

October 2024



Secondary School Newsletter

Welcome to our monthly Cardiff Commitment Newsletter to inform secondary schools and partners of projects which have been developed to support schools, children, young people and their families.



Your life. Your future.
Eich bywyd. Eich dyfodol.



Our Priorities

Partner Support

Growing and developing our network of partners and equipping them with the necessary training and resources to effectively share their knowledge, skills, and experiences with children and young people through a tailored training programme.



Experiences of Work

Collaborating with partners across industry, further education, and higher education to develop and deliver a diverse portfolio of career and work-related experiences for pupils.



Learning Pathway

Encouraging and enabling young people to make informed decisions about their next steps through a bespoke post 16 provision and opportunity offering which is visible, transparent and accessible to all.



Social Value

Maximising the benefits to children and young people from Corporate Social Responsibility (CSR) initiatives and Social Value from goods and services contracts across the council and beyond.



Children and Young People Who Need It Most

Developing tailored careers and work-related experiences and bespoke pathways into employment, education, and training for young people who encounter the most significant barriers and challenges to progression.



If your organisation or school needs support from the Cardiff Commitment team, then please get in contact by emailing

cardiffcommitment@cardiff.gov.uk

Thank you,
The Cardiff Commitment Team



IN THIS ISSUE

- School Spotlight
- Learning Pathways
- Ask Cardiff 2024 Survey
- Understanding the Pathways into Music
- Gabalfa Technology Industry Night
- Grangetown Foundational Economy Industry Night
- Ely Construction Industry Night
- Taith Funding
- Career XR Day
- Radio Training Programme
- Monthly Matters: Mobile Phone Survey
- A Taste of the Wild
- Community Benefits Fund

and more...

School Spotlight



Whitchurch High School hosts STEM Showcase Event!

The recent STEM Showcase Event at Whitchurch High School, held on October 22nd, was a fantastic success! Year 7 students had the opportunity to engage with hands-on, interactive activities that showcased the real-world applications of STEM in a variety of industries. The event aimed to inspire students to explore STEM-related career paths, and their enthusiasm was clearly evident as they connected with industry professionals and discovered new possibilities and pathways.

We extend a huge thank you to all the partners who contributed to this event, whose support was invaluable in making it such a memorable experience for the students. The collaboration between schools and industry continues to play a vital role in shaping the future of our young people, and we look forward to more exciting events like this in the future!



Learning Pathways

'What's Next? Cardiff' Platform



Your life. Your future.
Eich bywyd. Eich dyfodol.

The 'What's Next? Cardiff' platform is a digital space that centralises the local offer of Education, Employment and Training (EET) for young people aged 16-24 in Cardiff.

Mission: To empower young people to make informed choices about their futures and support the economic recovery of the region through raising awareness of skill gaps and growth sectors in the city.

Why What's Next Cardiff?

- One stop shop for local education, employment and training opportunities
- Increased visibility of your provision and opportunities
- It's free!
- Over 27, 000 page views - launched May 4th 2023
- Used widely amongst post-16 education providers, and their learners, across the city



www.whatsnextcardiff.co.uk





Ask Cardiff 2024

Do you live in Cardiff? The council wants to hear your voice!

Complete this survey to give details on what it's like living in Cardiff, what you would like the council to prioritise, and be a part of the democratic process.

The survey is open until 1st December to all ages and is in English, Welsh, Somali, Bangla, and Arabic.



Scan the QR code
or

[Click here](#) to participate!



Understanding The Pathways Into Music

A professional development programme for music educators

Presented by the Pathways Into Music Foundation and supported by Arts Council England and BIMM University, this programme for music educators, education hubs and talent development organisations consists of a two-day in-person event in Bristol on 30 November and 1 December, plus two accompanying webinars.

What's it all about?

Join us on this new professional development programme that puts the focus on careers and trends in the music business, providing music educators with the information, knowledge and contacts they need to advise and support students who seek to pursue a career in music.

What will it cover?

Over our two day event and two accompanying webinars we will map the different career pathways in music, for both those making music and those working in the industry.

We'll explain what early-career music-makers need to know about music rights and fanbase building in order to embark on a frontline artist career.

Plus we'll run through the latest music business trends and sign-post the best resources.

What is the format?

A mix of lectures, discussions and Q&A sessions led by a team of music industry experts. There will also be plenty of opportunities to network with and learn from each other, to share knowledge and experience, and to better understand the different strands of music education.

When and where will it take place?

On Saturday 30 November and Sunday 1 December at BIMM Bristol, with accompanying webinars on Wednesday 27 November and 4 December, which will be delivered via Zoom.

Who is it for?

Anyone involved in educating or supporting young people making music from key stage three (aged eleven) or above in Bristol or the West Of England music hub area, including: music teachers, instrument tutors, and FE and HE lecturers, plus people working for music education hubs and talent development, community music and youth organisations.

What is the cost and commitment?

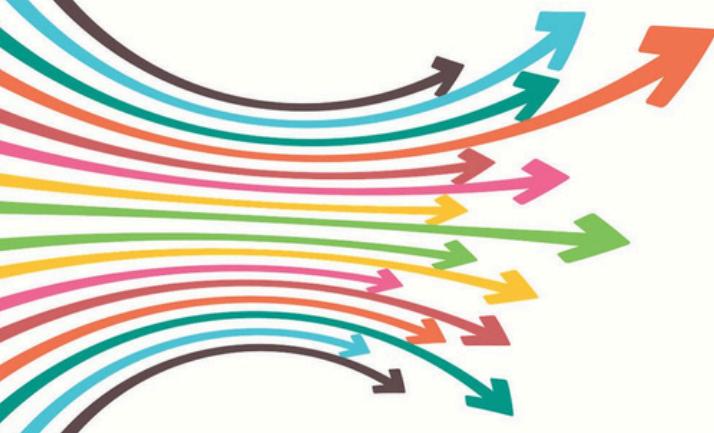
Thanks to the kind support of Arts Council England and BIMM, participation is free including meals

You just need to commit to attend the full in-person event and webinars and get yourself to BIMM Bristol. A small number of travel and accommodation bursaries are also available for those travelling a long distance to attend.

How do I apply?

Fill out the application form on the Pathways Into Music website here: pathwaysintomusic.com/educatorpathways-bristol2024

Our aim is to invite a diverse mix of participants who perform different roles in music education, in schools, colleges and universities, and beyond formal educational institutions. Achieving that diverse mix will be the primary criteria for selecting participants.



WEDNESDAY 27 NOVEMBER 18.00-20.00

webinar delivered via Zoom

PATHWAYS INTO MUSIC

To kick-start the proceedings, we will consider the different career routes in music by hearing from a number of music-makers and music industry professionals.

You'll hear how those people got their start in the business, how they pursued different opportunities, and the projects they are involved in today.

