

Activ8-2-19


wrexham
COUNTY BOROUGH COUNCIL
CYNGOR BWRDEISTREF SIROL
wrecsam




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Yst8-2-16

PHYSICAL ACTIVITY
RECOMMENDATION
PROGRAMME
RHAGLEN ARGYMELL
YMARFER CORFF

Guide for Parents
Canllaw i Rieni



What is Activ8-2-16?

Activ8-2-16 is an exciting initiative, which aims to make a difference to young people's lives through the medium of sport and physical activity.

Activ8-2-16 aims to increase long-term participation in exercise by raising awareness of the benefits of exercise and healthy lifestyles to young people. Young people will be recommended into a physical activity from one of a number of partners such as the following organisations as examples of just a few:

Child and Adolescent Mental Health Service (CAHMS)
Maelor Children's Centre – Occupational Therapy
Clinical Psychology
Dieticians
Looked after team
Social Services
Educational Psychologist

The young person will be recommended for 10 "FREE" sessions of sport or exercise under the supervision of an experienced coach.



What do we want to achieve from Activ8-2-16?

We would like young people to receive a safe and effective introduction to sport and physical activity and be encouraged to continue to take part beyond the recommendation period. Through the medium of sport and physical activity we would like young people to address lifestyle issues, become more active and more confident in their own abilities.

Our coaches have been specially selected and have received some awareness training from Sports Development and Referral Partners so they are aware of the needs of the young people recommended onto the scheme.

Safety and Welfare of the participant is uppermost in the coaches minds and through the specially designed "diary cards" that will be issued they will assess the suitability of the activity for the child and how they are progressing in achieving their goals.



Beth yw Yst8-2-16?

Mae Yst8-2-16 yn fenter gyffrous sy'n ceisio gwneud gwahaniaeth i fywydau pobl ifanc trwy gyfrwng chwaraeon ac ymarfer corff.

Anela Yst8-2-16 at gynyddu diddordeb pobl ifanc mewn ymarfer corff trwy godi eu hymwybyddiaeth o fuddion ymarfer corff a byw'n iach. Bydd un o nifer o bartneriaid o'r mudiadau canlynol yn annog pobl ifanc i gymryd rhan:

Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAHMS)
Canolfan Plant Maelor – Therapi Galwedigaethol
Seicoleg Clinigol
Dietegwyr
Tîm Plant y Gofelir Amdanynt
Gwasanaethau Cymdeithasol
Seicolegydd Addysg

Anogir pobl ifanc i ymgymryd â 10 sesiwn 'AM DDIM' dan oruchwyliaeth hyfforddwr profiadol.

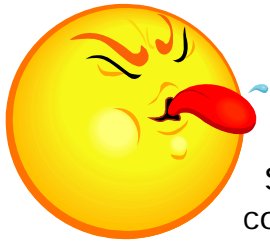


Beth ddymunwn ei gyflawni yn Yst8-2-16?

Hoffem weld pobl ifanc yn cael cyflwyniad diogel ac effeithiol i chwaraeon ac ymarfer corff a pharhau i gymryd rhan tu hwnt i'r cyfnod dan sylw. Trwy gyfrwng chwaraeon ac ymarfer corff, hoffem weld pobl ifanc yn wynebu materion ffordd o fyw, dod yn fwy heini ac yn fwy hyderus.

Dewiswyd ein hyfforddwyr yn arbennig ac maent wedi derbyn peth hyfforddiant ymwybyddiaeth gan y Tîm Datblygu Chwaraeon a phartneriaid cyfeirio er mwyn deall anghenion y bobl ifanc sy'n cael eu hargymell ar gyfer y cynllun.

Mae lles a diogelwch y bobl ifanc yn hanfodol bwysig. Bydd hyfforddwyr yn defnyddio 'cardiau dyddiadur' arbennig i asesu addasrwydd gweithgareddau a sut mae rhywun yn symud tuag at gyflawni eu nodau.



Meeting the Coach!

Shortly after receiving the recommendation form we will contact you to arrange an appointment. During this appointment we will discuss what activities are preferred. This is a chance for you and your child to meet with centre staff and hopefully the coach of the activity. During this discussion any queries you have may be answered.

WHAT WILL BE EXPECTED FROM THE COACH?

Children will be integrated into activities currently provided as part of the current coaching programme. The coach will be informed via the Activ8-2-16 Coordinator of new participants and their needs/reason for recommendation. Lists of responsibilities are as follows:



1. To provide a safe, enjoyable atmosphere for the client to take part in their chosen sport or activity.
2. To keep the Activ8-2-16 Coordinator informed of any difficulties or irregularities in providing activity sessions.
3. To report any accidents to the Leisure Facility that the exercise takes place in and ensure an accident form is completed (and copied to Sports Development Officer)
4. To encourage the young person to continue exercise beyond the recommendation period.



For Further Details/Queries please contact:

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Cyfarfod yr Hyfforddwr!

Yn fuan ar ôl derbyn y ffurflen argymell, byddwn yn cysylltu â chi i drefnu cyfarfod. Yn ystod yr apwyntiad hwn, byddwn yn trafod y gweithgareddau ar gael. Dyma gyfle i chi a'ch plentyn gyfarfod â staff y ganolfan ac, efallai, hyfforddwr y gamp a ddewisir. Yn ystod y drafodaeth hon, bydd modd i chi gael atebion i unrhyw gwestiynau sydd gennych.

BETH YW RÔL YR HYFFORDDWR?

Cynhwysir plant yn y gweithgareddau fel rhan o'r rhaglen bresennol. Bydd yr hyfforddwr yn cael gwybod gan y Cydlynnydd Yst8-2-16 o unrhyw bobl ifanc newydd a'u hanghenion neu resymau dros fod yn rhan o'r cynllun. Dyma restr o gyfrifoldebau hyfforddwr:



1. Creu awyrgylch diogel a hwyliog i'r cleient gymryd rhan yn y gamp neu weithgaredd dethol.
2. Hysbysu'r Cydlynnydd Yst8-2-16 o unrhyw anawsterau neu anghysondebau wrth ddarparu'r sesiynau.
3. Adrodd am unrhyw ddamweiniau i'r cyfleuster hamdden sy'n cynnal y chwaraeon a chwblhau ffurflen ddamweiniau (ac anfon copi at y Swyddog Datblygu Chwaraeon).
4. Annog pobl ifanc i barhau i gadw'n heini tu hwnt i'r cyfnod dan sylw.



Am fanylion pellach neu ymholiadau, cysylltwch â:

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