



**A ydych yn 'ap-us' eich
byd**

**If you are 'appy and you
know it**



Yn Cyflwyno ForMi **Introducing ForMi**

KAT APPLEWHITE

Agenda

- Trosolwg byr o'r hyn y mae'n ei olygu
 - Pam mae sefydliadau, gweithwyr proffesiynol a phobl ifanc a'u teuluoedd wrth eu bodd
 - Sut mae'n cael ei ddefnyddio nawr
 - Clywed gan y bobl sy'n bwysig
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-
- Brief overview of what it's all about
 - Why organisations, professionals and young people and their families, love it
 - How it is being used now
 - Hearing from the people who matter
 - Demo of the ForMi App



ForMi

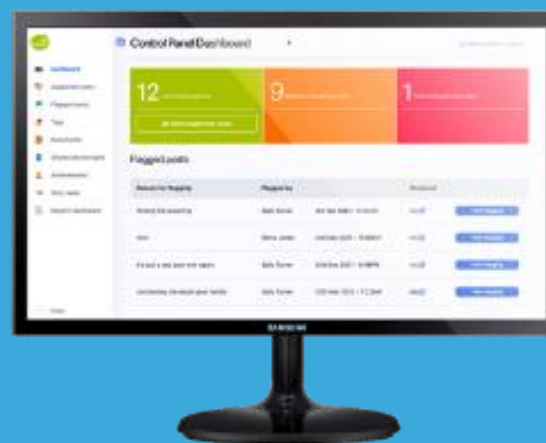


Pam ei ddefnyddio? - Helpu pobl i wneud cynnydd a gwella eu lles

Ar gyfer pwy mae e? - Pobl o bob cefndir

Beth mae'n ei wneud – Cydnabod ac adeiladu ar gryfderau, gosod nodau sy'n canolbwyntio ar yr unigolyn, dathlu llwyddiannau a chyflawniadau cysylltu a chael eich cefnogi gan eraill

Sut? – Ar gael fel Ap neu bwrdd gwaith mae'n hygyrch, yn hawdd i'w ddefnyddio, yn hwyl ac yn werth chweil.



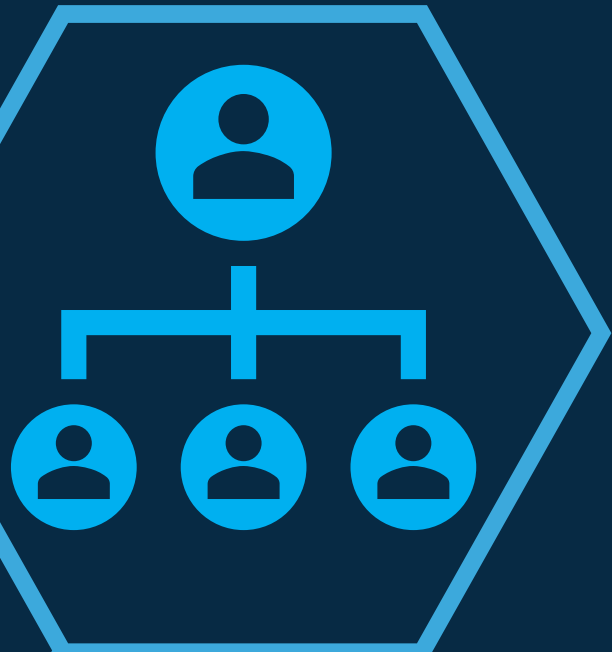
Why use it? - Help people to progress and improve their wellbeing

Who is it for? – People from all walks of life

What does it do – Recognise and build on strengths, set personal centred goals, celebrate successes and achievements, connect and supported by others

How – Available as an App or desktop: it is accessible, easy to use, and rewarding.





Pam mae sefydliadau wrth eu bodd...

Cymhorthion cysylltiad | Cefnogi Cydweithwyr | Canlyniadau Tystiolaeth

Why organisations love it...

Aids connection | Supports Colleagues | Evidences Outcomes



Pam mae gweithwyr proffesiynol wrth eu bodd...

