

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

Just a little reminder that if you are expecting a call from us our numbers start with 0330 – please answer, if you can



🔊 New volunteer role!

We have a fantastic volunteering opportunity available at Sparkle ✨

This role, which will help to support our research team, is perfect for anybody who is trying to build their CV or is looking for a new career path.

If you're friendly, reliable and have good communication and IT skills (with a couple hours a week to spare) - we'd love to hear from you!

For more information, please visit our website 😊 [Volunteer \(sparkleappeal.org\)](https://volunteer.sparkleappeal.org)



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helping special children shine

Volunteering Vacancy: Research

We are looking for a research volunteer to support our research team!

The volunteer will assist with a variety of research and administrative tasks.

More information can be found on our website. ➡



Volunteer Role Description

Role Title: Research and Development Volunteer
Reports to: Research and Development Officer
Location: Serenno Children's Centre

Role Summary

Sparkle are looking for a volunteer to support their research activities. The role will include working with the Research and Development Officer and Sparkle admin team to ensure the smooth running of research and evaluation projects. The volunteer will be required to undertake a variety of tasks and will be able to get involved in a number of different projects.

Key Tasks

- ★ Data collection, for example attending Sparkle's leisure activities and collecting

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



Sparkle and Smile.Amazon.co.uk

I signed up to this last year, it's a great way of donating to Sparkle without spending more money. When you shop through AmazonSmile and choose Sparkle, Amazon will donate 0.5% of the net purchase price to us, at no extra cost to you!

Turn your smile into a donation by following the steps below:

1. Log in to smile.amazon.uk using your regular Amazon account details
2. When prompted, search and select Sparkle (South Wales) Limited
3. Shop as normal and Amazon will make a 0.5% donation to us, at no additional cost to you.

Remember to use smile.amazon.co.uk every time to ensure your purchase is eligible for a donation.

If you're using the app, simply tap the menu > settings > AmazonSmile and follow steps 1-3

SMILE and help special children shine.



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.



Inclusive Adventure – Wed 6pm-7pm £7

Inclusive Adventure sessions offer those with special needs and disabilities the opportunity to enjoy our park in a safe environment with friends and family. If you're looking for a bit of fun, exercise or social opportunities come along and take part in our Inclusive Adventure sessions! This session runs weekly on Wednesday's 6pm – 7pm

How is Inclusive Adventure different from Open Jump sessions?

We close off the park to the general public to create a more spacious and less busy Adventure Zone

Flashing lights are turned off

Music is off or turned down low and musical requests can be made

Friendly staff at hand

Required carers join in free of charge

If you are unable to make these sessions, please feel free to come and enjoy our park at another time. Give us a call and staff members can advise quieter periods.

Accessibility:

Jump Adventure has no steps to enter the building

Facilities include – reception area, safety briefing area, Adventure Deck, toilets (including easy access toilet), café and first aid room.

Our Adventure deck is accessible by carpeted steps with a railing. Our café is on the first floor and accessible by staircase. We can provide tables, chairs and service in the downstairs area. Toilets are easily accessible with no steps.

All steps in the park are marked with a yellow strip to identify changes in level. All trampolines in the main area are black with red borders to identify the edge of the trampoline.

Safety Advice:

We recommend discussing participation with a medical professional prior to booking. Those with Down's Syndrome or those with neck instability are advised to ask a medical professional to perform a simple screening test regarding Atlanto Axial Instability before participating in trampoline activities.

<https://jumpadventure.co.uk/jump-activities/>





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University Health Board



Thrive Rainbow Colour Hunt

How many colours can you find? Explore your home, settings, local park, woods or garden to see how many of the Thrive colours you can find. Use the rainbow below to draw, glue or write what you discover!



We would like to see your completed sheets! Go to the Thrive Facebook, Twitter or Instagram pages to send us a direct message, attaching photos of your work. We'll then share them! You can also email your photos to socialmedia@thriveapproach.com.

Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.
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Dizzy Kids - Tredegar

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



Dizzy Diary

Mon - Baby Coffee Morning 10am
Playgroup 12.30pm

Tue - Playgroup 10am

Wed - Baby Coffee Morning 10am
Playgroup 12.30-2.30

Thu - Playgroup 10am
Meal Deal after school
Play, Kids Meal & Drink £5.00

Fri - Playgroup 12.30
Meal Deal after school
Play, Kids Meal & Drink £5.00

(All the above are Term Time Only)
Look on our FB or Instagram for character days & other
events

Gwent Advocacy Service

Your single point of contact for information and advice on advocacy for adults

Call free on 0808 801 0566

Monday - Friday, 10am - 3pm

Check out our website: [Gwent Advocacy Service – Home Page \(gata.cymru\)](https://gata.cymru)

What is advocacy?

Advocacy is a free, independent and confidential service that assists you to know your rights, speak up and be listened to, and have more control when decisions are being made that affect you.

Service User Quote:

“My advocate really knew the system and helped me feel involved in what was happening. She helped me to understand my rights and make decisions about what I wanted. She really listened to me and treated me as an equal. This gave me confidence to speak up for myself, even though I didn’t get everything I wanted.”

How can an advocate help?

An advocate is someone who will:

- be there just for you and take your side
- listen to you and help you be clear about what you want
- help you to find and understand information
- help you to consider your options and make your own decisions
- help you to express your views, wishes and feelings
- make sure that your views are listened to and acted upon
- speak on your behalf when you need them to

Is Gwent Access to Advocacy for me?

