

# Conwy and Denbighshire National Autistic Society Branch

## Directory of useful information and activities

The details have been supplied by parents and carers who have either used the organisations, or have noted them for use in the future. Please contact Simon Humphreys ([simonh3709@sky.com](mailto:simonh3709@sky.com)) to add to or amend this directory.

### Conwy and Denbighshire NAS branch monthly events

1st Saturday of each month 2 - 4pm. We run an Internet Café for the family at TAPE, Berthes Road, Old Colwyn, LL29 9AJ. As of Spring 2019 we are running a series of Lego workshops within this provision. Please contact one of the branch officers listed at the bottom of this directory for further details.

The Branch has a ticket for the **Welsh Mountain Zoo** in Colwyn Bay. The card requires at least five people to visit together, and of those at least one must have autism. The cost per person is £2.00 (this is a significant reduction in the usual entrance fee). The card can be booked/collected via Kerry at The Woolroom in Abergele Road, Old Colwyn on [somethingslooming@hotmail.co.uk](mailto:somethingslooming@hotmail.co.uk).

**NAS Central Provision** - Issues around education rights and entitlements. Please contact Education Rights on 0808 800 4102. Specify Wales as your place of residence. Other topics try NAS Hotline on 0808 800 4104. Benefits you may wish to try [www.autism.org.uk/benefits](http://www.autism.org.uk/benefits).

**Autism advice website** - check out the website to see what is available for children, adults, families and professionals on [www.ASDinfoWales.co.uk](http://www.ASDinfoWales.co.uk). A new film has been launched which aims to support parents and carers of newly-diagnosed autistic children. Check it out online.

**Diagnosis** - Under 18yrs diagnosis is via CAMHS. You'll need a referral from an involved professional. (GP, Teacher, school nurse, etc). You might find there is a delay! Systems currently being reviewed.

### NEW INFO

**Adult diagnosis and support** - North Wales Integrated Autism Service, offers support for anyone with autism. Also offers advice and support to all professionals working with individuals with autism. For more information check out [www.ASDinfoWales.co.uk](http://www.ASDinfoWales.co.uk) (and click the "integrated autism service" button), or contact 01352 702090, or [NW.IAS@flintshire.gov.uk](mailto:NW.IAS@flintshire.gov.uk).

### NEW INFO

Various drop-in sessions for parents and teaching staff. Please check the website for Ysgol Plas Brondyffryn in Denbigh for full details. The school is a regional centre of excellence, Autism-specific and works with young people 3-19 years. There is some overnight training accommodation for school pupils funded by local authorities. The website also contains useful links and information: [www.ysgolplasbrondyffryn.co.uk](http://www.ysgolplasbrondyffryn.co.uk) or contact Claire Peel 01745 818172, Sharon Jenkins 01745 815385.

### NEW INFO

**Denbighshire outreach** is now run by DCC Behaviour Service. They run coffee

mornings for parents in mainstream schools. Key contact is [emma.lloyd@denbighshire.gov.uk](mailto:emma.lloyd@denbighshire.gov.uk).

**Transition NAS Transition support team** have recently (Jan 17) launched telephone and email advice to help transition into further education or adult life. Highly trained volunteers offer information and support around what should be available and how to access this: [transitionsupport@nas.org.uk](mailto:transitionsupport@nas.org.uk) or tel. 0808 800 0027.

**Speech and Language** - for help, advice, information and to speak to a Speech and Language Therapist, please contact the helpline: Mondays 9.30-10.30 on 01745 443239, and Thursdays 12.30-13.30 on 01492 807741

**Conwy Family Information Service** - For families and young people. General support around parenting, additional learning needs, finances, substance misuse, support and counselling, childcare & leisure activities, housing, education, employment, training, physical, emotional and mental health. Tel 01492 577788 or [www.conwyfamilyinformation.co.uk](http://www.conwyfamilyinformation.co.uk).

**Denbighshire Family Information Service** - offers free, impartial advice, information, support and guidance on all matters for the whole family. Check out [www.denbighshire.gov.uk/fis](http://www.denbighshire.gov.uk/fis) or telephone 01745 815891. Also Families First - support and work together to meet families' needs in a coordinated manner, when families need it. [www.denbighshire.gov.uk/familiesfirst](http://www.denbighshire.gov.uk/familiesfirst) or phone 01824 712200.

**ADTRAC** - helping young people aged 16-24 in North Wales into work, education or training. For Denbighshire email [ADTRAC@denbighshire.gov.uk](mailto:ADTRAC@denbighshire.gov.uk) or phone 01824 706091 or 07833 400739. For Conwy email [letsgetworking@conwy.gov.uk](mailto:letsgetworking@conwy.gov.uk) or phone 01492 576360.

