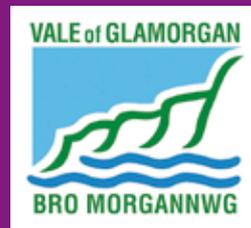


Issue 24  
January 2018



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

February Half Term Fun p7 & 8

Understanding Disability Awards p9

Accessible Holidays p14 & 15



# Happy New Year Readers

**I hope that you've all had a lovely start to the year so far and enjoy reading the first newsletter of 2018, the 24th issue of The Index.**

Since the last issue, a lot has been happening to promote The Index to professionals and families across Cardiff and the Vale.

After completing Families First's Accredited Course on Disability Awareness along with colleagues in the Vale Council, we were invited to be presented our certificates by Mayor Janice Charles at the Mayor's Parlour in Barry in November (see photo).

We were one of over 50 exhibitors at The Welsh Autism Show (page 5) with over 1,200 visitors attending, we joined Ty Gwyn Family Centre in celebrating 10 years of supporting families (page 10).

We attended Barnardo's Family Fun Day and Barnardo's ILS Consultation Event (page 6) as well as Vision 21's AGM (page 8), and Parents' Federation's Understanding Disability Awards (page 9).

We have met families at Cardiff's Early Years Parent Support Group (page 13) and Oshi's World and KeyCreate's Free Family Playgroup (page 11), as well as consulting with Vale families on barriers to accessing childcare (page 4).

It's been a busy few months!

If you know of any events that you think your local Family Information Service should attend or promote, please get in touch.

As always if you know of any families who would benefit from signing up to The Index, they can do so via our online registration form or through contacting us directly.

We are looking forward to seeing what 2018 has to offer, and hope you are too!

Happy Reading!

Julia Sky



Vale Families First Colleagues Receiving Disability Awareness Accreditation

**Vale Family Information Service**

**01446 704736**

**disabilityindex@valeofglamorgan.gov.uk**

**Cardiff Family Information Service**

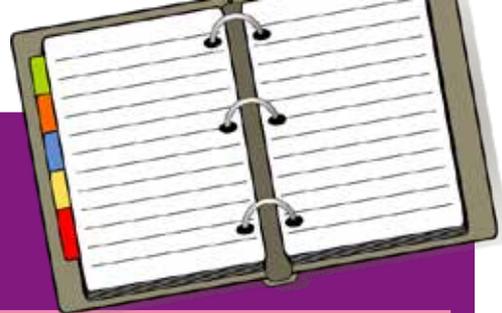
**029 2035 1700**

**disabilityindex@cardiff.gov.uk**

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



# What's On:



## Mondays

**Cwtch Barry** (see page 16)  
Mondays in term time, 4.00pm – 5.00pm

**Early Years Play Session at Lakeside Primary** (see page 13)  
Mondays in term time, 1.15pm – 2.30pm

## Tuesdays

**Early Years Play Session at Ely and Caerau Children's Centre** (see page 13)  
Tuesdays in term time, 9.30am – 10.30am

**Free Family Playgroup with Oshi's World and KeyCreate** (see page 11)  
Every Tuesdays, 10.00am – 12.00pm

**Better Than a Booklet Group, Action for Children** (see page 12)  
Tuesdays for 3 weekly sessions,  
10.00am – 12.00pm

## Wednesdays

**Early Years Play Session at Grangetown Nursery School** (see page 13)  
Wednesdays in term time, 1.15pm – 2.30pm

**Family Links Nurturing Programme, Action for Children** (see page 12)  
Wednesdays in term time for 11 weekly sessions, 10.00am – 12.00pm

## Thursdays

**Early Years Play Session at Ysgol Melin Gruffydd** (see page 13)  
Thursdays in term time, 9.30am – 10.30am

**Local Motion Dance Sessions at YMCA Barry** (see page 16)  
Thursdays from 4.15pm

**ADHD Cardiff Parent Support Session at Ants Inya Pants** (see page 10)  
Fortnightly Thursdays, 6.00pm - 8.00pm

## Fridays

**Early Years Play Session at Tremorfa Nursery** (see page 13)  
Fridays in term time, 10.00am – 11.00am

**ADHD Cardiff Parent Support Sessions at Rhydyppennau Library** (see page 10)  
Last Friday of the month, 2.00pm - 3.00pm

