

Issue 29
March 2019



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

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Spring fun has began

Welcome back readers to our 29th edition of The Index newsletter.

The clocks have sprung forward, the evenings are getting lighter and the flowers are in bloom!



So, what's been happening since the last edition?

We continue to run our Information Sessions in Children's Centre's across Cardiff and the Vale each month. We have been involved in the promotion of the Childcare Offer for Wales which is now live for eligible 3 and 4 year olds across all areas of Cardiff and the Vale (see page 4 for details). We visited Buds and Blooms, the lovely intergenerational playgroup held in residential homes in Penarth (see page 6). We've met with colleagues in Cardiff to discuss Inclusive Youth Provision and been along to the ALN Consultation in the Western Vale. We've celebrated World Autism Awareness Day (2 April) at Cardiff University, and attended Transition Event's held by Ysgol Y Deri and Beechwood College.

We are looking forward to attending some of the eggcellent events running across Easter and beyond (see page 3).

We hope that the sessions and training that we continue to attend help us to better inform families about the services and support available.

As always, this newsletter is packed full of information on services, support and events!

Also, don't miss the beautiful poem on page 5, written by one of our very one readers

of The Index about her little boy when they were going through diagnosis.

Happy Reading!

Julia Sky

Regional Index Officer,
(Cardiff and Vale)



As always, we would love to hear from you if you are a family or professionals with a story to share with us, or an event you would like us to come along to! All you need to do is contact your local Family Information Service.

Your Local Family Information Service is a one-stop shop for families who



need information on childcare, activities for children and young people and family support services. You can contact us directly, visit our website where you can search our online directory, or visit our social media pages:

Vale Family Information Service

01446 704704

fis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis

  **@ValeFIS**

Cardiff Family Information Service

029 2035 1700

fis@cardiff.gov.uk

www.cardiff-fis.info

  **@CardiffFIS**

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



What's On:

Mondays

Cardiff Early Years Inclusion, Come and Play Session (see page 6)
Mondays, 1.15pm – 2.30pm

KeyCreate Inclusive After School Club
(see page 7) Mondays, 3.30pm – 5.30pm

Yoga for Kids (see page 11)
Mondays, 5.00pm – 6.00pm

Tuesdays

Cardiff Early Years Inclusion, Come and Play Session (see page 6)
Tuesdays, 9.30am – 10.30am

KeyCreate Inclusive Stay and Play Group
(see page 7) Tuesdays, 10am - 12pm

Wednesdays

KeyCreate Inclusive Stay and Play Group
(see page 7) Wednesdays, 10am - 12pm

Buds and Blooms Intergenerational Playgroup (see page 6)
Wednesdays, 10.15am – 11.15am

Cardiff Early Years Inclusion, Come and Play Session (see page 6)
Wednesdays, 1.15pm – 2.30pm

Thursdays

Cardiff Early Years Inclusion, Come and Play Session (see page 6)
Thursdays, 1.20pm – 2.30pm

Buds and Blooms Intergenerational Playgroup (see page 6)
Thursdays, 1.45pm – 2.45pm

Rubicon Dance at Ty Gwyn (see page 11)
Thursdays, 10.00am – 11.00am

Local Motion Dance (see page 11)
Thursdays, 4.15pm – 6.30pm

Junior Para Cycling (see page 10)
Thursdays, 4.30pm – 5.30pm

Vale Youth Speak Up (see page 8)
Thursdays, 5.30pm – 7.30pm

Flyerz Hockey (see page 10)
Thursdays, 5.00pm – 6.00pm

Fridays

Cardiff Early Years Inclusion, Come and Play Session
(see page 6) Fridays, 9.30am – 11am

Rainbow Stars Trampolining (see page 10)
Fridays, 9.15am – 10.15am

New Valeways Walk (see page 10)
Friday 5 April, 3 May, 7 June, 5 July at 10am

Cardiff Inclusive Youth Provision
(see page 9)
Every Friday in term time, 6.30pm – 8.30pm

Saturdays

Oshi's World - Let's Play Sessions
Saturdays, 10am - 1pm
Byrd Crescent Community Centre, Penarth
anna@oshisworld.org

Holiday Schemes:

Vale Families First Holiday Club
(see page 8)
Tuesday 16, Wednesday 17 & Thursday 18, Tuesday 23, Wednesday 24 & Thursday 25 April 2019, 10am – 3pm

