

VALE of GLAMORGAN



BRO MORGANNWG

**Issue 3**  
October 2012

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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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# Hi All,

Welcome to the third issue of 'The Index,' I hope that you have enjoyed reading the previous issue and found it useful and informative.

Since the last edition, myself and colleagues have been busy trying to promote the Disability Index and get as many families signed up to the Index as possible. We have attended Ashgrove school open evening, Carers Day at Dyffryn Gardens and have been liaising with GP practices, hospitals and local community centres amongst many other organisations. All have been given the opportunity to promote the Index.

The plans for the next phase of 'The Index' is to promote it throughout the schools in the Vale of Glamorgan, in particular those schools with special units attached to them, and to continue to get more names signed up to the register. We have over 130 names currently on the register with many more referrals waiting to be input onto the database.

If you want to sign up to the register or discuss it further, please contact me on 01446 725364 or Rhian Phillips, Index Administrator on 01446 704736.

Don't forget... The Disability Index has its own section and a copy of the most recent newsletter on the vale internet site. This can be accessed by going to

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

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

Happy reading!!

Becky Keedwell-Jones  
Social Care Officer/Index Coordinator



\*The Index is funded by the Welsh Government Families First Grant



# The Independent Travel Training Scheme

**Are you age 13-19? Do you want to learn how to travel independently to school, college, work experience or into town?**

The Vale of Glamorgan now has access to specialised travel training which can help young people with special needs to travel independently using bus, train and pedestrian skills. The Independent Travel Training Scheme has been running for 3 years in Cardiff Council and is now being piloted in the Vale of Glamorgan. This exciting project is funded by Welsh Government Families First grant until March 2013 and will initially focus on training pupils to travel to and from school independently. However, we can also provide training to help pupils get to work experience placements, shopping centres, social events, extra curricular activities and to colleges.

Travel trainees are taught how to plan and prepare for a journey, including time management, timetable reading, flagging down a bus and improving communication skills. The practical aspect of the training is then split into 3 stages:

**Accompany:** Travel Trainer accompanies pupil to and from destination using pedestrian and bus use skills learnt in the classroom.

**Shadow:** Travel Trainer shadows the pupil's journey, allowing the pupil to travel independently but assessing skills and capacity from a distance.

**Meet and Greet:** Travel Trainer calls the pupil at their house to ensure they feel safe to travel alone. The pupil will then travel independently and be met at their destination.

The scheme has been a real success in Cardiff; with around 85 trainees travelling independently everyday using their bus passes which they are given once the training is complete. Travel training has noticeably improved the confidence, self-esteem and social skills and extended the opportunities of many pupils in Cardiff. It is hoped that the scheme will also be a success in the Vale of Glamorgan. We have already begun work with Ysgol Maes Dyfan and Ashgrove schools but we would also welcome referrals from schools, parents, social services, other agencies and the young people themselves.

Please contact Lisa Lewis for more information Tel: 02920 873261, 07891 868017



# Toy Library

We have now set up the toy library which is helping parents to access a range of play equipment that meets their child's needs. This assists their holistic development and helps them to reach their full potential.

Anyone who accesses Rainbow pop in and play, the new group for school aged children with special needs, or is receiving support through Cyfle Cyntaf will be able to access the toy library.

For further information please contact Ginny Kolmar on 01446 731628.

## New Group for school age children with special needs and their families

As a result of feedback I have from parents, I am starting a group for children age 4-11 years that have special needs.

Parents can also attend. The group starts on Monday 17th September and will run every Monday during term time from 4pm – 5.30pm. It will take place at Ty Robyn on Robbins Lane

in Barry. The group will consist of activities for children and support and information being offered to parents and carers. The service will be trialled in the first instance to see what the uptake is.

If you are interested in attending this service or would like more information please contact Ginny Kolmar on 01446 731628.



### Shine Cymru will be holding a conference focusing on spina bifida on 24 October 2012 in South Wales (venue to be confirmed.)

The conference is open to young people and adults with spina bifida, parents of children with spina bifida and professionals from health, social care and education who will inform participants about condition management and associated issues.

Please register your interest in attending at [wales@shinecharity.org.uk](mailto:wales@shinecharity.org.uk)

Alternatively, contact your local Shine Cymru Support & Development Worker Sian Prince on 02920 514978 or email [sian.prince@shinecharity.org.uk](mailto:sian.prince@shinecharity.org.uk)

# Vale People First – Disability Awareness training delivered to local pupils

The Children and Young People's Partnership grant funded Vale People First (through the Families First disability strand) to carry out Disability Awareness training in local schools.

