

Issue 21
March 2017



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

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Spring is here!

...and so is the 21st edition of The Index

Welcome back all and a special warm welcome to the new families who have signed up to The Index since the January newsletter.

With a speedy start to 2017, a lot has been happening since the last edition of The Index.

The Index is now bigger than ever – with more families signed up than ever before, we have now added more pages to the newsletter... and more pages means more information about what's available to families across Cardiff and the Vale!

I have attended a number of events to keep up to date with services and support available to families across Cardiff and the Vale including the National Family Information Service Conference and the official launch of The Index in Cardiff (see page 8).

We have redesigned our information materials for The Index - keep an eye out for the new rebranded posters, leaflets and flyers promoting The Index.

Don't forget, if you know of anyone who would benefit from signing up to The Index, they can access the registration form online or contact me via phone or email to sign up!

This edition is packed full of information, updates and dates for your diary.

Happy reading!

Julia



Contact your local Family Information Service



Cardiff Family Information Service

029 2035 1700

disabilityindex@cardiff.gov.uk

www.cardiff-fis.info

@CardiffFIS  

Vale Family Information Service

01446 704736

disabilityindex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/disabilityindex

@ValeFIS  

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

@CardiffFIS

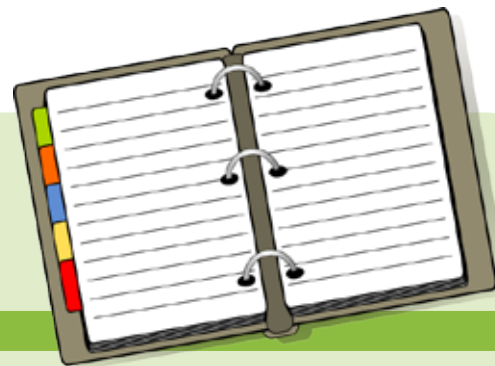
@ValeFIS



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



What's On:



Tuesday

Early Years Parent Support Group at Ely & Caerau Children's Centre **(see page 7)**
Tuesdays at 9.30am (term time only)

Touch Trust After School Club at Wales Millennium Centre **(see page 12)**
Tuesdays at 4.45pm

Epilepsy Action Cardiff Branch Group **(see page 11)**
First Tuesday of Every Month

Wednesday

National Autistic Society Coffee Morning at Chapter Arts Centre **(see page 9)**
Wednesday 29 March from 10am – 12pm

Early Years Parent Support Group at Whitchurch Primary School **(see page 7)**
Wednesday from 1.15pm – 2.30pm (term time only)

Touch Trust After School Club at Wales Millennium Centre **(see page 12)**
Wednesdays at 4.45pm

Thursday

Early Years Parent Support Group at Ysgol Gymraeg Melin Gruffydd **(see page 7)**
Thursdays from 9.30am – 10.30am (term time only)

Touch Trust After School Club at Wales Millennium Centre **(see page 12)**
Thursdays at 4.45pm

Local Motion Dance at Barry YMCA
Thursdays from 4.30pm

For more information please contact Emma Mallam: info@motioncontroldance.com 01446 733 622

Afasic Cymru Youth Club at "The Adventure" Scout Hut, Cirlce Way East, Llanedeyrn, Cardiff, CF23 9PD
Thursdays from 6pm – 8pm (term time only)

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

Friday

Early Years Parent Support Group at Tremorfa Nursery School **(See page 7)**
Fridays from 10am – 11am (term time only)

ADHD Parent Support Group at Rhydypennau Library, Llandennis Road, Cardiff, CF23 6EG
Last Friday of the Month at 2pm
For more information please contact ADHD Cardiff: adhdcardiff@gmail.com

Saturday

Touch Trust sessions at Wales Millennium Centre **(see page 12)**
Saturdays from 10am

Oshi's World Coffee Morning at Ysgol Y Deri, Sully Road, Penarth, CF64 2TP
Saturdays from 10am – 1pm
For more information please contact Anna: anna@oshisworld.org

National Autistic Society Coffee Mornings at Pioneer Hall, Barry **(see page 9)**
Saturday 1 April, Saturday 6 May, Saturday 10 June, Saturday 8 July 10.30am – 12pm

