




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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<p>Blaenau Gwent, North Torfaen and North Monmouthshire</p>  <p>Sarah, our Family Liaison Officer based in Nevill Hall Children's Centre can be contacted on:</p> <p>01873 732712 ABB.FamilyLiaisonNorth@wales.nhs.uk Brecon Rd, Abergavenny NP7 7EG</p>	<p>Caerphilly County Borough</p>  <p>Lisa, our Family Liaison Officer based in Caerphilly Children's Centre can be contacted on:</p> <p>029 20867447 Lisa.George2@wales.nhs.uk Heol Las, Cwrt Llanfabon, Energlyn, Caerphilly CF83 2WP</p>
<p>Newport, South Torfaen and South Monmouthshire</p>  <p>Jayne & Melissa, our Family Liaison Officers based in Serennu Children's Centre can be contacted on:</p> <p>01633 748013 family.liaison.ABB@wales.nhs.uk Cwrt Camlas, Rogerstone, Newport NP10 9LY</p>	

May is National Story Telling Month
May is Skin Cancer Awareness Month

1st -8th Time for a cuppa week
 3rd Bank Holiday Monday
 3rd-9th Children's Book Week
 3rd – 9th Sun Awareness Week
 4th May – affectingly known as Star Wars Day
 4th- 10th Viral Meningitis Week
 4th – 9th Deaf Awareness
 7th NSPCC Number Day
 8th National Red Cross Day
 9th – 15th National Doughnut Week
 11th – 16th M.E Awareness Week
 11th -16th Coeliac UK Awareness Week
 11th – 23rd Foster Carer's fortnight
 11th- 16th Brain injury Awareness Week
 12th – International Nurse's Day
 12th World Fibromyalgia Day
 12th – 18th Donkey Week
 16th National Children's Day
 17th – 31st National Smile fortnight
 24th – 30th Epilepsy Awareness Week
 24th – 30th International BBQ Week
 31st Bank Holiday Monday
 31st – 4th June Half Term



Sparkle's Virtual Duck Race

We get a lot of mixed weather here in Wales... is it perfect weather for ice cream, or perfect weather for ducks? How about both!

Enter our virtual duck race for a chance to win an ice cream family feast at Octopus Lounge Dessert Parlour in Newport.

The virtual race will run along the Ebbw River for 22 miles, from Blaina (where many of our new leisure clubs for North Gwent are run) to Newport (where Serennu Children's Centre is located), passing through Caerphilly County Borough along the way (where we recently became a charity partner of the Children's Centre). The race will start on Monday 10th May and finish on Friday 14th May.



For more information, check out the 'Support Us' page on our website (www.sparkleappeal.org/support-us/virtual-duck-race), or go to <https://www.eventbrite.co.uk/e/virtual-duck-race-tickets-152399686565> to adopt your virtual duck.

About this Event - So, how does it work?

The virtual race will run along the Ebbw River for 22 miles, from Blaina (where many of our new leisure clubs for North Gwent are run) to Newport (where Serennu Children's Centre is located), passing through Caerphilly County Borough along the way (where we recently became a charity partner of the Children's Centre). The race will start on Monday 10th May and finish on Friday 14th May.

Simply adopt your duck and donate to Sparkle, we suggest £5, by Monday 10th May. Make sure you include a great name for your duck!

We will post on our Facebook page when the race starts, and post updates daily with how far each duck has travelled. The number of miles each duck travels a day will be determined by a random number generator. www.facebook.com/sparkleappealofficial

The first duck to finish the race (or accumulate 22 miles from the random number generator) wins! We will then contact the owners of the winning duck to arrange their prize. If more than one duck accumulates 22 miles on the last day, the duck with the highest number will win. The winners will receive a family voucher for two large sundaes and two small sundaes from Octopus Lounge Dessert Parlour in Newport, and two runners up will receive a pair of i27 wireless earphones.

