

VALE of GLAMORGAN



BRO MORGANNWG



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



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AUTUMN IS HERE!

Hi all,

I hope everyone had a fantastic and fun filled summer holidays. I think we can all agree that it was nice to actually have some good weather for a change.

I'd like to introduce myself. I'm Rhian and some of you may recognise me from the earlier editions of the newsletter. I will be covering the Index Administrator's post whilst Lucy is off on maternity leave. She gave birth to a healthy baby girl named Emily Nia Woollacott on 7th August, weighing 6lb 15oz.



Unfortunately Becky Jones will no longer be carrying on in her role as the Index Coordinator. She is off to university to study for a degree. We wish her all the best in her studies and until a new Index Coordinator is appointed, I will be your point of contact.

Thank you to everyone who has returned their updated Index forms. We know that form filling is that last thing that you want to do; but we really do appreciate you taking the time to complete the form. It helps us to ensure we are providing you with the best service we possibly can. There are still some forms outstanding, so please can you send them back otherwise you won't receive our lovely newsletter.

Hope you all enjoy this edition of the newsletter.

Rhian Phillips

Disability Index Administrator

01446 704736

The Index is funded by the Welsh Government Families First Grant



Have you heard of the Disability Strand?

The Disability Strand of Families First receives grant funding from the Welsh Government to support families with children and young people with disabilities. Over the last two years, a wide range of services have been developed to meet the needs of children and young people with disabilities and their families. These were developed as a result of consulting with parents, service providers and professionals.

The services that are provided include:

- Cyfle Cyntaf who provide 1:1 support to enable children to access mainstream playgroup settings
- Toy Library
- Rainbow Pop in and Play for pre school children with special needs. Run in partnership with Flying Start
- Supporting families with Early Support resources
- Sense of play project – programme of six play sessions held in the family home
- Adventure Rangers for school aged children with special needs
- Playscheme
- Disability Teenscheme
- Independent living skills
- Travel training
- Index newsletter



For further information on any of these services, please contact Ginny Bourne – Disability Strand Co-ordinator on **01446 731628**

Spotlight on...

Tourettes
action

TOURETTES ACTION – BUSTING THE MYTHS AND REACHING COMMUNITIES

Tourette Syndrome (TS) is a complex and misunderstood neurological disorder, characterised by repeated and uncontrollable body movements and vocal sounds, known as tics. It affects as many as 1 in every 100 school children, although many have mild symptoms that may not require medical attention.

Coprolalia (Involuntary bad language) only affects about 10% of people with tourettes in the UK, whose symptoms range from mild to extremely severe and totally debilitating. Over 85% of people with tourettes have more than just tics. Additional conditions ('co morbidities') can include OCD, ADHD and ASD.

Better Awareness, support and understanding are key to a better life for the person with Tourettes and their family.

Tourettes Action Groups

Tourettes Action have a growing network of support groups across the UK coordinated by volunteers with Tourette Syndrome (TS) or who have a family member with TS.

Meeting others for support, information sharing and friendship has helped many people with TS, a condition that can be isolating. Talking with others who understand can help with self-esteem, confidence and general wellbeing.

Tourettes Action Group South Wales

This support group holds regular meetings and events in and around the Cardiff and Vale area and welcomes new families and adults with TS.

Please contact Julie for more information by email **Julie@tourettes-action.org.uk** or phone **07725 819866**.

If you can't get to a local group, Tourettes Action may be able to put you in touch with others in your area by email or phone and you can also join our online forum

www.forum.tourettes-action.org.uk

Tourettes Action
Kings Court
91-93 High Street
Camberley
Surrey
GU15 3RN

Contact: Julie Collier, Groups Manager
Email: **Julie@tourettes-action.org.uk**

HELPDESK: **0300 777 8427**
help@tourettes-action.org.uk

*Open 9am-5pm, Mon-Fri
www.tourettes-action.org.uk

Sense Communicator Guide Service

The Sense Communicator Guide Service is a tailor-made support service for people with an acquired dual sensory loss which is also known as Deafblindness. Deafblindness is a unique disability and someone is called this when neither their sight nor hearing can compensate for the loss of the other.