## Saturdays

**Let's Play Coffee Morning with Oshi's World** (see page 11)  
Every Saturday, 10.00am – 1.00pm

**Arts, Craft and Friendship Group for Girls** (see page 10)  
Last Saturday of every month,  
1.00pm – 3.00pm

**Boxing Sessions for Children with Additional Needs** (see page 10)  
Fortnightly Saturdays from 9.00am

## February Half Term

**Families First Holiday Club Teenscheme** (see page 7)  
Monday 19 & Tuesday 20 February 2018,  
10.00am – 3.00pm

**Families First Holiday Club Playscheme** (see page 7)  
Wednesdays 21 and Thursday 22 2018,  
10.05am – 12.00pm

**Fully Inclusive Family Fun Day at Ysgol Y Deri** (see page 7)  
Friday 23 February 2018, 11.00am – 3.00pm

**Free Creative School Holiday Club by Vision 21** (see page 8)  
Monday 19 – Friday 23 February 2018,  
9.30am – 3.00pm

# Meet Your Local Family Information Service



The Family Information Service is a one-stop shop for families who need information on childcare, activities for children and young people and family support services.

You can contact us directly, visit our website where you can search our online directory, and visit our social media pages:



Dawn, Kelly and Julia

**Cardiff Family Information Service**  
029 2035 1700  
[www.cardiff-fis.info](http://www.cardiff-fis.info)  
@CardiffFIS

**Vale Family Information Service**  
01446 704704  
[www.valeofglamorgan.gov.uk/fis](http://www.valeofglamorgan.gov.uk/fis)  
@ValeFIS



Didem, Kelly, Julia and Jason

## A Big Thank You from Vale Family Information Service

### Your Views Heard

Vale Family Information Service would like to thank all families who took part in our recent consultation on barriers to accessing childcare.

Parents and carers of children with additional needs in the Vale talked to us about the barriers to accessing childcare, in particular for going back to work.

Through talking to families, we have identified a need to improve the information which is held on existing childcare provision and the information provided to families who are in search of appropriate childcare for children with disabilities or additional needs.

### Festive Fun

The Vale Family Information Service hosted a free Christmas Party for families within the Vale of Glamorgan on Wednesday 13 December at Barry Leisure Centre.

Over 500 children, young people and parents attended!

Over 20 organisations that support children, young people and families in the Vale, came together to offer a range of Christmas themed activities, crafts and games. There was also music, magic and a visit from Santa!



# The Welsh Autism Shows Success

**The Welsh Autism Shows provide face to face access to the services, resources and provisions that are there to help individuals and families living with Autism, and the professionals that support them.**

The inaugural Welsh Autism Show was held in Cardiff City Stadium on 28 September 2017. With over 50 exhibitors and 7 informative seminars, the show attracted over 1,200 visitors.

The show was opened by Richard Mylan and his son Jaco from the BBC Documentary 'Richard & Jaco; My Life with Autism'. Once the show was under way a packed schedule of seminars began including "Special Education Needs", "Lego based OT" and Michael

Barton, a headline speaker on "Surviving at School and Succeeding in the Workplace"

**The  
Welsh  
Autism  
Shows**

Visitors and exhibitors said that the show met and exceeded expectations on 85% of the post-show surveys. 82% rated the exhibitors as good & very good, and 81% said there was a great mix of talks, with the "TAD Talks - Inspiring Autism Stories" receiving the highest praise.

**The dates for the 2018 Shows will be announced shortly. To get the latest information on dates and venues please sign up for info at [www.thewelshautismshows.co.uk](http://www.thewelshautismshows.co.uk)**



# Vale Families First Inclusive Youth Provision

**Teenscheme and Vale Youth Speak Up are joining to become Families First Inclusive Youth Provision.**

Families First Inclusive Youth Provision will run holiday provision for young people aged 12 to 18 years with learning disabilities and/or physical/sensory impairment. The provision will continue to offer informal respite for families during the school holidays, with activities including workshops, arts and crafts, sports, music and trips.

