

Issue 17
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The newsletter for children and young people with special and particular needs in the Vale of Glamorgan

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WELCOME TO SPRING!

Spring is here, and so is the 17th edition of the Index!

Welcome back all and a special warm welcome to the 20 new families who have signed up to the Index since our last edition.

With a speedy start to 2016, a lot has been happening since your last issue of the Index:

Beechwood College's very informative event has inspired this issue's **Spotlight on Transition** (pages 6 & 7), which features practical advice and support. We have produced our own information leaflet as well as receiving an invite to **Ysgol Y Deri's upcoming Transition Event** (more on page 6).

I recently attended Cardiff and Vale Parents' Federations' ADHD Awareness Event where I heard various speakers describe their understanding of ADHD. They also outlined the services and support which is available for children and young people with ADHD in Cardiff and the Vale. If you are interested in **helping with research for ADHD** then you can find out how on page 10.

Myself and Becky Wickett (Information Officer) have met with the Community Child Psychology Team in St David's Children's Centre, where we found out about the new Neurodevelopmental Disorder Service and Emotional Wellbeing Service. These are due to open in the Children's Centre within the next few months and you will hear more about the support these services will offer in the next edition of the Index!

The Interactive Multi-Sensory Room

(page 5) has now opened in Barry. Simon Jones (Disability Sports Officer) and I went to see the amazing facilities which the new room has to offer families and groups in the Vale. Check out pictures on page 5!

With Easter just around the corner, our **Family Information Service Easter Activity Brochure** will offer a comprehensive list of what's on offer in the Vale during the Easter holidays! You can access the brochure via our website: www.valeofglamorgan.gov.uk/fis or you can request a copy via email by contacting fis@valeofglamorgan.gov.uk.

We will be emailing you with information on any events and activities which will be running over the Easter holidays – another reason to make sure we have your email address!

I hope you enjoy this edition of the Index newsletter, and as always, welcome any feedback or suggestions from families for future editions!

Hope you have a Happy Easter!

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What's On:



- **Adventure Rangers:**
Mondays from 4pm – 5.15pm (page 10)
- **Vision 21 Art Club for 14-18 years:**
Wednesdays from 3.30pm – 5.30pm at Sbectrwm Centre, Fairwater, CF5 3EF. To book your free place please contact 029 2062 1194 / Kylie.Fuller@v21.org.uk
- **Vale Adaptive Cycling Club** – Wednesdays & Fridays from 1pm – 5pm (page 5)
- **Local Motion Dance** for 5-11years – Thursdays from 5.30pm – 7pm (page 11)
- **Deaf Café** – Alternate Thursdays from 6.30pm – 8.30pm (page 9)
- **Free Makaton® Training:** Friday 18 March & Tuesday 22 March from 9.30am - 3.30pm. To book your free place please contact Clare at Afasic Cymru: 029 2046 5854 / clare@afasiccymru.org.uk
- **National Autistic Society Coffee Mornings:**
Saturday 16 April & 18 June from 10.30am – 12pm (page 9)
- **Vision 21 Free Creative Workshops for 14-18years:** 29 March – 1 April at Sherman Theatre, 4 - 5 April at Prinhaus, 6 April at Rubicon Dance and 7-8 April at Sbectrwm Centre. To book your free place please contact 029 2062 1194 / Kylie.Fuller@v21.org.uk
- **Ysgol Y Deri Transition Event:**
Tuesday 26 April (page 6)
- **Ysgol Y Deri Taff Trail Challenge:**
Saturday 2 July (page 11)
- **Disability Living Kidz to Adultz Wales Event:** Thursday 7 July (page 12)

Thank You to All Youth Matters

I would just like to express my gratitude for the fantastic work that 'All Youth Matters' have done in leading on the Families First Teen Scheme.



It has been a huge success and I have seen so many families and young people benefitting from this pilot project. It was really sad news that All Youth Matters have been unable to secure core funding to continue to deliver the wide and varied number of services they have and you will be greatly missed. I am pleased to say that even though we have lost a fantastic provider, we hope that the great work will continue through the Local Authority's Play Development Team. I hope all those accessing Teenscheme will continue to support us in providing this service.

Mark Davies, Children and Young Peoples Partnership Manager.

