



CYCA
Connecting Youth,
Children & Adults

October 2020

CYCA Newsletter

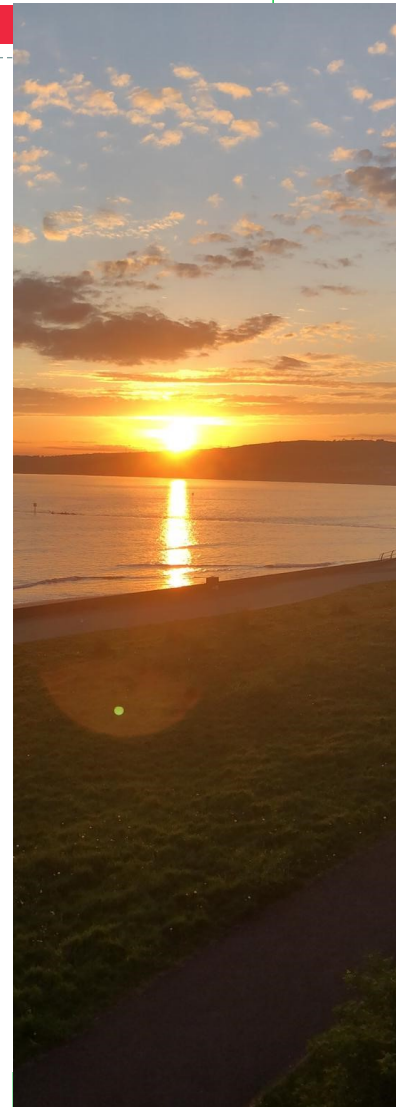
We've done it!

Since our summer newsletter we are pleased to let you know we have officially opened the Wales Emotional Health & Well-being Centre of Excellence at our new Dragon 24 premises. We have also featured in Adam Price MS' Leaders Tour of Wales, and we have hosted many visitors, politicians and leaders at our new offices.

We have been able to hold more training courses, thanks to our new conference suite, screen and hybrid system. We are also in the process of developing new courses to make us all more resilient as we continue to chart though difficult seas.



Dafydd Llywelyn Police & Crime Commissioner & Tracy Pike, MBE



OUR NEW ADDRESS

**CYCA: Connecting Youth,
Children & Adults**
Unit 2, Dragon 24,
North Dock,
Llanelli
SA15 2LF

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support@cycaonline.org
www.cycaonline.org

Registered Charity Number:
512720

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The new Wales Emotional Health & Wellbeing Centre of Excellence

On the day of our 40th anniversary, September 11th 2020, Dyfed Powys Police & Crime Commissioner Dafydd Llywelyn officially opened our new Wales Emotional Health & Wellbeing Centre of Excellence. We were pleased to be joined by Llanelli MP Nia Griffith and MS Lee Waters as well as a host of leaders from the local authority, health board, town council and funding bodies.

You can see more photos and a short film of our CEO talking about CYCA's journey to where we are today, on our website: <https://cycaonline.org/news/posts/2020/october/tracy-pike-mbe-tells-the-cyca-story/>

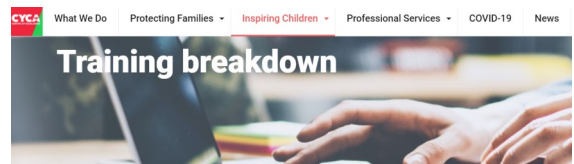
The new Centre of Excellence brings together our 40 years of experience of supporting children, young people and families. With our unique range of joined-up support we are also now set up to deliver our services online, and through a hybrid approach.

NEW COURSES

We have developed new courses including:

- COVID Wellbeing
- Employability Resilience
- Post-COVID path to wellbeing and recovery
- The effects of stress on children and young people
- Young Carers Resilience
- Healthy Lifestyles

For more information please get in touch with kath@cycaonline.org



CYCA IS A CENTRE OF EXCELLENCE IN TRAINING AND IS AN ACCREDITED TRAINING CENTRE WITH THE AWARDING BODY 'AGORED CYMRU'.

