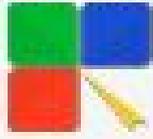


Cardiff & the Vale



Parents' Ffederasiwn
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Supporting carers for over 30 years

Parents' Voice

The Final Year Of The *Connected Carers* Project has started!

We recently celebrated the 2nd year of The Connected Carers Project, which has been hugely popular since it started in 2017. We are now entering the 3rd and final year of the project. The project supports family carers of people with a life-long and/or life-limiting condition who live in Cardiff and the Vale of Glamorgan. We hold a variety of activities every week for carers that are suited to people of all ages and abilities.

Alongside GVS Wales and Touch Trust, we have managed to bring carers together by providing gatherings and numerous activities for carers such as Zumba classes, yoga classes, and cycling sessions - these have been a big success!

Touch Trust also hold 'Time For Me' sessions which involve therapeutic arts and crafts.



Come along to an event near you! There is no charge and activities are suitable for all-comers regardless of age, fitness or ability.

It is a great way to have fun, meet others and pick up some tips and advice. Contact us for details of events in your area or add us as a friend on your facebook. If we have your email or mobile number we can keep you updated with ease.

CELEBRATION EVENT

On 2nd July over 50 people attended an event in Llantwit Major to celebrate the second year of the Connected Carers project. It provided a wide variety of opportunities for beneficiaries to meet other carers and to get out and have a coffee or lunch, to take a cycle ride with Pedal Power, to try Zumba or yoga, to relax with a massage or to go for a stroll! Attendees were able to meet fellow project beneficiaries to talk about their caring responsibilities, share knowledge, experience, information and solutions. They were supported by Carers Trust South East Wales, Carers Wales, the Alzheimer's Society and Marie Curie.



The project is proving so popular with carers that we are working with our partners to extend and develop it. If you would like to help us succeed please send a message of support via facebook or to john@parentsfed.org.

Beach Wheelchair Access



With it now being summer, it is important that beaches are accessible to everyone. Whitmore Bay on Barry Island has three all-terrain wheelchairs which they loan out for free - just take along some ID! For more information, please contact The Barry Island Tourist Information Centre on 01446 747171. There are numerous other beaches in Wales that provide wheelchair access. To view the whole list, please visit <https://www.visitwales.com/things-do/nature-landscapes/beaches/10-great-beaches-easy-access>

Unfortunately umbrellas are not on offer!!

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.

It is a great way to meet other carers that understand what being a life-long carer involves. You can enjoy a free lunch/breakfast or even afternoon tea, whilst having fun in a relaxed setting.

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](#) to see what is happening near you soon.

Have you had a Carers' Assessment recently?

Did you know that carers are legally entitled to ask for a Carers' Assessment?

If you carer or intend to care for someone then you are a carer. Sadly, many carers aren't aware of this.

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. Even if you do not meet criteria for paid for assistance you will find out about the many sources of support that carers are eligible for - not all are means tested!



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](#)

How are you involved in making decisions about your and your child's social care and support?



Are you an equal partner in that decision making and do you feel that your views are taken into account?

To what extent are you (and your children) asked '*what matters to you?*'

These questions are central to a study being carried out by Helen Birtwhistle, an MA student in Social Work at Cardiff University. Helen would like to talk to Parents' Federation members about their experiences of social care and support - both positive and negative - as part of her dissertation. The focus of Helen's research is the Social Services and Well-being (Wales) Act 2014 and how well the key principles of the Act, including that "people are at the heart of the new system," are being put into practice.

The Parents' Federation has offered to support Helen by publicising her work through our networks and hosting an initial informal discussion group over lunch in late September. If you are interested in attending, please contact us on 029 2056 5917. If you would like further information on participating in the study, please contact Helen at BirtwhistleH@cardiff.ac.uk.

The study has been approved by Cardiff University Research Ethics Committee.

Having problems with PIP?

Many of you report difficulties in dealing with Capita when applying for PIP (Personal Independence Payment). A great many people have to challenge decisions or appeal and many succeed! The next **Capita Personal Independent Payment (PIP) Wales Stakeholder Forum** will take place on the 24th September. If you have any recent PIP-related questions, including general issues, please let us know and we will highlight these to Capita. To find out more contact Miranda Evans, Policy & Programmes Manager at Disability Wales on 029 2088 7325 or miranda.evans@disabilitywales.org

Transition - what works for you?

One of the biggest stresses carers tell us about is when their son or daughter has to move on from either the family home or from one residential setting to another.

Often it is difficult to find a setting that you feel comfortable with. Sometimes people tell us they feel pressured into accepting a placement, unable to find a suitable setting or simply overlooked.



We are developing a thorough guide to transition written from the carers perspective that will include tips, advice, practical ideas and links to a range of options.

In addition to accommodation we need ideas on what daytime and evening activities are needed or lacking and what prevents a person from taking part in activities.



We need carers to help us with this. It doesn't matter whether you have prior knowledge or simply a host of questions - your views matter! Please contact us if you could spare a few hours to attend an informal get together on the 6th September at our Office in Fairwater to discuss the issue. Lunch is on us and any expenses will be reimbursed.

Join us

The Parents' Federation supports almost 2000 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 looking for people interested in helping to make services better and shape the future face of services by joining our board of trustees.



Trustees meet several times a year to oversee our activities. They decide priorities for us to pursue and oversee the governance of the charity. No experience is necessary, training is given and meetings are relaxed and informal. For more information on this, our weekly activities and the many other resources that we offer, please contact John on 029 2056 5917 or john@parentsfed.org

Don't Forget!

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, CF5 3EF



