

# The Parents' Voice



Hello and welcome to our April Newsletter. As the days grow longer and the sun starts to peek through the clouds, we are excited to announce a plethora of upcoming events and gatherings.

Make sure to stay connected with us on social media to receive all the latest updates and details about these exciting events. Whether you are a regular or would love to meet new people and share ideas and experiences come and join us.

So, mark your calendars and get ready to make wonderful memories with us as we embrace the changing seasons and create unforgettable moments together. See you soon!

Survey

What's on

Finance  
support

Small good  
stuff

Events in the  
Vale

Vale Family  
Information  
Service

 029 2056 5917

 [admin@parentsfed.org](mailto:admin@parentsfed.org)

 [www.parentsfed.org](http://www.parentsfed.org)

# A big thank you

A big thank you to all participants who dedicated their time to our survey. The results have been compiled and forwarded to the appropriate councils.

Should you need to address any concerns or contact us, please feel free to reach out at any time, without waiting for the next survey cycle.



**Stay connected with us!**

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-  [www.parentsfed.org](http://www.parentsfed.org)
-  CardiffAndValeParentsFedera
-  @parentsfed

Don't miss out on our latest news and updates. Sign up for our newsletter to

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Federation Rhieni

# April Activities

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## Cardiff

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25th April **Pedal Power**, Sophia Gardens  
11.30am - cycle  
1pm - coffee & cake

## Vale of Glamorgan

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24th April @ 6 pm  
Brewer's Fayre Barry

# May Activities

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## Cardiff

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Pedal Power

Cream Tea

Dates TBC

## Vale of Glamorgan

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Oyster Catcher Lunch  
- Penarth

Brewer's Fayre Dinner  
- Barry

Dates TBC

# Finance support - Cardiff Council

Support for maximizing income is available through Cardiff Council's advisory services.

One avenue for assistance is the Advice Line at 02920 871071, which provides guidance on various issues, including income maximization through the Money Advice team. Upon contacting the Advice Line, relevant details are gathered, and individuals are directed to the appropriate team, who will schedule a callback based on the urgency of the matter. For those preferring in-person assistance, the Money Advice Service operates from the Central Library Hub, supplemented by outreach services at various locations listed on the website under "Contact us - Cardiff Money Advice Service."

Moreover, the Money Advice Service encompasses the Disability Benefit Support Team, specializing in aiding individuals with Child Disability Living Allowance, Attendance Allowance, Limited Capability for Work under Universal Credit, Personal Independence Payment, and Carer's Allowance. They also offer support with completing mandatory reconsiderations, appeals, and representation at Tribunal hearings when necessary. To access this service, individuals can reach out via the advice line or email at [disabilitybenefitsupport@cardiff.gov.uk](mailto:disabilitybenefitsupport@cardiff.gov.uk), which operates by appointment only, accommodating face-to-face or home visits as needed.

Furthermore, residents can conduct a "better off" assessment using one of the recommended online Benefits calculators featured on the Gov.uk website: Benefits calculators - GOV.UK ([www.gov.uk](http://www.gov.uk)).

**smallgoodstuff**  
by communitycatalysts

## Looking for care and support in Cardiff?

*New listings added all the time!*



A directory to help you  
find local people who  
offer care and support to  
other local people.

This might include help  
with:

Washing and dressing

Having a good meal

Getting out and about

Managing your home &  
garden

Activities, sports & more!

**Visit the directory**

[smallgoodstuff.co.uk/Cardiff](https://smallgoodstuff.co.uk/Cardiff)



# Events in the Vale

## Active April

Join Carers Wales as we celebrate Active April 2024

When: **Friday 26 April 2024 at 11am**

Where: **Whitmore Bay, Barry Island**

The team at Carers Wales will be holding a walk to celebrate Active April and to give unpaid carers the opportunity to come together, for some sea air and a little light exercise.

To register your interest or for more information, please contact email: [volunteer@carerswales.org](mailto:volunteer@carerswales.org)

## **Relaxed Concert (part of the Penarth Chamber Music Festival)**

A concert in a supportive environment for those with special needs, their carers and their families.

When: Wednesday, 26 June 2024 between 10:30am - 11:15am

Where: Penarth Pier Pavilion, The Esplanade, Penarth, CF64 3AU

Reserve your seat:

<https://www.ticketsource.co.uk/booking/select/YvxuetNfqUSr>

# Events in the Vale

## First Aid Awareness for Unpaid Carers

The training will be taking place at FAST, 305 Gladstone Road, Barry, South Glamorgan, CF63 1NL between 10am – 2pm on Monday 13 May 2024.

What is the First Aid Awareness training and what is involved?

The First Aid Awareness training is a 4 hour training session run by FAST - First Aid Supplies and Training in partnership with the Vale of Glamorgan Council. This training will give you a basic understanding of what to do in an emergency and how you can help in the situation.

To register, please complete this online form [Add a little bit of body text](#) or ring 01446 704604

How much does this cost?

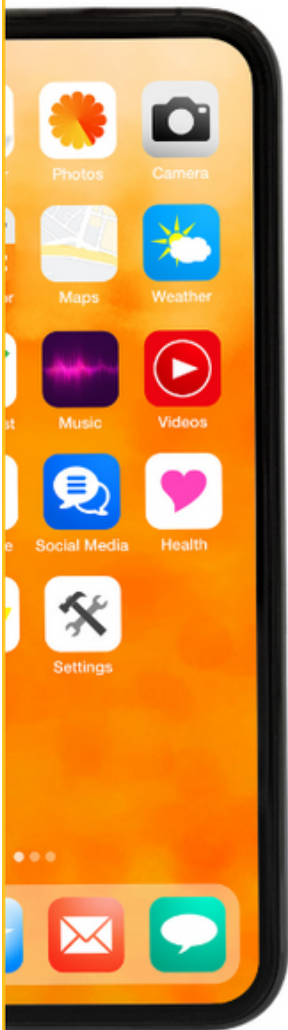
Although we are offering this at no cost to you, there is a cost to the Vale of Glamorgan council in the region of £60 per place, so once you have booked your place, please commit to attending on the day, as we will still incur a charge for your non-attendance.






Vale Family Information Service has achieved the Families First Quality Award.

The team play an essential part supporting families and young people in the Vale and so are delighted to see their hard work being recognised and achieving a national quality accreditation.



# Stay connected with us!

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Don't miss out on our latest news and updates. Sign up for our newsletter today!

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.  
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