



A fun workshop for 12—18 year olds, inclusive of neurodiverse and trauma informed approaches

Activities

Fun interaction using technology and games, earning prizes and rewards



Relationships & Resilience

Making good relationships, applying personal boundaries and keeping safe.

Independence

Wellbeing and building social relationships with family and friends.



Creating a positive future

Discovering personal skills and abilities, strong relationship networks and confidence in communication.

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Supporting People – Improving Lives

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Plu2o is an activity based workshop for young people ages 12-18 years designed to integrate those who present with issues including offending behaviour, school attendance, risky behaviours and uncooperativeness using trauma informed methods.

The 5-week workshop aims to be inclusive of children and young people who are neuro diverse including ADHD by offering a suitable working environment and learning methods from fully trained leaders which are designed to assist neuro diversity in a safe and productive way.

The 5 sessions cover:

Boundaries: Establishing healthy relationships and building resilience.

Healthy Relationships: What is ok and not ok in relationships/friendships.

Consequences: Making positive choices, beneficial engagement.

Responses: Responding to life situations and likely outcomes.

Independence: Wellbeing, developing self-awareness, encouraging sense of worth and belonging. Essential skills for building social relationships.

The workshop content has been has also been researched and developed to provide valuable activities for young people who are due to leave care. These activities are designed to assist care leavers to build positive and healthy relationship networks with trusted adults.

Each referral is discussed with the referrer so that content can be adapted to suit individual needs, e.g scenarios and activities can be adapted to suit a young person's current situation and highlighted needs.

Attendees will have their own journal to record personal experiences, earn rewards and prizes as an incentive with a celebration award ceremony at the end of the 5 weeks.

For further information please contact us.



Gweithdy hwyliog ar gyfer pobl ifanc 12 - 18 oed, yn cynnwys dulliau gweithredu niwroamrywiol a thrawma

Gweithgareddau

Rhyngweithio hwyliog gan ddefnyddio technoleg a gemau, ac ennill gwobrau



Perthynas a Chydnerthedd

Gwneud perthnasoedd da, defnyddio ffiniau personol a chadw'n ddiogel.

Annibyniaeth

Lles ac adeiladu perthnasoedd cymdeithasol gyda theulu a ffrindiau.



Creu dyfodol cadarnhaol

Darganfod sgiliau a galluoedd personol, rhwydweithiau perthynas gref a hyder mewn cyfathrebu.

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Cefnogi Pobl – Gwella Bywydau





Mae PLU²O yn weithdy ar gyfer pobl ifanc 12 – 18 oed sydd wedi'i gynllunio i integreiddio'r rhai sy'n cyflwyno problemau gan gynnwys ymddygiad troseddol, presenoldeb ysgol, ymddygiadau peryglus ac anghydweithredol gan ddefnyddio dulliau sy'n seiliedig ar drawma.

Nod y gweithdy 5 wythnos yw cynnwys plant a phobl ifanc sy'n niwr-amrywiol gan gynnwys ADHD, drwy gynnig amgylchedd gwaith addas a dulliau dysgu sydd wedi'u cynllunio i gynorthwyo amrywiaeth niwro mewn ffordd ddiogel a chynhyrchiol gan arweinwyr sydd wedi'u hyfforddi'n llawn yn y pwnc niwro-amrywiol.

Mae'r 5 sesiwn yn cynnwys:

Ffiniau: Sefydlu perthnasoedd iach ac adeiladu gwynwch

Perthnasoedd iach: Beth sy'n iawn a ddim yn iawn mewn perthnasoedd / gyda chyfeillion

Canlyniadau: Gwneud dewisiadau cadarnhaol ac ymgysylltu buddiol

Ymatebion: Ymateb i sefyllfaoedd bywyd a chanlyniadau tebygol

Annibyddiaeth: Lles, datblygu hunanymwybyddiaeth, annog ymdeimlad o werth a pherthyn. Sgiliau hanfodol ar gyfer adeiladu perthnasoedd cymdeithasol.

Mae cynnwys y gweithdy hefyd wedi cael ei ymchwilio a'i ddatblygu i ddarparu gweithgareddau gwerthfawr i bobl ifanc sydd ar fin gadael gofal. Mae'r gweithgareddau hyn wedi'u cynllunio i gynorthwyo'r rhai sy'n gadal gofal i adeiladu rhwydweithiau perthnasoedd cadarnhaol ac iach gyda oedolion y gellir ymddiried ynddynt.

Trafodir pob atgyfeiriad gyda'r cyfeiriwr fel y gellir addasu'r cynnwys i weddu i anghenion unigol, e.e.gellir addasu'r cynnwys a gweithgareddau i weddu i sefyllfa bresennol person ifanc ac anghenion a amlygwyd.

Bydd gan fynychwyr eu dyddlyfr eu hunain i gofnodi profiadau personol, ennill gwobrau fel cymhelliant gyda seremoni wobrwyo a dathlu ar ddiwedd y 5 wythnos.

Am fwy o wybodaeth, cysylltwch gyda ni.