

Issue 27
October 2018



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



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Our Autumn Update

The days are getting shorter, the leaves are getting browner and the air is getting colder... your autumn edition of The Index is officially here.

A warm welcome to all of our readers, and an especially warm welcome to those of you who have joined us since the summer!

We hope you all got a chance to see some of the lovely sunshine we had and were able to enjoy some of the exciting opportunities that we promoted in the last newsletter.

I am now back from my secondment and would like to say a HUGE thank you to Didem for the information and support she has provided to families during her amazing work on The Index over the last 8 months.

Since the summer edition we have been busy spreading the word about The Index to families and professionals across Cardiff and the Vale. We have attended lots of successful events, as well as delivering some of our very own.

Now that term has started we are looking forward to working in partnership with schools across Cardiff and the Vale to support families of children with disabilities and additional needs.

We continue to attend Llandough Children's Centre and St David's Children's Centre every month to meet families and discuss the support available.

We are excited to announce that we will now have a regular monthly slot at Noah's Ark Children's Centre too! Once confirmed, we will send details via The Index eNews, so make sure you are signed up to receive updates from us.

As always, we would love to hear from you if you are a family or professional with a story to share. All you need to do is contact your local Family Information Service.



We hope you have an awesome autumn and look forward to the next issue in January 2019!

Happy Reading!

Julia Sky

Regional Index Officer, Cardiff and Vale

Your Local Family Information Service

Your Local Family Information Service is a one-stop shop for families who need information on childcare, activities for children and young people and family support services. You can contact us directly, visit our website where you can search our online directory, and visit our social media pages:

Vale Family Information Service

01446 704704

fis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/fis



@ValeFIS

Cardiff Family Information Service

029 2035 1700

fis@cardiff.gov.uk

www.cardiff-fis.info



@CardiffFIS

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



What's On:

Mondays

Rhythmic at The Academy (see page 11)
Mondays, 4pm – 8pm

Tuesdays

KeyCreate Inclusive Stay and Play Group
Tuesdays, 10am - 12pm
Byrd Crescent Community Centre, Penarth
dave@keycreatewales.co.uk

Touch Trust After School Club (page 13)
Tuesdays, 4.45pm – 5.45pm

Wednesdays

KeyCreate Inclusive Stay and Play Group
Wednesdays, 10am - 12pm
Ocean Arts Centre, Cardiff
dave@keycreatewales.co.uk

Rhythmic at The Academy (see page 11)
Wednesdays, 4pm – 8pm

Touch Trust After School Club (page 13)
Wednesdays, 5.45pm – 6.45pm

Thursdays

Breaking Through (see page 11)
Thursdays, 5pm – 6.30pm

Vale Youth Speak Up (see page 9)
Thursdays, 5.30pm – 7.30pm

Better than a Booklet Coffee Morning
(see page 4) Monthly, 10am – 12pm

Fridays

Rhythmic at The Academy (see page 11)
Fridays, 4pm – 8pm

Saturdays

Oshi's World - Let's Play Sessions
Saturdays, 10am - 1pm
Byrd Crescent Community Centre, Penarth
anna@oshisworld.org

Rhythmic at The Academy (see page 11)
Saturdays 2pm – 4pm

Sundays

Rhythmic at The Academy (see page 11)
Sundays 9.15am – 1.15pm

Swimming at Eastern Leisure Centre
Sundays, 2pm – 3pm
029 2240 1191

Holiday Schemes:



Free Creative School Holiday Club by Vision 21 (see page 8)
Weekdays, 9.30am – 3pm

Vale Families First Holiday Club
(see page 10)
Tuesday 30 October – Thursday 1 November, 10am – 3pm

Vale Inclusive Youth Provision – Teenscheme (see page 9)
Thursdays and Fridays, 10am – 3pm
1 & 2 November, 3 & 4 January

Events

Carers Drop In Session (see page 5)
Wednesday 7 November, 9.30am – 11.30am
Wednesday 5 December, 9.30am – 11.30am

Cwtch Together Play Sessions
Saturday 20 October, 10am - 4pm
Saturday 10 November, 10am - 4pm
Saturday 15 December, 10am - 4pm
Grangetown Nursery, Cardiff
cwtchtogether@hotmail.com

Purple Tuesday (see page 15)
Tuesday 13 November

The Index Information Sessions
(see page 4)
Every Month at Various Locations

Beauty and the Beast Relaxed Performance (see page 16)
Tuesday 8 January 2019

Cardiff Disability Team Around the Family

Would you like to meet other parents/carers of children with disabilities or additional needs?

