

# Youth **NPT**

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

5th July 2024



## Youth Work Week

24<sup>th</sup> June – 28<sup>th</sup> June 2024

## My NPT

Latest news from the  
Horizons Team

## Families First

Latest news from our families  
first team

## Youth Council

Latest news & important  
diary dates

## Young Parents Group

Latest news from our young  
parents group

## Quiz

5-minute quiz & brain teaser

## Meet the Youth Service Team

Catherine Doyle



Welcome to Neath Port  
Talbot Youth Service



# Youth Work Week 2024

To celebrate Youth work week, we had many events and activities taking place.

Youth Work Week is an opportunity to showcase and celebrate the impact and diversity of youth work across Wales.

Here's a look back at some of the highlights that our Youth Service team arranged:

## 1. Thrilling Thorpe Park Trip 🎢

Over 98 young people from across Neath Port Talbot enjoyed an unforgettable day at Thorpe Park!

## 2. Supporting Armed Forces Week 🇬🇧

Our Youth Mayor proudly participated in the flag-raising ceremony to mark the start of Armed Forces Week



#### 4. Celebrating Achievements 🏆

A fantastic event was held to recognise the remarkable achievements of our young people, including an outstanding achievement award to recognize the work of a remarkable young person.

#### 5. New Sports Equipment for Schools 🏀

We helped deliver new sports equipment to local schools participating in this summer's Food and Fun programme, promoting physical activities and learning about nutrition.



#### 6. Support Youth Fest 🎉

We support Meardy Youth Fest where members of the Youth Council held activities for other young people including Human Hungry Hippos.

#### 7. LGBTQ+/Pride 🏳️‍🌈

Our LGBTQ+ Youth Club Celebrate Pride Month and Youth Work Week with a celebratory bowling evening.

#### 8. Young Parents 👨‍👩‍👧

Had a fun Play and Swim Session with our young parents group.

If you want to find out more or if any young people are interested in joining a local youth club, contact the team via our Social Media pages.

**Facebook, Twitter, Instagram**



# NPT Core team and Boys & Girls Clubs of Wales

Young people from Vernons place Youth Centre and Maerdy Youth Club attended the PRIDE event at Cardiff Castle on Sunday 23rd June, during Youth Work week.

Whilst there they were able to browse around and learn from the many stalls that offered advice and support.

Our young people also had opportunities to watch (on one of 4 stages) a variety of artists that included: The Vengaboys, Ultrabeat, Heather Small, Jake Shears plus drag Queens Victoria Scone and Danny Beard. All reported having a great time and would like to repeat this visit next year.



## Upcoming Events

**Dates for your Diary!**

Date	Event
29 <sup>th</sup> – 31 <sup>st</sup> July	Families first residential
9 <sup>th</sup> August	Tir Morfa Open Day
20 <sup>th</sup> – 22 <sup>nd</sup> August	Young Carers Festival

# Thorpe Park

The young people from Neath Port Talbot Youth Service have been celebrating Youth Work Week with a trip to Thorpe Park Theme Park. This year's trip was a massive hit with 98 young people from youth clubs and youth groups from across the county attending. It gave the young people the opportunity to mix with young people from other groups and experience something that might not normally be accessible to them. To help with the long journey each bus played Welsh Bingo with the numbers called in Welsh and prizes given out to the winners.

As a thank you for taking part in the game all young people received a Welsh bucket hat which came in handy as the sun was out in full all day.

We would like to praise the young people for their exemplary manners and behavior during the trip. The staff felt a great sense of pride seeing the young people looking out for each other regardless of whether they knew them or not.

We would also like to thank the staff for giving up their time and working on the trip. Days like this cannot happen without their dedication and support.



# Pride Month

Members of NPT Youth Council celebrated Pride Month and Youth work week by supporting the GCG Youth Festival.

One of our members sold Pride Wrist Bands to help support LGBTQIA Helpline, Well Done.

Lots of fun was had by all with members of the Youth Council and staff from the Youth Service playing hungry hippo games and plastic axe throwing.

Youth Council members have said that they are looking forward to next year already.