MAPPING MUSIC EDUCATION

This session looks at all the different strands of music education, including in schools, colleges and universities; instrument tuition and exam programmes; talent development organisations and youth groups; and online learning and industry-led initiatives.

The aim is to understand how the different stands fit together, and the role each strand can play in supporting those young people who want to pursue a career in music.

SATURDAY 30 NOVEMBER 10.30-18.30

followed by a dinner

in person at BIMM Bristol

10.30-11.0 INTRODUCTION

11.00-13.0 MAPPING THE MUSIC INDUSTRY

This session looks at the different ways frontline artists generate income around their music and how the music industry is structured around those revenue streams.

It then outlines the key business partners artists work with, creating a map of the music industry which works at both a national and local level. Using that map, we will explain how to map local music industries, identifying key players and gaps in support.

13.00-14.0 LUNCH

A free lunch will be provided.

14.00-15.3 MUSIC COPYRIGHT EXPLAINED

As soon as early-career music-makers write songs and record tracks they create copyrights. If they collaborate with other people, they will co-own those copyrights.

This session runs through the five key copyright facts all young creators need to understand in order to effectively manage, monetise and protect their intellectual property – and suggests how and when to communicate key information to those creators.

16.00-17.30 MAPPING MUSIC CAREERS: INDUSTRY ROLES

What are the opportunities to work in music behind the scenes? Revisiting our map of the music industry, this session explores the different roles in the music business, and explains how young people can go about building the skills and knowledge they need to pursue this kind of music career.

17.30-18.30 Q&A

Wrapping up the day, we'll answer any additional questions, and participants can share their perspectives, with each other and the Pathways Into Music Foundation directors.

19.00 DINNER

A free meal will be provided.

SUNDAY 1 DECEMBER 09.30-16.30

in person at BIMM Bristol

09.30-11.0 MAPPING MUSIC CAREERS: MUSIC-MAKERS

The Pathways Into Music Foundation has been mapping music careers, tracking the career route taken by both frontline artists and portfolio musicians.

In this session we run through this work, putting the spotlight on the DIY Phase before music-makers start working with the music industry. This is the stage where those music-makers rely heavily on educators to access the knowledge and support they need.

11.30-13.0 THE DIY PHASE TOOLKIT

This session runs through all the knowledge and skills that DIY Phase artists need in order to start to build a career in music.

It also reviews the resources and support available for DIY Phase artists, including online resources, local and national talent development programmes, industry and media-led initiatives, and funding schemes. It aims to help educators sign-post the credible and legitimate resources and support that is available to the young people they are working with.

13.00-14.0 LUNCH

A free lunch will be provided.

14.00-15.3 MUSIC BUSINESS TRENDS

The music industry is constantly evolving as the way people consume music and connect with the artists they love changes, and as new technologies impact on music-making, music marketing and the music experience. This session provides an up-to-date guide to the very latest trends, developments and debates in the music business.

15.30-16.30 Q&A

Wrapping up the weekend, we'll answer any additional questions, and participants can share their perspectives, with each other and the Pathways Into Music Foundation directors.

WEDNESDAY 4 DECEMBER 18.00-19.00

webinar delivered via Zoom

THE DIY PHASE - FANBASE BUILDING

For aspiring frontline artists one of the most important tasks in the DIY Phase is fanbase building – ie finding an audience. This session provides a guide to all the key tools and tactics DIY Phase artists can employ as part of this process, providing practical tips that educators can then share with the early-career music-makers they support.

TESTIMONIALS

“The Pathways Into Music programme has been an inspirational and transformative course that has supported me to guide our participants and partners more effectively. I now feel equipped with the knowledge and tools to support and encourage the dreams and aspirations of young people, having gained significant confidence in this field. The course was expertly led by Phil and Chris, who have the passion, insight and creativity to inform the wider pursuit of music industry careers”.

Alison Brain, Norfolk Music Hub

“The Pathways Into Music event was really inspiring, it was a great opportunity to hear from knowledgeable and engaging speakers and meet so many different people from across the sector. In my role it can be really challenging to demonstrate to young people and parents/carers the benefits of studying music at university and the career options available to them. I'll definitely be incorporating what I've learnt from this event into our Leeds Futures – Music outreach event next year. I also have an upcoming meeting with our careers team to pass on my newfound knowledge to them so we can share with our current students and staff”.

Alex Peel, University Of Leeds

“A truly wonderful weekend discussing so many important topics. Phil and Chris shared such valuable information, made us feel welcome, kept the attendees uplifted, engaged and interested with their stories of experience in the industry. A truly memorable weekend, followed by hugely interesting online webinars. Fabulous venue choice, lovely delegates and overall would love to attend more events”.

Lowri Williams, Grazity

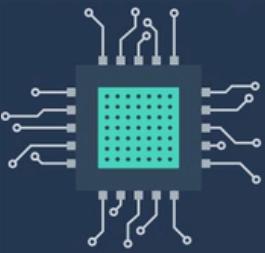
“Working at a commercial recording studio, the Pathways weekend gave me the understanding far more precisely exactly where we, and our clients, fit within the music industry – and how our education wing fits within that framework. For the first time, the blend within one conference of real-time data and real-world professionals was managed to the benefit of everyone present. Both Phil and Chris were able to respond immediately to suggestions from the room and tailor the content to the people present”.

John Merriman, Crown Lane Studio

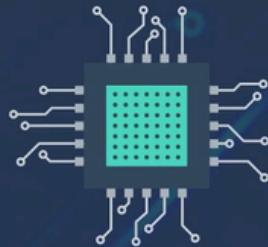
“As an educator, songwriter and composer, the sessions helped cement my confidence with what I do already, but also opened my eyes and ears to so much more! The youngsters I educate are already blessed to have access to a music careers display board in class – with QR codes ready for them to scan, which encourage them to explore different pathways and question how they could get there – but Chris, Phil and the participants opened my mind to more than I can do, to ignite increased discussions in class and help them become more equipped and aware – before they dive in and get caught out”.

Scott Welcomm, Ferndown Middle School

“The Pathways weekend was both enlivening and exhausting, with so much new information to absorb as Phil and Chris talked through the scaffolding of, and systems within, the current music industry, as well as intense reflection and discussion with colleagues. Many lightbulb moments, resource recommendations and sharing of ideas with a knowledgeable and experienced cohort of colleagues. The only negative is that the ‘to do’ list for new hubs and the wider workforce is even longer than before, but we’ve made start”. **Clair Mccoll, Dorset Music Service**



Interested in the
Technology Industry?
Come join us at



Gabalfa Technology Industry Night



Gabalfa Youth &
Community Centre,
CF14 2QQ

Wednesday 13th November
6pm - 7:30pm

Discover
potential career
and education
pathways

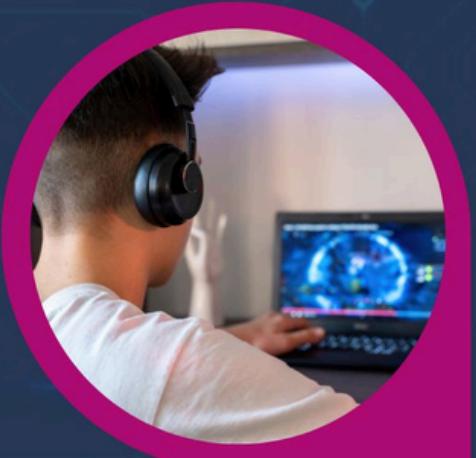
Play and
engage with
fun activities
throughout
the night

Bring your
friends and
family for a
fun evening!



