



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

- Big Summer Fun **6** - **7**
- Summer Childcare **8**
- Have your say **11**



# SUMMER TIME!

**Hi all, Welcome to the 10th edition of 'The Index' newsletter and to kick it off I'm pleased to announce that we will be holding our first Family Fun Day on Friday 15th August at Palmerston Community Learning Centre in Barry and everyone on the Index is invited to attend along with their families.**

There will be plenty of activities, refreshments, plus a number of organisations will be in attendance. If you wish to attend the event and you would like us to provide a service/equipment to help meet your child's needs please let us know. More information about the fun day later in the newsletter.

The Family Information Service (FIS) has been out and about in recent months continuing to do a great job promoting the service and the Index. We have visited Ysgol Maes Dyfan, Ysgol Erw Delyn, Beechwood College, Llandough Children's Centre plus a visit to Tesco in Barry.

We recently had a film crew from Cardiff and Vale College at the offices that are making a short film about the Family Information Service and what it is really about. It will be available to watch on the council website as well as YouTube. We'll let you know when we go viral!

I hope you enjoy the newsletter and find it of use to you and I hope to see you all at the Family Fun Day.

## **Lee Parry**

Disability Index Administrator

**01446 704736**

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

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

The Index is funded by the Welsh Government Families First Grant



## CHAD update

Changes have been made to the Child Health and Disability Team since the last edition. We've relocated to the Docks Offices, have said good bye to Janet Stroud who has moved to pastures new and have congratulated Alison Woolcock for her promotion to Practitioner Manager.

We are also very pleased to have Eleanor Lewis back from her maternity leave.

Our new contact details are:  
Child Health and Disability Team  
Dock Offices, Subway Road  
Barry, CF63 4RT  
01446 704285



# The Latest Apps



## Wud U? - An app to help raise awareness of sexual exploitation

Barnado's and Microsoft have worked together to create an app that will help teach children about the dangers of sexual exploitation. The app which is entitled 'Wud U?' will present you with a series of common scenarios that are aimed at teaching youngsters the type of behavior that they should look out for. As each scenario unfolds you will be asked how you would react to different problems.

It will demonstrate how young people can make safe decisions, will provide you with information about sexual exploitation from a trusted source and help raise awareness of sexual exploitation.

The 'Wud U?' app is available from the Windows Store, Windows Phone Store, The Apple Store, and Google Play.

## ASD Planner

A new app has been created to support people with Autistic Spectrum Disorder (ASD) by allowing them to plan and sequence their daily activities. The 'ASD Planner' app has been developed by the Welsh Local Government Association and has been funded by the Welsh Government as part of the ASD Strategic Action Plan for Wales. The app contains a system that allows the user to organize daily tasks in a step by step manner, whilst adding advice, reminders or instructions to each step. The tasks are linked in with a calendar feature and have been integrated with GPS enabling the user the full use of Google maps, whilst also being able to share tasks via email to others using the app. The ASD Planner app, which is available in English and Welsh, is available from Apple and Google Play.

# Help Towards Your Water Bills



## Have you heard of Welsh Water Assist?

The Welsh Water Assist is a scheme that is in place to help low income households that either have a large family or a family member with a medical condition that requires the use of a significant amount of extra water. A successful application would see a capped

price of a maximum of £131 for water and £131 for sewerage, meaning charges of no higher than £262 a year!

To check to see if you are eligible please go to [www.dwrcymru.com](http://www.dwrcymru.com)

- Click on 'My Account'
- Then click on 'Help pay my bill'
- Then click 'Welsh Water Assist'

# Making Travelling On Public Transport Easier

The orange wallet is a new communication tool which is intended for people, especially those with Autism Spectrum Disorder (ASD), who have difficulty communicating their needs to staff when they use public transport. It is available to those people living in the Vale of Glamorgan. It is one of a range of collaborative regional projects that is being funded by the Welsh Government as part of the All Wales ASD strategy.

The wallet itself contains plastic pockets which have been designed to hold words and pictures that will allow you to communicate with public transport staff, who have been trained to recognise the wallet and will provide appropriate help. The words and pictures are interchangeable. The wallet is recognised by staff across the Arriva Trains Wales network and by major local bus services including First Cymru, Stagecoach, Cardiff Bus, Newport Bus and Arriva Bus.