Teenscheme to Continue

With the sad news that "All Youth Matters" will no longer be in a position to continue running the services they provide, we would like to reassure parents that the Teenscheme will continue to be delivered through the Sports and Play Development Team.



Although we cannot guarantee the service will continue to run in the same way (and there will be changes ahead), we are encouraging everyone involved in Teenscheme to continue their involvement, so that this valuable service can continue.

If you would like to discuss any aspects of the above please do not hesitate to contact Joanne Jones, Play Development Officer on playdevelopment@valeofglamorgan.gov.uk



February Half Term Playscheme held at Ysgol Y Deri Special School Penarth

During February half term Ysgol Y Deri (YYD) and the Vale of Glamorgan Play Development Team joined together to form a successful partnership which enabled the delivery of a comprehensive play package for both YYD pupils and other families living in the Vale of Glamorgan.

All children had access to a vast range of play activities and the Hydrotherapy Pool.

We were fortunate to have wonderful weather for four of the five days and the outside space was enjoyed by all.

Watch this space for news about future opportunities to attend our Playscheme in Partnership!

Stuart and Marie-Claire, Family Engagement Officers, Ysgol Y Deri and Jo Jones, Play Development Officer.



New Interactive Multi-Sensory Room Open in Barry

Enjoy a wonderful experience as The Intersensory Club open their amazing Interactive Multi-Sensory Room!

33 Laleston Close, Barry, CF63 1TZ

The Interactive Multi-Sensory Room is available Monday – Friday from 10am until 4pm and Saturday and Sunday from 1pm until 4pm.

The room has the latest sensory equipment to stimulate development opportunities for children, young people and adults with severe, profound, multiple learning difficulties, cerebral palsy, autism and other sensory impairments.

Suggested sessional donations £5.00.

The Intersensory Club is a small local charity and we rely on local donations, grants and fundraising to finance our projects, and any help or donations would be welcomed.

For further information please contact Cliff Hayes on 01446 420533 or chayes89@btinternet.com

Look out for our ‘Spotlight on Sensory Play’ in the summer edition of the Index.



Spring is here and Vale Adaptive Cycling Club is back at Jenner Park!

Grab a bike and come for a spin around the track!



The club operates on Wednesdays and Fridays 1pm – 5pm from March to September at Jenner Park Stadium, Barry, CF63 1NJ

We have numerous specialist bikes, trikes and tandems enabling children, young people and adults with varying disabilities or limited mobility to access and enjoy the exhilaration of cycling. Suggested donation £2.

We are a not-for-profit club and rely on donations, grants and fundraising to finance

the project, to keep costs down our club is run by volunteers, and any help would be gladly accepted.

Contact Cliff Hayes on 01446 420533 or valecycleclub@outlook.com





SPOTLIGHT



Growing up and becoming an adult can be an exciting time for young people and their parents, with lots of changes and choices to be made about the future. However, it can also be a frustrating and daunting process especially if you are a child with a disability or their parent/carer.

In partnership with Keith Ingram (ASD Project Officer), Transition Officers from the Child Health and Disability Team and the Adult Disability Team, the Family Information Service have put together 'A Guide for Parents/Carers of Young People with Disabilities aged 14+'.

The aim of the guide is to bring together information on the measures in place and services available to ensure a smooth as possible transition into adulthood.

An electronic copy of the guide can be accessed on the Index homepage www.valeofglamorgan.gov.uk/disabilityindex or you can request a hard copy by contacting the team on 01446 704736.

Transition event at Ysgol Y Deri

Following the great success of last years' event, on Tuesday 26 April 2016 Ysgol y Deri special school will be holding a Transition Event for our Year 9 up to Year 14 parents.

The purpose of the day is for parents to have the opportunity to share information, consider transition opportunities available beyond school, receive practical advice, and gather relevant advice and information.

Last year we had over 100 parents attend the event and around 35 providers. This year promises to be bigger and better.

For more information around the event please contact Stacey Long, post 16 transition officer at Ysgol y Deri – slong@yyd.org.uk



ON...TRANSITION

Practical advice from Beechwood College

Ben Woodford from Beechwood College provided some practical advice on the transition into adulthood at the recent transition event run by the college.

