



action for
children
gweithredu
dros blant

Information and Advice Service

Newsletter Summer 2010

Issue 4



Inside this issue

Money Matters	P2
Education	P3
Parents' Training	p4
Enable	p5
Activities	p6
Support	P7
Holly's Ball Mencap Cymru	P8

Latest news



Lots of information for you this time, including the regular "Money Matters" page and dates for this term's "Education workshops" for families of those children due to start school.

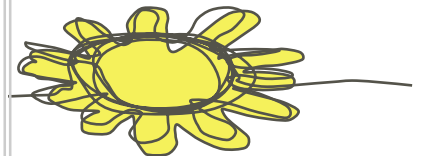
Please contact me if there is something else you'd like to see in the newsletters, or if you would like to include an article, or helpful tips for other parents etc.

Best wishes, Carolyn Jones



As always, the Caerphilly Children's Centre and

Action for Children can not be held responsible for the content of external websites or information from other organisations





Money Matters

contact a family
for families with disabled children

“Cash Counts” - a new online service dedicated to ensuring families with disabled children are getting every penny to which they are entitled.

Includes: an on-line benefits calculator, a top tips guide, and a frequently asked questions page.

“A Check list for parents” - published by Contact a Family

As a parent of a disabled child you are often entitled to a number of benefits and other help. For a copy of this leaflet, or telephone advice, please contact “Contact a Family” on **0808 8083555**, or visit the website on **www.cafamily.org.uk**.

Counting the Costs—how are your finances in 2010?

A Contact A Family survey of families with disabled children’s finances will help raise awareness of those specific money worries and campaign for change. A short on-line survey at <http://www.surveymonkey.com/s/T2S2ZZF>

Alternatively, contact your local Citizens’ Advice Bureau for 1:1 advice.
Caerphilly 029 20881025, Risca 01633 615780,
Bargoed 01443 839618.



The Family Fund helps families with disabled children to have choices and the opportunity to enjoy ordinary life. It gives

grants for things that make life easier and more enjoyable for the disabled child and their family, such as washing machines, driving lessons, hospital visiting costs, computers and holidays.

The Fund is a registered charity, helping around 50,000 families in the UK with £30.5 million in grants a year. Contact the Caerphilly Children’s Centre for an application form. *(Your family income must be below £27,000 per year, or must be made up entirely of benefits for you to be eligible).*

**Citizens’ Advice Bureau
at
Caerphilly Children’s Centre**

The C.A.B. will be providing “drop-in” clinics at the Caerphilly Children’s Centre from September 2010.

It is hoped that this will be a regular service running monthly.

Please contact Carolyn Jones to book an appointment or for more information.

Contact: 029 20867447; carolyn.jones@actionforchildren.org.uk: www.cccinfo.net

Education

Good news for those of you whose children will be starting nursery-school on or after September 2010.

Bev Lane, who is the Partnership, Information & Communication Co-ordinator for children who have additional learning needs will be at the Children's Centre twice every term offering parents' "workshops" to keep you informed about what you need to do to prepare for your child starting school. Topics include an overview of the education processes, additional support and statutory assessment.

For those children nearing their 3rd birthday and starting nursery school in **September 2010**, the parents' workshop will be on **Friday 25th June. 9.30-12.30 p.m.**

For those children who are now **2yrs old or over**, the parents' workshop will be on **Friday 18th June, 9.30-12.30 p.m.**

(Please note that we are unable to provide transport or child-care unless your child already attends the Centre nursery group on those days.)

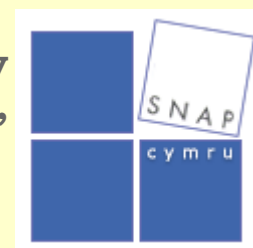
For more information and to book your place/s contact Carolyn Jones at the Children's Centre on 029 20867447.

For those you who have children already in school, or have any other queries about issues regarding your child's education, SNAP Cymru is at the Caerphilly Children's Centre every second Friday of the month, for an informal "drop in" session.

SNAP Cymru is a voluntary organisation, which offers accurate information, impartial advice and support to families of children and young people who have, or may have Special Educational Needs and/or a Disability.

The next "SNAP" sessions are on June 18th (with Bev Lane), July 9th, September 10th, October 8th, November 12th and December 10th.

Telephone Juliette on 01443 220150



Funding granted for Information and Advice Service

A successful application to the Waterloo Foundation means that the Information and Advice Service has been granted funding towards library resources and training for parents.

