

APRIL 2022

# PARENT'S VOICE

Supporting carers in Cardiff & The Vale of Glamorgan

## Little respite for unpaid carers as pressures continue to increase

A report just published by the Wales Government highlighted 'ongoing challenges for unpaid carers was one of the key issues identified as we move forward towards 'living with COVID-19'.

Before the pandemic it was estimated that around 96% of care in Wales is provided by unpaid carers. Six months into the pandemic, 80% of unpaid carers said they were having to provide more care, and this may have increased following recent developments.

Unpaid carers are now said to be feeling "overwhelming pressure"; being asked to take on even more care with little (or no) support.

ADSS Cymru said social services are having to focus on covering individuals who are at very high risk, and are "relying very, very heavily on family and friends – those informal carers" '...Some families tell us that they are having difficulties in finding suitable carers even when they have funding to pay for them. This has placed the onus on carers to identify staff, chase along DBS checks and other essential training.

The Carers trust also found that unpaid carers are struggling in this [report](#) The Welsh Government are making £9 million available for short breaks- do you qualify? See [here](#) for the announcement.

How are you coping? Are things improving or do you feel that the situation isn't getting better?

Please let us know your experiences either by emailing us at [admin@parentsfed.org](mailto:admin@parentsfed.org) or join our Tuesday morning carer chats on zoom



# Carers' Survey - what you say

Many thanks to all of you that have completed our current 6 monthly Carers Survey. Your feedback really helps us when we are making representation to the council and service providers and your comments help us to improve our support to families.

You tell us that many people are worried about the shape of future services, around two thirds are not offered respite, between a third and half of members do not feel well supported through the covid 19 crisis and information is still hard to come by- speaking with other carers is still the most popular source on information!

We rely on you to share your views and if you haven't yet completed the short survey please click on one of the links below - it will only take a few minutes and is strictly confidential.



[Cardiff Survey](#)

[Vale Survey](#)

## Stay active and improve your wellbeing!

We have started our wellbeing activities for 2022 and are looking for more people to join us.

We are also keen to hear from you if you have any ideas or suggestions for activities that you would like us to arrange.

To be sure of being kept informed, of latest activities send your contact details or mobile number to [admin@parentsfed.org](mailto:admin@parentsfed.org)

### PEDAL POWER AND MORE



- Want to meet other carer's?
- Want to do something different?
- 

We are planning more carer focussed activities .

This includes regular cycling sessions at Pedal Power in Pontcanna. They have a number of different accessible bikes for all abilities.

Go for a nice ride through the park and join us for a cuppa and cake afterwards. We are holding taster sessions for beginners every month.

It doesnt matter if you haven't ever ridden in the past!

We would love to hear from you - are there any activites that you would enjoy?

# New Transition strategy and Protocols

Improved support for people to move on



Growing up presents many challenges and changes. The transition from child to adult services and activities can feel like an uphill struggle but it doesn't have to be like this all of the time.

Families tell us that early planning, finding ways to listen to what their child wants and sharing this with social workers and educators can make a huge difference and a far smoother pathway.

A new strategy has been adopted in Cardiff and the Vale of Glamorgan that should help make things easier. You can find it [here](#).

There are times when you may need to dig your heels in or stand firm but a great deal of support can be available- early planning can avoid last minute conflicts and decisions made 'on the hoof' so don't delay- start planning now, it's never too early!

The Parents Federation holds regular online meetings where you can speak with other carers and exchange tips and advice- remember-you are not the first family to face the challenges of approaching adulthood or moving on.

We would like to hear from you and learn about your experiences - please email [john@parentsfed.org](mailto:john@parentsfed.org)

**An event to showcase what opportunities are available for children and young adults is being held on 29th April at Future Inns in Cardiff Bay see more on our facebook page**



# More Things to do in '22

As the covid restrictions ease more opportunities are opening up for people to enjoy a wider range of activities.

Sbectrwm centre in fairwater has a vibrant Pottery where students can have fun and learn a new skill.

To find out more contact  
029 2057 5828



## Keep taking the tablets

We still have a few Lenevo tablets free for carers.funded by the Community Foundation for Wales. These may help you to join our zoom meetings or learn more about services for you and your child.

If you would like one please contact [karen@parentsfed.org](mailto:karen@parentsfed.org)



*keep in touch with a tablet*

# Contact us

We are always keen to hear from you and help share information with others.

Our weekly virtual coffee mornings are held every Tuesday at 11.00 via Zoom. This allows carers to connect to us and other carers in a safe and friendly environment

**If you do not have any way of accessing Zoom to join us we still have a small number of free tablets available for carers.**

## Contact us

We are here to help.....

Want to keep up to date with what we are doing?

Drop us an email

[admin@parentsfed.org](mailto:admin@parentsfed.org)

Phone us

029 2056 5917

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