

# ANNUAL REPORT 2021-22

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**PLANT  
DEWI**

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# PLANT DEWI

At Plant Dewi our objective is to nurture families and strengthen communities by empowering families to bring about positive changes in their lives, giving hope and a sense of belonging, across the Diocese of St Davids

## ACHIEVEMENTS THIS YEAR

Between April 2021 and March 2022 26 projects have been delivered by 48 members of staff which include 7 Family Centres, 2 county wide Family Centre Networks, 6 Families Together groups, 4 Young Parents groups, 2 Dads Work projects, 2 Nursery settings and the Baby Bundle Bank which now has 6 hubs across the diocese.

**1364 families** have been supported via the Plant Dewi groups and Carmarthenshire and Ceredigion Family Centre Networks and 140 Baby Bundles have been delivered to families across the Diocese.

## CHALLENGES THIS YEAR

Adapting to the different Covid-19 restrictions has been challenging while still trying to support the needs of families. A blended approach of online, outdoor and small indoor groups allowed service delivery to continue. Managing booking systems for activities has been challenging and has made it hard to engage with the most vulnerable of families who would usually have just 'dropped in' for support. The restrictions highlighted how small many of our venues and family centres were so connections needed to be made to find different spaces to work from such as community halls, rugby clubs and community green spaces. This has been a positive too as it has encouraged new partnerships, highlighted the value of outdoor work and attracted new families. While there has been extra Welsh Government funded initiatives to support the Covid-19 recovery the competition for long term funding for nearly all funding bodies has increased considerably making grant funding more and more difficult to secure.



# Plant Dewi Men's Project

*The Plant Dewi Men's project offers opportunities for dads to socialise, share food, experiences and recognise the important role they play in their family and community. The project aims to increase their networks of support and the Dad and Me After School Club helps to deepen the bond fathers share with their children.*

## Highlights

“  
*It's good to meet new mates and be able watch out for one another*  
”

- Despite the disruption of the pandemic our Growing Hope Project produced over 60kg of potatoes, leeks and lettuce for the local foodbank. Fathers prepared the harvested produce and it was delivered at the end of the summer period.
- The Dad and Me afterschool bonfire and pizza sessions were a real encouragement. Fathers and children enjoyed being around 'the campfire' eating pizza and toasting marshmallows together in the outdoors.
- Fathers were able to support a local primary school to renovate and make fit for purpose an area of raised beds. They were all encouraged as the work progressed and the children started to plant up the finished beds developing their horticultural skills.

### **Sessions delivered**

Growing Hope gardening sessions - 44

Drop in sessions - 21

Physical activity sessions - 12

Community activity sessions - 16

Dad & Me sessions - 15



“  
*The plot is a really peaceful place to be - helps me to relax and get things straight in my head and doing things in the garden makes me feel better*  
”

# Plant Dewi Men's Project



*I appreciate the support of the group and being able to come and chat about anything - it's good to have somewhere I can take the boys too*

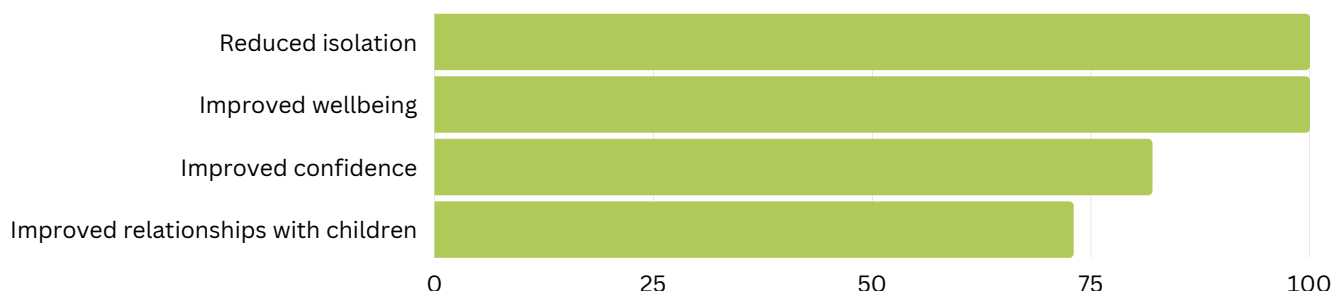
## Adapting through the pandemic

We made the transition to outdoor activities from our online presence and initially fathers accessed the site on a one to one basis both with and without their children. Reengagement was a slow process, informal outdoor activity such as cycling, walks and gatherings outdoors in the Growing Hope Project supported the transition. We continued to develop the plot and we were also able to start cooking outdoors. In the autumn drop-in sessions were reinstated indoors using the cabin area at the Greenlinks facility. Simple sandwiches / soup were offered giving fathers a chance to sit and chat together.

In the New Year schools started allowing access for Dads from the project to undertake some community initiatives. Fathers supported the renovation of wildlife areas, installing a 'reading circle area' and a number of afterschool 'Dad & Me' sessions were delivered.



## Outcomes



*The Dads Project helps me keep perspective - it helps me know I'm doing OK and encourages me*



# Young Parents' Project

*Young Parents' Hubs provide friendship networks, peer-support, develop future aspirations and support young parents in their new caring role as well as young people.*

## Highlights

- Making up Christmas care home parcels for the elderly with the young parents was a wonderful project. Young parents made cards and gifts for them too.
- Working in partnership with Cymraeg i Blant and Menter delivering Language & Play and a healthy eating project.
- Outdoor sessions during spring/summer 2021 were extremely successful in all areas. Young parents have asked for more sessions to be delivered outdoors in the future because some of them do not have green spaces where they live or even a garden.

### ***Work across the Diocese***

A total of 115 sessions have been enjoyed by young parent families across Pembrokeshire and Carmarthenshire. The hubs, although based in certain areas, encompass surrounding villages and towns and the geographical area of 1-1 work is large when taking into account where young parents who attend hubs actually live. We said goodbye to Pencader hub as after supporting them for four years all the parents have moved on to bright futures.



We opened a new hub in St Clears and delivered a pop-up session in Pontyberem that helped identify new parents.

“The group has help me build more confidence on myself to become a great mum and person”

# Young Parents' Project

“ —  
*This group has been a massive help for me. No matter what I am going through they are always there with advice or just a listening ear which, after the last few years, has helped massively with my anxiety.*  
— ”

## Sessions Delivered

A variety of workshops have been delivered by staff and in partnership with local agencies; Language & Play, Baby Massage, Healthy Eating, Digital Workshops, 'Lost Voices of the Pandemic' project, creative writing - 'Journey through Pregnancy', Crafts through mindfulness, Sensory & messy play, Bitesize parenting, Wellbeing sessions, Buggy walks & picnics

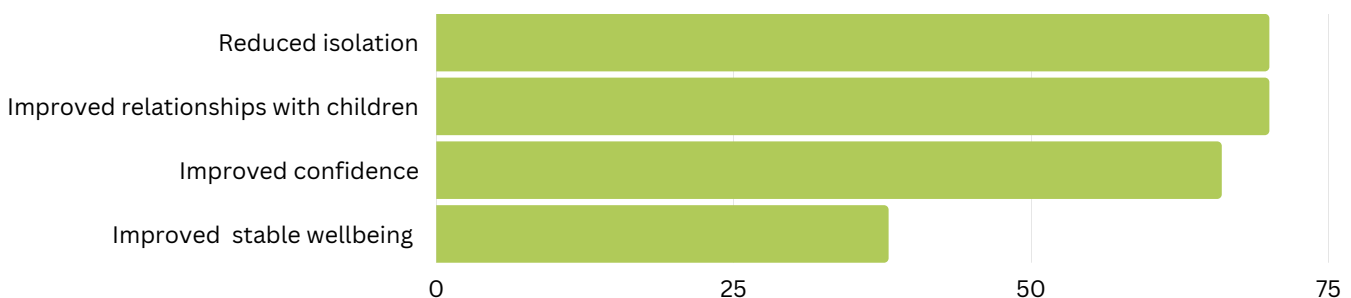
## Adapting during the pandemic

We were able to go back out in May to deliver and delivered outdoor sessions making the most of community green spaces like Ammanford park and Pembroke Dock Heritage centre. We chatted, made crafts, the children played with sand and water and we gave parents the time to talk 1-1 with a member of staff.



