

Issue 18
July 2016



The newsletter for children and young people with disabilities and additional needs in Cardiff and the Vale of Glamorgan

Cardiff Index is live! p2
Summer Fun p9
Inclusivity at Infinity p12



HERE COMES THE SUMMER!

Welcome to the 18th edition of the Index, and the first edition produced jointly between City of Cardiff Council and the Vale of Glamorgan Council.

Since our spring edition we have been working closely with the Cardiff Family Information Service to develop a Cardiff Index. As this issue is the first to cover Cardiff and the Vale, it is packed with even more information and support, giving families access to information on what's on across both counties during summer 2016!

The Family Information Services have been out and about continuing to promote the Index. We continue to attend events and visit schools, parent groups, health professionals and support organisations to let as many people as possible know about us.

We currently have over 400 families registered across the Vale of Glamorgan, and we are looking forward to seeing many more families across Cardiff signing up over the coming months. We have been working in partnership to produce a new information leaflet to

promote the Disability Index. To request a hard copy, please contact your local Family Information Service or download a copy on the website: www.cardiff-fis.info/ / www.valeofglamorgan.gov.uk/disabilityindex

Don't forget to like Cardiff Family Information Service and Vale Family Information Service on Facebook to keep up to date with information on childcare, events and activities this summer.

I hope you enjoy the summer newsletter, and wish you the sunniest summer that Wales can bring!

Julia Sky
Disability Index Administrator
01446 704 736
disabilityindex@valeofglamorgan.gov.uk

The Index is funded by Welsh Government's Families First Grant.



The Index is live in Cardiff!

Do you live in Cardiff?

If so, then good news, The Disability Index is now available in your area.

Register with the Index and you will be able to receive useful information about what is going on in Cardiff for children with additional needs.

In addition to your quarterly newsletter you can receive regular e-mail bulletins along with easy access to all the other information and guidance we can provide about support services, childcare, activities and events.

Since going live in April we have been working with a range of services to raise awareness of the Index in Cardiff and have attended a number of events and activities at schools and hospitals to explain what it is about and what we do as a Family Information Service. This has already resulted in quite a number of Cardiff parents registering their child to be on the index and

professionals wanting to know how they can support it.

You can register to be on the index by:

- Visiting our website at www.cardiff-fis.info/parenting
- E-mailing us at DisabilityIndex@cardiff.gov.uk
- Telephone 029 2035 1700

You can also follow the Cardiff Family Information Service on Facebook and Twitter to receive regular updates of what is going on in Cardiff.



Independent Living Skills

Are you 14 – 18 years old and living in the Vale or 14 -25 years old and living in Cardiff? Do you want to learn new skills and have fun? If you answered YES, then the Independent Living Skills programme is for you!



Our service provides person centred planning and tailored support to enable young people to develop their independent living skills. Support is provided through group work and one to one support and can include

community safety, travel training, cookery, using money, joining a local club, social skills, and confidence building.

If you are interested in finding out more please contact Joanne Harper, Heather McDowall or Martine Palmer at Barnardo's on 02920577074.



CAUDWELL CHILDREN

Caudwell Children is a UK wide charity supporting families who have a child with a disability or life limiting condition. We support children from birth to their 19th birthday to ensure that they get the vital practical and emotional support they, and their family, need in times of crisis.



funding available to them, emotional support to family members and practical support to enable a child to develop confidence and self-esteem, social and communication skills and access activities in the local community.

As long as the family are earning less than £45k per annum (not including benefits) and the child has a diagnosis or is in the process of getting a diagnosis, we can help them.

For more information please contact Anna on 07824431868/ Anna.Morris@Caudwellchildren.com or visit www.caudwellchildren.com

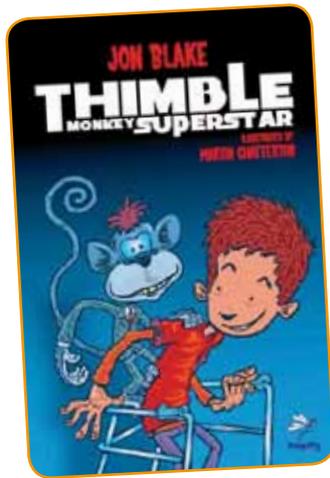
The charity is able to provide funding towards essential equipment, treatment and therapies that can enable a child to reach their full potential including wheelchairs, sensory equipment, therapy tricycles and specialised buggies.

