

23rd October 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 one of our Family Liaison Officers.

News from Sparkle and our Children's Centres

- ★ Month at a glance – October
- ★ Family Liaison Service
- ★ Sparkle Survey - What childcare solutions do you want to see for children with disabilities?
- ★ Sparkle Halloween Events
- ★ SNAP Cymru
- ★ Contact - Free Wellbeing Programme for Parent Carers in Wales @ Serennu
- ★ ISCAN Process
- ★ RDP Law Charity Quiz for Sparkle

UK and news from Gwent

- ★ Neurodivergence Wales Parents & Carers Virtual Advice Session – Staying Safe Online
- ★ Contact – Facebook Q&A DLA or Child Disability Payment
- ★ Contact Cymru - Let's - Chat / Sgwrsio - Online Parent Carer led Drop in, Wales
- ★ ERIC – Constipation & Autism
- ★ Trinity Protocol
- ★ Accessible Walks
- ★ Cerebra Sleep Seminar's
- ★ Bristol Aquarium – Even Calmer Days
- ★ Techniquet Relaxed Sessions
- ★ Buzz quiet session
- ★ Family Fund workshops
- ★ The Aubergine Cafe

Local news

- ★ Torfaen Help shape Torfaen's food strategy
- ★ Torfaen play - Go Play Session
- ★ Torfaen Disability Gym Sessions
- ★ Ebbw Vale Family Disability Swim Session
- ★ Torfaen Lending Library Sports Pack
- ★ Monmouthshire Cost of Living Events
- ★ Wild Tots Blaenau Gwent
- ★ Blaenau Gwent - Barnardo's event
- ★ Blaenau Gwent – Owls at the Library
- ★ MonLife Stay & Play Sessions
- ★ Monlife Spooky Party
- ★ MonLife Halloween at the Attik

News from Sparkle and our Children's Centres

Month at a glance – October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1st Unpaid Carers Coffee Morning Blaenau Gwent Brynmawr Rugby Club, 10-12pm (Every Tuesday)	2nd SNAP Cymru sesions @ Nevill Hall 10am-12pm Please book a slot National Youth Advocacy Drop In Session @ Serennu 10am-12pm	3rd Newport Autism support group @ Serennu 10am-12pm	4th Sparkle Coffee Group @ Serennu 10am - 12pm	5th	6th
7th Last Chance to book on to the CCP Sleep workshop Autism Family Support Monmouthshire Coffee & Chat Together Works Caldicot 9.30pm-11.30pm	8th Autism Family Support Monmouthshire Coffee & Chat Bridges Centre 9.30pm-11.30pm SNAP Cymru sesions @ Serennu 10am-1.30pm Please book a slot	9th	10th	11th	12th Dad's Group Gwent @ Serennu 10am-12pm	13th
14th CCP Introduction to Sleep (online) 12:30-2:30pm	15th	16th Last Chance to book on to the CCP Transitions & Separations Workshop	17th ADHD+ support group @ Serennu 10am-12pm	18th Information Day @ Serennu Please email to book time slot 9:30-11am 11am-12:30pm 1-2:30pm Caerphilly Carers Coffee Afternoon @ The Old Library Caerphilly 2pm -3:30pm	19th	20th
21st	22nd	23rd CCP Transitions & Separations workshop (online) 10am-12pm	24th	25th	26th	27th Sparkle North Halloween Event
28th	29th	30th Sparkle South Halloween Event Blaenau Gwent Small Steps Group Blaina ICC 9:30-11:30am	31st			

Family Liaison Service

As a service we now have one generic email address

ABB.FamilyLiaisonOfficer@wales.nhs.uk

Please use this email to contact the service,
one of our Family Liaison Officers will get back to you.

Family Liaison Service



- Do you have a child or young person diagnosed or undergoing an assessment for a disability or developmental difficulty?
- Do you live in Gwent?
- Do you want to know about local services and activities which you or your child/young person can access?
- Do you sometimes find it difficult knowing who to turn to for help, information or advice?

Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available.

We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access.

We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources.

We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.



Email 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



What childcare solutions do you want to see for children with disabilities?

We understand that there are a number of barriers to childcare for families with children with disabilities.

Sparkle is conducting a survey on behalf of the Childcare Expert Group Wales, with the aim of understanding childcare priorities among families of children with disabilities and providing clear recommendations for improvements to childcare to be shared with Welsh Government.

