POWYS

AUTISTIC SPECTRUM DISORDERS (ASD)

DIRECTORY OF SERVICES FOR INDIVIDUALS AND THEIR FAMILIES
Contents Page

Introduction .................................................................................................................. 3
Local Support .................................................................................................................. 4
National Support ......................................................................................................... 10
Early Years .................................................................................................................... 17
Advocacy Services ....................................................................................................... 19
Education & Training .................................................................................................. 23
Social Care .................................................................................................................... 27
Powys Teaching Health Board ................................................................................... 30
Benefits for Children and Adults with an ASD ............................................................. 33
Employment Support .................................................................................................. 36
Leisure and Other Services .......................................................................................... 40
Holidays and Family Days Out ..................................................................................... 41
Introduction
This directory has been developed in response to the Powys ASD Action Plan 2011-14 and to form part of the Powys Social Communication Assessment Teams (SCATs) Post Diagnostic Pack to support individuals with an ASD and their families and inform professionals.

This directory aims to be a helpful resource to individuals and their families. The information contained in this directory is believed to be correct at the time of print but can be subject to change at any time.

The information can also be accessed via the Welsh Governments E Resource from the 1st April 2011 via www.ASDinfoWales.co.uk.

Disclaimer
The inclusion of groups and organisations in this guide does not necessarily mean that we recommend them. We advise that you take the usual precautions before approaching any of the listed agencies.

Your Comments
We would like to hear your views and comments about this directory. If you have any feedback on the directory content, please contact Morgan Davies, IDS Co-ordinator via email morgan.davies@powys.gov.uk or telephone 01597 826 604.

Acknowledgements
With thanks to Rhondda Cynon Taf and their Directory of Services for Individuals and Families.

We do not necessarily endorse organisations nor the content of external websites that may be accessed from this directory.
Local Support

Autonomy Self Help Group
Autonomy is a self-help and social group for young people and adults with Asperger Syndrome in Shropshire, Telford and Wrekin and the Borderlands. Groups are open to Powys residents and anyone can sign up for a weekly newsletter.
Contact: Sara Heath
Address: Various venues
Email: autonomyshropshire@yahoo.co.uk
Website: www.shropshireautonomy.co.uk

Barnardo's Cymru in Powys
Barnardo’s Cymru provides 43 services across the country working with vulnerable children, young people, families and communities, helping them to build a better future.
The Parent Works Service Team co-ordinate and provide structured parenting programmes throughout Powys on a term basis.
Telephone: 01686 623204
Email: parent.works@barnardos.org.uk
Website: http://www.barnardos.org.uk/powysfgm/powysfgm_contact_us.htm

Brecon & District Contact Association
Brecon & District Contact Association are your local charity supporting positive mental health wellbeing. Our Wellness, Recovery and Learning Centre is in Bell Lane in the centre of Brecon and we provide a range of activities and services. We offer services and activities in Brecon, Hay, Crickhowell and Talgarth.
Contact: Nikki Cook
Address: 3 Bell Lane, Brecon LD3 9EE
Telephone: 01874 611529
Email: brecondistrict@btconnect.com

Brecon Community Arts Workshop – Take Part
'TAKE Part' is a not-for-profit Community Art Workshop situated in Brecon. The Workshop is a community facility for the whole area South Powys with particular emphasis on involving members of the community who are excluded or choose to exclude themselves from community activities; people who experience marginalisation through low income, disability, both mental and physical and racial discrimination and people who are disadvantaged because of age, sexual orientation, addiction, substance misuse, or criminal records. We use the Workshop and its activities as a means of promoting social inclusion by bringing together individuals and community groups and use the production of art and craft work as a means of developing individual self-confidence, self esteem and to provide respite and therapy.
Contact: Pat Cook or Dee Perks
Address: Unit 28 Ffrwdgrec Industrial Estate, Brecon, Powys
Telephone: 01874 610 643 or 01874 711 544
Email: info@takepart.plus.com
Bryngwyn R.D.A.
Riding opportunities for children and adults with a disability, within a safe environment. We run fortnightly on Saturday afternoons from Spring through to Autumn. Sessions are held at Bryngwyn Riding Centre HR5 3QN.
We provide Fun, Learning and Therapy whilst building Self Esteem, Confidence and developing New Skills. All abilities are catered for, and each rider has individual targets and aims set by our experienced R.D.A. Instructor.
Contact: Sally Williams (group secretary)
Address: The Hunny Pot, Pembers Oak, Kingswood, Kington, Herefordshire, HR5 3HJ
Telephone: 01544 231 975
Email: bryngwyn.rda@aol.co.uk

Butterflies Friendship Group
This group is to run alongside monthly meeting offering support for Parents of children with Autism and additional needs – covering Shropshire and Powys. (Formerly Tanat Valley Parent Carers.)
Contact: Butterflies Friendship Group
Telephone: 07855 898 684
Email: butterfliesfriendshipgroup@hotmail.co.uk; butterfliesfriendship@weebly.com

Cerebra – Family Support Services (Brecknockshire)
Cerebra’s Family Support Service provides a free home visiting service for parents of children with neurological and neurodevelopmental disorders (ADHD, Autism Spectrum Disorders, epilepsy, learning difficulties, global developmental delay, Down’s Syndrome, Cerebral Palsy etc) to help with things like: DLA and other benefits form completion, help and advice on education and statementing, general information on Cerebra’s services, help and advice on getting help from Social Services, general advice on neurological and neurodevelopmental disorders and representation at appeal tribunals. The service also offers talks to parent support groups, other charities, statutory departments and the like to tell them more about what Cerebra do. All Cerebra’s services are free. The service covers the counties of Carmarthenshire, Pembrokeshire, Ceredigion, Swansea, Neath Port Talbot, Bridgend, Rhondda Cynon Taf, Cardiff, Caerphilly, Vale of Glamorgan and Merthyr Tydfil; as well as the Brecknockshire area of Powys.
Contact: David Williams
Address: Cerebra, Second Floor Offices, The Lyric Building, King Street, Carmarthen, SA31 1BD
Telephone: 01267 242558
Email: davidw@cerebra.org.uk
Website: www.cerebra.org.uk

Compass Community Care Ltd Wales - Newtown
Compass Community Care Ltd was established in 1996 with the specific aim of supporting adults with learning difficulties. They are providers of Domiciliary Support and Supported Living Services within the Vale of Glamorgan, Caerphilly and Powys areas.
Contact: Compass Community Care
Address: St David’s House, New Road, Newtown, Powys, SY16 1RB
Telephone: 01686 610303
Website: www.compassccl.com

Dyfodol Powys Futures
Dyfodol Powys Futures is a Charity and Company Limited by Guarantee, established on the 5th April 2008 to provide services to children, young people and families within Powys. Their mission is “...to enhance the development and education of children and young people in the County of Powys by providing services to meet their needs, in particular, by providing facilities for
their daily care, recreation and development, as well as by providing training, guidance and information for them, their families and for those working with them.”

Contact: Dyfodol Powys Futures
Address: Trafford House, Temple Street, Llandrindod Wells, Powys LD1 5HG
Telephone: 01597 825 236
Email: info@dpfutures.org.uk
Website: www.dyfodol-powys-futures.org.uk

Dyfed Powys Police and Autism Cymru – Emergency Card Scheme

Dyfed Powys Police force, in conjunction with Autism Cymru has launched a card for individuals with an ASD including those with high functioning autism living in the area. If an autistic individual comes into contact with any emergency service, they can produce the credit card size ASD Attention Card which will provide key points on how to communicate more effectively:

1. ASD is a Disability
2. I may need access to an intermediary
3. Please ask questions one at a time
4. Please tell me step by step what is to happen.

The card also provides telephone numbers for personnel for advice, support and information about ASD. The information is intended to increase awareness and understanding of ASD and to be of help to individuals with an ASD and their families and the individuals they become involved with.

Contact: Birgit Villeneuve, Autism Cymru for further information and/or an application form
Address: 62, Newport Road, Cardiff CF24 0DF
Telephone: 02920 464 940
Email: buv@autismcymru.org

Embracing Autism – Learning to Help Change Lives

We offer workshops and courses for parents and families, schools and social workers, the emergency services and anyone in the public sector who may come into contact with someone on the spectrum.

Telephone: 07934628326
Email: gillian@embracingautism.co.uk
Website: www.embracingautism.co.uk

Family Information Service (FIS)

The Powys Family Information Service provides free, confidential and impartial information to parents and carers on childcare and related services in Powys for children aged 0-25. They can give information and advice on childcare options including; childminders; day nurseries; playgroups/ Cylchoedd Meithrin; parent and toddler groups/Ti a Fi; and out of school and holiday clubs/play schemes. They also have information on various related services and organisations.

Contact: Powys Youth and Family Information Service
Address: The Gwalia, Ithon Road, Llandrindod Wells, Powys LD1 6AA
Telephone: 0300 111 0234
Email: fis@powys.gov.uk
Website: www.fis.powys.gov.uk

KOOTH

KOOTH is a free online advice and counselling service for children and young people aged 11-25 living or attending school in Powys. At KOOTH counsellors have been specially trained over many years and follow BACP (British Association of Counselling & Psychotherapy) guidelines and code of
ethics. We also have other workers with special knowledge about certain things, like drugs, alcohol or sexual health - they are not counsellors but they can help by giving you information about things you maybe feel uncomfortable talking to other people about. It is a safe online place where you can:

- get help, advice & support with anything that’s causing you stress, hardship or embarrassment
- find out about local services, events & news
- write your blog or magazine articles

You can also request face to face counselling on the website too.

**Website:** Visit [www.kooth.com](http://www.kooth.com) to create an online account

---

**L’Arche (Brecon)**

Renowned international charitable organisation that provides community living and support services for adults with learning disabilities. There is a community in Brecon, other accessible communities near to Powys are located in Liverpool and Preston.

**Contact:** L’Arche
**Address:** First Floor 2, Wheat Street, Brecon, Powys, LD3 7DG
**Telephone:** 01874 624 483
**Email:** info@larche.org.uk
**Website:** [www.larche.org.uk](http://www.larche.org.uk)

---

**Local Resource Solution Panels (LRSPs)**

The LRSPs are a forum where children and families can obtain services locally and where professionals can come for advice. Professionals are encouraged by working together to provide solutions to difficult situations. LRSPs can help with behaviour, communication, emotional issues, relationships, child development, play and stimulation, school attendance and learning, substance and alcohol misuse, parenting, making sense of life experiences, mental health and social skills.

