

Issue 30
July 2019



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

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School's out for Summer

Hello and welcome to the 30th edition of The Index newsletter. We now have a whopping 1388 families subscribed to The Index, so for many of you, this will be your first time reading The Index newsletter.

A warm welcome to all of our readers, new and old.

After producing 15 newsletters, welcoming 1064 new families and spending three and a half years as Regional Index Officer, I am sad to say that this will be my last newsletter!

I have loved working as Regional Index Officer, and it has honestly been such a pleasure to meet so many amazing families and professionals working to improve services and support for children with additional needs, thank you!

I am very sad to be leaving, but also very excited to start my new role delivering and developing play opportunities across the Vale (see page 9 for details of summer provision).

This fun-filled summer edition has lots of information on what is happening over the summer and beyond!

Happy reading and thank you again for your support over the years!

Julia Sky

Regional Index Officer,
(Cardiff and Vale)



Contact your local team if you have a story to share, or an event you would like us to come along to!

Cardiff Family Advice and Support

03000 133 133

theindex@cardiff.gov.uk

www.cardiff-fis.info

  **@CardiffFIS**

Vale Family Information Service

0800 587 10 14

theindex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis

   **@ValeFIS**

Local Updates

Cardiff Family Advice and Support brings together a range of new and existing information, advice and assistance services for children, young people and their families in Cardiff. The work of Cardiff Family Information Service and The Index, now sit within the new service!



The new telephone number for The Index in Cardiff is 03000 133 133

Vale Family Information Service have produced a programme of everything going on in the Vale and beyond for children, young people and families during the summer holidays. You can view the Holiday Activity Programme online

www.valeofglamorgan.gov.uk/fis



**The Index in the Vale now has a NEW Freephone number
Call 0800 587 10 14 to discuss support for your child's needs**

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



What's On:

Mondays

Cardiff Children's Play Services

Playschemes (see page 8)

Monday – Friday

Early Years VI Group (see page 12)

Monday 22 July & 5 August

KeyCreate After School Club

Mondays, 3.30pm – 5.30pm

Glyndwr Community Centre, Glyndwr

Avenue, Penarth, CF64 3ND

dave@keycreatewales.co.uk

Tuesdays

Cardiff Children's Play Services

Playschemes (see page 8)

Monday – Friday

LGBTQ Club (see page 10)

Every Tuesday (term time)

KeyCreate Stay and Play Group

Tuesdays, 10am – 12pm

Glyndwr Community Centre, Glyndwr

Avenue, Penarth, CF64 3ND

dave@keycreatewales.co.uk

Funshine Playscheme

(see page 8) Tuesday – Thursday

Vale Families First Holiday Club

(see page 9) Tuesday – Thursday

Wednesdays

Cardiff Children's Play Services

Playschemes (see page 8)

Monday – Friday

Funshine Playscheme

(see page 8) Tuesday – Thursday

Vale Families First Holiday Club

(see page 9) Tuesday – Thursday

Bluebirds Ability Holiday Camp

(see page 6) Wednesdays in August

Thursdays

Cardiff Children's Play Services

Playschemes (see page 8)

Monday – Friday

Funshine Playscheme (see page 8)

Tuesday – Thursday

Vale Families First Holiday Club

(see page 9) Tuesday – Thursday

Vale Inclusive

Youth Provision Teenscheme (see page 11)

Every Thursday and Friday in August

Vale Youth Speak Up (see page 11)

Every Thursday

The Deaf Cool Club (see page 10)

Every Thursday (term time)

Trelai Inclusive Club (see page 10)

Every Thursday (term time)

Fridays

Cardiff Children's Play Services

Playschemes (see page 8)

Monday – Friday

Vale Inclusive Youth Provision

Teenscheme (see page 11)

Every Thursday and Friday in August

Young Care Leavers Club (see page 10)

Every Friday (term time)

Saturdays

NAS Coffee Mornings (see page 7)

Saturdays, 10.30am – 12.00pm

Cwtch Together (see page 12)

Saturdays, 10am – 4pm

Oshi's World – Let's Play Sessions

Saturdays, 10am – 1pm

Byrd Crescent Community Centre, Penarth

anna@oshisworld.org

Young Care Leavers Club (see page 10)

Every Saturday (term time)

Sundays

Sunday Club (see page 10)

Every Sunday (term time)

Events

Insport Series (see page 6)

Friday 13 and Saturday 14 September,
10am – 4pm

The Autism Directory LIVE (see page 6)

Friday 27 September 2019, 10am – 4pm

Noah's Ark Family Fun Walk (see page 6)

Sunday 15 September 2019

NEW Navigate Service Launches

Navigate provides a free six week programme of online and telephone support to parents in Wales and England who have a child aged 0-18 being assessed for a potential diagnosis of disability or who has recently been diagnosed with a disability (within 12 months).

