



SWANSEA
PARENT CARER FORUM
Influencing positive change

Information for Parent Carers

Updated 2024



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FUND

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Foreword

The main purpose of our work as a Parent Carer Forum in Swansea is to engage with local families, so we can accurately represent them through co-production and our work in partnership with local services. Swansea Parent Carer Forum collects the experiences and views of local families in a variety of ways including surveys, polls, social media along with face to face discussions at coffee mornings, workshops and other events. This enables disabled children, young people and adults and their families to have a voice at the centre of decision making in Swansea.

However we also recognise that for many families information is key to accessing support and it is with this in mind that the Forum has produced this information guide which we hope you will find useful.

Please do join the Forum by visiting <https://swanseapcf.org/join-us/> and drop in for a chat at one of our regular coffee mornings.

We also have a link on our website to a short guide to people you may meet, as parent carers ourselves, Swansea PCF have tried to explain in simple terms what different professionals do. Professional titles can be confusing if you're not familiar with them, particularly if you're meeting a lot of new people from different professional backgrounds at the same time.

<https://swanseapcf.org/wp-content/uploads/2023/01/People-you-may-meet-Jan-23.pdf>

Support for Parent Carers

Swansea Parent Carer Forum The main purpose of our work as a Parent Carer Forum in Swansea is to engage with local families, so we can accurately represent them through co-production and our work in partnership with local services. Swansea PCF collects the experiences and views of local families in a variety of ways including surveys, polls, social media along with face to face discussions at coffee mornings, workshops and other events.

If you have experiences that you want to share contact info@swanseapcf.org

<https://swanseapcf.org/>

To receive regular information about our work, sign up to our mailing list: <https://swanseapcf.org/join-us/>
Parent Carers can join our private Facebook Group here: <https://www.facebook.com/groups/swanseapcf/>

Joining the Dots Parent Carers is an online Wales wide 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 Supporting parents and carers with an online network, resources and signposting to services.

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

S.A.N (Support Additional Needs) are a peer-led voluntary community group based in Neath Port Talbot, offering support and friendship to parents, carers and individuals who have additional needs.

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

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. A 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 your child is under 18 contact:

Single Point of Contact (SPOC)

Telephone: 01792 635700

Email: singlepointofcontact@swansea.gov.uk

If your child is 18 or over contact:

Common Access Point (CAP)

Telephone 01792 636519

CAP@swansea.gov.uk

Swansea Carers Centre is a specialist organisation providing support to all carers including parent carers and former carers across the City & County of Swansea. They provide welfare benefit advice, access to grants and special funds, a counselling service, mutual support groups, training, consultation opportunities and social events.

Telephone 01792 653344

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

InclusAbility Swansea supports families with disabilities. Provides a safe community in which people can discuss and share ideas to support each other and offer activities for children and families.

Email: swansea@inclusability.org

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

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>

Carers Trust Wales is part of Carers Trust, a national charity committed to improving support and services for unpaid carers. Carers Trust Wales aims to shape a better future with and for carers in Wales by raising awareness, empowering carers and influencing change.

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

CONTACT The charity for families with disabled children support families with the best possible guidance and information.

<https://contact.org.uk/>

CONTACT Cymru produces a wide range of information for families in Wales on topics such as special educational needs, dealing with debt, and transition. There are also some Welsh language publications available in their online resources library.

<https://contact.org.uk/wales>

SCOPE The disability equality charity in England and Wales provides free online, independent and impartial advice and support on a range of topics, also an online community is a space to make friends, share your experiences, get advice and discuss the issues that matter to you.

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

WellChild is the national UK children's charity making it possible for children and young people with exceptional health needs to be cared for at home instead of hospital, wherever possible.

<https://www.wellchild.org.uk/about-us/>

Army Families Federation Additional Needs

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/>

Mirus supports people to think about how they want their life to be, what their goals are, and what they like to do. They work with them to make it happen and make sure that people have choice and control in what they do, how they are supported and how they are involved in the communities that they are part of.

<https://www.mirus-wales.org.uk/>

Swansea Local Area Coordinators Your local area coordinator can help you find advice and support in your community - make new connections and friends, get involved in groups and activities, overcome personal challenges, get your voice heard by people in power and being involved in improving public services, make your contribution to your community or think about what your good life looks like.

