



# GDPR New Data protection laws

As a member of the Parents Federation we hold your details on our secure database. This allows us to share information and keep you informed. We can now send a text or email directly to you so that information is passed on quickly but to do this we need your accurate contact details.

If you haven't heard from us via a text or email in the past week this means your records need updating!

Please email [admin@parentsfed.org](mailto:admin@parentsfed.org) with

your name, mobile number, email, date of birth and postcode so that we can be sure our records are up to date. We can then ensure that you are made aware of events and gatherings being held in your neighbourhood!

All personal information is stored secure and not shared To see our data protection policy visit our website at <https://www.parentsfed.org/news/item/data-protection-policy> or phone us on 029 2056 5917

## BENEFIT TRAP?



We have been contacted by several parents with mixed experiences of the new benefit systems being introduced. If you have had any experiences of applying for Personal Independence Payments (PIP), Universal Credits or any other disability related benefit we would like to hear from you.

Please ring or email us with your story so that we can share your tips, advice or thoughts with others. We are developing our online resources to help carers access the support that they need.

## Are you online?

Due to rising postal costs, future newsletters will be posted online quarterly and if we have your details sent to you via text or email. Please ensure that we have your up to date details. Don't have a smartphone or the internet? – Please contact us so that we can find a way to ensure that you are kept abreast of changes and developments.

Cardiff & the Vale



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Fairwater, Cardiff, CF5 3EF  
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England & Wales



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DISCLAIMER: Cardiff and the Vale Parents' Federation does not accept any liability for the accuracy of articles submitted nor responsibility for individual views expressed by our members.



The Voice of Parents  
and Carers of people  
with a Learning Disability



# Parents' Voice Connected Carers -

Summer 2018

bringing carers together!

## Do you feel isolated?

Would you like to meet other parents that care for a person with a learning disability?

Come along to one of our social gatherings, meet people and enjoy a relaxed break on us!

The Parents' Federation, together with the Touch Trust and Glamorgan Voluntary Services have just started a 3 year Big Lottery funded project. This compliments the Vale of Glamorgan gatherings that have proven popular with Vale carers and are held every week.

Social Gatherings are low key, informal events where carers can meet, share ideas and enjoy a few hours in the company of others who understand what being a full-time carer involves.

Held in a variety of venues across Cardiff and the Vale, gatherings offer a chance to become better informed and make friends. We hold events in local cafe's, pubs, community centres and even at cycling and walking venues across the region.

All activities are free. If you would like us to hold a gathering near you let us know!

Dates for coming meetings printed overleaf.

During 11th to 22nd June  
We are celebrating Carers week  
& Learning Disability week - by  
holding a social gathering every  
week day.  
Come along, meet other carers  
and share ideas and knowledge  
in a relaxed setting.  
All refreshments are free  
To book a place please  
contact 029 2056 5917  
You're invited to an open  
session at the Touch Trust,  
Millennium Centre, Cardiff Bay  
on Saturday 14th July 2018  
from 2-4pm



## Understanding Disability Awards 25th Anniversary Event

Our popular Awards are being held in November and we are looking for nominations from you to recognise the efforts of people who go out of their way to include or involve our relatives. If you know of someone who deserves recognition, perhaps a teacher, school, employer, volunteer or neighbour, please

take a few minutes to nominate them. Successful nominees will be invited to our awards and we shall celebrate their efforts. Nominations must be received by 20th June. Contact Hasina on 029 2056 5917 or [hasina@parentsfed.org](mailto:hasina@parentsfed.org) for an application form.



Miss Tilleys tea shop  
- one of last year's winners

<https://twitter.com/ParentsFed>

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



# Giving credit for caring

Carers have a wealth of experience and expertise that is often ignored. The Parents Federation has been working with Cardiff and the Vale councils to develop a way to recognise your skills and help you gain recognition for your efforts.

Carers are encouraged to participate in a wide range of free and accredited training events that are run throughout the year. Not only will you learn and keep up to date with things but you can also build up a CV that could help you find employment. We are always seeking the views of carers on what sort of courses they feel are needed — if you have any ideas please contact us.



## On the subject of credit have you heard of Time Banking?

Put simply, members of a scheme can earn time credits for each hour they devote and these credits can be exchanged for a variety of activities and services. This saves you spending cash and offers a really easy way to earn credit for your spare time. Details can be found at the SPICE website [www.justaddspice.org/](http://www.justaddspice.org/)

We plan to hold an information event to showcase how useful time banking can be.

# future events

We are holding some informal social gatherings with a range of themes so that you can share your experiences, ideas and thoughts on a variety of topics. You can meet other carers, hear from guest speakers and find out more about a wide range of topics that may interest you.

### Carers Week gatherings

11th - 15th June

Mon 11th Coffee Morning in Fairwater  
Tues 12th Menter Ring in Grangetown  
Wed 13th Breakfast in Barry  
Thur 14th Lunch in Cardiff Bay  
Fri 15th Open morning in SPECTRWM, Fairwater

### Learning Disability Week gatherings

18th - 22nd June

Mon 18th Breakfast in Cardiff  
Tues 19th Menter Ring in Grangetown  
Wed 20th Lunch in Cardiff Bay  
Thur 21st Lunch in Cosmeston  
Fri 22nd Open morning in SPECTRWM, Fairwater

### Meetings planned include:

**Adult Family Placement** - This is an increasingly common accommodation option.

**Transition** - We are working with local authority and agencies to agree a clear pathway for children approaching transition that will help families to prepare for this crucial time in their child's life.

**Time Banking** - save your cash and earn time based credits that can be spent on a variety of goods and services

**Sensory Impairments** - Many sensory impairments go undiagnosed in people with learning disabilities. Failure to recognise hear or visual problems can have a major

**Places are limited and offered on a first come basis. To secure your place please contact us on 029 2056 5917 or [admin@parentsfed.org](mailto:admin@parentsfed.org)**

# LET'S WORK TOGETHER

Carers save the nation billions every year, yet many cope in isolation and often have to fight for better services or struggle to find opportunities for their relatives.

We are looking for volunteers to help us to become involved and help us to strengthen our communities- if we wait for others to do this it may never happen! You could help organise social gatherings, work with other carers to press for, or develop new opportunities or play a role as a trustee and help influence local authority decisions.

Do you have any ideas or suggestions on the sort of services and activities that your child would enjoy? This could include anything from leisure and recreational pastimes to volunteering and employment or education opportunities.

By working together and pooling resources and energy, our membership of over 2000 families could make a massive impact!

For an informal chat please call John on 029 2056 5917



## Cardiff & the Vale



Parents'  
Federation

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Membership of the Parents Federation is over 2000 families but our funding has been reduced by 40% for the coming year

We desperately need your assistance if we are to continue to offer a free service. The Parents Federation is the only independent voice of carers in Cardiff and the Vale. We speak up for family carers and lobby for better services as well as helping carers when they are in conflict with statutory bodies. We also maintain various social media and online information services that ensure family carers are kept informed and less isolated.

In order to continue to hold our social events, maintain our various information resources and work to promote new and better services for families we need more parents to help us.

It's easy to get involved.

If you shop online please sign up to [givingabit.co.uk](http://givingabit.co.uk) and nominate Cardiff & the Vale Parents Federation as your chosen charity and the retailers will make a small donation at no cost to you- most major chains and companies support this- even utilities and insurance companies!

Don't shop online? Why not hold a coffee morning, table top sale or other fundraising activity and help us while clearing out unwanted Xmas gifts or clutter?

Our staff will help to promote any event or activity or even arrange a venue - it's a great way to help us and have fun in the process!



By working together families can make things happen- why wait?