Come along to our free Better Than a Booklet Coffee Morning



Once a month with guest speakers:

Puberty and Online Safety

Thursday 25 October, 10am – 12pm

Behaviour Support

Thursday 29 November, 10am – 12pm

Home Start

Thursday 31 January, 10am – 12pm

Barnardo's Family Wellbeing Service

Thursday 28 February, 10am – 12pm

Support Networks

Thursday 28 March, 10am – 12pm

These sessions are free, everyone is welcome and no booking is required

Action for Children, St David's Court, 68a Cowbridge Road East, Cardiff, CF11 9DN

029 2034 7067



Cardiff's Support 4 Families

Support 4 Families is an advice and access point for families and professionals to a range of support services in Cardiff.



Contact us to talk to one of our skilled and experienced practitioners who will be able to provide you with information on available services and how to access them:

0808 800 0038



The Index Information Sessions

Meet your Family Information Service and find out about activities, services and support for you and your family.

We will be at Riverbank Special School in December to provide information to families:

**Tuesday 4 December, 1.30pm - 3pm
Riverbank Special School, Vincent Road, Cardiff**



We will now be attending Noah's Ark Children's Centre each month, our first session will be held on Wednesday 17 October, 9.30am - 3.30pm.



Did you know that we already attend Llandough and St David's Children's Centres regularly?



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

Look out for an Index eNews coming your way with our timetable of monthly sessions



If you aren't signed up for emails, you can sign up to The Index eNews by emailing:

disabilityindex@cardiff.gov.uk

disabilityindex@valeofglamorgan.gov.uk

Vale Families First Advice Line

Advice, support and guidance for families and professionals in the Vale of Glamorgan.



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.

Families First Advice Line will aim to:

- Listen and provide advice on how you can meet your family's needs
- Listen and help you identify and access services for your family in the Vale of Glamorgan

- Listen and provide emotional support and practical guidance to help you resolve your family concerns, worries and issues.



If we are unable to answer your questions or resolve your concerns we will make every effort to identify a service that can.

Contact the Families First Advice Line:

**Weekdays, 9.00am – 12.00pm and
1.00pm – 4.30pm**

0800 0327 322

familiesadvice@valeofglamorgan.gov.uk

Vale Carers Drop In Clinics

Free information and support for carers of children/young people and young carers.

Vale Family Information Service are working in partnership with Vale Carers Support Officer, Families First Advice Line and Telecare to provide information, advice and assistance to carers and young carers in the Vale.

Drop ins are being piloted on a monthly basis.

Upcoming clinics:

Wednesday 7 November, 9.30am – 11.30am,
Llandough Children's Centre, CF64 2XX

Wednesday 5 December, 9.30am – 11.30am,
Palmerston Community Centre, CF63 2NT



**For more information contact
Vale Family Information
Service:**

01446 704704

fis@valeofglamorgan.gov.uk



PhD Research and

I have been carrying out some research with children and young people with cerebral palsy and their families for my PhD.

This has been to explore their views, experiences and choices about recreational activities in the community. Whilst there have been many sporting activities that have been adapted, there are less choices when the children or young people have walking difficulties. Innovative designs such as the Scoot trolley, Trikes, Race Runners, Surfboards and Sit Skis have supported participation. Whilst attitudes varied that either supported or hindered participation.



Some parents were able to challenge perceptions of being a 'fire hazard' and push the boundaries of needing a hoist that can be used outside.



The CSP Charitable Trust
Registered Charity No. 279882

My PhD is still a work in progress as I analyse my results, so stay tuned - there may be more to add later on as my findings develop further!

