

Weekly Bulletin

8th May 2024

Here is the information bulletin for this week. Remember if you need any further details about anything shown in the bulletin, please don't hesitate to contact **Sarah**

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News from Sparkle and our Children's Centres

Month at a glance - May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st National Youth Advocacy Drop In Session @ Serennu 10am-12pm	2 nd Newport Autism support group @ Serennu 10am-12pm ADHD+ Support Group @ St James ICC 10am – 12pm	3 rd Sparkle Coffee Group @ Serennu 10am - 12pm	4 th	5 th Bellevue Tea Rooms Food & Craft Market – Supporting Sparkle
6 th BANK HOLIDAY	7 th SNAP Cymru sessions @ Nevill Hall Children's Centre 10am-12pm <i>(Phone to book)</i> Autism Family Support Monmouthshire Coffee & Chat Bridges Centre 9.30pm-11.30pm	8 th	9 th Caerphilly Carers Coffee Morning @ Coffee Mill Risca 12:00pm-1:30pm	10 th	11 th Dad's Group Gwent @ Serennu 10am-12pm	12 th
13 th	14 th Unpaid Carers Coffee Morning Blaenau Gwent Brynmawr Rugby Club, 10-12pm (Every Tuesday)	15 th	16 th ADHD+ support group @ Serennu 10am-12pm Ready Steady Go Coffee Group The Bellhanger, Chepstow 9.30-11am	17 th Caerphilly Carers Coffee Afternoon @ The Old Library Caerphilly 2:00pm - 3:30pm	18 th Sparkle Coffee Group @ Caerphilly Children's Centre 9:45am – 11:15am	19 th
20 th CCP Supporting Transitions Workshop 10am – 12pm	21 st SNAP Cymru sessions @ Serennu Children's Centre 10am-12.30pm <i>(Phone to book)</i> Sparkle Coffee Group @ Blaina ICC 5.30pm-6.45pm	22 nd	23 rd	24 th	25 th Dad's Group Gwent (online) 1pm-3pm	26 th
27 th BANK HOLIDAY (May half term)	28 th Caerphilly Carers Coffee Morning @ McKenzie's Blackwood 10:30am-12pm	29 th	30 th	31 st		

Sparkle Coffee Groups – May



**SPARKLE PARENT/CARER
COFFEE GROUPS**

Come and have a cuppa and a chat
with other parent/carers and a
family liaison officer

Friday 3rd May
Serennu Children's Centre,
NP10 9LY
10am - 12pm

Saturday 18th May
Caerphilly Children's Centre,
CF83 2WP
9.45am - 11:15am

Tuesday 21st May
Blaina ICC
NP13 3BN
5.30pm - 6.45pm

If you would like to attend any of the coffee groups please let us know
Serennu - family.liaison.abb@wales.nhs.uk
Blaina ICC - ABB.FamilyLiaisonNorth@wales.nhs.uk
Caerphilly - ABB.FamilyLiaisonWest@wales.nhs.uk



MediCinema

Change is screening times

We now have an afternoon showing on a Saturday!

Below are some of the great films that are showing in May

For more information and to register for MediCinema follow the link below

[Serennu
MediCinema
\(sparkleapple.al.org\)](http://SerennuMediCinema(sparkleapple.al.org))



SNAP Cymru



Snap Cymru will be at our children's centres over the next few months for drop-in sessions. You can attend any centre to speak to a representative from SNAP Cymru.

Serennu	Nevill Hall	Caerphilly
21 st May 10am-12.30pm	5 th June 10am-12pm	18 th April 9:30am - 11:30am
18 th June 10am-12.30pm		

If you would like to book on to any of the drop-in sessions above, please email the relevant centre

Serennu – ABB.FamilyLiaisonOfficer@wales.nhs.uk

Nevill Hall - ABB.FamilyLiaisonNorth@wales.nhs.uk

Caerphilly - ABB.FamilyLiaisonWest@wales.nhs.uk

Snap Cymru

For issue that involve school I recommend Snap Cymru. Snap Cymru is an Independent parental support by SNAP Cymru (Special Needs Advisory Project Cymru).

