

18th September 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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- ★ Blaenau Gwent Youth Service - Health & Wellbeing Club

News from Sparkle and our Children's Centres

Month at a glance – September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st Bellevue Tea Rooms Food & Craft Market – Supporting Sparkle
2 nd	3 rd	4 th National Youth Advocacy Drop In Session @ Serennu 10am-12pm	5 th Newport Autism support group @ Serennu 10am-12pm	6 th Cerebra workshop @ Serennu 10am-12pm Please book a space with your FLO	7 th	8 th
9 th	10 th SNAP Cmyru sessions @ Serennu 10am-1.30pm Please book a slot Coffee & Chat, Bridges Centre Monmouth 9:30-11:30am	11 th	12 th	13 th	14 th Dad's Group Gwent @ Serennu 10am-12pm	15 th
16 th	17 th	18 th	19 th ADHD+ support group @ Serennu 10am-12pm	20 th Autistic Minds Exhibition in Cardiff	21 st	22 nd
23 rd	24 th	25 th CCP Introduction to Sensory Processing Workshop (online) 10am - 12pm	26 th Torfaen Early Years Event Cwmbran ICC 5-7pm (drop in)	27 th Meeting with Sparkle Chair and parent reps @ Serennu 10am-12pm Please book a slot	28 th Dad's Group Gwent (online) 1pm-3pm	29 th
30 th						

Sparkle meeting about Childcare

Please phone **01633 748013** or email family.liaison.abb@wales.nhs.uk to book




helpu plant arbennig i ddisgleirio
helping special children shine

Sparkle have been given the opportunity to work with an independent advisory group for childcare in Wales.

The aims of the independent advisory group are to develop a clear plan on changes required to address weaknesses in the childcare system in Wales. The group is keen for our Sparkle families to be represented in the advice that is finally presented to Welsh Government.

We will be holding a meeting to gather your views on

Friday 27th September
10am – 12pm
Serennu Children's Centre

Everyone welcome as we need to hear your views. Please contact Family Liaison Service on 01633 748013 or email family.liaison.abb@wales.nhs.uk to book

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
8 th October 10am-1:30am	2 nd October 10am-12:30pm	Dates to be confirmed
12 th November 10am-1:30am	6 th November 10am-12:30pm	Dates to be confirmed
10 th December 10am-1:30am	19 th November 10am-12:30pm	Dates to be confirmed
	17 th December 10am-12:30pm	Dates to be confirmed

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


Children's Centre Psychology - Helping Hands Toolkits

New Toolkit - Here is the link to take a look

[Children's Centre Psychology - Helping Hands Toolkits \(padlet.com\)](https://www.padlet.com/childrens-centre-psychology-helping-hands-toolkits)




Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Children's Centre Psychology

Child

fear




sad

cat M

My Emotional Wellbeing Booklet

Happy



Angry

My name is:

.....

This booklet has been developed by the Assistant Psychologists in the Children's Centre Psychology Service and the Child and Adolescent Learning Disability Service in Aneurin Bevan University Health Board (ABUHB).

A special thanks to the pupils at Pen Y Cwm School for contributing their drawings and ideas to support the development of this booklet.

UK and news from Gwent

Join us for our Emotional Based School Avoidance (EBSA) workshop, taking place online on
Wednesday, 25th September 2024 from 10 am to 1 pm.

During this session, we will explore the triggers and effects of EBSA while identifying the barriers to school attendance. We will also focus on how to gather information effectively and develop strategies to support those facing Emotional Based School Avoidance.

Knowledge is power, and this workshop will enable you to understand the complexities behind EBSA and explore the support that may be available at School as well as what you can do at home to support your child.

NEW

WORKSHOP

Emotional Based School Avoidance (EBSA)

Wednesday 25th September 2024
10:00am – 1:00pm
Online
Free Session

Book Now

Contact Us:
01443 492624

info@behavioursupporthub.org.uk



Behaviour
Support Hub



To secure your free spot, please email us at info@behavioursupporthub.org.uk, with the word EBSA in the subject box. If there any issues please ring us on 01443 492624.

If you need mental health support in the UK, you can call the NHS helpline by dialling 111 and then selecting option 2. This will connect you to a mental health professional who can provide assistance. The service is available 24/7 and is designed to offer immediate support, advice, and guidance for mental health concerns.

Please ensure you're in a safe space when you make the call, and don't hesitate to reach out for help



Call 111, press 2

The NHS has just launched a new crisis helpline on 111. This gives you a way to get urgent help if you are struggling with your mental health.