A child or young person can be referred if they are aged of 0-24 years inclusive, residing or being educated in the county of Powys (except children ‘Looked After’ by other local authorities (COLA)) who would benefit from a multi-agency response to their situation.

**Contact:** Christine Davis, LRSP Co-ordinator
**Address:** Mezzanine Floor, Powys County Hall, Llandrindod Wells, Powys LD1 5LG
**Telephone:** 01597 826 246
**Email:** christine.davis@powys.gov.uk
**Website:** [www.cypp.powys.gov.uk](http://www.cypp.powys.gov.uk), just select ‘Structure and Business’ then ‘LRSP’.

---

**MAGIC (Machynlleth Additional needs Group for Incredible Children)**

A support group for parents of children with additional needs based in Machynlleth. The group meet weekly at and are supported by colleagues from Action for Children.

**Contact:** Amy Roberts
**Telephone:** 07960 125465
**Email:** robertsfamily2010@icloud.com

---

**Machynlleth ASD Parent Support Group**

A support group for parents of children with an ASD based in Machynlleth established by a mother of a child with an ASD.

**Contact:** Ceri Herbert or Anita Schwartz, Community Focused Schools Development Officer
**Telephone:** Ceri – 07792 782 402 or Anita - 01654 702 386
**Email:** bubbles13111978@hotmail.com
National Autistic Society (NAS) Cymru Powys Branches

The NAS Cymru offers two local branches in South Powys, one based in the Ystrdaganlais area and the second covering Brecon to Llandrindod Wells. The branches meet monthly and offer a wide range of services, information and support to local people affected by autism spectrum disorder (ASD). Branches operate independently but benefit from the backing of a national organisation and dedicated regional support staff. Branches are run by parents/carers of people with an ASD and by adults who themselves have an ASD. Typical services offered may include playgroups for children, social groups for young people/adults, informal support for parents wanting to meet, chat and relax, and evening and daytime meetings with expert speakers. Many Branches also get involved in fundraising events and participate in local campaigning and awareness-raising activity.

Contact: South Wales National Autistic Society Cymru
Address: 6/7 Village Way, Greenmeadow Springs Business Park, Tongwynlais, Cardiff CF15 7NE
Telephone: 029 2062 9313
Email: southwales.services@nas.org.uk
Website: www.autism.org.uk/wales

There are a number of branches accessible in neighbouring counties to support North Powys. For further information, please contact:

Contact: Pauline Roberts, Regional Officer, North Wales National Autistic Society Cymru
Address: Princes Business Centre, 26 Mostyn Road, Colwyn Bay LL29 8PB
Telephone: 01492 536 134
Email: pauline.roberts@nas.org.uk
Website: www.autism.org.uk/wales

Open Doors Family Centre

Open Door Family Centre is a well established, community focussed Welsh charity based in Welshpool aiming to promote and enhance development, education and welfare of children and their families, to reduce social pressures and improve quality of life for families, to address support needs and reduce the need for statutory intervention by providing services that promotes the health and wellbeing and safety of children and young people. Their groups meet monthly and include:

- Parents/families/children with additional needs group
- Young people with additional needs group

Contact: Open Door Family Centre
Address: Howell Drive, Welshpool, Powys SY21 7AT
Telephone: 01938 556 238
Email: info@opendoorfamilycentre.co.uk
Website: www.opendoorfamilycentre.co.uk

Powys Social Communication Assessment Teams (Assessment & Diagnosis)

The Powys SCATs are responsible for the assessment and diagnosis of children and young people up to and including the age of 18 years with social and/or communication difficulties. There is a North and South Powys team which are multi agency and multi disciplinary and meet on a monthly basis. Requests for an assessment can be made from a medical professional or educational psychologist.

Contact: Rebecca James
Address: Powys Teaching Health Board, Bronllys Hospital, Hilfa Unit Bronllys, Powys LD3 0LU
Telephone: 01874 712 607
Email: rebecca.james@wales.nhs.uk
Powys Assessment & Diagnostic Service including Pre and Post Diagnostic Counselling

We are developing an assessment service for Adults with an Autism Spectrum Condition. It’s called a spectrum disorder or condition. People with this condition may have many different skills or difficulties but often face similar challenges. We will need to interview you and find out about you to make a diagnosis. We will also work out with you what help could be useful for you.

The ASD assessment has 5 basic steps:
1. **Screening** – often by your GP/other health professional
2. **Allocation** – We will ask for information and check you are in the right service
3. **Assessment** – by trained member of the team
4. **Second Opinions** – interview/ second assessment by specialist ASD team member
5. **Identification of support needs, written feedback and recommendation**

Contact: Rebecca James
Address: Powys Teaching Health Board, Bronllys Hospital, Hilfa Unit Bronllys, Powys LD3 0LU
Telephone: 01874 712 607
Email: rebecca.james@wales.nhs.uk

Social Services ASD Parenting Group - Newtown

Powys County Council’s Children with Disability team (CWD) in Montgomeryshire hold an informal bi-monthly group for parents whose children have an Autistic Spectrum Disorder. The group meetings are held in Newtown Library.

Contact: CWD North Powys
Address: The Park, Newtown, Powys SY16 2PL
Telephone: 01686 617 520
National Support
The Welsh Government (WG), with assistance from Autism Cymru, the National Autistic Society (Cymru), the Social Services Improvement Agency (SSIA) and other agencies, together with families and individuals with ASD, have produced ASD Awareness Raising Packages. These materials are targeted at practitioner groups working in the statutory and independent sectors, as well as for families and the users of services and can be accessed via WG’s website www.wales.gov.uk and they are also available from the new e resource www.ASDinfoWales.co.uk.

1. A resource for Families in Wales
2. A guide for practitioners working in preschool/primary/special school settings
3. A guide for practitioners working in secondary schools, further and higher education colleges in Wales
4. Primary Healthcare Settings
5. Information for Practitioners who have an interest in developing Property or services for housing and/or day opportunities
6. Information for dentists and opticians in Wales
7. A guide for Practitioners working in advocacy services in Wales
8. Employment and work related issues in Wales
9. A guide for the criminal justice system practitioners in Wales
10. A guide for people working with older adults
11. A guide for practitioners providing family support in Wales
12. A guide for Homelessness Practitioners and Housing Advice Workers
13. A guide to Housing Management for Practitioners and People in rented Housing

Website: http://wales.gov.uk/topics/health/nhswnes/majorhealth/autism/?skip=1&lang=en

Action for Children
Through their work and through speaking out, ‘Action for Children’ seek to break the cycle of deprivation. They challenge injustice and empower children to overcome the obstacles in their lives that hold them back. They tailor their work to local circumstances, in partnership with children and young people, families, communities and local organisations. They work with children and young people; whose families need support; who cannot live with their birth families; who are disabled; and who experience severe difficulties in their lives. They have been working with the UK’s most vulnerable and neglected children since 1869. They were originally called the National Children’s Home, or NCH, until September 2008 when they changed their name to one that better describes what they do and what they value - Action for Children. Today, Action for Children is the leading UK provider of family and community centres, children’s services in rural areas, services for disabled children and families, and services for young people leaving care. Action for Children also deliver the ‘Incredible Years’ programme.

Contact: Powys Community Support Services
Address: Church in Wales Primary School, Trefonnen, Llandrindod Wells, Powys LD1 5EP
Telephone: 01597 822 190
Website: www.actionforchildren.org.uk

Afasic Cymru
Afasic Cymru supports parents of children with speech and language and communication impairments. Afasic Cymru was established in Wales in 2002, thanks to funding from the Welsh Assembly Government (WAG); the Waterloo Foundation and The Big Lottery Fund. They provide information and training for parents and professionals and produce a range of publications. It works in partnership with local and national government, professional and statutory bodies and other voluntary organisations.

Contact: Jeannette Carr, Director
Address: Titan House, Cardiff Bay Business Centre, Lewis Road, Ocean Park, Cardiff CF24 5BS
Telephone: 029 2046 5854
Website: www.afasiccymru.org.uk
All Wales Forum of Parents and Carers of People with Learning Disabilities

We in the AWF have been active for over twenty years now, working throughout Wales on behalf of parents and carers of people with Learning Disabilities. Indeed we are the only Wales-wide Learning Disabilities organisation run by parents and carers for parents and carers.

Our goal is to achieve the human rights of people with Learning Disabilities and their parents and carers through; representing parents and carers; identifying relevant all-Wales issues; empowering parents and carers to deal effectively with all authorities and organisations involved in service provision for people with Learning Disabilities; working with other organisations to achieve a Wales-one-voice approach.

We seek to maintain links with parents’ and carers’ groups throughout Wales so that we can keep abreast of issues which cause concern to parents and carers, and make representation at Welsh Assembly Government and Local Authority level on their behalf.

Contact: Anne-Marie Carpenter
Telephone: 02920 811 120
Website: anne-marie.allwalesforum@comeuro.co.uk

ASD Info Wales – E Resource for ASD in Wales

A national ASD resource to support individuals with an ASD and their families including -

- Service Directory
- Training and Awareness
- ASD Strategic Action Plan and local plans
- Advice and signposting
- ASD Awareness Certification – www.ASDinfoWales.co.uk/ASDaware. Visit this section of the site to access some learning about ASD. This will only take a short amount of time but can make such a big difference to people with ASD. Your learning will be rewarded with a personalised certificate.

Website: www.ASDinfoWales.co.uk

Asperger United, National Autistic Society

A National Autistic Society magazine for 16+ (though some parents subscribe on behalf on under 16s). It is edited and written by people with High-Functioning Autism, Asperger’s Syndrome and other high functioning conditions on the spectrum. Each issue contains personal accounts of having Asperger’s syndrome or autism, letters to the editor and short stories and artwork. Subscription to the magazine is free, but it is recommended that professionals wishing to access the magazine make a contribution to the National Autistic Society.

Contact: Asperger United
Address: Asperger United, c/o The National Autistic Society, 393 City Road, London, EC1V 1NG
Telephone: 020 7903 3595
Email: asp.uted@nas.org.uk

AuKids

A quarterly magazine designed to give impartial, fun, practical advice for parents of young children on the autistic spectrum. The AuKids editors are a mum of twins with autism and a speech and language therapist specialising in autism. Subscribers pay an annual fee for the magazine.

