



Information & Support in Swansea for Parent/carers of disabled children and young people

Swansea Parent/Carers' Forum aims to be a focus for the participation of parent/carers of disabled children & young people in the City and County of Swansea. It offers the opportunity to share information and a point of reference for partnership and local authority consultations on plans offering practical and constructive suggestions for improving service. Membership is open to all parent/carers living in the City & County of Swansea. The following information may be of interest however do contact me if you require further details.

Tel SCVS 01792 544019 Mobile 07538105257 or e-mail sandra_spratt@scvs.org.uk

Swansea Services

Children and Young Peoples Disability and Family Development Officer if you have any queries or issues concerning children and young people with a disability/additional need you can either contact me via e-mail sandra_spratt@scvs.org.uk telephone 01792 544019 / 07538105257

Swansea Forum Parent/Carer Drop In The Forum holds a drop in once a month which provides an informal opportunity for any parent/carer to drop in and meet other parent/carers, to ask questions and exchange information which will be of benefit to each other, or just to chill and have some time for yourself in good company. If you are up for it we can introduce a group walk around the Marina weather permitting following our refreshments for the spring and summer months. Please join us we meet at the **National Waterfront Museum cafe 10.30 to 12**

The dates for 2018- 2019 are :-

April Monday 30 th	May Tuesday 22 nd	June Wednesday 27 th	July Thursday 19 th	September Friday 14 th
October Monday 22 nd	November Tuesday 20 th	January Wednesday 23 rd	February Thursday 21 st	March Friday 22 nd

Additional Learning Needs Educational Tribunal consultation parent/carer group –to inform and monitor introduction of ALNET Bill in Swansea (meets quarterly) at SNAP offices. For dates contact sandra_spratt@scvs.org.uk telephone 01792 544019 / 07538105257


Parent/carer Autism Group Sub group of the Swansea Autism Stakeholder group representing views of parent/carers of children and young people who have a diagnosis of Autism 0 to 25 years age (meets quarterly) For dates contact sandra_spratt@scvs.org.uk telephone 01792 544019 / 07538105257

1 to 1 Childcare Referral Scheme The aim of the One to One Referral Scheme is to ensure that a chosen childcare provider can accommodate the disabled child/young person at no extra cost to themselves or the parent. The scheme is for disabled children and young people aged between 6 months and 16 years. The grant is able to fund a maximum of 5 hours one to one support a week to support a disabled child or young person attending a childcare setting. To qualify, children and young people must be referred by a recognised professional (Community Paediatrician, Health Visitor, SENCO). The scheme will be reviewed in September 2018 however funding will run until 31st March 2019. If you would like to find out more about the One to One Referral Scheme, please contact Sandra Spratt. Tel: 01792 544019 / 07538105257 or Email: sandra_spratt@scvs.org.uk

Swansea Website for parent/carers– this website has been developed in Swansea by professionals and parent/carers to provide information for parent /carers in one website with hyperlinks to local and national information and support. <http://www.swansea.gov.uk/1stopswansea?Lang=eng>

Carers Needs Assessments As a parent/carer you are entitled to an assessment of your own needs, whether or not the person you care for is receiving any social care services. The Carer's Needs Assessment is specifically about your needs and not those of the person you care for. Many carers have a Carer's Needs Assessment at about the same time as the person they care for is getting their needs assessed. But you can ask for a Carer's Needs Assessment at any time, even if the person you care for doesn't want any help from Social Services, or if they are already getting help. Contact **Children's Central Advice, Referral and Assessment Team (CCARAT)** Telephone: 01792 635700 Email: access.information@swansea.gov.uk <https://www.swansea.gov.uk/CarersNeedsAssessment>

Swansea Child Disability Team The Child Disability Team is a specialist team who look after the specific needs of children and young people with disabilities. The team is made up of social workers and family support workers. They work closely with lots of different professionals including; health visitors, health support workers and occupational therapists

More information about who the team works with can be found in our  [Child Disability Team: Eligibility Criteria Policy \(PDF, 261KB\)Opens new window](#) which is based on the Social Model of Disability. For referrals: Children's Central Advice, Referral and Assessment Team - 01792 635700 For informal enquiries: Child Disability Team - 01792 635180 <https://www.swansea.gov.uk/cdt>