# Awards Ceremony

The Youth Service Awards Ceremony 2024 was held on the 27<sup>th</sup> of June. We would like to congratulate everyone who was presented an award that evening & thank all individuals for their hard work. Various awards were presented including:

- Food and Fun Food Hamper Packing
- Public Health Young Ambassadors
- Test Purchasing Award
- Open Day Award
- Change Starts with You Award
- Youth Voice Forum Award
- Nature and Environment Ambassador
- Racism and Anti Bullying Group
- Ash Wales
- Quality Mark Participation
- Better Sexual Health in Schools
- Sponsored Walk
- Library Work



Some individual awards that were presented that evening included:

- Youth Mayor - Gracie Jones
- Deputy Youth Mayor - Jake Dorgan
- Member of Youth Parliament - Meagan Griffiths
- Chair - David Twigge
- Deputy Chair - Ellie Gallagher





The Youth Council Outstanding Achievement Award went to  
**Meagan Griffiths**  
and was presented to her by the High Sheriff of West Glamorgan  
Melanie James.

This young person deserved this award for her outstanding work since joining the Youth Council, she has gone over and above to help with everything.

This is just some of the work that she has done as there is far too much to go through them all.

Member of the British Youth Council, Young Ambassadors for Public Health, Attend numerous events such as – The Mayors Inauguration, Anti-racism charter and Allyship event, Open Day.

She has also worked on the Racism and Anti Bullying Campaign, going into schools with Jan to give the surveys out, she worked with the Quality Mark Campaign, she went into schools and Youth clubs for Change Starts with You. Worked on the Vaping Campaign and helped with all the counting of these surveys. She has put together Surveys in English and Welsh. She has also helped to campaign for new members. She also worked on getting nurses into schools.


Nothing is too much trouble for her and has helped Jan and Jason over the last two years.

She will be going off to university in September but has promised she will keep working with the Youth Council.

# Young Parents group

Our young parents group is going from strength to strength with an average of ten to fifteen attending each session. Sessions are strategically timed at 13:00 - 15:00 on Tuesday's and 10:00 - 12:00 on Friday's to allow parents that may have children in 'half day' school to be able to attend. We are based at the Afan Lido in Port Talbot where the children have access to the soft play area while parents (if the children let them) can sit in the café area and chat to each other and staff. The group is run by the Youth Service and supported by Flying Start to help with any advice and guidance our parents may need.

The parents have been able to make new friends and build fantastic a support network, they rely on each other for advice, swap baby clothes and equipment and even meet up outside of group. Some have taken advantage of the partnership between the Youth Service and Reel Cinema, some taking the children and others having a 'date night' and some have taken advantage of the partnership between the Youth Service and Vitality Gym meeting up to use the gym together for some 'kid free time'.



I've been to other groups and felt judged because I'm young - that doesn't happen here.

The staff are amazing, it just feels comfortable as soon as you start coming.

I've been to other groups but nothing like this!

# Families First

On Wednesday 20th March 2024 young people from three of the Families First funded youth groups had the opportunity to attend the Theatre showing of Edward Scissors Hands. The event took place in Wales Millennium centre in Cardiff Bay and young people from Young Carers, GSA and Speech & Language groups really enjoyed this unique experience. Prior to entering the play, the groups looked around Cardiff Bay and took the opportunity to visit the Welsh parliament building 'The Senedd'. The event was a great success and enjoyed by all.



# Keeping in Touch Team

The Keeping in Touch team have been extremely busy this year with a record number of Year 11 Electively Home Educated pupils being referred for support. The team work closely with young people and their families/guardians to identify current barriers to put in a plan of engaging activities and support to build on their soft skills, overcome barriers and progress onto identifying a suitable post 16 destination.

The team work one to one and in small groups undertaking fun and engaging sessions, alongside facilitating recognised qualifications and organising Careers Wales guidance interviews and both College and Work Based Learning visits to explore all suitable options available to the young people. This has gained momentum as the academic year comes to a close and staff have been supporting and accompanied young people to Colleges and Work Based Learning. They have been assisting to complete applications, enrolment forms and apply for Education Maintenance Allowance (EMA).

**Newid dy Stori**  
gyda Cymru'n Gweithio  
Cyngor arbeigol i gael gwaith.

**Cymru'n Gweithio**  
#newiddystori

**Change your story**  
with Working Wales  
Expert advice to get into work.

**Working Wales**  
#changeyourstory



NEATH PORT  
TALBOT YOUTH  
SERVICE  
01639 703030



## Support WE CAN PROVIDE

- Online Courses
- Qualifications
- One to one support
- Taster Sessions
- Travel Training
- Confidence Building
- Mental Health Support
- Transition Support
- Careers Appointments
- Visits to Colleges and Work Based Learning Providers
- CV Creation

# YEAR 11 ELECTIVELY HOME EDUCATED?

GET IN TOUCH TO FIND  
OUT HOW THE TEAM  
CAN SUPPORT YOU

Contact Pat on 07800 543404 or  
01639 763030

Email:

Email [YouthServiceEmployability@npt.gov.uk](mailto:YouthServiceEmployability@npt.gov.uk)

# Duke of Edinburgh's Award

Neath Port Talbot Young People have proved their resilience and commitment yet again by putting themselves forward for the Duke of Edinburgh's Award.

