



NYTH | NEST

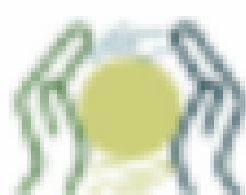
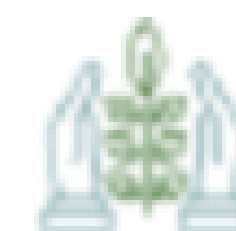
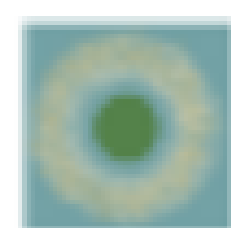
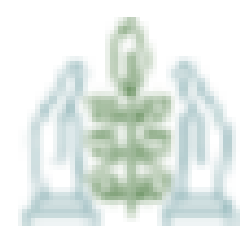
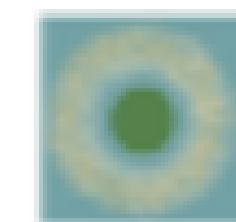
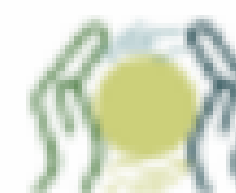




**NYTH NEST**

NEW YORK THUNDERBOLT NEST

[WWW.NESTNALES.ORG](http://WWW.NESTNALES.ORG)

**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 )



## Sut mae eich NYTH chi'n edrych?

Pwy a beth:

- Sy'n rhoi Nerth i chi
  - Rydych chi'n Ymddiried ynddynt
  - Sy'n sicrhau eich bod yn Tyfu'n ddiogel
  - Sy'n eich Hybu?
- 

## What does your NEST look like?

Who and what makes you feel:

- Nurtured
- Empowered
- Safe
- Who do you Trust?





## 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.

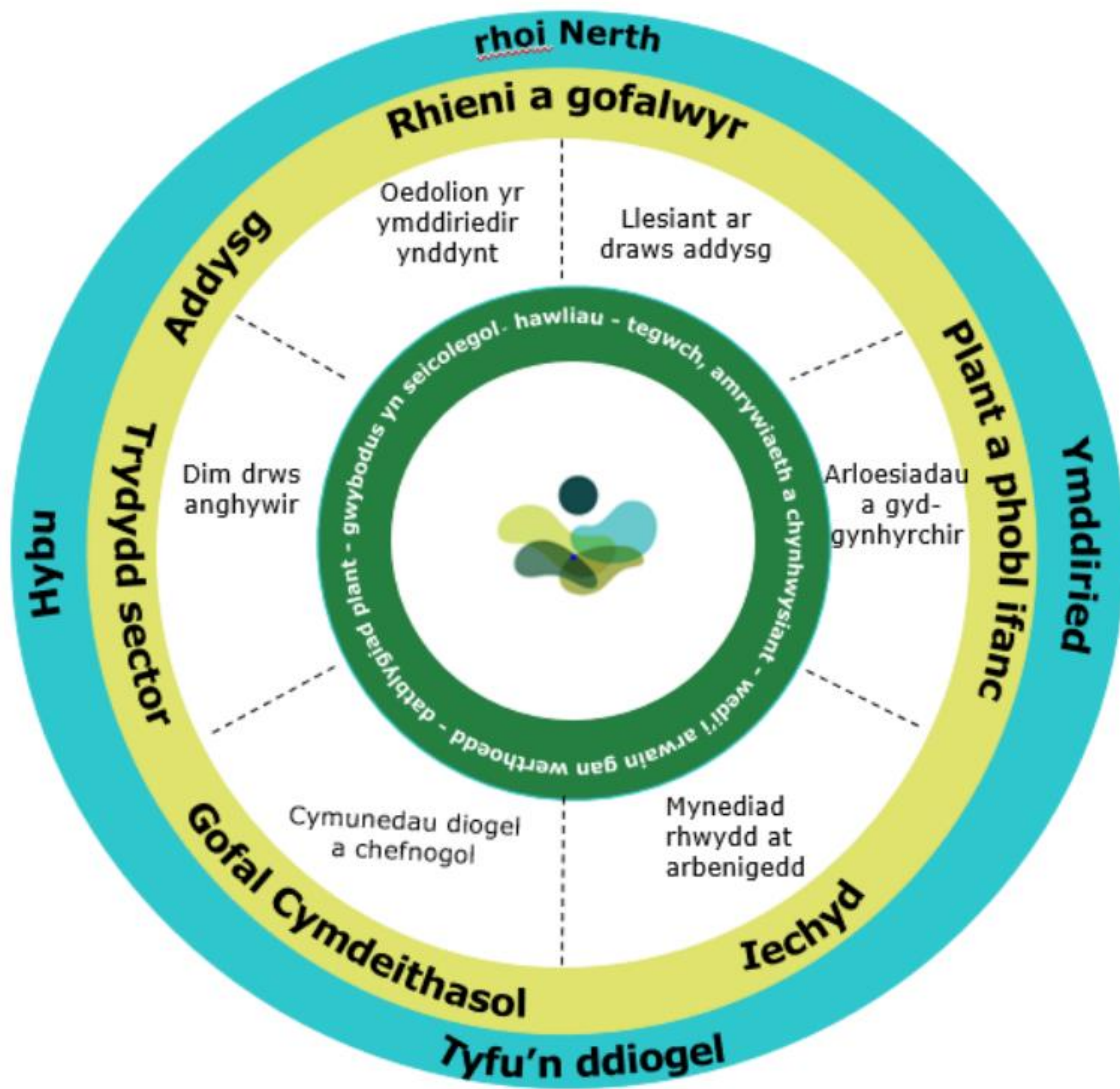
## Nod fframwaith NYTH/NEST yw:

