

## Weekly Bulletin

### 21st February 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

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- ★ Sparkle Coffee Groups
- ★ MediCinema
- ★ SNAP Cymru

#### UK and news from Gwent

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- ★ NAS Autism and menstruation advice
- ★ Asda Free porridge and hot drink
- ★ Innoflate relaxed sessions
- ★ Max card
- ★ The SEN Salon
- ★ Collier's ALN Session
- ★ Jigsaw Sensory Play Sessions
- ★ SEN/ ALN Play sessions at Parc Play

#### Local news

- ★ Newport Mind Wellbeing groups
- ★ Newport Mind Kith and Kin
- ★ Parent Carer coffee morning drop in
- ★ Ready Steady Go football
- ★ Ready Steady Go spring fayre
- ★ Monmouthshire accessibility consultation
- ★ Dads Storytime and rhyme

## News from Sparkle and our Children's Centres

### Month at a Glance - February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1<sup>st</sup></b> <b>Newport Autism support group (NAG)</b> @ Serennu 10am-12pm  <b>ADHD+ Support Group</b> @St. James ICC Caerphilly 10am -12pm	<b>2<sup>nd</sup></b> <b>Sparkle coffee morning</b> @ Serennu 10am-12pm	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>
<b>5<sup>th</sup></b> <b>Caerphilly Carers Coffee Morning</b> @ Murray's Bargoed 11:00am-12:30pm	<b>6<sup>th</sup></b> <b>Autism Family Support Monmouthshire Coffee &amp; Chat</b> Bridges Centre 9.30pm-11.30pm	<b>7<sup>th</sup></b> <b>SNAP Cymru sessions</b> @ Nevill Hall Children's Centre 10am-12pm <i>(Phone to book)</i>	<b>8<sup>th</sup></b> <b>Caerphilly Carers Coffee Morning</b> @ Coffee Mill Risca 12:00pm-1:30pm	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b> <b>Dad's Group Gwent @ Serennu</b> 10am-12pm  <b>Sparkle FLO Coffee morning @Caerphilly</b> 9:45am - 11:15am	<b>11<sup>th</sup></b>
<b>12<sup>th</sup></b> February Half Term	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b> <b>National Youth Advocacy Drop In Session</b> @ Serennu 10am-12pm	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b> <b>Caerphilly Carers Coffee Afternoon @ The Old Library Caerphilly</b> 2:00pm - 3:30pm	<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b>
<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b> <b>SNAP Cymru sessions</b> @ Serennu 10am-12.30pm <i>(Phone to book)</i>  <b>Caerphilly Carers Coffee Morning @ McKenzie's Blackwood</b> 10:30am-12pm	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b> <b>SNAP Cymru sessions</b> @ Caerphilly 9:30am-11.30pm <i>(Phone to book)</i>	<b>23<sup>rd</sup></b> <b>Exploring Behaviours that can Challenge Workshop</b> 10am-12pm Virtual See CCP Workshop attachment	<b>24<sup>th</sup></b> <b>Dad's Group Gwent (online)</b> 1pm-3pm	<b>25<sup>th</sup></b>
<b>26<sup>th</sup></b> <b>ADHD+ evening support group</b> @ Serennu 5.30pm-7.30pm	<b>27<sup>th</sup></b> <b>Sparkle Coffee Group</b> @ Blaina ICC 5.30pm-6.45pm	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>			

## 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 2nd February  
Serennu Children's Centre,  
NP10 9LY**

**10am - 12pm**

**Saturday 10th February  
Caerphilly Children's Centre,  
CF83 2WP**

**9.45am - 11:15am**

**Tuesday 27th February  
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](mailto:family.liaison.abb@wales.nhs.uk)**

**Blaina ICC - [ABB.FamilyLiaisonNorth@wales.nhs.uk](mailto:ABB.FamilyLiaisonNorth@wales.nhs.uk)**

**Caerphilly - [ABB.FamilyLiaisonWest@wales.nhs.uk](mailto:ABB.FamilyLiaisonWest@wales.nhs.uk)**

## 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
		22 <sup>nd</sup> February 2024 9:30am - 11:30am
19th March 2024 10am-12.30pm	5 <sup>th</sup> March 2024 10am-12pm	14 <sup>th</sup> March 2024 12:30pm – 3:00pm
23rd April 2024 10am-12.30pm	10 <sup>th</sup> April 2024 10am-12pm	18 <sup>th</sup> April 2024 9:30am - 11:30am

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](mailto:ABB.FamilyLiaisonOfficer@wales.nhs.uk)

