

How a decision is made about a young person having Additional Learning Needs (ALN): an introductory guide and checkpoint for parents with a young person in school.

Cydweithio i gefnogi pobl ifanc yn Sir Gaerfyrddin
Working together to support young people in Carmarthenshire



carmarthenshire.gov.wales/education

Sir Gâr
Carmarthenshire
County Council



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How to use this booklet – some helpful tips!

We have included some helpful checkpoints so that you can make sure you are getting the right information and the right support during the decision-making process. The symbols in the booklet help to highlight important information:



We want you to know how long things should take.



We have included some questions you might want to ask yourself to keep you up to date.



Useful information will help you check if something has been done.



We want you to know that you are an important part of your child's education and this process.



Click on the links for further information.



We have highlighted important information.



We are keen to answer some common questions.



Keywords and terms

ALNCo – The Additional Learning Needs Coordinator is the lead coordinator for learners with additional needs.

Action plan: a written plan of how to support the young person.

Advocacy: getting support from another person to help you express your views and wishes.

ALN: Additional Learning Needs (ALN)

ALP: Additional Learning Provision (ALP) is support which is additional (extra) to that which is available to most young people of the same age.

Appeal: when you ask for a decision to be changed.

Aspirations: hopes or dreams for the future.

Capacity: the ability to understand information and make decisions.

Consent: to give permission for something to happen or an agreement to do something.

Decision making process: The step-by-step process for deciding if a young person has ALN.

Individual Development Plan (IDP) – the new document is one plan that is put in place after deciding that a pupil has an additional learning need.

One Page Profile (OPP): a page of information that includes what people like and admire about a young person; what is important to them and how best to support them.

Outcome (intended outcome): an educational goal or target that is measurable, achievable and assessable.

Person Centred Meeting: a meeting whereby information that the school collects about a young person can be shared and talked about.

PCP: Person Centred Practice - focusing on and taking notice of the wishes, feelings and views of young people.

Statement: The document that was used in the old system to hold information about young people's special educational needs and what they needed in place to meet their needs.

Tribunal: A court set up by the government to settle a problem or a disagreement.

We are here to support you

The Inclusion Team at Carmarthenshire Local Authority know that some of you will be keen to learn more about the new **Additional Learning Needs (ALN)** system in Wales. We understand that some of you may also be experiencing the possibility of your child having additional learning needs for the first time. We want to reassure you by letting you know that there are people available to help and answer any questions that you may have. We work in partnership with families of young people with additional learning needs in a person-centred way. It is a free and confidential service which provides impartial advice, information and support on matters relating to education to parents and carers of young people with additional learning needs. The Local Authority has a team of Family Liaison Officers who can support and help with many things:



The team of Family Liaison Officers are trained to provide the correct support that you need. Hopefully, with their support and advice, your concerns will be sorted out early and as smoothly as possible:

- Telephone: 01267 - 246455
- Email: ALNQueries@carmarthenshire.gov.uk



Pages 24 to 37 provide a list of support groups ranging from social opportunities such as coffee mornings through to training courses available to support parents, families, carers and young people.

Changes to Additional Learning Needs (ALN) in Wales

Carmarthenshire Local Authority are keen for you to know as much as possible about the changes to the new additional learning needs system in Wales and what these changes might mean to you and young people.

The Welsh Government is bringing in a more flexible and open system when it comes to meeting the needs of young people with special educational needs or disabilities and are aiming to provide a fully inclusive education system for the learners of Wales.

This booklet aims to share with you some of the things that happen, step by step, when a decision is being made if it thought that a young person might have an additional learning need.

We want to work with you, and we are keen to hear your views on how best to support and meet the needs of the young people in Carmarthenshire. We believe that:



Why are these changes happening in Wales?

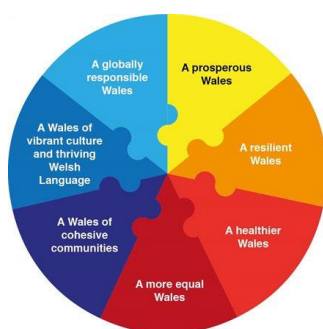
In Wales, we have tried to keep learning about the best ways that we can meet the needs of all of our young people. We feel that we can make our system even stronger by making sure that the rights of young people and their families are at the heart when planning for their support. By doing this, we can also keep the wellbeing of young people as an important focus too.



We believe that we can only do this well if we know the views, wishes and feelings of young people and their families and we are keen that you are part of any decisions that are made. With your help, and by including all young people equally, we can support them to become as independent as possible.



