

Summer
2023
Issue 44

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



The Index Newsletter

Summer 2023 | Issue 44

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

Welcome to Issue 44, the Summer Edition of The Index Newsletter.

Please [click here](#) to watch a video from the Index Officer providing an update on the work of the Index.

We would be delighted to receive any feedback on any aspect of the Index but in particularly this Summer edition newsletter to ensure we continue to tailor it to the needs of our children, young people and families in the Vale. Our contact information is below for this purpose.

Contact number: [0800 5871 014](tel:08005871014)

Email: theIndex@valeofglamorgan.gov.uk

[Click here to complete our short survey](#)



Vale Inclusive Play Provision

Dates for Vale Inclusive Play Provision Summer 2023:

Tuesday 1 August - Thursday 3 August

Tuesday 8 August - Thursday 10 August

Tuesday 15 August - Thursday 17 August

Tuesday 22 August - Thursday 24 August

Vale Play Team will be delivering a range of inclusive play opportunities during the summer holidays. To find out about the provisions they offer to children and young people across the Vale watch their video: <https://shorturl.at/nptA5>

Details of all of their open access Summer sessions will be released on their EventBrite page from Friday 23 June: valeplayteam.eventbrite.co.uk

Their Booking Request Form for children requiring additional support at Vale Inclusive Play Provision went live on Friday 23 June, and the closing date for bookings was Friday 7 July. Places are based on need and allocated on a first-come-first-served basis. All families will be contacted with the outcome of their booking request by Friday 14 July.



What activities are going on locally?

Our Vale Family Information Service has compiled a Holiday Activity Programme.

This is available here:

www.valeofglamorgan.gov.uk/holidayprogramme from the 15th July 2023. New activities and events will be continually added throughout the summer holidays.

If you are looking for holiday care schemes across the Vale, you can find a list from the Childcare Information Wales website:

www.childcareinformation.wales

or contact FIS directly: [01446 704704](tel:01446704704)



Vale People First runs Teenscheme, which is funded by Welsh Government's Families First funding.

When: Wednesdays and Thursdays from 2nd August to 31st August 2023

Time: 10.00am - 3.00pm

Where: Celtic Park Community Hall, Celtic Way, Rhoose, Vale of Glamorgan CF62 3FT

- Please bring a packed lunch with a drink and they ask for £5 per day donation if you are able.
- They will have Personal Assistants for personal care, one of whom will be medically trained for young people requiring medication or peg feeding.
- Spaces are limited.
- Attendance at Teenscheme is still by referral only.

What's on this Summer Holidays?

Outside sports and activities weather permitting and lots more Indoor activities such as arts and crafts, lego, dance, pop up sensory tent, parachute games and more Motion Control Dance sessions

Referral "All About Me" books can be requested by emailing their email address: vpfteenscheme@gmail.com



Vale Youth Service

Vale Youth Service have a number of youth clubs across the Vale of Glamorgan, all are free to access and take part in what's happening each evening. It ranges from sports, informal discussions, films, arts and crafts, pool, chilling out with friends, a place to meet which is warm and dry, education sessions, cooking, DofE Award Scheme, ACU- which is accredited courses where you take part and get accredited for your learning, volunteering opportunities, in house training, participation projects that give you the opportunity to have your voices heard. They also have a mobile youth provision which is their bus called the VPOD that can travel to an area to offer youth activities.

Any young person age 11-17yrs living in the Vale of Glamorgan can access them. Young people age 18-25 can access specific projects for this age range.

They strive to be inclusive to all young people so if you have a query about any of their provisions please get in touch using the number or email address below.

Telephone: **01446 709308**

Email: valeyouthservice@valeofglamorgan.gov.uk



[CLICK HERE to view Vale Youth Service's Summer Events](#)

Insport Series in the Vale

Insport Series events provide inclusive sporting opportunities for disabled adults and young people across Wales. This free to access event is scheduled to take place in the Vale of Glamorgan at St Cyres school, Penarth in July.

There will be a variety of sports available to join in with, all delivered by local Insport Clubs and National Governing Bodies of Sport (NGBs). These opportunities all link to a local pathway into established local inclusive clubs (Insport Clubs)

The event will be coordinated by Disability Sport Wales and delivered in partnership with Vale Council Healthy Living Team and clubs and NGBs who currently hold an Insport standard.

If you wish to receive further information, please register your interest [here](#).



Family Fun Days

Flying Start Family Fun Day

When: Wednesday 26 July 2023

Time: 10am-3pm

Where: Pencoedtre Fields, CF63 1SD

Cost: Free



Flying Start are hosting their annual family fun day in partnership with Vale Youth Service, Family Information Service, Families First, Fire and Rescue, Vale Adult Education and Health Services to deliver a range of free activities for families to enjoy.

