

Summer  
2024  
Issue 46

# the index "nyngoi"



NEWSLETTER  
For Children and  
young people  
with disabilities or  
additional needs  
in the Vale of  
Glamorgan



# The Index Newsletter

## Summer 2024 | Issue 46

### Vale Family Information Service achieves Families First Quality Award

Welcome to Issue 46,  
the Summer Edition of The Index Newsletter.

We have some great news to share; our Vale Family Information Service team has been awarded a national quality accreditation; the Families First Quality Award.

The national Award recognises Family Information Services (FIS) that demonstrate excellence in providing information, advice, and assistance to local families. Our team are the third FIS in Wales to achieve the accreditation.

The Index was highlighted as a strength in the assessor's report following interviews with parent carers of those with complex needs.

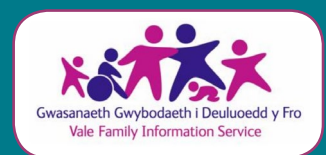
**One parent said:** "I have two children with disabilities. I can access the Family Information Service using different media, which is good for me, as I have autism and disabilities as well.

" The FIS first helped me with information about how to get reasonable adjustments in school for my children, and I have since been able to access grants via the Index."

" They always follow-up after my calls to check if I still need help, which is great when you are neurodiverse."

" They advocate on my behalf and make me feel listened to and empowered."

View the Families First Quality Award Celebration Video [here](#) or scan the QR code.

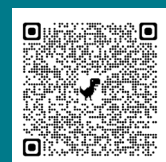


We would be delighted to receive any feedback on any aspect of the Index but in particularly this Summer edition newsletter to ensure we continue to tailor it to the needs of our children, young people and families in the Vale. Our contact information is below for this purpose.

Contact number: **0800 5871 014**

Email: [TheIndex@valeofglamorgan.gov.uk](mailto:TheIndex@valeofglamorgan.gov.uk)

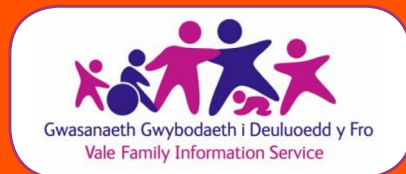
[Click here](#) to complete our short survey or scan the QR code



# What's going on locally?

## Vale Family Information Service

If you are looking for activities across the Vale, you can find many options on our FIS webpage: [www.childcareinformation.wales](http://www.childcareinformation.wales) or contact FIS directly on 01446 704704.



Our step-by-step guide can also support you in navigating the page in accessing the specialist tiles. These have recently been developed to include the providers experience of working with children/young people with disabilities or additional needs, if you wish to source this information yourself.



**Activities that support children with disabilities / additional needs (57)**

A range of children and young people's activities that can support children with disabilities / additional needs.



**Specialist support for families of children with disabilities / additional needs (100)**

A range of family support services that can provide specialist support to families of children with disabilities / additional needs.

## Families First Holiday Club | 5-11 years

The Families First Holiday club is an externally Grant funded provision that is aimed at low level respite for identified families. Delivered by the Play development team, it has traditionally been able to offer additional spaces to other local families.

As many families will be aware, they have been experiencing a significant increase in demand for spaces to attend the Families First Holiday club and unfortunately due to the current demand and limited resources they are unable to continue to offer spaces as they have been previously.

Instead, they will be working closely with Social Services and the Child Health and Disability Team (CHAD) to ensure they are supporting families most in need. This means that spaces will be offered via professional referral only.

This decision has not been taken without due consideration, for all the children and families who currently use the holiday club. However, they need to ensure that moving forward, the service they provide within the Families First Holiday Club, is meeting the play needs of those children who most require this support

Contact information -

Email: [ffhc@valeofglamorgan.gov.uk](mailto:ffhc@valeofglamorgan.gov.uk)



**FAMILIES FIRST  
HOLIDAY CLUB**

**CLWB GWYLIAU  
CYNTAF TEULLOEDD**



## Vale Inclusive Play Provision | 5-14 years

Our open access play sessions will be running in parks and open spaces across the Vale this summer.

