



Spring 2023 Newsletter

Welcome to our Spring 2023 newsletter!

The year has started so well with the great news we have secured another year of funding for our social prescribing work supporting the Llanelli GP cluster. This will enable the charity to continue to support children and young people experiencing anxiety and depression.

As a consequence of this work, we have also been awarded 3 years funding from the Waterloo Foundation to take the model into primary schools in Llanelli. Six schools have already received the training in readiness to support families. Carmarthenshire County Council have also awarded us some additional funding to continue the work for Flying start families.

Our CYCA HWB shop is proving to be a very popular venue as a meeting place for free refreshments and to try out new activities. We have had wonderful feedback.

New this spring is the prom dress auction and we have been donated the most wonderful gowns which feature in our shop window!

We have a full menu of weekly activities planned through our National Community Lottery funded Heart of the Community project also offering free creches, so lack of childcare is not a barrier to learning!

And finally, our nurseries continue to offer free childcare through Flying start, and we still have places available for April.

Thank you to all our partners and funders for helping CYCA to flourish and grow!

Diolch i'n holl bartneriaid a chyllidwyr am helpu CYCA i datblygu a thyfu!



Tracy Pike CYCA CEO

CO-OP Bereavement Case Study by

Luke Brown



Foundation

X was referred to our bereavement support project after mum had received counselling as added value through Coop funded CYCA project and had found extremely beneficial to help her deal with a recent bereavement. Mum was eager for X to receive the support that they both felt was needed for him to move forward in his life. X's support began with counselling where he was able to talk through how he was feeling and through the guidance of the counsellor X was able to make sense of a particularly difficult period of his life. Following the counselling support X has shared how beneficial this was to him and that he was in a lot better place after receiving that support.

X then began mentoring sessions where we covered resilience strategies to allow us to address his low mood and self-esteem whilst still dealing with the loss of a close family member. Throughout our sessions X engaged extremely well with the development of his personal resilience, where he started running in the mornings before school and changed football teams.

An opportunity then arose to try boxing within a local gym became available and X was eager to take this up when offered. X had never tried boxing before, but it was clear that he had a natural talent alongside a good work ethic and want to learn. This talent was recognised by the boxing coach at the gym and X was invited to the amateur boxing team training sessions. X now attends 4/5 boxing sessions a week and is set to have his first bout this month.

X has shared that attending the boxing has benefitted both his physical and mental well-being greatly. He has been extremely grateful to both CYCA and the boxing club for giving him the opportunity to better himself.