Post pandemic we are finding that some of our young parents are still not accessing the hubs due to their reluctance to go out into a group setting. Many are suffering anxiety and prefer to stay at home. We have made more referrals to mental health agencies than we normally would and as staff we are providing much more 1-1 support.

# Outcomes





# Families Together Groups

*Families Together Groups engage with parents to create an extended family to support family life, integrating isolated families into their local communities through peer support and friendship.*

## Highlights

“ The group boosts confidence in people socialising and making new friends having the children play with other children and having parental guidance ”

- 52 New families accessing the service – 61 parents and 86 children
- More dads accessing the service and taking part in activities with their families
- Creating a safe environment where parents were confident to visit

### ***Work across the Diocese***

Carmarthenshire - Groups operated weekly across 4 areas Llandeilo, Newcastle Emlyn, Cwmgors and Crosshands. The Cwmgors group was newly established in May 21 and following outreach work with the local schools and health visitors the group now serves 10 families in the local community. The Crosshands group was also a new addition in November 21 and a close working partnership has been established with The Church Army and local services in the Cwm Gwendraeth area.



Pembrokeshire - Two groups operated weekly in Pembroke Dock and The Mount, Milford Haven. In Pembroke Dock a weekly breakfast was provided from local businesses and parents also received wellbeing packs to support them with the ever-changing way that we had to live. In the Mount the community centre outside space was used for play and craft sessions and families received a pre packed lunch from a local provider.

# Families Together Groups

## Adapting during the pandemic

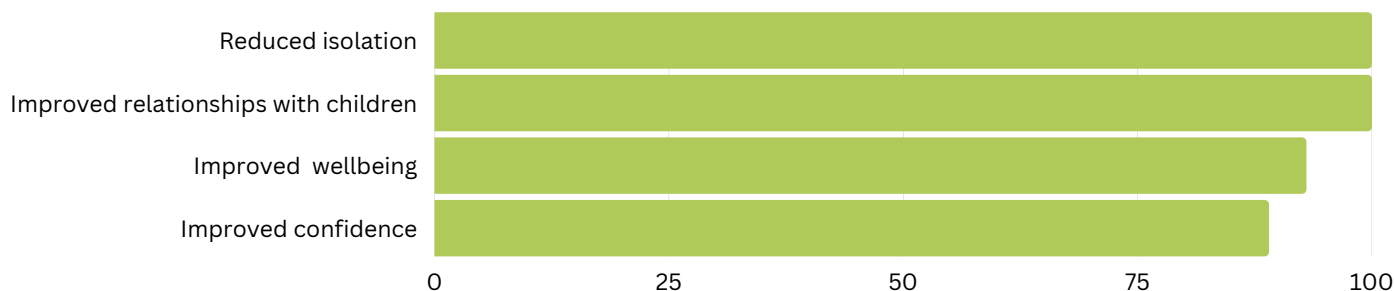
As time went on less families were attending the online sessions however they continued to value and appreciate the regular contact via telephone call, messaging or social media. Weather often controlled the outdoor meetings and decisions would often have to be made at short notice leaving both staff and the families disappointed. The booking system was a challenge however staff and families soon adjusted, both parties understanding the importance and necessity of keeping everyone safe. This gave families confidence to access the services knowing that the projects were a safe setting to visit. It also gave confidence to outside agencies to refer or visit the projects.

“ Feeling welcome in a calm group. my child interacting with other children his own age, really helps both of us with our mental health, being out socialising ”

“ I have attended the group for a number of years, my children love it. It is welcoming and a great place to make new friends and do activities with my children. ”



# Outcomes



“ Very friendly and helpful when help is needed. ”



# Baby Bundle Bank

*The Baby Bundle project in partnership with the Mothers Union makes life a little easier for new or expectant young parents in need. Baby Bundle Bank provides essential resources and equipment to welcome a new baby into the family home, relieving parents of the worry and anxiety of how they will be able to afford to provide them.*

## Highlights

- New working partnerships have been developed with other family support organisations and agencies across the three counties.
- A vast number of resources continued to be donated to the project.
- Continuing to provide bundles to parents over the pandemic while adhering to Government guidelines



*I just wanted to say thank you so much again for the beautiful clothes that you gave us today. Both me and my partner are so grateful for all your help*

### Work across the Diocese

**140 bundles were delivered across the diocese to families in need**

Carmarthenshire - The two bases are in Impact 242, Crosshands and St Johns Church, Carmarthen. Four volunteers support the project - sorting out resources, delivering to other bases, preparing bundles and getting them to the referrer. Over the year referrals have been received from Health Visitors, Domestic Abuse Teams, Young Parents



project, Perinatal Team, Social Workers, The Wallich, Voices for Care, Next Step Team, NHS, Disability Team, Hywel Dda Health Board, Burry Port Family Centre, Midwives, Palliative Care, Next Step Team, Social Prescribers and Helping Hands Threshold.

# Baby Bundle Bank

“ I’m absolutely overwhelmed by your kindness and generosity. Thank you so much! ”

## Work across the Diocese continued

Ceredigion – The base is located in St Anne’s Church Penparcau. The Family Centres in Ceredigion also store a number of items for the project. There is one volunteer covering the Ceredigion area. Referrals have been received from Pathfinder Workers, Perinatal Midwife, Flying Start, Family Centres and Tim Teulu.

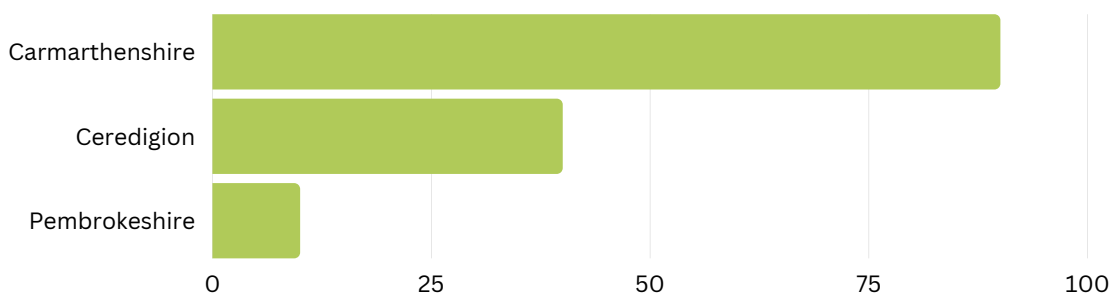


Pembrokeshire – There are two bases in Pembrokeshire - the Plant Dewi Hub, Pembroke Dock and Steynton Hall, Steynton. One volunteer supports the project and referrals have been received from Dads Project project, Young Parents project, Pobl Care, Midwives and Health Visitors.

“ ———  
 For the first time in a long time I actually had a weekend where I wasn’t worrying about how I was going to get things together etc and I actually started to feel excited! Thank you again  
 ——— ”



# Outcomes





# Betws Family Centre 'Ty Tyfu'

Betws Family Centre provides a safe, non-judgmental, homely environment for families to meet others, for parents to receive mutual support and for children to gain valuable childhood experiences. The primary focus of the centre is to work with children and families to reduce stress, prevent family breakdown and support families to enable them to continue to live together in their community.

