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Y Pwyllgor Plant, Pobl Ifanc ac Addysg

Cais am wybodaeth am weithio gyda'r trydydd sector i ddarparu gwasanaethau cymorth iechyd meddwl i blant a phobl ifanc

Ymateb gan Fwrdd Partneriaeth Rhanbarthol Gorllewin Morgannwg

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Jayne Bryant MS

Chair of Children, Young People and Education Committee

Welsh Parliament Cardiff Bay,
Cardiff,
CF99 1SN

Date: 14th January, 2022

Dear Jayne,

Thank you for your letter dated 1 December 2021, titled 'Working with the third sector to provide mental health support services for children and young people'. As requested below is a response to the Committee in relation to our work providing mental health support to children and young people [CYP].

Regional Context

To provide some background about our transformation of mental health services for CYP in West Glamorgan, it may be useful to describe our regional approach. In early 2021, we restructured our governance arrangements to establish a new **CYP Programme Board**, chaired by the Head of Child and Family Services in Swansea Council and with representation from all partner organisations, third sector representatives and citizens and carers who are members of our Regional Co-production Group. This board provides clear accountability for collaborative working to improve CYP services across the region.

The Programme Board is supported by the **Emotional Health and Wellbeing Planning Group**, which focuses on developing support for CYP across the whole system and pathway. This group has been working on a delivery plan and priority actions including our regional approach to participation and engagement, an important challenge for us to ensure that all of our work is informed by "the voice of the child" and that services are designed to meet their needs.

In addition to our regional governance arrangements, we have been supporting regional transformation through a range of funding opportunities, which include:

- Health Board Mental Health Service Improvement Fund;
- Regional Integrated Care Fund [ICF], including RPB CYP funding;
- Third Sector GP Cluster Grants;

During the COVID-19 pandemic, we have faced a number of challenges across health and social care services but within our region, we have continued to push for transformation of CYP services and mental health services. Both programmes of work have continued to report fortnightly into our Transformation Boards to allow us to provide momentum and direction at this difficult time.



Working with Third Sector

In terms of how we work alongside the third sector to plan and deliver support services, it is a key principle of the partnership to include third sector representation across our governance. We work closely with both Swansea Council for Voluntary Service [SCVS] and Neath Port Talbot Council for Voluntary Service [NPTCVS] to co-ordinate third sector engagement across all of our transformation programmes and meetings. Director of NPTCVS is a member of the Regional Partnership Board and the CVC staff are integrated with our transformation teams across all programmes of work.

In specific reference to our work on CYP mental health, we have worked with SCVS and NPTCVS in the planning and commissioning of mental health services and funding opportunities. Members of both organisations (as well as third sector representatives that have been assigned to support specific programmes through our regional network) sit on our grant panels, attend planning meetings and contribute to the work that informs our strategic planning. One third sector representative is the co-chair of one of our workstreams that focuses on achieving delivery plan actions under the Emotional Health and Wellbeing Planning Group.

Current projects and initiatives

In terms of active projects/initiatives that we are currently undertaking alongside the third sector, we have included a breakdown of these initiatives, which are regionally funded in **Appendix A** (Regionally Revenue funded third sector projects for CYP mental health).

Many of these initiatives have responded to the changing demands of the COVID-19 pandemic. For example, across local GP Clusters there has been an increase in referrals for CYP counselling during the pandemic. Llchwyr, Bay and Cwmtawe Clusters have all commissioned third sector organisations to provide counselling sessions for patients registered in their surgeries. We continue to engage with professionals on the front line including third sector staff and volunteers (e.g. Social Prescribers) to seek their insights on how to improve our regional response to the pandemic.

We have also been working closely with third sector colleagues to promote the initiatives that are already out there in our region in order to meet the challenges of the pandemic. The **Tidy Minds** website (www.tidyminds.org.uk) was developed by Swansea Bay University Health Board to provide young people in Swansea and Neath Port Talbot with access to mental health advice and support. We have also used **Kooth**, a digital mental health and wellbeing company (www.kooth.com), to provide 11-18 years old with access to emotional wellbeing and early intervention mental health support.

