



Issue 1
April 2012

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newsletter

The newsletter for children with special and particular needs in the Vale of Glamorgan



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Hi All,

My name is Becky Keedwell-Jones and I am the Index Co-ordinator / Social Care Officer. I am pleased to welcome you all to our first edition of The Index Newsletter.

There have been lots of exciting things that some children and young people have taken part in and I hope to proudly put these achievements in each edition of the Newsletter. If you know someone who deserves a mention please contact me on **01446 725364** and I will gladly put it in 'The Index'! Or contact **Rhian Phillips, Index Administrator** on **01446 704736**.

I am looking forward to meeting you all at the relaunch event.

Regards,
Becky Keedwell-Jones

Child Health & Disability Team
Haydock House
1 Holton Road, Barry



Becky Keedwell-Jones



Rhian Phillips



Re-Launch of the Disability Index

The Vale of Glamorgan Council is required to have a Disability Index which is a register of children and young people with disabilities and additional needs in the Vale of Glamorgan. The object of the Disability Index is for social services, education and health to work together to help monitor service provision and provide a needs lead service.

The Disability Index is being supported by Families First Grant funding to help better coordinate disability services.

One key aim of the Disability Index is to work alongside parents/carers by providing them with information about services that are already available and to give parents /carers the opportunity to discuss their needs and suggestions to help improve the planning and co-ordination of services.

Children with Disabilities and additional needs, parents and carers are invited to attend the Launch where there will be a whole host of different organisations, from health, voluntary agencies, charities and support services in attendance for any advice or questions that you may have. Children and young people will be entertained by a variety of activities including arts and crafts, boccia, tennis, basket ball and other activities.

The aim of the Launch is to give families information of what's going on in the Vale and to get as many names signed up to the register as possible. Your child does not have to be known to social services, nor receive support to be included on the Index. It is important that we get as many names signed up to the register as possible in order to get better services for the person you care for. The Index is confidential and is held on a secure database.

An event has been planned to Re-Launch the Disability Index 18th April 2012, at The Hub from 11am-3pm.

Learn street dance!

Drinks and refreshments provided!

Fun and accessible for all ages!

If you wish to attend, please email: liz.davidson@learningdisabilitywales.org.uk and specify your dietary requirements. Please keep your email confirmation as your entry.

Family Information Service

Some family questions you can answer yourself, for all others contact us.

The Vale Family Information Service is a one stop shop for families who have children age 0-19 years. We work closely with the Disability Index Co-ordinator and Rhian Phillips, the Index Administrator is based in our team.

We have recently developed a Family Support Directory, which provides information on all family support services in the Vale of Glamorgan. One section is dedicated to services for children with additional needs. You can access the directory by visiting our website: www.valeofglamorgan.gov.uk/fis and click on 'Family Support Search.' You can also contact us directly where we can discuss your needs and offer advice and information.

We also provide information on the following:

- **Childcare (registered and unregistered) and we ask childcare settings whether they have experience of looking after children with special and particular needs**
- **Babysitters**
- **Parent & toddler groups and activities**
- **Holiday playschemes**
- **Leisure activities**
- **Education and health services**
- **Help with childcare costs and financial support for families**
- **And much more...**



Contact us:



Phone:
01446 704704



Email:
fis@valeofglamorgan.gov.uk

Visit our website where you can access all of our information:
www.valeofglamorgan.gov.uk/fis

Find us on Facebook – Vale FIS

What do we do at Vale Youth Speak Up?

If you are learning disabled aged between 11-25, live, go to school/college or work in the Vale of Glamorgan, then **COME AND JOIN US!** Ring 07866 564741 or 01446 724010

- We make changes!
- We make movies!
- We speak up for ourselves!
- We go on trips abroad
- Play games and have fun
- We are in charge, not the staff
- We are more confident
- We talk about our lives



Easter Disability Teen Scheme

Want to have fun this Easter with other young people?

The Penarth Youth Project will be running a Disability Teen Scheme for 3 days over the Easter Holidays on 16th, 17th and 18th of April.

