**Datblygu Arfer a Gyfoethogir gan Ymarfer (DEEP)**

**Gofal sy'n canolbwyntio ar berthnasoedd**

**Cwrs hyfforddi *Fframwaith Synhwyrau***

**Hanner diwrnod RHAD AC AM DDIM (ar-lein)**

**Beth yw DEEP?**

Mae DEEP yn ddull cyd-gynhyrchu o gasglu, archwilio a defnyddio mathau amrywiol o dystiolaeth mewn dysgu a datblygu gan ddefnyddio dulliau stori a deialog.

**Deall llesiant a chreu amgylchedd da ar gyfer gofal a dysgu**

Mae pobl a gefnogir gan iechyd a gofal cymdeithasol yn aml yn profi amgylchiadau heriol ac mae cefnogi eu hymdeimlad o lesiant yn flaenoriaeth. Er hynny, nid yw’r cysyniad o lesiant bob amser yn cael ei ddeall a’i feithrin yn dda. Yn yr un modd, mae gweithio yn y gwasanaethau iechyd a gofal cymdeithasol yn emosiynol feichus. Er bod tipyn o bwyslais ar weithgareddau dysgu a datblygu ymarferwyr, caiff dysgu ymarferwyr ei beryglu os na chaiff eu llesiant emosiynol ei gefnogi.

**Gofal sy'n canolbwyntio ar berthnasoedd a'r Fframwaith Synhwyrau**

Datblygwyd gofal sy'n canolbwyntio ar berthnasoedd a'r Fframwaith Synhwyrau trwy ymchwil i wella ansawdd bywyd mewn ysbytai a chartrefi gofal (Nolan et al 2006). Maent yn darparu fframwaith i archwilio a meithrin llesiant *rhyngddibynnol* pobl a gefnogir gan wasanaethau, gofalwyr di-dâl ac ymarferwyr. Mewn amgylcheddau gofal cyfoethog dylai *pawb* cael yr ‘ymdeimlad’ o ddiogelwch, perthyn, parhad, pwrpas, cyflawniad ac arwyddocâd. Mae deall a defnyddio'r Fframwaith Synhwyrau yn ofynnol o dan lefelau 2 i 5 y Cymwysterau Cenedlaethol Iechyd a Gofal Cymdeithasol.

**Cynnwys y Cwrs**

Cwrs hanner diwrnod yw hwn sy’n cyflwyno cyfranogwyr i’r cysyniadau o ofal sy’n canolbwyntio ar berthnasoedd a llesiant rhyngddibynnol. Trwy archwilio’r chwe ‘Synnwyr’, cyflwyna’r cwrs ffyrdd o greu amgylcheddau gofal a dysgu cyfoethog.

**Pwy allai elwa o'r cwrs?**

Bydd y cwrs o fudd i unrhyw un sydd â diddordeb mewn gwella llesiant ac ansawdd bywyd mewn gwasanaethau iechyd a gofal cymdeithasol – mae’n agored i bobl a gefnogir gan wasanaethau, gofalwyr di-dâl, ymarferwyr a rheolwyr.

**Gwybodaeth bellach am y cwrs**

Os hoffech chi gael gwybod mwy am y cwrs neu fynegi diddordeb mewn cymryd rhan, cysylltwch â Nick Andrews ar: n.d.andrews@swansea.ac.uk



**Developing Evidence Enriched Practice (DEEP)**

**Relationship-centred care**

***The Senses Framework* training course**

**FREE half-day (online)**

**What is DEEP?**

DEEP is a co-production approach to gathering, exploring and using diverse types of evidence in learning and development using story and dialogue-based method.

**Understanding well-being and creating a good environment for care and learning**

People supported by health and social care often experience challenging circumstances and supporting their sense of well-being is a priority. However, the concept of well-being is not always well understood and nurtured. Likewise, working in health and social care services is emotionally demanding. While there is a lot of emphasis on practitioners learning and development activities, practitioner learning is compromised if their emotional well-being is not supported.

**Relationship-centred care and the Senses Framework**

Relationship-centred care and the Senses Framework were developed through research around how to improve quality of life in hospitals and care homes (Nolan et al 2006). They provides a framework to explore and help nurture the *interdependent* well-being of people supported by services, unpaid carers and practitioners. In enriched environments of care *everyone* should have a ‘sense’ of security, belonging, continuity, purpose, achievement and significance. Understanding and using the Senses Framework is a requirement under levels 2 to 5 of the Health and Social Care Qualifications.

**Course content**

This is a half-day course that introduces participants to the concepts of relationship-centred care and interdependent well-being. Through exploring the six ‘Senses’, the course introduces ways to create enriched environments of care and learning.

**Who might benefit from the course?**

The course will benefit anyone with an interest in improving well-being and quality of life in health and social care services – it is open to people supported by services, unpaid carers, practitioners and managers

**Further information about the course**

If you would like to find out more about the course or express an interest in participating, please contact Nick Andrews at: n.d.andrews@swansea.ac.uk

