

September 2023

The Parents' Voice

Cardiff & Vale Parents Federation



Hello and welcome to September's newsletter.

The weather has definitely turned more autumnal now as we seem to be heading warped speed into October. We have had a lovely month organising lunches, teas, dinner and power pedal, across Cardiff and the Vale of Glamorgan. We have had the opportunity to meet new carers and welcome old faces.

These social events give an opportunity for carers to have a break, meet new people and share ideas and experiences. It also allows us to highlight key issues and struggles that individuals are facing and feedback to the councils and forums in a collective voice.

If you would like to attend a gathering but have been unsure reach out to us and we can talk to you about them and what would best suit your needs.

Newsletter Highlights

Understanding Disability Awards

Future of health and social care

Carer's ID Project

October's Events

Frozen light theatre

Learning disability

How to get In Touch

Understanding Disability Awards



The understanding disability awards will be returning this year following the success of 2022. The Understanding Disability Awards aim to recognise, encourage and celebrate the the active engagement and commitment of individuals and groups who promote positive attitudes towards people with learning disabilities.

If you would like to nominate someone for an award please follow the link

<https://www.smartsurvey.co.uk/s/ZK72LH/>

Applications open until 7th October 2023



16

NOVEMBER

CARDIFF



UNDERSTANDING DISABILITY AWARDS



The understanding disability awards - celebrates individuals or organisations that have made a difference in people's lives. Previous winners include:
JoJo Maman Bebe
Waitrose
Miss Tilly's and many more

If you would like to nominate an individual or group follow the link above



Let's talk about the future of health and social care

Join our conversation to have your say about how we can improve our health and social care services.

Comisiwn
Bevan
Commission

Take part in a conversation about the future of health and social care in Wales. What is working well? What needs to change? How can things improve? Join The Bevan Commission to have your say at one of 7 workshop events.

Llandudno: 29 September 2023

Brecon: 3 October 2023

Carmarthen: 10 October 2023

Newbridge: 12 October 2023

Barry: 19 October 2023

Swansea / Neath Port Talbot: 24 October 2023

Merthyr Tydfil: 26 October 2023

Online (Zoom): 7 November 2023

These events will be delivered by the Bevan Commission, Wales' leading health and care think tank. During these events, we will talk through the challenges that the health and social care sector is facing, and your thoughts on how things could be improved.

The Bevan Commission will use the opinions and ideas from these conversations to produce a report for Welsh Government and each Health Board in Wales, making recommendations about what needs to change. The Bevan Commission is a trusted voice in Wales and this report will influence how leaders make decisions.

Everyone is welcome to this informal and interactive event, including health and social care staff. Refreshments will be provided.

To Book your space -

<https://www.eventbrite.com/cc/bevan-commission-conversation-with-the-public-2590309>



Carers-ID Research Project

We invite you to take part in a project about an online support programme for **carers of people with intellectual disabilities**.



We have developed an **online support programme** with carers and charities and **we would like to know what you think of it**. As part of the study we ask that you complete some **questionnaires about your mental health** and then complete the Carers-ID programme, followed by the same questionnaires.

If you would like to register for this project or want more information please contact Dr Rachel Leonard

email: rachel.leonard@qub.ac.uk



Supporting family carers' mental health

Our partners in the All Wales Forum of parents and carers are seeking volunteers to take part in a piece of research about the Carers-ID online support programme for carers of people with disabilities.

This programme has been developed with parents/carers and charities and we would like to know what you think of it. We would ask that you complete some questionnaires about your current levels of mental health and then complete the Carers-ID programme, followed by the same questionnaires.

This work is being undertaken by a team of researchers from across the UK and Ireland including Queen's University Belfast, The University of Glasgow, University of Sheffield and The University of South Wales.