The Easter Disability Teen Scheme is an activity based youth provision for young people to access between the ages of 11 and 18 years. Access to the Disability Teen Scheme is by referral only, and on a first come, first served basis. To request a referral pack, please email info@penarthyouthproject.org.uk or telephone Penarth Youth Project on **02920 405305**.

Activities will include arts and crafts workshops, pool, cooking, games consoles and visit/s to local parks, areas of interest, games, music and much more! The times for the Teen Scheme are:

10am until 3pm - Packed lunch and drinks need to be provided. The venue is Byrd Crescent Community Centre, Penarth.



For further details about the Easter Disability Teen Scheme 2012 please contact: **Tracey Downes** on **02920 405305**.



Disability Benefit for Children Run by the Citizens Advice Bureau (CAB)

Do you care for a child aged up to 18 and want some help to claim or renew their disability benefits?

Has the need for care increased?

Are you getting all of the correct money?

Our Benefit Take-Up Team (Welsh Government funded) can help you.

You can either contact us directly on 01446 704993 or visit us in Barry or at one of our outreach services and ask to be referred to the Benefit Take Up team.

Email advice: advice@valecab.org.uk

www.valecab.org

www.adviceguide.org.uk

CAB offices are available in the following locations at various times:

Barry

119 Broad Street, Barry

Llantwit Major

Youth Centre, Station Road, Llantwit Major

Penarth

West House Cottage, Stanwell Road, Penarth

St Athan

The Gathering Place, St Athan

RAF Camp

Gibbonsdown Communities First Office
Aberaeron Close, Barry

Disability Sport in the Vale

A variety of disability sports activities are taking place during the Easter holidays. See below for contact details. There will be two football sessions taking place on Monday April 16th and Tuesday April 17th at Cadoxton Primary School Sports Hall from 10am – 12pm. The cost will be £2.50 per day. If you require one to one assistance this has to be provided by a parent or guardian and there will not be a nurse on site to administer medication. If you would like a registration form then please contact me on the details provided.

I am Simon Jones, the Disability Sport Wales Development Officer for the Vale of Glamorgan Council and my aim is to set up more opportunities for disabled people of all ages to take part in Sport and Physical Activity.

Disability Sport Wales is the National Governing Body for Disabled Sport in Wales and work alongside many other National Governing Bodies to produce more high quality sporting opportunities for disabled people.

I work in the Sports Development team based at the Dock Offices in Barry. From here I can link in with all the other sports development officers so we can offer inclusive sport opportunities.

The Disability Sport Wales programme offers community sport clubs throughout the Vale. There are a number of different sports that disabled people can get involved with ranging from light exercise in the leisure centres, Dance, Kayaking, Football and many more. If you are interested in finding out more about the Sports clubs in the Vale please visit either www.disability-sport-wales.org or www.valeofglamorgan.gov.uk.

All the community sport clubs are very welcoming and always have a good atmosphere throughout the sessions, all you have to do to attend is fill out a registration form and you are ready to get involved.

Through working with the Play department we offer holiday Sport and Play programmes that are open for disabled children. Personal care and one to ones can be offered depending on what event is taking place. The marketing for each event will let you know what is available for your child.

My aim for the next year or so is to get more sport clubs in the Vale of Glamorgan to become inclusive so there will be a wide range of sports available throughout the whole authority.

I am always on the look out for volunteers to help with the Disability Sport Clubs. Through volunteering you can gain experience in sport and gain sporting qualifications to help you with the volunteering or coaching. If you are interested please get in contact with me and I can give you more information on what is on offer.



If you would like more information on Disability Sport in the Vale, for information on disability sports activities taking place during the Easter holidays or you would like a Disability Sport Club Guide please contact **Simon Jones**:

Phone: **01446 704728**

E-mail: sljones@valeofglamorgan.gov.uk

Rainbow Pop-In and Play Group

Rainbow is for pre school children, who live in Barry with special and additional needs, to attend with their parents. The group meets every Wednesday during term time from 1:00 – 2:30 pm at the Flying Start Family Centre on Gladstone Road.

There is a different theme every week which includes age and stage appropriate toys to suit every child's individual needs as well as a craft activity. Specialist play equipment is provided that is often very expensive for families to purchase.

It is a supportive group who always welcome new families. Parents have an opportunity to meet other parents who have had similar experiences. Advice and support for parents is also available from the professionals who run the group.

For further information contact **Ginny Kolmar** on **07834 254966**.

New families always welcome!



Coming soon to the Vale!

Toy Library

We are setting up a toy library for families who have children with special and additional needs from the ages of 0 - 4 years.

This will enable parents to access a range of play equipment that can often be expensive as children with disabilities often require specialist play equipment. This is of huge benefit to these children as it gives them the opportunity to use play equipment that meets their needs, assisting their holistic development and enabling them to reach their full potential. This equipment is often very expensive and it can often be a case of trialling several pieces of equipment with a child to see what is suitable for them.

Anyone who accesses Rainbow pop in and play sessions, or is receiving support through Cyfle Cyntaf will be able to access the toy library.

For further information contact **Ginny Kolmar** on **07834 254966**.

Wales Support Group Survey

Are there enough parent support groups for families with young disabled children in Wales?

Do parents have enough opportunities to meet other families with disabled children in the early years?

As part of the Early Support programme, Contact a Family Wales is undertaking a survey of parents' access to support groups across Wales. Mainly concentrating on families with disabled children under 5 years of age, including those children with specific health or education needs. We would like to find out more about how many groups there are across Wales, how many parents can find a relevant group to attend, as well as what are the good and not so good things about taking part in a group.

We also want to hear from parents who do not attend any support groups to find out their experiences.

We would like as many parents and professionals as possible to go on-line and let us know about what is happening in their area and what they think about parent groups for families with disabled children.



To complete the survey please go to:
<http://www.surveymonkey.com/s/DJ5FYP8>

Or for the welsh version please visit:
<http://www.surveymonkey.com/s/JMJV3SS>

This information is protected by the Data Protection Act and will only be stored on our password secured computers and will not be passed on to anyone else without your expressed permission.

Or if you would prefer we can send you a paper version of the survey to complete in English or Welsh. Email wales.office@cafamily.org.uk or call **02920 396624**.

If you would like know more about support groups or help setting one up please follow this link to the Contact a Family website for our group action pack where there is a series of publications to guide you through the different stages of setting up and running a group.
<http://www.cafamily.org.uk/families/supportinggroups/groupactionpack.html>

Local Motion Dance

The only disability dance class in the Vale of Glamorgan!

Local Motion Dance is a dance company run by Motion Control for young people with disabilities aged 11+. It provides brilliant dance opportunities every week, a chance to express yourself through movement and also make new friends. It is the only disability dance class operating in the Vale of Glamorgan and the dancers perform at a variety of community events all year round for family, friends and the public to enjoy. This is a fun creative class for dancers of all abilities and is funded by the international charity Children in Need.

We are at present trying to set up classes for children with disabilities aged 7-10yrs. For more information ring **Emma Mallam** on **077250 38778**, or visit www.motioncontroldance.co.uk.

Join us!
Thursday 5-6.30
The YMCA Hub,
Barry



PRESENTING...
The fun,
inclusive dance club for
young people

Local Motion
Dance Company

Join us!
Thursdays 5-6.30pm
The YMCA Hub, Barry

To register please phone
Emma Mallam
Motion Control Dance Co-ordinator
01446 733622

Plant Mewn Angen
Children in Need

Logos: Motion, VIBE, Children in Need, Vale of Glamorgan

Parents Federation

Do you have a disabled child or care for someone with a learning disability?

Join the Parents' Federation and receive regular updates on developments in your area. Through the Federation you can also have a voice and raise awareness of the issues that affect you.

For twenty five years we have supported families that care for a relative with a learning disability and pressed for better services and opportunities.

Membership is free and all members have access to our extensive information guide, thematic events and workshops and quarterly newsletters.

