

GISDA

CEFNOGAETH A CHYFLEOEDD I BOBL IFANC
SUPPORT AND OPPORTUNITIES FOR YOUNG PEOPLE



NEWSLETTER

CHRISTMAS 2024

WELCOME TO GISDA'S CHRISTMAS 2024 NEWSLETTER!

As the year comes to a close, we are keen to share the latest news and events from GISDA. It's certainly been an exciting eventful time, and in this edition, we'll talk about some of the ways GISDA is making a real difference to the lives of Gwynedd's vulnerable young people.



DROP OFF AT:

23 BONT BRIDD, CAERNARFON, LL55 1AB

25 GAOL STREET, PWLLELI, LL53 5DB

49 STRYD FAWR, BLAENAU FFESTINIOG, LL41 3AG



CHRISTMAS APPEAL



We are appealing for donations for young people 14-25

CLOSING DATE - 16/12/24

GIFT VOUCHERS * CLOTHES
TOILETRIES * BAGS * PJS
CHOCOLATE * MAKE UP



ACHIEVEMENTS



We are proud to announce that Anya, an 18-year-old supported by GISDA, has won the 2024 Centrepoint UK Partner Award.

This award recognises her remarkable journey and resilience in overcoming significant challenges throughout her life. She was rewarded by Prince William at the Centrepoint Awards at the British Museum - London.

The Centrepoint Awards celebrate the achievements of young people who have demonstrated exceptional courage and commitment. As the UK's leading youth homelessness charity, Centrepoint supports almost 14,000 young individuals each year, highlighting the diverse talents and achievements of those who have faced adversity.

Anya has shown strength to move on from the darkness of her childhood and has created a bright future, not only for herself, but also to support other young people experiencing homelessness. Moreover, she has managed to excel in her exams. She has used her lived experiences to influence politicians to support LGBTQ+ people in Gwynedd.

Reece, a young person supported by GISDA, has been awarded as runner up in the Young Volunteer of the Year award at the Welsh Charities Awards 2024.

Reece helps frequently at our LGBTQ+ Club in Caernarfon, volunteers weekly at Ysbyty Gwynedd and leads craft sessions for our young people. We are so proud of you Reece.



GWYNEDD SPORTS AWARDS 2024



We are delighted that GISDA has won the Active Employer of the Year 2024 award at the Gwynedd Sports Awards.

MENTAL HEALTH AND WELLBEING AWARDS 2024

We are so pleased that we reached the Inspirational Charitable Organisation award finalists alongside candidates dedicated to prioritising the wellbeing of others.



EU-UK YOUTH DIALOGUE 2024

Reece, a young leader from GISDA joined the 2024 EU-UK Youth Dialogue in London, where 150 youth voices came together to discuss important issues such as youth mobility, inclusion, and the relationship between the United Kingdom and Europe. This inspiring event connected young people with policy makers to promote opportunities across Europe. They highlighted the impact of exchange programmes such as Erasmus+ and our Welsh exchange programme, JOURNEY! We are extremely proud of Reece for representing the youth of Gwynedd and Wales in this influential session!



Kaya, our TAPI Project Manager, traveled to Parma with Project TRIP to attend an LGBTQ+ forum organized by the Ali Forney Center, a New York-based agency that supports LGBTQ+ youth. The event brought together 25 different agencies from 16 countries around the world.

The forum was an invaluable opportunity to network with other organisations that support LGBTQ+ individuals globally. It was a platform to share best practices, learn about the challenges they face, and explore how they address these issues.



GISDACTIF promotes physical and mental wellbeing for young people in Gwynedd! It offers a variety of fun activities to help people move, connect with others, and boost their well-being.

Our young people have been busy in recent months with GISDACTIF cycling, climbing, paddle boarding, walking etc. Many have also been given a 'Smart Watch' to monitor their daily steps.



OPPORTUNITIES ACADEMY



152 of young people have received support in the last quarter

66 of new young people opened

14 of young people have closed with the project because their support needs have been met by the Academy

The Opportunities Academy aims to support young people who want extra support to look for work, volunteer opportunities, access education, develop their independent living skills (cooking, budgeting etc), or complete training. All young people between 14 and 25 are eligible for support from the Academy.



VOLUNTEERING

16 have received support for accessing volunteering

4 Completed Agored Cymru Accreditation

499 Volunteer hours completed in this period

EDUCATION

102

of accreditations completed with pupils in schools

4

of groups in schools have received support

HOUSING SUPPORT: SUPPORTING HOMELESS YOUNG PEOPLE IN GWYNEDD

GISDA's Housing Support project helps young people who are homeless or at risk of losing their homes, giving them the stability and support they need to build a brighter future. As our largest project, it provides an important service to the vulnerable young people of Gwynedd, 62 individuals can receive support from us at any one time.

As part of the project, young people receive comprehensive support tailored to their needs through our therapeutic support model, "Model FI." This support enables them to understand their rights and develop the skills and responsibility they need to progress to independent living.

"I like the flat I've had from GISDA, and the support I'm getting is so good, I look forward to all the activities"



NEW HOUSE IN CAERNARFON

We bought this house in April this year and it is now ready for a young person to move in.

This is the first house GISDA has bought and renovated without public money at all.



ICAN PROJECT

265

INDIVIDUALS
SUPPORTED 2023-24

70% noted an improvement in their mental health and wellbeing

59% noted that they were now better able to cope with difficult situations

77% noted an increase in awareness of the support available

GISDA's ICAN project plays a vital role in supporting young people in Gwynedd who struggle with mild to moderate mental illness. With welcoming centres in Caernarfon, Pwllheli and Bangor, individuals can easily access a range of early therapeutic interventions and support.