The activities include face painting, fruit kebabs, dummy faires, bouncy castles, bro radio, cycling, arts and crafts, balloon modelling, Moo music, yoga, magician and much more.

We will also have a range of food stalls where you can purchase drinks and snacks, however there is lots of space to enjoy a family picnic - why not bring a blanket and set up for the day.

We would love to see you there. The event is free to attend and there is no need to book. For more information keep a look out on our Vale Flying Start Facebook page #ValeFlyingStart

[CLICK HERE to view Flying Start's Fun Day Poster](#)

Vale Play Development Team

Invite You to celebrate National Play Day

When: Wednesday 2 August 2023

Time: 11am - 3pm

Where: Buttrills Playing Field & Community Centre, North Walk, Barry, CF62 8BX



Please note: Buttrills Community Centre is fully accessible to wheelchair users

National Play Day will be celebrated across the UK in August under the theme of 'Playing on a shoestring - making every day an adventure'. The day aims to highlight the important role that play has on children and young people's physical health, mental health and relationships. Join us to celebrate National Play Day in the Vale.

Following an extremely successful event last summer, Vale Play Team will again partner with Vale Sports Development Team, Recreate Scrapstore, Vale Youth Service, Flying Start Team, Family Information Service, Vale Parenting Service, Vale Libraries and Adult Learning Team to deliver a day packed with inclusive, fun activities for all to enjoy.

Activities will include: Junk Modelling, Cardboard City, Outdoor Games, Small Worlds, Den Building, Muddy Kitchens and lots more!

[CLICK HERE to view National Play Day Poster](#)

All Stars Gymnastics Club

They offer inclusive classes for all ages and abilities from walking age through to adult. They have classes for beginners, intermediate and advanced gymnasts as well as ALN sessions and Parent and Child classes which I have included below. The club offers the gymnasts the chance to gain certificates as well as take part in competitions.

Additional Learning Needs Open Play

When: Most Saturdays 2pm

Where: Unit 29/30, JR Business Centre
Main Avenue, Treforest Industrial Estate

Parent and Child Class

When: Mondays, Tuesdays, Thursdays 10am
and Fridays 10am and 1pm

Where: Unit 29/30, JR Business Centre Main Avenue,
Treforest Industrial Estate

Free play

When: Fridays 11:30am

Where: Unit 29/30, JR Business Centre Main Avenue, Treforest Industrial Estate

For further information:

Telephone: [07928 436799](tel:07928436799)

Website: <https://allstargymnastics.co.uk>

Facebook: <https://www.facebook.com/Allstarsgym1>



Cardiff Blue Dragons

Where: House of Sport, Clos Parc Morgannwg, Cardiff CF11 8AW

When: Wednesdays 6-7pm

Cardiff Blue Dragons are an inclusive club and sport (you may have seen Wheelchair Rugby League at the World Cup back in November) and they are always looking for people to join them. They like to encourage family members/carers to get involved too and they will be playing in the Welsh Invitational League which starts in August.

Any age can train with them, currently their youngest member is 8 years old and their eldest is in their 70s. They have any gender playing alongside each other. The only stipulation is that participants can self-propel/ push a wheelchair. There are currently only two teams in the South Wales Area, Cardiff Blue Dragons and a club at Pontypool.

For further information:

Telephone Head Coach Alana Sargent: [07761 263111](tel:07761263111)

Email: cardiffwheelchairrl@gmail.com

Instagram: [@cardiff_blue_dragons_rl](https://www.instagram.com/cardiff_blue_dragons_rl)



What services are available in the local and surrounding areas?

Vale Youth Speak Up

When: Thursdays 4:45-6:45pm

Where: Buttrills Community Centre, Barry CF62 8BX

Vale Youth Speak Up is a group for young learning disabled children and young people aged between 16- 25. They have recently been speaking about their rights and the UNCRC. They have covered Identity and Nationality, Right to inclusion and are going to be looking at Nutrition and Health over the next few sessions. The group aims to highlight and tackle the issues of discrimination and bullying facing young people with disabilities. A major objective of the project is to empower and facilitate young people's involvement in decision making processes. The group has used innovative methods to send the message that people with disabilities can excel when they are listened to and given the right support.

For further information please contact Ashleigh on [07714 924140](tel:07714924140).