Linda foster and Nick Cushen, supported by Ros Brewer, held sessions with pupils from years 7, 8 and 9 in Barry Comprehensive School and St Richard Gwyn High and members of the Vale Youth Forum. We are planning to deliver to Bryn Hafren School Council in September 2012. Nick and Lindsay were paid a wage for each session delivered.

The presentation, which was created by our young members, gave a history of how attitudes to disability have changed. Lindsay and Nick spoke of their own experiences and achievements, proving that disability is not necessarily a barrier to a fulfilling life.

The sessions were very interactive with the participants relaying their own experiences and views on discrimination. Two role-plays showed scenarios where young people with a learning disability were bullied and intimidated by 'friends' and participants were invited to give their views. The response was overwhelming with participants incensed by the situation demanding fairness. The role play

was run a second time with volunteers showing how the bully should be treated and everyone befriended the young people freezing the bully out. The sessions carried a powerful message on equality fairness and respect and the feedback comments were all very positive.

We hope that the training will continue across a wider area, reach as many people as possible and carry the message to as many people as possible.

**You can see the full report at Vale People First, please call 01446 724010 and request a copy**



# Summer Fun



## Summer Disability Teen Scheme

Penarth Youth Project's Summer 2012 Disability Teen Scheme (DTS), made possible by funding from the Welsh Governments Families First Programme, was another resounding success! Just ask the teenagers who attended!

The summer months saw the DTS hold it's very own Olympics with gold medals presented to the winners. Activities included: a party day in celebration of all the young people (and staff!) who were having birthdays during the DTS, visit from the VPod Mobile Provision, graphic art drawing, arts and crafts, outdoor sports, indoor sports, X Box and Playstation, a bus day trip out and so much more!

**The next Disability Teen Scheme will take place on the 29th and 30th October at Byrd Crescent Community Centre in Penarth.**

These two days will include lots of the above but with emphasis on **Spooky Halloween** and **Guy Fawkes!**

Places are limited and are by referral only and by completion of the Helpful Book to be returned no later than Wednesday 17th October.

For further details, please contact: Tracey Downes of Penarth Youth Project

**02920 405305** or email: [info@penarthyouthproject.org.uk](mailto:info@penarthyouthproject.org.uk)



## Summer Playschemes and Play Rangers

Hundreds of children have been having a great time this summer, attending the Vale Playschemes and Play Ranger Schemes. The Vale Sport and Play development team organised a series of Free schemes for children age 4-14 years throughout the Vale.

The playschemes were held in Barry and Dinas Powys and many children age 4-11 years with additional needs attended

and took part in a range of activities including arts and crafts, sports and story telling. The Play Rangers took place in parks throughout the Vale and were for children and young people age 4 –14 years. .... Despite the weather, children were still able to access a range of opportunities including den building, traditional outdoor games and toasting marshmallows on the firepit.



# Buttle UK



## Have you heard of Buttle UK? They may be able to help you financially...

Buttle UK offers a number of grants to families and young people in need. Read on to see if they could help you...

### Small Grants Programme Families in difficult situations

Buttle UK is usually known for its small grants programme which helps families in difficult situations with children's beds, cookers and fridge freezers. A helping agency applies on their client's behalf. This could be a Health Visitor, Social Worker, Housing Advice Worker or specialist disability agency/advisor. Applications are assessed very quickly and the item is delivered direct from the manufacturer. Full details are available on the website: [www.buttleuk.org](http://www.buttleuk.org)

### Students and Trainees fund Young people age 16-20

There are two lesser known funds which help young people with their education, training, or employment prospects. The Students and Trainees Funds helps young students and trainees from age 16 to 20 with their living expenses and clothing/equipment costs. An application from a young person with a disability would always have a high priority. Full details are available via the website. With this fund, young people can apply to Buttle direct or through an agency/parent/carer. Due to joint funding by Buttle UK, the Fairwood Trust and their bursary scheme,

there is additional funding for the South Wales area and applications are welcome past our usual close off date in September.