But that's not all, we want to see your dazzling ducks! Download our duck template from our website, get creative, and share your duck designs with us on social media using #SparkleDuckRace and #DazzlingDucks. www.sparkleappeal.org/support-us

Virtual Coffee Morning

Everyone is welcome ☺

Please email me if you would like to be added to the mailing list for the Virtual Coffee Morning. Sarah.Painter-Sims@wales.nhs.uk

Date for your diary – Wednesday 23rd June, Coffee Morning. One of the Occupational Therapists at Nevill Hall Children's Centre will be attending. If anyone has any questions for our OT then please email them to me by Wednesday 16th June so I can pass them on.



Virtual Coffee Morning

Wednesday 12th May 10am-11am

Via Microsoft Teams

If you would like to attend please email me
@ Sarah.Painter-Sims@wales.nhs.uk

Link will be sent via email once I have received your email.



Any questions please contact me via email,
Sarah.Painter-Sims@wales.nhs.uk
Or contact the Children's Centre on
01873 732712



We are delighted to announce that Sparkle have been awarded a substantial grant from the COVID resilience fund, which has been made available from Third Sector Resilience Fund for Wales Phase 2 Scheme, administered by Wales Council for Voluntary Action (WCVA) and funded by Welsh Government. The value of the grant equates to £75,000 that our charity will receive this year, and this will make a huge difference to us moving forwards. We are really appreciative to receive this award and we would like to thank the WCVA and Welsh Government for their support. It costs our Sparkle Charity in excess of £700k per year to offer the leisure activities and support that is currently available for families to access, and we are extremely grateful for the kind donations and grants that we receive. If anyone is in a position, or would like further information about fundraising or donating to Sparkle, we would welcome you to contact us on fundraising@Sparkleappeal.org.



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





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If you would like to purchase any of our Sparkle Merchandise please let me know and I can send you the PayPal QR Code to pay ☺



**HELP TO SUPPORT AND RAISE THE AWARENESS OF SPARKLE
BY PURCHASING OUR MERCHANDISE! THANK YOU ❤️**

PEN - £1

PIN BADGE - £2.50

LANYARD - £3.50

WATER BOTTLE - £4

DRAWSTRING BAG - £5

Purple Sparkle T-Shirts - £8



Order coronavirus (COVID-19) rapid lateral flow tests

Use this service to order free packs of rapid lateral flow tests to be sent to your home. A pack of tests contains 7 tests. You can order one pack per household each day. Who this service is for. **You can only use this service if:**

- ★ You do not have coronavirus symptoms
- ★ You're 11 or older
- ★ You have not been told to self-isolate
- ★ You cannot get tests from your work, school, college or university (ask them for rapid lateral flow tests)
- ★ Do not use a rapid lateral flow test if you have coronavirus symptoms. Get a PCR test and self-isolate. If you're not sure, you can find out which coronavirus test you should get.

Ordering for someone else?

If you're ordering for another household, for example a relative in your bubble, you should:

- ★ Do it separately from your household order
- ★ Use their contact details
- ★ What you need to know
- ★ Other ways to get rapid lateral flow tests you might be able to:
- ★ Collect tests from a test site
- ★ Collect tests from a pharmacy (in England only)
- ★ Get a test at a site
- ★ If you're collecting tests, you can collect 2 packs at a time (14 tests in total).

Order by phone

If you cannot order online, call 119. Lines are open 7am to 11pm and calls are free.

After your test packs arrive you should:

- ★ Take a rapid lateral flow test twice a week (every 3 or 4 days)
- ★ Report rapid lateral flow test results the day you or someone in your household takes the test
- ★ Children who go to primary school or younger children do not need to test.

If a test result is positive

If you or anyone in your household tests positive, everyone in the household must:

- ★ Self-isolate immediately
- ★ Get a PCR test to confirm the result (a PCR test is a different type of coronavirus test)

How rapid lateral flow tests work

Around 1 in 3 people with COVID-19 do not have symptoms.

Rapid lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others.

The test usually involves taking a sample from your tonsils (or where they would have been) and from your nose, using a swab. You can get a result in 30 minutes.

