
The Hollies School



Learning to Flourish



The Hollies school

Family Support Directory



The Index is Cardiff's voluntary register for children and young people with disabilities or additional needs. Working alongside a range of support services and professionals, it ensures that families of children and young people with disabilities or additional needs are kept up to date with information that is both relevant and beneficial to them. In addition, it assists the planning and co-ordination of services supporting those children, young people and their families.

You can sign up to **The Index** if you are:

- A parent / carer of a child or young person aged 0 – 18 years with disabilities or additional needs
- A professional working with children and young people 0 – 18 years with disabilities or additional needs

To be included on **The Index** the child or young person must:

- be aged up to 18 years
- have a diagnosed disability, be in the process of diagnosis or have confirmed ongoing additional needs

Once signed up to The Index you will receive the Index e-news – regular emails providing information about services, activities and events.

www.cardiffamilies.co.uk 0300 133 133

Cardiff **Family**
Advice and Support



Helping to improve the lives of autistic people and their families in Wales www.autismwales.org

Welcome to Autism Wales, the national autism site for Wales. On the site you will find information about what autism is, and what services and training opportunities are available online and across Wales. The website is helping to deliver the Welsh Government autism vision and strategy and has a key place in ensuring that Wales is an autism friendly nation.

There are also a wide range of free downloadable resources that have been developed with autistic people, parents/ carers and professionals from across Wales.

It is estimated that autism affects 1 in 100 people, together we can help improve the knowledge, awareness and understanding of autism to make positive and lasting changes to people's lives.

Cardiff & Vale Integrated Autism Service

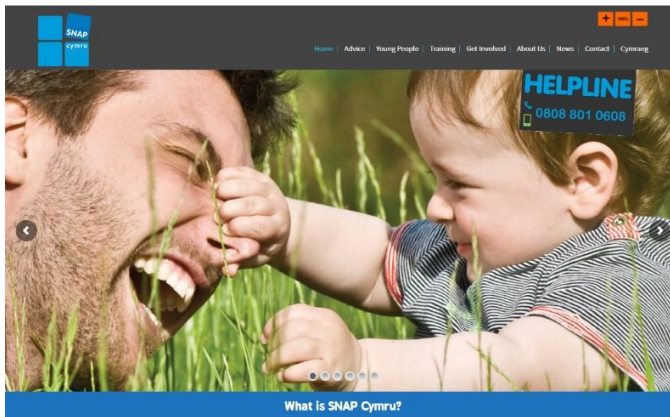
☎ 07970 647820

@ cav.ias@wales.nhs.uk

Keith Ingram

ASD Project Manager

02921 824240 keith.ingram@cardiff.gov.uk



SNAP Cymru provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities

We provide the following impartial, confidential and free services:

Helpline Advice and Support

Specialist Casework

**Discrimination Advice and Casework
Independent Specialist Advocacy
Disagreement Resolution**

SNAP Cymru

Head Office

10 Coopers Yard,

Curran Road, Cardiff,

CF10 5NB

Helpline 0808 801 0608

Office 02920 348 990

enquiries@snapcymru.org



Additional needs and disabilities

Advice for parents of children with special educational needs and disabilities (SEND) or additional needs. Information on getting a diagnosis and support for your child.



Safe and happy childhoods

We protect and support children and young people, providing practical and emotional care and support. We ensure their voices are heard, and campaign to bring lasting improvements to their lives.

We have been working in Wales since 1911. Last year, we helped more than 22,000 children and young people

We support vulnerable children, young people and families in Wales with almost 80 projects and services. We work in partnership with local authorities, health boards and third-sector organisations.

www.actionforchildren.org.uk



AP Cymru provide a peer support outreach service for families going through the autism diagnostic process, and the crucial months which follow, by pooling together our lived experience to provide a warm, friendly, and accessible service. The majority of our staff are autistic and are parents to autistic children, so we are able to provide well-rounded, positive, and understanding information to parent/carers.

Our families can access a wide variety of workshops, training courses, clinics, guest speakers, and family fun sessions. The waiting lists for therapies and other services in most areas are incredibly long, therefore the workshops we facilitate allow parent/carers to access general information from professionals while they wait for their child to reach the top of the waiting lists for more individualised programmes.

We also provide fun and interactive workshops for organisations and businesses of all shapes and sizes, creating opportunities to engage in continued professional development which enhance the day-to-day experiences of thousands of autistic people and their families. This in turn assists with

ending the stigma which is still sadly linked to autism within our society. Our workshops and talks are not just for adults. We provide assemblies and other talks within schools, catering for all ages and stages from the Early Years Foundation Phase (KS1) through to Key Stage 5.

enquiries@apcymru.org.uk

Mobile 1: 07735875839

Mobile 2:07735888752 apcymru.org.uk/



For brothers and sisters
of disabled children and adults

About Sibs

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

There may be times when your sibling child finds things difficult and when you need more help with supporting them. If siblings are having problems with being

bullied, doing too much care, having their sleep disrupted, or being hurt by their brother or sister, it is really important that you take action to protect and support them.

www.sibs.org



**[Department](#)
[for Transport](#)**

Blue Badges help people with disabilities or health conditions park closer to their destination. You can apply for a badge for yourself, on behalf of somebody else or an organisation that transports people that need a Blue Badge.

www.gov.uk/apply-blue-badge



Join Our Local Revolution for
Savings & Loans

tel: 029 2087 2373 mail: info@cardiffcu.com

Welcome to Cardiff & Vale Credit Union

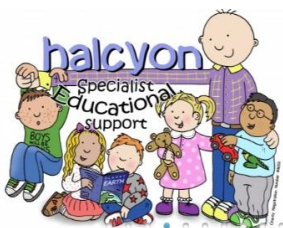
We offer safe savings accounts and affordable loans to anyone living in Cardiff or the Vale of Glamorgan or working anywhere in Wales. With over 10,000 members and around 100 new joiners each month, we have instigated a local revolution for ethical savings and affordable loans to people from all walks of life. Like us, they are committed to a fair trade approach to finance: benefitting our members, the communities we serve and the local economy.

We have no private shareholders: we are a mutual organisation that exists for the benefit of our members who save and borrow with us



Halcyon raises awareness of autism and neurodevelopmental conditions through training and education. It aims to reduce conflict within families and communities and offers advice and support to all those affected. Halcyon believes all people with autism have

a right to reach their full potential and provides a framework and opportunities for them to do so. The team behind Halcyon is made up of parents, carers, those on the autistic spectrum and professionals. Halcyon places public benefit at the heart of its activities as it seeks to fulfil its charitable aims.



Tel. 02920 811114 07951336117
www.halcyon-foundation.org



Eating

Our guidance aims to help you address common eating difficulties for autistic people.

Eating problems are common in autistic people.

Issues such as only eating very few foods, not being able to eat at school, going long periods of time without eating and pica (eating non-foods) can feel difficult to understand and manage.

Our guide explains what may be causing eating issues and gives you practical strategies to help.

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating>



Sleep Difficulties in Children with Autism

Home > Parents & carers > Information for an autistic child > Advice sheets

Children can have difficulty sleeping for a variety of reasons, and difficulties appear to occur more frequently in children with Autism. There are many factors that can contribute to sleep difficulties.

Help and Support

Sleep difficulties can be very difficult to overcome, especially when you are tired or feeling stressed yourself. If sleep problems are causing many difficulties, seek the advice and support of a professional.

For resources and further information about autism

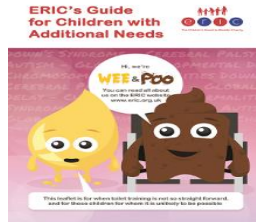
visit **www.ASDInfoWales.co.uk**

autismwales.org/en/parents-carers/information-for-an-autistic-child/advice-sheets/sleep-difficulties-in-children-with-autism/



ERIC, The Children's Bowel & Bladder Charity has been dedicated for over 30 years to improving the lives of all

children and teenagers in the UK facing continence challenges.



ERIC has launched a new leaflet for parents and carers to help toilet train children with a physical or learning disability. The leaflet titled 'ERIC's Guide for Children with Additional Needs' is for when toilet training is not so straight forward or may not be possible. It provides information on whether a child is ready for toilet training, guidance on keeping bladders and bowels healthy and practical tips for establishing a toileting programme.

Helpline

For information, signposting and confidential support, call our expert advisors Monday to Thursday, 10am to 2pm on

FREEPHONE 0808 1699 949

www.eric.org.uk

Contact Cymru

Our team in Wales is here to support you and your family.



What we do

Our Wales team provides a range of support, including:

Information and support

We're here to help you source the right information for you and your family, including finding other organisations and parent groups that can support you.

Parent workshops and family friendly events

Our Wales workshops include topics such as sleep, encouraging positive behaviour, and money and benefits advice. Our workshops are delivered both face-to-face and online.

We run free and accessible family-friendly events, such as our Forest Schools programme with associates Woodland Classroom.

Wales events are advertised on [our main workshops and family events page](#).

Policy and campaigns

We work with partners and central government in Wales to make sure families of disabled children get a fair deal in government policies.

And we work with organisations, social services, education and health agencies across Wales to make sure families with disabled children are consulted on local policy and practice.

For events and workshop enquiries email the Wales team at

cymru@contact.org.uk

 Helpline: 0300 0300 363

 Meetings  Forum  Sign-up  Login



Families Need Fathers®

because both parents matter

Children Know That Both Parents Matter

Helping children and families to retain positive relationships after separation or divorce

FNF is the leading UK charity supporting dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation since 1974.

We offer information, advice and support services helping parents to achieve a positive outcome for their children.

Our online Forum and our network of branches also offer free guidance of solicitors and others familiar with the operation of the family courts.

admin@fnf.org.uk

fnf.org.uk



CARDIFF FOODBANK

**HELPING LOCAL
PEOPLE IN CRISIS**

GET HELP

We know that anyone can reach crisis point and we're here to help when that happens.

Phone us

02920 484 120

Email info@cardiff.foodbank.org.uk

**Leisure
and
recreation**



THRIVE CARDIFF

EST. 1996

Where disabled children & families grow

THRIVE CARDIFF

WHERE DISABLED CHILDREN & FAMILIES GROW

Thrive (Cardiff) is a self funded, registered charity run entirely by Parents & Volunteers. Thrive Cardiff helps support children and families with disabilities. We do not receive any funding from local government and work hard to be able to self-fund our activities and events. Our aim is to offer our very special children, their siblings and families a protective arena where they can play in an exclusive, non judgmental and supportive environment without prejudice.

CONTACT THRIVE CARDIFF

GET IN TOUCH

For more information about Thrive Cardiff, our activities or how to become a member please contact us using the form below or click on the links to Facebook

EMAIL: Info@thrivecardiff.org
**ADDRESS: Thrive Cardiff CIO, c/o 41 Marshfield Street,
Newport. NP19 0GX**
www.thrivecardiff.org



About Us:

Touch Trust is a pioneering charity providing inclusive, creative, movement and multi- sensory sessions for adults and children with a variety of multi-sensory needs, learning disabilities and ASD. We are based inside the iconic Wales Millennium Centre, Cardiff, with our own purpose-built sensory rooms and hoisting equipment.

Our mission:

To create a truly inclusive and supportive community where adults and children with a variety of multi-sensory needs, learning disabilities and ASD have access to creative programmes which allow them to experience self-expression and self-fulfilment.

Our vision:

Facilitate fully inclusive, movement based creative arts experiences for participants with a variety of multi-sensory needs, learning disabilities and ASD across Wales and beyond.

Contact Details
02920635660
info@touchtrust.co.uk
www.touchtrust.co.uk
Millennium Centre,
CARDIFF



Trinity Centre

Canolfan y Drindod

The Trinity Centre works with some of the most disadvantaged people in our community to address inequality, tackle poverty and support people to create and implement plans to achieve positive outcomes for themselves and their families. Trinity Centre is a charity of the Cardiff Methodist Circuit, but is supported by, and is for, people of all faiths and none.

Example of Events

SPACE4U Food Distribution

ESOL- English to Speakers of Other Languages provides English lessons to those wishing to progress in their English language skills.

SPACE4U- A drop in for asylum seekers and refugees - all welcome!

Tel **029 21 321 120**

enquiries@trinitycentre.wales

www.trinitycentre.wales



PedalPower

the cycling charity for all

02920390713

bookings@cardiffpedalpower.org.uk

Who we are

We're a charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. We strive to remove the barriers to cycling that many people face and work to a key set of values.

Our Values

- **Learning environment**
where people achieve their goals and aspirations
- **Improvement**
being professional, knowing how we are doing and striving to improve
- **Valuing People**
a person centred service, a community where people feel they belong and a great place to work and volunteer
- **Equality**
engagement with disadvantaged individuals and communities, finding out what they want and offering opportunities
- **Sustainability**
social, economic and environmental

Contact us 029 20390713
www.cardiffpedalpower.org



What is hynt?

Hynt is a new national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their carers or Personal assistants. This site will tell you all you need to know about Hynt: who it's for: what it provides: and how to become a member.

If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join hynt.

