

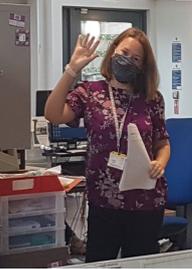
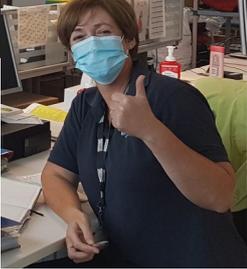
News from Serennu

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HELLO!

All Serennu Children's Centre staff, either still working at the centre or currently working remotely, send a big hello and our very best wishes to you all. We are looking forward to when we can welcome families and invited guests back to Serennu for face to face appointments because we really miss seeing everybody at the centre. Our staff wanted to send their cheery waves and thumbs up and we promise there are many smiles behind the masks. Please take care everyone, stay safe, happy and healthy.



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



Soap

©Signalong

Mime appropriate washing action; use appropriate action and handshape.

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

The Occupational Therapists at Serennu have kindly shared this poster to offer 'top tips' for shoe lace tying. Laces are often difficult to master but hopefully this information will make things a little easier for small fingers.

Thank you to the O.T. teams at both Serennu and Nevill Hall Children's Centres for sharing this with us.

Trouble tying your shoe laces?



Put two different colour laces in each shoe, this will make it easier to tell each lace apart when practising.

If there is one part of the process that you find more tricky – practice **just that bit** over and over until you get it!

The more you practice the better you will get! **5-10 minutes every day** will get you there in no time!



Here are some top tips to help you master this fiddly skill!

Extra long, flat laces are best for practising with!

Practice with the shoe on the table in front of you first before practising with the shoe on your foot



Practice tying bows with bigger laces – like those on an apron



Have you noticed the BIG advertising screen that is on the side of the NICHE building by the Brynglas tunnels? If you have, maybe you have seen the Sparkle advert featuring Cerys who is a young lady who attends our Monday night Youth Club at Serennu Centre. Niche have very kindly agreed to show the Sparkle advert and they tell us that it is currently on a 1 in 12 loop, which means it appears for 10 seconds every 2 minutes. According to Department for Transport figures, this means it will be seen by nearly 10,000 vehicles every day. This is fantastic news to raise the profile of Sparkle, and we would like to say a massive thank you to everybody at Niche for their support. If you are driving along the motorway by the Brynglas Tunnels, and if it is safe to do so, look out for Cerys on the big screen.



A Big Welcome



Hello! I'm Abbie Clifford and I am the new ISCAN Co-ordinator for the South, based at Serennu Children's Centre. I am not completely new, as I have just moved from my role as ISCAN Co-ordinator at Nevill Hall, however a lot of things I am still learning! I have been in post since December 2019 and the time has gone so quickly! I really enjoy working within the Centres and at ISCAN we hold a panel to discuss the appropriate services that individuals may need. I love knowing that the work we do within ISCAN can help so many children, young people and their families with the opportunity to access therapies and support in order to be able to reach their full potential. I have two Administrators who are both brilliant, very knowledgeable and we are all happy to answer any questions or queries! It has been great getting to know new colleagues here at Serennu and being able to see some families who are now returning to the centre after the whirlwind that has been the past few months! If you'd like to pop your head in to say hello, or if you have any questions about ISCAN or would like to know more about our service, you will find me in the Administration office at Serennu or on ISCANSectorSouth.ABB@wales.nhs.uk.



Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board