Families First Inclusive Youth Provision will provide a weekly youth speak up group for young people aged 16 to 25 years with learning disabilities and/or physical/sensory impairment.

The services will continue to:

- Ensure young people are involved in the decision making process regarding what activities are to be delivered.
- Deliver a flexible and person-centred service to meet the individual needs of service users, ensuring that their rights to independence,

choice and dignity are promoted and maintained.

- Deliver provision in suitable venues for the young people to access.
- Employ suitably qualified staff, such as a Nurse, Personal Care Workers, Play Workers (DBS checked) to cover the requirement of the project.
- Support young people to provide a voice at local and national levels via the Vale Youth Forum, and consult with other children and young people in their community via workshops, film, interviews and events.



**For more information please contact Sarah Thomas, Families First Monitoring Officer: [sajthomas@valeofglamorgan.gov.uk](mailto:sajthomas@valeofglamorgan.gov.uk) / 01446 709269**

## Barnardo's Independent Living Skills



**Are you 14 – 19 years old and living in the Vale or 14-25 years old and living in Cardiff? Do you want to learn new skills to become independent?**

If 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.

**Independent Living Skills Group for young people ages 14 – 19 years (Vale of Glamorgan)**

This 10 week programme focuses on issues like shopping, healthy living, domestic tasks, managing money, bullying and friendships.

**If you are interested in finding out more please contact Fflur Angharad, Jordan Baker or Katie Gregory at Barnardo's on 02920577074.**

# Vale of Glamorgan Families First Holiday Clubs



## Teenscheme for 12 – 18 years living in the Vale

**When:** Monday 19 & Tuesday 20 February  
2018, 10am – 3pm

**Where:** Ysgol Y Deri, Sully Road, Penarth,  
CF64 2TP

*There is a charge of £5 for young people  
staying on site for the full day. Lunch is not  
provided so please make sure you bring lunch  
and drinks with you.*



## Playscheme for 4 – 11 years living in the Vale

**When:** Wednesday 21 & Thursday 22 February  
2018, 10.05am – 12.00pm

**Where:** Ysgol Y Deri, Sully Road, Penarth,  
CF64 2TP

### Things to remember:

- Both schemes can offer 1:1 support where required
- Medical support and personal care needs must be discussed when booking a place as this support can be arranged but is not always available



For more information or to book a place  
please contact Joanne Jones, Play  
Development Officer: 01446 704809 /  
[playdevelopment@valeofglamorgan.gov.uk](mailto:playdevelopment@valeofglamorgan.gov.uk)

## Free Fully Inclusive Family Fun Day

Free Family Fun Day for families of children  
and young people with disabilities or additional  
needs.

This is a partnership event, coordinated by the  
Family Information Service and Vale Sports  
and Play Development Team, funded by Welsh  
Government's Families First.

- Take part in activities and workshops  
as a family
- Find out about services and support
- Share your views in the Consultation Café

**When:** Friday 23 February  
2018, 11.00am – 3.00pm

**Where:** Ysgol Y Deri,  
Sully Road, Penarth,  
CF64 2TP

For more information or  
to book a place please  
contact Vale Family  
Information Service  
01446 704704  
[fis@valeofglamorgan.gov.uk](mailto:fis@valeofglamorgan.gov.uk)



# Making a Difference – Vision 21

**Vision 21 is a local charity across South East Wales providing realistic work-based opportunities for people with learning needs. Home to 17 projects ranging from Arts and Crafts, Catering, Woodwork, Life Skills, ICT and Horticulture.**

At Vision 21 we make a difference to the lives of people with learning needs. We give our trainees responsibilities and encourage them to achieve their goals. Trainees are able to improve their communications skills through socialising with others, improve dexterity by using different tools, gain knowledge and learn important life skills. Through our projects our trainees gain confidence to strive in the community, whether it is through employment, volunteering or day to day activities.

Vision 21 gives individuals the opportunity to feel part of something and to be proud of what they achieve.

We also offer a Free Creative School Holiday Club during school holidays for 14 – 18 years funded by Children in Need. Those who attend will take part in various craft projects.



