



NYTH | NEST

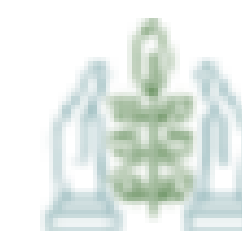


**N**

RHOI NERTH
(give strength/empower)

N

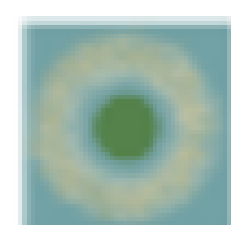
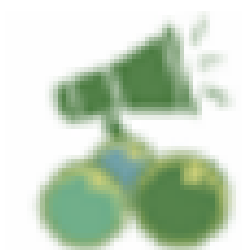
NURTURING
(taken care of and cherished)

**Y**

Ymddiried
(Trust)

E

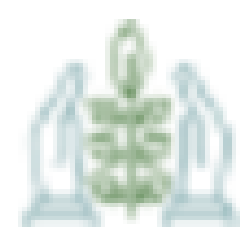
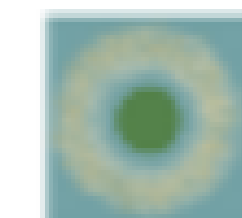
Empowering
(feeling strong and listened to)

**T**

Tyfu'n ddiogel
(growing safely)

S

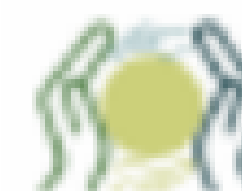
Safe
(protected and able to be yourself)

**H**

Hybu
(encourage)

T

Trusted
(reliable and there for you)



Fframwaith NYTH/NEST, sef:

- Adnodd cynllunio i Fyrddau Partneriaeth Rhanbarthol
- Dull gweithredu 'system gyfan' ar gyfer datblygu gwasanaethau iechyd meddwl, llesiant a chymorth i fabanod, plant, pobl ifanc, rhieni, gofalwyr, a'u teuluoedd ehangach
- Mae NYTH/NEST wedi ei greu ar y cyd gan y rhwydwaith Gyda'n Gilydd dros Blant a Phobl Ifanc (T4CYP2), ac amrywiaeth eang o randdeiliaid.

NYTH/NEST is:

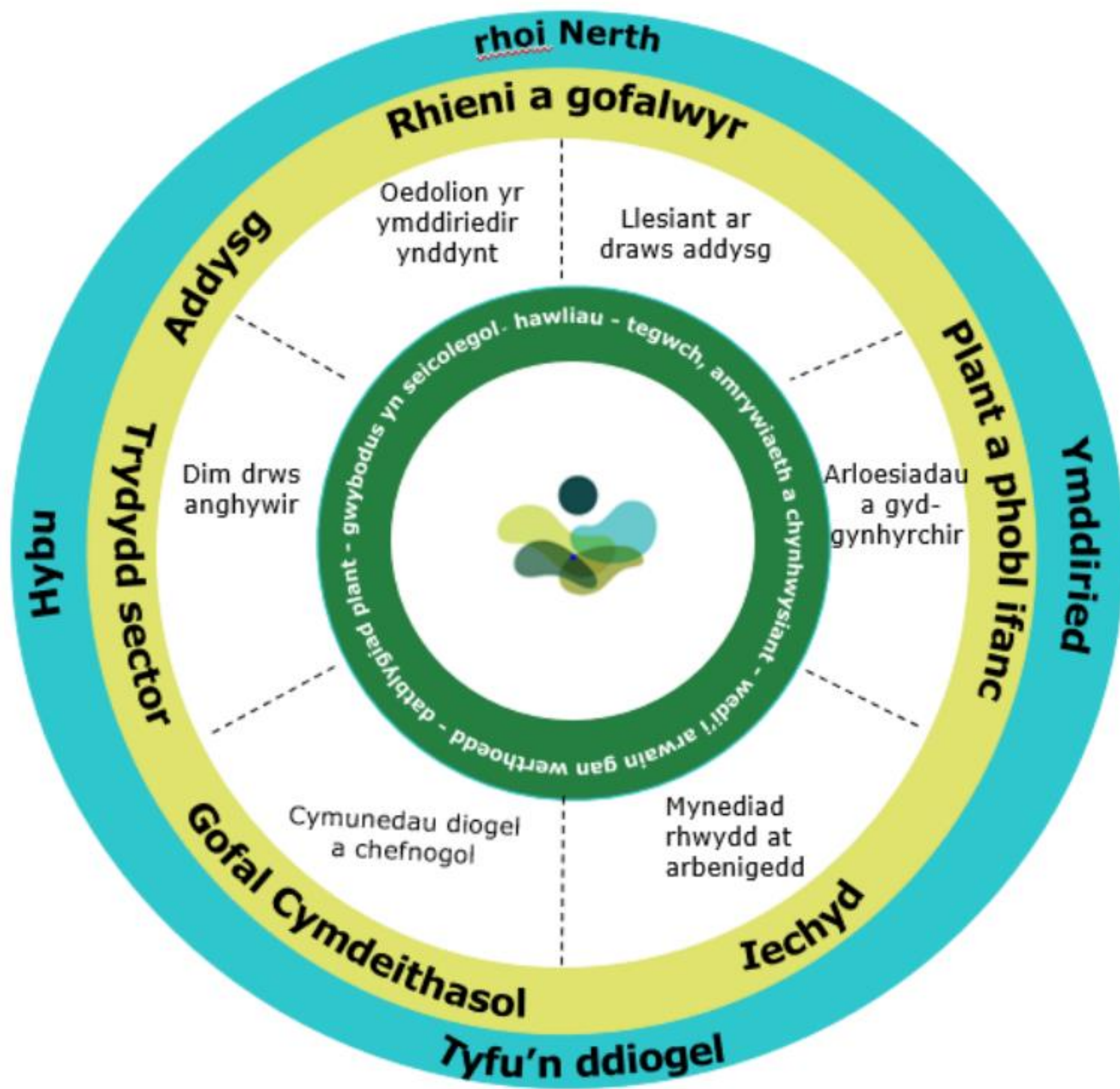
- Planning tool for Regional Partnership Boards, Welsh Government and wellbeing services.
- 'Whole system' approach for developing mental health, well-being and support services for babies, children, young people, parents, carers and their wider families
- Co-produced by the Together for Children and Young People (T4CYP2) network and a wide range of stakeholders.

Nod fframwaith NYTH/NEST yw:

- Ehangu'r sgwrs mewn modd sy'n symud i ffwrdd oddi wrth feddwl mai dim ond gwasanaethau arbenigol sy'n gallu helpu.
- Sicrhau ei bod yn bosibl gael mynediad at arbenigedd a chyingor yn gynt.
- Rhoi i'r oedolion yr ymddiriedir ynddynt, ac sy'n agosaf at y plant, y sgiliau a'r hyder i ddeall sut y gallant helpu.
- Gweithredu'n seiliedig ar 'dim drws anghywir'
- Darparu'r cymorth iawn ar yr amser iawn yn y ffordd iawn

NYTH/NEST aims to:

- Broaden the conversation away from thinking that only specialist services can provide help.
- Make expertise and advice quicker to access.
- Give the trusted adults closest to children the skills and confidence to understand what they can do to help.
- 'No wrong door' approach
- Right Help at the Right Time in the Right Way.

