

# YOUTH <sup>NPT</sup>

*Pobl Ifanc yn Gyfeir*  
Gwasanaeth Ieuencid Castell-nedd Port Talbot  
Neath Port Talbot Youth Service  
Young People First

Issue 17: June 2022

Wythnos Gwaith Ieuencid  
23-30 Mehefin  
Youth Work Week  
23-30 June



Welcome to  
Neath Port Talbot  
Youth Service

[www.nptyouthservice.org](http://www.nptyouthservice.org)



## Youth Work Week

Youth Work Week 2022  
is here!

## Youth Clubs

Latest news from your local  
Youth Club

## Royal Visit

Countess of Wessex visits  
our young parents project

## Youth Council

Youth Council members and  
Young Carers attend the  
Youth Health Summit in Cardiff

## Duke of Edinburgh's Award

Young People participate  
in DofE Gold practice walks

## Quick Quiz

Test your knowledge with our  
quick quiz and brainteaser

## New Youth Mayor

Bethan Nicholas-Thomas



# Youth Work Week 2022

Youth Work Week 2022 is here! The first Youth Work Week without Welsh Government Coronavirus restrictions since 2019, allowing for the return of our annual Summer Trip to Drayton Manor!

Many activities and events will be running throughout the week including youth clubs, RSE in schools, college/work-based learning visits, Pride month celebrations, DofE Gold practice walk, gym projects and much much more!

You can keep up to date with everything the Youth Service are doing to celebrate this week via our [Facebook](#) and [Twitter](#) pages.

The national theme for Youth Work Week 2022 is 'Wellbeing', and the 'Five Ways to Wellbeing' which are: **Connect, Be Active, Take Notice, Keep Learning and Give.** Find out what's going on, join the conversations and celebrations of Youth Work throughout Wales using #YWW22 and #YWWWellbeing.

Am y Gymraeg, defnyddiwch #WGI22 a #LlesGI



Wythnos Gwaith Ieuenctid  
23-30 Mehefin  
Youth Work Week  
23-30 June

# Welsh Youth Parliament

Two members of Neath Port Talbot Youth Council were elected as Welsh Youth Parliament (Senedd) members. The Welsh Youth Parliament gives you the opportunity to have your say on the things that matter to you locally and throughout Wales.



Stella Orrin of St Joseph's Comprehensive school's key issues are:

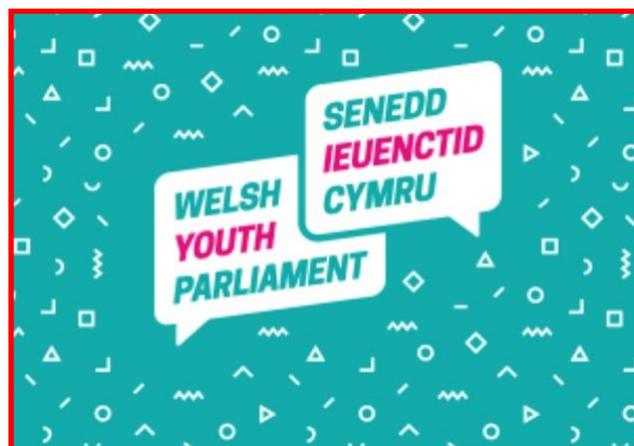
- Tackling Climate Change
- Providing Equal Sport Opportunities
- And improving Mental Health support



Jake Dorgan of Cefn Saeson Comprehensive school's key issues are:

- Improving Youth facilities
- Making Wales more environmentally friendly
- Helping businesses prosper in Wales

We wish you both well in your pursuit and commitment to positive change and making a difference. Your voice is powerful.



# Youth Council

What a busy couple of months Neath Port Talbot Youth Council have had. Here are just a few examples of the wonderful work all members of the Youth Council have been involved in during 2022 so far.

## January

New and existing members attended training which went very well, with some of them joining the Youth Parliament Meetings.

Campaigning took place in the schools to raise awareness and get 16 and 17 year olds to register and vote in the local elections.

The Youth Council then supported the Make Your Mark Campaign through the British Youth Council.

Stella Orrin and Jake Dorgan were elected of the Welsh Youth Parliament.

## February

Members of the Youth Council attended a Cabinet meeting with Councillors and NPTCBC Chief Executive, Karen Jones. All members spoke to them about what was important to them in their schools, colleges and their wider community.

Bethan Thomas had her inauguration and become Neath Port Talbot's Youth Mayor, with Maddie Pritchard become Deputy Youth Mayor. Well done both!



The Youth Council attended a meeting with Thrive Women's Aid and helped fill in a survey about domestic abuse against women.

Congratulations to Meagan Griffiths who became Member of British Youth Parliament for Neath Port Talbot.