Third sector colleagues are also engaged with our work to implement the **NEST/NYTH Programme** directed by the Together for Children and Young People [T4CYP] team in Welsh Government. This will align the principles of the No Wrong Door report and we are working on ways to develop our whole system approach based on cultural, technical and procedural changes.

Partnership Working

In terms of where partnership working has worked well, we are currently picking up some important feedback as part of our evaluation work on our existing programmes, which aligns to the end of the current financial year and in readiness for a new funding cycle with Welsh Government. This will feed



into our planning for how the partnership will evolve from April 2022 onwards in light of the new guidance and opportunities for regional working.

However, we have already identified positive feedback on our partnership approach including:

- Good relationships exist across all levels of partner organisations with third sector representatives included in decision-making functions;
- Suitable representatives are appointed to the majority of transformation boards and programmes (for example, a representative of Barnardos sits on the Children and Young People Programme Board) following a clear process for appointing third sector representatives;
- Both SCVS and NPTCVS play important roles in liaison between the partnership and members of the public across the region, supporting individuals with specific needs to help them contribute directly to the work of the partnership;
- Third sector colleagues often respond quickly to new challenges and opportunities across the partnership (for example, appointing appropriate individuals to sit on grants panels for short term funding opportunities);
- Partnership colleagues are engaged with the **Regional Third Sector Health and Social Care Network** and third sector colleagues are engaged with the regional forums co-ordinated by the RPB including our Carers Liaison Forum [CLF] and Regional Housing Forum [RHF].

In terms of our learnt lessons for how to improve partnership working in the future, we are currently working on what our partnership approach looks like from April 2022, in line with the revised guidance from Welsh Government on the new Regional Integrated Fund [RIF]. Senior managers from both CVS organisations and representatives of third sector organisations are involved in these discussions and we will reference a range of insights and feedback including the Lessons Learned Report which was produced following the first wave of the COVID-19 pandemic.

Future Plans

In terms of future plans for partnership working with the third sector, we plan to build on the successful relationships we have developed in order to improve how effective the third sector can be across our region. In particular consideration of the needs of CYP, we know that there are lots of great resources and organisations in our area that can and should play a vital role in our strategic ambitions.

The next reporting year will see our CYP Programme gain momentum as we look to develop a long term strategy for transforming CYP services across our partnership. Following mapping exercises undertaken this year, we will have a clearer picture of where we are now and we will develop our vision for the future following a co-production approach (in line with our own **Regional Co-production Framework** but with careful consideration to participation and engagement with CYP). A big part of this journey will be increasing understanding and awareness of the role that the voluntary sector plays in supporting the emotional health and wellbeing of CYP.

One area in particular that we have been looking at is our strategic approach to commissioning third sector organisations, in order to allocate funding in a manner that avoids duplication (i.e. funding multiple initiatives address the same outcomes) and encourages collaboration. This will include looking at how to build resilience into the third sector to meet the changing demands, as experienced throughout the COVID-19 pandemic. A partnership group has been established to develop this approach, which includes citizen and carers representatives.



To ensure we are successful in achieving this vision, we will develop our performance management framework specifically for CYP services and initiatives, to monitor our performance and evaluate our outcomes. Data is a key foundation for such a framework so we plan to develop an approach that allows us to explore innovative and collaborative solutions to problems while following robust reporting protocols.

We will shortly be publishing our **CYP Population Needs Assessment** which will provide valuable insight and inform our strategic approach. We also wish to develop our regional approach to training, participation and engagement so that we can use case studies and other sources directly from CYP to develop our workforce and enhance our capabilities.

I hope that provides sufficient update in relation to your questions posed, though please let me know if you would like clarification on any of the topics. We look forward to continue working closely with the Children's Commissioner for Wales and others to continue improving the way we work with colleagues in the third sector in supporting children and young people across West Glamorgan.

