



SWANSEA
PARENT CARER FORUM
Influencing positive change

Information for Parent Carers

Foreword

I remember the day when my child was first diagnosed and I was handed an information booklet and a list of organisations that I might find useful. It was an overwhelming time and I wasn't ready to do anything with the information. I stumbled over that list a number of years later and I must admit many of those organisations listed, I have since had a wealth of support from. However, I can safely say that I hadn't actually looked at that list since the day it was put in my hand.

The journey to these organisations and the support they give me and my family, came from meeting other parents with families like mine who gave us the confidence to try them out. It was seeing the same information a number of times in different settings; on online parent carer forums, in the hospital waiting room or meeting others on a parent training course. Most importantly it came from recommendations from parent carers themselves that gave me the confidence to try it out.

My experience is not unique and is shared by many parent carers. The most important thing that ever happened to me was to connect with other parent carers and families like me. They had huge amounts of lived experience to share, and without any judgement.

I found that the organisations that really worked for us were run by parent carers. They totally got the difficulties we had accessing and experiencing activities and gave us the opportunity to try out things in a safe and supported environment.

Swansea has a thriving and supportive parent carer community and we wanted to highlight some of these groups in our information pack and encourage parent carers to connect with each other.

We have also included information on local and national third sector organisations which we know parent carers and their families have accessed and hope that you find them useful. A special thanks to Sandra Spratt from Swansea Council for Voluntary Services (SCVS) and all the parent carers she has worked with over the years. The information included here comes from their wealth of knowledge and experience.

We hope very much that you see this pack in lots of different places and that one day something in it will make a valuable difference to you and your family's life.

Yours sincerely,

Heidi Lythgoe
Chair, Swansea Parent Carer Forum

Support for parents and carers

Joining the Dots Parent Carers 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 everyday life. <https://www.facebook.com/JTDTogether/>

Parents Voices in Wales a social enterprise company based in Cardiff but serving all of Wales. Supporting parents and carers with an online network, resources and signposting to services. We know that when our children struggle it affects the whole family. The majority of families lose income from looking after their child with their own mental health often being compromised.

<https://parentsvoicesinwales.wordpress.com/>

S.A.N (Support additional Needs) Are a peer-led voluntary community group offering support and friendship to parents, carers and individuals who have additional needs. During school term times we meet to support each other, signpost and we also host a range of speakers and coffee mornings for families living in Neath County Borough area and beyond to help empower each other.

<https://www.facebook.com/groups/664637053711730/>

Hands up for Downs is a parent run support group & charity for children with Down's Syndrome and their parents/carers. They are based in Swansea and the surrounding areas.

<https://www.handsupfordowns.co.uk/>

Chinese Autism Support @ (CIWAc) 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/autismchinese/>

Early help Service Early Help Service SNAP Cymru provides children and families, with focused support when problems emerge. The Early Help service works with children, young people and families where there are indicators of emerging difficulties or additional needs. These needs can include anything that affects the health, development, wellbeing and safety of children and young people. Helpline 0808 801 0608 <https://www.snapcymru.org/early-help/>

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.

www.swansea.gov.uk/CarersNeedsAssessment

If you are a carer of a child or young person up to the age of 18 visit

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

If you are a carer of an adult child

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

Swansea Carers Centre is a specialist voluntary organisation providing support to carers and former carers across the City & County of Swansea. They support people who care for those with an illness or disability including learning disability, mental health problems, physical disability, dementia and other long term limiting illnesses which includes children and young people who have a disability. Swansea Carers Centre aims to give much needed support and information to carers across Swansea by providing welfare benefit advice, access to grants and special funds, a counselling service, mutual support groups, training, consultation opportunities and social events. Below are some of their current services that parent carers can access:-

Parent Carer support groups

Each week they welcome a different group of parent carers with similar experiences for an informal meet-up, giving them the chance to learn, support and share their stories.

