

Spring 2022

CYCA NEWSLETTER



Despite Covid-19, lockdowns, and social restrictions, we continue to deliver preventative, and crisis support for local and vulnerable families through mentoring, counselling services, training and family support. Post Covid, the centre is open for business.

This year more than ever we are seeing a need for counselling, and we are pleased to have appointed an excellent, full-time counsellor to enable us to support more people in need. We have also recruited a therapeutic play practitioner as many of our new referrals are younger families with young children.

We continue to deliver accredited and non-accredited training to families - online and in person when restrictions allow. We also deliver support for pre-school children and their families through our flying start nursery settings Teddi Bach and Jellitotz.

We are also really pleased to have been awarded a third year of social prescribing work by Llanelli GPs. This offer includes counselling and tailored support to children, young people, and their families, through GP referral form. We work systematically with the whole family.

Never have our services been in such demand and we are delighted to have been awarded £393,433 Heart of the Community to train community ambassadors to support those feeling isolated and introduce them to new activities and well-being support. This will operate for 3 years beginning on June 1st.

Our new project funded by the Community renewal fund began in January Dreigiau CYCA Dragons helping individuals becoming self-employed.

We also secured funding from Sport Active Wales, CCC and social services to provide well-being support and activities to the children and young people in the County

You will find out more about this in this newsletter.

Diolch yn fawr!



The Dreigiau logo added to our office



Tracy Pike
CYCA CEO

OUR ADDRESS

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Dreigiau CYCA Dragons



Dreigiau CYCA Dragons is a dynamic new project funded by the UK Government through the UK Community Renewal Fund, and is a business support package that can help with setting up a business, branding, marketing, selling online, and guidance in many other areas. We also offer personal development training and have a creche facility if childcare is an issue.

Packages will be developed to support each individual winner and runners-up with the support they need, this can include business, legal, marketing, and emotional resilience support. The Investment will be agreed on an individual basis and can include insurance costs, an online sales platform, investment in stock, materials, transportation and /or premises and a cash amount of a minimum of half the investment.

The project facilitates budding entrepreneurs in the Carmarthenshire area on their journey to opening their dream business, it is a fast paced exciting and rewarding project and to date we have had 9 successful applicants go in front of our Dreigiau Dragons and we are thrilled to be a part of their exciting journey.

This project has so far financially supported 11 individuals to start a business or grow a fledgling business. They include a photography, blended oils, crystals, jewelry, canine supplies, clothing and recycled wooden items.

The program has supported the creation of websites. Podcasts and one participant have been filmed by S4C





Testimonial Lyndsey

I've been very fortunate to work on the Dreigiau Project in CYCA. Whilst my hours are part-time, I've been given the important job of supporting the cohorts and colleagues when necessary. An average day can go from booking events and managing timetables, to one-on-one support with the cohorts.

In addition, I recently attended the Equal Opportunities Fayre at Coleg Sir Gar's Pibwrlwyd Campus to promote the project, which turned out to be an amazing experience. It's a real privilege to be able to work on such a worthwhile project and to be an integral part of local entrepreneurs' success stories.

We are currently halfway through the process and the pace is quickly picking up, my next step is to get the cohorts into relevant business work placements as part of the procedure. I can't wait to see where this fantastic opportunity takes us all next.



Mentor Mams

We are coming to the end of this year's first course of Mentor Mam Sessions, with just two classes left, I can safely say its popularity and reach has grown exponentially since last year, with thanks to the success of our Christmas Fayre.

The mentor mams have been working tirelessly to develop, supply and deliver new and exciting sessions for local mums in our community. We have had consistent positive feedback throughout the sessions and continue to invite new people along.

Our free creche service has been a huge success helping local Mums overcome one of the biggest barriers in allowing them to engage.

Our workshops aim to teach mums new skills they can take home and Use with their own families. With wellbeing being a focal point, our attendees are made to feel safe in a place they can speak freely with strict confidentiality in practice. We have witnessed true friendships form during these sessions, women supporting women, which is an incredible feat to be part of.

We are looking to combine Mentor Mams and Dreigiau through a shared skill workshop, where our talented cohorts can teach classes of their speciality, such as jewellery making, healing and wellbeing sessions with our crystal specialist, baking, and crafting.



