



Who are Ready Steady Go ?

Ready Steady Go is an autism specific charity based in Undy, Monmouthshire, which provides weekly activity sessions and play, therapeutic activities, and family days out at weekends and during school holidays. We currently do not receive any funding except from grants and fundraising.

Our member children have a diagnosis of autism and are unable to access other groups such as Brownies, Cubs and sports teams due to their high support needs. All the children live in Monmouthshire, and they have specific needs which include, challenging behaviour, flight risk, and many are non speaking.

We currently run weekly activity sessions which children attend with a parent/carer. These sessions are a key part of our service as they provide a routine and a familiar, safe environment where the children are able to play, explore lots of sensory activities and crafts with their peers. Each session is supported by staff who have a huge amount of experience working with children with additional needs and this enables them to tailor activities which take into account each child's needs, interests and offer wide resources to engage the children in a positive way.

Pre covid we hired Undy Church Hall, which is owned by the Church in Wales and ran one session per week which was attended by 12 children. These sessions were very successful and enjoyed by families leading to our group being recommended to others by Social Services "Children with disabilities team", healthcare services and other local groups. Whilst we were obviously happy that what we provide was so well thought of, this did lead to a significant waiting list as the number of children attending each session has to be limited due to their needs which present challenges. Most of the children have significant sensory needs and find noise and busy environments overwhelming.

Families, especially those new to diagnosis, need help and support as quickly as possible and we provided those in need with signposting and any other support we could, whilst they were on the waiting list.

The diocese has now offered us sole lease of the hall and the agreement was signed in December 2021. This has made it possible for us to now provide more sessions per week and offer places to all those on the waiting list and more recently to others who have been signposted to us post diagnosis. We are now providing three sessions per week with members split into 3 groups with one for the under 7s and two for the over 7s. We have recently launched our Youth Club @ Ready Steady Go, supporting young persons from ages 12 - 19. In September 2023 we are launching activity club sessions in North Monmouthshire.

The sole use of the hall also enables us to offer additional activities such as messy play, animal encounters, sensory cooking and others to families during school holidays. We are also offering hire of the hall to help provide us with an income stream.

In addition to the weekly activity sessions we also offer families the opportunity to go to other activities locally. We have offered soft play and swimming at local venues which we have privately hired and lots of days out to local attractions including Perrygrove Railway & Raglan Farm Park. These trips are supported by our staff and volunteers.

Through the staff and peer support and friendships made at our weekly sessions parents feel more confident to take their children to the external activities knowing that there will be people around them who understand the challenges and will lend a hand if needed. Lots of our parents have said that they wouldn't have tried some of the activities without support. These opportunities are wonderful for the children but equally importantly support parents reducing feelings of isolation and build confidence to try other new things as a family.

Ready Steady Go Activity Club - Registered in Wales. Registered Office Address - 19 Acacia Avenue, Undy, Monmouthshire. Registered Charity Number [1183203](#).



Please accept this as confirmation that all Ready Steady Go children have a diagnosis of Autism and their parents or personal assistants are carers for their child.

Kind regards

Tracy Rowland

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