



# BACK TO SCHOOL

**Helpful Information**

**2024-2025**



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board





# Term Dates

2024/2025 Academic Year



Term	Term Begins	Half Term Begins	Half Term Ends	Term Ends
Autumn	Monday 02.09.24	Monday 28.10.24	Friday 01.11.24	Friday 20.12.24
Spring	Monday 06.01.25	Monday 24.02.25	Friday 28.02.25	Friday 11.04.25
Summer	Monday 28.04.25	Monday 26.05.25	Friday 30.05.25	Monday 21.07.25

2024/25:



Date	Start	Half Term Starts	Half Term Ends	Term Ends
Autumn	02/09/2024	28/10/2024	01/11/2024	20/12/2024
Spring	06/01/2025	24/02/2025	28/02/2025	11/04/2025
Summer	28/04/2025	26/05/2025	30/05/2025	21/07/2025

May Day - Monday 5th May 2025



monmouthshire  
sir fynwy

## Term dates 2024/2025

Term	Start	Half term start	Half term end	Term End
Autumn	02/09/2024	28/10/2024	01/11/2024	20/12/2024
Spring	06/01/2025	24/02/2025	28/02/2025	11/04/2025
Summer	28/04/2025	26/05/2025	30/05/2025	21/07/2025



# Term Dates



Term	Start	Half Term starts	Half Term ends	Term ends
Autumn	Mon 2 September 2024	Mon 28 October 2024	Fri 1 November 2024	Fri 20 December 2024
Spring	Mon 6 January 2025	Mon 24 February 2025	Fri 28 February 2025	Fri 11 April 2025
Summer	Mon 28 April 2025	Mon 26 May 2025	Fri 30 May 2025	Mon 21 July 2025

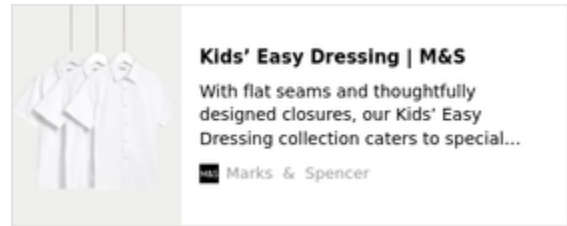
## School Holidays 2024-2025



School Holidays	Starts	Finishes
First Day of School	2 Sep 2024 (Mon)	
Autumn Half Term Holidays	28 Oct 2024 (Mon)	1 Nov 2024 (Fri)
Christmas Holidays	23 Dec 2024 (Mon)	7 Jan 2025 (Tue)
Spring Half Term Holidays	24 Feb 2025 (Mon)	28 Feb 2025 (Fri)
Spring Holidays	14 Apr 2025 (Mon)	25 Apr 2025 (Fri)
Summer Half Term Holidays	26 May 2025 (Mon)	30 May 2025 (Fri)
Summer Holidays	22 Jul 2025 (Tue)	

# Uniforms

M&S  
EST. 1884



## Kids Easy Dressing

Our specially made Easy Dressing range includes hip dysplasia clothes, feeding tube clothing, zip-up bodysuits, school uniform and shoes.

With thoughtfully placed poppers and super-soft materials, our collection is all about comfort.

Find sizes starting from new-born, going up to 16 years. There are pretty patterns and a variety of colours on offer, as well as handy multi-packs too.

<https://www.marksandspencer.com/l/kids/easy-dressing>

ASDA  
George.



## Asda George Clothing

George at Asda has launched a clothing range for children with additional needs, at the moment the clothes are available in a school uniform range only.

Discover our easy on easy wear kids' school uniform for comfortable essentials for boys and girls. Helping with independent dressing and made from sensory-kind fabric for extra comfort, our boys' school uniform and girls' school uniform will have them covered day-in, day-out. From pull-on polo shirts and school jumpers to easy fastenings, our range has been specially designed to help kids with independent dressing. Our easy on easy wear school uniform range also includes soft threads, non-bulky seams and label-free separates for maximum comfort.

<https://direct.asda.com/george/collections/easy-on-easy-wear-school/D28M110G1C3,default,sc.html>



# Uniform Shops



## Pretty Miss

Pretty Miss reserve a Sunday as a quiet day, give them a call before attending the shop to let them know you want to come in, they will try and make the visit as stress free as possible. Quiet Sundays run through the summer holidays.

## Reflex Embroidery

Reflex recommend you give them a call to book a time to go into the shop. Give them details of your child's needs and they will try their very best to accommodate you. As they get very busy it is best to book July and early August.

## Ruck um Maul

Ruck um Maul have a Back 2 School Saving – you can make payment or we can send you a secure payment link to your phone or email.

You can pay as much or as little as you like.

What you pay in will then be deducted from any school uniform you purchase at Ruck um Maul Sport.

Graham and Jess at Ruck um Maul are very accommodating, if you want any further information please just contact them.



