

Issue 26  
July 2018



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

**That Dog Has Got a Beard p6**  
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# Here Comes The Sun

**Are you all in a flip flop state of mind as summer has already arrived?!**

**Hello Index Readers and Happy Summer Days.**



I have never been so excited to introduce myself as our summer edition will be delivered to over 600 families in the Vale and 400 families in Cardiff. Almost 1,000 professionals are signed up to The Index mailing list, which means that The Index can help them to better coordinate their services and put further provisions in place for you. So, I am greeting nearly 2,000 readers and am very pleased to announce myself as your new Index Officer.

Lovely Julia Sky has been seconded to another role in the Vale and I have been fulfilling her responsibilities to continue developing The Index for family centred information across Cardiff and the Vale. Since I have come to the post I have been busy promoting The Index, I have even had the pleasure of meeting some of you when visiting schools and parent groups.

My pledge is to link with new families and professionals and be ready to provide information on services, events and support for our existing subscribers.

The Index sits within your local Family Information Service so if you know of any events that you think we should attend or promote, please get in touch.

Furthermore, if you also know of any families who would benefit from signing up to The Index, do let them know and they can register via our online registration form or by contacting us directly.

I hope this summer will bring you and your family loads of laughter and do not forget to wear your sunscreen...

Happy Reading!

**Didem Ozertok-Evans**

Index Officer



## 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, and visit our social media pages:

### Vale Family Information Services

**01446 704704**

**[www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis)**

  **@ValeFIS**

### Cardiff Family Information Services

**029 2035 1700**

**[www.cardiff-fis.info](http://www.cardiff-fis.info)**

  **@CardiffFIS**

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



# What's On:

## Mondays

**Free Creative School Holiday Club by Vision 21** (see page 8)  
Weekdays, 9.30am – 3pm from Wednesday 25 July – Friday 31 August

## Tuesdays

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Weekdays, 9.30am – 3pm from Wednesday 25 July – Friday 31 August

**Vale Families First Holiday Club** (see page 8)  
Tuesday – Friday, 10am – 3pm from Tuesday 31 July – Friday 24 August

**KeyCreate Inclusive Stay and Play Group** (see page 14)  
Tuesdays, 10am – 12pm

## Wednesdays

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Tuesday – Friday, 10am – 3pm from Tuesday 31 July – Friday 24 August

**Vale Inclusive Youth Provision – Teenscheme** (see page 9)  
Thursdays and Fridays, 10am – 3pm from Thursday 26 July – Friday 31 August

## Fridays

**Free Creative School Holiday Club by Vision 21** (see page 8)  
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**Vale Inclusive Youth Provision – Teenscheme** (see page 9)  
Thursdays and Fridays, 10am – 3pm from Thursday 26 July – Friday 31 August

## Saturdays

**Oshi's World - Let's Play Sessions** (see page 12)  
Every Saturday, 10am – 1pm

## Sundays

**Swimming at Eastern Leisure Centre** (see page 10)  
Sundays 15 and 22 July, 2pm – 3pm

**Pictures In Motion** (see page 11)  
Sunday 15 July, 1.30pm - 3.30pm

## Events

**Carers Drop In Session** (see page 13)  
Tuesday 17 July, 9.30am – 11.30am

**National Play Day** (see page 7)  
Wednesday 1 August, 3pm – 7pm

**Picnic and Play at Central Park** (see page 7)  
Friday 10 August, 11am – 3pm

**Oshi's World Annual Family BBQ** (see page 12)  
Saturday 18 August, 12pm

**Insport Series** (see page 10)  
Friday 7 and Saturday 8 September, 10am – 4pm



# Barnardo's Cygnet Programme in the Vale of Glamorgan

## What is Cygnet?

This programme is designed for parents and carers of children and young people aged 5 – 18 years. The programme is designed to:

- Increase parents understanding of autistic spectrum conditions
- Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour
- Guide parents through practical strategies they can use with children
- Direct parents to relevant ASC resources



- Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

## Next Barnardo's Cygnet Programme:

Integrated Autism Service, Avon House, Stanwell Road, Penarth

**Every Friday from 7 September - Friday 19 October, 10am - 12.30pm**

**Contact Barnardo's Cymru: 02920577074**

# National Autistic Society Cymru

**National Autistic Society Cymru is the leading charity in Wales for people on the autism spectrum and their families. With the help of our members, supporters and volunteers we provide information, support and pioneering service, and campaign for a better world for autistic people**

National Autistic Society Cymru has a dedicated section on their website that contains ideas for holidays and days out at autism-friendly venues plus tips for taking a child on the autism spectrum to different leisure venues. You can access this page through the following link <http://www.autism.org.uk/about/family-life/holidays-trips.aspx>.

Planning a holiday can be exciting and stressful for those travelling with someone who is on the autism spectrum, as there are additional things to consider.

In order to find out about choosing where

to go, deciding how to get there, preparing for the trip and some practical considerations visit: <http://www.autism.org.uk/about/family-life/holidays/trips/preparation.aspx>.



The National Autistic Society Autism Services Directory, although not a recommendation, lists holiday venues in the UK and abroad, which have stated that they are suitable for people with Autism.

Enjoy your summer holidays!

**For information on local groups across Cardiff and the Vale visit [www.cardiffandvaleautism.org.uk](http://www.cardiffandvaleautism.org.uk)**





# Short Breaks at Derwen!

**Short break holidays offer both existing and prospective students the opportunity to enjoy a break at Derwen. Guests can take part in a range of activities and trips, as well as making use of the campus facilities. Holidays can be a great opportunity to relax with friends, meet new people and explore local attractions.**

## **Accommodation and support**

Guests will have their own room with en-suite facilities. They will have full use of a communal kitchen and lounge with TV and WiFi. Meals are bespoke to the individual's preferences and needs. There is a bright, modern residence with experienced care staff on hand to provide support when required and ensure that all guests get the most out of their break. Derwen College has a 'Good' CQC rating, which reflects the high standards of care and good practice offered.

## **Activities**

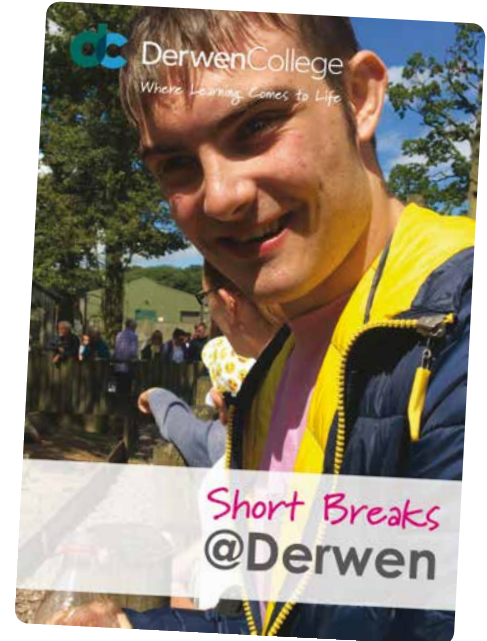
There are a range of activities on offer depending on guest's preferences and the weather.

Daily activities may include:

- Swimming, basketball, use of the gym and football.

- Day trips to the beach, theme parks and local attractions.
- Shopping, cooking, bowling and cinema.
- Relaxation, games and socializing.

**Short breaks are available year round (closed two weeks at Christmas) from August 2018.**



**Costs on application.**

**For further information contact:  
VonBailey-Bolton  
von.bailey-bolton@derwen.ac.uk  
01691 661234**

## Family Fund

**Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided 88,119 grants or services, worth over £33 million to families across the UK.**



Our grants range from sensory toys, clothing vouchers and essential items like washing machines or bedroom furniture through to family breaks and larger items like outdoor

play equipment, games consoles, computers and tablets.



