

VALE of GLAMORGAN



BRO MORGANNWG



the index
y mynegai

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



Over 16's

4 & 5

Playscheme

6 & 7

Summer Activities

8 & 9



SUMMER IS HERE!

Hello All,

I hope that the 'Great British Weather' is not getting you down much. If so here is the latest edition of 'the index' to help bring a smile to your face.

Lucy has been working extremely hard to produce an Annual Report for the Disability Index. It contains information regarding the number of children signed up to the Index, the types of disability children have, what services are received, what schools children attend and much more. I would welcome you all to go online and check it out

www.valeofglamorgan.gov.uk/disabilityindex

Thanks Lucy, it looks great!!

Lucy and I will be working on the promotion of the Index over the coming 'Summer Months', to try and get new names signed up to the Index. We will be attending Maes Dyfan sports day, Ashgrove open evening, Cardiff and the Vale Carers Day and the family fun day, penned in at Victoria Park on the 24th July. I hope to see some familiar faces and also welcome any new faces that will be attending.

Don't forget that Ginny and I run **Adventure Rangers on a Monday 4pm - 5.15pm** at Ty Robin, Robins Lane in Barry. This is for school age children and siblings can attend also. Parents must stay with their children but this time can be used to chat with other parents or seek support/ advice from Ginny or myself. We intend to continue with Adventure Rangers throughout the summer holidays. For more information please contact me on **01446 725364** or Ginny Bourne on **01446 731628**.

Hope you find lots of news of activities to keep your children entertained over the Summer Holidays and I wish you all a nice break.

Regards

Becky Jones

Annual Review

To keep the Index up to date, we are currently undertaking an annual review of all those signed up to the Disability Index. We are doing this to keep our records up to date to ensure you are getting the best service from us. We would like to know whether there are any changes to your circumstances since signing up to the Index, whether it be contact details, email addresses, health situation or services received etc.

It is essential that the review form is completed and returned, as failure to do this may suggest

that you no longer wish to be included on the Index and receive the newsletter and other mailouts.

We are also asking whether there is any information that you would like to receive, for example, a particular activity, information on childcare, benefit advice and so on. For more information please contact Disability Index Administrator on **01446 704736**



Penarth Youth Project Volunteers are Recognised Again!!

The Vale of Glamorgan and Bridgend Youth Awards were held on the 14th March at the Memorial Hall in Barry. Penarth Youth Project Young Volunteers and young people from our Disability Teen Scheme were recognised for their work. Every nomination made by the Penarth Youth Project was successful in being short listed.

They were:

- **Rhys Alexander** – for volunteering work at the Disability Teen Scheme - shortlisted for the category 18 – 25 Volunteer of the Year
- **Zoe Peters** – for volunteering work at the Disability Teen Scheme - shortlisted for the category under 18 Volunteer of the Year
- **Lawrance Sutton** – for volunteering work at the United Youth Club for young people with Aspergers - shortlisted for the category Recognition Award

- **Bernard, Sam, Charlie, Vicky, Lela, Michael, Chris, Ben, Katie, George** – from the Disability Teen Scheme - shortlisted for the category Participation

This is excellent news for all the young people and for the Penarth Youth Project. Well done to all of the young people.



Vale Reds Disability Football Club scoops several wins!!



The Vale Reds Disability Football Club has been busy over the last few months. On the field the club has competed in Pan Disability Festivals in Cardiff and Newport. These festivals have gone well, with the team winning their group and beating close rivals, Cardiff.

The Vale Reds also travelled to Neath in West Wales to compete in the Bridgend Heron festival. Vale Reds won the Championship group, beating teams from Swansea, Cleddau Warriors, Neath Port Talbot and RCT Tigers.

The Team's success continued when they entered the Special Olympic festival, in Cardiff. This time they were placed in a higher standard group of premiership players. All the hard training they had done showed as they walked away with yet another trophy for winning the Premiership group.



The club has also been awarded the Welsh Football Trust and McDonalds accreditation to show the club has reached a certain standard on how it is run. The coaches and volunteers have all had training to meet the required standard. Well done to all coaches and volunteers!

Find more information on the club at www.valereddisabilityfc.btck.co.uk

Information for over 16's

Transition into Adulthood Coffee Morning

We now have a designated Transition Team of Janet Stroud and Anita Wilson who work with 16 to 18 year olds and their families. We are based in the Child Health and Disability Team and work closely with our colleagues in the Adult Transition Team, Careers Wales and Health and Education, to effectively plan for young people moving into adulthood.