The aim is to provide parents of a child with a disability with emotional and practical support and help them navigate these early stages. It also gives parents a chance to talk through things in a safe space.

This free service includes:

- emotional and practical support over a six week period
- one-to-one sessions tailored to your individual needs
- a bespoke structured programme to help meet any challenges ahead.

We were lucky enough to be invited along to the launch event of the Navigate service in their Cardiff offices, where we met the advisors and heard from Melanie, a parent who has used the programme.

“Hi, my name is Melanie and my 7 year old daughter is currently on the Autism pathway with the Neurodevelopment Team in St David's. She was born 2 months early. Her differences started to become apparent when she was 3 and built up through the years. By the time she was 5, she was presenting as a consistent behaviour challenge.

She went through Foundation Phase in school often being disciplined. She was also having sensory problems and problems with distraction, concentration, organisation, socialising, meltdowns and more. She has been in school and in the community with the same children for nearly 5 years and does not have a single friend. My daughter has been misunderstood most of her life. It has been a slow, confusing and emotional process to get her the help she needs and we are not there yet.

“In February this year, I got an email from The Index which mentioned Navigate, a 6 week support programme for parents with a child on the diagnostic pathway, or newly diagnosed. At this point, I had been accustomed to trying absolutely anything that came my way but I was thrilled to hear that there was an opportunity for parents in my exact situation and felt hopeful.

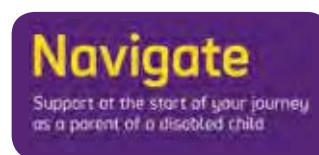
I immediately sent a request through and had my first appointment 5 days later!! This felt like a Godsend. My advisor was Emma and we started by discussing different aspects of my life including: emotional wellbeing, looking after my child, managing practicalities, money, my child's education and being a family. I ranked each of these, regarding how I was coping with each area, from 1 to 5. This was a very helpful tool in determining which areas were the most important and selecting a couple to focus on for the 6 weeks.

My focus was on my child's education, looking after my child and my emotional wellbeing. My confidence and success regarding getting help for my child in school had the lowest score.

Emma was so easy to talk to. Her eloquence reassured me throughout the program. She was gentle and knowledgeable while holding me accountable for the agreed focus and action plan. There was always space for me to discuss absolutely anything that was on my mind, which allowed us to quickly form a bond.



Melanie and Emma at Navigate Launch



Navigate is very true to its name: it pointed me in the right direction. It helped me get through some of the terminology and steps towards my goals, along with emotional support throughout.

After each call, Emma sent an email summarising the conversation and the agreed actions. We both had homework which led to building my confidence and keeping me involved. Because my goals were broken down into small steps, and I knew my time with Navigate was limited, I found them much easier to achieve.

Just knowing I would have someone to speak to once a week took a lot of pressure off and kept me focused.



Melanie Being Totally Awesome

I am grateful for the Navigate programme and would recommend it to anyone in the same situation. Thanks for everything!"

For more information and to join this service call us on the free phone number or complete the online application form. A member of the team will be in touch within two working days.



Melanie and Daughter Morgan

0808 801 0510

www.scope.org.uk/navigate

Inspired Learners Open Day

Inspired Learners opened its doors to professionals and parents on Thursday 16 May 2019 to showcase the upgraded and expanded Centre on Holton Road, Barry.

The Open Day marked a celebration of two years of success and hard work. The Centre originally opened its doors in March 2017 with an enthusiasm and motivation to support ALN and as a result, we now cover the Vale, Cardiff and Rhondda Cynon Taff.

The eagerly awaited Open Day provided an opportunity for the Inspired Learners Team to launch a new well-being service that aims to provide mental health support to learners in the community through therapeutic interventions.

The Inspired Learners Team has been busy accessing training such as Art Therapy, Lego Therapy and training in Trauma and

Attachment in order to strengthen our offering and provide the right kind of well-being support.



The Open Day also gave us the opportunity to be proudly presented with a Working Partnership Certificate from the Family Information Service for our continued working partnership!

