

Issue 22
July 2017



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The newsletter for children and young people with disabilities and additional needs in Cardiff and the Vale of Glamorgan

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Summer is coming!

Welcome to the 22nd Edition of The Index newsletter.

We are a year on from joining forces with Cardiff to produce joint newsletters across Cardiff and the Vale and this issue is packed full of information about events, activities and services which are being delivered throughout the summer and beyond!



At Flying Start's Celebration Event in Cardiff with Jason

So, what's new? Well, we have been busy attending a range of events to promote The Index including the Vale Families First Holiday Club Fun Day, Flying Start Events in Cardiff and the Vale, the Child Health Regional Forum, Carers Week Celebrations and Ysgol Y Deri's Transition Event.



Dawn at Vale Carers Celebration Event

We now have over 500 families registered in the Vale and over 200 families registered in Cardiff.

The more families who are registered, the clearer a picture we have of the needs of children and young people in the area in order to plan future services and improve access to services and support.



Keep an eye out for The Index posters in your area!

Don't forget, if you know of anyone who would benefit from signing up to The Index,

they can access the registration form online or by contacting their local Family Information Service!

Happy reading!

Julia Sky

Contact your local Family Information Service



Cardiff Family Information Service
029 2035 1700
disabilityindex@cardiff.gov.uk
www.cardiff-fis.info

Vale Family Information Service
01446 704736
disabilityindex@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk/
disabilityindex

You will see the Dewis Cymru logo throughout this newsletter - it appears with services that can be found on the Dewis Cymru website. Find out more on page 4.



Don't forget to tag us in posts that you share which could be interesting to other families who are signed up for The Index!

@CardiffFIS

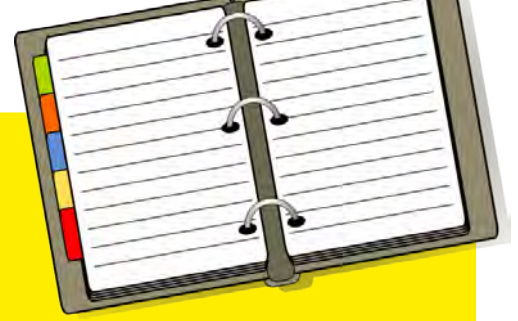


@ValeFIS

The Index is funded by Welsh Government's Families First Grant



What's On:



Mondays

Vale Families First Teenscheme (see page 8)

Mondays (31 July - 28 August)

Free Creative Choices Holiday Club (see page 9)

Weekdays (24 July - Friday 1 September)

Cathays Inclusive Youth Provision (see page 9)

Weekdays (24 July - 18 August)

Tuesdays

Vale Families First Teenscheme (see page 8)

Tuesdays (1 August - 29 August)

Free Creative Choices Holiday Club (see page 9)

Weekdays (24 July - 1 September)

Cathays Inclusive Youth Provision (see page 9)

Weekdays (24 July - 18 August)

Vale Adaptive Power Boat Club (see page 12)

Tuesdays (April - September)

Pro Motion Summer Scheme (see page 9)

Tuesday 25 July & 1 August

Wednesdays

Vale Families First Playscheme (see page 8)

Wednesdays in August

Free Creative Choices Holiday Club (see page 9)

Weekdays (24 July - 1 September)

Cathays Inclusive Youth Provision (see page 9)

Weekdays (24 July - 18 August)

Pro Motion Summer Scheme (see page 9)

Wednesday 26 July & 2 August

Epilepsy Wales Cardiff Group (see page 14)

Wednesday 23 August & Wednesday 27

September

Vale Adaptive Cycling & The Sky Riders Club
(see page 12)

Wednesdays (April - September)

Thursdays

Vale Families First Playscheme (see page 8)

Thursdays in August

Free Creative Choices Holiday Club (see page 9)

Weekdays (24 July - 1 September)

Cathays Inclusive Youth Provision (see page 9)

Weekdays (24 July - 18 August)

Pro Motion Summer Scheme (see page 9)

Thursday 27 July

Epilepsy Wales Barry Group (see page 14)

Thursday 27 July & Thursday 28 September

ADHD Cardiff Parent/Carer Support Sessions
(see page 10) **Fortnightly Thursdays**

Fridays

Vale Families First Playscheme (see page 8)

Fridays in August

Free Creative Choices Holiday Club (see page 8)

