwynt clinigol o ran problemau a dwysedd yn ôl mesuriad ECBI (11 ac 127) yn y sesiwn ddilynol gyntaf ac arhosodd yno. Mae'r canlyniadau'n dangos newid er gwell yn ymddygiad plentyn. Rydym wedi cyflwyno ein canfyddiadau tymor byr, gan gymharu'r cyflyrau ymyriad a rheolaeth hyd at sesiwn ddilynol 1, ac rydym wrthi'n cofnodi'r canlyniadau tymor hirach (hyd at sesiwn ddilynol 3).

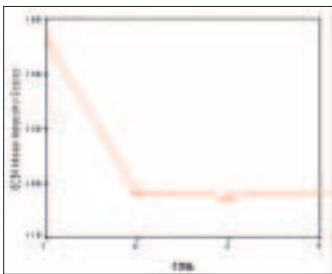


Fig 1. Long-term ECBI intensity scores.

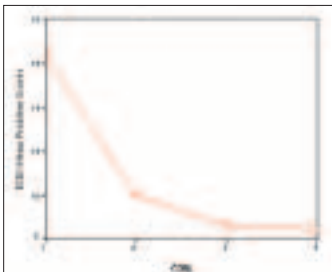


Fig 2. Long-term ECBI problem scores.

The evaluation of the IY parent programme is now nearing completion. All data has been collected and writing up and dissemination of results is underway.

In this study we have two main conditions, an intervention and a comparison control condition. Families were selected because they lived in a Sure Start area and had a child aged three or four with significant behavioural problems. The families were initially approached by their health visitors. The control families were seen at baseline and six months later (follow-up 1) and then offered a chance to attend a group. The intervention families were seen at baseline and then six, twelve and eighteen months later after attending the parent programme.

Eleven Sure Start areas took part. At follow-up 1 there was a great difference between the control and intervention conditions on the outcome measures even though at baseline the two sets of families were very similar (see 2005 Newsletter). The measures assessed parental competencies, child social competence, and child conduct problems. Longer-term analyses are now completed. The findings from two measures are briefly reported in this newsletter. The Eyberg Child Behaviour Inventory (ECBI) (see below) and the observation measure of child and parent behaviour, see Michelle's article on p5

Figures 1 and 2 show that intervention parents reported significant reductions in both the amount, and the intensity, of child problem behaviours at follow-up 1 and that these improvements were maintained at follow-up 3. The intervention group fell below the clinical cut off for both ECBI problem and intensity (11 and 127 respectively) at follow-up 1 and remained there. The results demonstrate that the programme changes children's behaviour for the better. We have submitted our short-term findings, comparing the intervention and control conditions to follow-up 1, for publication and are currently writing up the longer-term (up to follow-up 3) results.

CYNLLUNIAU YMCHWIL YN Y DYFODOL

Mae'r ymchwil wedi esgor ar lawer iawn o ddata a syniadau. Mae tri myfyrwr Meistr ac un myfyrwr Ph.D. yn defnyddio'r data mewn rhyw ffordd yn eu hastudiaethau.

Mae Claire Davies newydd gyhoeddi papur gyda Judy a mi mewn rhifyn arbennig o'r 'Journal of Educational and Child Psychology'. Edrychod y papur ar effeithiau gwahanol lefelau troseddau o fewn ardaloedd Cychwyn Cadarn mewn perthynas â chanlyniadau ymddygiad. Cafwyd bod y rhaglen yn gweithio yr un mor dda mewn ardaloedd lle'r oedd lefelau troseddau isel ac uchel. Bydd Claire yn gorffen ei astudaethau yn 2007.

Bu Louise Kinsella yn edrych ar ddemograffeg teuluoedd a chyfraddau rhoi'r gorau i'r rhaglen a darganfu fod anfantaes gymdeithasol-economaidd yn rhagfynegydd o roi'r gorau i'r rhaglen, ond nad oedd ffactorau straen amgylcheddol yn rhagfynegi presenoldeb yn y rhaglen. Graddiodd Louise yr haf yma yr un pryd â Sara McCabe a fu'n ymchwilio i effeithiau'r rhaglen magu plant ar frodyr a chwiorydd y plentyn targed. Darganfu Sara fod effeithiau cadarnhaol mynychu'r rhaglen yn ymluedi i frodyr a chwiorydd.

Mae Catrin Eames yn ei hail flwyddyn Ph.D. ac mae hi'n asesu os yw'r rhaglen yn fwy llwyddiannus pan fydd pobl yn glynu'n gaeth wrth ganllawiau cyflwyno. Gweler adroddiad Catrin ar tud. 8.

Mae dau fyfyrwr Ph.D. arall yn gweithio mewn ardaloedd cysylltiedig (gweler adroddiadau Karen a Pam ar tud. 12 a 13).

RELATED WORK

The research has yielded an enormous amount of data and ideas. Three Masters students and one Ph.D. student are utilising the data in their studies.

Claire Davies has recently had a paper published with Judy and myself in a special issue of the Journal of Educational and Child Psychology. It explored the differing crime levels within the Sure Start areas in relation to behavioural outcomes and found that the programme worked equally well in areas of high and low crime. Claire completes her studies in 2007.

Louise Kinsella looked into family demographics and drop out rates and found that socioeconomic disadvantage predicted attrition, but environmental stressors did not predict programme attendance. Louise graduated this summer along with Sara McCabe who researched the effects of the parenting programme on siblings of the target child, finding that the positive effects of attending the programme generalised to siblings, who also showed reductions in problem behaviours.

Catrin Eames has completed the second year of her Ph.D., and is assessing whether the programme is more successful when delivery guidelines are strictly adhered to. See Catrin's report on p. 8.

Two other Ph.D. students are working in related areas (see Karen's and Pam's reports on p. 12 and 13).



Michelle O'Brien,
School of Psychology, UWB

Cynlyniadau o'r Astudiaeth Arsylw

Results from the Observation Study

Mae'r 'Dyadic Parent-Child Interaction Coding System' (DPICS) yn ddull arsylwi sydd wedi ei seilio ar ymchwil helaeth. Mae'n edrych ar ansawdd y rhyngweithio rhwng rhieni a'u plant yn y cartref mewn 35 o categorïau ymddygiad rhiant a phlentyn.

Mae ymddygiadau rhieni yn cynnwys canmoliaeth, rhoi gorchmynion i'r plentyn, datrys problemau a gosodiadau beirniadol. Mae ymddygiadau plant yn cynnwys siarad digywilydd, swnian, gweiddi ac ymddygiadau dinistriol ac ufuddhau i orchmynion rhieni. Yn yr astudiaeth a gynhaliwyd yng Ngogledd Cymru, arsylwyd rhieni yn rhyngweithio â'u plant am hanner awr. Cofnododd yr arsylwyr amledd pob ymddygiad a arsylwyd. Yn yr astudiaeth, roedd y gyfradd gytuno rhwng dau godiwr yn 75%.

Cynhaliwyd dadansoddiadau yn y man cychwyn a sesiynau dilynol ar ôl 6, 12 ac 18 mis, i rieni oedd wedi mynychu'r rhaglen. Mae Ffigur 1 yn dangos bod rhieni wedi ymddwyn yn llawer mwy cadarnhaol yn y sesiwn ddilynol gyntaf a mae'r gwelliannau hyn fel rheol yn parhau. Mae Ffigur 2 yn dangos bod rhieni wedi dweud tipyn llai o bethau beirniadol yn y sesiwn ddilynol 1 a bod hyn wedi parhau yn sesiynau 2 a 3. Yn y man cychwyn roedd tua 73% o'r mamau yn yr ystod risg uchel o ymddygiadau magu plant beirniadol (h.y. >10 o osodiadau beirniadol a gorchmynion negyddol mewn hanner awr), o'u cymharu â 41% yn unig o famau yn sesiwn ddilynol 1. Mae Ffigur 3 yn dangos gostyngiad yn amledd camymddwyn gan blant yn sesiwn ddilynol 1. Mae hyn yn parhau yn sesiwn ddilynol 2 a 3. Yn y man cychwyn roedd 76% o'r plant wedi dangos ymddygiadau camymddwyn y bernid eu bod yn yr ystod risg uchel (>8 o ymddygiadau camymddwyn ynghyd ag ymddygiadau anufudd mewn hanner awr). Yn sesiwn ddilynol 1 roedd hyn wedi gostwng i 61% a pharhaodd i ostwng i 53% yn sesiwn ddilynol 2.

Mae'r canlyniadau hyn yn dangos bod y rhaglen yn cael effeithiau cadarnhaol ar fagu plant cadarnhaol a beirniadol ac ymddygiad dilynol plant. Mae canfyddiadau cadarnhaol yn parhau yn sesiynau dilynol 2 a 3. Mae'r gostyngiad bychan nad yw'n arwyddocaol mewn sgoriau yn sesiynau dilynol 3 yn awgrymu y gall fod yn werth ystyried rhaglenni hyrwyddo i rieni ar ôl ychydig amser ar ôl cwblhau'r rhaglen. Mae hyn yn rhywbeth y mae rhai rhieni wedi awgrymu eu hunain a dylid edrych arno ymhellach gan fod y rhan fwyaf o'r plant hyn mewn risg uchel o ddatblygu anhwylder ymddygiad.

The Dyadic Parent-Child Interactive Coding System (DPICS) is a widely researched observational measure, which looks at the quality of parent-child interaction in the home in thirty-five parent and child behaviour categories.

Parent behaviours include praise, commands given to the child, problem solving and critical statements. Child behaviours include smart talk, whining, yelling and destructive behaviours and compliance to parent commands. In the North Wales study, parents were observed interacting with their child for 30 minutes. Observers recorded the frequency of each behaviour. Two coders were present at 21% of all visits to ensure reliability. Our observers reached 75% agreement.

Analyses were carried out at baseline, and follow-ups at 6, 12 and 18 months, for parents who had attended the parent programme. Figure 1 shows that parents engaged in significantly more positive parenting at first follow-up and these improvements are generally maintained. Figure 2 demonstrates that parents made significantly fewer critical statements at follow-up 1 and this was maintained. At baseline, approximately 73% of mothers were in the high-risk range of parenting behaviours (i.e. >10 critical statements and negative commands in 30 minutes), compared to only 41% of mothers at follow-up 1. Figure 3 shows reductions in the frequency of child deviance at follow-up 1. This is maintained at follow-up 2 and 3. At baseline, 76% of children exhibited deviant behaviours considered to be in the high-risk range (>8 deviant plus noncompliant behaviours in 30-minutes). At follow-up 1 this had decreased to 61%.

These results show that the BASIC parent programme has positive effects on the frequency of positive and critical parenting and subsequent child behaviour. Positive findings appear to be maintained at follow-up 2 and 3. The slight, but non-significant reduction in scores over time suggests that it may be worth considering booster programmes for parents a year or so after completing the programme. This is something which some parents themselves suggested and, as these children were at high risk of developing conduct disorder, should be further explored.

Mae fy mlwyddyn yn y ganolfan IY wedi bod yn brysur! Rydw i wedi hyfforddi i fod yn godiwr DPICS ac wedi bod yn gwneud ymweliadau arsylwi. Unwaith y roedd y rhain wedi dod i ben dechreuais sgorio a mewnbysu'r data ac yn diweddar ac yn cynnal y set data arsylwi mawr. Yn ogystal â gweithio'n rhan amser gyda'r tîm ymchwil, rydw i hefyd yn gweithio gyda'r Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc lle rydw i newydd offren cyd-arwain dau grŵp rhieni gyda Bridget. Rydw wedi gwerthfawrogi'r cyfle i weld sut mae ymchwil yn gallu dylanwadu ar y dewis o ymyriad gan ddarparwyr gwasanaethau.

Rwyf yn teimlo'n gyffrous iawn o ddechrau efrydiaeth Ph.D. ym Mangor. Dr Dave Daley fydd fy ngoruchwyliwr. Byddaf yn edrych ar effeithiolrwydd ymyriadau hunan-gyfeiriedig dros gyfnod o chwe wythnos (New Forest) ar gyfer rhieni â phlant gyda ADHD. Hoffwn i ddiolch i'r tîm am wneud fy mhrofiad yma yn y plerusr ac rydw i'n gobioithiad cadw mewn cysylltiad â phob un ohonynt.

My year at IY Wales has been busy. I have trained as a DPICS coder and undertaken observation visits. Once these were completed I have been scoring and inputting the data and updating and maintaining the observational dataset. I also worked in the Child and Adolescent Mental Health Service where I co-led two parent groups with Bridget. I have valued the opportunity to see how research can influence intervention choice by service providers.

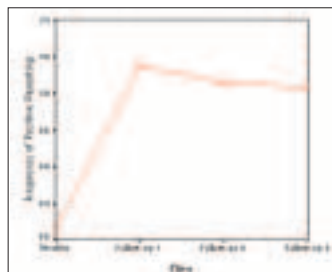
I am excited to be starting a Ph.D. studentship here at Bangor with Dr. Dave Daley as my supervisor. I will be looking at the effectiveness of a six-week, self-directed parent intervention (New Forest) for parents of children with ADHD. I would like to thank the team for making my experience here an enjoyable one and I hope to keep in touch with them all.

Michelle O'Brien

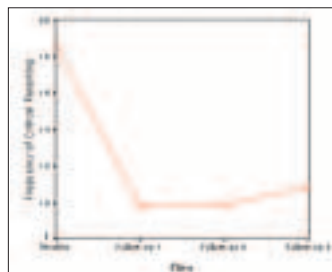
NODYN GAN JUDY NOTE FROM JUDY

Diolch Michelle am eich gwaith a phob hwyl yn eich astudiaethau yn y dyfodol.

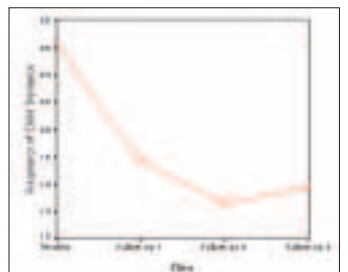
Thanks for all your hard work and all the best for your future studies.



Ffig 1. Cyfanswm Magu Plant Cadarnhaol yn y man cychwyn, sesiynau dilynol 1, 2 a 3 ar gyfer rhieni a gafodd ymyriad. Ffig 1. Total Positive Parenting at baseline, follow-up 1, 2 and 3 for intervention parents.



Ffig 2. Cyfanswm Magu Plant Beirniadol yn y man cychwyn, sesiynau dilynol 1, 2 a 3 ar gyfer rhieni a gafodd ymyriad. Ffig 2. Total Critical Parenting at baseline, follow-up 1, 2 and 3 for intervention parents.



Ffig 3. Cyfanswm Camymddwyn gan Blentyn yn y man cychwyn, ac yn sesiynau dilynol 1, 2 a 3. Ffig 3. Total Child Deviance at baseline, follow-up 1, 2 and 3.

CYFEIRIAD / REFERENCE

Webster-Stratton, C. & Woolley, D. (1999). Social Competence and Conduct Problems in Young Children: Issues in Assessment. *Journal of Clinical Child Psychology*, 28 (1), 24-43



Dr. Rhiannon Tudor Edwards ac Alan Ó Céilleachair o'r Ganolfan Economeg a Pholisi mewn Iechyd (CEPHI).
Dr. Rhiannon Tudor Edwards and Alan Ó Céilleachair, the Centre for Economics and Policy in Health (CEPHI).

Y Gwerthusiad Iechyd Economaidd o Raglen Cychwyn Cadarn

The Health Economic Evaluation of the Sure Start Programme

Ers tair blynedd rydym yn gweithio ar ddadansoddiad cost-effeithiolrwydd o raglen Magu Plant BASIC IY ac rydym wedi cydweithio'n agos â tîm IY Cymru. Ers blwyddyn rydym yn dadansoddi data ac yn paratoi papurau i'w cyhoeddi. Mae Alan wedi bod yn ymweld â meddygfeydd teulu hefyd er mwyn gweld cofnodion meddygol ar gyfer is-sampl o bobl sy'n cymryd rhan yn y treial felly gallwn ni fesur y cytundeb rhwng eu defnydd o'r gwasanaeth fel y maent yn adrodd amdano a chofnodion meddygon teulu.

Mae dadansoddiadau cychwynnol wedi canfod bod Rhaglen Magu Plant BASIC IY yn llawer mwy effeithiol ond hefyd ychydig yn fwy costus na gofal arferol. Mae hyn yn golygu y gallai gwneuthurwyr penderfyniadau ddweud bod y rhaglen yn gost-effeithiol os ydynt yn teimlo bod y gwelliant sylweddol mewn ymddygiad plant yn cyfiawnhau'r gwariant ychwanegol ar yr ymyriad. Gyda'n gilydd cyflwynasom y data yma yng Nghynhadledd Flynyddol IY Cymru ym mis Ionawr. Roedd Carolyn Webster-Stratton yn bresennol yn y gynhadledd ac yn gyffrous iawn o glywed ein ganlyniadau'r astudiaethau cost-effeithiolrwydd. Cyflwynodd Alan hefyd y canfyddiadau cychwynnol hyn yn y Gynhadledd Ewropeaidd mewn Economeg Iechyd yn Budapest. Ysgrifennwyd fersiwn llawnach o'r canfyddiadau ac mae'r papur wedi gael ei gyflwyno i'w gyhoeddi gyda phapur y prif dreial clinigol. Rydym hefyd wedi cyflwyno canfyddiadau o'r astudiaeth ymchwil ar gofnodion meddygon teulu yng nghyfarfod haf y Grŵp Astudiaeth Economeg Iechyd yn Efrog ym mis Gorffennaf.

Mae grant y Sefydliad Iechyd ar gyfer y gwerthusiad economaidd yn dod i ben ddiwedd Medi eleni. Rydym ni'n dau'n teimlo bod y cydweithio rhwng CEPHI a'r tîm IY Cymru wedi bod yn llwyddiant aruthrol. Rydym yn gobeithio byd hyn yn parhau trwy astudio effeithiolrwydd a chost-effeithiolrwydd posib y rhaglen IY gyda phlant sy'n derbyn gofal, ar gyfer y rhieni maeth a'r plant sy'n derbyn gofal eu hunain.

For the past three years we have been working on a cost-effectiveness analysis of the IY BASIC Parenting programme and have worked closely with the IY Wales team. Over the past year we have been analysing data and preparing papers for publication. Alan has also been visiting GP surgeries to extract medical records for a sub-sample of trial participants to allow us to measure the agreement between their self-reported service use and GP records.

Provisional analysis has found that the IY BASIC Parenting Programme is considerably more effective but also a bit more costly than usual care. This means that the programme could be said by decision makers to be cost-effective if they felt that the substantial gains in child behaviour justified the extra monies devoted to the intervention. Together we presented these data at the IY Wales Annual Conference in January. Carolyn Webster-Stratton was present and excited to learn about our outcomes. Alan also recently presented these preliminary findings at the European Conference in Health Economics in Budapest. A fuller version of the findings has been submitted for publication with a companion paper on the main clinical trial. These papers are currently under review. We also presented findings from the study of GP records research at the Health Economics Study Group summer meeting in York this July.

The Health Foundation grant for the economic evaluation expires at the end of September this year. We both feel that the collaboration between CEPHI and the IY Wales team has been a tremendous success. We hope that this will be continued through studying the potential effectiveness and cost-effectiveness of the IY programme with looked after children, both for foster parents and the looked after children themselves.

Hoffem ddiolch yn gynnes iawn i Judy, Tracey, Dilys a gweddiill y tîm, hefyd hoffem ddiolch i bawb sydd wedi ein helpu yn yr ymchwil hon dros y tair blynedd diwethaf gan gynnwys arweinwyr grŵpiau, ymwelwyr iechyd, meddygon teulu, rheolwyr meddygfeydd a'r sawl sydd wedi cymryd rhan yn y treial.

We would like to extend our warmest thanks to Judy, Tracey, Dilys and the rest of the team and also like to thank all those who have helped in this research over the course of the last three years including group leaders, health visitors, GPs, practice managers and trial participants.

NODYN GAN JUDY NOTE FROM JUDY

Diolch Rhiannon ac Alan a phob lwc i Alan yn ei swydd newydd yn yr Iwerddon.

Thank you Rhiannon & Alan and best wishes to Alan in his new post in Ireland.