Vale Inclusive Youth Provision – Teenscheme (see page 8)
Thursday 18, Thursday 25 & Friday 26 April 2019

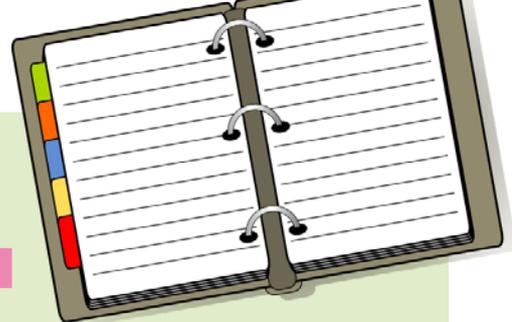
Creative Choices School Holiday Project
(see page 9) Monday 15 – Thursday 18 & Tuesday 23 – Friday 26 April, 9.30am – 3pm

Cardiff Inclusive Youth Provision - Teenscheme (see page 9) Monday 15 - Thursday 18 & Tuesday 23 - Friday 26 April

Events

Little Meerkat's Big Panic (see page 14)
Monday 22 & Tuesday 23 April

Dal Dy Dir Open Day (see page 16)
Thursday 18 April, 10.00am – 4.00pm



The Childcare Offer for Wales is now live in all areas of Cardiff and the Vale!

The Childcare Offer for Wales provides 30 hours a week of government-funded early education and childcare for eligible working parents of 3 to 4 year olds, for up to 48 weeks of the year.

The additional funding made available to support children with additional needs to access the Childcare Offer is making a real difference for families. In Cardiff the first child to be supported had previously received additional staffing support through Flying Start. When she moved on to attend wrap-around childcare, funded through the Childcare Offer, the funding was available to provide on-going staffing support. This essential provision has allowed her to access the childcare, and has been invaluable for her Mum to be able to keep working. The fact that her Mum actually works in the childcare setting that her daughter attends was an even bigger bonus!

It's very important for parents to highlight in their Childcare Offer application if they think that their child has additional support needs. This

will make sure that an assessment can be carried out, and, if required, additional support, specialised equipment or training for childcare staff can be provided, allowing the family to access their Childcare Offer place.

For childcare not provided through the Offer, additional support may also be accessed through Cardiff's First Opportunities or the Assisted Places scheme in Cardiff and the Vale.

For more information please contact your local Family Information Service:

Cardiff	029 2035 1700
Vale of Glamorgan	01446 704704



The Index After School Session in the Vale

We ran a survey amongst families on The Index in the Vale to find out when would be the best time to run an after school session for families to find out about services and support whilst their child/ren can engage in activities.

Our free after school session took place in Barry on 20 March. Look out for our Index eNews with lots of ideas and suggestions from families!

A HUGE thank you to Vale Play Development Team,



The Pedal Emporium, Vale Youth Speak Up, Inspired Learners, Well-being South Wales, KeyCreate, Vale Parenting Service, Our Carers Support Officer, PaCE, Communities for Work and all of the families who attended.



Do you live in Cardiff? We will be sending out a survey soon to mirror this session in Cardiff!

Please send any suggestions to disabilityindex@cardiff.gov.uk



Charlie

On a cold Tuesday morning
We finally met,
One look at you
And my heart was set



Absolutely perfect
From your head to your toes,
Your big chubby cheeks
And cute button nose



The following months
Went by in a daze,
The best advice I was given
"It's only a phase"



At 15 months
Still no words,
No waving goodbye
Or pointing at the birds



Autism they think
Or a speech and language disorder,
I haven't the strength to tell them yet
How you like things in order



The future is suddenly
All up in the air,
The thought of you struggling
Makes my heart almost tear

Whatever they decide
About the way that you are,
You will always be our little star

Your laugh is infectious
And your cwtches are the best,
To have you in our lives
We really are blessed

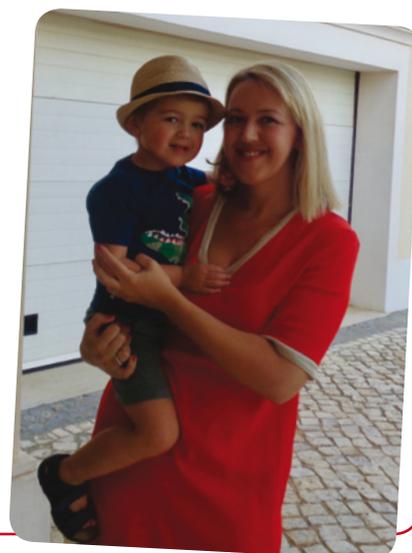


In your own little world
What I would give to join you,
To see things through your eyes
Just to give me a clue

