

Case Study

Dyma Ni

RAY Ceredigion

Background

Dyma Ni was a pilot project aimed to support disabled people between 17-30 years old. The project emerged out of a perceived gap in support for young people with disabilities in Ceredigion. Presently, as young people with disabilities reach the age of 18 there is a reduction in available support that facilitates social integration.

Delivery

The project began with 10 weeks of taster activities, designed to explore the skills and interests of the participants, including gardening, outdoor environmental activities, cooking, carpentry, willow work, arts and crafts.

Person-centred plans were also developed for each young person with a schedule that allowed them to gain experience in their particular areas of interest. At the end of the period a review was held, with the aim being to develop ways in which the skills and interests of each young



person can help them to engage more fully with the wider community

Due to the Covid-19 national lockdown, project activities had to adjust. Project staff kept in touch with participants via a project dedicated mobile phone with weekly welfare phone calls. As restrictions eased 'Walk & Talk' sessions on a one-to-one basis began to take place with a staff member meeting the young person, outside, and spending two hours socially distanced walking and talking.

Impact

How have the participants benefitted from Dyma Ni?

- Confidence
- Independence
- Personal Development
- Respite and Safe Care
- Community Integration

"She's definitely built-up confidence by going there, coming out of her shell more, more talkative, got some new experiences"

"He's gained quite a lot of independence. It's nice that it's quite local because he can catch a bus by himself and is very confident going to Aberaeron and picking up shopping on the way home after."



Cyngor Sir
CEREDIGION
County Council



“[Participant] suffers from social phobia. It was hard to get her to go to a group. She has come out of her shell in terms of that.”

“I feel quite safe with him there. I know that he's happy.”

“[Participant] has done some volunteering with [local college]. He helped out with the toddler playgroup, which he loved.”



Post-Pilot Project

The project has received funding beyond that of Cynnal y Cardi from the National Lottery. This funding will allow the project to be maintained going forward — albeit on a once-per-week basis — until December 2022. As a result of this pilot project, further funding has also been secured to develop ideas that can become small scale social enterprise income generating activities.

Additionally, it is hoped within the project team that creating a social enterprise — in the form of a cafe for the Dyma Ni participants to work in or of selling the crafts made within the project — will help to feed money back into the project and assist the sustainability of the group.



Cyngor Sir
CEREDIGION
County Council

