

Work experience options pack, Care at Cyngor Gwynedd.



Welcome

Work placement within Cyngor Gwynedd's Care team.

Thank you for showing interest in doing a period of work experience within our Care team at Cyngor Gwynedd.

The Council provides various care services to the residents of Gwynedd in order to guarantee that the people of the area receive the best possible support in their communities, to guarantee the well-being, dignity and independence of individuals are respected.

Social Care departments within the Council can be divided into -

- Adults, Health and Wellbeing,
- Learning Disabilities and
- Children and Supporting Families.

In this pack we will elaborate more on our departments and then on the type of work experience opportunities available to you within services.

You will receive full support when completing your work experience with us. You may occasionally be required to complete unsociable hours at weekends or in the evenings as part of your work experience.

Once you have read this pack, we kindly ask you to complete the work experience application form with more details about yourself and why you would like to complete your experience with us. We kindly ask you to list three work locations so that we can place you in the most suitable location. We also kindly ask you to ensure that your teacher or work experience tutor completes the reference form and that you send them together to - gofalu@gwynedd.llyw.cymru

Further details about the Council and our Social Care services can be found on our website www.gwynedd.llyw.cymru



Adults, Health and Wellbeing

The Adults, Health and Well-being Department provides a range of social care services for Gwynedd residents who require advice, information, support or care due to specific needs.

The Adults, Health and Wellbeing department provides a large number of different services to support the residents of Gwynedd. A small but very important percentage of the services provided are our residential homes, day services and home care. The objective of our internal services is to provide a first-class service to enable, support and promote people to live fulfilling lives as independently as possible. The department will focus on the user's life, offering a flexible service, completely person focused based on quality and emotion. The department will promote the individuals who uses the service to have a voice, control and choice over their own lives and the services they receive.

The purpose of the department is to enable the adults of Gwynedd to 'live my life as I wish'.



Residential Homes

Open to anyone 16+



The Council has 11 residential homes across the county in which you can complete a period of work experience. The homes are spread across the county as follows;

- Plas Hafan, Nefyn
- Plas Y Don, Pwllheli
- Plas Gwilym, Penygroes
- Plas Maesincla, Caernarfon
- Plas Pengwaith, Llanberis
- Plas Ogwen, Bethesda
- Plas Hedd, Bangor
- Bryn Blodau, Llan Ffestiniog
- Cefn Rodyn, Dolgellau
- Llys Cadfan, Tywyn
- Hafod Mawddach, Barmouth.

Out of the 11 homes, one home, Plas Maesincla, is a home for individuals who require an intensive dementia service only with parts of Llys Cadfan, Bryn Blodau, Plas Hedd and Plas Hafan offering this service. Hafod Mawddach will also offer these services in the near future.

By completing your work experience in one of the council's homes you will have various experiences including...

- An opportunity to develop people and interacting skills as you get to know the services users, develop a relationship and become their friend.
- Help individual's you support to continue with their life long hobbies for example helping organise activities such as bingo.
- Support residents as they take part in activities such as gardening or cooking in the home.
- An opportunity to use your creative skills and perhaps use your art or musical skills to think of different activities and start new projects in the home.
- Getting a better understanding of the principles of working in care.

Extra Care housing

Open to anyone 16+



Gofalwn
.cymru

WeCare
.wales

Hafod y Gest is an extra care housing scheme developed in 2018 by Grwp Cynefin in partnership with Cyngor Gwynedd. The scheme provides housing, support and care services for people over 55 years of age.

Hafod y Gest offers older people the very best of independent modern living in a comfortable and safe surrounding. This facility has a real sense of community spirit - with socialising opportunities available all while living in your own home.

Tenants will be able to continue to live independently in one of 40 self-contained apartments, with the reassurance that care and support is on hand 24 hours a day, if required. Everyone has different support needs, therefore care and support packages will be individually tailored to ensure that every individual in Hafod Y Gest receives the level of support they require. An experienced care team will promote independent living whilst respecting people's dignity, privacy and choice.

Hafod Y Gest is located in Porthmadog.

By completing your work experience in Hafod Y Gest you will gain various experiences including...

- An opportunity to develop people and interacting skills as you get to know the individuals, develop a relationship and become their friend.
- Support people as they take part in different activities and help them maintain their independence.
- Earn a better understanding of the principles of working in care.
- Be a key part in some of the activities that take place in Hafod Y Gest

Occupational Therapy

Age to be agreed with the service. An individual must be at least 16 years old.



Occupational Therapy aims to improve a person's ability to do everyday tasks if an individual is experiencing difficulties.