## Highlights

- Families have been happy to engage with us outdoors and our sessions have been well attended even though numbers were limited due to social distancing regulations
- We held Peter Walker Baby Massage sessions on Thursday afternoon, Baby and Toddler Language and Play sessions every Wednesday at Betws rugby club which allowed us to have greater numbers
- Our local midwife held antenatal classes over zoom which then led to the new mums attending the centre with their babies

### *Sessions delivered*

After months of covid restrictions, it has been relief to finally open up the centre for drop in sessions once again. These face to face activities were a huge success and all parents followed all the guidelines given to them by the centre, making all activities safe for everyone.



# Betws Family Centre 'Ty Tyfu'

*I look forward to attending the centre as my daughter and I really enjoy. The staff are always helpful and always have lots of fun activities planned. My daughter was born during lockdown and had very little experience of interacting with others but thanks to the centre she has gained so much confidence and enjoys interacting with other children.*

## Sessions included;

- Baby Massage
- Language and Play
- Baby Sensory
- Toddler Active
- Arts4wellbeing
- Forest School
- Antenatal With Sharon the midwife
- Hwyl Y Betws (Actif Sir Gar)
- Jamba Drama
- Bongo Clive
- Baby Massage/Yoga with Rubba Bubba



## Adapting during the pandemic

Staff continued to support families through online services and achieved this by 1:1 support through phone, WhatsApp, our social media messenger and Zoom. When restrictions were in place staff held baby massage sessions over zoom and provided families with activity packs for sensory play and crafts. When covid restrictions have been in place we have held our language and play sessions at our local park. Our weekly cooking packs with ingredients and cooking instructions were popular with the families.



## OUR FUNDERS FOR THE YEAR

- Children In Need
- Tesco
- Mynydd Y Betws
- B&Q
- Comic Relief
- Foyle
- Garfield Western
- Flying Start/  
Families First



# Borth Community Hub

*We offer a range of family support activities, we run a variety of weekly sessions for families and continue to offer a range of virtual support.*

## Highlights

- Summer Of Fun - Amazing young people developed so many activities and free play sessions to really engage and stimulate children aged 0-11 years. Sports, crafts , small world play, free play , messy play , music and games. You name it they did it !
- Intergenerational Café - Seeing families and older adults come together again in our community café after a gap of over a year !
- Forest School - The joy for families of being able to be together again as we emerged from lockdowns. Appreciating the outdoor garden area all year round. Seeing toddlers who had had little contact with other children - especially other children their age - come together and start to engage and communicate with others.

### ***Sessions delivered included***

Borth Actif	Borth beach
Bumps and babies	Walk and Talk
Early Years Wales - Baby Actif	Baby massage
Language and Play	Summer of Fun
Forest school	Family Links
Space for You with Simone	
Mindful drama with Melanie	



# Borth Community Hub

“ Our Babies are sitting and looking at each other - they are so happy. ”

## Adapting during the pandemic

We continued to run the book bundle and clothes bundle scheme. We ran far more Outdoor sessions and kept the Forest School sessions running throughout the year . We used to stop these in October and re start at Easter each year. We have seen how to value the outdoor areas in nearly all weathers. We had effective and efficient systems for taking in donations and delivering. We adapted to on line delivery when we had to but for the vast majority of parents nothing beats face to face .

“ I feel these sessions are so important after everything we have been through and help XXX build her confidence ”



## OUR FUNDERS FOR THE YEAR

- WG - Food Poverty
- WG - Young People's Mental Health and Wellbeing
- National Lottery People and Places Grant
- Moondance
- Families First



# Burry Port Family Centre

*The aims of the Family Centre are to ensure children have a flying start in life, a comprehensive range of education and learning opportunities, are able to enjoy the best possible health, free from abuse, victimisation and exploitation, have access to play, leisure and cultural activities, are listened to, treated with respect, and have their race and cultural identity recognised, have a safe home and a community which supports physical and emotional well-being and are not disadvantaged by poverty.*

## Highlights

*“ I think it helps a lot to get out of the house and have a routine together ”*

- Despite the uncertainty we have all lived through during the pandemic, its great to to report continued engagement with such high numbers of families, many of whom are new to the service.
- Staff have accessed additional training in Decider, One Plus One, British Sign Language, Community Nutrition, ROSPA and Gro Brain - all this training adds to the “tool kit” of support, that we can offer our families and the wider community.
- Across the project we have seen a rise in male attendees, we acknowledge a designated group has not worked, thinking outside the box has removed some barriers to engagement.

*“ His confidence has improved lots, he is also improving in other areas such as paying attention and listening ”*



# Burry Port Family Centre

“  
Yes, I think it has helped my son come out of his shell a lot and play with other children  
”

## Sessions delivered included

Outdoor play	Arts for Wellbeing
Walking Group	Beach Day
Virtual STEM Science	Wellbeing Wednesdays
Virtual Coffi and Clonc	BSL online
Dads Group	Baby Massage
Actif	Language & Play
Forest school sessions	Cookery
Speech and Language	Play Therapy



“  
Yes I'm definitely feeling much happier and positive about life in general  
”

## Adapting during the pandemic

Like so many others we had embraced new ways of working becoming adept at utilising social media and new platforms of engagements, we continued to offer a blended service, although the disengagement rates became higher. Covid disrupted our service for a short while with staff having to isolate and recover. In line with policy and legislation we cautiously continued with the small outdoor groups, moving forward to indoors for limited numbers and times, expanding and developing as restrictions allowed. Centre staff planned, prepared, cleaned and sanitised in readiness.

Families embraced the new booking systems, one-way systems, health questionnaires, temperature checks and masks, they were thankful to be back at the centre, back together, out of their homes and back in the community.

## OUR FUNDERS FOR THE YEAR

- Flying Start
- Families First
- Child Development Fund
- National Lottery People and Places



# Felinfoel Family Centre

*We provide a free meeting place with opportunities to make friends, grow in confidence, gain support in parenting, learn new skills, improve well-being and have fun with your children.*

## Highlights

- Throughout this year we were able to work with a group of parents delivering courses that aimed to increase wellbeing as we recovered from the emotionally difficult time of lockdowns. This was so well received that these parents formed their own WhatsApp craft group to share their ideas and achievements.
- It was a real boost to be able to offer a small outdoor Christmas Event to tie in with the Community switching on of the lights.
- Forest School summer sessions- We held 5 sessions for school age children using the forest and the river in Swiss Valley to encourage play. Children enjoyed paddling and playing in the river and eating outdoors.

### ***Sessions delivered included***

Baby Group	LAP/Parent & Toddler
Family Fun Club	Helping working families
Online Adult Crafts	First aid for Parent
Safeguarding	Wellbeing Coffee & chat
Self-employment	Cooking boxes
Cake decorating	Baby Massage
5 ways to wellbeing	Crafts
Trips to Folly Farm, Fireworks, Margam Park	



“

*It gets me out socialising and also my baby socialising with other babies. It helps with our emotional well being*

”

# Felinfoel Family Centre

## Adapting through the pandemic

This year has been a much smoother year when compared to last year. Since reinstating face to face sessions again in April 2021 the year has been categorised by tight restrictions on numbers and other covid mitigations however it has been stable and we have been able to provide a consistent level of support for the families again.

