

What's On



sparkle
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helping special children shine

Guide



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About Sparkle

Sparkle is a charity based at Serennu Children's Centre.



Sparkle supports children and young people with a disability or developmental difficulty and their families living in Newport, South Monmouthshire and South Torfaen.



We provide bespoke facilities and activities for recreation, leisure, sport and family engagement.



To find out more about the services we offer, please contact our Family Liaison Officer Jayne Jones who will be happy to help.



www.sparkleappeal.org

Our clubs

Sparkle is proud to offer a variety of clubs and activities throughout the week at the centre.

Each club aims to meet both the needs and interests of the children, young people and families we support.









































We would love to hear what you think about our clubs, whether you're a child or young person, parent or professional... Please feel free to let us know whether there is anything you might like us to add or change. You can do this by speaking to the Session Leader, or by emailing us.



Please note that all activities need to be booked in advance, and that some activities are chargeable. We understand that your child may not always be able to attend, but if you could let us know at your earliest convenience as where possible, we may be able to offer a session to another child.

*A week at a glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Afterschool Club  4pm-5:30pm  5-10 years £ £5 per person	Little Stars  10:00am-11.00am  0-4yrs ££3.00 per parent and child	Independent Living Skills  5:30pm-7:30pm  16-17 £ £5 per session	Youth Club  5:30pm-7:30pm  12-17 years £ £2.50	Swimming Lessons  4:30pm -6:30pm  5-17 years ££45 per 10 weeks block	Swimming Lessons  10am – 12pm  5-17 years ££45 per 10 weeks block
Youth Club  5:30pm-7:30pm  12-17 years £ £2.50	Afterschool Club  4pm-6pm  12-15 years £ £5 per session	Skills  5.30pm-6.30pm  6-17 years £ £3 per person	Swimming Lessons  4:30pm-6:30pm  5-17 years ££45 per 10 weeks block	Family Music Session - Monthly  5.30pm -7pm  0-17 years £ £7.50 per family	MediCinema  10:30am  All £ Free
Fun & Furious - monthly  5:30 pm – 7 pm  12 – 17 yrs £ Free	Sparkling Sibs  4:30pm-6pm  7-11 years £ £2 per person		Minecraft Club  5:30pm-6:30pm  8-17 years £ £4.00 per person	Friday Play Club  5.30pm – 7pm  5-11 years £ £3 per person	Family Swim  12pm – 1pm  0-17 £ £2.50 per person
	Medi Cinema – Free  6:30pm  0-17year				Play Club  1pm – 2pm or 2pm – 3pm  5-11years £ £2 per person

*Please note that this is an activity schedule for term time only, as the above activities are subject to change during the school holidays. For more information about Sparkle clubs and activities, please contact the Sparkle Office.

Afterschool Club

MONDAYS & TUESDAYS



(Mon) Ages 5-10 4pm – 5:30pm (Tues) Ages 11-15 4pm – 6pm

A fun opportunity for children and young people with a disability or developmental difficulty to get together and take part in a variety of new activities.

The club offers activities in a stimulating environment which encourages learning and development in a fun and exciting way.

Work as a team; Learn to cook;
Develop new skills;
Make new friends; Have fun;
Be creative; Chill out;
Visit the local community;



Family Music Sessions

LAST FRIDAY OF THE MONTH



Ages 0 -17 5:30pm – 7pm £7.50 per family

Sparkle and Upbeat Music are pleased to be able to provide family music sessions once a month at Serennu.

The sessions are open to all children of any age who access Serennu.

This is a great opportunity for the whole family to get together and enjoy a fun, interactive session while exploring different types of music and instruments.

Family Swim

SATURDAYS



Ages 0 – 17 12pm - 12:30pm / 12:30pm - 1pm
£2.50 per person (capped at £7.50 per family)

Family Swim offers an opportunity for children & young people to spend quality time with their family in the water.

The first session has a fun and lively atmosphere and the second session has a more relaxed atmosphere, to ensure we can meet everyone's likes and needs.