We are incredibly grateful for the support and advice that the Family Information Service Team have given us and hope to continue to work together to provide much needed support and advice!



Bluebirds Ability Holiday Camps

The Bluebirds Charity are inviting existing and potentially new Bluebirds Ability (U16 with a disability) participants to Cardiff City House of Sport, for a fun holiday camp during the Summer Holidays.

The day will include attendees taking part in a number of sporting activities, including football and netball, as well as a

number of other inclusive activities and games to improve teamwork and confidence.



Starting at 9:30am, the day will help participants lead healthy, more active lives during the school holidays, with lunch provided before being collected at 2pm.



Every Wednesday in August, 9.30am – 2pm

House of Sport, Clos Parc Morgannwg, Cardiff, CF11 8AW

For more information , or to register visit:
www.cardiffcityfcfoundation.org.uk

Free session funded by BBC Children in Need

Insport Series

Disability Sport Wales “Insport Series” offers over 20 sports for disabled children and adults to try, along with their family and friends. You can also find out about local sports clubs that are either disability specific or inclusive.

Friday 13 September 2018, 10am – 4pm
(Schools and Groups)

Saturday 14 September 2018, 10am – 4pm
(Families and Individuals)

NIAC, Cardiff Met
University, Cyncoed
Campus, Cyncoed,
CF23 6XD



For more information or to book a place contact

Jo Coates-McGrath: 029 2020 5284
jcoates-mcgrath@cardiffmet.ac.uk

Nia Jones: 029 2033 4924
nia.jones@disabilitysportwales.com

Noah's Ark Family Fun Walk 2019

Sunday 15 September

Help support children and families at the Noah's Ark Children's Hospital for Wales by entering yours in our 3k or 10k walk along Cardiff Bay Barrage.

£7.50 per adult
£5 per child

www.noahsarkcharity.org/familyfunwalk
029 2184 7310



The Autism Directory LIVE

Friday 27 September 2019, 10am – 4pm

Cardiff City Stadium, Cardiff, CF11 8AZ

The Autism Directory LIVE (previously known as The Welsh Autism Show) is back in Cardiff in September 2019 for another amazing day of help, support and information for the autism community.

The exhibition is now over two floors with more stands and exhibitors than ever before. As well as the main Exhibition Floor there is a new **Support Zone** this year which focusses on not-for-profit support groups and services, plus a **Carers Corner** with mini-treatment tasters through the day, and the return of the **Artists Corner** showcasing artistic talent on the autism spectrum.

There is a packed day of seminars and hot topic discussion groups, and the opportunity to meet with some exhibitors on a



one-to-one basis in our private rooms.



The Autism
DIRECTORY

Over the past two years 85% of feedback has rated the Shows 'Great' or 'Excellent' and we are confident this year of another day to access services, support and information to help you get the help you need.



To get your FREE tickets please register at <https://theautismdirectorylive.com/visiting/>



Blowing Bubbles for Autism

Cardiff and Vale National Autistic Society were Blowing Bubbles for Autism at Barry Island Beach on 7 April for World Autism Awareness Week.



Cardiff and Vale Branch Coffee Mornings

Saturdays, 10.30am – 12.00pm

28 July, 15 September, 20 October, 17 November, 15 December

Pioneer Hall, Beryl Road, Barry



Come along for a friendly chat and a cuppa. All welcome.

Small soft play area available.

NASCardiff@nas.org.uk



Cardiff Children's Play Services Summer Playschemes

Our Community Play Teams run free playschemes across Cardiff for children and young people aged 5 - 14 years living in Cardiff.

Playschemes run Monday – Friday, during the summer holidays. Please visit the Children's Play Services web page for weekly up to date information on venues and times for each community play team. www.cardiff.gov.uk

Qualified play teams facilitate a wide range of activities as well as encourage the children and young people to invent their own. Every effort is made to accommodate the individual needs of all the children & young people who attend.

The play provision runs on an open access basis which offers free play opportunities in such a way that children & young people can only be supervised whilst on site.

Children and young people with additional needs can



access these open access playschemes via the referral system.

Children's Play Services Disabled Children Play Coordinator will assess whether the venue is suitable and all safety is considered first before the child attends.

For more information and referral conditions please contact

**Karen Barker,
Disabled Children's Play Co-ordinator:**

029 2087 3956

KBarker@cardiff.gov.uk



Funshine Closed Access Holiday Playscheme for children with additional needs

The scheme provides the opportunity for children to experience freely chosen play activities with a little bit of structure.