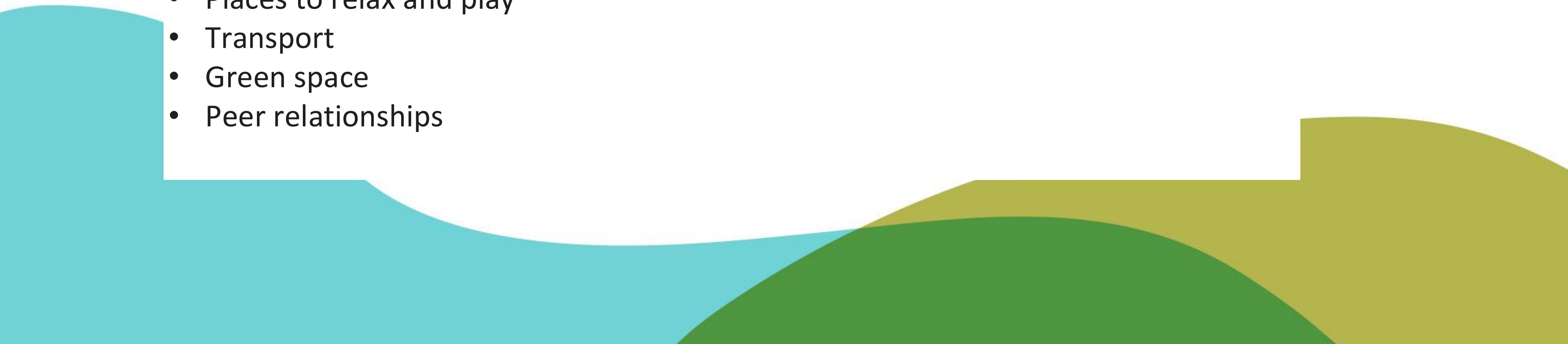


Who and what is needed to build a babies' NEST?

- Nurturing
- Empowering
- Safe
- Trusted



What builds a NEST: Protective factors for mental health and wellbeing

- Children need to feel safe. Safe in their relationships and safe at home.
 - Trusted adults
 - Adequate housing
 - Adequate finances
 - Access to healthy food
 - Places to relax and play
 - Transport
 - Green space
 - Peer relationships
- 
- The bottom of the slide features three overlapping, rounded, organic shapes. On the left is a light blue shape. In the center and extending to the right is a dark green shape. On the far right is a yellowish-green shape. These shapes overlap each other, creating a layered effect.

Dim drws anghywir

Rydym am sicrhau bod teuluoedd yn cael y cymorth iawn ar yr adeg iawn ac mewn ffordd sy'n iawn iddyn nhw.



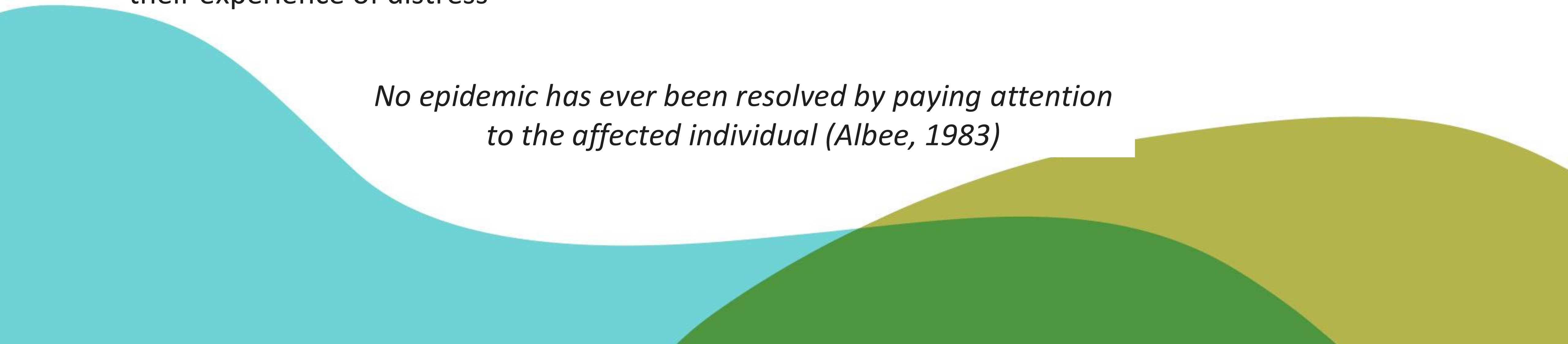
No Wrong Door

We want families to get the right help at the right time and in a way that is right for them.