Ilai gweinyddol | Cysylltiad Gwell | Canmoliaeth darparwr

Why professionals love it

Less admin | Improved Connection | Praise provider



Pam mae pobl ifanc yn ei garu...

Gwerthfawrogi a chlywed | Grymus | Yn eu helpu i fyfyrion'n gadarnhaol | Cefnogwyd

Why young people love it...

Valued and heard | Empowered | Helps them to reflect positively | Supported





Gwych am gefnogi...

- Unrhyw un â chynllun
- Teuluoedd yn derbyn cefnogaeth
- Pobl ag Anabledd Dysgu
- Straeon bywyd
- Lechyd Meddwl

Great for supporting...

- Anyone with a plan
- Families receiving support
- People with a Learning Disability
- Life stories
- Mental Health

**ForMi**



ForMi

Helping young people progress and feel good about themselves

Let's hear from the people who matter.....



ForMi

**Gawn ni weld beth mae'r holl ffwdan yn
ei olygu....**

Let's see what all the fuss is about....

Diolch

Ka@2here2there.me.uk

www.here2there.me.uk

Tel: 07793750173

Thank you

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www.here2there.me.uk

Tel: 07793750173





ChatHealth

Atebion Digidol GIG i Wasanaethau Niwroamrywiaeth

NHS Digital Solutions for Neurodiversity services

Julie Jones and Laura Burrowes



Model cyflenwi effeithlon

- **Safonau llywodraethu gwybodaeth sicr**
- **System a reolir gan risg wedi'i staffio gan eich gweithlu presennol**
- **Wedi'i ddefnyddio gan dros 80 o sefydliadau'r GIG**
- **Defnydd effeithlon o gymysgedd sgiliau**
- **Sefydlu addasadwy i weddu i ofynion gwasanaeth/defnyddiwr gwasanaeth**
- **Dim angen atgyfeirio cymhleth – cyswllt uniongyrchol**
- **Cadw cofnodion - nid oes angen i ddefnyddwyr gwasanaeth ailadrodd eu stori**

Efficient model of delivery

- **Assured information governance standards**
- **Risk managed system staffed by your existing workforce**
- **Used by over 80 NHS organisations**
- **Efficient use of skill mix**
- **Adaptable set-up to suit service/service user requirements**
- **No need for complex referral – direct contact**
- **Record-keeping - no need for service user to repeat their story**

Gofal sicrwydd ansawdd

- **Llif gwaith gweithredu dan arweiniad clinigol**
- **Gweithdrefnau Gweithredu Safonol Sefydledig**
- **Rhaglen hyfforddi ar gyfer defnyddwyr staff**
- **Rhannu technoleg ac arfer gorau**
- **Mecanweithiau adborth cadarn**
- **Cyfleoedd rhwydweithio rheolaidd**
- **Cefnogaeth barhaus i'r prosiect i sicrhau llwyddiant parhaus**
Adroddiadau misol ar gyfer gwerthuso parhaus

Quality assured care

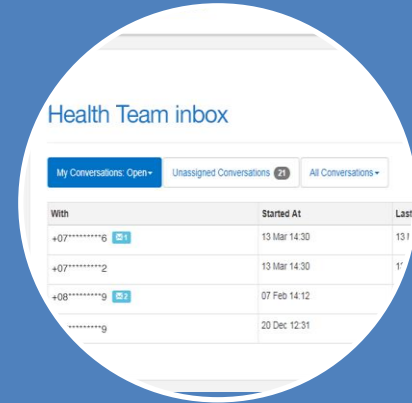
- **Clinically-led implementation workstream**
- **Established Standard Operating Procedures**
- **Training programme for staff users**
- **Shared technology and best practice**
- **Robust feedback mechanisms**
- **Regular networking opportunities**
- **Ongoing project support to ensure continued success**
- **Monthly reports for ongoing evaluation**





