














## 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 style="text-align: center;"><b>Blaenau Gwent, North Torfaen and North Monmouthshire</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Sarah, our Family Liaison Officer based in Nevill Hall Children's Centre can be contacted on:</p> <p>  01873 732712   <a href="mailto:ABB.FamilyLiaisonNorth@wales.nhs.uk">ABB.FamilyLiaisonNorth@wales.nhs.uk</a>   Brecon Rd, Abergavenny NP7 7EG     </p>	<p style="text-align: center;"><b>Caerphilly County Borough</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Lisa, our Family Liaison Officer based in Caerphilly Children's Centre can be contacted on:</p> <p>  029 20867447   <a href="mailto:Lisa.George2@wales.nhs.uk">Lisa.George2@wales.nhs.uk</a>   Heol Las, Cwrt Llanfabon, Energlyn, Caerphilly CF83 2WP     </p>
<p style="text-align: center;"><b>Newport, South Torfaen and South Monmouthshire</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center;">Jayne &amp; Melissa, our Family Liaison Officers based in Serennu Children's Centre can be contacted on:</p> <p>  01633 748013   <a href="mailto:family.liaison.ABB@wales.nhs.uk">family.liaison.ABB@wales.nhs.uk</a>   Cwrt Camlas, Rogerstone, Newport NP10 9LY     </p>	

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

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



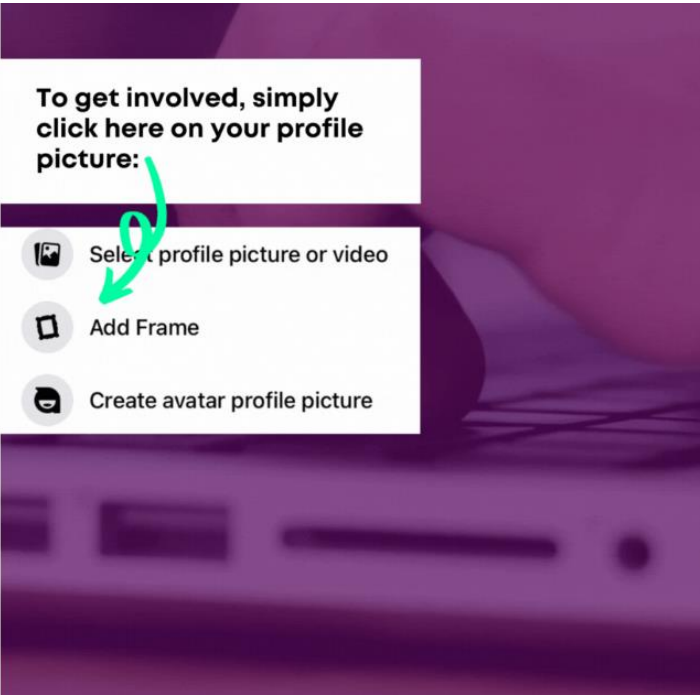
**To celebrate, our team have created three Facebook frames for you to use!**



**The frames celebrate:**

- Nevill Hall Children's Centre (30 years)
- Caerphilly Children's Centre (30 years)
- Serennu Children's Centre (10 years)

**To get involved, simply click here on your profile picture:**



- Select profile picture or video
- Add Frame
- Create avatar profile picture

**To find your local centre, enter into the search bar either:**

- 'Nevill Hall Children's Centre',
- 'Serennu Children's Centre' or,
- Caerphilly Children's Centre'

**Save the changes and enjoy your frame!**



## 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](mailto:Sarah.Painter-Sims@wales.nhs.uk)



## Sparkle Vacancies

☞ Sparkle are happy to announce the following new vacancy! ☞

We are looking for a new Administrative Assistant, who will help to support the Sparkle team.

For more information, please visit our website:

<https://www.sparkleappeal.org/vacancies-volunteering-2> 😊



The graphic is a dark purple rectangle with a white paper note pinned to it. The note has the text 'Administrative Assistant' in bold. The background of the graphic has confetti and stars. The Sparkle logo is in the top right corner of the graphic.

Sparkle are pleased to announce the following new vacancy...