“ It helps me to get a routine with baby and get out of the house, meeting new mums and having grown up conversation is a huge benefit but also developmentally for my baby it's fantastic ”

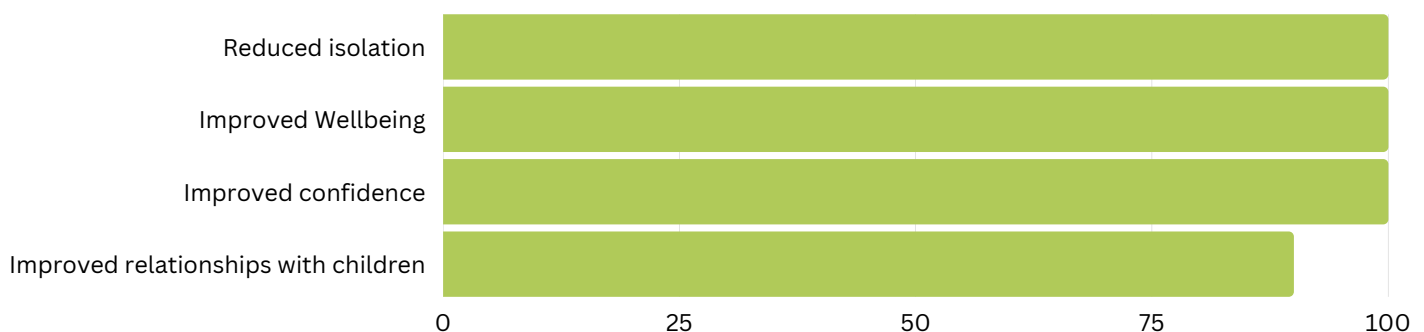


### OUR FUNDERS FOR THE YEAR

Children In Need; The National Lottery Community Fund Helping Working Families Grant; Awards for All; Respond Grant; Flying Start/Families First with additional grants under the CDF and CCG funding; Rural Council Community Fund.

# Outcomes

“ I love spending time with my child and being able to take her to groups is very important to me ”





# Garnant Family Centre 'Tots Ty Ni'

*Garnant Family Centre offers informal family support to families with young children in the area. It is delivered through informal sessions aimed at parents with babies and toddlers, activities for children up to the age of 11 years, outdoor sessions, more structured courses, training and workshops, parenting and family support as well as special events and trips.*

## Highlights

*“ I've learnt how to do a full massage for my baby and the confidence to do it on my own ”*

- In September we opened a face- to- face Toddler Group at Cwmamman Community Centre. The size of the hall, enabled us to facilitate sessions for a greater number of families safely. It was so exciting to have an indoor face to face group again!
- During the summer holidays the Family Centre facilitated a session with Rob Parry of Nature Conservation Cymru, in the local park to do bug hunting and outdoor activities-, the children were fascinated.
- The families had a lovely time in March 2022 when Sarah from Guiding Star came and did a Forest School morning with them. The children got to immerse themselves in making potions, using guttering as slopes, pushing toy diggers to move around sawdust and finally sitting around the fire pit to toast marshmallows.

### ***Sessions delivered included***

Toddler Explorers  
Bumps to Babies  
Growing Together Outdoor sessions  
Initiative for Conservation Cymru  
Actif Play and Mentor Bro Dinefwr  
Homestart- Walk and Talk  
Language and Play  
Baby Massage  
Time to Shine



*“ The activities and the emotional support and parenting advice is brilliant ”*

# Garnant Family Centre 'Tots Ty Ni'

*The staff-so kind and understanding made the bad days seem good*

## Adapting during the pandemic

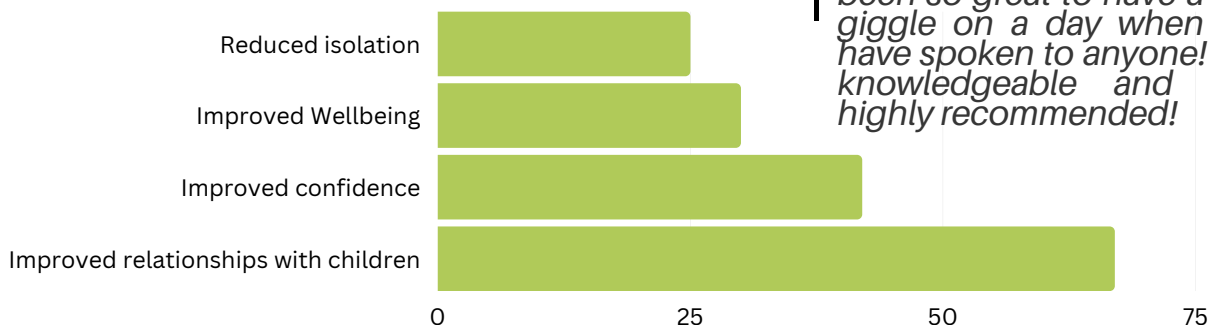
For many months staffing delivery and support was online and then with additional staff joining the team we could open to face to face sessions again. Larger Community spaces allowed us to do indoor sessions. We also started the walking group, so families could be on the move and keeping warm during the colder months. Over Christmas we did activity packs for the three weeks for families that were still reluctant to attend sessions due to Covid-19.



## OUR FUNDERS FOR THE YEAR

Awards For All, Families First, Flying Start, Postcode Community Lottery, Waterloo Foundation, Carmarthenshire Covid 19 Response, Child Development Fund, Garfield Weston, Covid Resilience Fund, Myndd Y Betws, Cwmamman Town Council, Voluntary Services Response Fund, Wales Respond and Recover Fund

# Outcomes



*“Bumps to Babies has been brilliant; always friendly and welcoming. It's been so great to have a chat and a giggle on a day when I may not have spoken to anyone! Sarah is so knowledgeable and reassuring, highly recommended!”*



# Lampeter Family Centre

*Lampeter Family Centre provides a warm and friendly setting for families with young children aged 0-5 years. Parents, grandparents, childminders and carers are encouraged to join in with play activities like arts & crafts, walks, trips, musical sessions and story sessions.*

## Highlights

“ I can honestly say they have been an absolute saving grace for me and I don't know how I would have coped without them ”

- Christmas shoe boxes project - Through the local community we were able to coordinate the provision and distribution of 170 Christmas gift boxes to the more vulnerable children attending the Family Centre, local schools, care home, and sheltered housing.
- We were able to Recruit volunteers who helped and we value their time and support to us at the Family Centre.
- Community spirit - The community continued to be a great part of the Lampeter family centre despite the challenge of the covid-19 pandemic.

### ***Sessions delivered included***

- |                             |                    |
|-----------------------------|--------------------|
| Cooking and wellbeing       | Walk and Talk      |
| Physical play               | Story and play     |
| Baby group                  | Craft session      |
| Arts 4 wellbeing            | Siani Sionc        |
| Lleucu                      | Music and movement |
| Christingle                 | Carol Singing,     |
| Zumbini                     | Gardening          |
| Ambulance visit             | Forest school      |
| Family Links                | Little Stars       |
| Mindfulness Breath & Brush. |                    |



# Lampeter Family Centre

“Lampeter family centre have provided a welcoming space to meet and make friends with other mums. I love that my baby is able to interact with other children of a similar age, and that I can ask other parents for advice or just share how we are feeling with someone who understands.”

