

Issue 32
January 2020



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!

Happy New Year to all our readers. We are now into the full swing of 2020, a new decade, with new hopes, adventures and challenges.

You will see that we have a new feature in this issue which is around Transition, or now known as 'Planning for your future'. This focuses on what will happen when a child reaches Year 9 in school and starts to think about their future. For example what will happen when they leave school, attend college etc. You will find more information on pages 10-11

We are keen to know if you would like more information about this subject. Please send your comments to us (details below).

What is new since the last issue?

The Index currently reaches over 2300 people consisting of 1511 families and 820 professionals across Cardiff and the Vale.

The Index is a regional service covering Cardiff and the Vale of Glamorgan. In Cardiff, The Index now sits within the newly formed Cardiff Family Advice and Support. In the Vale of Glamorgan, The Index sits within the Vale Family Information Service.

Please remember that if you know of anyone who would benefit from signing up to The Index, let them know that they can register using the online form or contact us on the numbers below. If you are a family or professional with a story to share please let us know as we are always looking for new and exciting stories to share with our readers.

Happy reading!

Contact your local team if you have a story to share, or an event you would like us to come along to!



Cardiff Family Advice and Support

Contact FAS@cardiff.gov.uk

03000 133 133

www.cardiffamilies.co.uk

@CardiffCFAS



Vale Family Information Service

theindex@valeofglamorgan.gov.uk

0800 587 10 14

www.valeofglamorgan.gov.uk/theindex

@ValeFIS



The Index is funded by Welsh Government's Families First Grant



What's On:

Mondays

The One Group Parent gatherings for parents

Mondays, 1.15pm-2.30pm,
Howardian Primary School, CF23 9NB

Tuesdays

LGBTQ Club

Every Tuesday (term time), 6.00pm-9.00pm
Cathays Community Centre

KeyCreate Stay and Play Group

Tuesdays, 10.00am-12.00pm
Glyndwr Community Centre,
Glyndwr Avenue, Penarth, CF64 3ND
dave@keycreatewales.co.uk

The One Group Parent gatherings for parents

Tuesdays, 9.30am-10.45am,
Multi-Sensory Impairment,
Ely & Caerau Children's Centre, CF5 4SX

Vale Families First Holiday Club

(see page 6) Tuesday - Thursday
(Half Term)

Wednesdays

Rubicon Dance Studio in Cardiff, classes to suit children and young people with learning difficulties

(see page 4)
Every Wednesdays, Various dance classes for 7-25yrs, 4.00pm-6.30pm
contact 02920 491477 or
info@rubicondance.co.uk

The One Group Parent gatherings for parents

Wednesdays, 1.15pm-2.30pm,
Grangetown Nursery School, CF11 7DT

Vale Families First Holiday Club

(see page 6)
Tuesday - Thursday (Half Term)

Healthy, Active and Indoors

(See Page 7)
Term Time only 4.00pm-6.30pm

Thursdays

Local Motion Studio Kids Disability in Barry

(see page 4)
Classes at 4.30pm-5.15pm for 5-11 years and
5.15-6.30pm for ages 12yrs+
contact 07725038778 or
info@motioncontroldance.com

The Deaf Cool Club

Every Thursday, (term time) 6.00pm-9.00pm
Deaf Centre, Newport Road, Cardiff

Trelai Inclusive Club

Every Thursday (term time) 6.00pm-9.00pm
Western Leisure Centre, Cardiff

The One Group Parent gatherings for parents

Thursdays, 1.30pm-2.30pm,
Ysgol Gymraeg, Glan Ceubal, CF14 2QQ

Vale Families First Holiday Club

(see page 6) Tuesday - Thursday during Half Term

Vale Inclusive Youth Provision Teescheme

(see page 5)
Thursday and Friday (during Half Term)

Fridays

The One Group Parent gatherings for parents

Fridays, 9.30am-11am, Tremorfa
Nursery School, CF24 2TG

Young Care Leavers Club

Every Friday (term time), 5:30pm - 8:30pm For young
care leavers age 13-25yrs Grassroots Youth
Centre, Cardiff

Vale Inclusive Youth Provision Teescheme

(see page 5) Thursday and Friday
(during Half Term)

Saturdays

Oshi's World -Let's Play Sessions

Saturdays, 10.00am-1.00pm Byrd Crescent
Community Centre, Penarth,
anna@ashisworld.org