**We are seeking an Administrative Assistant to support all aspects of Sparkle administration for 15 hours a week.**

For more information visit our website [www.sparkleappeal.org/vacancies-volunteering-2](https://www.sparkleappeal.org/vacancies-volunteering-2)

**Administrative Assistant**

The post will mainly focus on supporting our research and development work, for example helping to ensure timely data collection and entry, organising and transcribing interviews and focus groups, searching for suitable funding opportunities and compiling information to support applications, and other low-level research tasks. However, extreme flexibility will be required to support the efficient delivery of Sparkle services.

**sparkle**  
helpu plant arbennig i ddisgleirio  
helping special children shine

## Family Swim Sessions

As of today we are in a position to re-open our family swim sessions, in line with Welsh Government guidance, our first sessions will commence Friday 14<sup>th</sup> May 2021.

We will currently only be booking for May at this stage, due to the possibility that restrictions may change.

Whilst we are under COVID-19 restrictions, Sparkle are pleased to offer our families in North Monmouth, North Torfaen and Blaenau Gwent an opportunity to attend [family swim](#) in Serennu Children's Centre.

Day:	Session times:
Friday evenings	5.00pm - 5.30pm 5.30 - 6.00pm
Saturday	11.00am - 11.30am 11.30am - 12.00pm 12.00pm - 12.30pm 12.30pm - 1.00pm

Family swim sessions cost **£2.50** per person (which is capped at £7.50 per family).

**Family Swim will need to be paid for prior to the session taking place. A member of the leisure team will contact you prior to the session to complete some covid checks with you to ensure all members of the household are Covid free, at this time we will take the payments from you.**

To ensure that we keep our families as safe as possible, the following Health & Safety protocols will be in place:

- Family Swim sessions will now have a maximum of **2** families in the pool at any one time;
- The pool will be sectioned off to allow each family their own area of the pool;
- Families will only be allocated 1 half hour slot, up to 2 sessions per month, due to restricted numbers.
- All staff will follow stringent cleaning protocols to ensure that all areas, surfaces, objects that children and families come into contact with are washed and sanitised;
- Prior to the session a Sparkle staff member will contact the family by telephone to check that the household is free of Covid-19 symptoms.

**Parents/carers must follow the guidance issued by Sparkle and adhere to the following measures:**

- The parent/carer and their child will have their temperature taken whilst waiting in their car, they will then be advised by staff when to enter the building.
- Families are to shower at home before the swim session and wear swim wear under clothing.
- Families must bring their own towels.
- All personal belongings must be left in the family's allocated changing room and not brought onto poolside.
- Families cannot socialise/congregate in the pool area, waiting areas, centre or car park with other families.

**If you are not registered currently for family swim please complete the attached registration form and email to: [ABB.SparkleActivities@wales.nhs.uk](mailto:ABB.SparkleActivities@wales.nhs.uk).**

**Once the form is completed and registered we will confirm receipt and you can then commence booking sessions with us, this will be attached with the bulletin.**

Please note that all sessions will be booked on a first come, first serve basis.

**To book a session please contact the Sparkle office on 01633 748093**

## **Medicinema**

We are so pleased to be emailing with the very exciting news that we are reopening the MediCinema for film screenings from **Tuesday 18<sup>th</sup> May 2021**.

Whilst we are under COVID-19 restrictions, Sparkle are pleased to offer our families in North Monmouth, North Torfaen and Blaenau Gwent an opportunity to attend **Medinema** in Serennu Children's Centre.

We have put in additional measures for everyone's safety, comfort and peace of mind. These include:

Additional cleaning before and after each screening

- Social-distancing rules of maintaining 2m between everyone
- Everyone attending in a family unit must be from the same household
- Hand sanitizer at entrances and in the MediCinema
- Specified seating for each family – you **must** remain in the seats allocated
- Specified entrances/exits – if your seats are in the back row you enter/exit using the ramp entrance, if in the middle or front row you enter/exit using the front side entrance
- Face coverings required for all attendees unless exempt (e.g. children under 11 or other exemptions)
- People can bring food and drink, but you must take away the bottles/cans with you at the end of the screening and no rubbish should be left in the MediCinema.
- Strictly no walk-ins are allowed
- Prior to the showing you will be contacted to confirm that no one with the household have or have had COVID symptoms, or have travel to countries that require a 'quarantine period'.
- On arrival please wait in your car and someone will meet you, temperature check each member of the party, and bring you into the centre and take you to your allocated seats in the MediCinema

As numbers will be restricted at each screening, to try and ensure as many families as possible can access the screenings, we are limiting booking to one screening per month per family, in the first instance.

