

Issue 20
January 2017



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y mynegeai**

The newsletter for children and young people with disabilities and additional needs in Cardiff and the Vale of Glamorgan

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Happy New Year!

Hello Index Readers and Happy New Year to you all.

Where did 2016 go?! It seems like yesterday that I was introducing myself as the new Disability Index Administrator in the Vale and welcoming you to the year 2016.

Since coming into post in the Vale I have been keeping you up to date with the progress of The Index in Cardiff which went live last April and last July saw the first joint newsletter.

This New Year I am introducing myself as Cardiff's Disability Index Officer!

I will now be working with the Cardiff Family Information Service every Monday and Tuesday as well as the Vale Family Information Service every Wednesday, Thursday and Friday.

In Cardiff I will be busy spreading the word about The Index to families and professionals to get new families signed up for this amazing service.

In the Vale I will continue to link with new families and professionals and be on hand



to provide information on services, events and support to existing Index subscribers!

If you have not already registered your email address on The Index then please make 2017 the year to do so. Providing your email address means that as well as receiving the newsletter, you will receive our Index eNews which keeps you up to date with everything from training courses and support groups to leisure activities and one-off events.

I wish you all a Happy New Year and look forward to seeing what 2017 has to offer!

Julia Sky

**Vale of Glamorgan:
Disability Index
Family Information Service
Dock Offices
Barry
Vale of Glamorgan
CF63 4RT**

**01446 704 736
disabilityindex@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk/disabilityindex**

**Cardiff:
Disability Index
Family Information Service
The Conference Centre
Eastmoors Road
Cardiff
CF24 5RR**

**029 2035 1700
disabilityindex@cardiff.gov.uk
www.cardiff-fis.info**

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Cardiff and Vale Young Carers

Llais i Ofalwyr Ifanc!

Tachwedd 2015 - Mawrth 2016

Young Carers Speak Out!

November 2015 to March 2016



Fersiwn i blant a phobl ifanc Hydref 2016 A child and young person version October 2016

Young Carer's are children and young people aged from 7 to 18 years, who help care for a family member due to illness, disability, a mental health problem or an addiction. Not every child or young person in this situation will be a young carer but, if they are, they will often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Young Carers Report

The City of Cardiff Council, Vale of Glamorgan Council, University Health Board and Cardiff YMCA have been working with a group of young carers to improve the information and support available to help young carers in their role.

As a result of this, a short survey, designed by young carers, ran in February 2016.

This information, as well as Workshops held at the Young Carers Speak Out! Event on 31 March 2016 has been used to produce a Young Carers Report.

The full report as well as a child and young person friendly version is available to view and download from the Vale of Glamorgan Council's Young Carers pages via www.valeofglamorgan.gov.uk/carers

'Time 4 Me' Young Carers Project

This is a youth project run by Cardiff YMCA which supports Young Carers within Cardiff and the Vale.

'Time 4 Me' offers Young Carers a chance to have a break from the caring role by experiencing new opportunities, meeting other young carers, accessing support and advice and having fun!

**For more information please contact the Young Carers Team:
Cardiff - 029 2046 5250 / cardiffyoungcarers@ymcacardiff.wales
Vale - 07966 834 506 / carys.jenkins@ymcacardiff.wales**

Young Carers Toolkit for Professionals

There is also a Young Carers Toolkit which is aimed at professionals across Health, Education and Social Services, who are identifying, and have contact with young carers and young adult carers.

This toolkit was commissioned by the Welsh Government and produced by Youth Friendly, with the help of the young Carers Network and other carers and professionals.

To view the toolkit please visit www.youngcarerstoolkit.co.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Sports and Play in the Vale

Disability Sport in the Vale - Get involved in 2017

Barry and Vale Harriers Athletics Club

When: Every Wednesday 7pm – 8pm
Where: St Nicholas Hall Community Centre,
St Nicholas Road, Barry, CF62 6QX
Contact: Shawn Sullivan on
biomechanic69@me.com

Local Motion Dance Group

Local Motion Dance Group is a well-established dance club that have a range of classes available. The Dance Instructors are hugely experienced and create dances to suit individual's needs. This Club has achieved Insport Bronze.

