

Issue 19
October 2016



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

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AUTUMN UPDATE

We hope that you all had a lovely summer and that you have been eased in gently to the Autumn term.

This issue is packed full of fabulous articles, service updates and dates for your diary.

Since the last edition of the newsletter, Cardiff Family Information Service has been working with a number of organisations and partners to find out how they can help us to get people registered on the Index and spread the word about the Index going live in Cardiff.

Cardiff Family Information Service are in the process of recruiting their very own Disability Index Administrator which will enable even more progress to be made to establish the Index in Cardiff.

We have now got almost 100 families registered in Cardiff and this will continue to grow over the next few months as we start to attend more outreach events and activities in the City.

If you see the team when we are out and about please come over for a chat and to find out more about what services and activities are out there for you and your family.

You can also follow us on Facebook and Twitter which can be accessed through our websites at www.cardiff-fis.info and www.valeofglamorgan.gov.uk/fis where you can access our directories of childcare, support services for families and activities.

As always, please don't hesitate to get in touch with either of the Family Information Service's for further information regarding anything in the newsletter or anything else which you think we could help with!

Happy reading!

Julia Sky
Disability Index Administrator
Vale Family Information Service
disabilityindex@valeofglamorgan.gov.uk
01446 704 736

For Cardiff please contact:
disabilityindex@cardiff.gov.uk
029 2035 1700

The Index is funded by
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First Grant.



Vale of Glamorgan Families First Advice Line



**Do you have children 0-18 years of age?
Need advice, support or guidance?**

Bringing up a family can be like a fairground ride- one minute you are happily rolling along and the next minute you are turned upside down. So when the dips hit-where can you turn to for advice and support for your family?

**Contact the Families First Advice Line:
0800 0327 322**

Monday-Friday
9.00am – 12.00pm
1.00pm - 4.30pm

Families First Advice Line will aim to:

- Listen and provide advice on how you can meet your family's needs

- Listen and help you identify and access services for your family in the Vale of Glamorgan
- Listen and provide emotional support and practical guidance to help you resolve your family concerns, worries and issues.

If we are unable to answer your questions or resolve your concerns we will make every effort to identify a service that can.

Email:
familiesadvice@valeofglamorgan.gov.uk
Web:
www.valeofglamorgan.gov.uk/familiesfirst

What's On: 2016

MONDAY

Mondays at 4pm (Term Time Only)

Adventure Rangers
Ty Robin Goch, Robins Lane, Barry, CF63 1QB.
For more information please contact Candice Ringer on **01446 709269**

TUESDAY

Tuesdays at 9.30am (Term Time Only)

Early Years Parent Support Group at Ely & Caerau Children's Centre (see page 9)

Tuesdays at 4.45pm

Touch Trust After School Club at Wales Millennium Centre, Bute Place, Cardiff Bay, CF10 5AL. Sessions cost £5 per child.
For more information please contact **02920 635660 / info@touchtrust.co.uk**

Tuesday 1 & 8 November

10.30am – 12.30pm

Free Health and Wellbeing Workshops at Barry Library (see page 10)

Tuesday 17 January, 10am – 12pm

Cardiff Games – Badminton at Sport Wales National Centre (see page 5)

Tuesday 3 January 2017, 6pm

Peter Pan: Relaxed Performance at New Theatre, Cardiff (see page 12)

WEDNESDAY

Wednesdays at 1.15pm (Term Time Only)

Early Years Parent Support Group at Whitchurch Primary School (see page 9)

Wednesday 2 & 30 November, 10am – 12pm

Afasic Cymru Parent Support Group at Afasic Cymru, Titan House (see page 9)

Wednesday 19 October 2016, 10am – 2.30pm

Family Fund Information and Support Day at Cardiff City Hall (see page 8)

THURSDAY

Thursdays at 9.30am (Term Time Only)

Early Years Parent Support Group at Ysgol Gymraeg Melin Gruffydd (see page 9)

Thursdays at 4.30pm

Local Motion Dance at Barry YMCA (see page 12)

FRIDAY

Fridays at 10am (Term Time Only)

Early Years Parent Support Group at Tremorfa Nursery School (see page 9)

Last Friday of the Month at 2pm

ADHD Parent Support Group at Rhydypennau Library (see page 7)

Friday 2 December, 10am – 12.30pm

Cardiff Games - Boccia at Talybont Sports Centre (see page 5)

SATURDAY

Saturdays at 10am

Oshi's World Free Coffee Morning at Ysgol Y Deri, Penarth (see page 7)

Saturday 12 November & Saturday 17 December, 10.30am – 12pm

National Autistic Society Coffee Morning at Pioneer Hall, Barry, CF62 8DN

For more information please contact **nascardiff@nas.org.uk**

OCTOBER HALF TERM

Monday 24 & Tuesday 25 October

10am – 3pm (for 12 – 18 year olds)

Wednesday 26 – Friday 28 October

10am – 3pm (for 4 – 11 year olds)

October Half Term Schemes at Ysgol Y Deri, Penarth (see page 8)

SUMMER SUCCESS!