Children are linked in via the referral process through Special Needs Health Visitors, Social Workers or any other professional. The play scheme operates for children & young people 8 - 11 years living in Cardiff and runs each school holiday (with the exception of Christmas), Tuesday – Thursday.

For more information and referral conditionals please contact Karen Barker, Disabled Children's Play Co-ordinator:

029 2087 3956

KBarker@cardiff.gov.uk



Vale Families First Holiday Club

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

Week One: Tuesday 30, Wednesday 31 July and Thursday 1 August

Week Two: Tuesday 6, Wednesday 7 and Thursday 8 August

Week Three: Tuesday 13, Wednesday 14 and Thursday 15 August

Week Four: Tuesday 20, Wednesday 21 and Thursday 22 August

10.00am – 3.00pm

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

Booking is essential, so to avoid disappointment please do not turn up to the scheme unless you have made a booking. The health and safety of all children is paramount and without the appropriate support children who have not been booked a place at holiday club will not be able to attend.

£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**



Generous Donation to Holiday Club

The Coombes Family have kindly donated a generous £500 to Vale Families First Holiday Club as a thank you for all of the support the Team have given their daughter Hannah over the years.

The donation will be used to purchase play equipment for the children and young people who attend the Holiday Club. A BIG thank you to The Coombes Family from all children and staff at Holiday Club.



Cardiff Youth Service run Inclusive Provisions

Cardiff Council Youth Service promotes inclusion and equality. The service has provided inclusive provisions all over Cardiff for over a decade.

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.

Currently there are inclusive provisions running across Cardiff during term-time only. These are:

LGBTQ club (11-25 years) in Cathays Community Centre.
Every Tuesday, 6pm - 9pm

The Deaf Cool Club (11-25 years) at the Deaf Centre on Newport Road.
Every Thursday, 6pm – 9pm
Trelai Inclusive Club (11-25 years) in Western Leisure Centre.
Every Thursday, 6pm – 9pm

Young Care Leavers Club (14-25 years) at Grassroots Youth Centre.
Every Friday, 6pm – 9pm



Cathays Inclusive Club (11-25 years) in Cathays Community Centre.
Every Friday, 6pm – 9pm

Young Carers Club (11-25 years) in Butetown Youth Pavilion.
Every Saturday, 10am – 1pm



Sunday Club (11-25 years) in Gabalfa Community Centre.
Every Sunday, 5pm – 8pm

 **Cardiff Youth Service**

Cardiff Inclusive Youth Provision

Inclusive Summer Holiday Youth Provision
Monday - Friday, 10am - 4pm
22 July - 23 August

36 - 38 Cathays Terrace, CF24 4HX
029 2037 3144

 **CCYCP**
 **@CCYCP1**

**For more
information
please contact
Debbie Davies:
debbie.davies@cathays.org.uk**



Vale Inclusive Youth Provision

Teenscheme

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 19 years with additional needs, offering informal respite for families during the school holidays. Activities include workshops, arts and crafts, sports, music and trips.

**Every Thursday and Friday in August
10.00am - 3.00pm**

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

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

**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

Gibbonsdown

Children's

Centre, Ramsey Road, Barry.

For young people 16 – 25 years with learning disabilities. We 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
Vale People First: 01446 732936
movingonwell@gmail.com**



Vale Inclusive Youth Provision is funded by Families First and run by Vale People First.

Vale People First

Vale People First run lots of other meetings and groups and everyone with a learning disability is welcome.

Moving on Well

This project is to help young people that want to move from their parents/carers or any other accommodation into independent living.

Young people are supported to make plans and helped through the process of moving on.

**For more information speak to Jo Price on
07747 321097**

More Groups

- Men's Group • Real Lives • Women's Group
- Active Communities • Parents' Group
- Literacy Training • ICT Training
- First Aid Training

More information on Vale People First:

For more information on any of the groups run by Vale People First contact

Liz Davidson:

01446 732926

liz.davidson@learningdisabilitywales.org.uk



Cwtch Together

Cwtch Together is a disability play project in Grangetown promoting inclusive play for disabled children and their families.

Cwtch Together aims to be a scheme which caters to your children as individuals, celebrating their interests and enjoyment. We look to provide a variety of activities, running monthly events including during school holidays!

