

Summer NEWSLETTER

2024



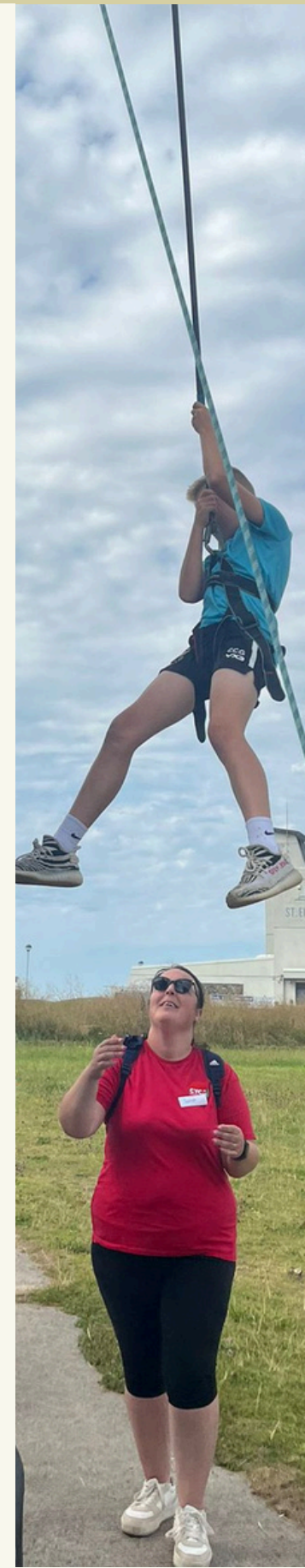
Welcome to our Summer 2024 newsletter, despite the terrible weather it has not prevented CYCA from having a summer of fun! Thanks to £10,000.00 funding from Community Foundation Wales for our Lles Y Bwyd. Over the 5 week Lles Y Bwyd Summer project, we provided 319 breakfasts, 370 lunches and 301 families in total attended cooking sessions.

We have also received £2,000 from Arnold Clark Community Fund.

The Lottery Community Fund approaches its final year and continues to offer free workshops to reduce emotional poverty within the family home. Within the last 6 months we have had over 2,000 engagements in our service. Our relationship with partners continues to strengthen particularly with Agored Cymru as CYCA became the first centre in Wales to provide non accredited certificates to learners.

Our social prescribing project now has a waiting list as we witness increasing anxiety in children and young people. To try to reduce waiting times we are offering support in small groups through after-school clubs and conversational play with parent and child. Our levelling up funding for Thrive ends in December with 39 having been trained and offered volunteer placements .

We are really appreciative of local businesses who have donated to CYCA this year Lloyd and Whyte, Oat Soak and St Elli centre. They are sponsoring our fundraising event on the 11th October, as raising funds through grants becomes increasingly difficult we are appealing to any local business to attend on the evening and donate auction or raffle prizes please contact: Kirsty@cycaonline.org

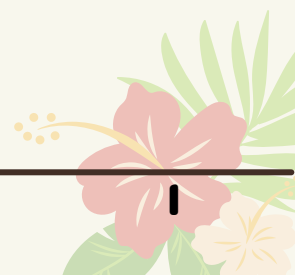


CYCA AND AGORED CYMRU EVENT



We officially launched and showcased the Endorsed certificates and celebrated our long-standing partnership with Agored Cymru. Our Thrive participants Kevin and Tom were the first learners in Wales to have been awarded their Endorsed certification.

This opportunity has afforded CYCA in partnership with Agored Cymru to change the landscape of certifying nonaccredited courses. Epitomising our knowledge is power mindset. Tempo Time Credits Cymru volunteers being recognised for their contributions to CYCA and The National Lottery Community Fund/ Cronfa Gymunedol y Loteri Genedlaethol Heart of the Community project participants were awarded their accredited certificates.



HEART OF THE COMMUNITY



We continue to deliver HOC Agored courses in a phased timetable, Safeguarding is one new course that has been delivered to local ICC centres, Community Volunteer Ambassadors and staff training sessions. The second new course is An Introduction to Supporting Teaching and Learning in Schools Level 2. At the end of the 6 week course we had a wellbeing walk and ice cream.