We will also use these workshops as a networking opportunity, to allow our entrepreneurs to source potential volunteers or apprentices, to help support their business and in return offering our Mentor Mam attendees valuable and transferable skills to build up their volunteer hours for their CVs and gain experience of running their own business.

After Easter, we have plans to continue our Mentor Mam sessions with an 'Empowering Women Workshop.' This special session will teach our mums essential DIY skills, basic mechanical skills, and self-defense classes. We also have an exciting new project in the works which involves improving the lives and wellbeing of our elderly community.



Mentor Mams Testimonials



"Since having my daughter during lockdown I have found it very difficult to get out and socialise. After meeting Lyndsey and her introducing me to CYCA, I feel much more confident to meet new people and try new things.

I have attended numerous sessions at CYCA and have enjoyed every single one. I have always been made to feel welcome and comfortable.

My daughter has always been very attached to me and found it difficult to settle in crèche at CYCA. I was worried this would affect me being able to attend courses but Lyndsey brought Mali into the room so I could see her and made sure she was entertained with arts, crafts and toys so I was able to get on without worrying.

Kath and Tracy were also very warm and kind towards her which I think naturally helped her settle. I really have made true friends from CYCA and it has encouraged me to help out with local playgroups in my area (which I never would have dreamed of before).

THANK YOU ALL @ CYCA"
-Chloe Hopkins, CYCA member.

"As everyone knows I'm not a people person, never would I go to any groups even having 3 children I wouldn't go anywhere or join in anything! I have severe anxiety but since meeting Tracey and she introduced me to CYCA groups which then made me feel so comfortable and apart of the CYCA family. I feel so happy when I attend and from my own personal experience it's made a huge difference in my life! They continue to support me as I do them"

-Danielle James, CYCA member.

"The last few months have been exhausting for me due to my family's health problems, my mind was flaming, CYCA staff and their skilled workshops were my firefighters and managed to calm down my emotions. I know my issues will be ongoing for a while to come, but the angels of CYCA know just how to help me cope. Thank you CYCA".

-Sevgki Nouri, CYCA member.

CYCA are now running an out of hours text service which is funded by Masonic Charitable Foundation. The text service is available to young people between the ages of 14 and 18. It gives young people an opportunity to chat with a BACP registered counsellor, during times where they might feel they need support outside of "normal" hours.

The number to text is: 07398644690

Donna is available:

Monday: 8pm - 10pm

Tuesday: 8pm - 10pm

Friday: 12pm - 2pm

If you know a young person who might benefit from the service, or if you are a young person yourself, please reach out and start a conversation. Even if it's just to say hello.



SOCIAL PRESCRIBING

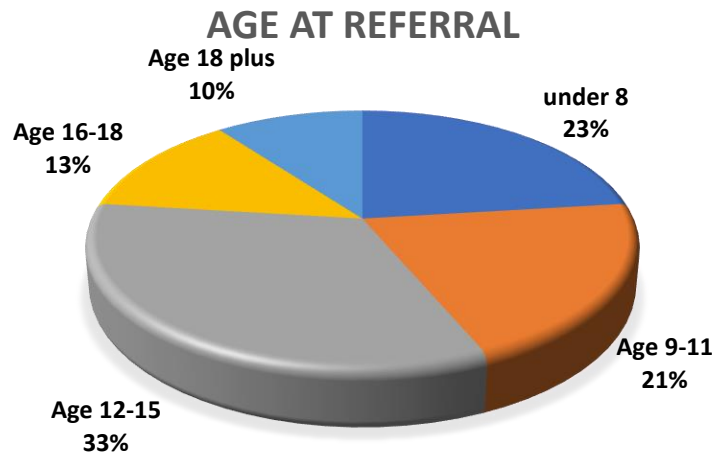
Social Prescribing is a contract with GP surgeries in Llanelli, alleviating waiting list for CAMHS and work with children and young people with emotional distress. A total of **93 children** and young people referred into CYCA over the past two years.

Our work is systemic - 93 families in Llanelli, on average we will work with an additional 2/3 family member during this time we are working with hundreds of individuals.

