

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

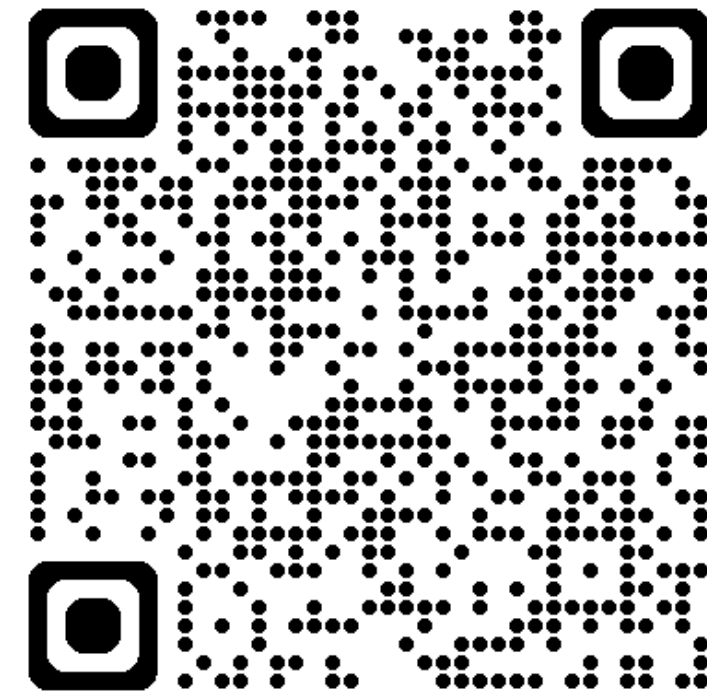
Family Gateway

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

Cardiff Family Advice and Support

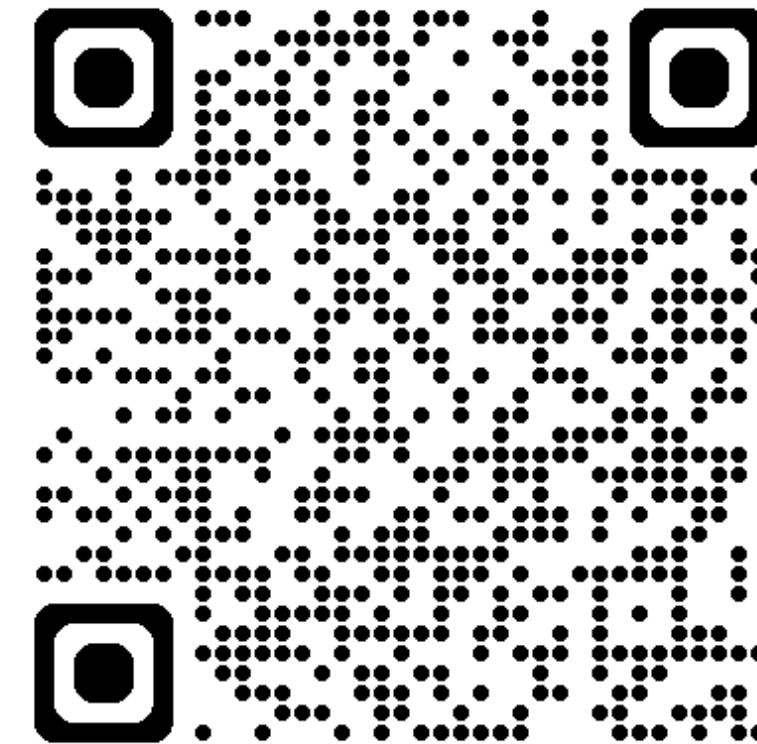


02

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 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