Yours sincerely



Emma Woollett
West Glamorgan RPB Chair
Swansea Bay University Health Board Chair



APPENDIX A – Regional Revenue funded projects for Third Sector CYP Mental Health

The following table provides an overview of the current projects and initiatives funded by the regional Revenue fund specifically for third sector initiatives that directly support the emotional health and wellbeing of children and young people. Further details about each initiative are available if required:

Host Organisation	Project Name	Project Description	Regional / Local Scheme
Circus Eruption	Circus Development Project (Edge of Care / Care Experienced)	In this project we will deliver creative, integrated interventions to support young people on the edge of care/care experienced, to reduce the need for more intensive forms of support. In order to do this we will: •RUN WORKSHOPS AND PILOTS: Create, run and evaluate sets of circus workshops (usually alongside strategic partner organisations, e.g. Voices from Care Cymru, Family Action Support Team, LA participation officers Swansea/NPT). Some of these will be 'pilots' to test or evaluate new approaches. Offer/encourage integration into our youth circus and 'bubble circus' projects. •PROVIDE TRAINING: Train staff in other organisations in use and purpose of circus– so they better understand the value of circus, engage and appropriately refer. •DEVELOP: Build on and cascade existing networks, to support appropriate/ timely early interventions. •RECRUIT VOLUNTEERS: Recruit and train care experienced volunteers •UNDERGO TRAINING: Staff and volunteers to undertake relevant training – e.g. Mental Health First Aid, Sensory Regulation, impacts and issues of care experience (latter delivered by care experienced young people).	Regional
Interplay	Interplay's Wellbeing 4 Early Years – 4 -11	The project is an early intervention and prevention project for children age 4-11 with emotional difficulties, wellbeing or mental health issues and those with learning disabilities, Autism and behavioural issues. Through play the project will work with children to help them combat their social anxieties and behaviours that challenge and lessen the barriers that prevent access to mainstream play and social interaction. As well as working with the children that need additional support, the services will also be open to their siblings, helping to building positive play and social interaction within the family unit and in their wider community. We will provide supported play & wellbeing sessions, the tools and the opportunities for children to build on their social skills and increase their self-esteem, emotional resilience and improve their overall wellbeing; thus enabling children to have a better chance of being able to access social and leisure activities as they get older.	Regional
Interplay	Interplay's ENSpir & Wellbeing Project12-18	The Project is for 12-18 year olds with emotional difficulties and wellbeing or mental health issues, those with learning disabilities, Autism and behavioural issues that lead to social barriers that make accessing mainstream social opportunities challenging. Interplay will provide a skills based provision that will increase young people's confidence and wellbeing through leisure activities, social opportunities and wellbeing sessions, enabling them to access wellbeing support, new experiences, learn new skills, expand their outlook on the world and have a better understanding of their own future potential.	Regional
Llamau	Llamau Counselling (Swansea and NPT)	Our aim is to proactively identify & address emotional well-being issues amongst homeless young people (YP) at the earliest stage we can, reducing both existing & emerging inequalities for YP and the demand for already stretched statutory services. We wish to establish the provision of accessible counselling as a key part of our support offer, levelling the playing field for vulnerable YP during & beyond the COVID-19 crisis.	Regional
Swansea Autism Movement	Swansea Autism Movement CIC	Swansea Autism Movement CIC (SAM) is a peer to peer project whose aim is to develop the resilience and wellbeing of our autism community by connecting families through activities, providing regular contact with peers experiencing similar challenges. We support autistic children/young people, their siblings and also parents and carers. We provide age appropriate, safe, inclusive and flexible activities for the whole family. We are experienced at tailoring activities to meet the particular needs of the autistic community. Activities will be tailored to them following consultation and evaluation and will include music sessions, keep fit and active community events, family fun days, wellbeing events for parent carers and a 3 day activity residential. We now have	Regional