## **Free Creative School Holiday Club**

**When:** Monday 19 – Friday 23 February 2018, 9.30am – 3.00pm

**Where:** Various Locations in Cardiff

**Please contact Sarah Glazier at [sarah.glazier@v21.org.uk](mailto:sarah.glazier@v21.org.uk) to register your interest.**

**For more information please visit: [www.v21.org.uk](http://www.v21.org.uk)**



# Parents' Federation Understanding Disability Awards

**Cardiff & the Vale Parents' Federation recently held our latest Understanding Disability Awards ceremony at the Future Inn, Cardiff Bay. Now in its 24th year, the awards celebrate examples where people have made an extra effort to involve and include people with a learning disability in everyday life.**

Over 100 people attended the event to see people of all ages receive recognition for their efforts.

## **Employer Category Winner – Greggs Stores (South Wales)**

Greggs work in partnership with Downs Syndrome Association to offer employment to people with Downs Syndrome.



## **Local Group Category Winner – ADHD Cardiff and Llanrumney Phoenix Amateur Boxing Club**

The two organisations work in partnership to deliver regular training sessions to children and young people with ADHD and additional needs.



## **Volunteers Category Winner – Clare Rowthorn of Miss Tilley's Community Café**

Clare and close friend Laura set up a "pop-up café" employing young people with Downs Syndrome to provide tea, coffee and cakes regularly in church halls and at special events, such as Rhiwbina Festival.



## **Children's Category Winner – Jon Jones, Serennu Children's Centre in Newport**

Jon has cerebral palsy himself and supports other children and young people with disabilities to engage in play activities at Serennu. He is also a member of a Youth Forum where he promotes the rights of those with disabilities.



## **School Category Highly Commended – Palmerston Primary School, Barry**

Palmerston Primary School have previously won the School Category at the Understanding Disability Awards, however their ongoing support and inclusion of children with learning disabilities has meant that they have been nominated again and receive a Highly Commended award.

## **NEW Parents' Federation Award Category Winner – Hilary Holtom**

Hilary Holtom has spent her life working in services for people with disabilities and additional needs. Now retired, Hilary continues to be involved in promoting positive attitudes towards people with a learning disability on a voluntary basis.



## **25th Anniversary of Understanding Disability Awards next year:**

If you would know a person, group or organisation that deserves to be recognised, please contact Parents' Federation to request a nomination form.

**For more information please contact Parents' Federation:**

**029 2056 5917**

**[www.parentsfed.org](http://www.parentsfed.org)**

**[@CardiffValeParentsFederation](https://www.facebook.com/CardiffValeParentsFederation)**

**[@ParentsFed](https://twitter.com/ParentsFed)**

# ADHD Cardiff



## Our aims:

- To raise awareness of ADHD and how it affects children in their everyday lives
- To provide help, support and advice to children with ADHD and their families in Cardiff and the Vale
- To campaign for better services for those with ADHD and those seeking a diagnosis of ADHD



## What we do:

- Fortnightly support sessions for parents.  
**When:** Fortnightly Thursdays, 6.00pm - 8.00pm  
**Where:** Ants Inya Pants, Rhydney River Bridge Road, Cardiff, CF23 9AF
- Monthly support sessions at Rhydypennau library for parents / carers.  
**When:** Last Friday of the month, 2.00pm - 3.00pm  
**Where:** Rhydypennau Library, Llandennis Road, Cardiff, CF23 6EG
- Monthly group sessions for girls with additional needs who have difficulties with social communication, friendship and confidence.

**When:** Last Saturday

of the month, 1.00pm - 3.00pm

**Where:** Cardiff MADE, 41 Lochaber Street, Cardiff, CF24 3LS

- Fortnightly boxing sessions for children with additional needs with Llanrumney ABC to encourage children and young people to take part in sport, improve fitness and gain confidence.

**When:** Fortnightly Saturdays from 9.00am  
Llanrumney Phoenix Amateur

**Where:** Boxing Club, Ball Lane, Llanrumney, Cardiff, CF3 4JS

- Offer a collection of books available for loan to parents of children with ADHD in Cardiff.
- Free training workshops for parents on issues affecting children with complex health and social needs including: assertiveness, sleep training, challenging behaviour.
- Raise awareness among parents and professionals about training sessions, workshops and support on ADHD.

