



ND Support, Services & Resources

Sarah Halliday
Libby Williams

Who are we?



Community Interest Company
(CIC)

Supporting families who have children who are **on the waiting list** for a Neurodevelopmental (ND) assessment and those **with a diagnosis**

Signpost to **services** and **support** that can be accessed **with or without a formal diagnosis**

School Coffee mornings, Workshops and Information events



Services & Support

CARDIFF

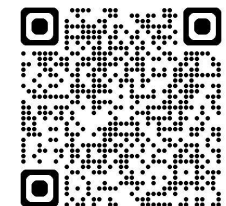
Family Gateway

Tel: 03000 133 133

Can refer to many different services including, the family help disability team, parenting groups, financial help, housing, 1:1 support, stay and play groups.

www.cardiffamilies.co.uk

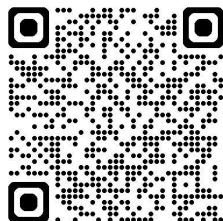
Cardiff Family Advice and Support



The Index

Register of children and young people with additional needs and can keep families up to date with services, support and activities across Cardiff

www.cardiffamilies.co.uk/the-index/



LOOKING FOR DISABILITY BENEFIT ADVICE?

If you have a child with a disability or are under 25 with a disability, our Families First Disability Benefit Support Team can offer a variety of specialist advice and support regarding:

- Child Disability Living Allowance
- Employment and Support Allowance
- Limited Capability for Work under Universal Credit
- Personal Independence Payment
- Carer's Allowance

We provide specialist advice and assistance with completing claim forms, Mandatory Reconsiderations and appeals, and where appropriate provide representation at Tribunal hearings.

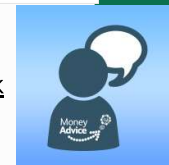
We offer face to face appointments, telephone appointments and home visits.

For further information, email disabilitybenefitsupport@cardiff.gov.uk or call our Advice Line on 02920 871 071

Money Advice Cardiff
Cardiff Money Advice can offer help and support in a number of areas such as budgeting, income maximisation and managing debt.
Cardiff Money Advice Service

tel:02920 871 071

www.cardiffmoneyadvice.co.uk



Tü Vida
Supporting your life
Direct Grants



Does my child have Additional Learning Needs (ALN)?

Parent / carer or young person asks the school to decide if there is ALN or not

The school must gather information and decide within 35 school days

Yes, there is ALN

The school will:

- hold a Person Centred Planning (PCP) meeting
- issue a draft Individual Development Plan (IDP) for discussion

The school must notify you in writing

IDP finalised

If you're unhappy

If happy, IDP will be used in school to support the child / young person

Ask the local authority for a reconsideration if you're unhappy with the school's decision. Local authorities have 7 weeks to decide

25

If you're unhappy with the local authority's decision, appeal to the Education Tribunal Wales (ETW). You have 8 weeks, from receiving the decision letter, to do so

For more information including Early Years and Post-16 processes, contact our Advice Service
FREEPHONE: 0800 801 1000
EMAIL: advice@childcmwales.org.uk



ALNHelpline@Cardiff.gov.uk
029 2087 2731

ALN Information, Advice & Guidance



Education Help/Support

Cardiff Independent Advocacy Service

Email:
Cardiff.advocacy@snapcymru.org

Provide your name and contact details and a member of the team will get back to you within 5 working days.



www.snapcymru.org



Community Groups



AP CYMRU
www.apcymru.org.uk




Growing stronger Together



Together We Thrive, Beyond Barriers



<https://www.growing-stronger-together.com/>



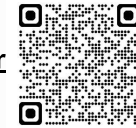

<https://www.thrivecardiff.org.uk/index.php>



[Rewild Play](#)

Behaviour Help/Support

[Understanding Behaviour That Challenges Webinar](#)




Behaviour Support Hub
behavioursupporthub.org.uk




<https://mediaacademycymru.wales/parallel-lives/>

Self-referral or via a professional

Communication Help/Support

Children's Speech and Language Therapy



Keeping Me Well
 Cardiff and Vale University Health Board
keepingmewell.com/childrens-support-services/childrens-speech-and-language-therapy/




Afasic
 voice for life
www.afasic.org.uk/slcn/



Speech and Language UK
 Changing young lives.
speechandlanguage.org.uk/help-for-families/



Occupational Therapy

Resources to empower families with ideas and advice and also have produced two 30 minute video workshops:

Understanding How Children Develop Occupations

Understanding How Children Use Their Senses To Regulate For Learning And Play



keepingmewell.com/childrens-support-services/occupational-therapy-for-children-and-young-people/

Please scan this QR code to find out more about the service.



Occupational Therapy for Children & Young People
Therapi Galwedigaethol i Blant a Phobl Ifanc

Advice Line

Tel: 02921 836888

Who can access the Advice Line: Parents, teachers, health or social care professionals of children and young people who live in Cardiff and Vale and who want to find out how to support participation in, and development of occupational skills.

What can I expect: You will talk with an occupational therapist who will aim to provide you with practical advice, strategies, signposting and support which will enable you and your child to progress daily living skills.



