

Weekly Bulletin

20th March 2024

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 **Jayne or Sarah**

News from Sparkle and our Children's Centres

- ★ Month at a glance
- ★ Sparkle Coffee Groups
- ★ Movement for Good Nomination
- ★ Little Stars
- ★ MediCinema
- ★ SNAP Cymru

UK and news from Gwent

- ★ Shape Research
- ★ Kids Eat Free over Easter
- ★ Contact Workshops
- ★ Caudwell Sensory Pack
- ★ Neurodivergence Wales : How to advocate for your child
- ★ Go Kids Go - Wheelchair Skills Training
- ★ IS-vid project
- ★ Eric- Toilet training for children with additional needs Webinar
- ★ Makaton with Mrs. Mac
- ★ Cardiff Met family Day
- ★ Family Easter Event Aberdare Park
- ★ Boules @ Machen Rugby Club

Local news

- ★ Torfaen Play Easter Play and Respite sessions
- ★ Newport emergency food parcel
- ★ Newport home education group for 4-11 year olds
- ★ Newport council Easter activities
- ★ Monmouthshire mind
- ★ Monmouthshire ASD support

News from Sparkle and our Children's Centres

Month at a Glance - March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 st St David's Day Sparkle coffee morning @ Serennu 10am-12pm	2 nd	3 rd Bellevue Tea Rooms Food & Craft Market – Supporting Sparkle
4 th Autism Family Support Monmouthshire Coffee & Chat Together Works Caldicot 9.30pm-11.30pm Caerphilly Carers Coffee Morning @ Murray's Bargoed 11:00am-12:30pm	5 th SNAP Cymru sessions @ Nevill Hall Children's Centre 10am-12pm (Phone to book) Autism Family Support Monmouthshire Coffee & Chat Bridges Centre 9.30pm-11.30pm	6 th National Youth Advocacy Drop In Session @ Serennu 10am-12pm	7 th Newport Autism Support Group @ Serennu 10am-12pm ADHD+ Support Group @ ST. James ICC Caerphilly 10am -12pm	8 th Hope GB Coffee & Chat 10-11.30am Aspris College	9 th Dad's Group Gwent @ Serennu 10am-12pm	10 th Mother's Day
11 th The Care Collective Young Carers Group 5-7pm, Gwent Hub Pontypool (Every Monday)	12 th Unpaid Carers Coffee Morning Blaenau Gwent Brynmawr Rugby Club, 10-12pm (Every Tuesday)	13 th CCP workshop: Introduction to sensory processing (online) 10am-12pm	14 th Caerphilly Carers Coffee Morning @ Coffee Mill Risca 12:00pm-1:30pm	15 th Caerphilly Carers Coffee Afternoon @ The Old Library Caerphilly 2:00pm - 3:30pm	16 th Sparkle Coffee Group @ Caerphilly Children's Centre 9:45am - 11:15am	17 th
18 th CCP workshop: Supporting anxiety in children (online) 12.30pm-2.30pm Hope GB Coffee & Chat Mindfulness & Wellbeing 6-7.30pm Panteg House	19 th Sparkle Coffee Group @ Blaina ICC 5.30pm-6.45pm SNAP Cymru sessions @ Serennu 10am-12.30pm (Phone to book)	20 th	21 st ADHD+ support group @ Serennu 10am-12pm Ready Steady Go Coffee Group The Bellhanger, Chepstow 9.30-11am	22 nd	23 rd Dad's Group Gwent (online) 1pm-3pm	24 th
25 th Easter Holidays	26 th Caerphilly Carers Coffee Morning @ McKenzie's Blackwood 10:30am-12pm	27 th	28 th	29 th Good Friday	30 th	31 st Easter Sunday

Sparkle Coffee Groups



**SPARKLE PARENT/CARER
COFFEE GROUPS**

Come and have a cuppa and a chat
with other parent/carers and a
family liaison officer

Friday 1st March
Serennu Children's Centre,
NP10 9LY
10am - 12pm

Saturday 16th March
Caerphilly Children's Centre,
CF83 2WP
9.45am - 11:15am

Tuesday 19th March
Blaina ICC
NP13 3BN
5.30pm - 6.45pm

If you would like to attend any of the coffee groups please let us know

Serennu - family.liaison.abb@wales.nhs.uk
Blaina ICC - ABB.FamilyLiaisonNorth@wales.nhs.uk
Caerphilly - ABB.FamilyLiaisonWest@wales.nhs.uk

Movement for Good is an annual programme of giving that anyone can get involved in, and this year The Benefact Group will be donating over £1 million to charities and good causes nominated by you.