Contact us for details:

Phone: **01446 724008 / 02920 227800**

Email: **admin@parentsfed.org**

Website: **www.parentsfed.org**

www.whereyoustand.org.uk

Or find us on Facebook

Cerebra

Providing a free home visiting service

Hello,

I am Cerebra's Regional Officer for South & West Wales and provide a free home visiting service for parents of children with neurological and neurodevelopmental disorders (ADHD, ASD, epilepsy, learning difficulties, global developmental delay, Down's Syndrome, Cerebral Palsy etc) to help with things like:

- **DLA and other benefits for completion**
- **Help and advice on education and statement**
- **General information on Cerebra's services**
- **Help and advice on getting help from Social Services**
- **General advice on neurological and neurodevelopmental disorders**
- **Representation at appeal tribunals**

I am also available to talk to parent support groups, other charities, statutory departments and like to tell them more about what Cerebra do.

All Cerebra's services are free.

To book a visit or a talk give me a call or text on **07788 972159** or by e-mail at **davidw@cerebra.org.uk**.

David Williams



NAS Cardiff & the Vale Branch

Cardiff and the Vale National Autistic society (NAS) Branch is a parent-led voluntary group that meets regularly to exchange information, advice and support in a sociable and friendly atmosphere.

We are committed to raising awareness and understanding of Autistic Spectrum Disorders in Cardiff and the Vale area. We are committed to equal opportunities for all people living with autism and the development of a working partnership with professionals and with voluntary organisations.

We welcome anyone who has concerns and would like to know more about this condition. No diagnosis of autism is necessary.

Follow us on Facebook:

www.facebook.com/pages/National-Autistic-Society-Cardiff-and-The-Vale-Branch/161565207246411

Or on the web:

www.cardiffandvaleautism.org.uk/

For more information on how to access the timetable of events throughout the year and join the branch database, please email **NASCardiff&TheVa@nas.org.uk**



Down's Heart Group

Down's Heart Group focuses on providing support and information relating to heart conditions associated with Down's Syndrome and other areas of development which may impact or be impacted on by these problems.

We also represent the views and experiences of members on various committees. Our services are available to individuals, families and carers and cover those with a pre-natal diagnosis, newborns, those facing surgery and beyond, those with unoperated and inoperable conditions and those who are bereaved.

The group held its Inaugural General Meeting on 3rd November 1990 and became a registered charity in May 1992. Since then it has continued to develop and adapt according to the needs of its membership and changes in medical technology.

The charity is based in Bedfordshire but has national representation with members of the Executive Committee across the country, allowing them to bring together knowledge of service provision in different regions.

Down's Heart Group
PO Box 4260
Dunstable
LU6 2ZT

Tel: 0844 288 4800
Email: info@dhg.org.uk



Colouring Competition

If you would like to enter the colouring competition on the next page then please clearly write your name and address below.

Name

Address

.....

.....

Please return to:

**Rhian Phillips, Family Information Service,
Docks Office, Subway Road, Barry, CF63 4RT**

The judges' decision is final. The Index cannot accept any responsibility for lost or damaged entries. Closing date for entries is **30th April 2012**.



The winner's picture will be displayed in the next edition and will win a £10 voucher!

Touch Trust

Touch Trust is a pioneering charity that offers unique and creative movement education – Touch Therapy – for children and babies who have special needs.

We aid self-development within a social, creative and nurturing environment for children but also for the family, parents and siblings.

We promote the development of inclusive society, celebrating diversity through the provision of creative movement opportunities for those often unable to access creative expression and play.

Celebrating the integration of the disabled and non-disabled communities within our inclusive prestigious and state of the art facilities, we will make Touch Trust a 21st century model of community based on compassion and respect.

In practice this only means that the Touch Trust welcomes you, parents, siblings, children and babies to a place where you can feel happy and relaxed and your children can, through our holistic programme, develop their potential.

Tel: 029 20 635660

Email: info@touchtrust.co.uk

**Post: Touch Trust,
Wales Millennium Centre,
Bute Place, Cardiff**

