

Local regular ALN sessions

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ADVENTURE PLAY CENTRE - TREDEGAR

Open 7 days a week

10am – 6pm (5.30pm Sundays)

01495 725850

RELAXED SESSIONS

**Quieter relaxed sessions
suitable for children with
ASD & learning difficulties**

**1st Sunday of every month
10am-11.30am**



Quiet time in the jungle

Tree Top is situated in St David's Car Park Cardiff On level 3



Second Sunday of every month at 11am

The graphic has an orange header with the text 'QUIET TIME IN THE JUNGLE' in white. Below the header is a photograph of a tree trunk in a lush green jungle. At the bottom, there is an orange section with white text.

For mini golfers who prefer a calmer game, there's a hush in our rainforest on the second Sunday of every month. There'll be no background buzz or flashing lightning, and even the Sacred Mask takes it down to a whisper.

For more information please visit

[Home | Treetop Adventure Golf](#)



Ar gyfer meddwl, corff ac enaid ein cymuned
For the mind, body and soul of our community

QUIET HOUR DISABILITY SOFT PLAY SESSIONS

Saturdays (Under 11s) and Sundays (12-17 years old).

- 9am-10am weekly.
- Under 3s - £3.50.
- Over 3s - £4.55.
- Age appropriate siblings are welcome.
- Food and beverages available in café area.



***All children must be ambulant as soft play area is not suitable for wheelchair access.**



SENSORY PLAY FOR BABIES



Every Thursday
10.30am to 11.30am
For 0 to 18 months

- Two rooms one for small babies and another for those more active babies
- Variety of sensory activities with some ideas for you to use at home
- A different theme each week.

£2 per session

Starting Thursday 29th
September 2022 at Rassau
Resource Community Centre.



**CRONFA GYMUNEDOL
COMMUNITY
FUND**

For more information message us
through Facebook or ring us on
01495 306 525



INCLUSIVITY SESSION

We are welcoming those of all ages, abilities and additional needs to benefit from the park in a safe, fun and encouraging manner. We are happy to include siblings, family members and carers too.



The music will be turned down, visual aids will be placed around the park and our party rooms will be used as a 'chill out area'.

The session is held once a week and will have regular staff, meaning you will get to know faces and we will get to know you!

We have hand-picked a specialist team of staff – several of which have had the autism awareness training with ASD Info Wales. Others have parenting or work experience with clients who have ASD, ADHD, Global development delay and adult care.

Sessions run every Tuesday from 5pm - 6pm

£5.00 per person per session

For more information and to book see the website

[Sessions - Inclusivity - Infinity Trampoline Park \(infinitycardiff.co.uk\)](http://infinitycardiff.co.uk)

IMPORTANT INFORMATION

All participants must be aged 2+ and within the weight limit of 16 stone.

All inclusivity participants must be supervised whilst on the trampolines by an adult aged 18+ on a 1 to 1 basis. Strict supervision rules apply.

Grip socks are mandatory in our park. These can be purchased online or in the park.



JUMP ADVENTURE NEWPORT



Inclusive Adventure sessions offer those with special needs and disabilities the opportunity to enjoy our park in a safe environment with friends and family. If you're looking for a bit of fun, exercise or social opportunities come along and take part in our Inclusive Adventure sessions!



We close off the park to the general public to create a more spacious and less busy Adventure Zone, flashing lights are turned off, music is off or turned down low and musical requests can be made and friendly staff at hand.

This session runs weekly on Wednesday's 6pm – 7pm
£7 each (*Required carers join in free of charge*)

For more information and to book phone
01633 358090 or visit:

[Jump Adventure | Newest Trampoline Park Newport](#)

ENFLATE

Seven Stiles Avenue, Newport NP19 4QR



Friendly sessions

Tuesday & Thursdays Enflate Adventure Park is transformed into a haven for youngsters with additional needs. We have designed sessions following feedback from local charities, professionals and parents to ensure your child's needs are met.