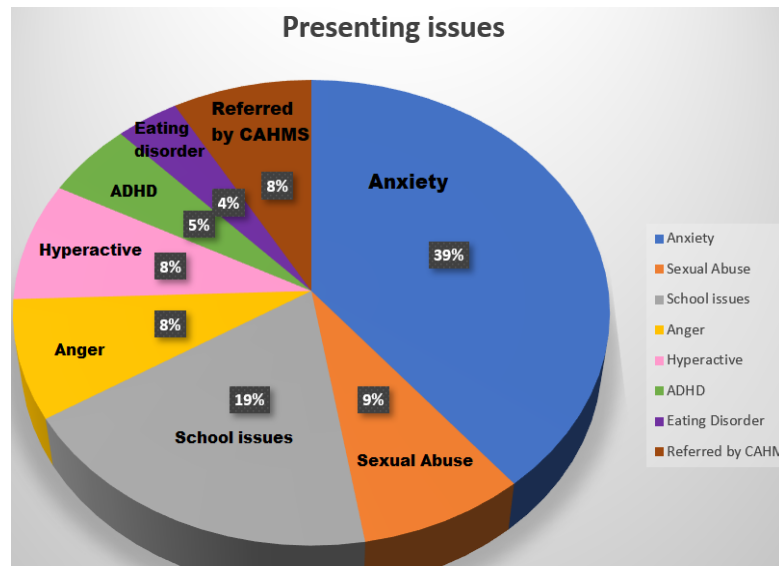
As a result of the successes, we now have **CAMHS** and **Area 43** and **Local Consultant Paediatrician** are trying to refer to us also.

Referrals we receive were about children and young people who needed support but did not meet the threshold for CAMHS

Primary aged children make up **44% of the referrals at present**, the highest being the U8's in primary schools.



The presenting issues identified with these children would not meet the threshold for a referral to CAMHS however could be suitable for wellbeing support within social prescribing.





SP YOUTH CLUB

We have recently started a youth club for teens aged 13-16 years old due to the increasing demand for a place where the young people that we are supporting through our SP project feel safe and are able to socialise with other young people who are going through similar things.

Numbers are beginning to slowly increase, and we hope that this club will follow our original SP club which has developed into a thriving and successful club for our young people to come and enjoy. During one of our most recent sessions the young people enjoyed trying a new skill by building things out of clay. This got them out of their comfort zones and helped build their confidence when it comes to trying new things in the future, which was a pleasure to see.

Mentoring

A large number of the young people that are currently being mentored are struggling with anxiety which is having a negative impact on what should be the best time of their lives. It has become apparent that there is an increasing amount of pressure from social media that can promote unrealistic standards, which we feel is a huge contributing factor to the rapidly growing number of young people who suffer with anxiety. This combined with current events that young people are now experiencing such as the impact of the Covid lockdowns and now the economic struggles/war in Ukraine which are undoubtedly going to cause increased anxiety and impact their mental health.

Our mentors work has largely been to support young people who suffer with anxiety, by helping them improve their confidence, set realistic standards and provide them with the tools they need to cope with everyday challenges that may occur.

One of our mentors has recently began supporting a young person who has struggled with social anxiety, which has been magnified following the lift of COVID lockdowns. This young person has stopped attending school and has disengaged from any organisation that has been put in place to support them. During the short amount of time that they have been working with this young person, they have agreed to continue coming in for sessions which is extremely positive for them to be making a commitment to get the support that they need.

They have also improved their sleeping pattern following advice that they gave during one of their sessions, the mum was extremely pleased with this as it was causing added stress to the family due to the young person sleeping all day and up all night. Our mentor is planning to incorporate confidence building activities, and a qualification in resilience into their mentoring sessions to support this young person and give them the tools that are needed to cope with the stresses that life brings. The result of their support will hopefully impact other areas of their life such as enabling the young person to start socialising with others their own age and to begin attending school/clubs again.

Therapeutic Play

Therapeutic Play offers children from the age of 3 to 11 support for any social, emotional and behavioural difficulties. We aim to accomplish this through the use of play and creative arts.

Over the last six months CYCA have delivered therapeutic play sessions to 14 children who have all shown significant improvement in their well-being scores after 10-12 sessions of support. CYCA also provide therapeutic play support for parents to allow them to continue the therapeutic strategies at home.

Creative conversational play

The Creative Conversational Family Play Programme was delivered over a 6-week period to seven families with children between the ages of 2 and 3. The programme involved many exciting and stimulating activities for the families to engage in whilst developing their conversational play skills.