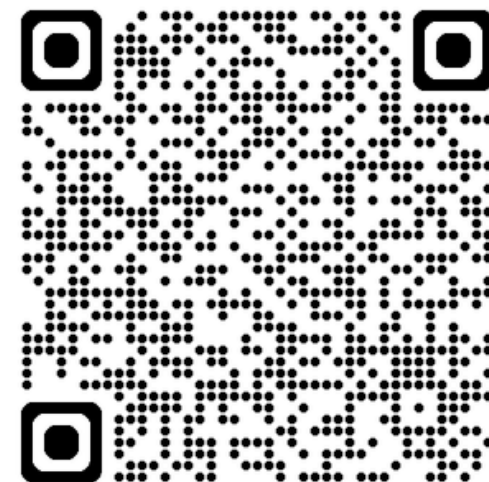




ALNHelpline@Cardiff.gov.uk

029 2087 2731

ALN Information,
Advice & Guidance



Education Help/Support

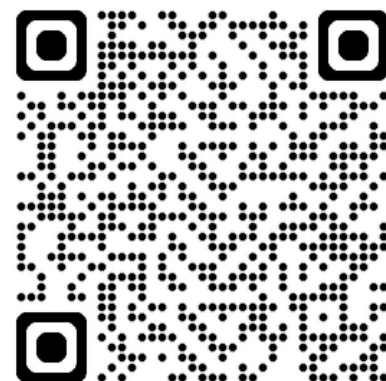


Cardiff Independent Advocacy Service

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.



