



RHONDDA CYNON TAF COUNTY BOROUGH COUNCIL

MUNICIPAL YEAR 2018/19

**CHILDREN & YOUNG PEOPLE SCRUTINY
COMMITTEE**

12th September 2018

**REPORT OF THE GROUP DIRECTOR,
COMMUNITY & CHILDREN'S SERVICES**

Agenda Item No: 5

**Results of the two surveys
undertaken within Children
Services with children, young
people and carers.**

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1. PURPOSE OF REPORT

1.1 The purpose of this report is to present Members with the results of the Bright Spots Survey undertaken with children and young people in care and also the survey undertaken with children and young people subject to a care and support plan as part of the Welsh Government's performance framework.

2. RECOMMENDATIONS

It is recommended that Members:

2.1 Acknowledge the findings and outcomes of the surveys.

2.2 Acknowledge and scrutinise the responses made to the findings.

3. BACKGROUND

Earlier this year Children Services undertook two surveys with children, young people and their carers. The surveys were:

- The Bright Spots Survey with Children Looked After.
- Survey of Children, Young People and their carers who are subject to Care and Support Plans.

The Bright Spots survey was commissioned through The Welsh Government's Ministerial Working Group "Improving Outcomes for Children. They commissioned Coram Voice and University of Bristol to undertake the Bright Spots Survey in six Local Authorities. The other Local Authorities were Swansea, Cardiff, Caerphilly, Flintshire and Pembrokeshire.

The survey *Your Life, Your Care* was developed through the Bright Spots Programme to measure well being in Children Looked After. The aim of which is to improve the care experience and well-being of looked after children and care leavers by highlighting the "Bright Spots" of practice that contribute to children flourishing in care. There were 16 core questions in the survey with the survey being split into three age groups:

- Children aged 4-7 years (16 questions)
- Children aged 8-11 years (31 questions)
- Young people aged 12-18 (46 questions)

A trusted adult was identified to support the completion of the survey by individual children and young people and these individuals were identified from a variety of sources including educational leads, designated teachers, social care staff, and youth engagement officers.

The other survey undertaken was with children and young people and their carers, who were subject to care and support plans. The Children, Young People and their Carers Survey is part of the regulatory requirements of the Social Services Wellbeing Wales Act 2014. It is undertaken at 'a point of time' and all children and young people subject to Care and Support Plans at that time are surveyed, together with their carers. The questions in the survey are set by Welsh Government but additional questions can be asked if a Local Authority wish to do so, however, this year no additional questions were added. The results of this survey are submitted to the Welsh Government as part of the Performance Framework year end data which for this year was submitted in May 2018.

4. RESULTS OF THE SURVEYS

Your Life Your Care Survey was sent out to all children looked after aged 4 to 18 in February 2018 (410 children and young people). The survey would not have been validated unless the response rates from each of the three age groups exceeded 30%. 146 responses were received, a response rate of 36%.

A summary of the survey can be found at Appendix 1, the full survey is in Appendix 2 and the feedback to children and young people in Appendix 3 .The

children and young people's feedback was sent to all schools that took part and advertised on the children looked after website, 4 Sides. The key findings were:

What's working well:

- All (100%) young children 4-7 years old in RCT felt settled where they lived. More young people (83%) reported feeling settled compared to 73% in other Welsh Authorities.
- Overall 88% of children and young people reported that they felt safe in their placements all or most of the time, a larger proportion than the 75% of young people in the general population who felt safe in their homes.
- More young people felt they could do the same things as their friends: 90% in RCT compared to 84% of looked after young people in other authorities.
- School is a positive experience for most children in RCT.
- A larger proportion of children and young people (98%) felt that their carers were interested in their education compared to peers (90%) in the general population.
- The majority (80%) of children and young people (8-18years) thought that their lives were improving.
- In the age 4-7 survey none of the youngest gave responses that indicated they had low wellbeing.
- The proportion (75%) of children and young people (4-18years old) who had a pet was higher than reported by children in the general population where 66% had pets.

What could be improved?

- Social workers need to ensure that children and young people understand who they are.
- Work with children and young people to involve them in decisions.
- Explain to every child why they are in care and regularly review with children if they would like more information.
- Continue to communicate with schools to identify and help children who feel bullied at school and those who feel that they do not have a good friend.
- Give carers further training in therapeutic parenting.
- When reviewing opportunities to have fun/hobbies, consider not just organised activities but contact with nature.
- Regularly review contact plans taking into account children and young people's wishes and feelings
- Be aware of gender difference and give opportunities to young people (11-18 years) to build self-esteem and a positive self-image.

The survey undertaken with children and young people, subject to care and support plans (see Appendix 4) had a very low response.

- Out of 1120 children and young people who were subject to care and support plans only 188 responded
- Out of 13 young carers only 3 responded.

- Out of 1251 parents only 95 responded

Key findings from this survey were:

- 94% of children/young people reported that they felt safe from abuse
- Only 2% reported that they were unhappy with the care and support they received
- Overall comments were positive in relation to children and young people describing the people that they live with and feeling that they were treated with respect.
- 96% of children and young people answered that they are able to communicate in their preferred language.
- Overall, parents did feel involved in decisions about their children (74%) but the number who did not had risen from previous years.
- Young carers responded that they did not feel part of the community and were not involved in decisions relating to the person they provided care for.

5. RESPONSE TO THE SURVEYS

One of the conditions of undertaking the Bright Spots Survey was that children and young people would be responded to in a particular way with commitments being made (see Appendix 3).

The findings were analysed from both surveys and issues raised had previously been identified and had been incorporated into plans that were already being implemented. Therefore, it was agreed that there was no need to produce a further implementation plan specifically for this purpose. The areas of improvements as outlined in the surveys have been actioned as follows:

- **The Children Looked After Quality Assurance Work Plan 2018-2019**

Objective 5 - to monitor and drive service change and improvement, includes the following actions:

- To drive forward the implementation of Life Story Work across RCT Children's Services for the whole looked after population.
- To enhance the therapeutic skills and knowledge of foster carers in relation to attachment theory and therapeutic parenting. This is linked to the work currently being undertaken as part of the Regional Fostering and Wellbeing Project.
- **The Children Looked After Friendly School Quality Mark** - good practice guidance for schools, being launched in RCT in October 2018.

- **Revised and updated RCT Anti-bullying Policy** for Schools to be circulated in September 2018.
- **Quality Assurance Framework** – ensuring practice standards that include social workers included the voice of both child, young person and carer in their assessment and decision making. Social workers making sure that children and young people know who they are and their role,

6. EQUALITY AND DIVERSITY IMPLICATIONS

6.1 This is an information report, therefore, no Equality and Diversity Assessment is required.

7. CONSULTATION

7.1 This is an information report; therefore, no consultation is required.

8. FINANCIAL IMPLICATION(S)

8.1 None

9. LEGAL IMPLICATIONS OR LEGISLATION CONSIDERED

9.1 The Social Services and Well-being (Wales) Act puts a legislative duty on Local Authorities to give people more of a say in the care and support they receive and the future development of service provision.

10. LINKS TO THE COUNCIL'S CORPORATE PLAN / OTHER CORPORATE PRIORITIES/ SIP

10.1 This consultation links to the corporate priority of promoting independence and positive lives for everyone by ensuring that the Council listens to the people it provides for.

10.2 It also contributes to the following well-being goals:

- A prosperous Wales
- A resilient Wales.
- A healthier Wales.
- A more equal Wales
- A Wales of cohesive communities
- A globally responsible Wales

11. **CONCLUSION**

The two surveys were undertaken with different cohorts of children and young people and executed differently. However, the overall findings in both give a consistent message. Clearly the responses provided give an insight of how children looked after and children subject to a care and support plan feel about the way they are treated and we have to acknowledge and take this into account when considering improvements.

Local Authorities have a duty to engage children and young people and their carers in a meaningful and ongoing dialogue. Communication needs to be both timely and inclusive and the way we communicate developed so that we reach as many children young people and their carers as possible.

Participation and engagement needs to be effective and fulfilling and be able to influence both the individual's experiences and also practices of policy makers and service developers. Achieving this is not easy with continuing barriers and challenges needing to be overcome.



Your Life, Your Care: *a survey of the views of looked after children and young people aged 4-18yrs in Rhondda Cynon Taf*

March 2018

*Dinithi Wijedasa and Jon Symonds
University of Bristol*

About this research

Bright Spots

This research is part of the Bright Spots programme: a partnership between the University of Bristol and Coram Voice.

The programme aims to:

- improve the care experience for all looked after children;
- give children a voice on their own well-being; and
- highlight the 'Bright Spots' of practice that contribute to children flourishing in care.

The project was funded by the Hadley Trust, the DfE Innovation Fund and the Children's Commissioner for Wales

- Through the programme we developed the *Bright Spots Well-Being Indicators*, which put children's experience and voices at the heart of how we measure subjective well-being.
- The indicators are measured by the '*Your Life, Your Care*' survey – a tool grounded in research and comparable to national data sets.
- The survey was developed from literature reviews, roundtable discussions with professionals and from focus groups and individual interviews with 140 looked after children and young people living in nine different English local authorities.
- The survey identifies the areas where children appear to be flourishing and where things could be improved, providing an evidence base of children's experience and well-being to inform service improvements.

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Section 1: Summary: Key Findings

Key findings

146 children and young people responded to the survey: a response rate of 36% with boys slightly under-represented.



The vast majority of children and young people (4-18yrs) felt safe (**88%**) and settled (**83%**) in their placements, and nearly all (**98%**) liked their bedrooms.



Most trusted their carers, and felt they had an adult they could trust in their lives.



Around **a quarter** of the children and young people (4-18yrs) wanted more contact with their mothers and siblings.



The majority of children and young people trusted their social workers, but young people emphasised that they disliked social workers changing.



Nearly all older children and young people (8-18yrs) knew who their social worker was and knew they could ask to speak to them alone. **A quarter** of the youngest children (4-7yrs) did not know who their social worker was.



Most children and young people (8-18yrs) felt included in social work decision-making, but **16%** of young people (11-18yrs) did not. Some young people wrote that they were not informed when decisions had been made.

Key findings



Girls (11-18yrs) were significantly more likely than boys to:



be unhappy with their appearance;



not trust their carers;



feel unsafe in placement; and



think that their carers did not notice how they are feeling.

Compared to children in the general population more looked after young people reported:



Not having a good friend.



Talking less regularly with their carers about things that mattered.



Having fewer opportunities to explore the natural world.

Key findings



- The majority of children and young people (4-18yrs) liked school/college.

But around **a third** of the older children and young people (8-18yrs) reported sometimes being afraid to go to school because of bullying; a larger proportion than children (**10%**) in the general population.



- All 8-11yr old children were receiving help to prevent bullying, but only **67%** of those aged 11-18yrs received such help.



Around **one in five** young people (11-18yrs) felt that adults did things that made them feel embarrassed about being in care. One in 10 thought they 'hardly ever' or 'never' got a second chance if they made a mistake.



None of the **4-7yrs** gave responses suggesting low well-being, but **4 (11%)** children aged **8-11yrs** and **12 (22%)** young people (**11-18yrs**) had low well-being scores.



Section 2: Methodology

Methodology

- Three online surveys were used to capture looked after children and young people's views on their own well-being. The three versions were for:
 - a) children aged 4-7yrs (16 questions);
 - b) children aged 8-11yrs in primary school (31 questions); and
 - c) young people of secondary school age 11-18yrs (46 questions).
- There was a common set of 16 core questions.
- Surveys were available in English and Welsh
- Paper surveys were also available and used in cases where no Internet connection was available, or when the young person preferred this method.
- In Rhondda Cynon Taf at the time of the survey 410 children and young people aged 4-18 were looked after and able to complete the survey.
- Children and young people completed the survey anonymously. Individual identifiers such as name, school etc. were not collected in order to allow responses without fear of consequences.
- If children recorded names or any identifying information on the survey these were removed by the researchers.

Methodology

- The survey was distributed through education leads to head teachers, the designated CLA teachers and youth engagement officers in schools. Social care staff, including foster carers and social workers, were asked to encourage children and young people to complete the survey. Regular reminders were sent to head teachers, designated CLA teachers and youth engagement officers and some schools were followed up directly.
- Independent Reviewing Officers were encouraged to introduce the survey to young people at review meetings.
- In the final week, a core group of strategic leads followed up contacts in schools and IRO services.
- Most children and young people were asked to complete the online survey in school over a four week period in February 2018 and, where appropriate, with a trusted adult present. The trusted adult was usually designated CLA teacher, a teacher, youth engagement officer or SENCO.

Methodology

Subjective well-being: Are children flourishing?

- Subjective well-being in this survey refers to children's own evaluations of how they feel about their lives.
- There are questions in the surveys about affect (e.g. how happy a child feels now), cognitive judgements (e.g. evaluations of relationships) and the inner world (e.g. life having meaning).
- All these elements help us understand whether children are flourishing.

- Where possible, LA data are compared to data on children in the general population, and to the average responses from 5 other Welsh local authorities.
- Data were weighted and tests run for significant difference between LAs.
- In addition to questions that measure overarching well-being indicators (happiness, life satisfaction etc.) the questions cover four domains that are important to children and young people: Relationships, Resilience, Rights and Recovery. The report covers each of these.



On some pages of this report you will see a '**Bright Spots**' icon (shown left). This indicates a 'good news' story – a positive aspect of practice in your local authority.

This is where children and young people are doing significantly better than children in care in other local authorities or report the same or higher well-being than their peers in the general population.



Section 3: Survey results



1. Demographics

- Sample sizes
- Age and gender
- Ethnicity
- Placements
- Length of time in care

Sample sizes

Although the sample size must be borne in mind when considering the representativeness of the data, the response rate was significantly better than in some similar surveys. *The State of the Nation: Children in Care, 2015* for example, had a response rate of 3%.

- 146 children and young people completed the surveys from an eligible looked after population of 410.
- The overall response rate was 36%.

Age	Care population <i>n</i>	Responses <i>n</i>	Response rate %
4-7yrs	112	39	35%
8-11yrs	98	37	38%
11-18yrs	200	70	35%

Age and gender

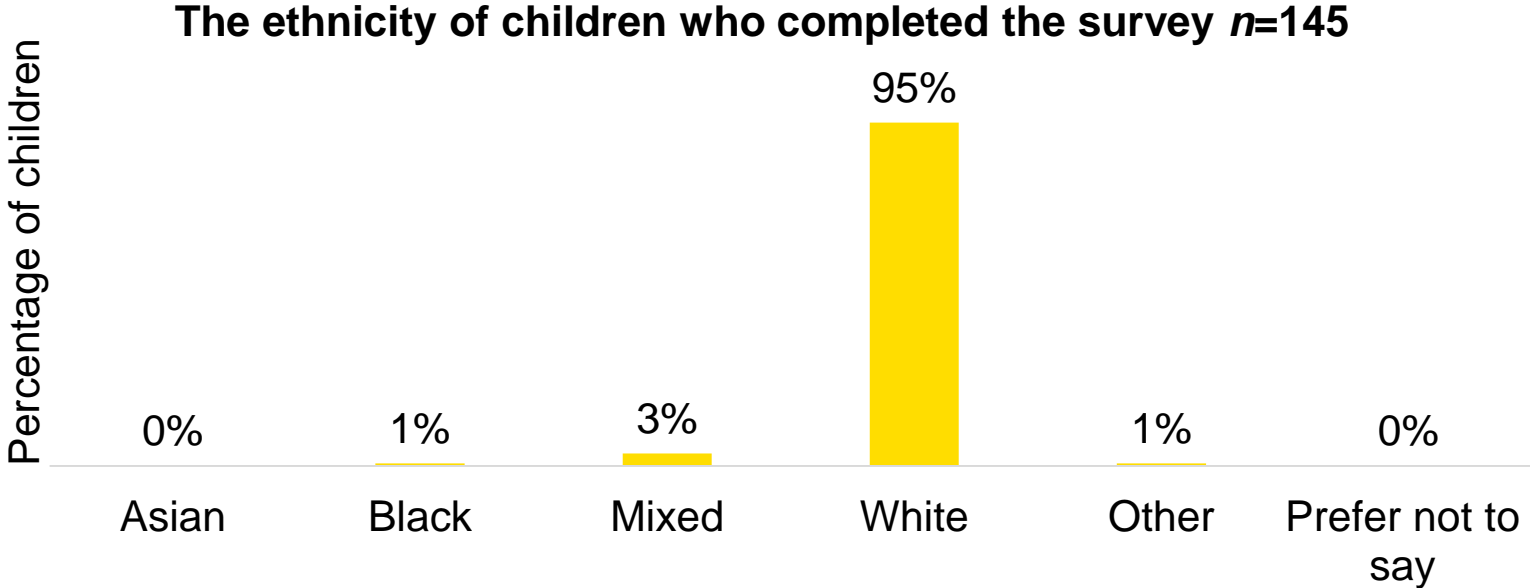
- In Rhondda Cynon Taf, 54% of the looked after population were boys. Therefore, boys are slightly under-represented in the survey.

Age group	Girls n (%)	Boys n (%)	Prefer not to say/no reply n (%)
4-7yrs	21 (54%)	18 (46%)	-
8-11yrs	19 (51%)	18 (49%)	-
11-18yrs	30 (43%)	39 (56%)	1(1%)
TOTAL	70 (48%)	75 (51%)	1 (1%)

Ethnicity

Minority ethnic children appear to be slightly over-represented in the survey, as they make up 3% of the care population in Rhondda Cynon Taf's statistical return to the Welsh government (2017) and 5% in our sample.

- The majority (95%) of children and young people who completed the survey were white.



Placements

The published local authority placement statistics show that 81% of looked after children were placed with foster carers, 7% with parents or those with PR and about 6% lived in residential care. (STATWales, 2017)

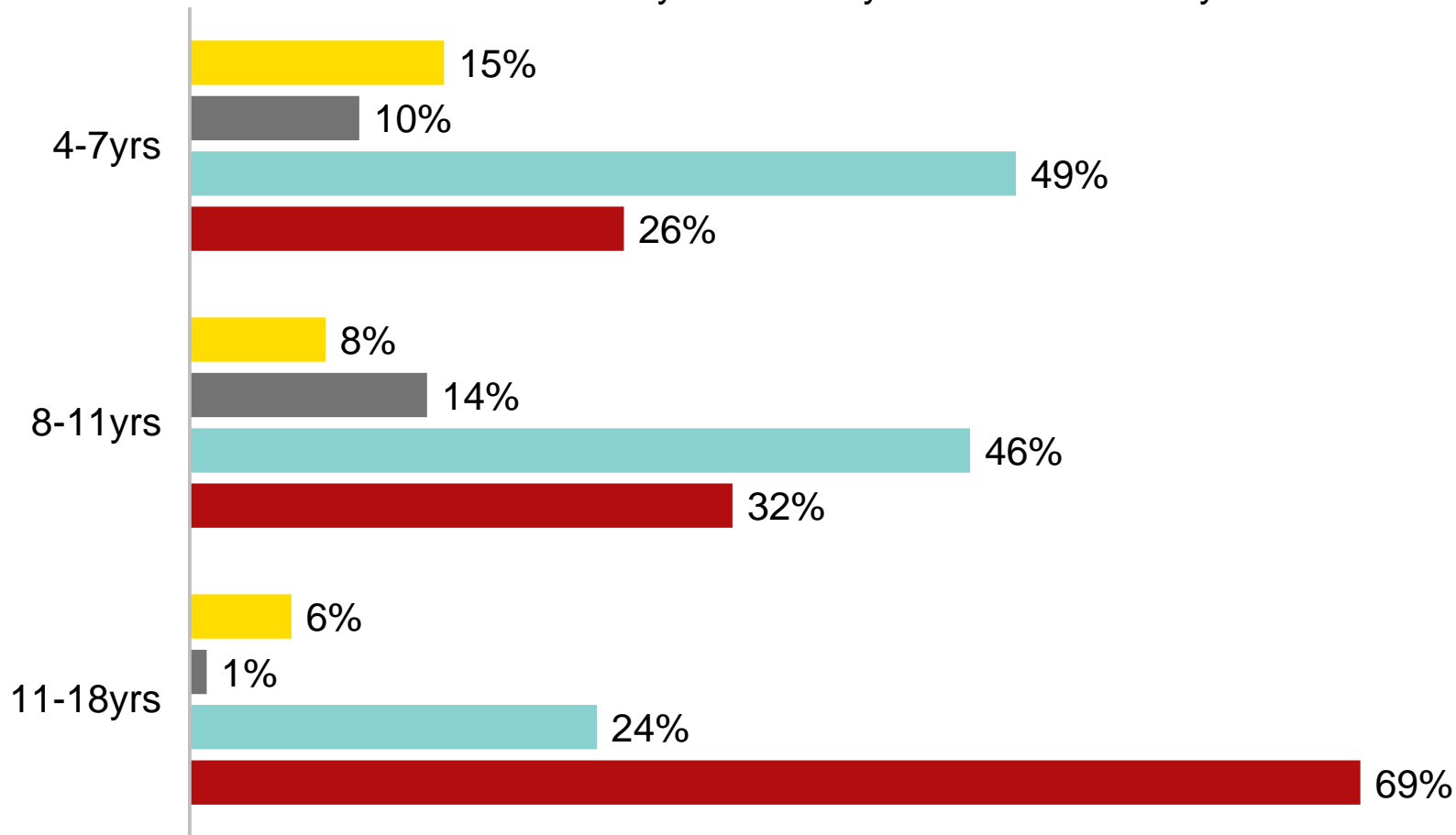
- The majority (68%) of children and young people were living in foster care.
- Nearly a quarter recorded that they were living with a kinship carer.

Age group	Foster care %	Family or friends care %	Residential care %	With parents %	Somewhere else %	Prefer not to say %
4-7yrs	53%	45%	-	2%	-	-
8-11yrs	64%	30%	3%	3%	-	-
11-18yrs	75%	13%	6%	3%	3%	-
TOTAL	68%	24%	4%	3%	1%	-

Length of time in care

How long have you been in care?

■ Don't know ■ Under a year ■ 1-3 years ■ 3 or more years



Percentage of children



2. Relationships

- Family contact
- Good friends
- Pets
- Adults you live with:
Continuity and trust
- Social worker:
Continuity and trust

Family contact




The youngest children (4-7yrs) were not asked questions about family contact, as it was thought that they might become distressed or anxious.



Children and young people (8-18yrs) were asked whether they were *content with the frequency of contact that was taking place with their mother, father, and siblings.*

- 6% of children (8-11yrs) and 9% of young people (11-18yrs) had no face to face contact with either parent.
- The majority of children and young people thought that their contact with mothers and siblings were 'just right'.
- Around a quarter of the children and young people wanted more contact with their mothers and siblings. Some wanted more contact with extended family members.
- Nearly all children and young people who provided text responses wanted more contact with their families. Some of the comments were from young people asking for more information on why certain contact decisions had been made or wanting to know whether they had brothers or sisters and asking for more information about parents who had died.

Family contact

Family member	Age group	Too much	Just right	Too little	I am unable to see them	Don't have any siblings
 Mother	8-11yrs <i>n</i> = 37	-	24 (65%)	10 (27%)	3 (8%)	-----
	11-18yrs <i>n</i> =63	3 (5%)	33 (52%)	14 (22%)	13 (21%)	-----
 Father	8-11yrs <i>n</i> =34	-	11 (32%)	7 (21%)	16 (47%)	-----
	11-18yrs <i>n</i> =64	1 (2%)	26 (41%)	8 (12%)	29 (45%)	-----
 Siblings	8-11yrs <i>n</i> =36	2 (6%)	19 (53%)	10 (28%)	4 (11%)	1 (2%)
	11-18yrs <i>n</i> =65	5 (8%)	38 (58%)	17 (26%)	3 (5%)	2 (3%)

Family contact: 8-11yrs

Children were also given the option of providing *comments about contact*.

- 18 children and young people took the opportunity to write their thoughts and feelings about contact. Eight children wanted more contact and five responded that they did not want to comment. Example quotes are shown below.

I live with my brother and sister. I am happy living with them.

I don't like contact with my mam because she winds me up. I want to see daddy and (names) and my Auntie (name). I feel sad.

It's ok.

Just right.

Like to see brother more.

Like to see my dad.

I feel sad that I don't see my Mam more often.

Family contact: 11-18yrs

- 33 young people took the opportunity to write their thoughts and feelings about contact. Example quotes are shown below.

I like it the way it is.

Yes I would like to see more of my family especially my dad.

I don't want to see my mother or that side of the family.

I am happy with the amount of contact with my family that I have at the moment.

Should have more contact with my little brother. Even just a phone call.

I'm glad that I don't see my father and I don't have a mother. I wish I could know more about my mother.

Good friends



A lack of friendships is associated with loneliness and anxiety. All children and young people (4-18yrs) were asked whether they *had a really good friend*.

General population: *The Millennium Cohort Study (2015)* of young people aged 14yrs found that 3% of young people did not have a good friend.

- Most of the children and young people stated that they had a good friend but 8 (6%) did not. Fourteen young people (20%) chose not to answer this question.
- Proportionately, more looked after children and young people (6%) did not have a really good friend compared to their peers in the general population where 3% were friendless.

Age group	Yes, I have a really good friend n (%)	No, I don't have a really good friend n (%)
4-7yrs	33 (94%)	2 (6%)
8-11yrs	34 (94%)	2 (6%)
11-18yrs	57 (93%)	4 (7%)
TOTAL	124 (94%)	8 (6%)



Pets were important to children in all the focus groups we ran.

Children and young people aged between 8-18yrs were asked if they *had a pet in the home they lived in.*

Focus group feedback

Children and young people said that pets are non-judgmental – they love you no matter what and are always pleased to see you. They can also give children an opportunity to take responsibility.

General population: In Wales, 66% of households with a child (under the age of 19yrs), have a pet.

- 26 (76%) children (8-11yrs) lived in a household with a pet.
- 50 (75%) young people (11-18yrs) had a pet where they lived.
- The proportion of children and young people (75%) who had a pet was higher than reported in the general population and higher than looked after children with a pet (66%) in other Welsh local authorities.

What would make being in care better for you?

*Having a pet to talk to and play with.
11-18yrs*

Adults you live with: Continuity & trust

Placement moves



Young people (11-18yrs) were asked, *how many placements have you had since coming into care?*

Number of placements	Percentage
1 placement	37%
2-4 placements	34%
5-7 placements	13%
8-10 placements	6%
11+ placements	3%
Don't know	7%

Trust



All children and young people were asked whether they *trusted the adults they lived with (i.e. carers, parents).*

Positive responses

- 100% of younger children (4-7yrs);
- 94% of children (8-11yrs); and
- 95% of young people (11-18yrs) trusted their carers.

*My carers are the best.
11-18yrs*

Social worker: Continuity & trust

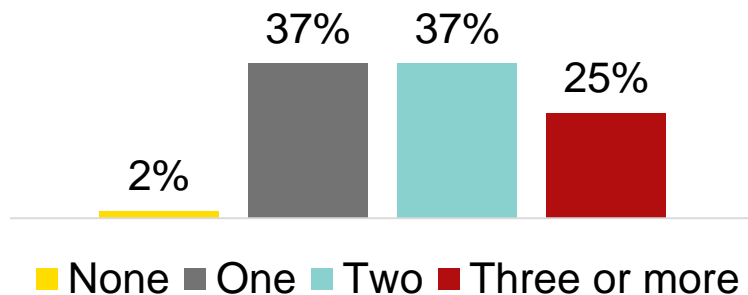
Changes in social workers



11-18 year olds were asked, *how many social workers have you had in the past 12 months?*

- 25% answered that they had had three or more social workers in the previous year.

How many social workers have you had in the last 12 months?



Trusting social worker



Children & young people (n=214) who knew who their social worker was were asked whether they *trusted their social worker.*

- 96% of children (4-7yrs) trusted their worker.
- Children's (8-11yrs) and young people's (11-18yrs) trust in their social workers was low in comparison with other looked after young people.

79% of children (8-11yrs) and 79% of young people (11-18yrs) trusted their social worker. This is a lower proportion compared to young people in other Welsh authorities where 83% of young people trust their social worker.



3. Resilience

- Trusted adult
- Being trusted & helping out
- Liking school
- Adults you live with:
Support for learning
- Having fun & hobbies
- Access to nature
- Second chances
- Life skills
- Access to Internet at home

Trusted adult



Children and young people aged between 8-18yrs were asked, *do you have an adult who you trust, who helps you and sticks by you no matter what?*

A turning point

The availability of one key adult has been shown to be the turning point in many looked after young people's lives. (Gilligan, 2009)

Having a trusted adult has been shown to be the main factor in helping children recover from traumatic events.

- Most children and young people wrote that they had a trusted adult in their lives:
 - 97% of children (8-11yrs); and
 - 89% of young people (11-18yrs) had a trusted adult.
- 8 looked after children and young people had no such adult in their lives.

Being trusted & helping out

Children (8-11yrs) were asked if they *got the chance to help the teacher*.

Focus group feedback

Children had said in the focus groups that they were never trusted to show visitors around school or deliver a message because they were looked after.

- 12% of children (8-11yrs) responded that they were asked to help 'all or most of the time' and 61% answered 'sometimes'.
- 9 (27%) children wrote 'hardly ever' or 'never'.



We asked young people: *How often do you get the chance to show you can be trusted?*

Having trusting relationships and being trusted were key issues raised by the children in the focus groups that underpinned the development of this survey.

- 42% of young people (11-18yrs) thought they were given opportunities 'all or most of the time' to show they could be trusted and 48% given them 'sometimes'.
- 8% felt they 'hardly ever' got an opportunity whilst another 2% indicated that they 'never' did.

Liking school



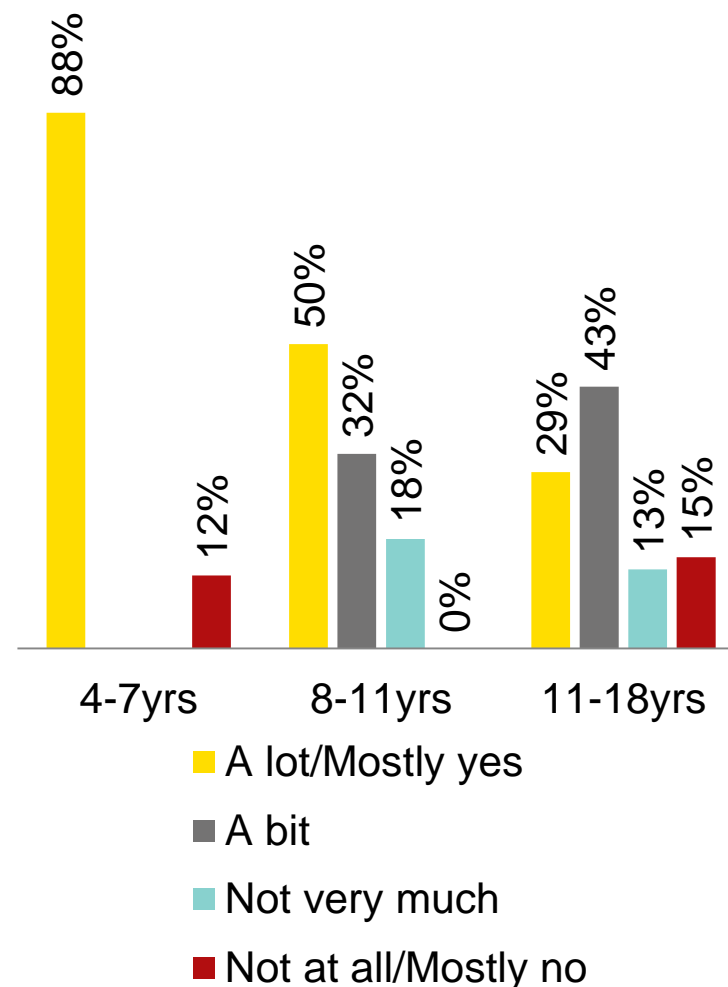
All the children and young people were asked how much they *liked school or college*.