You can find out where your nearest session is taking place on our Social Media pages or at [valeplayteam.eventbrite.co.uk](http://valeplayteam.eventbrite.co.uk)

There is no need to book onto these sessions, just turn up and play on the day! If you have not attended our play sessions before, you can complete a registration form online, by scanning the QR code.

For more information on community play provision, please contact

Julia Sky, Community Play Development Officer:  
[jusky@valeofglamorgan.gov.uk](mailto:jusky@valeofglamorgan.gov.uk)

These sessions are funded by Welsh Government's Playworks Holiday Project.



**Prosiect Gwyliau Gwaith Chwarae**  
**Playworks Holiday Project**

## National Play Day

When: Wednesday 7 August 2024

Time: 11am – 3pm

Where: Gladstone Gardens, Barry

National Play Day will be celebrated across the UK on **Wednesday 7 August**. Join us to celebrate National Play Day in the Vale.

This year, we will not be running any of our other play provision on this day, so that our experienced play team can be on hand to provide additional support to children and families who need it.

Vale Play Team and partners will deliver a range of inclusive play opportunities for all ages, and the event will offer changing facilities and quiet areas.

Follow [@valeplayteam](https://www.instagram.com/valeplayteam) on Social Media for updates on Play in the Vale.

This year's theme is...

**Play – the culture of childhood**

– Supporting play, fun and friendships

07

Wednesday  
August 2024

#Playday2024  
#PlayAndCulture



## Cube | 6-18 years | Where: The Gallery, Barry, CF62 7AA

Cube work with children and young people from 6 years old to young adults of 18. They support as many children and young people as they can who are not in crisis. Some examples could be working with a young person who is struggling at school, at home and with their friendship groups. They offer support groups and workshops. Anyone can refer into the service by completing their referral form on their website.

Scan the QR code for their activities during the summer holidays and contact them directly about other services they offer.

Contact Information -

Telephone: 07801 978676

Facebook: [@HeroesRights](https://www.facebook.com/HeroesRights)

Email: [tammi@cubecentre.co.uk](mailto:tammi@cubecentre.co.uk)

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



## Flying Start Family Fun Day | free

When: Wednesday 24 July 2024

Time: 10am – 3pm

Where: Pencoedtre Fields, Barry, CF63 1SD

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 pots, cook stars, 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.

Contact Information -

Telephone: 01446 725106 Facebook: @ValeFlyingStart



## Rainbow Group | under 5 years

When: Every Thursday in term time

Time: 10 - 11:30am

Where: Ty Robin Goch, Barry CF63 1QB

A stay and play playgroup for children with additional needs and their parents/carers.

- Meet new friends
- Sensory Play
- Support and information
- Soft play
- Singing and Rhymes
- Music and movement

Contact Information -

Email: [kbarrett@valeofglamorgan.gov.uk](mailto:kbarrett@valeofglamorgan.gov.uk) or [zbell@valeofglamorgan.gov.uk](mailto:zbell@valeofglamorgan.gov.uk)



## Sense of Play Project | 0-4 years

Sense of Play is a programme of tailored play sessions delivered in your home by a highly trained play worker.

The sessions, which run for a period of 6 weeks, will provide you with the opportunity to experience new ideas and play activities. Expand and build a positive relationship with your child through play in doing so, recognising the different stages of your child's development.

Contact Information - Email: [zbell@valeofglamorgan.gov.uk](mailto:zbell@valeofglamorgan.gov.uk)



## Motion Control Dance | 3 years to adults

When: Many options please see their timetable on their website

Time: Many options please see their timetable on their website

Where: Motion Control Dance Studio, YMCA Hub, Court Road, Barry, CF63 4EE



Over the past decade Motion Control Dance has completed the InSport standards achieving Ribbon, Bronze and Silver.

With the covid pandemic halting us being able to get the next standard we are very proud and pleased to announce that on the 29th April 2024 we were presented with our Gold InSport certificate by Stephen McGrath the Regional Partnership Senior Officer.



The insport Club programme is part of the broader InSport Project which aims to support the physical activity, sport, and leisure sectors delivering inclusively of disabled people. We had a series of aims to achieve by uploading relevant documents and information along with delivering a presentation to "illustrate the extent to which philosophies of inclusion have been embedded throughout the organisation, the difference that working towards inclusion has made to them". We are listed on the Disability Sport Wales website as an InSport Club. This means that if anyone with a disability is looking for a club within their local area, they will be able to see which clubs are better suited to their needs or desire for sport involvement.