Website: http://www.aukids.co.uk/

Autism Cymru

Autism Cymru is the Welsh national charity for Autism that works in close cooperation with the Assembly Government and Local Authorities on policy issues, training and service delivery across Wales. The charity has been proactive in establishing networks both in Wales and further afield. It
has links and partnerships with Autism charities and organisations in other countries such as Ireland and hosts the major international conferences on Autism that are held in Cardiff City Hall.

**Address:** C/O Thomas Simon Solicitors, 62 Newport Road, Cardiff CF24 0DF
**Telephone:** 02920 463 263 or 07966 453 957
**Email:** info@autismcymru.org
**Website:** www.awares.org

**Autism Initiatives**
Autism Initiatives is a major parent-led Autism charity that originated in North West England and that now has a presence nationally. Recently it expanded its operations in North Wales through a merger with C-SAW. AI aims to provide practical, accessible services for Autistic children, young people and adults. It aims to do this by providing a range of services which are personal, professional and innovative. It operates in 4 key areas: education, community living, outreach support and day opportunities.

**Contact:** Autism Initiatives
**Telephone:** Head Office - 0151 330 9500, Wales Office - 01970 625 256
**Website:** www.autisminitiatives.org.uk

**Autistica**
Autistica is the largest UK charity raising funds for medical research that will improve diagnosis, advance new treatments and discover the causes of autism. Autistica believes this research will bring real benefits to people with autism and their families.

**Contact:** Autistica
**Address:** 100a Chalk Farm, London, NW1 8EH
**Telephone:** 020 7618 3601
**Website:** http://www.autistica.org.uk

**Carers Wales**
Carers Wales is part of Carers UK. We work for a better deal for all carers in Wales. We are a policy, campaigning and information organisation. We are a membership organisation, run by carers for carers through an elected Board of Trustees. We use the experience of carers to influence government policy through the National Assembly for Wales; work to improve the services that affect the lives of carers at local level; inform carers of their rights and what help is available and campaign with others on UK wide issues such as benefits for carers.

**Contact:** Carers Wales
**Address:** River House, Ynysbridge Court, Gwaelod-Y-Garth, Cardiff CF15 9SS
**Telephone:** 029 2081 1370
**Email:** info@carerswales.org.uk
**Website:** www.carerswales.org.uk

**Cerebra**
Cerebra is a unique charity set up to help improve the lives of children with brain related conditions, including Autistic Spectrum Disorders through researching, educating and directly supporting children and their carers.

**Address:** 2nd Floor Offices, Lyric Buildings, King Street, Carmarthen SA31 1BD
**Telephone:** General Office - 01267 244 200 or Free Parent Support Helpline - 0800 31 81 159
**Email:** General Office - info@cerebra.org.uk or Parent Support - cerebra_uk@live.co.uk
**Website:** www.cerebra.org.uk
Challenging Behaviour Foundation

The Challenging Behaviour Foundation exists to demonstrate that individuals with severe learning disabilities who are described as having challenging behaviour can enjoy normal life opportunities when their behaviour is properly understood and they receive appropriate individualised support. The CBF will support families, professionals and other stakeholders through education, information, research and partnership working to enable this to happen and will work strategically to influence national policy and practice.

Contact: The Challenging Behaviour Foundation
Address: c/o The Old Courthouse, New Road Avenue, Chatham, Kent ME4 6BE
Telephone: General Enquiries – 01634 838 739 or Family Support Line – 0845 602 7885
Email: info@thecbf.org.uk
Website: www.thecbf.org.uk

Children in Wales

National umbrella organisation for those working with children, young people and their families in Wales. Children in Wales (CIW) is a membership body and is open to individuals and organisations from a wide range of fields with varying interests, but all of whom are interested in improving the lives of children and young people in Wales. CIW’s core activities include advising, supporting and representing members, disseminating information on policy, research and best practice and promoting Wales-based research about children and families.

Contact: Children in Wales
Address: 25 Windsor Place, Cardiff, CF10 3BZ
Telephone: 029 2034 2434
Email: info@childreninwales.org.uk
Website: www.childreninwales.org.uk

Circles Network Wales

Circles Network is a national voluntary organisation based around the key principles of inclusion and Person Centred Planning approaches. Circles Network provides personal support for people who are in danger of becoming socially excluded, or who are currently suffering the consequences of prior segregation and discrimination.

Contact: Circles Network Wales
Address: Unit 14 Enterprise House, 127 Bute Street, Cardiff Bay, Cardiff CF10 5LE
Telephone: 029 2048 7575
Email: info.wales@circlesnetwork.org.uk
Website: www.circlesnetwork.org.uk

Contact a Family

Contact a Family provides support, advice and information for families with disabled children, no matter what their condition/disability. They offer training, freephone helpline, publications, medical information, one to one support, campaigning and have local, regional and national offices.

Contact: Contact a Family – for families with disabled children
Address: 33-35 Cathedral Road, Cardiff CF11 9HB
Telephone: General Office - 020 2039 6624 or Free Helpline – 0808 808 3556
Email: General Office – wales.office@cafamily.org.uk or helpline@cafamily.org.uk
Website: www.cafamily.org.uk

April 2014
Cymorth Cymru

Cymorth Cymru is the representative body for providers of housing-related support, homelessness and supported living services in Wales. Our members work to assist people who are vulnerable, isolated or experiencing housing crisis.

Contact: Cymorth Cymru
Address: Norbury House, Norbury Road, Fairwater, Cardiff, CF5 3AS
Telephone: 0292 055 3687
Website: www.cymorthcymru.org.uk

Dimensions (Sensory Friendly Films for People with Autism)

Dimensions is a non-profit making organisation that supports over 2,500 people across England and Wales with autism and learning disabilities. A nationwide initiative to promote sensory friendly films for people with autism and people with learning disabilities. There is already some very good work taking place between local cinemas and volunteer/support groups around the country and this project aims to build on this by offering the service to even more people across the UK.

If this first screening is successful we hope ODEON will make this a regular event and roll it out to even more cinemas. Staff have agreed to take into account people’s sensory differences by keeping lights on low, turning the volume down, allowing people to bring their own food and drinks and move around if they choose during the screening.

Address: Pwll Mawr Business Park, Wentlog Road, Rumney, Cardiff CF3 1TH
Telephone: 02921 921 302
Email: ceri.meloy@dimensions-uk.org
Website: www.dimensions-uk.org/autismfilms

Family Fund

The Family Fund helps families with severely disabled or seriously ill children and young people aged 17 and under to have choices and the opportunity to enjoy ordinary life. We give grants for things that make life easier and more enjoyable for the disabled child, young person and their family, such as washing machines, driving lessons, computers and holidays. The Fund is a registered charity, helping around 55,000 families on the lowest of incomes across the UK.

There is a Family Fund Extra scheme which provides an online buying and lifestyle club that helps young people with a disability and their families enjoy discount of up to 25% from leading retailers such as Argos, Comet and Haven Holidays.

Contact: Contact a Family – for families with disabled children
Address: Unit 4, Alpha Court, Monks Cross Drive, York, YO32 9WN
Telephone: 0845 130 4542
Email: info@familyfund.org.uk
Website: www.familyfund.org.uk

Home Start

A national charity that manages hundreds of schemes in communities across the country that support parents who may be struggling to cope for various reasons. The charity particularly works with parents of children younger than 5 years old.

Address: Wales office – c/o The Home-Start Centre, 8 – 10 West Walk, Leicester, LE1 7NA
Telephone: General Information – 0800 068 6368, Wales office – 0292 049 1181
Email: walesoffice@home-start.org.uk
Website: www.home-start.org.uk
Learning Disability Wales
Learning Disability Wales aim is ‘Creating a Wales that values and includes every child and adult with a learning disability’. They work in partnership with other organisations, service users and parent/carers; campaign to help children and adults with learning disabilities achieve valued lives; support the voluntary sector and it’s interests and provide and promote good practice.
Contact: Learning Disability Wales
Address: 41 Lambourne Crescent, Cardiff Business Park, Llanishen, Cardiff, CF14 5GG
Telephone: 029 2068 1160
Website: www.learningdisabilitywales.org.uk

Mencap Cymru
The Help Line is a free support and information service for people with a learning disability of any age, their parents and carers, and the professionals who support them. The Help Line offers support and information via a variety of means; phone calls, emails, post and face to face with direct home visits. Support could include: taking individual enquiries from people with learning disabilities - providing information advice and ongoing support if needed in any area/subject. Taking individual enquiries from parent carers - providing information, advice and ongoing support if needed in any area/subject. Taking individual enquiries from professionals - providing information and advice. Facilitate/mediate when relationships between professionals/services and families/people with a learning disability have broken down. Supporting individuals to access and raise issues with their local AM/MP. Providing information and advice surgeries in schools and college. Providing themed information sessions responding to local need – e.g. Sex and Sexuality Information Sessions, or Planning for the Future (wills and trusts) Information Sessions. Providing opportunities for hard to reach groups to understand information relevant to learning disability.
Contact: Alison Maskell
Address: Mencap Cymru, PO Box 28, Kidwelly, SA17 4WF
Telephone: 0808 808 1111 – Help Line or 01554 890847 - Alison
Email: helpline.wales@mencap.org.uk

National Autistic Society (NAS) Cymru
Provides information and support on all aspects in relation to ASD for individuals and their families. They offer a confidential helpline and much information is available on their website.
Contact: Steve Smith, Social Programmes Manager Wales
Address: Glamorgan House, Monastery Road, Neath Abbey, NEATH SA10 7DH
Telephone: 01792 325 298 or 07748 703 254
Email: steve.smith@nas.org.uk
Website: www.autism.org.uk/socialgroups
Oasis @ MAAP web site
Online Asperger Syndrome Information and Support (OASIS) centre has joined with MAAP Services for Autism and Asperger syndrome (AS) to create a single resource for families, individuals and medical professionals who deal with the challenges of ASD.
Website: www.aspergersyndrome.org

PEACH
Peach is a parent-led charity established to promote Early Intensive Behavioural Intervention (EIBI) for young children with autism, often referred to as Applied Behavioural Analysis (ABA). Peach is a parent led group aiming to encourage, support and inform parents of children with an ASD.
Contact: Peach (Parents for the Early Intervention of Autism in Children)
Address: The Brackens, London Road, Ascot, Berkshire SL5 8BE
Telephone: 01344 882 391
Email: info@peach.org.uk
Website: www.peach.org.uk

