



CYCA
Connecting Youth,
Children & Adults

July 2020

CYCA Newsletter

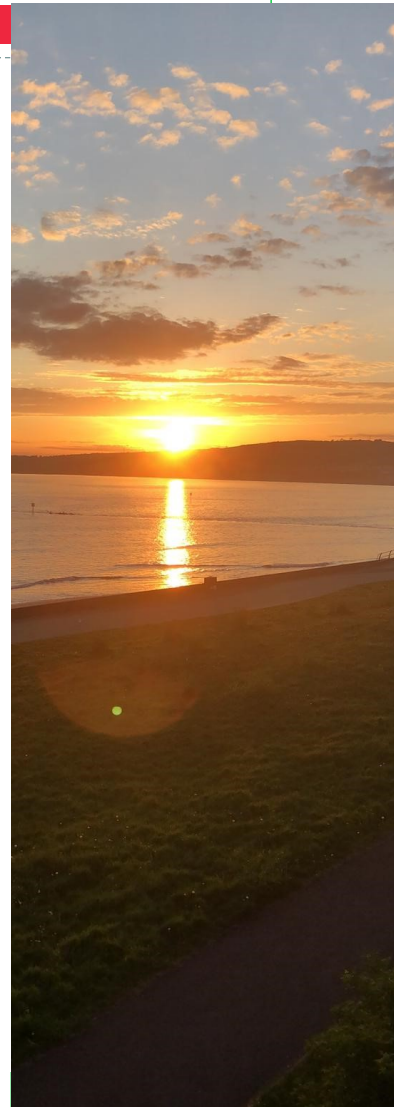
WE HAVE SO MUCH TO TELL YOU!

Since COVID-19 hit the whole world earlier this year, CYCA has stepped back and re-evaluated our services and our offer. We would like to update you on what we have done since March this year; we have:

- Developed new courses
- Developed a new online offer for training and counselling
- Received new funding to help us deliver more to our community
- Secured a new premises
- Prepared to launch our new Centre of Excellence
- Launched a new logo and brand
- Developed a new website
- Advanced our Social Prescribing offer
- Our little ones
- And there's more



*Kath, Tracy, Lianna, Anette
(left to right)*



OUR NEW ADDRESS

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

01554 776178
support@cycaonline.org
www.cycaonline.org

Registered Charity Number:
512720

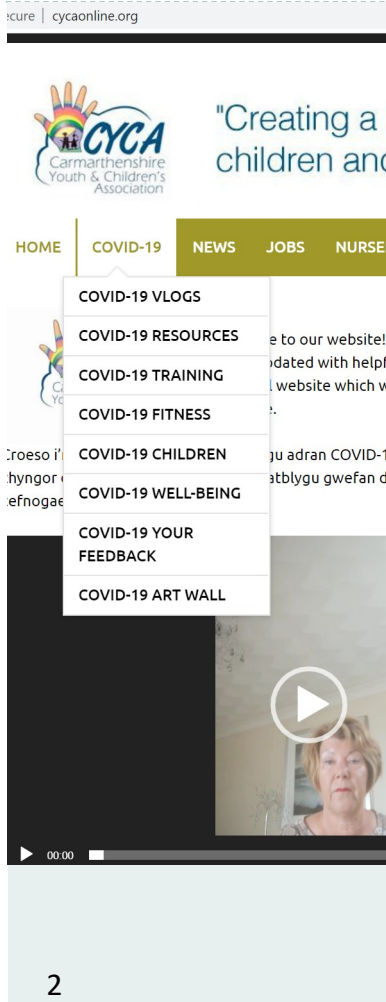


NEW COURSES

We have developed new courses over the last few months, including:

- ⇒ Online safety for children
- ⇒ Professional and business wellbeing
- ⇒ CBT
- ⇒ Compassion and Gratitude
- ⇒ Stress in Childhood
- ⇒ Webinars on a range of topics

Danielle: "I recommend the Resilience course to anyone and everyone"