- **Counselling Service** - provides a professional listening ear either in an individual or group setting.
- **Welfare Centre Benefits Service** Service 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. A benefit check takes no more than 10 minutes, is totally confidential and free of charge.
- **FREE carer's emergency card** - 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.
- **Black, Asian, Minority Ethnic (BAME)** carers support working together with local BME organisations to identify BME carers and encourage them to feed into developing our new carer support service. For all services above contact Telephone 01792 653344 <https://www.swanseacarerscentre.org.uk/>

Carers Trust Wales are part of a national charity committed to improving support and services for unpaid carers. We work with Network Partners - local services that deliver direct support to carers - making the most of our collective experience, expertise and innovations. There are at least 370,000 carers in Wales (that's more than the population of Cardiff) and that three in five of us will become a carer at some point in our lives. Carers Trust Wales is committed to making sure that all carers receive the recognition and support they deserve.

<https://carers.org/country/carers-trust-wales-cymru>

Carers Wales - mission is to make life better for carers by giving expert advice, information and support; by connecting carers so no-one has to care alone; by campaigning together for lasting change and by innovation to find new ways to reach and support carers.

<https://www.carersuk.org/wales>

All Wales Forum of Parents and Carers is the national organisation that represents collectively the voice and views of Parents and Carers of people with learning disabilities in Wales.

<https://www.facebook.com/AllWalesForum>

Army Families Federation Additional Needs

If you or someone in your family has an additional need and/or a disability it can often make life more complicated, particularly when trying to find the right care and support. Military life can add to this difficulty with frequent moves and often being away from family and friends. Whether the additional need is physical (including an acute or chronic illness), educational (SEN), emotional (including mental health illness) or a combination of these there is support available both from the chain of command and outside agencies. AFF is also here to help, so if you are having any problems or have concerns about the support you are receiving please contact the Health and Additional Needs Specialist at additionalneeds@aff.org.uk or call 07552 861 983 <https://aff.org.uk/advice/health-and-add/additional-needs/>

Information

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 10 Changing Places toilets: LC2 Leisure Centre; Swansea Civic Centre; Swansea City Bus Station; Swansea Railway Station; Waterfront Museum; Brangwyn Guildhall; Caswell Bay, Secret Garden; Liberty Stadium and one planned for Swansea Market

<https://www.visitswanseabay.com/useful-information/accessibility-information/>
<https://www.swansea.gov.uk/publictoilets>

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. www.eric.org.uk/

Epilepsy Wales is the leading epilepsy organisation in Wales and exists to improve the lives of everyone affected by the condition. Helpline 0800 228 9016 <http://www.epilepsy.wales/>

The National Autism Team is funded by Welsh Government and hosted by the Welsh Local Government Association (WLGA), works in partnership with Public Health Wales (PHW). The team works closely with the Welsh Government, local authority Autism Leads and health boards, key stakeholders and advisory groups. In addition to the resources available across the AutismWales website, you will also find information of the further work of the team. <https://autismwales.org/en>

CONTACT 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/wales>

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

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. <https://www.scope.org.uk/family-services/>

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

SENSE for everyone living with complex disabilities. For everyone who is deafblind. Sense is here to help people communicate and experience the world. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential. www.sense.org.uk/

NDCS are the National Deaf Children's Society, the leading charity for deaf children. We're here for every deaf child who needs us - no matter what their level or type of deafness or how they communicate. <https://www.ndcs.org.uk/>



RNIB Wales We're the Royal National Institute of Blind People (RNIB), one of the UK's leading sight loss charities and the largest community of blind and partially sighted people.
<https://www.rnib.org.uk/wales-cymru-1>

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/

Mencap Cymru is available to everyone in Wales, whether you are a person with a learning disability, a family member or a friend. They can give you the information you need to understand the rights of people with a learning disability and to support them to access services or challenge decisions. Call 0808 8000 300 <https://wales.mencap.org.uk/>

