

Issue 33
March 2020



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

Charlie's Poem page 10

Keycreate page 14

Uniform'd page 15



Spring Time!

Hello everyone and welcome to the 33rd edition of the Index. We hope 2020 is treating you well. We have already encountered Storm Dennis and Storm Ciara this winter, so let's hope for a pleasant spring.

We now have a new Index Officer Gemma Owen. Gemma started in January and has spent her time attending outreach sessions, meeting parents and learning the ropes! This included visiting Dave at Keycreate, see page 14 for more info about the service Keycreate provides.

We would like to thank those parents who have completed the survey about the future of the newsletter. We are keen to provide a service that continues to meet your needs. If you haven't yet filled out the Vale residents and Cardiff residents surveys please do so. Your opinion matters to us: <https://www.surveymonkey.co.uk/r/5CKMX3K>

For Cardiff residents <https://surveys.childcareincardiff-training.co.uk/login.asp?a=1> – passcode INDEX20

In this edition we also have a lovely poem

written by Sarah, about her son Charlie. She has previously shared a poem she had written when Charlie was going through diagnosis, aged 3. She would now like to share a poem she has written now Charlie is 5.

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

Happy reading!

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

ContactFAS@cardiff.gov.uk

03000 133 133

www.cardiffamilies.co.uk

  **@CardiffCFAS**



Vale Family Information Service

theindex@valeofglamorgan.gov.uk

0800 587 10 14

www.valeofglamorgan.gov.uk/theindex

   **@ValeFIS**



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



What's On:

Please check with the provider if the service is running during Easter Holidays



Mondays

The One Group Parent gatherings for parents Mondays, 1.15pm-2.30pm, Howardian Primary School, CF23 9NB

Tuesdays

LGBTQ Club Every Tuesday (term time), 6.00pm-9.00pm. Cathays Community Centre

KeyCreate Stay and Play Group

Tuesdays, 10.00am-12.00pm
Glyndwr Community Centre,
Glyndwr Avenue, Penarth, CF64 3ND
dave@keycreatewales.co.uk

The One Group Parent gatherings for parents Tuesdays, 9.30am-10.45am, Multi-Sensory Impairment, Ely & Caerau Children's Centre, CF5 4SX

Vale Families First Holiday Club

Tuesdays – Thursdays (during Easter)
see page 4

Teenscheme (Vale Inclusive Youth Provision)

15 April 10.00am – 3.00pm (see page 5)

Barry Town Pan Disability FC

Tuesdays 6.00 – 7.00pm, Jenner Park, Barry
see page 16

Wednesdays

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

Every Wednesday, Various dance classes for 7-25yrs, 4.00pm-6.30pm
contact 02920 491477 or
info@rubicondance.co.uk

The One Group Parent gatherings for parents Wednesdays, 1.15pm-2.30pm, Grangetown Nursery School, CF11 7DT

Vale Families First Holiday Club

Tuesdays – Thursdays (during Easter) see page 4

Healthy, Active and Indoors

Victoria Park Community Centre, Wednesdays in term time, 4.30pm – 6.00pm
Julia Sky 01446 704809

Teenscheme (Vale Inclusive Youth Provision)

15 April 10.00am – 3.00pm
(see page 5)

Thursdays

Local Motion Studio Kids Disability in Barry

Classes at 4.30pm - 5.15pm for 5-11 years and 5.15pm - 6.30pm for ages 12yrs+ contact 07725038778 or
info@motioncontroldance.com

The Deaf Cool Club Every Thursday, (term time) 6.00pm-9.00pm. Deaf Centre, Newport Road, Cardiff

Trelai Inclusive Club Every Thursday (term time) 6.00pm-9.00pm. Western Leisure Centre, Cardiff

The One Group Parent gatherings for parents Thursdays, 1.30pm-2.30pm, Ysgol Gymraeg, Glan Ceubal, CF14 2QQ

Vale Families First Holiday Club

Tuesdays – Thursdays (during Easter)
see page 4

Healthy, Active and Indoors

Witchill Community Hall, Thursdays in term time, 4.30pm – 6.00pm. Julia Sky
01446 704809