NAWDD I DDECHRAU'N DEG I GWYNEDD

Mae nawdd gan Lywodraeth Cynulliad Cymru wedi galluogi awdurdodau drwy Gymru i greu gynlluniau i dargedu ardaloedd lle mae lefel uchel o eithrio cymdeithasol, gan roi cefnogaeth gofal plant a magu plant o adeg beichiogrwydd a thrwy gydol tair blynedd cyntaf bywyd y plentyn. Nid yw'n syndod bod y rhaglen IY yn un o'r rhai mae Llywodraeth Cynulliad Cymru yn ei hargymhell oherwydd ei sylfaen tystiolaeth sylweddol yn ogystal â'r hyfforddiant a'r gefnogaeth sydd ar gael yng Nghymru.

Bydd Gwynedd yn derbyn £800K o 2007/08 ymlaen i dargedu 500 o blant dwyflwydd oed gan gynnig gofal plant o safon uchel a chefnogaeth i rieni. Maent wedi penodi Sioned Owen fel cyd-drefnydd Dechrau'n Deg. Roedd Sioned yn gweithio'n gynt i Cymorth yng Ngwynedd. Mae Sioned a Kevin Williams (cyd-drefnydd CYP yng Ngwynedd) yn ymwybodol iawn o'r gwaith ardderchog sy'n mynd ymlaen yn y canolfannau Dechrau'n Deg yng Ngwynedd gan ddefnyddio rhaglen rhieni Incredible Years yn ogystal â'r cynllun addysg sy'n defnyddio'r CD IY a'r Rhaglen TCM. Maen nhw wedi bod yn cynnal cyfarfodydd gyda gweithwyr y Ganolfan IY i ymchwilio sut y gallai'r rhaglen IY gael ei defnyddio yn yr ardaloedd Dechrau'n Deg gyda'r bwriad o gario ymlaen i adeiladu ar yr ymarfer da presennol sydd yn helpu gadw Gwynedd o flaen y rhan fwyaf o ardaloedd yn D.U i lansio rhaglenni seiliedig ar dystiolaeth ar gyfer rhieni, plant ac athrawon.

FLYING START FUNDING FOR GWYNEDD

New WAG funding has enabled Authorities throughout Wales to produce plans to target areas of high social exclusion with child-care and parenting support from pregnancy and through the first three years of children's lives. Not surprisingly the IY programme is one of those that WAG are recommending due to both its significant evidence base and the availability of training and support within Wales.

Gwynedd are to receive funding of £800k from 2007/8 onwards to target 500 children with high quality child-care for all two year olds and parenting support. They have appointed Sioned Owen as Flying Start co-ordinator. Sioned was previously working for 'Cymorth' in Gwynedd. Sioned and Kevin Williams (CYP co-ordinator for Gwynedd) are well aware of the excellent work going on in Gwynedd Sure Start Centres using the IY Parent programme and the Education project using the IY CD and TCM programmes. They have been holding meetings with IY Centre staff to explore how the IY programme can be used in the Flying Start areas to continue to build on the existing good practice that is helping to keep Gwynedd ahead of most places in the UK in rolling out evidence based programmes for parents, children and teachers.

Cydnabyddiaeth o'n gwaith gan Uned Strategaeth y Prif Weinidog

Recognition of our work from the Prime Minister's Strategy Unit

Mae canlyniadau ein hymchwil Cychwyn Cadarn wedi cael llawer o sylw oherwydd bod y canlyniadau, o'u cyferbynnu â gwerthusiad y rhaglen Cychwyn Cadarn Saesneg, yn rhagorol ac oherwydd ymgyrch newydd gan y Prif Weinidog i ddelio â phroblem Eithrio Cymdeithasol. Mae Tony Blair wedi gofyn i Hilary Armstrong [Y Gweinidog dros Swyddfa'r Cabinet ac Eithrio Cymdeithasol] i arwain ymgyrch o'r newydd i ddelio ag Eithrio Cymdeithasol; bydd y Llywodraeth yn cyhoeddi Cynllun Gweithredu yn yr hydref. Bydd hwn yn canolbwyntio ar adnabod a thargedu'n gynnar y grwpiau sydd fwyaf mewn perygl, plant mewn gofal, beichiogrwydd yn yr ardegau, afiechyd meddwl a theuluoedd problemus y dyfodol.

O ganlyniad i drafodaeth gyda staff Swyddfa'r Cabinet cafodd Judy wahoddiad i gyflwyno ein canfyddiadau mewn Seminar Swyddfa'r Cabinet ar 26 Mehefin i gynulleidfa wadd o 30 o weithwyr proffesiynol ac ymchwilyr. Dilynwyd y cyflwyniad yma gydag ymweliad, ddechrau Gorffennaf, gan ddau o uwchweision sifil o Swyddfa'r Cabinet, Luke O'Shea a Hinna Jawaid, a ddaeth i weld y gwaith sy'n cael ei wneud yng Ngogledd Cymru. Yn ystod eu hymweliad gwelant un grŵp CAMHS a dau grŵp rhieni IY cymunedol, sesiwn Ysgol Dina mewn sgiliau cymdeithasol plant a datrys problemau, rhai athrawon yn cael eu hyfforddi yn rhaglen Rheolaeth Dosbarth IY a grŵp o weithwyr proffesiynol yn cael eu hyfforddi i gyflwyno'r rhaglen magu plant.

Derbyniodd Judy wahoddiad i ginio yn Rhif 10 Downing Street ar 6 Gorffennaf, cinio a gynhaliwyd gan Hilary Armstrong a Matthew Taylor [Prif Ymgynghorydd ar Strategaeth Wleidyddol]. Roedd hi'n un o chwech o ymarferwyr ac arbenigwyr a wahoddiwyd i drafod pa ymyriadau fyddai'r rhai mwyaf effeithiol. Roedd y gwaith yng Ogledd Cymru yn flaenllaw yn y drafodaeth ar adnabod a thargedu'n gynnar y grwpiau sydd fwyaf mewn perygl. Mae'r strategaeth bellach wedi ei chyhoeddi ac mae'n cynnwys cyfeiriadau penodol i'n gwaith fel ymarfer da (tud 51-53). Derbyniodd Judy wahoddiad pellach gan y Prif Weinidog i seminar ar eithrio cymdeithasol a fydd yn cael ei gynnal yn Chequers ddydd Mawrth 29 Awst.

Our Sure Start research results have been receiving a lot of attention both because the results, in contrast with those from the English Sure Start evaluation, are excellent and because of a new drive by the Prime Minister to tackle the problem of Social Exclusion. Tony Blair has asked Hilary Armstrong [Minister for the Cabinet Office and Social Exclusion] to spearhead a renewed drive to tackle social exclusion and a Government Action Plan will be published in the autumn. This will focus on early identification and targeting of most at risk groups, children in care, teenage pregnancy, mental illness and tomorrow's problem families.

Discussion with Cabinet Office staff about our work resulted in an invitation to Judy to present our findings at a Cabinet Office Seminar on 26th June to an invited audience of 30 professionals and researchers. This presentation was followed up in early July by a visit from two cabinet office senior civil servants, Luke O'Shea and Hinna Jawaid, who came to see the work on the ground in North Wales. During their visit they saw one CAMHS and two community parent IY groups, an IY Classroom Dinosaur child social skills and problem solving session, some teachers being trained in the IY Classroom Management programme and a group of professionals being trained to deliver the parent programme

Judy then received an invitation to a dinner in No 10 Downing Street, hosted by Hilary Armstrong and Matthew Taylor [Chief Adviser on Political Strategy] on 6th July at 10 Downing Street where she was one of six practitioners and experts invited to discuss what interventions would be most effective. The work in North Wales figured prominently in the discussion on early identification and targeting of at-risk groups. The Strategy has now been published and includes specific reference to our work as good practice (p51,53). Judy then received an invitation from the Prime Minister to a seminar on social exclusion on Tuesday 29th August at Chequers.

CYFEIRIAD / REFERENCE

Reaching Out: An Action Plan on Social Exclusion. HM Government Ref. 276684/0906/D16
web address www.cabinetoffice.gov.uk Prepared by the Cabinet Office by COI



Judy & Luke O'Shea



Judy & Hilary Armstrong

SEFYDLIAD CENEDLAETHOL DROS IECHYD A RHAGORIAETH GLINIGOL

Drwy gydol 2005 roedd Judy a Stephen Scott wedi parhau i weithredu fel tystion arbenigol i NICE yn eu trafodaethau ar raglenni magu plant ac anhwylderau ymddygiad. Mae'r ddogfen derfynol wedi tynnu'n gryf ar waith Judy wrth lunio set o feini prawf i farnu ansawdd y rhaglenni. Er nad yw'n rhestru dewislen o raglenni penodol mae'r rhaglenni IY a TripleP yn cael eu dyfynnu fel enghreifftiau o raglenni effeithiol. Cyhoeddwyd yr Arfarniad o'r diwedd ar Orffennaf 26 ac fe'i gwelir ar www.nice.org.uk

Argyhoeddwyd y Pwylgor y byddai rhaglenni hyfforddi rhieni/addysgu yn arwain at newidiadau sylweddol a pharhaol yn ymddygiad plant ag anhwylderau ymddygiad, ond dim ond pan oedd y rhaglenni'n cynnwys rhai nodweddion hanfodol. Nododd y Pwylgor fod y IY a'r Rhaglen Magu Plant Cadarnhaol Triple P yn enghreifftiau sy'n dangos y nodweddion hanfodol hyn ac yn ddigon cost-effeithiol.

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Throughout 2005 Judy and Stephen Scott, continued to act as expert witnesses for NICE in their deliberations on parenting programmes and conduct disorder. The final document has drawn strongly on Judy's work in drawing up a set of criteria by which to judge the quality of programmes. Although not listing a menu of specific programmes the IY and TripleP programmes are cited as examples of effective programmes. The Appraisal was finally published on 26th July and can be seen at the National Institute of Clinical Excellence website: www.nice.org.uk

"The Committee was convinced that parent-training/education programmes would result in the achievement of substantial and sustained change in behaviour in children with conduct disorders, but only when the programmes contained certain essential characteristics. The Committee noted that the Webster-Stratton IY Programme and the Triple P - Positive Parenting Programme are examples that demonstrate these essential characteristics and are sufficiently effective with regard to cost."



Catrin Eames

Adroddiad Catrin

Catrin's Report

Rwyf erbyn hyn wedi gorffen ail flwyddyn fy Ph.D., yn ymchwilio i ffyddlondeb gweithredu'r Rhaglen Magu Plant BASIC, sy'n cael ei ariannu gan gronfa ESF/Amcan 1 mewn cydweithrediad â IY Cymru. Fy goruchwyliwyr yw Judy a Dr. Carl Hughes, gyda Dr. Dave Daley fel cadeirydd.

Mae ffyddlondeb gweithredu yn cyfeirio at faint o ymyrraeth a gyflwynir yn ôl ei ddatblygiad gwreiddiol. Er mwyn pennu ffyddlondeb, rwyf wedi datblygu mesur arsylwadol, yn cynnwys deunaw eitem sy'n amlinellu'r sgiliau arweinydd cydweithredol allweddol sydd eu hangen ar gyfer rhedeg grŵp Magu Plant BASIC. Mae'r mesur yn defnyddio cyfanswm o'r cyfri amledd gwrthrychol am y cyfan o'r sesiwn grŵp dwy awr. Hefyd, mae'r Rhestr Argraffiadau Codydd i gael ei lenwi ar ddiwedd y cyfnod arsylwi, sy'n recordio dynameg grŵp a'r lefelau o ryngweithio, ynghyd â sut mae'r grŵp yn cael ei drefnu a sut mae'r arweinyddion yn darparu ar gyfer y grŵp - mae'r rhain i gyd yn gydrannau allweddol o redeg grŵp gyda ffyddlondeb. Rwyf wedi datblygu llawlyfrau ar sut i ddefnyddio a sut i sgorio'r mesurau, i alluogi eraill i gael hyfforddiant mewn mesur ffyddlondeb. Gellir arsylwi unai drwy ddefnyddio tapiau fideo o'r grwpiau, neu arsylwi yn ystod y sesiynau grŵp mewn modd na fydd yn amharu ar y grŵp.

Mae'r mesurau erbyn hyn yn berthnasol i'r grwpiau ymchwil a gynhelir ar gyfer y Gwerthusiad Cychwyn Cadarn. Bydd sgoriau ffyddlondeb yn cael eu rhoi i bob un o'r 22 arweinydd, ac yn cael eu cymathu gyda'r data ymddygiadol rhiant a phlentyn a geir. Mae Karen a Pam wedi bod mor garedig â chytuno i fod yn gyd-godyddion ar y mesurau hyn, i sicrhau dibynadwyedd.

Yn ogystal â gweithio ar fy Ph.D., rwy'n parhau i fod yn rhan o'r tîm yn y Ganolfan. Rwyf wedi dal ati i gasglu data ar gyfer y brif astudiaeth ymchwil (erbyn hyn wedi ei orffen!), yn ogystal â chynnal a diweddarau'r wefan. Rwyf hefyd wedi parhau, ynghyd â Karen, i oruchwylio'r hyfforddiant a'r dibynadwyedd yng nghynllun codio arsylwadol DPICS ar gyfer codio rhyngweithio rhiant a phlentyn.

I have completed the second year of my Ph.D., investigating implementation fidelity of the BASIC Parenting Programme, funded by ESF/Objective 1 fund in collaboration with Incredible Years Wales. My supervisors are Judy and Dr. Carl Hughes, with Dr. Dave Daley as chair.

Implementation fidelity is the extent to which an intervention is delivered as it was originally developed. In order to establish fidelity, I have developed an observational measure, comprising of eighteen items that encompass the key collaborative leader skills needed to run a BASIC Parenting group. The measure uses an objective frequency count tally for the entire two-hour group session. In addition, a Coder Impressions Inventory is completed after the observation, which records group dynamics and levels of interaction, as well as how the group is set-up and leaders' preparation for the group - all key components of running the group with fidelity. I have developed manuals in how to use and score the measures which will enable others to train in measuring fidelity. Observations can be conducted either via videotaped recordings of the groups, or during group sessions, in a way that does not intrude upon the group.

These measures are now being applied to the research groups run for the Sure Start Evaluation. Fidelity scores will be assigned to each of the 22 leaders, and correlated with the parent and child outcome data. Karen and Pam have kindly stepped in as fellow coders on these measures, to ensure inter-rater reliability.

As well as undertaking my Ph.D., I am still working as part of the team at the Centre. I have continued to collect data for the main research study (now thankfully complete!), as well as maintaining and updating the websites. I have also continued, alongside Karen, to supervise training and reliability in the DPICS observational coding scheme for coding parent child interactions.

Hoffwn ddiolch yn ddiffuant i Karen a Pam; ni fyddwn wedi gallu parhau gyda fy Ph.D. heb eu cymorth. Maent wedi rhoi cefnogaeth gyson a chadarn i mi dros y ddwy flynedd ddiwethaf ac rydym wedi dod yn ffrindiau agos. Llauer o ddiolch i'r ddwy ohonoch, a gobeithio fy mod wedi bod gymaint o gymorth i chi ag y buoch chi i mi!

I would like to give my sincerest of thanks to Karen and Pam, without whom I would not have been able to continue with my Ph.D. They have shown continuous, unwavering support for the past two years and have become very close friends. Many thanks to you both, and I hope I have been as helpful to you as you have been to me!

GRŴP YMCHWIL RHEOLI DOSBARTH I ATHRAWON

Cwblhawodd deuddeg o athrawon sy'n cymryd rhan yn ein project ymchwil Rheoli Dosbarth (gweler adroddiad gan Pam Martin) eu hyfforddiant ddechrau Mehefin. Daeth wyth o athrawon eraill atynt, o ysgolion nad oeddent yn cymryd rhan yn y project ymchwil neu heb gael cyfle i fynd ar y rhaglen o'r blaen. Rheddodd yr hyfforddiant o mis Chwefror i Mehefin. Ymysg yr anawsterau roedd diwrnod o eira pan oedd y mwyafrif o ysgolion ar gau ond hyd yn oed pryd hynny llwyddodd y mwyafrif o athrawon i gyrraedd Bangor i gael eu hyfforddiant. Cyflwynwyd yr hyfforddiant gan Rhiain Gwyn a Judy gyda cymorth gan Bridget pan oedd un ohonynt yn methu â bod yn bresennol. Er gwaethaf y ffaith bod y grŵp yn eithaf mawr roedd yr athrawon yn gadarnhaol iawn ac yn rhannu llawer o sgiliau a syniadau rheoli dosbarth rhagorol a drowyd yn llyfr syniadau ac egwyddorion i bob athro ar ddiwedd y cwrs.

TEACHER CLASSROOM MANAGEMENT RESEARCH GROUP

Twelve teachers taking part in our Classroom Management research project (see report by Pam Martin) completed their training in early June. They were also joined by eight teachers from non-research schools, who had not previously accessed the programme. The training ran from February to June. Difficulties included a day of snow during which most schools were closed but even then most teachers managed to get to Bangor for the training. The training was delivered by Rhiain Gwyn and Judy with help from Bridget when one of them could not make it. Despite being a rather large group the teachers were extremely positive and shared many excellent classroom management skills and ideas which were turned into a book of ideas and principles for each teacher at the end of the course.



Judy a Rhiain gyda athrawon Gwynedd Judy and Rhiain with Gwynedd teachers



Bridget Large
Seicolegydd Plant, Gwasanaeth CAMHS
Gogledd Orllewin Cymru
Child Psychologist, NWW CAMHS Service

Adroddiad gan Bridget

Report from Bridget

In 1997 gwasanaeth CAMHS Gogledd Orllewin Cymru oedd y cyntaf yng Nghymru i gyflwyno'r rhaglen magu plant ac mae nifer cynyddol o weithwyr craidd CAMHS a gweithwyr Gofal Sylfaenol CAMHS wedi ei gyflwyno ers hynny. Mae'r rhan fwyaf o'r staff wedi eu hyfforddi i gyflwyno'r rhaglen; mae tîm amlddisgyblaethol yn cydarwain grwpiau craidd CAMHS neu'n ymuno â gweithwyr proffesiynol sydd ar lefel uchel i gyflwyno'r rhaglen mewn cymunedau drwy Wynedd a Môn.

In 1997 the NWW CAMHS service was the first in Wales to deliver the IY parent programme and a growing number of core CAMHS and CAMHS Primary Care workers have delivered it ever since. Most of the staff are trained to deliver the programme and a multi-disciplinary team co-lead core CAMHS groups or team up with tier one professionals to deliver the programme in community settings throughout Gwynedd and Anglesey.

NODYN GAN JUDY NOTE FROM JUDY

Roedd penodi Bridget i'r tîm CAMHS (gyda chyllid gan LICC yn talu am fy amser) yn sicrhau bod rhywun yn cymryd yr awenau i drefnu'r rhaglen CAMHS ac i drefnu bod goruchwyliaeth a chefnogaeth ar gael yn lleol i gefnogi arweinyddion grwpiau sy'n newydd a dibrofiad. Mae hyn yn hanfodol er mwyn sicrhau bod y rhaglen yn parhau yn llwyddiannus mewn unrhyw leoliad. Mae Bridget ar hyn o bryd yn fentor dan hyfforddiant ar gyfer y rhaglen magu plant - Llongyfarchiadau.

The appointment of Bridget to the CAMHS team (funded from money that WAG are paying for my time) ensures that someone takes a lead in organising the CAMHS programme and makes supervision and support available locally to support new and inexperienced group leaders. These are essential roles if the programme is to be successfully maintained in any setting. Bridget is currently a mentor in training for the parent programme - Congratulations.

Mae'r rhaglen BASIC yn cael ei gyflwyno yn ystod y tymor, gyda'r rhaglenni ADVANCED a Helping your Child at School yn rhedeg bob yn ail dymor. Ar ôl mynychu grŵp, mae rhieni'n cael ymuno â grŵp cefnogi CAMHS, sy'n eu hannog i gadw mewn cysylltiad â ffrindiau a wnaethant drwy'r grwpiau, yn ogystal â'u cael i ganolbwyntio ar yr egwyddorion a sut i'w gweithredu yn eu cartrefi.

Mae gennym restr aros o rieni plant wedi eu cyfeirio ac rydym yn ceisio cynllunio grwpiau yn unol â'u gwahanol anghenion. Er enghraifft, yn nhymor yr hydref, bydd y grŵp ADVANCED yn cyfarfod gyda'r nos. Yn nhymor y gwanwyn, rydym yn gobeithio unwaith eto y gallwn gynniw y rhaglen Plant Ysgol Dinosaur Therapiwtig i Grwpiau Bychain.

