

Weekly Bulletin

Happy Thursday Everyone,

Another jam packed bulletin for you, remember if you need any further information about anything in the bulletin please get in touch with me.

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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
 Lisa.George2@wales.nhs.uk
 Heol Las, Cwrt Llanfabon, Energlyn,
Caerphilly CF83 2WP

Newport, South Torfaen and South Monmouthshire



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

 01633 748013
 family.liaison.ABB@wales.nhs.uk
 Cwrt Camlas, Rogerstone, Newport
NP10 9LY

Sparkle Little Stars

Little Stars is a stay and play parent / carer session for children aged 0-4 years. The Little Stars group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty.

In Little Stars families can:

- ★ Have fun with their child, using a range of toys to meet their individual needs
- ★ Meet other parents/carers whose children have similar needs
- ★ Receive informal support from other parents / carers
- ★ Have the opportunity to be sign-posted to additional Sparkle support services

Sessions are Friday's at Nevill Hall Children's Centre 10.30am - 12.00pm

For further information please contact myself - Sarah 01873 732712 or

Sarah.Painter-Sims@wales.nhs.uk



Helping Hands Workshops

Helping Hands Psychology

Summer 2021

Parent, Carer & Professionals Virtual Workshops Programme

These interactive group workshops are open to parents and carers of children with additional needs who are accessing / have accessed support or services at Serennu, Nevill Hall or Caerphilly Children's Centres as well as professionals working within the Children's Centres to support these families. The workshops will take place online via a video-call.

Exploring Behaviours that can Challenge	Supporting Anxious Children
<p>Friday 25th June 10am-12pm</p> <p>We will help you to understand behaviours that can challenge in children with additional needs and consider ways of responding to these.</p>	<p>Thursday 22nd July 10am-12pm</p> <p>We will share ideas about how to support children and young people with anxiety and worry.</p>
<p>Supporting Transitions Back to School</p> <p>Tuesday 17th August 10am-12pm</p> <p>We will share ideas to help you support children and young people with transitioning back to school.</p>	



To book a place on these workshops, please email ABB.HelpingHandsTeam@wales.nhs.uk with details of:

Your name, your local Children's Centre, and your relationship to the child or young person with additional needs.

Spaces are limited so booking is on a first come, first served basis.

If you would like to sign up to our workshop mailing list, please email us on ABB.HelpingHandsTeam@wales.nhs.uk.

We will send you updates about our upcoming workshops and details of how to book yourself a space. You can unsubscribe from our mailing list at any time.



Dizzy Kids - Tredegar

Address: Ashvale Industrial Estate, 1 Fair View, Tredegar
NP22 3HA Phone: 01495 725850



The Carer's Trust offers a range of services including social activities, grants & counselling.

If you are a carer or know someone who is, then use the contact details below to find out more 😊

THE PLACE FOR CARERS IN GWENT

The Gwent Carers Hub offers free advice and practical support for unpaid carers in venues across Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen.

T: 01495 367564

E: gwentcarershub@ctsew.org.uk

W: ctsew.org.uk

Little Legends

We're back Wednesday and Friday at Ebbw Vale Sports Centre with our Little Legends, we have spaces on both days, so if you'd like to get your little one active, learning new skills, building their confidence, making new friends and having fun with you, all through rugby based activities register at my.golittlelegends.co.uk

Aneurin Leisure Ebbw Vale RFC Ebbw Vale Mitchell Rankine



Integrated Autism Service Courses

4 Week Parent and Carer Online Course

The IAS are pleased to offer an online course for parents and carers of children under 12 Years old. This will be a 4 week course.

Spaces are limited so please contact the IAS on ☎ 01352 702090 or NW.IAS@flintshire.gov.uk by Wednesday the 16th of June to book your place.



Parent and Carer Online Course

22/06/21-13/07/21

The Integrated Autism Service are offering a 4 session online training course for parents and carers of children with a diagnosis of Autism under the age of 12.



-Does your child struggle with sensory differences?
 -Do you want to know more about Autism?
 -During the course these topics and many more will be covered.