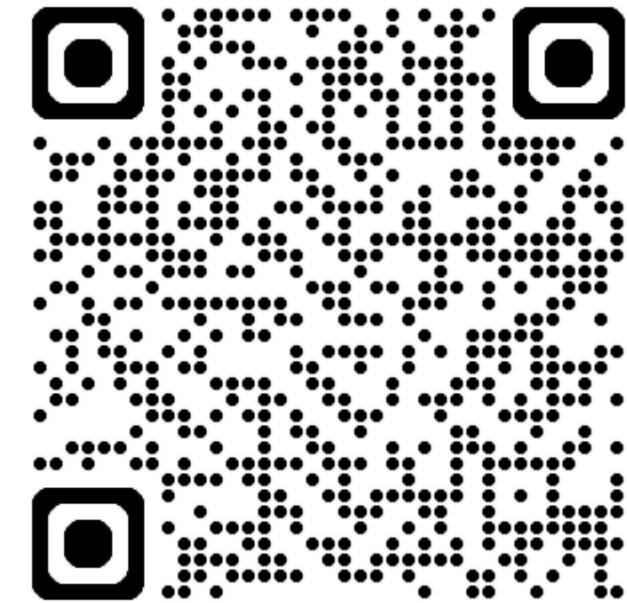
www.snapcymru.org

Community groups



AP CYMRU

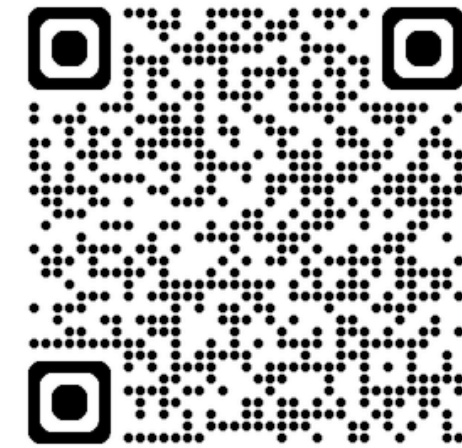
www.apcymru.org.uk



valueinthevale.com/charities/life/

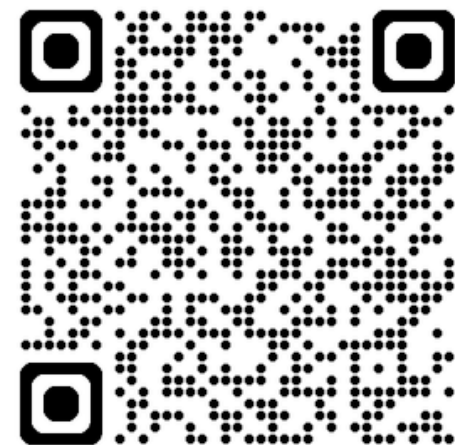
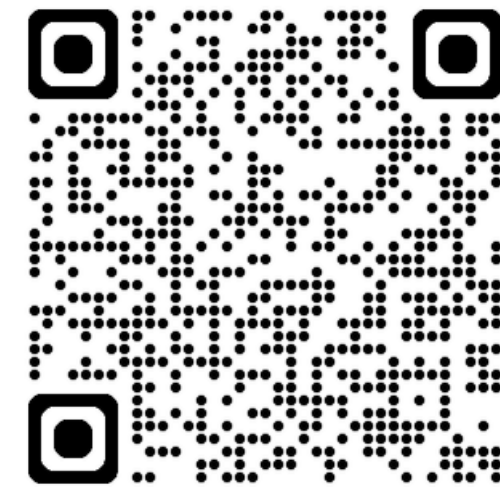
Behaviour that Challenges Help/Support

Understanding Behaviour That Challenges Webinar



**Behaviour
Support Hub**

behavioursupporthub.org.uk



**The Challenging
Behaviour Foundation**

www.challengingbehaviour.org.uk

Communication Help/Support

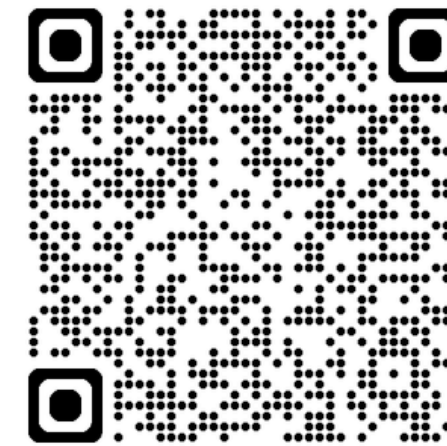
Children's Speech and Language Therapy



Keeping Me Well

Cardiff and Vale University Health Board

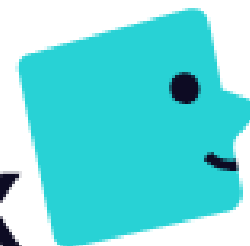
keepingmewell.com/childrens-support-services/childrens-speech-and-language-therapy/



Afasic
voice for life

www.afasic.org.uk/slcn/

**Speech and
Language UK**



Changing young lives.

speechandlanguage.org.uk/help-for-families/



Occupational Therapy



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.

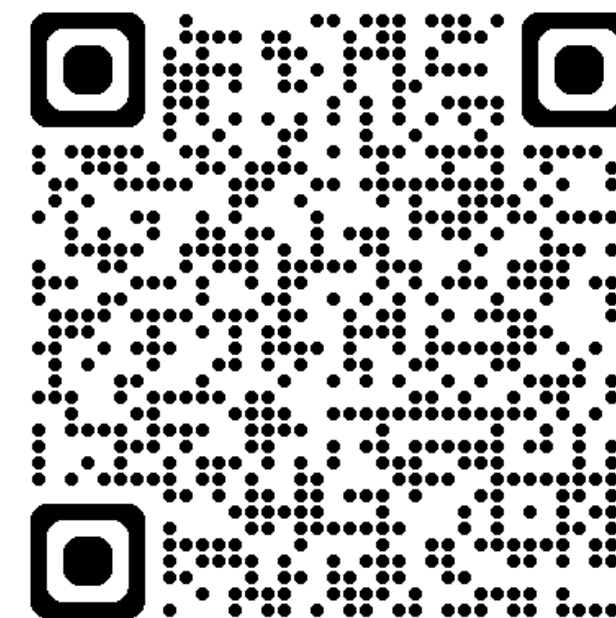
What can I expect: You will talk with an occupational therapist who will aim to provide you with practical advice, strategies, signposting and support which will enable you and your child to progress daily living skills.