The family swimming sessions last for 30 minutes.



Fun & Furious

EVERY 3RD Monday OF THE MONTH



Ages 12-17

5.30 pm - 7pm

FREE

A group for young people who attend Serennu Centre to chat about different topics and give any thoughts or comments about things they would like to see happen at Serennu or possibly change.

It's a great opportunity to have fun and meet others, whilst being able to share your thoughts and ideas about clubs that you may take part in!

For more information about taking part, please contact;

Lisa Thomas on 01633 748092 or lisa.thomas18@wales.nhs.uk

Jayne Jones on 01633 748013 or jayne.jones20@wales.nhs.uk

Independent Living Skills

WEDNESDAYS



Ages 16-17 5:30pm-7:30pm £5 per session

Supports young people with a disability or developmental difficulty with their transition into adulthood. The club provides opportunities to learn and develop new skills such as communication, cooking, cleaning, managing finances, confidence, working as a team etc.

**Go on trips; Take part in training;
Learn to cook; Develop skills; Play games;
Be creative; Relax; Make friends;**

"I have made friends – this is the first time I have had friends"

"I like going out shopping - I feel more confident now"

"I like coming to club, people here understand me"

Little Stars

T U E S D A Y S



Ages 0-4 years 10.00 am – 11:00 am £3.00 per session

This is a fun and friendly session that offers a planned programme of activities to meet the individual needs of the young children and their parents.

Sessions will include:

- ❖ Play sessions
- ❖ Fun with Food
- ❖ Sensory Play
- ❖ Outdoor Play

MediCinema

T U E S D A Y S & S A T U R D A Y S



Ages 0-18 years Tues -6.30pm Sat – 10.30am free

**Come and watch
a 2D or 3D film as
a family!**

For more information about what's on at
the MediCinema, take a look at the
Sparkle Appeal website, or email

MediCinema.ABB@wales.nhs.uk

Minecraft

Thursday



Ages 8-17 years 5:30 pm – 6:30 pm £4.00 per session

This group supports young people with their self esteem, confidence, and social skills by engaging in a fun activity with shared interests.

Each young person will have access to an ipad where they can control their character, and interact with others in the group.

Play Club

FRIDAY and SATURDAYS



Ages 5-11 years

Friday – 5.30pm – 7pm £3 per Child

Saturday -1 pm – 2pm or 2pm - 3pm £2 per child

Our fun-tastic play club encourages children to lead their own play experiences and helps them to make new friends, express themselves creatively and develop their confidence!

Each play session is an exciting new experience, which is made up of free play, snack time, a fun group activity, even more play & circle time.

Cooking; Parachute; Messy Play; Trips; Arts & Crafts;
Theme Days; Outdoor Play; Wii; Dens; Soft Play; Lego;
Musical Instruments;
Games; Fancy dress; Karts; Sensory Play;



Sibling Group

TUESDAYS



Ages 7-11

4:30 pm – 6pm

£2

This is a club open to siblings of children and young people with a disability or developmental difficulty.

The siblings are provided with an opportunity to relax, have fun and meet other siblings who share similar experiences.

The club provides a range of leisure activities for the siblings in addition to bespoke sessions relating to coping with emotions/ feelings, and developing the children's knowledge and understanding of their sibling's disability.

For more information, please contact Maisy Haines (Sparkle Assistant Psychologist) on 01633 748 023 or by emailing maisy.haines@wales.nhs.uk



Skills

WEDNESDAYS



Ages 6-17

5.30pm – 6.30pm

£3 per person

The skills session offers a chance for children & young people aged 6+ to develop basic skills such as **agility, balance, co-ordination, running, jumping, throwing & catching.**

The skills session is underpinned by Sports Wales Multi Skills and Sport Initiative aimed at developing skills for life, through fun games.

Swimming Lessons

THURSDAYS, FRIDAYS & SATURDAYS



Ages 5-17 30 minute sessions £45 for 10 sessions
(Thurs & Fri) 4:30pm – 6:30pm (Sat) 10am – 12pm

Swimming lessons offer an opportunity for children & young people with a disability or developmental difficulty aged 5+ to learn to swim.