This means that new books and other resources can now be purchased for the Information and Advice library which is held at the Children's Centre, and training can be organised for parents. Three First Aid sessions have already been planned and we are now asking parents to tell us what sort of training they would be interested in. Please contact Carolyn Jones for more information or if you have any ideas.

Family information Service

Parents' Questionnaire

You may have already received a questionnaire about Child-care in Caerphilly from the Family Information Service.

This is a great opportunity for you to have your say about issues affecting you regarding child-care.

Please take the time to complete and return the questionnaire which will hopefully improve the services now available. If you need help to complete the questionnaire, or have any questions, please contact :

**Ruth Lee or Fiona Santos on
01443 863232.**

Looking After Me

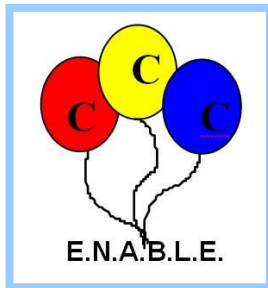
"Learning to manage your health while caring"

This is a FREE course for adults who care for someone living with a long term health condition or disability.

The course is about you making some time to look after yourself; it aims to help you take more control of your situation and make a difference to the quality of your life.

The course is run in the local community and led by two volunteer tutors who themselves have personal experience of caring. The course lasts for 2½ hours per week for 6 weeks.

**Contact: Katrina Selway on 07773
033171 for more information**



“Enable—Supporting Caerphilly Children’s Centre, is the group that fundraises specifically for the Centre and is a registered charity in its own right.

Since 1994, Enable has raised over £750,000 for the Children’s Centre and the money has been used to buy equipment, building work, trips for families and training.

The most recent fundraising event was the production of “Jack and the Beanstalk”, performed entirely by staff members, friends and family members, at the Green Fly in Bedwas. Photographs of the show are on the corridor wall at the Centre—please come and have a look if you’re passing—and see if you can recognise anyone! Thanks to all who took part or helped in any way –and to those of you who came to see us make complete fools of ourselves! —all for a good cause though, and helped raised over £1,000.

Our current fundraising efforts are to raise money to buy new outside play equipment. Some of the existing equipment has been removed as it has become unsafe to use, so we are planning a new playground. We are also collecting Tesco and Sainsbury vouchers, please pop them in the box on reception if you are at the Centre

The Enable committee meets on the last Monday of the month at the Children’s Centre, 6.00-7.00pm. Please feel free to come along with any new ideas or contact us to find out how you can help.

Enable has recently launched its own website which you can find on www.enable.cccinfo.net, as well as a Facebook page. If you are taking part in an organised event, and would like your sponsor money to come to the Children’s Centre, visit the website, or contact us on 029 20867447.

Summer Fun-Day

Friday 20th August

Caerphilly Children’s Centre

10.00 a.m.—12.30pm



Please come along and bring your friends and families.

Light refreshments, stalls, children’s activities and lots more!

Donations of cakes, nearly new children’s clothes, bric-a-brac, toys etc will be gratefully received.

Activities for children and young people with disabilities or additional needs.

There are several groups and clubs running in the Caerphilly Borough throughout term time that are run by qualified and experienced coaches. A full list can be obtained from Paul Taylor.



Disability Sport Wales
Chwaraeon Anabledd Cymru



**Contact Paul Taylor -
Disability Sports Development
Officer on 01443 863225 for
information about these, or any
other sessions.**

Paul Taylor, Disability Sports Development Officer, also organises school holiday activities. Contact him on the number above for more information.

Note that any Arts Development activities will be included on the Sports Development booking form for school holiday activities

Inclusive Theatre Arts

Stage Factor Theatre Academy is only too aware of how confidence and self-esteem are gained through Dance, Drama and Singing. It is also aware that it is hugely beneficial activity for both boys and girls with every kind of need. Inclusive Theatre Arts runs Classes and Workshops for young people with Special Educational and Physical needs to be integrated with Mainstream.

Founder and Director Lisa Williams Said "I want to break down barriers surrounding Dance Drama Music, that no matter where you're from or what disability you have every-one can take part."

"It's important to honour each person's specific ways of moving, their specific and unique personality."

"Rather than workaroud their particular limitations we embrace and explore their possibilities within each individual and create what is within them as a person."

Inclusive Theatre Arts will Challenge everyone's idea of what a Dancer or Performer is.

