



## Autumn Index Newsletter- October 2020 Issue 35



## Welcome to The Index Autumn Newsletter

Dear Readers

We hope you are keeping well during these uncertain times. We have been in some kind of lockdown for almost 7 months now and although there have been glimmers of getting back to 'normal', these have been short lived.

Life is challenging for all of us in different ways, but especially for families who have children with specific needs and who may have been shielding for a length of time.

We hope that this newsletter helps keep you informed about any new services and activities that you may not have heard of or reached out to before. We are very happy to share a particular story with you about a young lady who used the time to develop her art skills and now has her own small business selling pottery on Etsy.

Our Family Information Service Team has had to say a sad farewell to Gemma Owen, our Index Officer. Gemma has only been with us since January and has spent most of this time working from home. She left at the end of September to have a baby and we wish her all the best. We will miss you.

If you would like to share your story with us, recommend a service that we can promote, or give us any feedback about the newsletter, then we would love to hear from you. Please get in touch:

[TheIndex@valeofglamorgan.gov.uk](mailto:TheIndex@valeofglamorgan.gov.uk)

0800 5871 014

The Index is funded through Welsh Government's Families First funding



### Have your say about services for children with disabilities in the Vale

We are holding some consultation sessions with parents of children with disabilities, to discuss services in the Vale. This will take place online and will last no more than an hour. If you would like to be part of this, please email:

[TheIndex@valeofglamorgan.gov.uk](mailto:TheIndex@valeofglamorgan.gov.uk)

Please let us know what your preferred online platform would be and what time of day would suit you. We hope to hold these in November.

***Please be aware that due to recent announcements, there may be changes to some of the services contained in this newsletter***

## **Contents:**

- October Half Term - Teenscheme, Families First Holiday Club, Ideas and Activities for the Family
- Transition, Planning For My Future - Romana's Art, Working On Wellbeing, Autism Spectrum Connections Cymru,
- Local Organisations - KeyCreate, Young Carers, Sunflower Clinic Barry
- National Organisations - Sibs, Welsh Ambulance Service – Shoctober, National Autistic Society, Rhyming Multi-Sensory Stories, Follow Your Dreams, Barnardo's See, Hear, Respond Wales, MIND - Managing your feelings about changes to lockdown – for young people, BreatheUK – Free Counselling

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## **October Half Term**

### **Teenscheme**

**Vale People First**  
'Getting out, Getting on'



October Teenscheme! (funded through the Welsh Government's Families First)

Our summer teenscheme was held at our new venue in Rhoose. It was such a great venue, we are back for a Halloween Spooktacular two days:



Thursday 29 October 10am-3pm

Friday 30 October 10am-3pm

Rhoose Community Centre, Stewart Road, Barry CF62 3EZ

With a decorated Spooktacular hall, themed arts and crafts and themed prize winning games! As well as our usual "pop up" sensory room, indoor and outdoor (weather permitting games), group chats and discussions and learning to sign Makaton words – possibly a song!

- Packed lunch is still required and £5 per day donation if you are able.
- All staff will be wearing PPE including masks or visors, aprons and gloves.

### **But - Spaces are limited.**

- Attendance at Teenscheme is still by referral only.

Referral "All About Me" books can be requested by emailing [movingonwell@gmail.com](mailto:movingonwell@gmail.com) At this time, email is the quickest and easiest way to access the "All About Me" referral book.

Our Summer Teenscheme was quite a success with a portable sensory room, garden project, arts and crafts, indoor and outdoor games, games consuls, group chats and discussions, birthday celebrations and much much more.

### **Feedback from Parents**





## Vale Play Development Team

### Families First Holiday Club

The Families First holiday club is unable to run at Ysgol y Deri during half term, but we have limited places at our other venue Bryn y Don, Dinas Powys. Please contact Joanne Jones for more information

01446 704809

[playdevelopment@valeofglamorgan.gov.uk](mailto:playdevelopment@valeofglamorgan.gov.uk)



## Ideas and Activities for the Family

The Family Information Service and Families First Advice Line have compiled a list of activities and ideas for the family. We have included a section for Halloween and Half Term:



[Ideas and Activities for the Family 2020](#)

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## Transition – Making a Plan for My Future

### Romana's Art

When lockdown began in March Romana Thomas, aged 22, was half way through her third year at Weston House College in Bridgend, and was having the time of her life.

Romana lives in Penarth with her mum Angela and brother Ben.