Occupational Therapists work with people of all ages to look at all aspects of everyday life in their home, school or workplace. They look at activities you find difficult and see if there is another way you can do them. Often they will make assessments on individuals who come home from the Hospital for example, seeing what adjustments need to be made to the home to live a comfortable life e.g. putting in a stairlift, arranging for a wheelchair to be available etc.

There are numerous Occupational Therapy teams in Gwynedd

There are a number of Occupational Therapy teams in Gwynedd that serve adults, children and individuals with learning disabilities across the county. We can place you with a team in the most convenient area for you.

By completing your work experience within the Occupational Therapy team you will have various experiences including;

- If appropriate, an opportunity to shadow a variety of assessments to promote independence and recovery.
- Carry out assessments for the provision of suitable equipment, and make suitable adjustments to the home.
- Carry out assessments to provide the appropriate moving and handling equipment and also provide training.
- Gain an understanding of what Occupational Therapy is, how it works in the community and offer a taste of co-working with health teams.
- An opportunity to understand how to work in a Multidisciplinary Team.

Social Work

Age to be agreed with the service. An individual must be at least 16 years old.



Social Workers make a difference to the lives of individuals and their families to help them live their lives more successfully.

As a Social Worker you will work with people to find solutions to their problems. This can mean giving individuals a voice, protecting vulnerable people from harm and supporting people to live independently. There are a number of different Social Work teams within the Council including - children's teams, adult teams, learning disability teams and a mental health team.

Due to the nature of the work and the intensity of some cases, work experience will be available in the adult teams if you are interested in becoming a Social Worker;

- Learning Disability Team
- 18 + Adults Team

These teams operate across the county with teams in Caernarfon, Pwllheli and Dolgellau. We can place you with a team in the most convenient area to you.

By completing your work experience within the Social Work team you will have various experiences including;

- Completing a programme of shadowing and observing social workers at work
- Carry out assessments with individuals in their home or hospital and sometimes visit care homes or day centres.
- If appropriate an opportunity to shadow visits
- An opportunity to get an overview of the service and see what is important in terms of planning to meet care and support needs.

Wellbeing team

You must be 16+ to complete your work experience here.



Cyngor Gwynedd's Wellbeing team leads projects that offer preventative work in the care field in the hope of reducing the pressure on the care sector. There is diversity within the team including projects that support individuals living with dementia, unpaid carers, young carers, bridging the generations and work to make Gwynedd an age friendly county. The main purpose of the Wellbeing team is to improve people's quality of life through connection. This is done through schemes which have the following elements at their core:

- Emphasis on being social and a part of the community,
- Promoting positive health and wellbeing and
- Promoting collaboration.

The Wellbeing team have come together to offer work experience where you can get a taste of the work of the Dementia Actif Gwynedd team, Bridging the Generations and wellbeing. This placement will give a comprehensive picture of what the Wellbeing team offers to the residents of Gwynedd. The Wellbeing team operates on various projects across the county.

By completing your work experience within the Wellbeing team you will have various experiences including;

- Join the physical activity classes - meet and chat with Dementia Actif members and take part in the activity.
- Get a taste of online keep fit classes with Dementia Actif members and the council's Residential Homes.
- Attend a Dementia friends information session - to raise awareness and learn more about dementia.
- Gain experience of attending and supporting bridging the generations sessions t
- and see the value of the work on older and younger people. For example craft sessions or afternoon tea.
- Co-work with the young carers project officer by attending information sessions for Schools and meetings.
- Attend community projects to increase the confidence of older people to socialise again as part of the Gwynedd Age Friendly work.

Learning Disabilities

The Learning Disabilities services fall under the Adults, Health and Wellbeing department.

The purpose of the services is to address and promote the wellbeing needs of individuals with learning disabilities. Whether that be physical, emotional, mental or social needs. It is necessary to ensure that the services addresses what is important to individuals with a learning disability and their carers.

To ensure that the needs of individuals are fully met, a wide range of the services will often be offered in partnership. This can be support to live independently, support out in the community, and much more.

The Learning Disability service focuses on provision that offers opportunities to socialise and maintain relationships. There is a focus on developing a community-based service through the local hubs and offering a service that is led by the individuals and their carers.

The Learning Disabilities field is so diverse. It is an opportunity to gain experience and skills to improve your understanding of how to support individuals with complex and intense needs. There is great scope for development in the field.



Arfon Offer

Learning Disability team

You must be 16+ to complete your work experience here.



Some of the Arfon area Learning Disabilities team have come together to offer work experience across a large number of their services. By choosing to complete your work experience here you'll have the opportunity to gain experience in our Learning Disabilities services across the Caernarfon area including...

