

Winter
2024
Issue 45

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NEWSLETTER
For Children and
young people
with disabilities or
additional needs
in the Vale of
Glamorgan



The Index Newsletter

Winter 2024 | Issue 45

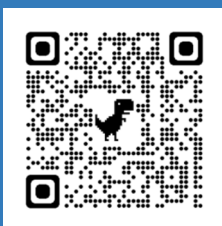


The newsletter for children and young people with disabilities or additional needs in the Vale of Glamorgan

Welcome to Issue 45, the Winter Edition of The Index Newsletter. We would like to wish everyone a very Happy New Year.

The work of The Index and The Family Information Service has been very exciting and rewarding since the last edition, with the run up to Christmas and our return in January. We have hosted our first Christmas Parties since 2019 for Pre-school children and School-age children in the Vale of Glamorgan. Special thanks to Kelly and Cath in our Family Information Service Team who led these amazing large-scale events; to all the providers and people behind the scenes and to all the families for coming during this busy time of year we had a ball.

Our video can be viewed on our Facebook page [@VOGFIS](#) and please [click here](#) or scan the QR code to read the evaluation.



We would be delighted to receive any feedback on any aspect of the Index but in particularly this Winter edition newsletter to ensure we continue to tailor it to the needs of our children, young people and families in the Vale.

Our contact information is below for this purpose.

Contact number: 0800 5871 014

Email: TheIndex@valeofglamorgan.gov.uk

Scan the QR code or [click here](#) to complete our short survey



What activities are going on locally?

Vale Inclusive Play Provision

Vale Play Team will be delivering a range of inclusive play opportunities during the half terms and summer holidays.

To find out about the provisions they offer to children and young people across the Vale, scan the QR code

or **click here** to watch their video.

For further information:

Email FFHC@valeofglamorgan.gov.uk or valesportsandplay@valeofglamorgan.gov.uk



Teenscheme

Teenscheme is run through half term every Wednesday and Thursday.

It is held at Celtic Community Hall, Celtic Way, Rhose, Vale of Glamorgan. CF62 3FT.

It starts at 10am until 3pm and parents are to provide the transport to and from the centre. Young people are to provide their own snacks, lunch and drinks and we kindly ask for a small donation of £5.

Teenscheme is an inclusive environment, and we aim to give young people a chance to express themselves and empower their voices and decisions in a safe and friendly environment.

They have Personal Assistants for personal care and one of whom will be medically trained for young people requiring medication or peg feeding.

Spaces are limited. Attendance at Teenscheme is still by referral only.

Please email tmills@valeofglamorgan.gov.uk



Vale Youth Service's Wellbeing After School Clubs

There are currently four Wellbeing after-school clubs in St Cyres, Stanwell, Llantwit Major and Whitmore comprehensive schools.

The aim of after-school clubs is to support young people who have been identified within their school setting as needing low level wellbeing support. This includes support with things such as socialising, confidence building and having a sense of belonging within their school.

The clubs are open for year 7's, 8's and 9's, to support them from their transition from primary school into secondary school, making friends and finding their place within their school.

The clubs aim to be the exit strategy for those receiving targeted youth interventions, into an open access youth club. The after-school clubs are also used to identify if any young people need further support and they will be referred to other services where more support can be offered.

For a referral, please contact your school's wellbeing lead.



Disability Sport

The Healthy Living Team work with Disability Sport Wales to promote community sport and physical activity opportunities for disabled people.

Disability Sport Wales (DSW) has developed the InSport programme, which supports partners in creating inclusive provision, opportunity, and practices. This will allow disabled people to gain access to the level they need. They are supporting clubs to achieve the InSport accreditation.

Clubs who have currently achieved this are:

Gold: YMCA Barry Gymnastics

Silver: Llantwit Major Shotokan Karate, Motion Control Dance, Barry Air Target Club

Bronze: Pen Y Bont SLSC, Penarth Karate Jutsu Kai, Special Olympics Golf, Special Olympics Kayaking

Ribbon: Red Dragon Juniors Netball, Barry Town Disability Football Club, Penarth Windsor Lawn Tennis Club, Barry Beavers Disabled Swimming Club, Cowbridge Tennis Club, South Wales Bowls and Recreation Centre, Celtic Capability Sailing, St Athan Golf Club.



Further information:

Website www.valeofglamorgan.gov.uk/DisabilitySport

What services are available in the local and surrounding areas?