Fridays

The One Group Parent gatherings for parents Fridays, 9.30-11am, Tremorfa Nursery School, CF24 2TG

Young Care Leavers Club

Every Friday (term time), 5:30pm - 8:30pm
For young care leavers age 13-25yrs
Grassroots Youth Centre, Cardiff

Teenscheme (Vale Inclusive Youth Provision)

17 April 10.00am – 3.00pm (see page 5)

Saturdays

Oshi's World –Let's Play Sessions

Saturdays, 10.00am-1.00pm
Byrd Crescent Community Centre, Penarth,
anna@ashisworld.org

Barry Beaver Swimming Club

Saturday afternoons, 3.00pm-5.00pm
Barry Leisure Centre

Cathays Inclusive Club Every Saturday, Youth Pavillion in Butetown, 10.00am-1.00pm



What's on in the Vale du

FIS Easter Holiday Programme 2020



The Family Information Service (FIS) are compiling a programme of activities, events and play schemes going on during the school Easter Holidays for children and their families. You can find out what's going on in the parks, libraries, leisure centres, holiday playschemes and much more. It will be available on the FIS website by the 30 March 2020:

www.valeofglamorgan.gov.uk/fis

If you'd like to receive an email as soon as the programme is published, you can sign up to our mailing list by visiting the FIS web page or contact us:

01446 704704, fis@valeofglamorgan.gov.uk



Vale Families First Holiday Club

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

Vale Play Development Team are getting ready to host their Easter Half Term provision.

When: Tuesday 7– Thursday 9 April 2020
10.00am – 3.00pm

Tuesday 14 – Thursday 16 April 2020
10.00am - 3.00pm

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

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

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

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



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

ring the Easter Holidays

Teenscheme



Vale Inclusive Youth Provision is run by Vale People First. It is a holiday provision for young people aged 12 to 18 years with additional needs, offering informal respite for families during school holidays.

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

Here are the upcoming holiday dates:

14, 15, 17 April 2020 10am – 3pm
Rhoose Community Centre

Please provide lunch and refreshments for the day.

There is also a donation of £5.00 per young person per day if you are able to donate.

An “All About Me” Book needs to be completed if it's your child's first time attending. For more information or to book a place please contact Vale People First:

07866 564741or

email movingonwell@gmail.com



Vale People First
'Getting out, Getting on'



Childcare Offer



Childcare Offer Funding has helped support a child with complex needs

Case Study

As part of my role as Specialist Teacher on the Early Years Inclusion Team, I have worked with Abigail, a little girl who has benefitted greatly from the Childcare Offer.

The Childcare Offer Team initially brought Abigail to my attention as she is a little girl with complex, multi-sensory impairments. She was already known to the Early Years Inclusion Team as she has been attending day nursery since she was a young baby and has been receiving funding for additional support through First Opportunity. With this in mind, I was able to read all her background information before visiting her in setting.

During my visit, I observed Abigail and discussed her needs with the staff, providing strategies and advice on how best to support her. We agreed that a wider range of sensory toys would be beneficial, along with providing funding for the continuation of additional adult support. Furthermore, the Childcare Offer were able to fund appropriate training for the staff on 'Sensory Experiences' and 'Inclusion for All' provided by the Early Years Inclusion Team.

The support of the Childcare Offer, has offered consistency for Abigail where she has been able to continue receiving appropriate support in a familiar setting while her parents have been able to continue working.

Specialist Teacher, Early Years Inclusion Team, Cardiff Council

Making a Plan

Vision 21 Upcycling Project



The Upcycling Project, based at Hên Goleg in Barry, is a Vision 21 social enterprise that supports life-changing opportunities for people with learning difficulties.

The Upcycling Project offers trainees the chance to learn a variety of woodworking, restoration and other craft techniques. Locating materials from a variety of sources, the trainees help to decide what the end product will be, and then, with support, put their ideas into action. Training opportunities include:

- Upcycling/recycling a wide variety of different items and materials
- Creating saleable items from junk
- Furniture restoration
- Identifying woodworking tools and equipment
- Use of hand and power tools
- Sanding and preparing wood and other finishes
- Painting, staining and finishing wood and other materials
- Re-upholstery
- Maintenance of tools and equipment
- Retail skills
- Social skills

We are currently looking to recruit more trainees onto the



project. Free taster sessions are available for potential trainees to try their hand at a number of different refurbishment skills. The project is also happy to undertake furniture repaint/restoration commissions.