Please take a few minutes to share your views **(anonymously)** here:

<https://www.research.net/r/disabilitychildcaresolutions>

Sparkle Halloween Events

to book please follow the link

<https://www.ticketsource.co.uk/booking/select/eFRcolvhXWNm>



JOIN US FOR A

HALLOWEEN SOFT PLAY

SUNDAY | **27** | **11:15AM-12:45PM**
OCT.

AT EDEN CENTRE
UNIT 7
GLANDWR INDUSTRIAL ESTATE
ABERBEEG
NP13 2LN

 **sparkle**
helpu plant arbennig i ddisgleirio
helping special children shine

The poster features a grey background with various Halloween-themed illustrations. At the top, there are two orange pumpkins, a black bat, and a string of orange and black beads. On the left, a ghost is riding a pink scooter, and another ghost is holding a boombox. On the right, a ghost is holding a camera. At the bottom, there are more bats, stars, and a large spiderweb. The text is centered and uses a mix of bold, sans-serif and serif fonts.

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
12 th November 10am-1:30am	6 th November 10am-12:30pm	Dates to be confirmed
10 th December 10am-1:30am	19 th November 10am-12:30pm	Dates to be confirmed
	17 th December 10am-12:30pm	Dates to be confirmed

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

Contact - Free Wellbeing Programme for Parent Carers in Wales @ Serennu

 **FREE 8-Week Programme for Parents of Children with Disabilities or Additional Needs**

Are you a parent of a child with disabilities or additional needs? Contact Cymru is offering a free 8-week wellbeing programme starting this November in Newport.

Our series of workshops will help you to build resilience and confidence, manage stress and make positive changes. The sessions are informal, fun, and supportive and you'll walk away with new skills, connections, and a sense of empowerment!

 **Weekly starting 5th November. Sessions mostly run on Tuesdays from 10am-12.30pm**

 **Location: Serennu Children's Centre, Newport, Wales**

To sign up or learn more, please visit:

<https://www.eventbrite.co.uk/e/building-resilience-well-being-workshops-for-parent-carers-in-wales-tickets-1038799395957?aff=oddtcreator>

“ Be there for others but never leave yourself behind ”



Free Wellbeing Programme for Parent Carers in Wales

An 8 session programme to build confidence and resilience, manage stress and carve out time for YOU

 **Serennu Children's Centre, Newport**

 **Starts 5th November 2024 and runs weekly from 10am-12.30pm**

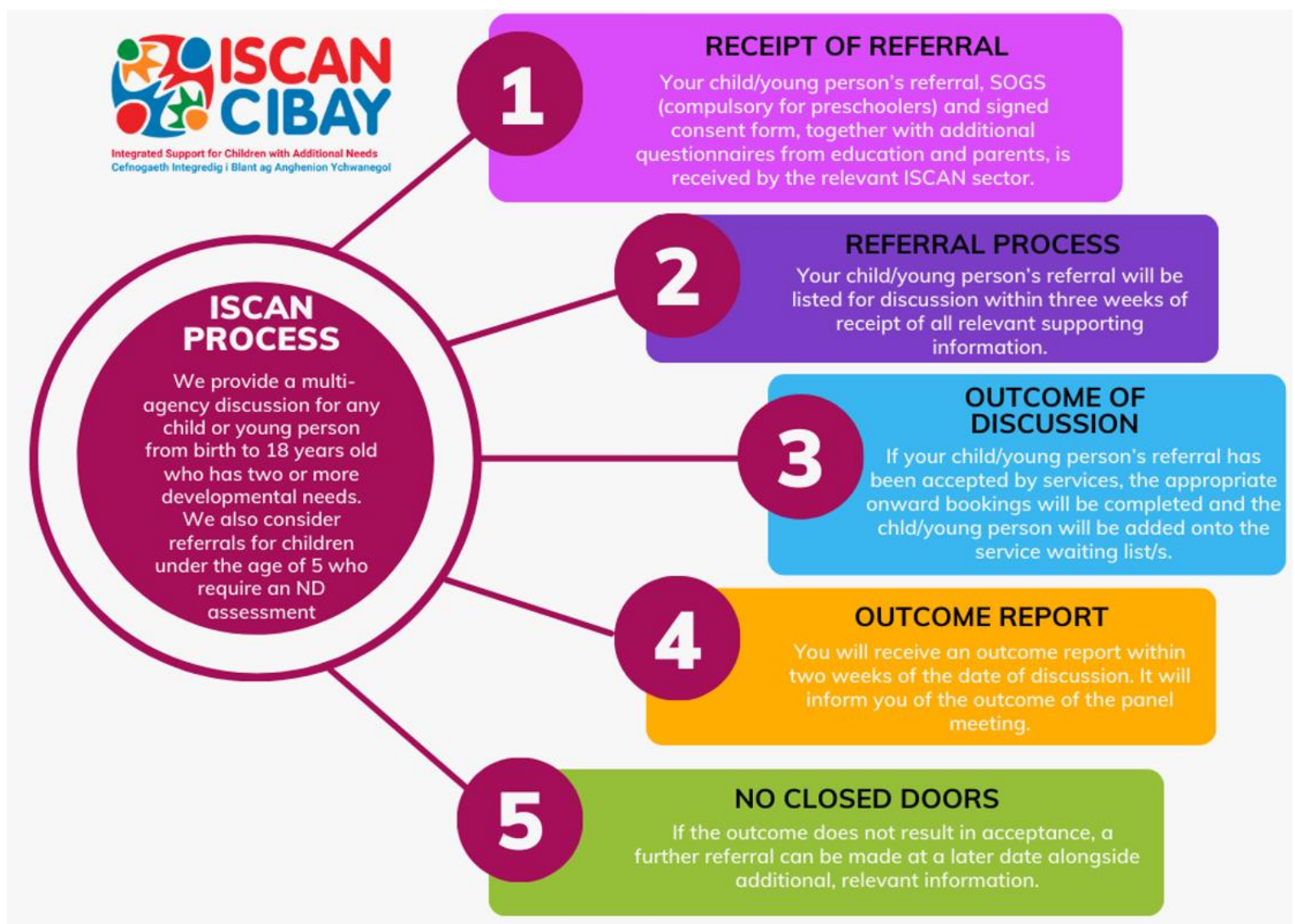
contact For families with disabled children
/ deuluoedd gyda phlant anabl