Cardiff & The Vale Parents Federation

Cardiff and the Vale Parents' Federation support parents and carers of children and adults with learning disabilities who live in Cardiff and the Vale of Glamorgan.

They have over 1900 families as members and believe by working together they can improve opportunities for families. They can put you in touch with other parents with similar experiences who are happy to share their knowledge and show the ways they have been able to make progress. They hold regular carers' wellbeing activities and social get togethers across Cardiff and the Vale of Glamorgan where you can meet other unpaid carers whilst sharing experiences and tips.

Every year they seek to recognise and celebrate the individuals and organisations who have really made a positive difference to the lives of those with disabilities. In November 2023, they hosted the Understanding Disability Awards attended by representatives of The Index.

For further information:

Website: <https://www.parentsfed.org>

Telephone: 029 2056 5917

Email: admin@parentsfed.org

Parents' Ffederasiwn
Federation Rhieni

The winners

The winners of the awards:

School Category
St Michael's Catholic Primary School
Radyr Comprehensive School

Highly Commended
Kelly Toshack, Rhws Primary School
Charlie Batten
Tom Davies
Autism Resource Centre Whitmore High School
Ysgol Sant Cung

Employer Award
Cardiff and Vale University Health Board

Young Persons Award
Eve Robinson

Professional Award
Ross Extence

CRONA
COMMUNITY
COMMUNITY
FUND

Parents' Ffederasiwn
Federation Rhieni

The winners

Group or Organisation
The Sunshine Club

Individual Award
Samantha Griffiths

Highly Commended
Ela Denley - Vale Plus
CF61 Gardening Volunteers

Committee Awards
Abdulah Abdi
Owen Thompson
Ty Bont
Secret Garden - Innovate Trust

CRONA
COMMUNITY
COMMUNITY
FUND



The Hangout

The Hangout has been developed in partnership with mental health charity Platform and is a safe and alternative space for young people aged 11 to 18 experiencing challenges with their mental health and emotional wellbeing.

The Hangout officially opened at 26-28 Churchill Way on 15th September 2023 and will make it easier for young people to access mental health support and someone to talk to between appointments.

It is also a place where young people can meet other people, find volunteering opportunities and get involved in groups that could really boost wellbeing.

The Hangout offers the following support:

- Drop-in support (at any point during opening hours)
- Scheduled sessions with our wellbeing team
- Wellbeing-focused groups
- Group activity sessions
- Volunteering opportunities

Operated by Platform, The Hangout team works closely with Emotional Wellbeing and Mental Health services for children and young people within Cardiff and Vale University Health Board. This means they can talk with other services to make sure young people receive the best support from the right people at the right time to ensure a holistic and complimentary approach to care delivered.

For further information:
Telephone 01656 647722 or
visit <https://platform4yp.org/hangout>



Asda Easy On Easy Wear Accessible Clothing

Earlier this year, Asda's George launched a clothing range with sensory-kind fabrics to help children with independent dressing and sensory needs.

Designed with the help of 14 year-old Ava Joliffe - an award-winning deaf and blind artist from Preston who assisted on the range's accessibility and design, bringing an insight into the adaptations needed to ensure products were practical for young disabled people.

Scan the QR code or
[click here](#) to view the Easy On Easy Wear Range



George.



Designability

Wizzybug is provided free of charge by the charity Designability to children all over the UK. It is suitable for children with mobility challenges from the age of 14 months to age 5 (max 20kg). It is designed specifically for young disabled children to give them greater independence, freedom and choice but especially lots of fun!

Families can apply to the scheme by completing the application form on their website. Appointments take place at their headquarters in Bath or the William Merritt Centre near Leeds.

They also have an Access Fund so that families on low income can apply for help with the cost of attending their appointment, including overnight accommodation if required. Wizzybug is easily adjusted as your child grows so you can keep it for as long as it is safe and suitable for your child. It is then returned to them to be refurbished ready for another family to enjoy.

For further information:

Visit <https://designability.org.uk>

Follow them on social media to see lots of clips of children whose lives have been transformed by having a Wizzybug.

Facebook [@DesignabilityUK](#)

Instagram [@DesignabilityUK](#)



designability

Ali's Sensory Boxes

A small business selling individualised sensory boxes and bags in memory of their daughter/sister Ali who had autism and ADHD.

Ali found great comfort and distraction in sensory items and loved gifting them to others.

