

Pwy all fynegu rhaglen Foothold?

Rhieni sengl ifanc sy'n 14-25 mlwydd oed, sy'n byw yn ardaloedd Pen-y-bont ar Ogwr , Bro Morgannwg neu Castell-nedd a Port Talbot .

Sut allwn ni helpu?

Rydym yn cynnig cyrsiau byr sy'n cael eu cynllunio a'u darparu gan weithwyr hyfforddedig a chymwys. Mae nifer o gyrsiau i ddewis o'u plith sy'n helpu i archwilio materion penodol megis, sef adeiladu hyder , gwella hunan-barch , datblygu a chynnal perthnesau gadarnhaol, sgiliau cyfathrebu a gwrando, gosod nodau, a chyflogadwyedd ac ati.

Beth arall rydym yn ei gynnig?

Sesiynau cwnsela am ddim a ddarperir gan cyngorwyr Relate Cymru. Mae ein tîm cwnsela yn gymwys yn llawn ac o safon uchel iawn, gyda blynyddoedd o brofiad yn y maes. Hefyd meant yn cyd-hwyluso o fewn y gyrsiau,



Rydym hefyd yn darparu....

Gofal plant am ddim ar gyfer yr holl gyrsiau hyfforddi a signau cwnsela. Fydd costiau clydo yn cael eu hyd-dalu yn llawn I bob seswin (hyfforddi a cwnsela).

Sut mae'n gweithio?

Unwaith fydd yr atgyferiad wedi cael ei derbyn, fydd gweithwyr Foothold yn cysylltu gyda'r person ifanc er mwyn cynnal asesiad cychwynnol i asesu eu hanghenion penodol ac i sicrhau bod y prosiect yn addas iddi nhw. Fydd yr asesiad yn nodi pa elfennau o'r prosiect syn addas ar gyfer eu hanghenion. Yna gall pobl ifanc ddewis o ddewislen o gyrsiau, cwnsea neu gyfuniad o'r ddau.

Gwybodaeth cysyllti:

Os hoffech gael mwy o wybodaeth am y prosiect Foothold , neu os hoffech wneud cyfeiriad i'r prosiect, mae na croeso i chi gysylltu â

Prosiect Foothold

47 Heol Walter

Abertawe

SA1 5PW

Tel: 01792 454414

administrator@relatecymru.org.uk

The Foothold Project



A programme of self-improvement services for young, single parents aged 14-25 years old in the Bridgend, Neath Port Talbot and Vale of Glamorgan areas of Wales.



relate
cymru
the relationship people
y bobl perthynas

Gingerbread
Single parents, equal families

Who can access Foothold?

Young single parents who are 14—25 years old, who live in the Bridgend, The Vale or Neath Port Talbot areas.

How can we help?

We offer short courses that are designed and delivered by trained and qualified workers. There are several courses to choose from that help explore specific issues such as confidence building, improving self-esteem, developing and maintaining positive relationships, communication and listening skills, goal setting, and employability etc.

What else do we offer?

Free counselling sessions provided by a Relate Cymru, counsellor. Our counselling team are fully qualified to a very high standard, with years of experience, they also co-facilitate within our short training courses.



We also provide....

Free child care for all training courses and counselling sessions attended. Transport cost are fully reimbursed to and from the training and counselling venue.

How does it work?

Once a referral has been received, an engagement worker will undertake an initial assessment with a young person to assess their particular needs and ensure that the Foothold project is relevant to them. The assessment will identify what elements of the project will best suit their needs. Young people can then choose from a menu of courses, counselling, or a combination of both.

Contact information:

If you would like further information about the Foothold project, or would like to make a referral please feel free to contact:

The Foothold Project

47 Walter Road

Swansea

SA1 5PW

Tel: 01792 454414

administrator@relatecymru.org.uk

manager.foothold@relatecymru.org.uk

Prosiect Foothold



Rhaglen o hunan-wella ar gyfer
rhieni sengl rhwng 14-25 oed sy'n
byw yn Pen Y Bont ar Ogwr, Castell
Nedd, Port Talbot a Bro
Morgannwg



relate
cymru
the relationship people
y bobl perthynas

Gingerbread
Single parents, equal families