



Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



2023-  
2024



BACK TO  
SCHOOL!

Back to  
School

Helpful Information



# Uniform

Adapted Uniform from M&S

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



## Kids Easy Dressing

M&S  
EST. 1884

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.



### EASY DRESSING LEGGINGS



# Uniform



## 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.

Asda Easy Wear Uniform

[Easy On Easy Wear | School | George at ASDA](#)



Mock button fastening waist to hem



Easy On Easy Wear. School Uniform that helps with independent dressing and is sensory kind for extra comfort.

# 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 - friendlyshoes.co.uk](http://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.

[Seamless Socks for Kids | Kids' Seamless Socks | SOCKSHOP](#)





# Uniform

## Uniform Specialists

Pretty Miss – 7-9 the arcade,  
Cwmbran NP44 1PQ 01633  
484408 [prettymiss@btconnect.com](mailto:prettymiss@btconnect.com)

[Home \(kidsschoolkits.co.uk\)](http://kidsschoolkits.co.uk)

Reflex Embroidery - Unit I/Crown  
Business Pk, Tredegar NP22  
4EF 01495 725777

[Online Store | Reflex Embroidery](#)



## 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.

# Uniform

Uniform Specialists

**Ruck Um Maul Sports**

North Pontypool Industrial Park,  
Pontnewydd,

Pontypool

NP4 6PB

Tel: Email [ruckummaul08@gmail.com](mailto:ruckummaul08@gmail.com)

Phone: 01495 769467 07740 970099



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.



# Shoe Shopping

Clarks Abergavenny - 01873 858948  
[Clarks Abergavenny | ABERGAVENNY](#)

Clarks Cwmbran - 01633 483472  
[Clarks Cwmbran | CWMBRAN](#)





## Clarks Abergavenny

Offer regular quiet sessions. These normally run before and after store opening times.

The lovely team at Clarks have told me it is best to ring the shop to book an appointment.

## Clarks Cwmbran

Shoe shopping can be overwhelming for some children. If you think a shopping experience without crowds, noise or bright lights would be better, then book a Quiet Time Appointment by calling the store.

# School Supplies Shopping



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



You shop, brands donate to us... it wont 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

Argos

Booking.com

ebay

JOHN LEWIS PARTNERSHIP

M&S  
EST. 1984

Viking

Expedia

AVIVA

Sainsbury's

next

sky

ASOS

vodafone

Boots

Boden

Currys PCWorlds

go.com

**And More...!**



# Children Centre Psychology

They provide up to date and evidence based information that is specific to supporting children and young people with developmental delays or disability using a range of workshops and toolkits

In order to access any of these workshops and toolkits you can email: [ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk) for more information



## Self-Help Toolkits


- Building Your Resilience
  - Separation Anxiety
    - Friendship
- My Book of Calm (for children & young people)
  - Promoting Sleep in Children
  - Supporting Anxious Children
  - Supporting Your Child's Transitions
- Understanding and Managing Behaviours That Challenge



### Building Your Resilience

This toolkit is for parents or carers of a child with additional needs or a developmental disability.


Here are some ideas and strategies **to promote and strengthen your resilience as a caregiver.**



Remember...  
Self-care is important, you can't pour from an empty cup!



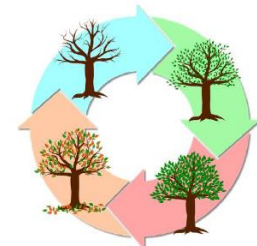
1




### Supporting Your Child's Transitions

This toolkit is for parents or carers of a child with additional needs or a developmental disability.

Here are some strategies **to support your child through times of change.**




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### Friendship

This toolkit is for parents or carers of a child with additional needs or developmental disability.

Here are some ideas and strategies **to help promote and support your child to develop skills important to friendships.**



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# Transition



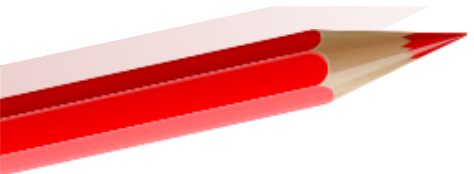
## BBC Bitesize Parents Support Sections.