<https://swansea.gov.uk/localareacoordination>

The Disability Networking Group

co-ordinated by Swansea Council's Partnership & Involvement Team aims to offer disabled people, their friends, families, and carers, and the professionals who work with disabled people opportunities to share information together and network. Contact disabilitynetwork@swansea.gov.uk

Tel: 07814 104816 or Tel: 07557 166038

Swansea Disability Forum To promote the relief of and assist disabled adults living in Swansea to recognize and realise their potential in their own lives, in their communities and in society as a whole.

The Swansea Disability Forum meetings occur on Tuesdays on a bi-monthly basis (every other month). Please email cynthiaphillips000@gmail.com if you're hoping to join one of the meetings.

General Information

Disability Wales Information, comment, opinion and opportunities for getting involved in campaigning for disability equality.

<http://www.disabilitywales.org/>

Tel: 029 20887325

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. www.lukeclements.co.uk/

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/

NYAS National Youth Advocacy Service is a children's charity who provide advocacy and legal representation to children when important decisions are being made about them.

<https://www.nyas.net/get-support/>

RADAR is a large, conspicuous, silver-coloured key that opens more than 9,000 accessible toilets, those with wide entrances and disability symbols on the door, RADAR facilities are available at 15 toilets around Swansea. RADAR Keys are available for purchase on production of a doctor's note or similar for £5 from Swansea Mobility Hire or available via Amazon.

Changing Places Toilets Standard disabled toilets do not meet the needs of all people with a disability or their carers. Changing Places toilets are different to standard disabled toilets with extra features and more space to meet needs. Swansea now has 15 Changing Places toilets.

<https://www.visitswanseabay.com/useful-information/accessibility-information/>

Crelling Harnesses A company offering a full range of seat belts 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

DEWIS Information on services in Wales that can help
www.dewis.wales

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/>

Ethnic Minorities and Youth Support Team Wales provides ethnic minority people with the opportunity to reach their fullest potential through holistic, targeted, and culturally sensitive programmes covering education, employment, health, community safety and cohesion.
<https://www.eyst.org.uk/>

Your Voice Advocacy Your Voice Advocacy is an organisation that provides independent advocacy for people with learning disabilities across the areas of Neath Port Talbot and Swansea in South Wales.
<https://www.yourvoiceadvocacy.org.uk>

Advocacy Support Wales provides independent advocacy to those in mental health need. Wherever possible, advocates will listen to the views and wishes of the individual and act on their instruction.
<https://ascymru.org.uk>

Disabled Living is a registered charity which provides impartial information and advice about equipment and services for disabled individuals, their families and carers in the UK.
<https://www.disabledliving.co.uk/>

Independence At Home Aims to improve independence, comfort, safety, dignity and quality of life for people with long-term illness and disability. If you have a long-term illness or disability - or a member of your family has - and you need financial help towards the cost of specialist equipment or home adaptations, they may be able to help.
<https://independenceathome.org.uk/>

Focus on Disability Independent not for profit website devoted and aimed at providing information, guides, products and resources for the disabled community, elderly and carers in the UK.
<https://focusondisability.co.uk/>

Information & Resources Condition Specific

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/>

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

Brainkind UK charity helping people to thrive after a brain injury, providing innovative rehabilitation and ongoing support to ensure life after brain injury can be a life well lived. <https://brainkind.org/>

Chinese Autism Support The project provides culturally sensitive, multilingual advocacy services to help resolve issues or concerns that families may have about education, health and social services.
<https://chineseinwales.org.uk/autismchinese/>

Learning Disability Forum Swansea City Foundation have partnered up with West Glamorgan Regional Partnership to provide a learning disability forum for adults. Looking to overcome barriers that individuals with learning disabilities come across. To find out more email Lloyd@swansfoundation.org.uk

The Swansea Centre for Deaf People Helping the deaf community through a variety of events and activities.
https://www.facebook.com/p/The-Swansea-Centre-For-Deaf-People-100064718014733/?locale=en_GB

SENSE For everyone living with complex disabilities, helping people communicate and experience the world.
www.sense.org.uk/

Talking Hands Deaf Children, Young People and Family Service

A place for families, and organisations of Deaf / Hard of Hearing children to share information on services and education.
<https://www.facebook.com/talkinghandscyp>

All Wales Forum of Parents and Carers is a 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>

ADHD Foundation is a neurodiversity charity, offering a strength-based, lifespan service for the those who live with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, Tourette's Syndrome and more.

