

Issue 13  
March 2015



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

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# Spring into Action

## Welcome to the 13th edition of the Index!

With the increasing daylight, warming temperatures and rebirth of flora and fauna it gives us all the perfect opportunity to get out and about, and as the clocks go forward (Sunday 29 March) it gives us the opportunity to spend the lengthening days making the most of **new opportunities** (see Pedal Power's new Saturday Bike Club on page 9 or find out about the new Barry and The Vale Face 2 Face support group on page 12), **resurrecting some old favourites** (for younger children looking for adventure and fun, pop along to Adventure Rangers, see page 9; or if your child is of preschool age why not take advantage of the Sense of Play Project, page 11) and **renewing our interest** in others (Touch Trust offer some wonderful opportunities for you and your child whatever their age, see page 8).

Springtime is also about growth, and in a continued effort to take on board your feedback from last year many of you asked

for information and support for your children as they reach 16 and the transition as they look ahead to becoming young adults. I hope our Spotlight on Transition on pages 6 and 7 provides you some guidance and reassurance of the support available going forward.

Finances in need of a spring-clean, then there may be some additional support available to you, see our Money feature on page 4 & 5 including information on the Education Maintenance Allowance (for young people aged 16 to 18) and the Assisted Places Scheme (supporting children in registered preschool and out of school settings).

Don't forget to keep a look out at the emerging Index Noticeboard, especially as we begin to move forward towards the summer months.

**Zoë Duncan**  
**Disability Index Administrator**  
**01446 704 736**



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## Easter Egg Hunt

In the spirit of Easter, join in this edition's Easter egg hunt... How many eggs can you find in the newsletter? Email your answer to [disabilityindex@valeofglamorgan.gov.uk](mailto:disabilityindex@valeofglamorgan.gov.uk) by 31 March and you could be in with a chance of winning an Easter egg. The winner will be selected at random from the correct entries.

## NEW: Disability Sports Directory

For further information please contact Simon Jones, Disability Sports Wales Development Officer on 01446 704 728 or email [sljones@valeofglamorgan.gov.uk](mailto:sljones@valeofglamorgan.gov.uk)



# Young people run for Barnardo's



**As part of the great festival of running, Barnardo's organised a 2.4k Family Fun Run round Cardiff Civic Centre in October 2014. The event saw hundreds of people – children, young people and families – embrace the fun and excitement of the overarching Lloyds Bank Cardiff Half Marathon weekend.**

Suzanne Lush, Barnardo's Project Worker is involved with the Vale Independent Living Scheme. The scheme provides young people with the opportunity to gain confidence in independence and, learn and practise new skills needed for their transition to adulthood. Here she shares the experience of several young men with autism - Erin Jennings, Andrew Worsey, Shane Doran and Matthew Bowley - who have been supported through the Scheme and their involvement with the Family Fun Run event:

"Through their attendance at the Scheme, they were eager to take part in the Family Fun Run, and I was keen for them to help in the organisation of the event run up. With the support of Rachel, of the Barnardos' Fundraising Team, they were involved in a raising awareness event, which saw them helping to manage a stall, set up at the entrance to Hamley's Toy Store in Cardiff. They were tasked with handing out event

flyers to passing members of the public, and asking whether the public would be interested in taking part in either the Family Fun Run or the Cardiff Half Marathon. The event was a big success, and they all really enjoyed the experience of being in a busy social setting and engaging with the public.

On the day itself, the young people (donned in bright green Barnardo's tee-shirts) took the bus from Penarth into Cardiff Central, where we met up with colleagues, volunteers and other service users taking part in the event. They were excited and enthused by the carnival atmosphere, the stalls, broadcasts, music and sheer volume of people taking part.

The weather was kind, and stayed dry throughout. Three of them chose to run the 2.4k while others decided they would walk. All were awarded with a new tee-shirt and a medal on completion – a delight for everyone!

The day was a huge success and although we were all shattered by the end of it, we all felt it was a massively worthwhile experience. It enabled them to see the result of all their hard work in recruiting the public, their involvement in such a big event and they all raised much needed funds for Barnardo's."



# MONEY MATTERS

## Assisted Places Scheme

**The Assisted Places scheme is directed by the Early Years Development & Childcare Partnership (EYDCP) in the Vale of Glamorgan Council.**

Funding is available to support the improvement in the welfare or quality of life of a child with a disability/additional learning need, or a child in need by providing good quality childcare to support the child's needs.

