



ADTRAC



Addysg / Education



Hyfforddiant / Training



Cyflogaeth / Employment

Ysbrydoli datblygiad ymhlith pobl ifanc ddi-waith
rhwng 16 a 24 oed yng Ngogledd Cymru.

Inspiring the progression of young people aged
16-24 in North Wales experiencing unemployment.



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Bydd ADTRAC yn dy helpu i gael gwaith, addysg neu hyfforddiant. Caiff y gwasanaeth yma ei gynnig ledled Gogledd Cymru gan dimau lleol a fydd yn llunio rhaglen bwrpasol i dy gefnogi ac i ennyn dy ddiddordeb.

Rydyn ni'n cynnig:

- Cefnogaeth lawn un-i- un;
- Cynlluniau gweithredu personol i ti eu dilyn;
- Help i fagu hyder ac i oresgyn pethau sy'n dy rwystro rhag symud ymlaen;
- Help ym maes lles, yn cynnwys cyfle i fanteisio ar ddarpariaeth Bwrdd Iechyd Betsi Cadwaladr i rai sydd ag anghenion iechyd meddwl ysgafn/cymedrol;
- Cyfle i gael hyfforddiant a fydd yn fodd i ti gyrraedd dy nod;
- Cefnogaeth a fydd yn dy baratoi i weithio ac yn cynnwys amryw o gyfleoedd i gyrraedd dy nod.

Bydd y timau'n dy helpu i ddod i ddeall pethau'n well ac yn dy roi ar ben y ffordd yr wyt am ei chymryd, er mwyn i ti allu magu hyder yn dy allu a dy sgiliau.

Gallwn dy helpu os wyt ti:

- Rhwng 16 a 24 oed, ddim yn derbyn addysg na hyfforddiant, neu'n ddi-waith;
- Yn byw yng Ngogledd Cymru (ond ddim mewn ardal Cymunedau'n Gyntaf);
- Yn wynebu problemau sy'n dy rwystro rhag mynd ymlaen i gael addysg, swydd neu hyfforddiant.





ADTRAC will support you into either work, education or training. This is delivered by local teams across North Wales; to provide a personalised support & engagement programme.

We offer:

- One to one intensive support
- Personalised action plans to guide you on your journey.
- Support to develop confidence and overcome any barriers which prevent you from progressing.
- Wellbeing support including the opportunity to access provision for mild/moderate mental health needs from Betsi Cadwaladr University Health Board.
- Access to training which will enable you to reach your goals.
- Employability support which will include a range of opportunities for you to achieve your goals.

The teams will work with you to develop your understanding, and support you in the direction that you want to go, so that you can build your confidence in your ability and skills.

We will be able to support if you are:

- Aged 16-24 and not in education, training or employment.
- Living in North Wales (and not residing in a Communities First Area);
- Experiencing barriers which prevent you from progressing into either education, employment or training.

Cysylltwch...
Get in touch...



Ebost / Email

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@ADTRAC1624



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Welsh Government

Cronfa Gymdeithasol Ewrop
European Social Fund

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Arweinir Adtrac gan:
Adtrac is being led by:



Grŵp
**Llandrillo
Menai**

Mae Adtrac yn cael ei gyflwyno gan y partneriaid canlynol:
Adtrac is being delivered by the following partners:



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



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