Host Organisation	Project Name	Project Description	Regional / Local Scheme
		<p>approximately 600 families who have autistic children/young people (or on the diagnostic pathway) and their siblings. Our events are an opportunity for families to share their experiences, offer support and celebrate successes. Sharing peer experience and expertise is particularly valuable to new families who are often coming to terms with the assessment process and diagnosis of autism and to families who are experiencing transition points in their services. Many of our families are disadvantaged financially as often one or both parents have needed to terminate their careers to become full time parent carers. Without projects such as ours, they would be even more isolated than they already are. Together we create a sense of belonging in an often emotionally difficult time. Our holistic approach supports our community to stay active reducing loneliness and isolation, supporting everyone's mental and physical health long term.</p>	
Relate	Relate Counselling Services - Wales	<p>We would like to ask for support for our counselling services across Wales in particular Glamorgan, we help thousands of individuals each year looking for support and guidance with many situations. We offer 1 hour long sessions on a regular basis and start with an average of 6 sessions, an individual's need is then assessed and more offered if needed, each person is different. Relate are the UK's largest provider of relationship support, and last year we helped over five million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships across the UK. Our services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. We also provide friendly and informal workshops.</p>	Regional
LGBT Cymru Helpline	Supporting Swansea's Mental Health	<p>The LGBT Cymru Helpline proposes a project which focusses on the emotional health and wellbeing of people in Swansea. We operate a service which provides accessible, confidential counselling to LGBT+ people, their families, and allies (open to everyone) in Wales, with a particular emphasis on engagement in Swansea, Neath Port Talbot, and Carmarthenshire.</p>	Local - Swansea
Faith in Families	Brighter futures – ACE recovery	<p>Our Family Centres and Outreach Projects strive to be able to fully provide the much needed children and family support facilities in one-stop centres, easily accessible within the local communities we serve. Faith in Families have delivered services to families in Swansea for over 21 years. We are based in some of the most deprived areas and work with families via our 3 family centres. Staff are experienced in delivering a range of services aimed at improving the mental and physical health of those we support. We have a depth of knowledge and experience of working with families that are affected by poor physical and mental health and living with exceptional hardship due to a lack of income and an ongoing struggle to meet even their most basic of needs. As an organisation we support communities to address issues, develop solution focused thinking and to engage in activities that encourage positive mental health and resilience.</p> <p>Our target audience are children who have experienced often multiple ACE's and are struggling with big emotions such as anger and anxiety, this is often displayed in unwanted behaviours meaning that they find school, friendships and life in general difficult. By employing Engagement Workers to deliver intensive non-intrusive support we will tackle this injustice. Working in partnership with schools and local agencies we will deliver interventions and activities that have a real impact on children supporting them to be the best they can be. Early Intervention addressing mental well-being is crucial in being able to improve the lives of children, adolescents and adults who, when suffering from emotional pain or trauma that is left untreated, may go on to develop more serious mental health issues. By providing one-2-one non-intrusive therapeutic play and emotional literacy support we can support these children and make a real difference. Some of these differenced would be-</p> <ul style="list-style-type: none"> • Children school attendance will improve. • Children will achieve more academically. • Children be happier and develop healthy friendships • Children will be able to recognise and name their emotions. • Children will become more confident. • Children will become more resilient and be able to regulate their feelings. 	Local - Swansea

