

List of Correspondence – February 2025

Appendix 1

Items marked with an * have been sent to each member.

South Wales Fire & Rescue

Safer Together – Have Your Say!

RCT Together

Neighbourhood Network Meeting & Notes

Draft Community Emergency Plan and Resource Pack

Substance Misuse Training

One Voice Wales

Networking Days

Online free Asbestos Awareness Training

Heledd Fychan AS

Citizens Advice Cymru Priorities for Welsh Government in 2025

Cost of living network update

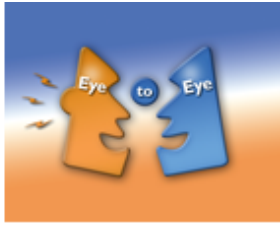
Food Foundation - Broken Plate Report - Launched today

Gallagher Insurance

Your Essential 2025 Guide to Planning Impactful Community Events

Wales Air Ambulance – Letter of thanks

Eye to Eye Counselling services



Eye to Eye Counselling Service

Llantwit Fardre Community Council Office,
Main Road,
Llantwit Fardre,
Pontypridd,
CF38 1PY



☎ 01443 202940 or 07541 783767

🌐 www.eyetoeye.wales

February 2025

For the Attention of the Chair to the Community Council

Eye to Eye Counselling service provides free counselling to children, young people and adults between the ages of 10 and 30 years across RCT. The charity supports young people who have suffered from adverse childhood experiences which occurred during their younger years and have affected their emotional and mental health throughout their childhood and young adult years. Our focus of work is helping young people through anxiety, depression and family issues which for many, results in them either self-harming or having suicidal thoughts.

Eye to Eye is the main provider of counselling support across RCT, we have counsellors in every mainstream and additional needs school and have 9 outreach community venues based in hospitals and community centres across RCT. Between September 2023 and August 2024, the charity worked with 1993 clients with emotional or mental health distress, delivering 9300 free counselling sessions.

The charity is always looking for rooms within community venues. We seek out rooms where we can work for a few hours in the evening offering counselling free within that community. We are striving to provide counselling from venues that are accessible and easy to reach for all young people, especially during the dark winter nights.

Our service also provides free support to communities, individuals and families during a traumatic event. We have two response workers, funded through the People and Places Lottery fund, who specialise in contacting and supporting those affected through the most traumatic times of their lives. Our response team also provide valuable workshops to communities, small groups and schools in working with traumatic memories and events, which in turn cause emotional and mental health upset. Last year the team assisted the police and organisations with 44 incidents where lives were seriously affected by a traumatic event.

This year in 2025, our charity will celebrate its 30th year of counselling delivery in RCT, and in the spirit of our work to help others we would like to deliver workshops across the community council areas informing parent and carers about the danger of social media for children and young people (CYP). This event will educate those attending on the realities that face our young people through social media, advising and informing on, sexting, sextortion, grooming and online safety. We are planning workshops of around 2 hours, delivered during the evening so that parents can attend.

We would like to work with your community council to deliver training in your local community. To help us with this we ask if you could donate to our charity

Charity Number 1170631

around £200, which would enable us to deliver the workshop to 40 people within your community. This would be £5.00 per attendee. We would also like to work with you to advertise the event on both of our social media sites including your local hub. It would also be helpful if you could supply us with your premises or suggest where we could access a room free of charge. We delivered this workshop to CTM Health Board and their public audience during the 2024 Wales Safeguarding Week and received the following feedback:

- Scary how normalised this has become for children.
- It's been a massive eye opener for me:
- I knew some of this but is very scary how easy for them it is
- I found this very interesting and informative thank you
- Didn't know about AI...scary
- As a parent I didn't know that this went on, I thought it was just scare mongering on TV.

We are happy to come along and talk to you about the training and would welcome your councillors participating in the training.

With kind regards,

Alison Theaker

Pennaeth Gwasanaeth/ Head of Service
Gwasanaeth Cwnsela-Eye to Eye /Eye to Eye Counselling Service
Eye to Eye Counselling
Carnegie Parish Hall Offices
Main Road
Church Village CF38 1PY

To Donate to our charity, please scan the barcode.
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