

Issue 23
October 2017



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

Raising Awareness and Making the World a Better Place p8
Young Carers Toolkit p11
Relaxed Performance Panto p16



Autumn Falls

Welcome to the 23rd edition of The Index.

Where did summer go?! With the months flying by, we are now (somehow) in the Autumn term.

This issue includes information on Sports and Play in Cardiff and the Vale (pages 4 & 5, Halloween fun (page 9) and even details of this year's Pantomime (page 16).

What's new since the last issue?

The Index continues to grow in Cardiff and the Vale with over 1,000 families signed up to receive The Index across the two areas.

We are promoting The Index far and wide after producing the first joint Annual Report for The Index. To view the report, visit your local Family Information Service webpage.

Cardiff Family Information Service and Vale Family Information Service have both become ASD Aware Organisations, after taking part in an ASDinfoWales initiative.



Visit www.asdinfo.wales.co.uk to find out more about the scheme and access some amazing resources on Autism Spectrum Disorder for families and professionals.

Don't forget, if you know of anyone who would benefit from signing up to The Index, they can sign up using the online form or by contacting their local Family Information Service.

If you want to promote a service or share your story, please let us know as we are always looking for new and exciting articles to share with readers.

Happy Reading!

Julia Sky

Contact your local Family Information Service



Cardiff Family Information Service
029 2035 1700
disabilityindex@cardiff.gov.uk
www.cardiff-fis.info

Vale Family Information Service
01446 704736
disabilityindex@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk/disabilityindex

You will see the Dewis Cymru logo throughout this newsletter - it appears with services that can be found on the Dewis Cymru website: www.dewis.wales



Don't forget to tag us in posts that you share which could be interesting to other families who are signed up for The Index!

@CardiffFIS
@ValeFIS



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



What's On:



Mondays

Vale Families First Teenscheme (see page 5)

Monday 30 October 2017

Early Years Play Session at Lakeside Primary (see page 6)

Mondays in term time

Touch Trust Art Session & Spooktacular Music Making (see page 9)

Monday 30 October 2017

Swimability Sessions in Barry (see page 4)

Every Monday

Swimability Sessions in Llantwit (see page 4)

Every Monday

Tuesdays

Vale Families First Teenscheme (see page 5)

Tuesday 31 October 2017

Early Years Play Sessions at Ely and Caerau Children's Centre (see page 6)

Tuesdays in term time

Family Playgroup with Oshi's World and Keycreate (see page 7)

Every Tuesday

Snow White and the Seven Dwarfs: Relaxed Performance (see page 16)

Tuesday 9 January 2018

Family Fund Information and Support Day

Tuesday 31 October 2017 (see page 13)

Wednesdays

Vale Families First Playscheme and Family Fun Afternoon (see page 5)

Wednesday 1 November 2017

Early Years Play Sessions at Grangetown Nursery (see page 6)

Wednesdays in term time

Thursdays

Vale Families First Playscheme and Family Fun Afternoon (see page 5)

Thursday 2 November 2017

Early Years Play Sessions at Ysgol Melin Gruffydd (see page 6)

Thursdays in term time

Afasic Cymru Parent Support Group (see page 14)

Thursdays 26 October & 30 November 2017

Swimability Sessions in Penarth (see page 4)

Every Thursday

Fridays

Vale Families First Playscheme and Family Fun Afternoon (see page 5)

Friday 3 November 2017

Early Years Play Sessions at Tremorfa Nursery (see page 6)

Fridays in term time

Saturdays

Barry Beavers Swimming Club (see page 4)

Every Saturday

Spooktacular Halloween Disco (see page 9)

Saturday 28 October 2017

Cwtch Together (see page 6)

Every Saturday

Oshi's World Let's Play Coffee Morning (see page 7)

Every Saturday

Barry Beavers Disabled Swimming Club



Barry Beavers is a swimming club for adults and children with disabilities or long-term health conditions. We are a water awareness club and aim to ensure that all members are water happy and are given the opportunity to learn to swim. This is achieved through the use of qualified swimming coaches and lifeguards.

The club is open to all impairments and provides a fun, friendly, knowledgeable swimming environment. We teach young and old to learn to swim with maximum safety as well as teaching water awareness.

The club has been running for over 20 years, with a huge amount of experience - this club has been awarded the Insport Ribbon.

