



Summer Index E-Bulletin - July 2020 Issue 34



Welcome to The Index Summer E-bulletin

Dear Readers

Due to the current situation we are unable to provide you with our usual quarterly newsletter. In its place we have put together a summer e-bulletin instead.

It is now July and the world has been a very strange place for the past few months. We hope you have all been keeping well and staying safe. We are so pleased to be able to include some articles from our readers about your experiences during 'lockdown'.

We also have some ideas for activities you could try, as well as updates from some of our local services.

Contents

- Stories from our Readers Pg 2
- The Index Newsletter Survey Results Pg 6
- Summer Activities Pg 7
- Mental Health and Wellbeing Pg 15
- Transition - Focusing on Young People Pg 17
- Updates from Services Pg 18

Stories From Our Readers

My name is Warren



I am 11 years old and go to Victoria primary school. I have a younger sister who is 7 and her name is Megan.

This is supposed to be my last year of primary school but it has been cut short due to this pandemic.

I was OK at first but as the weeks have gone on I have realised that I might not see my family and friends for a long time, but my family have made it as special as they can.

We have baked cakes, drawn rainbows and gone for walks with our dog.

My mother is a key worker, she works in Llandough hospital on the COVID wards as well as normal wards. She is a phlebotomist. Her and all of her work colleagues are working through and providing a service in these scary times.

She, as well as my dad, have tried to make the best of a bad situation, we have watched films together played games together and even got a new pool.

We have tried our best to work from home but at times it is hard as we only have one laptop and no teacher to help if we are stuck, but I have enjoyed being home schooled as I get to see my family more than usual.

I would like to share my story as I am proud of my family for sticking together through all these hard and scary times

Thank you

Warren



Vanessa

Vanessa would like to pay tribute to the keyworkers in her family:

Our Key workers in our family: Luke who works in Pharmacy and his partner Ffion who is a carer and Ellis, working hard in retail. We are very proud of them all ❤️



Lisa



We are enjoying helping the elderly and vulnerable and we are cooking and delivering meals 3 times a week to isolated residents of Barry. The children are getting involved, making lovely pictures to give alongside the meals.

We are on our 5th week of doing this and the children are learning such valuable life skills; empathy that my son that has ADHD lacks in, lots of patience from my 3 year old nephew who is on the autistic spectrum and my niece who has past trauma experience. I foster them both and they are all doing amazing learning kindness and caring aspects of life. Although the situation we are in is not great I am using this opportunity to be positive 😊

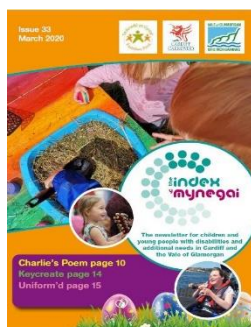
Poem

Lisa's son has also written a poem he would like to share. This was written at the beginning of lock down.

We used to go to the park and play
We'd go to the shops and eat sweets everyday
But now we stay in and watch T.V. all day
But our time is not wasted, this is where love begins
We can help the most vulnerable by doing simple things
Checking on your neighbour or offer some food
Paint pretty pictures to spread the news
To stay inside, so we can save lives
We really don't want any more to die
When this is all over, we would have realised
How the world came together to save precious lives.

Ollie Evans

The Index Survey Results



Thank you to all who completed the Index Newsletter Survey, we appreciate your input. See below for the report summary and recommendations.

Summary and Recommendations

1. The majority of people (92%) rated the newsletter as either excellent or good. Therefore people see the value in the newsletter.
2. As 62% would be happy to receive a digital copy, this needs to be followed up. It would reduce costs for printing and postage and would be more environmentally friendly. It could also mean that a newsletter could be distributed monthly, ensuring information is current. We need to consider the remaining 38% who would prefer a printed copy and perhaps a printed copy could be posted to these families.
3. There were no strong feelings on whether people living in the Vale should receive information on services and activities in Cardiff. However, each newsletter should still contain information about accessible services open to Vale residents in bordering local authorities.
4. We should include information on a wider range of disabilities and a variety of ages. Work is needed to identify these gaps
5. We had such a positive response from people wanting to be part of a focus group, we will consider how we can use this to consult about the services provided and whether they are meeting people's needs. It would also help with meeting the recommendation in 4. above

If you wish to view the full report, please click [here](#).