Every Saturday 10am – 4pm

**Grangetown Nursery Community Centre,
Ferry Road, CF11 0XR**

Summer Events:

13 July – Summer Fete
and Face Painting

20 July – Summer
BBQ and Bouncy
Castle

27 July – Sports Day

Entry is £1



Qualified play workers are able to facilitate play and encourage social skills in a safe, secure, indoor and outdoor environment.

 **Cwtch Together**



Early Years VI Group

Supporting families with children aged 0 - 4 years with sight loss

Do you have a child aged 0 - 4 year with sight loss?

Our Early Years Group brings together babies and pre-school children with visual impairment in a fun environment that encourages early movement and learning through play.

The group also gives parents the opportunity



to meet and share their experiences, build confidence and support them in maximizing their child's potential.



Join us 10:30am - 11:30am at Castleland Community Centre, Barry
22nd July & 5th August 2019

For more information or to book your space please contact:

michelle.green@guidedogs.org.uk

**0345 1430195
07468711894**

Cardiff Song Launch

On April 3rd there was a launch event at Radnor Primary for Cardiff Song, an anthem for Cardiff which has been recorded to raise money for Bobath Wales, the centre for cerebral palsy therapy.

The song has been written by Cardiff children's author Jon Blake, whose son Jordi has received treatment many times at Bobath. Initially the plan was for Jordi to sing the song, but when he was called in for a major operation to sever and reset both femurs, his little sister Zazie and her pal Nat stepped in, with the assistance of Canton and Chapter choirs.

The song can be downloaded from Bobath's

page on Bandcamp for just £1 (more details at www.bobathwales.org)

The video of the song is at https://youtu.be/Hyb8_Slu94E

Jon is happy to answer questions about the song at jonblakeauthor@gmail.com



Home Start Cardiff

We are an independently registered charity that supports families living in Cardiff.

Many parents need help, friendship, advice or support during those early years when children are young. There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficult times.

Our volunteers are all parents themselves or have extensive childcare experience, and understand the difficulties families may be facing.

We support parents as they grow in confidence, strengthen their relationships with their children and widen their links with the local community. We reassure parents that their problems are not unusual and they are not alone.

Help is at hand. We support any family who needs us, as long as they meet the criteria specified.

After asking for our support you will meet with one of our local organisers who will carefully match you with one of our volunteers. Our volunteers, will visit you for a couple of hours

a week and give you both emotional and practical help.

If you live in Cardiff, and have at least one child under five, and feel you would benefit from the support of a volunteer, you can refer yourself to Home-Start Cardiff by completing a short referral form, or contacting the office.



We also accept referrals from refugee and asylum seeking families and children under the neurodevelopment service up to the age of eleven.



**029 2036 0876 / 029 2063 0903
admin@homestartcardiff.org.uk
www.homestartcardiff.org.uk**

National Star Wales Activity Days

Join our fun, interactive and themed activity days at our college in Pontypool, available to 16 to 25-year-olds with physical and learning disabilities or acquired brain injuries.

National Star in Wales offers fantastic facilities at Mamhilad, near Pontypool, which will provide you with the opportunity to enjoy a range of fun, interactive activities. Each themed day includes arts and crafts, animal encounters, short trips, sensory activities, cooking and boccia. Each day begins with Wakey Shakey, our physical and sensory morning session!

Themed days include:

- Roald Dahl
- Space
- Welsh culture
- Seasons



**Monday 29th July –
Wednesday 31st July**

**Wednesday 21st August –
Friday 23rd August**

**National Star in Wales,
Caerleon House,
Pontypool, Torfaen,
NP 0HZ**

Each day runs from 9am to 5pm during Easter and summer holidays. You can book individual days or a full week (a discount is available for full week bookings). A complete costing can be provided upon request. A 20% deposit secures your booking.

To find out more, enquire about availability or secure your booking, contact us:

01242 534928

staractivities@nationalstar.org

www.nationalstar.org/staractivities



Sherman 5 at Sherman Theatre

Sherman 5 is a project based at Sherman Theatre in Cardiff.

It's all about breaking down barriers and making our theatre as open and accessible as possible.

We welcome children and young people of all abilities to Sherman Theatre and offer free Sherman 5 membership to families with children or young people with disabilities or additional needs. Groups can also become members.

Sherman 5 members can access discounted tickets to see shows (subject to availability) – the cost for tickets is **£5** or **£2.50** for under-25s. We also offer relaxed performances for some shows.