Before you call, scan the QR code to find out more about occupational therapy for children and young people and to access our online resources.

When is the Advice Line available: Tuesday and Thursday between 12.00 and 2.00pm

Helpu chi i fyw eich bywyd - eich ffurfiad chi
Therapi Galwedigaethol i Blant a Phobl Ifanc
Occupational Therapy



Sleep Help/Support



cerebra.org.uk/get-advice-support/sleep-advice-service/



thesleepcharity.org.uk/information-support/children/



Toileting Help/Support



Cardiff & Vale NHS Wee and Poo (Bladder and Bowel) Workshop.

Online educational session for parents and carers with Bladder and Bowel Assistant Practitioners.

- potty/toilet training
- constipation and
- day/night-time wetting.

These sessions take place online twice a month on:

First Tuesday of each month at 6pm-7pm

First Friday of each month at 12.30-13.30pm

Register here: <https://orlo.uk/11124>



www.bbuk.org.uk/children-young-people/



parent line
If you're a parent or carer of a 5-11 Year Old
Text your school nurse on
07312 263178
For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems. This won't be a diagnostic service but we can give advice on...

emotional wellbeing
soiling
day and night time eating
behaviour
wetting
contenance
relationships

Launching 18th April 2023
Available Mon - Fri
9.30am - 4.30pm

ChatHealth

We might like to connect if we sense concern about your safety, but we would usually prefer to see you first. This message can be sent to you by email. We will not share your information with other professionals unless you give us your permission. We will not share your information with other professionals unless you give us your permission. We will not share your information with other professionals unless you give us your permission. We will not share your information with other professionals unless you give us your permission.





Wellbeing, parent/carer support



contact For families with disabled children
Contact Cymru



www.carersuk.org/wales



www.parentsfed.org



Family Wellbeing Service Cardiff | Barnardo's



www.affinityhub.uk/1/Welcome.html



Helpline 0808 808 3555

Eventbrite Page



Parent/carer free Workshops
www.eventbrite.co.uk/cc/contact-cymru-3039619

Listening Ear Service
Parent/carer emotional Support



ARE YOU A STRUGGLING PARENT CARER?

Our FREE Building Resilience service is here for you!
We provide emotional support, advice and ideas to help you cope. Appointments are free, confidential and over the phone or online with one of our friendly family support advisers.

Emotional support | Signposting to local services
Build resilience | Get motivated!

Our parent advisers are all parents of children and young people with disabilities, plus they have a huge wealth of professional experience.

To find out more, please contact
@sophie.barker@contact.org.uk 07990 234 440



Contact is a trading name of Contact a Family, Charity registered in England and Wales (2044722) and Scotland (SC039105).



<https://parents.actionforchildren.org.uk/about/parent-talk-cymru/>



Home-Start Cymru | Because childhood can't wait
[/homestartcymru.org.uk](http://homestartcymru.org.uk)



Caerdydd ar Pro
Cardiff and Vale
Coleg Adfer a Lles
Recovery & Wellbeing College



<https://cavuhb.nhs.wales/recovery-college>



Self-Referral Form

Do you need support with your child's emotional and mental health?

We offer support and a listening ear to help you navigate your families wellbeing and mental health.

We provide:

- Free confidential one to one support from a trained parent volunteer over 6 to 8 weeks
- Advice, guidance and signposting as well as access to online services and group support

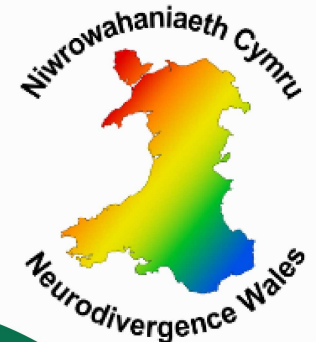
For more information about this service, please email CharlotteW@familylives.org.uk or call on 07739 788115

We build better family lives together

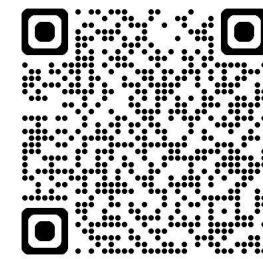
www.familylives.org.uk

[@familylives](https://www.facebook.com/familylives)

Family Lives is registered as a company limited by guarantee in England and Wales No. 307762. Registered charity No. 207722. Registered address: The Avenue York House, Salisbury Square, Hatfield, Hertfordshire, AL9 9AD



neurodivergencewales.org/en/



Parent & carer virtual advice sessions





National Autistic Society



<https://www.autism.org.uk/>



Diagnosis Advice & Guidance



Cardiff and Vale Branch

cardiffvale.branch@nas.org.uk

[Facebook group CAVNAS](#)
[Request to join private group link](#)



Autism Globe is run by parents of autistic children. We welcome anyone who is looking for advice and support.

OUR SERVICES:



COFFEE MORNINGS

Meet other parent carers and share your experiences with each other.



DROP-IN SESSIONS

Face to face advice and support for parent carers.



PHONE SERVICE

An anonymous hotline for parent carers who prefer advice and support over the phone.