## March

March was an extremely busy month with the Youth Council attended a meeting with Playdellsmith and completed a survey about getting better facilities for young people from Neath Port Talbot. They also had a Royal visit with the Countess of Wessex.

Their work didn't stop there as members went to Youth Festival in GCG to congratulate them on training up young people to become youth workers.

Deputy Youth Mayor, Maddie, was interviewed on Radio Cymru about voting for 16 and 17 year olds. That same day our Youth Mayor, Bethan, attended a presentation in Margam Orangery to present awards to local heroes of Neath Port Talbot who went over and above to help others through the pandemic.

Votes were counted for Make Your Mark and Neath Port Talbot young people voted for their top three priorities which were- 1. Environment 2. Health and Wellbeing 3. Stop Child Poverty. The Youth Council members will now work on these.

### April

Ellie Gallagher another member of the youth council had a very successful meeting with librarians in Neath Port Talbot and spoke about how they can get more young people of Neath Port Talbot to use our fantastic libraries. Efanwa Hawkins worked in partnership with Rose from NPT Nature group and her and members organised a competition for World Wildlife month.

Bethan and Maddie did some filming for Neath Port Talbot CBC to show residents the new local development plan.



During the Easter break the Youth Council and members of staff completed a ten mile sponsored walk for the British Red Cross Ukraine Crisis. 'Walk for Ukraine' raised an incredible £727 for this amazing cause and a fantastic day was had by all.

### May/June

Youth Council members attended a full meeting at Neath Town Hall.

Youth Mayor, Bethan, attended the Mayors Inauguration at the Princess Royal Theatre.

Five members attended a Public Health residential in Cardiff. All members were fantastic ambassadors for Neath Port Talbot and will be working with Public Health for the next two years, while also working towards a Public Health qualification.



# Youth Clubs

Youth Clubs get involved with supporting young people going back to school

The youth clubs have been working with The Small Things project providing young people with school bags and stationery. Some of the school bags were handed to young people who attend our youth clubs and also to the young people who attend Pontardawe Youth Club which is run by volunteers.

The Small Things have undertaken a Back to School project, which resulted in them distributing over 400 bags to local school children. Local businesses and generous individuals within our community either made by financial donations or by donating items to put into the school bags e.g. water bottles and stationery. Pep & Co undertook a collection with their customers and Morrisons Baglan had a donation trolley in their store.

18 volunteers were involved in the project and worked hard to ensure that the Back to School project was an incredibly successful campaign which helped support over 400 local children!

We are extremely grateful to the Small Things for providing us with some of these bags to distribute to our young people. From the faces of the young people in receipt of the items we could tell they were really pleased with their new bags. One young person from Pontardawe Youth Club stated "I can't believe it. I have a new school bag. I really needed a new one as mine is wrecked".



# Youth Clubs

The young people at Cymmer Youth Club have been Working towards achieving swimming badges. Towards the end of the term the young people are assessed to see how far they can swim and are awarded the appropriate certificate and badge.

So far 21 young people have been awarded a certificate and badge ranging from 25 meters to 200 meters. Many of the young people are trying really hard to get the next level badge. We are extremely proud of their achievements so far and will continue to support them to achieve their goals.



The youth clubs recently secured funding to provide all youth club members with a drink and fruit during youth club sessions. If there is any fruit left at the end of the night the young people were able to take it home to share with family members. The project has been a huge success that has not only provided all the youth club members with a healthy snack but has also given them the opportunity to try fruit they had never tasted before.

The funding also covered the cost of purchasing ingredients to make a meal during the youth club session. This not only provided the young people with a free hot meal but also involved the young people in the cooking process; teaching them invaluable cooking skills.



# Youth Clubs

Young people had lots of fun at Taibach celebrating the Queens Platinum Jubilee, young people decorated the centre with bunting, played dodgeball, badminton and enjoyed a scrumptious buffet.



The young people at Glynneath Youth Club had a fantastic session recently when they were visited by A&S Animal Encounters. The young people, and staff, were able to get up with some amazing animals! The session was delivered by the fantastic team from A&S Animal Encounters who've delivered sessions to many of our youth groups.



For more photos, news and from all our Youth Clubs, head over to our [Facebook](#) and [Twitter](#) pages for regular updates.

# Welsh Language Virtual Youth Club

The Welsh language Virtual Youth Club was set up so young people from across the county could meet up during the pandemic and do activities through the medium of Welsh. The club has been such a success that it will now be continuing until further notice.



Although the young people and staff meet up virtually via Microsoft Teams the young people still have the opportunity to engage in activities similar to the



other youth clubs including arts and crafts, cooking, games, quizzes and much more. All the resources needed are dropped to their school so the young people can collect them in time for the online session. The young people have also been on trips to Oakwood Park and Cardiff Ice Skating, as well as getting ready for Summer Trip to Drayton Manor during Youth Work Week!