Each year we hold a symposium for our venue staff and other professionals working in the sector.

info@hynt.co.uk
www.hynt.co.uk/en/



Funky Little Chickens has a reputation for being both professional and patient especially with nervous children or children with additional needs. We pride ourselves in our ability to give

a great haircut to every little chick that cock-a-doodle-do's our way!

info@funkylittlechickens.co.uk

029 20360070



About the CEA Card



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

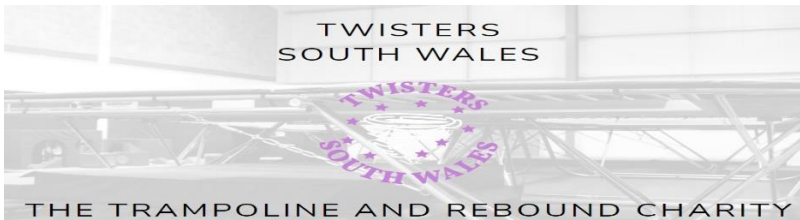
The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make

them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as RNID, RNIB, Dimensions and Whizz Kidz.

Telephone: 01244 526 016
Textphone: 18001 01244 526 016
Email: info@ceacard.co.uk
www.ceacard.co.uk



We are a charity offering trampoline sessions and rebound therapy for everyone, including both recreational classes and regional & national development plan (NDP) competitive classes. We cater for all ages from pre-school to adult, and all abilities from PMLD to elite competitors.

All sessions are coached by fully qualified British Gymnastics Coaches or Level 2 Rebound Therapists. All classes are fully inclusive and members are taught in accompanied or independent classes as required.

We enter both Regional and National competitions with our performers and can boast both Welsh and British Schools Champions and Welsh National Champions over the past couple of years.

As well as competing in BG competitions, we run our own club competitions and specific lower level disability competitions known as Tramp-Ability competitions.

BOUNCE AND PLAY SESSION - 45 MINUTES

IDEAL FOR

- pre school children
- children who require a parent to be present
- children who would struggle to sit and wait for their turn
- children working on rebound skills on the trampoline (sitting, rolling, seat bounces etc)

INVOLVES

- parent / carer remains during session
- each child will take turns to have one in-depth personalised turn on the trampoline
- use of the play area

info@twisterssw.club

www.twisterssw.club

Fluidity Freerun Acadamy

Every Thursday 6:30pm - 7:30pm
£8pp (carers go free)

1h Open Session
Music will be turned down or off.



Inclusivity
From £8.00

Contact details

Tel: 02920 470535 07747888931

contact@fluidityfreerun.co.uk

Fluidity Freerun Academy

Unit G,

St Catherines Park

Pengam Rd

Cardiff

Cf24 2rz

Buzz Cardiff

Inclusive open trampoline sessions

Wednesdays 6pm

Carers go free



Buzz Cardiff

Ty Glas Avenue

Llanishen

Cardiff

Cf14 5dx

029 20 099899

Autistic Support Rugby Sessions



- Every Monday,
4.30pm-5.30pm
- Risca RFC



TO BOOK EMAIL

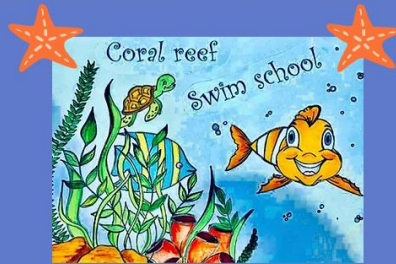
karen.burgess@dragonsrugby.wales



ACTIVE
GWENT
BYWIOG



Hello and Welcome to Coral Reef Swim School



A fun and educational experience that will
last a lifetime!

Fitzalan High School
Lawrenny Avenue
Leckwith
Cardiff
CF11 8XB
07522282654

Level Water swimming lessons

Learn to Swim

We provide 1-1 swimming lessons for children with disabilities across the UK. Our lessons give them the opportunity to learn to swim and fall in love with the water.

Level Water swimming lessons

Level Water work in partnership with local pools to provide one-to-one swimming lessons for children with disabilities. Their aim is to teach your child the basics of swimming and, if possible, get them successfully integrated into mainstream swimming lessons.

These lessons are available to children:
aged 4-11 who cannot currently swim ten metres unaided (Swim England Stage 3 and below)

Please click on the link below for further information.

www.levelwater.org

Level Water: The Power of Swimming



FERNDALE HWB

SENSORY ROOM

*Ferndale Hwb,
(Former Ferndale Infants School)
North Road,
CF43 4PS*

£10.00 per hour (2 people)

£15.00 per hour (3-4 people)

£20.00 per hour (5 or more people to a max of 12)

5% discount for block bookings of 6 sessions or more

For more information or to book please call: **01443 570021**
or email: **info@fernpartnership.co.uk**



CATHAYS SENSORY ROOM



Supports sensory integration.