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

Calon ADHD Project Provides support in the form of activities, workshops, and training with young people with a diagnosis or on the pathway of Attention Deficit Hyperactivity Disorder - ADHD/ADD, and their families.

<https://calonadhdproject.org>

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

They have a free Book & Toy lending library and Sleep service

<https://cerebra.org.uk/get-advice-support/library/>

<https://cerebra.org.uk/get-advice-support/sleep-advice-service>

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>

Autism Wales A range of resources have been developed in partnership with autistic people, parents and carers and professionals that clearly explain what autism is and how it affects autistic people's interaction with the world around them.

<https://autismwales.org/en>

Autistic Spectrum Disorder (ASD) support This guide aims to support parents and carers of children and young people who you think may be autistic or who are awaiting an assessment, or who have a diagnosis of Autistic Spectrum Disorder

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

Learning Disability Wales is a national charity representing the learning disability sector in Wales. Focus is on creating a Wales that values and includes every child, young person and adult with a learning disability.

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

Mencap Cymru Whether you are a person with a learning disability, a family member or a friend, we provide 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/>

NDCS are the National Deaf Children's Society, providing advice and guidance on a range of topics including education, communication, social care, discrimination, independence and welfare benefits.

<https://www.ndcs.org.uk/about-us/where-we-work/wales/>

RNIB Wales 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>

Guide Dogs Support for finding ways to live actively, independently and well with sight loss, including: Guide Line - telephone support for advice and guidance for a parent, child or family member.

<https://www.guidedogs.org.uk/inspiring-stories/children-and-young-people-inspiring-stories/>

ERIC The Children's Bowel & Bladder Charity is a charity dedicated to the bowel and bladder health of all children and teenagers in the UK and has useful resources on its website.

www.eric.org.uk/

Epilepsy Wales is the leading epilepsy organisation in Wales, improving the lives of everyone affected by the condition. Helpline 0800 228 9016

<http://www.epilepsy.wales/>

Down's Syndrome Association is a national organisation, committed to improving quality of life for people who have Down's syndrome, promoting their right to be included on a full and equal basis with others.

<https://www.downs-syndrome.org.uk/about-downs-syndrome/>

Swan UK Support for families who have a child with a syndrome without a name. Children affected by a syndrome without a name can have a range of different symptoms and each child is likely to be affected differently.

www.undiagnosed.org.uk

Beat Eating Disorders Offering support to people affected by eating disorders, as well as parents, siblings and other carers. Welsh language support is also available.

<https://www.beateatingdisorders.org.uk/contact-us/>

Diabetes UK Cymru Raising awareness, improving care, and providing help, support, and information for people with diabetes and their families across Wales.
https://www.diabetes.org.uk/in_your_area/wales

AFASIC Supports and provides information for families with children and young adults who have Speech Language and Communication Needs (SLCN) with a focus on Developmental Language Disorder (DLD)
www.afasic.org.uk/

I Can Children's communication charity provides information and resources for parents and practitioners.
<https://www.icancharity.org.uk/>

Cerebral Palsy Cymru Our mission is to improve the quality of life of all children in Wales living with cerebral palsy.
<https://www.cerebralpalsycymru.org/get-support>

Raising Awareness of Developmental Language Disorder Information about DLD and resources for family, friends and professionals.
<https://radld.org>

WhizzKidz Provide high-quality equipment tailored for children and young people who need wheelchairs, organise free events for families and support schools with staff training and wheelchair skills sessions for children.
<https://whizz-kidz.org.uk>

Reach Provides support for children with an upper limb difference and their families. Website also offers teacher training and classroom resources to celebrate and embrace differences.
<https://reach.org.uk>

Limbpower Offers physical activities, sport and art activities for individuals with limb difference and amputees.
www.limbpower.com

Wellbeing & Mental Health

Child & Adolescent Mental Health Services (CAMHS) is the name to describe the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