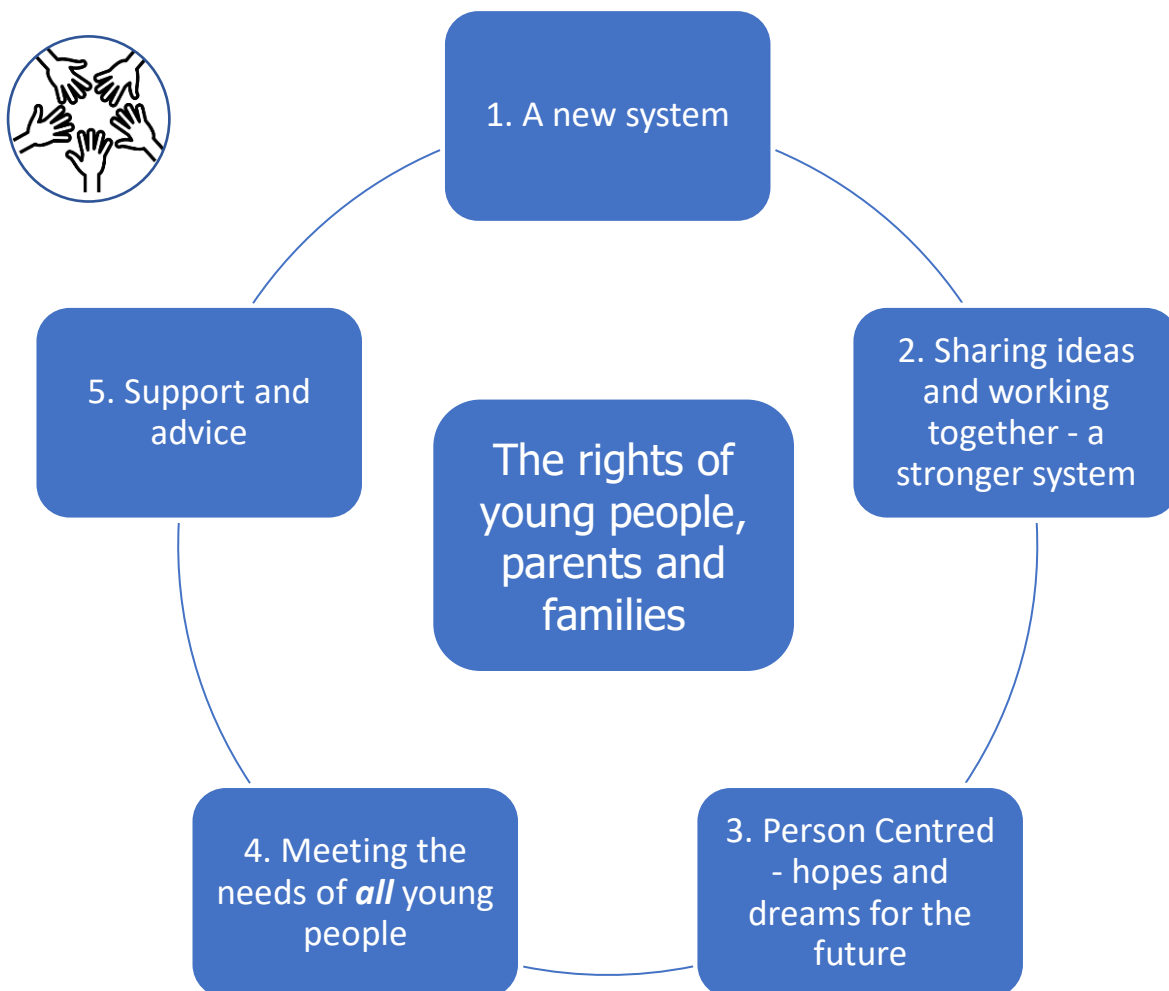
Convention on the
Rights of
Persons with
Disabilities



Page 36 provides a list of links to the documents above that you might find interesting such as the Convention on the Rights of the Child, the Curriculum for Wales and the Code of Practice for Wales. Page 36 also includes some frequently asked questions about the new system in Wales.



We would like to share 5 main points



This booklet will cover 5 main points of the new ALN system and include some questions and answers that you might find helpful when getting to know the new system. The Welsh Government believe that young people, parents and carers should be part of every step in the new ALN system. Click on the links below for more information from the Welsh Government:



- *The interactive e-learning course giving an introduction to the new ALN system.*
- <https://www.gov.wales/additional-learning-needs-aln-system-guide-parents-and-families>

1

A new system of support

Young people with Additional Learning Needs (ALN) have a new system of support and we believe that this system should help to make things easier for everyone, especially for the young people and their families. One of the first things you will notice is that Special Education Needs (SEN) is now called Additional Learning Needs (ALN) and in every school, there will be an **Additional Needs Co-Ordinator (ALNCo)**.

What is an Additional Learning Need (ALN)?

The Welsh Government believe that a young person has an additional learning need if he or she has a learning difficulty and/or disability and needs **Additional Learning Provision (ALP)**. Additional learning provision is support which is additional, extra, to that available to most young people of the same age. The support is tailored to the needs of the young person and for a longer period of time to support them to achieve their **outcome/s**.



Did you know...

A young person is someone who is 16 - 25 years of age and young people have the right to be involved in all aspects of their education. It is important that young people who have **capacity** are given their legal right to provide their **consent** for all decisions that are being made about them and for them. While parents and carers are encouraged to be fully involved in supporting young people in their education, young people have the legal right to share their views and to make their own decisions.



Sharing ideas, connecting and working together



For every young person in every school, how they are getting on and progressing is checked and recorded. This is done in many ways such as watching them in their classroom and in other parts of the school and by keeping a close eye on how they are managing with activities and how they communicate and interact with others and the world around them. This is important so that every young person has the support and learning opportunities that they need.

What happens if you, or someone else has concerns over how a young person is getting on?

There may be times when there will be concerns over how a young person is getting on and these concerns might be noticed by a teacher, teaching assistant, the ALNCo, the young person, a professional or by you. If this happens, the Welsh Government have made sure that there are steps that need to be followed so that these concerns can be looked at and worked through properly before a decision can be made if the young person has an additional learning need or not.

Did you know...

Even though the new system of support ranges from 0-25 years of age it does not mean that all young people with ALN have automatic access to continuous education up until the age of 25. As it is a more flexible and young person focused system, this will be based on each young person's reasonable need for education and training.