Effective communication is essential to ensure that the transition process is as smooth as possible for the young person and therefore three things need to be made a priority:

1. Work and communicate positively across the different agencies
2. Ensure that what young persons and their families communicate is listened to
3. Communicate the transition process to the young person

Visual information is much more easily processed in comparison to verbal information. This can be an incredibly powerful tool in helping the young person with additional needs to process, understand and retain important information regarding their transition.

Below is a list of suggestions to help a young person's transition into adulthood and their chosen destination:

- Visits – visit as few or as many times as necessary for the young person to feel ready to attend on a regular basis
- Provide visual information - this could be maps, photos, videos, timetables, prompt cards, schedules or checklists
- Transition Buddies – talk to others who are/ have been going through similar transitions
- Expectations – list new expectations and address any differences between current and new destination.

Building success in your young person's life and challenging their negative thinking at every opportunity is one of the best ways to increase their self-belief and ultimately to successfully undertake transitions.

For any further information please contact ben.woodford@beechwoodcollege.co.uk

Transitions – on track for work project

The Transitions “On track for work project”, provided by Quest, is aimed at young people between 16 & 25 who have a Learning Difficulty or Special Educational Needs.

Our aim is to provide specialised support & advice to young adults with their Transition from school or college to “working life”.

We will work with you to identify your goals and provide you with increased opportunities in Education, Training and Work.

This programme will be completely tailored to each individual; the individual will receive

1:1 support throughout the project. The Transitions Officer will be able to provide travel training and job coaching for as long as the individual and Transitions Officer feel is necessary.

For more information please contact Nicola Lane, Transitions Officer, Quest, on 029 2037 3305 or nicola.lane@innovate-trust.org.uk



SPOTLIGHT ON...TRANSITION

Cardiff and Vale College - Preparation for Work and Life Skills

Our Preparation for Life and Work programmes are designed to meet the very individual needs of young people with a range of abilities, including those with learning, physical and sensory disabilities as well as Autistic Spectrum Conditions. Courses are offered at a range of levels to cater for all learners and abilities.

Vocational Access courses:

These courses are offered at Entry Level 3 and Level 1 at both our Cardiff and Vale campuses. They offer an introduction to college life where you can sample various work areas such as Catering, Hair and Beauty, Construction, Creative, Film Making, Sport and Health, and Social Care. As well as having a strong focus on improving your literacy and numeracy skills which will be important for your further learning and development when you look to progress to other courses in the College.

Progress to Work and Life courses:

Delivered at Pre-Entry Level and Entry Level, these courses offer learners an introduction to

College life. You will be encouraged to develop independent skills and learning in tasks such as cookery, art, personal presentation, sport, engineering and more. There will be a fun and exciting mix of classroom learning and practical work-based community sessions. All preparing you to move on to further qualifications either based on life skills or work skills after you successfully complete the course.

Skills for Progression in College:

This discrete programme is suitable for school leavers who may have an Autistic Spectrum Condition or for those who need help and support to develop social and communication skills in a friendly, nurturing environment. You will get to sample different work areas helping you to make an informed choice about your progression and what to do next. This course is currently available at our Colcot Road, Barry Campus.

For more information about our Preparation for Life and Works courses or to apply for a course visit:

www.cavc.ac.uk/foundation

SNAP's New App!

SNAP Cymru have produced a new and unique bilingual website and mobile app for 14-25 year olds in Wales.

Wmff! can give you instant help on the important issues that affect your future prospects, and offers practical solutions through survival guides, live messaging and secure forums.

Wmff! has specific advice for young people on the transition into adulthood.

Developed in conjunction with young people in Wales and featuring stories from those who have had difficulties in the past and come out

the other side, Wmff! offers help based on real experience with

practical solutions to ensure that whatever problem you're having in school, further education or getting a foothold in the workplace. SNAP Cymru's assistance will be on call via the app.

Wmff! is part of the Reach the Heights Project part funded by the European Social Fund.

Visit the website <http://www.wmff.co.uk/> or download the Wmff! app.



HYNT – Free Access for Carers to Theatres Across Wales



Hynt, the national access scheme for theatres and arts centres in Wales launched in March 2015. This Arts Council of Wales initiative is managed by Creu Cymru in partnership with Diverse Cymru.

Hynt is a card scheme that entitles you to a ticket free of charge for your Personal Assistant or Carer across 32 participating theatres and venues in Wales including Barry's Memo Arts Centre and many in Cardiff.

