

# Neurodevelopmental Service

## COMMUNITY CONNECTOR SESSION

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# Who are we?



**Pilot** project funded by the Welsh Government

**Supporting** families/carers of children aged 0-11 who are **on the waiting list** for a Neurodevelopment assessment

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

Deliver **Drop-ins** specific to your **local area**



# Services & Support

**CARDIFF**



01

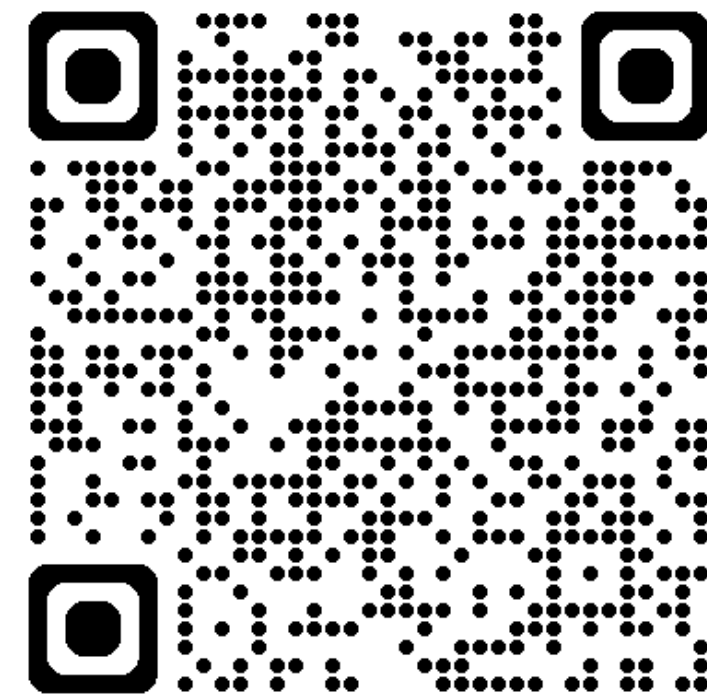
## Family Gateway

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](http://www.cardiffamilies.co.uk)

## Cardiff Family Advice and Support



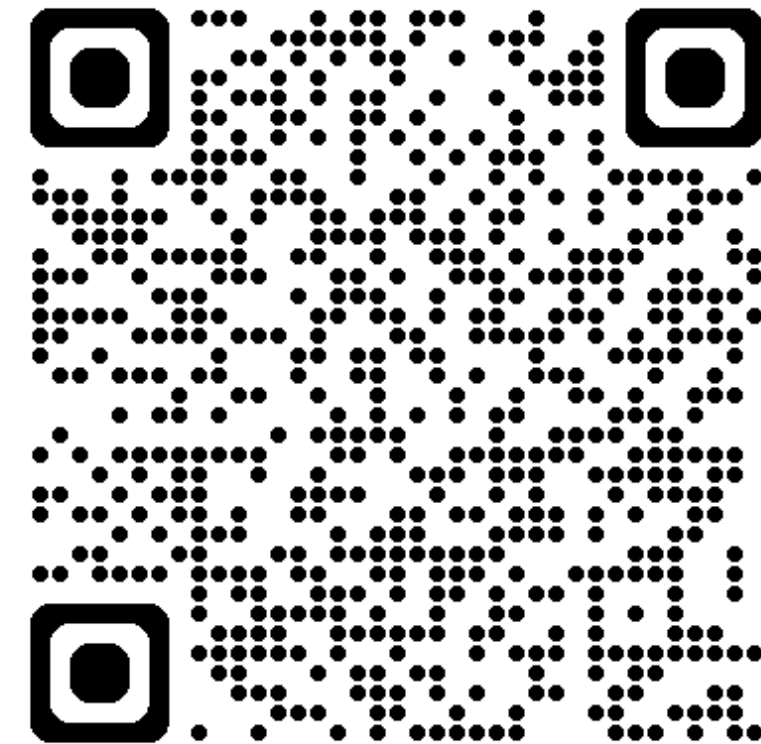


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## The Index

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/](http://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](mailto: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](http://www.cardiffmoneyadvice.co.uk)







[ALNHelpline@Cardiff.gov.uk](mailto:ALNHelpline@Cardiff.gov.uk)

029 2087 2731

# Education Help/Support

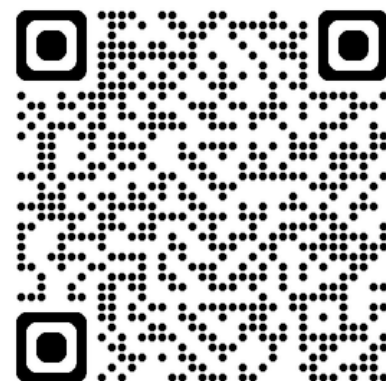


## Cardiff Independent Advocacy Service

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.