Barry Beaver Swimming Club

Saturday afternoons, 3.00pm-5.00pm
Barry Leisure Centre

Cathays Inclusive Club

Every Saturday, Youth Pavillion in Butetown,
10.00am-1.00pm

Local Motion Dance

WINTER TERM 2020 Every Thursday

Local Motion Kids

Disability
Ages 5 - 11yrs
4.30pm – 5.15pm

Local Motion Dance

Disability
Ages 12yrs+
5.15pm – 6.30pm

Local Motion Dance Company

Disability
Ages 16yrs+
6.30pm – 7.45pm



ALL BASED AT THE MCD STUDIO, YMCA, BARRY
www.motioncontroldance.com
For further information please contact them on
07725038778 or info@motioncontroldance.com



RUBICON Dance Classes

Rubicon Dance is a community dance development organisation. They have a range of classes to suit all tastes, interests, abilities and styles

Spring Term Timetable for Wednesday Classes starting 8 Jan – 4 April 2020

4.00pm – 4.45pm – Open class for 7-11 years with learning difficulties

4.15pm – 5.00pm – Rubicon open class for 12-18 years with learning difficulties

4.45pm – 5.30pm – Dance for young adults for 18-25 years with learning disabilities

5.30pm – 6.30pm – Flagship group for 12-25 years with learning difficulties

Open class session price £4.00 & Flagship Group Session Price per term £46



Address; Rubicon Dance Studios, Nora Street, Adamsdown, Cardiff, CF24 1ND
For further information and bookings please phone 02920 491477 or email info@rubicondance.co.uk
www.rubicondance.co.uk

Teenscheme



Inclusive Youth Provision – Disability Teenscheme Halloween Half Term!

What a Spooky Halloween we had at Teenscheme thanks to the Welsh Government Families First funding. We had spooky arts and crafts, a large inflatable Frankenstein, life size spooky doormen and lots of pumpkins, chains and Halloween activities. These included our Annual Halloween Disco, Bingo and Auction Extravaganza evening for all the young people who attend Teenscheme to bring along their families. An excellent night of fun that everyone enjoyed!

Parents, grandparents and young people who came gave us a great ten out of ten and thanked all the Teenscheme staff for the two days of fun packed activities.

Teenscheme February Half Term

Thursday 20 and Friday 21 February 2020

Activities include: group games, arts and crafts, X box, pool, music, indoor games and the sensory room and garden. Huge thanks to Oshi's World for their support in allowing us to use these great facilities.

It would be even better to see more young people attending the February Teenscheme! If you live in the Vale of Glamorgan and have a diagnosed disability, get in touch with Vale People First to get your copy of the "All About Me" book. Fill it out and send it back and we will be in touch! We have a Nurse and Personal Assistant on site for the duration of the Teenscheme.

If you need more encouragement – ALL young People who attended said they will be back and gave Teenscheme a BIG Thumbs Up. Parents are also enthusiastic about Teenscheme –stating that their young people:

"grew in confidence"

"absolutely loved it"

"had a fantastic time and learned new skills"

"Staff Team are Fab"

"Loved everything about it – so much variety"

"feel confident that my child is looked after"

Venue: Cwrt Y Vil Community Centre, Byrd Crescent, Penarth. CF64 3QU.
Time: 10.00 am to 3.00pm

Please provide lunch and refreshments for the day.

There is also a donation of £5.00 per young person per day if you are able to donate.

We look forward to welcoming new members, but if you need to contact us in the meantime, you can contact us by telephone: 07866 564741 or by email: movingonwell@gmail.com

Vale People First
'Getting out, Getting on'



Inclusive Youth Provision – Youth Speak Up

For 16 to 25 year olds with learning disabilities

Venue: Gibbonsdown Children's Centre, Gibbonsdown, Barry.
Time: Every Thursday 5.30pm till 7.30pm

We focus on self-advocacy with fun, making friends, building confidence and learning how to "speak up" for yourself and be listened to. There

are Opportunities within the group and in the Community.

For more information Contact:

Vale People First, Castleland Community Centre, Belvedere Crescent, Barry, Vale of Glamorgan. Telephone: 07866 564741 email: movingonwell@gmail.com

Vale Families First Holiday Club Summer Success

Another fantastic time was had by all last summer at the Families First Holiday Club held at Ysgol Y Deri School, Penarth.

Despite a last minute change of venue and a couple of days for both children and staff to settle, the summer holidays were soon underway, with a range of fabulous and fun activities to keep us all busy.