Neges a anfonwyd gan unigolyn

- > Caniatáu gofyn am gymorth amserol a hygyrch
- > Cyswllt uniongyrchol



Neges a dderbyniwyd i mewnflwch a reolir yn ganolog

- > Diogelwch dychwelyd wedi'i anfon



Ymarferydd gofal iechyd lleol wedi'i neilltuo i sgwrsio ac ymateb i neges



Cefnogaeth un-i-un a gynigir yn gyfannol yn ystod sgwrsiau amser real



Arwyddo / dilyniant priodol

- > Taith bositif i gleifion
- > Mynediad effeithlon i lwybrau lleol



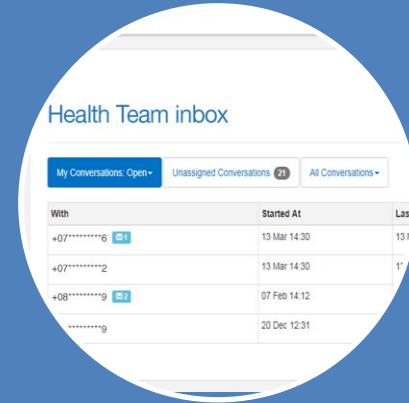
English

Safe and secure messaging



Message sent by an individual

- > Allowing timely & accessible support to be sought
- > Direct contact



Message received into centrally managed inbox

- > Safety bounceback sent