SNAP Cymru is a charity that offers information and support to families of children and young people who have special educational needs. The service is: Free, Confidential and Independent.

What Can SNAP Cymru Do?

Talk to you about your concerns. Visit you at home if you want them to. Help you understand how your child can be helped. Help you write down your views about your child. Support you at meetings, school, visits and discussions with professionals who are working with your child if you wish. Give you information about the services in your area and how you might be able to find the support you need.

Contact Information

Talk to someone on 0808 801 0608

Email on: gwent@snapcymru.org

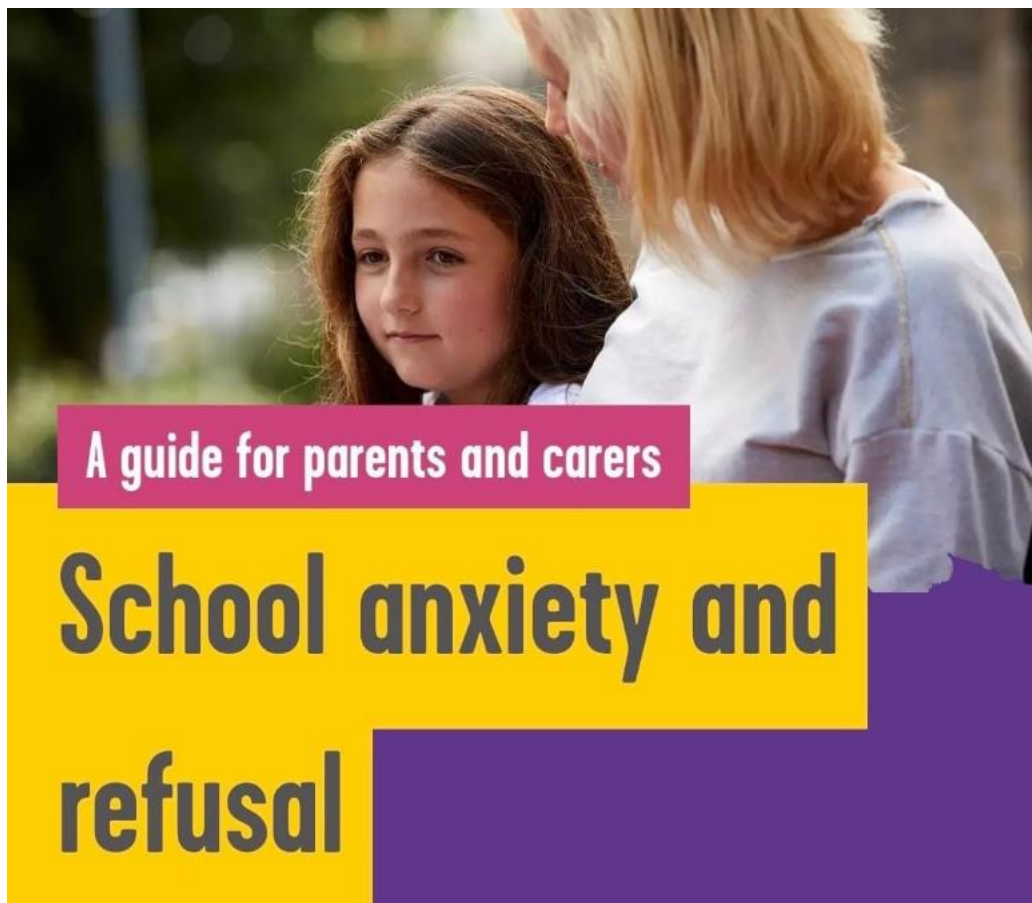
Visit their website at: www.snapcymru.org

UK and news from Gwent

YOUNGMINDS

If your child is feeling anxious about school, or not able to go, it can be exhausting for both of you.