The capacity is also reduced to create a more spacious and less busy park.

All Music is turned off and there is no disco lighting.

SESSION TIMES

Tuesday 5pm – 6pm

Thursday 6pm - 7pm

For more information and to book please visit

[Friendly \(enflateadventurepark.com\)](http://friendly(enflateadventurepark.com))



If you are interested in joining Monmouthshire Connected Dance Company or the weekly DanceAbility sessions for the first time please contact us on 07515 030926 or email kathydanceblast@gmail.com

Dance Blast is committed to providing opportunities for all members of the community to participate in the arts, regardless of ability. All our DiverseAbility classes are inclusive, non-disabled dancers are very welcome.

The aims of Dance Blast's DiverseAbility programme:

- ★ to provide disabled members of the community the opportunity to participate in dance activities in a safe and creative environment, alongside their non-disabled peers
- ★ to provide opportunities for disabled people to experience the process of creativity through dance
- ★ to provide opportunities for disabled people to develop their dance skills
- ★ to provide opportunities for disabled people to perform

[DiverseAbility Dance | danceblast \(dance-blast.org\)](http://danceblast.org)



DANCE FOR CHILDREN AND YOUNG PEOPLE WITH DISABILITIES



Based in Cardiff, our open dance sessions for children and young people with disabilities are fun, creative and inclusive. Each session gives plenty of opportunity for individuals to express themselves while encouraging group participation and building on movement skills. Our highly experienced dance leaders use a variety of music, props and creative tasks to build a positive atmosphere, encouraging participants to develop their creativity and build skills together. This is an inclusive session - everybody in our studio dances together, including any supporters.



Our participants have a variety of support needs and each session is tailored to suit the group. We have sessions available for all age groups, allowing our dancers to progress through the classes from childhood to adults. For a lot of our long-term dancers, attending a Rubicon session has been a constant for them throughout many life transitions.

These sessions are open classes and new dancers are welcome to get in touch with any questions or for more information before coming along.

[Dance for Children and Young People with Disabilities | Rubicon Dance](#)



Dragons Rugby Autism Support

The provision takes place indoors at Risca Rugby Club for children aged 5-16 every Monday from 4:30pm-5:30pm

The sessions will be run by fully qualified and experienced autism rugby coaches and will be filled with fun engaging activities that include mini games and soft play.

There will also be sensory equipment available for the children in what is the first autistic rugby provision in Wales.

To register your interest or to find out more information please contact Karen via email Karen.burgess@dragonsrugby.wales



Visually Impaired Rugby Sessions

- Every Thursday, 4pm - 5pm
- 8-18 Years
- Rodney Parade Marquee

TO BOOK EMAIL
karen.burgess@dragonsrugby.wales

DRAGONS VISUALLY IMPAIRED VI

DRAGONS RFC COMMUNITY

ACTIVE GWENT BYWIOG

FREE

Autism Friendly Tennis

Every Thursday from 5:30pm-6:00pm.

Our Autism Friendly Tennis Sessions take place at Newport Tennis Centre and are catered towards children and young people with autism ages 6+.



The sessions are a maximum of 30-minutes with a smaller group size and a relaxed approach.

£12.75 per month

Find out more: buff.ly/3GRqYCc

ASD Swimming Sessions

at Pontypool Leisure Centre

Pontypool Leisure Centre are holding ASD/Disability Quiet Session swim sessions.

You can pre-book these sessions 8 days in advance, it is recommended that you book the session as there is limited availability.

Sessions are held on:

Friday Main Pool 3:00pm - 4:15pm at Pontypool Leisure Centre

Sunday Learner Pool (smaller and warmer) 3:00pm - 4:00pm at Pontypool Leisure Centre

ASD/Disability Quiet Session

For more information, please visit the website:

[Swimming at Torfaen Leisure Trust](#)

Torfaen Leisure Trust also run disability swimming lessons for children in Pontypool on the following days and times:

- ★ Tuesday 6.45pm
- ★ Thursday 5pm
- ★ Sunday 12pm and 12.30pm

Contact TLT - GoSwim GoSwim@torfaenleisuretrust.co.uk for more information

Abergavenny Leisure Centre - Sensory Swim

New swim session in Abergavenny Leisure Centre on a Sunday afternoon at 2.30pm for children and adults with additional needs.