When: Every Thursday 4.30pm – 7.30pm
Where: The Hub, Barry YMCA
Contact: Emma Mallam on 01446 733622

Vale Karate

Vale Karate offers a disability specific session and emphasises that Karate is for everyone as well as being a great way to increase co-ordination, balance and fitness.

When: Every Tuesday 5pm – 6pm
Where: Dojo in Barry Leisure Centre,
Contact: Rob Copeland on 07986 872953 /
Robert@valekarate.com

February Play in the Vale

The Play Development Team and Ysgol Y Deri will be back together to deliver a week of play opportunities for children and young people with disabilities and additional needs in the Vale funded by Welsh Government's Families First Initiative.

Teenscheme for 12 – 18 year olds

When: Monday 20 and Tuesday 21 February
Time: 10am – 3pm
Where: Ysgol Y Deri, Sully Road, Penarth,
CF64 2TP

Playscheme for 4 – 11 year olds

When: Wednesday 22, Thursday 23 and
Friday 24 February 2016
Time: 10am – 3pm
Where: Ysgol Y Deri, Sully Road, Penarth,
CF64 2TP



Penarth Gymnastics Club

Penarth Gymnastics Club is one of the most experienced clubs in South Wales and have been running Disability Gymnastics for over 25 years. The club has a wide range of classes to choose from and is also heavily linked to Special Olympics with opportunities to compete locally and nationally

Where: Units 2 & 3, Ty Verlon Estate, Cardiff Road, Barry, CF63 2BE

Contact: Jeff Savory on 07803 165581

There are many more opportunities available in the Vale, if you would like a copy of the Disability Sport Directory for the Vale, please contact Simon Jones, Disability Sport Wales Development Officer on 01446 704728 / sljones@valeofglamorgan.gov.uk



Things to remember:

Both schemes can offer 1:1 support, medical support and personal care where required.

There will be a charge for children who stay on site for lunch. This doesn't include lunch so please make sure a packed lunch and drinks are provided.

For more information or to book a place for your child please contact Jo Jones, Play Development Officer on 01446 704 809 / playdevelopment@valeofglamorgan.gov.uk

If you would like details of childcare provision, activities for children or family support in the Vale, please contact the Family Information Service on 01446 704704



Sports and Play in Cardiff

Cardiff Games Inclusive Competitions Continue

The Cardiff Games is an Olympic and Paralympic legacy competition programme for schools in Cardiff. We offer a range of inclusive competitive opportunities for pupils to compete in a friendly and relaxed environment.

Upcoming competitions:

Gymnastics (Primary & Secondary Schools)

Friday 3 February, 10am – 2.00pm at Cardiff Central

Multi-Sport (Key Stage 3 & 4)

Tuesday 7 February, 10am – 12.30pm at Western Leisure Centre

Multi-Sport (Years 3 – 6)

Thursday 16 February, 10am – 12.30pm at Western Leisure Centre

Inclusive Zone Basketball (Key Stage 3 & 4)

Thursday 9 March, 10am – 2.30pm at Sport Wales

For the full sports programme or for more information please contact Cardiff Games.

Telephone: 029 2020 5282

Email:

cardiffgames@cardiffmet.ac.uk



Children's Play Services in Cardiff

Children's Play Services support disabled children and young people across Cardiff.

Karen Barker, Disabled Children's Play Co-Ordinator links children into play and children and young people into childcare provision.

Funshine Clubs

"Funshine" Playschemes run 5 days a week throughout the school holidays and children are offered 3 days per week.

Children who attend need to be referred to Children's Play Services by a professional and the schemes run for children aged 8 – 11 years.

Children's Play Services support play provision in:

- The Hollies Special School (throughout Easter)
- Ty Gwyn Special School (2 weeks of the Summer)
- St David's Children's Centre (every Saturday)

Children's Play Services also support charities such as Thrive Cardiff, The Cwtch Network and Autism Puzzles through funding or by running play sessions tailored to the needs of the group.

children's play services
working for children's play in the City of Cardiff



Childcare

Children's Play Services support parent/carers in work or full-time education at The Hollies Special School's After School Club. This is via the Childcare Task Group and the Childcare Strategy Audit for Disabled Children aged 5 – 14 years.

