

Issue 15  
October  
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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# Autumn Falls

**As the nights draw in, children are back in school, leaves are changing colour and people start thinking about Christmas!! The summer seems a distant memory but we have some great articles, photos and feedback on the summer playscheme and teenscheme. We also have dates for the October Half Term Schemes.**

We have taken your feedback on board and have created a new 'What's On' section, so you can easily find out about any new groups and activities.

You may be aware that Zoe Duncan, our Index Administrator, left her post in July to move to a new role in Cardiff University, supporting students with disabilities. We were very sad to see her go and wish her well in her new role. We are recruiting to this post at the moment so in the meantime please still contact the Index phone number or email and a member of the Family Information Service Team will be happy to help.

01446 704736

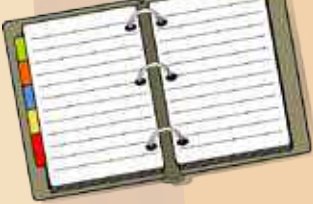
[disabilityindex@valeofglamorgan.gov.uk](mailto:disabilityindex@valeofglamorgan.gov.uk)

[www.valeofglamorgan.gov.uk/disabilityindex](http://www.valeofglamorgan.gov.uk/disabilityindex)

Becky Wickett, Information Officer, Family Information Service

The Index is funded by the Welsh Government Families First Grant

## What's On:

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- Epilepsy Wales Support Group meet the first Wednesday of the month at Cosmeston Lakes 10am – 12 noon. There is also a support group in Barry, that meet the first Tuesday of the month 10:30am – 12:30pm at Civic Offices, Barry.  
*Contact Lesley Williams for more information: 07710 395 070 [www.epilepsy-wales.org.uk](http://www.epilepsy-wales.org.uk)*
  - Thrive (run by the National Autistic Society) run soft play sessions every other Sunday at Coconuts Soft Play Centre, Sully Moors Road, Penarth, CF64 5RP: 1, 15 and 29 November 5:15pm – 6:45pm.
  - Teenscheme 26 & 27 October. For young people aged 12-19yrs (see page 6).
  - Playscheme 27, 28, 29 October. For children aged 4-11yrs (see page 7-8).
  - Afasic Cymru Parent Support Group: 21 October, 10am – 12noon & 9 December, 10am – 12noon – mince pies provided! (See page 4).
  - Touch Trust Communicating Through Touch workshop, 11 November (see page 5).
  - South Wales Titans Para-Swimming Club:  
**Tuesdays** at Barry Leisure Centre, 6-7:15pm  
**Wednesdays** at Pyle Swimming Pool, Bridgend, 7-8pm  
**Thursdays** at Barry Leisure Centre, 5:45-6:30pm (see page 10).
  - LS Haven Air Target Club, East End of Barry. Sunday evenings 6:30 – 8:30pm for children and adults aged 10yrs+ (see page 10).
  - Carers' Rights Day 20 November (see page 11).
  - SEND – a new day class for young adults with special needs, held at Salem Baptist Church, Beryl Road, Barry, CF62 8DN, Every Friday 10am-3pm (see page 3).
  - Parents & Tots Corner:  
Little Explorers, for preschool aged children on Wednesday afternoons in Penarth.  
Tootling Tots Walking Group, for preschool aged children, taking place in various parks on Friday mornings at 10am (see page 12).



# SEND

SPECIAL  
EDUCATIONAL  
NEEDS DAYS

– A new day class  
for young adults with  
special needs in Barry



**We are an exciting new day service for young and mature adults (16+) with mild to moderate learning disabilities in Barry and Cardiff. We currently offer a day placement between 10am-3pm in Barry every Friday, including half terms:**

**Salem Baptist Church, Beryl Road, Barry, CF62 8DN**

**Every Friday 10am-3pm**

SEND is an educational day service and we offer students two hours of English and maths tuition each week!

SEND's primary goal is to 'continue with life skills where college left off' and give these adults a sense of routine once college has ended.

We also offer lots of fun activities that include: fish and chip Friday, independent living skills and film afternoons (with free popcorn). We even have our own Boccia teams: The SEND Superstars and The SEND Spiders!

Places are limited and they are filling up fast- don't miss out! For more information about our services and how to book, please go to our website: [www.specialneedscardiff.co.uk](http://www.specialneedscardiff.co.uk) you can also contact Laura White (07861 378311) [laura@specialneedscardiff.co.uk](mailto:laura@specialneedscardiff.co.uk)

Please note SEND is not free of charge but for more information about prices, funding and paying for your place, visit the website, or contact Laura directly.