When: Saturdays 3.45pm – 4.45pm

Where: Barry Leisure Centre,
Greenwood Street, Barry, CF63 4JJ



**If you are looking for a recreational swim club that also enter competitions across South Wales then please get in contact with the club: patriciafinch@sky.com
01446 747683 / 07517 121 729**



Swimability Swimming Sessions

Legacy Leisure provide swimming sessions for children and young people with disabilities or additional needs throughout the Vale.

Barry Leisure Centre, Greenwood Street, Barry, CF63 4JJ

Mondays from 6.00pm & Thursdays from 5.30pm

Penarth Leisure Centre, Andrew Road, Penarth, CF64 2NS

Thursdays from 5.30pm

Llantwit Major Leisure Centre, Ham Lane East, Llantwit Major, CF61 1TQ

Mondays from 6.00pm

For more information please contact Zoe Phillips, Vale Aquazone Co-ordinator:

Zoe.Phillips@legacyleisure.org.uk / 01446 403000



South Wales Titans

South Wales Titans Para-Swimming Academy is based within Bridgend, Cardiff and the Vale. If you can swim 50 metres unassisted and have a physical or sensory impairment please get in contact.

Barry Leisure Centre, Greenwood Street, Barry, CF63 4JJ

Tuesdays 6.00pm – 7.15pm & Thursdays 5.45pm – 6.30pm

For more information please contact Emily Griffiths, Head Coach: swimming_emilyp@hotmail.co.uk



Vale of Glamorgan Families First Holiday Clubs



Teenscheme for 12 – 18 years

When: Monday 30 & Tuesday 31

October 2017, 10am – 3pm

There is a charge of £5 for young people staying on site for the full day.



Playscheme for 4 – 11 years

When: Wednesday 1, Thursday 2 & Friday 3

November 2017, 10.05am – 12pm

Family Fun Activity Afternoons

When: Wednesday 1,

Thursday 2 & Friday 3

November 2017,

12pm – 3pm

Families are invited to join in the fun from 12pm, have lunch and take part in the afternoon session packed full of activities for all the family to take part in!



Things to remember:

- Both schemes can offer 1:1 support where required
- Medical support and personal care support needs must be discussed prior to booking a place as this support can be arranged but is not always available
- Lunch is not provided so please make sure you bring lunch and drinks with you



For more information or to book a place please contact Joanne Jones, Play Development Officer on 01446 704809 /

playdevelopment@valeofglamorgan.gov.uk

Rubicon Dance

Launched in 1976, Rubicon Dance has been providing exciting community based dance sessions for more than 40 years. We offer long-term, regular and relevant dance programmes for some of the most disadvantaged people in Wales. In a typical week we deliver 150 regular sessions working with approximately 2000 people.

We work extensively with people with disabilities including people with high support needs. The work that we do is recognised to be of exceptional quality and is highly valued by the participants, carers and support staff.

Our sessions are delivered by specialist dance leaders, supported by our team of volunteers, and take place across the Cardiff area, in community venues and at our dance centre in Adamsdown. We create an inviting atmosphere that encourages disabled people to dance together and explore their creativity.

We have classes for Adults and Young People available. Please call us for details and to arrange a trial class.



**Rubicon Dance
www.rubicondance.co.uk
Tel 029 2049 1477**



Cwtch Together

Cwtch Together is a warm and welcoming play project inviting children with learning disabilities, their carers, siblings and families a place to play, make new friends and have lots of fun!

Run out of Grangetown Nursery Community Centre, Cwtch Together aims to be a scheme which caters to your children as individuals, celebrating their personal interests and enjoyments. We have a variety of soft play, craft activities and a kitchen area. We are currently developing a sensory room and outdoor garden area. We are expanding our activities to include free Cardiff Bay boat trips and regular themed fun days alongside activities specifically catering to siblings and crafts/ information for parents and carers.

Cwtch Together is an inclusive play project developed by Cardiff Council Children's Play Services, Cardiff based parents and the All Wales Forum of Parents and Carers. We are constantly growing and value everyone's input. Our hope is that we can welcome lots of new

families and faces, expanding our Cwtch Together community.