This support is subject to funding each year and funding is limited.

For more information about play and childcare for disabled children and young people in Cardiff please contact Karen Barker, Disabled Children's Play Co-Ordinator on 029 2087 3956 / 07976 056 110

If you would like details of other childcare provision, activities for children or family support in Cardiff, please contact the Family Information Service on 029 2035 1700



Gwasanaethau Gwybodaeth i Deuluoedd
Family Information Services

Mummies Making



There must be something given out in the labour wards that makes many Mums in Cardiff turn into superheroes. Women that in the past had not needed to think about charity legislation, press releases or political lobbying are now starting their own charities and proving that they can make massive differences to the lives of others. The group have been dubbed the 'Mummies making differences' and are helped and supported by Cardiff Third Sector Council. The five local inspirational Mums were brought together for the first time at a lunch in Cardiff before Christmas to share their stories.

Recovery Mummy

Charlotte Harding has very good reason to feel that she can help Mums recover from mental health and substance misuse issues. Charlotte had been sober almost two years before she gave birth to her first child. After recognising she was failing to bond with her child, she developed postnatal depression, post-partum psychosis and turned to alcohol. "I looked for help but even though there were many support groups out there I found it hard to get to groups with my new-born and slowly my health got worse". Charlotte set up Recovery Mummy which supports mothers with



perinatal mental health difficulties, their partners and affected family members. The charity runs groups and workshops for Mums and families in need of support.

www.recoverymummy.org

CFit Wales

Eilish Blade discovered the importance of nutrition, exercise and holistic therapies when her son Sean was diagnosed with Cystic Fibrosis. Her aim is to promote the benefits of exercise for people with Cystic Fibrosis. Eilish and Sean have worked hard together to devise lifestyle changes based around physical exercise which alleviate the symptoms Sean experiences. Thanks to Eilish's hard work, the Cystic Fibrosis Trust now recognises that people of all ages benefit from an exercise and wellbeing programme. CFit Wales aims to raise funds to raise awareness among professionals and assist people in Wales with Cystic Fibrosis to exercise and improve their quality of life.



www.cysticfibrosis.org.uk

Kyle's Goal

Katherine Simmons has a long history of fighting to make changes. Her son Kyle Beere was a typically fit, healthy, intelligent and active twelve year old boy. On the 14 November 2009 he was taken to the University Hospital of Wales (UHW) in Cardiff, due to a severe headache and quickly slipped into unconsciousness. He was suffering a massive brain haemorrhage caused by a rare condition called Arteriovenous Malformations (AVM). Kyle's Goal was set up as a charity when Katherine was told that Kyle's long term rehabilitation would need to take place in the nearest children's rehab centre in Surrey, where he stayed for a total of nine months. Kyle's Goal aims to raise £7m to build a centre for inpatient and outpatient brain injury rehabilitation services, allowing children from Wales to rehabilitate closer to home.



www.kylesgoal.org.uk

g Differences

ADHD Cardiff

Sarah-Jane Bailey set up Adhd Cardiff, having found there was no support for families in Cardiff where a child was diagnosed with Adhd. The charity, founded in Autumn 2016, aims to support families through the provision of information and advice. Many children with Adhd have additional support needs within education, their community and the home and the charity runs workshops to help meet these needs. In 2017 the charity is running workshops on mindfulness, sleep training, positive parenting and information for professionals working in schools, health and others. There are meetings across Cardiff and Sarah-Jane feels that if she can connect with other parents, Adhd Cardiff will be a life line to so many families.