We would love to see more applications to Family Fund; we have recently changed our offering in Wales and want to make sure you are aware of both the changes and the continued support which we are still able to provide for Welsh families.

**For further information contact:  
[www.familyfund.org.uk](http://www.familyfund.org.uk)  
01904 571050 / 07393 147718**

# That Dog Has Got a Beard

**Hello, my name is Natalie Beattie and I recently self-published a children's book entitled 'That Dog Has Got a Beard!' The book is about my actual dog Buster who really does have a beard and explores the consequences of being different.**



The story is also loosely based upon my experiences of raising my son Ethan who has Autism & ADHD. The simple message to the story is that it's ok to be different because that's what makes you special and unique.

I wrote the book initially because every time we took Buster out for a walk people would stop and say 'has that dog got a beard?' I then linked this sentence to my son's autism as people have stopped and stared at him or made unpleasant comments. I then decided to show people through the eyes of a dog and his loving family, that being different is a good thing - it is to be accepted, and something to be proud of.

We initially bought Buster to help with Ethan's autism, but Ethan has a limited relationship with him and sometimes frightens Buster. Buster seems to accept this and will avoid Ethan if need be... but I have found them cuddled up together occasionally!

I am closest to Buster, but the whole family love him - even Ethan in his own unique way. Buster is one of the family, he even thinks that he's human sometimes. He is one in a million.

The book has a very powerful and important meaning, to promote awareness and acceptance of people with disabilities. We have featured on ITV Wales, Daily Mail newspaper and local newspapers including the South Wales Echo!

**The book is available online and by visiting the Facebook page.**

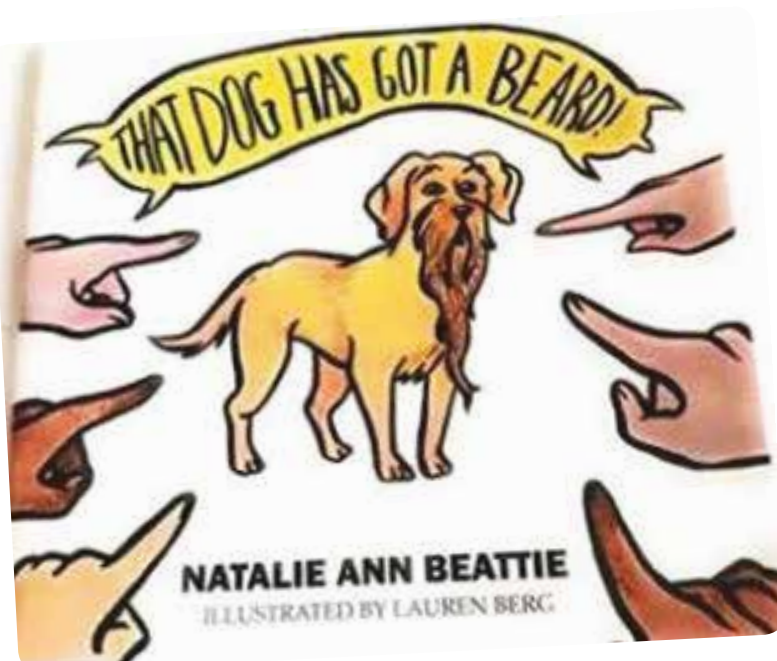
Thanks,

Natalie Beattie.

**For more information please feel free to check out Buster's Facebook page as well as our online shop:**

**[www.thatdoghasgotabeard.com](http://www.thatdoghasgotabeard.com)**

**[@thatdoghasgotabeard](https://www.facebook.com/thatdoghasgotabeard)**



# Your Right To Play

## Know Your Rights!

All children and young people have rights. These rights are the things that children need to be safe, healthy and happy. The United Nations has a list of all the rights that children have. This list is called the UN Convention on the Rights of the Child, or UNCRC for short.