We have two swimming programmes available:

Sparkle's Starfish Swimming Programme

aims to develop children and young people's water confidence and swimming skills in a way that suits them.

The ASA Learn to Swim Pathway

a nationally recognised programme which aims to develop water confidence and stroke technique.



For more information, please contact Hayley Jenkins
(Sparkle Swim Development Officer)
or the Sparkle Office.

Youth Club

MONDAYS & THURSDAYS



Ages 12-17

5:30 pm – 7:30 pm

£2.50

Youth club provides young people with the opportunity to have fun and socialise with others in a safe environment.

Everyone will have an opportunity to have their say and influence the activities, workshops and projects they take part in.

**Play pool; Talk to friends;
Take part in Workshops and activities;
Cooking; Table tennis; Computer Games;
Board games; Arts & Crafts;**



Llywodraeth Cymru
Welsh Government



Birthday Parties

Sparkle are now able to provide Birthday Parties for the children and young people we support.

Packages:

Sensory Room Party

Children and young people will have the opportunity to access the sensory room and enjoy the state of the art equipment.

Duration	Max number of people	Availability	Staffing Provided	Cost
60 mins	10 Children	Saturdays 10am to 6pm	1 staff member	£75

Pool Party

Children and young people will have the opportunity to have sole use of the pool, with music and lighting to suit their tastes.

Duration	Max number of people	Availability	Staffing Provided	Cost
60 mins	14 Children & Adults in total	Saturdays 1pm to 6pm	2 lifeguards	£100

Play Party

Children and young people will have the opportunity to have sole use of a play room with a range of toys.

Duration	Max number of people	Availability	Staffing required	Cost
60 mins	15 Children	Saturdays 10am to 6pm	1 staff member	£75

Café

MONDAY - FRIDAY



10 am – 2 pm (& Medicinema hours upon request)

Our cafe is open to staff, visitors and families throughout the week.

We provide hot and cold drinks, a selection of confectionary, sandwiches and snacks.

Fundraising

All of the services we provide are only made possible by donations and support from grants, individuals, groups and businesses.



It is vitally important that we raise enough money to ensure our essential services will continue. Sparkle need to raise in the region of 500k per year to support existing clubs and services.



From cake baking to tin shaking; running races to painting faces, there are so many ways you can help us do this!

For more information, please contact the Sparkle Office, on 01633 748092

Play ground



Come along and use our fully accessible playground.

The playground is situated at the back of the Serennu Centre and is surrounded by lovely scenery, a Multi-use Games Area, garden and wendy house.



Straps for the wheelchair swing are kept in the Sparkle Office.

Please note that there is no access to the Centre for the public on the weekend.

Volunteering



Are you aged 16+ and looking for an exciting new challenge?



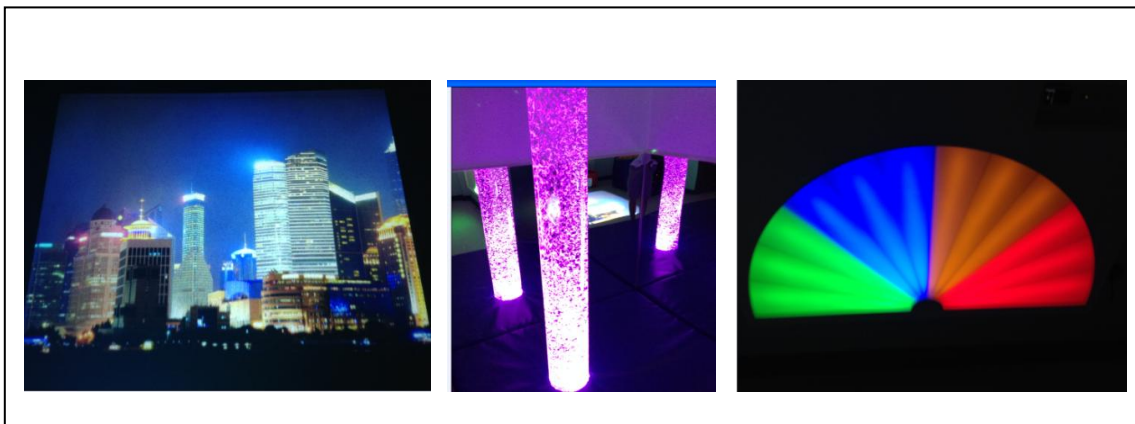
Why not volunteer your time to support our children with Disabilities learn new skills. You will gain a wealth of experience and some of our volunteers have been supported to gain formal qualifications such as their level 1 swim teachers award.