Dawn Pickering, Senior Lecturer/ PhD student (Year 4), Cardiff University.

Research sponsored by Cardiff University and The Chartered Society of Physiotherapy's Charitable Trust.

Recommendations from families:



Changing Places

Changing Places was established on behalf of over a quarter of a million people who cannot use a standard accessible toilet.



Changing Places have more space and the right equipment, including a height adjustable changing bench and a hoist.

Find information about changing places toilets that have beds and hoists:

www.changing-places.org



Recommendations

Euan's Guide

Euan's Guide is used by thousands of disabled people to review, share and discover accessible places to go.

"The aim of Euan's Guide is to empower disabled people by providing information that will give confidence and choices for getting out and about."

Euan MacDonald, Founder of Euan's Guide

Euan's Guide is the disabled access review website used by disabled people to review, share and discover accessible places to visit. The charity was founded in 2013 by Euan MacDonald, who is a powerchair user, and his sister Kiki. As Euan's access requirements changed, both went in search of recommendations for accessible places to go, but a platform for this kind of information didn't exist. Built as a friendly and honest alternative to

hours of web searching and phone calls before visiting somewhere new, Euan's Guide now has thousands of disabled access reviews and listings for places all over the UK and beyond.



www.euansguide.com



Barry Beach Wheelchairs

All-terrain beach wheelchairs are available at Barry Island, giving more visitors the chance to get on to the sand at Whitmore Bay.

During the Summer 2018 a pilot project offering Hippocampe Beach/All Terrain Wheelchairs and hoist were available at Barry Island. The project, run by volunteers has now come to an end for the season, but we will advise when the service resumes.

Race Running Dragon have regular events on the Island using the Hippocampe Beach wheelchairs. For details including booking contact the number below or follow them on Facebook.

For information on this service, please contact Race Running Dragons on:

07803 770 962

f @RaceRunningDragonsCardiff



Creative Choices School Holiday Project

Vision 21's School Holiday Club have had a brilliant summer, exploring a variety of visual and performing arts workshops including ceramics, book binding, IT animation and photography.

The Club spent two days at the Prinhaus learning how to screen print their designs onto fabric, which they then embellished and machine sewed into beach themed cushion covers during the textiles workshop the following day.

The cushions were proudly displayed in the Sbectrwm garden picnic area as part of the End of Summer Exhibition on the 31 August 2018. The Club's summer achievements and fabulous artworks were showcased and celebrated with friends and family, with the added bonus of firing up the new cob oven built during the May half term.

Other highlights during the summer included; creating visual poems inspired by an ancient form of Japanese poetry in the PhotoRenga workshop; designing and making carnival head dresses; creating willow bird feeders; exploring eco-crafts; and drama and music.

Visions 21 are delivering FREE Creative Choices School holidays Projects, supported by Children in Need.

Open to 14-18 year olds with a learning difficulty.

We focus on creative activities, interacting and building social skills. The sessions are led by professional artists focusing in different creative art subjects.



Holiday Club: Monday 29 October – Friday 2 November, 9.30am – 3pm

Halloween Disco: Friday 2 November, 6pm – 9pm. Entrance £3 (Carers Free).

Sbectrwm Community Centre, Bwlch Road, Cardiff, CF5 3EF

For more information contact:
kylie.fuller@v21.org.uk
029 2062 1194



“He has had a fantastic time and a fabulous opportunity to try lots of new stuff, learn new skills, make friends and not be isolated during the holidays” – Parent



“It's been good fun, I enjoyed the art and made friends” – Gethin



“I could stay here forever!” – Tilly

Vale Inclusive Youth Provision

Teenscheme's Summer Success

What a Summer we had, thanks to Welsh Government's Families First funding, the fun included...