Communicator guides offer one to one support enabling deafblind people to maintain their independence and enhance their quality of life. They are specialist workers that support the individual with their communication and

guiding. This support varies greatly, depending on the individual's needs, ranging from assisting with the client's administration, appointments, course, meetings, socialising and having support to undertake their own shopping. They can also assist with learning and adapting to new forms of communication e.g. learning BLOCK or Haptic Communication.

Email: **Jan.Brokenshire@sense.org.uk**
Phone: **0845 127 0066 / 020 7520 0972**
www.sense.org.uk

Get Active!

Upbeat Music Specialist



Upbeat Music Specialist is a Cardiff based organisation that provides specialist, structured music sessions for children, young people and adults with learning disabilities. It was founded by Liz Upham, a qualified teacher with nearly 6 years experience working in specialist education for young people and adults on the autistic spectrum, with a variety of challenging behaviour.

Upbeat offer 4 different types of hour long group sessions: Basic Music Skills, Rhythm Band, Singing and Learn to Read Music. These sessions offer anyone with a learning disability the opportunity to enjoy music at their own level. Along with developing musical skills, the sessions also include opportunities to work individually and as part of a group, develop social skills and communication, gain

confidence and self-esteem, gain formal recognition of achievements through following AQA courses, perform at organised concerts/ events and work with qualified/experienced staff.

Both group and individual sessions are available for children, young people and adults, and are held at: Walnut Tree Farm, St Bride's, Newport, NP10 8SQ. Should students require any extra support, you must provide this and booking is advisable as places are limited to only 10 per session.

For further information:

upbeatmusicspecialist@gmail.com

www.upbeatmusicspecialist.co.uk

www.facebook.com/upbeatmusicspecialist

Congratulations Local Motion!

Local Motion Dance Company is a weekly dance class for children and young people with disabilities. It is funded by Children in Need and has been awarded an Understanding Disability Award for celebrating learning disability inclusion by the Cardiff and Vale Parents' Federation.

They were impressed with the enthusiasm and commitment that the group provides for integrated dance opportunities, and the links it has with local primary and secondary schools.

They also noted that the dance tutors had up to date staff training and that the dance classes develop confidence and self esteem in the participants through performing at various community events.

Sessions started back on Thursday 12th September at Barry YMCA Hub and we welcome new members from the ages of 5-18 years.

A flyer for Local Motion Dance Company. At the top, it says 'ALL WELCOME' in large red letters. Below this is a collage of photos showing children and young people dancing. In the center, there is a yellow box with the text: 'A FUN, INCLUSIVE DANCE CLUB FOR CHILDREN & YOUNG PEOPLE WITH DISABILITIES, FUNDED BY CHILDREN IN NEED'. Below this is the 'LOCAL MOTION Dance Company' logo. Underneath the logo, it says 'HELD AT BARRY YMCA HUB EVERY THURSDAY'. Further down, it lists the times: '4.30 - 5.15PM AGES 5 - 10YRS' and '5.30 - 6.30PM AGES 11YRS+'. At the bottom, it says 'FOR MORE DETAILS CONTACT EMMA ON 07725038778 OR emma@vibeexperience.com'. At the very bottom of the flyer, there are logos for 'insport', 'Cardiff & Vale Children in Need', 'MOTION', and 'VIBE'.

For more information, please contact Emma on 07725 038778 or emma@vibeexperience.com

Pedal Power...

The Power to change lives



Wouldn't it be great to have superhero powers? These challenging times can seem pretty daunting, especially if you are a charity, but here at Pedal Power we do have a rather special power – the power to change lives! Being able to exercise, to feel the wind on your face, to pass through the dappled shade of gentle swaying leaves whilst listening to birdsong is the very best antidote to gloom and doom. Our bikes and specialised trike and accessories enable EVERYBODY to enjoy the beautiful parkland of Pontcanna Fields and the surrounding area.

