



**Amy Collins**

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SCAN ME



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# CONNECTING YOUTH CHILDREN AND ADULTS

Registered Charity No: 512720



The Heart of the Community 3 Year Lottery funded project will help families realise their potential and help others realise theirs by bringing in the heart back into the community

CYCA have developed an emotional health & wellbeing multifunctional hub based at CYCA, where families can access up to 6-months of support, delivered & over three phases of emotional first aid support underpinned by CYCA's resilience model and 5 ways to wellbeing. The project will support families who:

- Are looking to improve their family's wellbeing
- Looking for opportunities to access a range of activities and wellbeing being support
- Interested in becoming Volunteers & Community Ambassador Volunteers

Individuals who wish to become Community Volunteer Ambassadors will support developing a peer-led programme & undertaking bespoke training.

For more information please contact:

**Kath Bowen** [kath@cycaonline.org](mailto:kath@cycaonline.org)



CYCA are committed to helping people in crisis by helping those who are struggling to put food on the table by providing them with foodbank vouchers for the Llanelli Food Bank.

The foodbank can give long term support to families if needed and help to address some of the issues behind people's reasons for their crisis.

When you visit us, we will take some basic information from you to complete the voucher. This will help us to identify the cause of your crisis and offer guidance.

Once you have been issued with a voucher, you can exchange this for a minimum of three days of emergency food at your nearest foodbank centre.

For more information please contact:

**Lianna Davies** [lianna@cycaonline.org](mailto:lianna@cycaonline.org)

**Tel: 01554 776178**

You can also visit the foodbank website at :

<https://llanelli.foodbank.org.uk/>



### CYCA HWB

CYCA has recently opened a new HWB Store in Llanelli's St Elli Centre in the old Yours store. We are showcasing our Dreigiau CYCA Dragons winners and participants and every individual has their own place inside the store to showcase their products and be able to sell to the public.

CYCA are also selling new and second-hand toys in good condition for low prices to help people who cannot afford to buy gifts for their families this Christmas. There are also an array of home accessories on sale.

We are accepting donations which can be delivered to the HWB or taken to our CYCA premises in Dragon 24 North Dock

Pick up can be arranged if needed

Please contact us on:

**01554 776278** for more information

**The shop is open between  
10am- - 4pm Monday–Saturday**