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

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SPRING TIME!



Hello all,

Welcome to the 9th edition of 'The Index', I hope 2014 is treating you well and after winter being awash with rain and huge waves, let's hope for a nice warm spring.

Anyhow, my name is Lee, I come from Bridgend and I have stepped in as Disability Index Administrator on a temporary basis following Rhian's departure to pastures new.

I can confirm that the Child Health and Disability team are re-locating from Haydock House to the Dock Offices. It is anticipated that the move will take place by the end of March. The full address is as follows:

Vale of Glamorgan Council
Dock Offices
Subway Road
Barry
CF63 4RT

We hope you enjoy reading the 'Index' and hope that it is of benefit to you. Any feedback is always welcome so feel free to let us know your thoughts using the contact details below.

Happy reading!

Lee Parry

Disability Index Administrator

01446 704736

disabilityindex@valeofglamorgan.co.uk

www.valeofglamorgan.gov.uk/disabilityindex

The Index is funded by the Welsh Government Families First Grant



Good News - more families can now benefit from the Disability Index

The Disability Index is now available to even more children and young people.

Up until now, children had to be receiving Disability Living Allowance (DLA) in order to be included on the Index. We felt that this restricted many families who would really benefit from receiving the index newsletter and other information.

Therefore, the criteria has been extended and if a child or young person has a diagnosed disability or is in the process of diagnosis, they can sign up to the Index.

We will still record whether families receive DLA, as this is important for us to monitor and plan services. If you know of any families who would benefit from this, please ask them to get in touch with Lee Parry on the above contact details.

Parents and professionals can also contact us directly if they want any specific information or advice.



Schools help spread the word about the Index



We have been visiting many schools in the Vale to discuss how they can promote the Index to their families and how they can gain our Family Information Service Certificate of Achievement. By achieving the certificate, schools are ensuring that families know what services and support is available to them.

We visited St Bride's Major Primary School and held a coffee morning session with parents. Dayne Owens from the Citizens Advice Bureau also attended, as he could answer questions about benefits for families.

He's also able to visit families in their home to help complete DLA forms. The parents had lots of questions and we were able to share information about sports clubs and playschemes, transport in the rural Vale, an Assisted Places Scheme that can help fund childcare places or one to one support in childcare settings and much more.

Beth Wade, the Special Educational Needs Coordinator (SENCo) at St Bride's Major Primary School commented:

'The Vale Family Information Service has provided support to our school that has enabled

our parents and governors to understand the services that are available for children and their families within the local authority. The response we have received from parents has been very positive because they have now been able to access resources that they did not know about before. As a SENCo it has provided me with a wealth of information that I can pass onto parents confidently, even though I know that Becky and the team will be at the end phone if I need further advice.'

If your school is interested in us coming along to speak to staff or parents, please get in touch with Lee Parry.



Come cycling on the Jenner Park Stadium Track.

The Vale Adaptive Cycling Club will operate on Wednesdays and Fridays from 12-4pm, commencing in March 2014.

We have specialist adaptive bikes, trikes, tandems etc. enabling young children, young people and adults with varying disabilities to access and enjoy the exhilaration of cycling.

There is a suggested hourly rate donation of £2.

For more information contact Cliff Hayes,
Tel **01446 420533**, text: **07594 459940** or
email **valecycleclub@outlook.com**



Launch of 'Where You Stand' Information guide



The Cardiff and the Vale Parents' Federation have launched the latest edition of their popular 'Where You Stand' guide. It's full of vital information for people with a learning disability.

Within its pages are details on how to access services, where to go for assistance and advice and where to find alternative sources of support along with contact details for hundreds of useful organisations and groups.

The guide is available online at www.whereyoustand.org or is free to all carers and families with a learning disability across the Vale. The Parents' Federation also co-ordinates a variety of carer focused social activities.