### Ruck Um Maul Sports

North Pontypool Industrial Park,  
Pontnewynydd,  
Pontypool  
NP4 6PB  
ruckummaul08@gmail.com  
Phone: 01495 769467  
07740 970099

### Pretty Miss

7-9 the arcade,  
Cwmbran NP44 1PQ  
01633 484408  
[prettymiss@btconnect.com](mailto:prettymiss@btconnect.com)  
[Home\(kidsschoolkits.co.uk\)](http://Home(kidsschoolkits.co.uk))

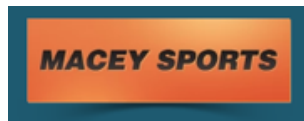
### Reflex Embroidery - Unit I/Crown

Business Pk,  
Tredegar  
NP22 4EF  
01495 725777  
[Online Store | Reflex Embroidery](#)





# Uniform Shops



## Beam

Here you'll find things to help make purchasing school uniform online a little easier. Beam Sports Schoolwear is "Made to Last" providing parents real value for money. Our uniform won't wear out and will stand up to the stresses of school life throughout the year.

## Macey Sports

Our aim is to make shopping for school uniform a pleasant and easy experience. We supply school uniform to 19 local schools and are proud of our strong reputation for good customer service.

## AJM Embroidery and Print

AJM embroidery provide high quality embroidery service to local schools and Sports teams, Matthew Browne, business owner has 10 years of experience in the industry and understand, the meaning of customer service and providing the highest quality of work.

## CC Sports

CC Sports aim to make it easy to get all the new school uniform direct from us.

## TSS Print & Embroidery

We know school wear needs to be good quality but also needs to look stylish, that is why we have chosen the below suppliers, We believe these suppliers give our customers deserve good quality garments, choice of Colours and good value for money.

### Beam

26 Cambrian Road  
Newport  
NP20 4AB

Email: [beam26@btconnect.com](mailto:beam26@btconnect.com)

Call: [01633222261](tel:01633222261)



### Macey Sports

169 Caerleon Road,  
Newport,  
NP19 7FX

[01633 259334](tel:01633259334)

[maceysports@btconnect.com](mailto:maceysports@btconnect.com)

### CC Sports

13-15 Hanbury Rd,  
Bargoed  
CF81 8QS

[sales@ccsports.co.uk](mailto:sales@ccsports.co.uk)

01443 837555

### TSS Print & Embroidery

Bartlett St,  
Caerphilly  
CF83 1JS

[sales@tssports.co.uk](mailto:sales@tssports.co.uk)

[029 2086 9452](tel:02920869452)

### AJM Embroidery & Print

1 Bridge View,  
Cwmfelinfach, Ynysddu,  
NP11 7HG.

[info@ajmembroideryservices.co.uk](mailto:info@ajmembroideryservices.co.uk)

01495 200548

# Uniform Accessories



Friendly Shoes were created by an occupational therapist, after having so many patients that had difficulties finding appropriate footwear. Whether it would be slipping on shoes that lack support or being forced to wear shoes that just don't look good. The goal is to create comfortable, functional, and stylish shoes allowing anyone to put on and take off easily. That's Friendly!



**Friendly Shoes**

"The best shoes I've ever worn". Footwear for men, women and kids that is easy to put on and looks good. Free exchanges, VAT exemption and 5\* customer service.

[friendlyshoes.co.uk](https://www.friendlyshoes.co.uk/) / Aug 19, 2021



<https://www.friendlyshoes.co.uk/>



## SMOOTH TOE SEAM SOCKS FOR KIDS

Do your little ones complain at the thought of putting on their socks because of bulky or uncomfortable toe seams? Discover our range of smooth toe seam socks and tights for kids. Our kids' smooth toe seam socks range features a variety of plain and patterned styles whose toes have been linked using one single seam, making them smoother and practically seamless! Make putting on their socks a seamless experience with SOCKSHOP's smooth toe seam socks for kids.

<https://www.sockshop.co.uk/shop/kids/feature/smooth-toe-seams>



# Uniform Accessories

## M&S



Marks & Spencer's have created some fabulous footwear as part of their adaptive clothing range!



These high-top trainers feature both lace-up and double zip fastenings for easy on and off. They come in more than one colour!

[Adaptive Clothing for Kids | Assisted Dressing | M&S](#)  
[.marksandspencer.com](https://marksandspencer.com)

## BILLY FOOTWEAR

If you are looking for shoes that would be suitable for children with AFO's or children who find laces difficult as well as the Marks and Spencer's range. Billy Footwear are Friendly Shoes are also available.

[Styles for Kids | BILLY Footwear](#)





# Shoe Shopping

Clarks  
**QUIET TIME**



**Shoe shopping can be overwhelming for some children. Clarks are happy to do all they can to help during shoe shopping with your child.**

**If you would like to visit them during a time with fewer crowds, less noise, and bright lights, then they offer Quiet Time appointments.**

**These often run before and after store opening times and you'll need ring the shop to book an appointment**

**Clarks Abergavenny 01873 858948**

**Clarks Cwmbran 01633 483472**

**Clarks Newport 01633 482900**

**Clarks Caerphilly 02920 883453**

**Clarks Cardiff Queen Street 02920 390619**

<https://www.clarks.com/en-gb/store-locator>





# School Supply Shopping



Turn your online shopping into everyday magic to **help special children shine** for



You shop, brands donate to us... it won't cost you any extra!

