



Swansea Parent Carer Forum

# Summer 2020: Information for Parent Carers

Co-produced with Swansea Council and  
Swansea Bay University Health Board





### **Swansea Parent Carer Forum**

Swansea Parent Carer Forum are a voluntary group of parent carers all with children with additional needs. During this time, we have co-produced with Swansea Bay University Health Board and Swansea Council, the most frequently asked questions by parent carers at this time. As we move into the summer months and restrictions are eased, we wanted to ensure families were well informed of supporting services and leisure opportunities available.

We refer to 'your child/children' throughout this document on the clear understanding that you may also be looking after an adult child. This information is for parent carers whatever the age of their child.

### **Supporting Services**

Here is a useful resource called 'School's out!' from Swansea Council with lots of ideas on how to keep busy over the summer:

[Click here for support](#)

## Childcare for Critical Workers

Over the summer holiday period, schools will no longer be providing emergency childcare to the children of critical workers and vulnerable children.

Welsh Government have announced that they will continue to provide funded childcare for pre-school age children of critical workers and vulnerable children under the Coronavirus Childcare Assistance Scheme (C-CAS). C-CAS will be available to those eligible key workers who have children of pre-school age until the end of August 2020. As new applications have been suspended by Welsh Government, Swansea Council will not accept or process new applications, and no children will start their entitlement under the Offer.

Parents requiring childcare are encouraged to use registered, private providers:

[Click here for support](#)

Further information is available by contacting Swansea Family Information Service on 01792 517222 or by e-mailing [fis@swansea.gov.uk](mailto:fis@swansea.gov.uk)

## COVID-19: Summer childcare for vulnerable school aged children

As part of the COVID-19 response by the Swansea Council, there is a summer holiday childcare offer for school aged children that have been assessed by Swansea Council as being vulnerable including those with additional learning needs.

A maximum of 2 days a week for the 6 week holiday period where every effort will be made to keep siblings together.

A professional working with the family will need to apply online:

[Click here](#)

## Playschemes

### Interplay

We are delighted to hear that Pip and her team will be able to run their Crug Glas Playscheme for children with profound and multiple, severe and complex learning difficulties from the 1st August. There will be reduced capacity however, so please get in touch with the team as soon as possible. Their contact details and referral form to apply to the scheme can be found here:

[Click here](#)

Interplay's other projects will continue to run during the summer and so will their hugely popular gaming sessions. Find out more by checking out their Facebook page:

[Click here](#)

### Positive Outcome Play Service (POPS)

The POPS service run by Action for Children, offers respite and play sessions for children aged 0-18 with complex disabilities and will continue to run over the summer for children prioritised by social services. To find out more, please contact your social worker or email [Caroline.Lewis@actionforchildren.org.uk](mailto:Caroline.Lewis@actionforchildren.org.uk) for more information.

### Buddies & Dyversity

Another lovely service run by Local Aid offering outdoor opportunities for young people with complex needs or challenging behaviour. Their services continue to run with reduced capacity during the summer and you can find out more by contacting your social worker or by contacting Amanda on 07846204358 or [amanda@localaid.co.uk](mailto:amanda@localaid.co.uk).

[Check out Buddies here](#)

[Check out Dyversity here](#)

### Play and Leisure Opportunity Library

A real favourite for all ages, PLOL provide a specialist toys and leisure equipment for children and adults with a disability in a lending library service.

Over the summer holidays they will trial their delivery and collection service to other areas (currently Swansea, NPT and Llanelli). If you are interested in their toy/equipment lending service get in touch by contacting [admin@plol.org.uk](mailto:admin@plol.org.uk)

Check out their huge library of toys and equipment here:

[Click here](#)

### Swansea Carers Centre - Helping Family Carers Project

The Helping Families Project within Swansea Carers Centre recognise that the summer holidays can often be a challenging time to keep children both safe and entertained. Many families have been indoors for many months and understandably routines have changed. Their project recognises that venturing back outdoors is no easy task, so they are offering:

- **FREE** Sports Day Kits
- **FREE** one hour session for the family with Bikeability Wales

If you would like to register for your sports day kit and Bikeability voucher, please email Sian or Angela to request your **FREE** play safe outside pack:

sian@swanseacarerscentre.org.uk  
angela@swanseacarerscentre.org.uk

### Accessible playgrounds

From Friday 20th of July, playgrounds will begin to reopen in Wales. Here's a reminder of some of our favourite accessible parks in Swansea:

**Victoria Park** - SA1 4NP is accessible by all disability groups and as one of Swansea's oldest parks has a rich history dating back to 1887. It is the most recent additions that get us really excited though. This park has a wheelchair accessible swing and an accessible toilet across the road at the Secret Garden Café. We're waiting on an update on their 'Changing Places' toilet which has been closed for a while.