Children In Need Digital Safety



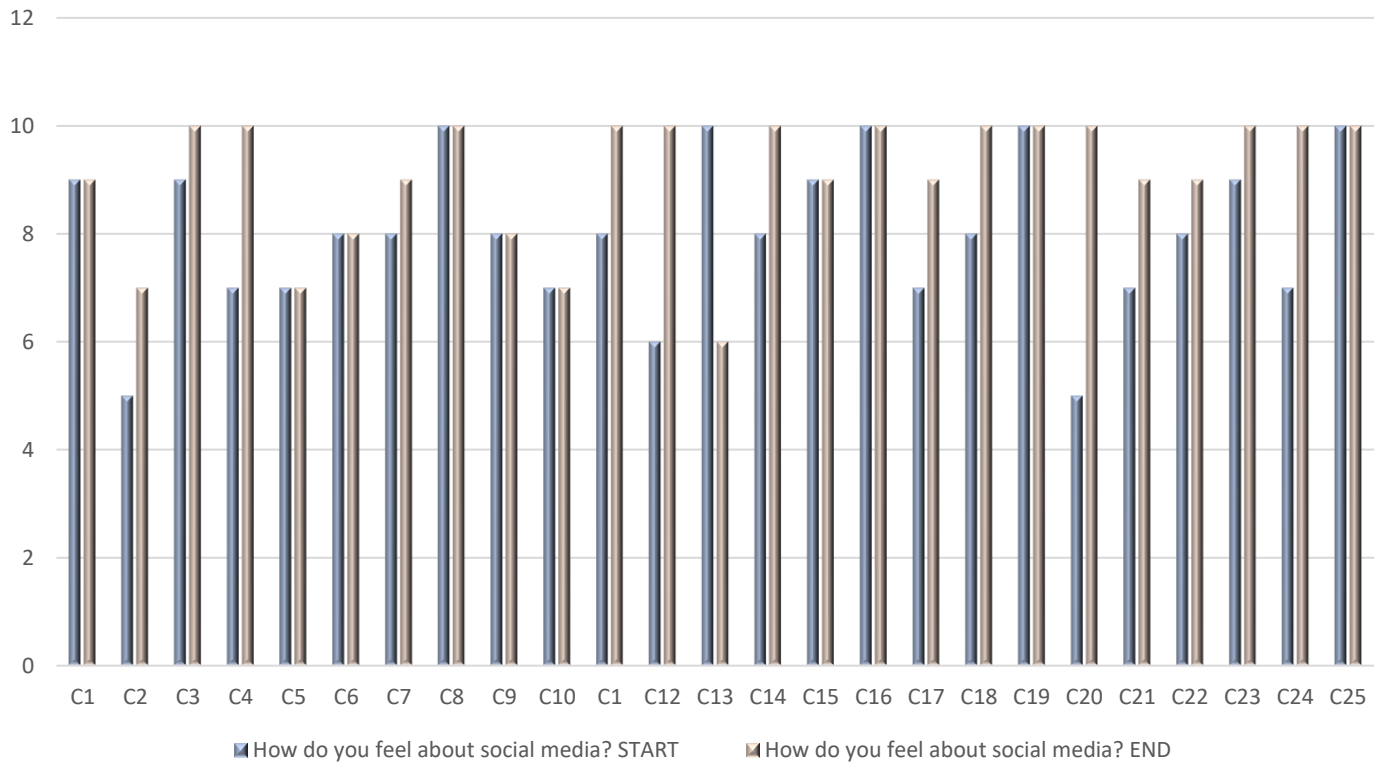
CYCA have come to the end of our final year delivering a three-year Children In Need (CIN) project in Year 6 Primary Schools. In February we produced a celebration day with schools on Internet Safety Day at the CYCA Hwb, St Elli Centre where Primary children came together and delivered the message to parents show case to deliver their safety tips to parents.



