



# Annual Report April 2018 - March 2019

**Julia Sky, Regional Index Officer**

**The Index is Cardiff and the Vale of Glamorgan's voluntary register for children and young people with disabilities or additional needs.**

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

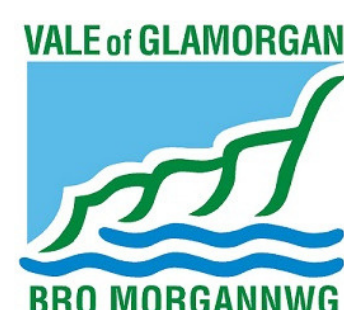
**Cardiff and the Vale of Glamorgan want you to have a full, happy, healthy life.**

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

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

**Cyngor a Chymorth i  
Deuluoedd Caerdydd**

**Cardiff Family  
Advice and Support**



# Key Achievements

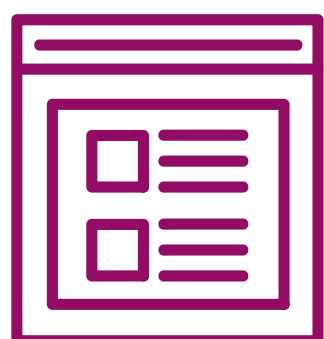
## April 2018 - March 2019



**268** **New!**  
registrations