To find out more visit  
[www.childrensrights.wales](http://www.childrensrights.wales)  
@uncrc\_wales

To find out more about  
the work of the Children's  
Commissioner for Wales go  
to: [www.childcomwales.org.uk](http://www.childcomwales.org.uk)



**Article 12: Your right to say what you think should happen and be listened to**

**Article 13: Your right to have information**

**Article 15: Your right to meet with friends and join groups and clubs**



**Article 23: Your right to special care and support if you are disabled so that you can lead a full and independent life.**

**Article 29: Your right to become the best that you can be**

**Article 31: Your right to relax and play.**

## National Play Day

To celebrate 31 years of Playday this year's theme is children's right to play.

Article 31 of the United Nations Convention on the Rights of the Child (UNCRC) says that every child has the right to play.

**Wednesday 1 August 2018, 3pm – 7pm Romilly Park, Barry**



## Picnic and Play in Central Park

**Vale Family Information Service is running another Free, Fully Inclusive, Family Fun Day!**

Friday 10 August, 11am – 3pm  
Central Park and King's Square,  
Barry, CF63 4RW



The event will be an opportunity for families across Cardiff and the Vale to take part in a range of fun and exciting outdoor activities including sports, play and craft activities!



**For more information contact Vale Family Information Service on 01446 704704**



# SUMMER FUN

Summer

## Vale Families First Holiday Club

### Playscheme for 4 – 11 years living in the Vale

Tuesdays – Fridays, 10am – 3pm\* from Tuesday 31 July – Friday 24 August

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.

\*Please note: 10am – 3pm session will run subject to CIW Registration, if registration is delayed, sessions will run 10.05am – 12pm\*

- 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](mailto:playdevelopment@valeofglamorgan.gov.uk)**

## Free Creative Choices School Holiday Club

### Vision 21 are delivering free School Holiday Club for kids aged 14-18 years with a learning need.

Take advantage of the FREE workshops and sign up today!

Funded by Children in Need, the school holiday club focuses on creative activities, interacting and building social skills. The sessions are led by professional artists focusing on different creative art subjects.

Activities include:

- Paper Craft
- Ceramics
- Drama
- Sculpting



- Printmaking
- Painting
- Music
- Drawing
- Photography



When: Monday – Friday, 9.30am – 3pm (25 July – 31 August)

Where: Various (Cardiff)

Who: 14-18 year olds with a learning difficulty

*Workshops are free – although this excludes transport, food and 1:1 support costs.*

**For more information, activities for the holiday period or to sign up please contact Kylie Fuller: 029 2062 1194 / [kylie.fuller@v21.org.uk](mailto:kylie.fuller@v21.org.uk)**





# MOVING ON WELL HAS BEGUN

## er Play

### Inclusive Youth Provision – Teenscheme

**It was great to see both familiar and new faces at Teenscheme in May. It would be even better to see more young people attending the Summer Teenscheme! We look forward to meeting you!**

Get in touch with Vale People First to get your copy of the “All About Me” book – to fill out and send back before you attend!

We have a nurse and Personal Assistant on site for the duration of the Teenscheme.

We have lots of activities planned for the Summer Teenscheme including Sports, V-Pod, Games Consoles, Pool, Games, Sensory Room, Arts and Crafts, Sing and Sign Alongs, Disco, Bingo, Guests and so much more!!



Teenscheme will be based at Byrd Crescent Community Centre throughout the summer.

Byrd Crescent Community Centre,  
Byrd Crescent, Penarth, CF64 3QU

Thursday 26, Friday 27 July, then Every Thursday and Friday in August 2018, 10.00 am - 3.00pm

You will need to provide lunch and refreshments for the day.

*There is a suggested donation of £5.00 per young person per day - this money goes towards the “extras” that the young people tell us they would like to see at Teenscheme.*

We look forward to welcoming new members!

