



Nadroedd 'N' Ysgolion - Y Pandemig Arall

Snakes 'N' Ladders - The Other Pandemic

YOUTH ADVISORY PANEL

2023/2024 PROJECT DELIVERY REPORT



SMT
Cefnogi Cymunedau Diogel a Hyderus
Supporting Safe and Confident Communities



VOLUNTARY ACTION
MERTHYR TYDFIL
GWEITHREDU GWIRFODDOL
MERTHYR TYDFIL

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Believe in
children
Barnardo's
Cymru

MTBWYF
Forwm Iauencid Lledol Bwrdeistref Merthyr Tudful
Merthyr Tydfil Borough Wide Youth Forum



GIG
CYMRU
NHS
WALLES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

**LLOYDS BANK
FOUNDATION**
England & Wales



**CRONFA
GYMUNEDOL
COMMUNITY
FUND**

YOUTH ADVISORY PANEL

2023-2024



Dylan



Jacob



Chloe



Abdullah



Abby



Lacy



Katy



Jasper



Nerys



Lo



Isabella



**Carly &
Shannon**



El



Olivia



Morgan



Isabella



Corey



Katrina



Matylda



Lennox



Haydn





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FOREWORD

As members of the Snakes 'N' Ladders Youth Advisory Panel, we would like to express our thanks for your interest in our project work during 2023-2024.

We are a group of young people aged 11 to 25 years of age, who live in Merthyr Tydfil. We are working with others to run pilot projects to try to improve some key issues raised around mental health, wellbeing and resilience.

Throughout the research phase of the Snakes 'N' Ladders project (2022 to 2023), we worked with partner organisations to listen to young people's experiences and we identified many of their challenges.

The top issues for young people are:

1. A lack of relationship and trust between young people and professionals in educational and community settings. This discourages young people from asking for help when they need it.
2. A need to address issues on social media that negatively affect young people's lives: bullying, body image, and unhealthy relationships.
3. Young people do not know where to find information about help and support services already available to them in Merthyr Tydfil.

Our partner organisations played a key role in helping us identify the top issues from the research, and then they helped us design some pilot projects to improve them for young people. In this report, we will share how we started to implement those pilot projects during 2023 to 2024.

We would like to express our gratitude to the National Lottery Community Fund for their ongoing support of our project. Additionally, we would like to thank our partnership board for their continued encouragement, training, and commitment to helping us promote the work of the Snakes 'N' Ladders project and the voices of young people in Merthyr Tydfil.

We want all our voices to be heard!

Chloe
Dylan Jacob



Dylan is the Youth Mayor of Merthyr Tydfil and is a member of the Snakes 'N' Ladders Youth Advisory Panel. Dylan is a great example of the coproduction that exists between Merthyr Tydfil Boroughwide Youth Forum, MTCBC Youth Services and the Snakes 'N' Ladders Project.



Chloe is the co-chair of the Youth Advisory Panel. Since the start of the Snakes 'N' Ladders project in 2022, she has been an active participant, dedicating her time to volunteer on a weekly basis.



Jacob is also the co-chair of the Youth Advisory Panel and Deputy Youth Mayor of Merthyr Tydfil. He dedicates many volunteering hours to both projects. Jacob will step up into the Youth Mayor role in July of 2025.

December 2023: Snakes 'N' Ladders Wellbeing Conference



One of the first priorities for Snakes 'N' Ladders delivery year 2023 to 2024, was to promote the top issues identified by young people during the research year ('The Listening Phase'); and then to gather partners to help deliver and test the pilot projects.

The Youth Advisory Panel (the 'YAP') issued invitations to a wellbeing conference to many education and health organisations working with children and young people. 41 organisations attended on the day.

The YAP led the conference, gave presentations of the findings, and led workshops to discuss the top issues. The YAP also shared their ideas for some pilot projects they wanted to test, inviting more ideas from the people and organisations present. At the end of the day, the YAP asked organisations to commit to help deliver the pilot projects.

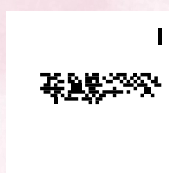
As a result 18 organisations signed up to the work.