In Wales we have a family support team made up of staff and volunteers who are able to provide support to families in their home environment. Support can include helping families to access a wide range of services and



THIMBLE MONKEY SUPERSTAR

'I've been a successful children's author for over 30 years, but Thimble Monkey Superstar, published in May by Firefly Press, is a new departure for me. That's because its main character, Jams, is based on my own son Jordi, who has cerebral palsy.



There are far too few books for children which feature characters with disabilities, and from fairy stories to Roald Dahl, physical difference is all too often associated with evil. I wanted to create a character who is just that, a character. Jams' disability is part of who he is but he is not defined by it. He's also warm, funny, creative and optimistic – rather like Jordi.

Thimble Monkey Superstar has been a big hit with the children who've read it because it's a fun, funny story. Hopefully it will lead to a series and many more children will get swept up in the adventures of Jams and Thimble.



Right from the start, we have involved Bobath Wales in the promotion of the book. Bobath, an important provider of therapy for children with cerebral palsy, are selling the book on their website and taking part of the proceeds.' - Jon Blake, Author

To purchase the book go to <http://www.bobathwales.org/shop/thimble-monkey-superstar-by-jon-blake/>

About Bobath Wales

Every year in Wales approximately 70 children are born with cerebral palsy. Bobath Children's Therapy Centre Wales provides specialist therapy to children from birth to 18 years, with the aim of improving their quality of life through increased function and wellbeing.



Trained physiotherapists, occupational therapists and speech and language therapists work closely together to look at the individual needs of each child.

Over 75% of Bobath Wales's funding is raised through fundraising and without the public's support they would be unable to continue providing their much needed service.

"I really enjoyed reading this book; it was so refreshing to have a main character with a disability without that being a major theme of the story... A great book for all children!"
- Jenny Carroll, Director and Consultant Physiotherapist

"We are delighted that Jon, whose son Jordi has attended Bobath Wales for treatment and Firefly Publishing have chosen Bobath Wales to benefit from the sale of this really funny book."
- Gail Griffiths, Head of Fundraising

For more information about Bobath Wales please contact:

029 2052 2600 / info@bobathwales.org / www.bobathwales.org

Positive Interactions Sensory Bus

Our bus has now been converted into a mobile sensory room, and is available for hire!

Sensory rooms can have benefits for everyone, but can be particularly beneficial for children and adults with additional needs, behavioral problems, sensory processing disorders, disabilities including dementia, Autism, brain injury, chronic pain and for those in palliative care.

The bus is split into two rooms. One is fully accessible to wheelchairs, with bubble tube, projector, fiber optics and beanbags. The other room is up two steps to the rear of the bus and is a U.V room with a glow in the dark space theme.

Prices start from £20 per hour for parent/carer sessions, and the bus is exclusive to you. All users must be accompanied by a responsible person at all times.

To find out more contact us:
Facebook /Positive-interactions
Twitter @sensorybus
Mobile: 07530717091
E-mail: positive.interactions@hotmail.com



New Neurodevelopmental Team

A new service for children and young people with neurodevelopmental disorders including Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

Our Aims (in line with Together for Children and Young People strategy)

- A single point of access for the assessment, diagnosis and intervention for neurodevelopmental disorders. (GP or health professional can refer to the team)
- Individualised care pathway for children and young people with ADHD/ ASD as per NICE guidelines.
- Better understanding of ASD and ADHD across all agencies, in order to effectively support children and young people and their families/carers.

- Drawing together the skills of the multidisciplinary team and working closely with existing services and third sector agencies.

