



**Family Liaison
Officer
Weekly Bulletin
19th February 2025**



Here is the information bulletin for this week. Remember if you need any further details about anything shown in the bulletin, please don't hesitate to contact one of our Family Liaison Officers.

News from Sparkle and our Children's Centres

- ★ Month at a glance – February
- ★ SNAP Cymru
- ★ ABUHB WhatsApp Updates
- ★ Gympanzees Lending Library @ the Children's Centres

UK and news from Gwent

- ★ Kids Eat Free or for £1 – February Half Term
- ★ Collier's ALN session
- ★ Caudwell Sensory Pack
- ★ Behaviour Support Hub
- ★ Cwtch Together
- ★ Autistic Calm Down Square
- ★ Me Time
- ★ Parent and Carer Section on Neurodivergence.org
- ★ Techniquest Relaxed Session

Blaenau Gwent

- ★ Family Disability Swim Sessions
- ★ Cuppa & Catch up!
- ★ Evening Provision
- ★ World Book Day Costumes

Caerphilly

- ★ Story time for Children with ALN
- ★ Rec Rock
- ★ Roller Skating Disco
- ★ Train & Lego Club
- ★ Recycling preloved clothes

Monmouthshire

- ★ Drum Yourself Smart
- ★ MonLife - Wheelchair Carriage
- ★ Exclusive GPCN ALN Session Kingdom Come (tomorrow)

Newport

- ★ Wheels for All
- ★ Newport Mind Wellbeing Group
- ★ ...and breathe

Torfaen

- ★ Hope GB Stay & Play
- ★ Torfaen Youth Booth
- ★ Go Play ASD Sessions



News from Sparkle and our Children's Centres

Month at a glance – February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st Sparkle Coffee Morning @Caerphilly Children's Centre 9:45am –11:15am	2 nd
3 rd Monmouthshire Coffee Morning for Parent Carers 9:30-11:30am GPCN Office - NP7 5BB	4 th Monmouthshire Coffee Morning for Parent Carers 10-11:30am Chepstow Garden Centre	5 th National Youth Advocacy Drop In Session @ Serennu 10am-12pm Monmouthshire Coffee Morning for Parent Carers 9:30-11:30am Bridges Centre NP25 5AS	6 th Newport Autism support group @ Serennu 10am-12pm ADHD+ Support Group @ St James ICC 10am -12pm	7 th Sparkle coffee morning @ Serennu 10am-12pm Hope GB Coffee & Chat Aspris College 10-11:30am Joined by Tracey from GPCN	8 th Dad's Group Gwent @ Serennu 10am-12pm	9 th
10 th CCP Supporting anxiety in Children workshop (online) 10am-12pm	11 th SNAP Cymru sessions @ Serennu 10am-1.30pm Please book a slot Carer's Caerphilly Coffee Morning 12pm – 1:30pm The coffee Mill Risca Blaenau Gwent NAS Coffee Morning 9:30-11:30am Tredegar Officer	12 th	13 th	14 th Neurodiversi Tea & Chat Friendship group (Parent/ Carer) Cefn Hengoed Community Centre 10am - 12pm Monmouthshire Coffee Morning for Parent Carers 9:30-11:30am Mia's Coffee Shop NP26 3HY Blaenau Gwent NAS Coffee Morning 9:30-11:30am Ebbw Vale Wetherspoons	15 th	16 th
17 th SNAP Cymru sessions @ Caerphilly 10am-1.30pm Please book a slot	18 th SNAP Cymru sessions @ Nevill Hall 10am-1.30pm Please book a slot	19 th	20 th ADHD+ support group @ Serennu 10am-12pm	21 st Carer's Caerphilly Coffee afternoon 2pm – 3:30pm The Old Library Caerphilly	22 nd	23 rd
24 th HALF TERM	25 th	26 th CCP Supporting communication workshop (online) 10am-12pm	27 th	28 th		





✨ Exciting News! ✨

Sparkle has been selected for the Tesco Stronger Starts Blue Token Vote Scheme! 🎉 This amazing opportunity will help us upgrade our beloved Woodland Walk, allowing us to add new features and refresh some of the older ones. 🧑🏻‍🦧 ✨

When you shop at any of the participating Tesco stores, you'll receive a blue token to cast your vote. We would be thrilled if our Sparkle families and friends could support us by dropping their tokens in our box! ❤️

31 Voting Period: January 25 - March 25

Please help us make our Woodland Walk even more magical! 🧑🏻‍🦧 ✨



SNAP Cymru

Snap Cymru will be at our children's centres over the next few months for drop-in sessions. You can attend any centre to speak to a representative from SNAP Cymru.



Serennu	Nevill Hall	Caerphilly
11 th March 10am-1:30pm	18 th February 10am -12.40pm	17 th February 10am-1:30am
8 th April 10am-1:30pm	11 th March 10am -12.40pm	31 st March 10am-1:30am

If you would like to book on to any of the drop-in sessions above, please email

ABB.FamilyLiaisonOfficer@wales.nhs.uk

Snap Cymru

For issue that involve school I recommend Snap Cymru. Snap Cymru is an Independent parental support by SNAP Cymru (Special Needs Advisory Project Cymru).

SNAP Cymru is a charity that offers information and support to families of children and young people who have special educational needs. The service is: Free, Confidential and Independent.

What Can SNAP Cymru Do?

Talk to you about your concerns. Visit you at home if you want them to. Help you understand how your child can be helped. Help you write down your views about your child. Support you at meetings, school, visits and discussions with professionals who are working with your child if you wish. Give you information about the services in your area and how you might be able to find the support you need.

Contact Information

Talk to someone on 0808 801 0608

Email on: gwent@snapcymru.org

Visit their website at: www.snapcymru.org



WhatsApp Updates

Stay Updated with Aneurin Bevan
University Health Board on WhatsApp!

How to join:

- Scan this QR code, it will take you directly to our WhatsApp channel.
- Tap 'Follow' in the top right corner.



 **Gympanzees**[®]
a world of fun & fitness
for all disabled children



 **Gympanzees**[®]
**LENDING
LIBRARY**

**Borrow specialist disability play
and exercise equipment
from Gympanzees.**

**Delivery and Collection slots are
available.**

SCAN ME



gympanzees.org/lending-library

charity number 1189375

 @GympanzeesUK



We are pleased to announce, following collaboration with Gympanzees,
Serennu & Caerphilly Children's Centre
are now a lending library hub for sensory equipment.

This collaboration allows families to borrow specialist disability and exercise equipment from Gympanzees with children's centres acting as a collection hub.

Families can now order equipment through the Gympanzees website:
www.gympanzees.org/lending-library.

The equipment is loaned to the family for 4 weeks after which they return the equipment to the centre and can place an order for new equipment if they wish.



UK and news from Gwent



PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025



moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.



ALN SESSION

**Join us for an exclusive ALN
Session.**

**These sessions are quieter,
calmer and specifically for
children with Additional Learning
Needs.**

**Friday 21st February
5:30pm-7:30pm**

**Please call 01443 711772 to
book your space.
Limited spaces available**



caudwell children

Is your child autistic? ★ Discover our Autism Sensory Pack, only £22 with charity funding (worth £107.81)! 😊

Packed with sensory-friendly toys and resources, specially designed to bring comfort to autistic children, up to 18 years-old, supporting their individual needs! ✨

What's included...

- ♥ Dark Den Tent
- ♥ Bubble Lamp with Fish
- ♥ Shake and Shine Glitter Lamp
- ♥ Tambourine
- ♥ Set of 4 Spikey Rugby Balls
- ♥ Fidget Gel/Glitter Shapes
- ♥ UV Puffer Balls
- ♥ Fidget Pad with Multi-coloured Keys
- ♥ Green Ooze Tube
- ♥ UV Kit (including Mini UV Torch)
- ♥ Ocean Wave





Behaviour
Support Hub

Would you like support with...

Meltdowns?

School issues?

Child's behaviour?

Understanding Autism?

The diagnosis process?

Understanding ADHD?

Our Parental Peer Support sessions provide friendly advice and support.

Join our Parental Peer Support

All sessions 10am - 12pm
Regular guest speakers
No diagnosis required
No booking required
Our services are free



Contact us

 01443 492624
 07562 223697
 info@behavioursupporthub.org.uk

www.behavioursupporthub.org.uk

Training Hub: 33 Gelliwastad Road, Pontypridd, CF37 2BN
Registered Charity Number 1201797





CWTCH TOGETHER
DISABILITY PLAY SCHEME
CELEBRATES
NATIONAL
RECREATIONAL SPORTS
AND FITNESS DAY

SATURDAY 22ND FEBRUARY 2025

MORNING SESSION 10.30 TIL 12.45

AFTERNOON SESSION 1 TIL 3.15PM

MEMBERS £5

NON MEMBERS £6

PAYPAL CWTCHTOGETHER@GMAIL.COM

ADULTS/CARERS ARE ALWAYS FREE!

15TH CARDIFF SCOUT HALL CF11 8AG



STEPPING STONES
BALL GAMES
BALANCE BEAM
RUBBER DISCS



Low energy

- Drink some water
- Watch an ambience video
- Say 3 things that give you hope
- Watch your comfort TV show
- Stimming/ fidget toys - at any energy level
- Cover yourself with a fluffy blanket
- Hug a plushie
- Say your biggest dreams out loud
- Put on your coziest clothes
- Color or complete a puzzle
- Give someone a compliment
- Take a deep breath, then slowly breathe out
- Talk to someone
- Sing along
- Journal or scrapbook
- Listen to your favorite song
- Look through a picture book, album or magazine
- Go outside, sit on a bench, and look up into the sky
- Exercise for fun
- Eat a bit of your comfort food
- Watch a favorite movie
- Give yourself a compliment
- Start to read a feel-good book
- Get creative, draw, paint or DIY
- Go to your favorite nearby place & take a picture
- Special interest time - at any energy level
- Have your favorite hot/cold drink
- Take a shower or a bath with your favorite scents
- Put a song on and dance
- Go for a walk in nature & hug a tree

High energy

Autistic Calm-Down Square

LilPenguinStudios.com



MeTime

Online support sessions for carers

February to March



Monday 3 February, 2-3:30pm: Carer Voice and Influencing Training

This session will clarify the roles and responsibilities of different organisations making up the health and social care system in Wales, provide advice on your rights and getting your voice heard at every level of decision making and explore the recent policy developments impacting carers you need to know about.



Wednesday 5 February, 1.30-2.30pm: Homefront WWII with National Museum Wales

What was life in Wales like during WWII? Explore WWII related objects with our facilitator, discover the stories behind them and be inspired to investigate how your local area contributed to the war effort.



Wednesday 12 February, 12.30-1.30pm: Mental resilience and wellbeing for carers

In this session we are joined by Kerry Seymour from Inspired To Change and will look at: what is meant by resilience and wellbeing? the impact of stress, how stress is created in the brain, tools and techniques to reduce stress and boost resilience.



Tuesday 18 February, 11am-12pm: Wellbeing in nature

Dawn Parker, a horticultural therapy practitioner and project development officer, works within a community garden and woodland in Pontypridd, South Wales. She will discuss how gardening and nature can serve as therapeutic interventions to enhance physical and mental well-being.



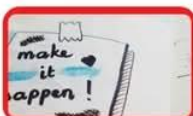
Wednesday 19 February, 11am-12pm: Collage Art

In this online session, we are joined by artist Lucilla to learn more about designing and creating your own collage art. Blank postcards will be posted to you in advance. Completed postcards to be posted to Carers Wales (further info will be provided). This session is for beginners and those with previous experience of collage art. Spaces are unlimited.



Monday 3 March, 2-3pm: Book Club

Come along to our informal and relaxed Book Club session! The session is a chance for carers to get together and take some time for themselves, have a chat with like-minded people and share the escapism of getting lost in a good book. If it is your first session, just bring your favourite book, we'd love to hear a bit about why it's your favourite.



Wednesday 5 March, 12-2pm: Self Advocacy session for unpaid carers

This session will look at key tips and strategies that can support you to get your voice heard when dealing with services, organisations or people involved with you or the person you care for. We'll cover topics including: your rights as carers, ways to communicate more effectively, preparing for meetings, dealing with emotions that inhibit self expression, the importance of self-awareness



Wednesday 12 March, 11am-12pm: Welsh Water Dwr Cymru

Are you a carer or being cared for by someone? Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water. Join Jody on the call to learn something new, and get the help that you may be missing out on.



Wednesday 19 March, 11am-12pm Carers Rights

Join our Information & Advice Officer Nia to explore carers rights in Wales and what you can do to secure your rights.

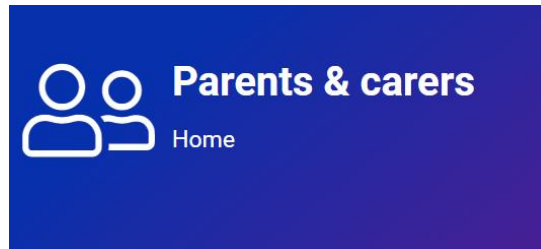


Thursday 20 March, 1-2pm: Watercolour Paints Workshop

Relax with this gentle watercolour painting session. Learn and practice watercolour techniques guided by Lucilla. Get your ideas onto paper and find some headspace to feel creative in this watercolour workshop and add your art onto your own postcard. We'll send you materials and a blank postcard to decorate. This is an informal session, we look forward to seeing you!

To Register: www.carersuk.org/wales/onlinesupport

[Parent and Carer Section on Neurodivergence.org](#)



The resources within this section were developed in partnership with neurodivergent people, parents and carers and professionals. The resources are aimed at increasing the knowledge, skills, understanding of neurodivergence and practical tools for parents and carers of neurodivergent people.

[Parents & carers - Niwrowahaniaeth Cymru | Neurodivergence Wales | National Neurodivergence Team](#)

What is...?

What is Autism?

This section helps to build a better understanding of autism. A range of resources have been developed in partnership with neurodivergent 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.



What is ADHD?

This section helps to build a better understanding of ADHD. A range of resources have been developed in partnership with neurodivergent people, parents and carers and professionals that clearly explain what ADHD is and how it affects people's interaction with the world around them.



What is Tourettes?

This section helps to build a better understanding of Tourettes. A range of resources have been developed in partnership with neurodivergent people, parents and carers and professionals that clearly explain what Tourettes is and how it affects people's interaction with the world around them.



TECHNIQUEST

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

Next Sessions 9th March

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 Techniquest for a few hours on a Sunday morning.

During that time, we'll be making a few adjustments including:



[The Pod](#), our small and private room where you can get away from the usual hustle and bustle of the floor briefly should you need to, will be available as usual: you can find it on [the map](#), just along the corridor from the show portal, on the way to the Science Theatre.

Everyone is welcome to come along to Techniquest on these Sunday mornings, and **the Relaxed Session tickets will be valid for the whole of the day** — but we will gradually return to standard operating model from 12 noon onwards, re-introducing Star Tours in the Planetarium and Live Science Shows in the Science Theatre for the afternoon in the usual way.

And don't forget, we have ear defenders that can be borrowed and [Sensory Bags available to hire](#) at the front desk should you need any additional support when the relaxed hours are over.

To experience one of our relaxed sessions, simply choose General Admission tickets in the usual way via our online booking site, and select either 10am or 11am on the first Sunday of the month.

To book - [Relaxed Sessions • Techniquest](#)



Blaenau Gwent

Family Disability Swim Session

FREE

access for disabled
children and siblings
with a paying
adult/carer

Tredegar Sports Centre

Monday, 24th February 10am-11am

Call 01495 369226

Ebbw Vale Sports Centre

Wednesday, 26th February 10am-11am

Call 01495 369227

Abertillery Sports Centre

Friday, 28th February 11am-12pm

Call 01495 369225



Booking is essential

Blaenau Gwent **Gwasanaeth Ieuntyd** **Youth Service**



Evening Provision **at Ebbw Vale College**

Every Wednesday 6pm-7:30pm
(For ages 16-25 years)

Activities include:

**Health & fitness (gym, nutritional advice),
employability support such as Careers Wales,
application form writing, job searching, peer support,
opportunities to explore future goals, Safe place to
relax & reflect. Snacks provided with tea & coffee!**



**To book your place
please Scan the
QR Code!**

**Facebook:
BG-Youth
Service**

For more information

**Call James Christie on 07812731583
or Rhyan Mansfield on 07816640143**



Blaenau Gwent Youth Service

Cuppa and Catch Up!

Come and join us for a chat and to find out what's going on in your community - from training/work opportunities to wellbeing activities!



**TUESDAY
EVENINGS
6PM-8PM**

**The Coffee Bar
at Ebenezer
Baptist Church
Park Place
NP13 1ED**



**Contact Nicole on
tel: 07970 828885
to find out more!**

**LEVELLING
UP**





Borrow a **FREE** costume to dress up for World Book Day!

World Book Day Costumes

Thursday, 6th March 2025

Available from Monday, 17th February.

Borrow for 3 weeks (just like a book!)

Suitable for ages 2 - 11 years

Browse the selection at Tredegar Library or call and arrange a delivery to your local library.

Tredegar Library **01495 369613**



Caerphilly

STORYTIME FOR CHILDREN WITH ADDITIONAL LEARNING NEEDS

**WHERE?
CAERPHILLY LIBRARY**

**WHEN?
TUESDAY 25 FEBRUARY
1:00-2:00**

**BOOKING
IS
ESSENTIAL**
Contact Claire
wyattc@caerphilly.gov.uk
or
02920853911

Session will include
story, craft, singing
and a chance to
explore the library
whilst we are
closed to the
general public



RecRock Presents

RecRock Feb Music Project 2025

Free to attend



24 - 28 Feb 2025

For young people from all
over Caerphilly County

For young people aged
12-18

Build Confidence and
make friends

All styles and abilities
welcome

contact dan@recrock.co.uk for more information



RECROCK



TJ's Roller Skating
Presents

£5pp

Skate Hire Inc



Caerphilly Weekly Roller Skating

Sundays

Sue Noakes Centre, Ystrad Mynach, CF82 8AA
10.45-11.45am

All ages & abilities welcome

To book email info@tjsrollerskating.co.uk with the following info
Venue, date, names of skaters & shoe sizes if skate hire is required

ADVANCE BOOKINGS ONLY!!

For all our South Wales Sessions check out our website below.

www.tjsrollerskating.co.uk





DROP-IN TRAIN & LEGO CLUB



WEDNESDAY,
26TH FEBRUARY



CAERPHILLY MINERS CENTRE



11AM-1 PM



AGE
3+

COST £3 PER CHILD

Join us this half-term for Lego and Train Club, drop-in anytime from 11-1pm. Refreshments and snacks available in The Beech Tree Coffee Shop. For further enquires, please contact events@caerphillyminerscentre.org.uk

Contact Details

☎ Telephone - 029 2167 4242

🌐 Website - www.caerphillyminerscentre.co.uk

✉ Email - events@caerphillyminerscentre.org.uk

Caerphilly Miners Centre
Watford Road
Caerphilly
CF83 1BJ





FREE !!



IF YOU ARE A FAMILY IN NEED OR YOU ARE WORKING WITH A FAMILY IN NEED THEN WE CAN HELP YOU!

Everyone needs a little extra helping hand once in a while.

Why not pop in to see us or give us a message we will do our very best to source the items you are in need of, anything from babies to adults, shoes, coats, uniform and much more!

Did you know by recycling pre-loved clothes you are reducing the waste on landfill by 7% every year.

Monday-Friday
Opening Time
9.30am – 2.00pm



Bargoed YMCA CF81 8JA




For more information, call


01443 875444




Monmouthshire

Meal Deal

 **Funded by**
UK Government

 **UPBEAT**
MUSIC AND ARTS

DRUM YOURSELF SMARTER



- Unlock the magic of numbers with our engaging Music activities.
- Explore the fascinating relationship between maths and music.
- Everyone will feel welcome in these fun inclusive sessions exploring different percussion disciplines and techniques with Upbeat Dave!

IF YOU ARE AGE 19 OR OVER AND DON'T HAVE A GCSE MATHS C OR ABOVE - THIS FREE COURSE IS FOR YOU!

Day: Wednesdays
4 Week Course
March 5th, 12th, 19th, 26th
Time: 10.30am - 12pm

To BOOK YOUR PLACE:
CONTACT DAVE ON 07786 913100 OR
INFO@UPBEATMUSICANDARTS.CO.UK

Venue:
The Gathering
Tudor St,
Abergavenny,
Monmouthshire
NP7 5DH

MULTIPLY

To end an enjoyable morning why not stay for a hot meal and drink for £5.

Book in advance suggested.
Please let us know of any allergies or intolerance.

07565597893

the.gathering.comm.group@gmail.com



 **MonLife**
TREFTADAETH HERITAGE

 monmouthshire
sir fymwy

CALLING WHEELCHAIR USERS OF ALL AGES

to try out the new wheelchair
accessible carriage on the
miniature railway at
Old Station Tintern NP16 7NX



11am-
4pm

21st or
23rd March
2025

THERE WILL BE:

- A free train ride
- Hot coffee or tea and a selection of delicious cakes available.
- A children's activity trail
- An off road wheelchair to try too!

i The carriage is accessible for one manual wheelchair (L 106cm x W 61cm). We have a manual wheelchair available on site to use if you can transfer from an electric wheelchair without the aid of a hoist.

To book a place, please email
oldstationtintern@monmouthshire.gov.uk
or phone 07971144322



Tomorrow



GWENT PARENT CARER NETWORK
Caring for Carers

Exclusive ALN Sessions 2025

*Exclusive sessions for
children with additional needs
and their siblings ♥*

30th January 2025
20th February 2025
20th March 2025
22nd May 2025
19th June 2025
17th July 2025
18th September 2025
20th November 2025

3:30pm until 5:30pm

To book

visit: Gwent Parent Carer Network
on Facebook
email: gwentpcn@gmail.com



Kingdom Come (Abergavenny) LTD
3, Castle Meadows Park,
Merthyr Rd, Abergavenny NP7 7RZ

Newport



**Newport
Wheels
For All**

Inclusive cycling at Tredegar Park!

Wednesdays & Saturdays, 10am – 3pm

- ⊗ Bike hire is for 1 hour and FREE to Newport residents.
- ⊗ Bike hire for non-Newport residents is £5 per person per hour.
- ⊗ Please book an induction before your first session.

Book online at newportlive.co.uk/WheelsForAll
by calling 01633 656757 or via the Newport Live app

NEWPORT LIVE CASNEWYDD FYW

NEWPORT CITY COUNCIL CYNBOL DDHAM CASNEWYDD

cycling projects

The poster features several circular images of people cycling: a man and a woman on a tandem bike, a woman and a child on a tandem bike, a man and a woman on a tandem bike, and a man on a bicycle. There are also decorative wheel icons scattered throughout the design.



Wellbeing Group

for young people aged 7-11 yrs

A wellbeing and resilience based group for young people aged 7-11, as part of our Families First Preventative funding via Newport Council.

Want to meet other young people and learn more about wellbeing and resilience?

We will be running these as 6 sessions, focusing on the following different topics each week.

Basic, Belonging, Learning, Coping, Core self and Goal setting.

This is a fantastic opportunity to connect with peers, share experiences, and build valuable skills in a supportive environment

4:30-6:30pm Wednesdays - please contact us via the QR code on this poster or email ella.evans@newportmind.org

Scan the QR code to register your interest



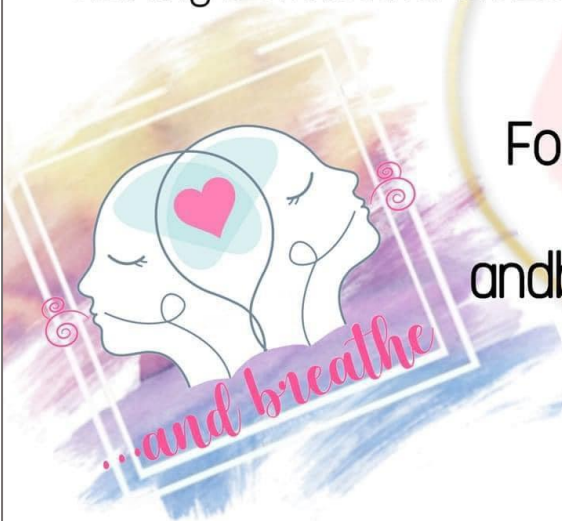
... and breathe

**Parent/carer support group for those
who have children or young people
with disabilities.**

A safe place to talk, relax and seek support from
others in similar situations.

Meeting Times:
Every Friday
9:30am-11:30am
Starting from 1st March 2024

Location:
Y Sifil
Shannon Close
Bettws
NP20 7DU



For more information please
email -
andbreathegroup@hotmail.com
or look up
'... and breathe'
on Facebook



Torfaen



Hope GB Stay & Play

Enriching lives affected by autism

Join us on **Friday 28th February** for some Half Term FUN

We are holding Stay & Play Sessions at our Centre in Thornhill, Cwmbran for autistic children aged 3 - 11, their siblings and families. Sessions will be 10am until 11.30am then 12 until 1.30am. Limited spaces available.

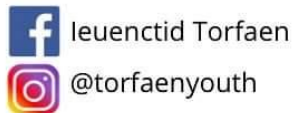
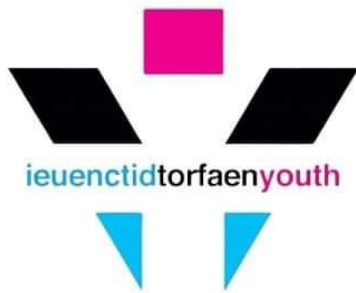
Places are £5 per child and include a snack and drink.

Please contact our office to book your place/s!



Hope GB C/O Thornhill Community Centre, Leadon Court, Thornhill, Cwmbran NP44 5TZ





Youth booth

YOUTH CLUB

- Every Tuesday
- 5pm-7pm
- Activities available include: Cooking, Arts and Craft, Issue based sessions, Sports and Youth and Community support.
- This group is targeted at young people 11-25 with additional learning needs looking to meet new people, gain new skills and explore new opportunities

For more information on how to join in please contact us via our social media or email chaise.Williams@torfaen.gov.uk / Helen.keeble@torfaen.gov.uk



Go Play ASD Sessions

We offer an exclusive ASD friendly sessions at our Go Play in Cwmbran Stadium

These are designed to offer a more peaceful play.

Plenty of space – reduced capacity

Music turned down – no loud announcements

[Go Play - Torfaen Leisure Trust](#)



GO PLAY

**Exclusive ASD
friendly session**

**Wednesdays
4pm-6:30pm**

The poster features a background image of a climbing wall with colorful ropes (pink, orange, blue) and a blue puzzle piece icon in the bottom left corner. A colorful swirl logo is in the bottom right corner.



Facebook & Instagram @sparkleappealofficial

Twitter @sparkleappeal

www.sparkleappeal.org

**The Family Liaison Service is available Monday to Friday
across all three Children's Centres**

Please see contact details below.

There may be occasions where we cannot answer my phone but if you leave a message and we will respond as soon as possible. If your matter is urgent, please see the contact details below for the team.

Family Liaison Service



Jayne Jones



Sarah Painter-Sims



Lisa George

Meet our Team

of

Family Liaison Officers

ABB.FamilyLiaisonOfficer@wales.nhs.uk

Speak to a Family Liaison Officer
Serennu Children's Centre - 01633 748013
Nevill Hall Children's Centre - 01873 732712
Caerphilly Children's Centre - 02920 867447