Down's Syndrome Association 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.
<https://www.downs-syndrome.org.uk/>
Telephone:- 0333 12 12 300
E-mail wales@downs-syndrome.org.uk

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.
www.lukeclements.co.uk/

InfoEngine is the online directory of Third Sector (voluntary/community) services, now covering all of Wales. You can search for services relevant to your issue.
<https://en.infoengine.cymru/>

AFASIC was founded in 1968 as a parent-led organization to help children and young people with speech and language impairments and their families. We provide information and training for parents - and professionals - and produce a range of publications. Ring the Afasic Parents' Helpline on 0300 666 9410 during opening hours - Monday & Wednesday: 10.30am to 4.00pm. www.afasic.org.uk/

National Autistic Society Cymru Providing a wide range of quality, personalised support services for people on the autism spectrum and their families and carers.
<https://www.autism.org.uk/what-we-do/wales>

DEWIS Information on services that can help you
<https://www.dewis.wales/>

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 behaviour a certain degree of restraint. www.crelling.com/

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

Tidy Minds Children and young people's needs for emotional support can vary. If you're a parent or carer, we have information and resources which may help
<https://tidyminds.org.uk/>

Early Years and Childcare

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

The Early Help Hub is the main point of contact for advice and support about the wellbeing of children, young people and their families. The Early Help Hub is able to assess all enquiries within the hub and provide the appropriate guidance, signposting or support based on the need. The Hubs have multi- agency partnership links to assist with ensuring the correct support for the family is accessed at the right time.

The Early Intervention duty line number is 01792 635400 and is staffed Monday to Thursday 9.00am until 5.00pm and on Fridays 9.00am until 4.30pm.
earlyhelphubs@swansea.gov.uk

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 attendance is based on emerging disability/disability), and no other similar facility exists within the area. contact your health visitor or ring Action for Children Tel 01792 477130

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. Visit the Family Information Service for more details on if you're eligible for the offer and how to apply www.swansea.gov.uk/childcareoffer

Benefits and entitlements

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. Telephone: 0345 712 3456

<https://www.gov.uk/disability-living-allowance-children>

For assistance in completing the form you can make an appointment with Swansea Carers Centre
Tel: 01792 653344 or Citizens Advice Bureau see below

Personal Independence Payment (PIP) can help you with some of the extra costs if you have a long term ill-health or disability. To be eligible for PIP you must be aged between 16 and your State Pension age. You can check your State Pension age on GOV.UK. You must also: find it hard to do everyday tasks or get around because of a physical or mental condition - you can make a claim whether you get help from another person or not; have found these things hard for 3 months and expect it to continue for another 9 months; usually be living in England, Scotland or Wales when you apply; have lived in England, Scotland or Wales for at least 2 years - unless you're a refugee or an immediate family member of a refugee if you're already getting DLA and the DWP asks you to claim PIP there are different rules.

<https://www.gov.uk/PIP>

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.

Contact: Free Advice line tel: 08082 787926

Carers Credit You could get Carer's Credit if you're caring for someone for at least 20 hours a week. Carer's Credit is a National Insurance credit that helps with gaps in your National Insurance record. Your State Pension is based on your National Insurance record.
<https://www.nidirect.gov.uk/articles/carers-credit-0>

Carers Allowance You could get £67.60 a week if you care for someone at least 35 hours a week and they get certain benefits.

<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/buspasses/#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.

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.

www.did-card.co.uk/

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. They 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 holiday. www.familyfund.org.uk/

Working Families Advice for Parents & Carers Information for working parents and carers on their employment rights, Tax Credits and in-work benefits, maternity and paternity leave, flexible working options and maternity discrimination. This includes a section especially for parents of disabled children. <https://www.workingfamilies.org.uk/advice-information/>

Turn to Us If you are ill, injured or have a disability, there may be benefits, grants or other financial support available to you. www.turn2us.org.uk/

Disability Grants 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. <https://www.disability-grants.org/grants-for-children.html>

Family time - play and leisure

National Autistic Society Swansea Support Group

We are a support network and growing community for autistic people, parent/carers and their family & friends. Whether a person is diagnosed, on the pathway or suspect autism they are very welcome to join our charity and access support, advice, appropriate and enjoyable events, courses and workshops etc.

