

News from Serennu

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Happy Retirement

After 29 years of working for the NHS, Janet Kelly who was ABUHB Head of Occupational Therapy and Integrated Children Services Manager, has recently retired. Janet's dedication to supporting and enabling children and young people with additional needs to achieve their potential has never tired. She has shown endless commitment to positive improvement across the three children centres and she has led the development of both the OT service and more recently, the development of the ISCAN service.

You may still see Janet occasionally at the children centres as she has been welcomed as a trustee with Sparkle where we are sure she will continue her good work. It is obvious, but important, to acknowledge

that Janet will be greatly missed by all her colleagues and friends from OT, ISCAN, children centres and beyond.

We would like to take this opportunity to say a huge 'THANK YOU' to Janet for her inspiration, guidance and tireless commitment to improving the lives of the children, young people and families who are supported by our services.

From all the staff at Serennu Children's Centre, we wish Janet the very best in her retirement.



Hello Everyone!

My name is Helen Pembridge and I am the Children Centre Team Lead based at Serennu Children's Centre. I am also the Centre Team Lead at Nevill Hall and Caerphilly Children's Centres.

I was appointed into role in August 2019 so I have been in post for almost a year! Time flies when you are having fun! I manage the administration staff across all 3 children centres and supervise the Family Liaison Officers. I have learnt so much over the past twelve months, for example getting to know the services and staff within the centres, supporting Sparkle with events and parties and learning a lot about maintenance of buildings. I didn't realise how much work goes into ensuring a pool is a safe and a fun place for children and young people to swim! The best part of my job though is meeting the children, young people and families who visit our centre every day. Unfortunately, due to COVID-19, I have seen less families visit the centre recently, however I hear from our Family Liaison Officers that the children and young people have been doing extremely well in trying to keep themselves occupied over these last few months. I am looking forward to starting my second year in post as Children Centre Team Lead and I will be thrilled when I once again start seeing families back at Serennu, hopefully that will be very soon. If I can be of any assistance regarding our Children's Centres, please do not hesitate to telephone 01633 748000.

Meet the Staff



If you would like to be kept up to date with activities, events, forums and support groups being held at Serennu and in the local area please email or call: Family.liaison.ABB@wales.nhs.uk or 01633 748013 to be included on the mailing list.

Sign of the Month



Tissue

©Signalong

Working parallel flat hand (palm out, pointing up) in front of nose pulls forward/down, thumb and fingers closing.

For more signs, information and resources, please see www.signalong.org.uk or talk to your Speech and Language Therapist.

Support from Helping Hands service

We are living in uncertain times at the moment and Covid-19 will be having an impact upon all of us in different ways. With schools starting back in September, transition is a concern for many families so the ABUHB Helping Hands Psychology Service have produced various resources to support families with their concerns. Documents include 're-engaging with life after lockdown', 'transition' and 'resilience' toolkits and 'planning for a return to school'. These documents are available to request from the Helping Hands team or your Family Liaison Officer on 01633 748013 or family.liaison.abb@wales.nhs.uk. Helping Hands Psychologists also offer an Emotional Support Telephone Helpline for parents/carers to have an opportunity to talk through worries and concerns they may have. They are a friendly, approachable team who will listen and offer emotional support. This service is available to any family accessing one of the three local children centres and you are to contact them for a chat on the details shown below. The Family Liaison Service is also still available offering assistance and information. Please do not hesitate to contact them if you think they could help.

	Opening Times:	Psychologist:	Contact Number:
Monday	12.30 - 15.30	Jennifer McElwee	07816452601
Wednesday	12.30 - 15.30	Rebekah Sutherland	07817082148
Friday	9.30 - 12.30	Charlotte Montgomery	07583102668

During July, in line with Welsh Government guidelines, Sparkle reintroduced some activity sessions at Serennu. Things do look a little bit different to how it used to be, but everyone has adapted well and it is wonderful having the children and young people back at the centre, plus they looked like they were having such great fun!



We have also recently been allowed to reopen the outside playground at our centre and that decision has been welcomed by families. This means the whole garden area at Serennu, including the multi use gym area (muga), the playground and the sensory garden, are now available to be accessed and enjoyed. If you plan to visit our outside area please do remember to always observe social distance guidelines and to use hand sanitizer before and after use. For your convenience and safety, hand sanitizers have been placed at each entrance to the playground and muga.



Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board