Mornings in particular can become really stressful for the whole family, as you try to juggle your child's feelings alongside the need to get them to school and get on with your other responsibilities such as work. Even if you manage to get your child to the school gate, you might know how difficult they're going to find the day – or know that you'll be facing the same problem tomorrow morning.



If you're in this situation, we've got advice to help you explore what's going on with your child, make changes at school that can help, and find the support you need if your child can't go to school
[School Anxiety and Refusal](#) | [Parent Guide to Support](#) | [YoungMinds](#)

On 11 May Newport Tennis Centre will host a Wheelchair Tennis Initiative for young people aged 18 & under with physical impairments!



Want to try a new sport or aspire to be a champion? Find out more, sign-up for FREE and start your wheelchair tennis journey

[LTA Wheelchair Tennis Initiative](#)



At Jump Adventure we know how important is it to ensure everyone feels welcome.

So if you are looking for a quieter session we have one especially for you. Our staff are there to give a helping hand on deck and the music will be off for this session.

You can call us to book the session and we are able to send confirmation for the safety video and waivers.

There may be other customers in the building but not on the activity deck at this time

BOOK NOW!
Call 01633 358090

Or online at
[Jump Adventure Newport online tickets - Home \(roller.app\)](https://www.jumpadventure.co.uk)

Joint Review: How are healthcare, education, and children's services supporting the mental health needs of children and young people in Wales?



We will be leading a joint review with Care Inspectorate Wales (CIW) and Estyn to explore how healthcare, education and children's services support the mental health needs of children and young people in Wales.

To find out more and complete a survey visit

[Joint Review: How are healthcare, education, and children's services supporting the mental health needs of children and young people in Wales? | Healthcare Inspectorate Wales \(hiw.org.uk\)](https://www.hiw.org.uk/joint-review-mental-health-needs-children-young-people-wales)

MMR

Children's Walk in Clinics

Get your child
caught up with their
MMR Vaccination

For school aged children
(Reception to Year 11)



If you require a Gelatine free
vaccine, contact 01633 431685





insport Series: Pembroke

May 29th 2024

10am-2pm

Pembroke Leisure Centre

Book your place:

👉 insportseries.co.uk

▶▶▶ More information ▶▶▶ Darllen yn Gymraeg ▶▶▶



GO MOBILE: WALES

Supporting younger, disabled people to drive

Do you have a disability?

Are you 16 or over?

Do you want to try driving?

If so, Come visit us at

The **Wales** Mobility and Driving Assessment Service



We'll have access to a
Private Track so there will be
No driving licence needed
on the day and we've even hired
an **Ice Cream Truck** just in case
the sun shows up!



Visit us at our open day
to test and try out our
large variety of vehicles
and adaptations to help
give you the confidence to
get on the road with the
support of our friends at
Shine, Pedal Power and
Little People UK.

Tuesday, 23rd July 2024
from 10am - 4pm
Maindy Stadium,
Crown Way
Off North Road,
Cardiff,
CF14 3AP



LET'S GO TO... Play

BOOKING ESSENTIAL

Jigsaw ALN Group

TEDDY BEAR PICNIC

Wednesday, 29th May 2024 12-2pm

£4

SOFT PLAY

VARIETY OF TOYS AND SENSORY AREA

TEDDY BEAR PICNIC

Book via

<https://www.facebook.com/profile.php?id=100091616434035>

Do you work or volunteer in Gwent?

Free mental wellbeing training

Learn how to improve your mental wellbeing and how to have conversations with others about theirs.



Registering is easy just scan the QR code or visit the below link.



Face to Face sessions
www.bit.ly/Gwent-Connect-5

Online training sessions
<https://gc5.melo.cymru/available-sessions/61263ec842875f00165cffc4>



To find out more visit Melo
<https://www.melo.cymru/courses/gwent-connect-5-workforce-training-programme/>

Please note: You do not need to attend all three modules but must attend them in sequence, starting with module one.




