

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.

Participant 4

The relative of Participant 4 believed that their being able to mix with people of their own age and the chance to meet new people were seen to be great benefits to their development and happiness:

"She loves going there. She's mixing with her own age group, doing a lot of things there that satisfies her and us — she thinks the world of the place."

Dyma Ni allowed them satisfaction in the things that they do, and was an opportunity to get them out of the house and away from a computer screen:

"For her to get out, meet new people and learn new skills — the art stuff is good for her hands to be doing something other than being sat on her computer or phone."

The relative of Participant 4 described how they have come out of their shell more and been having more social experiences with other people since starting at Dyma Ni:

"I think the fact that she's built confidence through meeting and sharing experiences with other people of her age group."

They have also seen Dyma Ni as being the start of the participant's enjoyment of cooking and photography.



The relative noted that the participant previously had undertaken local volunteering but that they were released due to their vulnerability. However, the relative now notes that the participant's confidence and social skills have since developed tremendously, and feels as though they

may be able to take up volunteering roles in the future:

"She did volunteer ... She was very disappointed when they had to let her go because of her vulnerability. She's 21 and she can have nice conversations with people, but sometimes it feels she's much younger than 21. Her sociable skills have definitely developed — she would be good at doing volunteering more so now, I think."

The relative has been surprised by the progress of the participant and that Dyma Ni is allowing the participant to prove that of which they are capable. Furthermore, Dyma Ni is providing respite for the family, with the knowledge that the participant is in a safe and caring environment while the family can relax at home.

The participant missed Dyma Ni during the COVID-19 lockdown and their relative stated that it would be a disaster if the group were to end. They were worried that the lockdown restrictions would make them 'miserable', but they tried to keep them busy around the house during the restrictions. Moreover, they noted that during the lockdown the participant had regular contact with the Dyma Ni team, who also take part in local walks together and outings with the participant.



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