facebook.com

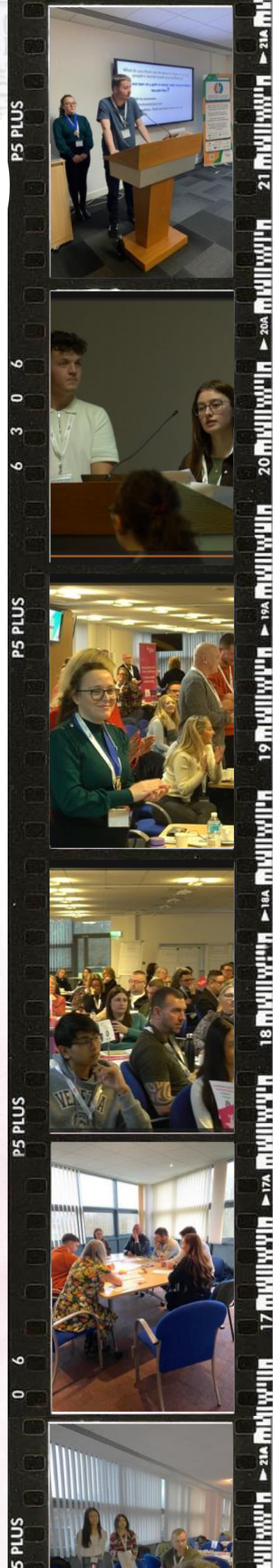
click here to watch a video made at the wellbeing conference!

(check your permissions first! this video is hosted on facebook!)



merthyr.gov.uk

click here to read the report of the listening phase!



Workstream 1: Supporting Young People Transition from Year 6 into Year 7 at School



Building Relationships and Trust

The first pilot to be trialed was designed to help young people connect and build relationships and trust in the people and organisations around them. It was targeted for a key moment in young people's lives: the transition from Primary School to High School.

Many young people said this was a really stressful time for them. They wanted more support getting to know their new school, knowing who to go to for help, and how things would work when they arrived.

They felt their parents/care givers received lots of information but they would like something for themselves.

Taking this on board, YAP members joined project partners to visit participating primary schools, conducting workshops with current Year 6 students to gather additional information and develop new resources.

Students and YAP members worked together to produce a new student information book and a welcome video introducing the new high schools.



Will It Help?

Evaluation of the transition pilot project will begin during November 2024. All of the participating students and schools will be asked if they want to share their thoughts about it's helpfulness.

Snakes 'N' Ladders hopes the resources will help young people move more confidently into their new high schools and feel able to ask for help if they need it.

THANK YOU!

A BIG shout out and thank you to participating young people and staff at:

Afon Taf High School
Blessed Carlo Acutis
Catholic School
Abercanaid Primary
Troedyrhiw Primary
St. Joseph's Primary
St. Mary's Primary



Snakes 'N' Ladders is also extremely grateful to all participating partners and members of the task and finish group for their help with this pilot.

Workstream 1a: Making Community Videos for Young People



Building Relationships and Trust & Making Information Available

The second pilot project, which started in 2023–2024, involved creating community videos to inform young people about some existing support services.

It is evident that not all young people are aware of where to seek help or how to find information about support services. They do not know what is available or what happens when they ask for help.

The Youth Advisory Panel decided that video introductions to some support services might help. They made a list, helped write scripts, assisted in directing and filming, and partnered with others to produce three videos during this project year.

In the upcoming project years, additional videos will be made, and a broader consultation will take place to determine the most suitable platform for hosting these videos, ensuring they are accessible to all young people.

Watch the videos here:



youtube.com

Developed in partnership with CTMUHB to support young people to look after their sexual health and wellbeing:
(the target age for this video is 16+ years)



vimeo.com

In cooperation with MTCBC: 'Make The Call' Safeguarding Animation

(check your permissions first! this video is hosted on vimeo!)



youtube.com

A video about Snakes 'N' Ladders and a welcome to join the project to all 11-25 year olds in Merthyr Tydfil.

Recruitment, Marketing & Community Engagement

MTBWYF

Fforwm Ieuenctid Ledled Bwrdeistref Merthyr Tudful
Merthyr Tydfil Borough Wide Youth Forum

ENGAGING WITH OTHERS

During 2023 to 2024 the Snakes 'N' Ladders Youth Advisory Panel had opportunities to engage with young people from different communities in Merthyr Tydfil.

The YAPs worked closely with MTBWYF to: promote inclusion and participate in Merthyr Pride 2024; to give presentations in school assemblies about both projects; to hold workshops in small groups and to reach out to speak to as many young people as possible.

Together Snakes 'N' Ladders and MTBWYF spread the word about both projects goals and invited any 11-25 year olds to join them.



The YAP joined with MTBWYF to celebrate Merthyr Pride 2024.



The Youth Advisory Panel continue to design all project literature and make it available in welsh and english.



If you are between 11 and 25 years of age and would like to volunteer your time with the Snakes 'N' Ladders project or MTBWYF please get in touch!

Contact Project Coordinator Janice Watkins via email jw3@smt.org.uk.



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NEXT STEPS

October 2024-September 2025



During 2024-2025 we will continue to place the voice of young people at the forefront of all that we do.

- We will advertise the project on social media and at community events, inviting more young people to share their voice.
- We will continue developing young person friendly safeguarding training.
- We will hold a residential weekend away to create a new and up to date marketing video and learn about the film-making process.



Transition Pilot Evaluation

Starting in October 2024, one of our tasks will be to assess the Year 6/7 transition support pilot.