## Adapting during the pandemic

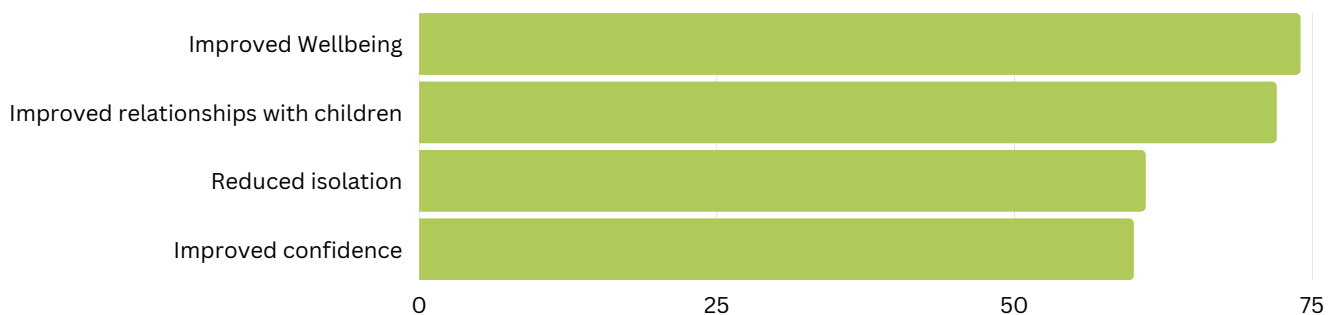
At the start of the year, we offered our sessions virtually by delivering weekly online sessions such as crafts, cooking, story and also wellbeing checks. As the restrictions eased, we offered walk and talk sessions that were open to all ages from new born to pre-school. We invited the local Health visitor to attend the sessions which we found were very successful for our parents. From the middle of July we started to prepare and deliver sessions at St Peter’s Church hall for indoor work by carrying out risk assessment to ensure that we kept everyone safe.



## OUR FUNDERS FOR THE YEAR

People & Places Lottery Fund, Awards for all, Co-operative, Families First, Pathfinder, Freemasons, Child development fund, Community Foundation - Covid-19. Sainsbury’s

# Outcomes





# Llandysul Family Centre

*Llandysul Family Centre is a warm and welcoming place where mums, dads, grandparents and carers with children under 5 can come to make new friends, learn new skills and spend quality time playing and learning in a fun and stimulating environment.*

## Highlights

- Continuing our relationship with Arts4wellbeing to develop a programme of outdoor sensory play activities for families in the community.
- Returning to face to face sessions with families in the family centre.
- Sharing active play, music and dance with families during a session with Siani Sionc thanks to Child development funding.

“ They helped me make small changes which then have a ripple effect in most areas of life as small achievements bring the big ones into manageable chunks ”



### Sessions delivered included

- |                    |                  |
|--------------------|------------------|
| Whatsapp wellbeing | Walk and Talk    |
| Physical play      | Story and play   |
| Babyzone           | Play in the park |
| Arts4wellbeing     | Stay and Play    |
| Zumbini            | Christmas Crafts |
| Christingle        | Hello Baby       |
| Siani Sionc        | Time for you     |
| Family Links       | Gro Brain        |

“ Thank you for these walks, it is so good to be able to see people. I haven't met anyone during my maternity leave so far ”



# Llandysul Family Centre

“My daughter really enjoys attending the family centre sessions she enjoys meeting new people and developing skills through their play and communication it really helps.”

## Adapting during the pandemic

Throughout the year we have adapted our practice and the support. We offered virtual sessions for families through weekly wellbeing sessions on whatsapp and we began to develop a range of sessions for families to take place outdoors in the local community. Through these walks we encouraged families to reconnect with each other and other support agencies and networks. We were joined by Health visitors, the PCSO and CAB on our walks. We reached out to other community venues to find suitable locations that would meet social distancing requirements.

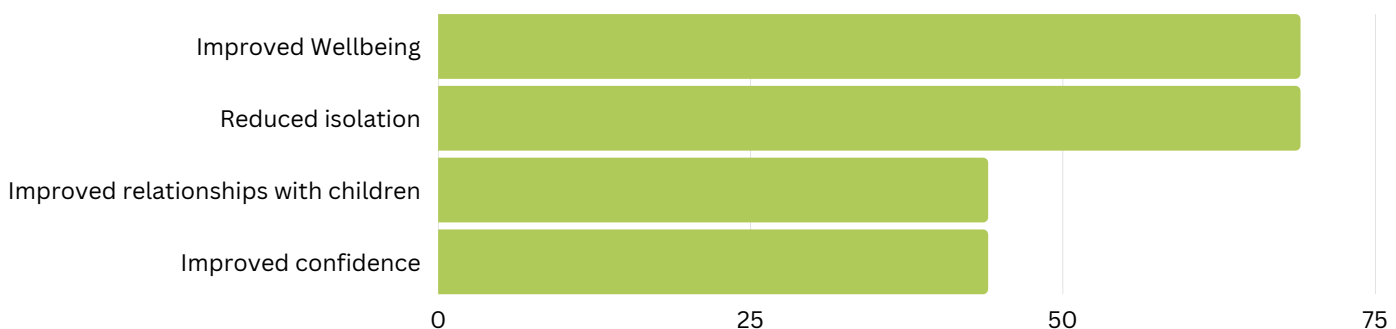


“Thank you for these walks, it is so good to be able to see people.”

## OUR FUNDERS FOR THE YEAR

- The National Lottery
- Flying start
- Families First
- Child development funding
- Summer of Fun and Winter of Wellbeing
- The Postcode lottery community trust.

# Outcomes





# Llanybydder Family Centre

*A relaxed, friendly environment open to all parents and carers and their children aged 0 to 11 years old. Providing a range of different groups such as baby group, language and play, outdoor play, parent and toddler group and much more. Also able to provide a range of courses and talks from professionals*

## Highlights

“Llanybydder Family centre is like a family you choose”

- Being able to venture beyond the Centre on trips and days out, to places such as Llanerchaeron, Longwood Forest, Little M'zzz, Aberaeron and Cors Caron, has been a great way of engaging with our families and exploring the local area
- We organised a free spooky Halloween Party at Llanybydder Rugby Club, with music, dancing and prizes, which was well attended and gave families the chance to interact and have fun.
- Being able to work with, organisations again has been fantastic. This year, we have worked with Arts 4 Wellbeing, Rubba Bubba with Rach, Cymraeg i Blant and also act as our families base for FootHold Cymru's surplus food project 'Y Fasedged Siopa'

### **Sessions delivered included**

Baby Group	Park sessions
Stay & Play	Cylch Ti a Fi
School Readiness	Active Baby & You
Coffee, Cake & Catch up	Home Safety
Wednesday Walking	Crafts
Physical activity for Toddlers	Stori Actif
Healthy Eating on a Budget	Baby Massage
Language & Play	First Aid for Parents



# Llanybydder Family Centre

## Adapting during the pandemic

At the start of the 2021 restrictions were being lifted very slowly in Wales, and we were able to use our lovely garden area to accommodate families. It has been a challenging time - we have had to continuously adapt our working ways in response to ever-changing rules and regulations, but our top priority was always to keep our families and community safe. Despite the challenges, we have still been able to support a tremendous number of families from the local area.