Easter Holidays

Vale Families First Holiday Club at Ysgol Y Deri, Penarth **(see page 5)**

Cardiff Play Services - "Funshine" clubs **(see page 7)**

Events

World Autism Awareness Week **(see page 9)**
Monday 27 March – Sunday 2 April 2017

Ysgol Y Deri Transition Event **(see page 10)**
Tuesday 4 April 2017

Cerebral Palsy Sport & Swim Wales Development Gala **(see page 14)**
Saturday 15 April 2017

Whizz Kidz South Wales Ambassador Club **(see page 14)**
Thursday 20 April from 10am - 4pm

Sports and PE

Pupils lead the way for Disability Sport in the Vale

St Helens RC Junior School in Barry recently became the first school in the Vale to undertake Mini Disability Inclusion Training (Mini DIT).



All pupils at the school learnt about how to include disabled people in sporting activities, and how to adapt games to include everyone.

Mini DIT was created by Disability Sport Wales in order to raise the awareness of disability sport, and to demonstrate how disabled friends can be included in the activities pupils take part in during school time and outside of school.

St Helens RC Junior School embraced the training by making sure all 176 pupils in the school had the chance to complete the course.

The training dealt with the perceptions of disabled people in sport, what is correct and appropriate terminology, and what adaptations can be made to improve inclusion.

Mini DIT links to the Sport Wales Physical Literacy programme, which states that everyone should have a catalogue of skills, along with confidence and motivation, when it comes to taking part in sport and physical activity.

The training was led by the Vale's Disability Sport

Wales Development Officer Simon Jones, who said: "I was very impressed with how the school embraced the idea of disability inclusion training for their pupils, and how keen the pupils were to embed the knowledge they gained into their everyday lives."



The course is going to be offered to a number of Primary schools throughout the Vale of Glamorgan from April 2017 onwards.

For more information, contact Simon Jones, Disability Sport Wales Development Officer on sljones@valeofglamorgan.gov.uk

@ValeDSW
@ValeSportsPlay



ay in the Vale

Vale of Glamorgan Families First Holiday Club

Families First Holiday Club will be held at Ysgol Y Deri in Penarth over the Easter holidays.



The project is funded by Welsh Government's Families First Initiative and will run as a partnership between the Vale Sports and Play Development Team and Ysgol Y Deri School.

We will deliver two weeks of play opportunities for children and young people with disabilities and additional needs living in the Vale.

Teenscheme for 12 – 18 years

Week One: Monday 10 April & Tuesday 11 April

Week Two: Tuesday 18 April

10am – 3pm

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

Playscheme for 4 – 11 years

Week One: Wednesday 12 April &

Thursday 13 April

Week Two: Wednesday 19 April,

Thursday 20 April, Friday 21 April

10am – 3pm

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

Things to remember:

- Both schemes can offer 1:1 support, medical support and personal care where required.
- There will be a charge for children who stay on site for lunch. This doesn't include lunch so make sure a packed lunch and drinks are provided.



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



If you would like details of childcare provision, activities for children and



young people or family support in the Vale, please contact the Family Information Service on 01446 704 704

Barry Town United Disability Football Club - New Members Wanted

Barry Town Utd Disability Football Club are looking for new members to join the club, players can be from any ability range as they can play just for fun or they can play in the local tournaments against other sides.

Every Tuesday 7pm – 9pm, Jenner Park Athletics Stadium, Barry

Every Wednesday 7pm – 8pm at Ysgol Bro Morgannwg Sports Hall, Barry
(Under 12s session)

For more information please contact Neil Latham on 07827 334818 or snapper.latham@btinternet.com

Sports and P

Cardiff's Easter Sports Party for Young Amputees

In March young amputees were invited to attend an Easter Sports Party where they could try a wide range of sports and find out about local clubs they could join.

Organised by Sport Cardiff and Student Volunteering Cardiff (SVC), the event was in partnership with the Artificial Limb and Appliance Service (ALAS), who invited all the children and their families.

