

# The Parents' Voice



Can you believe it? We're already six months into the year! With summer just around the corner, we hope the weather is finally starting to improve. As we embrace the warmer months, we're excited to announce that we have a host of activities planned for the summer. Be sure to stay up-to-date with all the latest events and news by following our social media pages.

In other exciting news, nominations are now open for our prestigious UDA Awards, which will take place on the 31st of October. This is a fantastic opportunity to recognize and celebrate outstanding achievements within our community, so don't miss the chance to nominate someone deserving.

Thank you for being a part of our journey, and we look forward to an amazing summer together!

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

## June Activities



### Cardiff

13th- Cream Tea in  
Pettigrew Tea  
Rooms@ 12:30

20th - Pedal Power  
@ 1130



### Vale of Glamorgan

06th - Pancakes at the  
Bay 5 coffee house @  
10:30

12th - Oyster Catcher  
Penarth @ 12:30

26th - Brewer's Fayre  
Barry Island @ 18:00

# 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

**YMDDIRIEDOLAETH  
GOFALWYR**

**CARERS  
TRUST**



## **The Breathing Space Project**

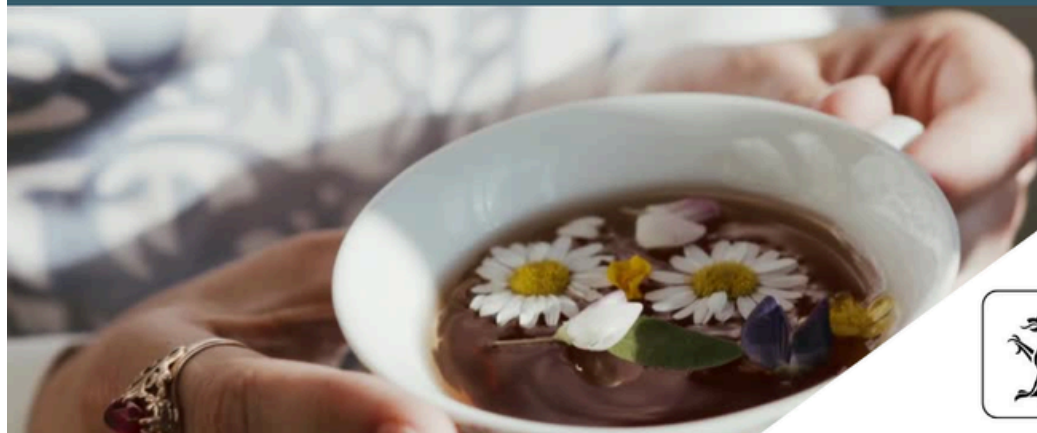
**Afternoon Tea at Future Inns Hotel, Cardiff**

**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**

## MeTime

Online support sessions for carers

# June to July



### Friday 7 June - 1.30-2.30pm: Knit and natter

Calling all knitters! Our volunteers are creating a knitted blanket to celebrate our 60th Anniversary at Carers UK. If you fancy getting involved come along to this session to find out more.



### Monday 10th June - 1-2pm: Wellbeing for unpaid carers

This session will explore simple tools and techniques that can boost your wellbeing.



### Wednesday 12th June - 10-11am: Mind, Body and Mood

This interactive session will offer ideas and techniques to improve your mood by understanding the power of the mind to change the way we feel, the way we move, and the way we behave.



### Thursday 13th June - 11am-12pm: Change is what you make it

As circumstances change, you may be looking to return to the world of work, or perhaps you find that you have more time on your hands to looking at hobbies or rebuilding a social life.



### Wednesday 26th June - 11-12pm: Talk from Diabetes Cymru

Find out more about the work of Diabetes Cymru and the support available for people living with or caring for someone with diabetes.



### Monday 1st July - 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.



### Wednesday 10th 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

An informative and thought provoking talk from award winning author 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.



### 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?

Would you like the opportunity to upskill your digital know how? To find out more, why not join Carers Wales Me Time session with Digital Communities Wales. 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.

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



**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.**

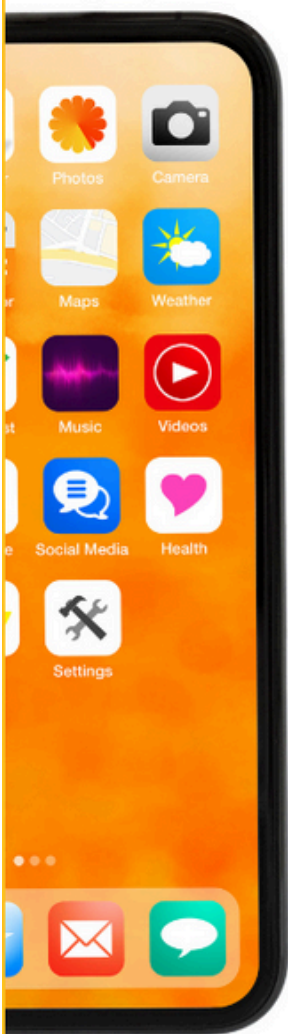
**With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.**

**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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 [www.parentsfed.org](http://www.parentsfed.org)

 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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