WORKSHOPS

Gain new skills and knowledge.



CHILDREN PLAY SESSIONS

Autism friendly play sessions exclusively for children with autism.

Date and times to be confirmed.
For further information please follow us on:



Autism Globe



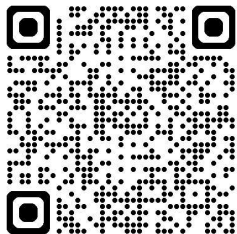
autism.globe

Portland House, 113-116 Bute Street, Cardiff, CF105EQ

autismglobe@gmail.com



HIDDEN disabilities



A symbol for non-visible disabilities (hdsunflower.com)

Radar Key

Blue Badge



Children Under 5

E-PATs - Early Positive Approaches to Support

8-week programme for families raising a young child (5 years and under) where developmental delay has been suggested.

Contact Health Visitor.

One Group Grip Up

Are you the parent or carer of a child, birth to five, with an additional need? If so, join us at one of our groups to meet new people and have a cuppa and a chat.

No diagnosis or referral needed!

These groups provide an opportunity to meet other parents and children and get advice from Health, Education, Social Care and more.

Groups are run **school term time only**

029 20 872717

<https://www.cardiff.gov.uk/ALN>

Find us on Facebook: **Group 1 Group**

Find us on Instagram: **Group1Group**

It's free, friendly and free!

Cardiff and Vale University Health Board. Children's Speech and Language Therapy team know that parents and carers are the best people to support children's speech and language skills.

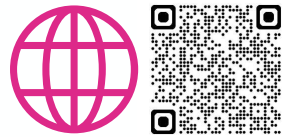
If you would like some tips on ways to help your child's communication skills, you can contact our advice line.

The Families First Speech and Language Therapists will be able to give helpful information about how talking develops and suggest activities which you can do to encourage play skills, understanding of language, using words and general communication.

Give us a ring on **02921 836 585** so we can get communicating together

GIG NHS

Information Fact Sheet



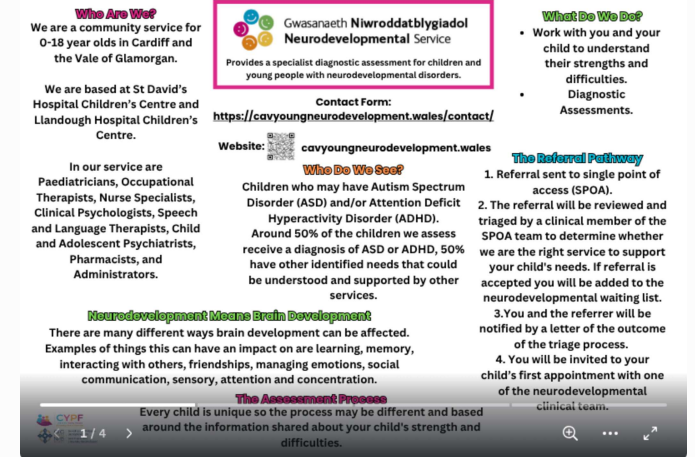
cavoungneurodevelopment.wales



[Contact Form](#)



[Frequently Asked Questions](#)



Who Are We?
We are a community service for 0-18 year olds in Cardiff and the Vale of Glamorgan.

We are based at St David's Hospital Children's Centre and Llandough Hospital Children's Centre.

In our service are Paediatricians, Occupational Therapists, Nurse Specialists, Clinical Psychologists, Speech and Language Therapists, Child and Adolescent Psychiatrists, Pharmacists, and Administrators.

Neurodevelopment Means Brain Development
There are many different ways brain development can be affected. Examples of things this can have an impact on are learning, memory, interacting with others, friendships, managing emotions, social communication, sensory, attention and concentration.

The Assessment Process
Every child is unique so the process may be different and based around the information shared about your child's strength and difficulties.

Who Do We See?
Children who may have Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD). Around 50% of the children we assess receive a diagnosis of ASD or ADHD, 50% have other identified needs that could be understood and supported by other services.

What Do We Do?

- Work with you and your child to understand their strengths and difficulties.
- Diagnostic Assessments.

The Referral Pathway

1. Referral sent to single point of access (SPOA).
2. The referral will be reviewed and triaged by a clinical member of the SPOA team to determine whether we are the right service to support your child's needs. If referral is accepted you will be added to the neurodevelopmental waiting list.
3. You and the referrer will be notified by a letter of the outcome of the triage process.
4. You will be invited to your child's first appointment with one of the neurodevelopmental clinical team.

Contact Form:
<https://cavoungneurodevelopment.wales/contact/>

Website:
cavoungneurodevelopment.wales



www.ndcommunityconnectorscic.org



Eventbrite <https://www.eventbrite.co.uk/o/nd-community-connectors-cic-76529914503>



Summary

There is support available whilst you are on the waiting list and after a diagnosis.

Your child does not need to have a diagnosis to access support.



Thank You!

ND Community Connectors -
Coffee Morning



If you know of any local businesses/organisations that would be interested in sponsoring one of our events, please share our email with them:
enquiries@ndcommunityconnectorscic.org