Summer Activities

Disability Sport



Summer of Sport and Physical Activity

The Vale of Glamorgan's Disability Sport Wales Development Officer is teaming up with colleagues in Bridgend, Cardiff, Merthyr and Rhondda Cynon Taff to provide a summer full of online activities.

There will be 2 online sessions each week day starting on Monday 27 July and will run until the end of the summer holidays.

These sessions will be posted on the Disability Sport Wales – Central South [Facebook page](#).

Activities will include Tennis, Football, Dance, Karate and many more.

We look forward to seeing you throughout the summer!

Vale Play Team



Message from Vale Play Team

Vale Play Team would like to congratulate you on how well you are doing. We know that this is a challenging time and hope you are all staying safe and staying positive.

To thank you for supporting our team, we have made a printable certificate of appreciation. You can download your copy here, print it off and decorate it.

[Lockdown Champion Certificate](#)

We've also created a COVID-19 Time Capsule Resource Pack, which you can print off and fill with all of your memories of this time!

[COVID-19 Time Capsule](#)

National Play Day

To celebrate this year's National Play Day on Wednesday 5 August, we will be celebrating children's right to play with the National #MakeANoiseForPlay Campaign.

Although our annual event will not be taking place in the Vale this year, we will be encouraging families to Make a Noise for Play at 2pm on National Play Day.

Why not celebrate at home? This year's theme is **Everyday Freedoms, Everyday Adventures**. Or you could celebrate in your local park? Join Cyril the Squirrel at Romilly Park and follow the Tree Trail for an Everyday Adventure.

We will have National Play Day Resource Packs available for families – please get in touch to request your copy!

Summer Provision

This summer will look very different to others, as we will not be running our usual programme of events and activities. Instead we have been asked to deliver play provision for those who have been identified by Children's Services as the most vulnerable children in the Vale.

We do have our Play To Go – Takeaway Menu, so if you would like to hire any equipment to have your own fun at home, please get in touch.

Play in a Pandemic Survey

“During times of crisis, play has a significant therapeutic role helping children recover a sense of normality and joy” – International Play Association

We would love to hear about the part play has had in your family’s life during this pandemic. Please spare a few minutes to take our short survey

Play in a Pandemic Survey:

<https://www.surveymonkey.co.uk/r/FYP8WVW>

Healthy, Active and At Home

Since the beginning of the lockdown, Vale Play Development Team have been busy working from home developing “Healthy, Active and At Home” activities for families in the Vale to enjoy via Social Media.

Our Healthy, Active and At Home ideas offer low-cost, no-cost ideas to keep you healthy, active and having fun whilst at home.

Families First Holiday Club

The Families First Holiday Club is running this summer but due to current restrictions on numbers attending, space and use of facilities, the club is at full capacity. We will let you know about future schemes in October Half Term.

Follow us for updates:

Facebook: [@valesportsplay](#)

Twitter: [@valeplayteam](#)

Instagram: [@valeplayteam](#)

Contact Details: 01446 704809

playdevelopment@valeofglamorgan.gov.uk

Teenscheme

Vale People First
'Getting out, Getting on'



Teenscheme will be re-opening this Summer!

Venue: Rhoose Community Centre, Stewart Road, Rhoose, Vale of Glamorgan, CF62 3EZ

Time: 10am - 3pm. Packed lunch required and £5 donation.

Dates:

July 2020 - Thursday 30 & Friday 31

August 2020 - Thursday 6, 13, 20, 27, Friday 7, 14, 21, 28

Spaces are limited.