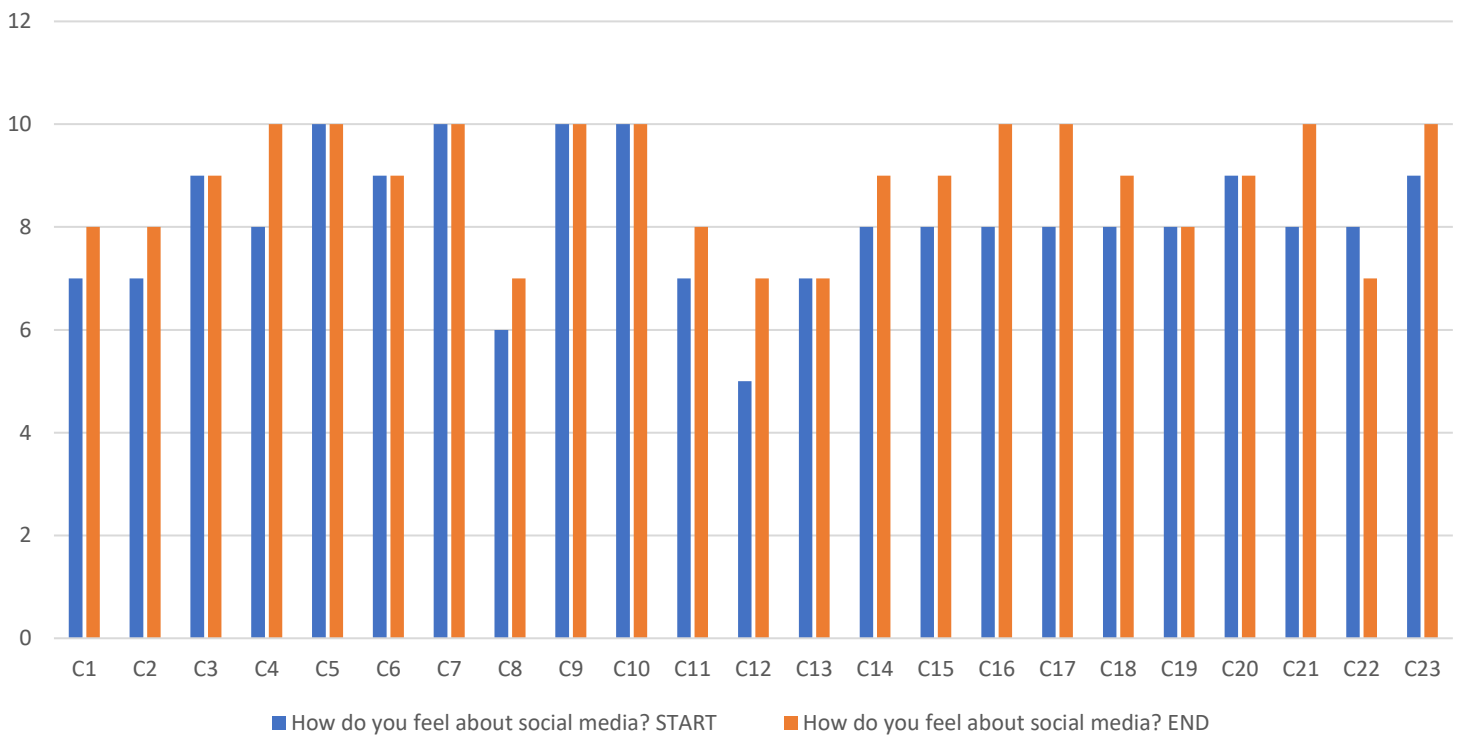
Children In Need Digital Safety



Confidence in social media at the start of the course vs the end Brynteg



Confidence in social media start vs end scores Ffwrnes



Case study Emma Harding



Child A was referred due to suffering from anxiety and panic attacks. Child A would worry every time she went into the car, this would impact her school trips as she would miss out due to not wanting to go on the bus.

During the first few sessions, Child A was very reserved regarding their emotions. Child A did not want to speak about their worries or if there was anything causing Child A to panic. However, after building a rapport with Child A and playing games linked to understanding emotions, Child A began to speak openly about their emotions and how they feel. During the sessions we looked at different ways that Child A can control their breathing during a panic attack such as using bubbles, flowers or using their hands.