Weekdays (24 July - 1 September)

Cathays Inclusive Youth Provision (see page 8)

Weekdays (24 July - 18 August)

Vale Adaptive Cycling & The Sky Riders Club
(see page 12)

Fridays (April - September)

ADHD Cardiff Parent/Carer Support Sessions
(see page 10)

Last Friday of the month

Sleep Training Workshop with ADHD Cardiff and
Scope (see page 10)

Friday 4 August

Afasic Cymru Youth Club Open Afternoon
(see page 16)

Friday 11 August

Saturdays

Oshi's World Let's Play Coffee Morning (see
page 7)

Every Saturday

ADHD Cardiff & Phoenix ABC Boxing for children
with additional needs (see page 10)

Fortnightly Saturdays

Ladies Pamper Evening Fundraiser
(see page 16)

Saturday 5 August

Dewis Cymru – Have Choice and Take Control

www.Dewis.Cymru
Cael dewis a chymryd rheolaeth



www.Dewis.Wales
Have choice and take control

I'm sure you are all now aware of the new Dewis Cymru website.

This is an online information directory like no other. It contains local and national services that offer well-being support for you, your family and friends and is designed to help you find what you need without going to a professional or calling for help.

It means that information is all in one place, it will avoid duplication and is more accessible. In Cardiff and the Vale, we have over 1,200 services on Dewis and we have agreed as a region that this is the place to go for wellbeing information. Cardiff and Vale Family Information Services have transferred their 'Family Support Directory of Services' to Dewis, So if you are looking for a support group for parents of children with additional needs, activities for

children and much more, Dewis Cymru is for you.

If your service or activity isn't already on Dewis Cymru, it's very easy to add the information. Please visit the website and select 'Guidance on Registering and Adding Information'

www.dewis.wales

If you would like any more information, or would like help adding your service, please don't hesitate to contact the FIS Team:



**Cardiff: 029 2035 1700 / fis@cardiff.gov.uk
Vale: 01446 704704 / fis@valeofglamorgan.gov.uk**

Carer's Needs Assessment

From 6 April 2016, you no longer need to be providing 'regular and substantial' care to be entitled to a carer's needs assessment.

Under the new law, if you need support in your caring role (or you are likely to do so in the future), your local council has a duty to offer

you a carer's needs assessment. This applies to carers of all ages.

To find out more about Carers Assessments please visit:

www.dewis.wales



Vale of Glamorgan's New Carers Support Officer

It is a pleasure to introduce Melanie Friday who joined Vale of Glamorgan Social Services on 2 May as our new Carers Support Officer.

Primarily based within the Child Health and Disability Team she will be responsible for young carers, young adult carers and parent carer assessments.

Melanie has worked within the Health and Social Care sector for over 8 years, building on her responsibilities and knowledge in each of her roles, most recently within Mental Health and Disabilities.

Melanie feels passionate about her new post

having been a carer herself. She said that she's very pleased that the caring role is finally being given more of the recognition it deserves and is glad to be a part of it!

Parent Carers Assessment

As a parent carer of a child with additional needs, you are entitled to an assessment of your own needs for help and support.

To request a Carers Assessment directly please contact:

**Cardiff – Children's Access Point
029 2053 6490**

Vale – Duty Intake Team 01446 725202



Ysgol Y Deri pupils aiming to be Future Sports Coaches



Pupils from Ysgol Y Deri have recently completed an Active Young People (AYP) Sports Organisers Course with staff from the Vale of Glamorgan Council Sports Development Team.

The course was organised so that the pupils of Ysgol Y Deri could learn valuable skills in order to lead a sports session. This will be put in to practice with pupils from the school during term time as well as supporting the Vale's Holiday Schemes.

The AYP Sports Organiser course is the first step on the Coaching Pathway where the pupils learn the essential skills of how to coach. Each pupil can then use these skills in order to target sport specific courses.

The batch of pupils attended several sessions throughout the term where they learnt how to write session plans, organise warm ups as well as skill activities and how to safely initiate team matches.

At the end of the course each pupil had successfully run an element of a sport session. This was coupled with a self-evaluation to highlight their strengths and areas of further development.

Simon Jones, Disability Sport Wales

Development Officer commented 'The Ysgol Y Deri pupils were brilliant to work with. The aim for each pupil is to regularly use the skills they've learnt in order to help with sport in and out of school time. I am confident this group of coaches can carry on the sports coach pathway and become role models for the younger pupils in Ysgol Y Deri.'