3

Person- centred - the hopes and dreams of *all* young people in Wales

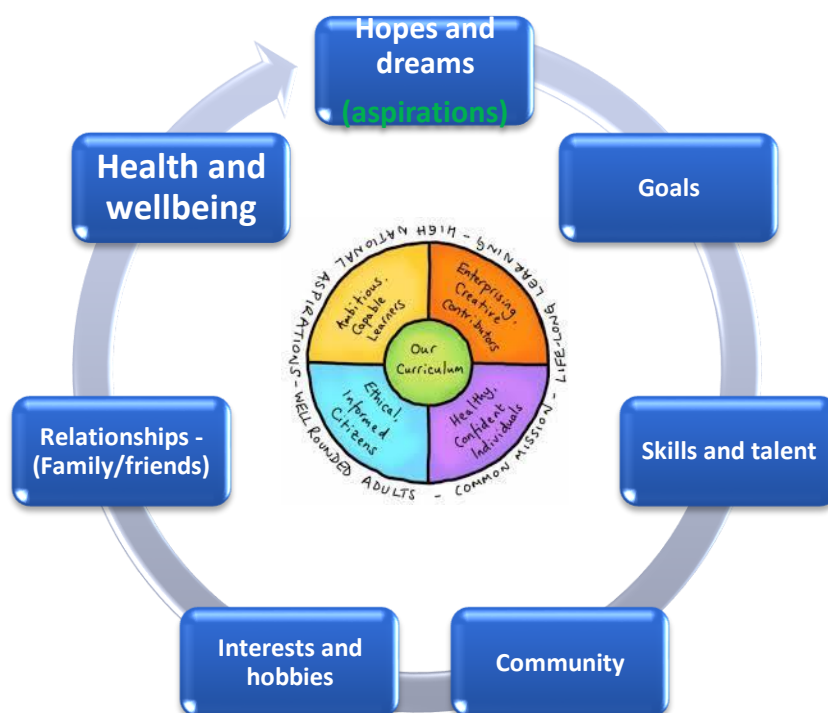
What does Person-Centred mean?

So that all young people's needs are met in schools, we believe that the young person should always be at the heart when planning for their learning. This is called being **person-centred** and it means focusing on and taking notice of the wishes, feelings and views of young people. It also means looking at all parts of a young person's life and what matters to them so that we have a rich picture of who they are. This picture will help schools plan for every learner. We are keen to make sure that you are part of this experience too.



Did you know...

The Curriculum for Wales aims to give all young people the chance to be creative, confident, ambitious and to feel part of their community!



What happens when someone thinks a young person has an additional learning need?



Did you know...

For most young people in school, it is the school that has a duty to decide if they have additional learning needs, unless there are reasons why they cannot.

It is important that, whoever is concerned about a young person's progress, they contact the school to let them know as soon as possible. It will normally be the school ALNCo who will support young people and parents through the next steps to finding out if they have an additional learning need.

It is at this stage that the school will look carefully at the support that they are giving, and also the support that they are able to put in place, to help the young person as best they can – and you have the right to be part of this too!



If a concern is raised by someone over a young person having an additional learning need, you should be told by the school. Young people and parents should be given a letter and information by the school about what will happen next.

Have you or the young person received a letter from the school explaining that a decision needs to be made about if your child has an additional learning need?

Yes -
No -



Schools have 35 days from the date that the concern was made to decide if the young person has an additional learning need. It is important to remember that this decision will only be made with information given from everyone who knows and works with the young person, and this means you too. *(please note, exception applies where it is impractical to take the action before the end of the specified time period due to 'circumstances beyond the [responsible body's] control' ALN Code 1.49).*

Getting together – what makes you comfortable and how you like to communicate



It is a good idea for schools to arrange a get together with the young person and parents so that everyone can talk through any worries that they might have, what will happen to them and what to expect when a decision is being made.



It is important to agree how the young person feels most comfortable communicating their views so that they can fully participate in the process. This includes the language of communication and how they want to communicate. They may prefer, for example, communicating in British Sign Language (BSL), by telephone, via email.

Have you been given the chance to have a get together with the school?

Yes -

No -



Has the young person had the chance to decide how they want the information given to them?

Yes -

No -



How will this affect your life and are you happy to carry on?

It is also very important from the start for the school to explain to young people and parents what it will mean to them and their lives if it is decided that they have an additional learning need. It is at the very beginning that young people need to have the opportunity to say that they are happy to carry on with finding out the decision.

Has the young person been asked if they are happy to carry on with finding out they have an additional learning need? Has the young person provided consent?

Yes -

No -



Finding out if a young person has an additional learning need – what will happen?

Gathering information

To make sure that the young person gets the right support, it is important for schools to start gathering information to build up a picture so that they can make the right decision about if they have an additional learning need. This might be by collecting reports, observing them and looking at examples of their school activities.



If a young person already has people working with them, for example, an Educational Child Psychologist, health worker, social care worker or a Local Authority specialist teacher, the school will ask everyone involved to share information too so that they can make the decision with as much information as possible.



Does the young person already work with anyone else, and have you been asked to share information too?