## Clwb Ieuencid

## Rhithwir Cymraeg



Sefydlwyd y Clwb Ieuencid Rhithwir Cymraeg fel bod pobl ifanc o bob rhan o'r sir yn gallu cyfarfod yn ystod y pandemig a gwneud gweithgareddau trwy gyfrwng y Gymraeg. Mae'r clwb wedi bod yn gymaint o lwyddiant fel y bydd nawr yn parhau nes clywir yn wahanol.



Er bod y bobl ifanc a'r staff yn cyfarfod yn rhithwir trwy Microsoft Teams, mae'r bobl ifanc yn dal i gael y cyfle i gymryd rhan mewn gweithgareddau tebyg i'r clybiau ieuencid eraill gan gynnwys celf a chreffft, coginio, gemau, cwisiau a llawer mwy.

Mae'r holl adnoddau sydd eu hangen yn cael eu gollwng i'w hysgol er mwyn i'r bobl ifanc allu eu casglu mewn pryd ar gyfer y sesiwn ar-lein. Mae'r bobl ifanc hefyd wedi bod ar deithiau i Barc Oakwood a Sglefrio Iâ Caerdydd, yn ogystal â pharatoi ar gyfer Trip Haf i Drayton Manor yn ystod Wythnos Gwaith Ieuencid!

# Oakwood Park

A half term trip to Oakwood Theme Park was delivered over the May Half Term holidays by youth workers from the Youth Homelessness and Prevention, Legacy and KIT Cam Nesa teams. A total 34 Young people attended the project and the feedback was extremely positive. Some young people said it was the best day out since before the pandemic and others commented the trip was a welcome break from the stresses of exams. All the young people said it was a really fun day out, made new friends, really enjoyed and asked staff "can we go again".



# Duke of Edinburgh's Award

The DofE award is **back**. Following a break during the pandemic and with the new DofE Officer, Darren Clapham leading the way we are happy to announce that the DofE Award back helping young people. Here are pupils from Cwmtawe on their DofE Gold practice walk at Penderyn Common, in the Brecon Beacons. The group were tested on their navigation skills and all came through with flying colours!

Darren and the team will be delivering more DofE Gold practice walks during Youth Work Week ahead of the DofE Gold Expedition this summer! Good luck everyone!



# Slow Cooker Project

The COVID-19 pandemic made us all to sit back and evaluate every aspect of our day to day lives. The way we live, the way we learn and the way we work. We all had to readjust and find a new balance.

For NPT Youth Homelessness and Emotional Health Team the focus has very much been about the way we delivered our projects. Something that had predominantly been face to face on the ground working had to find a new method that was still able to reach our young people, meet their needs and achieve the original outcomes set out. As part of the overall programme we are tasked with improving independent living skills. There are lots of things involved in this, awareness raising of support services, finance management, developing cooking skills, reducing isolation etc.

To support the cooking skills element of the programme and adapt the delivery to meet the COVID -19 restrictions that were in place, a Cook slow, Learn fast project was created. The project has allowed the young person to develop their cooking skills within their home environment, for those that are living with their families they got to prepare and cook the meal for their entire household.



We decided to pilot the project initially with 12 families over a 3 week period and it progressed from there. We then created a 10 week programme where we supplied each young person with a slow cooker and each week we provide the young person with the ingredients needed, a recipe card and a picture method for that week's recipe, each card has a QR code where the young person can watch a video of how to chop the veg etc.

To date that project has run for 42 weeks, over **6000** people have benefitted during the project, the latest 10 week programme was supplying ingredients to 86 young people which feeds over 300 people each week. The latest round of the programme has now ended and the programme will start up again in September. This time the young people will also be given the opportunity to complete a food hygiene certificate.

It is worth noting the latest 10 week programme has happened during the cost of living increases and we as a team have noticed there has been a 22% increase in the cost of ingredients in comparison to previous programmes.

Feedback from the young people and their families has been fantastic. The young people have enjoyed developing their skills. Some of the young people who are living independently have noted that once cooked they have managed to get 2 -3 meals out of the pot and have invested in storage containers to freeze the extras. Other feedback has included one of the young people living in supported accommodation saying:

"The meals are so delicious and filling, I've been adding in extra veg to spread it out longer. It's really improved my confidence cooking with raw food. It has also helped me eat better food, which is helping me feel better"

Another who is living with their family has said "My mum said to me "make sure you keep all of them recipes, I've never been able to get your brothers to eat food like this before"

Feedback from the young mums has been just as great, "This is such a fantastic project, I have learned so much and the little one is trying so many new things that I would never normally make. I can cook now"

We would like to say a big thank you to our partners at Awel Y Mor Primary School for creating the recipes from the ingredients we supplied and producing the recipes cards, also to Filco Foods in Taibach and Morrisons in Port Talbot for supplying and individually preparing the raw ingredients for us.