- Starting Primary School
- Starting Secondary School



### My First Day at School

Create a character and play different activities to help prepare for life at primary school.



### Starting Secondary School



### Jessi's story: Starting secondary school with autism

Jessi had an extraordinary way of dealing with her emotions when she started secondary school.

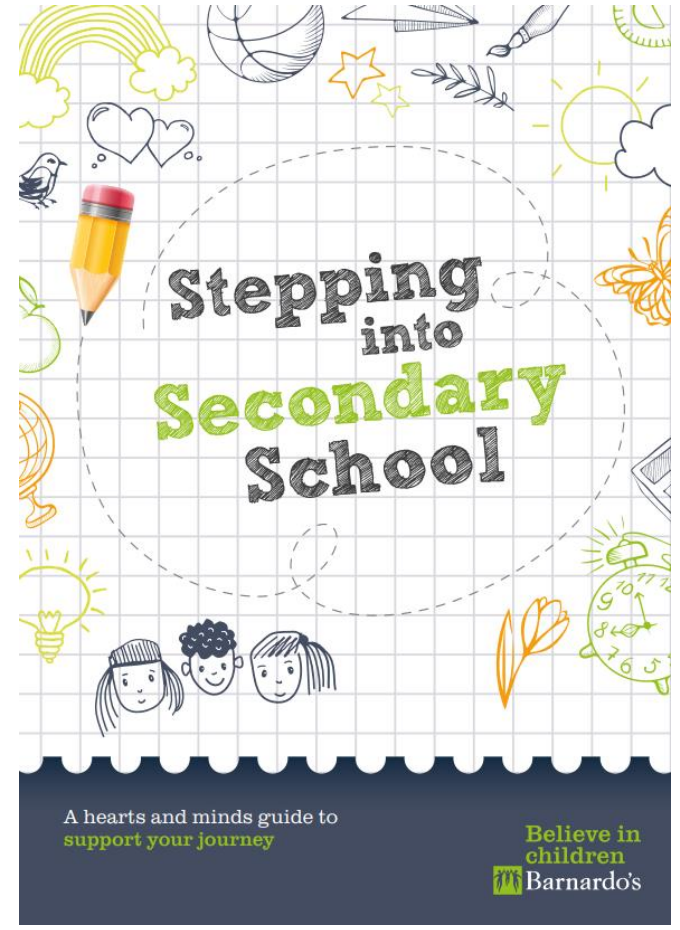
Click on the pictures to take you to more information and videos.

# Barnardo's Back to School Guides

Click the links below to take you to the PDF versions of the guides.

[primary-workbook-loss.pdf \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk/primary-workbook-loss.pdf)

[barnardo s y6 transition guide - stepping into secondary school final version.pdf \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk/barnardo_s_y6_transition_guide_-_stepping_into_secondary_school_final_version.pdf)





# 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](#)



## 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.



[Transition Support - Coleg Gwent](#)



# Transition



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.

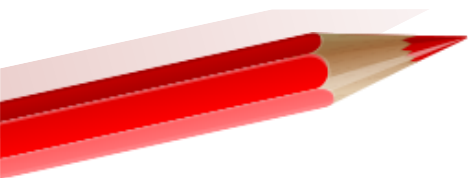
Check out the podcast here: [Episode 1: University, Autism & You | Student Hub | Cardiff University Outreach \(cardiffoutreach.education\)](#)

## About the Podcast

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.



