

CYPE(6)-05-21 - Papur i'w nodi 8

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Minister for Education and Welsh Language

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Llywodraeth Cymru
Welsh Government

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Annwyl Jayne,

Fel y gwyddoch, mae gwella lles emosiynol a meddyliol dinasyddion yn flaenoriaeth sydd wedi'i hen sefydlu gan Lywodraeth Cymru. Mae Rhaglen Lywodraethu 2021-26 yn adeiladu ar gamau gweithredu gweinyddiaethau blaenorol ac yn ymrwymo i 'flaenoriaethu buddsoddi mewn gwasanaethau iechyd meddwl'. Mae hyn yn cael ei sefydlu ymhellach yn y Rhaglen Lywodraethu, sy'n cynnwys nifer o ymrwymiadau lles, gan gynnwys mewn perthynas â phlant a phobl ifanc, a rôl addysg wrth gefnogi a hyrwyddo lles. Mae lles plant a phobl ifanc hefyd yn ffocws penodol yn ein hymateb i bandemig Covid-19 a'n cynlluniau i ddod drosto.

Mae Llywodraeth Cymru wedi cael cefnogaeth yn ei gwaith gan Bwyllgor Plant, Pobl Ifanc ac Addysg y Senedd, sydd wedi blaenoriaethu'r gwaith o graffu ar gymorth lles. Arweiniodd hyn at gyhoeddi adroddiad *Cadernid Meddwl* (2018) a'r adroddiad dilynol *Cadernid Meddwl: ddwy flynedd yn ddiweddarach* (2020).

Ein hymateb i *Cadernid Meddwl* oedd cynnull y Grŵp Cyd-Weinidogol ar Ddull Ysgol Gyfan (a ymestynnwyd i ddull system gyfan) o Ymdrin â Lles ddiwedd 2018. Cadeiriwyd y Grŵp ar y cyd gan y Gweinidog Addysg a'r Gweinidog Iechyd a Gwasanaethau Cymdeithasol ar y pryd, ac mae wedi cefnogi'n llwyddiannus y gwaith o ddatblygu polisiau a darparu gwasanaethau. Mae'r Grŵp yn parhau i gefnogi gweithgarwch yn y maes hwn, ac mae bellach yn cael ei gadeirio ar y cyd gennym ni fel y Gweinidogion sy'n gyfrifol am addysg ac iechyd meddwl a lles. Roedd gan Gadeirydd y Pwyllgor Plant, Pobl Ifanc ac Addysg sedd ar y Grŵp o'r blaen a chymerodd ran lawn yn y trafodaethau, er yn cadw'r hawl i graffu ar benderfyniadau Gweinidogol yn unol â'i rôl fel Cadeirydd y Pwyllgor.

Fel y nodwyd, ehangwyd cylch gwaith y Grŵp i gwmpasu'r dull 'system gyfan'. Yn berthnasol, bellach, felly, mae'r *Fframwaith ar sefydlu dull ysgol gyfan ar gyfer llesiant emosional a meddyliol* (Mawrth 2021¹); a *Fframwaith NYTH* (Mai 2021²), a gyhoeddwyd gan Raglen Law yn Llaw dros Blant a Phobl Ifanc dan arweiniad y GIG. Gyda'i gilydd, mae gan y ddwy ddogfen hon y potensial i sicrhau bod holl anghenion lles nid yn unig plant a phobl ifanc, ond hefyd yr oedolion allweddol yn eu bywydau (rhieni, athrawon ac ati), yn cael eu diwallu mewn modd amserol a phriodol.

Mae'r Grŵp wedi cyfarfod ddwywaith o dan chweched Llywodraeth Cymru ac rydym wedi bod yn ystyried ei rôl ehangach o ran cefnogi gweithgarwch. Rydym yn cytuno bod angen i'r ffocws nawr symud o ddatblygu polisi i weithredu a chyflawni, ac fe nodwyd hyn gennym yng nghyfarfod diwethaf y Grŵp ar 21 Medi.

Nawr bod strwythur Pwyllgorau'r chweched Senedd wedi'i sefydlu, byddem yn falch pe baech yn fodlon ymuno â'r Grŵp yn rhinwedd eich swydd fel Cadeirydd y Pwyllgor Plant, Pobl Ifanc ac Addysg ac ar yr un telerau â'r Cadeirydd blaenorol (h.y. cymryd rhan lawn, ond gan gadw eich hawl i graffu ar waith Llywodraeth Cymru).

Nid yw dyddiad y cyfarfod nesaf wedi'i bennu eto, ond mae'n debygol o fod rywbryd yn ystod mis Tachwedd neu ddechrau mis Rhagfyr. Byddwn yn sicrhau nad yw'r dyddiadau yn gwrthdaro â chyfarfodydd y Pwyllgor.

Er gwybodaeth, rydym yn amgáu enwau aelodau'r Grŵp a'r cylch gorchwyl, er y gallai'r rhain newid i adlewyrchu'r ffocws newydd ar gyflawni.

