

Family Gateway Information Team Update

February 2020

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What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 6 to 12 years old. The symptoms of ADHD usually improve with age, but many adults who are diagnosed with the condition at a young age continue to experience problems. People with ADHD may also have additional problems, such as sleep and anxiety disorders.

Treatment for ADHD includes both medication and psychological strategies. [The National Institute for Health and Care Excellence \(NICE\)](#) recommends that the ***first steps in treatment for ADHD for young people include help with behaviour and stress management and educational support and those children under school age should not be given medication for ADHD.*** For adults with ADHD, NICE recommends that medication is the first-line of treatment, unless the person would prefer psychological treatment.

There are very few specialised [mental health](#) services for adults with both autism and ADHD in the UK. As such, some people may not have had an assessment of autism or ADHD until late in their adult life, or have difficulty in accessing treatment. In addition,

some young people with autism and ADHD may have no local adult mental health team to transition to when they leave the care of their paediatrician or child and adolescent mental health service (CAMHS).

If families have no local adult autism or ADHD service, or they are transitioning from child to adult health care, they should ask their GP, paediatrician or CAMHS team to refer them to a specialised adult autism and ADHD mental health team.

It is helpful if young person’s team can plan their transition with them before they leave their service, so their care is planned and parents, their child and adult teams and GP are clear about how young people can access care as an adult.

Find out more at [ADDISS](#), [YoungMinds](#), and [AADDUK](#) (a site by, and for, adults with ADHD).



Name of service	Summary of service	Link for more information
NHS Choices	Diagnosing, Treatment & Assessment of ADHD	Click here
Contact a Family Cymru	ADHD Information Sheet	Click here
Mind	Mind’s take on ADHD	Click here
Scouts	Living with ADHD & Practical Tips for Parent	Click here
The ADHD Foundation	Aim to improving emotional well-being, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties such as dyslexia,	Click here

	dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome	
NHS Direct	Symptoms and Diagnosis	Click here
National Centre of Mental Health	ADHD	Click here
Royal College of Psychiatrists	ADHD in Adults	Click here
Go to See	Health & Therapy Guide	Click here
Care for the Family (based in Cardiff)	Time Out for Parents: Children with Special Needs ADHD & ASD and parenting courses	Click here

Grants for Families

Carers Trust-Grants

Carers Trust-Grants work to improve support, services and recognition for anyone living with the challenges of caring, **unpaid**, for a family member or friend who is ill, frail, disabled or has **mental health** or addiction problems. They do this with a UK wide network of quality assured independent partners and through the **provision of grants** to help carers get the extra help they need to live their own lives.

With locally based Network Partners, they are able to support carers in their homes through the provision of replacement care, and in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. They offer specialist services for carers of people of all ages and conditions and a range of individually tailored support and group activities.

CarersUK Grants

CarersUK Grants are the UK's only national membership charity for carers; Carers UK is both a supportive community and a movement for change. For the past 50 years, they have been driven by carers raising their voices together to call for change and seek recognition and support. They help each other by sharing experiences and offering support. Guided by a Board of Trustees that is primarily made up of carers, they are rooted in the real experiences of their members and they are here to make life better for carers.

Family Fund

In 2018/19 Family Fund helped 1,055 families with grants across Wales. This meant that thousands of essential items were awarded to families, including family breaks, kitchen appliances, clothing, bedding, and much more. They receive funding from the **Welsh Government**.

Disability Grants-Wales

Disability Grants-Wales help families to access information to find find/use grants to fund trikes, wheelchairs, adaptation to home, medical equipment and specialist holidays and more.

TURN2US

TURN2US are a national charity helping people when times get tough. We provide financial support to help people get back on track. Through their site, you can check benefit entitlement, search for a grant, find information and help including details of their [Discretionary Assistance Fund](#).

Family Action

Family Action help people access small grants on welfare and education. They have been distributing grants to help people and families in need since we were founded in 1869. Their grants programmes complement their aim to strengthen families and communities, build skills and resilience and improve the life chances of everyone they work with.

Talisman Trust

The relief of small grants for education, health, housing, disablement or disability. The charity is run by three trustees and makes donations both to local authorities or charities on behalf of specific individuals and to other UK charities with similar objectives to our own.

The Atlee Foundation

The Atlee Foundation help people who are disabled or disadvantaged, anywhere in the UK. They offer One-off grants up to £100 towards travel costs for therapeutic journeys, e.g to maintain contact with family members in hospital, or rehabilitation a long way from home in the UK. No grants for funerals, holidays, wheelchairs or mobility adaptations.

Apply on a form from the Foundation. Applications must be made through a social worker, citizen's advice bureau or other welfare agency, to which the cheque will be payable on behalf of the individual. An SAE must be enclosed. For further information E-mail info@atlee.org.uk

The Salvation Army

All Salvation Army grants are one-off, in the form of specific practical assistance such as for needs in the home. Subject to availability, the Salvation Army also provides grants for holidays at a local caravan or at their centre in Westgate, Kent. No grants for educational purposes.