All the recipes can be found on the Connectnptyouth app, which is available to download from Google play store or Apple Store, there is also a web version available.

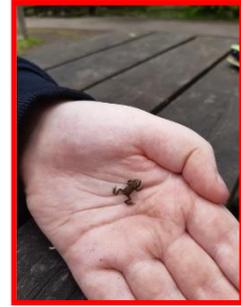


# GSA Youth Group

The Gender, Sexuality and Acceptance Youth Group have spent all of June celebrating Pride Month by using their sessions to get outdoors and participate in Wellbeing Walks where they were joined by some amazing baby frogs!



The Wellbeing Walks will continue throughout the summer as the group have requested making use of the beautiful weather.



Indoors, the group have been enjoyed making wooden rainbow and scratch art. They also played board games Scrabble, Five Second Rule, Blokus, UNO and Twister.

## Young Carers



Our Young Carers group has been really busy over the last few months with loads of fun activities going on for the young people. We've had a Nerf party, Animal Experience and many other fantastic visitors and sessions for the Young Carers to enjoy.

One activity that the young people have really enjoyed has been the Circus Skills workshops provided by "Organised Kaos". The staff have been into the club twice and each time they bring new and exciting things for the young people to try.



Recently they brought a trampoline with them and a Ukrainian circus performer who has been touring with "Circus Vegas" all over the UK. He showed the group how to use the trampoline correctly and the photos below show the results of what the young people achieved within the session.

The young people also worked with other circus apparatus such as the Balance beam, Diablo, juggling and uni-cycling but to name only a few and the Young Carers group all had a massive amount of fun.



# KIT Next Steps

It's been a very busy few months within the Keeping in Touch (KIT) and Next Steps Team where we've seen an influx of Young People and new Staff alike.

We have again been working in very close proximity with the Down to Earth Project where our Young People have been experiencing lots of new and exciting activities whilst working on the main focus of the project which is well being.



The Teams favourite activity by far was the day spent in the woods where a fire was constructed which was used to cook and make drinks on. It gave the whole group a chance to sit around the fire and really discuss wellbeing and how they found time to look after their own wellbeing. It was clear to see that by just being outdoors away from their normal hectic lifestyles they were able to take some time out and just relax.



The group also learned a lot of new skills while at the project and how to use tools such as carving knives, drills, planes and many more wood working items. They were using these tools to prepare the wood for a structure that Down to earth are making in Cardiff.

# Royal Visit

Neath Port Talbot Council's Youth Service enjoyed a royal visit (Wednesday, March 9th, 2022) when HRH the Countess of Wessex visited young parents, their children and staff involved in the Young Parents Provision project.

The Provision is funded by the Welsh Government Youth Support Grant run in partnership with the Youth Service, Flying Start and Thrive. The Young Parents can access Youth Workers, along with support from Neath Port Talbot Council's Flying Start programme (an early years support programme for families of children under four) and support from Thrive Group Wales.



The Young Parents group provides valuable support and advice for young parents who are at risk of isolation and it has provided a lifeline for new parents as they navigated caring for babies and toddlers in the Covid-19 pandemic. Support for the group has included a Slow Cooker Project, walk and talk sessions, a parent nurture course and one to one sessions.

The Countess of Wessex has a strong personal interest in improving opportunities and help for young people and she champions national charities such as the NSPCC.

During her visit to The Young Parents Group at Playhem Play Centre, the Countess met parents, children, the Youth Council and staff and she was also welcomed by the Mayor of Neath Port Talbot, Cllr John Warman, Neath Port Talbot Council Deputy Leader, Cllr Leanne Jones, Education, Skills and Culture Cabinet Member Cllr Peter Rees, the Lord Lieutenant of West Glamorgan, Mrs Louise Fleet and Neath Port Talbot's Deputy Youth Mayor, Maddie Pritchard. Cllr Warman said: "We were delighted to welcome HRH the Countess of Wessex to Neath Port Talbot who was keen to meet the young parents being helped by our youth service in conjunction with Flying Start and the Thrive Group at Playhem. It is a first class project for helping and supporting young parents who would otherwise be in danger of becoming isolated."

Neath Port Talbot Youth Mayor Bethan Nicholas-Thomas added: "It was very nice for HRH the Countess of Wessex to visit us in Neath Port Talbot and talk to the Young Parents Group and Youth Council. It is important for us as young



people to have these opportunities where we can voice our opinions on matters that affect our lives. The Young Parents project is an excellent example of the Youth Service working in partnership with others to help young people who need support."