Swansea Child Disability Index Every local authority is required by law to maintain a register of children and young people within their area with any disability which has a "marked impact on their daily life". In Swansea this register of disabled children is known as the 'Child Disability Index'. <https://www.swansea.gov.uk/childdisabilityindex>

ABMU Hafan Y Mor Swansea Childrens Development Centre Swansea has a purpose built Children's Centre which is based at Singleton Hospital. With close links to Education and Social Services, they provide an all round community service for children aged 0-19 years with additional needs and their families. <http://www.wales.nhs.uk/sitesplus/863/page/72901>

ABMU Children and Young People's Therapy Services include Occupational Therapy (OT), Physiotherapy and Speech and Language Therapy (SALT). Our services are delivered across the Abertawe Bro Morgannwg University Health Board (ABMU HB), which covers Swansea, Neath Port Talbot (NPT) and Bridgend. Our therapists work in a variety of locations including our Children's Centres, nurseries, schools, colleges, patient's homes, health centres and hospitals. We provide a service for children and young people from birth to their 19th birthday. <http://www.wales.nhs.uk/sitesplus/863/page/69350>

Therapy for Swansea Kids Supporting children who attend Hafan Y Môr through provision of therapeutic equipment and events <https://www.facebook.com/Swanseact/>

Stepping Stones Children's Centre provides services for pre-school children who have an emerging or diagnosed disability. At Stepping Stones, children take part in activities both in a group, and working one-to-one with a project worker. Play workers are also on site to facilitate play and learning opportunities and to be with children between one-to-one sessions. This facility is available to all families in Swansea who are referred by health professionals (since attendance is based on disability), and no other similar facility exists within the area. (May 2018 relocating from Killay to Mayhill) contact your health visitor or ring action for Children Tel 294000

Swansea Carers Centre Counselling Service - Swansea Carers' Centre has a long history of supporting carers, and recognises that the life of a carer is often restricted by the need to take responsibility for another person. They are very aware that carers often put their own health and well-being 'on a back burner' and feel the strain of their caring role. Their counselling service provides a professional listening ear either in an individual or group setting.. For further information contact Christine at Swansea Carers' Centre on 01792 653344.

Swansea Carers Welfare Centre Benefits Service As a carer you may be entitled to government benefits and allowances to help you continue in your caring role or to cover some of the extra costs associated with caring. You can contact our welfare benefit advice service to discuss your eligibility for benefits or to help you make an application. **Benefit Check** A benefit check takes no more than 10 minutes, is totally confidential and free of charge. Tel: 01792 653344

Swansea Carers Centre New Carers Training Programme 2 year Carers Training Project Thank you to Henry Smith Charity & the Community Foundation in Wales They will be running Mind, Body and Spirit activities, to help support you in your caring role & give you time out to learn new skills <http://www.swansecarerscentre.org.uk/how-can-we-help/training-development/> contact ali@swansecarerscentre.org.uk

A FREE carer's emergency card is now available in Swansea The carer's emergency card is a credit card sized card which will fit easily in your purse or wallet and will enable people to quickly identify you as a carer in an emergency If you have an accident or emergency, then the card will alert the emergency services that there is someone at home who can't manage without your help or assistance. They will then contact the number on the back of the card that you have provided so that someone can help the person you care for You should carry the card with you at all times Call into Swansea Carers Centre to pick up your card or contact us on 01792 653344

Swansea Carers Centre Holistic Therapies Holistic therapy sessions are held on the first Monday of each month (*subject to change during a Bank Holiday week*). The therapies available are: Indian Head Massage; Reiki & Reflexology; Swedish Massage; Hot Stones Massage; Craniosacral Therapy; Therapeutic Massage To book your FREE appointment contact leanne@swansecarerscentre.org.uk

Swansea Carers Centre LEAP – Learn, Engage, Achieve, Progress economically inactive carers (25 years old and over) to engage with personal development activities Carers are offered tailored and confidential support to help them gain new skills, build confidence, reduce social exclusion and to become closer to the world of work and if they are ready, supporting them to get a job that suits their caring role. Candidates must be 25 or over, living in Swansea, not on Job Seekers Allowance but unemployed & be caring for a relative, friend or neighbour. For further information please contact Alex Atkins or Leanne Romano on 01792 653344 or email alex@swansecarerscentre.org.uk or leanne@swansecarerscentre.org.uk