Romana's mum explained that during lockdown, Romana really needed something to occupy her time and get a routine in place. She started doing pottery and art and loved it. The Follow Your Dreams charity have been brilliant, she explained. They do online dance, bingo and art sessions and sent a box of art materials to the house to get Romana started. Romana has now begun her own small arts business on Etsy, and has received orders from all over Wales:



[Etsy RomanaMakes](#)

“It's been a great way for her to focus on something and have routine again, which is so important for her. Every Friday we go and get fish and chips and then come back to do some artwork. She loves it – I think we'll always do it now!”

The business - 'Romana Makes' - includes creations like driftwood wall hangings, tea light holders, embroidery, and air-dry clay pottery.

“With the money we get from the sales we're going to try and buy a kiln and pottery wheel so she can create ceramics.”

Romana is now back in college and loving it. She's really missed the social side of college during lockdown and has now started surfing! When she comes back on a Friday, we get the art and pottery out and then do our weekly online Friday night bingo.

Romana's mum explains that now her children are back in school and college she feels slightly lost. "Lockdown was so intense as a parent and carer that I now have time to reach

out but there is little on offer. It would be great for carers to be able to get together, albeit 'socially distancing' just to have some contact with others."

Angela highly recommends [Follow Your Dreams](#) charity and you can read more about them in this newsletter.

Romana's passion for creativity has helped us all through. She's proud of what she's done and we're proud of her."

To find out more about Romana's work visit:

**[Facebook: @RomanasMakes](#)**

**[Etsy: RomanaMakes](#)**

Romana's story was featured in the [Penarth Times](#)



# Working on Wellbeing



## Zoom Drop-In Sessions

Want to find out more about Working on Wellbeing, the new employment service for disabled aged 16+ people in Wales?

Come along to one of our online drop-in sessions to meet the team and find out more.

- Wednesday 4<sup>th</sup> November @ 11am
- Tuesday 17<sup>th</sup> November @ 11am

To book a place, please contact:  
[workingonwellbeing@scope.org.uk](mailto:workingonwellbeing@scope.org.uk)



**SCOPE =** Equality for disabled people



# Autism Spectrum Connections Cymru

**We are delighted to finally share news about our new project funded by Welsh Government.**

We are excited to be working in partnership with Cardiff & Vale Integrated Autism Service, Gwent Integrated Autism Service and Welsh Government to deliver support for autistic adults aged 16+ across Cardiff, The Vale of Glamorgan, Newport, Caerphilly, Torfaen, Blaenau Gwent and Monmouthshire.



ASC Cymru have been funded to provide free to access autism specific benefits support, into work employment support and educational support across the regions stated above.

Initially support will be delivered remotely with the long term plan to deliver support locally when it is safe to do so.

For further information or to register for support please contact ASC Cymru via:

**e-mail: [info@asc-cymru.org](mailto:info@asc-cymru.org) or**

**Telephone: 02920228794.**

For further information about your local Integrated Autism Service please contact:

Cardiff & Vale Integrated Autism Service: [CAV.IAS@wales.nhs.uk](mailto:CAV.IAS@wales.nhs.uk)

Website: [Cardiff Integrated Autism Service](#)

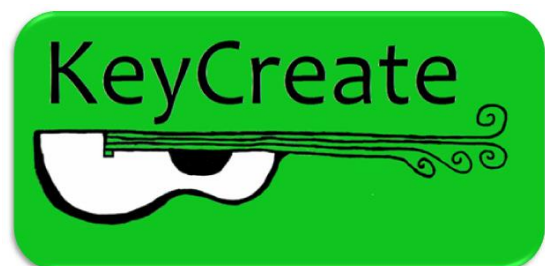
We look forward to hearing from you!

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## Local Organisations

### KeyCreate

*(Please be aware that due to recent announcements, the outdoor sensory sessions won't be taking place from the 26 October to the 01 November. Please contact for further information).*



KeyCreate have been looking at different ways of enabling families to come together to have fun in their outdoor sensory sessions. They take place every Thursday 10am - 12 noon in Glyndwr Community Centre, Penarth. They have proved really popular and you will need to book to attend. They cost £3.50 per person and you can book here: [Facebook page @KeyCreateWales](#)

[Stol Coffi](#) attend the sessions to warm everyone up and they provided some feedback:

*"This is one of the nicest places to come in Penarth. You guys create such awesome atmosphere It's an absolute pleasure to be a part of it 🍷 and I love the dinosaur 🦖 hellos from Dave! "*

KeyCreate is a notforprofit organisation providing educational, sensory, creative workshops for children and adults of all abilities. We blend music, movement, drama, and storytelling to build developmental skills and self-esteem through sensory exploration and play. We are specialists in play, education and disability and we are able to tailor our sessions to the needs and preferences of the people we work with.

We usually work face to face but have adapted to sessions to provide our services during the Covid19 crisis.