Please see the attached film posters for details of the films and dates.

**If you would like to register for our Medicinema please kindly complete and return the attached registration form and Medicinema Terms and Conditions along with your booking request to [MediCinema.ABB@wales.nhs.uk](mailto:MediCinema.ABB@wales.nhs.uk) to ensure your requests are dealt with promptly. All forms will be attached in the bulletin.**

**We will be unable to complete your bookings without the completed forms.**

Film Request – Please confirm within the email:

Date of screening:

Name of film:

Name of child:

Names of additional children:

Names of additional adults:

Number of wheelchair spaces needed:

Area (South/North)

Contact telephone number:

Once we have received your request, we will email to confirm your booking. Please note that seats are allocated on a first come, first serve basis.

**Please can we also ask, that if for whatever reason you are unable to make the screening, please contact a member of the team as soon as possible to cancel your booked places so they can be offered to another family.**

Thank you so much for your support and cooperation on all of the above. We cannot wait to welcome you all back into the MediCinema!

### **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 25<sup>th</sup> 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](mailto:HelpingHands.Team.ABB@wales.nhs.uk) by 5pm on Friday 21<sup>st</sup> 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.**

## Help with the cost of Driving Lessons

Motability is a national charity which oversees the Motability Scheme and may be able to provide charitable grants to disabled people who would otherwise be unable to afford the vehicle, adaptations or driving lessons they need. Motability may be able to help with the cost of up to 40 hours of driving lessons with a national driving school.

Motability may be able to help with the cost of driving lessons. As part of your application, we will consider your circumstances, including:

Whether you are already a customer of the Motability Scheme or you are awaiting delivery of a new Scheme vehicle with a confirmed delivery date no more than four months from the date of the application for driving lessons; and If you receive one of the following: a means tested benefit, such as Income Support, Income-related Jobseekers Allowance, Pension Credit (Guarantee Credit), Housing Benefit, Council Tax Benefit, Income-related ESA or Working Tax Credit or Child Tax Credits or Universal Credit; or If you are in full-time education or training (aged up to 25 years of age) and you or your parents/guardians receive one of the means-tested benefits listed above. Full-time education is defined as education undertaken in pursuit of a course, where a substantial period of each week is spent receiving tuition, engaging in practical work, receiving supervised study or taking examinations. Training is defined as an unpaid Apprenticeship.

Motability, the Charity <https://www.motability.org.uk/about/about-the-scheme/>

[Driving Lessons](#) | [Motability Charity](#)

Tel: 0800 500 3186\*

9am to 5pm Monday to Friday



"Having a car and learning to drive has completely changed both mine and my children's lives."

- Danielle



## Mental Health Awareness Week

This year, the theme of Mental Health Awareness Week is nature.

Research shows connecting with nature is great for our mental wellbeing, and Melo will show you how!

Follow the Melo social media pages now to make sure you don't miss out on all the information, interactive posts and ideas for improving your mental wellbeing, all while connecting with nature.

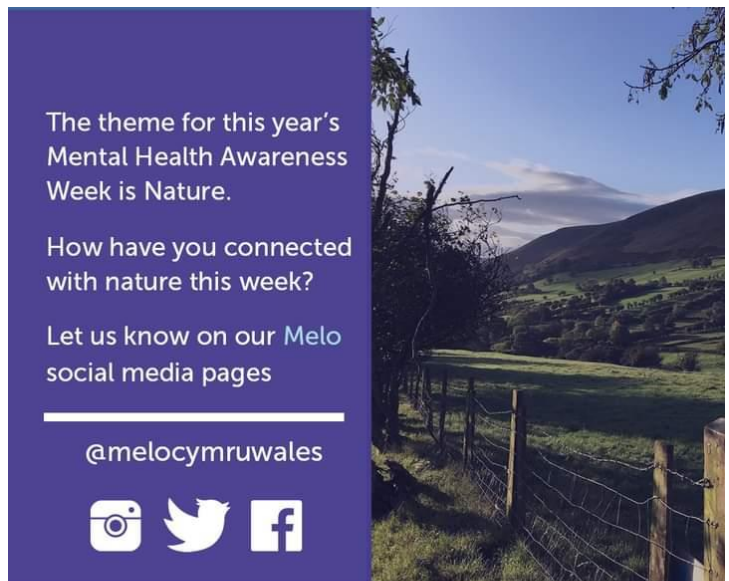
Facebook: @melocymruwales

Instagram: @melo\_wales

Twitter: @melo\_wales

#Melo #MentalHealthAwarenessWeek

[Mental Health Awareness Week 2021](#)




The theme for this year's Mental Health Awareness Week is Nature.