 [@adhdcardiff](#)

 [@adhdcardiff1](#)

[www.adhdcardiff.co.uk](http://www.adhdcardiff.co.uk)

[info@adhdcardiff.co.uk](mailto:info@adhdcardiff.co.uk)



# Arthritis Care - Beyond Limits

## Want to meet other young people, 10-18 years old with Arthritis or other related conditions?

Our Beyond Limits project, funded by Children in Need is offering a range of services to help you with practical information and support.

We host a variety of free workshops, activities and family events to give you the opportunity to meet others in similar situations, whilst socialising and having fun!

These workshops also give you the opportunity to share ideas on living with arthritis and learn new skills to manage your everyday life.

Our next activity day is currently being planned, for more information please contact Arthritis Care Wales.

**Andrea Radisic, Young People and Families**

**Co-ordinator**

**[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)**  
**07834 418 461**

 **Young Arthritis Wales**

 **@YoungArthritisW**



# Oshi's World and KeyCreate's Free Weekly Family Playgroup

**In September 2017 KeyCreate and Oshi's World joined forces to facilitate a weekly Tuesday morning Family Playgroup in Penarth.**

"Oshi's World is a fantastic charity who put a big emphasis on family and community initiatives. To be a linked to their charity is hugely rewarding and completely in-line with KeyCreate's core principles. We were both interested in providing more for the local community of young children with life-limiting conditions and additional needs, and we have been enjoying providing our regular workshops at Oshi's World's Saturday Coffee Mornings, so it made sense to come together to provide the very best."

**Dave, KeyCreate**

"We ensure those that attend are completely included and feel very welcome. The lovely families that come along help create a really positive environment. Parents can relax and enjoy a cuppa and chat while their child plays and has opportunities to socialise with other children. These connections come alive with Dave's workshops."

**Anna, Oshi's World**

Using elements of music, drama and sensory activities, Dave tells stories and explores nursery rhymes with sensory resources and live music.

Regulars say they love the "chilled atmosphere" and opportunities for their child to be with other children; joining in with the music and singing.

## **Family Playgroup**

**When:** Tuesdays in term time, 10.00am – 12.00pm

**Where:** Byrd Crescent Community Centre, Penarth, Vale of Glamorgan, CF64 3QU

## **Oshi's World Let's Play Coffee Mornings**

**When:** Every Saturday, 10.00am until 1.00pm

**Where:** Byrd Crescent Community Centre, Penarth, Vale of Glamorgan, CF64 3QU

[www.oshisworld.org](http://www.oshisworld.org)  
[anna@oshisworld.org](mailto:anna@oshisworld.org)

 @oshis\_world

 Oshis World



[www.keycreatewales.co.uk](http://www.keycreatewales.co.uk)  
[dave@keycreatewales.co.uk](mailto:dave@keycreatewales.co.uk)  
07810 018 165

 KeyCreate Wales



# Action for Children – Cardiff Disability Team Around the Family



## Better than a Booklet Group

Are you a parent/carer living in Cardiff and caring for a child/young person with a disability or additional need?

- Meet others in a similar situation and share experiences
- Find ways to cope with challenging behaviour
- Find out about the support you can access

**Week One:** Introduction and service talks

**Week Two:** Issues concerning challenging behaviour

**Week Three:** Responding to challenging behaviour and enjoying family life

**When:** Tuesdays from 10am – 12pm

- Tuesday 6th, 13th and 20th March 2018
- Tuesday 8th, 15th and 22nd May 2018
- Tuesday 3rd, 10th and 17th July 2018
- Tuesday 11th, 18th and 25th September 2018
- Tuesday 6th, 13th and 20th November 2018

## How to Get the Most Out of Family Life



We are running an 11 week Nurturing Programme for parents of children with additional needs in Cardiff.

- Wednesdays in term time, 10am – 12pm
  - 10 January – 28 March 2018
  - 25 April – 11 July 2018
  - 12 September – 18 November 2018



## Free Coffee Morning for Parents of Children with Disabilities or Additional Needs

Meet others and find out about services and support available to you.