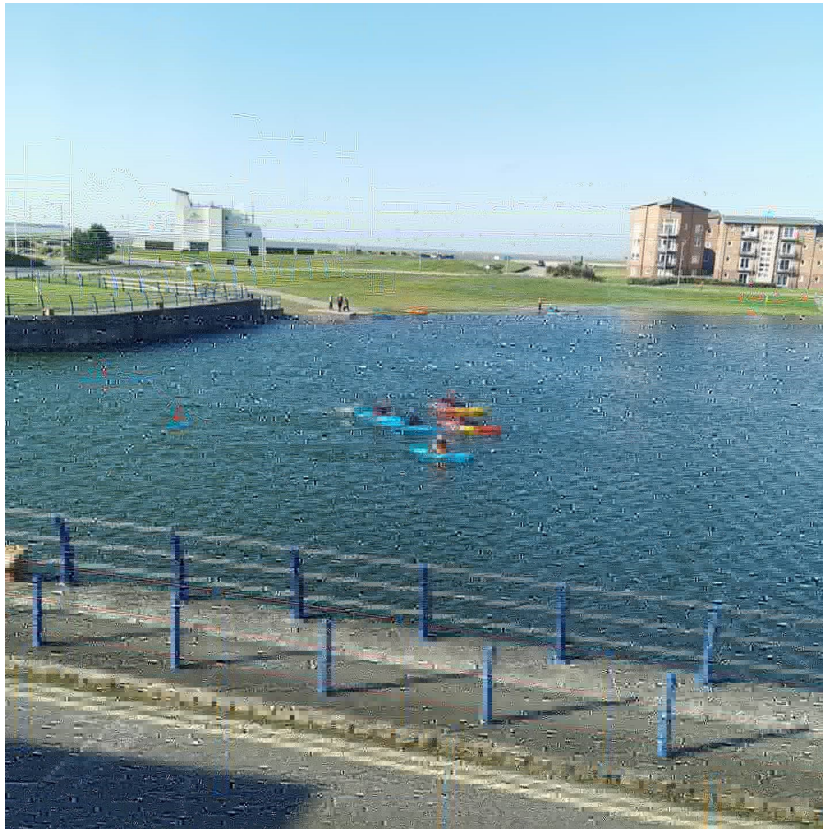
CYCA's aim is to offer a broad spectrum of both accredited and bespoke non-accredited training courses and workshops across different subject areas.

An overview of our key areas of delivery include:

- Essential Skills
- Well-being
- Self-resiliency and Personal Development
- Playwork
- Safeguarding
- Social Care
- Personal and Social Education
- Healthy Lifestyles
- Personal Finance Skills

Our courses are designed, written and delivered by our highly qualified, experienced and specialist team. Our Tutors can deliver training sessions at our designated training centre at Dragon 24 Llanelli. In conjunction to this we have the ability to provide childcare opportunities with our Little Seraphs nursery based at the Palms or Teddy Bears nursery.

We have the flexibility and availability to provide an 'in-house' training packages and our Tutors have the ability and willingness to travel to your location. Our aim is to deliver training packages to a variety of organisations, including schools, early year's



ONLINE AND HYBRID SUPPORT

Covid-19 could and should permanently shift working patterns and service delivery as organisations have been forced to embrace remote working.

At CYCA we reacted quickly at the start of the pandemic to ensure the people we support still receive the services they need. We have moved all the support we can to a virtual offering, and have seen so many advantages that we have kept growing this offer and plan to continue with a hybrid (digital and physical) system as we believe this approach suits some people on an ongoing basis.

We are now delivering many of our existing training, mentoring and counselling online, and we have introduced new courses, and a hybrid business offering.

Funding

We would like to thank the following funders for their support;

Awards for all, Screwfix, Community Foundation Wales, Covid-19 People to Places, The Rank Foundation, Moondance, and the Thomas Wall Trust. In addition, we would like to thank the Police and Crime Commissioner for his donation to the Centre of Excellence.





OUR NEW HOME DRAGON24

We moved into Dragon 24 in August. Our new premises includes a conference suite and meeting rooms which are also available to hire, hot desks which have been popular with local businesses needing more room to allow for social restrictions.