Earlier in the day, the Countess, a patron of the Scar Free Foundation, visited the

London based charity's research centre in Swansea University - the centre, working with Health and Care Research Wales, aims to enhance facial reconstruction techniques using 3D bioprinting.

## Summer of Fun

Please keep an eye out for Summer of Fun events and activities that will be taking place in communities across Neath Port Talbot over the Summer Holidays.

Summer of Fun is an offer for children and young people aged 0-25 to play and participate in leisure, recreational, sporting and cultural activities to help rebuild their social and emotional skills in both Welsh and English. We are currently working alongside our Play colleagues in planning what this offer will look like in Neath Port Talbot and if you require any further information then please contact [childrenandfamilies@npt.gov.uk](mailto:childrenandfamilies@npt.gov.uk) or [youth.service@npt.gov.uk](mailto:youth.service@npt.gov.uk)



Ariennir gan  
**Lywodraeth Cymru**  
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**Welsh Government**



# Youth Mayor

Neath Port Talbot Council inaugurated Bethan Nicholas-Thomas as the new Youth Mayor at a ceremony held online back in February.

The annual ceremony took place on Thursday 3rd February and was attended by senior council officers and key community leaders which included Councillor Ted Latham (Then Leader of

Neath Port Talbot Council), Karen Jones (Chief Executive of Neath Port Talbot Council) Sally Holland (The Children's Commissioner for Wales), Louise Fleet (Lord Lieutenant of West Glamorgan), Joanna Jenkins (High Sheriff of West Glamorgan), and David Rees MS (Member of the Senedd for Aberavon).

Bethan is a member of the British Youth Council and the Youth Climate Ambassadors Group which campaigns to make changes for a healthier planet.

In her acceptance speech, the former Cwmtawe Community School pupil, said: "I pledge to make effective, efficient changes to tackle the climate crisis that affects our local area because our time is running out. I intend to focus more specifically on the young people most affected by climate change in Neath Port Talbot.

"I promise to represent the young people of Neath Port Talbot and enhance their voices so that our ideas, opinions, praises and concerns are validated and listened to. I will work with the Youth Council and prove that what we can achieve is limitless as long as we strive to better Neath Port Talbot for everyone."

The positions of Youth Mayor and Deputy Youth Mayor are elected annually by Neath Port Talbot's Youth Council to ensure young people are given a voice and have a say on local issues that matter to them.

Councillor John Warman, the Mayor of Neath Port Talbot who spoke at the ceremony, said: "It continues to be so important that we hear the views, ideas and voices of all children and young people across the work of the Council. Neath Port Talbot strives to be a place where the voices of young people are listened to and at the forefront of our work.

"I am sure that our incoming Youth Mayor will continue with this good work and I look forward to Bethan attending future events where possible."

The new Deputy Youth Mayor, Maddie Pritchard, was also inaugurated at the ceremony. Maddie, a year 11 pupil at Ysgol Gymraeg Ystalyfera Bro Dur, spoke about her passion for the Welsh language and pledged to support Welsh Government's aim to reach 1 million Welsh speakers by 2050.



## LGBTQ+ Youth Group



**Gender & Sexuality Acceptance**

**Every Tuesday**

**5:00pm – 6:00pm**

**Virtual Session - Microsoft Teams**

**Mandy on**  
**07989541549**  
[m.doel@npt.gov.uk](mailto:m.doel@npt.gov.uk)

**For more info**  
**contact:**

**Kath on**  
**07813317023**  
[k.roberts@npt.gov.uk](mailto:k.roberts@npt.gov.uk)

## Clwb Ieuenctid LGBTQ+



**GSA - Derbyniad, Cenedl, Rhywioldeb**

**Pob Dydd Mawrth**

**5:00yh – 6:00yh**

**Sesiwn Rhithwir - Microsoft Teams**

**Mandy ar**  
**07989541549**  
[m.doel@npt.gov.uk](mailto:m.doel@npt.gov.uk)

**Am fwy o**  
**wybodaeth:**

**Kath ar**  
**07813317023**  
[k.roberts@npt.gov.uk](mailto:k.roberts@npt.gov.uk)

**MAE RHYS YN AROS GYDA  
FFRIND ETO YR WYTHNOS HON.**



**Ilywodraeth Cymru  
Welsh Government**

**RHYS IS STAYING WITH A  
FRIEND AGAIN THIS WEEK.**

**Llamau**

**Shelter  
Cymru**

**NID YW POBL  
DDIGARTREF  
WASTAD YN BYW  
AR Y STRYD.**

Os ydych chi, neu rywun yr  
ydych chi'n ei adnabod, mewn  
perygl o wynebu digartrefedd  
neu'n ei wynebu'n barod,  
cysylltwch â Shelter Cymru:

[sheltercymru.org.uk/  
cy/digartrefeddcudd](http://sheltercymru.org.uk/cy/digartrefeddcudd)

**08000 495 495**

Nid yw hi byth yn rhy hwyr  
nac yn rhy gynnar i gael help.