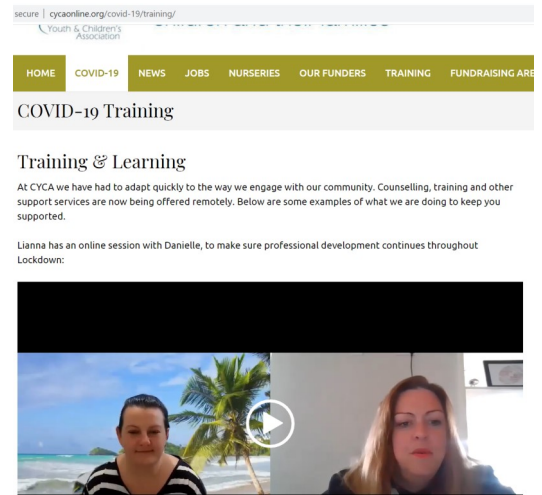


OUR NEW ONLINE OFFER

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

At CYCA we have needed to react quickly 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 even after social distancing restrictions have reduced or ended.

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





Thanks go to the National Lottery Community Fund, Community Foundation, BBC Children in Need, Awards for All & the Screwfix Foundation

FUNDING

We have received funding from The National Lottery Community Fund, Community Foundation, BBC Children in Need Awards for All and the Screwfix Foundation; and we are so grateful.

The National Lottery Community Fund will help us continue to deliver our core services and retain key staff, and will support us through the next year which will be a difficult time for all.

The Community Foundation support will enable us to secure an extra tutor support worker to help with the high demand from our community to keep everyone connected.

The Children in Need funding will help us provide online safety sessions for disadvantaged young people who might be vulnerable to exploitation. This will enable us to deliver more to our community, and to help us employ a part-time Digital Resiliency Officer to deliver training workshops to children at risk of being exploited online.

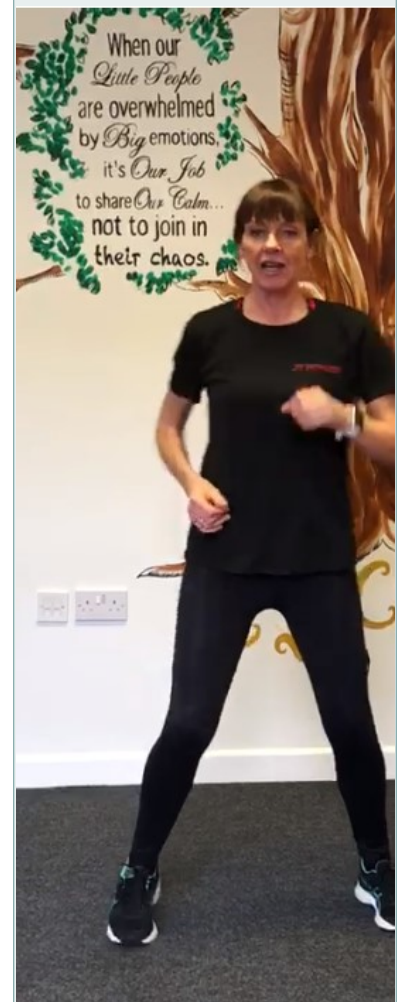
The Local Giving Awards for All is funding an additional councillor so we can support even more people who need it most.

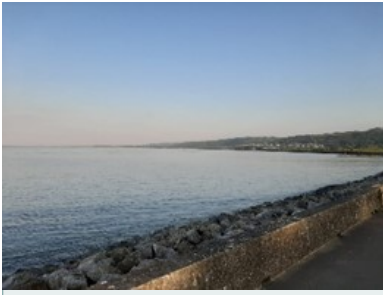
The Screwfix foundation have supported us to buy much needed equipment for our new premises at Dragon 24.

We would also like to thank...

Thank you Alex for the weekly Zumba classes and Julie for her much needed fitness classes.

... a big thanks for all the fitness and fun!





A MOVE TO DRAGON 24

Llanelli Docks

We are in the process of moving to new and bigger premises so we can extend our offer and work more closely with the local business community,

We hope to offer wellbeing support and hot desk arrangements for local entrepreneurs and existing businesses looking for safe spaces to work and co-work.

We will be officially launching our hot desk offer soon and will be open for business from our new premises from October.



Tracy & Anette receive the keys to our new office

THE NEW WALES EMOTIONAL HEALTH & WELLBEING CENTRE OF EXCELLENCE

Following our move, we will be officially launching our new Wales Emotional Health & Wellbeing Centre of Excellence.

The new Centre of Excellence brings together our 40 years of experience of supporting with children, young people and fami-

lies. With our unique range of joined-up support we are pleased to launch the Wales Emotional Health & Wellbeing Centre of Excellence (to coincide with our 40th anniversary).

