

FASD Services for Children, Young People and Families



**This booklet has been produced by the Cwm Taf
Neurodevelopmental Service**

January 2021



NATIONAL:

Me and My FASD <http://fasd.me>

This website is for young people with FASD. It has information about FASD and things that can help.

It is child and young person friendly, with easy-read documents/comics and a link to a youtube channel.

It was created in the UK with a very experienced team including medical professionals, teachers, parents and most importantly an advisory team of adults and young people with FASD.

It is funded by the National Department of Health and Social Care.



National Organisation for FASD



The National Organisation for FASD (formerly NOFAS-UK) is dedicated to supporting people affected by Fetal Alcohol Spectrum Disorders (FASD), their families and communities.



It promotes education for professionals and public awareness about the risks of alcohol consumption during pregnancy.

Website: <https://nationalfasd.org.uk/>

FASD Cymru

Promoting awareness, developing training and supporting families with FASD in Wales.

Their website has a short video for parents/carers, young people and professionals called "Think brain not blame".



Website: <https://www.fasdcymru.org/>

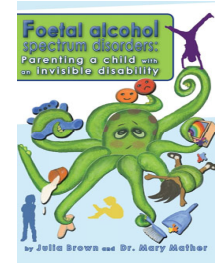
RECOMMENDED BOOKS AND VIDEOS:

Foetal Alcohol Spectrum Disorder: Parenting a child with an invisible disability

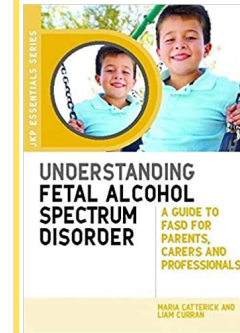
Written by Julia Brown and Dr Mary Mather

[FASD Makes Me, Me - YouTube](#)

by Adoption UK



Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals (JKP Essentials)



We hope you find this information useful.

If you find any details that need updating, or are aware of a service that is not listed here but would be useful for other families in the area, please let us know.

**Our contact details are: 01685 351026 / 01685 351147
or our email address is CTT_ND_Service@wales.nhs.uk**

Valleys Steps

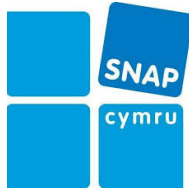
Ty Antur, Navigation Park, Abercynon, CF45 4SN

“Established as a well-being charity to help people to help themselves. We promote an understanding of why things are the way they are and show how we all can take steps to improving everyday well-being. At the heart of what we do is our passionate belief that everyone should have the opportunity to learn ways of managing the common psychological difficulties that we all face at times in life such as stress, low mood and anxiety”



Website: <https://valleysteps.org/mindfulness/>

SNAP Cymru



For independent advice around education/school support

Website: snapcymru.org
Contact: 08088010608

FOR CHILDREN WHO ARE ADOPTED OR FOSTERED:

Adoption UK Cymru

Contact: 02920 230319
Email: wales@adoptionuk.org.uk



The Fostering Network



Contact Fosterline Wales: 0800 316 7664
Email: Thefosteringnetwork.org.uk

FASD Caregiver Success

Written by Jeff Noble, former foster parent. The aim of the social media platform is to “share success stories and to remind caregivers that success for individuals with FASD can happen, it just takes longer and might look different.”



Facebook/twitter pages & podcast available

LOCAL:

FASD Rhondda



Voluntary support group for families and children who have been affected by alcohol during pregnancy. Adult-only coffee mornings and family groups

Website: fasdrhondda@gmail.com
[@fasdrhondda on twitter](#)

Halcyon

Raising awareness of neurodevelopmental conditions through training and education. Reducing conflict within families and offering advice and support. Parent Support Programme offered in conjunction with Cwm Taf Morgannwg UHB

Website: www.halcyon-foundation.org.uk
Contact: 02920 811114 / 07951 336117



RCT Carers support



Contact them to find out what support is available to you as a carer

Email: carerssupportproject@rctcbc.gov.uk
Contact: 01443 281463