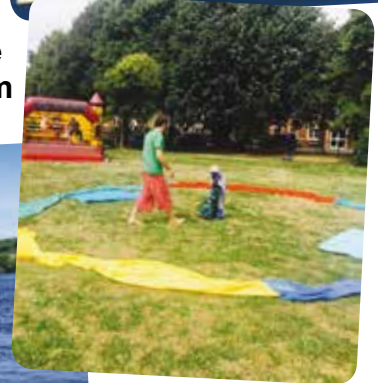


Where: Grangetown Nursery Community Centre, Ferry Road, CF11 0XR

When: Every Saturday 10am-4pm

Cost: Free.

For more information please contact Sophie at The All Wales Forum on 029 2081 1120



Early Years Inclusion in Cardiff

Are you the parent/carer of a pre-school child with additional needs in Cardiff?

Why not come along with your child to one of our play sessions?



- Have a cuppa and a chat with other parents
- Get advice from workers in Health and Education
- Try new activities with your child.

Mondays 1.15pm - 2.30pm, Lakeside Primary School

Tuesday, 9.30am - 10.30am, Ely and Caerau Children's Centre

Wednesday, 1.15pm - 2.30pm, Grangetown Nursery School.

Thursday 9.30am - 10.30am, Ysgol Melin Gruffydd (bilingual)



Friday 10.00am – 11.00am, Tremorfa Nursery

These play sessions run term time only

If you have any questions or would like more information about the sessions, please contact

Early Years Inclusion Team on 029 2067 1466



New Inclusive Family Playgroup with Oshi's World and KeyCreate



Oshi's World and KeyCreate have partnered up to run a much needed and inclusive Drop-in Playgroup Service for pre-school age and home-schooled children with disabilities, complex needs, sensory impairments and life limiting conditions.



Setting up within the Vale of Glamorgan **from 12th September 2017**, we are totally excited to be working together! You should be excited too because together we will be providing: live music sing-alongs; sensory stories; messy play; soft play; toys and books; AND with Oshi's World's help, the venue boasts a chilled sensory room, hoists and changing bed, and off road parking. What else could you need?

Family Playgroups will begin running **every Tuesday morning from 10am to 12pm** at **Byrd Crescent Community Centre, Penarth** and will be totally **FREE!**

Oshi's World provide a space for families with disabilities to come and relax, socialise, and play. Running on Saturdays, their reputation is growing as a warm, welcoming and friendly charity while offering great services and activities

www.oshisworld.org / anna@oshisworld.org
f Oshis World / @oshis_world

KeyCreate have been running enjoyable workshops throughout South Wales' disabled community for almost two years. Providing stimulating and sensory-based activities, they use elements of the arts to encourage participation and expression for people of all ages and abilities.



www.keycreatewales.co.uk / dave@keycreatewales.co.uk / 07810 018 165 / f KeyCreate Wales

FREE Family Playgroup with Oshi's World and KeyCreate

When: Every Tuesday from 10am – 12pm
Where: Byrd Crescent Community Hall, Penarth, Vale of Glamorgan, CF64 3QU

Let's Play Coffee Morning with Oshi's World

Oshi's World have a wealth of play opportunities every week and run special activities regularly including KeyCreate's Interactive Music Sessions; Haircuts; Sensory Sessions and more!

When: Every Saturday from 10am – 1pm
Where: Byrd Crescent Community Hall, Penarth, Vale of Glamorgan, CF64 3QU

Siblings are friends are welcome



Spotlight On You

Raising Awareness and Making the World a Better Place

Vale Family Information Service recently attended an ASD Parent Support Group where we met three lovely mums – one of whom was Claire.



Claire is mum to three children on The Index and is a mobile hairdresser offering cuts to children and young people with disabilities or additional needs in Ysgol Y Deri and beyond!

After meeting Claire, it became clear that she had lots of information about services and support for children and young people with disabilities / additional needs.

I met again with Claire and she told me so much about the activities and groups that she accesses for her three children, and stressed the importance of being resourceful.

In the next issue we will take a closer look at some of the services and support groups that Claire and her family access across Cardiff and the Vale!

Julia Sky

Meet Claire:

Claire has been volunteering, providing haircuts for children with additional needs, for nearly 10 years. It all started when her eldest son was undergoing his Autism diagnosis and started at Ashgrove School. Since then, Claire has cut hundreds of children and young people's hair and continues to volunteer at Ysgol Y Deri, as well as being on the Governors Board for the school. "Connecting individually with each child is what's important; I get to know them and they trust me".

In her personal life, Claire has found that making people aware of her sons ASD diagnosis has helped people to understand – she has had a jumper printed which her son wears when he goes out, this raises awareness to members of the public and can help to explain his behaviour.