UNIVERSITY  
**AUTISM**  
— AND —  
**YOU**



# SNAP Cymru



## 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.

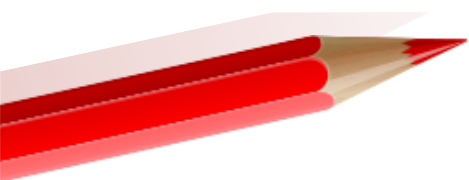
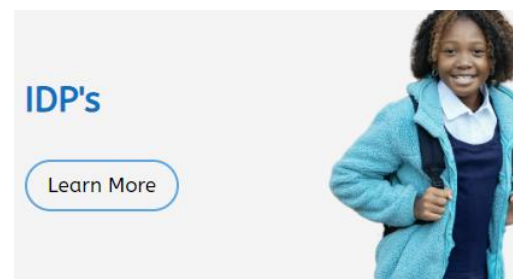
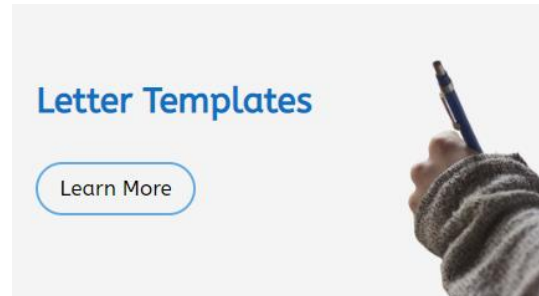
## Contact information

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](#)



# 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.

We are also recommending passengers who are exempt from wearing a facemask to use the Orange Wallet scheme with the 'Face Covering Exemption' inserts.



## Orange Wallet Collection Points

### Blaenau Gwent

- NAS branch,
- local libraries

### Monmouthshire

- Abergavenny One Stop Shop – Market Hall Cross Street, Abergavenny NP7 5HD
- Usk Community Hub – 35 Maryport Street, Usk, Monmouthshire NP15 1AE
- Monmouth Community Hub – Rolls Hall, Whitecross Street, Monmouth NP25 3BY
- Chepstow Community Hub – Manor Way, Chepstow NP16 5HZ
- Caldicot Community Hub – Woodstock Way, Caldicot, NP26 5DB

### Torfaen

- Customer Care Centres, the Civic Centre,
- Cwmbran Library
- World Heritage Centre, Blaenavon;
- Pontypool library,
- Social work teams,
- Community connectors,
- Day opportunities and from the social prescriber.

## 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 emailing [ASDinfo@WLGA.gov.uk](mailto:ASDinfo@WLGA.gov.uk) with your name and postal address

For more information visit the websites below

[Orange Wallet scheme | TfW](#)

[Orange wallet - Awtistiaeth Cymru | Autism Wales | National Autism Team](#)

# Hair Cuts



**Dolly Daydream Hair & Beauty** [dollydaydreamhair@gmail.com](mailto:dollydaydreamhair@gmail.com)

07850 679673 Cwmbran

Give Vicky a call at the salon and she will chat you through the process of booking.

Vicky sent me this information

*“before now I have had parents come into the salon for a quick chat and look about to see if the shop suits their child's needs. If there is any special requirements, I need in place they can let me know over the phone. Alternatively they can bring the child in to the salon if they would like to meet me and we can have a chat. The child can look around as some kids are really nervous when having a hair cut.*



*Dolly Daydream*  
Hair & Beauty



**Kutz n Kurlz** [Kutz N Kurlz Hair and Beauty Award Winning Salon Brynmawr Abertillery](#)

Abertillery 01495 320256, Brynmawr 01495 312600.

Steph and her team are all equipped to cut the hair of a child with additional needs. When I spoke to Steph who owns the salon, she was very helpful and passionate about providing support for families with children with additional needs. Steph's advise was to give the salon a call to book an appointment and let them know what the child's needs are, so they can prepare and support in the best possible way.