### Access to the future Young People age 18-25

Access to the Future fund is for young people aged 18 to 25 who are not in education, training or employment and are particularly disadvantaged in the job market. A helping agency helps young people devise and present their costed personal development and training package. The maximum grant is £3000. The plan can be stepped and funded gradually so that the young person can 'start from where they are.' Applications are accepted from agencies working with the young people and not direct from the young person. Buttle UK believes in a tripartite partnership between the young person, their helping agency and the funding. At present due to the generosity of the Fairwood Trust and their bursary scheme there is plenty of funding available. Please see the website for more details.

### Buttle UK

PO Box 224, Caerphilly, CF83 8PP  
Telephone: 01633 440052  
Email: [wales@buttleuk.org](mailto:wales@buttleuk.org)

Office opens Monday to Wednesday  
Casework Manager for Wales:  
**Sally Ward**



# Money Information

## Disability Living Allowance

As of 8th April 2013 the government will be introducing a new benefit called Personal Independence Payment (PIP) to replace Disability Living Allowance (DLA) for eligible working age people 16-64.

### What do you need to know?

- Disability Living Allowance will end for everyone of working age even if they have an indefinite period award. By working age we mean everyone who is aged 16-64 on the day Personal Independence payment is introduced.
- There are no current plans to replace DLA for children under 16 and people aged 65 and over who are already receiving DLA. Children getting DLA may remain on this benefit until they reach 16 provided that they continue to satisfy the eligibility criteria. They will then need to claim for Personal Independence Payment.
- PIP is made up of two components – Daily Living and Mobility component. Both of which will have two rates – standard and enhanced; the amount for each rate is still to be decided. Awards will be made of one or both of these components.
- The new benefit will have different entitlement criteria to those for DLA to better reflect today's understanding of disability.
- There will be no automatic transfer from DLA to PIP. If you are getting DLA you will need to make a claim for the new benefit when you are invited to do so. You will receive a letter asking whether you wish to claim Personal Independence Allowance between 2013 and spring 2016.

\*Taken from [www.dwp.gov.uk/pip](http://www.dwp.gov.uk/pip)

### Disability Benefit for Children Run by the Citizens Advice Bureau (CAB)

Do you care for a child aged up to 18 and want some help to claim or renew their disability benefits?

Has the need for care increased?

Are you getting all of the correct money?

Our Benefit Take-Up Team (Welsh Government funded) can help you. You can either contact us directly on 01446 704993 or visit us in Barry or at one of our outreach services and ask to be referred to the Benefit Take-Up team.

**Email advice:** [advice@valecab.org.uk](mailto:advice@valecab.org.uk)  
[www.valecab.org](http://www.valecab.org)  
[www.advice.org.uk](http://www.advice.org.uk)

CAB offices are available in the following locations at various times:

**Barry**  
19 Broad Street, Barry

**Llantwit Major**  
Youth Centre, Station Road,  
Llantwit Major

**Penarth**  
West House Cottage, Stanwell  
Road, Penarth

**St Athan**  
The Gathering Place, St Athan

**RAF Camp**

**Gibbonsdown Communities First  
Office** – Aberaeron Close, Barry

# Local Motion Dance

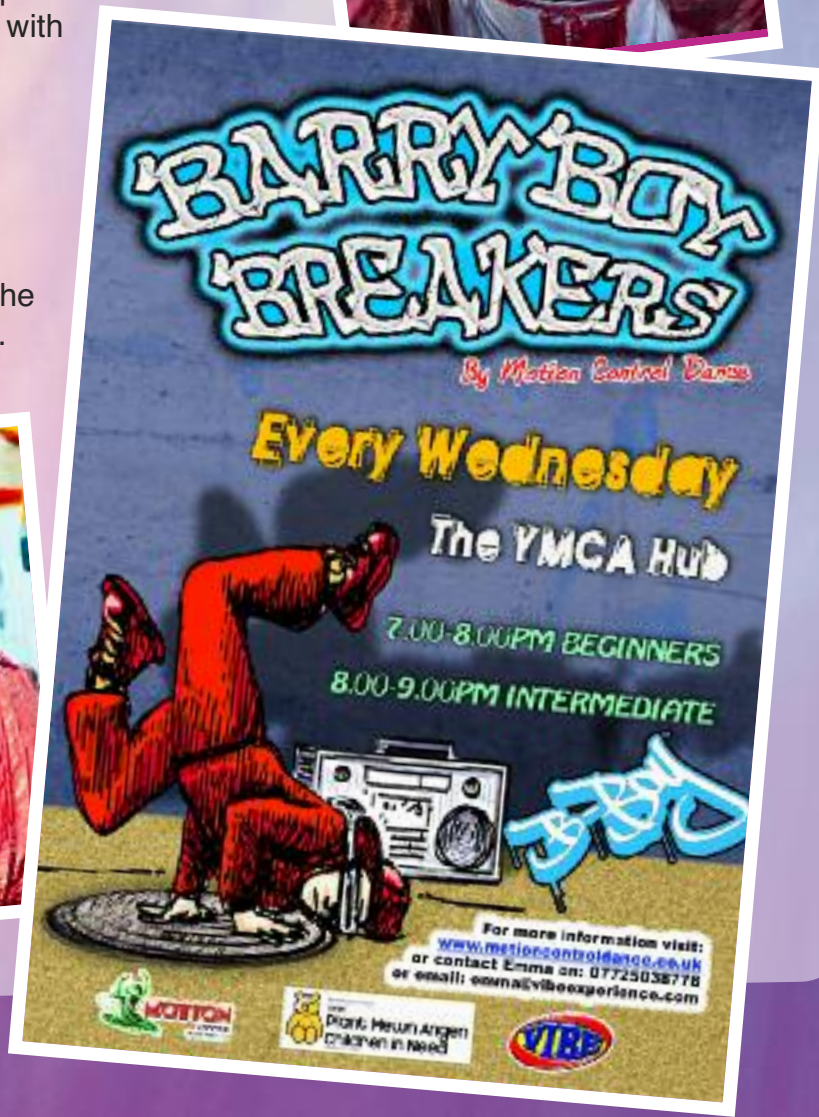
Local Motion Dance Company enjoyed showing off their skills at Cardiff Carnival on Saturday 4th July. They paraded through Cardiff Town centre with many other community groups after taking part in free workshops with South Wales Intercultural Community Arts (SWICA).

Classes are starting back at the YMCA for young people with disabilities on Thursday 14th September, as funding from Children in Need has been granted to Vibe Experience for another few years to continue the high quality work that Local Motion achieves.

New dance classes are also starting up on Thursday 14th September for children with disabilities who are keen to dance at, 4:30pm at the YMCA Hub.

New members are always welcome in Local Motion Dance Company.

For more information, please contact the Dance Co-ordinator on 07725 038778.



# Contact the Family Information Service



It's that time of year again when the children are back in school and parents are trying to juggle childcare, work, home-life etc. This is even more difficult when your child has special needs and you are trying to make sure that they are receiving the best care.

Are you aware that the Family Information Service holds details of childcare providers who have experience of caring for children with special needs? We ask every childcare provider, including childminders, day nurseries, out of school clubs and playgroups, whether they have basic knowledge, experience or are qualified in caring for children with

a range of disabilities. These include: Autistic Spectrum Disorder, behavioural difficulties, diabetes, downs syndrome, dyslexia and dyspraxia, learning disabilities, physical disabilities and more.

Please contact us and we can carry out a detailed enquiry to suit your needs. You can also search for childcare by visiting our website and view our many web pages containing information about services for children with additional needs. Visit: [www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis) Tel: 01446 704704 Email: [fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk)

## Communicating Through Touch one day workshop available

**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](mailto:info@touchtrust.co.uk) to find out the date of the next course.

## Adult Autism Advice

Adult Autism Advice is an information service designed for adults with High Functioning Autism or Asperger's Syndrome, who do not meet the criteria to access traditional support services. You do not need a diagnosis to contact Adult Autism Advice.

The team are friendly and approachable, aiming to direct individuals to the appropriate services located in their community. We regard all service users as individuals, and understand that being able to access the right information quickly can be challenging.

What we do

- Direct individuals to the appropriate service via telephone
- Direct individuals to the appropriate service via email
- Offer face to face appointments
- Provide up to date information about events and activities
- Provide information in print
- We provide a listening ear, and encourage involvement and feedback from service users by means of a monthly forum

T: 01446 725100

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

E: [adultautismadvice@valeofglamorgan.gov.uk](mailto:adultautismadvice@valeofglamorgan.gov.uk)

Write to us...

