



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



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## Hi all, welcome to the 11th edition of 'The Index' newsletter!

Firstly many thanks to everyone who came to our Family Fun Day at Palmerston Community Learning Centre back in August; nearly 200 of you came to the event, which was also attended by 25 organisations. See our family fun day article later in this issue for more information.

Over the last couple of months, many of you would have spoken to a member of staff who has been asking for feedback on the disability index. Many thanks to everyone who has taken part. An overview of some of the feedback we have received will be featured later in this issue.

Finally, this is the last Index newsletter that I will be working on, by the time this is printed and sent out I will have moved on. However, you can still use the same contact details to get in touch with Zoe Duncan who has been appointed as the new Disability Index Administrator.



Enjoy the newsletter!

### Lee Parry

Disability Index Administrator

**01446 704736**

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

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

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

## Playscheme scoops top award

Amazing recognition has come the way of the **'Vale of Glamorgan Play Department's Holiday Play schemes'** in the shape of an award in the forthcoming Understanding Disability Awards. They were recently nominated for an award in the **Professional Category** and have been informed that the judging panel have decided to make a **'highly commended'** award to the department.

### The judging panel were particularly impressed with the following practices:

- The provision of good open access inclusive free play for both disabled and non-disabled children in the Vale of Glamorgan.
- The Scheme's flexibility to cope with children with varying disabilities.
- The availability of good trained staff, giving children consistency and trust and the opportunity for staff to get to know each child's likes and dislikes.
- Good planning and good team approach whereby both disabled and non-disabled

children can take part in activities with appropriate support.

- The availability of one-to-one support, where needed, and the provision of personal care and nurse cover, ensuring that everything is in place so that the Play Scheme is fully accessible.
- Training of all staff in various disability related issues, child protection, manual handling and first aid.

The award is administered by the Understanding Disability Group, which includes parents of people with a learning disability from Cardiff and Vale Parents Federation and representatives from other organisations in both counties.

The team will be formally presented with the award in a ceremony that will take place on Tuesday 18th November at Future Inn Hotel in Cardiff Bay.



# Your views on the Disability Index

Telishia, our Foundation Modern Apprentice, has been busy contacting parents / carers of children who are on the Index, to find out your views about the Index, the newsletter, training needed, improvements we can make, any gaps in services etc.

A huge thank you to those of you who have taken the time to speak with Telishia.

49 of you have responded and as well as noting your views, many of you wanted more information on activities, sports groups, support groups and more, which we were able to provide you with.

Here is a snapshot of your feedback. A full report has been included as an insert into the newsletter and is available on our website: [www.valeofglamorgan.gov.uk/disabilityindex](http://www.valeofglamorgan.gov.uk/disabilityindex)

## What you told us

96% of you or someone in your household reads the Disability Index Newsletter.

### Support and Information:

Many of you asked for more groups and activities for your child of a certain age. These ages ranged from 3 to 18yrs.

### Training:

The majority of people asked for **first aid** training.

### Index newsletter format:

- 38 would like hard copies
- 15 would like on-line copies

### Information you'd like to see in the Index newsletter:

You gave us lots of positive feedback about what is already advertised in the newsletter. Some comments included:

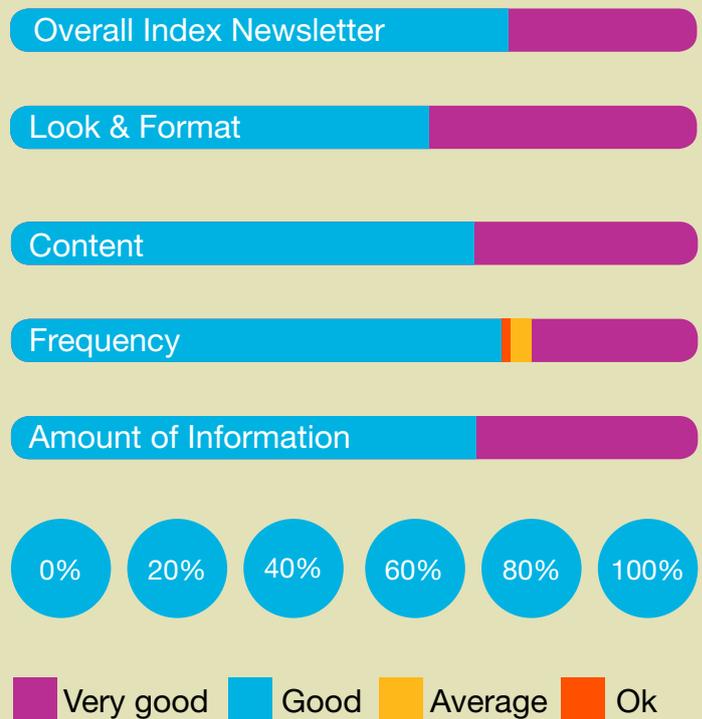
- Gets better each time, nice local special needs playschemes advertised
- It's already good and handy

