



Project Newsletter

Autumn 2009

Play Learn and Grow Healthy

An exciting New Project being delivered in Carmarthenshire

What is it?

This is a new 3-year BIG Lottery funded, research project led by Clybiau Plant Cymru Kids' Clubs and working in partnership with Mudiad Ysgolion Meithrin and Wales Pre-school Playgroups Association. Whilst working primarily with children aged 7/8 years and 10/11 years through a 'buddying' scheme, it will extend to reach younger children aged from 2 upwards and their families.

What will it do?

Between now and November 2011 the project aims to change childrens attitude, awareness and behaviour towards more physical activities and making healthier food choices.

How will this be done?

A range of resources will be produced and the 'buddies' will do these activities with the other children in the out of school childcare clubs and in childminder settings. Some resources will be adapted and used with younger children in pre school playgroups and cylochoedd.

How will you know if it works?

At the beginning of the project baseline data will be collected on children's level of activity and eating patterns. On a termly basis further data will be collected to see if the children are enjoying more physical activities and eating healthier food.



Welcome to new staff..



We are very pleased that Pamela McIntosh has joined Clybiau Plant Cymru Kids' Clubs as the Health Development Manager. Pam has just bought a new

home in St Clears, Carmarthenshire. Pam will be busy producing resources for the settings and working with Karen the Project Manager to make sure all targets are met and that children are having fun.



We are also lucky to have Helene Lovell on our team as the new Project Support Worker working directly with childminders on the Play, Learn and Grow Healthy Project.

Helene has lived in Carmarthenshire all her life and is now living in Llandovery. Helene will be working with the buddies in the childminder settings, supplying resources and collecting data

...and the old ones

Karen Pereira has worked for Clybiau Plant Cymru Kids' Clubs since it's inception in October 2001. She was the Development Officer for Carmarthenshire and has been the West Wales Team Leader for several years. Karen is the Project Manager for the Play Learn and Grow Healthy Project and works with a small team based in Carmarthenshire.

Terena Davies-Tommason joined Clybiau Plant Cymru Kids Clubs seven years ago as a part time Support Worker in Carmarthenshire and, has since become a Development Officer. Terena is now also working part time with the out of school childcare clubs participating in this project.



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The Launch

On the 13th January this year the Play Learn & Grow Healthy project was launched at the Haliwell Centre in Carmarthen. The event was attended by over 30 people, mostly from Carmarthenshire and representing organisations such as Carmarthenshire County Council, Hywel Dda NHS Trust, Carmarthenshire Youth and Children's Association, Menter Cwm Gwendraeth, Menter Bro Dinefwr, Ysgolion Iach, Carmarthenshire Children's Partnership, Swansea University and the Play Development Officer for Pembrokeshire and Carmarthenshire.

The official launch was carried out by Councillor Ieuan Jones, who was at that time the Executive Board Member for Education and Children's Services. He felt that this was an excellent project that would help ensure that children would be introduced to healthy food options and be encouraged to become more active and he was delighted that Clybiau Plant Cymru Kids' Clubs had secured this funding.

Mike Theodoulou from the BIG Lottery then presented Clybiau Plant Cymru Kids' Clubs with a cheque for £425,797.



From left: Stephen Lambert, Chair of Trustees, Clybiau Plant Cymru Kids' Clubs, Karen Pereira, Project Manager, Clybiau Plant Cymru Kids' Clubs, Councillor Ieuan Jones, Wendy Hawkins, Director, Clybiau Plant Cymru Kids' Clubs and Mike Theodoulou



**MUDIAD
YSGOLION
MEITHRIN**

Mudiad Ysgolion Meithrin

Mudiad Ysgolion Meithrin is delighted to be a partner in this exciting project. Tanwen Randell our Development Officer for the Llanelli and Carmarthen town areas will be working with the 40 Cylchoedd Meithrin who have shown an interest in being part of the scheme. Tanwen has 8 years of experience working as leader of Cylch Meithrin Pum Heol and still leads the after school club there in partnership with Menter Cwm Gwendraeth and Clybiau Plant Cymru Kid's Clubs. During that time she has also succeeded in gaining her BA degree In Early Years Education at Trinity College, Carmarthen. She is looking forward to working with the staff, children and families of the cylchoedd to collect information on their healthy living and eating habits and to pilot the resources created as part of the project.

Karen Pereira

Project Manager
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Pamela McIntosh

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Terena Davies-Tommason (Out of School Clubs) Project Development Officer
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**Wales Pre-school
Playgroups Association**

A registered charity, it remains united by a common
purpose: to ensure the best possible start for every
child.
**Cymdeithas Cylchoedd
Chwarae Cym-ysgol Cymru**

Wales Pre-school Playgroups Association

Wales Pre-school Playgroups are a partner in the Play Learn and Grow Healthy Project and have employed Rebecca Williams to specifically work with their pre-school settings as a Project Support Worker. Rebecca is a native of Mynydd-y-Garreg and up until her appointment for the project has, for the past fifteen years been the Cylch Meithrin leader in her local playgroup.. In addition to her role as a Project Support Worker, Rebecca will also be working as a Welsh Language Support Worker within the Carmarthenshire area.

