

2011  
Issue 26

# Yr ENFYYS

The Newsletter for Disabled Children and Children who are ill - Gwynedd and Môn

## CELEBRATING FAMILIES DAY

Over 75 families came to the Arfon Leisure Centre, Caernarfon and the Glaslyn Leisure Centre, Porthmadog on Saturday February 19<sup>th</sup> for the 'Celebrating Families Day'.

The event was organised by the Specialist Children's Services with the support of the Gwynedd Children and Young People's Strategic Partnership.

The aim of the day was to give disabled children and their families the opportunity to meet for a fun day of play and craft workshops. Sali Mali and Fireman Sam had a great time meeting all the children! More inside.



## LINKS WITH CHINA

The older pupils at Ysgol y Bont, Llangefni had a valuable experience when two members of the Confucius Foundation Project – which promotes the links between Britain and China in Cardiff University – came to work in the school for four days in January. The pupils were given the opportunity to learn about Chinese cooking, the Mandarin language, Tai Chi, and traditional dancing. A special ceremony was held on the last afternoon so that the children could show all their new skills to parents, governors and other pupils from the school. This was the first time for the Confucius Foundation to work in a special school outside Cardiff, and everybody agreed that this had been a very successful experience.



*The editing group are not able to guarantee the accuracy and do not necessarily agree with all contributions to the Newsletter"*



Bwrdd Iechyd Prifysgol  
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## Dates for the Diary

When?	What?	Where?	Who?
Thursday 14 <sup>th</sup> April, 2011 12.30 - 2.30 p.m.	<b>Planning for the Future</b> Advice from a qualified legal professional on how to leave a legacy to a loved one with a learning disability. Free	Caernarfon Royal Town Council Institutue Building Pavillion Hill Caernarfon LL55 IAT	MENCAP Call 020 7696 6925 to book a place.
Monday 18 <sup>th</sup> April, 2011 7.30 p.m.	<b>Support Group for Parents of Children with Special Needs Dwyfor</b>	Ysgol Hafod Lon Y Ffôr Pwllheli	Gwyneth Roberts Carers Outreach Service 01766 772956
Wednesday 4 <sup>th</sup> May, 2011 9.00 am - 3.30 pm	<b>Dyscalculia Training Day</b> Dyscalculia – Maths as a Language with Prof. Amanda Kirby, Newport University	Oriel House Hotel, St. Asaph	AFASIC CYMRU 01745 550461 yvonne@afasiccymru.org.uk
Wednesday, 4 <sup>th</sup> May, 2011 7.30 p.m.	<b>Support Group for Parents of Children with Special Needs Arfon</b>	Y Bedol, Bethel	Gwyneth Roberts Carers Outreach Service 01766 772956
Thursday 12 <sup>th</sup> May, 2011 10.30 a.m.	<b>Support Group for Parents of Children with Special Needs Meirionnydd</b>	Ship Hotel, Dolgellau	Gwyneth Roberts Carers Outreach Service 01766 772956
Sunday 12 <sup>th</sup> June, 2011 1.30 p.m.	<b>Film: A Turtle's Tail</b> (subtitled) + <b>Workshop</b> Free – but must pre-book	Galeri Arts Centre, Caernarfon	Jill Bartlett, Contact a Family Wales jill.bartlett@cafamily.org.uk or 01248 670965
Weekly Saturdays 3 p.m. - 4 p.m.	<b>Free Swim Session</b> Open age – part of the free swim initiative.	Plas Arthur Leisure Centre, Llangefni	Plas Arthur Leisure Centre (01248) 752040 or Karen Williams, Disability Sport Wales Development Officer Anglesey 01248 752 046 kawlh@anglesey.gov.uk

## GOOD GIFTS GROUP

A special needs church group has been running in Llangefni for the last year.

The Good Gifts group is a gathering of friends of all ages from various churches who come together once a month to use music, art and craft, Makaton, flags and dancing to make worship and the good news of the Gospel accessible to all.

We meet on the second Saturday of each month

(except August) at St. Joseph's Church, Penmynydd Road, Llangefni from 3-5 p.m. and more members would be

welcome. Find us on Facebook, or phone Faith Bowers on 01248 714079 for more details or to book a place.



## FAMILIES CELEBRATING



Many thanks to everyone who came to the 'Celebrating Families Day' on Saturday, February 19<sup>th</sup>. It was a busy morning at the Arfon Leisure Centre, with Howard Hughes entertaining the crowds with his magic tricks. In the afternoon at the Glaslyn Leisure Centre the children had fun learning circus tricks with James Carpenter from Syrcas Circus. The rebound therapy on the trampoline was very popular at both

**A fantastic day! It's a chance for us to meet other parents who are going through the same experiences as us and to share those experiences.**

Parent

**Words cannot convey what a day like this can give to families like us. It is such a positive, fantastic event. Many thanks to everyone.** Parent

venues, with the youngsters having to wait their turn patiently. The older crowd especially enjoyed being part of the beatboxing workshops with the rapper Ed Holden.

Art and craft workshops were held at both venues, organised by representatives from Helen Sanderson Associates.

Parents also had an opportunity to get advice and chat with staff from the Specialist Children's Services and representatives from local organisations.

Dozens of positive comments were received from parents and carers, and it is hoped that a similar day can be organised in the future.



## LOOKING AFTER YOURSELF



Hello, I'm Helen Delargy, and I've been working with families in the Specialist Children's Service since 2002 as a Clinical Psychologist. I'm mum to two young children too.

Many of the parents and carers I've met have astounded me by their sheer dedication, rising to daily challenges, and the joy they feel in their child's achievements. Wow! You are amazing!

Amid the hurly burly of family life, and the extra demands of caring for a child with additional needs, it can be easy to forget to look after another important member of the family, someone who works hard to keep things 'ticking over' on a daily basis. Can you guess who it is yet? Yes, yourself!

It can feel a bit selfish to think about our own needs and wants. In fact, some parents feel that it is wrong to devote time to their own needs and feel guilty if they do. But looking after ourselves is important in staying well, physically and psychologically, and gives us the energy and enthusiasm to carry on doing what needs to be done.

### MY TOP TIPS

#### 'Me time'

Make time for yourself every day, even if it is only a few minutes, to do something you enjoy (e.g. read, phone a friend, go for a walk, pursue a hobby). 'Me time' helps keep life fun and makes it easier to give your time to caring for others.

#### Your health

If thinking about your own welfare tends to get forgotten, try setting some simple targets to keep yourself healthy. For example, resolve to eat five fruit and veg a day; make time for 20 minutes convenient exercise (a brisk walk/jog, home exercise machine) three times a week. Making your goals achievable or 'do-able' means you can achieve success and keep healthy, and this can make a big difference to how you feel.

#### Be your own best friend

Be kind to yourself. Being a parent is all about learning as you go along, and we all make mistakes. Try and evaluate how things have gone and learn from your mistakes. Mistakes only matter if you keep on doing them.

**REMEMBER** Taking some time to look after ourselves isn't selfish. By looking after ourselves everyone gets a better deal – us, and the people we care for.

## SPEECH AND LANGUAGE THERAPY DEPARTMENT

Over the last six months a new project has been running offering 'Information Sessions' for parents with school age children in the Arfon area who have speech, language and communication difficulties. The sessions have been based on the 'Elklan' course, offering information on communication difficulties as well as discussing and sharing useful strategies in order to support specific areas of language.

The project was funded by Afasic Cymru and the Waterloo Foundation in order to buy information books for the parents to use in the sessions. Many thanks to Yvonne Brooks and to Jeannette Carr (Afasic Cymru) for their support, and to the parents for attending.



**Lowri Thomas, Speech and Language Therapist and Valerie Jones, Speech and Language Therapy Assistant**

# CLEBRAN BARNARDO'S

Since the last edition of *Yr Enfys* we have been informed that funding for Clebran will be coming to an end in March 2011. Despite the changes we will be facing, we are hoping to continue our monthly contact with Clebran. We hope to be able to confirm details in the next edition of *Yr Enfys*.

In the meantime, we had a meeting in January with the Gwynedd Key Workers and Marcus Politis, the Sports Development Officer. We were looking at ways that the young people can meet up, arrange their own activities (to include a sports element). This in turn will help the young people to learn the skills to become more independent. The young people also had an opportunity to use the trampoline with the help from the staff at the leisure centre. We hope to arrange another day like this in the near future. Many thanks to the Key Workers and Marcus for arranging the day.



In February, we enjoyed being part of the Specialist Children's Services day 'Celebrating Families'. It was nice to be able to meet lots of parents who were enjoying the day.

Clebran have been attending the Gwynedd Youth Forum where we have been talking about Transport, Information for Children and Young People, Equality, and Stereotyping. We are also going to be part of the programme 'Y Lle' a programme for young people to voice their opinions on a particular subject.

We continue to work with 'Clust I'r Ifanc' in trying to improve the bus service in the Meirionnydd area. The students in Coleg Meirion Dwyfor, Dolgellau are helping us by sharing their experiences which we have put forward to Arriva buses.

In March, Keith Towler, the Children's Commissioner for Wales, came to Ysgol Hafod Lon to meet the pupils, as well as students from Coleg Glynllifon, Tŷ Meirion, Ysgol Pendalar, and young people from Clebran. We had a chance to ask him some questions about what he can do to help disabled children and young people in Wales.



For more information regarding Clebran meetings please contact Julie Mair on 01286 675847

## Confused by all the benefits changes?

**contact a family**  
for families with disabled children  
**cyswllt teulu**  
i deuluoedd gyda phlant anabl

To help parents make sense of the recent welfare reforms and what the changes will mean for them, Contact a Family has produced a free guide to *Future Benefit Changes*. The guide is available from the Contact a Family Helpline on **0808 808 3555** or e-mail [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)

## YSGOL HAFOD LON



### ST. DAVID'S DAY

As well as wearing red clothes to school on St. David's Day, the Dolwar and Hafod classes made some Welsh cakes to sell to staff. Steven a Keeley - the two head pupils - were in charge of selling them during the afternoon. A good profit was made towards buying ingredients in order to promote Fairtrade in the school. The photo shows Mrs Roberts, the headteacher, buying Welsh cakes to take home for her children!

### THE FUN CENTRE

Students from the Prince's Trust have raised money by organising a sponsored walk. The children went to the Fun Centre in Caernarfon for the day, and had a very good time.



### OXFAM

Laura Caradog from Oxfam and Anti Mary Ellen came to talk to the children about the good work carried out by the charity.

### TEN PIN BOWLING

Pupils from the Clogwyn class took part in a ten pin bowling competition in Llandudno.



### SHOES 2 KENYA

Jolene Barton and Josie Gritten from the Shoes2Kenya campaign came to Hafod Lon to sort through the shoes in order to send them to the children of Kenya.

### BUDDING PICASSOS

The artist, Angela Evans, came to do a craft workshop with the children.