Host Organisation	Project Name	Project Description	Regional / Local Scheme
		<ul style="list-style-type: none"> • Children will develop their voice and ability to use it positively. <p>Our Brighter futures project has been extremely successful in engaging with and changing children's outlook, giving them opportunities that they never had before.</p>	
Swansea Music Art Digital (Swansea MAD)	Creative Connections	<p>Swansea MAD is a youth and community charity. Located in an area of high deprivation, activities take place for the prevention of poverty, advancement of social justice and equity; addressing barriers which young people face. We facilitate inclusive safe spaces for young people to access advocacy, creative arts, education, campaigning activities and wellbeing projects to bring fairness and belonging.</p> <p>The funding will enable Swansea MAD to deliver weekly wellbeing activities; including Arts/Cultural/Environmental workshops for young people in Swansea and Neath Port Talbot aged 11-25. Young people will include those who are disabled, Black/non-Black people of colour, neurodiversity, LGBT+, young carers and parents, refugees and asylum seekers and young people from Gypsy, Roma and Traveller communities, who have been disproportionately affected by COVID-19, experiencing increased mental health problems/ isolation/loneliness/digital/social exclusion</p> <p>150 children</p>	Regional
Jac Lewis Foundation	Counselling for near miss suicide cases	<p>The Jac Lewis Foundation is already a part of Swansea and Neath Port Talbot council's rapid response meetings in collaboration with the police and Swansea Bay Health Board to provide counselling and support to Swansea and Neath Port Talbot residents who have been affected by suicide. The foundation has been providing this service (funded by the National Lottery) for the past seven months and in that time have supported over 80 people who have been affected by regional suicides. Whilst undertaking this project it has become apparent that there is a great need to support the people within the region who are presenting as near miss suicides in the sense that they attempt suicide but do not die. These people are not offered support after the near miss and are far more vulnerable to taking their own life in the future. Therefore a project to provide immediate support to these people after an attempted suicide is greatly needed. The project will link with the regional safeguarding leads (link is already established) to be alerted to an attempted suicide, the foundation will then contact the person and offer immediate support from qualified and experienced psychotherapists.</p> <p>The evidence of need is shown through our collaborative working with the regional local authorities, police and LHB. The statistics of near misses - attempted suicides in the region have been increasing over the Covid 19 Pandemic and currently there are no easily accessible immediate services in place to support these people within the region. This project will support and take the pressure off the local mental health services, GP's and the safeguarding teams within the regional local authorities. Whilst ensuring that immediate support is put in place for those at high risk of suicide within the regional communities</p> <p>200 adults and 50 CYP referred</p>	Regional
New Pathways	Therapeutic Counselling Services for Children/Young People	<p>This project will provide services to meet the growing demand for sexual violence support and counselling in the Swansea, Neath and Port Talbot Area. We know children and young people who have experienced sexual violence trauma often have poor mental wellbeing and problems with behaviour, development and education – this is exacerbated if support is delayed. We want to ensure no child or young person in this region who has been raped or sexually abused is forced to wait long periods for specialist support. We would like funding to provide sexual violence counselling for 30 children and young people (ages 3-25). This would help clear the current children's waiting list and allow us to allocate services promptly to children and young people on referral.</p>	Regional

