

# The Parents' Voice



As September approaches, we find ourselves hoping to hold on to the last days of summer just a little longer. With the start of the school year, a sense of normalcy might be returning for many of us. But the excitement doesn't end there! We have a fantastic lineup of events scheduled for September and beyond, so be sure to stay tuned for all the details.

If you have any news or announcements you'd like to share in our upcoming newsletters, please don't hesitate to reach out. We're always here to assist you, so if you need any help, just drop us a message, and we'll do our best to support you.

Looking ahead, our highly anticipated UDA Awards are happening next month! This is an event you won't want to miss, so keep an eye out for information on how to secure your tickets. We can't wait to celebrate with you!

UDA Awards

Bitesize Respite

Unpaid carer's  
assembly

Moss Rose  
Cottage respite

Carer's  
Courses

Health Profile

Carer's  
Assessments

Short Breaks  
Wales

 029 2056 5917

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 [www.parentsfed.org](http://www.parentsfed.org)

**31**  
October

# UNDERSTANDING DISABILITY AWARDS

Celebrate the people who have made a  
difference to you

10:00 @ Future Inn, Cardiff



The Understanding Disability  
Awards - celebrates  
individuals or organisations  
that have made a difference  
in people's lives.

# Understanding Disability Awards



The Understanding Disability Awards, a prestigious event dedicated to recognizing excellence in inclusivity, are scheduled to take place on October 31st at the Future Inn Cardiff. This event promises to be a memorable evening filled with inspiration and celebration.

The Understanding Disability Awards honor exceptional individuals who have gone above and beyond to ensure that people with learning disabilities are actively included in all facets of daily life. These awards are not just about recognizing extraordinary efforts; they also shine a spotlight on exemplary practices that can serve as models for others to follow. By celebrating these achievements, we aim to encourage a more inclusive society where everyone has the opportunity to thrive.

As we approach this exciting event, we encourage you to stay tuned for more information on how to book your place. Tickets will be available soon, and we anticipate a high level of interest, so be sure to secure yours early.

We are thrilled to come together as a community to honor the remarkable contributions of these outstanding individuals. Thank you, and we look forward to sharing this special occasion with you!



# Bitesize Respite

## September Activities



### Cardiff

18th- Cream Tea in  
Pettigrew Tea  
Rooms @ 12:30

19th - Pedal Power  
@ 1130



### Vale of Glamorgan

4th - Oyster Catcher  
Penarth @ 12:30

25th- Brewer's Fayre  
Barry Island @ 18:30

## Cardiff and Vale Unpaid Carers Assembly 2nd October 2024



Thanks to the support of the Cardiff Third Sector Council, Cardiff and Vale Regional Partnership Board and Llais, Voices Adfocad will be hosting the second, annual Cardiff and Vale Unpaid Carers Assembly, at Sophia Gardens Cricket Ground on 2nd October 2024.

As with last year's assembly we have dedicated much of the day and most of the available spaces to Unpaid Carers from across the region, so if you would like to attend, please can you complete the online registration of interest form (below), or phone 07549 343722.

<https://forms.gle/n537DRYd1thzey2j9>

Please note: numbers are limited and places will be allocated on a first-come first-served basis. Applications will close on Wednesday September 18th



**Thanks to the support of the Cardiff Third Sector Council, Cardiff and Vale Regional Partnership Board and Llais, VOICES ADFOCAD will be hosting the second annual Cardiff and Vale Unpaid Carers Assembly at Sophia Gardens Cricket Ground on October 2nd 2024.**

**This year we plan to change the format of the Assembly to allow the VOICES of unpaid carers to come through more and we plan to hold workshops with various organisations to allow that to happen.**

**As with last years assembly we have dedicated much of the day and most of the available spaces to Unpaid Carers from across the region, so if you would like to attend, please complete the below registration of interest form and we'll see you there.**

**<https://forms.gle/n537DRYd1thzey2j9>**



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CARDIFF & VALE  
REGIONAL PARTNERSHIP  
BOARD**





# FREE RESPITE OPPORTUNITY

AT MOSS ROSE COTTAGE

**FOR UNPAID CARERS**

At Moss Rose Cottage, we deeply appreciate the hard work of unpaid carers. Thanks to Cardiff and Vale Regional Partnership Board and C3SC, we are able to offer unpaid carers some well-deserved respite, while also providing an opportunity for those you care for to explore independent living, by inviting you to stay for free! Whether you choose a day trip, an overnight stay, or a weekend break, all you have to do is check our available dates displayed in this booklet and email us at the address below to secure your slot.