The Cardiff
Commitment
Addewid Caerdydd

CARDIFF
YOUTH
SERVICE
GWASANRETH
IEUENCTID
CAERDYDD



Interested in the Foundational
Economy Industry?

Grangetown Foundational Economy Industry Night



Grange Pavilion,
CF11 7LJ

Wednesday 20th November
6pm - 7:30pm

Discover
potential career
and education
pathways

Play and
engage with
fun activities
throughout
the night

Bring your
friends and
family for a
fun evening!

Foundational Economy includes:
Hospitality, Retail, Health Care,
Public Services and more!



The Cardiff
Commitment
Addewid Caerdydd

CARDIFF
YOUTH
SERVICE
GWASANRETH
TEUENCTID
GWERD Y GAD



Interested in the Construction
Industry?
Come join us at

Ely Construction Industry Night



North Ely Youth Activity
Centre, CF5 4DP

Tuesday 12th November
6pm - 7:30pm

Discover
potential career
and education
pathways

Play and
engage with
fun activities
throughout
the night

Bring your
friends and
family for a
fun evening!



The Cardiff
Commitment
Addewid Caerdydd

CARDIFF
YOUTH
SERVICE
GWASANAETH
IEUENCTID
CREWDYDD



GrantFinder

News alert – 8 October 2024

Welsh Education Organisations Invited to Apply for Taith International Exchange Funding

Education sector organisations in Wales have the opportunity to apply for funding to support international exchange projects under the Welsh Government's Taith programme.

The programme's Pathway 2 funding is designed to foster short- and long-term international exchanges for learners, young people and staff. These projects will aim to address specific sector priorities or issues, with the goal of producing outputs that contribute to the development of education both in Wales and abroad. Through this collaboration, participants will gain valuable insights, knowledge and practical experience that will benefit both local and international communities.

Schools, youth, adult education, Further Education (FE) and Vocational Education and Training (VET) organisations are eligible for grants in the 2024 Pathway 2 funding round. The maximum award for each project is £60,000, with up to 30% of the total funding available to international partners.

Successful projects will run for 12, 18 or 24 months and must address key themes identified by Taith to ensure long-term benefits and knowledge dissemination across sectors.

The deadline for applications is 21 November 2024 (12 noon).

Want to improve your funding search skills or learn more about submitting grant applications?

Click [here](#) to join a training course.





Create XR Day | Wales Millennium Centre (wmc.org.uk)

Our CREATE XR Day is an inspirational event open to young people aged 16-25 who are keen to explore career opportunities within the XR (Extended Realities) industry and how these technologies can enrich the field of storytelling.

The CREATE XR programme will explore XR through a range of practical workshops and talks and you'll have the chance to meet creatives working within the industry. You'll also have the opportunity to hear more about our CREATE XR 12-week programme which is launching later in November.

The day is free to attend and open to all young people aged 16-25.

Book your free ticket now — spaces are limited!



Radio Platform Training | Wales Millennium Centre (wmc.org.uk).

This six-week training course will teach you how to create a radio programme or podcast and is accredited with an opportunity to complete an Agored Cymru Unit.

You'll also learn about different types of radio content, sourcing and creating news stories, and making quality recordings. Try presenting, interviewing and discussing things that matter to you.

Whether you're a die-hard fan of radio and podcasts, or someone who's never dived into the medium before, this course is built to support and encourage you, no matter what level you're at.

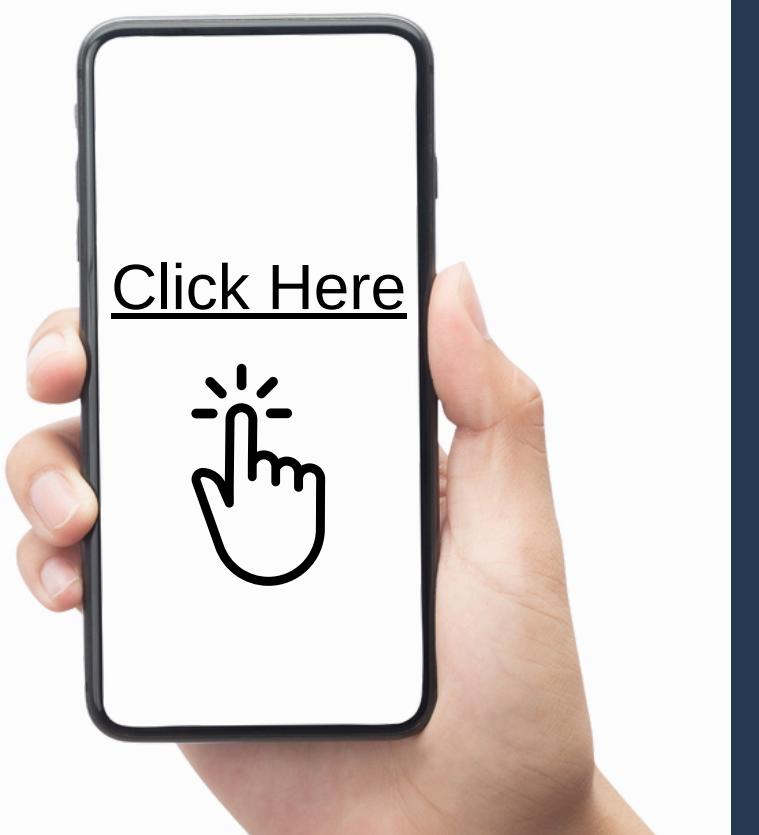
Upon completion of the course, participants are welcome to join the Radio Platform family of presenters, create shows for our station, and engage in exclusive Radio Platform member events.



Monthly Matters: Mobile Phones Survey

This month's survey is about mobile phones and will help the Children's Commissioner and Cardiff Youth Council see the views of children & young people (C&YP), and adults, around mobile phone usage.

Please ask any C&YP you work with to complete the short survey. The survey is also open to adults.





THE
OUTWARD
BOUND TRUST



A TASTE OF

THE WILD

Join us, for an immersive experience
of Outward Bound.



School Leader Taster Course

14-15 March 2025

Aberdovey, Snowdonia

This event is for educational professionals who would like to learn first-hand:

- How outdoor learning can build resilience, character and self-belief in young people.
- How other schools, employers and experts are using the outdoors to amplify learning.
- How an Outward Bound residential uses the wilderness to develop the skills needed to thrive in school, at work and in life.

