

Case study: Childcare Works Project - Trainee Nursery Assistant Experience

Tiffany Anzani participated in NDNA Cymru's 16-week Childcare Works programme that was delivered in Cardiff from June to September 2023.

The programme was funded by The Moondance Foundation and supported 5 Trainee Nursery Assistants.

The trainees completed 4 weeks of training, followed by 12 weeks on placement in a childcare setting.

Tiffany completed her placement at Buttercups Day Nursery in Cardiff and this case study shares her journey and experience of participating in the programme.



I was diagnosed with a rare brain condition, Idiopathic Inter-cranial Hypertension (IIH), in June 2022, which stopped me from being able to work full time. I took a while off work to recover and tried to work part time but due to the side effect of headaches, which was too much fluid in my brain and needing multiple lumbar punctures to take pressure off, I had to give up work.

By January 2023 I had followed what my specialist said and I was released from clinic. I waited a few months, as he advised my brain needed to recover and I would have symptoms for over 3 months, at which point I actually felt worse.

I eventually started to feel myself again. I waited until June to start considering working again however, felt terrified to work thinking I would feel ill again. I found a job advertised on Indeed with NDNA to work for 16 hours per week, which included training and then experience within a nursery, which felt like something I could manage. I applied and within a day or so got a reply from Claudia (Project Manager) regarding a Zoom interview, which we set up. The interview was very informal and relaxed, asking questions about experience and availability.

After a week, I got a call to say that I had been accepted and within a few days we started the course. We completed lessons delivered by NDNA via a live virtual classroom along with outside training such

as, Safeguarding, Paediatric First Aid, Speech and Language and a session on how to get into childminding should we choose that route after the programme. Once training came to an end, I started my 12 week placement in a childcare setting. Claudia found me a placement close by and on 5th July I went for a look around and took my documents to show the setting manager too. I started working 9:30-3:30 for 3 days a week.

I first worked in the baby room for 3 weeks, then moved to toddlers for 3 weeks, then I was moving to the 3-4 year old room. The owner asked me about joining them full time, I thought about it for a while as I was unsure if so many hours would be too much of a challenge for me.

I thought long and hard and after a few days in 3-4's I was taken on by the nursery as a member of staff. I had a holiday booked, so started on 30th August 2023, working 42 ½ hours per week. It's been just over a month and I still have lots to learn however, I am due to start Level 3 CCPLD qualification with them shortly.

Overall, when I started the Childcare Works programme I wasn't sure what I wanted to do with myself but I'm happy I'm here. The children are lovely and it's a joy to spend my days with them. Thanks to Claudia and everyone with NDNA for the opportunity and to Buttercups for seeing the potential and taking me on full time.

Comment from Buttercups Day Nursery

"As a nursery we have found NDNA's Childcare Works project to be extremely beneficial. It is lovely to see that NDNA are being proactive in supporting the introduction of new childcare staff into the workforce. It is a fantastic project, and I would recommend it to anyone."

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Astudiaeth Achos: Prosiect Gofal Plant Ar Waith - Profiad Cymhorthydd Meithrin dan Hyfforddiant.

Gwnaeth Tiffany Anzani gymryd rhan yn rhaglen Gofal Plant ar Waith NDNA Cymru gynhaliwyd yng Nghaerdydd dros gyfnod o 16 wythnos rhwng mis Mehefin i Medi 2023.

Ariannwyd y rhaglen drwy'r Moondance Foundation a chefnogwyd 5 Cymhorthydd Meithrin dan Hyfforddiant.

Cwblhaodd pawb 4 wythnos o hyfforddiant ac yna 12 wythnos ar leoliad mewn lleoliad gofal plant.

Cwblhaodd Tiffany ei lleoliad ym Meithrinfa Dydd Buttercups yng Nghaerdydd ac mae'r astudiaeth achos yma yn rhannu ei siwrnai a'i phrofiad wrth gymryd rhan yn y rhaglen.



Cefais ddiagnosis o gyflwr prin ar yr ymennydd, Idiopathic Inter-cranial Hypertension (IIH), ym mis Mehefin 2022, olygodd na allwn weithio llawn amser. Cymerais amser i ffwrdd o'r gwaith i wella a cheisio gweithio rhan amser, ond oherwydd sgil effeithiau a chur pen, o ganlyniad i ormod o hylif yn fy ymennydd, a gorfod cael nifer o bigiadau meingefnol i dynnu pwysau oddi ar yr ymennydd, roedd yn rhaid i mi roi'r gorau i weithio.