EYST BME Carers project In Swansea, Neath Port Talbot & Bridgend, the BME Carers project offers support, advice and guidance to any BME individual looking after a loved one. Email Basit@eyst.org.uk Tel 01792 466980 <http://eyst.org.uk/support-bme-families.php>

Swansea Young Adult Carers Project The Young Adult Carers Project is based within Swansea Carers Centre. Young Adult Carers (YAC) are young people aged 16-25 who provide unpaid care to a relative, family member, or friend who cannot cope without their help. This could be looking after someone who has a disability, long term health condition, mental health problem or addiction to drugs or alcohol. We are a transition project that supports the Young Carers (aged 8-18) who attend YMCA, Young Carers Service through from children's services to Adult services. We ensure to support them in the process from leaving one service and moving into another as they develop into adulthood. If you would like to get involved in the project or have a young person who would benefit from the project please contact Alex Atkins on call 01792 653344/07511714796 alternatively email her on alex@swansecarerscentre.org.uk

Swansea Young Carers YMCA Swansea Young Carers Service provides support and information for young carers aged 8-18 in Swansea. With a holistic family approach to support, every young carer and their family involved in the service receives an in-depth assessment of needs which helps inform an action plan of support that intends to build resilience towards being a young carer. They provide: Assessment of needs; Information; Support; Advocacy; Signposting. A Young Carer is anyone under the age of 18 who is caring or is affected by caring, for a family member with mental health issues, physical disability, long term illness or alcohol and substance misuse issue. Young Carers Project Co-Ordinator Egija Cinovska Tel: **07946 348878** Email: egija@ymcaswansea.org.uk

Short Breaks provide opportunities for disabled children and young people to spend time away from their primary carers. These include day, evening, overnight or weekend activities and take place in the child's own home, the home of an approved carer, a residential or community setting. By providing Short Breaks, the City and County of Swansea aims to also support parents and carers, including young carers. The aim is to enable them to maintain their caring role and also give them time to have a break from what is recognised as a lifelong responsibility. [file:///C:/Users/sandra_spratt.CVS/Downloads/cf-short-breaks-statement-2015%20\(12\).pdf](file:///C:/Users/sandra_spratt.CVS/Downloads/cf-short-breaks-statement-2015%20(12).pdf)

Special Educational Needs (soon to be additional learning needs) If you think your child may have special educational needs, you should talk to your child's headteacher or the Special Educational Needs Co-ordinator/Additional Learning Needs Co-ordinator at school. If your child is not yet in school, contact Additional Learning Needs ALNU'swansea.gov.uk Tel 01792 636162 <http://www.swansea.gov.uk/sen>

Team Around the Family in Swansea Team Around the Family offers a means of ensuring that, where a family has multiple needs that are broader than one service can address, families are: identified early and effectively; have their strengths and needs assessed; and best use is made of all local resources to ensure that the family and community strengths are harnessed and problems are prevented from escalating.

Email: TeamAroundTheFamily@swansea.gov.uk Tel: 01792 635400

<https://www.swansea.gov.uk/taf>

Swansea Family Information Service (FIS) is a one stop shop, providing free, quality, impartial information on a wide range of Childcare, Children's, Family Support and Family related issues and where relevant a signposting service. Help is at hand for Childcare providers, those with an interest in opening a childcare provision, employers, organisations and Parents/Carers of children aged 0-19. Telephone: 01792 517222
<http://www.cypswansea.co.uk/index.cfm?articleid=22461>

Free Welsh Government 30hr Childcare offer Working families of 3 and 4 year old children will have access to free, flexible childcare which will be available during school holidays. There is funding for additional needs and Carers allowance can be included in eligibility– the wards of: Cockett; Dunvant; Gorseinon Gowerton; Kingsbridge; Upper Lougher; Lower Loughor; Morryston; Penclawdd; Penderry; Penyrheol; Llangyfelach; Llansamlet; Penlleger; Pontarddulais; and West Cross. If you live in one of these pilot areas, please visit your authorities website or your Family Information Service for more details on if you're eligible for the offer and how to apply
<https://www.swansea.gov.uk/childcareoffer>