They also provide many other services including sensory storytelling workshops, training tuition and children's birthday party entertainment.

So get in touch...

They have a new accessible website! <http://www.keycreatewales.co.uk/>

Phone 07810 018165

Facebook [@KeyCreateWales](https://www.facebook.com/KeyCreateWales)



## Young Carers

Follow us on Social Media for Project Updates & Information



#identify #engage #support #empower

### Facebook

Cardiff Young Carers @ YMCA Cardiff Group  
Vale of Glamorgan Young Carers @ YMCA Cardiff Group  
Cardiff & Vale Young Adult Carers @ YMCA Cardiff Group

### Instagram

@cardiffyoungcarers  
@ymcayoungcarersvale

### Twitter

@robyncymca\_g  
@bethanyymca



To place a referral in Cardiff, please contact the Cardiff Council Family Gateway at 03000 133 133

To place a referral in the Vale, please contact YMCA Cardiff at 02920 465 250



**YMCA**  
CARDIFF

## Sunflower Clinic Barry - A specialist eye clinic for those with additional needs

Hi all! I'm Helen, an optician in Specsavers, Barry. I believe anyone with additional needs should have access to eye care in a stress free environment and on the high street. I have a lot to learn but I'm really excited to introduce the first sunflower clinic! Along with my colleague Katie, we will be running a specialist clinic for anyone that finds a 'standard' eye test challenging or who has any additional needs. Please contact me with any queries.



The sunflower clinics are run at times when the store is very quiet and calm. Usually however, the store is busy and noisy with lots of things going on. These lanyards are available at reception to use in store. We can then be aware that you may want somewhere quieter to sit or to avoid waiting.

We have picture books taking you through the journey of an eye test and you can pick these up 7 days before the test to go through with your little ones.

Any queries, please feel free to get in touch:

Facebook: [@sunflowerclinicbarry](https://www.facebook.com/sunflowerclinicbarry)

01446 704910 [customer.barry.uk@specsavers.co.uk](mailto:customer.barry.uk@specsavers.co.uk)



## Ysgol Y Deri - A Special School

I'm sure you have all seen the wonderful documentary on the BBC 'A Special School', allowing us to have an insight into the life at Ysgol Y Deri.

For the first time cameras capture the reality of life in Britain's biggest special school, pushing boundaries and challenging misconception.



You can catch up on all 3 episodes on BBC iPlayer:

[A Special School](#)

## National Organisations



Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings. We provide information, support and training on sibling issues for adult siblings, young siblings, parents and professionals.

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

Sibs has a dedicated section for siblings affected by Coronavirus.:

[The Impact of Coronavirus on siblings](#)

## National Autistic Society

The National Autistic Society has launched its [new website Autism Wales](#). As well as reaching and helping more autistic people and families, we're making sure that it will be even better for autism professionals. To support this, between now and the end of the year, we will be gradually integrating articles from Network Autism into our main site. Once completed we will be closing the Network Autism website.



The new website will provide to an even wider range of content created by and for autism professionals. And, if you are a contributor, your articles will now reach a larger audience. We will also continue to add new content for professionals to the new site.

The National Autistic Society Cardiff and Vale Branch has its own Facebook page:  
[@CAVNAS](#)



## Shoctober - Welsh Ambulance Service

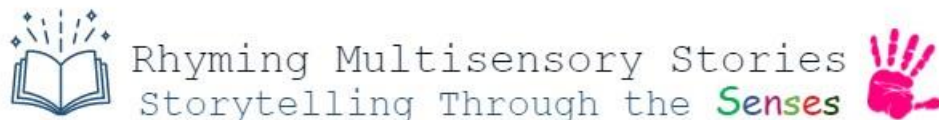
Each year throughout October the Welsh Ambulance Service visits schools up and down the country to promote Shoctober, a campaign about correct use of 999 and demonstrate life-saving Cardio Pulmonary Resuscitation (CPR) for when someone is in cardiac arrest.

This year we are proud to present an animation which sees our Trust mascot's Jack & Kim come alive. The animations, features Catrin, age 9 a big sister to Abi, who is 4 years old and Deaf, who learn about 999 emergency and how to do CPR safely. The animation is also available in [Welsh](#) and [British Sign Language \(BSL\)](#).



[Animation - Shoctober with Catrin and Abby 2020](#)

## Rhyming Multi-Sensory Stories – Engaging the Senses!



[www.rhymingmultisensorystories.com](http://www.rhymingmultisensorystories.com) is a website of free resources, aimed at connecting individuals with special educational needs, age 3-19, with literature and culture in a way that is meaningful to their lives.