If you or someone you know would like to get involved with coaching sport please contact the Vale Sports Development Team: sljones@valeofglamorgan.gov.uk / 01446 704793



Moving On Well Volunteers Invited to the Senedd



Moving On Well volunteers were at the Senedd at the "Small but Vital Charity Reception" event which was hosted by Jane Hutt AM and Lloyds Bank Foundation, funders of the Moving On Well Project.

We were treated to drinks and canapés and met other charities who were there.

Lloyds Bank Trustees and Grant Managers were all very impressed with the work we are undertaking with the Moving On Well Project. Jane Hutt even gave us a special mention in her speech!

LLOYDS BANK FOUNDATION
England & Wales



We had a great afternoon at the Senedd and after the event, we went out for a late tea to talk about the afternoon!



For more information on the Moving On Well project, please contact: 01446 732 926 / movingonwell@gmail.com



How one charity is engineering assistive technology to transform lives



designability



they offer a bespoke referral service which means that you can go to them with a problem you are facing and they will see if there is something they could create to help.

If you would like to find out more, please contact: 01225 824103 / www.designability.org.uk Twitter: @DesignabilityUK Facebook: 'Designability'

Many of us rely on assistive technology on a daily basis. From glasses to help us to see better, right through to powered wheelchairs enabling people to move more freely.

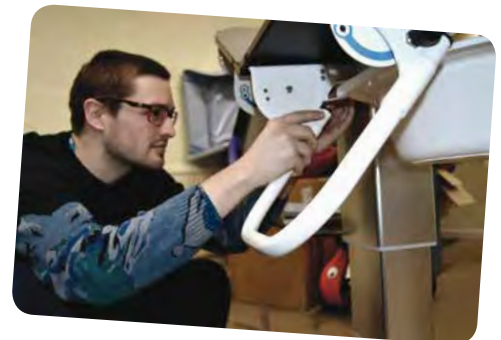
One charity in Bath designs and develops helpful products which meet the needs of people of all ages with a disability who cannot find what they are looking for elsewhere. Designability have a team of designers, engineers and occupational therapists who consult with people who are living with a particular condition and their families to see what they could do to help.

They are best known for their Wizzybug Loan Scheme which provides fun, powered Wizzybug wheelchairs to disabled children under 5 free of charge. But they are also in the process of designing a seating system for children aged 2 – 5 years who have dystonic cerebral palsy to enable them to feel more comfortable as they experience full body spasms.

Designability understand that one solution does not necessarily suit everyone. There is not always a 'one size fits all'. For that reason,



Alfie Porter-Smith from Dinas Powys loves his Wizzybug from Designability and was even on ITV News showing off his new wheels!



"Before Wizzy, he had no independence and felt as though he was missing out.

On the first day he took it to school, I stood waiting for him to come out at the end of the day.

When I saw him appear in his Wizzybug, with children walking beside him, I cried my eyes out. He had transformed into the most popular kid in school overnight"

Fiona, Alfie's Mum

You can view the footage of Alfie and his Wizzybug by searching 'Wizzybug' on ITV News Wales. www.itv.com/news/wales



Oshi's World

Oshi's World runs free, inclusive play and coffee mornings for families with children who have additional needs, a disability or a life-limiting illness. Oshi's World is inspired and run by the family and friends of Oshi, who has a life-limiting illness. We offer a friendly environment where children can play and interact or simply chill-out in the sensory room. Parents can have a cuppa and a chat, or just relax - whatever you need we will try our best to accommodate you.



At Oshi's World every week we have a wealth of toys and games and our very own sensory room. We have accessible changing facilities which include a hoist and adult-sized changing table. We also run special activities regularly such as Keycreate's interactive music sessions, haircuts for children whilst at the coffee morning, sensory play from Virginia Born, and we hope to arrange many more.

We organise social events for children and their families and we're planning to have a BBQ this summer - so watch this space!

Where: Byrd Crescent Community Hall, Penarth CF64 3QU

When: Every Saturday, 10am – 1pm

Please come and join us, we would love to meet you! Siblings and friends welcome.