Contact information -

Email: [info@motioncontroldance.com](mailto:info@motioncontroldance.com)

Website: [www.motioncontroldance.com](http://www.motioncontroldance.com)

Telephone: 07725 038778



## Teenscheme | 12-18 years

When: Every Wednesday and Thursday in school holidays

Time: 10am - 3pm

Where: Celtic Community Hall, Celtic Way, Rhoose CF62 3FT

Teenscheme is an inclusive environment, the aims of the sessions are to give young people a chance to express themselves and empower their voices and decisions in safe and friendly environment.

Parents are to provide the transport to and from the centre. Young people are to provide their own snacks, lunch and drinks. We kindly ask for a small donation of £5.

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 which is available via [tmills@valeofglamorgan.gov.uk](mailto:tmills@valeofglamorgan.gov.uk)



## National Autistic Society Cardiff and Vale Branch Social Club | 11-18 years



When: Once a month on a Saturday (see dates below)

Time: 10:30am – 12:30pm

Where: Llanishen Baptist Church Hall, Fidlas Road, Cardiff CF14 5LZ

Games, Art and Refreshments.

- Saturday, 20 July
- Saturday, 17 August
- Saturday 14 September
- Saturday 19 October
- Saturday 16 November
- Saturday 14 December

Contact Information -

Facebook: @CAVNAS

Website: <https://www.autism.org.uk/what-we-do/branches/nas-cardiff-and-the-vale-branch>

## Clwb Hwb | 11-16 years

When: Every Wednesday in term time

Time: 5:30pm – 7:30pm

Where: YMCA, Court Road Barry CF63 4EE



Clwb Hwb is a Youth Club for young people with additional learning needs. On offer is Arts and Crafts, Music, Games, Sports and Cooking. There is no one to one support or personal care available.

Please contact Annette Harrison with any enquiries.

Contact Information - Email: [aharrison@valeofglamorgan.gov.uk](mailto:aharrison@valeofglamorgan.gov.uk)



## Vale Youth Service | 11-17 years & 18-25 years

The Vale Youth Service run youth clubs across the Vale of Glamorgan, all are free to access and take part in.

Activities range from sports, informal discussions, films, arts and crafts, pool, chilling out with friends, 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. The Vale Youth Service also run school holiday programmes and additional activities during half terms and the Summer Holidays.

Any young person aged 11-17 years can access them.

Check out their social media pages for up-to-date information on what they are running week by week.

Facebook: @valeyouthservice X: @vysvale Instagram: @vysvale

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.

Contact Information -

Telephone: 01446 709308 Email: [valeyouthservice@valeofglamorgan.gov.uk](mailto:valeyouthservice@valeofglamorgan.gov.uk)



## Whats going on nationally?

### Blind Concession TV Licensing

You may be eligible for a 50% concession on your TV License if:

- You are Blind (Severely Sight Impaired) OR
- You live with someone who is Blind (Severely Sight Impaired) such as a child (even if they are under 18)

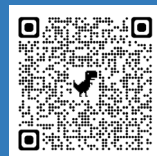
This license will cover you or anyone who lives with you. A blind concession TV Licence costs £79.50 for a colour and £26.75 for a black and white TV Licence.

To apply take a photocopy/photo of yours, or your child's, Certificate of Vision Impairment OR a card from your council stating that you are SSI – then upload this to the online TV License Portal or post it in with the necessary details.

You can also get this if you already have a TV License, just renew your license, and provide the above evidence or call the number below for further details.

Scan the QR code to apply for a 50% concession

Contact information - Telephone: **0300 790 6083**



\* Please note that if you or the member of your household is Partially Sighted (Sight Impaired) you are not eligible.

 **TV LICENSING**



### Autism Dogs Charity

Autism Dogs Charity is the most qualified programme of its type and is the only programme training Autism Assistance Dogs that is run by autistic people.

