

The Parents' Voice



As we step into March, the season of renewal and fresh beginnings is upon us! With spring just around the corner, this month is all about growth, new opportunities, and exciting updates. Whether you're looking forward to longer days, special events, or simply a fresh perspective, we've got plenty to share.

In this edition, you'll find what is on locally, upcoming events, and the latest news to keep you informed and engaged. Stay tuned for what's ahead!

Happy March! 🍀 ✨

AGM

Vale Plus drop in

What's on

**Care
together**

Carer's Advice

**Unpaid Carer's
Breaks**

**Relationship
event**

Art Workshops

Small Good Stuff

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

**FRIDAY 25TH
APRIL 2025**

**OPEN 10AM -
2PM**



VALEPLUS OPEN DAY

Day Service for Adults with additional learning needs

All our centres will be open for you to meet the students, teachers, managers, check out the facilities and find out what opportunities we could have to suit your needs.

Transport can be arranged to all sites please let us know when confirming your space if this is required.

Confirm your space

Call us on: 01446 746 691

Email: enquiries@valeplus.co.uk

<https://www.facebook.com/ValePlusBarry/>

Locations

The Chapel, 118A High Street, Barry

Cafe No 5, 5 High Street, Barry

Llantwit Outreach, 16 Poundfield, Llantwit Major

Bitesize Respite

March Activities



Cardiff

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

26th - Pedal Power
@ 11:30



Vale of Glamorgan

12th - Oyster Catcher
Penarth @ 12:30

26th- Brewer's Fayre
Barry Island @ 18:30



The Prince's
Responsible
Business Network



SUPPORTING THE WELLBEING OF THOSE WHO CARE FOR OTHERS

LET'S CARE TOGETHER

Do you care for someone? Do you need help to manage your own wellbeing? We may be able to help you

Business in the Community's (BITC) Let's Care Together programme, supported by Simplyhealth, provides those who care for others with online/over the phone one-to-one befriending, to help manage your health and wellbeing. We understand that it can be difficult to focus on your own needs when caring for someone else, which is why we want to help you take care of your wellbeing.

HOW WILL THIS PROGRAMME SUPPORT ME?

Your befriender is a trained volunteer from one of our member businesses. They will provide tailored support based on your needs. This may include:

- Supporting you to take time out for yourself to focus on your physical and mental wellbeing and set yourself some goals to improve this
- Increase your confidence and reduce any feelings of isolation through helping you to connect to local community groups and relevant support
- Helping you identify any financial support needs, and guiding you towards further support
- Signposting to any additional services that you and your household may benefit from



HOW DOES IT WORK?

Once you've registered on the platform you will be able to select a befriender who will work with you through up to 6 sessions. Your befriender will work with you to organise a time and dates for the sessions and will start by just getting to know you and your goals.

WHO IS ELIGIBLE?

- This is a six-week **fully-funded** befriending programme for anyone in the UK caring for a relative/friend, including parent carers
- Need to be **18 years of over**
- You can be in work, but unpaid for your caring role (i.e. you are not caring for someone in a professional capacity)
- Must have at least a good basic level of conversational English

“

“I'm really enjoying the sessions so far. I feel like sharing my thoughts and worries definitely helps me with my anxiety. Even though, there is an age difference between us, my befriender feels like a friend to me. I feel comfortable sharing what's going through my head as I know they will not judge or put pressure on me”

”

**CLICK TO LEARN MORE AND
REGISTER FOR THE PROGRAMME**





Printed: Jan 25
Valid until: Mar 25

UNPAID CARERS ADVICE & SUPPORT DROP-INS

JANUARY 2025

Wednesday 08/01/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Monday 20/01/2025	13:00 - 15:00	Llanrumney Hub - Monday Meet Up Group, Countisbury Avenue, CF3 5NQ
Wednesday 29/01/2025	09:00 - 13:00	Riverside Health Centre, Wellington Street, CF11 9SH

FEBRUARY 2025

Wednesday 12/02/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Thursday 20/02/2023	10:00 - 12:00	Goldies @ Park End Church, Llandennis Road, CF23 6EG
Wednesday 26/02/2025	13:00 - 16:00	Fairwater Leisure Centre, Waterhall Road, CF5 3LL

MARCH 2025

Wednesday 12/03/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Thursday 20/03/2025	13:00 - 15:00	Memory Lane Social Club, 36-38 Cathays Terrace, CF24 4HX
Wednesday 26/03/2025	09:00 - 13:00	Cloughmore Medical Centre, 19 South Park Road, Splott CF24 2LU



CARERS GATEWAY PHONE LINE

Call 02920 234 234 (Option 2) to talk to the unpaid carers team directly for information, advice and assistance



Gwasanaethau Byw'n Annibynnol

Independent Living Services





Unpaid Carer Shortbreaks Winter Fund



Gwasanaethau Byw'n Annibynnol
Independent Living Services



Are you looking after someone else and need a bit of extra help with your own wellbeing?