Please follow the link below and nominate Sparkle, so that we can have a chance of being named as one of these lucky charities... ✨

<https://movementforgood.com/#nominateACharity>

✨ Charity Name and Number 1093690 - SPARKLE (SOUTH WALES)



MediCinema

MediCinema is a great **FREE** facility for all the family

*For more information and to register for MediCinema
follow the link below*

[Serennu MediCinema \(sparkleappeal.org\)](http://Serennu.MediCinema(sparkleappeal.org))



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
19th March 10am-12.30pm	10th April 10am-12pm	
23rd April 10am-12.30pm	7th May 10am-12pm	18th April 9:30am - 11:30am
21st May 10am-12.30pm	5th June 10am-12pm	

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

Serennu – ABB.FamilyLiaisonOfficer@wales.nhs.uk

Nevill Hall - ABB.FamilyLiaisonNorth@wales.nhs.uk

Caerphilly - ABB.FamilyLiaisonWest@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

UK and news from Gwent

Shape Research, Change Lives

Are you a member of the UK genetic syndrome community?
Would you like to have a voice in future directions in research?

If your answer is YES, we would like to invite you to take part in our survey.

We are looking for:

People with Down Syndrome, Fragile X Syndrome and Williams Syndrome (from 10 years old to adults), parents/carers (of children from birth to adults), practitioners and researchers who are currently living in the UK to take part in an online survey about research priorities.



Do not miss this opportunity to shape the future.
Your research priorities matter!



We will report your research priorities to researchers, people who fund research, and people who make decisions about public services.

[Click here for the **Down Syndrome** community survey.](#)

[Click here for the **Fragile X Syndrome** community survey.](#)

[Click here for the **Williams Syndrome** community survey.](#)

[Click here for the **Practitioner and Researcher** survey.](#)





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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

SAINSBURYS CAFES

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

PAUSA CAFE @ DUNELM

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

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

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.

BEEFEATER & BREWERS FAYRE

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

COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

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

WHITBREAD INNS

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

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL



Wellbeing Looking after you Workshop- Parent Carers (Rare Conditions) Wales

Date and time

Thu, 21 Mar 2024 10:30 - 12:30 GMT

Location

Online

About this event

- **2 hours**

Wellbeing Looking after you Workshop for parent carers of children with rare conditions in Wales.

This online workshop gives the opportunity to learn new strategies to improve your Wellbeing. Contact sees parent carers as the experts when it comes to their children and values your experiences. Our Wellbeing workshop brings parent carers together to learn from one another, you are welcome to share your experiences, and if this is not you, you can simply listen too.

Stress can be a huge factor for families.. We will look at what causes you stress and how do you cope with it at present? We will explore ways of reducing your stress by improving the areas that could help you feel more positive and able to get the most out of life.

- Understand what stress is & how it affects you.
- Learn about coping mechanisms and each other's coping styles.
- Identify new ways of coping with stress & reducing your stress levels.
- Improve your Wellbeing
- Gift – your own Wellbeing Goodie Bag, posted to you
- Be motivated to try new stress busting ideas until you find ones that fit with you!

BY ATTENDING THIS WORKSHOP YOU WILL RECEIVE A FREE WELLBEING GOODIE BAG, SO PLEASE ENSURE YOU COMPLETE YOUR ADDRESS INFORMATION ACCURATELY.

[Wellbeing Looking after you Workshop- Parent Carers \(Rare Conditions\) Wales Tickets, Thu 21 Mar 2024 at 10:30 | Eventbrite](#)



We are still accepting applications for our Autism Sensory Pack! 😊

Processing everyday sensory information can be extremely difficult for children with Autism; any of their senses can become over or under-stimulated by their environment. 💜

That's why we have been mindful that the pack must be fun, educational, durable, and safe. Many of the items in the pack are compact, so they are suitable for travel or to take to school. 🦋

The pack is worth £112.80, but we ask families to contribute just 20%, which is only £22. 🍀

Due to popular demand, it may take longer to process applications. However, we will contact families at every stage of the application process to give updates, so please bear with us while our team works through our current applications. 🙏

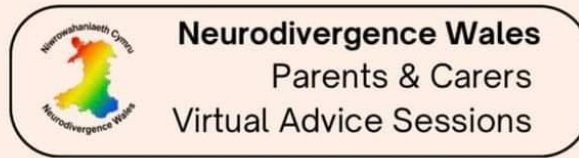
If you're interested, please click the link below!