**Carers Outreach Service** - Information and support for people who care for relatives, friends or neighbours. Online at [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk). Can support with Emergency Plans, benefit checks, leisure opportunities and grants. For Conwy phone 01492 533714. For Denbighshire contact North East Wales Carers 01745 331181 [www.newcis.org.uk](http://www.newcis.org.uk).

**Denbighshire Social Services and Share Care** - short term support worker service for adults with ASD who live at home with their family. The aim is to promote independence and help learn new skills. Contact Denbighshire Social Services to ask for a referral to "Carer's Progression" service.

**Autism Initiative** - based in Denbighshire. The services offered include young persons service and social group 16-25, adult social group 25+ for Conwy, Denbighshire and Flintshire. 3, Crown Mews, Denbigh, Denbighshire LL16 3AA. E-mail [enquiries@autisminitiatives.org](mailto:enquiries@autisminitiatives.org) for full information.

**Creatasmile** - For children with ASD, ADHD and SEN and their whole family. Please contact Sharon Bateman for full details and venues (includes sessions at Towyn, Llanrwst, Llandudno, Llangollen, Beaumaris and Wrexham). [www.creatasmile.webs.com](http://www.creatasmile.webs.com) email: [asd.smiles@yahoo.co.uk](mailto:asd.smiles@yahoo.co.uk) or phone 07824819088. The Old School, Towyn Road, Towyn, Conwy LL22 9ER.

**Llandudno AS/HFA Social Group** - Social Group for Adults with Asperger's Syndrome/High Functioning Autism. Meets on the 2nd Tuesday of the month at Ty Llewelyn Community Centre, Ffordd Yr Orsedd, Llandudno, Conwy LL30 1LA. Allows a social setting to meet like-minded people. Age 18 or above and 16+ with support. Led by Neil Bastow Tel 07722427885 [metalbastow2106@zoho.com](mailto:metalbastow2106@zoho.com).

**Denbigh Men's Shed** - this is NOT just for men. (Also a she-shed). It is a community social group for adults who feel isolated but want to meet people, learn a skill e.g. woodwork, gardening and lots more. Contact Nathan on 07712210019 to find out more. Check out the website [www.denbighmensshed.org](http://www.denbighmensshed.org) or email [info@denbighmensshed.org](mailto:info@denbighmensshed.org).

**The Autistic Women's Empowerment Project** - this group is for women and girls. They offer peer support via workshops and social opportunities, to give help and advice to make choices and overcome obstacles. For further information check out the website [www.autisticwomensempowermentproject.com](http://www.autisticwomensempowermentproject.com) or find them on Facebook, Twitter, You Tube and Pinterest.

**North Wales Women's Centre** - open to all women irrespective of disability, race... Drop in for an informal chat 46-54 Water Street, Rhyl, LL18 1SS, phone 01745 339331 or [www.northwaleswomenscentre.co.uk](http://www.northwaleswomenscentre.co.uk). Case workers offer one to one support and advice.

**Cynnig** - this is a "not for profit" organisation providing support and activities for adults with complex needs. Please call Kate on 01745 815588 for information and list of activities, e.g. music and drama, cookery, arts and crafts, computers, fishing.

**Conwy Connect for Learning Disabilities** - seek to help people to have equal choices and opportunities in the community. Please contact Conwy Connect, Rear Annex, 7 Rhiw Road, Colwyn Bay, LL29 7TE 01492 536486, e-mail [conwy.connect@gmail.com](mailto:conwy.connect@gmail.com).

**Community Dentist** - Health Centre, Maes Derw, Llandudno Junction 01492 562292. Two experienced dentists (Mr Leach, Ms Gordon) dealing with children and young people with additional needs.

**SNAP Cymru** offer free impartial advice, information and support about school and other educational placements. They also offer help around health provision, social services and other agencies. [www.snapcymru.org](http://www.snapcymru.org) or a helpline on 0845 1203730.

**STANDNW** - offers support, advice and social events. Check out [www.standnw.org](http://www.standnw.org) or phone Yvonne Brookes on 07826108273, or Sarah McCulloch on 0779998708. There is a Board Games Club for 11-17 yr olds. Youth clubs for 8-11 year olds and 11-17 year olds. Also "Social Scene" for 18-25 year olds.

**Cerebra** is a charity for children and young people with neurological difficulties and their families. Help with sleep issues, wills, trusts, a lending library, days out, stress counselling and a legal help service. This is only available until the child's 17th birthday. Try [w3.cerebra.org.uk](http://w3.cerebra.org.uk) or Tel.01267 244200.