Week 1-
 (22/06/21)
 Understanding Autism

Week 2-
 (29/06/21)
 Sensory and Communication

Week 3-
 (6/7/21)
 Anxiety and Behaviour

Week 4-
 (13/7/21)
 Wellbeing

Contact us for more details: 01352 702090
 or
NW.IAS@flintshire.gov.uk

Parent and Carer Online Course

The IAS are pleased to offer an online course for parents and carers of children between the ages of 12 and 17.

Spaces are limited so please contact the IAS on ☎ 01352 702090 or ✉ NW.IAS@flintshire.gov.uk by Wednesday the 9th of June to book your place.

Parent and Carer Online Course 14/06/21

The Integrated
Autism Service are
offering a 2 Hour
online training course
for parents and
carers of young
adults aged 12 and
over with a diagnosis
of Autism

WHAT WILL BE COVERED IN THE COURSE?

*Understanding
Autism*

*Transition to
High School*

Puberty

*Mental Health
and Well-being*

Sexuality

Friendships


Contact us for more details: 01352 702090 or
NW.IAS@flintshire.gov.uk



Carers Wales

29th June is Carers Wales Wellbeing Day!

Carers Wales are putting on a whole range of fun, virtual events - all free for any unpaid carers!

More information available on the attached posters 



Join Carers Wales for our all-Wales online Wellbeing Day

Carers Wales are delighted and excited to announce our dedicated virtual wellbeing day.

We want to invite unpaid carers to join us in a celebration of the Mindful activities that we have had on our Me Time sessions and share that experience with other carers who are in the same position.

We are hosting a full day of activities to support the mindfulness and wellbeing of unpaid carers on Tuesday 29th June 2021. Each session is individual, and you can join as many or as few as you like. You do not have to commit to the whole day.

The day will look like this:







- 10.00 -11.20 – Relaxation through Dance and Music
- 11.30 -12.50 - Dru Yoga
- 14.30 - 15.50 - Learn to Salsa for beginners
- 16.00 -17.20 - Laughing Yoga
- 17.30 – 18.50 – Zumba for beginners
- 19.00 – 20.20 - Qi Gong Yoga taster

'Me Time' is a chance for unpaid carers to do something for their own enjoyment. These online sessions, funded by the Welsh Government, are a place where carers can get involved in a range of activities and explore new opportunities that they may not be able to do normally. We will be doing all sorts of things ranging from group viewings of the great wonders of the world, to arts, music, physical exercise, relaxation and mindfulness and so much more.

Click here : <https://www.eventbrite.co.uk/e/carers-wales-wellbeing-day-tickets-142394560965>

ERIC

For help managing and treating your child's constipation, visit the resources page on our website. This area contains:

-  Videos explaining how to identify & treat constipation
-  ideas for children to help them understand why they have a poo problem
-  guides on disimpaction treatment and using laxatives correctly
-  Leaflets & information to share with your GP, school or nursery staff
-  Printable charts to help track your child's progress
-  Podcast episodes with continence experts covering questions asked by parents calling our Helpline



<https://www.eric.org.uk/bowel-problems-resources-guides-videos-and-podcasts>





At times, some customers need a little extra help. If we can help you, join our priority services register so we can make sure you get the best service possible.

You may be a parent with a baby, have an illness that requires water, have sight or hearing difficulties or are elderly or disabled. Our Priority Services Register means we can help with:

- ★ Bottled water if your supply is interrupted
- ★ Alternative ways of getting information
- ★ Reassurance against bogus callers

Sign up for Priority Services

You can join the register by completing [our form online](#) or by [downloading the application form](#) and returning it to us (I have attached the forms to the email if you want to complete them)

Ways we can help

Once you're on our priority services register, we can give extra help by providing water, managing your bills and account, and keeping you safe in your home:

Help with water

Priority contact for supply interruptions.

If you need water because of a medical condition, such as home dialysis, please let us know as soon as possible so that if your water supply is interrupted for any reason, we will make sure that we contact you as a priority. Your hospital may have already informed us but please let us know anyway.