**If you would like any further information please contact us on: 01446 732926 / [movingonwell@gmail.com](mailto:movingonwell@gmail.com)**

**Vale People First**  
‘Getting out, Getting on’



# SUMMER FUN

Summer

## Swimming at Eastern Leisure Centre

**Eastern Leisure Centre has been trialling sessions of swimming for children with additional needs and their families throughout July.**

These will be closed to the general public, have additional pool staff in the pool to help with hints and tips to getting your child more water confident: no music, low lighting, children can wear ear defenders, snorkel masks and bring their own floats if they want ... but no whistles please!

Children can sit on the side, splashing their toes

in without pressure to get in and parents can chat and swim too!

**When:** Sunday 15 July and Sunday 22 July, 2.00pm – 3.00pm

**Where:** Llanrumney Avenue, Llanrumney, Cardiff, CF3 4DN

**Junior Swim £2.15**

**Adult Swim £4.40**



## Insport Series is back!

**Insport Series event is heading back to Cardiff Friday 7 and Saturday 8 September 2018, 10am – 4pm NIAC, Cardiff Met University, Cyncoed Campus, Cyncoed, CF23 6XD**

Whether you have attended previously or not, we would love you to join us this year and celebrate 15 years of this event.

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.

You can come to the event at any time between 10am and 4pm and participants can try as



many sports as they wish.

The event will cater for all ability levels and all levels of impairment and entry is free. Parking is free for blue badge holders or up to £1 if you do not have a badge.

You are welcome to attend on either day, but we would recommend you come on the Saturday if possible as the Friday is very busy with school groups in attendance.

**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**





# N HAS BEGUN

## r Sports

### Motion Control Dance presents Pictures in Motion

**Motion Control Dance Studio is a hive of activity! Our three Local Motion disability dance classes along with all our other classes are working towards creating a dance piece to perform at our annual Summer show.**



Sunday 15 July 1.30pm – 3.30pm  
Memo Arts Centre, Gladstone Road, Barry,  
CF62 8NA

The theme this year is Pictures in Motion. You

will see a collection of pieces that have drawn inspiration from film's over the years, film soundtracks and film themes.



**For more information about our disability dance classes contact Sam:**  
[sam@motioncontroldance.com](mailto:sam@motioncontroldance.com)

**To purchase tickets email**  
[info@motioncontroldance.com](mailto:info@motioncontroldance.com) / 07725038778

Local Motion Kids Dance Class is funded by Community Foundation in Wales, Comic Relief Scheme

## Festival Fun

**Jenner Park Primary and Palmerston Primary Schools took part in Badminton Wales Shuttle Time Festival that took place in Penarth Leisure Centre.**



The Shuttle Time Festival was an inclusive festival that improves disabled and non-disabled children's badminton skills, a range of adaptive equipment was used throughout the morning that helped every pupil take part.

The festival was organised by Badminton Wales and the Vale of Glamorgan Sport Development Department. Simon Jones, Disability Sport Wales Development Officer quoted "The festival was brilliant as pupils of all different abilities had the chance to play against each other, the equipment on offer made it possible for every child to take part."

The Vale of Glamorgan is very lucky to have Penarth



and District Badminton Club and Barry Junior Badminton Club who are both Insport accredited clubs, if you are interested in taking part in badminton, please get in touch.



**For more information please contact**



**Simon Jones, Disability Sport Wales Development Officer on 01446 704728 or**  
[sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)

**Penarth and District Badminton Club**  
**Fridays 7pm-8pm**  
**Penarth Leisure Centre**  
**Ley Woolley – 02920 701098 /**  
[Leywoolley@hotmail.com](mailto:Leywoolley@hotmail.com)

**Barry Junior Badminton Club**  
**Wednesday 7pm-8pm**  
**Barry Leisure Centre**  
**07858 951522**  
[barryjuniorbc@gmail.com](mailto:barryjuniorbc@gmail.com)