Social Firms Wales
Social Firms Wales is Wales’ national Support Agency for Social Firm development and is committed to the creation of employment opportunities for disadvantaged people who are often the furthest from the labour market, through the development and support of commercially viable Social Firms. Social Firms Wales responds to the needs of some of the most marginalia people in society, offering a route to paid employment, for those who continually face prejudice and closed doors in the open labour market. A Social Firm is a business set up specifically to offer a solution to social exclusion and economic inactivity through the labour market integration of disadvantaged groups. We also work closely Social Firms UK to inform, support and develop national policy at Central Government. We are currently working with Powys County Council to develop sustainable Social Firms (social enterprises), recent successes being Beacon Creative (candles) & Gegin Fach Barista Café & Welsh Deli in the Brecon market arcade.
Address: PO Box 85, Porthcawl, Mid Glamorgan, CF36 3SG
Telephone: 07799 345 940
Email: sanleonard@socialfirmswales.co.uk
Website: www.socialfirmswales.co.uk

The Gray Center
The Gray Center for Social Learning and Understanding is an organisation dedicated to individuals with autism spectrum disorders (ASD) and professionals to improve mutual understanding. We approach the social impairment in ASD as a shared impairment. We work to improve social understanding on both sides of the social equation, helping both persons with ASD and those who interact with them to be able to communicate more effectively.
Website: www.thegraycenter.org

Welsh Government Awareness Raising Packages
The Welsh Assembly Government, with assistance from Autism Cymru, the National Autistic Society (Cymru), the Social Services Improvement Agency (SSIA) and other agencies, together with families and individuals with ASD, have produced a range of ASD Awareness Raising Packages. These materials are targeted at practitioner groups working in the statutory and independent sectors, as well as for families and the users of services.

Early Support Wales

Early Support Wales is funded by the Welsh Assembly Government. It aims to improve the lives of children with additional needs and their families and is specifically aimed at children aged 5 years or under but can be applied to all children. The Powys early Support Steering Group’s vision is that all disabled children and their families receive accessible information about, and equitable and prompt access to high quality co-ordinated services appropriate to their needs. This group has been established to oversee the development of the Early Support Programme in Powys.

Contact: Mair Wilson CYPP Principle Officer
Address: Powys County Hall, Llandrindod Wells, Powys LD1 5LG
Telephone: 01597 826 058
Email: mair.wilson@powys.gov.uk

Powys Referral Scheme

A scheme to support children and young people with additional needs to access non statutory universal service provision such as childcare, early years education, play, leisure and recreation activities including Powys Youth Service activities. Additional needs are defined as physical, behavioural or learning difficulties. Referrals will need to be supported by a health or educational professional and will require supporting documentation.

Contact: Mair Wilson CYPP Principle Officer
Address: Powys County Hall, Llandrindod Wells, Powys LD1 5LG
Telephone: 01597 826 058
Email: mair.wilson@powys.gov.uk

Other contacts include:

Contact: Susie Miller, Scheme Co-ordinator, Wales Pre School Providers Association (Wales PPA)
Telephone: 01686 650 582
Email: susiem@walesppa.org

Contact: Catherine Morris, Area Co-ordinator North Powys, Mudiad Ysgolion Meithrin (MYM)
Telephone: 01691 860 220
Email: catherine.morris@mym.co.uk

Contact: Julia Lewis, Area Co-ordinator Mid & South Powys, Mudiad Ysgolion Meithrin (MYM)
Telephone: 07814 240 430
Email: julia.lewis@mym.co.uk

Contact: Janet Healey, Childcare Officer, Dyfodol Powys Futures (Out of School/Holiday club contact)
Telephone: 01597 825 236
Email: janet.healey@dyfodol-powys-futures.org.uk

Contact: Geoff Moore, Senior Youth Officer, Powys Youth Service
Telephone: 01686 614 049
Email: geoff.moore@powys.gov.uk

Flying Start Services

This initiative funded by the Welsh Assembly Government and led by the CYPP, aims to give children aged 0-3 years the best start in life. In Powys a menu of services are available in selected areas of Welshpool, Newtown and Ystradgynlais, (also Llandrindod Wells and Brecon in the near future), which includes an enhanced health visiting service, free part-time childcare for 2 year olds and parenting support; eg. Incredible Years parenting programmes, Language and Play programmes.

Contact: Sharon Fernandez
Address: Powys (T) Health Board, Brecon Hospital, Powys LD3 7NS
Telephone: 07873409233
Email: sharon.fernandez@wales.nhs.uk
Health Visiting Service

Every family in Powys with a child under 4 years of age will have a named Health Visitor who provides information and assessments on child development and family health and referral to specialist professionals if necessary. In addition a number of health visitors hold a specialist responsibility which may include working with families in homeless units and refuges, offering a supportive programme for families who have suffered an infant death, infant feeding co-ordination, TB contact tracing and BCG immunisation, contact with immigrant families and bookstart programme co-ordination.

Contact: Head of Public Health and Community Paediatric Services
Address: Powys (T) Health Board, Ystradgynlais Hospital, Ystradgynlais, Powys
Telephone: 01639 846 469

Portage Services

The Portage System is a service which helps parents to develop the abilities of their pre-school children who may have developmental delay. In Powys, the Portage Co-ordinator is a specialist health visitor who supports two portage workers, one in the north and one in the south of Powys, to carry out regular home visits to families to help their child to learn new small skills in small steps. Referrals to portage can be made by any health professionals involved in the care of pre-school children.

Contact: Joan Michel, HV, Portage Co-ordinator
Address: Llys Meddyg, Manthrig Lane, Caersws, Powys SY17 5EX
Telephone: 01686 688 995
Email: joan.michel@wales.nhs.uk
**Advocacy Services**

**A Voice for You (formally Montgomery Citizen Advocacy)**
A Voice for You is a charitable, voluntary organisation providing an advocacy service for adults with a learning disability. They recruit and train people to become volunteer advocates to provide a voice for their clients. Their aim is to ensure that the voices of people who have a learning disability are heard and that their wishes and aspirations are acted upon.

**Contact:** A Voice for You  
**Address:** Plas Dolerw, Milford Road, NEWTOWN, Powys SY16 2EH  
**Telephone:** 01686 629 951  
**Email:** avoice.foryou@yahoo.com  
**Website:** http://powyscarers.org.uk

**BCA Independent Advocacy Services (Adults)**
BCA (Brecon and District Citizens Advocacy) are a registered charity providing a wide range of advocacy support to vulnerable adults with a learning disability or cognitive impairment including ASD. We are based in South Powys but some of our services are Powys wide and we also provide services in neighbouring areas to Powys. Advocacy is a way of supporting and empowering people to ensure that they have their voice heard and their wishes made known to others. BCA “aims through independent advocacy, to empower people with a learning disability to live their lives as valued, responsible and enriched citizens”.

**Contact:** Vivian Hopkins, Managing Director  
**Address:** 11 Lion Yard,Brecon, Powys LD3 7BA  
**Telephone:** 01874 625 603 or Out of Hours 07974 652 257  
**Email:** bca@keme.co.uk  
**Website:** www.bcaindependentadvocacy.org

**Cartrefi Cymru – Supporting People and our Communities**
Cartrefi Cymru “provides the know-how and commitment, right across Wales, enabling local authorities to develop supported accommodation services and other new, high-quality services. Powys hosts three office in Brecon, Llandrindod Wells and Newtown.”

**Contact:** Brecon Enterprise Park, Unit 6, Brecon, Powys LD3 8BT - 01874 625 386  
Unit 27, Ddole Road Ind Est, Llandrindod Wells, Powys LD1 6DF - 01597 825 566  
4 St Giles Business Park, Newtown, Powys SY16 3AL - 01686 622 942  
**Email:** enquiries@cartreficymru.org  
**Website:** www.cartreficymru.org.uk

**Citizens Advocacy Powys – Childrens Project**
Support for children and young people with learning disabilities or emotional problems. Advocacy, rights protection, crisis support and befriending.

**Contact:** Citizens Advocacy Powys  
**Address:** Unit 30, Ddole Road, Llandrindod Wells, Powys LD1 6DF  
**Telephone:** 01597 825 989  
**Email:** cap@powys.org.uk

**Disability Powys**
Disability Powys is a countywide organisation supporting those with physical disability or sensory impairment or long term ill health in matters of housing, care services, health, access, transport, employment and education issues.

**Address:** The Automobile Palace, Temple St, Llandrindod Wells, Powys LD1 5HL  
**Telephone:** 01597 824 059  
**Email:** info@disabilitypowys.org.uk
PAVO (Powys Association of Voluntary Organisations)
PAVO is an interdependent intermediary body whose purpose is to empower and equip the third sector in Powys, enabling it to deliver its aims and objectives effectively, and to represent and facilitate the engagement of the third sector at all levels of the strategic planning process. Their aims are include encouraging partnerships between the voluntary sector and statutory agencies; to develop and support new initiatives to meet unmet needs.
Address: Marlow, South Crescent, Llandrindod Wells, Powys LD1 5DH
Telephone: 0845 009 3288
Website: www.pavo.org.uk

PAVO – Powys Mental Health Information Service
The Mental Health Information and Participation Team provides information to anyone working or living in Powys. The Mental Health Information Service can be accessed 5 days a week between 9 am and 5 pm or you can access information on our website or blog anytime.
We are here to try and answer your questions about mental health and wellbeing across Powys. For example we can provide information about mental health services, events, training and courses in your area. We can also help you promote your events and activities. Services, support and opportunities.
Address: Marlow, South Crescent, Llandrindod Wells, Powys, LD1 5DH
Telephone: 01686 628300 or 01597 822191
Website: www.powysmentalhealth.org.uk
Email: pamhinfo@pavo.org.uk
Blog: http://powysmentalhealth.blogspot.co.uk

Ponthafren Association
Ponthafren Centre, opened in 1992, is a registered Mental Health Charity, catering for people who experience mental health issues, those who may be socially isolated or excluded. It is a community resource based in Newtown but provide outreach projects in Welshpool and Llanidloes. The group offers drop-in facilities where people can relax, chat and have a chance to participate in a wide range of workshops, activities and courses such as the ‘Employability Skills’ course. In-house support is available and the association can signpost to other organisations and specialist support services.
Address: Longbridge Street, Newtown, Powys SY16 2DY
Telephone: 01686 621 586
Email: admin@ponthafren.org.uk
Contact: Kevin Hodgetts, Welshpool Outreach Facilitator
Address: Welshpool Outreach, The Enterprise Centre, 42 Broad Street, Powys, SY21 2RR
Telephone: 01938 552 770
Email: welshpool.outreach@virginmedia.com
Website: www.ponthafren.org.uk

YAPS (Young Adult Peer Support)
The Young Adult Peer Support (YAPS) Project, delivered by the Ponthafren Association in Newtown, offers peer support mentoring to young people between the ages of 16-25 who experience mental health issues. Their aim is that as a result of this, young people will co-ordinate a coherent voice that can inform and help design the way services are delivered. The project is rooted in giving youth a voice and allowing youth to rise as the leaders of their communities. YAPS recruits, trains and
supports volunteer Youth Peer Mentors aged 18-25, and coordinates activities and opportunities for them to advocate for the needs of young people who experience mental health issues. YAPS plans to start seeking referrals for young people between the ages of 16-25 who have a mental health issue and need extra support.

