

Issue 25
March 2018



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

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Spring has sprung!

Welcome back to all of our lovely readers, and welcome to the 25th issue of The Index!

This issue is packed full of information about services and activities taking place in Cardiff and the Vale.

Since the last edition of The Index, we have been planning and delivering events for families of children and young people with disabilities and additional needs.

Inclusive February Family Fun Day Success

Over 100 people attended our event at Ysgol Y Deri in February. Those who attended were able to access:

- Activities and information on services and support from Vale Play Development Team; Disability Sport; Pedal Emporium; Vale Libraries; Learn Welsh; Families First Advice Line; FACT; Oshi's World; Parents' Federation
- Music and movement workshops from KeyCreate and Motion Control Dance
- Touch therapy sensory sessions from Touch Trust
- Consultation Café with Children in Wales and Contact



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.

Happy Reading!

Julia Sky

Index Officer



Your Local Family Information Service

Your Local 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:

Vale Family Information Services

01446 704704

www.valeofglamorgan.gov.uk/fis

  **@ValeFIS**

Cardiff Family Information Services

029 2035 1700

www.cardiff-fis.info

  **@CardiffFIS**

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



What's On:

Mondays

Early Years Play Session at Lakeside Primary

Mondays in term time, 1.15pm – 2.30pm
For more information please contact Early Years Inclusion Team: 029 2067 1466

Tuesdays

Free Family Playgroup with KeyCreate (see page 15)

Tuesdays, 10.00am – 12.00pm

Early Years Play Session at Ely and Caerau Children's Centre

Tuesdays in term time, 9.30am – 10.30am
For more information please contact Early Years Inclusion Team: 029 2067 1466

Wednesdays

Early Years Play Session at Grangetown Nursery School

Wednesdays in term time, 1.15pm – 2.30pm
For more information please contact Early Years Inclusion Team: 029 2067 1466

Rubicon Dance Sessions (see page 13)

Wednesdays, 4.30pm – 5.15pm

Thursdays

Early Years Play Session at Ysgol Melin Gruffydd

Thursdays in term time, 9.30am – 10.30am
For more information please contact Early Years Inclusion Team: 029 2067 1466

Breaking Through at Whitchurch Rugby Club (see page 13)

Thursdays, 5.00pm – 6.30pm

Transition Event at Ysgol Y Deri (see page 11)

Thursday 26 April, 1.30pm – 3.30pm

Fridays

Early Years Play Session at Tremorfa Nursery

Fridays in term time, 10.00am – 11.00am
For more information please contact Early Years Inclusion Team: 029 2067 1466

Saturdays

Let's Play Coffee Morning with Oshi's World (see page 10)

Every Saturday, 10.00am – 1.00pm

Cwtch Together (see page 10)

Every Saturday, 10am – 4pm

Sundays

Autism Friendly Cinema Screenings at Cineworld, Showcase, Odeon and Vue Cinemas (see page 6)

Easter

Oshi's World Easter Session

Saturday 31 March, 10.00am – 1.00pm

Almost Always Muddy at

Wales Millenium Centre (see page 7)

Sunday 1 – Sunday 8 April

Easter Fundraiser for Vale Youth Speak Up (see page 11)

Tuesday 3 April, 10.00am – 2.00pm

Free Creative School Holiday Club by Vision 21 (see page 9)

Weekdays Tuesday 3 – Friday 13 April 2018, 9.30am – 3.00pm

Families First Holiday Club Playscheme (see page 9)

Wednesday, Thursday & Friday 4 - 13 April 10.05am – 12.00pm

Easter under the Eastern Shelter (see page 8)

Friday 6 April 2018, 11.00am – 3.00pm

Girl with Incredibly Long Hair at Wales Millenium Centre (see page 7)

Tuesday 10 – Sunday 15 April

Family Dance Weekend at Wales Millenium Centre (see page 7)

Wednesday 11 – Saturday 14 April

Teenscheme Meet and Greet Drop In (see page 11)

Thursday 12 April, 11.00am - 3.00pm



Cardiff Families First

We have developed a new contact point to provide information, advice and assistance.

You can contact **Support4Families** on **0808 800 0038** and they will be able to tell you about the services that can support you and your family – Families First services and other services. If you would like to talk to someone in more detail, someone will be able to visit you at home.

