

Supporting care experienced pregnant young women and young mothers

nyas
cymru
gwasanaeth eiriolaeth
ieuenctid cenedlaethol
national youth
advocacy service

Peer Support

Social meetings,
share experiences
and access
support

One to one support

Providing help,
advice, advocacy
and promoting
rights

Campaigning

We will campaign
for change on
issues affecting care
experienced young
women

Events

The delivery of events
that address issues of
gender inequality and
promote educational
opportunities for young
people

 **UNITY | UNDOD**
EMPOWERING YOUNG WOMEN
AND PROMOTING EQUALITY
GRYMUO MENYWOD IFANG
A HYRWYDDO CYDRADDOLDEB



The support was incredible. You referred me to all the right classes and places. You helped me with my housing. My confidence has shot up. I made new friends and gained new qualification/skills because of you. I now have new opportunities and I feel like myself again.

QUOTE FROM A YOUNG MUM

How we can help

NYAS Cymru (National Youth Advocacy Service) has created 'Project Unity' which offers holistic support to care experienced pregnant young women and young mothers up until the age of 25 across Wales.

Emotional, practical and life-skills offered by the project includes:

- Confidence building
- Reducing isolation
- Access to resources and grants
- Housing support and setting up home
- Budgeting skills
- Advocacy
- Support to access other services including sexual health services

Project Unity includes a range of participation opportunities such as consultation, peer support and signposting to the NYAS peer advocacy and peer mentoring programmes.

As part of Project Unity, we offer free workshops to young people (aged 11-25.) We are able to run these sessions flexibly to suit the needs of individuals. In addition, we host an annual gender equality conference which will focus on a variety of issues relating to young people.

Get the support you need

To access support you can either contact us directly or be referred via anyone known to you. Consent must always be obtained before making a referral and can be made via the NYAS Helpline on

0808 808 1001 or website **www.nyas.net**

If you are unhappy about the service received from NYAS, you have the right to make a complaint. For further information please contact **0808 808 1001** or visit **www.nyas.net**