



**Family Liaison
Officer
Weekly Bulletin
12th March 2025**



News from Sparkle and our Children's Centres

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 – March
- ★ SNAP Cymru
- ★ ABUHB WhatsApp Updates
- ★ Gympanzees Lending Library @ the Children's Centres
- ★ Occupational Therapy Service for Children, Young People & Families – From 31st March

UK and news from Gwent

- ★ Introduction to Autism Workshop
- ★ Two Rhymes Family Sessions
- ★ Neurodivergence Wales Parent/ Carer Sensory Processing Workshop
- ★ Insport Series
- ★ Cerebral Palsy Cymru Parent/ Carer coffee morning
- ★ Griffin Park Soft Play
- ★ Parc Play
- ★ Eric Potty Training Webinar
- ★ Collier's ALN Session
- ★ Seren Dwt meet up

Blaenau Gwent

- ★ Unpaid Carers Spring Event
- ★ Carers - Crystal Bowl Sound Bath
- ★ Shine - Families First Inclusive Youth Club

Caerphilly

- ★ ALN Woodwork sessions
- ★ Neurodiversi Tea & Chat
- ★ Easter scheme

Monmouthshire

- ★ Exclusive ALN Sessions 2025
- ★ Monmouthshire ASD Family Service
- ★ Coffee Mornings

Newport

- ★ Tiny Talkers Group
- ★ ALN Social Club

Torfaen

- ★ Torfaen Talks
- ★ Free Wellbeing Workshops for Supporting Teenagers



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31st March</p> <p>SNAP Group sessions @ Caerphilly 10am-1.30pm Please book a slot.</p>					1 st	2 nd
<p>3rd</p> <p>Monmouthshire Coffee Morning for Parent Carers 9:30-11:30am GPCN Office - NP7 5BB</p>	<p>4th</p> <p>Monmouthshire Coffee Morning for Parent Carers 10-11:30am Chepstow Garden Centre</p>	<p>5th</p> <p>National Youth Advocacy Drop In Session @ Serennu 10am-12pm</p>	<p>6th</p> <p>Newport Autism support group @ Serennu 10am-12pm</p> <p>ADHD+ Support Group @ St James ICC 10am -12pm</p>	<p>7th</p> <p>Sparkle coffee morning @ Serennu 10am-12pm</p>	<p>8th</p> <p>Dad's Group Gwent @ Serennu 10am-12pm</p>	<p>9th</p>
<p>10th</p> <p>CCP Introduction to Sleep Workshop 10am - 12pm (online)</p>	<p>11th</p> <p>SNAP Group sessions @ Serennu 10am-1.30pm Please book a slot SNAP Group sessions @ Nevill Hall 10am-1.30pm Please book a slot</p>	<p>12th</p>	<p>13th</p>	<p>14th</p> <p>Neurodiversity Tea & Chat Friendship group (Parent/ Carer) Cefn Hesperus Community Centre 10am - 12pm</p>	<p>15th</p> <p>Sparkle Coffee Morning @Caerphilly Children's Centre 9:45am -11:15am</p>	<p>16th</p>
<p>17th</p>	<p>18th</p>	<p>19th</p>	<p>20th</p> <p>ADHD+ support group @ Serennu 10am-12pm</p> <p>Exclusive ALN Session Kingdom Come Abergavenny 3:30pm-5:30pm</p>	<p>21st</p> <p>Carer's Caerphilly Coffee afternoon 2pm - 3:30pm The Old Library Caerphilly</p> <p>Blaenau Gwent NAS Coffee Morning 9:30-11:30am Ebbw Vale Wetherspoons</p>	<p>22nd</p>	<p>23rd</p>
<p>24th</p> <p>ADHD+ support group @ Serennu 5.30pm-7.30pm</p>	<p>25th</p>	<p>26th</p>	<p>27th</p>	<p>28th</p> <p>Monmouthshire Coffee Morning for Parent Carers 9:30-11:30am Mia's Coffee Shop NP263HY</p>	<p>29th</p>	<p>30th</p>



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
13 th May 10am-1:30pm	1 st April 10am -12.40pm	31 st March 10am-1:30pm
10 th June 10am-1:30pm	14 th May 10am -12.40pm	28 th April 10am -1:30pm

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.