Apply in writing to the Divisional Director for Business Administration at the nearest regional office (addresses in phone book or visit the website). Applications must be supported by a caseworker's report from a social agency, welfare organisation, hospital or medical practice. Information about the applicant's social and financial background must be included. info@salvationarmy.org.uk or call (020) 7367 4500

React

React provide Rapid Effective Assistance for Children with potentially Terminal illness is a dynamic charity working to improve the quality of life for children with life-limiting illnesses living in financially disadvantaged households throughout the UK. Their work is unrivalled by any other organisation and their passion and belief that every child should have comfort, dignity and the opportunity to participate in life as fully as possible is their driving force.

Variety

Variety aim to improve the lives of children and young people throughout the UK who are sick, disabled or disadvantaged. Variety provides coaches and bespoke wheelchairs, specialist, sensory and recreational equipment for use in the home, school, children's hospitals and youth centres and creates memorable experiences through Variety Great Days Out.

Dreams Come True

Dreams Come True are the only dreams granting charity that fulfils the dreams of children and young adults with such a wide range of medical conditions, locations and ages. They believe that because of this, they are answering an unmet need in the wish granting sector by allowing these two to 21-year-olds – who would usually otherwise be missed – a chance to have their dream transformed into a reality.

The Heinz & Anna Kroch Foundation

The Heinz & Anna Kroch Foundation support individuals of any age who are suffering from severe poverty and financial hardship, who have ongoing medical problems or have fled domestic situations. Applications must be submitted by a recognised agency who is working with the client. Type of Grants available for is One-off grants usually ranging from £100 to £250 towards hospital travel costs, household bills, furniture, other hospital expenses, clothing, food, medical and disability equipment, living costs, home adaptations, help in the home and so on. People who are older, have a chronic illness, have fled domestic situations or are homeless and are in financial hardship, nationally can apply.

Happy Days Children's Charity

Happy Days Children's Charity work with local communities right across the UK to provide vital respite breaks for individuals, families and groups who support children with additional needs. The young people they help range in age from 3 to 17. They

come from many different backgrounds and cultures and suffer many different conditions. They offer help to those with learning difficulties, physical or mental disabilities and with acute, chronic or life limiting illnesses. They also help young people who have been abused or neglected, witnessed domestic violence, been bereaved or act as carers for a parent or a sibling.

The Roald Dahl's Foundation

Roald Dahl's Marvellous Children's Charity funds Roald Dahl Specialist Children's Nurses in communities across the UK. They provide expert care and support to children with serious illnesses, and their families. They believe every seriously ill child should have access to the best possible healthcare.

The charity Helps children and young people aged 25-and-under who have a neurological or haematological condition and are from a low-income family (in receipt of income support, working families tax credit or housing benefit). The only eligible cancer is brain tumour. Families not on benefits but on a low income or whose income has been interrupted by the child's illness may also be considered.

One-off grants of £20 to £500 each towards household appliances, utility bills, clothing, beds and bedding, medical alert jewellery, travel and subsistence payments while children are in hospital, specialised equipment e.g. sensory toys, car seats, wheelchairs, Motability vehicles, vehicle tax and insurance and respite care. No grants given towards debt (except utility bills) or items that should be provided by statutory sources.

Applications on a form from the Foundation. A social worker or health care professional who is willing to see the application through to completion supplying and confirming the information contained must submit them. Applicants need to provide details of income and expenditure if no state benefits are being claimed. E-mail josmith@roalddahlfoundation.org

Hospital Saturday Fund Charitable Trust

Hospital Saturday Fund Charitable Trust funds are available for Individuals who live in the UK and the republic of Ireland who are ill, disabled or receiving medical care. One off grants are made ranging from £25 to £250 towards medical care, medical equipment and appliances and hospital travel. Grants are not made to anything without a medical connection. If the application is made directly from the individual, a supporting letter from a welfare agency, social worker or other third party is appreciated. A third party can also apply on behalf of the individual. You can contact them through email e-mail trust@hsf.eu.com

The Buttle Trust

The Buttle Trust help Children under 21 who are either i) looked after by adoptive parents, ii) cared for by family members or friends (but not who are supported by 2 caring parents living in the same home), iii) living with single parents.

Their core business in Wales continues to be the provision of their Chances for Children Grants. These provide funding for items such as beds and white goods in addition to afterschool educational, arts, and therapeutic activities that have a positive impact on children and young people's lives. As well as kinship care families and children from families who have fled [domestic abuse](#), these also include enhanced packages of financial support for young people who are [estranged from their families](#), but are motivated to remain in training, education or to seek employment.

[Make a Wish Foundation UK](#)

Make a Wish Foundation UK grants the wishes of children aged 3 – 18 years suffering from life threatening illnesses. Anyone who knows a child, aged 3 to 18 with a life-threatening illness can make a referral, simply by writing to Head Office or visiting the website.

