

Do you need help with:

- Parenting stresses and problems?
- Difficult family relationships?
- Access to sports, play and other activities?
- Improving your child's self-esteem and confidence?
- Dealing with times of change?
- Engaging with school or training?

Team Around the Family (TAF)

Everyone needs a bit of extra support from time to time and having a Team Around your Family can help. The team includes you, your child, family members and other people who can work with you to find solutions to your problems. We co-ordinate meetings for your team, bringing together a range of organisations in Powys to help. It's a way of you being in control of the support you need to overcome your difficulties and to bring about positive change.

If you're a young person in need of support, you can choose to have a Team Around the Young Person to work with you in the same way.

How to get the help you want

It begins with a discussion between you and someone like a health visitor, teacher, youth worker, school nurse or mental health worker. Together, you use a Child And Family (CAF) assessment to help identify the support you need and who could help you get it. Your worker sends us a copy of the CAF assessment so that we can get things moving.

Thank you so much for all your help. My son is doing very well. He is also happier and more positive. We will always be grateful for all your efforts for us as a family
(Parent)



There was so much unhappiness in the home that I never thought we would get to have a happy home. I was thinking this is it, but now we sit and talk to each other, don't look at the negatives anymore, it's gone.
(Parent)

POWYS
Children & Young Peoples Partnership
Partneriaeth Plant A Phobl Ifanc

TAF meetings and your Family Contact

Your Family Contact is the main link between you and your team and leads your meetings. You can choose who that should be.

At the first TAF meeting, you and your team agree an action plan together. The plan is revisited at TAF review meetings until you are happy that you no longer need support. Your Family Contact makes sure that the things the team agrees to actually happen and that you are supported all the way.

The TAF Panel

The TAF Panel is a larger group made up of all the different services who work with Team Around the Family. They meet regularly and are there to help if any extra support or fresh ideas are needed.

If you choose to use the panel then your Family Contact can go to a panel meeting on your behalf. You are welcome to attend as well, if you wish to. You can also request that any particular agency be excluded from the panel.



Tîm o Amgylch y Teulu
Team Around The Family



Help a chymorth ychwanegol i blant,
pobl ifanc a theuluoedd ym Mhowys



01597 826246

caf.admin@powys.gov.uk
www.cypp.powys.gov.uk/taf

Tîm Cydlynu TAF , Partneriaeth Plant a Phobl Ifanc
Neuadd y Sir, Llandrindod , Powys LD1 5LG

Oes angen help arnoch gyda:

- Straen a phroblemau rhianta?
- Perthnasoedd teuluol anodd?
- Mynediad i gampau, chwaraeon a gweithgareddau eraill?
- Gwella hunan-barch a hyder eich plentyn?
- Trin adegau o newid?
- Ymgysylltu â'r ysgol neu hyfforddiant?

Y Tîm o Amgylch y Teulu (TAF)

Mae angen ychydig o gymorth ychwanegol ar bawb o bryd i'w gilydd, a gallai Tîm o Amgylch y Teulu helpu gyda hyn. Mae'r tîm yn cynnwys chi, eich plentyn, aelodau o'r teulu a phobl eraill sy'n gallu gweithio gyda chi i ddod o hyd i atebion i'ch problemau. Byddwn yn cydlynu cyfarfodydd ar gyfer eich tîm gan ddwyn ynghyd amrediad o sefydliadau ym Mhowys i'ch helpu chi. Mae hyn y rhoi cyfle i chi gael rheolaeth ar y cymorth sydd ei angen arnoch er mwyn goresgyn eich anawsterau a newid mewn ffordd bositif.

Os ydych chi'n rhywun ifanc sydd angen cymorth, gallwch ddewis gael Tîm o Amgylch y Person Ifanc i weithio gyda chi yn yr un ffordd.

Sut i gael yr help rydych ei angen

Mae'n dechrau gyda thrafodaeth rhyngoch chi a rhywun fel ymwelydd iechyd, athro, gweithiwr cymdeithasol, nyrs ysgol neu weithiwr iechyd meddwl. Gyda'ch gilydd, rydych chi'n defnyddio asesiad Plentyn a Theulu (CAF) i'ch helpu i ddod o hyd i'r math o gymorth rydych ei angen. Mae eich gweithiwr yn anfon copi o'r asesiad CAF atom er mwyn i ni eich rhoi chi ar ben ffordd.

Diolch yn fawr am eich holl help.
Mae fy mab yn gwneud yn dda iawn nawr. Mae hefyd yn hapusach ac yn fwy positif. Byddwn bob amser yn ddiolchgar am eich holl ymdrechion drosom ni fel teulu
(Rhiant)



Roedd yna gymaint o anhapusrwydd yn y cartref fel nad oeddwn i'n credu gallwn ni fyth gael cartref hapus. Roeddwn i'n meddwl dyna 'fel mae hi' ... ond nawr rydyn ni'n eistedd ac yn sgwrsio a ddim yn edrych ar y pethau negyddol mwyach. Mae hynny wedi mynd
(Rhiant)

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Cyfarfodydd TAF a'ch Cyswllt Teulu

Eich Cyswllt Teulu yw'r brif ddolen rhyngoch chi a'ch tîm ac ef/hi sy'n arwain eich cyfarfodydd. Gallwch ddewis pwy ddylai wneud hyn.

Yn y cyfarfod TAF cyntaf, byddwch chi a'ch tîm yn cytuno ar gynllun gweithredu. Byddwn yn ailedrych ar y cynllun mewn cyfarfodydd adolygu'r TAF nes eich bod yn hapus nad oes angen rhagor o gymorth arnoch. Mae eich Cyswllt Teulu'n gwneud yn siŵr bod y pethau y mae'r tîm yn cytuno arnynt yn digwydd mewn gwirionedd a'ch bod yn cael cymorth ar hyd yr adeg.

Panel TAF

Mae'r panel TAF yn grŵp mwy o faint ac mae'n cynnwys yr holl wahanol wasanaethau sy'n gweithio gyda'r cynllun Tîm o Amgylch y Teulu. Byddant i gyd yn cyfarfod yn rheolaidd ac maent yno i gynnig help os oes angen unrhyw gymorth ychwanegol neu syniadau newydd.

Os dewiswch ddefnyddio'r panel, yna gall eich Cyswllt Teulu fynd i gyfarfodydd y panel drosoch. Mae croeso i chi ddod hefyd, os ydych yn awyddus i wneud hynny. Gallwch hefyd wneud cais i unrhyw asiantaeth benodol gael ei heithrio o'r panel.



Tîm o Amgylch y Teulu
Team Around The Family



Additional help and support for children,
young people and families in Powys



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