



Issue 16  
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2016



The newsletter for children and young people with special and particular needs in the Vale of Glamorgan



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# Happy New Year!

**Welcome to 2016 and the 16th edition of 'The Index'. My name is Julia and I am the new Disability Index Administrator.**

Some of you may know me from my previous work with children and young people with additional needs in the Vale. I have three years experience working within the Play Development Team, I have supported the Adventure Rangers group since July 2014, and last term I began my supply LSA role in Ysgol Y Deri!

My new role as Disability Index Administrator allows me to pull all of this experience together in order to help inform you about the services and activities that are available for children and young people with additional needs in the Vale of Glamorgan.

We are starting 2016 with a total of 380 children and young people currently registered on the Disability Index, a number which we hope continues to grow throughout the coming year.

Since coming into post in November, I have been working through your annual reviews to ensure that the information we hold on all children and young people on the Index is up to date. If we have been unable to contact you, on several occasions, either through post, by email or over the phone, then unfortunately, we will have no alternative but to delete details we hold on the Disability Index. If you wish to remain on the Index Register please get in touch to update details as soon as possible.

Myself and Vicky Thomas (Outreach and Information Officer) were invited to attend Ysgol Y Deri's Parents Evening last term, where we were able to inform parents about the services and opportunities which are available within the Vale of Glamorgan. You can read the update on Ysgol Y Deri's progress over the last year on page 12.

I have also been redesigning the information



leaflet which we use to promote the Disability Index and also our information leaflet on Transition. I paid another visit to Ysgol Y Deri in order to take some photos for our new Transition leaflet which should be ready in time for Beechwood College's Transition Event next month (see page 3 for more information).

If you have not already been contacted to register your email address on the Index Register, please make 2016 the year to do so! Providing your email address means that as well as receiving the quarterly newsletter, you will receive our e-bulletins and up to date mail-outs tailored to your interests and needs, from training courses and support groups to leisure activities and one-off events. Registering your email address will enable you to keep up to date with what's happening in your area throughout 2016!

I hope you enjoy reading my first Index Newsletter and welcome any feedback and suggestions you may have for future editions.

I wish you all a Happy New Year and look forward to seeing what 2016 has in store!

**Julia Sky**  
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**disabilityindex**

# What's On:



- **Adventure Rangers for 4 – 11 years (page 11)**  
Mondays in term time at Ty Robin Goch, CF63 1QB, 4.00pm – 5.15pm
- **Race-running Dragons (page 8)**  
Fridays in term time at House of Sport, CF11 8AW, 5.00pm – 7.00pm
- **Red Dragons Netball (page 7)**  
Sundays between 2.30pm and 5.45pm depending on age
- **LS Haven Air Target Club (page 7)**  
Sundays 6.30pm – 8.30pm
- **Beechwood College Transition Event (page 3)**  
Thursday 11 February at The Copthorne Hotel, CF5 6DH
- **Teenscheme for 12 – 19 years (page 4)**  
Monday 15 & Tuesday 16 February 2016 at Cadoxton Moors Community Hall, CF63 2NX
- **Playscheme for 4 – 11 years (page 5)**  
Tuesday 16, Wednesday 17 and Thursday 18 February 2016 at Ysgol Y Deri, CF64 2TP
- **ADHD Awareness Event (page 4)**  
Wednesday 24 February
- **Disabled Living Event Kidz to Adulz Wales**  
Free event for families on Thursday 7 July 2016 House of Sport, Cardiff, CF11 8AZ 9.30am - 4.30pm [www.disabledliving.co.uk/kidz/wales](http://www.disabledliving.co.uk/kidz/wales) (more details in next issue)

## Event - Transition from School to Adulthood

*Helping you make the right step into adulthood*

**This is a free event organised by Beechwood College, but led by a panel of independent speakers, who will provide impartial advice on the wide range of opportunities for young people with Special Educational Needs as they transition from school into adulthood.**