Team members: Child and Adolescent Psychiatrist; Clinical Psychologist; Nurse Specialists; Speech and Language Therapist; Occupational Therapist; Co-ordinators; Pharmacist

Contact Details:
Neurodevelopmental Team, The Children's Centre, St David's Hospital, Canton, Cardiff, CF11 9XB
029 2053 6800



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

SUMMER FUN

SUMMER FUN

What's on in the Vale for families this Summer?

The Vale Family Information Service has produced a programme of everything going on in the Vale for children, young people and families during the school summer holidays.

You can find out about:

- Family events
- Holiday playschemes
- Activities in the libraries and leisure centres
- And much more..

The programme is available as a timetable online, so you can search for activities by date, and includes information on cost, venue, times, age range and contact details.



Visit: www.valeofglamorgan.gov.uk/fis

Telephone: 01446 704704

Email: fis@valeofglamorgan.gov.uk



Keep up to date by liking our Facebook page 'Vale Family Information Service'

DISABILITY SPORT IN THE VALE

Tennis at Penarth Windsor Lawn Tennis Club

Tuesday 2 and Tuesday 23 August, 1.30pm – 2.30pm
Venue: Penarth Windsor Lawn Tennis Club, Larkwood Ave, Penarth, CF64 3JJ

Contact Rob Wedlake to confirm attendance - 07903 524 456

Ages 7+

Vale Accessible Cycling Club

Every Wednesday and Friday, 1pm-5pm

Venue: Jenner Park Stadium, Barry Rd, Barry CF62 9BG
Cost - £3 donation

Contact Cliff Hayes for more information - 01446 420 533

Ages 5+

Special Olympics Golf Lessons

Tuesday 26 July and Tuesday 2 August, 2pm-3pm

Venue: St Andrews Golf Club, Coldbrook Rd E, Barry, CF63 1BL

Contact Jeff Savory for more information - 07803 165 581

Ages 7+

Gymnastics

Every Monday and Friday from 25 July – 26h August, 9.30am – 3.15pm

Venue: Unit 2-3Ty Verlon Estate, Verlon Close, Barry, CF63 2BE

Cost: £25 per day

Contact Jess Savory for more information - 07803 165 581 / penarthgymnasticsclub@gmail.com

Ages 5+

Barry Town Disability Football Club

Tuesday 2 and Tuesday 9 August, 6pm - 8pm

Venue: Jenner Park Stadium, Barry Rd, Barry CF62 9BG (Moulded Studded Boots must be worn)

Contact Neil Latham for more information – 07827 334 818

Ages 7+

LS Haven ATC, Laser Rifle Shooting

Thursday 18 and Thursday 25 August, 11am – 12pm

Venue: Barry Island Community Centre, Friars Road, Barry Island, Barry, CF62 5TR

Contact Richie Phillips to confirm attendance - 01446 748 688

Ages 10+

Summer Swimability Sessions

Wednesdays, 10am – 10.30am at Barry Leisure Centre

Fridays, 10am – 10.30am at Penarth Leisure Centre

For more information please contact 01446 403000

Ages 8+

For more information on Disability Sports in the Vale contact Simon Jones

01446 704728 /

sljones@valeofglamorgan.gov.uk

PLAY HAS BEGUN

IN THE VALE

Teenscheme and Playscheme in the Vale

Teenscheme (for ages 12 – 18 years)

Ysgol Y Deri, Sully Road, Penarth,
Vale of Glamorgan, CF64 2TP

Mondays and Tuesdays in August
10.00am – 3.00pm: 1 & 2, 8 & 9, 15 & 16, 22
& 23 August

Playscheme (for ages 4 – 11 years)

Ysgol Y Deri, Sully Road, Penarth, Vale of
Glamorgan, CF64 2TP

Wednesdays, Thursdays and Fridays in
August 10am – 12 noon & 1pm – 3pm: 3, 4
& 5, 10, 11 & 12, 17, 18 & 19, 24, 25 & 26
August

What can you expect from Playscheme and Teenscheme?

Playscheme and Teenscheme offer fun, free activities for those who attend, these will include: sensory play, outdoor activities, sports activities, junk modelling and craft activities.

There will be a £10 charge for children who are registered to stay on site for lunch. This doesn't include lunch so please make sure a packed lunch and drinks are provided!

