



# Children's mental health post pandemic

## **Building Blocks is a charity providing vital support services to families**

£16,000 of funding from the Pen y Cymoedd Wind Farm Community Fund was used to research post pandemic-related child mental health problems, creating a programme to tackle anxiety, self-esteem, self-worth, and confidence.

Ceri Pritchard, 41, co-founder, Building Blocks, said:

*"The pandemic had a huge impact on children mentally, and readjusting to life post-pandemic has been difficult, especially for those with learning difficulties. Without the grant from The Fund, our vital research and subsequent mindfulness programme simple wouldn't have been possible. The impact that the research and the programme has had on the mental health of children across the area has been phenomenal."*