ISCAN Process

(Integrated Support for Children with Additional Needs)

Follow the link below for more information

[ISCAN \(Integrated Support for Children with Additional Needs\) :: Healthier Together \(cymru.nhs.uk\)](https://cymru.nhs.uk/iscan)



Calling all Quiz Fans

We are thrilled to announce that RDP Law Limited, one of our charity partners of the year, is hosting a Quiz Night Holiday Inn Newport to raise money for Sparkle.



CHARITY QUIZ

7pm - 10pm **NOVEMBER 14TH 2024**

In aid of Sparkle (South Wales)

**HOLIDAY INN,
THE COLDRA,
NEWPORT
NP18 2YG**

Email admin@rdplaw.co.uk to
book your table. £60 for a table
of 6.

rdp
Law

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

UK and news from Gwent

Neurodivergence Wales
Parents & Carers
Virtual Advice SessionsNiwrowahaniaeth Cymru
Sesiynau Cyngor Rhithiol
i Rieni a Gofalwyr

Staying Safe Online

Emma Durman, Outside

Thursday, 14th of November 2024, 10:00am - 12:00pm

About the session

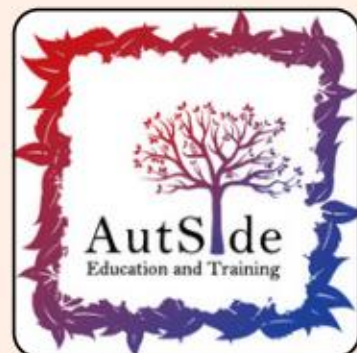
The online world has many benefits for autistic people. However, with these positives come risks. This session will focus on managing those risks and helping parents/carers keep their autistic/neurodivergent young people safe online. The session will include:

- maintaining privacy
- Cyberbullying
- Grooming
- Vulnerability to exploitation
- Setting healthy boundaries



About the presenter

Emma Durman is co-director of Outside Education & Training, a company based in South Wales that specialises in Autism and related conditions. Outside provides a range of training to families and professionals focussed on supporting neurodivergent needs. Emma is a late diagnosed autistic woman who also has ADHD and multiple co-existing conditions. She is also mum to an Autistic teenager who also has ADHD. Emma has a MSc in Autism and related conditions and is co-author of the recently published book 'Supporting Autistic people through pregnancy and childbirth'.



To book your place please use this link:

<https://events.teams.microsoft.com/event/26a99a34-b7fc-4c89-ba96-3e24ed66cff@6850a7f1-4cc1-4482-a1c1-79439f679966>

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

Contact – Facebook Q&A DLA or Child Disability Payment

If you're a parent wondering if DLA or Child Disability Payment is a benefit you can claim for your child, or you're in receipt already, this is your chance to ask our helpline advisers any questions you might have — such as who is eligible, how to claim it, dealing with renewals and changes in circumstances.