Helene Lovell (Childminders)

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Tanwen Randell (Cylchoedd)

Project Support Worker
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Rebecca Williams (Pre-school Settings)

Project Support Worker
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Hi! We're Nia Nimble
& Jumping Jac!



Competition Winners from Y Bont
- the quarterly newsletter from
Clybiau Plant Cymru Kids Clubs



Hurrah and a big thank you to Alpha Business Works CIC for giving us names. We are Nimble Nia and Jumping Jac. As we are so pleased, we are sending them some physical activity equipment and a £50 gift voucher kindly donated by Argos Store, Carmarthen.

Update from Development Officer- Out of School Childcare Clubs

I am continuing to collect data from our participating out of school childcare clubs. The project has been very well received by children, staff and parents.

There are 9 after school clubs and 3 holiday clubs currently taking part in the project. These are based across Carmarthenshire. We have a mixture of Welsh, English and bilingual speaking clubs.

Many thanks to Kid Care Club buddies for making their own buddy badges.

All of our buddies have now been trained and are beginning to use the resources we have made. Any feedback you would like to give me would be great. Contact me at info@plgh.org or tere-nat@clybiauplantcymru.org

Thank you to all our participating clubs for such a warm welcome and enthusiasm toward the project. I'm looking forward to sending out the next batch of resources.

Terena Davies-Tommason
Play Learn and Grow Healthy
Project Development Officer

Participation of the Childminders

I have had great pleasure in contacting nearly all the childminders in Carmarthenshire and telling them about this project.

Each childminder needed to have at least one child age 10/11 and one age 7/8 to take part this year. I have visited and recruited eight childminders geographically spread throughout the county. The welcome I received and the responses have been excellent- from every telephone call to visit. Baseline data has now been collected.

All the children seem to be enjoying being part of this unique project. I just want to thank everyone for their wonderful support and for the very warm welcome I have received into their homes.

Thank you very much

Helene Lovell
Play Learn and Grow Healthy
Project Support Worker

Play Learn and Grow Healthy Project - Mudiad Ysgolion Meithrin

The response I have received from the Cylchoedd Meithrin, staff and parents alike, has been positive and everyone has been very eager to participate in the Play, Learn and Grow Healthy Project.

The Project targets older children who will attend the Cylch for at least one more term, as well as the staff and parents. I have collected baseline data from the eleven participating settings.

The first round of Focus Group meetings were also very well received by the Cylchoedd staff and parents. They enjoyed the entertainment and buffet and found the information regarding the Project very interesting.

I would like to take this opportunity to thank everyone for their participation and look forward to seeing them next term.

Tanwen Randell
Development Officer, Mudiad
Ysgolion Meithrin

FOCUS ON FOCUS Group Meetings

The first round of Focus Group meetings were a huge success with 40 adults and 12 children attending in addition to the Project staff. The events were held at Llandeilo CP School, Carmarthenshire Youth and Children's Association, Llanelli, Ysgol Y Ddwylan in Newcastle Emlyn and Y Gamfa Wen Day Nursery in Carmarthen. Representatives from out of school childcare clubs, childminders, playgroups and cylchoedd were present.

Karen Pereira, Project Manager gave an overview of the Project's aims and Pamela McIntosh, Health Development Manager, talked about the resource cards and buddying.



The healthy buffet organised by Terena, Helene, Tanwen and Rebecca was well received and we would like to thank Carmarthenshire Youth and Children's Association in for providing the buffet in their venue in Llanelli.

Joy, the belly dancer gave a fantastic performance and got everyone involved in a few moves!

The overall aim is that these meetings will provide opportunities for everyone involved to give feedback to the team on how the project is working in their individual settings.

The next round of Focus Group meetings will be held as follows:

| Date | Venue | Time |
|----------|----------------------------------|-----------------|
| 24/11/09 | CYCA, Llanelli | 5.00pm - 7.00pm |
| 26/11/09 | Y Gamfa Wen, Carmarthen | 6.00pm - 7.30pm |
| 01/12/09 | Y Ddwylan, Newcastle Emlyn (TBC) | 5.00pm - 7.00pm |
| 03/12/09 | Llandeilo CP School (TBC) | 5.00pm - 7.00pm |

Play, Learn and Grow Healthy Project - Wales Pre-school Playgroups Association

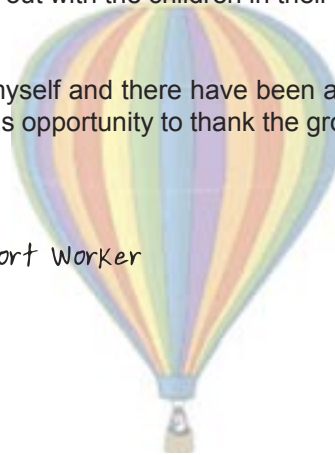
It has been a very busy few months since I was appointed as a Support Worker for this project. During this time I have been able to recruit 16 of our settings and collected baseline data from approximately 150 children, staff and parents. All of the settings have been enthusiastic about the Project and have been eager to come on board. This was evident by the turn out for the Focus Group Meetings. Hopefully the next round of meetings will be equally successful.

