



CEREDIGION SAFE STARS PROJECTS

2022

**SAFE STARS WELLBEING
TIPS FOR CHILDREN AND
YOUNG PEOPLE**

**HEALTHY RECIPE IDEAS
FOR CHILDREN AND
YOUNG PEOPLE**

**CONTRIBUTION TO
ADULT
SAFEGUARDING
TRAINING WITH
CYSUR**

**SAFE STARS CALENDAR
FOR CHILDREN AND
YOUNG PEOPLE
2022**

**PROMOTING
HEALTH AND
WELLBEING
AWARENESS**



HEALTHY RECIPE IDEAS FOR CHILDREN AND YOUNG PEOPLE

The Junior Safeguarding Board for Ceredigion have created a number of simple and healthy recipes for children and young people. They will be distributed as part of the Safe Stars Health and Wellbeing Packs for children and young people living in Ceredigion

CONTRIBUTION TO ADULT SAFEGUARDING TRAINING WITH CYSUR

The Safe Stars have been supporting CYSUR and CADW by inputting their ideas into the animation for Safeguarding Training for Adults.

SAFE STARS CALENDER FOR CHILDREN AND YOUNG PEOPLE 2022

The Ceredigion Junior Board have created a Calendar for children and young people, which includes important safeguarding awareness dates and photos produced by the Safe Stars group members themselves.

HEALTH AND WELL BEING TIPS FOR CHILDREN AND YOUNG PEOPLE

The Ceredigion Safe Stars came up with FIVE top tips for children young people's health and well being. They shared these over the Ceredigion Safe Stars and TGP Cymru social media platforms for people to follow.

PROMOTING HEALTH AND WELLBEING AWARENESS

The Safe Stars feel that there needs to be more awareness about children and young people's health and well being. The group have done this by creating the above projects and sharing these on their range of social media platforms. Packs have also been sent with this information to the most vulnerable children and young people who live in Ceredigion.

Projects produced by Ceredigion Safe Stars



EBRILL • APRIL

DYDD SUL SUNDAY	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY	DYDD SADWRN SATURDAY
						1 Eisteddfod Gwladfa Ceredigion a Debydd
	3	4	5	6	7	8
	10	11	12	13	14	15
	17	18	19	20	21	22
	24	25	26	27	28	29
						30



tgp CYMRU
PLANT A THEULUOEDD
CHILDREN AND FAMILIES

Safe Stars

CYRI LLYSIAU UN POTYN

- 1 llwy fwrdd o olew
1 nionyn, wedi'i dorri'n fras
1 taten mawr, wedi'i dorri'n ddarnau bach
1 wyllys, wedi'i docio a'i dorri'n ddarnau
250g o fadarch borwm
2-4 llwy fwrdd o bast cyri
150ml o soc llysiau
Tun 400ml o laeth cnau coco
braster is
Coriander wedi'i dorri, i weini
1. Cynheswch yr olew mewn sosban fawr, ychwanegwch y nionyn a'r datws. Gorchuddiwch ef, yna coginiwch dros wres isel am 5 munud nes bod y tatws yn dechrau meddalu. Taffiwch yr wyllys a'r madarch i mewn, yna coginiwch am ychydig mwy o funudau.
2. Trowch y past cyri i mewn, arllwyswch y stoc a llaeth cnau coco. Dewch â'r cyfan i'r berw, yna ei fudferwi am 10 munud neu nes bod y tatws yn dyner. Rhowch y coriander im ewn a'i weini gyda reis neu fara naan.

TGP Cymru yw enw gweithiol Tros Gynnal Plant, Euxen Gofrestrdd Rhif 1099678. Cofrestrwyd yn gymni cyfyngedig ddiwy masnach Rhif 04422485 (Cymru a Lloegr). Swyddfa gofrestrdd: 12, Ffordd y Gogledd, Cwertycki, CF10 3DY.
TGP Cymru is the working name of Tros Gynnal Plant, Registered Charity No. 1099678. Registered as a company limited by guarantee No. 04422485 (England and Wales). Registered Office: 12 North Road, Cardiff, CF10 3DY.

[Twitter](https://twitter.com/tgpcymru) [Facebook](https://www.facebook.com/tgpcymru)

[tgpcymru.org.uk](https://www.tgpcymru.org.uk)

Exercise

Staying active is very important!