You can order tests via the link below:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Helping Hands Workshops



Helping Hands Psychology Supporting Anxious Children Workshop

Psychology Workshop for Parents, Carers and Professionals

with Dr Rebekah Sutherland (Clinical Psychologist) & Gemma Watts (Assistant Psychologist)



Tuesday 25th May 2021, 10am-12pm

This workshop is 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.

It aims to help you support children and young people manage anxiety and worry.

This interactive group workshop will be delivered virtually via video-calling.
A resource pack will also be made available following the training session.

Please email HelpingHands.Team.ABB@wales.nhs.uk by 5pm on Friday 21st May
with the following details to book a place –

- Your name
- Your local Children's Centre
- Your relationship to the child or young person with additional needs

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

Dads of Disabled Children Research Advisory Group

<https://warwick.ac.uk/fac/soc/cedar/familyresearch/fatheradvisorygroup>

The Dads of Disabled Children Research Advisory Group was set-up in 2019 and was funded by an Economic and Social Research Council (ESRC) Postdoctoral Fellowship² awarded to Dr Emma Langley, a Researcher interested in the well-being of disabled children and their families. The group involves fathers of disabled children from Coventry and surrounding areas.

The aim of the group is to build links between family researchers and fathers of disabled children. During Covid-19, group members met virtually to share and discuss research findings related to father well-being and together created a resource that they hope will be useful for other fathers raising a disabled child.

A resource for dads by dads

The dads felt that it was important to share their experiences and ‘what works’ for them in terms of looking after themselves and their family. They also wanted to create something dynamic and non-text based, so opted to share their experiences over Zoom and have these edited into videos. The videos are organised into key themes which the dads felt were important to discuss and are underpinned by theory and research.

Using the resource

The videos can be viewed in any order, however it is recommended that you start by viewing the brief ‘Introduction’ video.

We hope that the resource will reassure other dads of disabled children and help them to be the best dad that they can be. We do, however, recognise that everyone’s experiences are different, and that the advice given by the dads in this group may not be relevant to all.

The dads are keen for this resource to be shared widely.

Episode 1: Introduction - <https://www.youtube.com/watch?v=NAvSK6GOo7k>

Episode 2: Parenting disabled children - <https://www.youtube.com/watch?v=1LY8p3iiysc>

Episode 3: Well-being and work-life balance -
<https://www.youtube.com/watch?v=wmQOFzCifuo>

Episode 4: Relationships in the family - <https://www.youtube.com/watch?v=LaY7dCdGn4I>

Episode 5: Acceptance and understanding -
<https://www.youtube.com/watch?v=Z4jE9LXV1os>

Episode 6: Advice for dads - <https://www.youtube.com/watch?v=ihcz13zYLto>



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What's on at the Gwent hub

gwentcarershub@ctsew.org.uk

May Activities

Mindfulness Monday Monday 10th 10.30am – 11.30am

Zoom session for carers to join in a mindfulness session where tips and techniques to unwind are shared

Drop in Session Tuesday 4th 11am – 1pm

Zoom session where carers can drop in and ask questions, the Wellbeing Team are here for Information, Advice and Assistance

Carers Catch Up Wednesday Mornings 10am – 11am

Join in on a Wednesday morning via Zoom and meet other carers for a chat and support from the Hub Wellbeing Team

Arm Chair Yoga Wednesday 12th 1pm – 2pm

Join in our Arm Chair Yoga session where you can enjoy some light exercise and learn some new techniques

Legal Clinic Thursday 27th 11am – 1pm

Carers question time with the Solicitor, where you can ask general questions around your caring role
Supported by New Law Solicitors

Carers Craft Session Friday 21st 11am – 12pm

Join in our craft session where you can create a Memory Frame – if you are interested please contact the team for details

Gwent
carershub
action · help · advice

If you would like to join in any of our sessions, you can contact the team by Calling 01495 367564. Email gwentcarershub@ctsew.org.uk Or visit our face book page www.facebook.com/gwentcarershub



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Good to know!