- 1** Create an **EasyFundraising** account via the website or download the app onto your smart phone
- 2** Search for **Sparkle** and select us as your chosen cause!
- 3** Then, next time you want to buy something online, log into **EasyFundraising** first and click on the retailer you want to shop with. You'll then be taken to their website where you can continue to make your purchase in the usual way.
- 4** Every time you shop online, brands give cashback as a thank-you for shopping with them. They will share this money with **Sparkle...** at no extra cost to you!

amazon.co.uk



Booking.com

ebay



M&S  
EST. 1844

Viking



Sainsbury's



sky

ASOS




Boden

Currys PC World




**And More...!**

# Children Centre Psychology



Academic Medical School  
Aston University Health Board




Children's Centre Psychology

## CHILDREN'S CENTRE PSYCHOLOGY HELPING HANDS OUTREACH


Parents and carers can request up-to-date information specific to supporting children and young people with developmental delays or disabilities as well as support for their own well-being.

### PARENT & CARER COUNSELLING



You can request 3-5 counselling sessions with our Parent Counsellor to focus on your experience and emotional well-being as a caregiver.  
[Scan or click on the QR code to book](#)


### PARENT & CARER VIRTUAL WORKSHOPS



- Exploring Behaviours That Can Challenge
- Supporting Sleep
- Supporting Anxiety in Children
- Transitions
- Sensory Processing
- Supporting Communication
- Puberty

[Scan or click on the QR code to book](#)


### SELF-HELP TOOLKITS



- Maintaining Your Strength
- Separation Anxiety
- Friendship
- Promoting Sleep
- Supporting Siblings
- Supporting Anxiety
- Supporting Transitions
- Understanding Behaviours That Can Challenge
- A Dad's Journey

[Scan or click on the QR code to download](#)  
Copies can be requested from your local Family Liaison Officer

[Scan or click the QR code to visit our padlet for further information](#)







## Supporting Anxious Children

This toolkit is for parents or carers of a child with additional needs or a developmental difficulty.  
Here are some ideas and strategies *around supporting and managing anxiety in children with additional needs*



### Signs

*around supporting additional needs*

Signs of a child with additional needs or a developmental difficulty.

### Transitions

Transitions with additional needs or a developmental difficulty.

### Types of kids

Types of kids with additional needs or a developmental difficulty.

Click on the images to take you to the information



WEDNESDAY 25TH  
SEPTEMBER  
10:00AM-12:00PM



## INTRODUCTION TO SENSORY PROCESSING WORKSHOP

A workshop delivered jointly with Occupational Therapists.

The workshop aims to help you to:

- Understand our different senses
- Explore the different ways that children experience sensory difficulties
- Use the "Iceberg model" to reflect on the many factors that contribute to children's behaviours
- Explore how anxiety can impact sensory tolerances
- Know how to decide when to intervene
- Develop a sensory toolkit to support children to manage their sensory difficulties



To book on this workshop, please scan the QR code or follow this link: <https://forms.office.com/e/kvGSqWyDNg>



## Transition Primary/ Secondary

### **Supporting your child's independence and self confidence in readiness for school**

One of the main questions parents ask when their child starts school is 'Will they be able to manage?' You can support your child to develop independence and skills in preparation for school as well as supporting your child to explore their emotions and discuss with them how they are feeling about starting school. There are many activities you can do at home to help prepare your child for the transition to primary school.

Using a knife and fork with playdough is a great way to practice cutlery skills. Many schools use visual timetables to help children get used to their new routines. Using a visual timetable at home can also be a great way to support their independence.

In the early years children learn best when they are excited and motivated about what they are learning. The types of play where children have to think for themselves, solve problems and use their ideas and imagination help children develop their thinking skills ready for school.

Many adults have the idea of ready for school as being ready to sit down and listen to learn but reception classes are full of opportunities for children to play and explore and follow their own ideas and not just the teacher's instructions.

<https://youtu.be/kyUQrmlGabY><https://youtu.be/OTpOG7D8R1U><https://youtu.be/tkWP8ZpTKXg>

The You tube links are useful tips on how to get your little one ready for school





# Transition Primary/ Secondary

## How to help your child transition from home to school

Transitioning from home or nursery to the primary school classroom can be challenging, even upsetting, for some children. Here, early years specialist Helen Stroudley offers her advice to help you make the switch as smooth as possible for your child.

Helen's tips for before they start school

- Walk or travel to school regularly with your child -this will get them used to the buildings and their new surroundings.
- Keep a consistent routine - especially around waking up, bed time, and meal times.
- Check out your schools settling in policies, such as taster days or home visits.
- Talk to friends and family members, especially if they have children of a similar age, and share experiences.