We will return to the same young people who viewed the new information booklet and video before the summer holidays, and we will ask them if or how the resources helped.

In addition, 'The Welsh Institute of Health and Social Care' at the University of South Wales, will perform an independent evaluation of the pilot.



Open Access Pilot

Young people said they want to be able to speak about their worries in a place that is quick and easy to access. We are piloting this service for young people in Cyfarthfa High School beginning early 2025.



Making Community Videos

During 2024 to 2025 we will continue making introductory videos to existing services for young people.



During 2024 to 2025, we will work with CoPro Lab Wales, to begin consultations with young people in Merthyr Tydfil. We want to find out which online platform they will use to access all the new resources we are making as well as information about existing services for young people in Merthyr.



New Curriculum Resources

In 2024 to 2025 we will begin talking to Merthyr Council and a local school about how we can gather or produce curriculum resources addressing negative affects of social media such as bullying and body image.



SNAKES 'N' LADDERS DELIVERY YEARS

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2023-2027

Delivery Year 1 (2023-2024)

- Market & Promote Snakes 'N' Ladders to Gain Support and Pilot Solution Partners.
- Design & Pilot New Transition Support Resources for School Years 6 to 7.
- Produce Videos Informing Young People about Existing Community Services.

Delivery Year 2 (2024-2025)

- Pilot Open Access to Help Approach.
- Create Curriculum Resources Addressing the Top Issues.

Delivery Year 3 (2025-2026)

- Provide a Solution to Sustainable Access to Information For Young People
- Trial the New Curriculum Resources.

Delivery Year 4 (2026-2027)

- Consolidate and Evaluate All The Work.

For further information about the
Snakes 'N' Ladders Project please contact:

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The Voluntary Action Centre
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Merthyr Tydfil
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Email: jw3@smt.org.uk



Thank You!

genuine thanks are offered to all of the young people on the Youth Advisory Panel, and to young people in the community and schools who have supported the Snakes 'N' Ladders project. Thank you for sharing your lived experiences of mental health and wellbeing with the Snakes 'N' Ladders team. This young person-led project uses the voice of young people to shape improvements to the services they use.

grateful thanks are given to our partnership board, friends and acquaintances for your continued support and expertise in promoting the work of the project. We hope that our approach will promote some of your own goals and bring sustainable change to the areas in which you also work.

special thanks are given to the schools and teachers who opened their doors to the project, taking on extra work and giving their time to allow us to carry out research and consult with pupils.



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PARTNERSHIP BOARD

Snakes 'N' Ladders Partnership Board empowers young people to be ambassadors around mental health, wellbeing and resilience.



The National Lottery Community Fund...

...award funds from the National Lottery to projects that strengthen society and improve lives. They have awarded us £1.2mil over 5 years to invest in improving the mental health, wellbeing and resilience of 11-25 year olds in Merthyr Tydfil.



Merthyr Tydfil County Borough Council...

... as lead for the project, the Council is committed to working in partnership with community groups and organisations to ensure future generations have access to services that meet their needs.



Safer Merthyr Tydfil...

... provide needs led services that increase confidence and enable communities to feel safer. As a partner organisation they contribute to hosting the Snakes 'N' Ladders team who advise and support the Youth Advisory Panel. Through the project SMT hopes it can assist in the steer of system change that improves positively the mental health and wellbeing for young people now and in the future.



Barnardo's Cymru...

...has been supporting children, young people and families for over 150 years. Across the Borough, Barnardo's delivers Early Years Family Support, Team Around the Family Key-working, Young Carers and Child Sexual Abuse Services. As a Snakes 'N' Ladders partner organisation, Barnardo's employs an Engagement Worker placed within the Project Team.



Fforwm Ieuenctid Ledled Bwrdeistref Merthyr Tudful
Merthyr Tydfil Borough Wide Youth Forum

Merthyr Tydfil Borough Wide Youth Forum...

... ensures young people in Merthyr Tydfil are provided with the opportunity to have voice and influence and shape the services that affect them in line with the UNCRC rights of the child.



Voluntary Action Merthyr Tydfil...

... is a part of Third Sector Support Wales (TSSW) which is a network of support organisations for the third sector. Their shared goal is to enable the third sector and volunteers across Wales to contribute fully to individual and community wellbeing, now and for the future.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Cwm Taf Morgannwg University Health Board...

... provides primary, community, hospital and mental health services to the 450,000 people living in three County Boroughs: Bridgend, Merthyr Tydfil and Rhondda Cynon Taf.



The Wales institute for Health and Social Care...

... inform evidence-based health and care services. They will be helping us record and evaluate our project.



The Lloyds Bank Foundation for England and Wales...

... partner with small and local charities, people and communities working towards a more just and compassionate society. We are working partners with similar goals. We will collaborate at times over the lifetime of the project.

Contact Snakes 'N' Ladders

Janice Watkins
Project Coordinator

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