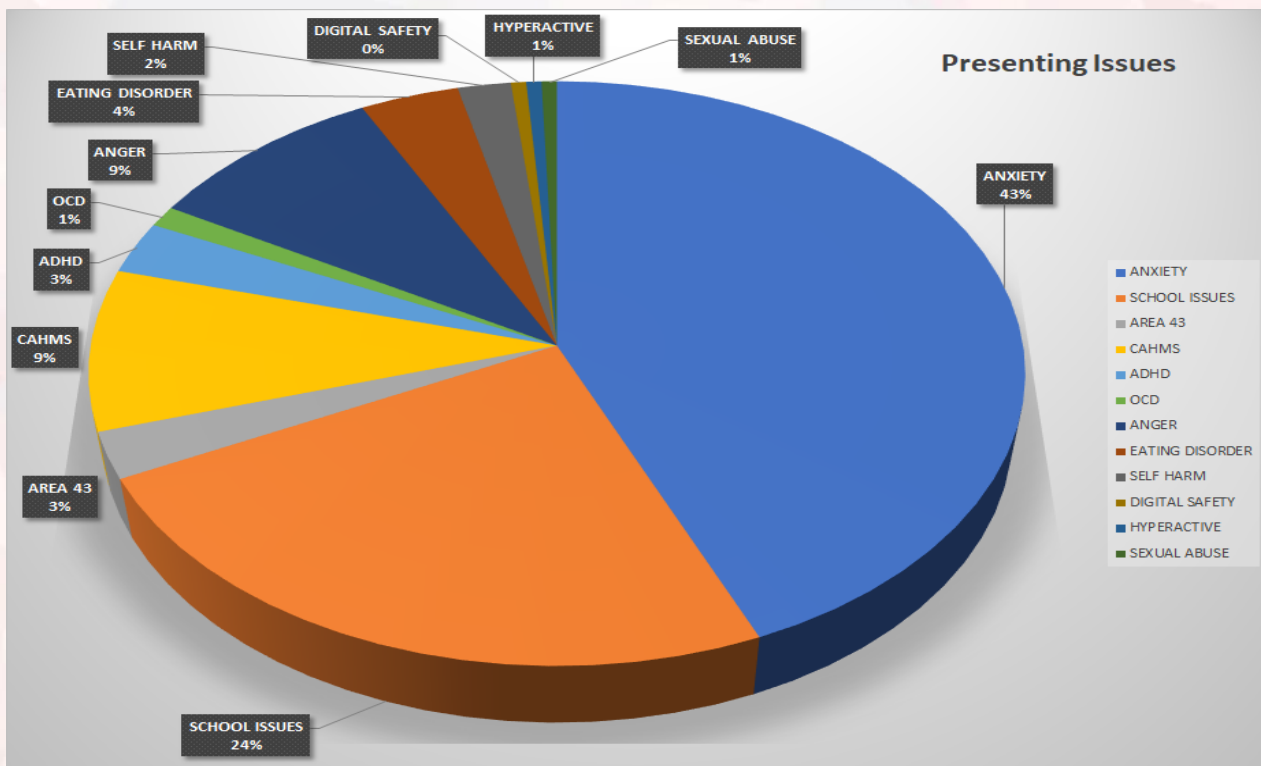
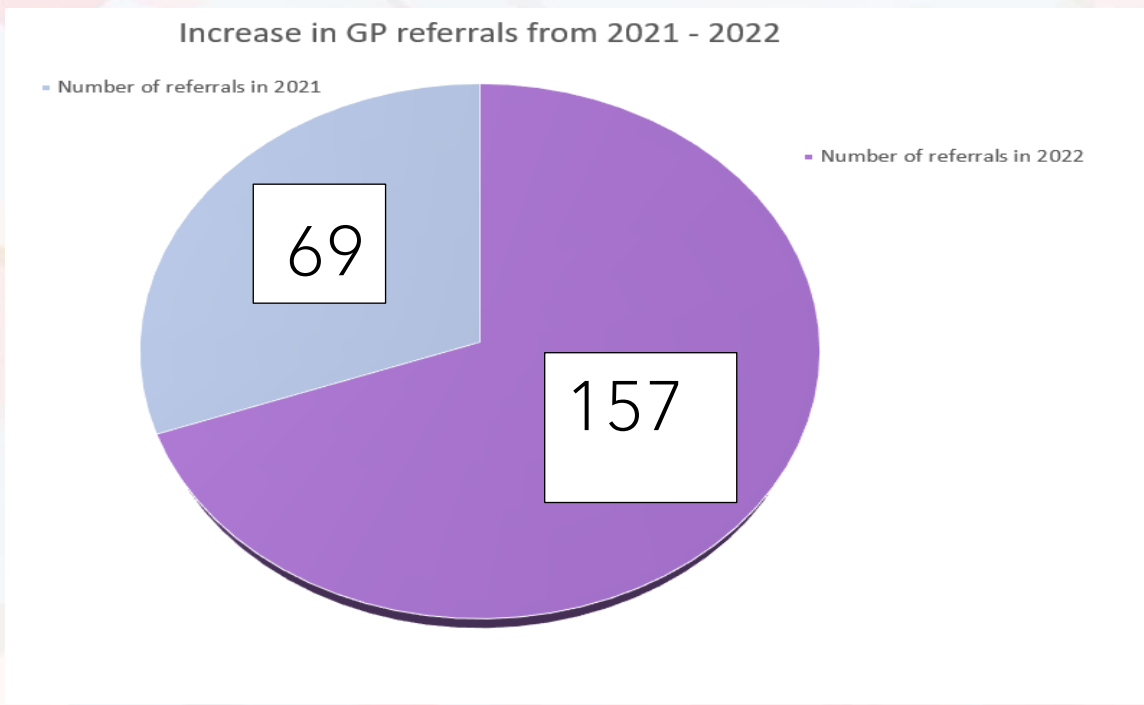
Towards the end of the sessions, Child A shared that they were now able to talk about how they feel which has reduced their anxiety and reduced the amount of panic attacks they were having. Additionally, Child A created 'worry worms' and 'worry dolls' to help other children who may be feeling the same way as Child A.