Sessions run from 2.30pm-3.15pm

[Abergavenny Leisure Centre - Monlife](#)

Disability Swim in Blaenau Gwent

Thursdays 4-5pm Disability Swim Abertillery Swimming Pool

Saturday 15:00 - 15:45 Disability Swim Tredegar Swimming Pool

[Swimming \(bglife.co.uk\)](http://bglife.co.uk)



SEN & SIBLING SESSIONS

£3.50 per child



Sessions run:

Sunday 2.15-3.15pm @ VGA Crumlin
Wednesdays 4-5pm @ St Tydfils Gymnastics

These are 'drop-in' sessions - no need to book in advance. However, if you are coming along for the first time we would recommend ringing ahead to check availability on 01495 248070.

This class is for children aged 4-18 years who have a disability. The class is designed to allow children to either, independently play and explore or, work on developing skills to help build on strength, flexibility, coordination and balance for every day life.

Parents / carers will need to remain in the session at all times, we welcome a sibling or friend to come along and join in and help with the class.

For more information visit

[Disability Gymnastics | Valleys Gymnastics Academy](#)



ALN drop-in sessions Saturdays 2pm



Unit 29/30, JR Business Centre
Main Avenue, Treforest Ind Est
Cardiff CF37 5ST

For more information, please visit
<https://allstargymnastics.co.uk/>

Newport Wheels For All

Inclusive cycling at Tredegar Park!

Wednesdays & Saturdays, 10am – 3pm

- ⊗ Bike hire is for 1 hour and FREE to Newport residents.
- ⊗ Bike hire for non-Newport residents is £5 per person per hour.
- ⊗ Please book an induction before your first session.

Book online at newportlive.co.uk/WheelsForAll
by calling 01633 656757 or via the Newport Live app



PedalPower

the cycling charity for all



We're a charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. We strive to remove the barriers to cycling that many people face and work to a key set of values.

Cardiff Pedal Power provides a range of services and provisions to enable everyone to enjoy the benefits of cycling, social inclusion and health and well-being activities.

We provide a range of specialist bikes to enable people with any ability or disability to cycle, from two wheel bikes to three wheels and more! We also deliver group leader training and support and advice for carers - just ask!

We are open Monday - Saturday for bike hire for more information click the link below

[Home | cardiffpedalpower](#)

Cinemas - Autism friendly showings



Cineworld Spytty / Cardiff
1st Sunday of every month 11am



Blackwood Cinema
1st Sunday of every month 10am?



Market Hall Cinema
Every Wednesday at 5pm

SHOWCASE

Showcase Nantgarw
Second Sunday of every month 10am



Vue Cwmbran/Cardiff
Last Sunday of every month 10.30am



Odeon Cardiff
First Sunday of every month 10.15am

Treats n Play SEN Sessions

TREATS N PLAY

Treats N Play was founded in 2022. We are a family run business in Cwmbran Town Centre.

By offering predefined sessions and keeping numbers smaller your children can have the best experience.

At the end of each play period, we clean and restore the different areas so that the next session can also enjoy the WOW factor !

Children under 3 are welcome into Smiley Town as long as supervised at all times.

- ★ Role Play Village - ages 3-8 years
- ★ Multi Sensory Room - ages 0-13 years
- ★ Gaming Room - ages 5-13 years
- ★ Party Room - ages 0-13 years
- ★ Dedicated Baby Corner - 0-2

Plus - a wide range of freshly homemade treats, huge selection of Ice-cream, Milkshakes, Frappes and more...

