

VALE of GLAMORGAN



BRO MORGANNWG

Issue 5  
March 2013

# the index

newsletter

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



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# Happy Easter!

Welcome to the 5th edition of 'the index'. I hope you all survived the cold, rain and snow this Winter and look forward to our dry and sunny Spring! I would like to introduce myself. My name is Lucy and I am the new Disability Index Administrator. I have been in the post since January 2013 but previously worked in the same role a few years ago. I am so happy to see how the Disability Index has progressed and the newsletters look fantastic. They are a great way of getting information out to you about local services, clubs and activities that you may not have known were there.

I am very keen to continue to promote 'the index' and aim to sign up more families this year. If you know of any families that would benefit from being included on 'the index' please pass on mine or Becky's contact details, and we will happily get in touch with them. My number is **01446 704736** or call Becky – Disability Index Co-ordinator on **01446 725364**.

## 'the index' Success

Since the re-launch of the Disability Index last April we have signed up **105** new children and young people to the Index and we're now in the process of reviewing those who have already signed up. **65** have been reviewed so far, and we will be contacting the rest soon.

We have had a good response to the feedback questionnaire sent out asking for your opinion on 'the index' newsletter. It was positive to see that you all find the newsletter informative and full of useful information about various services and activities. A lot of you have said that you accessed services that were promoted in the newsletter. And your suggestion on how to improve the newsletter and things to be included are being considered.

If you have not returned your feedback form, then we would love to hear from you either by sending in your feedback form or sending me an email on [lwoollacott@valeofglamorgan.gov.uk](mailto:lwoollacott@valeofglamorgan.gov.uk)



Hope you enjoy this edition of the newsletter

## Lucy Woollacott

Disability Index Administrator

Tel: **01446 704736**

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

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



# Positive About Disability Event

Lucy and I attended the Positive About Disability open day held at the Memorial Hall on Tuesday 5th February 2013. This was well represented by members of the public as well as guest speakers and members from charities and organisations offering information and leaflets about their services.

The day opened with Vale Youth Speak Up giving a presentation on how the project has a positive effect on their lives and amused us with several short films that they made at youth club, about superhero's combating bullies who target people with disabilities. The day's compare was Jonathan Dewi Richards and guest speakers included Jacqui Nicholls from the Welsh Government, Paul Swann from Disability Wales and Ron Woods speaking on behalf of Innovate Trust. He talked about independent living and the need and recognition for services to help and support people to live independently.

After lunch, we took part in several different workshops run by the Transition Team, A Sense of Play and Touch Trust, amongst others.

We were then treated to talks from Joy Garfitt- newly appointed Head of Service for Adults with Disabilities, who informed us that she had a shopping list of things to be achieved over the next three years. The list included giving young people the opportunity for more social activities and the ability to take 'safe risks' such as a parachute jump, as one young person identified that they wanted to do this!!

Keith Ingram, Autistic Spectrum Disorder Project

Leader, enlightened us all with a new innovative App that he and others have developed for people with Autism and Aspergers. It acts as a calendar and informs the person where, when and how they need to get somewhere. He also introduced us to 'the orange wallet', which acts as a communication tool that people can use when accessing public transport. I will keep you all updated on the developments of these useful tools and where and how you can access them.

Chris Britten, Head of Ashgrove School, discussed the new school that is being built, combining St Cyres, Maes Dyfan, Ashgrove and Erwr Delyn schools all to one site. The new super school will have state of the art technology, gyms, trampolines and a hydro therapy pool. This will also act as a community resource. The children who are prospective pupils at the school have been treated to visits to the new site which will help prepare them for the change.

A great day was had by all.  
Becky



## Understanding your child's behaviour

**Your child may be beginning to develop some difficult behaviour or may have already established some behaviour that challenges. They may have a recognised disability, be in the process of getting a diagnosis, or you may be wondering if they have an additional need.**

All children are different and there is no single answer to any of the difficulties or problems you may face. There are often complex reasons behind a child's behaviour and it is rarely anyone's 'fault'.