Bottled water

We can provide you with bottled water if your water supply is interrupted. If the water is likely to be off for a long period of time and we need to use water bowsters these will be located as convenient as possible to you. We can offer assistance if you are unable to collect water from these bowsters.

Help with your bills and account

Accessible bills

We can offer assistance with your bills and leaflets in the following ways:

- ★ Large print
- ★ Coloured background for dyslexia

- ★ Braille
- ★ CD/MP3
- ★ Read your bill to you over the phone
- ★ Send your bill to a friend or a relative

If you are housebound we can send a representative of the company to your home to discuss the bill and payments with you.

Accessible contact with Welsh Water

- ★ If you use a text phone you can access our Text Relay Service (via the Next Generation Text Service) on 18001 0800 052 0145. This is a free service that allows you to speak or type and it's converted into text.
- ★ If you contact us on the telephone we won't rush you and we will take our time when explaining things to you.
- ★ If you have access to the web. You can talk to us through Live Chat, Facebook or Twitter.
- ★ [Register for My Account](#) where you can view your bills, current balance and the payments you've made
- ★ Use the Accessibility settings in the main menu of our website to change the text, language, and colour.

Nominee

If you have difficulties communicating or if you find it hard to understand your bill or other information you can nominate a relative, friend or carer to talk to us or receive correspondence on your behalf.

We can also contact a nominee about your water and sewerage supply and/or your bill but we will need your permission. This will safeguard your interests and privacy. They will be our first point of contact and they will be able to contact us and sort out payments on your behalf.

If you would prefer a relative/friend to represent your needs on a permanent basis you may want to consider a Power of Attorney. To find out more you can contact the [Office of Public Guardian](#) for further information.

Keeping safe

Password Scheme

We want you to feel safe in your home and you can choose a password for us to use when we need to visit, or contact you. We will always confirm your password first. This will help protect you from bogus callers who claim to be working for us. Try to choose a password that is easy for you to remember but make sure no one else knows it.

If you would like to find out more about bogus callers and what to do if you suspect them, you can visit our [Bogus Callers](#) page.

Torfaen Temporary COVID-19 Test Facilities

1 - 8 June

Pontypool

Old Mill Car Park
Trosnant Street,
NP4 8AT



Newport Temporary COVID-19 Test Facilities

Rodney Parade

Newport
NP19 0UU

Pillgwenlly

Former Kwiksave Car Park
173 Commercial Road,
NP20 2RD

Duffryn

Duffryn, Arms
Car Park,
NP10 8TE

Malpas

Malpas Court
Oliphant Circle
NP20 6NZ

Bettws

Social club car park,
Lambourne Way,
NP20 7DZ

Blaenau Gwent Temporary COVID-19 Test Facilities

2 - 3 June

Blaina
Car Park, Rear
of High Street,
NP13 3AF

4 - 5 June

Ebbw Vale
Civic Centre
Car Park,
NP23 6XB

6 - 7 June

Abertillery
Sports Centre,
Alma Street,
NP13 1QD

8 June

Tredegar
Gwent Shopping
Centre Car Park,
Gwent Way,
NP22 3EJ

Cerebral Palsy Sport.

Our Physiotherapy department here at Nevill Hall Children's Centre, shared this website with me this week. There are some great resources and videos to watch.

[Cerebral Palsy Sport – Play.Participate.Enjoy. \(cpsport.org\)](https://cpsport.org)

Cerebral Palsy Sport is the country's leading national disability sports organisation improving the health and emotional wellbeing of people with cerebral palsy through physical activity, and e Our aim is to raise aspirations, promote inclusion and support people with cerebral palsy and other disabilities to play, participate and enjoy sport and active recreation.

The range of disabilities that our services cover are children, young people and adults with cerebral palsy and all related neurological conditions.

Cerebral Palsy Sport provides sports opportunities for people with cerebral palsy, individuals with neurological impairment with a motor control impairment of a cerebral nature causing a permanent and verifiable Activity Limitation.

