



CYCA

Connecting Youth Children and Adults

Introduction



CYCA is a community organisation that works with individuals and families to overcome challenges, build confidence, and create positive pathways for the future. We provide supportive, person-centred opportunities that help people develop skills, grow in confidence, and move forward into learning, employment, and wider life.

Many of the people we support:

- Lack self-confidence or belief in themselves
- Have had poor past experiences of education
- Need a safe, supportive place to learn
- Benefit from flexible, one-to-one support

The difference CYCA have made

Many of the people we support face barriers such as:

- Low confidence or negative past experiences of education
- Mental health challenges or anxiety
- Lack of access to support or opportunities
- Lack of transport
- Financial difficulties

We build confidence through safe, supportive environments, trusted relationships, and person-centered approaches that allow individuals to and recognise their own strengths.



The difference CYCA have made

Through our services and partnerships, we have supported people to make meaningful changes in their lives.

As a result, learners and service users often:

- Grow in confidence and self-belief
- Re-engage with learning, training, or employment
- Develop new skills and positive routines
- Feel more connected and less isolated



The role the third sector plays in supporting adult learning journeys



The third sector plays an important role in supporting adult learning journeys. It includes charities and community organisations that provide accessible and flexible learning opportunities. They help adults who may face barriers such as cost, low confidence, or negative past experiences. Third sector settings are often informal and supportive, which helps build confidence and encourages participation. They also offer additional support, such as childcare or wellbeing support, making it easier for adults to engage in learning. The third sector helps adults re-engage with learning, develop skills, and progress into further education, volunteering, or employment.

CYCA's approach to offering wellbeing projects aligned with opportunities to learn through Agored Cymru building resilience, confidence and providing courses that are of genuine interest to the individual, is essential.



How learning fits into our work



Adult learning complements our wider work by:

- Enhancing the support we already provide across our services
- Creating more opportunities for people to engage and grow
- Strengthening our partnerships with other organisations
- Supporting families



Practical examples of partnership in action

Agored Cymru is a key element of our approach, helping us to provide structured and meaningful learning opportunities for the individuals and families we support. This is strengthened through our partnerships with services such as Family Support, ICC's and social prescribing, enabling us to reach people in a more holistic and connected way.

By working collaboratively, we are able to identify needs early, offer relevant learning opportunities, and provide consistent support across different areas of a person's life. In addition, our link with OpenLearn has further enhanced what we can offer. It has provided flexible, accessible learning opportunities that have been particularly beneficial for families engaging in HOC (Heart of the community), allowing them to learn at their own pace and in a way that suits their circumstances.





Christina Roy Family Learning Coordinator, Parent Learning Group, Cathays High School
croy@cathays.cardiff.sch.uk

Inspiration

Creating Holistic Opportunities for Learning, Self-Independence and Inclusion within multi-cultural community settings through Family Learning Framework. Courses are advertised every term. Learners children's progress are monitored through attendance, behaviour and attainment.

Goals

- 1.Support own children in their education
- 2.Providing self-independence
- 3.Qualifications & Employability

Facts & Figures

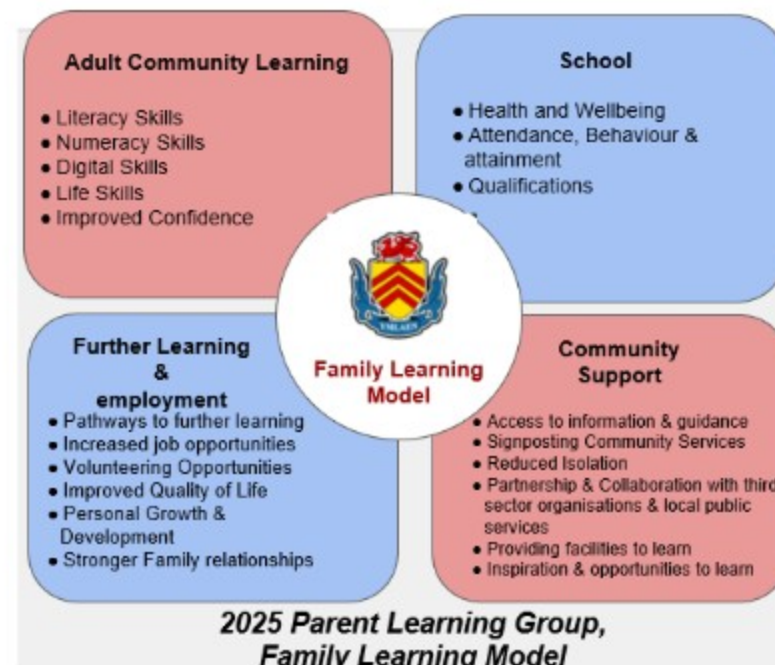
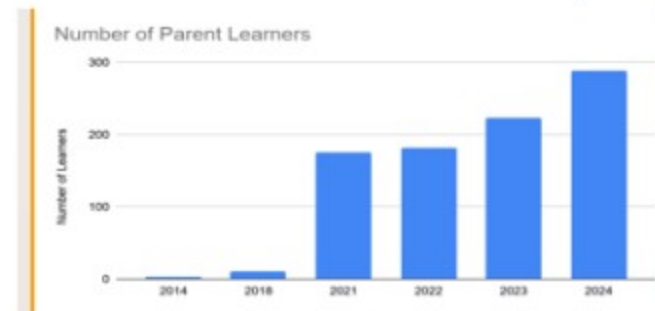
- **73** different languages are spoken by the families of Cathays pupils.
- **85.9%** of families belong to Black, Asian, and Minority Ethnic Communities.
- **40.7%** of students are eligible for free school meals.
- *Top priority is given to ESOL classes.*
- **2014:** The Parent Learning Group was established at Cathays High School, initially starting as a Reading Group with three parent learners.
- **2015:** A Basic Literacy Skills Course was launched.
- **2016:** An accredited ESOL qualification program began.
- **By 2018,** more than three accredited courses were offered simultaneously.

References:
 Family Learning Framework 2025 English - Final Family Learning Framework

Inspire Award 2025 Award-winning scheme transforming lives at Cathays High School | GOV.WALES

St David Award 2026 Parent Learning Group | GOV.WALES

Impact Delivered



Employment Creation

Over the last 3 years, above 50 ESOL learners have gone back to work in care, education or admin roles.

Going Beyond

1. Food share projects in which families are volunteering to minimise food waste, creating a sustainable.wales
2. Volunteering skills through Immnnisaton project. Increase in HPV from 33% to 67% intake;
3. Flu Vaccination has increased from 16% to 26%.
4. Participation in Community litter picking "Clean Cardiff Communities" Project.

A Holistic Approach of Learning

Accredited Courses

- ESOL
- Numeracy
- Digital
- Childcare
- Confidence building
- Food Safety

Workshops

- Immunisation
- Dementia
- Banking
- AI
- Police & Crime
- Mental health

Non accredited courses

- Fitness
- Creative
- Cookery
- Driving theory
- Wellbeing



Top 3 Awards: St. David Awards (2026); INSPIRE Awards (2025); Adult Learning Wales Community