Keep up to date with what's happening on Facebook and Twitter.

 oshisworld

 @oshis_world

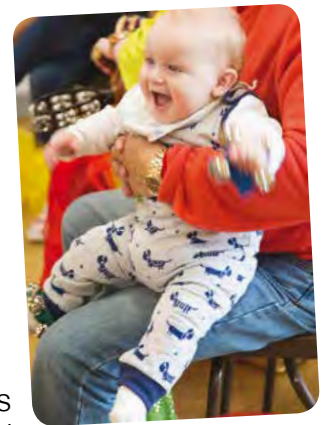


KeyCreate

KeyCreate has been providing bespoke creative workshops for South Wales' disabled community for the last two years. Using elements of music, drama and storytelling with sensory techniques, KeyCreate provides completely accessible, enjoyable and educational workshops for all ages and all abilities.



Over the past two years many places have enjoyed our workshops including special schools and SEN units in mainstream schools; organisations such as Sense Cymru; and charities including Oshi's World, Ty Hafan, Sparkle Appeal, Shine, and Follow Your Dreams. We have run themed workshops for day centres, and bespoke workshops for arts specialists Chapter Arts and Hijinx Theatre. We have also provided training to SEN Teaching and Learning Support Assistants. We've even branched out into children's birthday parties as an alternative entertainment provider, and have rocked up to festivals and other events.



If you are looking for something different or energetic over this summer term why not give KeyCreate a try?

To book or just for more information please contact Dave Morris

07810018165 / davebobmorris@hotmail.com

 keycreatewales



What's on th

What's on in the Vale for families this Summer?

The Vale Family Information Service has produced a programme of everything going on in the Vale for children, young people and families during the school summer holidays.

You can find out about:

- Family events
- Holiday playschemes



- Activities in the libraries and leisure centres
- And much more..

Visit: www.valeofglamorgan.gov.uk/fis

Telephone: 01446 704704

Email: fis@valeofglamorgan.gov.uk

Keep up to date by liking our Facebook page 'Vale Family Information Service'

Vale of Glamorgan Families First Holiday Clubs



Playscheme for 4 – 11 years

When: Wednesdays, Thursdays and Fridays in August, 10.05am – 12pm*

Where: Ysgol Y Deri, Sully Road, Penarth, CF64 2TP

*Please note: Registration will take place from 9.45am – 10.05am giving families the opportunity to update Helpful Books, meet staff and have any queries answered.



Ever wondered what your child gets up to at Playscheme?

This Summer, families of children attending the Vale of Glamorgan Families First Playscheme will be invited to join in the fun from 12pm.

Parents / carers and siblings will be invited to have lunch on site and stay to take part in the afternoon session which will be packed full of activities for all the family to take part in including sports sessions, animal care, health and nutrition and even a teddy bears picnic!

Family Fun Activity Afternoons at Playscheme

When: Wednesdays, Thursdays and Fridays in August, Lunch*: 12pm – 1pm

Family Fun Afternoon Session: 1pm - 3pm

Where: Ysgol Y Deri, Sully Road, Penarth, CF64 2TP

*Please note: Lunch is not provided so please make sure you bring lunch and drinks with you

Teenscheme for 12 – 18 years

When: Mondays and Tuesdays (31 July – 29 August), 10am – 3pm

Where: Ysgol Y Deri, Sully Road, Penarth, CF64 2TP

*Please note: There will be a charge for children who stay on site for lunch. Lunch is not provided so please make sure you bring lunch and drinks with you.

Things to remember:

- Both schemes can offer 1:1 support, medical support and personal care where required.

For more information or to book a place for your child please contact Joanne Jones, Play Development Officer on 01446 704 809 / playdevelopment@valeofglamorgan.gov.uk

his Summer?

Cathays Inclusive Youth Provision for young people aged 11 – 25 years

Inclusive Youth Provision (IYP) provides youth clubs for children and young adults which cater specifically for those with learning disabilities and their peer group volunteers. Members have the chance to make new friends and get involved with a range of fun activities including games and music.

When: Weekdays, 10am – 1pm & 1pm – 4pm (Monday 24 July - Friday 18 August)

Where: Cathays and Central Youth and Community Project, 36 – 38 Cathays Terrace, Cathays, Cardiff, CF24 4HX

For more information please contact Cathays Youth and Community Centre: 029 2037 3144 / email@cathays.org.uk

Vision 21 Creative School Holiday Club

Vision 21 are delivering a School Holiday Club for kids aged 14-18 years with a learning need.