## Examples of what you can include in the wallet:

- How much for a return ticket to ..... please?
- Is this the bus to .....?
- Is this the train to.....?
- Which platform for .....



If you would like to have an orange wallet or know someone who would benefit from having one, they are available from the libraries in Barry, Cowbridge, Llantwit Major and Penarth, plus the Civic offices on Holton Road, Barry.

Templates for the wallet are available online at [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk) and [www.asdinfo.wales.co.uk](http://www.asdinfo.wales.co.uk) alternatively you can create your own pocket inserts, cutting them down to 90mm by 60mm size.

Please be aware that the wallet is there purely to support communication; it does not provide free or discounted travel.



# Rainbow has moved venues

Rainbow is for pre-school children, who live in Barry with special and additional needs, to attend with their parents. We meet every Wednesday during term time from 1:15pm – 2:45pm. The venue has just changed to the Flying Start Annexe – Holm View Leisure Centre on Skomer Road in Barry.

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.

We are a supportive group and 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.

The Toy Library can be accessed through this group.



For more information please contact Julia Sky on 01446 704809

# Adventure Rangers

Adventure Rangers continues to run every Monday from 4pm-5:15pm during term time at Ty Robyn on Robins Lane, Barry.

The group is aimed at 4-11 year olds with special needs, which can be attended by parents and siblings. Those who attend take part in a range of activities from story time, imaginative play, messy play and sessions where we have visitors from organisations. It also gives parents the opportunity to share their experiences with each other and to get advice and support from professionals.

The Toy Library can be accessed through this group.

For more information please contact Julia Sky on 01446 704809

## Congratulations to Ginny Bourne



Once you are reading this, I would have gone on maternity leave. I have really enjoyed working with you all and co-ordinating the services under the Disability Strand. Whilst I am off there will be a replacement which will be in place shortly.

My current team are moving offices at the start of July so if you require any information about Rainbow or Adventure Rangers please contact Julia Sky on 01446 704809.

I will be back!!!!

# Big Summer Fun!

## Disability Teen Schemes



Penarth Youth Project are pleased to announce the dates for the Summer Teen scheme 2014, Disability Teen Scheme (caters for 12 to 19 years) is made possible by funding provided from the Welsh Governments Families First Programme. Make sure to Mark them in your Calendar!

### Dates for your Diary:

#### JULY, 2014

Monday 28th  
Tuesday 29th



#### AUGUST, 2014

Monday 4th  
Tuesday 5th  
Monday 11th  
Tuesday 12th  
Monday 18th  
Tuesday 19th  
Wednesday 27th  
Thursday 28th

#### All Teenschemes are held at:

Byrd Crescent Community Centre,  
Byrd Crescent, Penarth, Vale of Glam.  
Please provide a Packed Lunch and drinks.

Places are limited and are by Referral only and by completion of the Helpful Book and cost £5.00 per day.

For further information, please contact:  
Tracey Downes of Penarth Youth Project on the telephone number or email address given below:

**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)



## Summer Play Scheme

The Play Development Team will be running play schemes across the Vale for the summer.

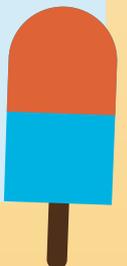
The team will be at the following locations:  
Palmerston Community Learning Centre, Barry  
29th, 30th and 31st July  
5th, 6th and 7th August

Llanilltud Fawr Primary School, Llantwit Major  
12th, 13th and 14th August  
19th, 20th and 21st August

The morning sessions will run 10.00-12.00  
The afternoon sessions will run 1.00- 3.00

If your child is staying over the lunch hour there is a charge of £5.00. This does not include a packed lunch. Parents/carers are asked to provide a suitable packed lunch in a clearly marked lunch box/bag.

The play team provide a range of activities including arts and crafts, messy play, sports activities and outdoor opportunities. All children are supported and encouraged to take part in a range of activities and Parents/carers are asked to provide appropriate clothing as children will get messy and possibly wet.



During the summer we would advise that children attending play scheme wear a hat and bring suitable sun protection.

