

# The Parents' Voice



Welcome to our July newsletter! As we step into the heart of summer, we can't help but hope for sunnier days ahead. The weather has been quite unpredictable lately, but we remain optimistic that clearer skies and warmer temperatures are just around the corner.

In the next few months, we will continue to host our events, so make sure you keep an eye out on bookings.

We are also starting to finalise our UDA Awards so if you did nominate someone keep an eye out.

As always, we appreciate your feedback and suggestions. If there are specific topics you'd like us to cover or new initiatives you'd like to see, please don't hesitate to reach out.

Here's to a brighter and more eventful July!

UDA Awards

Bitesize Respite

Breathing  
Space Project

June to July  
Carer's Wales

Small Good  
Stuff

Carer's  
Assesments

Short Breaks  
Wales

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**31**  
October

# UNDERSTANDING DISABILITY AWARDS

Celebrate the people who have made a  
difference to you

10:00 @ Future Inn, Cardiff



The Understanding Disability  
Awards - celebrates  
individuals or organisations  
that have made a difference  
in people's lives.

# Understanding Disability Awards



We are delighted to announce that the Understanding Disability Awards are returning this year, set to take place on October 31st at the Future Inn Cardiff.

These awards provide a unique opportunity to nominate someone who has made a significant difference in your life or the lives of your loved ones. Do you know someone who has had a profound impact on your life? Someone who has gone above and beyond in their efforts? We want to hear their story!

The Understanding Disability Awards celebrate outstanding individuals who have gone the extra mile to involve and include people with learning disabilities in all aspects of daily life. These awards not only recognize extraordinary efforts but also highlight examples of good practice, serving as a beacon for others.

Stay tuned for more details about booking your place at this exciting event, with tickets available soon. If you nominate an individual or business, please ensure that both you and your nominee can attend the awards ceremony.

Thank you, and we look forward to celebrating the remarkable contributions within our community!

To nominate please get in touch or follow us on social media for the links!

# Bitesize Respite

## July Activities



### Cardiff

25th- Cream Tea in  
Pettigrew Tea  
Rooms @ 12:30

18th - Pedal Power  
@ 1130



### Vale of Glamorgan

24th - Oyster Catcher  
Penarth @ 12:30

31st - Brewer's Fayre  
Barry Island @ 18:00

# Bitesize Respite

## August Activities



### Cardiff

08th - Eli Jenkins @  
1230

14th- Cream Tea in  
Pettigrew Tea  
Rooms @ 12:30

15th - Pedal Power  
@ 1130



### Vale of Glamorgan

21st - Oyster Catcher  
Penarth @ 12:30

28th- Brewer's Fayre  
Barry Island @ 18:00

# The Index



The Vale Family Information Service have published the Summer Edition of their Index Newsletter. This edition provides information about activities and services for children & young people 0-18 with a disability or additional need(s), and support for their parent carers. The Index is the Vale of Glamorgan Council's voluntary register. By registering on the Index information produced by the service is sent digitally as newsletters and ebulletins on a regular basis.

The type of information sent consists of financial help, grants, inclusive and specialist activities, support services, education support for those attending Vale schools or home educating, transition and much more. It's easy to sign up and no professional referral is required. Follow the link to sign up: The Index Registration Form or for further information about the service visit their webpage: <https://www.valeofglamorgan.gov.uk/theindex>





V21 PROJECTS + GUEST CRAFT STALLS

# V21 SBECTRWM Summer FESTIVAL Day 2024

Friday 2nd August  
10am - 2pm

ALL PROCEEDS TO CHARITY

FREE ENTRY

FREE PARKING

HOOK A DUCK

**V21**  
VISION 21 | CHANGING LIVES  
v21.org.uk

Changing places toilet  
**FREE PARKING**  
**FREE ENTRY**



**Friday 2nd August**  
**10am - 2pm**  
V21 Sbectrwm Centre  
Bwlch Road, Cardiff, CF5 3EF  
@V21Sbectrwm  
029 2062 9962

Refreshments available  
Games  
Craft Stalls  
Fun  
Every body welcome.  
**We'd love to see you . .**

# Free course for unpaid carer's

Learning opportunity for unpaid carers

Prevention and Management of Violence and Aggression – Managing Challenging Behaviour for unpaid carers.

