

# The Parents' Voice



As the year draws to a close and we embrace the festive season, we want to take a moment to reflect on what has been a truly remarkable year. Together, we've shared incredible moments, made meaningful connections, and supported one another through the highs and challenges of 2024.

This year, we've been fortunate to meet so many more unpaid carers—each of you inspiring us with your dedication, resilience, and compassion. Your stories, efforts, and advocacy continue to remind us why our work is so important.

Thank you for being a vital part of this community. Your unwavering support and engagement have made this year a success, and we're looking forward to an even brighter year ahead.

Wishing you and your loved ones a peaceful December and a wonderful Christmas

2024 Round up

Retirement

Bitesize Respite

Pedal Power

Me Time

Santa's Grotto

Health Profile

Short Breaks  
Wales



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www.parentsfed.org



This year, the Parents Federation has held a whopping 60 events for unpaid carers across Cardiff & the Vale of Glamorgan. These events were mostly provided through our Bitesize Respite scheme, which provides unpaid carers with a space to socialise with and support each other over a free meal or activity, while achieving a few crucial hours of respite from caring responsibilities. These events included:

- 11 cycling sessions with Pedal Power
- 28 lunches
- 8 cream teas
- 10 evening meals
- 2 festive meals
- 1 Awards show

Our staff also attended an Unpaid Carers information event at Barry Memo in April, and an Unpaid Carers assembly event in Cardiff in October. We also marked Carers Rights Day on the 21st November with a Pedal Power 'special', where we met Gwen from the All Wales Forum and had a spirited discussion about carers rights.



HAPPY  
Retirement!

## Celebrating Over 25 Years of Dedication: A Fond Farewell to Our Director

As we turn the page on an inspiring chapter of the Cardiff and Vale Parents' Federation, it is with a mixture of gratitude and heartfelt emotion that we announce the retirement of our esteemed Director, John Cushen. For over 25 years, John has been the driving force behind our charity, championing the needs and aspirations of parents and families across Cardiff and the Vale of Glamorgan.

Throughout his tenure, John has embodied the values of the Federation: compassion, dedication, and an unwavering commitment to fostering a better future for families. His boundless enthusiasm for the role, coupled with his genuine care for the people he has worked alongside, has been a hallmark of his leadership.

The challenges of the COVID-19 pandemic were a true test of resilience for many charities, and under [Name]'s guidance, the Federation not only weathered the storm but emerged stronger. His innovative thinking and tireless commitment ensured that our support for families remained unwavering during such a difficult time.



HAPPY  
Retirement!

Beyond the challenges, John has always celebrated the joys of his work—the connections he forged, the families he supported, and the partnerships he built. These relationships will remain a testament to his incredible ability to bring people together for a common cause.

John will still be around and has promised to hold some events for us in the Vale, as well as taking some well earned time off to spend on his boat.

Thank you, John, for everything.

# Bitesize Respite

## December Activities



### Cardiff



### Vale of Glamorgan

4th- Oyster Catcher  
Penarth @ 12:30

12th- Toby Carvery  
Rhoose / Barry @  
12:30



'Supported by Cardiff Third Sector Council through UNPAID CARERS SHORT BREAKS Small Grant Fund 2022/23 in partnership with Cardiff and Vale Regional Partnership Board'

Cardiff & Vale Parent's Federation



# PEDAL POWER



**Monthly  
event**

Join our Pedal Power sessions for a chance to meet new people, exercise and try something new.

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

029 2056 5917 

**JOIN US**

## MeTime

Online support sessions for carers

# December to January



### Monday 2 December, 2-3pm: Book club

Come along to our informal and relaxed book club session! The session is a chance for carers to get together and take some time for themselves, have a chat with like-minded people and share the escapism of getting lost in a good book. If it is your first session, just bring your favourite book, we'd love to hear a bit about why it's your favourite



### Tuesday 3 December, 1.30-2.30pm: Crafty catch up

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



### Friday 6 December, 11-11.30am: Talking all things joy with Leah Evans - how to protect your own joy at Christmas

Come and join Joy Coach, Leah Evans for a half-hour session where we will explore the essence of joy, what excites and lights you up, and how to overcome obstacles that hinder your joy. We will delve into tips, tools, and techniques to help you. With a special focus on Christmas, we will discuss how to facilitate joy for others while remembering that our joy is equally important.