Yn yr ardal ydym yn gweithio ynddi, sef ardal wledig yn bennaf, gallai rhieni fod yn byw yn eithaf pell o Fangor, gyda'r gwasanaeth bysiau ddim yn ddibynadwy neu ddim yn bodoli o gwbl, y nod yn y tymor hir yw cynnal y rhaglenni IY mor agos â phosib i'r lle y mae'r rhieni yn byw.

The BASIC programme is delivered termly, with the ADVANCED and the Helping your Child at School programmes running on alternate terms. After attending a group, parents can join a support group, which encourages them to continue the friendships forged through the groups, as well as keeping them focussed on the principles and how they are putting them into practice at home.

We have a waiting list of parents of referred children and we try to plan groups around their varied needs. For example, in the Autumn Term, the ADVANCED group will meet in the evening. In the Spring Term, we are hoping to once again be able to offer the Small Group Therapeutic Dinosaur School Child programme.

In the largely rural area in which we work, where parents can live a considerable distance from Bangor, and transport services are erratic or non-existent, the longer term goal is to provide the IY programmes as close to where the parents live as is possible.

CYFARFODYDD GORUCHWYLIO YM MANGOR

Cynhelir cyfarfodydd goruchwyllo ddwywaith y tymor ac maent yn agored i bawb sydd, neu wedi bod, ynghlwm wrth gyflwyno'r rhaglen. Maent yn help mawr wrth ddolod gyda phroblemau neu faterion sy'n codi o'r ymarfer ac wrth baratoi ar gyfer ardstyio arweinyddion. Anogir y rhai sy'n cymryd rhan i ddod â thâp fideo o sesiwn gyda hwy sy'n cynnwys pethau y byddent yn hoffi eu trafod am y sesiwn. Mae tipyn o bobl yn dod i'r sesiynau ac maent yn gyfle gwych i gyfarfod arweinyddion eraill, taflu syniadau o gwmpas, datrys problemau fel gr_p, gweld pŷtiau o fideos o arweinyddion eraill yn cyflwyno'r rhaglen, cael adborth adeiladol ar ein hymarfer ein hunain a thrafod a rhannu syniadau yn gyffredinol am y rhaglenni IY a sut y gallwn eu cyflwyno yn effeithiol.

Er gwaethaf pryderon ar y cychwyn am ddangos eu gwaith i eraill, roedd y rhai a ddaeth â thapiau fideo yn gweld hyn yn ddefnyddiol iawn ac yn rhywbeth y byddent yn dymuno ei wneud eto. Gan fod diddordeb mewn cael goruchwyliaeth yn cynyddu, mae'r galw am leoeidd yn cynyddu, felly rydym wedi gorffod sefydlu system i archebu lle (gyda thâl bychan am fwyd ac ystafell). Gellir gwneud hyn drwy gysylltu â Dilys. Mae'r niferoedd wedi eu cyfyngu i 20 felly cysylltwch yn fuan i archebu lle rhag i chi gael ei siomi!

Cynhelir y cyfarfod nesaf ym Mangor dydd Gwener, 15 Rhagfyr 2006.

Mae Judy hefyd yn cyflwyno sesiynau goruchwyllo drwy IYC fel rhan o'r cynllun LICC; cysylltwch â Dilys am fwy o wybodaeth am y rhain.

SUPERVISION MEETINGS AT BANGOR

Supervision meetings are held twice a term and open to everyone who is, or has been, involved in delivering the programme. They are a great help with problems or issues arising from practice and for preparation for leader certification. Participants are encouraged to bring a video-tape of a session with things they would like to discuss about the session. Sessions are well attended and provide a great opportunity to meet other leaders, bounce ideas around, problem solve as a group, see video clips of other leaders delivering the programme, get some constructive feedback on our own practice and generally discuss and share ideas about the IY

programmes and how we can deliver them effectively.

Despite initial anxieties about showing their work to others, those who have brought video-tapes have found it very useful and something which they have wanted to repeat. With growing interest in getting supervision, demand for places has increased so we have had to institute a booking system (at a small charge to cover food and room). Bookings can be made through Dilys. Places are limited to 20 so book early to avoid disappointment!

Next Bangor meeting is on Friday 15th December 2006.

Judy is also delivering supervision sessions throughout Wales as part of the WAG scheme, contact Dilys for more information on these.



In the photo are from left to right: Wendy Shaw (Flintshire), Sue Clack (Bangor) Patricia Hughes (Powys) Janice Hughes (Powys), Glenda Roberts (Rhyl), Sandy Steed (Ynys Môn), Michelle O'Brien (Bangor), Stephanie Danziger (Macclesfield). Front row- Bridget Large (Bangor), Judy Hutchings, April Cummins (Bangor).

Cynlluniau Ymchwil yn y Dyfodol

Future Research Plans

Dr. Tracey Bywater

Cyflwynwyd cais i Swyddfa Cymru dros Ymchwil i Iechyd a Gofal Cymdeithasol (WORD) i gael arian i ymchwilio i'r defnydd o'r rhaglen magu plant gyda gofaluwr maeth. Mae'r bid hwn wedi cyrraedd y rhestr fer a bydd y penderfyniad terfynol yn cael ei wneud ym mis Hydref eleni. Isod ceir crynodeb o'r cefndir ac o'r bid a gyflwynwyd:

Mae anhwylder ymddygiad ac ymddygiad heriol ymysg plant ifanc i'w weld mewn oddeutu 10% o'r boblogaeth gyffredinol (WHO, 1992) ac mewn cymaint â 37% o blant maeth (Tapsfield a Collier, 2005). Mae dros 4,000 o blant yn derbyn gofal gan rieni maeth ar draws Cymru. Mae plentyn ag anhwylder ymddygiad yn gallu costio £17,000 ychwanegol y flwyddyn i wasanaethau iechyd, addysg a chymdeithasol (Knapp et al., 1999). Mae tystiolaeth gref fod rhaglenni magu plant BASIC IY Webster-Stratton, a gafodd sêl bendith Llywodraeth Cynulliad Cymru'n ddiweddar, yn ddull effeithiol a chost effeithiol o atal/ymyrryd yn gynnar yn achos plant yn y boblogaeth gyffredinol (Webster-Stratton, 1998; Hutchings et al., 2006), ond nid yw'r rhaglen wedi cael ei phrofi eto fel dull o gefnogi rhieni maeth a phlant sy'n derbyn gofal. Mae'r astudiaeth deuddeg mis arfaethedig yn cynnig sylfaen ar gyfer ymchwil felly wrth gyflawni tri cham cyntaf canllawiau'r Cyngor Ymchwil Feddygol ar gyfer gwerthuso ymyriadau cymhleth. Ein dymuniad yw:

1. Cynnal rhaglen magu plant IY gyda dau grŵp peilot yng Ngogledd Cymru er mwyn gweld pa mor ddefnyddiol ydyw i rieni maeth gan ddefnyddio mesuriadau cynt ac wedyn i asesu ymddygiad rhieni a phlant a'r effaith ar sefydlogrwydd y lleoliad, cyn ceisio cyllid am dreial rheolaeth mawr ar hap ar draws Cymru.
2. Astudio'r costau y mae plant maeth yn eu creu (mewn adroddiad diweddar gan gymdeithasau maethu amcangyfrifwyd mai £560 yw cost uned wythnosol o faethu yng Nghymru, heb gyfrif costau gofal iechyd a gwasanaethau addysg nad ydynt yn hysbys). Byddai hyn yn cynnwys a) gofaluwr maeth yn cadw cofnodion manwl o'u defnydd o wasanaethau iechyd, addysg a gwasanaethau cymdeithasol dros gyfnod o chwe mis, a chwblhau holiaduron am y defnydd o wasanaethau ar ddwy adeg wahanol a b) costio gwasanaethau gofal cymdeithasol a chefnogaeth addysgol i blant sy'n derbyn gofal o'r top i'r gwaelod.

A bid has been submitted to the Wales Office for Research in Health & Social Care (WORD) for funding to research the use of the parenting programme with foster carers. The bid has been short-listed with the final decision being made in October this year. Below is a brief background and summary of the submitted bid:

The incidence of conduct disorder (CD) and challenging behaviour in young children is about 10% in the general population (WHO, 1992) and as high as 37% amongst fostered children (Tapsfield & Collier, 2005). There are over 4,000 looked after children in foster care across Wales. A child with CD can cost health, education, and social services an extra £17,000 per year (Knapp et al., 1999). There is strong evidence of parenting programmes such as the Webster-Stratton IY BASIC parenting programme, recently endorsed by the Welsh Assembly Government, as both an effective and cost-effective means of prevention/early intervention for children in the general population (Webster-Stratton, 1998; Hutchings et al., 2006), but has not yet been tested as a means of supporting foster parents and looked after children (LAC). Our proposed twelve-month study provides a platform for such research in addressing the first three stages of the Medical Research Council guidelines for the evaluation of complex interventions. We wish to:

1. Run two pilot groups of the IY parenting programme in North Wales to establish how useful foster carers find it using before and after measures to assess parent and child behaviour and impact on placement stability, in advance of seeking funding for a major randomised control trial of the programme to be rolled out across Wales.
2. Study the costs incurred by fostered children (a recent report by fostering associations estimated a weekly unit cost of £560 of fostering in Wales, excluding health care and educational service costs which are not known). This would involve a) foster carers keeping detailed records of health, education, and social service usage over a six-month period, and the completion of service usage questionnaires at two time points, and b) a top down costing of social care and educational support services for LAC.

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MODIWL M.Add. MEWN HYRWYDDO CYMHWYSEDD CYMDEITHASOL AC EMOSIYNOL PLANT

Unwaith eto rydym wedi cyflwyno'r rhaglen rheoli dosbarth pum diwrnod i athrawon fel modiwl ar y rhaglen M.Add. yn y Brifysgol. Mae'r rhaglen yn cael ei deall yn well erbyn hyn ac eleni gwelwyd niferoedd uwch. Buddug Pauline o Adran Addysg Gwynedd a Bridget Large, o'r Ganolfan 'Incredible Years', gyflwynedd y rhan fwyaf o'r rhaglen. Mae Buddug wedi bod yn gefnogwr brwd i'r rhaglenni IY ers sawl blwyddyn, ac wedi cyd-gyflwyno'r grŵp Dosbarth Deinasor cyntaf ym Mangor gyda Rhiaid Gwyn bum mlynedd yn ôl. Roedd y cyfranogwyr yn cynnwys amrywiaeth eang o sefydliadau addysgol gan gynnwys dau o addysg bellach ac athro ymgynghorol. Roedd yr aseiniadau, gan gynnwys un â myfyrwraig yn ei phedwar degau, yn dangos bod yr egwyddorion yn gweithio'n effeithiol ar draws nifer fawr o sefyllfaoedd amrywiol. Roedd yr aseiniadau'n ardderchog a diolch i Buddug a Bridget am gyflwyno cwrs ardderchog gyda gwerthusiadau cadarnhaol iawn gan y rhai a gymerodd rhan. Mae un myfyrwr o'r cwrs, Llinos Owen, sy'n athrawes yn Ynys Môn, wedi dewis ymchwilio i'r dull dros y flwyddyn i ddod ar gyfer ei thesis Meistr.

PROMOTING CHILDREN'S SOCIAL AND EMOTIONAL COMPETENCE M.Ed. MODULE

The five-day Teacher Classroom Management programme has again been delivered as a module on the University M.Ed programme. The programme is now better understood and this year saw increased numbers for our second intake. Buddug Pauline of Gwynedd Education Department and Bridget Large, from the Incredible Years Centre, delivering most of the programme. Buddug has been a keen supporter of the IY programmes for many years, co-delivering the very first Classroom Dino group in Bangor with Rhiaid Gwyn five years ago. Participants were from a wide range of educational establishments including two from further education and an advisory teacher. The assignments, including one with a student in her forties, demonstrated the effectiveness of the principles across diverse situations. The assignments were excellent and thanks to Buddug and Bridget for delivering an excellent course with very positive evaluations from the participants. One student from the course, Anglesey teacher Llinos Owen, has chosen to research the approach over the coming year for her Masters Thesis.

DIWRNOD MENTOR - IONAWR '06

Ar ôl cael fy ardstyio i fod yn arweinydd grŵp rhieni ym mis Tachwedd 2005, a newydd gael fy nerbyn fel mentor dan hyfforddiant, roeddwn i'n teimlo'n union fel y 'ferch newydd' yn y diwrnod Mentor, a gynhaliwyd ym mis Ionawr y flwyddyn hon. Felly, roeddwn yn teimlo'n reit gyffrous a braidd yn nerfus pan gyrhaeddais, gyda'm tâp fideo yn fy llaw, wedi ei osod yn barod i ddechrau yn yr union le; byddai hyn yn dangos fy mrawdfrwydedd, yn anad dim, wrth gyflwyno'r rhaglen a gobeithio y byddai'n arwydd o'm hymdrechion cyson i gyflwyno'r rhaglen yn ffyddlon.

(Cefais adborth cadarnhaol iawn ar y tâp a ddeuwais mor ofalus – er gwaetha'r ffaith fy mod wedi llwytho'r tâp anghywir yn yr holl gyffro – felly gwelodd pawb y rhan oedd heb gael ei bwysu a'i fesur yn ofalus!)

Doedd dim rhaid i mi boeni! Roedd y diwrnod mor gyffrous ac ysgogol ag yr oeddwn wedi ei oobeithio. Cefais groeso mawr gan Carolyn a'r Mentoriaid a Hyfforddwyr eraill, a gwnes yn fawr o'r cyfle i drafod rhywfaint o'm 'materion llosg' fy hun, e.e. recriwtio teuluoedd sy'n anodd eu cyrraedd, cefnogi teuluoedd ar ôl iddynt orffen y rhaglen, ac wrth reswm, y mater pwysig hwnnw o gyflwyno'r rhaglen yn ffyddlon.

Yn ystod y diwrnod, dysgais fwy am y broses o ddod yn Fentor, o'r hyfforddiant tri diwrnod cychwynnol hyd at gyflwyno'r rhaglen, dod yn arweinydd ardstyiedig ac wedyn cael fy nerbyn fel Mentor dan hyfforddiant. Cefais yr un teimlad "efengylaidd" ag a gefais bedair blynedd ynghynt ar ddiwedd yr hyfforddiant tri diwrnod gyda Judy pan oeddwn yn methu disgwyl i gael rhoi'r hyn a ddysgais ar waith a chael rhedeg grŵp o ddifrif.

Felly diolch i bawb a'm helpodd i deimlo'n hyderus a chyffrous wrth wynebu'r sialensau newydd a ddaw wrth fod yn Fentor dan hyfforddiant (a gobeithio na fydd hi'n rhy hir cyn i mi fod yn Fentor hollol gymwys). Rwy'n edrych ymlaen at y diwrnod Mentor nesaf i gael blas arall o'r un peth!

Bridget Large
Seicolegydd Plant, CAMHS a Mentor dan Hyfforddiant ar gyfer y Rhaglen Magu Plant

MENTOR DAY - JANUARY '06

Having become a certified parent group leader in November 2005, and only just accepted as a mentor in training, I felt very much the 'new girl' at the Mentor day in January. So it was with great excitement and some trepidation that I arrived clutching my video-tape, set at a very carefully chosen place, which would show that I was enthusiastic if nothing else in my delivery of the programme and hopefully demonstrate my constant efforts to deliver the programme with fidelity.

(I got some great positive feedback on my carefully chosen tape – despite the fact that when it came to my big moment, in my excitement I put in the wrong tape – so everyone got to see a bit that hadn't been carefully vetted!)

I needn't have worried! The day proved to be every bit as exciting and stimulating as I had hoped. I was made to feel very welcome by Carolyn and the other Mentors and Trainers, and I made the most of the opportunity to discuss some of my own 'burning issues' such as recruiting hard to reach families, supporting families once they have completed the programme and of course the really big issue of delivering the programme with fidelity.

During the day, I found out more about the process of becoming a Mentor, from the initial three-day training to delivering the programme, becoming a certified leader and then being accepted as a Mentor in training. I experienced the same "evangelical" feeling I remembered having four years earlier at the end of my three day training with Judy when I just couldn't wait to put it all into practice and actually run a group!

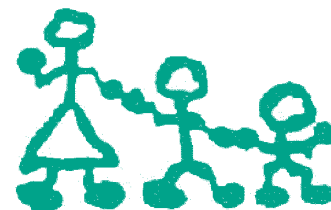
So thank you everyone for helping me to feel confident and excited about meeting the new challenges that becoming a Mentor in training brings. I'm looking forward to the next Mentor day for another shot of the same thing!

Bridget Large
Child Psychologist, CAMHS and Mentor in Training for the Parent Programme

SIMON MOSELEY

Pob hwyl i'r dyfodol i Simon a ddaeth ar leoliad gyda Judy o'r cwrs Clinigol yn Lerpwl i ddysgu sut i gyflwyno'r rhaglen Magu Plant. Roedd e'n ffodus fod Bridget Large yn gallu cyd-gyflwyno'r rhaglen gydag ef gyda grŵp heriol o rieni ac erbyn iddo adael roedd yn frwdfrydig am y rhaglen. Mae Simon yn gobeithio cael gwaith fel seicolegydd clinigol plant a gallu cyflwyno'r rhaglen fel rhan o'i waith. Llonyfarchiadau Simon am orffen dy doethariaeth.

Good luck for the future to Simon Moseley who came on placement with Judy from the Liverpool Clinical Course to learn how to deliver the parenting programme. He was fortunate that Bridget Large was able to co-deliver the programme with him with a challenging group of parents and he left enthusiastic about the programme. Congratulations to Simon on completing his doctorate, he hopes to obtain employment as a child clinical psychologist and to be able to deliver the programme as part of his work.



LLYTHYR ODDI WRTH CAROLYN WEBSTER-STRATTON

Rydw i'n dal i feddwl yn ôl am fy nhaith i Gymru ym mis Ionawr ac am yr holl waith caled sydd wedi bod yn mynd ymlaen gyda'r rhaglenni IY i rieni, plant ac athrawon. Mae'n eithaf anhygoel! Mae Judy wedi gweithio'n ddiflino i hyfforddi a hyrwyddo llawer iawn o arweinyddwr grwpiau yng Nghymru. Prin y gallaf i amgyffred yr holl bethau sydd wedi cael eu cyflawni o ran gwasanaethau i blant a theuluoedd – ond ar ben hynny mae hi a'i thim wedi cwblhau treial ar hap i grŵp rheolaeth ar y rhaglen magu plant ac mae'n ymddangos eu bod nhw wedi cael rhai canlyniadau cadarnhaol iawn. Mae'r astudiaeth hon yn arbennig o bwysig oherwydd ei bod yn dangos bod modd i ymarferwyr lleol gyflwyno'r rhaglen yn llwyddiannus yng Nghymru.

Roedd yn wych i mi gael y cyfle i gwrrd â rhai o'r ymarferwyr hyn ac i roi tystysgrifau allan yn bersonol i arweinyddwr grwpiau rhieni sydd wedi eu hennill. Mae'r broses ardstyio'n waith caled ac mae angen i bobl fod yn ffolon rhannu eu gwaith clinigol gydag eraill a chael adborth. Fy ngobaith i yw y bydd y rhai hynny sydd wedi ennill yr ardstyad hwn yn teimlo eu bod wedi cyflawni rhywbeth go iawn oherwydd mae'n adlewyrchu'r safon uchel a'r ffordd onest y bu iddynt gyflwyno'r rhaglen. Ar ben hynny, gobeithio ei bod wedi creu strwythur cefnogol fel y gall arweinyddwr grŵp barhau i rannu eu gwaith clinigol gyda'i gilydd a chreu proses dysgu gydol oes.

Rydw i wrth fy modd o ddeall bod dau fentor newydd yn cael eu hyfforddi yng Nghymru i helpu Judy i gyflwyno gweithdai hyfforddi, sef Sue Evans a Bridget Large. Rydw i wedi gweld eu tapiau fideo ac wedi eu cyfarfod yn bersonol ac rydw i'n falch dros ben eu bod nhw am fynd trwy'r broses hyfforddi mentoriaid.

