



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



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Happy New Year!

Welcome to 2015 and the 12th edition of 'The Index'. My name is Zoë and I am the new Disability Index Administrator.

As we say goodbye to 2014 and welcome in 2015, it's a good time to reflect on our achievements, celebrate our successes, and look ahead to new ventures, and I hope you enjoy reading about some of them in this issue.

Having been in post since the beginning of September, it gives me time to reflect and look back at some of the work that has been achieved: Telishia, our FMA, and I have been continuing the review of your thoughts on the Index newsletter, which has given me the opportunity to introduce myself and speak to some of you – thank you for your feedback, which will help ensure that what I do is guided by you. If I've not had the opportunity to speak to you yet, I look forward to doing so.

In taking on board some of the recent feedback, many of you wanted to read more about inspirational 'life' stories and you can read about an inspirational young man with dyslexia on page 5, and about a young lady who inspires other children and young people on page 5.

Through feedback, many of you wanted to know about accessible swimming, and you can find out more about The Vale Disability Academy on page 8.



Many of you felt there wasn't much available for younger children, so I went along to an Adventure Rangers session, which is available to children aged 4 to 11. They offer a range of activities - I had great fun! For those in their teen years I've also been to visit Penarth Youth Project to find out about their Teen Scheme – there is so much to get involved in, see page 3.

Looking ahead to new ventures I attended the launch of the Vale Face 2 Face Support Group, supported by Scope. And the much awaited Ysgol Y Deri opened its doors, find out more on page 6 and 7.

As is expected at this time of year, my New Year Resolution is to ensure that you all have improved access to information, support and guidance not just in newsletters but throughout the year....visit our new pages on the web and our new online Disability Index Noticeboard to enable you to Keep up to date with what's on.

Enjoy this edition and please just drop me an email or give me call if you have any ideas or suggestions.

Zoë Duncan, Disability Index Administrator
01446 704 736

Could your child be a positive role model to other children and young people?

If you feel your child is an inspiration or has achieved something that you would like to share please feel free to contact me, and we

can look to include them in a future edition of the newsletter, providing other children and young people with a positive role model.

What's on this half term?

PENARTH YOUTH PROJECT TEEN SCHEME

Penarth Youth Project are pleased to announce the dates for the February and March, 2015 Teen schemes held at Byrd Crescent Community Centre, Byrd Crescent, Penarth, Vale of Glamorgan

Disability Teen Scheme caters for young people aged 12 to 19 years, and is made possible by funding provided from the Welsh Government Families First Programme.



Make sure to mark the dates in your Diary for 2015:

February Monday 16th
Tuesday 17th

.....
March Monday 30th
Tuesday 31st

Please provide a packed lunch and drinks. Places are limited, are by referral only and by completion of the Helpful Book and require a donation of £5.00 per day.

For further information, please contact: Tracey Downes of Penarth Youth Project on the telephone number or email info@penarthyouthproject.org.uk

Please note our new address and Telephone Number!

PENARTH YOUTH PROJECT

Westhouse Cottage,
Stanwell Road,
Penarth,
Vale of Glamorgan
CF64 2EZ
Telephone: 029 2021 1747



Half Term Play Scheme

The Play Development Team will be running a play scheme during February 2015 half term at Cadoxton Primary School, Victoria Park Road, Barry on Tuesday 17th, Wednesday 18th and Thursday 19th February 2015.

For more information please contact the Play Development Team on 01446 704 809

Visit Euro Disney and Walt Disney Studios

“POPSY was set up after the birth of our daughter Poppy and she (and all the wonderful families we have met on our ‘journey’) inspires what we do.

EVERYONE is welcome – please get in touch!”

POPSY has been supporting families with special needs children (any special needs) since 2003. They are opening up their 8th Disney trip from 15 to 8 November 2015 to everyone.

- Return coach travel from South Wales
- **Wheelchair accessible** ‘Jumbulance’ and standard coach via the Eurotunnel
- **3 Nights B&B** at Disney’s Sequoia Lodge Hotel
- **2 Day Park Passes** to ‘Disneyland’ and ‘Walt Disney Studios’

Monthly savings plan are available. Interested? Full details on POPSY’s Facebook page.

Tel: 01633 440 949

Email: popsycharity@hotmail.co.uk or find ‘POPSY’ on Facebook





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Understanding Disability Group Celebrates 21 years of learning disability inclusion

The Understanding Disability Group was set up by Cardiff & the Vale Parents' Federation in 1992 and celebrated its 21st Anniversary at a recent event held at the Future Inn, Cardiff Bay. The Awards Ceremony is an

annual opportunity to celebrate good work, and good news, and provides inspiration to all who attend.

Representatives from the health service, local councils, other voluntary organisations and

local businesses participated in the judging of the Awards. The Awards celebrate outstanding examples of the understanding and inclusion of people with a learning disability, and this year we had 6 categories of Awards including a special 21st Birthday Lifetime Achievement Award, which was awarded to Melanie Carter for her outstanding efforts in setting up Valeplus in the Vale.

The Parents Federation offers a free information and signposting service to family carers that support a relative with a learning disability. We have a website www.parentsfed.org, an online information guide www.wherestand.org and are on twitter.com/parentsfed and at facebook.com/cardiffvaleparents federation



Cardiff & the Vale
Parents' Ffederasiwn
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Family Sought

BBC Wales Today are looking to speak to a family from South Wales who could talk to them about the extra costs of raising a disabled child, any cuts to financial support you may have experienced and having to go without essentials.

If you are interested call our press team on 020 7608 8741 or email press@cafamily.org.uk



The Contact a Family Freephone Helpline is an advice service for parents and family members caring for a disabled child. We also have a dedicated SEN (Special Educational Needs) service to advise families, on any aspect of their child's education.



Freephone helpline
0808 808 3555
(9.30am – 5pm Mon-Fri)
email: helpline@cafamily.org.uk

Award Night

Recognising hard work of children and young people with learning difficulties

The Vale Parent / Child Homework Support Club held its first Awards Night on 11 November 2014 in recognition of the children who attend for working incredibly hard.

The Rising Star Award and the Most Improved Child in their age group was presented by Cllr Jeff James to Sasha Williams, who was left with a brain injury following the Rhoose School crash on 20 June 2013. Sasha has fought to remain on target with her education and she is admired for supporting younger members of the club with their work. She is an inspiration, we are very proud of Sasha and all the children for working incredibly hard.

The support club was founded 2 ½ years ago with the aim of supporting as many children with learning difficulties as possible to make a difference to their attainment levels. Starting with just two children there are now 26 children on the register who have a range of difficulties and are supported by a specialist teacher, Mrs Hayley Rees, and a dedicated team of volunteers.

The club has linked with Disability Advice Project UK, which has enabled many of our volunteers to complete courses, including IT and First Aid, with some now continuing with Open University courses that fit in around their caring roles.

For further information about the club, please contact Cath on 01446 711 041.



Jacob Heywood raising awareness about Dyslexia

Dyslecsia Cymru/Wales Dyslexia is pleased to be supporting Jacob Heywood, an 11-year-old young man from Bangor who has been leading a national campaign to raise awareness of dyslexia.

Having been diagnosed with dyslexia in December 2013, Jacob found that his peers did not understand that he learnt in a different way. On his mother's suggestion, Jacob prepared a presentation to educate his classmates about his learning difference.

Subsequently this was adopted by Young Dyslexics, a national awareness initiative to raise the confidence and self-esteem of those young learners who experience difficulties associated with dyslexia. He is also very active in raising funds for dyslexic charities as well as raising awareness.

Dyslecsia Cymru/Wales Dyslexia is extremely grateful to Jacob for contributing a signed Gareth Bale Wales shirt for auction to raise funds for the charity. A truly inspirational young man who is actively using his learning difference to help others.

For further information on Dyslecsia Cymru/Wales Dyslexia, visit the website at www.walesdyslexia.org.uk



Welcome to Ysgol Y Deri

Some of you will remember that back in March 2013 we included an article in our 5th edition of the newsletter that mentioned the new school that was being built combining St Cyres, Maes Dyfan, Ashgrove and E'rw'r Delyn all to one site.

By now you will have heard of the new school, Ysgol Y Deri, which officially opened on 16 October. It is a state of the art school with fantastic facilities, and my colleague Becky Wickett and I were lucky enough to be shown around the school.

Marie-Claire Watt and Stuart Masterton have recently been appointed as Family Engagement Officers at Ysgol Y Deri and have provided us with the following information:

Ysgol Y Deri is a purpose built school for pupils from 3 – 19 years, with additional learning needs and is on site alongside St Cyres Comprehensive School as part of the Penarth Learning Community. The school currently caters for 250 pupils and opened its doors to pupils on Monday 10th November 2014. The school has many new exciting facilities including an hydrotherapy pool, sensory studio, radio and TV studios, hair salon, Touch Therapy, inside and outside gyms and a sports hall with a retractable floor which reveals a trampoline - the only one of its kind in the UK.

The classrooms are fitted with overhead hoisting and we have a full time nursing team, physiotherapists, occupational therapists, speech and language therapists, an aroma therapist and music therapists, on-site at all times.

In addition to the school facilities there is an adjacent respite facility offering respite provision to families from Monday to Friday, with overnight care.





We are both keen to work with families to promote and enhance the development of the pupils and to provide learning opportunities for families. We aim to provide workshops, training and opportunities to support their child's learning. This training provision will be based on identified areas of need such as positive behaviour management, coping strategies, feeding, sleep clinics, PECS and Makaton. Workshop dates will be available in the New Year.

We aim to improve communication between home and school and provide a support

network for families, to promote the idea of a 24-hour curriculum. Ysgol Y Deri operates an open door policy and invites families to drop in and make use of our café – The Wonky Teapot or our family room located off the main reception area.”

For further information please contact:
smasterton@yyd.org.uk or
mclairewatt@yyd.org.uk

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



Spotlight on... Sport



Why not learn to swim with **The Vale Disability Academy?**

The Vale Disability Academy has now been set up for just over 18 months and we have seen some very successful outcomes in this time.

A growing number of swimmers, with varying physical, visual and intellectual disabilities, are now attending three training sessions a week at Barry Leisure Centre.

We have recently become affiliated to the National Governing Body of swimming, Swim Wales, and with a full committee we will be looking into what we can do to make the club even more successful and sustainable. Being members of Swim Wales will mean that the swimmers will now be able to qualify for, and enter, many Swim Wales and British National Meets.

Earlier on in the year, the Academy attended a local gala which gave us very positive results, including 3 silvers and 2 bronzes. Since then we have had our first swimmer classified, who can now compete nationally. We also have other swimmers on the waiting list to be classified in the near future. Once our swimmers have been classified, we will then look to getting them internationally classified when they are ready.

Our swimmers are improving week by week, and this is evident by times taken during sessions and distance swims done each month. We have swimmers making it onto Swim Wales National Squads, and we are hopeful that in the near future this number will increase.

We have set up a 'Learn to Swim' programme for those swimmers with a physical or visual impairment. Once a swimmer has come through the 'Learn to Swim' programme, we are then able to provide them with an opportunity to join the academy, or integrate them into a mainstream club environment depending on their needs and disability.

Over the next year, we will be looking to put a programme in place, which will run alongside the Swim Wales Para-Swimming pathway and underpin the British Para-Swimming Pathway. This will include new ways of recruiting swimmers into the club, a new training programme and set up a competition calendar for us to follow.

If you would like any additional information on the Vale Disability Academy, then please do not hesitate to get in contact with either **Jenny Alcock** (AquaZone Swim Co-Ordinator) at Jenny.Alcock@parkwood-communityleisure.co.uk or **Emily Piddington** (Academy Head Coach) at swimming_emilyp@hotmail.co.uk and we will be more than happy to help with any enquiries.

Barry Leisure Centre hosts Sports Sessions for Disabled

During October half term disabled children from the Vale took part in sporting activities at Barry Leisure Centre which included water polo, dodgeball and light aerobics.

The morning started off in the pool with lots of fun water based activities. Barry Leisure Centre provided a swimming instructor who helped the group improve their swimming strokes before they transferred these skills into a competitive game of water polo.

The sessions could also help the staff at Barry Leisure Centre spot any potential swimmers that could join their Disability Swimming Academy which is run in partnership with Swim Wales.

The activities provided suited all the participants who ranged from the age of 3 upwards. They were accompanied in the pool and sports hall by the Vale of Glamorgan

Council Play Workers as well as disability sport volunteers.

After the swimming activities had finished the group moved on to the main hall at Barry Leisure Centre where they took part in a very competitive game of dodgeball followed by light child friendly aerobics which again were organised by the staff from Barry Leisure Centre.

Simon Jones, Disability Sport Wales Development Officer for the Vale commented: "It's brilliant to see people using their local facilities which can provide suitable and enjoyable activities for all. The centres have a wide variety of facilities that the public can use and hopefully these Half Term activities will lead to more groups using the Leisure Centres throughout the Year."



Get cycling with Pedal Power

In the New Year we will be developing after school and weekend cycling clubs which will include other activities such as arts and crafts, and music sessions.

We will also be offering 'Learn to Ride' sessions and 'Cycle Training' sessions in the School Holidays. These are also available after school and on Saturdays.

If you have a disability and would like the opportunity to ride a bike we have a wide variety of specialised bikes, trikes and accessories for all ages and abilities.

If you have any queries or would just like a chat about any of the above activities contact Rob on cyp@cardiffpedalpower.org
Or telephone: 029 2039 0713
www.cardiffpedalpower.org

We assess each individual's specific needs and match them to the most suitable bike. We then follow their development and re-assess when needed.

If you would like to hire some bikes as a group of friends or as a family, why not come along to Pedal Power where you can ride on the lovely traffic free paths within the wonderful parks or beyond.

We also offer 'Cycle Safety Awareness' training for those supporting people with disabilities to ride.



Welsh Karate

raising the standard



Llantwit Major based Karate Club has become the first Sport Club in the Vale of Glamorgan to achieve the recognised disability inclusion award.

They have achieved the Silver Insport Accreditation Level and are the first Karate Club in Wales to achieve this high standard.

Insport is a Disability Sport Wales programme, designed to support Governing Bodies, Local Authorities and Clubs to provide inclusive, quality sessions for disabled people within their communities, and at a level of their choice and abilities.

Llantwit are now only one step away from achieving Gold, which is the top award for inclusion in Wales.

Simon Dodd who is the club Sensei commented "As an organisation run by volunteers, it is great that we can still offer one of the highest levels of inclusion in Wales. Karate can have a huge impact on people's lives and I am proud we can serve the community in this way"

The Welsh Karate League has a disability category where people with a range of impairments can enter and take part in a competitive environment alongside the non-disabled participants.

Penarth Leisure Centre hosted the Welsh Karate League on Sunday 28, with participants travelling from across the UK.

The event saw around 500 male and female competitors taking part throughout the day ranging from under 8s up to veterans, in both the Kata and Kumite categories.

Simon Jones who is the Disability Sport Wales Development Officer for the Vale of Glamorgan Council added "I think it's brilliant that so many clubs in the Vale of Glamorgan are aiming to be inclusive and provide activities for disabled people, the aim is to have a wide range of sport and physical activity clubs in the Vale that will go through the Insport process. This will give disabled people more choice in what activities they wish to take part in and hopefully get them hooked on sport"

Numerous clubs throughout the Vale of Glamorgan have already completed the accreditation scheme up to Ribbon and Bronze level including Vale Reds Football Club, Penarth Karate Jutsu Kai, Barry Beavers Swimming Club, LS Haven Air Target Club, Boccia Rollers, and St Andrews Major Special Olympics Golf Club. More clubs are being encouraged to sign up so more disabled people can take part in sport. Even if you don't have any disabled participants in your club this process can help your club become disability friendly.