We are the cycle hire charity that aims to remove any and all barriers to cycling – be it physical or learning disabilities or impairments, lack of confidence, inexperience or just simply lack of bike! We have an enviable selection of specialised bikes and trikes with a wealth of experience and knowledge around disability cycling.

At our Pontcanna HQ, we have trained assessors to advise on the most suitable bike and routes and our welcoming Fairtrade café for all your refreshment needs.

Then down at the bay (next to the Dr Who Experience) we also offer the fun of hiring pedal cars, go carts and tandems for a pedalling with a difference experience! So come along and visit us – we guarantee to put a smile on your face. Pedal Power – Cycling really can change lives!

www.cardiffpedalpower.org

Email: info@cardiffpedalpower.org

Phone: **029 2039 0713**

(Pontcanna) or

07775 616411 (Cardiff Bay)

Pontcanna Caravan Park,

CF11 9XR

Cardiff Bay, CF10 4PA



Athletics

Athletics with Barry & Vale Harriers' Shawn Sullivan and Disability Sport Wales is a fabulous athletics opportunity, for young people with disabilities.

It's available for children aged 7 years plus.

Training is on Wednesdays from 6:30pm – 7:30pm at Jenner Park Stadium, Barry.

Contact:

Shawn Sullivan on **07584 011179** or

Simon Jones - Disability Sport Wales Development Officer

on **01446 704728**

www.disability-sport-wales.org.uk or

www.valeofglamorgan.gov.uk

New Under 16's Football Club

The Vale Reds Disability Football Club have started a new under 16's team with the aid of lottery funding. It has been a long and often difficult process attracting new players.

Lottery funding and fund raising by the club has enabled the club to buy equipment, training facilities and coaching education.

Our club has attracted players from the Vale of Glamorgan and Cardiff. With the help of our local Disability Sports Development Officer -

Simon Jones and a lot of hard work by the committee; we now have enough players to enter a team at the local Pan Disability tournaments at the Cardiff Gôl for the 2013/14 season.

We are looking to our younger players to help strengthen our Club in the future. If you are interested in joining us, please contact Neil on **07827 334818**.

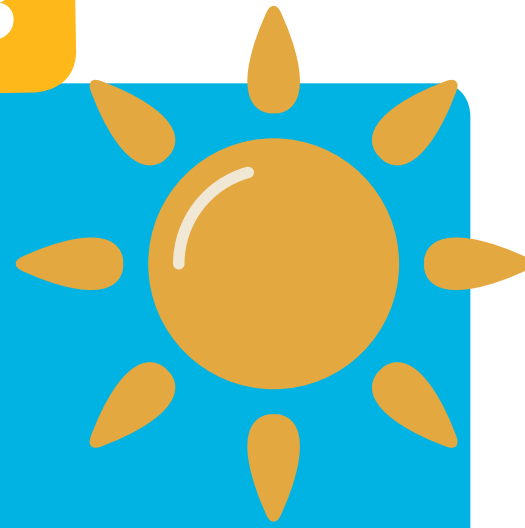


Summer of Fun 2013

Penarth Youth Project's Disability Teen Scheme

This summer teen scheme was even better than last year – and if you don't believe us – just ask the young people who attended and their parents/guardians!

We had a packed summer with Emma from Motion Control Dance coming in weekly to organise a dance routine with Chris, one of our Peer Facilitators, for our end of summer disco and Bingo Spectacular (more about this later)! We had a visit from the V-Pod where Vibe and Pulse showed us how to film and mc. We welcomed Barnardo's who worked with our older teenagers on workshops including personal health and hygiene to friendships. For the parents, we welcomed staff from the Disability Index as well as Snap Cymru. We went on a day trip in 3 mini buses and it stayed sunny and dry!