Did you know that we have a quieter mini fireworks display suitable for small children and those with additional needs?

This is at 6pm, one hour before our main display.
Tuesday 5th Nov, Belgrave Park Fireworks Abergavenny
Tickets are available at www.abergavennyroundtable.co.uk

A ticket allows you to see both displays.



**QUIETER MINI
DISPLAY**

A QUIETER MINI DISPLAY SUITABLE FOR
FAMILIES WITH YOUNG CHILDREN AND
THOSE WITH ADDITIONAL NEEDS

TUESDAY 5TH NOV 2024

www.abergavennyroundtable.co.uk

Seren Dwt

Do you or a friend/family member have a little one with
Down syndrome age 0 - 5 years?

Are you able to get to Rhiwbina in Cardiff? (4 min walk from Rhiwbina train station or
by Car - a couple of mins off the M4 Jct 32)

We would love to see you at our Monthly Meet Ups!

A chance to have a cuppa and chat with other parents while the little ones play!

We will have different 'topics/visitors' at each meet up.
All details will be shared in our closed Facebook group, please search for 'Seren Dwt'
and request to join.



 **Monthly Meet Ups**

'Seren Dwt' Monthly Meet Ups for 0-5yr olds with
Down syndrome and their parents/guardians.

Friday 13th September
Friday 11th October
Friday 15th November
Friday 6th December

Rhiwbina Memorial Hall
10:15am - 12noon
FREE to attend.

Siblings/grandparents welcome.
And of course Tea, coffee & biscuits will be provided!

*topics/external visitors for each monthly meet TBC

ALN play session at Machen Village Hall

Saturday the 21st of September 12.30/2.30

Large ball pit
Large slide
Sensory items
Toys
Outdoor play weather depending

Message gibbsbeth007@gmail.com to book your space. £2 per child.



Jigsaw

Machen Village Hall

ALN Play Session

Suitable for children 8yrs & under

Saturday 21st September 2024 at 12.30pm-2.30pm

CF83 8ND

For more information gibbsbeth007@gmail.com

Booking essential

AM

ERIC - Toilet Anxiety

Is your child scared or worried about using the toilet at school?

If yes, they're not alone. Toilet anxiety is common and there are things you can do to help.

Possible causes include:

- ★ New, unfamiliar toilets
- ★ Constipation and/or a painful poo
- ★ Soreness and skin inflammation round the anus or round the urine outlet
- ★ Different clothes e.g. pants which may be different and feel strange
- ★ The sensation of wee and poo coming out and losing part of yourself
- ★ Splash back from the toilet
- ★ Worry over if it will stop
- ★ Feeling that they could fall into the loo

For more on toilet anxiety and how to support your child, visit our website: - link in the comments [Toilet anxiety and toilet phobia in children - ERIC](#)



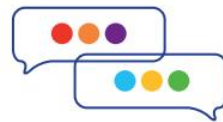
A Conversation for a Healthy Future

Aneurin Bevan University Health Board are currently starting to develop a 10-year plan for healthcare in Gwent.

We recognise we don't have all the solutions to improve our healthcare system – and we need your help and input to understand what areas we need to focus on.

Please take a look at our website, which explains the challenges we are facing at the moment, the factors affecting people's health in Gwent, and how we hope to improve things for the future.

This website also gives you the opportunity to take part in our survey: [A conversation for a healthy future - Aneurin Bevan University Health Board \(nhs.wales\)](https://www.nhs.uk/healthcare/consultation/2022/03/16/a-conversation-for-a-healthy-future)



Sgwrs ar gyfer dyfodol iach A conversation for a healthy future

Y 10 MLYNEDD NESAF
THE NEXT 10 YEARS

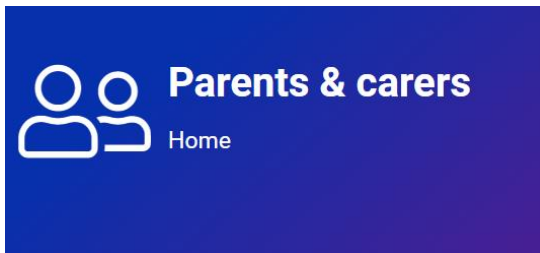


 bipab.gig.cymru

 abuhb.nhs.wales















Parent and Carer Section on AutismWales.org



The resources within this section were developed in partnership with autistic people, parents and carers and professionals. The resources are aimed at increasing the knowledge, skills, understanding of autism and practical tools for parents and carers of autistic people.