If you are interested in your physical activity or sport club becoming inclusive please contact Simon Jones, Disability Sport Wales Development Officer for the Vale of Glamorgan Council on 01446 704728 or sljones@valeofglamorgan.gov.uk



Hat Trick for Vale Reds

at their first football festival

The Vale Reds Disability football club season is now under way.

Having worked hard over the summer, some players stepped up in to a different banding, so the first festival at Newport was a new experience for many, but all players showed they were up for the challenge.

The coaches need not have worried as they all proved they could hold their own with the under 16 team, who had jumped into a different branding, coming away smiling having played some lovely football and securing three wins. The two over 16 teams did really well considering there was a lot of new players making up the two teams and playing together for the first time. They also came away with three wins each.

The second festival at Cardiff really did sort out the players a bit more as it turned out to be a bit more physical than usual and the over 16 B team came away with the most



wins as they played their own game of passing the ball around instead of the over physical way other teams had been. The under 16 team did well again and showed that the first festival was not a fluke, even with different players in the side.

The club has also welcomed five new players since September, so it is still growing, but we have also lost a few older players due to work commitments. We wish them well.

The club is always looking for new players especially for our under 16 team. We are also on the lookout for goal keepers for both age groups, so if you are interested please have a look at the web site for more information at www.valereddisabilityfc.btck.co.uk



E-Motion Dance help light up Barry

E-Motion Dance is a new company continuing the good work that the Vibe Experience's Motion Control Dance project has provided in the Vale of Glamorgan for the past ten years.

A few of the Local Motion Dancers performed at the switching on of the Christmas Lights in High Street in front of a large crowd.

Local Motion Dance is weekly dance sessions for children, young people and adults with disabilities who love to dance. It is a great place to meet new friends and have the opportunity to perform at local community events that develop confidence and self-esteem as well as enjoyment for our members.

The new term began at the start of January 2015 - meeting at the Barry YMCA on Thursdays from 4.30 - 7.30pm

Please contact Emma Mallam on 077250 38778 or email mallamemma@gmail.com for more details or visit our website www.e-motiondance.co.uk or like us on our Facebook page E-Motion Dance or follow us on Twitter - EMDance 2014



New Support Groups for Parents in Barry

New Autistic Support Group in Barry

The National Autistic Society has set up a support group for parents in the Barry area.

Although these events are primarily aimed at parents/carers of children/adults with autism they may also be of interest to professionals working with families who live with autism.

It's a chance to meet and talk to other parents and carers of children and adults with autism, over a cup of tea/coffee in a friendly, welcoming environment.

We will also be joined by representatives from NAS Cymru. More details will be announced nearer the events, which will be held at the Pioneer Hall, Beryl Road, Barry CF62 8AN on

Saturday 7th February 2015
(10:30am – 12:00pm) and
Saturday 14th March 2015
(10:30am – 12:00pm)

These events are not restricted to NAS Branch members, and anyone who has concerns and would like to know more about autism are welcome to all our events. No diagnosis of autism is necessary.

Our Branch Website can be found at www.cardiffandvaleautism.org.uk
If you wish to contact us for further information please email:
nascardiff@nas.org.uk



Epilepsy Support Group in Barry

Epilepsy Wales has set up a support group in Barry.

If you are affected by epilepsy, know someone who is, or are simply interested in a condition that affects 1:94 of the general population (umm, statistically that is 510 people in Barry with epilepsy, or over 1,300 in Vale of Glamorgan!) come along on the first Wednesday of each month to the Civic Offices, Holton Road, Barry, between 10.00am – 2.00pm

Come meet and talk to other people affected by epilepsy, pick up some information sheets, stay for a cup of coffee or get the information you want and continue your day – no appointments, no entry charge, just a passion to raise the awareness of epilepsy.

For further information why not contact us:
epilepsywales@hotmail.com or on
07970 267 358

**HELPING PEOPLE WITH
EPILEPSY THROUGHOUT WALES.**



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