You also asked for more information on activities for a variety of ages including: 3yrs, 4yrs, 12yrs, 13yrs, 17yrs and a couple of you said that it is aimed at an older audience.

## How the Index newsletter can be improved:

Your comments were very positive and a couple of you commented that your son or daughter likes seeing their photos in the newsletter

Having published the 10th issue of the Index newsletter, your feedback shows that 100% of you rate the Index newsletter as good or very good in the majority of areas. 4 of you would like the Index newsletter to be published more often.



## Next Steps:

- We will look at the suggestions you have given us and make sure that future newsletters contain information on activities and services you have mentioned.
- Where you have told us about the support and training you would like, and gaps in services, we will discuss this with colleagues in the Council, Health and other organisations.
- We will develop our web pages and make sure that we email you a link to the newsletter, as well as send you hard copies.
- For those of you who have asked for training on challenging behaviour, we will keep your details and let you know when a course is arranged.

# Enjoy going to the cinema?

Do you know about the CEA Card? This is an ID card that allows you to obtain ONE free ticket for the person who is accompanying you to the cinema, providing you purchase a full price ticket for yourself for the same performance of the same film in the same cinema. 90% of cinemas accept the card, including Cineworld and Odeon Cinemas and you can find out more information on the CEA website: [www.ceacard.co.uk](http://www.ceacard.co.uk)

The card costs £6 per year and it will be posted to you. You'll need to be receiving one of the following:

- Disability Living Allowance;
- Attendance Allowance;
- Personal Independence Payment;
- Armed Forces Independence Payment or
- Registered Blind.

To apply, please contact:

CEA Card  
PO Box 212  
Waterlooville  
PO7 6ZN  
Telephone: 0845 123 1292  
Minicom: 0845 123 1297



## Face to Face project brings parents together

Scope is a large charity which provides many services for people with disabilities and special needs. We also offer a wide range of free training support, help, and information for those who need it, as well as their families and carers.

“Face 2 Face” is a Big Lottery Funded project which seeks to support Families who have one or more members with disabilities, learning difficulties or special needs. We can help establish a Parents’ self-help or support group by paying for training, accommodation and set-up costs. We offer a range of free training courses for parents, particularly those who may be interested in becoming Volunteer

Befrienders, to help and support other families in the same situation as themselves.

Please contact Paul Sawyer Face 2 Face Service Development Manager South Wales, on 01446 741496, 07436 588522 or [paul.sawyer@scope.org.uk](mailto:paul.sawyer@scope.org.uk)

Visit us at [www.scope.org.uk](http://www.scope.org.uk)

We can help you!!!!



# An amazing new way to show employers what YOU can offer!



Follow Your Dreams - established to support children and young people with learning disabilities to follow their own dreams – are helping disabled people gain employment using video!

myCVinAction.com is an inspiring project that focuses on demonstrating an individual's ability to fulfil a job role with a Free video CV, empowering individuals with a way to show their skills and what they can offer employers - possibly avoiding tackling the difficulties of CVs, application forms and uncomfortable job interviews!

A recent survey by Mencap showed that 80% of young people with learning disabilities dream of securing a job and living independently, while only 6% are in work.

In the current economic climate it is a challenge for any person to secure employment but often employers discard CVs which show a disability due to a lack of understanding,

meaning the person does not reach the interview stage. If they do get through to interview stage the process can then be intimidating for both parties.

MyCVinAction.com provides a caring, simple and effective solution to showcase the skills, abilities and personality traits of the candidate, helping to bridge the gap between the individual and the employer.

In addition to the video CV, myCVinAction.com, alongside HR professionals and WAG advisors, developed a Free CV writing workshop for schools and colleges, helping them to really stand out. The workshop provides a natural platform on which to base the video CV, and both can then be displayed on a unique profile page on myCVinAction.com.