EXCITING ANNOUNCEMENT!

FROM 31ST MARCH 2025

Occupational Therapy Service for Children, Young People & Families

Update on how to access Occupational Therapy for advice & support.



Scan for Occupational Therapy resources

SCAN ME



Our mission statement

“Enable families, children and young people to have access to occupational therapy at the time that is most meaningful to them.”



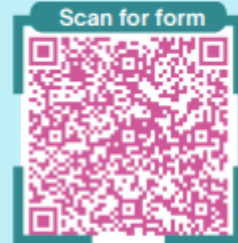
We encourage you to start by scanning the QR code above to discover a range of helpful Occupational Therapy resources available on our web page.



In the first instance, we ask that you have a look through the resources, hints and tips that we have created for you on our web page.



If you still have questions or concerns after trying these suggestions for a few weeks, scan this QR code to complete a short form and arrange to speak with an Occupational Therapist. Call the number below to book an appointment directly:



01633 431645



What to expect from your appointment:

- The appointment could last up to 30 minutes.
- Following the conversation, the occupational therapist will advise on the best next steps.



UK and news from Gwent

INTRODUCTION TO AUTISM



A virtual three-hour workshop, aiming to provide parents and carers of autistic adults with an overview of autism and to provide a space in which people can ask questions. This workshop will be facilitated by Rachel McAleer, Speech and Language Therapist.

This workshop is open to all parents and carers of autistic adults in Cardiff and the Vale.

The aims of this workshop include:

- To consider autism, and language surrounding autism.
- To understand the core features of autism.
- To learn more about cognitive theories in autism.
- To learn about what can commonly occur with autism.

If you would like to sign up to this workshop, please email us at cav.ias@wales.nhs.uk, or call us at 07970 647820.

Tuesday,
March 25th,
2025 (4.30 -
7.30 pm)



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Two Rhythms

TWO RHYTHMS FAMILY SESSIONS @ WALES MILLENNIUM CENTRE



1 pm - 5 pm SATURDAY
29 March 2025

1 pm Group session (£10 / £5 concession)

3:30 pm Group session (£10 / £5 concession)

121 sessions times** (half-hour slot)
available throughout the day
(£15 / £10 concession)



** Booking for Group/ 121 sessions
is essential, please email:
info@tworhythms.co.uk
for more information.



TWO RHYTHMS CARDIFF BAY:
WALES MILLENNIUM CENTRE CF10 5 AL





Sensory Processing - A Guide For Parents

Nathalie Shek, Helping Kids Shine

Thursday, 20th of March 2025, 10:00am - 12:00pm

About the Session

In this session Nathalie will be exploring Sensory Processing and Integration and giving a basic understanding of sensory systems and regulation. The session will also include looking at practical ways to help children and young people with sensory processing and integration differences.

Topics covered include: the sensory systems, interoception, what is regulation, sensory ladders, and general advice.

About the Presenter

Nathalie is an Advanced Practitioner Occupational Therapist working with children, young people, and families. Her clinical specialism is in working with neurodiverse families, with an interest in sensory processing, trauma, attachment, and how this impacts their daily lives.

Nathalie's qualifications include BSc (Hons) in Occupational Therapy, BSc (Hons) Sports Psychology, Postgraduate Certificate in Sensory Integration (Level 4), and a CLASI CASI Certificate in Ayres Sensory Integration.



To book your free place please use this link:

<https://events.teams.microsoft.com/event/e4f7711b-ee91-4b51-9427-8f079e77bfce@6850a7f1-4cc1-4482-a1c1-79439f679966>

(Please note: this session is for parents & carers only)





Read in High Contrast
on the next page



insport Series: Newtown

Friday 14th March 2025

9:30am-1pm Schools
1pm-2:30pm Open Session

Maldwyn Leisure Centre, Newtown, Powys, SY16 1LH

insport Series events provide inclusive sporting opportunities for disabled young people and adults across Wales. insport Series comes to Maldwyn Leisure Centre, Newtown with opportunities for ages 5+.