We're running a special Q&A session on Thursday 24th October at 10-11.30am in our closed (private) Facebook Group for parent carers.

Join our group here: <https://www.facebook.com/groups/ContactFamiliesGroup>



The poster features a light blue background. In the top left corner, there are icons for a thumbs up and a heart. The 'contact' logo is in the top center, with the tagline 'For families with disabled children'. In the top right corner, there is a circular icon with a smiley face. The main title 'Facebook Q&A' is in a green rounded rectangle. Below it, 'DLA & Child Disability Payment' is in a dark blue rounded rectangle. A speech bubble from a woman with red hair says 'Comments based Q&A in our private Facebook group'. Another green rounded rectangle states 'Thursday 24 October 10:00 - 11:30am'. On the right, a circular graphic shows a website breadcrumb trail: 'Home > Benefits > Carers and disability benefits', with 'Disability Living Allowance (DLA) for children' highlighted in a white circle.




contact For families with disabled children



Facebook Q&A

DLA & Child Disability Payment

Comments based Q&A in our private Facebook group


**Thursday 24 October
10:00 - 11:30am**

Home > Benefits > Carers and disability benefits
Disability Living Allowance (DLA) for children

Contact Cymru - Let's - Chat / Sgwrsio - Online Parent Carer led Drop in, Wales

Building Resilience Project funded by The National Lottery Community Fund.

Contact Cymru Online Drop-in for Families of Children with additional needs living in Wales. Let's Chat



CONTACT CYMRU LET'S CHAT

**DROP-INS
ZOOM
GALW HEIBIO**

Contact - For families with disabled children

**CRONFA GYMUNEDOL
COMMUNITY
FUND**

**Every Thursday (during term time)
11am - 12pm
Bob dydd lau (ynystod y tymor)**

- 24/10/2024 Money Matters / Materion Arian
- 07/11/2024 Planning ahead, days out / Cynllunio ymlaen llaw, dyddiau allan
- 14/11/2024 Small steps of progress / Camau bach o gynnydd

Get the kettle on, grab a biscuit, and join us for an introduction to Contact Cymru, meet our Wales Parent Volunteers, and chat with other parents. A welcome session for all parents of children with any additional needs living in Wales, no diagnosis necessary.

Help for families - For every shape and size of family, whatever they need and whatever their child's disability, we're here. Find out how we can help you!

Everybody is welcome, come along to chat or just listen. Feel comfortable joining with your camera or sound / off or on. You can come along for the full session, or just pop in to ask a quick question.

Drop ins are delivered in English.

For more information follow please follow the link below

<https://www.eventbrite.co.uk/e/lets-chat-sgwrsio-online-parent-carer-led-drop-in-wales-tickets-1053294104019?aff=oddtcreator&fbclid=IwY2xjawGEUhRleHRuA2FlbQlxMQABHQo5s-nmqz9hf5df2FYzhOuZsE-LnL5s3JcWPIYZFn6XG U3uj7upkcaqw aem Rgg8vP9W hT4qgwcS1BfQw>

ERIC – Constipation & Autism

Do you think your autistic child might be constipated?

While many autistic children have no difficulties with constipation, it can often be a problem. This can cause a delay in potty training and your child achieving reliable bowel and also bladder control.

Constipation can also cause pain and anxiety for children and parents on top of the other issues faced day to day.

Check out the Children and Autism page on our website (<https://eric.org.uk/constipation-and-autism/>) for more information and support to help your child with constipation including...

🦛 Reasons why autistic children become constipated

🦛 How can you spot constipation?

🦛 How to relieve constipation





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddysgu
helping special children shine



THE TRINITY PROTOCOL



HAVE YOU HEARD OF THE 'TRINITY PROTOCOL'?

The 'Trinity Protocol' is an opportunity for parents and carers to register the details of those with additional needs, such as Autism, Global Developmental Delay (GDD), Attention Deficit Hyperactivity Disorder (ADHD) or other learning difficulties, on our systems. People can also register themselves, if they have additional learning needs.

It increases officers' awareness of an individual's needs and helps the police, should they come into contact with the individual, adapt their response and provide more appropriate support.

The protocol is a risk reduction tool and named after Caerphilly's Trinity Fields Additional Needs School, where Gwent Police introduced the UK's first police cadets scheme in an additional needs setting.



HOW DO I REGISTER?



The form contains vital information about the person that can be added to our police systems, preferably with a recent photograph.

This allows officers to have important information available, that could save precious time and help officers reassure the person if they need assistance.

The person does not need to have had previous contact with the Police to complete a form.