The schemes are able to offer 1:1 support, medical support and personal care where required.

Please be aware that a member of the team will be trying to contact you ahead of the summer scheme to book your child's place. For this reason, please ensure that the Play Team have your correct contact information.

If your child has not attended a scheme before and wishes to attend this Summer, please contact

the Play Team to request a Helpful Book and discuss your child's requirements.

For more information, to update your details or to book a place for your child please contact Jo Jones, Play Development Officer on 01446 704809 / playdevelopment@valeofglamorgan.gov.uk



FREE Family Fun in the Vale

Sports & Play Day @
Central Park in Barry,
Saturday 30 July,
11am – 3pm

National Play Day @
Belle Vue Park Penarth,
Wednesday 3 August, 3pm – 7pm

Get Out and Play Family Fun
Day @ Victoria Park in Barry,
Wednesday 7 August,
3pm – 7pm

Sports & Play Weekender @
Barry Island, Saturday 20 and Sunday 21
August, 10am – 4pm

Get Out and Play Family Fun Day @ Gladstone
Gardens in Barry, Wednesday 24 August, 3pm
– 7pm



There will be a range of free sports and play provision running across the Vale throughout the summer. For the full summer programme please contact the Sports and Play Development Team on 01446 704793 or view the Family Information Service Summer Programme (details on page 6).

SUMMER FUN HAS

SUMMER FUN IN CARDIFF

Disability Sport Wales Insport Series Event

- Insport is a Disability Sport Wales initiative that recognises commitment to including disabled people in sport and the Insport Series will offer a wider choice of sports to cater for all impairments.



This event is suitable for all ability levels and all levels of impairment, including those with high support needs. The event will showcase over 20 sports, providing attendees with the opportunity to try as many sports as they wish. Adaptive sports equipment and sports wheelchairs will be available for use.

- Friday 9 & Saturday 10 September 2016, 10am – 4pm
- Venue – The National Indoor Athletics Centre, Cyncoed Campus, Cardiff Metropolitan University, Cyncoed Rd, Cardiff, CF23 6XD
- For information and booking please contact 029 2020 5284 / office@disabilitysportwales.com

Vision 21 – Creative Choices

Free creative workshops for young people with learning needs 14 – 18 years



Weekdays from Thursday 21 July – Friday 26 August, 9.00am – 3.00pm
Sbectrwm Centre, Bwlch Road, Fairwater, Cardiff, CF5 3EF



The Vision 21 Creative Choices project runs a range of interactive half day sessions and techniques for learners in drama, music, movement and visual arts working in partnership with Community Music Wales and Hijinx Theatre. Students have the opportunity to learn new skills, gain confidence, meet new friends and have fun in a supportive atmosphere.

To register for your FREE place or for more information please contact V21: 029 2062 1194 / Kylie.fuller@v21.org.uk

Sport Cardiff Summer Holiday Camps

Fun and inclusive fitness and craft activities for ages 7 – 11 years.

Sessions run from 8.30am until 3.00pm and lunch is not provided.

£25 per day or £80 per week (10% sibling discount)

Monday 25 July – Friday 29 July
Venue – Maes Y Coed Community Centre, 1 Jubilee Gardens, Cardiff, CF14 4PP

Monday 1 August – Friday 5 August & Monday 8 August – Friday 12 August

Venue – Cathays High School, Crown Way, Cardiff, CF14 3XG



For information and bookings please contact Sport Cardiff: 029 2020 5286 / sportcardiff@cardiffmet.ac.uk

Visit the Holiday Provisions page on the Sport Cardiff website for more information and answers to frequently asked questions:
www.cardiffmet.ac.uk/sport-cardiff

S BEGUN

FF

Free Golf Taster for Women and Girls

Join Sport Cardiff and the 'City Golf Academy' for a free introduction to golf.

Ages 7+
(Under 10s must participate with an adult)

Sunday 24 July, 1pm – 3pm

Venue: Cardiff Golf Club,
Sherborne Avenue, Cardiff,
CF23 6SJ

For information and bookings please contact
029 2020 5285 /
fbenningwood@cardiffmet.ac.uk



SHINE CYMRU

Shine provide specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional health and social care staff.