To help keep her memory alive, as well as bring comfort and distraction that Ali always wanted people to feel, they began making their own 'Ali's Sensory Boxes'.

Further information:

Visit <https://www.alissensoryboxes.com>



Makaton for Babies and Families

Ginny, a Makaton Signing for Babies and Families Trainer, is very passionate about Makaton and the benefits of using it. She has used it throughout her career working with children and families and with her own children.

Makaton Signing for Babies and Families is a fun and easy way to learn to sign with your child. It is suitable for pre-school children and their parents/carers as well as professionals. Signing while speaking has been shown to encourage the development of communication and language skills. It can help reduce frustrations and help you to understand your child's needs.

Makaton Signing for Babies and Families is provided as a series of sessions for you and your child to attend with other families. Taster sessions can also be provided. Sessions can be run both face to face and online.

Together you will learn more than 100 signs and have fun practising them in songs, games and activities. Separate sessions can also be run specifically for professionals.

Further information:

Email virginiamayk@yahoo.com



L.I.F.E - Linking Inclusive Families through social Events

L.I.F.E is a registered charity (July 2022) which has been formed by five volunteer parents who themselves have children with a disability and/or additional learning needs of their own.

L.I.F.E is committed to supporting families residing in The Vale of Glamorgan and surrounding areas. Their main aim is to support children and young adults by organising a range of recreational and social events and activities, which in turn enables them to have a platform for expanding their own social network. They also encourage parents to expand and develop their own social circle and building lifelong friendships through monthly coffee mornings and parent/ carer events.

Further information:

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

Email Info@life-charity.co.uk



Dedicated support for unpaid carers

Cardiff and Vale Carers Gateway

The Social Services and Wellbeing Act (Wales) 2014 means that unpaid carers now have new rights to access support from statutory services including local authorities and health services, to help meet the needs of their caring role.

To assist these statutory bodies to meet their legal obligations, and funded by the Regional Partnership Board, the Cardiff and Vale Carers Gateway helps people to understand if, and when, they are carers and to provide information and guidance to find support that is tailored to their individual needs.

The main functions of the Carers Gateway are to Support, Listen, Promote and Influence. The Carers Gateway will aim to improve the quality of life for unpaid carers, and the cared for, in Cardiff and the Vale, helping them sustain their caring role and enhance their ability to have a life outside caring. It will do this by making it easier for unpaid carers to access information about support and services in the region.

Further information: Email gateway@thecarecollective.wales

Telephone 02921 921024

Address: West House, Stanwell Road, Penarth CF64 2YG



Cardiff and Vale Unpaid Carers Charter

Did you know...

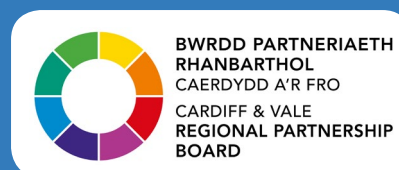
Cardiff and Vale Regional Partnership Board launched the **Cardiff and Vale Unpaid Carers Charter** at the Temple of Peace, Cardiff on 24 March 2023?

And this has been adopted by Cardiff Council, the Vale of Glamorgan Council and Cardiff and Vale University Health Board.

The Charter recognises and celebrates the vital contribution that unpaid carers make to the people they care for and to our communities. It sets out commitments that will ensure that unpaid carers are recognised, and partners support the highest quality of life possible for unpaid carers and the people they care for.

The Charter will enable us to:

improve support for unpaid carers, explore and identify new ways of working, and increase accessibility to information, advice, and assistance for unpaid carers.



Flu vaccine and COVID-19 Winter booster 2023/24

The Covid-19 Winter Booster vaccination programme is now underway. Getting boosted is the best way to protect yourselves, your loved ones and the community from serious illness.

People aged between 16 and 64 who are unpaid carers are eligible for the vaccinations.

Please find further information below.

Telephone: 02921 841234



Carer Aware Project

In 2020 Carers Wales and Carers Trust Wales were awarded funding from Welsh Government to deliver the 'Carer Aware' project.

The project aim is to transform the recognition, respect, and support for unpaid carers across health and social care settings.

To do this Carers Wales and Carers Trust Wales have collaborated with unpaid carers, the NHS Confederation, British Association of Social Workers (BASW) and Social Care Wales, as well as professionals in health and social care.