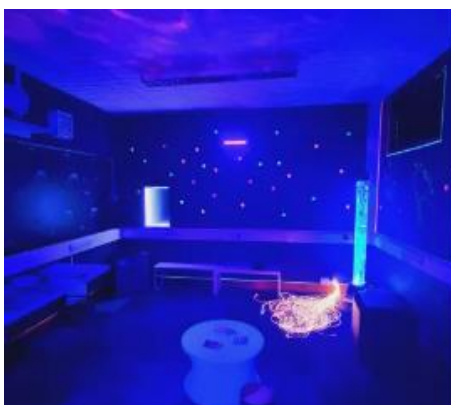
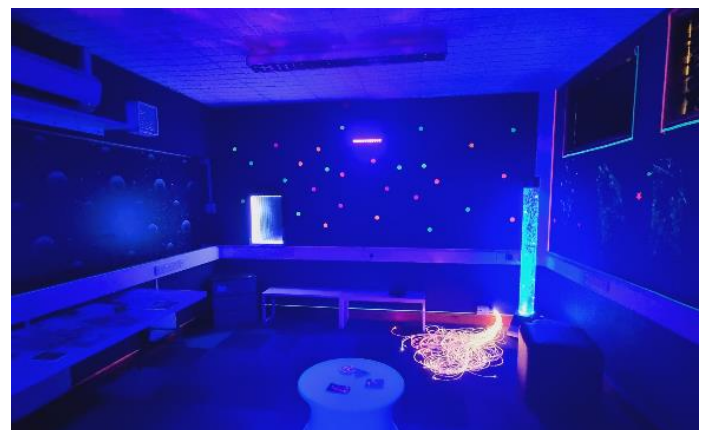
Children must be supervised by adults at all times.

Elsie's Escapes

Come and explore our wonderful multi-sensory room, a quiet, calm relaxing area designed for children to enjoy all things Sensory!

With our outer space theme with Giant bubble lamps, fibre optic lights, Infinity mirrors & more...

Sensory play helps to build nerve connections in the brain and encourages the development of language and motor skills promoting touch, increasing concentration and reducing anxiety.



Quiet Hour - Children with SEN ONLY 10am
Tue, Thurs & Sat

from £1.5

★ 5 (1 review)

Come and enjoy our quiet hour, especially designed for children with SEN

Next available date: 23rd August 2022

📍 Upstairs • Up to 15 attendees • 1hr

EVENT

Tiny Toes Ballet - Inclusive Sessions



Hi, Miss Charlotte here! Welcome to tiny toes ballet Monmouthshire & Blaenau Gwent, where our award winning, adventure themed classes will take you and your little one on a magical journey of music and movement!

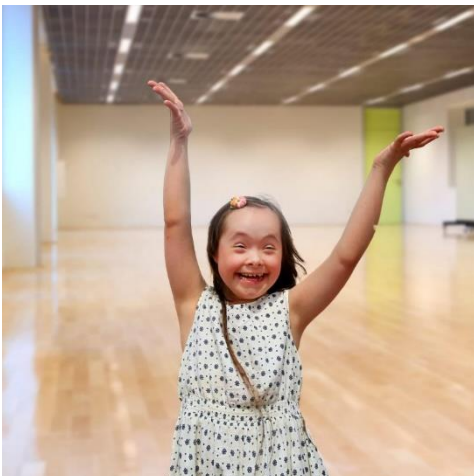
Offering award-winning pre-school children's ballet and dance classes which include fun, learning, storytime and so much dancing! We have tip toes dance classes for babies, twinkle toes ballet for 2 year olds, talent toes ballet for pre-school and 3-year-olds all the way up to spinners ballet and dance for five to seven-year-old children. Weekly lessons are held in St Arvans, Llanfoist, Chepstow and Ebbw Vale.