A NEW IDENTITY

To reflect our new offerings and to celebrate our 40th year we have developed a new brand and logo.

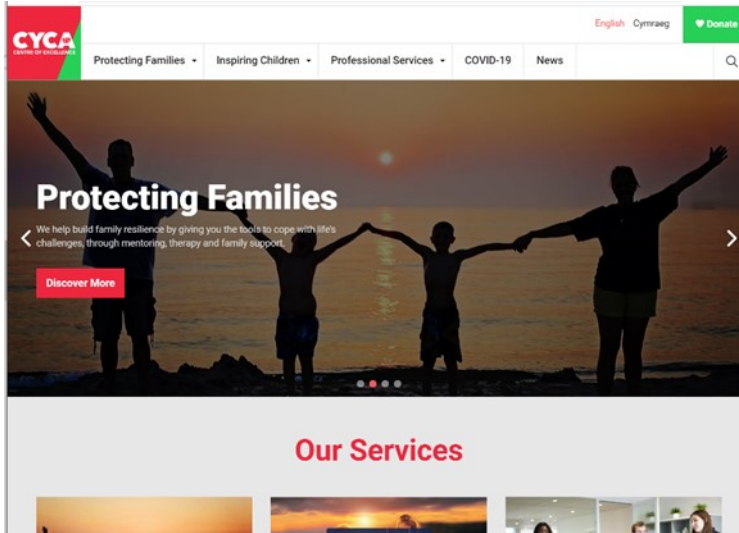
Our traditional charity offer under CYCA is now supported by our new strapline: **Connecting Youth, Children & Adults**, with a strong red logo which reflects the 'young people' element, but also 'professionalism' and 'trust'.

And the dominant green logo represents the new business offering CYCA: Online.

We would like to thank Lewis Grennan, a local designer, that kindly donated his time and skills to develop the new logos and brand.

COMING SOON: OUR NEW WEBSITE

With our new offering and branding it was important that we develop a new website, which is currently under development. But we are

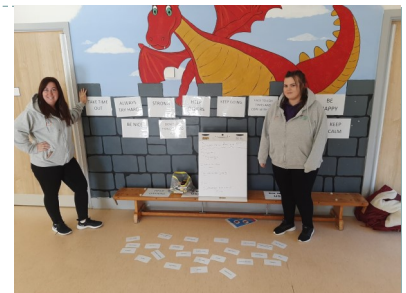


“I am so pleased with our new brand, website, courses and our online support. This means we can help even more people whether it be at our new Centre or from the comfort of their own homes.” Tracy Pike

SOCIAL PRESCRIBING

We have advanced our Social Prescribing offer following the success of the last period with 100% attendance and engagement from our service users.

Children and their families, having been referred from local GP surgeries, have benefitted from online counselling and mentoring and appreciate the flexibility that digital delivery can bring as it fits in better to their own needs.



OUR LITTLE ONES

We want to thank all the wonderful nursery staff for their ongoing work with our little ones.

Children from our service users and key workers are having daily activities including circle time,

story time, outdoor play and cooking.

This work continues through the pandemic and we are pleased to have our Tedi Bach nursery recognised as a key worker support nursery.



Tracy gyda Uzair Cassiem



Our new room with a view



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AND THERE'S MORE

Our CEO, Tracy Pike MBE, took part in the BBC's Listening project in May for Radio 4.

The Listening Project is a partnership between BBC Radio 4, BBC local and national radio stations, and the British Library. It was established to capturing the nation in conversation but during the COVID-19 crisis the project has changed its format to record voices, stories and new experience during lockdown.

As a local expert in wellbeing for children, young people and their families, Tracy Pike shared her experiences and learning with the Project: <https://www.bbc.co.uk/programmes/b01cqx3b>

In addition, Tracy also presented at this last month's edition of the Mental Health & Wellbeing show on our work with young people experiencing anxiety and trauma.

<https://twitter.com/mhwshow/status/1273198765009182722>

And we have a piece about our work in CAVS (Carmarthenshire Association of Voluntary Services) summer newsletter: 'Why we were clapping for our Ellie'.

Tracy is also preparing new support material for employers returning to work. CYCA are pleased to be offering resiliency skills training for children and compassion skills for parents as they return to the work-place. This new training is also being used to support teachers returning to Ysgol Pen Rhos.