Host Organisation	Project Name	Project Description	Regional / Local Scheme
Action for Children / Ospreys in the Community	Bouncing Back Plus	<p>Action for Children (AfC) and Ospreys in the Community (OitC) have been working in partnership to deliver Bouncing Back across the region since September-20, and have provided 108 groups, across 17 schools, reaching 1895 Young People (YP). We recently developed and delivered a primary age programme, which is in great demand. Whilst the outcomes for the programme are excellent, e.g., 91% of pupils now know when to ask for help, teachers have suggested that a longer running programme could provide more in-depth support.</p> <p>The purpose/objective of this funding would be to deliver Bouncing Back Plus, building on Bouncing Back sessions by incorporating evidence-based skills from The Decider programme, where YP are taught 12 DBT/CBT skills in a highly original and innovative way, e.g., didactic presentation, demonstrations, music, props and visuals. As the link between physical activity and emotional wellbeing is well known/documentated, we will also incorporate a weekly physical activity session (led by OitC). Bouncing Back Plus will include:</p> <ul style="list-style-type: none"> • Five one-hour sessions of Bouncing Back/The Decider (AfC) • Five one-hour sessions of physical activity (OitC) • An end of programme celebration (AfC/OitC) <p>Bouncing Back is derived from The Blues, a targeted CBT evidence-based programme designed for YP aged 12-19, which combines coping skills and physical exercise to build resilience and reduce depressive/anxiety indicators. Bouncing Back is a lower-level, early intervention, resilience building programme for YP, Key Stage 2 and upwards. Provision includes group discussion and practical tools/coping skills, enabling YP to manage their day-to-day emotional wellbeing.</p> <p>YP are supported to understand their feelings, the journey to the feelings, and the things that they can do to be more positive. It also helps YP identify when they need help and who to ask for that.</p>	Regional
Swansea Women's Aid	CHYPS Play and Activities Project	<p>The purpose is to continue our existing CHYPS (Children and Young People's Service) Play & Activities worker post from November 1st 2021 – March 31st 2022. This post assists with the child-led planning and delivery of play and activities programmes including workshops, group work, trips and fun activities sessions to children and young people (CYP) impacted by domestic abuse. Rolling age appropriate play and activities programmes are shaped by CYP using the service.</p> <p>The objectives are:</p> <ul style="list-style-type: none"> • To enable peer support, skills and confidence building and promote every child's right to engage in play and leisure activities • To improve the mental and physical wellbeing of the CYP, leading to reduced short and long term pressure on health centres and other support agencies in the community • To create opportunities with peers – such as group activities, trips and leisure opportunities – for CYP that enable them to feel less isolated, more understood and therefore less stigmatised by their experiences <p>CYP aged 3-16 who have experienced domestic abuse and are CHYPS service users or siblings thereof.</p> <p>The activities will take place after school and during school holidays in a variety of locations, including local parks and beaches, indoor venues such as bowling alleys, trampoline parks etc. and also via Zoom. Activities successfully adapted to Zoom include cookery lessons with parent, arts & crafts club and nature and wellbeing sessions.</p> <p>Our activity sessions can offer families a break from the pressures of having children at home. For CYP, it offers them the chance to play away from the home in a supported environment, as in this modern age they are less frequently allowed to play out, away from the home, for long periods of time.</p>	Local - Swansea
Dewis Ltd	Wellbeing Worker	<p>We would like to create a part-time (10 hour) 'Wellbeing Worker' role, bringing in a staff member with a background in Mental Health and supporting young people to add value to the support we offer to young people. We have seen a significant rise in the number of young people we work with who are aged 16-25 and presenting with wellbeing or mental health flagged within their referral, or where we have concerns regarding their wellbeing or low level mental health (including self-harm). There is an absolute increase of need due to the isolation created during the height of the pandemic and beyond.</p> <p>As a support provider, Dewis has been delivering housing related support to children and young people (aged 16-25) since 1987,</p>	Local - NPT

Host Organisation	Project Name	Project Description	Regional / Local Scheme
		<p>this includes support in staffed supported accommodation for more vulnerable young people, and in our accommodation units within the community for young people with support needs. The young people we work with are referred or self-refer because they are homeless, at risk of homelessness or vulnerably housed, our referrals include young people who are at risk, those who are looked after, or have been looked after, those with substance misuse issues, those who are estranged from family, those with a criminal background and those with low level mental health. We work with them to provide supported accommodation in one of our 18 units of accommodation within Neath Port Talbot. Every young person who is accommodated by us has a support plan covering the 11 areas of supporting people outcomes including mental health. We work in a trauma informed way to support each young person to co-produce their support plan outcomes to ensure they are tailored to meet their individual needs, and enable them to make progress towards independence, enabling them to move on to independent living with a Registered Social Landlord or Private Rented Sector as an outcome of our support.</p> <p>We would see our 'Wellbeing Worker' role as having a pivotal role within our referral and support process. They would be part of referral assessments, and undertake a wellbeing assessment leading to individualised targeted work with a young person as part of their Support Plan, specifically within the Mental Health category, but looking at all areas of the young persons life to identify support needs. This work would meet the requirement of early intervention and prevention of escalation to higher tier services.</p> <p>Additionally, the 'Wellbeing Worker' will work as part of our on call team in providing advice and support in relation to low-level mental health and wellbeing to staff within our 24-hour services and to young people at a point of crisis.</p> <p>In a wider community context, the 'Wellbeing Worker' will carry out the wellbeing assessment with all young people assessed for support, anyone not eligible for support will be signposted to other services as required as part of the preventative role of the worker.</p>	
Swansea Community Farm	Farm Ways to Wellbeing	<p>Over 7 months run 2 targeted family sessions and one community session a month, welcoming 10 young people at a time. Sessions will offer wellbeing opportunities for children and parents by giving them a safe outdoor space and stimulating play sessions facilitated by experienced play professionals. Success will be monitored by using feedback forms, distance travelled tools and collecting feedback.</p> <p>In addition to this will be Saturday sessions. Extra member of staff will allow us to welcome extra 10 CYP to the project contributing over 600 volunteer hours over 7 months. Their time at the farm will help them to increase their skills sets. Learning practical skills from staff and their peers and sharing their own skills.</p>	Local - Swansea
Chinese In Wales Association	Care for our children	<p>The proposed project aims to improve mental health well-being and prevent mental ill-health for children and young people with Chinese heritage living in Swansea and Neath Port Talbot.</p> <p>The key activities and services of this proposed project are as follows:</p> <p>It will understand the interests of children and young people and provide regular social and physical activities to improve mental health well-being, such as outdoor activities, workshops, physical exercises, social togethering etc. These activities will be conducted online or face-to-face.</p> <p>It will promote local services which related to supporting children and young people in the region and translate useful information related children mental health issues to share with parents in the Chinese community to empower them to support their children. It will provide professional counselling sessions to children and young people who are having mental health issues or at high risk of ill mental health. It will provide relevant training to enhance interpersonal skills of the project staff and volunteers.</p>	Regional
African Community Centre	Wellbeing Activities CYP	<p>REACH will provide one to one creative counselling and psychotherapy for ages 14 – 25 we will provide counselling for 50 young people 8 sessions per person =400 sessions in total.</p> <p>Each client aged 14+ will have an assessment and YP Core forms and CORS will be completed at the beginning and end of therapy to capture any improvements and areas where further support is needed and also a tool to help identify risk.</p>	Regional

