

August 2023

# The Parents' Voice

Cardiff & Vale Parents Federation



Hello and welcome to our August newsletter! This month has been an exciting one for us as we have been busy hosting several unpaid carer events.

These events have given us an opportunity to connect with and support carers in our community, and we are thrilled to have been able to offer this service.

As we move into September, we have a packed schedule ahead of us. We are planning more events and activities to continue supporting unpaid carers, and we are excited to share these with you.

These include daytime and evening meals, cycle rides, tea and cake meets and more. We also plan some themed meetings to discuss respite and health inequalities.

Details are shared on our facebook pages and website and if we have your contact details these are sent directly to you.

We look forward to seeing you at our upcoming events and continuing to work together to support carers.

## Newsletter Highlights

September Activities

August Roundup

Cardiff Carer's

Local Charities

Respite Meeting

Free vaccinations for carers and our children?

Understanding Disability Awards

How to get In Touch

# Summer of Activities

THROUGH OUT CARDIFF & THE VALE  
PARENTS FEDERATION

*Throughout the summer of 2023 we have a number social gatherings for carers. These will be held all over Cardiff and the Vale. Please see the dates below.*



## Cardiff Bay

### September

Thursday 7th @ 12:30  
Norwegian Church

Wednesday 20th @  
12:30 Eli Jenkins

Thursday 21st @ 12:30  
Norwegian Church

## Cardiff

### September

Wednesday 13th  
@ 12:30 Pettigrew  
Tea Rooms

Thursday 28th @  
12:30 Pettigrew  
Tea Rooms

## Vale of Glamorgan

### September

Friday 8th @ 12:30  
Ewenny Pottery

Thursday 14th @ 12:30  
Oystercatcher

Wednesday 27th @ 7pm  
Oystercatcher

*Please reach out to us at any time about these events. They will be on a first come first serve basis. We look forward to seeing you there.*

'Supported by Cardiff Third Sector Council through UNPAID CARERS SHORT BREAKS Small Grant Fund 2022/23 in partnership with Cardiff and Vale Regional Partnership Board'  
| Cardiff & Vale Parent's Federation

**We are holding additional gatherings in the Vale of Glamorgan -check our facebook page and website for details**

## Join one of our events- it's a piece of cake!



We have held a multitude of lunch gatherings for unpaid carers throughout August throughout Cardiff and the Vale.

We understand that unpaid carers often put the needs of others before their own, which is why we feel that these activities are so crucial. Our gatherings are held at various locations across the region so be sure to check our schedule to find one near you.

We still have some spaces for dinner and lunches so if you would like to join us get in touch. Gatherings have brought unpaid carers together to meet new friends, share advice or tips and have some much needed me time.

We have had a great response so far to this project, but have noticed a lower level of engagement among our Cardiff carers, despite them making up the majority of our database. Most activities are in the Cardiff region so one should be near you!

That's not all! We have many more events planned for the upcoming months, including afternoon teas in September. We believe that everyone deserves a break and some pampering, especially those who give so much of their time and energy to caring for others.

We understand that it can be difficult for carers to find time for themselves, so we want to make it as easy and enjoyable as possible. Keep an eye on our website and social media for more information about these upcoming events. We hope to see you soon!

**"We have had a great response so far to our newest project, but have noticed a lower level of engagement among our Cardiff carers, despite them making up the majority of our membership..."**



# L.I.F.E. is for living

L.I.F.E - Linking Inclusive Families through social Events is a newly registered charity (July 2022) which was founded by five volunteer parents who themselves have children with a disability and/or additional learning needs of their own.

L.I.F.E is committed to supporting families residing in The Vale of Glamorgan and surrounding areas that have children and/or young adults who have a disability and/or additional learning need.

Our main aim is to support these children and young adults by organising a vast range of recreational and social events, activities, and trips which in turn enables the youngsters to have a platform for expanding their own social network. This supports the development of their wellbeing and social communication skills in a safe and inclusive environment.

We also encourage parents to expand and develop their own social circle and building lifelong friendships through monthly coffee mornings, parent/ carer events and while attending events and socialising with their children.

**12**  
SEPT  
Rhoose Community  
Cafe  
St Peter's Church,  
Church Road,  
Rhoose,  
CF62 3EX

**11**  
OCT  
Lana's Community Cafe  
Bridge Between Community  
Centre  
Heol Y Llongau  
Barry  
CF63 4AR

**15**  
NOV  
The Gathering Place  
Community Cafe  
Flemingston Road  
St. Athan  
Vale of Glamorgan  
CF62 4JH

**COFFEE  
MORNINGS**  
10am - 12 Noon

Linking Inclusive Families through Social Events

If you think this is a charity your family would benefit from joining and require any further information please get in touch.

Request to be our friend - [www.facebook.com/ALNCharity](https://www.facebook.com/ALNCharity)

Send us an email - [Info@life-charity.co.uk](mailto:Info@life-charity.co.uk)

**We are planning a busy schedule over the coming months.**

**All activities are free to unpaid carers and offered on a first come basis.**

### **Coach trip**

We are planning a day long trip to Birmingham's Bullring for the end of October, details to follow



### **Spa days**

We are planning some spa days in September, we still have a few places left

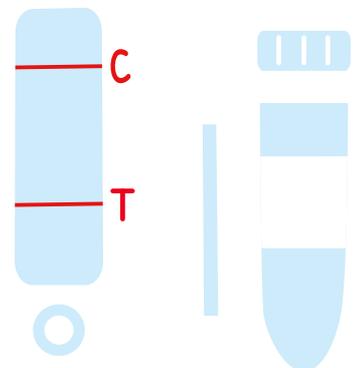


### **Understanding Disability Awards**

Our popular award ceremony that recognises individuals and groups that have made an extra special effort to include people with additional needs will be held in November. We seek nominations from you- a nomination form will be shared soon

### **Free covid tests for unpaid carers and our disabled children**

We understand that unpaid carers and their loved ones have been left out of a list of priority groups who are eligible for a free covid test. In September we shall seek your views on what we should do to correct this i





# Respite Meeting

## - Get your voice heard

Respite is often highlighted by unpaid carers as an unmet need.

For decades the Parents Federation has argued for better provision and together with partner organisations and officials have agreed a strategy for councils to adopt.

We are holding a small friendly meeting on Tuesday 6th September to discuss this and your experiences, good or bad.

We shall report the outcome at the local authorities planning forums that we attend so planners and funders can be in no doubt as to what families want.

We look forward to seeing you at the meeting and hearing your valuable input. Please feel free to contact us if you have any questions or concerns.

It will take place at the Sbectrwm centre, Bwlch Road, Fairwater, Cardiff CF5 3EF from 10.30am to 12.30pm.

***For decades the Parents Federation has argued for better provision and together with partner organisations and officials have agreed a strategy for councils to adopt.***

# 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.



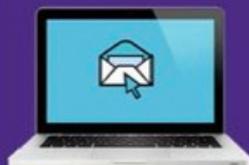
We want to invite you, and your parents and carers, to talk to us about:

- 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](mailto: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](mailto: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**