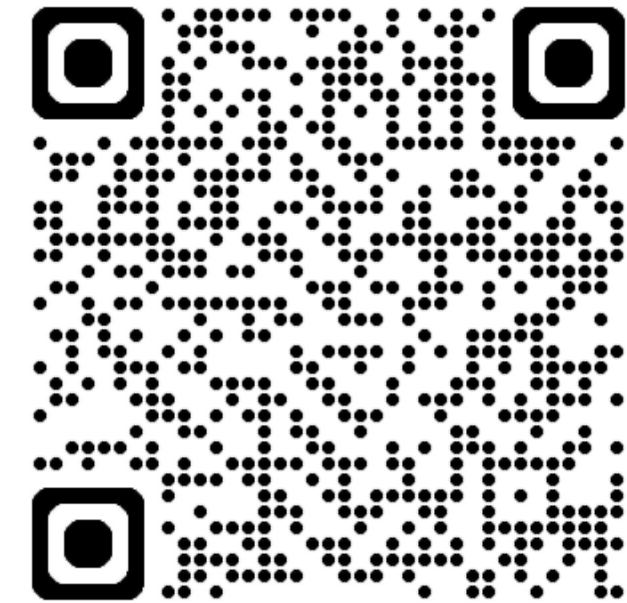
[www.snapcymru.org](http://www.snapcymru.org)

# Community groups



**AP CYMRU**

[www.apcymru.org.uk](http://www.apcymru.org.uk)

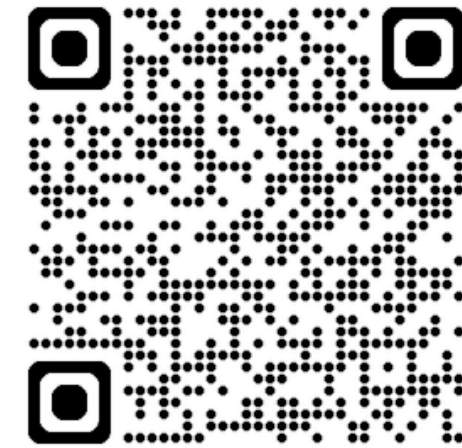


[valueinthevale.com/charities/life/](http://valueinthevale.com/charities/life/)



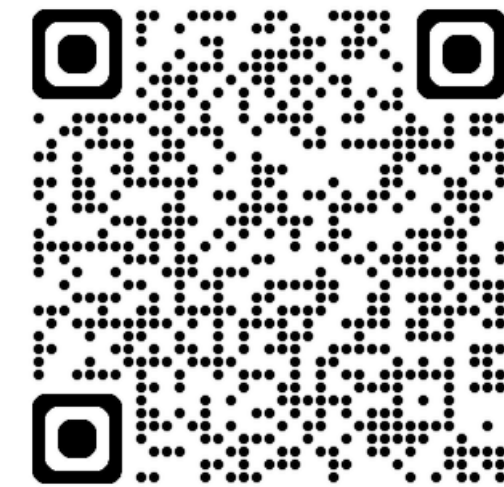
# Behaviour that Challenges Help/Support

Understanding Behaviour That Challenges Webinar



**Behaviour  
Support Hub**

[behavioursupporthub.org.uk](http://behavioursupporthub.org.uk)