Your unique ways
Bring us so much joy,
We will face this journey together
Our gorgeous little boy

Love Mam x

Charlie with his mum, Sarah who wrote this poem whilst Charlie was going through diagnosis



The Carer's Project

Breathe is offering several therapies and treatments to support carers.

Breathe is a counselling and wellbeing space in Cardiff set up by Gofal, the charity thinking differently about mental health.

We have received a grant from the Welsh Assembly to offer therapies free to adults who have caring responsibilities.

Our therapies include counselling, group support, mindfulness, reflexology and shiatsu.

If you need someone to care for your loved one, we can also supply respite care by a member of the Gofal team - whilst you are taking part in The Carer's Project.

029 2044 0191

hello@breathespaces.com

www.breathespaces.com

**1 Pen y Lan Road, Roath,
Cardiff, CF24 3PG**

breathe

Buds and Blooms

Buds and Blooms are structured intergenerational groups for pre-school children to attend with their parents/carers in local care homes.



The sessions will consist of the following: singing, signing, relaxation, music and movement, parachute games, story massage and free play using lots of stimulating resources.

Every Wednesday, 10.15 am - 11.15 am

Cliffhaven Care Home, 10 Clive Crescent, Penarth

Every Thursday, 1.45 pm – 2.45 pm

Morel Court Care home, Raisdale Road, Penarth

Sessions cost £3.50 and must be booked and paid for in advance as spaces are limited.

Run by Virginia Bourne - twenty years professional experience of working with children and families.

 **Parents and Tots Corner**

 **@parentsandtots**



Buds and Blooms



Sense of Play Project

The sessions are carried out in the family home on a 1:1 basis and activities focus on play and development.



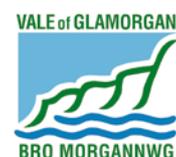
The sessions aim to support parents to recognise the different stages of their child's development and the role they play in enhancing this further. Sessions are for 1 hour on a weekly basis for up to 6 sessions, the fun

and interactive sessions focus on:

- Sensory Play
- Physical Play
- Songs, rhymes and stories
- Messy Play

01446 732180

kjclarke@valeofglamorgan.gov.uk



Cardiff Early Years Inclusion

Come and Play!

Is your child not meeting their milestones?

Are you concerned about your child's development?

Does your child have an identified additional need?

Come along to our Early Years Inclusion Parent Group for advice and support from professionals from Health and Education.

- Mondays 1.15pm – 2.30pm, Howardian Primary School
- Tuesdays 9.30am – 10.30am, Ely and

Caerau Children's Centre

- Wednesdays 1.15pm – 2.30pm, Grangetown Nursery School
- Thursdays 1.30pm – 2.30pm, Ysgol Gymraeg Pwll Coch
- Fridays 9.30am – 11am, Tremorfa Nursery

Groups are free of charge and run during term time.

For more information contact 029 2067 1466



New Inclusive After School Club in Penarth

With the success of KeyCreate's weekly Stay and Playgroup at Glyndwr Hall, Penarth on



Tuesday mornings at 10am, we are very excited to announce a new inclusive After School Club for children of all abilities and their siblings.

Starting from 1 April 2019, Mondays 3.30pm - 5.30pm

There will be a small charge of £3.50, drinks and snacks will also be available including our very own spectacular Creative Workshop!

After School Club for 0 – 11 years:

Mondays, 3.30pm – 5.30pm
Glyndwr Community Centre, Glyndwr Avenue, Penarth, CF64 3ND

Stay and Playgroup:

Tuesdays, 10.00am – 12.00pm
Glyndwr Community Centre, Glyndwr Avenue, Penarth, CF64 3ND

Wednesdays, 10.00am – 12.00pm
Ocean Arts Centre, East Moors Road, Cardiff, CF24 5JX

All welcome please get in touch with Dave:
07810 018 165
dave@keycreatewales.co.uk



New Parent Support Group in Penarth

Parenting with a difference, in the early years.