Hungry Holidays Pilot

The Welsh Government Hungry Holidays fund provided a grant for us to offer healthy eating options for the children during snack and lunch time, and the play team wasted no time in creating a Social Snack Bar for the children to access. This proved very popular with the children, who tried a range of healthy snacks including carrots, broccoli, hummus, blueberries and avocado to name but a few!



Welsh Government Visit

A visit from the Welsh Government Finance Minister Rebecca Evans was successful with children making fruit kebabs and showing off their culinary skills.

CIW Inspection

Vale Families First Holiday Club is registered with Care inspectorate

Wales (CIW). Part of the registration process is an unannounced visit to inspect the setting. This summer, CIW inspectors spent just under two days at the Holiday Club talking to the management team, staff, parents and children.

The inspection found that staff were experienced and knowledgeable about the children in their care and that all the children were comfortable and were listened to during their stay at the Holiday Club. Staff were all aware of the importance of safeguarding and had received induction training.

“We found that children enjoy themselves at Families First. They have fun with their friends and interact well with their carers. They are cared for by knowledgeable, nurturing and consistent staff who are committed to meeting their individual needs.”

Read the full report at careinspectorate.wales/families-first-holiday-club

Families First Holiday Club in February Half Term

The Families First Holiday Club was unable to run during October 2019 due to unforeseen circumstances, but with February 2020 fast approaching, we have everything crossed that we will be back to run in half term.

Tuesday 18, Wednesday 19 & Thursday 20 February, 10.00am – 3.00pm

Ysgol Y Deri Special School, Sully Road, Penarth, CF64 2TP



If you require any further information about the Families First Holiday Club, please do not hesitate to contact Joanne Jones, Play Development Officer on 01446 704809 / playdevelopment@valeofglamorgan.gov.uk

Community Play in the Vale

Vale Sports and Play Development Team have recruited a Community Play Development Officer, to provide free community play opportunities for children in the Vale aged 4 – 11 years.

After the success of the Healthy, Active and Outdoors sessions over the summer, the team have developed Healthy, Active and Indoors sessions for the colder months. The sessions aim to encourage children to leave their devices at home and promote low-cost, no-cost play activities in the community including: junk modelling, arts and crafts, den building, multi-sports and much more!

The first sessions of 2020 will be held in Victoria Park Community Centre on Wednesdays from 4.30pm – 6pm.

Healthy, Active and Indoors
Free sports and play sessions for 4 – 11 years

Wednesdays in Term-Time from 8 January, 4.30pm – 6.00pm



Victoria Park Community Centre, Church Road, Cadoxton, Barry, CF63 1JY

For more information please contact Julia Sky, Community Play Development Officer on 01446 704809 / playdevelopment@valeofglamorgan.gov.uk



Vale Parenting Service

The Vale Parenting Service support families with children between 0-18 across the Vale of Glamorgan in order to build on strengths and make positive changes, enabling parents to feel more confident in managing; behaviour, routines and boundaries. We focus on promoting emotional wellbeing, and supporting positive family relationships. We also have specialist midwifery support from our under 19's midwife, in order to provide targeted support which both complement and enhance the Parenting Service.



Gwasanaeth Rhianta Bro
Vale Parenting Service
Cefnogiad iestudwraig i gyflawni mwy
Supporting families to achieve more

Parenting programmes are delivered in a small group setting, or as a 1:1 bespoke intervention in line with what the family see as the focus of support required. Parenting Programmes include; Welcome to the World, Baby's First Year, Nurturing Programme, Handling Children's Behaviour, Handling Teenage behaviour, Talking Teens and STEPS. These offer a broad programme of support and strategies across the whole age group, from antenatal to the teenage years.

Sense of Play Project

The Sense of Play project, which is attached to the Vale Parenting Service, supports families with children (aged 0-5 years) who have varying levels of additional learning needs, living across the Vale of Glamorgan.

Sessions are carried out in the family home, and activities focus on play and development. The sessions aim to support parents to recognise the different stages of their child's development, and the important role they play in enhancing this. Sessions are for 1 hour a week, and the family receive up to 6 sessions (term time only).

The fun and interactive sessions focus on:

- Sensory play
- Physical play
- Songs, Rhymes and Stories
- Messy Play

The sense of play practitioner brings a variety of activities and resources which are stimulating, fun and enhance children's development.