Play in the Vale

During the summer holidays there was a holiday club held at Ysgol Y Deri, Penarth in partnership with the Vale's Play Development Team.

Pupils enjoyed having access to the outside play areas and activities such as arts and crafts, sensory stories and even a disco with DJ Sterling.

Pupils also had access to specialist facilities such as the hydrotherapy pool and climbing wall.



If you would like more information you can contact Stuart Masterton, Family Engagement Officer (smasterton@yyd.org.uk) or Jo Jones, Play Development Officer (joajones@valeofglamorgan.gov.uk)



KEYCREATE

KeyCreate is a brand new organisation delivering high quality drama and music workshops for children and adults with disabilities.



Workshops are facilitated by Dave Morris, who has a professional background in drama and is a performing musician, and with over a decade's experience of working within the arts and disability sector.

Having a successful first summer term, KeyCreate have run workshops in special schools including Ysgol y Deri through the Vale of Glamorgan's Play Development Team. Additionally, well known and established organisations such as Sense Cymru, Follow Your Dreams, and Sparkle are enjoying regular workshops.

KeyCreate are now branching into other areas. With the promise of regular adult group workshops due to form, a lovely new children's stay and play group soon to appear in the Vale,

and work with Chapter Arts Centre's Dementia Friendly Screenings, there's quite a lot to be excited about! **Why not see what all the fuss is about and book KeyCreate for your first workshop?**

Using elements of live music, storytelling, drama, arts and crafts, music, games, sensory activities and therapeutic techniques, KeyCreate is able to bring about a fun, creative and educational experience for everyone.

To find out more information and join our group visit us at www.facebook.com/keycreatewales or book your own bespoke workshop and contact Dave at davebobmorris@hotmail.com or **0781 001 81 65**



Cardiff Games Inclusive Competitions 2016 – 2017

The Cardiff Games is an Olympic and Paralympic legacy competition programme for schools in Cardiff. We offer a range of inclusive competitive opportunities for pupils to compete in a friendly and relaxed environment.

Upcoming competitions:

- Boccia (Primary & Secondary Schools)
Friday 2nd December, 10am – 12.30pm at Talybont Sports Centre

- Badminton (Key Stage 3 & 4)
Tuesday 17th January, 10am – 12pm at Sport Wales National Centre

For the full sports programme or for more information please contact Cardiff Games. Telephone: **029 2020 5282**

Email: **cardiffgames@cardiffmet.ac.uk**



Wizzybug: Giving children with a disability their first wheels

For most children, the ability to move around of their own freewill is something they take for granted. But many children are unable to walk or move freely due to a disability.

Having to rely on a family member to move and position them means that they miss out on developing movement skills and the opportunity to explore their surroundings through play.

Being able to move is also important for making friends and developing communication and social skills.

The Wizzybug is a fun, powered wheelchair that has been designed by the charity Designability for children aged 14 months – 5 years, although some children are able to stay in it a little longer, depending on their size.

Unfortunately there is very limited NHS funding to provide powered wheelchairs to children under 5 so Designability decided to loan out the Wizzybugs FREE of charge through a loan scheme.

Thanks to generous donations they are able to help about 120 children every year.

To date, Wizzybugs have been rehomed to children who have conditions such as cerebral palsy, spinal muscular atrophy and spina bifida. But the only eligibility criteria is that they go to children who could benefit from increased mobility,

who are able to be safely seated in a Wizzybug and can demonstrate some independent control.

To find out more about Designability and the Wizzybug Loan Scheme, please visit

www.wizzybug.org.uk or call **01225 824103**



WHAT'S

New MindHub



● **Cardiff Youth Council (CYC) is very excited to launch the new MindHub website.**

- This digital hub has been developed by
- members of the youth council in partnership
- with the University Health Board (UHB) as a
- direct result of young people across Cardiff
- ranking Mental Health as a lead issue for them
- two years in a row.
- This Hub provides information and links to

services in relation to your emotional health and wellbeing. CYC aim to address the challenging issue of providing information on a range of mental health subjects (for example Sexuality and Gender Identity and Temper/Mood Swings) in a slick and accessible way.

