



Family Gateway Information Team Update

January 2020

Police Community Support Officers

A big Hello to The Gateway from Police Community Support Officers Lauren, Mary and Amy. We have landed officially Monday 13th January and are really excited to work with you all. We are based with The Early Help teams in Ely, East Moors and Rumney and will be supporting you where we can. Please ask questions and do not be afraid to ask for our help. If we cannot help you, we can point you in the right direction.

We can be contacted in person (we are very friendly) or via email and phone.

- Lauren.jay@south-wales.pnn.police.uk – 07414113434
- Mary.sullivan@south-wales.pnn.police.uk – 07825403083
- Amy.hughes@south-wales.pnn.police.uk – 07584770477

Support for teens with/without additional needs and disabilities

Parenting of and being a teenager can be a challenging time for everyone in the family. On top of everything going on physically, emotionally as well as in their cognitive faculties, if a child has additional needs, parents would need extra support to get through this stage.

Please click on the links below to find out about the support Individuals, Families, Schools and Professionals could get or provide to young people with additional needs during their teenage years.

Teen Issues

Teen Issues aim to address all of the difficulties that could come with being a teen and become a great resource offering teens interesting features, practical advice and basic answers to all of their own questions.

Teens who would like to see specific topics such as pregnancy, mental health and alcohol issues and many more could write in to post their comments on these topics.

[Active Involvement Team / The Sprout](#)

TheSprout is Cardiff's online magazine and info site for 11-25's, by 11-25's and organisations that wish to support them. TheSprout is an interactive website that encourages creativity and direct involvement while providing information on activities and services available to young people of Cardiff.

[Kooth.com](#)

Kooth is a free, anonymous, confidential online counselling service for young people aged 11-19 years. Young people can talk to a trained counsellor about anything that is bothering them no matter how little or big. This service is free, safe and anonymous online support for young people and can be accessed Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm.

[Cathays and Central Youth and Community Project – Inclusive Youth Provision – Children and Young People's Activities](#)

Cathays & Central Youth & Community Project engages with community through specialist services that attract people from Cardiff and the wider region. It operates a wide range of youth provisions and other community projects. In addition to that, they have a huge range of independent groups and classes that hire the space for public and private events. Select the following [link](#) to see what's on during the week. You can also explore their Inclusive Day Provision [here](#).

[Innovate Trust Ltd](#)

They provide services to enable disabled people to live independently in the community. They aim to support people with learning disabilities also provide support to individuals with mental health issues and people with physical impairments. In addition, they provide support to elderly, young, disadvantaged and vulnerable members of the local community through their Student Volunteer Projects.

Their services include:

- supported living
- emergency accommodation
- respite care
- supported employment
- day activities
- vocational training
- voluntary work
- leisure activities

They are currently trialling the use of smart technology to assist people to live more independently.

They support adults 18+ with learning disabilities and/or mental health problems that want to get outdoors in nature, learn new skills, get active, and improve health and wellbeing. You can contact them on 02920 382151 or email ron.woods@innovate-trust.otg.uk

[Student Volunteering Cymru – Volunteering Opportunities for Students and Community Members;](#)

They are a student-led charity offering volunteering opportunities in Cardiff, Rhondda Cynon Taff, The Vale of Glamorgan and Gwent.

The 32 projects they run allow volunteers (who can be community members or students) to contribute to their local community by working with those who have learning disabilities, mental health conditions, are elderly or homeless.

They have projects for

- Adults
- Children & Young people
- Disabilities
- Education & Environment and Community
- Mental health

[Childline](#)

Childline is NSPPC's service to give young people a voice when no one is listening. Whatever problems or dangers they are facing, Childline are a place for anyone under 19 in the UK with any issue they are going through to turn for support.

Children and Young People can contact Childline any time of day or night through

- Calling 0800 1111
- [email](#)
- [counsellor chat](#)
- [The Message Boards](#) as they are young people's online community where they can talk to other young people and get support with all different things or talk to the online childline counsellors.

The most common reasons for Childline counselling sessions in 2018/19 were

- mental and emotional health
- family relationships
- suicidal thoughts or feelings

[Child & Adolescence Mental Health – Young Minds](#)

Young minds are one of the UK's leading charity who aim to empower young people to overcome their challenges. These challenges can vary from bullying, abuse, body image to grief and loss and many more.

If a young person is in crisis and require urgent help, they can text YM 85258. Parents can also contact Parent's Helpline on 0808 – 802 – 5544 should they need help with their children's issues. Should you need further information about the above services please call 02920577074

Stepiau

They are Cardiff and the Vale University Health Board – PMHSS – Primary Mental Health. They run open access courses that is available to everyone without needing a referral from professionals.

- [Stress Control](#); This course has been designed to help people learn to control their stress or anxiety better. You will learn new stress control tools and as the course goes on, how to put these together. At the end of the course, you will have a tool kit that you will be able to put into practice.
- [Action for Living](#); ACT helps people to reduce their suffering and to get much more out of life by understanding more about how their mind works and by following two main principles: Accept the things that you cannot control and Make a Commitment to do what you can to improve and enrich your life.

They also run the following free courses. However, in order to access to these courses individuals must be referred by their GP.

- Anger management
- Mindfulness
- Depression

Please note that these workshops are available for people who are age 18+.

GIG Buddies

They are a befriending scheme that matches people with a learning disability and/or autism with volunteers who share the same interests, so they can go to gigs and events together. They specifically focus on events that happen in the evenings, such as concerts, in order to break the many barriers that stop people with a learning disability going out at night and staying up late.