Claire told me that for her, the important thing is focusing on the positive in each day, which is something that she tells all three of her children. "I tell them, I don't want to know the bad stuff, tell me what was good about today?"



Claire's Words of Wisdom:

"Disability doesn't define you; it's just a little bit about you."

"Find a way to connect with your child – don't give up, just keep looking!"

"It's all about raising awareness and making the world a better place"

Hope
Connect
Communicate
Improve Understanding
Smile
Positive
Research
Raise Awareness
Work Together
Listen

Touch Trust Art Session & Spooktacular Music Making



Come and join in and create some ghoulish art and music.

Throughout half term we will be holding some fantastic creative sessions specifically designed for those with disabilities and learning difficulties ages 5 – 16 years.

Art Session

When: Monday 30 October 10am – 11am
Where: Touch Trust, Wales Millennium Centre, Cardiff Bay CF10 5AL

During the art session we will be creating some spooky decorations to decorate the main session room.

Spooktacular Music Making

When: Monday 30 October 1.30pm – 4.30pm
Where: Touch Trust, Wales Millennium Centre, Cardiff Bay CF10 5AL

From ghoulish sounds to the chiming of bells, we will be making music suitable to accompany any full moon!



Come and join in our sensory music session where we will be using instruments from all corners of the earth to create unique music inspired by the ghostly sounds of Halloween.

We welcome everyone so please feel free to bring siblings. (Carers must be in attendance).

For more information or to book a place please contact Touch Trust on 029 2065 3660.

Please note spaces are limited and they do fill up quickly.

Costs:
Guest (Person with disability) - £5
Sibling - Donation (this is not obligatory)
Carer - Free

Calling all Ghosts and Ghouls!

Join us for a Spooktacula Halloween Disco for children 4 years – 7 years

Where: Murchfield Community Centre, Dinas Powys, Vale of Glamorgan, CF64 4QQ
When: Saturday 28 October 2017, 4pm – 6pm

£5 per child (includes hot dog, squash and gift)


Please note: tickets must be bought in advance and all children must be accompanied by a responsible adult.

For more information please contact Leo: 07973 342 234 / ljs_dmj@hotmail.co.uk

This Halloween Disco will be raising money for Cloud 9 Play's mission to open a play facility that caters for children with

disabilities and additional needs.

For more information about Cloud 9 Play please visit: Website: ljsdmj.wixsite.com/cloudnine

 **Cloud9Play**



National Autistic Society's Parent to Parent Service



Parent to Parent is the NAS' award winning UK wide confidential emotional support service, provided over the phone by trained volunteers, who are all parents/carers of autistic children and adults.



The volunteers are based across the whole of the UK, which means that there is increased anonymity for those who may not want to share information with someone in their local area.

The volunteers all have personal experience of autism and the impact it has on their own families. They are there to give parents/carers the opportunity to talk through any issues, feelings or problems they're experiencing. They can suggest helpful strategies, signpost them to

other sources of information and support, or just provide a non-judgmental listening ear.

Parents/carers can call Parent to Parent on 0808 800 4106, at any time, day or night, and leave a message on our 24-hour answerphone. Please be aware that you will not speak to someone immediately as this is not a manned line. If you leave a message, a volunteer will call you back as soon as possible at a time which suits you.



For more information please visit: www.autism.org.uk

Cardiff and Vale NAS Coffee Mornings:

For your local coffee mornings please visit www.cardiffandvaleautism.org.uk

f National Autistic Society – Cardiff and the Vale Branch

Experience a Sensory Room

A chance for children aged 4 – 11 years on the Autism Spectrum to experience a sensory room and take part in exciting new research.



Your invitation:

We would like to invite you and your child to come and use our new state-of-the-art sensory room (Multi-Sensory Environment, MSE) at the Wales Autism Research Centre in Cardiff University!



By coming to use our sensory room, you will also be taking part in exciting research. This research is looking into the effects of using a MSE with children on the Autism Spectrum. This research would take place at a time convenient to you and your travel expenses to our centre will be reimbursed.

What's involved in taking part?

- You and your child visit us at the Wales Autism Research Centre in Cardiff city centre and will spend 3 hours with us.
- Your child will enjoy two play sessions in the MSE as well as taking part in some games and puzzles outside the MSE.
- Your child will receive a certificate, stickers and a small gift for taking part.
- Travel expenses to our centre will be reimbursed



How to get involved?