Funding supports children in registered preschool and out of school childcare settings.

Children are offered a maximum of 2 x 2.5/3 hour session per week for up to 12 weeks initially.

Placements are reviewed every 12 weeks and subject to funding available could be extended.

Referrals can be made via a range of different agencies including Health Visitors, Social Workers, Child Health & Disability Team, Families First, Head Teachers, Parenting programmes, Disability Index and Family Information Service.

Criteria for funding:

- A child with emotional/behavioural difficulties
- Learning disability
- Physical disability



- Speech, language and communications difficulties
- A child from a low income family or a family in receipt of out of work benefits

If you feel that your child could benefit from this scheme but you are not currently working with any agencies mentioned above, please contact the Family Information Service 01446 704 704.



## Are you caring for a disabled child, struggling to pay your bills or have problems that are worrying you?

You are eligible to get advice to increase your income or solve your problems, through The Better Advice, Better Lives (BABL) project, which is funded by the Welsh Government. It is an anti-poverty project, aimed at raising the income of families with Disabled children.

Our team operate from the Citizens Advice Bureau located at 119 Broad Street, Barry and is open Monday to Friday from 09:30 until 16:00 (extended to 18:00 on Wednesdays).

Speak to your GP, health visitor, social worker or family charity who can refer you to one of our specialist Advisers. Alternatively call 03444 77 20 20 to make an appointment.



## Education Maintenance Allowance (EMA)

The Education Maintenance Allowance is an income-assessed weekly allowance of £30 to help students with the cost of further education. It is paid every two weeks directly into the student's bank account.

It provides young people, who wish to continue in education after school leaving age, with an incentive to earn awards through good attendance and achieving agreed objectives.

Receipt of EMA will not affect any benefits which are currently paid to your household.

To be eligible you need to be

- Aged 16 to 18
- Living in the UK
- In Full Time Study
- Studying an eligible course

If you think you may be eligible please contact your school directly. Further information is available at [www.studentfinancewales.co.uk](http://www.studentfinancewales.co.uk)

## Family Fund

The Family Fund makes a difference to the lives of children and young people with disabilities or serious illnesses and their families across the UK. They give grants that support a family, improve their well-being, increase quality of life and ease many of the pressures they often face.

They are a registered charity and the UK's largest provider of grants to families, living on the lowest of incomes, raising disabled and seriously ill children. Their grants bring practical and essential help that is often a lifeline to a family such as washing machines, fridges,



bedding, specialist toys and much needed family breaks.

Last year, the Family Fund was able to help over 68,000 families across the UK.

To see if you are eligible and for more information visit their website: [www.familyfund.org.uk](http://www.familyfund.org.uk)



# SPOTLIGHT

**During the review in 2014 we asked parents about any support that would help and many of you expressed that you would like to know more about transition.**

Transition is about growing up and becoming an adult, and it can be an exciting and challenging time for young people and their parents, with lots of changes and choices to be made about the future. However, it can also be a frustrating and daunting process.

We hope the information provides you with some reassurance of the support that is available during the transition process. In response to the feedback, we are also in the process of developing a Transition Pack, and will let you know when it is available.



## Moving from childhood into adulthood

**The Child Health and Disability Team (CHAD) in the Vale of Glamorgan Council have two Transition Social Workers – Anita Wilson and Leah Andrew, who have provided the following information about the Transition Process:**

“When a child, who is known to the CHAD Team, reaches the age of 15, they will be transferred to a Transition Social Worker, who along with the child and agencies involved will formulate a transition plan. The plan will be formed from a transition meeting held with the family and agencies. The plan is reviewed at transition meetings held on a six monthly basis.

The Transition Social Worker will link in with any services that are providing support – schools, Careers Wales and Adult Services. When the child reaches 18 years old,

involvement from the CHAD Team will end, and if the child’s diagnosis meets Adult Services eligibility criteria they will transfer to Adult Services. Within the transition plan, decisions will be made regarding the plans that may need to change if the young person transfers to Adult Services.

If a child with a disability is not already known to the CHAD Team and parents would like support for their child post 15 years old they can contact the CHAD Team to make a self-referral. An initial assessment will be carried out to determine whether the child’s needs meet the eligibility criteria of the CHAD Team. If a child’s needs do not meet the eligibility criteria support can be accessed from the Families First Disability Strand.”