A new parent support group has been set up in Penarth providing parent to parent support for families of children with additional needs.

First Thursday of every month, 9.30am

**Wilmore's 1938, 4 Washington Buildings,
Stanwell Road, Penarth, CF64 2AD**



Vale Families First Holiday Club

Playscheme for 4 - 11 years with additional needs living in the Vale.

Week One: Tuesday 16, Wednesday 17 & Thursday 18 April 2019

Week Two: Tuesday 23, Wednesday 24 & Thursday 25 April 2019

10.00am – 3.00pm

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

£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

playdevelopment@valeofglamorgan.gov.uk



Vale Inclusive Youth Provision

Teenscheme 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 the school holidays. Activities include workshops, arts and crafts, sports, music and trips.

There is a suggested donation of £5 per child per day and a packed lunch will need to be provided.

Thursday 18, Thursday 25 & Friday 26 April 2019, 10.00am - 3.00pm.

Byrd Crescent Community Centre, Penarth, Vale of Glamorgan, CF64 3QU

Vale People First
'Getting out, Getting on'



An 'All About Me' Book needs to be completed if it's your first time attending, for more information or to book a place please contact Vale People First: 01446 732926 / movingonwell@gmail.com



Youth Speak Up

Every Thursday 5.30pm - 7.30 pm at Castleland Community Centre, Barry

For young people 16 – 25 years with learning disabilities focus on self-advocacy with fun, making friends, building confidence and learning how to speak up for yourself and be listened to.

For more information Contact 01446 732926 / movingonwell@gmail.com



Creative Choices School Holiday Project

Vision 21 are delivering FREE Creative Choices School Holiday Projects, supported by Children in Need.

Monday 15 – Thursday 18 April and Tuesday 23 – Friday 26 April,
9.30am – 3pm

Sbectrwm Community Centre, Bwlch Road, Cardiff, CF5 3EF

Open to 14-18 year olds with a learning difficulty.

We focus on creative activities, interacting and building social skills. The sessions are led by professional artists focusing on different creative art subjects.

Activities include; drawing, painting, collage, printmaking, clay, work, sculpture, puppetry, theatre, music, story-telling, digital, graffiti,



photography, paper-making, sewing, felting, willow work and much, much more.



The workshops are free – although this excludes transport, food and 1:1 support costs.



If you wish to make a referral to our Creative Choices School Holiday Project please contact Kylie Fuller:

kyliefuller@v21.org.uk

02920 621194



Cardiff Inclusive Youth Provision

Inclusive Youth Provision (IYP) provides youth clubs for children and young adults which cater specifically for those with learning disabilities and their peer group volunteers.

Members have the chance to **make new friends** and get involved with a range of fun **activities** including games and music.

During **school term time**, IYP youth club meets **every Friday evening from 6:30pm to 8:30pm** at Cathays Community Centre.

During school holidays we run **Teenscheme for ages 11 to 17** at Cathays Community Centre, and **Young Adults Provision (YAP) for ages 18 to 25** at Howardian Youth Centre.

For more information on our youth clubs, contact Debbie Davies: iyp@cathays.org.uk



CATHAYS & CENTRAL
YOUTH AND COMMUNITY PROJECT



Find Out About Disability Sport in Your Area

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.



Vale



Simon Jones,
Disability Sport Wales
Development Officer.
01446 704728
sljones@valeofglamorgan.gov.uk



@ValeDSW

@ValeSportsPlay

Cardiff



Joanna Coates-McGrath
Disability Sports
Co-ordinator
029 2020 5284
jcoates-mcgrath@cardiffmet.ac.uk



@SportCardiff_DS

Disability Sport Cardiff

New Disability Sport Directory for the Vale

The Disability Sport Directory lists some of the Vale of Glamorgan based clubs that offer opportunities for people of all ages with a range of different abilities. I would urge you to contact the clubs directly to discuss suitability.