Contact A Family (CAF) have released their latest edition of 'Understanding your child's behaviour' information booklet which offer suggestions that may help, explain who else can help and how, and where you and your child can get support.

Visit: [www.cafamily.org.uk/news-and-media/the-new-edition-of-our-popular-guide-understanding-your-childs-behaviour-is-here](http://www.cafamily.org.uk/news-and-media/the-new-edition-of-our-popular-guide-understanding-your-childs-behaviour-is-here) to download your copy or call the freephone helpline on **0808 808 3555** and ask for a free copy of the latest edition of *Understanding your child's behaviour*.

# Easter and Whitsun Holidays

## Playscheme

### Easter Holidays 2013

Tuesday 26th March  
Wednesday 27th March  
Thursday 28th March

Tuesday 2nd April  
Wednesday 3rd April  
Thursday 4th April

### Whitsun Holidays 2013

Tuesday 28th May  
Wednesday 29th May  
Thursday 30th May

The playschemes will run from  
10am – 12pm and 1pm – 3pm  
For children aged 4-11 years  
Venue: To be confirmed

If you wish your child to attend a full day  
there will be a cost of £5 to cover the care  
needed over the lunch period.

Places are limited, so if you would like your  
child to attend or would like further information,  
please contact the Sports and Development  
Team on **01446 704809**. The referral cut off  
date for Easter playscheme is **13th March** and  
Whitsun playscheme is **8th May**.



## Penarth Youth Project's Disability Teenscheme

### Easter Holidays

Monday 25th March      Wednesday 3rd April  
Tuesday 26th March      Thursday 4th April

### Whitsun Half term:

Wednesday 29th May  
Thursday 30th May

Venue: Byrd Crescent, Penarth  
Times 10:00am – 3:00pm

Places are limited and are by referral only and  
by completion of the Helpful Book. A small  
contribution is required for attending.

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

"We've moved office"

PENARTH YOUTH PROJECT

"Serving the Vale"

Unit 3D, Verlon Business Park,

Verlon Close,

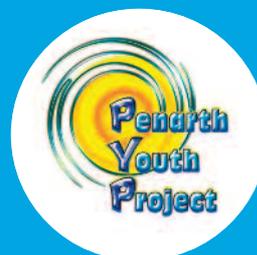
Barry,

Vale of Glamorgan

CF63 2BE

Telephone: **01446 734088**

Email: [cbcp@penarthyouthproject.org.uk](mailto:cbcp@penarthyouthproject.org.uk)



# Easter events with Thrive



**THRIVE CARDIFF is a local charity and support group run entirely by volunteers who are all parents of children with disabilities. It was established by a small group of parents in 1996. Weekly events are held for families to get together and enjoy each others' company in safe and secure environments.**

An exciting programme of activities is planned for the Easter holidays which will include theatre visits, horse-riding, music workshops, rambling, play centre sessions and daytrips.

Children who attend the charity's activities have a very wide range of disabilities including autism, ADHD, cerebral palsy, learning difficulties and Down Syndrome. The group has activities suitable for children and

young people up to age 20+, and their siblings.

The one thing that all the families have in common is that they all have an amazing time when they get together at THRIVE events! Comments from families include; "we are no longer alone and have found a community where we fit in", "we can do things like horse-riding that we could never have attempted on our own", "I have found a whole new group of friends who understand my child's needs", "my children are now able to have a go at more activities than their peers who don't have special needs".