The Vale Parenting Service is based at the Community Enterprise Centre, Skomer Road, Barry, CF62 9DA. Families, Carers and professionals can refer via the Families First Advice Line on 0800 0327 322.

Carers Trust Carers Panel

Influence. Interact. Inspire.

Join the Carers Trust Carers Panel and help shape services for unpaid carers in Cardiff and the Vale.

Dates and locations:

**Thursday 30 January
10am – 12 noon**

The Community Hub, West House, Stanwell Road, Penarth CF14 6HL

Wednesday 5 February

10am – 12 noon

CF61, Station Road, Llantwit Major, CF61 1ST

(A light lunch will be provided at all events)

Contact Sian Salkeld on 07706 297966

engagement@ctsew.org.uk to find out more



Beginning to Plan for My Future



When you are 14 you have to start thinking about your future and what you would like to do when you leave school. You might want to go to college, do some training or get a job. You may need support to continue to learn to do things for yourself when out and about in the community or you may need to be supported in a place where for example you are helped with your physical care. Sometimes, making choices might be hard but it can also be an exciting time, and there are lots of other people as well as people in school who can help you. For example:

- A Careers Advisor will be able to give you lots of ideas and choices that are available in your area when you leave school;
- College staff can also let you know what courses they have if you would like to go to college. They can also arrange visits for you to see what it's like;
- You might also have support from someone who can talk about what you do in your spare time and help with new things to do as you grow older.
- Attend a Day Service
- Receive support in the community
- Get some work experience or voluntary work to help you to get a paid job you would like to do in the future
- Prepare to live away from home

Planning for your future will start in year 9 which is long before you leave school. If you have a Statement of SEN, the next 2 pages will tell you what should happen to help you plan ahead.

We want to know what you think!

Tell us what you would like to know to help you make decisions about your future, or if there is anything you are worried or excited about, and look out for some answers to your questions in the next issues of the Index!

E-mail us at: theindex@valeofglamorgan.gov.uk / ContactFAS@cardiff.gov.uk

Making a Plan for My Future

If you have a Statement of Special Educational Needs (SEN), here's what should happen to help you plan for your future:



Year 9

Your school will talk to you about what you would like to do when you get older and leave school. They will talk about the choices you have.



You will then meet with other people who support you, such as a social worker, a teacher or a healthcare worker and together you will make a plan for your future. You can get help from someone before the meeting to help you prepare your thoughts and your school can help with this.



One of the people attending the meeting will become your 'key worker'. This is someone who will make sure your plan runs smoothly and help if there are any problems with the plan.



The plan that everyone makes at the meeting must be about what you want to do, so it will be important to tell everyone what you would like to happen in the future.



Everyone who supports you should have a copy of your plan so that they know what to do to help you to get to where you want to be.

Year 10

You will have another meeting to see how the plan is going.



Depending on what you want to do in the future, new people might come to the meeting to see how they can support you.



Now is a good time to start thinking about whether you want to leave school at 16 or 19.



Year 11

You can take part in work experience, in something you are interested in, to see what it's like going to work.



You will meet with people who support you to see how your plan is going and if anything needs to be changed. New people may come to the meeting such as an adult social worker, adult health service worker or someone from the local college you may want to attend.



You can find out information on things like direct payments and independence.



At the end of year 11 you might want to:

Stay in school, go to college, get a job, or do some training.



Year 12

You might do some more work experience.



You will meet with the people who support you again, to see how your plan for your future is going.



If you need an adult social worker, they may now be involved, to support you to plan for your future.



You might start visits to the place you will go to next.



You might apply for jobs, training, or voluntary positions.

Years 13-14

You might do some more work experience or you might apply for jobs, training or voluntary positions.



You will meet with people who support you again, to see how your plan is going.



You might start visits to the place you will go to next and meet people who will be supporting you there.



You can leave school in year 13 or 14 and go to your new place.

Everyone involved in supporting you should make sure that information about you has been shared with the new place you will go to when you leave school.

Your new place will use all the information to make sure you get the right help when you get there.

Everyone who supports you should have a copy of your plan so that they know what to do to help you to get to where you want to be.



Shane Doran gains confidence to travel independently

Independent Travel Training started for Shane in the last year of his time at Ysgol-y-Deri, in group sessions. Subjects included planning a journey, road safety, money handling and social interactions.

college with the other students. After finishing school Shane progressed to 1-2-1 training with one of the Travel Trainers and over the summer holidays they worked together to reinforce the skills Shane had already developed, and learnt the specific journey from home to college.

