

## News from Caerphilly Children's Centre

October 2022



During September the finalists were chosen for the South Wales Health and Care Awards 2022 and Sparkle had three nominations at this year's event.

The Awards, run by the South Wales Argus and its sister publications were back for the sixth year and the finalists included front line and behind the scenes workers as well as organisations including Sparkle, St Johns Ambulance and The Grange emergency department. There were 15 categories in 2022 awards and following nominations from the public the finalists were confirmed with both Sparkle founder Dr Sabine Maguire and MediCinema's Megan Jones nominated in the "Volunteer Of The Year" category. While Sparkle itself earned a place amongst the "Health Charity Of The Year!"

Held in association with the University of South Wales, the winners were announced at a ceremony held at Rougemont School, Newport on Thursday 29th September. Gavin Thompson editor of the South Wales Argus said: "Congratulations to all our finalists. We had some phenomenal entries to this year's awards, which is not surprising considering the challenges our health and care professionals overcome every day. They are everyday heroes and I'm pleased that we are able to celebrate just a few of them in these awards."

For our mission of #HelpingSpecialChildrenShine, to be recognised as part of excellence in health in Gwent is an honour in itself and the Sparkle team couldn't be prouder to announce that Megan Jones was awarded Volunteer of the year. From all of us at Sparkle and the Children's Centre's, congratulations Megan!



A big thank you to Cartridge World in Bridgend who are the new sponsors of Caerphilly Children's Centre Newsletter.

Thanks to Cartridge World printing our Newsletters they are now available to pick up from the waiting area and the parents room.



A big hello and a warm welcome to Armanda Rees-Vanwolferen. Armanda is the new Team Lead for the Physiotherapy Team based at the centre.

Armanda has joined the team from Serennu Children's Centre.



## Sign of the month Autumn



As in: Autumn

Working open hand (palm down, pointing forward/in) moves down to working side from fingertips of supporting flat hand (palm in, pointing up) with fluttering motion.

Diagram and description from Signalong

## Parents & Carers Virtual Workshops Programme—Helping Hands

These interactive group workshops are open to parents and carers of children with additional needs and professionals working in the Children's Centres across Gwent. The workshops will take place online via a video-call

### Introduction to Sleep

Wednesday 26<sup>th</sup> October 2022  
10am-12noon

We will share ideas about how to manage common sleep difficulties in children and young people

Book by Friday 21<sup>st</sup> October

To book a place on these workshops, please email [ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk) with:

- Name of the workshop, your name, your relationship to the child and your email address.

Spaces are limited so booking is on a first come, first served basis.

### Parent/ carer coffee morning

Saturday 15<sup>th</sup> October we will be holding the parent/ carer coffee morning between 9:45am—11:15am. Why not come along and have a chat and meet other parents.

If you would like to attend please email me as spaces are limited [lisa.george2@wales.nhs.uk](mailto:lisa.george2@wales.nhs.uk)

The Coffee Morning will be held at Caerphilly Children's Centre.

**Tea, coffee, milk, sugar and biscuits will be provided!**

See you there!



### SNAP Cymru Drop in session



SNAP are holding Drop in Sessions at Caerphilly Children's Centre. SNAP are offering impartial advice on educational concerns empowering parents to advocate for their child.

The next Drop in will be held Wednesday 12<sup>th</sup> October between 1pm—3pm Where? Caerphilly Children's Centre (CF83 2WP)

\*Due to a high demand on the sessions, appointments must be made via Lisa George : 02920 867447\*

For more information about SNAP Cymru, visit our website [www.snapcymru.org](http://www.snapcymru.org)

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If you would like to be kept up to date weekly with activities, events, forums and support groups being held at the Children's Centre and in the local area please contact our Family Liaison Officer Lisa George by email: [lisa.george2@wales.nhs.uk](mailto:lisa.george2@wales.nhs.uk) or call 02920 867447 to be included on our mailing list

### Caerphilly Children's Centre, Cwrt Llanfabon, Energlyn, Caerphilly, CF83 2WP

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