- Visits and workshops from V-Pod, Follow Your Dreams Foundation, Vale Sports, Vale Youth Speak Up and Public Health Wales.
- Our usual range of activities including X-Box, Pool, Games, Puzzles and Crafts, as well as use of Oshi's World's Sensory Room and Sensory Garden.
- An evening of entertainment at our Disco, Bingo and Auction Summer Extravaganza!
- All of the young people who attended made their own amazing craft items to take home and gained accreditation from Agored Cymru through Vale Youth Service!

We have a new peer group and new young people volunteers, Our Volunteer of Summer 2018 Award was presented to Katie Williams who previously attended Teenscheme and has since become a volunteer.

Upcoming Teenschemes:

**Thursday 1 & Friday 2 November 2018,
10am - 3pm**

**Thursday 3 & Friday 4 January 2019,
10am - 3pm**

**Byrd Crescent Community Centre,
Penarth, CF64 3QU**

You will have to provide lunch and refreshments for the day.

We have a nurse and Personal Assistant on site for the duration of the Teenscheme.

There is also a donation of £5.00 per young person per day.

Get in touch with Vale People First to get your copy of the "All About Me" book – to fill out and send back before you attend!

**01446 732926
movingonwell@gmail.com**

Vale Youth Speak Up

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

Opportunities within the group and in the Community.

Every Thursday 5.30pm - 7.30pm
for young people 16 – 25
years with learning disabilities.
Parkside Centre, St. Brides Way,
Gibbonsdown, Barry.

**For more
information
Contact:
Vale People**



**First, Hamilton House, 123 Broad Street,
Barry CF62 7AL
01446 732926 / movingonwell@gmail.com**



Vale Families First Holiday Club



We are now a CIW Registered Holiday Club!

Playscheme for 4 – 11 year olds living in the Vale

Tuesday 30, Wednesday 31 October & Thursday 1 November, 10am – 3pm

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

£10 per day, lunch is not provided so please make sure you bring lunch and drinks with you.

- Playscheme can offer 1:1 support where required

- Medical support and personal care needs must be discussed when booking a place as this can be arranged but is not always available

For more information or to book a place please contact Joanne Jones, Play Development Officer:

01446 704809

playdevelopment@valeofglamorgan.gov.uk

“Words cannot express how much playscheme means to us all! My son absolutely loves coming and it gives me the chance to have one on one time with his sister too. Thank you, thank you, thank you.”

“It was a total lifesaver and we couldn’t be more grateful to Jo who runs the programme who has been kind, welcoming and flexible... If it wasn’t for the playscheme I honestly don’t know what I would’ve done”

“We would be lost without this scheme”

“Having a playscheme during the summer provides an invaluable break for the family and we feel that it also benefits in the continuity of school. Thanks for making this available. It is plain to see that she enjoys herself every day. Thanks very much to the great staff.”

“Playscheme is a great service provided by the Vale Council and a great value to parents. Jo and her team do a fantastic job. Staff are always happy and enthusiastic on arrival and such a helpful team.”

“Once again another successful year, with heart felt appreciation”

62 children attended during the summer!



Rhythmic at The Academy

Rhythmic at The Academy is an inclusive and creative gymnastic club based in Barry. We offer a range of sessions including:



- Rhythmic Gymnastics
- Parent and Toddler Sessions
- Tumbling Gym
- General Gymnastics
- Ballet
- Specific Sessions for Children with Additional Needs

Prices Vary

**Mondays,
Wednesdays and
Fridays 4pm - 8pm**

**Saturdays 2pm - 4
pm and Sundays
9.15am - 1.15pm**

**Holm View Leisure
Centre, Barry, Vale of
Glamorgan, CF62 9DA**



Sessions run at various times and on various days, so contact Rhythmic for session details.

Our highly qualified staff are able to support children's additional needs and all sessions are planned to respond to individual and group requirements.

07500 863 422

rhythmic@theacademywales.co.uk

f Rhythmic at The Academy

Breaking Through

**Weekly
dance, drama
and music
workshops
- making
performing
arts
accessible for
children with additional needs**



**Every Thursday, 5.00pm
– 6.30pm**

**Whitchurch Rugby Club,
Cardiff, CF14 2TH**

£50 per term

Open to all ages

Please make your booking at:

breakingthroughcic@gmail.com

f Breaking Though CIC

@BreakingThruCIC





TIME FOR CARERS

The Connected Carers Project has been set up to help and support family carers of people with a life-long and / or life-limiting condition.

