

# The Index

for families of children and young people with disabilities or additional needs



A guide for families

# Hello

It's good to have the right information and know what support is available.

Cardiff and the Vale of Glamorgan want you to have a full, happy, healthy life.

We want you to connect to services, take part in activities and have fun – that's what The Index is for.



## What's The Index?

The Index lets you know about the services, activities and events happening in your area.

## Who is it for?

The Index is for families of children and young people with disabilities or additional needs.

You can sign up to The Index if you are a parent or carer of a child or young person with disabilities or additional needs or a professional working with a child.

## Why?

Signing up means you don't miss out. You get:



**The Index** – a newsletter every 3 months. It's packed full of information.



**The Index eNews** – emails about extra activities and events.

# Is there anything else?

Yes, The Index also:

- connects you to organisations that can support you
- helps professionals know what you need so they can work better
- means you can have a say on how we plan and deliver services in your area.



# How can I sign up?

## Cardiff Family Advice and Support

 03000 133 133

 [ContactFAS@cardiff.gov.uk](mailto:ContactFAS@cardiff.gov.uk)

 [www.cardiff-fis.info](http://www.cardiff-fis.info)

## Vale Family Information Service


 0800 587 10 14

 [theindex@valeofglamorgan.gov.uk](mailto:theindex@valeofglamorgan.gov.uk)


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

You don't have to sign up,  
but it's good to be  
connected.

# What information do we need?

 Information about your child's:

- name
- date of birth
- contact details
- the school they go to.

 What disabilities or additional needs they have.

 What services and support your family use.

 What information or support you need.

# What do you do with my information?

We keep all your information safe and private.

Information about you isn't shared with anyone else, unless you say it can be.

Sometimes information is used to plan services. It's collected as numbers and doesn't use anyone's name or other details. Each Local Authority follows the law and always protects your details.



# Thanks for reading this

Here are some contact numbers:

## Health

Llandough Children's Centre ☎ 029 2070 5580  
St David's Children's Centre ☎ 029 2053 6789

## Social Services

Cardiff Child Health and Disability Team ☎ 029 2053 6400  
Vale Child Health and Disability Team ☎ 01446 704285

## Education

Cardiff Inclusion Service ☎ 029 2067 1479  
Vale Achievement for All ☎ 01446 709180  
SNAP Cymru ☎ 0808 801 06 08

## Information, Advice and Support

Cardiff Family Advice and Support ☎ 03000 133 133  
Cardiff Disability Team Around the Family ☎ 029 2034 7067  
Vale Family Information Service ☎ 0800 587 10 14  
Vale Families First Advice Line ☎ 0800 032 73 22

## Youth

Cardiff Inclusive Youth Provision ☎ 029 2037 3144  
Vale Inclusive Youth Provision ☎ 01446 732926

## Play

Vale Play Development ☎ 01446 704809  
Cardiff Play Development ☎ 029 2087 3958



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