Swansea Bay CAMHS Single Point of Contact / Referral Line Open access 'front door' to Swansea Bay CAMHS for all children / young people & their families, and for all professionals. Provides telephone advice, support and referral triage for all. Provides access to the CAMHS Crisis Team for urgent referrals. Provides Duty Clinician support for those already open to CAMHS 9am - 5pm Monday to Friday. Please contact 01639 862744

Swansea Bay CAMHS Crisis Team Operates 9am - 9:30 pm seven days per week providing direct assessment and short-term follow-up for urgent referrals. Referrals should be made via the CAMHS Single Point of Contact / Referral Line (01639 862744) Monday to Friday 9am - 5pm

Swansea Wellbeing Centre Offers an array of affordable and accessible wellbeing experiences for people from all walks of life. Telephone 01792 732071
<https://www.wellbeingswansea.co.uk/>

Nurturing Affective Care Supporting the emotional wellbeing of children and adults with severe and profound intellectual disabilities.
<https://nacwellbeing.org>

Charlie Waller Trust Mental health training, resources and consultancy with a focus on children and young people.
www.charliewaller.org

Platform The mental health and social change charity. Working with people experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and well-being in the places they live.
connect@platform.org

Swansea MIND Early intervention, group workshops, information and one-to-one support for emotional wellbeing. Supported self help sessions for ages 11-18.
<https://www.swanseamind.org.uk/children-and-young-people/>

The Hangout Delivers intensive equine interventions for young people, through referral, who are suffering from anxiety or other mental health issues with an increased risk of social isolation.
thehangoutwales@gmail.com

Tidy Minds Mental Health Information for young People. If you're a young person living in Swansea or Neath Port Talbot, we're here to help you understand the way you're feeling, and find the right advice and support
<https://tidyminds.org.uk/>

Sorted Supported Emotional and Mental Wellbeing support for adults living in Swansea or Neath Port Talbot, to help you understand the way you're feeling and find the right advice and support.
<https://www.sortedsupported.org.uk/>

Llamau The leading homelessness charity in Wales, supporting the most vulnerable young people and women. www.llamau.org.uk

Anxiety Support Wales Supporting adults and children with the daily battles of anxiety in Swansea and surrounding areas.
<https://www.facebook.com/anxietyswansea>
anxietyswansea@outlook.com

Challenging Behaviour Foundation Family Support Service Provides information and support about the needs of your family member with a severe learning disability. Their support is confidential and they will not judge you or tell you what to do.
<https://www.challengingbehaviour.org.uk/for-family-carers/family-support-service/>

Grow Cymru Swansea based women's charity offers a variety of events, classes, services and training available for women, in a safe and supportive environment where you can build your confidence, learn new skills, and achieve your goals.
<https://growcymru.org.uk/>

Benefits & 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. 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. 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 see below

Personal Independence Payment (PIP) To be eligible for PIP you must be aged between 16 and your State Pension age. PIP can help you with some of the extra costs if you have long-term ill-health or a disability. You can check your State Pension age on GOV.UK. You need to 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 Appointments available throughout Swansea and Neath Port Talbot. They can meet you at a local outreach venue, at home (with prior planning) or at a group that you attend or at their main office in Swansea. Contact: Free Advice line tel: 08082787926
<https://citizensadviceSNPT.org.uk/>

The Children's Legal Centre Wales is a Wales-wide, bilingual service providing information and access to legal advice for children and young people.
<https://childrenslegalcentre.wales/>

Advicelink Cymru is a Welsh Government funded Citizens Advice service designed to help people who are most in need of advice services, particularly those who would not usually seek advice. People in Wales can access the service Monday to Friday from 9am to 5pm through our Advicelink Cymru number: 0800 702 2020. Relay UK - if you can't hear or speak on the phone, you can type what you want to say: 18001 then 08082 505 720

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.
<https://www.gov.uk/carers-credit>

Carers Allowance If you care for someone for at least 35 hours a week and they get certain benefits. You do not have to be related to, or live with, the person you care for. You do not get paid extra if you care for more than one person. If someone else also cares for the same person as you, only one of you can claim Carer's Allowance. Carer's Allowance can affect the other benefits that you and the person you care for get. You have to pay tax on it if your income is over the Personal Allowance.
<https://www.gov.uk/carers-allowance>