Age range: We can take trainees from the age of 14 upwards (although in practice most of the school age referrals tend to be just under 16).

Sessions: At present the project is running at Hen Goleg on Tuesdays, Wednesdays and Thursdays, from 9am until 3pm. Once trainee numbers are up, it will extend to five-days-a-week

Time: Generally folk sign up to come indefinitely

Referral: Whilst the majority of V21 trainees are funded via Social Services, it is also possible to self-refer

Please contact: Tina Butler on 07445943154 or tina.butler@v21.org.uk



Learning Disability Day Service

The Vale of Glamorgan Learning Disability Day Service is a local authority service which provides support to adults with a learning disability, who also have a complex presentation of need.

We work closely with individuals, their families/ carers and Health and Social Care professionals to offer both community based and in house day opportunities, which are person-centred and are based on their own goals and aspirations. All sessions are tailored to an individual's need and are delivered in ways which enhance their overall wellbeing. For example, we support people at sessions such as Dance, Touch Therapy, Inclusive Communication, Physiotherapy and Gardening at our allotment.

Our primary focus is to enable individuals to feel valued by taking part in meaningful activity by offering a range of opportunities. Some of these are outlined above, as well as volunteering and supported employment. We promote social inclusion through community presence and increase independence by encouraging skill

development. We maximise potential by offering individuals choice and control over their daily lives. In providing local, quality, inclusive support to people, The Vale of Glamorgan

Learning Disability Day Service also provides valuable respite to families and carers.

We are also currently developing a unique and exciting 'SeeME' project, which offers a new approach to recording information about individuals. We co-produce video profiles with individuals, recording the things that are important to them, giving us an insight into their lives, routines and passions.

Referrals are considered age 18 onwards and are made via an individual's Social Worker/Case Manager following a Well-being assessment identifying personal outcomes and needs.

If you would like more information about what we have to offer please contact

Sarah Sidman-Jones on 01446 731121



How Can I....?

Are you aged 14-19 years? Do you have questions about your current or future plans? We would like to hear from you and we will find the answers. We will then publish them in the next newsletter.

For example:

Q: 'How do I get a Theatre Pass?'

A: The Sherman Theatre offer 'Sherman 5' where you can get discounted tickets.

Contact 029 20 646 982, www.shermantheatre.co.uk

**Please send your questions to:
Theindex@valeofglamorgan.gov.uk**

Making a Plan

Engage to Change

Helping young people with a learning disability and /or autism into paid work.

Where are we now and what have we learned so far?

Engage to Change is a 5 year project funded by Welsh Government through the National Lottery Community Fund to help young people with a learning disability and/or autism into paid work.

The project will enter its final year in June 2020 and Dr Steve Beyer recently produced a briefing paper on the project's progress to date what we have learned from the project so far about what works for people with a learning disability and/or autism with regards to employment.

Background

People with a learning disability and/or autism often face many challenges when trying to find and keep paid work. Engage to Change has clearly demonstrated that, with the right support, young people with a learning disability and/or autism can successfully find and maintain paid employment.

The employment statistics for people with a learning disability and/or autism in the UK are depressingly low. This is why Engage to Change is working hard to demonstrate what young people can achieve when they receive the right support.

What works?

Engage to Change has shown that many of the challenges that people with a learning disability and/or autism face can be overcome through supported employment using a job coach. This model can help people to find a job by:

- Spending time understanding people's job interests, what they are good at and the type of job and working environment they need.
- Using job placements and try-outs to help people decide what they want to do and what support they might need.



- Finding and negotiating a job that meets the person's talents and needs, not just any available job.
- Informing and supporting employers to make interviews accessible and to induct and supervise employees.
- Planning well with people and families, and helping with welfare benefits to ensure they will be better off in work.

People may also need help to learn and keep a job.

Project progress

As of December 2019, this model has enabled the Engage to Change project partners to support 284 young people into paid work placements of up to 6 months with 166 of these placements leading to paid jobs.