Parents will receive advice on:

- The range of post-16 education and employment options available to young people with autism and/or a learning disability
- The rights of young people with SEN and how parents can access funding applications and legal advice
- Practical tips for smooth transition
- Opportunities to meet local organisations which will be exhibiting on the day, to make links and gain further information
- Refreshments will be provided and the event is free of charge

All parents are welcome:

**Thursday 11 February 2016 at The Copthorne Hotel, Cardiff**



**Workshop A: Arrive at 8.45am for a 9.00am start  
Sessions will finish at approximately 11.00am**

**Workshop B: Arrive at 11.45am for a 12.00pm start  
Sessions will finish at approximately 2.00pm**

To book a place please contact Bethan Leaver on 029 2053 2210 or at [Bethan.leaver@beechwoodcollege.co.uk](mailto:Bethan.leaver@beechwoodcollege.co.uk) Please state how many spaces you would like to reserve and for which workshop.

For more information about Beechwood College visit [www.beechwoodcollege.co.uk](http://www.beechwoodcollege.co.uk)



# FEBRUARY HALF TERM SCHEMES

## Teen Scheme

All Youth Matters will be running Disability Teen Scheme for 2 days over the February Half Term:

When:  
**Monday 15 and Tuesday 16 February 2016**

Time:  
**10.00am – 3.00pm (a packed lunch and drinks need to be provided)**

Where:  
**Cadoxton Moors Community Hall, Rear Edmund Place, Off Cardiff Rd, Barry, CF63 2NX**

Disability Teen Scheme is an activity based youth provision for young people to access between the ages of 11 and 18 years.



Activities at Teen Scheme will include: arts and crafts workshops, games consoles and games, music, dancing and much more!

Access to the Disability Teen Scheme is by **referral only, and on a first come, first served basis**. To request a referral pack, please contact All Youth Matters on 01446 677 337 or at [info@allyouthmatters.org.uk](mailto:info@allyouthmatters.org.uk)



## Affected by ADHD?



Are you...?:

- A parent/carer of an individual with ADHD
- A parent/carer of an individual awaiting diagnosis of ADHD
- A professional working with individuals with ADHD.

Cardiff and Vale Parents' Federation will be running an ADHD information event on Wednesday 24 February 2016. The event will aim to improve awareness and

understanding of ADHD with presentations from professionals and people with personal experiences of ADHD.

Cardiff and the Vale's Parents' Federation are welcoming any parents who would like to share their experiences of ADHD at this event to get in touch. You can book your place or share your experiences by contacting: 029 2056 5917 [admin@parentsfed.org](mailto:admin@parentsfed.org)

# Playscheme:

Ages:

**4 – 11 years**

Where:

**Ysgol Y Deri, Sully Road, Penarth,  
Vale of Glamorgan, CF64 2TP**

When:

**Tuesday 16, Wednesday 17 and  
Thursday 18 February 2016**

Time:

**10.05am – 12.00pm & 1.05pm – 3.00pm**

There will be a £5 charge for children who stay on site for lunch. However, lunch is not provided so please ensure your child brings a packed lunch!

As a result of the successful partnerships between The Play Development Team and Ysgol Y Deri in 2015, this Playscheme will be held at Ysgol Y Deri.

The Ysgol Y Deri Team and the Play Development Team will work together in order to provide a range of opportunities for children who attend the Playscheme, which will include: sensory play; outdoor play; arts and crafts activities; sports activities and much more!

Playscheme is able to offer 1:1 support, medical support and personal care where required. If your child needs additional support at Playscheme, please speak to a member of the Play Team to discuss these requirements.

If your child has not attended Playscheme before and wishes to attend during February Half Term, please contact the Play Development Team to request a Helpful Book which will need to be completed before attending the scheme.