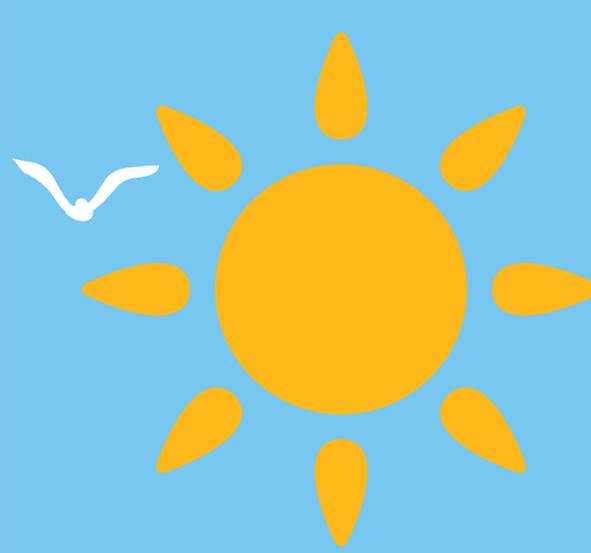
There are also a number of family fundays, sports activities and events being organised and this information will be updated on the Vale of Glamorgan website.

### October Half Term

Dates for your diary October 28th, 29th and 30th Play scheme will be held at Barry Island School.

For more information please contact the Play Team 01446 704809

Please be aware the Play Team phone number will appear as withheld. If you are concerned about spaces, please contact the team.



# Family Fun Day



- For all families in the Vale with disabled children.
- Friday 15 August 2014 11am – 3pm
- Palmerston Community Learning Centre, Cadoc Crescent, Barry, CF63 2NT
- Bring along a picnic, refreshments will be available
- A fun-packed day with games, sports, face painting, sensory room and hopefully lots of sunshine.

- You can also find out about lots of services supporting families with disabled children in the Vale.

### Just come along.

For more information, contact the Disability Index Administrator, FIS Team 01446 704736



# Disability Summer Sports Camp

A Disability Summer Sports Camp is planned for 10am – 3pm Thursday August 7th, Thursday August 14th, Thursday August 21st and Friday August 29th (10am – 2pm)

Sessions will take place at Cadoxton Sports Hall which backs on to the Primary School. There will be a variety of sports on offer for those aged 12 and over, plus non-disabled siblings are also welcome.

Cost is £4 a day or £14 for all 4 sessions. Siblings will be charged at £3 per day.

Please contact Simon Jones – Disability Sport Wales Development Officer for more information or a registration form.



# Childcare during the summer holidays

Do you need childcare during the summer holidays, or help with childcare costs?

21 July – 1 September 2014

Contact the Family Information Service (FIS) for information on:

- Holiday childcare schemes
- Childminders
- Day nurseries
- Holiday playschemes
- Help with childcare costs
- Assisted Places Scheme
- And more.....
- FIS hold details of those childcare settings that have experience of caring for children with specific requirements

FIS are also producing the Summer Activities Programme 2014, packed full of events, groups, activities and childcare during the school summer holidays.

It will be available on the FIS website by the 7th July:

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

If you would like a copy emailed to you, please contact the team: [fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk) 01446 704704



## Assisted Places

The Assisted Places scheme is directed by the Early Years Development & Childcare Partnership (EYDCP) in the Vale of Glamorgan Council.

Funding is available to support the improvement in the welfare or quality of life of a child with a disability/additional learning need, or a child in need by providing good quality childcare to support the child's needs.

Childcare funding for children is allocated towards supporting children in registered pre-school and out of school childcare settings. Children are offered a maximum of 2 x 2.5/3 hour session per week for up to 12 weeks initially.

Placements are reviewed every 12 weeks and subject to funding available could be extended. Referrals can be made via arrange of different agencies including Health Visitors, Social

Workers, Child Health & Disability Team, Families First, Head Teachers, Parenting programmes etc.

Criteria for funding:

- A child with emotional/behavioural difficulties
- Learning disability
- Physical disability
- Speech, language and communications difficulties,
- A child from a low income family or a family in receipt of out of work benefits

If you feel that your child could benefit from this scheme but you are not currently working with any agencies mentioned above, please contact the Family Information Service 01446 704704.