Yes -

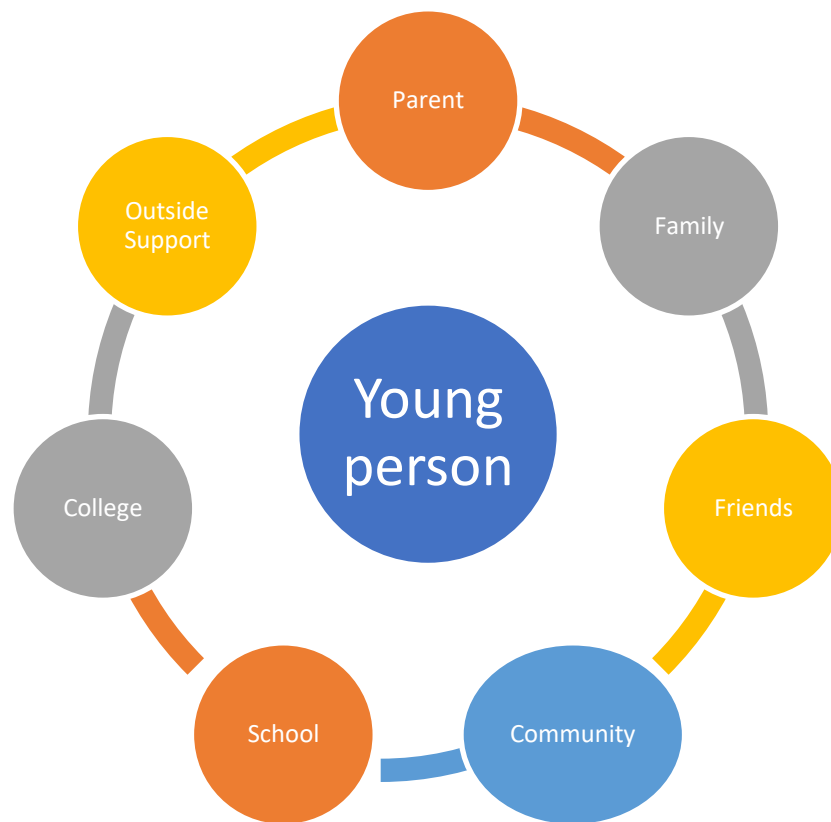
No -



Arranging a Person-Centred Meeting

So that the information that the school collects can be shared and talked about, the school will arrange a meeting, and this meeting will be called a **person-centred meeting**. It is called this because the young person is the most important person in this meeting and should be the focus of everything that is talked about and planned for.

The young person is always the focus of a person-centred meeting as this visual below shows:



What is a Person-Centred Meeting?

It is a chance for everyone that is involved with supporting the young person to work together and celebrate their achievements so that they are given the best possible support. Everyone in the meeting should have the chance to suggest ways of creating an **action plan** so that they have the best possible chance of achieving their outcomes.

Young people, parents and professionals will be given a questionnaire to fill in before the meeting so that everyone gets a chance to have their say before and in the meeting. This information will be collected by the school before the meeting.

Have you been given a questionnaire to fill in before the meeting so that you can share your views?

Yes -
No -



What will happen in a Person-Centred Meeting?

Sometimes, the thought of going to a meeting can cause feelings of anxiety and stress as it is hard to know what to expect or to know how the meeting will go. The Welsh Government understands this and wants young people and parents to know as much as possible before they go to a person-centred meeting. They also want these meetings to be as friendly and as relaxed as possible. Schools should try their best to make the meetings as comfortable as possible for young people and their parents so that you feel confident to share your views and feelings.

Do you feel that you have been given enough information about what will happen in the meeting and ways that might make the meeting feel as relaxed as possible for you?

Yes -
No -



In a person-centred meeting it is important that:

- You and the young person's views and wishes are listened to and understood and that you all feel supported by the school and other professionals.
- You and the young person are supported to think about what is important to them now and what their goals are for the future.
- You and the young person are asked to think about what's important for them to support their learning and also to support their happiness.
- You and the young person are asked to think about what's working and what could be better.
- You and the young person are involved in the **decision making process** so that you can help identify the need and share ideas on the best ways it can be supported.



It is important that the young person and you feel as comfortable and as prepared for the person-centered meeting as much as possible. If you are worried about the meeting or if you are unable to attend for any reason, please contact the school and let them know. They should be able to help you with any queries and concerns that you may have.

Trust, openness and working together

These meetings are important times to talk about what really matters to you and the young person. You all have a right to share your views and it is during this meeting you will have the chance to be open if you do not agree or share the same views. Being open and working together means that concerns can be dealt with as quickly as possible with the school and the key people involved.

What will be covered in a Person-Centered meeting?

Every person-centered meeting will be a bit different but there are things that will be covered and talked about in each one. These will be:



Has the school shared with you the young person's hopes and dreams for their future and if you know these, have you shared them with the school?

Yes -
No -



Who is in the meeting

What people like about the young person

What is important to the young person

What is important for the young person

What is working well and what is not working well

The action plan or outcomes that are decided at the end of meeting



What can you do to prepare for a Person-Centered meeting?

To help you feel ready, there are many things that you can do before the meeting. Thinking about things before the meeting can help you be more actively involved too and can help to make you feel more confident and not feel like you have been put on the spot.



Here is an easy tick checklist for you to go through to make sure you have everything covered for the meeting:

☐

Have you and the young person received a questionnaire from the school?

☐

Have you thought about what you like and admire about the young person?

☐

What is important to them? (what activities do they enjoy, who are their friends?)

☐

Have you thought about what could be better for the young person?

☐

What matters to you and the young pers? Do you want to share anything about, for example, health or behaviour support that you think might be helpful?

☐

Do you have a list of questions that you would like to ask at the end of the meeting?

Will the young person be involved in the Person-Centered Meeting?

The young person will have their **One-Page Profile (OPP)** to show at the meeting and this will help everyone have a better picture of them and to help decide if they have an additional learning need. The school will support the young person for the meeting, and they are welcome to join in too if they want to.

On their one-page profile you will see:

Photo

***What people like
and admire about the young person***

***What is important to the young person
(what do they like)***

How best to support the young person

Have you seen
your child's one
page profile, and
do you need
anything
explained about
it?



Yes -
No -

Making the decision about ALN

There will be plenty of information shared about the young person in the person-centred meeting. Either during or after the person-centred meeting a decision will be made about whether the school or thinks they have an additional learning need.

How might the decision end up if a school or LA is deciding?

✓ It has been evidenced that the young person is making progress and their needs are being met. Therefore, at this point in their education it has been decided that the young person does not have an additional learning need.