If you have a learning disability or care for someone who has, please contact Parents' Federation on **02920 227800** or email us at admin@parentsfed.or.uk for your free copy.

Supporting young people to become more independent



The Vale Independent Living programme is funded through the Families First Disability Strand, and is a joint venture between Barnardo's and Action for Children.

We are working with young people between the ages of 14 and 18, building on existing skills needed for transition to adulthood, as well as developing new ones.

Each week, we learn about essential topics such as handling money, shopping, healthy living, and assertiveness. The young people get to have hands on experience of making beds, Hoovering, preparing food, making simple meals and sorting laundry, amongst other things.

There are six young people in the group and it is carried out in a fun, informal manner to allow each young person to learn at their own pace and to share experiences and learn from others. Throughout the weeks the common theme and buzz words are 'independence' and 'adulthood' to prepare the young people for the changes to come and to enable them to think about themselves as young independent and responsible adults.

One mum told us that since coming to the group her daughter happily puts all her washing in the dirty washing basket and likes to be the one sorting the colours from the whites to put into the washing machine.

Another parent told us that since learning some independence skills her son wants to make his own packed lunch for school and his own breakfast every morning.

As well as the group, work some young people have been able to access one to one work with one of our workers. This is a short term intervention and working towards a specific outcome, usually identified by the parent or the young person. These can include community safety, shopping for personal items, or cooking simple meals to name a few.

For more information and how to get involved, please contact Suzanne Lush at Barnardo's Community Links on **02920 571910**

Want to meet new people and get social?

We are a small group consisting of four main members with a couple of people who support us. We have all been assessed as having needs of some sort: learning disability and autism.

The aim of the group is to socialise and to try new things.

So far we have been to the cinema, played pool and board games at the pub, organised Come and Dine with me at people's houses, played games at Barry Island (tennis, volley ball, boccia, wheelbarrow races). We have also been to the little theatre in Cowbridge and had a go at performing on stage. We also looked behind the scenes at costumes and props.



We go places on the bus and by train. We also get lifts from relatives and friends. Now we are planning to go ice skating, cycling, archery, indoor climbing, bowling, going for a picnic, going to listen to some music and camping.

What we have gained from this social group is confidence, new friends and new experiences. We would like to thank the Adult Autism Aware team for their help in purchasing games and entry to the theatre and Simon Jones for organising the beach fun games.

We hope that other people will also set up their own little group. Our group is for people aged 18-25 years but we do have older people coming along.

For more information contact: Vale of Glamorgan Council, Ty Jenner Office, Tel: **01446 725100**.



Parents of Partially Sighted and Blind Youngsters



POPSY is a small local charity supporting families with youngsters who are blind, have a disability or with life-limiting conditions.

We have a number of events coming up in 2014:

- May - Warburg Micro Syndrome Conference
- Sunday 8 June 11am - Sponsored 5k Fun Run/Walk/Wheel at Pontypridd Park
- 26 + 27 July Caerphilly 's 'Big Cheese' Hook-a-Duck Stall
- December Dolphin Swim Trip

The POPSY Charity holds wheelchair accessible events for all families – everyone is welcome!

Our POPSY 'family' changes every year – we are here for parents; carers; extended family and

friends of anyone with special needs (not just those who are partially sighted or blind).

We raise money to subsidise the additional costs of adapted toys and accessible activities / trips.

"INCLUSSIBLE" !

POPSY works towards making the world more inclusive AND accessible.

Our annual 'includible' trips help families try new things with like-minded people.

1 Rectory Gardens, Machen, CF83 8SU. Tel: **01633 440949**. popsycharity@hotmail.co.uk or see the 'POPSY' Facebook Page

Easter and May Half Term



Penarth Youth Project's Disability Teen Schemes

Penarth Youth Project's Easter and May Half Term Holidays, 2014 Disability Teen Scheme is on the following dates, mark them in your Calendar!