New Valeways Walk

Talk, Explore and Exercise

A good walk can do wonders for your mental wellbeing

Friday 5 April, 3 May, 7 June, 5 July

Walk Starts at Travellers in Mind Café, Barry Train Station, 10am

This walk is for anyone who has experienced mental health difficulties

01446 749000 / info@valeways.org.uk / www.valeways.org.uk



Rainbow Stars Pre school Trampolining

Twisters South Wales Trampoline Club

Learning through play

Twisters Trampoline Centre, Ocean Park, Cardiff, CF24 5PD



Contact us for more information or to reserve a place: 029 2048 6892
info@twisterssw.com

@twisterssw

Para Cycling Sessions for Disabled Children

Maindy Leisure Centre, Thursdays 4.30pm – 5.30pm

Solo upright bikes and balance bikes available for all ability levels

Age 7+ / £3.70 per session



shelley.jones@welshcycling.co.uk
sophie.williamson@welshcycling.co.uk

Flyerz Hockey

Join the Flyerz Family

Fun and inclusive hockey sessions for individuals with a learning disability

Wednesdays, 5pm – 6pm, National Hockey Centre, Cardiff, CF11 9SW. Age 7+ / £3.00 per player

penarthflyerz@gmail.com



Rubicon Dance

Please join us in our weekly Rubicon Dance Session every Thursday 10am – 11am (term time only), Ty Gwyn Family Centre, Vincent Road, Cardiff, CF5 5AQ

This is open to children with additional needs 0 – 5 years old.

Come and join in the fun and meet other parents for tea/coffee and chat.

For further information please contact Pauline or Mel: 029 2083 8604 / 07989 356 147

conFUSION (Aged 13+) Performance group

for young people with learning disabilities Wednesdays, 4.30pm – 5.15pm

Fusion (Aged 12+) Open session for young people with learning disabilities Wednesdays, 5.15pm - 6.00pm

Rubicon Dance Studios, Nora St, Cardiff, CF24 1ND
029 2049 1477



Moments in Time Dance Show

Motion Control Dance is proud to present our Annual Community Dance Show



Moments in Time, Saturday 13 April, 1.30pm



Memo Arts Centre, Barry

Our studio, based at Barry YMCA have the following opportunities for those young dancers with disabilities to come and try out in the new year.

Local Motion Kids Thursdays 4.15pm - 5.00pm Ages 5-11yrs

Local Motion Dance Company Thursdays 5.15pm - 6.30pm Ages 12yrs+



MOTION CONTROL DANCE

For more information or to book tickets contact Emma Mallam: 07725 038 778 / info@motioncontroldance.com



Yoga for Kids by National Autistic Society

Woodland Retreat, Bridge Cottage, Fidlus Road, Llanishen, Cardiff, CF14 0NR

Each session is £5 and runs on a Monday night from 5pm - 6pm. The sessions are suitable for all ages from 5 upwards.

They are run by experienced yoga teachers and adapted to accommodate our children.

Booking is essential and it is advisable to arrive slightly early on your first session so that any relevant information can be given to the teacher.

 @CAVNAS

cardiffnas@nas.org.uk



National Autistic Society

Cardiff and the Vale Branch



Cardiff Parenting Team Services

We support families with children / young people age 0 – 16 years across Cardiff, to build on existing parenting strengths and to help families cope with more effective parenting strategies.

Cardiff Parenting team will support parents to confidently manage behaviour, routines and boundaries, promoting positive family relationships.

We deliver:

- Bespoke 1:1 Parenting interventions in the Home & Community

Parenting Programmes 0-16 years:

- **GroBrain – 1:1 in the home and in group settings.**



This programme is for pregnant mums and their partners and or parents with a baby under 12 months. The programme helps support parents understanding of brain development encourages attachment and communication with your baby. This course includes baby massage.

- **Parent Nurture Programme – 1:1 in the home and in group settings.**



This programme is for the parenting journey aged 2 – 12 years. The programme helps parents understand behaviour routine and boundary and how to use positive discipline strategies.

- **Strengthening Families Programme – In group setting only.**



The programme helps encourage positive behaviour and family relationships the young person and parent attends the group together.



- **Triple P Teen Programme – 1:1 in the home and in group setting.**

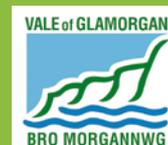
This programme helps support parents understanding of teenage behaviour issues.

All families across Cardiff can access support from Cardiff Parenting Team by contacting

Support 4 Families on 0808 800 0038

Do you live in the Vale and want to access parenting support?

All families across the Vale can access support from Vale Parenting Service by contacting Families First Advice Line on 0800 0327 322



Volunteer with SNAP Cymru!