Carer's Leave Act 2023 This new legislation will give employees who are unpaid carers up to five days' unpaid leave from work a year in support of their caring responsibilities.
<https://www.gov.uk/carers-leave>

Blue Badge scheme Provides a national range of parking concessions to help people who are disabled. 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/bluebadge>

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 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) was introduced in response to disabled people having to carry 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

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>

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. 0845 123 1292
www.ceacard.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
www.familyfund.org.uk
They also have a Discover more support tool - to help you more easily find services best suited to you and your family.
<https://www.familyfund.org.uk/support/discover-more/>

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://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 Guide to Grants for the Disabled Help find the right grant
<https://www.disability-grants.org>

Dwr Cymru Bill Cap - WaterSure Wales tariff. If you already have a meter, or have requested one, the Bill Cap - WaterSure Wales tariff puts a cap on the amount you have to pay for your water. There are some eligibility requirements.
<https://www.dwrcymru.com/en/support-with-bills/watersure-tariff>

Play and Leisure

Buddies are part of Local Aid's programme to increase out-of-school play and leisure activities for children and young people affected by disabilities aged 12 to 19. For a referral form or more information contact Amanda@localaid.co.uk Tel 07846204358 <http://www.localaid.co.uk/projects>

Buddies Saturdays is an all-day Saturday group (10am to 3pm) offering a range of activities encouraging young people to gain social skills and independence while making friends and having fun. This group is ideal for young people who need one-to-one or higher support and find accessing the community challenging. <http://www.localaid.co.uk/projects>

Palms Up A provision for young people aged 12 to 19 with a range of complex health needs, including peg feeding, epilepsy, and mobility support needs. 3-hour session runs weekly <http://www.localaid.co.uk/projects>

Buddies' Community Access is a provision for young people aged 12 to 19 with additional learning needs who need support to access and participate in mainstream community activities, enabling young people to develop independence and social skills. This group will meet in various locations; young people play an active role in choosing activities for each session. <http://www.localaid.co.uk/projects>

Diversity This is an open-access accessible, family session supporting young people on the autistic spectrum or awaiting diagnosis. Parents must stay, siblings are welcome. Monday 5 - 7pm Term time only. Based at Foyd 300 Carmarthen Rd £2 per session per child. All ages are welcome. No referral is needed. <http://www.localaid.co.uk/projects>

National Autistic Society Swansea Support Group is 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. <https://www.facebook.com/groups/NASSswanseasupport/>

Interplay integrates young people with special needs into play and leisure opportunities that are available to any child in their community. They take 4 - 25 as their age range and provide holiday, after school and weekend activities. Tel 01792 561119 <https://www.facebook.com/InterplayPlayandLeisure/>

Discovery Swansea University Creative 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. Telephone: 01792 295743 <https://discoverysvs.org/>

Play & Leisure Opportunity Library

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.

Tel: 07546 267486 admin@plol.org.uk <https://www.facebook.com/ThePlayAndLeisureOpportunityLibrary/>

The Swans Community Trust offers pan-disability activities that cater for children and adults with a range of disabilities. www.swanseacity.com/search?results_for=autism+

Disability Sport Wales is committed to this common vision and believes it has a pivotal and unique role in helping to drive transformational change by building upon past experience and recent success. <https://www.disabilitysportwales.com/> You can also search locally <https://www.disabilitysportwales.com/en-gb/join-in/clubs>

Circus Eruption provide a free, safe, and supportive space for young people to learn circus skills. Tel: 01792 795778 <http://www.circuseruption.co.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.eliproject.co.uk/>

Calon ADHD Project Provides support in the form of activities, workshops, and training with young people with a diagnosis or on the pathway of Attention Deficit Hyperactivity Disorder - ADHD / ADD, and their families. <https://calonadhdproject.org/>

CanDo Hub A training provision catering for adults with ALN and disabilities, inclusive fitness classes in Swansea. www.candohub.co.uk

Friends of Young Disabled FOYD 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://www.facebook.com/foydswansea/?locale=en_GB

Surfability Provides surfing lessons and experiences for people with additional needs due to disability, illness, injury or learning difficulties at Caswell Bay beach. 01792 368482
<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.
<https://www.bikeabilitywales.org.uk/>