## Disability Swimming in the Vale

A number of parents who have children that are on the Index have expressed that they wanted their child to take part in swimming. Here is a list of swimming opportunities in the Vale of Glamorgan for disability swimming:

### Barry Beavers

Saturdays 3.45pm-4.45pm

Barry Beavers are a well-established disability swimming club that run from Barry Leisure Centre. They have very experienced instructors who can cater for a variety of swimmers as well as a healthy supply of volunteers to help in the water.

Please ring Pat Finch on 01446 747683

### Vale Swimming Academy

This is a competitive swimming club for swimmers with a physical, sensory or learning disability who want to train towards regional and national Events. Swimmers are welcome from the age of 10 upwards.

Please ring 01446 403000 to speak to Jenny Alcock.

### Swimability Lessons

Barry Leisure Centre

Monday 6-6.30pm (Beginners)

Thursday 5.45pm-6.15pm (Improvers)

Please ring 01446 403000 to book lessons or contact Simon Jones – Disability Sport Wales Development Officer for the Vale of Glamorgan on 01446 704728.

Penarth Leisure Centre

Monday 6-6.30pm (Beginners)

# Summer Fun!

## Plenty of Fun at Palmerston Family Fun Day

Lots of families enjoyed the Family Fun Day at Palmerston Community Learning Centre, Barry on 15 August.

Children took part in many activities on offer, including making play dough, face painting, and petting animals provided by the Nearly Wild Show.

The day was aimed at families who have children with additional needs, and over 20 disability organisations were on hand to provide information and advice about their services in the Vale of Glamorgan.

Young people from Local Motion Dance gave a performance and the Teen Scheme choir showcased a medley of songs that kept everyone entertained. Young people were also recognised for their achievements and Councillor Chris Elmore presented them with certificates.

Families were also encouraged to sign up to the Disability Index, to ensure they receive regular information about local events, activities, play schemes and services for children and young people with additional



needs. There are now over 300 children signed up to the index.

Alun Honeybone, dad to Tommy who is on the Index, commented

“I just wanted to let you know how much I appreciate receiving The Index newsletter. There is always so much in there, and it has helped our family in a very positive way with caring for Tommy and meeting his needs. You really have made a positive difference to our family.”

The event, along with the disability index, was funded through Welsh Government Families First funding.

For more information about the Disability Index or services available, please contact the Disability Index Administrator on 01446 704736, email [disabilityindex@valeofglamorgan.gov.uk](mailto:disabilityindex@valeofglamorgan.gov.uk), or visit [www.valeofglamorgan.gov.uk/disabilityindex](http://www.valeofglamorgan.gov.uk/disabilityindex).



# Summer Playscheme

Children had a great time taking part in the play activities that were delivered by the Play Development Team during the summer. Children took part in a variety of activities such as arts and crafts, junk modelling, water play and sports. Inclusive opportunities were offered at various Family Fun Days, Play Ranger sessions and Playschemes.

During the playscheme sessions, 1:1 support, a nurse and personal care staff were available to provide support to those who required this assistance.

443 children registered as attending playschemes  
30 disabled children were linked into the Palmerston Community Learning Centre scheme in Barry  
32 were linked into the Llanilltud Fawr scheme in Llantwit Major.

Due to the level of staffing and the resources required to offer this level of

service, each child requiring additional support was provided with the opportunity to attend a specified number of sessions. However it was disappointing that 39 allocated sessions were not attended. As many of these were uninformed absences, unfortunately this meant that the spaces were not utilised. In order to ensure that full use is made of the resources available in the future please can all parents ensure where possible they commit to their allocated sessions. If their child is unable to attend it is important that they inform the Play Development Team as early as possible so they can try to reallocate the space to another child. We don't want children to miss out or lose funding if places aren't filled.

The Play Development Team are running schemes in October Half Term, see the article in the newsletter. To book a place, please contact: 01446 704809



## Disability Summer Sport Camps



Through working with the Children and Young Peoples Partnership Team, Disability Summer Sport Camps took place at Cadoxton Primary School. A number of children and young adults attended with experienced coaches providing an array of activities suitable for everyone who came, including football, rugby, boccia, volleyball, dodge ball and many more.

The sessions ran from 10am – 3pm and volunteers from local high schools also helped run the sessions and supported the people taking part.

More Disability Sport opportunities are aiming to be provided in October Half Term so if you are interested please get in contact with Simon Jones on 01446 704728 or [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)



# Certificate of Achievement



Children and young people were recognised for their contribution and achievements for the work they do and they were presented with certificates at the Family Fun Day.