# Local Motion Dance welcomes new members during summer

Local Motion Dance Company is expanding thanks to Community Chest funding.

This unique dance programme already runs weekly sessions for children and young people with disabilities at Barry YMCA on Thursdays between 4.30-6.30pm.

During the holidays, we will be running a summer scheme for new members to come and meet new friends, create movement ideas with an emphasis on performing at community events.

Local Motion Dance Company will also be setting up a new dance class for anyone aged 18+ with disabilities, living in the Vale of Glamorgan.

Sessions will be starting in August, for anyone who has a passion for dance and who love to express themselves.

Please contact Emma Mallam on 077250 38778 for more information.



## VALE REDS CONTINUES THROUGH THE SUMMER

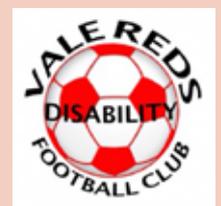
The team have had a mixed bag of results in festivals that they have attended, but the teams in both age groups have been working well and are still improving with the under 16 showing the most improvement in the festival. Another good note for the club is that coach Neil Latham has now passed his 'C' class coaching licence with the Welsh FA, this will help the players with their training to make it a more structured base with the aim to take all the players to the next level.

With the summer fast approaching the coaches have decided to keep the football going again this year through the summer. We are looking

again to use Colcot Sport Centre for the training but hopefully we will also be playing 9 aside games against Cardiff.

The coaching was a good success last year and we are hoping for a repeat of this and to attract more players into the club especially between 12 and 16 but anyone with a disability is welcomed aged between 8 and adult.

If anyone is interested in joining the club please see the website at [www.valeredsdisabilityfc.btck.co.uk](http://www.valeredsdisabilityfc.btck.co.uk)



# Domestic Violence Services for the 21st Century



**'This emphasis on prevention has the support of service users, funders and our partner organisations - Together we will break the silence on domestic violence!'**

**ATAL y FRO - Vale Prevention** is an organisation based in Barry but covering the whole of the Vale, with a mission to **'Help Families Break The Cycle of Domestic Violence'**. This means tackling it within the whole family for the first time in our history, we are working with dads/partners (including same sex) as part of our family work. As this work has developed, we have been recognised by Welsh Government and others for being at the forefront of domestic abuse services not just in the Vale for 20 years but also the rest of the country.

Our core services consist of information, emotional /practical support, Refuge, 2nd Stage (for those who are moving on from Refuge) that we provide for women and their children. Both facilities have accessible units. However, the emphasis of our work is around encouraging families to come to us as early as possible if they think they have a problem with emotional or physical violence.

**ATAL Y FRO** has developed the EPIC Programme (Education, Prevention,

Intervention in the Community) to tackle Family Violence -it is a model that has been very successful in New Zealand. It includes: Men's Programmes, Pattern Changing (women's programme) /STAR Group for children & young people and a counselling service. We also run a 'Healthy Relations Programme' in the primary & secondary schools of the Vale. We want to break the silence on domestic violence-so we will consistently publicise the fact that the emphasis of our work is around prevention- the earlier -the better.

If you or your family needs help, we offer a 365 day a year service; if you are a person living with disability, we can make alternative arrangements to assist you:

Contact Us: 01446 744755 (9-4.30pm Monday – Friday) or Out of Hours: 0808 80 10 800 or 01446 746981 or if you would prefer, please call into 222, Holton Road, Barry  
No appointment necessary

## New groups for Touch Trust



We have two exciting new programmes for you to join in on! Following the great success we have enjoyed with our After School Club, we are now opening a second group on Thursdays at 5pm. Each session lasts 1 hour and costs just £5. All disabilities are welcome, as well as siblings.

We are also pleased to announce our new Saturday 'Panther' group running from 1:15 – 2:15 pm. Please ring the office to enquire about

joining in – don't miss out on the fun!  
Touch Trust is a registered charity based in Cardiff, at the iconic Wales Millennium Centre. We provide unique creative movement programmes for individuals with learning disabilities, those affected by autistic spectrum disorder (ASD), complex needs, behavior which challenges, and other vulnerable groups in the community.