During the course of the next term I will be revisiting the settings with some new and exciting resource cards for the groups to try out with the children in their care in order to encourage more physical activity.

It has been very much a learning process for myself and there have been a few hiccups along the way but I would like to take this opportunity to thank the groups for their time and patience.

Rebecca Williams

Play, Learn & Grow Healthy Project Support Worker



Carmarthenshire Wales Pre-school Playgroups Association AGM

The County's Annual General Meeting was held on 15th July 2009 at the Palms in Llanelli which included a delicious buffet and refreshments.

Wales PPA had recently appointed a Support Worker- Rebecca Williams for the Play Learn & Grow Healthy Project and it was felt that it would be a good idea to invite Karen Pereira the Project Manager and Pamela McIntosh the Health Development Manager to give a short overview of the Project and what it entailed. Both Karen and Pam gave a very interesting and informative talk and were able to answer a number of questions and/or concerns that the groups had.

I would like to thank Karen and Pam for attending our AGM and hopefully they will be able to return in the future.

Sue Price

Regional Executive Officer, Wales PPA

Play, Learn and Grow Healthy joins Martyn Geraint and Igi, Tigi, Bip and Bop on the road at the All-Wales MYM Gŵyl Feithrin Roadshow

On Thursday 18th June, Martyn Geraint visited Carmarthenshire on his tour performing songs and dances for children of cylchoedd meithrin and cylchoedd Ti a Fi in centres throughout Wales as part of Mudiad Ysgolion Meithrin's National Tour to celebrate Gŵyl Feithrin 2009.



This year's theme was 'My Friends and I' and so the meithrin pop group - Igi, Tigi, Bip a Bop joined him as his special friends. They entertained over 523 children and their families on the site of the Three Counties' Showground in Nantyci, Carmarthen.

Two enormous sheds were made available for the Festival where Mudiad Ysgolion Meithrin and the agencies involved in Early Years Childcare and Education services set up stalls to entertain the children and to exhibit and sell age appropriate resources and goods. A memorable day out for all!

Here we see the Play Learn and Grow Healthy project's stall ready for the children and families who all enjoyed the games and resources provided by the scheme!

Tanwen Randell

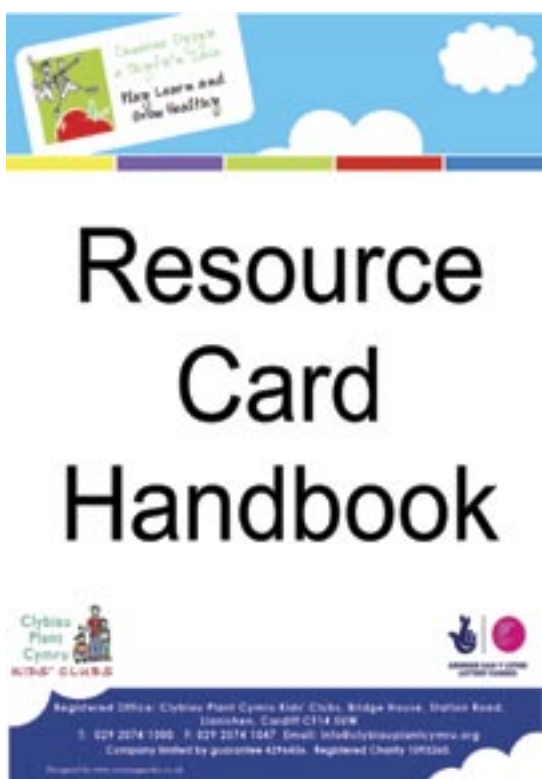
Mudiad Ysgolion Meithrin, Development Officer

Resources

The first sets of resources based on physical activity have now been delivered to our participating settings and the buddies are busy setting up and delivering the activities.

Let us know how you think of them by emailing us as info@plgh.org

Pam McIntosh is busy working on the next set of activities based on nutrition. These will then go into settings. Watch this space!



Website

Check out our website www.plgh.org where you can get all the latest information on the project and download a sample of our resource cards for free!

Click on our events link to join us in the next round of Focus Group meetings.

Buddy Training

Over 60 buddies across Carmarthenshire in childminder and out of school childcare clubs have now been trained. The buddies will take the lead in setting up the activities and encouraging younger children to take part.

If you are a buddy and want to let us know how you are getting on, email us at info@plgh.org



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