All Families First services are available to all families who need them in Cardiff. We also have services that have been designed specifically to help families with disabled children, who do not need a care and support package from the Child Health and Disability Team. Families First are working with the Disability Futures programme to review services to make sure that they are services that families have identified as being most helpful to them.

Families First now funds The Index and this newsletter because we have listened to families and heard how important it is to be better informed. We think The Index has really helped to keep families up to date with what is going on. We are working with colleagues in the Vale of Glamorgan to do this, working together to share good practice and ideas and providing information across Cardiff and the Vale.

We are also working with Education, Health and Children's Services to develop a new relationship so that we can try to make sure that children and their families receive the right kind of support as early as possible. We have joined with the Disability Futures programme to develop the 'Better Than a Booklet' service at Paediatric Clinics so that families can be better informed as soon as they have a diagnosis.

Families First are also committed to working with Education and schools as Cardiff begins to prepare for the introduction of the new Additional Learning Needs and Education Tribunal Act. We want to help to make sure that we can provide support for the wider family where this is needed, and reduce duplication in making sure that young people have a person centred plan that will meet their needs.

Our challenge is to consider how best to use the limited allocated Welsh Government funding, and changes in guidance mean that we will need to use the funding available slightly differently. This means that we won't be funding as many different organisations and multiple services. Instead we will aim to focus resources on services identified as most beneficial. We will also be trying to make sure that the services that remain continue to provide the support needed.

What next?

These changes mean that we will be able to put new funding into things that parents have told us are important to them. One of the main priorities identified to us by parents is the need for out of school activities, and options/choices for activities during the school holiday periods.

Therefore, Cardiff Families First will be working with the Disability Futures programme to ensure that we continue to engage families in the design of new services. This may include developing pilot services over the next financial year, which help to understand what future service provision needs to be.

We know that change brings exciting opportunities to work together in ensuring the right services are in place for those in need and lead to improvements in the way we deliver services.

This next year will be a time when things begin to change and we know that some of the changes might make people worry about what this means for them.

We have been listening to what families have been telling us in the changes we have made so far, but there are more discussions needed to help us continue to shape future services. If you would like to be involved in this process, please contact us on FamiliesFirst@cardiff.gov.uk

Services are Changing

Families First Programme from 1st April 2018



ALN Update

The system for supporting children and young people with additional learning needs (ALN) in Wales is changing. On 12 December 2017 the Additional Learning Needs and Education Tribunal (Wales) Bill was unanimously passed by the National Assembly for Wales and went on to become an Act after gaining Royal Assent on 24 January 2018.

The Act will be supported by regulations and a new ALN Code, both of which will be revised and then consulted on in Autumn 2018. It is anticipated that both will be in place by the end of 2019 following Assembly scrutiny.

There will be a three year implementation period from September 2020, using a mandatory phased approach. Learners with existing statements will transfer to the new system within two years, and all other learners with non-statutory plans within three years.



The current Special Educational Needs system will be entirely phased out by Summer 2023.



To help practitioners implement the new system we are currently developing a detailed implementation guide to be published in Spring 2018. This guide will explain the timescales for roll-out of individual development plans to each cohort of learners in the phased approach.

For more information please visit www.gov.wales/ALN

**SENReforms@gov.wales
#AdditionalLearningNeeds
#AnghenionDysguYchwanegol**

Dimensions Autism Friendly Screenings



Autism friendly adjustments are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

These adjustments are guidelines we share with our partner cinemas. We encourage local cinemas to personalise their screenings to help guests feel more comfortable and support them to maintain high standards.

Adjustments include

- A relaxed environment where people understand the needs of children and families with autism
- Lights left on low
- Sound turned down
- No trailers or advertisements (unless they are embedded in the film)
- Staff trained in autism awareness
- Disabled access
- Chill out zone, where available

- Freedom to move around and sit where you like
- Bring your own food and drink
- Free entry for carers with a valid CEA Card
- Free social story template

Cineworld host an autism friendly cinema screening on the first Sunday of every month at 11am.

Showcase host an autism friendly cinema screening on the second Sunday of the month at 10am.

ODEON host an autism friendly cinema screening on the third Sunday of every month at 10.15am.