**Brynmill Park** - SA2 0JQ is accessible by all disability groups and is another park steeped in local history and is even Grade II listed by Cadw's Register of Parks and Gardens of Historic Interest. We mostly like to feed the ducks though. This park has toilets, a lake and a children's play area.



**Parc y Werin (Gorseinon Park)** - SA4 4UX is a newish park situated not far from the main street in Gorseinon with some nice accessible features. There is also a lovely big field to relax in as well.

You can check the accessibility of all of Swansea's parks here:

[Click here](#)

You can check which playgrounds have reopened here:

[Click here](#)

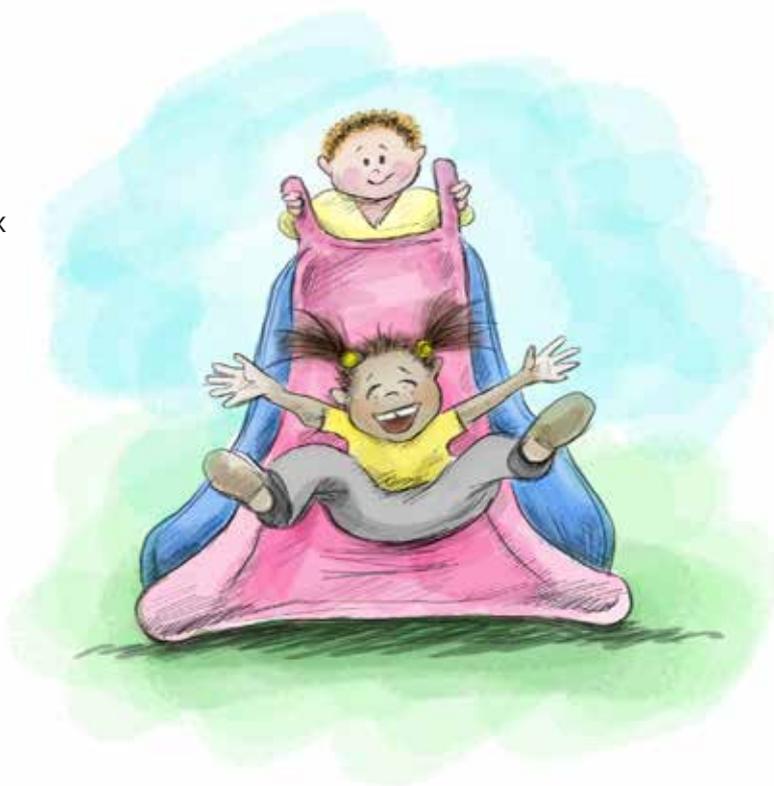
### **Accessible beaches**

Swansea and its surrounding area is blessed with award winning beaches. Here are a couple of our favourites:

Caswell Bay beach is a sought-after spot with surfers and families alike. The bay has fantastic views and accessible amenities.

Caswell Bay holds both a Blue Flag and Seaside award and is accessible by wheelchair.

Two floating beach wheelchairs are available for hire free of charge from Swansea Council, but prior booking is essential. Please call 01792 635718.



The car park is approximately 100m from the beach and there are toilets, external showers and refreshments nearby.

The car park is equipped with a modular Changing Places unit adjacent to the existing toilet block.

Please note you will require a combination code to access the unit. Call Swansea Tourism Team on 01792 636214 or email [tourismteam@swansea.gov.uk](mailto:tourismteam@swansea.gov.uk) Monday to Friday, 0900 to 1700 to request the code before you travel. If it is the weekend, there is a number on the door of the Changing Places toilet for the cleansing crew and they have code but please note that the mobile signal at Caswell is very poor.