**The Challenging  
Behaviour Foundation**

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

# Communication Help/Support

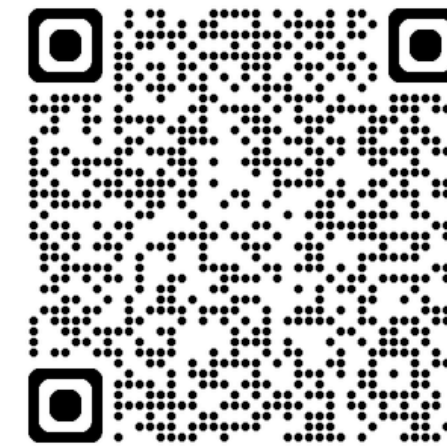
Children's Speech and Language Therapy



**Keeping Me Well**

Cardiff and Vale University Health Board

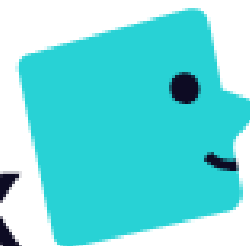
[keepingmewell.com/childrens-support-services/childrens-speech-and-language-therapy/](https://keepingmewell.com/childrens-support-services/childrens-speech-and-language-therapy/)



**Afasic**  
voice for life

[www.afasic.org.uk/slcn/](http://www.afasic.org.uk/slcn/)

**Speech and  
Language UK**



Changing young lives.

[speechandlanguage.org.uk/help-for-families/](https://speechandlanguage.org.uk/help-for-families/)



# Occupational Therapy



[keepingmewell.com/childrens-support-services/occupational-therapy-for-children-and-young-people/](https://keepingmewell.com/childrens-support-services/occupational-therapy-for-children-and-young-people/)

We have developed 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

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.

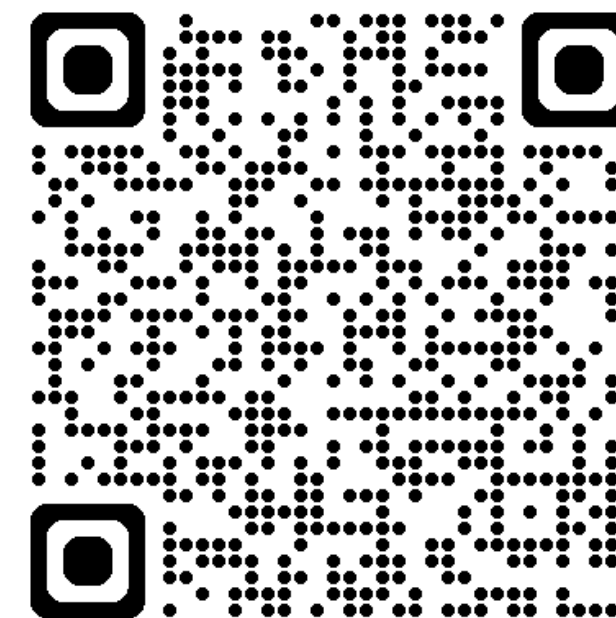
**What can I expect:** You will talk with an occupational therapist who will aim to provide you with practical advice, strategies, signposting and support which will enable you and your child to progress daily living skills.



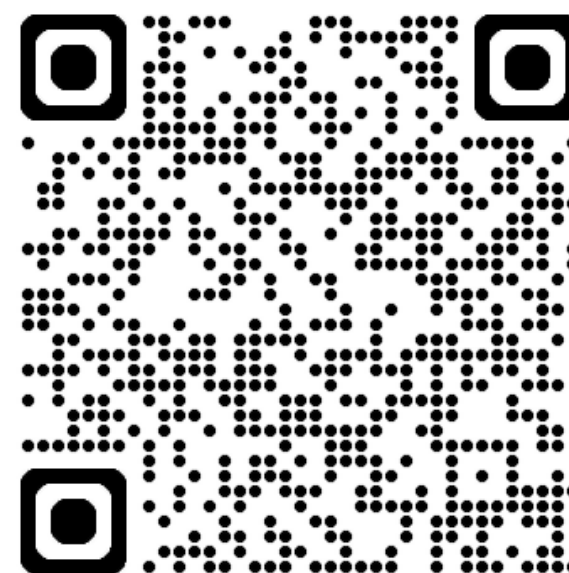
Before you call, scan the QR code to find out more about occupational therapy for children and young people and to access our online resources.