Yn olaf, llonyfarchiadau i Lywodraeth Cynulliad Cymru am ariannu hyfforddiant ar draws Cymru yn y rhaglen rhieni. Mae hyn yn enghraifft o feddwl yn weithredol – ac mae'n gwneud Cymru yn fodol ar gyfer gwledydd Ewropeaidd eraill.

LETTER FROM CAROLYN WEBSTER-STRATTON

I am still reflecting on my trip to Wales this past January and thinking of all the hard work that has been going on with IY parent, child and teacher programs. It is pretty incredible! Judy has been a tireless trainer and champion of so many group leaders in Wales. I can barely fathom all that has been accomplished in terms of services provided to children and families -- but on top of that she and her team have completed a randomised control group trial regarding the parenting programme showing some very positive results. This study is especially important because it shows that the programme can be delivered successfully in Wales by local practitioners.

It was wonderful for me to have the opportunity to meet some of these practitioners and to personally give out certificates to parent group leaders who have become certified. The process of certification is hard work and requires an openness to sharing one's clinical work with others and to receiving feedback. I hope those who have achieved this certification will feel a great sense of achievement because it reflects the high quality and integrity of their delivery of the programme. Moreover, I hope it has set in motion a supportive infrastructure for group leaders to continue to share their clinical work with each other and a life long learning process.

I am excited to know there are two new mentors-in-training in Wales to assist Judy in delivering training workshops, Sue Evans and Bridget Large. I have seen their videotapes and met them in person and am delighted they want to pursue the mentoring training process.

Finally congratulations to the Welsh Assembly Government for funding training across Wales in the parent programme. This is very proactive thinking -- and puts Wales in the position of a model for other European countries.



Carolyn gyda arweinyddion lleol yn derbyn ei tystysgrifau. Carolyn with local leaders receiving their certificates.

Ymchwilio i'r rhaglen gyda rhieni plant sy'n cael problemau canolbwyntio ac sy'n orfywiog

Researching the programme for children with problems of attention and over-activity



Karen Jones

Ar ôl gweithio fel Cynorthwydd Ymchwil am ddwy flynedd yn y Ganolfan IY, roeddwn i wrth fy modd pan ddaeth y cyfle i astudio ar gyfer Ph.D, yn gwerthuso effeithiolrwydd y rhaglen magu plant IY yn achos teuluoedd y mae eu plant yn dangos arwyddion diffyg canolbwyntio a gorfywiogrwydd.

Mae'r Ph.D. yn cael ei ariannu gan ddyfarniad ESRC cydweithredol, ac yr Ymddiriedolaeth GIG Gogledd Orllewin Cymru. Y goruchwylwyr yw Dr. Dave Daley a Judy. Ceir tystiolaeth gynyddol bod rhaglenni magu plant yr un mor effeithiol i blant gyda symptomau ADHD ag y maent i blant gyda phroblemau ymddygiad ac wrth gwrs mae llawer o blant yn profi'r ddau fath o anawsterau'r un pryd.

Bellach rwyf ar ddiwedd fy ail flwyddyn ac wedi cyflwyno fy mhapur cyntaf. Roedd yr astudiaeth yn gwerthuso effeithiolrwydd y rhaglen magu plant IY ar blant o'r astudiaeth Cychwyn Cadarn oedd yn sgorio'n uchel ar fesuriadau o ddiffyg canolbwyntio, ymddwyn yn fyrbwyll a gorfywiogrwydd a ddangosai bod y rhaglen yn effeithiol i'r grŵp hwn o blant. Ar ôl i rieni fynychu'r rhaglen, adroddasant fod eu plant yn dangos lefelau arwyddocaol is o ddiffyg canolbwyntio ac anawsterau gorfywiogrwydd/ymddygiad byrbwyll, hyd yn oed ar ôl craffu ar grŵp rheolaeth i fesur newidiadau mewn camymddwyn ymysg plant ar ôl ymyriad.

Ar hyn o bryd rwyf yn ysgrifennu fy ail bapur sydd yn edrych ar canlyniadau hir-amser. Mae Carolyn hefyd yn ymchwilio i ymyriadau ar gyfer plant gydag ADHD.

Having worked as a Research Assistant for two years at the IYWales centre, I was delighted when the opportunity arose to study for a Ph.D., evaluating the effectiveness of the IY parenting programme for families whose children display signs of inattention and hyperactivity.

The Ph.D. is funded by a collaborative ESRC award co-funded by the North West Wales NHS Trust and supervised by Dr. Dave Daley and Judy. There is growing evidence that parenting programmes are as effective for children with ADHD symptoms as they are for children with conduct problems and, of course, many children experience both sorts of difficulties at the same time.

I am now at the end of my second year, and have submitted my first paper. The study evaluated the effectiveness of the IY parenting programme for children within the Sure Start study who also had high scores on measures of inattention, impulsivity and hyperactivity and demonstrated that it was effective for this group of children. Following attendance at the programme, the intervention group had significantly lower levels of parent-reported inattention and hyperactive/impulsive difficulties, even after controlling for post-intervention changes in child deviance.

I am now writing a second paper looking at the longer term outcomes for this group and will be following up some of these children for yet longer term feedback. Carolyn is also currently researching interventions for children with ADHD.

Hoffwn i ddiolch i Judy a Dave am eu cefnogaeth a'u hanogaeth.

I would like to thank Judy and Dave for their support and encouragement.

NODYN GAN JUDY NOTE FROM JUDY

Llongyfarchiadau Karen ar gyflwyno eich papur cyntaf.

Congratulations Karen on submitting your first paper.

RHAGLEN MAGU PLANT IY YN UNED RHWYDWAITH Y COLEG AGORED

Mae Cychwyn Cadarn Sir Drefaldwyn wedi bod yn defnyddio Unedau'r Rhwydwaith Coleg Agored (OCN) er mwyn rhoi cymwysterau cydnabyddedig i rieni. Mae'r cyrsiau a ddarparwyd, ar y cyd ag Uned OCN, yn cynnwys amrywiaeth o raglenni ar fagu plant, sgiliau cyfrifiadu a choginio. Mae'r Unedau OCN yn y prosiect yma oherwydd eu bod yn cynnig tystysgrifau i rieni sydd yn profi eu cyraeddiadau, arholiadau allanol a dilysiad o'r dysgu a'r cyrhaeddiad sydd yn cael ei gydnabod gan gyflogwyr, mae hefyd yn golygu nawdd ychwanegol i'r prosiect (nid yw phob coleg yn darparu hyn). Mae Coleg Powys yn talu am un tiwtor, hyd at uchafswm o ddeunaw awr. Ond mae angen i'r tiwtor gael ei gofrestru gyda nhw, a bellach mae angen Tystysgrif Addysg a chymwysterau perthnasol hefyd yn y pwnc maent yn ei ddysgu.

Yn y gorffennol rwyf wedi defnyddio OCN ar gyfer rhaglenni IY, ond roedd yn rhaid addasu'r ffeiliau i'r uned, nid y ffordd arall. Roedd ffeil y rhieni'n rhoi'r holl

dystiolaeth yr oedd ei hangen i ennill yr achrediad; fodd bynnag nid oedd yn hawdd i'r tiwtor sicrhau fod yr holl dystiolaeth yn bresennol. Mi wnes i felly gychwyn ysgrifennu uned 'Incredible Years' gyda choleg Powys, sydd yn aelod o Rwydwaith Cenedlaethol y Coleg Agored.

Bellach mae'r Rhaglen Magu Plant IY wedi ennill statws Rhwydwaith Cenedlaethol y Coleg Agored, sydd yn golygu bod pob rhiant sydd yn cwblhau'r cwrs yn gallu derbyn tystysgrif achrediad 'Incredible Years'. Mae angen iddynt fod wedi derbyn deunaw awr o hyfforddiant wyneb i wyneb a chyrraedd cyfanswm o dri deg awr o ddysgu (mae'n hawdd cyflawni hyn) a chyflwyno ffeil wedi ei chwblhau a'i marcio i'w dilysu'n allanol. Mae hyn yn golygu nad yw tystysgrifau Rhwydwaith y Coleg Agored ar gael am ychydig o fisoedd, ond wrth gwrs mae'r rhieni yn cael eu tystysgrifau yn sesiwn 12. Rydym yn defnyddio'r amser aros yma yn fuddiol trwy gynnal aduniadau a chael mwy o luniau yn y papurau lleol.

Er mwyn rhedeg eich rhaglen IY fel Uned OCN mae angen i chi ddod o hyd i'ch darparwr OCN lleol. Dylai'r rhifau canlynol roi man cychwyn defnyddiol i chi: Bangor 01248 670011, Caerdydd 02920 811233.

Côd Rhwydwaith Cenedlaethol y Coleg Agored Blynyddoedd Anhygoel yw HF12CY001 ac mae'n uned lefel 2. Mae'r unedau yma'n werth eu cael a byddant yn cael eu hadolygu yn y flwyddyn 2011.

Pob lwc a chysylltwch â mi am fwy o wybodaeth os bydd angen.

Raquel Bennett, Ymwelydd Iechyd
(Rhif ffôn: 07973933623)

NODYN GAN JUDY

Llongyfarchiadau a diolch Raquel. Mae hyn o gymorth fawr.



Pam Martin

Adroddiad Pam

Pam's Report

Ers i mi raddio ym 1999, rwyf wedi bod yn ymwneud a gwaith ymchwil yn y brifysgol. Cefais fy ngwobrwyo â Case Award M.SC./Ph.D. oedd wedi ei cyd-arianu gyda Gwasanaeth Addysg Gwynedd. Yn ddiweddar mi wnes i gwblhau fy M.Sc. Roedd fy thesis yn ymwneud â chreu teclyn arsylwi i'w ddefnyddio mewn dosbarth - y Teclyn Arsylwi Athro-Disgybl, neu'r T-POT - sydd erbyn hyn yn cael ei ddefnyddio yn fy ymchwil Ph.D.

Mae hwn yn delio â gwerthuso Rhaglen Rheolaeth Dosbarth (TCM) IY i athrawon yn ysgolion cynradd Gwynedd, gan ddefnyddio data a geir drwy arsylwi ac mewn holiaduron. David Daley a Judy sy'n goruchwylio'r gwaith yma, ac mae Karen a Catrin wedi bod o gymorth mawr i mi gyda'm hymweliadau ag ysgolion i gasglu data arsylwi. Mae un athro ar bymtheg mewn un ar ddeg o ysgolion wedi cymryd rhan yn yr astudiaeth yma; mae hanner wedi derbyn eu hyfforddiant TCM gyda Judy a Rhiaia, a bydd y gweddill yn cael eu hyfforddi o fis Medi ymlaen.

Mae'r rhan fwyaf o'r gwaith casglu data wedi ei gasglu, ac mae wedi bod yn bleser ymweld â phob dosbarth. Roedd yr athrawon, y penaethiaid a'r rhieni i gyd yn barod eu cymwynas ac yn amyneddgar iawn gyda ni yn ystod cyfnod yr astudiaeth. Roedd y plant yn derbyn ein presenoldeb yn eu dosbarthiadau yn ddiraffferth, ac yn llawn difyrwrch drwy'r broses: cawsom sioe ddawnsio fyrfyfyr a pherfformiad brwdfrydig o gân y 'fuwch goch gota'; gweld myrdd o friwiau a chleisiau a chael llw o gynigion o 'deisennau' clai!

Mae dadansoddi data'n mynd law yn llaw â chasglu data, sydd yn eithaf diddorol, ond yn llawer llai difyr na'r plant! Rwy'n bwriadu ailymweld â rhai o'r ysgolion (y rhai lle mae'r plant yn aros gyda'r un athro am flwyddyn arall) i arsylwi mwy yn ystod y gwanwyn nesaf, ac rwy'n edrych ymlaen at hyn. Erbyn hynny bydd yr athrawon i gyd wedi cael yr hyfforddiant TCM.

Since graduating in 1999 I was involved in research work in the university. I was awarded an M.Sc./Ph.D. Case Award jointly sponsored by Gwynedd Education Service. I recently completed the M.Sc. My thesis involved creating a classroom observation tool - the Teacher-Pupil Observation Tool, or T-POT - which is now utilised in my Ph.D. research.

This involves evaluating the IY Teacher Classroom Management (TCM) Programme in Gwynedd primary schools, using observational and questionnaire data. David Daley and Judy Huchings supervise me in this, and Karen and Catrin have ably assisted me in my school visits to collect observational data. Sixteen teachers in eleven schools have taken part in this study; half have already received TCM training, the other half will start theirs this September.

The lion's share of the data collection has been collected, and it has been a pleasure visiting each and every classroom. Teachers, head-teachers, and parents alike, have been very accommodating and extremely patient with us during the course of the study. The children have taken our presence in their classroom in their stride, and have been very entertaining in the process: from impromptu dance displays, to enthusiastically bellowed performances of the 'ladybird' song; from exhibitions of a myriad of cuts and bruises, to offerings of numerous plasticine 'cakes'!

Along with data collection comes data analysis, which while interesting, is a bit less entertaining than the children! I am looking forward to revisit some of the schools (the ones where the children remaining in the same teacher's class as this last year) to carry out some more observations next spring. By this stage all the teachers will have received TCM training.

Bydd y ddwy flynedd nesaf yn troi o amgylch dadansoddi canlyniadau'r ymchwil, a'i gyhoeddi gobeithio, a chynnwys papur ar ddibynadwyedd y T-POT. Rwyf wedi bod yn lwcus i gael, ac yn parhau i gael, cefnogaeth yr wyf yn ei gwerthfawrogi'n fawr gan y tîm 'Incredible Years'; ni fyddwn wedi gallu cynnal yr ymchwil yma heb eu cymorth, ac rwy'n gobeithio y byddwn yn frindiau am flynyddoedd maith.

The next two years will revolve around analysing and, hopefully, publishing the results of the research, including a reliability paper on the T-POT. It is my good fortune that I have had, and continue to have, the much appreciated support of the IY team; a team without whom I would not have been able to carry out this research, and who I hope will remain my good friends for many years to come.

IY BASIC PARENTING NOW AN OPEN COLLEGE NETWORK UNIT

Montgomeryshire Sure Start have been utilising Open College Network Units (OCN) to give parents recognised qualifications for some years. The courses provided, in conjunction with an OCN, include various parenting programmes, computer skills and cookery. The OCNs provide parents with certificates of their achievements, external moderation and verification of the learning and achievement, which is recognised by employers, and it also means extra funding for the project (not all colleges will provide this). Coleg Powys pays for one tutor, up to a maximum of eighteen hours. However the tutor does need to be registered with them but now requires a Cert.Ed. and also relevant qualifications in the subject that they teach.

In the past I utilised OCNs for The IY programme however the files had to fit the unit rather than the other way round. The parents file did provide the moderator with all of the evidence to gain the

accreditation it was however not easy for the tutor to ensure that all of the evidence was present. I therefore set about writing a unit for the Incredible Years with Coleg Powys, a member of the National Open College Network.

The IY Parenting Programme now has National Open College Network (NOCN) status, which means that all parents who complete the course can receive an accredited certificate for The Incredible Years. They do need to have received 18 hours face-to-face tuition and to have accrued 30 hours in total learning (which is easily achieved) and submit a completed and marked file for external verification. This does mean that the OCN certificates are not received for a few months, although of course parents get their IY certificates in session 12. We utilise this waiting time to our gain with reunions and more pictures in the local papers.

To run your IY Parenting Programme as an OCN unit you need to find your local OCN provider. The following numbers should provide a useful starting point: Bangor 01248 670011, Cardiff 02920 811233.

The Incredible Years NOCN code is HF12CY001 and is a level 2 unit. These units do have a life and this is up for review in 2011.

Good luck and please contact me for further information.

Raquel Bennett, Health Visitor
(Mob: 07973933623)

NOTE FROM JUDY

Congratulations and thanks Raquel. This is very helpful.

STAFF PRESENNOL / PRESENT STAFF

Judy Hutchings

Cyfarwyddwr IY Cymru yw Judy. Mae IY Cymru yn gwneud gwaith ymchwil, hyfforddi ac ymgynghori yn y Rhaglenni IY i rieni, plant ac athrawon. Mae Judy'n gweithio hefyd fel Seicolegydd Plant Clinigol Ymgynghorol i Ymddiriedolaeth GIG Gogledd Orllewin Cymru ac i Lywodraeth Cynulliad Cymru. Mae hi'n hyfforddi arweinwyr ar draws Cymru ar gyfer rhaglen magu plant IY ar ran LICC.

Judy is Director of IY Wales, which undertakes research, training and consultation in the IY Parent, Child and Teacher Programmes. She also works as a Consultant Clinical Child Psychologist for the North West Wales NHS Trust and for the Welsh Assembly Government for whom she is providing leader training across Wales in the IY parent programme.

Tracey Bywater

Tracey yw Swyddog Ymchwil y Ganolfan. Ei gwaith yw trefnu a chydlynu'r project ymchwil presennol, arwain ar baratoi cyhoeddiadau a pharatoi cyflwyniadau er mwyn ennill rhagor o nawdd ymchwil.

Tracey is the Research Officer for the Centre. Her role is to organise and co-ordinate the existing research project and to lead on the preparation of publications and submissions for further research funding.

Karen Jones

Karen sydd wedi bod yn brif Godiwr y Ganolfan yn y System Godio Rhyngweithiadau Rhiant-Plentyn Dyadig (DPICS). Yn ystod ei chyfnod yn y Ganolfan, datblygodd Karen lawlyfr hyfforddi i'r DPICS, sydd ar gael o'r Ganolfan ar hyn o bryd. Mae Karen wedi cwblhau ei hail flwyddyn PhD, yn gwerthuso effeithiolrwydd y rhaglen magu plant IY i deuluoedd plant sy'n dangos symptomau ADHD.

Karen has been the Centre's main coder in the Dyadic Parent-Child Interaction Coding System (DPICS). During her time at the Centre, Karen developed a trainer manual for the DPICS, which is available from the Centre. Karen has just completed the second year of her Ph.D., evaluating the effectiveness of the IY parenting programme for families of children who display symptoms of ADHD.

Catrin Eames

Mae Catrin wedi hyfforddi fel codiwr DPICS ac mae hi wedi cyd-arwain hyfforddiant yn DPICS gyda Karen. Dechreuodd Catrin ar ei Ph.D. ym mis Hydref 2004, ac mae hi'n ymchwilio i'r cysylltiad rhwng ffyddlondeb i ddulliau cyflwyno Rhaglen Magu Plant IY a'r canlyniadau o ran ymddygiad plant. Mae Catrin yn gofalu hefyd am wefan IY Cymru, lle mae gwybodaeth am y ganolfan yn cael ei diweddarau'n rheolaidd.

Catrin is a trained DPICS coder and co-leads training in the DPICS with Karen. She began her Ph.D. in October 2004, investigating the link between implementing fidelity in the delivery of the IY Parent Programme and child behaviour outcome. Catrin is also in charge of the IY Wales website, which is updated regularly with information about the centre.

Pam Martin

Mae Pam wedi gorffen blwyddyn gyntaf ei Ph.D. Mae hi'n gwerthuso Rhaglen Rheoli Dosbarth IY i athrawon mewn ysgolion cynradd yng Ngwynedd. Mae hi'n aelod o dîm codio DPICS ers gwanwyn 2004.

Pam has completed the first year of a Ph.D. evaluating the IY Teacher Classroom Management Programme in Gwynedd Primary Schools. She has been a member of the DPICS coding team since Spring 2004.

Bridget Large

Mae Bridget wedi bod yn aelod o'r tîm yn ystod y flwyddyn ddiwethaf ond mae hi newydd ddechrau swydd lawn amser fel seicolegydd plant gyda CAMHS ym Mangor. Mae hi wedi cymhwyso fel arweinydd grŵp rhieni a mentor dan hyfforddiant, ac mae hi'n cyflwyno'r rhaglenni magu plant, yn goruchwyllo gwaith arweinwyr grwpiau rhieni eraill ac wedi dechrau cyd-arwain gweithdai hyfforddi.

Bridget has been a member of the team for the last year but has just taken up a full time post as a child psychologist with Bangor CAMHS. She is a certified parent group leader and a mentor in training. She delivers the parenting programmes, gives supervision to other parent group leaders and has begun co-leading training workshops.