**4**  
newsletters  
produced



**64**  
Index eNews  
sent to families and  
professionals



**500+**



ALN specific  
Social Media posts



Dewis Cymru

**100+**

ALN Specific  
Resources on  
Dewis Cymru



**200+**

enquiries to The  
Index

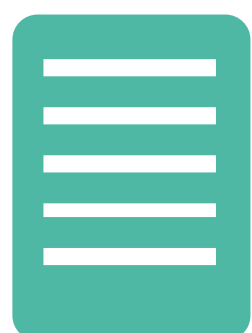


**12**

monthly sessions  
held at Llandough  
and St David's  
Children's Centres



**1** Service  
Regionalised



Registration  
Form  
Simplified



Noah's Ark  
Children's Hospital Charity  
Elusen Ysbyty Plant

Outreach at  
Noah's Ark  
Established



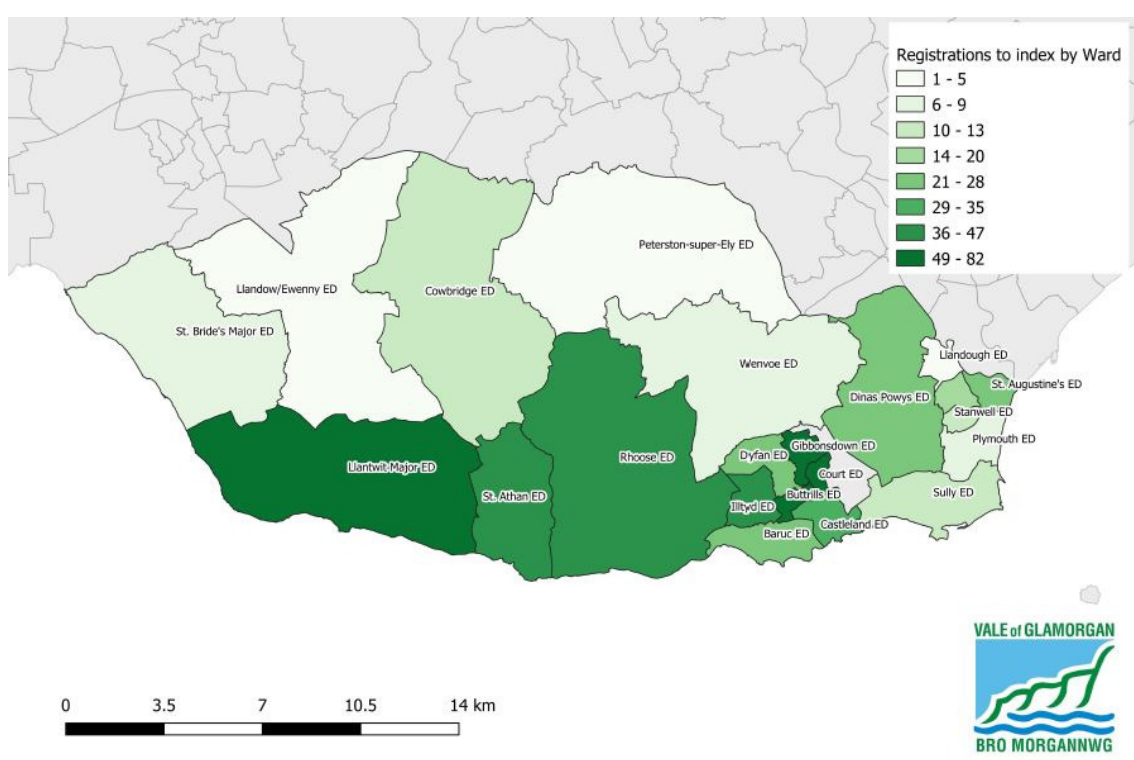
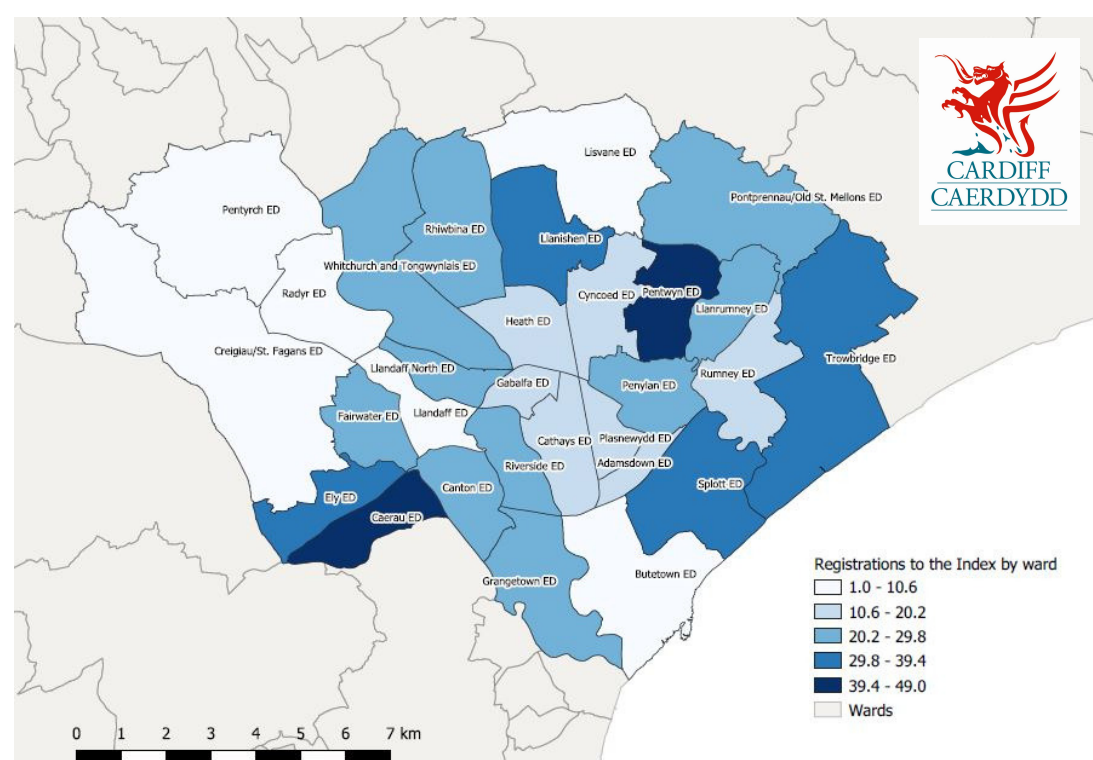
Information on childcare  
for children with  
additional needs  
improved