The scope of our work covers people with:

- ★ hypertonia (high muscle tone);
- ★ Spasticity (velocity-dependent resistance of a muscle to stretch);
- ★ Dystonia (Dystonia is an involuntary alteration in the pattern of muscle activation during voluntary movement or maintenance of posture Sustained or intermittent Muscle contractions.
- ★ Rigidity: (Rigidity is resistance to Passive movement and is independent of posture and speed of movement. rigidity is not specific to particular tasks or postures.)
- ★ Ataxia (Control of movement)
- ★ Athetosis/Chorea (Involuntary contractions of muscles)
- ★ These impairment types are associated with a range of conditions including, but not limited to, cerebral palsy, traumatic brain injury, stroke, Friedreich's Ataxia, Spino-cerebellar Ataxia, Hereditary Spastic Diplegia/Paraplegia, and Dystonia.

Cerebral Palsy Sport is a successful and respected influencer and change maker. The core of our work is putting people with cerebral palsy at the heart of what we do and creating opportunities through sport for people with cerebral palsy. Every year we help hundreds of children, young people and adults experience the life-changing benefits that participating in sport can provide. Fundraising is a key for us to provide these opportunities. We fundraise through events, in the community, individual activities and grant applications.

We also offer expert, specialist support to parents, support workers, teachers, coaches, physiotherapists, occupational therapists, sport providers and other professionals on how to adapt sports for people with cerebral palsy and other physical disabilities.

Collaboration is vital in our work and this includes working with key agencies such as Sport England and Children in Need and a wide range of partners including other National Disability Sports Organisations, Active Partnerships, National Sports Governing Bodies, the Activity Alliance, Disability Rights UK, schools, colleges, parents, families and many more. Engaging the community in a number of programmes and interventions.

[Health & Wellbeing #StayInWorkOut – Cerebral Palsy Sport \(cpsport.org\)](https://www.cpsport.org/)

https://www.cpsport.org/wp-content/uploads/2021/05/CP-Sport-Frame-Football-Skill-Cards.pdf?fbclid=IwAR1nxsGjwAQ9Zs8RTVvvRLT6EfE4wY8KmC2vgnsz0ZDCS4_Hjvdp5_Ruq0

ENGAGING PEOPLE WITH CEREBRAL PALSY










BELIEVE PERFORM

CP Sport

Cerebral Palsy Sport

@CP_Sport www.cpsport.org

Understanding the participants you are trying to engage is key. Adapting sport and activity to meet their need will allow individuals to take part in a meaningful way, as well as ensuring progress and personal development. However, there are things that can be done prior to this that will enable engagement;

 <p>Be clear and honest with what you can offer / how you can support individuals.</p>	 <p>Make opportunities as local and easy to travel to as possible. Provide travel route and public transport details.</p>	 <p>Provide contact details so that disabled people / family members / carers can speak with someone prior to the sessions.</p>
 <p>Speak with participants so that they feel valued, understand their wants and needs and consider these when planning activities.</p>	 <p>Speak with organisations and charities outside of the sporting landscape.</p>	 <p>Be confident that your offer will meet the need of each individual.</p>
 <p>Be prepared to adapt and change. You may not always get it right first time, this is ok!</p>	 <p>Ensure that all participants, their families / carers are welcomed. Offer opportunities for siblings to take part.</p>	 <p>Effective promotion - ensure images and messages on posters / leaflets / social media / web pages make it clear you want to engage disabled people.</p>

Everyone stay safe, stay healthy and take care

Remember if you need anything please don't hesitate to contact me.

I work Monday – Thursday, and I'm here at the children's centre until 3.30pm on those days.

My email is – Sarah.Painter-Sims@wales.nhs.uk

Phone - 01873 732712



COVID-19 TESTING FOR A WIDER RANGE OF SYMPTOMS

People in Gwent should arrange a free COVID-19 PCR test by **calling 119 or 0300 3031 222** if they experience any of the following:



Change in taste or smell



High temperature



Excessive tiredness



New continuous cough



Persistent headache



Shortness of breath



Change of symptoms since your last test



Flu-like symptoms



Aching muscles



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Gwent Test, Trace, Protect Service
Coordination Unit
Prawf Gwent, Olrhain, Gwasanaeth Amddiffyn
Uned Cydlynu

