

# The Parents' Voice



Happy New Year! As we step into 2025, we're thrilled to bring you a host of new and exciting events, updates, and initiatives that will make this year one to remember. From fresh opportunities to connect to inspiring projects on the horizon, we can't wait to share everything we've been planning with you.

The start of a new year is always filled with hope and possibility, and we're looking forward to making this journey together with our incredible community. Stay tuned for more details about what's coming up, and let's make 2025 our best year yet!

Here's to a year of growth, inspiration, and shared success.

2025

Bitesize Respite

Pedal Power

First Aid Course

Me Time

Health Profile

Short Breaks

Wales



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As 2025 begins, Cardiff and Vale Parent's Federation is gearing up for an exciting year filled with new opportunities and significant changes. One of the most notable milestones is the retirement of our long-standing director, John Cushen. For many years, John has been a pillar of our organisation, bringing vision and dedication. We extend our heartfelt thanks to him for his incredible contributions and wish him all the best in his well-deserved retirement.

Stepping into John's role is Claire Jones, who joins us with a wealth of experience and fresh ideas. Claire's enthusiasm and commitment to supporting our community promise a bright future for the Federation, and we're excited to see her vision take shape in the months ahead.

This year also brings new ideas and opportunities for Cardiff and Vale Parent's Federation to explore. We're looking forward to sharing these with you as we continue to innovate and grow as a community. In the meantime, our regular social gatherings for unpaid carers remain a cornerstone of our activities. These gatherings are a fantastic way to connect with others, recharge, and share experiences. Be sure to book your spot today through Eventbrite!

As we embrace the year ahead, we remain committed to supporting and empowering our community. Stay tuned for updates and announcements as we navigate this exciting new chapter together.

# Bitesize Respite

## January Activities



### Cardiff

23rd- Cream Tea  
Pettigrew's @ 12:30

16th- Pedal Power @  
11:30



### Vale of Glamorgan

22nd - Oyster  
Catcher Penarth @  
12:30

29th- Brewer's Fayre  
Barry Island @ 18:30





# 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**



## All Vale Carer's

Learning opportunity for unpaid carers

First Aid Awareness for Unpaid Carers

When and where will the training be taking place?

The training is available Wednesday 15th January 2025: 10am - 2pm.

The training will be taking place at 305 Gladstone Road, Barry, South Glamorgan, CF63 1NL.

There are a maximum of 12 spaces available.

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 book check out our Facebook page for the link



## 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)



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.**

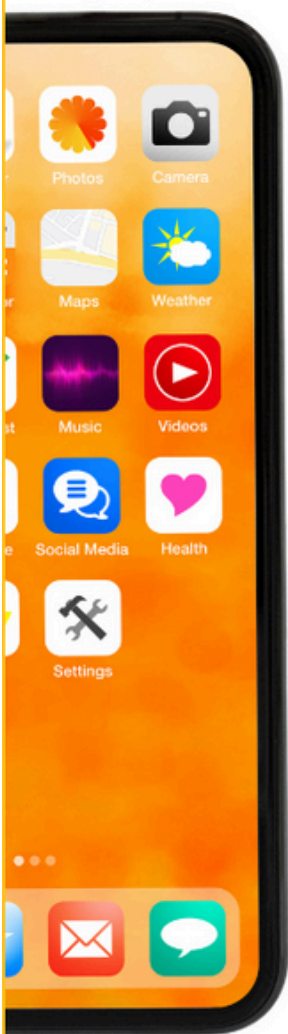
**With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.**

**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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