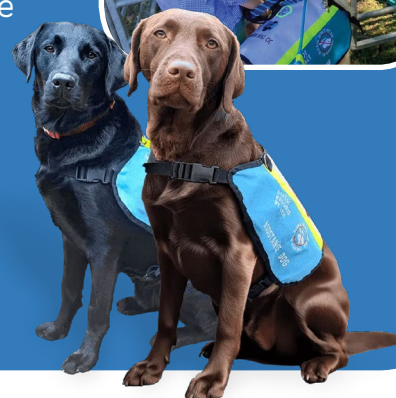
Their service is approved by and accessible to autistic children, adults, and their families. Trained assistance dogs can mitigate the challenges of the handlers' condition. This is a fully-managed 'Assistance Dog Programme' with on-going education and human support for each client and their primary carers.

Provided by qualified professionals, this work is undertaken to help to develop new coping strategies as well as alternative approaches for the entire family. The success of an Assistance Dog partnership hinges on this work, so it is vital that standards are reached and understanding is acquired to enable the dog to be placed with the family.

Contact Information -

Telephone: **01260 591296**

Website: <https://www.autismdogs.co.uk>







## Seren Dwt | Babies & families

Following inspiration from other 'new baby boxes' around the world, on World Down Syndrome Day 21/3/22, 3 inspirational Mums launched their very own Seren Dwt Baby Boxes. They were distributed to all of Wales' Health Boards and given to new parents of babies with Down Syndrome.

The boxes celebrate their new arrival with the love they deserve, and gently signpost families to support available, both locally and nationally should they want it.

They also now host monthly meet up groups for 0-5s with Down syndrome in North Cardiff and arrange regular meet ups across South Wales for families with a family member with Down syndrome (of any age) in the school holidays.

They extend a BIG thank you to lots of talented friends and family who make and donate lots of lovely items, such as blankets, hats and boots.

If you would like to get involved or if you would like to donate to Seren Dwt they would love to hear from you.

Contact information -

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

GoFundMe: <https://www.gofundme.com/f/Seren-Dwt-Fundraising>

Email: [serendwt21@gmail.com](mailto:serendwt21@gmail.com)



## Wellbeing support

### Tu Vida's The Vale Unpaid Carers Hub

We provide a new wellbeing service for unpaid carers within the Vale of Glamorgan, known as 'The Vale Unpaid Carers Hub'. However the Charity 'Tu Vida' has been operating for over 30 years.

A quick overview of our services:

The Vale Unpaid Carers Hub is a one-stop-shop for unpaid carers living in The Vale of Glamorgan. We offer practical and emotional support to unpaid carers, helping people to protect their health and wellbeing and understand their caring role. We provide a listening ear and can link carers into services and support in the local area.

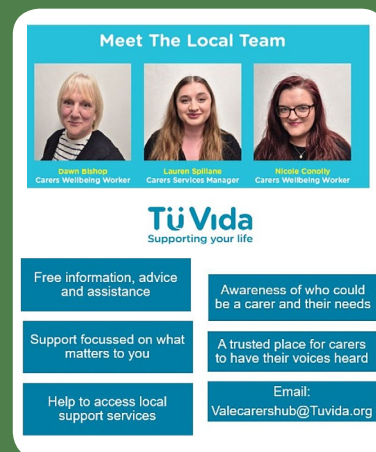
Our friendly team can help unpaid carers living in the Vale area with:

- Free information, advice, and assistance.
- Support focussed on what matters to you.
- Help to access local support services.
- Awareness of who could be a carer and their needs.
- A trusted place for carers to have their voices heard.

To make referrals (either professional or service user) please [click here](#) or scan the QR code.

Contact Information -

Email: [valecarershub@tuvida.org](mailto:valecarershub@tuvida.org) Telephone: 02921921024 Website: [www.tuvida.org](http://www.tuvida.org)



### Mental health and wellbeing resources

Please scan the QR code to view a resource developed by the Index Officer containing a list of mental health and wellbeing services for children, young people and their families.

Please scan the QR code to access a [free self-kindness toolkit for adults](#) by the British Red Cross.



### Parenting Give it time

Navigate the Welsh Government's Parenting Give it time online resources for practical tips and expert advice for all parenting challenges ranging from birth to 13+ including support for children with additional needs.