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		<p>We also provide well-being activities for BAME people, including exercise classes (Yoga, Zumba and men's fitness), and creative workshops like African Drumming, and regular health talks on varied topics. Most recently we provided education sessions to promote take up of the Covid-19 Vaccine.</p> <p>Importantly, we enable BAME individuals (who in many cases have experienced trauma and distress in their journey to Wales) to access support including English Language classes, 1:1 advocacy/mentoring, IT support, Transport Assistance and signposting to other support services.</p> <p>This practical help has assisted many migrants who are often lonely, afraid, and overwhelmed, to adapt to a new language, culture, landscape and infrastructure.</p> <p>Our target audience are:</p> <ul style="list-style-type: none"> • People from BAME communities, Refugees, Asylum seekers <p>BAME people tell us that barriers to mental health services include:</p> <ul style="list-style-type: none"> • cultural barriers where mental health issues aren't recognised or aren't seen as important, • language barriers • professionals lack of knowledge about things that are important to a person of colour or their experiences, • white professionals not being able to fully understand what racism or discrimination is like, • stereotyping, e.g.. some white people think black people with mental health issues will get angry or aggressive, conscious and unconscious bias, and • stigma about mental illness in some communities stops some people of colour seeking help. They can feel ashamed. 	
Swansea City AFC Community Trust	Swans supporting the mental health of children & young people	<p>The purpose and objectives of the project are to provide education and mental health support to, children and young people through in-schools projects and out of school youth work activities delivered by specialist Trust staff.</p> <p>The Trust's Health & Wellbeing programme is in line with changes to the Welsh school curriculum (Sept. '21) in the HWB "Area of Learning & Experience". As well as sessions on Mental Health, Wellbeing and Mindfulness, the programme covers Diet, Getting Active, Sleep Matters and Healthy Relationships. It has been a success, with children and young people confirming improvements in these areas via pre- and post-programme assessments, "...how to look after myself and make lifestyle changes that have made my life better.". Teacher feedback is also highly supportive of the programme.</p> <p>The funding would allow expansion of the programme into additional schools, and into youth engagement workshops outside school hours. It will also add more sessions to cover emotional and social wellbeing (including resilience and empathy) and communication skills and emotional literacy. This will cover the ability to identify emotions and express themselves assertively, active listening skills, to introduce and develop empathy and learn how to support others and conflict resolution skills. It will also allow the existing resources to be adapted to suit a younger age group so it can be delivered in primary schools.</p> <p>Staff training will provide the project's legacy and adapted delivery material will be used beyond the end of the project.</p> <p>The HWB programme uses the power of the Football Club brand to engage with children and young people who may not participate in a non-themed programme.</p> <p>3 elements:</p> <ul style="list-style-type: none"> • Staff training in embedding the above content into sessions. • Resources adaptation for younger groups and addition of new topics • Delivery of sessions 	Regional