- Community hubs - Hwb Heli, Cynllun Cymunedol Arfon, Y Felin Glynllifon a Hwb Arfon.
- Out and about in the local community helping with support work.
- Helping out at our shop Galwch Acw in Caernarfon, by supporting individuals to create items and also with the day to day running of the shop.

The teams work together to achieve the same goal which is to support the individuals to have a voice, give them a choice and help them to be part of their local communities by taking part in activities. Many activities, workshops and projects are held to support this work including art sessions, Canfod y gân, Doniau Cudd, Makaton and much more. They work together in order to give the best possible support to these individuals.

By completing your work experience within this team you will have various experiences including;

- Promoting opportunities and quality of life for individuals
- Taking part in leisure activities for example - cycling, swimming, bowling or trampolining
- Get a better picture of how to support individuals in their community
- Helping individuals with art, cooking, music, crafts and gardening sessions
- Support personal care for individuals.

Llwybrau Llesiant

You must be 16+ to
complete your work
experience here.



The purpose of Llwybrau Llesiant is to provide a wide range of services and activities that respond to the needs of individuals with learning disabilities in the county. A key part of this work is to hold sessions to promote the positive physical, emotional and social well-being of individuals. The Llwybrau Llesiant team has been divided into two parts;

- North Gwynedd - Arfon, Ogwen and Dyffryn Nantlle
- South Gwynedd - Dwyfor, Meirionnydd and Eifionydd.

Both teams work towards the same goal, which is to think about the welfare of the individuals and to present them with social opportunities. They organise a multitude of different activities including - walking trips, gardening clubs, quizzes and bike tours. There are many activities and support available to these individuals.

By completing your work experience within this team you will have various experiences including;

- An opportunity to get an overview of the service and their work priorities within Learning Disabilities in terms of developing the service to meet individual and carer needs.
- Spend time in the hubs, be a part of different activities and the different groups that are being organised.
- An overview of the assessment process - see what's important in terms of planning to meet care and support needs.

Learning Disability Residential Home

You must be 16+ to complete your work experience here.



The Council has two Learning Disability Residential Homes in the county where you can complete a period of work experience;

- Tan Y Marian, Morfa Garreg, Pwllheli
- Frondeg, Maesincla, Caernarfon.

This service is provided for individuals who may have difficulty living independently and are therefore looking for somewhere that will offer security, social interaction, support and ongoing help.

By completing your work experience in one of our homes you will have various experiences including;

- Supporting individuals to live an active and meaningful life - maintaining and developing their skills and fostering new ones.
- Supporting individuals with day to day tasks such as cooking, cleaning, washing clothes, styling clothes etc to promote their independence and dignity.
- Introduce residents to different social experiences and help them become integrated into their local communities through activities such as gardening club, cooking club, visiting the library, trips to the cafes and much more...
- Giving you a chance to be creative and to use your art or music skills to think of activities to entertain residents and starting projects in the home.
- Developing communication, safeguarding, team work skills and also learning how to follow an individual's personal plan.

Community Hubs

You must be 16+ to complete your work experience here.



The Learning Disability service has community hubs across the county. Community hub is the term used for a location where individuals with learning disabilities receive opportunities during the day, to attend social events and learn new skills in a way that is open to the community.

The hubs are a very important part of the ethos of the service, and a way of integrating services with the wider community creating valuable links and relationships with residents and organisations.

These are the hubs where you can do a period of work experience;

- Y Gwystl, Y Ffôr, Pwllheli
- Dolfeurig, Dolgellau.

By completing your work experience in one of our hubs you will have various experiences including;

- Helping the development of new services e.g. Pryd ar glud
- Helping in the kitchen on projects such as Popty prysur
- Helping the crew to garden - the Gwystl's potatoes are famous!
- Using your arts and craft skills in the craft sessions
- Participating and helping during community activities
- Offer support to individuals with personal care.

Catering opportunities

You must be 16+ to complete your work experience here.



Do you like to cook? Do you study catering at School or College or want to turn a hobby into a job? Want a job where you can make a real difference? Our Care services has various opportunities in kitchens across the county. These kitchens are a very important part of our services to ensure that individuals get the right nutrition to continue living their lives to the fullest. When working in one of the kitchens you will work directly with people - preparing meals for them and sometimes carrying out activities such as baking a cake to entertain the users.