To request a form, or if you are part of a Neighbourhood Watch, community group or support service and would like to find out more about Trinity Protocol, please get in touch at crimeprevention@gwent.pnn.police.uk.

If you require assistance in completing the form or have any enquires please email: NeuroDiversity@gwent.police.uk where someone will contact you at the earliest opportunity.

Trowch drsodd am fersiwn Cymraeg.



Accessible walks

This website is a useful resource to find out about accessible walks in Wales

<https://naturalresources.wales/days-out/places-to-visit/accessible-visits/?lang=en>



Accessible visitor centres



Improving access to our places for all



Accessible walking trails



Trails for users of adaptive equipment

Cerebra Sleep Seminar's



Sleep Seminars

Our online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

They take place on Zoom and are a shorter version of our in-person sleep workshops. Sessions are limited to 15 places so our Sleep Practitioners can answer questions and interact with participants so booking is essential.

Understanding and supporting children's sleep for parents and carers of children with brain conditions aims to:

To build on your knowledge and understanding of sleep and what impacts/improves it

To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone

To improve your confidence to apply information gained to your own situation.

Upcoming Seminars

- **Thursday 30th November, 10am – 12.30pm**

Book Now

[Sleep Seminar Booking Form - Cerebra](#)



Bristol Aquarium – Even Calmer Days

Even Calmer Days to allow visitors to explore the aquarium on weekends. Our next Even Calmer Day is **Friday 15 November**.



Our dedicated Even Calmer days create a more relaxing sensory experience for any customers who may need it. We will be turning off our music, and children's rides as well as increasing our lighting levels for the whole day. We will be open at 10am with late opening until 6pm, last entry 5pm.

[Accessibility](#) | [Visitor Information](#) | [Bristol Aquarium](#)

Techniquet Relaxed Session



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

Next Sessions 10th November

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 Techniquet for a few hours on a Sunday morning.

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



No PA system announcements,
except in emergencies



Lower number of visitors



Noise levels reduced on our louder
exhibits where possible



Lighting slightly dimmed where
possible



Chill-out area with beanbags, books
and sensory toys



A few additional activities laid out on
the exhibition floors

[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 Techniquet 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 • Techniquet](#)

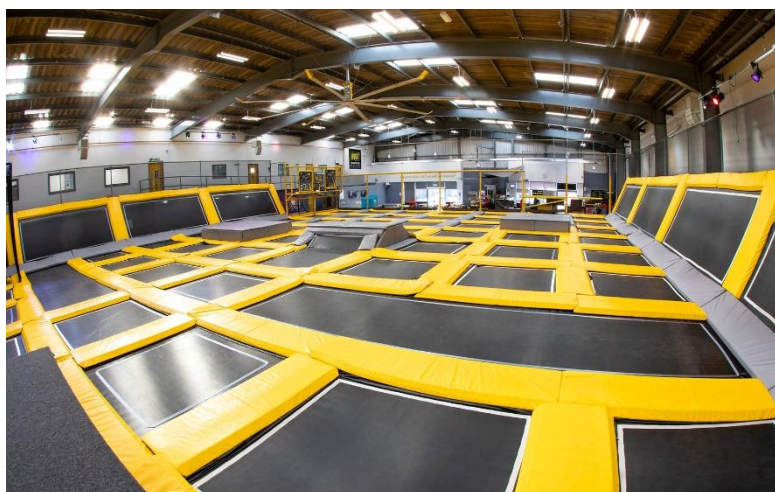
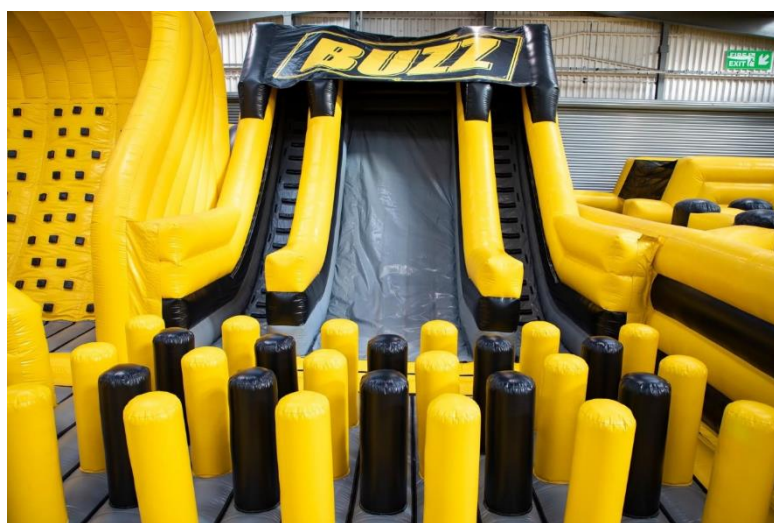


BUZZ Parks Cardiff

Quiet session, Friday the 1st of November 9.45am

BUZZ Cardiff, Ty Glas Avenue, Llanishen, Cardiff CF14 5DX

Tel: 02920 099899



Booking available via the website.