Yn gywir,

Jeremy Miles AS/MS
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Minister for Education and
Welsh Language

Lynne Neagle AS/MS
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Llesiant
Deputy Minister for Mental Health and
Wellbeing

¹ [WG42005 \(Ilyw.cymru\)](#)

² [Fframwaith NYTH – Cydweithrediad Iechyd GIG Cymru](#)

Whole School Joint Ministerial Task and Finish Group membership/contacts

Minister for Education and the Welsh Language	Jeremy Miles MS
Deputy Minister for Mental Health and Wellbeing	Lynne Neagle MS
Chair, Children, Young People and Education Committee	
Deputy Director Equity in Education	Kirsty Davies Warner
NHS Lead Chief Executive for Mental Health	Carol Shillabeer
Public Health Wales Director of Health Improvement	Dr Julie Bishop
Secondary Head-teacher (Lewis Boys School)	Chris Parry
Association Directors of Social Services, Heads of Children's Services	Andrew Jarret (NPT)
WG Director of Social Services and Integration	Albert Heaney
WG SMO (GPs)	Dr Liz Davies
Estyn	Mark Campion
Regional Education Consortia	Kathryn Bevan
DECIPHer (schools health research network)	Prof Simon Murphy
Children's Commissioner for Wales	Prof Sally Holland
Chief Medical Officer	Dr Heather Payne
Chief Nursing Officer	Karen Jewell Hazel Powell
Primary Head-teacher	Paula Vaughan
LHB Vice Chair representative	John Hill Tout
CMO Adviser on Child and Adolescent Psychiatry	Dr Dave Williams
Psychology Representative	Dr Liz Gregory
WLGA spokesperson for HSS	Cllr Jane Mudd
Welsh Government, Deputy Director for Substance Misuse	Tracey Breheny
Principal Youth Officers Group	David Williams
Chief Executive, Children in Wales	Owen Evans
NHS Executive	Lesley Singleton
Pembrokeshire College	Jackie Mathias

Terms of Reference - Ministerial Task and Finish Group on a Whole System Approach to Wellbeing

Purpose of the Group:

The Task and Finish Group has been established by the Welsh Government to take forward the whole system approach to emotional wellbeing and mental health which also recognises the links between mental and physical wellbeing. In achieving this, the Group will have regard to the recommendations and findings in the Children, Young People and Education Committee Mind Over Matter report (April 2018).

The Mind Over Matter report highlights the need for a ‘step-change’ in emotional and mental health support for children and young people in Wales. As such we need to review existing policies and practices on children and young people’s mental health; identify gaps in provision; and, develop new and effective ways of working to accelerate improvement of the support system for children and young people.

Scope

As the Mind over Matter report highlights, and as set out in our National Mission, school is a key setting to support and promote positive physical and mental health and well-being. For this reason, we are taking a “whole school” approach initially, situating the school at the centre of the work of the group.

However, this approach needs to be seen in the context of a “whole system” approach which recognises that school is at the centre of activity, but has a range of interdependencies which extend beyond the classroom to home, community and services provided by other statutory and non-statutory agencies.

The Group will ensure that policy and practice across government supports positive physical and mental health and well-being for children and young people. This will be taken forward in a cross-government and cross-sector way, seeking advice from sector experts, children and young people, and others to ensure that the UNCRC is at the heart of this work.

For the purpose of this group, the work streams will be broken down into “whole school” and “whole system” so that appropriate focus can be given to both.

Principles

The principles underpinning this are:

- Support must be both universal and targeted (diagram 1 illustrates this).
- Support must be appropriate, timely and effective.
- Support must focus on prevention, restorative practice and on effective and timely intervention when this is needed.
- Support should avoid the medicalisation of children and centre the needs and the wishes of the children and young people involved.
- Support should be provided through a multi-agency approach, and should include building skills for effective multi-agency working.
- Support should be provided to the education sector and in particular schools, to build capacity for them to support children and young people in turn.

Diagram 1.1



Programme membership and structure

Accountable to the Cabinet Secretaries for Health and Social Services and for Education (co-Chairs) the Task and Finish Group will provide strategic leadership, direction and support, to implement the whole school (part of a whole system) approach to improve the emotional wellbeing of children and young people.

The Group will meet a frequency determined by Ministers. Current membership is attached separately:

Deputies

Members can nominate a deputy, though for continuity and recognising the need to maintain senior stakeholder engagement, deputies would only be acceptable for no more than one in three meetings, as individuals have been invited recognising their senior role as strategic influencers and decision takers.

Subgroups

The Group will be supported by a Stakeholder Reference Group. The Stakeholder Reference Group will encompass a wider range of public sector, third sector and other relevant organisations or people. Children and young people will have the opportunity to inform, develop and shape activity through representation on a National Youth Stakeholder Group.

Frequency of meetings

The Group will meet at least once every Assembly term (three times per year), and can convene on a more frequent basis should this be required and as determined by ministers.

Work-programme

The role of the group will be to agree and oversee implementation of the work-plan; advising on issues, barriers and activity to overcome them as they arise; and representing the views of their sectors and area of expertise as it impacts on the development and implementation of activity over the lifespan of the programme.

The Group's work-programme will be a dynamic and evolving reflecting the Group's current thinking and priorities, issues and challenges as they arise and impact policy and practice. In taking activity forward the Group will take account of wider activity, including specifically the on-going work of the NHS-led Together for Children and Young People Programme.