

June 2023

The Parents' Voice

Cardiff & Vale Parents Federation



Summer is here

How are we in June?

The summer has definitely started, we hope you have been enjoying this warm weather we have been having.

During the next few months we will be looking at expanding our social events for carers. We will be continuing our pedal power once a month, but would like to have more lunches, breakfasts, walks and more.

We would like to know what you would like to do as well so please let us know. If you would like to get involved or find out more please keep an eye on our social media pages or drop us a message.

The summer holidays are looming and many carers tell us that they need more information on activities for their children - have you any suggestions to share?

Please email admin@parentsfed.org or join us on facebook

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Social Gatherings to be expanded over Summer!

Social Gatherings

Our social gatherings for unpaid carers, led by parent carers, are truly amazing. These events provide a wonderful opportunity for carers to come together, share their experiences, and provide support for one another. Parent carers have a unique perspective and understanding of the challenges faced by those caring for a loved one and these gatherings offer a chance to hear what other unpaid carers say.

Our events are open to all carers, regardless of their age, gender, race, or background. We believe that everyone should have access to a supportive community, and our gatherings provide just that. From informal coffee mornings to more structured group activities, there is something for everyone.

One of the most valuable aspects of our gatherings is the chance to share stories and advice with others with similar experiences. Whether it's discussing the latest developments in treatment and care, or simply venting about the challenges of navigating the healthcare system, our events provide a safe and supportive space to connect with others.



In addition to providing emotional support, our gatherings also offer practical resources and information. We often invite guest speakers to discuss topics such as financial planning, legal advice, and healthcare options. These sessions are always informative and engaging, and provide a wealth of knowledge and resources for our attendees. Our social gatherings are an essential resource for anyone caring for a loved one. They offer an opportunity to connect with others, share experiences and advice, and access valuable resources.

We are proud to offer these events and look forward to continuing to support carers in our community.

We have lots of free activities in the summer for unpaid carer across Cardiff & the Vale of Glamorgan. Sign up Now!

What do Carers say about us.....

The Parent Carers are at the heart of everything we do, we want to ensure that their voice is heard. All the social gatherings we organise is to promote mental health among carers and our gatherings are focussed on sharig ideas and tips to help each other. This is what some of our carers have said:

"Mental Health and Well being aspect- getting together with other like minded carers and friends."

"Enjoy meeting regularly to cycle with friends"

"Chatting with other carers is always good as they understand."

"Enjoy chatting with everyone after cycling"

"Being part of a community."

"Safe environment to talk to carers"

"Talking to people that understand what I am going through"

"Find out so much information every time we go it has been invaluable."

"Meet new people and friends"

"Being part of a community of like minded people that care and can help and understand me."





The Index for children and young people 0-18 with a disability and/or additional need or awaiting an assessment from the neurodevelopmental pathway or other associated pathway

Criteria

- Child/Young Person(s) would be between the ages of birth and 18 years old
- They are a Vale of Glamorgan resident
- They are diagnosed with a disability, additional need or awaiting an assessment

As a one stop shop for families with children with a disability or additional need(s) or professionals working with these children; information on activities, events, services and much more is collated and shared with families and professionals via ebulletins and newsletters.

The Summer 2023 newsletter is due out week commencing the 10th July and has a focus on 'What's on this Summer'.

A digital interactive copy and accessible PDF will be sent digitally to families and professionals signed up to the Index as well as physical copies sent to all Vale Schools, GP Surgeries, Dentists, Health Visitors, Hospitals and Libraries. Newsletters are also handed out in community outreach events over the Summer and beyond. [Click here](#) to visit our newsletter webpage where this edition (and previous editions) can be found.

To sign up to the Index, please complete the [online registration form](#). Parents can sign up themselves or any professionals can complete the registration form on behalf of the parents with their permission.

To read more about the service, you can watch their [short Index Animation](#) or [visit their webpage](#).

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!



Penarth Chamber Music Festival

Welcome to the Penarth Chamber Music Festival

July 6th - July 9th 2023

There are two concerts, both taking place in Penarth in early July, and are FREE to attend. Everyone is very welcome to come along.

Friday July 7th, starting at 10.30am

Relaxed Concert

There is a special concert for those with additional learning needs and their unpaid carers. The music will include highlights from the festival programme.

Sunday July 9th, starting at 10.30am

Family Concert: “The Mystery of the Missing Maestro”

Presented by Lenny Sayers and featuring children from local primary schools alongside the festival musicians, this is sure to be an amusing and entertaining 45 mins on a Sunday morning – fun for all the family!

- For more information
- [Home | Penarth Chamber Music Festival](#)
- Email
info@penarthchambermusicfestival.org.uk
- Facebook
<https://www.facebook.com/penarthchambermusicfestival/>
- Twitter
<https://twitter.com/penarthchamber>