The Hynt eligibility criteria was designed with Disabled People. If you need additional support but don't meet the criteria your application will go through Arbitration. Diverse Cymru manage this peer-led decision making process rooted in the Social Model of Disability.

Hynt's website features listings of accessible performances and information to help you plan your visits. Hynt's training programme for venues builds the skills, knowledge and understanding required to embed accessibility and improve their service for disabled customers.

Join over 5000 Hynt card holders by applying today. There is no age limit and the card is free. Print or download an application form from the website hynt.co.uk and email with a photo and proof of eligibility to applications@hynt.co.uk. Call the Hynt helpline for more information on how to apply: 0344 225 2305.

New Deaf Café in Barry

A new self-run group has been set up for deaf adults and young people within the Vale of Glamorgan.

The group meet in the main café of Barry ASDA.

Alternate Thursdays from 6.30pm - 8.30pm

Upcoming dates:

10 March, 24 March, 7 April,
21 April and 5 May 2016

For further information please contact Karen Briscoombe or Jayne Case on 01446 725 100

National Autistic Society Cardiff and Vale Branch

Barry Coffee Mornings

Meet and talk to other parents/carers of children and adults with autism, over a cup of tea/coffee and cake in a friendly, welcoming environment.

Venue: Pioneer Hall, Beryl Road, Barry, CF62 8DN

When? Saturdays from 10.30am – 12pm
16 April, 18 June, 10 September, 12 November, 17 December

These sessions are not restricted to NAS branch members - anyone who would like to know more about autism is welcome, no diagnosis of autism is necessary!

For more information please visit www.cardiffandvaleautism.org.uk or contact nascardiff@nas.org.uk



Help with ADHD research



The National Centre for Mental Health (NCMH) is working to better understand ADHD. The aim of our research is to improve diagnosis, treatment and support for the future.

But to do this we need your help.

Helping with our research is quick and painless, and all information we collect is stored confidentially. Taking part involves:

- An informal interview with one of our trained researchers, either at your home or in a local clinic
- Providing a small blood or saliva sample
- Completing and returning some questionnaires

For more information about our research and how you can help, visit our website www.ncmh.info or contact us on 029 2068 8401 / info@ncmh.info.

Facebook: National Centre for Mental Health or
Twitter: @ncmh_wales

Two new services for children and young people



Look out for our article in the next issue of the Index which will look at two new services which will be based in St David's Childrens Centre.

- **Neurodevelopmental Disorder Service**
Contact Eleri Probert (Project Manager) for further information: 029 2184 7950 / Eleri.Probert@wales.nhs.uk
- **Emotional Wellbeing Service**
Contact Ben Davies (Project Manager) for further information: 07736 196 343 / bendavies@cardiff.gov.uk

Christmas lights raise £1,360 for Ty Robin Goch

Barry's "Blue House" amazing Christmas Lights raised a total of £1,360 for Action for Children's Ty Robin Goch this Christmas.



The Ware Family (Linda, Tony, Mollie and Ben), raise money each year for a local charity and wanted to raise the money for Ty Robin Goch this year, as their nephew Dylan regularly attends Adventure Rangers at the centre.

Shirley from Action for Children was delighted to receive the donation as the sensory room in Ty Robin Goch has needed a revamp for some time – the money will create an opportunity to make some much needed improvements!

Adventure Rangers runs for 4-11 year olds with additional needs and their families. Mondays from 4.00pm - 5.15pm (term time only) at Ty Robin Goch, Robins Lane, Barry, CF63 1QB. For more information, contact Candice Ringer on 01446 709269 / cringer@valeofglamorgan.gov.uk



Local Motion Dance Company Win One Family Foundation Award

Local Motion Dance Company were successful in winning a One Family Foundation Award to establish a performance group for young people with disabilities who have a passion to dance.

They meet up at the YMCA every Thursday between 5.30-7pm to work together and create new pieces of work. They will be performing their version of Alice in Wonderland at the Memorial Hall Theatre on Wednesday 16 March at the Best Foot Forward Showcase.



Local Motion Dance Kids are looking for new members of children aged 5-11 years with disabilities to join their weekly sessions at the YMCA on Thursdays between 4.30-5.15pm.