✓ It has been evidenced that the young person would benefit from a period of Additional Learning Provision. Therefore, at this point in their education it has been decided that the young person has an additional learning need and requires an *Individual Development Plan (IDP)*.

Did you know...



There might be times when the school decides that a young person does have an additional learning need, but they need to refer to the Local Authority for further guidance and support. This will be agreed in the person-centred meeting.

4

Meeting the Needs of all Young People with the Curriculum for Wales



It is important to remember that schools in Wales have a duty to support **every** young person in their learning and even though it may have been decided by the school that a young person does not have an additional learning need, they have the right to be supported fully in their learning. This can be done by keeping the young person at the centre of the planning, by updating their one-page profile with new information and looking together at the best ways to supporting them to achieve their outcomes, step by step. This means that every young person's learning needs are met in the school, with or without having an additional learning need or needing additional learning provision.

What happens if the school decides that the young person does not have an additional need?

If the decision is made that the young person does not have an additional learning need the school will inform you in writing explaining the reason. The school will provide you with an overview of what everyone agreed they would do in the person-centred meeting to support them to meet their outcomes. Also, the young person's one page profile will be updated with the information gathered from the person-centred meeting which will outline how staff can support their needs within the classroom.

What happens if the school decides that the young person does have an additional need?

In addition to the above, the young person will have an **Individual Development Plan (IDP)**.

What is an Individual Development Plan (IDP)?

In the old system, information on young people with special educational needs was written on a *statement*. The new system has a new document called an Individual Development Plan (IDP) and it is one plan that is put in place after deciding that a pupil has an additional learning need. This plan will be added to and changed as a child grows and develops. If it is decided that a young person has an additional learning need, they will have an Individual Development Plan which describes their additional learning need, and what needs to be put in place to meet those needs.

Did you know...



An IDP has information from professionals supporting young people and IDPs should be reviewed every year or when anything changes. The IDP is a live electronic document and access to the electronic document will be given to everyone involved with the young person. Young people with additional learning needs will be part of developing their Individual Development Plan (IDP) too so that they are at the center of everything that happens to them.

5

Support and advice

What happens if you are not happy with the decision made by the school?



There may be times when the school decides that the young person does not have an additional learning need, but you or the young person do not agree with their decision.



There may be times when the school decides that the young person does have an additional learning need, but you or the young person do not agree with their decision.

If you or the young person do not agree with the decision made by the school, it is a good idea to talk to the school first about how you are feeling and why you disagree with their decision. This can be done by arranging a face-to-face meeting with the school, via Teams or over the phone and this might help to sort out any



questions and concerns that you might have. The Welsh Government would like disagreements to be sorted out as early and as smoothly as possible and always keeping the child as the focus in all decisions that are made. You and the young person have the right to talk openly and honestly about how you are feeling, and you have the right to be supported throughout this process too. Giving time to talk through concerns can be the first step to sorting any concerns that you might have.

If you still do not agree with the school



If after you and the young person have talked to the school and you still do not agree with the school's decision, you and the young person have the right to ask the Local Authority to look at the situation to reconsider the decision. You can do this by contacting the Local Authority. The Local Authority then has 7 weeks to respond to schools, young people and to parents.

You can find more information on the on the Local Authority's Parent Partnership Service website by clicking on this link below:



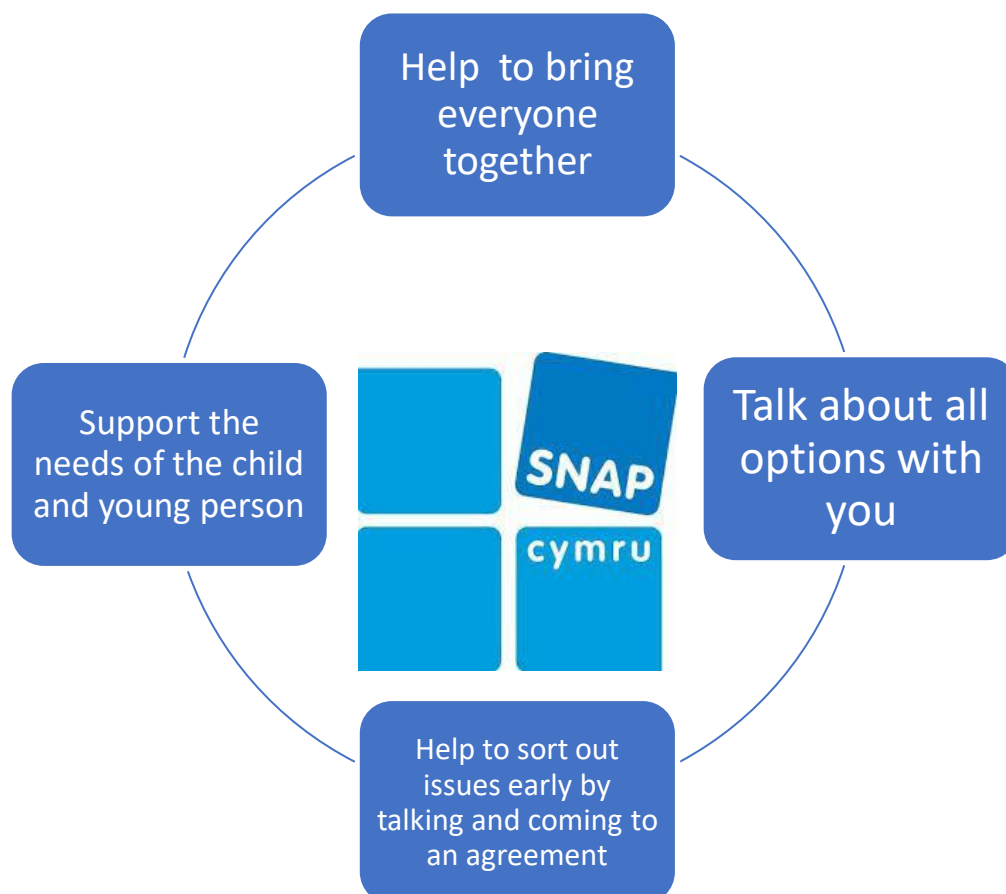
Parent Partnership Service (gov.wales)



***You and young people have the right to be supported during this process
and you have the right to share your views and opinions!***

Other people who might be able to help:

Snap Cymru is an Independent Parent Partnership service, and it is free to families and offers fair, correct information and advice so that they can:



SNAP Cymru will be able to listen and help if there are disagreements which cannot be sorted out. Young people, parents and carers have the right to **appeal** the decisions made by the school and the Local Authority about if a child has additional learning needs.