www.adhdcardiff.co.uk



Jacob Abraham Foundation

Nicola Abraham established the Jacob Abraham Foundation after the death of her son in October 2015; Jacob was aged 24 when he took his own life. Jacob presented as



a happy go lucky young man who was popular, funny, athletic and handsome with friends and family who loved him dearly. The shock of the situation forced Nicola to act after feeling that there were no services available in the community following Jacob's death and later the death of his close friend Andrew. The Jacob Abraham Foundation aims to prevent more suicide and help other young people suffering from anxiety, depression and overwhelming feelings of despair. They offer practical and emotional support, train professionals on suicide awareness as well as raising awareness of mental health and suicide, especially in young men in Wales.

www.jacobsfoundation.org.uk

Find out more

You can find out about support for setting up or running your own community organisation or charity by contacting:



Cardiff Third Sector Council (C3SC):
www.c3sc.org.uk / enquiries@c3sc.org.uk
/ 029 2048 5722

Glamorgan Voluntary Services (GVS):
www.gvs.wales / enquiries@gvs.wales /
01446 741 706

Vale People First Peer Parent Project

Vale People First is working in partnership with Learning Disability Wales to provide peer advocacy to parents with a learning disability across South Wales.

We run meetings for parents with a learning disability every other week for 2 hours in a location of their choice. We talk about issues surrounding parenting, children's health needs, accessibility, healthcare staff that work with them and any other issues/subjects of their choice.

The meetings are user-led and child-friendly. You can bring your child to the meetings if you wish. The parents support each other and share stories and ideas and make friends. This helps them to combat loneliness, isolation and sometimes frustration.

Vale People First also facilitates the South Wales

Parents Network meetings, this is a forum made up of

Vale People First
'Getting out, Getting on'



parents with a learning disability and professionals. These meetings act as a vehicle into Welsh Government to campaign for the rights of disabled parents. These meetings happen on a quarterly basis and can be anywhere in South Wales. Staff at Vale People First can assist anyone that needs transport or support to attend.



If you want to find out more about the project, please call Liz Davidson or Rose Brewer at the Vale People First office on 01446 732926 or you can contact Samantha Williams at Learning Disability Wales on 02920 681160.

Aaron's British Transplant Games Success!

Aaron received his multi-visceral transplant back in 2009.



In Summer 2016, Aaron attended the British Transplant Games for the second year!

Teams are made up of all transplant recipients regardless of their abilities and Aaron represented Birmingham Children's Hospital at the games as this was where he received his transplant.

Just like the Olympics, the British Transplant Games start with an official opening ceremony and end with a presentation evening where the awards are presented.

This year Birmingham Children's Hospital were awarded Best Children's Liver Team and Best Children's Team overall.

Aaron was awarded three medals in total, gaining Gold in the 6 – 8 years 50m sprint; Silver in the 6 - 8 years Tennis; and Bronze in the 6 – 8 years Table Tennis.



A huge CONGRATULATIONS to Aaron for his achievements at the Games!

For more information about the event or to find out about British Transplant Games 2017 please visit www.britishtransplantgames.co.uk

Cwtch Play Project at Adamsdown Play Centre

Are you a parent or carer of a disabled child or a child with additional needs?

The Cwtch Play Project is a safe, stimulating and supportive environment for children with disabilities and their families.

Children will be able to direct their own play, assisted by qualified play workers.

Parents/Carers can join in the activities or sit back, relax and enjoy a hot cup of coffee and chat to other parents!

Activities include arts and crafts, soft play, sensory room, outdoor play area, games, refreshments and more!

Where: Adamsdown Play Centre, Howard Gardens, Adamsdown, Cardiff, CF24 0EF

When: Every Saturday

Time: 10am – 4pm

Cost: £1 per family.

Web:

www.cwtchnetwork.org.uk

Facebook: The Cwtch Network

"We only see children with different abilities, not children with disabilities."

Families from Cardiff and Vale are welcome to attend.

For more information please contact Karen Barker, Project Co-Ordinator: 07976 056 110 / KBarker@cardiff.gov.uk

children's play services
working for children's play in the City of Cardiff

cwtch
network



Afasic Cymru Youth Club Now Open for Young People in Cardiff and the Vale!



Afasic Cymru have opened the doors of their newest youth club which is based in Cardiff and young people from Cardiff and the Vale are welcome to attend.