Changing Places toilets Standard disabled toilets do not meet the needs of all people with a disability - or their carers. People with profound and multiple learning disabilities, as well as other serious impairments such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury, often need extra facilities to allow them to use the toilets comfortably. Changing Places toilets are different to standard disabled toilets with extra features and more space to meet these needs. Swansea now has 7 Changing Places toilets: LC2 Leisure Centre; Swansea Civic Centre; Swansea City Bus Station; Swansea Railway Station; Waterfront Museum; 360 Watersports Centre; Brangwyn Guildhall
<http://www.visitswanseabay.com/wp-content/uploads/2014/09/changing-room-leaflet-final-draft.pdf>

Dyversity Group Monday evenings 5 to 7 Friends of the Young Disabled is a leisure opportunity for children with ASD and siblings All welcome £2 entry Parents and carers of children under 12's must stay (parent/carers Free) contact Amanda Lervy
Amanda.lervy@swansea.gov.uk

Joining the Dots Together South West Wales This is the outreach, information-sharing and 'spin-off' page from Joining the Dots (parents and carers), South and West Wales (UK). <https://www.facebook.com/Joining-the-Dots-Together-South-and-West-Wales-UK-742444262583142/> To become a member of Joining the Dots (parents and carers) you need to be a parent-carer of a child or young person with additional needs and reside in South/West Wales. Please visit <https://www.facebook.com/groups/109938292688531/> send a 'join group' request

National Autistic Society Swansea Support Group that meets contact E: NAS.SwanseaBranch.nas.org.uk M: 07825280274 <http://www.autismswansea.org/>

Discovery Swansea University - Inside Out: Creative volunteers with patience, humour & empathy to provide & support activities for children and young people with Autistic Spectrum Disorder
<http://www.swansea.ac.uk/media/Discovery%20Membership%20Form.pdf>

Play & Leisure Opportunity Library Play and Leisure Opportunity Library are a registered charity providing specialist toys and leisure equipment for children and adults with a disability in a lending library service. For a small fee members can have access to a range of over 500 items including an extensive stock of multi sensory and specialist equipment. Library stock can be borrowed for a month at a time but longer by arrangement. They offer a limited collection and delivery service to members living in the Swansea area <http://www.plol.org.uk/index.html> Tel: 07546 267486

Circus Eruption We are a young person centred charity with diversity inclusion, equality and fun at its heart. We harness the energy and commitment of young people, volunteers and staff to create a safe, playful, accessible and creative environment, free from discrimination and prejudice. We use circus skills as a vehicle to challenge self-perceived and imposed limits enabling people to realise and believe in their own potential and the potential of others. <http://www.circuseruption.co.uk/>

Interplay is a project aiming to integrate young people with special needs into play and leisure opportunities that are available to any child in their community. They take 2 - 19 as their age range and provide holiday, after school and weekend activities in Swansea, Neath and Port Talbot. <http://www.interplay.org.uk/> tel 01792 561119

ABC Advice on benefits for Children This pack has been designed by the City and County of Swansea to help busy parents and carers of children to identify any benefits that they are entitled to, but are not claiming. Includes Disability Living allowance. <https://www.swansea.gov.uk/CHB>

Sensory Room available to book at Swansea integrated Children's Centre Centre, Eppynt Road, Penlan Swansea SA5 7AZ To book contact reception Tel 01792 5720

The LC Swansea carers go free visit their access page on website

<http://www.thelcswansea.com/open-access-statement>

The Swans Community Trust offer pan-disability activities that cater for children and adults with a range of disabilities.

Autism Cwm Wanderers AFC provide an opportunity for children to be completely at ease with other children that have ASD, whilst being situated in an environment with trained and experienced staff. The Autism Football Academy with Cwm Wanderers is held every Wednesday night from 5.30pm to 6.30pm. Following this, a youth club is run for children with ASD from 6.30pm to 8.30pm.

Downs Syndrome Split into child and adult sessions (5-6pm for children/6-7.30pm for adults) to get involved with our Down's Syndrome Football Sessions or to find out more information, please email Richard@scfccommunitytrust.co.uk.

