

Issue 4
January 2013

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newsletter

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 2013 and the 4th edition of 'The index'
I hope that you all had a nice Christmas break and a good New Year.

Since the last edition of the Index, we have received many more referrals and have been busy updating our database. However if you know someone who would benefit from being added to the Index register please contact the Index Team.

I have been co-running the Adventures Rangers group with a colleague on Monday evenings at 4pm at Ty Robin and would encourage families to attend to have some fun and play. I am there to offer any support and advice to families should they need it.

We will continue to promote 'The Index' into the New Year and 2013 with the aim of raising the profile and getting more families signed up and gaining from the support opportunities available.

If you think anyone deserves a mention in the next Newsletter please contact myself or Rhian Phillips (Administrator) and we will ensure that this is included.

Please check out the Vale website for information regarding the 'The Disability Index' and a copy of the most recent Newsletter:

www.valeofglamorgan.gov.uk/disabilityindex

Please scan the QR code on the right to take you directly to the webpage!

Enjoy reading!!

Becky Keedwell-Jones

Social Care Officer/Index Coordinator
Tel: 01446 725364

Rhian Phillips

Index Administrator Tel: 01446 704736
disabilityindex@valeofglamorgan.gov.uk



Rhian Phillips and Becky Keedwell-Jones



New website pages for families who have children with additional needs

The Family Information Service has developed a number of web pages full of information to support families who have children with additional needs. The website is an information hub for families and will point you in the right direction. Information includes:

- Council services, such as Pupil Support, the Child Health and Disability Team, Sport and Play Development
- The Disability Index
- Early Support for Families
- A Family Support Directory of local services, including contact details and referral criteria
- Links to other websites and directories, such as the Parents' Federation and Contact a Family

- Disability training courses for families and professionals

These web pages are developing all the time and if you would like to see specific information, please contact Rhian Phillips
Tel: **01446 704736**
disabilityindex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/disabilityindex and click on 'Children with Additional Needs'.

You can also contact Rhian if you have questions or would like more information about organisations and services that can help you.



Katie Williams and Sarah Murray proudly carry the Paralympic Torch

On probably the wettest night of the whole summer (and that's saying something)! Katie Williams forgot about the rain and made her own piece of Olympic history by joining in the Paralympic torch parade in Cardiff Bay.

Katie's Mum had nominated Sarah Murray from the charity Thrive Cardiff to carry the torch. Thrive is a small local charity run by parent volunteers, all of whom have children with additional needs themselves. At weekends and school holidays, the charity aims to organise regular events which allow children to experience all the activities that most children take for granted. This summer's activities included kayaking in Cardiff Bay, horse-riding, circus skills, trips to Legoland, Bluestone and Longleat, coast walks, camping and of course the Paralympic torch parade. Plans are already under way for October half-term and Christmas.

Sarah has set herself a target of running 2012 miles in 2012 in order to raise funds to purchase a holiday home for use by Thrive families. Katie got involved with the charity when she was 9 years old and has made many new friends as a result. For

more information look for "Thrive Cardiff" on Facebook.

TeL: **02920 339895**

Email: thrivecardiff@hotmail.co.uk

Post: Thrive Cardiff, 33 Bampton Road, Llanrumney, Cardiff, CF3 5SE

www.thrivecardiff.org



Motion Control Dance raises money for Children in Need

Motion Control Dance has been working hard to raise money for Children in Need this term. Dancers have raised £250 in a whole school rehearsal and others have been involved in more regional and national events.

Dancers from the Local Motion Dance company and Barry Boy Breakers dance projects, funded by Children in Need, performed at St. David's Hall Theatre on 10th November in a fundraising showcase of dance schools from across South Wales. This was filmed by S4C for Children in Need.

Samantha Owens, the dance leader of Local Motion, was chosen to be the Chief Fundraiser for BBC One Show 'Team Rickshaw'. Samantha was one of eight young people who were selected to be part of the gruelling challenge of completing a 411 mile eight day rickshaw journey from Llandudno to BBC Television Centre in London. Samantha supported the whole of Team Rickshaw's journey which began on 9th November and the group arrived in London on 16th November in time for The One Show's children in Need special broadcast.