Attendance at Teenscheme is still by referral only. Referral "All About Me" books can be requested by emailing movingonwell@gmail.co.uk

At this time, email is the quickest and easiest way to access the "All About Me" referral book.

What have we been up to?

Over the Lockdown period – Teenscheme sent postcards to all Teenscheme members and a "Fun Parcel" was hand delivered to all Teenscheme young people.

The messages we received said that both the postcards and the "Fun Packages" were "Great" and we had many "Thanks Yous" from Parents/Carers and the young people.

KeyCreate



We will be running online inclusive sensory play, music and storytelling groups at 10am on Tuesdays starting Tuesday 28 July.

We will also be bringing our face to face inclusive playgroups back, on a different day of the week, at Glyndwr Hall, Penarth, CF64 3ND in the next few weeks. They will be outdoor only, socially distanced, and prebooked to keep numbers low.

Keep an eye on our [Facebook](#) page for updates.

Summer Activities For The Family

The Family Information Service and Families First Advice Line have compiled a list of activities and ideas for the family this summer. From parks, farms, fitness, Welsh, Youth, to Wellbeing and Learning, visit the FIS website for more information:

[Summer Activities for the Family](#)



CREATE!



Want to enter a fun creative competition, have your work displayed online for everyone to see, and maybe win a prize?

The art competition Create! is an opportunity for everyone in the special education needs community, from age 6 upwards, to show off their creative skills.

The competition, which runs until the end of August, has categories for:



2D & 3D ART



DIGITAL MEDIA



POETRY & PROSE

To find out more details go to

www.createart.org.uk



Buds & Blooms



Free online sessions of Buds and Blooms Intergenerational Groups

I have been running Buds and Blooms (not for profit) Intergenerational groups in care homes in the Vale of Glamorgan since September 2018. The residents love seeing the children and it's lovely watching the friendships that have been built. Unfortunately this has had to stop due to Covid 19. As a result the residents are missing the children and cannot have their relatives and friends visit either.

To enable the continuation of the service I decided to run online sessions of Buds and Blooms via zoom and we have recently been successful in securing a grant from The National Lottery to enable me to continue running the service for another year. Whilst the sessions are online I'll provide resource packs to compliment the sessions.

Sessions:

Monday - 11am

Thursday - 2pm

Sessions last for about 40 minutes. Join us for singing, signing and stories with a range of props.

The sessions are usually for pre-school children and are suitable from birth upwards, however school aged children are also welcome to attend. If after a session you would like to continue, a resource pack will be sent out to you.

Sessions and resource packs are free of charge, if at any point you are able to make a donation to enable me to keep running the groups in the long term it would be welcomed.

You can contact me via our [Facebook](#) page. Take a look to find out more about Buds & Blooms!

Can Do

Looking for fun over summer? You Can Do!

Join our interactive virtual activities to have fun while you learn something new.

Throughout July and August we will be running regular virtual sessions with a range of activities and something for everyone!



Can Do

Activity themes to include:

Music
Arts & Crafts
Getting Active
Wellbeing

For more information and to register your interest head to: www.leonardcheshire.org/cando

 /CanDoers

We hope to see you soon!

Can Do could be your next step to get where you want to be.

It is a skills development activity based programme for young people with additional needs. It's about giving you the opportunity to make a difference - both to your local community and yourself.



Leonard Cheshire Disability is a company limited by guarantee, registered in England no. 552847, and a registered charity no. 218186 (England & Wales) and no. SC005117



Mental Health and Wellbeing

Cardiff and Vale of Glamorgan Regional Safeguarding Boards (C&V RSB)

If you're worried about the impact of coronavirus on your mental health, *you are not alone*.

The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways.

However you are feeling right now, with the right help and support, we can get through this.

There are a range of support services that are available which can provide help and advice on how to support your mental health and wellbeing during this difficult time.

