

PARENTS' VOICE NOVEMBER 2018



October and November have been really busy and we have offered a wide range of activities and opportunities for carers across the region.

During the past month we have held 20 events or activities and have many more planned over the coming year.

This included holding our *Understanding Disability Awards* 25th Anniversary celebration attended by almost 150 along as many social gatherings and activities variously funded by the [Connected Carers](#) project and the Vale of Glamorgan council.

We also held training sessions in the use of IT and social media, Carers Rights, and commenced Yoga and more therapy sessions for carers.

Staff and volunteers have contributed to discussions over the forthcoming Learning Disability Strategy , health passports for people using NHS services and the development of better dementia services for people with a learning disability.

Don't Forget! We have a very short online survey to check that the next 5 year Learning Disability Strategy ticks your boxes (just 8 questions). Details are at the end of this update.

Connected Carers- bringing carers together!



Our regular (and free) [Connected Carers](#) breakfasts, lunches and daytime activities across both Cardiff and the Vale of Glamorgan have been very popular and offer carers a chance to meet others in a similar situation, exchange ideas and experiences and enjoy a rare break from the pressures of caring.



Our weekly cycling trips with [Pedal Power](#) are going from strength to strength while our leisurely led walks are helping carers stay fit while enjoying meeting each other and sharing information

We also held a led walk with support from [Valeways](#) along Barry Island with support from Flamingo Chicks and hope to repeat this in early December with mince pies and coffee to follow!



Understanding Disability 25th Anniversary Awards



Our popular awards celebrate examples where people have gone the extra distance to involve and include people with a learning disability into everyday life were recently held.



Over 150 people attended the ceremony and enjoyed an emotional and fun day with presentations by our guest speaker, Mike Lewis of the Lloyds Bank Foundation and performances from the Riverbank School Choir, ABC dance group and the Upbeat Performers.



A full report on the day will soon be posted but worthy recipients included a Lifetime Achievement Award for Pauline Young MBE, a 25th Birthday Special Award for Steve Thomas (of [ValePlus](#)) and a surprise award to Norbert Flynn the chair of the awards for 25 years in recognition of his outstanding efforts in the 3 decades since he 'retired'.

Partnerships and working together

We work closely with our partners in both Cardiff and the Vale of Glamorgan Councils. We represent the views and concerns of carers and suggest better ways to use scarce resources and press for better services. The local authorities have been working more closely to support people with a learning disability and their carers', sharing roles and overheads and in doing so ensuring better value.

We all appreciate that the current situation can always be better so are constantly seeking parents to let us know what is and is not working well- in this way commissioners will have a better idea of where to focus limited resources.

Many services for carers are offered by both Cardiff and the [Vale of Glamorgan carers'](#) offices, more details can be found on the *Caring Times* newsletter and other similar online publications.

A Final Farewell



In October we sadly lost a long term friend and trustee, *Elaine Gee*. She will be sadly missed and was known to many for her lifelong commitment to helping people with a learning disability.

As well as being an active volunteer with the Parents Federation where she campaigned for better services, including better dementia pathways for people with a learning disability.



She was also passionate about promoting the [Changing Places](#) charity and enjoyed many successes in getting accessible loo's installed across Wales.

All this as well as being a manager of Castlefield Day centre of course the loving mum of her late daughter Mandy. We will miss you!

Finally - What Matters to YOU? Have Your Say

Cardiff and the Vale of Glamorgan Councils are working on their *Strategic Plan* for the coming 5 years.

If you care for someone with a learning disability you have a unique chance to influence the face of services that will be offered over the coming years. **DO NOT MISS THIS OPPORTUNITY!**

Details including a draft summary of the proposals for the next 5 years can be found [here](#).

The Parents Federation want ***your views*** on these proposals and are holding a number of informal meetings with a buffet provided. This is a unique opportunity to be listened to - don't miss out!

If you are unable to come along to a meeting then please take a few minutes to complete this very short [questionnaire](#)- we will take your views to planning forums we attend later this month.

Contact Us

To find out more about our weekly activities and the many other resources we offer please contact us.

We have an office in the Sbectrwm Community Centre in Fairwater and hold weekly drop in coffee mornings each Friday and details of our weekly gatherings and events can be found on our website. All activities and gatherings are free – just contact us to book a place!

To keep in touch with latest developments be sure to follow us on twitter and invite us as a friend on facebook.

With 2000 local family carers as members we speak for carers on what matters to them- be sure to share your views so that you are listened to!

Email: admin@parentsfed.org www.parentsfed.org

Tel: 029 2056 5917

Unit 14, Sbectrwm Community Centre, Fairwater, Cardiff CF5 3EF