Carers Trust South East Wales - Our Story

We are the largest charity for carers in Wales. We provide practical services for unpaid carers and people with care needs across South East Wales. **Our services** are focused on supporting and meeting the needs of unpaid carers. Carers Trust South East Wales was formerly Crossroads Care South East Wales, providing services in the local area for over 30 years. We are a network partner of Carers Trust.

For more information go to www.ctsew.org.uk or call 01495 769996

Carer Friendly - how the community can support carers

Since we took our supporting carers workshops online 9 months ago we have now trained over 140 individuals from a huge range of health, social and third sector services across the Gwent region. Our next open supporting carers workshop will be held on Thursday the 20th of May between 10:30 and 12pm.

Bookings for this can be made through the following Eventbrite link: [Carer Friendly Events](#) | [Eventbrite](#) or by contacting lisa.yokwe@ctsew.org.uk

Carers Expert Panel - we want to know your thoughts

Our Expert Panel is here to ensure that your voice is heard. We need your expert knowledge as a carer to help us influence, change and shape the services that affect you. You don't need to have any special skills or qualifications to be part of the Expert Panel, you just need to be in a caring role or have cared and be willing to give some of your time to attend meetings in person, or via an online platform (we can help if you need support with this).

For more information, contact the team on 01495 367564 or email us on gwentcarershub@ctsew.org.uk

Do you know what is available for carers in your area?

Blaenau Gwent Carers Team - support carers in the borough via telephone, e-mail and online, in groups and through various activities and events. If you are a carer and need information or advice to help support you in your caring role or wish to have a Carers Assessment completed, then please contact 01495 315700 to make a referral. For more information about the services across Gwent

Contact the team on 01495 367564 or gwentcarershub@ctsew.org.uk

SNAP Cymru Helpline Service

WHAT WE WILL DO

The Helpline team will provide you with FREE, IMPARTIAL, CONFIDENTIAL, accurate information, advice and support around any concerns you may have regarding you or your child's education and development.



HOW WE DO IT

Our Helpline Team is made up of trained staff and volunteers, who will listen to you and talk things through.

We will explore options with you and be open and honest at all times.

We will help you make informed decisions and guide you through processes.

We will provide you with information and advice that empowers you to take an active and valued role in your or your child's education and development,

We will help you to maintain good working relationships with relevant professionals and schools.

WHAT ISSUES / CONCERNS WE CAN HELP WITH

Here are some examples:

- Advice on rights and responsibilities
- Additional Learning Needs, including those of pre-school age and post 16 (up to 25)
- Understanding a child's Individual Educational Plan
- What is School Action and School Action Plus
- The Statementing process (Statutory Assessment)
- What are IDP's
- Annual Reviews
- Transition planning
- Bullying
- Non-attendance or truanting
- Exclusions (unofficial, lunch times; fixed and permanent)
- Appeals, Tribunals and Complaints
- Disability Discrimination issues

LEVEL OF SUPPORT

We will talk with you over the telephone 0808 801 0806 or answer your concerns via e-mail: helpline@snapcymru.org

We will help you gain access to a range of support services through signposting.

We will assess the level of support you need through talking with you, if you need a higher level of support such as support at a meeting, assistance with writing letters, advocacy etc we will refer you to a caseworker based in your county.

It is important to note however, that support provided in county based offices may differ, this is dependant upon their service level agreements with their Local Authority and other funding sources. For example not all counties are able to deal with issues around exclusions. The Helpline team will tell you what you can realistically expect.

We can also support you by providing you with information via e-mail, post or by visiting our website: www.snapcymru.org on matters such as 'Preparing for School Meetings', multi-agency meetings and planning, a template for statutory assessment etc. The HELPLINE team will talk to you about this, should you require this service.

OUR COMMITMENT TO YOU

Our team will offer you a friendly, helpful service. We will respect your views and support you in making informed decisions. We will do our very best to help you resolve issues, we want to help bring about a positive outcome.

The service is confidential and any information shared will not be disclosed to anyone outside of SNAP Cymru.