# Oshi's World Summer Saturdays

**We at Oshi's World provide free play activities every Saturday for children with disabilities, and their families. Inspired by my son, Oshan, we are a family run registered charity with the aim of creating fun, sensory and inclusive play and social opportunities for our children.**

To give you an idea of what to expect... the main hall is where we provide free teas, coffees and cakes. Here you will find the story corner, arts and crafts, messy play and its where we run our more upbeat sessions such as motion dance, jingle jangle jo and disability sports. Then we have our gorgeous relaxing sensory den for quiet time or time out. The sensory den is a fab room for our haircuts, massage, sound therapy and relax kids sessions to take place.

You welcome to come along at any time during the morning. You may join the session or just enjoy a cuppa and the friendly atmosphere.

Each week we run a different service so follow us on Facebook or via our website to keep up to date. Our sessions are very popular and at times we ask that families reserve a space for specific activities such as haircuts or massage. Please do not hesitate to get in touch if you have any questions. Our venue is wheelchair

accessible with a fully equipped changing space.

We also have an exciting event coming up, our annual family BBQ at Cosmeston Lakes on 18th August at 12pm. This is a chance for families to get together and enjoy the summer in a beautiful, safe and inclusive space. Last year was great fun and we cannot wait to hold another.

We look forward to meeting you!!

Love, Anna (Oshi's mum and Volunteer) Xxx



## Oshi's World Saturday Sessions

Every Saturday, 10am – 1pm  
Byrd Crescent Community Centre, Byrd Crescent, Penarth

## Oshi's World Annual Family BBQ

Saturday 18 August, 12pm  
Cosmeston Lakes, Penarth, CF64 5UY

A family event for you all to enjoy, we would love to see you there!

Rain or shine we'll have gazebos for shade or shelter.

Come and join us by the park where the kids can play.

Adults £2 Children FREE

**Please contact Oshi's World to book place**

**Oshi's World**

[www.oshisworld.org](http://www.oshisworld.org)

[anna@oshisworld.org](mailto:anna@oshisworld.org)



@oshis\_world



Oshis World



# Carers Drop In Clinic

**Free information and support for carers of children / young people and young carers in the Vale.**

- Carers Assessments
- Carers Support
- Family Information Service
- The Index



**For more information please contact:**  
**01446 704704 /**  
**fis@valeofglamorgan.gov.uk**



Tuesday 17 July 2018, 10am – 11.30am  
Palmerston Adult Learning Centre, Cadoc  
Crescent, Barry, CF63 2NT



## Young Carers in Schools

**A young carer is someone aged under 18 who provides care on an unpaid basis for another person – this could be a relative or somebody else! They may provide practical or physical care, help with personal care, and help with domestic tasks and/or emotional support.**



support schools to implement the programme to understand, inform, identify, and listen and support young carers.



There are an estimated 700,000 young carers in the UK and a recent survey in the Vale of Glamorgan indicated that 1 in 12 (8%) of pupils in primary or secondary school could be young carers.

There are exciting opportunities for secondary schools across Cardiff and the Vale of Glamorgan to take part in the Young Carers in Schools Programme (YCiSP) delivered by Carers Trust South East Wales.

The YCiSP has been commissioned by Cardiff and Vale University Health Board and Cardiff and Vale Councils to



Barry Comprehensive has been presented with the award for achieving the 'Basics' of the YCiSP, the first in Wales. This achievement reflects the work Barry Comprehensive is doing to identify and support young carers in their school. Staff and students receive information on what a young carer is and the signs that someone may be a young carer. With this programme they will be able to identify young carers earlier and have a greater understanding of the needs of young carers.

**More information about the Young Carers In Schools award can be found at: <https://carers.org/young-carers-schools-wales> and an interactive map showing support for young carers in schools can be seen at <https://carers.org/content/young-carers-schools-map>**

# Relax Kids

**Creating calm, confident and resilient children and young people.**

Emotion well-being is the foundation for success in every aspect of our lives, and positive mental health can help us deal with the challenges that an ever-changing modern life brings.