The children tried a judo, golf, football, wheelchair basketball, squash, table tennis, athletics, and laser rifle shooting. There was also a toddlers play area for the younger participants. It was a great opportunity for all the family to try the sports together and also share experiences with other families with children with a similar disability. The Occupational Therapists from ALAS also had time to catch up with everyone and find out how they are getting on.

All the coaches volunteered their time willingly and SVC had arranged over 10 volunteers to come and support the event. Everyone thoroughly enjoyed the sports, and the Easter egg hunt!

Sport Cardiff work with clubs and organisations to provide regular weekly sports sessions and events for disabled children and adults.

If you would like further details please contact Jo Coates-McGrath, Disability Sport Wales Development Officer for Sport Cardiff on: jcoates-mcgrath@cardiffmet.ac.uk / 029 2020 5284

@SportCardiff_DS
@DisabilitySportCardiff



Play in Cardiff

Cardiff Children's Play Services

Children's Play Services support disabled children and young people across Cardiff. Karen Barker, Disabled Children's Play Co-ordinator links children into play and children and young people into childcare provision.

children's play services
working for children's play in the City of Cardiff



Play

"Funshine" schemes run 5 days a week throughout the school holidays and children are offered 3 days per week.

Children who attend need to be referred to Children's Play Services by a professional and the schemes run for children aged 8 – 11 years.

Children's Play Services support play provision in The Hollies, Ty Gwyn and St David's Children's Centre. The service also supports Thrive Cardiff, The Cwtch Network and Autism Puzzles through

tailored play sessions or funding.

Childcare

Children's Play Services support parents/carers in work or full-time education through the Childcare Task Group and Childcare Strategy Audit for Disabled Children aged 5 – 14 years.

For more information about play and childcare for disabled children and young people please contact Karen Barker, Disabled Children's Play Co-ordinator on 029 2087 3956 / 07976 056 110

If you would like details of childcare provision, activities for children and young people or family support in Cardiff, please contact the Family Information Service on 029 2035 1700



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.

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 10am – 11am
(Attended by Pippa Clarke, Special Needs Health Visitor every week)

Tremorfa Nursery School, Mona Place, Cardiff, CF24 2TG

**For more information please contact the Disability/Early Years Inclusion Team at:
Ely & Caerau Children's Centre, Michaelston Road, Ely, Cardiff, CF5 4SX
029 2067 1479 / 029 2067 1466
www.cardiff.gov.uk/schools**



The Launch of The Index in Cardiff

On Friday 17 March 2017 the official launch event for The Index in Cardiff took place on the site of Riverbank, Ty Gwyn and Woodlands Schools in Ely, Cardiff.

The event was an opportunity for families and professionals to find out about the services available to children and young people with additional needs across Cardiff and the Vale.

City of Cardiff Council Deputy Leader and Cabinet Member for Early Years, Children and Families, Councillor Sue Lent, who was at the event, said: "The launch of The Index is a huge step forward in helping children and young people with disabilities and additional needs in Cardiff.

"It will mean families will be able to receive the very latest information about services available to them on a regular basis.

"By signing up to the register, families will also be helping our team of service providers to be able to effectively coordinate and develop their services across Cardiff."

We would like to say a huge thank you to those who attended and to all who were involved in making the launch event a success!

Cardiff Family Information Service Team



National Autistic Society – Cardiff and Vale Branch

Hydrotherapy Pool Sessions

The Cardiff and Vale Branch of the NAS are hosting sessions at the hydrotherapy pool in Ysgol Y Deri, Penarth every other Saturday.

The pool is relatively small, very warm and has sensory lights. There is also a small splash pool.

We are inviting children and young people with a diagnosis of autism or currently undergoing an assessment for autism. Unfortunately due to small numbers we cannot extend the invite to siblings.

The session is best suited to those individuals who struggle with a normal swim session at a public pool and we hope that this environment will provide a positive first step to accessing a pool.

There are 5 places available for children and young people and places will be allocated on a first come first served basis. One parent/carer per individual will need to accompany the child/young person into the pool.

