

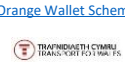
As a team we have collated information we feel may be of use to those we support, and their carers. This information can be posted or emailed to you, if you prefer. Please remember, although we are mainly working from home, you can still contact the team on **01446 731105**. Leave a message and someone will return your call.

Our working hours are Monday- Thursday 8.30am-5pm and Friday 8.30am-4.30pm.


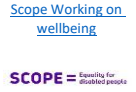








Outside of these hours, if you need to contact someone urgently, please call the Emergency Duty team (EDT) on **02920 788 570**.

If you are not open to the team, and feel you need an assessment, please contact C1V on **01446 700111**.

Please note: These are not recommendations or a comprehensive list, but information for you to look at which you may find helpful

	Organisation	About	Website	Email	Telephone
Carers		Includes links for carers, young carers, carer's emergency card	https://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Carers/Carers.aspx		01446 704604
		Provides practical services for unpaid carers including young carers across South East Wales.	https://www.ctsew.org.uk/	info@ctsew.org.uk	01495 769996
		Keeping family carers informed, and listen to the views and opinions of parents, families. Organise workshops, use of social media, meetings when able post covid and through consultations.	https://www.parentsfed.org/	admin@parentsfed.org	02920 565917
Community Support and resources		Index provides information for the families in the Vale, providing up t date information about services, support and activities for children and young people with disabilities or additional needs.	https://www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/children_with_additional_needs/the-index/The-index.aspx	theindex@valeofglamorgan.gov.uk	0800 587 1014
		Support resource for those living or families affected by with mental health, suicide, grief or loss, domestic abuse or substance misuse. Run by and for residents of Barry.	https://cubecentre.co.uk/	tammi@cubecentre.co.uk	7801978676
		For local and national organisation and service that can help.	https://www.dewis.wales/	Online information portal	
		All contact with the vale council is through Contact Centre C1V or by web chat.	https://www.valeofglamorgan.gov.uk/en/index.aspx		01446 700111
Education Resources		Vale of Glamorgan Learning provides high quality education for adults in the Vale, life- long learning. Including Welsh courses.	https://www.valeofglamorgan.gov.uk/en/working/adult_and_community_learning/Adult-Community-Learning.aspx		01446 773831
Transport		For anyone who needs support to communicate with staff when travelling by bus or train.	https://tfwrail.wales/before-your-journey/accessible-travel/initiatives/orange-wallet-scheme	Community@tfwrail.wales	03333 211 202



Work and Volunteering		For people who are interested in volunteering.	https://www.gvs.wales/	https://www.gvs.wales/contact-us	01446 741706
		Working on wellbeing, employment support in Wales. For those beginning to look for work roles, support with setting career path, confidence building, provide skills training, CV writing, develop interview skills, apply for volunteer roles to gain experience, working with employers on adapting work places and working with people with learning disabilities. Group and 1:1 session online during covid. For Kickstart in Wales please apply to Working on Wellbeing and mention the Kickstart Programme is you are ready to apply for paid job roles. This service is a free online and telephone support programme for disabled people looking for paid work.	https://www.scope.org.uk/employment-services/working-on-wellbeing/ https://www.scope.org.uk/employment-services/kickstart/	workingonwellbeing@scope.org.uk	02076 197139
Health and Wellbeing		Support and advice for people with learning disabilities, their families and carers.	https://wales.mencap.org.uk/		0808 8000 300
		Ideas and activities put together by our health colleagues in Cardiff.	Sensory activities https://www.youtube.com/channel/Uckl74vg7OXY0CvcPfyXHTw/videos Physiotherapy activities https://www.youtube.com/channel/UC3Cw6ThVKaFmW0cq6a8Zc_g		Learning Disability Helpline 0808 808 1111
		NHS Flu Jab Easy Read information on the flu jab which every person with a learning disability can have for free. Please ask you GP.	https://www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability		
		Charity who support people with poor mental health. Support available for individual, and ideas on how to support others with poor mental health.	https://www.mind.org.uk/	info@mind.org.uk	0300 123 3393
Online Activities		This is an App you can download on your phone. It will help you stay in contact with your friends online, and find out what activities are on. Activities include yoga with Vale Plus, and	You can watch a video about how it works here: https://www.youtube.com/watch?v=cUD5Otqoo5w		
		Learn to cook online with these step by step videos.	https://www.youtube.com/playlist?list=PLI79ZsuMB5bYbVZduF8_-jI_fPwpMqsCv		
		Advocacy group which has moved online. They hold Literacy Classes, Youth Meetings, Parties/Social events and parent meeting to name a few.	http://www.valepeoplefirst.org.uk/index.html	ldw.lizdavidson@outlook.com	07866 564741
Autism Services		Support for families and individuals with or seeking a diagnosis of Autism.	https://cavuhb.nhs.wales/our-services/integrated-autism-services/	Cav.ias@wales.nhs.uk	02921 824240