When: Every Thursday in term time

Time: 6pm – 8pm

Where: “The Adventure” Scout Hut, Circle Way East, Llanedeyrn, Cardiff, CF23 9PD

Cost: £1 per session

The Big Lottery Wales funded Youth Club aims to provide opportunities for young people to:

- Improve social communication skills
- Enable them to build and maintain friendships
- Improve life skills

- Reduce feelings of social isolation

The Youth Club has a minimum of 2 support staff working with the young people to encourage their participation and don't offer 1:1 support.

The young people attending should be willing and able to attend independently of their parents/ carers.

Like other Afasic Cymru youth clubs across Wales, activities are planned with the young people and can include arts, crafts, board games, cooking, tuck shop, cinema night the list is endless so come along and join the fun with your new friends!

For more information please contact Jo, Project Co-Ordinator: jo@afasiccymru.org.uk / 07922 188 009

Afasic Cymru Parent Support Group

Does your child have difficulties talking and understanding language?

Come along to meet other families in a similar situation...

- Find out what to do if your child has difficulties with talking and/or understanding
- Find out how to get extra help for your child
- Get information, share ideas, advice, learn practical and fun stuff to try at home to encourage language development

When: Thursdays 26 January, 16 February and 30 March

Time: 10.00am - 12.00pm

Where: Afasic Cymru, Titan House, Cardiff Bay Business Centre, Lewis Road, Ocean Park, Cardiff, CF24 5BS

For more information please contact Esther Goodhew at Afasic Cymru
Telephone: 029 2046 5854
Email: esther@afasiccymru.org.uk
Afasic Cymru Parent Helpline: 0300 666 9410 (Monday - Friday, 10.30am - 2.30pm)

Telecare



'Telecare' refers to a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety within and outside their own home. Telecare may be the only service an individual receives, or may complement other services as part of a care package.

Telecare Cardiff

Telecare Cardiff is a service operated by City of Cardiff Council which is committed to helping you live independently in your own home. The service is designed to help those who are disabled, vulnerable or elderly by using wireless sensors placed around the home, which immediately detect risks.



The best thing about Telecare Cardiff is that it benefits both the user and the carers, offering round the clock reassurance.

An example of how Telecare Cardiff can help children and young people is the use of our Epilepsy Sensor.

What is the Epilepsy Sensor?

Epilepsy sensors are used to monitor people with epilepsy while they sleep. Patented sensor technology detects a person's movement in bed and is able to differentiate normal movements from epileptic seizures.

How does the Epilepsy Sensor work?

An epilepsy sensor enables seizures to be detected the moment they occur, ensuring parents/carers can respond quickly if needed, but otherwise will not disturb the user's sleep. The state of the art sensor monitors the user's vital signs including heart rate and breathing patterns to detect a range of epileptic seizures. The alarm triggers if it senses movements associated with a seizure for longer than the pre-set delay, which can be set to between 10 and 20 seconds. By linking the epilepsy sensor to the Care Assist pager it can alert a parent/carer that a seizure is taking place. When the sensor is activated, the Care Assist pager will vibrate, beep and light up.

**For all Telecare services in Cardiff please contact 029 2053 7080 / Telecare@cardiff.gov.uk
For more information please visit: www.telecarecardiff.co.uk**

Telecare in the Vale

Telecare devices are usually linked to the 24-hour a day, 365-days a year monitoring Centre at Contact One Vale (C1V) in Barry. Here trained operators are quickly alerted to an accident or emergency and take appropriate action. Alternatively, bespoke Telecare services may be directly linked to a carer, or may be 'stand-alone' (e.g. an automatic reminder to take medication).



There are currently 2 levels of service available in the Vale:

TeleV

TeleV consists of a range of equipment which supports both personal and environmental safety. The individual is connected to the monitoring centre via user-friendly monitoring equipment attached to a conventional phone and electrical socket. Individuals are also provided with a wireless trigger pendant, which can be worn around the neck, wrist or on a belt.



TeleV is available to all residents of the Vale of Glamorgan at a small cost.