**6** Drop In  
Sessions Held  
for Carers in  
the Vale




# Regional Facts and Figures 2018 - 2019



**New!**



**390 registrations**  
April 2018 - March 2019

**32%**             **68%**



**Highest  
Proportion of  
Children on The  
Index are 5 - 11  
years**

**50% are  
under Speech  
Therapy**

 **Over 50% are  
under a  
Paediatrician**

 **20% are  
under  
Dietetics**

**Most Common Reasons for Signing up to  
The Index in Cardiff and the Vale**

1

ASD

2

ADHD

3

Developmental  
Delay

**Over 60% have  
Communication and  
Socialisation  
Difficulties**



**The Index was  
established in  
Cardiff  
in April 2016**



**1,713 pupils in  
Cardiff have a  
Statement of  
Educational Need**



**The Index was  
established  
in the Vale in  
April 2012**



**363 pupils in the  
Vale have a  
Statement of  
Educational Need**



# Cardiff Facts and Figures 2018 - 2019

Total of 617 on The Index in  
Cardiff by 31 March 2019



32% 68%

53% have a  
Statement

14% have a  
Social Worker

65% claim  
DLA / PIP

46% receive  
medication

11% wheelchair  
users

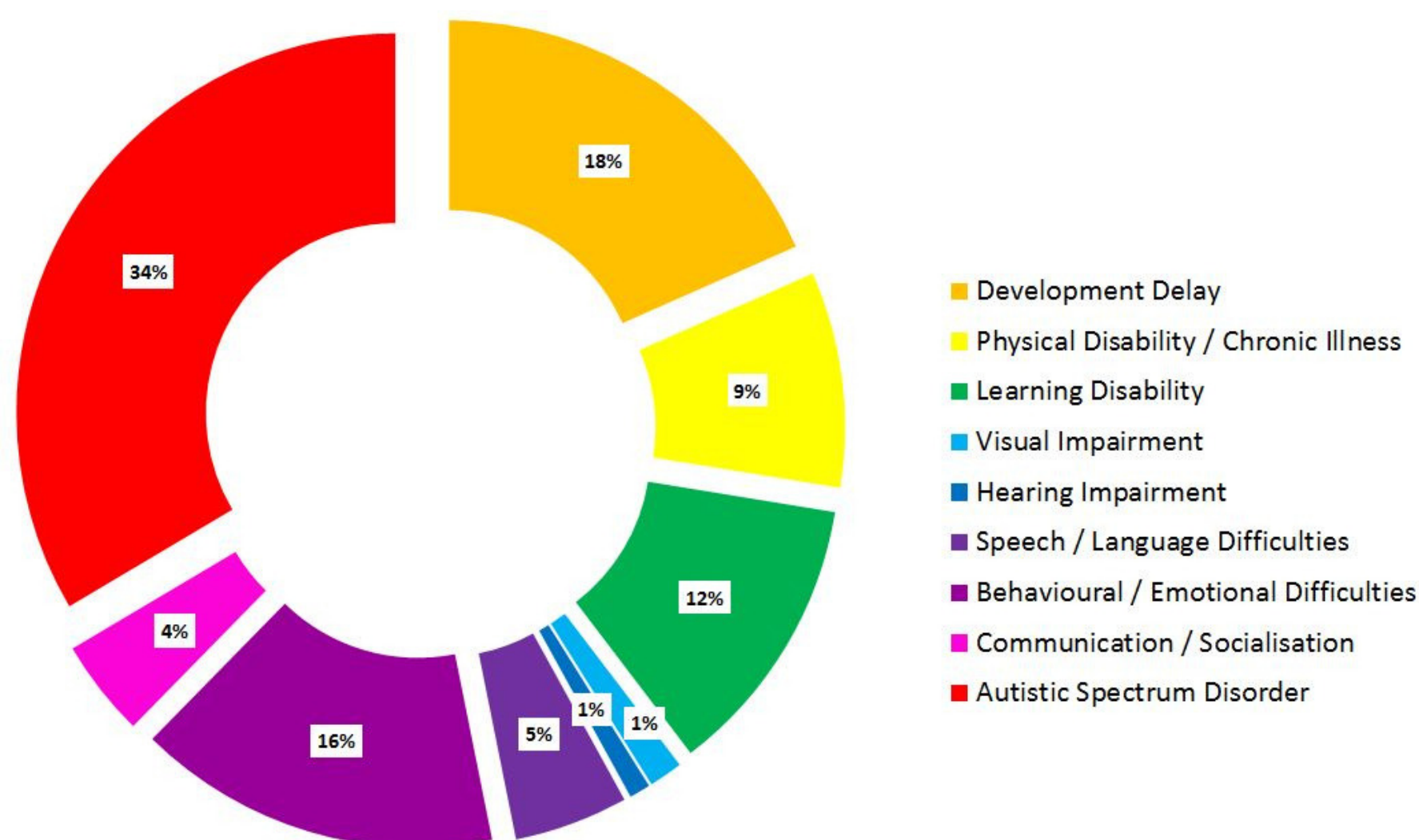
30% are on the  
Autism Spectrum

120 ALN specific  
enquiries

19% are from an  
ethnic minority

1 family  
receiving the  
newsletter  
in Welsh

5%  
English / Welsh  
Second  
Language



16% are using  
PECs

11% are using  
Makaton

New!



268 registrations  
April 2018 - March 2019

26% of those new  
registrations  
have ASD

16% of those new  
registrations  
have ADHD

27% of new  
registrations were  
referred from FIS

22% of new registrations  
were referred from a  
health visitor





# Vale Facts and Figures 2018 - 2019


Total of 692 on The Index  
in the Vale by 31 March 2018



32%  68%


21%   
have a  
Social Worker

26%   
have a  
Statement


32%   
claim  
DLA / PIP

9%   
wheelchair  
users


65%   
receive  
medication

44%   
are on the  
Autism  
Spectrum

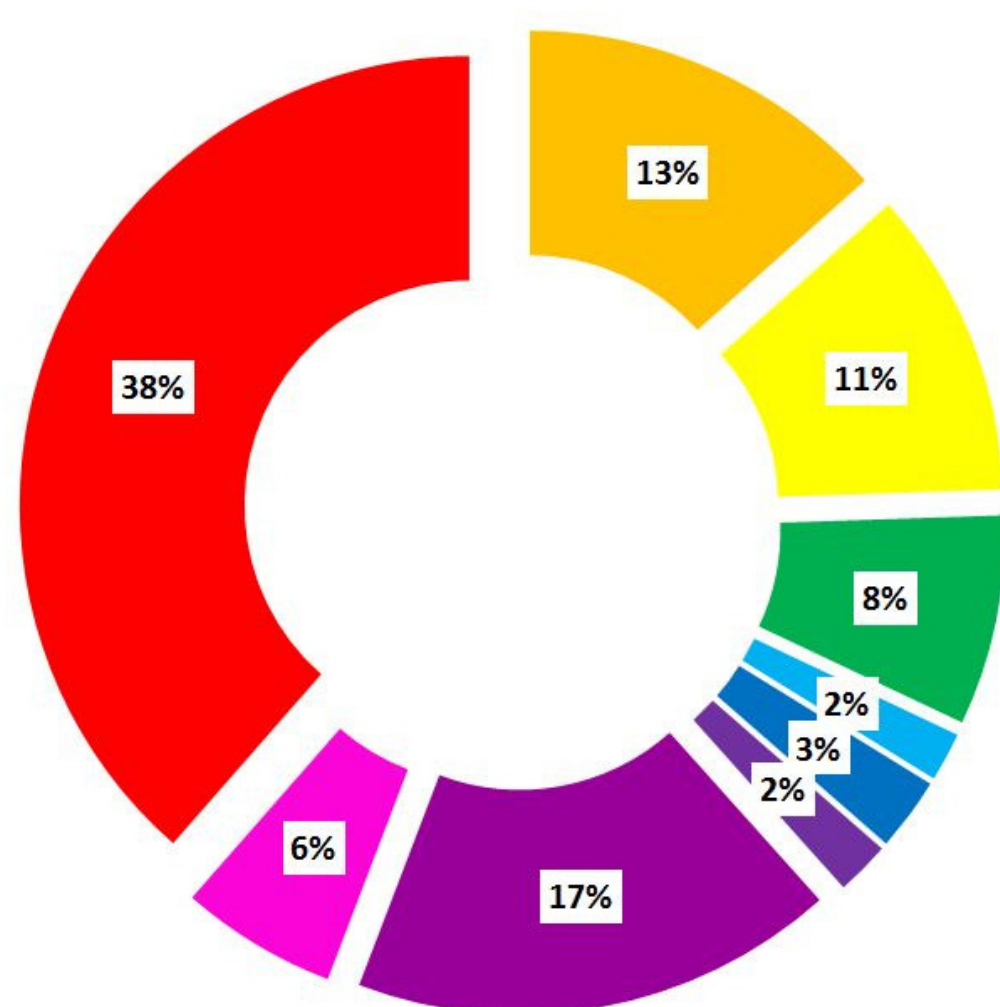
2 families   
receiving the  
newsletter  
in Welsh