The Aim of this course is to:

- Examine the issues surrounding anger, aggression, violence and challenging behaviours
- Be able to spot early warning signs and implement violence reduction strategies.
- Recognise how behaviours occur
- Learn how to communicate with an angry individual to resolve conflict and de-escalate
- Understand the importance of a non-physical/violent response to situations

When and where will this course be running?

When: Tuesday 17 September 2024, 10am - 2pm

Where: Civic Offices, Holton Road, Barry, CF63 4RU

-  
You will be able to book on to this training by completing this online form or call 01446 704604



**YMDDIRIEDOLAETH  
GOFALWYR**

**CARERS  
TRUST**



## **The Breathing Space Project**

**Afternoon Tea at Future Inns Hotel, Cardiff**

**Join us for Afternoon Tea at Future Inns Hotel, Cardiff.  
This special gathering is dedicated to unpaid carers.**

**Time/ Date:** Thursday, August 1st, 2.00PM

**Location:** Future Inns Hotel, Hemingway Road, Cardiff,  
CF10 4AU

To attend, contact: [mscymru@mssociety.org.uk](mailto:mscymru@mssociety.org.uk)



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**



### Wednesday 10 July 11am-12pm: Getting the most out of your Carers Assessment

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



### Monday 15 July 1.30-2.30pm: Caregiving – how to avoid burnout with Hazel Carter

Being an unpaid carer for a loved one is one of the hardest jobs in the world, especially if that loved one has a terminal or rapidly progressing condition.

Find out how Hazel managed to juggle the hectic world she found herself in, hear about the different things she did to look after herself and learn from the lessons she now shares with carers across the UK.



### Tuesday 16th July - 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.



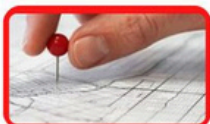
### Thursday 18th July - 11- 12pm: Could you be a Digital Champion?

The session will explore the importance of Digital Champions and how they can support people across communities in Wales with their digital skills and overcome barriers to digital inclusion.



### Monday 5 August - 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.



### Thursday 8 August 11am-12pm: Geo Gessr

Do you like geography? Join us for an online game of Geo Gessr! A geography game, in which you are dropped somewhere in the world in a street view panorama and your mission is to find clues and guess your location on the world map. No experience required just join the Zoom session and we'll explain how to play.



### Tuesday 13 August - 1-2pm: Money Matters for Carers

Join our Information and Advice Officer as she goes through the money support options going into the winter and the other ways you may be able to access financial support.



### Thursday 15 August - 11am-12pm: POPYRUS, Prevention of Young Suicide.

POPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. POPYRUS exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.



### Thursday 29 August - 11am-12pm: 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 2 September - 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.



# DID YOU KNOW?

We are on Instagram  
don't miss a thing and  
follow us  
**@parentsfed**



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)





# Carer's Assessments

Have you undergone a carer's assessment?

The Parents Federation are compiling an article aimed at assisting and preparing carers for their assessments. This will be made available on our resource website “Where You Stand”.

We want your feedback! If you have any insights or top tips from your lived experience of a carers assessment, please reach out to us so we can include them in our article.



## **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.**

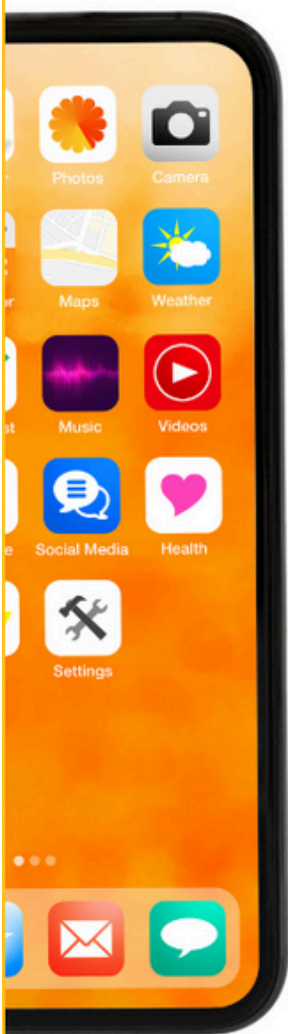
**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**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

 @parentsfed

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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