The Connected Carers Project is funded by the Big Lottery Fund, for three years, until August 2020. The project is managed by Glamorgan Voluntary Services (GVS) and delivered by Cardiff and Vale Parents' Federation and Touch Trust.

Cardiff and Vale Parents' Federation organise social gatherings at venues across Cardiff and the Vale of Glamorgan. These are held at a range of venues and provide opportunities for family carers to meet others experiencing similar situations and challenges, to share experiences and information in a friendly and supportive social environment.

Touch Trust provide touch therapy and

sensory experiences for people with disabilities and additional needs. As part of the Connected Carers Project, Touch Trust will be providing **Time for Me** sessions where the family carer will be able to choose from a range of opportunities e.g. head massage, reiki, relaxation session while the person they care for will attend a Touch Trust sensory session!

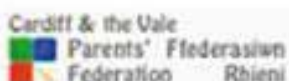


For more information please contact:

Social Gatherings: admin@parentsfed.org
029 2056 5917

Time for Me: info@touchtrust.co.uk
029 2063 5660

Connected Carers Project:
connectedcarers@gvs.wales
01446 741706



Time for Me at Touch Trust:
Saturday 3 November

Mentor Ring, Butetown: Tuesdays in November, 10.30am – 11.30am

Drop Ins at Parents Federation: Fridays in November, 10am – 12pm

Pedal Power: Thursday 15 November, 11.30am – 1.30pm

Wednesday 28 November, 12.30pm – 2.30pm

Breakfast in the Vale:
Tuesday 20 November, 10am – 11.30am

We're definitely leaving the session relaxed and happy. My son had a wonderful time at his Touch Trust session and knowing he was happily being entertained close by meant I was really able to relax. Thank you."

"Really appreciated the pampering session. Wonderful to have a chance to relax and have something just for me for a change! Felt very relaxed and refreshed afterwards. Thank you."

"Really enjoyed meeting other carers. So useful listening to others experiences. Often get advice and information from parents who have been there and got the badge!"

"Enjoyed my time today. I haven't been for a while and had forgotten how good it is."

"Our first time; and it was lovely to meet up with others in a sociable atmosphere."

Touch Trust After School Club

We offer a range of Touch Therapy Movement and FUN activities to keep your little ones entertained, with the peace of mind that they're in good hands.

Our club is for those with disabilities and additional needs



Tuesdays and
Thursdays: 4.45pm -
5.45pm

Wednesdays: 5.45pm
– 6.45pm

Only £5 per child

Please contact us if you're interested!

02920 635660

Claudia.molzahn@touchtrust.co.uk

info@touchtrust.co.uk



Parents' Federations 25th Understanding Disability Awards

The 25th
Understanding
Disability
Awards
Presentation
will be held
on Thursday 8
November.

The event is an opportunity to promote positive attitudes towards people with a learning disability.



The Index have been invited to celebrate the accomplishments of the candidates who might be a teacher, school, employer, volunteer or neighbour and we will share the awarded candidates experiences / stories with you in our January issue.

Let's talk Makaton

Makaton is a language programme using signs and symbols to help people communicate.

Aims of using Makaton:

- for basic communication
- to help understanding
- to develop language skills
- to facilitate social interaction
- to help build relationships
- to increase equal opportunities
- to teach pre-reading and pre-writing skills towards literacy

Did you know that you can access free resources on the Makaton website? There are lots of printable sheets including resources for:

- National Honey Week (25th – 31st October)



- Halloween
- Bonfire Night

Are you interested in learning Makaton to support your child?

Ysgol Y Deri in Penarth is running a Beginners Workshop for parents and carers in October / November.

Please contact Siân Davey for more details:

sdavey@yyd.org.uk



www.makaton.org

Teaching your child with hearing impairment to listen and talk

Auditory Verbal therapy is one of the approaches for developing spoken language in children with hearing impairment.