[Parents & carers - Awtistiaeth Cymru](#) | [Autism Wales](#) | [National Autism Team](#)

<h4>What is autism?</h4>  <p>This section helps to build a better understanding of autism. A range of resources have been developed in partnership with autistic people, parents and carers and professionals that clearly explain what autism is and how it affects autistic people's interaction with the world around them.</p> 	<h4>Information for parents & carers</h4>  <p>The resources within this section were developed in partnership with autistic people, parents and carers and professionals. The resources are aimed at increasing the knowledge, skills, understanding of autism and practical tools for parents and carers of autistic people.</p> 	<h4>Information for an autistic child</h4>  <p>This section contains information for autistic children.</p> 
<h4>Information for young person/adult</h4>  <p>This section contains information for autistic young people and adults.</p> 	<h4>Information for siblings</h4>  <p>This section contains information for the siblings of autistic children.</p> 	<h4>Further resources/contacts</h4>  <p>This section includes resources and contacts that you may find useful.</p> 

Cerebra Sleep Seminar's

Sleep seminars

Our online sleep seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.



Sleep Seminars

Our online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

They take place on Zoom and are a shorter version of our in-person sleep workshops. Sessions are limited to 15 places so our Sleep Practitioners can answer questions and interact with participants so booking is essential.

Understanding and supporting children's sleep for parents and carers of children with brain conditions aims to:

To build on your knowledge and understanding of sleep and what impacts/improves it

To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone

To improve your confidence to apply information gained to your own situation.

Upcoming Seminars

- ★ Wednesday 25 September 24
- ★ Wednesday 20 November 2024

Book Now

[Sleep Seminar Booking Form - Cerebra](#)

Adferiad - Gwent Cares Expert Panel

Our carers expert panel is launching next month, the first meeting is on **Thursday 10th October from 1.30-2.30PM** and then monthly on a Thursday going forward. The meetings will be hybrid, you can participate in person at the hub or join us online.

We would like to have carers to represent each of the 5 countries, so if you are interested in getting involved, please get in touch to register your interest, or if you require more information about it, please get in touch and we will be happy to discuss things further with you.

Thank you to those who have already shown an interest we will be in touch soon.



Gwent Carers Expert Panel



Would you be interested in:

- **Speaking on behalf of yourself and all carers.**
- **Giving your valuable feedback on documents and policies.**
- **To discuss topics that affect carers.**
- **Taking control, the first task is to rename this panel, then with support from us you will have the opportunity to set the agenda, write minutes and chair meetings.**



If so, please contact us by email to register your interest and we will get back to you.

Gwentcarershub@adferiad.org

Local news


Blaenau Gwent Flying Start

Parent and Toddler Groups



Family Information Service
CONTACT US
For further information

FREEPHONE 08000 32 33 39

E-MAIL fts@blaenau-gwent.gov.uk



Scan here to book!

Sirhowy Flying Start Hub

Rhoslan, Tredegar. NP22 4PG
Monday from 1pm - 2:30pm

All groups are FREE and open to all!








Blaenau Gwent Flying Start

Parent and Toddler Groups



Family Information Service
CONTACT US
For further information

FREEPHONE 08000 32 33 39

E-MAIL fts@blaenau-gwent.gov.uk



Scan here to book!

Garnlydan Flying Start Hub

Commonwealth Road, Garnlydan. NP23 5ER
Tuesday from 1pm - 2:30pm

All groups are FREE and open to all!








Blaenau Gwent Flying Start

Parent and Toddler Groups



Family Information Service
CONTACT US
For further information

FREEPHONE 08000 32 33 39

E-MAIL fts@blaenau-gwent.gov.uk



Scan here to book!

Abertillery Flying Start Hub

Learning Action Centre, Abertillery. NP13 1YL
Tuesday from 1pm - 2:30pm

All groups are FREE and open to all!








Blaenau Gwent Flying Start

Parent and Toddler Groups



Family Information Service
CONTACT US
For further information

FREEPHONE 08000 32 33 39

E-MAIL fts@blaenau-gwent.gov.uk



Scan here to book!

Cwm Flying Start Hub

Canning Street, Cwm. NP23 7RD
Monday from 1:30pm - 3pm

All groups are FREE and open to all!