Since then Shane has learnt to travel to Llandough Hospital, The Health Hospital, Porthkerry Park and all over Barry.

Shane gets anxious when a bus is late and will use his phone when he requires reassurance to contact his APS host or the office.

Jamie Hughes travel trainer says *'it is down to the trainee WANTING to learn that makes it so successful.'*

You can find out more about the Independent Travel Training Scheme on page 18

Practical training with the group of other Post 16 students took place from Ysgol-y-Deri to Cardiff and Vale College (CAVC) Dumballs Road, which included the return journey. Shane was exposed to the chaotic environment of the city centre.

Over the course of the school year, Shane gained confidence to lead the session from school to

- Matthew has watched his bus drive away from the stop without him
- The bus has not turned up.

These are all things that can happen to anyone. But with strategies in place to deal with such events your young person will surprise you with how well they cope. Even if you might be a wreck!

However, taking risks is part of everyday life as you grow up and developing the skills to problem solve needs to be encouraged to enable any person to develop independent living/life skills.

Matthew embraces the challenge of travelling alone. It gives him a great sense of satisfaction, self-esteem and confidence.

Written by Matthew's mother

Matthew Jervis' mum shares her story of Matthew's journey to travel independently.

Matthew is a 22 year old young man with Downs Syndrome. He recently moved to his own home with some support.

From the time Matthew was 5 years old, his parents have encouraged him to seek independence. With the help of older children who attended the local primary school, (which he attended for a few years), Matthew was enabled to catch the school bus to school.

At the age of 12 he started to catch the local village bus, available at that time, with either a family member or his PA accompanying him to Cowbridge to meet family /friends. As he became more confident and familiar with the route he was able to catch the bus on his own. His parents followed behind in the car to meet him at the other end.

Unfortunately, the village bus service stopped and this put an end to his bus trips for a time.

The same process was then used to build his

confidence in catching the X2. By the age of 16 Matthew was able to catch the X2 to a familiar destination. When one of his PA's moved to Cardiff this motivated Matthew to venture further, but always with the knowledge that he would be met at the other end and with the use of a mobile phone to enable those supporting him to keep in contact.

His independent travel is only on routes he knows well. Return trips (when unaccompanied) still need some support with regards to timings.

These ventures obviously come with an element of risk and with the best will in the world things do not always go to plan. It is always a worry.

- Matthew has fallen asleep on the bus and missed his stop



COUCH TO 5K



FREE TO ATTEND

FREE TO ATTEND

EASTERN SHELTER, WHITMORE BAY, BARRY ISLAND

TUESDAY AND THURSDAY 6.30PM-7.30PM.

STARTS ON FEBRUARY 4TH



RUNNING SESSIONS FOR DISABLED AND NON-DISABLED PEOPLE



SERIOUSLY MAD RUNNERS WILL BE

LEADING THE PROGRAMME

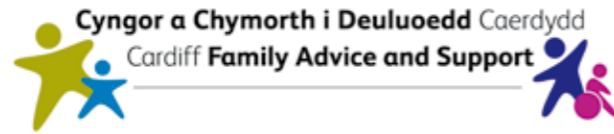
<https://www.seriouslymadrunners.com/>

Couch to 5K is for beginners and takes 9 weeks.

The aim is to run 5000 metres

**TO BOOK YOUR SPACE, RING OR EMAIL SIMON JONES,
DISABILITY SPORT WALES DEVELOPMENT OFFICER ON 01446
704728 OR SLJONES@VALEOFGLAMORGAN.GOV.UK**

New Cardiff Family Advice and Support



The launch of Cardiff Family Advice and Support took place on the 15 November at City Hall.

Cardiff Family Advice and Support is the new early help service for families, young people and professionals in the City.

Over 100 guests attended the event, including Councillor Hinchey, Cabinet Member for Children and Families, and the Children's Commissioner for Wales' team.

Highlights included our guest speakers Chloe, who was kind enough to share her experience of working with Llamau and Connor, a member of the UK Youth Parliament who discussed the importance of involving young people in decision-making.

Attendees had the opportunity to share the experiences of several families who have already worked with Cardiff Family Advice and Support. A wide range of support services hosted stalls at the marketplace to share information about their work.

The event was a real success focusing on how services in Cardiff work together to provide the right level of support, at the right time to families, young people and children across Cardiff.