Contact the Child Health and Disability Team on 01446 725 202

# ON...TRANSITION

## Support and advice for young people with their transition into working life

Quest, a part of Innovate Trust, provides specialised services and advice for adults who need extra support to move into the world of work. They also have a Transitions project, which is funded by the Esmée Fairbairn Foundation. Nicola Lane, the Transitions Officer tells us about the project:

“The Transitions project is aimed at young adults between the ages of 16 and 25 who have learning difficulties or special educational needs. Our aim is to provide specialised support and advice to young adults with their transition from school, college or unemployment to working life.

We work with young adults to identify their goals and provide them with increased opportunities in education, training and work.

We give them the opportunity to undertake work tasters, un-paid work placements / work

experience, voluntary work and progress into paid work.

They will have the opportunity to receive any job coaching or travel training they may need to help them develop further skills to become more independent.

Young adults can refer themselves to the project. Referrals can also be accepted from parents, carers, teachers, careers advisors, social workers, any other professionals. The young adult should have the objective of preparing for paid employment.

There is a high demand for the project and there could be a short wait before a space becomes available.”

For further information, and a referral form, please contact Nicola on 029 2037 3305 or email [nicola.lane@innovate-trust.org.uk](mailto:nicola.lane@innovate-trust.org.uk)



## Transitions Information Day

**The Parents' Federation and Ysgol Y Deri are holding an information workshop to showcase the range of opportunities that are available for school leavers and young adults with learning disabilities. Speakers will explain how Direct Payments can help you shape a support package that matches your child's unique needs and how you can be involved in planning for your child's future. Exhibitors will be on hand to show a range of educational, vocational and leisure opportunities that might interest you.**



All families are welcome to attend the event on Tuesday 14 April 2015 from 10:00 until 15:00.

For more information please contact the Parents' Federation on 029 2022 7800 or email Stacey Long at [Ysgol Y Deri slong@yyd.org.uk](mailto:Ysgol Y Deri slong@yyd.org.uk)

The Disability Index will have a stand at the event on the day, so if you do attend please feel free to say hello, I would welcome the opportunity to meet you.



## Useful Links

There are many resources and links offering advice and guidance in supporting young people through transition, and some useful links are listed below:

- [www.snapcymru.org](http://www.snapcymru.org)
- [www.scope.org.uk](http://www.scope.org.uk)
- [www.cafamily.org.uk](http://www.cafamily.org.uk)
- [www.childreninwales.org.uk](http://www.childreninwales.org.uk)



# KEEP UP WITH WH

## March 2015

- 26th Purple Day for Epilepsy
- 27th to 2nd World Autism Awareness Week
- 30th Easter Family Fun Day
- 30th & 31st Penarth Youth Project Disability Teen Scheme
- 31st Young Carers Family Fun Day

## April 2015

- 1st Epilepsy Wales Support Group
- 2nd World Autism Awareness Day
- 8th & 9th Penarth Youth Project Disability Teen Scheme

- 14th Parents' Federation & Ysgol Y Deri Transition Event
- 18th National Autistic Society Support Group

To find out more about these events and what's coming up scan here

[www.valeofglamorgan.gov.uk/disabilityindex\\_Notice Board](http://www.valeofglamorgan.gov.uk/disabilityindex_Notice Board)



## Date for your Diary – Easter Family Fun Day!

The Sports and Play Development Team will be holding a Family Fun Day on Monday, 30 March at Ysgol Y Deri. Keep the date free!

Full details will be sent once all has been confirmed.

## Family fun at Touch Trust!

**Touch Trust is offering wonderful opportunities for parents to come along with their child and enjoy a beautiful session of enlivenment, relaxation and joy!**

- Saturday 11:00am Session for Children aged 5 to 10 years
- Saturday 12:00pm Session for Teenagers
- Saturday 1:15pm Session for Babies
- Tuesday 4:45pm After School Club
- Wednesday 5:45pm to 6:45pm Child Dance

Make friends, relax, share and enjoy all the benefits of our unique Touch Trust programme for children and babies.

One to one sessions are available on request.

Contact 029 2063 5660 or email [info@touchtrust.co.uk](mailto:info@touchtrust.co.uk)





# TO DATE AT'S ON.....

## Adventure Rangers

Adventure Rangers is for children aged 4 to 11 years with special and additional needs who live in the Vale of Glamorgan to attend with their parents and siblings.