Contact: Caroline Mercer
Email: yaps.project@ponthafren.org.uk
Telephone: 07792 346519
Website: www.ponthafren.org.uk/YAPS.pdf

**Powys Carers Service**

As part of the voluntary/third sector, Powys Carers service are run by a group of volunteer Trustees providing outreach work to Carers of all ages throughout the county helping them to continue to care for their loved ones and as individuals. They are affiliated to The Princess Royal Trust for Carers, a Charity that supports a network of other local Carers Support ‘Centres’.

Contact: Powys Carers Service
Address: The Old Town Hall, Temple Street, Llandrindod Wells, Powys LD1 5HG
Telephone: 01597 823 800
Email: info@powyscarersservice.org.uk
Website: http://powyscarers.org.uk

**Powys Mental Health Advocacy Service – Community Health Council (CHC)**

If you are concerned about any aspects of the service available to you as a mental health service user, your local advocate can advise, assist and support you in a variety of ways. The Powys Advocacy Service is managed by Powys Community Health Council and is independent of Powys THB and Social Care Services, Community Mental Health Teams and Voluntary Organisations.

Contact: Kirstie Morgan, South Powys Mental Health Advocate – Brecon and Radnorshire
Address: Advocacy Office, Room 107, Neuadd Brycheiniog, Cambrian Way, Brecon LD3 7HR
Telephone: 01874 624 258
Email: kirstiemorgan@breconchc.org.uk
Contact: Montgomeryshire
Address: Ladywell House, Newtown SY16 1JB
Telephone: 01686 627 632
Email: mont@chc.wales.nhs.uk

**Powys People First**

Powys People First facilitates self advocacy across the whole of Powys. This is achieved through group and one-to-one work, information sharing events, drama workshops and peer-led activities. Members are encouraged to attend conferences and consultations, and to get their voices heard through representation on committees and decision-making fora. Powys People First is managed by BCA Independent Advocacy Services.

Contact: Powys People First
Address: c/o BCA Independent Advocacy Service, St Mary Street, Brecon, Powys LD3 7AA
Telephone: 01874 625 603
Email: powyspeoplefirst@tiscali.co.uk
Website: www.peoplefirstltd.com

**Tros Gynnal – Powys Advocacy Service for Children & Young People**

The Powys Advocacy Team is part of Tros Gynnal, the children’s rights organisation. The project provides an advocacy and participation service to children and young people who have a learning disability or
autism, are looked after and care leavers, children in the child protection system including children with disabilities, children and young people who want to make a complaint about their service from the Local Health Board and children of 11 years and older who have been excluded from school and wish to appeal.

Contact: Tros Gynnal
Address: Antur Gwy, Park Road, Builth Wells, Powys LD2 3BA
Telephone: Freephone 0800 085 8471 or 01982 552 450
Email: powys@trosgynnal.org.uk
Website: www.trosgynnal.org.uk
Education & Training

ACE – Advisory Centre for Education

ACE is a national charity and helps parents by providing vital advice on all aspects of state-funded education, including issues relating to disabilities and additional needs.

Contact: ACE – advisory centre for education
Address: United House, North Road, London, N7 9DP
Telephone: ACE advice line - 0808 800 5793
Email: enquiries@ace-ed.org.uk
Website: www.ace-ed.org.uk

ASD Awareness Certification – please refer to ‘National Support’ section of directory

ASD High School Specialist Centres

Powys County Council fund three ASD centres in secondary schools in Powys. The centre in North Powys is based at Llanidloes High school, the centre in mid Powys is based at Llandrindod High School and in the south of the county at Brecon High School. Any pupil who has a clinical diagnosis of ASD can have access to the centres. The centres also operate an outreach service which primary and secondary schools can access to give advice and training to staff. Llandrindod High School has a half-termly parent group meeting where support and advice can be given.

Contact: Shaun Payne, Centre Manager
Address: Llandrindod High School, Dyffryn Road, Llandrindod Wells. LD1 6PN
Telephone: 01597 822 992 or 01597 828 856
Email: spayne@llandod-hs.powys.sch.uk

Contact: Gail Beaurain, Centre Manager
Address: Llanidloes High School, Llangurig Road Llanidloes SY18 6EX
Telephone: 01686 412 289
Email: gail@llanidloes-hs.powys.sch.uk

Contact: Rona Davies, Centre Manager
Address: Brecon High School, Penlan Brecon LD3 9SR
Telephone: 01874 622 361
Email: rdavies@brecon-hs.powys.sch.uk

Contact: Lisa Jones, Centre Manager
Address: Maesydderwen Comprehensive, Tudor Street, Ystradgynlais, Powys SA9 1AP
Telephone: 01639 842 115
Email: asdcentre@maesydderwen.co.uk

Careers Wales – please refer to Employment section of directory

Do2Learn

Provide special learning resources for individuals with disabilities and the professionals and caregivers who serve them. Do2Learn have worked with leading educators, clinicians, teachers and parents to develop serious games and learning material targeting specific deficits of individuals with neurological disorders including Autistic Spectrum Disorders. They offer, free of charge for your personal use, a variety or resources they have developed and tested.

Website: www.do2learn.com
Home to School Transport

To Special Schools/Specialist Centre’s in Powys
Transport is provided from home to school for all pupils with special needs, on a daily basis to non-residential special schools and units and on Monday mornings and Friday afternoons for the residential special school within the county. Escorts are provided on some vehicles to supervise the pupils on their journeys to and from school.

To Provision outside Powys
Transport is provided from home to school for pupils who attend special schools outside the county. Provision is normally made for residential pupils on a weekly basis where children are conveyed on Monday mornings and Friday afternoons to schools within neighbouring counties. Where children are admitted to special schools in distant counties, transport is provided from home to school at the beginning and end of terms and during half-term holidays.

Statemented Pupils in Mainstream Schools
The fact that a pupil has a Statement of Special Educational Needs does not entitle the pupil to home to school transport unless the pupil is attending a specialist centre hosted by the school and lives outside of the minimum distance for the provision of transport to the centre. In all other cases, they must meet the same criteria to qualify for home to school transport as pupils who do not have statements.

Contact: Pupil Inclusion Team
Address: Powys County Council, Spa Road East, Llandrindod Wells, Powys LD1 5LG
Telephone: 01597 826 715
Email: pupil.inclusion@powys.gov.uk
Website: http://www.powys.gov.uk/index.php?id=3062&L=0

Local Education Authority (LEA)
The LEA provides educational services to support all children with additional learning needs (ALN) to enable them to access all available educational provision. The term ALN refers to children who have learning difficulties or disabilities that make it more difficult for them to learn or access education.

Contact: Schools Service
Address: Powys County Hall, Spa Road East, Llandrindod Wells, Powys LD1 5LG
Telephone: 01597 826 422
Email: education@powys.gov.uk
Contact details for all primary, secondary and special schools in Powys can be found at: http://www.powys.gov.uk/index.php?id=65&L=0

1starfish – Makato Training
Makaton is designed to support a wide range of people with communication needs. It is a unique language programme which is used as a systematic multimodal approach (ie using signs, speech, facial expression, body language, symbols and writing) for teaching communication, language and literacy skills as well as being a source of highly functional vocabulary for both the person with communication needs and their interactive partners. 1starfish offer Makaton training days and workshops in Powys.

Contact: Mandy or Steve Brown
Telephone: 07939 600 126
Email: brightlady@btinternet.com
Website: www.1starfish.co.uk

Picture Exchange Communications Systems (PECS)
PECS is a teaching method that establishes effective learning environments for children and adults with autism or related developmental disabilities and severe learning impairments. This method is practiced by the Powys teaching Health Boards, Speech & Language Therapy Department.

Contact: Pyramid Educational Consultants UK Ltd
Address: Pavilion House, 6 Old Stein, Brighton BN1 1EJ
Telephone: 01273 609 555
Website: www.pecs.org.uk
Powys Schools
A full list of all Powys schools can be accessed via:
Website:  http://www.powys.gov.uk/index.php?id=2027&L=0

Powys Integrated Training Brochure
A training brochure has been developed to ensure a co-ordinated and integrated approach to the delivery of training and maps out existing training into a single programme. It comprises training from the Children & Young People’s Partnership (CYPP), The Powys Teaching Health Board, The Schools and The Social Care Training Units.
Contact:  The Training Unit
Address:  The Gwalia, Ithon Rd, Llandrindod Wells, Powys LD1 6AA
Email:  pwbotu@powys.gov.uk
Website:  http://www.powys.gov.uk/socialcareworkforce

Prime Time – Complete Care and Enablement Services Ltd.
Prime Time offer a range of services, life-skills, training and activities to adults aged 18 years and over who have Learning Difficulties, Autism or other disabilities, including North Wales respite breaks and supported holidays.
Contact:  Prime Time
Address:  Station House, Station Rd., Greenfield, Holywell, CH8 7EL
Telephone:  01352 230 011
Email:  info@completecareandenablement.co.uk
Website:  www.completecareandenablement.co.uk

Specialist Schools
Ysgol Penmaes provides education and specialist facilities for pupils with a wide range of learning difficulties.
Contact:  Mrs Julie Kay, Headteacher
Address:  Ysgol Penmaes, Canal Road, Brecon, Powys LD3 7HL
Telephone:  01874 623 508
Email:  office@penmaes.powys.sch.uk
Website:  http://www.penmaes.powys.sch.uk

Brynllywarch Hall School provides a fresh start in a learning community where everyone manages behaviour and emotions to maximise the true potential of all.
Contact:  Mr R Davies, Headteacher
Address:  Kerry, Nr Newtown, Powys SY16 4PB
Telephone:  01686 670 276
Email:  office@brynllywarch.powys.sch.uk
Website:  http://www.brynllywarch.powys.sch.uk

Ysgol Cedewain is a special school providing an education for pupils from 2½ to 19 years who have a wide range of learning difficulties.
Contact:  Pippa Sillitoe, Headteacher
Address:  Maesyrhandir, Newtown, Powys SY16 1LH
Telephone:  01686 627 454
Email:  office@cedewain.powys.sch.uk
Website:  http://www.cedewain.powys.sch.uk
SNAP Cymru
SNAP Cymru is the Special Needs Advisory Project for Wales which is a charity that offers advice and support to families of children with learning difficulties or people who have additional learning needs. SEN Code of Practice, Statements and Transition are some of what they can advise on.
Contact: James Stuart, Development Officer
Address: SNAP Cymru, RDCS, The Arches, West Street, Rhayader, SA14 9RA
Telephone: 01597 811 040
Email: powys@snapcymru.org
Website: www.snapcymru.org

Student Finance Wales
Provide information for new and continuing students about student finance and additional support available for students with disabilities.
Telephone: 0845 602 8845
Website: www.studentfinancewales.co.uk
**Social Care**

You can contact Social services directly or a family member of someone that you know can approach them on your behalf.