For more information please contact
ABB_Sparkleactivities@wales.nhs.uk or

01633 748092

Sensory Room



Each session costs £12 and can be booked Monday to Saturday from 9am to 6pm.

Sparkle offer families the opportunity to book a bespoke session which lasts 45 minutes in a brand new sensory room which contains state of the art equipment and facilities which provide a fun and stimulating play



Each session is supported by a Sparkle Play worker and bookings in advance are required.



Please contact the Sparkle Office on 01633 748 092 or email ABB_SparkleActivities@wales.nhs.uk if you would like to book a session.

Sparkle Activity Schedule 2017/18

	02-04-17	09-04-17	16-04-17	23-04-17	30-04-17	07-05-17	14-05-17	21-05-17	28-05-17	04-06-17	11-06-17	18-06-17	25-06-17	Number of sessions
Monday Youth Club	✓	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓	✓	9
Thursday Youth Club	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	10
Play Club	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	12
Friday Club	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	12
Family Swim	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Sibling Club	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	13
Swimming Lessons	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	11
Monday ASC	✓	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓	✓	9
Tuesday ASC	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	10
ILS	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	10
Minecraft	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	10
Skills	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	10
Little Stars	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	10
Continuing Care Play Club	✓	✗	✓	✗	✓	✗	✓	✗	✗	✓	✗	✓	✗	6
Music Club	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗	✗	✗	✓	3
School Holiday Activities	✗	✓	✓	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	3



	02-07-17	07-07-17	16-07-17	23-07-17	23-07-17	30-07-17	06-08-17	13-08-17	20-08-17	27-08-17								Number of sessions
Monday Youth Club	✓	✓	✓	✓	✓	X	X	X	X	X								5
Thursday Youth Club	✓	✓	✓	✓	✓	X	X	X	X	X								5
Play Club	✓	✓	✓	✓	✓	✓	✓	✓	X	✓								9
Friday Club	✓	✓	✓	✓	✓	✓	✓	✓	X	✓								9
Family Swim	✓	✓	✓	✓	✓	✓	✓	✓	X	✓								9
Sibling Club	X	✓	✓	✓	✓	✓	✓	✓	X	X								7
Swimming Lessons	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								10
Monday ASC	✓	✓	✓	✓	X	X	X	X	X	X								4
Tuesday ASC	✓	✓	✓	✓	X	X	X	X	X	X								4
ILS	✓	✓	✓	✓	X	X	X	X	X	X								4
Minecraft	✓	✓	✓	✓	X	X	X	X	X	X								4
Skills	✓	✓	✓	✓	X	X	X	X	X	X								4
Little Stars	✓	✓	✓	✓	✓	X	X	X	X	X								5
Continuing Care Play Club	✓	X	✓	X	X	✓	X	✓	X	X								4
Music Club	X	X	X	✓	X	X	X	X	✓	X								2
School Holiday Activities	X	X	X	X	X	✓	✓	✓	✓	✓								5





Don't forget to look for regular updates on the Sparkle
Facebook page (The Sparkle Appeal)
and on our Twitter Feed @thesparkleappeal

Our Website is:

www.sparkleappeal.org



Contact Information

Sparkle Office

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ABB_SparkleActivities@wales.nhs.uk

MediCinema

MediCinema.ABB@wales.nhs.uk

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