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

# Sleep Help/Support



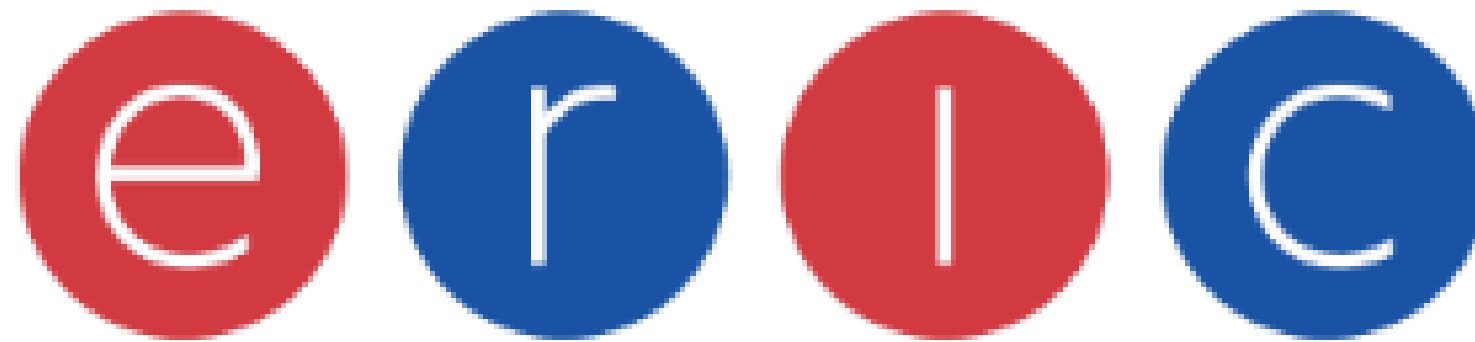
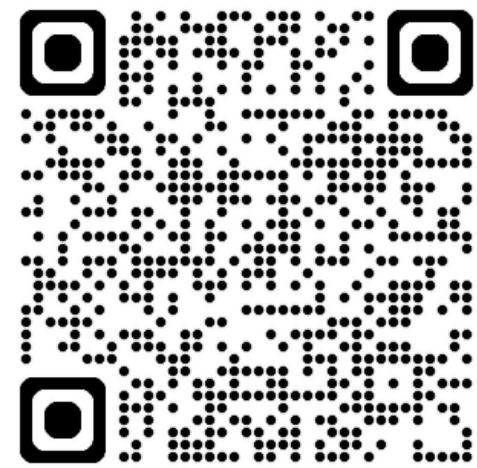
[cerebra.org.uk/get-advice-support/sleep-advice-service/](https://cerebra.org.uk/get-advice-support/sleep-advice-service/)



[thesleepcharity.org.uk/information-support/children/](https://thesleepcharity.org.uk/information-support/children/)