### Wednesday 11 December, 1-2pm: Getting the most out of your Carers Needs Assessment

Come and join our I&A Officer Nia Constant who will explain how to get the most out of your Carers Needs Assessment.



### Thursday 9 January, 11am-12pm: Welsh Water Dwr Cymru

Are you a carer or being cared for by someone? Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water. Join Jody on the call to learn something new, and get the help that you may be missing out on.



### Thursday 16 January, 1-2pm: Crafty catch-up

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



### Monday 20 January, 11am-12pm: Brightening "Blue Monday"

Join Carers Wales Information and Advice Officer Nia to discuss ways to combat Blue Monday and look ahead towards the new year in a positive way. Nia will discuss exercises available to you as well as opportunities for carers in Wales.



### Thursday 23rd January: 1-2pm - Cwmpas and Business Wales Social Enterprise and Starting Your Own Self Employment Business

A brief introduction on becoming self employed and what you should consider when starting a business. It will be an informal session and plenty of opportunities to ask questions.



### Wednesday 29 January, 12-1.30pm: Power of Attorney session

Damian Lines TEP is the Managing Partner at Rubin Lewis O'Brien Solicitors based in Cwmbran, South Wales. He will be running a session on what you need to know about setting up Power of Attorney for your loved ones.



### Wednesday 5 February, 1.30-2.30pm: Homefront WWII with National Museum Wales

What was life in Wales like during WWII? Explore WWII related objects with our facilitator, discover the stories behind them and be inspired to investigate how your local area contributed to the war effort.

To Register: [www.carersuk.org/wales/onlinesupport](http://www.carersuk.org/wales/onlinesupport)

# Santa's Grotto

An inclusive grotto for  
believers of any age!



£5

DECEMBER 18TH-21ST



spaces from  
**10am to 2pm**  
V21 SBECTRWM CENTRE  
CF5 3EF

**FREE**  
Hot Chocolate  
from our V21  
Cafe with each  
ticket.

All proceeds go to Vision 21 (Cyfle Cymru)

Charity Number: 1046097



Do you have a learning disability or care for someone who does? Do you use your Health Profile? Improvement Cymru would like to talk to people who use the Health Profile or would like to know more about using one.

We are also looking for people to be filmed talking about the places they use their Health Profile. Would you like to get involved in a short video for social media to promote the Health Profile?

Please email [ImprovementCymru\\_LD@wales.nhs.uk](mailto:ImprovementCymru_LD@wales.nhs.uk) to find out more.

For more information about the Health Profile visit [The Once for Wales Health Profile - NHS Wales Executive](#)



# DID YOU KNOW?

We have a website  
[www.parentsfed.org](http://www.parentsfed.org)  
Keep up to date



CardiffAndValeParentsFederation



@parentsfed

**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)



## **Funded short breaks for unpaid carers in Wales**

**Funded by Welsh Government, the Short Breaks Scheme is a new initiative to support unpaid carers of all ages in Wales to take a break from their caring role. A short break is more than just a yoga class or an overnight stay in a hotel, it is a chance for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend.**

**The Short Breaks Scheme was launched in 2022 to support unpaid carers from across Wales to take a much-needed break from their caring responsibilities.**

**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.**

**These short breaks have the power to transform lives, offering vital respite to carers across Wales.**

**Check out their website below**  
**<https://www.shortbreaksscheme.wales/>**





# Stay connected with us!

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 CardiffAndValeParentsFederation

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Your voice is important to us and to your community!

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