

Weekly Bulletin 21/04/2021

Happy Thursday Everyone,

Virtual Coffee Mornings




I have set the dates for the next two coffee mornings

Wednesday 12th May @ 10am

Wednesday 23rd June @ 10am - a representative from Occupation Therapy will be attending. If you have any question for them please let me know and I can pass them on.

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<p>Blaenau Gwent, North Torfaen and North Monmouthshire</p>  <p>Sarah, our Family Liaison Officer based in Nevill Hall Children's Centre can be contacted on:</p> <p>01873 732712 ABB.FamilyLiaisonNorth@wales.nhs.uk Brecon Rd, Abergavenny NP7 7EG</p>	<p>Caerphilly County Borough</p>  <p>Lisa, our Family Liaison Officer based in Caerphilly Children's Centre can be contacted on:</p> <p>029 20867447 Lisa.George2@wales.nhs.uk Heol Las, Cwrt Llanfabon, Energlyn, Caerphilly CF83 2WP</p>
<p>Newport, South Torfaen and South Monmouthshire</p>  <p>Jayne & Melissa, our Family Liaison Officers based in Serennu Children's Centre can be contacted on:</p> <p>01633 748013 family.liaison.ABB@wales.nhs.uk Cwrt Camlas, Rogerstone, Newport NP10 9LY</p>	

Awareness days in April

- ★ 2nd – Good Friday
- ★ 2nd – World Autism Awareness Day
- ★ 29th March – 4th April Autism Awareness Week
- ★ 4th – Easter Sunday
- ★ 5th – Easter Monday
- ★ 10th – National Sibling Day
- ★ 20th – 25th Multiple Sclerosis Awareness Week
- ★ 23rd – St. George's Day
- ★ 25th – World Penguin Day 2021
- ★ 26th – The London Marathon 2021
- ★ 26th – National DNA Day
- ★ 27th – 2nd May National Gardening Week



Sparkle Little Stars

Little Stars is a stay and play parent / carer session for children aged 0-4 years. The Little Stars group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty.

In Little Stars families can:

- ★ Have fun with their child, using a range of toys to meet their individual needs
- ★ Meet other parents/carers whose children have similar needs
- ★ Receive informal support from other parents / carers
- ★ Have the opportunity to be sign-posted to additional Sparkle support services

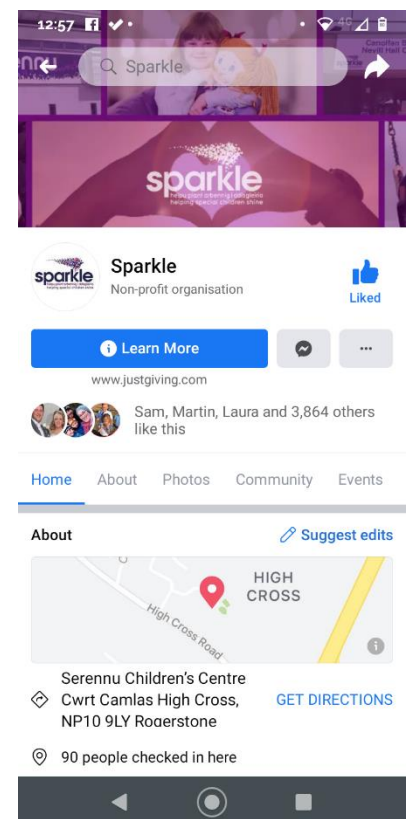
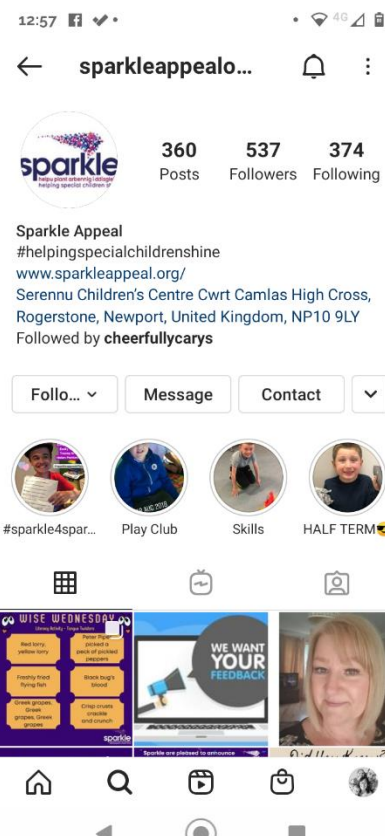
Sessions are Friday's at Nevill Hall Children's Centre 10.30am - 12.00pm

For further information please contact myself - Sarah 01873 732712 or Sarah.Painter-Sims@wales.nhs.uk

Sparkle Social Media

Social Media Pages:

- ★ Facebook @TheSparkleAppeal
- ★ Twitter @sparkleappeal
- ★ Instagram @sparkleappealofficial





Helping Hands Workshops



Helping Hands Psychology

Spring 2021

Parent, Carer & Professionals Virtual Workshops Programme

These interactive group workshops are open to parents and carers of children with additional needs who are accessing / have accessed support or services at Serennu, Nevill Hall or Caerphilly Children's Centres as well as Children's Centre professionals working with these families. The workshops will take place online via a video-call.