To find out more about joining Sherman 5 and about how we can support your family or a



group to come to the theatre, please contact Sian Mile, Sherman 5

Facilitator:

sian.mile@shermantheatre.co.uk

029 2064 6982.

For more information about what's on, please visit www.shermantheatre.co.uk

Sherman 5 is generously funded by Paul Hamlyn Foundation.



Engage to Change

***"I just love this place. As well as my job, this is my safe place. I just love being here and I'm so grateful that I've had the opportunity to come here and progress."* Levi Owen, Engage to Change participant now in employment.**



The Engage to Change project is currently running across the whole of Wales to support young people like Levi aged 16-25 with a learning disability and/or autism into paid work placements lasting 6-12 months. We aim to help these young people achieve their full potential by supporting them to gain experience in the workplace and develop transferable skills through a person-centred approach. To do this we are offering one-to-one job coaching and specialist employment support to both young person and employer.

The project is delivered in partnership between Learning Disability Wales, supported employment agencies Agoriad Cyf and ELITE

Supported Employment, self-advocacy organisation and evaluation partner All Wales People First, research partner Cardiff University, and in collaboration with the international internship programme Project SEARCH.



The experiences of the young people involved in Engage to Change have demonstrated that with the appropriate support, meaningful employment is achievable for people with a learning disability or autism spectrum disorder.

To find out more, read Levi's story, and explore some of our other success stories, visit the website:

**www.engagetochange.co.uk
engagetochange@ldw.org.uk
029 2068 1160**

The project is made possible through funding from the National Lottery Community Fund in partnership with Welsh Government.

Go Wales

Levelling the Work Experience playing field and promoting Diversity.



Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



Graduate employers put work experience at the top of their list when it comes to recruiting graduates. Some students, because of their background or personal circumstances, benefit from support to secure career-related work experience.

All Welsh Universities work with talented students and employers to facilitate high quality work experience opportunities where both parties benefit:

- Students gain career-relevant work experience to enhance their CV and demonstrate employability skills

- Employers gain access to talented undergraduates who bring new ideas and build workforce capacity

**Flexible work experience placements:
1 – 30 days**

We work with full-time students under 25 years old, who are able to tick 'yes' to at least one of the following:

- Disability or work limiting health condition
- Black and Minority Ethnic background
- Caring or childcare responsibilities
- In care or a care leaver
- From a neighbourhood with low participation in Higher Education.

**www.gowales.co.uk
029 2087 0181**

ASC Discovery Programme at Cardiff University

Cardiff University runs a series of activities for young people with Autism Spectrum Conditions (ASC), aged 14-19. These activities are designed to raise awareness of the Further and Higher Education options available in Wales and the rest of the UK.

Discovery Project: October to March – 17:30-19:30pm Tuesdays

If you want to find out a bit more about university, come along to our mentoring project which runs from October to March each academic year. On a fortnightly Tuesday evening, we meet up on the Cathays Cardiff University campus and take part in structured sessions, focussed around different aspects of life at university – from accommodation to personal statement and CV planning. There is a group of around 15-20 young people who come along, and there is also free pizza at every session!

Discovery Visit Day: January - 1 day event

A Visit Day which is for young people and their families to visit the university on a much quieter day than the general 'Open Days'. You will learn about the specific support available for students with ASC, as well as visiting the academic school of your choice.

Discovery Summer School: July – 2 Day Residential

In July we organise a two day residential, for young people aged 14-19. Over the two days, we take part in interactive academic sessions in a variety of subjects, as well as social time and informative talks. Participants are also given a budget to buy ingredients and cook together in their flats. The summer school is a great opportunity to visit a university and find out how it works and the variety of options and support



available for young people.

Our events are all supported by current university students from a range of subjects and experiences. They are there to answer any questions you may have about what university is like, as well as to make sure you are enjoying your visit to the university.

If you do decide to come to university, it can be very helpful to speak to the Student Support team at your chosen institution. Institutions can offer:

A designated contact in the Support Team

Financial support such as bursaries or advice

Screening and assessment for specific learning difficulties

Counselling and Wellbeing services

Cardiff University also offers a transition event for students before they are due to start their course. They can stay overnight at university halls of residence and become a bit more familiar with the campus before everyone else arrives.

If you would like any more information about our projects, please don't hesitate to get in touch:

Helena Fern
02920 870020
discovery@cardiff.ac.uk



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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.

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