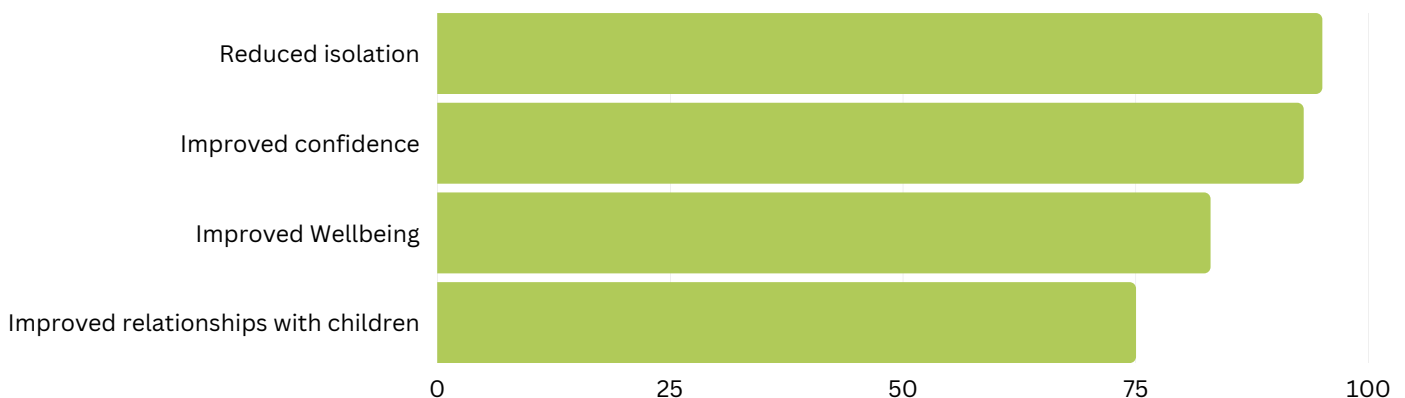


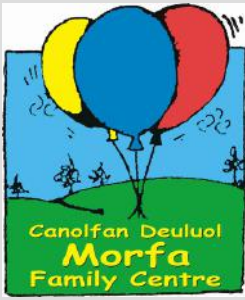
### OUR FUNDERS FOR THE YEAR

The National Lottery Community Fund, Children in Need, Families First, Mudiad Meithrin, Nisa | Making a Difference Locally, The Oakdale Trust, Llanybydder & Rhydcymerau Community Council, Community Foundation in Wales, Williams Brown Hill CIO, The Nineveh Trust

“*The Llanybydder Family Centre is fantastic! My children have really flourished attending regular sessions after a long period of lockdowns and restrictions and it has been a great help for me too, to build my own confidence.*”

## Outcomes





# Morfa Family Centre

*Morfa Family Centre provides activities, courses, crafts and fun, primarily for families with preschool children up to the age of five, welcoming older siblings during school holidays.*

## Highlights

- We have been able to restart our sessions back face to face and at the Family Centre. This has been so beneficial to our families, it gets them out of the house, gives them the opportunity to socialise and make friends after a really isolating year.
- Being able to organise Trips, Fun days and celebrations gives our families a sense of normality again and provides opportunities for some families that may not be able to experience these opportunities.
- Being able to work with other local, external organisations to come in and deliver more diverse sessions to the families.

### ***Sessions delivered***

Active Baby and you - 3 courses

Bumps and babies - 47 sessions

Together time - 47 sessions

Toddler group x2 - 94 sessions

After school club - 20 sessions



### ***Adapting during the pandemic***

We have delivered a blended service due to the pandemic. Some sessions have been held online whilst in Lockdown, we then moved on to sessions outdoors in the community before returning to the centre for outdoor and indoor sessions.

# Morfa Family Centre

## Adapting during the pandemic continued

We have had to adapt with the covid restrictions in place, under tight restrictions we operated online via zoom and outdoors when restrictions allowed before commencing to a more normal routine indoors/outdoors in the recent weeks. Our sessions included 7 online sessions, 63 outdoor sessions and 138 blended indoor/outdoor session at the Family Centre. This figure is a 203% increase from last year's figures. During this time, we have held 2 fun days with Princess and Superhero entertainers, held many STEM sessions and worked closely with Michelle from The Church Army to do fun interactive sessions such as Christingle making and the Nativity Story.

“

*Thank you for an amazing day! Thank you again, the job you do means a lot to us and our children. You're the best!*

”

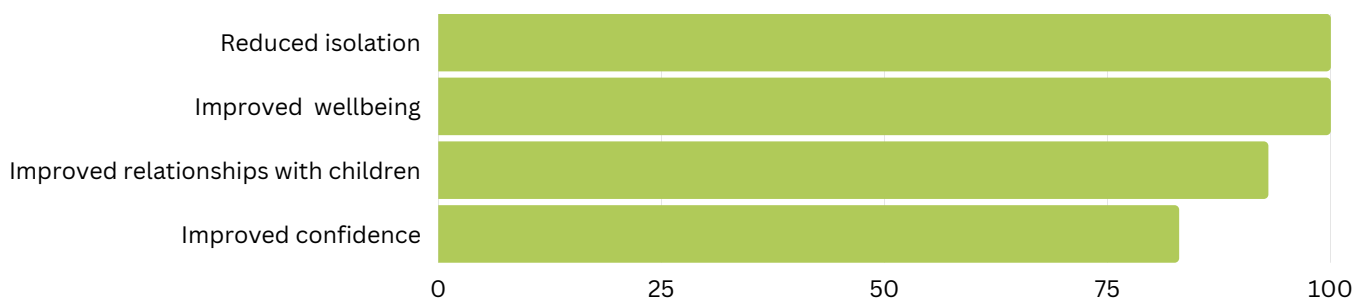


### OUR FUNDERS FOR THE YEAR

National Lottery's Awards for All fund, Community Foundation Wales Coronavirus Fund, The Waterloo Foundation and Garfield Weston.



# Outcomes





# Pencader Family Centre

*The Centre is a thriving fun place where children 0-4 years, and their parents/carers, can enjoy an exciting and stimulating environment to play and learn in. The staff from the centre offer support and advice for parents and carers.*

## Highlights

*“The staff are accepting, non-judgemental and provide a positive space for families to come and enjoy.”*

- The efforts made by all staff to keep in touch with the families. Zoom was helpful but direct contact is the best, so attempts were made to see people “at a distance”, over a fence or in an adjacent field at a farm and having a chat whilst delivering books or toys.
- Getting together again at the Christmas party where we were able to provide a warm and happy atmosphere, and where suddenly families appeared that had not been seen for ages, as well as new families with babies
- Having the time to get the building in shape. Two projects ensured that the kitchen no longer had damp and also a whole new kitchen was put in place. We are grateful to two major funders, Stadkraft and Brechfa Wind Farm, who provided the finance to make this possible.

### Sessions delivered

- Story telling
- Games days
- Senior Citizens club
- Online information
- Lunch club



*“...We get to enjoy lovely home cooked food for lunch club on a Thursday. We also get a weekly foodbank bag. The family centre have different activities, events and trips that have been organized. Thank you again for the on going support and looking at the well being and happiness for all the children”*

# Pencader Family Centre

## Adapting during the pandemic

Staff adapted to working from home and keeping in contact via phone, texting and principally Facebook. We did use Zoom, but found it was not really suited to the needs of very young people. We made attempts to keep in touch by delivering toys and books, when we were able to speak to others at a distance. As we gradually got going again at the Centre, we maintained social distancing, wore masks, took temperatures on entry, sanitized everything and centre users and staff did adapt very well, making the best of what we could do. We used the outdoors as much as we could, and had an outdoor heater installed to make conditions as comfortable as possible.

“A Centre for all-staff are willing to go above and beyond to help with necessities like food, clothes and toiletries. Always there for advice. Great for pre-school children and babies with mothers new to the area. A needed place for vulnerable mothers catering to each individual with lots of care and time given to each



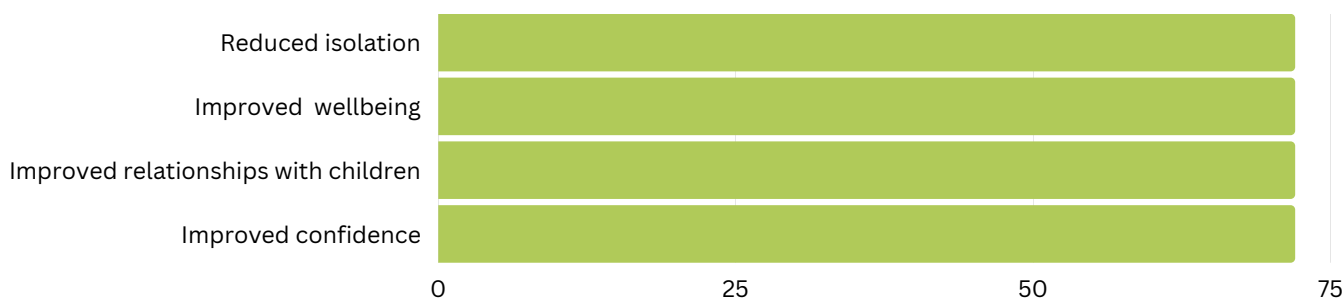
## OUR FUNDERS FOR THE YEAR

This year we have been supported by Inogu (Brechfa Wind Farm), The Postcode Lottery, Awards For All, Dr Dewi Davies Fund, Moondance and Families First. We thank all of them for their wonderful support.