Please visit **www.mindhubs.wales** to visit this online resource.

Families Together

● **Family Action and Atal Y Fro are working in partnership to deliver the Families Together project: an all-Wales project that aims to deliver specialist support to families at risk. Within the project we have the following services:**

● EPIC

- The EPIC project specialises in working with offenders and those harmed by domestic abuse.
- Service users are offered a place on the group programme, and on-going therapeutic support for couples. A women's safety worker will support those harmed, so risk is consistently monitored. Those harmed are also offered one-to-one and group support.

● Family support

- The family support service offers long-term support to families experiencing issues such as: substance misuse, poverty, mental health, or housing problems. The family are offered 1-1 support in the community to help them remove any barriers preventing them from achieving a positive lifestyle.

● Perinatal

- The perinatal service supports parents who experience, or are at risk of experiencing, mental

health issues. The perinatal coordinators will offer parents an assessment of their needs, and then link them to one of our trained befrienders. Parents will be supported to attend and engage with other agencies.

Referrals

Families

Together will accept self-referrals or referrals from agencies and cover Cardiff and the Vale.

Contact **02920 789732** or email

familiestogether@family-action.org.uk



NEW?

New Emotional Wellbeing service opened in Cardiff and the Vale of Glamorgan

Change, Grow, Live (CGL) has launched a new early intervention support service for young people under the age of 18, living in Cardiff and the Vale of Glamorgan from the 1st July 2016. The Young People's Emotional Wellbeing Service has been commissioned in response to national and local need and will deliver unique and tailored services for those in this age group.

The service is focussing on early intervention and support for children and young people living with emotional and mental health difficulties, as well as those who may be participating in 'risky behaviours', such as drug and alcohol misuse, self-harming, criminal activity or unsafe sex. The services that will be on offer include assessment and referrals to relevant mental health partners, workshops supporting young people to develop resilience and coping mechanisms, opportunities to work with other young people and one to one support from specialist staff.

The service will work closely with, and will compliment, other services for children and young people across Cardiff and the Vale, provided by secondary and primary care, social services, youth services, youth offending services and NHS drug and alcohol services. It will also work with other support initiatives such as Families First initiatives and Third Sector provision to support the wider mental health and well-being of the population.



For more information or to make a referral, you can contact the team on **0800 008 6879** (Freephone) or email **SPOC@cgl.org.uk** Alternatively, visit the Facebook page: <https://www.facebook.com/CGLEmotionalWellbeingService>

Helen Jackson
Service Manager – Emotional Wellbeing Service

NEW GROUPS FOR FAMILIES IN CARDIFF AND THE VALE

New ADHD Parent Support Group

Is your child affected by ADHD or waiting diagnosis? Would you benefit from support from other parents? Need information on services and support in the area?

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

When: Last Friday of the month

Time: 2.00pm - 3.00pm

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

For more information please contact ADHD Cardiff: adhdcardiff@gmail.com

Oshi's World New Coffee Morning in Penarth

A fully accessible venue for families with children with special/additional needs, disabilities or life limiting conditions.

Drop in for a cuppa and a cake. Siblings and families welcome.

When: Every Saturday

Time: 10.00am - 1.00pm

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

For more information please contact Anna via email: anna@oshisworld.org



Family Fund's Free Information and Support Day

Attend our free drop in day!

Learn more about support services, grants, information available to you and your disabled child or young person.

When: Wednesday 19 October 2016

Time: 10.00am – 2.30pm

Where: Syndicate Room D, Cardiff City Hall, Gorsedd Gardens Road, Cardiff, CF10 3ND

For further information please email comms@familyfund.org.uk or visit the events page on the Family Fund website www.familyfund.org.uk



Family Fund

Helping disabled children

October Half Term Schemes in the Vale

Following another successful partnership this summer, the Play Development Team and Ysgol Y Deri will be back together to deliver a week of exciting play opportunities for children and young people with disabilities and additional needs in the Vale throughout the October Half Term.

Teenscheme for 12 – 18 year olds

When: Monday 24 and Tuesday 25 October

Time: 10am – 3pm

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

Playscheme for 4 – 11 year olds

When: Wednesday 26, Thursday 27 and Friday 28 October

Time: 10am – 12pm & 1pm – 3pm

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

Things to remember:

Both schemes are able to offer 1:1 support,

medical support and personal care where required.

There will be a charge for children who are registered to stay on site for lunch. This doesn't include lunch so please make sure a packed lunch and drinks are provided.

