



Creating a Brighter Future for Children and Families

Connecting Youth Children & Adults Centre of
Excellence Training

CYCA Services and Training Information

2023 version



September 2023

Who we are.

CYCA is an emotional health and wellbeing charity based in Carmarthenshire, Wales. Founded in 1980, we offer a range of therapeutic support services for vulnerable children, young people and families, and specialist accredited training for professionals and families.

Commissioned Wellbeing Support

We deliver a preventative and crisis support for vulnerable children, young people, and their families. Through Counselling, Mentoring, Therapy, and family support, we help build people's resilience and give them the tools to cope with life's challenges.

CYCA Training

We deliver accredited and non-accredited training to families to help them improve their wellbeing as well as gain skills and qualifications that will allow them to have brighter futures. We work with local schools supporting key stage 2,3 and 4 children. We also train and support professionals who work with children and families.

Early Years

We deliver support for pre-school children and their families through our flying start nursery settings and wraparound service. We also offer a specialist mobile crèche offering a stimulating, sensory and safe environment for young children to explore and play.

Wellbeing Play -

Having fun in a safe and stimulating environment is the main objectives of the clubs, children's physical and emotional wellbeing is always at the forefront of our activities. We offer conversational play opportunities for parents and child.

Please see our website for more information www.cycaonline.org

Our Training Team

Tracy Pike - CEO, MBE

Tracy is a qualified Teacher and has over 45 years experience of working with children, young people and families. Tracy is a qualified Stress Practitioner and a Fellow and approved trainer of ISMA. Tracy has developed our Wellbeing Services and our Resilience programme. In 2017 she was awarded an MBE for services to children and their families. She has also secured a contract with the Health Board to lead on social prescribing in Llanelli. tracy@cycaonline.org **01554 776178**

Kath Bowen - Training Manager, Internal Quality Assurer & Heart of the Community Case Manager .

Kath is a highly qualified practitioner and is one of the longest serving members of staff at CYCA and has 19 years experience working within 3rd sector. Kath has a BA Early Childhood Degree and has extensive knowledge in the field of Early Years, Children and Young People, Families, Play, Safeguarding, Managing Challenging Behaviors, Mentoring, Training and Education. Kath is our Internal Quality Assurer kath@cycaonline.org **01554 776178 Please note Kath is on Maternity Leave until April 2024.**

Lianna Davies - Senior Business Manager and is working towards her Internal Quality Assurance.

Lianna has worked for third sector charities for 23 years, Lianna has a Teaching Degree & a Degree in Childhood Studies, her specialisms include Children & Young People's Development 0 - 19, Safeguarding Children, Young People and Adults, Playwork, Health and Social Care. lianna@cycaonline.org **01554 776178**

Julie Thomas - Senior Manager, Tutor and Personal Trainer:

Julie is a qualified teacher and personal instructor, with extensive knowledge and experience within the fields of Physical Education, Early Years and Primary Schools. Since joining our team Julie has recently trained as a Pilates teacher to support developing wellbeing. Julie is also a Welsh speaker. Julie also runs our Understand Stress level 1 course and Adrenal Fatigue. jthomas@cycaonline.org **01554 776178**

Rachel Selby - Mental Health and Wellbeing, Resilience, Pre-Employability Tutor

Rachel really enjoys being part of the training team and has recently started delivering our Employability and Customer Service courses.

rachel@cycaonline.org **01554 776178**

Lyndsey Hughes Pre -Employability/Resilience Tutor

lyndsey@cycaonline.org **01554 776178**

Sophie Chapron - Pre- Employability Tutor

sophie@cycaonline.org **01554 776178**

Volunteer Tutors - Carrie Howell

Carrie describes all the cooking and arts and crafts non accredited and has just completed her Train the Trainer Level 2. carrie@cycaonline.org **01554 776178**

CYCA Projects

Lottery Funded Heart of the Community Project until 2025



CYCA's Heart of the Community project aims to bring communities together to reduce emotional poverty by offering a range of wellbeing activities and courses. There will also be opportunities for the beneficiaries to move onto Volunteering and to become a Community Volunteering Ambassador. Full training will be given for individuals to fulfil their role.

For further information and registration form, please contact jthomas@cycaonline.org **01554 776178**

Social Prescribing

CYCA is leading on an innovative Social Prescribing Project with Llanelli GP's.

The project is to support children presenting with emotional distress who cannot access CAMHS, the project can support young people in handling emotions such as anger and depression which can impact their progress within school, the project works holistically with the whole family providing access to a range of support by our specialist team.

