



Parents' Ffederasiwn
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Supporting carers for over 30 years

Parents' Voice

November 2019

Supported living event coming soon

You are invited

On Wednesday 20th November

We are hosting an information event bringing together housing and supported living providers, families, individuals and local authority commissioners, to showcase local accommodation and supported living options.



There will also be an opportunity to meet and talk to organisations about their services and share with us what you feel is working well or what services need to be developed.

**Whitchurch Rugby Football & Social Club,
Samuels Cres, Cardiff CF14 2TH
on the First Floor**

**Presentations
11.00 a.m. until 1.00p.m**

**Q and A / networking
1.00 until 2.00p.m**



Join us at an information morning next week to learn about the range of accommodation options that are currently available along with news on opportunities in the pipeline.

This is a great opportunity to learn about latest supported living options while also having your say on the sort of developments that you feel should be provided for in the coming years.

The landscape of supported living is changing and you can help shape it to meet your child's needs.

Phone 029 2056 5917 to book a seat.

Parents and carers representatives needed



Would you like to speak up for carers?

We have a few vacancies for carers to participate in small planning groups to influence the shape of services and support that families receive.

No prior experience is needed and volunteers are supported by our staff team to make sure that the needs of carers are flagged up and understood.

Meetings are informal and all expenses are covered.

If you want to make sure that commissioners understand the needs of carers this is a great opportunity to have a voice.

Join us at the Carers Hub in the Vale

On Thursday 21st November there is an open day at the [Carers Hub](#), Stanwell Road, Penarth.



Come along and learn about the many opportunities and resources that are available to carers for free.

New opportunities are being offered all of the time so it's worth dropping in even if you think you have a good idea of what is on offer.

The centre offers support to all carers living in Cardiff and the Vale of Glamorgan

Refreshments will be provided and staff from the Federation and many other carers organisations will be present to talk to you.

Celebrating the 2nd Year of The *Connected Carers Project!*

The Connected Carers Project has been hugely popular since it started in 2017 and we're extremely pleased. Alongside GVS Wales and Touch Trust, we have managed to bring carers together and have seen strong friendships be established.

As well as gatherings, the project provides numerous activities for carers such as Zumba classes, yoga classes, and cycling sessions, which have been a big hit!

The Touch Trust also hold 'Time For Me' sessions which involve therapeutic arts and crafts. We recently celebrated the 2nd birthday of this wonderful project.



Connected Carers and Vale Gatherings



We are holding lots of carers activities over the coming months from lunches to cycling, Zumba and even a Xmas [Shopping coach trip](#) to Bath.



All activities are free but places are offered on a first come first served basis so make sure that you secure a seat straight away or call us on 029 2056 9317 or email karen@parentsfed.org

Do you live in the **Vale**? Have lunch on us!



Carers from the Vale of Glamorgan are invited to join us at our regular friendly [carers gatherings](#) which are held across the county.

We meet in small groups at venues across the county and it's a great way to meet others, renew friendships and learn about opportunities for carers in the region. call us on 029 2056 5917 for details or follow us on [facebook](#)

We plan monthly lunches in the **Western Vale** commencing in December- please let us know if you would like one near you!

Transitions – making changes

We are seeking families to help us with our transitions project. The project aims to identify gaps in current service provision as well as helping to identify ways in which opportunities could be developed. We shall have a detailed information resource held online once we have collated everything but it will only be as good as the information that people share with us.

If your child is approaching their teens or as an adult seeking to move from the family home, [we need to know what support you feel is needed.](#) We can then ensure that the local authorities and other professionals involved in supporting your child (or adult relative) are made aware of what matters to them and you!

Direct payments

The Parents Federation recently had new neighbours join us at our Fairwater office base.

[Dewis](#) are a local charity that supports people to use Direct Payments amongst other things, offer a free service to families who are considering using Direct payments to pay for all or part of their support.

They can help take a lot of the hassle and uncertainty out of using Direct payments and have a team of staff to offer face to face information, assistance and support.

To find out more why not come along to our Friday drop in sessions at Sbectrwm



Cardiff Information Hubs



There are numerous hubs across Cardiff which can help residents access information from different agencies of Cardiff, all under one roof. You can find information on:

- Benefits
- Council Tax
- Public Transport
- School admissions
- Adult Community Learning
- Work Skills Training
- Councillor and AM surgeries
- General council enquiries...and more!



The Hubs tend to be held in local libraries so there is also full library and computer access. You can find your local hub [here](#).

26th Understanding Disability 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. The awards are held every year and a panel of judges decide which nominations are successful.



We celebrated this year's event on the 4th November at the Future Inn, Cardiff Bay and over 120 guests joined us to join in the celebrations.



The Lord Mayor of Cardiff and Deputy Mayor of the Vale of Glamorgan presented awards to recipients in a variety of categories including, Employer, School, groups and organisations and individuals.

A full report on the day can be found [here](#).

Have you had a carers' assessment recently?

If you currently care for someone or expect to then you are a carer!

Did you know that carers are entitled to an assessment of your needs by your local authority? Sadly, many carers aren't aware of this and cope in isolation when they may be eligible for support. Caring can have a huge impact on all aspects of your life, so you should receive a council assessment to see how they can help you.

You can ask for an assessment from your local council at any time. You can find out more about carers' assessments in Cardiff [here](#) and in the Vale of Glamorgan [here](#) .

Even if you are sure that you will not be eligible for financial support it is worth applying as you will be kept informed of any non means tested opportunities as well as kept abreast of information on your rights and changes in the law for carers – you may be surprised to see the assistance available to you.

Join us and make a difference....

The Parents Federation supports carers across Cardiff & the Vale. We work with local authorities and other third sector partners to inform carers of what is happening in the region. We are run by and for unpaid family carers.

We are currently recruiting a new team of trustees and looking for carers to get involved. Trustees meet a few times a year or when necessary and no prior experience is necessary- just a desire to improve services for people with learning disabilities (and their families). To find out more click here.

Our office is in the Sbectrwm Community Centre, Fairwater. We hold 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!

Be sure to follow us on [twitter](#) and [facebook](#) for updates on recent developments

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

Visit us at: Unit 14, Sbectrwm Community Centre, Fairwater, Cardiff CF5 3EF