**Contact a Family** - Family support organisation. Range of services for children/young people with disabilities and their families. Contact Tel 02920 396624 or [wales.office@cafamily.org.uk](mailto:wales.office@cafamily.org.uk) Website [www.cafamily.org.uk](http://www.cafamily.org.uk).

**TAPE** - a music and film charity offering a range of creative/artistic clubs and activities for all ages e.g. Ghostbuskers is a disability singing group based in TAPE, Berthes Road, Old Colwyn on Wednesday evenings between 6 and 7.30pm. Singing contemporary and classic songs with an opportunity to socialise and play instruments. Any age, any disability. For more information of sessions and films check out [www.tapemusicandfilm.co.uk](http://www.tapemusicandfilm.co.uk).

**Conwy Buddy Scheme** - to help children, young people and adults with ASD access inclusive leisure opportunities in Conwy, [www.conwy-connect.org.uk](http://www.conwy-connect.org.uk).

**Family Fund** - Grants for families raising disabled and seriously ill children 17 years and under. Family Fund, Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN. [www.familyfund.org.uk](http://www.familyfund.org.uk) 01904 550055 or email [info@familyfund.org.uk](mailto:info@familyfund.org.uk).

**North Wales Superkids** - for disadvantaged children and young people. For details of treats and holidays check out [www.northwalesuperkids.co.uk](http://www.northwalesuperkids.co.uk) or phone 01352 761193.

**Vale of Llangollen Canal Boat Trust** - Canal boat trips for disabled and disadvantaged people. Wheel chair access. From March - October each year. Tel 01978 861450. The Old Armoury, 2, Berwyn St, Llangollen, LL20 8NF. [www.vicbt.org.uk](http://www.vicbt.org.uk).

## Sports Clubs

**Conwy Monkeys Climbing Club** - Focuses on youngsters on the autistic spectrum. It also welcomes young people with other learning disabilities with or without a formal diagnosis. It meets on Thursday evenings at the Boathouse climbing centre, Lloyd Street, Llandudno, LL30 2YQ. This is 6.15 - 7pm and 7.15 - 8pm dependent upon age and noise sensitivity. Further details [climb@boathouseclimbingcentre.co.uk](mailto:climb@boathouseclimbingcentre.co.uk) or speak to Ceri Griffiths [ceri.griffiths@sky.com](mailto:ceri.griffiths@sky.com).

**Conwy Gorillaz** - is starting in September 2019. This will follow the Monkeys at 8.15 and is aimed at 18-30 years old with autism or similar condition. It also welcomes other young people with or without a diagnosis. Further details: [climb@boathouseclimbingcentre.co.uk](mailto:climb@boathouseclimbingcentre.co.uk).

**Football** - Prestatyn Town FC and Pengwern College are looking for players 16+ for their disability team. Training 5.30-6.30 Wednesday evenings at Prestatyn Town. Disability football sessions at Prestatyn Leisure Centre on Saturdays 10.30-11.30 are free. Contact Jack Lewis 07742316848.

**Swimming** - Conwy Whales Swimming Club is for children and teenagers with special needs. They provide expert coaching, and have volunteers in the water to assist

swimmers of all abilities. The club meets on alternate Saturdays 4.15pm and 5.15pm. There is a waiting list, so please contact Chris West 07810754784 for full details.

**Disability Swimming Lessons** - Both Counties undertake lessons for young people with disabilities. Conwy contact [nofio.swimming@conwy.gov.uk](mailto:nofio.swimming@conwy.gov.uk) or Tel 01492 575561. Denbighshire go to your local pool and ask for details, currently £19 a month, waiting list may apply.

**Disability Skiing** - Disability Skiing Wales, at Ski Llandudno. Lessons, practice and social activities. Disability Skiing Club First Saturday of the month 10-12. Tel 01492 874707 or Peter Harris on 07854 972660

**Merlin's Magic Wand** - If you have a child aged 2 to 18 years with a disability you may be eligible for tickets to Legoland, Sealife Centres and Madame Tussauds (including Alton Towers). Please see [www.merlinsmagicwand.org](http://www.merlinsmagicwand.org).

### **Conwy & Denbighshire NAS Branch Officers**

Chair - Simon Humphreys [simonh3709@sky.com](mailto:simonh3709@sky.com)

Treasurer - Mark Turner [mandynmark@btinternet.com](mailto:mandynmark@btinternet.com)

Social Sec - Helen Hannam [helenavon449@outlook.com](mailto:helenavon449@outlook.com)

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