Within Neath Port Talbot, there have been more awards started compared to last year, better completion percentage (going from 55% to 62%) and the value of Volunteering nearly doubled from £26,825 to £46,057 which is a credit to the Young People.





After a recent Expedition, three participants were asked how the Duke of Edinburgh's Award had impacted on their lives.

"The DofE Award has helped me with my confidence and resilience; it makes you feel like you can achieve anything."

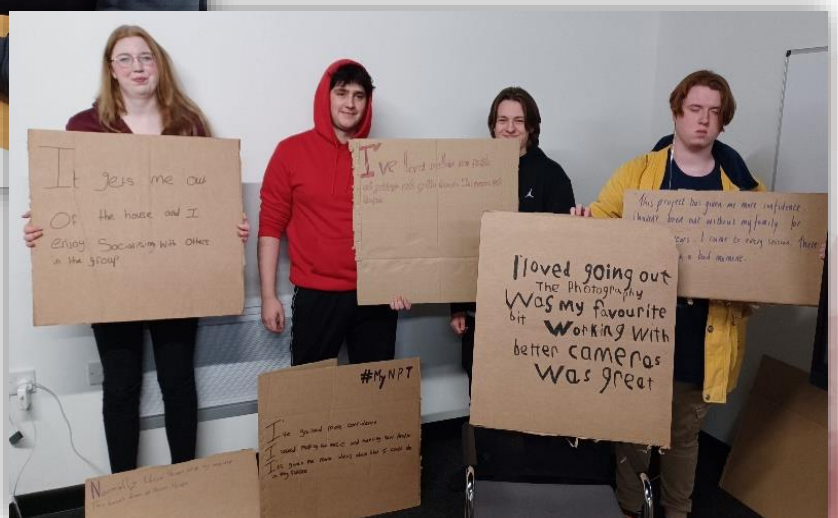
"I was nervous on the expedition, but I feel more confident away from parents now and the DofE Award has helped me to be more independent and given me the confidence for when I leave home."

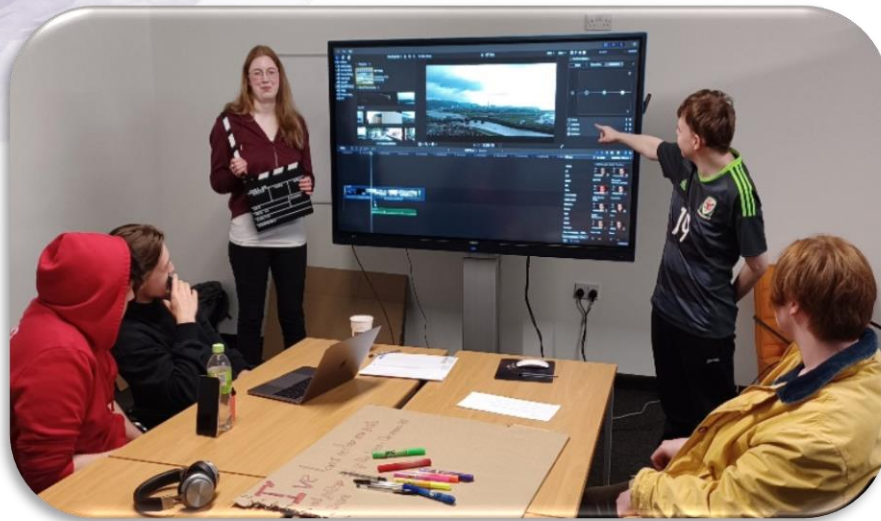
"I found DofE to be a big challenge, but it gave me huge confidence and made me realise I can do anything when I put my mind to it."

The Duke of Edinburgh's Award provides an excellent opportunity to discover new interests, gain confidence, build new relationships and is fundamental in the development of team working, leadership and resilience within Young People. The Award offers an experience for Young People which will stay with them for the rest of their lives.