**For more details. please contact:**



Find us on Facebook:  
[thrivecardiff](https://www.facebook.com/thrivecardiff),

Email: [thrivecardiff@hotmail.co.uk](mailto:thrivecardiff@hotmail.co.uk)  
[www.thrivecardiff.org](http://www.thrivecardiff.org)

Tel: 029 2033 9895

## Holiday Workshops for Young People

### 'Fun and Friendship in Barry'

**One of Vision 21's latest developments is their new 'Fun and Friendship' workshops that are being run for young people with learning disabilities. Run as part of our Creative Choices programme and funded by 'Children in Need' these workshops are being offered to 14 to 17 year olds during school holiday periods and are free to attend.**

As the name suggests, the workshops are designed to give young people a chance to have fun and to develop new friendships, at the same time trying out new skills. The workshops are each being delivered over a week with a different creative taster activity being offered each day such as drama, movement, music, visual art and photography.

We are taking bookings if you are interested in signing up for Barry Workshop which will be held during the May half term.

To find out more and to register interest in a workshop placement, please contact Vision 21's Creative Choices Co-ordinator Liz Price.  
Tel: 02920 621194  
or by email:  
[liz.price@v21.org.uk](mailto:liz.price@v21.org.uk)



# Sports in the Vale

**Barry Beavers Swimming Club** is a water awareness club and aims to ensure that all members, both children and adults with disabilities, are water happy and are given the opportunity to learn to swim. This is achieved through the use of qualified swimming coaches and lifeguards.

Club members regularly participate in regional and club galas and festivals. In addition to the swimming opportunities offered, Barry Beavers also has an active social section.

For further information, please contact:  
Pat Finch **01446 747683**

**Swimability Lessons** for children with disabilities aged 16 years and under. These lessons are run all year and are charged at current swimming lesson prices. Classes available at:



Swimming Lessons		
<b>Penarth Leisure Centre</b>		
Monday	Level 5-7	6:30pm – 7:00pm
Friday	Level 1-4	6:30pm – 7:00pm
<b>Barry Leisure Centre</b>		
Monday	Level 1-3	6:00pm – 6:30pm
Thursday	Level 4-6	6:00pm – 6:30pm

1:1 sessions are available.

Please contact Simon Jones Disability Sports Wales Development Officer (DSWDO) on **01446 704728**. Or contact leisure centres direct on **01446 403000**

## Vale Allsports

**Vale Allsports Club** is a multisports club offering weekly sessions for children 8 years and above with a disability.

Taking place:  
**Tuesdays 7:00pm – 8:00pm**  
Sessions cost £2 per session

During the sessions participants have the opportunity to experience a variety of sports including Boccia, football, rugby, basketball, netball, lacrosse, cricket, hockey, golf and kurling. These opportunities are delivered by individuals experienced in working with children with disabilities and are run in a fun, friendly environment. In addition to the physical benefits, it is hoped that participation in these activities will enhance personal development and social skills such as communication, working as a team and increasing confidence and self esteem.

A registration form will need to be completed for new members.  
Venue: New Horizons, Vale Resource Centre, College Fields Close, Barry

For more information please contact Linda Ruston on **07814917927**.



# Vale Reds Football

Disability Football Club is a pan disability club based in the Vale of Glamorgan. Pan disability means that team members that have differing impairments play together regardless of their limitation in play.

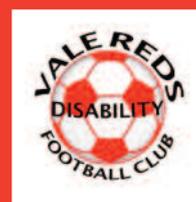
All members of the football club have different disabilities and often more than one disability. Most of our players find a release and equality through participating

in football and having fun in doing so. Contact Neil Latham: **07827 334818** or Phil Prewitt on **02920 706651** The web site address is <http://valeredsdisabilityfc.webr.ly>



Day	Time	Ages
Wednesdays	7:00pm - 8:00pm	8yrs-15yrs
	7:00pm - 9:00pm	16 yrs and above

**At Ysgol Bro Morgannwg, Colcot Road, Barry CF62 8YU**



# Karate in Barry

Vale Karate Club has found that Karate, taught in the correct way by an experienced and patient instructor, is a fantastic form of training for children with additional needs.