These are the kitchens where you can do a period of work experience in;

- Plas Hafan Residential Home, Nefyn
- Plas Y Don Residential Home, Pwllheli
- Plas Gwilym Residential Home, Penygroes
- Plas Maesincla Residential Home, Caernarfon
- Plas Pengwaith Residential Home, Llanberis
- Plas Ogwen Residential Home, Bethesda
- Plas Hedd Residential Home, Bangor
- Bryn Blodau Residential Home, Llan Ffestiniog
- Cefn Rodyn Residential Home, Dolgellau
- Llys Cadfan Residential Home, Tywyn
- Hafod Mawddach Residential Home, Barmouth.
- Tan Y Marian, Learning Disabilities Team Residential Home, Pwllheli
- Fron Deg, Learning Disabilities Team Residential Home, Caernarfon.
- Cegin Arfon, Caernarfon

By completing your work experience in one of our kitchens you will have various experiences including;

- Learning more about the dietary needs of individuals
- Taking advantage of an opportunity to perfect your cooking skills, learn new recipes and propose new ones
- Participating in the day to day life of the service and help with activities when needed.

Children and Supporting Families

The Children and Supporting Families department provides various social care services for residents of Gwynedd county. The purpose of the department is to ensure that the children and young people of Gwynedd are protected from harm; experience stability in their life and have the best opportunities in terms of their health and well-being.

There are several teams within the Children and Supporting Families department. The department works within 3 tiers of need; Early Intervention, Care and support, safeguarding, and care needs and Specialist Teams. A small percentage of what the department includes is early years service, safeguarding and quality unit and youth service.

In Gwynedd, we believe that every child and young person should be given the opportunity to reach their full potential. We recognise that children develop best when they are supported to grow and succeed within their families and communities. We also recognise that providing early intervention is critical in helping children and their families to thrive and to reduce the need for more intensive services.





Derwen, the Integrated Team For Disabled Children, works with children and young people aged 0 - 18 in Gwynedd and provides specialist support for children with a development delay or disorder, disabled children or children with an illness. They do that by offering advice and information and initial assessments.

They offer various activities for children after school, at weekends and during school holidays in particular. These activities vary from days out, craft sessions, fun, play and development sessions to name just a few services they offer. When completing your work experience here we can guarantee that no two days will be the same.

There is an offer for you to come on work experience here in order to get a taste of working with children. In order to complete your work placement in this team you are required to be an enthusiastic, energetic, easy-going, creative person who likes children, with that you must also be patient.

Derwen operates across the county, so opportunities are available to you in:

- The Arfon area, with the office based in Caernarfon
- The Dwyfor area, with the office based in Pwllheli
- The Meirionydd area, with the office based in Dolgellau

When completing your work experience with the Derwen team you will have various experiences including..

- Helping to plan and carry out activities
- Learning how to interact with children.
- Be a part of the children's development, including helping them with their self confidence.

Nursery

You must be 16+ to complete your work experience here.



The Children and Family Support department's early years service tries to make a definite positive difference to the life opportunities of children under 4 years of age. They do that by supporting nursery education provisions, developing the childcare and play sector, and providing parenting packages to help Gwynedd families raise healthy, happy and safe children. They also provide packages of more intensive support in specific areas of Gwynedd through the Flying Start programme.

As part of the work, the Council has its own nursery in Caernarfon, Plas Pawb, in the Maesincla area. There is an offer for you to come on work experience here in order to get a taste of working with children. In order to complete your work experience in the nursery you are required to be a person full of fun, energy, creativity, empathy and to be quite patient.

By completing your work experience within the Plas Pawb nursery you will have various experiences including;

- Helping to plan and carry out activities e.g. musical and art and craft activities.
- Learning how to interact with children.
- Be a part of the children's development - help with their numeracy and literacy skills through play.

How to apply

As you can see from this pack the Social Care sector has many career opportunities to offer. Why not come join us for work experience to get a taste of the type of work available and to get a glimpse of working in the sector?

To apply for work experience, we ask you kindly to complete the application form with more details about yourself and why you would like to complete a work experience with us. Remember that the application support statement section is the most important section of your application. Here it is important to elaborate on your previous experiences, your skills, your values and your career hopes for the future.

We ask you kindly to list three work locations so that we can place you in the most suitable location. We ask that you provide full details as in the example below;

1. *Plas Hafan Residential Home, Nefyn*
2. *Frondeg, Learning Disabilities Residential Home, Caernarfon*
3. *Occupational Therapy, Pwllheli*

We also expect your work experience teacher/tutor to complete a reference form, to be returned at the same time as your application form.

The case study videos of individuals already working in the Social Care sector may help you make a decision. You can watch these on the [WeCare site](#).

We look forward to welcoming you to our services on work experience. Any questions please e-mail: gofalu@gwynedd.llyw.cymru