As well as all of the above, we still had our games room with our playstation, X box and Wii dance working on overtime! We played pool, enjoyed making some amazing art and crafts to take home, staged impromptu plays with our new dress up box making a big splash (especially with the ladies)! We had outdoor fun with football, fireball, huge snakes and ladders; we even chalked in our own old fashioned hop scotch!! And there was still more!

More friendships were made with new young people attending, more fun, more activities and more learning of new things. This fun packed Teen Scheme ended with arranging an evening of entertainment – aptly named the Disco and Bingo Event. Over 45 people attended and young people brought their parents, siblings and friends. We welcomed three young people from Vale People First too.





The evening was opened by the dance routine with high fives and back slaps all round (DVD to follow – watch this space)! The disco went down well with young and old throwing their moves. Bingo was called by Gareth, Vicky and Chris with Ben and Sam calling back numbers. Prizes were plentiful! Dave Taylor, Chair of the Penarth Youth Project gave out Achievement Certificates to the young people who organised the event as well as to our peer facilitators. Even the mayor of Penarth - Cllr Neil Thomas came down for some fun and to meet the hard working young people. The raffles were plentiful and we ended the night on a fun auction! All attending asked for the date of the next one!!

Parents' comments ranged from "An excellent night of fun and huge enjoyment!" to "This is brilliant." All parents had one thing in common to say to staff and I think it is summed up by one parent's email to us:

Name has been changed for anonymity:



'Just wanted to say another huge thank you for the fantastic time Jane has had over the summer holidays with Teen Scheme. We think you do a superb job keeping the young people engaged and happy and helping them develop independence. We love watching Jane interacting with everyone and helping out where she can. Please pass on our thanks to everyone concerned – see you in October!'

Half Term Dates

Teen Scheme dates for October are:

- Monday 28th & Tuesday 29th October – Halloween Special!

Teen Scheme dates for January 2014 are:

- Thursday 2nd & Friday 3rd January 2014



Disability Teen Scheme caters for young people aged 12-19 years.

Places are limited and are by Referral only and by completion of the Helpful Book.

All Teen Schemes are held at:

Byrd Crescent Community Centre,
Byrd Crescent, Penarth, Vale of Glamorgan.
Please provide a packed lunch and drinks.
Contact Tracey Downes

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**

Penarth Youth Project's summer 2013 Disability Teen Scheme is made possible by funding provided from the Welsh Government Families First Programme



Summer Playscheme

The Play Development Team have enjoyed a very busy and successful summer Playscheme, with an average of 95 children attending on a daily basis. This number includes an average of 15 children requiring 1:1 support. This scheme would not have been possible without the excellent support and co-operation from both the staff and volunteers and of course the children and families who continue to support the Playscheme.

Do you want to know what people really think of the play schemes? We've asked some children and their parents/carers their views below...

Callum is 10 years old and lives in Dinas Powys with his grandmother.

Do you like coming to Playscheme?

Yes I like coming to Playscheme. I have been before and I like play fighting.

What sort of things do you do here? –

We play football, build dens and play on hammocks. My favourite thing to do is bike riding.

What do you enjoy most about coming?

I like the staff. Dave is my favourite.

Is there anything that you think could be better?

No. I think it's great.

This is Mary is Callum's Grandmother.

How did you hear about the Playscheme?

I heard through my social worker not long after Callum had been diagnosed with ADHD and Attachment Disorder. I also receive the Index newsletter which is great as it lists all of the play schemes that will be going on.

What made you bring Callum?

We use it a few times a week as we don't have many holidays, so it's great for the children to do something different.

Were you apprehensive at first?

Initially yes I was as Callum has a tendency to run off and I wasn't sure how the staff would cope. But he has a 1 to 1 worker and they are great with him.

Does Callum enjoy coming?

Yes he does. He loves being outside and running around and also enjoys the arts and crafts.

How has the Playscheme benefitted you as a parent?

Whilst the children are here it gives me a break. It means I can do the shopping and get on with the ironing, all the while knowing that they are safe.

What do you think about the Playscheme?

I think the scheme is great. The staff here are brilliant and they know Callum well. I would definitely recommend it to others.