Chair Jo Salmon said,

"I think that Inclusive Theatre Arts is a fantastic way to build a child's self esteem and confidence. I feel that it's so important for a child to be happy and it gives each child a sense of achievement when they can participate in something like this. My children have a smile on their face every time I pick them up from their sessions. I love the fact that it has been specifically designed to incorporate all children. This I feel helps to teach acceptance, inclusion and tolerance in our community of ALL children with and without disability."



Contact: 029 20867447; carolyn.jones@actionforchildren.org.uk: www.cccinfo.net

Support

New group for families of children with special needs

A new support group for families of children with disabilities or additional needs is

beginning on:

Tuesday 8th June, 3.30-5.00pm

Rhymney Library, Victoria Road, Rhymney
NP22 5NU

Children are welcome, but not compulsory!

For more information, please contact

Natalie Heath on 01685 841819



www.autismlinks.co.uk

This website has been set up with people on the autistic spectrum in mind, along with parents, carers and professionals.

It is intended to be a signposting service to help find the way through the many available web-sites linked to autism.

Change of contact number

SERCO (wheelchair repairers) no longer have the contract to repair wheelchairs issued by ALAC at Rookwood Hospital.

The service is now provided in-house from ALAC. If a repair is needed, please contact ALAC directly on 029 20313905

RNIB

RNIB Cymru Education and Children's Services run a number of activities for blind and partially sighted young people and their families across Wales. To receive information about events coming up, contact:

Nicola Crews on 029 20449567

 The contents of this website are under review, following the formation of a new HM Government. Current information may be found at www.dh.gov.uk

NHS

HEALTHY START

Give your kids the best start in life...

families on certain benefits can get free milk, fruit, vegetables and vitamins



With **Healthy Start**, you can get free vouchers every week which you swap for milk, fresh fruit, fresh vegetables and infant formula milk. You can also get free vitamins. Healthy Start replaces the Welfare Food Scheme.

Healthy Start is open to pregnant women and families with children under the age of four who are on Income Support, Income-based Jobseeker's Allowance or Child Tax Credit (but not Working Tax Credit unless their family is receiving Working Tax Credit run-on only*) with an income of £16,040 a year or less (2008/9)

Your Health Visitor or local GP surgery should have more information and application forms.

"Ty Popsy"

"POPSY" - (Parents of Partially Sighted and Blind Youngsters), has bought a caravan on Meadow House holiday park, near Tenby.

It is as accessible as possible and is available between March and November to families with children who have special needs.



Contact Tyandra on

01633 440949

or 07956 015035

Contact: 029 20867447; carolyn.jones@actionforchildren.org.uk; www.cccinfo.net

Holly's Ball



**Raising Autism Awareness/
Codi Ymwybyddiaeth Awtistiaeth**

**At The Millennium Stadium,
Cardiff (Millennium Lounge)
Saturday 2nd April 2011
7.00pm until 1.00am**

**Yn Stadiwm Y Mileniwm, Caerdydd
(Lolfa'r Mileniwm)
Dydd Sadwrn 2^{ail} Ebrill 2011
7.00y.p tan 1.00y.b**



Wales' National Charity for Autism
Elusen Genedlaethol Cymru ar gyfer Awtistiaeth

bluestone



The National
Autistic Society
Cymru
Cymdeithas
Genedlaethol
Awtistiaeth
Cymru

- * A glass of wine on arrival & 3 course Meal /Gwin wrth gyrraedd a phryd o fwyd 3 chwrs
- * Entertainment / Adloniant * Celebrity Guest appearances / Ymddangosiadau gan Selebs
- * Guest Speakers / Siaradwyr gwadd * Raffle & Auction / Raffl ac ocsiwn
- * Black Tie Optional / Gwisg Ffurfiol yn opsiynol

For Tickets call / am docynnau galwch

07792 333637

or contact / neu cysylltwch â

hollysbball@googlemail.com

Ticket Price/Pris Tocyn £36



For Young People

Mencap Cymru

Our project is funded by the national lottery, and aims to support young adults with learning difficulties gain work experience, boost their confidence and prepare them for paid employment. We tailor the project to meet individual needs and aspirations.

I am the employment officer for the Caerphilly area, and I am keen to build working partnerships with equal opportunity employers to consider young adults to experience work and build a future for themselves.

The project assists young people to focus on their skills, and coach them through the recruitment process. For some individuals the first step would be work experience to build a credible CV for themselves. Please email me or call me on 07500887986. Jo Cann

Contact: 029 20867447; carolyn.jones@actionforchildren.org.uk; www.cccinfo.net