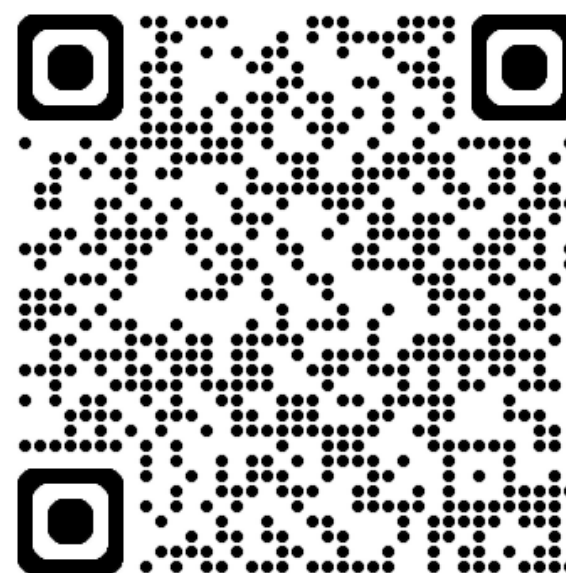
Before you call, scan the QR code to find out more about occupational therapy for children and young people and to access our online resources.

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

Sleep Help/Support

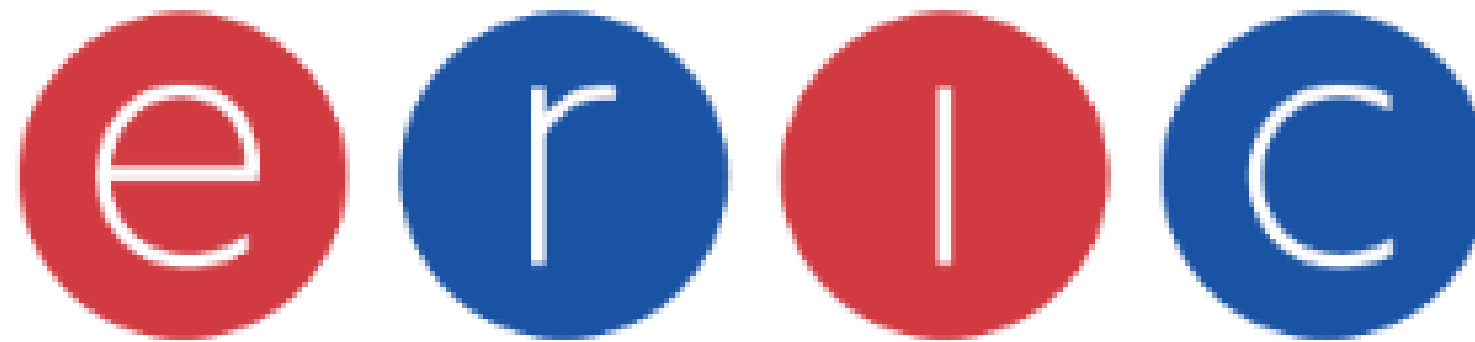
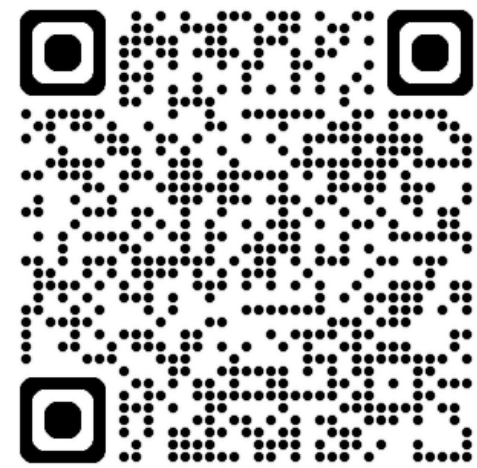