Apply Now 🙌 bit.ly/48zfOAq



To book your space please follow the link

[Microsoft Virtual Events Powered by Teams](#)



How to Advocate For Your Child

Ceri Reed, Parents Voices in Wales

Thursday, 25th of April 2024, 10:00 – 12:00am

Ceri Reed founded Parents Voices in Wales CIC in 2018 to address the disconnect between families, education and services. The organisation advocates for families across Wales whose children and young people experience challenges with neurodivergence and mental health. Parents Voices in Wales CIC were the stakeholder group coproducing the NEST/NYTH Framework and continue to support Welsh Government with its implementation across RPB's, health boards and wider services.



This session will provide an introduction to advocacy, and the best way to ensure that your child gets the support that they need. The session will cover: the importance of advocacy & what it looks like in practice; how to develop shared expectations with service providers (eg school); how this relates to ALN reform and the importance of adopting a needs-led (rather than label-led) approach.



There will be a Q&A session following the presentation.

To book your place please use the link below:

<https://events.teams.microsoft.com/event/f63a1d34-a16f-4f01-9b68-ae7451d5c8f9@6850a7f1-4cc1-4482-a1c1-79439f679966>

If you can't make it - the presentation will be available to watch on the Autism Wales website (www.autismwales.org) following the session

GO KIDS GO

WHEELCHAIR SKILLS TRAINING

Free, fun and inclusive sessions for 2 -18 year olds. Extra wheelchairs provided so the whole family can join in!



Manual or powered wheelchairs
Propulsion & manoeuvring
Slopes and rough ground,
Back wheel balancing,
Road safety
Emergency evacuation techniques
Wheelchair sports & Dance

Saturday 13th April
10am – 2pm
Newport Tennis Centre
International Sports Village
Newport NP19 4RA

Please bring a packed lunch

To book a free place email:
roy@go-kids-go.org.uk

IS-vid project

For more information follow - [IS-vid Accessible](#) | [iChope Events CIC](#)

SCAN ME



Join our free ice skating sessions

If you experience visual impairment and live in South Wales you could join our free twenty week ice skating programme. Places are limited.

Sessions will run weekly from April 2024 at the Vindico Arena, home of the Cardiff Devils ice hockey team.

The project is supported by RNIB Cymru, SENSE and Disability Sport Wales.

Sessions are led by fully qualified coaches.

For more information visit:

<https://www.ichopeevents.co.uk/is-vid-accessible>

Eric- Toilet training for children with additional needs Webinar

Parent / carer Free Webinar - Toilet training for children with additional needs

This webinar is now available to watch on the ERIC website - [Help with toileting - ERIC](#)





**Toilet training for children with
additional needs -
Webinar recording now available to watch!**



Whether it's starting or continuing with your Makaton journey, there's something for everyone!!

Click on the link for all Levels and tasters -

<https://bookwhen.com/mrsmacmakatontutor>

Or if you are already trained in level 1 or more and you fancy joining us for some practice on a 'Monday with Mrs Mac' session, please just get in touch  next session is 08.04.24 sessions are £3pp with all monies raised going to charity   

<p><i>Makaton With Mrs Mac</i></p> <p>LEVEL 1</p> <p>Wednesday 3rd April 6.15pm - 9.15pm and Wednesday 10th April 6.15pm - 9.15pm</p> <p> Online </p>	<p><i>Makaton With Mrs Mac</i></p> <p>LEVEL 2</p> <p>Tuesday 14th May 2024 6.15pm - 9.15pm and Tuesday 21st May 2024 6.15pm - 9.15pm</p> <p> Online </p>
<p><i>Makaton With Mrs Mac</i></p> <p>LEVEL 3</p> <p>Wednesday 19th June 2024 6.15pm - 9.15pm and Wednesday 26th June 2024 6.15pm - 9.15pm</p> <p> Online </p>	<p><i>Makaton With Mrs Mac</i></p> <p>FREE TASTER</p> <p>Thursday 4th July 2024 6.30pm - 8.30pm</p> <p> Online </p>

CYMUNED MET
MET COMMUNITY
Chwaraeon Met Caerdydd | Cardiff Met Sport



Sport Lit
Wales

Join our relaxed session of **Family Fun**

Tuesday 26 March 2024 | 10am - 11am
The Riverside Warehouse



Easter family fun EGG HUNT

FREE

SATURDAY
MARCH 23RD

12PM-3PM

PRIZES

**FACE-
PAINTING**

ABERDARE PARK
(BY THE BAND STAND)

A FREE FAMILY EVENT HOSTED BY BRYN SION





**MACHEN RUGBY
CLUB BOULES TEAM**

**SUITABLE FOR ALL
ABILITIES AND AGES**

TRY PLAYING WITH STEEL BALLS

FANCY TRYING SOMETHING NEW?
WHY NOT GIVE BOULES A GO?
NEW AND OLD PLAYERS WELCOME



ABOUT US...