UCAN

8/5/24 – St James ICC, Caerphilly

22/5/24 – Sight Cymru. Pontypool

5/6/24 – St James ICC, Caerphilly

19/6/24 – Sight Cymru, Pontypool

17/7/24 – St James ICC, Caerphilly



UCAN is a creative arts charity for blind and partially sighted children, young people and adults

Our next Family Day this month will be held on **Saturday, the 25th of May, 1 pm - 5 pm**, in our space at Wales Millennium Centre.

Booking is now available for two group sessions, starting at **1 pm** and **3:30 pm** and 121 sessions throughout the afternoon.

A 'drop-in' session for anyone who would like to explore our sensory room, have a friendly chat and have a cuppa/biscuits is open between **2:15 and 3:15 pm**.

To confirm your place please email hiroko.Uenishi@tworhythms.co.uk



MULTI-SENSORY SESSIONS FOR CHILDREN AND THEIR FAMILIES

1 pm - 5 pm SATURDAY
25th May 2024

1 pm Group session (£10 / £5 concession)

2:15 pm - 3:15 pm Drop-in play / Afternoon Coffee
(Drop in £5*)

**or free if you are attending any of the sessions on the day*

3:30 pm Group session (£10 / £ 5 concession)

121 sessions times (half-hour slot)**
available throughout the afternoon
(£15 / £10 concession)

**** Booking for Group/ 121 sessions is essential, please email:**
hiroko.uenishi@tworhythms.co.uk
for more information.



Local news

From the week commencing 20th May we have added an extra SEN/QUIET session

✨ Every FRIDAY afternoon 3:15pm-5:15pm ✨

If this works we may add another morning session on a different weekday 😊

Please remember though guys

✨ use it or lose it ✨ as the saying goes, we've had so many asking for an extra Sen/Quiet Sessions so we hope this will work 🙏

Please share and spread the word for us ❤️



TREATS N PLAY

SEN Sessions

Extra SEN Session
added
every Friday
afternoon
3:15-5

Treatsnplay.co.uk



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Aneurin Bevan
University Health Board



Torfaen Play & Short Breaks Service

Providing a variety of fun and interactive sessions in the heart of the community.



Cwmbran Stadium Whitsun Play & Activity Camp

Tuesday 28th May
Wednesday 29th May
Thursday 30th May

Cwmbran Stadium
Henllys Way,
Cwmbran,
NP44 3YS

10:00am - 3:00pm
8-12 years old

**FREE
OF CHARGE**



**A refillable drink
and packed lunch
is required**



Pre booking available

Please use the QR code to pre book
Parents/carers are requested to accompany
their child on the first day they choose to attend
to complete the registration process if you have
not pre booked.

For more information please contact: torfaenplay@torfaen.gov.uk



@chwarаетorfaentorfaenplay



Chwarae Torfaen Torfaen Play



@torfaenplayservice



torfaenplay@torfaen.gov.uk





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helping special children shine



Torfaen Play & Short Breaks Service

Providing a variety of fun and interactive sessions in the heart of the community.

Whitsun Play & Wellbeing Camps

**Tuesday 28th May
to Thursday 30th May**
10:00am - 3:00pm
Age 5 to 11 years

Blaenavon Heritage VC Primary School
Middle Coed Cae Road, Blaenavon, NP4 9AW

Blenheim Road Community Primary School
Blenheim Road, St Dials, Cwmbran, NP44 4SZ