REMEMBER

We are here to support you, you can come back to us for further advice and support as many times as you need to.

ASDInfoWales Website

The ASDinfoWales website has moved server and is now called [Home - Awtistiaeth Cymru | Autism Wales | National Autism Team](http://Home-AwtistiaethCymru-AutismWales-NationalAutismTeam)



This website belongs to and is run by the National Autism Team, which is funded by Welsh Government. It is one of the resources which helps the Team achieve their aim to improve the lives of autistic people in Wales.

This site has a wealth of updated guidance and resources for families, schools and other professionals and I would definitely recommend taking some time to look at the website and sign-posting it to families and other professionals.

How does the Common Ailments Service work?

- If you visit a pharmacy and have a common ailment, you can ask the Pharmacist for advice. The Pharmacist may ask if you wish to register for the service. Registering means the Pharmacist may supply you with the medicine you need free of charge.
- You may need to show the Pharmacist some form of identification before you can use the service, but this will depend on whether you are known to the Pharmacist.
- The Pharmacist will check to confirm that you are registered with a GP Practice in Wales.
- Your consultation will always be with a qualified Pharmacist.
- If your Pharmacist agrees that you need a medicine or product to treat your symptoms, they may give it to you free of charge.
- If you do not wish to register with the service, the Pharmacist will provide you with advice but will not be able to supply any free medicine.
- It's always advisable to phone your local Pharmacy first, prior to your visit.
- Some Pharmacies also offer video consultations.

Full details about this service are available on our website:

<https://abuhb.nhs.wales/healthcare-services/gps-dentists-etc/pharmacies-chemists/>



Citizens Advice Caerphilly Blaenau Gwent News

Below is the link to the Spring edition of the Caerphilly Blaenau Gwent Citizens Advise newsletter.

<https://indd.adobe.com/view/f2d05965-9be4-4cc1-851e-ad00acd57109>



A.D.H.D

I came across this poem, and I wanted to share it with you all. Hope you like it as much as I did. 😊

Take my hand and come with me, I want to teach you about ADHD.

I need you to know, I want to explain, I have a very different brain.

Sights, sounds, and thoughts collide. What to do first? I can't decide.

Please understand I'm not to blame, I just can't process things the same.

Take my hand and walk with me, Let me show you about ADHD.

I try to behave, I want to be good, but I sometimes forget to do as I should.

Walk with me and wear my shoes, you'll see it's not the way I'd choose.

I do know what I'm supposed to do, but my brain is slow getting the message through.

Take my hand and talk with me, I want to tell you about ADHD.

I rarely think before I talk, I often run when I should walk.

It's hard to get my school work done, my thoughts are outside having fun.

I never know just where to start, I think with my feelings and see with my heart.

Take my hand and stand by me, I need you to know about ADHD.

It's hard to explain but thought you to know, I can't help letting my feelings show.

Sometimes I'm angry, jealous, or sad. I feel overwhelmed, frustrated, and mad.

I can't concentrate and I lose all my stuff. I try really hard but it's never enough.

Take my hand and learn with me, we need to know more about ADHD.

I worry a lot about getting things wrong, everything I do takes twice as long.

Every day is exhausting for me... Looking through the fog of ADHD.

**Tell me and
I'll forget. Teach me and
I'll remember. Involve me
and I'll learn.**

Benjamin Franklin



I'm often so misunderstood, I would change in a heartbeat if I could.

Take my hand and listen to me, I want to share a secret about ADHD.

I want you to know there is more to me. I'm not defined by it, you see.

I'm sensitive, kind and lots of fun. I'm blamed for things I haven't done.

I'm the loyalist friend you'll ever know, I just need a chance to let it show.

Take my hand and look at me, just forget about the ADHD.

I have real feelings just like you. The love in my heart is just as true.

I may have a brain that can never rest, but please understand I'm trying my best.

I want you to know, I need you to see, I'm more than the label, I am still me!!!!

#IncredibleADHD

Family Fund – Power Up

Do you think you and your family might be eligible for grants and support?