Training and resources have been developed to:

- Understand the needs of carers
- To communicate effectively with carers and offer support
- Awareness of the legal framework in the Social Services and Well-Being (Wales) Act
- Work towards the Carer Aware Good Practice Principles
- Increase confidence and skills to undertake meaningful carers needs assessments
- Improve understanding & mutual respect to achieve positive outcomes for carers and practitioners
- Explore barriers and current good practice in day-to-day work with carers

Take a look at the resources available to you:

<https://www.carersuk.org/wales/for-professionals/carers-aware/resources>



Carers Wales Me Time sessions for carers

Me Time sessions in Wales are a series of online activities to support your wellbeing.

Activities range from practical advice on carers' rights and caring to emotional and physical wellbeing sessions like mindfulness and dance, to creative opportunities like crafting and cooking. Sessions are open for anyone across the UK.

February and March

Tuesday 6 February 2-3pm

Smart Speakers and device

Thursday 22 February 12:30-1:30pm

Working Carers – what you need to know

Tuesday 12 March 3-4pm

Mindfulness

Tuesday 19 March 1-3pm

Carers Rights in Wales

You can find information about what's available and how to book on the sessions via our website.

Further information:

Visit <https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/metime-sessions/>

Email info@carerswales.org Telephone 02920 811370



Short Breaks Scheme Wales

Amser, Welsh for 'time', is the grant fund for third sector organisations delivering personalised, flexible, and creative short breaks to unpaid carers in Wales.

Funded by Welsh Government, Amser is part of the Short Breaks Scheme for unpaid carers and aims to enable 30,000 carers to take a break from caring by 2025.

A range of break options to meet the diverse communities of Wales have been funded through this programme. These aim to improve carer resilience and wellbeing and to support the sustainability of the carer's caring relationship.

To apply for a short break funded by Amser, unpaid carers should contact their local provider directly.

Further information:

A full list is available at www.carers.org/around-the-uk-our-work-in-wales/amser

Email wales@carers.org

**CARERS
TRUST**



Education

New schools

Cowbridge primary school

opened in September 2023 to meet a growth in demand in the local community providing 210 pupil places. Cowbridge School is the first 3-19 superschool in the Vale of Glamorgan.

Derw Newydd in Barry

has replaced the Pupil Referral Unit, Y Daith and is managed by Ysgol Y Deri.

A purpose-built building for additional needs in the Vale of Glamorgan is part of the Welsh Government's initiative to provide appropriate facilities for those students, creating places for 60 children of comprehensive school age who have been referred to Derw Newydd.

Ysgol y Deri Barry -

The building that formerly housed Ysgol Sant Baruc in Barry has been renovated and retrofitted with a range of specialist equipment to provide learning for 60 pupils and staff.

Ysgol Y Deri Barry includes features such as a cooking room, a therapy room, new reception and break-out areas for parents and carers, and a purpose-built on-site dining room. This is a temporary measure while a new purpose built building, currently known as Ysgol Y Deri 2, is being developed at Cosmeston, near Penarth.



**Derw
Newydd**



Transition

Primary to Secondary

On 1st March 2024 outcomes of secondary school placements will be issued.

The transition to secondary school refers to the time in which a child makes the educational shift from ending their final year at primary school, to settling into a new stage of their life in Year 7.

Recognising that transitioning from primary to secondary school is a particularly significant change for children;

Young Minds Charity have resources available for children, young people, families, and school staff to support this movement.

For further information:

Website <https://www.youngminds.org.uk/professional/resources/supporting-school-transitions>



YOUNGMINDS

Transition to Adulthood The opening of Ty Catwg

Taff Housing is developing a hostel which will house 10 individuals age 16+, in their own self-contained flats, who are homeless or at risk of homelessness, and have complex support needs. The hostel will be known as Ty Catwg and will be opening in early 2024.

The project is funded by Vale of Glamorgan Council and forms part of the council's Housing Support and Homelessness Prevention strategy.

It is endeavoured that with their combined skills and efforts, collaborative working with local services and organisations and by building positive relationships within the community, they can help residents achieve their goals and move on successfully into independent accommodation.

For further information: Email tycatwghotel@taffhousing.co.uk



TAFF

Insight app

Insight is Innovate Trust's free community app for adults with disabilities across the UK. Insight provides over 80 live and in-person activities per week and a social space for people to share, make friends and be digitally included in an accessible and friendly environment.

For further information:

<https://innovate-trust.org.uk/services/insight-app/>

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

**Innovate
Trust**

Disclaimer

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