**When:** First Thursday and Third Monday of each month, 10am - 12pm



All sessions are held at:

Action for Children, DTAF, Wales Divisional Office, St David's Court, 68a Cowbridge Road East, Cardiff, CF11 9DN

To book a place on the Better than a Booklet Group or Nurturing Programme contact Rhianon Mantle on 029 2034 7067 / 07540 920 453.

For more information please contact 029 2034 7067

# Ty Gwyn Family Centre Celebrates 10 Years



**Ty Gwyn Family Centre was opened in October 2007, offering specialist play for pre-school children and their parents/carers. We provide a friendly relaxed environment for families to pop in for a chat or to join in varied activities.**

Ty Gwyn Family Centre celebrated its 10th anniversary with an Open Day on Thursday 12 October 2017.

We started the day with a Rubicon Dance session which was extended to some of the younger children throughout the school. In the afternoon some of the senior pupils joined in for the Steel Drum and guitar session with Wadah Pans and John the Music Man. The children all had an amazing time.

We had several organisations attending, sharing important information with parents, including Touch Trust, Sense, Flying Start, KeyCreate, Social Services and Cardiff Family Information Service.

A raffle draw took place, with proceeds going towards purchasing sensory toys for the Family Centre.

The event was a chance for past and present parents and children to re-unite and share their news. It was a very successful event which

highlighted some of the wonderful things that go on in the Centre.

Our aim is to continue supporting parents, families and their children, to provide personalised support as well as give opportunities to develop skills lasting friendships and networking.

Mel and Pauline are two friendly faces ready to welcome you to the Centre.

Ty Gwyn Family Centre is open on weekdays in term time from 9.45am - 2.45 pm.

**For more information please contact Ty Gwyn Family Centre: 029 2083 8604**

**[www.tygwynschool.com/family-centre](http://www.tygwynschool.com/family-centre)**



## Early Years Inclusion in Cardiff

**Early Years Inclusion Team run play sessions for pre-school children with additional needs and their parents/carers every day of the week during term time!**

Mondays, 1.15pm – 2.30pm  
Lakeside Primary School, Ontario Way,  
Cardiff, CF23 6HB

Tuesdays, 9.30am – 10.30am  
Ely and Caerau Children's Centre, Michaelston  
Road, Cardiff, CF5 4SX

Wednesdays, 1.15pm – 2.30pm  
Grangetown Nursery School, Avondale Road,  
Cardiff, CF11 7DT

Thursdays, 9.30am – 10.30am  
Ysgol Melin Gruffydd,  
Glan-Y-Nant Road, Whitchurch,  
CF14 1AP

Fridays, 10.00am – 11.00am  
Tremorfa Nursery, Mona Place,  
Cardiff, CF24 2TG

\*Term Time Only\*

**Early Years Inclusion  
029 2067 1466**



# Calvert Trust Exmoor

**Calvert Trust Exmoor is the South West's premier accessible outdoor activity destination. Located in a beautiful site on the edge of Exmoor National Park, the centre enables people of all ages and all abilities to experience exciting and enjoyable outdoor activity adventures, together with family and friends.**

The five star residential centre offers activities specifically designed and equipped to cater for everyone, including archery, horse riding, wheelchair abseiling, carriage driving, sailing, accessible cycling and much more.

Many guests are surprised by how much they can do at Calvert Trust Exmoor.

*"The activities we took part in far exceeded my expectations and have helped us to make some amazing memories! Having a profoundly*

*disabled child I have come to accept that many activities are just not possible or accessible. But at Calvert Trust Exmoor, everything was possible. The staff were fantastically patient and resourceful; nothing was too much trouble to ensure all activities were inclusive and my son could take part in everything - a refreshing and inspirational place!"*

Jo Boyd, Recent Guest

Calvert Trust Exmoor is accredited by the National Accessible Scheme; you can read more about their accessibility on the Calvert Trust website.

**For more information, including prices and special offers, please visit:**  
[www.calvert-trust.org.uk/exmoor](http://www.calvert-trust.org.uk/exmoor)



# Adapted Caravans in West Wales

**In 2015, we were fortunate to be in a position to open our brand-new wheelchair friendly, adapted caravan on Haven Holiday Park, Kiln Park, Tenby, and delighted with the positive feedback we have had from families and carers who have had the opportunity to stay there.**



shower commode chairs, mobile hoists, sensory lights in bedroom, video monitor intercom, plus more.