Our free online course 'Finding Grants Online' provides information about the charitable grants available, and advice for the application process.

Find out more and register here:

https://www.familyfund.org.uk/power-up?utm_source=facebook&utm_medium=post&utm_campaign=power_up_march2





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sparkle
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helping special children shine

HOPE Store Here to help

Offering help and support to those struggling with economic challenge. We seek to show love, respect and compassion as we help those who need our services. Providing practical help and support in the community.

Providing free food for those in 'food poverty'.

Redistributing surplus food from the retail and manufacturing sectors.

Supplying to individuals and families in the local community who are in need.

Hope Store is a program run by The Christian Centre, Ebbw Vale and a member of the 'FareShare' community.



HOPE

Store

an activity of The Christian Centre, Apostolic Church
Off Cemetery Road, Ebbw Vale, Blaenau Gwent NP23 6YB
www.thechristiancentre.co.uk
Reg. Charity 284789



For Help Contact us:
07783 307052

hopestore.ebbwvale@gmail.com

FareShare
fighting hunger, tackling food waste



I came across this information by chance, I thought I would share it with you.

Torfaen and Blaenau Gwent Mind have a great section of their website that has lots of activities and wellbeing activities to do. [Activities \(torfaenmind.co.uk\)](https://www.torfaenmind.co.uk/activities)

Mind Monmouthshire, also has a website that provides a lot of information and support.



Follow the link to find out more.

<https://www.mindmonmouthshire.org.uk/information---support/>

Citizens Advice

Has the pandemic affected your financial situation?

There's no shame in claiming the benefits you're entitled to.

Advicelink Cymru are here to help you navigate your way through the benefits system and can help you check and claim what's yours.

Call 0808 250 5700 or visit <https://gov.wales/claim-whats-yours>



Mae gan filoedd o bobl Cymru hawl i fwy o fudd-daliadau.

Ydych chi ar eich colled?

Gall Advicelink Cymru eich helpu i wirio a hawlio eich arian. Ffoniwch am ddim:

Thousands of people in Wales are entitled to more benefits.

Are you missing out?

Advicelink Cymru can help you check and claim what's yours. Call the free helpline:

0808 250 5700

llyw.cymru/hawliadyarian | gov.wales/claimwhatsyours



Torfaen Play

✦ Torfaen Play & Short Breaks Service has some Weekend Play & Respite Sessions spaces available! Contact them for more information ✦










Gwasanaeth Chwarae a Seibiannau Byr Torfaen

SESIYNAU SEIBIANT

A CHWARAE AR BENWYTHNOSAU

Sessiynau Hwyl ac ysgogol gyda ystod eang o weithgareddau yn gynnwys celfyddau a grefftau, gweithgareddau chwaraeon ac gêm grwpiau!

Mae Gwasanaeth Chwarae a seibiannau byr Torfaen yn darparu sesiynau amrywiol dros y penwythnos.

Mae'r sesiynau yn gael eu darparu am blentyn gyda anghenion amgen i gael mynediad at chwarae a gweithgareddau hamdden.

Mae blentyn yn gallu ateb trwy gyfeiriad yn unig. Os wyt ti eisiau eich blentyn i mynediad y sesiynau, cysylltwch:

tyla.mccarthy@torfaen.gov.uk / 01495 742951.

Yn hwyrwddo hawliau pob plentyn i chwarae yn gofalus mewn eu chymuned. Beth Bynnag y tywydd.

Torfaen Play & Short Breaks Service

WEEKEND PLAY & RESPITE SESSIONS

Fun and stimulating play sessions with a wide range of activities including arts and crafts, sporting activities and group games!

Torfaen Play and Short Break Services provide various sessions over the weekend.

The sessions are for children with alternative needs to access play, leisure and recreational activities.

Children can only attend through referral. If your child would like to access the sessions please contact:

tyla.mccarthy@torfaen.gov.uk / 01495 742951.

Promoting every child's right to play safely within their community. Whatever the Weather!









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