Click [here](https://www.cardiffandvalersb.co.uk/wp-content/uploads/Mental-Health-and-Wellbeing-Advice-and-Services.pdf) for more information: <https://www.cardiffandvalersb.co.uk/wp-content/uploads/Mental-Health-and-Wellbeing-Advice-and-Services.pdf>

Other resources that may help:

[Young Person's Mental Health Toolkit and other useful resources for children and young people:](https://hwb.gov.wales/repository/discovery?fields=resources&query=mental%20health&sort=recommendation)

<https://hwb.gov.wales/repository/discovery?fields=resources&query=mental%20health&sort=recommendation>

[Mental and emotional support for children and young people - useful contacts:](https://www.valeofglamorgan.gov.uk)

<https://www.valeofglamorgan.gov.uk>

Transition

Working on Wellbeing



We're excited to inform you about our new service [Working on Wellbeing](#), which is being delivered in partnership between Scope and the Legacy International Group.

This welsh government funded project aims to support unemployed disabled people, aged 16 and over into work, volunteering or further training. We offer this service in English and Welsh.

There are three main strands to Working on Wellbeing;

Starting Line, Kickstart and our ALN 26 week programme.

Starting Line is a pre employment training programme aimed at disabled adults of any age who may not know what they want to do or have been out of work for a long period of time. The sessions run for 7 weeks and consist of 2 modules per week including, 'How to talk about your disability', 'communication skills' and 'CV writing'. Alongside the sessions, we also offer 1:1 sessions weekly for the same duration. The programme aims to increase confidence and build core employment skill to help our customers secure a volunteering placement, access further training or education or find paid employment.

Kickstart is created for individuals that are ready and looking for work. Through our one-to-one sessions we work closely with each customer to create personalised

action plans that may include job searching, completing applications or practicing mock interviews with the goal of helping the customer secure paid employment.

ALN 26 week programme is delivered by The Legacy International Group. The tailored programme is designed to be facilitated by ALN tutors for students aged 16-25 focusing on developing key employment skills, identify career goals and increase students confidence.

CONTACT: workingonwellbeing@scope.org.uk

020 7619 7139

The banner features a purple and yellow background. On the left, the SCOPE logo is displayed with the text 'Equality for disabled people'. In the center, the text 'Working on Wellbeing Gweithio ar Les' is written in white. On the right, the text 'Cymorth cyflogaeth yng Nghymru Employment support in Wales' is written in white. Below the banner, there are logos for the Welsh Government and Legacy, along with the text 'Delivered in partnership with: Wedi'i gyflwyno mewn partneriaeth â:'.

Cook and Eat Easy Read Books

Our Cook and Eat cook books have been created to help people with learning disabilities cook more meals, with less help. There are four books in the series – which include recipes for baking as well as making small and larger meals.

The books include recipes that are set out as a step-by-step guide, with pictures of ingredients, cutlery and utensils needed for cooking and timings included, so that people can focus on doing the instructions one at a time.

The books are spiral bound to make cooking in the kitchen easier

One of your Transition Social Workers felt that you may find these books helpful.

Click [here](https://www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/support-eyup/cook-and-eat-easy-read-books/) to view the website: <https://www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/support-eyup/cook-and-eat-easy-read-books/>

Updates From Services

BBC Tiny Happy People



[Tiny Happy People](#) is here to help you develop your child's communication skills. Explore our simple activities and play ideas and find out about their amazing early development.

Tiny Happy People can help you develop your child's language and communication skills, so they get the best start in life.

We'll show you why and how you can bond with your child, before they're born and throughout their early lives – it's never too early to start.

Our ideas and activities are easy to build into your daily routine. They're quick and inspiring, but they're also based on expert advice and evidence, and are proven to help your child's development.

Special educational needs and disability resources

There are many common conditions that can lead to speech and language difficulties. These [resources](#) are designed to help families of children with special educational needs or disabilities (SEND).

Families First Advice Line



Families First Advice Line now have a Facebook and Twitter Page.

Facebook : [@FFALVALE](#)

Twitter: [@FFALVALE](#)

Families First Advice Line are now the single point of entry to the Team Around the Family (FACT) as well as Vale Parenting Service, Vale Youth Wellbeing Service, Flying Start Outreach, Young Carer and Parent Carer Assessments (with Children's Services).