SNAP Cymru is a children's charity in Wales who work with families, young people and professionals on issues related to Special Educational Needs and Disabilities.

Take Part!

Do you have experience of working with families?

Then take part!

Do you have experience in education?

Then take part!

Can you share your knowledge and experience?

Then take part!



Volunteer with SNAP Cymru! We would appreciate your gift of time and give all the help and training you need.

**SNAP Cymru, 10 Coopers Yard, Curran Road, Cardiff CF10 5NB
02920 38 48 68**



Cerebra and Cardiff Uni collaborate

Hello, I'm Lowri and I'm really happy to be joining Cerebra to work on an exciting and new Welsh Government funded project, in partnership with Cardiff University.



The project aims to improve the helpfulness of information and the services which families and children living with rare genetic disorders struggle to access, focusing on improving mental health related information.

Rare genetic disorders are caused by changes in a person's DNA (their chromosomes). These changes vary in size. That means they can either affect a very small part of someone's DNA, or the changes can be bigger and affect a larger area. Some rare changes to our DNA can lead to serious impacts on our physical health, brain development and affect our mental health too.

Cardiff University are currently researching rare conditions in order to answer the question often

asked by parents: "What does this diagnosis mean for my child, and where can I get help and advice?"

Research has shown that people diagnosed with rare genetic disorders often experience difficulties with their mental health, yet families have trouble finding helpful information and struggle to access mental health and other services for their child. We believe it's important that everyone can access useful, high quality information about mental health conditions, based on the very best evidence from research.

We feel very passionate and committed to this project, and hope that it will make positive changes for families in the future.

If you have any questions or would like to learn about how you could be involved in this project please contact Lowri O'Donovan: odonovanl@cardiff.ac.uk



Sibs

Sibs is the only UK organisation dedicated to supporting brothers and sisters of disabled children and adults.

At Sibs we recognise that young siblings growing up with a disabled brother or sister often get less attention from parents and have more worries and responsibilities than their peers. Siblings play a unique role in their families, providing an important support to their brother or sister, sometimes helping with care and often supporting parents to be carers too. But siblings have needs of their own too.

We run youngSibs www.youngsibs.org.uk an online support and information service for children and young people aged 7-17 who have a brother or sister with a disability, health condition or additional learning need. The site provides information about disabilities and conditions, help with dealing with feelings

and tips for enjoying life. There is a safe moderated chat forum where children can speak to other young siblings. Our Sibs team can also answer any questions siblings may have.



On our main website www.sibs.org.uk we also provide information for parents on how they can support their sibling children – games, activities and ideas.

We also provide training and workshops for parents and professionals.

Want to know more? Contact us at info@sibs.org.uk



Little Meerkat's Big Panic

Understanding what your brain and body are doing when big feelings happen can really help everyone not to feel scared of their emotions, and to find ways to work through anxiety safely.

This is the mission sensory theatre company Collar & Cuffs Co have set themselves, and in April they visit the Millennium Centre in Cardiff with their award-winning adaptation of Jane Evans' book 'Little Meerkat's Big Panic'.

The show is suitable for 0 - 7s, or anyone developmentally within that range, and is inclusive for additional needs, including PMLD. All performances are Relaxed and key word signed. This story explores calm and anxiety through the eyes of a little meerkat learning how his senses help him to keep safe. Following the show, there's a sensory workshop unpicking the underlying ideas, with ideas for low cost/no cost sensory play to support regulation, attachment and communication.

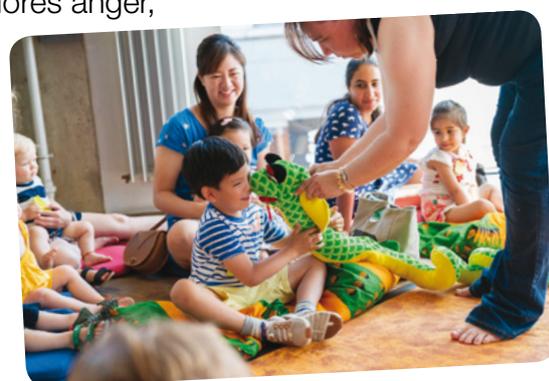
For more information visit: www.wmc.org.uk

Performances on the 22nd and 23rd of April with various times available.