We work on a national and local level to provide these services through the following specialist service teams:

- Support and Development Team
- Health Development Team
- Education Advisory Services
- Occupational Therapist Development Worker

Through our regional structure these teams are accessible in your area in Wales and, once contacted, Shine will do everything possible to ensure that you receive all the information and support you need.

Some of the initiatives specifically designed for our younger members include:

Sêr Bach / Little Stars - Shine Cymru's Early Intervention Project

This project focuses on developing and delivering early intervention, providing support to parents-to-be who have received an ante-natal diagnosis of spina bifida and/or hydrocephalus, new parents, and parents/carers of children aged 10 years and under. It empowers and helps these children to lead healthy and happy lives, through greater independence, better condition management and through links to the Shine community. The project is funded by Welsh Governments Sustainable Social Services programme.

This is Me! is a club designed to link together 11 – 18 year old members with spina bifida and/or hydrocephalus.

To get in touch e-mail:
wales@shinecharity.org.uk or
call 01733 555988

Like our Shine Facebook page:
at www.facebook.com/shineUKcharity

www.shinecharity.org.uk



Teenscheme in Cardiff

Teenscheme (for ages 11 – 18 years)

Cathays Youth Community Centre, 36 - 38
Cathays Terrace, Cardiff, CF24 4HX
Monday – Friday, 10.00am – 1.00pm &
1.00pm – 4.00pm
25 – 19 July, 1 – 5, 8 – 12 & 15 - 19 August

For more information, please contact
Dylan Thomas James:
email@cathays.org.uk or
chairman@ccycp.org.uk / 029 2037 3144
or 029 2025 5872

Visit the Cathays Youth and Community
Centre website at www.cathays.org.uk



LITTLE EXPLORERS

Little Explorers is an inclusive pre-school group for children of all abilities to attend with their parents/carers. Each session has a different theme and is based on sensory play, craft, massage, imaginative play, stories, rhymes and Makaton which is particularly beneficial for those with special and additional needs.

Wednesdays during term time from 1.45pm – 2.45pm

Venue – Lower Penarth Community Centre, Brockwill Way, Penarth

Thursdays during term time 10.00am – 11.00am

Venue – St David's Methodist Church Hall, Winston Road, Barry

Term time sessions cost £4.35 per child and £2.35 for each additional sibling.

Sessions throughout the summer holidays

cost £4 per child and £1 for each additional sibling (times, dates and venues may vary, so please contact in advance)

To ensure your place at the session, booking in advance is advised (but not compulsory) as spaces are limited and sessions can then be planned specifically for those attending each session.



For further information join the Little Explorers Facebook group where you can send me a message or email me at virginia@parentsandtotscorner.co.uk

SNAP Cymru – Family Partnership

We want to ensure families have access to information, advice and guidance about the Special Educational Needs of their children 0-25. We want the views and wishes of children and young people listened to and, along with parent's views, used to inform and influence the development of SEN policy and practice.

- We listen to your concerns
- help you prepare for meetings
- help with paper work
- help you communicate with the school and resolve disagreements early on
- provide training on SEN, Exclusions and Play for professionals, parents and volunteers

We are looking for volunteers to support us in this work. See website for details.

You can find relevant information including detailed leaflets and FAQ's on the website www.snapcymru.org

**Helpline
0845 120 37 30**

**Monday – Friday
9.30 am – 4.30 pm,
an answer phone is available at all other times. We will call you back if you've left a message.**



KEYCREATE – Drama and Music Workshops

KeyCreate is a brand new organisation delivering high quality drama and music workshops for children and adults with disabilities. Workshops are facilitated by Dave Morris, who has a professional background in drama and is a performing musician, and with over a decade's experience of working within the arts and disability sector.



KeyCreate has run workshops in special schools including Ysgol y Deri, and regularly runs workshops for Adult Day Services and Sense Cymru, in Caerphilly. Using elements of live music, storytelling, drama, arts and crafts, music, games, sensory activities and therapeutic techniques, KeyCreate is able to bring about a fun, creative and educational experience for everyone.