Hands up for Downs is a parent run support group & charity for children with Down's Syndrome and their parents/carers. We are based in Swansea and the surrounding areas. Our group was born in May 2014 and we are affiliated with the Down's Syndrome Association. <http://handsupfordowns.weebly.com/>

Mixtup is a youth club for 11-25 year olds with mixed abilities, that meets every 2nd Saturday afternoon and 4th Friday evening of the month at EYST, 11 St Helen's Road, Swansea, SA1 4AB. We also provide opportunities for trips, activities and support for members outside of these core sessions. Mixtup is largely a youth run and focused club, that aims to provide its members with the things that most young people want; their independence and freedom away from their day to day responsibilities and to just be themselves and have fun in a safe and stimulating setting. For more information please contact Jo Stephens via mixtupswansea@gmail.com or work mobile number 07543 273891 <https://www.facebook.com/mixtupswansea/>

Friends of Young Disabled FOYD is a Swansea based charity, established in 1985, which provides a centre for the young disabled and other members of the community to meet and use its facilities to promote learning opportunities, engage in social activities and have fun. <https://sites.google.com/a/foyd.org.uk/foyd/>

Spectrum A group for children and young people with ASD and their families. We aim to provide a variety of social activities for our members to get involved in. We meet for surfing every Wednesday at Caswell Bay in the Summer and the LC2 in the winter. www.spectrum-swansea.webs.com/ Tel: 01792 363438

ASD surf group with Surfability. The ASD group (including siblings) will run on a Monday evening at 5:30 open to ages 8- 19 <http://www.surfabilityukcic.org/>
<https://www.facebook.com/Surfability-UK-CIC-176421232531597/>
Ben's details are: email: surfability.uk@gmail.com mobile: 07517 230427
Karenza's details: email: karenza@mac.com mobile: 07800 900758

BikeAbility Wales provides a cycling opportunity for everyone to enjoy. It was set up to enable people of all abilities to enjoy the pleasures and health benefits of cycling. BikeAbility holds cycle sessions each week, with bikes to suit all ages and abilities. Dunvant Rugby Club Broadacre Killay Swansea SA2 7RU
www.bikeabilitywales.org.uk/ 07584 044284 / 07968 109145

Chinese In Wales Association (CIWA) FIND ME is a project that is committed to advocate for the Chinese ethnic autistic children and their families living in South Wales. The project provides culturally sensitive, multilingual advocacy services to help resolve issues or concerns these children may have about their education, health and social services; also to assist in empowering families to break the cultural and ethnic stigmas to get an early diagnosis for the children and have a better understanding of how to improve their life skills. We welcome professionals to refer your clients to us should you think we can be helpful, please email Hazel Lim at autism@chineseinwales.org.uk; telephone number: 01792469919; <https://chineseinwales.org.uk/chinese-autism-support-group-2/>

ASDES are a team of professionals, including an assessor, job coaches / trainers, counsellors, psychologist and ASD consultant. Since 2010 we have been helping people with autism in the job market. We can support our job seekers with assessment, occupational profiling, stress reduction, job matching, coaching and many other issues. We also work with employers who have employees with ASD who need our support to keep their job. <http://www.asdes.org.uk/>

Jigsaw Group autistic spectrum group for parents and families. A very important part of supporting autistic people is to support their parents, carers and wider family members, and initially this will be by helping them to consider the differences in how an autistic person understands and experiences the world. Phone: 07484715478
Email: kath.protheroe@asdes.org.uk

Ability (wheelchair) Swing Victoria Park Swansea a swing designed specifically for children and young people who use wheelchairs. It is accessed via a Radar key-(can be purchased for £3.00 from the Civic Centre) controlled gate and has straps for securing a wheelchair within a contained compartment. There are instructions which have been tied to the fencing (depending on weather however cannot guarantee that they will last) however you can also visit <https://www.gljones-playgrounds.co.uk/playground-equipment/swings/abilityswing-wheelchair-swing-detail> to see a video.