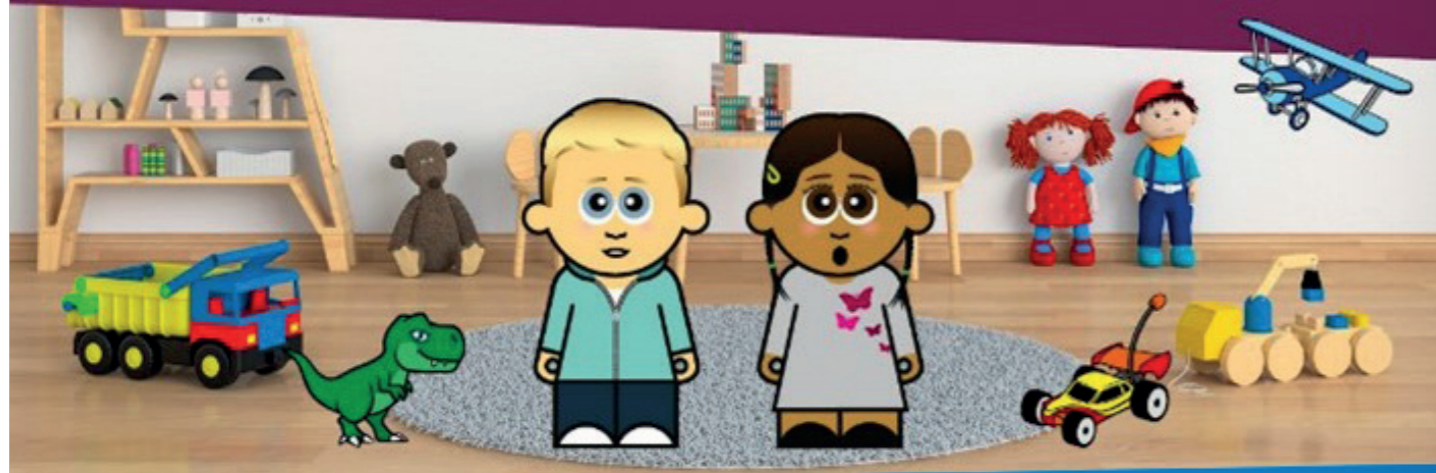
Community Connectors

Three Neurodevelopmental Community Connectors have joined Cardiff and Vale University Health Board's Neurodevelopmental Service as part of a pilot project funded by Welsh Government grant funding.

These roles are to support families of children aged 0-7 years who are waiting for a neurodevelopmental diagnosis by improving the experience families have while they wait, ensuring families can access the support they need, when they need it. Practically the role will be to help families navigate the complex neurodevelopment system by listening to what matters to families and connecting them to support that meets their family's needs.

The Community Connectors will start this through running information sessions for parents and carers of children on the waiting list, delivered with multi-agency partners to identify where support may be available for families to access.





Check if you're eligible for the Childcare Offer for Wales

Childcare Offer for Wales

Is your child starting part-time nursery education in September?

If you are a student or a working parent/carer of a 3- or 4-year-old, you also could be eligible for funding towards the cost of childcare through the Childcare Offer for Wales.

Applications are open now!

Additional Support

To make sure that all children receiving the Childcare Offer can access the childcare they need, we can fund equipment, training for staff, adaptations or additional staff in their childcare provision.

If your child needs additional support to access their childcare setting, please get in touch with the Family Information Service on:

01446 704704

childcareoffer@valeofglamorgan.gov.uk

We can also help you to find suitable childcare. If you have decided not to take up your child's part-time nursery education place, you can still access the Childcare Offer funding.

For more information, eligibility criteria, and the Childcare Offer application, please go to:

www.valeofglamorgan.gov.uk/childcareoffer



LIFE Linking Inclusive Families through Social Events

Upcoming Coffee Mornings

When: 12th September 10:00 - 12:00

Where: Rhoose Community Café, St Peters Church, Church Road, Rhoose CF62 3EX

When: 11th October 10:00 - 12:00

Where: Lana's Community Café (Bridge between Community Centre) Heol Y Llongau Barry CF63 4AR

When: 15th November 10:00-12:00

Where: The Gathering Place Community Café, Flemingston Road, St Athan CF62 4JH

L.I.F.E is a registered charity, committed to supporting families residing in the Vale of Glamorgan and surrounding areas that have a disability and/or additional learning needs, formed by five volunteer parents who themselves have children with a disability and/or additional learning needs of their own.

Request to be their friend: www.facebook.com/ALNCharity
Email: info@life-charity.co.uk



HAPI (Happy, Aspiring, Prosperous & Inclusive)

The Hapi Cardiff and Vale project is into its second year after launching in May 2021. The project is hosted by Newydd Housing Association and funded by Cardiff and Vale University Health Board.

They look to increase the physical activity levels and healthy eating habits of those residents living in Cardiff and the Vale of Glamorgan. The project offers a range of FREE physical activity and healthy eating activities to get involved in, such as exercise classes, walking projects, nutrition and cooking courses. The project is open to anyone living within Cardiff and the Vale, with a particular focus on those living in areas of deprivation that may have barriers accessing these types of activities. They have worked with individuals, community groups, families and schools and can tailor sessions to meet need. They have recently started Additional Learning Needs sessions, as well as within a school in the Vale of Glamorgan.