Dilys Williams

Mae Dilys yn gweithio fel Gweinyddwr yn y Ganolfan ers Mawrth 2001. Ymysg llawer o bethau eraill mae hi'n gyfrifol am drefnu'r cysiau hyfforddi, y cylchlythyr a chynhadledd flynyddol Incredible Years Cymru.

Dilys has worked as Centre Administrator since March 2001. Amongst many other things she is responsible for organising the training courses, the newsletter and the annual Incredible Years Wales conference.

Kath Chitty

Ymunodd Kath â ni ym mis Chwefror 2006 ac mae hi'n rhoi cymorth clericio rhan amser i'r tîm i gyd, Dilys yn enwedig, ac yn ymwneud â llawer o wahanol agweddau ar waith y Ganolfan. Cyn ymddeol o swydd lawn amser ym mis Awst 2006, bu Kath yn gweithio am bedair blynedd ar ddeg fel rhan o'r tîm gweinyddol prysur yn yr Ysgol Seicoleg, yma yn Fangor.

Kath joined in February 2006 and is providing part-time clerical support to the team in general, and Dilys in particular, covering many aspects of the work of the Centre. Prior to retirement from full-time employment in August 2005, Kath worked for fourteen years in the busy admin team in the School of Psychology, here at Bangor.

Anna Large

Myfyriwr ail flwyddyn ym Mangor yw Anna, yn astudio'r gyfraith. Mae hi'n gweithio'n rhan amser fel cynorthwydd gweinyddol.

Anna is a second year Law student at Bangor. She works as a part time administrative assistant.

Nikki Davies

Myfyriwr trydedd flwyddyn ym Mangor yw Nikki, yn astudio Seicoleg. Mae hi'n gweithio'n rhan amser fel cynorthwydd gweinyddol.

Nikki is a third year Psychology student at Bangor University. She works as a part time administrative assistant.

ADDYSGWRAIG GYMRAEG Y FLWYDDYN 2005

Karen Robson a olynodd Judy fel Merch y Flwyddyn fel Addysgwyr, y categori Gwobr a noddwyd gan Lywodraeth Cynulliad Cymru. Roedd Judy a Tracey ar y panel beirniadau daeth sawl aelod o'r tîm i'r seremoni i weld Karen yn ennill ei gwobr.

Ar ôl llobio'n llwyddiannus i greu swydd ymgynghorydd anabledd yn Sefydliad Prifysgol Cymru Caerdydd (UWIC), ymgymerodd Karen â'r swydd ochr yn ochr â'i swydd fel ymgynghorydd lles, a dechreuodd greu sylfaen sydd wedi gweld nifer y myfyrwyr anabl yn UWIC yn tyfu o ryw 50 yn 1997 i bron i 1,000 yn y flwyddyn academaidd ddiwethaf. Mae polisiâu arwain staff mewnol a luniwyd gan Karen wedi dod yn arfer gorau yn holl sefydliadau addysg uwch y DU ac mae hi wedi cyhoeddi'n helaeth ym meysydd dysgu ac addysgu.

Aeth Karen yn ei blaen hefyd i ennill teitl Merch Gymreig y Flwyddyn ac mae hi bellach yn gobeithio symud i faes gwleidyddiaeth er mwyn ei galluogi i barhau i'w gwneud yn haws i fyfyrwyr anabl gael mynediad i addysg uwch. Rydym yn dymuno'r gorau iddi at y dyfodol.

WELSH WOMAN EDUCATOR OF THE YEAR 2005

Karen Robson was Judy's successor as Welsh Woman Educator of the Year, the Award category sponsored by the Welsh Assembly Government. Judy and Tracey were on the panel of judges and several members of the team were at the ceremony to see Karen win her award.



Judy, Karen and Tracey

After successfully lobbying to create the role of disability adviser at University of Wales Institute Cardiff (UWIC), Karen took on the position alongside her job as welfare adviser, and began to build an infrastructure which has seen the number of disabled students at UWIC grow from around 50 in 1997 to nearly 1,000 in the last academic year. Internal staff guidance policies created by Karen have become best practice in all UK higher education institutions and she has published widely in the areas of learning and teaching.

Karen also went on to win the overall title of Welsh Woman of Year and hopes to continue making higher education more accessible for disabled students. We wish her all the best for the future.

Lleoliadau Go-Wales yn swyddfa'r Ganolfan IY eto

Go-Wales placements at the IY Wales office again

Rydyd wedi bod yn ffodus iawn i gael cymorth rhan amser dros y flwyddyn ddiwethaf gan ddwy fyfyrwrraig is-raddedig o Fangor, Anna Large, sy'n astudio'r Gyfraith a Nikki Davies, sy'n astudio Seicoleg. Gyda chyllid Go Wales roedd yn bosib i ni allu cynnig lleoliadau gwaith deg wythnos iddynt dros yr haf. Bu Natalie Geal o Fôn, yn gweithio gyda nhw hefyd; mae hi newydd orffen cwrs gradd yn y Gyfraith yn Lerpwl a bydd yn mynd ymlaen i astudio Cwrs Ymarfer yny Gyfraith yng Nghaer. Bu Anna, Nikki a Natalie'n gweithio gyda'i gilydd i gyflwyno'r newyddlen hon ac i ymgymryd â nifer o dasgau eraill, yn amrywio o olrhain tystlythyrau i farcio holiaduron a sefydlu cronfa ddata o'r niferoedd cynyddol o bobl sydd â diddordeb yn y rhaglenni IY. Diolch iddynt am eu cyfeillgarwch yn y swyddfa ac am eu parodrwydd i ddellio â rhai tasgau eithaf diflas. Dymunwn yn dda i'r dair gyda'u gyrfaoedd yn y dyfodol a gobeithiwn y byddwn yn parhau i gael cefnogaeth achlysurol gan Anna a Nikki y flwyddyn nesaf.

We have been very fortunate to have part time help over the past year from two Bangor undergraduates, Anna Large, who is studying law and Nikki Davies, studying psychology. With Go Wales funding we were able to offer them each a ten-week work placement over the summer. Natalie Geal from Anglesey who had just completed a law degree at Liverpool and who will be going on to study a Legal Practice Course in Chester joined them. Together Anna, Nikki and Natalie worked on the production of this newsletter and undertook many other tasks from tracking down references to scoring questionnaires and setting up a data base of the ever growing numbers of people interested in the IY programmes. Our thanks to them all for their friendly presence in the office and their willingness to cheerfully undertake some pretty boring tasks. We wish them all well in their future careers and hope to continue to have occasional support from Anna and Nikki over the coming year.



ANNA:

Hoffwn ddiolch i bawb yn y Ganolfan IYC am y cyfle i wella llawer o wahanol sgiliau yn ystod fy lleoliad - yn amrywio o wella fy sgiliau cyfathrebu a gweithio mewn tîm, hyd at atgyfnerthu fy sgiliau technoleg gwybodaeth, a dysgu sut i drin y peiriant llungopio! Rhoddodd y lleoliad gyfle i mi weld y gwaith caled sy'n mynd ymlaen yn dawel bach yn y Ganolfan gan Judy, Dilys a gweddill y tîm. Rwy'n ddiolchgar iawn iddyn nhw am y profiad gwerthfawr yma.

I'd like to thank everyone at IYWales for the chance to improve many different skills during my placement – ranging from improving my communication and team working skills, to strengthening my information technology skills, and learning how to tackle the photocopier! My placement provided me with an insight into the hard work that goes on behind the scenes at the centre by Judy, Dilys and the rest of the team. I am very grateful to them all for this valuable experience.



NATALIE:

Yn ystod fy lleoliad Go Wales yn y Ganolfan IYC cefais y cyfle i ddatblygu nifer o sgiliau, yn arbennig fy sgiliau cyfathrebu a TG. Mi wnes i fwynhau'r lleoliad yn fawr iawn. Rhoddodd gyfle i mi gael profiad o weithio mewn amgylchedd gwahanol i amgylchedd y Gyfraith ac i fagu gwerthfawrogiad teilwng o'r holl ymchwil sy'n cael ei gynnal yn y Ganolfan ynghyd â'r gwahanol fathau o hyfforddiant a geir yno. Hoffwn ddiolch i holl staff y Ganolfan am eu croeso cynnes, a diolch yn arbennig i Judy am roi'r cyfle yma i mi, a hefyd i Dilys am fod mor gyfeillgar a pharod ei chymwynas drwy'r haf.

During my Go Wales placement at IYWales I was given the opportunity to develop numerous skills, in particular my communication and IT skills. I thoroughly enjoyed my placement. It allowed me to gain experience working within a different environment to that of law and allowed me to develop a well-deserved appreciation for all the research that is carried out at the centre as well as the various training that takes place. I would like to thank all the staff at the centre for their warm welcome, and a particular thanks to Judy for giving me this opportunity, as well as to Dilys for being so approachable and helpful throughout the summer.



NIKKI:

Mae gweithio gyda'r tîm wedi rhoi mwy o ddealltwriaeth i mi o'r gwaith caled sy'n mynd ymlaen yn dawel bach gyda gwaith ymchwil. Mae'r lleoliad wedi rhoi cyfle i mi ddatblygu fy sgiliau trefnu, cyfathrebu a TG. Hoffwn ddiolch i'r staff i gyd am wneud fy lleoliad yn brofiad mor bleserus, yn arbennig i Judy a Dilys am roi'r cyfle i mi weithio gyda'r tîm.

Working with the team has provided me with a greater insight into the hard work that happens behind the scenes in and undertaking research. My placement has provided me with an opportunity to develop my organisational, IT and communication skills. I would like to thank all the staff for making my placement an enjoyable experience, especially Judy and Dilys for giving me the opportunity to work with the team.

IY WALES CENTRE -

RECENT PUBLICATIONS AND ARTICLES SUBMITTED

Hutchings, J. & Lane, E. (2005). The role of parenting to the development and prevention of child mental health problems. *Current Opinion in Psychiatry*, 18 (4). 386-391.

Hutchings, J., Bywater, T., Davies, C. & Whitaker, C. (2006) Do crime rates predict the outcome of parenting programmes for parents of 'high risk' pre-school children? *Special Issue Youth Offending and Youth Justice: Educational and Child Psychology*, 23 (2). 15-24.

Hutchings, J (2006). Commissioned Article: Update on Conduct Disorder and Parenting Interventions. *British Psychological Society Faculty of Children and Young People: Service and Practice Update* 5, 2, 14-19.

Hutchings, J. & Lane, E. Conduct Disorder: what we have learned about it and how to deal with it. Invited paper for the *Psychologist: Special Issue on Criminality in 2006: Nipping Criminality in the Bud*, 19, 8. 480-483.

ACCEPTED

Hutchings, J., Bywater, T., Daley, D & Lane, E. A pilot study of the Webster-Stratton Incredible Years Therapeutic Dina School programme. *Clinical Psychology Forum*.

SUBMITTED

Edwards, R.T., Ó Céilleachair, A., Bywater, T. & Hutchings, J. A Parenting Programme for Children at Risk of Developing Conduct Disorder: A Cost-Effective Analysis.

Hutchings, J., Daley, D., Jones, K., Martin, P. & Gwyn, R. Early results from developing and researching the Webster-Stratton Incredible Years Teacher Classroom Management Training Programme in North West Wales.

Hutchings, J., Bywater, T., Daley, D., Gardner, F., Jones, K., Eames, C., Edwards, R.T. & Whitaker, C. A Pragmatic Randomised Controlled Trial of a Parenting Intervention in Sure Start Services for Children at Risk of Developing Conduct Disorder.

Jones, K., Daley, D., Hutchings, J., Bywater, T. & Eames, C. Efficacy of the Incredible Years Basic Parent Training Programme as an early intervention for children with Conduct Disorder and ADHD.

We would like to acknowledge the great help we have received from both Dr. Dave Daley and Chris Whitaker in submitting these papers. Thank you both.



ACORNS GROW TO MIGHTY OAKS

The suns warm rays
of love reach out
To help the young tree grow
As troubled winds
and storms blow up
The trunk will bend and bow
But if the roots
are firm enough
The oak tree will grow strong
Find its place
within the world
Know that it belongs

Anthea Turner



BABIES DON'T KEEP

Mother, of Mother,
come shake out your cloth
empty the dustpan,
poison the moth,
hang out the washing
and butter the bread,
sew on a button
and make up a bed.
Where is the mother
whose house is so shocking?
She's up in the nursery,
blissfully rocking.
Oh, I've grown shiftless
as Little Boy Blue
(lullaby, rockabye, lullaby loo).
Dishes are waiting
and bills are past due
(pat-a-cake, darling,
and peek, peekaboo).
The shopping's not done
and there's nothing for stew
and out in the yard
there's a hullabaloo
but I'm playing Kanga
and this is my Roo.
Look! Aren't her eyes
the most wonderful hue?
(lullaby, rockaby, lullaby loo).
The cleaning and scrubbing
will wait till tomorrow,
for children grow up,
as I've learned to my sorrow.
So quiet down, cobwebs.
Dust go to sleep.
I'm rocking my baby
and babies don't keep.

Author Unknown

Lledaenu'r gair yn Jamaica Spreading the word in Jamaica

Er fy mod yn dod o Ogledd Cymru'n wreiddiol (yr Wyddgrug, Sir y Fflint) darlithydd mewn Addysg Arbennig ym Mhrifysgol India'r Gorllewin (UWI), Jamaica ydw i ers chwe blynedd. Rwy'n gweithio gyda thîm amlddisgyblaeth o'r Brifysgol ar broject sy'n cynnal rhaglenni IYmewn ysgolion meithrin mewn ardaloedd canol dinas yn Kingston.

Dychwelais adref i Gymru am dair wythnos ym mis Ebrill/Mai eleni a mynychais hyfforddiant ar gyfer yr rhaglenni i rieni ac athrawon a'r rhaglenni Deino therapiwtig i blant. Roedd y sesiynau hyfforddi'n wych (diolch, Judy) ac erbyn hyn rwy'n teimlo'n llawer mwy parod i gyflwyno'r rhaglenni. Yn ystod y flwyddyn academaidd nesaf, byddwn yn cynnal rhaglen beilot mewn dwy ysgol feithrin lle byddwn yn hyfforddi athrawon yn y Rhaglen TCM a hefyd y Cwricwlwm CD. Byddwn yn gwerthuso effaith y rhaglen ar ymddygiad athrawon ac ar yr awyryglch yn yr ystafell ddosbarth trwy gymharu'r athrawon o'r ysgolion hyn gydag athrawon o ddwy ysgol feithrin arall. Bydd ymddygiad athrawon yn cael ei fesur gan ddefnyddio fersiwn diwygiedig o'r Arf Arsylwi Athro Plentyn (T-POT) a ddatblygwyd gan Pam Martin o Ganolfan IYC. (diolch Pam am eich help). Mae Judy wedi cynnig ymweld â mi yn Jamaica hefyd i ymgynghori a chefnogi ar y project.

Rwyf wedi gwneud cais am ysgoloriaeth Wellcome i gynnal treial rheolaeth ar hap o'r rhaglen TCM mewn 18 o ysgolion meithrin. Bydd hwn yn edrych yn fanwl ar effaith yr hyfforddiant ar ymddygiad plant risg uchel yn y cartref a'r ysgol yn ogystal â sgiliau rheol dosbarth yr athro a chysylltiad rhieni â'r ysgol. Os bydd fy nghais yn llwyddiannus byddaf yn y DU am flwyddyn. Byddaf yn treulio tri mis yn gweithio yng Nghanolfan IY Cymru yn dysgu sut i gynnal y rhaglenni IY yn gywir ac yn treulio amser yn y Sefydliad Seiciatreg yn Llundain, gyda Stephen Scott a'i dîm yn miniogi fy sgiliau ymchwil ac yn gwella fy nealltwriaeth o faterion iechyd meddwl plant a'r glasod. Rwyf hefyd yn bwriadu ymweld â Carolyn yn Seattle am ychydig o wythnosau'r haf nesaf a bydd hynny'n gyffrous iawn. Erbyn hynny dylai fod gen i syniad da o'r sialensiau yr ydym yn eu hwynebu wrth roi'r rhaglen ar waith yn Jamaica a bydd y cyfle i weithio ac ymgynghori gyda Carolyn yn amhrisiadwy.

Rwy'n gobeithio'r gorau ynghylch y cais am gymrodoriaeth, byddai gweithio yn y Ganolfan IY yn brofiad dysgu gwyh i mi. (Byddaf hefyd yn mwynhau treulio peth amser yn fy mamwlad a chyflwyno fy mhlant i Gymru). Rwy'n edrych ymlaen yn fawr iawn at gyflwyno'r rhaglenni IY mewn ysgolion meithrin yma yn Jamaica – gwn y bydd yn her ond rwy'n credu y bydd y plant ar eu hennill yn fawr.

NODYN GAN JUDY

Roeddem ni wrth ein bodd yn dy gyfarfod di a gweld dy frwdfrydedd dros helpu plant yn dy famwlad newydd. Pob hwyl i ti yn y cais Wellcome ac rwy'n siwr y bydd yr athroniaeth gydweithredol yn ei gwneud yn bosib defnyddio'r rhaglen yn effeithiol iawn yn Jamaica fel rydym wedi gweld yma yng Nghymru.

Although originally from North Wales (Mold, Flintshire), I am a Lecturer in Special Education at the University of the West Indies (UWI), Jamaica and have been here for about six years. I work with a multi-disciplinary team from UWI on a project involving implementing the IY programmes in pre-schools in inner-city areas of Kingston.

I returned home to Wales for three weeks in April/May this year and attended trainings in the parent, teacher and therapeutic child Dino programmes. The trainings were great (thanks Judy) and I feel much more equipped to deliver the programmes. During the coming academic year, we are conducting a pilot programme in two pre-schools where we will be training teachers in the IY Teacher Classroom Management Programme (TCM) and also piloting the Classroom Dina Curriculum (CD). We will be evaluating the effect of the programme on teacher behaviour and classroom atmosphere by comparing the teachers from these schools with teachers from two other pre-schools. Teacher behaviour will be measured using a revised version of the Teacher Pupil Observation Tool (T-POT) developed by Pam Martin from the IY Wales Centre. (thanks Pam for your help). Judy has also offered to visit me in Jamaica and provide consultation and support with the project.

I have applied for a Wellcome fellowship to run a randomised controlled trial of the TCM programme in eighteen pre-schools. This will investigate the effect of the training on the behaviour of high-risk children at home and at school as well as the teacher's classroom management skills and parent involvement in school. If my application is successful I will be in the UK for a year. I will spend three months in the IY Wales Centre learning how to implement the programmes with fidelity and spend time at the Institute of Psychiatry, London, with Stephen Scott and his team sharpening my research skills and increasing my understanding of child and adolescent mental health issues. I also plan to visit Carolyn in Seattle for a few weeks next summer and that will be very exciting. By then I should have a good idea of the challenges we face in implementing the programme in Jamaica and an opportunity to work and consult with Carolyn will be invaluable.

I'm keeping my fingers crossed about the fellowship application, it will be a great learning experience for me to work at the IY Wales Centre. (I will also enjoy spending some time in my home country and introducing my children to Wales). I'm really looking forward to delivering the IY Programmes in preschools here in Jamaica – I know it will be a challenge but I think the children will benefit enormously.

NOTE FROM JUDY

We enjoyed meeting you Helen and seeing your enthusiasm to help children in your new home country. Good luck in the Wellcome application and I'm sure you will find that the collaborative philosophy will enable the programme to transport very well to Jamaica, as we have here in Wales.

Cychwyn Cadarn Conwy

Conwy Sure Start

Rydym wedi bod yn cynnal y rhaglen sylfaenol IY ar fagu plant am bron i bedair mlynedd. Mae gennym pedair aelod o'r tîm sy'n hyrwyddo a chynnal y cyrsiau (Sue, Wendy, Hayley a Rachel). Mae Sarah hefyd (gweithiwr sesiynol) bron yn barod i gynnal y cyrsiau, pan fydd yn teimlo'n ddigon hyderus! Mae Liz (ymwelwr iechyd Cychwyn Cadarn) yn cynnal grwpiau yn aml iawn, hyn sy'n ffurfio'r rhan fwyaf o'i gwaith.