**October Activities will be held throughout Cardiff
and the Vale please see below for dates and
times.**



Cardiff Bay

October

Wednesday 04th
@ 12:30 Eli Jenkins

Wednesday 18th
@ 12:30 Eli Jenkins

Cardiff

October

Thursday 12th @
12:30 Pettigrew
Tea Rooms

Wednesday 25th
@ 12:30 Pettigrew
Tea Rooms

Vale of Glamorgan

October

Thursday 05th @ 12:30
Oystercatcher

Wednesday 11th @ 7pm
Brewer's Fayre

Thursday 19th @ 12:30
Oystercatcher

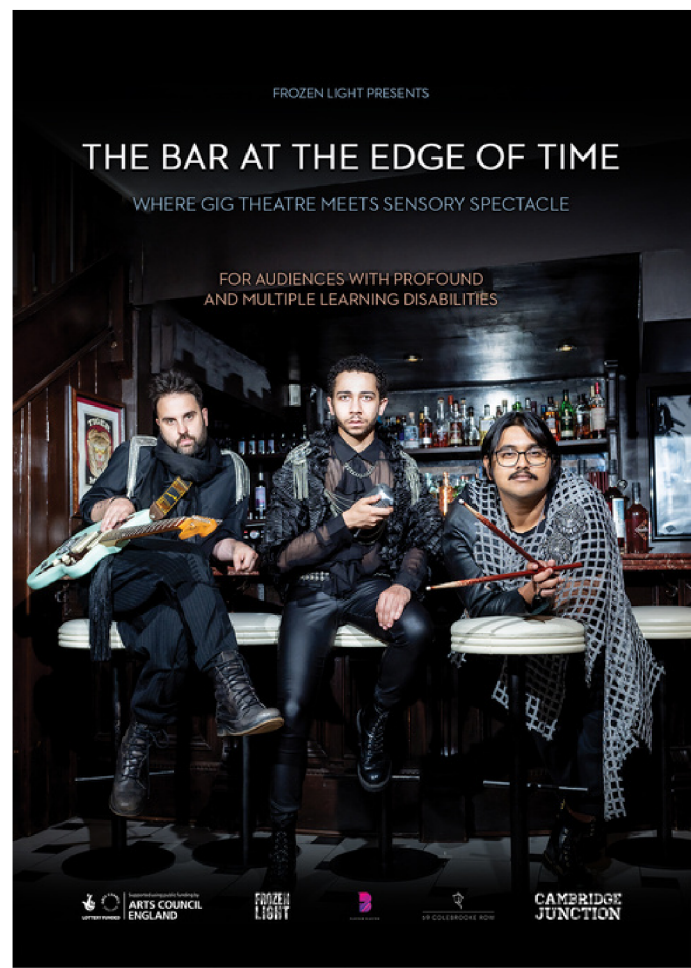
***We will be looking at holding more in the Vale so watch this
space. Also there will be a bus trip to BIRMINGHAM***



Cardiff Third Sector Council
Cyngor Trydydd Sector Caerdydd



Parents' Ffederasiwn
Federation Rhieni



Frozen Light creates theatre for adults and young adults with profound and multiple learning disabilities. Please note that this show is set in a cocktail bar and as such is aimed at young adults and adults. However, we are happy to welcome younger audience members too! Please find more information below.

Grand Pavilion, Porthcawl
6th - 7th October 2023
11am & 1.30pm

There are only 6 tickets available per show and tickets are £12 (carers free)

To book click on the link below or ring

01656 815995

<https://awenboxoffice.com/grand-pavilion-porthcawl/whats-on/the-bar-at-the-edge-of-time-frozen-light/about>

Learning Disability Talk To Us Events 2023



Llywodraeth Cymru
Welsh Government

Come talk to us about your life, what is good and what things need to change to make life better in the future!



We are the Learning Disability Team at Welsh Government. Our job is to work with our partners to make sure people with a learning disability have the support they need to live full, healthy, and active lives.



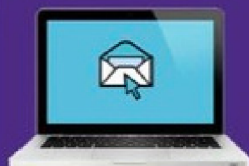
We want to invite you, and your parents and carers, to talk to us about:

- your lives today
- what is good
- and what changes need to be made to make things better in the future.



There are 3 events:

- 19 September at the Halliwell Centre, Carmarthenshire. 10am to 3pm.
- 24 October at the St Georges Hotel, Llandudno. 10am to 3pm.
- 31 October at Welsh Government Offices, Cathays Park, Cardiff. 10am to 3pm.



To book your place at 1 of the events, please email us at LearningDisabilityPolicy@gov.wales. Please pass this invite on to any other people you think would like to come to 1 of the events.

GET IN TOUCH



admin@parentsfed.org



Sbectrwm Community Centre,
Bwlch Road, Cardiff



<https://www.parentsfed.org/>



029 2056 5917

Not online?

Call us on 02920 227 800 and we'll sign you up

Your voice is important to us and to your community. Drop us an email or follow us on facebook