You can contact Cardiff Family Advice and Support by calling 03000 133 133 or by emailing ContactFAS@cardiff.gov.uk



Gofal Cymru Care



Specialist Residential Care and Respite Providers Gofal Cymru Care provides quality care and support for younger adults age 18+ yrs, with learning disabilities, autism and mental health needs. We operate six residential care homes across Cardiff and the Vale, set within local communities at Danescourt, Gabalfa, Fairwater and Barry. If a young adult was placed in one of our homes, we would start planning for this with the school, young adult and their family before they reached age 18yrs.

Our aim is to provide support to enable the individuals who reside with us to achieve their full potential, we do 'with' rather than 'for' as far as possible in order to promote some degree of independence where we can.

We encourage individuals to play a full part in their community. None of our homes are marked out as care homes, all are in residential areas and individuals all have their own bedrooms which are decorated to their taste.

Our well-trained staff team have experience in supporting people with learning disabilities and emotional and mental health needs, including generalised anxiety disorder, depression, psychosis, paranoid schizophrenia and personality disorder. These are sometimes accompanied by various complex healthcare needs.

We encourage family engagement and facilitate visits out to enable individuals to meet up,

socialise with family and friends, and encourage the development of appropriate relationships. We appreciate how difficult it can be for family members to adapt, and we understand their concerns.

Individuals are supported and encouraged to participate in a range of educational, social and recreational activities. Their views and choices matter and their health, well-being and happiness are central to all we do.

Where appropriate we support individuals to undertake appropriate work experience, building their confidence and enhancing their social skills.

We hold regular company-wide events where residents and staff come together – barbecues, picnics, sports days; Easter, Halloween, Christmas parties; fund raising events such as Children In Need and McMillan Cancer Care. Individuals can go on holidays and there are always lots of days out.

As well as full time placements we also have a respite unit, staffed by the same well trained staff who give the same high level of support and encouragement to all.



Referrals are accepted from Social Services and Health Care Professionals. For further information, please contact 02920400657 or email info@gofalcymrucare.com

Sherman 5 at Sherman Theatre

Following the hugely successful initial five years of funding Paul Hamlyn Foundation has awarded Sherman Theatre more and a better grant to enable the ground-breaking Sherman 5 programme to grow and develop for a further four years.



It's all about breaking down barriers and making our theatre as open and accessible as possible to people who have never been to our theatre before.

If you've always wanted to go to the theatre, but thought that maybe it wasn't for you, this is for you. We aim to make it easier for people to visit us and see our shows, and also to give our audiences the opportunity to get involved in the life and work of Sherman Theatre in many other ways.

What are the benefits of being a Sherman 5 member?

- Discounted tickets to any production (£2.50 for under 25's)
- Free activities and events before and after performances

- The chance to become a Sherman 5 Rep and to earn Tempo Time Credits (two Time Credits will buy one ticket to a performance at Sherman Theatre)

We also offer BSL-interpreted, captioned, audio described (with Touch Tours) and relaxed performances for some performances.

To find out more about joining Sherman 5 and about how we can support your family or a group to come to the theatre, please contact **Siân Mile, Sherman 5 Facilitator, at sian.mile@shermantheatre.co.uk or ring 029 20 646 982.**

For more information about what's on, please visit www.shermantheatre.co.uk

Sherman 5 is generously funded by Paul Hamlyn Foundation.

Different Abilities Support Group

"Different Abilities – Support group" is a welcoming group on Facebook for families and educators who are involved in the lives of children who need a little extra support. It's been set up by Ellie Andrews, mum to Elijah age 7yrs, who live in the Vale:

'I started the group when I realised that me and my son didn't fit very well into other support groups. Things aren't very black and white for us - we're dealing with little bits of everything so I wanted to create somewhere where everybody felt welcome and where labels aren't necessarily important. Whether you're diagnosed, undiagnosed, mild, severe, have medical issues, behavioural issues, mental health issues etc, you're welcome.



I wanted to create somewhere genuine. Where people could take off their mask after a long day and say, "I'm struggling" and have other people understand and listen.

The group started out as a handful of people who wanted to meet up for coffee and not worry about being judged and is now 515 members big. All local.

We all post things we find around the internet that others might like but we also post about our days, our appointments, our kids. Sometimes people will post asking for help and I'm always proud of the support from the other members. It's a lovely little community of people.

Come and join!

@Different Abilities – Support Group
Ellie Andrews



Childcare Offer for 3 and 4 year olds



The Welsh Government have provided additional funding for children with Additional Learning Needs (ALN) to access the 30 hour childcare offer.