Well done to the following:

For winning the Vale of Glamorgan Youth Service Award for Peer Facilitators and being Highly Commended by the WCVA:

Shaun Groves - Elrick  
Max Williams  
Alex Stevenson  
Samantha Hughes  
Christopher Bleay  
Bernard Phillips  
Charlie Anning - Phillips

Zoe Peters  
Victoria Allen-Curtis  
Loughlin Martin  
Kasey Shultz  
Fabio Scarico  
Rhys Purnell  
George Cocks

For Vale of Glamorgan Youth Service Young Volunteer 14 – 18 of the Year - And of course our WCVA Volunteer of the Year Under 25 Winner:

Max Williams

To James Jones for his special contribution to the playscheme and play rangers. His commitment, enthusiasm and motivation has been an inspiration to everyone. James has attended playscheme himself as a child, has volunteered for a number of years and is now a paid member of staff.

## Tourettes Action



Tourette Syndrome (TS) is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. TS is a complex condition and covers a wide spectrum of symptoms.

Tourettes Action works in England, Wales and Northern Ireland and is the leading support and research charity for people with Tourette Syndrome and their families. We want people with TS to receive the practical support and

social acceptance they need to help them live their lives to the full.

TA Group South Wales, meet in Caerphilly every month on a Sunday and is run by local volunteers with experience of TS.

If you would like to join this lovely support group, please contact [julie@tourettes-action.org.uk](mailto:julie@tourettes-action.org.uk)  
[help@tourettes-action.org.uk](mailto:help@tourettes-action.org.uk)  
Helpdesk – 0300 777 8427

# Half Term Schemes

## Disability Teen Scheme

Penarth Youth Project are pleased to announce the dates for the October and December Teen schemes 2014, Make sure to Mark them in your Calendar!

Disability Teen Scheme caters for young people aged 12 to 19 years

### OCTOBER

Monday 27th  
Tuesday 28th

### DECEMBER

Monday 29th  
Tuesday 30th  
Also on Tuesday 30th Our New Year Family Disco and Bingo Event!!



### All Teen schemes 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  
donation of £5.00 per day.

Disability Teen Scheme is made possible by  
funding provided from the Welsh Governments  
Families First Programme.

## Play Scheme

The Play Development Team will be running  
a play scheme during the October half term  
holiday at Barry Island Primary School, the dates  
being **28th, 29th and 30th October**.

The morning session 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.

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

### 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)



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 possible wet.

For more information please contact the Play  
Team on 01446 704809.

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

# New 'Oak' group for babies at Touch Trust



Winter may be drawing in but we're always ready to extend a warm welcome, with plenty of opportunities for everyone to get involved.

Our 'Communicating through Touch' courses remain as popular as ever – and for good reason! In this introductory course, you will learn the main principles that form the foundations of a good Touch Trust 'Session Leader', and is highly recommended especially for those who are interested in pursuing the full course, or those who partner with guests at Touch Trust.

These one-day workshops are held at several times throughout the year, with the latest dates available to view on our website or Facebook page.

Our new 'Oak' group is a wonderful new session created especially for babies, taking place on Saturday afternoons. If you have a baby, or know someone who may be interested, give us a call to arrange a taster session. You may very well find that we are able to help your baby with special needs to develop further, or relax more effectively – the benefits are wide-reaching, let us help you!

We're also more than happy to arrange 'outreach' visits to conduct Touch Trust sessions at your own premises. This can either be a one-off event or a more regular occurrence. We're already a familiar, friendly face to a few schools. Could yours be the next? Tel: 02920 635660 E-mail: info@touchtrust.co.uk

## ASD Parent Group Meetings

The ASD parent support group, started by Ashgrove School, meet every month on a Monday 11am at:

Ashgrove School, Sully Road, Penarth, CF64 2TP (this will be changing to Ysgol Y Deri)

We offer tea, coffee and a listening ear. We get together to support each other through current issues and also have regular talks and information from specialist professionals, charities, support services, etc.

Families are also able to share any good support or invites to other support groups, talks or workshops in the local area.

Previous talks have included:

- The Listening Programme
- Changes to Disability Living Allowance and the impact it may have
- Pathological Demand Avoidance
- Feeding Issues
- Communication
- ASD and anxiety, etc.

All are welcome from across South Wales and this includes an invite to parents, carers and extended families, refreshments will be available.