To be successful there needs to be a commitment to:

- Work being real work that would be done by others
- Work in ordinary work settings alongside non-disabled co-workers and supervisors
- Real wages at the going rates of pay for the job
- Matching people's talents and needs to the jobs they will be doing
- Recognising the importance of on-site training and support.

for My Future

What next?

The learning from the Engage to Change project needs to be embedded in policy and practice across Wales. Welsh Government and local authorities need to recognise the business, social and economic benefits of inclusive employment and promote these as widely as possible. Opportunities for supported, individualised, work experience should be created while young people are still in education, with a view to transition to paid employment in the future. Paid



work must be seen as a viable option for young people with a learning disability and/or autism and the necessary support put in place to achieve this.

Samantha Williams,
Communications Officer,
Engage to Change

For the full report and for more information on Engage to Change, contact:

029 2068 1160

engagetochange@ldw.org.uk

Support Planning Supporting you to achieve your goals.

Have you thought about your future? Would you like support to explore different opportunities and learn new skills? We may be able to help you!

The Support Planning Service is based in both the Vale of Glamorgan Council and Cardiff Council. Bethan Evans, Support Planner for the Vale, tells us a bit more about the service in the Vale of Glamorgan.

We work alongside the Community Support Team in Adult Social Services. We can support you if you have a diagnosed learning disability, are age 18, or making plans for when you are 18, and need support to explore your future goals and aspirations. We can help you draw up a plan or pathway to achieve this and explore what support you will need. You will be allocated a Support Planner who will meet you and the people who are close to you, to help you think about what's important to you.

Examples of ways we can help you:

- Researching new opportunities local to you e.g. sports clubs

- Signposting you to new activities in your area e.g. training courses
- Creating a plan to help you achieve your goals e.g. helping you find volunteering work leading to paid work
- Arranging and attending taster sessions e.g. initially coming with you to volunteer roles
- Route planning to community activities

We accept referrals from the Community Support Team. Please contact your case manager for more information on 01446 731105. LDsupportplanner@valeofglamorgan.gov.uk

If you are not open to the team, but feel you need extra support, please contact C1V on 01446 700111 and request an assessment of your care and support needs.

If you live in Cardiff, you can contact the Support Planners on: 029 2053 6111

Charlie's Poem

Sarah, mother to Charlie, previously shared a poem when Charlie was three years old, going through the diagnosis stage. Now that Charlie is five, Sarah wanted to share another poem she has written:

'I wrote the last poem when we were going through diagnosis, Charlie was 3 and life was pretty uncertain. He is now 5 and we still have our ups and downs but I wanted readers who are maybe going through diagnosis now, in that very raw time, to see that life is good and it will all be ok.'

Charlie

Now you are five
And life is good
Even though you're not doing
All they say that you should

I have been on the courses
And read all the books
Now suddenly the word Autism
Isn't as scary as it looks

You now have a sister
Who you're not sure about!
But you will grow to love her
I have no doubt

There are many challenges
That you face everyday
But you overcome them
In your own special way

You have come so far
But it is not a race
For you things will come
In your own time and space

Sometimes I cry
Because I long to hear you speak
That's when things
Can seem pretty bleak



I still worry about
What the future holds
But I will be right by your side
As it all unfolds

You wake up happy
Every single day
That's all you want to do
Is laugh and play

You have taught us so much
Without a word being said
Who wants to be the same?
When you can be awesome instead

Love Mam x



Moving and Handling

Practical guidance for Parents and Informal Carers

Do you help to care for someone in the community (family member or friend) living in Cardiff or the Vale of Glamorgan, and need a little bit of moving and handling guidance?

Do you want to know about some safer manual handling methods when assisting a person to move; or what equipment is available?

If you answered yes to any of the above you may want to attend one or both of our manual handling awareness sessions.

Although held in a manual handling training room setting, the sessions are very informal and we'll even give you a cuppa and a biscuit.