General population: Liking school

The *Health Behaviour in School-Aged Children Survey* (Wales, 2015) of 5,335 young people (11-16yrs) reported that 73% liked school 'a lot' or 'a bit' and 27% 'not very much' or 'not at all'. Liking school decreased with the child's age and girls were more likely to say they enjoyed school 'a lot' in comparison with boys.

- 72% of the 11-18yrs group liked school or college 'a lot' or 'a bit', which is very similar to the proportion in the general population who like school.

Do you like school?



Adults you live with: Support for learning



Children and young people (8-18yrs) were asked if the adults they lived with (e.g. carers, parents) *showed an*

interest in what they were doing in school or college.

General population:

Support with learning

In comparison, the *Health Behaviour in School-Aged Children survey* (11-15yrs) reported that 90% of children in England felt that their parents were interested in what happened at school.

- 97% of 8-11yrs and 98% of 11-18yrs recorded that the adults they lived with showed an interest in their education 'all or most of the time' or 'sometimes'.
- This is a Bright Spot of practice. More children and young people (98%) feel their carers are interested in their education in comparison with young people in England (90%) and looked after young people (93%) in other Welsh authorities.

Having fun & hobbies

Children aged 4-7yrs and 8-11yrs were asked if they had *fun at the weekend*.



The 11-18yrs survey asked young people if they were able to *spend time on their own hobbies or activities outside of school*.

- The majority of children and young people did have fun and took part in activities.

What would make care better?

To do more activities with the other residents of the house and be included in more social activities.

11-18yrs

Age group	Yes, I have fun/take part in activities <i>n (%)</i>	Sometimes I have fun/take part in activities <i>n (%)</i>	No, I don't have fun or take part in activities <i>n (%)</i>
4-7yrs	33 (100%)	-	-
8-11yrs	18 (55%)	15 (45%)	-
11-18yrs	37 (61%)	20 (33%)	4 (6%)
TOTAL	88 (69%)	35 (28%)	4 (3%)

Access to nature



Contact with nature can reduce stress and improve mental health. (Play England, 2012)

We asked whether children and young people had opportunities to *explore the outdoors*, such as visiting parks, beaches, and forests.

Focus group feedback

Some of the children in our focus groups said safeguarding fears limited their opportunities.

General population:

About 11% of children (6-15yrs) had not visited the natural environment in the last year. (National Survey for Wales – outdoor recreation, 2015)

- 84% of children (8-11yrs) and 83% of young people (11-18yrs) answered that they did have access ‘all or most of the time’ or ‘sometimes’.
- Looked after children and young people had less access to nature in comparison with their peers in the general population where on average 89% reported having access to the outdoors

Second chances



Young people aged 11-18yrs were asked if they felt they *got second chances if they did something wrong.*

Focus group feedback

All children make mistakes and need a second or many more chances. It is part of learning and growing up.

Many children involved in the focus groups stated that looked after children were too readily refused a second chance.

- 45% responded 'all or most of the time';
- 42% answered 'sometimes'; and
- 13% thought they 'hardly ever' or 'never' got a second chance.

What would make being in care better for you?

If they would give me my phone, listen to me, let me back out.

11-18yrs

Life skills



We asked the young people in the 11-18yrs group, *how often do you get to practice life skills like cooking healthy food, washing clothes or going to the bank?*

Focus group feedback

This question was asked as many young people in the focus groups thought that they had been insufficiently prepared for independence.

- 85% of young people (11-18yrs) answered that they got opportunities to practice independence skills 'all or most of the time' or 'sometimes'.
- 15% said this was 'hardly ever' or 'never' true.

Access to Internet at home



Young people 11-18yrs were *asked if they could connect to the Internet from home.*

General population: Access to the Internet

- In Wales, 98% of households with children and two adults have an Internet connection. 90% of single parents have an Internet connection. (National Survey for Wales, 2017)
- The *Millennium Cohort Study* of children aged 11yrs old found that children who never used the Internet outside school had a high probability of low well-being. (The Children's Society Report, 2014)

- The majority (90%) of young people reported that they had access to the Internet.
- 6 (10%) young people 'Hardly ever' or 'Never' had access.

What would make being in care better for you?

Being able to use the computer at home and be able to walk with my friends outside school.

11-18yrs



4. Rights

- Included in decision making
- Stigma of being in care
- Feeling safe in placement
- Bullying
- Knowing and contact with social workers

Included in decision-making

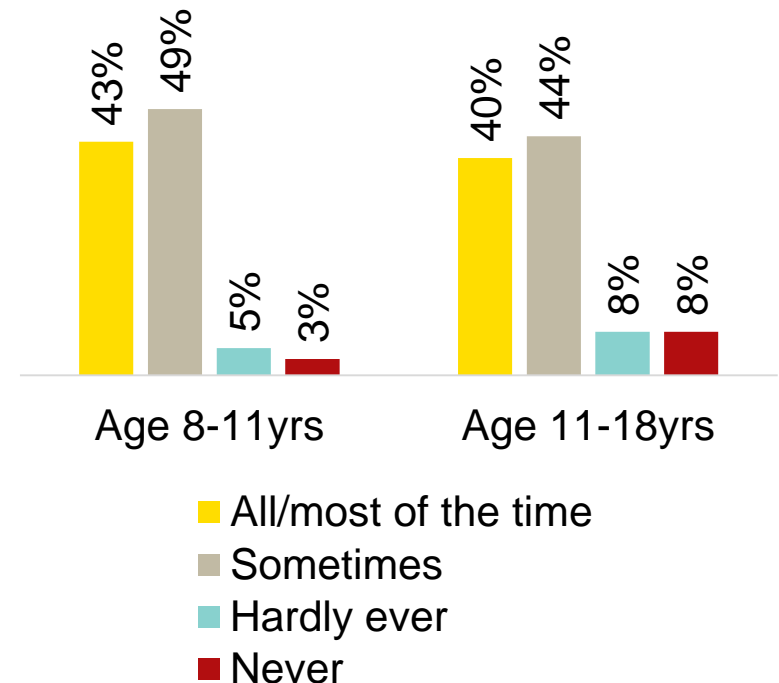


Children aged 8-18yrs were asked, *do you feel included in the decisions that social workers make about your life?*

- 92% of 8-11yrs 'all or most of the time' or 'sometimes' felt included.
- 84% of 11-18yrs 'all or most of the time' or 'sometimes' felt included.

I feel that I don't get much say about things about my life.
11-18yrs

Do you feel included in the decisions that social workers make about your life?



Stigma of being in care



The 11-18yrs age group were asked a question in the survey about feeling different, *do adults do things that make you feel embarrassed about being in care?*

Younger children were not asked these questions, as the focus groups suggested that being made to feel different was of much greater concern in adolescence.

- 12 (18%) of young people recorded that adults did things that made them feel embarrassed about being in care.

When they introduce me to people they say, "This is my foster daughter". Then, that puts me on the spot a bit, and people ask a lot of questions about being in care....

11-18yrs

When I'm with my key-worker and I see a friend I get embarrassed and don't want my friends to know.

11-18yrs

In parents' evening, people say, "This is your mam isn't it?"

11-18yrs

Feeling safe in placement



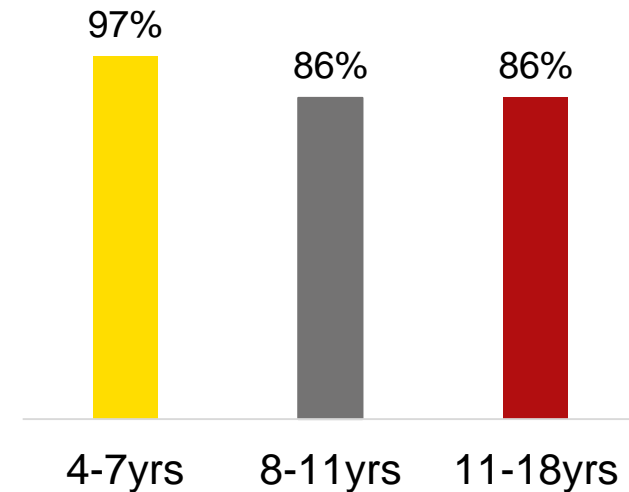
All children and young people were asked whether they *felt safe* in the home they lived in. It is difficult to know what children were thinking about when answering, but feeling secure is about how the world *feels*, not necessarily how it is.

- Overall, 88% of children and young people reported feeling safe 'All or most of the time' which is higher than the proportion in the general population who felt safe in their homes.
- One child in the 4-7yrs group indicated the he/she did not feel safe at home.
- 5 (14%) of the 8-11yrs group and 7 (10%) of the 11-18yrs group indicated that they did not feel safe by ticking the 'sometimes', 'hardly ever' or 'never' boxes.

General population:

The Children's Worlds survey found that 75% of children (8-13yrs) in the general population felt 'Totally safe' at home (Rees *et al.*, 2014). Not feeling safe is associated with raised cortisol levels and difficulty in learning and concentration. (Harvard University, 2012)

I feel safe in the home I live in all or most of the time



Bullying

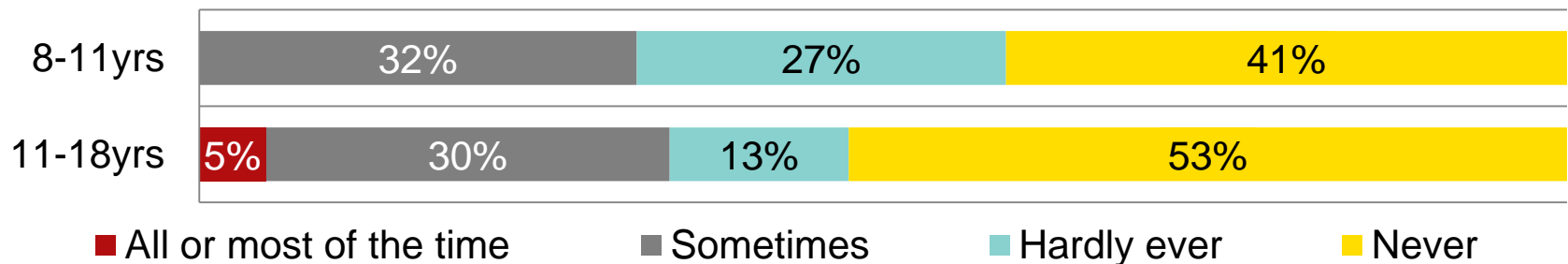
Our question asked whether *children felt afraid of going to school because of bullying* and if they were bullied were they *getting support from an adult*.

General population: Bullying

- The analysis of the *Children's Worlds surveys* in 22 countries has shown that being free from bullying is one of the most important factors in children's well-being. (Rees *et al.*, 2010)
- About 10% of children in Wales report being regularly bullied at school. (ONS, 2016b)

- 11 (32%) children (8-11yrs) and 21 (35%) young people(11-18yrs) reported that they were afraid to go to school because of bullying.
- Looked after children reported more bullying than their peers in the community.
- All 8-11yr old children who were afraid of bullying were getting help and support from an adult. However, this was only true for 14 (67%) of the young people (11-18yrs) who reported being afraid.

Do you ever feel afraid of going to school or college because of bullying?



Knowing identity of social workers



All the children and young people (4-18yrs) were asked if they *knew their current social worker*.

- Overall, 15 children and young people (12%) did not know their social worker.
- It is of concern that more than quarter (26%) of the youngest children (4-7yrs) did not know who their social worker was.

Age group	Know social worker	Don't know social worker
	<i>n (%)</i>	<i>n (%)</i>
4-7yrs	25 (74%)	9 (26%)
8-11yrs	33 (97%)	1 (3%)
11-18yrs	56 (92%)	5 (8%)
TOTAL	114 (88%)	15 (12%)

Contact with social workers



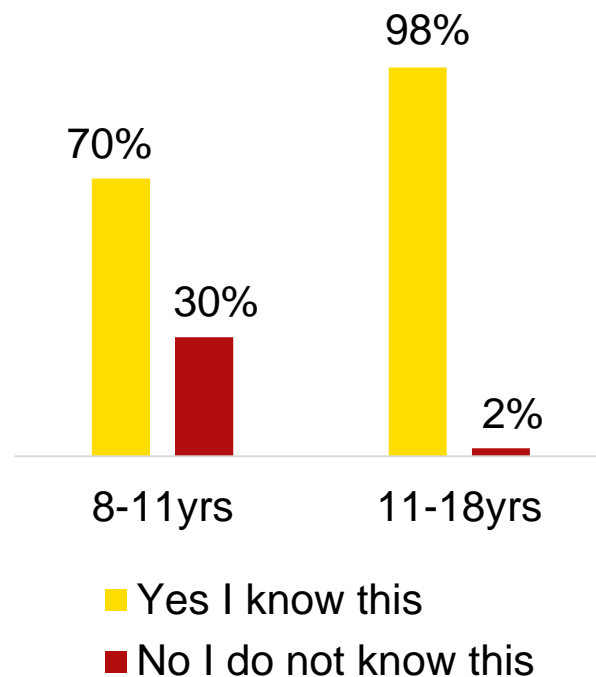
Young people (11-18yrs) who knew their social worker (n=58) were asked how *easy it was to contact them*.



Children (8-11yrs) and young people (11-18yrs) were asked whether *they knew they could speak to their social worker on their own*.

- A high proportion (85%) of young people (11-18yrs) reported that they could get easily get in touch with their social worker 'all or most of the time' or 'sometimes'. However, 8 (15%) could 'hardly ever' or 'never' get in touch with their social worker.
- The majority (70%) of children (8-11yrs) and almost all (98%) of those aged 11-18yrs knew they could ask to speak to their social worker on their own.

Do you know you have the right to speak to a social worker on your own?





5. Recovery

- Knowing reason for being in care
- Feeling settled in placement
- Liking bedrooms
- Adults you live with:
Sensitive parenting
- Adults you live with:
Sharing confidences
- Support with worries
- Parity with peers
- Happiness with appearance

Knowing reason for being in care



All the children and young people were asked if *someone had explained why they were in care.*

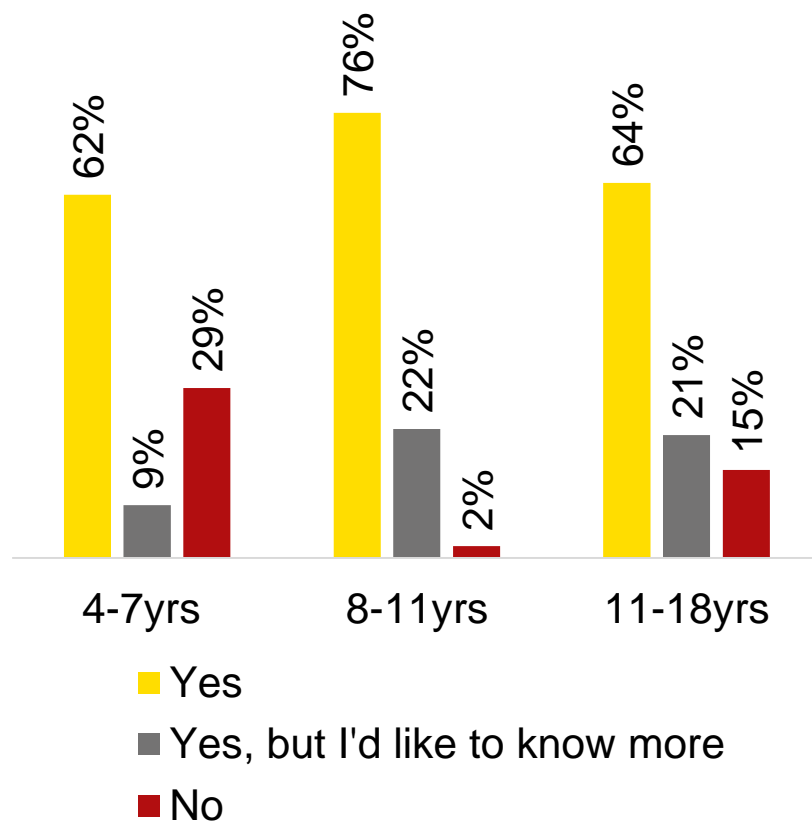
Important for recovery

Having a coherent account of one's history and understanding the reasons that led to becoming looked after are important in the development of an integrated identity and in recovery from abuse and neglect. (Adshead, 2012; Adler, 2012)

More than a third of young people (11-18yrs) and the youngest children (4-7yrs) wanted to understand or know more about why they were in care. Nearly a quarter of the children (8-11yrs) also felt they did not know enough about why they were in care.

Fewer young people in RCT (64%) felt they had a good understanding compared to young people (71%) in other Welsh authorities.

Has someone explained to you why you are in care?



Feeling settled in placement



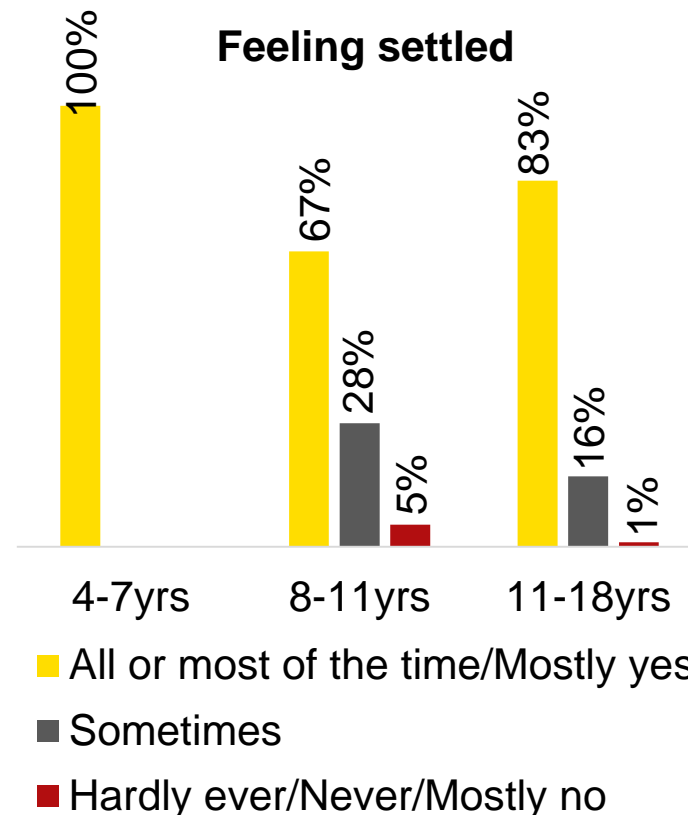
The surveys aimed to capture whether children felt a sense of belonging and felt at ease in their placements. Based on the advice from our focus groups, children and young people were asked,

Do you feel settled in the home you live in? (Do you feel comfortable, accepted and at ease?)

Answer options

Younger children (4-7yrs) could answer 'mostly yes' or 'mostly no'. Children (8-11yrs) and young people (11-18yrs) could answer: 'all or most of the time', 'sometimes', 'hardly ever', or 'never'.

- All younger children (4-7yrs) felt settled in their placements. A third (33%) of the 8-11yr old children and 17% of the young people (11-18yrs) only felt settled 'sometimes', 'hardly ever' or 'never'.



A larger proportion (83%) of young people in RCT felt settled 'all or most of the time' compared to looked after young people (73%) in other Welsh authorities.

Liking bedrooms

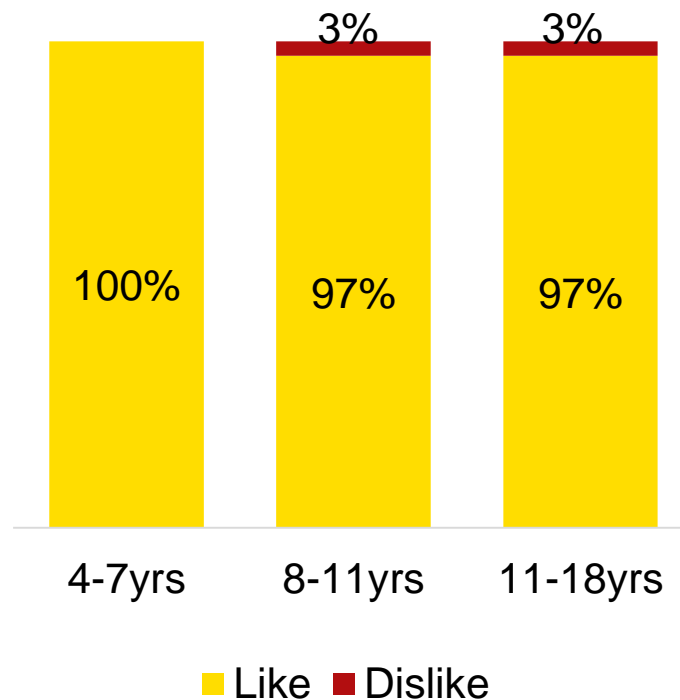


Liking your bedroom was an important feature for the focus groups we ran. Young people reflected that their bedrooms were a place for being on your own in busy homes.

It was linked to safety, a sense of identity and feeling a sense of belonging.

- 139 (98%) children and young people liked their bedrooms.

Do you like your bedroom?



Adults you live with: Sensitive parenting



All children were asked whether they felt the adults they lived with *noticed how they were feeling*.

- 84% of younger children (4-7yrs), 97% of children (8-11yrs) and 92% of young people (11-18yrs) thought their carers noticed how they were feeling 'all or most of the time' or 'sometimes'.
- 5 (16%) of the 31 younger children (4-7yrs) who responded felt that their carers didn't notice how they were feeling.

I think being in care is helpful and it has helped me to control my anger more and made me a better person. My carers helped me the most.

11-18yrs

It is good with (name) and Grampy.
4-7yrs

Adults you live with: Sharing confidences



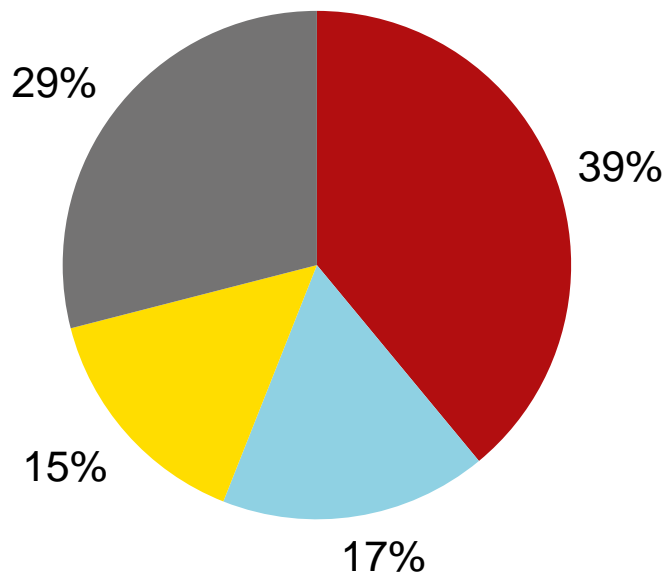
Young people (11-18yrs) were asked how frequently they *talked to the adults that they lived with about the things that mattered to them.*

General population

The UK *Understanding Society* survey (2017) found that 65% of children (10-15yrs) talked regularly to a parent.

- 56% of young people talked regularly with their carers about things that mattered to them.
- The proportion (56%) of looked after young people who talked regularly to the adults they lived with was smaller than their peers in the general population (65%) and other looked after young people (61%) in Wales.

Speaking to adults about things that matter



- Most days
- More than once a week
- Less than once a week
- Hardly ever

Support with worries



Children and young people (8-18yrs) were asked if they *worried about their own feelings or behaviour* and, if they *did have concerns, were they receiving support*.

General population & other comparative data: Mental health

- Studies of looked after populations show that children's level of difficulties are much higher, ranging from about 45% of children in foster care to 75% of those in residential. (Ford *et al.*, 2007)
- In Wales about 17% of children have concerning SDQ scores that suggest they have a clinical level of mental health difficulties (Statistical Bulletin 2017)

- 16% of children (8-11yrs) worried 'all or most of the time' and 49% 'sometimes'. Two children felt they were not getting any help with their worries.
- 15% of young people (11-18yrs) reported worrying 'all or most of the time' and 46% 'sometimes'.

Thirteen of the 40 young people who reported worrying felt they were not getting help. It is of concern that nearly a third of young people felt they were not being helped to resolve their worries.

What would make care better?
I would change my attitude and how often I get angry!! ":(but other than that great :(thx
11-18yrs

I know you think I am safer but I am also more lonely.
11-18yrs

Parity with peers



Young people (11-18yrs) were asked if they *got the chance to do similar things to their friends.*

- 90% of young people reported that ‘all or most of the time’ or ‘sometimes’ they did do similar things to their friends. In RCT, more young people felt they could do the same as friends compared to other looked after young people in Wales where 84% felt they could do the same.
- However, some young people did comment on this aspect of their lives.

*Let me be more like
people who are not
in foster care.
11-18yrs*

*They make me go to
bed earlier than my
friends who are not
in care.
11-18yrs*

Happiness with appearance



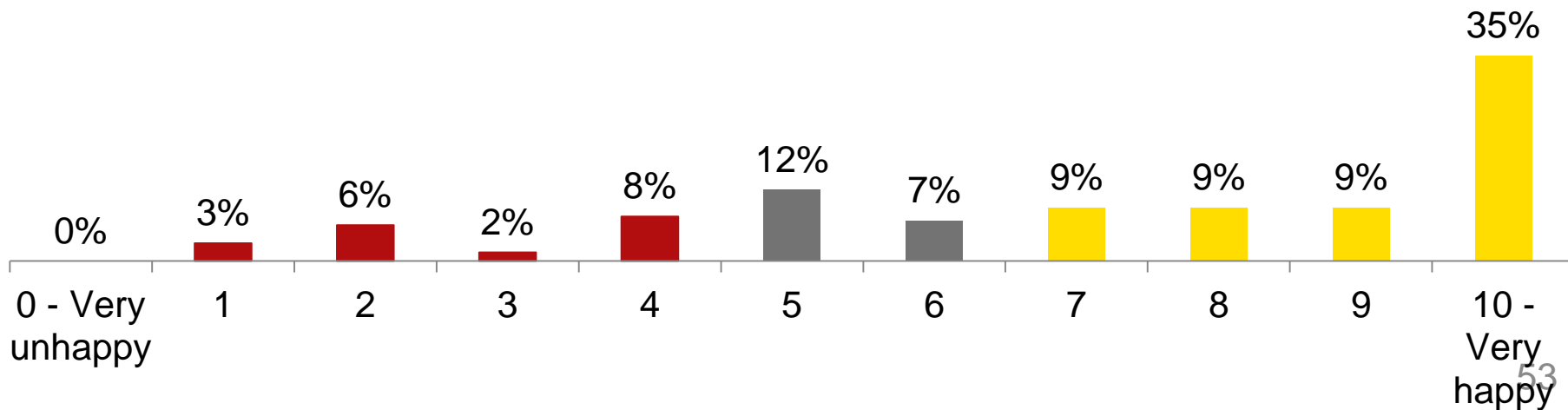
Studies have shown that poor body image is associated with low self-esteem, depression and self-harm. (Cash and Smolek, 2011)

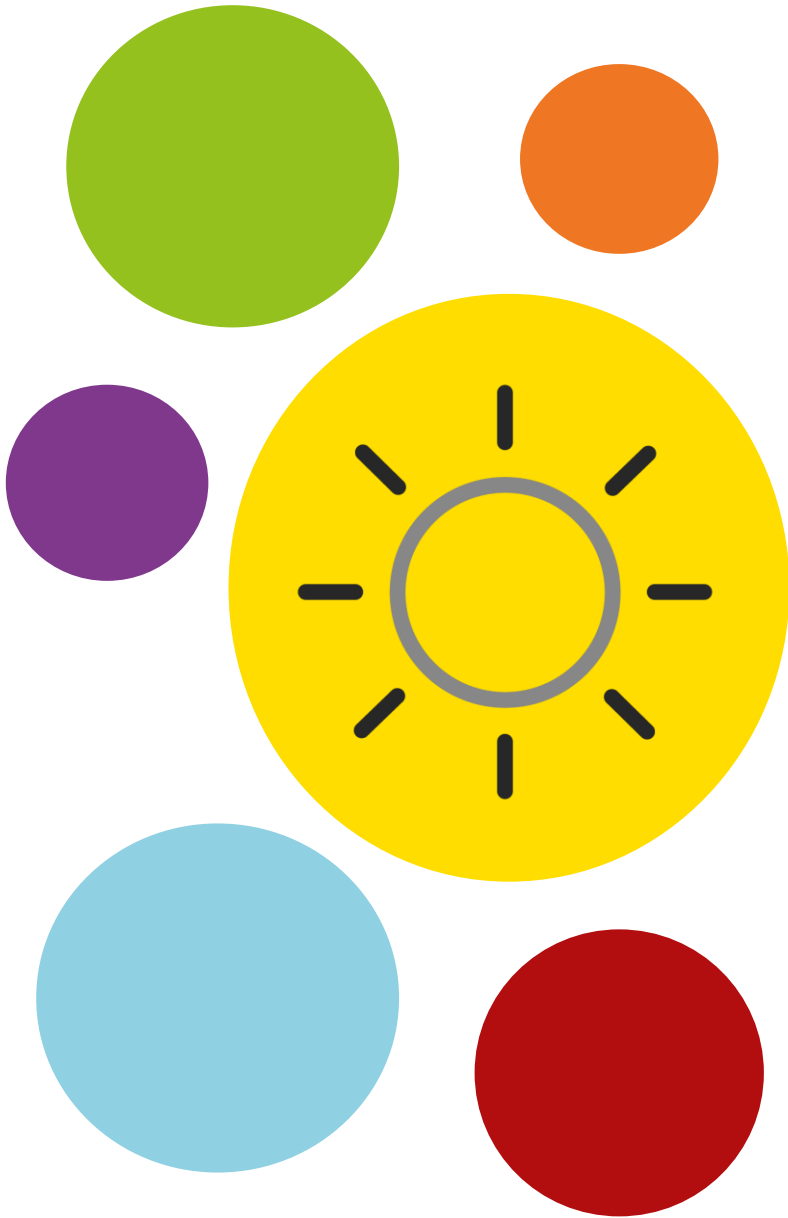
General population: Happiness with appearance

- 10% of 10-17 year olds in the general population are unhappy with their appearance. Girls are more likely to have a lower opinion of their appearance than boys. (The Children's Society, 2017)

- The majority (62%) of young people were happy with their appearance, but 19% disliked the way they looked.
- Nearly twice as many young people disliked their appearance in comparison with young people in the general population.

How happy are you with the way you look?