Tîm o Amgylch y Teulu—FACT—Team Around the Family

Llinell Gyngor Teuluoedd yn Gyntaf yw'r pwynt mynediad sengl i FACT.



The Families First Advice Line is now the single point of contact for FACT.

Bydd FFAL yn brysbennu cysylltiadau i gwblhau asesiad cymesur.

FFAL will triage contacts to complete a proportionate assessment.

Yna caiff atgyfeiriadau priodol eu gwneud i FACT.



If appropriate referrals will then be made to FACT.

0800 0327 322

familiesfirstadvice@valeofglamorgan.gov.uk

Llun/Monday – Gwener/Friday—9.00—16.30



Report Harmful Content



Llywodraeth Cymru
Welsh Government

[Report Harmful Content](#), is a new service and is now available in Welsh through Welsh Government funding.

The service provides advice to anyone who has come across harmful content online, as well as support to anyone over the age of 13 who has already reported harmful content to industry and would like the outcome reviewed.

Report Harmful Content specifically deals with the following eight types of online harm:

1. Online Abuse
2. Bullying or Harassment
3. Threats
4. Impersonation
5. Unwanted Sexual Advances (Not Image Based)
6. Violent Content
7. Self-Harm or Suicide Content
8. Pornographic Content

If you or the person you are helping is in immediate danger please contact the police dialling 999

 [Report](#) [Advice](#) Cymraeg

Helping everyone to report harmful content online

 Threats  Impersonation  Bullying and Harassment  Self-harm or Suicide Content  Online Abuse  Violent Content  Unwanted Sexual Advances  Pornographic Content

IF YOU NEED TO TALK, WE'RE HERE TO LISTEN



0808 800 2222

Family Lives offers a confidential and free* helpline service for families providing emotional support, information, advice and guidance on any aspect of parenting and family life.

If you would like to access our service in Welsh, this is available between 11am and 2.30pm, weekdays. You can book an appointment via our website.



www.familylives.org.uk

   @FamilyLives

We build better family lives together

© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales.. 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ * From landlines and most mobile networks.

Young Carers



The team have been extremely innovative, in regard to what they are offering the young carers during lockdown. We are doing weekly welfare checks using our minibuses and have delivered wellbeing packs to all Vale young carers for Carers Week. These are gratefully received and give the young carers some much needed social interaction (at a safe distance, of course) with their

project worker.

We are also going to start delivering 1-2-1 support sessions adhering to social distance guidelines over the next couple of weeks, within the young person's local area, a walk to the local park for example. Risk assessments for our project workers are currently being updated/ finalised for this at the moment.

The young carers have accessed many activities which are themed:

- **Musical Monday** - zoom workshop where young people can show of their musical talents
- **Talking Tuesday** - zoom discussions about the YMCA youth zone, future self, consultations of what the young people want, caring experiences during covid-19 and presenting a poem, song or story.
- **Well-being Wednesday** – dance fitness, Taekwondo, positive initials challenge, young carer choir, bingo, meditation sessions, virtual cuppa and chat, well-being and mental health awareness.
- **Thinking Thursday** – riddle fun on zoom, live quiz's including general knowledge, all about young carers, driving theory test, life skills and subjects young carers have chosen.
- **Fun Friday** – Ideas for creating a home cinema, create your own board game, favourite movies and characters, fancy dress zoom, scavenger hunt and young carers live party for carers week.

A weekly newsletter is sent out to all with resources needed for the activities so that the families are able to ensure they have the necessary items for their child to participate.