Host Organisation	Project Name	Project Description	Regional / Local Scheme
Cwm Alliance CIC	Cwm Alliance CIC - Community Family Therapy	The Cwm Alliance CIC would like to collaborate with The Family Therapy Place to provide community-based family therapy that is easily accessible to families within the Cwmtawe area of Swansea. The service will accept open referrals direct to The Family Therapy Place and be promoted via the existing local networks of the Cwm Alliance CIC which include, Cwmtawe Cluster, Ospreys in the Community and local faith support. The project will start with a family focused creative art/craft group for parent and child with an emphasis on not needing to be 'artistic' to take part. From providing this intervention we hope to identify some families that need further family therapy. These families would then be offered an intervention based on the outcomes of the group.	Regional
ASDES – Autism Skills Development and Employment Support	Hidden Response	<p>Aim – Provide tailored support to enable individuals with hidden impairments to maintain positive lifestyles choices</p> <p>ASDES job coaches / support workers will work across Swansea and NPT, providing participants with a range of individually designed support covering some of the following areas:-</p> <ul style="list-style-type: none"> • Identifying hurdles that individuals are facing in their community • Responding to requests for support where individuals are feeling overwhelmed in environments that have recently changed • Responding to situations where individuals face disciplinary processes in their workplace • Working with employers / employees who need support but might not be eligible for ATW as they have no formal diagnosis • Identifying changes in familiar surroundings that are having an impact on well-being • Managing fear and anxiety about getting into employment and the knock-on effect of uncertainty regarding future opportunities • Finding activities to engage in that promote positive well-being • Finding volunteering activities to fill time and manage different situations • Engaging in activities outside of the home environment • Managing changes to everyday processes • Managing reduced / changed finances and signposting to organisations that provide financial input • Coping with bereavement and signposting to specialist input • Making telephone calls with regards to payments of bills, applications for benefits and other financial hurdles that individuals may face • Setting up new learning opportunities and look at the new ways of accessing learning / training • Working with family members around a person with hidden impairments to ensure that there is a positive wrap around approach to cover all aspects of support needed • Responding to participants with regards to everyday living obstacles that arise as a result of changed systems – e.g. participants fear of contacting GP or lack of understanding in for new protocol using apps • Phone call input to manage everyday medical issues and signposting <p>ASDES Job Coaches / Support workers are aware that as lockdown restrictions have lifted there has been an increased demand from families around a person with hidden impairments as they try and manage the anxieties of re-engaging with society. Support workers have found that they provide a vital point of contact for families to hold conversations and share their everyday hurdles. ASDES is experiencing an increase in referrals from organisations such as the Integrated Autism Service and Job Centre, as well as individual self-referrals. Many of these referrals are in need of an immediate response to manage situations that have become too complex for them. This grant will act as an interim support for these needs and will enable ASDES job coaches to transition participants onto other projects internally and externally</p>	Regional
The Family Therapy Place	The Play Room Project	F TP will provide children and young people with play therapy, one to one and group therapy, counselling and family support. F TP Counsellors are trained to work with CYP to alleviate distress and to cope with such issues as parenting and attachment issues, childhood adverse experiences, anxiety, depression, trauma, suicidal thoughts, eating disorders, self-harm and OCD. These therapies are particularly helpful for children with attachment and separation difficulties who have been adopted and separated from	Regional

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		their birth parents. We are deeply passionate about early intervention, on a daily basis we meet adults who did not have the appropriate support as a child so they continue to struggle throughout their adult lives and often statutory services are not long enough to meet developmental needs and provide the conditions to re-wire and regulate healthy brain development.	