During the half-term May holiday, we invited 2 PCSO'S to give a question-and-answer talk for our parents and young people! They tried on Police uniforms, general Police equipment for the children to discuss with their parents. The children's faces lit up as they heard a Police siren coming closer to the CYCA building.



They allowed children to sit inside the Police car, turn the siren on and off. On our next visit in October half term, we will have the privilege of meeting a K-9 dog, that is trained to assist police and other law enforcement officers.



To complete the morning, we had a visit from Nigel's ice cream van. He had a delicious range of flavoured sauces and toppings for the children to choose from. The children were very excited

SOCIAL PRESCRIBING



Since the last newsletter, our social prescribing contract with Llanelli GP surgeries has received 29 new referrals. The breakdown of these referrals include the following:

- 11 presenting with anxiety
- 4 individuals presenting with behavioural issues
- 5 individuals presenting with ADHD
- 7 presenting with anger
- 5 presenting with self-harm
- 2 that have witnessed domestic violence
- 1 historical abuse
- 2 presenting with low mood
- 5 presenting with school issues
- 1 experienced bereavement and loss



This gives the reader an insight into the reasons why children and young people are referred to us. At CYCA our therapeutic team and expertise within the team enables staff to complete a comprehensive assessment based on the presenting themes allowing us to further identify the emerging trends. For example, a child may present with anger at home/in school and from the initial assessment we are able to establish the reasons for the child's anger and this could be witnessing domestic violence, issues in school and feeling anxious.

The work takes place with the parents in the first instance and we will then work with the child through Lego therapy, mentoring, counselling. Since the last newsletter we have introduced conversational play, bringing the child and parent together, supporting the parent to support the child, manage strong emotions and to give parents tools and strategies to be able to help their child within the home environment.

WATERLOO SCHOOLWORK



Neurodiversity training

Tracy has developed ND training and has delivered a workshop to the school link officers with the hope of rolling this out to professionals. The rationale Lego Therapy: We have 3 staff trained in Lego Therapy. LEGO therapy is a social development programme for children with autism and/or additional learning or social needs. The sessions allow children to develop communication and social skills through play, structure and creativity.

Objectives

The aim is for a group of 3 children to work together to build a LEGO structure, each one having a specific role. A set of rules laid out by the group are established at the beginning and reinforced at the start of each session, promoting turn taking, problem solving, rule following and direction plus other social skills, throughout. By the end of the course a certificate of completion will be presented to each child. This is a pupil led activity which is overseen by a practitioner who will gently direct and encourage.

Conversational play provides a space to build on and enhance relationships through play. The activities are designed to open up conversation between parent and child, allowing for them to consider each other perspectives, and ideas. Children can learn from more knowledgeable peers, however, feel valued and respected enough to have their own input on activities, ultimately working together to get the best outcome.



THRIVE



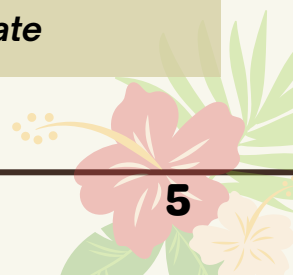
Thrive has gone from strength to strength, we have exceeded our anticipated project start targets and currently have 7 ongoing active internal volunteers who have been involved in working on various CYCA projects with us and another 8 volunteers who are on external placements including childcare settings and the Goods Shed.

Through Thrive's support and our Improving Confidence training model, 5 of our beneficiaries have gained paid employment externally.

We continue to work with our next two cohorts and will continue to support them on their journey into volunteering and employment until the project ends, which is December of this year.