Take advantage of the FREE workshops and sign up today!

Funded by Children in Need, the school holiday club focuses on creative activities, interacting and building social skills.

When: Weekdays, 9.30am – 3pm (Monday 24 July – Friday 1 September)

Location: Various (Cardiff)

Who: 14-18 year olds with a learning difficulty

For more information, activities for the holiday period or to sign up please contact Sarah Glazier:

029 2062 1194 / sarah.glazier@v21.org.uk

Pro Motion Summer Scheme for ages 12+

A dance scheme for disadvantaged and disabled young people to explore their views through the use of film and movement.



When: Tuesday 25 – Thursday 27 July, 1.30pm – 4.30pm
Tuesday 1 & Wednesday 2 August, 1.30pm – 4.30pm

Where: YMCA Barry, Court Road, Barry, Vale of Glamorgan, CF63 4EE

To book a place or for more information please contact 07725 038 778 / info@motioncontroldance.com



Vision 21 Summer Workshops

Would you like to learn new skills, make new friends and see what Vision 21 is all about?

Join us in July and August for one of our projects:

- Creative Crafts • Catering • Horticulture
- Life Skills • Woodwork • ICT

Discounted price of £25 a day. Sign up today! See Vision 21 website for details www.v21.org.uk

For more information please contact Rachael Bond: admin@v21.org.uk / 029 2062 1194



ADHD Cardiff Parent and Carer Support Sessions

Would you benefit from support from other parents/carers?



Come and join us for a cuppa, a cake and a chat!

Fortnightly

When: Thursdays, 6.00pm - 8.00pm

Where: Ants Inya Pants, Rhymney River Bridge Road, Cardiff, CF23 9AF

Monthly

When: Last Friday of the month, 2.00pm - 3.00pm

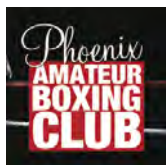
Where: Rhydypennau Library, Llandennis Road, Cardiff, CF23 6EG

For more information please contact ADHD Cardiff: info@adhdcardiff.co.uk

f ADHD Cardiff **🐦** / @ADHDCardiff1

ADHD Cardiff & Phoenix Amateur Boxing Club

Phoenix Amateur Boxing Club are working in partnership with ADHD Cardiff to run boxing for kids with ADHD, autism or learning difficulties.



Studies show that children with neurodevelopment conditions don't often flourish at team sports, they benefit from learning control and following instructions in a quiet controlled environment.

The sessions are run fortnightly from Llanrumney at just £1.50 per child. All equipment and water is provided.

Where: Llanrumney Phoenix Amateur Boxing Club, Ball Lane, Llanrumney, Cardiff, CF3 4JS

When: Fortnightly Saturdays, 9am – 10am (Ages 6 – 9 years) & 10am – 11am (Ages 10 – 16 years)

**For more information please contact:
ADHD Cardiff: info@adhdcardiff.co.uk
Llanrumney Phoenix ABC:
07899 712 561 / boxingtony88@gmail.com**



Sleep Training Workshop with ADHD Cardiff and Scope

Does your child have problems self-settling and staying asleep?

Scope's training with Paul Sawyer will provide a guide to sleep training.

The training will be an opportunity to meet other parents/carers and professionals and to share tips and advice.

When: Friday 4 August, 10am – 2pm

Free training with lunch provided. Booking essential.

**To book or for more information please contact ADHD Cardiff:
info@adhdcardiff.co.uk**

Scope Face 2 Face Project



Scope Face 2 Face is a lottery funded project that seeks to help parents and families all over Cardiff and the Vale of Glamorgan who have a child or children with a disability or who have additional needs.

We offer help, support and information of all kinds, including free training and support for parents such as Parent Empowerment or Sleep Training Workshops.

We help individual parents, as well as groups, and will be there for parents with a child just following diagnosis, or who have children and young people up to the age of 21 years.

We offer support to the whole family including siblings, in any way that we can. I am in the process of arranging a support Volunteer Network for parents of children with additional needs and disabilities based in the Noah's Ark Children's Hospital.

We are always looking for new families, and will shortly hope to arrange Volunteer Befriending training for parents. This will give parents training to offer help and support to other parents in the same situation.

**If you are interested in being part of our group, please contact Paul Sawyer:
07436 588 522 / paul.sawyer@scope.org.uk**

Wales Autism Research Centre Study of Reading and Social Understanding

Would you like your child to take part in the research?