**Helps to manage overstimulation
and stress.**

FREE Introductory Session.

No referral required.

Open 9am-9pm every day.

Cathays Community Centre, 36-38 Cathays Terrace, Cardiff, CF24 4HX.

For further information or to arrange a free induction session contact:

katyfarrell@cathays.org.uk or 07480 891263.



What we do

We at Sparrows understand completely how difficult it can be for families to access events. Our aims are to provide children with the same opportunities despite the difficulties they may face. Since 2018 we have worked with a wide range of places. Our events are exclusive hire, which means you don't have to worry about judgement. As some of our parents are neurodivergent, and all of our children are we understand how sensory overloading some events are, or how some of our children need more stimulation or adaptations. We always try our best to accommodate these. Please don't hesitate to ask. We also always carry ear defenders to our events so if you need these please ask.

Who we work with

- Climbing & Archery at The Summit Centre - <https://rockuk.org/centres/summit-centre/>
- Swimming at Cefn Fforest Leisure Centre – <https://www.caerphilly.gov.uk/Things-To-Do/Sports-and-Leisure/Leisure-centres>
- Afternoon Soft Play at Eden Centre Blackwood - <https://theedencentre.com/https://www.facebook.com/EdenCentreBlackwood/>
- Sunday Soft Play at Jump Cardiff – <http://www.123jump.co.uk/Our-Cardiff-Site>
- Evening Soft Play at Funtastic Caerphilly – <https://funtasticplaycentre.co.uk/>
- Bouncing at <https://www.buzztrampolineparks.co.uk/buzz-cardiff>
- Dancing with Lisa @ DYT – <https://www.facebook.com/DYTDance/>
- Football with Alex @ Tiny Tekkers
- Parents Coffee Morning at Cefn Hengoed Community Centre – <https://www.facebook.com/Cefn-Hengoed-Community-Centre-2128032047430902/>



Bounce into a world of fun at Innoflate

Just minutes away from the heart of the city centre, our inflatable park is a haven for those looking to dive into excitement. With its convenient location and ample parking, park up and jump into the action.

Relaxed Session

In partnership with WE TOO, we have developed these inclusive sessions. We turn the music off and reduce capacity. Our team are also on hand to assist where required, having gone through ASN training.

The best thing about our Relaxed sessions is they are suitable for EVERYONE. Included with each bouncer you can add 2 carers at no extra cost to join in all the fun!

You'll find a variety of slides, obstacle and bish-bash courses, bubble beds and wobble boards, running walls and interactive games! There's

also plenty of open space to enjoy some more relaxed play with all your friends and family as well.

Newport – [01633 492344](tel:01633492344)

Innoflate.co.uk



We run Relaxed Sessions on a Sunday morning once a month, usually on the first weekend.

If you choose a 10am or 11am entry ticket, you'll find that our usual operational model will be dialled down a little to allow guests to enjoy a slightly more relaxed experience of TechniqueQuest for a few hours on a Sunday morning.

www.techniquequest.org

029 20475475

Cardiff Whales Swimming Club

Cardiff Whales Swimming Club meets Sunday during term time.

Time: Between 3:30pm and 4:30pm

At: Western Leisure Centre, Caerau Lane, Ely, CARDIFF, CF5
5HJ.

Email us on swim.whales@yahoo.co.uk



Cwtch Together

is a disability play project held in the centre of Cardiff which promotes inclusive play and socialisation for disabled children and their families.

15th Cardiff Scout hall, Sloper road.

Cwtchtogether@gmail.com

Treetop Golf

We know some of our guests prefer calm and quiet, so once a month, there's a hush in our rainforest. No strobe lightning. No background buzz. Even the Sacred Mask takes it down to a whisper. e of our guests prefer calm and quiet, so once a month, there's a hush in our rainforest. No strobe lightning. No background buzz. Even the Sacred Mask takes it down to a whisper.

adventuregolf.com

02920226590

Level P3 St David's Dewi Sant, Cardiff CF10 2EL

Family Fun Disability Sport

Monday Evenings - 5 - 6pm - Green Room

Sport Cardiff supports disabled people of all ages, in finding local clubs and sessions that are committed to disability inclusion. The family fun sessions encourage families to spend quality time together through physical activity and play, aimed at families with children aged 3 to 10.

Sign up required - Phone: 02920 205286

Grangetown Pavilion
sportcardiff@cardiffmet.ac.uk