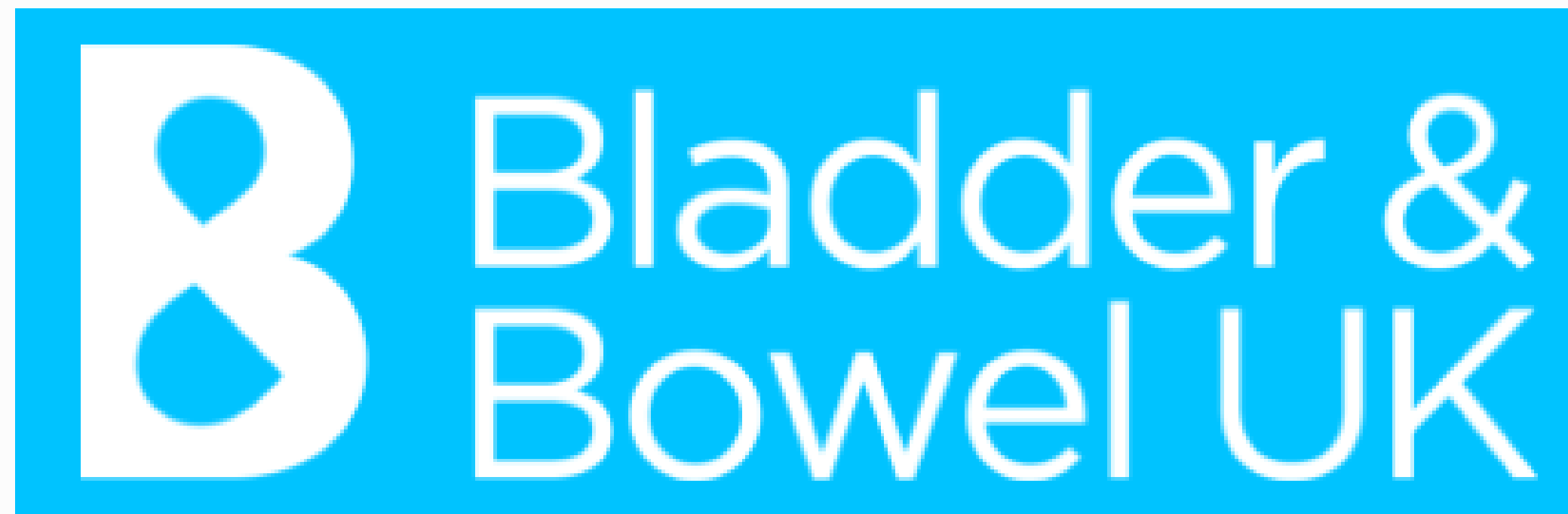


# Toileting Help/Support



The Children's Bowel & Bladder Charity

[eric.org.uk/children-with-additional-needs/](http://eric.org.uk/children-with-additional-needs/)



[www.bbuk.org.uk/children-young-people/](http://www.bbuk.org.uk/children-young-people/)

# Wellbeing, parent/carer support



[www.carersuk.org/wales](http://www.carersuk.org/wales)



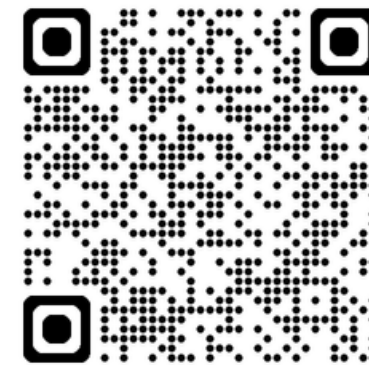
Parents' Ffederasiwr  
Federation Rhien

[www.parentsfed.org](http://www.parentsfed.org)



Cymru

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



[www.affinityhub.uk/1/Welcome.html](http://www.affinityhub.uk/1/Welcome.html)



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



Caerdydd a'r Fro  
Cardiff and Vale

**Coleg Adfer a Lles**  
Recovery &  
Wellbeing College



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



# contact

For families  
with disabled children



## Contact Cymru

Helpline 0808 808 3555

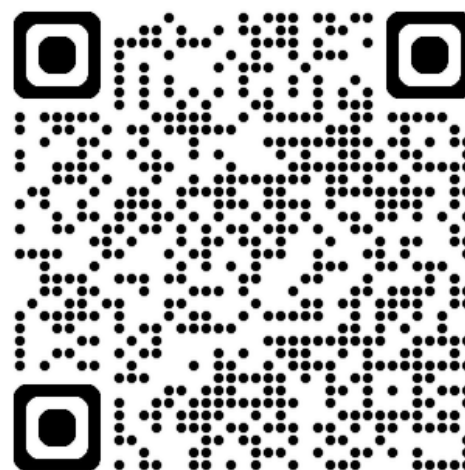
Eventbrite Page



Parent/carer free Workshops

[www.eventbrite.co.uk/cc/contact-cymru-3039619](http://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](mailto:sophie.barker@contact.org.uk)  07990 234 440



contact For families with disabled children  
I deuluoedd gyda phlant anabl

Contact is a trading name of Contact a Family. Charity registered in England and Wales (264912) and Scotland (SC039169).





## 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](mailto:CharlotteW@familylives.org.uk) or call on **07739 788115**

We build better family lives together

[www.familylives.org.uk](http://www.familylives.org.uk)

 @familylives



CYPF PPIT





Uywodraeth Cymru  
Welsh Government

C.A.L.L.



## Cymorth Niwroamrywiol drwy Linell Gymorth C.A.L.L. Cymru

### Neurodivergence support via the C.A.L.L. Helpline Wales

Os oes gennych bryderon neu ofidiau yn ymwneud â niwroamrywiaeth – ffoniwch neu anfonwch neges destun i Linell Gymorth C.A.L.L. sydd bellach yn darparu llinell wrando sy'n lle diogel, cyfrinachol i siarad am materion yn ymwneud â niwrowahaniaeth. Gallwch hefyd gael eich cyfeirio at lenyddiaeth neu wybodaeth gwasanaeth i gefnogi unigolion niwroamrywiol, eu teuluoedd a'u ffrindiau.

Mae modd defnyddio Llinell Iaith ddehongli i gefnogi galwyr sy'n methu (neu sy'n ffafrio peidio) siarad Cymraeg neu Saesneg.