In order for a referral the family needs to seek an appointment with the GP and the GP will refer in, families can contact their GP's via telephone. GP's currently providing referral scheme to CYCA

- Ashgrove Medical Centre
- Avenue Villa
- Burry Port
- Llangennech Surgery
- Llwynhendy Health Centre
- Ty Elli Group Practice
- Fairfield

For further information please visit our website <https://cycaonline.org/>

September 2023

Thrive



Thrive is a new and exciting project which is intended to help facilitate individuals back into the workplace with lots of support and on-going training available. It will be a volunteer based placement initially in a relevant setting leading into potential paid employment. We offer placements at our CYCA settings in childcare, retail, business or catering, 16 weeks of training and 1-1 coaching, help identifying employment opportunities and support for further training and provide an enhance DBS and IT skills to complete job applications

For further information and registration form, please contact rachel@cycaonline.org **01554 776178**

Continual Professional Development (CPD)

CPD Non-Accredited half day and full day inset training

Course	Duration	Cost
Safeguarding Children	3.5 hours	Prices upon request
Digital Safeguarding	3.5 hours	Prices upon request
Conflict resolution	3.5 hours	Prices upon request
Digital Resilience	3.5 hours	Prices upon request
Professional Resilience Can be offered as accredited	6 hours	Prices upon request
Child Sexual Exploitation	3.5 hours	Prices upon request
Counselling Skills for Non-Counsellors	8 hours over 4 weeks	Prices upon request
Adrenal Fatigue	8 hours over 4 weeks	Prices upon request

Tracy Pike MBE CEO support

Support	Duration	Cost
1:1 Confidential supervision for Managers leaders	1-hour sessions	Prices upon request
Group supervision for Manager	1 session of 3 hours a month allocated	Prices upon request
Manager and support staff	Stress management and Relaxation techniques support	6 sessions can be offered as a 1:1 or group support. Prices upon request

Accredited through Agored Cymru



Course	Delivery Hours (Normal 2 hours per week)	Accredited	Cost PP (Min 8 max 12)
Playwork	8 weeks / 2.5 days	Level 2	Prices upon request
Resilience	6 weeks	Level 1	Prices upon request
Introduction to children and young people Development	7 weeks	Level 1	Prices upon request
Mental Health and Wellbeing	6 weeks	Entry 3	Prices upon request
Improving Personal Confidence	6 Weeks	Entry 3	Prices upon request
Improving Personal Confidence	6 Weeks	Entry 2	Prices upon request
Safeguarding Level 2	7 weeks	Level 2	Prices upon request
Healthy Lifestyles	7 weeks	Level 1	Prices upon request
PSE Award: Anger Management, Bullying and Relationships (children)	8 weeks (1.5 hours a week)	Entry 3	Prices upon request
Community development and Volunteering	4 weeks	Level 1	Prices upon request
Customer Service Skills	2 days (9-2.30) or 2 hours a week for 6 weeks	Level 1	Prices upon request
Customer Service Skills	2 days (9-2.30) or 2 hours a week for 6 weeks	Level 2	Prices upon request
Education and Training	5 full days independent learning and planning	Level 3	Prices upon request
Speech and Language	2 days face to face ongoing 1:1 and observations and independent learning	Level 3	Prices upon request
Train the Trainer Level 2	3/4 full days independent learning and planning	Level 2	Prices upon request
Health and Social Care, 4 Mandatory units.	2 hours a week - 4 weeks per unit. 16 weeks.	Level 1	Prices upon request
Understanding Stress Level 1	6 Weeks 1hr a week	Level 1	Prices upon request

CYCA Non-Accredited List of Courses

Non-Accredited Courses	Delivery	Cost
Resilience 1:1 with adults to support them to increase their resilience skills using the CYCA model of support	1 hour per week 6 weeks	1-1 work Prices upon request
Resilience Group of 6	6 weeks	Prices upon request
Introduction to Resilience Professionals	9.30-2.30	Prices upon request
Trauma Professionals	2/3 days	Prices upon request
Family Foundations	1.5 hours per week 7 weeks Parent and Child groups of 4 families.	Prices upon request
Digital Dangers	6 hours / 3 weeks (2 hours)	(8 to 10 staff) Prices upon request
Confidence Skills	3 hours	group of 8 - 10 Prices upon request
Introduction to Safeguarding	2 hours	group of 8 - 10 Prices upon request
Introduction to Play	2 hours	group of 8 - 10 Prices upon request
Introduction to becoming a TA	3 hours	group of 8 - 10 Prices upon request
Introduction to Health and Social Care	2 hours	group of 8 - 10 Prices upon request
Superhero Resilience school children, children in OAP and clubs	1 hour a week for 5 weeks	whole class sizes Prices upon request

Further information and contact details

CYCA's courses are competitively priced. We believe in creating a brighter future for children and their families.

Please note that the team can write bespoke courses, the bespoke courses can be submitted to Agored Cymru our awarding body for exclusivity and accreditation. There are additional costs attached to this service.

Please contact the team for further information or to book courses:

Tracy Pike, MBE, CEO tracy@cycaonline.org

Lianna Davies, Senior Business Manager lianna@cycaonline.org

01554 776178