All sessions will be held at:

The Manual Handling Training Rooms, Cardiff and Vale Social Training, City Hall, Cardiff. CF10 3ND

Places are limited, to book onto any of the sessions or for further advice contact:

Tina Windels, Manual Handling Adviser / Trainer, Cardiff and Vale Social Care Training. Tel: 029 20871111 twindels@cardiff.gov.uk

I am often away from my desk delivering training, please ensure you leave your contact details and I will usually be able to respond within 24 hours.

Tuesday 28 April 2020, 10:00am – 1:30pm

Applying safer principles of moving and handling & assisting an individual to stand, walk & sit

- Introducing the general principles of safer moving and handling – simple measures to reduce the risks of injury to yourself
- Assisting a wheelchair user -pushing / pulling techniques, negotiating kerbs and slopes



CARDIFF & THE VALE
CARE & SUPPORT
REGIONAL
WORKFORCE
PARTNERSHIP

PARTNERIAETH
GWEITHLU
GOFAL A CHYMORTH
RHANBARTHOL
CAERDYDD A'R FRO

- Assisting a person standing, sitting and walking
- Assisting an uninjured person from the floor, what choice do I have
- Equipment available to assist with standing e.g. Stedy and patient turners

Wednesday 29 April 2020, 10:00am – 1:30pm

Beds and Hoists

- Assisting with rolling and basic bed mobility
- Safer principles of applying and using a patient sling and hoist
- Hoisting to / from chair & bed

Note: Similar courses are available in the Vale of Glamorgan for further information please contact:

Contact One Vale Team (C1V)

Tel: 01446 700111.

www.valeofglamorgan.gov.uk/carers and select 'Training'

If you feel you are in need of any additional general guidance or support you may want to contact:

Cardiff: First Point of Contact Team

Tel: 029 20234234

Cardiff Community Occupational Therapy Team Tel: 029 20234222

Vale of Glamorgan In Bound Team and Community Occupational Therapy Team

Tel: 01446 700111

YMCA Barry Gymnastics



YMCA Barry Gymnastics Club offers a range of engaging and fun gymnastics services from baby gymnastics to advanced competitive gymnastics. The classes are inclusive and staff will do as much as they can do to adapt sessions to individual needs. Please note that they are unable to provide one to one provisions currently.



Gold Insport Award by March 2020.

Coaches have a lot of previous experience with children in the club with Autism, ADHD and Down syndrome. The club is currently expanding and progressing provisions provided for children with disability and additional needs.

Staff have also completed gymnastics training in Disability Inclusion, Autism Awareness as well as Mental Health Training.

Where: YMCA Barry, Court Road, Cadoxton, Barry, CF63 4EE

Age range: All ages welcome, from baby gymnasts a few weeks old to teen gymnasts.

Pre - school Provision: Tuesday – Friday 9.00am – 3.00pm (varying classes)

After school classes: Monday – Friday

Competitive Disability: Wednesday 5.30pm – 7.00pm

Contact: 01446 724000 Sophie@ymcabarry.org.uk
Facebook icon: @ymcabarry
www.ymcabarry.org.uk

YMCA Barry Gymnastics club has achieved the Silver Insport Award and will have competed the

Families First Advice Line

The Families First Advice Line offers information, advice and assistance for parents, carers and professionals who have, or are working with children age 0 – 18 that live in the Vale of Glamorgan.

The Families First Advice Line offers a personal service where each advisor will listen and assess the needs of each family. An advisor will provide advice to the family that will enable them to resolve their concern independently or will assist the family in identifying services that will support them further.

The Families First Advice Line are the single point of entry for other agencies such as the Vale Parenting Service, the Vale Youth Wellbeing Service and the Flying Start (Outreach Plus). The Families First Advice Line

are now also the single point of entry to request Young Carer and Parent Carer assessments.

From the 1st of April 2020, there will be some small changes to the Families First Advice Line. We have been working hard to update our logo, leaflets and posters which will be distributed over the next few months. In addition to this, the Families First Advice Line will be open all day.



Contact the Families First Advice Line
weekdays from 9.00am – 4.30pm on
0800 0327 322 or on
familiesadvice@valeofglamorgan.gov.uk

Cardiff & Vale National Autistic Society Branch

The Cardiff & Vale NAS Branch are an autism group mainly run by parents of children on the autism spectrum. They all give their time voluntarily and formed in 2004. They can offer peer support and information-sharing in a friendly and welcoming atmosphere.

