



CYCA Summer Newsletter 2023

Welcome to our summer 2023 newsletter!

We have so much planned over the summer holidays thanks to National Lottery Awards For All funding to provide free activities for local children and families, which includes visits to Brynteg Farm, the Wildfowl and Wetlands and Pembrey country park.

We also have a programme of activities operating for our families at our CYCA HWB in Llanelli town centre, again thanks to funding from the National Lottery Community Fund ensuring that everyone can access activities at no cost.

We are continuing to observe an increase in anxiety in children so thanks to funding from the Waterloo foundation we have been able to bring our social prescribing model of working systemically with families into 6 primary schools, this work will continue until March 2026. We have also secured another year's contract with the Llanelli GP cluster where 49 children have received support since the start of 2023.

Also, congratulations to both Jellitotz and Tedi Bach for passing their inspection, and finally, our senior training manager Kath Bowen has given birth to her first son **Joshua Ray Bowen**, both are doing well, another addition to our extended CYCA family!





Kath's Baby Shower

We held a surprise baby shower for Kath Bowen our Project and Senior Training Manager. We wish her all the best for her baby boy.





HEART
OF THE COMMUNITY
CALON
Y GYMUNED

During the first 6 months of the HOC project we did not predict the ongoing cost of living crisis, war in Ukraine in addition to ongoing impact of the COVID-19 Pandemic. To address this the project slightly adapted its approach to ensure that we could support our beneficiaries accordingly.

The original purpose of our HOC project was to offer an ongoing phased approach to address emotional poverty- this meant addressing what families were telling us affected their emotional wellbeing we found that during the first 6 months families struggled to consistently engage within the programme, this was due to the high levels of sickness that families experienced.

We have seen a great improvement in community engagement and participation levels, meaning families have been accessing the phased rolling programme of support. Families continue to tell us that developing a resilient mindset with a new set of emotional first aid tools have helped them reframe and continue to strengthen family relationships and has enabled them to become an active part of their community.

CYCA remain committed to involving our community in leading the way that we work to best support the barriers and needs they face.

We use our closed Facebook group to seek additional opportunities by directly asking them what they would like to see run in their community using methods such as polling exercises. Families have said what would like to access such as family days and experiences they would not be able to normally do including day trips to local places of beauty, Pembrey Country Park, visits to the beach, wellbeing walks and in general family activities without the worry of being able to afford entry, food and transport costs.

We have also developed a range of cooking on a budget workshops, this was due to families telling us that with the additional cost of living inflation they were unable to afford both heating and eating, one of our CVA's created a programme of support that would address both gaining skills and confidence of cooking meals whilst also ensuring that they were cost effective and nutritional.



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This programme has been so successful we have adapted this as part of phase one of our support alongside offering wellbeing support such as adrenal fatigue course which explores the importance of parents looking after their wellbeing to be able to support their family's wellbeing.

To date we have directed supported 166 Families, which contained 403 Individuals within the family unit, 271 of these were children. Our Heart of the Community Facebook closed group has 578 active members.

The team are continuously looking for opportunities to empower beneficiaries to become volunteers and CVA's we have partnered up with Open University and are currently exploring an additional 9-week volunteer programme as well as signing up CVA's as Open Learn Champions. This is in addition to the CYCA wellbeing and resilience training accompanied by mandatory training such as Safeguarding, Equality and Diversity, Food Hygiene, First Aid and Manual Handling which are imperative skills for anyone seeking to gain employment or volunteering opportunities.

We are in the early stages of also liaising with Gower College who we hope are able to provide funded level 2 and Level 3 Children, Young people and Play qualifications as a number of our volunteers have shown an interest in working within our mobile creches as part of the HOC Project.

Transport remains a barrier to a high percentage of our beneficiaries to address this we have linked in with Dolen Teifi and have trained 5 staff and CVAs in minibus training where we can now access up to 17-seater minibuses and only pay for the mileage used so is a cost-effective way of providing transport to the community members who need it the most.



Community Grants

Calon Y Bwyd

Thank you to the Tesco Community Fund who have made it possible for individuals to learn new cooking skills through our Calon Y Bwyd Cooking on a Budget sessions at our centre in North Dock which are still very popular.



Testimonial

"I attended a cookery session for the first time under Lianna's suggestion of doing something a little different. The recipe for the day was chicken fajita pie. I had never cooked raw chicken before as I have always found it much more convenient to buy ready cooked, so this was a new learning experience for me. Carrie was really helpful when I wasn't sure about what I was doing, and everyone was really welcoming and friendly. I really enjoyed making up the pie and was really intrigued by the idea of using tortilla's instead of a pie crust and layering it up like a lasagne. It was my first time doing something like this and it was really fun, I'm glad that Lianna suggested I try it."



Social Prescribing



The project is to support children presenting with emotional distress who cannot access CAMHS, the project can support young people in handling emotions such as anger and depression which can impact their progress within school, the project works holistically with the whole family by providing access to a range of support by our specialist team.

In order for a referral, the family needs to seek an appointment with the GP and the GP will refer to us.