For more tips visit the BBC Bitesize website on the links below



<https://www.bbc.co.uk/bitesize/articles/zkqnxbk>



<https://www.bbc.co.uk/bitesize/articles/zv8q8xs>







# Transition

## Primary/ Secondary

### Getting organised for Secondary school

Transitioning to secondary or high school can feel like a huge leap for children and their families. Our expert advice will help you prepare together and manage the transition from primary to secondary school.

### What's different about secondary and high school?

Children have to:

- Travel by themselves, wear uniforms and get used to an unfamiliar building.
- Meet lots of different people, make new friends and find where they 'fit in'
- Be independent and responsible for their learning, including giving in homework on time
- Go through some big changes in their brains and bodies as they become teenagers, which can make this even more tricky.
- The pressure to 'keep up' academically and socially can feel overwhelming –but there are simple ways you can get ready together and develop skills for coping on an ongoing basis.

### Preparing my child

Check in with them regularly and remind them that:

- It's normal to feel both excited and scared – nerves actually help us prepare for challenges
- It may take time for them to feel settled, and that's OK
- They might get things wrong as they get used to a new situation
- They've coped with big changes in the past and can do it again
- Not everything is going to change – some routines will stay the same
- They can talk to you or someone at school if they're worried.



For more tips visit the BBC Bitesize website  
on the links below

## Transition Primary/ Secondary



[Starting secondary school - BBC Bitesize](#)



<https://www.bbc.co.uk/bitesize/articles/zkb747h>

### Preparing yourself

Are you worried about them? Find out how you can support your child:

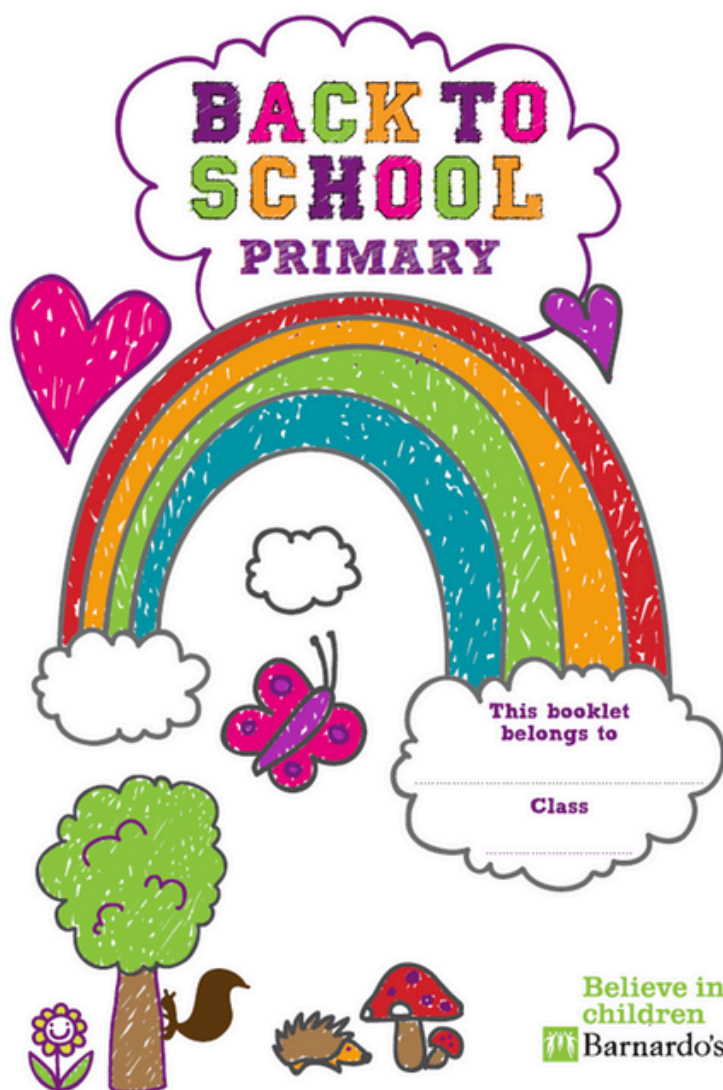
- The first years of secondary or high school can be difficult for families.
- Young people may explore their identity by trying new things, taking risks, breaking rules and putting their friends first.
- Keep talking, young people like to hear that you are interested in their world, if you know what's going on in their lives, you might worry less
- Check in while you're doing everyday things, like cooking or driving somewhere, so that they don't feel pressured
- Remember that your child still relies on you and (any) boundaries are needed to keep them safe
- Look after yourself. Self-care can be as simple as having a cup of tea or going for a walk

### For more support visit

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school>

# Barnardo's Back to School Guides



# Transition - College

## Coleg Gwent

### Transition Support

Helping you get ready for college

Transition means a process of change, like changing from school to college. Most people feel a bit nervous about change and moving from school to college is a big change. But remember you're not alone and there's lots of support at Coleg Gwent. We work with young people, their families, schools, Career Wales and any other people who support you, to understand your needs and how best to support you. To ensure you get the best support we'll request evidence of your learning support needs and/or medical/physical needs.