We are delighted to share that 3 young people supported by GISDA have been given a job through Academi Adra.

Academi Adra offers courses that give a week of training then a week of Work experience, either with a team at Adra or with one of their Partners. After two weeks there is an offer for everyone to apply for a paid work placement.



BANGOR HUB

We have a new Hub in Bangor, and GISDA will be there every week from Tuesday to Thursday. We are delighted to be able to expand our services to offer support and opportunities to the young people of Bangor.

TUE

Housing support / Academy

WED

LGBTQ+ CLUB



THUR

ICAN Drop In



PROSIECT 'FEL MERCH' YR URDD

Keira has been selected as one of 10 young women throughout Wales to go to India with Urdd Gobaith Cymru to volunteer with the special charity Her Future Coalition in the Kolkata area. Keira represented GISDA in the Welsh Youth Parliament until recently and we are extremely proud of her.

The Future Coalition Challenge seeks to break the cycle of poverty while supporting children and girls through educational opportunities, building new skills and providing support to vulnerable girls. It will be an unforgettable opportunity to travel, gain a special experience and support young women and children in the Kolkata area.

Each girl has to collect £250 themselves towards a charity in Kolkata. If you would like to contribute, Keira would be extremely grateful. Visit our Facebook page to read more.

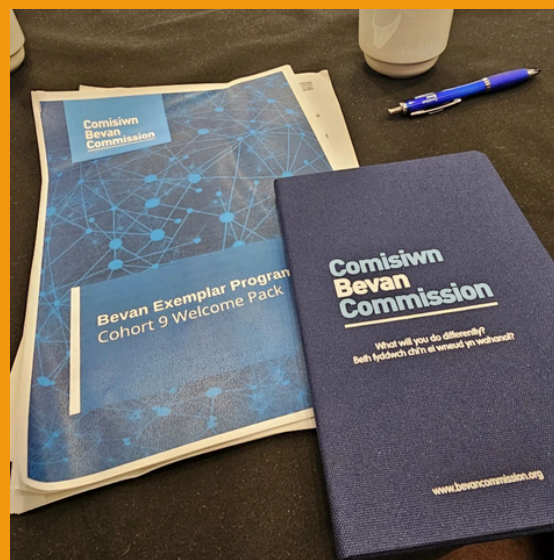


GISDA is delighted to have been selected to be part of the Bevan Exemplars programme through the Bevan Commission, which supports staff across Wales to develop and experiment innovative ideas aimed at improving health services.

We aim to develop a therapeutic hub for young people facing mental health challenges, offering a safe and purposeful space with timely and therapeutic support that responds to their needs.

We are proud to be part of cohort 9, and we recently came together to start the process. It was a pleasure to be in a room with innovative and inspiring projects, and to share the experience with so many enthusiastic individuals!

BEVAN COMMISSION



COMMISSIONER FOR WALES



Ddod Efa Gruffudd Jones Welsh Language Commissioner and his staff to visit GISDA. Efa is passionate about young people and was pleased to hear about GISDA's offer and that it was all available through the medium of Welsh. It was great to spend time with Efa talking about our work but also to hear about their work and priorities over the next few years.

It was truly a pleasure to invite Derek Walker, Commissioner for Future Generations to GISDA, Caernarfon. We had the opportunity to present our work and share the challenges. Derek has been a friend of GISDA for years, always supportive of voluntary initiatives and organisations like ours. We are working on a 'GISDA' strategy to all go with the Commissioner's strategic priorities in their 'Cymru Can' plan – he was extremely proud of this and wanted to return to us to follow our developments.

COMMISSIONER FOR FUTURE GENERATIONS



PARTNERIAETH FRAN WEN



Our partnership with Fran Wen, a Welsh theatre company, began in 2022.

The Nabod group, funded by Children in Need, was set up by bringing together members of GISDA's LGBTQ+ clubs from Blaenau Ffestiniog, Caernarfon and Pwllheli to work with Frân Wen.

The project provides an inclusive and safe space for young creatives to work alongside multidisciplinary artists – and it's one that has grown into something much bigger than expected.

Inspirational ideas emerged from the early sessions and over time the group came together to refine these, developing themes and characters they wanted to focus on.

At the same time, they were having conversations with various artists about things they aspired to in terms of creative processes – scale, ambition, co-creation, and opportunities to work in new ways. And so that was the beginning of OLION, with the vision of offering artists and audiences something different.



OLION

Throughout OLION rehearsals, members of the NABOD group shadowed different artists based on their interests. Anya, a young person supported by GISDA, had been given the opportunity to shadow Creative Director Gethin in the rehearsal room, and Reece had been working with costume and set designer Elin Steele.

It has been a privilege to work with Fran Wen, this is a group of young people who have dabbled in skills and gained wide experiences as part of this project.



HOW YOU CAN SUPPORT GISDA:

DONATE

'GIVE AS YOU LIVE'



Raise money for GISDA from your shopping every day at no extra cost! Scan the QR Code to find out more:



DONATE VIA 'TEXT'



JustGiving

Text: **GISD41 £X i 70070** (e.e. Visit our Just Giving page: **www.justgiving.com/gisda**)
Text: **GISD41 £5 i 70070**



OTHER WAYS TO HELP

Volunteering We welcome volunteers to help us run our programmes and events.

Fundraising Organise a fundraising event or challenge yourself with a personal fundraising challenge.

Spread the word

Tell your friends and family about GISDA and our work.

Follow Us on Social Media

Follow us on our social media to hear about our latest news, events and opportunities.

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