- 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.





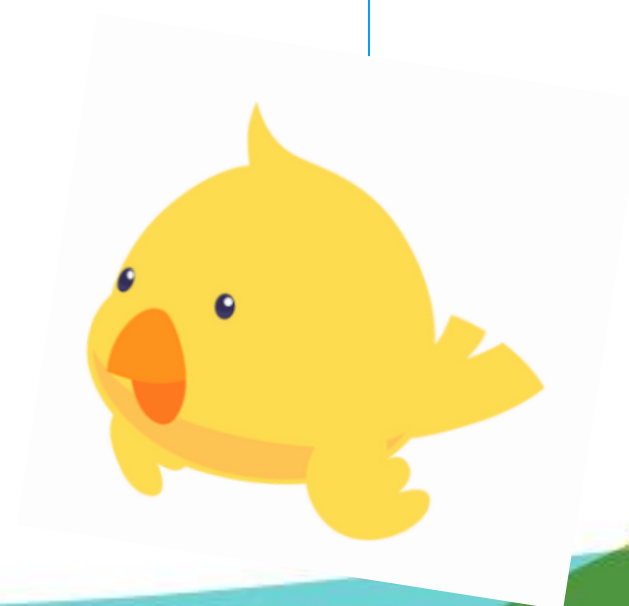


## Sut mae NYTH yn cael ei roi ar waith yn genedlaethol

- Cymuned Ymarfer
- Trefnu gwaith traws-bolisi
- Arweinydd NYTH BPRh
- Cynnwys yn y Gronfa Integreiddio

## How NEST is being implemented nationally

- Community of Practice
- Aligning cross policy work
- RPB NEST Leads
- Built into RIF and used in other programmes





Ymunwch â ni !

Join in!



# Good Practice Examples

Key NYTH/NEST Principle:  
**Children's Rights**

Project: **Build it Right North Wales - Using the NYTH/NEST Framework to Build a Children's Rights Approach**

Region: **North Wales**

## Background summary

At the beginning of 2021 Betsi Cadwaladr University Health Board began to develop our Children's Rights initiative. Through the initiative it was our ambition to develop our Organisational Charter and Rights Based Action Plan to support services across the Health Board to ensure we continue to develop approaches to support and protect Children's Rights.