Contact Email: NAS.SwanseaBranch.nas.org.uk
Mobile: 07825 280274
<https://www.autismswansea.org/>

SAM - Swansea Autism Movement The main aim of this group is to fundraise and connect with other families in Swansea who have a young person with ASD diagnosis We endeavour to bring families together affected by autism, to build their confidence and learn new ways to communicate in a non-judgemental environment. The parents and young people can form friendships. Siblings and parent-carers feel supported by each other, not judged and can make links and share important information. Above all, we hope to have fun, in a safe and understanding environment.

www.facebook.com/groups/128946284376184/

SNAC (Special needs activity club) Port Talbot is a specially designed centre for children and young adults with special needs to relax, make friends and have fun in a secure centre

<https://snacwales.wordpress.com/>

Discovery Swansea University - volunteers with patience, humour & empathy to provide & support activities.

Active 18: Provide activities that develop the skills of our Active 18 disabled adults' group as well as providing a space where they can participate in social activities

Supported Volunteering Scheme: Provide weekly one-to-one support to disabled adults, giving company and opportunities to do volunteering activities.

<https://discoverysvs.org/>

Telephone: 01792 295743

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 Tel: 07546 267486

<https://plol.org.uk/site/>

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.

Tel: 01792 795778

<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.

Tel 01792 561119

<http://www.interplay.org.uk/>

ELI Project provides love and comfort to families with special needs by hosting events in safe environments where they can come together and connect with others.

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

KidStop Preschool Parent & Toddler group Lifepoint Centre Swansea 10-11.30am. Coffee and cake, and a chance for you and your child to chill and play with friends in a relaxing environment.

<https://www.facebook.com/groups/kidstop/about/>

Dyversity Group Local Aid hold weekly sessions for Children and young people of all ages with Autism (ASD) on a Monday night at FOYD (Friends of Young Disabled) 300 Carmarthen Road, Swansea. Young people and their families are able to meet up, have fun and be themselves.

<http://www.localaid.co.uk/dyversity.html>

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

www.swanseacity.com/search?results_for=autism

Disability Sport Swansea There are loads of opportunities for people with a disability to take part in sport in Swansea. We have both disability clubs and inclusive mainstream clubs covering most of the major sports, but if there is anything not listed below that you are interested in trying, then please get in touch on 01792 635460 or e-mail Sport and Health Swansea.

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

Mixtup is a youth club for 11–25-year-olds with mixed abilities. 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

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/foyd.org.uk/foyd/home>

Surfability. Provides surfing lessons and experiences for people with additional needs due to disability, illness, injury or learning difficulties at Caswell Bay beach. email: info@surfabilityukcic.org mobile: 07517 230427 <https://surfabilityukcic.org/>

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. Duvant Rugby Club Broadacre Killay Swansea SA2 7RU 07584 044284 / 07968109145

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

Swansea Bay and Beyond additional needs activities and events. . An online community, volunteer run, set up to centralise and signpost as many local events and activities as possible that are available for both children and adults with additional needs. We also encourage the highlighting of any events for carers.
www.facebook.com/groups/246622339537080

The LC Swansea carers go free visit their access page on website
<http://www.thelcswansea.com/open-access-statement>

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 to see a video
<https://www.gljones-playgrounds.co.uk/playground-equipment/swings/abilityswing-wheelchair-swing-detail>

Swansea Parks and accessible play equipment visit <https://www.swansea.gov.uk/article/9312/A-new-generation-of-play-areas-for-our-children>

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 also at **Mountain View Childrens Centre** 51 Mayhill Rd Mayhill Swansea 01792 468584