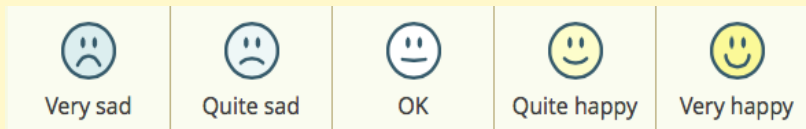
6. Well-being

- Happiness yesterday – affect
- Life satisfaction – overall evaluation
- Life is worthwhile – psychological/eudemonic well-being
- Life is improving
- Positivity about the future

Happiness

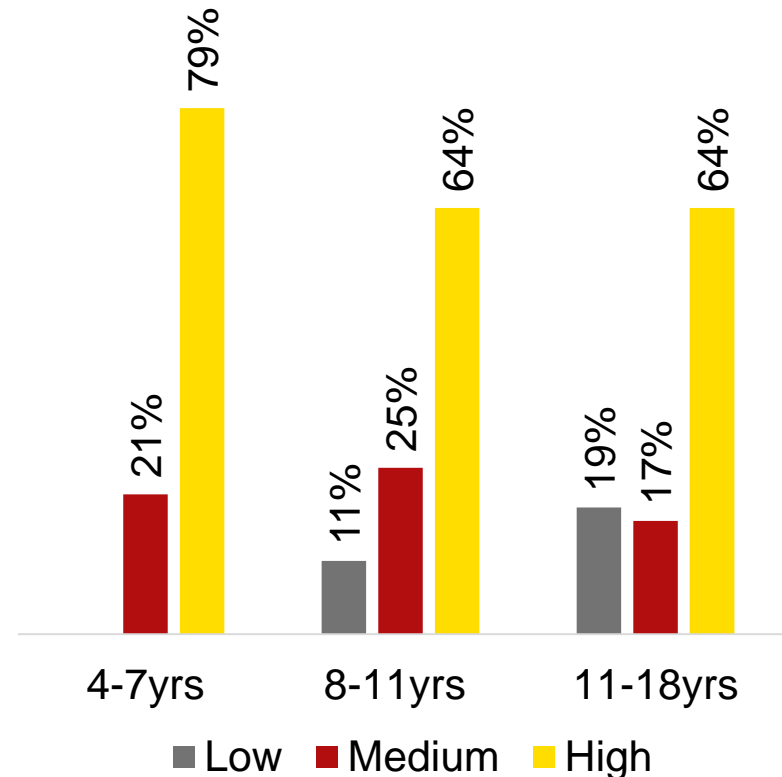
The decrease in happiness with age occurs in all surveys. Well-being decreases from school year 5 onwards with age 14-15yrs being the lowest point. It then starts to rise again. (Rees *et al.*, 2010)

- Children (4-11yrs) were asked to rate *how happy they were yesterday* on a five-point scale, from 'very sad' to 'very happy'.



- Young people (11-18yrs) selected a point on a 0-10 scale with 0 being 'very sad'.
- The majority of children and young people had been happy the previous day.
- 4 (11%) children (8-11yrs) and 11 (19%) young people (11-18yrs) reported that yesterday they had been 'quite sad' or 'very sad' the previous day.

Happiness yesterday



Life satisfaction

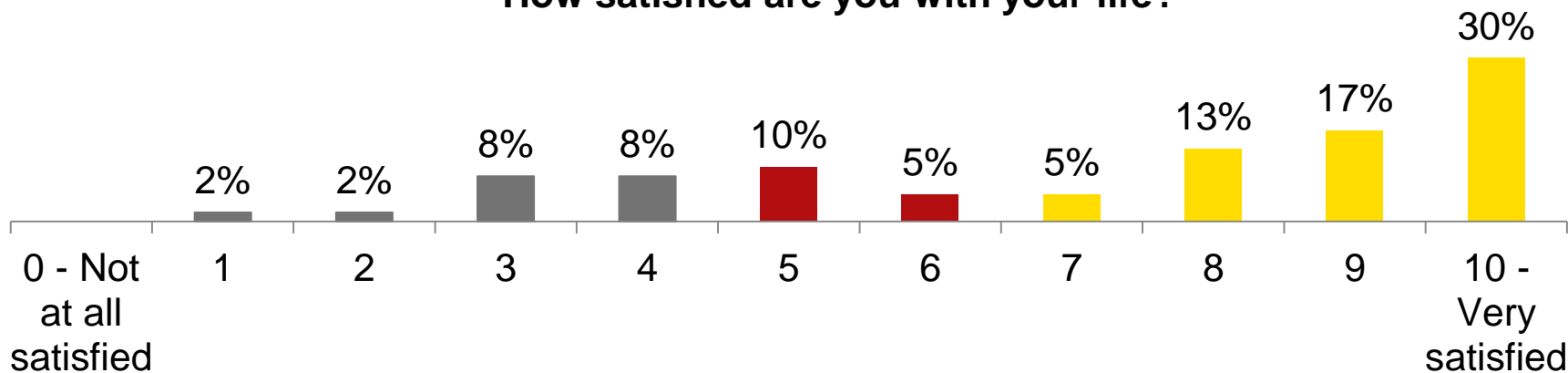


Young people (11-18yrs) were asked *how satisfied they were with their life* on a 0-10 scale.

This question exactly replicates The Children's Society survey question. A score of 7 or more is considered to be high life satisfaction. (The Cabinet Office, 2012)

- Unlike in the general child population, there was no positive correlation between high life satisfaction scores and being happy at school.
- 20% of young people had low life satisfaction scores.

How satisfied are you with your life?



Are the things you do worthwhile?

Young people (11-18yrs) were asked *are the things they do worthwhile?*

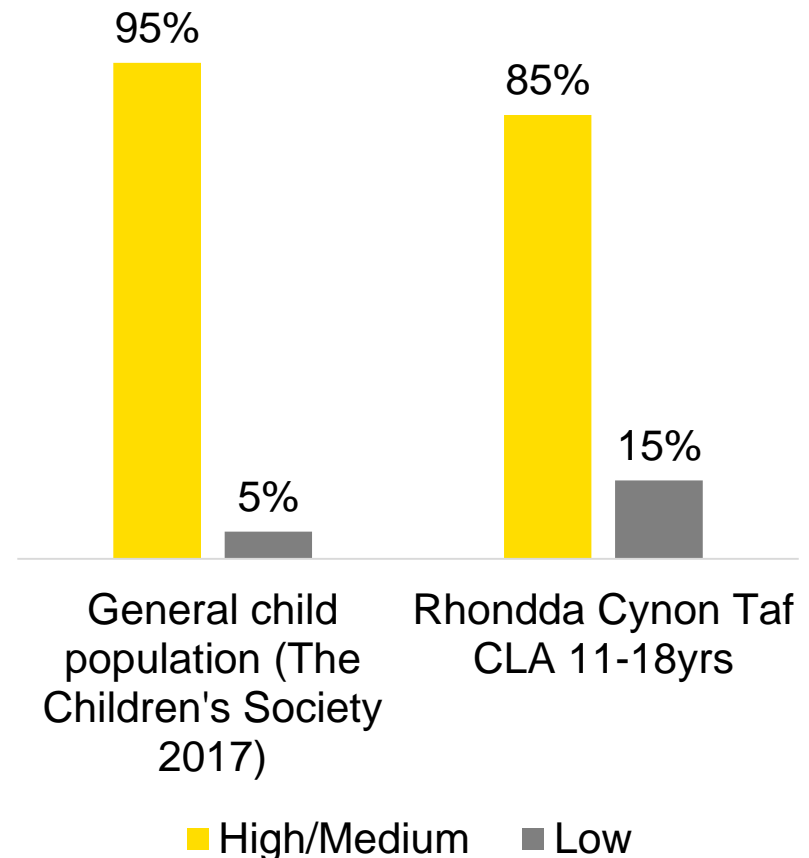
Importance of purpose

Having a meaning or a purpose to life is strongly associated with well-being. (ONS, 2014)

Young people (11-18yrs) completed the same 0-10 scale as used by The Children's Society (2017) in their household survey with 3,000 young people aged 10-17yrs.

- 71% of young people scored high or very high;
- 14% medium; and
- 15% low – feeling that the things they did were not worthwhile.

To what extent do you think the things you do in your life are worthwhile?



Positivity about the future



Young people were asked on a scale of 0-10 *how positive they were about their future.*

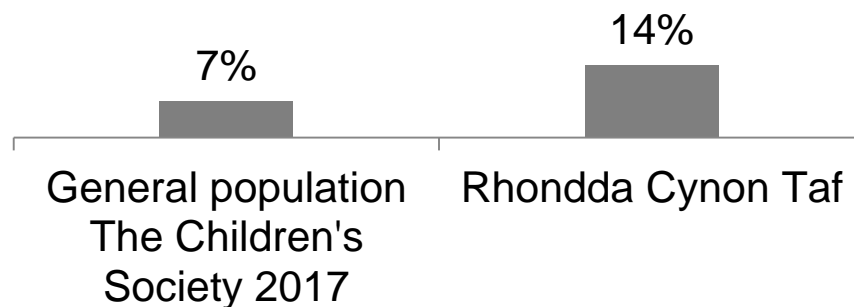
Links to happiness

Optimism about the future is linked with happiness and resilience. (Conversano et al., 2010)

- 42 young people (72%) were very positive about their future.
- 8 young people (14%) had moderate scores.
- 8 (14%) young people had low scores and were pessimistic about their future.

I'm hoping to see more of my dad in the future because my social worker and dad are trying to sort it.
11-18yrs

Young people who were pessimistic about their future: comparison of Rhondda Cynon Taf's (11-18yrs) looked after young people with the general child population



Comparisons

Levels of well-being – Rhondda Cynon Taf’s looked after young people (11-18yrs) compared to peers (10-17yrs) in the general population in Wales (ONS, 2016) and to the average scores of looked after young people in six Welsh LAs.

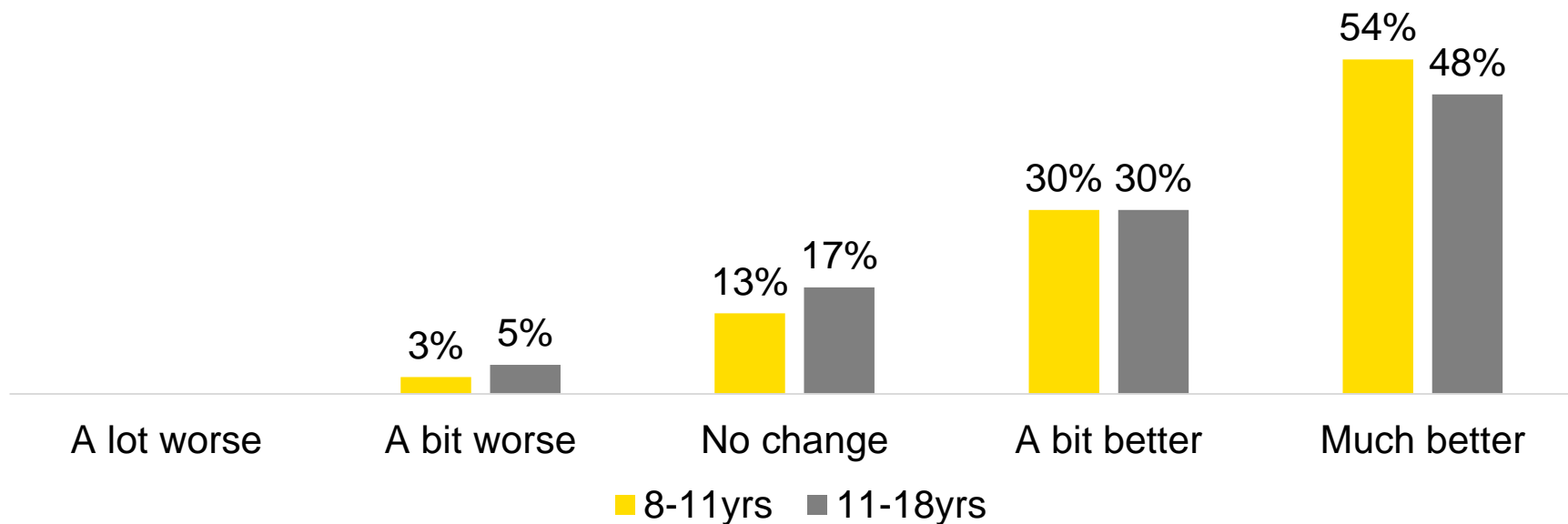
		Life satisfaction	Happiness yesterday	Life worthwhile	Positivity about future
Rhondda Cynon Taf	% with high scores	65%	64%	71%	72%
	% with low scores	20%	19%	15%	14%
2018 average in 6 LAs	% with high scores	55%	55%	62%	65%
	% with low scores	17%	23%	12%	13%
Peers in general pop. (10-17yrs)	% with high scores	80.1%	74.3%	75.0%	-----
	% with low scores	7.8%	12.5%	11.4%	-----

Life is improving

Children aged 8-18yrs were asked whether they thought their *life was getting better*, and could choose from a five point scale ranging from 'a lot worse' to 'much better'.

- The majority (80%) of children in Rhondda Cynon Taf felt that their lives were improving.

Is life improving?



Well-being: 4-7yrs



- None of the youngest children gave responses that indicated they had low well-being.

Rydw i'n hapus gyda
llawer o ffrindiau.
*I'm happy with lots of
friends.*
4-7yrs

Well-being: 8-11 yrs



4 (11%) of the children in the 8-11yrs group described themselves as 'very sad'.

A closer look at the overall responses of these 4 children revealed the following:

- All four reported that they worried about their feelings and behaviours 'all or most of the time' or 'sometimes'.
- Three of the four children felt unsettled in their placements 'all or most of the time'
- Three of the children felt that they were 'hardly ever' or 'never' included in social work decision-making.
- Three children thought that the adults only noticed how they were feeling 'sometimes'.
- Two children felt that they had not been given a full explanation about why they were in care.
- Two children felt that they did not see their mothers enough.
- Two children did not know that they could ask to speak to the social worker on their own.

Well-being: 11-18yrs

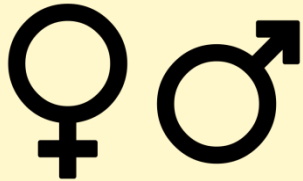


12 (22%) young people had low well-being (i.e. scored 4 or less on two or more of the 0-10 well-being scales).

When compared with young people with moderate/high well-being, young people with low well-being were:

- 9 times more likely to feel that they had not had a full explanation about why they were in care.
- 8 times more likely to dislike their appearance.
- 7 times more likely to feel excluded from the decisions that social workers made about them.
- 6 times more likely to report that adults did things that make them feel embarrassed about being in care.
- 5 times more likely to feel unsettled in their placements and feel that they did not get opportunities to practice skills in readiness for independence.
- 4 times more likely to not trust their social worker and 3 times more likely to feel that they could not get in touch with their social worker easily.
- They were also less likely to feel that they did not have a trusted adult in their lives.

Gender differences (11-18yrs)



The Children's Society (2017) reported that in the general

population one in seven (14%) girls (10-15yrs) were unhappy with their lives as a whole as were one in ten boys.

Examining gender differences in our surveys in 2017, we found no gender difference in the surveys for 4-7yrs and 8-10yrs but girls aged 11-18yrs were more likely to report low well-being. Girls were four times more likely to be unhappy with their appearance and this contributed to gender differences in well-being.



Girls were nearly twice as likely to dislike their appearance compared with boys.

Girls were also more likely to record that they did not feel safe in placement, did not trust their carers and felt their carers did not notice their feelings.



Section 4: Children and young people's comments

Is there anything else you would like to tell us? What would make being in care better for you?

Comments: 4-7yrs

- 14 (36%) children gave text responses on: *What would make care better/ anything else you want to say?*
- 4 children answered that there was nothing they wanted to change.
- Other children wrote:

I would like to see my Mammy more.

I saw a teddy and that was nice.

*Hoffwo i gael dillad gwisgo i fyny.
I would like to have dressing-up clothes.*

*Chwarae gyda rhywun yn y stryd.
Playing with someone on the street.*

More toys.

See [my] brother more.

I don't like it when contact is cancelled because the taxi doesn't come.

What could make care better and other comments: 8-11yrs

- 10 (27%) children gave text responses on: *What would make care better/ anything else you want to say?*
- 4 children wrote that there was nothing they wanted to change or that they were ok.
- Other children wrote:

By seeing Mammy (name) and Daddy (name) once a week because I haven't seen them for a long time.

More fun.

I like my life better now because I get to see my Mammy more.

I want to live with my Mam and Dad. I want to live with my Gran.

We need more foster carers in the world because some children are living on the street coming from different countries.

What could make care better and other comments: 11-18yrs

- 34 (49%) young people gave text responses on: *What would make care better/ anything else they wanted to say?*
- 17 young people recorded that there was nothing they wanted to change or that they were ok.
- Several young people wrote about wanting more contact with their families. Quotes included:
 - See more of my family, not have so many rules.
 - Longer than 10 mins on the phone to my parents.
 - Seeing my family more often.
 - Seeing my parents more often.
 - Being able to phone my sister and brother and mom and rest of the family on my phone.
 - Do what I say – see my family.
 - I would rather live with my mom because she is my favourite person in the world but I would also want my sisters to live with me and my mom.
 - I know you think I am safer but I am also more lonely without my family even though my carers are great.

What could make care better and other comments: 11-18yrs

- 8 young people made comments about social workers and being involved in decision making.

More family contact, more stuff around drug use. Social workers just lie. They told me I would get £10 a week and I still haven't had it.

To see my dad and not have the social worker interrogating me.

Move [name] and [name] out of my foster home because I am a single placement and then my social [name] said it's fine without asking me about it.

Stop having so many social workers

Social workers not making such a big fuss whenever they come over, or private sections instead of in your home.

Get informed about things before something happens.

Adults to do what they say they will between my meetings – and listen to me as well. The team manager should listen to why I want to do something before deciding.

If they would give me my phone, listen to me, let me back out.

Social workers changing has been a big thing which I hate.

What could make care better and other comments: 11-18yrs

- Some young people wrote comments about their placements and things they wished they could have:
 - To do more activities with the other residents of the house and be included in more social activities.
 - I would like to get a 20 pound top-up on my phone every week.
 - More freedom, allowed out with friends outside my street.
 - To stay out later.
 - Being able to use the computer at home and be able to walk with my friends outside school.
 - More time on the internet.
 - Living with my friend [name] so then we would be like sisters or living with my sister and brother or living with a foster family having internet 😊

- Other young people wrote:

I'm ok. I got to make new friends and meet new people and visit lots of different places.

Let me be more like people who are not in foster care

I want to get out. I don't want to be in care.

I think being in care is helpful and it has helped me to control my anger more and made me a better person /my carers helped me the most.

Pull me out of essential lessons e.g. English in a GCSE year because of a stupid care survey!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Section 5: Positive aspects of practice and areas for improvement

What's working well

- All (100%) young children (4-7yrs) in Rhondda Cynon Taf felt settled where they lived. More young people (83%) reported feeling settled compared to looked after young people (73%) in other Welsh authorities.
- Overall, 88% of children and young people reported that they felt safe in their placements 'all or most of the time': a larger proportion than the 75% of young people in the general population who felt safe in their homes.
- More young people felt they could do the same things as their friends: 90% in RCT compared to 84% of looked after young people in other Welsh authorities.
- School is a positive experience for most children in Rhondda Cynon Taf.
- A larger proportion of children and young people (98%) felt that their carers were interested in their education compared to peers (90%) in the general population.
- The majority (80%) of children and young people (8-18yrs) thought that their lives were improving.
- None of the youngest children (4-7yrs) gave responses which suggested low well-being.
- The proportion (75%) of children and young people (4-18yrs) who had a pet was higher than reported by children in the general population where 66% have a pet.

What could be improved

- **Make sure that all social workers explain who they are.** Consider leaving child friendly information with children and young people about their social worker.
- **Work with children and young people to involve them in decisions.** Ensure that they are informed of when and why decisions are made about their care.
- **Explain to every child why they are in care and regularly review with children if they would like more information.** It was unusual to find that 36% of those aged 11-18yrs felt they did not have a good understanding of why they were in care.
- **Continue to communicate with schools to identify and help children who feel bullied at school and those who feel that they do not have a good friend.** Remind schools to give children in care opportunities to be trusted.
- **Give carers further training in therapeutic parenting:** 44% of young people did not talk regularly to their carers/parents about things that mattered and nearly a third of young people with worries felt unsupported.
- **When reviewing children's opportunities to have fun/develop hobbies, consider not just organised activities but contact with nature.** Looked after children in RCT felt they had less chance to explore the outdoors than other children living in Wales.
- **Regularly review contact plans, taking into account children and young people's wishes and feelings.** Make sure that they understand the reasons for contact decisions.
- **Be aware of gender differences and give opportunities to young people (11-18yrs) to build self-esteem and positive self-image.** Investigate why more girls than boys did not feel safe in their placements and had less positive relationships with carers.



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For enquiries about the Bright Spots project see:
<http://www.coramvoice.org.uk/professional-zone/bright-spots>

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brightspots@coramvoice.org.uk



bright spots

coram
Voice 
getting young voices heard



University of
BRISTOL

Funded by the Hadley Trust

Your Life, Your Care: 4-7 year olds survey findings



We asked you some questions about what life is like for you. We asked lots of children in care the same questions. This is what you all told us and what we want to do.

YOU SAID

What was good?

- All of you felt settled and liked your bedroom.
- Nearly all of you felt safe where you live.
- All of you trusted your carers.
- Nearly all of you trusted your social workers.
- All of you thought that you were feeling happy, or ok.
- Everyone did things that were fun at the weekends.
- Most of you thought life was getting better.

What was bad?

- Some of you did not know why you were in care.
- Some of you did not know your social worker.
- Some of you felt that grown ups did not notice your feelings.
- 2 of you did not have a good friend.
- Some of you did not like school.

YOU SAID

I would like to see my Mammy more.

Rydw i'n hapus gyda llawer o ffrindiau.

I'm happy with lots of friends.

Hoffwo i gael dillad gwisgo i fyny.

I would like to have dressing-up clothes.

I don't like it when contact is cancelled because the taxi doesn't come.



Thank you to all of you who answered the questions. It really helped to read about how you feel. Because of what you told us Rhondda Cynon Taf have decided to make some changes.

WE WILL

1. Tell you why you don't live with your mam and dad.
2. Make sure you know who your Social Worker is.
3. Help the grown ups looking after you, listen to what you have to say.
4. Make sure you know who you can go to, to feel safe in school.

bright spots

The survey was created together with children in care to ask about the things that was important to them. Coram Voice and University of Bristol have done the same survey in other local authorities and will bring together your responses to show what care is like for children across the country. If you want to find out more email: brightspots@coramvoice.org.uk

Your Life, Your Care: 8-11 year olds survey findings



We asked you some questions about what life is like for you. We asked lots of children in care the same questions. This is what you all told us and what we want to do.

YOU SAID

What was good?

- Most of you felt that your lives were getting better.
- Nearly all of you had an adult you could trust.
- Nearly all of you knew and trusted your social worker.
- Most of you liked school.
- Almost all of you had a good friend.
- Lots of you got to explore outdoors and have fun at weekends.
- Almost all of you liked your bedroom.

What was bad?

- Some of you did not feel settled where you live.
- A few of you wanted to know more about why you were in care.
- Some of you wanted to have more contact with your mothers, brothers and sisters.
- More than half of you felt that social workers made decisions without asking you or explaining why things were changing.
- Some of you did not know that you could speak to your social worker on your own.
- Some of you were sometimes afraid to go to school because of bullying.

YOU SAID

What would make care better?
More fun.

I like my life better now because I get to see my Mammy more.

I live with my brother and sister. I am happy living with them.

I want to live with my Mam and Dad. I want to live with my Gran.



Thank you to all of you who answered the questions. It really helped to read about how you feel. Because of what you told us Rhondda Cynon Taf have decided to make some changes.

WE WILL

1. Make sure you know why you are being looked after in care.
2. Make sure that you can say what you think and adults listen to you, when they make decisions about what happens to you.
3. Help the carers looking after you to take time to understand how you feel.
4. Make sure you know who to speak to and where you can go, to feel safe in school.

bright spots

The survey was created together with children in care to ask about the things that was important to them. Coram Voice and University of Bristol have done the same survey in other local authorities and will bring together your responses to show what care is like for children across the country. If you want to find out more email: brightspots@coramvoice.org.uk

Your Life, Your Care: 11-18 year olds survey findings



In February 2018 we asked you some questions about what life is like for you to understand how we can make it better. We asked lots of children in care the same questions. Here is what you all told us and what we want to do.

YOU SAID

What was good?

- Nearly all of you had a good friend.
- Most of you felt safe at home, liked your bedrooms, trusted your carers and thought that your carers supported your learning at school.
- Most of you felt that you got a second chance if you did something wrong.
- Nearly all of you thought that your carers noticed how you were feeling.
- Most of you thought you could do the same things as your friends who are not in care.
- A majority of you liked school/college.

What was bad?

- You had a lot of social worker changes and some of you did not trust your social worker.
- Over a third of you (36%) wanted to know more about why you were in care and half of you were not happy about how contact was set up.
- About a third of you worried about going to school because of bullying.
- Some of you worried about how you look and about your feelings and behaviours.
- Some of you felt that adults embarrassed you by drawing attention to you being in care.

YOU SAID

Adults to do what they say they will between my meetings.

In parents' evening people say, "This is your mam isn't it?"

I think being in care is helpful and it has helped me to control my anger more and made me a better person. My carers helped me the most.

Stop having so many social workers.



Thank you to all of you who answered the questions. It really helped to read about how you feel. Because of what you told us Rhondda Cynon Taf have decided to make some changes.

WE WILL

1. Make sure you know why you are in care.
2. Make sure that your opinions are listened to and taken seriously, when adults make decisions that affect you.
3. Help the carers looking after you to take time to understand how you feel.
4. Make sure you know who to speak to and where you can go, to feel safe in school.

bright spots

The survey was created together with children in care to ask about the things that was important to them. Coram Voice and University of Bristol have done the same survey in other local authorities and will bring together your responses to show what care is like for children across the country. If you want to find out more email: brightspots@coramvoice.org.uk



Dy Fywyd Di, Dy Ofal Di:

*arolwg o farn plant a phobl ifanc
4-18oed sy'n derbyn gofal yn*

Rhondda Cynon Taf

Mawrth 2018

Dinithi Wijedasa a Jon Symonds

Prifysgol Bryste

Am y gwaith ymchwil hwn

Bright Spots

Mae'r gwaith ymchwil hwn yn rhan o raglen *Bright Spots*: partneriaeth rhwng Prifysgol Bryste a Coram Voice.

Nodau'r rhaglen yw:

- gwella profiad gofal pob plentyn sy'n derbyn gofal;
- rhoi llais i blant ynghylch eu llesiant eu hunain; ac
- amlygu'r 'Ymarfer Disglair' ('Bright Spots') sy'n cyfrannu at ffyniant plant mewn gofal.

Ariannwyd y prosiect gan Ymddiriedolaeth Hadley, Cronfa Arloesedd yr Adran Addysg, a Chomisiynydd Plant Cymru.

- Trwy'r rhaglen fe ddatblygon ni *Ddangosyddion Llesiant Bright Spots*, oedd yn gwneud profiad a lleisiau plant yn ganolog i'n dull o fesur llesiant goddrychol.
- Mae'r dangosyddion yn cael eu mesur gan *arolwg 'Dy Fywyd Di, Dy Ofal Di'* – offeryn a seiliwyd ar waith ymchwil ac sy'n gallu cael ei gymharu â setiau data cenedlaethol.
- Datblygwyd yr arolwg o adolygiadau llenyddiaeth, trafodaethau bord gron gyda gweithwyr proffesiynol a grwpiau ffocws a chyfweliadau unigol gyda 140 o blant a phobl ifanc sy'n derbyn gofal mewn 9 awdurdod lleol yn Lloegr.
- Mae'r arolwg yn nodi'r meysydd lle mae plant i'w gweld yn ffynnu, a'r mannau lle gallai pethau wella, gan ddarparu sylfaen o dystiolaeth profiadau a llesiant plant i lywio gwelliannau gwasanaeth.

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Adran 1:
Crynodeb:
Canfyddiadau
Allweddol

Canfyddiadau allweddol

Ymatebodd 146 o blant a phobl ifanc i'r arolwg: cyfradd ymateb o 36%, gyda rhywfaint o dangynrychioli o ran bechgyn.



Roedd mwyafrif llethol y plant a'r bobl ifanc (4-18oed) yn teimlo'n ddiogel (**88%**) ac yn sefydlog (**83%**) yn eu lleoliadau, ac roedd bron pawb ohonynt (**98%**) yn hoffi eu stafell wely.



Roedd y rhan fwyaf yn trystio'u gofalwyr ac yn teimlo bod ganddyn nhw oedolyn y gallen nhw eu trystio yn eu bywyd.



Roedd tua **chwarter** o'r plant a'r bobl ifanc (4-18oed) eisiau mwy o gyswllt â'u mamau a brodyr a chwiorydd.



Roedd mwyafrif y plant a'r bobl ifanc (4-18oed) yn trystio'u gweithwyr cymdeithasol, ond roedd y bobl ifanc yn pwysleisio eu bod nhw ddim yn hoffi newid gweithiwr cymdeithasol.



Roedd bron yr holl blant hŷn a phobl ifanc (8-18oed) yn gwybod pwy oedd eu gweithiwr cymdeithasol ac yn gwybod y gallen nhw ofyn am siarad â nhw ar eu pen eu hun. Doedd **chwarter** o'r plant iau (4-7oed) ddim yn gwybod pwy oedd eu gweithiwr cymdeithasol.



Teimlai'r rhan fwyaf o blant a phobl ifanc (8-18oed) eu bod yn cael eu cynnwys mewn penderfyniadau gwaith cymdeithasol, ond nid oedd hynny'n wir yn achos **16%** o'r bobl ifanc (11-18oed). Nododd rhai pobl ifanc eu bod nhw ddim yn cael gwybod am benderfyniadau.

Canfyddiadau allweddol



Roedd merched (11-18oed) gryn dipyn yn fwy tebygol na bechgyn o:



fod yn anfodlon ar sut roedden nhw'n edrych;



beidio â thrystio eu gofalwyr;



deimlo'n anniogel mewn lleoliad; a



meddwl bod eu gofalwyr ddim yn sylwi sut maen nhw'n teimlo.

O gymharu â phlant yn y boblogaeth gyffredinol roedd mwy o bobl ifanc oedd yn derbyn gofal yn dweud:



bod ganddyn nhw ddim ffrind da.



eu bod nhw'n siarad â'u gofalwyr yn llai rheolaidd am bethau pwysig.



eu bod yn cael llai o gyfleoedd i fwynhau byd natur.

Canfyddiadau allweddol



- Roedd mwyafrif y plant a'r bobl ifanc (4-18oed) yn hoffi'r ysgol/coleg.

Ond dywedodd tua **thraean** o'r plant hŷn a'r bobl ifanc (8-18oed) eu bod weithiau'n ofni mynd i'r ysgol oherwydd bwlio; cyfran uwch o blant (**10%**) nac yn y boblogaeth gyffredinol.



- Roedd yr holl blant 8-11oed yn cael help i atal bwlio, ond dim ond **67%** o'r rhai 11-18 oed oedd yn cael help o'r fath.



Roedd tua **1 o bob 5** person ifanc (11-18oed) yn teimlo bod oedolion yn gwneud pethau oedd yn gwneud iddyn nhw deimlo embaras eu bod mewn gofal. Roedd 1 o bob 10 yn teimlo eu bod 'braidd byth' neu 'byth' yn cael ail gyfle ar ôl gwneud camgymeriad.



Nid oedd dim o ymatebion y plant **4-7oed** yn awgrymu lefel isel o lesiant, ond roedd gan **4 (11%)** o'r plant **8-11oed** a **12 (22%)** o'r bobl ifanc (**11-18oed**) sgoriau llesiant isel.



Adran 2: Methodoleg

Methodoleg

- Defnyddiwyd tri arolwg ar-lein i gasglu barn plant a phobl ifanc ar eu llesiant eu hun. Roedd y tair fersiwn ar gyfer:
 - a) plant 4-7oed (16 cwestiwn);
 - b) plant 8-11oed yn yr ysgol gynradd (31 cwestiwn); a
 - c) phobl ifanc 11-18oed yn yr ysgol uwchradd (46 cwestiwn).
- Roedd set gyffredin o 16 cwestiwn craidd.
- Roedd yr arolygon ar gael yn Gymraeg a Saesneg.
- Roedd arolygon papur ar gael hefyd ac yn cael eu defnyddio mewn achosion lle nad oedd cysylltiad rhyngrwyd ar gael, neu lle roedd yn well gan y person ifanc y dull yma.
- Yn Rhondda Cynon Taf ar adeg yr arolwg roedd 410 o blant a phobl ifanc 4-18oed yn derbyn gofal ac yn gallu cwblhau'r arolwg.
- Cwblhaodd y plant a'r bobl ifanc yr arolwg yn ddi-enw. Ni chasglwyd nodweddion adnabod unigol fel enw, ysgol ac ati, fel bod modd ymateb heb ofni canlyniadau.
- Os byddai'r plant yn nodi eu henwau neu unrhyw wybodaeth adnabod ar yr arolwg, byddai'r ymchwilyr yn dileu'r manylion hynny.