Do you know about the index?

Yes. Callum is on the index and it's great as I now know everything that's going on.



This is Tom; he is 9 years old, lives in Barry and attends Oakfield Primary school.

Is this the first time that you have come?

This is the first summer here but I've been coming for a few weeks.

Why do you like coming?

I like coming because there's a lot of things for me to do and loads of toys. We can make dens, make swings on the trees and we can play inside and outside. I love to play in the sand.



Tom and Play Worker Stacey

What do you enjoy most about coming?

I enjoy playing and I like the staff. My favourite is Stacey. I've also made some new friends.

What could be done better or changed?

They should have 'finger tricks' and get a Wii and other computers.

This is Hannah and her mum Cheryl.

Hannah is 10 years old, lives in Llantwit Major and attends Heronsbridge School.



Hannah and mum Cheryl

How did you hear about the Playscheme?

I heard about it through my social worker years ago. Hannah is in a wheelchair and has complex needs including Global Developmental Delay and respiratory problems. She has been coming since she was 6 years old.



Hannah and Play Co-ordinator Jo

What made you bring Hannah to Playscheme?

Hannah doesn't see other children during the school holidays, so this is a great chance for her to interact with others. There is also a nurse on site.

Does Hannah enjoy coming?

She loves it. The first time that I brought her I was very apprehensive and so was she but the staff here are great and are so friendly. She has 1-1 support which puts us both at ease.

How has the Playscheme benefitted you as a parent?

I'm really assured knowing that she's interacting with other children. I feel that it's very safe and I trust the staff. I'm really grateful to the scheme. I think the Playscheme is wonderful.

Would you recommend it to other parents?

Yes I would. Hannah goes to a Saturday club and I tell all of the parents about it.

Can anything be improved?

No. I think the Playscheme is brilliant.

Do you know about the index?

Yes. Hannah is on the index and I receive the newsletters which are great.

October Half Term Playscheme

- Tuesday 29th October
- Wednesday 30th October
- Thursday 31st October

Venue: Cadoxton Primary School
Please contact Jo Jones on **01446 704809** for further information.

Ground Breaking Programme for S4C

A ground breaking programme for S4C hit our screens on the 3 December 2012. Dwylo'r Nefys is a communication programme which uses Makaton, a language programme which uses speech, signs and symbols to support communication. The programme aims to promote social inclusion of children of all abilities and provide a Welsh medium makaton visual resource for the children of Wales.

Enfys Jones age 6, from Bontnewydd, Gwynedd is the inspiration behind the programme. Her Mother Ruth had the idea for the programme in 2010.

'Enfys has Down's syndrome which brought with it a delay in her speech. We started using makaton from an early age, watching baby sing'n'sign DVD's, we found that song and rhyme was a great way of encouraging her speech development. Over the years we have watched many makaton DVD's but there was nothing available in Enfys' first language, Welsh. I began to notice that the lack of a Welsh resource was becoming an unnecessary issue as Enfys was having to translate what she saw and what she heard from English to Welsh.'

Nia Ceidiog the producer and Director of the series has produced 13 magical episodes with amazing children from all over Wales.

The programme has two characters, Cawod and Heulwen who live in the rainbow. Each episode they come down from the Enfys and spend time with a child and his or her friends/family and look for 3 things with the help of 'Ffion Phone.' The programme also includes a 'sing'n'sign' element containing songs about every day related themes such as friends and colours.

'The programme has already made a positive impact and we have received a great response from children and their families so much so that there is going to be a second series.' – Ruth Thomas.

The producers are looking for children to take part in the next series. If you have an interest, please contact the Ceidiog office by telephoning **02920 665050** or by e-mailing **tracy@ceidiog.com**

Information at your fingertips



You can now search for services online and organisations that support children with additional needs.

The Family Information Service has produced a Family Support Directory, containing all organisations in the Vale that provide services, activities and groups to support families. This covers issues such as 'family & relationships,' 'parenting,' 'carers' and there is now a specific section for 'children with additional needs.'