Local healthcare practitioner assigned to conversation and replies to message



One-to-one support holistically offered during real-time conversations



Appropriate signposting/ follow-up

- > Positive patient journey
- > Efficient access to local pathways



Mae ChatAutism yn cael ei gynnig yng Nghaerlŷr, Swydd Gaerlŷr a Rutland sy'n caniatáu i bobl gael cymorth a chyngor cyfrinachol gan weithiwr iechyd proffesiynol am unrhyw bwnc sy'n gysylltiedig ag awtistiaeth.

ChatAutism is offered in Leicester, Leicestershire & Rutland allowing people to get confidential help and advice from a health professional about any autism related topic.



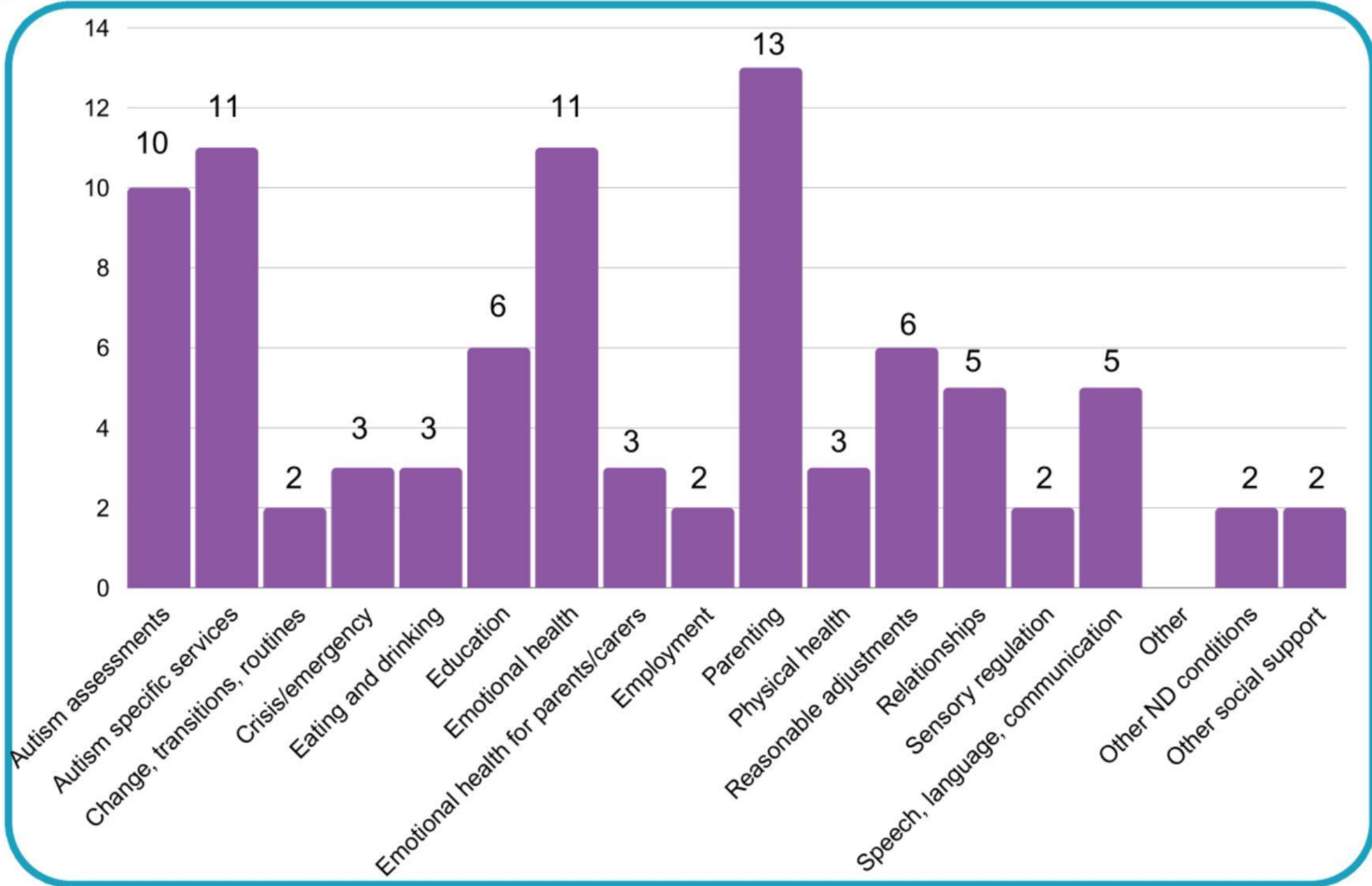
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sgyrsgiau negeseuon y mis, ar gyfartaledd.