Yes if:

- you are 18+, live in Greater Gwent (Blaenau Gwent, Caerphilly, Monmouthshire, Newport, Torfaen), and need help talking to professionals in public services about your care and support needs
- you are a carer aged 18+, live in Greater Gwent and need help talking to professionals in public services about either your own care and support needs or those of someone you care for

- you are a relative, friend or professional who thinks a person may benefit from advocacy

Please call us free on 0808 801 0566 or visit our website: gata.cymru

What will happen if I contact Gwent Access to Advocacy?

We offer information, advice and support with signposting and referrals to adult advocacy services. As we are independent of local authorities, the NHS and advocacy providers, we can ensure that you receive advocacy that is right for you.

We will:

- ask you for some basic information, including contact details
- ask you to briefly describe your situation
- inform you about different kinds of advocacy
- discuss which form of advocacy might be most suitable for you
- provide information about available advocacy services and how to contact them

If another kind of support would be more suitable we will put you in touch with someone who can help.

Small print:


Gwent Access To Advocacy is provided by Promo-Cymru a social enterprise, registered company.... and charity




Does anyone have a birthday coming up? Get ready to celebrate by learning the Signalong sign to use with your little one 🎂


<https://youtu.be/NcfkVSFEQGc>





Facts about stammering






A neurological condition that makes it physically hard to speak




Also known as “stuttering”




Can have a negative effect on mental health




Some hide their stammer




Up to 8% of children will stammer at some point



1-3% continue to stammer into adulthood



Males are 3-4 times more likely to stammer than females



Stammering covers a wide spectrum, everyone's stammer is different

E: stammerteacher@gmail.com

Design a new summer logo for Monmouthshire Family Information Service (MFIS)!

The winning entry will be used in all the FIS's promotional posts and adverts throughout the school summer holidays and will also receive £100 of amazon vouchers.

Closing date: All entries to be received (by emailing to childcare@monmouthshire.gov.uk) by 5pm on Friday 4th June 2021.



Terms and conditions:

- You must be under 12 years old and live in Monmouthshire to enter. Please include child's name, age and name of childcare provision or school in email.
- Only one entry per child will be accepted.
- The design must include the words "Monmouthshire Family Information Service" OR "MonFIS" OR "MFIS"
- We will accept any media form that can be emailed – a photo of a hand drawn design, a computer graphics design, a photo of natural items on the beach and so on.
- The winning design will be chosen by a panel of judges from Monmouthshire's Early Years Development and Childcare Partnership (most votes win).
- The winner(s) will be contacted by email will also be announced on the FIS's facebook page on Friday 11th June 2021.
- 2nd prize (2nd highest amount of votes) will receive £50 of amazon vouchers.
- 3rd prize (3rd highest amount of votes) will receive £20 of amazon vouchers.
- The winning logo will be used on all the FIS's Instagram, twitter and facebook posts from Monday 20th July – Tuesday 31st August 2021.



Cerebra Network Launch Event

Join us on 3rd June 2021 for the exciting launch of the Cerebra Network for Neurodevelopmental Disorders:

<https://cerebra.org.uk/research/cerebra-network-launch-event>






Cerebra Network Launch Event

3rd June 2021

Research Focus Session

1pm-3:45pm BST

This session will focus on the research behind our three main themes. It is specifically aimed at academics and professionals working with people with neurodevelopmental disorders, but anyone is welcome to join. Sessions will include talks by researchers and clinicians in the field with the opportunity for a live Q&A session.

The three panels are:

- **Autism (1:15pm-2pm):** Dr Sarah White (UCL), Dr Natali Bozhilova (University of Surrey) & Dr Kat Ellis (University of Surrey)
- **Sleep and behaviour (2pm-2:45pm):** Dr Andy Bagshaw (University of Birmingham), Dr Stacey Bissell (University of Birmingham) & Dr Georgie Agar (University of Birmingham)
- **Mental health (2:45pm-3:45pm):** Prof. Jacqui Rodgers (Newcastle University), Dr Kate Woodcock (University of Birmingham), Dr Rachel Royston (UCL) & Dr Laura Groves (University of Leicester).

Family Focus Session

10am-12:15pm BST

This session will introduce our research goals and the teams carrying out the research. It is specifically aimed at parents and carers of people with neurodevelopmental disorders and their families, but anyone is welcome to join.

Talks will cover:

- **Our research** – Who we are and what research we will be doing.
- **Family experiences of research** – Parents' viewpoint of our research and why it's needed.
- **Questions from you to us** – Answering your questions about our research.
- **Questions from us to you** – An opportunity for you share your ideas for our research





UNIVERSITY OF BIRMINGHAM



WARWICK



Aston University



UNIVERSITY OF SURREY



Register your interest and submit questions using the QR code or the link: <https://tinyurl.com/cerebra-network-launch>

Hope GB

We have some spaces available for our Stay & Play session on the 6th of June 2021 from 10am - 12pm at Cheeky Monkeys soft play centre in Cwmbran. It will be a £2 contribution per child and Track & Trace will be in place for each individual household to complete upon arrival.

Please note: There are limited spaces available. The individual attending the session must be a resident in Torfaen, with a diagnosis of Autism.

If you are interested in attending, please get in touch with us at admin@hopegb.co.uk



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