The LC Swansea Leisure Centre offers gym, spa, waterpark, climbing wall. 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 controlled gate and has straps for securing a wheelchair within a contained compartment. For instruction see a video
<https://www.gljones-playgrounds.co.uk/playground-equipment/swings/abilityswing-wheelchair-swing-detail>

Sensory Rooms Available to book at **Swansea integrated Children's Centre**, Eppynt Road, Penlan Swansea SA5 7AZ To book contact reception Tel 01792 572060 also at **Mountain View Children's Centre** 51 Mayhill Rd Mayhill Swansea 01792 468584

Swansea Carers Centre Young Adult Carers Project Offers 1-2-1 holistic and tailored support (face to face, over the phone or online) trips, activities and opportunities. It gives young adult carers 16 to 25 a chance to meet with others of a similar situation, opportunity to learn new things, and most importantly to give them a well-deserved break from their caring roles. Tel: 01792 653344
<https://www.swansecarerscentre.org.uk/projects/young-adult-carers-service/>

Action for Children Unwind A service that offers referred parents/carers of children with complex health needs or disabilities aged up to 18, a two-night short break in a fully equipped static caravan in North Gower. Referrals can be made by Health Professionals, Social Services, Education and Swansea Parent Carer Forum. 01792 813522
nptswanshortbreaks@actionforchildren.org.uk

Dimensions autism friendly screenings Host autism friendly cinema screenings every month.
<https://dimensions-uk.org/press-release/get-next-autism-friendly-cinema-screenings-ticket-free/>

YMCA Young Carers Swansea Young Carers Service provides support and information for young carers aged 8-18 in Swansea. They provide: Assessment of needs; Information; Support; Advocacy and Signposting. A Young Carer is anyone under the age of 18 who is caring or is affected by caring, for a family member. Tel: 07946 348878
<https://ymcaswansea.org.uk/what-we-do/family-youth-work/young-carers-service/>

AccessAble Detailed access information to thousands of venues across the UK: shops, pubs, restaurants, cinemas, theatres, railway stations, hotels, universities, hospitals and more.
<https://www.accessable.co.uk/>

InclusAbility Swansea supports families with disabilities. Provides a safe community in which people can discuss and share ideas to support each other and offer activities for children and families. Email: swansea@inclusability.org
<https://www.facebook.com/groups/incswansea>

The Rising Stars Theatre Group Run drama sessions and performances for adults and young people with an additional learning need, encouraging creativity and independence through performance skills. risingstarstheatreco@hotmail.com

Swansea Community Farm Offering volunteering opportunities for children and adults, play activities, training and support to get into work. Visitors are welcome to explore the grounds, meet the animals and see how food is produced.
info@swansecommunityfarm.org.uk

SHINE Shine Cymru Life Skills Services offer a friendly and versatile service to Young Adults with ASD, Learning Difficulties and or Disabilities in a fun, family feel environment info@shinecymru.co.uk

Vibe Youth A youth organisation based in Swansea that provides a meaningful and relevant source of support and personal development for children and young people.
<https://vibeyouth.co.uk>

Info-Nation - Info-Nation is Swansea's one-stop shop for young people, offering information, advice and support.
info-nation@swansea.gov.uk

Mixtup is a youth club for 11-25 year olds with mixed abilities, 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 mixtupswansea@gmail.com
07543 273891
www.facebook.com/mixtupswansea/

Early Years & 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.

Telephone: 01792 517222

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

Early Help Hubs Work with individuals and families. The Hubs have multi-agency partnership links to assist with ensuring the correct support for the family is accessed at the right time. Families can be referred by a practitioner from a childcare, education, health or third sector setting. Information for practitioners can be found at

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

Swansea Council Early Years, Early Help - Family support services Support families to establish and enhance skills that better enable them to help their child meet their developmental milestones.

Encouraging families to engage and promote their child's language, play and holistic developmental skills by delivering support as a completely family approach for children aged 0 - 11 years of age, via open access, group and one to one work. 07887 055230 tracie.jennett@swansea.gov.uk

Stepping Stones Children's Centre provides services for pre-school children who have an emerging or diagnosed disability providing activities both in groups and one-to-one. Contact your health visitor or ring Action for Children Tel 01792 477130 <https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/stepping-stones-childrens-centre/>

Free Welsh Government 30 hr Childcare Offers working families of 3 & 4 year old children access to free, flexible childcare. 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

Flying Start Swansea Flying Start offers funded, high quality, part-time childcare for children between the ages of 2 and 3 years. Within Flying Start, young children will have a broad and balanced range of activities and experiences appropriate to their needs. This will support their development and aim to improve their outcome in preparation for school and in the long term.