Importance of context to mental health and wellbeing

- Services that focus only on the individual, risk locating responsibility within that child or young person to create change.
- We cannot escape the fundamental importance of context in shaping babies' experience, including their experience of distress

No epidemic has ever been resolved by paying attention to the affected individual (Albee, 1983)



Activity

Hold a project or strategic mechanism in mind, how truly whole system is it? (consider those wider determinants we have looked at.)

1. Challenge it – how whole system is it at the moment?
2. Who / what is missing?
3. What benefits would bringing a wider system in bring?
4. What are the challenges?
5. How can you bring the right partners in?

Who needs bringing in?

Partners with some
involvement

Partners with close
involvement

Immediate
team

Who is in your circles of influence?

- adoption services
- children in the 'looked after' system
- children on the edge of care
- chronic and acute physical health services
- disability services
- family based intervention services including parenting interventions and formulation informed interventions
- neurodevelopmental services
- parent infant mental health services
- primary care mental health
- psychological Therapy services
- specialist CAMHS services
- substance dependency services
- Flying start
- Private providers of baby groups like baby sensory
- VAWDSV support
- advocacy
- bereavement
- post abuse
- refugee and asylum seeker services
- young carers
- Playworkers and childcare staff
- Early Years
- Midwifery
- Health Visitors
- Third Sector
- Community groups like cylch meithrin / rhyme time etc
- Speech and language

Offeryn hunanasesu a gweithredu NYTH | LLYW.CYMRU



Article 3: Everyone should do what is best for the children they work with.



Trusted Adults

Describes the importance of those closest to the baby, child or young person (or parent to be and new parents) in supporting their mental health and wellbeing. Trusted adults can be parents or carers, wider family members or friends, youth and playworkers, sports coaches, teachers, social workers, health practitioners or anyone else the child or family choose to trust and build relationships with. The NYTH/NEST framework aims to support trusted adults to 'hold on' to babies, children and young people. It is important there is support for trusted adults who care for babies, children and young people. Trusted adults can:

- focus on an individual's strengths
- encourage them to not give up
- celebrate their achievements
- provide the 'everyday magic' of a trusted relationship.

Prompts for discussion:

- How do you learn about the baby, child, young person or parent's trusted adults and value their voice?
- Are people who use your services clear who their workers are, so they can build trust and relationships?
- What time and resources are you giving to staff to help them to build trusted relationships?

- How do you think about or working with existing services and trusted adults?
- Do you make time for practice?
- Do the trusted adults have children's rights?

Sylwadau a chanfyddiadau o'r tafodaethau ac asesiadau:

Graddio:

1

2

3

4

Beth fydd 'da' yn ein barn ni

Offeryn Hunanasesu NYTH/NEST – Fforwm Cenedlaethol	NYTH/NEST Self-Assessment Tool - National Forum
24.9.24 – 9.30-10.30 24.10.24 – 14.00-15.00 Cyfarfod Rhithwir	24.9.24 – 9.30-10.30 24.10.24 – 14.00-15.00 Virtual Meeting
• Beth yw'r offeryn hunanasesu NYTH • Sut i ddefnyddio'r offeryn hunanasesu NYTH • Rhannu profiadau gan ddefnyddio'r offeryn hunanasesu NYTH • Camau enghreifftiol ar gyfer gweithredu NYTH • Cyfle i holi cwestiynau / ceisio cyngor ar ddefnyddio'r offeryn (14.30-15.00)	• What is the NEST self-assessment tool • How to use the NEST self-assessment tool • Sharing experiences using the NEST self-assessment tool • Example actions to implement NEST • Opportunity to ask questions / seek advice on using the tool (14.30-15.00)
Cadwch eich lle yma: Business Wales Events Finder - Offeryn Hunanasesu NYTH/NEST – Fforwm Cenedlaethol (business-events.org.uk)	Please book your place here: Business Wales Events Finder - NYTH/NEST Self-Assessment Tool - National Forum (business-events.org.uk)