Supporting with Sleep

**Tuesday 16th March 2021,
10am - 12pm**

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

Exploring Behaviours that can Challenge in Children with Additional Needs

**Tuesday 27th April 2021,
10am - 12pm**

We will share the principles behind behaviour support and help you to understand behaviours that can challenge in children with additional needs and consider ways of responding to these.



Supporting Anxious Children

**Tuesday 25th May 2021,
10am - 12pm**

We will share ideas about how to support children and young people with anxiety and worry.



To book a place on these workshops, please email ABB.HelpingHandsTeam@wales.nhs.uk with details of:

Your name, your local Children's Centre, and your relationship to the child or young person with additional needs.

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

If you would like to sign up to our workshop mailing list, please email us on ABB.HelpingHandsTeam@wales.nhs.uk.

We will send you updates about our upcoming workshops and details of how to book yourself a space. You can unsubscribe from our mailing list at any time.



Helping Hands Psychology Service is part of the Child and Family Psychology and Therapies Service.

M & S Clothing Range

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

Kids Easy Dressing

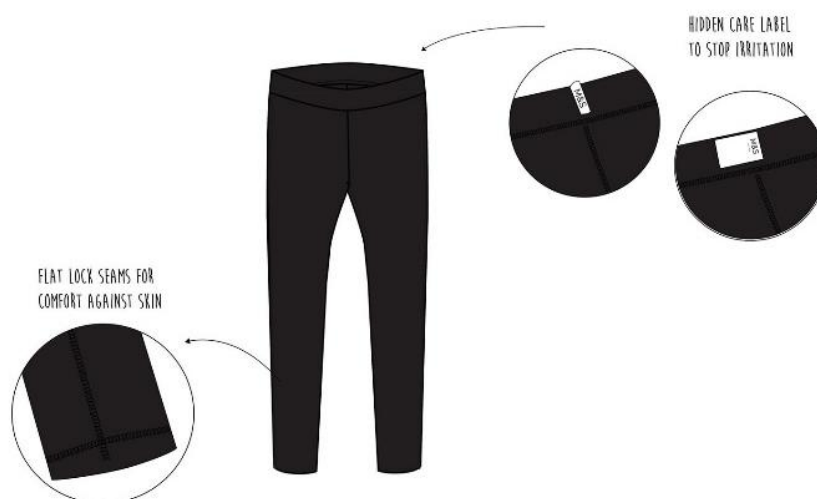
Our specially made Easy Dressing range includes hip dysplasia clothes, feeding tube clothing and zip-up bodysuits. With thoughtfully placed poppers and super-soft materials, our collection is all about comfort. Find sizes starting from newborn, going up to 16 years. There are pretty patterns and a variety of colours on offer, as well as handy multi-packs too

M&S

EST. 1884



EASY DRESSING LEGGINGS





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5 MORE BRAIN-BOOSTING ACTIVITIES FOR BABIES & TODDLERS

**Singing rhymes
with actions**



**Builds hand-eye coordination
& motor skills**

Messy play



**Boosts language by helping
link words to senses**

Cuddle time



**Helps develop connections
between nerve cells**

Pretend play



**Develops problem-solving skills
& sideways thinking**

**Drumming with
pots & pans**



**Boosts ability to recognise the
sound patterns in speech**

Which?

! URGENT ! BABY FOOD RECALL

CHOKING HAZARD

COW & GATE AND APTAMIL ARE RECALLING THE TWO PRODUCTS BELOW



Cow & Gate My First Muesli 10+ months

Pack size: 330g

Best before date: 20 December 2021, 04 January 2022

Sold by: Asda, Tesco



Aptamil Multigrain & Fruit Bircher Muesli 10+ months

Pack size: 275g

Best before date: January 16, 2022

Sold by: Asda, Tesco

**If the packet is affected return for a
full refund. No receipt necessary.**

OFFICIAL ANNOUNCEMENT

Changes to restrictions
April 13th 2021 From 8am

We know it has been a very difficult time for families during the pandemic and are now in a position to make some changes to our visiting restrictions. From 8am on the 13th of April, partners are able to be with you in the hospital on the antenatal and postnatal ward from 8am to 8pm in addition to being with you in the birthing areas for established labour and caesarean.