Our team and service users are happy working from such a positive environment with beautiful views of the Llanelli coast. This can only add to the wellbeing of everyone we work with and we have plans afoot to use our new environment for even more health and wellbeing benefits.

Watch this space!

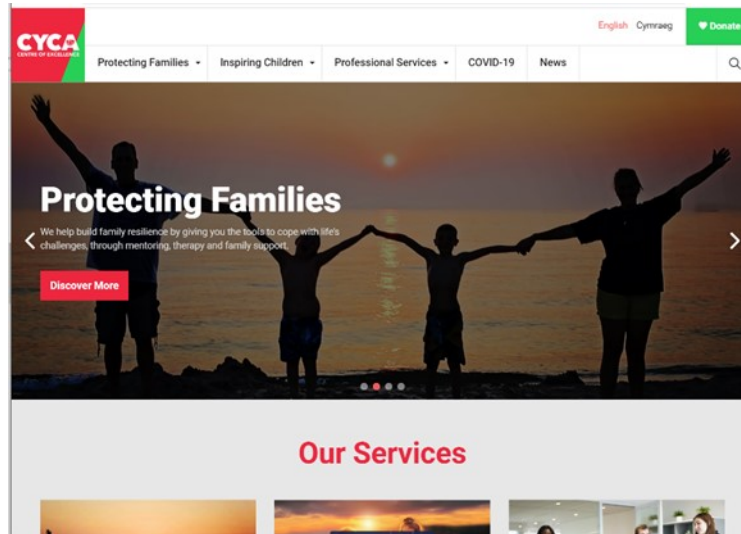


“I am so pleased with our new brand, website, courses and our online support. This means we can help even more people whether it be at our new Centre or from the comfort of their own homes.” Tracy Pike

OUR NEW WEBSITE

Our new website went live to coincide with the launch of the Centre of Excellence. We are continuing to populate it, but we are really pleased to have an updated, fresh and easy to navigate website in Welsh and English. Please take a look and let us know what you think:

<https://cycaonline.org/cy/>



OUR LITTLE ONES

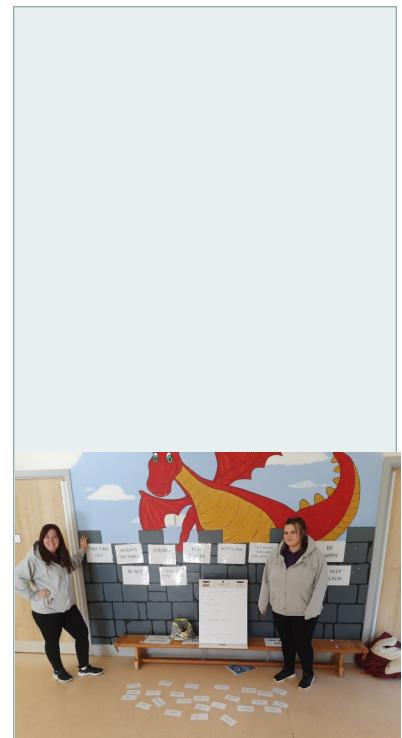
Our Nurseries have safely welcomed back our little ones who have been having lots of fun whilst learning new skills.

We would like to thank our team of nursery support staff. They have kept going throughout lockdown looking after the children of those that have

needed to work, delivering essential services, and have relied on our nurseries.

Our nursery team have worked extremely hard.

Da lawn Team!



UPCOMING EVENTS

Our CEO, Tracy Pike MBE, will be hosting an online conference on a post-COVID path to wellbeing and recovery (this will highlight a new training offer) on 4th November 2020.

Please contact anette@cycaonline.org for more information.

AND FINALLY

Our lovely nursery leader, Dee, celebrates 25 years with us this month. Dee has worked at our three nurseries, Teddy bears, Tedi Bach and is currently leader of Jellytotz.

Dee is highly committed and dedicated to her job and well respected in the community.

Having supported thousands of children over her 25 years, Dee is affectionately known as Dee Dee! We would all like to thank her for her hard work.

Our new room with a view



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