As a Health Board we know that we form part of a much bigger system that supports and protects the rights of children and young people in North Wales. This is why when we embarked on this journey we wanted to plan how we would achieve an approach that would encourage the development of embedding Children's Rights into the 'Every Day Magic' of the 'Whole System'.

As part of our early planning and development we turned to **NYTH/NEST** as a tool to strategically design our programme, working to the foundation of evidence that NYTH/NEST is built upon to nurture our understanding of what does 'NYTH/NEST' look and feel like in real terms to children and young people?

The framework is strongly aligned to the **UNCRC** and 'Whole Systems Approach' and bearing in mind what we were setting out to achieve, we knew that the framework would offer us a solid foundation to work from and enable us to bring in additional key learning from the **'Right Way, Children's Rights Approach'** and **'The 5 Ways of Wellbeing'**.

## But how were we going to do this in practice?

Our Children's Services Integrated Health Community (IHC) took the lead in developing a partnership to steer and design the 'Build it Right' Initiative. We worked closely with The National Trust, Urdd, third sector and with young people representatives from the local Senedd. The partnership worked together to create a structure that enabled multiple opportunities for young people to become involved and input into this work, this included supporting us to design three large scale events for young people of primary school age and to host engagement activity in every secondary school in North Wales.

The 'Build it Right' activities were designed not only to help us to understand opinions, feelings and thoughts of children and young people, but also to promote the mental health and wellbeing of those who took part and to promote awareness of Children's Rights. From mindfulness to football, to circus,