For more information please contact Joanne Jones, Play Development Officer on 01446 704 809 or [joajones@valeofglamorgan.gov.uk](mailto:joajones@valeofglamorgan.gov.uk)



# SPOTLIGHT ON...

# INSPOORT



## Insport Success in the Vale!

Sports clubs across Wales are being encouraged to sign up to the Federation of Disability Sport Wales' 'Insport' accreditation scheme, to show how committed they are to providing high quality disability sport opportunities.

The scheme shows parents and potential club members that the club achieves a certain standard of quality, and will hopefully lead to greater numbers of disabled people enjoying regular sport in Wales.

So far the in Vale of Glamorgan there are 12 Clubs on the Insport Scheme:

### Ribbon

Red Dragons Netball Club  
Barry Town Disability Football Club (Formerly Vale Reds)  
Barry Beavers  
Windsor Lawn Tennis Club

### Bronze

LS Haven Air Target Club  
Penarth Gymnastics Club  
Penarth Karate Jutsu Kai  
Special Olympics Golf – St Andrews Major  
Boccia Rollers  
Local Motion Dance  
Special Olympic Kayaking

### Silver

Llantwit Major Karate Club

For more information on Disability Sport in the Vale of Glamorgan please contact Simon Jones on 01446 704728 or [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)

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





# Red Dragons Netball Club



**Red Dragons Netball Club in Barry is the first Netball Club in the Vale of Glamorgan to obtain Insport Ribbon. The club have successfully completed the criteria for the Ribbon Level and offer inclusive Netball opportunities. Red Dragons are a netball club set up in Barry to encourage children from Nursery through to Comprehensive to participate in netball.**



Red Dragons Netball Club have a Baby Tots section, Mini Tots section through to Under 10, Under 11, Under 13 and Under 15 and are set in a friendly, fun environment. All coaches are DBS checked and are UKCC qualified.

Disability Sport Wales have designed the Insport programmes so that they support the club to develop inclusive provision, opportunity and practices which will ensure that disabled

people gain access to the level of participation/performance they require. The foundations for the programmes are built on the assumptions that if the principles of inclusion are embedded within everyday practices then everyone in the organisation will benefit.

Red Dragon Juniors train on Sunday Afternoons from September to July:

Mini Tots: 2.30pm – 3.00pm

Under 9s: 3.00pm – 3.45pm

Under 11s: 3.00pm – 4.00pm

Under 13s: 3.45pm – 4.45pm

Under 15s: 4.45pm – 5.45pm

For more information on the club please visit <http://www.reddragonnetball.co.uk/> or contact Melanie Hellerman on 077936 52300 or [carlandmelanie@sky.com](mailto:carlandmelanie@sky.com)

## LS Haven Air Target Club

**LS Haven Air Target Club, who were already a Ribbon Insport club, have progressed onto the Bronze level of Insport, which means that they have improved the inclusiveness of their club.**

The club coaches have been on Disability Inclusion Training to improve their knowledge on Disability Sport and how to adapt activities. The

Club train on Sunday nights 6.30pm – 8.30pm in a family orientated environment.

For more information on where the club train and how suitable the activities are please contact the club secretary on [sec2.lshavenatc@gmail.com](mailto:sec2.lshavenatc@gmail.com) or 07852 216 884.



# Race-running Dragons

**Race-Running Dragons is suitable for anybody who is allowed to take weight, but may find walking or running tiring, fears falls or needs support for walking.**

The club is currently held at House of Sport, off Sloper Road, Clos Parc Morgannwg, Leckwith, Cardiff, CF11 8AW.

Race-Running Dragons takes place on most Fridays during the school term from 5pm – 7pm.

The club currently have 10 Race-Running frames of different sizes, suitable for children and young people over 2 years old.

Currently the club pay a track fee of £2 per session and we will be introducing a membership fee in 2016.

Although there is currently no website for Race-Running Dragons, you can get a flavour for race running by visiting [www.racerunning.org](http://www.racerunning.org)

If you are interested in Race-Running Dragons then please contact Gabriela Todd for more information and to book a place on 07803 770 962 or [gabriela.todd@yahoo.co.uk](mailto:gabriela.todd@yahoo.co.uk).