If you are interested in taking part, please contact Katy Unwin:

UnwinK@cardiff.ac.uk / 029 2087 0355

Ysgol Y Deri Practical Autism Toolkit Recognised as Inspirational



The Vale Autism Outreach Service are delighted that their work developing the interactive Practical Autism Toolkit has led to them being shortlisted as finalists for the NAS Professional Awards and highly commended in the HWB Digital Learning awards this year.

Originally developed as an interactive learning resource for staff working in mainstream schools, it's also been downloaded by many parents/carers and professionals across Wales and beyond.

The resource is full of practical tips, strategies and resources to support young people with autism. Video clips, photo galleries and interactive diagrams are organised into chapters.

Chapters explain how to:

- Make simple adaptations to verbal communication, use visual supports and maximise opportunities for your child to develop their language skills

- Create a sensory friendly environment and help your child achieve and maintain a calm alert balance
- Develop predictable routines
- Support your child to develop essential social skills and expand their social understanding
- Teach your child to understand and self-regulate their emotions and responses
- Use simple strategies to prevent challenging behaviour and provide supportive responses



Available to download at www.yyd.org.uk/pat as an iBook or eBook

The Child Brain Injury Trust

Every 30 minutes, a child or young person in the UK will acquire a brain injury. Bones can mend and scars can heal but a brain injury stays with you for life and impacts on everything you think, feel and do.

The Child Brain Injury Trust provides support for families following childhood acquired brain injury.

We have recently had a service change in South Wales and we now have a Child and Family Support Coordinator covering the area once again.

Our Child and Family Support Coordinators work in hospitals, home, school and the

community. Child and Family Support Coordinators provide children, young people, their families and the professionals working with them, with the support that they need in order to live their lives to the full potential.



Referrals can be made directly to Kelly Bevan from professionals or family members

07585 773 699 / kelly@cbituk.org

For more information please visit www.childbraininjurytrust.org.uk

YMCA Cardiff Young Carers Projects in Cardiff and the Vale

YMCA Cardiff deliver a number of projects across Cardiff and the Vale to support Young Carers.



'Time 4 Me' is one of the youth projects run by YMCA Cardiff and offers Young Carers in Cardiff and the Vale a chance to have a break from the caring role, through one to one support and regular activities.

For more information about the 'Time 4 Me' project, please contact:

- Emma Drew, Vale Young Carers Project Worker 07966 834 506 / Emma.Drew@ymcacardiff.wales
- Laura Perriam, Cardiff West Young Carers Project Worker 07536 005 255 / Laura.Perriam@ymcacardiff.wales

- Julie Griffiths, Cardiff East Young Carers Project Worker 07971 305 833 / Julie.Griffiths@ymcacardiff.wales



'Time 4 More' is a **NEW** project, currently being piloted to support young adult carers across Cardiff and the Vale. Young Adult Carers aged 18 - 25 years can access support with respite, further education and employment.

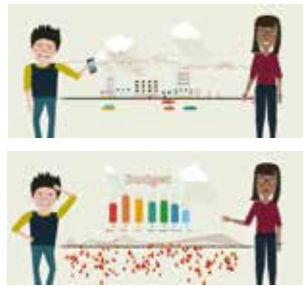
For more information about this project, please contact:

- Rebecca Frew, Young Carers Life Skills Worker and Young Adult Carers Worker 07807 084 202 Rebecca.Frew@ymcacardiff.wales

For all general enquiries and referral information please contact the team on cardiffyoungcarers@ymcacardiff.wales / valeyouthcarers@ymcacardiff.wales

Young Carers Toolkit

Young Carers are children and young people aged from 7 to 18 years, who help care for a family member due to illness, disability, a mental health problem or an addiction. Not every child or young person in this situation will be a young carer but, if they are, they will often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.



In August 2017, the Welsh Government re-launched their Young Carer Toolkit. This toolkit, which is an online resource, is intended to be a training aid for health, education, social services professionals, as well as Young Carers themselves.

The refreshed toolkit has lots of information about identifying, raising awareness and engaging with young carers; there are also links to a series of videos on YouTube.



Additionally there are a series of films in English and Welsh, produced by the Pogim Organisation, giving young carers tips on coping with financial matters. <http://pogim.org/index.php/money-matters>

To view the toolkit, visit gov.wales

For more information, search "Young Carers" on your local Council's website (or on Dewis Cymru):

www.valeofglamorgan.gov.uk

www.cardiff.gov.uk

www.dewis.wales

Are you a lifelong carer? Don't be alone!

