



Pyramid Cymru

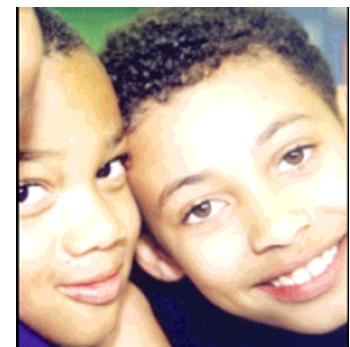
**Building Friendships,
Creating Confidence**





Mission Statement

Pyramid Cymru aims to support quiet, withdrawn, isolated children who have low self esteem, and are between 5 to 12 years old, so that they can reach their full potential in school and in life.





Pyramid's work

- Pyramid clubs have been running since the 1970s
- Pyramid was established as a UK wide charity in 1993
- Pyramid Cymru is a branch of Pyramid
- We work in Cardiff, Ceredigion, Merthyr Tydfil, Powys and Torfaen





Pyramid Clubs – Who Benefits?

Children who:

- are in years 3-4 or are about to make the transition to secondary school
- are unhappy, fearful, lonely, withdrawn
- have low self-esteem and confidence
- are experiencing stress
- have poor social skills
- are bullied
- have difficulty learning



Checking Needs

- Simple checklist – a 'trigger for action'
- Undertaken by class teacher
- Whole class – a preventative safety net
- Looks at a child's strengths and difficulties in social and emotional areas of development





Interdisciplinary Meeting

- Brings the experience of all agencies to address an individual child's needs
- Opportunity to discuss child's difficulties and to understand the underlying reasons
- Chance to intervene early, identifying help for each child
- Signpost to most appropriate service
- Selecting appropriate mix of children who benefit from Pyramid intervention





Pyramid Clubs

- Ten weekly sessions after school
- 10 children, 3 or 4 volunteer club leaders
- Opportunity to be heard, feel relaxed and secure, share, learn, be aware of others, to build relationships and to have fun
- Activities include circle time, art and craft, physical activities, cooking, discussions



Pyramid for Parents

- 6 week programme, delivered by experienced facilitators, can run alongside Pyramid clubs or stand alone
- Parents are enabled to learn from each other and find ways of supporting the development and maintenance of their child's self-esteem, self-image, and resilience



The policy agenda

- **The Welsh Assembly Government's Seven Core Aims for children and young people** giving children opportunities to succeed, developing self esteem and emotional resilience, celebrating diversity
- **CAMHS: Everybody's Business** tackling low self esteem and poor social skills at an early stage, working in partnership with other agencies
- **Parenting Action Plan** – supporting a diverse range of parenting programmes
- **Healthy schools** – promoting emotional health and enabling children to reach their full potential in school



Evaluation

- The Pyramid model has been independently evaluated by the Institute of Education, University of Surrey and others.
- This has shown that the approach helps children develop greater self-esteem, be less withdrawn, have better peer relationships, be happier and learn better.
- Early intervention which deals with problems before they reach crisis stage



Setting up Pyramid projects

- Local projects are managed by multi agency steering groups
- Staff are employed by a local lead agency to deliver the work
- Pyramid Cymru provides materials, training and support to set up and deliver the model
- Access to a UK wide network of multi-agency Pyramid expertise
- Opportunity to improve the mental health and well-being of children through a non-stigmatising, school based provision – children who feel well, learn well.



Contact us

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