## Does your child have difficulties talking and understanding language?

### **A child or young person with Speech, Language and Communication Needs (SLCN):**

- May have difficulty understanding language
- May have difficulty learning and remembering words, and putting words together to make sentences

- May have difficulty articulating speech clearly
- May have difficulty using language appropriately in context

Children and young people with SLCN may experience some or all of the above difficulties. Each person is different.

## New Family Support Worker and Parent Support Groups

My name is Esther Goodhew and I am the new part-time family support worker for the Vale of Glamorgan. As a parent of three children myself, two of whom have Speech, Language and Communication Needs (SLCN), I understand the challenges that life can present us with and the value and importance of regular support, not just at times of need. Sometimes, we all just need a friendly chat with people who understand. I'm also a qualified speech and language therapist and am aware of the various, and often confusing, processes involved in supporting children with SLCN from both a professional and parental perspective.

My role as a Family Support Worker is to help parents and carers find the appropriate support and information they need and to provide a safe and welcoming environment in which to share ideas and learn from the people that know best – other parents. It is essential for families to know that there are others experiencing the same challenges and that the support is out there!

The parent support groups are currently held at our Cardiff office, 203 Titan House, Lewis Road, Cardiff CF24 5BS, and the dates for the autumn term are:

Wednesday 21 October, 10am – 12pm

Wednesday 9 December, 10am – 12pm – mince pies provided!

**Please do come along and join us. You will always receive a warm welcome and biscuits**

Afasic Parent Helpline is available 10.30am – 2.30pm weekdays on 0300 666 9410  
esther@afasiccymru.org.uk

# Discounted Travel Scheme Card for Young People

**The Welsh Young Persons Discounted Travel Scheme is for young people aged 16 to 18 years. You are now able to apply for mytravelpass, providing 1/3 off the price of bus travel. Log on to gov.wales/mytravelpass to apply for your card. You will need to provide a colour passport sized photograph and confirm your name, date of birth and address.**

Once you have applied, you will be sent a

card so you can hop on the bus and start your journey to cheaper travel. Please remember that mytravelpass is only available to 16-18 year olds who are living in Wales.

If you have any queries, please contact us on 0300 200 22 33 or email enquiries@mytravelpass.cymru

The Travel Scheme Card is funded by the Welsh Government.

## New Family Support Workers for the Royal Blind Society

**Families with a child or young person affected by severe visual impairment face a range of challenges, whether practical, financial, educational or emotional.**

Our Family Support Workers, located throughout England and Wales, offer on-going support while appropriate services are put in place through other agencies, and until the family feels our involvement is no longer

necessary. We work in partnership with families, children and young people to enable them to maximise their full potential, particularly at diagnosis, through education, enhancing life skills and at times of crisis. We support children and young people from birth to 25 years old.

For more information contact: 01903 245379 info@royalblindsociety.org

## Touch Trust

**Touch Trust is running a one day Communicating Through Touch workshop on Wednesday 11 November 2015.**

*Touch Trust is a pioneering charity that offers unique creative movement programmes for individuals with learning disabilities, those affected by autistic spectrum disorder (ASD), complex needs, behaviour which challenges, and other vulnerable groups in the community.*

We aim to aid self-development and active life-long learning within a social, creative and nurturing environment.

Touch Trust is committed to the social model of disability. It is holistic and values personal

expression, relationships and happiness.

We see each person as a feeling, aspiring "whole" and we use all the senses to establish a sense of worth and enjoyment. Through touch we build up relaxation, positive communication, empathy and well being - essential qualities for any human being to feel fulfilled.

For more information contact: 02920 635660, info@touchtrust.co.uk www.touchtrust.co.uk

Touch Trust Limited, Wales Millennium Centre, Bute Place, Cardiff Bay, Cardiff, CF10 5AL.





# WHAT A SUMMMER!!

## All Youth Matters Teenscheme



**All Youth Matters (formerly Penarth Youth Project) have had a great summer. Our Teenscheme visited Dow Corning Education Centre for a spot of angling. We completed our Inspire Silver Awards by playing sports. We also undertook a pantomime, held the famous disco and bingo event, made a rocket to the moon, completed a thousand piece jigsaw and had HUGE fun with all the other activities that we do. This included arts and crafts, ball games, Xbox, animation and we even made a film!**

We are pleased to announce the dates for the October and December Teenschemes 2015. Make sure to mark them in your calendar!