For more information on young carers in your area visit:

www.ymcacardiff.wales or email Bethany.Riley@ymcacardiff.wales

Facebook: [YMCA Cardiff Young Carers](#)

Vale Youth Speak Up

Vale People First

'Getting out, Getting on'



- Our Youth Facilitator is sending out resource packs to young people, made up of Rights posters (to colour), NHS colouring posters, Easy Read information on how to stay safe, other activities like puzzles and how to access Zoom. We have sent out over 100 of these.
- Our All Wales People First Representative Stacey Traylor is a part of Speak Up – she has been keeping a video blog about her struggles with COVID. She has shared her story online with the network – available on All Wales People First and Vale PF [Facebook](#) social media channel.
- We hold regular Zoom meetings with our young people. One of our Speak Up members that is a Trustee has been arranging all our meetings as well as Trustee/Director meetings. We are proud of his awareness, skills and management qualities.
- We also have 4 Whatsapp Groups:
 - Quiz Group
 - Photo Group
 - Scene/Insight – Thursday evening Speak Up Group
 - Innovate Trust 'Insight' app

Contact: <http://www.valepeoplefirst.org.uk/>

[01446 732926](tel:01446732926) / 07866 564741 / liz.davidson@ldw.org.uk

All Wales Forum of Parents & Carers of People with Learning Disabilities (AWF)

About us

All Wales Forum has been established since 1998 and is an umbrella body made up of a Wales wide alliance of local and regional based organisation and support groups of parents and carers. We are governed by parents and carers, ensuring that our client base has a clear input into our direction of work.

How can I get involved?

Are you a carer-led network organisation? Do you support parents and family carers of people with learning disabilities? Do you want to have your say in co-producing services to meet their needs? Then we want to hear from you.

Our consultation opportunities, engagement groups and pilot projects need your voice, ideas and opinions.

Together, we can secure rights, enhance wellbeing and support family relationships through having an active contribution to society.

Contact us

For information, please contact: Josh Law:

josh@allwalesforum.org.uk / 07707 137810

To view more about this service and how to get involved click [here](#).

The latest coronavirus updates for families with disabled children

You can find out the latest information, support and advice about Coronavirus and its impact on families with disabled children on our regularly updated [Covid-19 \(coronavirus\) webpages](https://contact.org.uk/): <https://contact.org.uk/>

Contact for families with disabled children is open as usual; Advice & Information

Contact's [website](#) provides advice and information about any concern you might have about raising a child with additional needs – from diagnosis, entitlement to services and benefits, to childcare and support when your child is at school or college. To help find the advice you're looking for quickly and easily take a look at:

- [Our Common Questions tool to guide](#) you through our online information
- A Turn2us online [benefits calculator](#), offering independent information on benefits and other financial help you might be entitled to as a parent of a disabled child
- A Turn2us [online grants finder](#) to find out if your family can apply for a charity grant
- A [Live Chat](#) service to help find information about your rights to services and support. Look for the blue speech bubble bottom right.
- Browse our library of podcasts and look out for our regular [Facebook](#) Q&A sessions for tips and advice on parents' top issues and concerns

Parent Support Groups Membership; Local Groups Network

Do you run a support group, or thinking about starting one? Then join our Local Groups Network and receive our free quarterly e-Newsletter, Local Groups Action Pack, News Stories, Advice and Information for parent support groups across

Wales. We are in the process of setting up a sign up page, but if you have an interest in joining please do email us on cymru@contact.org.uk

Parent Steering Group

Contact Cymru is looking to increase membership to our Parent Steering Group. We would like a group of parents to help guide us on our journey throughout the life of this 3 year project. This involves attending two virtual meetings a year offering your support and advice, receiving regular updates of our work and any new materials we produce for your ideas and comments. Parents can opt out at any time. If you would like to join this, please do email us on cymru@contact.org.uk

Disclaimer

The majority of organisations included in this newsletter are not managed or run by the Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The 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 Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.



0800 5871 014

TheIndex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/TheIndex



Gwasanaeth Gwybodaeth i Deuluoedd y Fro
Vale Family Information Service

01446 704704

fis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis



[Vale Family Information Service](#)



[@ValeFIS](#)



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*Mae'r Mynegain'n cael ei gyllido gan Grant Teuluoedd yn Gyntaf
Llywodraeth Cymru*