Samantha has been dancing with Motion Control since she was seven, and is the longest serving



member of the youth dancing programme. Samantha has Dyspraxia but this has not stopped her from dedicating her time and energy to dance. She has completed her Dance Leaders course as well as working with children and young people who have disabilities in our Children in Need funded dance project, called Local Motion, which gives them a 'chance to dance'.

For more information about dance classes for children and young people with disabilities, please contact dance co-ordinator Emma Mallam on 07725 038778 or email emma@localmotion.com



'Being Positive about Disability' Event for All

Vale People First are hosting an event:
"Being Positive About Disability"

- 5th February 2013
- Barry Memorial Hall
- 9:30am until 4:00pm

We will be promoting disability services in the Vale of Glamorgan and organisations will be exhibiting, providing workshops and talks to a mixed audience of Children, Young People, Professionals, Parents/Carers and other disabled people in the community.

The event is open to all parents, carers, children and young people and professionals. If you are interested in either exhibiting and or

attending, please ring Liz Davidson on 07866 564741 or email: liz.davidson@learningdisabilitywales.org.uk

This initiative has been commissioned by the Children and Young Peoples Partnership and is being funded through the Disability Strand of Families First.



Downs Heart Group 2013 Family Fun and Conference Weekend

Our Family Fun Weekend is open to anyone with an interest in Down's syndrome and/or associated heart problems. You can opt to attend all or part of the weekend events, but we highly recommend the whole weekend as it has proved a very successful event in the past. It provides you with the opportunity to hear and learn from experienced speakers, time to network with other families and a great evening social event where parents and carers can socialise in a relaxed and inclusive atmosphere whilst the youngsters enjoy themselves on the dance floor. See below for more details:

'Growing Up – Gaining Independence' Saturday 23rd March 2013

The conference will focus around ways of helping our youngsters work towards independence as they grow up to whatever level is right for them.

- Speakers to include a cardiac specialist
- Keynote addresses and workshops on topics relevant to all ages
- Information stall and displays
- Crèche or youth club for all youngsters

Dinner and Disco

Saturday evening 23rd March 2013

Themed around World Downs Syndrome Day, providing the opportunity to enjoy a relaxed and inclusive atmosphere full of fun and dancing, particularly for the youngsters.

Fun Day – Sunday 24th March 2013

On Sunday we are looking to make arrangements to visit one of the nearby attractions (probably the Nene Valley Railway).

The venue for the weekend is the Marriott Hotel, Peterborough (just off the A1)

For more information please contact Down's Heart Group on **0844 288**

4800 or email:

info@dhg.org.uk



Cardiff City FC Football Sessions for people with physical disabilities

As part of the 'Make Every Player Count' initiative, Cardiff City FC Community foundations have developed a new football coaching session for physically disabled people. This session is particularly suitable for amputees and people with Cerebral Palsy. The 'Make Every Player Count' initiative seeks to get more disabled people involved in football and will be delivered in partnership with Sport Cardiff.

Information about the session:

Age group: Junior & Adult (5yrs +)

When: Sunday 2pm-3pm

Where: House of Sport, Clos Parc

Morgannwg, Leckwith, Cardiff, CF11 8AW

Cost: £3.00

To register your interest in attending the above coaching sessions or for any queries please contact:

Chris McDermott, Disability Project Coordinator

Email:

disability.football@cardiffcityfc.co.uk

Telephone: **07580 434534**



What's On

Adventure Rangers

For 4-11 year olds with special needs to attend with their parent and siblings.

The group has now started and is running every Monday from 4pm – 5:15pm during term time at Ty Robyn on Robins Lane, Barry. Ten families have attended since we started in September. They enjoy taking part in a range of activities from story time, imaginative play, messy play and sessions led by Local Motion dance group. It also gives parents the opportunity to share their experiences with each other and to get advice and support from professionals.

The Toy Library can be accessed through this group.



