



*Supporting carers for 30 years*

# Parents' Voice Spring 2019

## If you care for someone else don't forget to care for yourself!

Being a carer is a full-time, demanding job and it can be easy to neglect YOUR needs. Our Connected Carers Project provides numerous activities for carers such as Zumba classes, yoga classes, and cycling sessions. These activities are held regularly and we have something on every week. So come along, meet new people and have some fun! For more information, please phone us on 02920 565917 or email [admin@parentsfed.org](mailto:admin@parentsfed.org).



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# Do you live in the Vale? Have lunch on us!

Carers from the vale of Glamorgan are invited to join us at our regular friendly [carers gatherings](#) which are held across the county. We meet in small groups at venues across the county and it's a great way to meet others, renew friendships and learn about opportunities for carers in the region. call us on 029 2056 5917 for details or follow us on [facebook](#) All are free and are a great way to meet other carers, learn from one another and find out about what the future might offer you.



*Vale carers at our Christmas gathering*

## Have your say

The Carers Trust is looking for unpaid carers to join them on a carers panel to help shape services for carers in the region. If you would like to attend and represent the Parents Federation we can support you. More details can be found [here](#).

For over 30 years Cardiff & the Vale Parents' Federation has represented carers across the region, join us for an informal chat and find out how you can be listened to at the highest level. Call John on 029 2056 5917 to arrange a visit.

## GOFAL CARER'S PROJECT

Gofal is a Welsh charity, helping people with mental health problems. They have now have a counselling and wellbeing space in Cardiff, offering free therapies to carers. Therapies include counselling, group support, mindfulness, reflexology, and shiatsu. They can also offer respite for your loved one, while you receive these therapies. For more information, please phone 02920 440191, email [hello@breathespaces.com](mailto:hello@breathespaces.com), or visit [www.breathespaces.com](http://www.breathespaces.com)

# CARERS WEEK 10-16th JUNE 2019

Carers Week is a yearly campaign designed to raise awareness of caring and to highlight the lives of the 6.5 million people in the UK who are carers. Every Carers Week concentrates on a specific area of life. For 2019, the theme is **getting carers connected**. Numerous organisations come together to organise events throughout the UK. For more information and to find out about events happening in your area, please visit [www.carersweek.org](http://www.carersweek.org)



Carers across Wales save the nation over £8,000,000,000 every year. The Parents Federation is holding a number of activities over this and the following week - come along and find out what support might be available.

To celebrate the role of carers in supporting people with a learning disability we are holding several activities during the week commencing 10th June 2019. To find out more and see details of all Parents Federation activities visit our [website](#).

## Learning Disability Week 17th to 23rd June

We also invite you to the launch of the Cardiff & Vale [Learning Disability Strategy](#) being held on the morning of the 18th June.

The strategy aims to offer opportunities for people with a learning disability and their carers to maintain an independent life and enjoy choices and opportunities. there will be presentations from a variety of speakers and an opportunity to meet other families and people who provide support services.

Places are limited so please [book](#) early to avoid disappointment.

# Understanding Disability Awards



Our popular awards celebrate examples where people have gone the extra distance to involve and include people with a learning disability into everyday life. The awards are held annually and a panel of judges decide which nominations are successful.

People from all walks of life are recognised and categories include volunteer, professional, workplace and club. If you know of anyone at all that deserves to be recognised for their efforts please nominate them now – it's a great way to thank ordinary people for their efforts in going that little bit further. We are now seeking nominations for the 2019 Understanding Disability Awards and an online form can be found [here](#)

## Join us

The Parents Federation supports carers across Cardiff & the Vale. We work with local authorities and third sector partners to inform carers of what is happening in the region. We are run by and for unpaid family carers. For more information about our weekly activities and the many other resources we offer please contact us.

Our office is in the Sbectrwm Community Centre, Fairwater. We hold drop in coffee mornings each Friday and details of our weekly gatherings and events can be found on our [website](#). All activities and gatherings are free – just contact us to book a place!

Be sure to follow us on [twitter](#) and [facebook](#) for updates on recent developments. With 2000 local family carers as members we speak for carers on what matters to them- be sure to share your views so that you are listened to!

Email: [admin@parentsfed.org](mailto:admin@parentsfed.org)      [www.parentsfed.org](http://www.parentsfed.org)      Tel: 029 2056 5917



**Visit us at: Unit 14, Sbectrwm Community Centre, Fairwater, Cardiff CF5 3EF**