### Individual Development Plans

If you have an Individual Development Plan (IDP), we'll attend your last review at school. It's a good idea to ask your school ALN Co-ordinator to invite us. At your review, you can tell us what's important to you (now and in the future) and we can start planning your transition.

We can plan transition activities to help you get-to-know the college so you know what to expect before you start, helping to make you feel safe and happy. We'll make sure the staff who work with you know about your support needs to help you achieve positive outcomes.

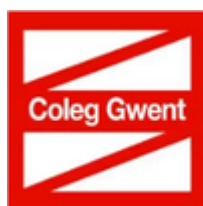
<https://www.coleggwent.ac.uk/support/additional-learning-needs/transition>

### Useful resources

Follow the link below for animations and videos to help young people and their parents/carers prepare for college.

Animations - [Young Person - ALN Pathfinder](#)

Videos - [Parent or Carer - ALN Pathfinder](#)



#### Transition Support (ALN)

Moving from school to college is a big change. But remember you're not alone and there's lots of support at Coleg Gwent.

 Coleg Gwent



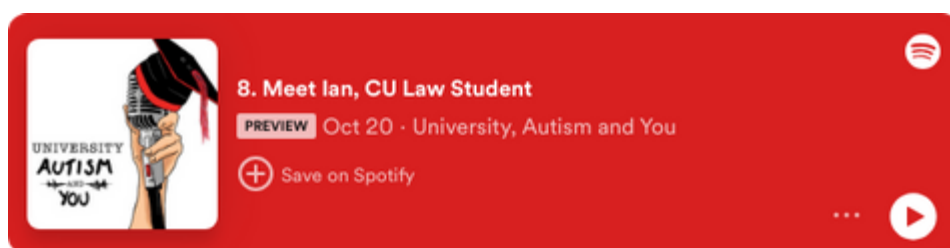


UNIVERSITY  
**AUTISM**  
AND  
YOU

## Transition - University

### Cardiff University Outreach's podcast 'Autism and You'

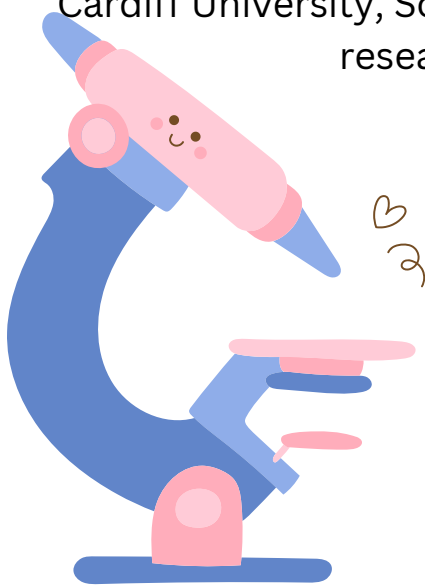
🎓 Moving to university can be a big source of #anxiety. Cardiff University Outreach's podcast 'Autism and You', provides clear and accessible guidance about moving away from home and all aspects of #university life.



### About the Podcast

<https://open.spotify.com/show/O5r6RwfG2ZB4blzbFpDRTm>

University can present unique challenges for autistic students. Outreach staff at Cardiff University, Scott and Freya, offer insight and advice on the key parts of researching, applying and attending university.







CLIMBING THE RAINBOW

## Climbing the Rainbow Transition Story

They have created this file to help with transitions to school and next academic year groups. They have tried to keep this mat easy to read so information doesn't get too overwhelming, by colour coding key information. The aim was to ensure important information is given to the pupil and is easier to understand.

The centre space is to fill in "My transition to" here you put nursery, reception, year 1 etc. The rest of the squares around the centre have spaces to fill in key information.

This resource is available for free download from there website

[School transition mat | Climbing the rainbow](#)

Other resources are also available for Free on the website such as

- Brick building therapy
- My feelings diary
- Dentist story
- Masking (Cola bottle) story
- Masking (Anxiety bucket based) story
- Feelings in our body
- Setting Boundaries Story/Chart
- Emotions
- Shop | Climbing the rainbow

 My teacher is _____	 School starts at _____	 School finishes at _____	 Break time is _____	 Lunch time is _____
 My class name is _____	 My transition to _____			 What is new? _____
 My year group is _____				 What is new? _____
 A friend in my class is _____	 What is staying the same? _____	 What is staying the same? _____	 What is staying the same? _____	 What is new? _____

Created in WdigOnline.com for www.climbingtherainbow.org





# CAMHS Well-being Online Workshops - Transition: Year 6 - Year 7

23rd July – 27th August 2024



## CAMHS ONLINE WELLBEING WORKSHOPS

23<sup>rd</sup> July – 27<sup>th</sup> August 2024

CAMHS will be running a workshop on MS Teams through the summer holidays for young people who will be **attending Year 7 in September 2024**, and their families across Gwent.