For further information, please contact Ginny on **01446 731628** or just feel free to pop in.

Playscheme Information

The Vale of Glamorgan's Sports and Play Development team are busy organising three fun filled days of inclusive playschemes for the February half term.

The playschemes are for children aged 4-11 years and will be run from 12th-14th February 2013. The venue is to be confirmed.

Play opportunities on offer will include den building, arts and crafts, cookery, outdoor games and sports. The playschemes are accessible to all children. Those with a disability will need to register which enables us to provide adequate support for each child dependent on their level of need.

The playscheme will run from 10am-12pm and 1pm-3pm. If you wish your child to attend for the full day there will be a cost of £5 to cover the care needed over the lunch period.

The deadline for parents who want to book a space for their child is 23rd January 2013.

Places are limited, so if you would like your child to attend or would like further information, please contact the Sports and Play Development Team on **01446 704809**.



Disability Teen Scheme

Penarth Youth Project's February half term 2013 Disability Teen Scheme will take place on the following dates:

February 2013

Monday 11th February 10am-3pm

Tuesday 12th February 10am-3pm

Mark these in your New Year calendar!

Places are limited and are by referral only and by completion of the Helpful Book.

For further details, please contact: Tracey Downes of Penarth Youth Project on email: info@penarthyouthproject.org.uk or telephone: 02920 405305

The Disability Teen Scheme is funded by Welsh Government Families First programme.



Llantwit Major Karate Club

Llantwit Major Karate Club has been running for nearly 20 years and has moved facilities from Llantwit Major Leisure Centre to their new home at MOD St Athan, CF62 4WA. The club trains on Wednesdays and Fridays from 6.30pm – 8.30pm.

The club Sensei is Simon Dodd and he has been leading the club sessions since 2007.

If you would like more information on Simon and the club please visit the website: www.welshkarateunion.org/new/clubllantwitmajor

The club can cater for disabled people but please contact Simon on 01446 751077 before coming to a session so you can discuss if the activities will be suitable.



Penarth Youth Project Information on Asperger's Autistic Spectrum Disorder (ASD) Strand



Crossing Boundaries Challenging Perception

Crossing Boundaries Challenging Perception (CBCP) is a Big Lottery project, managed and delivered by the Vale of Glamorgan youth agency Penarth Youth Project (PYP). We aim to:

- Empower and enhance the future prospects of those children and young people with Autistic Spectrum Disorder, in particular those with Asperger's Syndrome, through targeted activities.
- Monitor and evaluate working practices to accommodate changing needs to make the services provided more accessible to young people presenting with ASD, in particular Asperger's Syndrome.

United Youth Club (UYC)

We run an after school club for young people diagnosed with Asperger's and conditions on the Autistic Spectrum Disorder (ASD) called United Youth Club (UYC). This club is run by Penarth Youth Project's team of specialist youth workers and volunteers who are trained in working with young people presenting with Asperger's and ASD.

UYC takes places at:

Room 102, Rhose Community Centre, Vale of Glamorgan on Tuesdays 6-8pm during the school term from September to July.

We offer games, activities, film nights, occasional trips to nearby centres and places of interest and informal sessions to develop social and communication skills. There are also opportunities for members to be trained as volunteers and peer led facilitators.

We run group sessions at community venues to work with the young people to develop their communication and socialisation skills.

We work with services to promote inclusion, providing ongoing direction and feedback

concerning best practice, to improve services for young people presenting with ASD (in particular Asperger's Syndrome).

Heads Up Project

The second group we run is for young people who are affected by 'hidden harm'. We offer an eight week Life Skills programme called Heads Up where our specialist team run sessions such as emotions, communication skills, coping strategies and assertive behaviour.

How do you access our service?

