

Issue 31  
October 2019



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

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**Inclusive Theatre Show at Wales Millennium Centre Page 14**





# Are we all falling for Fall?

**Misty mornings, pumpkins, leaves shining in bright red, yellow, orange colours and we welcome you to our 2019 Autumn magazine and the 31st edition of "The Index".**



Since the Summer newsletter, we have been busy spreading the word about The Index to families and professionals across Cardiff and the Vale. We continued working in partnership with schools across Cardiff and the Vale to support families. We have met up with parents group, health professionals and support organisations to let as many people as possible know about the service.

We have attended a number of successful events like the The Autism Directory - Live 2019 as well as delivering some of our own events such as Picnic & Play. We continued to visit Llandough, St David's and Noah's Ark Children's Centres every month to meet families and medical professionals to share information about the support available to them.

## What is new since the last issue?

A regional service covering Cardiff and the Vale of Glamorgan. The Index now reaches over 2200 people consisting of 1465 families and 750 professionals across Cardiff and the Vale.

In Cardiff, The Index now sits within the newly formed Cardiff Family Advice and Support. This early help support service provides information, advice and assistance for children, young people and their families through a single point of entry, the Family

Gateway. The Gateway offers a clear, accessible referral route for anyone who has well-being concerns about a child or wants to learn more about support available for families. See page 4 for more information. In the Vale of Glamorgan, The Index still sits within the Family Information Service.

Please remember that if you know of anyone who would benefit from signing up to The Index, let them know that they can register using the online form or contact us on the numbers below. If you are a family or professional with a story to share please let us know as we are always looking for new and exciting stories to share with our readers.

Happy reading!

**Didem Ozertok-Evans**

Regional Index Officer, (Cardiff and Vale)

## Cardiff Family Advice and Support

**03000 133 133**

**ContactFAS@cardiff.gov.uk**

**www.cardiffamilies.co.uk**



**@CardiffCFAS**

## Vale Family Information Service

**0800 587 10 14**

**theindex@valeofglamorgan.gov.uk**

**www.valeofglamorgan.gov.uk/theindex**



**@ValeFIS**



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



# What's On:

## Mondays

### **KeyCreate After School Club**

Mondays, 3.30pm-5.30pm  
Glyndwr Community Centre,  
Glyndwr Avenue, Penarth, CF64 3ND  
dave@keycreatewales.co.uk

### **The One Group parent gatherings**

(see page 16)  
Mondays, 1.15-2.30pm,  
Howardian Primary School, CF23 9NB

## Tuesdays

**LGBTQ Club** (see page 9)  
Every Tuesday (term time), 6pm-9pm

### **KeyCreate Stay and Play Group**

Tuesdays, 10am-12pm Glyndwr Community  
Centre, Glyndwr Avenue, Penarth,  
CF64 3ND dave@keycreatewales.co.uk

### **The One Group parent gatherings**

(see page 16)  
Tuesdays, 9.30-10.45am, Multi-Sensory  
Impairment, Ely & Caerau Children's Centre,  
CF5 4SX

### **Vale Families First Holiday Club**

(see page 8) Tuesday - Thursday

## Wednesdays

### **Rubicon Dance Studio in Cardiff, classes to suit children and young people with learning difficulties**

Every Wednesdays, Various dance classes  
for 7-25yrs, 16:00 – 18.30 contact  
02920 491477 or info@rubicondance.co.uk

### **The One Group parent gatherings**

(see page 16)  
Wednesdays, 1.15-2.30pm,  
Grangetown Nursery School, CF11 7DT

## Thursdays

### **Local Motion Studio Kids Disability in Barry**

Classes at 4.30-5.15pm for 5-11 years  
and 5.30-6.45pm for ages 12yrs+  
contact 07725038778 or  
info@motioncontroldance.com