[Monmouthshire & Blaenau Gwent - tiny toes ballet](#)

[Inclusive Dance Classes - tiny toes ballet](#)

Our Specially Adapted Inclusive dance programme

- ★ When tiny toes was born in 2011 the aim of the programme was to bring the wonderful elements of ballet to young children in a way they could engage with, relate to, learn from and have fun with. That core aim still remains today, and we wanted to ensure that our offering was fully accessible to all children, including those children with additional needs.
- ★ We have always accepted and included all children in our mainstream programme, but we wanted to create a specifically written programme where children's additional needs and considerations were at the centre of our class.
- ★ We have worked with an experienced inclusive dance teacher and qualified physiotherapist, to adapt our tiny toes programme for children with special educational needs.




Tang Soo Do Classes for Autism

We were very lucky to have the guys from Tang Soo Do demonstrate their skills at our North Fun day on Sunday, if you would like more information on their classes, please visit the link below.

The link below takes you to a video which promotes how they work with children with additional needs.

<https://www.walestangsoodo.co.uk/additional-needs>



The poster features a blue background with a large, faint circular logo in the center that reads 'WORLD TANG SOO DO ASSOCIATION'. In the top left corner, there is a red silhouette of a person in a martial arts pose with the text 'HEADS OF THE VALLEYS TANG SOO DO'. In the top right corner, there is a colorful puzzle piece logo with the text 'AUTISM AWARENESS'. The main text in the center reads 'CLASSES FOR AUTISM' in large, bold, white letters. Below this, it says 'SMALL GROUP SESSIONS AND ONE TO ONE AVAILABLE'. The central image shows a woman in a white martial arts gi holding a gold trophy, a young boy in a white gi with a green belt holding a certificate that says 'AWARD', and another young boy in a white gi with a red belt. At the bottom, the address 'UNIT 4 NOBLE SQUARE, BRYNMAWR. NP23 4BS' is listed. Below the address is a Facebook icon and the text 'FIND US ON FACEBOOK' and 'Heads of the Valleys Tang Soo Do'. A QR code is located in the bottom right corner.

Sparrows

PAY A LITTLE VISIT TO..

Sparrows Aln Group

Sparrows is a inclusive support group for families who have children with a disability or sen needs.

Run by volunteer families who also have children with disabilities. We endeavour to create a space where they feel safe, welcomed and free to be themselves.

Our varied events are held at various times of the day so all families can make some.

Events we hold

Please note: some are seasonal

Soft plays - Swimming - Horse riding
 - Archery - Days out - Dancing -
 Football - Rock climbing - Courses -
 Coffee mornings - Outdoor
 Swimming - Trampolining

& more coming soon!



If you'd like to join us please search for us on Facebook , We can be found by searching "Sparrows Aln Group" or typing in <https://www.facebook.com/groups/1321629204638472>

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Kidzfit



Every Friday

5.15-6.15 Studio 54 Blackwood

Getting children interacting in a fun and friendly atmosphere

Set for all abilities, encouraging fitness for all ages (up to 18)

Staff are experienced with young people with Additional Learning Needs, sessions are adapted for all to enjoy and have fun!

For more information or to pre book contact

Sam: 07891480873 or Facebook SJ fitness-real results for real people



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Rewild Play

REWILD PLAY

SUPPORTING CHILDREN WITH
ALN & THEIR FAMILIES
ACROSS SOUTH WALES
REGISTERED CHARITY 1186824



- BOULDERING
- SKIING
- SURFING
- SWIMMING
- TRAMPOLINING
- CINEMA
- PARK DAYS
- BEACH DAYS
- CARERS EVENTS
- FARM DAYS
- ACTIVITY CLUB
- THEATRE
- PADDLEBOARDING
- OBSTACLE COURSES
- INFLATABLES
- ADVENTURE DAYS
- CARER WORKSHOPS
- FRIENDSHIPS & SUPPORT

CONTACT DETAILS



friends_rewildplay@outlook.com



07502 764368



FIND US ON FACEBOOK
REWILD PLAY CHARITY GROUP
ALN/ADHD/ASD SUPPORT
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