Young people must be referred to the CBCP project by a family member, school, health practitioner or support worker and meet the following criteria;

- Be aged 11 to 18 years
- Live in the Vale of Glamorgan
- Have a diagnosed condition on the Autistic Spectrum Disorder
- Demonstrate ASD traits tendencies

Referral forms are available from Penarth Youth Project

Tel: **029 2040 5305**

Email: cbcp@penarthyouthproject.org.uk

First Aid course for carers

A First aid course for carers is available on:

Wednesday 23 January 2013, starting at 1pm in the Training Room, Second floor in the Vale of Glamorgan Council Dock Office, Barry, CF63 4RT.

Please contact James Livingstone on 01446 704604 for more details. Email: CarersServices@valeofglamorgan.gov.uk

Money Information

Benefit support for Carers

Are you caring for a child or young person up to the age of 18 with a disability and or additional needs? If so, are you getting the help and support to claim the benefits you are entitled to?

Julia Preece is the Vale of Glamorgan Council funded Advice & Advocacy worker and she is based at the Carers' Centre, Fairwater, Cardiff. Julia is there to guide carers through the welfare maze to make sure you are receiving your correct welfare entitlements.

This advice may be especially helpful in the light of the 2012 Welfare Reform Bill. The Bill provides for the introduction of a 'Universal Credit' to replace a range of existing means-tested benefits and tax credits for people of working age, starting from 2013. This legislation also introduces Personal Independence Payments to replace the current Disability Living Allowance and restricts Housing Benefit entitlement for social housing tenants whose accommodation is larger than they need. More information on these changes can be found at www.disabilityalliance.org

Julia offers free, confidential information, advice and support to carers and the benefits they may be entitled to. She is happy to arrange home visits or be seen at the fortnightly drop-in advice surgery at Ty Jenner, Gladstone Road, Barry.

Julia can be contacted: via the telephone helpline on **02920 566171**, email reception@cvacarers.co.uk

If you require more information or help that may be available to support you in your caring role, please contact: James Livingstone, Carers' Development Officer for the Vale of Glamorgan Council on **01446 704604** or email: CarersServices@valeofglamorgan.gov.uk

Citizens Advice Bureau's (CAB) Better Advice, Better Lives (BABL) Project

The Vale of Glamorgan CAB is expanding its service with the help from the Welsh Government's Better Advice, Better Lives project.

Based at the Barry Office, the CAB's dedicated 'Better Advice Better Lives' team is striving to reach out to local communities in the Vale and is developing various specialist outreach locations at Llandough Hospital, Penarth, Llantwit Major, and Cowbridge.

The project has helped people like Bernadette, who is a single mother with 3 children. She wanted help to apply for Disability Living Allowance (DLA) for her 13 year old son who suffers from the hereditary disease – Ehlers Danlos Syndrome. During the appointment it became apparent that, due to family bereavements and the everyday pressures of life, she had not claimed Child and Working Tax credits, including the Disabled Child element. Bernadette has increased her weekly income by £351.

Working closely with health-care settings, such as GP surgeries, Community Mental Health Care Teams and charities, such as MIND in the Vale, the team takes referrals and aims to improve the health and well-being of clients, by supporting them with the stresses and anxieties of everyday life.

The team is also seeking to encourage the take up of Housing/Council Tax Benefit and to ensure that expert advice is available to families with disabled children.

Contact the BABL Team - **01446 704993**.

The Benefit Take up Team, also run by the CAB, holds various drop in session. For more information contact: **01446 704993**, advice@valecab.org.uk www.valecab.org www.advice.org.uk



Family Fun at Touch Trust every Saturday!



Touch Trust is a pioneering charity that offers unique and creative movement education-Touch therapy-for children and babies who have special needs.

We aid self-development within a social, creative and nurturing environment for children, but also for the family, parents and siblings.

We also offer the following one day introductory course – Communicating Through Touch

To help care staff, parents and other professionals working with challenging behaviour, profound learning needs and other vulnerable individuals and groups.

- This revolutionary one day workshop will provide practical activities for adults and children with complex needs based on the unique Touch Trust programme.
- These activities and exercises can be used to help lessen anxiety and stress, improve communication, enjoyment and sensory integration.

- At the end of the day staff/parents will have techniques which they can use for their own well being as well as that of their children.
- They will also learn helpful strategies for challenging situations.