The 30 Hour Childcare Offer provides funding for childcare costs for working parents of children age 3 to 4yrs. During term time, families receive up to 17.5 hours per week, as well as their free nursery provision. During the school holidays, families can receive up to 30 hours per week for 9 weeks of the school holidays per year.

Support is not limited just to those children with pre-existing SEN/ALN statements or diagnoses. It can be used to fund a range of additional needs where it might be appropriate:

- Additional staff to support children in childcare settings
- Training to the individual childcare setting
- Funding for specialist equipment
- Physical adjustments to the setting

Parents can apply for additional support when they apply for the Childcare Offer. However, childcare providers can also apply, with the parent's consent.

The funding helped a family in the Vale where mum was close to giving up work. Her child needed 1 to 1 support in a childcare setting. As her child was 3yrs old, she was advised by the

Family Information Service to apply for the 30 Hour Childcare Offer and indicate that her child had additional needs. Kath King, Childcare Offer Engagement Officer, worked with mum and the childcare setting to see what support was needed. Her son receives 1 to 1 support and is very happy in the setting:

'I was really in crisis regarding child care. I had nowhere to turn and was thinking that leaving employment was my only option from being turned away from so many childcare settings. I went to my son's school for help and they put us in contact with the Vale Family Information Service which has worked so hard on our behalf with constant updates all the way, especially Kath King.

For more information and to apply, contact:

If you live in the Vale of Glamorgan:
Family Information Service 01446 704711
fis@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk/fis

If you live in Cardiff:
Cardiff Childcare Offer Team 029 2035 1713
cardiffchildcareoffer@cardiff.gov.uk
www.cardiff.gov.uk



Independent Travel Training Scheme

The Independent Travel Training Scheme (ITTS) has been working with children with additional needs across both Cardiff and the Vale of Glamorgan for a number of years now. Our primary focus is to help those young people become independent and travel from home to school/college on their own confidently and safely.



As a scheme we have worked with a number of young people and their families to help them achieve independence and start travelling to and from school using public transport. A high percentage of those that become independent whilst in school go on to find transition

to college, or work, a lot easier and less of an issue. We do offer those that have previously been trained supplementary training to help with transition and for those that have been travelling independently for longer this transition is even more seamless – this is why we promote working with young people earlier on in their High School lives.

Referrals into the scheme are relatively easy. Your child's school, Social Services or Families First provider can apply. More information is also on the Dewis Wales website: www.dewis.wales

Additional contact information is below:

Jamie Hughes
Email: Jamie.hughes2@cardiff.gov.uk
Telephone: 029 2087 2830
Mobile: 07969 127 548

We work closely with families and schools to help determine those suitable for training and work is a gradual process, adapted to suit the needs of the individual. As trainers, our primary focus is that the trainee gains the skills, knowledge and confidence needed to be independent when travelling to their desired location, and in the future is able to adapt to and overcome any obstacles.

ITTS is predominantly delivered in a one-to-one capacity as this is the most personal form of training for the young person, allowing them to progress at their own pace and overcome their own personal obstacles. We also offer group sessions, delivered in an educational setting, and cover the fundamentals of ITTS with the hope of encouraging those that attend to take up one-to-one training in the future.

Saturday Cwtch Together Children with Additional Needs Play Project

The Saturday Cwtch Together Children with Additional Needs Project is aimed at disabled children and their families and everyone is welcome. There is no age restriction. We provide a variety of activities and we have great fun.



their children and qualified play workers are employed to facilitate play activities.

We run every Saturday 10am – 4pm at Grangetwon Nursery Community Centre, Ferry Road, CF11 0XR. Entry is £1.

Just come along or for more information please contact Karen Barker, Disabled Children's Play coordinator on 02920 873956 or email KBarker@cardiff.gov.uk

The charity is run by 4 parents/carers of disabled children who attend the provision. Parents/Carers who attend have sole responsibility of

Gig Buddies

Gig Buddies is a befriending scheme that matches people with a learning disability and/or autism with volunteers who share the same interests, so they can go to gigs and events together.

Gig Buddies specifically focuses on events that happen in the evenings, such as concerts, in order to break the many barriers that stop people with a learning disability going out at night and staying up late.

These barriers include lack of support, or inflexible support that forces people to leave events early. Other obstacles include transport, confidence, safety, and accessibility of venues and events. Most importantly, Gig Buddies are free to choose what their 'gig' is and when and where they want to go.