How have you connected with nature this week?

Let us know on our [Melo](#) social media pages

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@melocymruwales



## Positive Wellbeing Course

New, Positive Wellbeing course, a 3 week taster to help improve your wellbeing. Contact Aneurin Leisure today for more details and to book your place.



# Positive Wellbeing

Focus on looking after yourself to improve your wellbeing with this free 3 week taster course.

**Starting Monday 7<sup>th</sup> June 2021**  
**Ebbw Vale LAC, 1pm—2.30pm**

The course includes:

- ✓ Mindfulness
- ✓ Tips on Sleep & Nutrition
- ✓ Improving your Self Belief
- ✓ Tools for Stress Busting & Energy Breathing
- ✓ Each session will end with a mini workout!



Try before you signup for the full free course.

Booking your place is essential as places limited.

Contact one of our friendly team for more information:

**07398 546 286 or 07904 787 378**

**BiW2@aneurinleisure.org.uk**

Eligibility rules may apply!



**Cronfa  
Gymdeithasol  
Ewrop  
European  
Social Fund**



## Tang Soo Do Classes for Autism

Here is a great opportunity for our kids/ adults, please contact them if you're interested, below is a link to a short video they have put together to show how they worked with a child with autism, and how it helped.

<https://www.walestangsoodo.co.uk/additional-needs>



The poster features a blue background with a large, faint circular logo in the center that reads "WORLD TANG SOO DO ASSOCIATION". In the top left corner, there is a red silhouette of a person in a martial arts pose with the text "HEADS OF THE VALLEYS TANG SOO DO". In the top right corner, there is a colorful puzzle piece logo with the text "AUTISM AWARENESS". The main text in the center reads "CLASSES FOR AUTISM" in large, white, bold letters. Below this, it says "SMALL GROUP SESSIONS AND ONE TO ONE AVAILABLE". The central image shows a woman in a white martial arts gi holding a gold trophy, a young boy in a white gi with a green belt holding a certificate, and another young boy in a white gi with a red belt. At the bottom, the address "UNIT 4 NOBLE SQUARE, BRYNMAWR. NP23 4BS" is listed. To the left of the address is a Facebook icon and the text "FIND US ON FACEBOOK" in blue, with "Heads of the Valleys Tang Soo Do" in red below it. To the right of the address is a QR code.

## Hints and Tips we have received regarding road safety.

At seven years old, your child might still hold your hand as you walk them to school - a few years later your child may be going to school without you. It's important to know ways your child can be independent while staying safe on the roads.

### Knowing the Green Cross Code

Children should not go out alone until they are old enough to know the Green Cross Code and use it properly. The age is different for all children but it is generally not before they are eight years old.

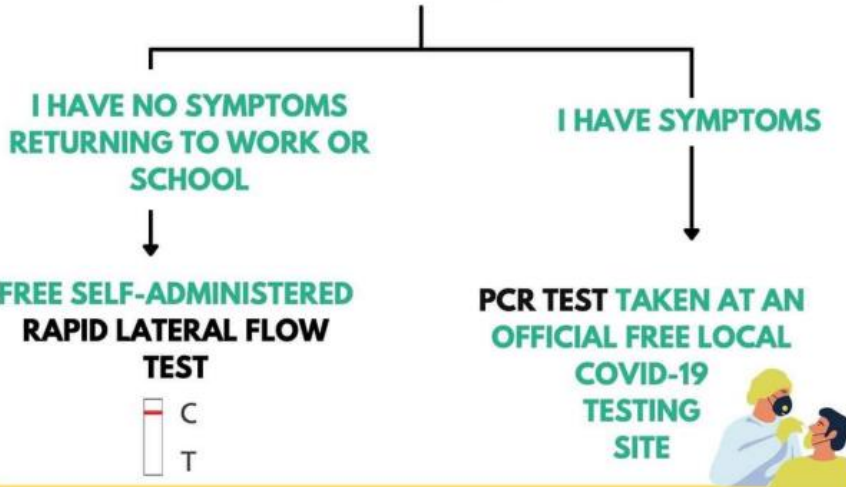
- ★ **To follow the code, they must:**
- ★ Find a safe place to cross
- ★ Stand on the pavement near the curb
- ★ Look all round for traffic and listen
- ★ If traffic is coming - let it pass then look all round again
- ★ When there is no traffic near, walk straight across the road
- ★ Keep looking and listening for traffic while crossing