<https://www.swansea.gov.uk/article/2977/Flying-Start>

Faith in Families Rainbow Rockets Small group sessions, offered in 6 weekly blocks, for pre-school children with emerging or identified needs:

Bonymaen Community Cwtch. 07872 993147

<https://faithinfamilies.wales/bonymaen-community-cwtch/>

Tiny Happy People Online advice and support for early speech, language and communication skills development.

www.bbc.co.uk/tiny-happy-people

Education, Further Education, Higher Education, Employment & Volunteering

ALN Caseworker Service ALN Caseworkers are a key contact and they will work collaboratively with everyone involved in your young person's education, to achieve the best outcomes for them. You may work with them during your young person's annual review particularly around transition stages (to a new school) or changes in provision or if there are particular issues in meeting a learner's needs that need to be worked through. They can provide information, advice and

guidance at any stage including early years settings, schools, colleges in an open, honest and transparent way. Email caseworker@swansea.gov.uk <https://www.swansea.gov.uk/alnprofessionalscaseworkers>

ALLFIE A national campaigning and information-sharing network led by disabled people. They 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.
<http://www.allfie.org.uk/>

ASDES Helping people with autism in the job market. They can support job seekers with assessment, occupational profiling, stress reduction, job matching, coaching and many other issues. They also work with employers who have employees with ASD who need support to keep their job. <https://asdes.org.uk/>

Elective Home Education Swansea provides guidance for parents who are considering or have decided to Elective Home Educate (EHE) their children
<https://swansea.gov.uk/electivehomeeducation>

Mountain Movers 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. The aim is to increase staff awareness, knowledge and confidence to help you support pupils
<https://www.mentallyhealthyschools.org.uk/>

Careers Wales Can help young people with disabilities and or ALN to prepare to get a job, and find and apply for the right apprenticeships, courses and training. <https://careerswales.gov.wales/my-future/support-for-parents-and-carers>

Gower College Has a range of full and part time courses available, tailored to students with learning difficulties, specialist education needs and / or behavioural requirements. <https://www.gcs.ac.uk/IndependentLivingSkills>
https://www.gcs.ac.uk/independent-living-skills#!pnl_all

Access to Work Can help you get or stay in work if you have a physical or mental health condition or disability. The support you get will depend on your needs. Through Access to Work, you can apply for: a grant to help pay for practical support with your work, support with managing your mental health at work, money to pay for communication support at job interviews.
<https://www.gov.uk/access-to-work>

Supported Employment ELITE and Shaw Trust offer supported employment services in Swansea, they provide a team of highly skilled Employment Advisors who travel across Swansea, Neath, Port Talbot and West Wales helping those at a disadvantage or disability into employment.
<https://elitesea.co.uk/swansea/>

Swansea University Disability Office Provides professional information and guidance services for disabled students, students with specific needs and / or medical conditions from the point of application to graduation. The Disability Office is part of Inclusive Student Support Services.
<https://www.swansea.ac.uk/disability/>

Swansea Council for Voluntary Service Has 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
<https://www.scvs.org.uk/volunteercentre>

Dyslexia Club Swansea Provides fun activities to build confidence and improve well being of dyslexic young people aged 8 to 18. Activities vary and can include crafts, games, puzzles to building things with fun and friendship at its core. Meets weekly term time. For more information contact dyslexiaclub@icloud.com
<https://www.facebook.com/groups/dyslexiaswansea/>

Shaw Trust is a leading employment charity. They help people find and keep meaningful jobs, provide education and training for those starting out and those looking to progress in their jobs.
<https://shawtrust.org.uk/>

Social Care

Swansea 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 For referrals: Single Point of Contact - 01792 635700
singlepointofcontact@swansea.gov.uk
If your case is open to a social worker please call: 01792 635180.