As an introduction to the team we plan to pilot a series of coffee mornings to be held on a regular basis to share our knowledge and exchange information about the transition process with parent, carers and young people.

Please come and support our exciting new venture where we will be available to answer any questions you may have in an informal setting that you will hopefully enjoy and benefit from.

The next coffee morning will be held at:

Ty Robin Goch
Robins Lane
Barry, CF63 1QB:

Tuesday 16th July 10am - 12 noon - a representative from Adult Services will be attending.

Tuesday 24th September 10.00am – 12noon

Tuesday 22nd October 10.00am – 12noon

Tuesday 19th November 10.00am – 12noon

All are welcome. You do not need to have a social worker to come along.

For more information, please call Janet/Anita on **01446 725364**.

Help with your C.V.



Follow Your Dreams is a national charity that supports children and young people with learning disabilities.

The charity has launched MyCVinAction.com after a successful pilot project in South Wales. MyCVinAction.com is an opportunity for people with learning disabilities to break down some of the barriers of finding employment, by providing a tool that demonstrates the candidate's ability to fulfil a job role.

Because of some employer's general lack of awareness of disabilities, applicants with a disability rarely make it to interview. A video cv 'in action' gives candidates the opportunity to actively promote themselves by breaking down preconceptions those employers may have.

In addition to the traditional written or video cv that simply reels out a candidates qualifications and experience, myCVinAction.com provides a video that demonstrates a candidate in their ideal role, hence the 'in action'. Adding to this, it allows candidates an opportunity to promote themselves verbally, and provides a video reference from a previous employer or tutors.

For further information, please contact:

Telephone: 01443 230184
Website: www.mycvinaction.com
Facebook: - /followyourdreamscharity
Twitter: @tweetfyd @mycvinaction
Email: enquiries@mycvinaction.com



DLA is changing to PIP!!



What is Personal Independence Payment?

Disability Living Allowance (DLA) is being replaced by Personal Independence Payment (PIP). PIP will help disabled people to cover the costs of living to enable them to live full, active and independent lives.

Who will the change affect?

It will affect those who are receiving DLA and aged between 16 – 64 years.

When will this happen?

- From June 2013, new claims will be for PIP not DLA
- From October 2013, if your DLA is due to end or be reviewed or you report a change in condition, you will be re-assessed for PIP
- From October 2015, if your DLA has not been renewed or if you haven't reported a change in circumstances, you will be invited to apply for PIP
- By October 2017, everyone will have been reassessed for PIP

What will PIP be like?

You may be awarded one or both of these components:

- 1) Daily Living component: how much support you need with day-to-day activities
- 2) Mobility component: how much support you need to get around.

Each component has a Standard Rate and an Enhanced Rate:

- Standard Rate: when the individual's ability to carry out daily living or mobility activities is considered to be limited
- Enhanced Rate: when the individual's ability to carry out daily living or mobility activities is considered to be severely limited

Will there be an assessment?

- You will be required to have a face-to-face consultation
- You will be assessed on your ability to undertake twelve activities
- You will be assessed for PIP even if you previously received a lifetime award for DLA

There is NO automatic transfer from DLA to PIP. YOU MUST APPLY

For more information call or visit:

Contact A Family – Freephone Help Line

0808 808 3555

Citizens Advice Bureau - Benefit Take Up Team

01446 704993

www.dwp.gov.uk/PIP

Grants available for Deaf Children & Young People

Cambrian Educational Foundation for Deaf Children is a charity based organisation which was set up out of concern that a considerable number of deaf children, particularly those without speech, were without education and not much prospect of getting any.

Our Aim

We can provide benefits to promote the education, including social and physical training, of deaf and partially deaf persons under the age of 25 who reside in Wales. We can:

- Award grants to Beneficiaries at any school, college of education, university or other institution of further (including professional and technical) education, approved by the Trustees;
- Provide financial assistance, outfits, clothing, tools, instruments or books to enable Beneficiaries on leaving school, university or any other educational establishment, to prepare for, and to enter, a profession, trade or calling;

- Award bursaries or maintenance allowances to enable Beneficiaries to travel, whether in this country or abroad, to pursue their education;
- Provide financial assistance to enable Beneficiaries to study music or other arts.

Contact us Clerk to the Trustees:

Mrs P. Brown, Montreux, 30 Lon Cedwyn, Sketty, SA2 0TH.