TeleV+

TeleV+ provides a more bespoke, specialised service to help individuals manage greater risks to their safety and independence, perhaps as part of an overall care package. Specialised equipment may assist with conditions such as epilepsy, dementia and wandering, mobility or instability problems and falls, the need for medication reminders and enablement after leaving hospital.



TeleV+ is also available to all residents of the Vale of Glamorgan. Depending on their assessment and circumstances, individuals may have to contribute towards the weekly cost of the service.

**For all Telecare services in the Vale of Glamorgan please contact 01446 700 111 / c1v@valeofglamorgan.gov.uk
For more information please visit: www.valeofglamorgan.gov.uk/telecare**

Information and Advice for Families



Llandough Children's Centre

Anne pictured right from the Vale's Families First Advice Line is currently providing a "First Point of Contact Desk" at Llandough Children's Centre. Anne is happy to chat with you at the centre and the Families First Advice Line will then contact you to explore your options.



The Families First Advice Line is a first point of contact telephone service aimed at families with children 0 - 18 years of age who live in the Vale of Glamorgan.

0800 0327 322
Monday - Friday
9.00am - 12.00pm
1.00pm - 4.30pm

The Advice Line offers a personal service aimed at listening and assessing the needs of each family. The Advice Line provides advice to the family that will enable them to resolve their concern independently, or will assist the family in identifying services and will support the family to be referred to them.

If Anne is unavailable please speak to a member of staff at the Children's Centre in Llandough who can pass your details on to the Families First Advice Line.

Upcoming dates for 'First Point of Contact Desk' at Llandough Children's Centre:
Monday 6 & 20 February (afternoon)
Wednesday 25 January & 15 February (morning).

St David's Children's Centre

Sandy pictured right is an Information and Advice Practitioner based within the Disability TAF Team in Action for Children.

Sandy is present at a number of the clinics provided to assess Children & Young People for ASD & ADHD. Her role is to talk to young people and their families to ensure they



are aware of the services that exist and may be of interest to them.

If any referrals are required Sandy is able to take the families contact details and contact them at a convenient time to complete one brief assessment.

For Further Information, please contact Mellissa Griffiths, Disability TAF Programme Manager on 029 2022 8033 / CDT@Actionforchildren.org.uk

Barnardo's ADHD and ASD Parenting Support



This pilot has arisen through the Intermediate Care Fund (ICF) to support enhanced delivery for families with a range of complex needs across Cardiff and the Vale.

This exciting pilot can offer:

- 1:1 parenting support and advice within a setting of parent/carer's choice from experienced practitioners, around issues related to parenting a child with a diagnosis of ADHD or ASD.

- An ADHD 6 week parenting group, to give parents a group opportunity to share stories, build friendships, learn and develop new parenting strategies to support their child.

The child must have a confirmed diagnosis and referral to the programme can be made by a health professional.

For more information contact Fay Bowring, Barnardo's Cymru on 029 2057 7074 / 029 2022 9585

Welsh Government's Autism Spectrum Disorder Action Plan



We are committed to working to improve the lives of children and adults with Autism Spectrum Disorder (ASD).

We understand the challenges people with autism and their families face every day, and that it is crucial that support services are in place.

Wales was the first country in the UK to take a national approach to autism when it launched the ASD Strategic Action Plan in 2008.

We have made significant progress since then and have now updated the Plan using feedback from people with autism and their families and Carers.

It will be supported by the new National Integrated Autism Service.

The Plan outlines actions to:

- introduce a 26-week waiting time target from referral to first appointment for children with autism
- transform the education support for children with ASD

- implement a national assessment pathway for children
- improve employment opportunities for people with autism
- support organisations to become Autism-friendly
- raise awareness of information and resources.

This service is backed by £6m over three years. It will see specialist teams in every region providing diagnosis, support in the community and advice and information.

An advisory group will monitor the Plan's implementation and it will be independently evaluated.

For more information and to view the Plan, please visit www.gov.wales
For information on the Integrated Autism Service please visit www.ASDinfoWales.co.uk

Disclaimer

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