If you have any worries or concerns relating to neurodivergence – ring or text the C.A.L.L. Helpline who are now providing a confidential listening line which is a safe space to talk about matters relating to neurodivergence. You can also be signposted to literature or service information to support neurodivergent individuals, their families and friends.

An interpretation service Language Line can be used to support callers who cannot (or prefer not to) speak English or Welsh.



**Text/Testun: Help a / Help to: 81066**



**0800 132 737**



**callhelpline.org.uk**

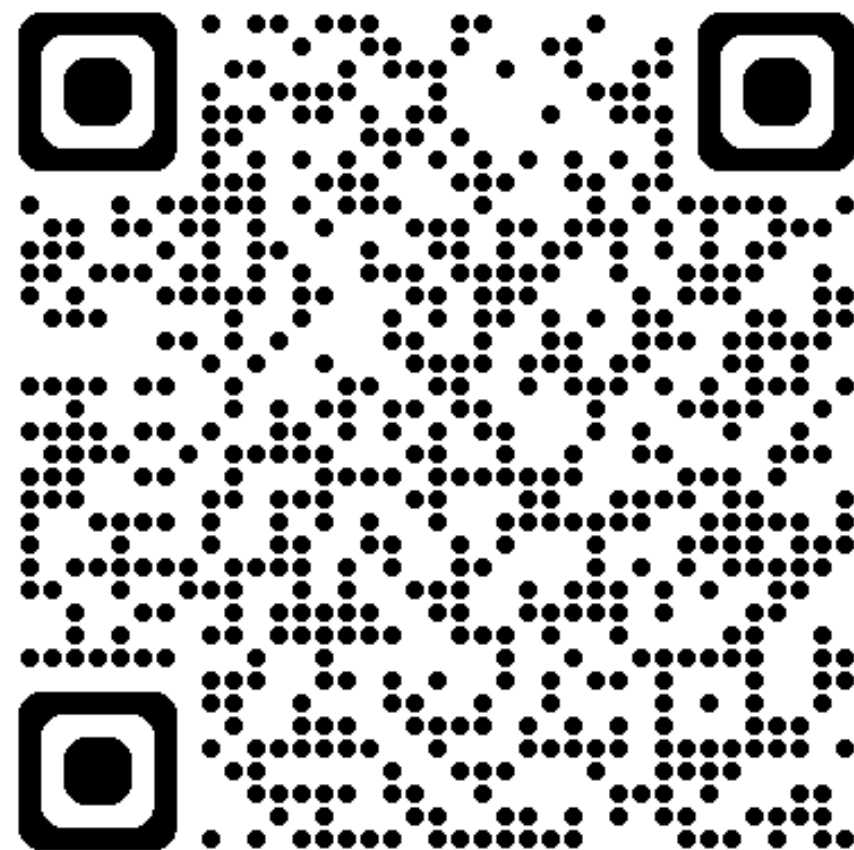


Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service



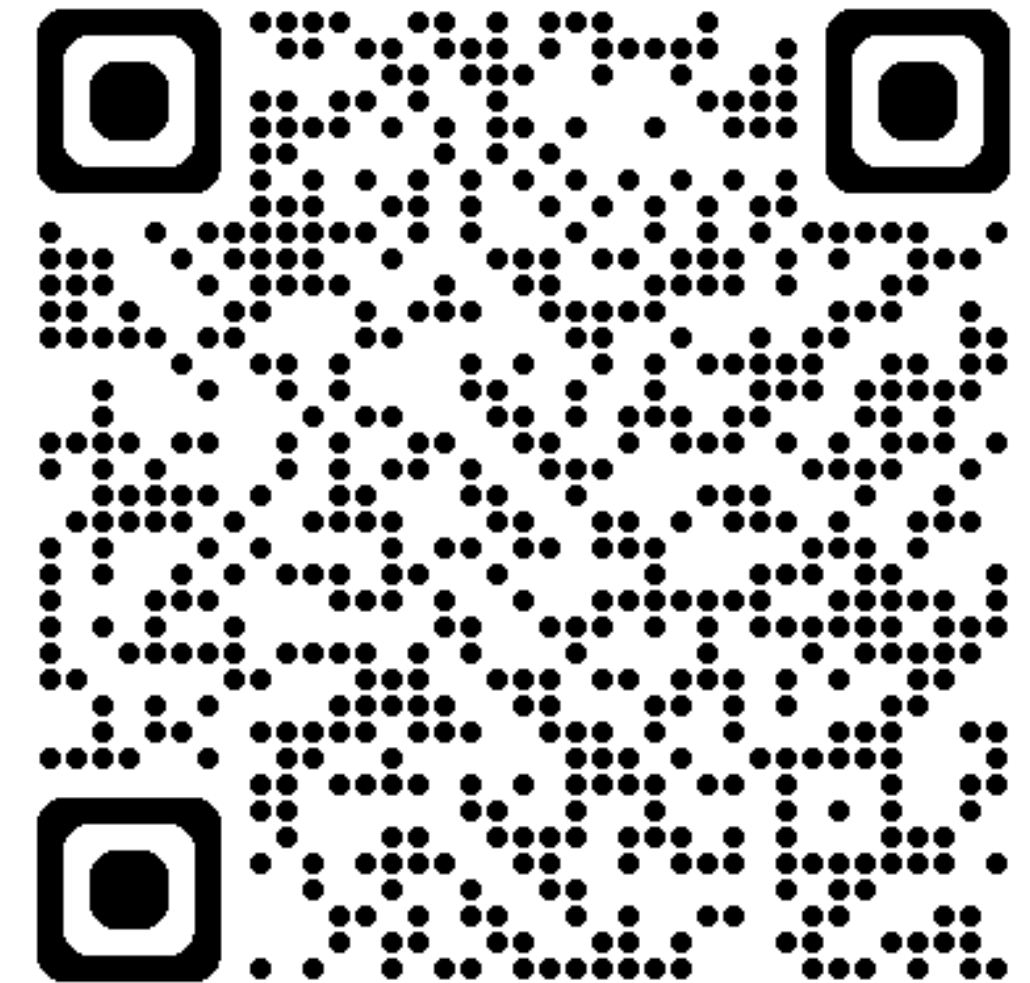


[neurodivergencewales.org/en/](https://neurodivergencewales.org/en/)



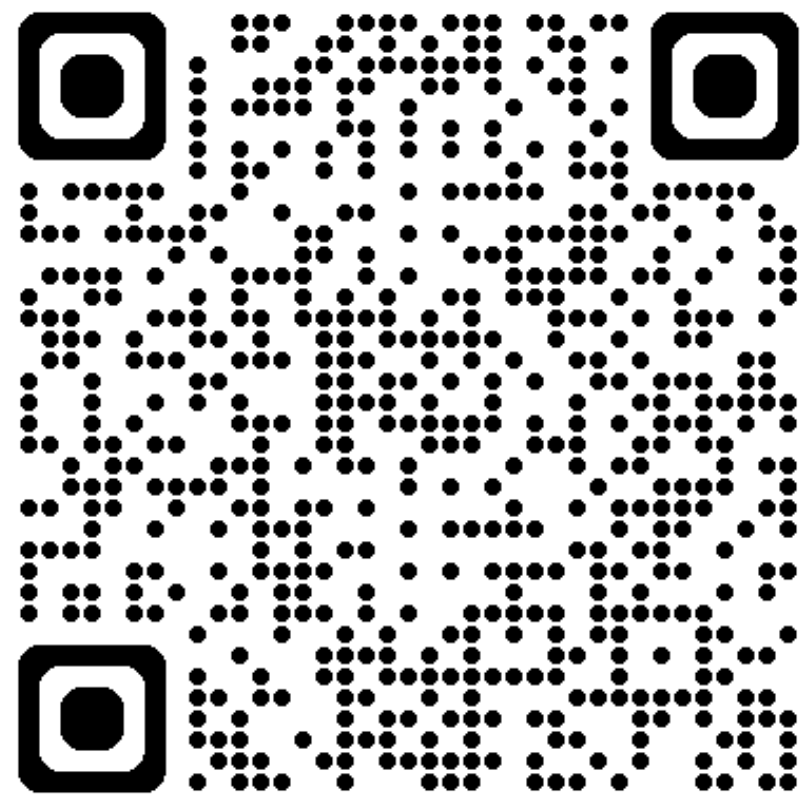
Parent & carer virtual  
advice sessions





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

# HIDDEN disabilities



A symbol for non-visible disabilities ([hdsunflower.com](https://hdsunflower.com))



# 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.



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!

It's fun, friendly and free!