Mae Deborah hefyd yn rhan o'n tîm, ac mae hi wedi'i lleoli yn ein hadeilad Cychwyn Cadarn. Mae Deborah yn cael ei chyflogi trwy arian arbennig, o ganlyniad i adroddiad Wanless, er mwyn iddi ganolbwyntio ar iechyd emosiynol mewn plant. Mae Deborah hefyd yn cynnal grwpiau sylfaenol i rieni plant 5-11 mlwydd oed. Mae ganddi gynorthwywraig - Anita, fydd yn ôl fuan, yn cynnal grwpiau gyda Deborah.

Rydym ni wedi cynnal grŵp bob tymor ers tro yn Llandudno a Llanrwst (y dwy ganolfan Cychwyn Cadarn). Ein bwriad yw ceisio cynnwys gweddill Conwy yn eu tro, er mwyn rhoi tegwch i bob ardal yn y sir. Y tymor diwethaf, fe wnaethom gynnal grŵp ym Mhenmaenmawr yn ogystal â Llandudno a Llanrwst. 'Roedd yn llwyddiannus iawn gyda'r galw a'r presenoldeb yn ardderchog, a wnaeth yna neb dynnu'n ôl, sy'n anhygoel mewn ardal sydd heb arfer gyda IY.

Y tymor nesaf rydym ni'n cynllunio strategaeth well fyth! Rydym ni'n bwriadu cynnig pump cwrs – tri yn Nhŷ Tudno gan gynnwys sesiwn nos, ac un yn Llanrwst a Bae Cinnel (sy'n cael eu hariannu yn garedig gan 'Communities First'). Hon yw'r ail sesiwn nos sydd ar gael. Fe wnaeth Sue a Liz gynnal un haf diwethaf, ond yn rhyfedd iawn, roedd y galw'n isel iawn.

Rydym ni'n cynllunio sesiynau 'adolygu' yn hwyrach ymlaen y tymor hwn yn Llandudno a Llanrwst. Fydden ni yn rhedeg sesiwn yr un ar Chwarae, Canmol a Gwobrwyo a Sefydlu Cyfyngiadau Clir i rai sydd wedi cwblhau'r cwrs, ond sydd angen 'gloywi' eu sgiliau.

Rydym ni i gyd yn mwynhau cynnal y cyrsiau, ac yn teimlo bod y wobr bersonol yn fwy nag mewn unrhyw faes gwaith arall. Rydym ni'n hoffi gweld bywydau pobl yn newid, a theuluoedd yn datblygu perthynas hapusach a 'fatter pigs' (jôc IY!) e.e. - banciau mwy o deimladau cynnes rhwng rhieni a phlant, sy'n arwain at well hunan-barch a chydweithrediad mewn teuluoedd.

Rydym ni'n ddiolchgar iawn i Judy am ein hyfforddiant, arolygiad, a chefnogaeth, heb hwn byddai llawer o deuluoedd yng Nghonwy yn dal yn troi mewn cylchoedd negyddol o ryngweithio.



Liz Phenna Williams,
Hinna Jawaid (PMSU),
Sue Cooper.

We have been regularly running the BASIC Incredible Years parenting course for very nearly four years. We now have four facilitators (Sue, Wendy, Hayley and Rachel) willing and very ably running courses. We have Sarah (a sessional worker) almost ready to go ahead, when she gets her confidence and Liz (Sure Start HV) running groups regularly as this forms the greatest part of her work.

We also have Deborah based in our Sure Start building. Deborah is employed under special money provided to address emotional health in children, as a result of the Wanless report. She also runs regular BASIC groups for parents of 5-11 year olds. She has an assistant (Anita) who will shortly be running groups with Deborah (until now Deborah has worked with Sure Start staff for her experience and to help us reach more people).

We have run a group every term for some time in both Llandudno and Llanrwst (the two Sure Start centres) Our aim has been to try to cover the rest of Conwy on a rotational basis in the interests of equity of service. Last term we ran a BASIC in Penmaenmawr in addition to Llandudno and Llanrwst. It was a great success. The demand and attendance were really good and we had no dropouts, which was amazing in a place with no IY tradition.

Next term we are planning an even better provision! We plan to offer five courses – three in Tŷ Tudno including an evening session, one in Llanrwst and one in Kinnel Bay (which Communities First are very kindly funding). This is the second evening course on offer. Sue and Liz ran one last summer but surprisingly the demand was low.

We also plan some 'revision' sessions later this term in Llandudno and Llanrwst. We will run a session each on Play, Praise and Rewards, Clear Limit Setting and Managing non-compliance for people who have done the course but wish for a 'top-up'

We all enjoy running the courses and find the personal rewards greater than in any other area of work. We love to see peoples lives changing and families developing happier relationships and 'fatter pigs' (an IY joke!) i.e. bigger 'banks of warm feelings' between parents and children which result in better self esteem and co-operation in family relationships.

We are grateful to Judy for our training, supervision and support without which many families in Conwy would still be stuck in negative cycles of interaction.

Fe wnaeth un fam o Benmaenmawr ysgrifennu ar ddiwedd y cwrs:
"Mae'r cwrs IY yn gwrs grêt ac mae wedi helpu fi llawer iawn yn bersonol. Roeddwn i'n cael trafferth gydag amser gwely fy mab wyth mlwydd oed cyn i mi gwblhau'r cwrs. Mi fyddai'n arfer aros i fyny gyda fi trwy'r nos. Rwan, mae o'n mynd i'r gwely am 8 o'r gloch, ac yn cysgu erbyn 8.45, sydd wedi helpu fi'n enfawr. Mae'r cwrs wedi helpu agweddau eraill hefyd a dwi'n falch iawn" M.C.

Fe wnaeth un arall ysgrifennu:
"Ers cwblhau'r cwrs yma, rydw i wedi gweld pethau mewn golau gwahanol. Dwi ddim dan bwysau hanner cymaint, ac mi fedra'i ddelio gyda phethau'n llawer gwell oherwydd dwi'n teimlo fy mod i'n gallu rheoli'n well. Dwi'n llawer mwy hapusach a mwy hyderus. Mae'r cwrs yn grêt!" P.W.

One Penmaenmawr mother wrote, at the end of the course: -
"The IY Course is a great course if you are lucky enough to attend. It has helped me personally so much. I was having trouble with my eight-year-old son's bedtime before I attended the course. He would be up with me all night. Now he is in bed for 8 o'clock and asleep for 8.45 which has helped me enormously It has also helped in other areas and I am very grateful" M.C.

Another wrote: -
"Since doing this course I have seen things in a different light. I am not half as stressed and I can deal with things much better and am more in control. I am much happier and confident. The course is great!" P.W.

NODYN GAN JUDY NOTE FROM JUDY

Diolch Liz am dy waith rhagorol gyda'r rhaglen IY.

Thanks Liz for your continuing commitment to the IY programme.



Rhian Gwyn

Rhaglenni Rhieni ac Ystafell Ddosbarth IY yng Ngwynedd

IY Parent & Classroom Programmes in Gwynedd

Dechreuodd Awdurdod Addysg Gwynedd ymwneud â'r Rhaglenni IY yn 2001 pan lanswyd y Rhaglen CD mewn rhai ysgolion yn y sir. Un oedd Ysgol Babanod Coedmawr lle rydw i'n brifathrawes. Cafwyd arian wedyn gan y Cynulliad i ddatblygu'r rhaglen TCM yn ogystal â'r Cwricwlwm CD i ddisgyblion CA1. Darparodd Judy wasanaethau ymgynghori a bugeilio a chefais fy secondio'n rhan amser i gydlynu'r datblygiadau. Dros gyfnod o dair blynedd cafodd y staff mewn 18 o ysgolion eu hyfforddi yn TCM a chafodd athrawon CA1 eu hyfforddi i gyflwyno'r rhaglen CD. Deuthum yn arweinydd grwp ardystiedig yn y Rhaglen CD yn 2003 ac ar hyn o bryd rydw i wrthi'n dilyn hyfforddiant mentor ar gyfer y rhaglen honno ac yn gwneud cais am ardystiad yn y Rhaglen TCM.

Yn dilyn llwyddiant y rhaglenni, mae Awdurdod Addysg Gwynedd wedi ymrwmo'n llawn i ymestyn datblygiadau i gynnwys **pob ysgol** yn y Sir dros y tair blynedd nesaf. Tasg enfawr yw hon a chefais fy secondio'n llawn amser fel cydlynnydd project. Fy ngwaith yw trefnu'r holl agweddau ar y cynllun, hyfforddi athrawon mewn dulliau TCM a rhaglenni CD ac ymweld ag ysgolion i gynnig rhagor o gymorth.

Mae Gwynedd yn targedu ysgolion ar sail dalgylchoedd ysgol. Mae cyfarfodydd cychwynnol yn cael eu cynnal ym mhob dalgylch i egluro cynnwys y rhaglenni i benaethiaid ac athrawon CA1 a manteision a buddion eu rhoi ar waith i staff a disgyblion. Tra mae athro y dosbarth derbyn yn mynychu'r cwrs pum diwrnod TCM a CD undydd bydd athro llanw yn cymryd ei le. Mae'r Awdurdod yn gwarantu'r adnoddau angenrheidiol i gynnal y rhaglenni yn yr ysgolion ac mae datblygiadau'n cael eu monitro trwy gyfarfodydd strategaeth ac ymweliadau ysgol. Mae'r Rhaglen TCM, sy'n cyflwyno strategaethau cyd-weithio yn y dosbarth, yn boblogaidd iawn gydag athrawon. Mae wedi trawsnewid y ffordd mae llawer ohonynt yn rhyngweithio gyda phlant ac yn dangos sut y gallant ddefnyddio dulliau cadarnhaol i ddelio ag ymddygiad amhriodol yn yr ystafell ddosbarth. Bellach mae rhestr aros hir ar gyfer hyfforddiant a bydd cysiau ychwanegol yn cael eu cynnal yn yr hydref i gwrdd â'r galw. Mae ysgolion sy'n dymuno hyfforddi mwy o athrawon yn gwneud defnydd o addysgedau ac/neu arian wrth gefn i ariannu athrawon llanw yn ystod y cyfnod hyfforddi.

Rhoddodd Gwynedd ymrwymiad hefyd i gyflwyno'r rhaglen magu plant i rai o'r ysgolion targed. Yn y gwerthusiad bach a gynhaliwyd gan Judy yn 2002 dangoswyd bod y Cwricwlwm CD yn gweithio'n fwyaf effeithiol gyda phlant yr oedd eu rhieni wedi mynychu'r rhaglen magu plant. Rhoddwyd grant 'Tackling Disaffection – Working with Parents' i'r awdurdod gan Lywodraeth Cynulliad Cymru. Defnyddiwyd y grant i dalu dau athro oedd yn arbenigwyr mewn ymddygiad i gyflwyno'r rhaglen magu plant mewn ysgolion oedd eisoes yn cynnal y rhaglenni dosbarth 'Incredible Years'. Bydd hyfforddiant i weithwyr cefnogi dosbarth yn dechrau yn hydref 2006.

Gwynedd Education Authority began their involvement with the IY Programmes in 2001 with the introduction of the CD to some schools in the county, one being Ysgol Babanod Coedmawr where I am headteacher. Funding was later secured by the Welsh Assembly Government for the development of the TCM programme for teachers as well as the CD Curriculum (Ysgol Dina) for Key Stage 1 (KSI) (4-7 yrs) pupils. Judy provided consultation and supervision and I received a part time secondment to co-ordinate developments. Over a three-year period, staff in eighteen schools was trained in the TCM programme and KSI teachers received training for the delivery of the CD programme. I became a certified group leader in the CD Programme in 2003 and am currently completing the mentor training for that programme, and applying for certification in the TCM programme.

Following the success of these programmes, Gwynedd Education Authority is fully committed to extend developments to include every school in the county over the next three years. This is a huge task and I have been given a full time secondment as project co-ordinator. My role is to organise all aspects of the plan, train teachers in TCM and CD programmes and visit schools to offer further support.

Gwynedd aims to target schools on a school catchment area basis. Starter meetings are held in each catchment area to brief headteachers and KSI teachers on the content of the programmes and the advantages and benefits of their implementation to staff and pupils. The reception class teacher is given supply cover to attend the five-day TCM programme and the one day CD Curriculum. The Authority ensures the necessary resources to run the programmes in schools and developments are monitored through strategy meetings and school visits. The TCM course, which introduces proactive strategies in the classroom and introduces positive methods to deal with inappropriate behaviour in the classroom, is immensely popular with teachers. It has transformed the way many of them interact with children. There is now a long waiting list for training and extra courses will be run in the autumn term to meet the demand. Schools wishing to train more teachers make use of bursaries and/or money in reserve to finance supply teachers.

Gwynedd also undertook a commitment to introduce the parent programme to some of the target schools. The small-scale evaluation carried out by Judy in 2002 indicated that the effect of the introduction of the CD Curriculum was most effective with children whose parents had attended the parenting courses. A grant funding 'Tackling Disaffection – Working with Parents' was made available to the Authority by the Welsh Assembly Government. The grant was used for two behaviour specialist teachers to deliver the parenting programme in schools already implementing the Incredible Years classroom programmes. Training for classroom support workers will also commence in the autumn 2006.



Gweler hefyd adroddiad Pam am y cydweithrediad rhwng Gwasanaeth Addysg Gwynedd a'r Ysgol Seicoleg yn ariannu cwrs ESRC Ph.D. ar gyfer Pam Martin.

See also Pam's report on the collaboration between Gwynedd Education Service and the School of Psychology in the funding of a collaborative ESRC Ph.D. studentship for Pam Martin.

NODYN GAN JUDY NOTE FROM JUDY

Llongyfarchiadau i Rhian a Gwynedd am eu harweiniad o ddsosbarthu'r rhaglen hon yn yr DU.

Congratulations to Rhian and Gwynedd for continuing to lead the UK in the delivery of this programme.

CYNHADLEDD GOFFA NICK BARLOW

Seicolegydd plant clinigol oedd Nick a raddiodd o Fangor ac a fu'n gweithio am rai blynyddoedd yn y Clinig Arweiniad Plant (sef yr hen enw ar y Gwasanaethau Iechyd Meddwl Plant a phobl ifanc) ym Mae Colwyn. Aeth yno gyntaf 35 o flynyddoedd yn ôl. Dioddefodd Nick broblemau iechyd dwys am nifer o flynyddoedd ond trwy gydol ei fywyd cefnogai athroniaeth gweithio aml-asiantaeth ac anghenion plant sy'n derbyn gofal. Ar ôl gadael Gogledd Cymru bu'n gweithio mewn nifer o wasanaethau ond bob amser gyda'r plant mwyaf anodd eu cyrraedd o fewn y system gofal. Fe oedd yr ysbrydoliaeth y tu ôl i sefydlu grŵp diddordeb Seicolegwyr a Gwasanaethau Cymdeithasol (PASS) Cymdeithas Seicoleg Prydain (BPS) ac yn gadeirydd cyntaf arno. Bu Nick yn gydweithiwr i Judy ac i Dr Peter Woods, pennaeth Gwasanaethau Seicoleg Glinigol yng Ngogledd Orllewin Cymru ac oherwydd cysylltiadau hir Nick â Gogledd Cymru, cytunodd y BPS i gynnal cynhadledd goffa yma ym Mangor. Pete a drefnodd y gynhadledd ac roedd yn ddathliad o fywyd Nick gyda siaradwyr yn sôn am agweddau ar y gwaith aml-asiantaeth yr oedd Nick yn ei chefnogi. Dilys a drefnodd ochr weinyddol y gynhadledd trwy'r swyddfa IY. Roedd gwraig Nick, Irene, ei blant, Emma a Ben a'i frawd Tim yn bresennol, yn ogystal â seicolegwyr o bob man yn y DU. Siaradodd Pete am y blynyddoedd cynnar pan oedd Nick wedi dylanwadu'n sylweddol ar seicolegwyr clinigol lleol. Disgrifiodd Judy sut roedd syniadau Nick wedi dylanwadu ar ei gwaith hi ei hun o ran gweithio gyda Gwasanaethau Cymdeithasol a gyda'r teuluoedd hynny â phlant oedd mewn perygl o gael eu cam-drin ac o anhwylderau ymddygiad. Disgrifiodd ganfyddiadau Cychwyn Cadarn, astudiaeth y byddai Nick wedi ei chymeradwyo. I glori'r gynhadledd soniodd Dr Neil Cheshire am ei atgofion; roedd wedi dysgu Nick cyn ei radd ac yn rhannu'r un diddordebau cerddorol.



Chwith i'r dde / Left to right: Judy, Chris, Cullen, Irene, Emma, Ben, Tim & Pete Woods.

NICK BARLOW 'IN MEMORIAM' COLLOQUIUM

Nick was a Bangor graduate and clinical child psychologist who worked in the Colwyn Bay Child Guidance Clinic (as CAMHS was then known) for some years, first taking up post 35 years ago. Nick suffered significant health problems over many years but throughout his life espoused the philosophy of multi-agency working and the needs of looked after children. On leaving North Wales he worked in several services but always with the hardest to reach young people often within the care system. He was the inspiration behind the establishment of the British Psychological Society Psychologists and Social Services (PASS) interest group for which he was also the first Chairperson. Nick was a colleague of both Judy and Dr. Peter Woods, the head of Clinical Psychology Services in North West Wales and in view of his longstanding links with North Wales the BPS held an "In Memoriam" conference here in Bangor. The conference, organised by Pete celebrated Nick's life and speakers reported on aspects of the multi-agency work that Nick espoused. The administrative work for the conference was undertaken by Dilys through the IY office. It was

attended by Nick's wife, Irene, his children, Emma and Ben and brother, Tim, as well as psychologists from across the UK. Pete spoke of the early years in which Nick was a significant influence on local clinical psychologists. Judy described how Nick's ideas had influenced her own work with Social Services and families with children at risk of both abuse and conduct disorder. She described the Sure Start findings, a study of which Nick would have approved. The conference concluded with reflections by Dr. Neil Cheshire who had taught Nick as an undergraduate and with whom he shared musical interests.

GWASGARU'R GAIR - IRFON WILLIAMS

Rwy'n gweithio i wasanaeth CAMHS Ymddiriedolaeth GIG Gogledd Orllewin Cymru ac wedi bod ynghlwm â'r Canolfan IY Cymru, wedi cyd arwain Grŵp o'r Rhaglen Ymchwil Cychwyn Cadarn yn ogystal â chynnal grwpiau mewn CAMHS Arbenigol, ysgolion a chlinigau yn y gymuned am sawl blynyddyn.

Ar 30 Mawrth cynrychiolais IY Cymru yng Nghynhadledd "Cefnogi Teuluoedd, Cymunedau Diogelach" yng Ngheredigion. Roedd gweithwyr profesiynol yn ogystal â rhieni yn bresennol yn y gynhadledd ac roedd y ffocws ar fagu plant drwy blynyddoedd a'r arddedau. Cafwyd cyflwyniad gan Dr Bob Sanders o Brifysgol Abertawe, siaradodd ar rhan Plant yng Nghymru am Strategaeth Magu Plant Cymru sy'n rhoi pwyslais cryf ar y rhaglenni IY, a rhoddodd Bob Skeldon o'r Alban gyflwyniad ar y sialensau o fod yn rhiant i bobl ifanc yn eu harddegau.

Cyflwynais waith y Ganolfan IY a rhoi hanes ei datblygiad yng Ngogledd Orllewin Cymru dros y blynyddoedd diwethaf. Roedd fy ffocws i ar agweddau magu plant y rhaglen, yn rhoi trosolwg o'r pyramid magu plant a'r ffordd y mae'r cwrs yn cael ei gyflwyno. Siaradais am hanes y rhaglen a rhoi pwyslais ar sylfaen tystiolaeth y rhaglen, a ddaeth o ymchwil wreiddiol ac astudiaethau pellach o amgylch y byd, gan gynnwys Cymru.

Ym mis Ebrill roeddwn yn ddigon ffodus i ymweld â Dilyn i fod yn bresennol yng Nghynhadledd IY Partneriaeth Clondalkin. Maent yn datblygu'r defnydd o'r IY yn Nulyn a chyflwynodd aelodau o'r Bartneriaeth Clondalkin gasgliadau ymchwil ar raddfa fechan ar eu gwaith. Disgrifiais waith y Rhaglen Ymchwil Cychwyn Cadarn yng Ngogledd Cymru gyda phwyslais ar Ffyddlondeb Gweithredu a sut y diogelwyd hyn drwy gyfrwng sesiynau recordio ar gyfer myfyrdod a goruchwyliaeth reolaidd. Roedd yn dipyn o sioc i mi pan ymddangosodd dirprwy Brif Weinidog Iwerddon ymo i annerch y gynhadledd, a chamerâu teledu a'r wasg yn ei ddilyn - roeddwn innau'n eitem ar y newyddion y noson honno yn Iwerddon!