An assessment for a child or young person up to the age of 18 are carried out by the Children with Disabilities Team (CWD). Team members work together in partnership with colleagues in the local statutory, voluntary and independent sectors, particularly in the fields of health, education, housing, benefits, recreation and leisure. Support and advice can include:

- Practical advice
- Arranging short stays away from usual residence (in family placements or respite care homes)
- Offering support in the home
- Planning for the future
- Coping with difficult behaviour
- Planning for daytime opportunities
- Meeting specialist health needs eg clinical psychology
- Advising on play or leisure time pursuits
- Discussing educational and/or training needs
- Supporting the development of independent advocacy services

**Children with Disabilities Teams**

The aims of the Children with Disabilities Team are to; ensure that disabled children resident in Powys receive a quality service which puts users first, responds to changing needs and enable young people to maximize their potential in all area of life. Each individual child is unique and requires the opportunities to promote physical, emotional, intellectual, social and behavioural development.

Children with an ASD are defined as disabled under this team.

**Contact:** Children with Disabilities Team  
**Address:** North Powys - The Park, Newtown, Powys, SY16 2PL - 01686 617 520  
South Powys - Neuadd Brecheiniog, Cambrain Way, Brecon. LD3 7DF - 01874 624 298  

Adult Social Services directly provides or arranges a variety of services. These include:

- Providing information  
- Assessing need and provision of services  
- Advice and counselling  
- Practical assistance at home (Domiciliary Care)  
- Equipment and adaptations for disabled people in their homes  
- Parking for disabled people (Blue Badges)  
- Day centres and other day services  
- Sitting services  
- Short-stays (respite care) with a family  
- Respite services in care homes  
- Residential services in care homes or with families (Shared Lives)  
- Benefits advice and entitlements  
- 24-hour emergency services  
- Specialist services for people including Learning disabilities
Social Services Area Offices

Contact: Brecon Area Office
Address: Neuadd Brycheiniog, Brecon, Powys LD3 7HR
Telephone: 01874 623 741
Email: annexadmin@powys.gov.uk

Contact: Newtown Area Office
Address: The Park Offices Newtown, Powys SY16 2PL
Telephone: 01686 617 520
Email: newtown.admin@powys.gov.uk

Contact: Radnor Area Office
Address: The Gwalia, Llandrindod Wells, Powys LD1 6AA
Telephone: 01597 827 102
Email: Radnor.admin@powys.gov.uk

Contact: Welshpool Area Office
Address: Neuadd Maldwyn, Severn Rroad, Welshpool, Powys SY21 7AS
Telephone: 01938 551 899
Email: ssweladmin@powys.gov.uk

Contact: Ystrdgynlais Area Office
Address: Hendre Ladus, Ystrdgynlais, Powys SA9 1SE
Telephone: 01639 844 595
Email: annexadmin@powys.gov.uk

Emergency Out of Hours Duty Social Worker:
Telephone: 0845 757 3818

Disabled Children’s Index

The Local Authority is required by law to keep a register of disabled children and young people known as an Index. It provide information about these children living in Powys and helps plan and develop future services. Similarly, an ASD Specific database is held in county and although registration is not compulsory but if you may wish to register on both systems.

Contact: Children with Disabilities Team
Address: North Powys - The Park, Newtown, Powys, SY16 2PL - 01686 617 520
South Powys - Neuadd Brecheiniog, Cambrain Way,Brecon. LD3 7DF - 01874 624 298
Website: http://www.powys.gov.uk/index.php?id=692&L=0

Contact: Rebecca James, ASD Co-ordinator
Address: Powys Teaching Health Board, Bronllys Hospital, Hilfa Unit, Bronllys, Powys LD3 0LU
Telephone: 01874 712 607
Email: rebecca.james@wales.nhs.uk

Shared lives

Shared Lives Powys provides support for vulnerable adults and helps them choose who they live with, where they live and how they spend their time. It helps arrange for people, who may need some additional help, to have short breaks or live long term, in the homes of carefully selected and trained people called Shared Lives Carers. Carers are paid when the person stays with them. If you live in Powys, are enthusiastic, considerate, able to work to agreed plans, encouraging and sensitive to others needs we would like to hear from you. Experience of working in the care sector would be useful but isn’t a requirement, enthusiasm is just...
as valuable. Shared Lives Powys is a registered and regulated scheme providing practical support, advice and guidance to Shared Lives Carers in their work. The scheme provides appropriate training to Shared Lives Carers and arranges for them to be paid for the work that they do. Shared Lives also operate an all Wales Scheme.

Contact: Richard Gwynn
Address: Shared Lives Powys, The Gwalia, Ithon Road, Llandrindod Wells, Powys, LD1 6AA
Telephone: 01597 827247
Email: Richard.gwynn@powys.gov.uk

Contact: Miriam Merkova – All Wales Scheme
Telephone: 07867 456475
Email: miriam@sharedlivesplus.org.uk
Powys Teaching Health Board

Primary Care

A full list of General Practitioner (GP) and dental surgeries are available on the Powys THB website:
Dental Surgeries - [www.wales.nhs.uk/sitesplus/867/directory/dentists/](http://www.wales.nhs.uk/sitesplus/867/directory/dentists/)

Community Hospitals

There are 10 community hospitals within Powys (that do not offer Accident & Emergency):

**Contact:**
- Brecon War Memorial Hospital 01874 622 433
- Bro Ddyfi Community Hospital, Machynlleth 01654 702 266
- Bronllys Hospital 01874 711 255
- Glan Irfon Health and Social Care facility 01597 827 770
- Knighton Hospital 01547 528 633
- Llandrindod Wells War memorial Hospital 01597 822 951
- Llanidloes War Memorial Hospital 01686 412 121
- Montgomery County Infirmary, Newtown 01686 617 200
- Victoria Memorial Hospital, Welshpool 01938 553 133
- Ystradgynlais Community Hospital 01639 844 777

Community Dental Service

One of the main roles of the community dental service is to ensure that those who are vulnerable have access to dental treatment. The community dental service is experienced in managing patients who have special requirements due to their special circumstances. It is preferable that access to the service is made through a referral from a social worker or health professional, however direct access is possible by self referral. Powys community dental service has clinics based across the county for easy access.

**Contact:**
- Ystradgynlais Community Hospital, Dental Dept, Glanrhyd Rd, Ystradgynlais SA9 1AU
  Telephone: 01639 846 449
- Brecon War Memorial Hospital, Dental Dept, Cerrigochion Rd, Brecon LD3 7NS
  Telephone: 01874 615 640
- Llandrindod Wells Hospital, Dental Dept, Temple St, Llandrindod Wells LD1 5HF
  Telephone: 01597 828 749
- Newtown Dental Clinic, The Health Centre, Park St, Newtown SY16 1EG
  Telephone: 01686 617 363
- The Health Centre, Dental Clinic, Salop Road, Welshpool SY21 7ER
  Telephone: 01938 553 161

School Nursing Service ~ Special Schools

School health nursing is a universal service provided to all children aged 4 to 18 years of age that attend Powys schools. The School Health Nurse is the key health worker in schools and is in a unique position to identify early problems which may affect the health and development of school aged children or prevent children reaching their full academic potential. Each school in Powys has a named School Health Nurse with whom parents, children and education staff can discuss any concerns. The school health nurses are key public health practitioners and provide the following:
Delivery of immunisation programmes.
- Support and advice to teachers on a range of child health issues.
- Personal health.
- Identification of social care needs, including the need for child protection.
- Provide information on relationships and sex education.

**Contact:** Tess Lister – Lead health Visitor/School Nurse (South)
**Telephone:** 01597 828 744
**Email:** tess.lister@wales.nhs.uk

**Contact:** Ebrillwen Dafis-Jones – Lead health Visitor/School Nurse (North)
**Telephone:** 01654 703 634
**Email:** ebrillwen.dafisjones@wales.nhs.uk

**Community Paediatric Service**

The community paediatric service includes physiotherapy, occupational therapy, speech and language therapy and paediatrics.

**Contact:** Childrens Centre, Brecon War Memorial Hospital 01874 615 671
Ynys-Y-Plant, Plantation Lane, Newtown 01686 617 455

**Childrens Transition, Learning Disability and Occupational Therapy**

Occupational Therapy (OT) is the treatment of people with physical and psychiatric illness or disability. Specific, purposeful occupations are used with the intention of enabling individuals reach their maximum level of function and independence in all aspects of life.

The OT assesses the physical, psychological and social functions of the individual, identifies areas of dysfunction and involves the individual in a structured programme of activity to overcome the disability. The occupation is selected to relate to the individual’s personal, social, cultural and economic needs and will affect the environmental factors, which governs his/her lifestyle.

The OT services liaises closely with partnership organisations such as social services, education, third sector organisations, job centre’s and is organised into teams. These teams cover acute services eg medical, trauma and orthopaedics and outpatient services, rehabilitation and intermediate care services eg stroke, rehabilitation, re-ablement, mental health services eg adults of working age and older adults, paediatric services and Condition Management Programme’s.