Dates for your Diary:

April, 2014	May, 2014
Monday 14th	Tuesday 27th
Tuesday 15th	Thursday 29th
Wednesday 23rd	Friday 30th
Thursday 24th	

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

All Teen schemes are held at:

Byrd Crescent Community Centre,
Byrd Crescent, Penarth, Vale of Glamorgan.
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, 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**

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



Meet James Jones a Playscheme Worker

James's journey has seen him go from a 5 year old child attending playscheme to a valuable employee of the play work team.

Now aged 20 years, James works at the playschemes, providing one to one support for disabled children and he loves his job.

A former pupil at Maes Dyfan School in Barry, James used to attend the playschemes regularly from the age of 5. He then went on to volunteer at the schemes, aged 14 years. A couple of years ago, James was taken on as a paid employee and works for the holiday playschemes and the Play Aloud projects, as well as working for Vale Catering at Victoria Primary School.



'I love working with the children. I've really got to know them over the years and it's great being able to give them different opportunities at the playscheme. I love working with children with special needs and giving them the same opportunities as everyone. Everyone plays together here.'

James has attended lots of training to work in the scheme, including Playwork training, First Aid and Disability Awareness.

Jo Jones, Play Development Officer, comments....

'James is an inspiration to other young people, the commitment he has given to the sport and play development team and the wide range of projects we run has been beneficial to both James himself and the children who attend the playscheme.'



Easter Playscheme

Dates for the Easter Playscheme are:
15th, 16th and 17th April and 22nd, 23rd and 24th April.

Venue is to be confirmed.

Please contact Jo Jones, Play Officer if you'd like to book your child on and discuss their requirements. Tel: **01446 704809**



Another successful year for Disability Sport in the Vale of Glamorgan



Disability Sport Wales had a great 2013 in the Vale of Glamorgan, including:

- 263 disabled members of Sport clubs
- 338 disabled members of Sport sessions
- 24,216 sport and physical activity opportunities for disabled people have been provided in the Vale of Glamorgan
- 92 coaches and 104 volunteers help run disability sport in the Vale which ranges from Day Centres, School Sport, Community

Disability Sport Clubs and Academy Sport Clubs.

To view the full review of 2013 please visit our website www.valeofglamorgan.gov.uk and then search 'Disability Sport Wales Review 2013'

If you would like any information on Disability Sport in the Vale of Glamorgan please contact Simon Jones on **01446 704728** or sljones@valeofglamorgan.gov.uk

Local Motion Dance Christmas Showcase

Local Motion Dance group, which features students aged 7-23 with a range of disabilities, performed to an audience of over 200 across two performances at the Motion Control Dance Christmas Showcase at Barry YMCA on Sunday 15th December.

All danced with energy and varied content which was enthusiastically received by all. The dancers were supported on stage by the tutors Sophie, Sam, Emma & Sammie along with young volunteers Rachel, Alex and Keri-ann.



Anyone is welcome to come along and join the weekly dance group which is held every Thursday 4.30 for ages 5-10 and 5.30 – 6.30pm for those over 11yrs.

For more information please contact the Dance Co-ordinator Emma Mallam on **077250 38778** or **emma@vibeexperience.com**

Grants for hearing impaired individuals

Cambrian Educational Foundation for Deaf Children is a charity based organisation which was set up out of concern that a considerable amount of deaf children, particularly those without speech were without education and not much prospect of getting any.

Awards of up to £500 per calendar year are made to hearing impaired individuals from pre-school age up to 25 years, who are in full time

education and who reside in Wales, or who have a parent residing in Wales.

For more information and to download an application form, please visit:

**www.cambrianeducationalfoundation
fordeafchildren.org.uk**

Did you realise?

American Football player Derrick Coleman has been deaf since the age of 3; however, this has not stopped him from reaching the top of his sport.

Derrick plays for the Seattle Seahawks who this year won the Super Bowl, which is regarded as one of the biggest sporting events in the world.