The Emergency Duty Team is available outside normal working hours on: 01792 775501
<https://www.swansea.gov.uk/mychildhasadisability>

The Community Learning Disability Team works alongside people with learning disabilities and their support networks to assess needs, agree outcomes and develop care plans. The teams provide access to information, advice, and support for people with learning disabilities to access a wide range of assistance. Contact Tel 01792 614100 or e-mail CLDTEdutyDesk@swansea.gov.uk

ALN - Day services for young adults with ALN / learning disability There are a number of different day services for young adults who have an ALN or a learning disability. In order to find out what service is best suited to you, you will need to get in contact with the Community Learning Disability Team (see above) who will discuss your eligibility and needs / outcomes.
<https://www.swansea.gov.uk/alndayservices>

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".
<https://www.swansea.gov.uk/childdisabilityindex>

Carers Trust Short Breaks Wales The Short Breaks Scheme is the grant fund for third sector organisations delivering personalised, flexible and creative short breaks to unpaid carers in Wales. Funded by Welsh Government, the Short Breaks Scheme for unpaid carers aims to enable 30,000 carers to take a break from caring by 2025.
<https://carers.org/around-the-uk-our-work-in-wales/amser>

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

Health

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. The service is by referral only.
<https://sbuhb.nhs.wales/community-primary-care/primary-care/community-dental-service/>

Western Bay Integrated Autism Service Provides assessment and support to autistic adults. They also provide advice, support and signposting for parent carers of autistic children, young people and adults. To find out more ring 01639 862936 (an answerphone service is available)
<https://sbuhb.nhs.wales/community-primary-care/a-z-community-primary-care/western-bay-integrated-autism-service/>

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.

Hafan Y Mor Children's Centre A one stop shop for children with additional needs, based at Singleton Hospital. The services available here include Nurses, Occupational Therapists, Paediatricians, Physiotherapists and Speech and Language Therapists. The centre also provides a base for:

- Multi-disciplinary clinics
- Orthopaedic clinics
- Orthotics clinics
- Toy library
- Upper limb splinting clinics

Telephone 01792 200400

<https://sbuhb.nhs.wales/hospitals/a-z-services/children-young-people/hospital-and-community-services/community-services-for-children/ndd-and-therapies/therapy-services/our-childrens-centres/>

Children and Young People's Therapy Services

Includes Occupational Therapy (OT), Physiotherapy, Speech and Language Therapy (SALT) and Nutrition and Dietetics. Our services are delivered across the Swansea Bay University Health Board (SB UHB), which covers Swansea and Neath Port Talbot (NPT). The therapists work in a variety of locations including Children's Centres, nurseries, schools, colleges, patient's homes, health centres and hospitals. They provide a service for children and young people from birth to their 19th birthday.

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

Facing the Challenge A team that works with children with learning disabilities whose behaviour can challenge the people around them. The team includes a psychologist, behaviour specialists, nurses and assistant behaviour specialists. They all work together to think of ways to support the children to help them feel better, which often means that their behaviour becomes less challenging for everyone. Talk to your community paediatrician or social worker about a referral.

Health Profiles To help adults and children and young people with learning disabilities to get good, safe healthcare at the time they need it. The profile contains information about the person's health, care and support needs and communication.
<https://executive.nhs.wales/functions/quality-safety-and-improvement/improvement-cymru/our-work/learning-disability/health-profile/health-profile-for-professionals/>

The Once for Wales family Positive Behaviour Support resource

This resource is available for families who support individuals with a learning disability throughout the lifespan to upskill and empower families across Wales.
<https://executive.nhs.wales/functions/quality-safety-and-improvement/improvement-cymru/our-work/learning-disability/featured-ldhip/positive-behaviour-support>

Social Prescribing

Connects adults to non-medical sources that will enable them to improve their health and wellbeing. These sources can include activities, opportunities, or connections to community groups and voluntary organisations. It is not an emergency or acute service, staff are not medically trained and patients take an active role in co-producing plans and options to improve their wellbeing. The Social Prescribing Link Worker provides a connection between the GP, the patient, community projects, and third sector organisations. Social prescribing complements the GP service in taking a holistic view of a patient's health and wellbeing by supporting people to re-engage with their community. Referrals can be made by your GP or any health professional in your surgery.

<https://www.scvs.org.uk/newwaystowellbeing>