“The Family Centre is a brilliant place to bring children to develop their skills in making friends and learning new things

# Outcomes





# St Pauls Family Centre

*St Paul's Family Centre is a registered charity and has been working at the heart of the community in the Tyisha and Bigyn areas of Llanelli since 1995. We provide support for children and families in a highly disadvantaged area.*

## Highlights

- Working in partnership with Ty Gwyn Community Church. This gave the Family Centre the opportunity to deliver sessions at a larger central venue, this enabled staff to reduce waiting lists and increase numbers, whilst providing a Covid Safe environment.
- A trip to the Dinosaur Park in Tenby was for many the first time they had visited the park and the first trip that the family centre had held since prior to the pandemic.
- Increasing attendance in our baby and toddler groups. Since Covid restrictions have eased we have successfully built a well-attended baby group each week and some of the families have also started to attend other sessions and Family Fun Days.

### **Sessions delivered**

Baby Group, Play Together for 0-3s, Family Fun Sessions, Outings to Llanelli beach and local parks, African Drumming, Christmas Party in The Glen and coach, Trip to The Dinosaur Park, National Playday party, Active story sessions, Let's Get Digging, Online session, Arts 4 Wellbeing, Safer Streets, Brighter Future



### **Courses delivered**

Language & Play/Number & Play, Baby Massage with Rubba Bubba, Time to Shine

“The service is a life saver for parents who are struggling with mental health, confidence and loneliness. It's a lovely way to socialise the little ones and get advice and guidance when you're struggling with what to do.”

# St Pauls Family Centre

## Adapting during the pandemic

During the pandemic, staff learned new ways to deliver sessions to children and families, the most important being that we could use alternative venues and still have the family centre "feel". The importance of working in partnership with other groups and organisations had never been as important and has highlighted the need for this ongoing work to continue when the pandemic has ended.



*Fantastic day out! We had so much fun! Trips are always great with St Paul's family centre! We get to experience things as a family, that ordinarily we wouldn't get the chance to experience. Thank you*

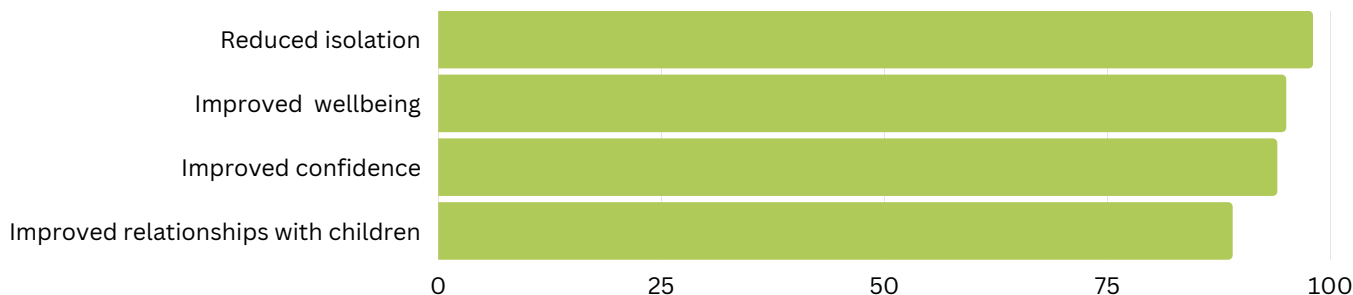


## OUR FUNDERS FOR THE YEAR

Garfield Weston, Llanelli Town Council  
 Dyfed Powys Police & Crime Commissioner, Asda, Oakdale Charitable Trust, Sylvia Adams  
 Community Foundation Wales - The Provident Social Impact Fund, Margaret Davies Charity, The Waterloo Foundation, Families First/Flying Start, Welsh Government Child Development Fund, Summer of Fun, Winter of Wellbeing and Children's Community Grant, Pobl Community Chest, Tesco

# Outcomes

*Considerate staff - always going above and beyond for families. Well planned out activities and events*





# St Pauls Nursery

*St Paul's Nursery provide care for 16 children aged 2 to 3 years. Working in partnership with parents and carers to meet the needs of each child.*

## Highlights

- Securing the new 'Flying Start' Nursery contract
- We had an excellent report from our 'Early Years Wales' annual assessment, which highlighted the quality of care during the Covid 19 pandemic.
- Being invited to pilot the new 'Designed to Smile' project.



Parents are now once again welcome to come in and talk to a member of staff before and/or after each session, since the Covid restrictions had restricted this and led to increased telephone discussions. This has allowed the parents to express any issues or concerns for their child or to be given reassurance from a member of staff of their development.



Staff have taken children on local walks to experience the wider community, recent walks have included nature walks around local area, outings to the local nursery school yard, the local playground and visits to our offsite allotment. This has allowed the children to experience the outdoor environment which also covers all seven areas of learning.

The staff supported the children daily in active song time, story time, maths, science and music/dance and promoted physical activity both indoors and out. Weather permitting staff took the class room experience outdoors

“  
A big thank you for  
helping my boy to grow  
”

# St Pauls Nursery

“  
Thanks for giving her such a great start, she’s  
loved every minute of being here’  
.. had the best time ever, she’ll miss you all  
”

There is access to the book area, home corner, board games, puzzles, art, music, toys, dressing up area, sand/water, large scale equipment and free play opportunities. The staff strive to provide a happy, caring, stimulating and friendly environment. Staff work alongside children giving them the opportunities to play, learn and develop at their own pace.

Staff have observed children and followed the Foundation Phase Profile (FPP). Each child has their own FPP and information gets recorded within 6 weeks of joining the nursery, after six months and again just before they leave. 99% of children usually reach their expected Foundation Phase Profile (FPP) outcomes, however due to lockdown, we have found that many of the children are showing delayed speech, communication and social skills, they also seem to lack confidence, which could be due to missing out on experiences with peers. Many of the newer children have not had opportunities to be part of baby or toddler groups. Over the past year 25% we were below their expected FPP outcomes.

Each child has had daily opportunities to access the Core Vocabulary Programme which was a Flying Start recommendation, it is taught with small groups of children in order to develop language skills, it is working well to encourage the children’s speech and language in a fun, social environment. All children’s speech was improved by the time they transitioned to school.



## ***Adapting during the pandemic***

This year children have been unable to visit the local primary school which usually enables them to have a better transition to school and helps them to gain positive experiences of their new surroundings. The Nursery Manager has had transition meetings with the Head Teacher via telephone and emails to share information about the children who were due to start.



# Tregaron Family Centre

*A FREE service open to all! Offering fun and educational activities to promote well-being*

## Highlights

- A huge increase in new families attending since the pandemic. Lovely to see so many new faces attending all the sessions and new friendships that have been made from this.
- New sessions to improve parents' wellbeing have been offered - 'Breathe and brush' and 'Bring your baby fitness' classes have been great for improving parents' wellbeing.
- Great community relationships have developed through providing activity packs to the families to make gifts for the local care home and people receiving meals on wheels parcels.