When he is playing he communicates through lip reading and hand signals whilst also wearing a cap under his helmet that ensures that his hearing aids stay in place.

“They told me it couldn’t be done...that I was a lost cause...But I’ve been deaf since I was three, so I didn’t listen. Now I’m here, with the loudest fans in the NFL cheering me on. And I can hear them all.”



Communicating Through Touch with Touch Trust

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, behaviour which challenges, and other vulnerable groups in the community.

We are running fun and engaging workshops throughout this year, known as 'Communicating through Touch.' These one-day events will provide you with a good, basic understanding of the core Touch Trust principals and serve as an excellent precursor to the full Certificate Course Training.

They are suitable for everyone, especially those who already partner with guests at Touch Trust, those who regularly assist others with learning disabilities, or as mentioned, those who are interested in the full course. Attending a workshop costs £120 for the day and includes refreshments, as well as AGORED accreditation. We have the following available dates to attend a

'Communicating through Touch' course.

- 18th March
- 10th June
- 5th July
- 13th October

If you are unable to attend these dates, or would like bespoke training on your own premises, this can also be arranged.

To register your interest, please phone the office on **02920 635660**

Or e-mail us: info@touchtrust.co.uk

Training for the full Certificate Course starts in October! This course lasts 1 academic year and takes you through the Touch Trust program in depth. At the end of the course, upon passing, you will qualify as a 'Session Leader' and will be able to lead your own sessions. The course costs £650, and we recommend that potential students register their interest by September. For more information, again, do not hesitate to give us a call!

Vale Reds Disability Football Team score all the goals!

It has been a busy few months for the Vale Reds. We ended the season on a high with another fantastic performance at the Pan Disability Festival in December, by the Over 16 team and the under 16 having a taste of their first festival. The club has also managed to attract new members especially the under 16s which has now grown from five in September 2013 to a eleven strong squad of players, all of them are really enthusiastic about football

The New Year brought us another festival at Cardiff Gol which saw a mixed bag of results. January also saw two of the players Nicolas Latham and Mike Netherway achieve their Football Trust Wales Leaders Award. They had to attend two full training days at Leckwith Cardiff and then take part in leading a training session. Supported by coach Neil Latham, they showed

they had what it required and passed the course so they can now help out at training and club festivals with other players.

Another award by the club was the achievement of an accreditation from the Football Trust Wales which is also sponsored by McDonalds.

It allows them to display the accreditation logo on the web site and on the players shirts as well.



If anyone is interested in joining the club please see the web site at www.valereddisabilityfc.btck.co.uk

ABCD Cymru

Who we are and how we can help

Established in 1991, ABCD Cymru work with over 400 families from 20 different ethnicities, speaking 30 different languages.

We work with disabled children, young people and their parent carers, with all manner of impairments including physical, learning disability, autism, ADHD, and long term illnesses.

We support the Black and Minority Ethnic (BME) community to establish links with health care professionals and special education needs co-ordinators. We try to find out where the gaps are and why these families are not engaging. Could it be down to language barriers?

How can we help?

We can use external sources to provide interpreters and we also have volunteers here that speak different languages, who can arrange appointments with the families

An example of a case study from the Cardiff and Vale of Glamorgan Project

A family (referred to us from a Families First provider) were unclear as to what benefits they were entitled to, and needed support. The child has congenital myotonic dystrophy. The family were unaware how social services could help. We got in touch with Rachel Salmon (muscular dystrophy family support advisor) and we also advised the family to get in touch with the Child Health and Disability Team regarding respite care.

They wanted to know who to contact for funding for a tricycle for their child. We advised them to approach Caudwell Children, who gave £1014 towards the cost. Other organisations involved were Joseph Patrick Memorial Trust,



Lifeline4kids and Action4kids, who helped to raise the money outstanding.