**#DigartrefeddCudd**

**HOMELESSNESS  
DOESN'T ALWAYS  
LIVE ON THE  
STREETS.**

If you, or someone you know,  
is experiencing or is at risk  
of homelessness, visit our  
website today for free help  
and advice:

[sheltercymru.org.uk/  
hiddenhomelessness](http://sheltercymru.org.uk/hiddenhomelessness)

**08000 495 495**

It's never too late  
or too early to get help.

**#HiddenHomelessness**



## Career planning - what does it mean?

The term '*career planning*' can seem scary, but there's loads of support available if you're looking for a job.

[Working Wales](#), a service delivered by [Careers Wales](#) can offer career advice and coaching to anyone aged 16 and over at whatever stage you're at. Perhaps you've just left school and aren't sure of your options or maybe you've been job searching and you're finding it difficult to get a job - any job. *Whatever your story, Working Wales can help.*

We can start by helping you think about what jobs are right for you and the current demand for those jobs.

- Are you unsure what pay you should expect from different jobs?
- Could you benefit from some job specific training?
- Ever thought about an apprenticeship or traineeship?

We can help!

- ✓ **Job searching** - sign up to our job bulletin. You'll get notified of jobs all across Wales as well as in your local area.
- ✓ **Job application** - CV, application forms and cover letters.
- ✓ **Interviews** - pre interview prep and interview hints and tips.
- ✓ **How to deal with knockbacks** - it's upsetting when you apply for a job and don't get it but it's not the end of the world.

[Watch our video explaining a little more about what we do.](#)

[Get in touch](#) today to speak to an adviser or connect with us on social:

[Twitter](#) [Facebook](#) [LinkedIn](#) [YouTube](#) [Instagram](#)

*Working Wales, delivered by Careers Wales, is funded by the Welsh Government with support from the European Social Fund.*

Cynllunio gyrfa - beth yw ystyr hynny?

Gall y term 'cynllunio gyrfa' ymddangos yn frawychus, ond mae llond gwlad o gymorth ar gael os byddi di'n chwilio am swydd.

Gall [Cymru'n Gweithio](#), gwasanaeth a ddarperir gan [Gyrfa Cymru](#), gynnig cyngor a hyfforddiant gyrfaoedd i unrhyw un 16 oed a throsodd ar unrhyw gam o'r broses. Efallai dy fod newydd adael yr ysgol a ddim yn gwybod beth yw dy opsiynau neu efallai dy fod wedi bod yn chwilio am swydd ac yn cael trafferth cael swydd - unrhyw swydd. *Beth bynnag yw dy stori, gall Cymru'n Gweithio helpu.*

Gallwn ddechrau drwy dy helpu i feddwl am y swyddi sy'n addas i ti a'r galw am y swyddi hynny ar hyn o bryd.

- Wyt ti'n ansicr pa gyflog ddylet ti ei ddisgwyl mewn swyddi gwahanol?
- Allet ti gael budd o hyfforddiant ar gyfer swydd benodol?
- Wyt ti erioed wedi meddwl am brentisiaeth neu hyfforddeiaeth?

Gallwn ni helpu!

- ✓ **Chwilio am swydd** - tanysgrifia i'n bwletin swyddi. Cei wybod am swyddi ledled Cymru yn ogystal â'r rhai yn dy ardal leol.
- ✓ **Gwneud cais am swydd** - CV, ffurflenni cais a llythyr eglurhaol.
- ✓ **Cyfweliadau** - gwaith paratoi cyn y cyfweliad ac awgrymiadau ac argymhellion ar gyfer y cyfweliad ei hun.
- ✓ **Sut i ddelio â siom** - mae'n siomedig gwneud cais am swydd ond ddim yn ei chael, ond nid yw'n ddiwedd y byd.

[Gwylia ein fideo sy'n esbonio ychydig bach mwy am yr hyn a wnawn.](#)

[Cysyllta â ni](#) heddiw i siarad â chynghorydd neu cysyllta â ni ar y cyfryngau cymdeithasol:

[Twitter](#) [Facebook](#) [LinkedIn](#) [YouTube](#) [Instagram](#)

Mae Cymru'n Gweithio, wedi'i gyflwyno gan Gyrfa Cymru, yn cael ei ariannu gan Llywodraeth Cymru gyda chefnogaeth gan Gronfa Gymdeithasol Ewrop.