Please contact Emma on 07725038778 or email motioncontroldance@gmail.com to book a free trial.

Pedal power is expanding

Pedal Power is pleased to announce that they have been awarded £480,000 by the Welsh Government under the Community Facilities Programme.

Pedal Power is a Cardiff based charity that is leading the way in Wales in facilitating cycling for people of all ages and abilities who are unable to use a conventional 2 wheeler bike.

The grant will enable Pedal Power to build a much needed extension which will provide

facilities for an additional community room, an extended kitchen, increased toilet facilities, office accommodation and additional space for cycle storage. This will enable Pedal Power to deliver more opportunities and activities for its members and the general public.

Pedal Power aims to maintain a service throughout the building period, and ask customers to be understanding during this time.



Ysgol y Deri Taff Trail Challenge on Saturday 2 July 2016

The Challenge is an organised charity cycle ride starting from Brecon, following the Taff Trail, along the Cardiff Barrage and finishing within the grounds of Ysgol y Deri in Penarth.

The Challenge involves three distances for competitors to choose from, to ensure that it is open to everyone:

- 60 miles from Brecon to Ysgol y Deri
- 35 miles from Cefn Coed y Cymmer to Ysgol y Deri
- 15 miles from Nantgarw to Ysgol y Deri

The participants are provided with feed stations

en-route supplying water, pretzels, wine gums, energy bars and not forgetting massive amounts of support and encouragement!!

Upon completion of the event at Ysgol y Deri school every participant receives a gift to commemorate the event. There is also a BBQ, music, homemade cakes, our superb announcer, use of our school café for food and drink, and of course huge support welcoming the participants over the finish line!!

If you fancy a challenge this Summer and would like to raise money for YYD please contact Ian Liddiat at iliddiat@yyd.org.uk



Pupils Gain Sport Leaders Award

Pupils from Ysgol Y Deri are polishing their coaching skills by completing the Active Young People (AYP) Sport Leaders Award in conjunction with the Vale of Glamorgan Council's Sport Development Department.

Over 20 pupils from the school have been attending the course throughout the Spring Term in order to support organised sport within the school. The course provides students with the skills to plan, facilitate and evaluate physical activity sessions. Once the pupils have completed the AYP Sport Leaders Course they will be assisting with sport and physical activity sessions for the younger pupils in Ysgol y Deri.

The pupils will be able to assist with a host of different sports that include Rugby, Hockey, Netball, Football and much more. The pupils will also be leading fun games that will improve their co-ordination, this will tie in nicely with Sport Wales' aim of making all children in Wales 'Physically Literate'. The pupils are grouped together so their skills complement each other.

There are options available for students who wish to further their coaching skills by attending Level 1 National Governing Body Awards where they can coach in a sport of their choice.

Simon Jones, Disability Sport Wales Development Officer stated 'I've been very impressed with the pupils undertaking the

course, they have been taken out of their comfort zones and placed in

situations where they have no experience, but they have thrived in those situations. The pupils were grouped so they can work off each other's strengths and support each other in the delivery of the sport sessions'

'One of the best elements of their coaching is how the pupils automatically make the sport sessions inclusive, they don't realise how good their knowledge of adapting activities to suit different needs is.'

Ysgol Y Deri run a Youth Club for pupils and one of the aims of the course is for the AYP Leaders to assist with the sport and physical activity sessions in the club. This will give each pupil more experience and hopefully open up different avenues for them once they leave full time education.

For more information on volunteering or taking part in Disability Sport in the Vale, please contact Simon Jones, Disability Sport Wales Development Officer on 01446 704728 or sljones@valeofglamorgan.gov.uk



Kidz to Adultz Event is Coming to Wales!

The team at Disabled Living are delighted to introduce Kidz to Adultz Wales to our events portfolio. Kidz to Adultz Wales will be held at House of Sport, Cardiff on Thursday 7 July from 9.30am - 4.30pm.

Disabled Living's mission is to ensure as many children and young adults across the UK with disabilities and additional needs, their parents, carers and the professionals who support them have access to information and advice

on equipment and services to improve the quality of their lives and that of their families.

For more information please visit:

www.kidzexhibitions.co.uk or to book your free visitors tickets please contact the Kidz Team at Disabled Living on 01616 078 200 or kidzexhibitions@disabledliving.co.uk



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