At a select number of cinemas, ODEON are trialling screenings for older audiences.

Vue host an autism friendly cinema screening on the last Sunday of every month at 10.15am

For more information and details of specific film screenings please visit the Dimensions webpage: www.dimensions-uk.org



CEA Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a cinema guest with additional needs to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

For more information including eligibility criteria please visit www.ceacard.co.uk



Wales Millennium Centre

This Easter we're thrilled to have several family friendly and young people focused activities and performances that we'd love to share with you. You'll find details of our free activities and our assisted performances below, which we hope will help you have the best possible experience with us.



Relaxed Performances are open to everyone, but the environment has been specifically adapted for families with children with an Autistic Spectrum Condition, individuals with sensory and communication disorders, those with learning disabilities and anyone who would benefit from a more relaxed environment.

Almost Always Muddy, Sunday 1 – Sunday 8 April

You are the Story Builders. We invite you to use all the materials to build the setting for the day's story.



Relaxed performances: Sunday 8 April 11.00am & 3.00pm with BSL interpretation

We'll be bringing Almost Always Muddy to the Vale Family Information Service's Easter Under the Eastern Shelter Event, so come and say hello! (see page 8)

Easter Family Activity, Monday 2 – Sunday 14 April

Bringing the family to see Almost Always Muddy or The Girl with Incredibly Long Hair? Make more of your visit by joining us for some crafty fun before or after the show. We'll be in the foyer with glitter at the ready!

Girl with Incredibly Long Hair; Tuesday 10 – Sunday 15 April

Join Rapunzel, her Mam, and her new friend Daf in the forest as they set off on an adventure, for which they'll need your help.

Relaxed performances: Saturday 14 & Sunday 15 April, 11.00am

BSL performance: Friday 13 April, 11.00am & 3.00pm

Touch Tour: Saturday 14 & Sunday 15 April, 10.15am



Family Dance Weekend, Wednesday 11 – Saturday 14 April

A jam-packed hour of pop-up dance from some of Wales' most animated, mesmerising and lively companies, and a chance to dance!

Audio description and Touch Tour: Saturday 14 April, 12.30pm



The regular fun continues with our weekly Family Saturdays and monthly Toddler Time.



More information can be found on our website www.wmc.org.uk/families/

Easter Events

Easter Under the Eastern Shelter

After the roaring success of our Fully Inclusive Family Fun Day at Ysgol Y Deri in February, we are delivering another exciting event for families.

Easter under the Eastern Shelter will be another fully inclusive event in an accessible venue. The event will include:

- Family Fun from Pedal Emporium; Families First Advice Line
- Workshops from Motion Control Dance
- Interactive Performances from Almost Always Muddy
- Arts and Crafts from Flying Start; Vale Libraries; Bullies Out; PACE
- Fitness Sessions from Leisure Centres
- Music from Bro Radio
- Entertainment from Vale Youth Service's VPOD

Families who attend will receive 10% off selected local cafes and shops on the day.

Friday 6 April, 11am – 3pm
Eastern Shelter, Barry Island

Your local Family Information Services have teamed up with Wales Millennium Centre and the Almost Always Muddy Team to deliver two free performances at our Easter under the Eastern Shelter Event.



An interactive, improvised family show exploring imagination, the joy of play, being bold, and discovering that you are braver than you ever thought possible!



Welcome to The Story Yard – inside is a treasure trove of pallets, tubes, nets, buckets, junk and possibility.

You are the Story Builders. We invite you to use all the materials to build the setting for the day's story.

The Story Yard Keepers will then weave your suggestions and creations into an epic tale.

The story is improvised and led by the world the young people have built and the suggestions they give. The show is unique to each audience and the risks they are willing to take with their building and imaginations.

Morning Performance: 11.30am – 12.30pm

Afternoon Performance: 2.00pm – 3.00pm

Age Guidance: 7+

Please note: if your child is sensitive to loud noises, we recommend bringing ear defenders, but don't worry we'll bring some too!

Almost Always Muddy is fully inclusive and the team are able to offer a Touch Tour, Audio Description and BSL interpreter to support children if required.

Contact Vale Family Information Service to book your place!