Zoe Williams is a PhD student at Cardiff University based in Wales Autism Research Centre. Zoe is interested in looking at the overlap between ASD and ADHD in childhood.



Children with ASD and ADHD sometimes seem to have specific difficulties with reading comprehension that cannot be fully explained by other reading and language difficulties.

Zoe's research focuses on whether the social difficulties experienced by children with ASD and ADHD result in impaired reading skills, particularly reading comprehension.

Who?

Young people ages 11 – 17 years with a diagnosis of Autism / Asperger's Syndrome or ADHD.

What will the research involve?

There are 5 activities altogether: 3 computer tasks, an IQ task and a short reading activity. There will also be an ADOS assessment that looks at traits of Autism and includes games and questions.

The computer tasks involve looking at photos

of faces and stating emotions shown.

Participants will also watch cartoons and Harry Potter film

clips and will then be asked to describe what is happening and what the characters are feeling.

Parents/carers will also be asked to complete a short questionnaire.

What will you get for taking part?

You and your child will each receive a £5 voucher for taking part in the research.

The cost of your travel to the centre will also be reimbursed.

Where?

Centre for Human Developmental Science, Cardiff University, Park Place, Cathays, Cardiff, CF10 3AT

When?

The research can be carried out on weekdays as well as evenings and weekends.

Interested?

For more information please contact Zoe Williams

williamsz12@cardiff.ac.uk / 029 2087 0355



Barnardo's Cymru

Sex and relationship groups for young people aged 14 – 25 with ADHD diagnosis (Cardiff and the Vale of Glamorgan)

This 6 week programme for young people will focus on wellbeing issues, sexual health advice and guidance, staying safe online and healthy relationships.

Contact Barnardo's Ely Family Centre:
helen.thompson2@barnardos.org.uk /
fflur.angharad@barnardos.org.uk



Independent Living Skills for young people ages 14 – 18 years (Vale of Glamorgan)

This 10 week programme focuses on issues like shopping, healthy living, domestic tasks, managing emotions, managing money, bullying and friendships.

The next Independent Living Skills group will begin on Monday 11 September for 10 weeks, for young people aged 14-18 who live in the Vale.

Contact Barnardo's Ely Family Centre:
029 20577074 /
helen.thompson2@barnardos.org.uk

The Intersensory Club – Specialist, Adaptive Equipment and Facilities

The Sky Riders Club and Vale Adaptive Cycling Club

Team Sky Frog Bikes are available for children with Autism ages 4 – 12 years.

Children love cycling, its fast and fun and gives them freedom and independence to get around. Learning to cycle is an achievement that will help build confidence and a natural sense of adventure.



Become a sky rider and enjoy the freedom of cycling in a safe environment.

Vale Adaptive Cycling have numerous specialist bikes, trikes, tandems etc, enabling children, young people and adults with disabilities or additional needs to access and enjoy the exhilaration of cycling.



When: Wednesdays and Fridays, 1pm – 5pm (April – September)

Where: Jenner Park Stadium, Barry, Vale of Glamorgan, CF63 1NJ

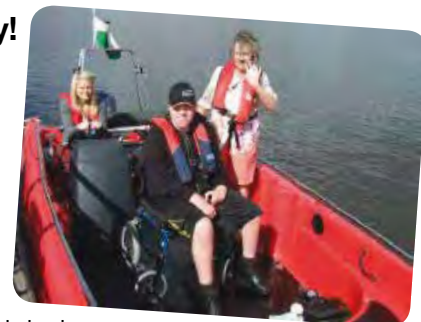
Suggested donation £2.

For more information please contact The Intersensory Club 01446 420 533/ chayes89@btinternet.com



Vale Adaptive Power Boat Club

Ahoy there matey! Come for a spin around Barry Waterfront.



The adaptive boat is available to all disabled people. The boat is accessible to wheelchair users as well as those with limited mobility.

When: Tuesdays from 10.30am – 2.30pm (April – September)

Where: Barry Community Activity Water Centre, Mole 1, Barry Docks, CF63 4BE

Suggested donation £2.

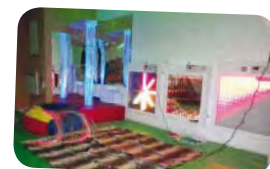
For more information please contact The Intersensory Club 01446 420 533/ chayes89@btinternet.com

Interactive Multi-Sensory Room

Enjoy a wonderful sensory experience!