Communicating Through Touch is our one day accredited course which covers an introduction to Touch Trust and the techniques we use to communicate and build trust. You will receive a Record of Achievement (ROA) from Agored Cymru on completion of the course. This course is run at the Touch Trust throughout the year, please contact the office on 02920 635660 or info@touchtrust.co.uk to find out the date of the next course.



Parents Federation Where You Stand Guide

Where You Stand is a guide to services, support and opportunities for people with a learning disability

Parents and carers with a disabled child or relative often highlight the difficulty in accessing accurate and easy to understand information on the services and opportunities that may exist for their child and themselves.

For two decades the Parents' Federation has produced and updated an extensive guide to services and how to access them, called Where You Stand. Originally this was produced as a booklet of several pages but now it extends to a major publication of almost 200 pages. The guide contains information on national legislation and guidelines as well as local services and facilities. Covering both Cardiff and the Vale, some sections are colour coded to highlight entries that are local to one county alone such as local council services and venues.

The guide contains information on services from birth through to late adult-age groups and explains what you should expect from your service providers, how to contact them, how to complain and a section on other groups and opportunities that may be of

assistance. The guide is written from a carers perspective and updated by parents and a small panel of volunteers.

Printed copies are provided free of charge to the 800 families that are members of the Parents' Federation and through the community support teams in each county. The guide is also available online at www.wherestand.org and is currently undergoing an extensive update. This online guide also includes website links to other organisations and opportunities, saving parents from having to trawl through endless search engine pages!

We are constantly improving the guide and value any feedback from families on how we can make it more useful. We also seek feedback from organisations that are included in the guide or those that would like to be added.

If you are the parent or unpaid carer of a child or adult with a learning disability, please contact us on 02920 227800 to be added to our membership and receive your free copy of the latest guide, due out in January 2013.

Everything you need to know about the Special Needs Health Visiting Service

My name is Claire Thomas and I am the Special Needs Health Visitor for the Vale of Glamorgan. I and other health visitors, provide specialist health visiting to all children with special needs in Cardiff and the Vale of Glamorgan, providing a visiting service to these children and their families.

What do we do?

We aim to work with families/carers and children with special needs, to provide support and relevant information to help you make informed choices about your child's care.

The special needs health visitors are frequently the named health key worker for the child with disabilities and their family. We assist in co-ordinating health and social care for the child and family and have the necessary experience to recognise the potential social and emotional consequences of a disability on family members and to anticipate and respond to their needs and problems.

Who can receive a service?

Special Needs Health Visitors visit children from 0-11 years of age and meet one of the following criteria:

- Children who have a moderate/severe learning disability
- Children who have a moderate/severe physical disability
- Children with a severe speech and language disorder
- Children with moderate/severe social and communication difficulties

Referrals are accepted for all children who meet the referral criteria and where possible, visits will be conducted jointly with the referrer. The first visit will establish if the child meets the SNHV criteria.

Contact Points:

Special Needs Health Visitor for the Vale:

Clare Thomas – Colcot Clinic, Winston Road, Barry, CF62 9SU

I work part time; generally Tuesday, Wednesday and Thursday.

Telephone number: 01446 744234

Mobile: 07966 194573

Independent Living Skills Programme for young people in the Vale

Barnardo's Community Links have been working with Action for Children, to support young people with disabilities to learn and practice skills to support their transition to adulthood.

A pilot 12 week independent living skills programme has been developed and five young people have come along every Monday evening for 2 hours. They have discussed and learnt about topics such as money, budgeting, healthy eating, household tasks, self care skills, dealing with bullying and managing feelings.

As the groups are held at Ty Robyn in Barry, the young people have been able to learn about and then practice skills such as stripping and remaking a bed, sorting dirty laundry, and hoovering. After the group sessions the young people have been given tasks to practice in their own home setting. Individual support has been provided, to support the young person with this if required.

Alongside this, six other young people have received 1:1 support to help them to learn independence skills such as accessing things in their own locality such as shops and public transport, making shopping lists for personal items, shopping and making routines for bedtimes and early mornings.