For more information or to book a place for your child please contact Jo Jones, Play Development Officer on **01446 704809** / playdevelopment@valeofglamorgan.gov.uk

For Ysgol Y Deri pupils, please contact Stuart Masterton, Family Engagement Officer on **029 2035 2280** / smasterton@yyd.org.uk for more information.



Ysgol Y Deri



Afasic Cymru Parent Support Group

Does your child have difficulties talking and understanding language?

Come along to meet other families in a similar situation...

- Find out what to do if your child has difficulties with talking and/or understanding
- Find out how to get extra help for your child
- Get information, share ideas, advice, learn practical and fun stuff to try at home to encourage language development

When: Wednesday 2 & 30 November 2016

Time: 10.00am - 12.00pm

Where: Afasic Cymru,
Titan House,
Cardiff Bay
Business Centre,
Lewis Road,
Ocean Park, Cardiff, CF24 5BS



For more information please contact Esther Goodhew at Afasic Cymru

Telephone: **029 2046 5854**

Email: **esther@afasiccymru.org.uk**

Afasic Cymru Parent Helpline: **0300 666 9410**
(Monday - Friday, 10.30am - 2.30pm)

Early Years Inclusion Service

If you live in Cardiff and have a child aged 0-3 years with an Additional Learning Need, Cardiff's Early Years Inclusion Service has lots of support to offer you and your child!

We would like to invite you to our free parent groups across Cardiff for families with children 0 – 3 years.

Come and join us for a cup of coffee/tea and a chat, with your child.

It will give you the opportunity to meet the Inclusion Team, other families and children of the same age.

The parent support sessions run every week (term time only):

Every Tuesday from 9.30am – 10.30am
Ely & Caerau Children's Centre, Michaelston Road, Ely, Cardiff, CF5 4SX

Every Wednesday from 1.15pm – 2.30pm
Whitchurch Primary School, Erw Las, Whitchurch, Cardiff, CF14 1NL

Every Thursday from 9.30am – 10.30am (This is a bilingual group, in English / Welsh)
Ysgol Gymraeg Melin Gruffydd, Glan-Y-Nant Road, Whitchurch, CF14 1AP

Every Friday from 10.00am – 11.00am
(Attended by Pippa Clarke, Special Needs Health Visitor every week)
Tremorfa Nursery School, Mona Place, Cardiff, CF24 2TG

- Toileting sessions
- Makaton sessions
- Bookstart sessions
- Sensory sessions
- Sleep sessions

For more information please contact the Disability/Early Years Inclusion Team at:

Ely & Caerau
Children's Centre
Michaelston Road
Ely

CARDIFF
CF5 4SX

Tel: **029 2067 1479 / 029 2067 1466**

English Website

www.cardiff.gov.uk/schools

Welsh Website

www.caerdydd.gov.uk/ysgolion



EPP Cymru's Free Health and Wellbeing Course

Are you a carer? Would you like to learn ways to manage? Come along to a free course run by the NHS.

What you will learn:

- Manage symptoms such as pain and tiredness
- Dealing with anger, fear and frustration
- Coping with stress, depression and low self-image
- Eating healthily and sleeping well
- Decision making and better breathing
- Relaxation techniques and regular exercise tips
- Improved communication and how to be more positive
- Planning and problem solving

Vale Workshop (1.5 hour session)

Workshop 1: Looking after your mental health

Tuesday 1 November, 10.30am – 12.30pm at Barry Library, King Square, Barry, CF63 4RW

Workshop 2: Looking after your physical health

Tuesday 8 November, 10.30am – 12.30pm at Barry Library, King Square, Barry, CF63 4RW

To book your place text your name and "INTERESTED" to **07976 050 178**

Six week course (2.5 hours per week)

For more information please contact **029 2033 5403**

Carol Young (Cardiff) - carol.young@wales.nhs.uk

Carol Stingl (Vale) - carol.stingl@wales.nhs.uk

Online Course

The Online Course can be particularly useful for those who have difficulty getting out of the house, live in rural areas, work full time or in full time education, having caring or family responsibilities or who would prefer to do the course online rather than in a group setting.

For more information or to book on a course, please telephone Michelle or Elois on **01286 674236** or email eppcymru.bcuhb@wales.nhs.uk

For more information please visit www.eppwales.org



INSPIRED ACTION

The British Red Cross, funded by Spirit 2012, is running an inclusive volunteering project for young people aged 15 – 25. The project offers the chance for young people to get involved in the work of the Red Cross such as working in a charity shop, teaching first aid or setting up a Social Action Project to make a difference in their community. The project has funding available to help people access the opportunities and will pay for personal support, accessible transport and equipment.