In our sessions we use a variety of techniques including games, stretching/yoga, massage, breathing techniques, affirmations and relaxation to help learn about our emotions and how to regulate them.



relax Kids

**Magical Adventures for children aged 5 – 11 years**

Thursdays in August, 6pm – 7.20pm

**Chill Skills – Fun Life Skills classes for 11 years+**

Thursdays in August, 7.30pm – 8.45pm

Wellbeing Centre Penarth, Harriet Street, Penarth, Vale of Glamorgan, CF64 4BU



**For more information contact Kathryn Donovan, Relax Kids:**  
07903 716 325 /  
info@wellbeingsouthwales.co.uk  
www.wellbeingsouthwales.co.uk

## KeyCreate

**For Children with Additional Needs, Disabilities & Life-Limiting Conditions.**

Come along for a chat, a cuppa, a music/story session, play and sensory exploration.

Run by Specialists in Play, Education Disability and creative Arts.

**Tuesdays, 10am – 12pm**

Byrd Crescent Community Centre, Penarth, CF64 3QU  
07772 143 068

**Wednesdays, 12.45pm – 2.45pm**

Ocean Arts, Cardiff, CF24 5JX  
029 2132 0030



www.keycreatewales.co.uk  
dave@keycreatewales.co.uk  
07810 018 165

 KeyCreate Wales





# East Vale Community Transport

**East Vale Community Transport is a charity that has provided dedicated and personalised transport services to the communities around Penarth and Barry since 1986, making sure people are not disadvantaged because of lack of suitable transport. We operate two specially adapted minibuses driven by volunteer drivers. The minibuses seat twelve passengers plus the driver and are wheelchair-friendly.**

The minibuses are available for organisations, informal groups or individuals, who constitute the membership of EVCT, to use for their community transport needs. Membership is open to all within the East Vale of Glamorgan. The overarching aim of the organisation is to make transport accessible to all so that everyone can participate fully in community

life. In 2017 the minibuses made over 220 round trips, taking members on shopping trips, to meetings, school sport tournaments, lunch outings and a range of other events, including viewing the Christmas Lights (where we had special permission to drive through the pedestrianised areas)!

*There is a small annual fee to become a member and thereafter clients are charged based on mileage travelled from door to door. Charges cover operating costs such as insurance and maintenance as well as contributing a small amount towards funding replacement vehicles.*

**Find us on [www.evct.org.uk](http://www.evct.org.uk) or contact our Co-ordinator, Sharon Jesson, on 02920 705 138, or by email at [enquiries@evct.org.uk](mailto:enquiries@evct.org.uk)**



# Headroom

## What is Psychosis?

Psychosis is a mental health problem which mainly develops in adolescence. Young people experiencing psychosis typically hear voices, hold unusual beliefs and experience disordered thoughts. These experiences can be very distressing and overwhelming and can stop people doing things that they need to or want to do. There is strong evidence that early intervention in psychosis leads to better outcomes for young people.



## Headroom

Headroom is a youth psychosis service working with 14–25 year olds across Cardiff and the Vale who are experiencing a first episode of psychosis (FEP). Headroom provides cognitive behavioural therapy for psychosis, family intervention, support with education, employment, physical health and wellbeing, and a carer's support group.



## Barnardo's Support

We have two Barnardo's Support Workers who provide a 12 week, person-centred intervention. Barnardo's support focuses on setting goals, increasing social, physical and leisure activity, engaging in the community, and accessing education, employment or training. Barnardo's also run social groups for the young people they work with.



## Referral

Headroom only takes referrals from the Child and Adolescent Mental Health Service (CAMHS) for young people under the age of 18, or a Community Mental Health Team (CMHT) for young people over the age of 18. If you are concerned about a young person, please encourage them to see their GP who can make a referral.



### 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.