The programme was very successful as the parents learnt the foundational skills, key words, and phrases of the activities to develop the parent and child interaction, which enabled them to enhance their conversational play skills. Additionally, the families developed an understanding of the importance of play within the family unit and were able to replicate these activities at home to continue building on their family relationships through conversational play.



US GIRLS



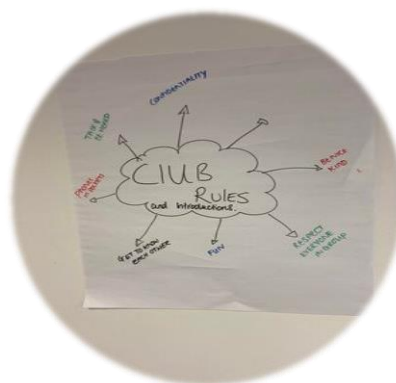
CYCA was approached by Actif Sir Gar to deliver a girl's only project encompassing sport, we identified eight young people as being suitable for the 'Us Girls' project. The work was focused around the following three themes:

- Food
- Exercise
- Self-care

Eight girls took part in the Us Girls project, the predominant ages of the young people were in the 11 to 15 categories. We created a space where young people can spend time with their peers and build social connections, self-esteem and confidence whilst trying new things.

Julie and Luke are qualified PT's and Youth Worker and Teacher and supported the young people during the session.

We have observed and recognised that the social connections and friendships are important to the young people. One young person commented to say she really enjoyed the sessions but would miss the others when the sessions ended. The increase in confidence and self-esteem e.g., one young person wore her coat and mask and by the end her coat and mask were removed. Empowering the group to be able to discuss and embed their own rules and behaviours enables them to make it their own and ensuring the child and young person-centered approach is adopted.





The young people have evaluated their experiences of the 'Us Girls' project. By the end of the session the young people have an improved sense of wellbeing, they have told us that food, being with friends support this positive sense of wellbeing.

The young people told us they would rate us on average 8/10 about the activities undertaken and 9/10 regarding how the activities made them feel. Another young person mentioned that this group was a good way to socialize and develop friendships, making new friends and they are now friends outside of CYCA. The face mask activity was relaxing. It was fun and very calming, mentioned another young person. They wanted to mention that putting on music and keeping it fun for the future.



Overall, the project has been successful, improved social connections, improved confidence, and wellbeing. Young people feel a huge sense of belonging and want to participate in other activities within CYCA.





ACES Training

CYCA's Professional ACES training for aimed at professionals who work directly with children, young people, and their families. This course is a theory and workshop style approach. It enables professionals to recognise those key barriers that prevent children and young people from engaging with school, teachers, peers etc. The course also helps professional for an approach to suit the school and families in which they work with.

ACEs stands **for Adverse Childhood Experiences (ACEs)** this is a collective measure of harmful, stressful and/or traumatic experiences that occur during childhood.

- Examples of stressful and/or traumatic experiences occurring during childhood that cause children to repeatedly suffer and directly hurt a child such as maltreatment, their home environment in which they live, such as growing up in a house with domestic violence, drug, and alcohol misuse.
- The long-term impact of ACEs can continue to harm the health of children throughout their life and into adulthood.
- Research into the prevalence and impact of ACEs in Wales demonstrates the cumulative effects of ACEs and the increased risk of health-harming behaviours, poor mental wellbeing, and increased risk of physical and mental ill health. Also resulting in poor parenting and the cycle continues.

Out of the 21 people who attended our most recent ACES training, 11 said that they were attending the course to improve their own knowledge and understanding of ACES, 19 said that they were attending for work purposes and 5 said that they were attending the course to improve their own confidence.

When asked what they would take away from our ACES training, 13 said the knowledge of the language to use when approaching parents and 10 said their new understanding of how to use the framework assessment to better assess children in the future.

All 21 of our attendees stated that they would find the new skills that they had gained from our course helpful to their initial reasons for attending.

Only 3 of our attendees had attended an ACES training course before.

Overall the feedback was positive and many of the attendees showed an interest in attending further courses with us.

RESILIENCE

Professional Resilience Training

COVID presented CYCA with many opportunities to grow and develop our business model. One of our overarching long-term goals of delivering professional training pan Wales has come to fruition. We have trained professionals from the four corners of Wales, most recently in Machynlleth.