Go Play ASD Sessions



GO PLAY

The graphic features a background image of a climbing frame with orange and pink ropes. Overlaid on this are three blue rounded rectangular boxes containing white text. The top box says 'GO PLAY', the middle box says 'Exclusive ASD friendly session', and the bottom box says 'Wednesdays 4pm-6:30pm'. There is a small puzzle piece icon on the left and a colorful swirl icon on the right.

**Exclusive ASD
friendly session**

**Wednesdays
4pm-6:30pm**

We offer an exclusive ASD friendly sessions at our Go Play in Cwmbran Stadium

These are designed to offer a more peaceful play.

Plenty of space – reduced capacity
Music turned down – no loud announcements

Go Play - Torfaen Leisure Trust



MonLife

Ar gyfer meddwl, corff ac enaid ein cymuned
For the mind, body and soul of our community

QUIET HOUR DISABILITY SOFT PLAY SESSIONS

Saturdays (Under 11s) and Sundays (12-17 years old).

- 9am-10am weekly.
- Under 3s - £3.50.
- Over 3s - £4.55.
- Age appropriate siblings are welcome.
- Food and beverages available in café area.



***All children must be ambulant as soft play area is not suitable for wheelchair access.**



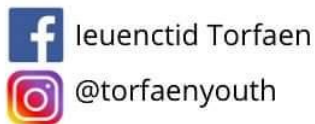
Young Carers

YOUTH CLUB

- Every Wednesday
- 6pm-7:30pm
- ages 11+ and 14+

- Activities available include: Cooking, Arts and Craft, Issue based sessions, Sports and Youth and Community support.
- This group is targeted at young people who identify as young carers and are in need of an opportunities to meet new people, gain new skills and explore new opportunities.

For more information on how to join in please contact us via our social media or email Deborah.parry@torfaen.gov.uk





Disability
& Inclusion
Projects
Bridges Centre



MONMOUTHSHIRE PARENT CARERS PADDLEBOARDING

Paddle Boarding & Breakfast Bap @ Court farm lake, Woolaston

20th September 10am - 1pm

Includes 2 hour paddleboard
lesson & Breakfast Bap.
Tea & Coffee available.

To Bring:

- swimming costumes
- water shoes (if you have them)
- Towel
- Warm change of clothes

Wetsuits available for hire

£15



Monmouthshire
Parent Carer

Monmouthshire Carers Project
and Bridges Centre Disability &
Inclusion Projects Partnership





Autumn 2024 Drop In Sessions Early Years

Monday

Pop in & Play	9:30 - 11	Oakfield Community Hall, NP44 3DB
Forest Schools	1 - 2:30	Pontypool Park, NP4 8AT

Tuesday

Cylch Ti a Fi	9:45 - 11:15	Cwmbran Intergrated Children's Centre, NP44 7LE
Daytime Dads	10 - 11:30	Civic Centre, Pontypool, NP4 6YB
Squiggles	10 - 11	Woodlands Intergrated Children's Centre, NP44 5UA
Pop in & Play	9:30 - 10:30	Maendy Primary, Cwmbran, NP44 1NH

Wednesday

Pop in & Play	9:30 - 11	Penygarn Intergrated Children's Centre, NP4 8JR
Responsive Feeding	9:30 - 11:30	Cwmbran Clinic, NP44 3PJ
Pop in & Play	1:30 - 2:30	Woodlands Intergrated Children's Centre, NP44 5UA

Thursday

Pop in & Play	1:30 - 2:30	Ysgol Gymraeg Cwmbran, NP44 4HB
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Friday

Pop in & Play	9:30 - 10:30	Garndiffaith Millennium Hall - NP4 7LT
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Saturday

Dad & Me	10 - 11:30	Cwmbran Intergrated Children's Centre, NP44 7LE (first Saturday of every month)
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GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

Blaenau Gwent Youth Service

Health and Wellbeing Group

Ages
16-25



Scan here

Ebbw Vale Sports Centre

Thursdays from 11am-1pm

- **Free access to the Gym and Health Suite** (steam room, jacuzzi, sauna and swimming pool)
- **Boost confidence and wellbeing**
- **Access support & guidance on Volunteering, Education, Employment and Training!**

BLAENAU GWENT

GWYBODAETHYD IEBENCTID
YOUTH SERVICE

**LEVELLING
— UP —**

Contact Nicole on 07970 828885 to find out more!

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:

 **02920 867447**

 **ABB.Familyliaisonwest@wales.nhs.uk**

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

**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**