Register now:
outwardbound.org.uk/free-taster-course





Community Benefits Fund

We're fortunate to work alongside generous contractors who want to invest in communities. As a result, they donate into our Community Benefit Fund (CBF) each year. This can be useful for communities in a variety of ways as it provides both funding and support. If there is a local community project that needs extra hands, our contractors will join us to get the job done. This could be painting a community centre, planting a garden, or litter picking in the local area. Alternatively, the funding support can also provide finances for trips away, one-off events, or ongoing clubs and groups.

What can the funding be used for?

Whatever your ambitions for your community, we can help you achieve the dream. The CBF can provide support for:

- A one-off, family friendly event for everyone in the community;
- Starting a new, community activity (e.g. workshops, craft clubs, after-school clubs, etc.);
- Sporting activities and initiatives (e.g. equipment, kit, one-off activities, etc.);
- A trip to a museum, local heritage site, etc.;
...and many more!

You can apply for a grant of up to £500 to fund an activity, event, or initiative that will directly benefit one of CCHA's communities.

It's important that you consider what the benefits will be for everyone, and your application should consider how it will create a stronger sense of community. Our application form can be downloaded below, and this will provide further terms and conditions that are applicable when applying for the CBF.

Apply [here](#)

Soldier's Story For Schools and Colleges Young People



Join us as we hear from Lance Corporal Lily Devlin, a remarkable individual whose journey exemplifies dedication, versatility and excellence. Lily is currently serving as a Driver Communications Specialist with 151 RLC Regiment. Her military career began as an Army Reservist, where she served as a Combat Medical Technician before transferring to the Regular Army.

Lily's commitment and talent was quickly noticed. She was presented with a once in a lifetime opportunity to join the Army Boxing Team as a full-time athlete, both as a boxer and a coach. This prestigious role has allowed her to travel across England, competing in and winning numerous competitions. Throughout her time on the team, she has not only honed her boxing skills but also continued to excel in her trade and career.

Lily is proof that if you have the right attitude, you can have a successful career alongside developing and competing as an elite athlete.

[Register your interest here](#)



Are Your Young People Interested In Space?

The UK Space Agency is boosting UK prosperity, understanding the Universe, and protecting our planet and outer space, and we opened our new office in Cardiff at Ty William Morgan in April.

Wales is a key player with Space Forge in Cardiff leading microgravity manufacturing and building the National Microgravity Research Centre. The Optics Technology Centre in St Asaph polishes large space mirrors, and Qioptiq manufactures 98% of the space-qualified glass for satellites. Universities in Cardiff, Aberystwyth, Swansea and Bangor research support planetary missions such as Bepi Colombo and space tech development.

We want to support young people to have opportunities to engage with the space sector and explore whether a career in space could be for them. There's a broad range of careers at all levels (it's not just astronauts, although we have them too!).

Protecting Our Planet Day (POP) is an engaging live-streamed event for primary and secondary schools brought to you by the UK Space Education Office (ESERO-UK) in collaboration with the European Space Agency and the UK Space Agency. Join us on Tuesday 12th November when a world full of experts and leading researchers - passionate people working to protect our planet from here on Earth and from space - pop into your classroom. Register for POP24 here: [Ask Cardiff 2024](#)

Through ESERO-UK, the UK Space Agency also support Cansat: a competition allowing secondary school students opportunity to have practical experience working on a small-scale space project. Students are tasked with designing and building their own simulation of a real satellite, integrated within the volume and shape of a soft drink can. Find out more and register here (please note the deadline to 17 November for Welsh schools): www.stem.org.uk/esero/secondary/competitions-and-challenges/cansat



FREE WEBINAR

SCREEN CAREERS: Finding the Right Fit

ENROL NOW



As we demystify pre-production, production and post-production, you'll learn about key careers in each stage and how to support young people in finding the right fit for them. By the end of the session, you will have increased your knowledge on the breadth of roles in film/TV and gained resources to support young people planning a path into the industry.

This session is for educators of 11-18-year-olds.

Webinar name: Screen Careers - Finding the Right Fit

Date: Tuesday 3 December

Time: 15:45-16:45

This one-hour session will improve your understanding of careers through the film and TV production process, equipping you with the knowledge and skills to support young people aged 11-18 exploring screen career options. To book your place, simply [log in to your Into Film account](#) and enrol today.



ST. DAVID'S YOUTH VOICE:

Shaping Tomorrow

2-3°
DEGREES

DATES: OCTOBER 10TH, 17TH, 24TH, 31ST & NOV 1ST 2024

TIME: 17:00-19:00 (31ST OCT & 1ST NOV 12.00 - 15.00)

LOCATION: ST DAVID'S DEWI SANT, CARDIFF, CF10 2EF



GET PAID THIS AUTUMN!

REQUIREMENTS:

AGE: 15-21 YEARS OLD

MUST LIVE, WORK OR STUDY IN CARDIFF



GET READY TO:

- GAIN LEADERSHIP AND PUBLIC SPEAKING SKILLS TO BOOST YOUR CV
- INFLUENCE THE FUTURE OF SPACES AND COMMUNITY ACTIVITIES WITHIN ST. DAVID'S SHOPPING CENTRE
- NETWORK WITH PROFESSIONALS FROM VARIOUS SECTORS - PROPERTY, RETAIL & HOSPITALITY
- MEET LIKE-MINDED YOUNG PEOPLE AND BUILD YOUR CONFIDENCE

Apply Now!





Springboard
CHARITY



CRONFA
GYMUNEDOL
COMMUNITY
FUND

Are you 16 – 17 years old and looking for a job in Hospitality, Leisure and Tourism?

- 1-2-1 support with updating your CV
- **Free** industry recognised qualifications
- Access to job opportunities with some of our business partners
- Support for 12 months when successful in gaining employment

Some employers we work with who are recruiting now:



COMPASS | CYMRU



Register at: CAREERSCOPE.UK.NET/MY-PROFILE

Or contact the Wales team for more information:

Rebeccas@springboarduk.org.uk

Esylltr@springboarduk.org.uk





NATIONAL
**APPRENTICESHIP &
EDUCATION EVENTS**



Are you
student
aged 16+?

Are you a
parent or
carer?

Are you
a careers
leader or
teacher?

Book your
FREE Places
Today!



Find out what's next for you.

NATIONAL
**APPRENTICESHIP &
EDUCATION EVENTS**
WALES &
WEST COUNTRY

TUESDAY 18 FEBRUARY
2025

CARDIFF CITY STADIUM
CARDIFF



The National Apprenticeship & Education Event - WALES & WEST COUNTRY brings together **employers, universities, colleges** and **training providers** in a **fun, friendly, face-to-face, interactive** environment, with advice on **apprenticeships** at all levels and **educational pathway** options, with **have-a-go** sessions and **conferences** by top UK businesses.