Lucy and Rhian, Index Administrators, have been working hard to ensure that as many services as possible are listed in the directory. They have also been working with the Parent's Federation, comparing their 'Where you Stand' directory.

You can search by disability, for example, services supporting children with Autistic Spectrum Disorder. You can also search for support groups, activities for children and help with benefits and funding.

Please visit: **www.valeofglamorgan.gov.uk/fis** and select 'Family Support Search.'

If your organisation isn't listed in the directory, please contact FIS to register your details.



Thrive

Thrive has been running since 1996, providing access to play for children with disabilities.

The membership database continues to grow weekly and we currently support at least 150 families representing 500 individuals. Families come from all over South Wales.

Membership benefits include access to the following, for the whole family:

- Subsidised entry to play sessions.
- Subsidised family trips and events.
- Access to training.
- Access to Thrive Cardiff Facebook group for support and to keep up to date with events.
- Weekly programme of events.
- Parent fun nights out.
- Social functions for children, parents and the whole family.
- New friends, help and support from other parents... and much more!

Thrive held at least 5 events per week during the summer holidays this year and at the time of writing (1 August) already has plans for the following during October half term:

- Body boarding at the White water Rafting

- Centre in Cardiff Bay
- Pottery workshop
- Willow weaving
- Playbus session
- Play centre sessions

Thrive is also hosting monthly exclusive swimming sessions at the International Pool in Cardiff Bay. There is also funding available to run swimming lessons for children with additional needs/disabilities. Families do not need to be members of Thrive to attend these sessions.

To find out more about Thrive, and before making any commitment to join, why not go along to one of their regular weekly play sessions or visit their webpage www.thrivecardiff.org or find them on Facebook by searching for Thrive Cardiff. Membership costs just £10 per family per year.

Thrive is a charity run entirely by volunteers who are all parents of children with additional needs.



Free Training Courses

Basic Care of Medicines

(25th November 2013, 13:15-16:30)

Basic Awareness: Learn to perform a top-to-toe survey and put the casualty into the recovery position. Understand how to prevent basic injuries from worsening. Know the importance of when to dial 999.

Single Carer Handling & Re-ablement

(17th October 2013, 09:15-16:30)

This course provides a refresher of the principles of manual handling, promotes mobility and independence and the principles of natural movement in relation to sitting and standing as well as getting in and out of bed. The use of active lifters appropriate for single carer use, use of equipment to assist with independent movement on the bed and profiling of the bed to assist with both independent movement and single carer handling.

First Aid Awareness

(25th November 2013, 13:15-16:30)

To give a basic understanding of first aid and sufficient skills to provide underpinning knowledge for QCF.

Telecare Awareness

(22nd October 2013, 9:15-11:30)

This course will provide an overview of assistive technology and Telecare and their role within Social Care and Health in the Vale of Glamorgan.

The Vale of Glamorgan Council Social Services Training Department is offering free training courses to the parents and carers of disabled children. If you would be interested in attending any of the courses detailed above, please contact Chantalle Wilson-Dickson on **01446 704 713** or email cwilson-dickson@valeofglamorgan.gov.uk

Carers' Rights Day 2013

CARERS
RIGHTS DAY

There are two UK-wide events to recognise the invaluable role of carers. Carers' Week is normally held in mid-June and Carers' Rights Day at the end of November.

This year, Carers Rights Day will take place on Friday 29th November 2013 and the theme created by Carers UK will be: 'Rights, Advice, Support.'

- Rights – Do you understand your rights as a carer? If you provide unpaid, regular and substantial support, then you are a carer and entitled to a carer's assessment focussing on your needs.
- Advice – Do you need advice on welfare changes, appropriate information or signposting to a relevant organisation?
- Support – Do you know how to access the right support at the right time?

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, Vale of Glamorgan Council

01446 704604

CarersServices@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/carers

The Carers UK website also has more information:

**www.carersuk.org/get-involved/
carers-rights-day**



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**

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