Tel: 02920 635660  
E-mail: [info@touchtrust.co.uk](mailto:info@touchtrust.co.uk)

# Have your say!



## Have you received a disabled facilities grant?

Cardiff University, with Shelter Cymru and Contact a Family Cymru, is seeking the views of families who are in the process or have experienced the adaptation process (disabled facilities grant).

This could be as a past or current applicant, successful or unsuccessful. The research will provide a picture of what is happening and will assess whether you think anything in the

process should change. If you are interested in taking part or know someone who is, please contact us:

Tel: 02920 396624

Email: [cymru@cafamily.org.uk](mailto:cymru@cafamily.org.uk)

**contact a family**  
for families with disabled children

## Have your say about local social care and wellbeing services!

Do you want to share your views about local health, social care and wellbeing services? Some examples of these services are your GP practice, local hospitals, mental health services and social services.

The Co-Creating Healthy Change project is working with people living in Cardiff and the Vale to help them have their say and share what they think.

For more information please contact: Roz and Shelagh at Diverse Cymru on 029 2036 8888 or email [roz.warden@diversesecymru.org.uk](mailto:roz.warden@diversesecymru.org.uk) or [shelagh.maher@diversesecymru.org.uk](mailto:shelagh.maher@diversesecymru.org.uk)

You can also visit our website: [www.diversesecymru.org.uk/co-creating-healthy-change/](http://www.diversesecymru.org.uk/co-creating-healthy-change/)



## Rural Sports Project: Be part of it



The Disability Sport Wales Development Officer is looking for individuals, groups or parents to get in contact so more sport and physical activity opportunities can be set up to cater for people who live in the rural Vale.

A large majority of disability sport clubs are based around the heavily populated areas of the Vale and the DSW officer is looking to increase the number of community clubs offering disability sport/physical activity

opportunities in Cowbridge, Llantwit Major, Wick, St Athan etc.

If you live in the Rural Vale and would like to see more Disability Sport Opportunities in your area please contact Simon Jones, Disability Sport Wales Development Officer for the Vale of Glamorgan Council on 01446 704728 or [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)

# Elite Supported Employment Agency provide exciting opportunities for young people with disabilities

ELITE Supported Employment Agency gave 5 school pupils from the Vale the opportunity to experience supported work placements in real work settings. The project which was part funded by Leadbitter Construction Group, allowed the pupils to see for themselves what may await them in the future when they leave education.

The pupils completed an Agored Cymru Work Awareness Course which covered all manner of work related topics including preparing for work, health and safety, work experience and worksite visits. After the initial classroom based activities the 5 pupils then completed a 25 hour placement in a work environment of their choice.

Billy Laing (Ashgrove School) completed his placement at The Coast Café in Llantwit Major, Lewis Evans (Ysgol Maes Dyfan) at CJ Minibus Hire, Joseph Rodgers (Ysgol Maes Dyfan) at Barry Community Gardens, Nathan Ellis (Ysgol

Erwr Delyn) at Dinas Powys Library and Jacob Owens (Ashgrove School) was fortunate enough to be given the opportunity by Leadbitter

Construction Group to work alongside some of the construction workers on the site of the new Penarth Learning Community School.

On completion of the course, all 5 pupils were extremely positive about the experience's they had during the works placements and said that it had enabled them to gain first-hand experience of the world of work.

For more information please visit [www.elitesea.co.uk](http://www.elitesea.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](mailto:disabilityindex@valeofglamorgan.gov.uk)

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

### Disclaimer

The majority of organisations included in this newsletter are not managed or run by the Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The Vale of Glamorgan Council cannot be held liable for the services provided by any external organisation named in this newsletter and cannot be held liable for any damage or loss caused by any inaccuracy in this newsletter, nor for the actions for any of the external organisations listed.

The listing of an organisation in this newsletter does not imply that the Vale of Glamorgan Council endorses that organisation, nor does the absence of any organisation imply that we do not support it.



## Congratulations Max!

Congratulations to Max, who's a volunteer with the Penarth Youth Project, has won both the Vale Youth Awards Young Volunteer of the Year in the 14-18 category and the WCVA Young Volunteer of the Year. Well done Max!