50

messaging conversations per month, on average.

Conversation Topics



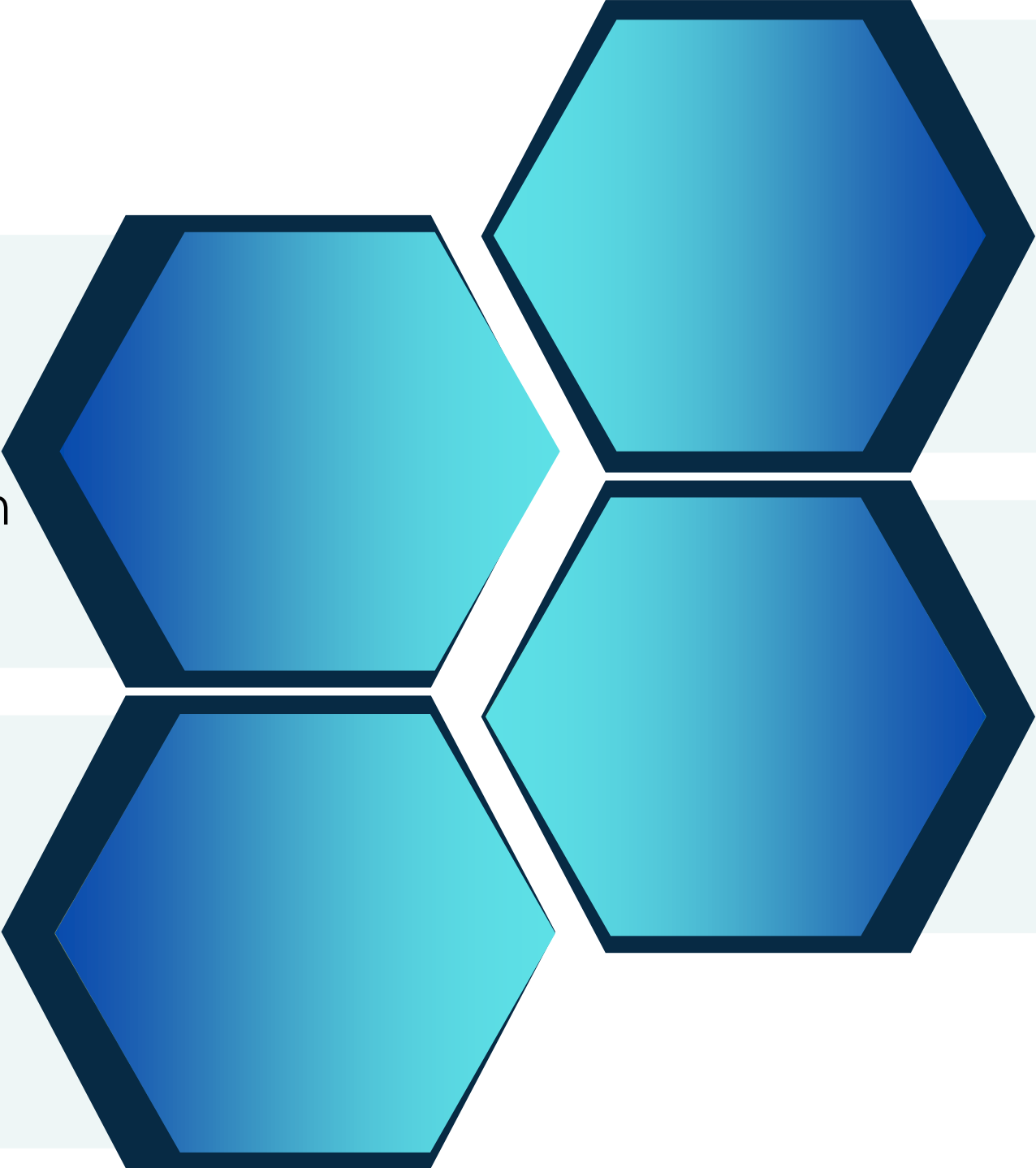



NEGES sy'n dod i mewn: Roedd oedolyn â diagnosis ASD diweddar yn ei chael hi'n anodd dod i delerau ag ef a phrosesu eu meddyliau a'u teimladau. Gofynasant am help i symud ymlaen o hyn

GOFAL A DDARPERIR DRWY CHATHEALTH: Atebodd y gweithiwr iechyd proffesiynol yn ôl yn mynegi empathi a gofynnodd am fwy o fanylion am sefyllfa eu bywyd. Gwnaethant gynnig sicrwydd bod eu sefyllfa'n normal/nodweddiadol. Rhoesant gyngor ymarferol, clinigol ar sut i flaenoriaethu iechyd a lles, gan gyfeirio at adnoddau defnyddiol. Roedden nhw'n dymuno'n dda iddyn nhw, gan roi gobaith iddyn nhw y gall pethau newid er gwell.

INCOMING MESSAGE: An adult with a recent ASD diagnosis was struggling to come to terms with it and process their thoughts and feelings. They asked for help in moving forward from this.

CARE PROVIDED VIA CHATHEALTH: The health professional replied back expressing empathy and asked for more details about their life situation. They offered reassurance that their situation was normal/typical. They gave practical, clinical advice on how to prioritise health and wellbeing, signposting to useful resources. They wished them well, giving them hope that things can change for the better.



Wow, doeddwn i ddim yn disgwyl ymateb mor frwd, diolch! Mae darllen hyn wedi fy helpu llawer i weld y darlun ehangach."