The input has been really welcomed by the parents and carers of the participants, who recognise the need for these really important skills to be taught and reinforced in a supported learning environment.

All the young people have enjoyed the sessions, which have been entertaining and fun, but with a focussed outcome.

For more information contact:

Suzanne Lush, Project Worker, Barnardo's Cymru Community Links

029 2057 1910

suzanne.lush@barnardos.org.uk



SEN National Advice Service

contact a family
for families with disabled children

Supporting families to resolve education issues for children with additional needs

Does your child have special educational needs or a disability?

Are you having difficulties with your child's education?



If you would like to talk to someone, our Special Educational Needs (SEN) advice team is here to help. We offer advice and information on a wide range of education issues including:

- early years/preschool
- getting help in school
- statements
- exclusion
- bullying
- support for medical needs
- transport
- education after 16

Call our freephone helpline on 0808 808 3555 or email helpline@cafamily.org.uk

SEN National Advice Service

contact a family
for families with disabled children

Supporting families to resolve education issues for children with additional needs

Contact a Family provides support, advice and information to families with disabled children, regardless of the disability or health condition.

Contact us:

Freephone helpline: 0808 808 3555
Mon-Fri 9.30am-5pm

Email
helpline@cafamily.org.uk

Facebook
www.facebook.com/contactafamily

Twitter
twitter.com/contactafamily

Visit the SEN National Advice Service
online www.cafamily.org.uk/families/SEN



Contact a Family
209-211 City Road, London, EC1Y 1JN
Tel 020 7608 8700
Email info@cafamily.org.uk
www.cafamily.org.uk

Incorporating the Family Information Service
Registered Office: 209-211 City Road, London, EC1Y 1JN
Registered Charity Number: 1091115 Company Limited by guarantee
Incorporated in England and Wales Number: 10301016
Charity registered in: Contact Number: 0203 0100
vat registration number: GB 944 9999 80



© Contact a Family, February 2012

New Disability E-Learning Modules

The Children & Young People's Partnership Team have been developing E-Learning modules relating to disability, to offer staff who work with children and young people with special needs training on specific areas of disability. The aim of this is for staff to be able to access short training sessions that can be worked through to give them a better understanding of disability and the issues that are faced by those with a disability. At the moment these modules can be accessed by Vale of Glamorgan Council staff via the online learning pool and take approximately 30 minutes for each module. Each module contains information about the subject, with exercises to work through and there will be a quiz at the end of each module. If successful, participants can print a certificate for their professional development records.

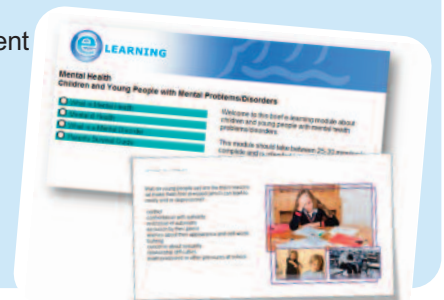
At present, modules have been developed relating to learning disabilities, physical disabilities and mental health. These have been piloted by parents and professionals and the next stage is to look at what other areas of disability we could focus on.

We are keen to seek the views of parents, so if there are any modules that you would like us to develop in future, please get in touch with Jane Hawkshaw on Tel: **029 20755444**.

I am also hoping to be able to offer this to some parents when I am working 1:1 in the home and during group sessions.

The development of these modules has been possible through using Families First grant funded money from the Welsh Government.

Ginny Kolmar,
Childcare Development
Worker, Vale of
Glamorgan Council.



Newsletter Feedback

We are always interested to hear your thoughts and feelings regarding the newsletter. So if you have any suggestions on how we could improve the newsletter or would just simply like to feedback to us.

Please do not hesitate to contact us on one of the following:

Telephone: **01446 704736**

Email: disabilityindex@valeofglamorgan.gov.uk

Post: Disability Index, Family Information Service,
Dock Office, Subway Road, Barry, Vale of Glamorgan,
CF63 4RT