Nevill Hall - [ABB.FamilyLiaisonNorth@wales.nhs.uk](mailto:ABB.FamilyLiaisonNorth@wales.nhs.uk)

Caerphilly - [ABB.FamilyLiaisonWest@wales.nhs.uk](mailto: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](mailto:gwent@snapcymru.org)

Visit their website at: [www.snapcymru.org](http://www.snapcymru.org)

## UK and news from Gwent

### Parent survey 2024!

If you have a child in the Gwent area, we want to hear from you! Your views can help shape how we support children to learn to talk in the future! Click the link and complete this short survey to make your voice heard [Parent/carers experience \(2\) \(office.com\)](#)





## Autism and menstruation



Getting your period can bring challenges whether or not you are autistic. Autistic people may be more likely to experience challenges relating to sensory sensitivities, emotional regulation and routine change. There are strategies for self-management, and for supporting an autistic person, that can help.

Take a look on the NAS website for more information about:

- What is menstruation?
- Autism and menstruation
- Ways to support autistic people with challenges around menstruation
- Strategies for self-management
- Insight from autistic people
- Links, resources and article sources

[Menstruation \(autism.org.uk\)](https://autism.org.uk/menstruation)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



# ASDA

**FREE** Bowl of Porridge & a  
Hot Drink at any Asda  
Café, Daily between 8am &  
Midday Until March 20th  
2024

**NO Minimum Spend**



 **MoneySavingCentral**

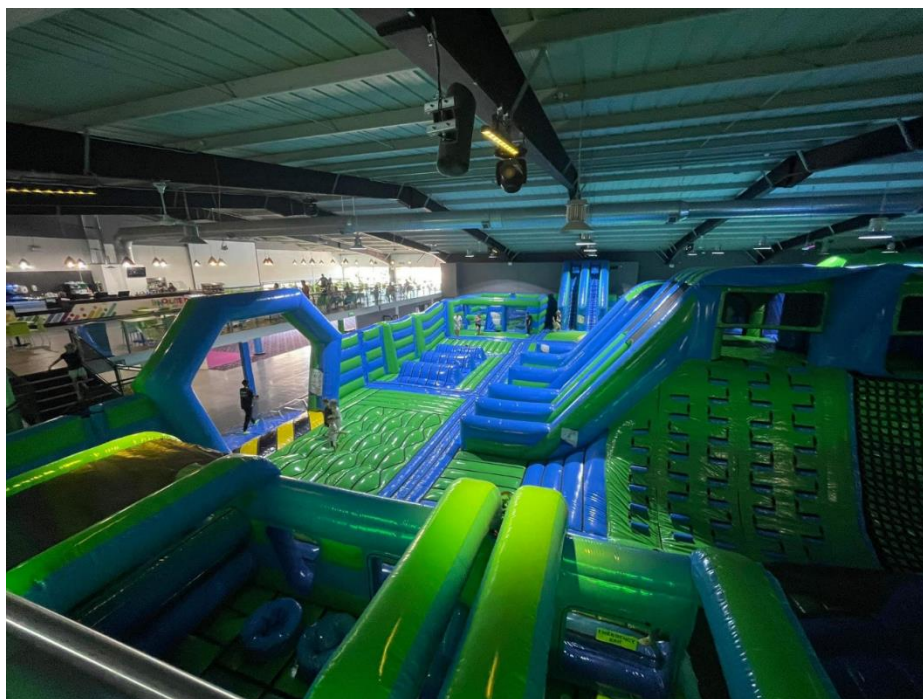




***Styles Avenue, Newport NP19 4QR***

We have our Relaxed sessions Mondays from 4pm.  
60mins bounce £9.95 per child, carer goes free

It's a safe environment adapted for individuals with additional support needs who like things a bit quieter, or who simply want to enjoy a more chilled and relaxed setting



Book online to secure your space  
[Innoflate Newport online tickets - Home \(roller.app\)](https://roller.app)

## MAX card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.

The scheme is designed to help families save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more.



We aim to provide a sense of community through stimulating learning experiences and enjoyable days out for everyone.

We work with Local Authorities and selected charities, who administer the cards to eligible families in their areas.