# Ever fancied Horse Riding?

**St Brides Major Riding and Trekking Centre is a family business located in the beautiful Vale of Glamorgan. We offer horse riding lessons for adults and children as well as post compulsory education groups and children with special educational needs. We are also Welsh Riding and Trekking Association approved.**

We offer a full range of riding activities including riding lessons, pony days, horse riding parties, cross-country ride outs, Saturday club and we also hold relevant courses and training.

The centre caters for adults and children aged four upwards from complete beginners, nervous riders looking to get back in the saddle, or more experienced riders. We have a team of friendly British Horse Society apprentices on hand to help you - whatever your age or riding ability.

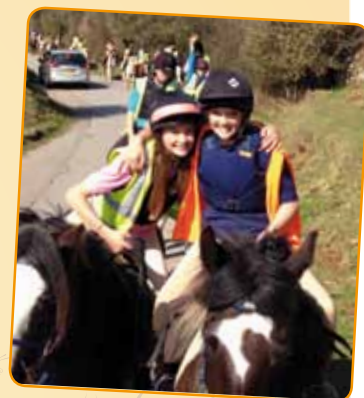
Our horse riding lessons and treks take place throughout the year in all weathers in the beautiful countryside of the Vale of Glamorgan, just a short ride from the start of the Heritage Coast. We house 30 ponies which were chosen with great care for temperament and fortitude.

Our philosophy is to encourage and inspire individuals learning through play and the outdoors. Learning to horse ride in this live

environment allows you to not only become a better rider, but also a more confident one.

For thousands of years the bond between human and animal has proven to be effective in creating an emotional, healing bond. St Brides riding aims to help students not only with their riding but to be calm, thoughtful, respectful and empathetic. Students with special educational needs have been seen to develop their emotional skills in order to communicate with and understand their horse due to the motor, emotional, and sensory sensations that come within all aspects of horse riding.

For more information please contact Sam or Julie on 01656 880 000 or send an email to [info@valeriding.co.uk](mailto:info@valeriding.co.uk) or visit [www.valeriding.co.uk](http://www.valeriding.co.uk)





# Independent Travel Training Scheme:

**The Independent Travel Training Scheme (ITTS) aims to provide young people with the necessary skills and confidence to travel independently to and from school. We hope that this will help young people access further education, work, training and other life opportunities, irrespective of ability.**

Training has had an incredibly positive impact on many young people's lives and Jamie Hughes (Independent Travel Trainer) gives an account of the impact it has made on a particular young person, Scott.

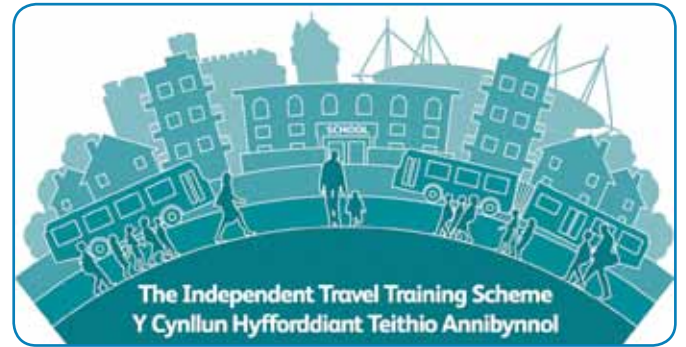
"As part of the Travel Training we work with trainees either one-2-one or in small groups. Early in 2015 I started working with a small group in Barry Library who were receiving out of school tuition. Scott was part of this group and was very anxious and lacking in confidence, a very shy individual, and the thought of travelling alone was very daunting to him.

Over the coming months we worked together in a group and caught the bus to Penarth town centre, using the regular route to build their confidence. We also travelled to Cosmeston Lakes to enjoy the sunshine in the warmer months.