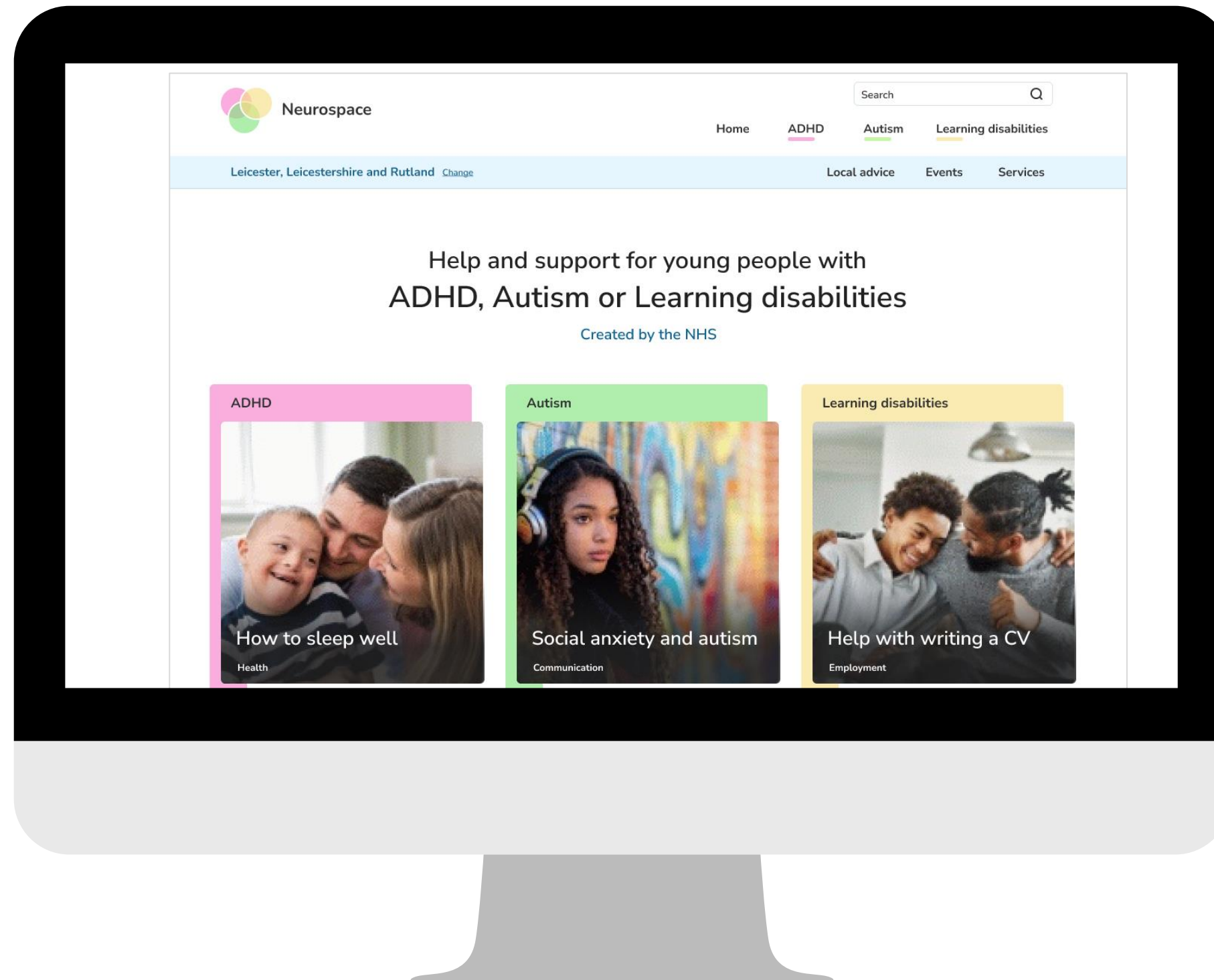
Mae hyn yn fwy o help nag yr wyf erioed wedi'i gael o'r blaen."

"Wow, I wasn't expecting such a thorough response, thank you! Reading this has helped me a lot to see the bigger picture."

"This is more help than I've ever received before."

Ar hyn o bryd yn datblygu gwefan bwrpasol ar gyfer cymorth niwroamrywiaeth.

Adrannau ardal leol ar gyfer cyngor, digwyddiadau a gwasanaethau cymorth lleol.