**Valid until**

19 October, 2024

# OUR SPACE

We are delighted to share our space with the community. Our flexible space includes:

## 19th Century Cottage



- Games room
- Well-being lounge
- Kitchen diner area
- Downstairs bathroom with bath and shower
- Two double bedrooms upstairs

## Self-Contained Living Annex



- One double sofa bed
- Open-plan kitchen and living area
- Bathroom and shower

## Outdoor Area




- Outdoor dining in the covered vineyard
- Healing garden

# PACKAGES

## Package 1 – Day Trip

For those unable to stay overnight, we still want you to experience some respite and are pleased to offer a day trip option. The day trip package grants you exclusive access to the cottage from 9am to 3pm for yourself and up to three guests. This package includes:

- A welcome hamper with refreshments and nibbles
- Access to our healing garden, games room, kitchen diner, covered vineyard, and well-being room

Total max guests: 

## Package 2 – Annex overnight stay (max 2 nights)

For those able to stay overnight, we are delighted to offer you and a guest (optional) access to our self-contained living annex from 6pm on the day of arrival until 3pm on the day of check-out. The annex features a ground-floor studio flat with direct access to the covered vineyard. During your stay, you can also enjoy:



- A welcome hamper with refreshments and snacks
- Access to our healing garden, games room, kitchen diner, covered vineyard, and well-being room
- Fresh bedding

Total max guests:  Beds: 1 sofa bed 

## Package 3 – Cottage overnight stay (maximum 2 nights)

For those able to stay overnight and comfortably manage a flight of stairs, we are delighted to offer accommodation for you and a guest (optional) in our cottage from 6pm on the day of arrival until 3pm on the day of check-out. The cottage features an open-plan kitchen diner with garden views and direct access to the covered vineyard. During your stay, you can also enjoy:

- A welcome hamper with refreshments and snacks
- Access to our healing garden, games room, kitchen diner, covered vineyard, and well-being room
- Fresh bedding
- One double bedroom

Total max guests:  Beds: 1 double & 1 single  

\*All packages include free WiFi and access to the use our Smart TV and pool table



# DATES OFFERED

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Aug 20	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25
Aug 26	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	
			Sept 12	Sept 13	Sept 14	
				Oct 4	Oct 5	Oct 6
				Oct 18	Oct 19	

Unavailable

**Dates offered**  
subject to availability

**The dates listed above are not live and require manual confirmation. Any booking requests will be reviewed and confirmed via email. Date requests will be handled on a first-come, first-served basis.**

Please note that due to the 19th-century design of the building, we currently do not have full accessibility for those with mobility issues. We are working hard to improve this.

Unfortunately, we cannot accommodate wheelchair users at this time, but our annex is available for those who can manage a few steps but would struggle with a full flight of stairs. When booking, please discuss any accessibility requirements with us.

## CONTACT US

Tel 02920 635570 or 07716183313

Monday–Thursday (9am–3pm)

Or find us on Facebook and Instagram

Moss Rose Cottage C.I.C  
112 Wentloog Road  
Rumney  
Cardiff  
CF3 3EB

**To secure your slot please email: [Admin@mossrosecottage.co.uk](mailto:Admin@mossrosecottage.co.uk)**

# Free course for unpaid carer's

Learning opportunity for unpaid carers

Prevention and Management of Violence and Aggression – Managing Challenging Behaviour for unpaid carers.

The Aim of this course is to:

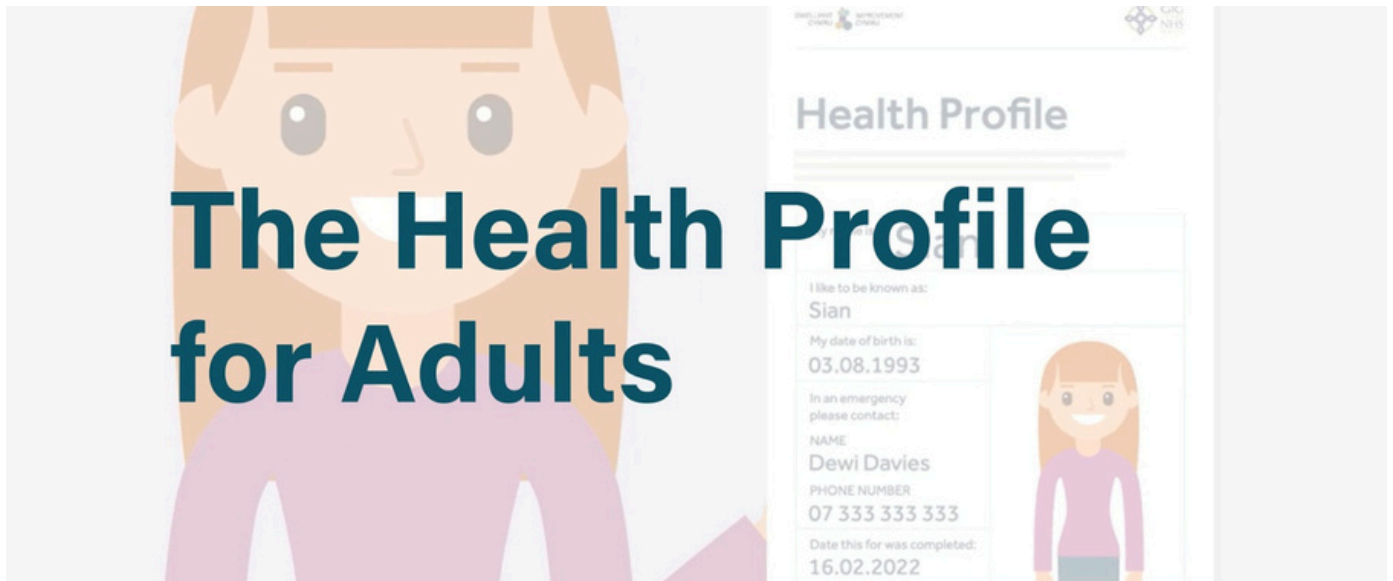
- Examine the issues surrounding anger, aggression, violence and challenging behaviours
- Be able to spot early warning signs and implement violence reduction strategies.
- Recognise how behaviours occur
- Learn how to communicate with an angry individual to resolve conflict and de-escalate
- Understand the importance of a non-physical/violent response to situations

When and where will this course be running?

When: Tuesday 17 September 2024, 10am - 2pm

Where: Civic Offices, Holton Road, Barry, CF63 4RU

-  
You will be able to book on to this training by completing this online form or call 01446 704604



Do you have a learning disability or care for someone who does? Do you use your Health Profile? Improvement Cymru would like to talk to people who use the Health Profile or would like to know more about using one.

We are also looking for people to be filmed talking about the places they use their Health Profile. Would you like to get involved in a short video for social media to promote the Health Profile?

Please email [ImprovementCymru\\_LD@wales.nhs.uk](mailto:ImprovementCymru_LD@wales.nhs.uk) to find out more.

For more information about the Health Profile visit [The Once for Wales Health Profile - NHS Wales Executive](#)





# DID YOU KNOW?

We are on Instagram  
don't miss a thing and  
follow us  
**@parentsfed**



CardiffAndValeParentsFederation



@parentsfed

**smallgoodstuff**  
by communitycatalysts

## Looking for care and support in Cardiff?

*New listings added all the time!*



A directory to help you  
find local people who  
offer care and support to  
other local people.

This might include help  
with:

Washing and dressing

Having a good meal

Getting out and about

Managing your home &  
garden

Activities, sports & more!

**Visit the directory**

[smallgoodstuff.co.uk/Cardiff](https://smallgoodstuff.co.uk/Cardiff)





# Carer's Assessments

Have you undergone a carer's assessment?

The Parents Federation are compiling an article aimed at assisting and preparing carers for their assessments. This will be made available on our resource website “Where You Stand”.

We want your feedback! If you have any insights or top tips from your lived experience of a carers assessment, please reach out to us so we can include them in our article.





## **Funded short breaks for unpaid carers in Wales**

**Funded by Welsh Government, the Short Breaks Scheme is a new initiative to support unpaid carers of all ages in Wales to take a break from their caring role. A short break is more than just a yoga class or an overnight stay in a hotel, it is a chance for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend.**

**The Short Breaks Scheme was launched in 2022 to support unpaid carers from across Wales to take a much-needed break from their caring responsibilities.**

**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.**


**These short breaks have the power to transform lives, offering vital respite to carers across Wales.**

**Check out their website below**  
**<https://www.shortbreaksscheme.wales/>**





# Stay connected with us!

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 CardiffAndValeParentsFederation

 @parentsfed

Don't miss out on our latest news and updates. Sign up for our newsletter today!

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.  
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