Telephone: **(01792) 207628**

www.cambrianeducationalfoundationfordeafchildren.org.uk

Registered Charity no. 515848

Playscheme

15 things you wanted to know about Playscheme but were afraid to ask:

1. Where is Playscheme held?

Playscheme is run in the school holidays in a number of different venues across the Vale of Glamorgan, including community facilities and schools.

2. What is Playscheme?

Playscheme offers a variety of opportunities for children to engage in. It is a chance for children to try a range of different things that will build confidence and self-esteem, but most of all FUN.

3. What things will my child be doing?

Children are encouraged to take part in activities offered as well as creating their own. They are supported to use their imagination and encouraged to try new things, these include: sensory play; messy play; arts and crafts; outdoor play; sports; and den building.

4. How old must my child be to attend?

The Playscheme is available for all children ages 4-11 years.

5. What time is Playscheme run?

Playscheme is split into a morning session 10:05-12:00 and an afternoon session 13:05-15:00. Children are able to attend both sessions and go home for lunch in between.

6. How much does it cost?

The Playscheme is free for children attending the morning and afternoon session and going home for lunch. We do not provide lunch, however, we offer supervision for children requiring additional support who are staying over the lunch hour and this is charged at £5 per day.



7. Are the staff and volunteers trained?

All the staff who work on Playscheme have undergone a range of training including: Introduction to Play; Child Protection; First Aid; Manual Handling; AYP Disability Sports; Sensory Play; Outdoor Play; Food Hygiene; Makaton; Sign Language; Epilepsy Awareness.

8. Are the staff DBS checked?

All staff and volunteers have a DBS check (previously CRB) before they are allowed to work on Playscheme.

9. My child needs support to take part in activities, can you provide this?

Children requiring support will be linked in and given (where appropriate) 1:1 support. All children will be encouraged and supported to take part in a range of activities.

10. How will the staff on Playscheme know about my child's interests and what support they will need whilst attending the scheme?

Parents and children are asked to complete a Helpful Book – giving as much information as possible about the child, support required, medical needs and personal care. This information is then used to ensure that the needs of the individual are met by the professionals.

11. If one of my children is linked in to Playscheme, can my other child/children attend?

The Playscheme is run on an integrated basis and relatives between the ages of 4-11 years will be welcomed on Playscheme. However, these children will not be able to stay for lunchtime supervision (12:00-13:05).

12. Do I need to register my child?

You don't need to register your child until they attend Playscheme. Parents/carers bringing children to Playscheme will need to complete a registration form on the child's first session. This is so that staff are aware of all contact information and any additional information.

13. My child requires personal care, what is available at your Playscheme?

We employ a Personal Care Assistant who will be present at all of our Playschemes. If your child needs to be changed or requires

assistance/prompting to use the toilet our Personal Care Assistant is trained to meet these needs.

14. My child may require medicine throughout the day – will there be someone to administer this if necessary?

There is a registered nurse on site on Playscheme at all times who is able to administer any medication which your child may require. Also, members of staff on Playscheme have been trained in First Aid and administering Buccal Midazolam as part of a child's epilepsy protocol.

15. How is the Playscheme venue set up?

Although our locations vary, the set up will remain the same across our venues, there will be: a main hall; sensory room; changing room; and outdoor area.



Summer Playscheme dates:

Week 1: 30th, 31st July & 1st August

Week 2: 6th, 7th & 8th August

Venue: Murchfield Community Centre, Sunnycroft Lane, Dinas Powys

Week 3: 13th, 14th & 15th August

Week 4: 20th, 21st & 22nd August

Venue: Palmerston Community Learning Centre, Cadoc Crescent, Barry

So... you can be confident that your child will have a great time at our scheme!!! If there are any questions that we haven't answered, or you'd like a visit from a member of the play team please don't hesitate to contact us:

Office – 01446 704809

Joanne Jones

joajones@valeofglamorgan.gov.uk

Connor Boyle

cboyle@valeofglamorgan.gov.uk

Julia Sky

jsky@valeofglamorgan.gov.uk

The Scheme is made possible by funding provided from the Welsh Government's Families First Programme.



Summer Holiday Activities



Penarth Youth Project's Disability Teen Scheme

The Disability Teen Scheme caters for young people aged 12 – 19 years.
It will take place on the following dates:

July:

Monday 29th
Tuesday 30th

August:

Monday 5th
Tuesday 6th

Monday 12th
Tuesday 13th

Tuesday 20th
Wednesday 21st

All Teenschemes are held at:

Byrd Crescent Community Centre
Byrd Crescent
Penarth
Vale of Glam.