There is also a moulded bucket seat swing in the park for children who find it difficult to support upper body weight. If you require straps for this they are available at Victoria Park Kiosk (open weekdays) 360 Cafe Oystermouth rd open 7 days a week and Guildhall reception. If you are a parent/carer and would like to be shown how to use the ability swing please contact either Sandra_spratt@scvs.org.uk or Stephen.cable@swansea.gov.uk

Regional and National Support

Disability Living Allowance (DLA) is the main benefit for children with a condition or disability. DLA helps to meet the extra costs that you might have as a result of your child's disability. You can claim DLA even if your child does not have a diagnosis. It is sufficient that they have some form of disability even if this has not yet been formally diagnosed. DLA is made up of two components. Depending on their circumstances your child may qualify for one or both. DLA is not means-tested so it does not matter what income or savings you have. Any decision to award DLA will be based on how your child's condition impacts on their day to day life. Your child will also have to meet certain rules linked to their immigration status and the length of time they have lived in the UK. <https://www.gov.uk/disability-living-allowance-children/overview>
Telephone: 0345 712 3456 For assistance in completing the form you can make an appointment with Swansea Carers Centre Tel: 01792 653344 or Citizens Advice Bureau see below

Citizens Advice Bureau DLA Appointments available throughout Swansea and Neath Port Talbot. We can meet you at a local outreach venue, at home (with prior planning) or at a group that you attend or at our main office in Swansea.
How to Book: Contact: 01792 474882 and select our Appointment Line option

Carers Allowance not every carer can get this benefit. You may be eligible for Carer's Allowance if you meet all the following conditions:

- you look after someone who gets a qualifying disability benefit
- you look after that person for at least 35 hours a week
- you are aged 16 or over
- you are not in full-time education
- you don't earn over £120 a week (after deductions)
- you satisfy UK presence and residence conditions

Note: If you meet the above conditions but already receive certain benefits (including a State Pension), then the amount of Carer's Allowance you may be entitled to could be affected. <https://www.gov.uk/carers-allowance>

Blue Badge scheme The Blue Badge scheme provides a national range of parking concessions to help people who are severely sight impaired, or permanently physically impaired, travel independently. Badge holders can travel as either a driver or passenger, and are allowed to park close to their destination. The rules under which badges are awarded are set by the Welsh Government.

<https://www.swansea.gov.uk/bluebadgeapplication>

Bus passes for the disabled The concessionary travel scheme is administered by the City and County of Swansea and applies to children and young people with certain disabilities, free travel on local bus services in Wales. The scheme is funded by the Welsh Government. A person is eligible to receive a companion bus pass to accompany the disabled child young person where medical opinion advises that they are unable to make a journey by public transport themselves. Tel 01792 636377
<https://www.swansea.gov.uk/buspases#who%20is%20eligible>

Disabled Facilities Grants Wales for children A disabled facilities grant provides adaptations for all disabled persons requiring substantial work (irrespective of whether you are a homeowner or private tenant). All applications are means tested with the **exemption of disabled children and young people under the age of 19** who are dependent. <https://www.swansea.gov.uk/homeadaptations>

National Disabled Identification Card (DID) National Disabled Identification (DID) Card was introduced in response to disabled people posting comments in a number of social media sites that they were getting tired of constantly having to carry their paperwork proving they were entitled to some form of disability benefit in order to obtain a concessionary rate. In particular parents of children with disabilities and special needs, whose children's disability is not immediately obvious, such as autistic, global developmental delay and other disabilities find it hard to explain their disability, especially if the children are present who may be unaware that they have a disability.
<http://www.did-card.co.uk/>

SNAP Cymru is an all Wales children's charity working with families, young people and professionals on issues regarding additional learning needs and disabilities. The SNAP national helpline is 0808 801 0608 <http://www.snapcymru.org/>

ALLFIE We are a national campaigning and information-sharing network led by disabled people. We campaign for all disabled learners to have the right to access and be supported in mainstream education. ALLFIE believes that the whole education experience should be inclusive of disabled learners, both inside and outside the classroom. Disabled and non-disabled learners learning together creates opportunities for the building of relationships and the creation of an inclusive society that welcomes everyone. <http://www.allfie.org.uk/>

ERIC The Children's Bowel & Bladder Charity is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK. Our vision is that every child and teenager with a bowel or bladder condition can access support and live free from embarrassment, shame, isolation and fear. <https://www.eric.org.uk/>