A 'gig' can be a concert or a festival, but it can also be a rugby match, a trip to a museum or theme park, or a visit to the beach. Your Gig Buddy could be a Football Buddy, a Bowling Buddy, a Rambling Buddy, a Quiz Buddy, a Roller Skating Buddy, or



Surfing Buddy. If you find it difficult to get to events and gigs a Gig Buddy can make this possible for you. It is all down to you to tell us what kind of Buddy you want!

Gig Buddies is great fun. But it also addresses serious issues, as having a Gig Buddy can help with loneliness and isolation, health and well-being, and also with confidence.

If you are over 18 and live in Cardiff, Vale of Glamorgan or Bridgend and would like a Gig Buddy to get out more, or know someone with a learning disability

who would benefit from having a Gig Buddy, contact **Kai Jones or Kylie Smith:**
email gigbuddies@ldw.org.uk or
phone 029 2068 11160 / 07707 605 314 /
07594 938 522.

You can also follow Gig Buddies / Ffrindiau Gigiau on Facebook, Twitter and Instagram. 41 Lambourne Crescent, Llanishen, Cardiff, CF14 5GG

Get involved with Join the Dots

Join the Dots is a young people's mental health involvement group supported by CAVAMH and the Zurich Community Trust.

Join the Dots can have a direct influence on local mental health services, find out about the services available to young people, help young people learn new skills and share their experiences with others and lots more!

Our aims:

- Enable young people to have a voice in the planning and delivery of mental health services
- Receive feedback from planners and commissioners on young people's views and recommendations
- Share information and news

There are many ways to get involved with Join the Dots:

- Events, activities, open days, workshops, surveys and focus groups
- Put yourself on our mailing list
- Represent the views of other service users to services

Who can join?

Young people aged 11 to 25 years, as well as services that support young people, are all welcome to get involved with Join the Dots.



In order to join the mailing list or to receive further information please contact Christina Witney or Linda Newton on 02920 222000 or email jointhedots@cavamh.org.uk Find us on Facebook: [@jointhedotsCAVAMH](https://www.facebook.com/jointhedotsCAVAMH)

Makaton Sign Language Programme

Makaton is a language programme which matches signs and symbols to everyday words, using them, along with the spoken word, to help children to develop understanding and make it easier for them to express themselves.



What people who have attended the course say:



Very important for the communication of non verbal children

Excellent training. Great to mix parents/schools/NHS staff

Makaton has changed my daughter's behaviour. She was becoming frustrated at us not understanding her. This no longer happens

It was amazing and I feel confident to go away and use Makaton with my daughter. Thank you

Excellent and empowering

Wish I had done it sooner!

Excellent, well delivered, easy instructions, lovely manner

I thought this course was amazing. It was very insightful into the needs of those with communication problems. I found it easy to pick up and could use the signs straight away. I am very grateful that this course has been put together.

I would definitely recommend this workshop to other professionals and parents alike. I have learnt so much and have started using the signs straight away. I work in the Early Years unit in reception (ages 4 - 5 years) and the tutor was so inspirational and gives you the confidence to have a go! The beginner's workshop manual is very helpful

Makaton at Cardiff and Vale University Health Board

We provide training at levels 1 and 2 for interested people, for example: parents and relatives, carers, teachers, support staff, child minders, health workers etc.

Where are the Courses held?

St David's Children's Centre, Cowbridge Road East, Canton, Cardiff CF11 9XB

What days are the courses held on?

The course is in two parts, held one morning per week for two weeks – which ever day your course starts on, it will be on the same day the next week.

What time is the course? 9.15am – 12.15pm for both sessions

What is the cost?

- Cardiff and Vale parents (discounted) £30. We welcome up to 2 family members and only one payment is needed per family:

- Parents outside Cardiff and Vale £65. We welcome up to 2 family members and only one payment is needed per family:
- Professionals £65 per person
- Cardiff and Vale Health Care staff please contact Ann for details of costs
- This cost covers tuition and 1 copy of the workbook. Further copies are available at a cost of £17 each

Is there parking?

- Yes, but make sure you park in the visitors areas and register your car on the screen in reception

How do I book on to a course?

- Your speech therapist or health visitor can send in a referral
- Or you can contact Ann Flynn directly on 02921 836588. Ann is the course admin and will be able to give you further information or book you onto the next available course.

Disclaimer

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