If you would like to know more about our caravans, please see our Facebook pages for videos of the facilities and information on availability:



 **Adapted Caravan Kiln Park**

 **Adapted Caravan Quay West**

**For more information please contact Chris on 07913 224 242 or Ann on 07974 770 603**

In June 2017, we decided to open another adapted caravan at the lovely Haven Holiday Park, Quay West in New Quay, Wales. Both caravans are equipped to support families and carers, to care with the same facilities as at home. The standard equipment in each caravan consists of: high low profile bed with bumpers,

## Autism Puzzles

**Autism Puzzles (AP), provides a bespoke outreach service supporting families going through (and following) diagnosis of Autism. Through workshops, clinics, guest speakers, and family-fun sessions, we help those with Autism to understand the puzzle of the world whilst guiding parent/carers as they navigate the sometimes confusing world of additional needs provision and other support systems.**

Our aim is to end the stigma surrounding Autism within society and empower families to achieve positive outcomes for themselves. With core staff all having autistic children, and many being autistic themselves, our insight and experience are invaluable to the families we support.

AP also expands on the Welsh Government Strategy to raise awareness of Autism in towns, cities and local communities across Wales by creating 'Autism Champions'. We

provide fun and interactive workshops, run and hosted by individuals and parents living with Autism. We offer organisations and businesses of all sizes (including schools) an opportunity to engage in continued professional development that will enhance the day-to-day experiences of thousands of autistic people. AP also provide Autism awareness assemblies tailored to pupils of all ages, from Foundation Phase up to Key Stage 3.



**For further information please contact Autism Puzzles:**

[www.autispuzzles.org.uk](http://www.autispuzzles.org.uk)

[enquiries@autispuzzles.org.uk](mailto:enquiries@autispuzzles.org.uk)

  **@AutismPuzzlesUK**

# Local Motion Dance Company

On Sunday 5th November 2017 Local Motion Dance Company were invited to perform as a showcase performance at the annual Encore Weekend event held at Brean Sands. 9 dancers from the Local Motion Dance Company, blew everyone away with their beautiful and captivating dance piece entitled 'Birds'.



There was not a dry eye in the room and they received a standing ovation from the other dance schools and judges attending the event.

Each dancer embraced the whole weekend, taking part in various dance style workshops and lighting up the floor at the evening disco. They have come away inspired and excited to show what they can do next year.

The Local Motion Dance Company train every Thursday at the YMCA in Barry. They work very hard each week on their technique and choreography.

Local Motion Dance sessions cater specifically for children, young people and adults with disabilities.

**Kids – Nurturing Expression** (5 – 11 years): Thursdays, 4.15 – 5.00pm

**Performance Group – Let's Make Magic** (12 – 25 years): Thursdays, 5.00pm – 6.00pm

**Adults – Chance 2 Dance** (18 years +): Mondays, 1.00pm – 2.00pm



As well as sessions specifically for those with disabilities and additional needs, Motion Control Dance also offers inclusive dance opportunities through E-Motion Dance and Tots in Motion sessions for children aged 3 – 6 years.

**For more information on all our classes contact:**  
**info@motioncontroldance.com**  
**07725038778**  
**www.motioncontroldance.com**

 **Motion Control Dance**

## Cwtch Barry

**Cwtch Barry has been established by a group of parents and carers of children with disabilities or additional needs in the Vale.**

If you have a child under 9 years old with disabilities or additional needs, the Cwtch Group would like to invite you and your family to attend the Cwtch session. Siblings are welcome too!

Come along to the session to:

- Meet the team
- Take part in family activities

- Find out about membership and registration
- Have a cuppa and a chat with other parents and carers

**When:** Mondays in term time, 4.00pm – 5.00pm

**Where:** Witchill Community Centre, Dyfan Road, Barry, CF63 1DP

**If you would like to find out more then please contact Cwtch Barry**  
**cwtchbarry@hotmail.com**

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.