Click on the link below to find out more about how SNAP Cymru can support you:



SNAP Cymru gives support for parents, children and young people

Tribunal – what is it and how can you find out more

If you or the young person are not happy with the decision made by the Local Authority about their ALN, you can make an appeal to Additional Learning Needs and Education Tribunal Wales. Young people can also make an appeal by telling the **tribunal** that they disagree with a decision about their education.

The tribunal listens to and decides appeals about the decisions of a local authority in Wales and their decisions are legally binding. The tribunal may ask the local health board to provide evidence and they can make recommendations to the health board too.

The education tribunal provides advice and guidance on what happens in an appeal and the steps to be followed on this website:



<https://gov.wales/additional-learning-needs-and-education-tribunal-wales-act>

Making a complaint:

Every school has a complaints policy and a procedure that they follow should a complaint be made against them. This information is available in all schools. Just ask your school for further details.

Useful websites

<https://autismwales.org> – the national site for Autism Spectrum Disorders (ASD).

<https://www.asdinfowales.co.uk/nas-carmarthenshire-branch/> - National Autistic Society Carmarthen Branch

<https://www.pdasociety.org.uk/> - PDA Society

<http://handsupfordowns.weebly.com/> - Hands up for Downs, based in Swansea, parent run support group & charity for children with Down's Syndrome, affiliated with Down's Syndrome Association

<https://dyspraxiafoundation.org.uk/> - National site for Dyspraxia

<https://ndnetwork.org/wales.html> - Wales Dyslexia Network

<https://www.cerebralpalsy.org.uk> – National site for Cerebral Palsy

<https://www.adoptionuk.org/wales> - Wales site - Charity providing support, community and advocacy for all those parenting or supporting children who cannot live with their birth parents, by connecting adoptive families, providing information and signposting on a range of adoption-related issues.

<https://www.adhdfoundation.org.uk> – National site for ADHD

<https://www.dewis.wales> - Dewis Cymru provides information or advice about well-being – good search facilities to find services/support in your local area.

<https://cerebra.org.uk> – National site for children with brain conditions

<https://wales.mencap.org.uk> – Wales site for learning disability

<http://haipac.org.uk> – a website for providing help and information for Parents and Carers of disabled children and adults.

<https://dyscovery.southwales.ac.uk> - provides a specialist high quality service for those with, or suspected of having, a developmental disorder or learning difficulty. Specialises in assessments and interventions for adults and children aged five and above.

<https://www.natsip.org.uk> - National Sensory Impairment Partnership (NATSIP)

<https://www.sense.org.uk/get-support/information-and-advice/support-forchildren> - SENSE, support group for families of children with sensory impairment

<https://www.eric.org.uk> ERIC is a Charity for Children with bowel and bladder conditions

Useful services

Autism Services Carmarthenshire

Integrated Autism Service

The service provides adult autism diagnostic assessment (sometimes jointly with other services), support and advice for autistic adults, parents/carers, and professionals. Parents/carers can self-refer to the service, if your child has received a diagnosis of autism, you will be able to access some training and advice from the Integrated Autism Service.

To contact the service phone 01267 283070 or email westwalesias.hdd@wales.nhs.uk
West Wales - Awtistiaeth Cymru | Autism Wales | National Autism Team

Neurodevelopmental Team - Autism Assessment Service

Neurodevelopmental Team, Building 1, St David's Park, Job 's Well Road, Carmarthen, SA31 3HB, Neurodevelopmental Service Autism Assessment Service, Telephone: 01267 283077, childasd.referrals@wales.nhs.uk

Early Help Team 0-25

The Early Help Team supports disabled/ autistic children/young people and their families. We are a short-term early intervention service, and our aim is to support children/young people and their families to overcome challenges and achieve their potential.

Who can they help?

- People who live in Carmarthenshire.
- You need to be between 0-25.
- Parent/ carer of someone who is 0-25.
- Disabled/ autistic (diagnosed or undiagnosed) children/young people and their families.

What can they offer you?

- A plan of support which we will develop together and review when needed.
- Bespoke support around sensory needs, resilience, practical behaviour management and anxiety.
- They can help you progress into employment, education, or training.
- They can help you and your family to identify relevant activities, support and services in the community that will enable you to achieve your goals.
- They can help you to understand more about your disability/autism

Tim Camau Bach

Tim Camau Bach is part of the Early Help Team and can offer short term support for parents with a disabled child aged 0-16.

This may include support with communication, sleep, continence, behaviour, diet, play child development and sibling support.

They offer:

- Home based support.
- Pre-school support.
- Disability workshops.
- Group support for those aged 0 -16; such as coffee morning, Positive Behavioural Management Workshops and support groups for children etc.

Self-referral forms available through the link below:

Disability - Carmarthenshire Family Information Service (gov.wales)
Early Help Team– 01267 246673
disabilityreferrals@carmarthenshire.gov.uk

Autism Wales

Information, resources, training and support. In addition to the resources available across the AutismWales website, you will also find information of the further work of the National Autism Team.

About us - Awtistiaeth Cymru | Autism Wales | National Autism Team

Autism Wellbeing

Autism Wellbeing CIC is a not-for-profit social enterprise based in Carmarthenshire. We are a team of professionals working collaboratively with families and individuals affected by autism.

If you have any queries about any of our services, please do not hesitate to contact Rorie Fulton on 07393 664 048 or email him at roriefultonaw@gmail.com. Rorie is in the office on Mondays, Thursdays and Fridays.

Services include:

- Phone-Based Support
- Online training courses in Making Sense of Autism and Sensory Trauma: autism, sensory difference and the daily experience of fear
- Interoceptive Awareness course (online)
- Just Right State parents programme (online)

- Making Sense of Autism guided learning course (online/via telephone)
- Online Peer-to-Peer Support Group for Autistic Adults
- Online Peer-to-Peer Support Group for Parents of Autistic Children
- Free downloadable resources to support families and autistic people during the Covid-19 pandemic
- Psychological therapy for autistic people (online)
- Psychological therapy for parents and siblings (online)
- Sensory Equipment Lending Library

About | Autism Wellbeing

Autside

Autism specialists offering training, consultancy and support.
Autism, Training, Education - Autside - Bridgend, Wales (autsideeducation.co.uk)

Support Groups

National Autistic Society

Their hard-working volunteers run support, information and social activities for autistic adults, children and their families in their local area. Additionally, they organise and join in with fundraising and campaigning.

carmarthenshire.branch@nas.org.uk
<https://www.facebook.com/NASCarmarthenshireBranch>

Neuro D Club

Coleshill Club 6pm-8pm Monday.

To enquire further- please click on link below.
<https://form.jotformeu.com/92922591424359?fbclid=IwAR13xC-B6p0T-5FiCbdsR8e4aVQPODwpT1pEUelxUa0OiHlph0ZrAGKxjg>

Social support groups

THE HIVE



The Hive is an additional learning needs social group recently set up by parents and carers. We meet every week to socialise and also have a WhatsApp group to provide each other support, information and to sometimes organise other activities/outings. Our base in Ferryside enables us to enjoy a drink, chat, play skittles, pool, the juke box or use the other hotel facilities like the spar (gym, large indoor swimming pool, Jacuzzi and sauna), or to go for a walk at its lovely beach location!

Our aim is to help retain friendships after school, build new ones and promote doing things together.

Please join us Sundays From 4pm at
The Three Rivers, Ferryside, SA17 5TU

Contact: Lizzie Mathias
Email: Lizziemathias@live.co.uk
Tel: **07593 574642**



PARENT/CARER COFFEE MORNINGS

IF YOU ARE A PARENT/CARER OF
A CHILD/YOUNG ADULT WITH
DISABILITIES, JOIN US FOR A
CUPPA AND A CHAT

**TAKES PLACE EVERY FIRST AND THIRD
TUESDAY OF THE MONTH**

@ Canolfan John Burns Centre, Kidwelly
10am-12pm

Starting November 2nd 2021 - Term Time Only

FOR MORE INFORMATION CONTACT ONE OF OUR PARENTS FOR AN
INFORMAL CHAT. WE WOULD LOVE TO HEAR FROM YOU

sophie.phillips43@yahoo.com
ajmartin12@gmail.com
Gemmadvies85@yahoo.com

FOR MORE INFORMATION CONTACT ONE OF OUR PARENTS FOR AN
INFORMAL CHAT. WE WOULD LOVE TO HEAR FROM YOU

sophie.phillips43@yahoo.com
ajmartin12@gmail.com
Gemmadvies85@yahoo.com

ALN Group

The ALN group is open to anyone with children that have ALN, whether diagnosed, under assessment or have been diagnosed. The group runs weekly, however with limitations due to Covid; they do need parents to book in. It is no longer a drop-in session. This can be explained once the parent reaches out via email.

Canolfannau Plant Integredig / Integrated Children's Centres

Rhif Ffôn | Tel: 01554 742203

E-bost | Email: nhorne@carmarthenshire.gov.uk Or EJCaine@carmarthenshire.gov.uk

Carer Support Groups Carers Trust Crossroads West Wales

Would you like to connect with other carers over a coffee and a chat? Carers Support Groups offer a safe and confidential space for carers to meet up with other carers who may be on a similar journey for a friendly chat, to receive information updates and discuss issues that are important to carers.

For further information or to book a place please contact the Carers Information Service on 0300 0200 002 or email info@ctcww.org.uk

Carmarthen Meets every 1st Thursday of the month 12pm-2pm at The Nurture Centre, Cambrian Place, John Street, Carmarthen, SA31 1QG.

Llanelli Every 3rd Thursday of the month, 1pm–3pm at Dafen Welfare Hall, Dafen Park, Llanelli, SA14 8LR.

Ammanford Meets every 3rd Tuesday of the month 11am-1pm at Gateway Elim, Pantyffynnon, Ammanford, SA18 3HL.

General Support Services

CBSA

Current Projects include - Food Resilience Project, Life Skills Project, Feeding Futures, 1st Impressions (Support with training, gaining employment etc). Life skills such as - confidence, resilience, decision making, upskilling, upcycling and DIY, money management, domestic skills and management as well as personal management and interpersonal skills.

The Stebonheath Centre, Stebonheath Terrace, Llanelli, SA15 1NE
01554 779910

info@cbsa.org.uk

Our Services | The Centre for Building Social Action (cbsa.org.uk)

Team Around the Family (TAF)

If you are worried about your child, have parenting stress or have difficulties in accessing services in Carmarthenshire, the TAF approach can pull the right people together to help you. TOGETHER, they will look at ways to help you as a family to develop your strengths and overcome other areas where you may benefit from some extra support.