01446 704704 /

fis@valeofglamorgan.gov.uk

and Activities

Free Creative Choices Holiday Club

Free School Holiday Club funded by Children in Need, for young people with additional learning needs aged 14 to 18 years old.



The Club focuses on exploring creativity and making friends, building social skills and interaction through working with others in a fun and creative environment.

Tuesday 3 April – Friday 6 April,
9.30am – 3.00pm

Monday 9 April – Friday 13 April,
9.30am – 3.00pm

Various locations in Cardiff including: Spectrwm, Prinhaus and Chapter Arts.

The group will be taking part in photography, drama, ceramics, printmaking, batik and bookbinding which will all be focused on the theme community.



For more information or to sign up today contact Sarah Glazier on 029 20575828 or sarah.glazier@v21.org.uk



Vale Families First Holiday Club

Playscheme for 4 – 11 years living in the Vale

Things to remember:

- Playscheme 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



Wednesday 4 - Friday 6 April
Wednesday 11 - Friday 13 April
10.05am - 12pm
Ysgol Y Deri, Sully Road,
Penarth, CF64 2TP



For more information or to book a place please contact Joanne Jones, Play Development Officer on 01446 704809 playdevelopment@valeofglamorgan.gov.uk



Saturday Sessions

Oshi's World Let's Play Coffee Mornings

For families with children with additional needs, a disability or life limiting condition.

Oshi's World is a family run charity aimed at providing an inclusive play venue suitable for all children, where parents and carers can relax and have a cuppa too.

When: Every Saturday, 10.00am - 1.00pm

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

Upcoming sessions include:

Easter Session: Saturday 31 March, 10.00am – 1.00pm

We'll have themed crafts and activities while Cheryl runs her Gong Bath session in the



sensory den. Please book into this session, £3 suggested donation

Next Hairdresser Session: Saturday 14 April, 10.00am – 1.00pm

Book in for a haircut with our hairdresser Mel, in her unique and calming sensory salon. Mel has volunteered her time for over a year and comes highly recommended by her clients. Please book into this session, £3 suggested donation.

For more information about weekly groups, sensory play sessions and haircuts visit:

Oshi's World
www.oshisworld.org
anna@oshisworld.org

 @oshis_world

 Oshis World



Cwtch Together

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

Cwtch Together aims to be a scheme which caters to your children as individuals, celebrating their personal interests and enjoyments.

Cwtch Together is developed by Cardiff Council's 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 constantly expand and welcome new faces to the 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 from All Wales Forum on 029 2081 1120



Ysgol Y Deri – Transition Event 2018

Following on from last years' success, we will be holding our annual Transition Event for parents of pupils from Year 9 up to Year 14.

The purpose of the day is for parents to have the opportunity to share information, consider the transition process beyond school, receive practical advice, and gather information.



There will be a range of organisations and support groups exhibiting on the day for both transition & out of school opportunities.



When: Thursday 26th April 2018, 1.30pm – 3.30pm

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

For more information please contact Stacey Long, Post 16 Transition Officer: slong@yyd.org.uk / 029 2035 2280

Teenscheme – New Providers, New Venue, New Times!

Vale Families First Teenscheme will recommence in May 2018 under the new provider - Vale People First, and at the new venue – Byrd Crescent Community Centre in Penarth.



We are very excited and are really looking forward to meeting lots of young people - familiar faces and new faces are all welcome!

Teenscheme Meet and Greet Drop In

We will be hosting this event for young people and parents/carers to come and meet the Vale People First Team and talk to us about Teenscheme.

**Thursday 12 April, 11.00 am - 3.00pm
Vale People First Offices, Hamilton House,
123 Broad Street, Barry, CF62 7AL**

Vale Families First Teenscheme

Teenscheme will run for the first time under Vale People First during May Half Term.



**Thursday 31st May & Friday 1st June,
10.00am – 3.00pm
Byrd Crescent Community Centre, Penarth,
Vale of Glamorgan, CF64 3QU**

If you would like any further information please contact: Vale People First on 01446 732926 or email movingonwell@gmail.com

**Easter Fundraiser for
Vale Youth Speak Up
Easter Bonnet Competition,
Activities and more!
Tuesday 3 April, 10am – 2pm
Salem Church, Beryl Road,
Barry, CF62 8DN
£2 Entry**

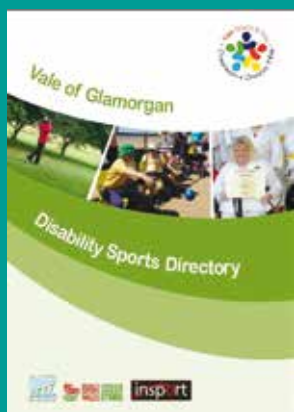


Disability Sports Wales

Disability Sport Wales is a joint initiative between Sport Wales, the Federation of Disability Sport Wales and local authorities. Our aim is to develop quality community-based sporting opportunities for disabled people in Wales.



Disability Sport in the Vale



New Disability Sport Directory for the Vale

The Disability Sport Directory lists some of the Vale of Glamorgan based clubs that offer opportunities for people of all ages with a range of different abilities. I

would urge you to contact the clubs directly to discuss suitability. If you need any further advice please get in touch.

I can also assist you with information on our Disability Sports Forum, finding more clubs across South East Wales, 'come and try' sessions, accessing funding and much more!



Simon Jones,
Disability Sport Wales
Development Officer.
Tel: 01446 704728
Email: sljones@valeofglamorgan.gov.uk



Disability Sport in Cardiff

Within Cardiff there is a wide range of sporting provision for disabled people of all ages including boccia, cricket, football, wheelchair tennis, wheelchair basketball, karate, cycling, swimming, plus many more.

Whether you are looking for a healthy lifestyle, to socialise and make new friends, keep fit, or strive to be a future participant in the Paralympics, Deaflympics or Special Olympics there should be something there for you.

If you would like further information on disability sport in Cardiff as a participant, club, coach, or volunteer, then get in touch.



Joanna Coates-McGrath
Disability Sports Co-ordinator
Tel: 029 2020 5284
Email: jcoates-mcgrath@cardiffmet.ac.uk



Breaking Through

Breaking Through is a community interest company that provides performing arts workshops for children with additional needs.

We provide a weekly session every Thursday evening at Whitchurch Rugby Club, where we work through a variety of exercises and games in the medium of dance, drama and music.

These activities focus on essential life skills from communication to team work, while developing confidence and self-esteem – and having fun!

We currently have a variety of students with a range of needs.

We are open to a variety of ages but typically students attend from 7 – 13 years.

Over the last 2 years, we have found that sessions have been hugely beneficial, increasing children's confidence during the transition from primary to secondary school. Most

importantly we've found Breaking Through offers an environment that young people feel comfortable in, so we've seen multiple friendships form!



The workshops take place in a positive environment, where everyone gets to know each other. Parents remain in the room throughout sessions and from small performances to weekly "show and tells". We find ourselves forming our own community that the students feel comfortable to express themselves in!

When: Every Thursday, 5.00pm – 6.30pm

Where: Whitchurch Rugby Club, Whitchurch, Cardiff, CF14 2TH

breakingthroughcic@gmail.com

 **Breaking Through CIC**

 **@BreakingThruCIC**

Rubicon Dance

Rubicon has a long and well respected history of providing dance activities for young people with



disabilities and learning difficulties, in school settings and at dance facilities across South Wales. Currently Rubicon runs classes for young people with learning disabilities / additional needs at Rubicon on a Wednesday evening:

conFUSION (Aged 13+) Performance group for young people with learning disabilities Wednesdays, 4.30pm – 5.15pm
£3.00 per session



Fusion (Aged 12+) Open session for young people with learning disabilities
Wednesdays, 4.30pm – 5.15pm
£3.00 per session

Rubicon Dance, Nora St, Cardiff, CF24 1ND

We run these sessions from our fully accessible studios. Sessions are fun and energetic, and we offer performance opportunities whenever we can. Sessions are led by our highly experienced dance leader Esther KilBride who has over 5 years experience of working with dancers with learning disabilities.

02920 491477 / info@rubicondance.co.uk

Inspired Learners

Inspired Learners are experienced specialist teachers of special educational needs who are qualified to provide



assessment, advice, direct teaching and monitoring of pupils with specific learning difficulties and additional learning needs across all key stages and adult learners. We are experienced in training school's teachers and teaching assistants in a range of certified and accredited interventions and approaches. Schools can contact us to find out the range of INSET courses we can provide.