cerebra.org.uk/get-advice-support/sleep-advice-service/



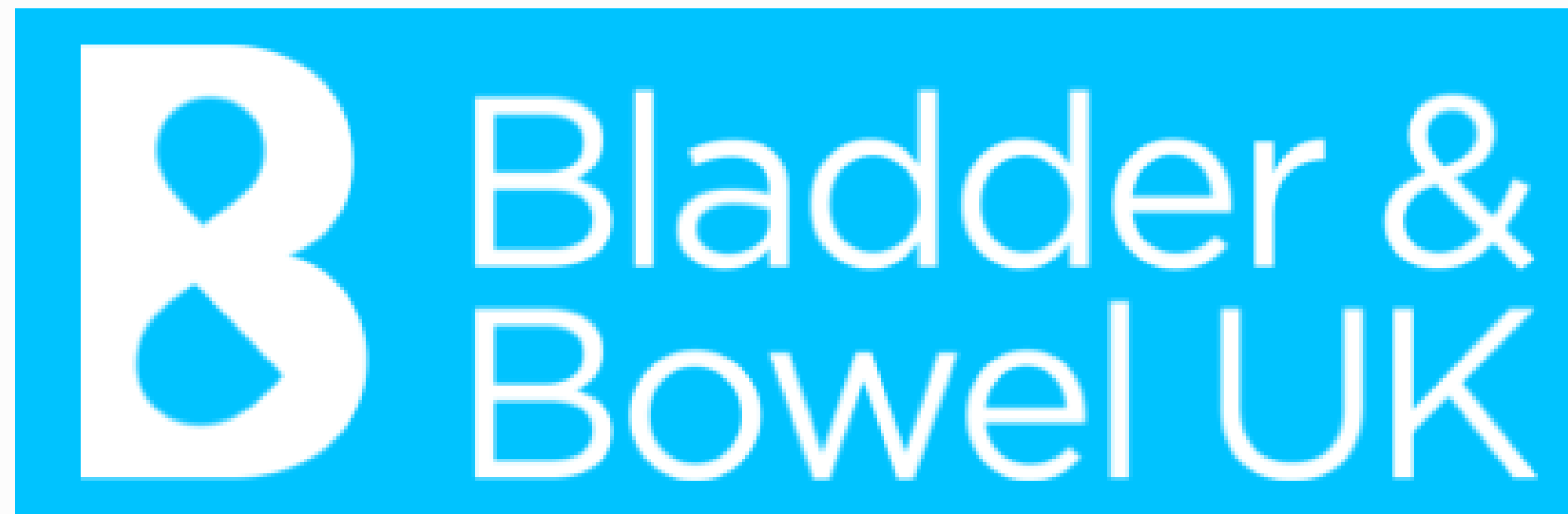
thesleepcharity.org.uk/information-support/children/

Toileting Help/Support



The Children's Bowel & Bladder Charity

eric.org.uk/children-with-additional-needs/



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

Wellbeing, parent/carer support



www.carersuk.org/wales

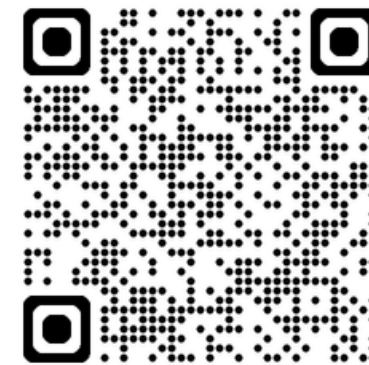


www.parentsfed.org



Cymru

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



www.affinityhub.uk/1/Welcome.html



<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

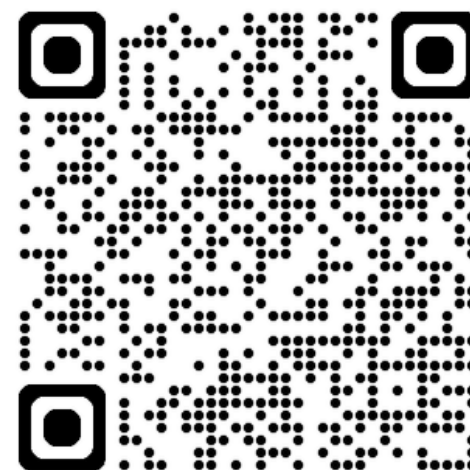
Eventbrite Page



Parent/carer free Workshops

www.eventbrite.co.uk/cc/contact-cymru-3039619

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 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 or call on 07739 788115

