Gofal Cymdeithasol **Cymru**
Social Care **Wales**

O wybodaeth i weithred: Diogelu drwy'r Cyfnod Pontio (DCP)

Sarah Atkinson

From knowledge to action: Transitional Safeguarding (TS)

Sarah Atkinson

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Y ddysgu

- Roedd mwy o ymwybyddiaeth o natur unigryw Diogelu drwy'r CyfnodPontio
- Roedd straeon gan bobl ifanc ar eu bywydau eu hunain yn bwerus
- Pwysigrwydd perthnasoedd – perthnasoedd cryf, ymddiriedol yn hanfodol i ddiogelu'n effeithiol

The learning



- There was a greater awareness of the distinct nature of Transitional Safeguarding
- Stories from young people on their own lives were powerful
- Importance of relationships – that strong, trusting relationships are crucial to effective safeguarding

Y ddysgu

- Cymhlethdod system – cafodd pobl mewnwelediadau i'r rhwystrau rhwng gwasanaethau oedolion a phlant
- Tystiolaeth ymchwil a deddfwriaeth – roedd yr angen am lythrennedd cyfreithiol cryfach ac ymarfer sy'n seiliedig ar ymchwil yn glir

The learning



- System complexity – people gained insights into the barriers between adults' and children's services
- Research evidence and legislation – the need for stronger legal literacy and research informed practice


Diogelu drwy'r
cyfnod pontio
Transitional
Safeguarding

Prif heriau

- Rhwystrau systemig a strwythurol
- Rhwystredigaeth bod problemau yn parhau er cael eu cydnabod ers blynyddoedd
- Bylchau mewn cydlynu aml-asiantaeth

Key challenges



- Systemic and structural barriers
- Frustration that issues persist despite being recognised for years
- Gaps in multi-agency coordination

Prif heriau

- Cynllunio pontio anghyson
- Llythrennedd cyfreithiol cyfyngedig
- Pobl ifanc yn teimlo nad ydyntwedi' u clywed neu heb gefnogaeth

Key challenges



- Inconsistent transitional planning
- Limited legal literacy
- Young people feeling unheard or unsupported



Dysgu o straeon pobl

- Pŵer Perthnasoedd
- Ymarfer Empathetig sy'n seiliedig ar Drawma
- Llais, eiriolaeth, a Chael eich Clywed
- Trawsnewidiadau a Pharatoi ar gyfer Annibyniaeth

Learning from peoples' stories



- The Power of Relationships
- Trauma-Informed, Empathetic Practice
- Voice, Advocacy, and Being Heard
- Transitions and Preparation for Independence

Dysgu o straeon pobl

- Bylchau a Darniadau mewn Systemau
- Gwydnwch, Cryfder, a Baich Anghyfartal
- Ymarfer Myfyriol a Seiliedig ar Werthoedd

Learning from peoples' stories



- Gaps and Fragmentation in Systems
- Resilience, Strength, and Unequal Burden
- Values-Based and Reflective Practice

Dysgu o straeon pobl

- Nid yw perthnasoedd, empathi ac eiriolaeth yn "ychwanegol" - maent yn ganolog i ymarfer effeithiol.

Learning from peoples' stories



- Relationships, empathy, and advocacy are not “extra” — they are central to effective practice.


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Sut wnaeth pobl teimlo

- Rhwystredig gan rwystrau'r system – roedd rhwystrau strwythurol yn ffynhonnell anfodlonrwydd
- Empathetig ac wedi symyd yn emosiynol – cafodd straeon profiad byw effaith emosiynol gryf

How people felt



- Frustrated by system barriers – structural obstacles were a source of dissatisfaction
- Empathetic and emotionally moved – lived experience stories had a strong emotional impact

Sut wnaeth pobl teimlo

- Myfyriol a meddylgar – anogodd y sesiynau feddwl yn ddyfnach am ymarfer
- Ysbrydoledig a chymhelledig – roedd clywed gan siaradwyr profiad byw yn egnïol
- Gobeithiol ac optimistaidd – roedd yna deimlad bod newidiadau cadarnhaol yn bosib

How people felt

- Reflective and thoughtful – the sessions prompted deeper thinking on practice
- Inspired and motivated – hearing from lived experience speakers was energising
- Hopeful and optimistic – there was a sense that positive changes are possible

Themâu cyffredinol

- Empathi cryf a gyriant foesol - mae gweithwyr yn teimlo'n gyfrifol iawn am wella canlyniadau

- Awydd am newid system nid atgyweiriadau bach

Overarching themes

- Strong empathy and moral drive – workers feel deeply responsible for improving outcomes

- Desire for system change not small fixes

Themâu cyffredinol

- Angen arweinyddiaeth a gweithredu cydgysylltiedig – disgwyliad clir bod cyrff cenedlaethol yn cefnogi gweithrediad cyson
- Mae profiad byw ac adrodd straeon yn gatalyddion allweddol ar gyfer newid – mae lleisiau yn fwy pwerus na data

Overarching themes

- Need for leadership and coordinated action – a clear expectation that national bodies support consistent implementation
- Lived experience and storytelling are key catalysts for change – voices are more powerful than data alone

