

The Parents' Voice



Welcome to our May newsletter. As we embrace the arrival of sunnier days, we are already in the process of organizing our summer events for the upcoming months. Stay tuned for updates on these exciting activities. Should you require further details, please feel free to reach out to us.

Your feedback is invaluable to us. If there are specific topics you wish to see covered in our newsletter or if you believe there are important matters that warrant attention, we encourage you to contact us. We are eager to engage in discussions with you on these subjects.

Personal
Assistant

Bitesize Respite

Epilepsy
Action

Small good
stuff

Carer's
Assessment

Events in the
Vale

Short Breaks
Wales

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 www.parentsfed.org

Being a PA

Have you ever contemplated the role of a Personal Assistant (PA)?



Many individuals utilise direct payments to engage a personal assistant (PA), appreciating the flexibility it affords. However, securing a suitable PA can sometimes prove challenging. The responsibilities of a PA can range widely, from assisting with household tasks to accompanying someone to events like concerts, offering a myriad of possibilities.

Organisations like Dewis can aid in the recruitment and management of a PA, alleviating some of the administrative burdens. Alternatively, you may opt for a more hands-on approach in handling all aspects yourself, as per your preference. Embracing the role of a PA can be fulfilling and gratifying, offering a flexible means to earn an income while balancing family commitments.

Presently, we have received inquiries from local families in search of PAs for three young adults residing in the Dinas Powis area. Ideally, candidates should be energetic individuals in their twenties or thirties, with an interest in sports, cinema, theatre, and music, as they will be spending time with these young individuals. Moreover, proficiency in meal preparation, baking, assisting with transportation and financial skills, and access to a car are desirable qualities.

If you find this opportunity compelling, please reach out, and we will facilitate connecting you with the interested families. We eagerly anticipate your response.

BITESIZE RESPITE

May Activities



Cardiff

16th - Pedal Power
@ 1130

23rd - Cream Tea in
Pettigrew Tea
Rooms @ 12:30



Vale of Glamorgan

22nd - Oyster Catcher
Penarth @ 12:30

29th - Brewer's Fayre
Barry Island @ 18:00

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



family support
Wales



Do you support a child or young person who is living with epilepsy?

If so, we can help with the following:

- One-to-one support and signposting for young people and their families
- Information sessions for anyone working with children and young people
- School assemblies and workshops for primary aged children and more!

Whether you're a parent, carer, teacher, childminder, nursery worker or sports coach, we can help you to support children/young people to live well with their epilepsy.

To find out more, contact us:

 **02921 304 633**



a w a l k er-robinson@epilepsy.org.uk

Epilepsy Action Helpline:
fre ephone 0808 800 5050 **text** 07479 638 071
email helpline@epilepsy.org.uk **epilepsy.org.uk**

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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





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.



Events in the Vale

Relaxed Concert (part of the Penarth Chamber Music Festival)

A concert in a supportive environment for those with special needs, their carers and their families.

When: Wednesday, 26 June 2024 between 10:30am - 11:15am

Where: Penarth Pier Pavilion, The Esplanade, Penarth, CF64 3AU

Reserve your seat:

<https://www.ticketsource.co.uk/booking/select/YvxuetNfqUSr>

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.

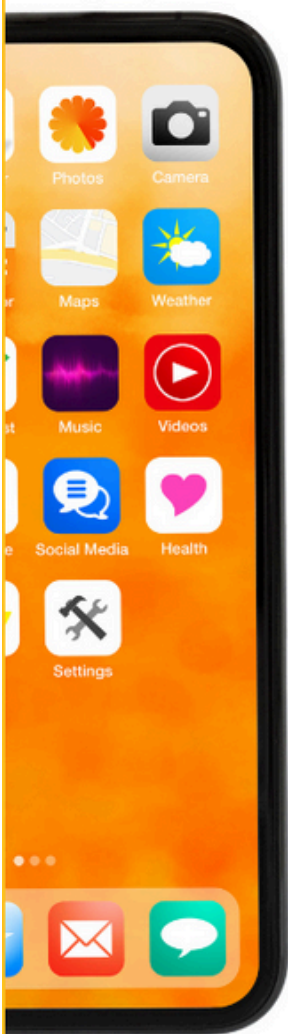
Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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

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