

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) to add to or amend this directory. **New info in red.** Last updated top left hand corner.

Conwy and Denbighshire NAS branch monthly events

ABC (Autism Build and Craft) - 1st Saturday of each month 2 - 4pm for the family at Old Colwyn Methodist Church, Wynn Avenue (In Old Colwyn opposite Aldi, LL29 9RF) We run Lego workshops and Crafting sessions, or just drop In for a cuppa. Please contact one of the branch officers listed at the bottom of this directory for further details.

The Branch has a **ticket for Welsh Mountain Zoo** in Colwyn Bay. 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 on somethingslooming@hotmail.co.uk, or Simon Humphreys simonh3709@sky.com. **Now no requirement to have 5 persons**

NAS Education support in Wales

The following services provide confidential information and advice by phone and email.

Education Rights Service Wales

Our Education Rights Service provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers of pre-school and school-age children with autism to help them get the educational support their child needs.

- Telephone (leave a message on our answering service and we will call you back) –0808 800 4102 (free from landlines and most mobiles)
- Email: educationrightswales@nas.org.uk
- Enquiry form: [Education Rights Service on line enquiry form.](#)

Tribunal Support Line Wales

The Special Educational Needs Tribunal for Wales (SENTW) is a legal forum which hears certain disputes that parents and/or children and young people have with their Local Authority.

Our Tribunal Support Line can help you consider your options if you have a right of appeal to SENTW and offer ongoing support with your case.

- Telephone (leave a message on our answering service and we will call you back) –0808 800 4102 (free from landlines and most mobiles) Option 8
- Email: educationrightswales@nas.org.uk
- Enquiry form: [Education Rights Service on line enquiry form.](#)

Transition Support Service Wales

Transition Support Service can offer advice to autistic young people and their families to help them achieve a successful transition from school into further education or adult life.

- Telephone: (leave a message on our answering service and we will call you back) 0808 800 0027 (free from landlines and most mobiles)
- Email: transitionsupport@nas.org.uk
- Enquiry form: [Transitions online enquiry form](#)

General Support from NAS

- For information on general topics try NAS Hotline on 0808 800 4104.
- Benefits you may wish to try www.autism.org.uk/benefits

Autism advice website - www.ASDinfoWales.co.uk There are films clips and advice to support adults, parents and carers. Check it out online.

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 (and click the “integrated autism service” button), or contact 01352 702090, or NW.IAS@flintshire.gov.uk

Child Diagnosis - Conwy and Denbighshire Neuro Development service. Referral by “professionals” e.g. Doctor, Health Visitor, Schools, social Services.

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 or contact Claire Peel 01745 818172, Sharon Jenkins 01745 815385.

Denbighshire outreach is now run by DCC Behaviour Service. They run coffee morning for parents in main stream schools. Key contact is emma.lloyd@denbighshire.gov.uk

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

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 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 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 or phone 01824 706091 or 07833 400739. For Conwy email adtrac@conwy.gov.uk or phone 01492 576679.

Carers Outreach Service - Information and support for people who care for relatives, friends or neighbours. Online at www.carersoutreach.org.uk. Can support with Emergency Plans, Benefit checks, Leisure opportunities and Grants.

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 for full information.

Creatasmile - For children and young people with ASD, ADHD and SEN and their whole family. Please contact Sharon Bateman for full details and venues www.creatasmile.webs.com. 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

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 or email 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 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 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 eg 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. Check out the website for info about social opportunities eg disco. Please contact Conwy Connect, Rear Annex
7 Rhiw Road, Colwyn Bay, LL29 7TE 01492 536486, e-mail 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 or a helpline on 0808 8010608.

STANDNW - offers support, advice and social events. check out www.standnw.org or phone Yvonne Brookes on 07826108273, or Sarah McCulloch on 0779998708.

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 or Tel. 01267 244200.

Contact - For families with disabled children. A range of services available. Check out contact.org.uk or Kate Wyke at katherine.wyke@contact.org.uk or Tel 07904 672614.

TAPE - a music and film charity offering a range of creative/artistic clubs and activities for all ages e.g. Ghostbusters Is a disability singing group based in TAPE, Berthes Road, Old Colwyn on Wednesday evenings between 6 and 730pm. 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

Conwy Buddy Scheme - to help children, young people and adults with ASD access inclusive leisure opportunities in Conwy, 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, York YO32 9WN. www.familyfund.org.uk 01904 550055 or email info@familyfund.org.uk

North Wales Superkids - for disadvantaged children and young people unto the age of 25. For details of treats and holidays check out www.northwalessuperkids.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 email vlcbt@gmail.com

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 615 - 7pm and 715 - 8pm dependent upon age and noise sensitivity. Further details climb@boathouseclimbingcentre.co.uk or speak to Ceri Griffiths ceri.griffiths@sky.com

Conwy Gorillaz Climbing Club - This climbing group follows on from the Monkeys at 815 and is aimed at over 18 year olds with autism or similar condition. It also welcomes other young people with or without a diagnosis. Further details climb@boathouseclimbingcentre.co.uk

Football - Prestatyn Town FC and Pengewrn College are looking for players 16+ for their disability team. Training 530 -630 Wednesday evenings at Prestatyn Town. Disability football sessions at Prestatyn Leisure Centre on Saturdays 1030 - 1130 are free. Contact Jack Lewis 07742316848.

Mochdre Lions Disability football club - For more information email mochdrelionsdfc@gmail.com or phone Damien Wilford on 07940362003.

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 **Rebecca Curle 07881528977** or email rscurle@gmail.com for full details.

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 contact www.disabilityskiingwales.co.uk

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

Conwy & Denbighshire NAS Branch Officers

Chair - Simon Humphreys simonh3709@sky.com

Treasurer - Mark Turner mandynmark@btinternet.com

Social Sec - Helen Hannam helenavon449@outlook.com