



**AP CYMRU**  
THE NEURODIVERSITY CHARITY

# Family Support Services

AP Cymru are striving to create a neuro-inclusive world for children, young people and their families by providing a toolkit of guidance, knowledge and understanding of neurodiversity through authentic lived-experience.



## A Note from Our Founder

Back in 2008, when autism was first introduced to my life, I was scared! I was scared for my son, I was scared for my family and I felt like our whole life had changed in an instant.

Fast forward to 2025, both of my sons and myself have been diagnosed with autism and ADHD. This is our normal and I could not feel happier.

Am I scared now? Not at all. Let me tell you why...

I surrounded my family with families like ours. Families that shared in and celebrated my sons' triumphs, such as trying a new food or speaking their first word...

We learned all about autism and accepted it. I stopped using Dr Google and I educated myself as much as possible, learning from autistic people themselves. The more I learned, the more I understood my sons, and the more I could help everyone around me to understand them too. But this wasn't enough!

I wanted to help other parents who had been scared like me... and this is how AP Cymru began.

Since the charity started, we have directly supported thousands of autistic children, young people and their families, shared our knowledge with hundreds of organisations through our training programme, and created many smiles along the way.



16 years ago, I told someone that my son had just received his autism diagnosis, and I will never forget the look on their face. They said, "I am so sorry, do you need a hug?" This needs to change...

Now, when our team help a family to get their child's diagnosis, we offer them a CONGRATULATIONS!

Karen x



# Our Family Services

## Parent Wellbeing Support

We understand the importance of mental wellbeing and emotional support for parents. That's why we have created a safe, supportive community where you can connect, share, and receive the help you deserve.

### Clinic Topics include:

- Mental Health Wellbeing
- ARFID (Avoidant/restrictive food intake disorder) & Diet
- Your Child's Educational Rights
- How to Access Disability Allowance
- Managing Big Emotions
- Your Child's Sensory Needs
- Understanding Communication

## Inclusive Family Fun Activities

Our inclusive family fun activities are thoughtfully designed to provide a welcoming space where neurodivergent children and their families can connect, grow, and thrive together.

Our events create opportunities to make friends, build confidence and try new things in a supportive and understanding environment.

### • Peer-to-Peer Support

Connect with parents who truly understand.

### • 1:1 Person -to-Person Support

Talk to someone who cares.

### • Private Facebook Group

A safe, judgement-free space.

## Clinics & Workshop

Be part of the Empowering Families Program, designed to support and uplift families navigating the challenges and joys.

Access practical, expert led sessions designed to empower families with knowledge and tools to navigate their unique journeys.

### Some of the places we visit:



# What might a year in the life of an AP Cymru Family look like?



## January

- Winter Wonderland
- Fun HQ Clip & Climb
- Time 4 Me
- Empowering Parents Workshop

## February

- Your Child's Educational Rights
- Trampoline Park
- Young people project
- Soft Play
- How to Access Disability Allowance
- Craft & Arts

## March

- Trampoline Park
- Time 4 Me
- Parc Play



## June

- ALN Swimming Session
- Mountain View Ranch
- Time 4 Me
- Coffee, Cake and Chat

## May

- Coffee, Cake and Chat
- Time 4 Me
- ALN Swimming Session
- Trampoline Park
- Colliers Farm

## April

- Mountain View Ranch
- ALN Swimming Session
- Managing Big Emotions
- Young People Project
- Fun HQ Clip & Climb
- Colliers Farm



## July

- Clip & Climb
- Coffee, Cake and Chat
- Young people project
- Trampoline Park
- Parc Play



## August (summer programme)

- ALN Swimming Session
- Miniature Railway
- Cardiff Bay Beach
- Mountain View Ranch
- Monkey/Ape Sanctuary
- Young people project
- Colliers Farm
- Track a Train
- Youth Club
- InnoDate
- Soft Play
- Crafts



## October

- Your Child's Sensory Needs
- Guest Speaker Dean Beadle
- Halloween Festival
- Your Child's Educational Needs
- Youth Club



## September

- Understanding Communication
- Coffee, Cake and Chat
- Circus Experience
- Youth Club
- Time 4 Me

## November

- Fun HQ
- Youth Club
- Jump

## December

- Youth Programme
- Christmas Party
- Family Christmas @ The Royal Mint
- Time 4 Me
- Fun HQ



[Click here to see a typical year for an AP family](#)



## Why sign up to be an AP Cymru Family Member?

At AP Cymru, we provide ongoing, wraparound support for families of neurodivergent children. Becoming a member means gaining access to:

- ∞ **Peer-to-Peer Support** – Connect with a community of parents who understand.
- ∞ **1:1 Family Support** – Guidance from our experienced team.
- ∞ **Workshops & Training** – Learn practical strategies from experts.
- ∞ **Exclusive Events & Activities** – Fun, inclusive experiences for the whole family.
- ∞ **Private Facebook Group** – A safe space to share, ask questions and get support.
- ∞ **Trusted Advice & Resources** – Helping you navigate challenges with confidence.

You don't have to do this alone. Join the AP Cymru family today and access the support you deserve!



## Our Families Would Like You To Know

“Without AP, my son would not have been given a I.D.P. by the time he was 4. They provided me with much needed workshops to learn about my son’s rights, what financial support we are entitled to, and most importantly, they provide inclusive sessions for us to attend.”

“The emotional support AP Cymru have provided me is amazing. Their workshops are full of information on how to support your child and help them to reach their full potential.

I don’t know where I would be without AP Cymru.”

“AP have enabled me to support my son in a better way. They have given advice, provided workshops and allowed me to speak with other families. I have a better understanding of my child.”

## Contact Information

∞ **Phone:** 02920 810 786

∞ **Email:** [enquiries@apcymru.org.uk](mailto:enquiries@apcymru.org.uk)

∞ **Website:** [www.apcymru.org.uk](http://www.apcymru.org.uk)

∞ **Membership Details:** You can join us by going to [www.apcymru.org.uk/joinourfamily](http://www.apcymru.org.uk/joinourfamily), clicking the 'Register' button and filling in the form.