Our Professional Resilience Training is differentiated and designed to take account of the structure and roles within each organisation. We train from top down, Senior Managers and the Leadership teams undertake Accredited Resilience, and front-line staff undertake the non-accredited version.

The reason why we approach training in this way is that the whole organisation has a new resilient language, managers can support and super-vise colleagues in a resilient way. Peer-to-peer support is effective to support others.

This training encapsulates the promotion and understanding of emotional health and wellbeing, it promotes good practice and can be thought provoking, and immediately gives colleagues tools and strategies to use directly after the course. One group of call centre workers who attended the session mid shift provided immediate feedback and said, "they will try out the grounding and breathing techniques when the return on shift."

The course is a reminder that we are all resilient, we all experience tough times, we become less resilient because of those tough time. We need to harness an "emotional anchor, this will be a person who you can rely on, support you during those tough time. The more we experience those tough time and survive the stronger we will become."

Our evaluation and feedback are tangible, highlighting the profound impact on the professional resilience training is having colleagues. Front line nursery staff who have worked throughout the pandemic mentioned they were heightened and often in that 'panic mode' state of mind.

One professional, told us:

"I thought It was another one of those 5 ways to wellbeing courses, I seriously underestimated and was surprised that within 2 hours I have several strategies to use when I return to work, not only use in work but to use at home."

Follow on training includes:

- Emotional Intelligence
- Conflict management and resolution
- Counselling skills for non-counsellors

For further information please contact **Kath@cycaonline.org** or **lianna@cycaonline.org**
<https://cycaonline.org/professional-services/training/>

COOP FOUNDATION YOUNG PERSON PEER-TO-PEER BEREAVEMENT MENTORING PROJECT



Foundation

CYCA's Coop Foundation Bereavement Project, offers counselling support to young people between the ages of 13-20. This is delivered by supporting and enabling peer mentoring. We are now entering our second year.

We are working with young people living in Llanelli aged between 13 to 20 who have been bereaved, experiencing grief and loss. Our project enables each young person to:

- Access a qualified counsellor who will offer counselling support.
- Be assigned a mentor.
- Join a peer-to-peer group to support one another.
- Undertake nationally recognised qualifications in Counselling and Listening skills and/or Resilience and Peer-to-Peer Mentoring.

Selected young people will become peer mentors to help other bereaved young people. The peer mentors will start to set up clubs within CYCA and can become Peer Ambassadors in school and college. These will also act as advocates of this project.