**The Deaf Cool Club** (see page 9)  
Every Thursday, (term time)

**Trelai Inclusive Club** (See Page 9)  
Every Thursday (term time)

**The One Group parent gatherings**  
(see page 16)

Thursdays, 1.30-2.30pm, Ysgol  
Gymraeg, Glan Ceubal, CF14 2QQ

**Vale Families First Holiday Club**  
(see page 8) Tuesday - Thursday

### **Vale Inclusive Youth Provision**

**Teenscheme** (see page 9) Thursday and  
Friday for the holiday period

## Fridays

**The One Group parent gatherings**  
(see page 16)

Fridays, 9.30-11am, Tremorfa Nursery  
School, CF24 2TG

**Young Care Leavers Club** (see page 9)  
Every Friday (term time), 6pm-9pm

### **Vale Inclusive Youth Provision**

**Teenscheme** (see page 9) Thursday and  
Friday for the holiday period

## Saturdays

### **Oshi's World – Let's Play Sessions**

Saturdays, 10am-1pm  
Byrd Crescent Community Centre, Penarth,  
anna@ashisworld.org

### **Cwtch Together** (see page 8)

Saturdays, 10am – 4pm

### **NAS Coffee Mornings**

20 October, 17 November, 15 December,  
10.30am-12.00pm

### **Barry Beaver Swimming Club**

Saturday afternoons, 3.00pm-5.00pm

**Cathays Inclusive Club** (see page 9) Every  
Saturday, Youth Pavillion in Butetown,  
10am-1pm

## Sundays

**Sunday Club** (See page 9)  
Every Sunday (term time), Gabalfa  
Community Centre, 5pm-9pm



# Launch of Cardiff Family Advice and Support

## Cardiff is investing in families!

A new programme of services, Cardiff Family Advice and Support, is now available to families, parents, children and young people in Cardiff.

Cardiff Family Advice and Support has brought together a range of existing and new information, advice and assistance services for children, young people and their families through the development of a single point of entry, the Family Gateway.

The Gateway offers a clear, accessible referral route for anyone who has well-being concerns about a child or wants to learn more about support available for families.

The service incorporates:

**Family Help** – a team of family help advisors linked to the Family Gateway who can work with families individually in the home and in the community – offering information, advice and support on a range of topics.

**Support 4 Families** – A team of multi-disciplinary professionals working together over a longer period to find the right solution for the family. Support 4 Families will work with families facing more complex or severe issues.

**Cardiff Parenting 0-16** – A team of parenting professionals who will work with families who need parenting support to help improve parenting confidence, skills, well-being, resilience and family relationships.

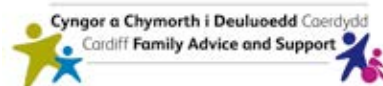
Referrals or requests for advice or signposting can be made by professionals or members of the public.

**You can contact Cardiff Family Advice and Support by calling 03000 133 133 or by contacting [ContactFAS@cardiff.gov.uk](mailto:ContactFAS@cardiff.gov.uk)**

**[www.cardiffamilies.co.uk](http://www.cardiffamilies.co.uk)**

 **@CardiffCFAS**

 **@CardiffCFAS**



## Regional Adoption

## Vale, Valleys and Cardiff Adoption

**Vale, Valleys and Cardiff Adoption is the collaborative for adoption services for Vale of Glamorgan Council, Merthyr Tydfil County Borough Council, Rhondda Cynon Taff County Borough Council and The City of Cardiff Council.**

We are continually looking for families who would like to or who are considering adopting. You can adopt as a single person, married or co-habiting. You can adopt



if you already have children or if you don't. Simply, we are looking for people who can offer a stable, secure and accepting home for child/children who need it.



We regularly host information evenings and are available via phone or email to answer any questions you might have.

**To speak to a member of our team contact: [contact@adopt4vvc.org](mailto:contact@adopt4vvc.org) or 0800 023 4064**

**You can visit our website: [www.adopt4vvc.org](http://www.adopt4vvc.org)**



# The Hidden Disabilities Sunflower Scheme

**This scheme is designed to act as a discreet sign to staff and work colleagues that the wearer has a hidden disability and requires additional assistance. There is no qualifying list of hidden disabilities.**



It is for all ages and everyone that considers themselves to have a hidden disability is welcome to use it if they feel it will help them.

The Hidden Disabilities Sunflower scheme has been adopted in the UK by most of the major UK airports, supermarkets and railway companies, as well as in the NHS.