[Home \(booknow.software\)](https://booknow.software)



Family Fund

Helping disabled children

Family Fund Workshops

A range of workshops are delivered by specialists and Family Fund staff. Workshops are a safe space to learn new skills with other families raising disabled children.

These workshops also include –

iPad workshop: Halloween pop up pictures

Date: Wednesday 30 October

Time: 10.30 am to 11.30 am

Location: Online via Zoom

[Halloween pop up picture creative workshop - Weds 30 Oct, 10.30am \(smartsurvey.co.uk\)](https://smartsurvey.co.uk)

Halloween badge buddies

Date: Wednesday 30 October

Time: 1 pm to 2 pm

Location: Online via Zoom

[Halloween badge buddies creative workshop - Wed 29 Oct, 1pm \(smartsurvey.co.uk\)](https://smartsurvey.co.uk)

Follow this link to see the full range of workshops on offer:

[Workshops - Family Fund](#)



The Aubergine Café

36-38 Cathays Terrace, Cardiff CF24 4HX

The Aubergine Café is the vision of a small team of autistic adults to empower other autistic people, while also providing ethically sourced, nutritious and affordable plant-based food to local people in the wider community.

Alongside being a food business, they are also an arts organisation, developing partnerships with local creatives allowing the café space to function as a versatile platform for creative expression, uplifting autistic voices and providing a cultural and social hub for autistic thinkers, performers and creators, hosting a variety exhibitions, workshops, film screenings and performance events featuring their work.

Email: hello@auberginecafe.co.uk

Website: [Aubergine Cafe Cymru](http://AubergineCafeCymru)

Upcoming events at the Aubergine Arts Café.

In-person Events:

Creative Writing

24th October (3 pm to 4 pm)

[Book Creative Writing](#) (£6.50)

Felting Class

27th October (3 pm to 5 pm)

[Book 27th Felting Class](#) (£5)

Poetry Workshop

30th October (6 pm to 8 pm)

Walk in event

Local News

Torfaen Help shape Torfaen's food strategy

The Torfaen Food Partnership (*see below for info about the partnership*) is in the early stages of developing a sustainable food strategy for the borough. We'd appreciate your help to ensure it accurately reflects the challenges and opportunities of the community.

By completing the survey, you will help build a strategy that will aim to address key issues related to food security (includes access to affordable, healthy food), health, and environmental sustainability.

Your feedback will be crucial in shaping a strategy that not only promotes healthy eating but also supports local food businesses and reduces the environmental impact of food production and consumption.

The importance of this strategy lies in its comprehensive approach to improving the overall well-being of Torfaen's residents. It aims to ensure that everyone has access to affordable, nutritious food while also fostering a sustainable food economy.

The strategy will work alongside the borough's broader goals of reducing health inequalities, supporting local businesses, and promoting environmental sustainability. By setting clear aims and ambitions, the Torfaen Food Partnership hopes to create a resilient food system that benefits both people and the planet.

Have your say by completing the form below no later than noon on Friday 11 November, 2024.

ATTEND A FACE-TO-FACE EVENT

Want to know more or complete the survey on paper? Come along and chat to the food partnership team at the following locations:

Saturday 19 October (10am-2pm) at Cwmbran Market

Tuesday 22 October (10am-2pm) at Torfaen Works shop, Cwmbran town centre

Thursday 24 October (10am-2pm) at Cwmbran Library

Saturday 26 October (10am-2pm) at Pontypool Indoor Market's Halloween event

Monday 28 October (10am-2pm) at the Well-being event at Blaenavon Constitutional Club, James St, Blaenavon, NP4 9EJ

Saturday 9 November (10am-2pm) at the family day at Blaenavon Workmen's Hall

We'd like to ask you about how you shop, how affordable food is, local produce, food education, takeaway food, business and sustainability.

Your experiences and opinions will help us shape a new food strategy for Torfaen.

Survey runs until noon
on Monday 11 November



Please visit

GetInvolved.Torfaen.gov.uk or scan
the QR code to take part.