Cymraeg

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  
**Grwp 1 Group**



Find us on Instagram  
**Grwp1Group**



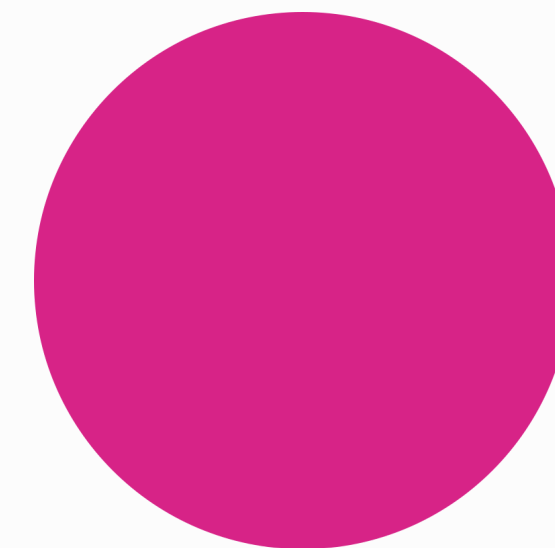
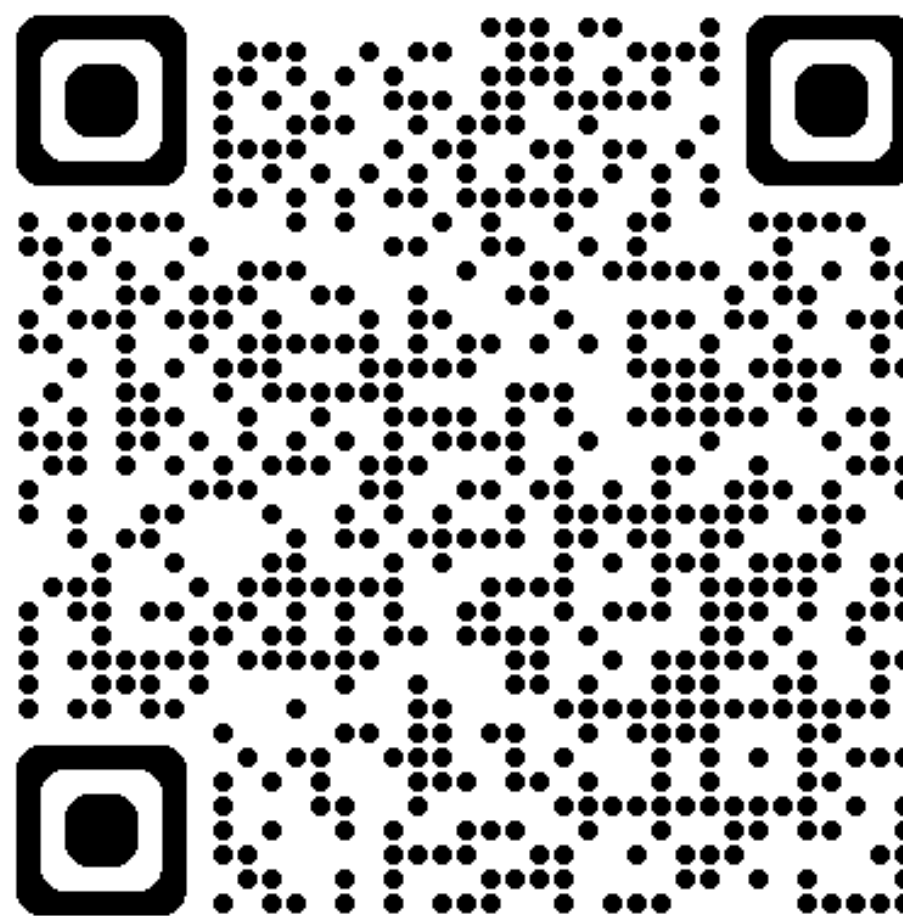
Health and Social Care Partnership  
Cardiff and Vale University Health Board





# Gwasanaeth Niwroddatblygiadol Neurodevelopmental Service

Community Connectors



Email:

[nd.communityconnections.cav@wales.nhs.uk](mailto:nd.communityconnections.cav@wales.nhs.uk)





Gwasanaeth **Niwroddatblygiadol**  
**Neurodevelopmental** Service

# Summary

There is support available whilst you are on the waiting list.

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

# Thank You!

Community Connectors -  
Neurodevelopmental Drop-in Post  
Session Survey 2024