Gyrfa Cymru  
Careers Wales





Llywodraeth Cymru  
Welsh Government



## Cymorth i chwilio am waith a newid dy stori

Os wyt ti'n ddi-waith, gall Cymru'n Gweithio dy helpu di i chwilio am swydd beth bynnag yw dy sefyllfa bresennol. Gyda cymorth a chyngor wedi'u personoli am ddim, byddwn ni'n dy helpu di i ddod o hyd i swydd sy'n iawn i ti.



## Get help finding a job to change your story

If you're unemployed, Working Wales can help you find a job regardless of your current situation. With free, personalised support and advice, we'll help you find a job that's right for you.



## Cymru'n Gweithio Working Wales

Cer i [cymrungweithio.llyw.cymru](http://cymrungweithio.llyw.cymru)  
Visit [workingwales.gov.wales](http://workingwales.gov.wales)  
Ffonia/Call 0800 028 4844  
#newiddystori #changeyourstory



Gyrfa Cymru  
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UNDAE EMWERTHUSO  
BURGWYB LLUNION



Llywodraeth Cymru  
Welsh Government

Cronfa Gymdeithasol Ewrop  
European Social Fund



*Are you a young person needing a  
volunteering placement?*

Neath Port Talbot Youth Clubs can  
provide placements for volunteering  
hours for Duke of Edinburgh's Award  
and the Welsh Baccaulaureate?

For further information contact

Jo Fisher

[j.fisher@npt.gov.uk](mailto:j.fisher@npt.gov.uk)

07976772942



# Quick Music and Movie Quiz



## Groups or Solo Artists

1. Which singer performed 'Yma o Hyd' before the Wales vs Ukraine World Cup Playoff?
2. Which DJ is rumoured to own 10,000 pairs of trainers?
3. In 2020 which artist became the youngest to win Album of the Year at the Grammy Awards?
4. Which singer's real name is Reginald Kenneth Dwight?



## Movies

5. What shape are Harry Potter's glasses?
6. What was the highest grossing box office movie of 2021?
7. 'Save the Cinema' was a 2022 movie based on the Lyric Theatre in which Welsh town?
8. What kind of creature owns 'Hotel Transylvania'?

## Can you solve our brainteaser?

What is the answer to this maths question?

$$\begin{aligned} & \text{Glass} + \text{Glass} + \text{Glass} + \text{Glass} = 28 \\ & \text{Cup} + \text{Cup} + \text{Glass} = 17 \\ & \text{Cup} + \text{Mug} = 9 \\ & \text{Glass} + \text{Cup} + \text{Mug} - \text{Glass} = ? \end{aligned}$$

Answers on the back page

# Neath Port Talbot Pharmacies Offering Emergency Hormonal Contraception

Name of Pharmacy	Address of Pharmacy	Telephone No.
A Sparkes,	Medicine Centre 153, Windsor Rd, Neath.	Tel: 01639 637117
Bailey SR,	53, Jersey Rd, Blaengwynfi	Tel: 01639 850317
Bailey SR,	Station Rd, Cymmer	Tel: 01639 850238
Bailey SR,	58, Church Rd, Seven Sisters	Tel: 01639 700271
Boots,	Aberavon Centre, Port Talbot	Tel: 01639 883809
Boots,	4, Water St, Neath	Tel: 01639 638744
Cecil Jones	101, High St, Glynneath	Tel: 01639 720328
Dyffryn Pharmacy,	55, Main Rd, Dyffryn Cellwyn	Tel: 01639 700213
Lloyds,	Shop 6, Morrison Rd, Port Talbot	Tel: 01639 883045
Lloyds,	38, Marsh St, Port Talbot	Tel: 01639 884300
Lloyds,	Baglan Retail Park, Port Talbot	Tel: 01639 814580
Lloyds,	62, Herbert St, Pontardawe	Tel: 01792 863903
Co-op Pharmacy,	Herbert St, Pontardawe	Tel: 01792 863217
Co-op Pharmacy,	Cwmllynfell	Tel: 01639 830209
Co-op Pharmacy	126, London Rd, Neath	Tel: 01639 643472
Co-op Pharmacy	37, New Rd, Skewen	Tel: 01792 812250
Co-op Pharmacy,	20A, Victoria Rd, Port Talbot	Tel: 01639 883473
Rob Davies	103, Neath Rd, Briton Ferry	Tel: 01639 812291
Taibach (Pearns) Pharmacy	76, Commercial Rd	Tel: 01639 885607



**What's Next?**

**Are you year 11 and about to leave school? Do you know what you're going to do next or where you're going to go?**

We can help you to find out what your education, training or employment options are and support you with any concerns you may have. We can support with:

- Opening bank accounts
- Arrange Careers Wales interviews
- Support with anxiety issues around your next steps and willing to listen to any issues that you may have
- Support with getting relevant I.D. such as birth certificates and national insurance numbers.
- Supporting you to get to interviews

***We are here to help you, so please feel free to get in touch!***

If you are year 11 and would like support, you can contact us in a number of ways; The youth workers for each school are:

**St Josephs and Ysgol Bae Baglan:** Michelle Norris 07929730753

**Cefn Saeson and Cwm Tawe:** Zoe Davies 07929730758

**Llangatwg and Junior Apprentices** Steve Green– 07854557426

**Ysgol Cwm Brombil:** Lester McCalmon 07870681398

**Ysgol Hendrefelin:** Lindsey Dewitt 07929730754

**Dwr Y Felin:** Debbie Harries– 07805670889

**Ystalyfera:** Matthew Jenkins- JenkinsM316@hwbmail.net

***Alternatively you can call our office on 01639 763030***

Or contact Team Leader : l.mccalmon@npt.gov.uk or 07870681398

***Use Facebook*** by searching **NPT Youth Service**. (To ensure your message is confidential, please leave a private inbox message).

# NPT Young Carers

Are you a child or young person who helps to look after someone?

If so, you may be a young carer

We can support you

20

01639 763 030

@NPTYouthService



@npt-ys

youth.service@npt.gov.uk



**Legacy  
Community  
Counselling is  
here to help  
you.**

**A service for  
young people  
who find it  
difficult to go  
to school. You  
can have  
counselling in  
your own home  
or in your  
community.**

**A chance to  
talk, a chance  
to have help  
and support.**

**If you're  
interested get  
in touch!**



## **Here to listen, help and support you.**

Are you feeling worried, stressed, angry, anxious or sad? Not attending school anymore?

Is it affecting your everyday life and relationships?

Would you like the chance to talk to a counsellor that can come and see you at your home or somewhere close to where you live like a library?

Sometimes it can help to talk to someone who is just there for you, to listen to you without judgement.

The Community Counsellor will be able to offer you a safe confidential service where you can talk about anything.

## **Legacy Community Counselling**

**Tir Morfa Centre  
Marine Drive  
Sandfields  
SA12 7NN  
Telephone : 01639 763024**

**" I think being able to see a counsellor is good because you can see them and talk about how you're feeling and other things " – Young Person.**

## **What is counselling?**

Lots of people wonder about counselling, what will happen, what do I say? Don't worry, your counsellor will put you at ease by talking to you and getting to know you. You don't have to talk about anything you don't want to.

Always remember that having counselling is your choice, if you want to end counselling at any time just let your counsellor know.



# **Legacy Community Counselling**

**Bringing counselling into the  
Community for Children and  
Young People.**



## **Counselling Sessions.**

The counsellor will work with you if you are finding it difficult to attend school.

Counselling sessions are 50 minutes long but can be shorter if you prefer.

The Community Counsellor can see you every week or every two weeks.

Sessions are confidential and information will not be shared with anyone without your consent.

The only time information has to be shared is when there is a risk of harm to you or anyone else. The Community Counsellor will always explain to you if this has to happen.

## **How to get in touch.**

If you have any questions or would like to arrange to see the counsellor our contact details are below.

**Cheryl Powell  
Legacy Community Counsellor  
Tir Morfa Centre  
Marine Drive  
Sandfields  
Telephone: 01639 763024**

# Family Information Service

The NPT Family Information Service (FIS) is a free information service for families living in, or looking services in the NPT County Borough area. It provides up-to-date information about services such as



Childcare Provision, Health and Wellbeing Services, Leisure and Sport opportunities (clubs, associations etc.), Financial Support Services and more. FIS has access to an extensive database and will signpost services on it or to other service providers within the NPT structure. The service can be accessed via its website ([www.nptfamily.com](http://www.nptfamily.com)), email ([fis@npt.gov.uk](mailto:fis@npt.gov.uk)), Facebook Page (NPT Family), Twitter (@NPTFamily) and also by telephone - 01639 873018.

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For further information or any queries contact the Youth Service on

01639 763030 or email [youth.service@npt.gov.uk](mailto:youth.service@npt.gov.uk)

## Answers to the Trivia and Brain Teaser on page 23

**Music:** 1: Dafydd Iwan 2: DJ Khaled 3: Billie Eilish 4: Elton John

**Movies:** 5: Round/Circle 6: Spider-Man: No Way Home 7: Carmarthen 8: Vampire

**Brainteaser:** The answer is 9

- Squash = 7
- Tea = 5
- Coffee = 4
- $7 + 5 + 4 - 7 = 9$