

Valleys Steps Camau'r Cymoedd



Valleys Steps,
Ty Antur
Navigation Park
Abercynon
CF45 4SN
10th December 2019

Dear Parents/Carers,

Families 2gether 4 Wellbeing- a Pilot Project

Valleys Steps are constantly exploring ways we can support people living in our area to improve mental wellbeing and reduce the risk of stress, anxiety and depression. Following recent dialogue with the Taff Ely Primary Care Cluster, we are pleased to report that the Cluster has provided funding to pilot a Family Wellbeing Project. The project has been developed in response to the number of young people and their parents and carers approaching their GP for help with emotional and mental wellbeing issues. The service is intended for those whose needs are not high enough to qualify for support from Child and Adolescent Mental Health Services (CAMHS).

Over the last few months, we have been working with a number of schools and delivered Stress Management and Mindfulness Taster sessions to staff and pupils aged 14-18. We have also gathered views on how to improve mental wellbeing in schools and local communities.

Having listened to these views we have now developed an 8-week Mindfulness and Stress Management course for young people aged 14-18 accompanied by a parent or carer. We hope that the course will provide a range of ideas and practical steps to improve mental health and wellbeing. We also hope the course will lead to better conversations about promoting wellbeing at home.

This course is free and the sessions will be taught in a group of up to 10 young people with 10 parents/carers. Potential participants must live in the Taff Ely areas of RCT or be registered with a Taff Ely GP practice **including Taffs Well Medical Practice**. Participants will be invited to attend all sessions if possible and we will be evaluating the impact on wellbeing this course delivers.

When and Where?

Tuesdays 6.00-7.30 pm

21st January-17th March 2020 (no class over half term on 18th Feb)

Garth Olwg Learning Centre-Church Village, Pontypridd, CF38 1RQ

If you would like to book a place or find out more about this course please contact info@valleyssteps.org or call 01443 803408. More information on Valleys Steps can be found at www.valleyssteps.org

Yours sincerely,

A handwritten signature in black ink, appearing to read "R Bundy". The signature is fluid and cursive, with a large initial "R" and a long, sweeping underline.

Richard Bundy
Executive Director