Kutz  
n  
Kurlz



# Hair Cuts

Lucy Hockey Hair Studio Abergavenny

[Lucy Hockey Hair Studio Salon in Abergavenny Monmouthshire](#)

Tel: 01873 859 300 [info@lucyhockey.com](mailto:info@lucyhockey.com) , Lucy Hockey Hair Studio, Hereford Road, Mardy, Abergavenny, NP7 6LE

*Lucy Hockey*



Call Lucy at the Salon to book an appointment for your child. Lucy has always tried to accommodate all children at a time that suits them or their parents, she is happy to do quiet times for you and has also opened the salon just for families in the past

## ASD Hair team @ Spirt Hair Team: ASD Sundays

Bookings for this will be taken via email only. Payment of £20 per session will be required in advance, as our sessions are run by volunteers all monies will be donated to a nominated charity. The Square, 3 Commercial St, Ystrad Mynach, Hengoed CF82 7DU

For more information email:

[Janine@spirithairteam.co.uk](mailto:Janine@spirithairteam.co.uk)



### Occupational Therapy Advice for Hair Cutting

Whether it be a hair cut in the house or a hair-cut at a salon, it is important to prepare your child for the task.

Think about the time of day you pick, for example after school may not be a good idea because they may be tired from school and need to burn off some energy or have downtime after concentrating for the day. Also a time when you're not too rushed in case you need to take breaks.

When discussing the routine of having a haircut, if the word cut is a real trigger for your child, then avoid using this terminology and maybe try talking about getting hair tidied up, or smartened up or getting their hair done. This can help reduce the fear and encourage them to be more accepting of the task.

Talk them through the routine before-hand, use social stories (examples of these are available on [www.andnextcomes1.com](http://www.andnextcomes1.com), even has a video which you can watch together.) Use photos, pictures, to discuss what happens first, next and then etc. If going to a salon then this is even more important, so that they know what the venue looks like on arrival, what is involved, what will they have to do. Photos of the reception area, the waiting room, the hairdresser chair, will all help to familiarise them, along with the smells and the sounds to expect.



Get them familiar with the tools, comb, scissors, clippers, gown, towel etc. in order to reduce some anxiety.

De-sensitisation is a good technique, hearing the clippers just switched on to begin with can help to introduce the tool without the sensation and the sound together, which can be overwhelming. Calm clippers or noise reducing clippers can be good for these situation, a variety are available online.

To block out sounds if your child still gets very distressed then using earplugs can help, as these won't interfere with the haircut. Also allowing your child to wear headphones can be good for distracting and using an iPad or tablet, at the same time as having their hair cut can help to take their mind off what's going, on can relax them too. There are even noise cancelling headphones that block out background noise very well.

If cutting your child's hair yourself, try using a gown or cape that's full length so will catch any hair that falls, or stop it falling on to your child's skin, as this sensation alone can be distressing for some children. Also planning a haircut and then getting them to shower or bath after so they can get rid of any loose hair off them, if this is something they enjoy and don't find stressful in itself. Dusting off hair frequently through the task can help with this too, using a soft towel instead of a brush might also work.

Talk through what you are doing for example, if cutting around the ears or the nape of the neck that tell them "Mum is just going to be using the comb by your ears now" and then use other cues such as "one last stroke" or "nearly done".

If you have asked them to put their head down or sit still, then reassure them they are doing well and keep reiterating "well done for sitting so still" or "good job at keeping your head down".

A visual timer will be helpful to give them an idea of when the task will be over, this can make the task a bit more bearable for your child.



Counting down or counting to 10 when they are having a bit done that they are finding distressing will help to keep them calm and make them feel as if they have a bit of control over the task.

Using an incentive or reward for after the task. Tell them before hand, if they can be brave and have their hair done they get to play their favourite game, eat their favourite snack, buy a favourite toy, whatever it is you decide, this may help them ease stress and have something to look forward to.

When you successfully complete your first routine of the task maybe try taking photos at different stages through the task, hopefully ending with a smiling photo, after the haircut, this will be a good reminder for the next time you have to introduce the task, and if they can see themselves happy and not distressed in a photo this can be good motivation and encouragement for the next time. It is important to regularly schedule haircuts in, so that it becomes a more regular task, and they will hopefully become less fearful and distressed by it.