Thousands of visitors attend the National Apprenticeship & Education Events for the opportunity to engage with 50+ exhibitors from Wales and the West Country.

Make positive steps towards your future by booking your free place today.

nationalapprenticeshipevents.co.uk

Supported by



The Cardiff
Commitment
Addewid Caerdydd

CARDIFF EDUCATIONAL ENDOWMENT TRUST INVITES APPLICATIONS

Cardiff Educational Endowment Trust is inviting applications for funding to support the education of young people from Cardiff and the surrounding areas.

Grants of up to £20,000 are available for projects or activities focusing on the following educational issues:

- assisting children with special educational needs;
- assisting with issues surrounding technology and digital deprivation;
- assisting young people with career progression through further education or retraining;
- supporting children and young people with core skills including English and maths;
- promoting health and wellbeing, particularly mental and emotional wellbeing

Who can apply?

Voluntary and community organisations
registered charities,
constituted groups or clubs,
not for profit companies,
social enterprises

Community Interest Companies

Schools, colleges, PTAs and other educational institutions



Youth Cymru received a £20,000 grant from the Trust for a youth mentoring programme for young people in Cardiff. The charity will use the funding to deliver provide personalised one-to-one and group mentoring sessions to young people aged 11-17 who may be struggling to engage in education. It will focus on goal setting, offering the Youth Achievement Award qualification, and provide a structured framework for personal development, including opportunities to increase self-efficacy, problem solving, self-confidence and motivation.

Commenting on how important the funding from Cardiff Educational Endowment Trust is for Cardiff's young people, Julia Griffiths who is the Joint CEO at Youth Cymru said:

"This grant from Cardiff Educational Endowment Trust provide essential funding to allow us to delivery our youth mentoring programme.

It allows us to provide crucial personalised support and resources that empower young people to overcome educational challenges and achieve their full potential.

With this funding, we can make a significant impact on their lives, fostering growth in self-confidence, motivation, and essential life skills."

To request an application form or to find out more email info@Cardiff-EET.org.uk.

My name is Michael Harvey and I work for the mental health and addictions charity, [Adferiad](#). I am emailing you in response to a recent BBC article: '[Mental health cited for pupils missing school](#)', which detailed the difficulties that many of our students are having with their mental health. The purpose of the email is to let you know about our programmes that we run across Wales that support Children and Young People around the subject of mental health.

For the past 5-years, we have had the pleasure of delivering our [Bloom](#) programme bilingually in Wales, as a proud founding member of [Mental Health UK](#). This is a national service that covers the whole of the UK, providing schools and colleges across the country with the knowledge and tools to help them support young people in educational settings with their mental health. The service is free, and is delivered directly to teachers, and support staff to enable them to deliver mental health support sessions in schools and colleges for their students.

Bloom's sister programme - [Your Resilience](#), also enables us to deliver the programme bilingually to non-educational settings such as CAMHS, Sporting Excellence Pathways and Community Groups. Ultimately enabling us to support all 14 – 18-year-olds in multiple group settings, along with providing resources for parents and carers to further educate and encourage continued conversations outside of the delivery setting, forming strong networks of support for our young people.

To develop these programmes, we gathered insight from young people, teachers, and facilitators across the UK to build a programme around what young people have told us they want and need.

Bloom and Your Resilience equips young people with the tools and knowledge to maintain their mental health through life's transitions – such as moving through school, changing friendship groups, going to university, or starting employment.

Sessions are delivered through real-life scenario-based discussions on relatable topics such as social pressures and stress. Our programmes leave our young people with a better understanding and awareness of mental health in themselves and others. The programmes provide them with a suite of tools they can use, in ways which are right for them, both now and in the future when faced with challenges.

A crucial part of delivering these programmes is how we work with teachers and facilitators within each setting. Over 8 sessions, our staff provide support and training in the content of the programme and then co-deliver the sessions to young people. The content is flexible so you can choose which sessions would be best for each cohort. As a result, teachers and facilitators who have taken part in the programme have felt more confident in having conversations about mental health and resilience with young people.

With designated staff continuing the future delivery of the programme, Bloom and Your Resilience will positively impact the lives of more young people and leave behind a legacy within each setting for years to come.

Please access [Mental Health UK Young People's Programmes Impact Report 2022-2023](#) for further information and share successes from our latest Impact Report.

In addition, and in response to the rise in money anxiety amongst young people, we've also co-produced a new pilot programme, [Me & Money](#), which seeks to support young people with their anxieties around money. Me & Money seeks to increase young people's understanding of the interconnections between money and mental health. The Me & Money pilot launched in September 2023 across the UK, following a successful delivery, Me & Money will now be scaled to support young people UK-wide from September 2024.

Please let me know if you have any questions or if you'd like to discuss the programmes further.

Kind regards,
Michael

Michael Harvey michael.harvey@adferiad.org



One
Million
Mentors

Are you one in a million?

1MM mentors come from all kinds of backgrounds and walks of life, and have at least 5 year's work experience (or 2 years post-grad).

No prior mentoring experience is needed:
1MM provides all the training and ongoing support that you'll need.

Commitment: one hour, once a month, for up to a year.
Goal: one local young person's life changed.

Why not develop your professional and personal skills while having a transformational impact on the life of a young person who needs such support?

Interested?
Find out more



Or visit
onemillionmentors.org.uk



- Sign Up
- Tell us about yourself
- Complete our comprehensive training
- Be matched to a young person who needs you!
- Start your first **1MM** mentoring relationship

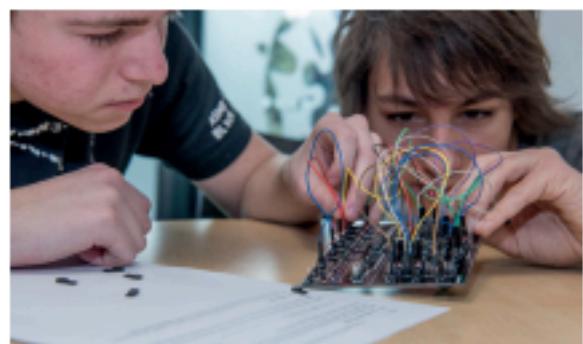


CALLING ALL SCHOOLS!

Spark their imagination... power their future is an exciting new opportunity for pupils aged 15-18 at schools and colleges across Wales for 2023/24

Delivered by UK Electronics Skills Foundation (UKESF) and Compound Semiconductor Applications (CSA) Catapult, with the support of Innovate UK, the programme aims to:

- Raise attainment in STEM subjects, particularly physics and computer science.
- Inspire more young people from Wales to study electronics and show the fantastic career opportunities that it can offer.
- Explain the importance of semiconductors and how they will underpin future technologies.
- Provide financial support to Welsh students taking an Electrical & Electronics Engineering course at university.



What will Spark their imagination... power their future include?