- Monday 26 & Tuesday 27 October
- Monday 21 & Tuesday 22 December

Disability Teen Scheme caters for young people aged 12 to 19 years. Please provide a packed lunch and drinks. Our new venue is: Cadoxton Moors Community Centre, Barry.

Directions - off Edmund Place (turn left off Cardiff Road just before the traffic lights by Dow Corning, if you are coming from Millennium Way, or take the first turning right directly after the traffic lights if you are coming in from the McDonalds roundabout).

Places are limited and are by referral only and by completion of the Helpful Book. We are happy to accept a donation of £5.00 per day for games and/or trips decided by the young people who attend.

For further information, please contact:  
Tracey Downes: 01446 677337, [cbcp@penarthyouthproject.org.uk](mailto:cbcp@penarthyouthproject.org.uk) OR drop in at:

All Youth Matters (old Housing Office),  
Aberaeron Close, Gibbonsdown, Barry, Vale of Glamorgan.

Disability Teen Scheme is made possible by funding provided from the Welsh Government's Families First Programme.

# Summer Play Programme Bursting With Fun!



**WOW! what a summer the children have had. Across the Vale of Glamorgan children have enjoyed a range of opportunities delivered by the Sports and Play Development Team, including playschemes, Play Rangers, sports sessions and family fundays.**

The summer holidays began with the Play Team undertaking a week of training, including first aid, manual handling, child protection, play training and Makaton. This week proved invaluable not only for the training, but also for the team building opportunities.

Playschemes were held in various locations and included Murchfield Community Centre, Dinas Powys, Holmview Leisure Centre, Barry, Western Vale Integrated Children's Centre, Llantwit Major, Jenner Park Primary School, Barry and Ysgol Y Deri, Penarth.

In total the Play Team ran 16 days (32 sessions) of playscheme and had 661 registrations (a child can register more than once, as they may attend more than one playscheme). 47 children were linked in with a key worker and they attended 593 sessions. There were a total of 1,895 sessions children attended.

Activities offered included arts and crafts, cooking, junk modelling, clay modelling, dressing up, outdoor games, sports activities, and den building.

Unfortunately 11 children did not attend their allocated sessions and 34 places were lost due to the play team not being notified. These sessions are invaluable to children attending and

their families. Every opportunity should be made to contact the team to enable another child to take up the place.

Alongside the Playschemes the Play Team also ran Play Ranger sessions in parks and open spaces, Family Fundays and attended special events.

Partners who have contributed to the successful summer programme include Barry Communities First, Dinas Powys Community Council, United Welsh Housing, Morrisons Barry, Vale Food Bank, Vale FIS, Llantwit Major Town Council, Penarth Town Council, Wick Community Council, Barry Town Council, Fields in Trust, Jenner Park Primary School, Ysgol Y Deri, World at Play, Vale of Glamorgan Events Team and Penarth Fire Brigade. The disability element of the playschemes is funded by Families First.

The Sports & Play Development Team have also joined forces with Morrisons Barry to provide healthy fruit snacks for children attending the playschemes. A partnership has also been formed with the Vale Food Bank who have provided cereals for the schemes. This has been a really successful project and has enabled a large number of children to have access to healthy snacks during the summer holidays.

For more information, contact the Play Team: 01446 704809 [playdevelopment@valeofglamorgan.gov.uk](mailto:playdevelopment@valeofglamorgan.gov.uk) alternatively a comprehensive summer play report will be on the website at the end of October 2015: [www.valeofglamorgan.gov.uk/play](http://www.valeofglamorgan.gov.uk/play)

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The feedback from playscheme has been extremely positive:

*'My little man loves playscheme, he would attend every day of the holidays if he was allowed. All staff are amazing and always very helpful. Thank you for having him'* (Mum of a 9 year old boy who is a quadriplegic with cerebral palsy)

*'Could not cope with my autistic daughter over holiday time if not for this wonderful facility! Staff are fab and so many activities. The children are always worn out!'* (Parent of a child with autism)

*'Sent my 7 year old and 5 year old and they haven't stopped talking about what a brilliant time they've had and can't wait to come back'.* (Parent of 5 and 7 year old siblings)

## OCTOBER HALF TERM PLAYSCHEME DATES

Playscheme is for children aged 4-11yrs.  
27, 28 & 29 October at  
Cadoxton Primary School

10:05am – 12 & 1:05pm – 3pm

If your child needs extra support at playscheme, you will need to speak to the Play Team or Family Information Service before-hand, to discuss their requirements.