At The Inspired Learners Centre we are able to offer an initial consultation to families where we look to establish the causes for concern regarding your child's development and learning difference. Further to this we are able to offer a range of in depth assessments and reports in the specific developmental areas of speech and language, dyslexia, literacy, numeracy and general learning difficulties. We can also offer

advice and support around ADHD, ASD, DCD and Irlene Syndrome.



We are now providing a new initiative, Lego Based Therapy to support learner's behaviour needs.

Lego Based Therapy supports learner's: -

- Social communication
- ADHD needs
- Expressive language
- Confidence
- Attention and listening skills

We would like to take this opportunity to wish you all a happy Easter and we look forward to supporting you in 2018.

www.inspired-learners.co.uk

 **Inspired Learners Ltd**

07706 415 651

Hayley@inspired-learners.co.uk

**The Inspired Learners Centre,
161 Holton Road, Barry, CF63 4HP**

Barnardo's ADHD Parent Programme



Is your child affected by ADHD? Do you want to know more about the condition?



The parent factor in ADHD can help you to understand a little bit more and help you to meet other parents going through similar things to what you and your child are going through.

This is an 8 week programme which includes:

- What is ADHD? • Communication

- Medication • Education • Parenting Styles
- Self Esteem • Praise
- Visits from Guest Speakers

**For more information contact
Fay Bowring, Family Practitioner,
on 029 2057 7074**



KeyCreate run enjoyable and creative workshops for all ages and abilities in South Wales.

Free Family Playgroup

An inclusive, drop in playgroup for pre-school and home-schooled children with disabilities or additional needs.

Every Tuesday 10am – 12pm
Byrd Crescent Community Hall, Penarth, CF64 3QU

Sessions include:

- Live music sing-alongs
- Sensory stories
- Messy play
- Soft play
- Toys and books
- Sensory room



Children's Birthday Party Inclusive Entertainment

We can provide tailor-made and high-quality music and story-based workshops for your child's Birthday Party that is sure to be a hit with the children, their siblings and parents alike!

Most importantly our workshops are totally accessible for all abilities!

Please contact us if you're interested in learning more about us and are looking for something other than clowns or magicians.



Unlock your child's creative potential and allow us to provide a memorable party for EVERYONE to enjoy...



www.keycreatewales.co.uk

dave@keycreatewales.co.uk

07810 018 165

 KeyCreate Wales

Heads Above The Waves

Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. We promote positive, creative ways of dealing with the bad days.

Self-harm affects around 1 in 12 young people, yet it remains an issue people struggle to handle, talk about, and understand. Sometimes, helping can be as simple as having a conversation, but a study by YoungMinds found that 71% of young people, 70% of parents, and 60% of teachers say they don't feel able to actually talk about self-harm.

In the last 10 years, hospital admissions as a result of self-harm in the UK have risen by 68%, and this figure is predicted to keep rising. By getting people to talk more openly about self-harm (in the same way that we do drug use or unprotected sex) and making people aware of the help that exists, Heads Above The Waves hopes to reduce hospital admissions as a result of self-harm.

Who we are

Heads Above The Waves is run by two 20-somethings looking to make a difference. We've all experienced self-harm first hand, in one form or another. Because we've been through it, we want to share our experiences and let others know: you're not alone.

We want to meet people on their level, without being childish and condescending, or cold and clinical. We're not medical professionals; we're just being ourselves, and connecting with people who feel the same way we have.

Our Mission

Self-harm affects around 1 in 12 young people, yet it remains an issue people struggle to handle, talk about, and understand. We aim to change this.

Our Values

We want to make it easier for people to talk honestly and openly about self-harm, without fear of stigma or ignorance. But more than that, we want to make it easier for people to talk about anything that's bothering them, and to realise that if it's bothering you, then it's an important issue, and it's worth talking about, and doing something about.



Visit the Heads Above The Waves website

Heads Above The Waves is an awesome resource which includes:

- Things to try - Positive Coping Techniques
- You're Not Alone – The Blog
- Straight-Up Advice – Helpful Information

 @HATW_uk

 Heads Above The Waves

www.hatw.co.uk



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.