**Address:** Powys THB, Childrens Centre, Brecon Hospital, Brecon, Powys LD3 7NS
**Telephone:** 01874 615 678

**Speech and Language Therapy**

Speech and Language Therapy (SALT) lead on the assessment and treatments of individuals with speech, language, voice and swallowing disorders and will work closely with a range of other professions and agencies, to support a wide range of clients.

**Contact:** Children’s Services
**Address:** Powys Teaching Health Board, The Annex, Brecon Hospital, Brecon, Powys LD3 7NS
**Telephone:** 01874 615 820

**Contact:** Adult Services
**Address:** Powys Teaching Health Board, Park Street Clinic, Newtown, SY16 1EG
**Telephone:** 01686 617 422
Child and Adolescent Mental Health Service (CAMHS)

CAMHS provide input to children and families with mental health difficulties or severe behavioural problems, which have not responded to interventions offered by other professionals. Primary mental health workers offer support and advice and training to professionals working with children and families with mental health or emotional and behavioural difficulties and may offer joint assessment with another professional if this is appropriate. Referrals from other professionals for children thought to be suffering from mental illness or complex behavioural difficulties.

Under the CAMHS, parent counselling is available and the child with an ASD does not have to access the CAMHS for the parents to access the counselling service. There are 2 part time professionals who provide counselling/ psychotherapeutic support to parents, carers and other family members. They provide practical help and information when a diagnosis is made and also long term therapy when required if unhealthy/destructive behaviour patterns or trauma within the family is identified and is thought to negatively influence the relationship with the child. They work very closely with professionals working in CAMHS who are seeing to the needs of the child and also in partnership with professionals outside CAMHS. They have also developed a specialism in working with young adults aged 16-18.

Contact: CAMHS – North Powys Team
Address: Ynys-Y-Plant, Plantation Lane, Newtown, Powys SY16 1LH
Telephone: 01686 617 450

Contact: CAMHS – South Powys Team
Address: Hillview House, Bronllys Hospital, Bronllys, Brecon, Powys LD3 0LS
Telephone: 01874 712 491

Learning Disability Specialist Nursing

LD Specialist Nursing leads on the assessment for individuals with a Learning Disability and challenging behaviour. We provide intervention and behavioural programmes around a wide range of challenging behaviours to enable individual children and young people to access services. This is part of a multi disciplinary approach to working with individuals and their families.

Contact: Jayne Snare, LD Specialist Nurse, Children’s Services
Address: Powys THB, Brecon Hospital, Brecon, Powys LD3 7NS
Telephone: 01874 615 604
Email: Jayne.Snare@wales.nhs.uk

Contact: John O’Shaughnessy, LD Specialist Nurse, Children’s Services
Address: Powys THB, Ynys-Y-Plant, Plantation Lane, Newtown, Powys SY16 1LH
Telephone: 01686 617 466
Email: john.oshaughnessy@wales.nhs.uk
**Benefits for Children and Adults with an ASD**

Children and adults with ASD and their carers may be able to claim benefits. The Department of Works and Pensions (DWP) is the overall government department responsible for the administration of most, but not all, Social Security benefits via; Job Centre Plus; Disability and Carers Service; and The Pension Service. Her Majesty's Revenue and Customs (HMRC), formally known as The Inland Revenue, administers Working Tax Credit, Child Tax Credit and Child Benefit. For further information please access the online tool to help you identify which benefits you may be entitled to:

Website: [www.benefits-adviser.direct.gov.uk/index](http://www.benefits-adviser.direct.gov.uk/index)

**Local Authorities (Powys County Council)** are responsible for administering housing and council tax benefit. Please contact:

Contact: Revenue Services  
Address: PO Box 71, Llandrindod Wells, Powys LD1 9AQ  
Telephone: 01874 614 052  
Fax: 01874 614 085  
Email: revenues@powys.gov.uk  

**Blue Badge Scheme**

The Blue Badge Scheme is a national scheme providing a range of parking concessions for people with severe mobility problems who have difficulty using public transport. This enables badge holder to park closer to their destination.

Telephone: 01597 827 466 or 0845 602 7036  
Website: [www.powys.gov.uk/bluebadges](http://www.powys.gov.uk/bluebadges)

**Carers Allowance**

Carer’s Allowance is a taxable benefit to help people care for someone who is disabled. You do not have to be related to, or live with, the person that you look after. You may be able to get carers allowance if you are aged 16 or over and spend at least 35 hours per week caring for a person who gets either

- Attendance Allowance  
- Disability Living Allowance (middle or highest rate for personal care – see below)

You cannot get Carers Allowance if you are in full time education with 21 hours or more per week of supervised study or earn more than £95 per week after certain deductions eg income tax.

Telephone: 08457 123 456  
Website: [www.dwp.gov.uk](http://www.dwp.gov.uk)

**Citizens Advice Bureau**

Powys CAB Prescribing Citizens Advice Plus Project has funding from Welsh Government to try to ensure that children with additional needs and their carers are getting all the benefits that they are entitled to - in particular Disability Living Allowance (DLA) for children and in some cases Carers Allowance for the parent/carer.

Advisers can assist with benefit checks and filling in claim forms at all CAB premises and some GP surgeries throughout Powys.

Contact: Cyngor Ar Bopeth Powys Citizens Advice Bureau  
Address: Ladywell House, Newtown, Powys SY16 1QS  
Telephone: 01686 628989
Disability Living Allowance (DLA)

DLA is a benefit to available to help with personal care and/or getting around. If you are aged under 65 and require supervision or help with personal care, or had walking difficulties because of a physical or mental disability for three months, and you are likely to need this help or have these difficulties for at least six months.

You can claim for mobility needs if they are aged three or over and they cannot walk; or they find it difficult or painful to walk; or are late in their development; or the effect of walking could put their health at risk; or they are both deaf and blind; or they already get DLA care component at the highest rate and are severely mentally impaired/disabled and have severe behavioural problems.

Telephone: 08457 123 456
Website: www.dwp.gov.uk

The Motability Scheme

The Motability Scheme enables disabled people to exchange either their Higher Rate Mobility Component of Disability Living Allowance to obtain a new car, powered wheelchair or scooter. If you do not drive yourself, you can apply as a passenger and prose up to two drivers and you may also apply for a child aged 3 or over.

Telephone: 0845 456 4566
Website: www.motability.co.uk

Road Tax Exemption

Those is receipt of DLA may be exempt from road tax.

Telephone: 0300 790 6802
Website: www.dft.gov.uk/dvla

Direct Payments

Direct payments were introduced to provide more flexibility for those who have been assessed as being in need of services. A person receiving direct payments can arrange their own services instead of receiving the services directly from the LA. The idea is that direct payments provide a person with more freedom and control over the community care services that they receive and for some, this can lead to greater independence.

Eligibility for direct payments:

- Disabled people aged 16 and over (this group includes older people, disabled adults and disabled young people aged 16 or 17)
- A person with parental responsibility for a disabled child (under the age of 18) or disabled person with parental responsibility for a child (this group may include a parent or others, such as a grandparent who has parental responsibility)
- Carers aged 16 and over (direct payments could be given to unpaid carers in respect of their own needs but not for services in respect of the needs of the person they care for) (Clements, 2006).

Telephone: 01597 826 000
Website: www.powys.gov.uk

Disabled Persons Railcard

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Disabled Persons Railcard allows you to get 1/3 off most rail fares throughout Great Britain. You might qualify if you: have a visual impairment, a hearing impairment, have epilepsy or are in receipt of a disability-related benefit.

Contact: Disabled Persons Railcard
Telephone: 0845 605 0525
Email: disability@atoc.org.uk
Website: www.disabledpersons-railcard.co.uk
Employment and Support Allowance

Employment and Support Allowance (ESA) is a new benefit, introduced from 27 October 2008, that is paid to people who are incapable of working because of illness and disability. ESA replaces Incapacity Benefit (including Incapacity Benefit in Youth) and Income Support paid on the basis of incapacity.

Telephone: 0800 055 6688
Website: www.dwp.gov.uk

Tax Credits

Tax credits are payments from the government. If you are responsible for at least one child or young person who normally lives with you, you may be eligible for tax credits. If you work but earn low wages, you may qualify for Working Tax Credit.

Tel: 0845 300 3900
Website: www hmrc.gov.uk/taxcredits
Employment Support

Careers Wales

Careers Wales provides free, bilingual, impartial careers information, advice and guidance for all ages, linking education and business. Advisers work with young people in education from the age of 13, helping them to plan their future. Specialist advisers are employed to work with young people with a range of learning difficulties and disabilities. The website includes a section known as ‘My Future’ for young people with a learning disability as well as parental advice.

Contact: Newtown Careers Centre
Address: St David’s House, New Road, Newtown, Powys SY16 1RB
Telephone: 01686 626 959
Website: www.careerswales.com

Contact: Llandrindod Wells Careers Centre
Address: The Lindens, Spa Road, Llandrindod Wells, Powys LD1 5EQ
Telephone: 01597 825 898
Website: www.careerswales.com

Contact: Brecon Careers Centre
Address: 48 Free Street, Brecon, Powys LD3 7BN
Telephone: 01874 624 619
Website: www.careerswales.com

Job Centre Plus

Jobcentre Plus provides a wide range of information and services, like benefits, loans and grants and help with finding a job. Branches offer Disability Employment Advisers (DEAs) who can give you help and support regardless of your situation. They can also help you gain new skills even if you have been out of work for a long time, or if you have little or no work experience.

Your DEA can offer you:

- an employment assessment to identify what type of work or training suits you best
- a referral, where appropriate, to a Pathways to Work personal adviser
- a referral, where appropriate, to a work programme for disabled people, like Work Choice or Access to Work
- a referral, if needed, to an Work Psychologist for a more detailed employment assessment to identify the best work or training for you
- a job-matching and referral service - the DEA can let you know about jobs that match your experience and skills
- information on employers in your area who have adopted the ‘two ticks’ disability symbol

Address: Canal Bank, Brecon, Powys LD3 7HL
Telephone: 01874 573 000

Address: The Automobile Palace, Princes Avenue, Llandrindod Wells, Powys LD1 5HU
Telephone: 0845 604 3719

Address: Afon House, The Park, Newtown Powys SY16 2PZ
Telephone: 01686 863 000

Address: 43-45 Heol Maengwyn, Machynlleth, Powys SY20 8EB
Telephone: 01654 543 800

- Trac Welfare to Work Employment Support Programmes are available for jobseekers in the following locations:

Address: Uned 6, Cartrefi Cymru, Brecon Enterprise Park, Brecon, LD3 8BT
Telephone: 01874 611 632
National Autistic Society (NAS) Cymru – Prospects Employment Service

Prospects is our employment and training service for people with an autism spectrum disorder (ASD) who wish to work. Our aim is that people with an ASD should have the same training and employment opportunities as non-disabled people. We also work with employers to help with the recruitment, training and retention of staff with an ASD. Some of our services are offered across the UK, others in specific areas.