Getting up throughout the day for a little bit of exercise can provide a great benefit to mental health.



tgp CYMRU
PLANT A THEULUOEDD
CHILDREN AND FAMILIES

TIPS FOR DEALING WITH ANXIETY



tgp CYMRU
PLANT A THEULUOEDD
CHILDREN AND FAMILIES

[Twitter](https://twitter.com/tgpcymru) [Facebook](https://www.facebook.com/tgpcymru)

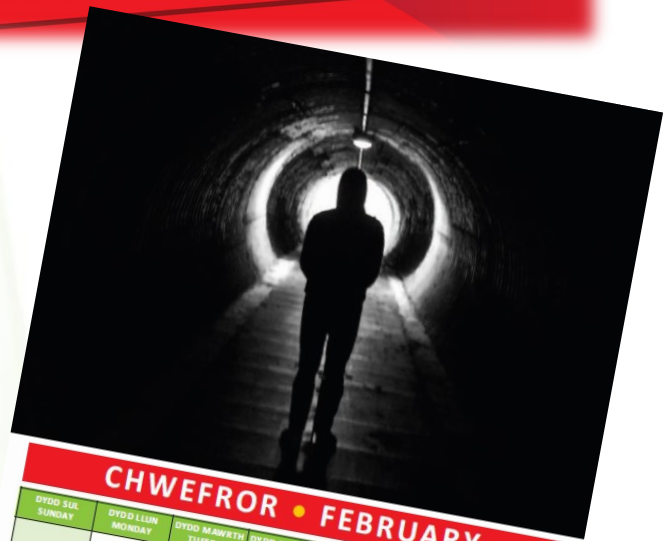
[tgpcymru.org.uk](https://www.tgpcymru.org.uk)



Learn a New Skill

Learning something new on a regular basis can provide a boost to self-esteem and keeps the mind active.

Just the act of setting manageable goals for growth has been associated with higher levels of wellbeing.



CHWEFROR • FEBRUARY

DYDD SŪ SUNDAY	DYDD LLŪN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY	DYDD SADWRN SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Connect With Others

Talking with someone face-to-face can greatly improve mental wellbeing.

It doesn't have to be a lot, just making that connection with people can brighten your day.



Safe Stars



MUSHROOM RISOTTO

- 1 tbsp dried porcini mushrooms
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 225g/8oz chestnut mushrooms, sliced
- 350g/12oz arborio rice
- 1.5 litres of vegetable stock
- 2 tbsp chopped fresh parsley
- 25g/1oz butter
- Salt and black pepper
- Grated cheese

(tbsp = tablespoon)

1. Soak the porcini mushrooms in water for 10 minutes, then drain. Heat the oil in a saucepan and add the onion and garlic. Fry for 2-3 mins, until softened. Add chestnut mushrooms and fry for another 2-3 mins, until browned.
2. Stir in the rice, then add half of the veg stock and simmer. Continue to stir until stock has been absorbed. Add remaining stock and simmer.
3. Chop the soaked mushrooms and stir into the risotto, along with parsley, butter, salt and pepper. Enjoy served with the grated cheese.



CEREDIGION SAFE STARS EVENTS UPDATE

National Eisteddfod Tregaron 2022

Ceredigion Safe Stars joined TGP Cymru in their 20th Anniversary celebrations at the National Eisteddfod in Tregaron. As well as promoting safeguarding children and young people at their information stand, there was also a fun photo booth, arts crafts and birthday cake! MS Jane Hutt and MP Ben Lake also joined us, please give our short films of the day a watch using the links below:



Our Safe Stars member Theo discussed children and young people's mental health and wellbeing with Ceredigion MP Ben Lake

<https://www.facebook.com/SerSaffSafeStars/videos/781215109621946>



MS Jane Hutt joined Ceredigion Safe Stars and TGP Cymru for the celebrations

<https://www.facebook.com/SerSaffSafeStars/videos/475347381103664>

CEREDIGION SAFE STARS EVENTS

RAY Play Day, Child and Young People's Festival in Aberaeron 2022

On 10th August Ceredigion Safe Stars attended the RAY Play Day event in Aberaeron. Along with TGP Cymru, they entertained all those in attendance with their drum workshops, bike smoothies, photo booth, and a DJ set from our very own Safe Star Theo! Enjoy the pictures and film of the event below:



www.tgpcymru.org.uk/tgp-cymru-entertain-at-ray-play-day-event/





Ceredigion Safe Stars Projects

are available on a variety of social media platforms:

YouTube Channel - The Safe Stars

Facebook - Ceredigion Safe Stars TGP Cymru

Instagram - Safe Stars Ceredigion

www.tgpcymru.org.uk



Thank you for taking the time to read our report

Stay Safe

Ceredigion Junior Safeguarding Board