They support people 18+ who live in Cardiff, Vale of Glamorgan or Bridgend would like a Gig Buddy to get out more. For further information please contact Kai Jones or Kylie Smith: email gigbuddies@ldw.org.uk or phone 029 2068 11160 / 07707 605 314 / 07594 938 522.

You can also follow Gig Buddies / Ffrindiau Gigiau on Facebook, Twitter and Instagram. 41 Lambourne Crescent, Llanishen, Cardiff, CF14 5GG

Chat Health

They are a confidential text messaging service that enables children and young people aged 11-19 to contact their local public health nursing (school nursing) team. They can talk about things that concerning them such as bullying, smoking, emotional well-being, feeling sad or angry, exam stress, healthy eating, changes to your body, drugs, alcohol, relationships.

Young people can reach to their School Nurse on 07520 615718.

Cardiff Concern Counselling

A Cardiff-based counselling service offering free support (at the point of need) to people and communities across South Wales and beyond.

Cardiff Concern is a charitable counselling service run by Christians. Cardiff Concern's purpose is not to influence people in Christianity, but to provide a community service that helps people in their time of need, regardless of their religious views.

The charity's team of 30 volunteer counsellors and psychotherapists are professionally qualified. Individuals/families can request a call back by contacting the organisation on their website or if they need to speak to someone urgently they can call 02920 664410 or text the word 'counselling', followed by their name to 07765 199725.

Useful dates and Events:

- Health and Wellbeing Fayre - Committee Rooms 2 & 3 Cardiff County Hall
Thursday 30th January 10am to 2.30pm
- [The Mental Health and Wellbeing Show](#) – Thursday 21st May at Cardiff City Stadium 9.00am – 4.00pm

In addition to the services already covered in this bulletin, here is a selection of services who have recently added/updated their details on Dewis Cymru.

| Name of service | Summary of service | Link for more information on Dewis Cymru |
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| AP Cymru | They provide a peer support outreach service for families who are going through the autism diagnostic process. The majority of their staff are autistic and are parents to autistic children. They support children with autism, their families, professionals working with children and young people with autism. | Click here |
| ADHD Cardiff | They are a 'small unincorporated charity' set up to support parents and carers of children in the process of being diagnosed or already diagnosed with ADHD in Cardiff and neighbouring counties. | Click here |
| Bi Cymru/Wales | They are open to anyone emotionally and/or sexually attracted to more than one gender, whatever they define as. Most socials and events are open to anyone bi supportive whatever their sexuality. | Click here |
| Cardiff and the Vale Parents Federation | They offer an information signposting service and host an extensive database of contacts and information of specific interest to carers of people with a learning disability. They support families by holding information events, workshops social activities and training events. | Click here |
| Citizens Advice Cardiff and Vale - Disability Benefit For Children | Disability Benefits for Children Take-Up Team (Welsh Government funded) can help parents who have a child up to 18 and want some help to claim or renew their disability benefits or has the need for care increased. Parents can call to | Click here |

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| | find out whether they are receiving everything they are entitled to. This service is accessible to all. | |
| Cardiff Council Into Work Advice Team - Volunteering Scheme | They can support anyone who is willing to help above the age of 16 living in Cardiff. | Click here |
| Ely Strength and Balance Exercise Class (Elderfit) | Classes are for frail older people and focus on a range of exercises designed to improve strength & balance and therefore contribute to falls prevention. | Click here |
| National Youth Advocacy Service (NYAS) - Cardiff and Vale | They are an advocacy service for young people in Cardiff and The Vale. They support children and young people through the provision of confidential and independent advice, information and representation on subject like Contact, Placement, Education, Leaving Care, Social Work Support, Money Issues etc. | Click here |
| Pedal Power Project | They are a charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. Their wide range of specialised bikes, help, advice and training allows people of all ages and abilities to enjoy cycling in the beautiful, traffic-free environment of Bute Park and Pontcanna Fields. We also hire bikes in Cardiff Bay at the weekend. | Click here |
| The Junction - Pregnancy Crisis Support | This service is available to anyone who is experiencing an unintended pregnancy, or anyone who has experienced any form of baby loss, including abortion, miscarriage, stillbirth or neonatal loss. Regardless of their gender, everyone can self-refer and will be provided with a non-judgemental, caring and safe atmosphere when they call "The Junction". | Click here |

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| Vale, Valleys and Cardiff Adoption | They are one of five regional collaboratives which form part of the National Adoption Service in Wales. They support prospective adopters, adoptive families and birth families. | Click here |
| Whitchurch Methodist Church Strength and Balance Exercise Class (Elderfit) | Classes are for people aged 50+ and focus on a range of exercises designed to improve strength & balance and therefore contribute to falls prevention. | Click here |
| Family Mediation Cymru (Formerly Family Mediation Cardiff) | They are specialist family mediators offering high quality, professional mediation across South East Wales. Anyone can contact them directly and there is no charge to use their services. | Click here |
| Flourish – Cardiff Community Housing Association (CCHA) | CCHA has launched its flourish project to help families improve their finances and quality of life. | Click here |
| KeyCreate Family Playgroup | This playgroup is open to all children with additional needs, all disabilities and life-limiting conditions. Parents, siblings, families, carers and friends (mainstream too - we are fully inclusive) are welcome and can join in the fun. There is no charge to use their service. | Click here |