There is no I.D or paperwork necessary to

obtain one. It is not like a blue badge. It is simply there to offer assistance and the parent or carer is recommended to wear the lanyard if it is not suitable for the person with the disability.



The price can vary between £0.45 to £0.55

The Lanyards can be purchased here - <https://www.hiddendisabilitiesstore.com/>

**For further queries please email [customersupport@hiddendisabilitiesstore.com](mailto:customersupport@hiddendisabilitiesstore.com)**

## St John Ambulance First Aid App

**St John Ambulance is the first aid, health & safety and mental health first aid trainer of choice for hundreds of thousands of companies, local authorities, and members of the public.**



*This Free Mobile First Aid app doesn't replace the benefits of learning first aid on a St John Ambulance course, nor is it as in depth as a full first aid manual. But when there is an emergency, it will help you to know what to do to in those few crucial moments when basic knowledge of first aid can make the difference.*

This app includes the latest first aid advice and protocols for dealing with emergency situations.

It is simple to follow with illustrated guides and voiced instructions. Available for Android™, BlackBerry® and iPhone® mobile device users, our first aid advice app provides easy to follow advice on a range of first aid scenarios, including;

- CPR
- Diabetic emergencies
- Choking
- Allergic reactions.



You must be at least 17 years old to download this application.

**You can access more information through <http://www.sja.org.uk/sja/first-aid-advice/free-mobile-first-aid-app.aspx>**

# Reading Well Books on Prescription for Mental Health in Wales

**Reading Well provides accredited and helpful reading to support health and wellbeing.**



It is delivered by The Reading Agency working in partnership with Libraries Connected, with funding from the Welsh Government, Arts Council England and Wellcome. The scheme is endorsed by leading health partners and delivered in public libraries.

Reading Well supports you to understand and manage your health and wellbeing using helpful reading. The books are all endorsed by health experts, as well as people living with the conditions covered and their relatives and carers. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself.

There are currently four book lists available:

- Reading Well for mental health; <https://reading-well.org.uk/books/books-on-prescription/mental-health>

[well.org.uk/books/books-on-prescription/mental-health](https://reading-well.org.uk/books/books-on-prescription/mental-health)

- Reading Well for young people; <https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>
- Reading Well for long term conditions.; <https://reading-well.org.uk/books/books-on-prescription/long-term-conditions>
- Reading Well with Dementia; <https://reading-well.org.uk/books/books-on-prescription/long-term-conditions>

You can read more about this project in Welsh <https://reading-well.org.uk/cymru> or English <https://reading-well.org.uk/wales>

**READING  
WELL**

**For more information about the scheme, visit the Reading Well website at [www.reading-well.org.uk](http://www.reading-well.org.uk) or email [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk)**

## Young Carers Time 4 Me Project

**A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.**



The 'Time 4 Me' project is for young carers across Cardiff and the Vale of Glamorgan. The project aims to provide support for young people aged 7-18 who have a caring responsibility. These breaks can include life skill support, one to one help or respite opportunities.

In the Vale of Glamorgan we are currently providing a young carer youth club that is based in Barry YMCA. The youth club is for young carers to meet other young carers, get support from project workers, and develop life skills and to have a safe space to relax. The Time 4 Me project also provides evening respites, fun day

trips and educational workshops.

The Vale has also developed a young carer youth forum called AVAH (All Voices Are Heard). The forum allows young carers to provide a voice to other young people who are being affected by a carer role. The forum helps develop projects and ideas that can better support young carers in the Vale community.

**For more information on the Time 4 Me Young Carers Project please visit the YMCA Cardiff website on <http://www.ymcacardiff.wales/>**

**YMCA**

**If you want a referral form or questions answered about the project please contact us on 02920 465 250 or email Vale Area: [valeyoungecarers@ymcacardiff.wales](mailto:valeyoungecarers@ymcacardiff.wales) & Cardiff Area: [cardiffyoungecarers@ymcacardiff.wales](mailto:cardiffyoungecarers@ymcacardiff.wales)**



# The Childcare Offer

**Did you know that there is extra support available in childcare provision for children with additional needs who receive the Childcare Offer?**



If your three or four year old receives the Childcare Offer funding, their childcare provider can ask for extra help to ensure that your child's additional needs are met. Childcare providers might need:

- additional training on specific medical needs or more general training on the provision of care for your child;
- a piece of specialist play or learning equipment;
- physical adjustments to the childcare provision;
- or staffing to help to care for your child and to meet their specific needs.