- Re-usable classroom resources to support teaching of physics and computer science.
- CPD training for teachers to support new classroom resources in lessons.
- Access to free online learning courses for all schools.
- Industry familiarisation sessions and careers advice forums hosted by CSA Catapult.
- Attendance at a high-value one-day event to explore the world of Electronics and semiconductors hosted by a local Welsh university or college during Summer 2024.
- Scholarship and financial support, worth thousands of pounds, for Welsh students studying Electrical & Electronic Engineering at university.



To find out more and to register your interest in the programme, please contact info@ukesf.org



csa.catapult.org.uk



ukesf.org

A MOBILE, FUN, INTERACTIVE ENGAGEMENT ACTIVITY WITH BUILT-IN NUMERACY SKILLS FOR ALL THE FAMILY

CALL 01443 303101 OR EMAIL: INFO@REALSKILLZ.CO.UK

Research conducted following the Covid 19 pandemic showed how school closures had impacted children numeracy levels. As darts requires a degree of numerical ability, Arco training has launched Flightskillz as a fun engaging way for children to work on their Maths through Darts based lessons and learning exercises. Initially targeting children of Key stage 2/3 or adolescents at Entry Level 3/2, our initiative can be used on site in schools and with the wider family at home or in local community environments.

The sessions feature how to throw a dart, measuring distances required to play the game, practical activities at the dartboard to desk work.

Our “at the dart board” resources improve counting and numeracy whilst playing a fast-paced exciting dramatic sport for all. We also have activity sheets for children to take home which provide a great way to keep practicing maths which could include all the family.

So why use darts? Maths is used throughout a game of darts, using the 2x and 3x tables, adding up your score after three darts and then subtracting from 501 or your score throughout the “leg”. Exploring and working out all the different combinations of scores is a fantastic way to really understand how numbers work and fit together.

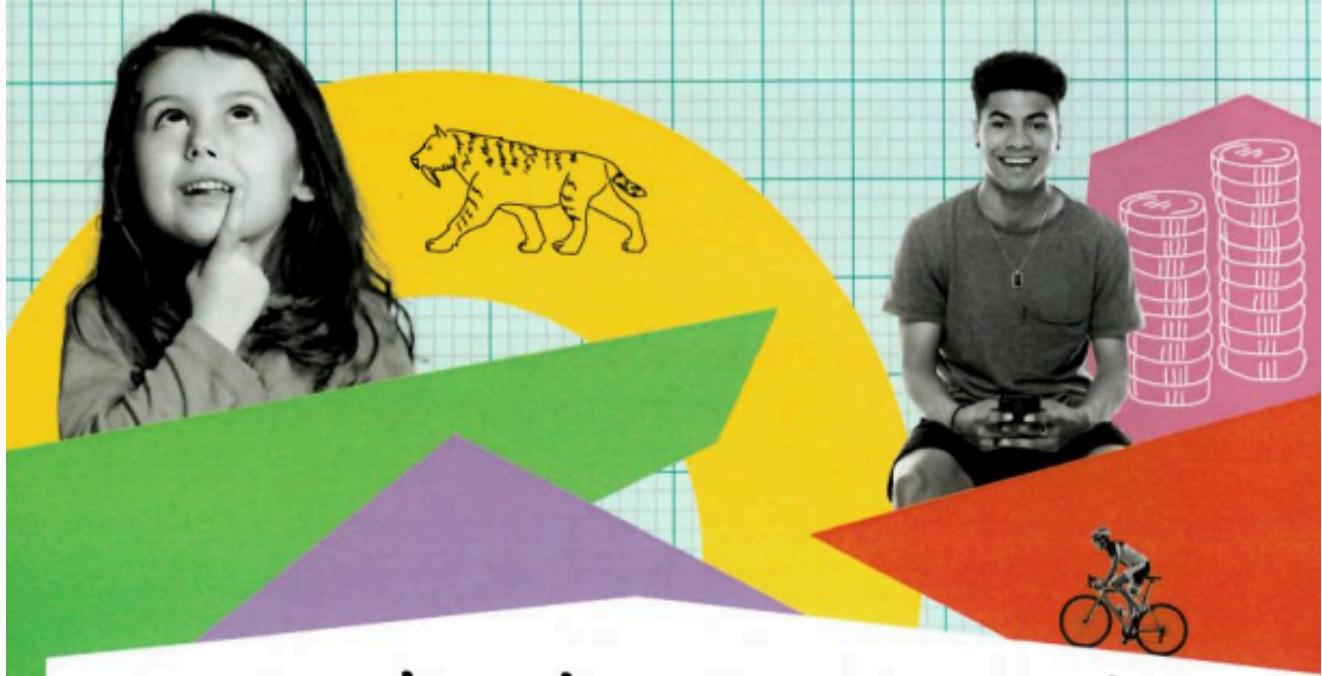
Being confident and able to work things out in a different way is a key Maths skill, so if you would like to find out more about Flightskillz and how your organisation can take part in a Flightskillz session **please contact me either by email or at the office on 01443 303005** thank you. Don’t delay, our sessions have proven popular and are booking up daily.....

Stephen Davies - steve@arctrainingco.com



HM Revenue
& Customs

Junior **TAX** facts + **TAX** facts



Help teach young people
tax skills for life

HMRC's tax education programme for ages
8 to 13 and 14 to 17.

Tax Facts is a programme of lesson plans and content to help young people learn about the role of tax in society.



Help us spread the word about Tax Facts in your region by connecting us with Teachers in your network –

To find out more search **Tax Facts** on GOV.UK

For updates, follow @hmrcgovuk on Instagram and Twitter. Or go to facebook.com/HMRC

Cardiff High School Climate Fresk Pupil Workshops



Primary and secondary pupils involved in workshops boosting their Carbon Literacy!

CONTEXT

In the 2024 Summer terms, two impactful Climate Fresk workshops were conducted at Cardiff High School with the aim of fostering increased environmental awareness and understanding among students.

The first workshop was held with a Year 10 class of 14 pupils as part of the Promoting Environmental Awareness module of the SWEET Qualification. This session provided students with a deep understanding of climate change, its causes, and its impact, aligning with the goals of the SWEET curriculum to promote informed, sustainable choices.



The second session took place during the school's Wellbeing Week in the summer term, following a request from Cardiff High School to incorporate climate education into the week's activities. This session, delivered to Year 9 pupils, highlighted the importance of climate awareness as part of students' overall wellbeing, equipping them with knowledge to act as informed global citizens.

Both workshops engaged students through interactive discussions, helping them explore complex climate issues while encouraging a sense of responsibility toward the environment.

AT A GLANCE BENEFITS



By integrating Climate Fresk into the Curriculum, educators can help pupils develop a comprehensive understanding of climate change, enhance essential skills, and foster attitudes and behaviours. The approach not only enriches pupils' learning experiences but also prepares them to be informed, responsible, and proactive citizens in a rapidly changing world.