EPILEPSY Wales Epilepsy Wales is the leading epilepsy organisation in Wales and exists to improve the lives of everyone affected by the condition. Epilepsy can affect anyone at any age and from any walk of life. Epilepsy Wales is here to support people living with the condition. Please call our helpline 0800 228 9016 <http://epilepsy.wales/>

ASD Info Wales national site for Autism Spectrum Disorders (ASD). Here you will find information about Autistic Spectrum Disorders www.asdinfo.wales.co.uk

CONTACT the charity for families with disabled children support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others. <https://contact.org.uk/>

Contact Wales produces a wide range of [information for families in Wales](#) on topics such as special educational needs, dealing with debt, and transition. There also some welsh language publications available in our [online resources](#) library. <https://contact.org.uk/advice-and-support/local-support/contact-in-your-area/offices/cardiff/>

Cerebra is a unique charity set up to help improve the lives of children with brain related conditions through researching, educating and directly supporting children and their carers www.cerebra.org.uk
Sleep service <https://w3.cerebra.org.uk/help-and-information/sleep-service/>

SCOPE Information and Play resources for parents of disabled children Here are some resources to help disabled children get the same opportunities to play as everyone else. www.scope.org.uk/support/families/play

Learning Disability Wales is a national charity representing the learning disability sector in Wales. Everything that we do focuses on creating a Wales that values and includes every child, young person and adult with a learning disability. <https://www.ldw.org.uk/>

Down's Syndrome Association Wales provide an information service on all aspects of living successfully with Down's syndrome and have a particular knowledge of how services operate across Wales and what support is available. We provide a comprehensive bespoke training service for anyone working with people with Down's syndrome living in Wales. These are targeted across health, education, social care and voluntary sectors. Have a look at what we can offer in [Training and Support in Wales](#). We regularly respond to policy consultations that affect people with Down's syndrome and work with partner organisations across health, education, social care and voluntary sectors in order to ensure that children and adults with Down's syndrome can lead full and rewarding lives. We are very keen to support families of children and adults with Down's syndrome throughout Wales. We have a network of locally based, volunteer-led,

support groups across Wales. To find out about local support in your area, please contact the Wales Office for more information wales@downs-syndrome.org.uk
<https://www.downs-syndrome.org.uk/wales/>

Luke Clements is the Cerebra Professor of Law and Social Justice at the School of Law, Leeds University. Luke's academic research and litigation experience is primarily concerned with the rights of people who experience social exclusion, including disabled people and their carers. Luke has written widely. Details of his books and articles (and links to many) can be found on the [Publications page](#).
<http://www.lukeclements.co.uk/>

Carers Wales is part of Carers UK <https://www.carersuk.org/wales>

The Family Fund helps families with severely disabled children and young people aged 17 and under to have choices and the opportunity to enjoy ordinary life. We give grants for things that make life easier and more enjoyable for the disabled child, young person and their family, such as washing machines, driving lessons, computers and holidays <http://www.familyfund.org.uk/>

Early Support Children in Wales led a partnership to deliver the Early Support programme across Wales for 4 years with funding from Welsh Government. This programme aimed to improve the lives of children with additional needs and their families, and was specifically aimed at children aged 5 years or under.

The Welsh Government are planning to develop legislation to embed the Individual Development Plan (IDP) process. We anticipate that Early Support will be the 0-5 model to link into the IDP process for children in Schools.

The Early Support Wales website including a range of resources to support families with young disabled children is currently still available at:
<http://www.childreninwales.org.uk/resources/early-years/early-support-resources/>

Disability Wales is a first port of call for information, comment, opinion and opportunities for getting involved in campaigning for disability equality.
<http://www.disabilitywales.org/> Tel: 029 20887325

Sibs is a UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations.www.sibs.org.uk/ 01535 645453

MENCAP Cymru is the voice of learning disability in Wales. They provide advice and information to anyone who is affected by learning disability. They have a network of regional officers across Wales who provide face-to-face support to individuals and families, and develop links with other local organisations. Free Wales Learning Disability Helpline, which offers impartial information and advice.
www.mencap.org.uk/wales 08088 081111