For over 30 years Cardiff & the Vale Parents Federation have supported lifelong carers who offer support to a person with a lifelong learning disability or difficulty.

Providing such care can place a family under considerable pressure and be very isolating. Having the opportunity to meet others that understand is invaluable.

The charity is led by parents who understand what caring for a loved one 24/7 involves and appreciate the sacrifices families face.

The Parents Federation receives support from local councils in the Vale of Glamorgan and Cardiff along with other funders and relies upon volunteer parents to act as representatives and steer the organisation.

We offer a number of free information and signposting services including an extensive information guide called *Where You Stand*. In addition, members are kept informed via newsletters, events and training days.

The Lloyds Bank Foundation have recently funded the development of a new database and software that allows us to store information more securely

but also send emails or text messages to quickly share information with specific members - keeping our 1600+ members up to date quickly and easily.

Cardiff & the Vale
Parents' Ffederasiwn
Federation Rhieni



Our Carers Gatherings are social events held in local venues where lifelong carers can meet, share experiences and information, overcome isolation, exchange coping strategies, and have fun. Along with Glamorgan Voluntary Services and the Touch Trust, we have been awarded three years Big Lottery funding to expand this project across the Vale of Glamorgan and into Cardiff.



If you are a lifelong carer and would like to join Parents Federation, please contact admin@parentsfed.org / 029 2056 5917

For more information visit:
www.parentsfed.org

@ParentsFed

CardiffValeParentsFederation

Family Fund's Information and Support Day



Family Fund
Helping disabled children

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided 88,119 grants or services worth over £33 million to families across the UK.

It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

We believe that all families raising disabled or seriously ill children and young people should have the same opportunities as others. Beginning with the most vulnerable, those on low incomes, and considering all conditions against our disability criteria, we aim to make a difference to outcomes for disabled or seriously

ill children and young people and the lives of the families raising them across the UK.



Family Fund are hosting an Information and Support Day in Cardiff where families and professionals can drop in to learn more about the support available.

When: Tuesday 31 October 2017, 10am – 2.30pm

Where: Syndicate Room D, Cardiff City Hall, Cathays Park, Cardiff CF10 3ND

Learn more about support services, grants and information available to you and your disabled child or young person. Meet Family Fund and other organisations or come along and get help with your Family Fund application!

01904 550055 / www.familyfund.org.uk

Working Together with Parents Network

Learning Disability Wales is involved in a project aiming to improve support for parents with a learning disability. The Working Together with Parents Network aims to ensure that the perspectives, needs and rights of parents with a learning disability are reflected in all relevant family policies, practices and procedures.

In Wales, the network brings together advocates, professionals and parents with a learning disability from across the country to share good practice, discuss issues and support parents with a learning disability. It is an opportunity for members to keep up to date with issues for parents with a learning disability across the UK.



The South Wales Network meets quarterly and runs in partnership with Vale People First. Meetings are a chance for:

- Advocates / Professionals to share and discuss case studies and look at how to improve policy and practice in Wales.

Vale People First
"Getting out, Getting on"



- Parents with a learning disability to meet, share experiences and work to make things better for parents with a learning disability in Wales.



Meetings are free and all parents with a learning disability are welcome, whether their children live with them or not as well as professionals working with parents with a learning disability.

For more information please contact Samantha Williams, Policy and Network Co-ordinator: samantha.williams@ldw.org.uk

Visit the Learning Disability Wales website: www.ldw.org.uk

Afasic Cymru



Afasic
CYMRU
voice for life
llais ar gyfer bywyd
Charity No. 1045617

Afasic Cymru is the only charity in Wales representing children and young people with Speech, Language and Communication Needs (SLCN).

Afasic Cymru's Cardiff Ice Breakers Youth Club:

Cardiff Ice Breakers Youth Club meets weekly for young people 11 – 17 years with Speech, Language and Communication Needs.

When: Thursdays in term time, 6pm – 8pm

Where: The Adventure, Circle Way East, Llanedeyrn, Cardiff, CF23 9PD

For more information please contact jo@afasiccymru.org.uk / 07922 188 009

Afasic Cymru's Parent Support Group:

Afasic Cymru's Cardiff and Vale Parent Support Group has moved to Meadowbank School in Cardiff.