If you think your child has an additional need which may require extra help while they are

attending childcare provision, you can indicate this on your Childcare Offer application form.

**Please contact the following for more information:**

**If you live in Cardiff -  
Cardiff Childcare Offer Team  
Website: [www.Cardiff.gov.uk](http://www.Cardiff.gov.uk)  
Call: 02920 35 1713**



**Email: [cardiffchildcareoffer@cardiff.gov.uk](mailto:cardiffchildcareoffer@cardiff.gov.uk)**

**If you live in the Vale of Glamorgan -  
Vale Family Information Service:  
Website: [www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis)  
Call: 01446 704704  
Email: [fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk)**



## Assisted Childcare Scheme for Disabled Children

**The scheme is aimed at working parents or those in full time education and can pay for one to one support in childcare for children with disabilities.**



Parents are entitled to 18 hours per week during half term and summer holidays, and also 8 hours wrap round care during term time, which can be split between breakfast and afterschool care.

Parents/Carers have to be in full time work or in full time education to qualify for funding. Importantly, this funding does not cover extra-curricular activities such as Maths Club, Science

Clubs or Dance Classes which is supplied by a school.

Venue: All Registered childcare providers  
Times: After school and Breakfast Club Term Times and Half Terms and Summer Holidays  
Age: 5 – 14 years  
Fee: Parent/Carer pays childcare fees.

**For more information please contact  
Karen Barker, Disabled Children's Play coordinator on 02920 873956 or email [KBarker@cardiff.gov.uk](mailto:KBarker@cardiff.gov.uk)**



**The Vale of Glamorgan also runs an Assisted Places Scheme. For more information contact Rebecca Satherley-Thomas 01446 709269 [rsatherley-thomas@valeofglamorgan.gov.uk](mailto:rsatherley-thomas@valeofglamorgan.gov.uk)**

# Vale Families First Holiday Club

**Vale Families First Holiday Club is for children age 4 – 11 years with additional needs, living in the Vale.**

After an extremely successful summer with 76 children attending Holiday Club, and 374 participations over the 12 days, Vale Play Development Team are getting ready to host their October Half Term provision.

When: Tuesday 29 – Thursday 31 October 2019 10.00am – 3.00pm

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

Activities include: Sensory Play, Messy Play, Outdoor Games, Arts and Crafts, Junk Modelling and so much more! Important information:

- Booking is essential in order to ensure the correct levels of support are in place for children attending Holiday Club. Please do not turn up to the scheme unless you



have made a booking.

- Places are allocated on a first come-first served basis.
- £10 per day, lunch is not provided so please make sure you bring lunch and drinks with you.
- Playscheme can offer 1:1 support where required
- Medical support and personal care needs must be discussed when booking a place as this can be arranged but is not always available



**For more information or to book a place please contact Joanne Jones, Play Development Officer: 01446 704809 or email [playdevelopment@valeofglamorgan.gov.uk](mailto:playdevelopment@valeofglamorgan.gov.uk)**



## Saturday Cwtch Together Children with Additional Needs Play Project

**The Saturday Cwtch Together Children with Additional Needs Play Project is aimed at disabled children and their families and everyone is welcome. There is no age restriction. We provide a variety of activities and we have great fun.**

The charity is run by 4 parents/carers of disabled children who attend the provision. Parents/Carers who attend have sole responsibility of their children and qualified



play workers are employed to facilitate play activities.

We run every Saturday 10am – 4pm at

Grangetwon Nursery Community Centre, Ferry Road, CF11 0XR. Entry is £1.