Throughout the year they have coffee mornings, social evenings and fundraising events. Some meetings may involve guest speakers and others are more informal get-togethers.

They post local events on their Facebook Page - @CAVNAS

The NAS Barry coffee mornings will be held on the following Saturday's:

14 March 2020

6 June 2020

12 September 2020

12 December 2020

10.30am – 12.00pm

Pioneer Hall, 2 Beryl Road, Barry CF62 8DN

Coffee mornings are also held in Chapter Arts Centre in Cardiff. Dates are to be confirmed.



Swim Heroes

About Me!

I am a medically discharged Army soldier who happened to qualify whilst I was serving (at the time) in Catterick in North Yorkshire as an ASA Swimming Teacher; I qualified as a level 2 instructor in 2000.



I had a major spine operation in 2016 and that meant that I had to increase my hours worked in the pool against my main job sitting at a desk. I have spent about 12 months working for various swim schools around South Wales to then get where I am today with my own swim school. Help For Heroes have helped me set up this venture and I can't thank them enough! I am loving the fact that I am teaching a life skill to those that need it. I have no problem adapting my lessons to specific needs too.

All lessons are for 30 mins:

Atlantic College – Llantwit Major

Monday's - 5:00pm to 6:30pm

Friday's - 4:00pm to 7:00pm

Fontygary Park - Rhoose

Sunday's 6:00pm to 8:00pm

Daytime – Fontygary Park or Atlantic College

I can offer one to one private swim lessons for Adults and Children.

I am available to teach home schooled children and children with additional needs.

I am also happy to chat about available joint lesson options too.

Gemma Warren, a parent whose child attends Carl's lessons has this to say:

"Since my daughter Ellie started having swimming lessons with Carl, her swimming has improved amazingly and her confidence both in and out of the water has risen dramatically. Carl worked hard to gain her trust as she has ASD and other learning needs. His sense of humour, calm, quiet, fun manner and visual teaching methods have enabled her to achieve what she wasn't able to with other instructors. She loves her lessons!"

Get in touch to discuss your swimming needs!

07730 587285

carl.marsh@swimheroes.co.uk

Facebook: @SwimHeroes





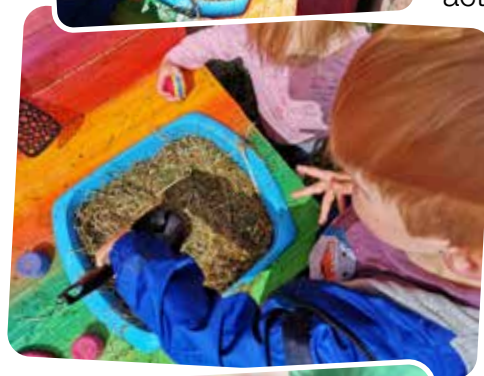
KeyCreate is a unique not-for-profit service based in the Vale of Glamorgan. We blend elements of music, drama, and arts therapies, with storytelling, and sensory exploration to provide bespoke creative and educational workshops for people of all ages and abilities. KeyCreate work with an ever growing list of organisations and charities including Ty Hafan, Noah's Ark, Latch, Sense Cymru, as well as Special Schools, Children's Units and Day Centres across South Wales.

"It was 100% inclusive and all of the children got something out of it despite very different ages and abilities. I loved how genuinely celebratory it was of the input from each child, no matter how small....I want all parents of kids with special needs to know about it!" Annamarie, a Parent

"Dave is a superb resource and his sessions are pure sunshine for our pupils with profound and multiple learning difficulties." A Special School Teacher

Stay and Play Groups

We welcome babies and children of all abilities to our Family Stay and Play Groups at Glyndwr Hall 10am - Midday on Tuesdays. Our inclusive group is warm and welcoming, allowing children and their families to build friendships and skills, learn to value and communicate with people with a variety of needs, and engage in quality play with the support of leaders qualified and experienced in play, education, and the creative arts.