Swansea Young Adult Carers Project are young people aged 16-25 who provide unpaid care to a relative, family member, or friend who cannot cope without their help into adulthood. Tel: 01792 653344
www.swanseacarerscentre.org.uk/

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. Tel: 07946 348878
<https://ymcaswansea.org.uk/what-we-do/family-youth-work/young-carers-service/>

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 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. 0845 123 1292
<https://www.ceacard.co.uk/>

Dimensions autism friendly screenings host autism friendly cinema screenings every month National Autism Friendly Cinema Screenings | Dimensions (www.dimensions-uk.org)

Hynt is a 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/>

AccessAble 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.accessable.co.uk/>

Education / Further Education / Higher Education / Employment

Additional Learning Needs (ALN) Swansea local authority provides a service for parents and carers to seek advice and information for children and young people with Additional Learning Needs. The Parent Partnership is a free and confidential service which provides impartial information, advice and support to parents and carers of children with Additional Learning Needs

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

Email caseworker@swansea.gov.uk

Tel: 01792 636162

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

<https://www.snapcymru.org/home/>

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/>

Mountain Movers is an ALN friendly educational community providing services and support to families who are electively home educating.

<https://www.facebook.com/MountainMoversEducation/>

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/>

School Counselling Swansea Counselling for children and young people in Swansea. Children and young people between the ages of 5-25 and living in Swansea are well supported with counselling and therapy services. The services are delivered by the exchange and are available in schools throughout the County and in Swansea city centre. The primary purpose is to support the development of psychological and emotional resilience in the young clients.

<https://www.exchange-counselling.com/>

Careers Wales can help you to plan your career, prepare to get a job, and find and apply for the right apprenticeships, courses and training.

<https://careerswales.gov.wales/>

Gower College Have a range of full and part time courses are available, tailored to students with learning difficulties, specialist education needs and/or behavioural requirements. We have a close working relationship with the City & County of Swansea's Social Services Department which ensures that the courses match the educational needs of students. Full time courses are delivered at the Tycoch campus.

https://www.gcs.ac.uk/independent-living-skills#!pnl_all

Swansea University Disability Office aims to provide professional information and guidance services for disabled students, students with specific needs and/or medical conditions from the point of application to graduation. We aim to eliminate discriminatory practices, ensure accessible facilities and provide flexible services to students who require support by continuing to review and enhance our services to ensure that they meet best practice standards. The Disability Office is part of Inclusive Student Support Services.

<https://www.swansea.ac.uk/disability/>

Swansea Council for Voluntary Service information on 100's of local opportunities, Swansea Volunteer Centre can provide all the support you need to start volunteering - one to one advice and guidance, face to face, by phone or email 01792 544000 / Email: volunteering@scvs.org.uk Call in - Mon-Fri, 9am-5pm - SCVS, 7 Walter Road, Swansea SA1 5NF
<https://www.scvs.org.uk/volunteercentre>

Social Care

My child has a disability Information for parents and carers of disabled children and young people in Swansea. In Swansea there are many professionals from statutory services and voluntary organisations available to help and support parents with the realisation that their child may have a disability www.swansea.gov.uk/disabledchildrenandyoungpeople

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>

Direct Payments are a sum of money given to you by the Local Authority to buy your own care services or support instead of getting services provided by the Local Authority. Direct Payments originally came into being as a result of pressure from disabled people who wanted to have more choice and control over how they received their services. Over the years, other people who use social care services have also seen the benefits of using Direct Payments to feel more independent.

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

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. For more information go to <https://www.dewis.wales/short-breaks-for-carers>

Health

You may meet a number of health professionals if your child has been diagnosed with an additional need.

The first person you are likely to meet is the Paediatrician.