Methodoleg

- Dosbarthwyd yr arolwg trwy arweinwyr addysg i benaethiaid ysgol, yr athrawon CLA dynodedig a swyddogion ymgysylltiad ieuencid mewn ysgolion. Gofynnwyd i staff gofal cymdeithasol, gan gynnwys gofawyr maeth a gweithwyr cymdeithasol, annog plant a phobl ifanc i gwblhau'r arolwg. Anfonwyd nodyn yn rheolaidd at benaethiaid, athrawon CLA dynodedig a swyddogion ymgysylltiad ieuencid i'w hatgoffa, a chysylltwyd â rhai ysgolion yn uniongyrchol.
- Anogwyd Swyddogion Adolygu Annibynnol (IRO) i gyflwyno'r arolwg i bobl ifanc mewn cyfarfodydd adolygu.
- Yn yr wythnos olaf, bu grŵp craidd o arweinwyr strategol yn mynd ar ôl cysylltiadau mewn ysgolion a gwasanaethau IRO.
- Gofynnwyd i'r rhan fwyaf o'r plant a'r bobl ifanc gwblhau'r arolwg ar-lein yn yr ysgol dros gyfnod o bedair wythnos ym mis Chwefror 2018, gydag oedolyn roedden nhw'n eu trystio'n bresennol, lle roedd hynny'n briodol. Yr oedolyn roedden nhw'n eu trystio, fel arfer, oedd athro CLA dynodedig, athro, swyddog ymgysylltiad ieuencid neu SENCO.

Methodoleg

Llesiant goddrychol: Ydy'r plant yn ffynnu?

- Mae llesiant goddrychol yn yr arolwg hwn yn cyfeirio at werthusiad y plant eu hunain o sut maen nhw'n teimlo am eu bywydau.
- Mae cwestiynau yn yr arolygon am effaith (e.e. pa mor hapus mae plentyn yn teimlo nawr), dyfarniadau gwybyddol (e.e. gwerthuso perthnasoedd) a'r byd mewnol (e.e. ystyr i fywyd).
- Mae'r holl elfennau hyn yn ein helpu i ddeall a yw plant yn ffynnu.

- Lle bo modd, mae data ALI yn cael ei gymharu â data am blant yn y boblogaeth gyffredinol, ac ymatebion cyfartalog 5 awdurdod lleol arall yng Nghymru.
- Cafodd y data eu pwysoli a chynhaliwyd profion i ganfod gwahaniaethau arwyddocaol rhwng ALLau.
- Yn ogystal â'r cwestiynau sy'n mesur dangosyddion llesiant trosfwaol (hapusrwydd, boddhad mewn bywyd ac ati), mae'r cwestiynau'n cwmpasu pedwar maes sy'n bwysig i blant a phobl ifanc: Perthnasoedd, Gwydnwch, Hawliau ac Adferiad. Mae'r adroddiad yn rhoi sylw i bob un o'r rhain.



Ar rai tudalennau yn yr adroddiad hwn fe welwch eicon '**Bright Spots**' (i'w weld ar y chwith). Mae hyn yn nodi 'newyddion da' – agwedd gadarnhaol ar ymarfer yn eich awdurdod lleol chi.

Dyma lle mae plant a phobl ifanc yn gwneud yn sylweddol well na phlant mewn gofal mewn awdurdodau lleol eraill, neu'n sôn bod ganddynt llesiant ar yr un lefel neu well na'u cyfoedion yn y boblogaeth gyffredinol.



Adran 3: Canlyniadau'r arolwg



1. Demograffeg

- Meintiau'r sampl
- Oed a rhywedd
- Ethnigrwydd
- Lleoliadau
- Hyd y cyfnod mewn gofal

Meintiau'r sampl

Er bod rhaid cadw maint y sampl mewn cof wrth ystyried pa mor gynrychioliadol yw'r data, roedd y gyfradd ymateb yn sylweddol well nag mewn rhai arolygon tebyg. Cyfradd ymateb *The State of the Nation: Children in Care, 2015*, er enghraifft, oedd 3%.

- Cwblhaodd 146 o blant a phobl ifanc yr arolygon o boblogaeth gymwys o 410 oedd yn derbyn gofal.
- Y gyfradd ymateb gyffredinol oedd 36%.

Oed	Poblogaeth ofal <i>n</i>	Ymatebion <i>n</i>	Cyfradd ymateb %
4-7oed	112	39	35%
8-11oed	98	37	38%
11-18oed	200	70	35%

Oed a rhywedd

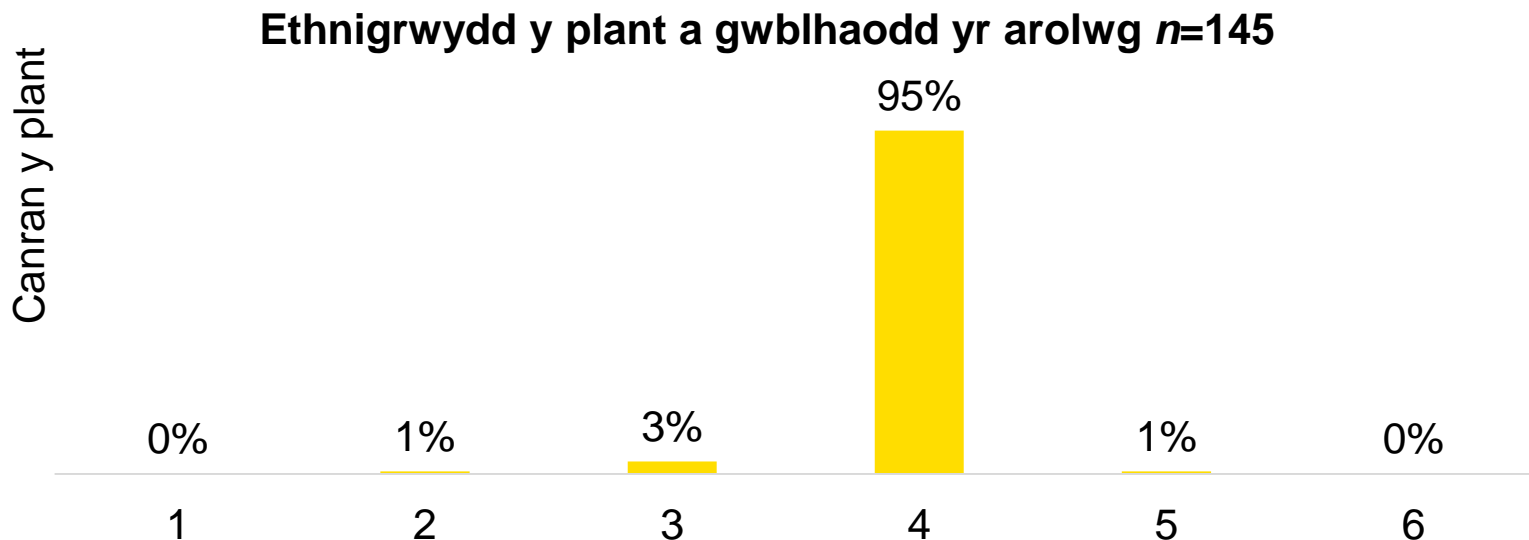
- Yn Rhondda Cynon Taf, roedd 54% o'r boblogaeth oedd yn derbyn gofal yn fechgyn. O ganlyniad, mae rhywfaint o dangynrychioli o ran bechgyn yn yr arolwg.

Grŵp Oed	Merched n (%)	Bechgyn n (%)	Dewis peidio dweud/dim ateb n (%)
4-7oed	21 (54%)	18 (46%)	-
8-11oed	19 (51%)	18 (49%)	-
11-18oed	30 (43%)	39 (56%)	1(1%)
CYFANSWM	70 (48%)	75 (51%)	1 (1%)

Ethnigrwydd

Ymddengys bod plant o leiafrifoedd ethnig yn cael eu gorgynrychioli rhyw fymryn yn yr arolwg, gan eu bod yn 3% o'r boblogaeth ofal yn ôl yr ystadegau a anfonodd Rhondda Cynon Taf i Lywodraeth Cymru (2017), ond yn 5% yn ein sampl ni.

- Roedd mwyafrif (95%) y plant a'r bobl ifanc a gwblhaodd yr arolwg yn wyn.



Leoliadau

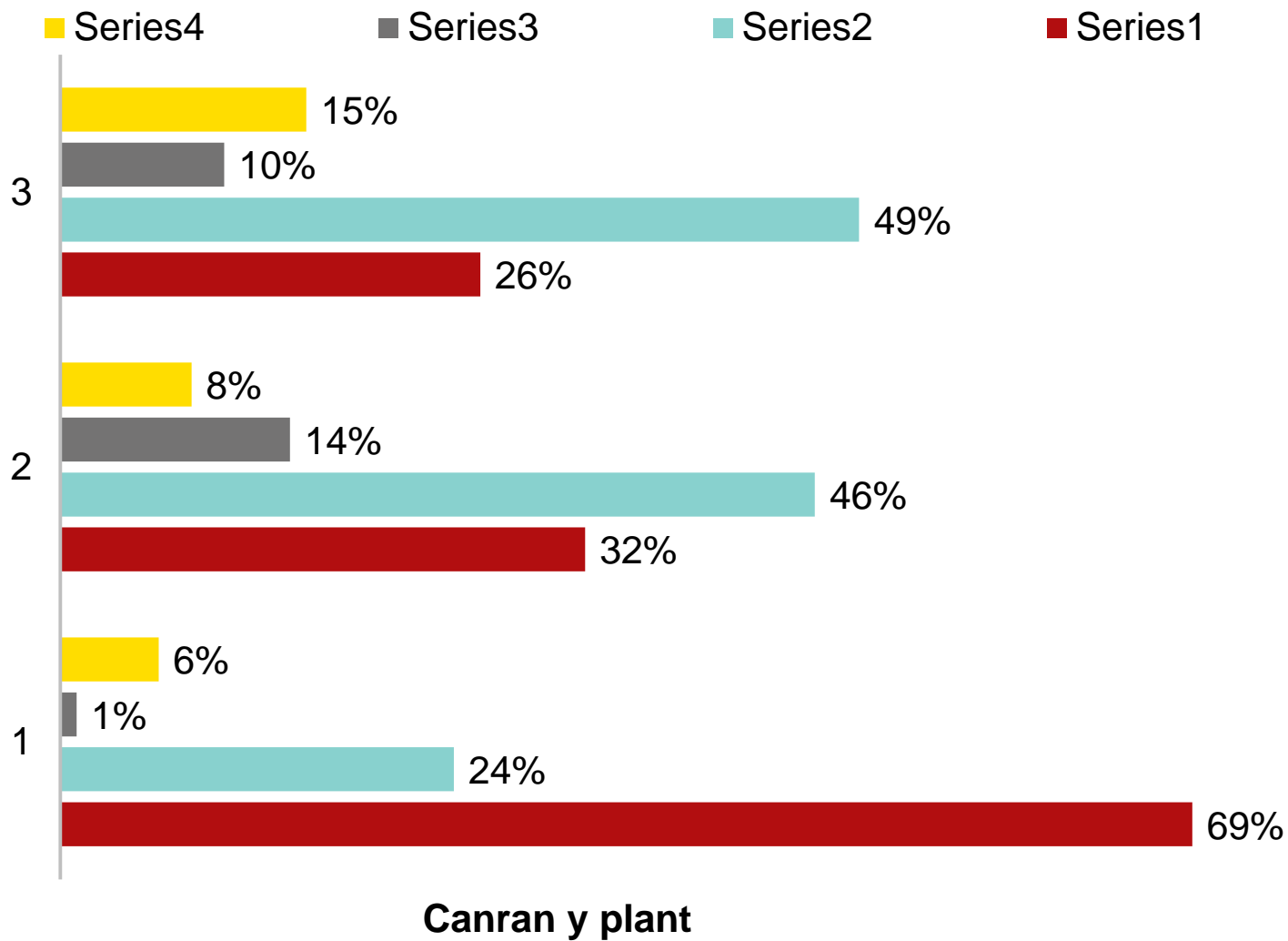
Dengys yr ystadegau a gyhoeddwyd am leoliadau awdurdod lleol fod 81% o'r plant oedd yn derbyn gofal wedi'u lleoli gyda gofalwyr maeth, 7% gyda rhieni neu rai â PR, a bod rhyw 6% yn byw mewn gofal preswyl. (STATWales, 2017)

- Roedd mwyafrif (68%) y plant a'r bobl ifanc yn byw mewn gofal maeth.
- Dywedodd bron chwarter eu bod yn byw gyda gofalwr oedd yn berthynas.

Grŵp oed	Gofal maeth %	Gofal teulu neu ffrindiau %	Gofal preswyl %	Gyda rhieni %	Rhywle arall %	Dewis peidio â dweud %
4-7oed	53%	45%	-	2%	-	-
8-11oed	64%	30%	3%	3%	-	-
11-18oed	75%	13%	6%	3%	3%	-
CYFANSWM	68%	24%	4%	3%	1%	-

Hyd y cyfnod mewn gofal

Pa mor hir wyt ti wedi bod mewn gofal?





2. Perthnasoedd

- Cyswllt â'r teulu
- Ffrindiau da
- Anifeiliaid anwes
- Oedolion rwyf ti'n byw gyda nhw: dilyniant ac ymddiriedaeth
- Gweithiwr cymdeithasol: dilyniant ac ymddiriedaeth

Cyswllt â'r teulu




Doedd dim cwestiynau i'r plant lleiaf (4-7oed) am gyswllt â'r teulu, rhag ofn i hynny achosi trallod neu bryder.



Gofynnwyd i'r plant a'r bobl ifanc (8-18oed) oedden nhw'n *fodlon ar amllder y cyswllt oedd yn digwydd gyda'u mam, eu tad, a'u brodyr a'u chwiorydd.*

- Nid oedd 6% o'r plant (8-11oed) a 9% o'r bobl ifanc (11-18oed) yn cael unrhyw gyswllt wyneb yn wyneb gyda'r naill riant na'r llall.
- Roedd mwyafrif y plant a'r bobl ifanc yn meddwl bod eu cyswllt â'u mamau a'u brodyr a'u chwiorydd 'fel y dylai fod'.
- Roedd tua chwarter o'r plant a'r bobl ifanc eisiau mwy o gyswllt gyda'u mamau a'u brodyr a'u chwiorydd. Roedd rhai eisiau mwy o gyswllt gydag aelodau'r teulu estynedig.
- Roedd bron yr holl blant a phobl ifanc a roddodd ymatebion testun eisiau mwy o gyswllt gyda'u teuluoedd. Roedd rhai o'r sylwadau gan bobl ifanc yn gofyn am ragor o wybodaeth ynghylch pam roedd penderfyniadau cyswllt penodol wedi cael eu gwneud neu eisiau gwybod oedd ganddyn nhw frodyr neu chwiorydd ac yn gofyn am ragor o wybodaeth am rieni oedd wedi marw.

Cyswllt â'r teulu

Yr Aelod o'r Teulu	Grŵp oed	Gormod	I'r dim	Rhy ychydig	Methu â'u gweld	Dim brodyr na chworydd
 Mam	8-11oed <i>n</i> = 37	-	24 (65%)	10 (27%)	3 (8%)	-----
	11-18oed <i>n</i> =63	3 (5%)	33 (52%)	14 (22%)	13 (21%)	-----
 Tad	8-11oed <i>n</i> =34	-	11 (32%)	7 (21%)	16 (47%)	-----
	11-18oed <i>n</i> =64	1 (2%)	26 (41%)	8 (12%)	29 (45%)	-----
 Siblingiaid	8-11oed <i>n</i> =36	2 (6%)	19 (53%)	10 (28%)	4 (11%)	1 (2%)
	11-18oed <i>n</i> =65	5 (8%)	38 (58%)	17 (26%)	3 (5%)	2 (3%)

Cyswllt â'r teulu: 8-11 oed

Cafodd y plant gyfle hefyd i wneud *sylwadau am gyswllt*.

- Manteisiodd 18 o blant a phobl ifanc ar y cyfle i nodi eu meddyliau a'u teimladau ynghylch cyswllt. Roedd wyth plentyn eisiau mwy o gyswllt, a dywedodd 5 eu bod nhw ddim am wneud sylw. Ceir dyfyniadau enghreifftiol isod.

Rydw i'n byw gyda'm brawd a'm chwaer. Rydw i'n hapus yn byw gyda nhw.

Dydw i ddim yn hoffi cyswllt gyda mam achos mae hi'n weindio fi lan. Rydw i eisiau gweld dadi ac (enwau) ac Anti (enw). Rydw i'n teimlo'n drist.

Mae'n iawn.

I'r dim.

Hoffi gweld fy mrawd mwy.

Hoffi gweld dad.

Rydw i'n teimlo'n drist mod i ddim yn gweld Mam yn amlach.

Cyswllt â'r teulu: 11-18oed

- Manteisiodd 33 o bobl ifanc ar y cyfle i nodi eu meddyliau a'u teimladau am gyswllt. Ceir dyfyniadau enghreifftiol isod.

Rydw i'n hoffi pethau fel maen nhw.

Byddwn i'n hoffi gweld mwy o'm teulu, yn arbennig fy nhad.

Sai'n moyn gweld fy mam na'r ochr yna o'r teulu.

Rydw i'n fodlon ar y cyswllt sydd rhyngof fi a'm teulu ar hyn o bryd.

Dylwn i gael mwy o gysylltiad â'm brawd bach. Dim ond galwad ffôn, hyd yn oed.

Rydw i'n falch mod i ddim yn gweld fy nhad, a does gen i ddim mam. Rwy'n dymuno gallwn i wybod mwy am fy mam.

Ffrindiau da



Mae diffyg ffrindiau yn gysylltiedig ag unigrwydd a phryder. Gofynnwyd i'r holl blant a phobl ifanc (4-18oed) oedd ganddyn nhw *ffrind agos*.

Y Boblogaeth Gyffredinol: Canfu *The Millennium Cohort Study (2015)* o bobl ifanc 14 oed fod 3% o bobl ifanc heb ffrind da.

- Dywedodd y rhan fwyaf o'r plant a'r bobl ifanc fod ganddyn nhw ffrind da, ond doedd hynny ddim yn wir yn achos 8 (6%). Dewisodd 14 o bobl ifanc (20%) beidio ag ateb y cwestiwn hwn.
- Yn gyfrannol, roedd mwy o'r plant a'r bobl ifanc oedd yn derbyn gofal (6%) heb ffrind agos o'u cymharu â'u cyfoedion yn y boblogaeth gyffredinol lle roedd 3% heb ffrind da.

Grŵp oed	Oes, mae gen i ffrind agos n (%)	Na, does gen i ddim ffrind agos n (%)
4-7oed	33 (94%)	2 (6%)
8-11oed	34 (94%)	2 (6%)
11-18oed	57 (93%)	4 (7%)
CYFANSWM	124 (94%)	8 (6%)

Anifeiliaid Anwes



Roedd anifeiliaid anwes yn bwysig i blant ym mhob un o'n grwpiau ffocws.

Gofynnwyd i blant a phobl ifanc 8-18 oed oedd *ganddyn nhw anifail anwes yn y cartref lle roedden nhw'n byw.*

Adborth grwpiau ffocws

Dywedodd y plant a'r bobl ifanc fod anifeiliaid anwes ddim yn barnu – maen nhw'n eich caru beth bynnag sy'n digwydd ac yn falch o'ch gweld chi bob amser. Maen nhw hefyd yn gallu rhoi cyfle i blant dderbyn cyfrifoldeb.

Y boblogaeth gyffredinol: Yng Nghymru, mae anifail anwes mewn 66% o'r aelwydydd sy'n cynnwys plentyn (o dan 19 oed).

- Roedd 26 (76%) o blant (8-11oed) yn byw ar aelwyd lle roedd anifail anwes.
- Roedd gan 50 (75%) o bobl ifanc (11-18oed) anifail anwes lle roedden nhw'n byw.
- Roedd cyfran y plant a'r bobl ifanc (75%) oedd ag anifail anwes yn uwch nag yn y boblogaeth gyffredinol ac yn uwch na'r plant oedd yn derbyn gofal oedd ag anifail anwes (66%) mewn awdurdodau lleol eraill yng Nghymru.

Beth fyddai'n gwneud bod mewn gofal yn well i ti?

*Cael anifail anwes i siarad ag e a chwarae gydag e.
11-18oed*

Oedolion rwyd ti'n byw gyda nhw: dilyniant ac ymddiriedaeth

Symud lleoliad



Gofynnwyd i'r bobl ifanc (11-18oed), *sawl lleoliad rwyd ti wedi cael ers dod i ofal?*

Nifer y lleoliadau	Canran
1 lleoliad	37%
2-4 lleoliad	34%
5-7 lleoliad	13%
8-10 lleoliad	6%
11+ lleoliad	3%
Ddim yn gwybod	7%

Ymddiriedaeth



Gofynnwyd i'r holl blant a phobl ifanc oedden nhw'n *trystio'r oedolion roedden nhw'n byw gyda nhw (h.y. gofalwyr, rhieni).*

Ymatebion cadarnhaol - roedd

- 100% o'r plant iau (4-7oed);
- 94% o'r plant (8-11oed); a
- 95% o'r bobl ifanc (11-18oed) yn trystio'u gofalwyr.

*Fy ngofalwyr i
yw'r gorau.
11-18oed*

Gweithiwr cymdeithasol: dilyniant ac ymddiriedaeth

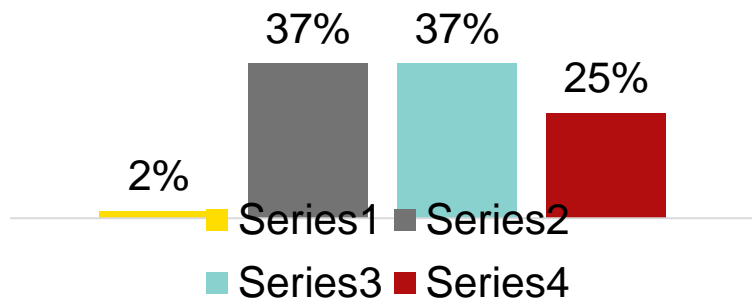
Newid gweithwyr cymdeithasol



Gofynnwyd i'r bobl ifanc 11-18 *sawl gweithiwr cymdeithasol fu gen ti yn ystod y 12 mis diwethaf?*

- Atebodd 25% eu bod wedi cael tri gweithiwr cymdeithasol neu fwy yn ystod y flwyddyn flaenorol.

Sawl gweithiwr cymdeithasol fu gennych yn ystod y 12 mis diwethaf?



Trystio gweithiwr cymdeithasol



Gofynnwyd i blant a phobl ifanc (n=214) oedd yn gwybod pwy oedd eu gweithiwr cymdeithasol oedden nhw'n *trystio'u gweithiwr cymdeithasol*.

- Roedd 96% o blant (4-7oed) yn trystio'u gweithiwr.
- Roedd lefel ymddiriedaeth plant (8-11oed) a phobl ifanc (11-18oed) yn eu gweithwyr cymdeithasol yn isel o gymharu â phobl ifanc eraill sy'n derbyn gofal.

Roedd 79% o blant (8-11oed) a 79% o bobl ifanc (11-18oed) yn trystio'u gweithiwr cymdeithasol. Mae hon yn gyfran is o gymharu â phobl ifanc mewn awdurdodau lleol yng Nghymru, lle mae 83% o bobl ifanc yn trystio'u gweithiwr cymdeithasol.



3. Gwydnwch

- Oedolyn rwyd ti'n trystio
- Cael dy drystio a gwneud pethau i helpu
- Hoffi'r ysgol
- Oedolion rwyd ti'n byw gyda nhw: Cefnogi dysgu
- Cael hwyl a hobiau
- Mynediad i fyd natur
- Ail gyfle
- Sgiliau bywyd
- Mynediad i'r Rhyngrwyd gartre

Oedolyn rwyd ti'n trystio



Gofynnwyd i blant a phobl ifanc 8-18oed, *oes gen ti oedolyn rwyd ti'n trystio, sy'n dy helpu di ac yn dy gefnogi beth bynnag sy'n digwydd?*

Trobwynt

Dangoswyd bod un oedolyn allweddol yn drobwynt ym mywydau llawer o bobl ifanc sy'n derbyn gofal. (Gilligan, 2009)

Dangoswyd mai oedolyn maen nhw'n trystio yw'r prif ffactor wrth helpu plant i ymadfer wedi digwyddiadau trawmatig.

- Ysgrifennodd y rhan fwyaf o blant a phobl ifanc fod ganddyn nhw oedolyn roedden nhw'n trystio yn eu bywyd – roedd gan:
 - 97% o blant (8-11oed); ac
 - 89% o bobl ifanc (11-18oed) oedolyn roedden nhw'n trystio.
- Roedd 8 plentyn a pherson ifanc oedd yn derbyn gofal heb oedolyn o'r fath yn eu bywyd.

Cael dy drystio a gwneud pethau i helpu

Gofynnwyd i'r plant (8-11oed) oedden nhw'n *cael cyfle i helpu'r athro*.

Adborth grwpiau ffocws

Roedd plant wedi dweud yn y grwpiau ffocws eu bod nhw byth yn cael eu trystio i dywys ymwelwyr o gwmpas yr ysgol na chyfleu neges oherwydd eu bod yn derbyn gofal.

- Dywedodd 12% o'r plant (8-11oed) eu bod yn cael cyfle i helpu 'drwy'r amser neu'r rhan fwyaf o'r amser' ac atebodd 61% 'weithiau'.
- Ysgrifennodd 9 (27%) plentyn 'braidd byth' neu 'byth'.



Fe ofynnwn ni i'r bobl ifanc: *Pa mor aml wyt ti'n cael cyfle i ddangos bod ti'n gallu cael dy drystio?*

Roedd perthnasoedd ag ymddiriedaeth a chael eu trystio yn faterion allweddol a godwyd gan y plant yn y grwpiau ffocws oedd yn sylfaen ar gyfer datblygu'r arolwg hwn.

- Roedd 42% o'r bobl ifanc (11-18oed) yn meddwl eu bod yn cael cyfleoedd 'drwy'r amser neu'r rhan fwyaf o'r amser' ac roedd 48% yn eu cael nhw 'weithiau'.
- Teimlai 8% eu bod 'braidd byth' yn cael cyfle, tra nododd 2% arall eu bod 'byth' yn cael.

Hoffi'r ysgol



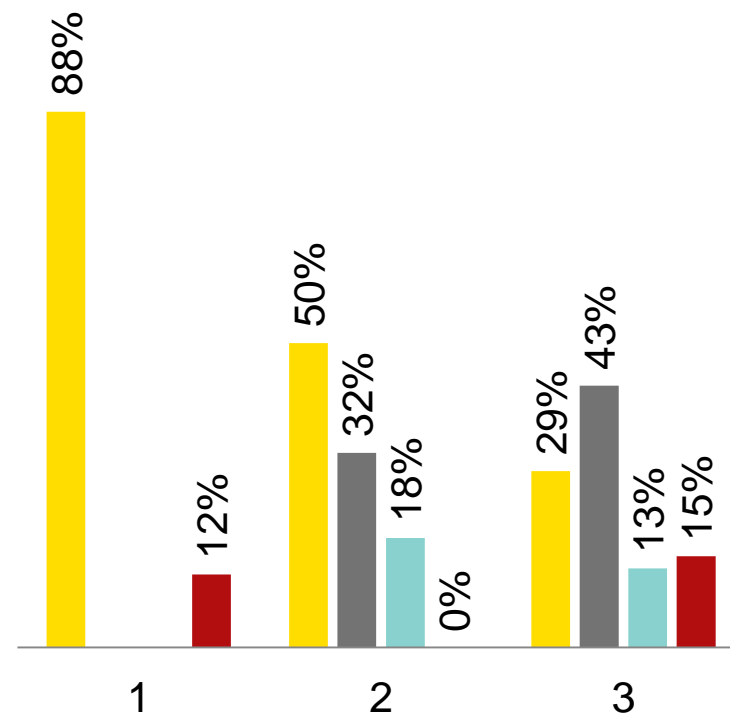
Gofynnwyd i'r holl blant a phobl ifanc faint roedden nhw'n *hoffi'r ysgol neu'r coleg.*

Y boblogaeth gyffredinol: hoffi'r ysgol

Adroddodd yr *Health Behaviour in School-Aged Children Survey* (Cymru, 2015) o 5,335 o bobl ifanc (11-16oed) fod 73% yn hoffi'r ysgol 'llawer' neu 'ychydig', a 27% 'dim llawer' neu 'dim o gwbl'. Roedd hoffi'r ysgol yn lleihau wrth i oed y plentyn gynyddu, ac roedd merched yn fwy tebygol o ddweud eu bod yn mwynhau'r ysgol na bechgyn.

- Roedd 72% o'r grŵp 11-18oed yn hoffi'r ysgol neu'r coleg 'llawer' neu 'ychydig', sy'n debyg iawn i'r gyfran yn y boblogaeth gyffredinol sy'n hoffi'r ysgol.

Wyt ti'n hoffi'r ysgol?



■ Series1 ■ Series2 ■ Series3 ■ Series4

Oedolion rwyf ti'n byw gyda nhw: Cefnogi dysgu



Gofynnwyd i'r plant a'r bobl ifanc (8-18oed) oedd yr oedolion roedden nhw'n byw gyda nhw (e.e. gofalwyr, rhieni) *yn dangos diddordeb yn y pethau roedden nhw'n eu gwneud yn yr ysgol neu'r coleg.*

Y boblogaeth gyffredinol: cefnogi dysgu

Mewn cymhariaeth, adroddodd yr *Health Behaviour in School-Aged Children survey* (11-15oed) fod 90% o blant yn Lloegr yn teimlo bod gan eu rhieni ddiddordeb yn y pethau oedd yn digwydd yn yr ysgol.

- Cofnododd 97% o'r rhai 8-11oed a 98% o'r rhai 11-18oed fod yr oedolion roedden nhw'n byw gyda nhw yn dangos diddordeb yn eu haddysg 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Mae hon yn enghraifft o ymarfer disglair – 'Bright Spot'. Mae mwy o blant a phobl ifanc (98%) yn teimlo bod gan eu gofalwyr ddiddordeb yn eu haddysg o gymharu â phobl ifanc yn Lloegr (90%) a phobl ifanc sy'n derbyn gofal (93%) mewn awdurdodau eraill yng Nghymru.

Cael hwyl a hobiau

Gofynnwyd i'r plant 4-7oed ac 8-11oed oedden nhw'n *cael hwyl ar y penwythnos*.



Gofynnodd yr arolwg 11-18oed i'r bobl ifanc oedden nhw'n cael *treulio amser ar eu hobiau neu eu gweithgareddau eu hunain y tu allan i'r ysgol*.

- Roedd mwyafrif o'r plant a'r bobl ifanc yn cael hwyl ac yn cymryd rhan mewn gweithgareddau.

Beth fyddai'n gwneud gofal yn well?