**Just come along or for more information please contact Karen Barker, Disabled Children's Play coordinator on 02920 873956 or email [KBarker@cardiff.gov.uk](mailto:KBarker@cardiff.gov.uk)**





# Vale Families First Teenscheme

**Vale Inclusive Youth Provision is run by Vale People First at Byrd Crescent Community Centre in Penarth. Teenscheme is a holiday provision for young people aged 12 to 18 years with additional needs, offering informal respite for families during school holidays.**



We would like to tell you a bit about the impact that this holiday provision has made on dedicated attendees like Sam.



The lead of the Teenscheme told us that Sam started to take part in these holiday activities as a pupil over ten years ago. She then volunteered to support other fellow attendees with the guidance of the group leader. Sam is now one of the much-loved support assistants of this Teenscheme. Her colleagues and young people who have been helped by her are so happy to have her around. The Teenscheme has not only been a beloved activity club for young people with additional needs but also a form of exercise for developing life skills; Sam is a fine example of one of their success stories.

Young people are kept busy with workshops, arts and crafts, sports, music and trips. Most importantly they are cared for and welcomed wholeheartedly by all the support staff and when families drop off or pick up their children they are always treated with laughter and joy.



Here are the upcoming holiday provisions;

- Thursday 31 October, Friday 1 November 2019, 10am – 3pm.
- Halloween Disco & Bingo Event will take place on Friday 1 November 2019, 5:30 pm – 7:30 pm
- There will be a Cinema day on Friday 4 January 2020.

A donation of £5 per child per day is recommended and a packed lunch will need to be arranged.

**Vale People First**  
‘Getting out, Getting on’



**An “All About Me” Book needs to be completed if it’s your child’s first time attending. For more information or to book a place please contact Vale People First: 01466 732926 or email [movingonwell@gmail.com](mailto:movingonwell@gmail.com)**

## Cardiff Youth Service Runs Inclusive Provisions

**These youth clubs are inclusive to individuals and groups who have specific needs and do not access mainstream youth clubs due to personal, cultural, religious or social reasons. During term time young people of 11- 25 years can access the following provisions across Cardiff.**

- LGBTQ club in Cathays Community Centre – Every Tuesday 6pm -9pm
- The Deaf Cool Club runs at the Deaf Centre or Newport Road – Every Thursday 6pm-9pm

- Trelai Inclusive Club in Western Leisure Centre – Every Thursday 6pm-9pm



- Young Care Leavers Club at Grassroots Youth Centre – Every Friday 6pm-9pm
- Cathays Inclusive Club in Butetown Youth Pavillion - Every Saturday 10am-1pm
- Sunday Club runs in Gabalfa Community Centre – Every Sunday 5pm – 8pm



Cardiff Youth Service

# CEA Card

**The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.**



It is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

**To apply, the person requiring assistance must be 8 years of age or older** and be in receipt of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)

- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

To apply you will need proof of eligibility, a photo and payment of £6. The card is valid for 1 year and you can apply online or by post:

[www.caecard.co.uk/apply](http://www.caecard.co.uk/apply)

**If you have questions about the card and how it works please contact us on 01244 526 016 or email us on [info@ceacard.co.uk](mailto:info@ceacard.co.uk)**



**To find out which cinemas near you accept the CEA Card, and more about accessible screenings please select the following link <https://www.ceacard.co.uk/cinema-chains>**



## Disabled Identification (DID) Card

**The National Disabled Identification (DID) Card was introduced in response to disabled people posting comments in a number of social media sites that they were getting tired of constantly having to carry their paperwork proving they were entitled to some form of disability benefit in order to obtain a concessionary rate.**



In particular, parents of children with disabilities and special needs, whose child's disability is not immediately obvious, such as autistic, global developmental delay and other disabilities. They find it hard to explain their disability, especially if the child is present who may be unaware that they have a disability.

The aim of the National DID Card is to remove the need for individuals to carry their paper documentation with them at all times. The card will have a photograph of the cardholder and will only be issued to disabled people who are in receipt of some form of disability allowance or medical evidence to support your application.



Providing a unique disability initiative improves the lives of disabled people. Producing a much needed single recognised National Identification (DID) Card for all disabled people. This new style ID card is easy and simple and just one card!.