Please use the booking form/QR code below and make sure to book on at least 24 hours before the session.

Parents are welcome to attend with their young person, but we will not be able to answer any individual CAMHS queries during the workshop time.

### Transition: Year 6 – Year 7

This workshop explores the feelings experienced with transition between primary and secondary school

**Tuesday 23rd July 2024**

1:00 – 3:00pm

**Tuesday 30th July 2024**

1:00 – 3:00pm

**Tuesday 6th August 2024**

1:00 – 3:00pm

**Tuesday 13th August 2024**

1:00 – 3:00pm

**Tuesday 20th August 2024**

1:00 – 3:00pm

**Tuesday 27th August 2024**

1:00 – 3:00pm

### BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code:

<https://forms.office.com/e/rxUeATZ4g9>



# Transport

## Orange Wallet Scheme

The Orange Wallet is for anyone who would like support to communicate with staff when travelling by bus or train. It's particularly designed for passengers with an Autism Spectrum Disorder.

However, it can be used by anyone with a hidden disability who may like to communicate to staff non-verbally.

Get your Orange Wallet Contact us with your address and we'll post a wallet to you Sian Matthews [asdservice.abb@wales.nhs.uk](mailto:asdservice.abb@wales.nhs.uk) 01443 715044

You can also obtain an orange wallet directly from the National Autism Team by [emailingASDinfo@WLGA.gov.uk](mailto:emailingASDinfo@WLGA.gov.uk) with your name and postal address



## Disability / Concession Travel and Bus Passes

You can find guidance notes and eligibility of travel passes with this link  
[TfW - Your Concessionary Travel Card](#)

The links to apply for a first bus pass, if you haven't applied previously are below

**Newport:** <https://www.newport.gov.uk/en/Care-Support/Disabilities/Disabled-persons-travel-pass.aspx>

**Blaenau Gwent:** <https://www.blaenau-gwent.gov.uk/en/resident/health-wellbeing-social-care/getting-the-help-you-need/disabilities/disabled-persons-bus-pass/>

**Torfaen:** <https://www.torfaen.gov.uk/en/RoadsTravelParking/PublicTransport/Concessionary-Travel-Pass/Concessionary-Travel-Pass.aspx>

**Monmouthshire:** <https://www.monmouthshire.gov.uk/?s=bus+pass>

**Caerphilly:** <https://www.caerphilly.gov.uk/services/transport-and-parking/bus-pass-for-over-60s>



### 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.

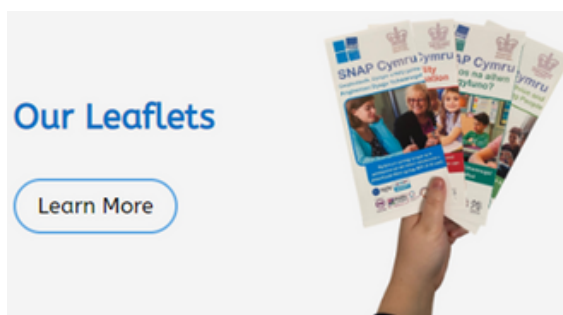
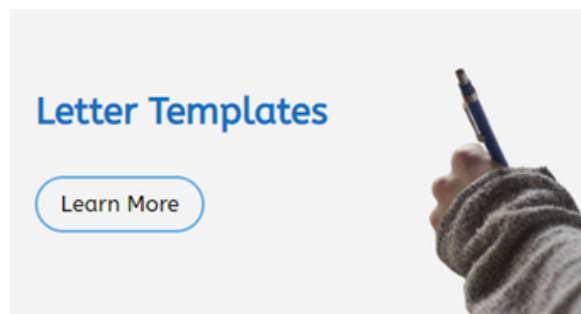
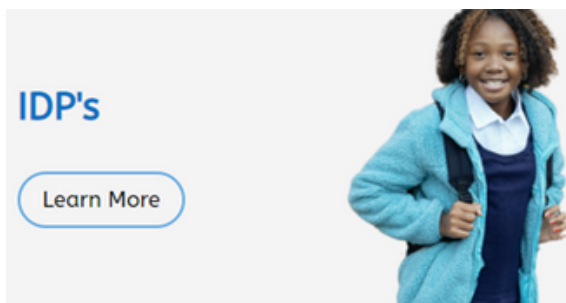
### Contact information

Talk to someone on 0808 801 0608

Email on: [gwent@snapcymru.org](mailto:gwent@snapcymru.org)