We are requesting a donation of £5 to our Just Giving page by 8pm on the Wednesday before the session. A reserve list will be kept and spaces reallocated should a payment not be received by the requested date/time.

www.justgiving.com/fundraising/cardiff-the-vale-of-glamorgan-branch-national-autistic-society



Coffee Mornings in the Vale

Where: Pioneer Hall, Beryl Road, Barry, CF62 8DN

When: Saturdays from 10.30am – 12pm
1 April, 6 May, 10 June, 8 July, 9 August,
7 October, 4 November, 9 December

Coffee Mornings in Cardiff

Where: Chapter Arts Centre, 40 Market Road, Cardiff, CF5 1QE

When: Wednesday 29 March from 10am – 12pm More dates to be confirmed!

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

Visit the website
www.cardiffandvaleautism.org.uk
or Facebook page @CAVNAS

World Autism Awareness Week

The Branch will be celebrating World Autism Awareness Week (27 March – 2 April 2017) with a number of activities, so keep an eye on the website and Facebook page for details.

Transition Event at Ysgol Y Deri

Following the great success of events over the last two years, on Tuesday 4th April 2017 Ysgol Y Deri Special School will be holding a Transition Event for parents.

The purpose of the day is for parents to gather information around out of school opportunities, consider transition options available beyond school, receive practical advice, and gather relevant advice and information.

There will be a range of organisations and support groups that will be exhibiting on the day. These will include local and specialist colleges, independent living providers, day services,

companies offering voluntary and supported employment opportunities and those who can offer general advice and support for young people with additional needs, and their families.

Last year we had over 100 parents attend the event and around 35 providers. This year promises to be bigger and better.

For more information around the event please contact Stacey Long, post 16 Transition Officer at Ysgol y Deri: slong@yyd.org.uk



Better Advice: Better Lives

Citizens Advice Cardiff and Vale provide advice to individuals and families under this project which is made up of 3 different strands:

Better Advice: Better Health

Advising individuals who have been referred by a healthcare professional or referred themselves after speaking to one. We can provide non-medical solutions for issues that impact on their health.

Disability Benefit Take-Up for Children

Providing specialist advice for families who have children with disabilities or additional needs. For example, they may want help making a new or renewal claim for child Disability Living Allowance. We can advise on how to make a claim, help fill in benefit forms and support individuals to challenge decisions that they think are wrong.

Council Tax and Housing Benefit Take-Up



Providing specialist advice around help with rent and/ or Council Tax bill.

Anyone wanting advice can visit our drop-in at their local office and we will arrange a further appointment with one of our specialist advisers.

Barry Office - 01446 722794

119 Broad Street, CF62 7TZ
Monday- Friday 9.30am-4.30pm
Except Wednesdays 9.30am-6pm

Cardiff Office - 029 2087 1016

Advice Hub, 2nd Floor
Cardiff Central Library Hub,
The Hayes, Cardiff, CF10 1FL
Monday-Friday 9am-5.15pm
Except Thursdays 10am-6.30pm



Moving On Well



We are Sam, Alex, Kelly Ann, Ben, Morgan, Kurtis and Joe. We are Moving On Well volunteers. Moving On Well is a project delivered by Vale People First which aims to provide information to disabled young people and adults about the process of moving.

We can help people with a disability to move into a place of their own, or shared accommodation. We can also work with social workers and support workers to help the disabled person 'move on well'.

We will work with disabled young people and adults, their family and the professionals that they are involved with.

We will meet with them regularly to:

- Make a person centred plan
- Identify the key people to get help and support from
- Provide a peer support group
- Teach living skills like managing money and managing the home

We can arrange to meet the person at a place of their choice – a local café, an office, a library, or where they live.

The team have worked hard, training to become Moving On Well volunteers. The training has included: Safeguarding; Confidentiality and Sam and Morgan trained the rest of the volunteers the basics of Makaton!

"The Moving On Well volunteers have trained for 12 weeks and have worked extremely hard. They are looking forward to working with and helping the individuals who access this project." Tracey, Moving On Well Transitions Officer.

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



Epilepsy Action

Epilepsy Action changes the lives of people with epilepsy.

We advise and support.

Our Epilepsy Action Helpline and online support are one-to-one services for people with epilepsy and those who care for them. Our services were used by over 1.4 million people last year.

Local branches and events support people in their own communities. Epilepsy can be an isolating condition, so this support network for people with epilepsy, carers and families, can make all the difference.