Does your child have difficulties talking and understanding language?

Come along to meet other families in a similar situation...

- Find out what to do if your child has difficulties with talking and/or understanding
- Find out how to get extra help for your child
- Get information, share ideas, advice, learn practical and fun stuff to try at home to encourage language development

When: Thursday 26 October (10am – 12pm, Guest Speaker – Investigations and Advice Officer, Children's Commissioner) & Thursday 30 November (10am – 12pm)

Where: Meadowbank School, Colwill Road, Gabalfa, Cardiff, CF14 2QQ

For more information please contact clare@afasiccymru.org.uk / 029 2046 5854

Emotional Wellbeing Service

The Emotional Wellbeing Service went live in July 2016 and since then the service has received over 600 referrals from professionals, parents and young people seeking advice and support.

The team has a wealth of knowledge and experience at its disposal. The service is committed to providing the best possible support to young people throughout Cardiff and the Vale of Glamorgan, aged between 10 and 17 who would like to learn more about their emotional wellbeing.

This brief intervention service offers both 1:1 support and group work programmes. We aim to equip young people with the skills and knowledge to build emotional awareness, develop emotional resilience and learn about

positive coping strategies with the aim of promoting positive mental health.



The service also provides support to young people (up to and including 18 year olds) experiencing issues around substance misuse, focussing particularly on minimising harm and supporting onward referrals to specialist services (where required).

For more information:
0800 008 6879 / spoc@cgl.org.uk

 **@EWS_cgl**

 **Change Grow Live**

SNAP Cymru

Do you have questions or concerns about your child's additional learning needs (ALN) and how they are being met?

Information and Advice
SNAP Cymru provides independent information, advice and support for parents of children and young people (0 - 25) with ALN.



Our advice is impartial, honest and reliable and is provided through our helpline, website, specialist casework service and independent professional advocacy.

Our website includes template letters, advice guides and frequently asked questions so people have a better understanding of their rights and responsibilities to help to resolve their problems.

Specialist Casework Service

Specialist advisors will help families prepare in advance for meetings. We ensure they understand the process, have the right information and, where necessary, support from

a Family and Young Persons Officer to attend.

We help families to:

- communicate their views and vital information
- ask constructive questions or challenge current thinking
- help young people or parents to feel more confident to self-advocate, ask questions and speak up



Avoiding and Resolving Disagreements

Sometimes it can be difficult to reach agreement about meeting a child's needs. Where disagreements do happen, getting impartial, reliable advice or specialist support can help 'level the playing field' and prevent further conflict.

SNAP Cymru Telephone Helpline

0345 120 3730

Monday – Friday 9.30am – 4.30pm

www.snapcymru.org

“Wish I'd come sooner, all the stress and disagreement would have been resolved so much earlier” - Parent

Snow White and the Seven Dwarfs: Relaxed Performance

When: Tuesday 9 January 2018, 6pm

Where: New Theatre, Park Place, Cardiff, CF10 3LN

New Theatre pantomime is delighted to once again be offering a Relaxed Performance for children and young people with disabilities or additional needs.

Adjustments will be made to the show in order for us to cater for an audience who might not feel they can usually come to enjoy a performance at the New Theatre or the magic of pantomime.

The following adjustments will be made to the show:

- Changes to lighting
- Volume reduction
- Removal of some special effects
- No restrictions on coming and going during the performance
- A chill-out zone in the foyer

Tickets for the Relaxed Performance are on sale now and are priced at £16 each or £13 each for concessions.

If you have any questions about the Relaxed Performance please contact: ntmailings@cardiff.gov.uk / 029 2087 8787

Mirror, Mirror, on the wall, we look forward to seeing you all!

The New Theatre is part of a Wales' scheme called Hynt which offers free tickets to Personal Assistants / Carers to enable theatre visits for disabled people. You may be entitled to attend for free when you come to the Relaxed Performance.



Join over 5000 Hynt card holders by applying today. There is no age limit and the card is free. Print or download an application form from the website www.hynt.co.uk and email with a photo and proof of eligibility to applications@hynt.co.uk

For more information please visit: www.hynt.co.uk or contact the Hynt helpline for more information on how to apply 0344 225 2305.



Disclaimer

The majority of organisations included in this newsletter are not managed or run by the City of Cardiff Council and 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 Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.