

## **Tri Yn Un, Mountain Ash**

Tri Yn Un is the name of the Communities First Programme in Penrhiwceiber, Miskin and Perthcelyn areas of Mountain Ash, Rhondda Cynon Taff. The programme offers extensive training opportunities for residents in the fields of life skills, community cohesion and for progression to employment and higher education.

Support for young people forms a major part of the work of the Tri Yn Un team. The Mantais project has been a notable success helping youngsters in the area move from problems such as schools exclusions to finding regular full time employment. The Mantais project has been set up to help young people between the ages of 16-24. The aim is to improve the lives of young people living in the communities first area by working on personal skills such as money management, entrepreneurship, teamwork, communication, problem solving, leadership, planning and organisation.

Other projects include a digital story telling initiative and a walking club. Health promotion is a key concern for the Tri Yn Un team and successful partnerships have been established with the Sports Council For Wales and Rhondda Cynon Taff County Council.

The Tri Yn Un team have been instrumental in establishing a food co-operative supplied by a local wholesaler in collaboration with local grocer shops. There is also an environment forum with links to local schools and initiatives to distribute low energy light bulbs, carbon monoxide detectors and stair gates via health visitors.

The team understands the importance of promoting environmental awareness and an understanding of sustainable development. Local environmental quality is a key factor in social well-being. There are many examples around Wales of a grot spot or fly tipping nuisance being the focal point for community action from which evolves greater cohesion and confidence.

## **Saplings**

The Saplings project was originally thought up by two groups working together with Communities First. The groups were K.I.C.K.S (Keep It Clean Kids) - an environmental group and Mouths of Miskin, a younger children's group.

With funding from Rhondda Cynon Taff Council and the European Social Fund, the groups planted 600 trees of species common to the area; Silver Birch, Mountain Ash and Willow. They also made a short film titled Saplings.

The intention of the film was to raise environmental awareness amongst young people and to change their attitudes towards environmental issues such as fly-tipping, litter and protecting green spaces.

"The Phantom" referred to in the Eco Worriers film was a volunteer with K.I.C.K.S. and was inspired to work with Communities First on an additional tree-planting project. When that project ended, this individual carried on planting trees using native seeds collected each autumn. In three years, he single-handedly planted around 3000 trees! His quest to re-forest the Cynon Valley continues!

[Watch Saplings](#)