CANOLFAN
MILENIWM
CYMRU
WALES
MILLENNIUM
CENTRE®

The show is also visiting Blackwood Miner's Institute, Caerphilly, in June as part of a Little Festival of Big Feelings. You can catch 'Crabby' at the festival, also by Collar & Cuffs Co, which explores anger, frustration and tantrums.



Hynt Scheme

Free entrance for assistants or carers to theatres and arts centres in Wales

Hynt is an initiative working with theatres and arts centres in Wales to create a clear and consistent offer for audiences in need of support from an assistant or carer. If you have an impairment or specific access requirement, or care for someone that does, then Hynt applies to you. Access requirements include BSL signed, captioned, relaxed, audio described and touch tour performances.

Hynt Membership Card - Hynt cardholders are entitled to a ticket free-of-charge for personal assistants or carers to be used across participating theatres and venues in Wales, including Memo Arts Centre, Sherman Theatre, New Theatre and Wales Millennium Centre. Eligibility and applications can be found on the website. If you are unable to

complete the form online, please contact your local theatre or arts centre who will be able to post you a paper form.



Hynt Website – The Hynt website also acts as a resource and is the place to go to access information. It is an up-to-date and simple website with listings of all accessible performances and access guides for all Hynt venues. You can also join their mailing list to receive regular e-updates of performances and arts and theatre access information.

www.hynt.co.uk

Hynt is an Arts Council of Wales initiative managed by Creu Cymru in partnership with Diverse Cymru.

The Hollies Primary Film Club of the Year 2019

Congratulations to The Hollies, in Cardiff, Wales, who have been crowned Into Film Club of the Year: Primary (Sponsored by Universal Pictures) at the Into Film Awards 2019. The Hollies' award was presented to them by director Amma Asante and actor Luke Evans.

The Hollies Film Club enriches the learning of all students at the school, from Reception to Year 6 by opening up the children's worlds and by encouraging them to communicate and socially interact with each other. Their members are passionate about learning through film, which The Hollies has embedded throughout their curriculum.

The Hollies is a school for children with autism spectrum disorder (ASD), and Yasmin John, the club leader, explained more about how their Into Film Club benefits the students.

"Autism impacts on social interaction, social communication, behaviour and interests. A lot of our students therefore experience difficulties with out of school social activities, for example family visits to the cinema.

To engage our pupils, we created our own cinema for all pupils to access in a safe, accepting environment. This meant adapting

materials and employing strategies to encourage our pupils to be comfortable in an authentic immersive cinema experience.

The cinema is accessed by all pupils from reception to year 6 and the positive feedback we have had from parents has been incredible. In particular, we now have many who are able to enjoy regular visits to the cinema as a family!"

"Through film our children can get excited about learning, and we have gained insight into our children's worlds through the animations they are now able to produce themselves."

Yasmin John, Into Film Club Leader at The Hollies



Dal Dy Dir, a charity which provides holidays and respite to individuals with disabilities and their families, is delighted to announce its new partnership with The Forest Country Cottages in Kerry. Many of the staff and volunteers from Dal Dy Dir formally worked at Kerry Farm based at Cilthriew.

The Forest is a beautiful four acre holiday complex, nestled in a magnificent valley on the outskirts of Kerry. It offers Dal Dy Dir the scope it needs to set up a programme of tailored therapeutic breaks, as well as emergency placements, for families in need of respite. With a wide range of activities, their animal therapy sessions featuring tame goats, sheep and chickens, and their forest school and music workshops gives the whole family a chance to learn new skills in a supported warm and safe environment. Everyone needs a holiday and Dal Dy Dir's innovative programmes bring families together, create memories and support siblings and the whole family in a settled relaxing non-judgemental atmosphere.

Dal Dy Dir's work is enhanced by its provision of recognised courses for young adult volunteers who can study towards a Diploma in Land Conservation accredited by Aberystwyth and Harper Adams Universities. The opportunity for their volunteers to work together on various projects to achieve a common goal builds strong teams and enables many new skills to be learned. Dal Dy Dir has lots of projects in mind such as creating a kitchen garden, establishing a woodland sanctuary and even building a rustic bread oven for outdoor cooking with new ideas constantly developing.

Please come and see the work they do at their Open Day on Thursday 18th April from 10am to 4pm at The Forest, Gilfach Lane, Kerry, Newtown, SY16 4DW.

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[@DalDyDir](https://twitter.com/DalDyDir)



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