

# Avril & Gareth's Story

**Its Thursday and its sleepover night for 3 special young girls at ours!**

The girls will arrive by taxi from school quite excited for their 'sleepover' as they call it, with respect - they wouldn't probably have a sleepover with their peer group as they all have very special individual needs, one child has cerebral palsy which brings with it epilepsy, speech and language difficulties and obvious motor and mobility difficulties.

We see ourselves as an extended family to their own offering a happy place to stay and enjoy, they bring joy to us too and although the sessions can be exhausting at times it is well worth it, as they do appreciate the time we spend with them. I have a 20yr old daughter who they adore and love having their hair done or nails painted by her. We do a range of activities like cooking, dancing, making craft items, games and outings to the cinema or theatre, or just walks around the village and to the park.

Luckily they all sleep quite well (maybe I wear them out!) and they all get on brilliantly which is a bonus, they eat really well too! It's nice that they appreciate my cooking.

Mornings are a bit hectic and I often commend myself that I manage to get the 3 girls ready for the school taxi and myself to work by 9 a.m.

The girls have been coming for over 7 years now and we have seen them grow up and become lovely young ladies. It is very rewarding and we feel they have enhanced our lives and are certainly a big part of our family life; we pride ourselves that we can offer such a service to children who can benefit from short breaks. It gives them an opportunity to gain independence and experience different things away from their own families.

It gives their own families time with each other and to get some well earned rest.



*Avril, Gareth and daughter  
Catrin....*

*Avril*

Seibiannau Byr  Short Breaks

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