There was a significant difference in not only Child A's ability to understand and control their emotions and worries, but also a huge difference in their self-confidence and self-esteem. As a result of Child A being able to manage their worries, Child A attended their first school trip which they thoroughly enjoyed. Child A's emotional wellbeing scored increased from 22 to 31 after engaging in the sessions.

After the sessions, Child A's parents were made aware of all the strategies we had spoken about to help Child A so that they can continue to use these strategies at home.

Social Prescribing

In 2021 CYCA had 69 Social Prescribing referrals, in 2022 CYCA had 157 referrals.
 February 2023 the waiting list to be discussed in SP team meeting was 34 referrals.





CYCA have developed an emotional health and wellbeing multifunctional hub based at CYCA Dragon Centre, where families can access up to 6-months of support, delivered and broken down into three phases of emotional first aid support underpinned by CYCA's resilience model and 5 ways to wellbeing. Each phase will provide opportunities to build a range of tools and skills to support families to thrive.

The project supports families who:

- Are looking to improve their family's wellbeing.
- Looking for opportunities to access a range of activities and wellbeing support.
- Interested in becoming Volunteers and Community Ambassador Volunteers.

Rugby sessions





HEART
OF THE COMMUNITY
CALON
Y GYMUNED

Heart of the Community



Our cooking on a budget
Calon y Bwyd workshop



Community cupcake session





CYCA WARM HUB

Warm Hwb



Overall, the Hwb has been a great success, everyone that has visited have all but good and positive things to say. From our regulars who enjoy spending time here to our drop in's everyone has felt welcomed.

We offer to the best of our ability what the community want to see at our Hwb whether it be a mindful colouring session, watercolour painting, relaxing music, puzzles and games, our Saturday workshops and most importantly a good old chat. From running the Hwb we have discovered that there are lots of lonely people; young and old and this space has provided them with a safe space that they can come to interact with staff and the community.



We have been told a multitude of times by different people that it's a perfect space with a perfect balance of things available. We have our very successful second hand and new items that anyone can access to purchase at very reasonable prices; a budget to suit anyone's pocket.

We have our entrepreneurs that had support and funding through CYCA's Dreigiau Dragons project that are selling their beautiful hand made goods.

We also have gained some lovely volunteers that are such an asset to our Hwb. Without their hard work and dedication, we wouldn't have made the Hwb into what it is. Their warmth and willingness to help in any way is gold.

Here are a few comments from just a few visitors and regulars.



"A peaceful place to relax and a place to enjoy away from the house. Volunteers are amazing, keep up the good work. Keep the shop open." - Keith

"I was feeling anxious, the Hwb helped me relax, the staff are excellent" - Michael

"I always enjoy, nice staff, friendly and upbeat" - Chris

"It's my daughter's favourite shop, its unique and she never wants it to close" - Caitlin

"I love when I come in I can have a hot drink and a pot of porridge. I am a carer for my husband, and this is a lifeline for me. I am so happy now" - Nesta

There's a quaint little store in the mall
Open to all shoppers in town,
Staffed by a crew of volunteers
It's a charity, novel but of great renown
Different from all the other shops
Pledged to connect young and old
Embodying the spirit of togetherness
In service akin to gold!