### **Sessions delivered**

Baby massage , Zumbini , Arts 4 wellbeing, Breathe and brush, Bring your baby fitness, Stay and play, Actifiti, Theatrical workshop, Cymraeg I blant, Family fun Day, Christmas Party, Zoom Craft Sessions, Outdoor Sessions, Messy Play, Trips to Denmark farm & Pantyfod gardens



“ Thank you so much for the huge giftbox you put together for our family in need. If only you could see the children's faces they are overwhelmed with excitement at all the goodies inside. ”

# Tregaron Family Centre

## Adapting during the pandemic

Online sessions were held when sessions couldn't be run. Risk assessments were done and Safety precautions were put in place to reduce the risk of infection. Sessions were provided in a large hall and in outdoor spaces to ensure people were able to keep a 2-metre distance. Packs were distributed so families were able to take part in activities without having to access the sessions at the hall. Great to see lots of new babies attending



*You have made a massive difference to us as a family in short amount of time that we know you we can't thank you enough for going above and beyond to help us.*

which have been born during the pandemic and missed out on the stimulation of social groups- really lovely to see these children develop and thrive during the sessions we have put on.

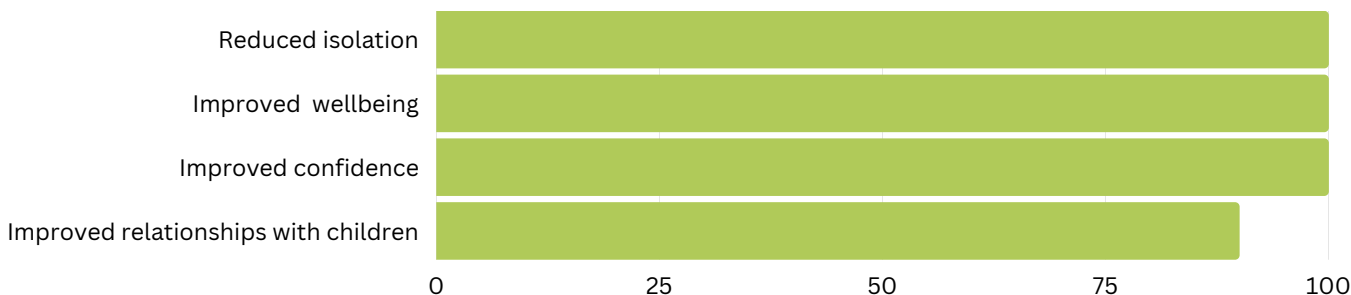


## OUR FUNDERS FOR THE YEAR

Ceredigion Community Fund, Peoples Postcode Lottery, Community Foundation Wales, Families First, Flying Start, Awards for all, Garfield Weston, Child development fund, Healthy schools

# Outcomes

*My son and I have been attending the zumbini sessions regularly which we have really enjoyed - As a child born in the pandemic it has been so great to get back into the family centre life and to allow him the time to play and interact with other children.*





# Ty Hapus Family Centre

*We support families with young children by working in partnership to enhance family life and to offer opportunities for parents and children to improve their lives through education - empowering individuals and strengthening the communities in which they live.*

## Highlights

- It has been lovely to see children and parents reconnecting following so much isolation during the pandemic.
- The families enjoyed a free day out at Folly Farm. This was something out of reach financially for many families and being able to go together as a community, especially after a difficult year, was extra special.
- We held an outdoor fun day at Ty Hapus in partnership with Actif Sir Gar. Everyone enjoyed being both outdoors and active and it supported the mental and physical well-being of all involved.

### **Sessions delivered**

Baby language and play, Toddler language and play, Flying Start sessions, Cuppa and a chat, Activity packs, Online story and song, Weekly Walking Wednesday, Drop-in session with Health Visitors, Weekly Stay and play sessions, Fun days, Trips to Excel Bowl and Folly Farm



“  
I don't know where I would be today without the support of the family centre, you have no idea how much the support has made a difference to mine and my child's life  
”

# Ty Hapus Family Centre

## Adapting during the pandemic

Throughout part of the year some activities and support were delivered online via the Ty Hapus facebook page. When restrictions eased, we were able to offer outdoor sessions following Government guidelines. This included social distancing and limited numbers. We still continued to upload language and play clips, activity ideas, recipes and links to services. We also offered support via email, telephone calls and messages.



“  
This place is an absolute god send to myself and my daughter. Thank you for all you do  
”

Returning to indoor sessions started with limited numbers and booking required. We continuously monitored guidelines and recommendations in order to provide the best service we were able to. Feedback from parents has said how amazing it is to now be back socialising, particularly for those with babies and toddlers who felt they had missed out greatly during the pandemic.

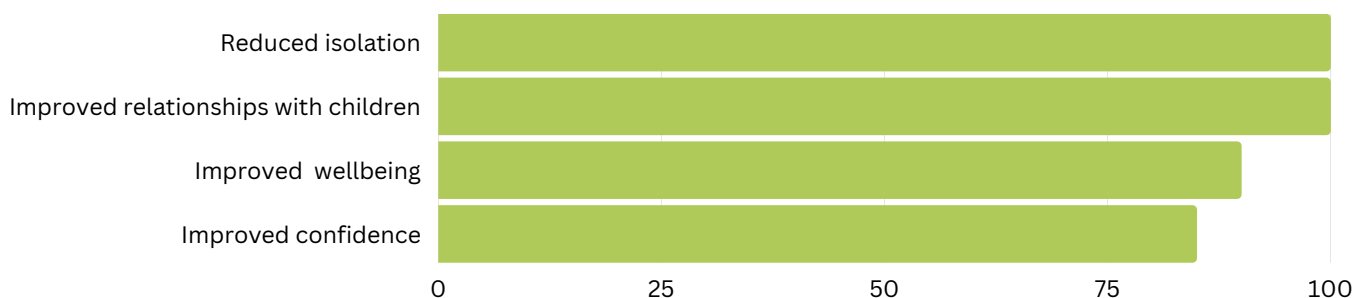


### OUR FUNDERS FOR THE YEAR

Children in Need, Awards for All, Oakdale, Foyle Foundation, Magic Little Grants, Flying Start, Families First.

# Outcomes

“  
Thank you so much for everything you do, we would be lost without the family centre  
”



# THANK YOU

A big thank you to all the funders that have supported Plant Dewi during the year. We also thank our dedicated Trustees, staff, volunteers, partner organisations and supporters that make it possible to support so many families across Carmarthenshire, Pembrokeshire and Ceredigion.



DR DEWI DAVIES

WILLIAMS BROWN HILL CHARITY



# 2022-23

## LOOKING FORWARD

Now that restrictions have eased, we look forward to a return to open sessions for families, trips and fun days. We look forward to the gradual return of staff to the office and more meetings taking place in person. Plant Dewi celebrates its 20th Anniversary and we look forward to a series of celebration events, the launch of a new website and the return of the family fun day in St David's Cathedral on 3rd September 2022.

### To find out more visit our website.....

[www.plantdewi.org.uk](http://www.plantdewi.org.uk)



[www.plantdewi.org.uk/our-work/dads-project/](http://www.plantdewi.org.uk/our-work/dads-project/)



[www.plantdewi.org.uk/our-work/young-parents-project/](http://www.plantdewi.org.uk/our-work/young-parents-project/)



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[www.plantdewi.org.uk/our-work/baby-bundle-bank/](http://www.plantdewi.org.uk/our-work/baby-bundle-bank/)



[www.plantdewi.org.uk/our-work/family-centres/](http://www.plantdewi.org.uk/our-work/family-centres/)





# PLANT DEWI

*Lle mae Teuluoedd yn Bwysig*  
*Where Families Matter*

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Prosiect cefnogi teuluoedd Cyngor Esgobaeth Tyddewi dros Gyfrifoldeb Cymdeithasol  
A family support project of the St Davids Diocesan Council for Social Responsibility  
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Meithrin Gobaith  
ESGOBAETH TYDDEWI  
DIOCESE of ST DAVIDS   
Growing Hope