We do need to ask partners to wear masks, be free of any symptoms of covid, to be tested for covid on arrival and to stay in the room with you at all times. Therefore we recommend that partners bring food, hand sanitiser and a mask. It needs to be one birthing partner only for the whole duration of a stay- no changing/swapping of partner/support person. Partners will be asked to provide contact details.

There are no changes to scans and antenatal appointments at present (currently a partner for the 12 week and 20 week scan only, and for early pregnancy scans and complex fetal medicine appointments where there are concerns with mothers or baby's health).

We hope this update is welcome and appreciate your ongoing understanding during these difficult times.

Aneurin Bevan University Health
Board

Clarks Queen Street Cardiff

Clarks on Queen Street Cardiff are now offering quiet session to help overcome the struggles you may face taking your child to have their feet measured.



**QUIET TIME
FITTING SERVICE**

Designated Quiet Times: 8:00-9:30am & 5:30-6:00pm
Phone Clarks Queen Street Cardiff to book: 02920390619

Let us know how we can help your child have their best ever fitting

Clarks



Martial Arts for children with additional needs

Angus Rogers and Ritchie Wood are running one to one sessions and classes for people with additional needs at the Heads of the Valleys Tang Soo Do Studio as well as offering bespoke onsite programs at residential homes or at educational facilities. They also have the ability to do sessions online either live or prerecorded.

If you click on the image below it will take you to a video that is extremely inspirational, it brought a tear to my eye. Daniel is one of our Sparkle children who attends our North Leisure provisions. I'm so proud of the progress he has made! Amazing Daniel 😊

Daniel's mum has given me permission to share this with you all.

I have attached a document to the email with more information.



Click the image to watch the video



MAGIC COTTAGE HOLIDAY APPLICATIONS

In order to qualify for a Magic Cottage Holiday the child or young person must live in Monmouthshire, Blaenau Gwent, Torfaen or Powys, be under 25 years of age and have an additional need (this can be anything from autism to a chronic or life limiting illness).

We are accepting applications from agencies, parents, guardians and third party referrals). In order to apply, you will need to send an email to Lesley Reynolds, Commercial Manager magicholidayapplications@hotmail.com requesting an application form. Once you receive this form, you will need to print it out, fill it in and attach supporting documentation ie proof of address and additional need and post it to Lesley Reynolds, Top Notch, 12 The High Street, Abergaveny NP7 5RY.

There is no deadline for applications but the earlier you apply the better as the number of available holidays is limited. We look forward to receiving your application soon. NB WE CANNOT ACCEPT APPLICATIONS BY EMAIL





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Raglan Farm Park

ANNOUNCEMENT

Unbelievably, it's been nearly 5 years since we opened to the public and, in that time, we have worked tirelessly to develop the Park with several new play barns, customer facilities and exciting new attractions being added on a yearly basis. This year heralds yet more investment, with a massive new barn and enormous 'soft play' and also more activity areas outside too. Since 2016 we have kept the pricing for entry and concessions therewith unchanged.

Looking to the future, we have plans to build further on this and, with that in mind, we are making modest changes to both our admission prices and structure.

The new admission prices are:

We are open EVERY DAY of the year!

10am 'till 5pm

Please ask at reception about our 'loyalty card' for regular visitors
(after 5 visits your 6th is absolutely FREE!)

Admission Prices

(We accept credit cards)

Adult £7 Child £6

Family (4 or more) £5.50 per person

Senior Citizens (60 and over) £5

Children under 2- FREE

Childminders (PACEY)•• - Half Adult Price

Carers*(**EXCLUDING** foster carers), with ID - FREE



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helping special children shine



Step into Childcare

Commencing from Thursday 6th May 2021
at Coleg Gwent, Lime Avenue, Ebbw Vale. NP23 6GL

FREE CHILDCARE COURSE

Are you looking for a career in childcare but don't have the required qualifications?

Then look no further, Blaenau Gwent Early Years Childcare and Play team are offering the following fully funded course to put you on the path to a career in childcare:

INTRODUCTION INTO CHILDCARE

(Agored Level 2) 9.30am – 2.30pm for 7 weeks.