Tel - 01267 246555 Family information service.

Team Around the Family
Family Support, Children & Education
Building 2 Parc Dewi Sant Jobswell Road
Carmarthen, SA31 3HB.

E-mail; TAF@carmarthenshire.gov.uk

Carers Trust

Carers Trust Crossroads West Wales offers a wide range of services including: Carers Outreach Service, Carers Information Service, Young Adult Carers and Young Carers Services, Volunteering Opportunities, Children's Clubs, Day Services, CATCHUP Welfare Benefits Advice Service.

Services – Carers Trust Crossroads West Wales (ctcww.org.uk)

Tel: 0300 0200 002 Email: info@ctcww.org.uk

Mind

Llanelli MIND Youth Befriending Service for 16–18-year-olds.

If you are feeling isolated or lonely one of our incredible volunteer befrienders is here to help. We provide the opportunity to share any problems and put an end to social isolation.

For more information, please phone 01554 776306 or email befriending@llanelli-mind.org.uk

Plant Dewi

Plant Dewi is an organisation that support families with children between the ages of 0-11 years. Offer parent support, confidence building, parenting courses, and healthy lifestyle information and home safety activities.

Tel: 01267 221551 www.plantdewi.org.uk

Carmarthenshire People First

Carmarthenshire People First is an independent charity promoting independent advocacy, support and training for adults with learning disabilities, based in Carmarthenshire.

They run several peer support groups, covering topics and subjects such as Peer Advocacy, Independent Living, Money Matters, Health and Well-being and Cookery. Also run Walk and Talk Groups.

To access the service you need to be:

- an adult with a Learning Disability

- currently living in Carmarthenshire

info@carmarthenshirepeoplefirst.co.uk

01267 234635

Actif Community

Mental Health Walk, Talk and Run Group

Canolfan Hamdden Caerfyrddin Carmarthen Leisure Centre Dydd Mawrth a Dydd Iau/

Tuesdays and Thursdays 10:00-11:00

Walk, Talk and Run – Actif

Young Minds

Offering advice and support regarding concerns with behaviour, emotional wellbeing and mental health Tel: 0808 8025544 www.youngminds.org.uk

Cerebra

Cerebra is a unique charity set up to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their carers www.cerebra.org.uk

Iechyd Da- Youth Health Team

The Iechyd Da Youth Health Team work with young people to help maintain health and wellbeing.

You can access this service if you are:

- a young person living in Carmarthenshire, Ceredigion or Pembrokeshire
- between 11 to 25 years of age
- not in compulsory education

Telephone: 01554 748085

Iechyd Da: Youth Health Team, Coleg Sir Gar, Pibwrlwyd Campus, Carmarthen, SA31 1NH

Chat Health - 07507327126

Home Page - ChatHealth

ChatHealth launches in three counties - Hywel Dda University Health Board (nhs.wales)

If you are 11-19 and have concerns, text the young person's Chat Health help line and get confidential support from your Iechyd Da and school nurses. If you have concerns over the following:

- Emotional health and wellbeing anxiety, anger, low mood and panic attacks
- Relationships
- Bullying and cyber bullying
- Self-harm
- Healthy eating
- Alcohol, smoking and drugs
- Anything else that involves your health

Home Start

Family support charity in the UK. Parent volunteers offer support and friendship to other parents through home visiting, via a family and specialist groups and through social events.

Tel: 0800 068 63 68 E-mail; info@home-start.org.uk

Action for Children Family & Community Team

Action for Children gives children, young people and families the chance to fulfil their potential and to make the most of their lives.

Through Families First in Carmarthenshire, Action for Children provide a range of parenting programmes that offer practical tools, skills and information to help parents with children or young people aged 0-19.

Address 24 Station Road, Llanelli, Carmarthenshire Tel; 01554 745150
Action for Children - Carmarthenshire Family Information Service (gov.wales)

Family Information Service

Provide free bilingual, impartial advice and guidance on a wide range of childcare options, activities for children and family support related issues.

Tel; 01267 246555 www.fis.carmarthenshire.gov.uk

CAMHS Resource Toolkit

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/>

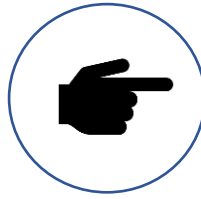
[CAMHS Resource Toolkit & Quick Guide - Awtistiaeth Cymru | Autism Wales | National Autism Team](#)
[Welsh](#)

[Pecyn Adnoddau & Canllaw Cyflym CAMHS - Awtistiaeth Cymru | Autism Wales | National Autism Team](#)

Support organisations:

- SNAP Cymru
- National Deaf Children's Society
- National Autistic Society Cymru
- Royal National Institute of Blind People (RNIB) Cymru
- Children's Commissioner for Wales

Useful documents



- The Additional Learning Need Code for Wales
<https://gov.wales/additional-learning-needs-code>
- Additional learning needs (ALN) system: parents' guide
<https://gov.wales/sites/default/files/pdf-versions/2022/1/2/1642504560/additional-learning-needs-aln-system-parents-guide.pdf>
- The Well-being of Future Generations (Wales) Act 2015
<https://www.futuregenerations.wales/about-us/future-generations-act/>
- The United Nations Convention on the Rights of the Child
<https://gov.wales/sites/default/files/publications/2021-11/uncrc-summary-poster.pdf>
- The Curriculum for Wales
<https://hwb.gov.wales/curriculum-for-wales>

Frequently asked questions:

<https://gov.wales/additional-learning-needs-transformation-programme-frequently-asked-questions-html>