



# Parents' Voice Winter 2019

*Welcome to our first online newsletter of 2019*

## **New report on Carers in the UK**

Carers have frequently been in the news recently. A [Carers UK report](#) just published illustrates how difficult holding down (or getting) a job can be when you are caring full-time for a relative. It highlights the financial and emotional costs of being a long term unpaid carer.



. The report shows that:

- *More than 600 people quit work to look after older and disabled relatives every day*
- *1 in 7 of the UK workforce caring for a loved one*
- *6 million have quit their job to care*
- *Carers UK calls for better employment rights including five to 10 days paid care leave*

This probably doesn't come as news to you many of our 2000 members tell us about the daily challenges that they face.

## **Celebrity Carers in the news**

Even celebrity carers can struggle like the rest of us.

In a recent [interview](#) given by Katie Price, the former model explains how difficult caring for a disabled child is and talks about the lack of respite support on offer - something many of our members know only too well!

## Have your say



### PIP appeals and DWP assessment centres- your experiences!

BBC Wales want to hear your experiences of :

Appealing against a DWP decision made about your:

- Personal Independence Payment (PIP) – were you successful? How long was the process of appeal? And
- Accessing the DWP assessment centres for PIP and Employment Support Allowance – have you had any difficulties?

Please direct all responses to Paul Heaney at BBC Wales on

[Paul.heaney1@bbc.co.uk](mailto:Paul.heaney1@bbc.co.uk)

### Blue Badge scheme

Disability Wales seek your views on changes to the Blue Badge scheme in advance of a meeting with the Wales Government later this month (22<sup>nd</sup> February). If you would like to know more or come along to a focus group on Friday 22 February (11.00-13.00) please e-mail [Ruth.nortey@disabilitywales.org](mailto:Ruth.nortey@disabilitywales.org).

### Carers Rights training

We have worked with the All Wales Forum to set up information days for carers to explain your rights as a carer under recent legislation.

These events are informative and you may be surprised to learn about the rights carers now have!

The next workshop will be held on the 25th February.

For more details check our website [here](#).

### Your Rights, Direct Payments & the Act Creative Opportunities?



We invite parents & carers of people with learning disabilities to this free event to learn what rights YOU as carers are entitled to under the Social Services & Well-being (Wales) Act.

We will explain what Direct Payments are, how you can use them & explore how families in receipt of Direct Payments across Wales have used them to create or access a service tailored for their needs.

25/02/19  
10am-1pm  
Glamorgan Archives  
Clos Parc Morgannwg  
Leckwith  
CF11 8AW

Free Tea, Coffee & Refreshments  
Free Parking

"I feel less isolated  
as a result"  
- Aberystwyth

"Reinforced  
fighting  
for our rights  
as carers"  
- Wrexham

"Very informative &  
great for  
information sharing.  
Have learnt a lot today"  
- Cardiff



If you are interested in attending this event or would like to know more, please contact Grace on 02920 811 120 or email [grace@allwalesforum.org.uk](mailto:grace@allwalesforum.org.uk)



## Vale carers- have lunch on us!

Our popular Vale of Glamorgan council [carers gatherings](#) are being held weekly in venues across the county. All are free and are a great way to meet other carers like you, share experiences, ideas and information and above all have fun!



We hold gatherings each month in Llantwit Major, Cowbridge, Penarth and Barry. For details of the latest gathering and how to secure a place please see our website or contact us directly (details at bottom of newsletter). All Vale of Glamorgan unpaid carers are eligible to attend.

## 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 like the Vale carers' gatherings they 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.

These are held in a variety of venues including local pubs, cafe's and community centres plus we have regular activity based sessions that are becoming more and more popular.





Our cycling sessions held at [Pedal Power](#) are a great way to get some fresh air whilst having a laugh with other carers. The sessions are suitable for all ages and abilities- even if you have never ridden a bike before!



If the outdoors doesn't yet appeal then how about joining our inclusive yoga or Zumba classes? These are ideal for beginners with no experience as well as fun for improvers – you can be confident of a warm welcome and a free snack to follow.



In the coming months we plan more led walks with support from the local walking charity [Valeways](#) . These are easy walks aimed at all-comers and a great way to get some exercise while meeting others and are a great way to relax.

## 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 annually and a panel of judges decide which nominations are successful.

People from all walks of life are recognised and categories include volunteer, professional, workplace and club. If you know of anyone at all that deserves to be recognised for their efforts please nominate them now – it's a great way to thank ordinary people for their efforts in going that little bit further.

We are now seeking nominations for the 2019 Understanding Disability Awards and an online form can be found [here](#).

### Transition pathways – a new information resource!

All times of change can be difficult but when a person relies upon family carers for support when making choices the transition process becomes more challenging.

No two people are the same so each and every transition 'pathway' will be different but many key aspects of the process are consistent. Carers tell us it is essential to:

- be aware of the choices and options that may be available
- be aware of your rights as a carer and those of your relative
- plan and prepare as early as you can
- know how to negotiate and be confident to challenge decisions if necessary

We are holding several informal carers sessions over the coming year where carers can come along, listen to presentations by various parties involved in the process and have a chance to share your concerns while pointing out what information would be of use to you. What we learn will be posted on our website.

Our next informal get together is on **21st February at our Fairwater** offices, refreshments are provided and we shall discuss transitional planning for young people of school age and also discuss the options for older people leaving the family home to move into a home of their own

# Believe in every child

**Positive approaches to behaviours that challenge**  
**Free Event for family carers – book now to secure a place**

**Cardiff Bay, 19 March 2019, 9:00 - 3.30**

This practical and informative event, arranged by Learning Disability Wales will explore innovative ways of working with children and young people whose behaviour we find challenging.

## **Building partnerships with education, health and social care**

The day will encourage all attendees to look at their own practices and to learn new tools and techniques to prevent, recognise and respond to behaviour that challenges.

Central to help avoid and reduce behaviours that challenge is understanding and recognising restrictive practice. Believe in every child will examine what we mean by restrictive practice and will include an overview of the Welsh Government's statement on Reducing Restrictive Practice. Presentations and work-sessions will be facilitated by Welsh Government, BILD, Estyn, University of South Wales, ABM University Health Board



Book your place [here](#)

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## Caring Councils

We work closely with our partners in both Cardiff and the Vale of Glamorgan Councils to represent the views and concerns of carers and suggest better ways to use scarce resources to ensure better services.

Local authorities employ teams of staff to support families and carers. Both Cardiff Council and the [Vale of Glamorgan carers'](#) offices are a useful source of support with lots of information on services and opportunities for carers and their loved ones. More details can be found on the [Caring Times](#) and the Disabled Childrens' [Index](#) newsletters and the [Dewis](#) website.

Don't forget to visit our own [website](#) and the [Where You Stand](#) information guide that we maintain

## Contact Us

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

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](mailto:admin@parentsfed.org)    [www.parentsfed.org](http://www.parentsfed.org)    Tel: 029 2056 5917

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