It's all about:

- Having fun – for you, mum, dad, nan, gramps and siblings - everyone welcome
- Trying new activities – excavate a dinosaur egg; muddy painting; fire pit activities; den building; lots more fun crafts
- Making new friends – and seeing some friendly faces getting messy and having fun too

Come along and join us every Monday (during term time) from 4:00pm to 5:15 pm at Ty Robin Goch, Robins Lane, Barry CF63 1QB.

For further information contact Candice on 01446 709 269.



## Time to get on your bikes



Based in Cardiff, Pedal Power, the cycling charity for all, has a new Saturday Bike Club for children and young people with disabilities. There is a guided ride for children (2-10 years old), and a guided ride for young people (11-18 years old). It will cost £5, which will include some light refreshments and activities in the café.

We also provide half an hour 'Learn to ride' sessions for children and young people with disabilities.

If you are interested please get in touch with Rob to book a space on 029 2039 0713 or email [cyp@cardiffpedalpower.org](mailto:cyp@cardiffpedalpower.org)

Visit our new blog at [www.cardiffpedalpower.org](http://www.cardiffpedalpower.org) under Children's project.





# KEEP UP TO DATE WITH WHAT'S ON....

## Young Carers Family Fun Day Event

Are you a Young Carer? Or do you have a child / children in the family, affected by the care needs of a disabled brother or sister? Do you want to know what support and help is available? If so, come along to the Young Carers Family Fun Day Event being held on Tuesday 31 March, between 10am-3pm.

The Event aimed at young carers (i.e. those aged 18 and under) and their families is being held at the Western Vale Integrated Children's Centre (WVICC) in Station Road, Llantwit Major, CF61 1ST. <http://www.wvicc.org.uk/>

There will be information and activities, as well as representatives from the Family Information Service, YMCA, Parents' Federation, Vale Sports and Development Team, for example, during this free event.

Young carers are children and young people under the age of 18 whose lives are affected in some way by caring for another person or helping someone else to provide care.

For more information contact Carers' Services on 01446 704604 or visit [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers)

## Teen Scheme – Dates for your diary

**Following on from the huge success of the 2014 Teen Scheme, 2015 has got off to a brilliant start, with a family event which included a fabulous performance by the Teen Scheme Singing and Signing Choir and a very rare performance by the staff and volunteers. There were hot dogs, cakes, disco, bingo, auctions, biscuits and lots of fun! All organised by the young people at Teen Scheme.**

We are also delighted to announce that Teen Scheme has been shortlisted for the PRESTIGIOUS Youth Excellence Award this year and it is all thanks to the fabulous and Award Winning young people who have worked hard to make Teen Scheme what it is today.

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

### Dates for your diary are:

March: Monday 30th and Tuesday 31st

April: Wednesday 8th and Thursday 9th

May: Wednesday 27th and Thursday 28th

Teen Scheme is held at:

Byrd Crescent Community Centre, Byrd Crescent, Penarth, Vale of Glamorgan CF64 2EZ

Please provide a Packed Lunch and drinks.

For further information, please contact us on 029 2021 1747 or email [info@penarthyouthproject.org.uk](mailto:info@penarthyouthproject.org.uk)



Teen Scheme



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# Developing your child through the use of sensory play



## Do you think you would benefit from having a highly trained play worker deliver six tailored play sessions in your home?

Would you like to learn how sensory play with your child can help in their development and build important bonds?

Sense of Play is an excellent programme enabling you to learn how to use sensory play with your child and how it can help with their development in all areas.

Each week the Sense of Play Worker will introduce a new idea for you to enjoy and use alongside your child.

All resources will be brought by the Sense of Play Worker and left for your family to enjoy, and then changed at the next weeks' session.

If you would like more information about Sense of Play and how you can access it then please contact Candice Ringer, Disability Strand Coordinator / Childcare Officer on 01446 709 269



## Settling In at Ysgol Y Deri

**Thank you to Marie-Claire Watt and Stuart Masterton for keeping us updated with developments at Ysgol Y Deri. Does your child attend Ysgol Y Deri? What do they think of their new school? Would they, or you, like to share your experiences? If so, then please contact me on 01446 704 736 or email [disabilityindex@valeofglamorgan.gov.uk](mailto:disabilityindex@valeofglamorgan.gov.uk)**