Gwneud mwy o weithgareddau gyda thrigolion eraill y tŷ a chael fy nghynnwys mewn mwy o weithgareddau cymdeithasol.
11-18oed

Grŵp oed	Ydw, rwy'n cael hwyl/cymryd rhan mewn gweithgareddau <i>n (%)</i>	Weithiau rwy'n cael hwyl/cymryd rhan mewn gweithgareddau <i>n (%)</i>	Na, dwy ddim yn cael hwyl na chymryd rhan mewn gweithgareddau <i>n (%)</i>
4-7oed	33 (100%)	-	-
8-11oed	18 (55%)	15 (45%)	-
11-18oed	37 (61%)	20 (33%)	4 (6%)
CYFANSWM	88 (69%)	35 (28%)	4 (3%)

Mynediad i fyd natur



Gall cysylltiad â byd natur leihau straen a gwella iechyd meddwl. (Play England, 2012)

Gofynnwn ni oedd y plant a'r bobl ifanc yn cael cyfleoedd i *fwynhau yn yr awyr agored*, e.e. ymweld â pharciau, traethau a choedwigoedd.

Adborth grwpiau ffocws

Dywedodd rhai o'r plant yn ein grwpiau ffocws fod ofnau diogelu yn cyfyngu ar eu cyfleoedd.

Y boblogaeth gyffredinol:

Roedd tua 11% o blant (6-15oed) heb ymweld â'r amgylchedd naturiol yn ystod y flwyddyn ddiwethaf (Arolwg Cenedlaethol Cymru – hamdden awyr agored, 2015)

- Atebodd 84% o'r plant (8-11oed) ac 83% o'r bobl ifanc (11-18oed) eu bod yn cael mynediad 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Roedd plant a phobl ifanc oedd yn derbyn gofal yn cael llai o fynediad i fyd natur o'u cymharu â'u cyfoedion yn y boblogaeth gyffredinol lle roedd 89% ar gyfartaledd yn dweud eu bod yn cael mwynhau yn yr awyr agored.

Ail gyfle



Gofynnwyd i'r bobl ifanc 11-18oed oedden nhw'n teimlo eu bod nhw'n *cael ail gyfle petaen nhw'n gwneud rhywbeth o le.*

Adborth o'r grwpiau ffocws

Mae pob plentyn yn gwneud camgymeriadau, ac mae angen ail gyfle, neu lawer mwy o gyfleoedd. Mae hynny'n rhan o ddysgu a thyfu i fyny.

Dywedodd llawer o blant yn y grwpiau ffocws fod pobl yn rhy barod i wrthod ail gyfle i blant oedd yn derbyn gofal.

- Dywedodd 45% 'drwy'r amser neu'r rhan fwyaf o'r amser';
- Atebodd 42% 'weithiau'; ac
- Roedd 13% yn meddwl eu bod 'braidd byth' neu 'byth' yn cael ail gyfle.

Beth fyddai'n gwneud bod mewn gofal yn well i ti?

Tasen nhw'n rhoi fy ffôn i fi, yn gwrando arna i, yn gadael i fi fynd allan eto.
11-18oed

Sgiliau bywyd



Gofynnnon ni i'r bobl ifanc yn y grŵp 11-18oed,

Pa mor aml wyt ti'n cael cyfle i ymarfer sgiliau bywyd fel coginio bwyd iach, golchi dillad neu fynd i'r banc?

Adborth o'r grwpiau ffocws

Gofynnwyd y cwestiwn hwn oherwydd bod llawer o bobl ifanc yn y grwpiau ffocws yn teimlo eu bod heb gael eu paratoi'n ddigonol i fod yn annibynnol.

- Atebodd 85% o'r bobl ifanc (11-18oed) eu bod yn cael cyfleoedd i ymarfer sgiliau annibyniaeth 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Dywedodd 15% fod hynny 'braidd byth' neu 'byth' yn wir.

Mynediad i'r Rhyngrwyd gartre



Gofynnwyd i'r bobl ifanc 11-18oed *oedden nhw'n gallu cysylltu â'r Rhyngrwyd gartref.*

Y boblogaeth gyffredinol: mynediad i'r Rhyngrwyd

- Yng Nghymru, mae gan 98% o'r aelwydydd sydd â phlant a dau oedolyn gysylltiad â'r Rhyngrwyd. Mae gan 90% o rieni sengl gysylltiad â'r Rhyngrwyd. (Arolwg Cenedlaethol Cymru, 2017)
- Canfu'r *Millennium Cohort Study* o blant 11oed ei bod hi'n debygol iawn fod gan blant oedd erioed wedi defnyddio'r Rhyngrwyd tu allan i'r ysgol lefel isel o lesiant. (Adroddiad Cymdeithas y Plant, 2014)

- Adroddodd mwyafrif (90%) o'r bobl ifanc fod ganddyn nhw fynediad i'r Rhyngrwyd.
- Roedd gan 6 (10%) o bobl ifanc fynediad 'Braidd byth' neu 'Byth'.

**Beth fyddai'n gwneud bod
mewn gofal yn well i ti?
Gallu defnyddio'r cyfrifiadur
gartre a gallu cerdded gyda
fy ffrindiau tu allan i'r ysgol.
11-18oed**



4. Hawliau

- Cynnwys mewn penderfyniadau
- Stigma bod mewn gofal
- Teimlo'n ddiogel yn y lleoliad
- Bwlio
- Adnabod gweithwyr cymdeithasol a chyswllt â nhw

Cynnwys mewn penderfyniadau

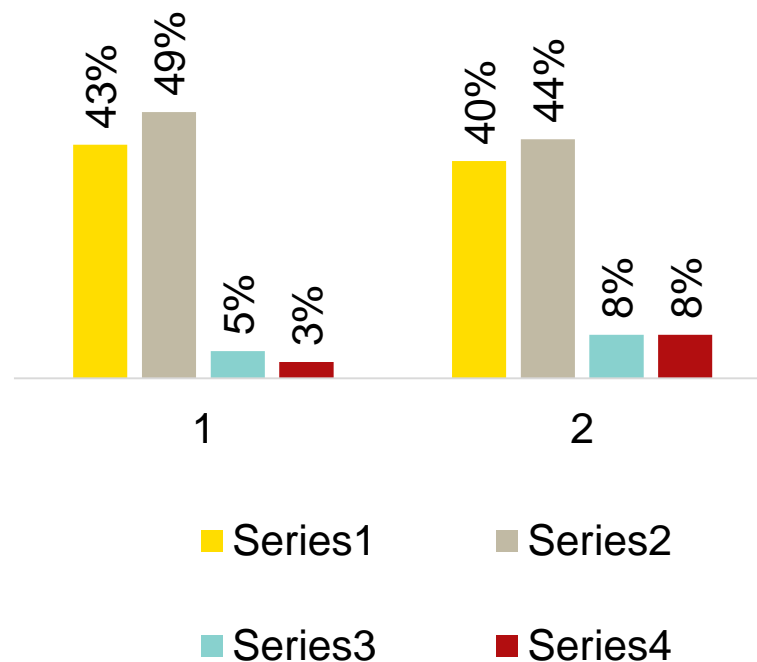


Gofynnwyd i blant 8-18oed, *wyt ti'n teimlo dy fod ti'n cael dy gynnwys yn y penderfyniadau mae gweithwyr cymdeithasol yn eu gwneud am dy fywyd?*

- Roedd 92% o'r rhai 8-11oed yn teimlo eu bod yn cael eu cynnwys 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Roedd 84% o'r rhai 11-18oed yn teimlo eu bod yn cael eu cynnwys 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'

*Rwy'n teimlo mod i ddim yn cael rhoi barn yn aml am bethau yn fy mywyd.
11-18oed*

Wyt ti'n teimlo dy fod ti'n cael dy gynnwys yn y penderfyniadau mae gweithwyr cymdeithasol yn eu gwneud am dy fywyd?



Stigma bod mewn gofal



Yn yr arolwg gofynnwyd cwestiwn i'r grŵp 11-18oed am deimlo'n wahanol, *ydy oedolion yn gwneud pethau sy'n gwneud i ti deimlo embaras am fod mewn gofal?*

Ni ofynnwyd y cwestiynau hyn i'r plant iau, gan fod y grwpiau ffocws yn awgrymu bod cael eu gwneud i deimlo'n wahanol yn achosi llawer mwy o bryder yn ystod y glasoed.

- Nododd 12 (18%) o'r bobl ifanc fod oedolion yn gwneud pethau oedd yn gwneud iddyn nhw deimlo embaras am fod mewn gofal.

Wrth gyflwyno fi i bobl maen nhw'n dweud, "Dyma fy merch faeth". Mae hynny'n rhoi fi mewn sefyllfa anodd, ac mae pobl yn gofyn llawer o gwestiynau am fod mewn gofal....

11-18oed

Pan fydda i gyda'r gweithiwr allweddol ac yn gweld ffrind, rwy'n teimlo embaras, a dwy ddim eisiau i'm ffrindiau wybod.

11-18oed

Yn y noson rhieni, mae pobl yn dweud, "Dyma dy fam, ontefe?"

11-18oed

Teimlo'n ddiogel mewn lleoliad

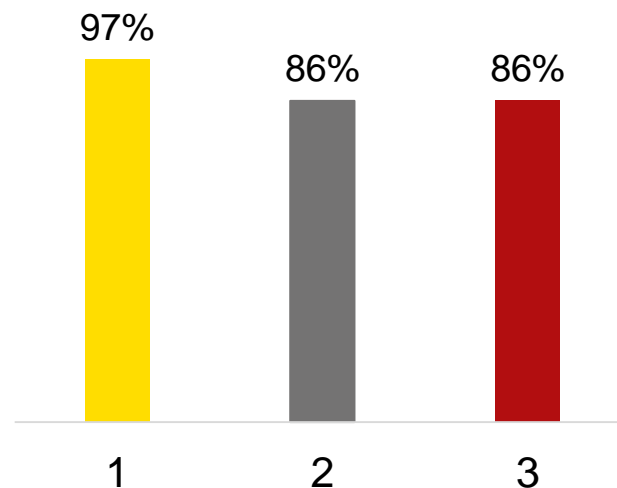
bright spots



Gofynnwyd i'r holl blant a phobl ifanc oedden nhw'n *teimlo'n ddiogel* yn y cartref lle roedden nhw'n byw. Mae'n anodd gwybod beth oedd ym meddwl plant wrth ateb, ond mae teimlo'n ddiogel yn ymwneud â sut mae'r byd yn *teimlo*, nid sut mae e o reidrwydd.

- At ei gilydd, dywedodd 88% o'r plant a'r bobl ifanc eu bod yn teimlo'n ddiogel 'drwy'r amser neu'r rhan fwyaf o'r amser', sy'n uwch na'r gyfran o'r boblogaeth gyffredinol oedd yn teimlo'n ddiogel yn eu cartrefi.
- Dywedodd un plentyn yn y grŵp 4-7oed nad oedd yn teimlo'n ddiogel gartref.
- Nododd 5 (14%) o'r grŵp 8-11oed a 7 (10%) o'r grŵp 11-18oed eu bod nhw ddim yn teimlo'n ddiogel trwy roi tic yn y blychau 'weithiau', 'braidd byth' neu 'byth'.

Rydw i'n teimlo'n ddiogel yn y cartref lle rwy'n byw drwy'r amser neu'r rhan fwyaf o'r amser



Y boblogaeth gyffredinol:

Canfu arolwg *The Children's Worlds* fod 75% o blant (8-13oed) yn y boblogaeth gyffredinol yn teimlo'n 'Hollol ddiogel' gartref (Rees *et al.*, 2014). Mae peidio â theimlo'n ddiogel yn gysylltiedig â lefelau cortisol uwch ac anhawster dysgu a chanolbwyntio. (Prifysgol Harvard, 2012)

Bwlio

Roedd ein cwestiwn yn gofyn a oedd *plant yn ofni mynd i'r ysgol oherwydd bwlio* ac os oedden nhw'n cael eu bwlio, oedden nhw'n *cael cefnogaeth oedolyn*.

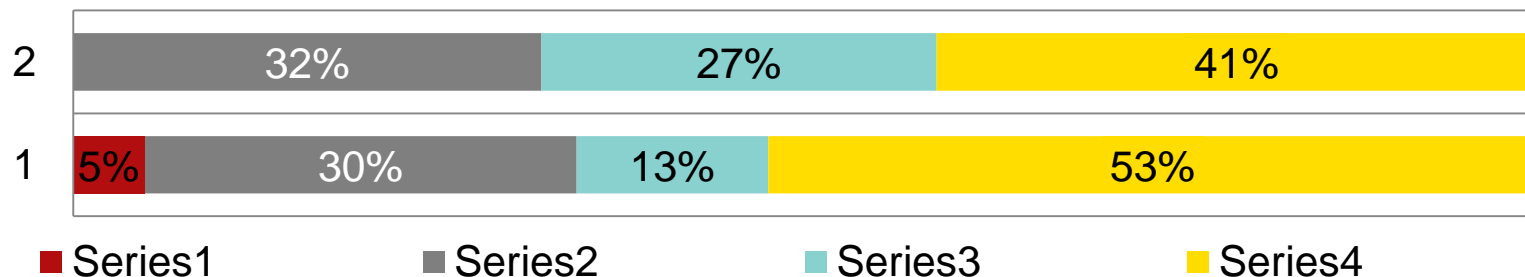
Y boblogaeth gyffredinol: Bwlio

- Mae dadansoddi'r *Children's Worlds surveys* mewn 22 o wledydd wedi dangos mai peidio â dioddef bwlio yw un o'r ffactorau pwysicaf yn llesiant plant. (Rees *et al.*, 2010)
- Mae tua 10% o blant yng Nghymru yn sôn eu bod yn cael eu bwlio'n rheolaidd yn yr ysgol. (ONS, 2016b)

- Dywedodd 11 (32%) o blant (8-11oed) a 21 (35%) o bobl ifanc (11-18oed) eu bod yn ofni mynd i'r ysgol oherwydd bwlio.
- Soniodd plant sy'n derbyn gofal am fwy o fwlio na'u cyfoedion yn y gymuned.

- Roedd yr holl blant 8-11oed oedd yn ofni bwlio yn cael help a chefnogaeth gan oedolyn. Ond roedd hynny'n digwydd yn achos 14 yn unig (67%) o'r bobl ifanc (11-18oed) a ddywedodd eu bod yn ofnus.

Fyddi di byth yn ofni mynd i'r ysgol neu'r coleg oherwydd bwlio?



Gwybod pwy yw gweithwyr cymdeithasol



Gofynnwyd i'r holl blant a phobl ifanc (4-18oed) oedden nhw'n *adnabod eu gweithiwr cymdeithasol cyfredol.*

- At ei gilydd, nid oedd 15 o blant a phobl ifanc (12%) yn adnabod eu gweithiwr cymdeithasol.
- Mae'n destun pryder nad oedd dros chwarter (26%) o'r plant iau (4-7oed) yn gwybod pwy oedd eu gweithiwr cymdeithasol.

Grŵp oed	Adnabod y gweithiwr cymdeithasol <i>n</i> (%)	Ddim yn adnabod y gweithiwr cymdeithasol <i>n</i> (%)
4-7oed	25 (74%)	9 (26%)
8-11oed	33 (97%)	1 (3%)
11-18oed	56 (92%)	5 (8%)
CYFANSWM	114 (88%)	15 (12%)

Cyswllt â gweithwyr cymdeithasol



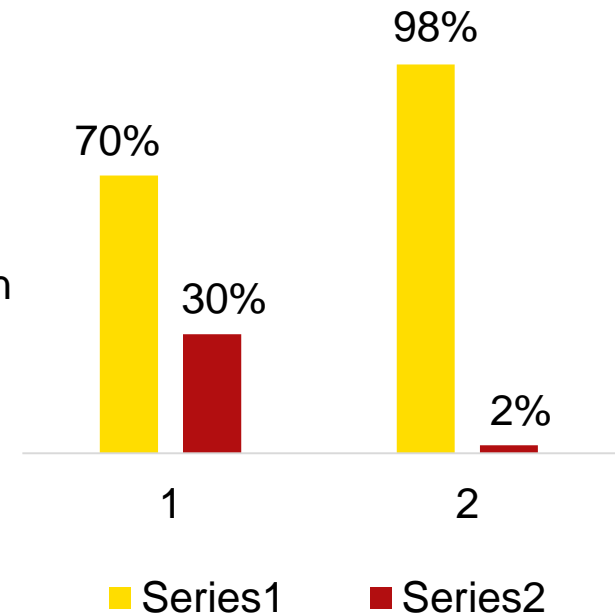
Gofynnwyd i'r bobl ifanc (11-18oed) oedd yn adnabod eu gweithiwr cymdeithasol (n=58) pa mor *hawdd oedd cysylltu â nhw.*



Gofynnwyd i'r plant (8-11oed) a'r bobl ifanc (11-18oed) oedden nhw'n *gwybod eu bod nhw'n gallu siarad â'u gweithiwr cymdeithasol ar eu pen eu hunain.*

- Dywedodd cyfran uchel (85%) o'r bobl ifanc (11-18oed) eu bod nhw'n gallu cysylltu â'u gweithiwr cymdeithasol yn hawdd 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'. Ond ni allai 8 (15%) gysylltu â'u gweithiwr cymdeithasol 'braidd byth' neu 'byth'.
- Roedd mwyafrif (70%) y plant (8-11oed) a bron pawb (98%) o'r rhai 11-18oed yn gwybod eu bod nhw'n gallu gofyn am siarad â'u gweithiwr cymdeithasol ar eu pen eu hunain.

Wyt ti'n gwybod bod gen ti hawl i siarad â gweithiwr cymdeithasol ar dy ben dy hun?





5. Adferiad

- Gwybod y rheswm dros fod mewn gofal
- Teimlo'n sefydlog yn y lleoliad
- Hoffi stafelloedd gwely
- Oedolion rwyf ti'n byw gyda nhw: Rhianta sensitif
- Oedolion rwyf ti'n byw gyda nhw: Rhannu cyfrinachau
- Cefnogaeth gyda phryderon
- Cyfateb i gyfoedion
- Bodlon ar sut rwyf ti'n edrych

Gwybod y rheswm dros fod mewn gofal



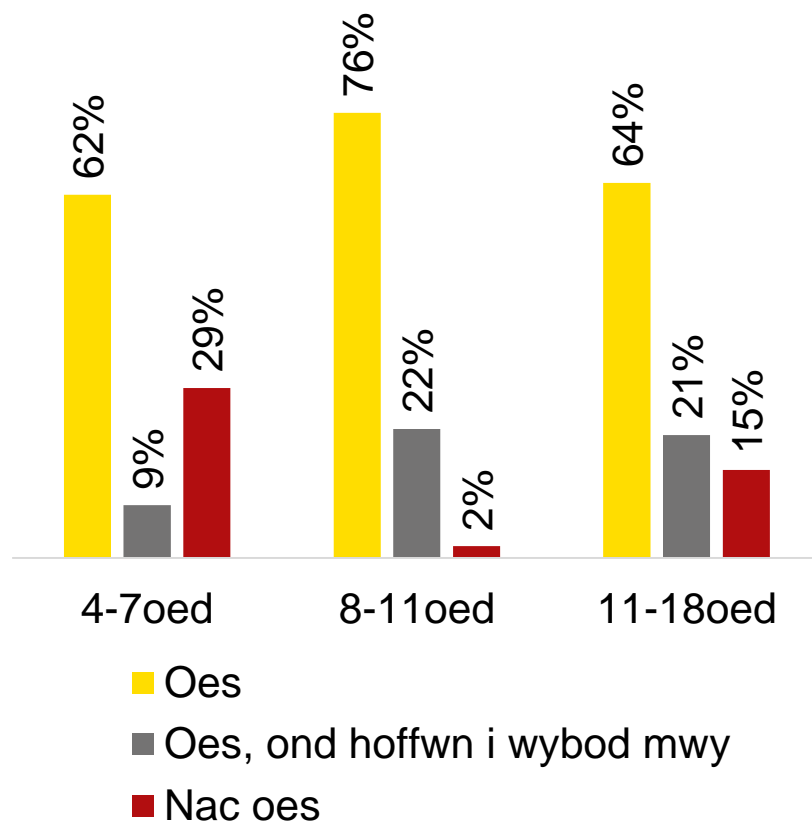
Gofynnwyd i'r holl blant a phobl ifanc a oedd *rhywun wedi esbonio pam roedden nhw mewn gofal.*

Pwysig o ran adferiad

Mae cael gwybodaeth ystyrlon am eich hanes a deall y rhesymau pam rydych chi'n derbyn gofal yn bwysig wrth ddatblygu hunaniaeth integredig ac ymadfer wedi dioddef cam-drin ac esgeuluso. (Adshead, 2012; Adler, 2012)

Roedd dros draean o'r bobl ifanc (11-18oed) a'r plant iau (4-7oed) eisiau deall neu wybod mwy am pam roedden nhw mewn gofal. Roedd bron chwarter y plant (8-11oed) hefyd yn teimlo eu bod nhw ddim yn gwybod digon am pam roedden nhw mewn gofal. Teimlai llai o bobl ifanc yn RhCT (64%) fod ganddyn nhw ddealltwriaeth dda o gymharu â phobl ifanc (71%) mewn awdurdodau eraill yng Nghymru.

Oes rhywun wedi esbonio wrthyd ti pam rwyd ti mewn gofal?



Teimlo'n sefydlog mewn lleoliad



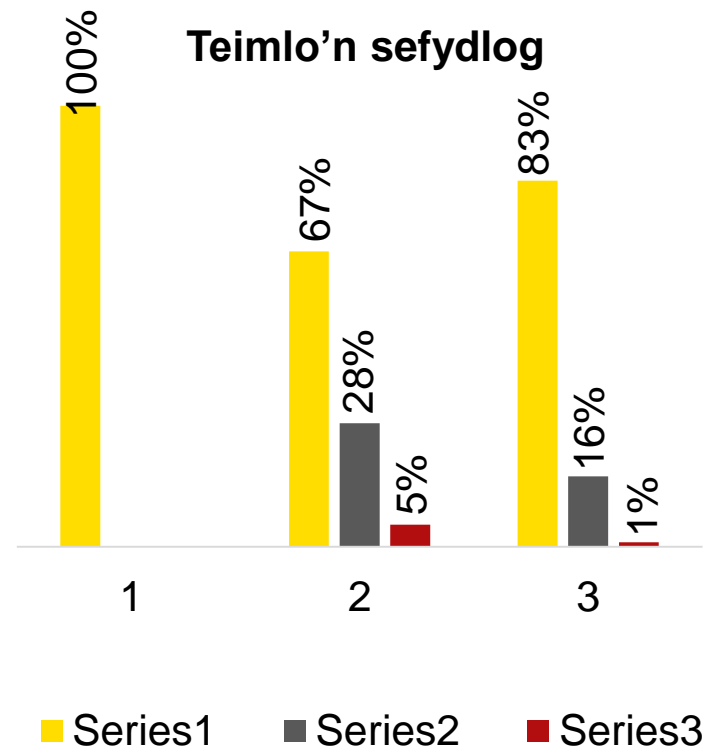
Roedd yr arolygon yn ceisio canfod a oedd y plant yn teimlo eu bod yn perthyn ac yn gyfforddus yn eu lleoliadau. Ar sail cyngor ein grwpiau ffocws, gofynnwyd i'r plant a'r bobl ifanc,

*Wyt ti'n teimlo'n sefydlog yn y cartref lle rwy'ti'n byw?
(Wyt ti'n teimlo'n gyfforddus, dy fod ti'n cael dy dderbyn,
ac wedi ymlacio?)*

Opsiynau ateb

Gallai'r plant iau (4-7oed) ateb 'ydw, ar y cyfan' neu 'nac ydw, ar y cyfan'. Gallai'r plant (8-11oed) a'r bobl ifanc (11-18oed) ateb: 'drwy'r amser neu'r rhan fwyaf o'r amser', 'weithiau', 'braidd byth', neu 'byth'.

- Roedd yr holl blant iau (4-7oed) yn teimlo'n sefydlog yn eu lleoliadau. Roedd traean (33%) o'r plant 8-11oed ac 17% o'r bobl ifanc (11-18oed) yn teimlo'n sefydlog 'weithiau' yn unig, 'braidd byth', neu 'byth'.



Teimlai cyfran uwch (83%) o bobl ifanc RhCT yn sefydlog 'drwy'r amser neu'r rhan fwyaf o'r amser' o gymharu â phobl ifanc sy'n derbyn gofal (73%) mewn awdurdodau eraill yng Nghymru.

Hoffi stafelloedd gwely

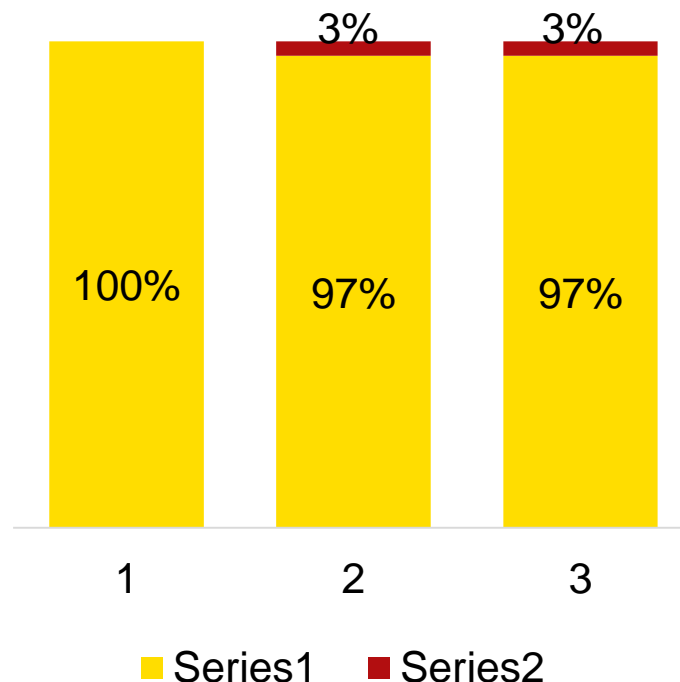


Roedd hoffi eu stafell wely yn nodwedd bwysig i'r grwpiau ffocws gynhalion ni. Roedd y bobl ifanc yn gweld eu stafelloedd gwely fel lle i fod ar eu pen eu hunain mewn cartref prysur.

Roedd hyn yn gysylltiedig â diogelwch, ymdeimlad o hunaniaeth ac ymdeimlad o berthyn.

- Roedd 139 (98%) o'r plant a'r bobl ifanc yn hoffi eu stafelloedd gwely.

Wyt ti'n hoffi dy stafell wely?



Oedolion rwyd ti'n byw gyda nhw: Rhianta sensitif



Gofynnwyd i'r holl blant oedden nhw'n teimlo bod yr oedolion roedden nhw'n byw gyda nhw yn *sylwi sut roedden nhw'n teimlo*.

- Roedd 84% o'r plant iau (4-7oed), 97% o'r plant (8-11oed) a 92% o'r bobl ifanc (11-18awr) yn meddwl bod eu gofalwyr yn sylwi sut roedden nhw'n teimlo 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Teimlai 5 (16%) o'r 31 plentyn iau (4-7oed) a ymatebodd fod eu gofalwyr ddim yn sylwi sut roedden nhw'n teimlo.

Rwy'n meddwl bod mynd i ofal yn helpu. Mae wedi helpu fi i reoli fy nheimpladau crac yn well, ac wedi fy ngwneud i'n berson gwell. Fy ngofalwyr helpodd fi fwy.
11-18oed

Mae'n dda gyda (enw) a Tad-cu.
4-7oed

Oedolion rwyf ti'n byw gyda nhw: rhannu cyfrinachau



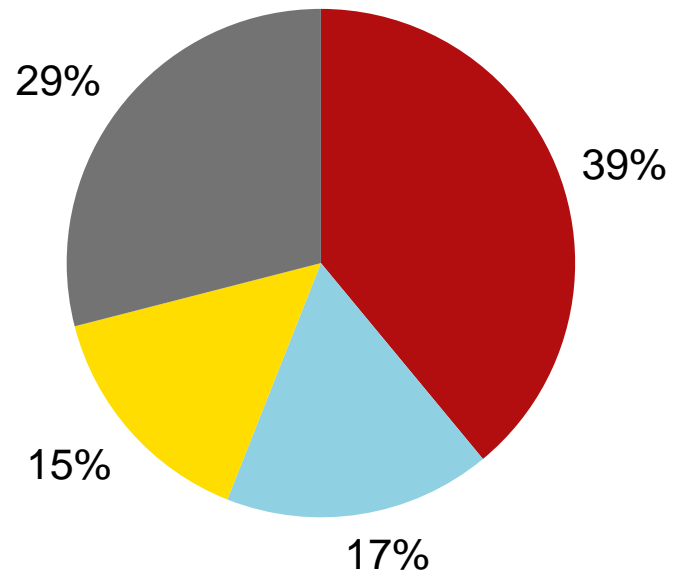
Gofynnwyd i'r bobl ifanc (11-18oed) pa mor aml bydden nhw'n *siarad â'r oedolion roedden nhw'n byw gyda nhw am bethau oedd yn bwysig iddyn nhw*

Y boblogaeth gyffredinol

Canfu arolwg *Understanding Society* y Deyrnas Unedig (2017) fod 65% o blant (10-15oed) yn siarad â rhiant yn rheolaidd.

- Roedd 56% o'r bobl ifanc yn siarad yn rheolaidd â'u gofalwyr am bethau oedd yn bwysig iddyn nhw.
- Roedd cyfran (56%) y bobl ifanc oedd yn derbyn gofal fyddai'n siarad yn rheolaidd â'r oedolion roedden nhw'n byw gyda nhw yn llai nag yn achos eu cyfoedion yn y boblogaeth gyffredinol (65%) a phobl ifanc eraill oedd yn derbyn gofal (61%) yng Nghymru.

Siarad ag oedolion am bethau pwysig



- Bron bob dydd
- Mwy nag unwaith yr wythnos
- Llai nag unwaith yr wythnos
- Braidd byth

Cefnogaeth gyda phryderon



Gofynnwyd i'r plant a'r bobl ifanc (8-18oed) oedden nhw'n *pryderu am eu teimladau neu eu hymddygiad eu hunain*, ac os oedd *ganddyn nhw bryderon, oedden nhw'n cael cefnogaeth*.

Y boblogaeth gyffredinol a data cymharol arall: Iechyd Meddwl

- Mae astudiaethau o boblogaethau sy'n derbyn gofal yn dangos bod lefel anawsterau plant yn llawer uwch, yn amrywio o ryw 45% o'r plant mewn gofal maeth i 75% o'r rhai mewn gofal preswyl. (Ford *et al.*, 2007)
- Yng Nghymru, mae gan tua 17% o blant sgoriau SDQ sy'n destun pryder, ac yn awgrymu bod ganddynt lefel glinigol o anawsterau iechyd meddwl (Bwletin Ystadegol 2017)

- Roedd 16% o'r plant (8-11oed) yn pryderu 'drwy'r amser neu'r rhan fwyaf o'r amser' a 49% 'weithiau'. Roedd dau blentyn yn teimlo eu bod nhw ddim yn cael unrhyw help gyda'u pryderon.
- Dywedodd 15% o'r bobl ifanc (11-18oed) eu bod yn pryderu 'drwy'r amser neu'r rhan fwyaf o'r amser' a 46% 'weithiau'.

Teimlai 13 o'r 40 o bobl ifanc oedd yn dweud eu bod yn pryderu nad oedden nhw'n cael help. Mae'n destun pryder bod bron traean o'r bobl ifanc yn teimlo eu bod nhw ddim yn cael help i ddatrys eu pryderon.

Beth fyddai'n gwneud gofal yn well?