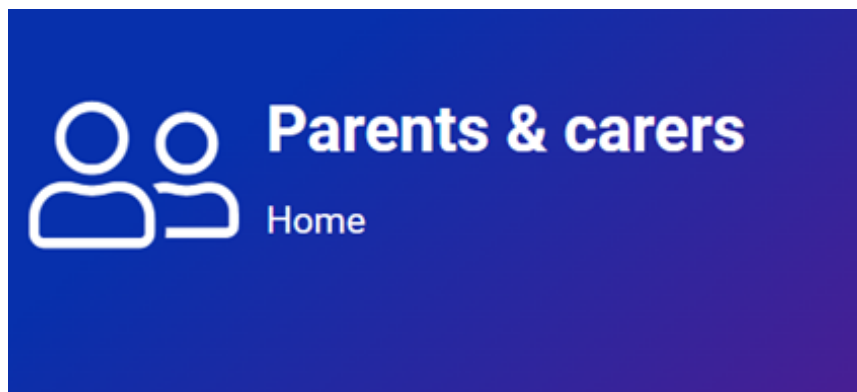
Visit their website at: [www.snapcymru.org](http://www.snapcymru.org) or

[Get Information - Snap Cymru](#)





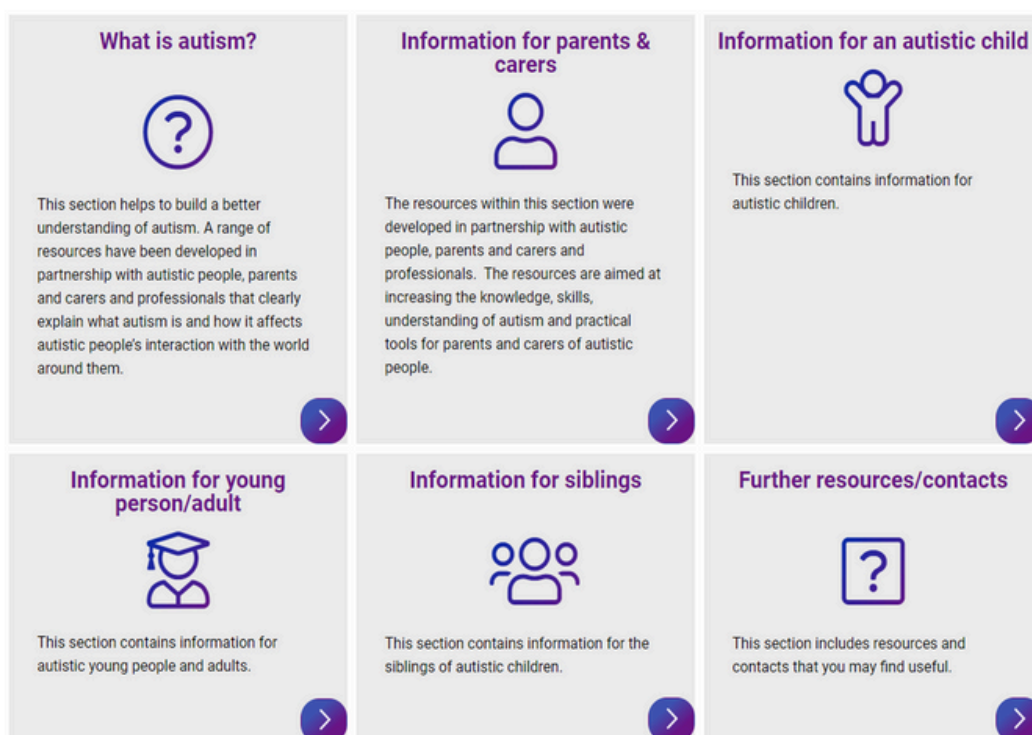
## Parent and Carer Section on AutismWales.org



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](#)







## Strategies for Hair Cuts


Haircuts can be really challenging for children with sensory difficulties, not only can the scalp be a really sensitive area to touch but there can also be many other sensory challenges, e.g. the smell of hair products, the sound of the scissors and clippers, the feel of the cut hair on the skin etc.

In addition to this, the hair cut is happening behind them, which makes it more difficult for your child to understand what is happening as they can't see it! Below are some specific strategies that could help make this task a little easier for your child to tolerate.



SCAN ME

### Preparing for the Haircut

- Prepare your child for visiting the hair dresser, by reading them a social story, this will help them to understand what will happen when you go there. There are some great examples online, e.g. scan this QR code for you tube video.
  - If you're going to the salon for the first time, go there first for a visit and ask if you can meet your hairdresser.
  - Find a hair dresser that specialises in cutting hair for children with sensory difficulties, some salons have ASD friendly sessions, which are normally a lot quieter and the staff are trained to be more flexible in their approach (see list below and look for salons with an Autism Barbers Assemble sticker in their window).
  - If going to a salon is too distressing, try a mobile hairdresser who will cut your child's hair in your own home, where your child will be more comfortable.
  - Let your child's hair dresser know if they are feeling anxious or have sensory difficulties, help the hairdresser to understand what strategies will help your child.
  - Ask your hairdresser if they can show your child the tools they are going to use beforehand so they know what to expect.
  - Encourage your child to wear clothes that can be easily removed straight after a haircut (e.g. zip up top or shirt), the tiny remnants of hair that come off during a haircut can feel really uncomfortable. Remember to also take a clean top!
- 