During training, Scott's confidence was beginning to grow. He was happier to lead the way, to stop the bus, and to make decisions for himself. He was also becoming noticeably comfortable talking to the group.

Scott completed the training by travelling independently from Barry to Penarth, meeting me in an agreed location at a set time. The improvements he had made were significant and we were all very proud of Scott's achievements, but now came the biggest challenge. I had completed training with Scott and it was now up to him to make a conscious effort to use what he had learnt and develop his independence on his own.

Due to his anxieties, he had to decide when he was ready to take that leap and apply what he had learnt. One day, Scott decided to do this and asked his mum if he could travel to



Penarth alone, to have a little 'nose' about. Not only did he travel to Penarth alone, he went for coffee and even had his hair cut, of his own accord!

These are massive steps in Scott's development and everyone is very proud that he made the decision

to do these things for himself. Now there is no stopping him and he has been to various locations on his own: Barry, Penarth, Bridgend, Llantwit and we have even looked at Cardiff!

To celebrate his success we recently took a trip to Cardiff City Centre to have a look at the Christmas markets and do some shopping. It was a really proud moment to witness the change in Scott's character, to see how much more confident he had become, and for me to have been a part of that process. As I keep telling him, the world is his oyster and nothing is stopping him seeing it, if he wants to!"

Scott says "Travel training has helped me to go out on my own, on a train or a bus, without worry. It has showed me it is a simple task."

For more information on the Independent Travel Training Scheme please contact Jamie Hughes on 029 2087 2830 / 07896 927 003 or [Jamie.hughes2@cardiff.gov.uk](mailto:Jamie.hughes2@cardiff.gov.uk)



# Unique New Hair Salon Opens in Cardiff for People with Additional Needs



**SP1 Haircare opened in October 2015, exclusively catering for those with additional needs. The whole set up and ethos of the salon is additional needs friendly.**



What makes SP1 Haircare different to other salons?

- All of the equipment used in the salon is low vibration to minimise sensory issues
- The salon has wheelchair access, changing facilities and a disabled toilet
- SP1 has a sensory room for all who use the salon to explore and experience
- The salon offers employment to those with additional needs
- Staff are aware of the sensory issues which may arise when visiting a hair salon and use techniques to prevent these issues arising at SP1
- Staff have knowledge of Makaton

Elizabeth Stewart, owner of SP1 Haircare, shares her story:

“I am a 52 year old divorced Mother to six children. My fifth child, Delroy, has Downs

Syndrome. Delroy left college in June 2015. Although we tried to secure employment for him prior to him leaving further education, it proved to be unsuccessful. I feel society doesn't offer the equivalent opportunities to people who have additional needs as it does to the mainstream unemployed. I felt my son and other young people in his situation were being denied the right to employment.

With this in mind, I decided to open 'Sp1' Haircare. We have a customer base of people who have additional needs. We have trained mainstream staff in addition to our staff that have additional needs. We encourage our customers to visit our salon before an appointment, to familiarise themselves with it.

The use of our sensory room has proven to be very beneficial to lots of our customers. We have disabled toilets along with a changing area. The decor is very calming and together with the classical background music, has proved to be a relaxing environment.”

SP1 Haircare can be found at 105 Heol Llanishen Fach, Rhiwbina, Cardiff, CF14 6RE

For more information please contact the salon on 029 2062 4038, email [info@sp1haircare.co.uk](mailto:info@sp1haircare.co.uk) or visit the website at [www.sp1haircare.co.uk](http://www.sp1haircare.co.uk)



# Adventure Rangers

Throughout 2015, Adventure Rangers has continued to grow with new faces welcomed every week.

## Who is it for?

Adventure Rangers is specifically for children in the Vale of Glamorgan ages 4 to 11 years with additional needs and their families.

## What do we offer?

- Support and advice for families from professionals and other parent/carers
- A range of play opportunities for families to take part in each week
- A friendly and fun place to meet new people and make new friends

## When do we run?

Adventure Rangers runs every Monday during term time from 4.00pm – 5.15pm.