lianna@cycaonline.org





CHILDREN IN NEED PROJECT

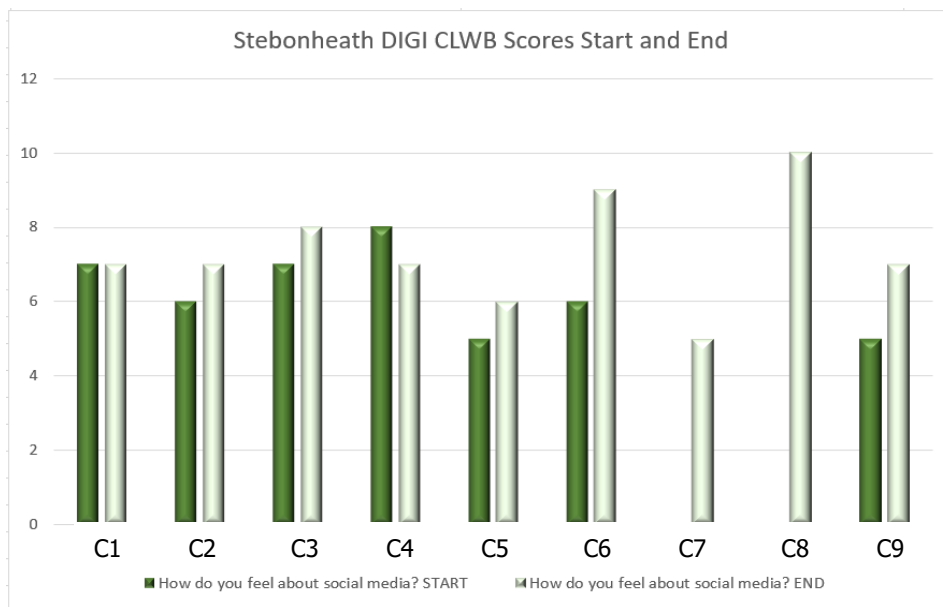
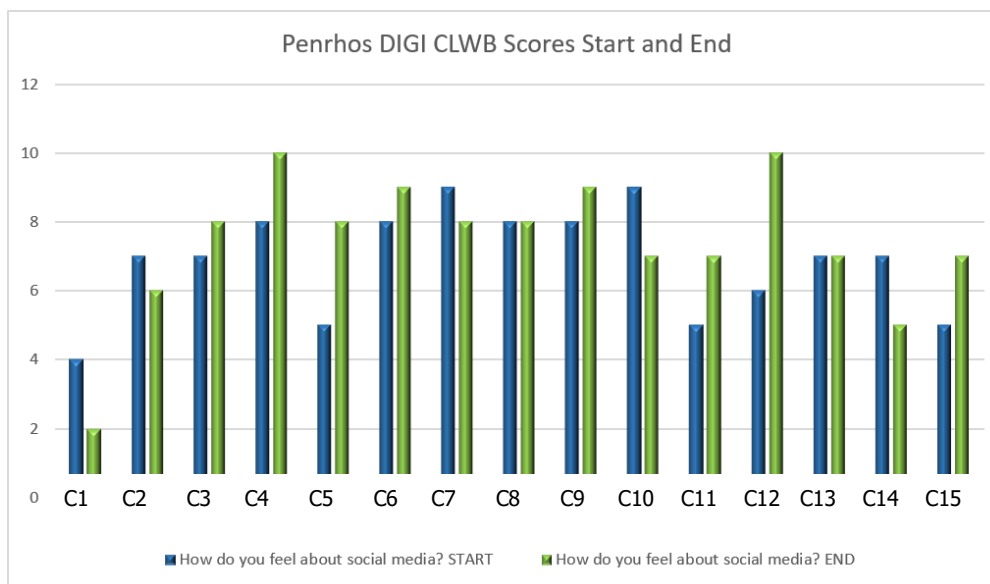
Digital safety project with primary children

CYCA continue to deliver the second year and build on the success of Children in Need (CIN) in Year 6 Primary Schools with the aim to equipped children making wise and safe decisions with online activities.

BBC Children in Need’s Building Blocks, Safe, Happy and Secure to reach their Potential

- Positive relationships online
- Positive Emotional Wellbeing online
- Physically safe online
- Essential skills online
- Online Resilience Tools-Knowing Appropriate age limit e.g Not Harmful, Harmful and Potentially Harmful to access games.

Both children from Penrhos and Stebonheath schools made progress in their Digi Clwb Wellbeing score. Please see attached graphs.



OUR NURSERIES



We said goodbye to 11 children and welcomed 10 new children to our setting all who have settled very well. Our theme this term will be Safari then under the sea. We hope to arrange our first trip soon since before covid which will be exciting.



We have some family days arranged first being a jubilee party at the end of May which will invite families to come in with their children for some crafts and a garden party.



All staff have completed Autism awareness training and we have therefore become an Autism aware centre. We recently celebrated World Autism Day and all staff and children wore something blue.



CYCA

Jellitotz Nursery

Our theme was Down on the farm, the children helped plan the activities and we discussed Farm animals and what they know about farm animals and what they wanted to include in our plans. The children's ideas support and encourage them to be actively involved in their learning.



We also celebrated Chinese New Year, Urdd 100th year, St Davids Day and dressed up for world book day, helping the children to feel part of the wider community.



The children have had homework projects including decorate and design the Welsh flag and creating their own Easter Bonnet for Easter Parade.

Jellitotz is child led and the staff follow the children's ideas and play, helping them develop their communication skills and allowing them to explore their imagination and the environment in which they play.



THANK YOU TO OUR FUNDERS/SUPPORTERS

We would like to say thank you to all of our supporters, with their help we can continue to support families and young people.

We would like to give a special thank you to **CK Supermarket** and **Llanelli Town Council Mayor, Cllr Mike Cranham** for making us their charity of the year.



LLANELLI
TOWN COUNCIL



Cymunedau am Waith
Communities for Work



BBC

Children
in Need

Cyngor Sir Gâr
Carmarthenshire
County Council



sportwales
chwaraeoncymsu



LOTTERY FUNDED

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