### Always be sure to:

- ★ Explain road safety rules, use the Green Cross Code talk about what's going on in the street.
- ★ Encourage your child to talk about what they see on the roads and whether it's safe or not.
- ★ Let your child make decisions with you, so that they learn through activity.
- ★ Help your child plan the safest route whenever they are going somewhere



# WHICH COVID-19 TEST DO I NEED?



**IF YOU DEVELOP COVID-19 SYMPTOMS YOU NEED TO BOOK A FREE PCR TEST BY CALLING 119, EVEN IF YOU'VE DONE A RAPID LATERAL FLOW TEST**

**DON'T PUT OFF NECESSARY MEDICAL APPOINTMENTS**



Life has to continue even where COVID-19 is spreading. Here's how to stay safe.



**REDUCE YOUR RISK**

Call to check if a phone or telemedicine consultation is possible and appropriate. If not, schedule your appointment in advance.

**BEFORE YOU GO OUT**

 Always check on local regulations.
  Bring sanitizer and wear your mask.
  If you are in a high-risk group, wear a medical mask.



**WHILE WAITING FOR YOUR APPOINTMENT**

Avoid crowded settings, maintain physical distance or ask to sit in a less crowded space.

**REMEMBER, IT'S ALWAYS SAFER TO**



**KNOW YOUR RISK. LOWER YOUR RISK.**



## **Think 111 First**

The Health Board has launched a new campaign to encourage people to 'Think 111 First' if you have an urgent healthcare issue and are unsure what to do...

When people call 111 for free help and advice, their symptoms will be assessed and they will be signposted to the right place for their care. The 111 online symptom checker -

<https://111.wales.nhs.uk/selfassessments/> - is also

available to help guide you to the right service. Please remember that local GP Practices across the Health Board area are open. For any medical concerns, please don't leave it until you need more urgent or emergency care - contact your GP by telephone or e-consult (via your GP's website) or visit your local pharmacy for advice.

If you have an injury that is urgent but non-life-threatening, go to your nearest Minor Injury

Unit: <https://abuhb.nhs.wales/healthcare-services/enhanced-local-general-hospitals/minor-injury-units>

In a life-threatening emergency, always call 999 or go straight to The Grange University Hospital.

If you are unsure whether you require urgent or emergency help, please contact 111 before attending any of our hospitals.

It's been a pretty intense year but you are not alone.

#ABBHealthierTogether has lots of advice for you on health and well-being. Exam stress, eating, mental health and much more - get the support you need here:

[www.abbhealthiertogether.cymru.nhs.uk](http://www.abbhealthiertogether.cymru.nhs.uk)



## Face masks and communicating with a deaf child 🗣️

For deaf children and young people the use of face masks is especially challenging! Here are some tips for communicating with a deaf child or young person when wearing a face mask. For more info, visit

<https://www.ndcs.org.uk>

### Face masks and communication

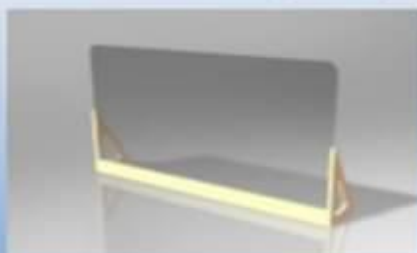
Communication for virtually all deaf children and young people, including those who use sign language, relies in part on being able to see someone's face clearly – whether this is for lip-reading, understanding facial expressions or for understanding non-verbal communication more widely (e.g. seeing whether someone is smiling or looks upset).

Face masks and coverings can have the effect of obscuring speech, making it harder for deaf children and young people to make use of any residual hearing they have. They therefore present specific challenges for deaf children and young people.