TORFAEN
COUNTY
BOROUGH



BWRDEISTREF
SIROL
TORFAEN

help shape our FOOD STRATEGY



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine



Torfaen Play & Short Breaks Service

Providing a variety of fun and interactive sessions in the heart of the community.

Go Play!



Working in partnership with
Torfaen Leisure Trust

**Join the Torfaen Playworkers
for Play Sessions at "GO PLAY".**

The sessions are open to all children
up to the age of 12 years old.
Children under 8 years old must be
accompanied by a responsible adult

**EVERY TUESDAY
4:00PM - 5:30PM**

Cwmbran Stadium,
Henllys Way, Cwmbrân NP44 3YS

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



We are pleased to welcome our
Employment & Skills Advisors to our Go Play Sessions.
They can help you 'Connect – Engage – Listen – Transform'
whatever your current employment situation is.



UK Government
Llywodraeth y DU



@chwaraetorfaentorfaenplay



Chwarae Torfaen Torfaen Play



@torfaenplayservice



torfaenplay@torfaen.gov.uk



Torfaen
Leisure Trust
Ymddiriedolaeth
Hamdden Torfaen



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

Run in partnership with:



DISABILITY GYM SESSIONS

**Weekly supported Gym sessions
with our qualified Fitness Team at
Pontypool Active Living Centre**

**Tuesday's 12:30pm-1:30pm
Sunday's 12noon-1pm**

We have a limited number of grip aids in the gym to help sessions

£2
per
session

Call us to book:
01633 627100

torfaenleisuretrust.co.uk
ymddiriedolaethhamddentorfaen.co.uk



Torfaen
Leisure Trust
Ymddiriedolaeth
Hamdden Torfaen

Family Disability Swim Session

Join us for an inclusive family swim session for children with disabilities to enjoy alongside their siblings and parents or guardians/carers this half term.

 Monday 28th & Wednesday 30th October

 10am - 11am

 Ebbw Vale Sports Centre

FREE access to disabled children and siblings with a paying adult/carer.

Booking is essential - please call Ebbw Vale Sports Centre on 01495 357777.

For more info on our half term activities and swim times visit 

<https://www.bglife.co.uk/half-term-activities-october-2024>



Family Disability Swim Session

FREE
access to disabled
children and siblings
with a paying
adult/carer

Ebbw Vale Sports Centre

**Monday, 28th October &
Wednesday, 30th October
10am to 11am**

Booking is essential: Call Ebbw Vale Sports Centre on 01495 357777

life  hamdden **Aneurin** leisure
UNICITY SPORTS CENTRES | INTRODUCING COMMUNITY LIFE

 **Aneurin** leisure
Sports Development

Bglife.co.uk

**NEW TO
LIBRARIES!**

TORFAEN SPORTS DEVELOPMENT
WORKING IN PARTNERSHIP WITH
TORFAEN LIBRARIES

**FREE TO
LOAN!**

TORFAEN COUNTY BOROUGH
BWRDEISTREF SIROL TORFAEN

LENDING LIBRARY SPORT PACKS

**SPORT PACKS AVAILABLE TO LOAN FROM
CWMBRAN, PONTYPOOL AND BLAENAVON
LIBRARIES**

BASKETBALL, BOCCIA, CRICKET,
CURLING, FITNESS, FOOTBALL,
FUNDAMENTALS, GOLF,
NETBALL, PICKLEBALL, ROUNDERS,
RUGBY, TABLE TENNIS AND TENNIS

**LIBRARY
MEMBERSHIP
NECESSARY**

FOR MORE INFORMATION CONTACT
TORFAEN LIBRARIES
TEL: 01633 647676
EMAIL: CWMBRAN.LIBRARY@TORFAEN.GOV.UK





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

COST OF LIVING ADVICE EVENTS

Free family
activities: food
sustainability,
play and craft
sessions, pumpkin
decorating,
and more.

The Community Development Team have teamed up with partners to run a series of events across Monmouthshire to help residents, join us for support, advice and ideas to help with the cost of living.

PARTICIPATING ORGANIZATIONS

- Citizen's Advice
- Local foodbanks
- Severn Wye Energy Agency
- Warm Wales
- Welsh Water
- MCC Council services
- DWP (Department for Work and Pensions)
- Gateway Credit Union

EVENT LOCATIONS AND DATES

Tuesday, 29th October
Bridges Centre, Monmouth
11am-4pm

Wednesday, 30th October
Chepstow Drill Hall
11am-4pm

Thursday, 31st October
Abergavenny Market
11am-4pm

More events to follow!