Byddwn i'n newid fy agwedd a pha mor aml rwy'n grac!! ":(ond heblaw hynny gwyh :(diolch 11-18oed

Rwy'n gwybod eich bod chi'n meddwl mod i'n fwy diogel, ond rydw i hefyd yn fwy unig. 11-18oed

Cyfateb i gyfoedion



Gofynnwyd i'r bobl ifanc (11-18oed) oedden nhw'n *cael cyfle i wneud pethau tebyg i'w ffrindiau.*

- Dywedodd 90% o'r bobl ifanc eu bod yn gwneud pethau tebyg i'w ffrindiau 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'. Yn RhCT, roedd mwy o bobl ifanc yn teimlo eu bod yn gallu gwneud yr un pethau â'u ffrindiau o gymharu â phobl ifanc eraill oedd yn derbyn gofal yng Nghymru, lle teimlai 84% bod hynny'n wir.
- Fodd bynnag, gwnaeth rhai pobl ifanc sylwadau ar yr agwedd hon o'u bywydau.

Gadael i fi fod yn fwy tebyg i bobl sydd ddim mewn gofal maeth.
11-18oed

Maen nhw'n gwneud i fi fynd i'r gwely'n gynharach na'm ffrindiau sydd ddim mewn gofal.
11-18oed

Bodlon ar sut rwyd ti'n edrych



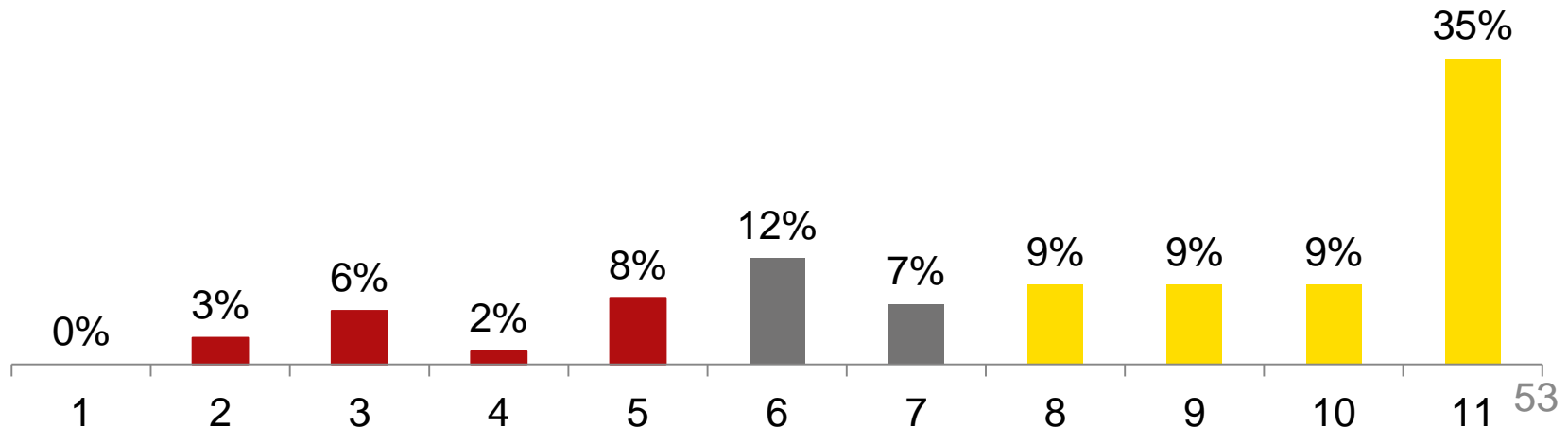
Mae astudiaethau wedi dangos bod delwedd wael o ran y corff yn gysylltiedig â lefel isel o hunan-barch, iselder a hunan-niweidio. (Cash and Smolek, 2011)

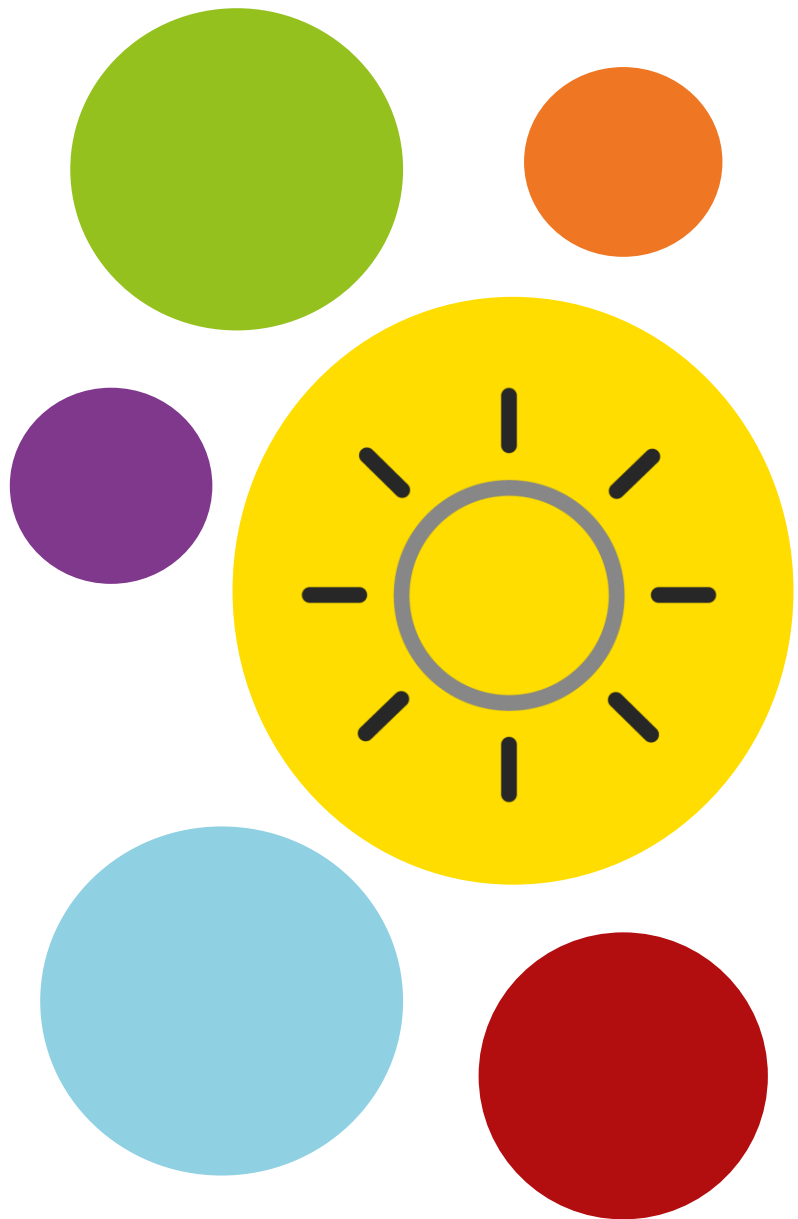
Y boblogaeth gyffredinol: Bodlon ar sut maen nhw'n edrych

- Mae 10% o'r bobl ifanc 10-17oed yn y boblogaeth gyffredinol yn anfodlon ar sut maen nhw'n edrych. Mae merched yn fwy tebygol o fod yn llai bodlon ar sut maen nhw'n edrych na bechgyn. (Cymdeithas y Plant, 2017)

- Roedd mwyafrif (62%) o'r bobl ifanc yn fodlon ar sut roedden nhw'n edrych, ond doedd 19% ddim yn hoffi sut roedden nhw'n edrych.
- Doedd bron dwywaith cymaint o'r bobl ifanc ddim yn hoffi sut roedden nhw'n edrych, o gymharu â phobl ifanc yn y boblogaeth gyffredinol.

Pa mor fodlon wyt ti ar sut rwyd ti'n edrych?





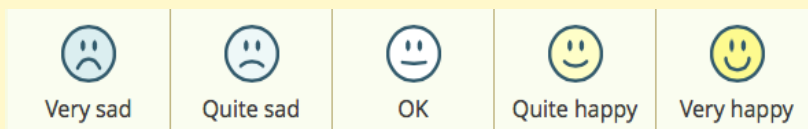
6. Llesiant

- Hapusrwydd ddoe – effaith
- Boddhad mewn bywyd – gwerthusiad cyffredinol
- Mae bywyd yn werth chweil – llesiant seicolegol/ewdemonig
- Mae bywyd yn gwella
- Agwedd gadarnhaol at y dyfodol

Hapusrwydd

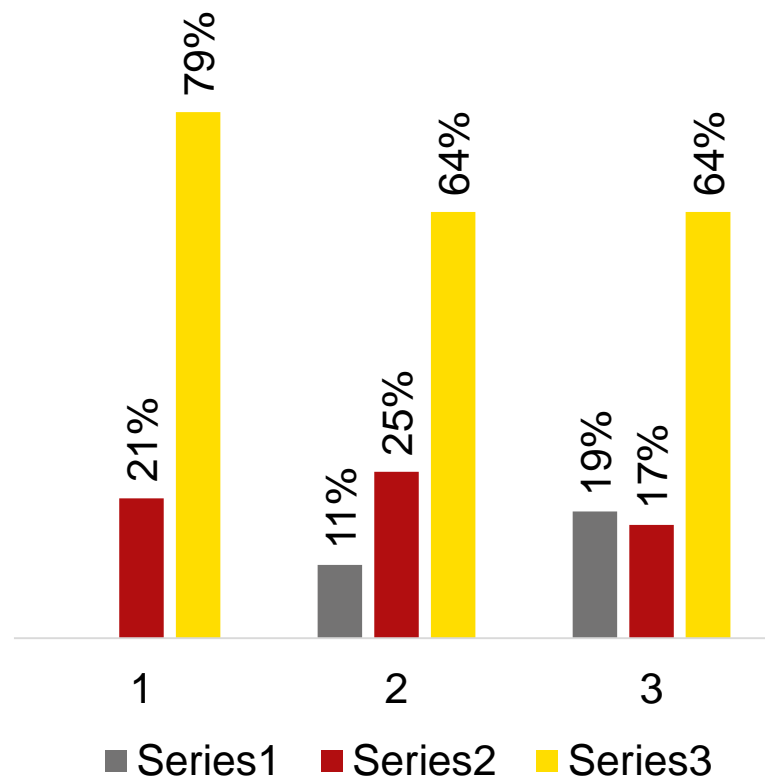
Mae lefel hapusrwydd yn gostwng wrth i oed godi ym mhob arolwg. Mae llesiant yn lleihau o flwyddyn 5 yn yr ysgol ymlaen, gyda 14-15oed yn isafbwynt. Yna mae'n dechrau codi eto. (Rees *et al.*, 2010)

- Gofynnwyd i'r plant (4-11oed) nodi *pa mor hapus oedden nhw ddoe* ar raddfa 5-pwynt, o 'trist iawn' i 'hapus iawn'.



- Dewisodd y bobl ifanc (11-18oed) bwynt ar raddfa o 0-10 lle roedd 0 yn golygu 'trist iawn'.
- Roedd mwyafrif y plant a'r bobl ifanc wedi bod yn hapus y diwrnod blaenorol.
- Dywedodd 4 (11%) o'r plant (8-11oed) ac 11 (19%) o'r bobl ifanc (11-18oed) eu bod yn 'eitha trist' neu'n 'drist iawn' y diwrnod blaenorol.

Hapusrwydd ddoe



Bodddhad mewn bywyd

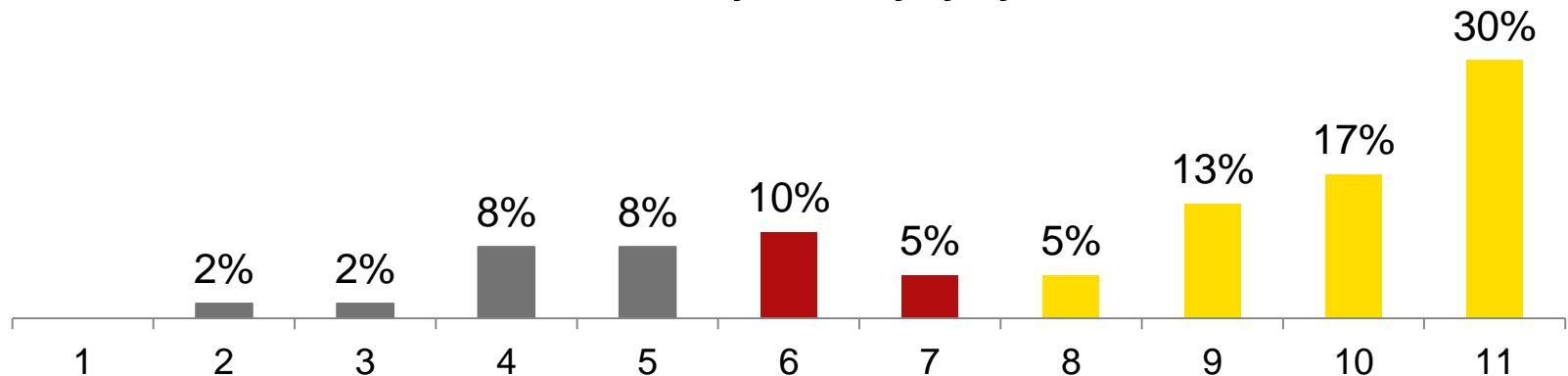


Gofynnwyd i'r bobl ifanc (11-18oed) *pa mor fodlon oedden nhw ar eu bywyd* ar raddfa o 0-10.

Mae'r cwestiwn hwn yn cyfateb yn union i'r cwestiwn yn arolwg Cymdeithas y Plant. Bernir bod sgôr o 7 neu fwy yn lefel uchel o foddhad mewn bywyd. (Swyddfa'r Cabinet, 2012)

- Yn wahanol i'r boblogaeth gyffredinol o blant, nid oedd cyfatebiaeth gadarnhaol rhwng sgoriau bodddhad uchel mewn bywyd a bod yn hapus yn yr ysgol.
- Roedd gan 20% o'r bobl ifanc sgoriau bodddhad isel mewn bywyd.

Pa mor fodlon wyt ti ar dy fywyd?



Ydy'r pethau rwy't ti'n eu gwneud yn werth chweil?

Gofynnwyd i'r bobl ifanc (11-18oed) *ydy'r pethau maen nhw'n eu gwneud yn werth chweil?*

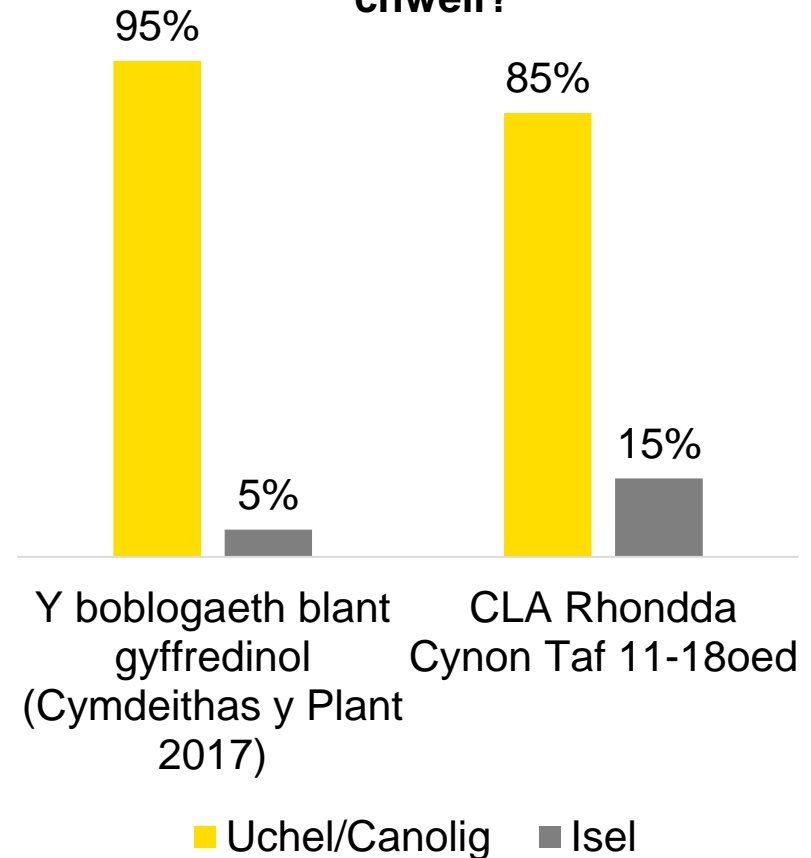
Pwysigrwydd pwrpas

Mae cysylltiad cryf rhwng bod ag ystyr neu bwrpas i fywyd a llesiant. (ONS, 2014)

Roedd y bobl ifanc (11-18oed) yn defnyddio'r un raddfa o 0-10 ag y defnyddiodd Cymdeithas y Plant (2017) yn eu harolwg hwythau o aelwydydd gyda 3,000 o bobl ifanc 10-17oed.

- Roedd sgôr 71% o'r bobl ifanc yn uchel neu'n uchel iawn;
- Roedd 14% yn ganolig; ac roedd
- 15% yn isel – yn teimlo nad oedd y pethau roedden nhw'n eu gwneud yn werth chweil.

I ba raddau rwy't ti'n meddwl bod y pethau rwy't ti'n eu gwneud yn dy fywyd yn werth chweil?



Agwedd gadarnhaol at y dyfodol



Gofynnwyd i'r bobl ifanc nodi ar raddfa o 0-10 *pa mor gadarnhaol oedden nhw am eu dyfodol.*

Cysylltiadau â hapusrwydd

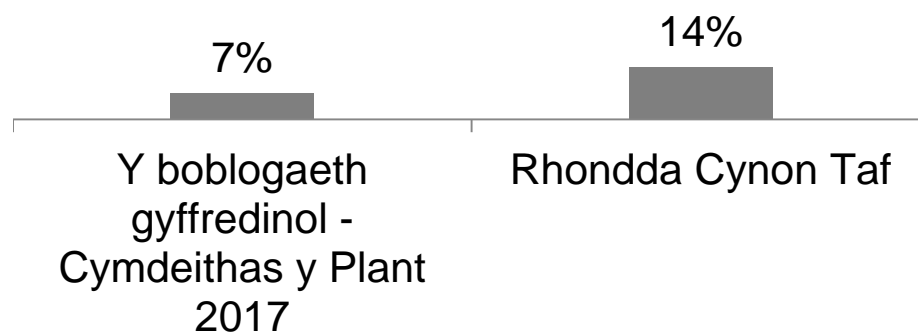
Mae agwedd optimistaidd at y dyfodol yn gysylltiedig â hapusrwydd a gwydnwch. (Conversano et al., 2010)

- Roedd 42 o bobl ifanc (72%) yn gadarnhaol iawn am eu dyfodol.
- Roedd gan 8 o bobl ifanc (14%) sgôr cymedrol.
- Roedd gan 8 (14%) o bobl ifanc sgôr isel, ac agwedd besimistaidd at y dyfodol.

Rydw i'n gobeithio gweld mwy o nhad yn y dyfodol, achos mae fy ngweithiwr cymdeithasol a nhad yn ceisio trefnu hynny.

11-18oed

Pobl ifanc oedd yn besimistaidd am eu dyfodol: cymharu pobl ifanc oedd yn derbyn gofal yn Rhondda Cynon Taf (11-18oed) â'r boblogaeth blant gyffredinol



Cymariaethau

Lefelau llesiant – Pobl ifanc (11-18oed) sy'n derbyn gofal yn Rhondda Cynon Taf o gymharu â chyfoedion (10-17oed) yn y boblogaeth gyffredinol yng Nghymru (ONS, 2016) a sgoriau cyfartalog pobl ifanc sy'n derbyn gofal mewn chwe ALI yng Nghymru.

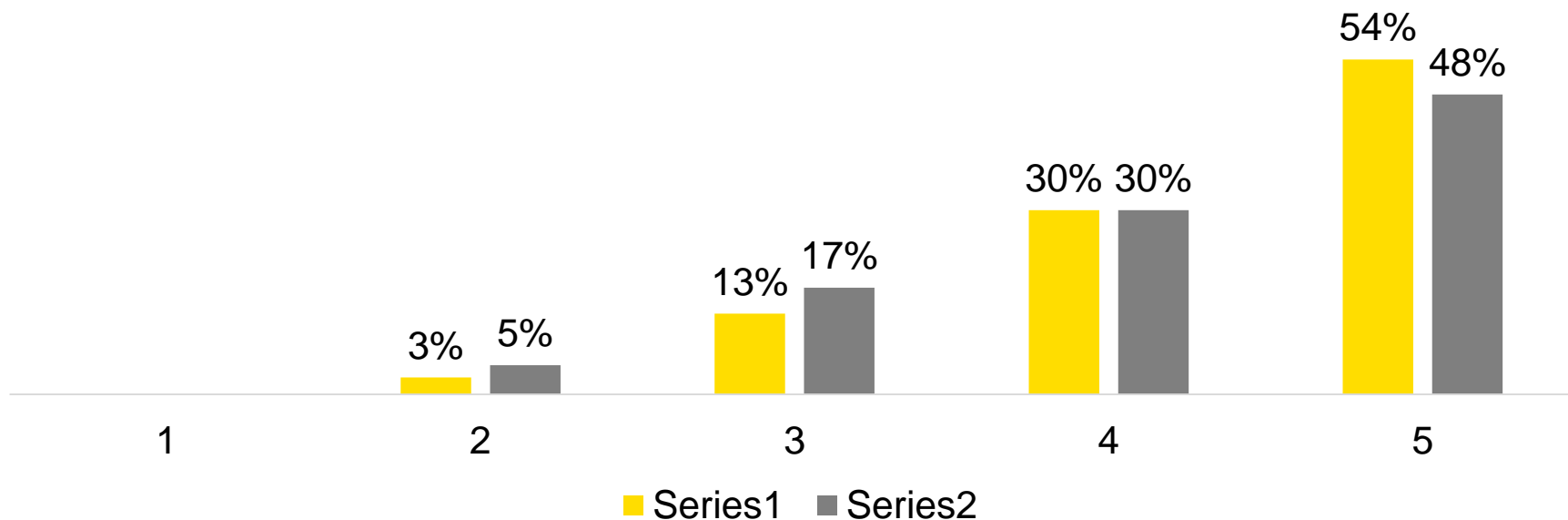
		Bodddhad mewn bywyd	Hapusrwydd ddoe	Bywyd yn werth chweil	Agwedd gadarnhaol at y dyfodol
Rhondda Cynon Taf	% â sgôr uchel	65%	64%	71%	72%
	% â sgôr isel	20%	19%	15%	14%
Cyfartaledd 2018 mewn 6 ALI	% â sgôr uchel	55%	55%	62%	65%
	% â sgôr isel	17%	23%	12%	13%
Cyfoedion yn y boblogaeth gyff. (10-17oed)	% â sgôr uchel	80.1%	74.3%	75.0%	-----
	% â sgôr isel	7.8%	12.5%	11.4%	-----

Mae bywyd yn gwella

Gofynnwyd i'r plant 8-18oed oedden nhw'n meddwl bod eu *bywyd yn gwella*, a gallen nhw ddewis o raddfa bum pwynt oedd yn amrywio o 'llawer gwaeth' i 'llawer gwell'.

- Roedd mwyafrif (80%) o'r plant yn Rhondda Cynon Taf yn teimlo bod eu bywydau'n gwella.

Ydy bywyd yn gwella?



Llesiant: 4-7oed



- Ni roddodd neb o'r plant iau ymatebion oedd yn dangos bod ganddynt lefel isel o lesiant.

Rydw i'n hapus gyda
llawer o ffrindiau.
4-7oed

Llesiant: 8-11oed



Disgrifiodd 4 (11%) o'r plant yn y grŵp 8-11oed eu hunain fel 'trist iawn'.

Roedd cipolwg manylach ar ymatebion cyffredinol y 4 plentyn yma'n datgelu'r canlynol:

- Dywedodd pob un o'r pedwar eu bod yn pryderu am eu teimladau a'u hymddygiad 'drwy'r amser neu'r rhan fwyaf o'r amser' neu 'weithiau'.
- Teimlai tri o'r pedwar plentyn yn ansefydlog yn eu lleoliadau 'drwy'r amser neu'r rhan fwyaf o'r amser'.
- Teimlai tri o'r plant eu bod 'braidd byth' neu 'byth' yn cael eu cynnwys wrth wneud penderfyniadau gwaith cymdeithasol.
- Roedd tri o'r plant yn meddwl mai dim ond 'weithiau' y byddai'r oedolion yn sylwi sut roedden nhw'n teimlo.
- Teimlai dau blentyn eu bod heb gael esboniad llawn ynghylch pam roedden nhw mewn gofal.
- Teimlai dau blentyn eu bod nhw ddim yn gweld eu mamau'n ddigon aml.
- Doedd dau blentyn ddim yn gwybod eu bod yn gallu gofyn am siarad â'r gweithiwr cymdeithasol ar eu pen eu hunain.

Llesiant: 11-18oed

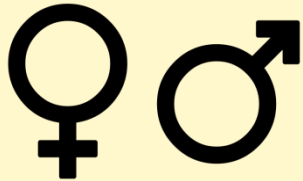


Roedd gan 12 (22%) o'r bobl ifanc lefel isel o lesiant (h.y. roedden nhw'n sgorio 4 neu lai ar ddau neu fwy o'r graddfeydd llesiant 0-10).

O'u cymharu â phobl ifanc oedd â lefelau llesiant cymedrol/uchel, roedd pobl ifanc â lefel isel o lesiant:

- 9 gwaith yn fwy tebygol o deimlo eu bod heb gael esboniad llawn ar pam roedden nhw mewn gofal.
- 8 gwaith yn fwy tebygol o beidio â hoffi sut roedden nhw'n edrych.
- 7 gwaith yn fwy tebygol o deimlo eu bod yn cael eu heithrio o'r penderfyniadau roedd gweithwyr cymdeithasol yn eu gwneud amdanynt.
- 6 gwaith yn fwy tebygol o ddweud bod oedolion yn gwneud pethau oedd yn peri iddyn nhw deimlo embaras oherwydd eu bod mewn gofal.
- 5 gwaith yn fwy tebygol o deimlo'n ansefydlog yn eu lleoliadau a theimlo eu bod nhw ddim yn cael cyfleoedd i ymarfer eu sgiliau er mwyn bod yn barod ar gyfer annibyniaeth.
- 4 gwaith yn fwy tebygol o beidio â thrystio eu gweithiwr cymdeithasol a 3 gwaith yn fwy tebygol o deimlo eu bod yn methu cysylltu â'u gweithiwr cymdeithasol yn hwylus.
- Roedden nhw hefyd yn llai tebygol o deimlo bod ganddyn nhw oedolyn roedden nhw'n eu trystio yn eu bywydau.

Gwahaniaethau rhywedd (11-18oed)



Adroddodd Cymdeithas y Plant (2017) fod un o bob 7 (14%) merch (10-15 oed) yn y boblogaeth yn anfodlon ar eu bywydau'n gyffredinol, a bod hynny'n wir am un o bob 10 bachgen.

Wrth edrych ar wahaniaethau rhywedd yn ein harolygon yn 2017, ddaethon ni ddim o hyd i unrhyw wahaniaethau rhywedd yn yr arolygon 4-7oed ac 8-10oed, ond roedd merched 11-18oed yn fwy tebygol o roi gwybod am lefel isel o lesiant. Roedd merched bedair gwaith yn fwy tebygol o fod yn anfodlon ar sut roedden nhw'n edrych, ac roedd hynny'n cyfrannu at y gwahaniaethau rhywedd o ran llesiant.



Roedd merched bron ddwywaith mor debygol â bechgyn o beidio â hoffi sut roedden nhw'n edrych.

Roedd merched hefyd yn fwy tebygol o ddweud eu bod nhw ddim yn teimlo'n ddiogel mewn lleoliad, ddim yn trystio'u gofalwyr, ac yn teimlo bod eu gofalwyr ddim yn sylwi ar eu teimladau.



Adran 4: **Sylwadau plant a** **phobl ifanc**

*Hoffet ti ddweud unrhyw
beth arall wrthyn ni? Beth
fyddai'n gwneud bod
mewn gofal yn well i ti?*

Sylwadau: 4-7oed

- Rhoddodd 14 (36%) o'r plant ymatebion testun i: *Beth fyddai'n gwneud gofal yn well/ wyt ti eisiau dweud unrhyw beth arall?*
- Atebodd 4 plentyn eu bod nhw ddim eisiau newid dim.
- Ysgrifennodd plant eraill:

Byddwn i'n hoffi gweld mwy o Mami.

Hoffwn i gael dillad gwisgo i fyny.

Dwy ddim yn hoffi pan fydd cyswllt yn cael ei ganslo oherwydd bod y tacsï ddim yn dod.

Fe welais i dedi, ac roedd hynny'n braf.

Chwarae gyda rhywun yn y stryd.

Mwy o deganau.

Gweld [fy] mrawd mwy.

Beth allai wneud gofal yn well a sylwadau eraill: 8-11 oed

- Rhoddodd 10 (27%) o'r plant ymatebion testun i: *Beth fyddai'n gwneud gofal yn well/unrhyw beth arall rwy'ti eisiau dweud?*
- Nododd 4 o blant nad oedd dim yr oeddent eisiau ei newid neu eu bod yn iawn.
- Ysgrifennodd plant eraill:

Trwy weld Mami (enw) a Dadi (enw) unwaith yr wythnos, achos dwy ddim wedi'u gweld nhw ers oesoedd.

Rydw i eisiau byw gyda Mam a Dad. Rydw i eisiau byw gyda Mam-gu.

Mwy o hwyl.

Rwy'n hoffi fy mywyd yn well nawr achos rwy'n cael gweld mwy o Mami.

Mae angen mwy o ofalwyr maeth yn y byd achos mae rhai plant yn byw ar y stryd ar ôl dod o wahanol wledydd.

Beth allai wneud gofal yn well a sylwadau eraill: 11-18oed

- Rhoddodd 34 (49%) o'r bobl ifanc ymatebion testun i: *Beth fyddai'n gwneud gofal yn well/unrhyw beth arall roedden nhw eisiau dweud?*
- Nododd 17 o bobl ifanc nad oeddent am newid dim, neu eu bod yn iawn.
- Soniodd sawl person ifanc am fod eisiau mwy o gyswllt gyda'u teuluoedd. Roedd y dyfyniadau'n cynnwys:
 - Gweld mwy o'm teulu, dim cynifer o reolau.
 - Mwy na 10 munud ar y ffôn gyda'm rhieni.
 - Gweld fy nheulu'n amlach.
 - Gweld fy rhieni'n amlach.
 - Gallu ffonio fy chwaer a'm brawd a mam a gweddill y teulu ar fy ffôn.
 - Gwneud beth rwy'n dweud – gweld fy nheulu.
 - Byddai'n well gen i fyw gyda mam, oherwydd hi yw fy hoff berson yn y byd, ond byddwn i hefyd eisiau i'm chwiorydd fyw gyda fi a'm mam.
 - Rwy'n gwybod eich bod chi'n meddwl mod i'n fwy diogel, ond rydw i hefyd yn fwy unig heb fy nheulu, er bod fy ngofalwyr yn wych.

Beth allai wneud gofal yn well a sylwadau eraill: 11-18oed

- Gwnaeth 8 person ifanc sylwadau am weithwyr cymdeithasol a chael eu cynnwys wrth wneud penderfyniadau.

Mwy o gyswllt â'r teulu, mwy o stwff am ddefnyddio cyffuriau. Mae gweithwyr cymdeithasol yn dweud celwyddau. Fe ddwedon nhw wrtha i y byddwn i'n cael £10 yr wythnos, ond mae'n dal heb ddod.

Gweld fy nhad a bod y gweithiwr cymdeithasol yn rhoi'r gorau i'm holi'n dwll.

Symud [enw] ac [enw] allan o'm cartref maeth achos rwy'n lleoliad sengl ac yna dywedodd fy ngweithiwr cymdeithasol [enw] fod hynny'n iawn heb ofyn i fi.

Stopio cael cymaint o weithwyr cymdeithasol

Gweithwyr cymdeithasol ddim yn gwneud cymaint o ffwdan pan fyddan nhw'n dod draw, neu sesiynau preifat yn lle yn eich cartref.

Bod oedolion yn gwneud beth maen nhw wedi addo rhwng fy nghyfarfodydd – a gwrando arna i hefyd. Dylai rheolwr y tîm wrando ar pam rydw i eisiau gwneud rhywbeth cyn penderfynu.

Cael gwybod am bethau cyn i rywbeth ddigwydd.

Tasen nhw'n rhoi fy ffôn i fi, yn gwrando arna i, yn gadael i fi fynd allan eto.

Mae gweithwyr cymdeithasol yn newid wedi bod yn beth mawr, ac mae'n gas gen i hynny.

Beth allai wneud gofal yn well a sylwadau eraill: 11-18oed

- Gwnaeth rhai pobl ifanc sylwadau am eu lleoliadau a phethau roedden nhw'n dymuno gallen nhw gael:
 - Gwneud mwy o weithgareddau gyda thrigolion eraill y tŷ a bod yn rhan o fwy o weithgareddau cymdeithasol.
 - Byddwn i'n hoffi cael ychwanegiad o £20 ar fy ffôn bob wythnos.
 - Mwy o ryddid, cael mynd allan gyda'm ffrindiau tu allan i'm stryd.
 - Aros allan yn hwyrach.
 - Gallu defnyddio'r cyfrifiadur gartre a gallu cerdded gyda'm ffrindiau tu allan i'r ysgol.
 - Mwy o amser ar y rhyngwrwyd.
 - Byw gyda fy ffrind [enw] fel bod ni fel chwirydd neu fyw gyda'm chwaer a'm brawd neu fyw gyda theulu maeth sydd â'r rhyngwrwyd 😊

- Ysgrifennodd pobl ifanc eraill:

*Rydw i'n iawn.
Fe ges i wneud ffrindiau
newydd a chwrdd â phobl
newydd ac ymweld â
llawer o wahanol
lefydd.*

*Gadael i mi fod
yn fwy tebyg i
bobl sydd ddim
mewn gofal
maeth*

*Rydw i
eisiau dianc.
Dydw i ddim
eisiau bod
mewn gofal.*

*Rydw i'n meddwl
bod gofal wedi fy helpu reoli
fy nheimladau crac yn well,
ac wedi fy ngwneud i'n
berson gwell / fy ngofalwyr
helpodd fi fwyaf.*

*Tynnu fi allan o wersi
hanfodol e.e. Saesneg
mewn blwyddyn TGAU
oherwydd arolwg gofal
dw!!!!!!!!!!!!!!!!!!!!!!!!!!!!*



**Adran 5:
Agweddau
cadarnhaol ar
ymarfer a meysydd
i'w gwella**

Beth sy'n gweithio'n dda

- Roedd pawb (100%) o'r plant ifanc (4-7oed) yn Rhondda Cynon Taf yn teimlo'n sefydlog lle roedden nhw'n byw. Roedd mwy o bobl ifanc (83%) yn dweud eu bod yn teimlo'n sefydlog o gymharu â phobl ifanc oedd yn derbyn gofal (73%) mewn awdurdodau eraill yng Nghymru.
- Roedd cyfanswm o 88% o'r plant a'r bobl ifanc yn dweud eu bod yn teimlo'n ddiogel yn eu lleoliadau 'drwy'r amser neu'r rhan fwyaf o'r amser': cyfran uwch na'r 75% o bobl ifanc yn y boblogaeth gyffredinol oedd yn teimlo'n ddiogel yn eu cartrefi.
- Teimlai mwy o bobl ifanc eu bod yn gallu gwneud yr un pethau â'u ffrindiau: 90% yn RhCT o gymharu ag 84% o bobl ifanc sy'n derbyn gofal mewn awdurdodau eraill yng Nghymru.
- Mae'r ysgol yn brofiad cadarnhaol i'r rhan fwyaf o blant yn Rhondda Cynon Taf.
- Teimlai cyfran uwch o'r plant a'r bobl ifanc (98%) fod gan eu gofalwyr ddiddordeb yn eu haddysg o'u cymharu â'u cyfoedion (90%) yn y boblogaeth gyffredinol.
- Roedd mwyafrif (80%) o'r plant a'r bobl ifanc (8-18oed) yn meddwl bod eu bywydau'n gwella.
- Ni roddodd neb o'r plant iau (4-7oed) ymatebion oedd yn awgrymu lefel isel o lesiant.
- Roedd cyfran (75%) y plant a'r bobl ifanc (4-18oed) oedd ag anifail anwes yn uwch na'r hyn a ddywedodd plant yn y boblogaeth gyffredinol, lle mae gan 66% anifail anwes.

Beth allai gael ei wella

- **Sicrhau bod pob gweithiwr cymdeithasol yn esbonio pwy ydyn nhw.** Ystyried gadael gwybodaeth sy'n hwylus i blant gyda phlant a phobl ifanc am eu gweithiwr cymdeithasol.
- **Gweithio gyda phlant a phobl ifanc i'w cynnwys mewn penderfyniadau.** Sicrhau eu bod yn cael gwybod pryd a pham mae penderfyniadau'n cael eu gwneud am eu gofal.
- **Esbonio wrth bob plentyn pam maen nhw mewn gofal, ac adolygu'n rheolaidd gyda phlant a fydden nhw'n hoffi cael rhagor o wybodaeth.** Roedd yn anghyffredin darganfod bod 36% o'r rhai 11-18oed yn teimlo bod ganddyn nhw ddim dealltwriaeth dda o'r rheswm pam roedden nhw mewn gofal.
- **Parhau i gyfathrebu gydag ysgolion i ganfod a helpu plant sy'n teimlo eu bod yn cael eu bwlio yn yr ysgol a'r rhai sy'n teimlo eu bod heb ffrind da.** Atgoffa ysgolion i roi cyfleoedd i gael eu trystio i blant sydd mewn gofal.
- **Rhoi hyfforddiant pellach i ofalwyr ar rianta therapiwtig:** doedd 44% o'r bobl ifanc ddim yn siarad â'u gofalwyr/rhieni yn rheolaidd am bethau pwysig, ac roedd bron traean o'r bobl ifanc oedd â phryderon yn teimlo eu bod nhw ddim yn cael cefnogaeth.
- **Wrth adolygu cyfleoedd plant i gael hwyl/datblygu hobiau, ystyried cyswllt â byd natur yn ogystal â gweithgareddau a drefnwyd.** Roedd plant oedd yn derbyn gofal yn RhCT yn teimlo eu bod yn cael llai o gyfle i fwynhau yn yr awyr agored na phlant eraill sy'n byw yng Nghymru.
- **Adolygu cynlluniau cyswllt yn rheolaidd, gan gymryd i ystyriaeth ddymuniadau a theimladau plant a phobl ifanc.** Gofalu eu bod yn deall y rhesymau am benderfyniadau cyswllt.
- **Bod yn ymwybodol o wahaniaethau rhywedd a rhoi cyfleoedd i bobl ifanc (11-18oed) feithrin hunan-barch a hunan-ddelwedd gadarnhaol.** Archwilio pam roedd mwy o ferched na bechgyn ddim yn teimlo'n ddiogel yn eu lleoliadau, ac yn cael perthynas oedd yn llai cadarnhaol gyda'u gofalwyr.



Adran 6: Cyfeiriadau

Cyfeiriadau

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**Os oes gennych chi ymholiadau am brosiect Bright Spots,
ewch i:**

<http://www.coramvoice.org.uk/professional-zone/bright-spots>

neu cysylltwch â:

brightspots@coramvoice.org.uk

bright spots

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getting young voices heard



University of
BRISTOL

Ariannwyd gan Ymddiriedolaeth Hadley

Dy Fywyd Di, Dy Ofal Di: Canfyddiadau'r arolwg plant 4-7 oed



Fe ofynnion ni gwestiynau i chi am eich bywyd. Fe ofynnion ni'r un cwestiynau i lawer o blant mewn gofal. Dyma beth ddwedoch chi i gyd wrthyn ni a beth rydyn ni eisiau gwneud.

FE DDWEDOCH CHI

Beth oedd yn dda?

- Roedd pawb ohonoch chi'n teimlo'n sefydlog ac yn hoffi eich ystafell wely.
- Roedd bron pawb ohonoch chi'n teimlo'n ddiogel lle rydych chi'n byw.
- Roedd pawb ohonoch chi'n trystio eich gofalwyr.
- Roedd bron pawb ohonoch chi'n trystio eich gweithwyr cymdeithasol.
- Roedd pawb ohonoch chi'n meddwl eich bod chi'n teimlo'n hapus, neu'n iawn.
- Roedd pawb yn gwneud pethau oedd yn hwyl ar y penwythnos.
- Roedd y rhan fwyaf ohonoch chi yn meddwl bod bywyd yn gwella.

Beth oedd yn ddrwg?

- Doedd rhai ohonoch chi ddim yn gwybod pam roeddech chi mewn gofal.
- Doedd rhai ohonoch chi ddim yn nabod eich gweithiwr cymdeithasol.
- Roedd rhai ohonoch chi'n teimlo bod oedolion ddim yn sylwi ar eich teimladau.
- Roedd 2 ohonoch chi heb ffrind da.
- Doedd rhai ohonoch chi ddim yn hoffi'r ysgol.

FE DDWEDOCH CHI

Byddwn i'n hoffi gweld mwy o Mami.

Rydw i'n hapus gyda llawer o ffrindiau.

Hoffwn i gael dillad gwisgo i fyny.

Dydw i ddim yn hoffi bod cyswllt yn cael ei ganslo achos bod y tacsï ddim yn dod.



Diolch i bawb ohonoch chi a atebodd y cwestiynau. Roedd yn help mawr darllen am sut rydych chi'n teimlo. Oherwydd beth ddwedoch chi wrthyn ni, mae Rhondda Cynon Taf wedi penderfynu gwneud rhai newidiadau.

BYDDWN NI'N GWNEUD HYN

1. Dweud wrthyt ti pam dwyt ti ddim yn byw gyda mam a dad.
2. Gwneud yn siŵr dy fod ti'n gwybod pwy yw dy Weithiwr Cymdeithasol.
3. Helpu'r oedolion sy'n gofalu amdanat ti i wrando ar yr hyn sydd gen ti i'w ddweud.
4. Gwneud yn siŵr dy fod ti'n gwybod pwy i fynd ato er mwyn teimlo'n ddiogel yn yr ysgol.

bright spots

Cafodd yr arolwg ei greu ar y cyd â phlant mewn gofal i ofyn am y pethau oedd yn bwysig iddyn nhw. Mae Coram Voice a Phrifysgol Bryste wedi cynnal yr un arolwg mewn awdurdodau lleol eraill, a byddan nhw'n cyfuno eich ymatebion i ddangos beth yw ystyr gofal i blant ar draws y wlad. I wybod mwy, anfonwch e-bost i: brightspots@coramvoice.org.uk

Dy Fywyd Di, Dy Ofal Di: Canfyddiadau'r arolwg plant 8-11 oed



Fe ofynnwn ni gwestiynau i chi am eich bywyd. Fe ofynnwn ni'r un cwestiynau i lawer o blant mewn gofal. Dyma beth ddwedoch chi i gyd wrthyn ni a beth rydyn ni eisiau gwneud.

FE DDWEDOCH CHI

Beth oedd yn dda?

- Roedd y rhan fwyaf ohonoch chi'n teimlo bod eich bywydau'n gwella.
- Roedd gan bron pawb ohonoch chi oedolyn y gallech chi drystio.
- Roedd bron pawb ohonoch chi'n nabod ac yn trystio eich gweithiwr cymdeithasol.
- Roedd y rhan fwyaf ohonoch chi'n hoffi'r ysgol.
- Roedd gan bron pawb ohonoch chi ffrind da.
- Roedd llawer ohonoch chi'n cael cyfle i fwynhau yn yr awyr agored a chael hwyl ar y penwythnos.
- Roedd bron pawb ohonoch chi'n hoffi eich stafell wely.

Beth oedd yn ddrwg?

- Doedd rhai ohonoch chi ddim yn teimlo'n sefydlog lle rydych chi'n byw.
- Roedd ambell un eisiau gwybod mwy am pam roeddech chi mewn gofal.
- Roedd rhai ohonoch chi eisiau mwy o gysylltiad â'ch mamau, eich brodyr a'ch chwiorydd.
- Roedd dros hanner ohonoch chi'n teimlo bod gweithwyr cymdeithasol yn gwneud penderfyniadau heb ofyn i chi nac esbonio pam roedd pethau'n newid.
- Doedd rhai ohonoch chi ddim yn gwybod eich bod chi'n gallu siarad â'ch gweithiwr cymdeithasol ar eich pen eich hun.
- Roedd rhai ohonoch chi'n ofni mynd i'r ysgol weithiau oherwydd bwlio.

FE DDWEDOCH CHI

Beth fyddai'n gwneud gofal yn well?
Mwy o hwyl.

Rydw i'n hoffi fy mywyd yn well nawr achos rydw i'n gweld mwy o Mami.

Rydw i'n byw gyda fy mrawd a'm chwaer. Rydw i'n hapus yn byw gyda nhw.

Rydw i eisiau byw gyda Mam a Dad. Rydw i eisiau byw gyda Mam-gu.



Diolch i bawb ohonoch chi a atebodd y cwestiynau. Roedd yn help mawr darllen am sut rydych chi'n teimlo. Oherwydd beth ddwedoch chi wrthyn ni, mae Rhondda Cynon Taf wedi penderfynu gwneud rhai newidiadau.

BYDDWN NI'N GWNEUD HYN

1. Gwneud yn siŵr dy fod ti'n gwybod pam dy fod ti'n derbyn gofal.
2. Gwneud yn siŵr bod modd i ti ddweud dy farn a bod oedolion yn gwrando arnat ti wrth benderfynu beth sy'n digwydd i ti.
3. Helpu'r cynhalwyr sy'n gofalu amdanat ti i gymryd amser i ddeall sut rwyd ti'n teimlo.
4. Gwneud yn siŵr dy fod ti'n gwybod pwy i siarad ag e er mwyn teimlo'n ddiogel yn yr ysgol.

bright spots

Cafodd yr arolwg ei greu ar y cyd â phlant mewn gofal i ofyn am y pethau oedd yn bwysig iddyn nhw. Mae Coram Voice a Phrifysgol Bryste wedi cynnal yr un arolwg mewn awdurdodau lleol eraill, a byddan nhw'n cyfuno eich ymatebion i ddangos beth yw ystyr gofal i blant ar draws y wlad. I wybod mwy, anfonwch e-bost i: brightspots@coramvoice.org.uk



Ym mis Chwefror 2018 fe ofynnwn ni gwestiynau i chi am eich bywyd er mwyn deall sut gallwn ni ei wella. Fe ofynnwn ni'r un cwestiynau i lawer o blant mewn gofal. Dyma beth ddwedoch chi i gyd wrthyn ni a beth rydyn ni eisiau gwneud.

FE DDWEDOCH CHI

Beth oedd yn dda?

- Roedd gan bron pawb ohonoch chi ffrind da.
- Roedd y rhan fwyaf ohonoch chi'n teimlo'n ddiogel gartref, yn hoffi eich stafell wely, yn trystio'ch gofalwyr ac yn meddwl bod eich gofalwyr yn cefnogi eich dysgu yn yr ysgol.
- Roedd y rhan fwyaf ohonoch chi'n teimlo eich bod chi'n cael ail gyfle os oeddech chi'n gwneud rhywbeth o le.
- Roedd bron pawb ohonoch chi'n meddwl bod eich gofalwyr yn sylwi sut roeddech chi'n teimlo.
- Roedd y rhan fwyaf ohonoch chi'n meddwl eich bod chi'n gallu gwneud yr un pethau â'ch ffrindiau sydd ddim mewn gofal.
- Roedd mwyafrif ohonoch chi'n hoffi'r ysgol/ coleg.

Beth oedd yn ddrwg?

- Roedd eich gweithiwr cymdeithasol yn newid yn aml, a doedd rhai ohonoch chi ddim yn trystio eich gweithiwr cymdeithasol.
- Roedd dros draean ohonoch chi (36%) eisiau gwybod mwy am pam roeddech chi mewn gofal, a doedd hanner ohonoch chi ddim yn hapus am sut roedd cyswllt yn cael ei drefnu.
- Roedd tua thraean ohonoch chi'n poeni am fynd i'r ysgol oherwydd bwlio.
- Roedd rhai ohonoch chi'n poeni am sut rydych chi'n edrych ac am eich teimladau a'ch ymddygiad.
- Roedd rhai ohonoch chi'n teimlo bod oedolion yn achosi embaras i chi trwy dynnu sylw at y ffaith eich bod chi mewn gofal.

FE DDWEDOCH CHI

*Oedolion yn gwneud beth
maen nhw wedi addo
rhwng fy nghyfarfodydd.*

*Mewn noson rhieni
mae pobl yn dweud,
“Dyma dy fam,
ontefe?”*

*Rwy'n credu bod cael gofal
wedi helpu, achos rwy wedi
gallu rheoli fy nheimladau
crac yn well ac rwy'n well
person nawr. Fy ngofalwyr
wnaeth fy helpu fwyaf.*

*Stopio cael
cymaint o
weithwyr
cymdeithasol.*



Diolch i bawb ohonoch chi a atebodd y cwestiynau. Roedd yn help mawr darllen am sut rydych chi'n teimlo. Oherwydd beth ddwedoch chi wrthyn ni, mae Rhondda Cynon Taf wedi penderfynu gwneud rhai newidiadau.

BYDDWN NI'N GWNEUD HYN

1. Gwneud yn siŵr dy fod ti'n gwybod pam dy fod ti'n derbyn gofal.
2. Gwneud yn siŵr bod pobl yn gwrando ar dy farn ac yn ei hystyried o ddifrif wrth wneud penderfyniadau sy'n effeithio arnat ti.
3. Helpu'r cynhalwyr sy'n gofalu amdanat ti i gymryd amser i ddeall sut rwyd ti'n teimlo.
4. Gwneud yn siŵr dy fod ti'n gwybod pwy i siarad ag e, a lle i fynd, er mwyn teimlo'n ddiogel yn yr ysgol.

bright spots

Cafodd yr arolwg ei greu ar y cyd â phlant mewn gofal i ofyn am y pethau oedd yn bwysig iddyn nhw. Mae Coram Voice a Phrifysgol Bryste wedi cynnal yr un arolwg mewn awdurdodau lleol eraill, a byddan nhw'n cyfuno eich ymatebion i ddangos beth yw ystyr gofal i blant ar draws y wlad. I wybod mwy, anfonwch e-bost i: brightspots@coramvoice.org.uk

RHONDDA CYNON TAF
SOCIAL SERVICES PERFORMANCE MEASURES
2017/18

Children's Services and Carers Results

Children's Survey

Methodology

All children with a Care and Support plan (1120) were sampled using a paper questionnaire provided by the Welsh Government to achieve a 25% return. . Survey's were provided in Welsh and English with a freepost return envelope along with a covering letter explaining the purpose of the exercise and instruction on how to complete the survey online. Each Young person was allocated an Unique I.D to enable follow up and to pass any concerns highlighted as part of the comments made to the relevant team or process.

Results

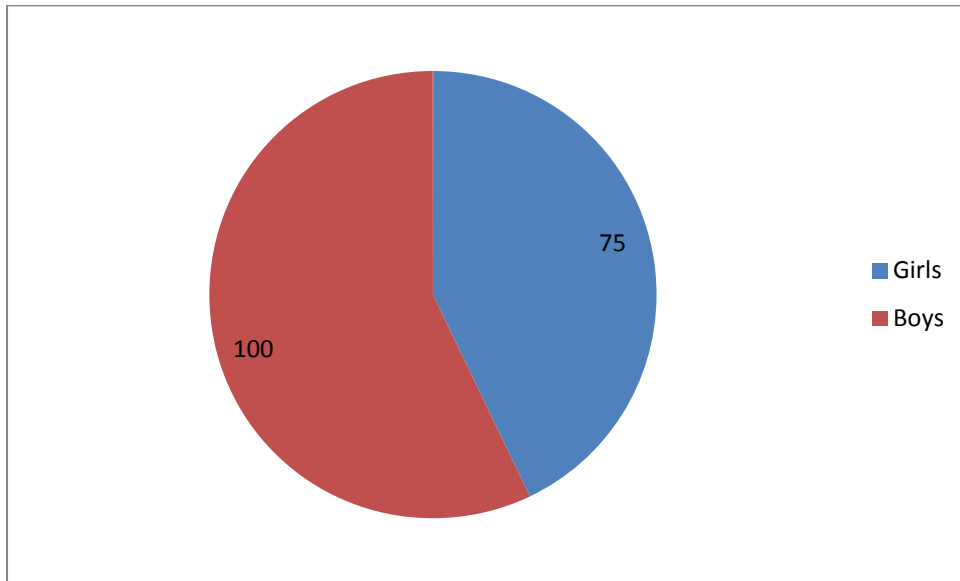
The survey did not reach its required target of 280 returns with 188 completed surveys being returned.

Follow up calls were not considered appropriate with this group.

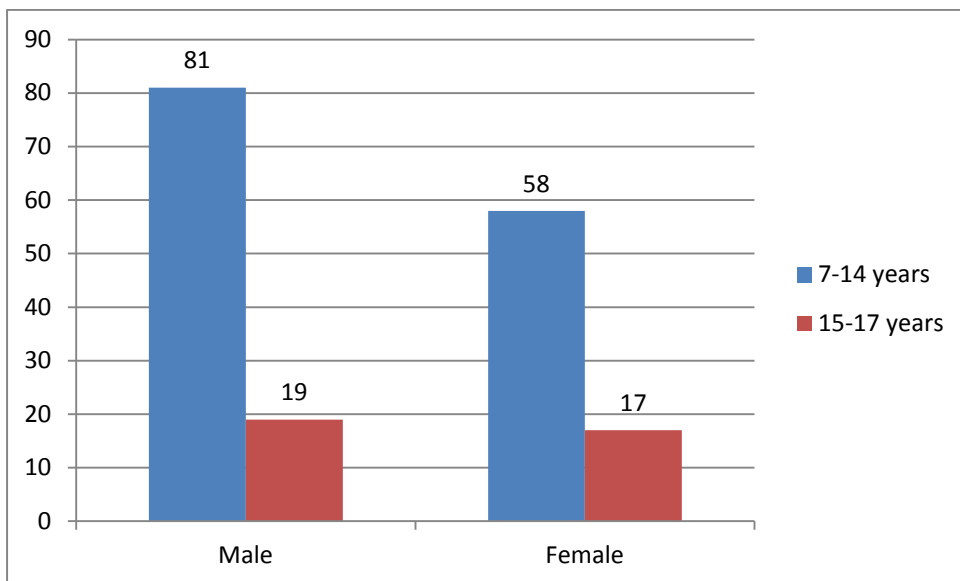
Reliability of results

Children/young people who lacked capacity were to be excluded from the survey, however it is clear that some in this category were surveyed and their carers had completed the survey on their behalf noting them to lack capacity or understanding of the questions. It is also likely that some parents have answered on behalf of their children or influenced the answers.

Respondents by Gender



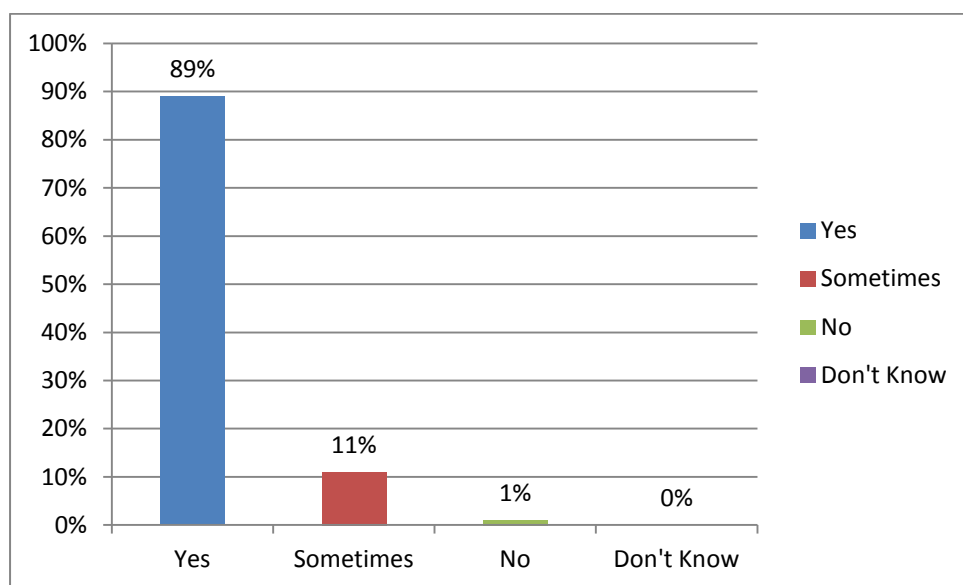
Respondents by Age/Gender



Children responses

Q1. Thinking about your life at the moment, do you agree with the following:

I live in a home where I am happy



88% of young people responded that they lived in a home where they were happy.

Sample of comments made

I am extremely happy with the carer I live with

I am happy here because they treat me as their own

I love it and the animals here are great fun to play with

I am happy because my foster carers are nice and happy

Because I like mam

Too isolated

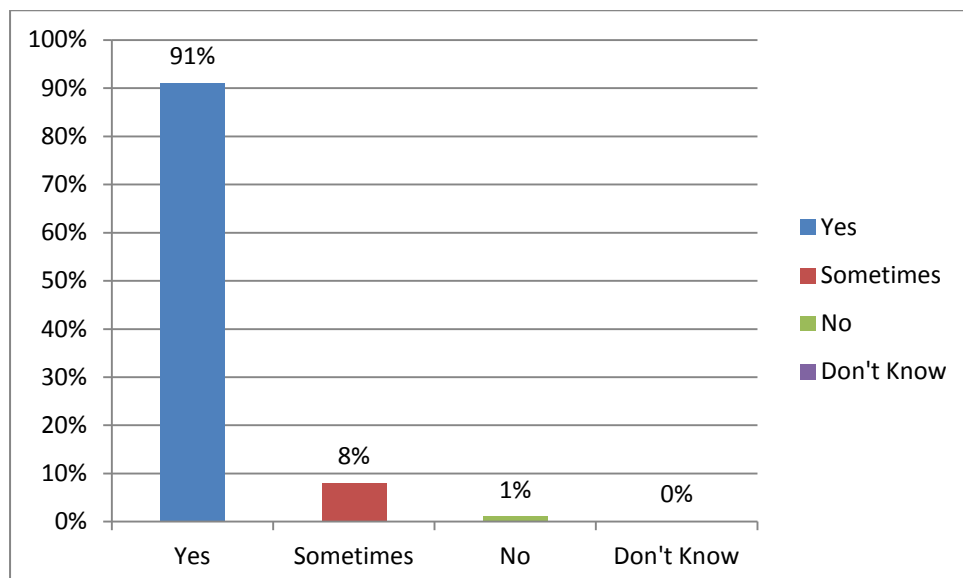
Weithiau does dim digon o gynllun ar ayfer beth rydyn ni'n gwneud

I row with my sister sometimes but I am happy at home

Because I miss my family and friends but it's a really good home to live in until I move with family

I like living with my foster carer because she is amazing

Q2 – I am happy with the people that I live



91% of young people responded that they were happy with the people they lived with, which is a 4% increase on the results in 2016/17 with only 1% of children and young people reporting that they were not happy with the people they live with..

Sample of comments received.

They are lovely and they make me feel like part of their family

Because I feel safe and loved

There are some Y.P's I don't get on with but there are some I do

(name) helps me with my homework

I am really happy with the people I live with

We are very happy living with our mammy and 2 pets but wish our step daddy could come home

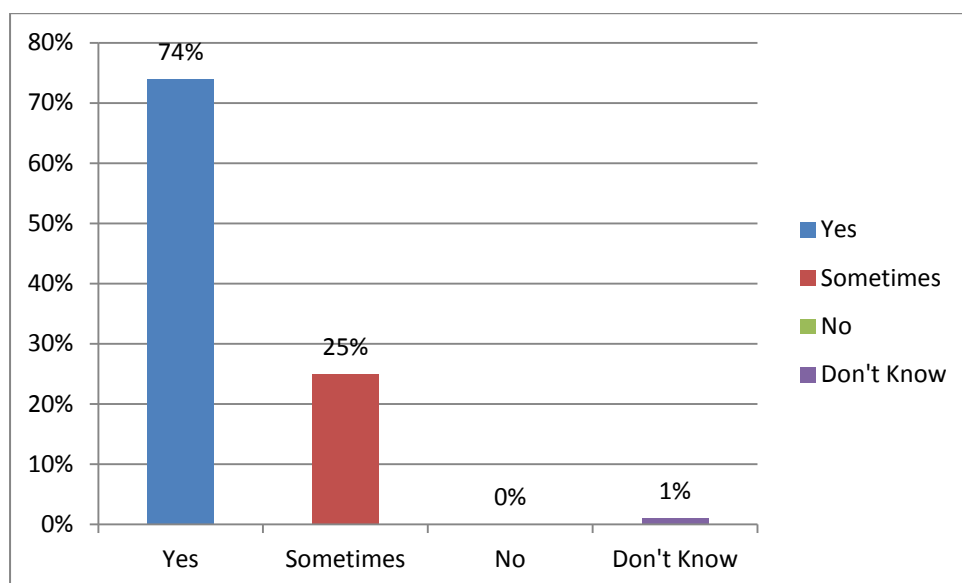
Yes because they help me when I need it

I like living with the people in my house because they are kind and funny

I hate the kids I live with

They are amazing

Q3 - I can do the things I like to do



None of the children young people answered no to this question with 25% Responding that only sometimes they could do the things they like to do.

Sample of comments received.

Sometimes I would like to stay out later

I like to be boxing and singing and walking into town

I would like to go to Llwynypia, I would like to see my brothers

I picked yes because I like to go to Scouts, St John's ambulance and horse riding

I can go out with my carer when she comes to take me out

Depends on what they are

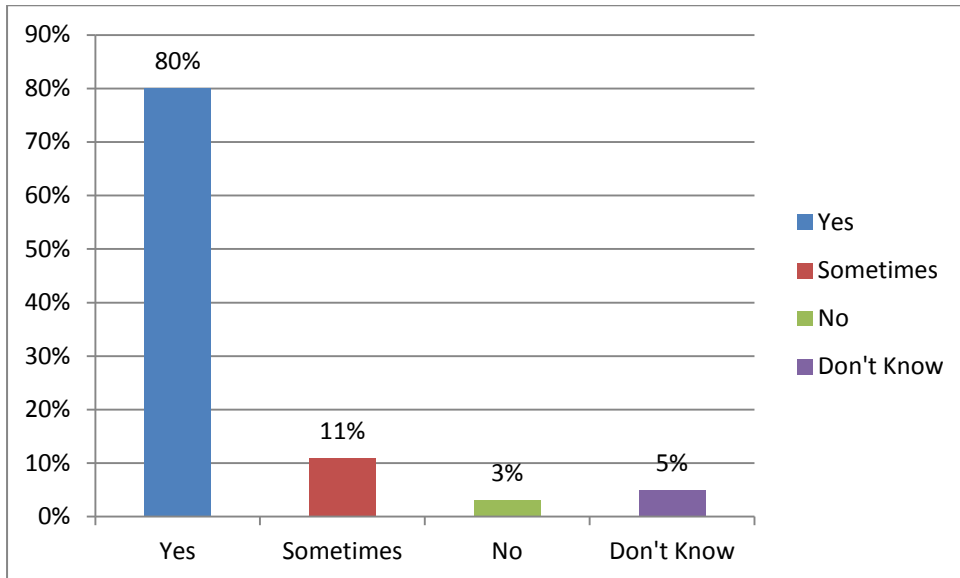
I can take part in any activities and sport that I like

They give up time for me and run round for me

Sometimes because I cant always do the things I want to do

If I wanted to do something she would always say go for it

Q4 - I feel I belong in the area where I live



80% of young people responded that they felt they belonged in the area where they lived.

Sample of comments received.

But I also believe I belong in the area of my actual home. I feel I fit in there

In my area, I love it here. I feel so good when I go into town and see the seaside

I do belong in the area where I live

I like living where I do because I know all my neighbours well

I have lots of friends and I am always out in the area

Where I live is a nice quiet place and everyone likes us

Except I do not know anyone around here

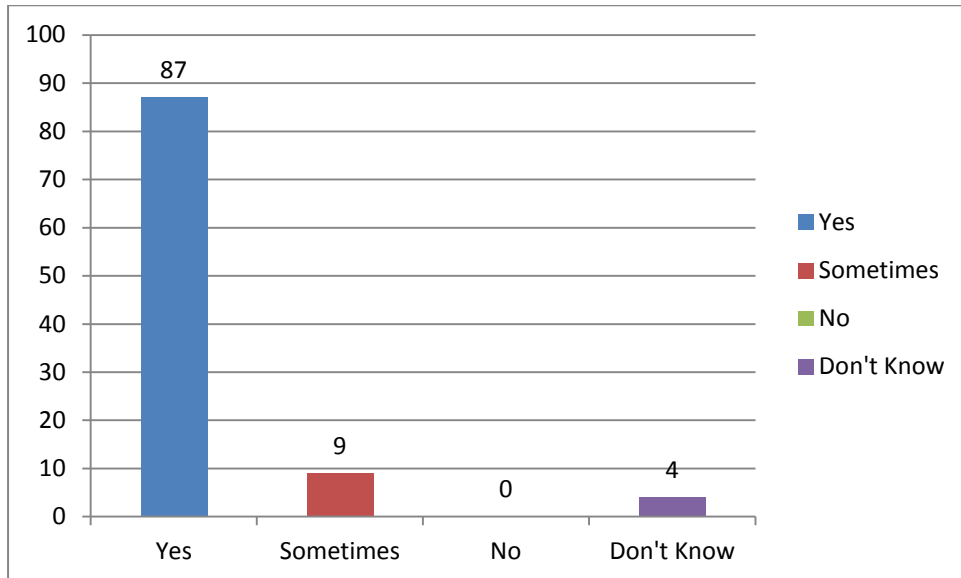
I feel like Ton Pentre is my home and I knew it so well

I don't go out up here, I go over my boyfriends.

Because my friends live by me

Because everybody in the street talk about our life

Q5 - I am happy with my family, friends and neighbour



87% of young people responded that they are happy with their family, friends and neighbours with no young people responding that they were not happy.

Sample of comments received

I would like to go home on weekends to see my mum more

I got no friends where I live

I have a nice family, nice friends and nice neighbours

I am happy with friends, neighbours and family

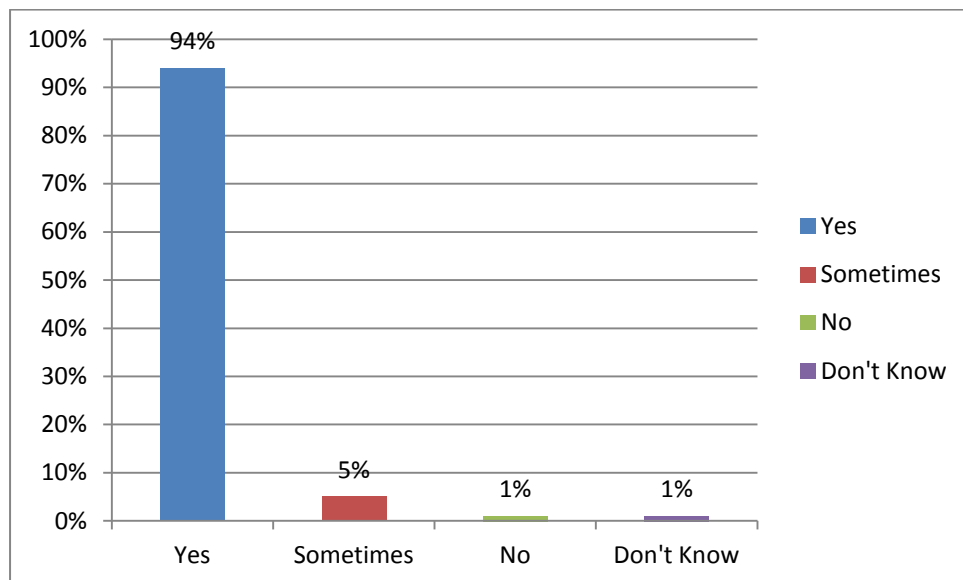
Only know one neighbour

We are happy with our family and friends but not with neighbours because they keep talking about us.

I only know the carers around here and people I see in army cadets

I don't have neighbours

Q6 - I feel safe



94% of young people responded that they felt safe and this is a 2% increase on the previous years results.

Sample of comments received.

My home is safe for me away from bad people

There is no one I know that wants to hurt me

I feel safe at home but sometimes not outside

Because my mammy always protects us

Before I was fostered I didn't feel safe and when I was at the beginning of comp

I didn't feel safe but right now because I am fostered I feel like I be the foster carer forever and never leave them

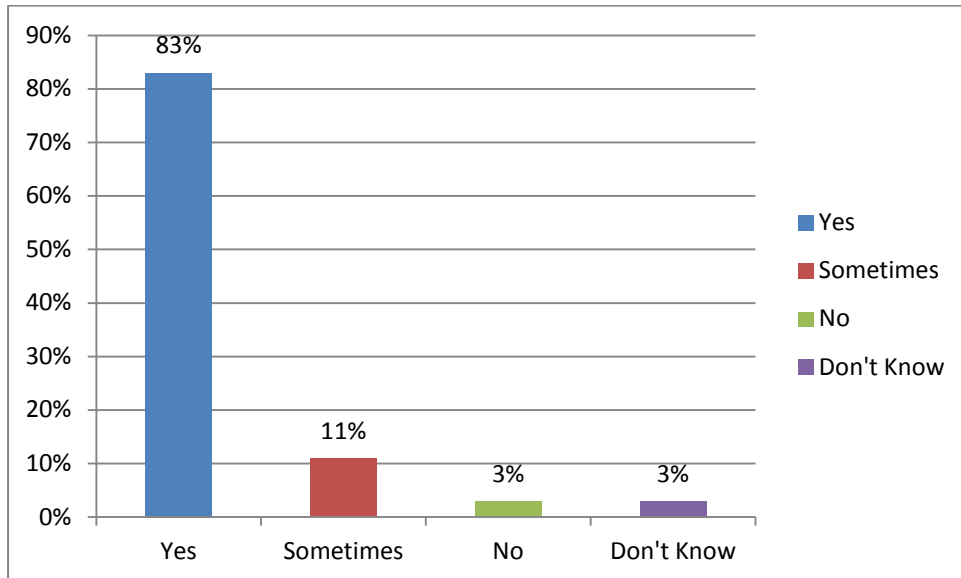
Very safe and cared for

If I get bullied or picked on then my carer will help sort it out

I feel safe because my carer looks after me

Thinking about the care and support you have had, do you agree with the following:

Q7 - I know who to speak to about my care and support



83% of young people responded that they knew who to speak to about their Care and support which is a 6% decrease on the results from 2016/17.

Sample of comments made.

My Social Worker is rubbish but staff are ok

I should talk to a Social Worker

Felt as though I was being passed around from person to person

I know my carer will always listen no matter what

My Social Worker or my carers

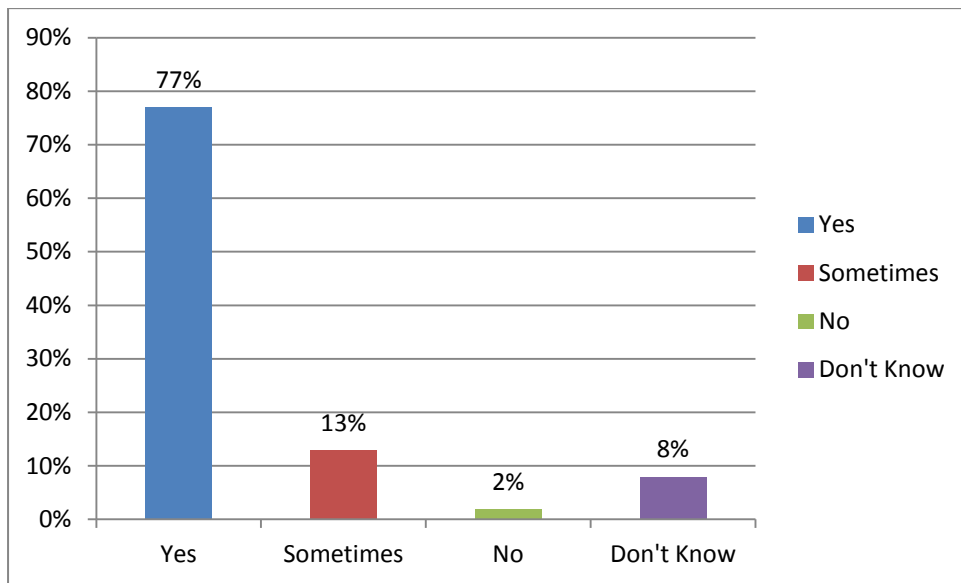
My son doesn't know but I do

We know we can speak to our mammy but don't feel I can talk to anybody else

Sometime I only could have talked to my mam and dad but I will talk to everyone now.

I will speak to my mum.

Q8 - I have had the right information or advice when I needed it.



77% of young people responded that they have had the right advice and support when they needed it with only 2% reporting that they do not feel they get the right advice or support when they need it.

Sample of comments made.

My Social Worker and Auntie give me good advice

Our mam does but when I ask other people for me and my sisters I always get different answers so I never know

We talk about the most important advice

I want support from Miskin

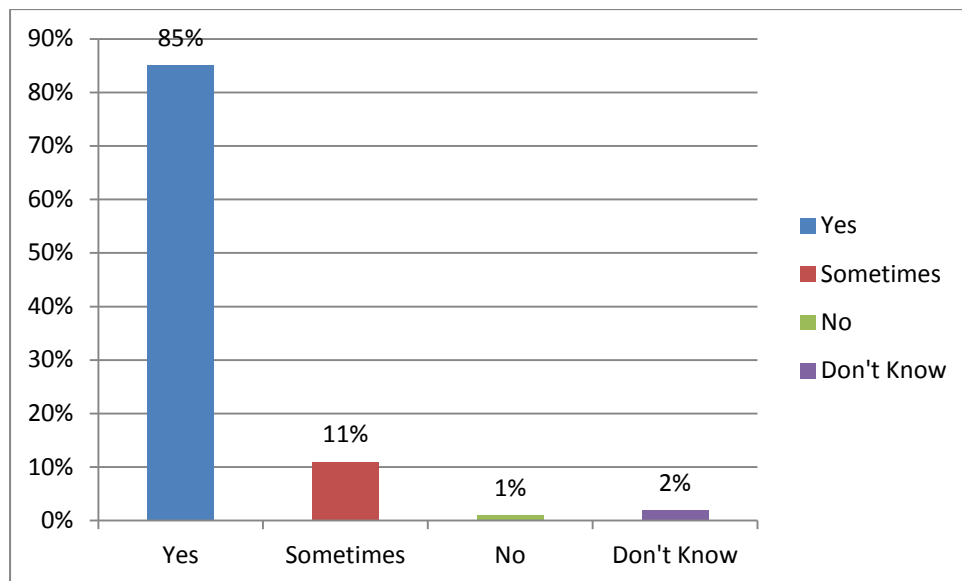
Yes my father always listens

My mam gives me advice and teacher when I need it

My carer can make me feel happy with her advice and comments

We talk about the most important advice

Q9 - My views about my care and support have been listened to



85% of young people responded that their views about their care and support have been listened to with only 1% feeling that this was not the case.

Sample of comments made.

I feel like they have been listened to sometimes

When I go to LAC reviews I get listened to

My carer will always listen to me no matter what

By my mam yes but everybody else no

I don't feel listened to only by my mum

They always listen to my views

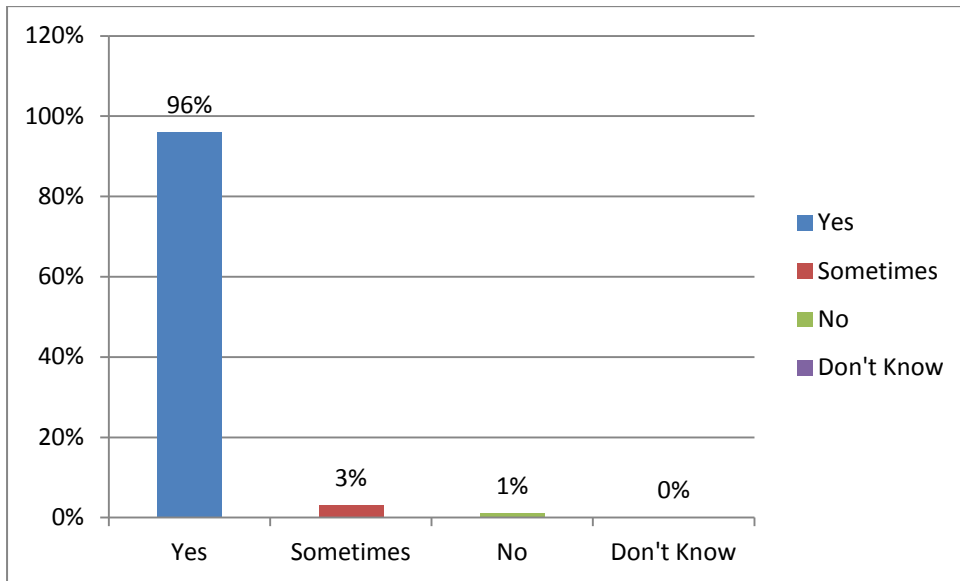
I wanted to see my brother, they listened, to move school, listened, to do after school activities, listened

I want my Social Worker make me go home more

It is fine since I have been living with (name) and (name) for five years

I am getting help with the things I need help with

Q10 - I have been able to use my everyday language



Only 1% of young people felt that they were unable to use their everyday language with no comments identifying any specific issues relating to language choice..

Sample of comments made

I speak my language every day

I speak English and are learning Welsh and French as I go comp

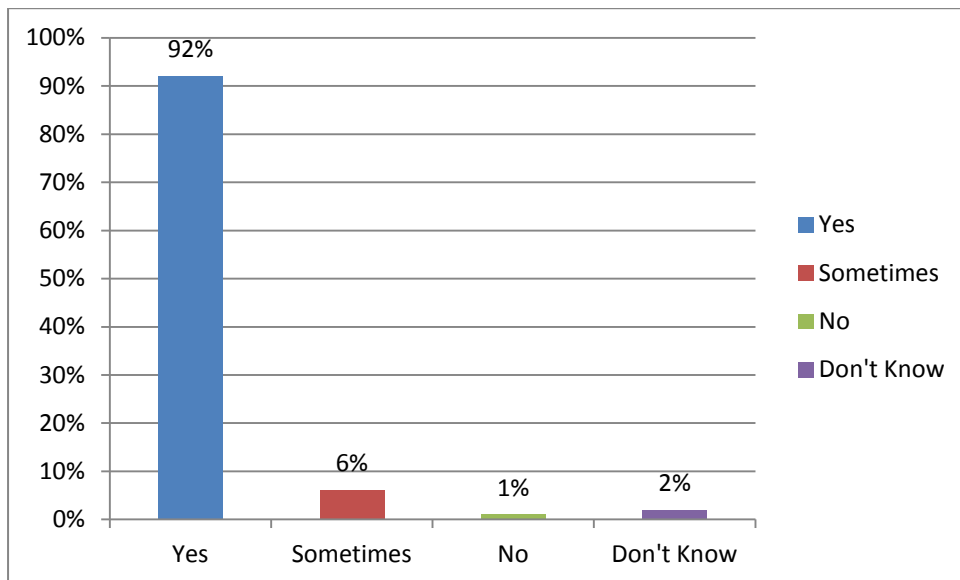
I can communicate with my carers in my everyday language

Bydd hi'n well gen I siarad pob tro

I am learning Welsh in school

I talk a little bit of Welsh, I say thank you and numbers in Welsh

Q11 - I was treated with respect



92% of young people responded that they felt they were treated with respect with only 1% feeling that they were not treated respectfully.

Sample of comments made

Always treated with respect

Only since I have been living in foster care

They treat us fairly

*Because they would threaten us by saying we go into care if we don't do as they say
(name) will always take care of me no matter how old I am*

I feel people don't respect me

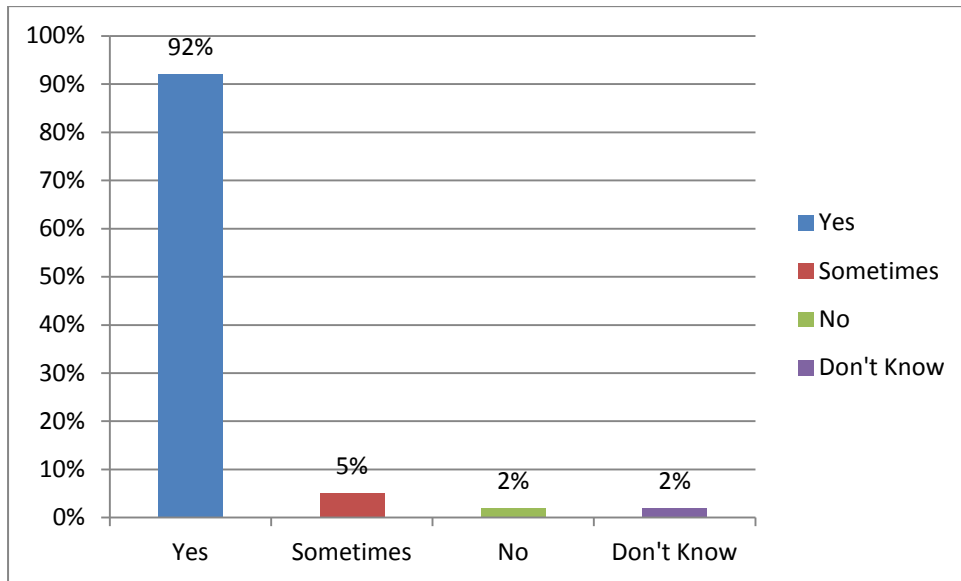
But not my brother, he always bullies me

Sometimes because the people in school don't

I am always treated with respect and I try to treat me carer with respect as well

Always part of the family and respect is always there for me

Q12 - I am happy with the care and support I have had



91% of young people responded that they were happy with the care and support they had had.

Sample of comments made

My mummy is struggling to receive care and support from professionals

By our mammy yes, by our Social Worker no

I have lots of great support and care, so I try to behave my best all of the time

My care and support is amazing

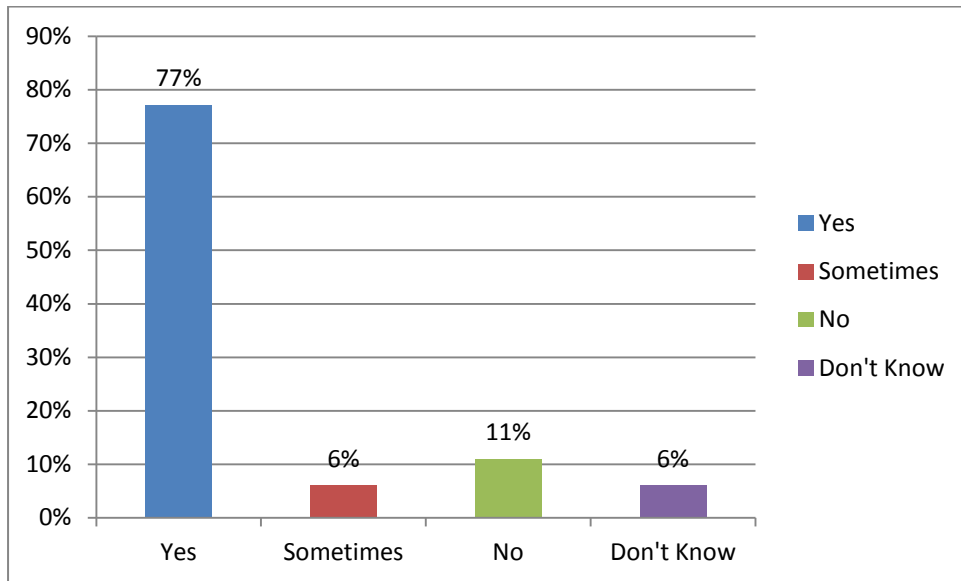
They support us all of the time

No because I don't like them they never helped me or my family

I get my care by (name) and my support by school

Only in foster care and when I was living in hospital

Q13 - I have had advice, help and support that will prepare me for adulthood



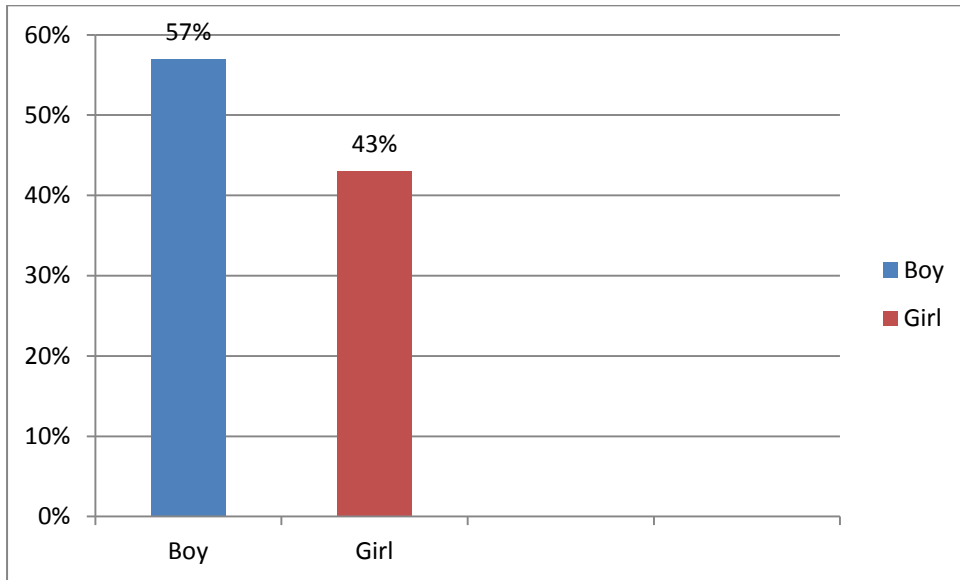
77% of young people who answered the question responded that they have had advice and support that will prepare them for adulthood; this is a 7% increase on the results for 2016/17.

Sample of comments made

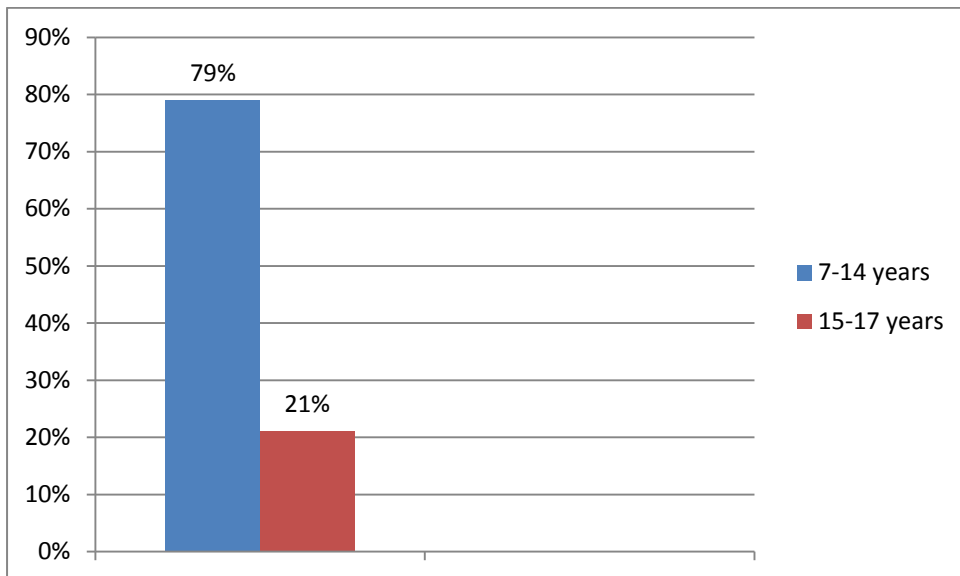
No relevant comments made

A little about you.....

Q14 - Gender



Q15 - Age



Summary

- The results from children and young people in response to all questions were in the main positive with the lowest responses being in relation to the provision of information and advice.
- 94% of children/young people reported that they felt safe from abuse
- Only 2% reported that they were unhappy with the care and support they received.
- Overall comments were positive particularly in relation to children and young people describing the people that they live with and feeling that they were treated with respect.
- No issues were identified in relation to choice of language with 96% of children/young people answering that they are able to communicate in their preferred language. Where children answered no this was in relation to overall difficulties in communicating for those children who use alternative communication methods i.e. Makaton, PECS etc.

Parents Survey

Methodology

1251 parents of children with a care and support plan were sent a questionnaire. Survey's were provided in Welsh and English with a freepost return envelope along with a covering letter explaining the purpose of the exercise and instruction on how to complete the survey online. The response to the paper questionnaire was poor however no follow up telephone interviews were conducted as this was not required while WG were in the process of reviewing the statutory guidance.

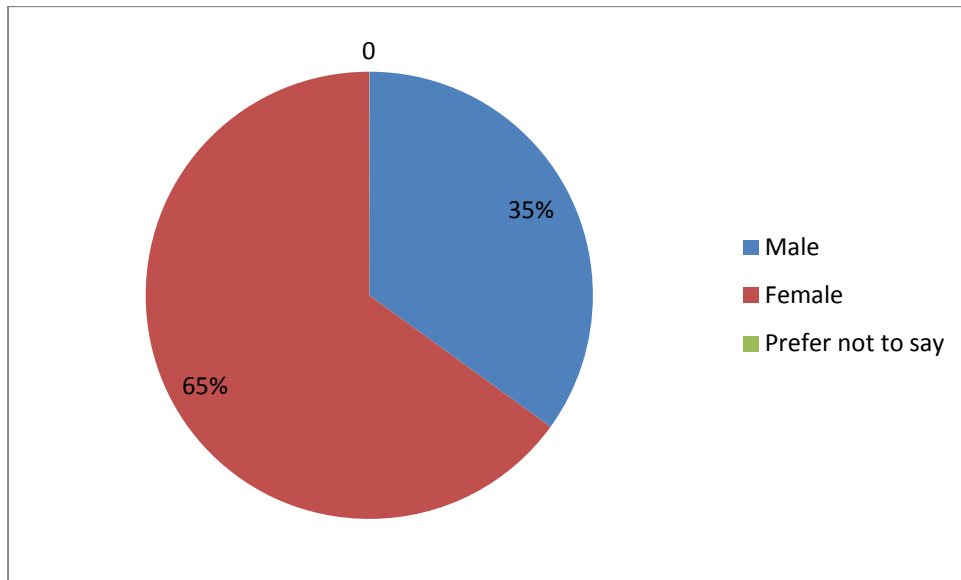
Results

Only 95 questionnaires were completed by parents and as evidence last year a paper survey proved to be an in-effective method in gathering their views. As in 2016/17 responses from females were greater than those received from males.

Reliability of results

As the survey responses were generated in the main by paper questionnaires and consisted of only one question which was not specific to age or gender then the results can be considered reliable.

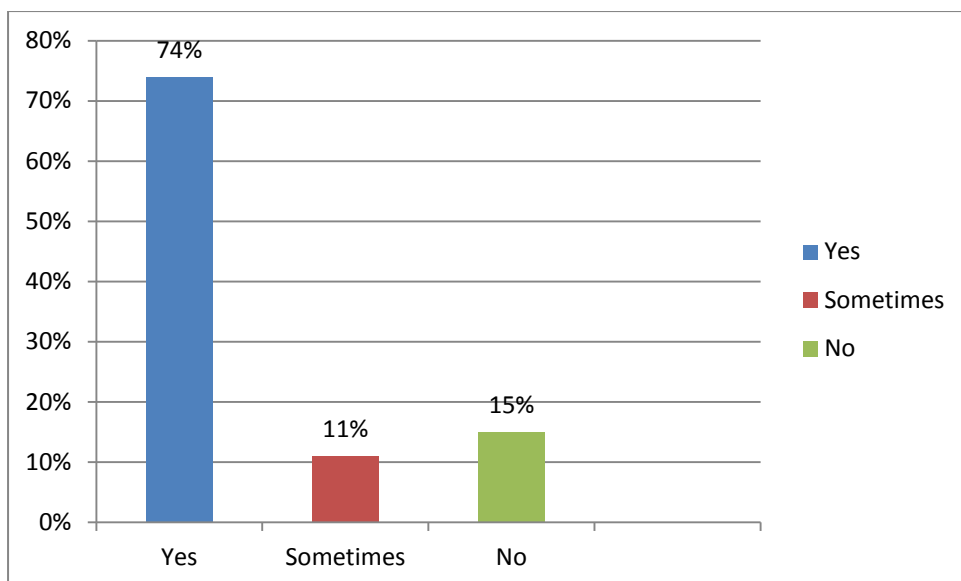
Responses by gender



Parent responses

Thinking about the care and support your child or children have had, do you agree with the following:

Q1 - I have been actively involved in all decisions about how my child's/children's care and support was provided.



74% of parents felt that they had been actively involved in all decisions about how their child's/children's care and support had been provided and this is consistent with the figures for 2016/17. The number of parents that answered no has risen from 10% in 2016/17 to 15% in 2017/18.

Sample of comments received.

I would like to be more involved in decisions, education, health and activities

I never get told whats going on with my kids. I also get told its not the Social Worker's job to me. I have no support and very rarely talk to my Social Worker, she doesn't seem interested about me being the kids father

I would like more contact with my children

My wife has had more involvement with social worker but we have always agreed and been made aware of decision.

I have always been involved and given full information before decisions have been made

I am happy that I am always consulted in meetings and decisions about my son's care and future

I have attended all meetings, outcome already decided. Bond now destroyed due to enforced and very limited time spent with my own child

No I haven't been involved as they have only contacted me once a year. It is making Me suicidal, I need help seeing my son, he is my life

We had no choice in doing all the things SS have decided or things would not move forward and no real choice or say in the matter

Have not had no service contacting me about my children for months and been told I cannot go to meetings and not had no phone calls from services what so ever. TBH You say Social Services work with families, they don't!

I am not told anything about my children's health or well-being, never informed about anything

Summary

There were mixed comments received however most comments where they were provided, reflected parents views that they did not feel fully involved in decisions.

Carers Survey

Methodology

At the point the survey was distributed there were a total of 13 carers who had a care and support plan. Only 3 completed surveys were returned.

Results

3 carers responded that they lived in a home that supported their well-being and reported that they were happy with the support they have had. In contrast none of the respondents felt part of the community with 2 saying they were unable to do the things that were important to them and that they were not involved in decisions relating to the person they provide care for.

Only 1 carer surveyed answered that they had the right information when they needed it and knew who to contact about their care and support.

