



## Cyfle Cymru, CAIS

# Cyfle Cymru

Gwasanaeth Mentora Cyfoedion  
Peer Mentoring Service

### The organisation

CAIS is a registered charity, and a company limited by guarantee. The Cyfle Cymru project by CAIS have been supporting individuals with substance misuse issues and / or mental health concerns to return to work, education or employment since 2016. They offer support through their coordinators and Peer Mentors, many of whom have personal experiences and can offer them a listening ear and guidance and reassurance. The support also includes access to training, volunteering experiences and group support. Cyfle Cymru offers support for many months, but can also continue to support for those first few weeks after they return to work or education which supports them through this transition period.

### Results from the project

- The research showed 80% of participants now feel less isolated
- 66% said they felt more confident to find employment
- 50% participants felt their mental health had improved
- The participants had improved physical health after their engagement with Cyfle Cymru
- The Outcomes make a positive contribution to A Healthier Wales & a more Equal Wales of the Well-being of Future Generations (Wales) 2015 Act



### The next steps

“Social Value Cymru have been a valuable partner with us in evaluating the Social Value impact of several of our major projects. Within CAIS we have completed evaluation reports on Cyfle Cymru, a peer mentoring service in North Wales, and Change Step, a veterans peer mentoring service for Wales. Both of these would not have been possible without the help and guidance of Eleri and her team.

We have also gained insight into the theory and processes of social value through workshops, training and conferences organised by Social Value Cymru. We, in CAIS, operate many other diverse projects and we hope in the future to embed Social Value principles into these.”

**Geoff Simpson, CAIS Trustee**



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social-value-cymru.html](http://www.mantellgwynedd.com/social-value-cymru.html)