They serve you hot drinks and refreshments
And all of these are for free
Newspapers, biscuits, tea, coffee and fruit
In the truest sense of charity
Tis a novel experiment unique and rare
In a world that's busy, no time to care

Run by workers who give of their time
Making a difference to the world we share
The name of the charity is CYCA
Which aims to generate goodwill
Twixt the young and the old of today
An aim they are committed to fulfil

Come and say hi to the staff in CYCA
Louise, Caitlin, Amber and the rest
You're sure to leave with a satisfied smile
Cos by Jove this team is the best!
Long may they serve and prosper
Serving our town with a smile
Without it the mall would be barren
They outshine the rest by a mile!

By LR

A regular Hwb attendee

We have attended ALN training and adapted our nursery to become a more aware setting for ALN, Autism and speech and language delay making the side garden into a quiet space for children and developing a sensory box. We organised family days within February half term where parents came to join us in some pancake making fun and a valentines disco this was supported by HOC which showed a great turn out.



On 15th February we completed our annual Angelman Awareness Day, with all our activities in blue. Although Brooklyn has now moved to big School, we will continue to support him, and follow is progress.



During the February half term, we held family days, we had a high number of families attending and we had a variety of fun, pancake day replated theme.



Although Llanelli doesn't have a lot of snow, when it came to Jellitotz in March, we ensured that we turned it into a learning opportunity and most of all fun.



Volunteering



The start of 2023 has seen CYCA actively promoting Volunteering within the charity.

At the core of CYCA's Heart of the Community Lottery funded project, is the creation, training and support of Community Volunteers and Community Volunteer Ambassadors.

CYCA are blessed with a bank of committed volunteers who are the lifeblood of our CYCA HWB. They seek and sort donations, engage with customers and providing warm drinks as well as a warm welcome.

In February CYCA began working in partnership with Inspire Training in Llanelli and now provide volunteering placements for 4 local young people at the CYCA HWB.

If you are interested in volunteering with CYCA please contact us on
01554 776178



Carrie Howell
CYCA
Community Ambassador
Volunteer

"I have thoroughly enjoyed my time as one of CYCA's community ambassador volunteers, giving back to the community is the most amazing feeling and huge accomplishment. I have been given some amazing opportunities along the way which include delivering cooking workshops and volunteering my time at the CYCA HWB. I have met some of the most amazing people through my volunteer role and am so grateful to CYCA for these wonderful opportunities."

New team member



We would like to welcome a new addition to our CYCA team. Toria has joined as a Counsellor, and she is a wonderful addition to our team.

Hi, my name is Toria, I'm an Integrative counsellor at CYCA which means I work with individuals to find the best approach to suit their needs. Counselling is not a one size fits all approach, and it is important that it is tailored to the individual. I have strong beliefs that positive changes can occur when you are met in a safe, warm, and non-judgemental space.

I have a creative background and enjoy bringing this into sessions - the more creative and messier the better!!

Outside of work I enjoy being outdoors and going travelling with my family.



HOT DESKING



Hot desk package

- . £20 per desk per day
- . 10% off for multiple booking
- . Cash or bank transfer
- . Access to WiFi
- . Tea and coffee facilities
- . 8.30am to 5pm Monday to Friday

If you wish to exclusively use this room, please contact Lianna

Conference/Training room hire

- . £150 full day
- . £75 half day
- . £25 per hour
- . Access to WiFi
- . Tea and coffee facilities
- . 8.30am – 5pm Monday to Friday

Dragon 24
Centre of Excellence
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Llanelli
Carmarthenshire
SA15 2LF

To hire a space you can email us or phone us on

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barbara@cycaonline.org

Thank you to our funders!



Llywodraeth Cymru
Welsh Government



thewaterloofoundation*



THE CLOTHWORKERS' FOUNDATION