Multisensory stories tell a story using props (low budget items found around the home) engaging the senses, allowing the listener to use their senses to understand the world around them in a fun and motivating way.

Storytelling builds a bond between the storyteller and the listener, enhances wellbeing, supports memory and the development of communication and language skills.

Observing reactions to sensory stimuli enables you to build a picture of an individual's sensory preferences that enhance daily life in areas such as diet, sensory needs, care plans and leisure activities.

Each story includes a 'How to tell a multisensory story guide, visual support and themed sensory extension activities.

So, whether you want to help with your hand hygiene during the Covid-19 pandemic, take a sensory journey through India or join the Three Little Pigs on their adventures, visit the website, there's a story waiting for you!

Your comments, questions are always welcome, please do not hesitate to contact me:

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Website: [www.rhymingmultisensorystories.com](http://www.rhymingmultisensorystories.com)

Email: [rhymingmultisensorystories@outlook.com](mailto:rhymingmultisensorystories@outlook.com)

Facebook: [@storytellingthroughthesenses](https://www.facebook.com/storytellingthroughthesenses)

Twitter: @RhymingStories

## Follow Your Dreams

Follow Your Dreams is a national charity that inspires children and young people with learning disabilities to follow their dreams.

Our vision is for children and young people with learning disabilities to recognise their potential, be ambitious and be provided with the opportunities to follow their dreams. The charity focuses on children's abilities, growing and developing skills through the delivery of creative and interactive events, community groups and workshops.



Recent events include puppet making/theatre workshops and young dream-makers enterprise events which include areas such as cupcake making/selling, fruit and veg growing and selling and jewelry production.

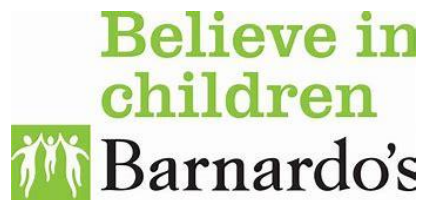
You can [join their mailing list](#) to be kept up to date. You can also become a member for only £15 per year.

For more information visit their website: [Follow Your Dreams](http://www.followyourdreams.org.uk)

Facebook: [@FollowYourDreamsCharity](https://www.facebook.com/FollowYourDreamsCharity)

## Barnardo's See, Hear, Respond Wales

See, Hear, Respond will work with families across Wales, offering practical and therapeutic support including counselling seven days a week. The aim is to help those facing a wide range of challenges, from anxiety, loneliness and isolation to children struggling with a return to school and parents worried about relationship breakdowns or poverty.



There is a confidential online referral form, free helpline and a support hub:

<https://www.barnardos.org.uk/see-hear-respond-wales>

**0800 157 7015**

## Special Educational Needs and Disability Sub Hub

They have a specific Hub for children with special educational needs and disability: [Special Educational Needs and Disability Sub Hub](#). It contains a range of resources, tools, videos and more, including:

- Explaining Coronavirus and getting support
- Your family and welfare
- Support with benefits
- Resources for parents in BSL
- Exploring worries about Coronavirus with your child
- Picture books for children



## Managing your feelings about changes to lockdown – for young people

**Information for young people who are struggling with their feelings about lockdown changing, and want to know how to cope and adjust.**

Lockdown has been hard for lots of people. And even though some of the rules are changing, there's still a lot we can't do, that we're missing out on, and that we're still worried about.

Lots of change and uncertainty can feel really stressful.

**We're here to help you understand your feelings, and give you some positive ways to cope:**

[Mind - Managing Your Feelings About Changes To Lockdown](#)

# Breathe:

## BreathUK – Free counselling for people struggling with their mental health due to covid-19

Breath UK have announced that they are able to offer free counselling to people anywhere in the UK who have been affected by Covid-19.

Eight fully-funded counselling sessions are available online and over the phone from 1 October. If you would like to continue to receive counselling after the initial 8 sessions than standard charges will apply. Their counsellors can work with children age 7 plus and adults.

*COVID-19 has had a big impact on many people's lives, including financial stresses, relationship difficulties, bereavement, isolation and loneliness. In response to the pandemic, we have secured several sources of funding to provide professional support to those facing challenges with their mental health.*

*We continue to work with people to overcome the issues they face, from managing stress and anxiety to developing confidence.*

### **How to access counselling**

People can access their free counselling service by downloading a referral form here:

<https://breathe-uk.com/funded-free-counselling/>

### **Or get in touch directly:**

[hello@breathe-uk.com](mailto:hello@breathe-uk.com)

02920 440191

BreathUK is based in Cardiff

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### *Disclaimer*

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*The listing of an organisation in this newsletter does not imply that the Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.*



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