Participants can enjoy:

- Cricket
- Table Tennis
- Boccia
- Wheelchair Rugby
- Circus skills
- Archery

Book your place:

insportseries.co.uk





PARENT COFFEE MORNING

March 11th | 10:00 - 12:00

📍 Cerebral Palsy Cymru, Llanishen

Meet other parents and carers to children with cerebral palsy to talk and share experiences.

This event is open to all parents and carers who have a child aged 0-16 with cerebral palsy, or those currently accessing services through Better Start Better Future.

Please note that this event is for parents and carers only, no children allowed.

If you would like to attend this event, please RSVP to Natasha Elliott at natashae@cerebralpalsycymru.org.



Registered with
**FUNDRAISING
REGULATOR**

Charity no: 1010183





Griffin Park SOFT PLAY

WE ALSO OFFER PRIVATE HIRE FOR BIRTHDAY PARTIES AT JUST £199!

WE ARE BACK!

WE ARE BACK OPEN ON THE 17TH, AND THEN EVERY MONDAY MORNING 9.30-1PM FOR JUST £5!

MONDAY AFTERNOONS ARE NOW QUIET SESSIONS FOR CHILDREN WITH ADDITIONAL NEEDS.

SESSIONS:
1.30PM - 3PM
3.30PM - 5PM
JUST £5

HAVING 2 SESSIONS KEEPS THE NUMBERS LOW FOR CHILDREN WHO DONT LIKE ALOT OF PEOPLE AROUND.

 **GRIFFIN PARK SOFT PLAY**

 **GRIFFIN PARK COMMUNITY HALL
NEW ROAD, PORTHCAWL**

 **CALL US FOR MORE INFO
07719 773551**





SATURDAY 22 MARCH (10AM-12PM)

WEDNESDAY 16 APRIL (10AM-12PM)

SATURDAY 24 MAY (10AM-12PM)

**ALL BOOKINGS ARE TO BE MADE IN ADVANCE
AND NUMBERS ARE LIMITED SO PLEASE
BOOK EARLY TO AVOID DISSAPPOINTMENT**

www.parcplay.com/book



Free!

Via
Zoom

Talking about: Potty Training


20th March 2025, 7pm - 9pm





The Children's Bowel & Bladder Charity

Are you planning on potty training your little one soon or have you already started your potty training journey?


This free online webinar for parents and carers 'Talking about Potty Training' is led by our Family Services Team, who will be answering some of the commonly asked questions and will outline our evidence based 3 step approach, involving preparation to use the potty, practising potty skills before eventually stopping using nappies as your child gains confidence.


 Thursday 20th March

 7pm-9pm (via Zoom)

 booking closes at 12pm on Weds 19th March

Find more information and how to book your place - <https://eric.org.uk/talking-about-potty-training-2/>

 Please share this post so that other parents and carers can benefit from this free event.

 PLEASE NOTE: these free events are for parents and carers. If you are a health, education or early years worker interested in events to support you in your professional capacity please see our programme of training courses for professionals on our website.





ALN SESSION

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

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

**Sunday 16th March
9am-11am**

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





Monthly Meet Ups for 0-5yr olds with Down syndrome and their parents/carers

Friday 14th March 2025

Messy/Sensory Play for the children.
Tropic 'treat' for the adults,
kindly provided by Laura H



**Rhwibina Memorial Hall
CF14 6HL**

10:15am - 12 Noon



**FREE to attend, no booking necessary.
Siblings and grandparents very welcome.
Tea, coffee, biscuits and a warm welcome provided.**



Blaenau Gwent



Unpaid Carers Spring Event

A welcoming space for unpaid carers to relax, connect, and enjoy a day of well-earned appreciation.



STEP INTO SPRING WITH US



THURSDAY
20TH MARCH



START AT
11:00 AM - 2:00PM



BEDWELLY PARK
TREDEGAR, NP22 3XN

Enjoy live entertainment from the Intergenerational Choir, take part in our Chinese Auction (Raffle) with fantastic prizes, and indulge in a delicious buffet. If the weather allows, you can take a peaceful stroll through the park, admire the beautiful spring flowers, and take some time to unwind and recharge. Carers are welcome to bring a friend or the person they care for.