Swansea Mobility Hire normally issue the code but they are still closed at the time of writing, however should they reopen, they can be contacted on 01792 461785 (Mon-Sat).

Langland Bay beach is family friendly and offers a great range of facilities. Explorers can also enjoy the coastal cliff top walk around to Caswell Bay. A lifeguard is on duty between May and September and the beach is accessible by wheelchair.

There is a car park approximately 100m away from the beach. There are also toilets and beach showers, which include an accessible toilet nearby.

You can get refreshments nearby (approx. 100m) and public transport is available to and from Langland Bay although it is some distance away (approx. 400m). The distance between stop and beach may include difficult or rough terrain.

You can check the accessibility of other Swansea beaches here:

[Click here](#)



## Parent Carer Communities

We are very lucky in Swansea to have a number of parent carer led groups who have developed supportive communities and offer fun and accessible activities for their families. This summer is evolving for many of these groups as easing restrictions allow them to begin make some summer plans. We strongly recommend you check out these groups as they have all played important roles in supporting our own families:

### Groups Offering Family Activities:

#### Swansea Autism Movement CiC

An organisation close to our hearts, Swansea Autism Movement (SAM) are brilliant at providing inclusive family activities. There is a peer-to-peer project of parent carers who support autistic children and young people (and those on the diagnostic pathway) and their families in the Swansea Bay Region. SAM run events during the school holidays, and activities for Parent Carers during term time.

They are most famous for their annual trip to Llangrannog in late August each year. We're still keeping our fingers crossed for that one. SAM are busy reviewing their usual activities to hopefully offer an adapted offer for the summer of 2020. Follow their social media and sign up to their mailing list for updates:

[Facebook](#)

#### Hands up for Downs

This is another fabulous local group for children with Down's Syndrome and was set up by parent carers with the intention to provide advice and support. They run play sessions and informal meetings where families can share information and socialise. They also offer activity sessions that are great fun for all ages.

[Website](#)

#### National Autistic Society - Swansea Branch

Known locally as just 'NAS', this group supports a network and growing community for autistic people, parent carers and their family and friends. Whether a person is diagnosed, on the pathway or you suspect autism they are very welcome to join their charity and access support, advice, appropriate and enjoyable events, courses and workshops etc.

NAS typically run activities weekly throughout the year and add to their programme during the summer months. As they rely heavily on community centres and leisure venues, most of their programme is currently on pause but keep a close eye on their social media for updates and virtual events such as coffee meets and workshops/local partnered projects. You can also contact them by email at [nas.swanseabranh@nas.org.uk](mailto:nas.swanseabranh@nas.org.uk)

[Website](#)

## Information - led by volunteer parent carers, for parent carers

### Joining the Dots

This is a vibrant online community of parent carers of a child, young person or adult with additional needs. It's a place for parent carers and families to connect and share practical advice as they navigate services. It is a supportive forum to ask advice relating to health, social care, education and the practicalities and challenges of every day live.

Facebook

### Swansea Bay Additional Needs Activities & Events

Known as Sbanae to their followers, this group led by the lovely Suzanne and her team of volunteers are experts at providing a one-stop-shop highlighting any local activities they find specifically for or inclusive of additional needs. There isn't anything local on that they won't know about. They operate a Facebook Page and a Facebook Group that you can join:

Facebook

## Other Groups

### CanDo Hub UK

CanDo Hub provides inclusive fitness classes, ALN Specific classes and a day provision catering for adults with Additional Learning Needs and disabilities in Swansea and have brought our sessions online and are providing support to ALN/ SEN families hoping to bring a little bit of normality to their days!

CanDo Hub is run by Sam Nicholson who is a national award winning community fitness instructor, an education professional and UK

Disability fitness expert. You can contact Sam via e-mail on [info@candohub.co.uk](mailto:info@candohub.co.uk). Keep an eye on the CanDo Hub Facebook page for new summer activities:

Facebook

### Chinese Autism Support Group @ Chinese In Wales Association

This is a very active group that links with many of our parent carer community groups. They offer activities during the summer and support Chinese families with adults and children with additional needs. They can be contacted on email at [autism@chineseinwales.org.uk](mailto:autism@chineseinwales.org.uk) or you can find out more about them here:

Website

### Ethnic Minorities & Youth Support Team - Family Link Project

Eyst was set up in 2005 by a group of ethnic minority young people in Swansea. It provides a targeted, culturally sensitive and holistic support service for BME young people, families and individuals including refugees and asylum-seekers living in Wales.