**NYTH/NEST 'ar waith'**  
Enghreifftiau o Arferion Da  
wrth weithredu fframwaith  
NYTH/NEST 2023

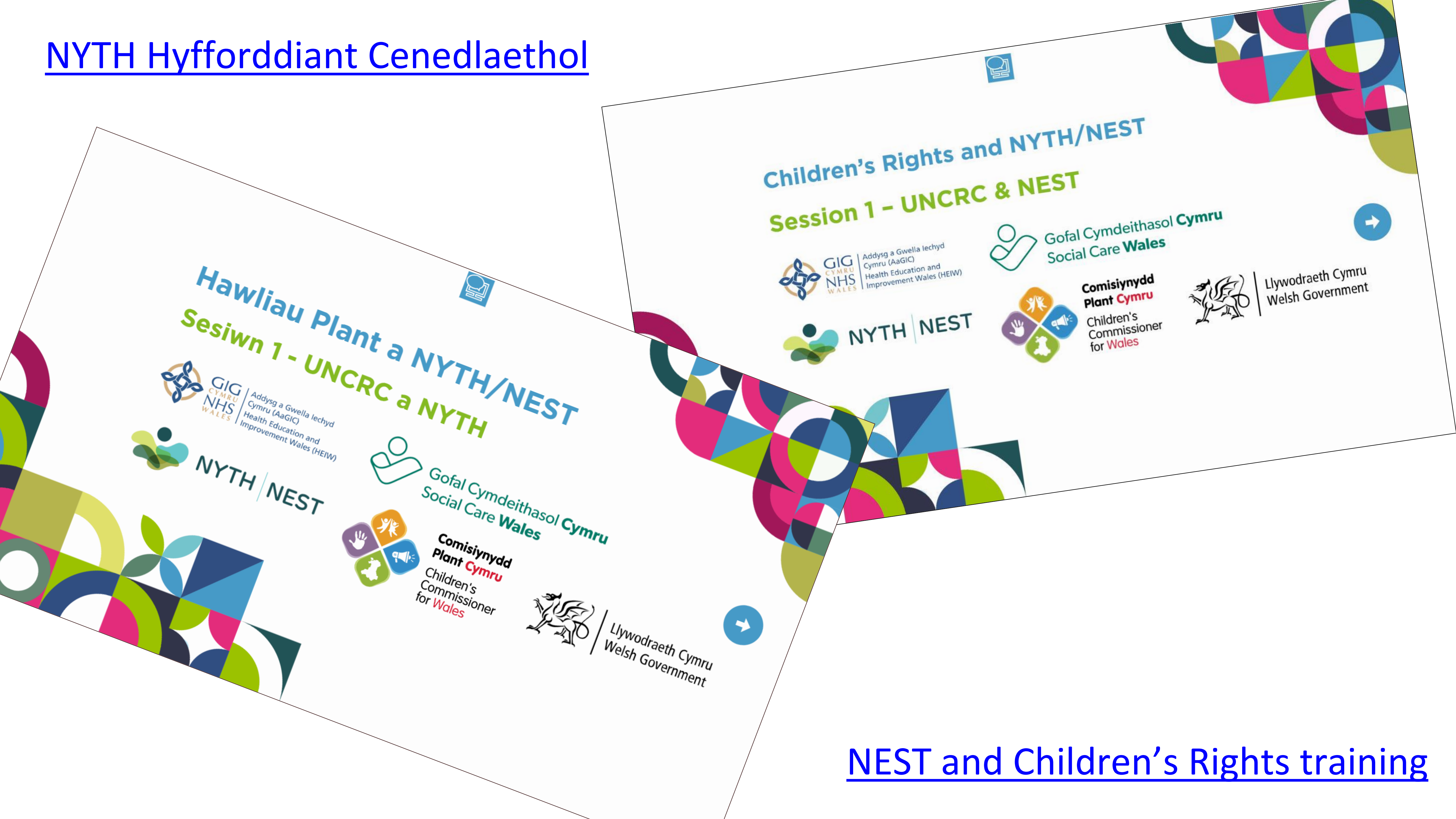


Prosiectau arfer da sy'n  
defnyddio fframwaith  
NYTH/NEST





# NYTH Hyfforddiant Cenedlaethol



NEST and Children's Rights training



# 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



<b>Offeryn Hunanasesu NYTH/NEST – Fforwm Cenedlaethol</b>	<b>NYTH/NEST Self-Assessment Tool - National Forum</b>
<ul style="list-style-type: none"> <li>• Beth yw'r offeryn hunanasesu NYTH</li> <li>• Sut i ddefnyddio'r offeryn hunanasesu NYTH <ul style="list-style-type: none"> <li>• Rhannu profiadau gan ddefnyddio'r offeryn hunanasesu NYTH</li> </ul> </li> <li>• Camau enghreifftiol ar gyfer gweithredu NYTH <ul style="list-style-type: none"> <li>• Cyfle i holi cwestiynau / ceisio cyngor ar ddefnyddio'r offeryn (14.30-15.00)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• What is the NEST self-assessment tool</li> <li>• How to use the NEST self-assessment tool</li> <li>• Sharing experiences using the NEST self-assessment tool <ul style="list-style-type: none"> <li>• Example actions to implement NEST</li> </ul> </li> <li>• Opportunity to ask questions / seek advice on using the tool (14.30-15.00)</li> </ul>
Cadwch eich lle yma: <a href="https://business-events.org.uk">Business Wales Events Finder - Offeryn Hunanasesu NYTH/NEST – Fforwm Cenedlaethol (business-events.org.uk)</a>	Please book your place here: <a href="https://business-events.org.uk">Business Wales Events Finder - NYTH/NEST Self-Assessment Tool - National Forum (business-events.org.uk)</a>

# Cwestiynau

Fframwaith NYTH (iechyd  
meddwl a lles): cyflwyniad |  
LLYW.CYMRU

# Questions

NEST framework (mental  
health and wellbeing):  
introduction | GOV.WALES