Contact: Jo Jones: 01446 704809 or FIS:  
01446 704704 [www.valeofglamorgan.gov.uk/sportsdevelopment](http://www.valeofglamorgan.gov.uk/sportsdevelopment)





# Important Information for people affected by Epilepsy



## Yellow Card Scheme



**The Epilepsy Society has produced a new factsheet explaining the Yellow Card Scheme, for people with epilepsy. It explains how to report side effects of anti-epileptic drugs, what information to include and where to get a Yellow Card.**

The Yellow Card Scheme is vital in helping the Medicines and Healthcare Products Regulatory Agency (MHRA) monitor the safety of all healthcare products in the UK to ensure they are acceptably safe for patients and those that use them. Reports can be made for all medicines including vaccines, blood factors and immunoglobulins, herbal medicines and homeopathic remedies, and all medical devices available on the UK market. For more information visit: [www.epilepsysociety.org.uk/yellow-card-scheme](http://www.epilepsysociety.org.uk/yellow-card-scheme)

## New smartphone app

**The Epilepsy Society has a new free smartphone app for Android and iPhone, with seizure diary and first aid information. It's an interactive way to help people to manage their epilepsy via their phone. More information and to download the app visit: [www.epilepsysociety.org.uk/free-epilepsy-smartphone-app](http://www.epilepsysociety.org.uk/free-epilepsy-smartphone-app)**



## Changing Places, Changing Lives

The Changing Places Consortium launched its campaign in 2006 on behalf of many people who cannot use standard accessible toilets.

This includes people who have multiple and profound learning and physical disabilities, as well as the elderly. The consortium includes many active carers including a long standing member of the Cardiff and Vale Parents' Federation, Elaine Gee.



Changing Places facilities help people to enjoy the day to day activities many of us take for granted. Without adequate provision, carers have to change the person they care for on a cramped and dirty toilet floor. This is dangerous, unhygienic and undignified. The alternative is to limit outings to a few short hours, or not go out at all.

The campaign is calling for toilets to be installed in all big public places. This includes city centres, shopping centres, arts venues, hospitals, motorway service stations, leisure complexes, large railway stations and airports. The facilities are publicly accessible with enough space and the right equipment, including a height adjustable changing bench and a hoist.

The campaign started with 8 facilities in the UK, with just 1 in Wales. There are now more than 700 registered across the UK with 27 locations in Wales. Among the most recent venues to install such a facility is the Millennium Stadium in Cardiff (see photo). A list of where these facilities are located in Cardiff and the Vale of Glamorgan can be found on Cardiff and the Vale Parents Federation's information website [www.wherestand.org](http://www.wherestand.org)

For advice on local campaigning, technical and up-to-date information on where all UK Changing Places toilets are located visit: [www.changing-places.org](http://www.changing-places.org)



The new Changing Places facility in Millennium Stadium, Cardiff.

# SPORT NEWS

## South Wales Titans Para-Swimming Club

South Wales Titans (Formerly Vale Disability Academy) has recently gone through some changes in order to become a standalone competitive Para-Swimming Club. The club is now a fully affiliated member of Swim Wales and has its first group of swimmers put through classification, with these swimmers also entering their first National level meet. A second group of swimmers is due to complete their classification at the Swim Wales Legends meet in September at Wales National Pool, Swansea. The club still has 3 sessions a week, these are:



- Tuesdays@ Barry LC – 6-7:15pm
- Wednesday @ Pyle Swimming Pool, Bridgend – 7-8pm
- Thursday @ Barry LC – 5:45-6:30pm

The club is a great opportunity for swimmers with physical or visual impairments to gain access to a structured competitive coaching environment for Para-Swimming. It is aimed at people aged 8-35yrs

It is planned that we will also be adding an additional session in Cardiff at some point in the future.

For more information contact Emily Griffiths  
Titans Head Coach: [swimming\\_emilp@hotmail.co.uk](mailto:swimming_emilp@hotmail.co.uk) [www.welshparaswimming.co.uk](http://www.welshparaswimming.co.uk)  
[www.swimwales.org](http://www.swimwales.org)

## Vale Reds DFC Go From Strength To Strength

After recently going into partnership with Barry Town FC, the Vale Reds have been successful in winning The Super Cup. This was based in Cardiff, with teams from all over the world entering. The team went through the tournament unbeaten and put in some very impressive displays. Huge credit has to go to the players and coaching staff for the effort and commitment involved.

The Vale Reds will be known as Barry Town FC due to their new partnership.

## LS Haven Air Target Club

**East End of Barry  
6 Yard & 10 Meters Air Rifle & Air Pistol .177  
Calibre Only**

Our club is InSport Accredited and is fully insured and affiliated to the National Small-bore Rifle Association (NSRA). All Staff are DBS Checked and are governed by the NSRA Child Protection Policy.