It is distinctive from other approaches in the way it develops spoken language through listening. By working through listening, the approach enables the child to become a skilled listener who is not reliant on visual cues such as lip-reading or sign language. Specialist practitioners, known as Auditory Verbal therapists, equip parents and carers with the skills and strategies to develop their child's listening, talking, thinking and social skills in their everyday lives.

The programme at Auditory Verbal UK is for children with permanent hearing impairment



under the age of five. There are centres in London and Oxfordshire, yet if travelling to one of our centres is a challenge, you might be suitable for our distance programme.



Auditory Verbal UK is a charity and therefore offers subsidised access to the regular programme.

We are delighted to be able to offer bursaries to families specifically from Wales, due to the support of The Moondance Foundation.

01869 325000
info@avuk.org
www.avuk.org

#PurpleTuesday

Purple Tuesday is taking place on Tuesday 13 November 2018. It is the UK's first accessible shopping day, established to recognise the importance and needs of disabled consumers and promote inclusive shopping.



Participating retailers will be promoting their involvement on the day, with events taking place on high streets and in shopping centres.

Purple Tuesday is being co-ordinated by disability organisation Purple, with the endorsement of the Department for Work and Pensions and support from a steering group of Purple Tuesday launch partners.

Launch partners include Argos, Barclays, British Retail Consortium, Contacta, Landsec, Marks & Spencer, Revo, Sainsbury's, and The Crown Estate.

As well as endorsing and promoting Purple Tuesday, every participant must make at least one long-term commitment aimed at improving the experience for their disabled customers going forward.

The exact nature of the commitment is up to each individual business, depending on their specific resources and needs. However, examples include introducing regular 'quiet hours' for those with sensory issues, improving store wayfinding, or introducing more inclusive marketing and product photography.

Nearly one in every five people in the UK has a disability or impairment, and over half of households have a connection to someone with a disability. Their collective spending power – the Purple Pound – is worth £249 billion to the UK economy.

However, this potential is not being fully realised. There are still real (and perceived) barriers that make it harder for disabled people to find work, spend money online and in store, and enjoy a drink or meal out.

The aim of Purple Tuesday is to make customer-facing businesses more aware of these opportunities and challenges and inspire them to make changes to improve the disabled customer experience over the long term.

Get in touch:

purpletuesday.org.uk

info@purpletuesday.org

[@purpletuesdayuk](https://twitter.com/purpletuesdayuk)



Relaxed Performance: Beauty and the Beast

This year the New Theatre is delighted to be offering a **Relaxed Performance** for children, young people or any patrons with disabilities, additional support needs and those on the autistic spectrum as well as their carers.



At this year's Relaxed Performance of **Beauty and the Beast** minor sensory adjustments to the production will be made in order for us to cater to an audience who might not feel they can usually come to enjoy a performance at the New Theatre or the magic of pantomime.

The performance is essentially the same show with some small adjustments for your comfort:

- Sound levels are reduced
- Lighting levels inside the auditorium are increased
- No strobe lighting or pyrotechnics are used and some special effects are changed
- Auditorium doors are left open so you're free to come and go
- You can move around during the performance if needed
- A chill out zone in the foyer to relax

Tuesday 8 January 2019 at 6pm

Tickets for the Relaxed Performance are now on sale and are priced between £11 - £18.

Free Tickets for Personal Assistants/ Carers:

The New Theatre is part of a Wales-wide scheme called Hynt which offers free Personal Assistants/ Carers tickets to enable theatre visits for disabled people. You may be entitled to attend for free when you come to the Relaxed Performance. Details can be found here: www.hynt.co.uk



hynt

Relaxed Performance tickets will not be available via online sales, to book tickets, please call at the New Theatre Box Office or phone 029 2087 8889.



A guide to visiting the New Theatre and seeing the show will be available in December after the pantomime has opened. Please provide an email address when you book to ensure it is sent to you.

If you have any questions about the Relaxed Performance:

**029 2087 8787
ntmailings@cardiff.gov.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.