Anyone can fall behind with bills and get into debt, but it's **NEVER** too late to seek help and advice, you may be surprised at how much can be done to help you get back on your feet!



monmouthshire
sir fynwy



**COST OF
LIVING
SUPPORT**

MCC Community Development Team. For further advice and support: ☎ 01633 644644

✉ CommunityDevelopment@monmouthshire.gov.uk 🌐 monmouthshire.gov.uk/money-matters



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

JOIN THE TEAM FOR A SPOOKY WILD TOTS BLAENAU GWENT

OLDER SIBLINGS WELCOME DURING SCHOOL HOLIDAYS

30th October

Augusta Park,
Ebbw Vale. NP23 8DN

1st November

Grounds of Bedwellty House,
Tredegar. NP22 3XN

0-5 yrs
10:30am - 12pm

**Register on
the Day!**

For more information call us on 07583 130447

Facebook: @wildtotsblaenaugwent





Fun Quiz, Lunch & Raffle.

Join the *ACT* & *ACT+* team for a parent/carer well-being activity.



**Tuesday 5th November
12pm – 2pm**



Tabor Centre, Davies St, Brynmawr.

This activity is for parents/carers of disabled children and young people (0 – 24 years) who live in Blaenau Gwent.

We are able to accommodate a maximum of two adults per household—these must be immediate family members. We are unable to accommodate children at this activity.

If you would like to attend, please email
joanne.harper@barnardos.org.uk
before 27th October.

Please confirm the names of the adults who will be attending and **state any allergies/dietary requirements.**



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine



Llyfrgelloedd
Blaenau Gwent
Libraries

The Owls are swooping back into the libraries and would love to meet you!

Monday, 28th October

Tredeggar Library • 10.30am-12.30pm

Tuesday, 29th October

Ebbw Vale Library • 10.30am-12.30pm

Wednesday, 30th October

Brynmawr Library • 10.30am-12.30pm

Thursday, 31st October

Abertillery Library • 10.30am-12.30pm

Friday, 1st November

Blaina Library • 10.30am-12.30pm

Friday, 1st November

Cwm Library • 2.15pm-3.15pm

Not a member?

It's easy to join – go to
aneurinleisure.org.uk/libraries
or drop into your
local library

**FREE
Event**

Booking is essential –
(for library members only).

Call your local library to book:

Abertillery Library • 01495 369608

Blaina Library • 01495 369605

Brynmawr Library • 01495 369603

Cwm Library • 01495 369606

Ebbw Vale Library • 01495 369615

Tredeggar Library • 01495 369613

aneurinleisure.org.uk/libraries

hamdden Aneurin leisure
AMERLLA STRATO CYMRUDDOL | IMPROVING COMMUNITY LIFE

Blaenau Gwent
Blaenau Gwent Council

Funded by
UK Government



Wedi ei ariannu gan
Llywodraeth y DU

Our Halloween themed Stay and Play is Back! Join in and dress up in your favourite fancy dress and get into the spirit of Halloween with face painting! - Please note that parental supervision is required for children under the age of 11!

31 Chepstow - Bulwark Community Centre, Wednesday 30th October, 10:00am – 11.30am

31 Magor and Undy - Magor Hwb, Wednesday 30th October, 1.00pm - 2.30pm

 <https://bit.ly/3ZYbYzR>



Join in and dress up in your favourite fancy dress and get into the spirit of Halloween with face painting! - The Active Play Engagement sessions are for children aged 5-11 years old to engage in a variety of activities such as sports, arts and crafts, and play based activities. All sessions are free of charge to attend.

 <https://bit.ly/3ZSEeE3>



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Join us for our Spooky Halloween party at Monmouth Leisure Centre! 🧛🎃

🧛 GWISG FFANSI - FANCY DRESS 🎲 GEMAU - GAMES 🎵 CERDDORIAETH - MUSIC

📅 25/10/24

🕒 6-8pm

PARTI SBWRIAID SPOOKY PARTY

DAN 11 OED UNDER 11s

£9.00
Y TOCYN
PER TICKET

HYDREF / OCTOBER 25
6:00PM - 8:00PM

 **MonLife**
YN WEITHREDOL ACTIVE

 **monmouthshire**
sir fynwy



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

YOU ARE INVITED TO

HALLOWEEN AT THE ATTIK

WEDNESDAY 30 OCT 3-9PM

FANCY DRESS, TREATS, GAMES, AND MORE



monmouthshire
sir fynwy

MonLife
CYSYLLTU CONNECT

Follow us on our social media channels

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



Sarah Owen

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