5%   
are from  
an ethnic  
minority

1%  
English / Welsh  
Second  
Language

14%   
are using  
PECs

3%   
are using  
Makaton



- Development Delay
- Physical Disability / Chronic Illness
- Learning Disability
- Visual Impairment
- Hearing Impairment
- Speech / Language Difficulties
- Behavioural / Emotional Difficulties
- Communication / Socialisation
- Autistic Spectrum Disorder

500+    
ALN specific  
posts

150+   
ALN specific  
enquiries

New!



122 registrations  
April 2018 - March 2019

29%   
of those new  
registrations  
have ASD

24%  
of those new  
registrations  
have ADHD

32%   
of new  
registrations were  
referred from FIS

22%   
of new registrations  
were referred from a  
health visitor



# Feedback

## April 2018 - March 2019

I think The Index is brilliant, I often pick up the newsletter, find things to do and say "right that's what we'll do today"

100%



**said The Index made a positive difference to their family**

It's good to know there is somewhere to go for support

Thank you so much for the information you sent. I have already booked the sensory room in Barry for this Monday! We will visit the Llantwit Sunshine Club too.

When I first called the The Index I was down, depressed and at the end of my tether. Since attending sessions promoted by The Index both my child and myself are so much happier, it was lovely to go somewhere and be accepted and not judged!

I really love The Index and I am looking forward to receiving the next newsletter as it has so much information in there that helps me.





# Priorities

## April 2019 - March 2020



1

**Produce a Family Friendly Leaflet**



2

**Host Coffee Mornings in Schools across Cardiff and the Vale**



3

**Produce Transition Information for 14 - 25years**



4

**Develop a regional website**



5

**Develop an After School Information Session for Families**



6

**Add information sharing consent to partner referral forms to increase referrals**



If you know of any groups, projects or services for those with additional needs that you think the rest of Cardiff and the Vale should hear about, then please let us know and we can promote them to families and professionals.

If you are supporting someone who would benefit from being included on The Index, then you can access a paper copy or online version of our registration form on our website.

Our webpages also have links to online versions of all of the quarterly newsletters that have been produced, and you can sign up to The Index eNews to receive regular updates.

We are always looking for new ways to reach out to families and professionals, so if you think it would be useful for us to talk to those that you work with, then get in touch. We can arrange to come along with information on our services and other relevant services.

**Cardiff**

**Vale**



03000 133 133



cfas@cardiff.gov.uk



Cyngor a Chymorth i Deuluoedd Caerdydd  
Cardiff **Family Advice and Support**



0800 587 10 14



theindex@valeofglamorgan.gov.uk



Gwasanaeth Gwybodaeth i Deuluoedd y Fro  
Vale Family Information Service

The Index is funded by Welsh Government's Families First initiative, and administered by the local Family Information Service in Cardiff and the Vale of Glamorgan.