The Climate Fresk workshops were effective in engaging our pupils. The sessions provided a hands-on, interactive approach that really helped the students understand the complexities of climate change. It was great to see how quickly they grasped the connections between human actions and environmental consequences.

HOW THE SESSIONS LOOK:

Workshops are held in participating schools and delivered by One Planet Cardiff Curriculum Officers to groups as large as 60 pupils.

Learners who were from Years 9 & 10 in this instance were placed into groups of between 5-8 pupils and worked together to identify and make links between the causes and consequences of climate change, before delving deeper and expressing their climate concerns and how they will look to change their behaviours in the future as a means of combatting climate change



... IT'S NOT JUST FOR YOUNG PEOPLE

Alongside the pupil version of Climate Fresk, Termly CPD & INSET, adult sessions are available to teachers across the city. These provide staff with the opportunity to improve their climate literacy and their understanding of climate change, providing them with the confidence to tackle and teach about climate issues as well as help contribute to positive behaviour change in young people!



AT A GLANCE

CURRICULUM LINKS



Critical Thinking: develops pupils' critical thinking by requiring them to understand complex climate systems and interdependencies.

Collaboration: Pupils work together, enhancing their ability to contribute constructively in group settings.

Active Citizenship: motivates pupils to engage in environmental advocacy and community initiatives.

Empowerment: Understanding climate issues and their potential solutions can empower pupils, boosting their confidence to take action.

Well-Being: Engaging with significant global issues can contribute to a sense of purpose and well-being.

HOW TO GET INVOLVED:

If you are interested in Climate Fresk sessions for pupil or staff or are interested in some of the CPD opportunities contact:

Joe Jones: jonesj530@hwbcymru.net

Jeff Cole: colej47@hwbcymru.net

Or find us on Hwb under the Cardiff Schools curriculum support service



Social Cohesion through creativity and celebration...

OVERVIEW

The Gabalfa Youth Centre proudly hosted a community consultation and art exhibition from June 12th to 15th, as part of the larger Social Prosperity Funding initiative aimed at creating a significant arts installation at the heart of the Gabalfa community.

This event marked a pivotal moment in the "Unify Gabalfa Interchange Project," bringing together local schools, organizations, and community members to celebrate and contribute to a shared vision of community and creativity.



A COLLABORATIVE COMMUNITY PROJECT

Throughout the spring and summer terms, multiple local schools have engaged in various creative projects to explore and understand their community, represent it artistically, and learn about its history. These activities were supported by local filmmakers, Into Film, Unify Creative, Glamorgan Archives, The Curriculum Team, and Cardiff Youth Services. Special thanks are extended to all the dedicated teachers who supported these enriching experiences with work integrated into the curriculum.

ENGAGING THE COMMUNITY

The event saw over 200 local learners and community members visiting the exhibition, which served as both a celebration of the young people's work and an opportunity to hear from the community about what they would like the upcoming mural to represent. The feedback gathered during this consultation will be invaluable in shaping the final design of the mural.



CURRICULUM LINKS:

The Expressive Arts Area provides a unique platform for learners to explore and express their understanding of identity, heritage, community, and place. This community project has encouraged students to investigate and interpret the cultural and social landscapes that shape their lives and those of others. This exploration fosters a deep connection to their own cultural heritage while promoting an appreciation of diverse perspectives. By engaging with the expressive arts, learners are not only able to articulate their personal and collective identities but also to contribute meaningfully to the cultural life of their communities, enhancing their sense of belonging and place within the broader societal context.

If you are interested in this or other Exp Arts opportunities for your school contact:

Thom-Willa@hwbcymru.net

EXHIBITION AT A GLANCE



The exhibition featured a diverse array of artworks and interactive displays, including:

- Photography: Showcasing the impressive work of photography students from Bryn y Deryn and Year 9 learners from Glantaf.
- Podcasting Station: Six Chromebooks with headphones were set up to allow visitors to listen to podcasts produced by Youth Services.
- Learners' Gallery: Creative pieces from students at Glan Ceubal (Year 5), Gabalfa (Year 3), and St Joe's (Year 5) were displayed, highlighting their interpretations of community.
- History Section: Glamorgan Records Office provided old maps, photographs, and archival footage, including the construction of the Gabalfa interchange, offering a historical perspective on the community.
- Short Film Screenings: Short films such as "Community" by Gabalfa/Meadowbank and Unify and "Our Community" by learners at Glantaf ASD Unit were screened, reflecting the learners' engagement with their community.

ABOUT THE GABALFA INTERCHANGE PROJECT...

The Unify Gabalfa Interchange Project aims to transform the Gabalfa Interchange underpass into a vibrant, safe space that fosters civic pride through art. The project engages local schools, residents, and stakeholders in a creative journey to explore, respond, and create, culminating in a mural that embodies the community spirit of Gabalfa.

Join us in celebrating the success of the community consultation and art exhibition and look forward to the transformation of the Gabalfa Interchange into an Artistic Haven!





Regular holiday offerings from our key partners



A collaborative programme of school holiday offerings from our key partners around the city

BACKGROUND

To ensure some of Cardiff's largest landmarks understand the main purpose of Passport to the City as a city wide programme, the team have put in place a partner programme to forge relationships and collaborative partnerships with some of Cardiff's unique locations and destinations. As these relationships have flourished through close partner working, the Passport Team have been able to offer exclusive regular school holiday visits to locations within the city centre for children and young people.



AT A GLANCE



BENEFITS

- Develops strong working relationships with partners.
- Provides exclusive opportunities to young people to experience Cardiff's unique locations.
- Provides insights into young people's views and opinions
- Fulfils UNICEF Child Friendly City Criteria.
- Develops pupils confidence to explore the city they live within.

CONTEXT

Passport to the City's main aim is to open up access to world-class destinations in Cardiff to all that live within the city.

With this at the forefront of our delivery model, the team have developed a city map highlighting unique locations within the city centre of Cardiff.

We have spent time developing working relationships with these key location partners and structured a regular offering that allows exclusive access for young people during school holiday times.



THE MODEL

For this particular part of Passport to the City's delivery model, we have specifically focused on school holiday time. However, through positive working relationships with city partners, this has impacted other areas of our work also.

For each of the school holiday periods, there are clear systems and processes in place that allow our partners to provide us with their offerings, exclusive to Passport to the City.

These offerings are shared with our network of targeted groups. Our network is made up of school-based groups (SRBs/family engagements, etc), internal council teams & community groups.

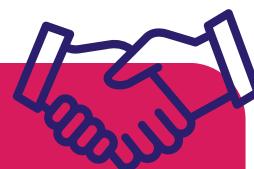


IMPACT

- Engages with young people of the city so they get to experience Cardiff's world-class destinations.
- Develops a sense of belonging for young people as citizens of the city they live in.
- Allows young people to develop a confidence to explore locations in the city they may not have had the confidence to do so otherwise.
- Creates meaningful working relationships with city partners in order to align priorities and objectives of all involved.