The Cardiff Winter Shortbreaks Fund* is a project aiming to help support you to maintain your wellbeing alongside looking after someone else

How to access the Shortbreak Fund?

There are only two criteria to access the fund:

- You must be over 18 and a current unpaid carer caring for an adult living in Cardiff.
- You must not be able to afford to access the services or products that you will receive without support and they must support a wellbeing goal that will help you to continue caring for someone else.

If you wish to apply for support from the fund please contact the **Unpaid Carers Gateway** via Independent Living Services First Point of Contact on:

02920 234 234 and select **option 2**



Are you an Unpaid Carer?

An unpaid carer is someone who provides care and support to a family member, friend, or neighbour who cannot manage without assistance due to illness, disability, mental health issues, or addiction. This includes carers of all ages, whether they receive Carer's Allowance or are employed.

Examples of services you may receive from the fund:

A gym membership to support your physical wellbeing as you used to regularly swim before the pandemic and never went back as you started caring for someone else

A subscription to Headspace as you need some support to meditate and look after your mental wellbeing

*This project is a pilot scheme and has limited funding and may be withdrawn without notice at any time should the funding be exhausted. For further information contact carediff@cardiff.gov.uk

Information correct at time of printing 01/12/2024 and valid until funds used or 31/03/2025

Do you
look after
someone?

Are you frustrated
because you don't
know how you can
get help?

Are you
interested in
improving
services?

Are you worried
about how a family
member would
manage if you
became ill?

What would make a
real difference to you
and the person you
look after?

Are you interested in being part of the
Unpaid Carers Co-Production and Research
e-mail list to bring about positive change?

For more information, please email:

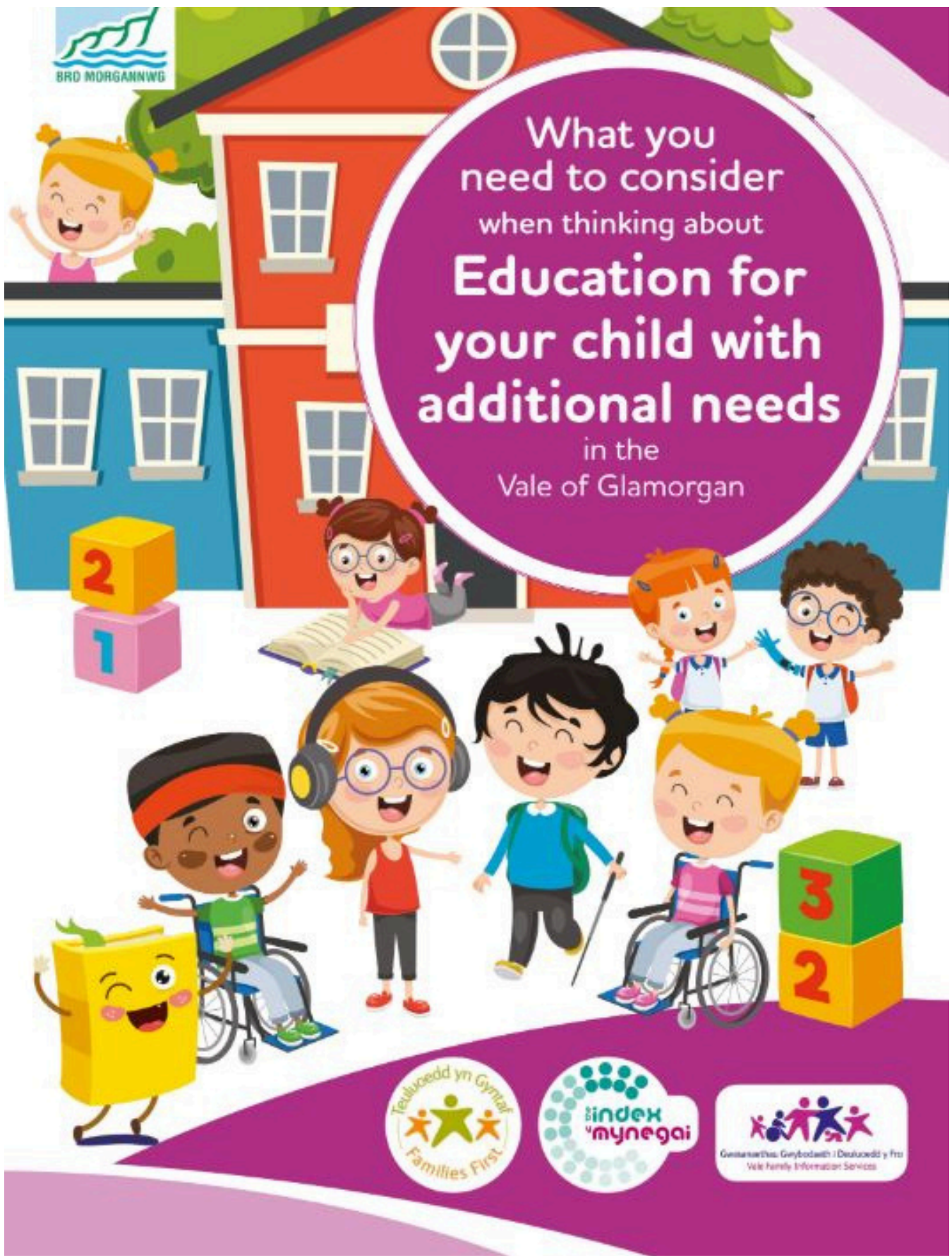
CareDiff@cardiff.gov.uk

or call 02920 873 419





What you
need to consider
when thinking about
**Education for
your child with
additional needs**
in the
Vale of Glamorgan

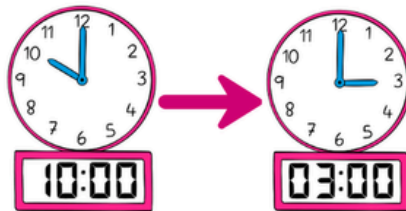


Sex and Relationships Event

For Adults with Learning Disabilities



Friday 14th
March 2025



10am to 3pm



Cardiff City
Football Stadium
Leckwith Road
CF11 8AZ

Book your free ticket by March 7th

Join us for workshops, fun, games, prizes, information, chance to meet new people and a buffet lunch! Have your say and use your voice to help make services better!

You can win a giant Teddy!

Email: lisa.french@innovate-trust.org.uk

Phone: 02920382151



[Sex & Relationships Event](#)
[Tickets, Fri 14 Mar 2025 at](#)
[10:00 | Eventbrite](#)



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CARDIFF & VALE
REGIONAL PARTNERSHIP
BOARD



ART WORKSHOPS

Join us for a series of free online art workshops for unpaid carers.

Have a chat or sit back and enjoy getting crafty. The sessions are informal and we'll send you materials and a blank postcard to decorate.



Wednesday 19 February - 11:00-12:00pm Collage Art

Thursday 20 March -13:00-14:00pm: Watercolour Paints

Wednesday 9 April, 1.30-2.30pm: Neurographic Art

Wednesday 30 April - 11:00-12:00pm: Fine liner drawing

Thursday 8 May 1.30- 2.30pm: Tangles Art



Register at:

www.carersuk.org/wales/online-support

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.

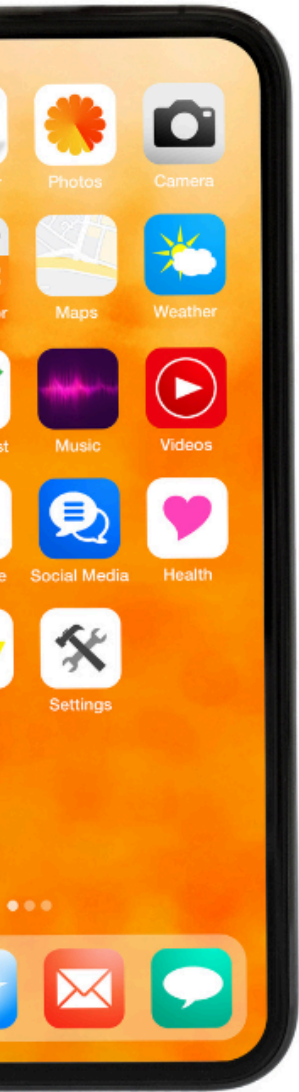
With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.

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!

 029 2056 5917

 admin@parentsfed.org

 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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