- **DIVISION 2 CLUB**
- **SEASON RUNS FROM APRIL TO SEPTEMBER**
- **TRAINING MONDAY @ 7PM**
- **PRACTICE SESSIONS**
- **NO COST**
- **NO KIT REQUIRED**
- **SUITABLE FOR ALL AGES AND ABILITIES**

CONTACT



PETER THOMAS
01633 440454

peter@ptcommunications.co.uk

Local news



Torfaen Play & Short Breaks Service
Providing a variety of fun and interactive sessions
in the heart of the community.



Easter Play & Respite Sessions

**Tuesday 26th March to
Thursday 28th March**





REFERRAL ONLY

Please note that attendance for these sessions are through referral only and spaces are limited. These sessions are specifically for children with disabilities and behavioural needs aged 5 years and above.

If you are looking for childcare this summer, please contact Torfaen Family Information Service on: 0800 019 6330 or fiis@torfaen.gov.uk

For more information please contact: torfaenplay@torfaen.gov.uk

St Dials & Greenmeadow Community Hall
The Cockerel, Pandy, Cwmbran, NP44 4LA
9:30am - 12:00pm & 12:30pm - 3:00pm

Victory Church
Greenforge Way, Cwmbran, NP44 3BA
9:30am - 12:00pm

Thornhill Community Centre
Leadon Court, Cwmbran, NP44 5TZ
9:30am - 12:00pm & 12:30pm - 3:00pm

 @chwaraetorfaenplay
 Chwarae Torfaen Torfaen Play
 torfaenplay@torfaen.gov.uk











Emergency Food Parcel – ‘Get You By Bag’

If you are currently in financial crisis, we can provide a ‘Get You By Bag’. For more information and to book your collection time slot:

Email debbie27@hotmail.co.uk

‘Collection Only’

You can arrange to collect your bag on a Tuesday

Between 10.00am and 4.00pm

(If you require a collection at a different time please state in your email and we will endeavour to accommodate where possible)

‘YOU WILL NEED TO BRING YOUR OWN BAGS’

The bag will contain staples such as:

Fresh or Long Life Milk * Butter Alternative * Cheese * Rice * Pasta * Ham * Potatoes * Tinned Beans Spaghetti & Tomatoes * Sanitary Products

****Please note contents are subject to change dependent on availability***



NEW

WEEKLY HOME EDUCATION

STAY & PLAY

Ages 4-11

Wednesday

January 10th 2024

Come anytime between

11am-12.30pm



£3.50 per child, £1.50 for additional siblings

St. Brides Wentlooge Village Hall, St. Brides, Newport, NP10 8SH

Any questions?

Telephone or email Gemma

07462843289

Gemma.homekidzwales@gmail.com

Check out our Facebook Page

Activities:

Indoor & Outdoor Play -
Arts & Crafts -
Toys & games -
Sensory -
Refreshments-

Lots of activities being run by Newport council during the Easter holidays, including many quiet hour sessions, use the below link to register
[Half Term / Hanner Tymor | Eventbrite](#)



The poster is for 'Easter Activities' organized by Newport City Council. It features a light blue background with white starbursts and a large white butterfly in the top left. The Newport City Council logo is in the top right. The title 'EASTER ACTIVITIES' is in large, bold, pink letters. Below it, a list of activities is provided: bracelet making, face painting, bike maintenance (with a note to bring your bike to family days), quiet sessions, playschemes, tie dye workshops, silent disco, NERF battles, slime making, and much more. A green banner with white text says 'FREE TO ATTEND'. Below this, it states that activities suitable for children of all abilities will be available at family sessions. A QR code is centered, with text below it asking to scan to secure space or contact youth.play@newport.gov.uk. The bottom of the poster is decorated with a row of colorful Easter eggs in various patterns and colors (yellow, pink, orange, green, blue). A blue butterfly is perched on one of the eggs. Below the eggs is a row of six colorful icons: a paint palette, a paint splat, a pair of headphones, a slice of an orange, a string of beads, and a purple mandala.