For further information:

Contact: Adele Taylor: **07816 455995**

Email: adele.taylor@newydd.co.uk

Website: www.newydd.co.uk/how-we-can-help/get-involved/hapi-project



The Vale of Glamorgan Community Based Primary Counselling and Play Therapy Service

The Vale of Glamorgan Community Based Primary Counselling and Play Therapy Service consists of a team of independent, registered counsellors and play therapists working on behalf of the Vale of Glamorgan Council. The service works with primary school aged children, aged 4-11.



Referrals are made by contacting the Families First Advice Line on: **0800 0327 322**

Referrals need to be made by the person who has parental responsibility for the child who has consented to access therapy.

Seren Dwt

Welcoming all Dinky Stars with their extra little sparkle...

Seren Dwt is a not-for-profit charitable organisation gifting Welcome Boxes to babies born with Down syndrome across all Health Boards in Wales. The box celebrates their arrival and signposts families to local and national support groups and charities. Families are gifted the box in hospital when baby is born.

Seren Dwt hold a monthly meet up group in North Cardiff, South Wales, for 0-5-year-olds and their parents/carers as well as meet ups for all families during the school holidays, throughout South Wales.

All families in Wales with a child with Down syndrome (of any age) are welcome to join their Facebook group [Seren Dwts in Wales](#)



Time Away

Time Away are a registered charity who source vacant time in self-catering holiday accommodation and gift it to those who need a break. Through providing the opportunity for a break away from the home environment they can help families to enjoy time together away from it all. Holidays can be offered as a respite for parents/legal guardians for those who can source childcare as well as for families together.

Eligibility Criteria:

- You are a parent or legal guardian of a child under the age of 5 with a life changing diagnosis
- That child is in receipt of Disability Living Allowance (higher rate award of the care component)

For further information:

Email: hello@timeaway.org.uk

Facebook: www.facebook.com/TimeAwayUK

Website: timeaway.org.uk



Education

Additional Learning Needs Education Tribunal Wales Update

The additional learning needs (ALN) system supports children and young people aged 0 to 25 in Wales with ALN. The Welsh Government aims to ensure all learners with ALN are supported to overcome barriers to learning and can achieve their full potential.

Changes to ALN implementation timeframe

The Minister for Education and Welsh Language has announced the decision to extend the implementation period of the ALN Act from three years to four years.

This means that children who were due to move to the ALN system between September 2023 and August 2024, will now move to the ALN system between September 2023 and August 2025. The rights for children, and their parents, to request a child moves to the ALN system is unaffected.



For further information [visit their website](#)

Transition

Celt+ Project, a Communities 4 Work Employability project

Celt+ are an employability project for those who live in the Vale of Glamorgan that feel they need support to return to employment, with training or with work experience. They work with young people 16+ with health issues that limits their employment choices. Currently working with pupils and families from Ysgol Y Deri Special School to support them with their employment choices once they finish school.

They can offer:

- Free support with job searching, training, creating or updating CVs.
- Help with work experience placements and work trials.
- Help with managing health issues and move people closer to returning to employment.
- Act as mentor in employment.

Celt+ also offers support for 25+ in wider Vale into training or employment. Eligibility: economically inactive, long term unemployed or those with long-term health issues. They also have a focus on the over-50 age group looking to return to work or at risk of or who have recently left the workforce and dropped into economic inactivity.

To view their poster [click here](#)

For further information:

Email: c4w-barry@valeofglamorgan.gov.uk



Additional Learning Needs Pathfinder

A website to help young people with ALN and their families to make choices and plan the next steps in transitioning from school to further education.

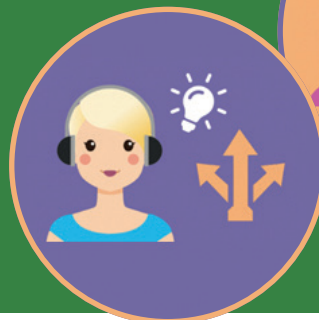
For further information:
Website: www.alnpathfinder.wales



Careers Wales information for parents and carers of children with Additional Learning Needs

Careers Wales have published new parent pages. Discover the tools available for parents and carers to support their child to make decisions about their learning and career.

For further information:
Website: <https://careerswales.gov.wales/parents>



Gyrfa Cymru
Careers Wales

Our Contact Information

The Index [0800 5871 014](tel:08005871014)
theindex@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/theindex

Facebook: @VOGFIS

Twitter: @ValeFIS



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