FREE FOR CARERS IN BLAENAU GWENT

Crystal signing bowl sound
bath

Rassau Resource Centre
Tuesday 18th March

5:30pm



Please contact Leandra to book
Leandra.Hunt@blaenau-gwent.gov.uk



Shine!

Families First Inclusive Youth Club

**Every Tuesday at 3:30pm-5:30pm
Pen-y-cwm School,
Ebbw Vale, NP23 8XF**

Feel free to pop along and see what is going on.
We have lots of activities and outside agencies who
come in and join us along with special visitors!

**The age range is 0-25yrs – we kindly ask that a
parent/carer stay with children under the age
of 18. If a person is 18+, you are welcome to join
independently if able.**

Refreshments will be provided during the session – please state
any allergies/intolerances on the consent form provided at club.

**For more information please contact the
Families First Team on Tel: 01495 355584
Email: Thomas.Brain@blaenau-gwent.gov.uk
Facebook: Families First - Blaenau Gwent**



Caerphilly



ALN
WOODWORK SESSION

Salvaged Creations Wales
I-MAKE
crafting together

AGES 5 -25 YEARS

JOIN US:

SATURDAY 15TH MARCH

MORNING: 10:30-12:30
AFTERNOON: 1:30-3:30PM
limited numbers

TIRPHIL COMMUNITY CENTRE
contact the community centre to book!
Parents/carers must attend!

**TIR-PHIL COMMUNITY CENTRE**

**GAVO**

 **GIG CYMRU NHS WALES**
Bwrdd Iechyd Prifysgol Aneurin Bevan
University Health Board

 Bwrdd Partnriaeth Rhanbarthol Gwent
Gwent Regional Partnership Board



Neurodiversi - Tea & Chat



*For parents/caregivers of children/young
people with additional needs*

Monthly Friendship Coffee Mornings
Cefn Hengoed Community Centre
Between 10 & 12 am
(Turn up when you can)

Next meet 11th April 2025

This group is for the adults of the family only and is a space for us to chat without the young people/children present.

Location: Cefn Hengoed Community Centre, Forest Avenue, CF82 7HZ
Contact: Lisa on 07742671662 for more information.



MAKE NEW FRIENDS

FUN ACTIVITIES

GREAT COACHES

AGES 7-12

EASTER SPORT SCHEME

Monday 14th April - Friday 25th April

Caerphilly Leisure Centre 9am-3pm £11.50 per day

Heolddu Leisure Centre 9am-3pm £11.50 per day

Newbridge Leisure Centre 9am-3pm £11.50 per day

Risca Leisure Centre 9am-3pm £11.50 per day

Please book via the Leisure Lifestyle APP
(Scan the QR Code to download the APP)

Bookings must be made prior to attending

Parents must complete a consent form prior to their child taking part. This will be carried out when securing your space.

Sport Caerphilly reserve the right to cancel these sessions at short notice due to adverse weather and changes to Welsh Government guidance.

For more information please call 01443 863072
or email Sport Caerphilly: sportcaerphilly@caerphilly.gov.uk

[sportcaerphilly](#) [@sport_leisure](#)

leisure lifestyle
dulbyw hamdden

CAERPHELLY
COUNTY BOROUGH COUNCIL
CYNGOR BWRDEISTREF SINGL
CAERFFILI

19282

Monmouthshire



GWENT PARENT CARER NETWORK
Caring for Carers

Exclusive ALN Sessions 2025

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

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

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





**Autism Family Support
Monmouthshire (AFS) provides
support and guidance to families
who have a family member
diagnosed or are looking for
support around autism**

**Who can access the
Autism Family Support Service:**

Any parent or carer living in Monmouthshire, who cares for a child who is or may be autistic.

Your child DOES NOT need to have a formal diagnosis to access the project. If you are concerned that your child may be autistic you can refer yourself for advice and support.

The Autism Family Support Service DOES NOT diagnose Autism or submit applications for diagnosis .