To book a place and for further information please contact:

Kara Kershaw - Childcare Business Development Officer

Tel: 07975 773966 **E-mail:** kara.kershaw@blaenau-gwent.gov.uk





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Covid-19 Testing Centres

Blaenau Gwent Temporary COVID-19 Test Centres



**21/4/21
& 26/4 - 27/4/21**
09:00 - 17:00

Gwent shopping
centre car park,
Tredegar
NP22 3EU

22/4 - 23/4/21
09:00 - 17:00

Car park rear of
High St,
Blaina High
Street,
Blaina,
NP13 3AF

**24/4/21 -
25/4/21**
09:00 - 17:00

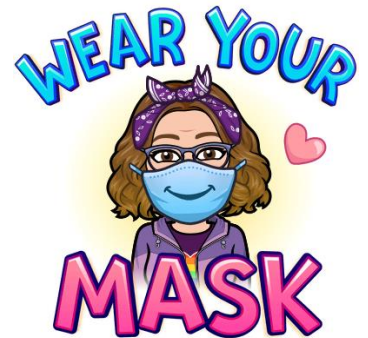
Civic Centre Car
Park, Ebbw Vale
NP23 6XB

Booking required: 119 / gov.wales



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**KEEP YOUR
DISTANCE**

Torfaen Temporary COVID-19 Testing Facilities



Greenmeadow Community Farm NP44 OPR

Open: 9am-5pm until 27/04/21

Booking required - 119 / gov.wales



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Greenmeadow Community Farm

Our Greenmeadow Community Farm consultation closes this Sunday!!

Have your say and help us shape the future of the farm, ensuring it becomes a vibrant and attractive destination for years to come.

Get involved here:

<https://getinvolved.torfaen.gov.uk/communications/futuregmcf-en/?fbclid=IwAR3RwpRbvEX2-cnPuSMCVc5EGfr9kplx88dsvAXu0ktCuC8TqrDb7uu958M>





Ladybird Pizzas

These little cheese, tomato and olive pizzas are delicious hot or cold.



You will need:

- 2 big tomatoes
- 32 black olives
- 200g flour
- 2 teaspoons baking powder
- 1 teaspoon dried herbs
- 1 tablespoon olive oil
- 120ml warm water
- 8 teaspoons passata
- 8 tablespoons grated mozzarella
- 8 mini mozzarella balls
- Extra olive oil for greasing
- A frying pan
- A baking tray
- A large mixing bowl

What to do:

- 1 Preheat the oven to 220°C/Gas Mark 7.
- 2 Cut four big slices from each tomato and halve each slice. Halve the mini mozzarella balls.
- 3 Dip a piece of kitchen paper in a little olive oil and grease the baking tray.
- 4 Put the flour, baking powder and herbs in the large mixing bowl and stir.
- 5 Make a little well in the middle and add the tablespoon of olive oil.
- 6 Pour in the water a little at a time and mix with a spoon until you have a soft dough.
- 7 Use your hands to squash the dough into a ball and knead it for a minute or two.
- 8 Divide the dough into eight balls. Squash each one flat to make eight bases (8–10cm diameter).
- 9 Put the bases on the baking tray. Cover each one with passata and grated mozzarella.
- 10 Cut 16 of the olives in half to be the ladybirds' spots.
- 11 Slice the remaining 16 olives into three slices, then halve each slice. These will be the ladybirds' legs.
- 12 Lay two tomato halves on top as wings and put an olive half on each one so your ladybird has some spots. Add three olive slices on each side as legs.
- 13 Cook for 12–15 minutes.
- 14 Before you serve your ladybirds, give them some eyes! Balance two mini mozzarella halves above the wings and put the remaining olive halves on top.

Tips, Tricks and Twists

Why not try a few different flavours? You could use mushroom slices or sweetcorn to make the ladybird's spots, or a slice of salami instead of tomato for her wings.

You could serve your pizzas on a bed of salad so it looks like your ladybirds are sitting on leaves.



Free Long Covid Management Course

Are you experiencing
the symptoms of Long
Covid?

Know someone who is?

Maybe we can
help....



Muscle Pain
Headache
Sputum
Runny Nose
Cough
Chest Pain
LONG COVID
Red Eyes
Joint Pain
Diarrhoea
Fatigue
Sore Throat
Lack of Appetite
Vertigo
Loss of Taste
Breathless
Anxiety
Loss of Smell

Are you interested in joining a virtual group for a 6 week course?
Learning how to deal with these symptoms?
All from the comfort of your own home?

Forthcoming Virtual Courses:

Long Covid Management Course

Monday 10.30am to 12.00 pm, 20th April — 25th May 2021

Currently all our courses are being delivered virtually, until we can return to community centres.
All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact the EPP Team via epp@gavo.org.uk**



Find us on Facebook to keep up-to-date with new courses etc.
Search: **education programme for patients** or @eppgwent on Twitter





Everyone stay safe, stay healthy and take care

Remember if you need anything please don't hesitate to contact me.

I work Monday – Thursday, and I'm here at the children's centre until 3.30pm on those days.

My email is – Sarah.Painter-Sims@wales.nhs.uk

Phone - 01873 732712