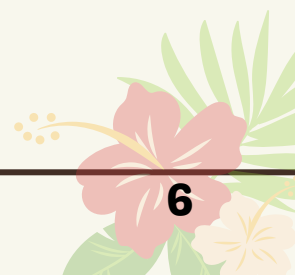
"I have so many more friends and people I know I can rely on, I used to struggle making friends feeling I'd be judged but I've felt nothing but welcomes with CYCA and the chances I get with myself and the family too. I could write a book on how much I appreciate everything and everyone from there." ~ Thrive candidate





Over the summer holidays we have hosted Lles Y Bwyd sessions with families in the community. Each session has provided a hot breakfast and lunch for every child in attendance. With afternoon sessions bringing together children and their parents/carers, giving them the opportunity to learn cooking skills and prepare an evening meal to take home for the family. Lles Y Bwyd has brought children together, providing a fun, safe space for children to play and engage in many new activities such as paddle boarding and rock climbing. We have given children a chance to thrive and flourish whether that is with their self-confidence, making new friends or learning new skills.

Over five weeks, Lles Y Bwyd has provided 319 breakfasts, 370 lunches and 301 family meals. Not only has Lles Y Bwyd proved successful for families in the community, but we have also given volunteers a chance to expand their skills and knowledge and have rewarded them for their time by giving them tempo time credits. Many parents and children have asked for Lles Y Bwyd to return next summer, which shows how successful it has been.



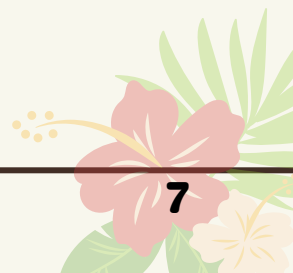


CASE STUDY BY LUKE BROWN



Following on from Jac receiving intervention support through CYCA which has enabled him to develop his confidence and self-esteem. CYCA were able to offer Jac a role as a peer mentor and a place as a founding chair of our youth board.

Jac is currently thriving in his roles, he has become a fantastic role model to our young people and is regarded highly by colleagues and beneficiaries.





NURSERIES



Graduation for our leavers in the beautiful sunshine. Families joined the celebration with an after party. It's been a busy and successful year at Jellitotz with the children enjoying new equipment including a large mud kitchen.

Families have joined us for both Flying start family sessions and CYCA's Heart of the Community sessions, including Animal Encounters meeting a Meerkat, a Snake and an Armadillo to name a few.



This was our first graduation post covid and it was a really rewarding day to showcase children's achievements through their time in Tedi Bach. It was an opportunity for parents to celebrate their children and have a special memory.

As a setting we had some family days during the summer where local emergency services joined and allowed the opportunity for children/parents the insight into the roles they have in our community. We also linked up with speech and language team from Flying start, Welsh support officer in Flying Start and Heart of the Community project.



YOUTH BOARD



- Amplifying young voices
- Building a community
- Creating positive partnerships
- Influencing policy and practice
- Feeding into trustee board meetings
- Est 2024
- Aim is to grow the youth board assuring voices of children are heard.



Ruby Davies



Jac Robertson



CELEBRATING ADULT LEARNERS WEEK

CYCA are celebrating Adult Learner's Week between the 9th-15th of September 2024. We are embracing our learner's passion and success and we are particularly proud of all of our learners. We have created social media posts to share a snapshot of some of our learners and their successes on their journey.



LYNDSEY HUGHES



ZARIA AHMED



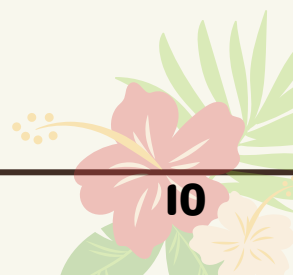
RYLEE-JAI LEWIS



LAURA WILLIAMS



GLORIA BEYNON





Thank you



Llywodraeth Cymru
Welsh Government



Cyngor Sir Gâr
Carmarthenshire
County Council



Community
Foundation
Wales



CRONFA
GYMUNEDOL
COMMUNITY
FUND

thewaterloofoundation*



Agored
Cymru



Thank you to Dunelm who are supporting CYCA's Christmas appeal in the next few weeks that will be launching and customers can pop into the store and pick a child's name and present request off of the tree that can be brought, wrapped and returned to Dunelm.