# CEA Card



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

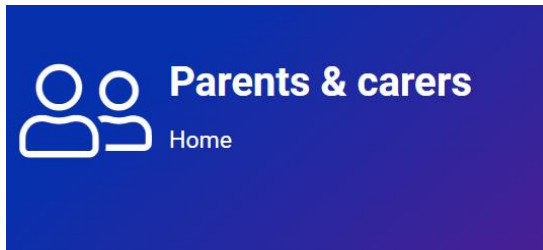
The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.



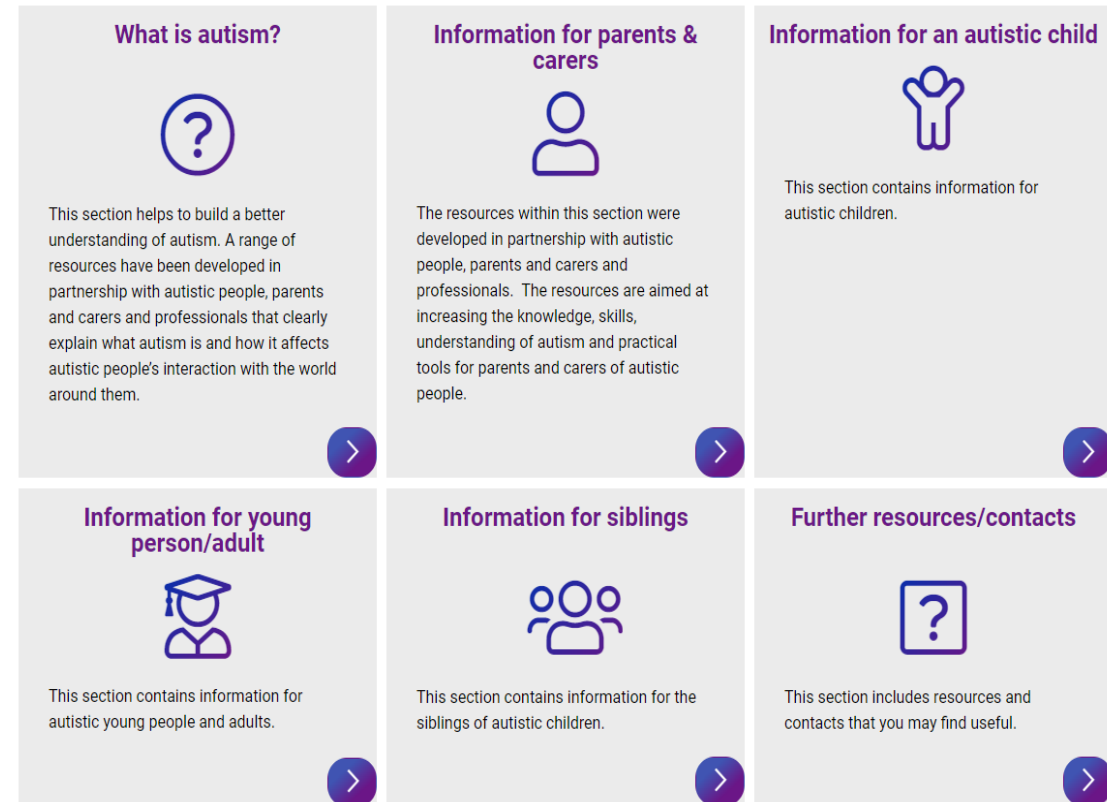
[Apply or Renew - CEA Card](#)







## 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](#)



<h3>What is autism?</h3>  <p>This section helps to build a better understanding of autism. A range of resources have been developed in partnership with autistic people, parents and carers and professionals that clearly explain what autism is and how it affects autistic people's interaction with the world around them.</p>	<h3>Information for parents &amp; carers</h3>  <p>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.</p>	<h3>Information for an autistic child</h3>  <p>This section contains information for autistic children.</p>
<h3>Information for young person/adult</h3>  <p>This section contains information for autistic young people and adults.</p>	<h3>Information for siblings</h3>  <p>This section contains information for the siblings of autistic children.</p>	<h3>Further resources/contacts</h3>  <p>This section includes resources and contacts that you may find useful.</p>