Roedd yr adborth o'r ddwy gynhadledd yn gadarnhaol iawn. Rwy'n edrych ymlaen at gynrychioli'r Ganolfan eto mewn cynadleddau yn y dyfodol. Iansio rhaglenni seiliedig ar dystiolaeth ar gyfer rhieni, plant ac athrawon.

Irfon Williams

NODYN GAN JUDY

Diolch am dy gefnogaeth Irfon a llongyfarchiadau ar dy swydd newydd fel Uwch Rheolwr Nyrsio CAMHS

SPREADING THE WORD - IRFON WILLIAMS

I work for the North West Wales NHS Trust CAMHS service and have been involved with the Incredible Years Wales Centre, having co-led the Research Parent Group for many years as well as running groups in Specialist CAMHS, schools and clinics in the community.

On March 30th I represented the IY Wales at the Ceredigion Conference "Supported Families, Safer Communities". Professionals as well as parents attended the conference and its focus was on parenting throughout childhood and adolescence. Dr Bob Sanders of Swansea University, Children in Wales representative, spoke of the Wales Parenting Strategy which has a strong IY emphasis and Bob Skeldon of Scotland gave a presentation on the challenges of parenting adolescents.

I presented the work of the IY Centre and gave a history of its development in North West Wales over recent years. My focus was on the parenting aspects of the programme, giving an overview of the parenting pyramid and course delivery. I spoke of the programme history from Seattle and emphasised the evidence base for the programme from original research and further studies around the world including Wales.

In April I was lucky enough to visit Dublin to present at the Clondalkin Partnership IY Conference. They are developing the use of the Incredible Years in Dublin and members of the Clondalkin Partnership presented small-scale research findings on their work. I described the Sure Start Research Programme in North Wales with emphasis on Implementation, fidelity and how this was ensured through recording sessions for reflection and regular supervision. It came as quite a shock when the deputy Prime Minister of Ireland turned up to address the conference followed by T.V cameras and press - I even made it on to the Irish evening news!

Feedback from both conferences was very positive. I am looking forward to representing the Centre again at future conferences.

Irfon Williams

NOTE FROM JUDY

Thanks Irfon for your support and congratulations on your new appointment as CAMHS Senior Nurse Manager.

Y Diweddaraf o Bowys

Powys Update

Dr. Sue Evans

Yn rhifyn diweddar newyddlen hon, ysgrifennais gyda “chyffro mawr a pheth nerfusrwydd” am gael swydd newydd gyda Powys, yn cael ei hariannu gan LICC, i gefnogi datblygiad y rhaglenni IY ar draws y Sir. Nodais mai'r “sialens i ni i gyd” oedd “datblygu gwaith aml-asiantaeth effeithiol a chyd-drefnus, gan ddefnyddio cwricwlwm IY, i greu ymyriad cynnar, effeithiol ar gyfer plant ifanc sydd ag anawsterau ymddygiadol ym Mhowys.”

Wedi blwyddyn a fu'n wirioneddol 'Anhygoel' mae gennym waith aml-asiantaeth effeithiol iawn yn gweithio ar draws Powys. Mae fy swydd i'n ymwneud â gweithio mewn partneriaeth gyda Barnardo's, sydd â'r contract am gyd-drefnu darpariaeth magu plant ar draws Powys. O ganlyniad i'w gwaith rhagorol yn cyd-drefnu a chefnogi, dan arweinyddiaeth Delyth Raynsford, Rheolwr Gwasanaethau Plant, a Patricia Hughes, gweithiwr project, mae rhwydwaith o grwpiau rhieni IY yn bodoli mewn dull penodol ar draws y Sir. Mae Barnardo's yn cadw cronfa ddata sy'n dangos lle mae'r grwpiau'n gweithredu a lle mae cynlluniau am grwpiau pellach. Maen't yn cylchredeg gwybodaeth i'r holl asiantaethau er mwyn codi ymwybyddiaeth o'r ddarpariaeth a hyrwyddo mynediad atynt i deuluoedd ar draws y sir. Er bod grwpiau IY wedi cael eu cynnal yng Ngogledd Powys, nid oedd hyn yn digwydd yng Nghanolbarth a De Powys. Felly mae'n nodweddiadol iawn fod grwpiau yn cael eu cynnig yn yr ardaloedd yma erbyn hyn, ac mae'r nod o ddarparu mynediad teg i bawb wedi ei gyrraedd. Mae Barnardo's yn cynnig o gefnogaeth ymarferol i arweinyddion y grwpiau ac maent wedi cyd-drefnu goruchwyliaeth a grwpiau cynllunio; rydym ni wedi cyflwyno'r rhain mewn partneriaeth â hwy. Yn dilyn hyfforddiant diweddar a ariannwyd gan LICC, mae gennym erbyn hyn naw arweinydd newydd, sydd i gyd wedi ymrwmo i redeg grwpiau a datblygu sgiliau arweinyddion grwpiau.

Yr hyn sy'n arbennig o gyffrous am fodel Powys yw'r ymrwymiad i weithio mewn dull aml-asiantaeth i

In the last edition of this newsletter I wrote with “great excitement and a little trepidation” about taking up a new WAG funded post with Powys to support the development of IY programmes across the county. I noted that the “challenge for us all” was to “develop effective and co-ordinated multi-agency work, using the IY curriculum, to create effective early intervention for young children with behavioral difficulties in Powys.”

After a truly 'Incredible' year some really effective multi-agency working across Powys is now established. My post involves working with Barnardo's, who hold the contract for the co-ordination of parenting provision across Powys. Thanks to their work, under the leadership of Delyth Raynsford, Children's Services Manager, and Patricia Hughes, project worker, there are now IY parent groups operating in a planned way across the county. Barnardo's maintain a database showing where groups are operating and where groups are planned. They circulate to all agencies so as to raise awareness of this provision and facilitate access for families. Although there is a history of IY groups in North Powys this has not been the case in Mid and South Powys. It is therefore particularly impressive that groups are now being offered in these areas and equity of access across the county has been achieved. Barnardo's offer practical support to group leaders and have co-ordinated supervision and planning groups, which we deliver in partnership. Following recent WAG funded training we now have nine new parent group leaders, all committed to running groups and developing skills as group leaders.

What is particularly exciting about the Powys model is the commitment to multi-agency delivery of groups. There are many agencies delivering groups, including Barnardo's, Sure Start, Powys LHB staff (health visitors, learning difficulty

Cyn i mi gael fy mhenodi i'm swydd bresennol, roeddwn yn gweithio fel seicolegydd addysg am bron i ugain mlynedd, a wedi ymwneud â nifer o fentrau effeithiol i ddelio ag anghenion plant ag anhwylder ymddygiad, a'u teuluoedd. Fodd bynnag, wrth i mi ymwneud mwy â'r rhaglenni IY ac, yn arbennig wrth weld llwyddiant rhyfeddol rhieni sy'n mynychu'r grwpiau, rwy'n credu'n wirioneddol mai'r rhain yw'r rhaglenni mwyaf effeithiol i gefnogi plant a theuluoedd, ac i atal a delio ag anhwylder ymddygiad. Gobeithio y bydd llawer mwy o blant a theuluoedd Powys yn elwa o gael mynd ar y rhaglenni rhagorol hyn yn y blynyddoedd nesaf.

Mae fy nhait bersonol i dros y flwyddyn ddiwethaf wedi cynnwys y sialens o ddod yn arweinydd grŵp rhieni effeithiol, ennill tystysgrif arweinydd, a chymryd naid, nid naid enfawr ond naid gyffrous, i ddod yn fentor dan hyfforddiant ar gyfer y rhaglen rhieni. Ni fyddai hyn i gyd wedi bod yn bosib heb arweinyddiaeth, ysbrydoliaeth, hyfforddiant a chefnogaeth ardderchog gan Judy fel Cyfarwyddwr IYC. Diolch o galon Judy!

Prior to taking my present post, I worked as an educational psychologist for almost twenty years, and been involved in many effective initiatives addressing the needs of children with conduct disorder and their families. However, as I become more involved with the IY programmes and, in particular have seen the amazing achievements of parents who attend the IY groups, I have come to really believe these are the most effective programmes for supporting children and families and for preventing and treating conduct disorder. I hope that many more children and families in Powys will benefit from access to these excellent programmes in the coming years.

My own personal journey over the past year has included the challenge of getting to grips with becoming an effective parent group leader, achieving leader certification, and taking, what seem like a huge but exciting leap, into becoming a mentor in training for the parent programme. None of this would have been possible without the tremendous leadership, inspiration, training and support from Judy Hutchings as Director of Incredible Years Wales. Thank you Judy!

Dr. Sue Evans
Consultant Child psychologist
Seicolegydd Plant Ymgynghorol



Wendy Shapland, Sue Evans, Janice Hughes, Alison Bayliss, Patricia Hughes, Jane Quaterman and Anthea Turner.

gynnal grwpiau. Mae rhestr hir o asiantaethau sy'n trefnu grwpiau, gan gynnwys Barnardo's, Cychwyn Cadarn, staff Bwrdd Iechyd Lleol Powys (ymwelwyr iechyd, nyrsys anawsterau dysgu, seicoleg plant, CAMHS), y gwasanaeth Seicoleg Addysg, Powys Mediation, gwasanaethau plant ac ysgolion. Er bod gwaith rhaglenni magu plant IY yn cael ei gyd-drefnu gan Barnardo's, a minnau'n arwain yr agwedd glinigol, mae perchnogaeth y rhaglen a'r gwaith o ddatblygu arbenigedd yn cael eu rhannu rhwng asiantaethau. Mae'r gwaith ar y cyd rhwng asiantaethau yn debyg iawn i arddull y model IY ac rwy'n falch o gael gweithio mewn sir sydd â lefel mor uchel o gydweithio rhwng asiantaethau. Yr elfennau pwysig sy'n cefnogi'r cydweithio hwn yw: sesiynau cynllunio strategol gyda rheolwyr o bob asiantaeth, a bwrdd rheoli perfformiad aml-asiantaeth.

Mae ysgolion yn darparu mynediad byd-eang, i chynnal grwpiau rhieni IY yn bwysig iawn o safbwynt rôl strategol grwpiau rhieni ar draws y sir. Mae wyth ysgol wedi cynnal grwpiau yn ystod y flwyddyn ddiwethaf a llawer o ysgolion eraill wedi mynegi diddordeb. Mae athrawon o ddwy ysgol wedi cyd-arwain grwpiau IY gyda Barnardo's a Cychwyn Cadarn ac mae gennym bum ysgol sydd ag athrawon wedi cael eu hyfforddi i fod yn arweinyddion grwpiau rhieni. Mae hyn yn hanfodol i bontio rhwng cartref ac ysgol er mwyn delio ag anghenion disgyblion ag anhwylder ymddygiad a datblygu strategaethau atal. Gobeithiwn y bydd mwy o athrawon yn cael eu hyfforddi i fod yn arweinyddion grwpiau rhieni ac yn cynnal grwpiau rhieni dros y flwyddyn nesaf.

Er bod gennym lawer i ymfalchio ynddo, mae angen i ni weithio tuag at gyflwyno rhaglenni Rhiant, Athro a Phlentyn IY ochr yn ochr. Er mwyn cefnogi hyn, rhan bwysig o'r rôl yw gweithio gyda'r adran addysg a'r gwasanaeth seicoleg addysg ym Mhowys i ddatblygu Rhaglen TCM IY a chwricwlwm y CD. Mae trafodaethau ar y gweill i ystyried y posibilïadau ar gyfer ymestyn y rhaglenni TCM a CD drwy'r sir. Bydd angen cynllunio strategol tymor hir ar gyfer hyn, ond gallwn adeiladu ar y datblygiadau pwysig sydd eisoes wedi digwydd:

- Blwyddyn yn ôl, Ysgol Oldford yn y Trallwm oedd yr unig ysgol i arloesi CD ym Mhowys. O ganlyniad i gwrs rhagorol a gyflwynwyd yma gan Rhiain Gwyn a Judy a rhai athrawon a hyfforddwyd ym Mangor, mae gennym erbyn hyn ddau ar hugain o athrawon o bedair ysgol ar ddeg sydd wedi cael eu hyfforddi yn y CD. Mae'r gwasanaeth seicoleg addysg hefyd wedi bod yn gefnogol dros ben a chafodd dau seicolegydd addysg hyfforddiant
- Mae Rhiain wedi cytuno i gynnal cwrs CD arall ym Mhowys ym mis Tachwedd 2006; gobeithiwn y bydd hwn yn denu llawer mwy o ysgolion Powys i gael hyfforddiant. Mae grŵp o ysgolion Machynlleth eisoes wedi nodi eu dymuniad i ddod at ei gilydd i gael hyfforddiant.
- Mae'r cwrs TCM yn cael ei gynnal am y tro cyntaf ym Mhowys, fel rhan o'r Rhaglen 'Creu Ysgolion Gwell', gan Alun Flynn, y Prif Seicolegydd Addysg a minnau.
- Mae rhai ysgolion wedi gofyn am hyfforddiant IY mewn grwpiau bach er mwyn datblygu dull cyd-drefnus o ddelio ag atal anawsterau emosiynol, ymddygiadol a chymdeithasol, a bydd grŵp bach o ysgolion yn Ystradgynlais yn dechrau cael hyfforddiant mewn TCM yn yr hydref.

Gobeithio y byddwn yn gallu cynnwys adroddiad ar ddatblygiadau pellach yn Newyddlen IYC 2007!

nurses, child psychology, CAMHS), the Educational Psychology Service, Powys Mediation, Children's Services and schools. Although the IY parenting work is co-ordinated by Barnardo's with myself taking a clinical lead, ownership of the programme and developing expertise is shared between agencies. This collaborative work between agencies mirrors the collaborative style of the IY model and I feel proud to be working in a county with such a high level of collaboration between agencies. Important elements that support this collaboration are strategic planning sessions with managers from each agency, and a very effective, multi-agency performance management board.

Schools provide universal access in hosting IY parent groups. This is very important in terms of the strategic role across the county. Eight schools have hosted groups over the past year and many others have expressed interest. Teachers from two schools have co-led IY groups with Barnardo's and Sure Start and we have five schools with teachers trained as parent group leaders. This is essential in creating a bridge between home and school to address the needs of pupils with conduct disorder and to develop preventative strategies. We hope that more teachers will train as parent group leaders and host parent groups over the coming year.

Although we have much to be pleased about, we need to work towards delivering the IY Parent, Teacher and Child programmes side by side. In order to support this, an important part of my role is working with the education department and educational psychology service in Powys in developing the IY Teacher TCM programme and the CD curriculum. Discussions are taking place about rolling out the TCM and CD programmes across the county. This will require long term strategic planning, but we can build on the important developments that have already taken place:

- *One year ago Oldford School in Welshpool were lone pioneers of CD in Powys. Thanks to an excellent course delivered here by Rhiain Gwyn and Judy and some Bangor training, we now have twenty-two teachers from fourteen schools trained in CD. The educational psychology service have also been highly supportive and two educational psychologists also underwent training*
- *Rhiain has agreed to hold a further Classroom Dina course in Powys in November 2006, which we hope will attract a lot more Powys schools to train. A group of schools in Machynlleth, have already signed up as a cluster.*
- *The TCM course is being run for the first time in Powys, as part of the 'Building Better Schools' Programme, by myself and Alun Flynn, Principal Educational Psychologist.*
- *Some schools have requested IY training as cluster groups in order to develop a co-ordinated approach to the prevention of emotional, behavioural and social difficulties with a cluster group of schools in Ystradgynlais, starting TCM training in the Autumn.*

Here's hoping that in the 2007 Incredible Years Wales Newsletter we can report on further developments!

DATBLYGU'R CYSYLLTIAD Â PHORTIWGAL

Rydym yn disgwyl canlyniadau bid Cytundeb Windsor y Cyngor Prydeinig ar gyfer arian i adeiladu ar ein cysylltiad â Maria Filomena Gaspar ym Mhrifysgol Coimbra.

Roedd Filomena'n bresennol yn ein cynhadledd ym mis Medi 2004 a bu'n trafod ei gwaith ym Mhortiwgal gyda ni. Hi sy'n cydlynu'r gwaith o gyfieithu ac addasu'r rhaglen magu plant IY i'r iaith Bortiwgeeg ac yn Athro Cynorthwyl yn y Gyfadran Seicoleg a Gwyddorau Addysg. Os byddwn yn llwyddiannus bydd ein cais yn caniatáu ymweliadau cyfnwied yn ystod 2007 er mwyn i Maria Filomena a'i chydweithiwr Maria Joao Seabra-Santos ymweld â Bangor ac i Judy a Tracey ymweld â Phortiwgal.

Byddai'r cydweithredu yn fodd i gynnal astudiaeth gymharol o ymddygiadau magu plant sy'n gysylltiedig â phlant ifanc a nodwyd fel rhai mewn perygl mawr o ddatblygu anhwylder ymddygiad. Yn dilyn y gwaith cychwynnol hwn byddem yn gobeithio hefyd gymharu boddhad rhieni ym Mhortiwgal a Chymru â rhaglen magu plant sylfaenol IY.

DEVELOPING THE PORTUGAL LINK

We are awaiting the results of a British Council Treaty of Windsor bid for funds to build on our link with Maria Filomena Gaspar at the University of Coimbra.

Filomena attended our September 2004 conference and had discussions with us about her work in Portugal. She is the co-ordinator of the Portuguese translation and adaptation of the IY parent programme and Auxiliary Professor in the Faculty of Psychology and Education Sciences. If successful our bid would allow exchange visits during 2007 for Maria Filomena and her colleague Maria Joao Seabra-Santos to visit Bangor and for Judy and Tracey to visit Portugal.

The collaboration would support a comparative study of parenting behaviours associated with identified young children at high risk of developing conduct disorder. Following this initial work we would also hope to compare parent satisfaction in Portugal and Wales with the IY BASIC parent programme.

Aelodau'r Tîm o Gwmpas y Lle

Team Members out and about

Mae'r tîm wedi bod yn brysur dros y flwyddyn ddiwethaf gyda galwadau cynyddol i gyflwyno mewn cynadleddau, rhoi cyflwyniadau posteri ac ymddangos ar y cyfryngau.

Cychwynnodd y flwyddyn gyda dwy Gynhadledd yn yr Alban. Ym mis Medi, cyflwynodd Judy, Karen, Catrin a Pam bapurau a phosteri yng Nghynhadledd Flynyddol Adran Datblygu Cymdeithas Seicoleg Prydain ('BPS'). Wedyn cyflwynodd Catrin bapur yng nghynhadledd flynyddol y Gyfadran BPS i Blant a Phobl Ifanc, hefyd yng Nghaeredin. Ym mis Medi gafodd Judy wahoddiad i siarad yng nghynhadledd 'NCH' yn Llandrindod dan nawdd LLCC. Ym mis Tachwedd rhoddodd Catrin gyflwyniad i'r Gyfres Colloquia Ôl-raddedig ym Mhrifysgol Cymru, Bangor. Ym mis Ionawr, 2006 rhoddodd Judy a Karen gyflwyniad i Gynhadledd Flynyddol IY, rhoddodd Catrin, Pam, Karen a Tracey gyflwyniad posteri.

Ym mis Chwefror, siaradodd Judy yng Nghynhadledd Cymunedau sy'n Gofalu yn Llandrindod ac ym mis Ebrill cafodd wahoddiad i gyflwyno yng Nghynhadledd LLCC yng nghastell Ruthun lle'r oedd cynrychiolwyr o nifer o wledydd dramor yn bresennol. Ym mis Mehefin siaradodd yn y Gynhadledd 'Er cof am' Nick Barlow ym Mangor dan nawdd BPS. Ym mis Mehefin cyflwynodd Judy seminar ar 'Gwella cyfleoedd bywyd drwy ddeallusrwydd emosiynol a chymdeithasol' yn Seminar Grŵp Strategaeth y Prif Weinidog yn Llundain.