## Where can you find us?

The group is held at Ty Robin Goch, Robins Lane, Barry, CF63 1QB.

For more information about Adventure Rangers please don't hesitate to get in touch with Candice Ringer on 01446 709 269 or [cringer@valeofglamorgan.gov.uk](mailto:cringer@valeofglamorgan.gov.uk)



## Regional Para-Swimming Academy Coach Selected for Invictus Games Role



**South Wales Titans Para-Swimming Academy Head Coach, Emily Griffiths, has been selected as Assistant Coach for the GB Invictus Games Swimming Team for 2016.**

The Invictus Games inaugural event was held in 2014 with the 2015 Games being held at Queen Elizabeth Olympic Park, London. The 2016 event will be hosted by Orlando, Florida.

The Games are specifically for injured armed forces personnel and have seen a number of athletes progress onto international Para-Sport competition.

Emily's role will be to assist the Head Coach in the preparation and training of the athletes leading into the Games. Emily said "this is an amazing honour and a great opportunity to work with athletes at such a high level. Both my parents, my aunt and 3 of my uncles have served in the armed forces, so this is extra special to me".

As well as being Head Coach of the Titans, Emily has also been heavily involved with British Para-Swimming on their low classification camps and is part of the Swim Wales Para-Swimming coaching team. In her role with the Titans, Emily has brought through a number of low classification swimmers (S1-S5 classifications) who have gone on to compete at Nationals level and are part of Swim Wales Para-Swimming Skills squad programme. She also coached Wales Commonwealth Games Swimmer, Ryan West during his development period whilst she worked at Gloucester City Swimming Club.

Swim Wales would like to offer Emily our congratulations.

**For more information please visit:  
[www.welshparaswimming.co.uk](http://www.welshparaswimming.co.uk)**

# YSGOL Y DERI – A YEAR ON



**Marie-Claire Watt and Stuart Masterton continue to keep us up to date with news from Ysgol Y Deri.**



Ysgol Y Deri celebrated its one-year anniversary on 10 November 2015. Since opening its doors to pupils in 2014 Ysgol Y Deri has had an extremely busy year.

Here are some of the highlights from the school's first year:

In January 2015 a large group of pupils went skiing to Bramans in France. The trip was a resounding success with all of the pupils learning to ski by the end of the week.

On the 27 February, our Construction Ambassadors (Tudor, Sam, Harry, Ewan, Lewis and Maliha) were invited to the Houses of Parliament to be presented with a very prestigious award by the speaker of the House of Commons the Rt Hon John Bercow MP. Everyone who attended had a brilliant day and our ambassadors made us all very proud - well done to all involved.

During the Easter holidays, we held our first fun day in partnership with the Vale of Glamorgan Council.

We joined forces with the Council's Sports and Play Development and the Family Information Service to provide a day of sport and play activities for children with additional needs and their families, including a visit from The Nearly Wild Show!

In the summer term Welsh professional boxer Lee Selby, the current IBF Featherweight champion, visited school to meet lots of very excited pupils. We'd like to say a big thank you to Lee for giving up his time to come and meet our pupils.

Pupils at Ysgol Y Deri have also enjoyed a range of other experiences throughout the year including: white water rafting; surfing at Rest Bay; residential trips to Devon and Tenby; raising school funds through the Taff Trail challenge; Summer Balls; Christmas Concerts and so much more!

The school runs Youth Club in partnership with the Vale youth service at Ysgol Y Deri on Mondays and Wednesdays from 3pm – 5pm for pupils ages 12-19years. Our Primary After School Club runs on Thursdays 3pm-5pm.

For more information please contact Stuart or Marie-Claire on: [smasterton@yyd.org.uk](mailto:smasterton@yyd.org.uk) or [mclariewatt@yyd.org.uk](mailto:mclariewatt@yyd.org.uk)



## Disclaimer

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