Time: **10 am – 3.00pm**

Please provide a Packed Lunch and drinks.

The Scheme is made possible by funding provided from the Welsh Government's Families First Programme.

We will also be running an evening event during the August Disability Teen Scheme. Watch this Space!

Places are limited and are by Referral only and by completion of the Helpful Book. For further information, please contact: Tracey Downes of Penarth Youth Project.

We Have Moved!

Our new office address, telephone number and email details are:

PENARTH YOUTH PROJECT

“Serving the Vale”

Unit 3D, Verlon Business Park

Verlon Close, Barry, Vale of Glamorgan

CF63 2BE

Telephone: **01446 734088**

Email: **cbcp@penarthyouthproject.org.uk**



Thrive

This summer holiday, Thrive Cardiff will once again be running a full programme of activities for families of children with additional needs. Activities will include barbecues, walks, picnics, trips to Legoland, Bristol Zoo and Drayton Manor, horse-riding, street dancing, Amelia Trust Farm and snow-tubing, to name just a few!

This is in addition to their regular exclusive play centre sessions at The Zone, Penarth Road, Cardiff and Ants Inya Pants, Newport Road, Cardiff.

Thrive Cardiff is also delighted to announce that families of children with additional needs

will have exclusive use of Cardiff International Pool at the subsidised rate of £1/head on the following dates from 6:30-8pm:

July 28th, Aug 25th, Sep 28th, Oct 27th, Nov 23rd & Dec 22nd.

To find out more about our summer holiday events, regular weekly activities or to book a place at the swimming sessions, please visit **www.thrivecardiff.org** or find us on Facebook.

It costs just £10 per family per year to join Thrive Cardiff and be part of our exciting programme of activities.



Summer Activity Programme 2013

Activities and childcare for children
and young people living in
the Vale of Glamorgan

For a full programme visit:
www.valeofglamorgan.gov.uk/fis

or contact
the Family Information Service team
for a copy on 01446 704704



Gwasanaeth Gwybodaeth i Deuluoedd y Fro
Vale Family Information Service

There's so much going on in the School Summer Holidays!

For up to date information on events, activities and services for children & young people, 'like' the Vale Family Information Service Facebook page.

New Sensory Room in the Western Vale

The Intersensory club has recently set up a Multi Sensory Room
at Awelon Healthcare in the Vale.

There is Music Therapy available within the facility for anyone who wishes to have lots of fun making music.

Room rental: **£28 per 45 minute session.**

Location:

Mount Pleasant Stables

Llanmaes

Nr Llantwit Major

CF61 2XR

For details/booking contact:

Kay Campbell **07595 263194** or

Jo **07590893964**



Dewis Centre for Independent Living

If you have been assessed as needing support following an assessment by your local Social Services Department, then this information could be for you!

It is recognised that disabled people have the right to live independently in the community, controlling their own care needs and making services work for them to create a more inclusive lifestyle.

You can now opt to receive a cash payment in lieu of other services. This cash payment is known as a Direct Payment. This money must then be used to meet the needs on your care plan, by either buying services of your choice, or more commonly, employing your own Personal Assistants.

If this sounds like something of interest to you, please ask your social worker or

local Social Services Department for more information on Direct Payments, or contact Dewis Centre for Independent Living, on 01443 827930 or email info@dewiscil.org.uk

We are based in
Dewis CIL, Amber House
Upper Boat Business Park
Upper Boat
Pontypridd
CF37 5BP



Vale Youth Speak Up

Vale Youth Speak Up will be carrying out their Disability Awareness Training in St. Cyres and Bro Morgannwg schools in June and July this year.

A team of four young learning disabled trainers will be delivering their message to the pupils to make them more aware of the barriers to inclusion and participation for young learning disabled people. They will offer guidance in communication and demonstrate how they tackle discrimination in their community. The training is interactive and fun, but also delivers a hard message.

Vale Youth Speak Up has obtained a grant from the WCVA's Gwrivol volunteering programme. This is for a new project called Educ8, which gives eight young people a definitive role within their organisation: A Participation Officer, Outreach Officer, four Training Advisers, Administrator and a Promotion and Marketing Officer. The team had their first meeting last week to create their strategy and how to work in the community.

The Youth Speak Up group meet every Thursday night at Holm View Leisure Centre from **5:00pm until 7:00pm** for ages 14-25's.