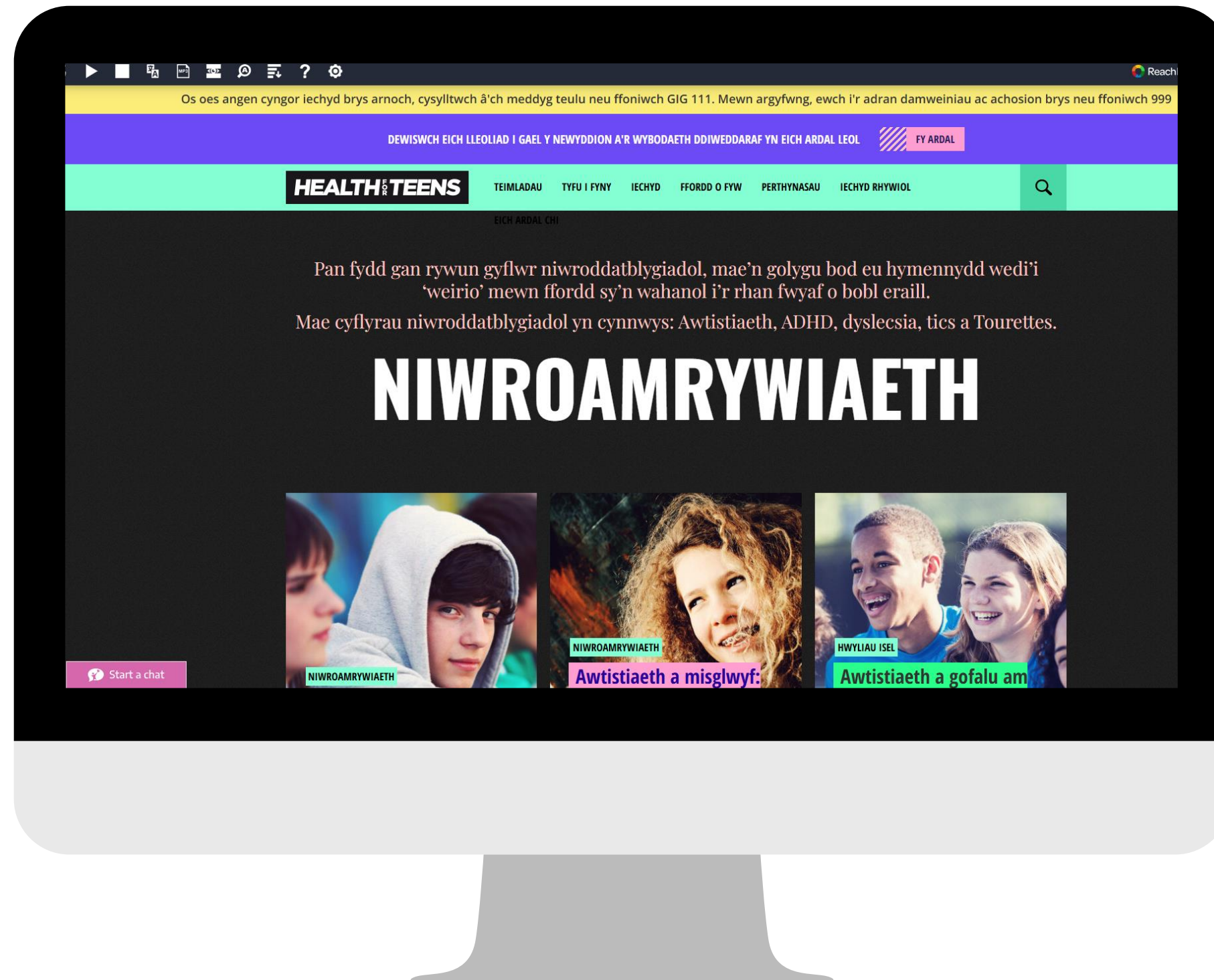


Currently developing a dedicated website for neurodiversity support.

Local area sections for localised advice, events and support services.

Mae gwefan Iechyd i Bobl Ifanc yn cynnwys adran Niwroamrywiaeth gyda chyfoeth o erthyglau.

Mae meddalwedd gynorthwyol wedi'i hadeiladu yn caniatáu cyfieithu, lleferydd-i-destun a chuddio sgrin.



Existing Health for Teens website includes a Neurodiversity section with a wealth of articles.

In-built assistive software allows translation, speech-to-text and screen-masking.

Camau nesaf

Cysylltwch â'n Rheolwr Cysylltiadau Cleientiaid, Julie Jones, i drefnu demo a thrafod sut y gallwch chi sefydlu negeseuon ChatHealth yn eich gwasanaeth.

E-bost: lpt.teamdhts@nhs.net

Gwefan chathealth.nhs.uk

Adroddiad Effaith: impacts.dhtsnhs.uk



Next steps

Contact our Client Relationship Manager, Julie Jones, to arrange a demo and discuss how you can set up ChatHealth messaging in your service.

Email: lpt.teamdhts@nhs.net

Website: chathealth.nhs.uk

Impact Report: impacts.dhtsnhs.uk