The sensory room has the latest sensory equipment to stimulate development opportunities for children, young people and adults with disabilities and additional needs.



When: Monday – Friday from 10am – 4pm, Saturday & Sunday from 1pm – 4pm

Where: 33 Laleston Close, Barry, CF63 1TZ

Suggested donation £5

For more information please contact The Intersensory Club 01446 420 533 / chayes89@btinternet.com

Providing specialist, adaptive equipment and facilities for disabled people in the Vale of Glamorgan, enabling them to access sports and leisure activities in the community.

The Intersensory Club also provides:

Beach Wheelchairs at Barry Island

All terrain beach wheelchairs are available at Barry Island, giving more visitors the chance to get on to the sand at Whitmore Bay.



The beach wheelchairs have been provided by The Intersensory Club and can be pushed across sand without sinking, thanks to their wide wheels and unique design.

There are three chairs which are available for loan and free to use.

The beach wheelchairs can be collected from the beach huts on the Eastern promenade.

Please contact Vale Tourism Team for more information:

tourism@valeofglamorgan.gov.uk / 01446 704867

Submersible Wheelchairs at Cardiff International Pool

The submersible wheelchairs can be used within the swimming pools opening times.

Where: Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Please contact Cardiff International Pool for more information:

029 2072 9090 / www.leisurecentre.com/cardiff-international-pool



The Intersensory Club

The Intersensory Club is a small charity and we rely on local donations, grant and fundraising to finance our projects, and any help or donations would be greatly accepted.



For more information please contact Cliff Hayes 01446 420 533/ chayes89@btinternet.com



Epilepsy Wales

We exist to improve the lives of everyone in Wales affected by epilepsy.



Our network of groups around Wales is growing all the time and gives people a great chance to share experiences and support each other.

Epilepsy Wales is the leading epilepsy organisation in Wales and exists to improve the lives of everyone affected by the condition.



Coffee and Chat:

Support groups in your area, join us for a chat, for advice, or just for a cuppa!

Barry Group

Thursday 27 July & Thursday 28 September, 10.30am – 12pm
Cardiff and Vale Health Shop, 38 Holton Road, Barry



Cardiff Group

Wednesday 23 August & Wednesday 27 September, 10.30am – 12pm

Café at Next, 82 – 88 Queen Street, Cardiff

For more information please contact Lesley: Lesley@epilepsy.wales / 07710 395 070

 **Epilepsy Wales**

 **@epilepsywales**

Inspired Learners

Inspired Learners are experienced specialist teachers of special education needs.



We are qualified to provide assessment, advice, direct teaching and monitoring of pupils with specific learning difficulties and additional learning needs across all key stages. We are experienced in training teachers and teaching assistants in a range of certified and accredited interventions and approaches.

At our learning centre at 161 Holton Road, we are able to offer an initial consultation to families where we look to establish the causes for concern regarding your child's development and learning difference. Further to this we are able to offer a range of in depth assessments and reports in the specific developmental areas of speech and language, dyslexia, literacy, numeracy and general learning difficulties. We can also offer advice and support around ADHD, ASD, DCD and Irlene Syndrome.

Our charges vary. Please contact us for more information.

We have been busy hosting coffee mornings in schools and at our Inspired Learning Centre. We have successfully run a weekly parent Dyslexia course. Parents found it useful as it provided practical strategies and advice to support their child at home.



We continue to support learners by assessing, supporting and holding consultations which identify actions and advice to support you and your child.

Keep your eyes peeled for upcoming information about our Summer School activities, including Lego intervention.



The Inspired Learning Centre, 161 Holton Road, Barry, CF63 4HP
07706 415651 / hello@inspired-learners.co.uk

The Noah's Ark Charity

The Noah's Ark Charity was established in 2000 as an appeal to build a children's hospital for Wales.

