

Accredited Training

CYCA is Agored registered and offers a variety of training such as:



- Resilience
- Customer Service Lvl 1 & Lvl 2
- Child Development Lvl 1
- Personal confidence
- Mental health and wellbeing

And a wide range of other courses

For more information please contact

Kath Bowen kath@cycaonline.org

Lianna Davies lianna@cycaonline.org

Commercial Offering

CYCA offer both hot desk and meeting room/conference facilities to local partners and businesses.

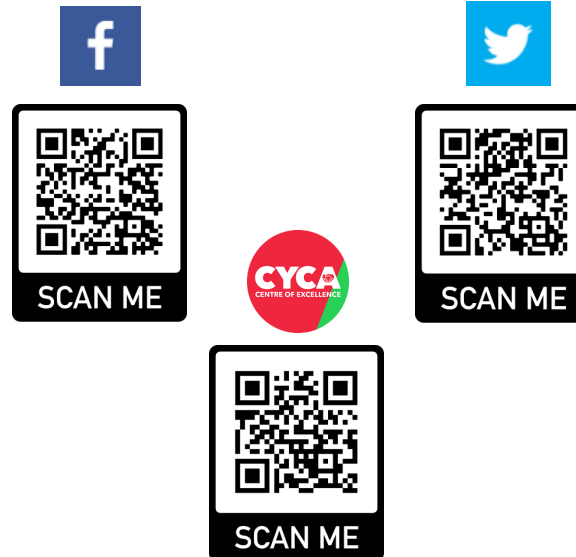
- Physical hot desk spaces
- Zoom meeting facility
- Open access to all wellbeing classes (online or virtual access)
- WIFI, teas and coffees
- Meeting/training rooms and event spaces

For more information please contact:

Lianna Davies lianna@cycaonline.org



Tracy Pike MBE CYCA CEO



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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 the heart back into the community

CYCA have developed an emotional health & wellbeing multifunctional hub based at CYCA, where families can access of 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

Social Prescribing

CYCA is leading on an innovative Social Prescribing Project with a number of Llanelli GP surgeries. 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.

For more information please contact

Julie Thomas jthomas@cycaonline.org

Tracy Pike tracy@cycaonline.org



CYCA delivers Children in Need (CIN) in Year 6 Primary Schools with the aim to equip children to make wise and safe decisions with online activities. We aim to:

- Create positive relationships online
- Create positive Emotional Wellbeing online
- Keep children physically safe online
- Teach essential skills online

For more information please contact

Julie Thomas jthomas@cycaonline.org

Bereavement



Foundation

We can support young people (aged between 10 to 20), living in Llanelli who have been bereaved, and are experiencing grief and loss. Our project aims to enable each young person to:

- Access a qualified Counsellor who will offer counselling support.

The CYCA team will embed the CYCA Resilience model

For more information please contact

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Commissioned Services

We deliver training and bespoke support for a number of organisations such as Comms for work, Carmarthenshire County Council and Flying Start.

Some examples of what we offer are:

- CYCA Stress practitioner and counselling services for Professionals

- 1:1 Stress and Resilience programme.
- Counselling Services
- Professional resilience training
- Bespoke online training
- Bespoke online webinars
- Adrenal fatigue

We also offer Staff and Governor Training, ACES and assessment framework, Resilience, Emotional Intelligence, Conflict Management.

For more information please contact:

Kath Bowen kath@cycaonline.org

Lianna Davies lianna@cycaonline.org

CYCA also offers commissioned work with schools such as:

Children and Young People Counselling, 1:1 Therapeutic Play Therapy, we also offer group Superhero Resilience to pupils.

Waterloo schoolwork and commissioned

CYCA's ACES training is aimed at professionals who work directly with children, young people, and their families including schools. It enables professionals to recognise those key barriers that prevent children & young people from engaging with school, teachers etc.

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

Examples of stressful and/or traumatic experiences occurring during childhood that cause children to repeatedly suffer and directly hurt a child

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 which impacts school life. Schools can commission the support of CYCA to work in partnership to support and work systemically with the whole family

For more information please contact

Lianna Davies lianna@cycaonline.org