**Disability
& Inclusion
Projects**
Bridges Centre

What the service offers:

Once you have registered with the service, one of the team will call you to discuss what support you are looking for. We will then arrange a follow-up meeting to chat through the available support.

- **Monthly coffee & chat sessions**
- **Training workshops**
- **Monthly Newsletter**
- **Private FB group to access peer support and discussion**
- **Information about Monmouthshire Parent Carer Events**
- **1:1 support for parent/carer which may include sharing of resources, offer of strategies/advice for managing particular behaviours, guidance through the process of getting a diagnosis.**

For general enquiries or for more information please contact
autismfamilysupportservice
@bridgescentre.org.uk



Charity number
1079085





moving forward, we are running our monthly coffee mornings in conjunction with Ready Steady Go and the Gwent parent carer network, ready steady go will be running the south sessions the GPCN will be running the Abergavenny sessions and the autism support service will be running the north sessions from Bridges Centre.

here are our north dates for the next few months

Tuesday April 9th

Tuesday, May 13th

Tuesday, June 17th

Tuesday, July 15th

all sessions will be 930 till 1130

throughout these sessions we will be including a arts and crafts activity, You don't have to do it but if you'd like to there will be a small donation of £2 to help with the cost of the materials



Newport



TINY TALKERS GROUP

FOR NEWPORT FAMILIES

This is a fun, free group for parents and children (7-18 months), aimed at encouraging your child's early language development through play, singing and stories.

Sessions available:

Stow Park Church Centre
Thursday
11:00–12:00

Spaces are limited, and must be booked in advance, so be quick to book.

If you are interested in attending any of the sessions please email:

Tahnee.williams@newport.gov.uk

Or

Phone: 07811070223



NEWPORT
CITY COUNCIL
CYNGOR DINAS
CASNEWYDD

GRŴP SIARADWYR BACH

I DEULUOEDD CASNEWYDD

Grŵp am ddim llawn hwyl i rieni a phlant (7-18 mis), â'r nod o annog datblygiad iaith cynnar eich plentyn drwy chwarae, canu ac adrodd straeon.

Sesiynau ar gael:

Canolfan Eglwys Stow Park
Dydd Iau
11:00–12:00

Mae lleoedd yn brin, a rhaid cadw lle o flaen llaw, felly peidiwch oedi cyn archebu.

Os oes diddordeb gennych yn un o'r sesiynau e-bostiwch:

Tahnee.williams@newport.gov.uk

neu

Ffon: 07811070223



Llywodraeth Cymru
Welsh Government

REALITY THEATRE'S ALN SOCIAL CLUB

**A FUN FILLED SOCIAL EVENING EXCLUSIVELY FOR
PEOPLE WITH ADDITIONAL LEARNING NEEDS!**

**SOCIALISE
MAKE FRIENDS
BUILD CONFIDENCE**

**MUSIC
BOARD GAMES
ARTS & CRAFTS
PING PONG**



**EVERY THURSDAY 5:00PM - 7:00PM
AGES 16+ / PARENTS & CARERS WELCOME**

**HOT & SOFT
DRINKS**



**TUCK
SHOP**



**THE CAB, 22 CAMBRIAN ROAD
NEWPORT, NP20 4AB**

**FOR MORE INFO EMAIL:
therealitytheatrecompany@gmail.com**

Torfaen



Presents with

Chill Skills

(Starting 17th March 2025)



A FREE 6 week course for parents to attend with their children aged between 7-11 to understand their emotions, feel more positive and learn coping strategies.

Get support with:

- Behavioral issues
- Sleeping problems
- Self esteem
- Anxiety
- Panic attacks
- And much more in a gentle and positive way.

To register your interest, scan the QR code, or click the link below.



Scan here

 torfaentalkscic.org.uk

 hello@torfaentalkscic.org.uk

Not-for-profit Community Interest Company No. 13363083





Talks in Torfaen for Parents & Caregivers

Free online wellbeing talks

Supporting your teenager's...

Emotional well-being
4th March 6-7pm

Attendance at school
11th March 6-7pm

Peer relationships
18th March 6-7pm

Body image
25th March 6-7pm

Q&A with psychologists
1st April 6-7pm

Sign up here:



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