Edrych ymlaen

Looking ahead



Camau bydd pobl yn cymryd ymlaen

- Gwella cydweithredu – roedd mynychwyr eisiau gwella cydweithio rhwng asiantaethau
- Myfyrio ar ymarfer – bwriadodd cyfranogwyr i ddyfnhau myfyrio ar eu hymarfer eu hunain
- Datblygu protocolau pontio – roedd ffocws ar greu neu gryfhau llwybrau rhwng gwasanaethau

Actions people will take forward



- Enhance collaboration – participants want to improve joint working between agencies
- Reflect on practice – participants intend to deepen reflection on their own practice
- Develop transition protocols – there was a focus on creating or strengthening pathways between services

Camau bydd pobl yn cymryd ymlaen

- Gwneud llais pobl ifanc yn canolog – roedd cadw ffocws ar brofiad byw yn flaenoriaeth allweddol
- Dylanwadu ar newid systemau - nod mynychwyr oedd eirioli dros welliannau ehangach i wasanaethau

Actions people will take forward

- Centre the voice of young people – maintaining a focus on lived experience was a key priority
- Influence systems change – participants aimed to advocate for broader improvements to services


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Arferion arloesol sy'n dod i'r amlwg

- Defnydd cynyddol o Newid mwyaf arwyddocaol ac adrodd straeon
- Mabwysiadu dulliau sy'n seiliedig ar drawma a pherthynas
- Ail-fframio Diogelu drwy'r Cyfnod Pontio fel newid meddylfryd
- Peilot modelau newydd (paneli pontio ar y cyd, llwybrau arbenigol 14 –25, technegau mapio ecosystemau

Innovative practices emerging



- Growing use of Most significant change and storytelling
- Adopting trauma informed and relationship-based approaches
- Reframing Transitional Safeguarding as a mindset shift
- Pilots of new models (joint transition panels, specialist 14 –25 pathways, ecosystem mapping techniques

Cyfleoedd sy'n codi

- Awydd am fframwaith Diogelu drwy'r Cyfnod Pontio Cymru gyfan
- Mae cyfleoedd allweddol yn cynnwys cryfhau strwythurau amlasiantaethol, ehangu hyfforddiant a llythrennedd cyfreithiol, ymgorffori profiad byw mewn polisi ac ymarfer, a chreu llwybrau gwasanaeth mwy hyblyg, sy'n ffocysu ar anghenion hyd at 25 oed.

Emerging opportunities



- Appetite for Wales-wide Transitional Safeguarding framework
- Key opportunities include strengthening multi-agency structures, expanding training and legal literacy, embedding lived experience in policy and practice, and creating more flexible, needs-led service pathways up to age 25.

Cyfleoedd sy'n codi

- Mynegodd cyfranogwyr frwdfrydedd dros gynllunio cynharach a mwy cydgysylltiedig, gwell perthnasoedd rhyng-asiantaethol, a chydweithredu dyfnach â phartneriaid tai, iechyd, cyfiawnder ac addysg.

Emerging opportunities



- Participants expressed enthusiasm for earlier and more coordinated planning, improved inter-agency relationships, and deeper collaboration with housing, health, justice and education partners.

Naratif gloi

- Mae Diogelu drwy'r Cyfnod Pontio yn daith, nid cyrchfan.
- Hyd oes ac nid ymyl clogwyn!
- Gwyddonwyr yn nodi pum oedran yr ymennydd dynol dros oes

Closing narrative



- Transitional Safeguarding is a journey, not a destination.
- Life span and not cliff edge!
- Scientists identify five ages of the human brain over a lifetime



Ein crynodebau tystiolaeth

- Dulliau gweithredu sy'n ystyriol o drawma
- Adeiladu ymddiriedaeth gyda theuluoedd ymylol
- Cyfathrebu â theuluoedd mewn amgylchiadau anodd
- Cefnogi pobl niwroamrywiol a'u teuluoedd

Our evidence summaries

- Trauma informed approaches
- Building trust with marginalised families
- Communicating with families in difficult circumstances
- Supporting neurodivergent people and their families

Ein crynodebau tystiolaeth

- Safbwyntiau pobl ifanc a'u teuluoedd
- Cyd-gynhyrchu a chefnogi pobl sy'n gadael gofal
- Eiriolaeth i bobl ifanc ag anabledd dysgu
- Cefnogi pobl ifanc i ddeall gwasanaethau i oedolion

Our evidence summaries

- Perspectives of young people and their families
- Co production and supporting care leavers
- Advocacy for young people with a learning disability
- Supporting young people to understand adult services

Ein crynodebau tystiolaeth

- Diogelu drwy'r cyfnod pontio

[Sioeau Teithiol Ymchwil Gofal Cymdeithasol Cymru]

[Crynodebau Tystiolaeth Gofal Cymdeithasol Cymru]

[Defnyddio Gwybodaeth wrth Ymarfer Gofal Cymdeithasol Cymru]

Our evidence summaries

- Transitional safeguarding

[Social Care Wales Research Roadshows]

[Social Care Wales Evidence Summaries]

[Social Care Wales Apply Knowledge to Practice]



Sioe Deithiol Ymchwil _ Research Roadshow.mp4

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Diolch

Thank you

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