As well as free play time, healthy snacks, and time for parents to chat and build a support network, each stay and play session includes a KeyCreate workshop tailored to early years development and the needs of the group. The singing, movement, storytelling, music, and sensory workshops are very well loved and build communication and interpersonal skills in the children.

In nicer weather we have accessible water play and activities in our large community sensory garden so bring a change of clothes for some messy fun.

"My experience of their sessions is that they're so uplifting and they're super strong when it comes to cultivating community spirit. Hearty stuff." Emma, a young lady with disabilities

Birthday Parties and Events

KeyCreate offer Birthday and Special Occasion Entertainment for groups of children and adults of all abilities. We can come in and run a workshop or organise the entertainment and activities for an entire event. We run

Christmas parties for fostering and adoption teams and children's charities as well as multiple birthday parties and End of Term Treats in schools and for individuals. Get in touch to find out more.

"We had a KeyCreate workshop for our 4 year old's birthday and everyone loved it, including the adults!" Katy, a Parent

dave@keycreatewales.co.uk
facebook@keycreatewales
078 1001 8165

Uniform'd

Uniform'd is a fantastic organisation where people can recycle their unwanted uniform.

Uniform'd has been set up by a parent in Cardiff, who faced her own challenges when needing to buy new uniform for her son following a growth spurt.

Rhiannon Thomas set up a Facebook page where people could request school uniform and donate unwanted uniform. What started with a few enquiries, has taken off and become huge, covering Cardiff and part of the Vale (Barry and East Vale). There are two parents who have taken the lead – Rhiannon Thomas and Becca James and they have several volunteer helpers.

You can contact them directly or post on their Facebook page stating the uniform that you need or would like to donate. They have several drop off points – in Cardiff you can drop off at the Hubs which are located across Cardiff:

<https://www.cardiff.gov.uk/ENG/resident/hubs-and-housing-offices/Pages/default.aspx>

In the Vale, 'A Class Apart' Castle Drive, in Dinas Powys, the 'Awesome Wales' shop, Holton Road, Barry and 'Jones and Jones' Optometrist, High Street, Barry accept donations. If you can't get to these locations, you can contact Rhiannon direct and she will arrange a time and place.



They have all school uniforms available as well as coats, shoes bags and extra-curricular activity clothing such as karate kits, gymnastic kits, football clothing and costumes for World Book Day etc.

All contact methods are 100% anonymous and free.

Here is some feedback:

Fantastic cause. I've just donated my daughter's old uniform. Hopefully goes to another family in need

Such a brilliant initiative helping families across Cardiff & The Vale. So many good quality uniforms going in the bin

when other families can use them.

Facebook - Cardiff and Vale and Barry school uniform donation

Email: uniformdonation@gmail.com

Mobile : 07446982475



SPORT CARDIFF
Cardiff Met Developing Sport
CHWARAEON CAERDYDD
Met Cardiff yn Gathlyga Chwareon

FAMILY FUN

A free, fun physical activity session for disabled children aged 5 to 11 years and their families

For further information or to book places:
sportcardiff@cardiffmet.ac.uk
(029) 2020 5286







Saturdays 3pm to 4pm
Dance Studio, Cardiff Met University, CF23 6XD

Barry Town Pan Disability FC

Barry town DFC provide fun, safe, recreational, competitive and structured football opportunities for children and young people with a disability.

We're looking for male and female players around 10 to 14 years, of all abilities.

Tuesday evenings – 6.00pm – 7.00pm

Jenner Park, Barry (on the 3G surface)

- All our coaches and volunteers are DBS checked.

- Three of our coaches hold C license badges in outfield, and one coach has a C license in Goal Keeping.
- We are Insport Club and part of the South Wales Pan Disability League with festivals every month.



To get involved contact:

Neil Latham - 07827 334818

Nwlatham65@gmail.com

I am a Young Carer

Young Carer Youth Club

Wednesday ages 13-18 years

6.30pm – 8.30pm

Friday ages 8-12 years

4.30pm – 6.30pm

At the YMCA Barry.

YMCA

For more information on young carers in your area visit:

www.ymcacardiff.wales or email Bethany.

Riley@ymcacardiff.wales

Facebook: YMCA Cardiff Young Carers

All young people need to be assessed before accessing the club.

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.