

The Parents' Voice



As November unfolds, we find ourselves inching closer to the festive season, with Christmas just around the corner! This time of year brings warmth and joy, reminding us of the importance of community and togetherness.

We would like to take a moment to express our heartfelt gratitude for your incredible support of the Understanding Disability Awards. Your commitment to recognizing the achievements and contributions of individuals in our community has made this event truly special. A huge congratulations to all the winners! Your dedication and hard work inspire us all, and we celebrate your achievements together. As we prepare for the holiday season, let's continue to uplift one another and spread kindness in our community.

Wishing you all a wonderful November!

UDA Awards

Bitesize Respite

Pedal Power

Carer's Rights
Day

Carer's Funding

CADW

Health Profile

Short Breaks
Wales

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UNDERSTANDING DISABILITY AWARDS

Cardiff, 31 October 2024 – The Future Inn Cardiff transformed into a vibrant celebration of inclusivity and community spirit on Halloween as the annual Understanding Disability Awards took place. This highly anticipated event recognized the extraordinary efforts of individuals and organizations dedicated to improving the lives of people with disabilities across Cardiff and The Vale of Glamorgan.

The evening attracted a large and enthusiastic crowd, including local dignitaries such as the Deputy Lord Mayor of Cardiff and the Mayor of The Vale of Glamorgan, who underscored the importance of recognizing the invaluable contributions of those working tirelessly in the disability sector. Their presence added a sense of honor to the proceedings, highlighting the collective commitment to fostering a more inclusive society.

The awards ceremony was a heartwarming tribute to the remarkable individuals and organizations that go above and beyond to support those with disabilities. Winners across various categories were celebrated for their outstanding achievements:

CARDIFF & VALE PARENTS FEDERATION



School Category: Ysgol St Curig was recognized for its innovative programs and supportive environment that empower students with disabilities to thrive in their educational pursuits.

Organisation Category: Life and Voices Advocad received accolades for their advocacy work, ensuring that the voices of individuals with disabilities are heard and respected in all areas of society.

Employment Category: Luke Evans from Miss Tilley's

Individual Category: Ellie Andrews and Stacie Leek were celebrated for their inspiring stories of resilience and advocacy, serving as role models within their communities.

Professional Category: Chloe McBratney and Carys Proffitt were recognized for their exemplary work in providing support and services that enhance the quality of life for individuals with disabilities.

Children and Young People Category: Chloe Bushett and the Pentyrch Rangers (Guides) were acknowledged for their dedication to engaging young people in meaningful activities that promote inclusion and understanding.

Statutory Services Category: The Vale of Glamorgan Healthy Living Team and the Cardiff Support Planning Service were celebrated for their comprehensive services that empower individuals with disabilities to lead healthy and fulfilling lives.

Trustees Awards: Norbert Flynn and Sunday Circle, along with Dr. Dawn Cavanagh and Fallon Micallef, were honored for their leadership and commitment to advancing disability rights

As the evening drew to a close, attendees departed with a renewed sense of purpose and community. The awards not only celebrated achievements but also inspired individuals to continue advocating for a more inclusive society. The Understanding Disability Awards stand as a testament to the difference that dedication, compassion, and collaboration can make in the lives of individuals facing challenges, reinforcing the belief that together, we can build a brighter future for all.

CARDIFF & VALE PARENTS FEDERATION



In addition to the winners, several nominees received special recognition as Highly Commended, reflecting the wide-ranging talent and commitment within the community. Among those recognized were:

School Category: Leanne Jones - Ysgol y Deri, Bethan Matthews, Harriet Irvine, Holy Family RC Primary School and Mr Daley Whitmore High School.

Organisations/ Groups: Autism Hidden Voices, St Vincent Centre Ely Bridge, Ararat Baptist Church, Cardiff Causeway Group, Lighthouse4all.

Individuals: Sarah D'Arcy Cwtch Together, Andrew and Cath Williams Glamorgan Green Caps cricket club.

Professionals: Kath Jones - Innovate, Andrada James, Mark Tierney Vale People First, Angela Pettican - Personal Assistant

Children/ Young Persons Award: Carlie Johnson-Wheatley, Kayden Lowery

Statutory Services: Vale of Glamorgan Learning Disability Team

The atmosphere of the event was one of warmth and gratitude, with participants sharing heartfelt stories about the impact of the nominees in their lives. "A huge thank you to everyone who nominated an individual for an award and for everyone who attended. You truly made the day spectacular," remarked one of the event organizers, reflecting on the community's collective spirit.

The success of the Understanding Disability Awards was made possible by generous funding from the PostCode Lottery. Their support underscores the importance of initiatives that promote awareness, understanding, and inclusivity for people with disabilities.

Bitesize Respite

November Activities



Cardiff

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

21st - Pedal Power
and Carer's Rights
Day Discussion @
1130



Vale of Glamorgan

14th- Oyster Catcher
Penarth @ 12:30

27th- Brewer's Fayre
Barry Island @ 18:30

Bitesize Respite

December Activities



Cardiff

19th - Pedal Power n
@ 1130



Vale of Glamorgan

4th- Oyster Catcher
Penarth @ 12:30

12th- Toby Carvery
Rhoose / Barry @
12:30



PEDAL POWER



**Monthly
event**

Join our Pedal Power sessions for a chance to meet new people, exercise and try something new.

admin@parentsfed.org 

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Carer's Rights Day 2024: Empowering Those Who Care

Carer's Rights Day, observed in November each year, serves as a crucial reminder of the vital role that unpaid carers play in our communities. As we approach Carer's Rights Day 2024, it's important to highlight the specific rights that empower these individuals, ensuring they receive the support and recognition they deserve.

Key Rights for Unpaid Carers

The Right to Unpaid Carer's Leave: Carers are entitled to take unpaid leave from work to manage their caring responsibilities without facing job loss or disciplinary actions. This allows them to provide essential support to their loved ones while maintaining their employment.

The Right to Request Flexible Working: Carers can request flexible working arrangements to better balance their work and caring duties. This flexibility helps ensure that they can meet both their professional obligations and the needs of the person they care for.

The Right to Ask Your GP Practice to Identify You as a Carer: Carers have the right to inform their GP practice of their role. This identification can lead to additional support and resources, such as health checks and advice tailored to their needs.

The Right (and Choice) to Request a Free Flu Jab: To protect their health and, by extension, the health of those they care for, carers can request a free flu vaccination. This right is particularly important in maintaining the well-being of both the carer and the person receiving care.

Protection Against Discrimination or Harassment: Unpaid carers are entitled to protection from discrimination or harassment in the workplace due to their caring responsibilities. This legal safeguard helps ensure they are treated fairly and with respect.



Requesting a Carer's Assessment: Carers have the right to request an assessment of their needs, which can lead to access to support services, training, and financial assistance. This assessment recognizes the carer's needs alongside those of the person they support.

Being Consulted When the Person You Care For is Discharged from Hospital: Carers have the right to be involved in the discharge planning of the person they care for. This ensures that the transition from hospital to home is smooth and that appropriate support is in place.

Conclusion

Carer's Rights Day 2024 is an opportunity to raise awareness about the rights of unpaid carers and the importance of supporting them in their vital roles. By recognizing these rights, we can help create a society that values and supports those who give so much to others. Let's advocate for better resources and protections for carers, ensuring they are not only acknowledged but also empowered in their essential roles.

Carers Financial Wellbeing Service Guidance

The Carers Financial Wellbeing Service, funded by Carers Trust and run by TuVida, is designed to support unpaid carers who are experiencing financial hardship due to the cost-of-living crisis and the ongoing impact of the pandemic.

An unpaid carer of any age is a person who provides care and support to a family member, friend, or neighbour who cannot manage without their help. This care can be for any reason, such as illness, disability, mental ill health, or addiction. An unpaid carer can be in receipt of Carer's Allowance and in employment.

The service offers support to unpaid carers in the following ways:

- Direct Grant awards to purchase basic, essential items such as food, household items, and white goods (this is not means tested and will not affect any benefits).
- Support services, including benefits and financial advice, provided through the Financial Wellbeing Service.

Through this support, the Carers Support Fund aims to achieve the following outcomes for unpaid carers in Cardiff and the Vale of Glamorgan:

- Reduce financial hardship.
- Improve quality of life.
- Enhance overall wellbeing.
- Increase awareness and knowledge of where to access future support.
- Support carers to continue in their caring roles.

Direct Grants

Grants for food and essential household items will be provided in the form of e-gift vouchers, up to the value of £300. Vouchers can be used at:

- Tesco
- Asda
- Aldi
- Curry's
- Argos

After receiving a grant, we will request feedback to help us understand how the grant has supported unpaid carers.

Due to limited funding, only one application per household can be awarded. Grants will be issued solely as vouchers or gift cards and cannot be granted in cash or via bank transfers. Please choose one of the available voucher providers listed on the application form.

e DWP, Citizens Advice, or local charities.

Accessible information: We share advice and information using tools from trusted sources such as Money Helper, ensuring that carers have access to easily understandable financial support.

Get in touch
For the from

If you need help with completing the application form then contact our friendly team on, 02921 921024 or email us at Valecarershub@tuvida.org



Cadw's historic monuments are for everyone to enjoy and as part of their commitment are working to improve physical and virtual access to some of the most important places in Welsh history. Introduced a new Disabled Person Membership to help visitors access our castles, abbeys and forts as easily as possible. As part of the new scheme, disabled people will now be able to apply for a free five-year membership card to use at all Cadw monuments. Please see below for details and how to apply.

You are welcome to apply for a Disabled Person's membership if you identify as a disabled person; our members include a range of people, such as those with:

- physical impairments
- sensory impairments
- intellectual impairments
- cognitive impairments

To apply for the Disabled Person's Membership, contact:

Call: 0800 074 3121 / Email: cadwmemberships@golleyslater.co.uk



Do you have a learning disability or care for someone who does? Do you use your Health Profile? Improvement Cymru would like to talk to people who use the Health Profile or would like to know more about using one.

We are also looking for people to be filmed talking about the places they use their Health Profile. Would you like to get involved in a short video for social media to promote the Health Profile?

Please email ImprovementCymru_LD@wales.nhs.uk to find out more.

For more information about the Health Profile visit [The Once for Wales Health Profile - NHS Wales Executive](#)



DID YOU KNOW?

We have a website
www.parentsfed.org
Keep up to date



CardiffAndValeParentsFederation



@parentsfed

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



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.

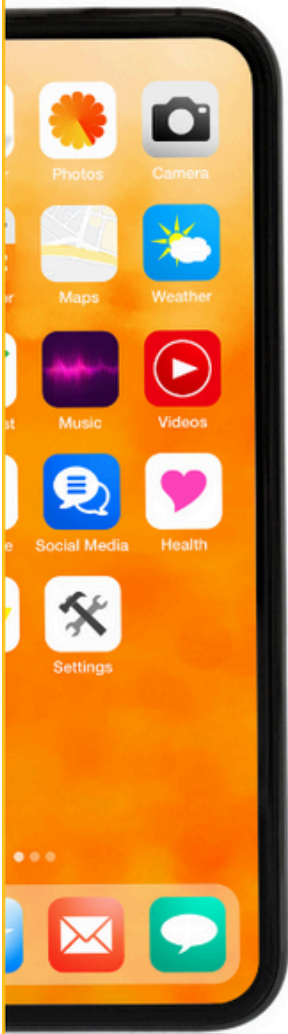
Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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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