We improve healthcare.

Epilepsy Action has placed over 90 Sapphire Nurses - specialists in this complex neurological condition. We fund research to increase our understanding of epilepsy and ultimately improve diagnosis and treatment for people with the condition. We provide healthcare workers and teachers with the information they need in their



care of people with epilepsy.

We fight for a better future.

Thanks to our members and supporters, we are the voice of people living with epilepsy. We use this strength to campaign for change nationally – for a fair chance to get a good education and a job and to receive the right care. We raise public awareness of epilepsy, to help stamp out stigma and discrimination.

As a charity, over 95% of this life-changing support is funded by donations and fundraising.

Epilepsy Action Cardiff Branch: First Tuesday of every month at 6pm, Henry's Bar, Park Place, Cardiff, CF10 3DN

For more information please contact Ann or visit the website: 01633 253 407 / asivapatham@epilepsy.org.uk www.epilepsy.org.uk

CHICKS

CHICKS is a registered charity which provides FREE five day respite breaks for children aged between 8 and 15 years old who are living in difficult or deprived conditions and haven't had an opportunity to have another break in that year.

CHICKS break inspire new confidence and give children the chance to have fun, enjoy new experiences and relax. More than anything, it gives them the chance to just be children.

CHICKS currently has three retreats for respite breaks in the UK; two in the South West in Devon and Cornwall and one that has recently opened last year in Derbyshire. The retreats are set on grounds with converted barns full of trampolines, basketball nets, pool tables and table tennis, also within the house there is a music centre and arts and crafts area.

Children can be referred to CHICKS for a huge variety of reasons. They may be living in poverty, be young carers or be subject to neglect, bereavement, abuse, emotional distress or any other situation that causes the child to have a tough time at home.

In order to refer a child for a free CHICKS break, an online Break Referral Form will need to be completed and submitted by a professional who is working with the child or family.



For more information or to access the Break Referral Form please visit our CHICKS website: chicks.org.uk/refer-a-child/ or contact the Coordination Team on 01822 811 020



Touch Trust

We are a pioneering charity that offer unique and creative movement education and dance programmes primarily for individuals affected by complex needs, autistic spectrum disorder and behaviour that challenges, but also for other vulnerable groups in the community.

Through our programme we enjoy intensive interaction, stimulating activities and sensory integration for you and your child within a welcoming, happy atmosphere. We invite you to relax and have fun with our specially trained team and enjoy a carefree visit that the whole family can enjoy.

Praise is an essential part of Touch Trust's ethos and practices.

We use positive behaviour management techniques drawing attention to, and rewarding the positive with praise, rather than focusing on the negative. In life everyone needs praise whether verbal or non-verbal. The benefits of

praise are numerous, helping wellbeing and motivation. Clapping can change mood and be useful for changing a difficult moment.



Every Saturday and after school on Tuesdays, Wednesdays and Thursdays



we offer wonderful opportunities for parents to come along with your child and enjoy a beautiful session of enlivenment, relaxation and joy. Sessions cost £5 per child.

Wales Millennium Centre, Bute Place, Cardiff Bay, CF10 5AL

For more information please contact 029 2063 5660 / info@touchtrust.co.uk

Visit the website at www.touchtrust.co.uk

Inspired Learners

Inspired Learners are experienced specialist teachers of special education needs who are qualified to provide assessment, advice, direct teaching and monitoring of pupils with specific learning difficulties and additional learning needs across all key stages.

We are experienced in training teachers and teaching assistants in a range of certified and accredited interventions and approaches.

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

We are currently arranging and attending coffee mornings in a number of primary schools where we are available to explain our service and discuss with parents exactly how we are able to help by tailoring the needs of the pupil to what we provide in terms of assessment, advice,

tuition and most importantly support.

We are delighted to announce that the Inspired Learners learning centre is now open for business!

Inspired Learning Centre, 161 Holton Road, Barry, Vale of Glamorgan, CF63 4HP

For more information please contact hello@inspired-learners.co.uk

Visit the website at www.inspired-learners.co.uk



Barnardo's Cymru

Independent Living Skills (ILS) for young people ages 14 – 18 years old living in the Vale:

This 10 week programme aimed at improving independent living skills will focus on issues like shopping, healthy living, domestic tasks, managing emotions, managing money, bullying and friendships.