[Starlight Children's Foundation](#)

Starlight Children's Foundation wishes to children who are diagnosed critically, chronically or terminally ill (e.g. leukaemia, HIV/Aids, brain tumours, cystic fibrosis, muscular dystrophy, severe asthma or epilepsy, sickle cell anaemia, most forms of cerebral palsy) aged between 4-18 years. Anyone can refer a child to Starlight by printing off an application form from their website, or contact them to be sent one.

[When You Wish Upon A Star](#)

Fulfils the wishes of children with life threatening and terminal illnesses aged between 2-16 years. For more information and contact for the Wales region e-mail head.office@whenyouwish.org.uk

Wales Safeguarding Procedures App:

The Wales safeguarding App is now available to be downloaded and can be found linked to the [Child Safety Concern page](#) on the Cardiff Family Advice and Support website or from the [Apple](#) and [Google Play](#) app stores.



Uniform'd

[Cardiff and Vale and Barry school uniform donation](#) (also known as Uniform'd), can be contacted either directly by families or professionals supporting families all year round time using the following methods:



- Facebook - [Cardiff and Vale and Barry school uniform donation](#)
- Email: uniformdonation@gmail.com
- Mobile : 07446982475

All contact methods are 100% anonymous and free.

Uniform'd are in the process of setting up a website where all the stock they hold will be uploaded to a 'shop'. People will be able to order items they have in stock and get them delivered to their door. This will be free but postage will be charged. Uniform'd will inform us when the website is live.

Further to the session being run on **Friday 21st February at the Llandaff Noth and Gabalfa Hub between 10am to 3pm**, Uniform'd will be running an August drop in session event. We will provide you with more details once we receive them.

The Index Newsletter

Issue 32 of [The Index newsletter](#) is now available on the Cardiff Family Advice and Support website. This edition includes information about the transition process and support available to young people with a Statement of Special Educational Needs when they leave school, including the "Making a Plan for My Future" table overleaf.

Making a Plan for My Future

If you have a Statement of Special Educational Needs (SEN), here's what should happen to help you plan for your future:

	Year 9	Year 10	Year 11	Year 12	Years 13-14
	Your school will talk to you about what you would like to do when you get older and leave school. They will talk about the choices you have.	You will have another meeting to see how the plan is going.	You can take part in work experience, in something you are interested in, to see what it's like going to work.	You might do some more work experience.	You might do some more work experience or you might apply for jobs, training or voluntary positions.
	You will then meet with other people who support you, such as a social worker, a teacher or a healthcare worker and together you will make a plan for your future. You can get help from someone before the meeting to help you prepare your thoughts and your school can help with this.	Depending on what you want to do in the future, new people might come to the meeting to see how they can support you.	You will meet with people who support you to see how your plan is going and if anything needs to be changed. New people may come to the meeting such as an adult social worker, adult health service worker or someone from the local college you may want to attend.	You will meet with the people who support you again, to see how your plan for your future is going.	You will meet with people who support you again, to see how your plan is going.
	One of the people attending the meeting will become your 'key worker'. This is someone who will make sure your plan runs smoothly and help if there are any problems with the plan.	Now is a good time to start thinking about whether you want to leave school at 16 or 19.	You can find out information on things like direct payments and independence.	If you need an adult social worker, they may now be involved, to support you to plan for your future.	You might start visits to the place you will go to next.
	The plan that everyone makes at the meeting must be about what you want to do, so it will be important to tell everyone what you would like to happen in the future.	At the end of year 11 you might want to: Stay in school, go to college, get a job, or do some training.	You might apply for jobs, training, or voluntary positions.	You can leave school in year 13 or 14 and go to your new place. Everyone involved in supporting you should make sure that information about you has been shared with the new place you will go to when you leave school.	
	Everyone who supports you should have a copy of your plan so that they know what to do to help you to get to where you want to be.			Your new place will use all the information to make sure you get the right help when you get there. Everyone who supports you should have a copy of your plan so that they know what to do to help you to get to where you want to be.	

Cardiff Family Advice and Support website update

The Cardiff Family Advice Service website now contains the google translate function at the bottom of each page. The information team are working with web development to get this facility moved to a more prominent place at the top of the page

Parenting. Give it time.

In addition to the range of factsheets that are on display, and for collection, in the reception area of the Conference Centre. The Welsh Government have developed a wider range of resources as part of the 'Parenting. Give it time' guidance and advice resources. These can be viewed and downloaded from their website using the links below:

- [Booklets and information sheets to support parents](#)
- [A range of activity resources to support parents and those looking after small children](#)

Childcare

The Cardiff section of www.fis.wales now contains the details of 389 registered childcare providers in Cardiff as summarised below:

Childcare Type	Number of providers on www.fis.wales
Childminders	198
Day Nurseries	59
After School Clubs	41
Holiday Clubs	18
Breakfast Clubs	21
Playgroups	49
Crèche	3
Open Access Play	0

As we now have such a depth of up to date information about childcare provision in Cardiff, we are looking at being able provide you with regular updates about this provision with details such as:

- Average hourly costs
- Language of provision breakdown