The Family Link Project uses a team around the family approach to provide advice, advocacy and on-to-one support for a range of issues. They will also be offering a range of activities throughout the summer on different social media platforms so check out their website here:

Website

## Nearby Accessible Days Out

Many of our favourite venues are starting to reopen but you will need to check and plan days out as restricted visitor numbers will be in operation and information is changing all the time. The following are just a few of those that are now open and have good plans in place and have facilities for families. They all require booking ahead of visits in order to manage numbers:

### National Botanic Garden of Wales

The Garden has been designed to be accessible to all visitors whatever their ability. All paths within the formal Garden area are wheelchair friendly and there are several manual wheelchairs available at our Gatehouse. It is advisable to call 01558 667149 before your visit to book one of these.

#### Website

Carers go free, wheelchair friendly, very limited catering available but socially distanced picnic tables available.

### Folly Farm Adventure Park & Zoo

Such a fun day out for everyone, Folly Farm is wheelchair and disabled access friendly with landscaped paths and ramps, it should be noted that it is a rural attraction spread over 120 acres.

[Click here](#)

Folly farm has a great offer for families, with discounted tickets for disabled visitors, carers also go free and they have a Changing Places toilet:

[Click here](#)

Carers go free, wheelchair friendly, Changing Places toilet, very limited catering available.



### St Fagans

Is reopening on Tuesday 4th August and will open for four days per week - every Tuesday, Thursday, Saturday and Sunday.

The Museum remains free to enter. However, to keep you and their staff safe, all visitors entering the site will need to have booked a free ticket in advance. Sadly, if you don't book and present a valid ticket, you'll be turned away. Tickets will be available via Eventbrite from late July. Though entry is timed, you can stay until closing! Currently all their historic buildings and galleries remain closed. This also includes their children's play area and the CoedLan high ropes experience.

Note that they do charge for parking and you will need to book and pay for a parking space in advance. £6 per day. FREE for disabled badge holders and motorbikes.

You can plan your visit here:

[Click here](#)

St Fagans Access Guide

[Click here](#)

Carers go free, wheelchair friendly, Changing Places toilet, no catering available at time of writing but you are welcome to bring a picnic.

### Oakwood Theme Park

Opened as of 20th of July and are operating a booking system in order to manage numbers. Some of their rides remain closed as they cannot meet the required social distancing measures, so please check out the frequently asked questions here:

[Click here](#)

Their 'Ride Access Pass' system will remain available to guests who struggle to stand for long periods of time either because of physical or learning/emotional impairment, or requiring a 'step free' means of access to some of their rides and attractions. Ride Access Pass will operate differently to previous years, with users being issued timeslots for each qualifying ride.

There is a wide pathway running throughout the whole of the park, making it easy for wheelchair users to navigate. You can find out more about their accessibility arrangements here:

[Click here](#)

Carers go free, wheelchair friendly, Changing Places, disabled toilets accessed via RADAR key system, some catering available.

## General Accessibility & Carers Go Free

Look out for “We’re Good to Go” mark which is the official UK mark that a tourism and hospitality business has worked hard to follow Government and Industry COVID-19 guidelines and has a process in place to maintain cleanliness and aid social distancing.

[Website](#)

### CADW

All visitors with disabilities are welcomed into Cadw sites free of charge, and can bring a carer for free too. Cadw understand that not all disabilities are visible, so please let their staff know if you’d like to take advantage of this concession. Proof of disability may be requested.

[Website](#)

### The National Trust

Carer goes free The National Trust issue a companions free entry card called “Access for All Admit One Card” for the carers. It is issued to the disabled person so that it can be used for different carers. To obtain an “Admit One Card” email the disabled person’s name and address to enquiries@nationaltrust.org.uk or telephone: 01793 817634 Entry for the disabled person is at standard cost or free with membership.

### Accessible Britain

Free download The Rough Guide to Accessible Britain is FREE to download. It includes ideas for days out across Britain, with reviews, tips and access information.

