

NEWS SHOT

Activities



- Pedal Power
- Zumba
- Yoga
- Walks
- Tai Chi
- Many more



Cardiff & the Vale
**Parents' Ffederasiwn
 Federation Rhieni**
 Speaking up for carers and people with a learning disability

Gatherings



- Breakfasts
- Lunches
- Coffee
- Xmas Event
- Lots More

CELEBRATION EVENT

Join us on Saturday 21st November 2020 @ 11:30!!!!

After a fantastic 3 years we are having a Celebration Event to celebrate the success of the project.
 Join us on Zoom on Saturday 21st November at 11:30 am.
 This is an opportunity for everyone to reminisce bring your own coffee and cake!! There will be music by Jazz Singer and Pianist Owain Hughes.
 Although the Big Lottery Fund for Connected carers is coming to an end the Parent's Federation will continue to support activities for you. We hope to work with Pedal Power to bring more cycling sessions into the Vale and we will restart the popular social gatherings and face to face activities once the Covid-19 crisis is over.
 We are always looking for new venues or activities that may appeal to carers. If you have any suggestions or ideas please share them with us.

Find out more about Connected Carers here:
<https://www.parentsfed.org/item/connected-carers>



CONTACT INFO

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