

# BRYN Y DERYN AND CARNEGIE NEWSLETTER

## APRIL 2021

Welcome to the April addition of our monthly newsletter. Below, you will find a collection of resources such as help guides, announcements and support services that may be of use to you.

### Thursday 6<sup>th</sup> May - INSET Day

Bryn y Deryn and the Carnegie Centre will be closed to MOST learners on Thursday 6<sup>th</sup> May. Your pastoral teacher will let you know if you need to come in on this date. PIP, MXC and Hair and Beauty will be running as usual.

### Assessment Timetables

We have now begun our in-classroom assessments to determine the grades that will be awarded at the end of the year. Please find below the timetables for each centre:

[Click here for the Bryn y Deryn Assessment Timetable](#)

[Click here for the Carnegie Assessment Timetable](#)

### Lateral Flow Testing

LFT has now been offered to all of our learners at BYD and CC. The testing is non-compulsory, and learners can opt-in or out at any time. Tests should be done on a regular basis – twice a week. Extra kits can be collected from Reception.

[Click here for more information on Lateral Flow Testing.](#)

### Trussell Trust Foodbank Opening Times

BYD and CC are a Trussell Trust Foodbank referral agency. If you feel that you would benefit from this, please call us or email [schooladmin@brynyderyn.cardiff.sch.uk](mailto:schooladmin@brynyderyn.cardiff.sch.uk)

The Trussell Trust Foodbank will provide short term, emergency food to individuals and families that need it. [Click here for more information.](#)

Please find below the opening times for foodbanks over the next month:

#### Bank Holiday Monday 3rd May

Ely - Open (1.00pm - 3.00pm)

St Mellons - Closed

#### Thursday 6th May (Senedd Elections)

City – Closed

Ely – Closed

Splott - Open (6.30pm - 8.00pm)

#### Bank Holiday Monday 31st May

Ely – Closed

St Mellons – Closed



## **XIST – Welsh Gender Service Information and Support Team**

Call **0300 302 3670 – option 1** if any of the below apply to you:

- You've been referred for your initial appointment with the Welsh Gender Team or London Gender Identity Clinic but have not been offered an appointment yet.
- You want to discuss the process of being referred to the Welsh Gender Service by your GP but haven't been referred.
- You want support to discuss coming out or transitioning with one of our team before you think about a referral to the Welsh Gender Service.
- You think our Peer Support Workers who have lived experience of transitioning might be able to help you with something else.

## **Action for Children – Parent Talk Cymru**

Action for Children are on hand to support parents as well as children and young people. Browse articles on the most common parenting questions from their experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing. Free and confidential live chat with a qualified parenting coach is available. For more information follow the link below.

[Click here for more information.](#)

## **Free Therapy without having to go through a GP**

People aged 16 and over experiencing mild to moderate anxiety, depression or stress can sign up for a 12-week course of SilverCloud online therapy via their phone, tablet, laptop or computer.

[Click here for more information.](#)

We hope you have found this useful. Please don't hesitate to contact us should you have any questions or suggestions.