Added to a comprehensive stretching programme, all parts of the body are exercised from practicing the basic blocks, strikes, punches and kicks, with both left and right sides given equal emphasis. Kihon (the basic techniques) and Kata (the classical forms of set combinations) are explored. At the moment training is non-contact as safety is paramount. This class is fun, friendly but disciplined and is an excellent activity for children and teenagers with additional needs.

Suitable from age 5 years and above. If you are interested please contact Rob Copeland on **07904 582123** or [enquiries@valekarate.com](mailto:enquiries@valekarate.com)

Day	Time
Tuesday	6:00pm
Saturday	1:00pm

**The HUB, Court Road, Barry**



# Athletics

Barry & Vale Harriers is a mainstream club offering the opportunity for children with a disability to take part in an integrated environment.

The club offers coaching in both track and field athletics. The sessions have an emphasis on fun and enjoyment and caters for all abilities. Start from 9 years and above.

The sessions take place every **Wednesday 6:30pm – 7:30pm** at Barry Island Community Centre in the Winter and Jenner Park Athletic Stadium in Summer.

For more information please contact Fred Malkin on **07889 363041**.

# Carers Information

## Young Carers

### Are you a young carer?

Young Carers are children and young people aged between 7 – 18 years old who help look after another family member who is disabled, physically or mentally ill, or have drug and alcohol problems. They carry out significant or substantial caring tasks, taking on a level of responsibility that is inappropriate to their age or development.

### Day to day responsibilities often include:

**Physical care** – lifting, help walking

**Personal care** – washing, dressing, help with medication

**Emotional support** – being there, listening

**Housework** – cleaning, cooking, washing clothes

**Looking after brothers and sisters**

### What the Vale Young Carers Project can offer:

- Activities/trips
- Young Carers Groups
- 1:1 support
- Annual holiday
- Staff & peer support
- Information & advice
- Family support
- Health & Social issues – healthy living workshops, coping with bullying issues
- Help accessing services

For more information, please contact Vale Young Carers Project, Action for Children, LDS House, Barry, CF63 2BE

Tel: 01446 724070

Fax: 01446 738387



## Cinema Pass for Carers

The Cinema Exhibitors' Association Card is a national card that can be used to verify that the holder is entitled to **one free ticket** for a person accompanying them to the cinema.

An application form will be sent out with your copy of the newsletter or alternatively, visit [www.ceacard.co.uk](http://www.ceacard.co.uk) to download an application form, or pick up a form from your local participating cinema.

### You will need to provide proof that you are:

- 1) In receipt of Disability Living Allowance
- 2) Registered blind

Provide a passport-sized photo with your application

The card is valid for 1 year and has a processing fee of £5.50

### Participating Cinema near you:

Odeon Cardiff, Red Dragon Centre, Hemingway Road, Cardiff, CF10 4JY

Vue Cardiff, Millennium Plaza, Wood Street, Cardiff, CF10 1LA

Cineworld Cardiff, Mary Ann Street, Cardiff, CF10 2EN

Odeon Bridgend, McArthur Glen Designer Outlet, The Pines, Bridgend, CF32 9ST

See website for more details and terms and conditions.



the cinema exhibitors'  
association limited

# Magnificent Seven for Carers!

Are you caring for a child or a young person up to the age of 18 with a disability and or additional needs? Confused as to what help and support is available? This seven point guide will help you.

1. Register for the carers' database to make sure you are kept fully up-to-date on the services, information and help that are available.
2. Check the Vale website for the latest information for carers, including training courses, carers' events and cross links to appropriate support groups and services  
[www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers)
3. Contact Julia Preece, the Vale of Glamorgan Council funded advice and advocacy worker. Julia offers free, confidential information, advice and support to carers. Telephone her on **02920 566171** or email [reception@cvacarers.co.uk](mailto:reception@cvacarers.co.uk)
4. Ask for a carer's assessment. Every carer is entitled to a carer's assessment and you may be entitled to services to help you as a carer (although this is dependent on your level of need).
5. Register for the carer's emergency card. This a joint project with Cardiff and the Vale of Glamorgan Social Services which helps plan for someone to be looked after if something unexpected happens to their carer.
6. Tell your GP practice that you are a carer. Many surgeries have a carer's champion and there can be benefits in joining your GP carer's register. Talk to your practice to see what help is available.
7. Cinema Card for Carers. The Cinema Exhibitors Association (CEA) aims to help carers get concessionary cinema tickets at all major cinema chains in the UK. For more information visit [www.ceacard.co.uk](http://www.ceacard.co.uk)

If you require more information or support that may be available to support you in your caring role, please contact: James Livingstone, Carers' Development Officer for the Vale of Glamorgan Council on **01446 704604** or email: [CarersServices@valeofglamorgan.gov.uk](mailto:CarersServices@valeofglamorgan.gov.uk)

## Welcome to our new Wales Workshop Team

Contact a Family Wales has two new members of staff, Kate Wyke, Workshop Development Officer based in Wrexham and Kate Boddington, Project Assistant based in Cardiff.

The Contact a Family Wales team will be developing events in Wales, including setting up family fun days, film showings and workshops for parents and professionals.

We aim to strengthen and revitalise the community of families who are caring for disabled children, by increasing access to information, and by offering advice and support. We plan to reduce the financial exclusion experienced by many families by increasing awareness, skills and capacity, to maximise income, and tackle debt and budgeting skills.

At these events, parents will have the opportunity to meet other parents and children and will be able to socialise and build friendships.

We aim to hold 20 events over the next 12 months and already have 4 arranged. These include a workshop on Welfare Benefits Reform, one Family Film showing and two communication courses, which aim to help parents feel confident in future discussions regarding their children.

We would appreciate your thoughts and ideas as to what events you would like to see us put on; be that a workshop, a family film showing or a craft activity. We have created a short survey for future ideas. Please follow the link below to participate and have a chance of winning a £20 gift voucher.

[www.surveymonkey.com/s/D6Q5KPR](http://www.surveymonkey.com/s/D6Q5KPR)



# FAMILY FUN AT TOUCH TRUST EVERY SATURDAY!



## ALSO CHILD DANCE EVERY WEDNESDAY!

Touch Trust is offering wonderful opportunities for parents to come along with your child and enjoy a beautiful session of enlivenment, relaxation and joy!

MAKE FRIENDS, RELAX, SHARE AND ENJOY ALL THE BENEFITS OF OUR UNIQUE TOUCH TRUST PROGRAMME FOR CHILDREN AND BABIES

One to one sessions are available on request.

Day	Time	Sessions
Saturday	10:30am	Session for Babies
Saturday	12:00pm	Session for Teenagers
Saturday	1:30pm	Session for Children aged 5-10 years
Wednesday (only)	5:45pm - 6:45pm	Child Dance

For more information please call: **029 2063 5660**

## Paralympic Sport on Offer in Vale Youth Centres

The Paralympic sport of boccia can now be played at several youth centres across the Vale of Glamorgan after new equipment was bought with funding from Sport Wales' Community Chest Scheme.

The boccia sets are available to be used by the youngsters who attend various groups at the following centres: Ysgol Maes Dyfan Youth Club, Colwinston and Wick Youth Club, Byrd Crescent in Penarth, Murchfield in Dinas Powys, Area 41 in Barry and Llantwit Major Youth Centre.

Boccia is a fun sport that is easy to pick up and can be played by people with disabilities as well as non-disabled people. Just like bowls it involves players throwing balls as close as they can towards a white target ball, also known as the jack. It became a Paralympic sport in 1984 and is played in over 50 countries worldwide.

Contact Simon Jones for more details on **01446 704728**



## Funky Wheelchairs for Hire !!

The Intersensory Club has Wheelchair/Bicycle Tandems available for wheelchair users and families/carers, to experience the exhilaration of cycling and outdoor speed. The Tandems can be loaned for one day to one week. The wheelchair and cycle sections can be disengaged to enable the wheelchair user to access cafes ect.

All-Terrain wheelchairs are also available to hire at Barry Island Beach

For further details please contact Cliff Hayes:

**01446 420533**

Email: [chayes89@btinternet](mailto:chayes89@btinternet)



## The Sunshine Club Special Need 'Drop In' Support Group



We extend a warm welcome to any parent, carer, grandparent or sibling of a child with special needs, mild to complex medical, physical disability or learning difficulty. Caring for a child with special needs can be very lonely but with the support and friendship from other parents it need not be.

We have gained a wealth of experience and knowledge from each other and our children (ages range from birth to early twenties!). We are able to offer friendship, advice, help with benefits (DLA) and social outings. A play area and Sensory Room are now available.

**We meet each Thursday at:**  
10:00am-12:30pm  
Western Vale Integrated Children Centre, Station Road,  
Llantwit Major.

For further details contact:  
Kay Griffiths: **01446 793866** or  
Jill **01446 795480**

## ValePlus Opens Café no. 5 in Barry

**Café no.5 is run and operated by ValePlus and provides work based training places to people with learning disabilities.**

ValePlus provides educational, social and recreational activities for adults with learning disabilities. Based in High Street in Barry and at the Guide Hall in Llantwit Major, ValePlus has been working with around sixty service users a week for the last 10 years. With a recent grant from Awards for All, which is part of the National Lottery, ValePlus decided to refurbish a café in Barry.



Café no. 5 is at 5 High Street, Barry. It is open six days per week, 9:00am – 3:00pm and sells a wide range of snacks, meals and home made cakes. ValePlus staff work alongside the service users to prepare all the food, wait at tables and clear up afterwards. Everyone was really proud when they were awarded the top 5 stars by the Food Standards Agency for their levels of food hygiene.

**Please visit the Café**



## Autism Parents and Carers Group

**SNAP Cymru, in partnership with Ashgrove School, have established a Parent Led Support Group for families and carers of children and young people with Autistic Spectrum Disorder.**

The group meets monthly and offers friendship, advice and support. Sharing ideas, difficulties and concerns helps to reduce the feeling of isolation faced by many families. There is plenty of opportunity to talk freely and discuss issues with other parents who

completely understand the difficulties. In addition, the group invites relevant professionals and agencies to the meetings providing families with the opportunity to talk informally about their concerns.

All meetings are from 11:00am - 1:00pm and are held in the Hub, Court Road, Barry.

For more information please contact  
Sian Prince on **01446 724005**  
Email: [sian.prince@snapcymru.org](mailto:sian.prince@snapcymru.org)

## Local Motion Achieve Disability Sport Wales Award



**This is an inclusive club offering dance opportunities in a variety of contemporary dance styles to anyone interested in dancing aged 5 years plus.**

Local Motion was the first club in the Vale of Glamorgan to achieve the Disability Sport Wales Bronze Insport Accreditation, meaning they can provide a high standard of disability sport. The club has also taken the National

Deaf Childrens Society Me2 pledge which means the club is well equipped for deaf participants to attend. The club has been running since 2008 and have performed on numerous occasions at different venues.

When: Thursdays from 4:30pm – 5:15pm  
Aged 5 – 10 yrs  
5:30pm – 6:30pm Aged 11 yrs +

Where: YMCA, The Hub, Court Road, Barry

Dance is a very good and enjoyable way of keeping fit so if you're interested please contact Emma Mallam on **07725 038778**

## Rainbow - Pop in and Play



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

There is a different theme every week which includes age and stage appropriate toys to suit every child's individual needs as well as a craft activity. Specialist play equipment is provided that is often very expensive for families to purchase.

It is a supportive group who always welcome new families. Parents have an opportunity to meet other parents who have had similar experiences. Advice and support for parents is also available from the professionals who run the group.

For further information please contact Ginny Kolmar on **07834 254966**

### 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)

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