National Autistic Society Wales A UK charity for people with autism (including Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for people with autism.

www.autism.org.uk/?nation=wales&sc_lang=en-GB 02920 629 312

NDCS Wales The National Deaf Children's Society is the leading charity dedicated to creating a world without barriers for deaf children and young people.

http://www.ndcs.org.uk/family_support/support_in_your_area/wales/

Hynt (formerly Plus One) is a new national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants. If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join hynt. <http://www.hynt.co.uk/en/about/what-is/>

Disability Grants Your Guide to Grants for the Disabled Do you have a Disability? Are you a parent or carer of a Disabled child or adult? If so, use this website to save time finding Disability Grants. Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out.....in fact anything above and beyond the normal costs of everyday living. Discover what's available nationally and in your local area by searching the individual sections. <http://www.disability-grants.org/>

Disability Sports Wales There are now over 750 clubs and sessions across Wales that provide a huge range of activities, from Archery to Wheelchair football we are sure you will find lots to do in your area. Disability Sport Wales are committed to providing a range of activities as close to your doorstep as possible in an environment that is just right for you. Whether you want to participate or compete in non disabled or disability specific clubs /sessions we can help you find the perfect opportunity. Tel: 0845 8460021 <http://disabilitysportwales.com/clubs/category-swanssea/>

DisabledGo detailed access information to thousands of venues across the UK and the Republic of Ireland: shops, pubs, restaurants, cinemas, theatres, railway stations, hotels, universities, hospitals and more. <https://www.disabledgo.com/>

RNIB Connect with others affected by sight loss: this community brings together everyone in Wales affected by sight loss, including blind and partially sighted people, their families, friends and carers.

<https://www.facebook.com/groups/1862134160482965/>

RADAR It is a large, conspicuous, silver-coloured key that opens more than 9,000 accessible toilets in the UK like magic. People who need to use a locked disabled loo can now 'go' in peace The loos we're referring to are those with wide entrances and disability symbols on the door, found in public areas, office blocks, pubs or restaurants. Unlike regular public toilets, there is often a need to lock the doors and so

they are regularly only available for use on request. RADAR facilities are available at 15 toilets around Swansea. You can buy a RADAR key for £3 from the Civic Centre on Oystermouth Road (01792 636000)

Crelling Harnesses A company offering a full range of seatbelts and harnesses for children and adults with special needs. Belts and harnesses are designed to offer postural support or in the case of learning difficulties and challenging behavior a certain degree of restraint.

www.crelling.com/

AFASIC Supporting children and young people with specific language impairment (SLI) and speech, language and communication needs (SLCN) and their parents.

<https://www.afasic.org.uk/>

The Cinema Exhibitors' Association Card A national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them. www.ceacard.co.uk/ 0845 123 1292

Dimensions autism friendly screenings host autism friendly cinema screenings every month <https://www.dimensions-uk.org/>

Disabled Facilities Grants (DFGs) can help towards the cost of adapting your home to enable you to continue to live there. A disabled facilities grant is a grant that you can get from your local authority for work that is essential to help a disabled person live an independent life which includes children and young people. In Wales if the work is to meet the needs of a disabled person under 16, or in some cases, over 16 but under 19 it is not means tested.

Website: <https://www.gov.uk/disabled-facilities-grants/overview>

Turn to Us Turn2 us is a national charity providing practical help to people who are struggling financially. <https://www.turn2us.org.uk/>

Working Families The Waving *not* drowning network If you're caring for a disabled child, you may find yourself going down a different life path than the one you had planned, so remaining in paid work can be quite challenging. Knowing your rights can help you combine paid work and caring for your child. Working Families has set up 'Waving not drowning' – a dedicated network and advice service for parents of disabled children who work or wish to work

<https://www.workingfamilies.org.uk/articles/wavingnotdrowning/>

Sky Badger is a charity that finds help and adventure for disabled children and their families all over the uk. We do this by building bridges between disabled children and the charities and services available to help. We find everything from disabled sports clubs to sibling groups to 'make a wish' charities and tell families about them through our website, social media platforms, videos, information packs and helpdesk.

<https://skybadger.co.uk/>

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support pupils <https://www.mentallyhealthyschools.org.uk/>