[Website](#)

### English Heritage

Carers go free English Heritage has over 400 properties including abbeys, castles and stately homes. It provides free entry to carers or companions of the disabled to English Heritage sites. To help you plan your visit you can download a free Access Guide providing information on facilities and support. It also includes virtual tours, audio tours, tactile exhibits and scented gardens.

[Website](#)

### Walks with Wheelchairs

Dedicated to providing free information on routes that are suitable for those with access challenges. The walks on their database have been tried and tested by them or those knowledgeable about accessible routes in the great outdoors.

[Website](#)

## Public Toilets

Public toilets are beginning to re-open and you can check the status of your favourite Swansea toilets before you set out. The list includes RADAR accessed toilets and Changing Places toilets:

[Click here](#)

This is a useful list of all the Changing Places toilets in Swansea but you will need to double check that they are open:

[Click here](#)

This is an extremely handy National Toilet Map which should cover every public toilet in the whole of Wales:

[Click here](#)

Disability Rights runs the National Key Scheme (NKS) for toilets for the disabled in the UK Toilets fitted with NKS locks can be found all over the UK as they have been fitted in many locations including local authority toilets, toilets in shopping centres, bus and train stations. To find an NKS toilet you can purchase a guide to the various locations and a Radar NKS key.

The Changing Places campaign for fully accessible toilets with a hoist and changing bench has a searchable location map of toilets:

[Click here](#)





## Virtual Exploration

We know that many families may still be shield or wish to make a slower journey back into the world. We have found discovering the world through virtual exploration has been a lot of fun and we thought we'd highlight some of our favourites:

### Train Journeys

This is our absolute favourite train ride so far, showing every minute of the 7 1/2 hours of the scenic journey between Oslo and Bergen.

[Website](#)

### Disney Rides

Go under the sea with The Seas with Nemo & Friends

[Click here](#)

Rocket through Space Mountain at Magic Kingdom

[Click here](#)

Fly in Neverland on Peter Pan's Flight at Magic Kingdom

[Click here](#)

Sail through the Pirates of the Caribbean at Magic Kingdom

[Click here](#)

Virtual Fireworks at Walt Disney World Resort

[Click here](#)

### Places to Visit

**Central Park, New York** - NYC's green centrepiece is available to tour online.

[Click here](#)

**Longleat Safari Park** - enjoy a virtual day out on a safari narrated by BBC Animal Park presenter Kate Humble. You can drive through the safari park or visit meerkats, porcupines....!

[Click here](#)

**Stonehenge** - take an interactive tour of Stonehenge with their 360 degree view from inside the monument.

[Click here](#)

**Royal Observatory Greenwich** - Join them for 'Solar System Discovery', a live online planetarium show presented by an astronomer from the Royal Observatory Greenwich.

'The Universe is a vast and intriguing place, and this show explores our own little corner of it: the Solar System. Starting from our home planet, the Earth, we'll travel through our celestial neighbourhood, visiting objects like planets, moons and asteroids, and ending with a fly-out to view our galaxy, the Milky Way.' Ages: 7+

[Click here](#)

## Zoos and Wildlife

**Chester Zoo** - let the zoo come to you and check out Chester's virtual zoo days.

[Click here](#)

**Visit Europe's biggest aquarium** - there are no tickets or opening times here: the virtual tour runs entirely to your schedule. Check out 13 different enclosures, each one centred on a species or climate - so you can walk through Europe's longest shark tunnel, get up close to crocodiles and meet jellyfish, flamingos or sea lions. It's all available via the Oceanogràfic website. Dive in!

[Click here](#)

**Wildlife Experiences in Australia** - see incredible animals from the comfort of home with these virtual wildlife tours in Australia.

[Click here](#)

**Natural History Museum** - delve into the Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.

[Click here](#)





If you still have any unanswered questions or experiences that you want to share with us then please let us know at [info@swanseapcf.org](mailto:info@swanseapcf.org).

To receive the next issue direct to your inbox, sign up to our mailing list:

<https://swanseapcf.org/join-us/>

### Acknowledgements

A huge thank you to Swansea Parent Carer Forum members, to parent carers and local parent carer led groups/organisations whose wisdom, experience and voice is so important to our children's and families' future.