Erbyn Ionawr 2023 roeddwn wedi dilyn holl gyngor fy arbenigwr, a chefais fy rhyddhau o'r clinig. Dywedodd y byddai fy ymennydd angen cyfnod o wella, ac y byddai gennyf symptomau am dros 3 mis. Fodd bynnag erbyn hyn, roeddwn yn teimlo'n waeth.

O'r diwedd dechreuais deimlo fel fi fy hun unwaith eto. Disgwyliais tan fis Mehefin cyn ystyried gweithio eto. Fodd bynnag, roeddwn wirioneddol ofn gweithio rhag ofn i mi deimlo yn sâl eto. Deuthum o hyd i swydd gyda'r NDNA yn cael ei hysbysebu ar 'Indeed' oedd yn golygu 16 awr o weithio, oedd yn cynnwys hyfforddiant ac yna profiad mewn meithrinfa. Roedd hyn yn teimlo fel rhywbeth y gallwn ymdopi ag o. Gwneuthum gais, a chael ymateb o fewn diwrnod neu ddau gan Claudia (Rheolwr Prosiect) ynglyn â chyfweliad Zoom. Roedd y cyfweliad yn anffurfiol iawn, yn gofyn cwestiynau am brofiad ac argaeledd.

Yr wythnos ddilynol, cefais alwad ffôn i ddweud fy mod wedi cael fy nerbyn ac o fewn ychydig ddyddiau, roedd y cwrs wedi cychwyn. Fe wnaethom gwblhau gwersi oedd yn cael eu rhoi gan y NDNA ar lein drwy ddsbarth rhithiol byw, hefyd, cawsom hyfforddiant drwy asiantaethau allanol ar bynciau megis Diogelu, Cymorth Cyntaf Pediatrig, Iaith a Lleferydd, a sesiwn ar sut i weithio fel gwarchodwr plant os hoffem ddewis y llwybr hwnnw ar ddiwedd y rhaglen. Unwaith i'r hyfforddiant ddod i ben, cychwynais ar fy lleoliad gwaith mewn lleoliad gofal plant. Daeth Claudia o hyd i leoliad lleol i mi, ac ar y 5ed o Orffennaf fe wnes i ymweld â'r feithrinfa a mynd a fy nogfennau gyda mi i ddangos i'r rheolwr. Cychwynais weithio 9:30-3:30 3 diwrnod yr wythnos.

Gweithiais yn ystafell y babanod am 3 wythnos, yna symud at y plant bach am 3 wythnos, yna symud i ystafell y plant 3-4 oed. Gofynnodd y perchennog i mi ystyried ymuno â nhw llawn amser. Cymrais amser i feddwl am y cynnig oherwydd roeddwn yn ansicr os y byddai gwneud cymaint o oriau yn ormod o her i mi.

Meddyliais yn galed ac am hir am y mater, ond ar ôl ychydig o dyddiau, cytunwyd y byddwn yn cychwyn gweithio gyda'r plant 3-4 oed fel aelod o staff. Roedd gennyf wyliau wedi ei drefnu, felly cychwynais ar Awst 30ain 2023, gan weithio 42½ awr yr wythnos. Ar ôl cwblhau fy mis cyntaf mae gen i lawer i'w ddysgu o hyd, ond rwyf yn mynd i gychwyn gweithio tuag at gymhwyster CCPLD Lefel 3 yn fuan.

Ar y cyfan, pan gychwynais raglen Gofal Plant ar Waith, doeddwn i ddim yn siwr beth roeddwn am ei wneud, ond rwy'n hapus yma. Mae'r plant yn hyfryd ac mae'n bleser pur treulio amser gyda nhw. Diolch i a bawb yn NDNA am y cyfle ac i Buttercups am weld potensial ynof fi a chynnig gwaith llawn amser i mi.

Sylw gan Meithrinfa Dydd Buttercups

"Fel meithrinfa, rydym wedi elwa'n fawr o brosiect Gofal Plant ar Waith yr NDNA. Mae'n dda gweld yr NDNA yn bod yn rhagweithiol yn cyflwyno a chefnogi gweithwyr gofal plant newydd i'r gweithle. Mae'n brosiect gwych, a buaswn yn ei argymhell i unrhyw un."

Am wybodaeth bellach cysylltwch â:

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