We gave advice and support in relation to benefit entitlement as they were not aware of the discount that was available to their Welsh Water bill. We also helped to ensure that the information regarding benefit entitlement was correct (information was obtained from Citizen's Advice Bureau) but also that it's in the appropriate language and format for the family to understand.

We discussed with them respite care and housing options (as they wanted to apply for more appropriate housing for their child) and referred to Snap Cymru for further help and support with the child's educational needs and one to one support in school.

They received the funds to purchase the tricycle, and mum has said it has made such a difference to their child's life.

The mum was able to meet other parents who spoke the same language and were from the same religious background as her. This helped reduce her isolation and improved her capacity to care for her family, as the mum had been suffering from depression, due to social exclusion and lack of a support system. She gained the confidence to take her children out socially by linking up with the Play & Events Co-ordinator at ABCD Cymru.

They all attended ABCD Cymru social events as a family, improving family relationships and the emotional well-being of the non-disabled siblings.

We are here to help, and work closely with other organisations and statutory services in relation to health, education, social services, training and employment and other related areas.



We also run social activities and events, which include Cadbury World, Longleat and most recently, we took a group of children to the pantomime in Cardiff to see Jack and the Beanstalk. We know that when families feel isolated, or socially excluded, these events are an important part of their lives.

If you live in the Vale of Glamorgan and you feel you could use support from our services, or you are struggling to understand information because of a language barrier, please get in touch we can help.



Contact ABCD Cymru on **02920 250055** and speak to Kirstin or a member of the Team.

Surfing the net

If you're a fan of mobile apps then you might like to take a look at a new website myhealthapps.net. The website, which was launched in November 2013, has been designed to help people find the best health apps that suit their individual needs.

Each app has been recommended by healthcare communities which include empowered consumers, patients, carers and charities.

There are plenty of apps to choose from and it is easy to browse through the 11 different categories, which include mental health, bones, breathing and support for senses, mobility and learning as well as other long-term conditions.

To take a look, please visit www.myhealthapps.net

The Buzz is a website that has been designed specifically for children and young people with a hearing impairment.

The site is split into two sections; one for those aged 8-11 and the other is for ages 12-18.

The colourful site contains information about upcoming deaf friendly events, playing games and reading stories, plus plenty of useful information and resources for parents and professionals.

To take a look, please visit www.ndcsbuzz.org.uk

Lights, Camera, Connected

contact a family
for families with disabled children

Last year we took our family film events to a new level with much more on offer for children and parents. Our film events are free for families of children with additional needs, including mums, dads, grandparents and siblings.

Under the Lights, Camera, Connected name we hold morning and afternoon film showings and in between the film showings, families can access advice and information on a range of topics including financial planning, benefits, grants and employment rights.

We know that all children, especially those with additional needs, face particular challenges at

certain points in their lives. Transition can be a stressful and worrying time. Thanks to a grant from the Garfield Weston Foundation we are staging a Transition Tour across Wales in April, providing important guidance and advice in your area.

For more information on our services in Wales or to sign up to our e-bulletin contact us at wales.office@cafamily.org.uk or call us on **02920 396624** www.cafamily.org.uk

Sense of Play Project

The Sense of Play Project was set up and designed by professionals in the Vale of Glamorgan for pre-school children with special or additional needs.

The sessions are held in the family home for an hour a week for six weeks and set activities are carried out to help encourage all areas of development whilst meeting the individual needs of the child and family.



The resources are then left with the family for a week so that the child can continue to explore these activities.

We have worked with forty six families since June 2013 and look forward to working with more families in the future.

For more information please contact Ginny Bourne on **01446 731628**

Ginny Bourne
Disability Strand Co-ordinator



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**



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.

A new group has opened up in the area:

Little Dragons Baby and Toddler Group

Mondays and Fridays
from 9am – 11am

At Western Vale Integrated Children's Centre

**Station Road
Llantwit Major**

For more information, please contact the centre on **01446 793030**