# My NPT

The Horizons team recently created a new and innovative course for young people aged 16-18 who were not in education, employment or training. The course 'My NPT' was devised to provide opportunities for young people to learn a variety of new skills including story boarding, still and video photography, editing, creating music and using a drone. The young people chose locations within Neath and Port Talbot to film and photograph that were important to them, held special memories or are iconic within the area. The project took place over a six week period and was supported by Rewise Learning.





The group visited a number of locations where they took still images, captured aerial footage using a drone and filmed short clips. The group were then supported by Rewise to edit the footage, create the narrative and music.

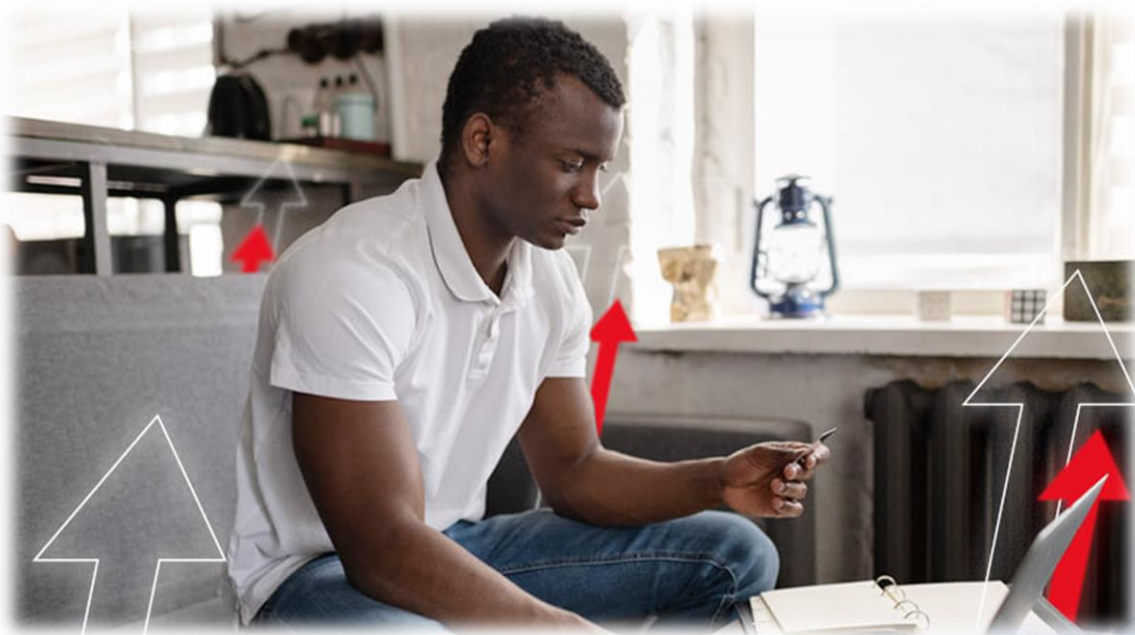
All the participants agreed that they really enjoyed taking part, their confidence had been boosted and it was great to socialise and make new friendships. The group learnt a number of new skills and gained an insight into working in the film industry entails. They are all immensely proud of the video and their personal achievements. The video is a real testament to the talent and hard work this group of young people have put into it.

An event to launch the video and celebrate the achievements of the young people is due to take place in the coming weeks which will be shared on our social media platforms.

# Financial Skills for Life - HSBC

The Youth Support team teamed up with HSBC Bank to support young people who may need the additional help to secure their future and their transition into adulthood.

*'It is important that young people build the skills to make decisions around money and understand how finances impact the world around them in order to support their future wellbeing and mental health'. It's also important to get into good savings habits early on to make sure you have money set aside for life's unexpected events or for your future goals. (HSBC)*



The following schools took part in Banking 101 – Dwr y Felin Llangatwg along with Ysgol Cwm Brombil. The workshop, delivered by HSBC Bank for all year 11 pupils supported young people to understand the basics of banking borrowing saving and why getting a bank account is important.

Feedback from the workshops was positive and many young people who did not have bank accounts were given the information advice and said they had the confidence to go and open one.

**HSBC UK Financial Capability  
Programmes for Young People aged 3 to 25 years**  
includes:

- Financial education
- Financial skills for learning
- Financial skills for life
- Financial skills for work



# Meet the Team

**Catherine Doyle**

**Youth & Community Worker – Mental Health & Wellbeing**

**Six words to describe yourself:**

Happy, chilled, patient, kind, caring, fun.

