

NEWSLETTER

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 Events
- Lots More

Halloween

Here at the Parent's Fed we hope you had a Spooktacular Halloween!!! We had a pumpkin carving Zoom Call as you can see from the photos.

Our wonderful Karen also gave Strictly Come Dancing a run for its money with her brilliant Dance Routine of Thriller with her fitness class Turn'd Up Fitness. Check out our Facebook Page for the video.



CONTACT INFO

Email – admin@parentsfed.org

[Facebook](#)

Instagram - [@parentsfed](#)

Welsh Government

The Welsh Government have announced that they have created a new fund for Carers of £1 Million. Open to carers across Wales, it plans to give grants of up to £300 for a range of essentials.

More details about this will be forthcoming so ensure you keep up to date on our Social Media Pages

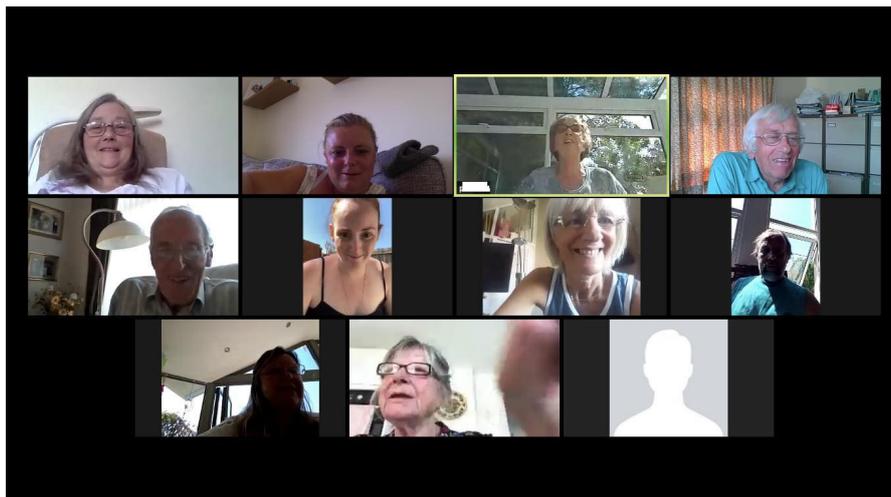
<https://gov.wales/ps1-million-fund-carers-mark-launch-public-consultation>

Virtual Meetings

We are still holding our Virtual Coffee Mornings on a Thursday @ 11am. These are for all carers who would like to attend. We understand that not everyone is comfortable going out and meeting up with people in this uncertain time. However having a chat with some likeminded people can do a world of good for your mental health

Check out our Facebook page for the event / link to our Zoom Call.

So join us on Zoom on a Thursday @ 11 am



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We are Here!!

As we enter a new uncertain time in this unprecedented year we want to remind you that we are here for all our Carers.

We have learnt that lockdown can be:

- √ Lonely
- √ Scary
- √ Isolating

Just to name a few.

However, we are still available:

- √ Social Media
- √ Phone Calls
- √ Zoom Calls

Facebook

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



How are you doing?

When was the last time you asked yourself that question? It is such a simple question but such an important one.

Covid-19 and the lockdown that followed has had a detrimental impact on individuals mental health. Public Health Wales have launched a How are you doing? Campaign.

To help individuals stay connected and keep physically and mentally well.

Check out their website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/>

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