Telephone: 02077 047 450
Email: prospects@nas.org.uk
Website: www.autism.org.uk/propects

Learn Direct Wales

Learn Direct is an e-teaching organisation and was set up by 'Ufi' (University for Industry). In 1998 the Government gave Ufi the task to provide high quality learning for people over the age of 16.

Objectives:
- Reach those with few skills and qualifications who are unlikely to take part in traditional forms of learning.
- Equip people with the skills they need for employability, thereby strengthening the skills of the workforce and increasing the country’s productivity.
- Deliver all this innovatively through the use of new technologies.

Contact: PO Box 900, Leicester LE1 6XJ
Telephone: 0845 602 8845
Website: www.learndirect.co.uk/wales-eng/

Shaw Trust

Shaw Trust is a national charity that helps people facing disadvantage find work, to gain skills and take control of their futures. Shaw Trust was merged in 2012 with Careers Development Group, another employment charity.

The new charity’s main focus is on delivering employment, skills and learning and offender rehabilitation services.

Telephone: 01225 716300
Address: Shaw Trust Enquiries, Shaw Trust, Epsom Square, White Horse Business Park, Trowbridge, Wiltshire, BA14 0XJ
Website: shaw-trust.org.uk
Ten Green Bottles Powys CIC
Ten Green Bottles Powys CIC is a social enterprise set up in July 2007 to research and develop ways to recycle glass. We aim to influence glass recycling by creating local solutions and interesting but sustainable, high quality products. As well as this we offer training, volunteering and employment opportunities in a creative, supported environment.
Contact: Tin Green Bottles Powys CIC
Address: East Wing Unit, New Radnor, Powys LD8 2SU
Telephone: 01544 350 565
Website: www.greenglassmountain.com

Beacons Creative Wales Ltd
Beacons Creative Wales is an emerging social enterprise set up to enable people with learning disabilities to have opportunities to gain skills, training and work towards meaningful paid employment.
Contact: Beacons Creative Wales Ltd
Address: 9-10 Ffrwdgrech Estate, Brecon, LD3 8LA
Telephone: 01874 611 333
Website: www.beaconscreative.co.uk

Powys Sense
Powys Sense Ltd was set up in January 2007 as a company limited by guarantee with a voluntary governing body to provide support for individuals disadvantaged in the job market and recuperative activities for individuals with disabilities against a backdrop of working in a healthy rural environment.
Contact: Powys Sense
Address: TGAL Business Centre, Market Approach, Brecon, LD3 7DA
Telephone: 01874 610 911

IT Asset Disposal (Based in Neath Port Talbot)
IT Asset Disposal ltd are a Social Firm committed to delivering a better community and environment through trade rather than grants. We collect - usually FoC - IT and other redundant electrical, educational and office equipment, which is refurbished and resold. We employ disabled or disadvantaged, offering experience and training to disadvantaged and excluded people.
Contact: IT Asset Disposal
Address: Unit 2E Cramic Way, Port Talbot, Neath Port Talbot, SA13 1RU
Telephone: 01639 898 461

The WORX
The WORX engages and with young people (aged between 18-24) in our community, and provides them with a range of practical simulated work environments that allow individuals to gain the skills and confidence to make a positive transition from benefit to sustained work.
Contact: The WORX
Address: 20 Mount View, Merthyr Vale, Rhondda Cynon Taff, CF48 4TA
Telephone: 01443 691 058
Website: www.gettheworx.org

Antur Teifi
Employment Advisor for Powys Work Programme. Antur Teifi is an independent company which inspires, develops and supports enterprises and individuals to achieve their personal and business goals.
Contact: Antur Teifi
Address: Ladywell House, Newtown, SY16 1BJ
Telephone: 01686 617 185
Website: www.anturteifi.org.uk
Saiwns Teg

We are a social inclusion charity that support people excluded from work and community interaction. We work with all sectors to improve opportunities for people. We support anyone who prefers to learn in different ways by providing social and work place skills through informal but valuable learning sessions from our training rooms in Newtown.

Contact: Saiwns Teg
Address: 5 Severn Square, Newtown, SY16 2AG
Telephone: 01686 629 999
Website: www.siawnsteg.co.uk
Leisure and Other Services

Powys Leisure Services

Powys offers a choice of leisure activities, including 15 leisure/sports centres and a range of sports development initiatives. For further information and to access each centre:

ATF (Access to Fitness) Card ~ Powys County Council

An Access To Fitness card provides free access to Leisure — If you live in Powys and receive one of a range of benefits. Although facilities provided by Powys County Council have very reasonable charges, this cost can still provide a barrier to use by sections of the community. The card provides opportunities for these residents to use facilities and is accepted at County Council Sports and Leisure Centres as above. To get an ATF card you must be resident in Powys and claim any of the following benefits:-
- Job Seekers Allowance
- Long Term Incapacity Benefit
- Disability Living Allowance
- Severe Disablement Allowance

Disability Sport Wales

Disability Sport Cymru is a joint initiative between the Sports Council for Wales, the Federation of Sports Associations for the Disabled (Wales) and local authorities, aimed at developing quality community based sporting and recreational opportunities for people with disabilities throughout Wales. It aims to:
- Increase the number of disabled people participating in sport and healthy activities at a local level
- The national programme is delivered through a partnership approach between the Federation of Disability Sports Wales, the Sports Council for Wales and the local authorities.

Disability Sport in Powys follows the national objectives to create and develop club-based activities at grass roots level and provide professional support to help existing clubs expand. Clubs providing sporting opportunities for people with a disability range from mainstream clubs offering inclusive sessions, to clubs catering specifically for people with disabilities. A Powys Disability Sport Directory has been developed to provide useful information on a range of sports and recreational activities available to with a disability including ASD.

Contact: Beverley Tucker, Disability Sport Wales Development Officer
Address: Powys Sports Development, Neuadd Brycheiniog, Cambrian Way, Brecon, Powys
Telephone: 01874 612 034 or 07792 551 519
Email: beverleyt@powys.gov.uk
Holidays and Family Days Out

Contact a Family
A guide that provides information about what play and leisure options may be available for disabled children and where to find more information and suggests ways access can be improved. It also has information about arranging holidays for disabled children and details of organisations which provide grants for things like this. To request or download the guide:

- **Telephone:** 0808 808 3555 (freephone)
- **Email:** helpline@cafamily.org.uk

Harriet Davis Trust
The Trust provides four self-catering holiday houses in Pembrokeshire for families with disabled children at economical prices. Three houses are in the Tenby area and are fully adapted and equipped for physically disabled children and the fourth, in Narberth, has been adapted for children with autism and other learning disabilities.

- **Contact:** Helen Griffiths (for bookings)
- **Address:** Tenby Observer Offices, Warren Street, Tenby, Pembrokeshire, SA70 7JY
- **Telephone:** Bookings - 01834 845 197, General enquiries - 01834 814 645
- **Email:** admin@harriet-davis.freeserve.co.uk
- **Website:** [www.harriet-davis-trust.org.uk](http://www.harriet-davis-trust.org.uk)

National Autistic Society
Ideas for holidays and days out at autism friendly venues plus tips for taking a child on the autistic spectrum to different leisure venues.

- **Telephone:** Autism Helpline 0845 070 4004
- **Email:** wales@nas.org.uk

The Cinema Exhibitors’ Association Card
This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. To apply for the card, you will need to meet one or more of the following criteria:

- Be in receipt of the disability living allowance or attendance allowance.
- Be a registered blind person

The card is valid for 1 year from the date of issue. Application form are available from cinemas across the UK supporting this card. A processing fee of £5.50 is chargeable per card to be sent with the application form.

- **Contact:** The Card Network
- **Address:** Network House, St Ives Way, Sandycroft CH5 2QS
- **Telephone:** 0845 123 1292
- **Email:** info@ceacard.co.uk
- **Address:** [www.ceacard.co.uk](http://www.ceacard.co.uk)
Disabled Bus Pass

If you are a disabled person in receipt of Disability Living Allowance, or have a current disabled person’s car badge and can travel by bus without needing someone else’s help, you may be eligible for a free bus pass. If you are unable to travel without assistance, you may be eligible to apply for a companion bus pass.

Contact: Powys County Council
Address: www.powys.gov.uk/index.php?id=569&L=0

Prime Time – Complete Care and Enablement Services Ltd.

Prime Time offer a range of services, life-skills, training and activities to adults aged 18 years and over who have Learning Difficulties, Autism or other disabilities, including North Wales respite breaks and supported holidays.

Contact: Prime Time
Address: Station House, Station Rd., Greenfield, Holywell, CH8 7EL
Telephone: 01352 230 011
Email: info@completecareandenablement.co.uk
Website: www.completecareandenablement.co.uk

Red Ridge Centre

The Red Ridge Centre is a provider of specialist courses for those with learning or physical disabilities. The Centre provides accommodation, full board and day and evening activity programmes tailored to the needs of each individual. The Centre provides a range of activities including: climbing; abseiling; caving; Canadian canoeing; kayaking; archery; assault course; zip wire; hill walking; orienteering; SRT; artificial caving; climbing wall; discos; bingo; skittles; art and crafts; large screen TV; quizzes; badger watch evenings; farm visits and scavenger hunts.

Contact: Red Ridge Centre
Address: Cefn Coch, Welshpool, Powys, SY21 0AZ
Telephone: 01938 810 821
Email: office@redridgecentre.co.uk
Website: www.redridgecentre.co.uk

Autism London

Autism London is a registered charity and part of the mcch group. We provide services for the community and people affected by Autism and Asperger’s Syndrome. They have a service directory of holiday locations suitable for people with an Autistic Spectrum Disorder: