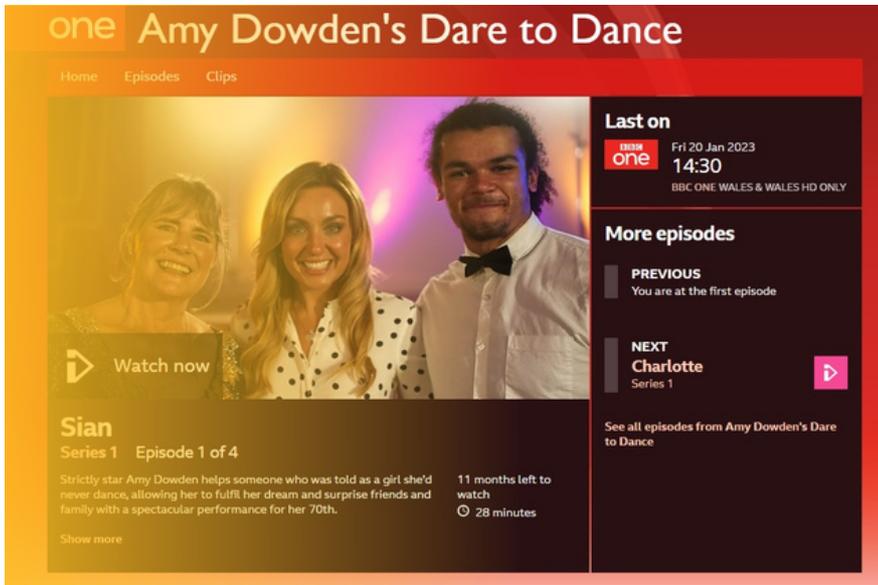


New Year 2023

# The Parents' Voice

Cardiff & Vale Parents Federation



## Sian's Dazzling Performance on Amy Dowden's Dare to Dance

Did you see Strictly star Amy Dowden on Dare to Dance?

This show gives people who love to dance the chance to learn a spectacular routine to surprise friends and family at a special moment in their lives.

In January it was Sian Murphy's opportunity to dazzle, Sian is one of Cardiff & The Parent's Fed Carers and it was absolutely amazing to see her routine.

From all of us at Parent's Fed well done Sian.

If you missed it or would like to watch any of the episodes they are available on BBC I Player.

If you would like help accessing the internet through a device we have a limited number of tablets left. Please let us know if one would be useful for you and we can.

## Newsletter Highlights

Socials

Carers Assessment

Becoming a Trustee

Questions answered about being a trustee

# SOCIAL GATHERINGS

## Pedal Power

On the 3rd Thursday of every month you will find us at Pedal Power at Pontcanna Fields. A charity based in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling.

Whether you see yourself as a pro cyclist or have never been on a bike before we would love you to join us. We also have coffee and cake afterwards.

Drop us a message or give us a ring.



## GATHERINGS - FREE LUNCH?

Pedal power not your thing fancy lunch? Or a gentle walk? Meet new people, share ideas, get help and advice or make new friends. These events are perfect for everyone. Get in touch to find out more or keep up to date with social media. If you would like to see a gathering in your area let us know we would love to have so many more.

Events coming soon:

Barry Social Lunch - 21st February at 12:00pm.

Get in touch to book your place.

Western Vale events are coming soon!!

## Carer's Assessment's

- Have you had a carer's assessment?
- Do you know what a carer's assessment is?
- Do you know how it can benefit you?

The carer's assessment will look at support, preventative services, whether a carer works or wishes to do so and if a carer wants to participate in education, training or any leisure activity.

**For More information contact us via email or phone**

An assessment gives you the chance to:

- Think about your needs
- Consider the impact of caring on your 'well-being'
- Talk, in private, to someone who understands your situation
- Be listened to
- Think about whether you feel you can go on caring and the choices you have
- Talk about the support you think is important to carry out your role and to maintain your health and well being

# Have your voice listened to!

The Parents Federation speaks up for family carers to make sure they are not overlooked. We are run by volunteer parent trustees and others, who knows what being a carer involves. Trustees come from all works of life and need no prior experience, we need a more diverse range of parents to ensure that everyone is listened to.

## BECOMING A TRUSTEE

Have you ever thought about becoming a trustee?

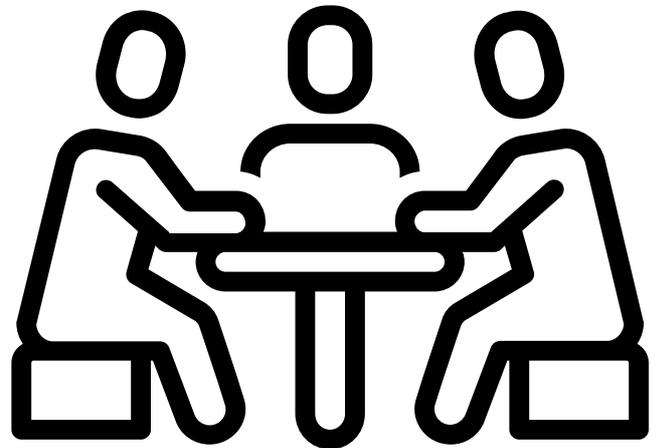
Do you know what a trustee does?

There's a lot of questions and challenges around being a trustee, we will answer them in this Newsletter and would love you to join us. To carry on the work of the Parents Federation, for years to come.

- What do you do?
- Why should I become a trustee?
- I don't have any experience
- I don't have time.
- What do I need to know?
- Is it voluntary?

- *Do you want to make a difference?*
- *Do you want your voice heard?*
- *Do you want to help other Carers and Parents?*
- *Do you want to challenge the norms?*
- *If no one speaks up service providers assume everything is working - Challenge this today!!!*

## YOU CAN MAKE A DIFFERENCE!!!





## YOUR QUESTIONS ANSWERED?

### Why should I become a trustee?

Do you want to make a difference? Do you want your voice heard as well as other parents? If you answered yes to those two questions then being a trustee could be for you. You play a vital role in a sector that contributes significantly to the character and wellbeing of the country

### What do you do?

As a Cardiff & Vale Parents Fed trustee you will give parents a voice. You will ensure that the charity is meeting its goals and focus on what should be prioritised this year.

### I don't have any experience?

You do not need to have board level experience to become a trustee. You do not need to be a specialist to be valuable. If you apply fresh perspective, commitment, and a bit of common sense, you'll be doing a good job.

### I don't have time?

At Cardiff and Parent's Federation we only need you to attend trustee meetings four times a year. If you want to do more then we will not stop you but that is the minimum requirement.

### What do I need to know?

No experience is needed, we will give full training. You will develop transferable skills, improve your CV, and broaden your experience. You will meet a wide range of new people which could open doors to all sorts of other networks and opportunities. Have the chance to shape, support and contribute your ideas and knowledge to a meaningful cause and organisations.

### Is it Voluntary?

Yes but you will get expenses paid.

**Don't forget anyone can be a trustee - you experience as a carer matters the most.**



## Just a note to say

If you want to get hold of us you can always email us or drop us a call.

You can also follow us on Facebook and Instagram to keep up to date with all the latest news,

Email - [admin@parentsfed.org](mailto:admin@parentsfed.org)

Telephone - 02920 565917

Website - <https://www.parentsfed.org/>

Facebook - Cardiff & Vale Parents Fed

Instagram - Parentsfed