Young Inspired Action volunteers have a dedicated engagement worker to help them settle into their role and offer support throughout the duration of the volunteering to ensure they get the most out of their volunteering role. They will also receive training in leadership, confidence, assertiveness, negotiation and disability equality!

Young Inspired Action Volunteer Jacob John is a partially sighted administration volunteer for the British Red Cross. Inspired Action provided the accessible equipment to enable Jacob to volunteer and gain the important work skills he needed to pursue a career in administration.



Jacob has used his experiences with the British Red Cross to secure employment with the Insurance Firm Admiral. The increase in Jacob's confidence has been remarkable and it has even resulted in him giving presentations in London and attending events for young Red Cross volunteers across the UK.

If you would like to learn more about the project or get involved please contact Hannah Morris at hmorris@redcross.org.uk or on **029 20695740 / 07710 365712**

TOUCH TRUST TRAINING FOR CARERS/SUPPORT WORKERS



'The Touch Trust Training and 'Communicating Through Touch' programme'

Through its licensed creative movement programme the 'Touch Trust' makes a significant difference to the lives of individuals in the disabled community.

Using techniques based on Laban's creative educational movement: babies and their mother, adults and their carers; even those with dementia benefit enormously, especially in their self-confidence and self-esteem as they experience success! In addition, their families are supported and helped.

We run a training programme and also offer a one day 'Communicating through Touch' workshop for carers, parents and related professionals. It is a holistic, sensory and expressive experience which enables one to become a Touch Trust session leader or simply gain new ideas and techniques which enhance your abilities in understanding and helping your guests/clients/service users alike.

Please visit us at www.touchtrust.co.uk for more information or contact Karen Woodley via email Karen.woodley@touchtrust.co.uk or telephone **029 2063 5664**

Peter Pan: Relaxed Performance

When: Tuesday 3 January 2017

Time: 6.00pm

**Where: New Theatre, Park Place, Cardiff,
CF10 3LN**

This year the New Theatre pantomime will once again be offering a Relaxed Performance for children and young people with autism, learning disabilities, sensory and communication disorders.

In this special one-off performance of Peter Pan on Tuesday 3 January at 6pm, adjustments will be made to the show to enable attendance by people who may not normally be able to come along.

These adjustments will include:

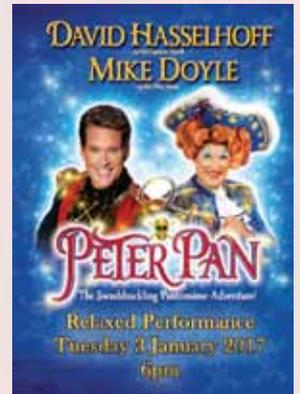
- Changes to lighting
- Volume reduction
- Removal of some special effects
- Adjustments to the script
- No restrictions on coming and going during the performance
- A chill-out area in the foyer

Tickets for the Relaxed Performance are on sale now and are flat-priced at £16 or £11 each, plus Ticketing Service Charge.

The New Theatre is part of the national access scheme Hynt which is a card scheme that entitles you to a ticket free of charge if you are a Personal Assistant or Carer. To find out if you are eligible and to download an application form please visit: www.hynt.co.uk or call **0344 225 2305** for more information.

To book tickets, please visit the New Theatre Box Office or telephone **029 2087 8889**.

If you have any questions about the Peter Pan Relaxed Performance, please contact The New Theatre via email ntmailings@cardiff.gov.uk or telephone **029 2087 8787**.



Local Motion Dance Company Perform in London!

Local Motion Dance Company were invited to perform at the Unlimited Festival - the first inclusive youth dance platform, held at the Southbank Centre, London in September.

They performed their piece "Alice in Wonderland" like true professionals alongside other youth dance groups from across the UK.

The group of dedicated dancers meet at the YMCA every Thursday to create and share their passion for dance. Thanks to funding from the One Family Foundation, this dance group perform at local and now even national community events.

For more information on booking dance classes for people with disabilities living in the Vale of Glamorgan and surrounding areas, please contact Motion Control Dance by emailing info@motioncontroldance.com or visiting our website www.motioncontroldance.com



Disclaimer

The majority of organisations included in this newsletter are not managed or run by the City of Cardiff Council and Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The City of Cardiff Council and Vale of Glamorgan Council cannot be held liable for the services provided by any external organisation named in this newsletter and cannot be held liable for any damage or loss caused by any inaccuracy in this newsletter, nor for the actions of any of the external organisations listed.

The listing of an organisation in this newsletter does not imply that the City of Cardiff Council and Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.