**For further information contact [admin@didcard.co.uk](mailto:admin@didcard.co.uk) <https://www.did-card.co.uk/login.php>**



# Hundreds of children tried out new sports at the Disability Sport Wales Insport Series

**Disability Sport Wales is a joint initiative between Sport Wales, the Federation of Disability Sport Wales and Local Authorities. Our aim is to develop quality community based sporting opportunities for disabled people in Wales. The Disability Sport Wales Insport series event returned to Cardiff Met University in September and more than 700 children came to try over twenty different inclusive sports activities with us.**



This event offers the opportunity for families and schools to come and find out which sports their children enjoy and find out about local opportunities to access the sport on a regular basis. Over 100 coaches and volunteers gave their time to the event and provided all the participants with a day packed full of fun including climbing, archery, wheelchair basketball, boccia, table tennis, and football plus many more.

There are plenty of sport activities taking place in Cardiff and the Vale of Glamorgan throughout the year. If you would like to find out more about local sports opportunities for disabled children and their siblings, please contact;

**Joanna Coates-McGrath, Disability Sport Wales Co-ordinator for Sport Cardiff:**  
**jcoates-mcgrath@cardiffmet.ac.uk or call 029 2020 5284**



**Simon Jones, Disability Sport Wales Co-ordinator for Vale of Glamorgan** **sljones@valeofglamorgan.gov.uk or call 01446 704728 or visit: www.valeofglamorgan.gov.uk/disabilitysport for a list of clubs**



**Visit [www.disabilitysportwales.com/clubs](http://www.disabilitysportwales.com/clubs) for a list of clubs by area and sport.**



## Vision 21 School Holiday Project & Community Training Projects

**Vision 21 is making a difference to lives through learning & work placements. We believe everyone with a disability should have access to a wide range of quality training opportunities designed and delivered to maximise their potential.**



Vision 21 has seventeen training projects in the community located in Cardiff, Newport, Caerphilly, Blaenau Gwent and the Vale of Glamorgan.

The projects provide training for students in realistic work place settings. Many of these projects are open to the general public and give trainees the opportunity to practice the wide range of skills needed to gain paid employment. We work with our trainees to develop their

skills and self-confidence by offering them opportunities to learn real skills at their own pace with appropriate support.



We take referrals from a variety of sources including; schools, colleges, social workers, parents/carers, Careers Wales. Please note that applicants must be at least 14 years +.

*We have a free holiday club coming soon for young people with additional learning needs 14-18 years that will take place between 28 October and 1 November.*

**For more information and a referral form please contact us on 02920 62119 alternatively download the referral form: <https://www.v21.org.uk/student-referrals-v21/>**



**Sbectrwm, Bwlch Road, Fairwater, Cardiff CF5 3EF <https://www.v21.org.uk>**

# Parents' Sharing Their Views and Experience

## A & Me by Margaret Sutherland

**Margaret is one of the parents whose child is registered to The Index. She shares her family's achievements and strategies with Autism through her blog.**

**I am awoken at 1am with sequential counting up to 100. I wander next door, Rhys is wide awake reciting his numbers, sifting through his brand new flashcards.**

"It's bedtime", I say.

"98, 99, 100!" Rhys replies at the top of his voice.

I tuck him back in, "Good Night"

30 seconds later...

"10, 20, 30..."

I curse under my breath and return next door. A massive grin welcomes me. He wants to share his counting game with me. I want to sleep! I give him a cuddle and hope he will go back to sleep.



"2, 4, 6, 8, 10"

There is only one thing to do. His flashcards are the centre of his game, if I get him to give them up, I believe we will both get some sleep. I mentally flick through my strategies and decide on the Last Go, All Finished method.

"Rhys, Cards Last Go". Rhys whimpers, "Cards All Finished!" I take the cards and place them outside his door ready for the morning. He frowns and turns over a bit upset but realises he has been beaten.

I return to bed knowing that the trigger for the counting is now safely waiting in the hallway. All is quiet once again.

Until 5am .... "56, 57, 58..."