## Strategies for Hair Cuts

### During the haircut

- Bring your own hair dressing cape if needed, this could be a familiar towel from home secured with a safety pin or peg.
- Try some deep pressure to the scalp, neck and shoulders before the haircut starts, this can reduce the sensitivity response on the skin.
- If your child can't tolerate tipping their head back to have it washed, ask the hairdresser if they can lean forward over the basin or use a water spray instead.
- If your child is having their hair washed you could take your own sud free or scent-free shampoo.
- Try a vibrating shampoo brush to massage and dampen down the senses before cutting.
- If your hair dresser doesn't mind, let your child sit on your lap whilst they are having their hair cut.
- If your child uses a weighted lap pad or shoulder pad, use it during the hair cut for additional calming sensory input.
- Use visuals during the haircut, this will help your child to understand what is going to happen and that there is an end to the activity. E.g. sit in chair, cape on, comb hair, spray/wet hair, buzzing clippers/scissors, hair dryer, cape off, all done.
- If the noise of the scissors or clippers causes distress, there are some quiet clippers available or alternatively block out the sound with some silicone ear plugs or headphones with your child's favourite music.
- Bring your child's favourite hand held toy to the chair, this will help to keep them occupied or distracted.



# ASD Friendly Salons



## Jim the Trim

Founder of Autism Barbers Assemble, based in Swansea, arranges pop-up hair cutting days locally especially for children with ASD.

Join the Autism Barbers Assemble Facebook group for more details

<https://www.facebook.com/Autismbarbersassemble/>

07854 542364



## Wicked Hair Studio,

1A Cyril Street, Newport, NP19 0DP

07730 106713



## Ben's Barbers,

12 High Street, Newbridge, Newport. NP11 4HG

01495 245146



## Capello Barbers (Pontcanna),

1 Pontcanna Street, Pontcanna, Cardiff, CF11 9HQ

029 2022 8644



## Kutz n Kurlz

<https://www.kutznkurlz.co.uk/>

Abertillery 01495 320256, Brynmawr 01495 312600.



## Spirit

If you contact Spirit hairdressers in Ystrad Mynach

by emailing [janine@spirithairteam.co.uk](mailto:janine@spirithairteam.co.uk) and give your child's age,

some information on their additional needs and what you want/need doing.

The team will offer you an appointment to meet your needs



## Spirit Hair Team,

3 Commercial Street, Ystrad Mynach, CF82 7DU.

01443 815066 / [info@spirithairteam.co.uk](mailto:info@spirithairteam.co.uk)



## Funky Little Chickens,

A1 Lakeview Business Park, Lamby Way, Rumney, Cardiff, CF3 2EQ

029 2036 0070 / <https://www.funkylittlechickens.co.uk/index.html>



## Capello Barbers (Cathays),

4 Whitchurch Road, Cathays, Cardiff, Cf14 3LW

029 2034 4601 / [info@capellobarbers.co.uk](mailto:info@capellobarbers.co.uk)



## Dolly Daydream Hair & Beauty

07850 679673 / [dollydaydreamhair@gmail.com](mailto:dollydaydreamhair@gmail.com)



## Lucy Hockey Hair Studio Abergavenny

Tel: 01873 859 300 [info@lucyhockey.com](mailto:info@lucyhockey.com),

Hereford Road, Mardy, Abergavenny, NP7 6LE

## Follow us on our social media channels!

Facebook & Instagram @sparkleappealofficial

Twitter @sparkleappeal

[www.sparkleappeal.org](http://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.

<p><b>Blaenau Gwent, North Torfaen and North Monmouthshire</b></p>  <p><b>Sarah, our Family Liaison Officer based in Nevill Hall Children's Centre can be contacted on:</b></p> <p>☎ 01873 732712 ✉ <a href="mailto:abb.FamilyLiaisonNorth@wales.nhs.uk">abb.FamilyLiaisonNorth@wales.nhs.uk</a> 📍 Brecon Road, Abergavenny NP7 7EG</p>	<p><b>Caerphilly County Borough</b></p>  <p><b>Lisa, our Family Liaison Officer based in Caerphilly Children's Centre can be contacted on:</b></p> <p>☎ 029 20867447 ✉ <a href="mailto:abb.familyliaisonwest@wales.nhs.uk">abb.familyliaisonwest@wales.nhs.uk</a> 📍 Heol Las, Cwrt Llanfabon, Energlyn, Caerphilly CF83 2WP <b>Parent Rep Details</b> Jeni - <a href="mailto:sparklerepwest@gmail.com">sparklerepwest@gmail.com</a></p>
<p><b>Newport, South Torfaen and South Monmouthshire</b></p>   <p><b>Jayne and Sarah, our Family Liaison Officers based in Serennu Children's Centre can be contacted on:</b></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 <b>Parent Rep Details</b> Jo - <a href="mailto:sparkleparentrepjo@gmail.com">sparkleparentrepjo@gmail.com</a> Nicol - <a href="mailto:sparklerepnico@gmail.com">sparklerepnico@gmail.com</a></p>	