Please confirm attendance by contacting me on the below email or calling the School: 02920 704 212

If you would like to receive news, updates and reminders of further meetings, workshops and courses, please email Stacey Long on [slong@yyd.org.uk](mailto:slong@yyd.org.uk) please note the change of address in preparation for the new school Ysgol Y Deri.



# 'Matter' – New website for young adult carers

Matter is a new website for young adult carers to connect, share experiences, and access support online.

Matter was created, to counter the isolation of caring. It works like a social media site such as Facebook, while also being a trusted source of advice. It was designed in close consultation with younger carers specifically recruited to help shape it to meet their needs for friendship and information.

Becky Hammerton, 18 from Dorset, looks after her physically disabled mother and her father, who has mental health issues. She said: "being a carer has had a big effect on my social life ever since I started caring when I was eight - while others went to parties and played out I was inside looking after mum and dad. I did start to realise everyone else was doing fun things like going on holidays, but I wasn't able to go on family holidays because it wasn't practical for my mum.

"At secondary school I didn't get to meet up with friends or go to the cinema like the others, but I didn't have many friends at school anyway because I was so quiet and 'different'. Even now

I don't get the chance to go out clubbing like most people that turn 18.

"I think that some carers are completely isolated – I don't think there's a good enough support network. But I think Matter will give us the chance to get past that isolation and speak to people in similar situations to us."

The Matter site had been developed by Carers Trust as part of its About Time programme, using funds from The Co-operative, who raised £6m for young adult carers as The Co-operative charity of the year for 2013.

Michele Lambert, Head of Digital at Carers Trust said: "Support is not always available for younger carers, who are often leading stressful and demanding lives. It's easy to become isolated and as our survey shows, the social aspects of life can be the hardest to maintain. "That's why we've developed Matter, which offers mobile-friendly access to advice and information, letting carers share problems and successes and providing a 24-hour, 7 days a week peer support system."

Please visit [matter.carers.org](http://matter.carers.org)

## Down's Heart Group information

Down's Heart Group is a national charity supporting families with a member with Down's Syndrome and heart problems. 47% of babies born with Down's Syndrome will have some form of congenital heart defect. Families are supported through all stages, from prenatal diagnosis to adulthood.

DHG provides information through the website, topic notes, email and phone helpline, as well as regular newsletters. Membership is free and families can be matched with others going through similar issues if desired. Bi-annual conferences provide a fantastic opportunity for families and their youngsters to come together to learn and have fun.

The staff and trustees all have a real insight into Down's Syndrome and heart problems, most are parents or bereaved parents or professionals working with people with learning disabilities. The charity is very welcoming and friendly.

Please contact us on  
0844 288 4800  
[info@dhg.org.uk](mailto:info@dhg.org.uk)  
Down's Heart Group  
PO Box 4260  
Dunstable  
LU6 2ZT



# Calling all Carers!

Various training courses suitable for carers were mentioned in the last edition of The Index. The Managing Challenging Behaviour Course (MCB), which will be aimed at carers who live in the Vale and are supporting young people and teenagers aged between 12-25 years old, whose medical conditions (such as ADHD, Asperger's, Autistic Spectrum Disorder) give rise to Challenging Behaviour, will take place on Thursday 16 October between 9.30am-3.30pm at the BSC Building, Hood

Road, Barry CF62 5QN (the venue is next to the West Quay Medical Practice).

Spaces for this free course are limited and will be allocated on a first come first served basis. As there has been so much interest in this MCB, we will look to run it again, as well as a separate course aimed at carers coping with medical conditions giving rise to challenging behaviour from toddlers and children (ie up to the age of 12).

If you want to find out more about training courses, support available for carers and for relevant, up-to-date information displayed on the Carers' Notice Board, please visit [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers) and click on the relevant link.

Contact James Livingstone 01446 704604  
[carersservices@valeofglamorgan.gov.uk](mailto:carersservices@valeofglamorgan.gov.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**

## Local Motion Dance Company Creative Dance Classes

Local Motion Dance Company wish to confirm the times for their 'creative dance classes' which are being held at

### Barry YMCA on every Thursday:

Adult class: 1.30-2.30pm

Children class: 4.30-5.15pm

Teens class: 5.30-6.30pm



For more details please contact Emma on 07725038778 or [www.motioncontroldance.co.uk](http://www.motioncontroldance.co.uk)

### 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.

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