

July 2023

The Parents' Voice

Cardiff & Vale Parents Federation



Upcoming Events

We are excited to announce a series of upcoming events in the Vale of Glamorgan and Cardiff, tailored specifically for unpaid carers. We know that caring for a loved one can be challenging, which is why we have organized a variety of activities to provide a break from the daily routine.

For those who enjoy the great outdoors, we have planned a series of bike rides. These rides are a fantastic opportunity to get some exercise, enjoy the fresh air and meet like-minded individuals.

For those who prefer a more relaxed pace, we will be hosting a number of brunches, lunches and afternoon teas where you can indulge in delicious food and chat with other carers. These brunches are a great way to unwind and take some time for yourself.

In addition to these events, we are also planning a spa day in Cardiff so watch this space. We understand that every carer is different, which is why we have designed our events to cater to a variety of interests.

We hope that these events will provide you with an opportunity to take a break from your caring responsibilities and have some fun. Please do not hesitate to get in touch if you have any questions or would like to attend any of the events. We look forward to seeing you there!

Newsletter Highlights

Social Events

The Index

What do our carers say about us

Get Involved

Get In Touch

Summer of Activities

THROUGH OUT CARDIFF & THE VALE
PARENTS FEDERATION

Throughout the summer of 2023 we have a number social gatherings for carers. These will be held all over Cardiff and the Vale. Please see the dates below.



Cardiff Bay

August 16th @ 1230
Eli Jenkins

Wednesday 30th @
1230 Eli Jenkins

Cardiff

August 09th @ 1230
Brewer's Fayre, Ocean Park

August 10th @ 1230
The 3 Elms Whitchurch

August 23rd @ 1230
Brewer's Fayre, Ocean Park

Vale of Glamorgan

August 17th @ 1230
Oystercatcher Penarth

August 22nd @ 7 pm
Brewers Fayre Barry

31st August @ 1230
Oystercatcher Penarth

Please reach out to us at any time about these events. They will be on a first come first serve basis. We look forward to seeing you there.

"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



The Vale Family Information Service and The Index

Looking for fun ways to entertain the family over the summer? The Family Information Service have worked with local partners and organisations to create a summer programme packed with fun activities every week of the Summer holidays which will continue to be updated throughout the holidays. This is a programme for everyone and it would be the parent/carers discretion if suitable for their child/young person's age, interests and needs. We have a Holiday Activity Programme mailing list which we can add families and/or professionals too to receive our Easter and Summer programmes directly, please contact us to request this.

The Index, the specialist information and signposting platform, within the Family Information has also published their Summer edition Index newsletter. These are inclusive activities for children/young people with disabilities, additional needs or awaiting an assessment via the neurodevelopmental or other associated pathway. Parent/carers can sign up to the Index here if their child/young person is 0-18, received diagnosis or awaiting an assessment and living in the Vale of Glamorgan. This will enable you to receive our communications such as the newsletters and ebulletins with activities, events, services and much more.

For any enquiries to the Family Information Service or The Index please contact us: 01446 704704

Email: fis@valeofglamorgan.gov.uk or theindex@valeofglamorgan.gov.uk

Facebook [@VOGFIS](https://www.facebook.com/VOGFIS) or Twitter [@valefis](https://twitter.com/valefis)

**To speak to the Index Officer or one of the
FIS team please contact: 0800 587 1014 or
01446 704704**

Get involved and make your voice part of ours!



GET IN TOUCH



admin@parentsfed.org



Sbectrwm Community Centre,
Bwlch Road, Cardiff



<https://www.parentsfed.org/>



029 2056 5917