We would also like to introduce Teulu Cymru, Welsh Government's new hub for all information for families. Their page also signposts to Parenting Give it time.

Contact Information - Website: <https://www.gov.wales/parenting-give-it-time>  
Teulu Cymru: <https://www.gov.wales/teulu-cymru>



## Inclusion Team | 0-19 years



The Inclusion Team is part of the Learning and Skills directorate within the Vale of Glamorgan Council.

They offer advice, support and guidance on welfare, attendance and engagement and inclusion matters to pupils, parents, schools and other relevant agencies. The work of the Inclusion Team covers the following areas:

- Attendance and Educational Welfare
- Supporting Attainment and Wellbeing (AWE)
- Elective Home Education (EHE)
- Children Missing in Education
- Out of School Tuition (OOST)
- Licencing of Chaperones
- Licencing of Child Performers
- Issuing Child Employment Permits



Contact Information -

Website: Scan the QR code for further information:

Telephone: **01446 709113** Email: [inclusionteamreferrals@valeofglamorgan.gov.uk](mailto:inclusionteamreferrals@valeofglamorgan.gov.uk)

## Additional Learning Needs (ALN) Team | 0-25 years



As a parent or carer, you might be concerned your child has Additional Learning Needs (ALN).

A child or young person has ALN if they:

- have a significantly greater difficulty in learning than the majority of others of the same age, or
- have a disability which prevents or hinders them from making use of the educational facilities generally provided for others of the same age in mainstream maintained school or Further Education Institution



The ALN Team have worked with other local authorities in the Central South Region to produce an ALN information, advice and guidance booklet for parents and carers.

[Click here](#) to view or scan the QR code.

Contact Information -

Telephone: **01446 709180**

Email: [alnenquiries@valeofglamorgan.gov.uk](mailto:alnenquiries@valeofglamorgan.gov.uk)

Website: <https://www.valeofglamorgan.gov.uk/en/living/schools/Additional-Learning-Needs/Additional-Learning-Needs.aspx>



## Transition

### Twinkl's Transition to Secondary School Tips

Many young people will be starting their secondary school journey from September 2024.

Please scan the QR code to watch a video full of tips to help with this unsettling time.



### Careers Wales Help your child plan their future

You will be a big influence on your child's choices for the future.

Please scan the QR code taking you through to the Careers Wales website with helpful tips and advice.



### The Pod | 16+

When: Monday – Friday

Time: 10am – 4pm (Fridays until 3pm)

Where: Golau Caredig, Broad Street Barry CF62 7AZ



The Pod has welcomed many individuals and offered advice, guidance, and support.

Weekly courses for individuals, as well as a holistic mentoring service for those with complex barriers to employment, the goal of the Pod is to help people into sustainable paid employment.

The Pod Advisors run weekly job clubs assisting with job searching, application forms and interview techniques. Advisors can also help guide people on areas including housing, benefits, and well-being.

Specialist Employment Mentors are on hand to provide 1-2-1 support and guidance for any individuals looking to gain training/qualifications or employment.

Other community support provisions available at the Pod - Pobl, Citizens Advice, Business Wales, Hafod and Careers Wales. Additionally, Wednesday evenings we host a Food Bank, people can come to obtain food vouchers, and receive support.

The Pod Advisors also run CELT+ which has supported 714 people into training and volunteering. They have many upcoming training sessions, networking events & recruitment drives. Visit them to find out more about upcoming events and training opportunities.



### Disclaimer

The majority of organisations included in this newsletter are not managed or run by the Vale of Glamorgan Council. The newsletter has been compiled in an effort to assist you in contacting services. The Vale of Glamorgan Council cannot be held liable for the services provided by any external organisation named in this newsletter and cannot be held liable for any damage or loss caused by any inaccuracy in this newsletter, nor for the actions of any of the external organisations listed.

The listing of an organisation in this newsletter does not imply that the Vale of Glamorgan Council endorse that organisation, nor does the absence of any organisation imply that we do not support it.



The Index: 0800 5871 014 Email: [TheIndex@valeofglamorgan.gov.uk](mailto:TheIndex@valeofglamorgan.gov.uk)

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

Facebook: @VOGFIS X: @ValeFIS