The programme will start on Monday 8 May 2017, venue to be confirmed.

New Sex and Healthy Relationships Groups for young people living in Cardiff and the Vale:

This six week programme for young people ages 14 – 21 years old living in the Vale and ages 14 – 25 years old living in Cardiff, will focus on wellbeing issues, sexual health advice and guidance, staying safe online and healthy relationships.

**For more information please contact Helen Thompson:
029 2057 7074 /
Helen.thompson2@barnardos.org.uk**



Cerebral Palsy Sport & Swim Wales Development Gala

CP Sport have partnered with Swim Wales to deliver a Development Gala in April.

The gala is for children and adults with cerebral palsy or a physical disability.

Swimmers of all abilities can enter and do not have to be members of a swimming club.

The event will be a relaxed gala and a good introduction to competitions where races are swum over 10/25/50m with a choice of strokes.

Floatation aids are allowed, as well as a supporter in the water if required.

All swimmers will take part in heats and handicapped finals then medals will be awarded to the top 3 in each final, and all participants will receive a certificate.

Date: Saturday 15th April 2017

Venue: Merthyr Leisure Village, Merthyr Tydfil, CF48 1UT

Time: 12.30 - 4.30pm

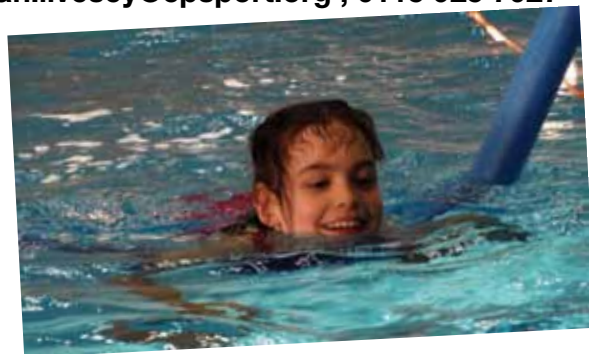
Price: CP Sport

Members: £7.50 / Non-members: £10

More details: Contact Sarah Livesey – sarah.livesey@cpsport.org , 0115 925 7027



Cerebral Palsy Sport



Whizz Kidz South Wales Ambassador Club

Do you want to meet new friends? Do you want to improve your wheelchair skills? Do you want to learn about health and wellbeing?

In partnership with Disability Sport Wales, we are holding a free sports club day where you can do taster sports sessions and meet people who can talk to you about sports, health and wellbeing.

When: Thursday 20 April

Time: 10am – 4pm

Where: National Indoor Athletics Centre, Cardiff Metropolitan University, Cyncoed Road, Cardiff, CF23 6XD

We can provide transport to the value of £20 per person if you require assistance which can be claimed back after the event.

Places are in demand so book as soon as possible!

For more information or to book your place please contact Jo Fashan: 07795 109 573 / j.fashan@whizz-kidz.org.uk



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.



Rebranding of The Index in Cardiff and the Vale

In time for the official launch of The Index in Cardiff, we were able to redesign the information leaflets, posters and flyers which we use to promote The Index for Children and Young People with Disabilities or Additional Needs across Cardiff and the Vale.

The new promotional materials have been funded by Welsh Government's Families First Grant.

If you would like to receive copies of the new leaflets, posters or flyers to promote The Index to other families and professionals please contact:
disabilityindex@cardiff.gov.uk /
disabilityindex@valeofglamorgan.gov.uk



We would love to find out what you think of The Index newsletter

Please use this space to tell us what you think of the newsletter or let us know any ideas you have for future issues!

Please send any feedback to:

Cardiff Family Information Service
The Harlech Suite
The Conference Centre
Eastmoors Road
Cardiff
CF24 5RR

Vale Family Information Service
Dock Offices
Subway Road
Barry
Vale of Glamorgan
CF63 4RT

Send a photo of your colouring page to your local Family Information Service or share it on our Facebook page (details on page 2) and we will include your photo in the next newsletter!