“It was 100% inclusive”

“I loved how genuinely celebratory it was of the input from each child, no matter how small. It's really that which makes it special and needed and different from mainstream music classes where we are self-conscious that [our child] can't hold the instruments or sing like the other kids.”

“I want all parents of kids with special needs to know about it!”

For information on upcoming events this coming Summer check out www.facebook.com/keycreatewales or book your own bespoke workshop and contact Dave at davebobmorris@hotmail.com or 0781001 8165



:AUTISM FLEDGLINGS

- **With over 20 years of collective experience, Autism Fledglings offers a range of services incorporating Applied Behaviour Analysis/ Verbal Behaviour Teaching techniques.**
- **These include providing consultancy for: home programmes, special school, nursery, mainstream inclusion and respite centres.**

- ABA/VB is the application of scientific principles to teach behaviours/skills that are important for your child. Positive reinforcement is hugely emphasised, and therapy focuses on motivating your child to learn. Verbal behaviour programmes are comprehensive, and address all skill deficits that your child may have, such as: cooperation, communication, play, self-help, social skills and academia.

- The first skill we will teach your child is how to cooperate. We teach this skill by identifying all

forms of potential reinforcement in your child's environment and then use these to motivate your child to cooperate and learn.

In order to help quickly reduce any inappropriate behaviour we will teach your child to communicate their needs and wants using a system that is appropriate for them e.g. speech, sign language, PECS or a communication aid.

At Autism Fledglings we specialise in developing speech using a variety of procedures such as behavioural techniques, Talk Tools, tactile cueing, Kaufman and Nuffield.

**www.autismfledglings.co.uk
kerry.autismfledglings@gmail.com**



INCLUSIVITY @ INFINITY CARDIFF

We all love to bounce here at Infinity and we believe that everyone should have the opportunity to join in on the action! We have set up our Inclusivity sessions to provide a safe environment for children with additional needs to come and play, relax and have fun!



Trampolining will strengthen bones and encourages fitness. Incorporating a jump session into your child's routine means they won't shy away from physical fitness and will improve motor skills.

Our Inclusivity sessions are run weekly. The staff will be the same each week and will get to know your child. Regular visitors will soon build relationships with staff members and other customers meaning your child can flex their social skills with familiar faces each week!

Autism was the focus when designing these sessions but they really are open to anyone who

would benefit from a quieter session at the park.



It is very important to us that Infinity is accessible to everyone and everyone that comes has the best possible time. We welcome any feedback from sessions.

Inclusivity @ Infinity runs every Tuesday 5.00 – 6.00pm for 18months +

Infinity Trampoline Park, 4 Pengam Road, Cardiff, CF24 2RQ

If you would like to book onto a session or would like more information please contact us:

**029 20003323 /
community@infinitycardiff.co.uk.**

**Visit our website
www.infinitytrampolinepark.co.uk or
view our Facebook page:
Infinity Trampoline Park Cardiff**

YSGOL Y DERI SUMMER TERM UPDATE

Classes from our Primary Department went to Bristol Zoo, a fantastic day was had by all!

Ysgol Y Deri would like to say a HUGE thank you to the Rotary Club of Penarth for inviting us on your trip to Folly Farm - all pupils that attended had a great time.

Our Sixth Form pupils recently enjoyed a residential trip to Kiln Park. Activities included visiting The Dinosaur Park, Oakwood, Folly Farm and Bluestone, as well as Mackerel Fishing and a trip to the beach. All pupils had a fantastic time and were able to practice some of their life skills and experience independence.

Ysgol Y Deri will be working in partnership with the Play Development Team to deliver play provision over the summer holidays.

If you would like more details please contact Stuart or Marie-Claire, Family Engagement Officers on 02920 353380.



Disclaimer
The majority of organisations included in this newsletter are not managed or run by the City of Cardiff Council and/or Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The City of Cardiff Council and 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 of any of the external organisations listed.
The listing of an organisation in this newsletter does not imply that the City of Cardiff Council and/or Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.