Rydym wedi cael sylw eang gan y cyfryngau. Mi wnaeth Judy a dau riant siarad am ein gwaith ar y rhaglen ddogfen 'Week In Week Out', ar BBC Cymru ar Anhwyllder Ymddygiad ac Ymosoddedd yn yr Ardddegau. Yn dilyn hynny siaradodd Catrin ar 'Post Cyntaf' BBC Radio Cymru a Newyddion BBC Cymru. Siaradodd Catrin eto ym mis Ionawr ar y Post Cyntaf a BBC Radio Cymru am ein Cynhadledd Flynyddol. Ym mis Gorffennaf cafodd rhiant o'n grŵp ei chyfweld i'r papur newydd 'Weekend Independent'. a mis Awst siaradodd Judy ar 'Capital Radio' a Radio Cymru am ei chyfraniad i strategaeth y Prif Weinidog ar gyfer mynd i'r afael â dadrithiad. Cawsom lawer o sylw drwy gydol y flwyddyn hefyd gan y cyfryngau lleol ac ym mis Medi buodd gohebydd o'r 'Guardian' yn ymweld â ni, sydd yn ysgrifennu erthygl i 'Society Guardian' am ein gwaith.

The Team has been busy over the past year with ever growing demands to present at conferences, give poster presentations and make media appearances.

The year started with two Scottish Conferences. In September, Judy, Karen, Catrin and Pam gave papers and poster presentations at the British Psychological Society (BPS) Developmental Section Annual Conference. A few days later Catrin presented a paper at the BPS Faculty for Children & Young People Annual Conference, also in Edinburgh. Judy was an invited speaker at the WAG funded NCH conference in Llandrindod in September. In November Catrin gave a presentation for the Postgraduate Colloquia Series at the University of Wales, Bangor. In January 2006, Judy and Karen gave presentations for the IY Wales Annual Conference and Catrin, Pam, Karen and Tracey gave poster presentations.

In February Judy spoke at the Communities that Care conference in Llandrindod and in April she was a guest presenter at a WAG conference in Ruthin Castle attended by representatives of several overseas countries. In June she spoke at the BPS funded Nick Barlow "In Memoriam" Colloquium at Bangor and in June presented a seminar on "Improving life chances through social and emotional intelligence" at the Prime Minister's Strategy Unit Seminar in London.

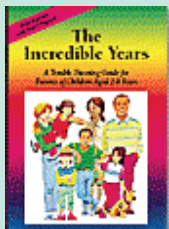
We have had considerable media coverage, Judy and two parents talked about our work in a Week In Week Out BBC Wales TV documentary on Conduct Disorder and Teenage Aggression following which Catrin spoke on 'Post Cyntaf', BBC Radio Cymru and Newyddion BBC Cymru (BBC Welsh News). Catrin spoke again in January on 'Post Cyntaf', BBC Radio Cymru about our Annual Conference. In July one of our parents was interviewed for the Weekend Independent newspaper and in August Judy spoke on Capital Radio and BBC Radio Wales about her contribution to the Prime Minister's Strategy Unit for tackling disaffection. We also had lots of local media coverage through the year and have been visited by Laura Smith from the guardian who is writing an article for Society Guardian on our work.

DYSG PLANT TRWY ENGHRAIFFT

- Plentyn dan farn, a ddysg i farnu.
- Plentyn mewn gwrthdaro, a ddysg i gasáu.
- Plentyn dan wawd, a ddysg i fod yn swil.
- Plentyn dan gywyllid, a ddysg i deimlo'n euog.
- Plentyn a wyr oddefgarwch, a ddysg amynedd.
- Plentyn dan anogaeth, a wyr hyder.
- Plentyn a wyr ganmoliaeth, a ddysg i werthfawrogi.
- Plentyn a wyr degwch, a ddysg gyfiawnder.
- Plentyn a wyr sicrwydd, a ddysg i gael fydd.
- Plentyn a wyr gymeradwyaeth, a ddysg i dderbyn ei hun.
- Plentyn a wyr fodlonrwydd a chyfeillgarwch, a ddysg i garu'r byd.

Gyda diolch i
Parents Anonymous Inc, UDA

Gellwch brynu ein poster dwyieithog am
£3 am 10 copi



FERSIWN DIWYGIEDIG / REVISED!

THE INCREDIBLE YEARS - A TROUBLESHOOTING GUIDE FOR PARENTS OF CHILDREN AGED 2-8 YEARS

Mae'r llyfr hwn newydd gael ei ddiwygio yn 2006 ac mae'n cynnwys penodau newydd ar hyrwyddo cymhwysedd cymdeithasol ac emosiynol plentyn a fydd o helpu plant i lwyddo yn yr ysgol. Mae'r llyfr yn rhoi canllawiau i blant i helpu i atal problemau ymddygiad rhag codi ond mae hefyd yn cynnig strategaethau i hyrwyddo cymhwysedd cymdeithasol ac emosiynol plant.

Mae penodau newydd yn cynnwys pynciau fel:

- Sut i helpu eich plentyn i ddysgu rheoli ei emosiynau, gwneud ffrindiau ac ymdopi â phroblemau cyfoedion;
- Sut i weithio mewn partneriaeth ag athro/athrawes eich plentyn i hyrwyddo llwyddiant cymdeithasol ac academaidd;
- Sut i hyrwyddo parodrwydd eich plentyn ar gyfer yr ysgol trwy ddarllen rhyngweithiol a hyfforddiant mewn chwarae dan gyfarwyddyd y plentyn;
- Sut i ddysgu sgiliau cymdeithasol i blentyn sy'n ofnus ac yn swil yn ogystal â plentyn sy'n orfywiog, yn fyrbwyll ac yn methu â chanolbwyntio.

Mae'r llyfr newydd ar gael oddi wrth:
Dilys yng Nghanoifan 'Incredible Years' Cymru: £16.00

This book is newly revised in 2006 and includes new chapters on promoting a child's social and emotional competence and ways to help children be successful in school. The book provides parents with guidelines to help prevent behaviour problems from occurring but also with strategies to promote children's social and emotional competence.

New chapters cover topics such as:

- How to help your child learn to regulate emotions, make friends and cope with peer problems;
- How to partner with your child's teacher to promote social and academic success;
- How to promote your child's school readiness through interactive reading and child-directed play coaching;
- How to teach social skills to a child who is fearful and shy as well as a child who is hyperactive, impulsive, and inattentive.

The new book is available from
Dilys at the IY Wales Centre: £16.00

'Incredible Years' yn Sir y Fflint

Incredible Years in Flintshire

Wendy Shaw

Mae pethau'n symud ymlaen yn gyflym yn Sir y Fflint ar ôl sefydlu'r grŵp cefnogi aml-asiantaeth newydd ym mis Ionawr 06. Mae gan y grŵp gynrychiolwyr o Wasanaethau Plant, Cefnogi Ymddygiad, Seicoleg Addysgol, Gwasanaeth Ymyrryd yn Gynnar a Chychwyn Cadarn.

Nodau'r Grŵp

- Cefnogi cydweithwyr o fewn Sir y Fflint wrth gyflwyno'r Rhaglen Magu Plant IY
- Hyrwyddo'r Rhaglen Magu Plant IY o fewn Cyngor Sir y Fflint.
- Cadw mewn cysylltiad â Chanolfan IY Cymru

Maen't yn cyfarfod ar y dydd Mercher cyntaf ym mhob mis ac mae croeso cynnes i aelodau newydd. Cysylltwch â Wendy Shaw yn yr adran Gwasanaethau Plant 01352 701000 i gael rhagor o wybodaeth.

Newyddion diweddaraf am y grŵp:

MAE'R TÎM CEFNOGI YMDDYGIAD A SEICOLEG ADDYSGOL wedi rhedeg rhaglen magu plant sylfaenol mewn ysgol oedd yn agored i holl rieni plant yr ysgol. Cafwyd adborth cadarnhaol gan yr holl a gwblhaodd y cwrs. Cafodd y Rhaglen Ysgol Deina, rhaglen ymyrryd i grwpiau bach, ei chynnal yn yr un ysgol. Cafwyd ymateb anhygoel gan y plant, ac adborth cadarnhaol gan yr athrawon dosbarth. Mae cynlluniau ar y gweill i gynnal y rhaglen Magu Plant Sylfaenol IY mewn ysgol gynradd arall y tymor nesaf, unwaith eto ar sail gwahoddiad agored. Bydd yr Rhaglen Ysgol Deina yn cael ei chynnal yn yr un ysgol.

MAE'R TÎM CEFNOGI TEULUOEDD GWASANAETHAU PLANT SIR Y FFLINT wedi rhedeg rhaglen magu plant SYLFAENOL yn ddiweddar. Cafodd teuluoedd eu cyfeirio gan weithwyr cymdeithasol. Roedd y rhaglen yn llwyddiannus iawn ac mae'r rhieni a fynychodd y rhaglen wedi newid dipyn ar y ffordd maent yn magu eu plant. Cafodd y grŵp wob, sef trip i Sŵ Caer. Nid yn unig y cafwyd diwrnod braf allan ond cawsom gyfle i weld drosom ni ein hunain sut roeddent yn rhoi egwyddorion pwysig ar waith. Cafwyd adborth cadarnhaol gan aelodau'r teuluoedd a gan weithwyr proffesiynol eraill sy'n gweithio gyda'r teuluoedd. Mae'r grŵp nesaf yn cychwyn ym mis Medi ac mae yna rhestr aros yn barod.

Mae CYCHWYN CADARN SIR Y FFLINT wedi cynnal cwrs ar ystad Holway. Cyfeiriwyd teuluoedd gan weithwyr cymdeithasol a daeth teuluoedd sy'n byw yn ardal Cychwyn Cadarn Treffynnon hefyd.

Mae'r GWASANAETH YMYRRYD YN GYNNAR yn rhedeg grŵp magu plant sylfaenol fydd yn dechrau yn hydref 2006. Bydd y cwrs ar gyfer rhieni sy'n adnabyddus i'n gwasanaeth sy'n byw yn ardal Cei Conna.

Mae Tanya o RHIENI CYMUNED SIR Y FFLINT wedi cwblhau'r hyfforddiant yn ddiweddar a bydd yn treulio'r haf yn ystyried y cam nesaf. Bellach y mae deg o bobl o fewn Cychwyn Cadarn a Rhieni Cymuned Sir y Fflint wedi cael eu hyfforddi i gyflwyno'r Rhaglenni IY a Meithrin. Y bwriad yw y byddant i gyd yn gweithio gyda'i gilydd a chynllunio syniadau sy'n cwrdd ag anghenion poblogaeth amrywiol.

Things are forging ahead in Flintshire with a new multi-agency support group was set up in January 2006. The group has representatives from Children's Services, Behaviour Support, Educational Psychology, Early Intervention Service and Sure Start.

The aims of the Group

- To support colleagues within Flintshire with regard to the delivery of IY Parenting Programme
- To promote the IY Parenting Programme within Flintshire County Council
- To liaise with IY Cymru

It meets on the first Wednesday of each month and new members are welcome, contact Wendy Shaw at Children's Services 01352 701000 for more information.

Group Updates:

THE BEHAVIOUR SUPPORT AND EDUCATIONAL PSYCHOLOGY TEAM have delivered a school based BASIC parenting programme open to all parents whose children attended the school. There was positive feedback from all who completed the course. The Small Therapeutic Group Dinosaur School programme was run in the same school. The children responded incredibly well, with positive feedback from the class teachers. There are plans to run the BASIC Parenting programme in another primary school next term, again on an open invitation basis. Small Therapeutic Group Dinosaur School will be run in same school.

THE FLINTSHIRE CHILDREN'S SERVICES FAMILY SUPPORT TEAM has recently delivered a BASIC parenting programme. Referrals are accepted from social workers. The programme was very successful and parents who attended have made considerable changes to the way that they parent their children. The group were rewarded with a trip to Chester Zoo, not only was it a good day out but we could also see first hand how they were putting the key principles into practice. Positive feedback has been received from family members and other professionals working with the families. The next group starts in September and already has a waiting list.

FLINTSHIRE SURE START has run a course on the Holway estate. Referrals were from social workers and for families who live in the Sure Start area of Holywell.

THE EARLY INTERVENTION SERVICE is running a BASIC parenting group commencing Autumn 2006. The course will be for parents known to our service who reside in the Conna's Quay area.

Tanya from **FLINTSHIRE COMMUNITY PARENTS** has recently completed the training and will spend the summer planning the next move. There are now ten people within Sure Start and Flintshire Community Parents who are trained to deliver the IY and the Nurturing Programmes. The plan is that they all work together and plan ideas that meet the needs of a diverse population.

CHILDREN LEARN WHAT THEY LIVE

A child who is criticised, learns to condemn.

A child who lives with hostility, learns to fight.

A child who is ridiculed, learns to be shy.

A child who lives with shame, learns to feel guilt.

A child who lives with tolerance, learns to be patient.

A child who is encouraged, learns confidence.

A child who is praised, learns to appreciate others.

A child who lives with fairness, learns justice.

A child who lives with security, learns to have faith in people.

A child who lives with approval, learns to like themselves.

Children who live with acceptance and friendship, learn to find love in the world.

With thanks to Parents Anonymous Inc, USA.

Our bilingual poster may be bought for £3 for 10 copies.

NODYN GAN JUDY

Llongyfarchiadau i bawb yn ardal Sir y Fflint yn enwedig Wendy a Paula am eu hymrwymiad parhaus i'r rhaglenni 'Incredible Years' a phob lwc i'r grŵp newydd.

NOTE FROM JUDY

Congratulations to all in the Flintshire area especially Wendy and Paula for their continuing commitment to the IY programmes and good luck to the new group.



Eilir Jones
Ymwelydd Iechyd
Health Visitor

Addroddiad Grŵp Cymuned Caernarfon

Medi '05 - Gorffennaf '06

Grwp Cymuned Caernarfon Report

September '05 - July '06

Cynhaliwyd tair rhaglen sylfaenol IY yn ystod y cyfnod yma gyda dau ar bymtheg rhiant yn cwblhau y rhaglen drwy fynychu naw neu fwy o sesiynau. Er bod y niferoedd yn fychan teimlwn fod y rhaglenni wedi bod yn llwyddiannus ac wedi gwneud newid positif ym mywyd teuluol y rhieni a'u plant. Roedd un fam wedi gadael ysgol heb unrhyw gymhwyster o gwbl ac roedd yn hynod falch o dderbyn ei thystysgrif cyntaf erioed. Mae hyn wedi bod o help iddi i symud ymlaen i feddwl am yrfa yn gweithio ym maes gofal plant ac chafodd ei derbyn i wneud hyfforddiant yn y maes hwn ar sail mynychu'r rhaglen.

Mae un tad wedi gael gwaith yn y maes gofal ac mae'r egwyddorion rhiantu a ddsygodd ar y cwrs wedi bod o fudd iddo yn ei waith newydd. Rydym yn ceisio meithrin perthynas agosach efo'r ysgolion lleol dros y flwyddyn ddiwethaf drwy wahôdd athrawon sydd yn rhedeg Ysgol Dina i ddod i siarad efo'r rhieni ar ddiwedd y cwrs am Ysgol Deina ac i gyflwyno'r rhieni i Wali a Moli. Bu hyn yn llwyddiant mawr a'r rhieni yn gwerthfawrogi presenoldeb y prifathrawon. Mae'r rhieni hefyd wedi cael budd mawr o fynd i'r ysgolion, yr Uned Cyn-ysgol ym Maesincla a'r crèche i arsylwi ar eu plant.

Rhedasom un Cwrs Pellach (ADVANCE) i rhieni a oedd wedi cwblhau y rhaglen sylfaenol. Dyma'r tro cyntaf i ni redeg y Cwrs Pellach ac fe gawsom ymateb gan unarddeg rhiant ac fe gwblhaodd wyth ohonynt y cwrs. Yn sgil llwyddiant hwn hoffem gynnig un cwrs pellach yn flynyddol o hyn ymlaen.

Hefyd rydym am geisio rhedeg dau gwsr sylfaenol ym Mis Medi yn y Ganolfan Integredig newydd, Plas Pawb, Maesincla – un ar nos Lun ac un arall ar fore Mercher.

Three BASIC IY parent programmes were held during the last year with seventeen parents completing the courses through attending nine or more sessions. Despite small numbers the groups were successful and made a positive impact on the family life of most parents who attended. One mother had left school without any qualifications and was pleased to receive her first ever certificate. It has helped her to move on to consider a career in childcare and has aided her to be accepted on a local training course for childcare.

The programme enabled another father to get a job caring for adults with learning disabilities and the parenting principles learnt on the Incredible Years programme have been of great use to him there. We have tried to foster a closer relationship with the local schools and have invited teachers who are running Dina School in their schools to come and talk with the parents at the end of the course and introduce the parents to Wally and Molly. This has been a great success and the parents appreciated the presence of the head teachers. Parents have benefited also from visiting the schools, pre-school unit and the crèche to observe their children.

We ran one ADVANCE parent group and invited parents who had previously completed the BASIC programme. Eleven parents responded and eight completed the programme. This is the first time we have run this and we had an encouraging response to the course content from the parents. In view of this success we hope to offer one ADVANCE programme every year.

In September we also hope to run two BASIC courses in the new Children's Integrated Centre at Plas Pawb, Maesincla – one evening and one daytime group.

Diolch i'r canlynol a gyd-redodd y cyrsiau â mi. Paul Jones – Gwasaneth Arbennigol Plant, Mair Jones – Ymwelydd Iechyd a Sylvia Dorward – Gwasaneth Iechyd Meddwl Plant a Phobl ifanc. Rwyf wedi dysgu llawer gan bob un ohonynt ac wedi cael lot o hwyl hefyd. Diolch i Mrs Elizabeth Roberts, pennaeth Ysgol Maesincla, i Carol Pursglove a staff gofal Tryweryn am redeg crèche i'r rhieni yn ystod dau gwrs ac i Cymunedau Diogel Gwynedd a Cymorth am roi grantiau sylweddol at gostau rhedeg y cyrsiau.

Thanks to my co-leaders:- Paul Jones – Children's Specialist Services, Mair Jones – Health Visitor and Sylvia Dorward – Child and Adolescent Mental Health Services. I have learnt a lot from each one of them and had a lot of fun as well. Thanks also to Mrs Elizabeth Roberts, head teacher, Ysgol Maesincla, Carol Pursglove and the staff at Tryweryn crèche who provided childcare during two of the courses and to Cymorth and Gwynedd Safe Communities for providing substantial grants to enable us to run the courses.

Dyddiad i'ch dyddiadur:

CYNHADLEDD INCREDIBLE YEARS CYMRU YN LLANDRINDOD 7^{FED} CHWFROR 2007

Rydym newydd gael gwybod y bydd Jane Davidson, Gweinidog dros Addysg a Dysgu Gydol Oes LICC, yn agor ein Cynhadledd IY Flynyddol 2007. Gobeithiwn y bydd y man cyfarfod, Gwesty'r Metropole, Llandrindod yn golygu y bydd y gynhadledd o fewn cyrraedd i bobl ar draws Cymru ac y bydd yn gyfle i'r rhai ohonoch, sydd erbyn hyn yn cyflwyno'r rhaglen, i ddod at eich gilydd i rannu profiadau, llwyddiannau ac anawsterau.

Mae'r rhaglen yn y broses o gael ei gorffen; os hoffech gyfrannu drwy gyfrwng anerchiad neu boster am eich profiadau eich hun yn defnyddio'r rhaglenni, cysylltwch â swyddfa IY Cymru. Byddwn yn rhoi adroddiad ar y dadansoddiad pellach o'r data Cychwyn Cadarn, casgliadau cynnar gan ein tair myfyrraig Ph.D. a chynnydd yr hyfforddiant sy'n cael ei ariannu gan LICC.

A date for your diary:

IY WALES CONFERENCE AT LLANDRINDOD ON 7TH FEBRUARY 2007

Jane Davidson Minister for Education and lifelong Learning at WAG will open our 2007 Annual IY Conference. We hope that the venue, The Metropole Hotel in Llandrindod, will make it more accessible to people across Wales and be a chance for those of you that are now delivering the programme to get together and share experiences, successes and difficulties.

The programme is still being finalised and if you would like to contribute with a talk or poster about your own experiences if using the programmes please contact the IYWales office. We shall be reporting on the further analysis of the Sure Start data, early findings from our three Ph.D. students and progress with the WAG funded training as well as offering taster sessions in the programmes.