**How do you spend your spare time?**

In my spare time I spend time with my family and friends, socialising and going on holidays.

**Favourite Quote?**

What will be will be



**If you could invite 3 celebrities to a party, who would you choose?**

Three celebrities I would invite to a party would be Micky Flanagan, Khloe Kardashian and Adele

**Favourite place?**

Capri

**Do you have any pets?**

No Pets

**Favourite food?**

Asian Food

**Favorite Animal?**

Dog

**Top 3 things on your 'Bucket List'?**

Watch an American football game, swim with turtles and buy another house.

**Proudest Moment**

Having my son, best thing ever.

# Music & Movie Quiz



## Groups or Solo Artists

1. What Female Girl Band made a come back this year, which includes Cheryl Cole?
2. Who Won artist of the year at the Brit Awards 2024?
3. Which Singers Real Name is Kathryn Hudson?
4. Which Singer is doing a tour this year called 'the Eras Tour'?



## Movies

5. What was the highest grossing box office movie of 2023?
6. What is the No.1 box office movie ever?
7. Who appears in the movie Jumanji as Dr. Smolder Bravestone?
8. What is the title of the latest James Bond 007 Movie?

**Can you solve our brainteaser?**

$$\begin{aligned} 1 + \text{cat} \times \text{cat} &= 17 \\ \text{cat} \times \text{mouse} \times \text{mouse} &= 36 \\ \text{cat} \times \text{mouse} \times \text{cheese} &= 72 \\ \text{cat} - \text{mouse} + \text{cheese} &= ? \end{aligned}$$

BrainFans.com

# Youth Club Term Dates

## Dyddiadau Tymhorau Clwb Ieuenctid

2024

April/Ebrill							May/Mai							June/Mehefin						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
BH	2	3	4	5	6	7			1	2	3	4	5	3	4	5	6	7	8	9
8	9	10	11	12	13	14	BH	7	8	9	10	11	12	10	11	12	13	14	15	16
15	16	17	18	19	20	21	13	14	15	16	17	18	19	17	18	19	20	21	22	23
22	23	24	25	26	27	28	20	21	22	23	24	25	26	24	25	26	27	28	29	30
29	30						BH	28	29	30	31			24	25	26	27	28	29	30

July/Gorffennaf							August/Awst							September/Medi						
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					BH	27	28	29	30	31		23	24	25	26	27	28	29

October/Hydref							November/Tachwedd							December/Rhagfyr						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6					1	2	3							1
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29

January/Ionawr							February/Chwefror							March/Mawrth						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5							1	2							
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30

Youth Club Spring Term  
Clwb Ieuenctid Tymor y Gwanwyn

Youth Club Autumn Term  
Clwb Ieuenctid Tymor y Hydref

Youth Club Winter Term  
Clwb Ieuenctid Tymor Gaeaf

2025

[www.twitter.com/NPT\\_YS](https://www.twitter.com/NPT_YS)

[www.facebook.com/NPTYouthService](https://www.facebook.com/NPTYouthService)



# Youth Clubs In Your Area

## Clubiau Ieuenctid yn eich ardal

Cwmlynfell Youth Club  
Clwb Ieuenctid Cwmlynfell  
Cwmlynfell Hall  
Neuadd Cwmlynfell  
Weds 6:30pm-8:30pm  
Mercher: 6:30-8:30pm

Seven Sisters Youth Club  
Clwb Ieuenctid Blaendulais  
The Community Centre  
Canolfan Gymunedol  
Thurs 6:00pm-8:00pm  
Iau 6:00pm-8:00pm

Bryn Youth Club  
Clwb Ieuenctid Bryn  
The Community Centre  
Y Ganolfan Gymunedol  
Fri 6:00pm - 8:00pm  
Gwener 6:00pm - 8:00pm

Caewern Youth Club  
Clwb Ieuenctid Caewern  
The Community Centre  
Canolfan Gymunedol  
Tues 6:30pm-8:30pm  
Mawrth 6:30pm-8:30pm

Cimla Youth Club  
Clwb Ieuenctid Cimla  
The Community Centre  
Canolfan Gymunedol  
Mon 6:00pm-8:00pm  
Llun 6:00pm-8:00pm

Blaengwynfi Youth Club  
Clwb Ieuenctid Blaengwynfi  
The Library and Public Hall  
Llyfrgell a Neuadd Gyhoeddus  
Wed 5:45pm-7:45pm  
Mercher: 5:45pm-7:45pm