**Search @AandMeBlog on Facebook to read more about our experiences with Autism or via the following link <https://www.facebook.com/AandMeBlog/>**

## Nicola Reekie gives her own account and strategies to help live with PDA

**After spending years of seeking an autism diagnosis for our child and declined by the paediatricians and other professionals, we didn't know where to go next. Fortunately, a chance conversation about Pathological Demand Avoidance**



**(PDA) got us on the correct path, and a diagnosis. This showed us that solutions can be found by talking about our issues openly with friends, work colleagues or even random conversations at social events or forums.**

As a Neuro-Linguistic Practitioner (NLP), Kinetic Shift Therapist, and a Hypnotherapist, I taught myself to look through a different 'lens.' It allowed me to have a much more positive



outlook on life as well as on my parenting and I've noticed by clearing my emotional 'baggage' I'm able to be a more present parent. My whole family has benefitted from changing my view of parenting and of my young person's behaviour.

### **My PDA strategies:**

It is important to understand that all children are different and therefore not all strategies will work for all. Through experience I have come to realise that often rotating strategies work better rather than using an approach consistently. Such as, getting dressed could easily become a race. However by using different tactics in turn would enable you to reach your end goal whatever that might be.

Additionally saying SORRY in a difficult situation where the tension is high could defuse a situation. I find that in some situations to calm the person down by saying sorry, neutralises the situation. For example, one day my son was enjoying having a bacon bap and he wanted to have another one. Unfortunately, we didn't have any more bacon baps in that morning. Before he started to react to the situation that he was not ready for, I sincerely apologised to him and that seemed to diffuse the situation and therefore, he was able to choose something different.

Apologising is often seen as a sign of weakness. However, I am able to see it as a STRENGTH as it calms the situation down and we can move on rather than having a meltdown which results in losing time and energy for everyone.

On the other hand, I have come to believe that being silly and taking a very jovial look on a situation can work sometimes, especially when you need to change your child's mind-set or to change their outlook. I have been known to jump around when I'm bored or sing from time to time; if you have heard my voice then you will soon want to give me your attention, so I stop doing what I am doing!!!!

If you see your children are really struggling to complete a task for instance, to pack their bag for school. Due to the demand avoidance, they can't ask for help but would be happy to hear the offer of help – and you can extend your support by saying can we do this together?

**Nicola is another parent whose child is registered to The Index and she wants to share her own story with PDA by sharing her own strategies with you.**



## **Feedback from some of the parents who have registered with The Index**

*'I work for Flying Start. Everyone who I've met from the FIS team when representing The Index has been helpful and they give lots of advice to all the families I work with. The families reported that they found the team very understanding and came away feeling good with the information they received and where to go. A lot of families we support are starting to contact you. So thank you for all your support.'*

*'I had an excellent service from your team when supporting a family who have been resettled here by the home office from Syria who has a son with Autism. The family have now registered for information on activities and support groups and also an activity group for him to attend in the holidays. The information that was provided enabled their son to access the information that they did not have so I would definitely recommend your service to other people.'*

*'I wish I'd known about The Index a lot earlier when my son was originally diagnosed but finding information is difficult if you don't know what you're looking for. I think the NHS needs to promote you more at the diagnosis stage.'*

# Inclusive Theatre Show about Anxiety at Millenium Centre

## Collar and Cuffs - The Christmas Clock

Award-winning  
sensory musical  
theatre company,  
Collar & Cuffs  
Co, return to

the Millennium Centre in Cardiff from the  
20 – 22 December with their silly, smelly,  
magical Christmas show, 'The Christmas  
Clock'.



All performances are signed, relaxed and differentiated for each person attending; suitable for 0-7 years and fully inclusive for complex needs, including PMLD – if you love Cbeebies level of content, then this is for you.

Tick tock, tick tock... the clock ticks on, yet Christmas never seems to come! But, what if the magic of Christmas is hidden inside the waiting? If you don't do some really excellent waiting, you may miss out on all the sounds, smells, tastes, textures and sparkles as you count towards the Big Day! Join the Spirits of Christmas exploring traditions of the festive

season, plus discover lots of great tips for helping children cope with excitement and anticipation using sensory play.

## Parent Review, December 2018

"We saw the Christmas Clock this afternoon...It was so different to anything we've experienced before. An intimate cosy setting and two warm and funny ladies with beautiful voices unravelling layer after layer of sensory scenes to the delight of all the adults and children."