Paediatrics is the branch of medicine that deals with the medical care of infants and children. A doctor who specialises in this area is known as a paediatrician. A paediatrician working in a hospital setting usually diagnoses and treats children with acute and/or chronic medical illnesses. Paediatricians working in the community (Community Paediatricians) have expertise in the assessment of children's development and developmental deviations, the medical management of chronic disability conditions including learning disability, educational medicine and child protection (or safeguarding). Community Paediatricians work in conjunction with multi-agency and multi-disciplinary teams which might include Physiotherapists, Occupational Therapists, Speech and Language Therapists, Educational Psychologists, Social Workers, Child and Adolescent Mental Health Team, Portage Workers, Specialist Teachers, Specialist Health Visitors, Health Visitors and Specialist Play

Groups such as Stepping Stones. They also work closely with other medical specialists (Hospital Paediatricians, Ophthalmologists, ENT Surgeons, and Orthopaedic Surgeons etc). All of these professionals may need to complete an assessment at different stages of your child's development. The assessments used by Community Paediatricians will depend on a child's specific difficulties, but most pre-school children are assessed using the Ruth Griffiths Developmental assessments. For children under 5 where Autism is suspected, the Autism Diagnostic Observation Schedule (ADOS) will form part of the assessment process.

To find out more Ring 01792 200400 or visit

<https://sbuhb.nhs.wales/hospitals/a-z-hospital-services/children-young-people/hospital-and-community-services/community-services-for-children/>

Therapy for Swansea Kids

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

What is a Ruth Griffiths Assessment? This developmental assessment tool is used by Paediatricians to assess the child's development across all areas - Locomotor, Personal Social, Hearing and Language, Eye Hand Coordination and Performance. Depending on the results, the Paediatrician may refer the child to other services (Stepping Stones Children's Centre, Speech Therapy, Physiotherapy, etc) to support him/her to reach his/her full potential.

Child Disability Health Visitor

The Child Disability Health Visitor has experience and training in helping children with a medical condition and/or disability. Tel: 01639 862764

Community Dental Service (CDS)

provides dental care for vulnerable people of all ages. The CDS has some dental clinics that are equipped with specialised equipment including wheelchair reclining platforms and hoists that enable wheelchair patients to be safely and effectively treated. More complex treatment such as sedation can only be provided at an appropriately equipped CDS clinic by suitably trained and experienced CDS staff members. Wherever possible, treatment will be provided at a CDS clinic close to a pupils' home but in some cases it may be necessary for pupils and their carers to travel to a suitable CDS clinic. The CDS has a clinic in the Port Talbot Resource Centre where access for disabled people is very good and specialised dental equipment is available for their treatment. Telephone: 01792 517838

Neuro Developmental Disorders Team (NDD)

Neuro Developmental Delay (NDD) is an umbrella term for a range of conditions that are the result of problems with the development of the brain or central nervous system. Children with NDD can have trouble understanding and controlling their emotions and understanding other people's emotions, they can have issues with self control and their ability to learn, speak and move and their memory might not be as developed as other children. The NDD team is responsible for the assessment of ASD (autism spectrum disorder) and ADHD (attention deficit hyperactivity disorder) in children and young people up to 17 and a half years of age. **To find out more 01639 862549 or visit**

<https://sbuhb.nhs.wales/hospitals/a-z-hospital-services/children-young-people/hospital-and-community-services/community-services-for-children/ndd-and-therapies/help-with-autism-adhd/>

Western Bay Integrated Autism Service

The Integrated Autism Service (IAS) is a service to support autistic adults and the parents/carers of autistic children, young people and adults in Western Bay. Western Bay includes Swansea, Neath Port Talbot and Bridgend. Adults, parents, carers and professionals will be able to refer to the Integrated Autism Service. The Integrated Autism Service provides direct support for autistic adults. We also provide advice, support and signposting for parent carers of autistic children, young people and adults. SBU.WBIAS@wales.nhs.uk to find out more ring 01639 862936 (telephone between the hours of 10am - 4pm)

<https://sbuhb.nhs.wales/community-primary-care/a-z-community-primary-care/western-bay-integrated-autism-service/>