### Tips on how to communicate when wearing face masks or coverings

- ⇒ Using alternative forms of communication – such as writing things down or via text messages, depending on the individual needs of the child.
- ⇒ Using face masks/coverings with clear panels where the mouth can be seen.
- ⇒ Ensuring the listening environment is as quiet as possible and making use of any other hearing technology used by a child (such as a radio aid).
- ⇒ Communicating via a Perspex panel or screen.



- ⇒ Considering the need for a face-to-face meeting, and whether a video call could work as an alternative for individual deaf children.
- ⇒ Temporarily removing the face mask/covering and communicating within the current safety guidance (e.g. ensuring hand washing before and after, not touching the face when the mask/covering is removed, adhering to the social distancing guidelines of staying 2 metres apart).

## Creating good listening conditions for deaf children at home:

Loudness and pitch of sound, as well as the distance from the sound, are all important in our ability to hear. Children with a hearing loss will have a reduced hearing range. Your child may have difficulty understanding what you are saying when you are talking from a distance.



Homes with young children are noisy places. It is part of the fun of having children! But there are times when limiting the background noise can make it a lot easier for a deaf child to learn and understand what is being said.

- ◊ Read to your child in a quiet environment.
- ◊ Turn off the TV/radio/music at mealtimes. Sit at the table together and chat.
- ◊ Vacuum cleaners, washing machines and lawn mowers all make it very difficult for your child to understand what you are saying to them. Be aware of this if you are giving them instructions or warning them about something.
- ◊ Families spend a lot of time in the car and these can also be difficult listening environments for a deaf child.
- ◊ If you are chatting to your kids in the car, turn off the radio and wind up the windows.
- ◊ If you are listening to music or a talking book, wind up the windows.



Contemporary homes with open plan living, timber floors and blinds on the windows are not the easiest listening environments for anyone with a hearing loss. Soft furnishings that absorb sound will reduce reverberation and make listening and understanding easier at home.

- ◊ Carpets are better than hard floors
- ◊ Curtains are better than bare windows or blinds





## Monmouthshire Family Information Service's Re-Launch

To celebrate Monmouthshire Family Information Service's Re-Launch, The FIS's very own Information Officer, Hannah, will be running her very own Story Time, specifically for the under 5s.

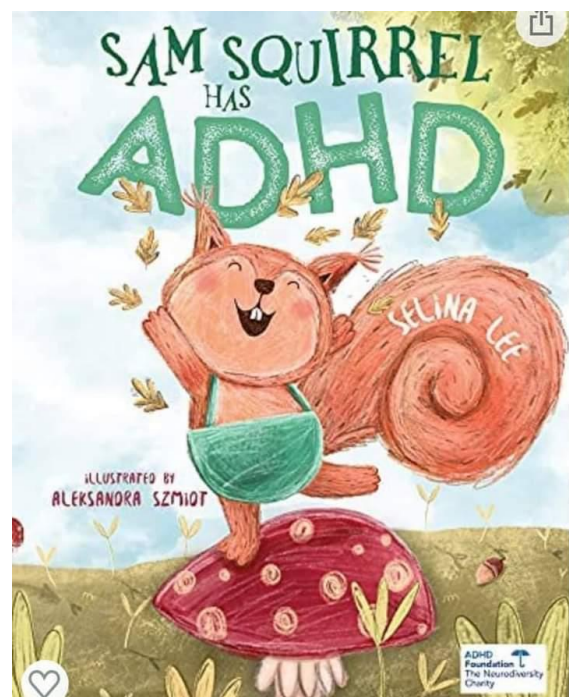
On our MonFIS Facebook Page ([www.facebook.com/moncfis](http://www.facebook.com/moncfis)), 10:30am on Tuesday 18th May. We'll also be launching our exciting children's design competition where you could win £100!

So share with your parent friends, grab a cuppa and settle down with your little ones to enjoy this one time only story session!



Available now on Amazon - a book for primary school children about ADHD £6.99

[Sam Squirrel has ADHD: Amazon.co.uk: Lee, Selina, Szmidt;Aleksandra, Szmidt;Aleksandra: Books](https://www.amazon.co.uk/Sam-Squirrel-has-ADHD/dp/1527014444)



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](mailto:Sarah.Painter-Sims@wales.nhs.uk)

Phone - 01873 732712