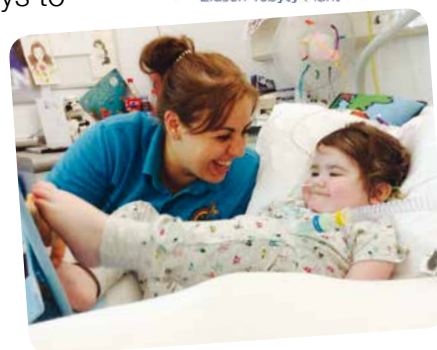
Seventeen years later, and with over £20 million raised, the hospital now treats over 73,000 children a year and, thanks to the charity's supporters, is equipped with world class equipment and facilities. Today the charity works hand in hand with the NHS so that the hospital can continue to provide the best care possible for children and their families. The charity also funds support services for families, like the play specialist team, who help children be children despite the difficulties they are facing.

The charity is currently running an appeal to raise funds for the new neonatal unit at the University Hospital of Wales. The Tiny Lives Appeal aims to raise £1 million to help fund life-saving equipment and parent facilities for the unit,

which currently treats around 560 premature and critically ill babies a year.

There are many ways to support the work of the Noah's Ark Charity, from running marathons to holding bake sales. The organisation has also launched a lottery which gives participants the opportunity to win up to £25,000 each week while supporting the children's hospital of Wales.

For more information about the lottery, or for other ideas about how to get involved, go to www.noahsarkcharity.org



“The Getting More Involved Social Care Project”

Children in Wales are looking to work with disabled children and young people on “The Getting More Involved Social Care Project”

The project will help disabled children and young people to feel more confident and better informed about their rights in line with the Social Services and Well-being (Wales) Act.

The project will provide workshops for young people on participation and the importance of article 12 of the UNCRC, ‘Respect the views of the child.’

The project aims to develop a toolkit in partnership with young disabled people who use care and support services in Wales. The toolkit will help other children and young people who access social care across Wales.

Young people will have opportunities to participate in workshops, training on their rights, and an opportunity to have their voices heard. Some young people can be developed as trainers, meet and make new friends and help to make the toolkit fun, creative

and accessible.

It is a three year project funded by Welsh Government, looking at supporting the health and well-being of looked after children, disabled children and young people and kinship carers.

The project will work with young people to give them the information and resources they need to help other disabled children, and to train professionals on participation.

Some workshops with young people have been carried out on wellbeing and what it means to young people, what is social care, what is an assessment. The young people have spoken about personal experiences of social care and the barriers they face in participating in assessments.

For more information, or to get involved, please contact Danni Richards, Development Officer for Disabled Children and Young People: danni.richards@childreninwales.org.uk / 029 2034 2434



Relax, Chill Out and Unwind at Ladies Pamper Evening Fundraiser

You're invited to a Ladies Pamper Evening raising money to open a play facility that caters for children with disabilities and additional needs.

Where: The Kymin, Beach Road, Penarth, Vale of Glamorgan, CF64 1JX

When: Saturday 5 August, 6pm – 9pm

Tickets are £20 per person and must be purchased in advance. Price includes at least two treatments*, glass of prosecco on arrival, refreshments, nibbles, live music by Caroline Venter and "make your own" activity.

There will also be local craft stalls, a raffle and a silent auction.

*Booking of treatments are required when booking and choice of treatments include: gel nail

polish, eyebrow waxing, head massage, make-up, hair up-do, hand massage, foot massage, and relaxation treatment.

**For more information please contact Leo:
07973 342 234 /
ljs_dmj@hotmail.co.uk**

To find out more about Cloud 9 Play's mission to open an activity play centre like no other, please visit:

**Website:
ljsdmj.wixsite.com/cloudnine**
 **Cloud9Play**



Afasic Cymru Youth Club Open Afternoon



**Afasic
CYMRU**
voice for life
llais ar gyfer bywyd
Charity No. 1045617

Afasic Cymru is the only charity in Wales representing children and young people who have Speech, Language and Communication Needs (SLCN).

We are holding an open afternoon for young people aged 11 – 17 years with Speech, Language and Communication Needs who may be interested in joining our weekly club.

Are you moving from Primary to Secondary School in September?

Do you have difficulties talking to others and making friends?

Moving up to high school can be very scary for lots of young people – you are not alone!

Interested?



Come along and meet the staff and current youth club members to see if the club is for you!

When: Friday 11 August, 1.30pm – 3.30pm

Where: The Adventure, Circle Way East, Llanedeyrn, Cardiff, CF23 9PD

Cardiff Ice Breakers Youth Club runs on Thursdays 6pm – 8pm at The Adventure

**For more information please contact Jo Richards
jo@afasiccymru.org.uk / 07922 188 009
www.afasiccymru.org.uk**

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