**Where:** Preseli Room, Wales Millenium Centre

**When:** 20-22 December starts at 11:30am & 13.30pm

**Cost:** £7

**For more information and to book your ticket visit <https://www.wmc.org.uk/en/whats-on/2019/the-christmas-clock/performances> or telephone: 029 2063 6464**

## Autism Friendly Screening of Abominable

You can take your little ones to the Autism friendly screening in October Half Term to see Abominable at Memo Arts Centre in Barry.

**When:** Tuesday 29 October 11am

**Tickets:** £3.50 in advance and £4.00 on the door

**Where:** Memo Arts Centre, Gladstone Road, Barry, Vale of Glamorgan CF62 8NA

Box Office: 01446 738622 - [enquiries@barrymemo.co.uk](mailto:enquiries@barrymemo.co.uk)





# Racerunning Dragons Cardiff

**Racerunning Dragons Cardiff is a small group training in Leckwith, where we have ten different sizes of Racerunning frames.**



A racerunner is a three wheeled frame that supports you with a saddle and a chest plate and it has a handlebar just like a bike. It has no pedals and instead, your feet hit the ground.

One of the reasons why we started this group nearly 4 years ago is because race running is a possible mobility sport for those with limited freedom to move. Racerunning can be taken up as a leisure activity, for training or competing. It is a sport that has developed mostly in Denmark, where it originated 20 years ago and it is about to become a Paralympic sport.

Racerunning Dragons are doing their bit to support those with limited freedom to move by hosting 'racerunning' sessions at Cardiff City

House of Sport.

We train every Friday in House of Sport, Leckwith, Cardiff, outside - until half term, inside - during the winter at the House of Sport. We have an accessible changing room and mobile hoist.

All ages welcome, no experience necessary, race running equipment and support available.



Running makes you feel good!  
It's not that you should,  
But no matter how slow or fast,  
With wheels and saddle long can it last,  
So why not give RaceRunning a try  
Make friends, have fun, aim high!

**For more information or updates please check our**

**f @RacerunningDragonsCardiff**  
**or contact us on 07803 770962**

## Barry Beavers Swimming Club Launches New Website

**The club is a registered charity, established in 1981. It welcomes members from all areas. There are no age limits and all disabilities are catered for.**



They have qualified volunteer Halliwick Instructors. The club has an active social side with annual events, for all members, families

and friends to enjoy. They meet at Barry Leisure Centre on a Saturday afternoon - from 3pm to 5pm.

Check out the new fabulous website for Barry Beaver Swimming Club:  
[www.barrybeavers.co.uk](http://www.barrybeavers.co.uk)



**Tel: 01446 403000 / 747683 /**  
**f @BarryBeaversDSC**



# Parental Group Support in Cardiff – The One Group

## Are you the parent or carer of a child, birth to five, with an additional need?

If so, come along to The One Group. These are fun and free groups that provide an opportunity to meet other parents and children and get advice from Health, Education, Social Care and the Third Sector.

There is no referral or diagnosis needed! Groups are run school term time only

## Here is what Cindy, a parent from One Group at Tremorfa said about these activities.

'I cannot recommend this group enough. You are welcomed with a big smile and a hot coffee. It's a great informal setting to get information and support from professionals, while your child plays with no judgement. Alongside making new friends who have or are going through the same journey as your family. The staff have been invaluable to me.'

Come along to meet new people, have a cuppa, a chat and join in with new activities with your little one.

- Monday, 1.15-2.30pm  
Howardian Primary School, CF23 9NB
- Tuesday, 9.30-10.45am  
Multi-Sensory Impairment  
Ely & Caerau Children's Centre, CF5 4SX
- Wednesday, 1.15-2.30pm  
Grangetown Nursery School, CF11 7DT
- Thursday, 1.30-2.30pm  
Ysgol Gymraeg Glan Ceubal, CF14 2QQ
- Friday, 9.30-11am  
Tremorfa Nursery School, CF24 2TG



Groups are run school term time only.

Groups are coming soon to The Vale!

For more information find us on

@Grwp 1 Group

@grwp1group

or call 02920 671466.

### Disclaimer

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