Visit the website for more information

[www.mymaxcard.co.uk](http://www.mymaxcard.co.uk)

# The Sen Salon

Please Join Us To Celebrate Our

## GRAND OPENING

**SATURDAY 9TH MARCH**  
**10AM**


1A Thomas Street, Mpuntain Ash CF45 3BU

- SEN & Autism Friendly
- Ladies Cuts
- Gents Barbering
- OAP Discounts
- Quiet Clippers
- Sensory Corner
- One To One  
Appointments



*Appointments Now Being Taken*

Call us on: 07564 289735

or find us on Facebook  The SEN Salon





✦ ALN ✦  
**EVENING  
SESSION**

**Friday  
23rd  
February**

**5.30pm-7.30pm**

**Booking is required**

**☎ 01443711772**

Join Jigsaw for a  
sensory quiet session  
at  
Exclusive 2 hour  
session  
9.30-11.30

Let's go to  
**PLAY**

£4 entry  
Sunday 10th of March  
Booking essential

Unit 9, Heads of the  
Valley Industrial  
Estate, Tredegar NP22  
5RL

# Spring

## SEN / ALN PLAY SESSIONS PARC PLAY

- SATURDAY 23RD MARCH (10AM-12PM)
- WEDNESDAY 3RD APRIL (10AM-12PM)
- SUNDAY 5TH MAY (10AM-12PM)
- WEDNESDAY 29TH MAY (10AM-12PM)

**[WWW.PARCPLAY.COM/BOOK](http://WWW.PARCPLAY.COM/BOOK)**

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





## Local news

# Wellbeing Groups

## for young people aged 7-24yrs

We are running some new wellbeing and resilience based groups as part of our Families First Preventative funding via Newport Council.

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

We will be running these as 6 sessions, focusing on different topics each week. You can join at any session, as the topics will be repeated on a rolling basis.

Booking is Essential.

Ages 7 - 11 = Wednesdays 4:30pm - 6:30pm

Ages 11 - 14 = Tuesdays 4:30pm - 6:30pm

Ages 14 - 17 = Mondays 4:30pm - 6:30pm

Ages 18 -24 = Dates TBC Monday Evenings

Scan the QR code to register your interest and we'll get in touch!



# Kith and Kin

**for young people aged 14-17yrs and an adult family member to attend together.**

A 6 week course for an adult family member and a young person aged 14-17 who is struggling with their mental health.

Each week, both groups will separately learn similar session content, based around strategies on coping with mental health and building well-being and resilience.

**Book onto our next block of 6 Thursday sessions:**

**February 15th, 22nd and 29th**

**March 7th, 14th, 21st**

**4:30pm-6:30pm.**

We will be running these face-to-face at our Newport Mind offices 100-101 Commercial Street, Newport, NP20 1LU.

If you are interested in attending please email [natalie.parnell@newportmind.org](mailto:natalie.parnell@newportmind.org) or call the Newport Mind offices on 01633 258 741 - spaces are limited.



## Parent Carer Coffee Morning Drop-in Everyone welcome



Monthly during term-time ~ 9.30 am - 11.00 am

Thursday 22nd February 2024 - The Bellhanger (Wetherspoons) Chepstow

Thursday 21st March 2024 - The Bellhanger (Wetherspoons) Chepstow

Thursday 18th April 2024 - The Bellhanger (Wetherspoons) Chepstow

Thursday 16th May 2024 - The Bellhanger (Wetherspoons) Chepstow

There's something magical in the way that a cuppa and a chat can  
brighten our morning mood and give us the spark to seize the day



Further info contact :  
[admin@readysteadygoclub.co.uk](mailto:admin@readysteadygoclub.co.uk)  
or

[GwentPCN@yahoo.com](mailto:GwentPCN@yahoo.com)



@  
UNDY AFC  
THE CAUSEWAY  
UNDY  
NP26 3EW

**AUTISM FRIENDLY MONTHLY FOOTBALL SESSIONS  
FOR CHILDREN TO TRY OUT THEIR FOOTBALL  
SKILLS IN A FUN & INCLUSIVE ENVIRONMENT**

UNDY AFC



**UNDY AFC WORKING IN PARTNERSHIP WITH READY STEADY GO CHARITY**  
**SUITABLE FOR AGES 5 - 15**

**IF YOU WOULD LIKE TO  
HAVE A GO BUT OTHER  
SESSIONS DON'T SUIT -  
WHY NOT TRY THIS**

**SATURDAY 20TH JANUARY  
SATURDAY 24TH FEBRUARY  
SATURDAY 23RD MARCH**

**11 AM - MIDDAY**

**FOOTBALL BOOTS AND SHIN PADS REQUIRED  
FOR ALL ATTENDEES SAFETY**

**SCOPE** = Equality for  
disabled people

WORKING IN PARTNERSHIP WITH SCOPE.ORG.UK COMMUNITY ENGAGEMENT  
PROGRAMME - COMPLIMENTARY HOT DRINKS WILL BE PROVIDED FOR  
CARERS WHILST THE CHILDREN ARE ATTENDING THE SESSIONS