We offer a safe, warm, friendly environment and we are open to all ages from 10yrs +, including mums & dads (Under 12's must be accompanied by an adult).

Sunday Evenings 6:30 – 8:30pm

Contact: 07852216884

[sec2.lshavenatc@gmail.com](mailto:sec2.lshavenatc@gmail.com)

<http://www.lshaventargetclub.btck.co.uk>

**Volunteers are needed in various  
disability sport and dance clubs.**

**Please contact Simon Jones for more  
information 01446 704728**



# Carers' Rights Day 2015

**Each year there are two national awareness events to recognise the invaluable role of carers. Carers' Week, which recognises the contribution carers make, raises awareness (eg amongst MPs) and provides information about help and support that is available, is normally held in mid-June. Carers' Rights Day (CRD) makes carers aware of their rights (especially benefits), towards the end of November.**

This year, Carers' Rights Day will take place on Friday 20 November 2015 and according to Carers UK, the Day, will focus on:

- Making carers aware of their rights.

Every year, more than 2 million people become carers. Many struggle to navigate the maze of services and entitlements, and miss out on financial and practical support. And it's not just people who are new to caring – even those who have been caring for years sometimes aren't aware of their entitlements.

- Letting carers know where to get help and support.

Caring can present all kinds of challenges. We want every carer to know where to turn for advice, information and support, whether in their local community or online.

- Raising awareness of the needs of carers.

Carers' Rights Day raises awareness of the needs of carers with the public, decision makers and professionals, helping us realise our vision of a society that respects, values and supports carers".

The Carers UK website also has more information:

[www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day](http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day)

For more information about any local CRD events, and forthcoming training for carers in the Vale, contact Carers Services on 01446 704604 or visit [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers) and follow the events and training link.



## Carers' Training

**EPP Cymru (Education Programmes for Patients) provide health and wellbeing courses for carers, including:**

- An Introduction to Self-Management – one three hour workshop for carers and people with health problems.
- Mental Health and Well-being workshop for carers (1.5hrs) at Barry Hospital
- Physical Health and Well-being workshop for carers.

**Visit the Carers Training web page for dates and more information: [www.valeofglamorgan.gov.uk/carers](http://www.valeofglamorgan.gov.uk/carers) or contact James Livingstone: 01446 704604**

# New Groups for Pre-school Children in Penarth - Parents and Tots Corner

**Two new groups have started in the Vale of Glamorgan for pre-school children and their parents and carers. These are inclusive groups, where children of all abilities are welcome and will be catered for. Ginny Bourne is the leader, who has extensive experience of working with children and young people with special and additional needs.**

**Little Explorers** is a structured group for pre-school children from 0-4 years to attend with their parents/carers, and is based on sensory play, craft, Makaton, massage, rhymes and stories.

Sessions are currently held on Wednesday afternoons in Lower Penarth Community Centre, Brockhill Way, Penarth, CF64 5QD. More groups may start in the future so if you are interested but not available on a Wednesday, please still get in touch. Costs are £11 for three introductory sessions, then £4.25 each for further sessions or £40 for a further 10 sessions if booked in a block, for one child. Discounts are available for additional children.

There is a closed Facebook group called 'Parents and Tots Corner Little Explorers' that parents can join to find out more information, or contact Ginny: virginiamayk@yahoo.com

**Tootling Tots** is a walking group for pre-school children from 0-4 years to attend with their parents/carers. The focus is on encouraging parents to get out in the fresh air by walking with a group and providing ideas for activities, to keep children entertained and assist their holistic development.

Sessions run in different parks every Friday morning at 10am and will cost £1 for the first

child and 50p for additional children. All venues and routes are accessible for pushchairs and wheelchairs. There is a closed Facebook group called 'Parents and Tots Corner Tootling Tots' that parents can join to find out more information, or contact Ginny: virginiamayk@yahoo.com

## Easy Read Health Wales Website

**The Easy Read Health Wales website gives people with learning disabilities and their families Easy Read information on a wide variety of topics on health and well-being. It covers every health topic you can think of from ASD, diet, families, flu, eating, cancer, to feelings and fitness. It's worth having a look, visit: [www.easyreadhealthwales.org.uk](http://www.easyreadhealthwales.org.uk) There's also a helpline: 0808 8081111**

The website has been developed by various third sector organisations and funded by the Welsh Government.

### 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 endorses that organisation, nor does the absence of any organisation imply that we do not support it.