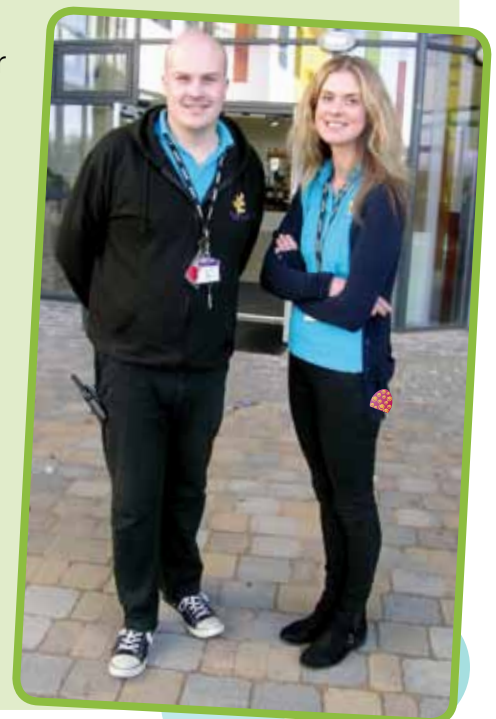
"Since the school opened, we have been very busy, with staff and pupils getting used to their new school. It has been both challenging and exciting and, although we have had a few teething problems with our new building, we have settled in very well.

The parent group had its first coffee morning recently, with an excellent turnout. Thank you to those who were able to come, it was great to see you all. We will be holding another very soon, please see dates below.

We have also enjoyed a special Touch Therapy session, when parents came and supported their children during the session. This was very successful and we hope to invite more parents in soon to experience

some of the work done in school, for themselves. If you would be interested in taking part in one of these sessions in the future please contact us on: [smasterton@yyd.org.uk](mailto:smasterton@yyd.org.uk) or [mclairewatt@yyd.org.uk](mailto:mclairewatt@yyd.org.uk)

The Wonky Teapot has been very busy with staff, pupils and parents enjoying tasty snacks and treats with a delicious tea or coffee. Some pupils have even had the opportunity to work in the Café and have enjoyed learning new skills. The café is open every day from 8:15 – 3:30 so feel free to drop in."



# New Support Group: Barry and the Vale Face 2 Face



**In November 2014, I was invited to attend the launch of a new support group for parents and families of children with a disability. The launch was a huge success, and Paul Sawyer, Service Development Manager for the project has kindly provided an update on how the group is progressing.**

“Scope Face 2 Face is a lottery funded project that seeks to help parents and families all over the Vale of Glamorgan who have a child or children with a disability or who have additional needs. We offer help, support and information of all kinds, including free training and support for parents such as Parent Empowerment or Sleep Training Workshops. We help individual parents, as well as groups, and will be there for parents with a child just

following diagnosis, or who have children and young people up to the age of 21 years. We offer support to the whole family including siblings, in any way that we can.

The Barry and the Vale Face 2 Face Group has just recently been formed, and we meet regularly to offer support to each other, as well as to arrange days out for families, and training events. We recently held a Sleep Training workshop in Barry, which was a great success. We are always looking for new families, and will shortly be arranging Volunteer Befriending training for parents. This will give parents training to offer help and support to other parents in the same situation.

If you are interested in being part of our group, please contact Paul Sawyer on 07436 588 522 or email [paul.sawyer@scope.org.uk](mailto:paul.sawyer@scope.org.uk) “

## Promoting Self Advocacy



**Vale Youth Speak Up is a self-advocacy organisation for, and led by, children and young people with learning disabilities aged between 16 and 25. We meet once a week to find creative ways to tackle inequalities; share our stories and talk about what's important to us and other young people in our community.**

As well as delivering disability awareness training to schools in the Vale, we present our work and our message across Wales at National conferences, and share good practice of work in our area by going on trips abroad, which improves our confidence and independence. We are supported by the Vale of Glamorgan Children and Young People's Partnership through the Disability Strand of Families First.

[https://www.youtube.com/watch?v=5TdRo3\\_fXkw&feature=youtu.be](https://www.youtube.com/watch?v=5TdRo3_fXkw&feature=youtu.be)

*We made this film to promote what self-advocacy has done for us.*

*We wanted to make people aware that even though we have learning disabilities, we can still lead full and active lives like other mainstream young people, with the support of our peers and mentors.*

*They are all our own words. We had a brilliant time making it.*

*It makes us feel proud.*

For further information contact 01446 732 926 or email [liz.davidson@learningdisabilitywales.org.uk](mailto:liz.davidson@learningdisabilitywales.org.uk)

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