We build better family lives together

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



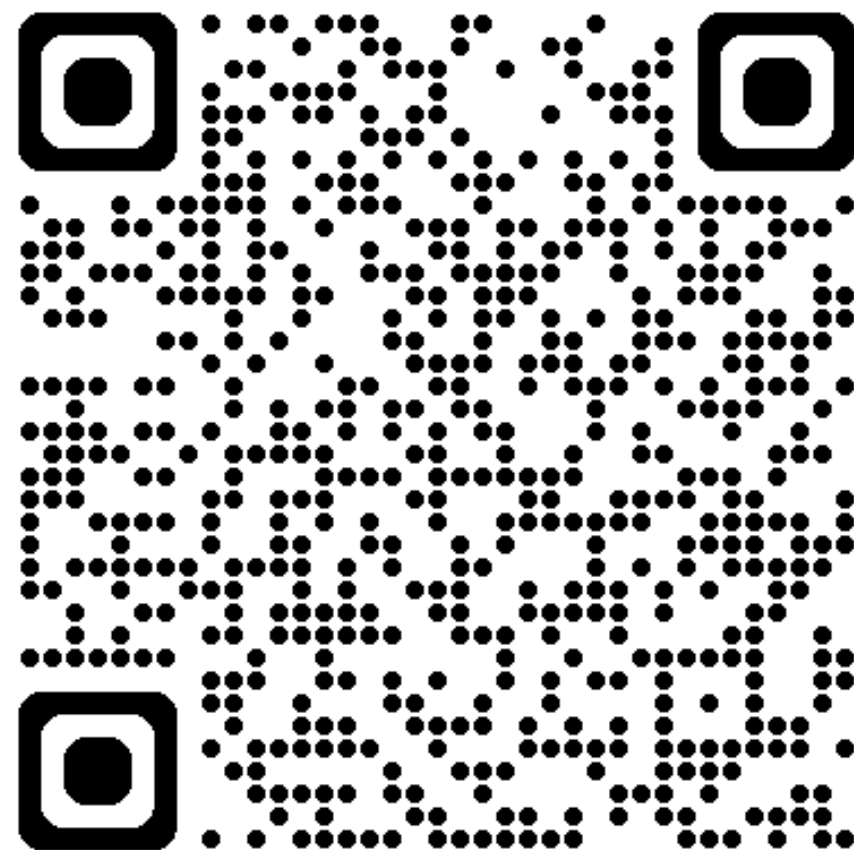
callhelpline.org.uk



Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service

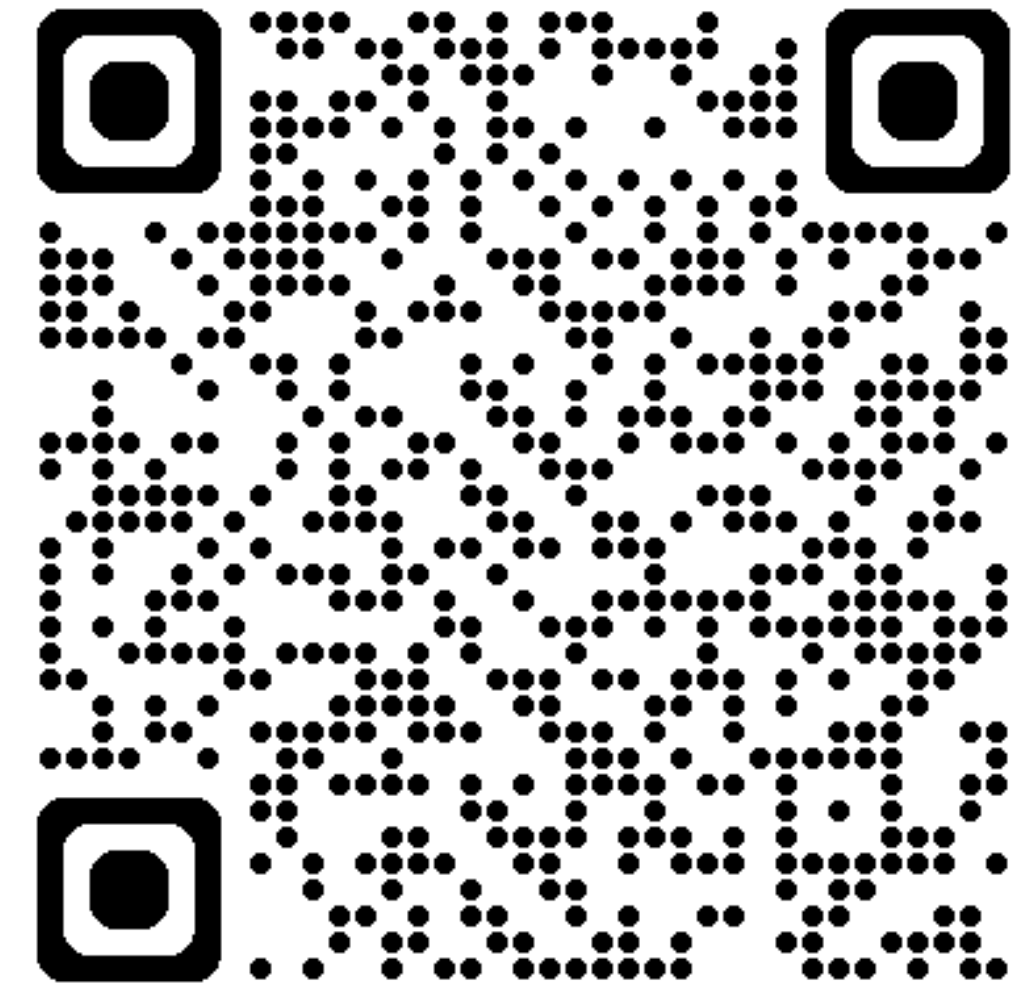