Bryncoch Youth Club  
Clwb Ieuenctid Bryncoch  
The Community Centre  
Canolfan Gymunedol  
Thurs 7:00pm-9:00pm  
Iau 7:00pm-9:00pm

Galw Heibio Castell-nedd  
Neath Drop in  
Neath Community Centre  
Canolfan gymunedol Castell-nedd  
Weds 6:30pm-8:30pm  
Mercher 6:30pm-8:30pm

Glynneath Youth Club  
Clwb Ieuenctid Glyn-nedd  
The Training Centre  
Canolfan Hyfforddi  
Thurs 6:30pm-8:30pm  
Iau 6:30pm-8:30pm

Crynant Youth Club  
Clwb Ieuenctid Creunant  
The Community Centre  
Canolfan Gymunedol  
Tues 6:00pm-8:00pm  
Fri 6:00pm-8:00pm  
Mawrth ac Gwener 6:00-8:00pm

Cymmer Youth Club  
Clwb Ieuenctid  
Cymmer Swimming Pool  
Pwll Nofio Cymmer  
Thurs 6:30pm-8:30pm  
Iau 6:30pm-8:30pm

Trebanos Welsh Language  
Youth Club  
Clwb Ieuenctid Cymraeg Trebanows  
The Community Hall  
Neuadd Gymunedol  
Thurs 6:30pm-8:30pm  
Iau 6:30pm-8:30pm

Pontardawe Hub  
Welsh Language Drop-in  
Hwb Pontardawe  
Sesiwn galw heibio iaith  
Cymraeg  
Ty'r Gwrhyd Centre  
Weds 4:00pm-6:00pm  
Mercher 4:00pm-6:00pm

Taibach Youth Club  
Clwb Ieuenctid Taibach  
The Community Education  
Centre  
Canolfan Addysg Gymunedol  
Tues 7:00pm-9:00pm  
Thurs 7:00pm-9:00pm  
Mawrth ac Iau 7:00pm-9:00pm

**LGBTQ+ Youth Group**

**Clwb Ieuenctid LGBTQ+**



**Gender & Sexuality Acceptance**

**Every Tuesday**

**5:00pm – 6:00pm**

**Virtual Session - Microsoft Teams**

**Mandy on**  
**07989541549**  
**[m.doe1@npt.gov.uk](mailto:m.doe1@npt.gov.uk)**

**For more info**  
**contact:** **[k.roberts@npt.gov.uk](mailto:k.roberts@npt.gov.uk)**  
**07813317023**



**GSA - Derbyniad, Cenedl, Rhywioldeb**

**Pob Dydd Mawrth**

**5:00yh – 6:00yh**

**Sesiwn Rhithwir - Microsoft Teams**

**Mandy ar**  
**07989541549**  
**[m.doe1@npt.gov.uk](mailto:m.doe1@npt.gov.uk)**

**Am fwy o**  
**wybodaeth:** **[k.roberts@npt.gov.uk](mailto:k.roberts@npt.gov.uk)**  
**07813317023**

# 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

01639 763 030

@npt-youthservice  
youth.service@npt.gov.uk



National Young Carers Organisation  
Health Point Ad Hoc Youth Service

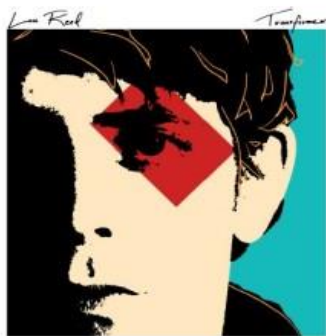


**Legacy  
Community  
Counselling is  
here to help  
you.**

**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**

# Tir Morfa Centre Open Day

Friday, 9th August

Tir Morfa Rd, Marine Dr,  
Port Talbot, SA12 7NN

12:00 - 16:00

Bring Family & Friends



This event is a family friendly open day,  
showcasing the services that  
the centre provides.

Parking spaces on site will be limited on the day.

Face Painting, Children's  
Entertainer, 5-a-side Football,  
Arts & Crafts, Silent Disco,  
Live Music, Spray Painting,  
Smoothie Making, Zorb  
Football and much more!

# 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)**

**Music:** 1. Girls Aloud, 2. Raye  
3. Katy Perrie, 4. Taylor Swift

**Movies:** 5. Barbie, 6. Avatar  
7. Dwayne Johnson, 8. No Time to Die

**Brainteaser:**

Cat = 4, Mouse = 3, Cheese = 6  
Final answer: 7