**TO BOOK ON - PLEASE CALL 07359 307252 OR EMAIL  
ADMIN@READYSTEADYGOCCLUB.CO.UK**





SUNDAY 3RD MARCH 2024

## SPRING FAYRE

@ Undy Church & Community Hall, Church Rd,  
Undy, NP26 3HH

1 pm - 4 pm (free entry)

Crafts, Gifts & Coffee Shop

To book a stall please email :  
[admin @ readysteadygoclub.co.uk](mailto:admin@readysteadygoclub.co.uk)





GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

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



Funded by  
UK Government

## Visit Monmouthshire Accessibility Consultation

Visit Monmouthshire invites D/deaf and disabled people who live in or visit Monmouthshire to a consultation event to discuss your views and thoughts about the accessibility of visitor experiences at attractions and events across the county. These events are being supported by the UK Government Shared Prosperity Fund.



### Consultation 1



**Date:** 28th February 2024

**Time:** 10.30am – 12.30pm

**Venue:** Drill Hall, Lower Church Street,  
Chepstow, NP16 5HJ.

### Consultation 2



**Date:** 29th February 2024

**Time:** 10.30am – 12.30pm

**Venue:** St Mary's Priory Centre,  
Monk Street, Abergavenny, NP7 5ND.

BSL interpreters & refreshments will be provided.

To book a place, please contact Direct Access via telephone, email etc.

Complete online survey by visiting this link <https://shorturl.at/jrBKT> or scan the QR code.

If paper copy is required, please get in touch with Direct Access.

**Email:** [info@directaccess.group](mailto:info@directaccess.group)

**Telephone:** +44 1270 626222

or via our Social Media platforms



visitmonmouthshire

**Direct  
Access**

POWERED BY  
**LEVELLING  
UP**

# **Dads' Story and Rhyme Time!**

**Join us for shared stories and simple songs**

**Meet other dads and children**

**Free session, no need to book!**

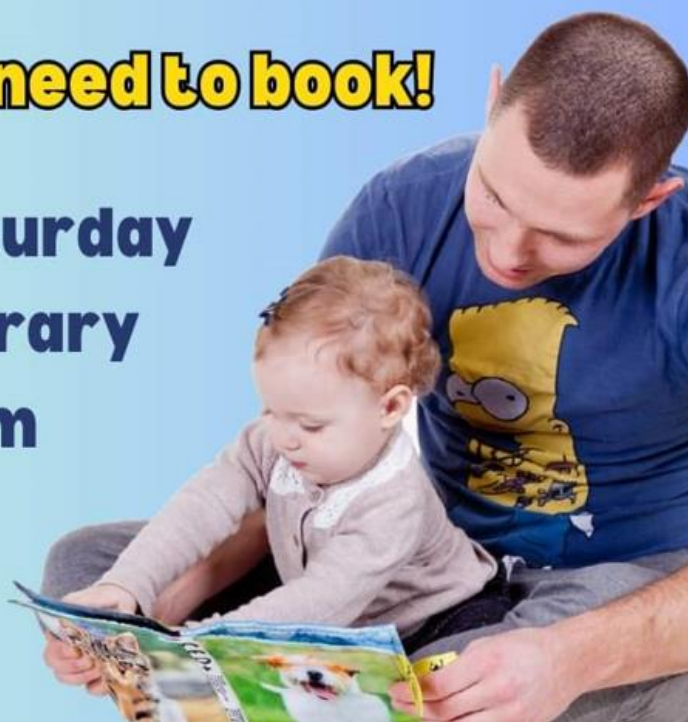
**Every fourth Saturday**

**@ Cwmbran Library**

**10.00-10.40am**



**For more details  
call 01633 647676**





## Follow us on social media

Facebook & Instagram @sparkleappealofficial

Twitter @sparkleappeal

[www.sparkleappeal.org](http://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](mailto: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](mailto: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](mailto:abb.familyliaisonwest@wales.nhs.uk)

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


**Parent Rep Details**

Jeni - [sparklerepwest@gmail.com](mailto: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](mailto:family.liaison.abb@wales.nhs.uk)

 Cwrt Camlas, Rogerstone, Newport  
NP10 9LY

**Parent Rep Details**

Jo - [sparkdeparentrepjo@gmail.com](mailto:sparkdeparentrepjo@gmail.com)

Nicol - [sparkderepnico@gmail.com](mailto:sparkderepnico@gmail.com)