neurodivergencewales.org/en/



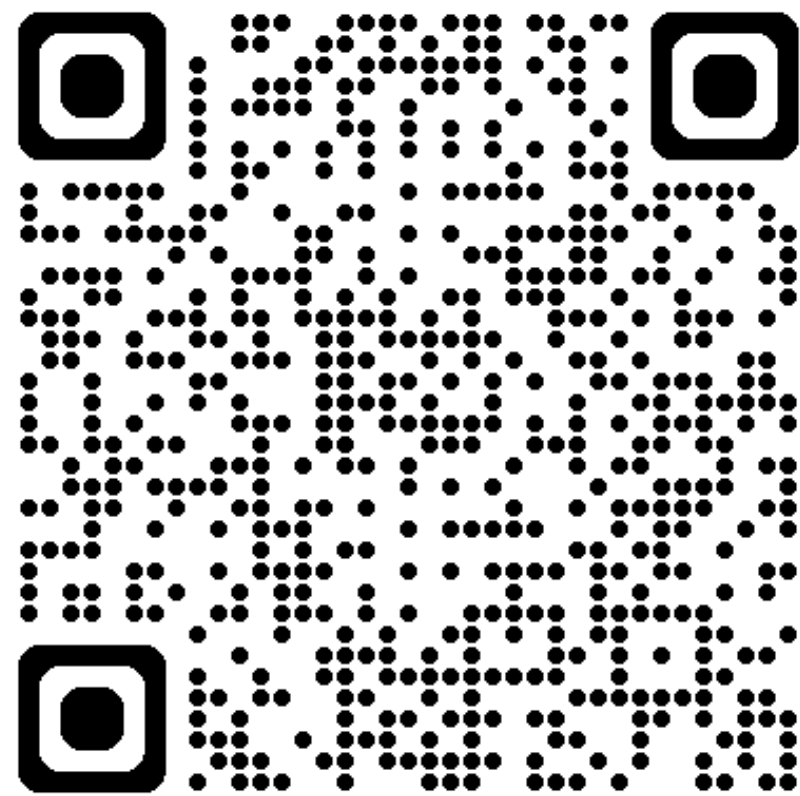
Parent & carer virtual
advice sessions





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

HIDDEN disabilities



A symbol for non-visible disabilities (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