KEY PARTNERS:



BBC Wales



CARDIFF
UNIVERSITY
PRIFYSGOL
CAERDYDD

national
museum
angwylodfa
caerdydd



CANOLFAN MILLENIWM CYMRU
WALES MILLENIUM CENTRE

ROYAL WELSH COLLEGE
OF MUSIC & DRAMA
COLEG BREHINOL
CERDD A DRAMA CYMRU



COMMUNITY
FOUNDATION



In numbers...

46
engagements



387
young people



15
Key partners





Curriculum Team Tim Cwricwlwm

The Cardiff Commitment | Addewid Caerdydd

CASE STUDY



CONTEXT



The 2022 School Sports Survey highlighted that historically, there has been a gap in sports participation across Wales, with girls consistently reporting less participation in sport than their male counterparts. Girls were also more likely to report no frequent activity compared to boys. The Survey also posed the question to pupils to select responses to the question 'I would do more sport if'. One of the most commonly selected responses across Wales was 'I would do more sport if... I was more confident' which was recorded by 31% of girls but only 17% of boys.

Self-belief and body image concerns were found to be issues that girls struggled with, but this is especially true for girls who had stopped taking part in sport and physical activity as they grew older.

GIRLS ON THE GREEN: DRIVING WELLBEING THROUGH GOLF

OVERVIEW

The Cardiff Commitment Curriculum team has collaborated with Wales Golf, Whitchurch Golf Club, reaching out to Civil Service departments, Soroptimists International Cardiff and District Club and other key agencies to join forces in crafting and executing this unique program.

The overall goal of the Project was to provide a space where girls are encouraged to build confidence in who they are, what they can achieve and the steps needed to get them closer to their goals. This took shape through a series of 6 golf sessions at Whitchurch golf club, alongside 6 classroom based sessions exploring how sport requires a range of transferable skills and how this can work alongside personal development including taking risks, trying new things, building confidence, self awareness, planning for resilience and tackling barriers to success.



MEDIA SPOTLIGHT

The BBC recently covered the "Girls to Golf" project as part of their diversity initiative, highlighting efforts to promote inclusivity in traditionally male-dominated sports. In the feature, they interviewed several girls participating in the program, who shared their positive experiences and the impact it has had on their confidence and skills. The coverage underscored the BBC's commitment to elevating diverse voices and empowering young women to explore new opportunities in sports like golf, which have historically lacked female representation.



THE MODEL

The girls will be introduced to a sport they haven't tried before, more importantly, to feel confident within themselves to remove barriers they face to being active in sport. It was important that the girls had a positive welcome at the golf club, the rules on what to wear were relaxed, they had access to pleasant changing facilities, drinks were provided, and they could choose who they sat with in the theory sessions. The classroom based sessions took place in the board room, discussion focused, placing value on them as individuals. Not something being taught 'to them' but exploring 'with them'. We provided the girl's with journals rather worksheets, so they could be independent in writing/drawing what they had learnt, they were encouraged to make a plan for developing resilience, who they could turn to when life gets tricky, good conversations around self awareness, leadership styles, how emotions feel in our body and what tools can be used to regulate emotions

Each session has a 'take away' where the girls were encouraged to continue their growth outside of the allocated sessions, for example writing of 3 things each day they were grateful for.



WHITCHURCH (CARDIFF) GOLF CLUB

WALES GOLF

OFFICIAL

cssc

Soroptimist International Cardiff & District

Curriculum Team Tim Cwricwlwm



Cardiff

CURRICULUM LINKS



The Health and wellbeing area of learning and experience provides a holistic approach to develop learners' capacity to navigate life's opportunities and challenges. This project equips girls with essential skills to manage their health, emotions, relationships and aspirations confidently!

If you are interested in this or other Health + Wellbeing opportunities for your school contact Kate:

MartinK104@hwbcymru.net

BENEFITS AT A GLANCE

- Having the confidence to take part in physical activity
- building their mental and emotional well-being by developing confidence, resilience and empathy
- understanding and considering the impact of their actions, respecting the needs and rights of others when making choices and acting as a member of a diverse society
- leading and playing different roles in teams effectively and responsibly
- communicating effectively in different forms and settings

A Message

Zoe Davies, Wales Golf Community Coordinator, and ED&I Project Lead, explained, "The focus is around golf as a sport for life as well as promoting the skills involved in promising career opportunities within the sport and wider employment sectors.

"We thank all our partners for their involvement and the strong support they have provided throughout the process of getting this scheme off the ground! We hope to offer this program to more schools in the future."

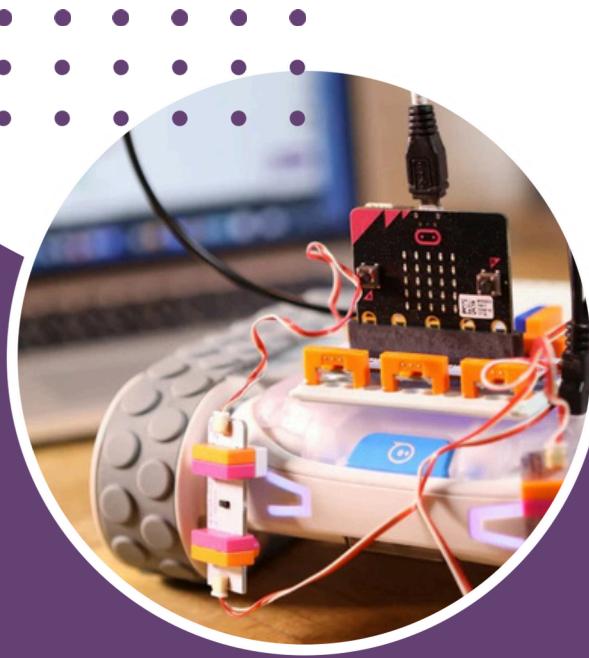
Learner Voice...

"Doing 'girls to golf' I've realised that physical activity doesn't have to be about winning, performing, or being the best. It is about developing confidence in who we are and to not give up when things don't go our way"

Tanya

Llanishen High School, Year 8

COMPUTATION TRAINING



FREE FOR SCHOOLS

Training provided by Cardiff Council's Curriculum Team

CONTACT:



kings106@hwbcymru.net



Visit the Cardiff School's Support Service SharePoint Site on Hwb



Team teach model



Bespoke INSET training



Curriculum design support



Skills audit

Contact Us!



The **Cardiff**
Commitment
Addewid Caerdydd



cardiffcommitment@cardiff.gov.uk

www.cardiffcommitment.co.uk



Follow Us!





The Cardiff Commitment Addewid Caerdydd

What's Next

Cardiff

Beth Nesaf

Caerdydd

Your life. Your future.
Eich bywyd. Eich dyfodol.



The Cardiff Commitment is funded from the UK
Government through the UK Shared Prosperity Fund

Funded by
UK Government



Wedi ei ariannu gan
Llywodraeth y DU