 **NEWPORT**
CITY COUNCIL
CYMRU / CŃWYLL
CASNEWYDD

EASTER ACTIVITIES

Take part in bracelet making, face painting, bike maintenance (bring your bike to our family days), quiet sessions, playschemes, tie dye workshops, silent disco, NERF battles, slime making and much more.

FREE TO ATTEND

Activities suitable for children of all abilities will be available at the family sessions



please scan to secure your space or contact
youth.play@newport.gov.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Walk with us in Monmouth!

Fortnightly Walk and Talk group
Tuesdays, 10:30-12:00pm

Boost your wellbeing and join us for a gentle stroll in and around Monmouth. Well behaved dogs welcome.

Contact us for more information

mindmonmouthshire.org.uk/services/walk-and-talk-group

📞 01873 858275 💬 07903523096

✉️ info@mindmonmouthshire.org.uk



Mind Monmouthshire is a registered charity in Wales. Charity number 1150165.



@mindmonmouthshire



@mindinmon

Autism Family Support **for Monmouthshire**

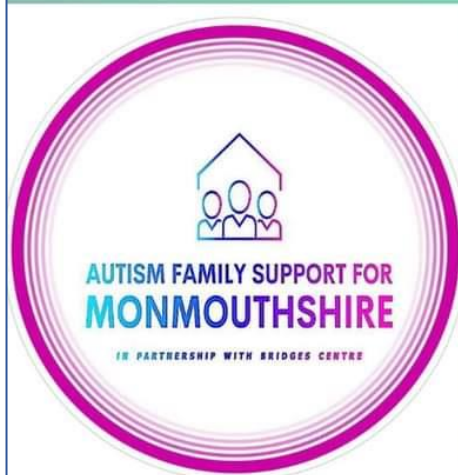
The Autism Family Support (AFS) provides support and guidance to children, young people, parents and professionals who have, or are involved with, people who have autism

My name is Emma Howick, I'm the Autism family Support coordinator with Bridges Centre on the Disability and Inclusion Team.

Autism is very close to my heart, as I have a close family member with Autism. I have spent many years learning all about Autistic Spectrum Disorders and how it affects families, I hope this will help me to support you and your family.

Before joining Bridges Centre, I worked for a diverse range of organisations, including the NHS, Llamau and Women's Aid. Which has provided the foundation for my role within the Autism Family Support..

I'm passionate about Autism and hope to provide you with all relevant services and strategies that can help you on your Autism Journey.



**Bridges Centre
Drybridge Park
Monmouth NP25 5AS
Tel 07555 798409
emma.howick@bridgescentre.org
.uk
facebook page Autism Family
Support for Monmouthshire**

Follow us on social media

Facebook & Instagram @sparkleappealofficial

Twitter @sparkleappeal

www.sparkleappeal.org

Family Liaison service at Serennu is available Monday - Friday

Call Jayne or Sarah on 01633 748013

Or email family.liaison.abb@wales.nhs.uk


If we are not available when you call, please leave a message and we will get back to you as soon as possible. If your enquiry is urgent however, please contact our Family Liaison colleagues, Lisa or Sarah, they would be delighted to help. Their contact details are below:


**Blaenau Gwent, North Torfaen
and North Monmouthshire**



**Sarah, our Family Liaison Officer
based in Nevill Hall Children's
Centre can be contacted on:**

 **01873 752712**


 **abb.FamilyLiaisonNorth@wales.nhs.uk**

 **Brecon Road, Abergavenny NP7 7EG**

**Caerphilly County
Borough**



**Lisa, our Family Liaison Officer
based in Caerphilly Children's
Centre can be contacted on:**

 **029 20867447**

 **abb.familyliaisonwest@wales.nhs.uk**

 **Heol Las, Cwrt Llanfabon, Energlyn,
Caerphilly CF83 2WP**


Parent Rep Details

Jeni - sparklerepwest@gmail.com

**Newport, South Torfaen and
South Monmouthshire**



**Jayne and Sarah, our Family Liaison
Officers based in Serennu Children's
Centre can be contacted on:**

 **01633 748013**

 **family.liaison.abb@wales.nhs.uk**

 **Cwrt Camlas, Rogerstone, Newport
NP10 9LY**

Parent Rep Details

Jo - sparkdeparentrepjo@gmail.com

Nicol - sparkderepnico@gmail.com