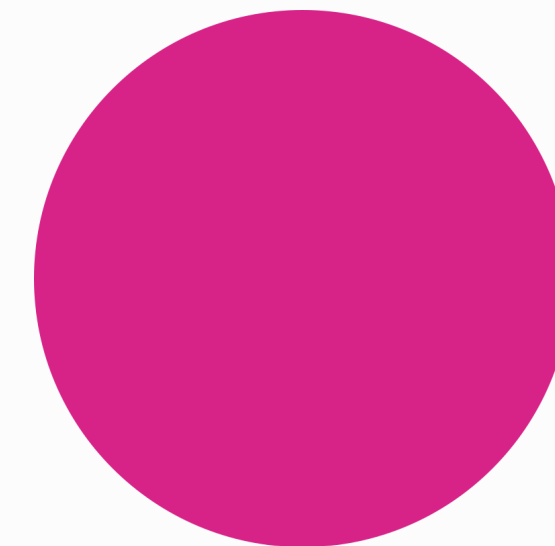
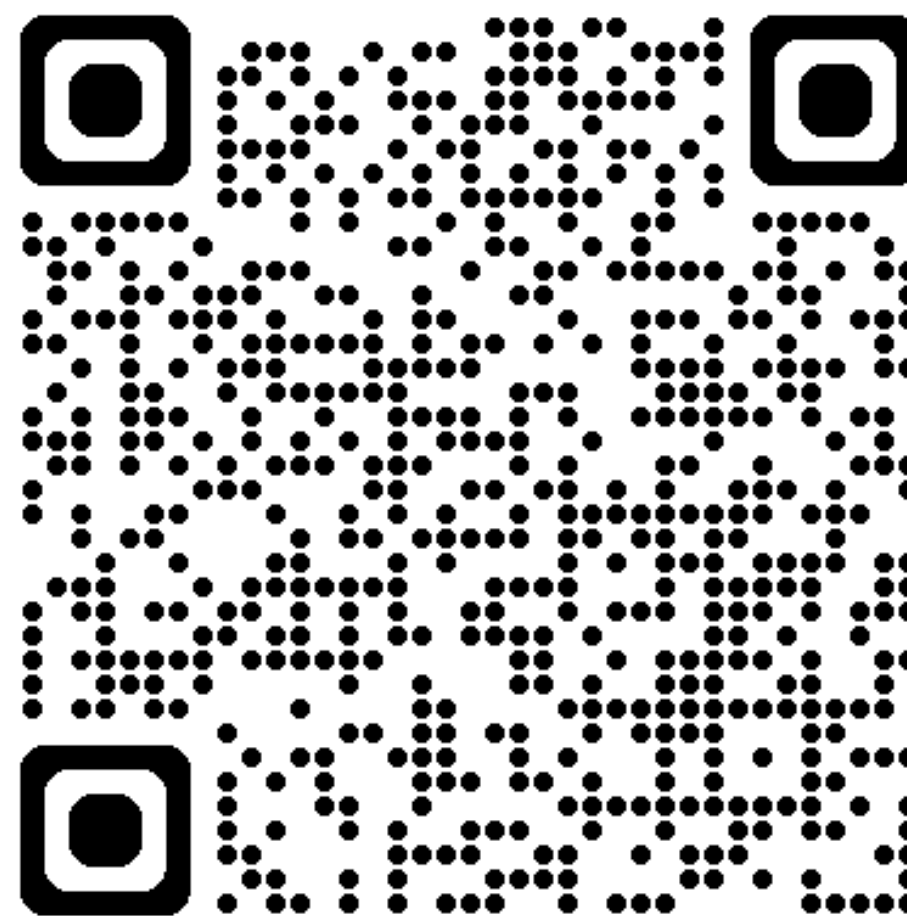


Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service



Gwasanaeth Niwroddatblygiadol Neurodevelopmental Service

Community Connectors



Email:

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