Garnteg Primary School
Hillcrest, Garndiffaith, Pontypool, NP4 7SJ

George Street Primary School
Wainfelin Road, Pontypool, NP4 6BX

Llantarnam Primary School
Llantarnam Road, Llantarnam, Cwmbran, NP44 3XB

Nant Celyn Primary School
Henllys Way, Cwmbran, NP44 7DJ

Penygarn Primary School
Penygarn Road, Penygarn, Pontypool NP4 8JN



Pre booking required

Please use the QR code to pre book

For more information please contact: torfaenplay@torfaen.gov.uk

**FREE
OF CHARGE**



**A refillable drink
and packed lunch
is required**



@chwaraetorfaentorfaenplay



@torfaenplayservice



Chwarae Torfaen Torfaen Play



torfaenplay@torfaen.gov.uk



MonLife will be holding free stay and play sessions during half term where children and families will have the opportunity to freely choose from lots of activities including physical play, arts and crafts, den building or wherever their imagination takes them. Please note that parental supervision is required for children under the age of 11!

will need to complete the registration form below to book their children to attend :

<https://bit.ly/3xYBqJw>

AROS A CHWARAE STAY & PLAY

LLEOLIAD / VENUE	DYDDIAD / DATE	AMSER / TIME
Magor and Undy Hwb / Hwb Magwyr a Gwndy	31/05/24	10:00am – 11:30am
Canolfan Gymunedol Bulwark / Bulwark Community Centre	29/05/24	1:00pm – 2:30pm

GOFYNIAD GORUCHWYLIWR!
SUPERVISION REQUIRED!

AM DDIM
FREE



Mental Health Awareness Event - Cwmbran Library, Tuesday 14th May (10am-4pm)

This year's theme is 'Movement', whether that is going for a run, doing chair exercises or dancing to your favourite tunes - it all counts!

Torfaen GAVO - Education Programmes for Patients Torfaen Voluntary Alliance Alzheimer's Society Cymru Platform Communities for Work Plus Torfaen

Mental Health Awareness Event

@ Cwmbran Library on Tuesday 14th May, 10am-4pm



GDAS

GAVO

BRITISH HEART FOUNDATION

TORFAEN VOLUNTARY ALLIANCE

JACOB'S FOUNDATION

DEWIS

ALZHEIMER'S SOCIETY

COMMUNITIES FOR WORK+

PLATFORM

For Mental Health Awareness Week, this year's theme is movement, whether that is going for a run, doing chair exercises or dancing to your favourite tunes - it all counts! Various services will be in attendance, as well as activities, and advice for a healthy mind from our communities Counsellor.



Pilates, 11.30am - 12.30pm



Mindfulness, 2pm - 3pm



Potting plants, 11am - 2pm

For more information, contact: 01495 742487





Cwmbran Library, Gwent Square, NP44 1PL



Autism Family Support Service

Dealing With Challenging Behaviour in Autism Workshop

May 22nd in Undy Church Hall, Undy
May 23rd in Bridges Centre Monmouth
workshops are 10 am till 12 pm

to book onto this workshop please click the link

To book on [Autism Family Support Service Workshops \(office.com\)](https://www.office.com)



Provide support and guidance to families who have a family member diagnosed or are looking for support around autism.



- Monthly coffee & chat sessions
- Training workshops
- Monthly Newsletter
- Private FB group to access peer support and discussion
- Information about Monmouthshire Parent Carer Events
- 1:1 support for parent/carer which may include sharing of resources,
- Offer of strategies/advice for managing particular behaviours, and guidance through the process of getting a diagnosis.





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Wedi ei ariannu gan
Llywodraeth y DU



Funded by
UK Government

FREE!

Eyebrow Tint & Shaping (accredited qualification) & Facial course

Not working?

Do you want to learn how to tint and style eyebrows and a basic facial?

We have the course for you!