Rainbow Pop in and Play now covers all of the Vale

Rainbow Pop in and Play is now available to families who live anywhere in the Vale of Glamorgan. It is being run in partnership between Flying Start and the Disability Strand of Families First.

Rainbow is for pre school children with special and additional needs to attend with their parents (and siblings of pre-school age). The group meets every Wednesday during term time from **1:15 - 2:45pm** at the Flying Start Family Centre on Gladstone Road. Barry.

For more information please contact Ginny Bourne on **01446 731628.**



Family Fund may be able to help you

£27.3 million grant fund is available to help low income families with disabled or seriously ill children.



Parents of children and young adults who are disabled or seriously ill will be able to apply for a share of the £27.3 million Family Fund, the Government has announced, as it continues its commitment for two years.

Family Fund, the UK's largest grant giving charity, is designed to make life easier for low-income families with disabled and seriously ill children and young people. The money can be used for days out, garden play equipment,

computers, toys and kitchen appliances like dishwashers and washing machines. The fund helped more than 50,000 families last year, from a total of £27 million. The fund is now in its 40th year.

Applications can be submitted at any time.

For more information on how to apply, please visit: <http://www.familyfund.org.uk/grants/how-to-apply>

Disability E – Learning Modules Update

The first three modules are now live on the Learning Pool website which can be accessed by professionals who work in the Vale of Glamorgan Council. The modules available are learning difficulties, physical difficulties and mental health.

The aim of the modules is for professionals to be able to access short training sessions that can be worked through to give them a better understanding of specific areas of disability.

The modules currently being developed are hearing impairment, visual impairment, epilepsy awareness and downs syndrome.

We welcome the views of parents regarding future areas we could focus on, so if you have any ideas please get in touch with Jane Hawkshaw on **02920 755444**.

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

Caring for your disabled child

Having a child brings a lifelong commitment, but with an exception that when your child grows up, they'll need less care from you. When your child is disabled things can be very different.

- Advice on juggling care with your career
- Thinking of giving up work to care full time?
- Getting an assessment for help from your council
- Could Direct Payments help you buy in the help you need?

www.carersuk.org

Adviceline: **0808 808 7777**

email: adviceline@carersuk.org

You are both a parent and a carer. Accessing the help you need can be a battle. Carers UK are here for you and your family. We have a wealth of advice and experience to offer:

- How to deal with stress and depression
- Aids and Equipment that might help
- Looking after your own health
- Help with household bills
- Can you claim Carer's Allowance?

CARERS UK
the voice of carers

Sports in the Vale

Multisports Minis with Penarth Gymnastics Club. Multisports Minis is a physical activity session for disabled children aged 5 and under.

Wednesday 10:30 – 11:30am

£5 per session

Unit 3-6 Ty Verlon Industrial Estate, Barry

Swimming Academy

A competitive swimming club for swimmers with a physical disability and/or visual impairment who wish to train towards regional and national events.

Tuesday & Wednesday : 6:00pm – 7:30pm

Sunday 10:00am – 11:30am

Barry Leisure Centre

Contact Jenny Hunt (Swimming Co-ordinator) on

01446 403000

Golf

Golf has started on a **Friday 5:30pm – 6:30pm** at St Andrews Major and is being run by Special Olympics. Contact Jeff Savory on **07774720216**.



Vale Accessible Cycling

A new exciting, inclusive, accessible cycling project by the Intersensory Club is coming soon. It's being run in partnership with Disability Sport Wales and Public Health Wales.

Jenner Park Stadium, Barry.

For more details please contact : Cliff Hayes

01446 420533, Chayes39@btinternet.com

For more information on any of the above, call Simon Jones, Disability Sport Officer on 01446 704728 or

SLJones@valeofglamorgan.gov.uk



POPSY Parents of Partially Sighted and Blind Youngsters

POPSY is a small, local Charity supporting families with youngsters who are blind, have disabilities and with life-limiting conditions.

As well as being there for advice and support we also organise events that bring families together and reassure them that there is always someone who cares.

POPSY raises funds for specialist equipment; adapted toys and wheelchair accessible trips."

Reg Charity 1104560

www.popsy.org.uk

'POPSY' Facebook Page

1 Rectory Gardens, Machen, CF83 8SU

Tel: **01633 440949**

popsycharity@hotmail.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**

Post: **Disability Index**

Family Information Service

Dock Office

Subway Road

Barry

Vale of Glamorgan

CF63 4RT