Adult Autism Advice, Canolfan Ty Jenner, Gladstone Road, Barry, CF63 1NH

**Facebook**

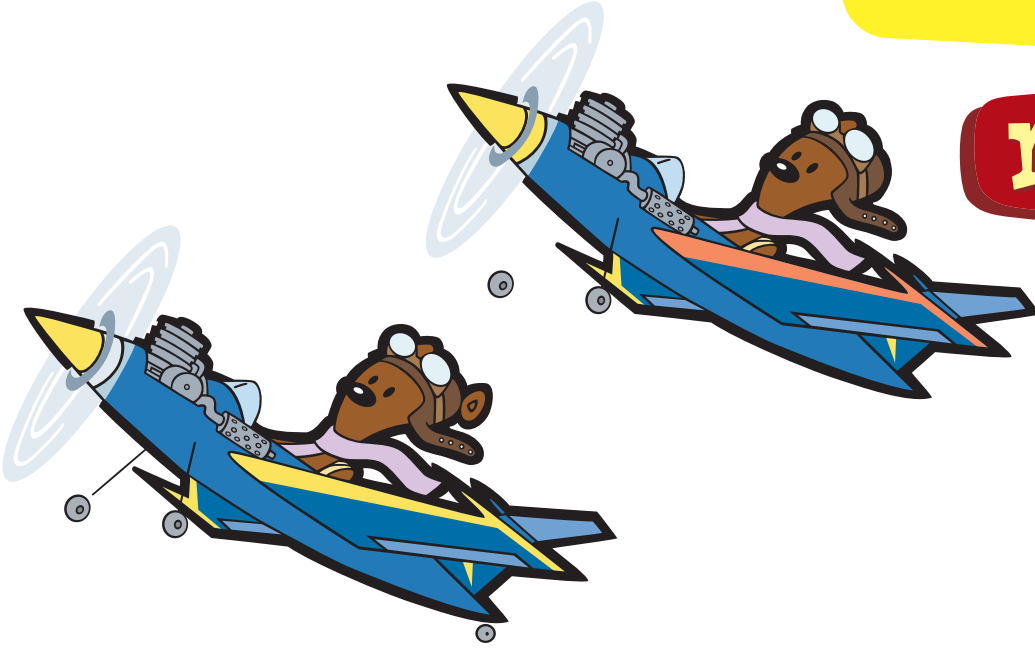
**Search for Adult Autism Advice**

# Activities

## Mr Bean™

### Spot the Difference

Can you spot five differences between the two Mr Bean pictures?



TM & © Tiger Aspect Productions Ltd 2010

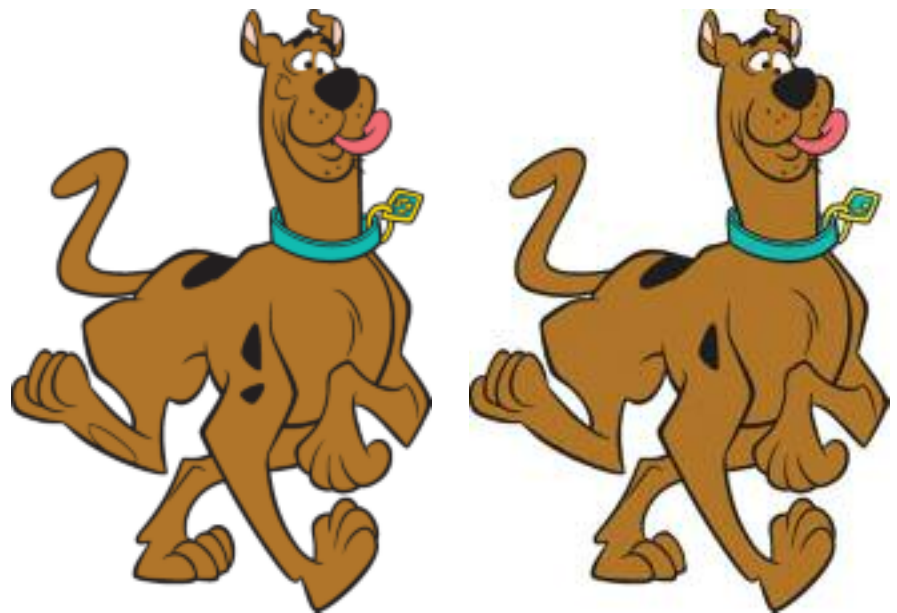
## SCOOBY-DOO!

### Spot the Difference

Can you spot five differences between the two Scooby Doo pictures?

*Boomerang*

[www.boomerangtv.co.uk](http://www.boomerangtv.co.uk)



## 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](mailto:disabilityindex@valeofglamorgan.gov.uk)

or by Post:

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