The GP surgeries currently providing referral scheme to CYCA are:

- Ashgrove Medical Centre
- Avenue Villa
- Burry Port
- Llangennech Surgery
- Llwynhendy Health Centre
- Ty Elli Group Practice
- Fairfield

At CYCA we have qualified counsellors that are experienced at working with children, young people and their families. We know that every person has their own issues, and their own way of dealing with things and we adapt our way of working to support each person's needs.

We pride ourselves in working systemically with all family members as we know that counselling offered in isolation, without supporting the whole family unit, is rarely as impactful. CYCA have taken referrals for 49 children under this programme.

We always anticipate that the presenting issues in the first few sessions will be different to the emerging issues that are disclosed during the sessions. Therefore, our service is open ended as we fully understand that the presenting issues cannot resolved in six weeks. This is why we are unique; we continue to support each family to ensure our work has a long-term impact - we never give up on a family.



the waterloofoundation*

An exciting new project that has been funded by the Waterloo Foundation this project will give CYCA the opportunity to work in partnership with eighteen primary schools over a period of three years in the Llanelli area.

The work is underpinned by our trauma and resilience model and we work systemically with the whole family.

The aim of the project is to support primary schools to support families at crisis point. The collaboration between CYCA and the primary schools, is to offer key staff within the schools to receive CYCA's systemic family support training.

This will give key staff the skills to support families that are identified or approach the school for help and support. CYCA acts as a scaffolding mechanism of support to the key staff working with the families.

The support that we offer the families is therapeutic support through our counselling services, play therapy, sand therapy and mentoring.

All schools receive an opportunity for parents and carers to attend CYCA's accredited resilience course, this will give the families the tools and skills to face crisis in the future.

The pupils of the schools will receive CYCA's superhero resilience training, so that the whole family have the key messages and use of language to help themselves now and in the future.

CYCA are currently working with five primary schools in Llanelli which are Stebonheath, Bigyn, Ysgol Penrhos, Ysgol Y Ffwrness and Bynea.



thewaterloofoundation*

Schools will contribute a small fee for the partnership, you can expect the following support from CYCA:

- Four training sessions for the head and designated school staff
- Training on CYCA's assessment framework
- Termly supervisions
- Access to Tracy Pike MBE CEO and Lianna Davies Senior Manager for advice and guidance
- Resilience training for parents which will take place in the school
- Pupils will have superhero resilience training and this can be delivered in a variety of ways

Each family supported will have access to an array of support which includes:

- Counselling for child and parent
- Male and female Mentors
- Family Support Officer
- 1-1 Resilience support
- Play therapy with a Therapeutic Play Therapist



Foundation

Bereavement Case Study

by Luke Brown

X's support began through our bereavement support project with counselling. This allowed X to express 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 he learned about resilience strategies to allow him to address his low mood and self-esteem whilst still dealing with the loss of a close family member. Throughout sessions X engaged extremely well with the development of his own resilience, where he even started running in the mornings before school and changed football teams to better himself.

An opportunity then arose for X to try Boxing within a local gym 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 has won his first three bout's currently 3-0-0 as an amateur Boxer.

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.



New Trainee counsellors

CYCA would like to welcome three new trainee counsellors to our organisation, Jemma, Charlotte and Megan. They are all working towards a degree in Counselling, they will make a wonderful addition to CYCA's team.

CHARLOTTE



JEMMA



MEGAN





CYCA Hwb

Our Hwb has become a local favourite, dedicated to hosting workshops that not only build confidence, but also provide an enjoyable and inclusive environment for all. Through a diverse range of activities, we combat loneliness and foster new friendships, creating a strong sense of community among people. In addition to our workshops, we continue to offer a range of affordable toys, teddies, clothes, books and more.

We have numerous activities throughout the week including Gill's crochet class on a Tuesday where participants can learn and share their skills. Our gardening club on Fridays where members can come together to exchange ideas and share tips and our bookworm's book club on Saturdays where literary enthusiasts can discuss and explore new books together. We also host activities aimed at children, ensuring that the younger members of our community can get involved and have a blast.

We are getting ready for an action-packed summer at our Hwb. Our summer timetable is packed with fun and engaging activities for all ages, including a Disney day, storytelling sessions, glitter tattoos and new Boba drinks for sale at our tiki bar. We aim to keep offering new and exciting activities to make sure that there is always something new to discover at the Hwb.





Summer Of Fun

CYCA are holding a Summer of Fun, with a range of activities and days out for children to keep them entertained during the summer. From paddle boarding to visits to Brynteg Farm for see the animals, we are hoping that we can make summer really fun for families.







Jellitotz Nursery



Another graduation day for our wonderful children, always a bittersweet time, proud of how much they have grown and developed but sad that they will be leaving to start big school. Parents came to join the nursery to celebrate this special moment.





Tedi Bach Nursery



This summer we have said goodbye to 8 children to go to big school and we are looking to welcome 10 more new children in September. Summer is busy for our Nursery as we have organised 3 weeks of family days where the families join us with fun packed events. We have already done sports day and play & stay, which has been a great turn out and families have expressed how much they have enjoyed these free events as it takes the stress of the summer being expensive.





THANKS



thewaterloofoundation*

TESCO
Community Grants