Includes:

- *Health/Safety and hygiene*
- *Eyebrow Tinting*
- *Eyebrow shaping with wax and tweezers consultation techniques*
- *After Care advice*

For more information please contact us below:

01495 356019 or 07974 856336

bridgesplus@aneurinleisure.org.uk



Sophisticated Beauty
BEAUTY THERAPIST



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**LEVELLING
— UP —**

WEDI'I YRRU GAN

**FFYNIANT
— BRO —**



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Wedi ei ariannu gan
Llywodraeth y DU



Funded by
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Introduction to Health & Social Care

Starting:
Tuesday 4th June
9:30am - 12:00pm
Ebbw Vale Learning
Action Centre

This is a 7 week
course which
explores:

- What is Health & Social care?
- Communication
- Skills & Qualities
- Values & Principles

For more information please contact:
07391050189 or 07974 856336
bridgesplus@aneurinleisure.org.uk



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- EarlyBird programme consists of eight, two and half hour sessions held weekly.
- EarlyBird Plus programme consists of eight, two and half hour sessions held weekly.
- EarlyBird Teen Life consists of six, two and half hour sessions held weekly.



Information and support:

Get free resources and expert advice on a wide range of issues affecting autistic people and their families.

Visit: www.autism.org.uk

For further information, please contact the Families First Team on 01495 355584
Email: lisa.john@blaenau-gwent.gov.uk
or abbiegale.foote@blaenau-gwent.gov.uk



Blaenau Gwent Families First

EARLY BIRD PROGRAMMES



Has your child received an autism diagnosis?

Join one of our National Autistic Society's EarlyBird Programmes to learn more about autism and how you can support your child.

EarlyBird Programme

Meet other parents and share experiences on our ten-week programme. Designed for families whose child is under five, we can help you understand autism and support your child, including:

- Supporting interaction
- Understanding sensory differences
- Developing play
- Interpreting behaviour

"I will be forever grateful for the opportunity to go on EarlyBird when Daniel was young, because he's doing amazing now." *Parent*

To find out more visit: www.autism.org.uk/earlybird

EarlyBird Plus Programme

Meet other parents and share experiences on our ten-week programme. Designed for parents of children aged from four to nine, we can help you understand autism and support your child, including:

- Supporting interaction
- Understanding sensory differences
- Developing play
- Interpreting behaviour

We encourage you to attend the sessions with a professional, such as a teaching assistant, who is working regularly with your child.

"EarlyBird Plus is an absolute must to help you begin to learn and understand how your child's mind works". *Parent*

EarlyBird Teen Life Programme

Get together with other parents to share advice and experiences. The six-session programme covers:

- Understanding autism in teenagers
- Women and girls
- Self-esteem
- Stress and anxiety
- Puberty
- Planning for the future

What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme." *Parent*

Follow us on our social media channels!

Facebook & Instagram @sparkleappealofficial

Twitter @sparkleappeal

www.sparkleappeal.org

The Family Liaison Service is available Monday to Friday across all three Children's Centres

Please see contact details below.

There may be occasions where we cannot answer my phone but if you leave a message and we will respond as soon as possible. If your matter is urgent, please see the contact details below for the team.

Blaenau Gwent, North Torfaen and North Monmouthshire



Sarah, our Family Liaison Officer
based in Nevill Hall Children's
Centre can be contacted on:

 01873 732712

 abb.FamilyLiaisonNorth@wales.nhs.uk

 Brecon Road, Abergavenny NP7 7EG

Caerphilly County Borough



Lisa, our Family Liaison Officer
based in Caerphilly Children's
Centre can be contacted on:



 029 20867447

 abb.familyliaisonwest@wales.nhs.uk

 Heol Las, Cwrt Llanfabon, Energlyn,
Caerphilly CF83 2WP

Parent Rep Details

Jeni - sparklerepwest@gmail.com

Newport, South Torfaen and South Monmouthshire



Jayne and Sarah, our Family Liaison
Officers based in Serennu Children's
Centre can be contacted on:

 01633 748013

 family.liaison.abb@wales.nhs.uk

 Cwrt Camlas, Rogerstone, Newport
NP10 9LY

Parent Rep Details

Jo - sparkdeparentrepjo@gmail.com

Nicol - sparklerepnic@gmail.com